

Competition	XXI Commonwealth Games – Gold Coast Australia 5-10 April 2018
Qualifying Period	June 13 – Aug 31 2017
Initial Release Date	11 April 2017

Selection Events	<ul style="list-style-type: none"> • 48th SNAG (or Overseas based athlete’s selection Meet) • 13th Singapore National Swimming Championships • 2017 World Swimming Championships • 2017 Commonwealth Youth Games • 2017 SEA Games • 2017 World Junior Swimming Championships • Overseas Based Athletes not returning for 13th Singapore National Swimming Championships can select one qualifying meet between June 1 - June 30, 2017 that comply with FINA standards for 2017 World Swimming Championship qualifying events. Submission of this meet must be received at Singapore Swimming Association (SSA) by 1700hrs 1 June 2017. <ul style="list-style-type: none"> ○ Nomination of one Overseas meet is to be sent to sonya.porter@swimming.org.sg ○ The overseas based athlete 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 times must be sent directly to SSA 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. Meet performance standards as designated by the selection criteria <ol style="list-style-type: none"> a. Times must be achieved in an individual event, relay lead-off or swim-off in the case of a tie for selection. 5. Have competed in one of the designated selection meets as noted in Selection Events or a designated accredited meet if based overseas 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 be provided of the extenuating circumstances, prior to the exemption being considered. <ol 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> <p>7. Be available to fulfil the Team Commitments as listed below and any additional commitments following selection.</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. <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 </p>
<p>Team Commitments</p>	<p>All swimmers and officials must:</p> <ul style="list-style-type: none"> 1. Comply with the provisions of the SSA Athletes Agreement at all times. 2. Conform to SSA requirements regarding team participation. This includes, but may not be limited to, providing an acceptable training plan, attendance at a pre-event camp and wearing team uniform as required. 3. Make themselves available for all team activities designated by SSA. 4. Not act in such a manner as to bring the athlete or SSA into public disrepute. 5. All swimmers and officials are required to appear at events and platforms whereby their images and presence are needed to achieve SSA’s objectives.
<p>Performance Requirements</p>	<p>To be considered for selection for individual events for the XXI Commonwealth Games swimmers are required to:</p> <p><u>SELECTION INDIVIDUAL</u></p> <p>PRIORITY ONE</p> <ul style="list-style-type: none"> a. Achieve an A Time Standard as shown below in Table 1. at one of the designated selection meets. <ul style="list-style-type: none"> I. The Automatic Qualifying time is set by SNOG for this championship from 6th place at the 2014 Commonwealth Games. II. A maximum of two swimmers can be entered per event provided both swimmers meet the A Time Standard. The

fastest two swimmers with A Time Standards after the qualifying period will be selected.

NOTE: Intermediate splits will be considered for 50's of all strokes only if the original event time is completed in a bona fide event, the swim must be registered in results as a completed event.

- III. A 50 split from the 100 of stroke where the 100 of stroke is completed in full, not DQ'd will be considered.
- IV. A 50 split from the 100 free where the 100 free is completed in full, not DQ'd will be considered.

SELECTION RELAYS

PRIORITY TWO

- b. For 4 x 100 Free and 4 x 200 Free Relays,
 - I. Time attained at any of the Selection Meets or the fastest aggregate relay that achieves the 6th place performance criteria qualifies the relay.
 - i. Swimmers will be selected to the relay based on the fastest 4 individual performers of that distance that
 - 1. Qualified the relay or,
 - 2. Produce aggregate times in individual events that add up faster than the actual relay splits

NOTE: The 5th fastest Individual 100 Freestyler, 200 Freestyler will also be nominated for consideration should the team aggregate time remain ranked 3rd or higher Commonwealth Games 2014 rankings with their inclusion.

- c. For the 4 x 100 Medley Relay
 - I. Time qualified at any of the Selection Meets that achieves the 6th place performance criteria qualifies the relay or the fastest aggregate relay.
 - i. For the 100 Backstroke, Breaststroke, Butterfly and Freestyle, the following team members are eligible
 - 1. Fastest of the Individual A Cuts (max 2 per stroke event) are automatically available at the meet based on best possible combination for the relay.
 - 2. Fastest Individual of each stroke should an individual A-cut not be achieved.

NOTE: The 2nd fastest Individual 100 Butterfly, Breaststroke or Backstroke person will also be nominated for consideration should only one individual be nominated as per above, and, the team aggregate time remains ranked 3rd or higher Commonwealth Games 2014 rankings with their inclusion.

