



**5th Selangor ARENA Short Course
Sprint Invitational Swimming Championships
2016**

26th to 28th August 2016

Meet Information



5th Selangor ARENA Short Course Sprint Invitational Swimming Championship 2016

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1.0 COMPETITION INFORMATION

Competition: 5th Selangor ARENA Short Course Invitational Sprint Swimming Championships 2016

Organizers: Persatuan Renang Amatir Selangor (PRAS)

Venue: Pusat Akuatik Darul Ehsan, Shah Alam

Details:	<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Competition</u>	<u>Warm-Up</u>
	1	26 th Aug 2016	Friday	8:00am	6:30am
	2	27 th Aug 2016	Saturday	8:00am	6:30am
	3	28 th Aug 2016	Sunday	8:00am	6:30am

2.0 GENERAL INFORMATION

2.1 The Championships shall be conducted under the Rules and By-Laws of FINA as prescribed in the Handbook of FINA. In matters not provided for, decisions shall rest with the Technical and/or the Organizing Committee.

2.2 The Championships are open only to the following:

- a. Swimmers who are existing members of PRAS affiliates (thereafter known as Affiliates) – there will be no limits on the number of swimmers for Affiliates
- b. Members of other Clubs in Malaysia invited by PRAS (thereafter known as Guest Clubs) – there will be a maximum limit of 60 swimmers (regardless of age-group) for Guest Clubs

2.3 There will be two categories for each age group in all individual events for both male and female swimmers.

a. *State swimmers*

- Swimmers from all Affiliates who have represented Selangor (or any other States) in any national competitions (i.e. NAG, MSSM, SUKMA, Malaysian Open) in the last three (3) years, from 2014 to 2016
- Swimmers from all Guest Clubs will be automatically considered as *state swimmers*



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b. *Novice swimmers*

- Swimmers from all Affiliates who have never represented Selangor (or any other States) in any national competitions in the last three (3) years, from 2014 to 2016

- 2.4 Team events (relays) can consist of swimmers from both *State* and *Novice* categories.
- 2.5 All Open Swimmers shall compete under the *State* Category only.
- 2.6 Events will be swum as Timed Finals of each Age Group and the seeding will be arranged according to entry times submitted.

3.0 AGE GROUPS

- 3.1 Age groups are computed as follows for male and female swimmers respectively:

Open – 18 years and above (born 1997 or earlier)
Group 1 – 15 to 17 years old (born 2000, 1999 and 1998)
Group 2 – 13 and 14 years old (born 2002 and 2001)
Group 3 – 11 and 12 years old (born in 2004 and 2003)
Group 4 – 10 years and under (born in 2005 or later)

- 3.2 Age is calculated as on 1st January in the year of competition. Swimmer can only compete in his or her own age group.
- 3.3 Open events will be combined with Group 1 events, but scored separately.

4.0 ENTRY REGULATIONS

- 4.1 **Closing Date for Entries: Saturday, 30th July 2016 by 12 noon.**

All entries are to be submitted electronically via the *Hy-tek Team Manager* software and emailed to jason.robson@gmail.com and cc to yeapcb76@gmail.com and richardkoktk@gmail.com.

Meet Events-5th Selangor ARENA Short Course Sprint-26Aug2016-001.hyv
Meet Events-5th Selangor ARENA Short Course Sprint-26Aug2016-001.ev3

Affiliates and Guest Clubs who do not own the software may download a free version *Team Manager Lite* from <http://www.hy-tek ltd.com/downloads.html>.

- 4.2 Late entries will not be entertained.



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- 4.3 Each club may enter any number of entries in any one event. Each swimmer may enter any number of events.
- 4.4 Registration and Entry Fees
 - a. Registration Fee is RM20 per swimmer.
 - b. Entry Fee is RM6.00 per individual event and RM24.00 per team event (relay)
- 4.5 It is mandatory for swimmers to submit correct entry times (Short course times).
- 4.6 All registration and entry fees are due during the Team Manager's meeting. Cheques are made payable to "Persatuan Renang Amatir Selangor". Alternatively, please pay via our UOB (United Overseas Bank) account no: 1713008716 in favour of "Persatuan Renang Amatir Selangor". Please email the copy of the bank in slip to richardkoktk@gmail.com for our records.

