



SINGAPORE SWIMMING ASSOCIATION

Liberty Insurance
49th Singapore National
Age Group Swimming Championships 2018

Juniors: 9-11 March 2018
Seniors: 14-18 March 2018

EVENT INFORMATION

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1.0 COMPETITION INFORMATION

Competition: Liberty Insurance 49th Singapore National Age Group Swimming Championships 2018

Juniors (8-12 years)

Venue: OCBC Aquatic Centre

| Details: | Session | Date | Day | Competition | Warm-Up |
|-----------------|----------------|---------------|------------|--------------------|----------------|
| | 1 | 9 March 2018 | Friday | 6.30 pm | 5.00 pm |
| | 2 | 10 March 2018 | Saturday | 8.30 am | 7.00 am |
| | 3 | 10 March 2018 | Saturday | 2.00 pm | 12.30 pm |
| | 4 | 11 March 2018 | Sunday | 8.30 am | 7.00 am |
| | 5 | 11 March 2018 | Sunday | 2.00 pm | 12.30 pm |

Competition: Liberty Insurance 49th Singapore National Age Group Swimming Championships 2018

Seniors (13 years and over)

Venue: OCBC Aquatic Centre

| Details: | Session | Date | Day | Competition | Warm-Up |
|-----------------|----------------|---------------|------------|--------------------|----------------|
| | 1 | 14 March 2018 | Wednesday | 9.00 am | 7.15 am |
| | 2 | 14 March 2018 | Wednesday | 6.30 pm | 4.45 pm |
| | 3 | 15 March 2018 | Thursday | 9.00 am | 7.15 am |
| | 4 | 15 March 2018 | Thursday | 6.30 pm | 4.45 pm |
| | 5 | 16 March 2018 | Friday | 9.00 am | 7.15 am |
| | 6 | 16 March 2018 | Friday | 6.30 pm | 4.45 pm |
| | 7 | 17 March 2018 | Saturday | 9.00 am | 7.15 am |
| | 8 | 17 March 2018 | Saturday | 5.30 pm | 3.45 pm |
| | 9 | 18 March 2018 | Sunday | 9.00 am | 7.15 am |
| | 10 | 18 March 2018 | 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 (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:
- 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.
 - 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:
- Local Swimmers- All Affiliated Members with a Valid Singapore NRIC or FIN#
 - 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:
- Multiple Age Groups

| | |
|-----------------|-----------------------------|
| 18 years & over | Born in 2000 or earlier |
| 15-17 years | Born in 2001, 2002 and 2003 |
| 13-14 years | Born in 2004 and 2005 |
 - Single Age Groups

| | |
|----------|--------------|
| 12 years | Born in 2006 |
| 11 years | Born in 2007 |
| 10 years | Born in 2008 |
| 9 years | Born in 2009 |
| 8 years | Born in 2010 |

4.0 ENTRY REGULATIONS

4.1 Closing date for entries – 12.00pm on Tuesday, 27 February 2018. Deadline for payment – 12.00pm on Monday, 5 March 2018

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 March 2016 to 25 February 2018 can be used as entry time for SNAG 2018.

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. 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.

- c. For the Men's 800 Freestyle & Women's 1500 Freestyle event, the swimmer is not required to have a valid qualifying entry time in order to participate in these two events. However, they are required to achieve a minimum time standard. An administrative fee of \$30.00 per event will be imposed if the swimmer returns a time slower than the minimum time standard.
- 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.

- 4.2.1 **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

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 **27 February 2018, 12.01pm till 1 day before the release of the psych sheet for the respective groups.**
(Please refer to the timeline in page 30)

- 4.2.2 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 27th February 2018 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 (Juniors) – Monday, 5th March 2018, 11.00am
One day before the release of the psych sheet (Seniors) – Thursday, 8th March 2018, 3.00pm

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.

