



Technical Manual and Information Kit

Held under the Sanction of
Philippine Aquatics, Inc

Under this sanction it is understood and agreed that PAI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

PHILIPPINE AQUATICS ABC NOVICE & MASTERS SC SWIMMING MEET- LEG 1 NCR

PAI SANCTION NO.	PANCRANM071126
PURPOSE OF MEET	<ol style="list-style-type: none"> 1. The PAI series of meets seeks to provide opportunities to participate in appropriate, quality swimming competitions in order for them to reach their true potential. It's a competition for all swimmers, using a format that is simple to organize and designed for grassroots Age Group development implementation and Masters. Host clubs shall also help ensure that swimmers are provided with opportunities to compete with one another at their respective levels and classifications in a friendly environment. 2. The competition also provides coaches with opportunities to interact, exchange ideas and learn along with their swimmers. 3. For parents so inclined, these meets also provide opportunities for them to learn the rules of swimming, and volunteer as meet deck officials working side by side with PAI Technical Officials. 4. Host club shall have all times achieved during PAI SC meets submitted to Philippine Aquatics for integration into the PAI Database.
ELIGIBILITY	<p>This PAI Swim Series is open to all competitors in good standing whether they are duly registered or not yet registered with Philippine Aquatics Inc. (PAI).</p> <p>Clubs, Coaches and Swimmers not yet currently registered with PAI in accordance with World Aquatics Rule and who would like to register may contact philippineaquatics@gmail.com to receive registration application material.</p>
RULES	<ol style="list-style-type: none"> 1. Current PHILIPPINE AQUATICS and WA Rules will govern this meet. 2. In matters not provided for, decision shall rest with the Organizing Committee 3. Swimmers will swim in mixed age band and classification, then results will be sorted according to Classification, Age Band and Age Group. 4. Novice swimmers are those swimmers who has not competed in any competition or who were classified as novice swimmers at the start of the novice season from May 2026 up to the present.
DATE	July 11, 2026 Saturday
WARM -UP TIMES	Morning Session 6:30 AM Afternoon Session: During lunch break
START OF MEET	Morning Session 8:00 AM Afternoon Session: After lunch break
COACHES MEETING	Morning Session 7:40 AM



MEET HOST	Philippine Aquatics, Inc.
MEET VENUE	RIZAL MEMORIAL SWIMMING COMPLEX, METRO MANILA
COACHES AND ATHLETES	Open to all swimmers and Coaches in good standing.
ENTRY REGULATIONS	<ol style="list-style-type: none"> 1. All clubs, swimmers and coaches need not be registered with PHILIPPINE AQUATICS for the 2026 swimming season. 2. Age of reckoning shall be AGE AS OF 31 DECEMBER 2026 3. A swimmer may enter in all individual and relay events. 4. Short Course entry times must have been achieved in a Short Course (25m) pool, and verifiable by the PAI DATABASE. Entry times achieved from May 2026 will be recognized. All events will be pre-seeded. 5. Changes to entries on the day of competition will not be accepted.
ENTRY FEES	<ol style="list-style-type: none"> 1. Meet entry fee is PHP 1,200.00 for Leg 1 and 50% for Public School Students. 2. Entry fees must be paid in cash onsite to PHILIPPINE AQUATICS, INC. 3. Entry Fees are not refundable
FRAUDULENT ENTRIES	Coaches found to have intentionally entered swimmers with fraudulent times or times in any event will be penalized Php 1,000.00 for every event entered for being dishonest. A report will also be filed by the host meet organizer to Philippine Aquatics Inc. for administrative review, action or discipline of the coach if so called for.
ENTRY FORMS	<ol style="list-style-type: none"> 1. Entries must be submitted to Aries Ador using the attached official entry form or via TM. 2. Entries not using the Official Entry Form will not be processed.
ENTRY DEADLINE	July 07, 2026 by 5:00 PM. Late entries will only be accepted if accompanied by a P2,500.00 penalty, and provided they are submitted no later than noontime on July 08, 2026 . In either case, a confirmation email will be sent acknowledging the submission of entries.
SEND ENTRIES TO	Name: Aries Ador Email Address: acosico@yahoo.com CC: arsc12@yahoo.com Mobile Number: 0908-9667113
PROTEST AND APPEALS	<ol style="list-style-type: none"> 1. Protest must be submitted: 2. In writing to the Referee by the Team Coach or Team Manager only. 3. Together with a deposit of P10,000.00 within 30 minutes from the time a negative decision has been rendered. The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Coach may then appeal the rejection to the Jury of Appeals with an appeal fee of P20,000.00, to which their decision shall be final. 4. If the protest is rejected, the deposit will be forfeited to PAI. If a protest is upheld, the deposit will be returned.
AWARDS	<ol style="list-style-type: none"> 1. Individual awards will be given to winners of each event per Age Band/Group as follows: 6&Under / 7 / 8 / 9 / 10 for Class ABC 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-60 / 61-64 / 65-69 / 70&Over for Masters 6&U / 7 / 8 / 9 / 10 / 11 / 12 / 13 / 14 / 15 / 16&Over for Novice



