

## Foreword

It is with great pleasure that I welcome you to the Dolphins Swim Club Barbados second annual Open Swimming Championships. This year we are building on the tremendous success that we achieved with last year's inaugural event.

This competition is designed to facilitate "The Bridge" between age group and open swimming in our region. In the past, several of our swimmers only experienced open swimming competition at the CAC, Commonwealth or World Championships before the Olympics that are top level competition restricted for elite national athletes only. "Bridging The Gap" seeks to offer opportunity for emerging and elite athletes to be on the same blocks and facilitate memorable maturing experiences. This can only lead to the advancement and maturity of swimmers in this region. The seeding for individual events will be based on times for individual swimmers and no separation will be made to agegroupings (for individual events). For the purpose of inclusion, it is then necessary to now include age group relays to facilitate additional growth in athletes that will enhance the profile of the respective clubs striving for supremacy.

Each year we will be celebrating two Barbadians that have brought honuor to the sport in our country. This year we have chosen to honour Austin Sealy and Nicholas Neckles.

## Austin Sealy

More than three decades ago Austin Llewellyn Sealy gave birth to the CARIFTA games that are now considered one of the world's leading regional junior meetings. It's 34 years on, but he still sees the C.A.R.I.F.T.A. Caribbean's junior track $\&$ field $\&$ swimming championships as his biggest achievement in sports. The C.A.R.I.F.T.A. model has been replicated across the world.

For his distinguished service to sports administration, the former banker and veteran sports administrator was awarded the Knight Bachelor of the Order of the British Empire (Kt Bach) in the Queen's New Year Honours List (year). This followed his award of the Silver Crown of Merit by the Government of Barbados in 1985.

Sealy has been a member of the International Olympic Committee since 1994. He contributed to the success of the Olympic Games in Beijing in 2008 through his work on the IOC's Coordination Commission, and was a member of the Coordination Commission for the 2012 Games in London. In 2013, during the Opening Ceremony of the 42nd CARIFTA Games in The Bahamas, Bahamian Prime Minister, Perry Christie, saluted Sealy for "creating a competition which became a model" across the world, and presented the Barbadian with a special edition Austin Sealy Award.

Diamonds are formed as a result of pressure and it is through determination that athletes find success.
"My mother taught me to be focused and unrelenting in the pursuit of my goals," he said, "She never allowed me to do anything halfheartedly. She always instilled in me not to allow other people's expectations to upset what you have planned for your own life and pleasure. Do not be pressured by other people's expectations. Have your own expectations and goals."

The three time Olympian $(1996,2000,2004)$ affectionately called Nicky collected his first CARIFTA gold medal in 1991 at age 12 becoming the first gold medalist at the Championships. Two years later in the 13-14 age-group he collected nine (9) medals of which seven (7) were gold. The events covered from 50m to 1500m. In 1993 Nicky won Barbados, first gold medal in the 200m Backstroke at the CCCAN games, in Havana Cuba. In 1994 he captured his first ever medals at the C.I.S.C. Chamionships - one gold and two silver. That same year he also qualified for his first senior multi-sport competition, the Commonwealth games in Victoria, Canada. Nicky had taught all along that his special stroke would be butterfly, but on visiting Puerto Rico and competing in the 400 m IM, Coach Delgado pointed out to him that his strength in swimming was in the backstroke, an opinion that he accepted without question.

Nicky continued his making history path in 1995, winning eight (8) gold medals at the CARIFTA swimming Championships. Later that year in Mexico at the CCAN games, he clinched the qualifying Olympic standards and earned him an invitation to participate in the Pan Pacific Championships in the USA.

Competing in the CCCAN Championships in 1997 he won two silver medals. In 1998 he established two national records in the 100M and 200M backstroke events, and qualified for the 1999 World Championships in Hong Kong. There he finished 30th in the 100M backstroke, making the qualifying time in this event for the 2000 Sydney Olympics.

It was Neckles who won the first ever medal in swimming for Barbados at the Central American and Caribbean (CAC) Games, held in El Salvador in 2002, collecting two bronze medals in the $100 \& 200$ M backstroke events. Qualifying for the Moscow World Championships, he finished 18th, in the 200M backstroke, just outside a semi-final spot, the highest ever placing for a Barbadian at the World Championships, and set new national records in the process in the 50, $100 \& 200 \mathrm{M}$ backstroke events.

