



PHILIPPINE AQUATICS NATIONAL TRIALS (LONG COURSE)

It is understood and agreed that Philippine Aquatics Inc. shall be free from any liabilities or claim for damages arising by reason of injuries to anyone during the conduct of the event.

Technical Guide and Information Kit

1. Competition Information

1.1 Competition: **Philippine Aquatics National Trials for the**
1. 46th Southeast Asian Age Group Swimming Championship
2. 55th Singapore National Age Group Swimming Championships 2025
3. 67th Malaysia Open Swimming Championships 2025

1.2 Date: August 15 – 18, 2024

1.3 Venue: Teofilo Yldefonso Swimming Pool
Rizal Memorial Sports Complex, P. Ocampo St., City of Manila

50 Meter 10 Lanes Outdoor Pool
Warm-Down Pool
Automatic Timing System

1.4 Competition Format: Timed Finals

Sessions/Date/Time:

<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Start Time</u>	<u>Warm-up</u>
1	15 August 2024	Thursday	8:00am	6:00 AM
2	16 August 2024	Friday	8:00am	6:00 AM
3	17 August 2024	Saturday	8:00am	6:00 AM
4	18 August 2024	Sunday	8:00am	6:00 AM

1.5 Age Group: 11 - 13, 14 - 15, 16 - 18 and 19&Over years of age

1.6 Awards:

- 1.6.1 Medals shall be awarded to the top 3 finishers per event per age group (11 - 13, 14 - 15, 16 - 18 and 19&Over years old).
- 1.6.2 Trophies for the Most Outstanding Swimmers in each Age Group will be based on individual points achieved.
- 1.6.3 Should a DOUBLE/TRIPLE OR ANY OTHER TIE occur, it shall be resolved in the following manner:
- 1.6.3.1 By the number of GOLD MEDALS earned
 - 1.6.3.2 By the number of SILVER MEDALS earned
 - 1.6.3.3 By the number of BRONZE MEDALS earned
 - 1.6.3.4 By the next highest placing earned
 - 1.6.3.5 Should ANY TIE NOT BE RESOLVED using rules 1.5.3.1 to 1.5.3.4, CO-MVP-swimmer shall be awarded to both swimmers.

1.7 Points:

Individual Events

Placing	1st	2nd	3rd	4th	5th	6th	7th	8th
Points	30	21	18	15	12	9	6	3





1.8 Eligibility

1.8.1 Open to all Philippine Aquatics member swimmers and teams interested to join. Swimmers based overseas or those who are not a member yet who intends to participate in the National Tryout may accomplish the Philippine Aquatics membership through Google form before submitting their entries.

2. **General Rules**

2.1 Philippine Aquatics National Tryout for the 46th Southeast Asian Age Group Swimming Championship shall be conducted under the Rules and Regulations of Philippine Aquatics Inc. and World Aquatics as prescribed.

2.2 Participation is open to all Philippine Aquatics member swimmers and teams interested to join. All Public Elementary and High School students are FREE of Charge of the entry fees BUT must submit the following; School Registrar's Certificate with Official seal and 2x2 student photo attached on it and/or Official School ID card with photo attached on it. NO other school forms will be accepted, otherwise the student shall pay the full amount of the Entry Fee.

2.3 Swimmers are allowed to swim all events. For events 400 meter IM and 400, 800 & 1500 meter Freestyle, we will only limit participation to swimmers with verifiable submitted seed times. Non verifiable times will be rejected. Kindly indicate in the remarks of the entry form which meet and date the seed times was achieved. Entry with no remarks will not be accepted.

2.4 This competition will serve as a qualifying competition for the 46th SEA Age Group Swimming Championship in Thailand, 55th Singapore National Age Group Swimming Championships 2025 and the 67th Malaysia Open Swimming Championships 2025 and other International Age Group competition deemed necessary.

2.5 For the 46th SEA Age Group Swimming Championships, a swimmer must achieve the Qualifying Time Standard (Attached Below) and must be from the top 3 best time in each event. In case of a tie in the official time in the 3rd and 4th place, both swimmers will do a swim-off for the 3rd slot. SEA Age Group rules only allows 3 swimmers per country in each event.

