



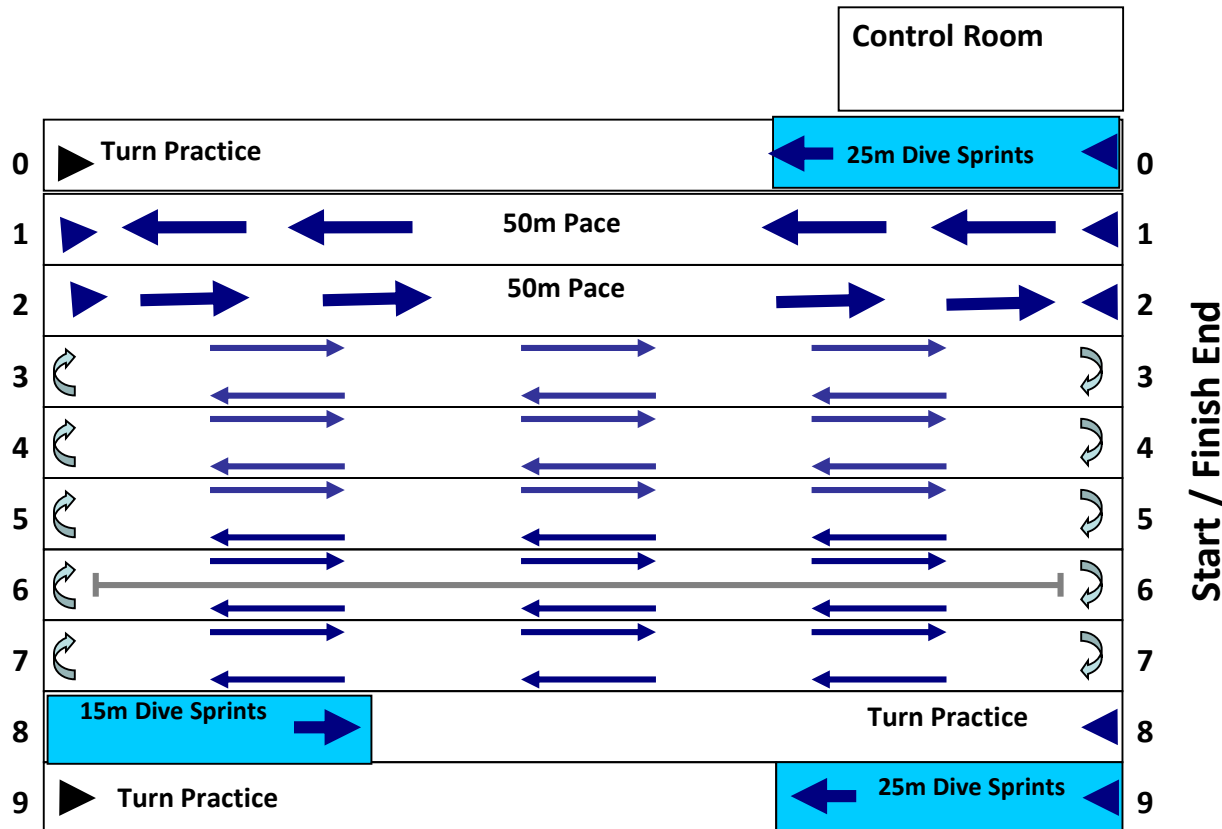
***Liberty Insurance
National Time Trials 2017***

17th FEBRUARY to 19th FEBRUARY 2017

OCBC AQUATIC CENTER

Competition Format

Warm Up Guidelines



Pool will be closed 15 minutes before the competition commence

Diving pool is available for warm up and warm down. Athletes are strongly encouraged to use the training pool to avoid overcrowding.

Paddles, Snorkel, Fins and other training equipment are **NOT ALLOWED**

Competition Format

RULES

**All events included in the competition shall be conducted under the rules of FINA as set out in the FINA Handbook 2015 – 2017.
(New Version)**

Competition Format

Call Room Procedures

1. Swimmers are to report 20 minutes before their event's estimated scheduled time.
(Event scheduled time can be found on the start list)
2. The estimated timing on the start list is to be used as a guide only. Athletes and Coaches are responsible to check the reporting timing of their event and report to the call room accordingly.
A Television will be placed in the training pool which will display the live scoring results similar at the Field-Of-Play. Athletes and Coaches can now be better informed on the events that are going on and can better estimate the reporting time to the call room.

