



**SINGAPORE SWIMMING ASSOCIATION**

***YAKULT NATIONAL TIME TRIALS 2018***

***19 January 2018 to 21 January 2018***

***OCBC AQUATIC CENTRE***

**EVENT INFORMATION**

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## Yakult National Time Trials 2018 (January)

### 1.0 COMPETITION INFORMATION

**Entries Closing Date: Wednesday, 10 January 2018, 5.00pm**

Entries must be emailed to [admin5@swimming.org.sg](mailto:admin5@swimming.org.sg) & [tessa.seet@swimming.org.sg](mailto:tessa.seet@swimming.org.sg)

**Venue: OCBC AQUATIC CENTRE**

Session	Date	Day	Competition	Warm-Up	Warm-up Venue(s)
1	19 January 2018	Friday	6.30pm	5.00pm	Competition Pool Diving Pool Training Pool
2	20 January 2018	Saturday	8.30 am	7.00 am	Competition Pool Diving Pool Training Pool
3	20 January 2018	Saturday	2.00 pm	12.30pm	Diving Pool Training Pool
4	21 January 2018	Sunday	8.30 am	7.00 am	Competition Pool Diving Pool Training Pool
5	21 January 2018	Sunday	2.00 pm	12.30pm	Diving Pool Training Pool

## 2.0 GENERAL INFORMATION

- 2.1 The National Time Trials shall be conducted under the Rules and By-laws of FINA as prescribed in the FEDERATION INTERNATIONALE DE NATATION (“FINA”) Handbook 2017-2021.  
One-Start Rule applies.

The list of approved swimsuits can be viewed at:  
<http://fina.org/content/fina-approved-swimwear>

- 2.2 Format of competition – the championships are run in the FINA long-course metres (LCM) format.  
All events will be timed finals and competitors shall be placed in graduated time order, from the *fastest to slowest*.
- 2.3 Technical officials – all technical officials shall be appointed by the SSA Technical Swimming Committee.
- 2.4 SSA reserves the right to the final decision on all matters pertaining to the national time trials

## 3.0 AGE GROUPS

- 3.1 A swimmer may only compete in the stipulated age group in which he/she falls under.  
3.2 Age groups are computed as of follows:

a. **Seniors**

18 years & over	Born in 2000 or earlier
15-17 years	Born in 2001, 2002 and 2003
13-14 years	Born in 2004 and 2005

b. **Juniors**

12 years	Born in 2006
11 years	Born in 2007
10 years	Born in 2008
9 years	Born in 2009
8 years	Born in 2010

**4.0 ENTRY REGULATIONS**

4.1 **Entry deadline:** 10<sup>th</sup> January 2018, 5.00pm

**4.2 Entry Fees:**

Affiliates

Per Event - **\$10.70** (inclusive of 7% GST)

\*\*Late Entry Fee Per Event - **\$21.40** (inclusive of 7% GST)

Public (Non- SSA Affiliate Clubs or Schools)

Admin Fee - **\$32.10** per swimmer (inclusive of 7% GST & is a onetime payment valid only for the January & February Time Trials)

Per Event - **\$10.70** (inclusive of 7% GST)

\*\*Late Entry Fee Per Event - **\$21.40** (inclusive of 7% GST)

**\*\*Late Entries:**

Late entries after the entries deadline can be accepted but at the cost of twice the entry fee per event. (\$21.40) inc of 7% GST

This double charge will be in effect for entries that are submitted between 10<sup>th</sup> January 2018, 5.01pm to 17<sup>th</sup> January 2018, 5.00pm.

- 4.3 Changes and corrections may be made up to the meet entry deadline without penalty. Any changes, amendments and corrections to the entries after the deadline of 10<sup>th</sup> Jan 5.00pm may be made up till the release of the start list on 17<sup>th</sup> January 2018, 5.00pm at the cost of \$107 (inclusive of 7% GST) per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event).
- 4.4 Full payment must be made at the SSA office by: **17<sup>th</sup> January 2018**
- 4.5 Kindly make cheques payable to "**Singapore Swimming Association**".
- 4.6 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.
- 4.7 Swimmers must be **at least the age of 8 years (Born in year 2010 or earlier)**

