



**CENTRAL AMERICAN AND CARIBBEAN
AMATEUR SWIMMING CONFEDERATION
(C.C.C.A.N.)**

**SUMMONS FOR THE CENTRAL AMERICAN AND
CARIBBEAN CHAMPIONSHIPS**

**XXXII
SWIMMING
XXV
ARTISTIC SWIMMING
VIII
OPEN WATER SWIMMING
XXVIII
WATER POLO**

**BARBADOS
JUNE 24 – JULY 8, 2019**

SUMMONS FOR CCCAN 2019 CHAMPIONSHIPS

The CCCAN summons all its affiliated countries, Colombia, Guyana, Surinam, and Venezuela of the South American Confederation and Guadeloupe and Martinique of the French Swimming Federation to participate in the Central American and Caribbean championships mentioned above in accordance with the following:

BASIS

1. Participants

Every participant in these Championships must be a Member of a federation duly constituted and affiliated to this Confederation (CCCAN) and the federation must be up to date in its membership dues and full use of its rights. The teams participating in these championships must do so in the name of the country from which they come, with the understanding that they are members of the Confederation through their respective federations.

- | | |
|---------------------------|----------------------------------|
| 1. Antigua & Barbuda | 16. Haiti |
| 2. Aruba | 17. Honduras |
| 3. Bahamas | 18. Jamaica |
| 4. Barbados | 19. México |
| 5. Bermuda | 20. Nicaragua |
| 6. British Virgin Islands | 21. Panamá |
| 7. Cayman Islands | 22. Puerto Rico |
| 8. Costa Rica | 23. Saint Kitts and Nevis |
| 9. Cuba | 24. Saint Lucia |
| 10. Curacao | 25. Saint Vicente and Grenadines |
| 11. Dominica | 26. Trinidad and Tobago |
| 12. Dominican Republic | 27. Turks and Caicos |
| 13. El Salvador | 28. US Virgin Islands |
| 14. Grenada | |
| 15. Guatemala | |

Also, the citizens of **Colombia, Guyana, Surinam and Venezuela** may, without being members of the CCCAN, participate in these championships through their respective federations if they receive the approval and authorization of the South American Confederation (**CONSANAT**), to which they are affiliated. Additionally, the citizens of **Belize and Sint Maarten** and the residents of **Bonaire, Saba and St. Eustatius** may, without being members of the CCCAN, participate in these championships.

Equally, the residents of, **Guadeloupe and Martinique**, may participate through their respective associations, if they obtain the approval of the French Swimming Federation, to which they belong.

Additionally, non-citizens may be entered providing the competitor has been resident in the Country for at least one year prior to the entry deadline and must not have swum for another Country during that period. All Competitors must also be registered with, or a member of, the Swimming Federation of the Country that they represent. Competitors who are non-citizens would be required to present 'proof of residency' documents which could be proof of club membership, proof of attendance at school or any other organization. If a Country enters a competitor that is not a citizen of that country by birth or naturalization, the code for that country shall be changed by adding "AG" to the designated three letter FINA Country code and used throughout the competition e.g. BAR shall be changed to BAR-AG.

2. Categories

Swimming

1. Infantile "B" Competitors 11 and 12 years old at midnight, December 31, 2018. Athletes born in 2006 and 2007 may participate.
2. Juvenile "A" Competitors 13 and 14 years old at midnight, December 31, 2018. Athletes born in 2004 and 2005 may participate.
3. Juvenile "B" Competitors 15, 16 and 17 years old at midnight, December 31, 2018. Athletes born in 2001, 2002 and 2003 may participate.
4. Senior Competitors 18 years or older at midnight, December 31, 2018. Athletes born in 2000 or earlier may participate.

Open Water Swimming

1. Group "A" Competitors 12 years old at midnight, December 31, 2019 through 13 years old at midnight, December 31, 2019. Athletes born in 2006 & 2007 may participate.
2. Group "B" Competitors 14 years old at midnight, December 31, 2019 through 17 years old at midnight, December 31, 2019. Athletes born in 2002, 2003, 2004, and 2005 may participate.
3. Group "C" Competitors 18 years or older at midnight, December 31, 2019. Athletes born in 2001 or earlier may participate.

