

SINGAPORE AQUATICS

**18th SINGAPORE NATIONAL
SWIMMING CHAMPIONSHIPS 2023**

21ST – 24TH JUNE 2023
OCBC Aquatic Centre

1.0 GENERAL INFORMATION

Entries Closing Date Friday 9th June 2023, 12.00 pm
Technical Meeting for Team Leaders (via Zoom) Monday, 19th June 2023, 11.00am

Competition 18th Singapore National Swimming Championships 2023

Venue OCBC Aquatic Centre, Singapore

Details

Session	Date	Day	Competition	Warm-Up
1	21 June 2023	Wednesday	9:30 am	7.45am
2	21 June 2023	Wednesday	6.00pm	4.15pm
3	22 June 2023	Thursday	9:30 am	7.45am
4	22 June 2023	Thursday	6:00 pm	4.15pm
5	23 June 2023	Friday	9:30 am	7:45am
6	23 June 2023	Friday	6.00pm	4.15pm
7	24 June 2023	Saturday	9:30 am	7.45am
8	24 June 2023	Saturday	5.00pm	3.15pm

1.1 The Championships shall be conducted under the Rules and By-laws of World Aquatics as prescribed in the Competition Regulations (Approved on 21 February 2023). One-start rule applies. The list of approved swimsuits can be viewed at <https://www.worldaquatics.com/swimming/approved-swimwear>

1.2 The Championships are open only to the following:

- a. Swimmers who are existing members of Singapore Aquatics Affiliates (thereafter known as Affiliates).
- b. Members of other Federations affiliated to World Aquatics who meet the entry qualification standards (where applicable) provided they hold a valid clearance from their Federation.

1.3 All entries must be submitted through Singapore Aquatics Affiliates or World Aquatics-affiliated Federations.

1.4 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#

2.0 ENTRY REGULATIONS

2.1 Closing date for entries – Friday 9th June 2023, 5.00 pm Deadline for payment – Monday, 19th June 2023, 12.00pm

All Entries are to be emailed to admin5@swimming.org.sg & tessa.seet@swimming.org.sg

- a. Due to limited racing opportunities in the past 2 years, there is no entry qualifying time to participate at the SNSC 2023

However, the participating swimmers must achieve a minimum time standard at this meet.

An administrative fee of **S\$32.40 (inclusive of 8% GST)** per event will be imposed if a swimmer returns time slower than the minimum time standard.

- b. 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 Aquatics by the below deadline.
- c. There is no limit to the number of individual entries per swimmer.
- d. Swimmers participating in the relay events must be registered to at least one individual event.

2.2.1 Swimmers Registration Fee (For local and international swimmers)

2023 Annual Registration Fee is **S\$43.20 (inclusive of 8% GST)** per swimmer. For those who have paid in the first half of the year, this payment is not required.

This fee is also applicable to foreign swimmers.

2.2.2 International Swimmer Admin Fee

An *International Swimmer Admin Fee of **S\$43.20 (inclusive of 8% GST)** per individual for entry to the meet applicable to all foreign participants who are NOT living in Singapore and is NOT holding a valid #FIN Number. This fee is a per meet fee and not an annual fee.

2.2.3 International Coach / Team Official Admin Fee

An Admin Fee of **\$ S\$86.40 (inclusive of 8% GST)** per individual and per accreditation pass for entry to the meet applicable to all foreign coaches, team managers and support staffs from the overseas participating teams. **This fee is a per meet fee and not an annual fee.**

2.2.4 **Letter of Support for Foreign Teams**

A letter of support to endorse the foreign team's participation from each foreign team's respective National Federations must be submitted along with their entries.

