

**XXIV 2009  
CARIFTA  
SWIMMING AND  
SYNCHRONIZED  
SWIMMING  
CHAMPIONSHIPS**



**PISCINA OLIMPICO  
“Roly Bisslik”  
Savaneta, Aruba  
15-20 APRIL 2009**

**MEET SUMMONS**



## XXIV CARIFTA 2009 SWIMMING AND SYNCHRONIZED SWIMMING CHAMPIONSHIPS

### 1. DATE AND VENUE

**DATE:** April 15-20, 2009  
**VENUE:** Piscina Olimpico "Roly Bisslik", Savaneta  
**GAMES VILLAGE:** To be announced at a later date  
**POOL SPECIFICATIONS:** 8 Lane, 50 Meter pool with  
Omega Electronic Timing System  
15 Meter warm down pool available

### 2. SCHEDULE

**Wednesday, April 15:** Arrival of teams  
Technical Meeting - 7:00 PM  
Technical Officials Meeting - 8:30 PM

**Thursday, April 16 (Day 1):** Swimming Preliminary Heats - 9:00 AM  
Synchronized Swimming Figures – 9:00 AM  
Opening Ceremony 5:30 PM – 5:55 PM  
Swimming Finals – 6:00 PM  
Synchronized Swimming – 8:30 PM

**Friday, April 17 (Day 2):** Swimming Preliminary Heats - 9:00 AM  
Swimming Finals – 5:00 PM  
Synchronized Swimming – 8:30 PM

**Saturday, April 18 (Day 3):** Swimming Preliminary Heats - 9:00 AM  
Swimming Finals – 5:00 PM  
Synchronized Swimming – 8:30 PM

**Sunday, April 19 (Day 4):** Swimming Preliminary Heats - 9:00 AM  
Congress 12:30PM – 2:30PM  
Swimming Finals – 5:00 PM  
Closing ceremony after the Swimming  
Finals

**Monday, April 20:** Departure of Teams

**3. INVITED FEDERATIONS**

- |                      |                                  |
|----------------------|----------------------------------|
| 1. Antigua & Barbuda | 11. Guyana                       |
| 2. Aruba             | 12. Jamaica                      |
| 3. Bahamas           | 13. Martinique                   |
| 4. Barbados          | 14. Netherlands Antilles         |
| 5. Bermuda           | 15. St. Lucia                    |
| 6. Cayman Islands    | 16. St. Vincent & the Grenadines |
| 7. Dominica          | 17. Suriname                     |
| 8. French Guyana     | 18. Trinidad & Tobago            |
| 9. Grenada           | 19. Turks & Caicos Islands       |
| 10. Guadeloupe       | 20. U.S. Virgin Islands          |

**4. COMPETITION RULES**

**4.1. THE COMPETITIONS**

The competitions will be conducted in accordance with FINA Rules 2005-2009 in force at the start of the competition. FINA Rule SW 4.4 shall be applied. In the preliminary heats of swimming, the start will be “over the top” in the freestyle, breaststroke and butterfly events.

**4.2. INTERPRETATIONS**

The Organizing Committee of CARIFTA 2009 and the Jury of Appeal shall have complete authority to answer and resolve any interpretation, resolution and call relating to these Championships. Nominations for the Jury of Appeal should be submitted at the Technical Meetings.

**4.3. AGE GROUPS**

**Swimming:**

**A.** Competitors will compete in the following age groups:

- 11-12 Female & Male
- 13-14 Female & Male
- 15-17 Female & Male

**B.** The swimmer’s age group shall be determined by the age of the swimmer as of **midnight on 31<sup>st</sup> December 2008.**

**Synchronized Swimming:**

**A.** Competitors will compete in the following age groups:

- 12 & Under Female
- 13-15 Female
- 16-18 Female

**B.** A synchronized swimmer’s age group shall be determined by the age of the swimmer as of **midnight on 31<sup>st</sup> December 2009.**

**5. ELIGIBILITY**

- A.** All Federations must be in good standing with FINA, proof of which shall be demonstrated in the form of a copy of the receipt for the FINA and ASUA/UANA annual subscription fees to be submitted to the AZB Secretary at the technical meeting.
- B.** Competitors must be a citizen of the country they represent, whether by birth or naturalization, provided that a naturalized citizen shall have lived in that Country for at least one year prior to that event which is also applicable to a competitor changing his affiliation from one national governing body to another – FINA Rule GR 2.5.

