



***2023 MAJOR GAMES  
QUALIFIERS***

*23 – 26 NOVEMBER 2022*  
***OCBC Aquatic Centre***

## 1.0 GENERAL INFORMATION

**Entries Closing Date** Wednesday 9<sup>th</sup> November 12 noon  
**Technical Meeting for Team Leaders (via Zoom)** Monday, 21<sup>st</sup> November 2022, 11.00am

Competition 2023 Major Games Qualifiers

Venue OCBC Aquatic Centre, Singapore

Details

Session	Date	Day	Competition	Doors Open
1	23 Nov 2022	Wednesday	9:15 am	7.45am
2	23 Nov 2022	Wednesday	6.00pm	4.30pm
3	24 Nov 2022	Thursday	9:15 am	7.45am
4	24 Nov 2022	Thursday	6:00 pm	4.30pm
5	25 Nov 2022	Friday	9:15 am	7.45am
6	25 Nov 2022	Friday	6:00 pm	4.30pm
7	26 Nov 2022	Saturday	9:15 am	7.45am
8	26 Nov 2022	Saturday	5.00pm	3.30pm

- 1.1 The Championships shall be conducted under the Rules and By-laws of FINA as prescribed in the Handbook of FINA (2017 – 2021). One-start rule applies. The list of approved swimsuits can be viewed at <http://fina.org/content/fina-approved-swimwear>
- 1.2 The Championships are open only to the following:
- Swimmers who are existing members of SSA Affiliates (thereafter known as Affiliates).
  - Members of other Federations affiliated to FINA 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 SSA Affiliates or FINA-affiliated Federations.
- 1.4 Definition of Swimmers:
- Local Swimmers- All Affiliated Members with a Valid Singapore NRIC or FIN#
  - Foreign Swimmers- All Swimmers without a Valid Singapore NRIC or FIN#

## 2.0 ENTRY REGULATIONS

### 2.1 Closing date for entries – Wednesday 9<sup>th</sup> Nov 2022, 12.00pm

#### Deadline for payment – Monday, 21<sup>st</sup> November

All Entries are to be emailed to [admin5@swimming.org.sg](mailto:admin5@swimming.org.sg) & [Tessa.seet@swimming.org.sg](mailto: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 Major Games Qualifiers

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

An administrative fee of **S\$30.00** 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 Swimming Association by the below deadline.

- c. There is no limit to the number of individual entries per swimmer.

#### d. Vaccination Differentiation Measures

As of 10<sup>th</sup> October 2022, there will no longer be any Vaccination Differentiation Measures.

### 2.2.1 Swimmers Registration Fee (For local and international swimmers)

2022 Annual Registration Fee is **S\$30.00 (inclusive of 7% 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 **\$30.00** 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 **Entry Fee** (Applicable to Singaporean and international swimmers)

- a. Individual Event - **S\$10.00 (inclusive of 7% GST)** per event
- b. Relay Event - **S\$30.00 (inclusive of 7% GST)** per event

2.2.4 **International Coach / Team Official Admin Fee**

An Admin Fee of \$60 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.**

2.2.5 **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.

2.2.6 **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 7% GST

- a. Individual Event - **S\$20.00** per event
- b. Relay Event - **S\$60.00** per event

This double charge will be in effect for entries that are submitted between **9<sup>th</sup> Nov 2022, 12.01pm till Friday 18<sup>th</sup> Nov 2022 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 9<sup>th</sup> Nov may be made up till Friday, 18<sup>th</sup> Nov 10.00am; before the release of the psych sheet at a cost of **\$30.00** per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event).

**Deadline for Amendments – Friday, 18<sup>th</sup> Nov 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, 21<sup>st</sup> Nov 2022.** 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

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

3.3 The 2023 Major Games Qualifiers Management Committee reserves the right to the final decision on all matters pertaining to the Championships.

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

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 Final 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 three (3) foreign swimmers who finish within the top eleventh-twenty (11<sup>th</sup> -20<sup>th</sup>) finishers at the Heats, only the next top three (3) fastest foreign swimmers would compete in the 'B' Finals.

There will be NO “B” Finals if the event has less than twenty-five (25) 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’ Finals (Except the 800m and 1500m Freestyle races) will be able to compete in the “C” Finals. Should there be more than three (3) foreign swimmers who finish within the top twenty-first to thirtieth (21<sup>st</sup> – 30<sup>th</sup>) finishers at the Heats, only the next top three (3) fastest foreign swimmers would compete in the 'C' Finals.

There will be NO “C” Finals if the event has less than forty (40) swimmers in the Heats

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)

## 4.0 WITHDRAWALS

- 4.1 An administrative fee of **S\$30.00** 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\$100.00** 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 Swimming Association national competitions are strictly reserved for registered athletes, coaches, essential support staff, event staff or other persons approved by Singapore Swimming Association.