5.0 WITHDRAWALS

- 5.1 The last chance to withdraw from any event shall be at the TEAM MANAGERS' MEETING to be held on Thursday, 25th Aug 2016 at 4:00pm at the Competition Venue.
- 5.2 Any withdrawals on the day(s) of the Championships with or without notification shall be deemed as "Did Not Show" or "Did Not Start". A penalty of RM100.00 shall be imposed on all DNS. Payment must be made immediately in order to continue to participate on that day. The fine is to be borne by the respective team concerned.
- 5.3 The penalty may be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in any further races for the day.
- 5.4 All medical certificates must be handed in the following day otherwise penalty will be imposed as in 5.2

6.0 CERTIFICATES & AWARDS

- 6.1 Certificates will be awarded to the top three swimmers/teams in every event.
- 6.2 A "Certificate of Participation" will be awarded to all swimmers.



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- 6.3 Awards in the form of monetary and ARENA voucher incentive will be awarded to the Most Valuable Swimmer in each category (State and Novice) of their respective age groups, as follows:

Champion – RM150.00 in prize money & RM150.00 in ARENA voucher

1st Runner-Up – RM100.00 in prize money & RM100.00 in ARENA voucher

2nd Runner-Up – RM50.00 in prize money & RM50.00 in ARENA voucher

- 6.4 The Most Valuable Swimmer Award Trophy will be given out to each male and female swimmer who has the highest accumulated points from all individual events. The point system is as follows:

Placing	Points
Record Time(1 st only)	11
1 st	9
2 nd	7
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1

- 6.5 The Overall Champion Club Trophy will be determined by the most number of points accumulated by its swimmers from the Novice Category only.
- 6.6 For any event, which has less than 4 participants, the points will NOT be included for the calculation for both the Most Valuable Swimmer Award and the Overall Champion Club.

7.0 WARM UP GUIDELINES

- 7.1 The Competition and Warm-Up Pools will be available for warm-ups one and a half (1.5) hours before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.
- 7.2 Warm-up lane assignments and regulations for the Competition Pool are as follows:
- Lanes 0 and 9 are Dive Sprint Lanes – strictly for Diving and Sprinting only. Lanes 1 to 8 are Circle Swimming Lanes for general swimming and/or Pace Work.



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- b. There shall be **NO DIVING** in Lanes 1 to 8. Entry to these lanes is via feet first entry from the sitting position at all times.
- c. The use of swim paddles is prohibited during warm-up.
- d. The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.
- e. Swimmers are not allowed to sit or press down on the lane ropes.
- f. Swimmers are required to exit the pool from the sides, and not by climbing over the touch pads.
- g. Only Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- h. In order to ensure a smooth Swimming Competition Time-Lines Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate Technical Officials duty obstruction , **the Pool Deck is strictly out of bounds to ALL** except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer and Appointed Media Coverage Personnel.

8.0 CONTROL ROOM GUIDELINES

- 8.1 Details of disqualification committed by any swimmer shall be made to the competition Organizing Chairman by the Team Manager. No proxies will be entertained.
- 8.2 In the absence of the Organizing Chairman, disqualification enquiry shall be directed only to the Organizing Secretary or Control Room Supervisor.
- 8.3 Enquiry of disqualification shall be made within the same day of competition.
- 8.4 Team Manager shall provide Swimmer Details ie Event Number, Time Final Number, Swimmer's Name, Affiliate Name and Lane Assigned.
- 8.5 **ONLY** the Team Manager shall be allowed to access the Control Room for administrative purposes only. No proxies shall be allowed.
- 8.6 The results will be displayed at the results board. No printed results will be available for individual clubs. A softcopy of the full results will be emailed to the respective clubs after the championship.



