



PERSATUAN RENANG AMATUR KUALA LUMPUR

(Kuala Lumpur Amateur Swimming Association)

Kompleks Renang Kuala Lumpur, Jalan Yaacob Latif, Bandar Tun Razak,
56000 Kuala Lumpur, Malaysia. Tel: (603) 9131 6353 Fax: (603) 9130 0210

E-mail: praklumpur@gmail.com

1st September, 2022

The President / Honorary Secretary /Principal,
Affiliates of Amateur Swimming Union of Malaysia
All Affiliated Clubs/Schools

Dear Sir/Madam,

5th MAS/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2022

The Kuala Lumpur Amateur Swimming Association (PRAKL) is pleased to extend invitation to all swimmers of affiliated clubs of ASUM and schools affiliated to PRAKL to participate in the **5th MAS/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2022** as follows:-

2. MEET INFORMATION:

- a) Date : **8th & 9th October, 2022 (Sat & Sun)**
- b) Venue : National Aquatic Centre, Kuala Lumpur Sports City, Bukit Jalil
- c) Organizer : Persatuan Renang Amatir Kuala Lumpur (PRAKL)
- d) Auspices : Malaysia Swimming Federation
- e) Rules : FINA Rules Applies
- f) Age of Reckoning : As of 1st January 2022
- g) Team Manager Meeting : **3:00 pm, 7th October, 2022**
- h) Entries : No limit to the number of swimmers or events that can be participated, subject to the Rules
- i) **Closing Date** : [REDACTED]

3. RULES AND ENTRY FORMS

Enclosed are the rules and regulations together with the relevant forms for the championship for your information.

For further assistance or information, kindly contact [REDACTED]

We thank you in advance for your participation and look forward to receiving your entries.

Yours sincerely,

PERSATUAN RENANG AMATUR KUALA LUMPUR

Mae Chen
Organizing Secretary

5th MAS/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2022

Competition Rules

- 1. Name of Meet :** The swimming meet shall be named the **5th MAS/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2022**.
- 2. Aim :** The aim of the swimming championship is to provide an opportunity for age-group swimmers to participate in the middle and long distance events to promote endurance and strength development in competitive swimming. The meet is held annually in conjunction with Hari Sukan Negara in Malaysia.
- 3. Venue :** National Aquatic Centre, Kuala Lumpur Sports City , Bukit Jalil
- 4. Date/Time :**
Day 1 - Saturday, 8th October, 2022 @ 8:00 am.
Day 2 - Sunday, 9th October, 2022 @ 8:00 am.

The pool will be opened for warm-up at 6:30 am.
- 5. Eligibility :** Members from affiliates of Malaysia Swimming Federation and schools affiliated to Kuala Lumpur Amateur Swimming Association. No independent unattached swimmers are allowed.
- 6. Entry Restriction :**
6.1 Individual Events : No restriction on entries from each club/affiliate, subject to meeting the qualifying times. A fine of **RM25.00 per event** will be imposed on swimmer who does not swim within the qualifying time.
6.2 Team Events : One (1) team per club/affiliate. If the club/affiliate wishes to enter 2 relay teams, only the first team with a faster timing will be recognized for award. The relay entry forms with swimmers' names must be submitted to the Secretariat before lunch break on the day of competition.
- 7. Age Groups :**

a) Open	:	18 years – 25 years	(Born on 2/2/1996 to 1/1/2004)
b) Group 1	:	15 to 17 years	(Born on 2/1/2004 to 1/1/2007)
c) Group 2	:	13 to 14 years	(Born on 2/1/2007 to 1/1/2009)
d) Group 3	:	11 to 12 years	(Born on 2/1/2009 to 1/1/2011)
e) Group 4	:	10 years and below	(Born on 2/1/2011 and after)

Swimmers are only eligible to swim in their respective age grouping. No swimmers are allowed to swim up in the Relay Events.
- 8. Date of Reckoning :** 1st January, 2022
- 9. Competition Format:** All events will be held on Time Final basis.

10. Awards : Swimmers who obtained top 3 positions for each event shall be awarded Certificate of Achievements. All participants will be awarded Certificate of Participations.

