

Haw Par National Youth Swimming Championships 2019

Team Manager Meeting
26 Sept 2019
10:00am

**Disability Must
Never Disqualify**



Event Information

Date: 27 Sep 2019, Friday

*Time: 10:00am (start of 1st event) till 4 pm (inclusive of prize presentation)

Venue: **Our Tampines Hub (Level 6)**

Address: 1 Tampines Walk Singapore 528523

Event Information

Warm up/Registration Time: 8:00am

- 27 Sept 2019 (Friday)
- 8:00 am (Admission)
- 8:30 am (Warm up at 50m Pool), (25m Pool will be closed)
- 9:45am (50m Pool Closed for Warm Up),
- 10:00am (25m Event commences at 25m Pool)
- 10:20am (50m Events commences at 50m Pool)
- Lunch coupon will be given during registration (According to the list received on Entry Form)

Parking

You can park your vehicle :

Basement carpark near Lobby A

Take the Lift at Lobby A to Level 6.

Drop Off Point



Walk way to lift





LOBBY
A

PL3

Central Plaza
Town Square
Drop Off
Pick Up

EXIT
觀禮經濟米粉
ARJUMA ECON BEE HOON



Map to Pool & Spectator (from Level 6)

Towards Competition Pool

Toilets

Cleaner stores / Toilets

First Aid

ActiveSG
Pool
Reception
office

D
o
o
r

Door

Gantry

Lift / Elevators

Door

Participants/Coaches

Spectator

Official &
Participants level
6 (Blue Arrow)

registration
& entrance
pass

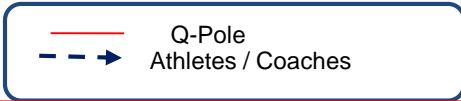
Parents & Supporters
to level 7 (Red Arrow)

