



SINGAPORE SWIMMING ASSOCIATION

NATIONAL TIME TRIALS (January)

29th JAN 2016

to

31st JAN 2016

OCBC AQUATIC CENTRE

EVENT INFORMATION

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1.0 COMPETITION INFORMATION

Entries Closing Date: Wednesday, 20 January 2016, 5.00pm

Venue: OCBC AQUATIC CENTRE

Session	Date	Day	Competition	Warm-Up
1	29 January 2016	Friday	6.30 pm	5.00 pm
2	30 January 2016	Saturday	8.30 am	7.00 am
3	30 January 2016	Saturday	2.00 pm	12.30 pm
4	31 January 2016	Sunday	8.30 am	7.00 am
5	31 January 2016	Sunday	2.00 pm	12.30 pm

2.0 GENERAL INFORMATION

2.1 The Championships shall be conducted under the Rules and By-laws of FINA as prescribed in the [FEDERATION INTERNATIONALE DE NATATION](#) ("FINA") Handbook 2013-2017. One-Start Rule applies. The list of approved swimsuits can be viewed at: http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=49

2.2 Events listed below will be for both men and women:

Freestyle: 50m, 100m, 200m, 400m, *800m(W) and *1500m(M)

Backstroke: 50m, 100m and 200m

Breaststroke: 50m, 100m and 200m

Butterfly: 50m, 100m and 200m

Individual Medley: 200m and 400m

* SSA reserves the right to allow the men and women to swim together in the long-distance races.

2.3 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*** in the heats.

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

2.5 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. Multiple Age Groups

18 years & over	Born in 1998 or earlier
15-17 years	Born in 1999, 2000 and 2001
13-14 years	Born in 2002 and 2003

b. Single Age Groups

12 years	Born in 2004
11 years	Born in 2005
10 years	Born in 2006
9 years	Born in 2007
8 years	Born in 2008

4.0 ENTRY REGULATIONS

4.1 Entries must be emailed to admin3@swimming.org.sg or contact@swimming.org.sg and full payment must be made at the SSA office by:

22nd January 2016

4.2 **Entry Fees:**

Affiliates

Per Event - **\$6.00**

Public (Non-Affiliate Clubs or Schools)

Admin Fees - **\$10.00** per swimmer

Per Event - **\$6.00**

4.3 Kindly make cheques payable to "**Singapore Swimming Association**".

4.4 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 **the above-mentioned datelines**. Affiliates which do not own the software may download a free version *Team Manager Lite* from <http://www.hy-tek ltd.com/downloads.html>.

4.5 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.

4.6 Swimmers must be **at least the age of 8 years (Born in year 2008 or earlier)**

5.0 DNS/WITHDRAWALS

5.1 An administrative fee of **S\$25.00** shall be imposed on each withdrawal from entered events after the Start List is disseminated. The Start List will be published two days before the commencement of the meet.

5.2 Withdrawals with or without notification shall be deemed Did Not Show or Did Not Start (DNS) and the fee of **S\$25.00** will still apply.

5.3 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.

6.0 RECORDS

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

6.2 Times achieved at the National Time Trials (Jan 2016) can be used as a QET for the 47th Singapore National Age Group Swimming C'ships.

7.0 PROTESTS

7.1 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.

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

7.3 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.

- 7.4 Protests must be submitted in accordance with the following:
- In writing, with the supporting facts.
 - With a deposit of **S\$100.00** enclosed.
 - Submitted to the Meet Referee by Affiliate Team Leader. No proxies will be entertained.
 - Submitted within thirty (30) minutes following the conclusion of the respective event.
- 7.5 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.
- 7.6 If the protest is rejected, the deposit shall be forfeited to the SSA. If the protest is upheld, the deposit shall be returned

8.0 COMPETITION PROGRAMME

29 th Jan 2016 (Friday) – Session 1 Heats Start Time: 6.30pm				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
101	50m FREESTYLE	MEN	8 years old and over	Fastest to Slowest
102	50m FREESTYLE	WOMEN	8 years old and over	Fastest to Slowest
103	1500m FREESTYLE	MEN	10 years old and over	Fastest to Slowest
104	800m FREESTYLE	WOMEN	10 years old and over	Fastest to Slowest

* SSA reserves the right to allow the men and women to swim together in the long-distance races

**The event will be stopped (the swimmers will cease to swim) after 26 minutes and 14 minutes for the 1500m and 800m freestyle events respectively. In the event if the swimmer has a final 100m to complete before cut off time, end time will be provided.*

