



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

21st July, 2023

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

Dear Sir/Madam,

6th MAS/ MILO/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2023

Greetings from Persatuan Renang Amatir Kuala Lumpur!

Persatuan Renang Amatir Kuala Lumpur (PRAKL) is pleased to extend invitation to all swimmers of affiliated clubs of MAS and schools affiliated to PRAKL to participate in the **6th MAS/ MILO/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2023** as follows:-

2. MEET INFORMATION:

- a) Date : **23rd & 24th September, 2023 (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 : World Aquatics Rules
- f) Age of Reckoning : As of 1st January 2023
- g) Team Manager Meeting : **3:00 pm, 22nd September, 2023**
- 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, [REDACTED] or email [REDACTED]

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

Yours sincerely,
PERSATUAN RENANG AMATUR KUALA LUMPUR

Nancy Yap
Organizing Secretary

6th MAS/ MILO/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2023

Competition Rules

- 1. Name of Meet** : The swimming meet shall be named the **6th MAS/ MILO/ NSC MID & LONG DISTANCE SWIMMING CHAMPIONSHIP 2023**.
- 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.
- 3. Venue** : National Aquatic Centre, Kuala Lumpur Sports City , Bukit Jalil
- 4. Date/Time** :
Day 1 - Saturday, 23rd September, 2023 @ 8:00 am.
Day 2 - Sunday, 24th September, 2023 @ 8:00 am.

The pool will be opened for warm-up at 6:30 am.

- 5. Eligibility** : Members from affiliates of Malaysia Swimming Federation, schools affiliated to Kuala Lumpur Amateur Swimming Association and recognized academies/institutions of higher learning. 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 **RM50.00 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 2/2/1997 to 1/1/2005)
b) Group 1	:	15 to 17 years	(Born on 2/1/2005 to 1/1/2008)
c) Group 2	:	13 to 14 years	(Born on 2/1/2008 to 1/1/2010)
d) Group 3	:	11 to 12 years	(Born on 2/1/2010 to 1/1/2012)
e) Group 4	:	10 years and below	(Born on 2/1/2012 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, 2023

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 with medals and 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
1 st	11
2 nd	9
3 rd	8
4 th	7
5 th	6

Placing	Points
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

11. Entry Fees : a) An entry fee of RM120.00 per swimmer is payable regardless of number of events; and
b) 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

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 Event File is as attached.

Club/affiliates may download a free version of Team Manager Lite from

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, 22nd September, 2023 at 3:00 pm.**

15. Events Scratching : Scratching of events is only allowed at the Team Managers' meeting. A penalty of RM50 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 – 23rd September, 2023, 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

Event No.	Event	Group	Gender	Qualifying Time
129	400 M Freestyle	Group 3	Boys	6:16.31
130	400 M Freestyle	Group 3	Girls	6:44.34
131	400 M Freestyle	Group 2	Boys	5:49.33
132	400 M Freestyle	Group 2	Girls	6:15.35
133	400 M Freestyle	Group 1	Boys	5:28.74
134	400 M Freestyle	Group 1	Girls	5:53.22
135	400 M Freestyle	Open	Boys	5:12.27
136	400 M Freestyle	Open	Girls	5:35.53
137	4x200 M Freestyle Relay	Group 4	Boys	N/A
138	4x200 M Freestyle Relay	Group 4	Girls	N/A
139	4x200 M Freestyle Relay	Group 3	Boys	N/A
140	4x200 M Freestyle Relay	Group 3	Girls	N/A
141	4x200 M Freestyle Relay	Group 2	Boys	N/A
142	4x200 M Freestyle Relay	Group 2	Girls	N/A
143	4x200 M Freestyle Relay	Group 1	Boys	N/A
144	4x200 M Freestyle Relay	Group 1	Girls	N/A
145	4x200 M Freestyle Relay	Open	Boys	N/A
146	4x200 M Freestyle Relay	Open	Girls	N/A

DAY TWO – 24th September, 2023, Sunday 8:00 am.