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9.0 PROTESTS

- 9.1 Protests are possible:
- If the rules and regulations for the conduct of the competition are not observed,
 - If other conditions endanger the competition and/or competitors, or
 - Against the decisions of the referee; however, no protest shall be allowed against the decisions of fact.
- 9.2 All protests shall be considered by the Meet Referee.
- 9.3 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start the race is given.
- 9.4 Protests must be submitted in accordance with the following:
- In writing, with the supporting facts.
 - With a deposit of RM200.00.
 - Submitted to the Meet Referee by the Team Manager. No proxies will be entertained.
 - Submitted within thirty (30) minutes following the announcement of confirmation by the referee and display at the results board.
- 9.5 If the Meet Referee rejects the protest, he/she must state the reasons for his/her decision. The Team Manager may then appeal the rejection to the Jury of Appeal, whose decision shall be final.
- 9.6 If the protest is not upheld, the deposit shall be forfeited to the Organizing Committee of the Championships. If the protest is upheld, the deposit shall be returned.

10. JURY OF APPEAL

- 10.1 The Chairman of the Jury of Appeal shall be appointed by PRAS.
- 10.2 A maximum of six (6) and a minimum of four (4) other members of the Jury of Appeal shall comprise of the following:



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- a. Organizing Secretary, or his/her representative, and
- b. A maximum of five (5) and a minimum of three (3) representatives from amongst the participating clubs not involved in the dispute. The Chairman of the Jury of Appeal shall appoint the representatives.

11. COMPETITION EVENTS

EVENTS	GROUP 4	GROUP 3	GROUP 2	GROUP 1	OPEN
50m Freestyle	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓
200m Freestyle	✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓
100m Individual Medley	✓	✓	✓	✓	✓
200m Individual Medley	✓	✓	✓	✓	✓
4 x 25m Freestyle Relay	✓	✓	✓	✓	✓
4 x 25m Medley Relay	✓	✓	✓	✓	✓
4 x 50m Mixed Freestyle Relay	✓	✓	✓	✓	✓
4 x 50m Mixed Medley Relay	✓	✓	✓	✓	✓

*Mixed Relay will consist of two (2) male and two (2) female swimmers, of any order.



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12. ORDER OF EVENTS

DAY 1: FRIDAY, 26th August 2016

EVENT NO.	EVENT	CATEGORY	AGE GROUP
101	200m Freestyle	Girls	4
102	200m Freestyle	Boys	4
103	200m Freestyle	Girls	3
104	200m Freestyle	Boys	3
105	200m Freestyle	Girls	2
106	200m Freestyle	Boys	2
107	200m Freestyle	Girls	1 & Open
108	200m Freestyle	Boys	1 & Open
109	50m Backstroke	Girls	4
110	50m Backstroke	Boys	4
111	50m Backstroke	Girls	3
112	50m Backstroke	Boys	3
113	50m Backstroke	Girls	2
114	50m Backstroke	Boys	2
115	50m Backstroke	Girls	1 & Open
116	50m Backstroke	Boys	1 & Open
117	100m Butterfly	Girls	4
118	100m Butterfly	Boys	4
119	100m Butterfly	Girls	3
120	100m Butterfly	Boys	3
121	100m Butterfly	Girls	2
122	100m Butterfly	Boys	2
123	100m Butterfly	Girls	1 & Open
124	100m Butterfly	Boys	1 & Open
125	50m Breaststroke	Girls	4
126	50m Breaststroke	Boys	4
127	50m Breaststroke	Girls	3
128	50m Breaststroke	Boys	3
129	50m Breaststroke	Girls	2
130	50m Breaststroke	Boys	2
131	50m Breaststroke	Girls	1 & Open
132	50m Breaststroke	Boys	1 & Open



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133	4 x 25m Freestyle Relay	Girls	4
134	4 x 25m Freestyle Relay	Boys	4
135	4 x 25m Freestyle Relay	Girls	3
136	4 x 25m Freestyle Relay	Boys	3
137	4 x 25m Freestyle Relay	Girls	2
138	4 x 25m Freestyle Relay	Boys	2
139	4 x 25m Freestyle Relay	Girls	1 & Open
140	4 x 25m Freestyle Relay	Boys	1 & Open

