



Liberty Insurance
50th Singapore National
Age Group Swimming Championships 2019

Juniors: 15-17 March 2019
Seniors: 19-24 March 2019

EVENT INFORMATION



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1.0 COMPETITION INFORMATION

Competition: Liberty Insurance 50th Singapore National Age Group Swimming Championships 2019

Juniors (8-12 years)

Venue: OCBC Aquatic Centre

Details:	Session	Date	Day	Competition	Warm-Up
	1	15 March 2019	Friday	6.30 pm	5.00 pm
	2	16 March 2019	Saturday	8.30 am	7.00 am
	3	16 March 2019	Saturday	2.00 pm	12.30 pm
	4	17 March 2019	Sunday	8.30 am	7.00 am
	5	17 March 2019	Sunday	2.00 pm	12.30 pm

Competition: Liberty Insurance 50th Singapore National Age Group Swimming Championships 2019

Seniors (13 years and over)

Venue: OCBC Aquatic Centre

Details:	Session	Date	Day	Competition	Warm-Up
	1	19 March 2019	Tuesday	6.30pm	4.45 pm
	2	20 March 2019	Wednesday	9.00 am	7.15 am
	3	20 March 2019	Wednesday	6.30 pm	4.45 pm
	4	21 March 2019	Thursday	9.00 am	7.15 am
	5	21 March 2019	Thursday	6.30 pm	4.45 pm
	6	22 March 2019	Friday	9.00 am	7.15 am
	7	22 March 2019	Friday	6.30 pm	4.45 pm
	8	23 March 2019	Saturday	9.00 am	7.15 am
	9	23 March 2019	Saturday	5.30 pm	3.45 pm
	10	24 March 2019	Sunday	9.00 am	7.15 am
	11	24 March 2019	Sunday	5.30 pm	3.45 pm

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 (2017). One-start rule applies. The list of approved swimsuits can be viewed at <http://fina.org/content/fina-approved-swimwear>
- 2.2 The Championships are open only to the following:
- Swimmers who are existing members of SSA Affiliates (thereafter known as Affiliates).
 - Members of other Federations affiliated to FINA who meet the entry qualification standards (where applicable) provided they hold a valid clearance from their Federation.
An additional
- 2.3 All entries must be submitted through SSA Affiliates or FINA-affiliated Federations.
- 2.4 Definition of Swimmers:
- Local Swimmers- All Affiliated Members with a Valid Singapore NRIC or FIN#
 - Foreign Swimmers- All Swimmers without a Valid Singapore NRIC or FIN#

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:
- Multiple Age Groups

18 years & over	Born in 2001 or earlier
15-17 years	Born in 2002, 2003 and 2004
13-14 years	Born in 2005 and 2006
 - Single Age Groups

12 years	Born in 2007
11 years	Born in 2008
10 years	Born in 2009
9 years	Born in 2010
8 years	Born in 2011

4.0 ENTRY REGULATIONS

4.1 Closing date for entries – 5.00pm on Monday, 4th March 2019 Deadline for payment – 5.00pm on Monday, 11th March 2019

All Entries are to be emailed to admin5@swimming.org.sg & Tessa.seet@swimming.org.sg

- a. Performance times from SSA / FINA / National Federation-sanctioned Meets or Overseas Meets dated from 1 Jan 2018 to 24 February 2019 can be used as entry time for SNAG 2019.

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.

- b. An administrative fee of **S\$30.00 (inc 7% GST)** per event will be imposed if a swimmer returns a time slower than the QET. No QET fees will be imposed for the following events:

- 11-12 years old 200m Individual Medley

For the Senior Age Group, swimmers who missed the QET in the Heats will not be allowed to participate in the Finals.

- c. For the Men's 800 Freestyle & Women's 1500 Freestyle event, the swimmer is not required to have a valid qualifying entry time in order to participate in these two events. However, they are required to achieve a minimum time standard. An administrative fee of \$30.00 per event will be imposed if the swimmer returns a time slower than the minimum time standard.
- d. Entries must be accompanied by full payment of the registration and entries fees. Swimmers **will not be eligible to compete** if the full payment does not reach Singapore Swimming Association by the below deadline.

- 4.2.1 **Swimmers Registration Fee** (For local and international swimmers)
2019 Annual Registration Fee is **S\$30.00 (inclusive of 7% GST)** per swimmer. For those who have paid in January and February 2019, this payment is not required.
This fee is also applicable to foreign swimmers.