Competition Format

Call Room Procedures

3. Tape on body is not allowed
4. Swimmer may request to leave the final call room. “DNS” status will be issued if the swimmer did not return when the COC release the rest into the FOP
5. Swimmers in Holding Area A(50M races) are not allowed to leave once they are being usher into.

Competition Format

BL 8.3 From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.



Male



Female

Competition Format

DNS/WITHDRAWALS

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.

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.

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.



Accreditation Passes

The Parent accreditation pass will only be given to athletes aged 12 yrs and below. Each athlete will only be given one Parent pass which means only one Parent is allowed to accompany the athlete to the Back-Of-House area. Parent's passes are not allowed on the pool deck at both training pool and competition pool.

Competition Format

- ▶ “Over the Top” start will be adopted for this meet. Kindly advise your swimmers to remain in their respective lane and move immediately back about 1 metres as soon as they finish the race. Hold onto the lane rope and wait there. **DO NOT MOVE INTO ANY OTHER LANE.** When the next race starts, exit to pool as they normally do. The swimmers will not get the two quick whistles from the Referee with “Over the Top” starts. “Over The Top” will not be used for 50m races and the backstroke events.

Competition Format

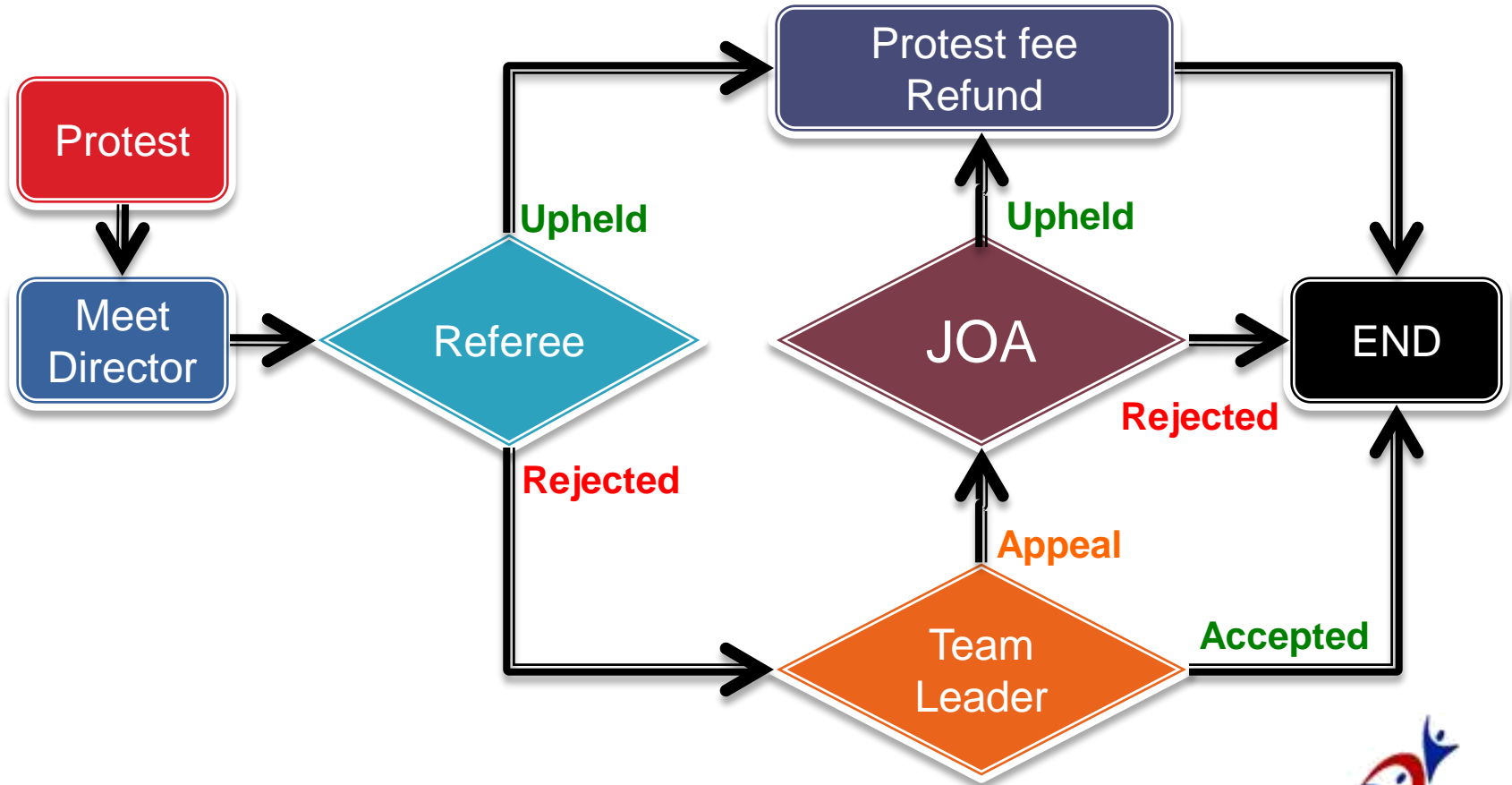
Protests Procedures

Protests must be submitted in accordance with the following:

1. to the Meet Referee,
2. in writing on SSA Forms,
3. by the Affiliate team leader,
4. together with a deposit of S\$100.00 and
5. within 30 minutes following the conclusion of the respective event.

Competition Format

Protests Procedures



Competition Format

Jury of Appeal (JOA)

