



**SINGAPORE SWIMMING ASSOCIATION**

***SINGAPORE SWIM SERIES PRESENTED BY***



***15 Feb 2019 to 17 Feb 2019***

***OCBC AQUATIC CENTRE***

**EVENT INFORMATION**

**CONTENTS**

<b>1.0 COMPETITION INFORMATION</b>	<b>3</b>
<b>2.0 GENERAL INFORMATION</b>	<b>4</b>
<b>3.0 AGE GROUPS</b>	<b>4</b>
<b>4.0 ENTRY REGULATIONS</b>	<b>5</b>
<b>5.0 DNS/WITHDRAWALS</b>	<b>6</b>
<b>6.0 RECORDS</b>	<b>6</b>
<b>7.0 ACCREDITATION PASSES</b>	<b>6</b>
<b>8.0 PROTESTS</b>	<b>7</b>
<b>9.0 MINIMUM TIME STANDARD TO ACHIEVE DURING TIME TRIALS</b>	<b>8-11</b>
<b>10.0 COMPETITION PROGRAMME</b>	<b>12-13</b>
<b>11.0 WARM UP GUIDELINES</b>	<b>14,15</b>
<b>12.0 COMPETITION VENUE</b>	<b>16</b>
<b>13.0 TERMS AND CONDITIONS</b>	<b>17</b>
<b>14.0 KEY DATES</b>	<b>17</b>

**1.0 COMPETITION INFORMATION**

**Entries Closing Date: Friday, 1<sup>st</sup> Feb 2019, 12.00pm**

Entries must be emailed to [admin5@swimming.org.sg](mailto:admin5@swimming.org.sg) & [tessa.seet@swimming.org.sg](mailto:tessa.seet@swimming.org.sg)

**Venue: OCBC AQUATIC CENTRE**

<b>Session</b>	<b>Group</b>	<b>Date</b>	<b>Day</b>	<b>Competition</b>	<b>Warm-Up</b>
1	<b>Combined</b> 11 yrs & Over	15 February 2019	Friday	6.30pm	5.00pm
2	<b>Seniors</b> 13 yrs & Over	16 February 2019	Saturday	8.30 am	7.00 am
3	<b>Juniors</b> 8 – 12 yrs old	16 February 2019	Saturday	2.00 pm	12.30pm
4	<b>Seniors</b> 13 yrs & Over	17 February 2019	Sunday	8.30 am	7.00 am
5	<b>Juniors</b> 8 – 12 yrs old	17 February 2019	Sunday	2.00 pm	12.30pm

## 2.0 GENERAL INFORMATION

- 2.1 The Singapore Swim Series 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 *fastest to slowest*.
- 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.

## 3.0 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. **Seniors**

18 years & over	Born in 2001 or earlier
15-17 years	Born in 2002, 2003 and 2004
13-14 years	Born in 2005 and 2006

b. **Juniors**

12 years	Born in 2007
11 years	Born in 2008
10 years	Born in 2009
9 years	Born in 2010
8 years	Born in 2011

#### **4.0 ENTRY REGULATIONS**

4.1 **Entry deadline: Friday, 1<sup>st</sup> Feb 2019, 12.00pm**

4.2 The Swim Series is open only to swimmers who are existing members of SSA Affiliates (thereafter known as Affiliates).

Registration fee is **S\$30.00 (inclusive of 7% GST)** per swimmer and this annual fee will cover the period of Jan 2019 to Dec 2019.

Swimmers who have paid this fee in January 2019 are not required to make this payment

##### **Entry Fees:**

###### Affiliates

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

###### **\*\*Late Entries:**

Late entries after the entries deadline can be accepted but at the cost of twice the entry fee per event.

Late Entry Fee Per Event - **\$20.00** (inclusive of 7% GST)

This double charge will be in effect for entries that are submitted between 1<sup>st</sup> Feb 2019, 12.01pm to 13<sup>th</sup> Feb 2019, 5.00pm.

4.3 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 1<sup>st</sup> Feb 2019, 12.01pm may be made up till the Team Leaders Meeting on 14<sup>th</sup> Feb 2019 at the cost of **\$30.00** per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event).

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.

4.4 Full payment must be made at the SSA office by: **13<sup>th</sup> Feb 2019**

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

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.

