



**8th Selangor ARENA Short Course Sprint
Invitational Swimming Championships**

2019

Meet Information

27-29th September 2019





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1.0 COMPETITION INFORMATION

- Competition : 8th Selangor ARENA Short Course Sprint Invitational Swimming Championships 2019
- Organizers : Persatuan Renang Amatir Selangor (PRAS)
- Venue : Pusat Akuatik Darul Ehsan, Shah Alam

| Session | Date | Day | Competition | Warm Up |
|---------|--------------|----------|-------------|---------|
| 1 | 27 Sept 2019 | Friday | 8:00am | 6:30am |
| 2 | 28 Sept 2019 | Saturday | 8:00am | 6:30am |
| 3 | 29 Sept 2019 | Sunday | 8:00am | 6:30am |

Details :

2.0 GENERAL INFORMATION

- 2.1** The Championships 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.
- 2.2** The Championships are open only to the following:
- a* Swimmers who are existing members of PRAS affiliates (thereafter known as Affiliates) – there will be no limits on the number of swimmers for Affiliates
 - b* Members of other Clubs in Malaysia invited by PRAS (thereafter known as Guest Clubs) – there will be a limit of 30 male swimmers and 30 female swimmers (regardless of age-group) for Guest Clubs
- 2.3** There will be two categories for each age group in all individual events for both male and female swimmers.



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a State swimmers

- Swimmers from all Affiliates who have represented Selangor (or any other States) in any national competitions (i.e. NAG, MSSM, SUKMA, Malaysian Open) in the last three (3) years, from 2017 to 2019
- Swimmers from all Guest Clubs will be automatically considered as *State Swimmers*

b Novice swimmers

- Swimmers from all Affiliates who have never represented Selangor (or any other States) in any national competitions in the last three (3) years, from 2017 to 2019

- 2.4** All Selangor affiliated clubs are required to submit their State swimmer list correctly, failing which a fine of RM200 per swimmer will be imposed.
- 2.5** Team events (relays) can consist of swimmers from both *State* and *Novice* categories.
- 2.6** All Open Swimmers - 18 years and above shall compete under the **State Category** only.
- 2.7** Events will be swum as Timed Finals of each Age Group and the seeding will be arranged according to entry times submitted.
- 2.8** All Selangor affiliates are required to nominate a minimum of 3 people to serve as Technical Officials during the Meet. A sum of **RM500.00** can be made in lieu of this requirement. All technical officials nomination are to be sent to PRAS Honorary Secretary, Mdm. Helen Chang (hchang20@hotmail.com) and PRAS Technical Director, Mr. Ong Jin Kooi (ong_jinkooi@yahoo.com).

3.0 AGE GROUPS

- 3.1** Age groups are computed as follows for male and female swimmers respectively:
- Open – 18 years and above (born 2000 or earlier)
 - Group 1 – 15 to 17 years old (born 2003, 2002 and 2001)
 - Group 2 – 13 and 14 years old (born 2005 and 2004)
 - Group 3 – 11 and 12 years old (born in 2007 and 2006)
 - Group 4 – 10 years and under (born in 2008 or later)
- 3.2** Age is calculated as of 1st January in the year of competition. Swimmer can only compete in his or her own age group.
- 3.3** Open events will be combined with Group 1 events, but scored separately.



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4.0 ENTRY REGULATIONS

4.1 Closing Date for Entries: Thursday, 29 August 2019 by 12 noon.

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

Affiliates and Guest Clubs who do not own the software may download a free version *Team Manager Lite* from <http://www.hy-tek ltd.com/downloads.html>.

- 4.2 Late entries will not be entertained.
- 4.3 Each club may enter any number of entries in any one event. Each swimmer may enter any number of events.
- 4.4 The Individual Entry Fee is RM60 per swimmer regardless of number of events entered.
- 4.5 The Relay Entry Fee is RM20 per team event.
- 4.6 It is mandatory for swimmers to submit correct entry times (Short course times).
- 4.7 All Entry Fees are due by the Team Manager's meeting.
- 4.8 **Only online payments will be accepted.** The bank details are as follows:
Name: Persatuan Renang Amatir Selangor
Bank: United Overseas Bank
Account No: 1713008716
- 4.9 Please email a copy of the bank in slip to skyap57@yahoo.com and mohdrezalmdamin@gmail.com. Please be ready to provide your proof of payment during the Team Manager's meeting.

5.0 WITHDRAWALS

- 5.1 **The last chance to withdraw from any event shall be by 12pm on Monday, 16 September 2019 via email to selangormetmanager@gmail.com.**
- 5.2 Any withdrawals on the day(s) of the Championships with or without notification shall be deemed as "Did Not Show" or "Did Not Start". A penalty of RM100.00 shall be imposed on all DNS. Payment must be made immediately in order to continue to participate on that day. The fine is to be borne by the respective team concerned.



