

1.0 GENERAL INFORMATION

Competition MILO / MAS MALAYSIA LONG COURSE SWIMMING CHAMPIONSHIPS 2025

Venue National Aquatic Centre, Kuala Lumpur Sports City, Bukit Jalil

Dates 9-12th October 2025

Sessions		Date	Day	Competition	Warm Up
1	Heats	9 October 2025	Thursday	8.30 AM	7.00 AM
	Finals			5.00 PM	3.30 PM
1	Heats	10 October 2025	Friday	8.30 AM	7.00 AM
	Finals			5.00 PM	3.30 PM
2	Heats	11 October 2025	Saturday	8.30 AM	7.00 AM
	Finals			5.00 PM	3.30 PM
3	Heats	12 October 2025	Sunday	8.30 AM	7.00 AM
	Finals			5.00 PM	3.30 PM

- 1.1 The Championships shall be conducted in accordance with the Rules and By-Laws of World Aquatics as prescribed in the latest version of the Competition Regulations of Swimming in force at the time of the Championships. In matters not prescribed for, decisions shall rest with the Referee and/or the Organising Committee.
- 1.2 The Championships [documents have been submitted for approval to] World Aquatics to act as a Qualifying Event for the World Aquatics Swimming Championships (25m) 2026.
- 1.3 **The Championships is a Qualifying Meet for the following:**
 - a. Any international competitions as determined by MAS.
- 1.4 All entries must be submitted through Clubs/Sports Schools/Schools affiliated to MAS State Affiliates or MAS, or World Aquatics-affiliated Federations.
- 1.5.1 **SAFE SPORT**
 - a. A signatory to the Safe Sport Code Malaysia, MAS is committed to ensuring a healthy and safe environment which is respectful, equitable and free from all forms of misconduct, harassment and abuse;
 - b. As a condition of participation in the Championships, each individual, by virtue of participation, assistance, involvement or preparation are automatically bound by and are required to comply with the Policies of Safe Sport Code Malaysia;
 - c. Any individual with first-hand knowledge, or has specific and credible information from a victim or third-party has the responsibility to report any incident of misconduct, harassment or abuse.

1.5.2 Reporting Channels:

- a. Police Diraja Malaysia (PDRM)
- b. Malaysia Aquatics (MAS)
Secretary General
secgen@malaysiaaquatics.org
- c. Ministry of Youth and Sports (KBS)
<http://kbs.spab.gov.my>

2.0 ELIGIBILITY

2.1 The Championships are open to the following:

a. **Swimmer – Local Club/s**

Swimmers who are existing members of Clubs duly registered and affiliated to their respective states or MAS **and** who meet the Minimum Time Standards for a particular event are eligible to participate;

b. **International Swimmer – Local Club/s**

Foreigners residing in Malaysia who are existing members of Clubs duly registered and affiliated to their respective states or MAS **and** who meet the Minimum Time Standards for a particular event are eligible to participate. Kindly indicate their citizenship status during registration;

c. **International Swimmer – Foreign Teams**

Foreign swimmers of other Federations affiliated to World Aquatics who meet the Minimum Time Standards for a particular event (where applicable) are eligible to participate.

2.2 Sport Schools are eligible to participate and are subject to swimmer eligibility as defined in Clause 2.1 above.

2.3.1 Club Representation Rule for Multi-Location Clubs/Swim School/School

- 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 Organising Committee and/or MAS.

2.3.2 Clause 2.3.1 applies to all clubs, swim schools, sports schools and schools who are participating in the Championships.

2.4 Minimum Time Standards apply for the Championships

- a. Swimmers are eligible to participate in the Malaysia Long Course Swimming Championships only if the swimmer's recorded personal best time for the event is **faster** than the Minimum Time Standards for a particular event;
- b. A swimmer's time achieved during the Championships may be used towards meeting qualification time standards for team selection for MAS approved competitions provided the dates of the Championships fall within the Qualification Period AND specifically expressed in the Qualifying Criteria.

