

**BERMUDA AMATEUR SWIMMING ASSOCIATION (“BASA”)**  
**VALIDUS NATIONAL JUNIOR AND SENIOR**  
**LONG COURSE SWIMMING CHAMPIONSHIPS 2017**  
**ENTRY & RULES**

1. **DATE:** THURSDAY, MAY 18<sup>th</sup> – SUNDAY, MAY 21<sup>st</sup>, 2017
2. **TIME:** THURSDAY and FRIDAY 4:45 p.m. Warm-up for **6:00 p.m. Start**  
SATURDAY and SUNDAY: 7:00 a.m. Warm-up for **8:30 a.m. Start**  
SATURDAY and SUNDAY FINALS: 3:00 p.m. Warm-up for **4:00 p.m. Start**
3. **FACILITY:** NSC POOL, PEMBROKE, BERMUDA. This is an outdoor 8 lane 50 meter facility without a separate pool for warm up and cool down.

4. **MEET LEVEL:** BASA CHAMPIONSHIP LEVEL MEET.  
**A FINA APPROVED QUALIFIER OF THE FINA WORLD LC CHAMPIONSHIPS 2017**  
**A FINA APPROVED QUALIFIER OF THE** for the 3rd Youth Olympic Games - Buenos Aires 2018

5. **RACES and FORMAT:** We will be having two categories in the competition for a Senior National Championships and Junior National Championships. There will be finals for 13+ and for 12 and under.  
Race events are as listed on the attached **APPENDIX A**. Events will be a combination of TIMED Finals and preliminary/“A” finals and “B” finals (where numbers permit). All events 200m and below, including those with 8 or fewer swimmers will be swum as preliminary heats and finals. A minimum of seventeen (17) swimmers are required to make up both “A” and “B” finals. Events with sixteen (16) or fewer but more than eight (8) will have an “A” final only. Swimmers may compete in a total of seven (7) events, with a maximum of three (3) prelims on any one day providing they meet the time standard attached in each event. There will be a maximum of 3 heats for 13+ and a maximum of 3 heats for 12&under before heats are combined. **Please note Bonus Swims are available on a restricted basis. RELAYS NOT SUBJECT TO QUALIFYING TIMES. PLEASE REFER TO RELAY RULES. The finals will be broken into the 13+ National Championships and the 12 and under Junior National Championships.**

6. **ELIGIBILITY:** Open to all registered swimmers of the Bermuda Amateur Swimming Association and those registered swimmers whose National Association is a current member of FINA. Only swimmers who are **eligible for BASA standard level meets and eligible for Spring Age groups who meet or exceed the qualifying standard in any individual event listed in the attachment** will be eligible to enter individual events at the Bermuda National Championship. Please refer to Relay Rules for more information on swimmers’ participation in those events. **SWIMMER’S AGE:** shall be taken as at the first day of the competition. The swimmer will compete in that Age Group for the entire competition. Swimmers that are 12 and under on the first day of the meet will compete in the junior Championship only and swimmers 13 and over on the first day of the meet will compete in the senior category only.

7. **BONUS SWIMS:** will be available as follows:  
1 time standard =4 bonus swims for a total of 5 swims  
2 time standards =3 bonus swims for a total of 5 swims  
3 time standards =2 bonus swims for a total of 5 swims  
4 time standards =1 bonus swims for a total of 5 swims  
5 time standards = Swimmer can enter the full 7 events  
The bonus swims will be offered for events *of equal or shorter distance to the event distance in which the swimmer qualified.*  
*The qualifying time must be met in the following events:*  
*1500m Free, 800m Free, 400m Free, 400 IM, 200 Fly*

8. **NON-RESIDENT SWIMMERS:** Non-Resident swimmers will be limited to two (2) places in the Championship 'A' finals. Should there be more than two (2) non-residents in the A final, the fastest two (2) will swim, the others will be moved to B final, if available, and the corresponding number of resident swimmers moved up to the 'A' final.

