6th CARIFTA TRIATHLON, AQUATHLON & MIXED RELAY CHAMPIONSHIPS

DATE: AUGUST 17 & 18 2024
LOCATION: MIGHTY GRYNNER HIGHWAY

MEET SUMMONS

BARBADOS 2024 CARIFTA TRIATHLON & AQUATHLON CHAMPIONSHIP

BFIT
BARBADOS FEDERATION OF ISLAND TRIATHLETES

1. THE CHAMPIONSHIPS WILL BE HELD AT THE FOLLOWING LOCATIONS IN ACCORDANCE WITH THE ITINERARY SHOWN BELOW:

August 14 & 15	Dates of Arrival	
August 16, 1:30 pm	Athlete Registration and Technical Meeting for Triathlon & Aquathlon	Accra Beach Hotel
August 16, 4:30 pm	Race Briefing Triathlon & Aquathlon	Accra Beach Hotel
August 16, 6:00 pm	Opening Ceremony	Accra Beach Hotel
August 16, 7:30 pm	Teams Dinner	Accra Beach Hotel
August 17, 6:30 am	Triathlon (11-12, 13-15,16-19, 20-21 female & male)	Mighty Grynner Highway
August 17, 2:30 pm	CARIFTA Triathlon Congress	Accra Beach Hotel
August 17, 5:00 pm	Relay Team Selection & Race Briefing	Accra Beach Hotel
August 18, 6:30 am	Aquathlon (11-12, 13-15, 16-19, 20-21, females & males)	Mighty Grynner Highway
August 18, 10:30 am	Mixed Relays	Mighty Grynner Highway
August 18, 6:00 pm	Awards & Closing Ceremonies and Teams Dinner	Accra Beach Hotel
August 19	Date of Departure	

2. INVITED FEDERATIONS

1. Antigua & Barbuda
2. Aruba
3. The Bahamas
4. Barbados
5. Belize
6. Bermuda
7. Cayman Islands
8. Cuba
9. Curaçao
10. Dominica
11. Dominican Republic
12. French Guiana
13. Grenada
14. Guadeloupe
15. Guyana
16. Haiti
17. Jamaica
18. Martinique
19. Puerto Rico
20. St. Kitts & Nevis
21. Saint Lucia
22. St. Maarten
23. St. Martin
24. St. Vincent & The Grenadines
25. Suriname
26. Trinidad & Tobago
27. Turks & Caicos Islands
28. The British Virgin Islands
29. The US Virgin Islands

3. COMPETITION PROGRAMME - ORDER OF EVENTS

Session # 1, Saturday August 17, 6:30 am to 11:30 am		
Event 1 & 2	Triathlon (750m, 20km, 5km)	16-19 and 20-21 Females & Males
Event 3	Triathlon (400m, 10km, 2.5km)	13-15 Females & Males
Event 4	Triathlon (200m, 5km,1.5km)	11-12 Females & Males
Session # 2, Sunday August 18, 6:30 am to 9:00 am		
Event 5 & 6	Aquathlon (1000m, 5km)	16-19 and 20-21 Females & Males
Event 7	Aquathlon (500m, 2.5km)	13-15 Females & Males
Event 8	Aquathlon (250m,1.5km)	11-12 Females & Males
Session # 3, Sunday August 18, 10:30am to 12:00 pm		
Event 9	Mixed Relay (250m, 5km, 1km)	

4. COMPETITION RULES

4.1 THE COMPETITIONS

The competitions will be conducted in accordance with World Triathlon rules in force at the start of the competition. Any variations shall be agreed upon at the technical meeting prior to competition.

4.2 TRIATHLON:

Competitors will compete in the following age groups:

11-12 Female & Male
13-15 Female & Male
16-19 Female & Male
20-21 Female & Male

The athlete's age group shall be determined by the age of the athlete as of **midnight on 31st December 2024.**

4.3 AQUATHLON:

Competitors will compete in the following age groups:

11-12 Female & Male
13-15 Female & Male
16-19 Female & Male
20-21 Female & Male

The athlete's age group shall be determined by the age of the athlete as of **midnight on 31st December 2024.**

4.4 MIXED RELAYS

Each mixed relay team in Event #9 (Mixed Team Relays) will comprise 2 females and 2 males and must include at least 1 participant from each age group (11-12, 13-15 and 16-21) with the 4th team member being from any age group. The order for the MTR will be male, female, male, female.

