



## General Info for Clubs

# Competition Information

## 4<sup>th</sup> Selangor Novice Swimming Meet 2019

- Objectives:

- a) To provide an opportunity for beginner swimmers under 12 years old to gain competitive exposure at the novice level
- b) To encourage new and young swimmers to participate in competitive swimming

- Venue: Pusat Akuatik Darul Ehsan, Shah Alam

- Dates: Saturday 30<sup>th</sup> March & Sunday 31<sup>st</sup> March 2019

- Meet Start Time: 8:00 AM

- Pool available for warm up from: 6:30 AM

# Attire

Day 1 (Sat, 30<sup>th</sup> March 2019)

- Main sponsor T-Shirt (T-Shirt will be given to Team Managers during the Team Manager meeting on Friday, 29<sup>th</sup> Mar 2019)

Day 2 (Sun, 31<sup>st</sup> March 2019)

- Club Tshirt

# Event Order

## Day 1

(Sat, 30<sup>th</sup> Mar 2019)

- 50m Backstroke
- 25m Butterfly
- 50m Breaststroke
- 25m Freestyle
- 4x25m Freestyle Relay

## Day 2

(Sun, 31<sup>st</sup> Mar 2019)

- 25m Backstroke
- 50m Butterfly
- 25m Breaststroke
- 50m Freestyle
- 4x25m Medley Relay

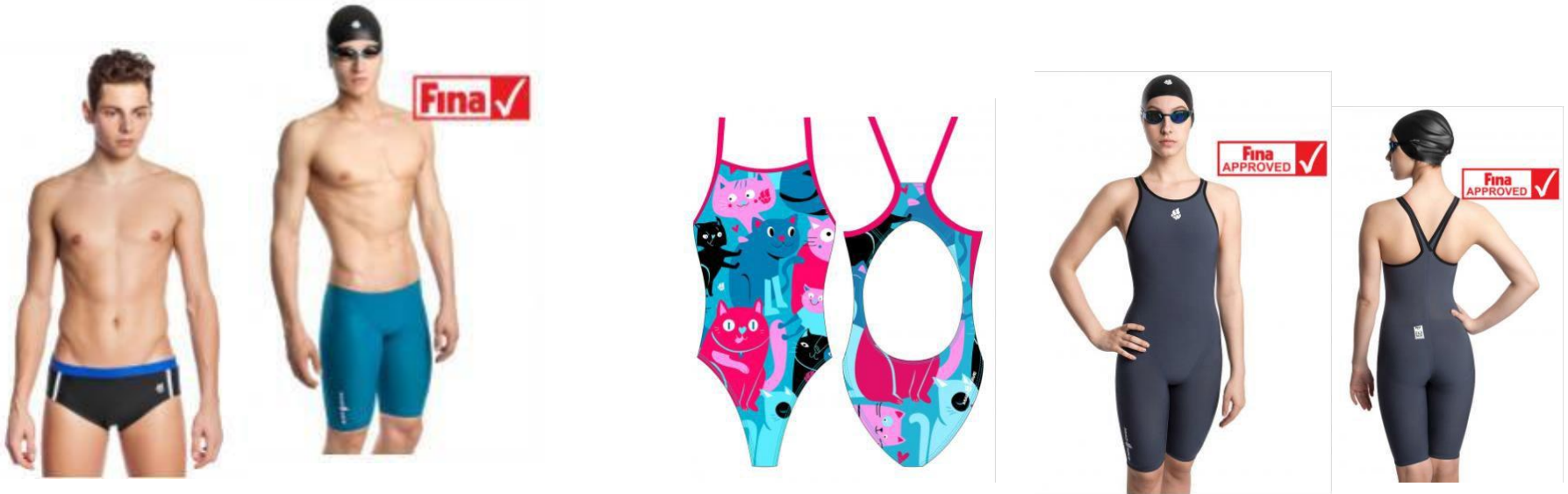
# General Rules

1. Meet follows FINA rules. Swimmers MUST wear FINA approved attire (please see next page)
2. Pool Deck is off limits at all times. Only swimmers, officials and Team Managers (with official tag) will be allowed.
3. ONLY the Team Manager (with official tag) shall be allowed to access the Control Room for submission of necessary paperwork and disqualification (DQ) enquiry. No swimmers, parents / guardians or proxies will be allowed.
4. Team Managers must ensure winning swimmers are at the podium to receive their medals. Announcement will be made before hand
5. For safety reasons, diving boards are strictly off-limits to all swimmers.

# FINA Approved Swim Attire

Rule 8.3 FINA BY LAWS 2017 – 2021:

For pool swimming competitions swimsuits for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, nor extend past the shoulder, nor below knee. The swimsuits shall be made from textile materials



# Steps to Take Before, During and After Competition

1. Find a place to sit at the Stands Area



2. Go to Booth & Buy Program Book



3. Find the events that your child is participating



4. Write the event and heat numbers on your child's arm in the following format:  
E: <event number> H:  
<Heat number> L: Lane number

E.g. E102  
H3  
L7



5. Listen for and look out on scoreboard for your child's event number



6. Swimmer go by himself/herself to report to Marshal



7. Swimmers to stay at Marshal area and follow instructions until own event starts



8. Swimmers to warm down immediately after their event at diving pool



9. Swimmers return to stands area after warm down

# Essentials to bring along

- Food and drinks are not supplied. Please bring along adequate supply. You can also buy at the stalls in the stadium.
- Come in the designated T-Shirts as in slide 3 and use that T for the whole day.
- Change of clothes for going home
- Bathing essentials
- Swim cap (if required)
- Goggles (also keep a spare)
- Swimsuit (must meet regulations, see slide 6)
- Any gear required for warm up e.g. kick-board
- Pen to write on child's arm (e.g. sharpie)
- Additional towel to use after warm down



