

RWB AQUATIC ACADEMY

SPRINT

EXTRAVAGANZA

SUNDAY SEPTEMBER 29TH 2024

NATIONAL AQUATIC CENTRE, COUVA

DEVELOPMENTAL

12 & UNDER: WARM UP 7:30AM START: 9:00AM

13+: WARM UP 1:30PM START: 3:00PM

CHOOSE MAX 3 INDIVIDUAL EVENTS:

FROM 25M FREE, 25M BACK, 25 BREAST, 25 FLY

COMPETITIVE:

WARM UP 1:30PM START: 3:00PM

CHOOSE MAX 3 INDIVIDUAL EVENTS :

50M FREE, 50M BACK, 50 BREAST, 50M FLY, 100IM

NEW EVENT

- 50M SKINS EVENT . TOP 8 FROM 50M RACE HAVE THE OPPORTUNITY COMPETE IN THREE ELIMINATION ROUNDS TO EARN VITAL BONUS CLUB POINTS
- MYSTERY MEDLEY RELAY & UNDERWATER FLY KICKS RELAY.

TEAMS REGISTER ON WWW.RWBACADEMY.COM

ENTRY DEADLINE: 24TH SEPTEMBER 2024



RWB Sprint Extravaganza SUMMONS

DATE & LOCATION: National Aquatic Centre, Balmain Couva. Meet will be swum in Short Course Metres (25m), OMEGA QUANTUM TIMING SYSTEM will be in effect with a 10-lane pool to be used for competition and a separate 10 lane pool to be used for warm up/warm down. **Sunday September 29th 2024**

CATEGORIES & AGE GROUPS: Athletes may enter in one category only. Developmental Athletes have not participated in a ASATT National Meet and/or represented Trinidad and Tobago in the last three years. Any swimmer who is not a developmental swimmer, is classified as competitive. Events MAY be swum combined but will be scored according to age group:

8 & U born – born 2015 or later	9 to 10 – 2013 & 2014	11 to 12 – 2011 & 2012
13 to 14 – 2009 & 2010	15 to 17 – 2006 to 2008	18 & O- 2005 & earlier

PROGRAMME OF EVENTS:

DEVELOPMENTAL 12 & UNDER: **WARM UP 7:30AM** **START: 9:00AM**

12 & UNDER DEVELOPMENTAL **max 3 individual events**

1	to	2	25 Butterfly	12 & U Dev.
3	to	4	4 x 25m Free Relay	12 & U Dev.
5	to	6	25m Breaststroke	12 & U Dev.
7			4 x 25m kickboard Mixed Relay	12 & U Dev.
8	to	9	25m Backstroke	12 & U Dev.
10	to	11	4 x 25m Medley Relay	12 & U Dev.
12	to	13	25m freestyle	12 & U Dev.

13 & O DEVELOPMENTAL, COMPETITIVE & MASTERS **max 3 individual events**

WARM UP 1:30PM	START 3:00PM			
14	to	15	100 IM	Comp & Masters
16	to	17	4 x 50m free	12 & U Comp
18	to	19	4 X 25m free	13 & O Dev.
20	to	21	50m freestyle	Comp & Masters
22	to	23	25m freestyle	13 & O Dev.
24	to	25	50m freestyle	Skins
26	to	27	50m breaststroke	Comp & Masters
28	to	29	25m breaststroke	13 & O Dev.
30	to	31	50m breaststroke	Skins
32	to	33	4 x 25 underwater fly kicks	Comp & Masters (13+)
34	to	35	4 x 25m medley	13 & O Dev.
36	to	37	50m butterfly	Comp & Masters
38	to	39	25m butterfly	13 & O Dev.
40	to	41	50m butterfly	Skins
42	to	43	50m backstroke	Comp & Masters
44	to	45	25m backstroke	13 & O Dev.
46	to	47	50m backstroke	Skins
48			200m Mystery Medley Relay	12 & U Mixed Comp
49			200m Mystery Medley Relay	13 & O Mixed Comp

RULES:

World Aquatics Swimming Rules would be enforced for the Exhibition Swimmers (<https://www.worldaquatics.com/rules/competition-regulations>). For the developmental category the following infractions will result in disqualification: Relay False Starts, Swimming the wrong stroke in an event, Substitution, Swimming out of age group or in the wrong category, Failing to finish the required distance.

SPECIAL EVENT RULES

SKINS-

- A SKINS event is an exciting series of back-to-back races which operate on a knockout basis, with the two remaining swimmers racing each other in a head-to-head final race.
- The top 8 girls and top 8 boys, based on their 50m swim at the meet (events 20, 21, 24, 25, 30, 31, 42, 43) will be invited to compete. These are the top 8 overall among all age groups making the skins event an open event.
- Should swimmers be unavailable up to 12th place may be selected to compete.
- Following the first round of 8, the top four fastest swimmers from the first will return to the blocks to swim a second round, with the final round being the top two from the second skins round. SKINS EVENTS WILL ATTRACT BONUS POINTS FOR CLUBS.