All accreditation cards remain the property of Singapore Swimming, are NON-TRANSFERABLE, and can be withdrawn or refused at Singapore Swimming'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:

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

## 6.0 COMPETITION VENUE



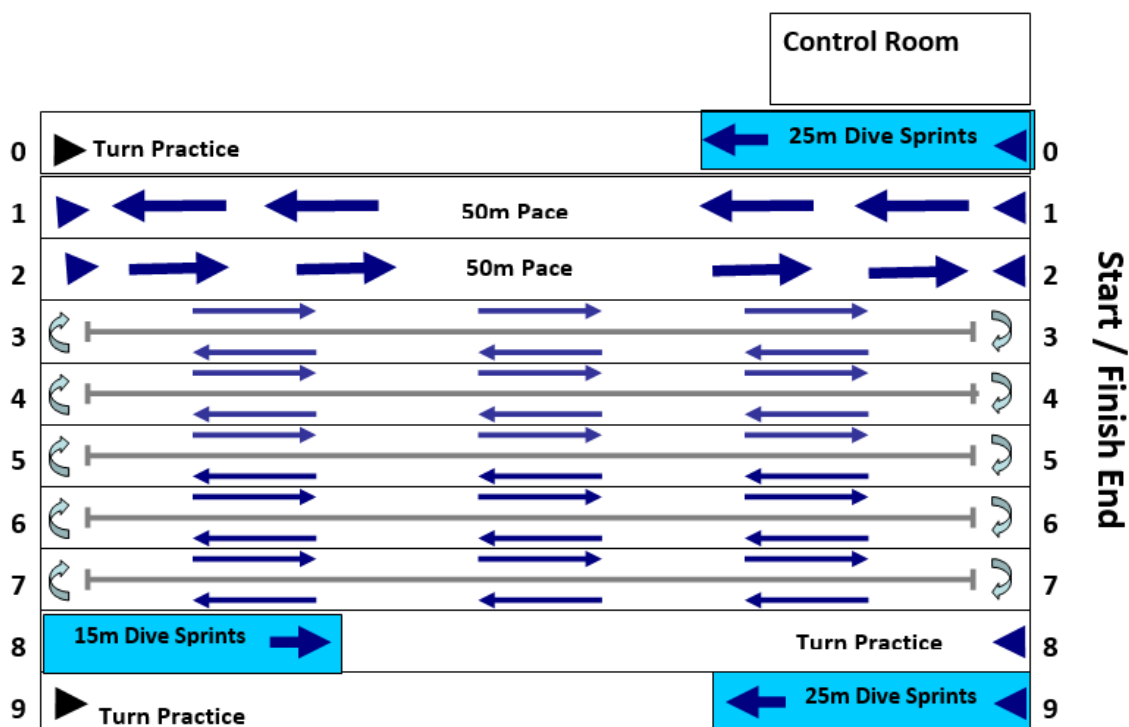
View Map: <http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

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



## 7.0 WARM-UP GUIDELINES

- 7.1 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.
- 7.2.1 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



### 7.3 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.

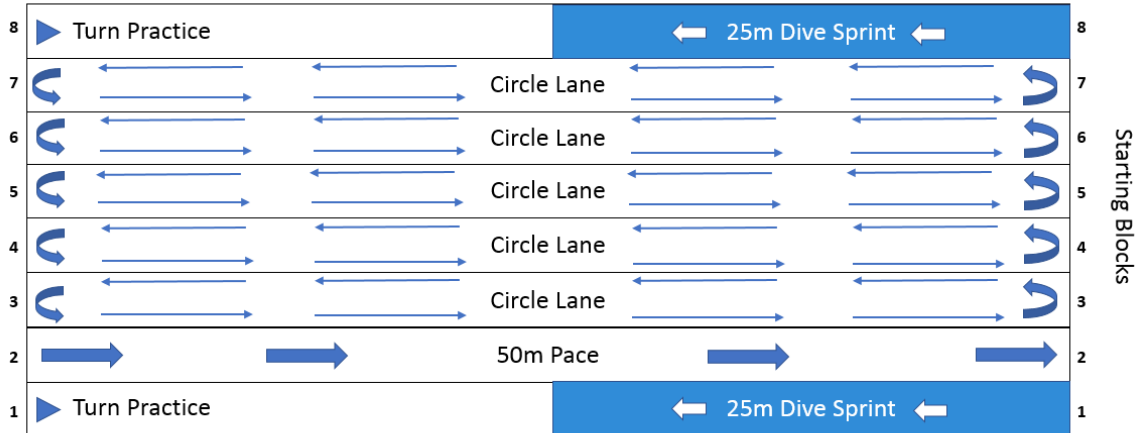
The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.