- 4.2.2 **International Swimmer Admin Fee**
An *International Swimmer Admin Fee of \$30 per individual for entry to the meet applicable to all foreign participants who are NOT living in Singapore and is NOT holding a valid #FIN Number



4.2.3 **Entry Fee** (Applicable to Singaporean and international swimmers)

- a. Individual Event - **S\$10.00 (inclusive of 7% GST)** per event
- b. Relay Event - **S\$30.00 (inclusive of 7% GST)** per event

4.2.4 **Late Entries Charges:**

Late entries after the entries deadline can be accepted but at the cost of twice the entry fee per event inc of 7% GST

- a. Individual Event - **S\$20.00** per event
- b. Relay Event - **S\$60.00** per event

This double charge will be in effect for entries that are submitted between **4th March 2019, 5.01pm till 1 day before the release of the psych sheet for the respective groups.** (Please refer to the timeline in page 30)

4.2.5 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 4th March 2019 may be made up till one day before the release of the psych sheet at a cost of **\$30.00** per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event).

One day before the release of the psych sheet (Juniors) – Monday, 11th March 2019, 3.00pm
One day before the release of the psych sheet (Seniors) – Thursday, 14th March 2019, 3.00pm

Withdrawals of entered events can be done at no charge only at the Team Leaders Meeting on the hardcopy forms but entries fees will not be refunded.

4.3 Cheque and payment for all registration and entries are to be made payable to **“Singapore Swimming Association”** by latest **5.00pm on Monday, 11 March 2019**. If payment for the entry fee is not made on time, the entries **will not** be accepted.

4.4 **Incomplete/Erroneous entries will be rejected.**

Example:

Last Name (Surname)	First Name	Gender	Date of Birth	NRIC
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*

5.0 WITHDRAWALS

- 5.1 An administrative fee of **S\$30.00** shall be imposed on each withdrawal from entered event after the release of the start list till 60 mins before the start of each session.
- 5.2 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.
- 5.3 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** in order to avoid the administrative fee.
- 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 any further races for the day.

6.0 ACCREDITATIONS

- 6.1 Club Accreditations (inclusive of coaches, team manager and support staff) will be assigned based on swimmers' size in the respective Programme (Junior or Senior)

<i>No. of swimmers in individual events</i>	<i>No. of Coaches Pass</i>	<i>No. of Team Managers Pass</i>
1 to 5 swimmers	1	1
6 to 10 swimmers	2	1
11 to 15 swimmers	3	1
16 to 20 swimmers	4	1
21 to 30 swimmers	5	2
31 to 45 swimmers	6	2
46 to 60 swimmers	7	3
61 to 75 swimmers	8	4
76 swimmers and above	9	4

Starting from 1 July 2018, coaches who wish to apply for an accreditation pass to be on deck during national competitions must be an NROC Member.

Clubs / Schools are required to fill up the accreditation form with the details of the accredited personnel.

6.2 Lost or Misplaced Accreditation Passes

Replacement passes are available at the following:

<u>Replacement Cost for Misplaced or Lost Accreditation Pass</u>	
Coach / Team Manager / Parent	SGD \$100
Swimmer	SGD \$30

7.0 MEDALS, RECORDS & NATIONAL SELECTION

7.1 Medals will be awarded to the top three Singaporeans swimmers in the individual events.

Medals will also be awarded to foreign swimmers if they are in the top 3 placing in the individual events in the Juniors and Seniors Programme.

Medals for the 13 – 14 years old, 15-17 years old and 18 years old and over will be awarded to the fastest three (3) swimmers in the Finals of their respective age groups indicated above regardless of their placing in any of the Finals.

7.2 The Most Valuable Swimmer Award for Juniors (12 years and below) will be given out to each male and female Singaporean swimmer who has the highest accumulated points from all of the individual events in the Juniors Programme. The point system is as follows:

Position	Points awarded
<i>Places 1-10</i>	<i>20-17-16-15-14-13-12-11-9-7</i>

In case of a tie, FINA Points will be used to decide on the overall winner based on the total points accumulated.

7.3 The Most Valuable Swimmer Award for 13-14 years and 15-17 years age group will be given out to each male and female Singaporean swimmer who has the most number of gold medals, followed by silver and bronze in the Olympic individual events in this competition.

In case of a tie, FINA Points will be used to decide on the overall winner based on the total points accumulated in the Olympic individual events in the medals placings.

7.4 The SSA Club Challenge Cup will be given out to the SSA Affiliate at the Junior and Seniors Programme based on the total amount of points scored by the "Local Swimmers" in their respective age groups.