9. **BASA REGISTRATION:** All Bermuda resident swimmers must be registered with BASA before their entry will be accepted. Swimmers must register by submitting the registration fee along with a completed BASA Registration Form (available from Club Representatives) to: **BASA Registration Secretary, Suite 1407, 48 Par la Ville Road, Hamilton HM 11.** The BASA Registration fee is \$110.00 for new swimmers & \$120 for renewals received after September 30th, 2016.

10. **ENTRY DEADLINE:** Entries must be submitted by Club Meet Entry Representatives to the BASA Meet Manager by email (email address [meets@swimmingbermuda.com](mailto:meets@swimmingbermuda.com)) by:

**5:00 p.m. on Thursday, May 11<sup>th</sup>, 2017**

Entries submitted after the above deadline will be considered as Deck Entries (see **Rule 13**).

**Foreign swimmers must submit entries by: 5:00 p.m. on Thursday, May 4<sup>th</sup>, 2017**

11. **ENTRY FEE:** There will be an entry surcharge for every athlete of \$30 to offset the cost of the NSC facility. The entry fee for entries submitted before the entry deadline is \$12.00 per event. For entries after the entry deadline, please refer to **Rule 13** re DECK ENTRIES. Swimmers not affiliated with a registered swimming club will be required to pay an additional \$25 processing fee.

12. **ENTRY FEE PAYMENT DEADLINE:** Entry fees for entries submitted by the deadline above will be advised by BASA to each club prior to the meet (by invoice or Meet Fee Report). Clubs must submit payment of these fees to BASA by **12:00 noon Wednesday, May 10<sup>th</sup>, 2017** in order for their swimmers to be eligible for the meet.

13. **DECK ENTRIES:** Deck Entries will be considered provided that an extra heat is not created and that the swimmer is properly registered and meets the eligibility requirements. Deck Entry requests must be submitted prior to the close of scratches as set out in **Rule 14**. Deck Entry swims will be exhibition swims (i.e. not eligible for awards or records) and seeded as No Time (NT) entries. Deck Entry will be considered for Time Trial for qualification purposes only but will not be eligible for awards or records. The final decision on the acceptance of Deck Entries is at the discretion of the Meet Referee. The Deck Entry request for Time Trial purposes should be submitted with as much notice as possible to the Referee and all Club Head Coaches. The Deck Entry fee is **\$25 per event** and will be billed by BASA to the Club after the meet.

14. **SCRATCHES:** Once entered in an event, a swimmer may only be withdrawn or "scratched" from that event without penalty, by either:

(a) **The Coach or Club Meet Entry Representative** notifying the BASA Meet Manager before the day of the meet, or

(b) **The Coach** entering the swimmer's name and events being scratched on the **SCRATCH SHEET** at the Officials Desk on the day of the session **before the deadline:**

a.) Timed Finals - 45 minutes before the start of the session, unless published otherwise.

b.) Finals Generated by Heats – within 30 minutes after the announcement of the qualifiers from Preliminary Heats.

c.) Finals NOT Generated by Heats – 30 minutes before the start of the final session, unless published otherwise.

d.) Heats – 45 minutes before the start of the session, unless published otherwise.

**DECLARED FALSE START (DFS):** In those cases where

- a swimmer has turned up at the meet;
- after the designated scratch time; and

- is unable to take part in or continue with the meet due to injury/illness or does not want to compete in an event(s)

the coach must advise the Referee of these circumstances and request that the swimmer receive a Declared False Start for any events that requires a DFS for this swimmer.

It is within the Referee's absolute discretion to allow any DFS. In those cases where the DFS is requested due to injury/illness it is within the Referee's absolute discretion to determine whether there will be a waiver of the \$50 penalty fee (See Rule 14). Should a relay team be impacted by a swimmer requiring a DFS, the coach may request a substitute for the swimmer. The Referee has absolute discretion whether or not to allow such a substitution. **IN ALL CASES, DFS and SUBSTITUTION REQUESTS MUST BE SUBMITTED TO THE REFEREE AS SOON AS POSSIBLE TO AVOID UNDUE DELAYS TO THE MEET**

**FAILURE BY A SWIMMER TO EITHER:**

- a.) Scratch in accordance with the above; or
- b.) Mount the blocks prior to the race being turned over to the starter by the meet referee, constitutes a late scratch and shall result in a penalty of \$50 per race improperly scratched and the Club will be billed after the meet.

