



29 August 2025

Dear Principal,

On behalf of Tidal Wave Aquatics of Trinidad & Tobago, I wish to invite you to participate in our **TIDAL WAVE AQUATICS OF TRINIDAD & TOBAGO INTER-ZONE SCHOOLS' SWIM MEET**, which will take place on **Sunday 19 October 2025, at the NATIONAL AQUATIC CENTRE, COUVA**. We are extending our invitation to include Primary and Secondary Schools in East, Central and South Trinidad.

This event seeks

- To promote swimming in these areas of Trinidad & Tobago and to give these swimmers the opportunity to represent their schools as well as
- To promote a healthy competitive spirit among swimmers.

Over the years, our Swim Meet has grown in stature and popularity and this success has been due, in a large measure, to your support and participation. We once again look forward to your presence, and trust that the day will be one of fair, healthy and enjoyable competition.

Yours in swimming,

Hazel E. Haynes

Hazel E. Haynes,
Director,
Tidal Wave Aquatics of Trinidad & Tobago.

TIDAL WAVE AQUATICS INTER- ZONE SCHOOLS SWIM MEET 2025 SUMMONS

Date: Sunday 19 October 2025
Venue: National Aquatic Centre, COUVA
Meet Start time: 9.00 AM
Warm up: 7.30 – 8:30 AM (There will be open warm-up)
Opening Ceremony: 8:40 AM

General:

- This meet will be governed by swimming rules as set out by swimming's world governing body, World Aquatics formerly Federation International de Natacion Amateur (F.I.N.A.). Schools are advised to visit their website at www.worldaquatics.com for rule details.
- Please note that (a) unattached swimmers are not allowed, (b) two or more schools may not combine to form one team and (c) no new entries will be accepted on the day of the meet.
- There will be a minimum 30-minute intermission for lunch. Intermissions may be added to the program at the discretion of the Meet Manager in order to facilitate resting periods for swimmers and meet officials.

IMPORTANT: All swimmers must wear caps. Female swimmers must wear one-piece swimsuits with the buttocks covered.

THIS MEET WILL INCLUDE BOTH PRIMARY AND SECONDARY SCHOOLS.

Age Groups: Primary Schools – 8 & Under, 9 & Over
Secondary Schools – 13 & Under, 14 & Over

Please check the age group guide on the entry form. Incorrect age group entries will only be changed if a swimmer is entered in a younger age group. These changes will only be facilitated **before the start of the meet.**

Categories: Competitive (C) & Noncompetitive (NC) (A non-competitive swimmer is one who has not participated in any ASATT sanctioned national or club meet within the last **three years** and/or has not been a member of any Trinidad and Tobago national swim team, open water team or national water-polo team for the past three years). Non-Competitive swimmers will be allowed to take part in Competitive relays, if these swimmers are not used for Non-Competitive relays. Competitive swimmers will not be allowed to participate in Non-Competitive relays.

N.B. Coaches/Team Officials are strongly advised to consult with parents/guardians in order to determine the correct category of their swimmers.

	PRIMARY SCHOOLS	SECONDARY SCHOOLS
INDIVIDUAL EVENTS	COMPETITIVE 25 metres freestyle, 25 metres breaststroke, 25 metres butterfly, 25 metres backstroke. 100m Individual Medley OPEN, NON-COMPETITIVE 25 metres freestyle, 25 metres breaststroke, 25 metres butterfly, 25 metres backstroke.	COMPETITIVE 100m Individual Medley OPEN, 50m freestyle, 50m breaststroke, 50m butterfly, 50m backstroke. NON-COMPETITIVE- 25m freestyle, 25m breaststroke, 25m butterfly, 25m backstroke.
RELAY EVENTS	4 x 25 metres medley relay NC 4 x 25 metres medley relay C 4 x 25m freestyle relay NC, 4 x 25m freestyle relay C	4 x 25m medley relay NC, 4 x 50m medley relay C, 4 x 25m freestyle relay NC, 4 x 50m freestyle relay C

POINTS SYSTEM

Individual events 1st –8th 9, 7, 6, 5, 4, 3, 2, 1.

Relay events 1st –8th 18, 14, 12, 10, 8, 6, 4, 2.

Points earned in the open events will be added to the swimmer's individual points.

A school may enter any number of swimmers in an event but only **two swimmers from each school will be placed and be awarded points in an event.**

A school may enter any number of relay teams in a relay event but only **one team will be eligible for medals and points.**

Nine (9) bonus points will be awarded to both individual and team scores for breaking or establishing new Meet Age Group Records. Only the fastest swimmer/team breaking the Meet Age Group Record will be awarded the bonus points. Where there is a tie for first and the meet record is broken, bonus points will be shared.