JUNIOR PROVISION

PRIORITY THREE

- d. Junior Boys aged 15-18, Junior Girls aged 14-17 Dec 31, 2018 who attain an individual event selection criteria from Table 1. (8th place 2014 Commonwealth Games) will be nominated for the XXI Commonwealth Games Team provided:
 - I. There is an available place for that event (Max of 2 per event)
 - II. The number of swimmer places guaranteed by SNOC has not been exceed in Priority 1 or 2.

GENERAL

- e. A maximum of 2 swimmers per event may be considered for selection.
- f. Should two or more swimmers achieve the same qualifying time at the selection Event than the swimmer's second fastest time (and subsequent times should there continue to be a tie) in that event during the Selection Event will be used to determine which swimmer is selected.
- g. Intermediate relay splits will not be considered for selection for individual events nor for selection to relays.

Nomination for Other Events:

- h. At the sole discretion of the National Team Head Coach, swimmers who qualify for the XXI Commonwealth Games on the above basis may request to swim additional events (events in which they have achieved the qualifying criteria in FINA Meets not listed above) provided 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:

- i. Relays will be nominated for selection based on best relay performance at selection meets or aggregate time (whichever is fastest) that meets or betters the 6th place relay time from the 2014 Commonwealth Games. Swimmers will be nominated as outlined above in Priority 2.
- j. The final decision of the composition of the relays will be made by the National Team Head Coach and selected coaches at the championship meet.

Team Size	<ol style="list-style-type: none"> 1. SSA intends to send a maximum of 2 representatives per each individual event and 4 deep per relay with. Final Team size to be determined by SNOC. 2. The fastest 2 qualifying swimmers of each individual event within the selection criteria will, by default, be automatically nominated to represent Singapore at the XXI Commonwealth Games. If the 2 fastest swimmers choose not to swim in a particular individual event, the slot will go to the 3rd fastest qualifying swimmer in the event and so on. 3. SSA shall not be obligated to nominate a full team of two athletes per event should a qualifying athlete not be available for selection. 4. Relay only swimmers will be nominated for this meet provided a minimum 6th place time from the 2014 Commonwealth Games at one of the qualifying meets is achieved, or the relay aggregate time of all potential relay swimmers equals or betters this qualifying time, whichever is faster.
Coaches Selection	<p>The National Training Centre Head Coach will assume the role of the Head Coach for the XXI Commonwealth Games.</p> <p>The number of 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 coaches will be selected in accordance to the following priority.</p> <ol style="list-style-type: none"> 1. Number of swimmers that have achieved the A Time Standard. 2. Number of swimmers that are selected for relays. 3. Number of Junior swimmers selected to the meet based on Priority 5. <p>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 XXI Commonwealth Games.</p>
Notes	<p>SSA selection committee will nominate the team roster based on qualifying standards to SNOC for final selection of Team Singapore.</p> <p>The selection committee will consist of the following</p> <ul style="list-style-type: none"> • Joscelin Yeo • Oon Jin Teik • 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	11 April 2017

**Automatic A and Junior Provisional Qualifying
Times**

Table 1

Event	Men A Cut	Male Junior Provisional Cut	Women A Cut	Female Junior Provisional Cut
50m Freestyle	22.36	22.55	25.29	25.29
100m Freestyle	49.63	50.01	55.15	55.71
200m Freestyle	1:46.84	1:48.98	1:57.26	1:58.71
400m Freestyle	3:47.75	3:47.75	4:07.65	4:10.94
800m Freestyle (W)			8:29.32	8:37.22
1500m Freestyle (M)	15:05.83	15:11.89		
50m Backstroke	25.36	25.39	28.54	28.87
100m Backstroke	54.40	54.60	1:00.27	1:00.37
200m Backstroke	1:58.45	2:01.04	2:10.35	2:13.45
50m Breaststroke	27.65	27.93	31.47	31.52
100m Breaststroke	1:00.75	1:00.94	1:08.58	1:08.83
200m Breaststroke	2:11.53	2:11.96	2:25.46	2:28.33
50m Butterfly	23.76	23.96	26.27	26.49
100m Butterfly	52.63	53.12	58.63	59.02
200m Butterfly	1:57.31	1:58.49	2:09.32	2:11.31
200m Individual Medley	1:59.33	2:00.97	2:12.01	2:14.95
400m Individual Medley	4:18.51	4:19.22	4:46.26	4:48.89
4 x 100 Free Relay	3:19.82		3:35.40	
4 x 200 Free Relay	7:15.96		8:08.12	
4 x 100 Medley Relay	3:37.25		4:09.31	