## **5.0 ACCREDITATIONS**

5.1 Club accreditations (inclusive of coaches, team manager and support staff) will be assigned based on club size

- 1 – 5 Swimmers in individual events - 2 accreditation passes
- 6 – 10 Swimmers in individual events - 3 accreditation passes
- 11- 15 Swimmers in individual events - 4 accreditation passes
- 16 – 20 Swimmers in individual events 5 accreditation passes
- 21 – 30 Swimmers in individual events - 6 accreditation passes
- 31 – 40 Swimmers in individual events - 7 accreditation passes
- 40 + Swimmers in individual events - 8 accreditation passes

5.2 Lost or misplaced accreditation passes

Should the swimmer or team official lose or misplace their accreditation pass, replacement passes are available at SGD \$32.10 (inc 7% GST) per pass.

## **6.0 DNS/WITHDRAWALS**

6.1 An administrative fee of **S\$32.10** (inclusive of 7% GST) shall be imposed on each withdrawal from entered events after the Start List is disseminated.  
The Start List will be published on Wednesday 17<sup>th</sup> Jan 2018, 5.00pm

6.2 Withdrawals with or without notification shall be deemed Did Not Show or Did Not Start (DNS) and the fee of **S\$32.10** (inclusive of 7% GST) will still apply.

6.3 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.

## **7.0 RECORDS**

7.1 National records (Open, Under 17 & Under 14) will be recognized at these time trials.

7.2 Times achieved at the National Time Trials (Jan 2018) can be used as a QET for the 49<sup>th</sup> Singapore National Age Group Swimming Championships.

**8.0 PROTESTS**

8.1 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.

8.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact shall not be allowed.

8.3 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.

8.4 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.

8.5 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.

8.6 If the protest is rejected, the deposit shall be forfeited to the SSA. If the protest is upheld, the deposit shall be returned

**9.0 MINIMUM TIME STANDARD TO ACHIEVE DURING TIME TRIALS**

**9.1 Minimum Time Standard**

There is no entry qualifying time to participate at the January National Time Trials. Swimmers have to achieve a minimum time standard at these time trials. An administrative fee of **S\$32.10** (inc of 7% GST) per event will be imposed if a swimmer returns a time slower than the minimum time standard.

Swimmers are strongly encouraged to compete at the Singapore Swimming Proficiency Awards if they are not confident of achieving a minimum time standard for these time trials.

**9.2 Minimum Time Standard – Female**

Events	Minimum Time Standard for Juniors – Girls				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:56.34	00:51.18	00:47.29	00:44.93	00:42.32
100 LC Meter Freestyle	02:10.08	01:54.03	01:44.62	01:37.77	01:32.08
200 LC Meter Freestyle	NA	04:13.17	03:47.43	03:36.56	03:25.69
400 LC Meter Freestyle	NA	NA	NA	07:35.75	07:09.88
50 LC Meter Backstroke	01:07.44	01:01.11	00:55.21	00:52.40	00:49.55
100 LC Meter Backstroke	02:27.48	02:14.20	01:59.84	01:54.55	01:47.09
200 LC Meter Backstroke	NA	NA	NA	04:07.57	03:52.74
50 LC Meter Breaststroke	01:14.21	01:07.14	01:01.19	00:56.15	00:53.68
100 LC Meter Breaststroke	02:41.95	02:24.95	02:13.16	02:04.46	01:57.43
200 LC Meter Breaststroke	NA	NA	NA	04:27.94	04:13.55
50 LC Meter Butterfly	01:04.53	00:57.14	00:51.72	00:48.63	00:45.51
100 LC Meter Butterfly	02:29.90	02:15.46	02:01.03	01:50.65	01:44.41
200 LC Meter Butterfly	NA	NA	NA	04:15.29	03:58.32
200 LC Meter IM	NA	04:39.18	04:14.80	03:57.48	03:42.53
400 LC Meter IM	NA	NA	NA	08:28.36	08:22.18
800 LC Meter Freestyle	NA	NA	NA	14:43.42	



