



SINGAPORE SWIMMING ASSOCIATION

**6th Singapore National
Swimming Championships
(Short Course Meet)
2nd – 3rd December 2016**

EVENT INFORMATION

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1.0 COMPETITION INFORMATION**Entries Closing Date: Friday, 18th November 2016**Technical Meeting for Team Leaders: Thursday, 1st Dec 2016 (11.00am)Competition: 6th Singapore National Swimming Championships (SCM) 2016

Venue: OCBC Aquatic Centre

Details:	<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Competition</u>	<u>Warm-Up</u>
	1	2 Dec 2016	Friday	9:00 am	7:15am
	2	2 Dec 2016	Friday	6:30 pm	4:45pm
	3	3 Dec 2016	Saturday	9:00 am	7:15am
	4	3 Dec 2016	Saturday	5:00 pm	3:15pm

2.0 GENERAL INFORMATION

2.1 The Championships shall be conducted under the Rules and By-laws of FINA as prescribed in the Handbook of FINA. One-start rule applies. The list of approved swimsuits can be viewed at

http://www.fina.org/H2O/index.php?option=com_content&view=category&id=304:fina-approved-swimwear&Itemid=1006

2.2 All entries must be submitted through SSA Affiliates or FINA-affiliated Federations.

2.3 Events listed below will be for both Men and Women:

Freestyle: 50m, 100m, 200m, 400m, 800m(Women) and 1500m(Men)

Backstroke: 50m, 100m and 200m

Breaststroke: 50m, 100m and 200m

Butterfly: 50m, 100m and 200m

Individual Medley: 100m,200m and 400m

Freestyle Relays: 4x50m (Mixed)

Medley Relay: 4x50m (Mixed)

2.4 Technical Officials – All Technical Officials shall be appointed by the SSA Technical Swimming Committee.

2.5 The SNSC Management Committee reserves the right to the final decision on all matters pertaining to the Championships.

2.6 Format of Competition – The Championships are run in the FINA Short-Course Meters (SCM) format. Heats will be run in the morning and Finals in the evening, over 2 consecutive days.

- a. Heats
Competitors shall be placed in graduated time order, slowest to fastest and the last three heats shall be cyclically seeded.

- b. Finals

Finalists shall be allocated lanes via the spearhead principle from the results of the Heats.

'A' Finals – the top eight (8) finishers of the Heats of each individual event (With the exception of Timed Final races) are eligible to compete. Should there be more than two (2) foreign swimmers who finish within the top eight (8) positions at the Heats, only the top two (2) fastest foreign swimmers will compete in the 'A' Finals.

"B" Finals – the remaining swimmers, within the top sixteen (16) finishers of the Heats of each individual event who are not eligible to compete in the 'A' Finals (Except the 400m IM, 800m Freestyle and 1500m Freestyle races) will be able to compete in the "B" Finals. Should there be more than two (2) foreign swimmers who finish within the top ninth to sixteenth (9th -16th) finishers at the Heats, only the top two (2) fastest foreign swimmers would compete in the 'B' Finals.

There will be NO "B" Finals if the event has less than Fourteen (14) swimmers in the Heats and there must be a minimum of five (5) swimmers in the "B" Finals start list for it to commence.

Swimmers who miss the Qualifying Entry Time (QET) in the Heats will not be allowed to participate in the Finals.

- c. Timed Finals

The 400m IM, 800m Freestyle and 1500m Freestyle races will be swum as Timed Finals, with the fastest seeded Heat swum during the evening Finals session. A cut off time of 21 minutes will be enforced for 1500m (both men and women), and a cut off time 11 minutes for 800m (both men & women)

- d. Mixed Relay

The rules for the Mixed Relays are the same as for gender relays except that the Mixed Relays must consist of two (2) Male and two (2) Female swimmers.

The starting order of the swimmers is decided by each team.

Swimmers must be competing in individual events to be eligible to participate in the mixed relay. Affiliates are allowed to send in more than one team per event.