3.0 ENTRY REGULATIONS

3.2 Date of age reckoning for each swimmer will be calculated as of **31st December in the year of competition.**

3.3 All entries are to be submitted through the Hy-Tek Team Manager software and emailed

3.4 All entries from Clubs duly registered and affiliated to their respective states or MAS are to be submitted with the Swimmer's MAS ID.

Entries without the Swimmer's MAS ID attached will be withdrawn upon the Withdrawal Closing Date.

3.5 There is no limit to the number of individual entries per Swimmer.

3.6 All entries must be submitted with a time equivalent or faster than the Minimum Time Standard for that particular event.

Entries submitted with No Time (NT) will automatically be rejected.

3.6 Entries are to be submitted with times achieved in a 50m pool.

3.7 All entries must be submitted by the Entries Closing Date. Late entries will not be entertained.

3.8 No pool side entries or new entries will be accepted after the Entries Closing Date.

3.9 Minimum Time Standards apply for the Championships

- a. **Minimum Time Standard** – The minimum recorded time a swimmer must have achieved for a particular event in order to enter that event.
- b. A swimmer may enter an event only if the swimmer's recorded personal best time for the event is faster than the Minimum Time Standard for a particular event.
- c. An administrative fee of **RM150.00 per event** will be imposed on any swimmer who returns a time more than 3% slower than the Minimum Time Standards for that particular event.

3.10

Maximum Entries Cap

Entries will be capped at a limited number of participants per event per gender.

a. Maximum Entries Cap for the 50m and 100m events

Entries will be capped at **200 participants** for each of the 50m and 100m events per gender.

b. Maximum Entries Cap for the 200m events

Entries will be capped at **200 participants** for each of the 200m events per gender.

c. Maximum Entries Cap for the 400m Freestyle and 400m Ind. Medley events

Entries will be capped at **100 participants** for each of the 400m events per gender.

d. Maximum Entries Cap for the 800m Freestyle event

Entries will be capped at **50 participants** for the 800m Freestyle event per gender.

e. Entries will be seeded from fastest to slowest with the fastest participants up to the entry cap for each event contesting the event.

f. Entries seeded lower than the capped number will be placed on a waiting list and informed in the event of any event withdrawals or non-participation.

The number of participants informed shall be dependent on the number of vacant sports due to event withdrawals or non-participation.

For example:

For the 200m Freestyle – No. 201 shall be informed first, followed by no. 202 and so forth

g. Withdrawals are required from participants including those on the waiting list should the participants no longer wish to participate in the event.

3.11

An absence of notice of withdrawal from participants, including those on the waiting list by the Withdrawals Closing Date shall be deemed as a positive confirmation of the participant's event participation.

Any withdrawals after the Withdrawals Closing Date or on the day/s of the Championships with or without notification shall be deemed as 'Did Not Show' or 'Did Not Start' (DNS). **A penalty of RM150.00** shall be imposed on any 'DNS' and payment must be made immediately before the swimmer's next event.

3.12.1

Fees – Local Entries

- | | | |
|--|---|---|
| a. Swimmer National Registration Fee (Annual) | – | RM50.00 per Swimmer (new) or
RM30.00 per Swimmer (renewal) |
| <i>*not applicable for those already paid for 2025</i> | | |
| b. Entry Fees (Individual Event) | – | RM15.00 per individual event per Swimmer |

3.12.2 Fees – International Entries for Foreign Teams

- | | |
|--|--|
| a. International Swimmer Admin Fee | - USD50.00 per Swimmer per International Team (inclusive of Entry Fees)
OR
USD80.00 per Swimmer per International Team (if not staying in the Official Accommodation) |
| b. Entry Fees (Individual Event) | - NIL |
| c. International Coach/ Team Official/ Support Staff Admin Fee | - USD50.00 per individual and per accreditation pass for entry to the meet and is applicable to all foreign coaches, team managers and support staff from overseas participating teams
OR
USD80.00 per individual per International Team (if not staying in the Official Accommodation) |