<u>Position</u>	<u>Points awarded:</u>
Places 1-10	20-17-16-15-14-13-12-11-9-7
Relays 1-10	60-51-48-45-42-39-36-33-27-21

8.0 COMPETITION VENUE

View Map:

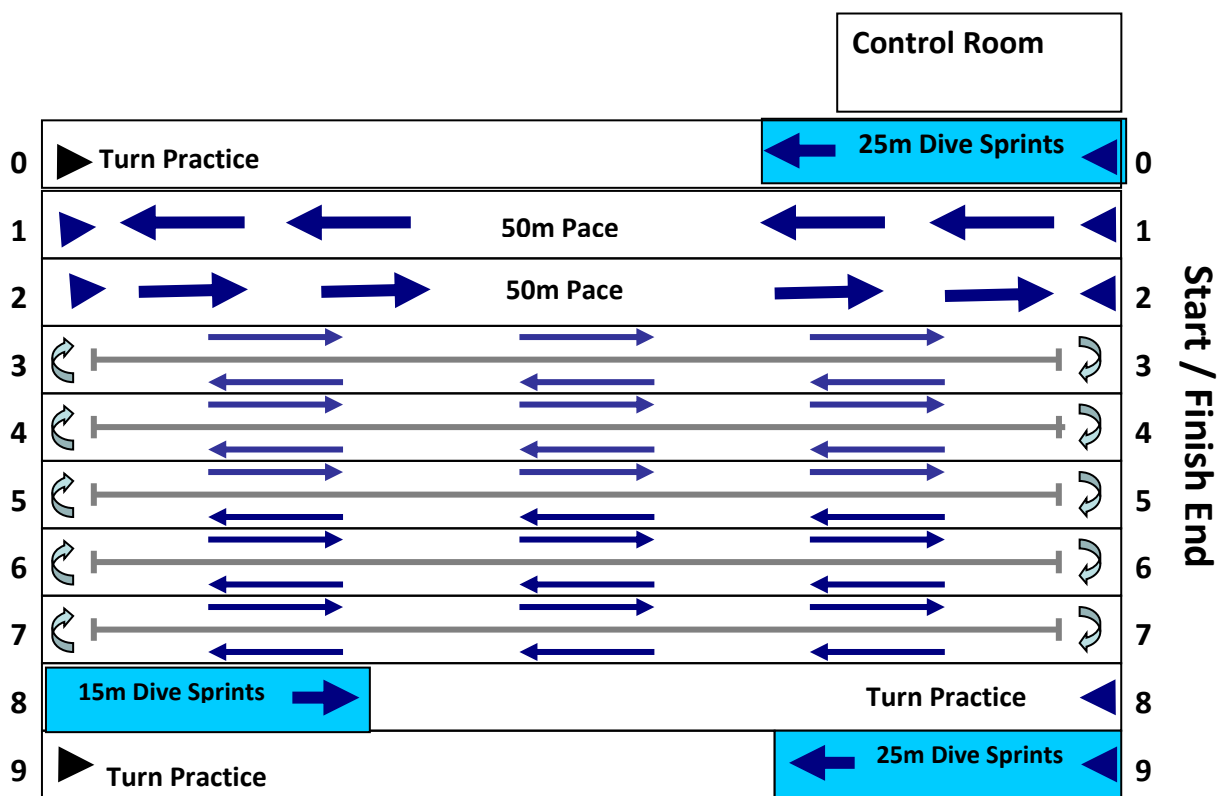
<http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

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



9.0 WARM-UP GUIDELINES

- 9.1 The Competition and Warm-up Pools will be available for warm-up one hour and forty-five mins before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the start of each session.
- 9.2 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



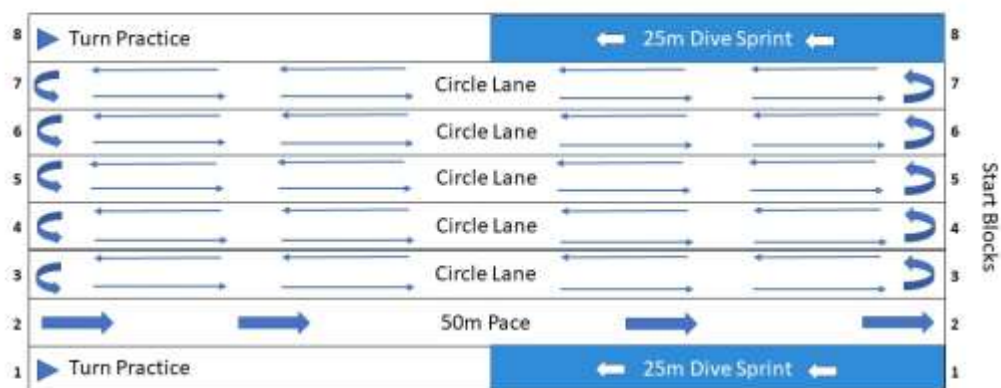
9.3 Competition Pool

- 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 50m Pace Lane (opposite side). Entry to these lanes is 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.

