



# Singapura **FINANCE**

## 47TH SINGAPORE NATIONAL AGE GROUP **SWIMMING CHAMPIONSHIPS**

Juniors: 11-13 March 2016 | Seniors: 16-20 March 2016

OCBC AQUATIC CENTRE

### EVENT INFORMATION

Title Sponsor:



Event Owner & Organiser:



Commercial Partner:



Official Sponsors:



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## 1.0 COMPETITION INFORMATION

Competition: Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming C'ships 2016  
**Juniors (8-12 years)**

Venue: OCBC Aquatic Centre

Session	Date	Day	Competition	Warm-Up
1	11 March 2016	Friday	6.30 pm	4.45 pm
2	12 March 2016	Saturday	8.30 am	7.00 am
3	12 March 2016	Saturday	2.00 pm	12.30 pm
4	13 March 2016	Sunday	8.30 am	7.00 am
5	13 March 2016	Sunday	2.00 pm	12.30 pm

Competition: Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming C'ships 2016  
**Seniors (13 years and over)**

Venue: OCBC Aquatic Centre

Session	Date	Day	Competition	Warm-Up
1	16 March 2016	Wednesday	6.30 pm	4.45 pm
2	17 March 2016	Thursday	9.30 am	7.45 am
3	17 March 2016	Thursday	6.30 pm	4.45 pm
4	18 March 2016	Friday	9.30 am	7.45 am
5	18 March 2016	Friday	6.30 pm	4.45 pm
6	19 March 2016	Saturday	9.30 am	7.45 am
7	19 March 2016	Saturday	6.30 pm	4.45 pm
8	20 March 2016	Sunday	9.30 am	7.45 am
9	20 March 2016	Sunday	6.30 pm	4.45 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 (2015 – 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). Registration fee is **S\$30.00 (inclusive of 7% GST)** per swimmer. This is also applicable to foreign swimmers.
  - Members of other Federations affiliated to FINA who meet the entry qualification standards (where applicable) provided they hold a valid clearance from their Federation.
- 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 follows:
- Multiple Age Groups

18 years & over	Born in 1998 or earlier
15-17 years	Born in 1999, 2000 and 2001
13-14 years	Born in 2002 and 2003
  - Single Age Groups

12 years	Born in 2004
11 years	Born in 2005
10 years	Born in 2006
9 years	Born in 2007
8 years	Born in 2008

## 4.0 ENTRY REGULATIONS

### 4.1 Closing date for entries – 12.00pm on Monday, 29 February 2016. Deadline for payment – 12.00pm on Monday, 7 March 2016

All Entries are to be emailed to:

[contact@swimming.org.sg](mailto:contact@swimming.org.sg) & [admin4@swimming.org.sg](mailto:admin4@swimming.org.sg)

- a. Late entries will **NOT** be entertained
- b. Performance times from SSA-sanctioned Meets or Overseas Meets dated from 1 March 2015 to 21 February 2016 can be used as entry time for SNAG 2016.
- c. To participate, swimmers must meet the Qualifying Entry Times (QET) in the respective events of his/her age group. 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.
- d. An administrative fee of **S\$25.00** 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.

- e. 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 Entry Fee

- a. Entry fee of **S\$6.00 (inclusive of 7% GST)** per event is applicable to Singaporean and non-Singaporean swimmers.
- b. Relay fee of **S\$22.00 (inclusive of 7% GST)** per relay team is applicable to Singaporean and non-Singaporean swimmers

### 4.3 Cheque and payment for all registration and entries are to be made payable to "**Singapore Swimming Association**" by latest **12.00pm on Monday, 7 March 2016**. If payment for the entry fee is not made on time, the entries **will not** be accepted.

- 4.4 It is **mandatory** for swimmer’s entries to be accompanied with NRIC (Singaporeans/PR) or passport number (foreigner). LAST name (Surname) is to be provided in CAPITAL LETTERS.