Escalator up to Spectator Level

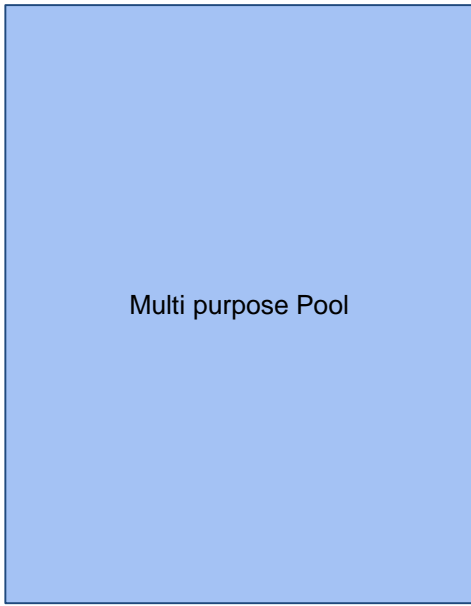
Pool Layout

Prize Presentation

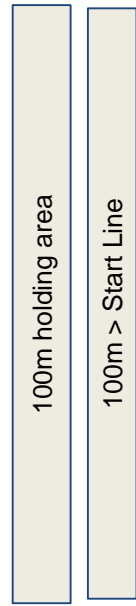
Waiting area for prize



T.O

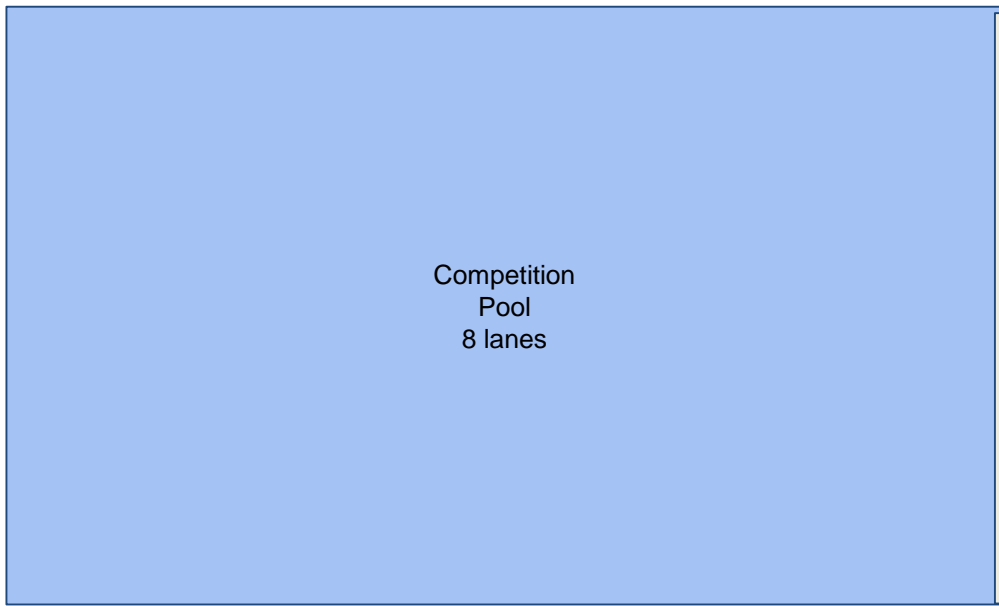


Multi purpose Pool

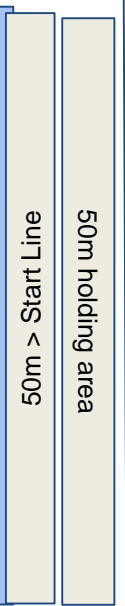


100m holding area

100m > Start Line



Competition Pool
8 lanes



50m > Start Line

50m holding area

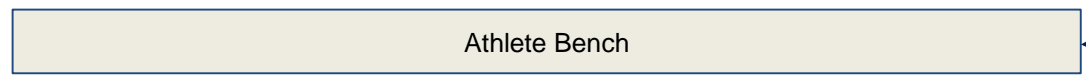


entrance

Collection and drop-off of belongings after swim event

Official Table

Referee/timekeeper/officials Zone



Athlete Bench

Call Room

First Aid /
Calm Room

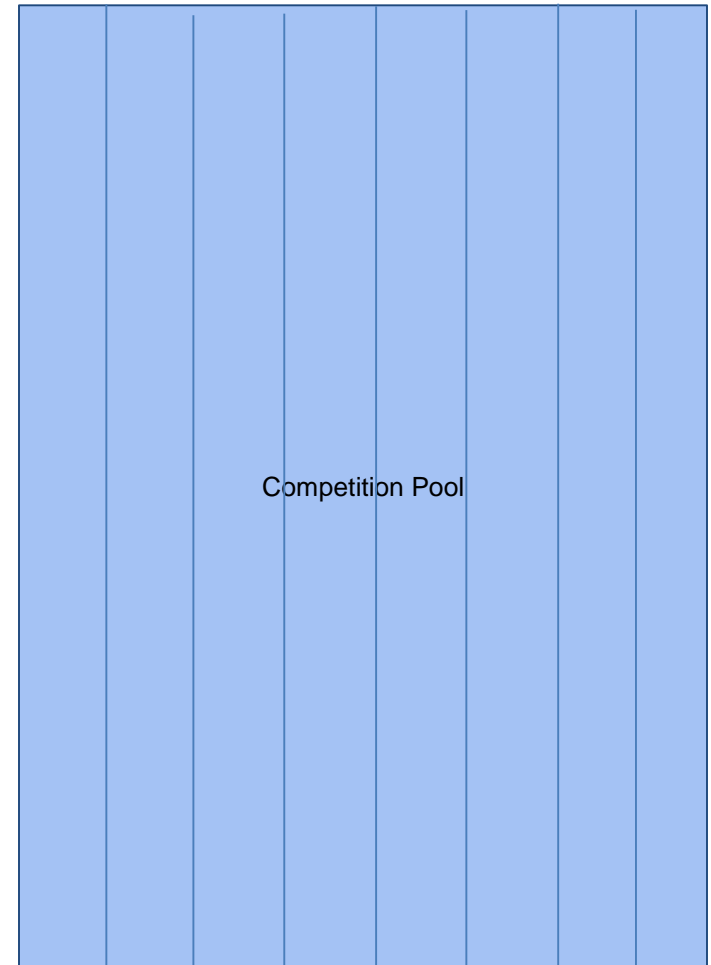
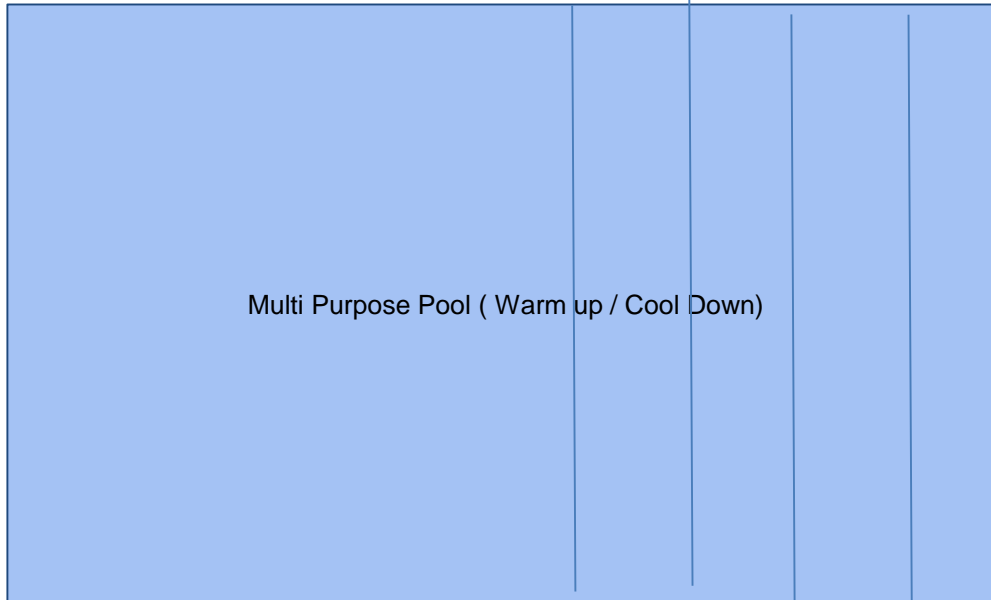
Warm Up Lane Procedure