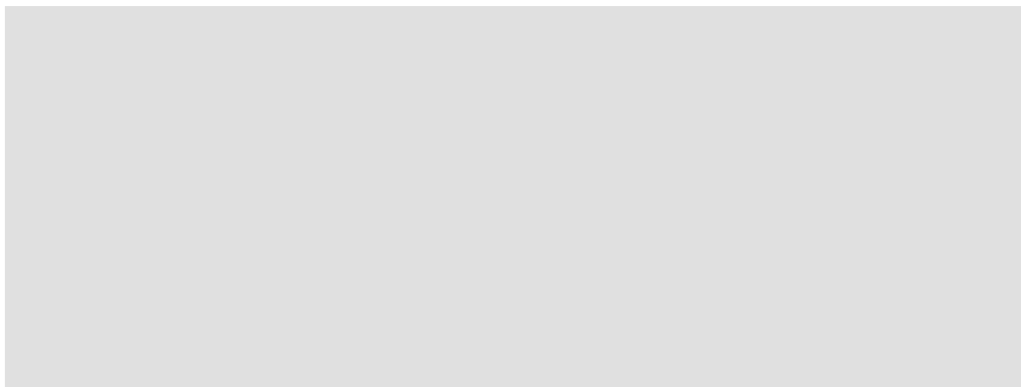
3.13 All entries must be accompanied by FULL PAYMENT of the Registration Fee and/or Entry Fees or the International Swimmer Admin Fees and International Coach Admin Fees and International Team Official/Support Staff Admin Fees, wherever is applicable, by the Payment Deadline.

3.14 Payments received AFTER the Payment Deadline and before the Late Payment Deadline, will incur additional Late Charges as follows:

- | | |
|-----------------|---|
| a. Late Charges | - Double the amount of total entry fees |
|-----------------|---|

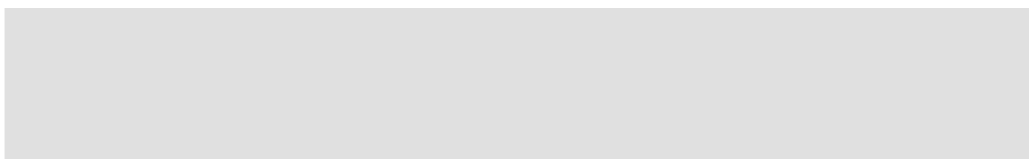
3.15 Swimmer/s will not be eligible to participate should full payment not be received by MAS by the Late Payment Deadline.

3.16



4.0 WITHDRAWALS

4.1



- 4.2 Preliminary Entries List (Psych Sheet) shall be sent to all participating teams for review



- 4.3 Withdrawals are required from participants by the Withdrawal Closing Date, including for participants on the waiting list should they no longer wish to participate in the event.

- 4.4 Withdrawals **MUST** be submitted before the Withdrawals Closing Date, and will not be accepted during the Team Manager's Meeting. There will not be any refund of entry fees for the respective swimmer, in the event of withdrawal/s.

- 4.5 Any withdrawals after the Withdrawals Closing Date or on the day/s of the Championships with or without notification shall be deemed as 'Did Not Show' or 'Did Not Start' (DNS). A **penalty of RM150.00** shall be imposed on any 'DNS' and payment must be made immediately before the swimmer's next event.

- 4.6 Penalties are to be borne by the respective team concerned. The Organising Committee reserves the right to withdraw any swimmer/team failing to pay the penalty.

- 4.7 The penalty will be waived if the swimmer produces a valid medical certificate for the relevant day of the event. However, the swimmer will not be permitted to participate in any further events for the day.

- 4.8 All medical certificates must be produced before the end of the day's session, failing in which the penalty as indicated in Clause 4.5 will be imposed.

4.9 Scratch Procedures for Finals

- a. Heat Results Summaries of each event will be posted daily after completion of the associated morning's Heats Session.
- b. The **SCRATCH / WITHDRAWAL DEADLINE** for each evening's Finals Session shall be **thirty (30) minutes** after the official results of the corresponding event have been posted from the morning's Heats Session.
- c. Team Managers are required to submit all withdrawals for the evening's Finals sessions **BEFORE** the Scratch / Withdrawal Deadline.
- d. **For events with A Finals only** – Swimmers seeded 1-20 in the Heat Results Summary are required to inform of their intention to scratch / withdraw from the respective event **BEFORE** the Scratch / Withdrawal Deadline.
- e. **For events with A / B Finals only** – Swimmers seeded 1-30 in the Heats Results Summary are required to inform of their intention to scratch / withdraw from the respective event **BEFORE** the Scratch / Withdrawal Deadline.

