

Competition	<b>30th South-East Asian Games, Philippines</b> <b>30<sup>th</sup> November to 10<sup>th</sup> December 2019</b>
Qualifying Period	1 <sup>st</sup> January 2019 to 28 <sup>th</sup> July 2019
Initial Release Date	20 <sup>th</sup> November 2018

Selection Events	<ul style="list-style-type: none"> <li>• 50<sup>th</sup> Singapore National Age Group Swimming Championships 2019</li> <li>• 15<sup>th</sup> Singapore National Swimming Championships 2019</li> <li>• 18<sup>th</sup> FINA World Swimming Championships 2019</li> <li>• Overseas Based Swimmers not returning for 50<sup>th</sup> SNAG can select one accredited and sanctioned meet between January 1 2019 – 30 April 2019 that comply with FINA standards.</li> <li>• Overseas Based Athletes not returning for 15<sup>th</sup> SNSC can select one qualifying meet during the month of June 2019</li> <li>• Both Overseas Based Athletes selected meets must comply with FINA standards for 2019 World Swimming Championship qualifying events. Submission of these meets must be received at Singapore Swimming Association (SSA) by 1700hrs December 30, 2018. <ul style="list-style-type: none"> <li>○ Nomination of Overseas meet is to be sent to <a href="mailto:sonya.porter@swimming.org.sg">sonya.porter@swimming.org.sg</a></li> <li>○ The overseas based athlete is responsible to seek clarification from the host country that the meet is a FINA qualifying event</li> <li>○ Any times submitted that are not from a FINA qualifying event will NOT be accepted.</li> <li>○ Official times must be sent directly to SSA within two days of the meet conclusion.</li> <li>○ Send times to <a href="mailto:Jessica.Chua@Swimming.org.sg">Jessica.Chua@Swimming.org.sg</a></li> </ul> </li> </ul>
Eligibility	<p>To be considered for selection, a swimmer must meet all the following eligibility criteria and maintain through the Championships:</p> <ol style="list-style-type: none"> <li>1. Be a Singapore citizen, eligible to represent Singapore.</li> <li>2. Be a registered member of SSA in good standing.</li> <li>3. Have a signed current SSA Athlete Agreement.</li> <li>4. Met performance standards as designated by Singapore National Olympic Committee (SNOC), 3<sup>rd</sup> place timing at the 2017 29<sup>th</sup> SEA Games, Kuala Lumpur. <ol style="list-style-type: none"> <li>a. Times must be achieved in an individual event; relay lead-off times, intermediate splits or swim-off results will not be considered for selection purposes.</li> </ol> </li> <li>5. Have competed and qualified in at least one of 50<sup>th</sup> SNAG Championships, 15<sup>th</sup> Singapore National Swimming Championships, the 18<sup>th</sup> FINA World Swimming Championships or a 2019 designated accredited meet if based overseas unless granted an exemption under the provisions of the criteria by the SSA Selectors.</li> <li>6. 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"> <li>a. Extenuating circumstances can include but is not limited to: <ol style="list-style-type: none"> <li>i. Injury or Illness</li> </ol> </li> </ol> </li> </ol>

