

Squad Time Trial - July 2017 (Quickguide)

Shah Alam		
4-Jul	7:45pm	Event 101, 102, 103, 104
8-Jul	6:15am	Event 201, 202, 203, 204

Kampung Pandan		
9-Jul	6:15am	Event 101, 102, 103, 104
12-Jul	7:45pm	Event 201, 202, 203, 204

Step 1:
Attendance

- Mark your attendance as usual

Step 2:
Start List

- Check the "start list" beside the information board

Step 3:
Event / Heat
/ Lane

- Remember your Event No., Heat and Lane

Step 4:
Warm up

- Warm up yourself and time trial start time will be announce

Step 5:
Marshal /
Report

- Marshal / Report according to your Event No., Heat and lane

Step 6:
Swim

- Swim start

Step 7:
Marshal /
Report

- Marshal / Report for the next event

Step 8:
Swim

- Swim start

Step 9:
Completion

- Wait for the official to announce completion of the time trial

Rules and Regulation

- 1) In the event of "no-show" or missed event, swimmers are not allow to reschedule the event.
- 2) Result will be announce on the 19/7.
- 3) Swimmers and parents are not allow to disturb the operation of the time trial.
- 4) Swimmers strictly NOT allow to participate in the time trial if they did not register before the closing date.
- 5) For any inquiry, kindly approach the Information official.
- 6) FINA Rules applied. Official decisions is finalized.