



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

**SUMMONS FOR THE XXVIII CENTRAL AMERICAN AND
CARIBBEAN CHAMPIONSHIPS
IN
SWIMMING**

**XXIII IN WATER POLO,
XX IN SYNCHRONIZED SWIMMING
AND
IV IN OPEN WATER SWIMMING**

**IN THE
CATEGORIES INFANTILE, JUVENILE AND SENIOR**

CCCAN 2013

COSTA RICA

THE CENTRAL AMERICAN AND CARIBBEAN CHAMPIONSHIPS MENTIONED ABOVE WILL BE THE QUALIFYING EVENTS FOR SYNCHRONIZED SWIMMING, OPEN WATER AND WATER POLO IN THE CAC GAMES 2014 VERACRUZ.

THE CCCAN SUMMONS ALL ITS AFFILIATED COUNTRIES, COLOMBIA, 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) AS LONG AS THE FEDERATION IS UP TO DATE IN ITS MEMBERSHIP DUES AND HAS 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.

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| 1. NETHERLAND ANTILLES | 15. GUATEMALA |
| 2. ANTIGUA-BARBUDA | 16. HONDURAS |
| 3. ARUBA | 17. JAMAICA |
| 4. BAHAMAS | 18. MEXICO |
| 5. BARBADOS | 19. NICARAGUA |
| 6. BERMUDA | 20. PANAMA |
| 7. BRITISH VIRGIN ISLANDS | 21. PUERTO RICO |
| 8. CAYMAN ISLANDS | 22. SAINT KITTS AND NEVIS |
| 9. COSTA RICA | 23. SAINT LUCIA |
| 10. CUBA | 24. SAINT VINCENT AND
THE GRENADINES |
| 11. DOMINICA | 25. TRINIDAD AND TOBAGO |
| 12. DOMINICAN REPUBLIC | 26. TURKS AND CAICOS |
| 13. EL SALVADOR | 27. VIRGIN ISLANDS |
| 14. GRENADA | |

ALSO, RESIDENTS OF COLOMBIA, SURINAM AND VENEZUELA MAY, WITHOUT BEING MEMBERS OF THE CCCAN, PARTICIPATE IN THESE CHAMPIONSHIPS THROUGH THEIR RESPECTIVE FEDERATIONS AS LONG AS THEY RECEIVE THE APPROVAL AND AUTHORIZATION OF THE SOUTH AMERICAN CONFEDERATION, TO WHICH THEY ARE AFFILIATED.

EQUALLY, THE RESIDENTS OF GUADELOUPE AND MARTINIQUE MAY PARTICIPATE THROUGH THEIR RESPECTIVE ASSOCIATIONS, AS LONG AS THEY OBTAIN THE APPROVAL OF THE FRENCH SWIMMING FEDERATION, TO WHICH THEY BELONG.

2. CATEGORIES:

SWIMMING

- 1. INFANTILE "B"** **COMPETITORS 11 AND 12 YEARS OLD AT MIDNIGHT, DECEMBER 31, 2012. ATHELETES BORN IN 2001 AND 2000 MAY PARTICIPATE.**
- 2. JUVENILE "A"** **COMPETITORS 13 AND 14 YEARS OLD AT MIDNIGHT, DECEMBER 31, 2012. ATHLETES BORN IN 1999 AND 1998 MAY PARTICIPATE.**
- 3. JUVENILE "B"** **COMPETITORS 15, 16 AND 17 YEARS OLD AT MIDNIGHT, DECEMBER 31, 2012. ATHLETES BORN IN 1997, 1996 AND 1995 MAY PARTICIPATE.**
- 4. SENIOR** **COMPETITORS 18 YEARS OLD AND OVER AT MIDNIGHT, DECEMBER 31, 2012. ATHLETES BORN IN OR BEFORE 1994 MAY PARTICIPATE.**

WATER POLO

- 1. GROUP 1 - (MAS)** **COMPETITORS 17 YEARS OLD OR LESS AT MIDNIGHT, DECEMBER 31, 2013. ATHLETES BORN IN 1996 OR LATER MAY PARTICIPATE.**