- e. Definition of Swimmers:

- i) Local Swimmers- All Affiliated Members with a Valid Singapore NRIC or FIN#
ii) Foreign Swimmers- All Swimmers without a Valid Singapore NRIC or FIN#

3.0 ELIGIBILITY

3.1 The Championships is open to swimmers who are:

- Existing **REGISTERED SWIMMERS** of SSA Affiliates who are of good standing

Registration fee of SGD 30 is applicable to swimmers who have not made the payment for Year 2016. This is also applicable to foreign swimmers.

- Existing members of other National Federations affiliated to FINA who meet the entry qualification standards, provided they hold valid participation clearance from their Federation

3.2 All swimmers must meet the Qualifying Entry Times ("QET") specified for each individual event of the Championships ("race").

4.0 ENTRY REGULATIONS

4.1 **Closing date for entries is 12 noon on Friday, 18 November 2016**

All Entries are to be emailed to tessa.seet@swimming.org.sg

- a. Late entries will **NOT** be entertained
- b. Performance times from SSA-sanctioned Meets or Overseas Meets (Long Course Meter) dated from 18 December 2015 to 18 November 2016 can be used as an entry time for 6th SNSC 2016 (SCM)
- c. To participate, swimmers must meet the Qualifying Entry Times (QET) in the respective events. Entries with no QET, times slower than QET and false times will be rejected. SSA reserves the right to contact the club administrators for verification of entry times.
- d. Swimmers can participate in the 100m IM event without a performance time in this event from the past 1 year. However, if the swimmer returns a time slower than the QET during the heats or finals, the administrative fee of S\$25.00 will be imposed.
- e. An administrative fee of **S\$25.00** shall be imposed if a swimmer returns a time slower than the QET during the heats or finals. Swimmers who missed the QET will not be allowed to participate in the Finals.
- f. Entries must be accompanied by full payment of the registration and entries fees by **5.00pm, 25th November 2016**. Swimmers **will not be eligible to compete** if the full payment does not reach Singapore Swimming Association by the above deadline.

- 4.3 Entry Fees
- Individual – **S\$10.00** per event (inc GST)
 - Relays – **S\$22.00** per event (inc GST)
- 4.4 Cheques for all registration and entries are to be made payable to “**Singapore Swimming Association**” by **5.00pm Friday, 25th November 2016.**

If payment for the entry fee is not made on time, the entries **will not** be accepted.

- 4.5 It is **mandatory** for swimmer’s entries to be accompanied with NRIC/FIN number (Singaporeans/PR) or passport number (foreigner). LAST name (Surname) is to be provided in CAPITAL LETTERS.

Incomplete/Erroneous entries will be rejected.

Example:

Last Name (Surname)	First Name	Gender	Date of Birth	NRIC/FIN
TAN	Ah Lian, Susan	F	20-May-1997	S9734567F
LIM	Poh Poh	M	19-Apr-2000	T0012345C

**Do note that club's membership number should not be filled up in the NRIC column*

- 4.6 As an administrative incentive, SSA will extend a 10% discount off the total entry fees due to Affiliates which submit entries electronically via the Hy-Tek Sports Software’s *Team Manager* format by **Friday, 18th November 2016**. Affiliates who do not own the software may download a free version of *Team Manager Lite* from <http://www.hy-tek.com/downloads.html>.
- 4.7 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.

5.0 DNS/WITHDRAWALS

- 5.1 An administrative fee of **S\$25.00** shall be imposed on each withdrawal from entered events.
- 5.2 Team Leaders must present withdrawals to the Control Room Supervisor sixty (60) minutes prior to the start of the heats. Withdrawals for finals **including** the Reserve Swimmers of each event must be presented to the Control Room Supervisor **within 30 minutes of the posting of the heats result.**
- 5.3 Withdrawals within sixty (60) minutes of the start of each session (Heats or Finals) or without notification to the Control Room Supervisor shall be deemed Did Not Show or Did Not Start (DNS). A penalty of **S\$100.00** shall be imposed on all DNS.

- 5.4 The administrative fee and penalty will be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in all races for the day.

