



China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017

Juniors: 10-12 March 2017 | Seniors: 14-19 March 2017

EVENT INFORMATION

Title Sponsor:



Event Owner & Organiser:



Commercial Partner:



Official Sponsors:



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1.0 COMPETITION INFORMATION

Competition: China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017

Juniors (8-12 years)

Venue: OCBC Aquatic Centre

Session	Date	Day	Competition	Warm-Up
1	10 March 2017	Friday	6.30 pm	5.00 pm
2	11 March 2017	Saturday	8.30 am	7.00 am
3	11 March 2017	Saturday	2.00 pm	12.30 pm
4	12 March 2017	Sunday	8.30 am	7.00 am
5	12 March 2017	Sunday	2.00 pm	12.30 pm

Competition: China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017

Seniors (13 years and over)

Venue: OCBC Aquatic Centre

Session	Date	Day	Competition	Warm-Up
	14 March 2017	Tuesday	9.00 am	7.15 am
	14 March 2017	Tuesday	6.30 pm	4.45 pm
	15 March 2017	Wednesday	9.00 am	7.15 am
	15 March 2017	Wednesday	6.30 pm	4.45 pm
	16 March 2017	Thursday	9.00 am	7.15 am
	16 March 2017	Thursday	6.30 pm	4.45 pm
	17 March 2017	Friday	9.00 am	7.15 am
	17 March 2017	Friday	6.30 pm	4.45 pm
	18 March 2017	Saturday	9.00 am	7.15 am
	18 March 2017	Saturday	5.30 pm	3.45 pm
	19 March 2017	Sunday	9.00 am	7.15 am
	19 March 2017	Sunday	5.30 pm	3.45 pm

2.0 GENERAL INFORMATION

- 2.1 The Championships shall be conducted under the Rules and By-laws of FINA as prescribed in the Handbook of FINA (2015 – 2017). One-start rule applies. The list of approved swimsuits can be viewed at <http://fina.org/content/fina-approved-swimwear>
- 2.2 The Championships are open only to the following:
- a. Swimmers who are existing members of SSA Affiliates (thereafter known as Affiliates). Registration fee is **S\$30.00 (inclusive of 7% GST)** per swimmer. This is also applicable to foreign swimmers.
 - 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.
- 2.3 All entries must be submitted through SSA Affiliates or FINA-affiliated Federations.
- 2.4 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#

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. Multiple Age Groups
 - 18 years & over Born in 1999 or earlier
 - 15-17 years Born in 2000, 2001 and 2002
 - 13-14 years Born in 2003 and 2004
 - b. Single Age Groups
 - 12 years Born in 2005
 - 11 years Born in 2006
 - 10 years Born in 2007
 - 9 years Born in 2008
 - 8 years Born in 2009

4.0 ENTRY REGULATIONS

4.1 Closing date for entries – 5.00pm on Friday, 24 February 2017. Deadline for payment – 12.00pm on Monday, 6 March 2017

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

- a. Late entries will **NOT** be entertained
- b. Performance times from SSA-sanctioned Meets or Overseas Meets dated from 1 January 2016 to 19 February 2017 can be used as entry time for SNAG 2017.
- c. To participate, swimmers must meet the Qualifying Entry Times (QET) in the respective events of his/her age group. 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.
- d. An administrative fee of **S\$25.00** per event will be imposed if a swimmer returns a time slower than the QET. No QET fees will be imposed for the following events:

- 11-12 years old 200m Individual Medley

For the Senior Age Group, swimmers who missed the QET in the Heats will not be allowed to participate in the Finals.

- e. 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.

4.2 Entry Fee

Applicable to Singaporean and non-Singaporean 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

4.3 Cheque and payment for all registration and entries are to be made payable to "Singapore Swimming Association" by latest **12.00pm on Monday, 6 March 2017**. If payment for the entry fee is not made on time, the entries **will not** be accepted.