# Layout of the Shah Alam Pool

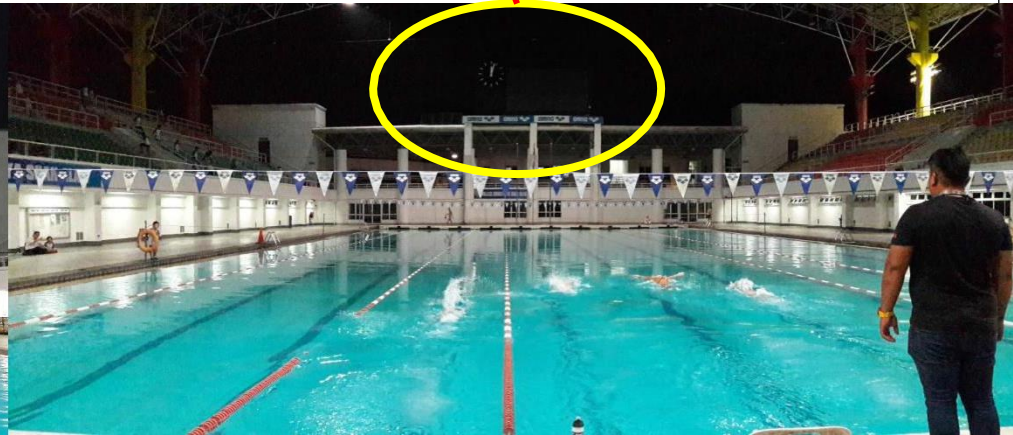
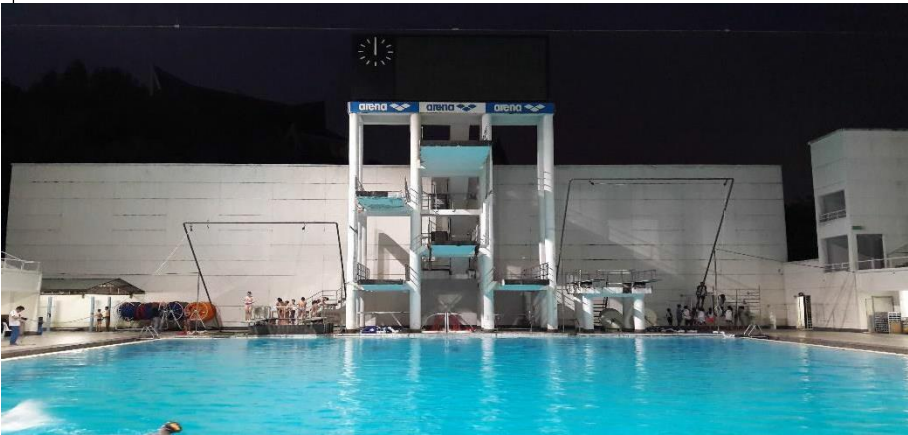




# Layout of the Shah Alam Pool

Diving pool. Warm up after 7:45AM is here. All post event warm down is also here.

Scoreboard. Look out for the event calling number at the bottom



Main pool. This is where the competition takes place. Warm up here is from 6:30AM to 7:45AM

# Layout of the Shah Alam Pool



This is the booth location where you can buy the programme book (below scoreboard) from 7:15 AM to 9:00 AM. After this time please request your Team Manager to buy on your behalf at the control room

# Layout of the Shah Alam Pool

This is the control room where  
Team Manager can buy the  
programme book after 9:00 AM

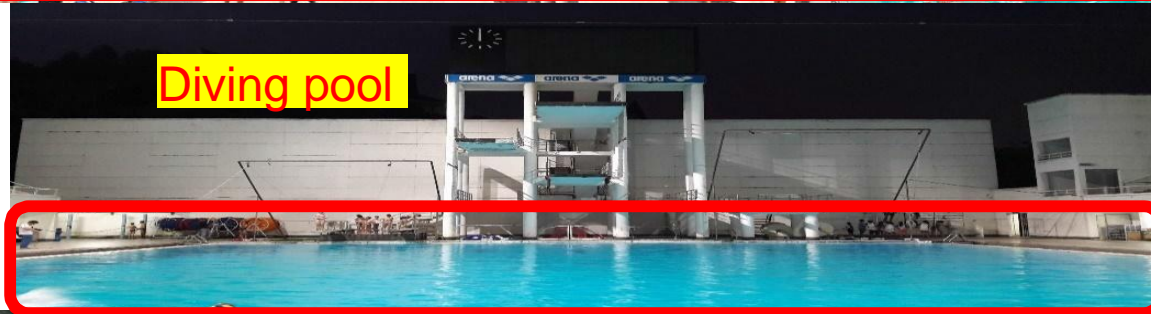
Your child will need to report  
themselves here when their  
event number is displayed at the  
bottom of the scoreboard





# Off limits to parents while meet in progress

Areas in red are off limits to parents. You WILL be asked to leave by RELA personnel if found in that area. If your child needs to be escorted, please get your club's Team Manager to escort your child





**Good Luck**

**&**

**Thank you!!**