6.0 MEDALS, RECORDS & NATIONAL SELECTION

- 6.1 Medals will be awarded to the top three (3) placings in all the events.
- 6.2 Medals will be awarded to the top three Singaporean swimmers* in the individual events (these medals will only be given out after the event).
- 6.3 Records established by ***Singaporean Swimmers** will be officially recognised by the Management Committee of the 6th Singapore National Swimming Championships (Short Course Meters) 2016 as the **"Meet Record"**.
- 6.4 Records established by any Swimmers (Singaporean Swimmers and Non-Singaporean Swimmers) will be officially recognised by the Management Committee of the 6th Singapore National Swimming Championships (Short Course Meters) 2016 as the **"Open Record"**.

**Singaporean Swimmer - Swimmers who hold a Pink IC*

7.0 COMPETITION VENUE

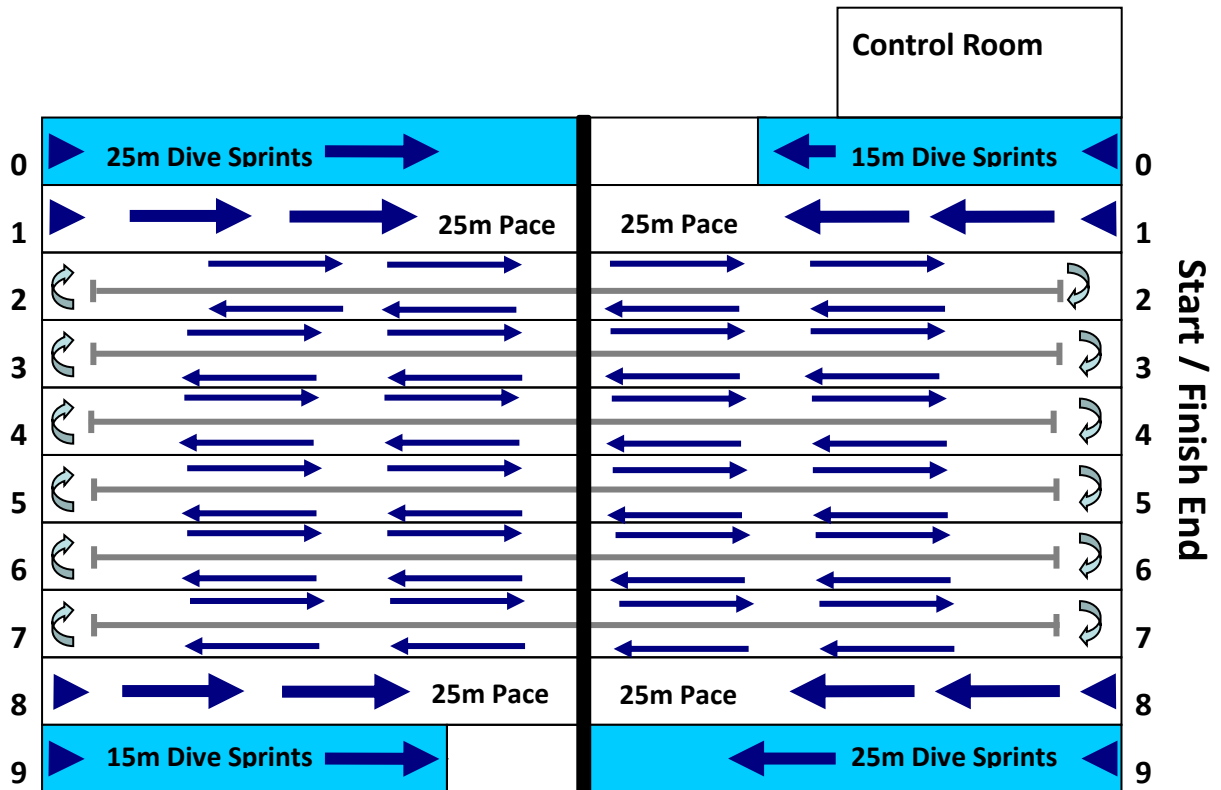
7.1 View Map: <http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>



7.2 The Venue Management does not allow any foldable chairs/beds into the OCBC Aquatic Centre due to the Fire Safety Regulation. Outside food/beverage is not allowed into the spectator stands as Sports Catering Services Booth will be open at OCBC AQC.

