



March 5, 2018

Dear Coaches,

To commemorate Coach Ben's birthday and his contributions to Philippine Swimming, the family of the late Ruben C. Luna would like to invite your Swim Team to the **1st Ruben "Coach Ben" Luna Invitational Swim Meet 2018** to be held on April 7- 8, 2018 at the Marikina Sports Center. Coach Ben produced quality swimmers during his coaching years and we, his children, were living proofs. We would like to continue on his legacy by hosting this swim meet to encourage and develop better swimmers through active interaction in quality swimming competition with the hope of producing future champions. We look forward to your team's participation and God willing, we plan to make this an annual event.

Let's continue to support a better Philippine Swimming!

Respectfully yours,

The Luna Family



1st COACH RUBEN C. LUNA INVITATIONAL SWIM MEET 2018

1. Competition Information

Competition: 1st COACH RUBEN C. LUNA Invitational Swim Meet 2018
Venue: Marikina Sports Center Swimming Pool
Date / Time: April 7 - 8, 2018 Saturday and Sunday 8:30 A.M.

2. Facilities

- 2.1 Semi-Covered 9 Lanes 50 meter Swimming Pool with showers and dressing rooms
- 2.2 Spectators' Area

3. Age

3.1 Age as of December 31, 2018

- 3.2 Age Group
 - 8 years and under
 - 9 – 10 years
 - 11 – 12 years
 - 13 – 14 years
 - 15 – 17 years
 - 18 – Above

4. General Rules

- 4.1 This meet shall be conducted under the Swimming Rules of the Federation Internationale de Natation (FINA) as prescribed. Ground rules which have been agreed upon shall be implemented.
- 4.2 All heats will be **TIMED FINALS**. Overhead start will apply.
- 4.3 Participation is open to all invited School, Club and LGU swim teams.
- 4.4 Entries
 - 4.4.1 Entry fee is One Thousand Pesos (P 1,100.00) per swimmer entered.
 - 4.4.2 Email entries to Coach Richard G. Luna at coachrichardluna@gmail.com (cc. ricpolo12@yahoo.com). For inquiries please contact Coach Richard G. Luna at 0917-8638224 (Globe) or 0998-8523457 (Smart)
 - 4.4.3 Entries deadline: March 28, 2018 Wednesday 6:00 P.M. Team entry list will be sent to Coaches by April 3, 2018 at 9:00 A.M. for checking if their entries are in order.
 - 4.4.4 **Late or incomplete entries will not be accepted.**
 - 4.4.5 Final submission of scratches is on April 4, 2018, 5:00 P.M.
 - 4.4.6 Please include complete **birthdates** (mm-dd-yyyy) of each swimmer.
 - 4.4.7 Verifiable seed times must be submitted. Otherwise, swimmers with **NO SEED TIMES** will be declared **NT** and placed at early heats.
 - 4.4.8 Coaches must make sure all information entered is true and correct.
 - 4.4.9 **Deck entries will not be accepted except for Relay Order changes.**
 - 4.4.10 There is no limit to the number of events the swimmer may swim.
- 4.5 Payment must be consolidated by Coaches and submitted to the organizing committee.

4.6 Protests

4.6.1 Protests are possible

- 4.6.1.1 If the rules and regulations for the conduct of the meet are not observed,
- 4.6.1.2 If other conditions endanger the competition and/or competitors, or
- 4.6.1.3 Against decisions of the Referee; however no protests shall be allowed against decisions of fact.

4.6.2 Protests must be submitted:

- 4.6.2.1 To the Referee;
- 4.6.2.2 In writing;
- 4.6.2.3 By the Team Coach only
- 4.6.2.4 Together with a deposit of P 4,500.00; and
- 4.6.2.5 Within 30 minutes following the posting of the result of the respective event.
- 4.6.2.6 If the protest is rejected, the deposit will be forfeited to the organizers. If a protest is upheld, the deposit will be returned.
- 4.6.2.7 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start is given.

4.7 RELAY EVENTS

- 4.7.1 Maximum of one entry per team in the relay events.
- 4.7.2 Entries should include **name of each swimmer** and their **order of swim**. Relay entries must be submitted together with the individual events. Relay order list may be changed until **8:00 A.M.** only during the meet.

5. Scratches

- 5.1 An administrative fee of P 50.00 shall be imposed for each competitor who scratches or do not show in any of their event during the competition.
- 5.2 Coaches must present scratches to the Recorder sixty (60) minutes prior to the start of the competition.
- 5.3 The fee will only be waived upon submission of a valid medical certificate.