Events with less than 2 swimmers may be swum combined with another age group but ranked separately. However, minus one rule applies. In the case of only one participating swimmer/team in an event, points will not be awarded.

Swimmers will be awarded points under each affiliate to determine the Champion Club as follows :

Placing	Points	Placing	Points
1 st	11	6 th	5
2 nd	9	7 th	4
3 rd	8	8 th	3
4 th	7	9 th	2
5 th	6	10 th	1

11. Entry Fees : a) A registration fee of RM50.00 per swimmer is payable;
b) Individual entry fee of RM10.00 per event; and
c) Team entry fee of RM40.00 per relay event.

Total entries fee is payable to PRAKL as per final checklist. Upon checklist confirmation by participating affiliates, there will be no revision nor refund of the entry fees in the event of subsequent withdrawals/scratching.

All entry fees must be paid prior to the Team Managers' Meeting via online/interbank transfer to :-

Kindly email a copy of the online payment confirmation / bank-in slip to [REDACTED] as proof of payment for receipt issuance.

The organizer reserves the right to disallow swimmers from participating in the meet should the entry fees of the affiliate remained unpaid on the day of competition.

12. Entries : All entries are to be submitted electronically using the Hy-Tek Team Manager software, accompanied with copy of entries in pdf format and emailed to [REDACTED] The Event File is as attached.

Club/affiliates may download a free version of Team Manager Lite from www.hy-tek ltd.com/downloads.html.

13. Closing Date : Please submit your electronic entries together with the entry fees to PRAKL secretariat before or latest . Late entries will not be entertained.

14. Team Managers' Meeting : There will be a meeting for all Team Managers at the meeting/marshal room at National Aquatic Centre, Kuala Lumpur Sports City, Bukit Jalil on **Friday, 7th October, 2022 at 3:00 pm.**

15. Events Scratching : Scratching of events is only allowed at the Team Managers' meeting. A penalty of RM25 will be imposed for each event scratched on the day of the meet (after the Team Managers' meeting) unless a medical certificate is furnished. A swimmer is deemed to be unfit to swim for the rest of the day on presentation of a medical certificate.

Entry fees for scratched events shall not be refunded.

16. Order of Events and Qualifying Times

DAY ONE – 8th October, 2022, Saturday 8:00 am.

Event No.	Event	Group	Gender	Qualifying Time
101	800 M Freestyle	Group 3	Boys	12:53.11
102	800 M Freestyle	Group 3	Girls	13:48.97
103	800 M Freestyle	Group 2	Boys	11:57.69
104	800 M Freestyle	Group 2	Girls	12:49.55
105	200 M Backstroke	Group 1	Boys	2:47.18
106	200 M Backstroke	Group 1	Girls	3:05.32
107	200 M Backstroke	Open	Boys	2:38.81
108	200 M Backstroke	Open	Girls	2:56.03
109	800 M Freestyle	Group 1	Boys	11:15.37
110	800 M Freestyle	Group 1	Girls	12:04.18
111	800 M Freestyle	Open	Boys	10:41.55
112	800 M Freestyle	Open	Girls	11:27.90
113	200 M Backstroke	Group 4	Boys	3:30.64
114	200 M Backstroke	Group 4	Girls	3:53.48
115	200 M Backstroke	Group 3	Boys	3:11.38
116	200 M Backstroke	Group 3	Girls	3:32.13
117	200 M Backstroke	Group 2	Boys	2:57.66
118	200 M Backstroke	Group 2	Girls	3:16.93
119	200 M Ind. Medley	Group 4	Boys	3:34.55
120	200 M Ind. Medley	Group 4	Girls	3:57.36
121	200 M Ind. Medley	Group 3	Boys	3:14.93
122	200 M Ind. Medley	Group 3	Girls	3:35.66
123	200 M Ind. Medley	Group 2	Boys	3:00.96
124	200 M Ind. Medley	Group 2	Girls	3:20.20
125	200 M Ind. Medley	Group 1	Boys	2:50.29
126	200 M Ind. Medley	Group 1	Girls	3:08.39
127	200 M Ind. Medley	Open	Boys	2:41.76
128	200 M Ind. Medley	Open	Girls	2:58.96