



SINGAPORE SWIM SERIES I

13 January 2023 to 15 January 2023

OCBC AQUATIC CENTRE

EVENT INFORMATION

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1.0 COMPETITION INFORMATION**Entries Closing Date: Wednesday, 4 January 2023, 12.00pm**Entries must be emailed to admin5@swimming.org.sg & tessa.seet@swimming.org.sg**Venue: OCBC AQUATIC CENTRE**

Session	Group	Date	Day	Competition	Doors Open
1	Combined 11 yrs old and above	13 January 2023	Friday	6.00pm	4.30pm
2	Seniors 13 yrs & Over	14 January 2023	Saturday	9.00 am	7.45 am
3	Juniors 8 - 12 yrs old	14 January 2023	Saturday	2.30 pm	1.30pm
4	Seniors 13 yrs & Over	15 January 2023	Sunday	9.00 am	7.45 am
5	Juniors 8 - 12 yrs old	15 January 2023	Sunday	2.30 pm	1.30pm

2.0 GENERAL INFORMATION

- 2.1 The Singapore Swim Series shall be conducted under the Rules and By-laws of FINA as prescribed in the FEDERATION INTERNATIONALE DE NATATION ("FINA") Handbook 2017-2021.
One-Start Rule applies.
- 2.2 Format of competition – the championships are run in the FINA long-course metres (LCM) format.
All events will be timed finals and competitors shall be placed in graduated time order, from the *fastest to slowest*.

Seniors Programme Only (50m to 400m Events)

Flight A – Fastest 6 Heats per event will be swimming first

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

- 2.3 Technical officials – all technical officials shall be appointed by the SSA Technical Swimming Committee.
- 2.4 SSA reserves the right to the final decision on all matters pertaining to the national swim series.

3.0 AGE GROUPS

- 3.1 A swimmer may only compete in the stipulated age group in which he/she falls under.
- 3.2 Age groups are computed as of follows:

a. **Seniors**

13 years & over Born in 2010 or earlier

b. **Juniors**

12 years Born in 2011

11 years Born in 2012

10 years Born in 2013

9 years Born in 2014

8 years Born in 2015

4.0 ENTRY REGULATIONS

4.1 **Entry deadline:** Wednesday 4th January 2023, 12.00pm

4.2 The Singapore Swim Series are open only to the following:

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

4.3 All entries must be submitted through SSA Affiliates or FINA-affiliated Federations.

4.4 **Swimmers Registration Fee** (For local and international swimmers)

2023 Annual Registration Fee is **S\$43.20** (inclusive of 8% GST) per swimmer and this covers the period of Jan 2023 to Dec 2023

This fee is also applicable to foreign swimmers.

4.5 **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

4.6 **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.

4.7 **Entry Fees:**

Per Event - **\$16.20** (inclusive of 8% GST)

4.7.1 ****Late Entries:**

Late entries after the entries deadline can be accepted but at the cost of twice the entry fee per event.

Late Entry Fee Per Event - **\$32.40** (inclusive of 8% GST)

This double charge will be in effect for entries that are submitted between 4th January 2023, 12.01pm to 11th January 2023, 12.00pm.

- 4.8 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 4th Jan 12.01pm may be made up till the Team Leaders Meeting on 12th Jan 2023 at the cost of **\$32.40** (inclusive of 8% GST) per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event).
- 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.
- 4.9 Full payment must be made at the SSA office by: **12th January 2023**
Kindly make cheques payable to "**Singapore Swimming Association**".
- 4.10 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.
- 4.11 Swimmers must be **at least the age of 8 years (Born in year 2015 or earlier)**
- 4.12 Swimmers who are aged 11 & 12 years old (born in 2011-2012) and are participating in the SNAG 2023, can opt to swim the compulsory 200m Individual Medley at the Singapore Swim Series and the Feb SSPA Events instead of the SNAG 2023.
- 5.0 **DNS/Withdrawals**
- 5.1 An administrative fee of **\$32.40** (inclusive of 8% GST) shall be imposed on each withdrawal from entered events after the Start List is disseminated.
The Start List will be published on Thursday 12th Jan 2023, 2.00pm
- 5.2 Withdrawals with or without notification shall be deemed Did Not Show or Did Not Start (DNS) and the fee of **\$32.40** (inclusive of 8% GST) will still apply.
- 5.3 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 all races for the day.

6.0 ACCREDITATIONS

6.1 Club Accreditations (inclusive of coaches, team manager and support staff) will be assigned based on Club Size:

This table below is only applicable to SSA Affiliates.

