



Open Long Course Nationals 2017



*Friday 5th May
to
Saturday 6th May
2017*

OPEN QUALIFYING TIMES 2017

Events Schedule		
Men	EVENTS	Women
28.00	50 Free	30.00
1.07.00	100 Free	1.11.00
2.40.00	200 Free	2.45.00
5.55.00	400 Free	6.05.00
12.20.00	800 Free	12.30.00
21.45.00	1500 Free	21.55.00
37.00	50 Back	38.00
1.28.00	100 Back	1.29.00
3.24.00	200 Back	3.25.00
40.00	50 Breast	41.00
1.34.00	100 Breast	1.35.00
3.34.00	200 Breast	3.35.00
33.00	50 Fly	34.00
1.34.00	100 Fly	1.35.00
3.34.00	200 Fly	3.35.00
2.58.00	200 IM	3.00.00
6.57.00	400 IM	6.58.00

OPEN NATIONAL EVENTS WILL BE SWUM AS MIXED OPEN BUT RESULTS WILL BE OPEN MEN & OPEN WOMEN. WE WILL TRY TO STICK TO THE EVENTS SCHEDULE AS MUCH AS POSSIBLE. ONCE ALL ENTRIES HAVE BEEN RECEIVED THEN ADJUSTMENTS WILL BE MADE ACCORDINGLY & CLUBS WILL BE INFORMED.

1. All 50m and 100m events will be swum as preliminaries and finals irrespective of the number of entries.

2. 200m events will be swum as preliminaries and finals only where there are more than 8 entries.

3. Events with a distance of 400m or greater will be swum as straight finals during morning sessions.

Session 1 – Prelims Warm-up 7:15 Session Starts: 8:30	Session 3 – Prelims Warm-up 7:15 Session Starts: 8:30
100 FLY	800 FREE
400 FREE	50 BACK
200 IM	200 IM
50 FLY	4 x 100 MEDLEY Relay
100 BREAST	100 FREE
4 x 100 FREE Relay	200 BACK
100 BACK	200 BREAST
200 FREE	4 x 200 FREE Relay
1500 FREE	50 FREE
50 BREAST	400 IM
200 FLY	
Session 2 – Finals	Session 4 – Finals
100 FLY	50 BACK
200 IM	200 IM
50 FLY	100 FREE
100 BREAST	200 BACK
100 BACK	200 BREAST
200 FREE	50 FREE
50 BREAST	
200 FLY	

Damodar Aquatic Centre, Laucala Bay, SUVA, 50m POOL

Competition starts on:

Friday 5th May 2017:

Warm up 7:15 to 8:15am, Prelims Starts 8:30am, Finals Starts at 4:00pm

Saturday 6th May 2017:

Warm up 7:15 to 8:15am, Prelims Starts 8:30am, Finals Starts 4:00pm

ANNOUNCEMENTS:

1. Clubs are required to provide their own First Aid Kits.
2. The pool will be opened from 0700hrs. To avoid congestion in the pool and to allow clubs minimum quality warm-up time, please use the assigned lanes to you.
3. Manager's meeting: 08.00
4. Technical officials briefing: 08.10
5. Each Club is required to provide 5 volunteers each day. A list of volunteers should be submitted with Entry Form.
6. Electronic entries only will be accepted.
7. Entries for Long Course Open National Championship must be submitted no later than 4.00pm on Friday 21 April 2017. No late Entries will be accepted.
8. Entries should be submitted to fijiswimssec@gmail.com and copied to tiacheer@yahoo.com
9. Cost per event is \$5.00. Cost per relay team is \$20.00. Payments can be deposited into; "Amateur Association of Fiji Swimming", Westpac Banking Corp, Suva - Account # **41752500**
10. Club Managers must ensure all their swimmers hold current registration with Fiji Swimming
11. Psych sheets will be distributed to Clubs, 4 working days before the start of the competition for verification. No changes will be accepted but correction will be done if the error is ours. However, amendments to the program may be necessary depending on the number of entries received for each event. Races may be combined at the discretion of the session referee or recorder.

LOCAL COMPETITION RULES OF THE DAY:

1. Swimmers are not permitted to swim in place of another swimmer. To do so will result in automatic disqualification of both swimmers from the competition.
2. Swimmers are to swim as Mixed Open. Results will be in gender.
3. Withdrawals will be accepted from the Team Manager at the Manager's meeting on the first day of competition. Other withdrawals are accepted on a daily basis as long as it is signed by the Team Manager and accompanied by a medical certificate or if due to sudden illness at the referee's discretion.
 - Withdrawals without a medical certificate will incur a fee of \$10 per event.
 - Once a swimmer **SCRATCHES / NO SHOWS** for an event he/she will **NOT** be allowed to swim for the remainder of the events for that day and will incur a fine of \$15.00 per event.
 - Withdrawal, Scratch/No Show fines must be paid by the start of the next day's competition, swimmers will not be allowed to swim their remaining events unless fees have been paid to Fiji Swimming and a copy of receipt presented at the Team Managers Meeting.
4. It is recommended that ALL swimmers wear a swimming cap. Swimwear is limited to one swimsuit (Double Swimsuits or inappropriate clothing will result in disqualification)
5. In the case of any disputes, FINA rules will apply.
6. Club Managers only are permitted in the control room and are to be relied upon for all communication to/from clubs.
7. Entries fees must be settled in full, by the entry deadline or club's entries will not be accepted.
8. Swimmers are required to report to the Marshall Tent at least 3 races in advance of their event.
9. Swimmers who fail to achieve the QT during the competition will incur a \$25.00 fine for every event unachieved and will not proceed to the FINALS.
10. QT's from Long Course competitions from June 2016 will be accepted. No Short Course conversions.
11. Fiji Swimming reserves the right to invite international competitors a maximum of two international swimmers per event will be eligible to swim finals. Where international competitors are placed for the 1st placed, 2nd placed and 3rd placed Fiji swimmers will also be placed.

12. Medals will only be awarded to swimmers placed 1st, 2nd, 3rd who achieve a QT in the finals

FINA Rules will apply:

1. From start to finish of each event (SW4-SW 9)

2. To Referee (SW 2)

3. Protests (GR 9.2.1) must be lodged to the Meet Director in writing within 30mins following the conclusion of the respective event. Protests must be accompanied by a \$50 non-refundable fee (GR9.2.2). A Jury of Appeal consisting of 3 members (SW1.1) will be responsible for attending to rejections of protests. (GR 9.2.3)

A special request to all clubs;

- **Please be respectful and courteous to the volunteers on the day of competition.**
- **Please ensure that all the swimmers and clubs are informed of the rules.**
- **All protests must be relayed through their team managers and no parents or coaches are allowed to disturb the officials.**