Results from the Mixed Team Relay event will count towards the overall National competition.

5. ELIGIBILITY

5.1 All participating federations must be in good financial standing with the hosting federation.

5.2 All competitors must be either citizens of the country they represent whether by birth or naturalization, provided that a naturalized citizen shall have lived in that country for at least one year prior to the entry deadline for the Championships. Additionally, non-citizens may be entered provided the competitor has been resident in the country for one year prior to the entry deadline and must not have competed for another country during that period.

5.3 All athletes must be entered into the CARIFTA competition by their National Federation.

5.4 In the absence of a National Federation an athlete(s) may apply directly to the LOC to participate. The OC and LOC will jointly decide whether the athlete(s) can participate.

6. PRELIMINARY ENTRIES

Preliminary Entries in each discipline must be made using the online Preliminary Entry Form or the Form attached and must reach the Chairperson of the Local Organizing Committee by **May 01, 2024**.

Mr. Vaughn Renwick
Chair, Local Organising Committee
Barbados Federation of Island Triathletes
tricariftabb@gmail.com

7. FINAL ENTRIES

The final entries and payment must be submitted to the Organizing Committee by **June 30, 2024**. Final Entries must include the following details:

7.1 Name, sex, date of birth, country, T-shirt size, emergency contact of each athlete.

7.2 Events being entered by each athlete, triathlon, aquathlon, mixed relay.

7.3 Names of team officials.

7.4 Details of arrival and departure of all athletes, team and meet officials (see attached form).

7.5 Final entry form signed by the president or general secretary of the federation with the federation's stamp affixed must be emailed to the Organizing Committee by the deadline date of **June 30, 2024.**

8. ENTRY RULES

8.1 TRIATHLON:

8.1.1 Each country shall be limited to 5 competitors in each gender per age group to a maximum of 40 athletes.

8.1.2 Substitutions or alternates after the final entries have been submitted will only be considered on a case-by-case basis.

8.1.3 No competitor will be able to participate in an age group outside of his/her age group, even if it were in an age group older than the competitor's.

8.2 AQUATHLON:

8.2.1 Each country shall be limited to 5 competitors in each gender per age group to a maximum of 40 athletes.

8.2.2 Substitutions or alternates after the final entries have been submitted will only be considered on a case-by-case basis.

8.2.3 No competitor will be able to participate in an age group outside of his/her age group, even if it were in an age group older than the competitor's.

8.3 MIXED RELAY:

8.3.1 Each mixed relay team in Event #9 (Mixed Team Relays) will comprise 2 females and 2 males and must include at least 1 participant from each age group (11-12, 13-15 and 16-21)

with the 4th team member being from any age group.

8.3.2 The order of the competitors in each relay will be male, female, male, female, as per WT rules.

8.3.3 All relay participants are to have competed in at least one other event, i.e. triathlon or aquathlon.

8.3.4 Substitutions or alternates can be accepted up to 30 minutes following completion of Event #8.

9. TEAM OFFICIALS

9.1 Delegations of five (5) competitors or less will be allowed two (2) team officials.

9.2 Delegations of six (6) to fifteen (15) competitors will be allowed three (3) team officials.

9.3 Delegations of greater than sixteen (16) competitors will be allowed four (4) team officials.

10. TECHNICAL OFFICIALS

Host country will select a WT Level 2 TO. The Level 2 TO would serve as Head Official and work with the LOC, officials and volunteers to ensure the event is properly officiated.

11. REGISTRATION/ACCREDITATION PROCEDURE

The athletes' proof of age and eligibility will be verified by presentation of passport.