<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 fill up the accreditation form with the details of the accredited personnel.

6.2 **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

7.0 PROTESTS

7.1 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
- c. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

7.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact shall not be allowed.

7.3 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.

7.4 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. No proxies will be entertained.
 - d. Submitted within thirty (30) minutes following the conclusion of the respective event.
- 7.5 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.
- 7.6 If the protest is rejected, the deposit shall be forfeited to the SSA. If the protest is upheld, the deposit shall be returned.

8.0 MINIMUM TIME STANDARD TO ACHIEVE DURING SINGAPORE SWIM SERIES

8.1 Minimum Time Standard

There is no entry qualifying time to participate at the Singapore Swim Series. However, the swimmers have to achieve a minimum time standard at the Swim Series. An administrative fee of **S\$32.40** (inclusive of 8% GST) per event will be imposed if a swimmer returns a time slower than the minimum time standard.

Swimmers are strongly encouraged to compete at the Singapore Swimming Proficiency Awards (SSPA) Events if they are not confident of achieving a minimum time standard at the Singapore Swim Series.

The SSPA Events will take place on 18th -19th Feb 2023. (the weekend after the February Swim Series Event)

8.2 Minimum Time Standard (MTS) – Female

MTS adopted from SNAG standards + 15%

Events	Minimum Time Standard for Juniors – Girls (SNAG Standards + 15%)				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:55.99	00:50.81	00:46.87	00:44.31	00:41.94
100 LC Meter Freestyle	02:08.75	01:52.42	01:43.67	01:37.59	01:31.89
200 LC Meter Freestyle	NA	04:09.87	03:45.78	03:34.92	03:22.70
400 LC Meter Freestyle	NA	NA	NA	07:33.44	07:07.63
50 LC Meter Backstroke	01:06.29	01:00.69	00:54.79	00:52.24	00:48.93
100 LC Meter Backstroke	02:25.38	02:12.55	02:01.20	01:53.75	01:45.90
200 LC Meter Backstroke	NA	NA	NA	04:03.86	03:51.41
50 LC Meter Breaststroke	01:13.46	01:06.28	01:00.67	00:56.32	00:53.49
100 LC Meter Breaststroke	02:40.93	02:25.20	02:12.20	02:04.16	01:57.49
200 LC Meter Breaststroke	NA	NA	NA	04:27.17	04:11.84
50 LC Meter Butterfly	01:03.59	00:56.05	00:50.89	00:48.57	00:45.62
100 LC Meter Butterfly	02:29.05	02:12.13	01:59.00	01:50.33	01:42.33
200 LC Meter Butterfly	NA	NA	NA	04:15.07	03:57.60
200 LC Meter IM	NA	04:36.87	04:12.73	03:56.96	03:43.25
400 LC Meter IM	NA	NA	NA	08:28.98	08:14.72
800 LC Meter Freestyle	NA	NA	NA	13:57.55	
1500 LC Meter Freestyle	NA	NA	NA	25:59.71	

Events	Minimum Time Standard for Seniors – Girls / Women (SNAG Standards + 15%)		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:37.93	00:36.37	00:35.53
100 LC Meter Freestyle	01:22.30	01:18.33	01:16.40
200 LC Meter Freestyle	02:59.07	02:51.85	02:49.48
400 LC Meter Freestyle	06:14.76	06:07.32	06:04.32
50 LC Meter Backstroke	00:43.43	00:42.28	00:41.29
100 LC Meter Backstroke	01:33.97	01:29.99	01:30.42
200 LC Meter Backstroke	03:23.90	03:20.85	03:17.52
50 LC Meter Breaststroke	00:48.13	00:46.82	00:45.12
100 LC Meter Breaststroke	01:44.21	01:41.87	01:40.46
200 LC Meter Breaststroke	03:47.54	03:33.44	03:41.08
50 LC Meter Butterfly	00:40.36	00:38.75	00:38.09
100 LC Meter Butterfly	01:30.14	01:26.00	01:24.23
200 LC Meter Butterfly	03:23.03	03:17.36	03:15.73
200 LC Meter IM	03:21.63	03:17.74	03:20.63
400 LC Meter IM	07:15.09	07:12.24	06:55.22
800 LC Meter Freestyle	13:08.46	12:47.49	12:38.83
1500 LC Meter Freestyle	25:51.31	24:39.03	23:53:55

