



SINGAPORE SWIMMING ASSOCIATION

**Ajinomoto/aminoVITAL
SINGAPORE MASTERS 2019
Information Pack**

2 Nov 2019

TOA PAYOH SWIMMING COMPLEX

EVENT INFORMATION

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1. COMPETITION INFORMATION

Entries Closing Date: Tuesday, 15th Oct 2019, 5.00pm

Entries must be emailed to admin5@swimming.org.sg & tessa.seet@swimming.org.sg

VENUE: TOA PAYOH SWIMMING COMPLEX

Address: 301 Lor 6 Toa Payoh, Singapore 319392

Session	Date	Day	Competition	Warm-Up
1	2 November 2019	Saturday	9.00am	7.30am
2	2 November 2019	Saturday	2.00pm	12.30pm

2. **General Information**

- 2.1 The Singapore Masters 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 *slowest to fastest*.
- 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 **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:

Individual Events:

Senior Age Group	19-24	H	60-64
A	25-29	I	65-69
B	30-34	J	70-74
C	35-39	K	75-79
D	40-44	L	80-84
E	45-49	M	85-89
F	50-54	N	90-94
G	55-59	O	95-100

Relay Events:

Each team will be classified into their corresponding add up age group

74 years & above	240-279 years
100-119 years	280-319 years
120-159 years	320-359 years
160-199 years	
200-239 years	

4.0 ENTRY REGULATIONS

4.1 **Entry deadline: Tuesday, 15th Oct 2019, 5.00pm**

4.2 Registration fee is **S\$80.00 (inclusive of 7% GST)** per swimmer.

Entry Fees:

Per Individual Event - **\$10.00** (inclusive of 7% GST)

Per Relay Team - **\$40.00** (inclusive of 7% GST)

4.3 Full payment must be made by: **24th Oct 2019**

4.4 Payment can be made either via cash, cheque or bank transfer.

Kindly make cheques payable to "**Singapore Swimming Association**".

For bank transfers, please email the screenshot of the completed transaction to admin5@swimming.org.sg for verification of payment.

Our bank details are as follows:

Banker: DBS Bank Pte Ltd

Address: 12 Marina Boulevard, DBS Asia Centre Marina Bay Financial Centre Tower 3
Singapore 018982

Account No: 005-016170-3

SWIFT: DBSSSGSG

Account Name: SINGAPORE SWIMMING ASSOCIATION

Address: 7 Stadium Drive #01-50 OCBC Aquatic Centre Singapore 397632

4.5 There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.

4.6 Swimmers must be **at least the age of 19 years (Born in year 2000 or earlier)**

5.0 PROTESTS

5.1 Protests are possible:

1. if the rules and regulations for the conduct of the competition are not observed,
2. if other conditions endanger the competitions and/or competitors, or
3. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

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

5.3 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.

- 5.4 Protests must be submitted in accordance with the following:
- i. In writing, with the supporting facts.
 - ii. With a deposit of **S\$100.00** enclosed.
 - iii. Submitted to the Meet Referee by Affiliate Team Leader. No proxies will be entertained.
 - iv. Submitted within thirty (30) minutes following the conclusion of the respective event.
- 5.5 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.
- 5.6 If the protest is rejected, the deposit shall be forfeited to the SSA. If the protest is upheld, the deposit shall be returned
- 6.0 Seed Time**
- 6.1 Entries submitted are recommended to include the swimmers' personal best times (where possible for race seeding purposes)

