



## 2016 PHILSWIM NATIONAL SHORT COURSE SWIMMING CHAMPIONSHIPS

**PHILSWIM Sanction No. – 2016 SCN – 1110 - PHILSWIM**

**November 25 – 27, 2016**

Held under the Sanction of  
Philippine Swimming, Inc

*Under this sanction it is understood and agreed that PSI shall be free from any liability or claim for damages arising by reason of injuries to anyone during the conduct of the event.*

### **Technical Guide and Information Kit.**

#### **1. Competition Information**

- 1.1 Competition: **2016 PHILSWIM National Short Course Swimming Championships**
- 1.2 Date: **November 25 – 27, 2016**
- 1.3 Venue: **TRACE AQUATIC CENTER, Los Baños, Laguna**
- 1.4 Competition Format: **Timed Finals**

#### **Sessions/Date/Time:**

<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Start Time</u>	<u>Warm-up</u>
1	25 November 2016	Friday	8:00am	5:00am
2	26 November 2016	Saturday	8:00am	5:00am
3	27 November 2016	Sunday	8:00am	5:00am

#### **2. Awards:**

- 2.1.1 Medals shall be awarded to the top 3 finishers per event per age band (11, 12, 13, 14, 15, 16, 17, 18, 19 and above years old).
- 2.1.2 IMX Medals for swimmers in each age band (11, 12, 13, 14, 15, 16, 17, 18 years old) garnering the highest point score in all five (5) mandatory events.

#### **2.2 Qualifying Entry Times (QET's)**

- 2.2.1 Qualifying Entry Times (QET"s) shall be "BB" (SC) standard times achieved at the 2015 G-League SC Legs. Swimmers achieving at least one (1) "BB" time are eligible to participate at the SC Nationals. Swimmers with only 1 or 2 QET may enter up to a maximum of 3 events (including the qualified events) provided these additional event/events have registered times achieved at the 2016 G-League SC Legs.

#### **2.3 Eligibility**

- 2.3.1 Only swimmers registered in good standing with PHILSWIM are eligible to participate.

### **3 General Rules**

- 3.1 The 2016 Short Course Nationals shall be conducted under the Rules and Regulations of PHILSWIM and FINA as prescribed.
- 3.2 Participation is open to all 2016 registered PHILSWIM members in good standing, and members of FINA affiliated federations or associations, provided they hold a **valid clearance** from their respective governing bodies (FINA GR 3.2 permit).
- 3.3 Only PHILSWIM member teams and clubs or clubs that are members of any FINA-affiliated Federations subject to FINA GR 3.2 above may submit entries to the National Short Course.



4. **Entry Fees**
- 4.1. Registration entry fee is **One Thousand One Hundred Pesos (P1,100.00)** per swimmer entered.
  - 4.2. Late or incomplete entries will not be accepted
  - 4.3. Payment must be consolidated by Coaches using the attached form and submitted together with the entries on or before the deadline for submission of entries. Checks must be made payable to **Philippine Swimming, Inc.**
  - 4.4. Only meet records and results of Filipino citizens will be officially accepted as National Records and/or for tabulation prior to consideration as possible members of the National Team.

5. **Age of Reckoning**
- 5.1 Age as of 31 December 2016

6. **Protests**
- 6.1 Protests are possible
    - 6.1.1 If the rules and regulations for the conduct of the Short Course Nationals are not observed,
    - 6.1.2 If other conditions endanger the event and/or competitors, or
    - 6.1.3 Against decisions of the Referee; however no protests shall be allowed against Decisions of fact.
  - 6.2 Protests must be submitted:
    - 6.2.1 To the Referee;
    - 6.2.2 In writing;
    - 6.2.3 By the Team Coach only;
    - 6.2.4 Together with a deposit of P 4,500.00; and
    - 6.2.5 Within 30 minutes following the conclusion of the respective event.
    - 6.2.6 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start is given.
  - 6.3 The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Team Coach may then officially appeal the rejection to the Jury of Appeals whose decision shall be final.
  - 6.4 If the protest is rejected, the deposit will be forfeited to **Philippine Swimming, Inc.** If a protest is upheld, the deposit will be returned.
  - 6.5 Scratches
    - 6.5.1 "DID NOT SWIM" (DNS) swimmers that are not scratched by their coach in an event at the day of competition will not be permitted to swim in subsequent events in that session.
    - 6.5.2 An administrative fee of P 50.00 per event shall be imposed for each competitor who is scratched by the coach or did not swim in any of their event during the competition.
    - 6.5.3 Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of each session.
    - 6.5.4 The fee will only be waived upon submission of a valid medical certificate.

7 Filipinos who competed overseas and submits acceptable results from a competition hosted by the FINA Member of another country shall likewise be considered. These swimmers may compete until 31 October 2016 and must submit their results to PHILSWIM within 3 days from 31 October 2016.

