

National Para Swimming Championships & Inter-School Para Swimming Championships 2025

Team Manager Meeting
Thursday, 3 April 2025
12:00pm





Event Information

Date: 12 April 2025, Saturday

*Time: 10:30am (start of 1st event) till 2.30pm (inclusive of prize presentation)

Venue: Singapore Sports School

Address: 1 Champions Way Singapore 737913

Registration Time: 8:30am

Warm up: 8:30am (Lifeguard on Duty)

No Meal Voucher provided.

Water Dispenser will be available. Please bring your own water bottle.

Note: Metal water bottles are not allowed into venue.

IMPORTANT!

Safety & Water Confident Level

SDSC Event Information - 2.4 C) **Participants who enter in the championship must possess the ability and skills required to complete their events proficiently, i.e. be able and CONFIDENT to swim at least 50m without buoyancy aid.**

The Organiser reserves the right to remove participants from their events if they are found not to meet the competency level, or for safety considerations

Pool Depth

Competition Pool: 3.0m

Dedicated coaches MUST pay attention to their swimmers during training, warm-up, and cool-down, but not entirely relying on Lifeguard supervision!

Startlist

Start list can be downloaded in SDSC website

<https://sdsc.org.sg/> > Sports > Local Competition > National Para Swimming Championships

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

Results will be updated in the Team Manager group chat

Order of Event

Time	Event
10:30 AM	Event 101 - Women 100 LC Meter Breaststroke Multi-Class National
10:34 AM	Event 201 - Women 7-19 100 LC Meter Breaststroke Multi-Class Schools
10:38 AM	Event 102 - Men 100 LC Meter Breaststroke Multi-Class National
10:45 AM	Event 202 - Men 7-19 100 LC Meter Breaststroke Multi-Class Schools
10:49 AM	Event 204 - Men 7-19 100 LC Meter Backstroke Multi-Class Schools
10:53 AM	Event 105 - Women 100 LC Meter Butterfly Multi-Class National
10:56 AM	Event 106 - Men 100 LC Meter Butterfly Multi-Class National
11:00 AM	Event 107 - Women 100 LC Meter Freestyle Multi-Class National
11:03 AM	Event 108 - Men 100 LC Meter Freestyle Multi-Class National
11:10 AM	Event 208 - Men 7-19 100 LC Meter Freestyle Multi-Class Schools
11:14 AM	Event 109 - Women 50 LC Meter Breaststroke Multi-Class National
11:17 AM	Event 209 - Women 7-19 50 LC Meter Breaststroke Multi-Class Schools
11:19 AM	Event 110 - Men 50 LC Meter Breaststroke Multi-Class National

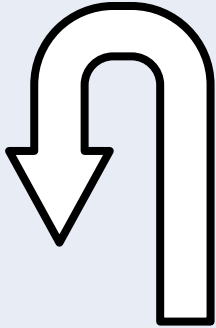
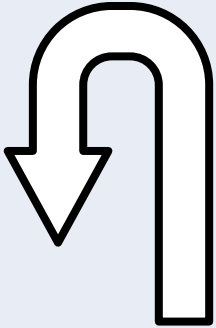
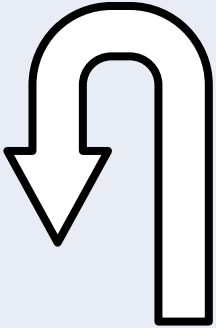
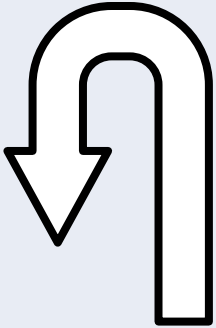
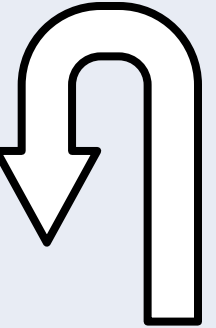
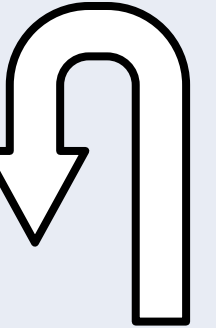
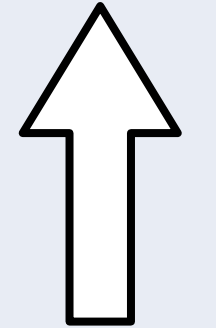
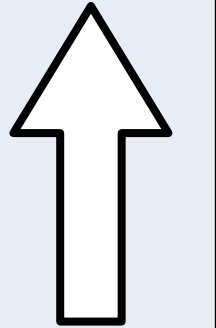
Order of Event