**15. STARTS:** The ONE START RULE will be in effect.  
All events except backstroke will be swum with an over-the-top start.

**16. RESULTS and AWARDS:** Medals will be presented for first through third places for individual events during scheduled breaks between finals. Ribbons for fourth through eighth place will be given to club coaches for distribution. The junior and senior High Point Female and Male Swimmers will be recognized at the conclusion of the meet based on total FINA Points from a maximum of 7 events for the Championship. There will be an award given to the Bermuda or Resident swimmer and a second award given to the Non-Bermudian non-resident high point winner. Relays will be awarded ribbons only. There will also be an award for the Male and Female with the highest FINA point swim of the meet.

**17. TIME TRIALS:** Time trials may be done at either the start or the conclusion of the sessions or both, at the discretion of the meet Referee, after consultation with the Head Club Coaches before the start of the meet. We will provide a time trial form to be filled out and handed to the meet desk before the scratch deadline.

**A. Time Trials for record purposes (Category 1):** Entries for Time Trials for record purposes shall be submitted at the same time as regular meet entries and within the stipulated deadline with specific reference that the entry is for record purposes. Advance Notice shall be given by way of inclusion within the psych sheets which must be distributed at least 3 days before the meet. There shall be one swimmer in the pool for each Time Trial for record purposes. No coaching permitted. Entry fee \$12.

**B. Time Trials for qualifying purposes (Category 2):** Entries for Time Trials for qualifying purposes only may be submitted at the same time as regular meet entries within the stipulated time frame but no Advance Notice is required. Entry fee \$12. The entry fee for entries submitted after the deadline or as deck entries is \$25.

**18. DISQUALIFICATIONS:** Disqualifications will be announced once the referee has made the ruling. It is the coach's responsibility to determine the details of the infraction by verification at the Officials table.

**19. MEET BRIEFINGS:** There will be a Referee's Briefing of Officials 45 minutes prior to the start of the competition and a Coaches/Technical Meeting on deck 60 minutes prior to the start of the session.

**20. Breaks for recovery:** There are several posted breaks in the heats and finals of this meet that are to be used for warm up and recovery. We do not have a separate pool so these breaks will enable for recovery time

**21. BASIS OF RULES:** FINA Rules and as modified by Swimming / Natation Canada (SNC) Swim rules and further modified by BASA rules.

**22. FINA:** Approved qualifying meet.

**23. RELAYS:** Relays will be swum open, senior seeded in the preliminary sessions only. Where eligible, they will be recognised for Age Group records. **Coaches are responsible to provide accurate birth date information for all relay swimmers on record applications.** Please take note of the following Relay rules.

**24. FOREIGN ENTRIES:** Foreign competitors looking for qualification times must submit a letter from their National Federation confirming their registration status. This letter must state that the Federation is in good standing with FINA and that the swimmers are in good standing with the Federation. You will also have to submit a passport photo in jpeg format for accreditation. The letter and photo must be submitted to [meets@swimmingbermuda.com](mailto:meets@swimmingbermuda.com) prior to the foreign swimmer entry deadline. May 4<sup>th</sup> by 5pm. Payment for entries must be made before the competition begins.

**25. DOPING CONTROL:** Doping Control may occur at this competition. All athletes competing in the meet are eligible to be tested. Testing will be conducted by the Bermuda Sport Anti-Doping Authority.

**26. WARM UP PROCEDURE:** Once the pool is open all lanes are available to all swimmers. **LANES ARE NOT RESERVED FOR THE EXCLUSIVE USE BY ANY CLUB. All Swimmers and Coaches must observe the Warm up Safety Procedures.** There will be designated start lanes opened 30 minutes before the pool closes.

**27. 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 representative and accompanied by US \$25. If the protest is upheld the fee will be returned to the team's leader.

