



**14th SINGAPORE NATIONAL
SWIMMING CHAMPIONSHIPS 2018**

20th – 23rd June 2018
OCBC Aquatic Centre

EVENT INFORMATION

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1.0 GENERAL INFORMATION

Entries Closing Date Thursday 7th June 2018, 12.00pm
Technical Meeting for Team Leaders Tuesday, 19th June 2018, 11.00am

Competition Neo Garden 14th Singapore National Swimming Championships 2018

Venue OCBC Aquatic Centre, Singapore

Details

Session	Date	Day	Competition	Warm-Up
1	20 June 2018	Wednesday	6.30pm	4.45pm
2	21 June 2018	Thursday	9:00 am	7.15am
3	21 June 2018	Thursday	6:30 pm	4.45pm
4	22 June 2018	Friday	9:00 am	7:15am
5	22 June 2018	Friday	6:30 pm	4.45pm
6	23 June 2018	Saturday	9:00 am	7:15am
7	23 June 2018	Saturday	5.00pm	3.15pm

2.0 COMPETITION INFORMATION

- 2.1 The Championships shall be conducted under the Rules and By-laws of FINA as prescribed in the Handbook of FINA (2015 – 2017). One-start rule applies. The list of approved swimsuits can be viewed at <http://fina.org/content/fina-approved-swimwear>
- 2.2 All entries must be submitted through SSA Affiliates or FINA-affiliated Federations.
- 2.3 Events listed below will be for both Men and Women:
 - a. Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m
 - b. Backstroke: 50m, 100m and 200m
 - c. Breaststroke: 50m, 100m and 200m
 - d. Butterfly: 50m, 100m and 200m
 - e. Individual Medley: 200m and 400m
 - f. Freestyle Relays: 4x100m and 4x200m
 - g. Medley Relay: 4x100m

- 2.4 Technical Officials – All Technical Officials shall be appointed by the SSA Technical Swimming Committee.
- 2.5 The Singapore National Swimming Championships (here forth referred to as “SNSC”) Management Committee reserves the right to the final decision on all matters pertaining to the Championships.
- 2.6 Format of Competition – The Championships are run in the FINA Long-Course Metres (LCM) format. Heats will be run in the morning and Finals in the evening, over 4 consecutive day with the exception of day 1 where the long-distance events are timed finals.

a. Heats

Competitors shall be placed in graduated time order, slowest to fastest and the last three heats shall be cyclically seeded.

For 400m events, only the last two heats will be cyclically seeded.

50m Events.

All of the 50m events will have a total of 4 rounds of racing per event on the same day as per the following conditions:

Morning Heats

Round 1– All entries in the heats (*swimming in morning heats*) will be swum in flights

The way the flights will work is as follows:

A-flight - The fastest six heats of the 50m events will be swum slowest to fastest during the Day 4 morning heats session.

B-flight - The remaining heats of the 50m events will be swum at the end of the Day 4 morning heats session, fastest to slowest.

Evening Finals

Round 2 (Quarter Final) - Top 20 fastest finishers from Round 1. Should there be more than eight (8) foreign swimmers who finish within the top twenty (20) positions for round 2, only the top eight (8) fastest foreign swimmers would compete in the Round 2.

Round 3 (Semi Final) – Top 10 fastest finishers from Round 2
Should there be more than four (4) foreign swimmers who finish within the top ten (10) positions for round 3, only the top four (4) fastest foreign swimmers would compete in the Round 3.

Round 4 (Final) – Top 5 fastest finishers from Round 3
Should there be more than two (2) foreign swimmers who finish within the top five (5) positions for round 4, only the top two (2) fastest foreign swimmers would compete in the Round 4.

b. Finals

Finalists shall be allocated lanes via the spearhead principle from the results of the Heats.

“A” Finals – the top ten (10) finishers of the Heats of each individual event (With the exception of Timed Final races) in the respective age group are 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 in the “A” Finals.