- 4.4 It is **mandatory** for swimmer’s entries to be accompanied with NRIC (Singaporeans/PR) or passport number (foreigner). LAST name (Surname) is to be provided in CAPITAL LETTERS.

Incomplete/Erroneous entries will be rejected.

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*

- 4.5 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 www.hy-tek.com/downloads.html.
- 4.6 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 An administrative fee of **S\$25.00** shall be imposed on each withdrawal from entered events.
- 5.2 Team Leaders must present withdrawals to the Control Room Supervisor sixty (60) minutes prior to the start of the heats. 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 Heats result.**
- 5.3 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.
- 5.4 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.

6.0 MEDALS, RECORDS & NATIONAL SELECTION

6.1 Medals will be awarded to the top three Singaporeans swimmers in the individual events.

Medals will also be awarded to foreign swimmers if they are in the top 3 placing in the individual events in the Juniors and Seniors Programme.

Medals for the 13 – 14 years old, 15-17 years old and 18 years old and over will be awarded to the fastest three (3) swimmers in the Finals of their respective age groups indicated above regardless of their placing in any of the Finals.

6.2 The Most Valuable Swimmer Award for Juniors (12 years and below) will be given out to each male and female Singaporean swimmer who has the highest accumulated points from all of the individual events in the Juniors Programme. The point system is as follows:

Position	Points awarded
Places 1-8:	10-8-6-5-4-3-2-1

In case of a tie, FINA Points will be used to decide on the overall winner based on the total points accumulated.

6.3 The Most Valuable Swimmer Award for 13-14 years and 15-17 years age group will be given out to each male and female Singaporean swimmer who has the most number of gold medals, followed by silver and bronze in all of the individual events in this competition.

In case of a tie, FINA Points will be used to decide on the overall winner based on the total points accumulated in the Olympic events.

- 6.4 Only Meet Records established by Singaporeans will be officially recognised by the Organising Committee of the China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017
- 6.5 Records established by any Swimmers (Singaporean Swimmers and Non-Singaporean Swimmers) will be officially recognised by the Management Committee of the China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017 as the **“Open Record”**.
- 6.6 Age computation, for the purposes of Under-14 and Under-17 National Records recognition, will be based on age of swimmer on the day of record set.
- 6.7 Monetary incentives will not be given for Under-14 and Under-17 records broken with effect from 31 January 2010.

7.0 COMPETITION VENUE

View Map:

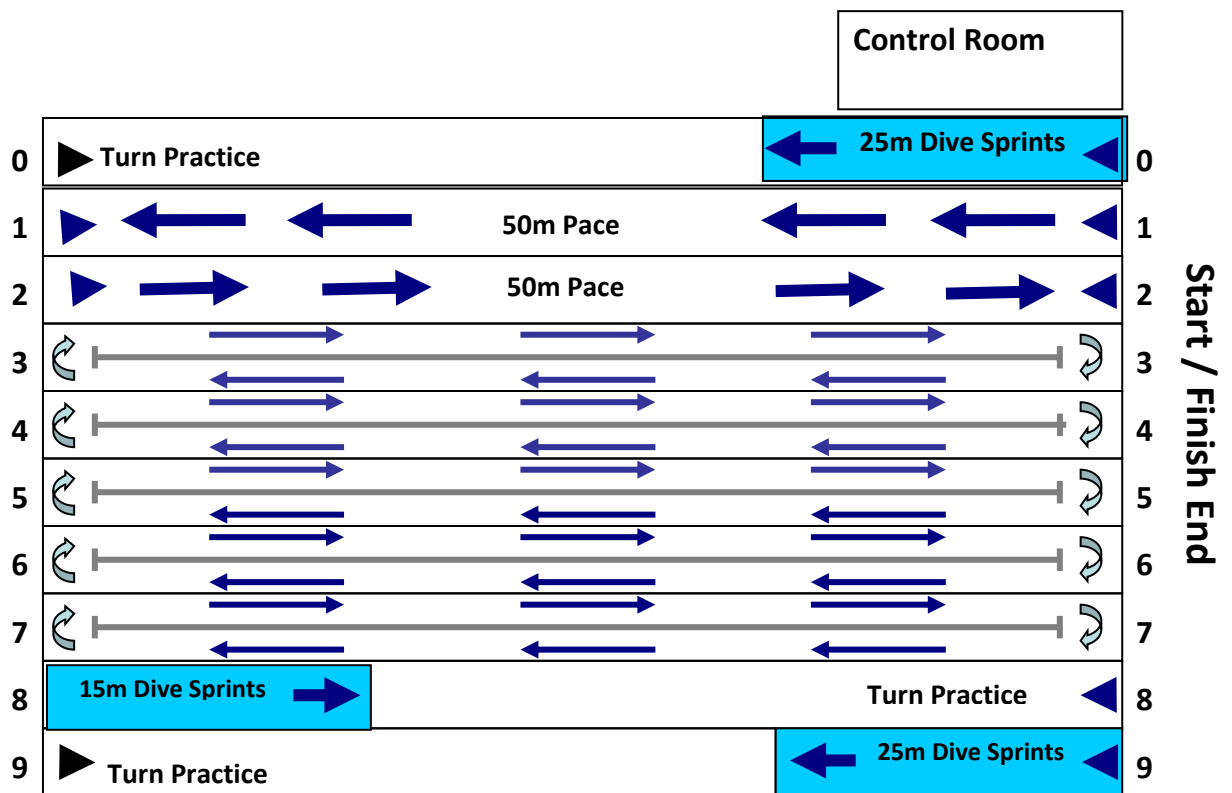
<http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

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-up one hour and forty-five mins before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the start of each session.
- 8.2 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.
- b. 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.
- c. The use of swim paddles is prohibited during warm-up.
- d. 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.
- e. Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- f. 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 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 CONTROL ROOM GUIDELINES (INFRACTION ENQUIRY OR CLARIFICATION)

- a. Detail of Infraction committed by 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, infractions 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 including event number, heat number, lane assigned, swimmer's name and affiliate/team name.

- e. **ONLY** Team Leaders 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
- c. 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.

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 not upheld, the deposit shall be forfeited to the Organising Committee of the Championships. If the protest is upheld, the deposit shall be returned.

11.0 COMPETITION EVENTS

Events	Juniors					Seniors		
	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13-14	15-17 yrs	18 yrs & over
50m Freestyle	✓	✓	✓	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓	✓	✓	✓
200m Freestyle		✓	✓	✓	✓	✓	✓	✓
400m Freestyle				✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓
200m Breaststroke				✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓	✓	✓	✓
200m Backstroke				✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓	✓	✓	✓
200m Butterfly				✓	✓	✓	✓	✓
200m Individual Medley		✓	✓	✓ Compulsory Event	✓ Compulsory Event	✓	✓	✓
400m Individual Medley				✓	✓	✓	✓	✓

Events	*11 & 12 years	13-14 yrs	15-17 yrs	18 yrs & over
1500m Freestyle	✓	✓	✓	✓
800m Freestyle	✓	✓	✓	✓

**The long distance events for the Juniors Age Group will be combined with the senior's programme*

The event will be stopped (the swimmers will cease to swim) after 25 minutes and 14 minutes for the 1500m and 800m freestyle events respectively. In the event if the swimmer has a final 100m to complete before cut off time, end time will be provided.

- 11.1 Compulsory Events for Singaporean swimmers aged 11 and 12,
 a. it is compulsory for the Singaporean swimmers in this age group must take part in the 200m Individual Medley and make a reasonable attempt to complete the race.

12.0 ORDER OF EVENTS (JUNIORS)

12.1 Juniors Programme

Races will be combined in the interest of time, but medals will be awarded according to swimmers’ respective age groups except for age group.

Competitors (regardless of age) shall be placed in graduated time order, slowest to fastest in 10-lane pool.