**6. PRELIMINARY ENTRIES**

Preliminary Entries in each discipline must be made using the Preliminary Entry forms attached and must reach the Chairperson of the Organizing Committee by **Friday, January 23, 2009**.

**Aruban Swimming Federation (Arubaanse Zwembond)**  
**Organizing Committee CARIFTA 2009 Swimming Championships**  
Complejo Deportivo Guillermo P. Trinidad  
P.O.Box 1226  
Oranjestad  
Aruba

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Fax nr: (+297) 587-3023

E-mail Swimming Federation: [n\\_hoevertsz@hotmail.com](mailto:n_hoevertsz@hotmail.com)

E-mail Swimming entries: [maureencroes@hotmail.com](mailto:maureencroes@hotmail.com)

E-mail Synchronized Swimming entries: [esthercroes66@gmail.com](mailto:esthercroes66@gmail.com)

**7. FINAL ENTRIES**

The Final Entries must be submitted to the Organizing Committee by **Friday, March 27, 2009 by 4:00 pm**. Swimming entries must be submitted using HY-TEK Software. Final Entries must include the following details:

- A. Name, sex and date of birth of each swimmer/synchronized swimmer;
- B. Events being entered by each swimmer/synchronized swimmer;
- C. Entry time for seeding purposes (swimming only);
- D. Names of Team Officials and the position held by each official;
- E. Names of qualified persons and capacity in which they are willing to serve as Meet Officials;
- F. Passport size photographs of each athlete, team and meet official;
- G. Photographs must be submitted in electronic format as **.jpg** files. Each picture (.jpg file) must specify the full name and Country of the competitor. Photographs must also be compressed in Zip format for efficient

- transmission. The zip file must be labeled with the name of the Country and discipline. Please submit separate zip files for each discipline;
- H. For publicity purposes, a profile of each swimmer that the Country wishes to highlight. Profiles should include National and International achievements;
  - I. Details of arrival and departure of all swimmers, team and meet officials (See attached form);
  - J. Despite entry submission in electronic format, a team or meet manager's printout, signed by the President or General Secretary of the Federation with the Association's stamp affixed must be faxed or sent to the Organizing Committee Organizing Committee by the **deadline date of Friday, March 27, 2009.**

## 8. ENTRY RULES

### Swimming:

- A. There will be a limit of 8 competitors in each sex per age group to a maximum of 36 swimmers;
- B. There is no limit to the number of events per swimmer;
- C. No substitutions or alternates will be accepted after the final entries have been submitted, except in relays. All relay participants must have been entered in the meet;
- D. No competitor will be able to participate in an age group outside of his age group, even if it were in an age group older than the competitor.
- E. Each Country will be limited to two (2) competitors per individual event and one (1) team per relay event.
- F. In the relays each Country must enter 4 competitors. The order of the swimmers in each relay of the day's proceedings must be handed in to the Clerk of Course one hour before the start of each session.
- G. Individual events longer than 200 Meters will be Timed Finals. All other events will have preliminary heats with one final event.

\* ***400, 800 & 1500 M Timed Final events: all heats except the fastest heat will be swum in the morning session. The fastest heat will be swum in the evening session. The 13-14 and 15-17 age groups will be swum together, with the results and scoring published by age groups.***

***NB: PROOF OF TIMES MUST ACCOMPANY ENTRIES FOR EVENTS 400 METERS & OVER.***

***ENTRY TIMES WITHOUT PROOF WILL BE ENTERED AS- NT- "No Time". Copies of meet results indicating the location at which the times were achieved, signed by the meet referee or the President of the National Federation, must accompany entries as proof of times. All times must be submitted as long course meters.***

- H. The eight (8) fastest swimmers in the preliminaries will qualify for the finals. The 9<sup>th</sup> and 10<sup>th</sup> fastest in each preliminary event will be designated as alternates for the finals.