6. Warm up

- 6.1 Warm up starts at 6:00 A.M.
- 6.2 Warm up guidelines will be observed

7. Awards

- 7.1 Gold, silver and bronze medals for the top 3 places in each event.
- 7.2 Trophies for the top 3 Team Places based on points.
- 7.3 Highest pointer award for each age group for both male and female.

8. Scoring

8.1		<u>Individual</u>	<u>Relay</u>
	1 st place	- 9 points	18 points
	2 nd place	- 7	14
	3 rd place	- 6	12
	4 th place	- 5	10
	5 th place	- 4	8
	6 th place	- 3	6
	7 th place	- 2	4
	8 th place	- 1	2

Food and drinks will be available at reasonable prices.

ORDER OF EVENT

COMBINED AGE GROUP

Boys	Day 1 Events	Girls
101	100 M Butterfly 10 and Under	102
103	100 M Butterfly 11 and Over	104
105	50 M Backstroke 10 and Under	106
107	50 M Backstroke 11 and Over	108
109	4x100 M Medley Relay 10-Under (two 8-under / two 9-10)	110
111	4x100 M Medley Relay (11-12/13-14/15-16/17- Over)	112
113	4x100 M Medley Relay 10-Under (two 8-under / two 9-10) Mixed	
114	4x100 M Medley Relay (11-12/13-14/15-16/17- Over) Mixed	
	BREAK	
115	100 M Breaststroke 10 and Under	116
117	100 M Breaststroke 11 and Over	118
119	50 M Freestyle 10 and Under	120
121	50 M Freestyle 11 and Over	122
123	4x50 M Freestyle Relay 10-Under (two 8-under / two 9-10)	124
125	4x50 M Freestyle Relay (11-12/13-14/15-16/17- Over)	126
127	4x50 M Freestyle Relay 10-Under (two 8-under / two 9-10) Mixed	
128	4x50 M Freestyle Relay (11-12/13-14/15-16/17- Over) Mixed	

Note: Mixed Relay – 2 Boys / 2 Girls

Boys	Day 2 Events	Girls
201	50 M Butterfly 10 and Under	202
203	50 M Butterfly 11 and Over	204
205	100 M Backstroke 10 and Under	206
207	100 M Backstroke 11 and Over	208
209	4x50 M Medley Relay 10-Under (two 8-under / two 9-10)	210
211	4x50 M Medley Relay (11-12/13-14/15-16/17- Over)	212
213	4x50 M Medley Relay 10-Under (two 8-under / two 9-10) Mixed	
214	4x50 M Medley Relay (11-12/13-14/15-16/17- Over) Mixed	
	BREAK	
215	50 M Breaststroke 10 and Under	216
217	50 M Breaststroke 11 and Over	218
219	100 M Freestyle 10 and Under	220
221	100 M Freestyle 11 and Over	222
223	4x100 M Freestyle Relay 10-Under (two 8-under / two 9-10)	224
225	4x100 M Freestyle Relay (11-12/13-14/15-16/17- Over)	226
227	4x100 M Freestyle Relay 10-Under (two 8-under / two 9-10) Mixed	
228	4x100 M Freestyle Relay (11-12/13-14/15-16/17- Over) Mixed	

1st COACH RUBEN C. LUNA INVITATIONAL SWIM MEET 2018
April 7 - 8, 2018
Marikina Sports Center

S W I M M I N G
W A R M U P G U I D E L I N E S

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 7:00 A.M. when the competition pool converts to the following diagram.

T U R N I N G E N D

9	8	7	6	5	4	3	2	1
Easy Swim To Wall	25m Dive Sprint	Turn Practice Only	Circle Only	Circle Only	Circle Only	50m Pace Lane Only	Turn Practice Only	15m Dive Sprint
Easy Swim To Wall	15m Dive Sprint	25m Dive Sprint	Circle Only	Circle Only	Circle Only	50m Pace Lane Only	25m Dive Sprint	15m Dive Sprint
9	8	7	6	5	4	3	2	1

COMPETITION POOL START / FINISH END

Competition pool:

There is NO DIVING AT ALL until 7:00 A.M., then diving is only allowed in those lanes marked to do so.

There is NO DIVING IN CIRCLE SWIMMING LANES AND TURN PRACTICE LANES, entry to these lanes is to be feet first, from a sitting position.

Paddles and fins are not allowed during warm up.