	<ul style="list-style-type: none"> <li>ii. Equipment Failure</li> <li>iii. Travel Delays</li> <li>iv. Bereavement</li> </ul> <ol style="list-style-type: none"> <li>7. Continues to train for, behave and act towards peak swimming performance.</li> <li>8. Be available to fulfil the Team Commitments as listed below and any additional commitments following selection.</li> <li>9. 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.</li> <li>10. No individual can perform the role of both participating swimmer and coach at the same meet. <ul style="list-style-type: none"> <li>a. The individual shall declare their intention upon selection of their specific role.</li> <li>b. Each individual will declare their role upon signing either the Athletes' Agreement or Coaches' Agreement</li> </ul> </li> </ol>
Team Commitments	<p>All swimmers and officials must:</p> <ol style="list-style-type: none"> <li>1. Comply with the provisions of the SSA and SNOC Athletes and Officials Agreements at all times.</li> <li>2. Conform to SSA and SNOC 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.</li> <li>3. Make themselves available for all team activities designated by SNOC and SSA.</li> <li>4. Not act in such a manner as to bring the SNOC, athlete or SSA into public disrepute.</li> <li>5. Swimmers and Officials are required to appear at events and platforms whereby their images and presence are needed to achieve SNOC's and SSA's objectives.</li> </ol>
Performance Requirements	<p>Selection Priority: Swimmers will be selected for nomination to SNOC by the following priority-</p> <ol style="list-style-type: none"> <li>1. Individual A Qualifiers</li> <li>2. Relay Alternates</li> <li>3. Individual B Qualifiers</li> </ol> <p>To be considered for selection for individual events for the 30<sup>th</sup> SEA Games, swimmers are required to:</p> <ol style="list-style-type: none"> <li>1. Achieve an A Time Standard as shown below in Table 1. at one of the designated selection meets. <ul style="list-style-type: none"> <li>a. The Automatic Qualifying time set by SNOC for this championship is based on the 3<sup>rd</sup> placed time at the 2017 SEA Games.</li> <li>b. Achieving this standard automatically qualifies you to be nominated to the 2019 SEA Games, given you are one of the two fastest swimmers at the conclusion of the qualifying period 28 July 2019.</li> </ul> </li> <li>2. Achieve as Juniors: Boys 19 and under, and Girls 18 and under on December 31 2019, a B Time Standard as shown in Table 1. at one of the designated selection meets.</li> </ol>

	<ol style="list-style-type: none"> <li>a. Swimmers achieving B- time standards will be nominated if there are open spaces in those events after selection of A qualifiers and relay alternates.</li> <li>b. B Time Standard is equal to the faster of 4<sup>th</sup> place time at the 2017 SEA Games or 1% off the 2019 SNOC SEA Games A-cut.</li> <li>c. Swimmers achieving B standards will be ranked according to Asian rankings from Sept 1 2017-August 31 2018.</li> <li>d. Swimmers who are nominated via a B Time standard will be submitted to SNOC as an appeal and subject to the decision of SNOC.</li> </ol> <ol style="list-style-type: none"> <li>3. A maximum of 2 swimmers per event may be considered for selection. Swimmers with a B Time Standard will be nominated based on open events up to a maximum of 2 swimmers per event.</li> <li>4. Should two or more swimmers achieve the same qualifying time at the selection event then 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.</li> <li>5. Relay lead-offs or splits will not be considered for selection for individual events.</li> </ol> <p><u>Nomination for Other Events:</u></p> <p>At the sole discretion of the National Head Coach and Performance Director, swimmers who qualify for the 2019 SEA Games Championships on the above basis may request to swim additional events (events in which they haven't achieved the qualifying criteria) provided that there is an available position. Decisions about additional events will be finalized by SSA in consultation with the National Head Coach and Performance Director.</p> <p><u>Criteria for Selection for Relay Events:</u></p> <p>All swimmers making individual team selection are considered available and eligible for relay positions as determined by the National Head Coach and staff at the championship meet. <b>Relay-Only</b> swimmers will be selected by the following priority:</p> <ol style="list-style-type: none"> <li>1. In the 100m &amp; 200m Freestyle events, the fastest four ranked swimmers will be nominated for selection in the 4 x 100m &amp; 4 x 200m Freestyle Relays. <ol style="list-style-type: none"> <li>a. Provided no other swimmers already nominated through other events, with known times not achieved in selection meets, are available for the freestyle relays deemed to make up the fastest 4 available swimmers.</li> <li>b. An alternate 100m and 200m freestyler may be nominated for selection should the maximum team size not yet be filled, and a suitable alternate is not already available through other selected events, provided the add up time, less the fastest swimmer adds up <b>faster</b> than the second-place relay time from the 2017 SEA Games, as per Table 1.</li> </ol> </li> </ol>
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	<ol style="list-style-type: none"> <li>2. 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. <ol style="list-style-type: none"> <li>a. The fastest combination by definition means the fastest swimmer available during the course of the meet, including the fastest individual distance (100m) of stroke during the SEA Games 2019 championships or an individual posting a faster time during the selection window who not necessarily swims that event at the SEA Games due to conflict with other events.</li> <li>b. The fastest swimmer of the form strokes will be nominated to form a medley relay should a particular stroke not be represented by any swimmer making the A or B Time Standard.</li> </ol> </li> <li>3. The final decision of the composition of the relays will be made by the National Head Coach in consultation with National Technical Director and team coaches at the Games. The best team will be put on the blocks to represent Singapore.</li> </ol>
Team Size	<ol style="list-style-type: none"> <li>1. With the approval of SNOC, SSA intends to send 2 representatives per each individual event and fill all qualified relay positions.</li> <li>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 SEA Games 2019. If the 2 fastest swimmers choose not to swim in a particular individual event, the slot will go to the 3<sup>rd</sup> fastest qualifying swimmer in the event and so on.</li> <li>3. SSA shall not be obligated to take a full team of two athletes per event should a qualifying athlete or suitable developing athlete not be available for selection.</li> <li>4. SSA will nominate 4 swimmers per relay for the freestyle relays. Hence, the SSA will nominate the 4 fastest swimmers in the individual event of the 100m and 200m freestyle events for the 4x100m and 4x200m relay respectively.</li> <li>5. Only 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.</li> </ol>
Coaches Selection	<p>SSA will nominate the Head Coach candidate to SNOC for SEA Games 2019 selection.</p> <p>Subject to the approval of SNOC, the number of additional coaches selected will depend on the number of swimmers selected with a maximum ratio of 1:4 (1 coach x every 4 swimmers), based on the ranking of the swimmers selected to the Games. (<i>Rankings based on World Ranking 2 per country September 1 2018 to August 31 2019</i>).</p> <p>The coaches will be selected in accordance to the following priority.</p>

