

NOTICE

DSA SWIM TEAM



DSA TEAM INFO PACK (UPDATED)

3RD PENANG INVITATIONAL SWIMMING CHAMPIONSHIPS 2025

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

Meet Date : 20/06/2025 to 22/06/2025 (Friday to Sunday)

Meet Venue : Relau Sports Complex, Relau, Penang

Meet Time : Event starts **at 8:00am**

*Lunch Break TBC

Warm Up Time : 6:45am sharp

Team Manager : Coach Heng & Coach Eddie

Withdrawing Event : i) Last Withdrawal Date is 12/06/2025 (Thursday), 12:00pm via <https://form.jotform.com/251421776238459> along with supporting document, ie MC/school letter.

ii) **A penalty of RM25 per event** shall be imposed for each event withdrawn or "No Show" on the day of the competition. Penalty is to be borne by the respective swimmer.

iii) **Swimmers with DNS must submit the penalty immediately to the Team Manager right after the DNS event in order to continue to participate on that day.**

iv) Penalty will be waived with a valid medical certificate furnished. A swimmer is deemed to be unfit to swim for the rest of the day on presentation of a medical certificate.

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Dress Code : **DSA Swim Team Shirts** (see picture below)

Friday – Navy/Burgundy

Saturday – Pink/White

Sunday – Turquoise/Blue



***Swimmers without the team shirts may wear any DSA shirts or similar color shirt.*

Swim Attire : There are no swimwear restrictions. Participations can wear any type if swimwear as long as it is meant for swimming and **not t-shirt, shorts, tights, or dry-fit material.**

Food and Drinks : Fruits, buns & beverages are provided for **participating DSA swimmers only.**
Swimmers to collect food and beverages at DSA team seating area.
No collection on behalf by other swimmers or parents is allowed.
Lunch to be arranged on your own.

Group Photo : **22/06/2025 (Sunday), 1:15pm (During Lunch Break)**

Team Seating Area : Look for the DSA banner, 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 Meet Mobile App (paid app) on mobile phone the day before the swim meet.
- 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. (We strongly suggest swimmers to write down their E/H/L with a sharpie on their arms/hands to remember).
- 5) Swimmers are required to see the coaches on duty before race for race advice and after race for race feedback.
- 6) **Swimmers are required to check the relay team selection with Team Managers/Coaches before leaving the pool venue.**
- 7) Swimmers are required to inform Team Managers/Coaches before leaving the pool venue.
- 8) Meal, transportation, and accommodation are not provided. Swimmers/parents shall arrange their own food, transport, and lodging.
- 9) The diving platforms and springboards are out of bounds at all times.
- 10) 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.

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