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<b>Events</b>	<b>Minimum Time Standard for Seniors – Girls / Women</b>		
	<b>13-14 years</b>	<b>15-17 years</b>	<b>18 years &amp; over</b>
50 LC Meter Freestyle	00:39.52	00:38.15	00:37.04
100 LC Meter Freestyle	01:26.01	01:21.76	01:20.00
200 LC Meter Freestyle	03:06.87	02:59.49	02:57.66
400 LC Meter Freestyle	06:29.09	06:25.14	06:17.43
50 LC Meter Backstroke	00:45.82	00:45.13	00:43.36
100 LC Meter Backstroke	01:38.10	01:35.25	01:35.43
200 LC Meter Backstroke	03:35.00	03:32.23	03:28.05
50 LC Meter Breaststroke	00:50.54	00:49.77	00:47.89
100 LC Meter Breaststroke	01:49.33	01:48.84	01:46.48
200 LC Meter Breaststroke	03:56.17	03:46.81	03:52.07
50 LC Meter Butterfly	00:42.48	00:40.96	00:40.69
100 LC Meter Butterfly	01:34.45	01:30.41	01:29.46
200 LC Meter Butterfly	03:31.68	03:26.15	03:22.98
200 LC Meter IM	03:30.34	03:27.83	03:32.30
400 LC Meter IM	07:32.77	07:36.58	07:10.60
800 LC Meter Freestyle	13:39.84	13:21.20	13:10.77

## 9.3 Minimum Time Standard - Male

Events	Minimum Time Standard for Juniors – Boys				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:52.58	00:47.82	00:45.61	00:43.64	00:41.36
100 LC Meter Freestyle	01:59.23	01:47.20	01:41.05	01:34.73	01:29.97
200 LC Meter Freestyle	NA	03:51.90	03:37.94	03:26.89	03:15.24
400 LC Meter Freestyle	NA	NA	NA	07:14.53	06:47.42
50 LC Meter Backstroke	01:02.69	00:56.64	00:53.61	00:51.08	00:48.68
100 LC Meter Backstroke	02:15.61	02:01.93	01:56.07	01:51.01	01:44.51
200 LC Meter Backstroke	NA	NA	NA	04:01.62	03:45.97
50 LC Meter Breaststroke	01:09.51	01:02.26	00:58.77	00:55.69	00:51.86
100 LC Meter Breaststroke	02:33.43	02:17.86	02:08.37	02:02.77	01:52.80
200 LC Meter Breaststroke	NA	NA	NA	04:22.23	04:01.91
50 LC Meter Butterfly	00:59.48	00:52.99	00:49.94	00:47.67	00:44.65
100 LC Meter Butterfly	02:23.37	02:00.45	01:54.09	01:46.59	01:39.74
200 LC Meter Butterfly	NA	NA	NA	04:06.98	03:42.65
200 LC Meter IM	NA	04:18.04	04:01.94	03:50.50	03:38.46
400 LC Meter IM	NA	NA	NA	08:19.21	07:45.01
1500 LC Meter Freestyle	NA	NA	NA	26:41.31	

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Events	Minimum Time Standard for Seniors – Boys/Men		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:36.49	00:34.69	00:33.75
100 LC Meter Freestyle	01:20.14	01:15.44	01:12.92
200 LC Meter Freestyle	02:55.49	02:45.18	02:40.16
400 LC Meter Freestyle	06:10.13	05:55.74	05:44.63
50 LC Meter Backstroke	00:43.06	00:40.25	00:39.17
100 LC Meter Backstroke	01:32.36	01:26.67	01:25.19
200 LC Meter Backstroke	03:21.50	03:10.82	03:01.03
50 LC Meter Breaststroke	00:46.49	00:43.18	00:41.87
100 LC Meter Breaststroke	01:39.86	01:34.66	01:33.90
200 LC Meter Breaststroke	03:40.13	03:25.89	03:17.97
50 LC Meter Butterfly	00:39.26	00:37.22	00:36.90
100 LC Meter Butterfly	01:27.46	01:21.65	01:21.56
200 LC Meter Butterfly	03:18.74	03:07.32	03:00.86
200 LC Meter IM	03:17.61	03:08.55	03:02.71
400 LC Meter IM	07:07.72	06:46.97	06:29.58
1500 LC Meter Freestyle	25:02.59	23:56.47	23:08.58

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**10.0 COMPETITION PROGRAMME**