**8. Order of Events**

**ORDER OF EVENTS**

Boys	DAY 1 November 25, 2016	Girls
101	1500m Freestyle 11 – Over	
	800m Freestyle 11 – Over	102
103	50m Backstroke 11 – Over	104

105	100m Individual Medley 11 – Over	106
<b>BREAK</b>		
107	100m Freestyle 11 – Over	108
109	200m Breaststroke 11 – Over	110
111	200m Butterfly 11 – Over	112
113	4 x 100m Medley Relay {Mixed: 2 Boys / 2 Girls} {** 2 Fastest Boys & 2 Fastest Girls...Must have 1 qualified event}	
<b>Boys</b>	<b>DAY 2 November 26, 2016</b>	<b>Girls</b>
201	400m Freestyle 11 – Over	202
203	50m Breaststroke 11 – Over	204
205	100m Backstroke 11 – Over	206
<b>BREAK - MASTERS SWIM MEET</b>		
207	100m Butterfly 11 – Over	208
209	200 Individual Medley 11 – Over	210
211	50m Freestyle 11 – Over	212
213	4x100m Freestyle Relay {Mixed: 2 Boys / 2 Girls} {** 2 Fastest Boys & 2 Fastest Girls...Must have 1 qualified event}	
<b>Boys</b>	<b>DAY 3 November 27, 2016</b>	<b>Girls</b>
301	200m Freestyle 11 – Over	302
303	50m Butterfly 11 – Over	304
305	100m Breaststroke 11 – Over	306
<b>BREAK</b>		
307	200m Backstroke 11 – Over	308
309	400m Individual Medley 11 – Over	310
311	4 x 50m Medley Relay {Mixed: 2 Boys / 2 Girls} {** 2 Fastest Boys & 2 Fastest Girls...Must have 1 qualified event}	

### 9. Entry Regulations

9.1 All entries must be submitted in accordance with these Rules and Regulations.

9.2 ONLY PHILSWIM REGISTERED SWIMMERS IN GOOD STANDING THAT HAVE ACHIEVED AT LEAST ONE "BB" TIME IN A PHILSWIM SANCTIONED OR APPROVED COMPETITION MAY BE ALLOWED TO ENTER EVENTS.

9.3 Each swimmer must have an Individual Entry Form, as per attached. Entries with no QET will be rejected. The PHILSWIM Star Database will be used to verify all submitted entries.

9.4 Entry times must be achieved in PHILSWIM sanctioned or approved competitions from January 1, 2016.



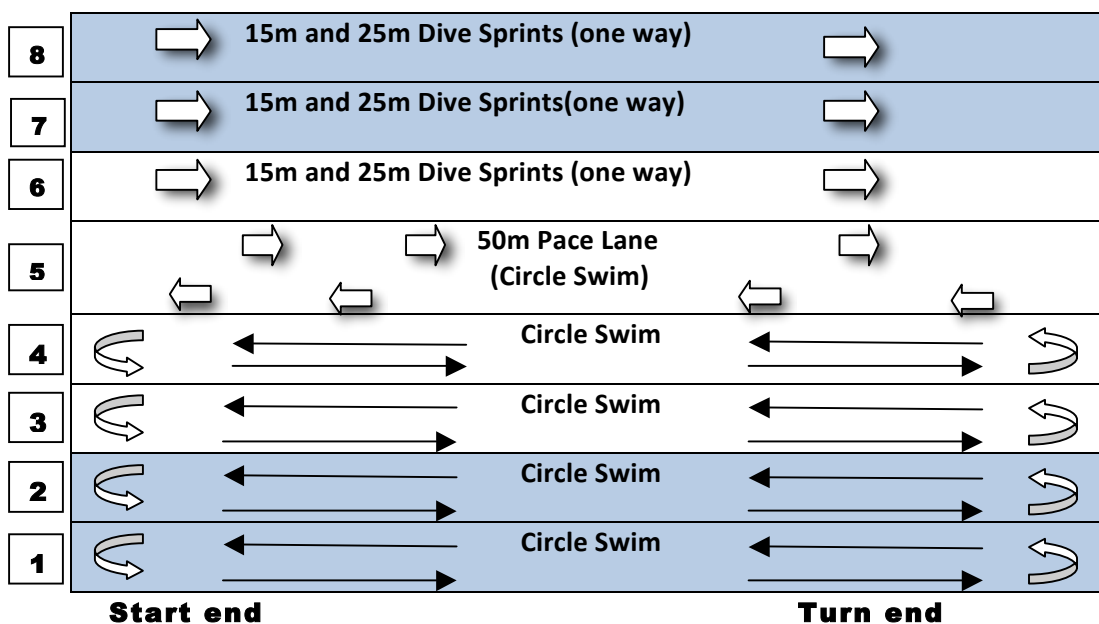
- 9.5 Team Coaches shall submit the consolidated entry form for their team, as per attached.
- 9.6 Check payment must be made payable to **Philippine Swimming, Inc.** to cover the entry fees which must be submitted together with the Official entries of each club. Swimmers will not be able to compete if full payment does not reach **Philippine Swimming, Inc.** by November 15, 2016.
- 9.7 Late entries may be processed if accompanied by a late processing fee of Pesos 2,500.00 per team/coach, regardless of how many late entries are submitted by a coach/team. Managers check payable to **Philippine Swimming, Inc.** for such amount is required with submission of late entries no later than November 19, 2016 before they can be processed.
- 9.8 Entries must be submitted by 5:00 PM on Saturday, November 19, 2016 to the following address:

**Rowena Baldonado Email: [winnie\\_baldonado@yahoo.com](mailto:winnie_baldonado@yahoo.com)**

Faxed entries will not be accepted, or entertained. Only entries using the attached forms sent by email, TM format, courier or registered mail will be accepted. Entries not accompanied by the corresponding entry fees will not be processed. Make all checks payable to **Philippine Swimming, Inc.**

**10. Warm Up**

- 10.1 The pools will be open for swimmers' warm-up at least two hours before each session of competition.
- 10.2 Use of swim paddles during warm-up is prohibited.
- 10.3 Specific lanes will be designated for General warm-up and/or sprint and pace training.
- 10.4 Swimmers must clear the pool 15 minutes before the start of the meet.
- 10.5 Dive Sprint lanes are one-way only. Swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing diving and backstroke starts.
- 10.6 Lane assignments for warm-up will be in accordance with FINA Swimming Rules



**POOL WARM-UP LAYOUT**

**11. Coaches Meeting**

11.1 There will be a coaches meeting on Thursday, November 24, 2016 at 6:00pm at Trace Swimming Pool Doping Room. Coaches are required to join the meeting so they may be updated and briefed on any timeline or changes at the meet.

**12. Qualifying Entry Times (QET'S)**

12.1. Qualifying entry times are "BB" motivational times.



## QUALIFYING "BB" ENTRY TIMES (QET's) (SCM)

### "BB" MOTIVATIONAL QUALIFYING ENTRY TIMES (QET's)

Age	MALE				FEMALE			
	11-12	13-14	15-16	17-18	11-12	13-14	15-16	17-18
50m Free	33.99	31.99	29.69	29.09	35.09	33.69	33.19	32.89
100m Free	1:14.09	1:08.09	1:04.89	1:03.69	1:15.49	1:13.29	1:11.79	1:11.19
200m Free	2:41.29	2:28.29	2:21.89	2:19.59	2:45.39	2:37.99	2:34.69	2:33.09
400m Free	5:43.79	5:16.49	5:04.49	4:59.29	5:48.89	5:34.59	5:26.19	5:24.59
800m Free	11:50.19	10:54.39	10:31.49	10:26.69	12:01.69	11:29.89	11:15.39	11:11.39
1500m Free	22:49.79	20:44.69	20:06.29	19:48.89	23:06.09	21:45.59	21:19.79	21:19.69
50m Breast	44.59	39.94	37.48	36.59	44.79	42.29	40.49	37.50
100m Breast	1:35.59	1:24.79	1:21.29	1:19.39	1:37.99	1:31.69	1:30.59	1:28.19
200m Breast	3:22.79	3:05.19	2:57.29	2:51.49	3:31.19	3:19.09	3:14.89	3:11.69
50m Butterfly	38.39	35.89	32.89	31.49	38.19	36.69	34.20	33.59
100m Butterfly	1:25.69	1:14.09	1:10.59	1:09.09	1:27.69	1:20.39	1:18.19	1:16.89
200m Butterfly	3:02.69	2:44.49	2:37.29	2:34.09	3:07.19	2:52.79	2:51.09	2:48.89
50m Back	39.79	34.34	32.25	30.18	39.79	36.69	34.89	33.69
100m Back	1:25.59	1:15.49	1:11.49	1:09.49	1:27.79	1:20.39	1:18.29	1:17.29
200m Back	2:59.89	2:42.49	2:35.49	2:31.19	3:04.19	2:52.79	2:49.09	2:46.89
100 IM	1:18.39	1:10.09	1:05.69	1:06.79	1:19.69	1:18.79	1:16.69	1:16.09
200m IM	3:04.99	2:46.09	2:38.29	2:34.49	3:07.29	2:57.69	2:53.29	2:51.69
400m IM	6:29.99	5:53.99	5:39.99	5:31.89	6:38.69	6:18.09	6:07.89	6:05.09