

Competition	<p align="center">18th Asian Games, Jakarta Indonesia 18th August to 2nd September 2018 Actual comp dates TBA)</p>
Qualifying Period	19 th July 2017 (CYG) to 30 th April 2018
Initial Release Date	19 Sept 2017 (Amended Dec 18 2017)

Selection Events	<ul style="list-style-type: none"> • 49th Singapore National Age Group Swimming Championships 2018 • SEA Games, KL 2017 • FINA World Championships, Budapest Hungary 2017 • Junior World Swimming Championships, Indianapolis USA 2017 • Commonwealth Games 2018 • Commonwealth Youth Games, Bahamas 2017 • Overseas Based Swimmers not returning for 49th SNAG can select one accredited and sanctioned meet between January 1 2018 – 30th April 2018 that comply with FINA standards. Submission of this meet must be received at Singapore Swimming Association (SSA) by 1700hrs October 31, 2017. <ul style="list-style-type: none"> ○ Nomination of Overseas meet is to be sent to sonya.porter@swimming.org.sg ○ The overseas based swimmer is responsible to seek clarification from the host country that the meet is a FINA qualifying event ○ Any times submitted that are not from a FINA qualifying event will NOT be accepted. ○ Official results must be sent directly to SSA by the athlete, coach or club representative within two days of the meet conclusion. ○ Send times to Jessica.Chua@Swimming.org.sg
Eligibility	<p>To be considered for selection, a swimmer must meet all of the following eligibility criteria and maintain through the Championships:</p> <ol style="list-style-type: none"> 1. Be a Singapore citizen, eligible to represent Singapore. 2. Be a registered member of SSA in good standing. 3. Have a signed current SSA Athlete Agreement. 4. Met performance standards as designated by Singapore National Olympic Committee (SNOC), 6th place timing at the 2014 17th ASIAN Games, Incheon South Korea. <ol style="list-style-type: none"> a. A swimmer's fastest time for selection consideration must occur in an individual event. b. Relay lead-off times will NOT be considered for selection purposes. 5. Have competed in a designated selection meet (see list of selection events above) unless granted an exemption under the provisions of the criteria by the SSA Selectors. This exemption will only be granted due to extenuating circumstances. On request of SSA, evidence shall

	<p>be provided of the extenuating circumstances, prior to the exemption being considered.</p> <ul style="list-style-type: none"> a. Extenuating circumstances can include but is not limited to: <ul style="list-style-type: none"> i. Injury or Illness ii. Equipment Failure iii. Travel Delays iv. Bereavement <p>6. Continues to train for peak swimming performance.</p> <ul style="list-style-type: none"> a. The coach of record is accountable to the National Head Coach to communicate: <ul style="list-style-type: none"> i. The athlete performance plan for Asian Games ii. Performance progression toward the games iii. Any injuries, illnesses or training restrictions preventing the athlete from executing the training plan iv. Requirements to execute the plan b. The athlete is accountable for: <ul style="list-style-type: none"> i. Completion of required forms and monitoring documents as designated by the National Head Coach ii. Full-time commitment to the training plan required for peak performance, as designed by the coach of record <p>7. Be available to fulfil the Team Commitments as listed below and any additional commitments following selection, as allowed by the permanent geographical training location.</p> <p>8. Not used or administered any substance which, if it had been detected as being present in the athlete's body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in ADS's, WADA or FINA's Anti-Doping By-law.</p> <p>9. No individual can perform the role of both participating swimmer and coach at the same meet.</p> <ul style="list-style-type: none"> a. The individual shall declare their intention upon selection of their specific role. b. Each individual will declare their role upon signing either the Athletes' Agreement or Coaches' Agreement
Team Commitments	<p>All swimmers and officials must:</p> <ul style="list-style-type: none"> 1. Comply with the provisions of the SSA and SNOG Athletes / Officials Agreement at all times. 2. Conform to SSA requirements regarding team participation. This includes, but may not be limited to, providing the required training plans (see eligibility 6), attendance at pre-event camps and wearing team uniform as required. 3. Make themselves available for all team activities designated by SSA, as allowed by the geographical training location (see eligibility 7). <ul style="list-style-type: none"> a. Orientation Camp and dedicated NTC combined training sessions (Dates TBD) b. Compete at SNSC June 20-23, 2018 c. Staging Camp Location TBD, 5 days prior to departure to Jakarta (minimum 3 days before competition commences)