**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*

- 4.5 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. Affiliates which do not own the software may download a free version *Team Manager Lite* from [www.hy-tek ltd.com/downloads.html](http://www.hy-tek ltd.com/downloads.html).
- 4.6 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.
- 4.7 Each affiliate/club is entitled to register a maximum of three representatives e.g. one (1) team leader and two (2) assistant team leaders.

## 5.0 WITHDRAWALS

- 5.1 An administrative fee of **S\$25.00** shall be imposed on each withdrawal from entered events.
- 5.2 Team Leaders must present withdrawals to the Control Room Supervisor sixty (60) minutes prior to the start of the heats. 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.**
- 5.3 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.
- 5.4 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 MEDALS, RECORDS & NATIONAL SELECTION

- 6.1 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.
- 6.2 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 events in the Juniors Programme. The point system is as follows:

Position	Points awarded
Places 1-8:	10-8-6-5-4-3-2-1

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

- 6.3 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 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 events.

- 6.4 Only Meet Records established by Singaporeans will be officially recognised by the Organising Committee of the Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming Championships 2016
- 6.5 Records established by any Swimmers (Singaporean Swimmers and Non-Singaporean Swimmers) will be officially recognised by the Management Committee of the Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming Championships 2016 as the **"Open Record"**.
- 6.6 Age computation, for the purposes of Under-14 and Under-17 National Records recognition, will be based on age of swimmer on the day of record set.
- 6.7 Monetary incentives will not be given for Under-14 and Under-17 records broken with effect from 31 January 2010.



## 7.0 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.

Outside food/beverage is not allowed into the spectator stands as Sports Catering Services Booth will be open at OCBC AQC.





### 8.3 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.

### 8.4 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.

## 9.0 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 event will be combined with the senior's event on 16 March 2015 (W 800m) and 16 March 2015 (1500m).

The event will be stopped (the swimmers will cease to swim) after 25 minutes and 13 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.

- 11.1 Compulsory Events for Singaporean swimmers aged 11 and 12,  
 a. it is compulsory for the Singaporean swimmers in this age group must take part in the 200m Individual Medley and make a reasonable attempt to complete the race.

## 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 and the last three heats shall be cyclically seeded.

Session 1 • Friday • 11 March 2016 • Evening • 6.30 pm • Warm Up • 4.45pm	
200m Breaststroke	11 • 12
50m Freestyle	8 • 9 • 10 • 11 • 12
400m Individual Medley	11 • 12
Session 2 • Saturday • 12 March 2016 • Morning • 8.30 am • Warm Up • 7.00am	
200m Backstroke	11 • 12
100m Butterfly	8 • 9 • 10 • 11 • 12
200m Individual Medley	9 • 10 • 11 • 12 <i>Compulsory Events for 11 &amp; 12 Years Old (Singaporean Swimmers Only)</i>
Session 3 • Saturday • 12 March 2016 • Afternoon • 2.00 pm • Warm Up • 12.30pm	
50m Butterfly	8 • 9 • 10 • 11 • 12
100m Breaststroke	8 • 9 • 10 • 11 • 12
400m Freestyle	11 • 12
Session 4 • Sunday • 13 March 2016 • Morning • 8.30 am • Warm Up • 7.00am	
200m Butterfly	11 • 12
50m Backstroke	8 • 9 • 10 • 11 • 12
200m Freestyle	9 • 10 • 11 • 12

Session 5 • Sunday • 13 March 2016 • Afternoon • 2.00 pm • Warm Up • 12.30pm	
100m Backstroke	8 • 9 • 10 • 11 • 12
50m Breaststroke	8 • 9 • 10 • 11 • 12
100m Freestyle	8 • 9 • 10 • 11 • 12

### 13.0 ORDER OF EVENTS (SENIORS)

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

**a. Heats**

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

**b. Finals**

**13 to 14 years old**

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

'A' Finals – the top eight (8) 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 two (2) foreign swimmers who finish within the top eight (8) positions at the Heats, only the top two (2) fastest foreign swimmers would compete in the 'A' Finals.