- 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, 5 March 2018**. 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*

5.0 WITHDRAWALS

- 5.1 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.
- 5.2 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.
- 5.3 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 Heats result** in order to avoid the administrative fee.
- 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 ACCREDITATIONS

- 6.1 Club accreditations (inclusive of coaches, team manager and support staff) will be assigned based on size of swimmers contingent at the juniors / seniors meet:

1 – 5 Swimmers in individual events - 2 accreditation passes
6 – 10 Swimmers in individual events - 3 accreditation passes
11- 15 Swimmers in individual events - 4 accreditation passes
16 – 20 Swimmers in individual events 5 accreditation passes
21 – 30 Swimmers in individual events - 6 accreditation passes
31 – 40 Swimmers in individual events - 7 accreditation passes
41 - 50 Swimmers in individual events - 8 accreditation passes
51 + Swimmers in individual events - 9 accreditation passes

- 6.2 Lost or misplaced accreditation passes

Should the swimmer or team official lose or misplace their accreditation pass, replacement passes are available at SGD \$30.00 per pass

- 6.3 Parent accreditation passes
Only 1 parent's accreditation pass will be given per junior swimmer. (i.e. 1 junior pass = 1 parent pass)

7.0 MEDALS, RECORDS & NATIONAL SELECTION

- 7.1 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.

- 7.2 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.

- 7.3 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 the Olympic 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 individual events in the medals placings.

8.0 COMPETITION VENUE

View Map:

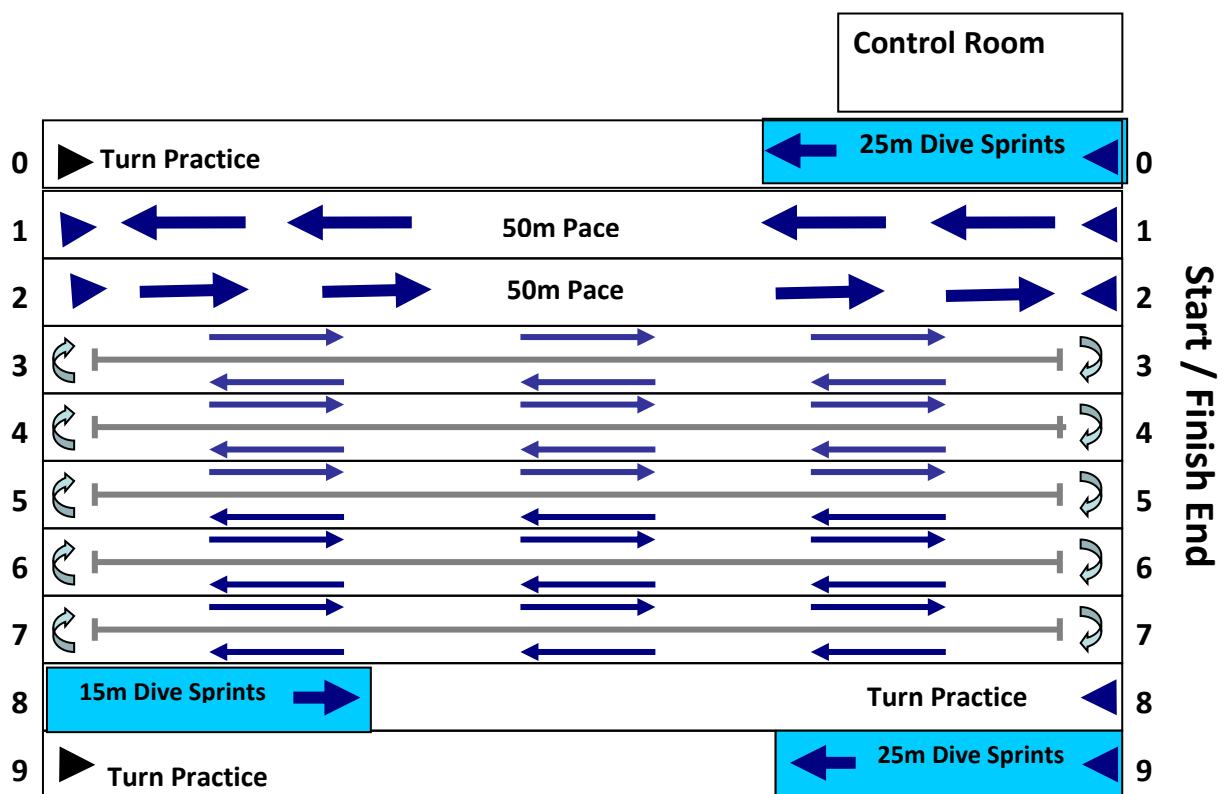
<http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

Venue Management does not allow any foldable chairs/beds into the OCBC Aquatic Centre due to the Fire Safety Regulation.