9.4 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.

Training Pool Warm Up



Entrance to training pool

9.5 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, infractions 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 including event number, heat number, lane assigned, swimmer’s name and affiliate/team name.
- e. **ONLY** Team Leaders shall be allowed access to 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.

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 not upheld, the deposit shall be forfeited to the Organising Committee of the Championships. If the protest is upheld, the deposit shall be returned.

11.0 COMPETITION EVENTS

Events	Juniors					Seniors		
	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13-14	15-17	18 yrs & over
50m Freestyle	✓	✓	✓	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓	✓	✓	✓
200m Freestyle		✓	✓	✓	✓	✓	✓	✓
400m Freestyle				✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓
200m Breaststroke				✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓	✓	✓	✓
200m Backstroke				✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓	✓	✓	✓
200m Butterfly				✓	✓	✓	✓	✓
200m Individual Medley		✓	✓	✓ Compulsory Event	✓ Compulsory Event	✓	✓	✓
400m Individual Medley				✓	✓	✓	✓	✓

Events	*11 & 12 years	13-14 yrs	15-17 yrs	18 yrs & over
1500m Freestyle	✓	✓	✓	✓
800m Freestyle	✓	✓	✓	✓

*The long distance events for the Juniors Age Group will be combined with the senior's programme

- 11.1 Compulsory Events for Singaporean swimmers aged 11 and 12,
- a. It is compulsory for the Singaporean swimmers in this age group to take part in the 200m Individual Medley event and make a reasonable attempt to complete the race.
The swimmer must also be entered in at least one other event in the SNAG Programme other than the 200m Individual Medley event.
The swimmer can opt out to race the 200m IM event at SNAG if the swimmer has competed in this event at the 2019 Singapore Swim Series or 2019 Singapore Swimming Proficiency Awards (SSPA) in Jan & Feb 2019.

12.0 ORDER OF EVENTS (Juniors)

12.1 Juniors Programme

Races will be combined in the interest of time, but medals will be awarded according to swimmers’ respective age groups except for age group.

Competitors (regardless of age) shall be placed in graduated time order, slowest to fastest in 10-lane pool.

15th March 2019 (Friday) – Session 1				
Event Start Time: 6.30pm Warm Up Time: 5.00pm				
Juniors				
Event No	Event	Gender	Age Groups	Remarks
101	100m Butterfly	BOYS	8 to 12 years old	Slowest to Fastest
102	100m Butterfly	GIRLS	8 to 12 years old	Slowest to Fastest
103	50m Freestyle	BOYS	8 to 12 years old	Slowest to Fastest
104	50m Freestyle	GIRLS	8 to 12 years old	Slowest to Fastest
105	400m Individual Medley	BOYS	11 to 12 years old	Slowest to Fastest
106	400m Individual Medley	GIRLS	11 to 12 years old	Slowest to Fastest

16th March 2019 (Saturday) – Session 2 Event Start Time: 8.30am Warm Up Time: 7.00am Juniors				
Event No	Event	Gender	Age Groups	Remarks
201	200m Butterfly	BOYS	11 to 12 years old	Slowest to Fastest
202	200m Butterfly	GIRLS	11 to 12 years old	Slowest to Fastest
203	100m Breaststroke	BOYS	8 to 12 years old	Slowest to Fastest
204	100m Breaststroke	GIRLS	8 to 12 years old	Slowest to Fastest
205	200m Freestyle	BOYS	9 to 12 years old	Slowest to Fastest
206	200m Individual Medley *Compulsory Event for Singaporean Swimmers aged 11 to 12 years old	GIRLS	9 to 12 years old	Slowest to Fastest
16th March 2019 (Saturday) – Session 3 Event Start Time: 2.00pm Warm Up Time: 12.30pm Juniors				
Event No	Event	Gender	Age Groups	Remarks
301	200m Individual Medley *Compulsory Event for Singaporean Swimmers aged 11 to 12 years old	Boys	9 to 12 years old	Slowest to Fastest
302	200m Freestyle	GIRLS	9 to 12 years old	Slowest to Fastest
303	50m Butterfly	BOYS	8 to 12 years old	Slowest to Fastest
304	50m Butterfly	GIRLS	8 to 12 years old	Slowest to Fastest
305	200m Backstroke	BOYS	11 to 12 years old	Slowest to Fastest
306	200m Backstroke	GIRLS	11 to 12 years old	Slowest to Fastest
307	4 x 50m Freestyle Relay	BOYS	8 to 10 years old	1 relay team per club
308	4 x 50m Freestyle Relay	GIRLS	8 to 10 years old	1 relay team per club
309	4 x 50m Freestyle Relay	BOYS	11 to 12 years old	1 relay team per club
310	4 x 50m Freestyle Relay	GIRLS	11 to 12 years old	1 relay team per club