 GROUP 1-A (FEM) **Same as above**
- 2. GROUP 2 (MAS)** **COMPETITORS 19 YEARS OLD OR LESS AT MIDNIGHT, DECEMBER 31, 2013. ATHLETES BORN IN 1994 OR LATER MAY PARTICIPATE.**

 GROUP 2-A (FEM) **Same as above**
- 3. GROUP 3 (MAS)** **OPEN.**

 GROUP 3-A (FEM) **Same as above**

SYNCHRONIZED SWIMMING (FEMENINE)

- 1. GROUP 1** **COMPETITORS 12 YEARS OLD OR LESS AT MIDNIGHT, DECEMBER 31, 2013. ATHLETES BORN IN 2001 OR LATER MAY APARTICIPATE.**
- 2. GROUP 2** **COMPETITORS 13, 14 & 15 YEARS OLD AT MIDNIGHT, DECEMBER 31, 2013. ATHLETES BORN IN 1998, 1999 AND 2000 MAY PARTICIPATE.**
- 3. GROUP 3** **COMPETITORS 16, 17 & 18 YEARS OLD AT MIDNIGHT, DECEMBER 31, 2013. ATHLETES BORN IN 1997, 1996 AND 1995 MAY PARTICIPATE.**
- 4. GROUP 4** **OPEN.**

OPEN WATER SWIMMING

- GROUP A** **COMPETITORS 14 YEARS OLD THROUGH 17 YEARS OLD AT JULY 3, 2013. ATHLETES BORN IN 1995, 1996, 1997, 1998 AND BEFORE JULY 3, 1999 MAY PARTICIPATE.**
- GROUP B** **COMPETITORS 18 YEARS OLD OR MORE AT JULY 3, 2012 . ATHLETES BORN ON OR BEFORE JULY 3, 1995 MAY PARTICIPATE**

3. HOST

THE HOST COUNTRY FOR THESE CHAMPIONSHIPS WILL BE COSTA RICA. FOR THIS REASON, THE COSTA RICA SWIMMING FEDERATION WILL BE IN CHARGE OF THE ORGANIZATION AND WILL ASSIST THE 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 - **MARIA DEL MILAGRO PARIS, SAN JOSÉ**
OPEN WATER - **HERRADURA BEACH , SAN JOSÉ**
SYNCHRONIZED SWIMMING - **MARIA DEL MILAGRO PARIS, SAN JOSÉ**
WATER POLO - **HATILLO, SAN JOSÉ**

ARRIVAL FOR SWIMMING	JUNE 29, 2013
ARRIVAL FOR SYNCHRONIZED SWIMMING AND WATER POLO	JULY 1, 2013
TECHNICAL MEETING SWIMMING	JUNE 30, 2013
TECHNICAL MEETING FOR SYNCHRONIZED SWIMMING AND WATER POLO	JULY 2, 2013
OPENING CEREMONY	JUNE 30, 2013 AT 5:00 P.M.
COMPETITIONS FOR SWIMMING	JULY 1- JULY 5, 2013
COMPETITIONS FOR SYNCHRONIZED SWIMMING AND WATER POLO	JULY 3- JULY 7, 2013
ARRIVAL FOR OPEN WATER	JULY 3, 2013
COURSE FAMILIARIZATION, TRAINING AND TECHNICAL MEETING FOR OPEN WATER	JULY 4, 2013
COMPETITIONS FOR OPEN WATER	JULY 5 - JULY 7, 2013

EXTRAORDINARY CCCAN CONGRESS	JUNE 30, 2013 AT 9:00 A.M.
KEYNOTE ADDRESS	JUNE 30, 2013 AT 11:00 A.M.
RETURN TO COUNTRY OF ORIGIN FOR SWIMMING	JULY 6, 2013
CLOSING CEREMONY	JULY 7, 2013
RETURN TO COUNTRY OF ORIGIN FOR SY AND WP	JULY 8, 2013

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 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. THE ONLY REQUIREMENTS FOR PARTICIPATION IN THESE CHAMPIONSHIPS ARE CITIZENSHIP AND COMPLIANCE WITH AGE LIMITS.

