



## 2017 POC-PSC PHILIPPINE NATIONAL GAMES

### SWIMMING

*It is understood and agreed that the Philippine Olympic Committee and the Philippine Sports Commission and their organizers 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 GENERAL INFORMATION

The 2017 POC-PSC Philippine National Games is a multi-sport competition for Filipinos aged 16 years old and above which is sponsored by the **PHILIPPINE SPORTS COMMISSION** and the **PHILIPPINE OLYMPIC COMMITTEE**. Being a government project to be held annually, the POC-PSC Philippine National Games is open for participation in by all parties able to meet all eligibility requirements.

#### 1. VENUES AND DATES FOR SWIMMING:

<u>Venue</u>	<u>Date</u>	<u>Swim Competition Dates</u>
Cebu Province and Cebu City	December 10 – 16, 2017	December 11 – 14, 2017

#### 2. TECHNICAL GUIDELINES AND ELIGIBILITY:

- 1) An athlete must participate as a member of the official delegation of a province or chartered city. Municipal and barangay-level endorsement is not accepted.
- 2) Athletes should be born in the year 2001 and before and able to meet the LGU eligibility and entry requirements.
- 3) An athlete must be a Filipino citizen, whether by birth or naturalization. A Fil-foreign athlete may participate as long as the athlete represents a particular LGU (birthplace of Filipino parent).
- 4) No athlete shall be allowed to represent more than one LGU during the 2017 edition of the Philippine National Games Swimming Competition.
- 5) National Team Athletes are required to participate under the province or chartered city where they were born.
- 6) Participation in the PNG is free (no entry/participation fee to be collected).

#### 3. MANDATORY FORMS AND DOCUMENTS FOR SUBMISSION

**The following are proof of eligibility of athletes to be submitted by LGU:**

1. PNG Entry Form A – (Entry by Number per Sport) certified by the LGU Head or Administrator indicating the numbers of the following:
  - a. Participating athletes per sport
  - b. Coaches per sport
  - c. Delegation Officials



2. PNG Entry Form A-1 (Entry by Number per Event)
3. PNG Entry Form B (Entry by Name per Event) with affixed LGU dry seal indicating the following:
  - a. Names of participating athletes per event (based on birth certificate).
  - b. Ages of participating athletes per event
4. Medical Clearance and Waiver of Medical Liability Form signed by the athlete and a licensed physician.
5. Certified true copy of athlete's Birth Certificate issued by the National Statistics Office or the Local Civil Registrar
6. The following deadlines for submission shall be strictly enforced:

PNG Entry Forms A and A-1	October 18, 2017
PNG Entry Form B Medical Clearance Waiver of Liability Birth Certificate	November 15, 2017
Substitution of Athletes	November 29, 2017

All PNG Entry Forms may be sent to the following email addresses (according to region/cluster):

- Luzon - [pscpngluzon@gmail.com](mailto:pscpngluzon@gmail.com)
- NCR - [pscpngnrc@gmail.com](mailto:pscpngnrc@gmail.com)
- Mindanao - [pscpngmindanao@gmail.com](mailto:pscpngmindanao@gmail.com)
- Visayas - [pscpngvisayas@gmail.com](mailto:pscpngvisayas@gmail.com)

Supporting documents such as Medical Clearance, Waiver of Liability Form and birth Certificates of participating athletes shall be sent via courier to the following postal address:

**PHILIPPINE NATIONAL GAMES SECRETARIAT**  
 c/o Bureau of Coordinating Secretariat and Support Services  
 Philippine Sports Commission  
 Rizal Memorial Sports Complex  
 Pablo Ocampo, Sr. Street, Malate, Manila 1004

7. Late submission of entries and on-site registration will NOT be allowed.

**4. QUALIFYING ENTRY TIMES (QET's):**

There will be no qualifying entry times to ensure that the Swimming Competition provide opportunities for everyone who meet the eligibility requirements.



## 5. ENTRY PROCEDURE AND DEADLINE

- 1) Completed Swimming Entry Form must be submitted via email, courier or registered mail on or before November 15, 2017 to:

**MR. RICHARD G. LUNA**

Blk 4 Lot 1 Lynville Residences  
Brgy. Del Remedio, San Pablo City, Laguna  
Email : coachrichardluna@gmail.com  
Cc : acosico@yahoo.com / ricpolo12@yahoo.com  
Phone: 0998-8523457 / 0917-8638224

## 6. ENTRY REGULATIONS

- 1) Official entry forms must be used in entering swimmers for the Philippine National Games. All entry forms must be signed by the responsible coach and endorsed by the LGU.
- 2) A swimmer may only enter up to a maximum of **five (5) individual events, plus two (2) relays.**
- 3) To be eligible to participate, swimmers must meet the **eligibility requirements for LGU representation and entry requirements.**
- 4) All events will be pre-seeded.
- 5) Changes to entries on the day of competition will not be accepted.
- 6) Additional entries on the day of competition will not be accepted.

