



PERSATUAN RENANG AMATUR KUALA LUMPUR

(Kuala Lumpur Amateur Swimming Association)

Kompleks Renang Kuala Lumpur, Jalan Yaacob Latif, Bandar Tun Razak,
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E-mail: praklumpur@gmail.com

30th May, 2016

The President / Honorary Secretary /Principal,
Affiliates of Amateur Swimming Union of Malaysia
All Affiliated Clubs/Schools

Dear Sir/Madam,

1st ASUM/ NSC/ MILO MID & LONG DISTANCE SWIMMING CHAMPIONSHIPS 2016

The Kuala Lumpur Amateur Swimming Association (PRAKL) is pleased to extend invitation to all swimmers of affiliated clubs of ASUM and schools affiliated to PRAKL to participate in the **1st ASUM/ NSC/ MILO MID & LONG DISTANCE SWIMMING CHAMPIONSHIPS 2016** as follows:-

2. MEET INFORMATION:

- a) Date : **16th – 17th September, 2016**
- b) Venue : Kompleks Renang Kuala Lumpur, Jalan Yaacob Latif,
Bandar Tun Razak, Kuala Lumpur
- c) Organizer : Kuala Lumpur Amateur Swimming Association (PRAKL)
- d) Auspices : Amateur Swimming Union of Malaysia
- e) Rules : FINA Rules Applies
- f) Age of Reckoning : As of 1st January 2016
- g) Team Manager Meeting : 7:30am, 16th September, 2016
- h) Entries : No limit to the number of swimmers or events that can
be participated, subject to the Rules
- i) **Closing Date : 5.00pm on Thursday, 25 August, 2016.**

3. RULES AND ENTRY FORMS

Enclosed are the rules and regulations together with the relevant forms for the championship for your information.

For further assistance or information, kindly contact the undersigned at 012-398 7323 or 03-9131 6353 or email prak.swimcom@gmail.com.

Thanking you in advance for your participation and looking forward to receiving your entries.

Yours sincerely,

KUALA LUMPUR AMATEUR SWIMMING ASSOCIATION

Mae Chen
Organizing Secretary

1st ASUM/ NSC/ MILO MID & LONG DISTANCE SWIMMING CHAMPIONSHIPS 2016

Competition Rules

- 1. Name of Meet** : The swimming meet shall be named the **1st ASUM/ NSC/ MILO MID & LONG DISTANCE SWIMMING CHAMPIONSHIPS 2016**.
- 2. Aim** : The aim of the swimming championships is to provide an opportunity for age-group swimmers to participate in mid and long distance swimming events to instill love for the competitive sports and promote endurance and strength development.
- 3. Venue** : Kuala Lumpur Swimming Complex
Jalan Yaacob Latif, Bandar Tun Razak, 56000 Kuala Lumpur.
- 4. Date/Time** : Day 1 - Friday, 16th September, 2016 @ 8:30 am.
: Day 2 - Saturday, 17th September, 2016 @ 8:30 am.

The pool will be opened for warm-up at 7:00 am.

- 5. Eligibility** : Members from affiliates of Amateur Swimming Union of Malaysia and schools affiliated to Kuala Lumpur Amateur Swimming Association. No independent unattached swimmers are allowed.
- 6. Entry Restriction** : Individual Events : No restriction on entries from each club/affiliate, subject to meeting the qualifying times. A fine of RM20.00 per event will be imposed on swimmer who does not swim within the qualifying time.
Team Events : One (1) team per club/affiliate. If the club/affiliate wishes to enter 2 relay teams, only the first team with a faster timing will be recognized for award. The relay entry forms with swimmers' names must be submitted to the Control Room before lunch break on the day of competition.

- 7. Age Groups** :
- | | | | |
|------------|---|--------------------|-----------------------------|
| a) Open | : | 18 years and above | (Born on 1/1/98 and before) |
| b) Group 1 | : | 15 to 17 years | (Born on 2/1/98 to 1/1/01) |
| c) Group 2 | : | 13 to 14 years | (Born on 2/1/01 to 1/1/03) |
| d) Group 3 | : | 11 to 12 years | (Born on 2/1/03 to 1/1/05) |
| e) Group 4 | : | 10 years and below | (Born on 2/1/05 and after) |

Swimmers are only eligible to swim in their respective age grouping. No swimmers are allowed to swim up in the Relay Events.

- 8. Date of Reckoning** : 1st January, 2016

- 9. Competition Format:** All events will be held on Time Final basis.

10. Awards : Swimmers who obtained top 3 positions for each event shall be awarded medals and Certificate of Achievements. All participants will be awarded Certificate of Participations.

Events with less than 2 swimmers may be swum combined with another age group but ranked separately. However, minus one rule applies. In the case of only one participating swimmer in an event, medal and points will not be awarded.