5. ENTRIES:

THE ORGANIZING COMMITTEE WILL PROVIDE ENTRY FORMS AND INSTRUCTIONS TO ALL INVITED TEAMS ON OR BEFORE APRIL 15, 2013

5a. PRELIMINARY ENTRIES:

THE PRELIMINARY ENTRIES (BY TEAM) MUST BE MADE ON THE FORMS ATTACHED AND MUST BE SENT BY EMAIL TO THE FOLLOWING ADDRESSES TO BE IN THE HANDS OF THE ORGANIZING COMMITTEE AND THE PRESIDENT OF CCCAN NO LATER THAN APRIL 15, 2013:

E-MAIL: fecona@ice.co.cr; : wualters@hotmail.com
: eclarke@caribnet.net

THE PRELIMINARY ENTRIES MUST INDICATE THE FOLLOWING:

1. IN WHAT SWIMMING CATEGORIES THEY WILL PARTICIPATE.
2. IN WHAT WATER POLO CATEGORIES THEY WILL PARTICIPATE.
3. IN WHAT SYNCHRONIZED SWIMMING CATEGORIES AND EVENTS THEY WILL PARTICIPATE.
4. IN WHAT OPEN WATER SWIMMING CATEGORY THEY WILL PARTICIPATE
5. THE APPROXIMATE NUMBER OF PERSONS IN THE OFFICIAL DELEGATION, INDICATING: NUMBER OF FEMALE ATHLETES, NUMBER OF MALE ATHLETES, AND THE NUMBER OF DELEGATION OFFICIALS AND TECHNICAL OFFICIALS.

ALTHOUGH THE LAST DATE FOR THE PRELIMINARY ENTRIES IS APRIL 15, 2013, IT WILL BE GREATLY APPRECIATED IF THIS INFORMATION IS SUBMITTED TO THE ORGANIZING COMMITTEE AS SOON AS POSSIBLE TO ALLOW THEM TO MAKE ARRANGEMENTS FOR LOCAL TRANSPORTATION AND ROOM AND BOARD.

5b. FINAL ENTRIES:

THE PARTICIPATING COUNTRIES MUST SEND THEIR FINAL ENTRIES IN THE SPECIFIED FORMATS WITH THE SEAL OF THE FEDERATION BY EMAIL OR CERTIFIED AIRMAIL TO THE CHAMPIONSHIP ORGANIZING COMMITTEE WITH COPY TO THE PRESIDENT OF CCCAN AT:

Federación Costarricense de Natación y Afines
Frente a Las Canchas de Tennis
Parque Metropolitano
La Sabana
1870-1000 San José
COSTA RICA

E-MAIL: fecona@ice.co.cr
: wualters@hotmail.com
: eclarke@caribnet.net

IT IS VERY IMPORTANT THAT ALL COMMUNICATIONS BE ADDRESSED IN THIS MANNER AND BE COPIED TO ALL EMAIL ADDRESSES.

FINAL ENTRIES, BY GROUP OR SPECIFIC EVENT, MUST BE IN THE HANDS OF THE ORGANIZING COMMITTEE NO LATER THAN MIDNIGHT, JUNE 03, 2013. 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 “MEET MANAGER” FORM 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 THE 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.
- e. IN SWIMMING, NO COMPETITOR MAY PARTICIPATE OUT OF HIS/HER AGE GROUP, EVEN IN AN OLDER ONE

- f. **THE EXACT LIST OF DIVES FOR EACH COMPETITOR MUST BE TURNED IN TO THE DIVING REFEREE AT LEAST 24 HOURS PRIOR TO THE DIVER'S OFFICIAL PARTICIPATION.**

- g. **THE ORDER OF THE SWIMMERS IN THE RELAY EVENTS MUST BE TURNED IN TO THE SCORING TABLE NO LATER THAN (1) HOUR PRIOR TO THE START OF THE SESSION IN WHICH THE EVENT IS TO BE HELD.**

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. **PLAYERS MAY COMPETE BOTH IN OPEN CATEGORY AS WELL AS IN HIS/HER AGE GROUP. NO PLATER MAY PARTICIPATE IN BOTH OF THE AGE GROUPS 17 & UNDER AND 19 & UNDER.**