Time	Event
11:34 AM	Event 210 - Men 7-19 50 LC Meter Breaststroke Multi-Class Schools
11:39 AM	Event 111 - Women 50 LC Meter Backstroke Multi-Class National
11:42 AM	Event 211 - Women 7-19 50 LC Meter Backstroke Multi-Class Schools
11:45 AM	Event 112 - Men 50 LC Meter Backstroke Multi-Class National
11:51 AM	Event 212 - Men 7-19 50 LC Meter Backstroke Multi-Class Schools
11:54 AM	Event 113 - Women 50 LC Meter Butterfly Multi-Class National
11:57 AM	Event 213 - Women 7-19 50 LC Meter Butterfly Multi-Class Schools
12:00 PM	Event 114 - Men 50 LC Meter Butterfly Multi-Class National
12:03 PM	Event 214 - Men 7-19 50 LC Meter Butterfly Multi-Class Schools
12:05 PM	Event 115 - Women 50 LC Meter Freestyle Multi-Class National
12:11 PM	Event 215 - Women 7-19 50 LC Meter Freestyle Multi-Class Schools
12:14 PM	Event 116 - Men 50 LC Meter Freestyle Multi-Class National
12:27 PM	Event 216 - Men 7-19 50 LC Meter Freestyle Multi-Class Schools

Order of Event

Time	Event
12:36PM	Event 117 - Women 200 LC Meter Freestyle Multi-Class National
12:41 PM	Event 118 - Men 200 LC Meter Freestyle Multi-Class National
12:46 PM	Event 121 - Mixed 200 LC Meter IM Multi-Class National
12:51 PM	Event 222 - Men 7-19 200 LC Meter IM Multi-Class Schools

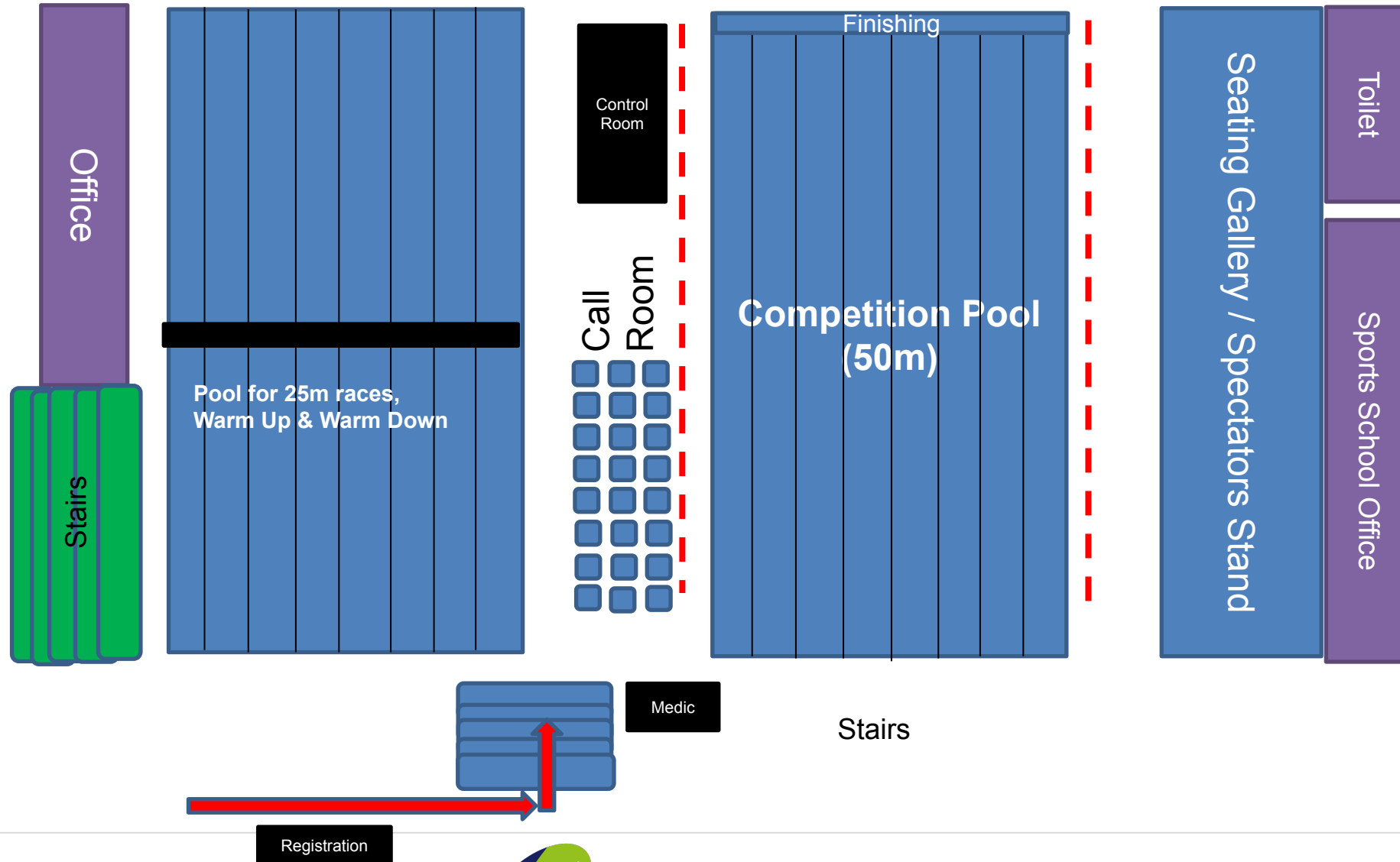
Warm Up Lane Procedure at Competition & Training Pool