9.0 WARM-UP GUIDELINES

- 9.1 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.
- 9.2 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



9.3 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.

- 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.

9.4 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.

9.5 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 | 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*

11.1 Compulsory Events for Singaporean swimmers aged 11 and 12,

- a. It is compulsory for the Singaporean swimmers in this age group to take part in the 200m Individual Medley event and make a reasonable attempt to complete the race.

The swimmer must also be entered in at least one other event in the SNAG Programme other than the 200m Individual Medley event.

The swimmer can opt out to race the 200m IM event at SNAG if the swimmer has competed in this event at the 2018 January Time Trials or 2018 Singapore Swimming Proficiency Awards (SSPA) in Jan & Feb 2018.

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.

| 9th March 2018 (Friday) – Session 1 | | | | |
|---|------------------------|---------------|--------------------|--------------------|
| Event Start Time: 6.30pm Warm Up Time: 5.00pm | | | | |
| Juniors | | | | |
| Event No | Event | Gender | Age Groups | Remarks |
| 101 | 100m Butterfly | BOYS | 8 to 12 years old | Slowest to Fastest |
| 102 | 100m Butterfly | GIRLS | 8 to 12 years old | Slowest to Fastest |
| 103 | 50m Freestyle | BOYS | 8 to 12 years old | Slowest to Fastest |
| 104 | 50m Freestyle | GIRLS | 8 to 12 years old | Slowest to Fastest |
| 105 | 400m Individual Medley | BOYS | 11 to 12 years old | Slowest to Fastest |
| 106 | 400m Individual Medley | GIRLS | 11 to 12 years old | Slowest to Fastest |

| 10th March 2018 (Saturday) – Session 2 | | | | |
|--|--|---------------|--------------------|--------------------|
| Event Start Time: 8.30am Warm Up Time: 7.00am | | | | |
| Juniors | | | | |
| Event No | Event | Gender | Age Groups | Remarks |
| 201 | 200m Backstroke | BOYS | 11 to 12 years old | Slowest to Fastest |
| 202 | 200m Backstroke | GIRLS | 11 to 12 years old | Slowest to Fastest |
| 203 | 50m Butterfly | BOYS | 8 to 12 years old | Slowest to Fastest |
| 204 | 50m Butterfly | GIRLS | 8 to 12 years old | Slowest to Fastest |
| 205 | 200m Individual Medley Compulsory Event for Singaporean Swimmers aged 11 to 12 years old | BOYS | 9 to 12 years old | Slowest to Fastest |
| 206 | 200m Freestyle | GIRLS | 9 to 12 years old | Slowest to Fastest |

| 10th March 2018 (Saturday) – Session 3 Event Start Time: 2.00pm Warm Up Time: 12.30pm Juniors | | | | |
|---|--|---------------|--------------------|-----------------------|
| Event No | Event | Gender | Age Groups | Remarks |
| 301 | 200m Freestyle | BOYS | 9 to 12 years old | Slowest to Fastest |
| 302 | 200m Individual Medley Compulsory Event for Singaporean Swimmers aged 11 to 12 years old | GIRLS | 9 to 12 years old | Slowest to Fastest |
| 303 | 100m Breaststroke | BOYS | 8 to 12 years old | Slowest to Fastest |
| 304 | 100m Breaststroke | GIRLS | 8 to 12 years old | Slowest to Fastest |
| 305 | 200m Butterfly | BOYS | 11 to 12 years old | Slowest to Fastest |
| 306 | 200m Butterfly | GIRLS | 11 to 12 years old | Slowest to Fastest |
| 307 | 4 x 50m Freestyle Relay | BOYS | 8 to 10 years old | 1 relay team per club |
| 308 | 4 x 50m Freestyle Relay | GIRLS | 8 to 10 years old | 1 relay team per club |
| 309 | 4 x 100m Freestyle Relay | BOYS | 11 to 12 years old | 1 relay team per club |
| 310 | 4 x 100m Freestyle Relay | GIRLS | 11 to 12 years old | 1 relay team per club |
| 11th March 2018 (Sunday) – Session 4 Event Start Time: 8.30am Warm Up Time: 7.00am Juniors | | | | |
| Event No | Event | Gender | Age Groups | Remarks |
| 401 | 100m Backstroke | BOYS | 8 to 12 years old | Slowest to Fastest |
| 402 | 100m Backstroke | GIRLS | 8 to 12 years old | Slowest to Fastest |
| 403 | 400m Freestyle | BOYS | 11 to 12 years old | Slowest to Fastest |
| 404 | 400m Freestyle | GIRLS | 11 to 12 years old | Slowest to Fastest |
| 405 | 50m Breaststroke | BOYS | 8 to 12 years old | Slowest to Fastest |
| 406 | 50m Breaststroke | GIRLS | 8 to 12 years old | Slowest to Fastest |