8.3 Minimum Time Standard (MTS) – Male
 MTS adopted from SNAG standards + 15%

Events	Minimum Time Standard for Juniors – Boys (SNAG Standards + 15%)				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:52.28	00:47.34	00:45.01	00:43.09	00:40.73
100 LC Meter Freestyle	01:58.03	01:45.44	01:39.42	01:34.44	01:29.15
200 LC Meter Freestyle	NA	03:49.03	03:36.03	03:25.46	03:14.07
400 LC Meter Freestyle	NA	NA	NA	07:12.77	06:47.42
50 LC Meter Backstroke	01:02.30	00:55.44	00:52.49	00:50.35	00:47.78
100 LC Meter Backstroke	02:14.01	01:59.77	01:53.94	01:48.46	01:42.94
200 LC Meter Backstroke	NA	NA	NA	03:56.29	03:44.07
50 LC Meter Breaststroke	01:09.37	01:01.82	00:57.74	00:54.82	00:51.05
100 LC Meter Breaststroke	02:32.51	02:15.78	02:07.30	02:01.37	01:52.74
200 LC Meter Breaststroke	NA	NA	NA	04:19.68	04:00.41
50 LC Meter Butterfly	00:58.98	00:51.97	00:48.80	00:46.77	00:44.06
100 LC Meter Butterfly	02:22.24	01:58.06	01:50.44	01:44.80	01:38.55
200 LC Meter Butterfly	NA	NA	NA	04:00.94	03:42.65
200 LC Meter IM	NA	04:12.59	03:59.24	03:49.65	03:38.11
400 LC Meter IM	NA	NA	NA	08:15.91	07:45.01
800 LC Meter Freestyle	NA	NA	NA	13:39.82	
1500 LC Meter Freestyle	NA	NA	NA	25:44.12	

Events	Minimum Time Standard for Seniors – Boys/Men (SNAG Standards + 15%)		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:34.47	00:32.63	00:31.88
100 LC Meter Freestyle	01:15.45	01:11.14	01:09.35
200 LC Meter Freestyle	02:45.41	02:36.19	02:33.35
400 LC Meter Freestyle	05:51.48	05:36.24	05:29.32
50 LC Meter Backstroke	00:40.34	00:37.77	00:37.51
100 LC Meter Backstroke	01:27.02	01:22.54	01:20.47
200 LC Meter Backstroke	03:09.86	03:01.72	02:54.52
50 LC Meter Breaststroke	00:43.64	00:40.85	00:39.54
100 LC Meter Breaststroke	01:35.73	01:29.90	01:28.41
200 LC Meter Breaststroke	03:27.48	03:16.61	03:09.63
50 LC Meter Butterfly	00:37.06	00:35.01	00:34.66
100 LC Meter Butterfly	01:22.87	01:17.16	01:16.70
200 LC Meter Butterfly	03:07.97	02:57.23	02:51.01
200 LC Meter IM	03:08.07	02:58.54	02:52.27
400 LC Meter IM	06:52.45	06:27.39	06:05.97
800 LC Meter Freestyle	13:22.49	11:59.76	11:38.00
1500 LC Meter Freestyle	23:47.80	22:33.29	21:53.35

9.0 COMPETITION PROGRAMME

13th January 2023 (Friday) – Session 1				
Heats Start Time: 6.00pm				
Event No	Event			Remarks
101	800m Freestyle	BOYS / MEN	11 years and Over	Fastest to Slowest
102	800m Freestyle	GIRLS / WOMEN	11 years and Over	Fastest to Slowest
103	50m Freestyle	GIRLS	8 - 12 Years Old	Fastest to Slowest
104	50m Freestyle	BOYS	8 - 12 Years Old	Fastest to Slowest
105	200m Butterfly	GIRLS	11 - 12 Years	Fastest to Slowest
106	200m Butterfly	BOYS	11 - 12 Years	Fastest to Slowest

The Women 800m and Men 800m will be combined with the heats alternating from fastest to slowest

**The event will be stopped (the swimmers will cease to swim) after 14 minutes for the 800m freestyle events*

In the event if the swimmer has a final 100m to complete before cut off time, end time will be provided.