LANES								
8	7	6	5	4	3	2	1	0
S1 to S5								
	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Circle Swim	Dive Start 25m	Dive Start 25m

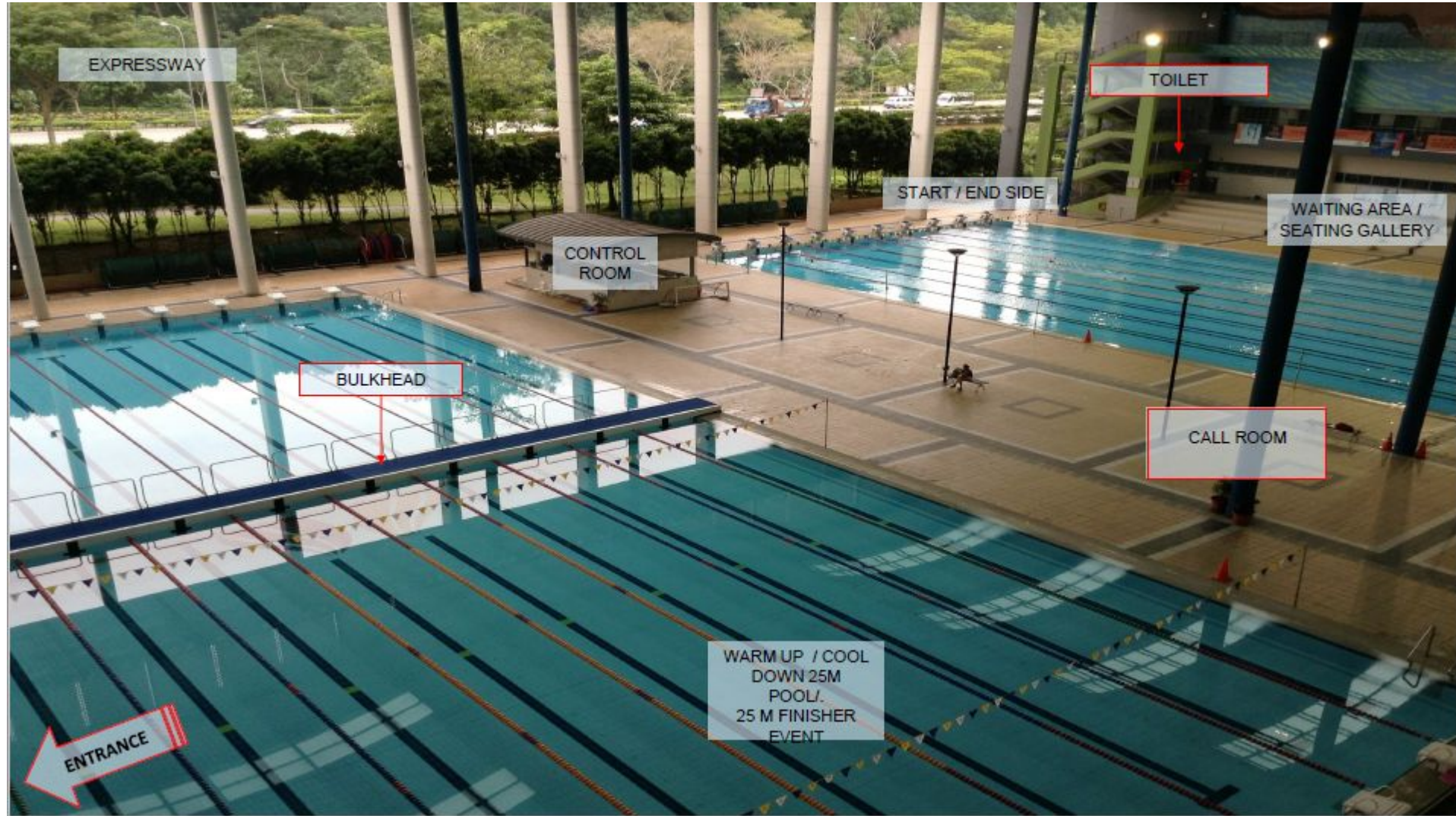
NO DIVING in Circle Swim Lanes; entry to these lanes is to be feet first, from a sitting position
Coaches / School Representatives / Parents are responsible for their swimmers
during warm up & swim down