12. FLAGS AND ANTHEMS

Each delegation shall provide:

12.1 Three (3) flags of their country no larger than 4 feet by 6 feet.

12.2 National anthems with a time span of no longer than 20 seconds are to be emailed to the LOC by July 31.

13. FEES

Meet fees for the Championships are as follows:

13.1 Meet fee – US$55 per member of the official delegation

13.2 Triathlon athlete entry fee – US$55

13.3 Aquathlon athlete entry fee - US$35

13.4 Mixed team relay entry fee - US$50 per team

Payment of Fees - If payment by wire transfer is the preferred method of payment wire transfer instructions are detailed below:

CIBC
Address 1: WILDEY
Address 2: ST. MICHAEL
Country: Barbados
Swift: FCIBBBBB
Transit: 09127
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Beneficiary Name: Barbados Federation of Island Triathletes Inc.
Address 1: 51 GRANDVIEW CLIFFS
Address 2: THE MOUNT
Address 3: ST. GEORGE
Country: Barbados
Beneficiary Account: 0001058926

Please note that wire transfer charges and all bank fees must be paid by the sending national federation and that meet fees received by the host country must equate to the amount invoiced.

14. ACCOMMODATION AND MEALS

14.1 Accommodation will be provided at the Accra Beach Hotel, https://www.accrabeachhotel.com

Delegations are responsible for booking their own rooms using the booking code **CARIFTATRI2024**.

Reservations:
Gustavo Osford
+1 (246) 435-8920 Ext. 5401
Email: group.sales@accrabeachhotel.com
Use CARIFTATRI2024 as subject heading.

The following rates will apply inclusive of 10% room VAT and US$9.72 room rate levy. Special CARIFTA rate will only apply to bookings made before June 1st 2024.

A limited number of rooms have been reserved and will be allocated on a first come first served basis

14.2 Hotel Rates with Breakfast, Lunch and Dinner

- → Single occupancy rate US$264.72 per room, per night.
- → Double occupancy rate US$374.72 per room, per night.
- → Triple occupancy US$484.72 per room, per night.
- → Quad occupancy US$594.72 per room, per night.
- → Children 11 years and younger at time of check-in, will be given a nightly discount of US$55.00 on the above rates.

15. TRANSPORTATION

15.1 Delegations are responsible for arranging their own air transportation to and from Barbados and the cost thereof, inclusive of bike handling fees.

15.2 Official delegations and approved technical officials will be met at the Grantley Adams International Airport by the designated transport company and transported to the designated hotel.

15.3 Official delegations and approved technical officials will be transported from the designated hotel to the airport for departure at the end of the Championships.

15.4 Official delegations and approved technical officials will be transported between the designated hotel and the competition venue.

15.5 A transportation schedule will be published and distributed to all delegations.

15.6 If a delegation or official chooses to stay at a hotel other than the designated hotel, transportation will **not** be arranged or provided.

15.7 Supporters who are not registered as part of the official delegation can purchase one of the transportation packages below or arrange their own transportation.

- → **Package 1 -** US$60.00 - Includes round trip airport transfer and round trip race venue transfer on Saturday and Sunday.
- → **Package 2** - US$75.00 - Includes round trip airport transfer, round trip race venue transfer on Saturday and Sunday, and round trip race venue transfer on Friday for course preview.

16. SCORING AND AWARDS

16.1 The following points system will be used for the triathlon and aquathlon.

Place	Points
1	10
2	8
3	6
4	5
5	4
6	3
7	2
8	1

16.2 The following points system will be used for the mixed relay.

Place	Points
1	20
2	16
3	12
4	10
5	8
6	6
7	4
8	2

16.3 Medals will be given to the 1st, 2nd, and 3rd place athlete in each individual event and each athlete on the 1st, 2nd, and 3rd place team in the MTR.

