

**Selangor
Aquatics**



**10TH SELANGOR SHORT COURSE SPRINT INVITATIONAL
SWIMMING CHAMPIONSHIPS 2023**

17TH – 19th November 2023

Pusat Akuatik Darul Ehsan

1.0 GENERAL INFORMATION

Competition: 10th Selangor Short Course Sprint Invitational Swimming Championships 2023

Venue: Pusat Akuatik Darul Ehsan, Shah Alam

Details:

Session	Date	Day	Competition	Warm Up
1	17 Nov 2023	Friday	8:00am	6:30am
2	18 Nov 2023	Saturday	8:00am	6:30am
3	19 Nov 2023	Sunday	8:00am	6:30am

- 1.1 The Championships shall be conducted under the Rules and By-Laws of World Aquatics as prescribed in the Competition Regulations (Approved by the World Aquatics Bureau on 21 February 2023). In matters not provided for, decisions shall rest with the Referee and/or Organizing Committee.
- 1.2 The Championships is a qualifying meet for the Asian Indoor & Martial Arts Games 2024 for Malaysian swimmers.
- 1.3 The Championships are open only to the following:
 - a. Swimmers who are existing members of Selangor Aquatics Affiliates.
 - b. Members of other States affiliated to Malaysia Swimming Federation (MAS) who meet the entry qualification standards.
 - c. Members of other Federations affiliated to World Aquatics who meet the entry qualification standards provided they hold a valid clearance from their Federation.
- 1.4 All entries must be submitted through Selangor Aquatics Affiliates, MAS-affiliated States or World Aquatics-affiliated Federations.
- 1.5 **Club Representation Rule for Multi-Location Clubs**
 - a. Clubs operating across multiple locations in different states within Malaysia must participate as separate entities based on their specific state locations.
 - b. Each club must compete under its own distinct banner corresponding to its specific state location.
 - c. Merging swimmers from various state locations to compete under a single club banner will not be permitted.
 - d. Clubs found in violation of this rule may face disqualification or other penalties as deemed appropriate by the Organizing Committee.

2.0 ENTRY REGULATIONS

2.1

2.2.1 All entries are to be submitted via the Hy-Tek Team Manager software and emailed to

2.2.2 **There is an entry qualifying time to participate in the Championships. A penalty of RM50.00 will be imposed if a swimmer returns a time slower than the entry qualifying time.**

2.2.3 Entries must be accompanied by full payment of the registration (if applicable) and entry fees. Swimmers will not be eligible to participate if the full payment does not reach Selangor

2.2.4 Registration and entry fees are to be made payable via online transfer only to:

2.2.5 **Selangor Swimmer Registration Fee** (For members of Selangor affiliated clubs)
2023 Annual Registration Fee is RM20 per swimmer. For those who have paid in the first half of the year (during SAG), this payment is not required.

2.2.6 **International Swimmer Registration Fee**

An International Swimmer Registration Fee of RM130 per swimmer is applicable to all foreign participants who are not living in Malaysia. This fee is a per meet fee and not an annual fee.

2.2.7 **Entry Fee** (Applicable to all participants)

- a. Individual Event – RM120 per swimmer regardless of number of events entered
- b. Relay Event – RM40 per event per team

2.2.8 There is no limit to the number of individual entries per swimmer.

2.2.9 Swimmers participating in the relay events must be registered in at least one individual event.

2.3 **All entries must be submitted with a time. Entries with No Time (NT) will automatically be rejected.**

2.3.1 **Late Entries Charges**

Late entries after the entries dateline can be accepted but at the cost of twice the entry fee.

- a. Individual Event – RM240 per swimmer regardless of number of events entered
- b. Relay Event – RM80 per event per team

This double charge will be in effect for entries that are submitted between [REDACTED]

- 2.3.2 Amendments to the entries may be made up until [REDACTED] All entries as of 5:00pm, Monday, 6th November 2023 are final and chargeable. No refunds will be provided for whatever reason after this dateline for amendments.

3.0 WITHDRAWALS

- 3.1 [REDACTED]
Withdrawals of entered events can be done at no charge up until 5:00pm, Tuesday, 14th November 2023, but entry fees will not be refunded. Withdrawals will no longer be accepted during the Team Managers' Meeting.
- 3.2 Any withdrawals after the withdrawal deadline or on the day(s) of the Championships with or without notification shall be deemed Did Not Show or Did Not Start (DNS). A penalty of RM100.00 shall be imposed on any "DNS" and payment must be made immediately.
- 3.3 Penalties are to be borne by the respective team concerned. The Organizing Committee reserves the right to withdraw any swimmer/team failing to pay the penalty.
- 3.4 The penalty will 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.
- 3.5 All medical certificates must be produced by the end of the day otherwise the penalty will be imposed as in 3.2.

