



SINGAPORE SWIMMING

## Comeback Meet I

8<sup>th</sup> - 11<sup>th</sup> DECEMBER 2020, OCBC AQC



# DAY 1 SCHEDULE (timed finals)

Day 1 8 Dec 2020	Enter AQC	Warm Up at TP	Preparation TP -> CP	Race at CP	Warm Down at CP & Leave AQC	Remarks
EST Timeline	0	0-45mins	45-60mins	60-75mins	75-90mins	Total: 1hr 30mins
Minutes	0	45mins	15mins	15mins	15mins	
<b>100m Back Boys Heat 1 - 4</b>	8.15am	8.15am-9.00am	9.00am-9.15am	<i>9.15am-9.30am</i>	9.30am-9.45am	Warm Up at CP Warm Down at CP after last TIMED FINALS (TF)
<b>100m Back Boys Heat 5 - 7</b>	9.00am	9.00am-9.45am	9.45am to 10.00am	<i>10.00am-10.15am</i>	10.15am-10.30am	Warm Down at CP after last TF
<b>100m Back Boys Heat 8 - 10</b>	9.45am	9.45am-10.30am	10.30am-10.45am	<i>10.45am-11.00am</i>	11.00am-11.15am	Warm Down at CP after last TF
<b>100m Back Boys Heat 11 - 13</b>	10.30am	10.30am-11.15am	11.15am-11.30pm	<i>11.30am-11.45pm</i>	11.45am-12.00pm	Warm Down at CP after last TF
<b>100m Back Girls Heat 1 - 4</b>	11.15am	11.15am-12.00pm	12.00pm-12.15pm	<i>12.15pm-12.30pm</i>	12.30pm-12.45pm	Warm Down at CP after last TF
<b>100m Back Girls Heat 5 - 7</b>	12.00pm	12.00pm-12.45pm	12.45pm-1.00pm	<i>1.00pm-1.15pm</i>	1.15pm-1.30pm	Warm Down at CP after last TF
<b>100m Back Girls Heat 8 - 10</b>	12.45pm	12.45pm-1.30pm	1.30pm-1.45pm	<i>1.45pm-2.00pm</i>	2.00pm-2.15pm	Warm Down at CP after last TF
<b>100m Back Girls Heat 11 - 13</b>	1.30pm	1.30pm-2.15pm	2.15pm-2.30pm	<i>2.30pm-2.45pm</i>	2.45pm-3.00pm	Warm Down at CP after last TF

# DAY 2 SCHEDULE (timed finals)

Day 2 9 Dec 2020	Enter AQC	Warm Up at TP	Preparation TP -> CP	Race at CP	Warm Down at CP & Leave AQC	Remarks
EST Timeline	0	0-45mins	45-60mins	60-75mins	75-90mins	Total: 1hr 30mins
Minutes	0	45mins	15mins	15mins	15mins	
<b>100m Fly Boys Heat 1 - 4</b>	8.15am	8.15am-9.00am	9.00am-9.15am	<i>9.15am-9.30am</i>	9.30am-9.45am	Warm Up at CP Warm Down at CP after last TIMED FINALS (TF)
<b>100m Fly Boys Heat 5 - 8</b>	9.00am	9.00am-9.45am	9.45am to 10.00am	<i>10.00am-10.15am</i>	10.15am-10.30am	Warm Down at CP after last TF
<b>100m Fly Boys Heat 9 - 12</b>	9.45am	9.45am-10.30am	10.30am-10.45am	<i>10.45am-11.00am</i>	11.00am-11.15am	Warm Down at CP after last TF
<b>100m Fly Girls Heat 1 - 4</b>	10.30am	10.30am-11.15am	11.15am-11.30pm	<i>11.30am-11.45pm</i>	11.45am-12.00pm	Warm Down at CP after last TF
<b>100m Fly Girls Heat 5 - 7</b>	11.15am	11.15am-12.00pm	12.00pm-12.15pm	<i>12.15pm-12.30pm</i>	12.30pm-12.45pm	Warm Down at CP after last TF