**28. JURY OF APPEAL:** There shall be a Jury of Appeal to adjudicate all appeals against a Referee's rejection of a protest. The Jury of Appeal shall be comprised of 3 disinterested persons drawn from the pool available of qualified persons.

**29. 400m free 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.

### **RELAY RULES:**

For the purposes of this meet, the following rules will apply:

1. Relay team members must be members of the same club and BASA registered to be eligible for awards and records. Swimmers from different clubs may be combined and allowed to swim exhibition under the BASA team indicator. The swim would not count for awards or points, but would count for a record swim.
2. Relay swimmers do not have to be entered in individual events to participate in relays. \*\*\*Please note if the swimmer on any relay has not entered any individual events for the meet, they need to be included in initial meet entries for relays.
3. There is no limit on the number of relay teams a club can enter in any age group – please be realistic in your entry submissions.
4. There shall be four (4) swimmers on each relay team.
5. Relays at this meet will be swum senior seeded and broken into the following age groups and gender for results: 10 & under; 11&12; 13 & 14 and 15 & over
6. Age-up Date for Relay swims shall **be the age on the first day of the competition.** To be eligible for age-group relay record consideration, swimmers shall be competing in their respective age groups as allowed by these rules.
7. Swimmers will be allowed to “swim – up” for the relays
8. A maximum of two (2) swimmers per relay are permitted to swim-up. Otherwise, the relay will be considered ‘Open Age Group’ regardless of the swimmers’ ages.
9. Swimmers can only swim in one age group for the relays
10. The members of a relay team and their order of competing shall be submitted to the BASA office by 12pm on Friday May 19<sup>th</sup> to be collected by Meet Manager. No alternate swimmers are allowed to swim after this deadline. Following that deadline, **no further name changes will be allowed.** Relays with no names will be scratched.
11. Failure to swim in the order listed will result in disqualification.
12. In order to establish an age group record, a minimum of two (2) swimmers on the relay team must be in the correct age group according to their chronological age on the day. All swimmers shall be properly entered.
13. Any swimmer, except for the final team swimmer, having finished his race or distance in a relay event must leave the pool as soon as possible without obstructing any other swimmer who has not finished his race. Otherwise the swimmer, or his relay team, shall be disqualified. At the finish of their leg, swimmers are to clear the pool to the sides. Care and attention must be paid to avoid crossing lanes where an incoming swimmer is approaching and to avoid contact with the touch pads. Coaches please prepare your swimmers by reminding them to clear the pool to the closest sides as quickly as possible and to avoid premature firing on the pad when clearing following their leg.
14. Please note – the warm up period will not allow for relay take-over practice due to safety issues.
15. Entry Fees: will be \$24.00 per relay team entered.

**PLEASE CONTACT THE BASA OFFICE SHOULD YOU HAVE ANY QUESTIONS:**

**PHONE: 292-1713**

**EMAIL: [meets@swimmingbermuda.com](mailto:meets@swimmingbermuda.com)**

**EVENTS LISTED WILL BE BROKEN INTO RESPECTIVE SENIOR OR JUNIOR GROUPS FOR THE FINALS WITH THE EXCEPTION OF THE 800 AND 1500**

**Minimum Qualifying Standards for Bermuda Senior National LC Championships**

<b>Event</b>	<b>SCM qualifying time</b>	<b>LCM qualifying time</b>
W50 free	34.69	35.79
M50 free	33.39	34.69
W100 free	1:15.49	1:18.49
M100 free	1:12.89	1:15.69
W200 free	2:45.39	2:50.39
M200 free	2:39.79	2:45.19
W400 free	5:48.69	5:56.49
M400 free	5:39.09	5:48.69
800 free	12:01.69	12:29.19
1500 free	22:29.59	23:25.49
W50 back	39.29	41.19
M50 back	38.99	40.89
W 100 back	1:26.69	1:31.09
M 100 back	1:23.69	1:29.09
W 200 back	3:01.29	3:10.19
M 200 back	2:57.19	3:06.49
W50 breast	44.19	45.49
M50 breast	43.69	45.39
W100 breast	1:36.59	1:41.39
M100 breast	1:34.39	1:38.49
W200 breast	3:28.39	3:36.09
M200 breast	3:19.99	3:28.69
W50 fly	37.69	38.29
M50 fly	37.79	38.69
W100 fly	1:26.49	1:28.49
M100 fly	1:24.49	1:26.29
W200 fly	3:05.59	3:10.19
M200 fly	3:01.19	3:07.69
W200 IM	3:05.39	3:11.49
M200 IM	3:01.49	3:09.29
W400 IM	6:34.19	6:48.29
M400 IM	6:22.79	6:39.39