- I. Seeding for the preliminary events will be in accordance with FINA Rule SW3.
- J. Any event containing eight (8) or fewer entries will automatically be a final.

**Synchronized swimming:**

- A. Each Country may enter two (2) solos, two (2) duets and one (1) team per age group.
- B. The team must comprise a minimum of four (4) and a maximum of eight (8) competitors.
- C. No competitor may participate out of her age group, even it were an older age group than that of the competitor.

**9. TEAM OFFICIALS**

Each participating Country may include in its delegation, at the cost indicated in Section 11, the following officials:

**NB:** The following persons are included in the above allocation of team officials: doctors, masseurs, physiotherapists, chaperones, managers/chefs de mission and coaches. Each of these persons must state the capacity in which they are functioning as team officials.

**Swimming:**

- A. Delegations of twelve (12) competitors or less will be allowed three (3) team officials,
- B. Delegations of thirteen (13) to twenty four (24) competitors will be allowed five (5) team officials,
- C. Delegations of twenty five (25) to thirty six (36) competitors will be allowed seven (7) team officials,

**Synchronized swimming:**

- A. Delegations of four (4) competitors or less will be allowed one (1) team official.
- B. Delegations of five (5) or more competitors will be allowed two (2) officials.
- C. Delegations are required to include in their delegations two (2) FINA qualified judges in addition to the above.

Teams from non English-speaking countries will also be entitled to an additional official to serve as a translator. The Organizing Committee will endeavor to provide a bilingual Liaison Officer to be available throughout the competition or as required.

**10. REGISTRATION/ACCREDITATION PROCEDURE**

- A. On arrival at the Games Village, teams will be checked in and allocated rooms based on the pre-allocation list. If no room allocation list has been provide the OC will allocate rooms prior to the team arrival.
- B. The Head of Delegation/Manager will be taken to the Village Office to complete the following:
  - 1. Delegations will pay to the Organizing Committee the sum total of meet fees as invoiced by the host Country based on the final entries. Invoices will be sent to the National Federations prior to arrival. Fees must either be paid prior to arrival or on arrival in US dollars by travelers' cheques, cash or by telegraphic transfer to the following account:

**Telegraphic Transfer Instructions:**

Transfer to: J.P. Morgan/Chase New York  
ABA number: 021000021, SWIFT CODE CHASUS33  
For further credit to Aruba Bank N.V., SWIFT CODE ARUBAWAX  
To the account of Arubaanse Zwembond (AZB), account number  
110006211

**Should payment by telegraphic transfer be the chosen option, please note that commission charges must be paid by the National Federation and that the meet fees received by the host Country must equate the amount invoiced.**

- 2. The athletes proof of age and eligibility will verified at this time. Athletes' proof of age and eligibility must be provided in the form of a passport.
- 3. Accreditation badges will be issued to each member of the official delegation after payment has been made.
- 4. Submission of THREE (3) flags and anthems.
- 5. The accreditation card must be carried at all times. The loss of an accreditation card must be reported to the competition secretariat and will be replaced at a cost of US \$25.00.