Artistic Swimming

1. Group "1" Competitors 12 years old or less at midnight, December 31, 2019. Athletes born in 2007 or later may participate.
2. Group "2" Competitors 13, 14 and 15 years old at midnight, December 31, 2019. Athletes born in 2004, 2005 and 2006 may participate.
3. Group "3" Junior Category: Competitors 15, 16, 17 and 18 years old at midnight, December 31, 2019. Athletes born in 2001, 2002, 2003 and 2004 may participate.
4. Group "4" Senior Category: Competitors 15 years old or older at midnight, December 31, 2019. Athletes born in 2004 or earlier may participate.

Water Polo (Men and Women):

1. Group "A" Competitors 15 years old or less at midnight, December 31, 2019. Athletes born in 2004 or later may participate.
3. Group "B" Competitors 18 years old or less at midnight, December 31, 2019. Athletes born in 2001 or later may participate. This event will serve as qualifier for the 2020 UANA Junior Water Polo Championship
3. Group "C" Senior Category. Competitors 16 years or older at midnight, December 31, 2019. Athletes born in 2003 or earlier may participate.

3. Host

The host country for these championships will be Barbados. For this reason, the Barbados Amateur Swimming Association will oversee the organization of the championships and will assist CCCAN in the preparation and development of the competitions.

The championships will be held at the following locations in accordance with the itinerary shown below:

SWIMMING:	The Barbados Aquatic Centre, Wildey, Christ Church
ARTISTIC SWIMMING	The Barbados Aquatic Centre, Wildey, Christ Church
WATER POLO:	The Barbados Aquatic Centre, Wildey, Christ Church
OPEN WATER:	Carlisle Bay, Bay Street, St. Michael

Dates of Arrival

SWIMMING:	June 27, 2019
ARTISTIC SWIMMING	June 22, 2019
WATER POLO:	July 2, 2019
OPEN WATER:	July 1, 2019

Technical Meetings:

SWIMMING:	June 28, 2019 at 8:00 am
ARTISTIC SWIMMING	June 23, 2019 at 8:00 am
WATER POLO:	July 3, 2019 at 8:00 am
OPEN WATER:	July 2, 2019 at 8:00 am
OPEN WATER SITE	
TRAINING:	July 2, 2019 at 10:00 am

CCCAN CONGRESS: June 28, 2019 at 11:00 am

OPENING CEREMONY: June 28th at 5:30 pm

CLOSING CEREMONY: July 2, 2019

Dates of Competitions:

SWIMMING:	June 28 th – July 2, 2019
ARTISTIC SWIMMING	June 24 – 27, 2019
WATER POLO:	July 4 – 8, 2019
OPEN WATER:	July 3 & 5, 2019

Start times of Competitions:

SWIMMING:	Prelims 9:00 am and Finals 5:30 pm
ARTISTIC SWIMMING	9:00 am and 6:00 pm
WATER POLO:	9:00 am
OPEN WATER:	8:00 am

Dates of Departure:

SWIMMING:	July 3, 2019
ARTISTIC SWIMMING	June 28, 2019
WATER POLO:	July 9, 2019
OPEN WATER:	July 6, 2019

4. Competitors

For a competitor to represent the country that enters him/her, he/she must comply with the following requirements:

- A. Prove his/her exact age by means of an official birth Certificate or passport.
- B. The competitor shall be a citizen, whether by birth or naturalization, of the country he/she represents. (see FINA Rule GR 2.5)
- C. In case of non-citizens, they may be entered providing the competitor has been resident in the Country for one year prior to the entry deadline and must not have participated for another Country during that period. All Competitors must also be registered with, or a member of, the Federation of the Country that they represent. Competitors who are non-citizens would be required to present 'proof of residency' documents which could be proof of club membership, proof of attendance at school or any other organization. If a Country enters a competitor that is not a citizen of that country by birth or naturalization, the code for that country shall be changed by adding "AG" to the designated three letter FINA Country code and used throughout the competition e.g. BAR shall be changed to BAR-AG.
- D. FINA Rule "GR-1" shall apply. There is no restriction to the participation of a competitor, if he/she has obtained some international classification in Olympic or Regional Games.

5. Entries

5a. Preliminary Entries:

The preliminary entries by team must be made on the forms attached and must be send by email no later than **March 31, 2019** to the following addresses:

cccansecretary@gmail.com
barbadosccan2019@gmail.com

The preliminary entries must indicate the following:

- 1. In what swimming categories they will participate
- 2. In what open water categories they will participate
- 3. In what artistic swimming categories and in what routine events they will participate
- 4. In what water polo categories they will participate.
- 5. The approximate number of persons in the official delegation

Indicating: the number of female athletes, number of male athletes, number of delegation officials, and number of technical officials. Although the deadline for preliminary entries is March 31, 2019, it will be greatly appreciated if this information is submitted to the Organizing Committee as soon as possible to allow them to plan for local transportation, room, and board.

