



***3rd Singapore National  
Swimming Championships 2007  
18 – 22 JUNE 2007***

**EVENT INFORMATION**

## CONTENTS

<b>1.0</b>	<b>COMPETITION INFORMATION .....</b>	<b>3</b>
<b>2.0</b>	<b>GENERAL INFORMATION.....</b>	<b>3</b>
<b>3.0</b>	<b>ELIGIBILITY .....</b>	<b>4</b>
<b>4.0</b>	<b>ENTRY REGULATIONS .....</b>	<b>5</b>
<b>5.0</b>	<b>WITHDRAWALS .....</b>	<b>5</b>
<b>6.0</b>	<b>MEDALS &amp; RECORDS .....</b>	<b>6</b>
<b>7.0</b>	<b>COMPETITION VENUE .....</b>	<b>7</b>
<b>8.0</b>	<b>WARM-UP GUIDELINES.....</b>	<b>8</b>
<b>9.0</b>	<b>PROTESTS .....</b>	<b>9</b>
<b>10.0</b>	<b>DOPING CONTROL.....</b>	<b>10</b>
<b>11.0</b>	<b>QUALIFYING MEETS .....</b>	<b>10</b>
<b>12.0</b>	<b>QUALIFYING ENTRY TIMES.....</b>	<b>13</b>
<b>13.0</b>	<b>ORDER OF EVENTS.....</b>	<b>14</b>

## 1.0 COMPETITION INFORMATION

Competition: 3rd Singapore National Swimming Championships 2007

Details:	<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Competition</u>	<u>Warm-Up</u>
	1	18 June 2007	Monday	9:00 a.m.	7:30 a.m.
	1A	18 June 2007	Monday	7:00 p.m.	5:30 p.m.
	2	19 June 2007	Tuesday	9:00 a.m.	7:30 a.m.
	2A	19 June 2007	Tuesday	7:00 p.m.	5:30 p.m.
	3	20 June 2007	Wednesday	9:00 a.m.	7:30 a.m.
	3A	20 June 2007	Wednesday	7:00 p.m.	5:30 p.m.
	4	21 June 2007	Thursday	9:00 a.m.	7:30 a.m.
	4A	21 June 2007	Thursday	7:00 p.m.	5:30 p.m.
	5	22 June 2007	Friday	9:00 a.m.	7:30 a.m.
	5A	22 June 2007	Friday	7:00 p.m.	5:30 p.m.

Venue: Singapore Sports School Swimming Complex

Closing Date For Entries: **Monday, 11 June 2007 by 12 noon**

## 2.0 GENERAL INFORMATION

- 2.1 Auspices – The 3rd Singapore National Swimming Championships 2007 (“Championships”) will be held under the auspices of the Singapore Swimming Association (“SSA”)
- 2.2 Rules – The Championships will be governed by the [Rules and Regulations](#) as prescribed in the [FEDERATION INTERNATIONALE DE NATATION](#) (“FINA”) Handbook 2005-2009
- 2.3 Composition and Order of Events – The composition and order of events shall largely follow that stipulated by the Asia Swimming Federation for the 24th South East Asian Games 2007 in Thailand. In addition, the 800m Freestyle (M) and 1500m Freestyle (W) will be included. There will be no Relay events in these Championships.
- 2.4 Format of Competition – The Championships is run in the FINA Long-Course Metres (LCM) format. Heats will be run in the morning and Finals in the evening, over five consecutive days.
  - a) Heats – Competitors shall be placed in graduated time order, slowest to fastest and the last three heats shall be cyclically seeded.

b) Finals

A' Finals – the top eight (8) finishers of the Heats of each individual event.

B' Finals – the balance of swimmers within the top sixteen (16) 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)

c) Timed Finals – All 800m and 1500m Freestyle races would be swum as Timed Finals, with the fastest seeded Heat swum during the evening Finals session.

d) Finalists shall be allocated lanes via the spearhead principle from the results of the Heats.

e) Only the top two (2) non Singapore Citizen/Permanent Resident swimmers in the top 16 finalist shall be allowed to swim in the A & B Finals.