Session 1 • Friday • 10 March 2017 • Evening • 6.30 pm • Warm Up • 4.45pm	
100m Butterfly	8 • 9 • 10 • 11 • 12
50m Freestyle	8 • 9 • 10 • 11 • 12
400m Individual Medley	11 • 12
Session 2 • Saturday • 11 March 2017 • Morning • 8.30 am • Warm Up • 7.00am	
200m Backstroke	11 • 12
50m Butterfly	8 • 9 • 10 • 11 • 12
200m Individual Medley	9 • 10 • 11 • 12 <i>Compulsory Events for 11 & 12 Years Old Singaporean Swimmers</i>
Session 3 • Saturday • 11 March 2017 • Afternoon • 2.00 pm • Warm Up • 12.30pm	
200m Freestyle	9 • 10 • 11 • 12
50m Backstroke	8 • 9 • 10 • 11 • 12
200m Breaststroke	11 • 12
4 x 100m Freestyle Relay	12 years and under (1 relay team per club / school)
Session 4 • Sunday • 12 March 2017 • Morning • 8.30 am • Warm Up • 7.15am	
100m Freestyle	8 • 9 • 10 • 11 • 12
100m Breaststroke	8 • 9 • 10 • 11 • 12
200m Butterfly	11 • 12

Session 5 • Sunday • 12 March 2017 • Afternoon • 2.00 pm • Warm Up • 12.30pm	
400m Freestyle	11 • 12
100m Backstroke	8 • 9 • 10 • 11 • 12
50m Breaststroke	8 • 9 • 10 • 11 • 12
4 x 100m Medley Relay	12 years and under (1 relay team per club / school)

13.0 ORDER OF EVENTS (SENIORS)

Heats will be run in the morning and Finals in the evening.

a. Heats (10 Lanes)

Competitors (regardless of age) shall be placed in graduated time order, slowest to fastest and the last three heats shall be cyclically seeded.

b. Finals (10 lanes)

- i) Local Swimmers- All Affiliated Member with a Valid Singapore NRIC or FIN#
- ii) Foreign Swimmers- All Swimmers without a Valid Singapore NRIC or FIN#

Finalists shall be allocated lanes via the spearhead principle from the results of the Heats based on their age-group.

Multi-Age Super Final (Selection Final)

The top ten (10) fastest swimmers of the Heats of each individual event (with the exception of Timed Finals races) regardless of age is eligible to compete. Should there be more than two (2) foreign swimmers who finish within the top ten (10) positions at the Heats, only the top two (2) fastest foreign swimmers would compete Multi-Age Super Final

Age-group Finals – "A" Finals

- i) 13 to 14 years old
- ii) 15 to 17 years old and 18 years old age group (combined)

The remaining top ten (10) finishers of the Heats of each individual event (With the exception of Timed Final races and the swimmers in the Multi-Age Super Final) are eligible to compete. Should there be more than three (3) foreign swimmers who finish within these ten (10) positions at the Heats, only the top three (3) fastest foreign swimmers would compete in the Age – Group "A" Finals.

Age-Group Finals – “B” Finals

- i) 13 to 14 years' old
- ii) 15 to 17 years old and 18 years old age group (combined)

The remaining top ten (10) finishers of the Heats of each individual event (With the exception of Timed Final races and the swimmers in the Multi-Age Super Final and Age – Group Finals – “A” Finals) are eligible to compete. Should there be more than three (3) foreign swimmers who finish within these 10 positions at the Heats, only the top three (3) fastest foreign swimmers would compete in the Age – Group “B” Finals.

- iii) There will be NO “B” Finals if the event has less twenty-five (25) swimmers in the Heats for the 13 – 14 years old age group.
- iv) There will be NO “B” Finals if the event has less thirty (30) swimmers in the Heats for the 15 to 17 years old and 18 years old age group

Medals for the 13 – 14 years old, 15-17 years old and 18 years old and over will be awarded to the fastest three (3) swimmers in the Finals of their respective age groups indicated above regardless of their placing in any of the Finals.

c) Long Distance Events

A cut off time of 25 minutes will be enforced for 1500m (men and women) and a cut off time 14 minutes for 800m (men and women).