"B" Finals – the remaining swimmers, within the top sixteen (16) 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 two (2) foreign swimmers who finish within the top ninth-sixteenth (9<sup>th</sup> -16<sup>th</sup> ) finishers at the Heats, only the next top two (2) fastest foreign swimmers would compete in the 'B' Finals.

There will be NO "B" Finals if the event has less than fourteen (14) swimmers in the Heats for the respective age-groups and there must be a minimum of five (5) swimmers in the "B" Finals start list for it to commence.

### **15 to 17 years old and 18 years old age group**

"A" Finals – the top eight (8) 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 two (2) foreign swimmers who finish within the top eight (8) positions at the Heats, only the top two (2) fastest foreign swimmers would compete in the "A" Finals. Swimmers from 15 to 17 yrs and 18 yrs and over age groups are eligible to compete in this final.

"B" Finals – the remaining swimmers, within the top sixteen (16) 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 two (2) foreign swimmers who finish within the top ninth-sixteenth (9<sup>th</sup> -16<sup>th</sup>) finishers at the Heats, only the next top two (2) fastest foreign swimmers would compete in the "B" Finals. Swimmers from 15 to 17 yrs and 18 yrs and over age groups are eligible to compete in this final.

There will be NO "B" Finals if the event has less than fourteen (14) swimmers in the Heats for these combined age groups.

"C" Finals – the remaining swimmers, within the top twenty - four (24) finishers of the Heats of each individual event who are not eligible to compete in the "A & B" Finals (Except the 800m and 1500m Freestyle races) will be able to compete in the "C" Finals. Should there be more than two (2) foreign swimmers who finish within the top seventieth to twenty-fourth (17<sup>th</sup> -24<sup>th</sup>) finishers at the Heats, only the next top two (2) fastest foreign swimmers would compete in the "C" Finals. Only Swimmers from 15 to 17 yrs age group are eligible to compete in this final.

There will be NO "C" Finals if the event has less than thirty (30) swimmers in the Heats for these combined age-groups.

"D" Finals – the remaining swimmers, within the top thirty - two (32) finishers of the Heats of each individual event who are not eligible to compete in the "A, B & C" Finals (Except the 800m and 1500m Freestyle races) will be able to compete in the "D" Finals. Should there be more than two (2) foreign swimmers who finish within the top twenty-fifth to thirty-second (25<sup>th</sup> -32<sup>nd</sup>) finishers at the Heats, only the next top two (2) fastest foreign swimmers would compete in the "D" Finals. Only Swimmers from 15 to 17 yrs age group are eligible to compete in this final.

There will be NO "D" Finals if the event has less than forty – five (45) swimmers in the Heats for these combined age-groups.

Medals for the 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).

**d) 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#

### 13.1 Order of Events (Seniors)

<b>16<sup>th</sup> March 2016 (Wednesday) – Day 1</b>				
<b>Heats Start Time: 6.30pm Warm Up: 4:45pm</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
101	800m Freestyle	Women	T. Finals	Fastest to Slowest
102	1500m Freestyle	Men	T. Finals	

<b>17<sup>th</sup> March 2016 (Thursday) – Day 2</b>				
<b>Heats Start Time: 9.30am Warm Up: 7:45am</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
201	50m Butterfly	Women	Heats	
202	50m Butterfly	Men	Heats	
203	400m Freestyle	Women	Heats	
204	400m Freestyle	Men	Heats	
205	50m Breaststroke	Women	Heats	
206	50m Breaststroke	Men	Heats	
207	200m Backstroke	Women	Heats	
208	200m Backstroke	Men	Heats	
<b>17<sup>th</sup> March 2016 (Thursday) – Day 2</b>				
<b>Finals Start Time: 6.30pm Warm Up: 4:45pm</b>				
201	50m Butterfly 13-14 • 15-17 • 18 & over	Women	Finals	
202	50m Butterfly 13-14 • 15-17 • 18 & over	Men	Finals	
203	400m Freestyle 13-14 • 15-17 • 18 & over	Women	Finals	
204	400m Freestyle 13-14 • 15-17 • 18 & over	Men	Finals	
205	50m Breaststroke 13-14 • 15-17 • 18 & over	Women	Finals	
206	50m Breaststroke 13-14 • 15-17 • 18 & over	Men	Finals	
207	200m Backstroke 13-14 • 15-17 • 18 & over	Women	Finals	
208	200m Backstroke 13-14 • 15-17 • 18 & over	Men	Finals	