SYNCHRONIZED SWIMMING (FEMALE)

- a. **EACH COUNTRY MAY ENTER TWO (2) SOLOS, TWO (2) DUETS AND ONE TEAM PER AGE GROUP.**
- b. **THE TEAMS MUST EACH BE COMPOSED OF A MINIMUM OF FOUR (4) SWIMMERS AND A MAXIMUM OF EIGHT (8). FINA RULE SS 18.1 WILL APPLY.**
- c. **COMPETITORS MAY COMPETE BOTH IN OPEN CATEGORY AS WELL AS IN HER AGE GROUP. EXCEPT IN THE CASE OF THE OPEN CATEGORY, NO COMPETITOR MAY PARTICIPATE OUT OF HER AGE GROUP, EVEN IN AN OLDER ONE.**

OPEN WATER SWIMMING

- a. **EACH COUNTRY MAY ENTER A MAXIMUM OF THREE (3) COMPETITORS PER 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 TO BE COMMUNICATED TO EACH DELEGATION AT THE TECHNICAL MEETING.**
- c. **THOSE COMPETITORS OF AGES BETWEEN 14 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 REPRESENTATIVES MUST SIGN AND INCLUDE WITH THE ENTRY FORM A DOCUMENT EXONERATING OTHERS OF ALL RESPONSIBILITIES.**

7. MINIMUM OF PARTICIPATING COUNTRIES:

FOR THE CELEBRATION OF A “CHAMPIONSHIP” IN ANY OF THE DISCIPLINES (SWIMMING, WATER POLO, SYNCHRONIZED SWIMMING, AND OPEN WATER) AND THEIR RESPECTIVE CATEGORIES, PARTICIPATION OF AT LEAST TWO (2) COUNTRIES IS REQUIRED. IF IN A DISCIPLINE AND/OR EVENT, THERE IS NOT AT LEAST TWO (2) COUNTRIES PARTICIPATING, THE ORGANIZING COMMITTEE SHALL ADVISE THE PRESIDENT OF THE CCCAN AT LEAST FIFTEEN (15) DAYS PRIOR TO THE ARRIVAL DATE (JUNE 14, 2013), WHO SHALL TAKE THE APPROPRIATE ACTION TO ELIMINATE THOSE EVENTS.

8. RULES:

THE CHAMPIONSHIPS SHALL BE GOVERNED BY THE RULES OF THE FEDERATION INTERNATIONALE DE NATATION (FINA) IN FORCE AT THE TIME OF THE COMPETITIONS.

9. SWIMWEAR AND SWIM CAPS:

THE SWIMWEAR, GOGGLES AND SWIM CAP USED SHALL BE THOSE APPROVED BY FINA AND INCLUDED IN THE CURRENT “APPROVED LIST” PUBLISHED BY FINA EACH YEAR ON ITS WEBSITE.

10. INTERPRETATIONS:

THE CCCAN EXECUTIVE COMMITTEE SHALL HAVE COMPLETE AUTHORITY TO ANSWER AND RESOLVE ALL INTERPRETATIONS, RESOLUTIONS OR APPEALS RELATED TO THESE CHAMPIONSHIPS.

11. TECHNICAL OFFICIALS:

THE PRESIDENT OF THE CCCAN 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 COULD INCLUDE IN THEIR DELEGATION A MAXIMUM OF TWO (2) TECHNICAL OFFICIALS PER DISCIPLINE.

IN SYNCHRONISED SWIMMING AND WATER POLO, IT IS MANDATORY FOR EACH ENTERED TEAM TO SEND TWO (2) JUDGES.

THE LIST WITH THE NAMES AND EXPERIENCE OF EACH TECHNICAL OFFICIAL SHOULD BE SENT PRIOR TO MAY 15, 2013 TO THE PRESIDENT OF THE CCCAN AT THE FOLLOWING ADDRESS:

**Errol Clarke
P.O. Box 6 W, Worthing
Christ Church, BB 15112
Barbados
E-mail : eclarke@caribnet.net**

THE PRESIDENT WILL NOTIFY EACH FEDERATION AND THE ORGANIZING COMMITTEE OF THE NAMES OF THOSE TECHNICAL OFFICIALS SELECTED TO WORK AT THE EVENT .