13.1 Order of Events (Seniors)

14 th March 2017 (Tuesday) – Day 1 Heats Start Time: 9.00am Warm Up: 7:15am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
101	200m Freestyle	Men	Heats	
102	400m Freestyle	Women	Heats	
103	100m Backstroke	Men	Heats	
104	100m Breaststroke	Women	Heats	
105	200m Butterfly	Men	Heats	
106	800m Freestyle	Men	Timed Finals	All Heats in Morning Fastest to Slowest
14 th March 2017 (Tuesday) – Day 1 Finals Start Time: 6.30pm Warm Up: 4:45pm				
101	200m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
102	400m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
103	100m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
104	100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
105	200m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
107	4 x 100m Freestyle Relay Open Category	Women	Timed Finals	Max 2 teams per club / school / country

15 th March 2017 (Wednesday) – Day 2 Heats Start Time: 9.00am Warm Up: 7:15am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
201	50m Butterfly	Women	Heats	
202	50m Backstroke	Men	Heats	
203	100m Freestyle	Women	Heats	
204	200m Individual Medley	Men	Heats	
205	200m Breaststroke	Women	Heats	
206	1500m Freestyle	Women	Timed Finals	All Heats in Morning Fastest to Slowest
15 th March 2017 (Wednesday) – Day 2 Finals Start Time: 6.30pm Warm Up: 4:45pm				
201	50m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
202	50m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
203	100m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
204	200m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
205	200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
207	4 x 200m Freestyle Relay Open Category	Men	Timed Finals	Max 2 teams per club / school / country

16 th March 2017 (Thursday) – Day 3 Heats Start Time: 9.00am Warm Up: 7:15am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
301	50m Backstroke	Women	Heats	
302	50m Freestyle	Men	Heats	
303	400m Individual Medley	Women	Heats	
304	200m Breaststroke	Men	Heats	
305	100m Butterfly	Women	Heats	
306	400m Freestyle	Men	Heats	
16 th March 2017 (Thursday) – Day 3 Finals Start Time: 6.30pm Warm Up: 4:45pm				
301	50m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
302	50m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
303	400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
304	200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
305	100m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
306	400m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
307	4 x 200m Freestyle Relay Open Category	Women	Timed Finals	Max 2 teams per club / school / country

17 th March 2017 (Friday) – Day 4 Heats Start Time: 9.00am Warm Up: 7:15am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
401	100m Butterfly	Men	Heats	
402	200m Freestyle	Women	Heats	
403	100m Breaststroke	Men	Heats	
404	200m Butterfly	Women	Heats	
405	400m Individual Medley	Men	Heats	
406	100m Backstroke	Women	Heats	
17 th March 2017 (Friday) – Day 4 Finals Start Time: 6.30pm Warm Up: 4:45pm				
401	100m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
402	200m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
403	100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
404	200m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
405	400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
406	100m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
407	4x100m Freestyle Relay Open Category	Men	Timed Finals	Max 2 teams per club / school / country

18 th March 2017 (Saturday) – Day 5 Heats Start Time: 9.00am Warm Up: 7:15am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
501	50m Butterfly	Men	Heats	
502	50m Breaststroke	Women	Heats	
503	100m Freestyle	Men	Heats	
505	200m Backstroke	Men	Heats	
504	800m Freestyle	Women	Timed Finals	Slow Heats Fastest to Slowest
18 th March 2017 (Saturday) – Day 5 Finals Start Time: 5.30pm Warm Up: 3:45pm				
501	50m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
502	50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
503	100m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
504	800m Freestyle 13-14 • 15-17 • 18 & over	Women	Timed Finals	Fastest Heat
505	200m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
506	4 x 100m Medley Relay Open Category	Women	Timed Finals	Max 2 teams per club / school / country