2.2.5 **Entry Fee** (Applicable to Singaporean and international swimmers)

- a. Individual Event - **S\$16.20 (inclusive of 8% GST)**
- b. Relay Event - **S\$43.20 (inclusive of 8% GST)** per event

2.2.6 **Late Entries Charges:**

Late entries after the entries deadline can be accepted but at the cost of twice the entry fee per event inc of 8% GST

- a. Individual Event - **\$32.40 (inclusive of 8% GST) per event**
- b. Relay Event - **S\$86.40 (inclusive of 8% GST) per event**

This double charge will be in effect for entries that are submitted between **9th June 2023, 5.00pm till Friday 16th June 2023 10.00am.**

2.2.7 Changes and corrections may be made up to the meet entry deadline without penalty.

Any changes, amendments, and corrections to the entries after the deadline of 12th June 2023 may be made up till one day before the release of the psych sheet at a cost of **\$32.40** per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event).

Deadline for Amendments – Friday 16th June 2023 10.00am.

Withdrawals of entered events can be done at no charge only at the Team Leaders Meeting on the hardcopy forms but entries fees will not be refunded.

2.3 Cheque and payment for all registration and entries are to be made payable to “**Singapore Swimming Association**” by latest **12.00pm on Monday, 19th June 2023**. If payment for the entry fee is not made on time, the entries **will not** be accepted.

3.0 COMPETITION INFORMATION

3.1 Events listed below will be for both Men and Women:

- a. Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m
- b. Backstroke: 50m, 100m and 200m
- c. Breaststroke: 50m, 100m and 200m
- d. Butterfly: 50m, 100m and 200m
- e. Individual Medley: 200m and 400m
- f. Freestyle Relays: 4x100m and 4x200m
- g. Medley Relay: 4x100m

3.2 Technical Officials – All Technical Officials shall be appointed by the Singapore Aquatics Technical Swimming Committee.

3.3 The Singapore National Swimming Championships (here forth referred to as “SNSC”) Management Committee reserves the right to the Singapore Aquatics’ decision on all matters pertaining to the Championships.

3.4 Format of Competition – The Championships are run in the World Aquatics Long-Course Metres (LCM) format. Heats will be run in the morning and Finals in the evening, over 4 consecutive day

a. Heats

The morning heats will be flighted. Competitors shall be placed in graduated time order, *fastest to slowest*

Flight A – Fastest 6 Heats per event will be swimming first. The fastest three heats shall be cyclically seeded (50m to 200m events). For the 400m events, the fastest two heats shall be cyclically seeded

Flight B- The remaining heats of the respective events will be swimming after Flight A

b. Finals

Finalists shall be allocated lanes via the spearhead principle from the results of the Heats.

“A” Finals – the top ten (10) finishers of the Heats of each individual event (With the exception of Timed Finals races) are eligible to compete. Should there be more than two (2) foreign swimmers who finish within the top ten (10) positions at the Heats, only the top two (2) fastest foreign swimmers would compete in the “A” Finals.

“B” Finals – the next group of swimmers, within the top twenty (20) 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 eleventh-twenty (11th -20th) 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 thirty (30) swimmers in the Heats

“C” Finals – the next group of swimmers, within the top thirty (30) finishers of the Heats of each individual event who are not eligible to compete in the ‘A’ or ‘B’ World 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 twenty-first to thirtieth (21st – 30th) finishers at the Heats, only the next top two (2) fastest foreign swimmers would compete in the 'C' Finals.

There will be NO “C” Finals if the event has less than forty-five (45) swimmers in the Heats

- c) Timed Finals - the 800m and 1500m Freestyle races will be swum as Timed Finals, with the fastest seeded Heat swum during the evening Finals session.

A maximum of 4 foreign swimmers with the fastest seed time is allowed to swim in the fastest heat in the evening Finals session for the long-distance events.

A cut off time of 22 minutes will be enforced for 1500m (both men and women), and a cut off time 12 minutes for 800m (both men & women)

- d) Time Trials for Full Time NSF's (Full-Time National Service Men)

For NSF's who are unable to compete in the SNSC due to lack of FPUL (Fully Paid Unrecorded Leave) option, they may register to race in a time trial in the evening during SNSC. Performance times achieved at this time trials cannot be used for medal and points contention.