**The Women and Men 800m freestyle events will be limited to 5 heats each gender (up to 50 swimmers) per event. Registration for the long-distance events will stop once all the slots have signed up. Priority will be given to following swimmers:*

- 1) 2023 SEA Games Swimmers*
- 2) 2022 Junior Pan Pacific Swimmer*
- 3) 2022 SEA AGE Swimmers*

The remaining slots will be filled up based on a first- come-first serve basis

14th January 2023 (Saturday) – Session 2				
Heats Start Time: 9.00am				
Seniors Only				
Event No	Event			Remarks
201	100m Freestyle	MEN	13 years old and over	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	100m Freestyle	WOMEN	13 years old and over	
203	50m Backstroke	MEN	13 years old and over	
204	50m Backstroke	WOMEN	13 years old and over	
205	400m Freestyle	MEN	13 years old and over	
206	200m Individual Medley	WOMEN	13 years old and over	
207	200m Butterfly	MEN	13 years old and over	
14th January 2023 (Saturday) – Session 3				
Heats Start Time: 2.30pm				
Juniors Only				
Event No	Event			Remarks
301	200m Individual Medley	GIRLS	9- 12 Years Old	Fastest to Slowest
302	50m Butterfly	BOYS	8 - 12 Years Old	Fastest to Slowest
303	50m Butterfly	GIRLS	8 - 12 Years Old	Fastest to Slowest
304	100m Breaststroke	BOYS	8 - 12 Years Old	Fastest to Slowest
305	100m Breaststroke	GIRLS	8 - 12 Years Old	Fastest to Slowest
306	400m Freestyle	BOYS	11 - 12 Years Old	Fastest to Slowest

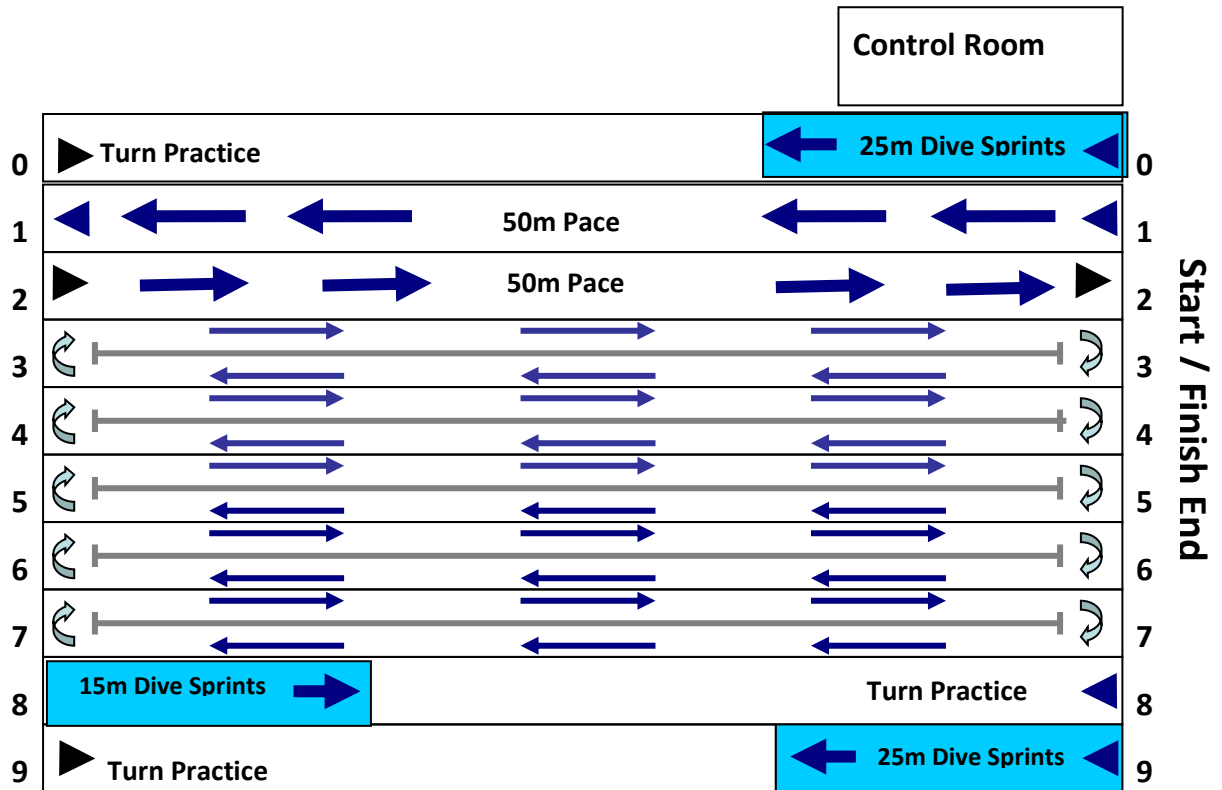
15th January 2023 (Sunday) – Session 4				
Heats Start Time: 9.00am				
Seniors Only				
Event No	Event			Remarks
401	50m Butterfly	Men	13 years old and over	All Flight A races (Fastest 6 heats per Event) to race first
402	100m Butterfly	WOMEN	13 years old and over	
403	100m Breaststroke	MEN	13 years old and over	
404	100m Breaststroke	WOMEN	13 years old and over	
405	200m Individual Medley	MEN	13 years old and over	
406	400m Freestyle	WOMEN	13 years old and over	
407	200m Backstroke	MEN	13 years old and over	All Flight B races (The other remaining heats) to race after Flight A
408	200m Backstroke	WOMEN	13 years old and over	