Representative Members from

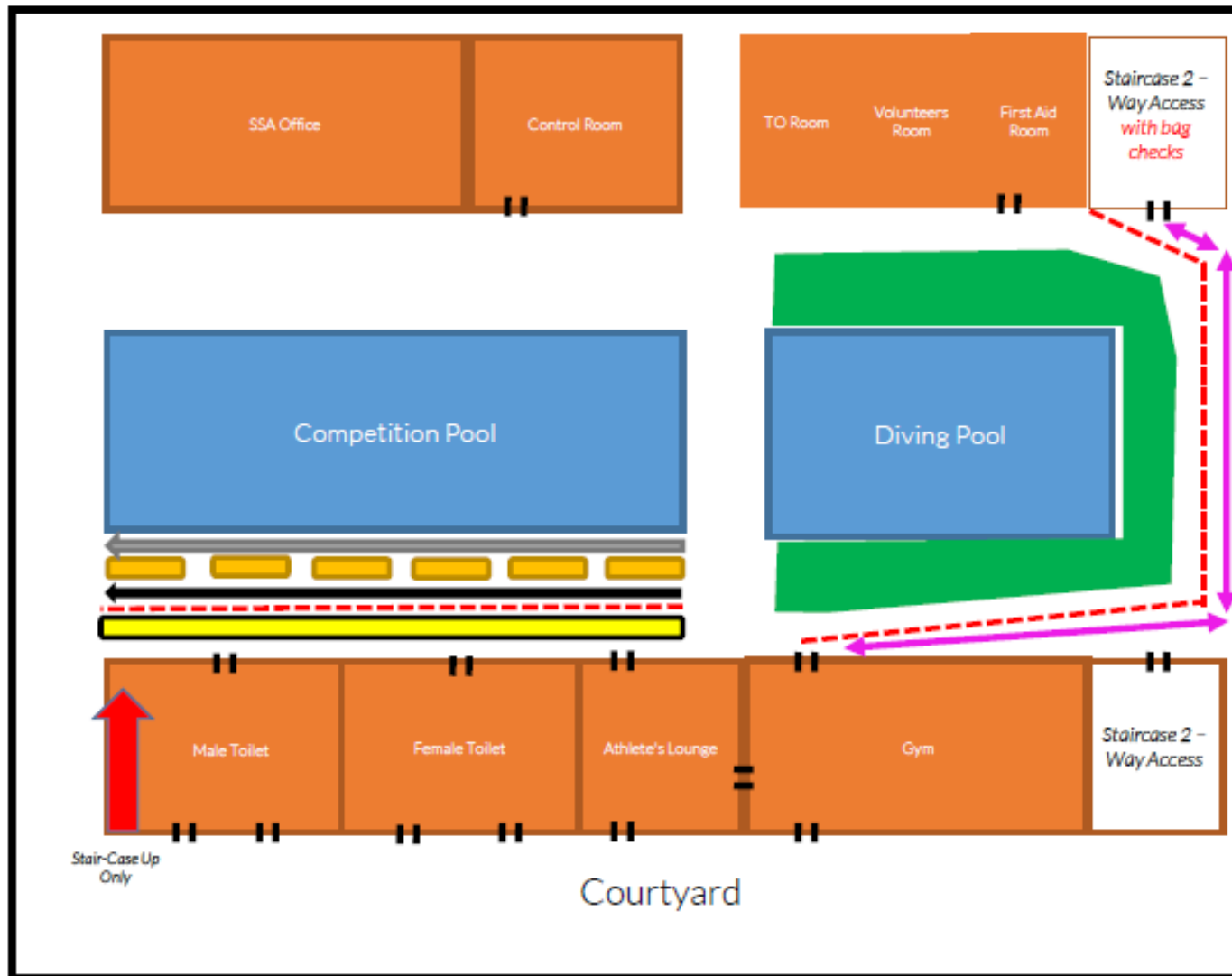
Singapore Swimming Association








Technical Swimming Committee

Member of Affiliate / Foreign Teams (on a rotational basis)



Access Flow of the Staircase at AQC

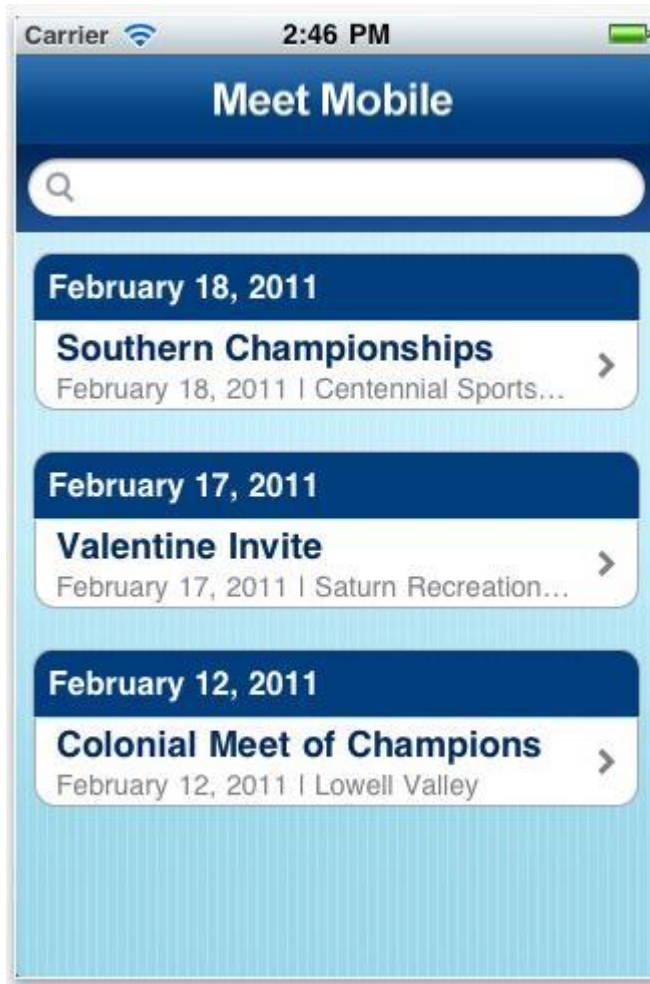


Legend	
	Area that athletes can place their stretching mats
	Technical Official path way
	A-boards
	Athletes pathway
	Accredited Personnel pathway
	Q-poles
	Area that Athletes, Coaches and Team Managers can stay in



Meet Mobile

Gives swimmers, coaches and fans access to real-time meet results on to your IOS & Android Devices



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