MYSTERY MEDLEY RELAY-Each team in this event must have two swimmers of each gender. Backstroke swimmers will start in the water for the first length. After the first swimmer starts, one of the remaining swimmers will select the name of the next stroke from a hat, and the relevant athlete proceeds to the blocks for the next leg.

KICKBOARD RELAY- Kickboard events start in the water. Swimmers from the first leg must touch the wall with hand or board and hand over to the next swimmer on the deck who jumps in with the board. This process continues until all four swimmers complete their legs.

USE OF BLOCKS - The starting blocks are to be used by competitive swimmers only.

UNDERWATER FLY RELAY

- Each swimmer must swim 25 underwater with head remaining under water for the full length following the dive
- Swimmer's hands must be together for the duration of the swim

SCORING

Event	1st	2nd	3rd	4th	5th	6th	7th	8th
Skins	18	14	12	10	8	6	4	2
Relay	18	14	12	10	8	6	4	2
Individual	9	7	6	5	4	3	2	1

N.B. Only two relay teams per club may score club points

AWARDS

INDIVIDUAL

Developmental - Medals for Top 3 swimmers per event

Competitive- Trophy for winner of Skins Event.

Trophy in each age group for the Highest World Aquatics Points Swim in a given event



TEAM

Developmental -	Top three 12 & U Teams, Top Three 13 & O Teams, Best Developmental Team.
Competitive-	Top 3 Competitive Teams
Overall-	Relay Champion (team that scored most points in relays in meet) Top Overall Team

MEET MGMT: IAMWI Sports Solutions shall be responsible for the management of the meet and will appoint meet officials as necessary. Clubs are to nominate a minimum of one volunteer each to assist with officiating. Intermissions may be added at the discretion of the meet manager in consultation with the referee.

ENTRIES:

Entries must be submitted by Tuesday September 24th 2024 11:59pm to entries@iamwisports.com using Hytek Team Manager format. If you do not have Hy-tek a "TMLite" version can be downloaded https://hytek.active.com/Demos/Swim_Team_Manager_Lite.exe. After downloading and installing, the entry file can be downloaded from www.rwbacademy.com/rwbswimmeets. For help on using team manager visit https://hytek.active.com/Updates/TM_Lite.pdf. Alternately, you may use the forms attached. Swimmers may swim a maximum of three individual events.

OFFICIALS:

1 – 3 swimmers	1 official	
4 – 15 swimmers	2 officials	1 free programme
16 – 30 swimmers	3 officials	2 free programmes
31 – 40 swimmers	4 officials	3 free programmes
41 +	5 officials	4 free programmes

FEES:

Meet Entries:	\$30.00 per swimmer	\$40.00 per relay	\$100.00 per team		
Spectators:	5 & U FREE	6 - 12 \$10.00	13 & over \$25.00	Programmes:	\$10.00

FACILITY RULES

- No Coolers except by teams
- Swim Caps must be worn.

CONTACT: For further information call 235-4RWB or 265-8484





12 & U DEVELOPMENTAL SWIMMERS (max 3 events)

Name	Sex	Birth Date	25 FLY	25 BREAST	25 KICKS	25 FLY	25 FREE
Total # of Competition Swimmers			Total # of events				
			# of teams		# of teams		
4 x 25m medley Relay Girls			4 x 25m Free Relay Girls				
4 x 25m medley Relay Boys			4 x 25m Free Relay Boys				
TOTAL RELAYS							

13 & 0 DEVELOPMENTAL SWIMMERS (max 3 events)

Name	Sex	Birth Date	25 FREE	25 BREAST	25 FLY	25 BACK		
Total # of Competition Swimmers			Total # of events					
	# of teams					# of teams		
4 x 25m medley Relay Girls			4 x 25m Free Relay Girls					
4 x 25m medley Relay Boys			4 x 25m Free Relay Boys					
TOTAL RELAYS								



RWB Sprint Extravaganza 2024

SUMMARY FEE STATEMENT

	# OF SWIMMERS	Unit Cost	Ext. Cost
Total Swimmers Entered		\$30.00	
Manual Entry Charge (if not using Hy-tek)		\$10.00	
TOTAL			
# of Relays		\$40.00	
Team Fee			\$100.00
TOTAL FEES			

Swimmer Surcharge: \$30.00 per swimmer.

Manual Entry Charge if Hytek not used: \$10.00 per swimmer.

Late entries may be accepted after the deadline date at the discretion of meet management and will be subjected to a late fee of \$10.00 per swimmer.

Payments are due by 25th September 2024 and can be made via Cash, Cheque (payable to lamwi Sports Solutions), LINX or via electronic transfer (Account Name

IAMWI Sports Solutions Ltd. Account Type: Business Savings. Banker: Scotiabank Tunapuna Transit #: 42135 Account# 004021828

(N.B. Account may have to be entered 42135004021828 or 421354021828 depending on banker)