- f **For events with A / B / C Finals** – Swimmers seeded 1-40 in the Heats Results Summary are required to inform of their intention to scratch / withdraw from the respective event **BEFORE** the Scratch / Withdrawal Deadline.
- g. Withdrawals not submitted within the Scratch / Withdrawal Deadline shall be deemed as 'Did Not Show' or 'Did Not Start' (DNS) and a **penalty of RM150.00** shall be imposed on any 'DNS' with payment to be made immediately and before the swimmer's next event.

5.0 ACCREDITATIONS

- 5.1 The pool deck at all MAS-sanctioned competitions is strictly reserved for registered participants, coaches, technical officials, essential support staff or other persons approved by the Organising Committee and/or MAS.**
- 5.2** Starting from 1 March 2024, coaches who wish to apply for an accreditation pass to be on deck during MAS-sanctioned competitions must be registered with MAS.
- 5.3 Fees – Local Coaches**
- a. Coach National Registration Fee (Annual) – RM100.00 per Coach (new) or RM50.00 per Coach (renewal)
**not applicable for those already paid for 2025*
- 5.4** Team Accreditations (inclusive of team manager/s and support staff) will be issued based on the team size in the Championships as follows:

Number of Swimmers	No. of Coaches Pass	No. of Team Managers Pass
1-5	1	1
6-10	2	1
11-15	3	1
16-20	4	1
21-30	5	1
31-45	6	2
46-60	7	2
61-75	8	3
76 and above	9	3

- 5.5** All Accreditation Cards remain the property of MAS, are NON-TRANSFERABLE, and can be withdrawn, refused or revoked at the discretion of the Organising Committee / MAS.
- 5.6** Accreditation will only be issued to the appropriately qualified and eligible persons who are entitled to participate in or perform an official function at the Championships.

- 5.7** In order to ensure a safe and inclusive training and competition environment, all rules and regulations surrounding accreditation will be respected.
- 5.8** Applying for accreditation under false pretences is seen as a violation of accreditation procedures. Anyone found to be in violation of this will have their accreditation revoked and will be asked to leave the venue immediately.
- 5.9** Requests for additional Accreditation Cards in excess of the quantities tabled above in Clause 5.4 are subject to the discretion and approval of the Organising Committee / MAS and will incur charges of RM30.00 per additional Accreditation Card.
- 5.10 Lost or Misplaced Accreditation Passes**
- Replacement passes are available at the following cost:
- a. Coach / Team Manager – RM120.00

6.0 RECORDS and TEAM SELECTION

- 6.1** There will be only one (1) set of results and one (1) set of meet records maintained.
- 6.2** The Championships has been sanctioned by MAS as a Qualifying Meet for any international competitions as determined by MAS.
- 6.3** Only results from individual events may be used towards meeting Qualifying Time Standards for team selection.

7.0 COMPETITION INFORMATION

- 7.1** The Championships will be conducted in the World Aquatics Long–Course Metres (LCM) format.
- a. Heats will be swum in the morning, whilst the Finals will be swum in the evening for the individual events, except for the 800m and 1500m Freestyle.
- b. The 800m and 1500m Freestyle will be swum as Timed Finals, with the slowest heats swum in the morning session, and the fastest heat swum in the evening session.
- c. There shall be **no 1500m Freestyle event** in this Championships.
- 7.2** Technical Officials – All Technical Officials shall be appointed by the Malaysia Aquatics Swimming Technical Committee.

7.3 Events listed below shall be for both Men and Women

- a. Freestyle – 50m, 100m, 200m, 400m, 800m
- b. Backstroke – 50m, 100m, 200m
- c. Breaststroke – 50m, 100m, 200m
- d. Butterfly – 50m, 100m, 200m
- e. Individual Medley – 200m, 400m

7.4 Compulsory Events for Malaysian swimmers

- a. There shall be **NO** compulsory events for Malaysian swimmers.