<b>18<sup>th</sup> March 2016 (Friday) – Day 3</b>				
<b>Heats Start Time: 9.30am Warm Up: 7:45am</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
301	200m Freestyle	Women	Heats	
302	200m Freestyle	Men	Heats	
303	50m Backstroke	Women	Heats	
304	50m Backstroke	Men	Heats	
305	100m Breaststroke	Women	Heats	
306	100m Breaststroke	Men	Heats	
307	200m Butterfly	Women	Heats	
308	200m Butterfly	Men	Heats	
<b>18<sup>th</sup> March 2016 (Friday) – Day 3</b>				
<b>Finals Start Time: 6.30pm Warm Up: 4:45pm</b>				
301	200m Freestyle 13-14 • 15-17 • 18 & over	Women	Finals	
302	200m Freestyle 13-14 • 15-17 • 18 & over	Men	Finals	
303	50m Backstroke 13-14 • 15-17 • 18 & over	Women	Finals	
304	50m Backstroke 13-14 • 15-17 • 18 & over	Men	Finals	
305	100m Breaststroke 13-14 • 15-17 • 18 & over	Women	Finals	
306	100m Breaststroke 13-14 • 15-17 • 18 & over	Men	Finals	
307	200m Butterfly 13-14 • 15-17 • 18 & over	Women	Finals	
308	200m Butterfly 13-14 • 15-17 • 18 & over	Men	Finals	

<b>19<sup>th</sup> March 2016 (Saturday) – Day 4</b>				
<b>Heats Start Time: 9.30am Warm Up: 7:45am</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
401	50m Freestyle	Women	Heats	
402	50m Freestyle	Men	Heats	
403	200m Individual Medley	Women	Heats	
404	200m Individual Medley	Men	Heats	
405	200m Breaststroke	Women	Heats	
406	200m Breaststroke	Men	Heats	
407	100m Butterfly	Women	Heats	
408	100m Butterfly	Men	Heats	
<b>19<sup>th</sup> March 2016 (Saturday) – Day 4</b>				
<b>Finals Start Time: 6.30pm Warm Up: 4:45pm</b>				
401	50m Freestyle 13-14 • 15-17 • 18 & over	Women	Finals	
402	50m Freestyle 13-14 • 15-17 • 18 & over	Men	Finals	
403	200m Individual Medley 13-14 • 15-17 • 18 & over	Women	Finals	
404	200m Individual Medley 13-14 • 15-17 • 18 & over	Men	Finals	
405	200m Breaststroke 13-14 • 15-17 • 18 & over	Women	Finals	
406	200m Breaststroke 13-14 • 15-17 • 18 & over	Men	Finals	
407	100m Butterfly 13-14 • 15-17 • 18 & over	Women	Finals	
408	100m Butterfly 13-14 • 15-17 • 18 & over	Men	Finals	