2.5 Technical Officials – All Technical Officials shall be appointed by the SSA Swimming Committee's Technical Sub-Committee

2.6 The SSA Executive Committee reserves the right to the final decision on all matters pertaining to the Championships. The Championships shall be conducted under the Rules and By-laws of FINA as prescribed in the Handbook of FINA. One-start rule applies.

### **3.0 ELIGIBILITY**

3.1 The Championships is open to swimmers who are:

- Existing registered members of SSA Affiliates and who are of good standing
- Existing students of Ministry of Education-registered schools
- Existing members of other Federations affiliated to FINA who meet the entry qualification standards, provided they hold valid participation clearance from their Federation
- Invited by SSA

3.2 All swimmers must meet the Qualifying Entry Times ("QET") specified for each individual event of the Championships ("race"). Exceptions will be considered for any swimmers who

do not meet the QET, provided they produce supporting documents from their respective coaches/federations for their reasons.

- 3.3 An administrative fee of **S\$10.00** (Heats) and **S\$20.00** (Finals) shall be imposed if a swimmer returns a time slower than the QET, unless:
- the QET was achieved at a Long-Course Metres ("LCM") swimming meet recognised by FINA or an affiliated National Federation, within the past twelve (12) months
  - the swimmer produces a valid medical certificate for the relevant day of the race
  - exemption is granted by the SSA Swimming Committee

#### **4.0 ENTRY REGULATIONS**

- 4.1 All entries must be submitted through Affiliates, Schools or FINA-affiliated Federations ("Participating Organisation")
- 4.2 Entries must be accompanied by full payment upon submission. Late entries will **NOT** be accepted.
- 4.3 To participate, swimmers must meet the Qualifying Entry Times (QET) in the respective events. QETs are based on **IPS of 650**.
- 4.4 Entry Fees
- a. Individual – **S\$5.00** per event
- 4.5 Kindly make cheques payable to "**Singapore Swimming Association**".
- 4.6 As an administrative incentive, SSA will extend a 10% discount off the total entry fees due to Affiliates which submit entries electronically via the Hy-Tek Sports Software's *Team Manager* format. Affiliates which do not own the software may download a free version *Team Manager Lite* from <http://www.hy-tek.com/downloads.html>.
- 4.7 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.

#### **5.0 WITHDRAWALS**

- 5.1 Withdrawal from Heats
- a) An administrative fee of **S\$10.00** shall be imposed for each withdrawal from the Heats.

- b) Team Managers must present withdrawals to the Control Room Supervisor thirty (30) minutes prior to the start of the session.
- c) Withdrawals within thirty (30) minutes of the start of the session or without notification to the Control Room Supervisor shall be deemed 'no show'. A penalty of **S\$20.00** shall be imposed in such instances.
- d) 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 and all completed swims for that day will not be recognised.

## 5.2 Withdrawal from Finals

- a) All withdrawals from Finals (both 'A' and 'B') must be communicated to the Meet Referee within thirty (30) minutes following either the end of the Heats of the same day in which the qualification took place, or after the list of finalists has been published, whichever is later. No administrative fee shall be imposed for the withdrawal.
- b) Failure of finalists to report for their race(s), without valid reasons (e.g. medical certificate or proof of extenuating circumstances), may result in the swimmer being disqualified from all events of the Championships, be fined up to S\$100.00 and be subject to further disciplinary action by SSA.

## 6.0 MEDALS & RECORDS

- 6.1 Medals will be awarded to the top three swimmers in the 'A' Finals
- 6.2 The top Male and Female swimmers of the Championships shall be selected by the SSA Swimming Committee
- 6.3 There will be no Team Scoring in these Championships
- 6.4 Only Meet Records established by Singapore Citizens and Permanent Residents will be officially recognised.
- 6.5 Age computation, for the purposes of Under-14 and Under-17 National Records recognition, will be based the day of competition.