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- 5.3 The penalty may be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in any further races for the day.
- 5.4 All medical certificates must be handed in the following day otherwise the penalty will be imposed as in 5.2.

6.0 CERTIFICATES & AWARDS

- 6.1 Certificates will be awarded to the top three swimmers/teams in every event.
- 6.2 A “Certificate of Participation” will be awarded to all swimmers.
- 6.3 Awards in the form of monetary and ARENA voucher incentive will be awarded to the Most Valuable Swimmer in each category (**State and Novice**) of their respective age groups, as follows:
- Champion: RM150.00 in prize money & RM150.00 in ARENA voucher
1st Runner-Up: RM100.00 in prize money & RM100.00 in ARENA voucher
2nd Runner-Up: RM50.00 in prize money & RM50.00 in ARENA voucher
- 6.4 The Most Valuable Swimmer Award Trophy will be given out to each male and female swimmer who breaks the most number of Meet Records in any individual events.
- 6.5 Should there be a tie in the number of Meet Records broken, the swimmer with the highest accumulated points from all individual events will be awarded.
- 6.6 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 th | 1 |

- 6.7 The Overall Champion Club Trophy will be determined by the most number of points accumulated by its swimmers from the Novice Category onl



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7.0 WARM UP GUIDELINES

- 7.1** The Competition and Warm-Up Pools will be available for warm-ups one and a half (1.5) hours before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.
- 7.2** Warm-up lane assignments and regulations for the Competition Pool are as follows:
- a. Lanes 0 and 9 are Dive Sprint Lanes – strictly for Diving and Sprinting only. Lanes 1 to 8 are Circle Swimming Lanes for general swimming and/or Pace Work.
 - b. There shall be **NO DIVING** in Lanes 1 to 8. Entry to these lanes is via feet first entry from the sitting position at all times.
 - c. The use of swim paddles is prohibited during warm-up.
 - d. The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.
 - e. Swimmers are not allowed to sit or press down on the lane ropes.
 - f. Swimmers are required to exit the pool from the sides, and not by climbing over the touch pads.
 - g. Only Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
 - h. In order to ensure a smooth Swimming Competition Time-Lines Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate Technical Officials duty obstruction, **the Pool Deck is strictly out of bounds to ALL** except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer and Appointed Media Coverage Personnel.

8.0 CONTROL ROOM GUIDELINES

- 8.1** Details of disqualification committed by any swimmer shall be made to the competition Organizing Secretary by the Team Manager. No proxies will be entertained.
- 8.2** In the absence of the Organizing Secretary, disqualification enquiry shall be directed to Control Room Supervisor.



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- 8.3** Enquiry of disqualification shall be made within the same day of competition.
- 8.4** Team Manager shall provide Swimmer Details i.e. Event Number, Time Final Number, Swimmer's Name, Affiliate Name and Lane Assigned.
- 8.5** **ONLY** the Team Manager shall be allowed to access the Control Room for administrative purposes only. No proxies shall be allowed.
- 8.6** The results will be displayed at the results board. No printed results will be available for individual clubs. A softcopy of the full results will be emailed to the respective clubs after the championship.

9.0 PROTESTS

- 9.1** Protests are possible:
- If the rules and regulations for the conduct of the competition are not observed,
 - If other conditions endanger the competition and/or competitors, or
 - Against the decisions of the referee; however, no protest shall be allowed against the decision of facts.
- 9.2** All protests shall be considered by the Meet Referee.
- 9.3** 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.
- 9.4** Protests must be submitted in accordance with the following:
- In writing, with the supporting facts.
 - With a deposit of RM200.00.
 - Submitted to the Meet Referee by the Team Manager. No proxies will be entertained.
 - Submitted within thirty (30) minutes following the announcement of confirmation by the referee and display at the results board.
- 9.5** 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.
- 9.6** If the protest is not upheld, the deposit shall be forfeited to the Organizing



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Committee of the Championships. If the protest is upheld, the deposit shall be returned.

10. JURY OF APPEAL

10.1 The Chairman of the Jury of Appeal shall be appointed by PRAS.

10.2 A maximum of six (6) and a minimum of four (4) other members of the Jury of Appeal shall comprise of the following:

- a. Organizing Secretary, or his/her 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.

