



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

**SUMMONS FOR THE XVI CAMEX CHAMPIONSHIPS**

**CAMEX 2016**

**PANAMA CITY, PANAMA**

**June 7 – 13, 2016**

## **SUMMONS FOR THE XVI CAMEX SWIMMING AND OPEN WATER CHAMPIONSHIPS**

The CCCAN summons all its affiliated Central American countries and Mexico, Colombia, Guyana, Surinam, Venezuela of the South American Confederation and Guadeloupe and Martinique of the French Swimming Federation to participate in the CAMEX 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) and the federation must be 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 following country from which they come, with the understanding that they are members of the Confederation through their respective federations.

1. Guatemala
2. Costa Rica
3. Honduras
4. El Salvador
5. Nicaragua
6. Panamá
7. México (CCCAN)

Also, the citizens of **Colombia, Venezuela, Guyana and Suriname** 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 (**CONSANAT**), to which they are affiliated. Additionally, the citizens of **Saint Maarten** and the residents of **Bonaire, Saba and St. Eustatius** may, without being members of the CCCAN, participate in these championships.

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.

Additionally, non-citizens may be entered providing the competitor has been resident in the Country for one year prior to the entry deadline and must not have swum for another Country during that period. All Competitors must also be registered with, or a member of, the Swimming Federation of the Country that they represent. Competitors who are non-citizens would be required to present 'proof of residency' documents which could be proof of club membership, proof of attendance at school or any other organization. If a Country enters a competitor that is not a citizen of that country by birth or naturalization, the code for that country shall be changed by adding "AG" to the designated three letter FINA Country code and used throughout the competition e.g. BAR shall be changed to BAR-AG.

## 2. Categories:

### Swimming

1. Infantile “B” Competitors 11 and 12 years old at midnight, December 31, 2015. Athletes born in 2004 and 2003 may participate.
2. Juvenile “A” Competitors 13 and 14 years old at midnight, December 31, 2015. Athletes born in 2002 and 2001 may participate.
3. Juvenile “B” Competitors 15, 16 and 17 years old at midnight, December 31, 2015. Athletes born in 2000, 1999 and 1998 may participate.
4. Senior Competitors 18 years old and over at midnight, December 31, 2015. Athletes born in or before 1997 may participate.

### Open Water Swimming

1. Group “A” Competitors 14 years old at midnight December 31, 2016 through 17 years old at midnight, December 31, 2016. Athletes born in 1999, 2000, 2001, and 2002 may participate.
2. Group “B” Competitors 18 years old or more at midnight December 31, 2016. Athletes born on or before 1998 may participate

## 3. Host

The host country for these championships will be Panama. For this reason, the “Panama Swimming Federation” will be in charge of the organization of the Championships and will assist the CCCAN in the preparation and development of the competitions. It is suggested that participants requiring Visas should start this process as early as possible. The Panama Swimming Federation will work in conjunction with its Ministry of Foreign Affairs to assist with the process; however, any visa fees cannot be waived.

The championships will be held at the following locations in accordance with the itinerary shown below:

**Swimming:** Complejo Acuático Eileen Coparropa  
**Open Water:** Balneario Playa Blanca

### Dates of Arrival

Swimming: June 7, 2016.  
Open Water: July 7, 2016.

### **Technical Meetings**

Swimming: June 8, 2016 at 10:00 am  
Open Water: June 8, 2016 at 2:00 pm

**All Technical Meetings  
will be held at the Hotel  
Panama**

**Opening Ceremony:** June 9, 2016 at 5:00 pm

### **Dates of competitions**

Swimming: June 9 to June 12, 2016  
Open Water: June 10 and 12, 2016

Date of familiarization and training for OW: June 9, 2016.

### **Start Times of Competitions**

Swimming: Prelims at 9:00 am and Finals at 5:30pm  
Open water: 9:00 am

**Closing Ceremony:** June 12, 2016 after Swimming Finals

### **Dates of Departure**

Swimming June 13, 2016  
Open Water June 13, 2016

## **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 GR2.5).
- C. In case of non-citizens, they may be entered providing the competitor has been resident in the Country for one year prior to the entry deadline and must not have swum for another Country during that period. All Competitors must also be registered with, or a member of, the Swimming Federation of the Country that they represent. Competitors who are non-citizens would be required to present 'proof of residency' documents which could be proof of club membership, proof of attendance at school or any other organization. If a Country enters a competitor that is not a citizen of that country by birth or naturalization, the code for that country shall be changed by adding "AG" to the designated three letter FINA Country code and used throughout the competition e.g. PAN shall be changed to PAN-AG.
- D. 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.
- E. In Open Waters, it is obligatory that each swimmer is accompanied by a companion during the competition. If he/she doesn't have a representative from his/her country to accompany him/her, he/she must make a request for a companion to the Organizing Committee during the Technical Meeting.