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, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate 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.

7.4 Training Pool Guideline



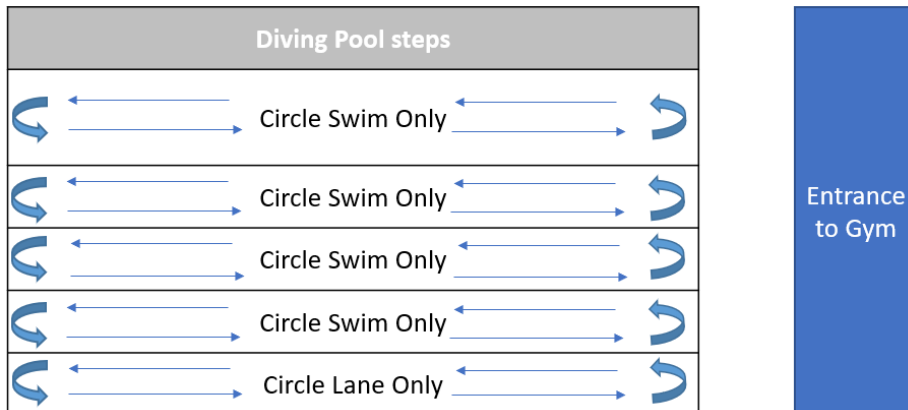
7.5 Diving Pool Guideline

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



## 8.0 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 final result print-outs, submission of necessary paperwork and Infraction Enquiry. No proxies shall be allowed.

## 9.0 PROTESTS

- 9.1 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.
- 9.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact shall not be allowed.
- 9.3 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.
- 9.4 Protests must be submitted in accordance with the following:
- In writing, with the supporting facts.
  - With a deposit of **S\$100.00** 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.
- 9.5 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.
- 9.6 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.

## 10.0 Minimum Time Standard (MTS)

2022 MEN MTS	Events	2022 WOMEN MTS
29.67	<b>50m Freestyle</b>	33.58
01:06.56	<b>100m Freestyle</b>	01:13.37
02:24.73	<b>200m Freestyle</b>	02:40.31
04:58.68	<b>400m Freestyle</b>	05:20.92
10:13.62	<b>800m Freestyle</b>	10:57.96
19:42.15	<b>1500m Freestyle</b>	20:56.06
34.11	<b>50m Backstroke</b>	38.39
01:13.57	<b>100m Backstroke</b>	01:22.44
02:38.81	<b>200m Backstroke</b>	02:56.03
36.82	<b>50m Breaststroke</b>	41.71
01:21.06	<b>100m Breaststroke</b>	01:30.99
02:59.74	<b>200m Breaststroke</b>	03:17.39
31.82	<b>50m Butterfly</b>	34.66
01:10.69	<b>100m Butterfly</b>	01:18.72
02:38.23	<b>200m Butterfly</b>	02:52.84
02:41.76	<b>200m Individual Medley</b>	02:58.96
05:30.94	<b>400m Individual Medley</b>	06:01.50

## 11.0 Order of Events

<b>23 Nov 2022 (Wednesday) – Day 1</b>			
<b>Heats Start Time: 9.15am</b>			
<b>Event No.</b>	<b>Day 1</b>	<b>Heats</b>	<b>Remarks</b>
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	
106	Women	200m Breaststroke	
107	Men	50m Butterfly	All Flight B races (The other remaining heats) to race after Flight A
108	Women	50m Butterfly	
109	Men	800m Freestyle	Slower Heats to be swum after Flight A & B
110	Women	1500m Freestyle	

<b>23 Nov 2022 (Wednesday) – Day 1</b>			
<b>Finals Start Time: 6.00pm</b>			
<b>Event No.</b>	<b>Day 1</b>	<b>Finals</b>	<b>Remarks</b>
101	Men	100m Freestyle	A, B, C Finals
102	Women	100m Freestyle	A, B, C Finals
105	Men	200m Breaststroke	A, B, C Finals
110	Women	1500m Freestyle	Fastest Heat
Victory Ceremony for Event 101, 102, 105			
104	Women	100m Backstroke	A, B, C Finals
103	Men	100m Backstroke	A, B, C Finals
106	Women	200m Breaststroke	A, B, C Finals
109	Men	800m Freestyle	Fastest Heat
Victory Ceremony for Event 110, 104, 103, 106			
107	Men	50m Butterfly	A, B, C Finals
108	Women	50m Butterfly	A, B, C Finals
Victory Ceremony for Event 109, 107, 108			