11. COMPETITION EVENTS

| EVENTS | GROUP 4 | GROUP 3 | GROUP 2 | GROUP 1 | OPEN |
|-------------------------------|---------|---------|---------|---------|------|
| 50m Freestyle | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100m Freestyle | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200m Freestyle | ✓ | ✓ | ✓ | ✓ | ✓ |
| 50m Breaststroke | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100m Breaststroke | ✓ | ✓ | ✓ | ✓ | ✓ |
| 50m Backstroke | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100m Backstroke | ✓ | ✓ | ✓ | ✓ | ✓ |
| 50m Butterfly | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100m Butterfly | ✓ | ✓ | ✓ | ✓ | ✓ |
| 100m Individual Medley | ✓ | ✓ | ✓ | ✓ | ✓ |
| 200m Individual Medley | ✓ | ✓ | ✓ | ✓ | ✓ |
| 4 x 25m Freestyle Relay | ✓ | ✓ | ✓ | ✓ | ✓ |
| 4 x 25m Medley Relay | ✓ | ✓ | ✓ | ✓ | ✓ |
| 4 x 50m Mixed Freestyle Relay | ✓ | ✓ | ✓ | ✓ | ✓ |
| 4 x 50m Mixed Medley Relay | ✓ | ✓ | ✓ | ✓ | ✓ |

*Mixed Relay will consist of two (2) male and two (2) female swimmers, of any order.



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12. ORDER OF EVENTS

DAY 1: FRIDAY, 27 SEPTEMBER 2019

| EVENT NO. | EVENT | CATEGORY | AGE GROUP |
|-----------|------------------|----------|-----------|
| 101 | 200m Freestyle | Girls | 4 |
| 102 | 200m Freestyle | Boys | 4 |
| 103 | 200m Freestyle | Girls | 3 |
| 104 | 200m Freestyle | Boys | 3 |
| 105 | 200m Freestyle | Girls | 2 |
| 106 | 200m Freestyle | Boys | 2 |
| 107 | 200m Freestyle | Girls | 1 & Open |
| 108 | 200m Freestyle | Boys | 1 & Open |
| 109 | 50m Backstroke | Girls | 4 |
| 110 | 50m Backstroke | Boys | 4 |
| 111 | 50m Backstroke | Girls | 3 |
| 112 | 50m Backstroke | Boys | 3 |
| 113 | 50m Backstroke | Girls | 2 |
| 114 | 50m Backstroke | Boys | 2 |
| 115 | 50m Backstroke | Girls | 1 & Open |
| 116 | 50m Backstroke | Boys | 1 & Open |
| 117 | 100m Butterfly | Girls | 4 |
| 118 | 100m Butterfly | Boys | 4 |
| 119 | 100m Butterfly | Girls | 3 |
| 120 | 100m Butterfly | Boys | 3 |
| 121 | 100m Butterfly | Girls | 2 |
| 122 | 100m Butterfly | Boys | 2 |
| 123 | 100m Butterfly | Girls | 1 & Open |
| 124 | 100m Butterfly | Boys | 1 & Open |
| 125 | 50m Breaststroke | Girls | 4 |
| 126 | 50m Breaststroke | Boys | 4 |
| 127 | 50m Breaststroke | Girls | 3 |
| 128 | 50m Breaststroke | Boys | 3 |
| 129 | 50m Breaststroke | Girls | 2 |
| 130 | 50m Breaststroke | Boys | 2 |
| 131 | 50m Breaststroke | Girls | 1 & Open |
| 132 | 50m Breaststroke | Boys | 1 & Open |



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| | | | |
|-----|-------------------------|-------|----------|
| 133 | 4 x 25m Freestyle Relay | Girls | 4 |
| 134 | 4 x 25m Freestyle Relay | Boys | 4 |
| 135 | 4 x 25m Freestyle Relay | Girls | 3 |
| 136 | 4 x 25m Freestyle Relay | Boys | 3 |
| 137 | 4 x 25m Freestyle Relay | Girls | 2 |
| 138 | 4 x 25m Freestyle Relay | Boys | 2 |
| 139 | 4 x 25m Freestyle Relay | Girls | 1 & Open |
| 140 | 4 x 25m Freestyle Relay | Boys | 1 & Open |

DAY 2: SATURDAY, 28 SEPTEMBER 2019

| EVENT NO. | EVENT | CATEGORY | AGE GROUP |
|-----------|------------------------|----------|-----------|
| 201 | 100m Freestyle | Girls | 4 |
| 202 | 100m Freestyle | Boys | 4 |
| 203 | 100m Freestyle | Girls | 3 |
| 204 | 100m Freestyle | Boys | 3 |
| 205 | 100m Freestyle | Girls | 2 |
| 206 | 100m Freestyle | Boys | 2 |
| 207 | 100m Freestyle | Girls | 1 & Open |
| 208 | 100m Freestyle | Boys | 1 & Open |
| 209 | 50m Butterfly | Girls | 4 |
| 210 | 50m Butterfly | Boys | 4 |
| 211 | 50m Butterfly | Girls | 3 |
| 212 | 50m Butterfly | Boys | 3 |
| 213 | 50m Butterfly | Girls | 2 |
| 214 | 50m Butterfly | Boys | 2 |
| 215 | 50m Butterfly | Girls | 1 & Open |
| 216 | 50m Butterfly | Boys | 1 & Open |
| 217 | 100m Backstroke | Girls | 4 |
| 218 | 100m Backstroke | Boys | 4 |
| 219 | 100m Backstroke | Girls | 3 |
| 220 | 100m Backstroke | Boys | 3 |
| 221 | 100m Backstroke | Girls | 2 |
| 222 | 100m Backstroke | Boys | 2 |
| 223 | 100m Backstroke | Girls | 1 & Open |
| 224 | 100m Backstroke | Boys | 1 & Open |
| 225 | 100m Individual Medley | Girls | 4 |
| 226 | 100m Individual Medley | Boys | 4 |
| 227 | 100m Individual Medley | Girls | 3 |
| 228 | 100m Individual Medley | Boys | 3 |