Request for NSF Time Trials to be submitted by the affiliate to Tessa.seet@swimming.org.sg
Registration Deadline: 9th June 2023

4.0 WITHDRAWALS

- 4.1 An administrative fee of **S\$32.40 (inclusive of 8% GST)** shall be imposed on each withdrawal from entered event after the release of the start list till 60 mins before the start of each session.
- 4.2 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\$108.00 (inclusive of 8% GST)** shall be imposed on all DNS.
- 4.3 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 provisional start list** in order to avoid the administrative fee.
- 4.4 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.

5.0 ACCREDITATIONS

- 5.1 Club Accreditations (inclusive of coaches, team manager and support staff) will be assigned based on swimmers' size in the competition.

<i>No. of swimmers in individual events</i>	<i>No. of Coaches Pass</i>	<i>No. of Team Managers Pass</i>
1 to 5 swimmers	1	1
6 to 10 swimmers	2	1
11 to 15 swimmers	3	1
16 to 20 swimmers	4	1
21 to 30 swimmers	5	2
31 to 45 swimmers	6	2
46 to 60 swimmers	7	3
61 to 75 swimmers	8	4
76 swimmers and above	9	4

Starting from 1 July 2018, coaches who wish to apply for an accreditation pass to be on deck during national competitions must be an NROC Member.

Clubs / Schools are required to send in the names of their coaches and team managers with their entry files to secure a pass.

Please note that the pool deck at all Singapore Aquatics national competitions are strictly reserved for registered athletes, coaches, essential support staff, event staff or other persons approved by Singapore Aquatics.

All accreditation cards remain the property of Singapore Aquatics, are NON-TRANSFERABLE, and can be withdrawn or refused at Singapore Aquatics's sole discretion.

Please note that applying for an accreditation under false pretences would be a violation of accreditation procedures. In order to ensure a safe and inclusive training and competition environment, we would ask that rules and regulations surrounding accreditation be respected.

Anyone found to be in violation of this will have their accreditation removed and will be asked to leave the venue immediately.

5.2 Lost or Misplaced Accreditation Passes

Replacement passes are available at the following:

<u>Replacement Cost for Misplaced or Lost Accreditation Pass</u>	
Coach / Team Manager / Parent	SGD \$100
Swimmer	SGD \$30

6.0 MEDALS, RECORDS & NATIONAL SELECTION

6.1 Medals will be awarded to the top three swimmers in the 'A' Finals.

The Most Valuable Swimmer Award will be given out to each male and female Singaporean swimmer who has the highest accumulated no. of World Aquatics Points; from a maximum of 3 Olympic individual events in this competition.

6.2 Overall Club Performance shall be based on the total amount of points scored.

6.3 The Relay events score triple points.

Only 1 relay team per affiliate in the respective relay events is eligible for points and medal. If the affiliate / team enters two relay teams in the same relay event, only the higher ranked relay team will be eligible for medals and points contention.

6.4 Position Points awarded:

Places 1-16 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relays 1-8 60-51-48-45-42-39-36-33

6.5 Only Meet Records established by Singaporeans will be officially recognised by the Organising Committee of the 18th Singapore National Swimming Championships 2023.

6.6 Age computation, for the purpose of Under-14 and Under-17 National Records recognition, will be based on age of swimmer on the day of record set.

6.7 The following Challenge trophies (Singapore Citizens only) will be awarded:

- | | |
|----------------------|---|
| 1. Challenge Trophy | Singapore Aquatics Affiliate with the most points |
| 2. Neo Chwee Kok Cup | 100m Freestyle Men's Champion |
| 3. Chan Ah Kow Cup | 100m Butterfly Men's Champion |
| 4. Kee Soon Bee Cup | 400m Freestyle Women's Champion |