5b. Final Entries:

The organizing committee will provide the **final entry forms and instructions** to all invited teams on or before March 31, 2019.

The participating countries must send their Final Entries in the specified formats with the seal of the Federation by email to the Championship Organizing committee with a copy to the President of CCCAN at:

cccanssecretary@gmail.com
barbadoscccان2019@gmail.com

It is very important that all communications be addressed in this manner and be copied to all emails listed.

Final entries, by disciplines, must be in hands of the Organizing Committee **no later than midnight, May 27, 2019.** The host country will not be responsible for the expenses incurred by the person, or persons that personally deliver the Final Entries.

For swimming, the final entries must be sent in the HYTEK “Meet Manager” format and the other disciplines must be sent in the forms provided by the Organizing Committee.

6. Entry rules

Swimming:

- A. Each country may enter a maximum of two (2) competitors in each individual event. Each country may enter only one team in relays.
- B. There is no limit in the number of events in which an individual competitor may participate.
- C. No alternates or substitutes will be allowed in individual events.
- D. In relay events, each country may enter four (4) competitors, but any member of the country's team, duly entered in the championships, may be a substitute. All relays will need to be entered together with the individual entries in the HY-TEK file no later than midnight May 27, 2019.
- E. In swimming, no competitor may participate out of his/her age group, even in an older one.
- F. The **order** of the swimmers in the relay events must be turned in to the scoring table no later than one (1) hour prior to the start of the session in which the event is to be held.
- G. Time trials are permitted if they comply with the following requisites:
 - Be done in writing on the provided Time Trial Request form accompanied by US \$10.00, 24 hours prior to the day of the Time Trial – for the first day of competition, this request will have to be made at the Technical Meeting.
 - Time Trials will only be allowed to swimmers entered in the meet in events for which they were also entered in the meet.
 - The CCCAN TSC will evaluate each request to approve the request. A request with a “NT” will not be considered.
 - Only 2 Time Trials per swimmer will be allowed.

Artistic Swimming

This Artistic Swimming event is a combination of the CCCAN championship in combination with an Invitational.

CCCAN CHAMPIONSHIP: National team of CCCAN federations and Invited Countries listed under Participants can participate in this championship

INVITATIONAL:

- All Participants of clubs of CCCAN federations can participate in the Invitational
 - All participants of non CCCAN federations can participate in the Invitational
 - All participants of clubs from non CCCAN federations can participate in the Invitational
 - All CCCAN federations will automatically participate in the Invitational
 - Every participant in the championship must be a member of a club, regional or national team of a Federation.
 - Each Federation will send in one entry, which will include ALL the entries for the country.
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- A. Each country and/or club may enter two (2) solos, two (2) duets, two (2) mixed duets, and one (1) team per age group. Group 3 and Group 4 can enter two (2) technical solos, two (2) free solos, two (2) technical duets, two (2) free duets, two (2) technical mixed duets, two (2) free mixed duets and one (1) technical team and one (1) free team.
 - B. The teams must each be composed of a minimum of four (4) swimmers and a maximum of eight (8). FINA Rule AS18.1 will apply. The combo event must be composed of a minimum of eight (8) swimmers and a maximum of ten (10).
 - C. Each country and/or club can enter 1 Combo (13 years old & over)
 - D. No competitor may participate out of his/her age group, even in an older one, except for the following exceptions:
 - (a) Combo event
 - (b) Group 2 and Group 3 athletes (13-15 or Junior) may swim up one age group category only to complete a Duet and/ or Team if all the following requirements are met:
 - Duets must have one member in the correct age category.
 - Teams must have **at least** 50% of their members in the correct age category
 - When an athlete swims up in Duet and/or Team, they may NOT swim those events in their own age category.
 - E. Group 1 athletes (12 & Under) are not allowed to swim up per FINA rule ASAG 4.
 - F. An athlete can only represent either a national team or a Club, but not both.