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| | | | |
|-----|-------------------------|-------|----------|
| 229 | 100m Individual Medley | Girls | 2 |
| 230 | 100m Individual Medley | Boys | 2 |
| 231 | 100m Individual Medley | Girls | 1 & Open |
| 232 | 100m Individual Medley | Boys | 1 & Open |
| 233 | 4 x 50m Freestyle Relay | Mixed | 4 |
| 234 | 4 x 50m Freestyle Relay | Mixed | 3 |
| 235 | 4 x 50m Freestyle Relay | Mixed | 2 |
| 236 | 4 x 50m Freestyle Relay | Mixed | 1 & Open |

DAY 3: SUNDAY, 29 SEPTEMBER 2019

| EVENT NO. | EVENT | CATEGORY | AGE GROUP |
|-----------|------------------------|----------|-----------|
| 301 | 200M Individual Medley | Girls | 4 |
| 302 | 200M Individual Medley | Boys | 4 |
| 303 | 200M Individual Medley | Girls | 3 |
| 304 | 200M Individual Medley | Boys | 3 |
| 305 | 200M Individual Medley | Girls | 2 |
| 306 | 200M Individual Medley | Boys | 2 |
| 307 | 200M Individual Medley | Girls | 1 & Open |
| 308 | 200M Individual Medley | Boys | 1 & Open |
| 309 | 4x 25m Medley Relay | Girls | 4 |
| 310 | 4x 25m Medley Relay | Boys | 4 |
| 311 | 4x 25m Medley Relay | Girls | 3 |
| 312 | 4x 25m Medley Relay | Boys | 3 |
| 313 | 4x 25m Medley Relay | Girls | 2 |
| 314 | 4x 25m Medley Relay | Boys | 2 |
| 315 | 4x 25m Medley Relay | Girls | 1 & Open |
| 316 | 4x 25m Medley Relay | Boys | 1 & Open |
| 317 | 100m Breaststroke | Girls | 4 |
| 318 | 100m Breaststroke | Boys | 4 |
| 319 | 100m Breaststroke | Girls | 3 |
| 320 | 100m Breaststroke | Boys | 3 |
| 321 | 100m Breaststroke | Girls | 2 |
| 322 | 100m Breaststroke | Boys | 2 |
| 323 | 100m Breaststroke | Girls | 1 & Open |
| 324 | 100m Breaststroke | Boys | 1 & Open |
| 325 | 50m Freestyle | Girls | 4 |
| 326 | 50m Freestyle | Boys | 4 |
| 327 | 50m Freestyle | Girls | 3 |
| 328 | 50m Freestyle | Boys | 3 |
| 329 | 50m Freestyle | Girls | 2 |



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| | | | |
|-----|----------------------|-------|----------|
| 330 | 50m Freestyle | Boys | 2 |
| 331 | 50m Freestyle | Girls | 1 & Open |
| 332 | 50m Freestyle | Boys | 1 & Open |
| 333 | 4 x 50m Medley Relay | Mixed | 4 |
| 334 | 4 x 50m Medley Relay | Mixed | 3 |
| 335 | 4 x 50m Medley Relay | Mixed | 2 |
| 336 | 4 x 50m Medley Relay | Mixed | 1 & Open |

10. KEY DATES

| | |
|---|---|
| 12:00pm, Thursday 29 August 2019 | Closing Date for All Entries (Late entries will not be accepted) |
| 30 August – 14 Sept, 2019 | Preliminary entries by Club will be sent out for verification |
| 15 Sept 2019 | Final entries list will be sent out to all Clubs. (Amendments to any entries will not be accepted) |
| 12:00pm, Monday 16 September 2019 | Final Withdrawals |
| 4:00pm, Thursday, 26 Sept 2019 | Team Managers' Meeting at Pusat Akuatik Darul Ehsan, Shah Alam. |
| 8:00am Friday, 27 September 2019 | Competition starts |



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