| 11th March 2018 (Sunday) – Session 5 Event Start Time: 2.00pm Warm Up Time: 12.30pm Juniors | | | | |
|---|-----------------------|---------------|--------------------|-----------------------|
| Event No | Event | Gender | Age Groups | Remarks |
| 501 | 100m Freestyle | BOYS | 8 to 12 years old | Slowest to Fastest |
| 502 | 100m Freestyle | GIRLS | 8 to 12 years old | Slowest to Fastest |
| 503 | 50m Backstroke | BOYS | 8 to 12 years old | Slowest to Fastest |
| 504 | 50m Backstroke | GIRLS | 8 to 12 years old | Slowest to Fastest |
| 505 | 200m Breaststroke | BOYS | 11 to 12 years old | Slowest to Fastest |
| 506 | 200m Breaststroke | GIRLS | 11 to 12 years old | Slowest to Fastest |
| 507 | 4 x 50m Medley Relay | BOYS | 8 to 10 years old | 1 relay team per club |
| 508 | 4 x 50m Medley Relay | GIRLS | 8 to 10 years old | 1 relay team per club |
| 509 | 4 x 100m Medley Relay | BOYS | 11 to 12 years old | 1 relay team per club |
| 510 | 4 x 100m Medley Relay | GIRLS | 11 to 12 years old | 1 relay team per club |

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

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 thirty (30) 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).

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.

13.1 Order of Events (Seniors)

| 14th March 2018 (Wednesday) – Day 1 | | | | |
|---|---|---------------|---------------|--|
| Heats Start Time: 9.00am Warm Up: 7:15am | | | | |
| Event No | Event | Gender | Format | Remarks |
| 101 | 200m Butterfly | Women | Heats | |
| 102 | 200m Butterfly | Men | Heats | |
| 103 | 100m Freestyle | Women | Heats | |
| 104 | 100m Freestyle | Men | Heats | |
| 105 | 1500m Freestyle | Women | Timed Finals | Slowest Heats in the Morning Fastest to Slowest |
| 106 | 800m Freestyle | Men | Timed Finals | Slowest Heats in the Morning Fastest to Slowest |
| 14th March 2018 (Wednesday) – Day 1 | | | | |
| Finals Start Time: 6.30pm Warm Up: 4:45pm | | | | |
| Event No | Event | Gender | Format | Remarks |
| 101 | 200m Butterfly 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 102 | 200m Butterfly 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 103 | 100m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |

| | | | | |
|-----|---|-------|-----------------|--|
| 104 | 100m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 105 | 1500m Freestyle 11-12 • 13-14 • 15-17 • 18 & over | Women | Timed Finals | Fastest Heat in the Evening |
| 106 | 800m Freestyle 11-12 • 13-14 • 15-17 • 18 & over | Men | Timed Finals | Fastest Heat in the Evening |
| 107 | 4 x 100m Freestyle Relay Open Category | Women | Timed Finals | 2 teams max per club Slowest to Fastest |
| 108 | 4 x 100m Freestyle Relay Open Category | Men | Timed Finals | 2 teams max per club Slowest to Fastest |