Competition Pool Warm Up

- 8.30am to 9.45am

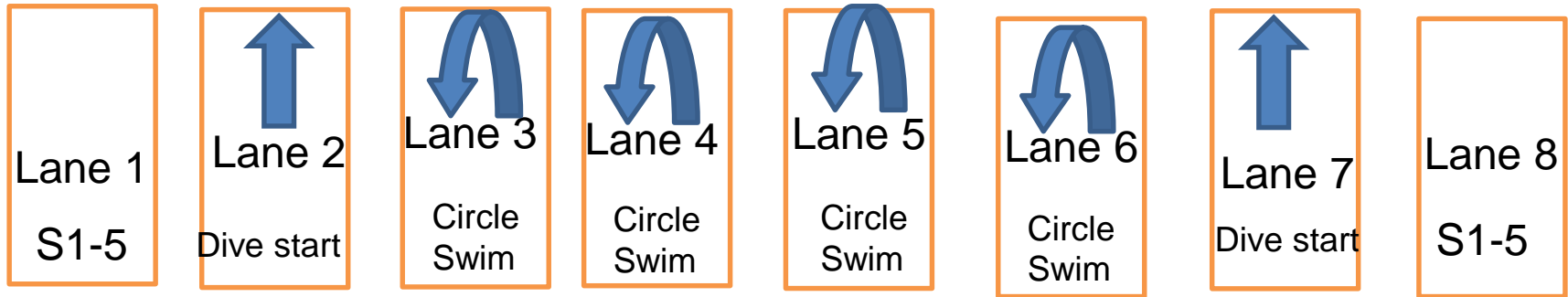
Multi Purpose Pool (Warm up and Cool Down)