	<ol style="list-style-type: none"> 4. Not act in such a manner as to bring the swimmer, official or SSA into public disrepute. 5. Swimmers and Officials are required to appear at events and platforms whereby their images and presence are needed to achieve SSA's objectives. <ol style="list-style-type: none"> a. A maximum of 2 appearances for SSA will be required b. Appearances will not exceed more than 2 hours in duration c. Appearances will not be scheduled during swimmers/coaches regular training hours d. All swimmer's appearance activities to be approved by the respective coach of record
Performance Requirements	<p>To be considered for selection for individual events for the 18th ASIAN Games, swimmers are required to:</p> <ol style="list-style-type: none"> 1. A maximum of 2 swimmers per event may be considered for selection. 2. Achieve an A Time Standard as shown below in Table 1. at one of the designated selection meets. <ol style="list-style-type: none"> a. The A Qualifying time set by SNOC for this championship is based on the 6th placed time at the 2014 ASIAN Games. b. Achieving this standard automatically qualifies you to be nominated to the 2018 ASIAN Games, given you are one of the two fastest swimmers at the conclusion of the qualifying period 30 April 2018. 3. Juniors Boys: 18 and under Dec 31, 2018 Junior Girls: 17 and under Dec 31, 2018. Achieve a B Time Standard as shown in Table 1. at one of the designated selection meets, provided there is an opening in that event after performance requirement 2. is completed <ol style="list-style-type: none"> a. B Time Standard is equal to 8th place time achieved at 2014 Asian Games: b. Swimmers who get nominated via a B Time standard will be submitted to SNOC as an appeal. c. Any Nomination via B Time standard is subject to the decision by the SNOC's selection committee. 4. Should two or more swimmers achieve the same qualifying time from any of the Selection Events then the swimmer's next fastest time from that same selection meet, prelim or final will be used to determine which swimmer is selected. 5. Relay splits will NOT be considered for selection for individual events nor for selection to relays. <p><u>Nomination for Other Events:</u></p> <ol style="list-style-type: none"> 1. At the sole discretion of the National Head Coach, swimmers who qualify for the 2018 ASIAN Games on the above basis may request to swim

additional events (events in which they haven't achieved the qualifying criteria) if there is an available position. Decisions about additional events will be finalized by SSA in consultation with the National Head Coach.

Criteria for Selection for Relay Events:

1. The best team will be put on the blocks to represent Singapore.
2. Relays must achieve an A Time Standard as shown below in Table 1. during the selection period and the designated selection meets.
 - a. The A Qualifying time set by SNOC for this championship is based on the 6th placed time at the 2014 ASIAN Games.
 - i. No Mixed Relays were swam in 2014. The average time of the men's and women's 4 x 100 Medley relays 2014 6th place time will be used as selection time.
 - b. 6th place time can be achieved as a relay in bona-fide competition or as an add-up of the fastest individual times within the selection window and criteria.
 - c. The relay time is owned by Singapore and not the swimmers comprising it. All nominations for relay places will comprise of the fastest combinations achieved during the qualifying window.
3. Selections for relays will be done by ranking of swimmers based on times achieved during the qualifying window.
4. In the 100m & 200m Freestyle events, the third and fourth ranked swimmers will be nominated to compete in the 4 x 100m & 4 x 200m Freestyle Relays.
 - a. SSA will nominate 5th and 6th fastest ranked 100 Free and 200 Free swimmers provided:
 - i. Their inclusion to the squad and swimming this relay in prelims maintains capability of the relay to qualify for finals and provide opportunity for swimmers with loaded schedules to sit out until finals. Reserve swimmer(s) will be nominated if the relay 6th place time qualification can still be met when:
 1. 5th nominee time replaces fastest swimmer (5, 2,3,4)
 2. 6th nominee time replaces 2nd fastest swimmer with the condition 5th nominee time still replaces fastest swimmer. (5,6,3,4)
 - ii. There is no guarantee of selection of the 5th and 6th positions, final squad will be decided by SNOC.