| 15th March 2018 (Thursday) – Day 2 | | | | |
|--|--|---------------|---------------|----------------|
| Heats Start Time: 9.00am Warm Up: 7:15am | | | | |
| Event No | Event | Gender | Format | Remarks |
| 201 | 200m Freestyle | Women | Heats | |
| 202 | 200m Freestyle | Men | Heats | |
| 203 | 200m Breaststroke | Women | Heats | |
| 204 | 200m Breaststroke | Men | Heats | |
| 205 | 200m Backstroke | Women | Heats | |
| 206 | 200m Backstroke | Men | Heats | |
| 207 | 50m Butterfly | Women | Heats | |
| 208 | 50m Butterfly | Men | Heats | |
| 15th March 2018 (Thursday) – Day 2 | | | | |
| Finals Start Time: 6.30pm Warm Up: 4:45pm | | | | |
| Event No | Event | Gender | Format | Remarks |
| 201 | 200m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 202 | 200m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 203 | 200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 204 | 200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 205 | 200m Backstroke 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 206 | 200m Backstroke 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 207 | 50m Butterfly 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 208 | 50m Butterfly 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |

| 16th March 2018 (Friday) – Day 3 | | | | |
|--|---|---------------|---------------|--|
| Heats Start Time: 9.00am Warm Up: 7:15am | | | | |
| Event No | Event | Gender | Format | Remarks |
| 301 | 400m Individual Medley | Women | Heats | |
| 302 | 400m Individual Medley | Men | Heats | |
| 303 | 100m Butterfly | Women | Heats | |
| 304 | 100m Butterfly | Men | Heats | |
| 305 | 50m Breaststroke | Women | Heats | |
| 306 | 50m Breaststroke | Men | Heats | |
| 307 | 50m Backstroke | Women | Heats | |
| 308 | 50m Backstroke | Men | Heats | |
| 309 | 800m Freestyle | Women | Timed Finals | 11 to 12 years old Age Group Only |
| 310 | 1500m Freestyle | Men | Timed Finals | 11 to 12 years old Age Group Only |
| 16th March 2018 (Friday) – Day 3 | | | | |
| Finals Start Time: 6.30pm Warm Up: 4:45pm | | | | |
| Event No | Event | Gender | Format | Remarks |
| 301 | 400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 302 | 400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 303 | 100m Butterfly 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 304 | 100m Butterfly 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 305 | 50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 306 | 50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 307 | 50m Backstroke 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 308 | 50m Backstroke 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 311 | 4 x 200m Freestyle Relay Open Category | Women | Timed Finals | 2 teams max per club Slowest to Fastest |
| 312 | 4 x 200m Freestyle Relay Open Category | Men | Timed Finals | 2 teams max per club Slowest to Fastest |

| 17th March 2018 (Saturday) – Day 4 | | | | |
|--|--|---------------|---------------|----------------|
| Heats Start Time: 9.00am Warm Up: 7:15am | | | | |
| Event No | Event | Gender | Format | Remarks |
| 401 | 400m Freestyle | Women | Heats | |
| 402 | 400m Freestyle | Men | Heats | |
| 403 | 100m Breaststroke | Women | Heats | |
| 404 | 100m Breaststroke | Men | Heats | |
| 405 | 100m Backstroke | Women | Heats | |
| 406 | 100m Backstroke | Men | Heats | |
| 17th March 2018 (Saturday) – Day 4 | | | | |
| Finals Start Time: 5.30pm Warm Up: 3:45pm | | | | |
| Event No | Event | Gender | Format | Remarks |
| 401 | 400m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 402 | 400m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 403 | 100m Backstroke 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 404 | 100m Backstroke 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 405 | 100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 406 | 100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |

| 18th March 2018 (Sunday) – Day 5 | | | | |
|--|------------------------|---------------|---------------|--|
| Heats Start Time: 9.00am Warm Up: 7:15am | | | | |
| Event No | Event | Gender | Format | Remarks |
| 501 | 200m Individual Medley | Women | Heats | |
| 502 | 200m Individual Medley | Men | Heats | |
| 503 | 50m Freestyle | Women | Heats | |
| 504 | 50m Freestyle | Men | Heats | |
| 505 | 800m Freestyle | Women | Heats | Slowest Heats in the Morning Fastest to Slowest |
| 506 | 1500m Freestyle | Men | Heats | Slowest Heats in the Morning Fastest to Slowest |
| 18th March 2017 (Sunday) – Day 5 | | | | |
| Finals Start Time: 5.30pm Warm Up: 3:45pm | | | | |
| Event No | Event | Gender | Format | Remarks |
| 501 | 200m Individual Medley | Women | Heats | |
| 502 | 200m Individual Medley | Men | Finals | |