Swimmers will be awarded points under each affiliate to determine the Champion Club as follows :

Placing	Points	Placing	Points
1 st	11	6 th	5
2 nd	9	7 th	4
3 rd	8	8 th	3
4 th	7	9 th	2
5 th	6	10 th	1

11. Entry Fees : a) A registration fee of RM100.00 per affiliate is payable;
b) Individual entry fee of RM6.00 per event; and
c) Team entry fee of RM24.00 per relay event.

Total entries fee is payable to PRAKL as per final checklist. Upon checklist confirmation by participating affiliates, there will be no revision nor refund of the entry fees in the event of subsequent withdrawals/scratching.

All entry fees must be paid prior to the Team Managers' Meeting in cash, cheque or interbank transfer to :-

Beneficiary : PERSATUAN RENANG AMATUR KUALA LUMPUR
Bank : CIMB Bank Berhad
Account No. : 8002363724

Kindly email a copy of the online payment confirmation / bank-in slip to praklumpur@gmail.com as proof of payment for receipt issuance.

12. Entries : All entries are to be submitted electronically using the Hy-Tek Team Manager software, accompanied with copy of entries in pdf format and emailed to praklumpur@gmail.com with a cc. copy to chuatb88@gmail.com.

Entries with no time "NT" are not permitted.

Club/affiliates may download a free version of Team Manager Lite from www.hy-tek ltd.com/downloads.html.

13. Closing Date : Please submit your electronic entries together with the entry fees to PRAKL secretariat before or latest **by 5:00 pm., Thursday, 25th August, 2016**. Late entries will not be entertained.

14. Team Managers’

Meeting : There will be a meeting for all Team Managers at the Marshal Room, Kuala Lumpur Swimming Complex on **Friday, 16th September, 2016 at 7:30 am.**

15. Events Scratching : Scratching of events is only allowed at Team Managers’ meeting. A penalty of RM25 will be imposed for each event scratched on the day of the meet (after the Team Managers’ meeting) unless a medical certificate is furnished. A swimmer is deemed to be unfit to swim for the rest of the day on presentation of a medical certificate.

16. Protests : All written protests shall be considered by the Referee and must be submitted in writing accompanied with a deposit of RM200, within 30 minutes following the conclusion of the event. If the Referee rejects the protest, he/she must state the reasons for the decision. The Team Manager may then appeal the rejection to the Jury of Appeal, whose decision shall be final.

If the protest is rejected, the deposit shall be forfeited by the Organising Committee. If the protest is upheld, the deposit shall be returned.

17. Jury of Appeal : Jury of Appeal shall comprise of three (3) members from the Organising Committee and two (2) Team Managers from participating clubs not involved in the Appeal.

18. Order of Events and Qualifying Times

DAY ONE – 16th September, 2016, Friday 8:30 am.

Event No.	Event	Group	Gender	Qualifying Time
101	800 M Freestyle	Group 4	Boys	14:10.92
102	800 M Freestyle	Group 4	Girls	15:24.09
103	800 M Freestyle	Group 3	Boys	12:53.11
104	800 M Freestyle	Group 3	Girls	13:59.59
105	200 M Backstroke	Group 1	Boys	2:47.18
106	200 M Backstroke	Group 1	Girls	3:05.32
107	200 M Backstroke	Open	Boys	2:38.81
108	200 M Backstroke	Open	Girls	2:56.03
109	800 M Freestyle	Group 2	Boys	11:57.69
110	800 M Freestyle	Group 2	Girls	12:59.41
111	800 M Freestyle	Group 1	Boys	11:15.37
112	800 M Freestyle	Group 1	Girls	12:13.45
113	800 M Freestyle	Open	Boys	10:41.55
114	800 M Freestyle	Open	Girls	11:36.72
115	200 M Backstroke	Group 4	Boys	3:30.64
116	200 M Backstroke	Group 4	Girls	3:53.48
117	200 M Backstroke	Group 3	Boys	3:11.38
118	200 M Backstroke	Group 3	Girls	3:32.13
119	200 M Backstroke	Group 2	Boys	2:57.66
120	200 M Backstroke	Group 2	Girls	3:16.93

