



# SSA January Time Trials 2022

15th to 16th January 2022

Toa Payoh ActiveSG Competition Pool

## 1.0 General Information

**Technical Meeting for Team Leaders**  
**Entries will be accepted from:**  
**Entries Deadline:**

Thursday, 14<sup>th</sup> January 2022, 11am  
Friday, 7<sup>th</sup> January 2022 at 12noon  
Tuesday, 11<sup>th</sup> January 2022, 12noon

**Competition**  
**Venue**

SSA January Time Trials 2022  
Toa Payoh ActiveSG Competition Pool

### Competition Schedule

Date	Day	Competition Time
15 <sup>th</sup> January 2022	Saturday	The scheduled entry and exit times for each wave will be shared in a separate document.
16 <sup>th</sup> January 2022	Sunday	

- 1.1 The Time Trials 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 Time Trials are open only to Swimmers who are existing members of SSA Affiliates (henceforth known as Affiliates).
- 1.3 The results from this Time Trials can be used for qualifying for national meets. There will not be any certificates awarded for this Time Trials.
- 1.4 All entries must be submitted through SSA Affiliates. Entries submitted individually will not be accepted.
- 1.5 **Entries will be accepted from Friday 7<sup>th</sup> January 2022 at 12noon.**

## **2.0 Competition Information**

2.1 Events listed below will be for both Male and Female swimmers in the January Time Trials 2022

- a. Freestyle: 50m, 400m, 800m\*
- b. Backstroke: 100m
- c. Breaststroke: 100m
- d. Butterfly: 50m, 200m
- e. Individual Medley: 200

<b>15<sup>th</sup> January (Day 1)</b>	<b>16<sup>th</sup> January (Day 2)</b>
50m Freestyle (Boys)	50m Butterfly (Boys)
100m Backstroke (Boys)	100m Breaststroke (Boys)
200m Butterfly (Boys)	200m Individual Medley (Boys)
400m Freestyle (Boys)	*800m Freestyle (Boys)
50m Butterfly (Girls)	50m Freestyle (Girls)
100m Breaststroke (Girls)	100m Backstroke (Girls)
200m Individual Medley (Girls)	200m Butterfly (Girls)
*800m Freestyle (Girls)	400m Freestyle (Girls)

\*800m freestyle: max of 16 entries per gender

All events will be timed finals and competitors shall be placed in graduated time order, from the *fastest to slowest*

- 2.2 Technical Officials – All Technical Officials shall be appointed by the SSA Technical Swimming Committee.
- 2.3 The SSA January Time Trials 2022 Management Committee reserves the right to the final decision on all matters pertaining to the Championships.
- 2.4 Format of Competition – The Championships are run in the FINA Long-Course Metres (LCM) format.
- 2.5 **Schedule per day**  
*Please note that the schedule will be sent out nearer to the competition date as it will be dependent on the entries received.*

## **3.0 Entry Regulations**

- 3.1.1 **Swimmers Registration Fee** (*For local and international swimmers*)  
**2022** Annual Registration Fee is S\$30.00 (inclusive of 7% GST) per swimmer.
- 3.1.2 **Entry Fee** (*Applicable to Singaporean and international swimmers*)
- a. Individual Event - S\$10.00 (inclusive of 7% GST) per event
  - b. Entrance Fee into ActiveSG pool (*SSA will be collecting and paying on behalf of all swimmers and coaches*)
    - a. \$0.60 per swimmer per day
    - b. \$1.30 per coach per day
- 3.2 **Entry Withdrawals**  
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.
- 3.3 Each swimmer will be allowed a maximum of 3 individual events per Time Trial.  
Swimmers are allowed only one racing opportunity per event.  
(*Example: if the swimmer has swum the 100m freestyle in the January Time Trials, they will not be considered for the January Swim Series*)
- 3.4 There is no entry qualifying time to participate at the Time Trials.  
However, the 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
- 3.5 **Age Restrictions for Time Trials as follows:**  
Swimmers must be aged 13 years old to 19 years old (born from 2003 to 2009)

## **4.0 DNS/Withdrawals/Post Event Fees**

### **4.1 Withdrawals Before Competition**

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 the competition.

### **4.2 Withdrawals Made 60 mins Before the Start of Each Session**

Withdrawals made without submission of the withdrawal form to the Control Room Supervisor **within sixty (60) minutes of the start of each session** shall be deemed as **Did Not Show or Did Not Start (DNS)**.

**A penalty of S\$100.00 shall be imposed on all DNS.**

### **4.3 Did Not Show/Did Not Swim (DNS)**

Swimmers who do not show up for their event/do not submit a withdrawal form will be imposed with the penalty of \$100.00.

### **4.4 Post Event Fee Waivers**

The administrative fee and penalties (Did Not Swim/Withdrawals) 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.