8.0 WARM-UP GUIDELINES

- 8.1 The Competition and Warm-Up Pools will be available for warm-ups one and the half hour before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.
- 8.2 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



8.3 Competition Pool:

- a. The schematic in the diagram shall be observed at all times during warm-ups.
- b. There shall be **NO DIVING** in the Circle Swimming Lanes, the Turn Practice Lanes, and the 25m Pace Lane (opposite side). Entries into these lanes are to be done via feet first entry from the sitting position at all times.
- c. The use of swim paddles is prohibited during warm-up.
- d. The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.

- e. Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- f. In order to ensure a smooth Swimming Competition Time-Lines Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate Technical Officials duty obstruction , the Pool Deck is strictly out of bound to ALL except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer, Appointed Media Coverage Personnel.

8.4 Warm-Up Pool:

- a. The Warm-Up Pool will be **CIRCLE SWIMMING ONLY**, with feet first entry from sitting position at all times
- b. The use of swim paddles is prohibited during warm-up.

9.0 Control Room Guidelines (Infraction Enquiry or Clarification)

- a. Detail of Infraction committed by swimmer or swimmers shall be made to the Swimming Competition Meet Director by the Team Leader. No proxies will be entertained.
- b. In the absence of Meet Director, infraction enquiry shall be directed only to the Deputy Meet Director or Control Room Supervisor.
- c. Enquiry of infraction shall be made within the same day of competition.
- d. Team Leader shall provide Swimmer Details i.e. Event Number, Heat Number, Swimmer's Name, Affiliate Name and Lane assigned.
- e. **ONLY** the Team Leader shall be allowed access to the Swimming Competition Control Room to retrieve final result print-outs, submission of necessary paperwork and Infraction Enquiry. No proxies shall be allowed.

10.0 PROTESTS

- 10.1 Protests are possible:
- a. if the rules and regulations for the conduct of the competition are not observed,
 - b. if other conditions endanger the competitions and/or competitors, or
 - c. against decisions of the referee; however, no protest shall be allowed against decisions of fact.
- 10.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact shall not be allowed.
- 10.3 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start the race is given.
- 10.4 Protests must be submitted in accordance with the following:
- a. In writing, with the supporting facts.
 - b. With a deposit of **S\$100.00** enclosed.
 - c. Submitted to the Meet Referee by Affiliate Team Leader. No proxies will be entertained.
 - d. Submitted within thirty (30) minutes following the conclusion of the respective event.
- 10.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Leader may then appeal the rejection to the Jury of Appeal, whose decision shall be final.
- 10.6 If the protest is rejected, the deposit shall be forfeited to the SNSC Management Committee. If the protest is upheld, the deposit shall be returned.

11.0 MEET QET - QUALIFYING ENTRY TIMES

MEN	QET	WOMEN	QET
50m Freestyle	29.33	50m Freestyle	30.96
100m Freestyle	1:04.44	100m Freestyle	1:07.94
200m Freestyle	2:19.81	200m Freestyle	2:27.43
400m Freestyle	4:51.24	400m Freestyle	5:12.36
1500m Freestyle	19:16.09	800m Freestyle	10:40.73
50m Backstroke	34.45	50m Backstroke	35.31
100m Backstroke	1:14.59	100m Backstroke	1:15.84
200m Backstroke	2:42.51	200m Backstroke	2:45.66
50m Breaststroke	36.11	50m Breaststroke	38.47
100m Breaststroke	1:19.40	100m Breaststroke	1:23.97
200m Breaststroke	2:55.29	200m Breaststroke	3:01.53
50m Butterfly	30.86	50m Butterfly	32.51
100m Butterfly	1:09.94	100m Butterfly	1:13.05
200m Butterfly	2:36.70	200m Butterfly	2:45.36
100m Individual Medley	1:08.78	100m Individual Medley	1:16.98
200m Individual Medley	2:37.61	200m Individual Medley	2:44.62
400m Individual Medley	5:35.35	400m Individual Medley	5:50.28
*4x50m Freestyle Relay (Mixed)	NIL	*4x50m Freestyle Relay (Mixed)	NIL

*Swimmers must be competing in individual events to be eligible to participate in the mixed relay.