“B” Finals – the remaining swimmers, within the top twenty (20) finishers of the Heats of each individual event who are not eligible to compete in the ‘A’ Finals (Except the 800m and 1500m Freestyle races) will be able to compete in the “B” Finals. Should there be more than three (3) foreign swimmers who finish within the top eleventh-twenty (11th - 20th) finishers at the Heats, only the next top three (3) fastest foreign swimmers would compete in the ‘B’ Finals.

There will be NO “B” Finals if the event has less than thirty (30) swimmers in the Heats

Timed Finals - the 800m and 1500m Freestyle races will be swum as Timed Finals, with the fastest seeded Heat swum during the evening Finals session.

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.

A cut off time of 21 minutes will be enforced for 1500m (both men and women), and a cut off time 11 minutes for 800m (both men & women)

3.0 ELIGIBILITY

3.1 The Championships is open to swimmers who are:

- Existing **REGISTERED SWIMMERS** of SSA Affiliates who are of good standing

Registration fee of SGD 30 is applicable to swimmers who have not made payment for the Year 2018. This is also applicable to foreign swimmers.

- Existing members of other National Federations affiliated to FINA who meet the entry qualification standards, provided they hold valid participation clearance from their Federation

3.2 Definition of Swimmers

- a. Local Swimmers- All Affiliated Members with a Valid Singapore NRIC or FIN#
- b. Foreign Swimmers- All Swimmers without a Valid Singapore NRIC or FIN#

4.0 ENTRY REGULATIONS

- 4.1 **Closing date for entries:** Thursday 7th June 2018, 12.00pm.
Deadline for payment: Thursday 14th June 2018, 5.00pm.

All Entries to be submitted to tessa.seet@swimming.org.sg

Performance times from SSA / FINA / National Federation-sanctioned Meets or Overseas Meets dated from 1 Jan 2017 to 6 June 2018 can be used as entry time for SNSC 2018.

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.

4.2 a) Entry Fees

- i. Individual **S\$10.00** per event (Inc. GST)
- ii. Relays **S\$30.00** per event (Inc. GST)

b) 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

- i. Individual Event - **S\$20.00** per event
- ii. Relay Event - **S\$60.00** per event

This double charge will be in effect for entries that are submitted between **7th June 2018, 12.01pm till 1 day before the release of the psych sheet** (Please refer to the timeline in page)

- c. 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 7th June 2018 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).

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 Participants who missed the QET in the Heats will not be allowed to participate in the Finals
- 4.4 An administrative fee of **S\$30.00** per event will be imposed if a swimmer returns a time slower than the QET. Swimmers who missed the QET will not be allowed to participate in the Finals.
- 4.5 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 above deadline.

4.6 It is **mandatory** for swimmer's entries to be accompanied with the NRIC/FIN number (Singaporeans/PR) or passport number (foreigner). LAST name (Surname) is to be provided in CAPITAL LETTERS and their nationality.

Incomplete/Erroneous entries will be rejected.

Example:

Last Name	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*

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

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 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

6.2 Lost or Misplaced Accreditation Passes

Should the swimmer or team official lose or misplace their accreditation pass, replacement passes are available at SGD\$30 per pass.

7.0 MEDALS, RECORDS & NATIONAL SELECTION

7.1 Medals will be awarded to the top three swimmers in the 'A' Finals.

The Most Valuable Swimmer Award will be given out to each male and female Singaporean swimmer who has the highest accumulated no. of FINA Points; from a maximum of 3 Olympic events in this competition.

7.2 Overall Club Performance shall be based on the total amount of points scored.
 To ask if local swimmers

7.3 The Relay events score double points.

<u>Position</u>	<u>Points awarded:</u>
Places 1-16	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays 1-8	40-34-32-30-28-26-24-22

7.5 Only Meet Records established by Singaporeans will be officially recognised by the Organising Committee of the Neo Garden 14th Singapore National Swimming Championships 2018.

7.6 Age computation, for the purpose of Under-14 and Under-17 National Records recognition, will be based on age of swimmer on the day of record set.