16.4 The overall winning team based on points in individual events and the MTR will receive the Championship trophy.

16.5 The 2nd and 3rd placed teams based on points in individual events and the MTR will also receive trophies.

17. LOCAL CONTACT INFORMATION

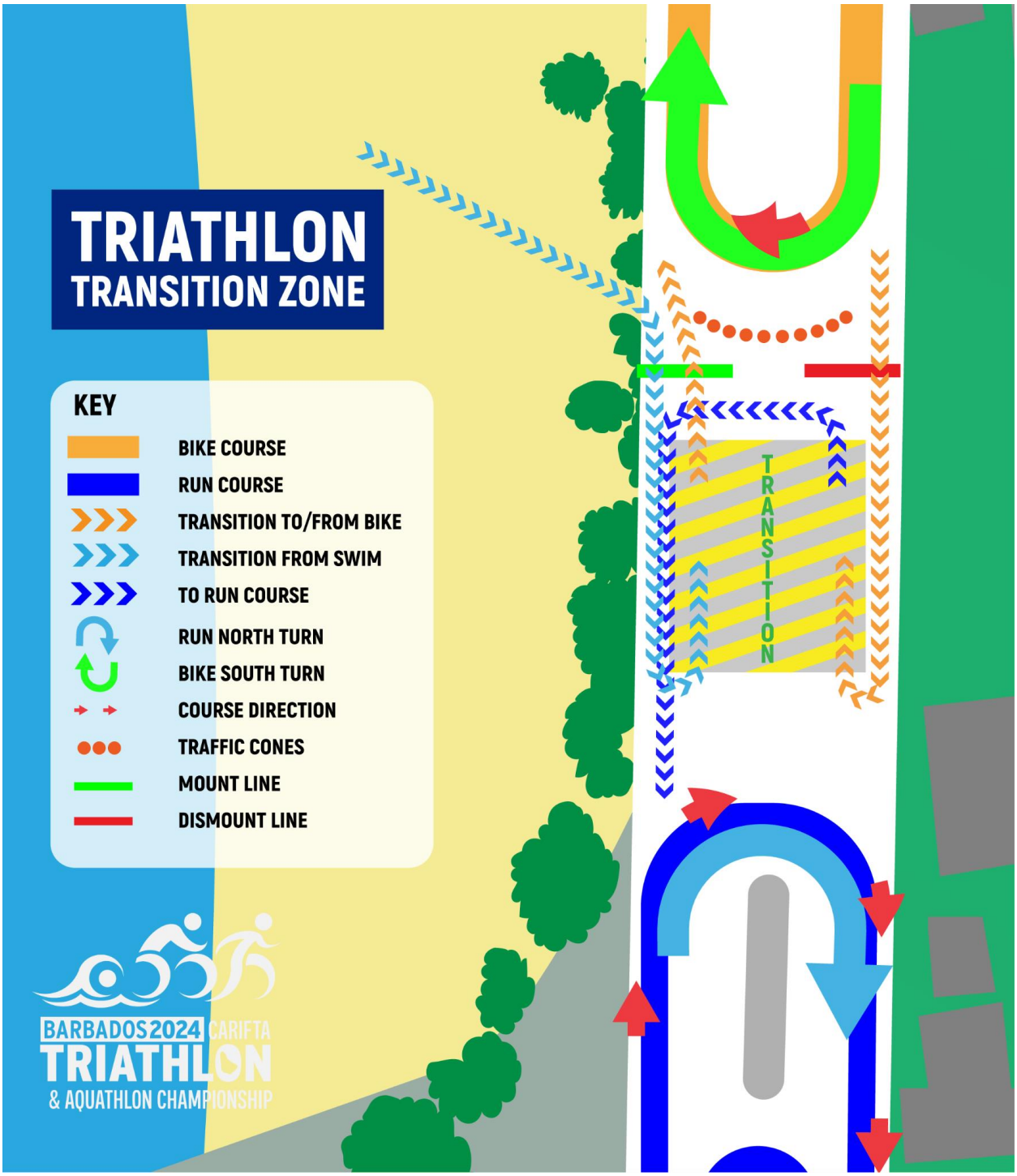
→ Vaughn Renwick, Head LOC – vaughn.renwick@gmail.com, +1 246-253-2925
→ Cary Banfield - Banking, Accommodation & Transport, tricariftabb@gmail.com, +1 246-826-1128
→ Lynne Wright, Secretary – tricariftabb@gmail.com, +1 246-230-6314
→ Natasha Armstrong - tricariftabb@gmail.com, +1 (246) 256-0071