7.5 Competition Format:

- a. The morning heats shall be flighted only if total participant numbers are 600 swimmers or more.

7.5.1 If total participants are 600 swimmers or more:

Heats-Flighted (10 Lanes)

- a. The morning Heats will be flighted. Competitors shall be placed in graduated time order from **Fastest to Slowest**.
- b. **Flight A** – Fastest 6 Heats per event will swim first.
For the 50m, 100, 200m events, the fastest three (3) heats shall be cyclically seeded.
For the 400m events, the fastest two (2) heats shall be cyclically seeded.
- c. **Flight B** – The remaining heats of the respective events will swim after Flight A.

7.5.2 If total participants are less than 600 swimmers:

Heats-Non Flighted (10 Lanes)

- a. Competitors shall be placed in graduated time order from **Slowest to Fastest**.
- b. For the 50m, 100, 200m events, the fastest three (3) heats shall be cyclically seeded.
For the 400m events, the fastest two (2) heats shall be cyclically seeded.

7.5.3 Finals (10 Lanes) – 50m, 100m, 200m, 400m events

- a. Finalists shall be allocated lanes based on the spearheaded principle from the results of the Heats.
- b. **A Finals** – The fastest 10 qualifiers (1st-10th place) from the Heats of the individual event will advance to the A Finals with a **limit of the fastest two (2) Foreign Swimmers in the A Finals**.
- c. **B Finals** – The next fastest 10 qualifiers (11th-20th place) from the Heats of the individual event will advance to the B Finals provided more than 23 swimmers compete in the associated heats. There is no limit on the number of Foreign Swimmers in the B Finals.

- d. **C Finals** – The next fastest 10 qualifiers (21st–30th place) from the Heats of the individual event will advance to the C Finals provided more than 33 swimmers compete in the associated heats. There is no limit on the number of Foreign Swimmers in the C Finals.
- e. The C Final shall be swum first followed by the corresponding B Final then followed by the corresponding A Final.

7.5.4

800m and 1500m Freestyle

- a. The 800m Freestyle shall be swum as Timed Finals, with the slower heats swum in the morning Heats session and the fastest heat swum in the evening Finals session.
- b. A maximum **limit of three (3) Foreign Swimmers** with the fastest seed time shall be permitted to swim in the evening Finals session.
- c. **There shall be no 1500m Freestyle event in this Championships.**

8.0 CERTIFICATES, POINTS and AWARDS

- 8.1 A “Certificate of Participation” will be awarded to all participants in the Championships.

- 8.2.1 Medals and Certificates of Merit will be awarded to the Top 3 placings in the individual events.

- 8.2.2 Certificates of Merit will be issued to the Top 10 Malaysian swimmers in the individual events.

- 8.3 Medals and Certificates of Merit will only be awarded to Foreign Swimmers if they are in the Top 3 placing in the individual events.

8.4 Championship Awards:

8.4.1 Most Valuable Swimmer (OPEN)

- a. The Most Valuable Swimmer Awards will be presented to the Top 3 Male and Top 3 Female Malaysian swimmers based on the most outstanding performance at the Championships. Determination will be based on the highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events at the Championships;
- b. The Most Valuable Swimmer Award – highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events,
- c. The Most Valuable Swimmer Award 1st Runner Up – second highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events,
- d. The Most Valuable Swimmer Award 2nd Runner Up – third highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events.

8.4.2

Most Valuable Swimmer (18&U)

- The Most Valuable Swimmer Awards will be presented to the Top 3 Male and Top 3 Female Malaysian swimmers based on the most outstanding performance at the Championships. Determination will be based on the highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events at the Championships;
- The Most Valuable Swimmer Award – highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events,
- The Most Valuable Swimmer Award 1st Runner Up – second highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events,
- The Most Valuable Swimmer Award 2nd Runner Up – third highest accumulated number of World Aquatic Points, from a maximum of three (3) individual Olympic events.