4.0 COMPETITION INFORMATION

- 4.1 Age groups are computed as follows for male and female swimmers respectively:
- | | |
|----------|--|
| Open: | 19 years and above (born 2004 or earlier) |
| Group 1: | 16, 17 and 18 years old (born 2005, 2006 and 2007) |
| Group 2: | 14 and 15 years old (born 2008 and 2009) |
| Group 3: | 12 and 13 years old (born 2010 and 2011) |
| Group 4: | 11 years old and under (born 2012 or later) |
- 4.2 Age is calculated as of 31st December in the year of competition. Swimmers can only compete in their own age group.
- 4.3 Events listed below will be for both Male and Female:
- | | | |
|----|---------------|-----------------|
| a. | Freestyle: | 50m, 100m, 200m |
| b. | Backstroke: | 50m, 100m |
| c. | Breaststroke: | 50m, 100m |

- d. Butterfly: 50m, 100m
- e. Individual Medley: 100m, 200m
- f. Freestyle Relay: 4x25m, 4x50m (Mixed)
- g. Medley Relay: 4x25m, 4x50m (Mixed)

4.4 **Format of Competition**

The Championships are run in the World Aquatics Short-Course Metres (SCM) format. Events will be swum as Timed Finals of each age group.

- 4.5 Group 1 and Open events will be combined, but scored separately.

5.0 ACCREDITATIONS

- 5.1 Club Accreditations (inclusive of coaches, team managers and support staff) will be given based on the team size in the competition.

Number of Swimmers	Number of Coaches Pass	Number of Team Managers Pass
1-5	1	1
6-10	2	1
11-20	3	1
21-30	4	1
31-45	5	2
46-60	6	2
61-75	7	3
76-90	8	3
91 and above	9	4

- 5.2 **Please note that the pool deck at all Selangor Aquatics competitions is strictly reserved for registered participants, coaches, technical officials, essential support staff or other persons approved by Selangor Aquatics.**
- 5.3 All accreditation cards remain the property of Selangor Aquatics, are NON-TRANSFERABLE, and can be withdrawn or refused at Selangor Aquatics' sole discretion.

6.0 CERTIFICATES, POINTS AND AWARDS

- 6.1 A "Certificate of Participation" will be awarded to all participants.
- 6.2 Certificates will be awarded to the top three swimmers/teams in every event.
- 6.3 The point system is as follows:

Position	Points Awarded
Individual: 1 st to 16 th place	20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay: 1 st to 8 th place	60-51-48-45-42-39-36-33

- 6.4 The relay events score triple points. Only one relay team per club in the respective relay events is eligible for points. If the club enters two relay teams in the same relay event, only the higher ranked relay team will be eligible for points contention.
- 6.5 The Most Valuable Swimmer Award will be presented to each male and female Malaysian swimmer in each age group, who has the highest accumulated number of individual points in the competition.
- 6.6 The Overall Champion Club Trophy will be presented to the club with the highest number of points scored from both individual and relay events.

7.0 WARM UP GUIDELINES

- 7.1 The Competition and Warm-Up pools will be available for warm-up one and a half (1.5) hours before the competition 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:
- Lanes 0, 8 and 9 are Dive Sprint Lanes – strictly for Diving and Sprinting only. Lanes 1 to 7 are Circle Swimming Lanes for general swimming and/or Pace Work.
 - There shall be NO DIVING in Lanes 1 to 7. Entry to these lanes is via feet first entry from the sitting position at all times.
 - The use of swim paddles and fins are prohibited during warm-up.
 - 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.
 - Swimmers are not allowed to sit or press down on the lane ropes.
 - Swimmers are required to exit the pool from the sides, and not by climbing over the touch pads.
 - Only Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
 - 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 Organizing Secretary by the Team Manager/Coach. No proxies will be entertained.
- 8.2 In the absence of the Organizing Secretary, disqualification enquiry shall be directed to Control Room Supervisor.
- 8.3 Enquiry of disqualification shall be made within the same day of competition.
- 8.4 Team Manager/Coach shall provide Swimmer Details ie. Event Number, Time Final Number, Swimmer's Name, Affiliate Name and Lane Assigned.
- 8.5 ONLY the Team Manager/Coach shall be allowed to access the Control Room for administrative purposes only. No proxies shall be allowed.
- 8.6 Results will be available through Meet Mobile. 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:
 - 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;
 - d. 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:
 - a. In writing, with the supporting facts. With a deposit of RM200.00.
 - b. Submitted to the Meet Referee by the Team Manager. No proxies will be entertained.
 - c. 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 Committee of the Championships. If the protest is upheld, the deposit shall be returned.

