



7th SSA National Schools Synchronised Swimming Championships 2016
Toa Payoh Swimming Complex
2 & 3 July 2016 (Saturday & Sunday)

Final Information Bulletin

The 7th SSA National Schools Synchronised Swimming Championships 2016 will be held at Toa Payoh Swimming Complex on 2nd and 3rd July 2016.

Please refer to the following pages for the programme guide. Please be informed that the programme is subject to change without prior notice. Any change in final programme will be made available during the Team Manager's meeting on 2nd July 2016

Please note the following important dates:

1. Draw of start lists: 29th June (Wednesday), 10am SSA

Teachers from schools and representatives from affiliates are encouraged to be present to witness the draw of Start List. Start Lists will be send to all participating Schools and affiliates after the draw.

2. Music Practice on 1st July 2015 (Friday)

Due to availability of pool, official music practice is from 1pm to 6pm on 1st July (Fri) only. Music practice time will be allocated to the Club/Affiliates in charge of the School. As we are having a very tight schedule on the 1st day of competition, we will appreciate all Team Managers (or Teacher-in-charge & coaches) to submit Music CD and any other document to the music station Manager immediately after their music practice.

2.1 Submission of the music CD:

IMPORTANT : One track per CD per routine per swimmer. (STRICTLY NO SHARING OF CD).

The CD MUST clearly marked with the following :

Name : (Name of Swimmer /School)
Event : (Solo / Duet / Team)
Category : (Primary / Secondary / Invitational Open)
Division : (A / B / C / D / Junior / Senior)

SSA reserves the right to disqualify a swimmer if the swimmer does not have her own music CD. Even if 10 swimmers have the same routine music, each of the 10 swimmers must have their own CD with the same music.

3. 2nd July (Saturday) & 3rd July (Sunday), Toa Payoh Swimming Complex

Swimmers may commence their warm up from 7.30am. Competition will start at 10am sharp on 2nd July (Saturday) and 9am sharp on 3rd July (Sunday)

2nd July (Saturday)

3.1 Swimmers ID Check –

Swimmers are to carry their Photo ID with birth date, e.g. student bus pass, with them throughout the competition as the officials may conduct random check on swimmers.

3.2 Swim suit check –

There will not be any swim suit check but if the coaches/Team Manager has doubt on the swim suit, they may approach the Referee before the competition.

3.3 Team Manager's (or Teacher-in-charge or coaches) Meeting at 8.30am: The following

Matters will be discussed /handled:

- a. Referee will review the competition rules
- b. All events are direct finals
- c. Withdrawal or change of swimmers to be submitted in writing on official form and to be given to the Referee 2 hours before the start of the particular event,
- d. Swimmers are to report to the marshal at least **15min** before the start of the event they are participating in. Late comers will not be allowed to participate in the event.
- e. All swimmers are expected to have FULL makeup and gelled hair for the competition.

3 Prize Presentation - 3rd July (Sunday), 3.45pm

Prize presentation for the competition will be held on 3rd July (Sun) at approximate 3.45pm. Top 3 positions for each event are to report to the volunteers at the prize presentation area 20mins before the start of the prize presentation.

Please note that certificates of participation will be given to all participants through their schools after the competition.

Thank you and we look forward to your school's participation.

Please direct ALL enquiries to:

Attn: Ms Myra Goh

Singapore Swimming Association | OCBC Aquatic Centre, 7 Stadium Drive, #01-50, Singapore 397632

Tel: 6258 1011 | Fax: 6258 4793 | Email: synchro@swimming.org.sg

7th SSA National Schools Synchronised Swimming Championships 2016 Organising Committee

- Philip Lee - Advisor, VP Synchronised Swimming, SSA
- Jonathan Wan - Competition Manager, SSA Technical Synchronised Swimming Committee (TSSC), Head, Competition Management
- Steve Chew - Evaluator, SSA Technical Synchronised Swimming Committee (TSSC), Head, Judges Panel
- Joyce Liew - Referee, FINA G-List Synchronised Swimming Judge
- Myra Goh - Chief Liaison, Sports Manager, SSA Synchronised Swimming

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Program Guide

Date	Time	Activities			
29 Jun (Wed)	10:00	Draw of Start List for swimmers			
		(Venue: SSA Office – OCBC Aquatic Centre)			
1 Jul (Fri)	13:00 – 18:00	Music Practice – refer to music practice schedule			
DAY 1 2nd July (Sat) Toa Payoh Swimming Complex	07:30 – 09:30	Open pool for warm up (No music practice)			
	8:30	TM Meeting			
	8:30	Music Run thru			
	8:45	Judges Meeting			
	9:30	End of warm up sessions, competition starts 10am			
		Time	Event No	Div	Event
		10:00	101	Pri Div - C	Solo
			102	Open - Junior	Solo
			103	Open - Senior	Solo
			104	Sec Div - A	Solo
		11:30	105	Pri Div -B	Solo
		12:30	Lunch		
		13:30	106	Sec Div – C	Duet
			107	Sec Div - B	Duet
			108	Sec Div - A	Duet
			109	Pri Div - C	Duet
		15:20	110	Pri Div - D	Solo
		17:20	End of Day 1		

Date	Time	Activities			
DAY 2 3rd July (Sun) Toa Payoh Swimming Complex	07:30 – 08:45	Open pool for warm up (No music practice)			
	8:00	TM Meeting			
	8:00	Music Run thru			
	8:00	Judges Meeting			
	8:45	End of warm up sessions, competition starts 9am			
		Time	Event No	Div	Event
		9:00	111	Sec Div - C	Solo
		11:20	112	Sec Div - B	Solo
			113	Pri Div -B	Duet
			114	Pri Div - D	Duet
		13:20	Lunch		
		14:00	115	Pri Div - C	Team
			116	Pri Div - B	Team
			117	Pri Div -D	Team
		14:30	118	Sec Div - B	Team
			119	Sec Div - C	Team
		15:15		End of Day 2	
		15:45	Prize Presentation		

Subject to change owing to weather conditions/unforeseen circumstances

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2nd & 3rd July 2016

Music Practise Schedule Friday, 1st July (1pm – 6pm)
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Clubs	Allocation (mins)	Alloted Time
Others	31	1:00 to 1:31
APSC – Coach Valeryia	70	1:31 - 2:41
Elite – Coach Grace	68	2:41 - 3:49
Speedi – Coach Tanya & Coach Emma	119	3:49 - 5:48
Synchrofit – Coach Mei Shan	12	5:48 - 6:00

Note :

1. Practice with Music is only scheduled at the following:
2. Swimmers training for the National Schools that are not trained under the club coaches listed above will be having their music practice slot under Others
3. Music practice time is allocated to the Club/Affiliates in charge of the School on 1st July (Fri) from 1pm to 6pm
4. Practice with Music is to be conducted at the diving pool only
5. There will be 4-lanes reserved at the Olympic pool for warm up and normal practice during **competition** days. Only team that are allocated the scheduled music practice time is allowed to use the diving pool
6. Team to submit CDs to music station Manager at least 1 hour before scheduled music practice time
7. Team is to provide listing of music to the music station OR assign person to be at the music station
8. Do be punctual for the music practice. No replacement of music practice if team is late
9. Music stop immediately when time is up.
10. In case of bad weather, music practice may be changed, delayed or cancelled
11. The music practice time is subjected to change without prior notice and decisions of the Organising Committee is final