**11. FEES**

Meet Fees for the Championships are as follows:

1. Meet Fee – US \$50.00 per night per member of the Official Delegation (swimmers, team officials & sanctioned meet officials) inclusive of breakfast and dinner for 4 persons in a room. Delegations will be accommodated by the Organizing Committee, based as much as possible on 4 persons in a room. For accommodation other than 4 persons per room, the following rates will apply;
  - Triple rooms – US \$ 65.00 per person per night inclusive of breakfast & dinner
  - Double rooms – US \$ 80.00 per person per night inclusive of breakfast & dinner
  - Single rooms – US\$ 125.00 per person per night inclusive of breakfast & dinner
2. Swimming entry Fee – US \$3.50 per swimmer per event
3. Swimming relay entry fee US \$7.50 per team per event
4. Synchronized swimming figures entry fee\_ US \$5.00 per swimmer
5. Synchronized swimming routine entry fee – US \$5.00 per Solo, Duet or Team
6. Transportation fee of US\$30.00 per delegation member for the period April 15-20 2009 inclusive (arrivals-departures, Games Village-competition venue)

**12. TECHNICAL MEETINGS**

- A. The Technical Meeting will be held on Wednesday, April 15 2009 at 7:00 PM observing the following order:
  1. Welcome & introductions;
  2. Description of Games Village;
  3. Description of Competition Venue;
  4. Transportation schedule;
  5. Separate meetings immediately following the introductions will be held for each discipline with the following order of proceedings:

**Swimming:**

1. Review of entries and verification of passports of participants;
2. Submission of corrections. Corrections must be submitted in writing and signed by the head coach of the delegation or delegation's representative at the meeting;
3. Submission of nominees for the Jury of Appeal;
4. Outline of configuration of pool and location of officials;
5. Any other technical matters;

**Synchronized Swimming:**

1. Review of entries and verification of passports of participants;
2. Synchronized swimming draw;
3. Submission of nominees for the Jury of Appeal;
4. Outline of configuration of pool and location of officials;
5. Any other technical matters;

**13. PROTESTS**

All protests to the Referees' Decision must be submitted to the referee in writing within 30 minutes after the event, signed by the Team Manager of the delegation and accompanied by US \$25. If the protest is upheld the fee will be returned to the Delegation's leader.

**14. JURY OF APPEAL**

- A. There shall be a Jury of Appeal for each discipline (swimming and synchronized swimming) to adjudicate all appeals against a Referee's rejection of a protest.
- B. Each country shall be entitled to nominate a representative to serve on the Jury of Appeal. Nominations should be submitted in writing at the Technical Meeting on April 15, 2009.
- C. The Jury of Appeal shall be comprised of 3 disinterested persons drawn from the pool of nominees submitted by each country.

**15. SCORING AND AWARDS**

Points will be awarded as follows:

PLACE	<u>SWIMMING:</u>	<u>INDIVIDUAL</u>	<u>RELAYS</u>	TEAM
	<u>SYNCHRO:</u>	<u>SOLO/FIGURES</u>	<u>DUET</u>	
1		9	18	27
2		7	14	21
3		6	12	18
4		5	10	15
5		4	8	12
6		3	6	9
7		2	4	6
8		1	2	3

- A. Independent scoring will be kept in each discipline with the trophies awarded to the top three teams overall in each discipline.
- B. Swimming - Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each event.
- C. Swimming – A High Point Trophy will be presented to the champion in each age group (female & male).
- D. Swimming - A Performance Trophy will be awarded in each age group to the swimmer who scores the highest FINA points in a single event.
- E. Swimming - Medals and trophies will be presented during the evening sessions and at the Closing Ceremony.
- F. Synchronized swimming - places will be determined according to the swimmers' scores.
- G. Synchronized Swimming – Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each event (including the alternates).
- H. Synchronized Swimming – A High Point Trophy will be presented to the champion in each age group, based on the total number of points accumulated.

**16. OPENING OF POOL**

The pool will be opened 60 minutes before the scheduled start of the Competition Session except prior to the Opening Ceremony (session 2), when the pool will be opened 60 minutes before the start of the Ceremony. The pool will be closed 15 minutes before the start of the competition.

**17. FLAGS AND ANTHEMS**

Each Delegation shall provide:

- A. Three (3) flags of their country no larger than 4 feet by 6 feet.
- B. A compact disk of their National Anthem with a time span of not longer than 30 seconds.