Open Water Swimming

- A. Each country may enter a maximum of three (3) competitors in each individual event; male and female.
- B. All competitors must be subject to a medical physical examination at the host country prior to their event. Time and place of this examination will be communicated to each delegation at the technical meeting.
- C. Those competitors between the ages of 12 and 17 years old shall only participate if they are represented by their parents or by the delegate of their country at the championships. The competitor's representative must sign and include with the entry form a document exonerating CCCAN and the host federation of all responsibilities.
- D. In Open Water, it is obligatory that each swimmer is accompanied by a companion during the competition. An accompanying representative can accompany a maximum of 2 swimmers. If

he/she does not have a representative from his/her country to accompany him/her, he/she must make a request for a companion to the Organizing Committee during the technical meeting.

Water Polo:

- A. Each country may enter no less than nine (9) and no more than thirteen (13) players per category.
- B. The rosters of all teams must be turned in to the Technical Meeting. A player cannot change the cap number during the games without the referee's permission.
- C. At this event a player from Group 2 may participate in Group 3.

7. Minimum of Participating Countries

For the celebration of a "Championship" in all the disciplines and their respective categories, participation of at least two (2) countries is required.

If in a discipline and/or event, the required number of countries is not participating, the Organizing Committee shall advise the President of CCCAN at least thirty (30) days prior to the arrival date, who shall take the appropriate action to eliminate those events.

8. Rules

The Championships shall be governed by the rules of the International Federation of aquatic disciplines (FINA) in force at the time of the competitions

9. Swimwear, Goggles and Swim Caps

The swimwear, goggles, and swim caps used shall be those approved by FINA and must be on the current "approved" list published by FINA each year. They must be worn in Preliminary and Final events and must carry the approved FINA mark.

In compliance with a rule set forth by the Aquatic Center in Barbados, **it is mandatory that all athletes always wear a swim cap while in the pool.**

10. Interpretations

The Members of the CCCAN Executive Committee present at the championships shall have complete authority to answer and resolve all interpretation, resolutions or appeals related to these championships.

11. Technical Officials

The President of CCCAN, with the recommendation from the Technical Committee for each discipline, will name the judges and referees for the championships, with the understanding that at least 90% will be provided by the host country. The federations participating in these championships must include in their delegation a maximum of two (2) technical officials per discipline. Technical Officials will be roomed in doubles but charged the quadruple rate for local transportation, accommodation and three (3) meals per day indicated in Item 17 of this summons.

In Artistic Swimming, it is mandatory for each participating country to send two (2) judges. At least one (1) judge should be a FINA or a UANA judge who passed the FINA Judges School (Schools of 2015 – 2018). These judges will have priority on the panels. Federations sending less than 2 Judges will have to pay a surcharge of \$ 150 USD per judge. Note: Federations that do not have a UANA or FINA Judge will not be charged the Officials Surcharge.

In Water Polo, it is mandatory for each participating country to send one (1) referee.

The forms with the names and experience of each technical official shall be sent to the President of CCCAN no later than March 31, 2019 at the following email address:

cccansecretary@gmail.com

The President of CCCAN shall notify each federation and the Organizing Committee of the names of those technical officials selected to work at the championships.

12. Awards

A Championship trophy shall be awarded to the country with the highest points in each age group (male and female) in every discipline and category. In addition, an Overall Championships trophy shall be awarded to the country gaining the highest total points in all disciplines combined. Each award shall have the logo and the initials of the CCCAN and the design shall be approved by CCCAN.

First to third place shall be awarded medals – gold, silver, bronze respectively, for each event in each discipline. Each medal shall have the initials of the CCCAN and the design shall be approved by the CCCAN.

The awards shall be presented on the awards podium as determined by the Organizing Committee in consultation with the President of CCCAN or his nominee. Only the first three (3) places will go to the awards podium. The flags of the first three (3) places shall be raised and the anthem of the winning country shall be played.

In relays in swimming, duets and teams in artistic swimming, each participant shall receive the award corresponding to his/her country.

In artistic swimming, for Group 1 and Group 2 awards will be given in figures and free routine separately. For the figures, the qualification obtained by the athlete, awarded from 1 through 8, complying with FINA Rule AS 12.1 independent of the country where she belongs. For the free routine, the qualification obtained in the figures should be added to the qualifications obtained in the free routine for a maximum of 200 points in compliance with FINA Rules AS12.2, AS12.3, AS13 and AS20.2.2. With exception of the Group 1 & 2 Mixed Duet events, the Combo event and the Age-group 3 and 4 events which will be a 100% routine score without the figure score. Rule AS20.2.1. For the Group 3 and Group 4 awards will be given separately for the Technical routine as well as the Free routine.