15th January 2020 (Sunday) – Session 5				
Heats Start Time: 2.30pm				
Juniors Only				
Event No	Event			Remarks
501	200m Individual Medley	BOYS	9- 12 Years Old	Fastest to Slowest
502	50m Backstroke	GIRLS	8 - 12 Years Old	Fastest to Slowest
503	50m Backstroke	BOYS	8 - 12 Years Old	Fastest to Slowest
504	200m Breaststroke	GIRLS	11 - 12 Years Old	Fastest to Slowest
505	200m Breaststroke	BOYS	11 - 12 Years Old	Fastest to Slowest
506	400m Freestyle	GIRLS	11 - 12 Years Old	Fastest to Slowest

10.0 WARM-UP GUIDELINES

10.1 The Competition and Warm-Up Pools will be available for warm-up one and the half hours before the competitions commence.
The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.

10.2 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



10.3 Competition Pool:

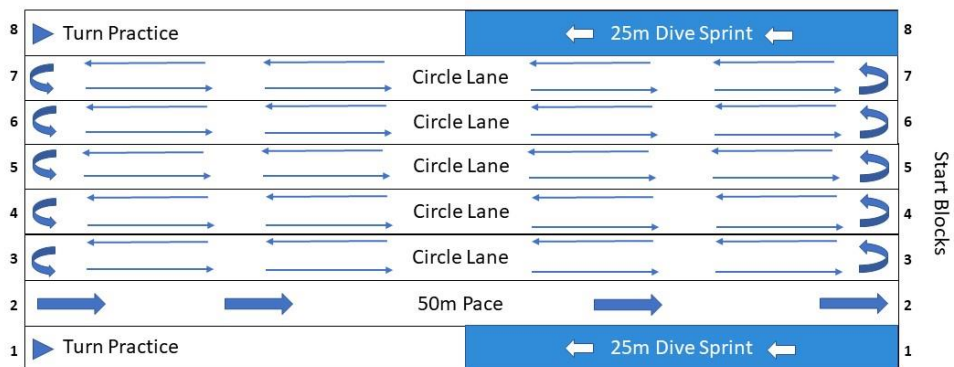
- e. The schematic in the diagram shall be observed at all times during warm-ups.
- f. There shall be **NO DIVING** in the Circle Swimming Lanes, the Turn Practice Lanes, and the 50m Pace Lanes (opposite side). Entry to these lanes is via feet first entry from the sitting position at all times.
- g. The use of swim paddles is prohibited during warm-up.
- h. 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.

- i. Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- j. In order to ensure a smooth Swimming Competition Time-Line 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.

10.4 Warm-Up Pool:

- k. The Warm-Up Pool will be **CIRCLE SWIMMING ONLY**, with feet first entry from sitting position at all times
- l. The use of swim paddles is prohibited during warm-up.

Training Pool Warm Up



Entrance to training pool

11.0 COMPETITION VENUE

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



12.0 OTHER TERMS AND CONDITIONS

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

14.0 KEY DATES

Date & Time	Event	Venue
4 Jan 2023, 12.00pm	Closing Date for Entries Submission	SSA Office or via email to admin5@swimming.org.sg Tessa.seet@swimming.org.sg
5 - 11 Jan 2023	Entries list by affiliates/ teams will be sent for verification	
12 Jan 2022	Deadline for Payment for Entries	
12 Jan 2023, 11.00am	Team Leaders Online Meeting via Zoom	
12 Jan 2023, 2.00pm	Start Lists will be sent out to all participating affiliates/teams	
13 - 15 Jan 2023	Singapore Swim Series	OCBC Aquatic Centre