



**2016 PHILSWIM SHORT COURSE MASTERS
Technical Manual and Information Kit**

Held under the Approval of
Philippine Swimming, Inc

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

SHORT COURSE SWIMMING MEET

PHILSWIM APPROVAL NO.	
PURPOSE OF MEET	<ol style="list-style-type: none">1. The PhilSwim Short Course Masters seeks to provide opportunities to participate in appropriate, quality swimming competitions in order for them to reach their true potential. It's a competition for all swimmers, using a format that is simple to organize and designed for Masters (25 years old and over).2. The competition also provides coaches and swimmers with opportunities to interact, exchange ideas and learn among fellow swimmers.3. For parents so inclined, these meets also provide opportunities for them to learn the rules of swimming, and volunteer as meet deck officials working side by side with PHILSWIM technical officials.4. PSI shall have all times achieved during PhilSwim SC Masters meets integrated into the STAR Database.5. Gold medalists of this particular meet will have the privilege of setting the Age Group Records in the PhilSwim SC Masters category.
ELIGIBILITY	<p>The PhilSwim Meet is open to all competitors aged 25 and over.</p> <p>Each Club registered under PSI is highly encouraged to field in at least one (1) coach as competitor</p>
RULES	Current FINA Masters Rules will govern this meet.
DATE	November 26, 2016
WARM -UP TIMES	11:00 AM
START OF MEET	12:30 PM
MEET VENUE	TRACE COLLEGE, Los Baños, Laguna



ENTRY REGULATIONS	<ol style="list-style-type: none"> 1. Age of reckoning shall be AGE AS OF 31 DECEMBER 2016 2. A swimmer may only enter up to six (6) individual events, plus 2 relays 3. All entry times will be entered as No Time (NT) as this is the first of the PhilSwim Masters. 4. Changes to entries on the day of competition will not be accepted without the approval of PSI. 5. Entry forms will be provided by PSI, one entry form per swimmer. All swimmers must provide a copy of a valid government ID with picture and birth date. 6. All swimmers may come up with their own groups for the relay teams following the age groups stated in the Order of Events.
ENTRY FEES	<ol style="list-style-type: none"> 1. Meet entry fee is PHP600.00 and includes pool use fee. 2. Entry fees must be check payable to: <u>Philippine Swimming Inc.</u> 3. Entry Fees are not refundable 4. Entry fees must be accompanied by full payment of registration and entries fees.
FRAUDULENT ENTRIES	<p>Swimmers found to have intentionally entered with fraudulent age and/or times in any event will be penalized PHP 100.00 for every event entered for being dishonest. A report will also be filed by the host meet organizer to Philippine Swimming, Inc. for administrative review, action or discipline of the coach if so called for.</p>
ENTRY DEADLINE	<p>November 12, 2016 by 5:00 PM. A confirmation email will be sent acknowledging the submission of entries.</p>

PROTEST AND APPEALS	<p>Protest must be submitted: Together with a deposit of PHP4,000.00 within 30 minutes from the time a negative decision has been rendered. The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Coach/Swimmer may then appeal the rejection to the Jury of Appeals whose decision shall be final. If the protest is rejected, the deposit will be forfeited to PHILSWIM. If a protest is upheld, the deposit will be returned.</p>
AWARDS	<ol style="list-style-type: none"> 1. Individual awards will be given to the top three (3) winners of each individual event per age group. 2. Special awards will be given to the top three (3) teams of each relay event.
MEET OPERATION	<ol style="list-style-type: none"> 1. Swimmers do not need to check in. 2. Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards.
PROTEST COMMITTEE	<ol style="list-style-type: none"> 1. A protest committee composed of the Referee, Meet Director, two (2) Coach



	<p>representatives, and one (1) PHILSWIM-certified Technical Official acting at large will be established to act upon any administrative protest filed at the meet. A protest committee composed of the Meet Director, two (2) Coach representative, and one (1) PHILSWIM-certified Technical Official acting at large will be established to act upon any Technical protest filed at the meet.</p> <p>2. A P4,000.00 protest fee must accompany formal protest letters to be considered valid. Protest must be filed within 30 minutes after the conclusion of the respective event.</p> <p>3. This Committee shall act as a review section in the need of an emergency meeting, and their report may be filed with PHILSWIM for administrative review, action or discipline if so called for.</p>
<p>WITHDRAWALS AND DID NOT SHOW (DNS)</p>	<p>Scratch deadline will be on November 23, 2016. A PHP50.00 administrative scratch fee will be levied for every event scratched made after the deadline by a coach, on behalf of any swimmers and for any event. <u>Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of the competition.</u></p> <p>Withdrawals within sixty (60) minutes of the start of the session without notification to the Control Room Supervisor shall be deemed Did Not Swim (DNS). <u>“NO SHOW” swimmers that are not scratched in an event at the day of competition will not be permitted to swim in subsequent events in that session.</u></p> <p>The administrative fee and penalty will only 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.</p>
<p>NO SMOKING</p>	<p>Smoking is not allowed in the swimming competition venue</p>
<p>FOOD AND DRINKS</p>	<p>The club will provide food and drinks at a reasonable price. No outside food and drinks will be allowed inside the club premises.</p>
<p>ADAPTED COMPETITORS</p>	<p>Meet Directors will ensure that differently abled swimmers are allowed to participate in PhilSwim Meets.</p>



2016 PHILSWIM SHORT COURSE MASTERS ORDER OF EVENTS

MEN		WOMEN
101	100 M MEDLEY RELAY (25-35/36-39/40-49/50 & OVER)	102
103	400 M FREESTYLE 25 – Over	104
105	50 M BUTTERFLY 25 - Over	106
107	50 M BACKSTROKE 25 - Over	108
109	100 M INDIVIDUAL MEDLEY 25 – Over	110
111	50 M BREASTSTROKE 25 – Over	112
113	50 M FREESTYLE 25 – Over	114
115	100 M FREESTYLE RELAY (2 MEN/ 2 WOMEN, 25-35/36-39/40-49/50 & OVER)	115

Warm Up Regulations

- The pools will be open for swimmers' warm-ups at least one and a half hour before the start of the session. Use of swim paddles during warm-up is prohibited.
- Specific Lanes will be designated for General warm-up and/or sprint and pace training.
- Swimmers must clear the pool 15 minutes before the start of the meet.
- 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.
- Lane assignments for warm-up will be in accordance with PHILSWIM/FINA Swimming Rules.
- In the event that there is an oversubscription of swimmers at the warm-up, the host organizer may group participating swim clubs and schedule warm-up times. The warm-up schedules shall be released to participating clubs at least two (2) days before the meet.

POOL WARM-UP LAYOUT