4.7 Swimmers must be **at least the age of 8 years (Born in year 2011 or earlier)**

4.8 Swimmers who are aged 11 & 12 years old as of 31<sup>st</sup> December 2019 and are participating in the SNAG 2019, can opt to swim the compulsory 200m Individual Medley at the Singapore Swim Series and the Jan & Feb SSPA Events instead of the SNAG 2019.

## 5.0 DNS/WITHDRAWALS

5.1 An administrative fee of **S\$30.00** shall be imposed on each withdrawal from entered events after the Start List is disseminated.

The Start List will be published on Thursday 13<sup>th</sup> February, 2.00pm

5.2 Withdrawals with or without notification shall be deemed Did Not Show or Did Not Start (DNS) and the fee of **S\$30.00** (inclusive of 7% GST) will still apply.

5.3 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.

## 6.0 RECORDS

6.1 National records (Open, Under 17 & Under 14) will be recognized at these time trials.

6.2 Times achieved at the Singapore Swim Series can be used as Qualifying Entry Time for SSA National Meets in 2019

## 7.0 ACCREDITATIONS

7.1 Club Accreditations (inclusive of coaches, team manager and support staff) will be assigned based on Club Size:

<i>No. of swimmers in individual events</i>	<i>No. of Coaches Pass</i>	<i>No. of Team Managers Pass</i>
1 to 5 swimmers	1	1
6 to 10 swimmers	2	1
11 to 15 swimmers	3	1
16 to 20 swimmers	4	1
21 to 30 swimmers	5	2
31 to 45 swimmers	6	2
46 to 60 swimmers	7	3
61 to 75 swimmers	8	4
76 swimmers and above	9	4

Starting from 1 July 2018, coaches who wish to apply for an accreditation pass to be on deck during national competitions must be an NROC Member.

Clubs / Schools are required to fill up the accreditation form with the details of the accredited personnel.

7.2 **Lost or Misplaced Accreditation Passes**

Replacement passes are available at the following:

<b>Replacement Cost for Misplaced or Lost Accreditation Pass</b>	
Coach / Team Manager / Parent	SGD \$100
Swimmer	SGD \$30

**8.0 PROTESTS**

8.1 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.

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

8.3 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.

8.4 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.

8.5 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.

8.6 If the protest is rejected, the deposit shall be forfeited to the SSA. If the protest is upheld, the deposit shall be returned

**9.0 MINIMUM TIME STANDARD TO ACHIEVE DURING SINGAPORE SWIM SERIES****9.1 Minimum Time Standard**

There is no entry qualifying time to participate at the Singapore Swim Series. However, the swimmers have to achieve a minimum time standard at these time trials. An administrative fee of **S\$30.00** per event will be imposed if a swimmer returns a time slower than the minimum time standard.

Swimmers are strongly encouraged to compete at the Singapore Swimming Proficiency Awards (SSPA) Events if they are not confident of achieving a minimum time standard for these Singapore Swim Series.

The SSPA Events will take place in Jan and Feb 2019. (the weekend after the Swim Series Event)

**9.2 Minimum Time Standard – Female**

Events	Minimum Time Standard for Juniors – Girls				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:56.55	00:50.81	00:47.29	00:44.57	00:42.32
100 LC Meter Freestyle	02:10.50	01:52.79	01:45.12	01:37.59	01:32.53
200 LC Meter Freestyle	NA	04:11.13	03:47.43	03:35.11	03:23.96
400 LC Meter Freestyle	NA	NA	NA	07:34.49	07:09.90
50 LC Meter Backstroke	01:07.41	01:00.69	00:55.21	00:52.28	00:49.42
100 LC Meter Backstroke	02:28.85	02:12.93	02:00.69	01:53.75	01:46.63
200 LC Meter Backstroke	NA	NA	NA	04:05.96	03:52.74
50 LC Meter Breaststroke	01:14.34	01:06.55	01:01.38	00:56.32	00:53.60
100 LC Meter Breaststroke	02:42.64	02:24.57	02:13.47	02:04.52	01:57.49
200 LC Meter Breaststroke	NA	NA	NA	04:27.81	04:13.20
50 LC Meter Butterfly	01:04.50	00:56.71	00:51.72	00:48.39	00:45.68
100 LC Meter Butterfly	02:30.76	02:13.72	02:02.45	01:49.86	01:43.43
200 LC Meter Butterfly	NA	NA	NA	04:15.07	03:58.57
200 LC Meter IM	NA	04:37.07	04:14.80	03:57.76	03:43.67
400 LC Meter IM	NA	NA	NA	08:29.96	08:19.88
800 LC Meter Freestyle	NA	NA	NA	13:59.80	