**Times Based On the US Swim 'BB' Time Standard at the 11-12 Age Group**

## Minimum Qualifying Standards for Bermuda Junior National LC Championships

<b>Event</b>	<b>SCM qualifying time</b>	<b>LCM qualifying time</b>
W50 free	38.89	39.89
M50 free	38.09	39.49
W100 free	1:28.39	1:31.49
M100 free	1:26.99	1:30.29
W200 free	3:15.99	3:20.99
M200 free	3:05.69	3:12.09
W400 free	5:48.69	5:56.49
M400 free	5:39.09	5:48.69
800 free	12:01.69	12:29.19
1500 free	22:29.59	23:25.49
W50 back	46.29	48.89
M50 back	46.79	49.19
W 100 back	1:40.19	1:45.99
M 100 back	1:39.09	1:43.59
W 200 back	3:01.29	3:10.19
M 200 back	2:57.19	3:06.49
W50 breast	52.49	53.99
M50 breast	51.39	53.29
W100 breast	1:55.99	2:01.49
M100 breast	1:52.59	1:57.69
W200 breast	3:28.39	3:36.09
M200 breast	3:19.99	3:28.69
W50 fly	46.19	47.29
M50 fly	44.79	45.99
W100 fly	1:49.49	1:52.99
M100 fly	1:48.29	1:51.39
W200 fly	3:05.59	3:10.19
M200 fly	3:01.19	3:07.69
W200 IM	3:36.19	3:43.19
M200 IM	3:33.49	3:40.79
W400 IM	6:34.19	6:48.29
M400 IM	6:22.79	6:39.39

**Times Based on the US Swim 'BB' Time Standard at the 10 & under age group, for all events except 800/1500 free, 400 IM, 400 free, 200 back, 200 breast and 200 fly which are based On the US Swim 'BB' Time Standard at the 11-12 Age Group**

**BERMUDA AMATEUR SWIMMING ASSOCIATION**

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**BERMUDA NATIONAL LC SWIMMING CHAMPIONSHIPS 2017**

**APPENDIX A**

**SESSION #1 THURSDAY, MAY 18<sup>th</sup>, 2017**

**ALL TIMED FINALS**

<b>GIRLS EVENT #</b>	<b>AGE GROUP</b>	<b>DISTANCE &amp; STROKE</b>	<b>BOYS EVENT #</b>
*****			
1	12 & UNDER	400m Freestyle	2
Presentation of medals and trophies for events 1 and 2 during 800 free			
3	Open	800m Freestyle	
	Open	1500m Freestyle	4

**BERMUDA AMATEUR SWIMMING ASSOCIATION**

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**BERMUDA NATIONAL LC SWIMMING CHAMPIONSHIPS 2017**

**SESSION #2 FRIDAY, MAY 19<sup>th</sup>, 2017**

**TIMED FINALS AND PRELIMINARY HEATS**

<b>GIRLS EVENT #</b>	<b>AGE GROUP</b>	<b>DISTANCE &amp; STROKE</b>	<b>BOYS EVENT #</b>
*****			
5H	OPEN	50m Backstroke	6H
**10 minute break for presentation of medals and trophies for events 3 through 4			
7	11 & Over	400m Individual Medley	8
9H	OPEN	50m Butterfly	10H
**10 minute break for presentation of medals and trophies for events 7 through 10			
11H	OPEN	200m Freestyle	12H

Events 7, 8 will be swum as timed finals

Events 5H, 6H, 9H, 10H, 11H and 12H are the heats for their respective events with finals swum on Saturday and Sunday night.



