



**SINGAPORE SWIMMING ASSOCIATION**



***LIBERTY INSURANCE  
NATIONAL TIME TRIALS***

***(February 2017)***

***17 FEB 2017***

***to***

***19 FEB 2017***

***OCBC AQUATIC CENTRE***

## EVENT INFORMATION

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## 1.0 COMPETITION INFORMATION

**Entries Closing Date:** Tuesday 7 February 2017, 5.00pm

Entries must be emailed to [admin5@swimming.org.sg](mailto:admin5@swimming.org.sg) or [contact@swimming.org.sg](mailto:contact@swimming.org.sg)

**Venue:** OCBC AQUATIC CENTRE

Session	Date	Day	Competition	Warm-Up
1	17 February 2017	Friday	6.30 pm	5.00 pm
2	18 February 2017	Saturday	8.30 am	7.00 am
3	18 February 2017	Saturday	2.00 pm	12.30 pm
4	19 February 2017	Sunday	8.30 am	7.00 am
5	19 February 2017	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](http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=49)
- 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*** in the heats.
- 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 Liberty Insurance 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 1999 or earlier
15-17 years	Born in 2000, 2001 and 2002
13-14 years	Born in 2003 and 2004

b. **Juniors**

12 years	Born in 2005
11 years	Born in 2006
10 years	Born in 2007
9 years	Born in 2008
8 years	Born in 2009

### 4.0 ENTRY REGULATIONS

4.1 Full payment must be made at the SSA office by:

**15<sup>th</sup> February 2017**

4.2 **Entry Fees:**

*Affiliates*

Per Event - **\$10.00**

*Public (Non-Affiliate Clubs or Schools)*

Admin Fees - **\$25.00** per swimmer

Per Event - **\$10.00**

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 2009 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 Liberty Insurance National Time Trials can be used as a QET for the 48<sup>th</sup> 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:
- 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.
- 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**

<b>17<sup>h</sup> Feb 2017 (Friday) – Session 5</b>				
<b>Heats Start Time: 6.30pm</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
501	800m Freestyle	FEMALE	11 years old and over	Fastest to Slowest
502	1500m Freestyle	MALE	11 years old and over	Fastest to Slowest

*\*The Women 800m and Men 1500m will be combined with the heats alternating from fastest to slowest*

*\*The event will be stopped (the swimmers will cease to swim) after **24 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.*

*\*The Women 800m and Men 1500m will be limited to 7 heats max per event. Registration for the long-distance events will stop once all the slots (70 per event) have signed up on a first come first serve basis.*

<b>18<sup>th</sup> Feb 2017 (Saturday) – Session 6</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>
601	50m Breaststroke	MEN	13 years old and over	Fastest to Slowest
602	50m Breaststroke	WOMEN	13 years old and over	Fastest to Slowest
603	200m Individual Medley	MEN	13 years old and over	Fastest to Slowest
604	200m Individual Medley	WOMEN	13 years old and over	Fastest to Slowest
605	100m Butterfly	MEN	13 years old and over	Fastest to Slowest
606	100m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
607	200m Backstroke	MEN	13 years old and over	Fastest to Slowest
<b>18<sup>th</sup> Feb 2017 (Saturday) – Session 7</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>
701	50m Breaststroke	BOYS	8 to 12 years old	Fastest to Slowest
702	50m Breaststroke	GIRLS	8 to 12 years old	Fastest to Slowest
703	200m Individual Medley	BOYS	9 to 12 years old	Fastest to Slowest
704	200m Individual Medley	GIRLS	9 to 12 years old	Fastest to Slowest
705	100m Butterfly	BOYS	8 to 12 years old	Fastest to Slowest
706	100m Butterfly	GIRLS	8 to 12 years old	Fastest to Slowest
707	200m Backstroke	BOYS	11 to 12 years old	Fastest to Slowest