Then came the CAC Games where he produced another sterling performance. He hauled in three gold medals, in the 50M, 100M \& 200M backstroke events, creating history once again for Barbados' swimming. He was placed third overall in the FINA times ranking at the meet for the time done in the 200 M backstroke event, 2:00.85. Nicholas Neckles was also ranked first among the male participants from the Caribbean region.

This string of performances earned him a nomination for the award of Senior Outstanding Sports person by the Barbados National Sports Council in 2006. Just after the XII World Championship, the President of the Barbados Swimming Association emailed Nicky to congratulate him on making the semi-final. In his response he noted that he had always believed in himself as being one of the best swimmers in the World.

Nicky took time off to get started in his career after graduating from Stirling University in Scotland with a Bachelors Degree in Economics. After a short break that included a stint working in Tortola, the lure of the pool beckoned and he came out of retirement. He continued to train in Barbados during this period with Coach Abdul Sharif and set his sights on representing Barbados at the 2010 CAC Games in Puerto Rico.

After seven years of retirement, Nicky resumed training to represent Barbados at the $18^{\text {th }}$ F.I.N.A. World Masters Swimming Championships in Guanjgju, South Korea, in August 2019. He aimed at the 40-44 age group World Masters records in Backstroke events and lowered the record in the 100 m

Backstroke to 58:45 and shattered the 200m Backstroke as he took 3 full seconds to establish a second record of 2:08:06.

Finally a quote from Nicky:
"If you have a dream go after it. Things don't happen all the time when you want it. But it happens when it is meant to happen".

Firm craftsman of his fate, Nicholas Neckles wrote his name on history's page and takes his place among the guardians of our heritage.

The Dolphins Swim Club Barbados extends a cordial invitation to all local swimmers and Countries from the OECS who are in good standing with their Federation to participate "Bridging the Gap 2020". Please check with the Travel Protocols in place for travelling to Barbados.

## Swimming

1. Date and Venue

Date: $\quad 11^{\text {th }}, 12^{\text {th }} \& 13^{\text {th }}$ December, 2020
Venues: Aquatic Center, Wildey

Games Village: Dover Beach Hotel
1-246-428-8076
vacation@doverbeach.com
or Whats app 1-246-236-8540
Transportation: Harold Lewis 1-246-268-6747

Pool Specifications: 10 lane, 50 M pool with 25 m warm down facility.
Daktronics 10 lane automatic timing equipment.
2. Schedule

Swimming

Thursday $10^{\text {th }}$ December
Arrival of Teams
Technical Meeting
(coaches 6:30p.m.)
Technical Officials Meeting
(officials 7:30p.m.)
(Day 1)

Friday $11^{\text {th }}$ December
(Day 2)
Saturday $12^{\text {th }}$ December
(Day 3)
Sunday $13^{\text {th }}$ December
Departure of Teams

Opening Ceremony 5:45p.m.
Swimming 6:00p.m.

Swimming 5:00p.m.
Monday $14^{\text {th }}$ December

## Interpretations

The Organizing Committee of "Bridging the Gap" and the Jury of Appeal shall have complete authority to answer and resolve any interpretation, protest or call relating to these Games. Nominations for the jury of Appeal should be submitted with the entry forms and all candidates must be on island for the start and until the closing of these Games.

## Swimming:

Age groups
The swimmers age group (relays) shall be determined by the age of the swimmer as of midnight on $31^{\text {st }}$ December 2019.

## All Individual Events are Open

Relay events are based on the four (4) age-groupings as specified below only:

1. 8 \& Under
2. $9-10$
3. 11 - 14
4. 15 \& Older

Pool Configuration:

The competition will be Long Course (50m)

Entry Rules: Eligibility
All participating athletes / teams must be in good financial standing with their national Federations.
There is no limit to the number of swimmers that can enter an event.

There is no limit to the number of events that a swimmer can participate.

No substitutes or alternates will be accepted after the official final entries.

No swimmer can participate in and relay event outside of their age-groups.
All events are timed finals.
Swimmers age 8 \& Under cannot be entered (exhibition) to swim 200 Butterfly, 200 Backstroke, 200 Breaststroke, 400 Freestyle, 400 Individual Medley or 800 Freestyle events in this competition.

Scratches must be submitted before the start of the Competition. Failure to comply with the above rule will trigger a fine of USD $\$ 5.00$ or $\operatorname{BDS} \$ 10.00$ if the athletes wishes to further participate in this competition.