## 7.0 COMPETITION VENUE



### 7.1 Getting there by private transport or taxi:

- a. From TPE/SLE, exit Woodlands Ave 12, turn left on Woodlands Ave 1, turn left on Woodlands Drive 17, and turn left on Champions Way
- b. From BKE/SLE, exit Woodlands Ave 2, turn right on Woodlands Ave 1, turn right on Champions Way, turn left on Woodland Drive 17, turn right on Champions Way
- c. Follow the signage and marshals ground for parking directions

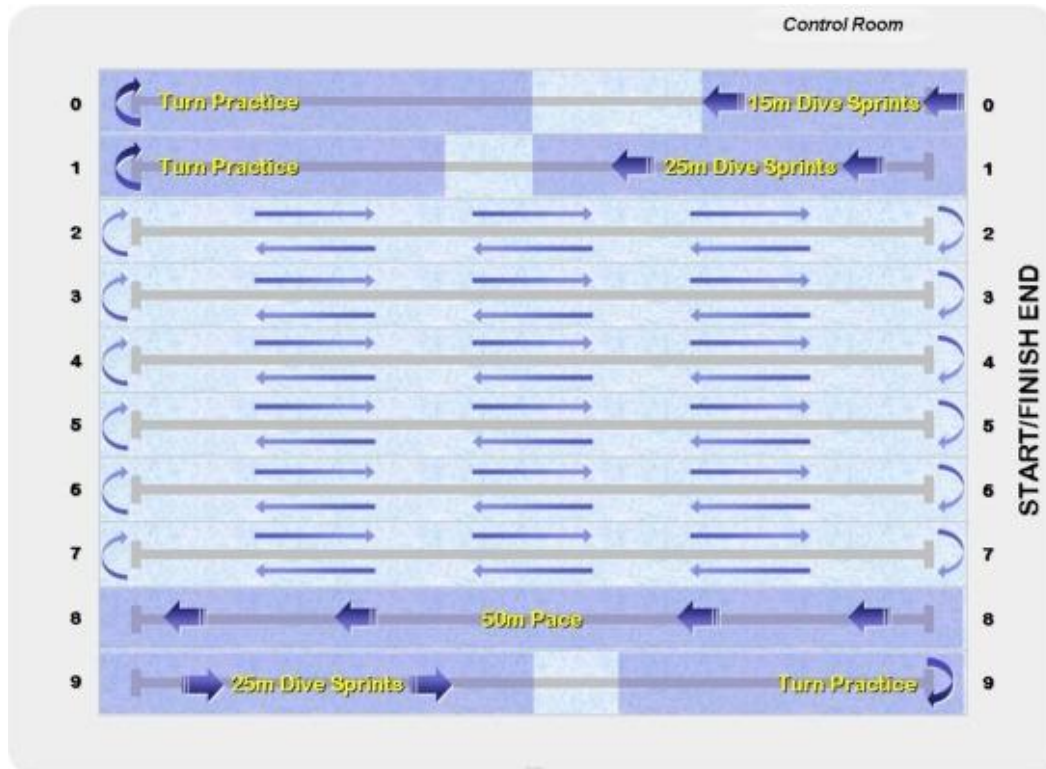
### 7.2 Getting there by bus:

- a. Take TIBS 901 from Woodlands Interchange and alight on the 4th stop (just before Christ Church Secondary School)

### 7.3 Smoking and the consumption of alcohol are **STRICTLY PROHIBITED** in the entire Singapore Sports School premises. SSA requests for strict compliance to this rule at all times.

## 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 Lane assignments for warm-ups will be in accordance with [FINA Warm-Up Guidelines](#) (FINA TSC 30 Jan 2001), as follows:



- 8.3 Competition Pool:
- 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
  - Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.

8.4 Warm-Up Pool:

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

**9.0 PROTESTS**

9.1 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.

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:

- 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 Manager. No proxies will be entertained.
- d. 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 Manager 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 Championships. If the protest is upheld, the deposit shall be returned.