19 th March 2017 (Sunday) – Day 6 Heats Start Time: 9.00am Warm Up: 7:15am				
<i>Event No</i>	<i>Event</i>			<i>Remarks</i>
601	50m Freestyle	Women	Heats	
602	50m Breaststroke	Men	Heats	
603	200m Backstroke	Women	Heats	
605	200m Individual Medley	Women	Heats	
604	1500m Freestyle	Men	Timed Finals	Slow Heats Fastest to Slowest
19 th March 2017 (Sunday) – Day 6 Finals Start Time: 5.30pm Warm Up: 3:45pm				
601	50m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
602	50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	
603	200m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
604	1500m Freestyle 13-14 • 15-17 • 18 & over	Men	Timed Finals	Fastest Heat
605	200m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	
606	4 x 100m Medley Relay Open Category	Men	Timed Finals	Max 2 teams per club / school / country

14.0 QUALIFYING ENTRY TIMES (QET)

14.1 QET - FEMALE

Events	Qualifying Entry Times for Juniors – Girls				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:51.04	00:46.11	00:42.17	00:40.02	00:38.25
100 LC Meter Freestyle	01:57.49	01:44.40	01:33.73	01:27.29	01:22.75
200 LC Meter Freestyle	NA	03:47.85	03:22.74	03:16.96	03:04.44
400 LC Meter Freestyle	NA	NA	NA	06:48.98	06:27.92
50 LC Meter Backstroke	01:00.02	00:54.83	00:49.13	00:46.79	00:44.06
100 LC Meter Backstroke	02:13.42	02:00.53	01:47.80	01:41.88	01:35.63
200 LC Meter Backstroke	NA	NA	NA	03:41.70	03:27.84
50 LC Meter Breaststroke	01:07.57	01:01.31	00:55.56	00:50.26	00:49.07
100 LC Meter Breaststroke	02:25.05	02:12.46	01:59.90	01:50.68	01:47.87
200 LC Meter Breaststroke	NA	NA	NA	04:01.61	03:51.69
50 LC Meter Butterfly	00:58.35	00:52.41	00:46.27	00:43.42	00:41.24
100 LC Meter Butterfly	02:13.84	02:05.36	01:51.21	01:38.79	01:34.18
200 LC Meter Butterfly	NA	NA	NA	03:49.92	03:38.25
200 LC Meter IM	NA	04:10.68	03:47.97	No QET	No QET
400 LC Meter IM	NA	NA	NA	07:45.70	07:28.14
800 LC Meter Freestyle	13:25.13				
1500 LC Meter Freestyle	24:40.19				

Events	Qualifying Entry Times for Seniors – Girls/Women		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:35.32	00:34.31	00:34.07
100 LC Meter Freestyle	01:17.08	01:14.14	01:12.54
200 LC Meter Freestyle	02:46.39	02:42.37	02:42.16
400 LC Meter Freestyle	05:52.34	05:47.22	05:36.99
50 LC Meter Backstroke	00:41.27	00:41.01	00:38.56
100 LC Meter Backstroke	01:28.37	01:25.54	01:27.15
200 LC Meter Backstroke	03:14.45	03:12.48	03:06.48
50 LC Meter Breaststroke	00:45.27	00:44.52	00:43.13
100 LC Meter Breaststroke	01:38.07	01:38.31	01:36.12
200 LC Meter Breaststroke	03:35.18	03:23.39	03:27.53
50 LC Meter Butterfly	00:38.08	00:36.52	00:36.45
100 LC Meter Butterfly	01:24.27	01:22.58	01:21.27
200 LC Meter Butterfly	03:09.13	03:04.27	03:01.23
200 LC Meter IM	03:09.41	03:08.59	03:09.42
400 LC Meter IM	06:41.31	06:47.20	06:39.79
800 LC Meter Freestyle	12:23.01	12:06.52	12:45.42
1500 LC Meter Freestyle	23:34.22	23:06.02	22:54.66