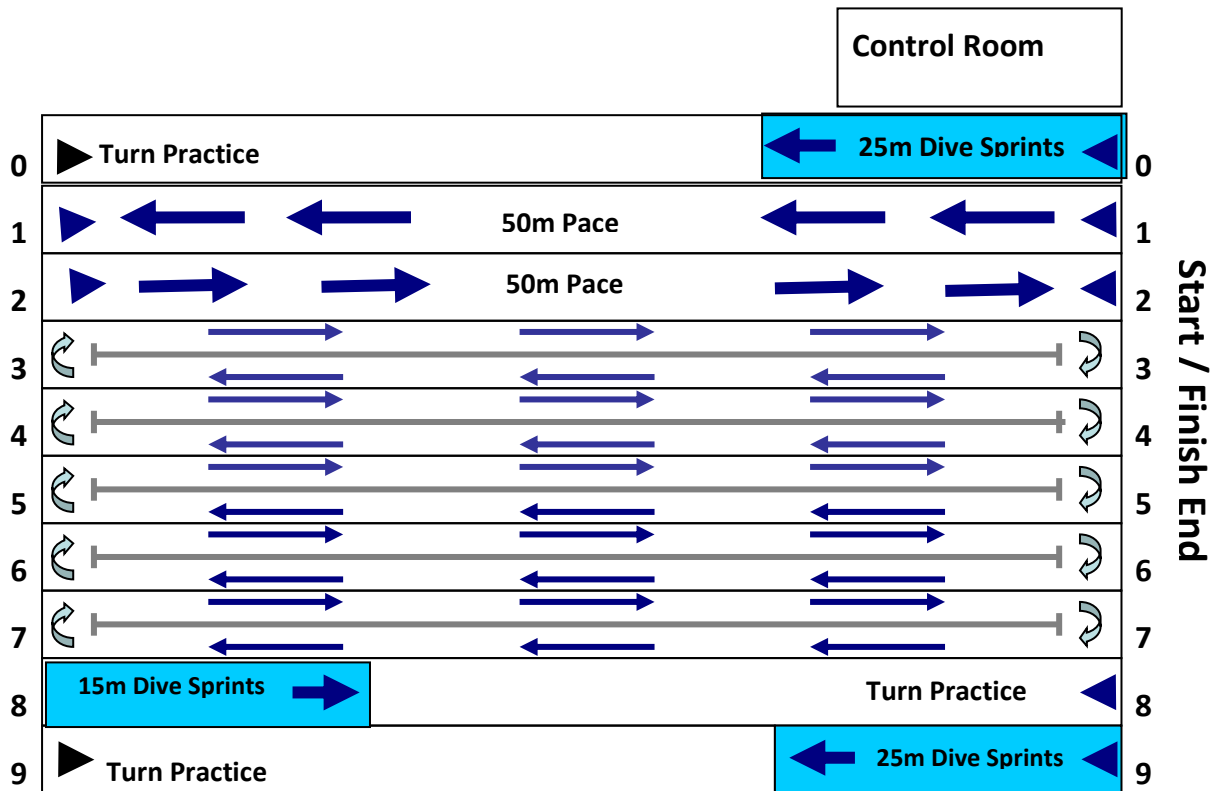
<b>19<sup>th</sup> Feb 2017 (Sunday) – Session 8</b>				
<b>Heats Start Time: 8.30am</b>				
<b>Seniors Only</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
801	50m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
802	50m Butterfly	MEN	13 years old and over	Fastest to Slowest
803	200m Breaststroke	WOMEN	13 years old and over	Fastest to Slowest
804	200m Freestyle	MEN	13 years old and over	Fastest to Slowest
805	200m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
806	100m Backstroke	MEN	13 years old and over	Fastest to Slowest
807	100m Backstroke	WOMEN	13 years old and over	Fastest to Slowest
<b>19<sup>th</sup> Feb 2017 (Sunday) – Session 9</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>
901	50m Butterfly	GIRLS	8 to 12 years old	Fastest to Slowest
902	50m Butterfly	BOYS	8 to 12 years old	Fastest to Slowest
903	200m Breaststroke	GIRLS	11 to 12 years old	Fastest to Slowest
904	200m Freestyle	BOYS	9 to 12 years old	Fastest to Slowest
905	200m Freestyle	GIRLS	9 to 12 years old	Fastest to Slowest
906	100m Backstroke	BOYS	8 to 12 years old	Fastest to Slowest
907	100m Backstroke	GIRLS	8 to 12 years old	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 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

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



## 11.0 OTHER TERMS AND CONDITIONS

- 11.1 All Participants who are entered in the Liberty Insurance National Time Trials 2017 (February) 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 Liberty Insurance National Time Trials 2017 (February) 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 this Time Trials. 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 Liberty Insurance National Time Trials 2017, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at Liberty Insurance National Time Trials 2017 .

## 12.0 KEY DATES

### KEY DATES

Date & Time	Event	Venue
7 Feb 2017, 5.00pm	Closing Date for Entries Submission <b>Note: Late entries will not be entertained</b>	SSA Office or via email admin5@swimming.org.sg
9 – 14 Feb 2017	Entries list by affiliates/ teams will be sent for verification	
15 Feb 2017	Deadline for Payment for Entries	
16 Feb 2017, 12.00pm	Start Lists will be sent out to all participating affiliates/teams	
17 – 19 Feb 2017	Liberty Insurance National Time Trials 2017	OCBC Aquatic Centre