17th March 2019 (Sunday) – Session 4				
Event Start Time: 8.30am Warm Up Time: 7.00am				
Juniors				
Event No	Event	Gender	Age Groups	Remarks
401	50m Backstroke	BOYS	8 to 12 years old	Slowest to Fastest
402	50m Backstroke	GIRLS	8 to 12 years old	Slowest to Fastest
403	100m Freestyle	BOYS	8 to 12 years old	Slowest to Fastest
404	100m Freestyle	GIRLS	8 to 12 years old	Slowest to Fastest
405	200m Breaststroke	BOYS	11 to 12 years old	Slowest to Fastest
406	200m Breaststroke	GIRLS	11 to 12 years old	Slowest to Fastest

17th March 2019 (Sunday) – Session 5				
Event Start Time: 2.00pm Warm Up Time: 12.30pm				
Juniors				
Event No	Event	Gender	Age Groups	Remarks
501	100m Backstroke	BOYS	8 to 12 years old	Slowest to Fastest
502	100m Backstroke	GIRLS	8 to 12 years old	Slowest to Fastest
503	400m Freestyle	BOYS	11 to 12 years old	Slowest to Fastest
504	400m Freestyle	GIRLS	11 to 12 years old	Slowest to Fastest
505	50m Breaststroke	BOYS	8 to 12 years old	Slowest to Fastest
506	50m Breaststroke	GIRLS	8 to 12 years old	Slowest to Fastest
507	4 x 50m Medley Relay	BOYS	8 to 10 years old	1 relay team per club
508	4 x 50m Medley Relay	GIRLS	8 to 10 years old	1 relay team per club
509	4 x 50m Medley Relay	BOYS	11 to 12 years old	1 relay team per club
510	4 x 50m Medley Relay	GIRLS	11 to 12 years old	1 relay team per club

13.0 ORDER OF EVENTS (SENIORS)

Heats will be run in the morning and Finals in the evening.

a. Heats (10 Lanes)

Competitors (regardless of age) shall be placed in graduated time order, ***fastest to slowest*** and the first three heats shall be cyclically seeded.

b. Finals (10 lanes)

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

Finalists shall be allocated lanes via the spearhead principle from the results of the Heats based on their age-group.

Multi-age Super Final

The top ten (10) fastest swimmers of the Heats of each individual event (with the exception of Timed Finals races) regardless of age is eligible to compete. Should there be more than three (3) foreign swimmers who finish within the top ten (10) positions at the Heats, only the top three (3) fastest foreign swimmers would compete Multi-age Super Final

Age-group Finals – "A" Finals

- i) 13 to 14 years old*
- ii) 15 to 17 years old and 18 years old age group (combined)*

The remaining top ten (10) finishers of the Heats of each individual event (With the exception of Timed Final races and the swimmers in the Multi-Age Super Final) are eligible to compete. Should there be more than three (3) foreign swimmers who finish within these ten (10) positions at the Heats, only the top three (3) fastest foreign swimmers would compete in the Age – Group "A" Finals.

Age-Group Finals – “B” Finals

- i) 13 to 14 years' old
- ii) 15 to 17 years old and 18 years old age group (combined)

The remaining top ten (10) finishers of the Heats of each individual event (With the exception of Timed Final races and the swimmers in the Multi-Age Super Final and Age – Group Finals – “A” Finals) are eligible to compete. Should there be more than three (3) foreign swimmers who finish within these 10 positions at the Heats, only the top three (3) fastest foreign swimmers would compete in the Age – Group “B” Finals.

- iii) There will be NO “B” Finals if the event has less thirty (30) swimmers in the Heats for the 13 – 14 years old age group.
- iv) There will be NO “B” Finals if the event has less thirty (30) swimmers in the Heats for the 15 to 17 years old and 18 years old age group

Medals for the 13 – 14 years old, 15-17 years old and 18 years old and over will be awarded to the fastest three (3) swimmers in the Finals of their respective age groups indicated above regardless of their placing in any of the Finals.

c) Long Distance Events

A cut off time of 25 minutes will be enforced for 1500m (men and women) and a cut off time 14 minutes for 800m (men and women).

A maximum of 4 foreign swimmers with the fastest seed time is allowed to swim in the fastest heat in the evening Finals session for the long-distance events.