20 <sup>th</sup> March 2016 (Sunday) – Day 5 Heats Start Time: 9.30am Warm Up: 7:45am				
Event No	Event			Remarks
501	100m Freestyle	Women	Heats	
502	100m Freestyle	Men	Heats	
503	400m Individual Medley	Women	Heats	
504	400m Individual Medley	Men	Heats	
505	100m Backstroke	Women	Heats	
506	100m Backstroke	Men	Heats	
507	1500m Freestyle	Women	Timed Finals	All Heats in Morning
508	800m Freestyle	Men	Timed Finals	All Heats in Morning
20 <sup>th</sup> March 2016 (Sunday) – Day 5 Finals Start Time: 6.30pm Warm Up: 4:45pm				
501	100m Freestyle 13-14 • 15-17 • 18 & over	Women	Finals	
502	100m Freestyle 13-14 • 15-17 • 18 & over	Men	Finals	
503	400m Individual Medley 13-14 • 15-17 • 18 & over	Women	Finals	
504	400m Individual Medley 13-14 • 15-17 • 18 & over	Men	Finals	
505	100m Backstroke 13-14 • 15-17 • 18 & over	Women	Finals	
506	100m Backstroke 13-14 • 15-17 • 18 & over	Men	Finals	
509	4 x 100m Freestyle Relay Open	Women	Timed Finals	<ul style="list-style-type: none"> <li>Olympic Relay Qualification</li> <li>National Age Group Record</li> </ul>
510	4 x 100m Freestyle Relay Open	Men	Timed Finals	<ul style="list-style-type: none"> <li>Olympic Relay Qualification</li> <li>National Age Group Record</li> </ul>

## 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	0:51:15	0:46:38	0:42:41	0:40:36	0:38:56
100 LC Meter Freestyle	1:57:34	1:45:07	1:34:23	1:27:41	1:24:10
200 LC Meter Freestyle	NA	3:45:27	3:24:03	3:20:55	3:05:37
400 LC Meter Freestyle	NA	NA	NA	6:56:09	6:28:44
50 LC Meter Backstroke	0:59:45	0:55:18	0:49:40	0:47:03	0:44:42
100 LC Meter Backstroke	2:12:04	2:00:49	1:48:43	1:42:16	1:36:22
200 LC Meter Backstroke	NA	NA	NA	3:45:48	3:27:16
50 LC Meter Breaststroke	1:07:51	1:02:07	0:56:02	0:50:45	0:49:56
100 LC Meter Breaststroke	2:25:45	2:14:14	2:00:12	1:52:06	1:49:34
200 LC Meter Breaststroke	NA	NA	NA	4:04:28	3:52:55
50 LC Meter Butterfly	0:58:20	0:52:58	0:46:29	0:44:04	0:41:53
100 LC Meter Butterfly	2:15:18	2:07:37	1:53:15	1:39:39	1:35:15
200 LC Meter Butterfly	NA	NA	NA	3:52:20	3:40:15
200 LC Meter IM	NA	4:11:03	3:49:08	NO QET	NO QET
400 LC Meter IM	NA	NA	NA	7:55:43	7:28:53
800 LC Meter Freestyle	13:38:17				
1500 LC Meter Freestyle	25:00.00				

Events	Qualifying Entry Times for Seniors – Girls/Women		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	0:35:26	0:34:31	0:34:07
100 LC Meter Freestyle	1:17:08	1:14:14	1:13:44
200 LC Meter Freestyle	2:46:39	2:42:37	2:45:08
400 LC Meter Freestyle	5:55:20	5:45:40	5:45:40
50 LC Meter Backstroke	0:41:42	0:41:01	0:38:30
100 LC Meter Backstroke	1:29:17	1:25:54	1:27:24
200 LC Meter Backstroke	3:14:45	3:12:48	3:06:48
50 LC Meter Breaststroke	0:45:34	0:45:13	0:43:13
100 LC Meter Breaststroke	1:38:07	1:38:47	1:35:34
200 LC Meter Breaststroke	3:36:38	3:18:05	3:22:42
50 LC Meter Butterfly	0:38:02	0:37:16	0:37:20
100 LC Meter Butterfly	1:24:36	1:22:58	1:21:27
200 LC Meter Butterfly	3:08:29	3:04:20	3:04:20
200 LC Meter IM	3:09:41	3:08:59	3:09:42
400 LC Meter IM	6:41:31	6:47:20	6:47:20
800 LC Meter Freestyle	12:35:17	11:51:10	11:51:10
1500 LC Meter Freestyle	23:34:22	22:57:50	22:57:50
4 x 100 LC Meter Freestyle	NA		