<b>19<sup>th</sup> January 2018 (Friday) – Session 1</b>				
<b>Heats Start Time: 6.30pm</b>				
<b>Juniors</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
101	50m Butterfly	GIRLS	8 to 12 years old	Fastest to Slowest
102	50m Butterfly	BOYS	8 to 12 years old	Fastest to Slowest
103	100m Backstroke	GIRLS	8 to 12 years old	Fastest to Slowest
104	100m Backstroke	BOYS	8 to 12 years old	Fastest to Slowest

<b>20<sup>th</sup> January 2018 (Saturday) – Session 2</b>				
<b>Heats Start Time: 8.30am</b>				
<b>Seniors</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
201	50m Freestyle	MEN	13 years old and over	Fastest to Slowest
202	100m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
203	200m Butterfly	MEN	13 years old and over	Fastest to Slowest
204	200m Backstroke	WOMEN	13 years old and over	Fastest to Slowest
205	100m Breaststroke	MEN	13 years old and over	Fastest to Slowest
206	100m Breaststroke	WOMEN	13 years old and over	Fastest to Slowest
207	400m Individual Medley	MEN	13 years old and over	Fastest to Slowest
208	400m Individual Medley	WOMEN	13 years old and over	Fastest to Slowest
<b>20<sup>th</sup> January 2018 (Saturday) – Session 3</b>				
<b>Heats Start Time: 2.00pm</b>				
<b>Juniors Only</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
*301	200m Individual Medley	BOYS	9 to 12 years old	Fastest to Slowest
*302	200m Individual Medley	GIRLS	9 to 12 years old	Fastest to Slowest

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303	50m Freestyle	BOYS	8 to 12 years old	Fastest to Slowest
304	50m Freestyle	GIRLS	8 to 12 years old	Fastest to Slowest
305	200m Breaststroke	BOYS	11 to 12 years old	Fastest to Slowest
306	200m Breaststroke	GIRLS	11 to 12 years old	Fastest to Slowest
* Singaporean Swimmers aged 11 and 12 years old can opt out to race the compulsory 200m IM event at SNAG if the swimmer has competed in this event at the 2018 January Time Trials or 2018 Singapore Swimming Proficiency Awards (SSPA) in Jan & Feb 2018.				

<b>21<sup>st</sup> January 2018 (Sunday) – Session 4</b>				
<b>Heats Start Time: 8.30am</b>				
<b>Seniors Only</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
401	50m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
402	200m Breaststroke	MEN	13 years old and over	Fastest to Slowest
403	200m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
404	50m Backstroke	MEN	13 years old and over	Fastest to Slowest
405	50m Backstroke	WOMEN	13 years old and over	Fastest to Slowest
406	400m Freestyle	MEN	13 years old and over	Fastest to Slowest
407	400m Freestyle	WOMEN	13 years old and over	Fastest to Slowest

