



PAI ABC

LEZ

SWIMMING  
COMPETITION

2025  
MAY 10-11



TEOFILO YLDEFONSO SWIMMING POOL, RIZAL MEMORIAL SPORTS COMPLEX, MALATE, MANILA





## 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 LC SWIMMING MEET- LEG 3** **NCR**

PAI SANCTION NO.	<b>PANCR051025</b>
PURPOSE OF MEET	<ol style="list-style-type: none"> <li>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 Junior and Youth (11-18yrs.) and grassroots Age Group development implementation. 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.</li> <li>2. The competition also provides coaches with opportunities to interact, exchange ideas and learn along with their swimmers.</li> <li>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.</li> <li>4. Host club shall have all times achieved during PAI LC meets submitted to Philippine Aquatics for integration into the PAI Database.</li> </ol>
ELIGIBILITY	<p>The PAI Swim Series is open to all competitors in good standing and duly registered with Philippine Aquatics Inc. (PAI). Swimmers will compete in PAI club-hosted competitions in the following geographic divisions:</p> <ul style="list-style-type: none"> <li>Area 1 – Central &amp; Northern Luzon-CAR</li> <li>Area 2 - National Capital Region</li> <li>Area 3 - Bicol and Southern Tagalog</li> <li>Area 4 - Visayas</li> <li>Area 5 - Mindanao</li> </ul> <p>Except for swimmers enrolled and studying elsewhere, all registered competitors shall participate in the PAI Swim Series competition representing their clubs, and hosted in their area based on registration data in the PAI Database. Clubs, Coaches and Swimmers not currently registered with PAI in accordance with World Aquatics Rule, may contact <b>philippineaquatics@gmail.com</b> to receive registration application material.</p>
RULES	<ol style="list-style-type: none"> <li>1. Current PHILIPPINE AQUATICS and WA Rules will govern this meet.</li> <li>2. In matters not provided for, decision shall rest with the Organizing Committee</li> <li>3. Swimmers will swim in mixed age band and classification, then results will be sorted according to Classification and Age Band.</li> </ol>
DATE	<b>May 10 – 11, 2025 Saturday &amp; Sunday</b>
WARM -UP TIMES	<p>Morning Session 6:30 AM</p> <p>Afternoon Session: During lunch break</p>
START OF MEET	<p>Morning Session 8:30 AM</p> <p>Afternoon Session: After lunch break</p>
COACHES MEETING	Morning Session 8:15 AM
MEET HOST	Philippine Aquatics, Inc.





MEET VENUE	<b>RIZAL MEMORIAL SWIMMING COMPLEX, METRO MANILA</b>
COACHES AND ATHLETES	Must possess and visibly wear a current PHILIPPINE AQUATICS Swimming Coaches ID Card. Only PAI registered coaches will be permitted on the pool deck in designated areas. By their submission of entries, all coaches verify that all their certifications are current and on file with the PAI office. Meantime, athletes shall have their new PAI ID's during the meet for purposes of identification at the ready area.
ENTRY REGULATIONS	<ol style="list-style-type: none"> <li>1. All clubs, swimmers and coaches must be registered with PHILIPPINE AQUATICS for the 2025 swimming season.</li> <li>2. Age of reckoning shall be <b>AGE AS OF 31 DECEMBER 2025</b></li> <li>3. A swimmer may enter in all individual and relay events.</li> <li>4. Long Course entry times must have been achieved in a Long Course (50m) pool, and verifiable by the PAI DATABASE. Entry times achieved from March 2024 will be recognized. All events will be pre-seeded.</li> <li>5. Changes to entries on the day of competition will not be accepted.</li> </ol>
ENTRY FEES	<ol style="list-style-type: none"> <li>1. Meet entry fee is PHP 1,200.00 per swimmer and 20% discount for Public School Students.</li> <li>2. Entry fees must be check payable to <b>PHILIPPINE AQUATICS, INC.</b></li> <li>3. Entry Fees are not refundable</li> <li>4. Entry fees must be accompanied by full payment of registration and entries fees.</li> </ol>
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"> <li>1. Entries must be submitted to <b>RICHARD G. LUNA</b> using the attached official entry form or via TM.</li> <li>2. Entry Fees must be submitted with entry forms otherwise the entries will not be processed.</li> </ol>
ENTRY DEADLINE	<b>May 4, 2025</b> by 5:00 PM. Late entries will only be accepted if accompanied by a <b>P2,500.00</b> penalty, and provided they are submitted no later than noontime on <b>May 6, 2025</b> . In either case, a confirmation email will be sent acknowledging the submission of entries.
SEND ENTRIES TO	Name: RICHARD G. LUNA Email Address: coachrichardluna@gmail.com Mobile Number: 0998-8523457 / 0991 6438745
PROTEST AND APPEALS	<ol style="list-style-type: none"> <li>1. Protest must be submitted:</li> <li>2. In writing to the Referee by the Team Coach or Team Manager only.</li> <li>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 whose decision shall be final.</li> <li>4. If the protest is rejected, the deposit will be forfeited to PAI. If a protest is upheld, the deposit will be returned.</li> </ol>
AWARDS	<ol style="list-style-type: none"> <li>1. Individual awards will be given to winners of each event per age band as follows: 6&amp;Under / 7 / 8 / 9 / 10 / 11 / 12 / 13 / 14 / 15 / 16 / 17 / 18 / 19&amp;Over Class ABC</li> <li>2. Trophies will be awarded to the Top 3 Teams based on Medal Tally.</li> </ol>





