

SELANGOR LONG DISTANCE SWIMMING CHAMPIONSHIP FOR THE PRESIDENT'S CUP

Introduction

Persatuan Renang Amatir Selangor (PRAS) will organize a long-distance swimming competition in its effort to raise the standard of long distance swimming and competitive swimming in general, in the state. We have keenly observed that over the years, the number of swimmers participating in long distance events like the 1500m and 800m freestyle in Selangor are very few, and it is the same throughout the country. Even the 400m and 200m events in all four strokes have very few takers. The state especially and the country generally are in dire needs of more long-distance swimmers. PRAS hopes to generate interest in these events amongst swimmers in the state and improve the standard in these events. Ultimately, the State and Country will benefit from this championship.

Objective

- To encourage participation in long distance events, especially for age-group and novice swimmers (non-state swimmers)
- To raise the standards of long distance events and swimming in general in the State.
- To develop swimming in the State by providing an equal level of competition for all swimmers differentiated by State and non-State swimmers.

Benefits

- Have you ever noticed how few swimmers compete in the longer distance events? What does that translate to you? It is obvious that your chances of winning a medal, qualifying, or getting selected for national/international competitions will be better! It is your gain and others' loss the more you compete in longer distance events. You will stand a brighter chance of representing the State and Country.
- When you train for long distance events, you will have "covered all your bases" and will be able to compete in the shorter distance events as well as you will have an excellent endurance/aerobic base. It is recognized that a swimmer may compete successfully at a distance "down" (shorter) but that it is very difficult to compete successfully in an event, which is a distance up (longer) if you do not have a good endurance/aerobic base.

COMPETITION RULES

(2010)

1. Name of Competition

1.1 The name of the Championship shall be known as:

Selangor Long Distance Swimming Championship for the President's Cup.

2. Organization:

2.1 Persatuan Renang Amatur Selangor is the principal organizer of this championship.

3. Participation Eligibility:

3.1 The championship is open to all swimmers registered with affiliates of Persatuan Renang Amatur Selangor

4. Date of Competition

4.1 The competition will be held on 24th till 25th August 2019.

5. Events for the Championship

Events		Boys	Girls
1.	1500m Freestyle (Groups Open, 1, 2 & 3 only)	✓	✓
2.	800m Freestyle (Groups Open, 1, 2, 3, & 4)	✓	✓
3.	400m Freestyle (Groups Open, 1, 2, 3, & 4)	✓	✓
4.	200m Freestyle (Group Open, 1, 2, 3, & 4)	✓	✓
5.	200m Back Stroke (Groups Open, 1, 2, 3, & 4)	✓	✓
6.	200m Butterfly (Groups Open, 1, 2, 3, & 4)	✓	✓
7.	200m Breaststroke (Groups Open, 1, 2, 3, & 4)	✓	✓
8.	400m Ind. Medley (Groups Open, 1, 2, 3, & 4)	✓	✓

6. Categories

6.1 There will be two categories for each age group, both boys and girls:

State swimmers: Swimmers who have represented Selangor in any national competitions (i.e. MIAG, MSSM, SUKMA, Malaysian Open) in the last 3 years, ie. 2017 to 2019.

All teams are expected to submit their State swimmers' list on or before the Team Managers' Meeting, failing which a fine of RM200.00 per swimmer will be imposed.

Novice swimmers: Swimmers who have never represented Selangor or any other State before in any national competitions.

- 6.2 Age Groups: Open – above 17 years old – Boys and Girls
 Group 1 – 15 to 17 years old – Boys and Girls
 Group 2 – 13 and 14 years old – Boys and Girls
 Group 3 – 11 and 12 years old – Boys and Girls
 Group 4 – 10 years and under – Boys and Girls
- 6.3 Age is calculated as on 1st January in the year of competition. Each swimmer must swim within his or her age group in individual and team events.

7. General Information

- 7.1 The Championship 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.
- 7.2 The Championship is open only to Swimmers who are existing members of PRAS affiliates (thereafter known as Affiliates) – there will be no limits on the number of swimmers for Affiliates.
- 7.3 Events will be swum as Timed Finals of each Age Group Mixed Girls & Boys. As such, it is **COMPULSORY** for all swimmers to submit proper entry times so as to encourage keen competition, and to ensure the competition runs smoothly.

8. Certificates & Awards

- 8.1 Certificates will be awarded to the top three swimmers in every event.
- 8.2 A “Certificate of Participation” will be awarded to all swimmers.
- 8.3 Awards in the form of monetary incentive will be awarded to the Most Valuable Swimmer in each category for Group 4, 3, 2 and 1 Boys and Girls (State and Novices). There will be no Novice category for Open Boys and Girls. Awards are as follows:
 Champion – RM150.00
 1st Runner-Up – RM100.00
 2nd Runner-Up – RM50.00
- 8.4 The Most Valuable Swimmer Award 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
1 st	9
2 nd	7
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2

8.5 Overall Champion Club will be determined by the most number of points accumulated by its swimmers from the Novice Category.

9. Entries Regulations

9.1 Closing Date for Entries: **Sunday, 21st July 2019 by 5 pm.**

All entries are to be submitted electronically via the *Hy-tek Team Manager* software and email to **selangormetmanager@gmail.com**.

9.2 Late entries will not be entertained.

9.3 Each club may enter any number of individual entries in any one event. Each swimmer may enter any number of events.

9.4 Registration and Entry Fees

- a. Registration Fee is RM20 per swimmer.
- b. Entry Fee is RM6.00 per individual event

9.5 All registration and entry fees are due during the Team Managers' meeting. Cheques are made payable to "Persatuan Renang Amatir Selangor". Alternatively, please pay via our UOB (United Overseas Bank) account no: 1713008716. Please forward a copy of the deposit slip to the Treasurer at skyap57@yahoo.com

10. Withdrawals

10.1 The last chance to withdraw from any event shall be at the TEAM-MANAGERS' meeting at PADE, Shah Alam on **23rd August 2019 (Friday) at 4.00pm**

10.2 Any withdrawals on the day(s) of the Championship with or without notification shall be deemed as "Did Not Show" or "Did Not Swim" (DNS), and is subject to a fine of RM100.00 per event per swimmer. The fine of RM100.00 has to be paid immediately in order for the swimmer to swim the next event. The fine is to be borne by the respective TEAM concerned.

10.3 If there was a DNS for the whole day, a penalty of RM100.00 flat per day per swimmer will be imposed.

10.4 The fine may be waived if the swimmer concerned can produce a valid medical certificate indicating he /she is medically unfit to swim on that day.

11. Protest

11.1 Protests are possible:

- a. If the rules and regulations for the conduct of the competition are not observed,
 - b. If other conditions endanger the competition and/or competitors, or
 - c. Against the decisions of the referee; however, no protest shall be allowed against the decisions of fact.
 - 11.2 All protests shall be considered by the Meet Referee.
 - 11.3 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.
 - 11.4 Protests must be submitted in accordance with the following:
 - a. In writing, with the supporting facts.
 - b. With a deposit of RM200.00.
 - c. Submitted to the Meet Referee by the Team Manager. No proxies will be entertained.
 - d. Submitted with thirty (30) minutes following the conclusion of the respective event.
 - 11.5 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.
 - 11.6 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.
12. Jury of Appeal:
- 12.1 The Chairman of the Jury of Appeal shall be appointed by Persatuan Renang Amatur Selangor.
 - 12.2 A maximum of 6 and minimum of four other members of the Jury of Appeal shall comprise the followings:
 - a) Secretary of the Organizing Committee or 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.