12. AWARDS:

POINTS SHALL BE AWARDED FOR FIRST (1ST) TO EIGHT (8TH) PLACE IN EVERY EVENT. A CHAMPIONSHIP TROPHY SHALL BE AWARDED FOR THE HIGHEST POINTS IN EACH AGE GROUP (MALE AND FEMALE) IN EVERY DISCIPLINE AND CATEGORY. IN ADDITION, AN OVERALL CHAMPIONSHIP TROPHY WILL BE AWARDED TO THE COUNTRY GAINING THE HIGHEST TOTAL POINTS IN EACH DISCIPLINE. EACH AWARD SHALL BEAR THE INITIALS OF THE CCCAN.

FIRST TO THIRD PLACE SHALL BE AWARDED MEDALS - GOLD, SILVER AND BRONZE RESPECTIVELY, FOR EACH EVENT IN EACH DISCIPLINE. EACH MEDAL SHALL BEAR THE INITIALS OF 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 PLACES WILL GO TO THE AWARDS PODIUM. THE FLAGS OF THE FIRST THREE PLACES SHALL BE RAISED AND THE ANTHEM OF THE WINNING COUNTRY SHALL BE PLAYED.

IN WATER POLO, RELAYS IN SWIMMING, DUETS AND TEAMS IN SYNCHRONIZED SWIMMING, EACH PARTICIPANT SHALL RECEIVE THE AWARD CORRESPONDING TO HIS/HER COUNTRY.

IN SYNCHRONIZED SWIMMING AWARDS WILL BE GIVEN IN FIGURES AND FREE ROUTINE SEPARATELY. FOR THE FIGURES THE QUALIFICATION OBTAINED BY THE ATHLETE, AWARDED FROM I THROUGH 8, COMPLYING WITH FINA RULE SS 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 AND DIVIDED BY 50% IN COMPLIANCE WITH FINA RULES SS 12.2, SS 12.3 and SS 13. FOR THE OPEN CATEGORY, THE TECHNICAL ROUTINE AND FREE ROUTINE WILL BE AWARDED INDEPENDENTLY. THIS COULD BE SWUM BY DIFFERENT ATHLETES.

FOR SWIMMING, POINTS WILL BE AS FOLLOWS :

FIRST PLACE	9 POINTS
SECOND PLACE	7 POINTS
THIRD PLACE	6 POINTS
FOURTH PLACE	5 POINTS
FIFTH PLACE	4 POINTS
SIXTH PLACE	3 POINTS
SEVENTH PLACE	2 POINTS
EIGHTH PLACE	1 POINT

POINTS WILL BE DOUBLE FOR THE RELAYS IN SWIMMING. THIS WILL BE APPLIED TO THEIR CORRESPONDING AGE GROUPS. SHOULD THEY COME FROM DIFFERENT AGE GROUPS, THE POINTS WILL BE AWARDED IN 2 EQUAL AMOUNT TO EACH CORRESPONDING AGE GROUP. FOR OPEN WATER, POINTS WILL BE AWARDED TO THE FIRST TWELVE PLACES AS FOLLOWS:

18-16-14-12-10-8-6-5-4-3-2-1

FOR WATER POLO, POINTS WILL BE AS FOLLOWS:

72,66,60,54, 48,42, 36, and 30.

FOR SYNCHRONIZED SWIMMING POINTS WILL BE AS FOLLOWS:

SOLOS AND FIGURES: 24,22,20,18,16,14,12,10.

DUETS : 36,33,30,27,24,21,18,15

TEAM : 72,66,60,54,48,42,36,30

NOTES:

IN THE SOLO AND DUET EVENTS RESPECTIVELY ONLY THE COUNTRY WITH HIGHEST POINTS WILL RECEIVE AWARDS. THE SECOND SOLOS AND DUETS RESPECTIVELY WILL RECEIVE AN HONORARY PARTICIPATION.