Events	Minimum Time Standard for Seniors – Girls / Women		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:38.16	00:36.73	00:35.72
100 LC Meter Freestyle	01:22.88	01:19.12	01:17.14
200 LC Meter Freestyle	03:00.19	02:53.54	02:50.75
400 LC Meter Freestyle	06:18.35	06:08.93	06:13.40
50 LC Meter Backstroke	00:43.75	00:43.14	00:41.82
100 LC Meter Backstroke	01:34.82	01:32.45	01:32.77
200 LC Meter Backstroke	03:26.36	03:24.65	03:20.62
50 LC Meter Breaststroke	00:48.78	00:47.68	00:46.10
100 LC Meter Breaststroke	01:45.19	01:44.52	01:42.26
200 LC Meter Breaststroke	03:48.08	03:40.20	03:40.93
50 LC Meter Butterfly	00:40.96	00:39.19	00:38.87
100 LC Meter Butterfly	01:31.08	01:27.04	01:26.26
200 LC Meter Butterfly	03:25.63	03:18.78	03:20.01
200 LC Meter IM	03:23.55	03:20.41	03:24.61
400 LC Meter IM	07:16.60	07:18.39	07:03.50
800 LC Meter Freestyle	13:10.56	12:52.61	12:42.53

**9.3 Minimum Time Standard - Male**

Events	Minimum Time Standard for Juniors – Boys				
	8 years	9 years	10 years	11 years	12 years
50 LC Meter Freestyle	00:52.28	00:47.81	00:45.25	00:43.36	00:41.07
100 LC Meter Freestyle	01:58.15	01:46.93	01:40.25	01:34.79	01:29.58
200 LC Meter Freestyle	NA	03:52.26	03:36.79	03:26.89	03:15.24
400 LC Meter Freestyle	NA	NA	NA	07:15.39	06:48.37
50 LC Meter Backstroke	01:02.30	00:56.34	00:52.97	00:50.90	00:48.40
100 LC Meter Backstroke	02:14.01	02:01.67	01:55.29	01:50.09	01:43.50
200 LC Meter Backstroke	NA	NA	NA	03:59.89	03:46.47
50 LC Meter Breaststroke	01:09.37	01:02.12	00:58.44	00:55.22	00:51.54
100 LC Meter Breaststroke	02:32.56	02:17.70	02:08.53	02:01.75	01:52.87
200 LC Meter Breaststroke	NA	NA	NA	04:21.33	04:01.69
50 LC Meter Butterfly	00:58.53	00:52.99	00:49.57	00:47.44	00:44.45
100 LC Meter Butterfly	02:22.24	02:01.64	01:53.63	01:45.87	01:39.74
200 LC Meter Butterfly	NA	NA	NA	04:03.84	03:42.65
200 LC Meter IM	NA	04:18.79	04:01.41	03:50.45	03:38.11
400 LC Meter IM	NA	NA	NA	08:19.21	07:45.01
1500 LC Meter Freestyle	NA	NA	NA	25:55.78	

Events	Minimum Time Standard for Seniors – Boys/Men		
	13-14 years	15-17 years	18 years & over
50 LC Meter Freestyle	00:35.19	00:33.19	00:32.52
100 LC Meter Freestyle	01:17.28	01:12.20	01:10.07
200 LC Meter Freestyle	02:49.97	02:38.75	02:35.05
400 LC Meter Freestyle	05:58.24	05:41.23	05:32.32
50 LC Meter Backstroke	00:41.41	00:38.52	00:37.91
100 LC Meter Backstroke	01:29.03	01:23.49	01:21.52
200 LC Meter Backstroke	03:14.08	03:03.88	02:54.57
50 LC Meter Breaststroke	00:44.59	00:41.58	00:40.18
100 LC Meter Breaststroke	01:36.59	01:31.10	01:30.07
200 LC Meter Breaststroke	03:32.21	03:18.45	03:08.19
50 LC Meter Butterfly	00:37.92	00:35.61	00:35.33
100 LC Meter Butterfly	01:24.33	01:18.50	01:18.00
200 LC Meter Butterfly	03:11.79	02:59.58	02:54.40
200 LC Meter IM	03:10.93	03:01.27	02:55.32
400 LC Meter IM	06:52.57	06:32.86	06:11.91
1500 LC Meter Freestyle	24:06.83	22:57.22	22:15.48