Only swimmers entered in the competition can request a Time Trial.
Exhibition or unattached swimmers not entered in the competition must pay USD\$10.00 or BDS $\$ 20.00$ per event.

All swimmers age 13-14 and 15-17 should achieve times faster than the minimum requirement times printed in this summons. In cases where swimmers do not achieve the minimum required entry times a fine of USD $\$ 5.00$ or BDS $\$ 10.00$ must be paid if the swimmer wishes to further participate in the competition or be awarded any medal or trophy.

Team trophies will be presented when all outstanding fees from team swimmers are paid.
Individual Events: Each team may enter any number of competitors in each individual event but only the first two (2) individuals in any team will score individual points for their respective club.

Only swimmers entered in individual events can swim in a relay event.
Relays will be swam in four (4) age groups:

$$
8 \text { \& Under, } \quad 9-10, \quad 11-14, \quad 15-\& \text { Older. }
$$

Relay Events: Each team (Club) may enter as many relay teams as they desire and all relay teams will be eligible for points in relays as placed below from first ( $1^{\text {st }}$ ) to eighth ( $8^{\text {th }}$ ).

All mixed relay teams must have two (2) males and two (2) females in the same age-group.

2017-2020 National Age Group Motivational Times
(for all participating swimmers age 13 \& older)

> Long Course Metres (BB)

Times highlighted in yellow are Long Course Metres (A)

| Female | Events | Male |
| :---: | :---: | :---: |
| $39: 89$ | 50 Freestyle | $39: 59$ |
| $1: 31: 49$ | 100 Freestyle | $1: 30: 29$ |
| $53: 99$ | 50 Breaststroke | $53: 29$ |
| $2: 01: 49$ | 100 Breaststroke | $1: 57: 69$ |
| $48: 89$ | 50 Backstroke | $49: 19$ |
| $1: 45: 99$ | 100 Backstroke | $1: 43: 59$ |
| $47: 29$ | 50 Butterfly | $45: 99$ |
| $1: 52: 99$ | 100 Butterfly | $1: 51: 39$ |
| $2: 56: 29$ | 200 Freestyle | $2: 50: 79$ |
| $3: 17: 09$ | 200 Individual Medley | $3: 15: 39$ |
| $3: 10: 19$ | 200 Butterfly | $3: 07: 69$ |
| $3: 10: 19$ | 200 Backstroke | $3: 06: 49$ |
| $3: 36: 09$ | 200 Breaststroke | $3: 28: 69$ |
| NT | 400 Freestyle | NT |
| NT | 400 Individual Medley | NT |
| NT | 800 Freestyle | NT |

## Rules

The current FINA rules will be applicable during this swim meet unless otherwise specified.

## Scoring

|  | Individual events | Relay events |
| :--- | :--- | :---: |
| $1^{\text {st }}$ place | 9 points | 18 points |
| $2^{\text {nd }}$ place | 7 points | 14 points |
| $3^{\text {rd }}$ place | 6 points | 12 points |
| $4^{\text {th }}$ place | 5 points | 10 points |
| $5^{\text {th }}$ place | 4 points | 8 points |
| $6^{\text {th }}$ place | 3 points | 6 points |
| $7^{\text {th }}$ place | 2 points | 4 points |
| $8^{\text {th }}$ place | 1 point | 2 points |

## Individual \& Relay Events:

Medals will be awarded (presented) for $1^{\text {st }}, 2^{\text {nd }}$ and $3^{\text {rd }}$ place winners for both Male and Female individual events. Ribbons will be presented to relay teams placing $1^{\text {st }}, 2^{\text {nd }}, 3^{\text {rd }}, 4^{\text {th }} \& 5^{\text {th }}$.

## Competition Accumulated High Point Trophy Senior Swimmer

## Age 15 \& over

One trophy will be awarded to the $1^{\text {st }}, 2^{\text {nd }} \& 3^{\text {rd }}$ place swimmer respectively in both male and female category that accumulates the highest total number of points in individual events only, at the conclusion of the swimming competition.

## Competition Accumulated High Point Trophy Developing Swimmer Age 11-14

One trophy will be awarded to the $1^{\text {st }}, 2^{\text {nd }} \& 3^{\text {rd }}$ place swimmer respectively in both male and female category that accumulates the highest total number of points (or total average ranking in four (4) events) in individual events only, at the conclusion of the swimming competition.