7.0 COMPETITION VENUE

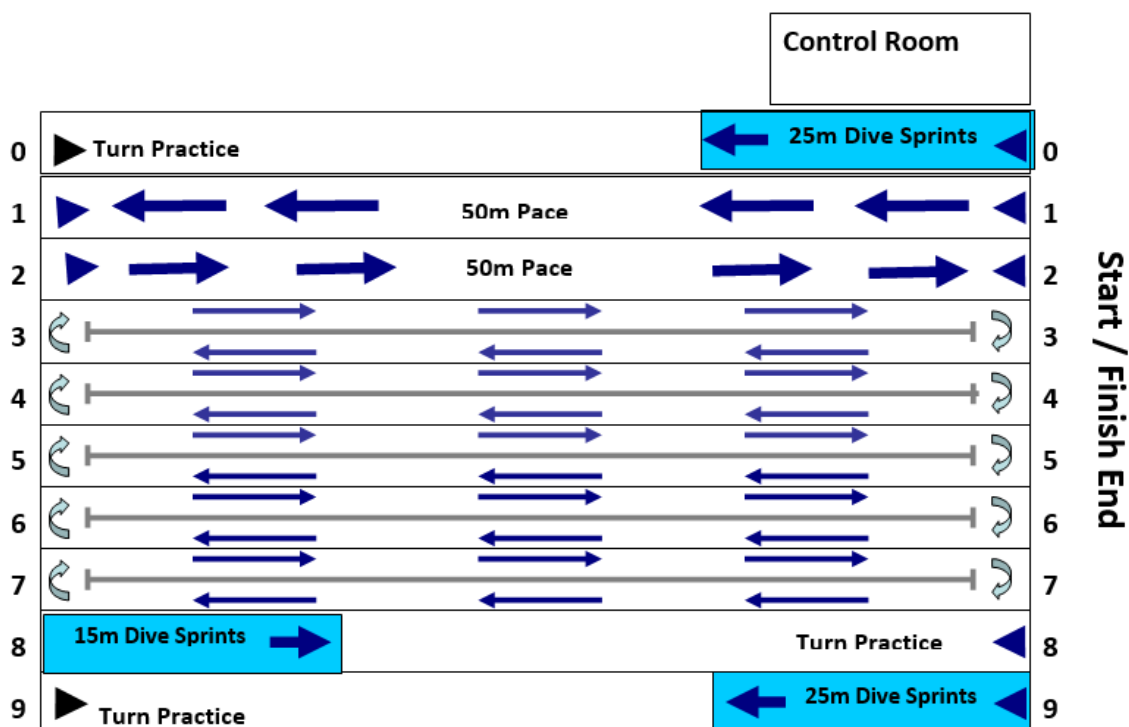


View Map: <http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

Venue Management does not allow any foldable chairs/beds into the OCBC Aquatic Centre due to the Fire Safety Regulation.

8.0 WARM-UP GUIDELINES

- 8.1 The Competition and Warm-Up Pools will be available for warm-ups one and the half hour before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.
- 8.2.1 Lane assignments for warm-ups will be in accordance with World Aquatics Swimming Rules



8.3 Competition Pool

- a. The schematic in the diagram shall be observed at all times during warm-ups.

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.

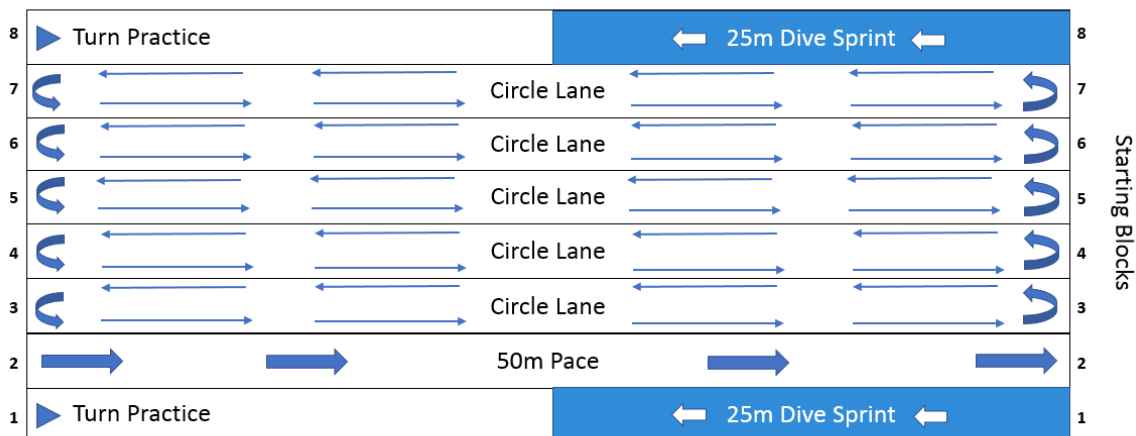
The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.

Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.

In order to ensure a smooth Swimming Competition Time-Lines Compliance and to eliminate downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and 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 Training Pool Guideline



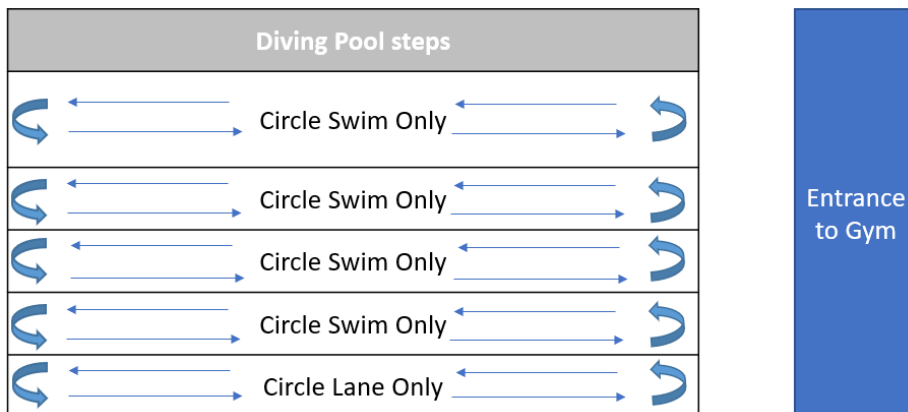
8.4 Diving Pool Guideline

The diving pool and its surrounding areas are on a first-come-first serve basis.

The diving pool is an additional space for swimmers to warm up & down and will be a **circle swimming lane only at all times.**

Should swimmers decide to swim backstroke, they are to exercise caution to not hit other swimmers or the wall as there are no backstroke flags.

Strictly no plunging/diving in all lanes in lieu of the safety of all swimmers



9.0 CONTROL ROOM GUIDELINES

(Infraction Enquiry or Clarification)

- a. Request for the details of Infraction committed by the 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, the infraction 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 i.e. Event Number, Heat Number, Swimmer's Name, Affiliate Name and Lane assigned,
- e. ONLY the Team Leader shall be allowed access to Swimming Competition Control Room to retrieve finals result print-outs, submission of paperwork and Infraction Enquiry. No proxies shall be allowed.

10.0 PROTESTS

- 10.1 Protests are possible:
- if the rules and regulations for the conduct of the competition are not observed,
 - if other conditions endanger the competitions and/or competitors, or
 - 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. However, protests against decisions of fact shall not be allowed.
- 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:
- In writing, with the supporting facts.
 - With a deposit of **S\$108.00** enclosed.
 - Submitted to the Meet Referee by Affiliate Team Leader. No proxies will be entertained.
 - 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 rejected, the deposit shall be forfeited to the Organising Committee of the competition. If the protest is upheld, the deposit shall be returned.