**10.0 COMPETITION PROGRAMME**

<b>15<sup>th</sup> Feb (Friday) – Session 1</b>				
<b>Heats Start Time: 6.30pm</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
508	1500m Freestyle	BOYS / MEN	11 yrs & over	*Fastest to Slowest
509	800m Freestyle	GIRLS / WOMEN	11 yrs & over	*Fastest to Slowest

*\*The Women 800m and Men 1500m will be combined with the heats alternating from fastest to slowest*

*\*The event will be stopped (the swimmers will cease to swim) after 26 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.*

*\*The Women 800m and Men 1500m will be limited to 7 heats max per event. Registration for the long-distance events will stop once all the slots (70 per event) have signed up on a first come first serve basis.*

<b>16<sup>th</sup> February 2019 (Saturday) – Session 2</b>				
<b>Heats Start Time: 8.30am</b>				
<b>Seniors</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
601	200m Backstroke	MEN	13 years old and over	Fastest to Slowest
602	200m Backstroke	WOMEN	13 years old and over	Fastest to Slowest
603	100m Butterfly	MEN	13 years old and over	Fastest to Slowest
604	100m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
605	50m Breaststroke	MEN	13 years old and over	Fastest to Slowest
606	50m Breaststroke	WOMEN	13 years old and over	Fastest to Slowest
607	200m Freestyle	MEN	13 years old and over	Fastest to Slowest
608	200m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
<b>16<sup>th</sup> February 2019 (Saturday) – Session 3</b>				
<b>Heats Start Time: 2.00pm</b>				
<b>Juniors Only</b>				
<b>Event No</b>	<b>Event</b>			<b>Remarks</b>
701	200m Freestyle	BOYS	9 to 12 years old	Fastest to Slowest
702	200m Freestyle	GIRLS	9 to 12 years old	Fastest to Slowest
703	100m Butterfly	BOYS	8 to 12 years old	Fastest to Slowest
704	100m Butterfly	GIRLS	8 to 12 years old	Fastest to Slowest
705	200m Backstroke	BOYS	11 to 12 years old	Fastest to Slowest
706	200m Backstroke	GIRLS	11 to 12 years old	Fastest to Slowest

<b>17<sup>th</sup> February 2019 (Sunday) – Session 4</b>				
<b>Heats Start Time: 8.30am</b>				
<b>Seniors Only</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
801	100m Freestyle	MEN	13 years old and over	Fastest to Slowest
802	100m Freestyle	WOMEN	13 years old and over	Fastest to Slowest
803	50m Butterfly	MEN	13 years old and over	Fastest to Slowest
804	50m Butterfly	WOMEN	13 years old and over	Fastest to Slowest
805	400m Individual Medley	MEN	13 years old and over	Fastest to Slowest
806	400m Individual Medley	WOMEN	13 years old and over	Fastest to Slowest