**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	0:47:15	0:42:50	0:41:21	0:39:43	0:37:28
100 LC Meter Freestyle	1:46:30	1:35:55	1:30:59	1:26:19	1:20:24
200 LC Meter Freestyle	NA	3:26:56	3:15:08	3:05:01	2:54:40
400 LC Meter Freestyle	NA	NA	NA	6:29:07	6:05:24
50 LC Meter Backstroke	0:56:18	0:50:27	0:48:41	0:47:03	0:44:18
100 LC Meter Backstroke	1:58:56	1:48:47	1:46:41	1:40:39	1:37:05
200 LC Meter Backstroke	NA	NA	NA	3:35:49	3:33:45
50 LC Meter Breaststroke	1:03:11	0:57:35	0:53:31	0:50:51	0:46:28
100 LC Meter Breaststroke	2:13:55	2:04:12	1:57:45	1:56:06	1:41:55
200 LC Meter Breaststroke	NA	NA	NA	3:55:22	3:41:07
50 LC Meter Butterfly	0:52:23	0:47:19	0:45:36	0:44:07	0:40:27
100 LC Meter Butterfly	2:07:04	1:47:03	1:47:18	1:37:58	1:30:00
200 LC Meter Butterfly	NA	NA	NA	3:43:14	3:22:25
200 LC Meter IM	NA	3:53:31	3:40:39	NO QET	NO QET
400 LC Meter IM	NA	NA	NA	7:26:16	7:01:29
800 LC Meter Freestyle	12:32.76				
1500 LC Meter Freestyle	24:06.00				



Events	Qualifying Entry Times for Seniors – Boys/Men		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	0:32:29	0:31:23	0:30:34
100 LC Meter Freestyle	1:11:17	1:08:12	1:05:13
200 LC Meter Freestyle	2:35:33	2:28:57	2:22:18
400 LC Meter Freestyle	5:30:36	5:22:23	5:08:20
50 LC Meter Backstroke	0:38:45	0:36:49	0:34:52
100 LC Meter Backstroke	1:23:54	1:18:52	1:18:00
200 LC Meter Backstroke	3:00:41	2:53:07	2:42:55
50 LC Meter Breaststroke	0:41:57	0:39:47	0:37:54
100 LC Meter Breaststroke	1:29:37	1:25:41	1:26:07
200 LC Meter Breaststroke	3:18:11	3:08:58	2:57:57
50 LC Meter Butterfly	0:35:22	0:33:38	0:33:26
100 LC Meter Butterfly	1:18:43	1:15:14	1:12:47
200 LC Meter Butterfly	2:58:21	2:49:02	2:40:43
200 LC Meter IM	2:56:30	2:50:31	2:43:59
400 LC Meter IM	6:19:42	6:08:43	5:47:59
800 LC Meter Freestyle	12:54:09	11:42:48	10:53:21
1500 LC Meter Freestyle	22:53:52	21:46:38	20:30:19
4 x 100 LC Meter Freestyle	NA		

## 15.0 TERMS & CONDITIONS

All Participants who are entered in the Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming Championships 2016 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 Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming Championships 2016 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 Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming Championships 2016. 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 Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming Championships 2016, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the Singapura Finance 47<sup>th</sup> Singapore National Age Group Swimming Championships 2016.

## 16.0 KEY DATES

Date & Time	Event	Venue
29 February 2016	Closing Date for Entries Submission <b>Note: Rule 4.1 Late entries will not be entertained</b>	SSA Office
1-4 March 2016	Preliminary entries list by affiliates/ teams will be sent for verification	
7 March 2016 12.00pm	Full Payment must reach SSA Office	
8 March 2016	Final entries list (pysch sheet) will be sent out to all participating affiliates/teams (Juniors)	
11 March 2016	Final entries list (pysch sheet) will be sent out to all participating affiliates/teams (Seniors)	
10 March 2016, 11.00am	Team Leaders Meeting – Juniors Programme	Technical Control Room at OCBC Aquatic Centre
11-13 March 2016	Junior Age Group	OCBC Aquatic Centre
15 March 2016, 11.00am	Team Leaders Meeting – Seniors Programme	Technical Control Room at OCBC Aquatic Centre
16-20 March 2016	Senior Age Group	OCBC Aquatic Centre

**About Singapura Finance**

Singapura Finance started life as the Federal and Colonial Building Society Ltd in the 1950s. Today, Singapura Finance is listed on the SGX and is a licensed finance company under the Finance Companies Act. The company offers a wide spectrum of financial services to consumers and corporations as well as deposits for both individuals from the young toddlers to the elderly.

