



Singapore Swimming
Association
January Singapore Swimming
Proficiency Awards 2021

30th to 31st January 2021

Toa Payoh ActiveSG Competition Pool

1.0 General Information

Technical Meeting for Team Leaders
Entries will be accepted from:
Entries Deadline:

Thursday, 29th January 2021, 11am
Friday, 15th January at 12noon
Thursday, 21st January 2021, 6pm

Competition
Venue

SSA January SSPA 2021
Toa Payoh ActiveSG Competition Pool

Competition Schedule

Date	Day	Competition Time
30 th January 2021	Saturday	Please refer to pages a - d for the scheduled entry and exit times for each wave
31 st January 2021	Sunday	

- 1.1 This SSPA shall be conducted under the Rules and By-laws of FINA as prescribed in the Handbook of FINA (2017 – 2021). One-start rule applies. The list of approved swimsuits can be viewed at <http://fina.org/content/fina-approved-swimwear>
- 1.2 This SSPA are open only to Swimmers who are existing members of SSA Affiliates (henceforth known as Affiliates).
- 1.3 The results from this SSPA can be used for qualifying for national meets. There will not be any certificates awarded for this SSPA.
- 1.4 All entries must be submitted through SSA Affiliates. Entries submitted individually will not be accepted.
- 1.5 **Entries will be accepted from Friday 15th January 2021 at 12noon.**
The TM Hytek Entries will be sent out only on Friday 15th January 2021 at 12noon.

2.0 Competition Information

2.1 Events listed below will be for both Male and Female swimmers in the January SSPA

- a. Freestyle: 50m, 100m, 200m, 400m
- b. Backstroke: 50m, 100m, 200m
- c. Breaststroke: 50m, 100m, 200m
- d. Butterfly: 50m, 100m, 200m
- e. Individual Medley: 200m, 400m

30 th January (Day 1)	31 st January (Day 2)
100m Freestyle (Girls)	100m Freestyle (Boys)
50m Backstroke (Girls)	50m Backstroke (Boys)
50m Breaststroke (Girls)	50m Breaststroke (Boys)
100m Butterfly (Girls)	100m Butterfly (Boys)
200m Backstroke (Girls)	200m Backstroke (Boys)
200m Breaststroke (Girls)	200m Breaststroke (Boys)
200m Individual Medley (Girls)	200m Individual Medley (Boys)
400m Freestyle (Girls)	400m Freestyle (Boys)
50m Freestyle (Boys)	50m Freestyle (Girls)
50m Butterfly (Boys)	50m Butterfly (Girls)
100m Breaststroke (Boys)	100m Breaststroke (Girls)
200m Freestyle (Boys)	200m Freestyle (Girls)
100m Backstroke (Boys)	100m Backstroke (Girls)
200m Butterfly (Boys)	200m Butterfly (Girls)
400m Individual Medley (Boys)	400m Individual Medley (Girls)

All events will be timed finals and competitors shall be placed in graduated time order, from the *fastest to slowest*

- 2.2 Technical Officials – All Technical Officials shall be appointed by the SSA Technical Swimming Committee.
- 2.3 The SSA January SSPA 2021 Management Committee reserves the right to the final decision on all matters pertaining to the Championships.
- 2.4 Format of Competition – The Championships are run in the FINA Long-Course Metres (LCM) format.
- 2.5 **Schedule per day**
Please refer to pages a-d at the end of the information pack. Please note that the schedule is an estimate and may be subject to changes.

3.0 Entry Regulations

- 3.1.1 **Swimmers Registration Fee (*For local and international swimmers*)**
2021 Annual Registration Fee is S\$30.00 (inclusive of 7% GST) per swimmer.
- 3.1.2 **Entry Fee (*Applicable to Singaporean and international swimmers*)**
a. Individual Event - S\$10.00 (inclusive of 7% GST) per event

3.2 Age Restrictions as follows:

1st Priority will be given to swimmers aged 9 years old to 12 years old

Each club / affiliate is restricted up to a maximum of 8 entries per event.

Invitation will be sent out for swimmers aged 13 – 14 years old should there be any vacant slots after the closing deadline.

Should there be overwhelming entries for any of the events (exceed past 32 entries per event), priority will be given to first come – first served basis.