## 10.0 DOPING CONTROL

- 10.1 Anti-doping tests shall be implemented at the Championships, in the form of random tests through the collection of Championship competitors' urine samples.
- 10.2 Procedures shall be implemented in accordance with the [FINA Doping Rules 2002-2005](#), which incorporates the [World Anti-Doping Agency \(WADA\) Prohibited List 2005](#). The List of Prohibited Substances and Methods may be found at the following website: [http://www.wada-ama.org/rtecontent/document/list\\_2005.pdf](http://www.wada-ama.org/rtecontent/document/list_2005.pdf)
- 10.3 The appointed Drug Control Official (DCO) shall be empowered to collect urine samples from selected competitors, and to send selected samples to a WADA-accredited laboratory for screening of banned substances.
- 10.4 The following urine sample collection procedure may occur:
- Chaperone notifies Competitor of testing intent, provides information, and collects signed form acknowledging notification to be tested
  - Competitor should proceed as soon as possible to the Drug Control Area (DCA), and when ready, provide a urine sample, witnessed by a DCO of the same sex.
  - Competitors are advised to not consume any unsealed drinks as they may not be used as grounds for challenging a test result.
  - Competitor would be asked to follow stipulated procedures to ensure the urine sample is tamper-proof, securely-labeled and traceable. Competitor would subsequently be asked to declare any medications he/she may have taken.
  - Competitor, accompanied by Chaperone at all times, will be permitted to warm-down, participate in medal ceremonies, compete in further events, and/or fulfill media commitments, before sample is collected.
  - Competitor's Team Manager or Coach may be present in the DCA to witness the proceedings.

## 11.0 QUALIFYING MEETS

- 11.1 The performances at the Championships shall be considered toward qualification for:
- a) The 24th South East Asian Games 2007 (December 2007, Thailand)

**INDIVIDUAL EVENTS**

SSA shall recommend the top TWO qualifiers for each individual event, based on the following:

Category A – Qualifying Time, based on the THIRD-placing time at the previous South-East Asian Games (23rd South-East Asian Games 2005 in Manila, Philippines)

In the event that positions are not filled by Category A qualifiers, SSA will consider performances based on the following:

Category B – Qualifying Time, based on allowance off the Category A qualifying times:

= 1.0% for 50m, 100m and 200m individual events

= 0.5% for 400m, 800m and 1500m individual events

**TEAM EVENTS**

Freestyle Relays – the TOP FOUR fastest swims in the 100m Freestyle and 200m Freestyle shall be considered, provided their aggregate time beats the THIRD-placing time at the previous South-East Asian Games (23rd South-East Asian Games 2005 in Manila, Philippines) for the 4x100m and 4x200m Freestyle Relays respectively

Medley Relays – the TOP or fastest swimmer in 100m Backstroke, 100m Breaststroke, 100m Butterfly, and 100m Freestyle shall be considered, provided their aggregate time beats the THIRD-placing time at the previous South-East Asian Games (23rd South-East Asian Games 2005 in Manila, Philippines) for the 4x100m Medley Relay.

If a swimmer is top in more than one event, subject to the above, SSA shall have the sole and unfettered discretion to appoint this swimmer to swim a stroke of his qualification and appoint the next fastest swimmer for the stroke(s) that the former also qualified for. The International Point Score (IPS) system may be used as a guide.

*Individual (Cat A) and Relays selection criteria are subject to change, depending on that stipulated by the Singapore National Olympic Council to the Singapore Swimming Association.*

<b>24th SOUTH-EAST ASIAN GAMES QUALIFYING TIMES CATEGORY A</b>		
<b>EVENT</b>	<b>MEN</b>	<b>WOMEN</b>
50m Freestyle	0:23.58	0:26.66
100m Freestyle	0:52.38	0:58.05
200m Freestyle	1:54.39	2:05.43

400m Freestyle	4:02.36	4:24.73
800m Freestyle	-	9:03.34
1500m Freestyle	16:09.88	-
100m Backstroke	0:58.76	1:05.28
200m Backstroke	2:08.50	2:23.17
100m Breaststroke	1:04.35	1:12.73
200m Breaststroke	2:21.92	2:38.31
100m Butterfly	0:56.26	1:01.53
200m Butterfly	2:04.82	2:18.81
200m Individual Medley	2:08.01	2:24.28
400m Individual Medley	4:32.58	5:01.57
4x100m Freestyle Relay	3:31.12	4:00.22
4x200m Freestyle Relay	7:43.56	8:38.38
4x100m Medley Relay	3:52.35	4:21.39