For the 55th Singapore National Age Group Swimming Championships 2025 and the 67th Malaysia Open Swimming Championships 2025, the Qualifying Standard (QS) shall be the top 2 highest ranked from the World Aquatics points table per age band per gender from aged 13 to 18 years old shall form the Philippine Team for these 2 event. For swimmers ages 19 and above (Open), the top 4 highest ranked from the World Aquatics points table in this age group per gender shall form the Philippine Team for these 2 event. **Swimmers must achieve the minimum World Aquatics points required indicated below.**

2.5.1 For the 55th Singapore National Age Group Swimming Championships 2025 and 67th Malaysia Open Swimming Championships 2025 Age Groups are computed as follows:

19&Over	Born in 2006 or earlier	maximum WA Points achieved
Single Age Band		
18 yrs old	Born in 2007	minimum WA Points - 667
17 yrs old	Born in 2008	minimum WA Points - 634
16 yrs old	Born in 2009	minimum WA Points - 600
15 yrs old	Born in 2010	minimum WA Points - 567
14 yrs old	Born in 2011	minimum WA Points - 534
13 yrs old	Born in 2012	minimum WA Points - 500

2.6 Swimmers who achieve the Qualifying Time Standard (QTS) or (QS) will be provided all travel and competition expenses by Philippine Aquatics, Inc.

2.7 The Organizer reserves the right to decline entries if the need arises on or before the set deadline of submission of entries

2.8 The decision shall rest with the Organizing Committee should there be matters of concern not indicated herein.

2.9 **Entry Fees**





- 2.9.1. Registration entry fee is **Two Thousand Pesos (P2,000.00)** per swimmer entered.
- 2.9.2. **Late or incomplete entries will not be accepted**
- 2.9.3 Make payments at the venue. Free shirts will be provided to registered Coaches. Kindly submit your sizes by August 1, 2024. Free size will be provided if no size was submitted.
- 2.10 Age of Reckoning
- 2.9.1 Age as of 31 December 2024
- 2.11 Protests
- 2.11.1 Protests are possible
- 2.10.1.1 If the rules and regulations for the conduct of the National Tryout are not observed,
- 2.10.1.2 If other conditions endanger the event and/or competitors, or
- 2.10.1.3 Against decisions of the Referee; however no protests shall be allowed against Decisions of fact.
- 2.11.2 Protests must be submitted:
- 2.10.2.1 To the Referee;
- 2.10.2.2 In writing;
- 2.10.2.3 By the Team Coach only;
- 2.10.2.4 Together with a deposit of P 25,000.00; and
- 2.10.2.5 Within 30 minutes following the conclusion of the respective event.
- 2.10.2.6 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start is given.
- 2.11.3 The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Team Coach may then officially appeal the rejection to the Jury of Appeals whose decision shall be final.
- 2.11.4 If the protest is rejected, the deposit will be forfeited to PAI. If a protest is upheld, the deposit will be returned.
- 2.12 Scratches
- 2.12.1 "DID NOT SWIM" (DNS) swimmers that are not scratched by their coach in an event at the day of competition will not be permitted to swim in subsequent events in that session.
- 2.12.2 An administrative fee of P 200.00 per event shall be imposed for each competitor who is scratched by the coach or did not swim in any of their event during the competition.
- 2.12.3 Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of each session.
- 2.12.4 The fee will only be waived upon submission of a valid medical certificate.

3. Order of Events

ORDER OF EVENTS

BOYS	Day 1 August 15, 2024	GIRLS
101	400 M FREESTYLE 11 & Over	102
103	50 M BREASTSTROKE 11 & Over	104
105	100 M BACKSTROKE 11 & Over	106
107	200 M INDIVIDUAL MEDLEY 11 & Over	108

BOYS	Day 2 August 16, 2024	GIRLS
201	200 M BREASTSTROKE 11 & Over	202
203	50 M FREESTYLE 11 & Over	204
205	100 M BUTTERFLY 11 & Over	206
207	1500 M FREESTYLE 11 & Over	208