10. JURY OF APPEAL

- 10.0 The Chairman of the Jury of Appeal shall be appointed by PRAS.
- 10.1 A maximum of six (6) and a minimum of four (4) other members of the Jury of Appeal shall comprise of the following:
- Organizing Secretary, or his/her representative, and
 - 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. ORDER OF EVENTS

17TH November 2023 (Friday) – Session 1			
Event Start Time: 8:00am		Warm-up Time: 6:30am	
EVENT NO.	EVENT	GENDER	AGE GROUP
101	200m Freestyle	Female	Group 4
102	200m Freestyle	Male	Group 4
103	200m Freestyle	Female	Group 3
104	200m Freestyle	Male	Group 3
105	200m Freestyle	Female	Group 2
106	200m Freestyle	Male	Group 2
107	200m Freestyle	Female	Group 1 & Open
108	200m Freestyle	Male	Group 1 & Open
109	50m Backstroke	Female	Group 4
110	50m Backstroke	Male	Group 4
111	50m Backstroke	Female	Group 3
112	50m Backstroke	Male	Group 3
113	50m Backstroke	Female	Group 2
114	50m Backstroke	Male	Group 2
115	50m Backstroke	Female	Group 1 & Open
116	50m Backstroke	Male	Group 1 & Open
117	100m Butterfly	Female	Group 4
118	100m Butterfly	Male	Group 4
119	100m Butterfly	Female	Group 3
120	100m Butterfly	Male	Group 3
121	100m Butterfly	Female	Group 2
122	100m Butterfly	Male	Group 2

123	100m Butterfly	Female	Group 1 & Open
124	100m Butterfly	Male	Group 1 & Open
125	50m Breaststroke	Female	Group 4
126	50m Breaststroke	Male	Group 4
127	50m Breaststroke	Female	Group 3
128	50m Breaststroke	Male	Group 3
129	50m Breaststroke	Female	Group 2
130	50m Breaststroke	Male	Group 2
131	50m Breaststroke	Female	Group 1 & Open
132	50m Breaststroke	Male	Group 1 & Open
133	4x25m Freestyle Relay	Female	Group 4
134	4x25m Freestyle Relay	Male	Group 4
135	4x25m Freestyle Relay	Female	Group 3
136	4x25m Freestyle Relay	Male	Group 3
137	4x25m Freestyle Relay	Female	Group 2
138	4x25m Freestyle Relay	Male	Group 2
139	4x25m Freestyle Relay	Female	Group 1 & Open
140	4x25m Freestyle Relay	Male	Group 1 & Open

18TH November 2023 (Saturday) – Session 2			
Event Start Time: 8:00am		Warm-up Time: 6:30am	
EVENT NO.	EVENT	GENDER	AGE GROUP
201	100m Freestyle	Female	Group 4
202	100m Freestyle	Male	Group 4
203	100m Freestyle	Female	Group 3
204	100m Freestyle	Male	Group 3
205	100m Freestyle	Female	Group 2
206	100m Freestyle	Male	Group 2
207	100m Freestyle	Female	Group 1 & Open
208	100m Freestyle	Male	Group 1 & Open
209	50m Butterfly	Female	Group 4
210	50m Butterfly	Male	Group 4
211	50m Butterfly	Female	Group 3
212	50m Butterfly	Male	Group 3
213	50m Butterfly	Female	Group 2
214	50m Butterfly	Male	Group 2
215	50m Butterfly	Female	Group 1 & Open
216	50m Butterfly	Male	Group 1 & Open
217	100m Backstroke	Female	Group 4
218	100m Backstroke	Male	Group 4
219	100m Backstroke	Female	Group 3
220	100m Backstroke	Male	Group 3
221	100m Backstroke	Female	Group 2
222	100m Backstroke	Male	Group 2
223	100m Backstroke	Female	Group 1 & Open
224	100m Backstroke	Male	Group 1 & Open

225	100m Individual Medley	Female	Group 4
226	100m Individual Medley	Male	Group 4
227	100m Individual Medley	Female	Group 3
228	100m Individual Medley	Male	Group 3
229	100m Individual Medley	Female	Group 2
230	100m Individual Medley	Male	Group 2
231	100m Individual Medley	Female	Group 1 & Open
232	100m Individual Medley	Male	Group 1 & Open
233	4x50m Freestyle Relay	Mixed	Group 4
234	4x50m Freestyle Relay	Mixed	Group 3
235	4x50m Freestyle Relay	Mixed	Group 2
236	4x50m Freestyle Relay	Mixed	Group 1 & Open