13.1 Order of Events (Seniors)

19th March 2019 (Tuesday) – Session 1				
Heats Start Time: 6.30pm Warm Up: 4:45pm				
Event No	Event	Gender	Format	Remarks
101	800m Freestyle	Women	Timed Finals	Fastest to Slowest
102	800m Freestyle	Men	Timed Finals	Fastest to Slowest

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

20th March 2019 (Wednesday) – Session 2				
Heats Start Time: 9.00am Warm Up: 7:15am				
Event No	Event	Gender	Format	Remarks
201	100m Freestyle	Men	Heats	Fastest to Slowest
202	100m Freestyle	Women	Heats	Fastest to Slowest
205	200m Backstroke	Men	Heats	Fastest to Slowest
206	200m Backstroke	Women	Heats	Fastest to Slowest
203	200m Individual Medley	Men	Heats	Fastest to Slowest
204	200m Individual Medley	Women	Heats	Fastest to Slowest
20th March 2019 (Wednesday) – Session 3				
Finals Start Time: 6.30pm Warm Up: 4:45pm				
Event No	Event	Gender	Format	Remarks
201	100m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
202	100m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
205	200m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
206	200m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
203	200m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
204	200m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
207	4 x 200m Freestyle Relay Open Category	Men	Timed Finals	2 teams max per club Slowest to Fastest
208	4 x 200m Freestyle Relay Open Category	Women	Timed Finals	2 teams max per club Slowest to Fastest

21th March 2019 (Thursday) – Session 4 Heats Start Time: 9.00am Warm Up: 7:15am				
Event No	Event	Gender	Format	Remarks
301	100m Breaststroke	Men	Heats	Fastest to Slowest
302	100m Breaststroke	Women	Heats	Fastest to Slowest
303	400m Freestyle	Men	Heats	Fastest to Slowest
304	400m Freestyle	Women	Heats	Fastest to Slowest
305	100m Backstroke	Men	Heats	Fastest to Slowest
306	100m Backstroke	Women	Heats	Fastest to Slowest
21th March 2019 (Thursday) – Session 4 Finals Start Time: 6.30pm Warm Up: 4:45pm				
Event No	Event	Gender	Format	Remarks
301	100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
302	100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
303	400m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
304	400m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
305	100m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
306	100m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest

22nd March 2019 (Friday) – Session 6 Heats Start Time: 9.00am Warm Up: 7:15am				
Event No	Event	Gender	Format	Remarks
401	400m Individual Medley	Women	Heats	Fastest to Slowest
402	400m Individual Medley	Men	Heats	Fastest to Slowest
403	100m Butterfly	Women	Heats	Fastest to Slowest
404	100m Butterfly	Men	Heats	Fastest to Slowest
405	50m Breaststroke	Women	Heats	Fastest to Slowest
406	50m Breaststroke	Men	Heats	Fastest to Slowest
407	50m Backstroke	Women	Heats	Fastest to Slowest
408	50m Backstroke	Men	Heats	Fastest to Slowest
409	1500m Freestyle	Boys	Timed Finals	11 to 12 years old Age Group Only
22nd March 2019 (Friday) – Session 7 Finals Start Time: 6.30pm Warm Up: 4:45pm				
Event No	Event	Gender	Format	Remarks
401	400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
402	400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
403	100m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
404	100m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
405	50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
406	50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
407	50m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
408	50m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest

23rd March 2019 (Saturday) – Session 8 Heats Start Time: 9.00am Warm Up: 7:15am				
Event No	Event	Gender	Format	Remarks
501	200m Freestyle	Women	Heats	Fastest to Slowest
502	200m Freestyle	Men	Heats	Fastest to Slowest
503	50m Butterfly	Women	Heats	Fastest to Slowest
504	50m Butterfly	Men	Heats	Fastest to Slowest
505	200m Breaststroke	Women	Heats	Fastest to Slowest
506	200m Breaststroke	Men	Heats	Fastest to Slowest
509	1500m Freestyle	Girls	Timed Finals	11 to 12 years old Age Group Only
23rd March 2019 (Saturday) – Session 9 Finals Start Time: 5.30pm Warm Up: 3:45pm				
Event No	Event	Gender	Format	Remarks
501	200m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
502	200m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
503	50m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
504	50m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
505	200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
506	200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
507	4 x 100m Freestyle Relay Open Category	Women	Timed Finals	2 teams max per club Slowest to Fastest
508	4 x 100m Freestyle Relay Open Category	Men	Timed Finals	2 teams max per club Slowest to Fastest