## Competition Accumulated High Point Trophy Junior Swimmer

## Age 10 \& Under

One trophy will be awarded to the $1^{\text {st }}, 2^{\text {nd }} \& 3^{\text {rd }}$ place swimmer respectively in both male and female category that accumulates the highest total number of points (or total average ranking in four (4) events) in individual events only, at the conclusion of the swimming competition.

## FINA Average Quality High point Trophy

Only swimmers that compete (and are not disqualified) in a minimum of four (4) individual events are eligible for this award. $1^{\text {st }}, 2^{\text {nd }} \& 3^{\text {rd }}$ place will be granted to the swimmers both male and female respectively that has achieved the highest FINA points average in four (4) swims. Relay swims will not be eligible.

## Team Challenge Shield

$1^{\text {st }}$ place will be awarded to the club whose swimmers (both male and female together) have accumulated the highest overall number of points in both individual and relay events and will have their team name scribed on the challenge shield (Team plaque to be kept). The $2^{\text {nd }}$ and $3^{\text {rd }}$ place clubs will be given miniature plaques.

## Team:

Males and females are not allowed to swim in the same event except in the Mixed Relays.

## Protest:

All protests against the Referees' decision must be submitted to the Referee in writing within 30 minutes after the event in question. It should be signed by the Delegation's Representative and accompanied by US $\$ 25.00$ or BDS $\$ 50.00$. The fee is refundable to the leader of the delegation if the protest is upheld.

## Jury of Appeal

A. There shall be a Jury of Appeal to adjudicate all appeals against a Referee's rejection of a protest.
B. Each club shall be entitled to formally nominate in writing a representative to serve on the Jury of Appeal. Nominations should be submitted (in writing) at the 6:30p.m. Technical Meeting on Thursday $10^{\text {th }}$ December, 2020.
C. The Jury of Appeal shall be comprised of 3 persons that must include one member representative of Barbados Aquatic Sports Association Council, and the other two from nominees submitted by each club and approved by the Meet organizer.
D. The representative making the appeal will not be included in the panel selection and must be respectful of the privacy needed to discuss the issue.

## ENTRY FEE:

| From 1 to a maximum of 3 events | Individual <br> events | BDS\$25.00 |
| :---: | :---: | :---: |
| Minimum of 4 events and a maximum of 6 <br> events | Individual <br> events | BDS\$40.00 |
| Minimum of 7 events with no limit | Individual <br> events | BDS\$50.00 |
| Each Relay Team |  |  |

## Deadline of Entries

Each team (club) must pay entry of USD $\$ 25.00$ or $\operatorname{BDS} \$ 50.00$ to be entered into the competition. Payment must be made to Carolene Clarke with a copy (electronic or hard) of the entries. Electronic entries can be submitted to the office of the Barbados Aquatic Sports Association, Wildey on or before 5:00p.m. Thursday $19^{\text {th }}$ November, 2020. Any payment after the deadline will attract a penalty of USD\$5.00 or BDS\$10.00 per swimmer.

## Venue Admission

$\$ 10.00$ per person as children 10 years and under will be admitted free.

## FOOD \& DRINKS

Food and drinks will be on sale throughout the event at the pool shop. Alcohol will not be sold inside the competition venue.

Teams must seek permission in writing to bring food on the premises (Selling not permitted) of the Aquatic Center during the days of competition. Our responsibility is to ensure that all health standards are followed in preparation and logistics before serving.

## AQUATIC CENTRE COVID-19 SAFETY PROTOCOLS

All persons inside the Aquatic Centre must remain at least 6 feet apart from any non-household persons and wear masks during the following procedures:

- Avoid all physical contact (high-five/hugging/hand shaking).
- Practice respiratory hygiene.
- Monitor your health and stay home if feeling unwell or if you have a cold or flu.
- Changing Room and water fountain use is prohibited other than to fill bottles or to Shower and quickly change at the end of training. Bathrooms will ONLY be used for toilet use and always sanitized.
- Athletes must bring a full water bottle (larger the better) as sharing water bottles and other swimming equipment is prohibited.
- All Aquatic Centre members (including all family members in the household) must practice safe social distancing and personal protection away from the pool while swimming with the Aquatic Centre.
- Coaches \& team managers will wear mask and remain 6 feet away at all times prior to, during and after each practice until all Aquatic Centre members are in their vehicles or have left the Centre.
- They are to be absolutely NO SPITTING in the pools or the facility.
- Hand hygiene upon arrival at the pool.
- Physical distancing at the facility must be practiced.
- No athlete will be allowed to enter the facility if their temperature reads higher than 37.5 degrees Celsius. In the event of an athlete having a fever, they will be moved to a safe socially distanced location and parents will be notified to pick them up.
- Users of the pools at the Aquatic Centre will be permitted to use the Showers and changing rooms immediately after training should they wish, subject to adhering to distancing protocols. 6 feet distancing must be maintained at all times in the
changing rooms and showers. A maximum of 8 Persons will be permitted in the Changing Rooms and Showers at any one time.
- Avoid congregation of athletes and parents
- At the end of each event swimmers should exit the pool as soon as possible as long as it does not prohibit the progress of another swimmer.
- At the end of the race swimmers must not congregation behind timekeepers.
- Only one heat will be seated behind the timekeepers.
- Only two heats will be allowed in the clerk of course at any time.
- No parents will be allowed on the pool deck during the competition, except team managers and coaches who must all be wearing mask.
- Swimmers are not allowed on the deck except when swimming or during warm up.
- Swimmers or parents are not allowed in the Officials' area.
- Mask must be worn during medal presentations with no hand shaking.
- On entering and re-entering the building contact tracing registration and temperature checking will be enforced.
- In the stands persons must be 6 ft apart and must wear masks
- Swimmers in the Clerk of Course must be 6 ft . apart
- Swimmers are allowed to leave the stands (Sagicor entrance side) for their events without their masks but must have their goggles and swim caps with them.
- Time keepers must wear masks and face shields/glasses or goggles
- Time keepers must be 3 ft apart when timing
- Family members from the same households can sit together in the stands.


## Order of Events:

## Friday $11^{\text {th }}$ December, 2020

Warm up: 4:00p.m.
Pool closed 5:30p.m.
Opening Ceremony 5:45p.m.

Competition 6:00p.m.

Event 1 / 2

Event 3 / 4
Event $5 / 6$
Open 400 Individual Medley
Timed Finals

Open 50 Butterfly
Open 100 Backstroke
Timed Finals
Timed Finals

## 20 minute Medal Presentation (1-6)

Event 7 / $8 \quad$ Open 200 Breaststroke Timed Finals

Event 9 / 10
Open 50 Freestyle
Timed Finals

## 10 minute Break

Event 11 / 12
Event 13 / 20

Open 200 Butterfly Timed Finals
$4 \times 50$ Freestyle Relay Timed Finals
Age Groups 8 \& Under, 9 - 10, 11 - 14, 15 - \& Older.

## Start

Day \#2 Saturday $12^{\text {th }}$ December, 2020
Warm up 3:30p.m.
Pool closed 4:50p.m.

Competition 5:00p.m.

Event 21 / 22
Open 400 Freestyle
Open 100 Breaststroke
Timed Finals
Event 23 / 24

Event 25 / 26
Open 200 Backstroke
Timed Finals

Timed Finals

## 20 minute Medal Presentation (21-26)

Event 27 / 28

Event 29 / 30

Event 31 / 38

Open 100 Butterfly
Open 200 Freestyle
$4 \times 50$ Mixed Medley Relay

Age Groups 8 \& Under, 9 -10, 11 -14, 15 \& Over

## 20 minute Medal Presentation (27-38)

## Start

Day \#2 Sunday 13 ${ }^{\text {th }}$ December, 2020

Warm up

Pool closed
Competition
Event 39/ 40

Event 41 / 42

Event 43 / 44
Open 200 Individual Medley
Timed Finals

20 minute Medal Presentation (1-8)

Event 45 / 46

Event 47 / 48

Event 49 / 56
Open 100 Freestyle
Open 50 Breaststroke Timed Finals
$4 \times 50$ Mixed Freestyle Relay Timed Finals
Age Groups 8 \& Under, 9 - 10, 11 -14, 15 \& Over

## 20 minute Presentation (Event 29 \& 34)

Medal Presentation Developing, Junior \& Senior
Highest Aggregate Points
(Age 10 \& Under, 11 - 14, 15 \& over)

Open Highest average F. I. N. A. points
$1^{\text {st }}, 2^{\text {nd }}, \& 3^{\text {rd }}$ place Teams