19TH November 2023 (Sunday) – Session 3			
Event Start Time: 8:00am		Warm-up Time: 6:30am	
EVENT NO.	EVENT	GENDER	AGE GROUP
301	200m Individual Medley	Female	Group 4
302	200m Individual Medley	Male	Group 4
303	200m Individual Medley	Female	Group 3
304	200m Individual Medley	Male	Group 3
305	200m Individual Medley	Female	Group 2
306	200m Individual Medley	Male	Group 2
307	200m Individual Medley	Female	Group 1 & Open
308	200m Individual Medley	Male	Group 1 & Open
309	4x25m Medley Relay	Female	Group 4
310	4x25m Medley Relay	Male	Group 4
311	4x25m Medley Relay	Female	Group 3
312	4x25m Medley Relay	Male	Group 3
313	4x25m Medley Relay	Female	Group 2
314	4x25m Medley Relay	Male	Group 2
315	4x25m Medley Relay	Female	Group 1 & Open
316	4x25m Medley Relay	Male	Group 1 & Open
317	100m Breaststroke	Female	Group 4
318	100m Breaststroke	Male	Group 4
319	100m Breaststroke	Female	Group 3
320	100m Breaststroke	Male	Group 3
321	100m Breaststroke	Female	Group 2
322	100m Breaststroke	Male	Group 2
323	100m Breaststroke	Female	Group 1 & Open
324	100m Breaststroke	Male	Group 1 & Open
325	50m Freestyle	Female	Group 4
326	50m Freestyle	Male	Group 4
327	50m Freestyle	Female	Group 3
328	50m Freestyle	Male	Group 3
329	50m Freestyle	Female	Group 2
330	50m Freestyle	Male	Group 2
331	50m Freestyle	Female	Group 1 & Open
332	50m Freestyle	Male	Group 1 & Open

333	4x50m Medley Relay	Mixed	Group 4
334	4x50m Medley Relay	Mixed	Group 3
335	4x50m Medley Relay	Mixed	Group 2
336	4x50m Medley Relay	Mixed	Group 1 & Open

12. QUALIFYING TIME

EVENT	GENDER	QUALIFYING TIME				
		OPEN	GP. 1	GP. 2	GP. 3	GP. 4
50M BUTTERFLY	BOYS	32.34	37.34	42.34	47.34	54.34
50M BUTTERFLY	GIRLS	33.34	41.34	44.34	49.34	57.34
100M BUTTERFLY	BOYS	1:11.91	1:26.48	1:36.06	1:47.64	2:12.64
100M BUTTERFLY	GIRLS	1:13.64	1:27.64	1:40.64	1:49.64	2:15.64
50M BACKSTROKE	BOYS	35.25	42.25	46.25	48.25	56.25
50M BACKSTROKE	GIRLS	36.25	44.25	50.25	51.25	59.25
100M BACKSTROKE	BOYS	1:20.64	1:29.10	1:33.05	1:45.80	1:53.50
100M BACKSTROKE	GIRLS	1:22.64	1:30.64	1:33.64	1:47.64	1:56.46
50M BREASTSTROKE	BOYS	38.35	41.21	45.08	51.38	59.56
50M BREASTSTROKE	GIRLS	39.20	48.13	49.84	55.00	1:04.07
100M BREASTSTROKE	BOYS	1:20.25	1:36.25	1:38.25	1:44.25	2:10.25
100M BREASTSTROKE	GIRLS	1:22.25	1:38.25	1:42.25	1:54.25	2:13.25
50M FREESTYLE	BOYS	29.34	35.35	35.20	40.10	51.52
50M FREESTYLE	GIRLS	31.34	37.35	36.95	41.35	54.06
100M FREESTYLE	BOYS	1:08.75	1:12.75	1:14.91	1:23.79	1:45.74
100M FREESTYLE	GIRLS	1:10.75	1:14.75	1:19.56	1:29.45	1:47.76
200M FREESTYLE	BOYS	2:20.00	2:30.00	2:35.00	2:50.00	3:30.00
200M FREESTYLE	GIRLS	2:25.00	2:35.00	2:40.00	2:58.00	3:36.00
100M INDIVIDUAL MEDLEY	BOYS	1:15.00	1:25.00	1:30.00	1:40.00	1:52.50
100M INDIVIDUAL MEDLEY	GIRLS	1:20.00	1:30.00	1:35.00	1:46.00	1:55.00
200M INDIVIDUAL MEDLEY	BOYS	2:30.00	2:45.00	2:55.00	3:15.00	3:45.00
200M INDIVIDUAL MEDLEY	GIRLS	2:35.00	2:55.00	3:05.00	3:20.00	3:56.00