| | | | | |
|-----|--|-------|--------------|--|
| | 13-14 • 15-17 • 18 & over • Super Final | | | |
| 503 | 50m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Women | Finals | |
| 504 | 50m Freestyle 13-14 • 15-17 • 18 & over • Super Final | Men | Finals | |
| 505 | 800m Freestyle 13-14 • 15-17 • 18 & over | Women | Timed Finals | Fastest Heat in the Evening |
| 506 | 1500m Freestyle 13-14 • 15-17 • 18 & over | Men | Timed Finals | Fastest Heat in the Evening |
| 507 | 4 x 100m Medley Relay Open Category | Women | Timed Finals | 2 teams max per club Slowest to Fastest |
| 508 | 4 x 100m Medley Relay Open Category | Men | Timed Finals | 2 teams max per club Slowest to Fastest |

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 | 00:50.30 | 00:45.69 | 00:41.98 | 00:39.96 | 00:37.78 |
| 100 LC Meter Freestyle | 01:56.14 | 01:41.82 | 01:33.41 | 01:27.29 | 01:22.21 |
| 200 LC Meter Freestyle | NA | 03:46.05 | 03:22.71 | 03:13.35 | 03:03.66 |
| 400 LC Meter Freestyle | NA | NA | NA | 06:46.92 | 06:23.82 |
| 50 LC Meter Backstroke | 00:59.99 | 00:54.56 | 00:48.97 | 00:46.79 | 00:43.95 |
| 100 LC Meter Backstroke | 02:11.67 | 01:59.82 | 01:47.00 | 01:41.81 | 01:35.62 |
| 200 LC Meter Backstroke | NA | NA | NA | 03:41.04 | 03:27.81 |
| 50 LC Meter Breaststroke | 01:06.26 | 00:59.94 | 00:54.63 | 00:50.13 | 00:47.93 |
| 100 LC Meter Breaststroke | 02:24.60 | 02:09.42 | 01:58.90 | 01:50.22 | 01:44.85 |
| 200 LC Meter Breaststroke | NA | NA | NA | 03:59.24 | 03:46.38 |
| 50 LC Meter Butterfly | 00:57.62 | 00:51.02 | 00:46.18 | 00:43.42 | 00:40.63 |
| 100 LC Meter Butterfly | 02:13.84 | 02:00.95 | 01:48.06 | 01:38.79 | 01:33.23 |
| 200 LC Meter Butterfly | NA | NA | NA | 03:47.94 | 03:32.79 |
| 200 LC Meter IM | NA | 04:09.26 | 03:47.50 | NA | NA |
| 400 LC Meter IM | NA | NA | NA | 07:33.89 | 07:28.37 |
| 800 LC Meter Freestyle | NA | NA | NA | 13:08.76 | 13:08.76 |

| | | | | | |
|---------------------------|---|----|-------------|----------|-----------------|
| 1500 LC Meter Freestyle | NA | NA | NA | 24:06.00 | 24:06.00 |
| Events | Qualifying Entry Times for Seniors – Girls/Women | | | | |
| | 13-14 years | | 15-17 years | | 18 years & over |
| 50 LC Meter Freestyle | 00:33.88 | | 00:32.70 | | 00:31.75 |
| 100 LC Meter Freestyle | 01:13.72 | | 01:10.08 | | 01:08.57 |
| 200 LC Meter Freestyle | 02:40.17 | | 02:33.85 | | 02:32.28 |
| 400 LC Meter Freestyle | 05:33.51 | | 05:30.12 | | 05:23.51 |
| 50 LC Meter Backstroke | 00:39.28 | | 00:38.68 | | 00:37.17 |
| 100 LC Meter Backstroke | 01:24.08 | | 01:21:64 | | 01:21.80 |
| 200 LC Meter Backstroke | 03:04.29 | | 03:01.91 | | 02:58.33 |
| 50 LC Meter Breaststroke | 00:43.32 | | 00:42.66 | | 00:41.05 |
| 100 LC Meter Breaststroke | 01:33.71 | | 01:33.29 | | 01:31.27 |
| 200 LC Meter Breaststroke | 03:22.43 | | 03:14.41 | | 03:18.92 |
| 50 LC Meter Butterfly | 00:36.41 | | 00:35.11 | | 00:34.88 |
| 100 LC Meter Butterfly | 01:20.96 | | 01:17.50 | | 01:16.68 |
| 200 LC Meter Butterfly | 03:01.44 | | 02:56.70 | | 02:53.98 |
| 200 LC Meter IM | 03:00.30 | | 02:58.14 | | 03:01.97 |
| 400 LC Meter IM | 06:31.36 | | 06:28.09 | | 06:09.08 |
| 800 LC Meter Freestyle | 11:42.72 | | 11:26.82 | | 11:17.81 |
| 1500 LC Meter Freestyle | 22:42.45 | | 22:06.19 | | 21:45.56 |