12.0 ORDER OF EVENTS

2nd December 2016 (Friday) – Day 1				
Heats Start Time: 9.00am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
103	100M FREESTYLE	MEN	HEATS	
104	100M BREASTSTROKE	WOMEN	HEATS	
105	50M BREASTSTROKE	MEN	HEATS	
106	200M FREESTYLE	WOMEN	HEATS	
107	100M BUTTERFLY	WOMEN	HEATS	
108	100M BACKSTROKE	MEN	HEATS	
109	50M BACKSTROKE	WOMEN	HEATS	
110	200M BUTTERFLY	MEN	HEATS	
111	200M INDIVIDUAL MEDLEY	WOMEN	HEATS	
112	400M FREESTYLE	MEN	HEATS	
113	50M FREESTYLE	WOMEN	HEATS	
114	200M BREASTSTROKE	MEN	HEATS	
115	100M INDIVIDUAL MEDLEY	MEN	HEATS	
116	200M BACKSTROKE	WOMEN	HEATS	
117	50M BUTTERFLY	MEN	HEATS	
118	4 x 50M MEDLEY MIXED	MIXED	HEATS	
102	400M INDIVIDUAL MEDLEY	MEN	T.FINALS	SLOWER HEATS IN THE MORNING
101	800M FREESTYLE	WOMEN	T.FINALS	SLOWER HEATS IN THE MORNING

2nd December 2016 (Friday) – Day 1				
Finals Start Time: 6.30pm				
101	800M FREESTYLE	WOMEN	T.FINALS	FASTEST HEATS IN THE EVENING
102	400M INDIVIDUAL MEDLEY	MEN	T.FINALS	FASTEST HEATS IN THE EVENING
103	100M FREESTYLE	MEN	A & B FINALS	
104	100M BREASTSTROKE	WOMEN	A & B FINALS	
105	50M BREASTSTROKE	MEN	A & B FINALS	
<i>Victory Ceremony for #101,#102,#103 & #104</i>				
106	200M FREESTYLE	WOMEN	A & B FINALS	
107	100M BUTTERFLY	WOMEN	A & B FINALS	
108	100M BACKSTROKE	MEN	A & B FINALS	
109	50M BACKSTROKE	WOMEN	A & B FINALS	
110	200M BUTTERFLY	MEN	A & B FINALS	
<i>Victory Ceremony for 105,#106,#107,#108 & #109</i>				
111	200M INDIVIDUAL MEDLEY	WOMEN	A & B FINALS	
112	400M FREESTYLE	MEN	A & B FINALS	
113	50M FREESTYLE	WOMEN	A & B FINALS	
114	200M BREASTSTROKE	MEN	A & B FINALS	
115	100M INDIVIDUAL MEDLEY	MEN	A & B FINALS	
<i>Victory Ceremony for #110,#111,#112,#113 & #114</i>				
116	200M BACKSTROKE	WOMEN	A & B FINALS	
117	50M BUTTERFLY	MEN	A & B FINALS	
118	4 x 50M MEDLEY MIXED	MIXED	A & B FINALS	
<i>Victory Ceremony for #115,#116,#117 & #118</i>				

3rd December 2016 (Saturday) – Day 2				
Heats Start Time: 9.00am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
203	100M FREESTYLE	WOMEN	HEATS	
204	100M BREASTSTROKE	MEN	HEATS	
205	50M BREASTSTROKE	WOMEN	HEATS	
206	200M FREESTYLE	MEN	HEATS	
207	100M BUTTERFLY	MEN	HEATS	
208	100M BACKSTROKE	WOMEN	HEATS	
209	50M BACKSTROKE	MEN	HEATS	
210	200M BUTTERFLY	WOMEN	HEATS	
211	200M INDIVIDUAL MEDLEY	MEN	HEATS	
212	400M FREESTYLE	WOMEN	HEATS	
213	50M FREESTYLE	MEN	HEATS	
214	200M BREASTSTROKE	WOMEN	HEATS	
215	100M INDIVIDUAL MEDLEY	WOMEN	HEATS	
216	200M BACKSTROKE	MEN	HEATS	
217	50M BUTTERFLY	WOMEN	HEATS	
218	4 x 50M FREESTYLE MIXED	MIXED	HEATS	
202	400M INDIVIDUAL MEDLEY	WOMEN	T.FINALS	SLOWER HEATS IN THE MORNING
201	1500M FREESTYLE	MEN	T.FINALS	SLOWER HEATS IN THE MORNING

