



15th SINGAPORE NATIONAL SWIMMING CHAMPIONSHIPS 2019

19th – 22nd June 2019
OCBC Aquatic Centre

EVENT INFORMATION

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1.0 GENERAL INFORMATION

Entries Closing Date Tuesday 4th June 2019, 5.00 pm
Technical Meeting for Team Leaders Tuesday, 18th June 2019, 11.00am

Competition Neo Garden 15th Singapore National Swimming Championships 2019

Venue OCBC Aquatic Centre, Singapore

Details

Session	Date	Day	Competition	Warm-Up
1	19 June 2019	Wednesday	9:00 am	7.15am
2	19 June 2019	Wednesday	6.30pm	4.45pm
3	20 June 2019	Thursday	9:00 am	7.15am
4	20 June 2019	Thursday	6:30 pm	4.45pm
5	21 June 2019	Friday	9:00 am	7:15am
6	21 June 2019	Friday	6:30 pm	4.45pm
7	22 June 2019	Saturday	9:00 am	7:15am
8	22 June 2019	Saturday	5.00pm	3.15pm

- 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:
 - 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.
- 1.3 All entries must be submitted through SSA Affiliates or FINA-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 – Tuesday, 4th June 2019, 5.00pm

Deadline for payment – Friday, 14th June 2019, 12.00pm

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

- a. Performance times from SSA / FINA / National Federation-sanctioned Meets or Overseas Meets dated from 1 Jan 2018 to 4th June 2019 can be used as entry time for SNSC 2019.

Entries with no QET, times slower than QET and false times will be rejected. SSA reserves the right to contact the club administrators for verification of entry times.

- b. An administrative fee of **S\$30.00 (inc 7% GST)** per event will be imposed if a swimmer returns a time slower than the QET.

- d. 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.

2.2.1 Swimmers Registration Fee (For local and international swimmers)

2019 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 **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 **4th June 2019, 5.01pm till 1 day before the release of the psych sheet for the respective groups.**
(Please refer to the timeline in page 19)

- 2.2.5 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 June 2019 may be made up till one day 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).

***One day before the release of the psych sheet**

Deadline for Amendments - Thursday, 13 June 2019 5.00pm

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 Friday, 14 June 2019**. If payment for the entry fee is not made on time, the entries **will not** be accepted.

2.4 **Incomplete/Erroneous entries will be rejected.**

This is the correct example:

Last Name (Surname)	First Name	Gender	Date of Birth	NRIC
TAN	Ah Lian, Susan	F	20-May-1997	S9734567F
LIM	Poh Poh	M	19-Apr-2000	T0012345C

**Do note that club's membership number should not be filled up in the NRIC column*

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 SSA Technical Swimming Committee.

3.3 The Singapore National Swimming Championships (here forth referred to as “SNSC”) 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 day

a. Heats

Competitors shall be placed in graduated time order, **fastest to slowest** and the first three heats shall be cyclically seeded

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 three (3) foreign swimmers who finish within the top ten (10) positions at the Heats, only the top three (3) fastest foreign swimmers would compete in the “A” Finals.

“B” Finals – the remaining 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 (11th - 20th) 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 thirty (30) 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 21 minutes will be enforced for 1500m (both men and women), and a cut off time 11 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 fill up the accreditation form with the details of the accredited personnel.

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:

<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 FINA 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.

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 Neo Garden 15th Singapore National Swimming Championships 2019.

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 | SSA 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 |