DAY 2: SATURDAY, 27th August 2016

EVENT NO.	EVENT	CATEGORY	AGE GROUP
201	100m Freestyle	Girls	4
202	100m Freestyle	Boys	4
203	100m Freestyle	Girls	3
204	100m Freestyle	Boys	3
205	100m Freestyle	Girls	2
206	100m Freestyle	Boys	2
207	100m Freestyle	Girls	1 & Open
208	100m Freestyle	Boys	1 & Open
209	50m Butterfly	Girls	4
210	50m Butterfly	Boys	4
211	50m Butterfly	Girls	3
212	50m Butterfly	Boys	3
213	50m Butterfly	Girls	2
214	50m Butterfly	Boys	2
215	50m Butterfly	Girls	1 & Open
216	50m Butterfly	Boys	1 & Open
217	100m Backstroke	Girls	4
218	100m Backstroke	Boys	4
219	100m Backstroke	Girls	3
220	100m Backstroke	Boys	3
221	100m Backstroke	Girls	2
222	100m Backstroke	Boys	2
223	100m Backstroke	Girls	1 & Open
224	100m Backstroke	Boys	1 & Open
225	100m Individual Medley	Girls	4
226	100m Individual Medley	Boys	4
227	100m Individual Medley	Girls	3
228	100m Individual Medley	Boys	3



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229	100m Individual Medley	Girls	2
230	100m Individual Medley	Boys	2
231	100m Individual Medley	Girls	1 & Open
232	100m Individual Medley	Boys	1 & Open
233	4 x 50m Freestyle Relay	Mixed	4
234	4 x 50m Freestyle Relay	Mixed	3
235	4 x 50m Freestyle Relay	Mixed	2
236	4 x 50m Freestyle Relay	Mixed	1 & Open

DAY 3: SUNDAY, 28th August 2016

EVENT NO.	EVENT	CATEGORY	AGE GROUP
301	200M Individual Medley	Girls	4
302	200M Individual Medley	Boys	4
303	200M Individual Medley	Girls	3
304	200M Individual Medley	Boys	3
305	200M Individual Medley	Girls	2
306	200M Individual Medley	Boys	2
307	200M Individual Medley	Girls	1 & Open
308	200M Individual Medley	Boys	1 & Open
309	4x 25m Medley Relay	Girls	4
310	4x 25m Medley Relay	Boys	4
311	4x 25m Medley Relay	Girls	3
312	4x 25m Medley Relay	Boys	3
313	4x 25m Medley Relay	Girls	2
314	4x 25m Medley Relay	Boys	2
315	4x 25m Medley Relay	Girls	1 & Open
316	4x 25m Medley Relay	Boys	1 & Open
317	100m Breaststroke	Girls	4
318	100m Breaststroke	Boys	4
319	100m Breaststroke	Girls	3
320	100m Breaststroke	Boys	3
321	100m Breaststroke	Girls	2
322	100m Breaststroke	Boys	2
323	100m Breaststroke	Girls	1 & Open
324	100m Breaststroke	Boys	1 & Open
325	50m Freestyle	Girls	4
326	50m Freestyle	Boys	4
327	50m Freestyle	Girls	3



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328	50m Freestyle	Boys	3
329	50m Freestyle	Girls	2
330	50m Freestyle	Boys	2
331	50m Freestyle	Girls	1 & Open
332	50m Freestyle	Boys	1 & Open
333	4 x 50m Medley Relay	Mixed	4
334	4 x 50m Medley Relay	Mixed	3
335	4 x 50m Medley Relay	Mixed	2
336	4 x 50m Medley Relay	Mixed	1 & Open

13. KEY DATES

12:00pm Saturday, 30 th July 2016	Closing Date for All Entries (Late entries will not be accepted)
1 st -15 th Aug 2016	Preliminary entries by Club will be sent out for verification
17 th Aug 2016	Final entries list will be sent out to all Clubs. (Amendments to any entries will not be accepted)
4:00pm, Thursday 25 th Aug 2016	Team Managers' Meeting at Pusat Akuatik Darul Ehsan, Shah Alam.
26 th Aug 2016, Friday	Competition begins
28 th August 2016, Sunday	Competition ends