



59th MILO/PRAM MALAYSIA OPEN SWIMMING CHAMPIONSHIPS 2016 CHAMPIONSHIP RULES

- 1. Competition Dates**
Thursday 5th May to Sunday 8th May 2016
- 2. Competition Venue**
Pusat Akuatik Darul Ehsan (PADE), Selangor.
- 3. Foreign Entries**
 - 3.1 Invitations will be extended to ASEAN, Asian and Asia-Pacific Federation members to participate in this Championship.
 - 3.2 All foreign participants will compete under their respective Federation banners.
 - 3.3 There is no limit to the number of invited swimmers to participate in the preliminary Heats for individual events. However, only the top four swimmers from invited Federation may start in the Finals with maximum of two swimmers representing the same Federation. Each invited Federation is limited to one relay team only.
 - 3.4 Entries are to be submitted in the official entry forms. Please use separate forms for men and women. The latest best times are to be submitted for seeding.
- 4. Entries by ASUM Affiliates**
There is no limit to the number of entries by Affiliates of ASUM for individual events but each Affiliate is limited to one relay team only.
- 5. Entry Fees**
 - 5.1 Individual events is RM 5.00 per event
 - 5.2 Relay events is RM 20.00 per team per event
 - 5.3 No entry fees for invited foreign teams
- 6. Entry Closing Date**
Entry closing date is 1st April 2016
- 7. Competition Rules**
The competition will be conducted in accordance to FINA Rules. The Organizing Committee reserves the right to decide on matters not provided for under the FINA rules.

8. Events to be contested

The swimming competition shall consist of the following events:

MEN

Freestyle	:	50m, 100m, 200m, 400m, 1500m, 4 x 100m Relay, 4 x 200m Relay
Backstroke	:	50m, 100m, 200m
Breaststroke	:	50m, 100m, 200m
Butterfly	:	50m, 100m, 200m
Individual Medley	:	200m, 400m
Medley Relay	:	4 x 100m Relay

WOMEN

Freestyle	:	50m, 100m, 200m, 400m, 800m, 4 x 100m Relay, 4 x 200m Relay
Backstroke	:	50m, 100m, 200m
Breaststroke	:	50m, 100m, 200m
Butterfly	:	50m, 100m, 200m
Individual Medley	:	200m, 400m
Medley Relay	:	4 x 100m Relay

9. Competition Schedule / Order of Events

Heats will be swum the morning at 09.00am whilst the Finals will be swum in the evening at 5.00pm.

800m and 1500m events will be swum as timed finals with the fastest 8 seeded swimmers starting in the evening finals.

Competition Schedule - Starting Times

<u>Day</u>		<u>Heats</u>	<u>Finals</u>
Thursday	5 th May	0900 hrs	1700 hrs
Friday	6 th May	0900 hrs	1700 hrs
Saturday	7 th May	0900 hrs	1700 hrs
Sunday	8 th May	0900 hrs	1700 hrs

10. Awards

- 10.1 Gold, Silver & Bronze medals will be awarded to the first three placing swimmers.

11. Official Championship Correspondence

Please direct all correspondence to:

Mdm. May Tan
Organizing Secretary
59th MILO/PRAM Malaysia Open Swimming Championships 2016
c/o Amateur Swimming Union of Malaysia
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E-Mail: maysktan@yahoo.com / kongleeyan@yahoo.com

12. Team Managers' Meeting

A Team Leaders' meeting will be held at 3.00pm on Wednesday 4th May 2016 at the Meeting Room, Pusat Akuatik Darul Ehsan (PADE).

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