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 | 00:46.94 | 00:42.06 | 00:40.72 | 00:38.96 | 00:36.93 |
| 100 LC Meter Freestyle | 01:45.78 | 01:35.06 | 01:30.22 | 01:24.58 | 01:20.10 |
| 200 LC Meter Freestyle | NA | 03:27.05 | 03:14.59 | 03:04.01 | 02:54.32 |
| 400 LC Meter Freestyle | NA | NA | NA | 06:27.98 | 06:03.77 |
| 50 LC Meter Backstroke | 00:55.97 | 00:50.57 | 00:47.87 | 00:45.60 | 00:43.46 |
| 100 LC Meter Backstroke | 02:01.08 | 01:48.86 | 01:43.63 | 01:39.11 | 01:33.32 |
| 200 LC Meter Backstroke | NA | NA | NA | 03:35.73 | 03:21.76 |
| 50 LC Meter Breaststroke | 01:02.06 | 00:55.59 | 00:52.47 | 00:49.72 | 00:46.00 |
| 100 LC Meter Breaststroke | 02:16.99 | 02:03.09 | 01:54.62 | 01:49.61 | 01:40.71 |
| 200 LC Meter Breaststroke | NA | NA | NA | 03:54.14 | 03:35.99 |
| 50 LC Meter Butterfly | 00:52.04 | 00:47.07 | 00:44.04 | 00:42.56 | 00:39.87 |
| 100 LC Meter Butterfly | 02:08.01 | 01:47.55 | 01:41.87 | 01:35.17 | 01:29.06 |
| 200 LC Meter Butterfly | NA | NA | NA | 03:40.52 | 03:18.79 |
| 200 LC Meter IM | NA | 03:50.39 | 03:36.02 | NA | NA |
| 400 LC Meter IM | NA | NA | NA | 07:25.73 | 06:55.18 |
| 800 LC Meter Freestyle | NA | NA | NA | 12:48.31 | 12:48.31 |
| 1500 LC Meter Freestyle | NA | NA | NA | 23:49.74 | 23:49.74 |

| Events | Qualifying Entry Times for Seniors – Boys/Men | | |
|---------------------------|---|-------------|-----------------|
| | 13-14 years | 15-17 years | 18 years & over |
| 50 LC Meter Freestyle | 00:31.28 | 00:29.73 | 00:28.93 |
| 100 LC Meter Freestyle | 01:08.69 | 01:04.67 | 01:02.50 |
| 200 LC Meter Freestyle | 02:30.42 | 02:21.58 | 02:17.28 |
| 400 LC Meter Freestyle | 05:17.25 | 05:04.92 | 04:55.40 |
| 50 LC Meter Backstroke | 00:36.91 | 00:34.50 | 00:33.57 |
| 100 LC Meter Backstroke | 01:19.17 | 01:14.29 | 01:13.02 |
| 200 LC Meter Backstroke | 02:52.33 | 02:43.56 | 02:35.17 |
| 50 LC Meter Breaststroke | 00:39.85 | 00:37.02 | 00:35.89 |
| 100 LC Meter Breaststroke | 01:25.59 | 01:21.13 | 01:20.48 |
| 200 LC Meter Breaststroke | 03:08.68 | 02:56.47 | 02:49.69 |
| 50 LC Meter Butterfly | 00:33.65 | 00:31.91 | 00:31.63 |
| 100 LC Meter Butterfly | 01:14.96 | 01:09.98 | 01:09.91 |
| 200 LC Meter Butterfly | 02:50.35 | 02:40.56 | 02:35.02 |
| 200 LC Meter IM | 02:49.38 | 02:41.62 | 02:36.61 |
| 400 LC Meter IM | 06:06.62 | 05:48.83 | 05:33.92 |
| 800 LC Meter Freestyle | 11:53.32 | 10:56.60 | 10:32.45 |
| 1500 LC Meter Freestyle | 21:27.93 | 20:31.26 | 19:50.21 |