24th March 2019 (Sunday) – Session 10				
Heats Start Time: 9.00am Warm Up: 7:15am				
Event No	Event	Gender	Format	Remarks
601	50m Freestyle	Men	Heats	Fastest to Slowest
602	50m Freestyle	Women	Heats	Fastest to Slowest
603	200m Butterfly	Men	Heats	Fastest to Slowest
604	200m Butterfly	Women	Heats	Fastest to Slowest
605	1500m Freestyle	Men	Heats	Fastest to Slowest Slowest Heats in the Morning
606	1500m Freestyle	Women	Heats	Fastest to Slowest Slowest Heats in the Morning
<i>**The Men 1500m and Women 1500m will be combined with the heats alternating from fastest to slowest</i>				
24th March 2019 (Sunday) – Session 11				
Finals Start Time: 5.30pm Warm Up: 3:45pm				
Event No	Event	Gender	Format	Remarks
603	200m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
604	200m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
605	1500m Freestyle 13-14 • 15-17 • 18 & over	Men	Timed Finals	Fastest Heat in the Evening
602	50m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
601	50m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
606	1500m Freestyle 13-14 • 15-17 • 18 & over	Women	Timed Finals	Fastest Heat in the Evening
607	4 x 100m Medley Relay Open Category	Men	Timed Finals	2 teams max per club Slowest to Fastest
608	4 x 100m Medley Relay Open Category	Women	Timed Finals	2 teams max per club Slowest to Fastest

14.0 QUALIFYING ENTRY TIMES (QET)

14.1 QET - Female

Events	Qualifying Entry Times for Juniors – Girls				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:50.49	00:45.37	00:42.22	00:39.80	00:37.79
100 LC Meter Freestyle	01:56.52	01:40.71	01:33.85	01:27.13	01:22.61
200 LC Meter Freestyle	NA	03:44.22	03:23.06	03:12.06	03:02.11
400 LC Meter Freestyle	NA	NA	NA	06:45.79	06:23.84
50 LC Meter Backstroke	01:00.19	00:54.19	00:49.30	00:46.68	00:44.12
100 LC Meter Backstroke	02:12.90	01:58.69	01:47.76	01:41.56	01:35.21
200 LC Meter Backstroke	NA	NA	NA	03:39.61	03:27.81
50 LC Meter Breaststroke	01:06.38	00:59.42	00:54.81	00:50.29	00:47.85
100 LC Meter Breaststroke	02:25.21	02:09.08	01:59.17	01:51.18	01:44.90
200 LC Meter Breaststroke	NA	NA	NA	03:59.12	03:46.07
50 LC Meter Butterfly	00:57.59	00:50.64	00:46.18	00:43.21	00:40.79
100 LC Meter Butterfly	02:14.61	01:59.39	01:49.33	01:38.09	01:32.35
200 LC Meter Butterfly	NA	NA	NA	03:47.74	03:33.01
200 LC Meter IM	NA	04:07.38	03:47.50	No QET	No QET
400 LC Meter IM	NA	NA	NA	07:35.32	07:26.32
800 LC Meter Freestyle	NA	NA	NA	12:57.59	
1500 LC Meter Freestyle	NA	NA	NA	24:06.00	

Events	Qualifying Entry Times for Seniors – Girls/Women		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:33.92	00:32.65	00:31.75
100 LC Meter Freestyle	01:13.67	01:10.33	01:08.57
200 LC Meter Freestyle	02:40.17	02:34.26	02:31.78
400 LC Meter Freestyle	05:36.31	05:27.93	05:31.91
50 LC Meter Backstroke	00:38.89	00:38.34	00:37.17
100 LC Meter Backstroke	01:24.29	01:22.18	01:22.46
200 LC Meter Backstroke	03:03.43	03:01.91	02:58.33
50 LC Meter Breaststroke	00:43.36	00:42.39	00:40.97
100 LC Meter Breaststroke	01:33.50	01:32.91	01:30.90
200 LC Meter Breaststroke	03:22.74	03:15.74	03:16.39
50 LC Meter Butterfly	00:36.41	00:34.83	00:34.55
100 LC Meter Butterfly	01:20.96	01:17.37	01:16.68
200 LC Meter Butterfly	03:02.78	02:56.70	02:57.78
200 LC Meter IM	03:00.93	02:58.14	03:01.88
400 LC Meter IM	06:31.00	06:29.68	06:16.44
800 LC Meter Freestyle	11:42.72	11:26.77	11:17.81
1500 LC Meter Freestyle	22:42.45	22:06.19	21:31.48
4 x 100 LC Free Relay (Open)		04:45.89	
4 x 200 LC Free Relay (Open)		10:27.13	
4 x 100 LC Medley Relay (Open)		05:14.26	