14.2 QET - Male

Events	Qualifying Entry Times for Juniors – Boys				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:47.11	00:42.59	00:41:12	00:39.20	00:37:19
100 LC Meter Freestyle	01:46.30	01:35.59	01:30.47	01:25.33	01:20.24
200 LC Meter Freestyle	NA	03:27.23	3:15.08	3:04.59	2:55.06
400 LC Meter Freestyle	NA	NA	NA	6:28.11	6:05.24
50 LC Meter Backstroke	00:56.14	00:50.27	00:48.25	00:46.23	00:43.58
100 LC Meter Backstroke	02:00.45	01:48.47	01:45.42	01:40.39	01:37.05
200 LC Meter Backstroke	NA	NA	NA	03:36.00	3:29.58
50 LC Meter Breaststroke	01:03.11	00:57.35	00:53.08	00:50.25	00:46.28
100 LC Meter Breaststroke	02:16.54	02:03.27	01:57.45	01:53.53	01:41.42
200 LC Meter Breaststroke	NA	NA	NA	03:55.49	03:39.42
50 LC Meter Butterfly	00:52.23	00:47.19	00:44.56	00:44.07	00:40.19
100 LC Meter Butterfly	02:09.05	01:50.14	01:44.37	01:36.43	01:30.00
200 LC Meter Butterfly	NA	NA	NA	03:43.14	03:22.25
200 LC Meter IM	NA	03:51.48	03:39.25	No QET	No QET
400 LC Meter IM	NA	NA	NA	07:26.16	07:01.29
800 LC Meter Freestyle	13:01.60				
1500 LC Meter Freestyle	24:06.00				

Events	Qualifying Entry Times for Seniors – Boys/Men		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:32.29	00:31.23	00:30.32
100 LC Meter Freestyle	01:11.42	01:07.58	01:05.21
200 LC Meter Freestyle	02:36.56	02:28.44	02:22.18
400 LC Meter Freestyle	05:30.34	05:21.33	05:08.20
50 LC Meter Backstroke	00:38.45	00:36.26	00:35.05
100 LC Meter Backstroke	01:23.08	01:18.15	01:16.21
200 LC Meter Backstroke	03:00.41	02:51.39	2:41.50
50 LC Meter Breaststroke	00:41.50	00:39.47	00:37.45
100 LC Meter Breaststroke	01:30.33	01:24.38	01:24.49
200 LC Meter Breaststroke	03:18.11	03:08.58	02:55.43
50 LC Meter Butterfly	00:35.22	00:33.38	00:33.26
100 LC Meter Butterfly	01:18.66	01:14.15	01:12.63
200 LC Meter Butterfly	02:58.55	02:47.43	02:41.43
200 LC Meter IM	02:56.30	02:50.52	02:43.59
400 LC Meter IM	06:22.59	06:07.03	05:45.06
800 LC Meter Freestyle	12:42.01	11:42.48	10:53.21
1500 LC Meter Freestyle	22:36.05	21:40.00	20:30.19

15.0 TERMS & CONDITIONS

All Participants who are entered in the China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017 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.

Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017 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 China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.

In the event of harsh weather conditions that could cancel China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the China Life Insurance Singapore 48th Singapore National Age Group Swimming Championships 2017.

16.0 KEY DATES

Date & Time	Event	Venue
24 February 2017, 5.00pm	Closing Date for Entries Submission Note: Rule 4.1 Late entries will not be entertained	SSA Office
28 Feb – 3 March 2017	Preliminary entries list by affiliates/ teams will be sent for verification	
6 March 2016. 12.00pm	Full Payment must reach SSA Office	
7 March 2017	Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Juniors)	
10 March 2017	Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Seniors)	
9 March 2016, 11.00am	Team Leaders Meeting – Juniors Programme	Technical Control Room at OCBC Aquatic Centre
10-12 March 2017	Junior Age Group	OCBC Aquatic Centre
13 March 2017, 12.00pm	Team Leaders Meeting – Seniors Programme	Technical Control Room at OCBC Aquatic Centre
14-19 March 2017	Senior Age Group	OCBC Aquatic Centre