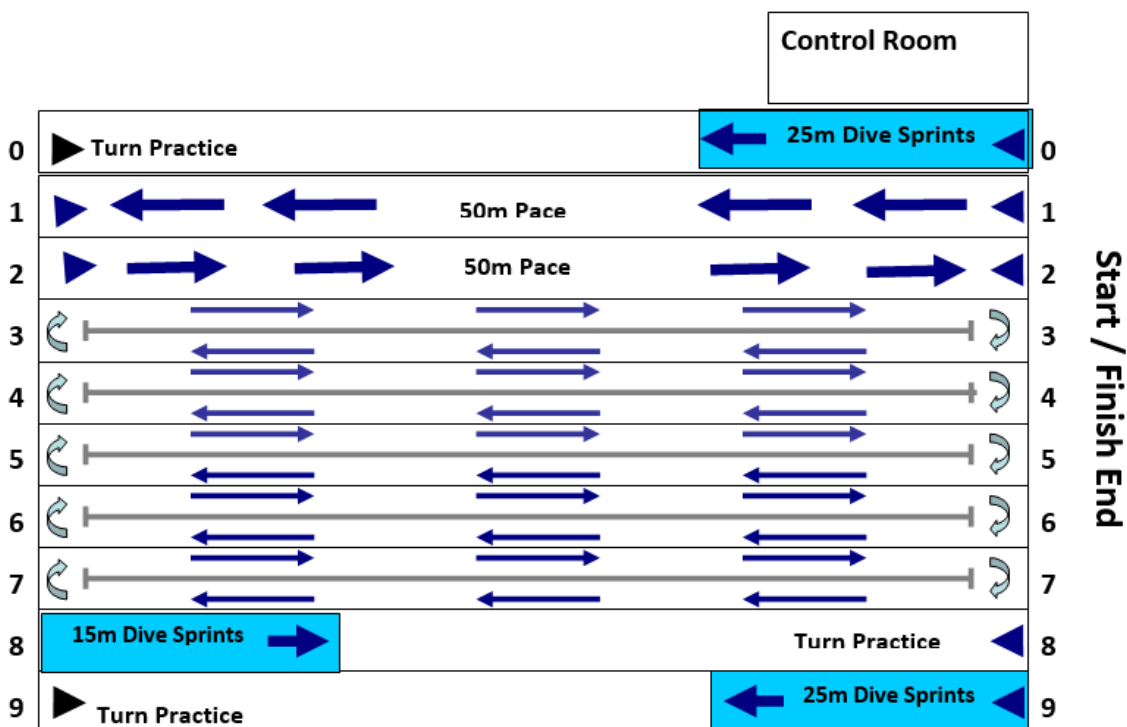


View Map: <http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

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 FINA 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 use of swim paddles is prohibited during warm-up.

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.

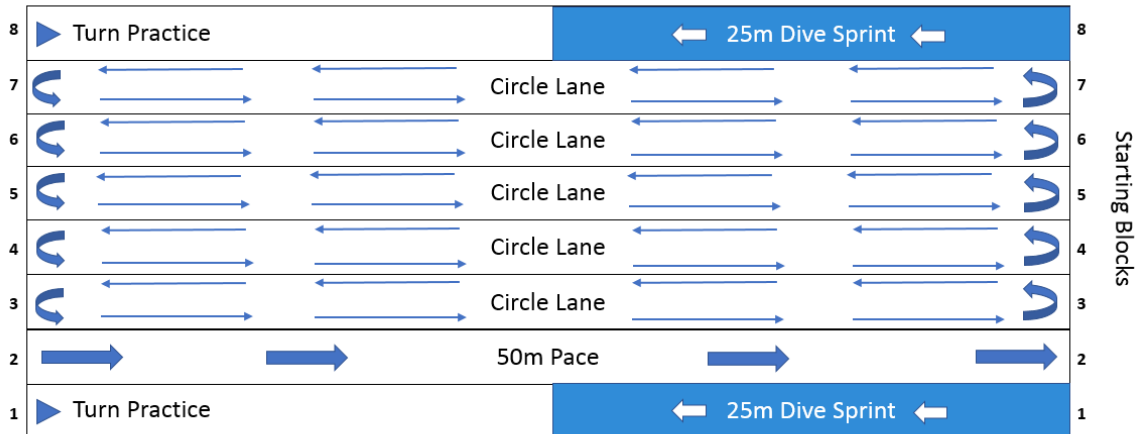
Paddles, stretch cords and fins are not allowed to be used in the competition pool at all times.

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.