After 10AM, all warm up will be at the training pool

Venue Layout



Venue Layout



Call Room

Swimmers would need to report to the call room **at least 15 minutes** prior to their event.

There will be no announcement for call room. Team in charge will be responsible to ensure swimmers report for their event.

For swimmer classified under S15– Athlete's official are allowed to tap the swimmer to start for the race

Result

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



Protest

Any technical protest or objection by a competitor or team shall be made to the Meet Director within thirty [30] minutes following the publication of the official results together with a deposit of **one hundred Singapore dollars [\$100.00]**.

Only the Officers-in-charge or appointed representatives shall lodge the protest by filling the Protest Form.

MEDALS

Medals will be awarded to the first three placings for competitive events.

In the event of a tie for second placing in competitive events, no medals will be awarded for the third placing.

In the event of a tie for the third placing in competitive events, medals will be awarded for all winners.

Lifeguards / First Aid

lifeguard and a private ambulance with medic will cover the event.

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

SCHOOL CHALLENGE TROPHY

The challenge trophy will only be awarded if there are 2 or more schools competing in the respective category (highlighted in green).

	Category A (Intellectual, Down Syndrome, Autism)	Category B (Physical, Visual, Deaf/Hard of Hearing)
U10	Pathlight School	
U13	Towners Garden School Grace Orchard School CPAS APSN Chaoyang School	
U15	Pathlight School Grace Orchard School APSN Katong School	St Margaret's School
U17	MINDS APSN Tanglin School Grace Orchard School APSN Katong School	
U20	ITE College Central Grace Orchard School Delta Senior School	

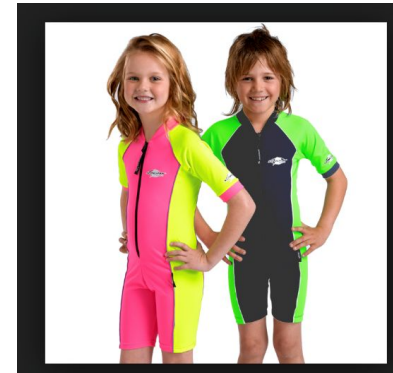
Equipment and Competition Attires

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)

Competition Attires



Any Withdrawals of Swimmers or Entries to inform Fiona NOW.

Startlist will be posted in SDSC Website by 10 April 2024 (Thursday) before 12pm.

Question?