**About Singapore Swimming Association**

Singapore Swimming Association (SSA) was set up in 1939 and is currently the National Sports Association governing swimming, water polo, diving, synchronized swimming and open water swimming in Singapore.

# ESG

**About Enterprise Sports Group**

Enterprise Sports Group (ESG) is a leading Singapore-based international sport marketing firm established in 2005. ESG specialises in creating and delivering effective client solutions through sports sponsorship and bespoke sporting activities. The firm also provides sports federations and rights owners strategies to help them realize the commercial potential of their rights.



### **About Little Swim School**

Little Swim School specialises in swimming lessons that cater to all age groups, including babies, infants and toddlers. Since its inception in 2009, its team of dedicated coaches places emphasis on imparting practical swim skills to empower water-safe kids in a fun way.



### **About Neo Garden**

Neo Garden's holding company, Neo Group Pte Ltd was incorporated in 2008. Since 1992, Neo Garden® Catering (previously Neo Garden Restaurant, rebranded in 2008) has devoted itself in the area of home delivery meals and household buffet delivery. It has since introduced a wide range of popular catering services including Hi-Tea, BBQ and Mini Buffet. Today, Neo Garden can proudly call itself the preferred choice of Singaporeans after clinching the title of No.1 Caterer in Singapore, based on an AC Nielsen survey in 2010 and 2011.



### **About TYR**

Connecting sport innovation with fashionable design, TYR provides the essentials for aquatic sports and fitness. With our foundation built on the goal to perfect performance swimwear and accessories, we focus on what swimmers need. So when you are swimming laps, doing water aerobics, training for a triathlon or catching a wave, simply bring TYR along and you'll experience being, "Always In Front." We are committed to constantly deliver professional and value added services to all our customers.



## Volkswagen

### **About Volkswagen Group Singapore**

Volkswagen Group Singapore is a subsidiary of the Volkswagen Group, which is headquartered in Wolfsburg, Germany. Volkswagen is the only car brand in Singapore to manage its retail business directly. The two dealerships – Volkswagen Centre Singapore (Alexandra) and Volkswagen Exclusive – offer full sales and service facilities. By retailing directly to customers, Volkswagen is able to position itself at the forefront of Singapore’s car market. This arrangement also allows for a closer relationship between the brand and the people who matter the most. Volkswagen Singapore provides Volkswagen owners with the quality experience they expect from Europe’s largest car maker.

## Yakult

### **About Yakult Singapore**

Yakult was first introduced to Singaporeans in 1979 with the incorporation of Yakult Singapore in 1978. Although Yakult Singapore started humbly in three containers at Hillview Avenue, it operates today from a multi-million dollar ultra-modern plant at Senoko Avenue. As Yakult is produced locally, our customers can be assured of the highest quality and freshness of Yakult sold in Singapore. Yakult Singapore perseveres to continue its healthy journey to spread to all people in Singapore on the awareness of the benefits of its unique probiotics, *L. casei* strain Shirota along the principles of Shirota-ism.



### **About 100PLUS**

100PLUS is specially formulated to help restore what the body loses in the course of the day. Its unique combination of carbohydrates (glucose and sucrose) and electrolytes (minerals) helps in efficient transport of nutrients into the body, and is an immediate source of energy, enabling consumers to achieve peak performance in their daily active lifestyles.

Outdo yourself with *100PLUS*, Singapore’s No.1 isotonic drink.