**12.0 QUALIFYING ENTRY TIMES**

<b>3rd SINGAPORE NATIONAL SWIMMING CHAMPIONSHIPS QUALIFYING TIMES</b>		
<b>EVENT</b>	<b>MEN</b>	<b>WOMEN</b>
50m Freestyle	00:27.38	00:30.79
100m Freestyle	01:00.53	01:07.70
200m Freestyle	02:12.85	02:27.27
400m Freestyle	04:40.94	05:08.49
800m Freestyle	09:45.54	10:30.00
1500m Freestyle	18:34.79	20:05.76
50m Backstroke	00:31.38	00:35.59
100m Backstroke	01:07.61	01:15.64
200m Backstroke	02:26.13	02:41.02
50m Breaststroke	00:34.47	00:38.49
100m Breaststroke	01:15.31	01:23.90
200m Breaststroke	02:43.47	03:00.31
50m Butterfly	00:29.20	00:32.38
100m Butterfly	01:04.78	01:12.06
200m Butterfly	02:24.35	02:38.45
200m Individual Medley	02:28.62	02:44.67
400m Individual Medley	05:14.57	05:46.20

**13.0 ORDER OF EVENTS**

DATE	TIME	NO	EVENT		REMARKS
<b>Monday 18-Jun-07</b>	<b>9am</b>	1	100m Freestyle	Women	Heats
		2	200m Backstroke	Men	Heats
		3	200m Backstroke	Women	Heats
		4	400m Individual Medley	Men	Heats
		5	200m Individual Medley	Women	Heats
		6	50m Breaststroke	Men	Heats
		7	50m Breaststroke	Women	Heats
		8	1500m Freestyle	Women	Timed Finals
	<b>6.30 pm</b>	9	100m Freestyle	Women	Final B
		10	100m Freestyle	Women	Final A
		11	200m Backstroke	Men	Final B
		12	200m Backstroke	Men	Final A
		13	200m Backstroke	Women	Final B
		14	200m Backstroke	Women	Final A
			Medal Ceremony: 100m Freestyle	Women	
			Medal Ceremony: 200m Backstroke	Men	
		15	400m Individual Medley	Men	Final B
		16	400m Individual Medley	Men	Final A
		17	200m Individual Medley	Women	Final B
		18	200m Individual Medley	Women	Final A
			Medal Ceremony: 200m Backstroke	Women	
			Medal Ceremony: 400m Individual Medley	Men	
19	50m Breaststroke	Men	Final B		
20	50m Breaststroke	Men	Final A		
21	50m Breaststroke	Women	Final B		
22	50m Breaststroke	Women	Final A		
	Medal Ceremony: 200m Individual Medley	Women			
	Medal Ceremony: 50m Breaststroke	Men			

		23	1500m Freestyle	Women	Timed Finals	Fastest Seed of Timed Finals
			Medal Ceremony: 50m Breaststroke	Women		
			Medal Ceremony: 1500m Freestyle	Women		
<b>Tuesday 19-Jun-07</b>	<b>9am</b>	24	100m Freestyle	Men	Heats	
		25	100m Breaststroke	Women	Heats	
		26	100m Breaststroke	Men	Heats	
		27	400m Freestyle	Women	Heats	
		28	200m Individual Medley	Men	Heats	
		29	50m Butterfly	Women	Heats	
		30	50m Butterfly	Men	Heats	
	<b>6.30 pm</b>	31	100m Freestyle	Men	Final B	
		32	100m Freestyle	Men	Final A	
		33	100m Breaststroke	Women	Final B	
		34	100m Breaststroke	Women	Final A	
		35	100m Breaststroke	Men	Final B	
		36	100m Breaststroke	Men	Final A	
			Medal Ceremony: 100m Freestyle	Men		
			Medal Ceremony: 100m Breaststroke	Women		
		37	400m Freestyle	Women	Final B	
		38	400m Freestyle	Women	Final A	
		39	200m Individual Medley	Men	Final B	
		40	200m Individual Medley	Men	Final A	
			Medal Ceremony: 100m Breaststroke	Men		
			Medal Ceremony: 400m Freestyle	Women		
		41	50m Butterfly	Women	Final B	
		42	50m Butterfly	Women	Final A	
		43	50m Butterfly	Men	Final B	
		44	50m Butterfly	Men	Final A	
		Medal Ceremony: 200m Individual Medley	Men			
		Medal Ceremony: 50m Butterfly	Women			