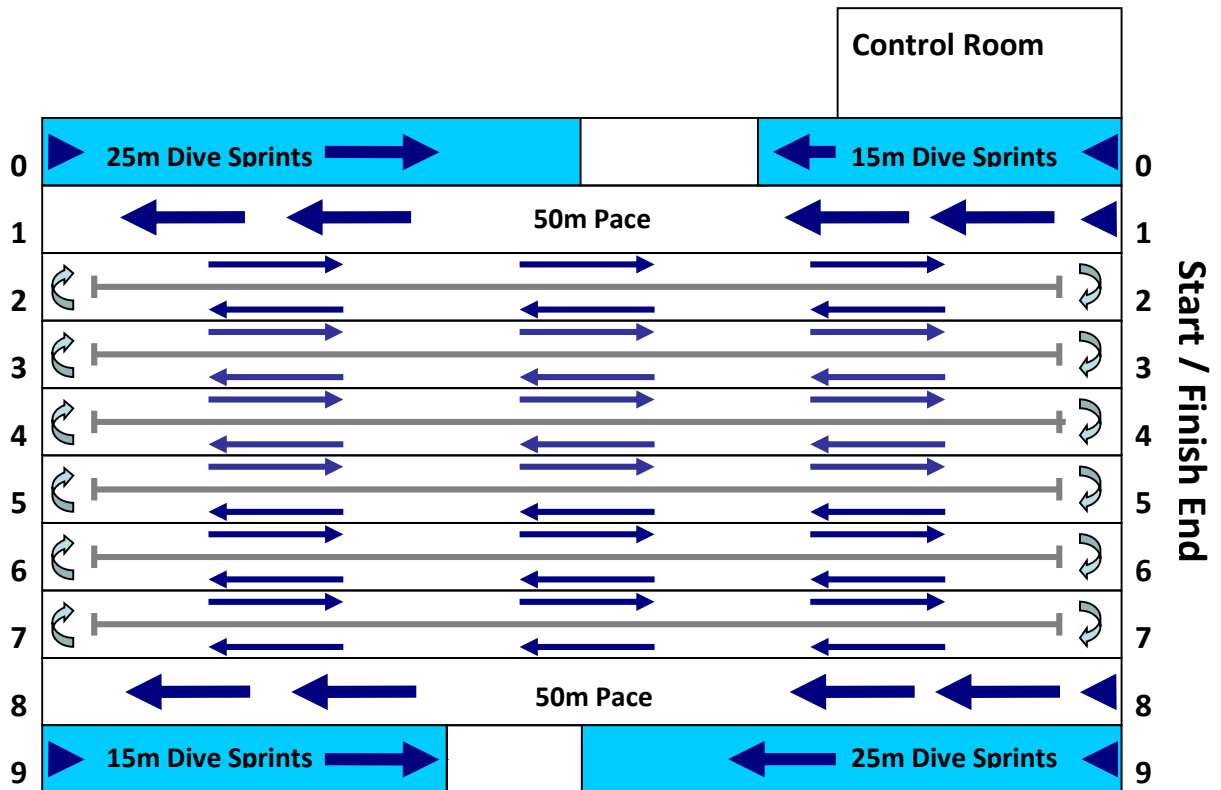
30th Jan 2016 (Saturday) – Session 2				
Heats Start Time: 8.30am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
201	50m Butterfly	MEN	13 years old and over	Fastest to Slowest
202	50m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
203	200m Freestyle	MEN	13 years old and over	Fastest to Slowest
204	200m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
205	200m Butterfly	MEN	13 years old and over	Fastest to Slowest
206	200m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
207	200m Breaststroke	MEN	13 years old and over	Fastest to Slowest
208	200m Breaststroke	WOMEN	13 years old and over	Fastest to Slowest
209	100m Backstroke	MEN	13 years old and over	Fastest to Slowest
210	100m Backstroke	WOMEN	13 years old and over	Fastest to Slowest
211	50m Breaststroke	MEN	13 years old and over	Fastest to Slowest
212	50m Breaststroke	WOMEN	13 years old and over	Fastest to Slowest
213	200m Individual Medley	MEN	13 years old and over	Fastest to Slowest
214	200m Individual Medley	WOMEN	13 years old and over	Fastest to Slowest
30th Jan 2016 (Saturday) – Session 3				
Heats Start Time: 2.00pm				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
301	50m Butterfly	BOYS	8 to 12 years old only	Fastest to Slowest
302	50m Butterfly	GIRLS	8 to 12 years old only	Fastest to Slowest
303	200m Freestyle	BOYS	9 to 12 years old only	Fastest to Slowest
304	200m Freestyle	GIRLS	9 to 12 years old only	Fastest to Slowest
305	200m Butterfly	BOYS	11 to 12 years old only	Fastest to Slowest
306	200m Butterfly	GIRLS	11 to 12 years old only	Fastest to Slowest
307	200m Breaststroke	BOYS	11 to 12 years old only	Fastest to Slowest
308	200m Breaststroke	GIRLS	11 to 12 years old only	Fastest to Slowest
309	100m Backstroke	BOYS	8 to 12 years old only	Fastest to Slowest
310	100m Backstroke	GIRLS	8 to 12 years old only	Fastest to Slowest
311	50m Breaststroke	BOYS	8 to 12 years old only	Fastest to Slowest
312	50m Breaststroke	GIRLS	8 to 12 years old only	Fastest to Slowest
313	200m Individual Medley	BOYS	9 to 12 years old only	Fastest to Slowest
314	200m Individual Medley	GIRLS	9 to 12 years old only	Fastest to Slowest