8.4 Training Pool Guideline



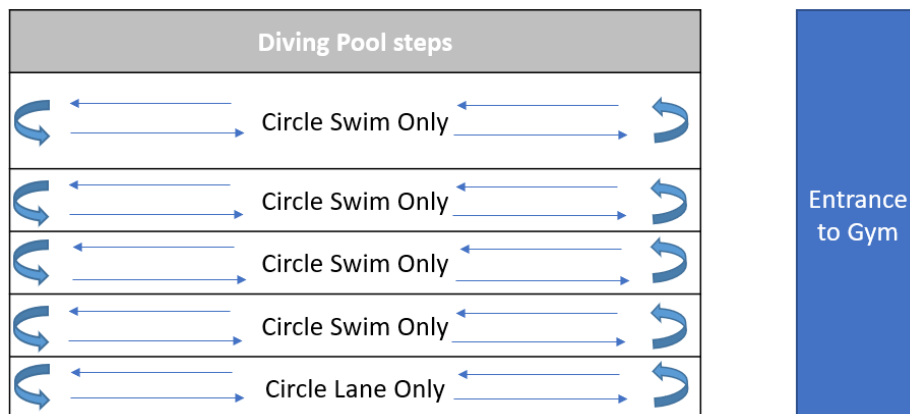
8.4 Diving Pool Guideline

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

10.0 PROTESTS

- 10.1 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.
- 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:
 - 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.
- 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 SNSC Management Committee. If the protest is upheld, the deposit shall be returned.

11.0 Qualifying Entry Time (QET)

2019 SNSC QET MEN	Events	2019 SNSC QET WOMEN
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
04:15.48	4 x 100m Freestyle Relay	04:45.89
09:28.05	4 x 200m Freestyle Relay	10:27.13
04:41.32	4 x 100m Medley Relay	05:14.26

12.0 Order of Events

19 June 2019 (Wednesday) – Day 1 Heats Start Time: 9.00am			
Event No.	Day 1	Heats	Remarks
101	Women	100m Freestyle	Fastest to Slowest
102	Men	100m Freestyle	Fastest to Slowest
103	Women	100m Backstroke	Fastest to Slowest
104	Men	100m Backstroke	Fastest to Slowest
105	Women	200m Breaststroke	Fastest to Slowest
106	Men	200m Breaststroke	Fastest to Slowest
107	Women	50m Butterfly	Fastest to Slowest
108	Men	50m Butterfly	Fastest to Slowest
109	Women	1500m Freestyle	Slow Heats Fastest to Slowest
110	Men	800m Freestyle	Slow Heats Fastest to Slowest

****The Women 1500m and Men 800m will be combined with the heats alternating from fastest to slowest**

19 June 2019 (Wednesday) – Day 1 Finals Start Time: 6.30pm			
Event No.	Day 1	Finals	Remarks
110	Men	800m Freestyle	Fastest Heat
103	Women	100m Backstroke	A & B Finals
104	Men	100m Backstroke	A & B Finals
101	Women	100m Freestyle	A & B Finals
		Victory Ceremony for Event 110, 103, 104	
102	Men	100m Freestyle	A & B Finals
105	Women	200m Breaststroke	A & B Finals
106	Men	200m Breaststroke	A & B Finals
107	Women	50m Butterfly	A & B Finals
		Victory Ceremony for Event 101, 102, 105, 106	
108	Men	50m Butterfly	A & B Finals
109	Women	1500m Freestyle	Fastest Heat
		Victory Ceremony for Event 107, 108, 109	

20 June 2019 (Thursday) – Day 2 Heats Start Time: 9.00am			
Event No.	Day 2	Heats	Remarks
201	Men	100m Breaststroke	Fastest to Slowest
202	Women	100m Breaststroke	Fastest to Slowest
203	Men	50m Backstroke	Fastest to Slowest
204	Women	50m Backstroke	Fastest to Slowest
205	Men	200m Freestyle	Fastest to Slowest
206	Women	200m Freestyle	Fastest to Slowest
207	Men	400m Individual Medley	Fastest to Slowest
208	Women	400m Individual Medley	Fastest to Slowest