	<ol style="list-style-type: none"> <li>1. Coaches with swimmers ranked in the top 20 World Rankings.</li> <li>2. Number of swimmers that have achieved the A Time Standard. <ol style="list-style-type: none"> <li>a. First, highest ratio swimmers with A cuts to coach of record; <ol style="list-style-type: none"> <li>i. When more coaches than spots available, swimmers will be ranked by highest World Ranking.</li> </ol> </li> </ol> </li> <li>3. Number of swimmers that have achieved the B Time Standard. <ol style="list-style-type: none"> <li>a. Swimmers will be ranked by highest World Ranking for coach selection.</li> </ol> </li> </ol> <p>The nominated coach of an athlete must be the coach of record for at least 3 months prior to the athlete's selection to the SEA Games 2019 and remain the coach of record through SEA Games 2019.</p>
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"> <li>• Joscelin Yeo</li> <li>• Stephan Widmer</li> <li>• Kelvin Yew</li> <li>• Sonya Porter</li> <li>• Gary Tan</li> </ul> <p>The appeals committee will consist of the following</p> <ul style="list-style-type: none"> <li>• Lee Kok Choy</li> <li>• Bervyn Lee</li> <li>• Ho Mun Wai</li> </ul>
Approved Date (revised SNOC)	<p>20<sup>th</sup> November 2018 17<sup>th</sup> December 2018</p>