3rd December 2016 (Saturday) – Day 2				
<u>Finals</u> Start Time: 5.00pm				
201	1500M FREESTYLE	MEN	T.FINALS	FASTEST HEATS IN THE EVENING
202	400M INDIVIDUAL MEDLEY	WOMEN	T.FINALS	FASTEST HEATS IN THE EVENING
203	100M FREESTYLE	WOMEN	A & B FINALS	
204	100M BREASTSTROKE	MEN	A & B FINALS	
205	50M BREASTSTROKE	WOMEN	A & B FINALS	
<i>Victory Ceremony for #201,#202,#203 & #204</i>				
206	200M FREESTYLE	MEN	A & B FINALS	
207	100M BUTTERFLY	MEN	A & B FINALS	
208	100M BACKSTROKE	WOMEN	A & B FINALS	
209	50M BACKSTROKE	MEN	A & B FINALS	
210	200M BUTTERFLY	WOMEN	A & B FINALS	
<i>Victory Ceremony for #205,#206,#207,#208 & #209</i>				
211	200M INDIVIDUAL MEDLEY	MEN	A & B FINALS	
212	400M FREESTYLE	WOMEN	A & B FINALS	
213	50M FREESTYLE	MEN	A & B FINALS	
214	200M BREASTSTROKE	WOMEN	A & B FINALS	
215	100M INDIVIDUAL MEDLEY	WOMEN	A & B FINALS	
<i>Victory Ceremony for #210,#211,#212,#213 & #214</i>				
216	200M BACKSTROKE	MEN	A & B FINALS	
217	50M BUTTERFLY	WOMEN	A & B FINALS	
218	4 x 50M FREESTYLE MIXED	MIXED	A & B FINALS	
<i>Victory Ceremony for #215,#216,#217 & #218</i>				

13.0 TERMS & CONDITIONS

- 13.1 All Participants who are entered in the 6th Singapore National Swimming Championships (Short Course Meet) 2016 is deemed to have given written permission to the Organizers for the Organizers to collect, analyse and collate any personal information relating to that Participant, as the Organizers may in their sole discretion deem fit, including without any limitation information for the Organizers' programme, planning, data-processing, statistical or risk-analysis, research, fund-raising and/ or, any other purposes in furtherance of the functions or powers of SSA.
- 13.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in 6th Singapore National Swimming Championships (Short Course Meet) 2016 at their own risk and the Organizers will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in 6th Singapore National Swimming Championships (Short Course Meet) 2016. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day
- 13.3 In the event of harsh weather conditions that could cancel the 6th Singapore National Swimming Championships (Short Course Meet) 2016, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the 6th Singapore National Swimming Championships (Short Course Meet) 2016.

14.0 KEY DATES

Date & Time	Event	Venue
18 November 2016	Closing Date for Entries Submission Note: Late entries will not be entertained	SSA Office or via email tessa.seet@swimming.org.sg
21-24 November 2016	Entries list by affiliates/ teams will be sent for verification	
25 November 2016	Deadline for Payment for Entries	
28 November 2016, 5.00pm	Preliminary Entries List (Psych Sheet) will be sent out to all participating affiliates/teams	
1 December 2016, 11.00am	Team Leaders Meeting	OCBC Aquatic Centre Technical Control Room
2 - 3 December 2016	6 th Singapore National Swimming Championships (Short Course Meet) 2016	OCBC Aquatic Centre



About Singapore Swimming Association

Singapore Swimming Association (SSA) was set up in 1939 and is currently the National Sports Association governing swimming, water polo, diving, synchronized swimming and open water swimming in Singapore.