20 June 2019 (Thursday) – Day 2 Finals Start Time: 6.30pm			
Event No.	Day 2	Finals	Remarks
201	Men	100m Breaststroke	A & B Finals
202	Women	100m Breaststroke	A & B Finals
205	Men	200m Freestyle	A & B Finals
204	Women	50m Backstroke	A & B Finals
		Victory Ceremony for Event 201, 202, 205	
203	Men	50m Backstroke	A & B Finals
206	Women	200m Freestyle	A & B Finals
207	Men	400m Individual Medley	A & B Finals
208	Women	400m Individual Medley	A & B Finals
		Victory Ceremony for Event 204, 203, 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	

21 June 2019 (Friday) – Day 3			
Heats Start Time: 9.00am			
Event No.	Day 3	Heats	Remarks
301	Women	400m Freestyle	Fastest to Slowest
302	Men	400m Freestyle	Fastest to Slowest
303	Women	100m Butterfly	Fastest to Slowest
304	Men	100m Butterfly	Fastest to Slowest
305	Women	50m Breaststroke	Fastest to Slowest
306	Men	50m Breaststroke	Fastest to Slowest
307	Women	200m Backstroke	Fastest to Slowest
308	Men	200m Backstroke	Fastest to Slowest

21 June 2019 (Friday) – Day 3			
Finals Start Time: 6.30pm			
Event No.	Day 3	Finals	Remarks
301	Men	400m Freestyle	A & B Finals
302	Women	400m Freestyle	A & B Finals
303	Men	100m Butterfly	A & B Finals
304	Women	100m Butterfly	A & B Finals
		Victory Ceremony for Event 301, 302, 303	
305	Men	50m Breaststroke	A & B Finals
306	Women	50m Breaststroke	A & B Finals
307	Men	200m Backstroke	A & B Finals
308	Women	200m Backstroke	A & B 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	

22 June 2019 (Saturday) – Day 4 Heats Start Time: 9.00am			
Event No.	Day 4	Heats	Remarks
401	Women	200m Individual Medley	Fastest to Slowest
402	Men	200m Individual Medley	Fastest to Slowest
403	Women	50m Freestyle	Fastest to Slowest
404	Men	50m Freestyle	Fastest to Slowest
405	Women	200m Butterfly	Fastest to Slowest
406	Men	200m Butterfly	Fastest to Slowest
407**	Women	800m Freestyle	Slow Heats Fastest to Slowest
408**	Men	1500m Freestyle	Slow Heats Fastest to Slowest

****The Women 800m and Men 1500m will be combined with the heats alternating from fastest to slowest**

22 June 2019 (Saturday) – Day 4 Finals Start Time: 5.00pm			
Event No.	Day 4	Finals	Remarks
407	Women	800m Freestyle	Fastest Heat
401	Men	200m Butterfly	A & B Finals
402	Women	200m Butterfly	A & B Finals
403	Men	50m Freestyle	A & B Finals
		Victory Ceremony for Event 407, 401, 402	
404	Women	50m Freestyle	A & B Finals
405	Men	200m Individual Medley	A & B Finals
406	Women	200m Individual Medley	A & B Finals
408	Men	1500m Freestyle	Fastest Heat
		Victory Ceremony for Event 403, 404, 405, 406	
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 Neo Garden 15th Singapore National Swimming Championships 2019 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, data-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 Neo Garden 15th Singapore National Swimming Championships 2019 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 Neo Garden 15th Singapore National Swimming Championships 2019, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at Neo Garden 15th Singapore National Swimming Championships 2019

14.0 KEY DATES

Date & Time	Event	Venue
4 th June 2019, Tuesday, 5.00pm	Closing Date for Entries Submission	SSA Office or via email tessa.seet@swimming.org.sg
7 th June to 13 th June 2019	Entries list by affiliates/ teams will be sent for verification	-
14 th June 2019, 12.00pm	Deadline for Payment for Entries	SSA Office
14 th June 2019, 12.00pm	Preliminary Entries List (Psych Sheet) will be sent out to all participating affiliates/teams	-
18 th June 2019, 11.00am	Team Leaders Meeting	OCBC Aquatic Centre Technical Control Room
19 th to 22 nd June 2019	Neo Garden 15 th Singapore National Swimming Championships 2019	OCBC Aquatic Centre