**18. CEREMONIES**

- A. There will be an Opening Ceremony on the first day of the Championships, April 16, 2009 from 5:30 to 5:55 PM at the competition venue.
- B. There will be a Closing Ceremony at the end of the competition when the trophies will be presented.

**19. TRANSPORTATION**

- A. Teams are responsible for arranging their own transportation to and from Aruba and the cost there-of.
- B. Citizens of countries that need a visa to travel to Aruba are recommended to fulfill the necessary procedure at the Embassy of the Kingdom of the Netherlands in their country or with jurisdiction for their territory well in advance. For the Entry Requirements for Aruba we refer to the document, as published on the Carifta 2008 website.
- C. Official delegations and approved meet officials will be met at the Reina Beatrix International Airport (AUA) by Organizing Committee Volunteers and transported to the Games Village.
- D. Official delegations and approved Meet Officials will be transported from the Games Village to the Airport for departure at the end of the Championships.
- E. Official Delegations and approved Meet Officials will be transported between the Games Village and the Competition Venue. A Transportation schedule will be published.
- F. The Aruba departure tax is US\$ 35.00 per person. This is normally included in the airline ticket but verification is necessary.

**20. ACCOMMODATION AND MEALS**

- A. Dinner will be provided on Wednesday, April 15, 2009. Breakfast and dinner will be provided from Thursday, April 16 until Sunday April 19, and breakfast only on Monday, April 20, 2009.
- B. NOTE: The rates indicated above are valid only for the stated period (April 15-20, 2009). Please contact the Organizing Committee for rates outside of this period.

**21. CONTACT INFORMATION**

**Arubaanse Zwembond (AZB)**

Organizing Committee CARIFTA 2009 Swimming Championships  
Mr. Ronald van den Berg – President  
Complejo Deportivo Guillermo P. Trinidad  
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Swimming Federation: [n\\_hoevertsz@hotmail.com](mailto:n_hoevertsz@hotmail.com)

Swimming entries: [maureencroes@hotmail.com](mailto:maureencroes@hotmail.com)

Synchronized swimming entries: [esthercroes66@gmail.com](mailto:esthercroes66@gmail.com)

**22. TECHNICAL OFFICIALS**

Federations or individuals may apply to the Organizing Committee to act as a Technical Official in the Swimming or Synchronized Swimming competitions.

Application forms should be completed by the Technical Official, signed by the Federation President or Secretary and submitted to the Organizing Committee no later than January 23, 2009.

Officials who are accepted to work at the 2009 CARIFTA Championships will be accommodated in the Games Village and will then enjoy the accommodation and transportation rates quoted in these summons.

Officials who are selected will be notified by February 14, 2009.

**23. SUPPORTERS**

The Organizing Committee will be arranging a Supporters package which will include accommodation, transportation, accreditation, ticket to the closing ceremony and a souvenir meet magazine.

## COMPETITION PROGRAMME - SWIMMING ORDER OF EVENTS

### Session # 1 DAY 1, April 16 Start 9:00 AM

Event 1	F 800 M Freestyle (slower heats)	13-14 & 15-17 Timed Finals
Event 2	M 1500 M Freestyle (slower heats)	13-14 & 15-17 Timed Finals
Event 3/4	F/M 200 M Breaststroke	11-12 Prelims
Event 5/6	F/M 200 M Breaststroke	13-14 Prelims
Event 7/8	F/M 200 M Breaststroke	15-17 Prelims
Event 9/10	F/M 50 M Backstroke	11-12 Prelims
Event 11/12	F/M 50 M Backstroke	13-14 Prelims
Event 13/14	F/M 50 M Backstroke	15-17 Prelims
Event 15/16	F/M 100 M Butterfly	11-12 Prelims
Event 17/18	F/M 100 M Butterfly	13-14 Prelims
Event 19/20	F/M 100 M Butterfly	15-17 Prelims
Event 21/22	F/M 4x100 M Freestyle relay	11-12 Prelims
Event 23/24	F/M 4x100 M Freestyle relay	13-14 Prelims
Event 25/26	F/M 4x100 M Freestyle relay	15-17 Prelims