7.7 The following Challenge trophies (Singapore Citizens only) will be awarded:

- | | |
|----------------------|------------------------------------|
| 1. Challenge Trophy | SSA Affiliate with the most points |
| 2. Neo Chwee Kok Cup | 100m Freestyle Men's Champion |
| 3. Chan Ah Kow Cup | 100m Butterfly Men's Champion |
| 4. Kee Soon Bee Cup | 400m Freestyle Women's Champion |

8.0 COMPETITION VENUE

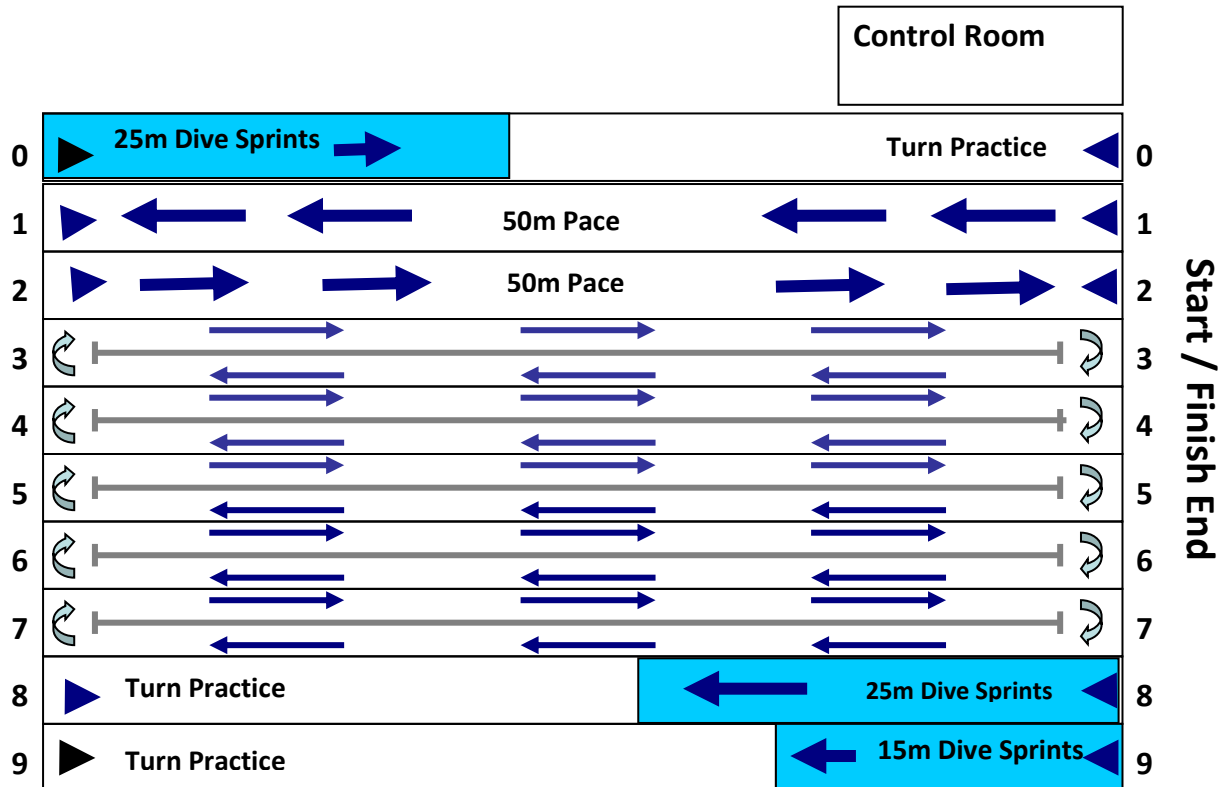


View Map: <http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

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-ups 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

- a. The schematic in the diagram shall be observed at all times during warm-ups.

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. The use of swim paddles is prohibited during warm-up.