Event No.	Event	Group	Gender	Qualifying Time
121	200 M Ind. Medley	Group 4	Boys	3:34.55
122	200 M Ind. Medley	Group 4	Girls	3:57.42
123	200 M Ind. Medley	Group 3	Boys	3:14.93
124	200 M Ind. Medley	Group 3	Girls	3:35.71
125	200 M Ind. Medley	Group 2	Boys	3:00.96
126	200 M Ind. Medley	Group 2	Girls	3:20.25
127	200 M Ind. Medley	Group 1	Boys	2:50.29
128	200 M Ind. Medley	Group 1	Girls	3:08.44
129	200 M Ind. Medley	Open	Boys	2:41.76
130	200 M Ind. Medley	Open	Girls	2:59.00
131	200 M Breaststroke	Group 4	Boys	3:59.04
132	200 M Breaststroke	Group 4	Girls	4:21.81
133	200 M Breaststroke	Group 3	Boys	3:37.18
134	200 M Breaststroke	Group 3	Girls	3:57.87
135	200 M Breaststroke	Group 2	Boys	3:21.61
136	200 M Breaststroke	Group 2	Girls	3:40.82
137	200 M Breaststroke	Group 1	Boys	3:09.72
138	200 M Breaststroke	Group 1	Girls	3:27.80
139	200 M Breaststroke	Open	Boys	3:00.22
140	200 M Breaststroke	Open	Girls	3:17.39
141	400 M Freestyle	Group 4	Boys	6:54.18
142	400 M Freestyle	Group 4	Girls	7:28.62
143	400 M Freestyle	Group 3	Boys	6:16.31
144	400 M Freestyle	Group 3	Girls	6:47.60
145	400 M Freestyle	Group 2	Boys	5:49.33
146	400 M Freestyle	Group 2	Girls	6:18.38
147	400 M Freestyle	Group 1	Boys	5:28.74
148	400 M Freestyle	Group 1	Girls	5:56.07
149	400 M Freestyle	Open	Boys	5:12.27
150	400 M Freestyle	Open	Girls	5:38.24
151	4x200 M Freestyle Relay	Group 4	Boys	N/A
152	4x200 M Freestyle Relay	Group 4	Girls	N/A
153	4x200 M Freestyle Relay	Group 3	Boys	N/A
154	4x200 M Freestyle Relay	Group 3	Girls	N/A
155	4x200 M Freestyle Relay	Group 2	Boys	N/A
156	4x200 M Freestyle Relay	Group 2	Girls	N/A
157	4x200 M Freestyle Relay	Group 1	Boys	N/A
158	4x200 M Freestyle Relay	Group 1	Girls	N/A
159	4x200 M Freestyle Relay	Open	Boys	N/A
160	4x200 M Freestyle Relay	Open	Girls	N/A

DAY TWO – 17th September, 2016, Saturday 8:30 am.

Event No.	Event	Group	Gender	Qualifying Time
201	1500 M Freestyle	Group 3	Boys	24:49.42
202	1500 M Freestyle	Group 2	Boys	23:02.65
203	200 M Butterfly	Group 1	Boys	2:46.57
204	200 M Butterfly	Group 1	Girls	3:01.95
205	200 M Butterfly	Open	Boys	2:38.23
206	200 M Butterfly	Open	Girls	2:52.84
207	1500 M Freestyle	Group 1	Boys	21:41.13
208	1500 M Freestyle	Open	Boys	20:35.96
209	200 M Butterfly	Group 4	Boys	3:29.86
210	200 M Butterfly	Group 4	Girls	3:49.25
211	200 M Butterfly	Group 3	Boys	3:10.67
212	200 M Butterfly	Group 3	Girls	3:28.29
213	200 M Butterfly	Group 2	Boys	2:57.01
214	200 M Butterfly	Group 2	Girls	3:13.36
215	400 M Ind. Medley	Group 4	Boys	7:38.92
216	400 M Ind. Medley	Group 4	Girls	8:25.20
217	400 M Ind. Medley	Group 3	Boys	6:56.96
218	400 M Ind. Medley	Group 3	Girls	7:39.00
219	400 M Ind. Medley	Group 2	Boys	6:27.07
220	400 M Ind. Medley	Group 2	Girls	7:06.10
221	400 M Ind. Medley	Group 1	Boys	6:04.24
222	400 M Ind. Medley	Group 1	Girls	6:40.98
223	400 M Ind. Medley	Open	Boys	5:46.00
224	400 M Ind. Medley	Open	Girls	6:20.89
225	200 M Freestyle	Group 4	Boys	3:11.97
226	200 M Freestyle	Group 4	Girls	3:32.63
227	200 M Freestyle	Group 3	Boys	2:54.41
228	200 M Freestyle	Group 3	Girls	3:13.19
229	200 M Freestyle	Group 2	Boys	2:41.91
230	200 M Freestyle	Group 2	Girls	2:59.34
231	200 M Freestyle	Group 1	Boys	2:32.36
232	200 M Freestyle	Group 1	Girls	2:48.76
233	200 M Freestyle	Open	Boys	2:24.73
234	200 M Freestyle	Open	Girls	2:40.31
235	4x200 M Mixed Freestyle Relay	Group 4	2 Boys & 2 Girls	N/A
236	4x200 M Mixed Freestyle Relay	Group 3	2 Boys & 2 Girls	N/A
237	4x200 M Mixed Freestyle Relay	Group 2	2 Boys & 2 Girls	N/A
238	4x200 M Mixed Freestyle Relay	Group 1	2 Boys & 2 Girls	N/A
239	4x200 M Mixed Freestyle Relay	Open	2 Boys & 2 Girls	N/A