APPENDIX A (Continued)

**SESSION #3 (MORNING) SATURDAY, MAY 20<sup>th</sup>, 2017**

**PRELIMINARY HEATS**

<b>GIRLS EVENT #</b>	<b>AGE GROUP</b>	<b>DISTANCE &amp; STROKE</b>	<b>BOYS EVENT #</b>
13	OPEN	100m Freestyle	14
15	OPEN	200m Butterfly	16
<b>**10 minute break for warm up and cool down</b>			
17	OPEN	200m Backstroke	18
19	OPEN	100m Breaststroke	20
<b>**10 minute break for warm up and cool down</b>			
21	13 & Over	400m Freestyle	22
<b>**10 minute break for warm up and cool down</b>			
35	OPEN	4x100 Freestyle Relay	36

**\*\*400 free is a timed final with the top heat swimming in the evening\*\***

**SESSION #4 (EVENING) SATURDAY, MAY 20<sup>th</sup>, 2017**

**FINALS**

<b>GIRLS EVENT #</b>	<b>AGE GROUP</b>	<b>DISTANCE &amp; STROKE</b>	<b>BOYS EVENT #</b>
13	OPEN	100m Freestyle	14
15	OPEN	200m Butterfly	16
<b>**10 minute break for presentation of medals and trophies</b>			
17	OPEN	200m Backstroke	18
9F	OPEN	50m Butterfly	10F
<b>**10 minute break for presentation of medals and trophies</b>			
19	OPEN	100m Breaststroke	20
5F	OPEN	50m Backstroke	6F
<b>**10 minute break for presentation of medals and trophies</b>			
21	13 & Over	400m Freestyle	22

APPENDIX A (continued)

**BERMUDA AMATEUR SWIMMING ASSOCIATION**

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**BERMUDA NATIONAL SWIMMING CHAMPIONSHIPS 2017**

**SESSION #5 (MORNING) SUNDAY, MAY 21<sup>st</sup>, 2017**

**PRELIMINARY HEATS**

<b>GIRLS EVENT #</b>	<b>AGE GROUP</b>	<b>DISTANCE &amp; STROKE</b>	<b>BOYS EVENT #</b>
*****			
23	OPEN	50m Breaststroke	24
25	OPEN	100m Backstroke	26
**10 minute break for warm up and cool down			
27	OPEN	200m Individual Medley	28
29	OPEN	100m Butterfly	30
**10 minute break for warm up and cool down			
31	OPEN	200m Breaststroke	32
33	OPEN	50m Freestyle	34
**10 minute break for warm up and cool down			
37	OPEN	4x100 Medley Relay	38

**SESSION #6 (EVENING) SUNDAY, MAY 21<sup>st</sup>, 2017**

**FINALS**

<b>GIRLS EVENT #</b>	<b>AGE GROUP</b>	<b>DISTANCE &amp; STROKE</b>	<b>BOYS EVENT #</b>
13F	OPEN	200m Freestyle	14F
23	OPEN	50m Breaststroke	24
**10 minute break for presentation of medals and trophies			
25	OPEN	100m Backstroke	26
27	OPEN	200m Individual Medley	28
**10 minute break for presentation of medals and trophies			
29	OPEN	100m Butterfly	30
31	OPEN	200m Breaststroke	32
**10 minute break for presentation of medals and trophies			
33	OPEN	50m Freestyle	34
**Final Presentation of medals and trophies			

**BERMUDA AMATEUR SWIMMING**  
**ASSOCIATION**

**ENTRY FORM**  
**UNATTACHED SWIMMER**

NAME (in full) .....

DATE OF BIRTH.....AGE:.....  
(DD/MM/YY) (on day of meet)

BASA REG. NO: .....

Event No.	Distance	Stroke
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Cost per Event = \$12.00  
Facility Fee (per swimmer) = \$30.00  
Processing Fee (per swimmer) = \$25.00

TOTAL: \$ \_\_\_\_\_