Race Day - Relay Composition

	<p>b. All available swimmers who have a proven time between start of the selection window to start of the ASIAN Games and performances during ASIAN Games, who are on the team, are eligible for a place on the relay as selected by the National Team head coach and relay staff at the championship meet.</p> <ol style="list-style-type: none"> i. Official timing system must be used to determine outcome ii. Swimmers and coaches requesting a swim-off must recognize final time must clearly outperform the qualified swimmer (0.4 faster) <p>5. The medley relay will comprise of the fastest swimmer within the qualifying window in the individual event of the 100m Backstroke, 100m Breaststroke, 100m Butterfly and 100m Freestyle, or the fastest combination of swimmers possible as determined by the National Team Head Coach and relay staff at the championship meet.</p> <p>Race-day relay composition</p> <ol style="list-style-type: none"> a. The fastest combination by definition, is the fastest swimmer available during the course of the meet, including the fastest individual distance (100m) of stroke during the ASIAN Games 2018 championships or an individual posting a faster time during the selection window who not necessarily swims that event at the ASIAN Games due to conflict with other events. <p>6. The fastest swimmer of the form strokes will be nominated to the medley relay should a stroke not be represented by any swimmer attaining the A or B Time Standard, provided the nominated swimmer's time added to the composition of the relay still achieve the 6th place relay qualifying time.</p> <ol style="list-style-type: none"> a. Stroke reserves will only be considered for nomination provided their time replacing the faster qualifier still achieves the 6th place relay qualifying time. <p>7. The Mixed Medley Relay will be comprised of the fastest combination of swimmers from the individuals nominated for selection for the men's and women's medley relays.</p> <p>8. The final decision of the composition of the relays will be made by the National Head Coach.</p>
Team Size	<ol style="list-style-type: none"> 1. With the approval of SNOG, SSA intends to send 2 representatives per each individual event. 2. The fastest 2 qualifying swimmers of each individual event within the qualifying window will, by default, be automatically nominated to represent Singapore at the ASIAN Games 2018. If the 2 fastest

	<p>swimmers choose not to swim in an individual event, the slot will go to the 3rd fastest qualifying swimmer in the event and so on.</p> <ol style="list-style-type: none"> 3. SSA shall not be obligated to nominate a full team of two athletes per event should a qualifying athlete or suitable developing athlete not be available for selection. 4. SSA may nominate 6 swimmers per relay for the freestyle relays. Hence, the SSA may nominate the 4 fastest swimmers in the individual event of the 100m and 200m freestyle events for the 4x100m and 4x200m relay respectively, plus two reserves, and the fastest 4 swimmers to make up the 4 x 100 medley relay. SSA may also nominate up to 1-2 reserve swimmers for each leg of the medley relay, 100m backstroke, 100m breaststroke and 100m butterfly. Consideration factors for relay reserves: <ol style="list-style-type: none"> a. SSA will consider nominating the 5th and 6th fastest 100 and 200 freestylers if they provide opportunity for swimmers with deep schedules to rest from prelims and still match or better the relay qualifying 6th place time from 2014 ASIAN Games. b. SSA will consider nomination of the relay stroke reserves, if they provide opportunity for swimmers with deep schedules to rest from prelims and still match or better the relay qualifying 6th place time from 2014 ASIAN Games 5. The top 4 places will be considered for relays. If one of the four eligible swimmers decline a place for relay selection, any additional selections can only be made if the swimmers in succession meet the minimal qualifying standards. 6. Final Team selected for the 18th Asian Games is subject to SNOC approval.
Coaches Selection	<p>SSA will nominate the National Head Coach to SNOC as Head Coach for ASIAN Games 2018 selection.</p> <p>Subject to the approval of SNOC, the number of additional team coaches selected will depend on the number of swimmers selected with a maximum ratio of 1:4 (1 coach x every 4 swimmers), with a maximum of 2 coaches per club.</p> <p>The team coaches will be selected in accordance to the following priority under these restrictions:</p> <ul style="list-style-type: none"> • Within each priority the athletes will be ranked based on 2017 world rankings from the FINA website as of 31 August 2017. This ranking will prioritize coaches available for selection. • Only times achieved within the current selection criteria are valid for coach nomination • The nominated coach of an athlete must be the coach of record for at least 6 months prior to the athlete's selection to the ASIAN Games 2018. • Up to 4 additional team coaches only 1 can be internationally based • Up to 8 additional team coaches only 2 can be internationally based