## 5. Entries:

The organizing committee will provide entry forms and instructions to all invited teams on or before April 1st, 2016.

### 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 1st, 2016**:

E-mail's: [sacostafedepan@gmail.com](mailto:sacostafedepan@gmail.com)  
[swimfed.pty@gmail.com](mailto:swimfed.pty@gmail.com)  
[cisccamex2016@gmail.com](mailto:cisccamex2016@gmail.com)

The preliminary entries must indicate the following:

1. In what swimming categories they will participate.
2. In what open water swimming categories they will participate
3. The 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.

### 5b. Final Entries:

**The Organizing Committee will prepare and send participating National Federations (NF) the Team Manager file for the Championship. It will also be available at the CCCAN web site.**

The participating countries must send their Final Entries in the specified formats with the seal of the federation by email to the championship Organizing Committee with copy to the President of CCCAN at:

**E-mail's:** [sacostafedepan@gmail.com](mailto:sacostafedepan@gmail.com)  
[swimfed.pty@gmail.com](mailto:swimfed.pty@gmail.com)  
[cisccamex2016@gmail.com](mailto:cisccamex2016@gmail.com)

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, May 1<sup>st</sup>, 2016**. 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 send in the "Team Manager" format and the other disciplines must be sent in the forms provided by the Organizing Committee. Also, all final entries for Swimming must include entries for relays. No entries for relays will be accepted at the Technical Meeting.**

## **6. Entry rules**

### **Swimming:**

- A. Each country may enter a maximum of three (3) competitors in each individual event. Each country may enter only one team in 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 order of the swimmers in the relay events must be turned into the scoring table no later than (1) hour prior to the start of the session in which the event is to be held.
- G. Timed Trials are permitted, as long as they comply with the following requisites:
  - Completing the provided Timed Trial Request form with 24hr anticipation to the day of the timed trial. For Timed Trials on the first day of competition, the completed Timed Trial Request form has to be submitted at the Swimming Technical Meeting. (June 8, 2016 @ 11:00 am)
  - Pay a \$10 US Dollar fee per Timed Trial
  - Will be swum after the preliminary sessions only.
  - Will be swum in events 200m and under.
  - Timed Trials will only be allowed for swimmers entered in the meet in events for which they were also entered in the meet.
  - The completed Timed Trial Request form, will be checked and decided upon by the CCCAN Technical Swimming Committee. A request with a "NT" entry time will not be considered.
  - There is a limit of two (2) Timed Trials per swimmer.

### **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, 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 thirty (30) days prior to the arrival date, (May 7, 2016) who shall take the appropriate action to eliminate those events.

#### **8. Rules:**

The Championships shall be governed by the rules of the Federation International of swimming and open water swimming (FINA) in force at the time of the competitions.

#### **9. Swimwear, Goggles 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. They must be worn in Preliminary and Final events and must carry the approved FINA mark.

#### **10. Interpretations:**

The Members of the CCCAN Executive Committee present at the Championship 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, with the recommendation from the Technical Committees for each discipline, 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 may include in their delegation a maximum of two (2) technical officials per discipline for whom the Organizing Committee will provide local transportation, accommodation and three (3) meals per day at the daily rate stated below in Item 16 of this Summons.

The forms with the names and experience of each technical official shall be sent no later than **May 1st, 2016** to the President of the CCCAN at the following address:

Felix A. Calderon  
E-mail: [cisccamex2016@gmail.com](mailto:cisccamex2016@gmail.com)

The President will notify each Federation and the Organizing Committee of the names of those technical officials selected to work at the Championships.

#### **12. Awards:**

A championship trophy shall be awarded to the country with 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 all disciplines combined. Each award shall have the

logo and the initials of the CCCAN and the design shall be approved by the CCCAN.

First to third place shall be awarded medals-gold, silver and bronze respectively, for each event in each discipline. Each medal shall have the logo and the initials of the CCCAN and the design shall be approved by 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 relays in swimming each participant shall receive the award corresponding to his / her country.

For **Swimming** the points will be as follows:

Place	1 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>
Points	9	7	6	5	4	3	2	1

Points will be doubled for the relays in swimming.

For **Open Water**, points will be awarded as follows:

Place	1 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>	9 <sup>o</sup>	10	11 <sup>o</sup>	12 <sup>o</sup>
Points	18	16	14	12	10	8	6	5	4	3	2	1

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 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, at the end of the preliminary session, as “timed finals” and will be seeded in accordance with FINA Rule SW 3.1.1.6. The competitors with the eight (8) fastest times registered will swim in the finals in the afternoon. Evidence (name and date of competition in which time has been 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).

