

NOTICE

DSA SWIM TEAM



DSA TEAM INFO PACK

1ST SAECAxDSA SHORT COURSE CARNIVAL 2023

Following is the information relevant to the meet, please read carefully and adhere accordingly:

Meet Date	: 26/08/2023 (Saturday)
Meet Venue	: National Aquatic Centre, Bukit Jalil
Meet Time	: Event starts at 08:00am Tentative lunch break at 12:45pm
Warm Up Time	: 6:45am sharp (Arrive by 6.30am)
Group Photo	: Saturday 26/08/23, 1:20pm (before the start of PM session)
Team Manager	: Celine
Coaches	: DSA Coaches



All DSA staff and crews will be wearing this

Parking Area : Parking E – FOC for vehicle with DSA Car Sticker
*Swimmers without DSA Car Sticker, apply for DSA Car Sticker at:
<https://form.jotform.com/232352640868460> , **by 25/8/23 (Friday) 2pm.**
Bring along DSA Student Card or confirmation email to collect DSA Car Sticker at the front of Axiata Arena on **26/8/23 (Sat) from 6:15am-8:30am.**

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Event Withdrawal : Inform Team Manager or reach out to DSA's WhatsApp if your child is not able to attend the Carnival due to any reason. Medical certificate is not required for withdrawal.

Equipment : Swim attire, goggles, and DSA Swim Cap.
Do prepare extra sets of all swim attire and racing gear.

Swim Attire : Any swim attire that is appropriate for swimming

Swimmer Uniform : **DSA Swim Team Shirts 2022/2023**
Saturday - Navy/Gold



Food and Drinks : Lunch to be arranged on your own. There will be food trucks around the stadium.

Team Seating Area : Look for the DSA beach flags at the grandstand.
Seating is on first come first served basis. Reserving seats is strictly not allowed.

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Meet Rules and Regulations

- 1) Team Managers are **the official representative** of the team to communicate with the Organizer. **All queries/appeals MUST BE reported to and handled by the Team Managers/Coaches ONLY.**
- 2) Parents are **STRICTLY NOT ALLOWED** to be on the Pool Deck, Secretariat Room, and Marshall/Reporting Area **at all times, including warm up sessions.**
- 3) Start list can be viewed from the PDF in email or Meet Mobile App (paid app) on phone.
- 4) Swimmers must know their Event number (E), Heat (H), Lane (L) before reporting. Kindly look out for the "Calling Event" on the scoreboard in order to report to the Marshalls on time. DSA Team Managers and Coaches will not be responsible for any missing events and **any penalty for missing events will be borne by swimmers.** (We strongly suggest swimmers to write down their E/H/L with a sharpie on their arms/hands to remember).
First timers are advised to look for Team Manager/Coaches/Team Assistants for guidance.
- 5) Swimmers are required to see the coaches on duty before race for race advice and after race for race feedback.
- 6) Meal, transportation, and accommodation are not provided. Swimmers/parents shall arrange their own food, transport, and lodging.
Food trucks and vendors are available outside the pool venue on Carnival day.
- 7) **The diving platforms and springboards are out of bounds at all times!**
- 8) DSA Team Managers and Coaches Team are always on the pool deck and seating area to assist the swimmers. Please consult them if there are any queries or assistance needed.
- 9) There will be Event Crews (with SAECA blue shirts) stationed at the entrance and the grandstand to assist participants.

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Strokes and Racing Rules:

The meet is following World Aquatics Rules. There will be DQ if mistakes make.

- 1) Swimmer may start at the starting block, on the deck, or start in water.
- 2) Start of the race – Freestyle, Breaststroke and Butterfly:
 - i. Before your race, the Referee's initial 4 whistles indicate swimmers to move to the front of the starting block. If you are starting in the water, this is the time to go into the pool and hold on to the starting block.
 - ii. The Referee will then whistle a long blow of whistle to indicate swimmer to go on the starting block. Swimmers get ready to start the race.

Start of the race – Backstroke

- i. Before your race, the Referee's initial 4 whistles indicate swimmers to move to the side of the starting block.
 - ii. The Referee will blow 1 whistle to indicate swimmer to go into the pool.
 - iii. The Referee will blow 1 more whistle to indicate swimmers to hold on to the starting block. Swimmers get ready to start the race.
- 3) After the Starter says "Take Your Mark", swimmer is not allowed to make any movement until the "Beep" to start the race.
- 4) Butterfly and Breaststroke – touch the wall with both hands simultaneously and parallelly.
- 5) Backstroke – touch the wall ON THE BACK with 1 hand.
- 6) Short Course Race – 25 meter is 1 lap; 50 meter is 2 laps.
- 7) After the race, listen to the officials' instruction to clear the pool for the next race to start.

WE WISH ALL SWIMMERS THE BEST IN THIS MEET! DSA ONE TEAM ONE DREAM!!