GIRLS	Day 3 August 17, 2024	BOYS
301	200 M FREESTYLE 11 & Over	302
303	100 M BREASTSTROKE 11 & Over	304
305	50 M BACKSTROKE 11 & Over	306
307	200 M BUTTERFLY 11 & Over	308
309	800 M FREESTYLE 11 & Over	310





BOYS	Day 4 August 18, 2024	GIRLS
401	100 M FREESTYLE 11 & Over	402
403	200 M BACKSTROKE 11 & Over	404
405	50 M BUTTERFLY 11 & Over	406
407	400 M INDIVIDUAL MEDLEY 11 & Over	408

4. Entry Regulations

- 4.1 All entries must be submitted in accordance with these Rules and Regulations.
- 4.2 Each swimmer must be registered in the Entry Form, as per attached. Entries with NO TIME (NT) will be rejected. Times in the 400 meter IM, 400, 800 and 1500 meter Freestyle must be verifiable. Kindly indicate in the remarks in which competition and date submitted seed time was achieved.
- 4.3 Entry times must be achieved in competitions from August 2023.
- 4.4 Team Coaches shall submit the consolidated entry form for their team, as per attached.
- 4.5 Deadline for the submission of scratches is at 10:00 am of August 13, 2024, otherwise all scratches made thereafter shall be charged the full Entry Fee.
- 4.6 Late entries may be processed if accompanied by a late processing fee of P2,500.00 per team, regardless of how many late entries are submitted by a coach/team and not later than 8:00 PM of August 12, 2024.
- 4.7 Entries must be submitted by 5:00 PM on Wednesday, 07 August 2024. Submit entries on Official Entry Forms or TM entries. Entries not submitted on Official Entry Forms or TM entries will be rejected. Email entries to:

coachrichardluna@gmail.com
cc : philippineaquatics@gmail.com

Please make sure your entries are received and confirmed. Text or call # 0998 852 3457.

5. Warm Up

- 5.1 The pools will be open for swimmers' warm-up at least two hours before each session of competition.
- 5.2 Use of swim paddles during warm-up is prohibited.
- 5.3 Specific lanes will be designated for General warm-up and/or sprint and pace training.
- 5.4 Swimmers must clear the pool 15 minutes before the start of the meet.
- 5.5 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.





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
25m	25m	Turn	Circle	Circle	Circle	50m	Turn	15m	15m
Dive Sprint Lane	Dive Sprint Lane	Practice	Only	Only	Only	Pace Lane Only	Practice	Dive Sprint Only	Dive Sprint Only
Walk	Walk	Walk					Walk	Walk	Walk
Back	Back	Back					Back	Back	Back
To start	To start	To start					To start	To start	To start
15m	15m	15m	Circle	Circle	Circle	50m	25m	25m	25m
Dive Sprint Only	Dive Sprint Only	Dive Sprint Only	Only	Only	Only	Pace Lane Only	Dive Sprint Lane	Dive Sprint Lane	Dive Sprint Lane
9	8	7	6	5	4	3	2	1	0

COMPETITION POOL START / FINISH END

6. Coaches Meeting

6.1 There will be a coaches meeting 20 minutes before the start of the meet. Coaches are required to join the meeting so they may be updated and briefed on any timeline or changes at the meet.

7. For the 46th SEA Age Group Swimming Championships 2024 Qualifying Time Standard (QTS)

QUALIFYING TIME STANDARD

AGE GROUP	EVENT	BOYS	GIRLS
16 – 18	400 M Freestyle	4:07.74	4:27.51
14 – 15	400 M Freestyle	4:05.92	4:31.61
13 & Under	400 M Freestyle	4:20.14	4:36.83
16 – 18	50 M Breaststroke	29.99	33.86
14 – 15	50 M Breaststroke	30.72	33.98
13 & Under	50 M Breaststroke	32.84	35.67
16 – 18	100 M Backstroke	59.21	1:06.31
14 – 15	100 M Backstroke	1:00.69	1:08.38
13 & Under	100 M Backstroke	1:03.31	1:09.52