11.0 Minimum Time Standard (MTS)

2023 SNSC MEN MTS	Events	2023 SNSC WOMEN MTS
29.67	50m Freestyle	33.58
01:06.56	100m Freestyle	01:13.37
02:24.73	200m Freestyle	02:40.31
04:58.68	400m Freestyle	05:20.92
10:13.62	800m Freestyle	10:57.96
19:42.15	1500m Freestyle	20:56.06
34.11	50m Backstroke	38.39
01:13.57	100m Backstroke	01:22.44
02:38.81	200m Backstroke	02:56.03
36.82	50m Breaststroke	41.71
01:21.06	100m Breaststroke	01:30.99
02:59.74	200m Breaststroke	03:17.39
31.82	50m Butterfly	34.66
01:10.69	100m Butterfly	01:18.72
02:38.23	200m Butterfly	02:52.84
02:41.76	200m Individual Medley	02:58.96
05:30.94	400m Individual Medley	06:01.50

12.0 Order of Events

21 June 2023 (Wednesday) – Day 1 Heats Start Time: 9.30am			
Event No.	Day 1	Heats	Remarks
101	Men	100m Freestyle	All Flight A races (Fastest 6 Heats per event) to race first
102	Women	100m Freestyle	
103	Men	100m Backstroke	
104	Women	100m Backstroke	
105	Men	200m Breaststroke	All Flight B races (The other remaining heats) to race after Flight A
106	Women	200m Breaststroke	
107	Men	50m Butterfly	
108	Women	50m Butterfly	
109	Women	1500m Freestyle	Slower Heats to be swum after Flight A & B
110	Men	800m Freestyle	

21 June 2023 (Wednesday) – Day 1 Finals Start Time: 6.00pm			
Event No.	Day 1	Finals	Remarks
101	Men	100m Freestyle	A, B, C Finals
102	Women	100m Freestyle	A, B, C Finals
103	Men	100m Backstroke	A, B, C Finals
109	Women	1500m Freestyle	Fastest Heat
Victory Ceremony for Event 101, 102, 103			
104	Women	100m Backstroke	A, B, C Finals
105	Men	200m Breaststroke	A, B, C Finals
106	Women	200m Breaststroke	A, B, C Finals
110	Men	800m Freestyle	Fastest Heat
Victory Ceremony for Event 109, 104, 105, 106			
107	Men	50m Butterfly	A, B, C Finals
108	Women	50m Butterfly	A, B, C Finals
111	Mixed	4 x 100m Medley Relay	Timed Finals Max 2 teams per club / country
Victory Ceremony for Event 110,107, 108,111			

22 June 2023 (Thursday) – Day 2 Heats Start Time: 9.30am			
Event No.	Day 2	Heats	Remarks
201	Men	100m Breaststroke	All Flight A races (Fastest 6 Heats per event) to race first All Flight B races (the other remaining heats) to race after Flight A
202	Women	100m Breaststroke	
203	Men	200m Freestyle	
204	Women	200m Freestyle	
205	Men	50m Backstroke	
206	Women	50m Backstroke	
207	Men	400m Individual Medley	
208	Women	400m Individual Medley	

22 June 2023 (Thursday) – Day 2 Finals Start Time: 6.00pm			
Event No.	Day 2	World Finals	Remarks
201	Men	100m Breaststroke	A, B, C Finals
202	Women	100m Breaststroke	A, B, C Finals
203	Men	200m Freestyle	A, B, C Finals
204	Women	200m Freestyle	A, B, C Finals
Victory Ceremony for Event 201, 202, 203			
205	Men	50m Backstroke	A, B, C Finals
206	Women	50m Backstroke	A, B, C Finals
207	Men	400m Individual Medley	A, B, C Finals
208	Women	400m Individual Medley	A, B, C Finals
Victory Ceremony for Event 204, 205, 206, 207			
209	Men	4 x 100m Freestyle Relay	Timed Finals Max 2 teams per club / country
210	Women	4 x 100m Freestyle Relay	Timed Finals Max 2 teams per club / country
Victory Ceremony for Event 208, 209, 210			

23 June 2023 (Friday) – Day 3 Heats Start Time: 9.30am			
Event No.	Day 3	Heats	Remarks
301	Men	100m Butterfly	<p>All Flight A races (Fastest 6 Heats per event) to race first</p> <p>All Flight B races (the other remaining heats) to race after Flight A</p> <p>All Flight A races</p>
302	Women	100m Butterfly	
303	Men	400m Freestyle	
304	Women	400m Freestyle	
305	Men	50m Breaststroke	
306	Women	50m Breaststroke	
307	Men	200m Backstroke	
308	Women	200m Backstroke	