MEET OPERATION	<ol style="list-style-type: none"> <li>1. Swimmers do not need to check in.</li> <li>2. Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards.</li> </ol>
PROTEST COMMITTEE	<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> </ol>
WITHDRAWALS AND DID NOT SHOW (DNS)	<p>Scratch deadline will be on <b>May 9, 2025 at 8:00 A.M.</b> 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. <b><u>Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of the competition.</u></b></p> <p>Withdrawals within sixty (60) minutes of the start of the session without notification to the Control Room Supervisor shall be deemed <b>Did Not Show</b> or <b>Did Not Start (DNS)</b>. <b><u>"NO SHOW" 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.</u></b></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	<b>Smoking is not allowed in the swimming competition venue</b>
FOOD AND DRINKS	<b>Food Concessionaires and food stalls will be available at the venue</b>
ADAPTED COMPETITORS	Meet Directors will ensure that differently able swimmers are allowed to participate in PAI Swim Series meet.
OTHER INFORMATION	<p>Each participating club shall receive a copy of the meet program and results electronically one (1) day before the meet.</p> <p>All Girls event will be swum on Day1 and all Boys event will be swum on Day2.</p>





## ORDER OF EVENTS

Girls	LEG 3 / DAY 1 (MIXED CLASSIFICATION)
101	100M Breaststroke 10&Under ABC
102	100M Butterfly 11 – Over ABC
103	50M Freestyle 10&Under ABC
104	50M Freestyle 11 – Over ABC
105	4 x 50M Medley Relay Stair-Step 10 – Under (two per 6-8/9-10)
106	200M Individual Medley 10&Under ABC
107	400M Individual Medley 11 – Over ABC

Boys	LEG 3 / DAY 2 (MIXED CLASSIFICATION)
201	100M Breaststroke 10&Under ABC
202	100M Butterfly 11 – Over ABC
203	50M Freestyle 10&Under ABC
204	50M Freestyle 11 – Over ABC
205	4 x 50M Medley Relay Stair-Step 10 – Under (two per 6-8/9-10)
206	200M Individual Medley 10&Under ABC
207	400M Individual Medley 11 – Over ABC

### 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	50m Pace Lane Only	Turn Practice	Turn Practice	Turn Practice
Walk Back To start	Walk Back To start	Walk Back To start					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	50m 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





**OFFICIAL INDIVIDUAL ENTRY FORM**  
**PAI ABC LONG COURSE LEG3 2025**

NAME OF TEAM / SCHOOL : 



NAME OF TEAM LEADER / COACH : 



CONTACT NUMBER : 

EMAIL ADDRESS :

[illegible]

*(use additional form if necessary)*