Event No.	Event	Group	Gender	Qualifying Time
201	1500 M Freestyle	Group 3	Boys	24:49.42
202	1500 M Freestyle	Group 3	Girls	26:22.54
203	1500 M Freestyle	Group 2	Boys	23:02.65
204	1500 M Freestyle	Group 2	Girls	24:29.10
205	200 M Butterfly	Group 1	Boys	2:46.57
206	200 M Butterfly	Group 1	Girls	3:01.95
207	200 M Butterfly	Open	Boys	2:38.23
208	200 M Butterfly	Open	Girls	2:52.84
209	1500 M Freestyle	Group 1	Boys	21:41.13
210	1500 M Freestyle	Group 1	Girls	23:02.48
211	1500 M Freestyle	Open	Boys	20:35.96
212	1500 M Freestyle	Open	Girls	21:53.24
213	200 M Butterfly	Group 4	Boys	3:29.86
214	200 M Butterfly	Group 4	Girls	3:49.25
215	200 M Butterfly	Group 3	Boys	3:10.67
216	200 M Butterfly	Group 3	Girls	3:28.29
217	200 M Butterfly	Group 2	Boys	2:57.01
218	200 M Butterfly	Group 2	Girls	3:13.36
219	200 M Breaststroke	Group 4	Boys	3:58.40
220	200 M Breaststroke	Group 4	Girls	4:21.81
221	200 M Breaststroke	Group 3	Boys	3:36.60
222	200 M Breaststroke	Group 3	Girls	3:57.87
223	200 M Breaststroke	Group 2	Boys	3:21.07
224	200 M Breaststroke	Group 2	Girls	3:40.82
225	200 M Breaststroke	Group 1	Boys	3:09.21
226	200 M Breaststroke	Group 1	Girls	3:27.80
227	200 M Breaststroke	Open	Boys	2:59.74
228	200 M Breaststroke	Open	Girls	3:17.39

DAY TWO – 24th September, 2023, Sunday 8:00 am.

Event No.	Event	Group	Gender	Qualifying Time
229	400 M Ind. Medley	Group 3	Boys	6:56.96
230	400 M Ind. Medley	Group 3	Girls	7:35.46
231	400 M Ind. Medley	Group 2	Boys	6:27.07
232	400 M Ind. Medley	Group 2	Girls	7:02.82
233	400 M Ind. Medley	Group 1	Boys	6:04.24
234	400 M Ind. Medley	Group 1	Girls	6:37.88
235	400 M Ind. Medley	Open	Boys	5:46.00
236	400 M Ind. Medley	Open	Girls	6:17.96
237	200 M Freestyle	Group 4	Boys	3:11.97
238	200 M Freestyle	Group 4	Girls	3:32.63
239	200 M Freestyle	Group 3	Boys	2:54.41
240	200 M Freestyle	Group 3	Girls	3:13.19
241	200 M Freestyle	Group 2	Boys	2:41.91
242	200 M Freestyle	Group 2	Girls	2:59.34
243	200 M Freestyle	Group 1	Boys	2:32.36
244	200 M Freestyle	Group 1	Girls	2:48.76
245	200 M Freestyle	Open	Boys	2:24.73
246	200 M Freestyle	Open	Girls	2:40.31
247	4x200 M Mixed Freestyle Relay	Group 4	2 Boys & 2 Girls	N/A
248	4x200 M Mixed Freestyle Relay	Group 3	2 Boys & 2 Girls	N/A
249	4x200 M Mixed Freestyle Relay	Group 2	2 Boys & 2 Girls	N/A
250	4x200 M Mixed Freestyle Relay	Group 1	2 Boys & 2 Girls	N/A
251	4x200 M Mixed Freestyle Relay	Open	2 Boys & 2 Girls	N/A

As per Clause 6.1 above, a fine of **RM50.00 per event** will be imposed on swimmer who does not swim within the qualifying time in their individual events.

17. Results : Unofficial results can be viewed from Meet Mobile App. Official results will be posted online in a shared folder and also at www.klaquatics.blogspot.com. No hardcopy of results will be made available.

18. Protests : Protests are allowed against the decision of Referee. Protest must be submitted in writing by the Team Manager to the Referee within 30 minutes of the display of official results, accompanied with a deposit of RM200. If the Referee rejects the protest, he/she must state the reasons for the decision. The Team Manager may then appeal the rejection to the Jury of Appeal, whose decision shall be final.

If the protest is rejected, the deposit shall be forfeited by the Organising Committee. If the protest is upheld, the deposit shall be returned.

19. Jury of Appeal : Jury of Appeal shall comprise of three (3) members from the Organising Committee and two (2) Team Managers from participating clubs not involved in the Appeal.