INDEPENDENT SCORING WILL BE KEPT IN EACH SPECIALTY, CATEGORY, AND SEX TO DECIDE THE CHAMPION TEAMS. THE TEAM WITH THE MOST TOTAL POINTS, IN ALL DISCIPLINES AND CATEGORIES, WILL RECEIVE A TROPHY AND WILL ALSO RECEIVE THE CCCAN FLAG TO KEEP IT 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.

IN THE 800 FREE FOR WOMEN AND THE 1500 FREE FOR MEN, THE SLOWER HEATS WILL BE HELD IN THE MORNING AS "TIME FINALS" AND WILL BE SEEDED IN ACCORDANCE WITH FINA RULE SW 3.1.1.5. THE COMPETITORS WITH THE EIGHT (8) FASTEST TIMES REGISTERED WILL SWIM IN THE FINALS IN THE AFTERNOON. HOWEVER, ALL 800 FREE AND 1500 FREE SWIMMERS MUST REPORT TO THE CLERK OF COURSE IN THE MORNING SESSION TO ENSURE THAT THERE WILL INDEED BE 8 SWIMMERS IN THE EVENING SESSION.

EVIDENCE (NAME AND DATE OF COMPETITION IN WHICH ACHIEVED) OF ALL ENTRY TIMES FOR 800 FREE AND 1500 FREE SHALL BE SUBMITTED ALONG WITH THE FINAL ENTRIES. IF THE EVIDENCE IS NOT SUBMITTED, THE SWIMMER WILL BE ENTERED WITH NO TIME (NT).

ALL SWIMMERS IN THE 800 FREE AND THE 1500 FREE MUST REPORT TO THE CLERK OF COURSE IN THE MORNING IN ORDER TO ACCOUNT FOR ANY SCRATCHES AND DETERMINE THAT THERE WILL BE 8 SWIMMERS IN THE FINALS.

14. WATER POLO PROGRAM

THE SYSTEM OF GAMES AND ITINERARIES WILL BE DECIDED IN THE TECHNICAL MEETING, IN ACCORDANCE WITH THE NUMBER OF PARTICIPATING TEAMS IN EACH CATEGORY. THE SYSTEM TO DECIDE TIES WILL BE AS SET FORTH IN THE FINA RULE BOOK.

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.

15. SYNCHRONIZED SWIMMING PROGRAM :

THE SYNCHRONIZED SWIMMING PROGRAM SHALL CONFORM WITH THAT SET FORTH IN THE FINA AGE GROUP RULES. THE ORDER AND 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 PARTICIPANTING COUNTRY, NO LATER THAN MAY 15, 2013, THE INFORMATION INDICATED IN FINA RULE SS 24.2. INCLUDING POOL DIAGRAM WITH DEPTH AND MUSIC FORMAT.

16. LIVING EXPENSES:

EACH PARTICIPATING COUNTRY HAS THE RIGHT TO INCLUDE IN ITS OFFICIAL DELEGATION, AT THE COSTS INDICATED BELOW, THE FOLLOWING TEAM OFFICIALS:

A. SWIMMING

- 1. DELEGATIONS WITH 10 COMPETITORS OR LESS – 3 TEAM OFFICIALS**
- 2. DELEGATIONS WITH MORE THAN 10 COMPETITORS BUT LESS THAN 31 – 4 TEAM OFFICIALS.**
- 3. DELEGATIONS WITH MORE THAN 30 COMPETITORS BUT LESS THAN 51 – 5 TEAM OFFICIALS.**
- 4. DELEGATIONS WITH MORE THAN 50 COMPETITORS – 6 TEAM OFFICIALS.**

B. SYNCHRONIZED SWIMMING: 4 TEAM OFFICIALS

C. WATER POLO: 2 TEAM OFFICIALS PER TEAM

D. OPEN WATER SWIMMING : 3 TEAM OFFICIALS PER COUNTRY

EVERY VISITING TEAM WILL PAY THE ORGANIZING COMMITTEE THE FOLLOWING RATES PER PERSON PER DAY:

\$ 65.00 (USA) PER PERSON PER NIGHT FOR ROOM, BOARD AND LOCAL TRANSPORTATION IN HOTEL IN QUADRUPLE OCCUPANCY PER ROOM. THE PAYMENT SHALL BE MADE NO LATER THAN JUNE 29, 2013.