For the 200 butterfly and 200 breaststroke for the 11-12 age group and the 400 IM for 13-14 age group, the slower swimmers with accepted entry times will swim in the morning, and the fastest eight (8) swimmers will be seeded and swim during the finals. For these events, entries with “NT” will not be accepted. All entries must show “proof of time” when entered by Team Manager entry format. **All swimmers in the Timed Final events (200 Breaststroke & 200 Butterfly 11-12, 400 Individual Medley 13-14, and all 800 free and 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. 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. Open Water Swimming:

3 team officials per country.

C. Every visiting team will pay the organizing committee the following rates:

- a) Meet fee of **US\$ 85.00** per person per night for room, board and local transportation in hotel in quadruple occupancy per room. Rates for **triple, double and single** occupancy will be different and can be supplied by the Organizing Committee on request.
- b) **Fifty percent (50%) of this estimated cost shall be paid in advance not later than May 1st, 2016 for each member of the official delegation in order to secure reservation of the room. The remainder of this payment shall be made no later than June 1st, 2016.**

**If you prefer to make payment by bank transfer, you must include in the payment the related bank charges that will be incurred by the Organizing Committee when the funds are deposited in its bank account.**

The above-mentioned daily rate includes transportation from and to the airport and also to and from the pool/open water venue during the competition and for previously arranged training before or after the competition dates. Federations **must** indicate on their preliminary entries if they require to be scheduled for training before the start of competition, as well as on the arrival date and after the completion of their competition.

#### 15. 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 (June 9, 2016) is:

1-2	800(F)/1500(M)	13-14
3-4	800(F)/1500(M)	15-17
5-6	800(F)/1500(M)	18 AND OVER
7-8	200 BREASTROKE	11-12
9-10	200 BREASTROKE	13-14
11-12	200 BREASTROKE	15-17
13-14	200 BREASTROKE	18 AND OVER
15-16	50 BACKSTROKE	11-12
17-18	50 BACKSTROKE	13-14
19-20	50 BACKSTROKE	15-17
21-22	50 BACKSTROKE	18 AND OVER
23-24	100 BUTTERFLY	11-12
25-26	100 BUTTERFLY	13-14
27-28	100 BUTTERFLY	15-17
29-30	100 BUTTERFLY	18 AND OVER
31	200 MIXED FREESTYLE RELAY	11-12
32	200 MIXED FREESTYLE RELAY	13-14
33	200 MIXED FREESTYLE RELAY	15-17
34	200 MIXED FREESTYLE RELAY	18 AND OVER

Second Day of Swimming Program (June 10, 2016) is:

35-36	200 FREESTYLE	11-12
37-38	200 FREESTYLE	13-14
39-40	200 FREESTYLE	15-17
41-42	200 FREESTYLE	18 AND OVER
43-44	50 BUTTERFLY	11-12
45-46	50 BUTTERFLY	13-14
47-48	50 BUTTERFLY	15-17
49-50	50 BUTTERFLY	18 AND OVER
51-52	100 BACKSTROKE	11-12
53-54	100 BACKSTROKE	13-14
55-56	100 BACKSTROKE	15-17
57-58	100 BACKSTROKE	18 AND OVER
59-60	400 INDIVIDUAL MEDLEY	13-14
61-62	400 INDIVIDUAL MEDLEY	15-17
63-64	400 INDIVIDUAL MEDLEY	18 AND OVER
65-66	400 FREE RELAY	11-12
67-68	400 FREE RELAY	13-14
69-70	400 FREE RELAY	15-17
71-72	400 FREE RELAY	18 AND OVER

Third Day of Swimming Program (June 11, 2016) is:

73-74	200 INDIVIDUAL MEDLEY	11-12
75-76	200 INDIVIDUAL MEDLEY	13-14
77-78	200 INDIVIDUAL MEDLEY	15-17
79-80	200 INDIVIDUAL MEDLEY	18 AND OVER
81-82	50 BREASTROKE	11-12
83-84	50 BREASTROKE	13-14
85-86	50 BREASTROKE	15-17
87-88	50 BREASTROKE	18 AND OVER
89-90	100 FREESTYLE	11-12
91-92	100 FREESTYLE	13-14
93-94	100 FREESTYLE	15-17
95-96	100 FREESTYLE	18 AND OVER
97-98	200 BUTTERFLY	11-12
99-100	200 BUTTERFLY	13-14
101-102	200 BUTTERFLY	15-17
103-104	200 BUTTERFLY	18 AND OVER
105-106	800 FREE RELAY	11-12
107-108	800 FREE RELAY	13-14
109-110	800 FREE RELAY	15-17
111-112	800 FREE RELAY	18 AND OVER