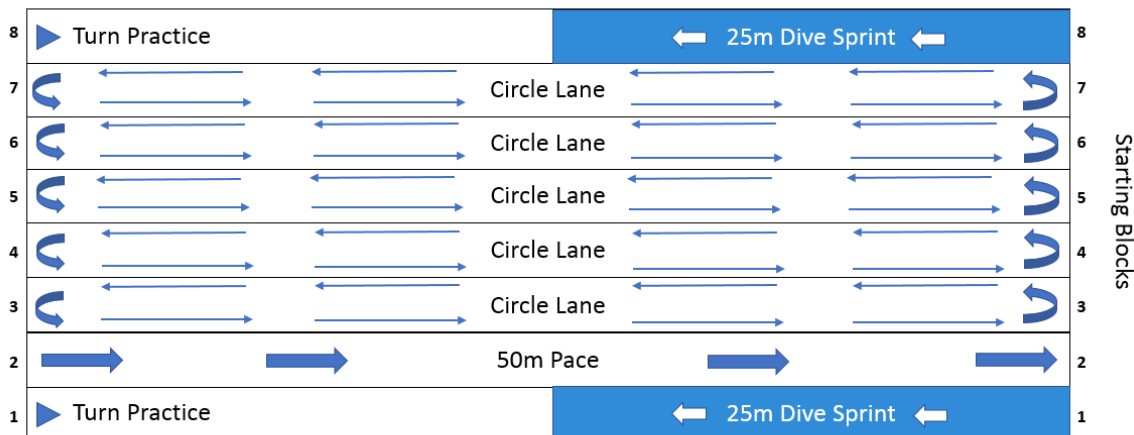
The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.

Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.

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 Training Pool Guideline



10.0 CONTROL ROOM GUIDELINES (Infraction Enquiry or Clarification)

- Request for the details of Infraction committed by the swimmer or swimmers shall be made to the Swimming Competition Meet Director by the Team Leader. No proxies will be entertained.
- In the absence of Meet Director, the infraction enquiry shall be directed only to the Deputy Meet Director or Control Room Supervisor.
- Enquiry of infraction shall be made within the same day of competition.
- Team Leader shall provide Swimmer Details i.e. Event Number, Heat Number, Swimmer's Name, Affiliate Name and Lane assigned,
- ONLY the Team Leader 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.

11.0 PROTESTS

- 11.1 Protests are possible:
- if the rules and regulations for the conduct of the competition are not observed,
 - if other conditions endanger the competitions and/or competitors, or against decisions of the referee; however, no protest shall be allowed against decisions of fact.
- 11.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact shall not be allowed.
- 11.3 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.
- 11.4 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.
- 11.5 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.
- 11.6 If the protest is rejected, the deposit shall be forfeited to the SNSC Management Committee. If the protest is upheld, the deposit shall be returned.

12.0 Qualifying Entry Time (QET)– 450 FINA Points

2018 SNSC QET MEN	Events	2018 SNSC QET WOMEN
27.28	50m Freestyle	30.88
01:01.21	100m Freestyle	01:07.47
02:13.10	200m Freestyle	02:27.43
04:47.18	400m Freestyle	05:08.56
09:49.99	800m Freestyle	10:32.62
18:56.64	1500m Freestyle	20:07.71
31.37	50m Backstroke	35.31
01:07.66	100m Backstroke	01:15.81
02:26.05	200m Backstroke	02:41.89
33.86	50m Breaststroke	38.36
01:14.55	100m Breaststroke	01:23.68
02:45.29	200m Breaststroke	03:01.53
29.27	50m Butterfly	31.88
01:05.01	100m Butterfly	01:12.39
02:25.51	200m Butterfly	02:38.95
02:28.76	200m Individual Medley	02:44.58
05:18.20	400m Individual Medley	05:47.58
04:05.64	4 x 100m Freestyle Relay	04:34.88
09:06.18	4 x 200m Freestyle Relay	10:02.99
04:30.49	4 x 100m Medley Relay	05:02.16

13.0 ORDER OF EVENTS

20 June 2018 (Wednesday) – Day 1 Finals Start Time: 6.30pm			
Event No.	Gender	Timed Finals	Remarks
101	Men	800m Freestyle	Fastest to Slowest
102	Women	1500m Freestyle	Fastest to Slowest
		Victory Ceremony for Event 101 & 102 to be pushed back to Day 2 Finals	