## 7. FINA AND PNG RULES

FINA Swimming and Technical Rules and PNG Rules will govern the swimming competition. Coaches are expected to know the FINA Swimming Rules and educate their swimmers about them.

## 8. SWIMMING COMPETITION SCHEDULE

**December 11 – 14, 2017 DAY 1 - 4**

Warm-up 06:30-8:15 hours

Morning Sessions Start: 08:30 hours

## 9. CONDUCT OF COACHES AND ATHLETES

Must possess and visibly wear a current PNG Accreditation Card. Only coaches, officials and swimmers will be permitted on the pool deck in designated areas. **By their submission of entries, all coaches verify and ensure that all their entries and certifications for eligibility or proof of time in the meets are accurate.** To respect the interest of the **POC-PSC Philippine National Games:**

- 1) Coaches shall conduct themselves in a manner that reinforces their place as leaders and role models, and encourage positive communication between themselves and the athletes, referees, administrators and general public.
- 2) Coaches should be role models and educators for the sport and community and they should take care of their status and reputation.
- 3) Coaches shall at all times conduct themselves in a manner that reflects the spirit of fair play and sporting behavior.



- 4) They shall give due regard to authority of officials and the rights of opponents, spectators and others.
- 5) Coaches shall not give, make, issue, authorize or endorse any public statement which would damage best interest of the PNG Games and the sport of swimming.
- 6) Coaches should respect the rights of others to hold values, attitudes and opinions that differ from their own.

## 10. PROTEST

Protest must be submitted:

- 1) In writing to the Referee by the Team Coach only.
- 2) Together with a deposit of PHP10,000.00 within 30 minutes after the conclusion of the respective event. 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.
- 3) If the protest is rejected, the deposit will be forfeited to PSC. If a protest is upheld, the deposit will be returned.

## 11. AWARDS

Individual medals will be given to the top 3 winners of each event.

## 12. SCRATCHES AND NO SHOW

- 1) Each Team will receive their official summary Team Entry lists via email by November 30, 2017 prior to the event for review and corrections.
- 2) Coaches are responsible for checking all entry data, including accurate entry times, spelling of athlete's names, gender, events, etc.
- 3) All corrections and scratches must be made by December 4, 2017.
- 4) After that time **NO** changes, corrections or withdrawals will be accepted.
- 5) **“NO SHOW” (DNS)** swimmers that are not scratched by their coach in an event **will not be permitted to swim in subsequent events in that session.**

A P 50.00 administrative **“NO SHOW” (Did Not Swim)** will be levied for every **“NO SHOW” (Did Not Swim)** made after the scratch deadline. The fee will only be waived upon submission of a valid medical certificate.

## 13. NO SMOKING

**Smoking is not allowed in the swimming competition venue**

## 14. ADAPTED COMPETITORS

Tournament Directors will ensure that differently abled swimmers are allowed to participate in the meet.

## 15. COMPETITION VENUE

- 1) Competition Pool: Pool size is 8 lanes x 50meters
- 2) Training Sessions prior to start of the meet:
  - a. Training sessions will be provided 2 days before competition starts.



b. Training will follow the “**OPEN Training** “ system – meaning that teams can train at any time within the specified training times for an unlimited duration while respecting the schedules at all times:

3) Training Schedule: 2 days before competition

**Times / Duration**

08:00 – 11:00hours - 3 hours

14:00 – 17:00hours - 3 hours

**16. COACHES MEETING**

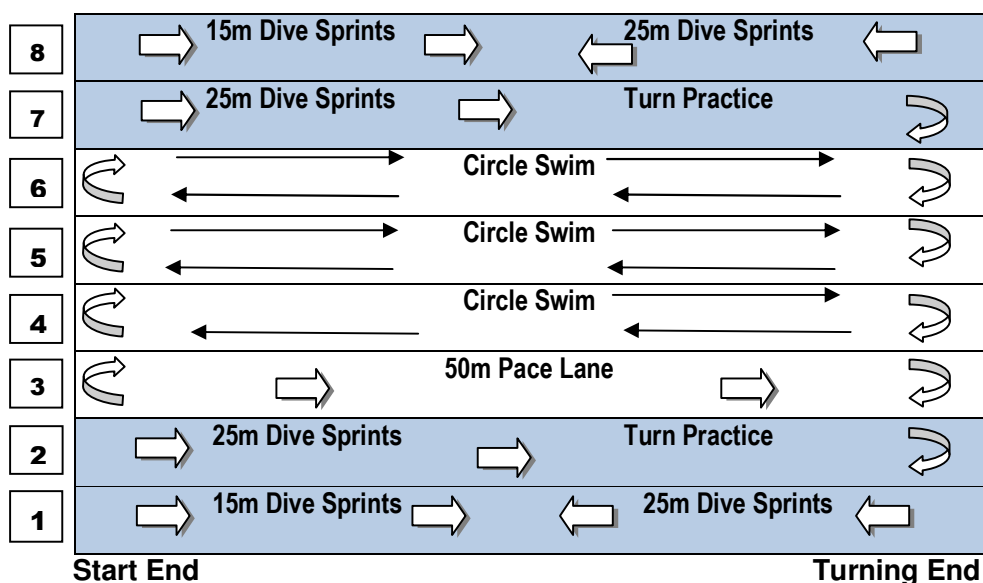
The Coaches’ Meeting will be held on the first day of swimming competition at **08:15 hours**, at the competition venue briefing area before the start of competition.

- 1) The Meeting will provide updated sport specific information for all coaches and team officials.
- 2) All Accredited teams must be represented at this meeting, as there will be a review of the competition procedures, athlete flows, warm up procedures, victory ceremonies, etc., if necessary.

**17. WARM UP**

- 1) The pool 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) 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 FINA Warm-up Guidelines.
- 7) Swimmers must at all times be supervised by their coach during warm-up and competition.

**WARM UP LAYOUT**





**NOTE:** Coaches are expected to follow the warm up guidelines starting at 7:15 A.M. and supervise their swimmers during the warm up to ensure order and safety. Lanes one (1) and eight (8) may be open for sprints at an earlier time. Likewise, only authorized personnel are allowed on deck. Only the coach with relevant official business may approach the officials table in behalf of the swimmer. Any coach or team that violates any of the rules, and allows an unauthorized individual or parent to be on deck or at the official's table will be accorded with the corresponding disciplinary action.

## 2017 POC-PSC Philippine National Games

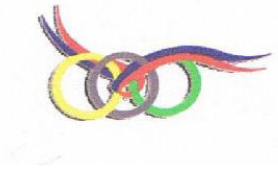
### Order of Events

#### 4 Day (8-Session) Meet

<b>Men</b>	<b>DAY 1</b>	<b>Women</b>
101	200 M Individual Medley	102
103	100 M Freestyle	104
	<b>BREAK</b>	
105	50 M Backstroke	106
107	1500 M Freestyle	
	800 M Freestyle	108
<b>Men</b>	<b>DAY 2</b>	<b>Women</b>
201	400 M Individual Medley	202
203	50 M Breaststroke	204
	<b>BREAK</b>	
205	100 M Butterfly	206
207	200 M Backstroke	208
209	4 x 50 M Freestyle Relay	210
<b>Men</b>	<b>DAY 3</b>	<b>Women</b>
301	400 M Freestyle	302
303	100 M Backstroke	304
	<b>BREAK</b>	
305	50 M Butterfly	306
307	200 M Breaststroke	308
309	4 X 100 M Medley Relay	310
<b>Men</b>	<b>DAY 4</b>	<b>Women</b>
401	200 M Freestyle	402
403	100 M Breaststroke	404
	<b>BREAK</b>	
405	200 M Butterfly	406
407	50 M Freestyle	408
409	4 X 50 M Medley Relay	410
411	4 X 100 M Freestyle Relay	412

- Age : Athletes born in the year 2001 and before.
- Maximum of five (5) individual events plus two (2) relay per swimmer
- Maximum of two (2) swimmers per LGU per individual event
- Maximum of one (1) relay team per relay event





## RELAY ENTRY FORM

Event Number	Event (Boys)	Swimmers (According to order of swim)	
209	4 x 50m Freestyle Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event (Girls)	Swimmers (According to order of swim)	
210	4 x 50m Freestyle Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event (Boys)	Swimmers (According to order of swim)	
309	4 x 100m Medley Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event Girls)	Swimmers (According to order of swim)	
310	4 x 100m Medley Relay	1.	Seed Time
		2.	
		3.	
		4.	





## RELAY ENTRY FORM

Event Number	Event (Boys)	Swimmers (According to order of swim)	
409	4 x 50m Medley Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event (Girls)	Swimmers (According to order of swim)	
410	4 x 50m Medley Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event (Boys)	Swimmers (According to order of swim)	
411	4 x 100m Freestyle Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event Girls)	Swimmers (According to order of swim)	
412	4 x 100m Freestyle Relay	1.	Seed Time
		2.	
		3.	
		4.	