**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 finaled.

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**Squad Time Trial - July 2017 (Quickguide)**

<table>
<thead>
<tr>
<th>(Shah Alam) Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-Jul</td>
<td>7:45pm</td>
<td>Event 101, 102, 103, 104</td>
</tr>
<tr>
<td>8-Jul</td>
<td>6:15am</td>
<td>Event 201, 202, 203, 204</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(Kampung Pandan) Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-Jul</td>
<td>6:15am</td>
<td>Event 101, 102, 103, 104</td>
</tr>
<tr>
<td>12-Jul</td>
<td>7:45pm</td>
<td>Event 201, 202, 203, 204</td>
</tr>
</tbody>
</table>

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**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