For **Swimming**, points will be awarded as follows:

Place	1°	2°	3°	4°	5°	6°	7°	8°
Points	9	7	6	5	4	3	2	1

Points will be double for relays in Swimming.

For **Open Water**, points will be awarded as follows:

Place	1°	2°	3°	4°	5°	6°	7°	8°	9°	10	11°	12°
Points	18	16	14	12	10	8	6	5	4	3	2	1

For **Artistic Swimming**, points will be awarded as follows:

Place	1°	2°	3°	4°	5°	6°	7°	8°
Solo and figures points:	24	22	20	18	16	14	12	10
Duets points:	36	33	30	27	24	21	18	15
Team points:	72	66	60	54	48	42	36	30

In solo and duet events, only one (1) solo and one (1) duet per country will receive awards and points. The second solo and second duet will receive an honorary participation. Separate medals will be awarded for CCCAN Championships and the Invitational.

In **Water Polo**, each participant received the prize corresponding to their country.

For water polo, the score is awarded as follows:

Place	1°	2°	3°	4°	5°	6°	7°	8°
Points	72	66	60	54	48	42	36	30

Independent scoring will be kept in each discipline, category, and sex to decide Team champions. The team with the most total points in all disciplines and categories, will receive the Overall Championship trophy and will also receive the CCCAN flag to keep until the next championships.

13. Swimming Program

The heats in swimming will be held in the morning and the eight (8) finalists will be selected based on time. The finals will be held in the afternoon.

The 800 Free for women, the 1500 Free for men, the 200 Butterfly and 200 Breaststroke in the 11-12 age group, and the 400 Individual Medley in the 13-14 age group will be swum as “timed finals” and will be seeded in accordance with FINA Rule 3.1.1.6. All entries in in these events must show “proof of time” (name and date of competition in which the time has been achieved) when entered in the HY-TEK file. If the evidence is not submitted, the swimmer will not be entered.

The 800 Free for women and the 1500 Free for men will be swum as a 13 and Over category but will be awarded separately.

All swimmers in the Timed Final events (200 Breaststroke & 200 Butterfly 11-12, 400 Individual Medley 13-14, and all 800/1500 Free) must report to the Clerk of Course in the morning in order to account for any scratches, to ensure that there will be 8 swimmers in the Final heat.

14. Open Water Program

1. All competitors will have the opportunity to train and familiarize themselves with the competition course one (1) day before the first race.
2. There will be one (1) day of rest between the 5 KM/3 KM and the 10 KM race days.
3. Based upon the number of participants the technical committee will decide what type of start shall be used.

4. All swimmers must report to the Clerk of Course with the Cap (which may show the three (3) letter identification of their country), the swimsuit and the goggles that they will be wearing during the race.

15. Artistic Swimming Program

The artistic swimming program shall conform with that set forth in the FINA age group rules. The order and the development of the competition will be determined in accordance with the number of participants in each category. Therefore, the final order of events will be organized following preliminary entries. The Organizing Committee shall send to each participating country, no later than April 30, 2019 the information indicated in FINA Rule AS 24.2, including the pool diagram with depth and music format.

16. Water Polo Program:

1. For Group "2" this event shall be used as Qualification Event for the 2020 Pan Am Junior Championships in Edmonton, Canada
2. The system of games will be decided in a preliminary draw done by the Executive Committee and the TWPC, in accordance with the number of participating teams in each category.
3. The system to decide ties will be as set forth in the FINA Handbook.
4. For all categories, the ball shall be one that satisfies the requirements of FINA Rules. The ball will be selected by the Organizing Committee after discussions with the CCCAN.
5. For this event FINA rules will be applied for all Groups except for the following:
 - a. Length of Field of Play shall be 25 meters for Group 1 Male
 - b. Teams with less than 13 players in their roster will NOT be required to have two goalkeepers in their roster.