There is no entry qualifying time to participate at the SSPA. However, the swimmers must achieve a minimum time standard at this meet.

An administrative fee of **S\$30.00** per event will be imposed if a swimmer returns time slower than the minimum time standard

Each swimmer is limited to a maximum of 2 individual events per day per SSPA. The total maximum number of events per swimmer will be 4.

Swimmers who have swam in the January SSPA will be allowed to swim in the February SSPA but will not be allowed to swim the same event.

Entry Withdrawals

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.

4.0 DNS/Withdrawals/Post Event Fees

4.1 **Withdrawals Before Competition**

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 the competition.

4.2 **Withdrawals Made 60 mins Before the Start of Each Session**

Withdrawals made without submission of the withdrawal form to the Control Room Supervisor **within sixty (60) minutes of the start of each session** shall be **deemed as Did Not Show or Did Not Start (DNS)**.

A penalty of S\$100.00 shall be imposed on all DNS.

4.3 **Did Not Show/Did Not Swim (DNS)**

Swimmers who do not show up for their event/do not submit a withdrawal form will be imposed with the penalty of \$100.00.

4.4 **Post Event Fee Waivers**

The administrative fee and penalties (Did Not Swim/Withdrawals) 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.

4.5 Minimum Time Standard

There is no entry qualifying time to participate at the SSPA. However, the swimmers have to achieve a minimum time standard at this meet.

An administrative fee of **S\$30.00** per event will be imposed if a swimmer returns time slower than the minimum time standard

**The MTS for the 13-14 years age group is set after taking into consideration the no. of vacant slots available left after the first round of registration.*

Events	Minimum Time Standard @ SSPA (January 2021)	
	Boys 12 years and under	*Boys 13 - 14 years
50 LC Meter Freestyle	31.00	Not Offered (No Available Slot)
100 LC Meter Freestyle	1:10.00	1:01.00
200 LC Meter Freestyle	2:34.00	2:13.00
400 LC Meter Freestyle	5:40.00	4:50.00
50 LC Meter Backstroke	38.50	Not Offered (No Available Slot)
100 LC Meter Backstroke	1:24.00	1:11.00
200 LC Meter Backstroke	3:45:00	2:40.00
50 LC Meter Breaststroke	41.00	33.50
100 LC Meter Breaststroke	1:36.00	1:17.00
200 LC Meter Breaststroke	3:45.00	3:00.00
50 LC Meter Butterfly	35.00	28.50
100 LC Meter Butterfly	1:22.00	1:10.00
200 LC Meter Butterfly	3:35.00	2:50.00
200 LC Meter IM	2:52.00	Not Offered (No Available Slot)
400 LC Meter IM	7:30.00	6:00.00

Events	Minimum Time Standard @ SSPA (January 2021)	
	Girls 12 years and under	*Girls 13 – 14 years
50 LC Meter Freestyle	32.50	Not Offered (No Available Slot)
100 LC Meter Freestyle	1:13.00	1:06.00
200 LC Meter Freestyle	2:45.00	Not Offered (No Available Slot)
400 LC Meter Freestyle	6:20.00	5:00.00
50 LC Meter Backstroke	40.00	Not Offered (No Available Slot)
100 LC Meter Backstroke	1:27.00	1:16.00
200 LC Meter Backstroke	3:50:00	2:45.00
50 LC Meter Breaststroke	43.00	37.00
100 LC Meter Breaststroke	1:40.00	1:25.00
200 LC Meter Breaststroke	3:55.00	3:15.00
50 LC Meter Butterfly	37:00	31.50
100 LC Meter Butterfly	1:32.00	1:20.00
200 LC Meter Butterfly	3:48.00	3:45.00
200 LC Meter IM	3:00.00	2:45.00
400 LC Meter IM	7:35.00	6:45.00

5.0 Accreditation Passes

There will not be any accreditation passes for swimmers.

Coaches however are required to register for an accreditation pass.

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.

The pool deck at all Singapore Swimming Association national competitions are strictly reserved for registered athletes, coaches, essential support staff, event staff or other persons approved by Singapore Swimming Association.

All accreditation cards remain the property of Singapore Swimming, are **NON-TRANSFERABLE**, and can be withdrawn or refused at Singapore Swimming's sole discretion.