# DAY 3 SCHEDULE (timed finals)

Day 3 10 Dec 2020	Enter AQC	Warm Up at TP	Preparation TP -> CP	Race at CP	Warm Down at CP & Leave AQC	Remarks
EST Timeline	0	0-45mins	45-60mins	60-75mins	75-90mins	Total: 1hr 30mins
Minutes	0	45mins	15mins	15mins	15mins	
<b>100m Breast Boys Heat 1 - 4</b>	8.15am	8.15am-9.00am	9.00am-9.15am	<i>9.15am-9.30am</i>	9.30am-9.45am	Warm Up at CP Warm Down at CP after last TIMED FINALS (TF)
<b>100m Breast Boys Heat 5 - 8</b>	9.00am	9.00am-9.45am	9.45am to 10.00am	<i>10.00am-10.15am</i>	10.15am-10.30am	Warm Down at CP after last TF
<b>100 Breast Boys Heat 9 - 12</b>	9.45am	9.45am-10.30am	10.30am-10.45am	<i>10.45am-11.00am</i>	11.00am-11.15am	Warm Down at CP after last TF
<b>100 Breast Boys Heat 13 - 16</b>	10.30am	10.30am-11.15am	11.15am-11.30pm	<i>11.30am-11.45pm</i>	11.45am-12.00pm	Warm Down at CP after last TF
<b>100m Breast Girls Heat 1 - 4</b>	11.15am	11.15am-12.00pm	12.00pm-12.15pm	<i>12.15pm-12.30pm</i>	12.30pm-12.45pm	Warm Down at CP after last TF
<b>100m Breast Girls Heat 5 - 8</b>	12.00pm	12.00pm-12.45pm	12.45pm-1.00pm	<i>1.00pm-1.15pm</i>	1.15pm-1.30pm	Warm Down at CP after last TF
<b>100m Breast Girls Heat 9 - 11</b>	12.45pm	12.45pm-1.30pm	1.30pm-1.45pm	<i>1.45pm-2.00pm</i>	2.00pm-2.15pm	Warm Down at CP after last TF
<b>100m Breast Girls Heat 12 - 14</b>	1.30pm	1.30pm-2.15pm	2.15pm-2.30pm	<i>2.30pm-2.45pm</i>	2.45pm-3.00pm	Warm Down at CP after last TF

# DAY 4 SCHEDULE (timed finals)

Day 4 11 Dec 2020	Enter AQC	Warm Up at TP	Preparation TP -> CP	Race at CP	Warm Down at CP & Leave AQC	Remarks
EST Timeline	0	0-45mins	45-60mins	60-75mins	75-90mins	Total: 1hr 30mins
Minutes	0	45mins	15mins	15mins	15mins	
<b>100m Free Boys Heat 1 - 4</b>	8.15am	8.15am-9.00am	9.00am-9.15am	<i>9.15am-9.30am</i>	9.30am-9.45am	Warm Up at CP Warm Down at CP after last TIMED FINALS (TF)
<b>100m Free Boys Heat 5 - 8</b>	9.00am	9.00am-9.45am	9.45am to 10.00am	<i>10.00am-10.15am</i>	10.15am-10.30am	Warm Down at CP after last TF
<b>100m Free Boys Heat 9 - 12</b>	9.45am	9.45am-10.30am	10.30am-10.45am	<i>10.45am-11.00am</i>	11.00am-11.15am	Warm Down at CP after last TF
<b>100m Free Boys Heat 13 - 16</b>	10.30am	10.30am-11.15am	11.15am-11.30pm	<i>11.30am-11.45pm</i>	11.45am-12.00pm	Warm Down at CP after last TF
<b>100m Free Boys Heat 17 - 20</b>	11.15am	11.15am-12.00pm	12.00pm-12.15pm	<i>12.15pm-12.30pm</i>	12.30pm-12.45pm	Warm Down at CP after last TF
<b>100m Free Girls Heat 1 - 4</b>	12.00pm	12.00pm-12.45pm	12.45pm-1.00pm	<i>1.00pm-1.15pm</i>	1.15pm-1.30pm	Warm Down at CP after last TF
<b>100m Free Girls Heat 5 - 8</b>	12.45pm	12.45pm-1.30pm	1.30pm-1.45pm	<i>1.45pm-2.00pm</i>	2.00pm-2.15pm	Warm Down at CP after last TF
<b>100m Free Girls Heat 9 - 12</b>	1.30pm	1.30pm-2.15pm	2.15pm-2.30pm	<i>2.30pm-2.45pm</i>	2.45pm-3.00pm	Warm Down at CP after last TF
<b>100m Free Girls Heat 13 - 16</b>	2.15pm	2.15pm-3.00pm	3.00pm-3.15pm	<i>3.15pm-3.30pm</i>	3.30pm-3.45pm	Warm Down at CP after last TF
<b>100m Free Girls Heat 17 - 19</b>	3.00pm	3.00pm-3.45pm	3.45pm-4.00pm	<i>4.00pm-4.15pm</i>	4.15pm-4.30pm	Warm Down at CP after last TF

## ASSISTED SELF MARSHALLING CONCEPT

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- Swimmers are responsible for being ready to take their position on the starting platform or in the water when whistled up by the Referee
- Swimmers will self-marshal with assistance. Check Starters will be available to assist, support and direct swimmers on the pool deck when requested by the swimmer
- Swimmers are expected to know what event, timed finals and lane they will be swimming in from the published program
- Swimmers should report to the chairs behind the block
- Swimmers are expected to be at the chair ready for the whistles to start their timed final.