31st Jan 2016 (Sunday) – Session 4				
Heats Start Time: 8.30am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
401	100m Freestyle	MEN	13 years old and over	Fastest to Slowest
402	100m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
403	100m Breaststroke	MEN	13 years old and over	Fastest to Slowest
404	100m Breaststroke	WOMEN	13 years old and over	Fastest to Slowest
405	400m Freestyle	MEN	13 years old and over	Fastest to Slowest
406	400m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
407	200m Backstroke	MEN	13 years old and over	Fastest to Slowest
408	200m Backstroke	WOMEN	13 years old and over	Fastest to Slowest
409	100m Butterfly	MEN	13 years old and over	Fastest to Slowest
410	100m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
411	50m Backstroke	MEN	13 years old and over	Fastest to Slowest
412	50m Backstroke	WOMEN	13 years old and over	Fastest to Slowest
413	400m Individual Medley	MEN	13 years old and over	Fastest to Slowest
414	400m Individual Medley	WOMEN	13 years old and over	Fastest to Slowest
31st Jan 2016 (Sunday) – Session 5				
Heats Start Time: 2.00pm				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
501	100m Freestyle	BOYS	8 to 12 years old only	Fastest to Slowest
502	100m Freestyle	GIRLS	8 to 12 years old only	Fastest to Slowest
503	100m Breaststroke	BOYS	8 to 12 years old only	Fastest to Slowest
504	100m Breaststroke	GIRLS	8 to 12 years old only	Fastest to Slowest
505	400m Freestyle	BOYS	11 to 12 years old only	Fastest to Slowest
506	400m Freestyle	GIRLS	11 to 12 years old only	Fastest to Slowest
507	200m Backstroke	BOYS	11 to 12 years old only	Fastest to Slowest
508	200m Backstroke	GIRLS	11 to 12 years old only	Fastest to Slowest
509	100m Butterfly	BOYS	8 to 12 years old only	Fastest to Slowest
510	100m Butterfly	GIRLS	8 to 12 years old only	Fastest to Slowest
511	50m Backstroke	BOYS	8 to 12 years old only	Fastest to Slowest
512	50m Backstroke	GIRLS	8 to 12 years old only	Fastest to Slowest
513	400m Individual Medley	BOYS	11 to 12 years old only	Fastest to Slowest
514	400m Individual Medley	GIRLS	11 to 12 years old only	Fastest to Slowest

9.0 WARM-UP GUIDELINES

9.1 The Competition and Warm-Up Pools will be available for warm-up one and the half hour before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.

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



9.3 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 25m Pace Lane (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-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.

9.4 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.

10.0 COMPETITION VENUE

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

10.2 As per instruction from the Venue Management, please take note that Foldable chairs/mats and outside food/beverage is not allowed into the OCBC Aquatic Centre Spectator Stand. Foldable chairs/mats are not allowed into the OCBC Aquatic Centre Spectator Stand due to the Fire Safety Regulation.

The Venue Management has updated that the booths from Sports Catering Services booth will be open during events held at OCBC AQC.



11.0 OTHER TERMS AND CONDITIONS

- 11.1 All Participants who are entered in the National Time Trials 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.
- 11.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in National Time Trials 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 National Time Trials 2016 Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
- 11.3 In the event of harsh weather conditions that could cancel the National Time Trials 2016, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at National Time Trials 2016

14.0 KEY DATES

Date & Time	Event	Venue
20 Jan 2016	Closing Date for Entries Submission Note: Late entries will not be entertained	SSA Office or via email admin3@swimming.org.sg
21 - 26 Jan 2016	Entries list by affiliates/ teams will be sent for verification	
22 Jan 2016	Deadline for Payment for Entries	
27 Jan 2016, 5.00pm	Start Lists will be sent out to all participating affiliates/teams	
29 - 31 Jan 2016	National Time Trials 2016	OCBC Aquatic Centre