### Session # 2 DAY 1, April 16 Start 5:00 PM

Event 1	F 800 M Freestyle (fastest heat)	13-14 & 15-17 Timed Finals
Event 2	M 1500 M Freestyle (fastest heat)	13-14 & 15-17 Timed Finals
Event 3/4	F/M 200 M Breaststroke	11-12 Finals
Event 5/6	F/M 200 M Breaststroke	13-14 Finals
Event 7/8	F/M 200 M Breaststroke	15-17 Finals
Event 9/10	F/M 50 M Backstroke	11-12 Finals
Event 11/12	F/M 50 M Backstroke	13-14 Finals
Event 13/14	F/M 50 M Backstroke	15-17 Finals
Event 15/16	F/M 100 M Butterfly	11-12 Finals
Event 17/18	F/M 100 M Butterfly	13-14 Finals
Event 19/20	F/M 100 M Butterfly	15-17 Finals
Event 21/22	F/M 4x100 M Freestyle relay	11-12 Finals
Event 23/24	F/M 4x100 M Freestyle relay	13-14 Finals
Event 25/26	F/M 4x100 M Freestyle relay	15-17 Finals

### Session # 3 DAY 2, April 17 Start 9:00 AM

Event 27/28	F/M 200 M Freestyle	11-12 Prelims
Event 29/30	F/ M 200 M Freestyle	13-14 Prelims
Event 31/32	F/M 200 M Freestyle	15-17 Prelims
Event 33/34	F/M 50 M Butterfly	11-12 Prelims
Event 35/36	F/M 50 M Butterfly	13-14 Prelims
Event 37/38	F/M 50 M Butterfly	15-17 Prelims
Event 39/40	F/M 100 M Backstroke	11-12 Prelims
Event 41/42	F/M 100 M Backstroke	13-14 Prelims
Event 43/44	F/M 100 M Backstroke	15-17 Prelims
Event 45/46	F/M 400 M IM (slower heats)	11-12 Timed Finals
Event 47/48	F/M 400 M IM (slower heats)	13-14 Timed Finals
Event 49/50	F/M 400 M IM (slower heats)	15-17 Timed Finals
Event 51/52	F/M 4x100 M Medley relay	11-12 Prelims
Event 53/54	F/M 4x100 M Medley relay	13-14 Prelims
Event 55/56	F/M 4x100 M Medley relay	15-17 Prelims

**COMPETITION PROGRAMME - SWIMMING  
ORDER OF EVENTS**

**Session # 4 DAY 2, April 17 Start 5:00 PM**

Event 27/28	F/M 200 M Freestyle	11-12 Final
Event 29/30	F/ M 200 M Freestyle	13-14 Final
Event 31/32	F/M 200 M Freestyle	15-17 Final
Event 33/34	F/M 50 M Butterfly	11-12 Final
Event 35/36	F/M 50 M Butterfly	13-14 Final
Event 37/38	F/M 50 M Butterfly	15-17 Final
Event 39/40	F/M 100 M Backstroke	11-12 Final
Event 41/42	F/M 100 M Backstroke	13-14 Final
Event 43/44	F/M 100 M Backstroke	15-17 Final
Event 45/46	F/M 400 M IM (fastest heat)	11-12 Timed Finals
Event 47/48	F/M 400 M IM (fastest heat)	13-14 Timed Finals
Event 49/50	F/M 400 M IM (fastest heat)	15-17 Timed Finals
Event 51/52	F/M 4x100 M Medley relay	11-12 Final
Event 53/54	F/M 4x100 M Medley relay	13-14 Final
Event 55/56	F/M 4x100 M Medley relay	15-17 Final