AWARDS

Individual events – 1st to 3rd place, medals, 4th to 8th place, ribbons

Relay events – 1st to 3rd place, medals

For each age group and category 1st to 3rd place, overall trophies. In the event of a tie, the trophy will be awarded to the swimmer with the higher number of 1st, 2nd, 3rd places etc. or highest FINA points if a tie still exists.

Overall School Trophies to the three top Boys, Girls and Co-educational schools – Primary and Secondary.

Entry Fees: School Entry fee	\$50.00
Individual Events:	\$15.00 per event per swimmer
Relays:	\$30.00 per relay
Spectators:	\$20.00 – adults \$10.00 - children
Programmes	\$20.00 each

Please be advised that there will be a well-stocked cafeteria on the day of the Meet. Lunches will be on sale.

DEADLINE:

All entries must be submitted on or before Wednesday 08 October 2025 at 6.00 pm whether via hand, fax or email. This must be submitted with a fee statement which must have affixed the official school stamp. Emailed entries may be sent to adm.asatt@gmail.com and tidalwaveaquaticstt@gmail.com Changes to entries will be accepted up to Friday 10 October 2025. On this date, all entries will be regarded as Final Entries. Schools that receive their entry sheet to be checked before the meet will not be allowed to make corrections on the day of the meet. Swimmers with incorrect entries will have their entry status changed to that of “exhibition” and will not be swimming for any points or awards.

DISQUALIFICATIONS

1. **Substitutions** –Absolutely no substitutions are allowed
2. **Swimmers participating out of age group.** It is imperative that computer personnel are informed of any age errors in the entry forms **before the start of the meet.** Once an infringement is discovered, the swimmer will be barred from taking part for the remainder of the meet and disqualified from previous events.
3. **Competitive swimmers swimming in the non-competitive category.** Once an infringement is discovered, the swimmer will be barred from taking part for the remainder of the meet and disqualified from any previous events.
4. **Non-student swimmers** – Swimmers representing a school must be registered as day students of the said school. Once an infringement is discovered, the swimmer will be barred from taking part for the remainder of the meet and disqualified from any previous events.

Entries may be

1. Submitted to any member of Tidal Wave Aquatics at the Centre of Excellence poolside, Monday, Tuesday, Thursday or Friday afternoon between 6:00- 7:30 pm or to Mrs. Hazel Haynes, St Joseph's College, 1 Richmond St., St. Joseph, or faxed to 663-1906
2. Emailed to adm.asatt@gmail.com and tidalwaveaquaticstt@gmail.com.

For further information, contact Mrs. Haynes (799-8456) or Mr. Matamoro (748-2975)

Please make all cheques payable to Tidal Wave Aquatics.

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Relays	# of Teams		
	Girls	Boys	Mixed
Girls 4 x 25m Medley NC Primary			
Boys 4 x 25m Medley NC primary			
Mixed 4 x 25 Medley NC primary			
Girls 4 x 25m Medley C Primary			
Boys 4 x 25 m Medley C Primary			
Mixed 4 x 25 Medley C primary			
Girls 4 x 25 m Medley NC Secondary			
Boys 4 x25m Medley NC Secondary			
Mixed 4 x 25 Medley NC Secondary			
Girls 4 x 50m Medley C Secondary			
Boys 4 x 50m Medley C Secondary			
Mixed 4 x 50 Medley C Secondary			
Girls 4 x 25m Freestyle NC Primary			
Boys 4 x 25m Freestyle NC Primary			
Mixed 4 x 25 Freestyle NC Primary			
Girls 4 x 25m Freestyle C Primary			
Boys 4 x 25 m Freestyle C Primary			
Mixed4 x 25m Freestyle C primary			
Girls 4 x 25m Freestyle NC Secondary			
Boys 4 x25m Freestyle NC Secondary			
Mixed 4 x 25m Freestyle NC Secondary			
Girls 4 x 50m Freestyle C Secondary			
Boys 4 x 50m Freestyle C Secondary			
Mixed 4 x 50 m Freestyle C Secondary			
TOTAL			

Relay guide:

Girl Schools can ONLY enter the Girls relay events

Boy Schools can ONLY enter the Boys relay events

Co-educational schools can ONLY enter the Mixed relay events and the team must consist of two boys and two girls

Please make additional copies of the entry form where necessary

Age Group Guide:

PRIMARY: 8 & Under (2016 – Present) 9 & Over (Before 2016)

SECONDARY: 13 & Under (2011 – Present) 14 & Over (Before 2011)

NC – noncompetitive C - competitive

Please enter swimmers of similar age group and category together and wherever possible, insert times.