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

21 June 2018 (Thursday) – Day 2 Heats Start Time: 9.00am			
Event No.	Day 2	Heats	Remarks
201	Women	200m Freestyle	Slowest to Fastest
202	Men	200m Freestyle	Slowest to Fastest
203	Women	200m Backstroke	Slowest to Fastest
204	Men	200m Backstroke	Slowest to Fastest
205	Women	100m Butterfly	Slowest to Fastest
206	Men	100m Butterfly	Slowest to Fastest
207	Women	100m Breaststroke	Slowest to Fastest
208	Men	100m Breaststroke	Slowest to Fastest
209	Women	800m Freestyle	Slow Heats Fastest to Slowest
21 June 2018 (Thursday) – Day 2 Finals Start Time: 6.30pm			
Event No.	Day 2	Finals	Remarks
205	Women	100m Butterfly	A & B Finals
206	Men	100m Butterfly	A & B Finals
209	Women	800m Freestyle	Fastest Heat
		Victory Ceremony for Event 101, 102, 205, 206	
204	Men	200m Backstroke	A & B Finals
203	Women	200m Backstroke	A & B Finals
202	Men	200m Freestyle	A & B Finals
201	Women	200m Freestyle	A & B Finals
208	Men	100m Breaststroke	A & B Finals
		Victory Ceremony for Event 209, 204, 203, 202, 201	
207	Women	100m Breaststroke	A & B Finals
210	Men	4 x 100m Freestyle Relay	Timed Finals Max 2 teams per club / country
211	Women	4 x 100m Freestyle Relay	Timed Finals Max 2 teams per club / country
		Victory Ceremony for Event 208, 207, 210, 211	

22 June 2018 (Friday) – Day 3 Heats Start Time: 9.00am			
Event No.	Day 3	Heats	Remarks
301	Men	100m Freestyle	Slowest to Fastest
302	Women	100m Freestyle	Slowest to Fastest
303	Men	200m Individual Medley	Slowest to Fastest
304	Women	200m Individual Medley	Slowest to Fastest
305	Men	100m Backstroke	Slowest to Fastest
306	Women	100m Backstroke	Slowest to Fastest
307	Men	200m Butterfly	Slowest to Fastest
308	Women	200m Butterfly	Slowest to Fastest
309	Men	200m Breaststroke	Slowest to Fastest
310	Women	200m Breaststroke	Slowest to Fastest
311	Men	1500m Freestyle	Slow Heats Fastest to Slowest

22 June 2018 (Friday) – Day 3 Finals Start Time: 6.30pm			
Event No.	Day 3	Finals	Remarks
311	Men	1500m Freestyle	Fastest Heat
302	Women	100m Freestyle	A & B Finals
301	Men	100m Freestyle	A & B Finals
304	Women	200m Individual Medley	A & B Finals
303	Men	200m Individual Medley	A & B Finals
		Victory Ceremony for Event 311, 302, 301, 304,	
305	Men	100m Backstroke	A & B Finals
306	Women	100m Backstroke	A & B Finals
307	Men	200m Butterfly	A & B Finals
308	Women	200m Butterfly	A & B Finals
309	Men	200m Breaststroke	A & B Finals
		Victory Ceremony for Event 304, 305, 306, 307, 308	
310	Women	200m Breaststroke	A & B Finals
312	Men	4 x 200m Freestyle	Timed Finals Max 2 teams per club / country
313	Women	4 x 200m Freestyle	Timed Finals Max 2 teams per club / country
		Victory Ceremony for Event 309, 310, 312, 313	

23 June 2018 (Saturday) – Day 4 Heats Start Time: 9.00am			
Event No.	Day 4	Heats	Remarks
401	Women	50m Butterfly – “A” Flight	Fastest 6 heats
402	Men	50m Butterfly – “A” Flight	Slowest to fastest
403	Women	400m Individual Medley (Heats)	Slowest to Fastest
404	Men	50m Backstroke “A” Flight	Fastest 6 heats
405	Women	50m Backstroke “A” Flight	Slowest to fastest
406	Men	400m Individual Medley (Heats)	Slowest to Fastest
407	Women	50m Breaststroke “A” Flight	Fastest 6 heats
408	Men	50m Breaststroke “A” Flight	Slowest to fastest
409	Women	400m Freestyle (Heats)	Slowest to Fastest
410	Men	50m Freestyle “A” Flight	Fastest 6 heats
411	Women	50m Freestyle “A” Flight	Slowest to fastest
412	Men	400m Freestyle (Heats)	Slowest to Fastest
401	Women	50m Butterfly – “B” Flight	Remaining Heats
402	Men	50m Butterfly – “B” Flight	Fastest to Slowest
405	Women	50m Backstroke “B” Flight	Remaining Heats
404	Men	50m Backstroke “B” Flight	Fastest to Slowest
407	Women	50m Breaststroke “B” Flight	Remaining Heats
408	Men	50m Breaststroke “B” Flight	Fastest to Slowest
411	Women	50m Freestyle “B” Flight	Remaining Heats
410	Men	50m Freestyle “B” Flight	Fastest to Slowest