THESE RATES INCLUDE TRANSPORTATION FROM AND TO THE AIRPORT AND ALSO TO AND FROM THE POOL/OPEN WATER VENUE FOR TRAINING BEFORE THE COMPETITION START DATE. FEDERATIONS MUST INDICATE ON THEIR PRELIMINARY ENTRIES IF THEY REQUIRE TO BE SCHEDULED FOR TRAINING BEFORE THE START OF COMPETITION, ON THE ARRIVAL DATE AND AFTER THE COMPLETION OF THEIR COMPETITION.

THE ORGANIZING COMMITTEE COULD INFORM YOU THE COST PER PERSON PER DAY IF A ROOM FOR ONE, TWO AND THREE PERSONS IF REQUIRED.

17. POOLS AND VILLAS

ON RECEIPT OF PRELIMINARY ENTRIES, THE ORGANIZING COMMITTEE WILL PROVIDE ALL PARTICIPATING COUNTRIES WITH INFORMATION REGARDING THE HOTEL / VILLA FOR ACCOMMODATION.

SWIMMING PROGRAM

First Day of Swimming Program (July 1, 2013) is:

1-2	100 M Backstroke	13-14
3-4	100 M Backstroke	11-12
5-6	800/1500 M Freestyle	18 & Over
7-8	800/1500 M Freestyle	15 - 17
9-10	800/1500 M Freestyle	13-14
11-12	100 M Breaststroke	18 & Over
13-14	100 M Breaststroke	15-17
15-16	50 M Freestyle	13-14
17-18	50 M Freestyle	11-12
19-20	200 M Individual Medley	18 & Over
21-22	200 M Individual Medley	15-17
23-24	200 M Individual Medley	13-14
25-26	400 M Medley Relay	11-12

Second Day of Swimming Program (July 2, 2013) is:

27-28	200 M Freestyle	15-17
29-30	200 M Freestyle	18 & Over
31-32	200 M Freestyle	13-14
33-34	100 M Backstroke	15-17
35-36	100 M Backstroke	18 & Over
37-38	400 M Freestyle	11-12
39-40	100 M Butterfly	13-14
41-42	100 M Butterfly	15-17
43-44	100 M Butterfly	18 & Over
45-46	100 M Breaststroke	11-12
47-48	200 M Breaststroke	13-14
49-50	200 M Breaststroke	15-17
51-52	200 M Breaststroke	18 & Over
53-54	400 M Freestyle Relay	11-12
55-56	400 M Freestyle Relay	13-14

Third Day of Swimming Program (July 3, 2013) is:

57-58	50 M Freestyle	15-17
59-60	50 M Freestyle	18 & Over
61-62	100 M Butterfly	11-12
63-64	200 M Butterfly	13-14
65-66	200 M Butterfly	15-17
67-68	200 M Butterfly	18 & Over
69-70	50 M Backstroke	11-12
71-72	50 M Backstroke	13-14
73-74	50 M Backstroke	15-17
75-76	50 M Backstroke	18 & Over
77-78	100 M Breaststroke	13-14
79-80	200 M Freestyle	11-12
81-82	800 M Freestyle Relay	15-17
83-84	800 M Freestyle Relay	18 & Over
85-86	800 M Freestyle Relay	13-14

Fourth Day of Swimming Program (July 4, 2013) is:

87-88	400 M Freestyle	18 & Over
89-90	400 M Freestyle	15-17
91-92	400 M Freestyle	13-14
93-94	50 M Breaststroke	18 & Over
95-96	50 M Breaststroke	15-17
97-98	50 M Breaststroke	13-14
99-100	50 M Breaststroke	11-12
101-102	200 M Backstroke	18 & Over
103-104	200 M Backstroke	15-17
105-106	200 M Backstroke	13-14
107-108	200 M Backstroke	11-12
109-110	400 M Medley Relay	18 & Over
111-112	400 M Medley Relay	15-17
113-114	800 M Freestyle Relay	11-12

Fifth Day of Swimming Program (July 5, 2013) is:

115-116	200 M Individual Medley	11-12
117-118	400 M Individual Medley	15-17
119-120	400 M Individual Medley	18 & Over
121-122	100 M Freestyle	13-14
123-124	100 M Freestyle	15-17
125-126	100 M Freestyle	18 & Over
127-128	100 M Freestyle	11-12
129-130	50 M Butterfly	13-14
131-132	50 M Butterfly	15-17
133-134	50 M Butterfly	18 & Over
135-136	50 M Butterfly	11-12
137-138	400 M Medley Relay	13-14
139-140	400 M Freestyle Relay	18 & Over
141-142	400 M Freestyle Relay	15-17

SYNCHRONIZED SWIMMING PROGRAM

First Day of Synchro Program (July 3, 2013) is:

TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	SOLO	12 AND UNDER
MORNING	SOLO	13, 14 AND 15
MORNING	SOLO	16,17 AND 18
AFTERNOON	FIGURES	12 AND UNDER
AFTERNOON	FIGURES	16,17 AND 18

Second Day of Synchro Program (July 4, 2013) is:

TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	FIGURES	13, 14 AND 15
MORNING	FREE DUET	12 AND UNDER
MORNING	FREE DUET	13, 14 AND 15
MORNING	FREE DUET	16, 17 AND 18
AFTERNOON	FREE TEAM	12 AND UNDER
AFTERNOON	FREE TEAM	13, 14 AND 15
AFTERNOON	FREE TEAM	16, 17 AND 18

Third Day of Synchro Program (July 5, 2013) is:

TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	TECHNICAL SOLO	OPEN
AFTERNOON	TECHNICAL DUET	OPEN
AFTERNOON	AWARDS CEREMONY	12 & UNDER, 13-15 & 16-18

Fourth Day of Synchro Program (July 6, 2013) is:

TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	TECHNICAL TEAM	OPEN
AFTERNOON	FREE ROUTINE COMBO	OPEN
AFTERNOON	FREE SOLO	OPEN

Fifth Day of Synchro Program (July 7, 2013) is:

TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS

TIME	DESCRIPTION	AGE
MORNING	FREE DUET	OPEN
MORNING	FREE TEAM	OPEN
MORNING	AWARDS CEREMONY	OPEN

X = TIMES WILL BE ANNOUNCED LATER

WATER POLO PROGRAM

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

AGE-GROUP CATEGORIES:

GROUP 1 - Male competitors 17 years old or less at midnight on December 31, 2013. Athletes must be born in 1996 or later.

GROUP 1-A – Female competitors 17 years old or less at midnight on December 31, 2013. Athletes must be born in 1996 or later.

GROUP 2 – Male competitors 19 years old or less at midnight on December, 31, 2013. Athletes must be born in 1994 or later.

GROUP 2-A – Female competitors 19 years old or less at midnight on December, 31, 2013. Athletes must be born in 1994 or later.

GROUP 3 – Male competitors of Open category.

GROUP 3-A – Female competitors of Open category.

OPEN WATER SWIMMING PROGRAM

JULY 4, 2013 - **COMPETITION SITE RECONNAISSANCE AND TRAINING IN BOTH DISTANCES**

JULY 5, 2013 - **10 K (BOTH CATEGORIES AND SEX)**

JULY 6, 2013 - **FREE**

JULY 7, 2013 - **5 K (BOTH CATEGORIES AND SEX)**

First Day of Open Water Swimming Program is:

143-144	10K Open Water	14-17
145-146	10K Open Water	18 & Over

Second Day of Open Water Swimming Program is:

147-148	5K Open Water	14-17
149-150	5K Open Water	18 & Over

Depending on the number of participants in each event and the design of the competition circuit, the Technical Open Water Committee will decide the type and time of the start.

All swimmers must report to the Clerk of Course area with Cap on which is shown the three (3) letters identification of their country.

**SIGNED TODAY, DECEMBER 31, 2012
IN SAN JOSÉ, COSTA RICA**

**WUALTER SOTO
PRESIDENT OF FEDERACION COSTARRICENSE de NATACIÓN Y AFINES**

**SIGNED TODAY, DECEMBER 31, 2012
IN BRIDGETOWN, BARBADOS**

**ERROL E. CLARKE, P.Eng.
PRESIDENT OF CCCAN**