15.0 DOPING CONTROL

- I. As a condition of entry into this competition, athletes (both local and foreigners) agree to be subject to the ADS Anti-Doping Rules established pursuant to the World Anti-Doping Code. All participants may be required to undergo doping control tests conducted by Anti-Doping Singapore (ADS). Refusal to submit to doping control may result in an anti-doping rule violation.
- II. Athletes participating in this championship should be aware that the use of certain drugs, medication and method of treatment for an illness or injury may be banned in sport under the World Anti-Doping Agency's Prohibited List, which is updated annually.
- III. If you require the use of any medication or methods of treatment that are prohibited In-Competition, you need to apply for a Therapeutic Use Exemption (TUE) at least 30 days prior to the start of competition.
- IV. International-level athletes shall apply to your International Federation (IF) for a TUE. The TUEs granted by your IF are recognised by ADS.
- V. An athlete who is not an International-level athlete shall apply to his or her National Anti-Doping Organisation (NADO) for a TUE. The TUEs granted by your respective NADOs are recognised by ADS.
- VI. Athletes in the ADS Registered Testing Pool (RTP) and Domestic Testing Pool (DTP), and those carded by the Singapore Sports Institute shall apply to ADS for a TUE.
- VII. All other Singapore athletes not mentioned in Point 6 above are only required to apply for a TUE retroactively if you have been selected for a doping control test during the competition. The TUE application should be submitted as soon as practicable after the test.
- VIII. For TUE applications to ADS, athletes shall complete the ADS TUE Application Form with your Doctor and submit to ADS with supporting medical documents (eg, medical history, diagnostic tests, examination results, laboratory investigations and imaging studies relevant to the application).
- IX. Athletes who are selected for doping control tests are to declare the medication, method of treatment or approved TUE, if applicable, on the doping control form during the testing.
- X. For more details of doping control procedures and the TUE application process and forms, please visit www.antidoping.org.sg or contact us at the following:

Ms Irene Tan
Anti-Doping Singapore
Tel: 6500-5451
Email: ADS@sport.gov.sg

16.0 TERMS & CONDITIONS

All Participants who are entered in the Liberty Insurance 49th Singapore National Age Group Swimming Championships 2018 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, date-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 Liberty Insurance 49th Singapore National Age Group Swimming Championships 2018 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 Liberty Insurance 49th Singapore National Age Group Swimming Championships 2018. 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 Liberty Insurance 49th Singapore National Age Group Swimming Championships 2018, SSA reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the Liberty Insurance 49th Singapore National Age Group Swimming Championships 2018.

17.0 Key Dates

| Date & Time | Event | Venue |
|------------------------------|---|---|
| 27 February 2018, 12.00pm | Closing Date for Entries Submission | SSA Office |
| 28 Feb – 2 March 2018 | Preliminary entries list by affiliates/ teams will be sent for verification | |
| 5 March 2018, 12.00pm | Full Payment must reach SSA Office | |
| 6 March 2018, 12.00pm | Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Juniors) | |
| 9 March 2018, 3.00pm | Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Seniors) | |
| 8 March 2018, 11.00am | Team Leaders Meeting – Juniors Programme | Technical Control Room at OCBC Aquatic Centre |
| 9-11 March 2018 | Junior Age Group | OCBC Aquatic Centre |
| 13 March 2018, 11.00am | Team Leaders Meeting – Seniors Programme | Technical Control Room at OCBC Aquatic Centre |
| 14-18 March 2018 | Senior Age Group | OCBC Aquatic Centre |