

**1<sup>st</sup> Sarawak Short Course Swimming Championship  
10<sup>th</sup> Aug - 11<sup>th</sup> Aug 2019**

**1. General Information**

1.1 Name of Competition

**1<sup>st</sup> Sarawak Short Course Swimming Championship**

1.2 Organiser - Power Aquatics Swimming Club (PASC)

1.3 Venue

Pandelela Rinong Aquatic Centre,  
Jalan Stadium,  
93050 Kuching,  
Sarawak,  
Malaysia.

1.4 Aim

To provide opportunity and platform for beginners and junior swimmers to showcase their skills at a suitable competitive environment; to identify potential swimmers; and to recognise high achievers.

1.5 The events in the championship are as follows:

| <b>EVENT/<br/>GROUP</b> | <b>GROUP E<br/>YEAR<br/>2011 &amp;<br/>BELOW</b> | <b>GROUP D<br/>YEAR<br/>2009 -<br/>2010</b> | <b>GROUP C<br/>YEAR<br/>2007 -<br/>2008</b> | <b>GROUP B<br/>YEAR<br/>2005 -<br/>2006</b> | <b>GROUP A<br/>YEAR<br/>2003 -<br/>2004</b> | <b>OPEN<br/>YEAR<br/>2002 &amp;<br/>ABOVE</b> |
|-------------------------|--|---|---|---|---|---|
| 25m Free                | *  | *   | *   | *   | *   | *   |
| 50m Free                | *  | *   | *   | *   | *   | *   |
| 100m Free               | *  | *   | *   | *   | *   | *   |
| 25m Breast              | *  | *   | *   | *   | *   | *   |
| 50m Breast              | *  | *   | *   | *   | *   | *   |
| 100m<br>Breast          | *  | *   | *   | *   | *   | *   |
| 25m Back                | *  | *   | *   | *   | *   | *   |
| 50m Back                | *  | *   | *   | *   | *   | *   |
| 100m Back               | *  | *   | *   | *   | *   | *   |
| 25m Fly                 | *  | *   | *   | *   | *   | *   |
| 50m Fly                 | *  | *   | *   | *   | *   | *   |
| 100m Fly                | *  | *   | *   | *   | *   | *   |
| 100m IM                 | *  | *   | *   | *   | *   | *   |
| Free 100m<br>Relay      | *  | *   | *   | *   | *   | *   |
| IM 100m<br>Relay        | *  | *   | *   | *   | *   | *   |
| Total No.<br>Of Events  | 15   | 15  | 15  | 15  | 15  | 15  |

1.6 Entry Fees

A fee of RM6 will be imposed for each individual event.  
A fee of RM24 will be levied for each team for each relay event.

1.7 Entry Closing Date : 10<sup>th</sup> July, 2019 at 5pm.

1.8 All participating clubs shall submit their entry forms via email to 'paswimmingclub@gmail.com'. Only entries filled in the official Entry Forms are accepted. Please use separate Entry Forms for boys and girls and for each age group.

1.9 Payment for all entry fees shall be made to the following address:

Beneficiary : Power Aquatics Swimming Club  
Bank : Hong Leong  
Account No : 36400013309

Cheque Payment and cash payment must be submitted to or during the Team Managers' meeting.

For online banking, please email a copy of the online payment confirmation/bank-in slip to 'paswimmingclub@gmail.com'.

**2. Championship Information**

2.1 FINA rules shall apply in this competition.

2.2 All events will be swum as Timed Finals.

2.3 Medals will be awarded according to swimmers' respective age groups.  
Certificates of Participation will be given to each swimmer.

2.4 Age groups are computed as of 1<sup>st</sup> January 2019.

| <b>AGE GROUP</b> |                   |
|------------------|-------------------|
| OPEN             | YEAR 2002 & ABOVE |
| GROUP A          | YEAR 2003 - 2004  |
| GROUP B          | YEAR 2005 - 2006  |
| GROUP C          | YEAR 2007 - 2008  |
| GROUP D          | YEAR 2009 - 2010  |
| GROUP E          | YEAR 2011 & BELOW |

2.5 A swimmer may only compete in the stipulated age group in which she/he falls under.

2.6 Swimmers must submit correct personal best time for each individual event entered so as to encourage keen competition.

2.7 The team leader/manager meeting will be held as follows:

Date : 9<sup>th</sup> August, 2019.  
Time : 4PM  
Venue : Pandelega Rinong Aquatic Centre,  
Jalan Stadium,  
93050 Kuching,  
Sarawak,  
Malaysia.

2.8 There will be no qualifying times for this championship.

### **3. Eligibility**

3.1 The championship is open to any swimming club.

### **4. Awards**

4.1 Gold, Silver and Bronze medals will be awarded to the top three winners in each Age Group for the Boys and Girls category respectively.

4.2 Individual championship trophies will be awarded to the following:

- A) Best Open Boy and Girl
- B) Best Group A Boy and Girl
- C) Best Group B Boy and Girl
- D) Best Group C Boy and Girl
- E) Best Group D Boy and Girl
- F) Best Group E Boy and Girl

4.3 The 'Best Boy' and 'Best Girl' awards will be determined based on the total number of Gold Medals, followed by Silver Medals and Bronze Medals.

### **5. Contacts**

For inquiries, please kindly contact us at [paswimmingclub@gmail.com](mailto:paswimmingclub@gmail.com) .