- 10.20 am onwards



Warm Up Lane Procedure

Warm Up Lane Instruction

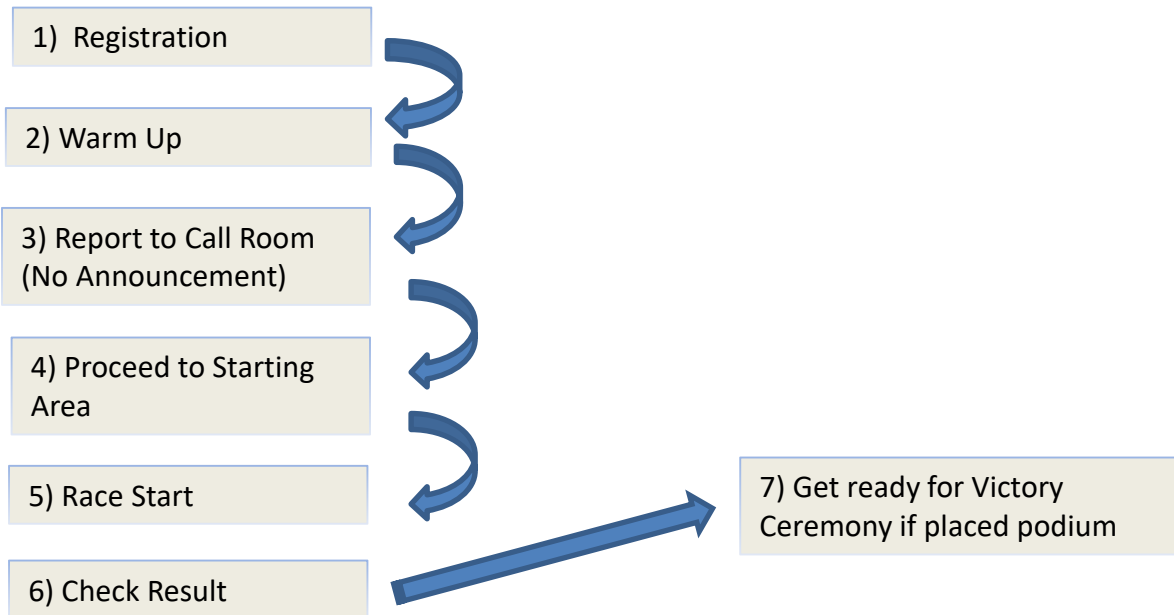


There's NO DIVING in Circle Swim Lanes, entry to these lanes is to be feet first, from a sitting position

Coaches/School Representative/Parents are responsible for their swimmers during Warm Up & Swim down

After 10:20am, all warm up will be at the Multi-purpose Pool.
please note that there will be a maximum of 6 swimmers each time.

Typical Flow of Event



Lifeguards / First Aid/ Insurance

The Organiser will be providing paramedic / registered nurse and ambulance services in case of emergencies during the event. However, any hospitalisation, inpatient, outpatient or emergency costs that may be incurred by the Participant shall remain the responsibility of the Participant. Participants are advised to ensure that they have personal insurance to cover such costs, if incurred.

Warm Up and the competition will only commence with lifeguard and medics on standby.

Pool Direction

- Athletes are to proceed to the call room 15mins before their event
 - Procedures in call room:
 - Checking of names, Lanes & events
 - Seated in sequence (competing lane)
- When the race is up, athletes will exit the room and place their clothings in allocated baskets before proceeding to their respective Starting Blocks
- Once race end, athletes can exit from nearest pool exit, and proceed to collect their clothings (at where they place beforehand) and do their warm down, if they desire.

Events Order

Short Course (25m)

- Girl's 25m Breaststroke
- Boy's 25m Breaststroke
- Girl's 25m Butterfly
- Boy's 25m Butterfly
- Girl's 25m Freestyle
- Boy's 25m Freestyle
- Finisher Events 25m

Long Course (50m)

- Women's 100m Breaststroke
- Men's 100m Breaststroke
- Women's 100m Backstroke
- Men's 100m Backstroke
- Women's 100m Butterfly
- Men's 100m Butterfly
- Women's 100m Freestyle
- Men's 100m Freestyle
- Women's 50m Breaststroke
- Men's 50m Breaststroke
- Women's 50m Backstroke
- Men's 50m Backstroke
- Women's 50m Butterfly
- Men's 50m Butterfly
- Women's 50m Freestyle
- Men's 50m Freestyle
- Finisher Events 50m
- Women's 4 X 50m Freestyle Relay
- Men's 4 X 50m Freestyle Relay
- Mixed 4 X 50m Freestyle Relay

Age Groups

17 – 18 years old (Born between 2002– 2001)

15 – 16 years old (Born between 2004 – 2003)

13 – 14 years old (Born between 2006 – 2005)

11 – 12 years old (Born between 2008 – 2007)

9 – 10 years old (Born between 2010 – 2009)

7 – 8 years old (Born between 2012 – 2011)

Medal

Prizes will be awarded to the first three placings.

In the event of a tie for second placing, no prizes will be awarded for the third placing.

Eligibility

WORLD PARA SWIMMING RULES REGULATION

Physical Impairment, PI (Classes: S1 – S10)

Visual Impairment, VI (Classes: S11 – S13)

Intellectual Impairment, II (Class: S14)

INAS

Autism, A

Down Syndrome, DS

Deaf

Hearing Loss, HL (Class: S15)

PROTEST

Any technical protest shall be made to the Referee **within thirty [30] minutes from the time of the printed results on the notice board** following the conclusion of the respective event together with a payment of one hundred Singapore dollars [\$100.00]. If the protest is successful, the \$100.00 payment will be refunded.

Only the respective team manager shall lodge the protest. The referee shall resolve such protests, and the decision shall be final.

Protest form can be found at the Registration Form

Rules

All athletes **MUST BE** able to show competency to race at least 50m.