7.0 COMPETITION PROGRAMME

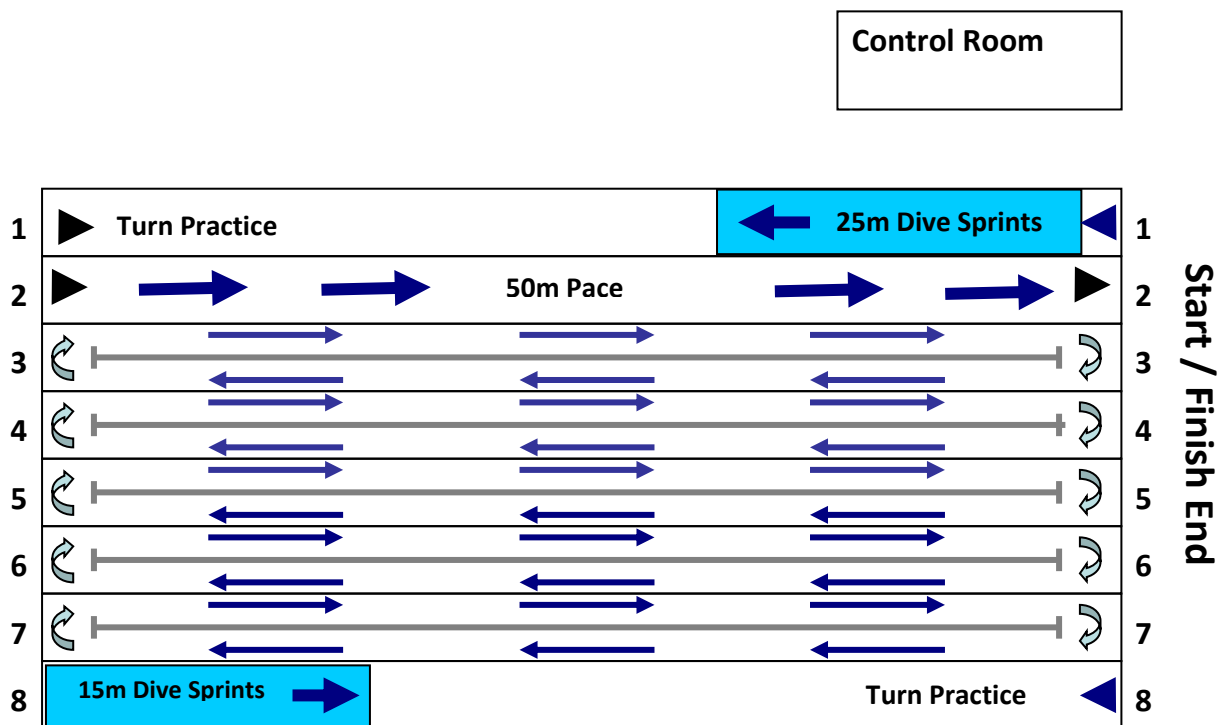
2nd November 2019 – Session 1			
Start Time: 9.00am			
<i>Event No</i>	<i>Event</i>		<i>Remarks</i>
101	50m Breaststroke	WOMEN	Slowest to Fastest
102	50m Breaststroke	MEN	Slowest to Fastest
103	100m Freestyle	WOMEN	Slowest to Fastest
104	100m Freestyle	MEN	Slowest to Fastest
105	100m Backstroke	WOMEN	Slowest to Fastest
106	100m Backstroke	MEN	Slowest to Fastest
107	50m Butterfly	WOMEN	Slowest to Fastest
108	50m Butterfly	MEN	Slowest to Fastest
109	4 x 50m Medley Relay	WOMEN	Slowest to Fastest
110	4 x 50m Medley Relay	MEN	Slowest to Fastest

2nd November 2019 – Session 2			
Start Time: 2.00pm			
<i>Event No</i>	<i>Event</i>		<i>Remarks</i>
201	50m Backstroke	WOMEN	Slowest to Fastest
202	50m Backstroke	MEN	Slowest to Fastest
203	100m Breaststroke	WOMEN	Slowest to Fastest
204	100m Breaststroke	MEN	Slowest to Fastest
205	100m Butterfly	WOMEN	Slowest to Fastest
206	100m Butterfly	MEN	Slowest to Fastest
207	50m Freestyle	WOMEN	Slowest to Fastest
208	50m Freestyle	MEN	Slowest to Fastest

209	4 x 50m Freestyle Relay	WOMEN	Slowest to Fastest
210	4 x 50m Freestyle Relay	MEN	Slowest to Fastest

8.0 WARM-UP GUIDELINES

8.1 The Competition Pool 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.



8.2 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 Lanes (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.

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.

9.0 COMPETITION VENUE

VENUE: TOA PAYOH SWIMMING COMPLEX

Address: 301 Lor 6 Toa Payoh, Singapore 319392



Bus services to Toa Payoh Swimming Complex:

26,28,31,37,88,90,142,155,157,159,163,232,235,238

You can alight once you come out of the interchange, at the first bus stop. After, please cross the overhead bridge beside the bus stop to get to Toa Payoh Swimming Complex.

10.0 OTHER TERMS AND CONDITIONS

- 10.1 All Participants who are entered in the Singapore Masters 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.
- 10.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in Singapore Masters 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 Singapore Masters 2019. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
- 10.3 In the event of harsh weather conditions that could cancel the Singapore Masters 2019. SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at Singapore Masters 2019.

11.0 Key Dates

Date & Time	Event	Venue
Tuesday, 15 Oct 2019 5.00pm	Closing Date for Entries Submission	SSA Office or via email to admin5@swimming.org.sg Tessa.seet@swimming.org.sg
16 – 23 Oct 2019	Entries list by affiliates/ teams will be sent for verification	
Thursday 24 Oct 2019, 12.00pm	Deadline for Payment for Entries	
30 Oct 2019, 2.00pm	Start Lists will be sent out to all participating affiliates/teams	
2 Nov 2019	Singapore Masters 2019	Toa Payoh Swimming Complex