16 – 18	100 M Butterfly	57.07	1:03.13
14 – 15	100 M Butterfly	57.47	1:03.99
13 & Under	100 M Butterfly	1:01.13	1:06.44
16 – 18	200 M Individual Medley	2:11.87	2:23.29
14 – 15	200 M Individual Medley	2:12.30	2:25.72
13 & Under	200 M Individual Medley	2:19.83	2:28.78
16 – 18	50 M Freestyle	24.35	27.05
14 – 15	50 M Freestyle	24.64	27.52
13 & Under	50 M Freestyle	25.61	28.02
16 – 18	200 M Freestyle	1:55.45	2:09.09
14 – 15	200 M Freestyle	1:56.61	2:09.00
13 & Under	200 M Freestyle	2:05.12	2:13.12
16 – 18	50 M Butterfly	25.72	28.46
14 – 15	50 M Butterfly	25.97	29.42
13 & Under	50 M Butterfly	28.01	29.26
16 – 18	200 M Backstroke	2:13.06	2:24.98
14 – 15	200 M Backstroke	2:12.44	2:26.01
13 & Under	200 M Backstroke	2:18.11	2:27.97
16 – 18	100 M Breaststroke	1:05.78	1:13.62
14 – 15	100 M Breaststroke	1:06.99	1:14.50
13 & Under	100 M Breaststroke	1:11.70	1:16.60
16 – 18	400 M Individual Medley	4:34.89	5:08.72
14 – 15	400 M Individual Medley	4:37.96	5:11.09
13 & Under	400 M Individual Medley	4:56.01	5:13.31
16 – 18	50 M Backstroke	27.38	30.85
14 – 15	50 M Backstroke	28.31	31.36
13 & Under	50 M Backstroke	29.25	31.48
16 – 18	100 M Freestyle	53.01	58.41
14 – 15	100 M Freestyle	53.25	59.84
13 & Under	100 M Freestyle	56.69	1:01.68
16 – 18	200 M Breaststroke	2:22.87	2:40.42
14 – 15	200 M Breaststroke	2:24.49	2:45.54
13 & Under	200 M Breaststroke	2:37.86	2:44.87
16 – 18	200 M Butterfly	2:06.83	2:20.79
14 – 15	200 M Butterfly	2:07.69	2:24.06
13 & Under	200 M Butterfly	2:19.68	2:33.33
16 – 18	1500 M Freestyle	16:34.51	
14 – 15	1500 M Freestyle	16:20.37	
13 & Under	1500 M Freestyle	17:25.79	
16 – 18	800 M Freestyle		9:15.08
14 – 15	800 M Freestyle		9:26.58
13 & Under	800 M Freestyle		9:30.43



Criteria for Selection

1. The Philippine Aquatics National Trials 2024 shall be the qualifying meet for the 46th SEA Age Group 2024, the 55th Singapore National Age Group Swimming Championships 2025, and the 67th Malaysia Open Swimming Championships 2025.
2. A swimmer must have competed in Philippine Aquatics National Trials 2024.
3. Overseas based swimmers who wish to be considered for selection to the team, must take part in the PAI National Trials.
4. Selection Priority:
 - 4.1. Automatic selection:
 - 4.1.1 Time set to be at least equal to the 3rd place finish of the 45th SEA Age Group 2023.
 - 4.2. Only the fastest 3 swimmers in each event having met the QTS from the official results of the Qualifying competition duly recognized by PAI will be considered.
 - 4.2.1 For the 55th Singapore National Age Group Swimming Championships 2025, and the 67th Malaysia Open Swimming Championships 2025, Top 2 highest World Aquatics points achievers per age band per gender from ages 13 to 18 years old.
 - 4.2.2 The 55th Singapore National Age Group Swimming Championships 2025, and the 67th Malaysia Open Swimming Championships 2025, Top 4 highest World Aquatics points achievers for age group 19 years old and above per gender.
5. Swimmers must be Filipino citizens and must have Philippine Passport to be considered.
6. The cost will be as follows:
 - 6.1. Swimmers who meet the automatic qualifying standard for SEA Age Group 2024 shall be fully funded by PAI.
7. The decision of the Selection Committee shall be final.