17. Living Expenses

Each participating country has the right to include in its official delegation, the following Team Officials, at the cost indicated below:

A. Swimming:

1. Delegations with ten (10) competitors or less – Three (3) Team Officials
2. Delegations with more than ten (10) competitors but less than thirty-one (31) – Four (4) Team Officials
3. Delegations with more than thirty-one (31) competitors but less than fifty (50) – Five (5) Team Officials
4. Delegations with more than fifty (50) competitors – Six (6) Team Officials

B. Open Water: Three (3) Team Officials per delegation.

C. Artistic Swimming: Four (4) Team Officials per delegation.

D. Water Polo: Three (3) Team Officials per delegation.

Every visiting federation will pay the organizing committee the following rates:

- a) Meet fee of US\$ 100.00 per person per nights for quadruple occupancy room, board and local transportation between the competition venues and the athletes' village.

For those delegations opting for a room occupancy other than a quadruple the following rates will be charged:

- a. US\$ 150.00 per person per nights for triple occupancy room, board and local transportation between the competition venues and the athletes' village.
- b. US\$ 200.00 per person per nights for double occupancy room, board and local transportation between the competition venues and the athletes' village.
- c. US\$ 275.00 per person per nights for single occupancy room, board and local transportation between the competition venues and the athletes' village.

The above-mentioned daily rate includes hotel, transportation and 3 meals for the period from arrival to departure for each discipline. Hotel, meals and transportation for training prior to the arrival date will have to be requested and is not included in the daily rate.

Fifty percent (50%) of this estimated cost shall be paid in advance to the Organizing Committee no later than May 20, 2019 for each member of the official delegation to secure reservations of the rooms. The balance shall be paid no later than June 20, 2019.

INFORMATION FOR BANK TRANSFER:

BANK ACCOUNT # 10039148
 FIRSTCARIBBEAN BANK INTERNATIONAL LTD
 WILDEY, ST MICHAEL
 BARBADOS W I
 FCIBBBBB

CORRESPONDENT BANK:
 WELLS FARGO, NEW YORK
 SWIFT CODE: PNBPU3NNYC
 SWIFT CODE: FIRSTCARIBBEAN

Each federation is responsible for the related bank charges that will be incurred by the Organizing Committee and must be included when the funds are transferred.

18. VISA Requirements

If your country requires VISA to enter Barbados, each person is responsible for carrying out the corresponding application process Contact the federation for specific information and entry requirements for each country at basa@caribsurf.com

19. Accommodation

On receipt of preliminary entries, the organizing committee will provide all participating countries with information regarding the accommodations.

SWIMMING PROGRAM

First Day of Swimming Program (June 28, 2019) is:

1 – 2	800/1500 M Freestyle – Timed Final	13 & over
7	200 M Mixed Freestyle Relay	11 - 12
8	200 M Mixed Freestyle Relay	13 - 14
9	200 M Mixed Freestyle Relay	15 - 17
10	200 M Mixed Freestyle Relay	18 & Over

Second Day of Swimming Program (June 29, 2019) is:

11 - 12	200 M Breaststroke -Timed Final	11 - 12
13 - 14	200 M Breaststroke	13 - 14
15 - 16	200 M Breaststroke	15 - 17
17 - 18	200 M Breaststroke	18 & Over
19 - 20	50 M Backstroke	11 - 12
21 - 22	50 M Backstroke	13 - 14
23 - 24	50 M Backstroke	15 - 17
25 - 26	50 M Backstroke	18 & Over
27 - 28	100 M Butterfly	11 - 12
29 - 30	100 M Butterfly	13 - 14
31 - 32	100 M Butterfly	15 - 17
33 - 34	100 M Butterfly	18 & Over

Third Day of Swimming Program (June 30, 2019) is:

35 - 36	200 M Freestyle	11 - 12
37 - 38	200 M Freestyle	13 - 14
39 - 40	200 M Freestyle	15 - 17
41 - 42	200 M Freestyle	18 & Over
43 - 44	50 M Butterfly	11-12
45 - 46	50 M Butterfly	13-14
47 - 48	50 M Butterfly	15-17
49 - 50	50 M Butterfly	18 & Over
51 - 52	100 M Backstroke	11-12
53 - 54	100 M Backstroke	13-14
55 - 56	100 M Backstroke	15-17
57 - 58	100 M Backstroke	18 & Over
59 - 60	400 M Individual Medley – Timed Final	13-14
61 - 62	400 M Individual Medley	15-17
63 - 64	400 M Individual Medley	18 & Over
65 - 66	400 M Freestyle Relay	11-12
67 - 68	400 M Freestyle Relay	13-14
69 - 70	400 M Freestyle Relay	15-17
71 - 72	400 M Freestyle Relay	18 & Over

Fourth Day of Swimming Program (July 1, 2019) is:

73 - 74	200 M Individual Medley	11-12
75 -76	200 M Individual Medley	13-14
77 - 78	200 M Individual Medley	15-17
79 - 80	200 M Individual Medley	18&Over
81 - 82	50 M Breaststroke	11-12
83 - 84	50 M Breaststroke	13-14
85 - 86	50 M Breaststroke	15-17
87 - 88	50 M Breaststroke	18&Over
89 - 90	100 M Freestyle	11-12
91 - 92	100 M Freestyle	13-14
93 - 94	100 M Freestyle	15-17
95 - 96	100 M Freestyle	18 & Over
97 - 98	200 M Butterfly – Timed Final	11-12

99 – 100	200 M Butterfly	13-14
101 – 102	200 M Butterfly	15-17
103 - 104	200 M Butterfly	18 & Over
105 – 106	800 M Freestyle relay	15 - 17
107 - 108	800 M Freestyle relay	18 & Over

Fifth Day of Swimming Program (July 2, 2019) Is:

109 – 110	400 M Freestyle	11 – 12
111 – 112	400 M Freestyle	13 - 14
113 – 114	400 M Freestyle	15 – 17
115 - 116	400 M Freestyle	18 & Over
117 – 118	50 M Freestyle	11 – 12
119 – 120	50 M Freestyle	13 - 14
121 – 122	50 M Freestyle	15 – 17
123 – 124	50 M Freestyle	18 & Over
125 – 126	100 M Breaststroke	11 – 12
127 – 128	100 M Breaststroke	13 - 14
129 – 130	100 M Breaststroke	15 – 17
131 – 132	100 M Breaststroke	18 & Over
133 – 134	200 M Backstroke	11 – 12
135 – 136	200 M Backstroke	13 - 14
137 – 138	200 M Backstroke	15 – 17
139 – 140	200 M Backstroke	18 & Over
141 – 142	400 M Medley Relay	11 – 12
143 – 144	400 M Medley Relay	13 - 14
145 – 146	400 M Medley Relay	15 – 17
147 - 148	400 M Medley Relay	18 & Over

ARTISTIC SWIMMING PROGRAM

First Day of Artistic Swimming Program (June 24, 2019) is:

TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	SOLO	12 & UNDER
	SOLO	13 - 15
	SOLO FREE	JUNIOR
	SOLO FREE	SENIOR
AFTERNOON	SOLO TECHNICAL	JUNIOR
	SOLO TECHNICAL	SENIOR
	COMBO	13 & OLDER

Second Day of Artistic Swimming Program (June 25, 2019) is:

TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	FIGURES	12 & UNDER
AFTERNOON	FIGURES	13 - 15
	DUET	12 & UNDER
	DUET	13 - 15
	FREE DUET	JUNIOR
	FREE DUET	SENIOR

Third Day of Artistic Swimming Program (June 26, 2019) is:
TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	TECHNICAL DUET	JUNIOR
	TECHNICAL DUET	SENIOR
	TECHNICAL MIXED DUET	JUNIOR
	TECHNICAL MIXED DUET	SENIOR
AFTERNOON	FREE TEAM	12 & UNDER
	FREE TEAM	13-15
	FREE TEAM	JUNIOR
	FREE TEAM	SENIOR

Fourth Day of Artistic Swimming Program (June 27, 2019) is:
TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	FREE MIXED DUET	12 & UNDER
	FREE MIXED DUET	13-15
	FREE MIXED DUET	JUNIOR
	FREE MIXED DUET	SENIOR
	TECHNICAL TEAM	JUNIOR
	TECHNICAL TEAM	SENIOR

OPEN WATER SWIMMING PROGRAM

First Day of Open Water Swimming Program (July 3, 2019) is:

1 - 2	5 K Open Water	14 – 17
3 - 4	5 K Open Water	18 & Over
5 - 6	3 K Open Water	12 - 13

Second Day of Open Water Swimming Program (July 5, 2019) is:

7 - 8	10 K Open Water	14 – 17
9 – 10	10 K Open Water	18 & Over

WATER POLO PROGRAM

Note: THIS PROGRAM TO BE ARRANGED BASED ON THE NUMBER OF TEAMS ENTERED

Tony Selby
 President
 Barbados Amateur Swimming Association
 Signed:
 In Barbados

Felix A Calderon
 President
 CCCAN
 Signed:
 In Puerto Rico