About China Life Insurance Singapore

China Life Insurance (Singapore) Pte. Ltd. is a wholly-owned subsidiary of China Life Insurance (Overseas) Company Limited, which is wholly-owned by China Life Insurance (Group) Company. China Life Insurance (Group) Company is the largest financial insurance corporation in China. It is also a Fortune Global 500 company, which ranked 54 in 2016, for 14 consecutive years with brand value of over RMB253 billion.



About Singapore Swimming Association

Singapore Swimming Association (SSA) was set up in 1939 and is currently the National Sports Association governing swimming, water polo, diving, synchronized swimming and open water swimming in Singapore.

ESG

About Enterprise Sports Group

Enterprise Sports Group (ESG) is a leading Singapore-based international sport marketing firm established in 2005. ESG specialises in creating and delivering effective client solutions through sports sponsorship and bespoke sporting activities. The firm also provides sports federations and rights owners strategies to help them realise the commercial potential of their rights.



About Little Swim School

Little Swim School specialises in swimming lessons that cater to all age groups, including babies, infants and toddlers. Since its inception in 2009, its team of dedicated coaches places emphasis on imparting practical swim skills to empower water-safe kids in a fun way.



About Yakult Singapore

Yakult was first introduced to Singaporeans in 1979 with the incorporation of Yakult Singapore in 1978. Although Yakult Singapore started humbly in three containers at Hillview Avenue, it operates today from a multi-million dollar ultra-modern plant at Senoko Avenue. As Yakult is produced locally, our customers can be assured of the highest quality and freshness of Yakult sold in Singapore. Yakult Singapore perseveres to continue its healthy journey to spread to all people in Singapore on the awareness of the benefits of its unique probiotics, *L. casei* strain Shirota along the principles of Shirota-ism.



About TYR

Connecting sport innovation with fashionable design, TYR provides the essentials for aquatic sports and fitness. With our foundation built on the goal to perfect performance swimwear and accessories, we focus on what swimmers need. So when you are swimming laps, doing water aerobics, training for a triathlon or catching a wave, simply bring TYR along and you'll experience being, "Always In Front."
We are committed to constantly deliver professional and value added services to all our customers.



About Neo Garden

Neo Garden's holding company, Neo Group Pte Ltd was incorporated in 2008. Since 1992, Neo Garden® Catering (previously Neo Garden Restaurant, rebranded in 2008) has devoted itself in the area of home delivery meals and household buffet delivery. It has since introduced a wide range of popular catering services including Hi-Tea, BBQ and Mini Buffet. Today, Neo Garden can proudly call itself the preferred choice of Singaporeans after clinching the title of No.1 Caterer in Singapore, based on an AC Nielsen survey in 2010 and 2011.



About 100PLUS

100PLUS is specially formulated to help restore what the body loses in the course of the day. Its unique combination of carbohydrates (glucose and sucrose) and electrolytes (minerals) helps in efficient transport of nutrients into the body, and is an immediate source of energy, enabling consumers to achieve peak performance in their daily active lifestyles.

Outdo yourself with *100PLUS*, Singapore's No.1 isotonic drink.



Volkswagen

About Volkswagen Group Singapore

Volkswagen Group Singapore is a subsidiary of the Volkswagen Group, which is headquartered in Wolfsburg, Germany. Volkswagen is the only car brand in Singapore to manage its retail business directly. The two dealerships – Volkswagen Centre Singapore (Alexandra) and Volkswagen Exclusive – offer full sales and service facilities. By retailing directly to customers, Volkswagen is able to position itself at the forefront of Singapore's car market. This arrangement also allows for a closer relationship between the brand and the people who matter the most. Volkswagen Singapore provides Volkswagen owners with the quality experience they expect from Europe's largest car maker.