	<p>Priority: Coaches of athletes nominated with times achieving World Ranking (2 per nation as of August 31, 2017)</p> <ol style="list-style-type: none"> i. Priority goes to the coach of the highest world ranked athlete not the number of athletes within this criterion, until selection is fulfilled ii. In the event of a tie (i.e. equal world ranking) for the last available coaching position, the coach with the greatest number of swimmers will be selected. iii. In the event of a tie (item ii. above) The National Head Coach will make a recommendation based on the needs of the team.
Notes	<p>The Singapore National Olympic Council (SNOC) is the body which sets the qualifying standards for all sports. They are also the governing body that selects the athletes for the Games, and considers any appeal cases which the NSAs may submit.</p> <p>The selection committee will consist of the following</p> <ul style="list-style-type: none"> • Joscelin Yeo • Oon Jin Teik • Stephan Widmer • Sonya Porter • Gary Tan <p>The appeals committee will consist of the following</p> <ul style="list-style-type: none"> • Lee Kok Choy • Bervyn Lee • Ho Mun Wai
Approved Date	19 Sept 2017

A and B Qualifying Times

Table 1

Event	Men A Cut	Men B Cut	Women A Cut	Women B Cut
50m Freestyle	22.91	0:23.11	25.72	0:25.91
100m Freestyle	50.15	0:50.61	56.18	0:56.65
200m Freestyle	1:49.90	1:51.08	2:02.05	2:03.54
400m Freestyle	3:55.39	3:57.29	4:18.13	4:22.74
800m Freestyle (W)	8:15.19	8:17.77	8:44.47	8:57.60
1500m Freestyle (M)	15:31.67	15:36.52	16:45.84	17:11.02
50m Backstroke	25.46	0:26.25	28.67	0:29.31
100m Backstroke	55.73	0:56.63	1:02.21	1:02.83
200m Backstroke	2:04.54	2:06.67	2:14.69	2:20.46
50m Breaststroke	28.79	0:28.94	32.35	0:32.71
100m Breaststroke	1:01.60	1:02.44	1:09.79	1:12.28
200m Breaststroke	2:12.53	2:14.97	2:27.53	2:33.28
50m Butterfly	24.03	0:24.32	27.02	0:27.28
100m Butterfly	53.17	0:53.86	59.48	1:01.83
200m Butterfly	1:59.93	2:03.24	2:14.26	2:18.96
200m Individual Medley	2:02.80	2:03.77	2:15.27	2:15.63
400m Individual Medley	4:24.12	4:29.29	4:44.49	4:48.99
4 x 100m Free Relay	3:23.95		3:49.79	
4 x 100m Medley Relay	3:44.17		4:19.92	
4 x 200m Free Relay	7:34.50		8:16.56	
4 x 100 Mixed Medley-R	4:02.05			

Men 1500 A cut to current 6th place Asia time = 15:31.67/15:20.10 = 1.0125747201 (Multiplier)

Men 800 Current 6th place time – 8:09.04 * 1.0125747201 = 8:15.19

Men 800 Current 8th place time – 8:13.71 * 1.0125747201 = 8:19.92

Or Mens 1500 B cut is 1.0052057059 multiplier from A cut

8:15.19 * 1.0052057059 = 8:17.77

Women 800 A Cut to current 6th place Asia Time = 8:44.47/8:40.87 = 1.0069115134

Women 1500 current 6th place time – 16:45.84 * 1.0069115134 = 16:52.79

Women 1500 Current 8th place time – 17:18.81 * 1.0069115134 = 17:25.99

Or Womens 800 B cut is 1.025034797 multiplier from A cut

16:45.84 * 1.025034797 = 17:11.02