			Medal Ceremony: 50m Butterfly	Men				
<b>Wednesday</b> <b>20-Jun-07</b>	<b>9am</b>	45	400m Freestyle	Men	Heats			
		46	100m Backstroke	Women	Heats			
		47	100m Backstroke	Men	Heats			
		48	100m Butterfly	Women	Heats			
		49	100m Butterfly	Men	Heats			
		50	800m Freestyle	Women	Heats			
	<b>6.30 pm</b>	51	400m Freestyle	Men	Final B			
		52	400m Freestyle	Men	Final A			
		53	100m Backstroke	Women	Final B			
		54	100m Backstroke	Women	Final A			
		55	100m Backstroke	Men	Final B			
		56	100m Backstroke	Men	Final A			
			Medal Ceremony: 400m Freestyle	Men				
			Medal Ceremony: 100m Backstroke	Women				
		57	100m Butterfly	Women	Final B			
		58	100m Butterfly	Women	Final A			
		59	100m Butterfly	Men	Final B			
		60	100m Butterfly	Men	Final A			
			Medal Ceremony: 100m Backstroke	Men				
			Medal Ceremony: 100m Butterfly	Women				
		61	800m Freestyle	Women	Timed Finals		Fastest Seed of Timed Finals	
			Medal Ceremony: 100m Butterfly	Men				
					Medal Ceremony: 800m Freestyle	Women		
		<b>Thursday</b> <b>21-Jun-07</b>	<b>9am</b>	62	50m Freestyle	Men	Heats	
	63			200m Breaststroke	Women	Heats		
	64			200m Breaststroke	Men	Heats		
65	200m Freestyle			Women	Heats			
66	1500m Freestyle			Men	Timed Finals			
67	50m Backstroke			Women	Heats			
<b>6.30</b>	68			50m Freestyle	Men	Final B		

	<b>pm</b>				
		69	50m Freestyle	Men	Final A
		70	200m Breaststroke	Women	Final B
		71	200m Breaststroke	Women	Final A
		72	200m Breaststroke	Men	Final B
		73	200m Breaststroke	Men	Final A
			Medal Ceremony: 50m Freestyle	Men	
			Medal Ceremony: 200m Breaststroke	Women	
		74	200m Freestyle	Women	Final B
		75	200m Freestyle	Women	Final A
		76	1500m Freestyle	Men	Timed Finals
			Medal Ceremony: 200m Breaststroke	Men	
			Medal Ceremony: 200m Freestyle	Women	
		77	50m Backstroke	Women	Final B
		78	50m Backstroke	Women	Final A
			Medal Ceremony: 1500m Freestyle	Men	
			Medal Ceremony: 50m Backstroke	Women	
<b>Friday 22-Jun-07</b>	<b>9 am</b>	79	50m Freestyle	Women	Heats
		80	200m Freestyle	Men	Heats
		81	200m Butterfly	Women	Heats
		82	200m Butterfly	Men	Heats
		83	400m Individual Medley	Women	Heats
		84	50m Backstroke	Men	Heats
		85	800m Freestyle	Men	Timed Finals
	<b>6.30 pm</b>	86	50m Freestyle	Women	Final B
		87	50m Freestyle	Women	Final A
		88	200m Freestyle	Men	Final B
		89	200m Freestyle	Men	Final A
		90	200m Butterfly	Women	Final B
		91	200m Butterfly	Women	Final A

Fastest Seed  
of Timed  
Finals

	Medal Ceremony: 50m Freestyle	Women		Fastest Seed of Timed Finals
	Medal Ceremony: 200m Freestyle	Men		
92	200m Butterfly	Men	Final B	
93	200m Butterfly	Men	Final A	
94	400m Individual Medley	Women	Final B	
95	400m Individual Medley	Women	Final A	
	Medal Ceremony: 200m Butterfly	Women		
	Medal Ceremony: 200m Butterfly	Men		
96	50m Backstroke	Men	Final B	
97	50m Backstroke	Men	Final A	
98	800m Freestyle	Men	Timed Finals	
	Medal Ceremony: 400m Individual Medley	Women		
	Medal Ceremony: 50m Backstroke	Men		
	Medal Ceremony: 800m Freestyle	Men		