23 June 2018 (Saturday) – Day 4 Finals Start Time: 5.00pm			
Event No.	Day 4	Heats	Remarks
413	Women	50m Butterfly (Top 20)	Qualification for Top 10
414	Men	50m Butterfly (Top 20)	
415	Women	50m Backstroke (Top 20)	
416	Men	50m Backstroke (Top 20)	
403	Women	400m Individual Medley	A & B Finals
417	Women	50m Breaststroke (Top 20)	Qualification for Top 10
418	Men	50m Breaststroke (Top 20)	
419	Women	50m Freestyle (Top 20)	
420	Men	50m Freestyle (Top 20)	
406	Men	400m Individual Medley	A & B Finals
		Victory Ceremony for Event 403, 406	
413	Women	50m Butterfly (Top 10)	Qualification for Top 5 (Finals)
414	Men	50m Butterfly (Top 10)	
415	Women	50m Backstroke (Top 10)	
416	Men	50m Backstroke (Top 10)	
409	Women	400m Freestyle	A & B Finals
417	Women	50m Breaststroke (Top 10)	Qualification for Top 5 (Finals)
418	Men	50m Breaststroke (Top 10)	
419	Women	50m Freestyle (Top 10)	
420	Men	50m Freestyle (Top 10)	
412	Men	400m Freestyle	A & B Finals
		Victory Ceremony for Event 409, 412	
413	Women	50m Butterfly (Top 5)	Finals
414	Men	50m Butterfly (Top 5)	Finals
415	Women	50m Backstroke (Top 5)	Finals
416	Men	50m Backstroke (Top 5)	Finals
417	Women	50m Breaststroke (Top 5)	Finals
418	Men	50m Breaststroke (Top 5)	Finals
419	Women	50m Freestyle (Top 5)	Finals
420	Men	50m Freestyle (Top 5)	Finals
		Victory Ceremony for Event 413, 414,415,416, 417,418,	
421	Women	4 x 100m Medley Relay	Timed Finals Max 2 teams per club / country
422	Men	4 x 100m Medley Relay	Timed Finals Max 2 teams per club / country
		Victory Ceremony for Event 419, 420, 421, 422	

14.0 OTHER TERMS & CONDITIONS

- 14.1 All Participants who are entered in the Neo Garden 14th Singapore National Swimming Championships 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.
- 14.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in Neo Garden 14th Singapore National Swimming Championships 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 this SNSC. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
- 14.3 In the event of harsh weather conditions that could cancel the Neo Garden 14th Singapore National Swimming Championships 2018, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at Neo Garden 14th Singapore National Swimming Championships 2018

15.0 KEY DATES

Date & Time	Event	Venue
7 th June 2018, Thursday, 12.00pm	Closing Date for Entries Submission Note: Late entries will not be entertained	SSA Office or via email tessa.seet@swimming.org.sg
8 th June to 13 th June 2018	Entries list by affiliates/ teams will be sent for verification	-
14 th June 2018, 5.00pm	Deadline for Payment for Entries	SSA Office
14 th June 2018, 12.00pm	Preliminary Entries List (Psych Sheet) will be sent out to all participating affiliates/teams	-
19 th June 2018, 11.00am	Team Leaders Meeting	OCBC Aquatic Centre Technical Control Room
20 th to 23 rd June 2018	Neo Garden 14 th Singapore National Swimming Championships 2018	OCBC Aquatic Centre