MEET OPERATION	<ol style="list-style-type: none"> 1. Swimmers do not need to check in. 2. Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards. 3. All events will be swam slowest to fastest.
PROTEST COMMITTEE	<ol style="list-style-type: none"> 1. A protest committee composed of the Referee, Meet Director, two (2) Coach representative, and one (1) PAI-certified Technical Official acting at large will be established to act upon any administrative protest filed at the meet. 2. A P10,000.00 protest fee must accompany formal protest letters to be considered valid. Protest must be filed within 30 minutes from the time a negative decision has been rendered. 3. The committee will not act upon any technical swimming Judgment decisions, as these are under the jurisdiction of the Referee. The Referee's decision is final. 4. This Committee shall act as a review section in the need of an emergency meeting, and their report may be filed with PAI for administrative review, action or discipline if so called for.
WITHDRAWALS AND DID NOT SHOW (DNS)	<p>Scratch deadline will be on July 09, 2026 at 5:00 P.M. A PHP200.00 administrative scratch fee will be levied for every scratch made at the competition by a coach, on behalf of any swimmers and for any event. <u>Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of the competition.</u></p> <p>Withdrawals within sixty (60) minutes of the start of the session without notification to the Control Room Supervisor shall be deemed Did Not Show or Did Not Swim (DNS). A PHP500.00 administrative scratch fee will be levied for every <u>"NO SHOW" swimmers that are not scratched by their coach in an event at the day of competition.</u></p> <p>The administrative fee and penalty will only 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 all races for the day.</p>
NO SMOKING	<p>Smoking is not allowed in the swimming competition venue</p>
FOOD AND DRINKS	<p>Food Concessionaires and food stalls will be available at the venue</p>
ADAPTED COMPETITORS	<p>Meet Directors will ensure that differently able swimmers are allowed to participate in PAI Swim Series meet.</p>
OTHER INFORMATION	<p>Each participating club shall receive a copy of the meet program and results electronically one (1) day before the meet.</p>



ORDER OF EVENTS

Boys	LEG1 / DAY 1 (MIXED CLASSIFICATION)	Girls
101	100M Freestyle 10&Under ABC	102
103	100M Freestyle 25 – Over Masters	104
105	50M Freestyle 4yrs old – Over Novice	106
107	50M Breaststroke 10&Under ABC	108
109	50M Breaststroke 25 – Over Masters	110
111	25M Breaststroke 4yrs old – Over Novice	112
113	50m Backstroke 10&Under ABC	114
115	50m Backstroke 25 – Over Masters	116
117	25M Backstroke 4yrs old – Over Novice	118
119	50M Butterfly 10&Under ABC	120
121	50M Butterfly 25 – Over Masters	122
123	25M Butterfly 4yrs old – Over Novice	124
125	50M Freestyle 10&Under ABC	126
127	50M Freestyle 25 – Over Masters	128
129	25M Freestyle 4yrs old – Over Novice	130
131	4 X 50M Freestyle Relay 10&Under (Open)	132
133	4 X 50M Freestyle Relay 10&Under Novice (Open)	134
135	4 X 50M Freestyle Relay 11&Over Novice (Open)	136

Warm Up Regulations

1. The pools will be open for swimmers' warm-up at least two hours before each session of competition.
2. Use of swim paddles during warm-up is prohibited.
3. All entries to Circle Swimming lanes must be **FEET FIRST ENTRY ONLY**.
3. Specific lanes will be designated for General warm-up and/or sprint and pace training.
4. Swimmers must clear the pool 15 minutes before the start of the meet.
5. Dive Sprint lanes are one-way only -swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing diving and backstroke starts.
6. Lane assignments for warm-up will be in accordance with PAI / WA Swimming Rules.
7. In the event that there is an oversubscription of swimmers at the warm-up, the host organizer may group participating swim clubs and schedule warm-up times. The warm-up schedules shall be released to participating clubs at least two (2) days before the meet.
8. Swimmers must be supervised by their coaches during warm-up.
9. **Turn end area** of the pool is a **NO ENTRY** and **NO DIVE ENTRY** due to an existing bulkhead issue. All exit from pool must always be on the side.



WARM UP GUIDELINES

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 6:50 A.M. when the competition pool converts to the following diagram.

TURNING END

9	8	7	6	5	4	3	2	1	0
Turn Practice	Turn Practice	Turn Practice	Circle Only	Circle Only	Circle Only	25m Pace Lane Only	Turn Practice	Turn Practice	Turn Practice
Walk Back To start	Walk Back To start	Walk Back To start	25m	25m	25m		Walk Back To start	Walk Back To start	Walk Back To start
15m Dive Sprint Only	15m Dive Sprint Only	15m Dive Sprint Only	Circle Only	Circle Only	Circle Only	25m Pace Lane Only	25m Dive Sprint Lane	25m Dive Sprint Lane	25m Dive Sprint Lane
9	8	7	6	5	4	3	2	1	0

COMPETITION POOL START / FINISH END