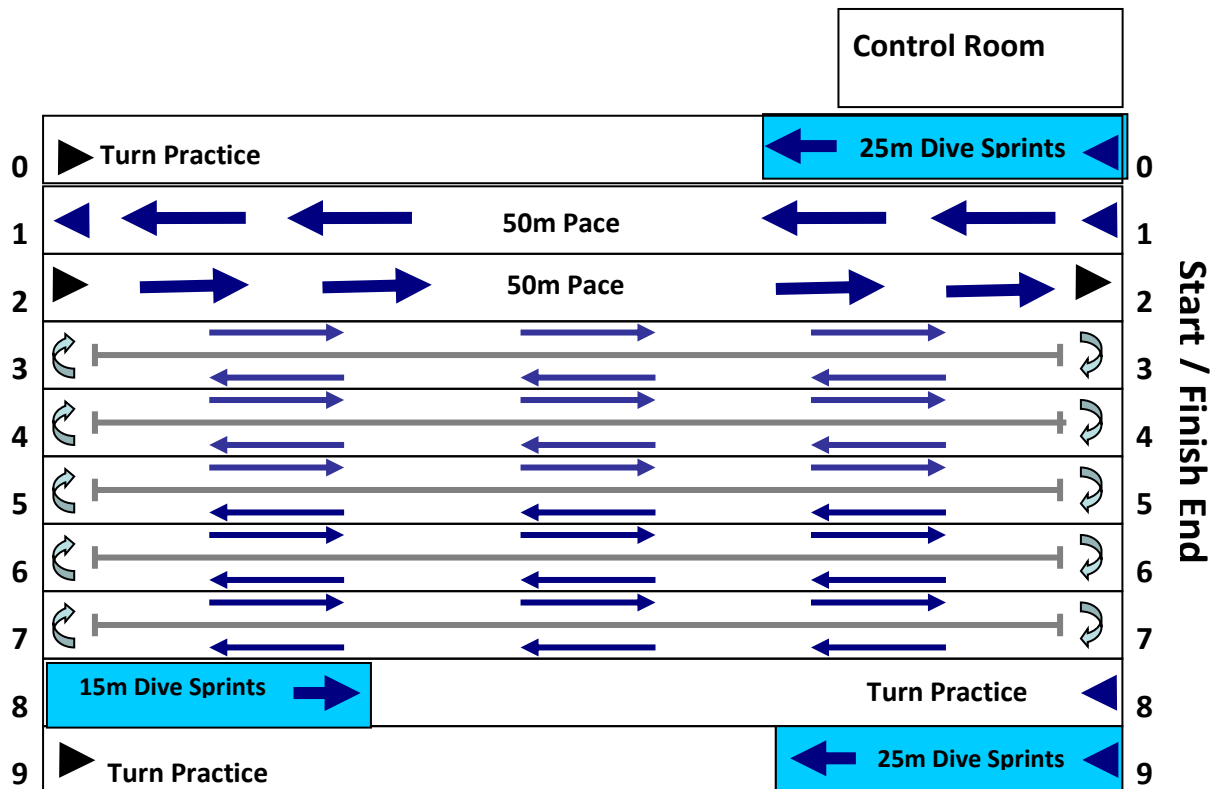
<b>17<sup>th</sup> February 2019 (Sunday) – Session 5</b>				
<b>Heats Start Time: 2.00pm</b>				
<b>Juniors Only</b>				
<b><i>Event No</i></b>	<b><i>Event</i></b>			<b><i>Remarks</i></b>
901	100m Freestyle	BOYS	8 to 12 years old	Fastest to Slowest
902	100m Freestyle	GIRLS	8 to 12 years old	Fastest to Slowest
903	50m Breaststroke	BOYS	8 to 12 years old	Fastest to Slowest
904	50m Breaststroke	GIRLS	8 to 12 years old	Fastest to Slowest
905	400m Individual Medley	BOYS	11 to 12 years old	Fastest to Slowest
906	400m Individual Medley	GIRLS	11 to 12 years old	Fastest to Slowest

**11.0 WARM-UP GUIDELINES**

11.1 The Competition and Warm-Up Pools 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.

11.2 Lane assignments for warm-ups will be in accordance with FINA Swimming Rules



11.3 Competition Pool:

- e. The schematic in the diagram shall be observed at all times during warm-ups.
- f. 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.
- g. The use of swim paddles is prohibited during warm-up.
- h. 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.

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

11.4 Warm-Up Pool:

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

## 12.0 COMPETITION VENUE

<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.





**13.0 OTHER TERMS AND CONDITIONS**

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

**14.0 KEY DATES**

Date & Time	Event	Venue
Friday, 1 <sup>st</sup> Feb 2019 12.00pm	Closing Date for Entries Submission	SSA Office or via email to <a href="mailto:admin5@swimming.org.sg">admin5@swimming.org.sg</a> <a href="mailto:Tessa.seet@swimming.org.sg">Tessa.seet@swimming.org.sg</a>
4 – 13 Feb 2019	Entries list by affiliates/ teams will be sent for verification	
Wednesday 13 Feb 2019, 5.00pm	Deadline for Payment for Entries	
Thursday, 14 Feb 2019 11.00am	Team Leaders Meeting	
14 Feb 2019, 2.00pm	Start Lists will be sent out to all participating affiliates/teams	
15 – 17 Feb 2019	Singapore Swim Series	OCBC Aquatic Centre