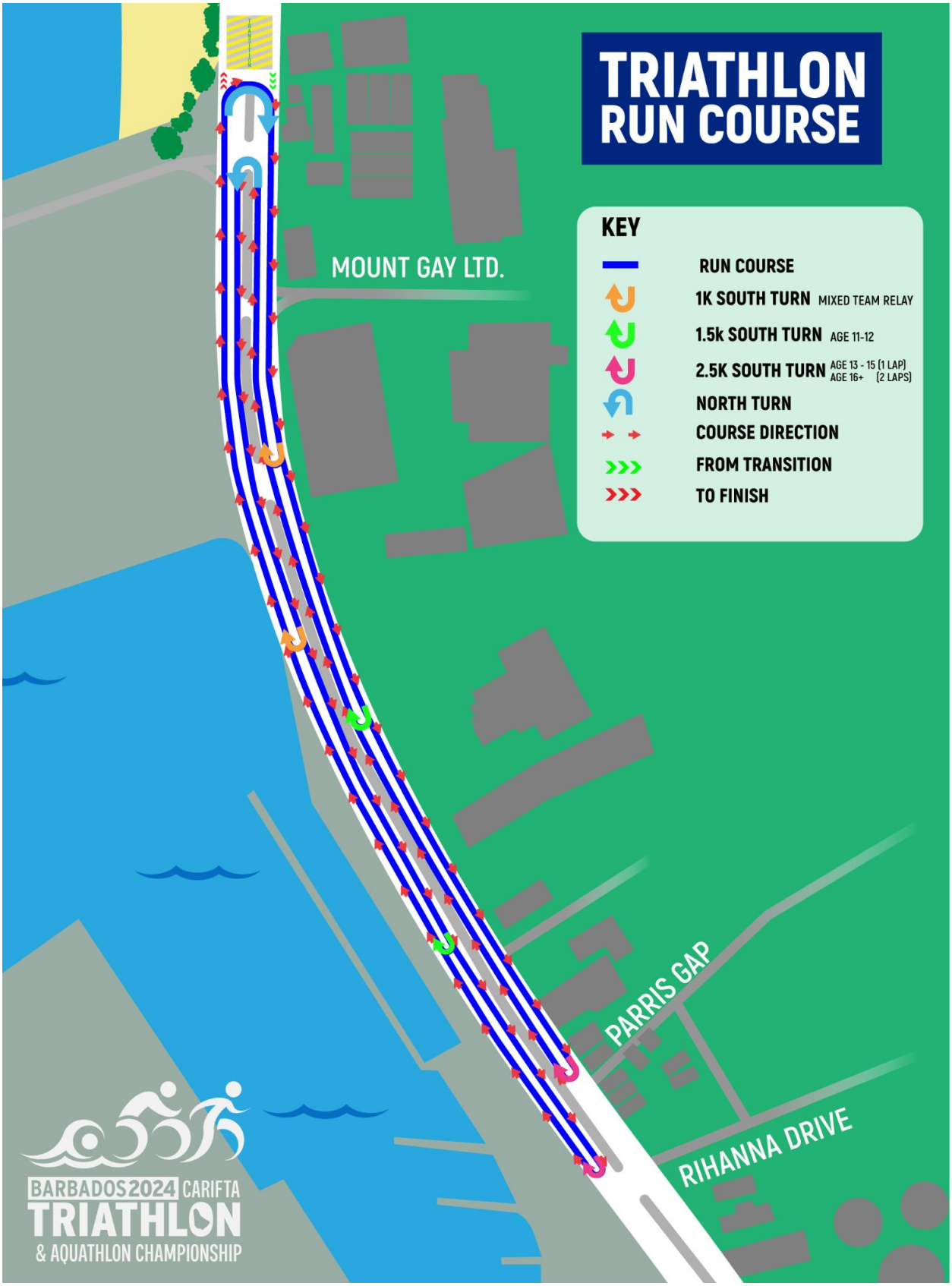
Barbados Federation of Island Triathletes
Box 31, Barbados Olympic Association, Gymnasium Complex, St. Michael, Barbados

COURSE MAPS

TRIATHLON
SWIM COURSE
KEY
BUOY
200M COURSE AGE 11 - 12
400M COURSE AGE 13 - 15
750M COURSE AGE 16+
SWIM DIRECTION
N
ENTRY
EXIT
BARBADOS 2024 CARIFTA
TRIATHLON
& AQUATHLON CHAMPIONSHIP