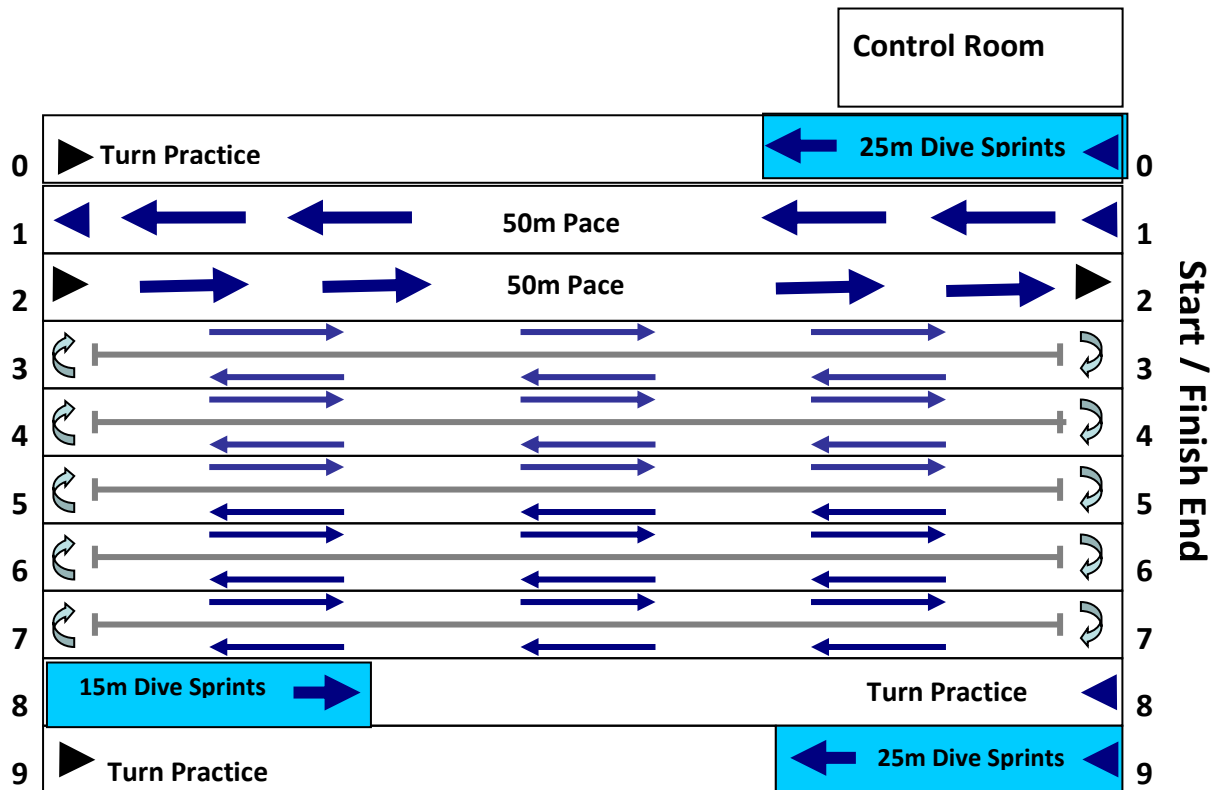
<b>21<sup>st</sup> January 2018 (Sunday) – Session 5</b>				
<b>Heats Start Time: 2.00pm</b>				
<b>Juniors Only</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
501	400m Freestyle	BOYS	11 to 12 years old	Fastest to Slowest
502	400m Freestyle	GIRLS	11 to 12 years old	Fastest to Slowest
503	100m Breaststroke	BOYS	8 to 12 years old	Fastest to Slowest
504	100m Breaststroke	GIRLS	8 to 12 years old	Fastest to Slowest
505	50m Backstroke	BOYS	8 to 12 years old	Fastest to Slowest
506	200m Butterfly	GIRLS	11 to 12 years old	Fastest to Slowest
507	200m Butterfly	BOYS	11 to 12 years old	Fastest to Slowest

11.0 WARM-UP GUIDELINES

11.1 The Competition and Warm-Up Pools will be available for warm-up one and the half hours before the competitions commence.

The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.

11.2 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



11.3 Competition Pool:

- e. The schematic in the diagram shall be observed at all times during warm-ups.
- f. There shall be **NO DIVING** in the Circle Swimming Lanes, the Turn Practice Lanes, and the 50m Pace Lanes (opposite side). Entry to these lanes is via feet first entry from the sitting position at all times.
- g. The use of swim paddles is prohibited during warm-up.
- h. 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.

- i. Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- j. In order to ensure a smooth Swimming Competition Time-Line 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.

11.4 Warm-Up Pool:

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

## 12.0 COMPETITION VENUE

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

Venue Management does not allow any foldable chairs/beds into the OCBC Aquatic Centre due to the Fire Safety Regulation.





**13.0 OTHER TERMS AND CONDITIONS**

- 13.1 All Participants who are entered in the January National Time Trials 2018 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 January National Time Trials 2018 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 January National Time Trials 2018. 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 January National Time Trials 2018 SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at January National Time Trials 2018

**14.0 KEY DATES**

Date & Time	Event	Venue
10 Jan 2018	Closing Date for Entries Submission	SSA Office or via email to <a href="mailto:admin5@swimming.org.sg">admin5@swimming.org.sg</a> <a href="mailto:Tessa.seet@swimming.org.sg">Tessa.seet@swimming.org.sg</a>
11 - 16 Jan 2018	Entries list by affiliates/ teams will be sent for verification	
17 Jan 2018	Deadline for Payment for Entries	
17 Jan 2018, 5.00pm	Start Lists will be sent out to all participating affiliates/teams	
19 – 21 Jan 2018	January National Time Trials 2018	OCBC Aquatic Centre