Please note that applying for an accreditation under false pretences would be a violation of accreditation procedures. In order to ensure a safe and inclusive training and competition environment, we would ask that rules and regulations surrounding accreditation be respected. Anyone found to be in violation of this will have their accreditation removed and will be asked to leave the venue immediately.

5.1 Lost/Misplaced Accreditation Passes

Replacement passes for misplaced/lost accreditation passes are available for the following costs:

Replacement Cost for Misplaced or Lost Accreditation Passes	
Coach/Team Manager	SGD \$100

6.0 Control Room Guidelines

6.1 Infraction Enquiry or Clarification

- 6.1.1 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.
- 6.1.2 In the absence of Meet Director, the infraction enquiry shall be directed only to the Deputy Meet Director or Control Room Supervisor.
- 6.1.3 Enquiry of infraction shall be made within the same day of competition.
- 6.1.4 The Team Leader / Coach shall provide Swimmer Details i.e., Event Number, Heat Number, Swimmer's Name, Affiliate Name and Lane assigned.
- 6.1.5 ONLY the Team Leader / Coach 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.

6.2 Protests

- 6.2.1 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 against decisions of the referee; however, no protest shall be allowed against decisions of fact.
- 6.2.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact will not be allowed.
- 6.2.3 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.
- 6.2.4 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 / Coach. No proxies will be entertained.
 - d. Submitted within thirty (30) minutes following the conclusion of the respective event.
- 6.2.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Leader / Coach may then appeal the rejection to the Jury of Appeal, whose decision shall be final.
- 6.2.6 If the protest is rejected, the deposit shall be forfeited to the SSA January SSPA 2021 Management Committee. If the protest is upheld, the deposit shall be returned.

7.0 Competition Venue

- 7 Competition Venue Location: Toa Payoh ActiveSG Competition Pool
301 Lorong 6 Toa Payoh
Singapore 319392



8.0 Terms & Conditions

- 8.1 All Participants who have entered in the SSA January SSPA 2021 are 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.
- 8.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in SSA January SSPA 2021 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 SSA January SSPA 2021. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
- 8.3 In the event of harsh weather conditions that could cancel the SSA January SSPA 2021, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at SSA January SSPA 2021.

9.0 Key Dates

Date & Time	Event	Remarks
15 th January 2021, Friday, 12 noon	TM entries file will be sent out and entries will be accepted	-
21 st January 2021, Thursday, 6pm	Entries Deadline	Entries list by affiliates/teams will be sent for verification
21 st – 28 th January 2021	Preliminary Entries List (Psych Sheet) will be sent out to all participating affiliates/teams	-
29 th January 2021	Team Leaders Meeting	-
30 th to 31 st January 2021	SSA January SSPA 2021	Toa Payoh COE

Day 1 Estimated Schedule (Subject to Changes after closing deadline)

	Day 1 30 Jan 2021	Enter Toa Payoh SC (TPY)	Warm Up at Diving Pool	Race at Competition Pool (CP)	Warm Down & Leave TPY	Remarks
Wave	Minutes	0	45 mins + 15 mins	15mins	15 mins	Total: 90 mins
1	100 Free Girls	7.00am	7.00am – 7.45am	8.00am – 8.15am	8.15am – 8.30am	Warm Down at Competition Pool
2	50 Back Girls	7.45am	7.45am – 8.30am	8.45am – 9.00am	9.00am – 9.15am	Warm Down at Competition Pool
3	50 Breast Girls	8.30am	8.30am – 9.15am	9.30am – 9.45am	9.45am – 10.00pm	Warm Down at Competition Pool
4	100 Fly Girls	9.15am	9.15am – 10.00am	10.15am – 10.30am	10.30am – 10.45am	Warm Down at Competition Pool
5	200 Back Girls	10.00am	10.00am – 10.45am	11.00am – 11.15am	11.15am – 11.30am	Warm Down at Competition Pool
6	200 Breast Girls	10.45am	10.45am – 11.30am	11.45am – 12.00pm	12.15pm – 12.30pm	Warm Down at Competition Pool
7	200 IM Girls	11.30am	11.30am – 12.15pm	12.30pm – 12.45pm	12.45pm – 1.00pm	Warm Down at Competition Pool
8	400 Free Girls	12.15pm	12.15pm – 1.00pm	1.15pm – 1.30pm	1.30pm – 1.45pm	Warm Down at Competition Pool
9	50 Free Boys	1.00pm	1.00pm – 1.45pm	2.00pm – 2.15pm	2.15pm – 2.30pm	Warm Down at Competition Pool
10	50 Fly Boys	1.45pm	1.45pm – 2.30pm	2.45pm – 2.30pm	2.30pm – 2.45pm	Warm Down at Competition Pool
11	100 Breast Boys	2.30pm	2.30pm – 3.15pm	3.30pm – 3.45pm	3.45pm – 4.00pm	Warm Down at Competition Pool