<b>24 Nov 2022 (Thursday) – Day 2</b>			
<b>Heats Start Time: 9.15am</b>			
<b>Event No.</b>	<b>Day 2</b>	<b>Heats</b>	<b>Remarks</b>
201	Men	100m Breaststroke	<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>
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	

<b>24 Nov 2022 (Thursday) – Day 2</b>			
<b>Finals Start Time: 6.00pm</b>			
<b>Event No.</b>	<b>Day 2</b>	<b>Finals</b>	<b>Remarks</b>
201	Men	100m Breaststroke	A, B, C Finals
202	Women	100m Breaststroke	A, B, C Finals
203	Men	200m Freestyle	A, B, C Finals
Victory Ceremony for Event 201, 202			
204	Women	200m Freestyle	A, B, C Finals
205	Men	50m Backstroke	A, B, C Finals
206	Women	50m Backstroke	A, B, C Finals
Victory Ceremony for Event 203, 204, 205			
207	Men	400m Individual Medley	A, B, C Finals
208	Women	400m Individual Medley	A, B, C Finals
Victory Ceremony for Event 206, 207, 208			

25 Nov 2022 (Friday) – Day 3 Heats Start Time: 9.15am			
Event No.	Day 3	Heats	Remarks
301	Men	100m Butterfly	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 All Flight A races
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	

25 Nov 2022 (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
Victory Ceremony for Event 301, 302			
304	Women	400m Freestyle	A, B, C Finals
305	Men	50m Breaststroke	A, B, C Finals
306	Women	50m Breaststroke	A, B, C Finals
Victory Ceremony for Event 303, 304, 305			
307	Men	200m Backstroke	A, B, C Finals
308	Women	200m Backstroke	A, B, C Finals
Victory Ceremony for Event 306, 307, 308			



<b>26 Nov 2022 (Saturday) – Day 4</b>				
<b>Heats Start Time: 9.15am</b>				
<b>Event No.</b>	<b>Day 4</b>	<b>Heats</b>	<b>Remarks</b>	
401	Men	200m Individual Medley	All Flight A races (Fastest 6 Heats per event) to race first	
402	Women	200m Individual Medley		
403	Men	50m Freestyle		
404	Women	50m Freestyle		
405	Men	200m Butterfly		All Flight B races (the other remaining heats) to race after Flight A
406	Women	200m Butterfly		
407	Men	1500m Freestyle	Slower Heats to be swum after Flight A & B	
408	Women	800m Freestyle		

<b>26 Nov 2022 (Sat) – Day 4</b>			
<b>Finals Start Time: 5.00pm</b>			
<b>Event No.</b>	<b>Day 4</b>	<b>Finals</b>	<b>Remarks</b>
401	Men	200m Individual Medley	A, B, C Finals
402	Women	200m Individual Medley	A, B, C Finals
407	Men	1500m Freestyle	Fastest Heat
Victory Ceremony for Event 401, 402			
404	Women	50m Freestyle	A, B, C Finals
403	Men	50m Freestyle	A, B, C Finals
408	Women	800m Freestyle	Fastest Heat
Victory Ceremony for Event 407, 404, 403			
405	Men	200m Butterfly	A, B, C Finals
406	Women	200m Butterfly	A, B, C Finals
Victory Ceremony for Event 408, 405, 406			

### 13.0 OTHER TERMS & CONDITIONS

- 13.1 All Participants who are entered in the Major Games Qualifiers 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, date-processing, statistical or risk-analysis, research, fund-raising and/ or, any other purposes in furtherance of the functions or powers of SSA.
- 13.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants’ safety, Participants take part in Major Games Qualifiers 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 Major Games Qualifiers 2023, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at Major Games Qualifiers 2023.

### 14.0 KEY DATES

Date & Time	Event	Venue
Wednesday 9 <sup>th</sup> Nov 2022, 12.00pm	Closing Date for Entries Submission	SSA Office or via email <a href="mailto:tessa.seet@swimming.org.sg">tessa.seet@swimming.org.sg</a>
10 <sup>th</sup> to 17 <sup>th</sup> Nov 2022	Entries list by affiliates/ teams will be sent for verification	-
Friday, 18 <sup>th</sup> Nov 2022, 12 noon	Preliminary Entries List (Psych Sheet) will be sent out to all participating affiliates/teams	-
Monday, 21 <sup>st</sup> Nov 2022, 11.00am	Team Leaders Meeting	Online on Zoom. Link will be sent nearer to the date.
Monday, 21 <sup>st</sup> Nov 2022, 12.00pm	Deadline for Payment for Entries	SSA Office
23 <sup>rd</sup> – 26 <sup>th</sup> Nov 2022 (Wed – Sat)	Major Games Qualifiers	OCBC Aquatic Centre