## 4.5

**Minimum Time Standard**

There is no entry qualifying time to participate at the Time Trials. However, the swimmers have to 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

Minimum Time Standard for Girls/Women			
Events	13-14 Years	15-17 Years	18 Years & Over
50 LC Meter Freestyle	00:33.72	00:32.33	00:31.58
100 LC Meter Freestyle	01:13.15	01:09.63	01:07.91
200 LC Meter Freestyle	02:49.18	02:32.75	02:30.65
400 LC Meter Freestyle	05:33.12	05:26.51	05:23.84
50 LC Meter Backstroke	00:38.60	00:37.58	00:36.70
100 LC Meter Backstroke	01:23.53	01:19.99	01:20.37
200 LC Meter Backstroke	03:01.25	02:58.53	02:55.58
50 LC Meter Breaststroke	00:42.79	00:41.62	00:40.10
100 LC Meter Breaststroke	01:32.63	01:30.55	01:29.30
200 LC Meter Breaststroke	03:22.26	03:09.73	03:16.39
50 LC Meter Butterfly	00:35.88	00:34.45	00:33.86
100 LC Meter Butterfly	01:20.13	01:16.45	01:14.87
200 LC Meter Butterfly	03:00.47	02:55.44	02:53.98
200 LC Meter IM	02:59.23	02:55.77	02:58.34
400 LC Meter IM	06:24.21	06:26.75	06:09.08
800 LC Meter Freestyle	11:40.85	11:22.22	11:14.51
1500 LC Meter Freestyle	22:58.94	21:54.69	21:14.26

Minimum Time Standard for Boys/Men			
Events	13-14 Years	15-17 Years	18 Years & Over
50 LC Meter Freestyle	00:30.64	00:29.00	00:28.34
100 LC Meter Freestyle	01:07.07	01:03.24	01:01.64
200 LC Meter Freestyle	02:27.03	02:18.84	02:16.31
400 LC Meter Freestyle	05:12.42	04:58.88	04:52.73
50 LC Meter Backstroke	00:35.86	00:33.58	00:33.34
100 LC Meter Backstroke	01:17.35	01:13.37	01:11.53
200 LC Meter Backstroke	02:48.76	02:41.53	02:35.13
50 LC Meter Breaststroke	00:39.79	00:36.31	00:35.15
100 LC Meter Breaststroke	01:25.09	01:19.91	01:18.59
200 LC Meter Breaststroke	03:04.43	02:54.76	02:47.28
50 LC Meter Butterfly	00:32.95	00:31.12	00:30.81
100 LC Meter Butterfly	01:13.66	01:08.58	01:08.18
200 LC Meter Butterfly	02:47.09	02:37.53	02:32.01
<b>200 LC Meter IM</b>	02:47.17	02:48.70	02:33.13
400 LC Meter IM	06:06.62	05:44.34	05:25.31
800 LC Meter Freestyle	11:08.37	10:39.79	10:20.44
1500 LC Meter Freestyle	21:09.15	20:02.93	19:27.42

## **5.0 Accreditation Passes**

There will not be any accreditation passes for swimmers.

*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 state the names of their coaches and team managers during the submission of entries prior to the start of the event and are subject to the approval of the SSA team.**

**To facilitate the entrance payment for coaches, please do state if the coaches will be present on both competition days.**

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.

### **5.1 Lost/Misplaced Accreditation Passes**

Replacement passes for misplaced/lost accreditation passes are available for the following costs:

Replacement Cost for Misplaced or Lost Accreditation Passes	
Coach/Team Manager	SGD \$100



## **6.0 Control Room Guidelines**

### **6.1 Infraction Enquiry or Clarification**

- 6.1.1 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.
- 6.1.2 In the absence of Meet Director, the infraction enquiry shall be directed only to the Deputy Meet Director or Control Room Supervisor.
- 6.1.3 Enquiry of infraction shall be made within the same day of competition.
- 6.1.4 The Team Leader / Coach shall provide Swimmer Details i.e., Event Number, Heat Number, Swimmer's Name, Affiliate Name and Lane assigned.
- 6.1.5 ONLY the Team Leader / Coach 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.

### **6.2 Protests**

- 6.2.1 Protests are possible:
  - a. If the rules and regulations for the conduct of the competition are not observed,
  - b. 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.
- 6.2.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact will not be allowed.
- 6.2.3 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.
- 6.2.4 Protests must be submitted in accordance with the following:
  - a. In writing, with the supporting facts.
  - b. With a deposit of S\$100.00 enclosed.
  - c. Submitted to the Meet Referee by Affiliate Team Leader / Coach. No proxies will be entertained.
  - d. Submitted within thirty (30) minutes following the conclusion of the respective event.
- 6.2.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Leader / Coach may then appeal the rejection to the Jury of Appeal, whose decision shall be final.
- 6.2.6 If the protest is rejected, the deposit shall be forfeited to the SSA January Time Trials 2022 Management Committee. If the protest is upheld, the deposit shall be returned.

## **7.0 Competition Venue**

- 7 Competition Venue Location:  
Toa Payoh ActiveSG Competition Pool  
301 Lorong 6 Toa Payoh  
Singapore 319392



## **8.0 Terms & Conditions**

- 8.1 All Participants who have entered in the SSA January Time Trials 2022 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 SSA.
- 8.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in SSA January Time Trials 2022 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 SSA January Time Trials 2022. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
- 8.3 In the event of harsh weather conditions that could cancel the SSA January Time Trials 2022, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at SSA January Time Trials 2022.

## 9.0 Key Dates

Date & Time	Event	Remarks
Friday, 7 <sup>th</sup> January 2022 at 12noon	TM entries file will be sent out and entries will be accepted	-
Tuesday, 11 <sup>th</sup> January 2022, 12noon	Entries Deadline	Entries list by affiliates/teams will be sent for verification
14 <sup>th</sup> January 2022, 11.00am	Team Leaders Meeting	Online Zoom Meeting
15 <sup>th</sup> to 16 <sup>th</sup> January 2022	SSA January Time Trials 2022	Toa Payoh COE