The Start

11.1.2.4 An athlete may be permitted to start beside the starting platform.

11.1.2.5 An athlete may be permitted to take up a sitting position on the starting platform.

11.1.2.6 An athlete may be permitted to start in the water but is required to have one (1) hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

11.1.2.7 Sport Class S/SB/SM1-3 athletes are permitted to have their foot/feet or the end of their limb/limbs held to the wall, until the starting signal is given. Giving momentum to the athlete at the start is not permitted.

11.1.5 Any athlete starting before the starting signal has been given shall be disqualified.

Field of Play (FOP)

Only competitors who are scheduled for a particular event shall be allowed to enter the pool for that event.

Coaches shall be allowed till the holding area with their swimmers, after which, they will be required to go back to the spectators stand. There will be marshals and volunteers on hand at the holding area to guide the swimmers.

Only SSA Officials on duty shall be allowed to remain in the Field Of Play (FOP)
FOP is a term used to describe the restricted area where Technical Officials work all around the pool and the pool itself.

Access to Field of Play (FOP)

To enter FOP, one's needs to show the Wrist Band / Lanyard



Hand Model: KC

For those with no wrist Band and lanyard, they can proceed to Spectator Level : Upper deck

Startlist

Schedule & Start list can be downloaded in SDSC website

<https://sdsc.org.sg/national-youth-swimming-championships/>

No hardcopy schedule & startlist will be distribute, school/club/individual are expected to prepare on their own

Results

Results of the meet will be posted on the results' notice board as and when they become available. No competitor, liaison officer or representative shall approach the meet officials for results.

Live result can be found in “**Meet Mobile App**” (App Store / Google Play)



* In app subscription fee applied to view the result

11. Equipment and Clothing

Equipment used and clothing worn by competitors must be proper swim wear.

No floatation device can be used during the meet.

All prize winners are to be in proper attire when collecting the prizes.

(No bare body allowed during ceremony)

11. Equipment and Clothing

Swimsuit will be checked by call room officers, non approve swimsuits will be not allowed to proceed the call room



11. Equipment and Clothing

10.15.6 Swimsuits for men shall not extend above the navel or below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below the knee. See also Rule 10.15.2. All swimsuits shall be made from textile materials.



Pictures (At Call Room, Holding Area)



Lanyard will be used for them when they report at Call Room and to the Holding Area till the Starting Area.



Chairs and baskets will be labeled with their lane number.

Haze (what to do?)

HAZY?
REFER TO THESE GUIDES
TO PLAN YOUR ACTIVITIES

TO PLAN AHEAD, REFER TO THE 24-HOUR PSI FORECAST & HEALTH ADVISORY

Scientific studies on the health effects of particulate matter (PM) are based on 24-hour exposure and hence the 24-hour PSI forecast has a corresponding health advisory. Use this to plan ahead like going to work or school tomorrow.

24-hour PSI Forecast	Good 0 - 50	Moderate 51 - 100	Unhealthy 101 - 200	Very Unhealthy 201 - 300	Hazardous >300
 HEALTHY PERSONS	Normal activities	Normal activities	Reduce prolonged or strenuous outdoor physical exertion	Avoid prolonged or strenuous outdoor physical exertion	Minimise outdoor activity
 ELDERLY, PREGNANT WOMEN, CHILDREN	Normal activities	Normal activities	Minimise prolonged or strenuous outdoor physical exertion	Minimise outdoor activity	Avoid outdoor activity
 PERSONS WITH CHRONIC LUNG DISEASE, HEART DISEASE	Normal activities	Normal activities	Avoid prolonged or strenuous outdoor physical exertion	Avoid outdoor activity	Avoid outdoor activity

Explanatory notes:

Reduce = do less

Minimise = do as little as possible

Avoid = do not do

Prolonged = continuous exposure for several hours

Strenuous = involving a lot of energy or effort

The impact of haze is dependent on one's health status, PSI, and the duration and intensity of outdoor activity. Reducing outdoor activities and physical exertion can help limit the ill effects. Persons who are not feeling well should seek medical attention. The 24-hour PSI forecast is only available during periods of transboundary haze.

Haze (what to do?)

Follow NEA Guideline, Health Advisory

<http://www.nea.gov.sg/anti-pollution-radiation-protection/air-pollution-control/haze/health-advisory-for-haze>

- We will be following the 24 hour PSI forecast.
- May cancel event if PSI 101-200 (unhealthy) level.
- SDSC to conduct Risk Assessment and take risk mitigating measures
- Event will be cancelled when PSI above 200

End