**Table 1.**

**2019 SEA Games  
Philippines  
SSA Qualifying Times**



WOMEN								MEN								
OLYMPIC Cuts		SSA Worlds Cuts		SeaGames 2017 3rd Place = A Cut				SeaGames 2017 3rd Place = A Cut				SSA Worlds Cuts		OLYMPIC Cuts		
A-Cut 2 Entries	B-Cut 1 Entry	A-Cut 2 Entries	B-Cut 1 Entry	1% off 2019 Acut	2017 4th Place	B-Cut	A-Cut 2 Entries	A-Cut 2 Entries	B-Cut	2017 4th Place	1% off 2019 Acut	A-Cut 2 Entries	B-Cut 1 Entry	A-Cut 2 Entries	B-Cut 1 Entry	
								Event								
0:24.77	0:25.51	0:25.04	0:25.51	0:25.89	0:25.67	0:25.67	0:25.63	50m Freestyle	0:22.90	0:23.07	0:23.07	0:23.13	0:22.18	0:22.67	0:22.01	0:22.67
0:54.38	0:56.01	0:54.49	0:56.01	0:56.46	0:56.05	0:56.05	0:55.90	100m Freestyle	0:50.56	0:51.07	0:51.27	0:51.07	0:48.80	0:50.03	0:48.57	0:50.03
1:57.28	2:00.80	1:58.66	2:00.80	2:03.24	2:02.62	2:02.62	2:02.02	200m Freestyle	1:48.98	1:50.07	1:51.22	1:50.07	1:47.40	1:50.23	1:47.02	1:50.23
4:07.90	4:15.34	4:10.57	4:15.34	4:19.44	4:19.01	4:19.01	4:16.87	400m Freestyle	3:54.20	3:54.64	3:54.64	3:56.54	3:48.15	3:53.58	3:46.78	3:53.58
8:33.36	8:48.76	8:38.56	8:48.76	8:56.40	8:58.68	8:56.40	8:51.09	800m Freestyle					7:54.31	8:08.54	7:54.31	8:08.54
16:32.04	17:01.80	16:32.04	17:01.80					1500m Freestyle	15:28.69	15:37.98	15:45.31	15:37.98	15:07.38	15:28.02	15:00.99	15:28.02
		0:28.22	0:28.75	0:30.21	0:29.91	0:29.91	0:29.91	50m Backstroke	0:25.82	0:25.90	0:25.90	0:26.08	0:25.17	0:25.73		
1:00.25	1:02.06	1:00.59	1:02.06	1:05.24	1:05.03	1:05.03	1:04.59	100m Backstroke	0:55.92	0:56.48	0:56.91	0:56.48	0:54.06	0:55.47	0:53.85	0:55.47
2:10.39	2:14.30	2:11.53	2:14.30	2:21.38	2:20.07	2:20.07	2:19.98	200m Backstroke	2:02.76	2:03.23	2:03.23	2:03.99	1:58.34	2:01.03	1:57.50	2:01.03
		0:31.22	0:31.81	0:32.49	0:32.23	0:32.23	0:32.17	50m Breaststroke	0:28.63	0:28.69	0:28.69	0:28.92	0:27.39	0:28.04		
1:07.07	1:09.08	1:07.43	1:09.08	1:11.53	1:11.01	1:11.01	1:10.82	100m Breaststroke	1:02.24	1:02.56	1:02.56	1:02.86	0:59.95	1:01.73	0:59.93	1:01.73
2:25.52	2:29.89	2:25.91	2:29.89	2:33.93	2:34.07	2:33.93	2:32.41	200m Breaststroke	2:15.77	2:15.84	2:15.84	2:17.13	2:11.00	2:14.26	2:10.35	2:14.26
		0:26.34	0:26.83	0:27.54	0:27.86	0:27.54	0:27.27	50m Butterfly	0:24.37	0:24.38	0:24.38	0:24.61	0:23.66	0:24.18		
0:57.92	0:59.66	0:58.48	0:59.66	1:01.30	1:00.70	1:00.70	1:00.69	100m Butterfly	0:53.25	0:53.78	0:53.85	0:53.78	0:51.96	0:53.52	0:51.96	0:53.52
2:08.43	2:12.28	2:09.21	2:12.28	2:16.40	2:16.61	2:16.40	2:15.05	200m Butterfly	2:01.06	2:01.16	2:01.16	2:02.27	1:56.71	1:59.97	1:56.48	1:59.97
2:12.56	2:16.54	2:13.03	2:16.54	2:18.83	2:17.62	2:17.62	2:17.46	200m IM	2:03.39	2:04.62	2:04.63	2:04.62	2:00.22	2:03.26	1:59.67	2:03.26
4:38.53	4:46.89	4:43.06	4:46.89	4:57.46	5:01.45	4:57.46	4:54.51	400m IM	4:23.54	4:26.18	4:27.06	4:26.18	4:17.90	4:21.46	4:15.84	4:21.46
SSA Relay Qualification Times																
SG 2017 2nd Place	SG 2017 3rd Place			SG 2017 3rd Place	SG 2017 2nd Place											
3:46.46	3:50.56	4x100m FR		3:23.65	3:21.79											
8:16.17	8:18.58	4x200m FR		7:26.91	7:25.32											
N/A	4:12.44	4x100m Medley		3:43.09	N/A											