23 June 2023 (Friday) – Day 3 Finals Start Time: 6.00pm			
Event No.	Day 3	Finals	Remarks
301	Men	100m Butterfly	A, B, C Finals
302	Women	100m Butterfly	A, B, C Finals
303	Men	400m Freestyle	A, B, C Finals
304	Women	400m Freestyle	A, B, C Finals
Victory Ceremony for Event 301, 302, 303			
305	Men	50m Breaststroke	A, B, C Finals
306	Women	50m Breaststroke	A, B, C Finals
307	Men	200m Backstroke	A, B, C Finals
308	Women	200m Backstroke	A, B, C Finals
Victory Ceremony for Event 304, 305, 306, 307			
309	Men	4 x 200m Freestyle Relay	Timed Finals Max 2 teams per club / country
310	Women	4 x 200m Freestyle Relay	Timed Finals Max 2 teams per club / country
Victory Ceremony for Event 308, 309, 310			

24 June 2023 (Saturday) – Day 4 Heats Start Time: 9.30am			
Event No.	Day 4	Heats	Remarks
401	Women	200m Individual Medley	All Flight A races (Fastest 6 Heats per event) to race first
402	Men	200m Individual Medley	
403	Women	50m Freestyle	
404	Men	50m Freestyle	All Flight B races (the other remaining heats) to race after Flight A
405	Women	200m Butterfly	
406	Men	200m Butterfly	
407	Women	800m Freestyle	Slower Heats to be swum after Flight A & B
408	Men	1500m Freestyle	

24 June 2023 (Saturday) – Day 4 Finals Start Time: 5.00pm			
Event No.	Day 4	Finals	Remarks
402	Men	200m Individual Medley	A, B, C Finals
401	Women	200m Individual Medley	A, B, C Finals
404	Men	50m Freestyle	A, B, C Finals
407	Women	800m Freestyle	Fastest Heat
Victory Ceremony for Event 402, 401, 404			
403	Women	50m Freestyle	A, B, C Finals
406	Men	200m Butterfly	A, B, C Finals
405	Women	200m Butterfly	A, B, C Finals
408	Men	1500m Freestyle	Fastest Heat
Victory Ceremony for Event 403, 405, 406, 407			
409	Women	4 x 100m Medley Relay	Timed Finals Max 2 teams per club / country
410	Men	4 x 100m Medley Relay	Timed Finals Max 2 teams per club / country
Victory Ceremony for Event 408, 409, 410			

13.0 OTHER TERMS & CONDITIONS

- 13.1 All Participants who are entered in the 18th Singapore National Swimming Championships 2023 are 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 Singapore Aquatics.
- 13.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants’ safety, Participants take part in 18th Singapore National Swimming Championships 2023 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 in this SNSC. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
- 13.3 In the event of harsh weather conditions that could cancel the 18th Singapore National Swimming Championships 2023, Singapore Aquatics reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at 18th Singapore National Swimming Championships 2023

14.0 KEY DATES

Date & Time	Event	Venue
Friday, 9th June 2023, 5.00 pm	Closing Date for Entries Submission	Singapore Aquatics Office or via email to tessa.seet@swimming.org.sg and admin5@swimming.org.sg
12 th to 16 th June 2023	Entries list by affiliates/ teams will be sent for verification	-
Friday, 16 th June 2023 2.00pm	Preliminary Entries List (Psych Sheet) will be sent out to all participating affiliates/teams	-
Monday, 19 th June 2023, 12.00pm	Deadline for Payment for Entries	Singapore Aquatics Office
Monday 19 th June 2023, 11.00am	Team Leaders Meeting	Online on Zoom. Link will be sent nearer to the date.
21 st – 24 th June 2023	18th Singapore National Swimming Championships 2023	OCBC Aquatic Centre