**Session # 5 DAY 3, April 18 Start 9:00 AM**

Event 57/58	F/M 200 M Individual Medley	11-12 Prelims
Event 59/60	F/M 200 M Individual Medley	13-14 Prelims
Event 61/62	F/M 200 M Individual Medley	15-17 Prelims
Event 63/64	F/M 50 M Breaststroke	11-12 Prelims
Event 65/66	F/M 50 M Breaststroke	13-14 Prelims
Event 67/68	F/M 50 M Breaststroke	15-17 Prelims
Event 69/70	F/M 100 M Freestyle	11-12 Prelims
Event 71/72	F/M 100 M Freestyle	13-14 Prelims
Event 73/74	F/M 100 M Freestyle	15-17 Prelims
Event 75/76	F/M 200 M Butterfly	11-12 Prelims
Event 77/78	F/M 200 M Butterfly	13-14 Prelims
Event 79/80	F/M 200 M Butterfly	15-17 Prelims
Event 81/82	F/M 4x200 Free Relay	13-14 Prelims
Event 83/84	F/M 4x200 Free Relay	15-17 Prelims

**Session # 6 DAY 3, April 18 Start 5:00 PM**

Event 57/58	F/M 200 M Individual Medley	11-12 Final
Event 59/60	F/M 200 M Individual Medley	13-14 Final
Event 61/62	F/M 200 M Individual Medley	15-17 Final
Event 63/64	F/M 50 M Breaststroke	11-12 Final
Event 65/66	F/M 50 M Breaststroke	13-14 Final
Event 67/68	F/M 50 M Breaststroke	15-17 Final
Event 69/70	F/M 100 M Freestyle	11-12 Final
Event 71/72	F/M 100 M Freestyle	13-14 Final
Event 73/74	F/M 100 M Freestyle	15-17 Final
Event 75/76	F/M 200 M Butterfly	11-12 Final
Event 77/78	F/M 200 M Butterfly	13-14 Final
Event 79/80	F/M 200 M Butterfly	15-17 Final
Event 81/82	F/M 4x200 Free Relay	13-14 Final
Event 83/84	F/M 4x200 Free Relay	15-17 Final

**COMPETITION PROGRAMME - SWIMMING  
ORDER OF EVENTS**

**Session # 7 Day 4, April 19 Start 9:00 AM**

Event 85/86	F/M 400 M Freestyle (slower heats)	11-12 Timed finals
Event 87/88	F/M 400 M Freestyle (slower heats)	13-14 Timed Finals
Event 89/90	F/M 400 M Freestyle (slower heats)	15-17 Timed finals
Event 91/92	F/M 50 M Freestyle	11-12 Prelims
Event 93/94	F/M 50 M Freestyle	13-14 Prelims
Event 95/96	F/M 50 M Freestyle	15-17 Prelims
Event 97/98	F/M 100 M Breaststroke	11-12 Prelims
Event 99/100	F/M 100 M Breaststroke	13-14 Prelims
Event 101/102	F/M 100 M Breaststroke	15-17 Prelims
Event 103/104	F/M 200 M Backstroke	11-12 Prelims
Event 105/106	F/M 200 M Backstroke	13-14 Prelims
Event 107/108	F/M 200 M Backstroke	15-17 Prelims
Event 109/110	F/M 4x50 M Freestyle Relay	11-12 Prelims
Event 111/112	F/M 4x50 M Freestyle Relay	13-14 Prelims
Event 113/114	F/M 4x50 M Freestyle Relay	15-17 Prelims