14.2 QET - Male

Events	Qualifying Entry Times for Juniors – Boys				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:46.68	00:42.68	00:40.40	00:38.71	00:36.67
100 LC Meter Freestyle	01:45.49	01:35.47	01:29.51	01:24.64	01:19.98
200 LC Meter Freestyle	NA	03:27.37	03:13.56	03:04.72	02:54.32
400 LC Meter Freestyle	NA	NA	NA	06:28.74	06:04.62
50 LC Meter Backstroke	00:55.63	00:50.30	00:47.30	00:45.45	00:43.21
100 LC Meter Backstroke	01:59.65	01:48.64	01:42.94	01:38.29	01:32.41
200 LC Meter Backstroke	NA	NA	NA	03:34.19	03:22.20
50 LC Meter Breaststroke	01:01.94	00:55.46	00:52.18	00:49.30	00:46.02
100 LC Meter Breaststroke	02:16.21	02:02.95	01:54.76	01:48.71	01:40.78
200 LC Meter Breaststroke	NA	NA	NA	03:53.33	03:35.79
50 LC Meter Butterfly	00:52.26	00:47.32	00:44.26	00:42.36	00:39.69
100 LC Meter Butterfly	02:07.00	01:48.61	01:41.45	01:34.53	01:29.06
200 LC Meter Butterfly	NA	NA	NA	03:37.71	03:18.79
200 LC Meter IM	NA	03:51.06	03:35.54	No QET	No QET
400 LC Meter IM	NA	NA	NA	07:25.73	06:55.18
800 LC Meter Freestyle	NA	NA	NA	12:48.44	
1500 LC Meter Freestyle	NA	NA	NA	24:00.54	

Events	Qualifying Entry Times for Seniors – Boys/Men		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:31.28	00:29.51	00:28.91
100 LC Meter Freestyle	01:08.69	01:04.18	01:02.29
200 LC Meter Freestyle	02:31.08	02:21.11	02:17.82
400 LC Meter Freestyle	05:18.44	05:03.31	04:55.40
50 LC Meter Backstroke	00:36.81	00:34.24	00:33.69
100 LC Meter Backstroke	01:19.14	01:14.22	01:12.47
200 LC Meter Backstroke	02:52.51	02:43.45	02:35.17
50 LC Meter Breaststroke	00:39.64	00:36.96	00:35.72
100 LC Meter Breaststroke	01:25.86	01:20.97	01:20.06
200 LC Meter Breaststroke	03:08.63	02:56.40	02:47.28
50 LC Meter Butterfly	00:33.71	00:31.65	00:31.40
100 LC Meter Butterfly	01:14.96	01:09.78	01:09.33
200 LC Meter Butterfly	02:50.48	02:39.63	02:35.02
200 LC Meter IM	02:49.72	02:41.13	02:35.84
400 LC Meter IM	06:06.73	05:49.21	05:33.92
800 LC Meter Freestyle	11:42.84	10:52.79	10:31.67
1500 LC Meter Freestyle	21:26.07	20:24.20	19:47.10
4 x 100 LC Free Relay (Open)		04:15.48	
4 x 200 LC Free Relay (Open)		09:28.05	
4 x 100 LC Medley Relay (Open)		04:41.32	

15.0 TERMS & CONDITIONS

All Participants who are entered in the Liberty Insurance 50th Singapore National Age Group Swimming Championships 2019 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.

Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in Liberty Insurance 50th Singapore National Age Group Swimming Championships 2019 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 Liberty Insurance 50th Singapore National Age Group Swimming Championships 2019. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.

In the event of harsh weather conditions that could cancel Liberty Insurance 50th Singapore National Age Group Swimming Championships 2019, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the Liberty Insurance 50th Singapore National Age Group Swimming Championships 2019.

16.0 Key Dates

Date & Time	Event	Venue
4 th March 2019, 5.00pm	Closing Date for Entries Submission	SSA Office
5 th – 8 th March 2019	Preliminary entries list by affiliates/ teams will be sent for verification	
11 th March 2019, 5.00pm	Full Payment must reach SSA Office	
11 th March 2019, 3.00pm	Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Juniors)	
14 th March 2019, 3.00pm	Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Seniors)	
14 th March 2019, 11.00am	Team Leaders Meeting – Juniors Programme	Technical Control Room at OCBC Aquatic Centre
15 th -17 th March 2019	Junior Age Group	OCBC Aquatic Centre
18 th March 2019, 11.00am	Team Leaders Meeting – Seniors Programme	Technical Control Room at OCBC Aquatic Centre
19 th to 24 th March 2019	Senior Age Group	OCBC Aquatic Centre