8.4.3

Champion Club:

- Award Certificates shall be presented to the Top 3 Local Clubs based on the total points accumulated from athletes aged 18 years and under;
- Points accumulated by athletes shall be as follows:

Position	Points Awarded
INDIVIDUAL: 1st to 10th place	15-13-10-8-6-5-4-3-2-1

9.0 WARM-UP and COMPETITION POOL GUIDELINES

- The Competition Pool will be available for warm-up one and a half (1.5) hours before the Heats session commences and one (1) hour before the Finals session commences. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.
- Warm-up lanes assignments and regulations for the Competition Pool are as follows:
 - Lanes 0, and 9 are Dive Sprint Lanes – strictly for Diving and Sprinting only. Lane 1 shall be for pace work, and Lane 2 to 8 are Circle Swimming Lanes for general swimming.
 - 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 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.

- d. The use of swim paddles and fins are prohibited during warm-up.
- e. Swimmers are not allowed to sit or press down on the lane ropes.
- f. Swimmers are required to exit from the Competition Pool from the sides, and not by climbing over the touch pads.
- g. Only Swimmers, Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- h. 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/s and Appointed Media Coverage Personnel.

10.0 SECRETARIAT GUIDELINES

- 10.1** Details of disqualification / infraction committed by any Swimmer shall be made to the Organising Committee Secretary by the Team Manager. No proxies will be entertained.
- 10.2** In the absence of the Organising Committee Secretary, enquiries relating to disqualifications shall be directed to the Secretariat.
- 10.3** Enquiry of disqualification shall be made within the same day of competition.
- 10.4** The Team Manager shall provide the Swimmer's details, i.e. Event Number, Time Final Number, Lane Assigned, Swimmer's Name and Affiliate/Team Name.
- 10.5** ONLY the Team Manager shall be allowed to access the Secretariat for submission of necessary paperwork and/or disqualification enquiry. NO swimmers, parents/guardians or proxies will be allowed.

11.0 APPEALS

- 11.1** Appeals are possible:
 - a. If the Rules and Regulations for the conduct of the Competition are not observed, or
 - b. If other conditions endanger the Competition and/or Competitors, or
 - c. Against the decisions of the Referee as to the consequence of a Swimmer's rule infraction; however no appeal shall be allowed against decisions of fact.

11.2

Appeals must be submitted in accordance with the following:

- a. In writing on the prescribed form, with the supporting facts,
- b. With a deposit of RM400.00,
- c. Submitted to the Meet Referee by the Team Manager. No proxies will be entertained,
- d. Submitted within thirty (30) minutes following the posting of the official results of the respective event.

11.3

The Meet Referee shall present the appeal to the Chair of the Jury of Appeal, who shall review the appeal and determine its validity as soon as reasonably possible following the submission of the appeal.

11.4

If the Chair deems the appeal to be invalid on the consequence of a Swimmer's rule infraction, the deposit shall be forfeited.

If the appeal is deemed to be valid, the Chair shall initiate a review by the Jury of Appeal which shall render a final decision on the appeal as soon as reasonably practical.

The Chair's decision regarding validity is final.

11.5

If the Jury rules in favour of the appealing party, the deposit shall be returned to the appealing party, and the ensuing course of action shall be decided on a case-by-case basis.

11.6

If the Jury rules against the appealing party, the deposit shall be forfeited.

11.7

If the protest is not upheld, the deposit shall be forfeited to the Organising Committee of the Championships. If the protest is upheld, the deposit shall be returned.

12.0 JURY OF APPEAL

12.1

The Chair of the Jury of Appeal shall be appointed by the Organising Committee Chair / MAS.

12.2

Other members of the Jury of Appeal shall comprise of the following:

- a. A maximum of four (4) and a minimum of two (2) representatives from amongst the participating Club Teams not involved in the dispute, which shall be appointed by the Organising Committee Chair / MAS;
- b. Jury members shall be void of conflicts of interest in advance of their appointment and shall have an obligation to declare any conflicts of interest that may arise, which shall be determined by the Organising Committee Chair / MAS;

12.3

Each member of the Jury shall have one (1) vote and the majority vote shall prevail.

12.4

The decision of the Jury is final.