TRIATHLON
BIKE COURSE
KEY
BIKE COURSE
4K LAP TURN
AGE 16+
3.3K LAP TURN
AGE 13-15
2.5K LAP TURN
AGE 11 - 12
SOUTH TURN (TO NEXT LAP)
COURSE DIRECTION
N
MASSY DISTRIBUTION
IONICS
MIGHTY GRYNNER HIGHWAY
MOUNT
DISMOUNT
BARBADOS2024 CARIFTA
TRIATHLON
& AQUATHLON CHAMPIONSHIP


TRIATHLON
TRANSITION ZONE
KEY
BIKE COURSE
RUN COURSE
TRANSITION TO/FROM BIKE
TRANSITION FROM SWIM
TO RUN COURSE
RUN NORTH TURN
BIKE SOUTH TURN
COURSE DIRECTION
TRAFFIC CONES
MOUNT LINE
DISMOUNT LINE
TRANSITION
BARBADOS2024 CARIFTA
TRIATHLON
& AQUATHLON CHAMPIONSHIP


TRIATHLON
RUN COURSE
KEY
RUN COURSE
1K SOUTH TURN MIXED TEAM RELAY
1.5k SOUTH TURN AGE 11-12
2.5K SOUTH TURN AGE 13 - 15 (1 LAP) AGE 16+ (2 LAPS)
NORTH TURN
COURSE DIRECTION
FROM TRANSITION
TO FINISH
MOUNT GAY LTD.
PARRIS GAP
RIHANNA DRIVE
BARBADOS 2024 CARIFTA
TRIATHLON
& AQUATHLON CHAMPIONSHIP

BARBADOS2024 CARIFTA
TRIATHLON
& AQUATHLON CHAMPIONSHIP
TRIATHLON BIKE COURSE
KEY
BIKE COURSE
4K LAP TURN
3.3K LAP TURN
2.5K LAP TURN
MASSY DISTRIBUTION
IONICS
MIGHTY GRYNNER HIGHWAY
TRIATHLON SWIM COURSE
KEY
BUOY
200M COURSE
400M COURSE
750M COURSE
SWIM DIRECTION
ENTRY
EXIT
MOUNT GAY LTD.
TRIATHLON RUN COURSE
KEY
RUN COURSE
COURSE DIRECTION
FROM TRANSITION
TO FINISH
PARRIS GAP
RIHANNA DRIVE

AQUATHLON
SWIM COURSE
KEY
BUOY
250M COURSE AGE 11 - 12
500M COURSE AGE 13 - 15
1000M COURSE AGE 16+
SWIM DIRECTION
N
ENTRY
EXIT
BARBADOS 2024 CARIFTA
TRIATHLON
& AQUATHLON CHAMPIONSHIP

CARIFTA TRIATHLON CHAMPIONSHIPS 2024
BARBADOS

PRELIMINARY ENTRY FORM

The preliminary entry form must be returned to the Barbados Federation of Island Triathletes no later than **May 01, 2024.**

(Please type or print in block letters):
Name of Federation:
_____

Contact Person:
_____

Address:
_____

Email Address:
_____

Our Delegation will comprise:

[enter number of persons in the table below]

Age category	11-12	13-15	16-19	20-21	Total
Female –Triathlon					
Male – Triathlon					
Female – Aquathlon					
Male – Aquathlon					
Mixed Relay Teams					
Team Officials					

Date:
Signature:……..

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

Return by email to: tricariftabb@gmail.com

CARIFTA TRIATHLON CHAMPIONSHIPS 2024
BARBADOS

FINAL ENTRY FORM

The preliminary entry form must be returned to the Barbados Federation of Island Triathletes no later than **June 30, 2024.**

(Please type or print in block letters):
Name of Federation:

_____

Contact Person:

_____

Address:

_____

Email Address:

_____

Our Delegation will comprise:

(Enter each person's details use the online link https://forms.gle/KERsbrrPfiD6XTsv6 and enter total number of persons in table below)

Age category	11-12	13-15	16-19	20-21	Total
Female –Triathlon					
Male – Triathlon					
Female – Aquathlon					
Male – Aquathlon					
Mixed Relay team					
Team officials					

Date:
Signature:……..
STAMP, NAME & SIGNATURE of PRESIDENT or SECRETARY of FEDERATION:

Return by email to: tricariftabb@gmail.com