**Session # 8 Day 4, April 19 Start 5:00 PM**

Event 85/86	F/M 400 M Freestyle (faster heats)	11-12 Timed finals
Event 87/88	F/M 400 M Freestyle (faster heats)	13-14 Timed Finals
Event 89/90	F/M 400 M Freestyle (faster heats)	15-17 Timed finals
Event 91/92	F/M 50 M Freestyle	11-12 Final
Event 93/94	F/M 50 M Freestyle	13-14 Final
Event 95/96	F/M 50 M Freestyle	15-17 Final
Event 97/98	F/M 100 M Breaststroke	11-12 Final
Event 99/100	F/M 100 M Breaststroke	13-14 Final
Event 101/102	F/M 100 M Breaststroke	15-17 Final
Event 103/104	F/M 200 M Backstroke	11-12 Final
Event 105/106	F/M 200 M Backstroke	13-14 Final
Event 107/108	F/M 200 M Backstroke	15-17 Final
Event 109/110	F/M 4x50 M Freestyle Relay	11-12 Final
Event 111/112	F/M 4x50 M Freestyle Relay	13-14 Final
Event 113/114	F/M 4x50 M Freestyle Relay	15-17 Final

**COMPETITION PROGRAMME – SYNCHRONIZED SWIMMING  
ORDER OF EVENTS**

**FIRST DAY (APRIL 16, 2009)**

<b>TIME</b>	<b>DESCRIPTION</b>	<b>AGE</b>
X	FIGURES	12 AND UNDER
X	FIGURES	13-15
X	FIGURES	16-18

**SECOND DAY (APRIL 17, 2009)**

X	SOLO	12 AND UNDER
X	SOLO	13-15
X	SOLO	16-18

**THIRD DAY (APRIL 18, 2009)**

X	DUET	12 AND UNDER
X	DUET	13-15
X	DUET	16-18

**FOURTH DAY (APRIL 19, 2009)**

X	TEAM	12 AND UNDER
X	TEAM	13-15
X	TEAM	16-18

X = TIMES WILL BE ANNOUNCED LATER.

**CARIFTA 2009**  
**SWIMMING AND SYNCHRONIZED SWIMMING CHAMPIONSHIPS**  
**PRELIMINARY ENTRY FORM**

The preliminary entry form must be returned to the Arubaanse Zwembond, Organizing Committee, CARIFTA Swimming Championships, no later than January 27, 2009.

(Please type or print in block letter):

Name of Federation: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Country: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Fax No: \_\_\_\_\_

Email Address: \_\_\_\_\_

Our Delegation will comprise:

**SWIMMING**

Age category: 11-12, 13-14, 15-17, TOTAL

Female:

Male:

Team Officials:

SUB-TOTAL:

**SYNCHRONIZED SWIMMING**

Age category: 12 & Under, 13-15, 16-18, TOTAL

Number of swimmers:

Number of Solos:

Number of Duets:

Number of Teams:

Team Officials:

SUB-TOTAL:

Date:

Stamp and Signature of President or Secretary of Federation:

# 2009 CARIFTA SWIMMING AND SYNCHRONIZED SWIMMING CHAMPIONSHIPS



## APPLICATION FORM FOR TECHNICAL OFFICIALS

NAME: \_\_\_\_\_ SIGNATURE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COUNTRY: \_\_\_\_\_

I Apply to Officiate in: Swimming: \_\_\_\_\_; Synchronized Swimming \_\_\_\_\_

THE POSITION I CAN FILL IS \_\_\_\_\_

I HAVE SERVED AS AN OFFICIAL DURING THE PAST 4 YEARS:

a) NATIONAL: \_\_\_\_\_  
\_\_\_\_\_

b) INTERNATIONAL: \_\_\_\_\_

MY PRESENT POSITION AS TECHNICAL OFFICIAL IS:

a) NATIONAL: \_\_\_\_\_

b) A.S.U.A. \_\_\_\_\_

c) FINA: \_\_\_\_\_

This Form must be signed by the president or secretary of the National Federation.

Name \_\_\_\_\_ Title \_\_\_\_\_

Date \_\_\_\_\_

NOTES: (1) TEAM OFFICIALS MAY NOT ACT AS TECHNICAL OFFICIALS  
(2) THIS FORM MUST BE RETURNED BY FAX OR EMAIL TO the Organizing Committee of CARIFTA 2009, Arubaanse Zwembond. NOT LATER THAN JANUARY 23, 2009.