12	200 Free Boys	3.15pm	3.15pm – 4.00pm	4.15pm – 4.30pm	4.30pm – 4.45pm	Warm Down at Competition Pool
13	100 Back Boys	4.00pm	4.00pm – 4.45pm	5.00pm – 5.15pm	5.15pm – 5.30pm	Warm Down at Competition Pool
14	200 Fly Boys	4.45pm	4.45pm – 5.30pm	5.45pm – 6.00pm	6.00pm – 6.15pm	Warm Down at Competition Pool
15	400IM Boys	5.30pm	5.30pm – 6.15pm	6.30pm – 6.45pm	6.45pm – 7.00pm	Warm Down at Competition Pool

Day Estimated Schedule (Subject to Changes after closing deadline)

	Day 2 31 Jan 2021	Enter Toa Payoh SC	Warm Up at Diving Pool	Race at Competition Pool	Warm Down & leave Toa Payoh SC	Remarks
Wave	Minutes	0	45mins +15 mins	15mins	15mins	Total: 90mins
1	100 Free Boys	7.00am	7.00am – 7.45am	8.00am – 8.15am	8.15am – 8.30am	Warm Down at Competition Pool
2	50 Back Boys	7.45am	7.45am – 8.30am	8.45am – 9.00am	9.00am – 9.15am	Warm Down at Competition Pool
3	50 Breast Boys	8.30am	8.30am – 9.15am	9.30am – 9.45am	9.45am – 10.00pm	Warm Down at Competition Pool
4	100 Fly Boys	9.15am	9.15am – 10.00am	10.15am – 10.30am	10.30am – 10.45am	Warm Down at Competition Pool
5	200 Back Boys	10.00am	10.00am – 10.45am	11.00am – 11.15am	11.15am – 11.30am	Warm Down at Competition Pool
6	200 Breast Boys	10.45am	10.45am – 11.30am	11.45am – 12.00pm	12.15pm – 12.30pm	Warm Down at Competition Pool
7	200 IM Boys	11.30am	11.30am – 12.15pm	12.30pm – 12.45pm	12.45pm – 1.00pm	Warm Down at Competition Pool
8	400 Free Boys	12.15pm	12.15pm – 1.00pm	1.15pm – 1.30pm	1.30pm – 1.45pm	Warm Down at Competition Pool
9	50 Free Girls	1.00pm	1.00pm – 1.45pm	2.00pm – 2.15pm	2.15pm – 2.30pm	Warm Down at Competition Pool
10	50 Fly Girls	1.45pm	1.45pm – 2.30pm	2.45pm – 2.30pm	2.30pm – 2.45pm	Warm Down at Competition Pool
11	100 Breast Girls	2.30pm	2.30pm – 3.15pm	3.30pm – 3.45pm	3.45pm – 4.00pm	Warm Down at Competition Pool

12	200 Free Girls	3.15pm	3.15pm – 4.00pm	4.15pm – 4.30pm	4.30pm – 4.45pm	Warm Down at Competition Pool
13	100 Back Girls	4.00pm	4.00pm – 4.45pm	5.00pm – 5.15pm	5.15pm – 5.30pm	Warm Down at Competition Pool
14	200 Fly Girls	4.45pm	4.45pm – 5.30pm	5.45pm – 6.00pm	6.00pm – 6.15pm	Warm Down at Competition Pool
15	400IM Girls	5.30pm	5.30pm – 6.15pm	6.30pm – 6.45pm	6.45pm – 7.00pm	Warm Down at Competition Pool