Fourth Day of Swimming Program (June 12, 2016) is:

113-114	400 FREESTYLE	11-12
115-116	400 FREESTYLE	13-14
117-118	400 FREESTYLE	15-17
119-120	400 FREESTYLE	18 AND OVER
121-122	50 FREESTYLE	11-12
123-124	50 FREESTYLE	13-14
125-126	50 FREESTYLE	15-17
127-128	50 FREESTYLE	18 AND OVER
129-130	100 BREASTROKE	11-12
131-132	100 BREASTROKE	13-14
133-134	100 BREASTROKE	15-17
135-136	100 BREASTROKE	18 AND OVER
137-138	200 BACKSTROKE	11-12
139-140	200 BACKSTROKE	13-14
141-142	200 BACKSTROKE	15-17
143-144	200 BACKSTROKE	18 AND OVER
145-146	400 MEDLEY RELAY	11-12
147-148	400 MEDLEY RELAY	13-14
149-150	400 MEDLEY RELAY	15-17
151-152	400 MEDLEY RELAY	18 AND OVER

## OPEN WATER SWIMMING PROGRAM

JUNE 9, 2016	<b>COMPETITION SITE RECONNAISSANCE AND TRAINING IN BOTH DISTANCES</b>
JUNE 10, 2016	<b>10 K (BOTH CATEGORIES AND SEX)</b>
JUNE 11, 2016	<b>FREE</b>
JUNE 12, 2016	<b>5K (BOTH CATEGORIES AND SEX)</b>

First Day of Open Water Swimming Program is:

153 – 154	10 K Open Water	14 – 17
155 – 156	10 K Open Water	18 & Over

Second Day of Open Water Swimming Program is:

157 – 158	5 K Open Water	14 – 17
159 – 160	5 K 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 may be shown the three (3) letters identification of their country.

Mr. Franz Wever  
President  
Panama Swimming Federation  
Approved: March 14, 2016  
In Panama City, Panama

Felix A Calderon  
President  
CCCAN  
Approved: March, 14 2016  
In San Juan, Puerto Rico



**CAMEX. CHAMPIONSHIPS 2016  
PANAMA CITY, PANAMA  
SWIMMING, & OPEN WATER SWIMMING  
PRELIMINARY ENTRY FORM**

**The preliminary entry must be returned to CCCAN president and the Panama Swimming Federation before April 1<sup>st</sup>. 2016.**

(Please type or print in block letters):

Name of Federation: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Our Delegation will comprise:

**SWIMMING**

Age Category	11 -12	13 – 14	15 – 17	18 & Over	Team Officials	Technical Officials	Total
Female							
Male							
Sub Total							

**OPEN WATER SWIMMING**

Age Category	14 – 17	18 & Over	Team Officials	Technical Officials	Total
Female					
Male					
Sub- Total					

Signature:.....

**STAMP, NAME & SIGNATURE of PRESIDENT or SECRETARY of FEDERATION:**

**Email to:**

- [sacostafedepan@gmail.com](mailto:sacostafedepan@gmail.com)
- [swimfed.pty@gmail.com](mailto:swimfed.pty@gmail.com)
- [cisccamex2016@gmail.com](mailto:cisccamex2016@gmail.com)



**CAMEX CHAMPIONSHIPS 2016  
PANAMA CITY, PANAMA  
APPLICATION FORM FOR TECHNICAL OFFICIALS**

NAME: \_\_\_\_\_ SIGNATURE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COUNTRY: \_\_\_\_\_

I apply to Officiate in: Swimming: \_\_\_\_ Open Water Swimming \_\_\_\_

THE POSITION I CAN FILL IS \_\_\_\_\_

**I HAVE SERVED AS A TECHNICAL OFFICIAL DURING THE PAST 4 YEARS: (List meets/events at which officiated)**

NATIONAL: \_\_\_\_\_

\_\_\_\_\_

INTERNATIONAL: \_\_\_\_\_

**MY PRESENT POSITION AS TECHNICAL OFFICIAL IS:**

NATIONAL: \_\_\_\_\_

FINA: LIST # \_\_\_\_

**This Form must be signed by the President or Secretary of the National Federation.**

Name \_\_\_\_\_ Title \_\_\_\_\_

Date \_\_\_\_\_ Federation Stamp:

**NOTE: TEAM OFFICIALS MAY NOT ACT AS TECHNICAL OFFICIALS**

Email to: [cisccamex2016@gmail.com](mailto:cisccamex2016@gmail.com) NOT LATER THAN May 1st, 2016.