About Yakult Singapore

Yakult was first introduced to Singaporeans in 1979 with the incorporation of Yakult Singapore in 1978. Although Yakult Singapore started humbly in three containers at Hillview Avenue, it operates today from a multi-million dollar ultra-modern plant at Senoko Avenue. As Yakult is produced locally, our customers can be assured of the highest quality and freshness of Yakult sold in Singapore. Yakult Singapore perseveres to continue its healthy journey to spread to all people in Singapore on the awareness of the benefits of its unique probiotics, *L. casei* strain Shirota along the principles of Shirota-ism.



About OCBC Bank

The OCBC Bank group of businesses comprises a family of companies owned by Singapore's longest-established local bank. OCBC Bank is the longest established Singapore bank, formed in 1932 from the merger of three local banks, the oldest of which was founded in 1912. Since the time of our founders, we have always understood the financial needs of our customers and developed financial solutions that meet their needs. To address increasingly diverse needs across different communities and geographies, OCBC Bank has expanded and acquired businesses beyond the realm of commercial banking. OCBC Bank has been ranked by Bloomberg Markets magazine as the World's Strongest Bank for two years, 2011 and 2012



About Neo Garden

Neo Garden's holding company, Neo Group Pte Ltd was incorporated in 2008. Since 1992, Neo Garden® Catering (previously Neo Garden Restaurant, rebranded in 2008) has devoted itself in the area of home delivery meals and household buffet delivery. It has since introduced a wide range of popular catering services including Hi-Tea, BBQ and Mini Buffet. Today, Neo Garden can proudly call itself the preferred choice of Singaporeans after clinching the title of No.1 Caterer in Singapore, based on an AC Nielsen survey in 2010 and 2011.



About TYR

Connecting sport innovation with fashionable design, TYR provides the essentials for aquatic sports and fitness. With our foundation built on the goal to perfect performance swimwear and accessories, we focus on what swimmers need. So when you are swimming laps, doing water aerobics, training for a triathlon or catching a wave, simply bring TYR along and you'll experience being, "Always In Front."

We are committed to constantly deliver professional and value added services to all our customers.



Volkswagen

About Volkswagen Group Singapore

Volkswagen Group Singapore is a subsidiary of the Volkswagen Group, which is headquartered in Wolfsburg, Germany. Volkswagen is the only car brand in Singapore to manage its retail business directly. The two dealerships – Volkswagen Centre Singapore (Alexandra) and Volkswagen Exclusive – offer full sales and service facilities. By retailing directly to customers, Volkswagen is able to position itself at the forefront of Singapore's car market. This arrangement also allows for a closer relationship between the brand and the people who matter the most. Volkswagen Singapore provides Volkswagen owners with the quality experience they expect from Europe's largest car maker.



About 100PLUS

100PLUS is specially formulated to help restore what the body loses in the course of the day. Its unique combination of carbohydrates (glucose and sucrose) and electrolytes (minerals) helps in efficient transport of nutrients into the body, and is an immediate source of energy, enabling consumers to achieve peak performance in their daily active lifestyles.

Outdo yourself with *100PLUS*, Singapore's No.1 isotonic drink.



About Phiten

Founded in 1983, Phiten's primary focus has been the body's natural healing power. The body's healing power is made possible by a natural state of balance, which can be upset by stress or fatigue from an ever-increasing variety of sources; many of which we remain largely unaware. Through years of dedicated research, we have developed a number of unique wellness technologies and products that have gained the trust and confidence of our customers. This trust is a cornerstone of our work, and we hope to continue creating new products with our technology to maintain and enhance the wellness of people worldwide.



About EMSUNIT Pte Ltd

EMSUNIT Pte Ltd has been newly incorporated in 2008, and have created a network, in collaboration with the various hospitals and hyperbaric facilities, for medical assistance and with Holyland Travel & Tours Pte Ltd for tourism related services in Singapore, for the convenience of our clients. By providing a seamless environment, where we hope to ease the hassle and confusion that may arise for our clients in their hour of need.