

**2015 POC-PSC
Philippine National Games
REGIONAL QUALIFYING ROUNDS AND NATIONAL FINALS
Areas: Luzon / Visayas / Mindanao**

SWIMMING

**SENIOR LONG COURSE SWIM COMPETITION
16 Years old and Over**

Held under the Approval of the
Philippine Swimming, Inc.

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

TECHNICAL GUIDE AND GENERAL INFORMATION

The POC-PSC Philippine National Games is sponsored by the **PHILIPPINE SPORTS COMMISSION** and the **PHILIPPINE OLYMPIC COMMITTEE** with PHILSWIM handling the technical management of the swimming competition. Being a government project to be held annually, the POC-PSC Philippine National Games is **“APPROVED”** for participation in by all PHILSWIM-affiliated and non-PHILSWIM affiliated parties able to meet all eligibility requirements.. The swimming competition shall be classified as a **“Senior Long Course Swim Meet”** under the **“SWIMMING FOR ALL”** classification to provide opportunities for Senior (16 years old and over) participation subject to PHILSWIM entry rules. Participants who are not yet registered and affiliated with PHILSWIM have the opportunity to register for the 2015 swimming season.

1. VENUES AND DATES OF REGIONAL QUALIFYING ROUNDS FOR SWIMMING:

<u>Regional Qualifying Areas</u>	<u>Venue</u>	<u>BP Dates</u>	<u>Swim Competition Dates</u>
Luzon Qualifying Leg	Manila	July 2 - 6	July 1 - 3
Mindanao Qualifying leg	Pagadian	Sept. 10 - 14	Sept. 10 - 12
Visayas Qualifying Leg	Antique	Nov. 10 - 14	Nov. 11 - 13
National PNG			

2. TECHNICAL GUIDELINES AND ELIGIBILITY:

Age and representation:

- 1) **Representation is strictly by Local Government Unit (LGU). This may be in the form of a provincial, city, municipal or barangay representation. No athlete shall be accepted without accreditation of a particular LGU.**
- 2) **Competitor should be born on 1999 or earlier and able to meet the LGU eligibility requirements and Entry requirements.**
- 3) **No athlete shall be allowed to represent more than one LGU during the 2015 edition of the Philippine National Games Swimming Competition.**

3. MANDATORY DOCUMENTS

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

- a. **Birth Certificate of Athlete (Certified true copy)** – From NSO or the office of the Local Civil Registrar;



- b. **LGU Entry Form** – Delegation Master List (own LGU Form) indicating sport, ages of athletes to be certified by the Governor, Mayor, Municipal Sports Official or Barangay Chairman.
- c. **Waiver of Medical Liability** may be signed by the LGU accredited physician, LGU Representative or Athlete's Recognized Coach.
- d. **Individual PNG Entry Form** (*may be downloaded from PSC / PNG Website*)
This form will be submitted to the Philippine National Games NATIONAL Secretariat together with the above proof of eligibility of athletes at:

NECO Office (Batang Pinoy)
Philippine Sports Commission
4th Floor Administration Building
Rizal Memorial Sports Complex, Malate, Metro Manila

Foreign Teams:

Existing members of other National Federations affiliated with FINA are welcome to participate provided they hold a valid participation clearance from their National Swimming Federation.

4. MANAGEMENT OF PNG

1. Participation expenses by LGU shall be on its own account.
2. Technical management of the swimming competition shall be handled by PHILSWIM.
3. Games administration and management shall be handled by PSC.
4. Playing venues and facilities shall be the responsibility of the host Locality.

5. PARTNERSHIP AND RESPONSIBILITIES

Role of the Philippine Sports Commission.

1) Role of PSC

PSC shall take charge of Administrative and Operational matters of the Games.

2) Role of POC and NSA's

The role of the POC and its National Sports Associations (NSA's) is to provide control over the Technical Management of the games.

3) Regional Host Role:

The role of the Regional Host is to provide for the playing venues, billeting facilities, security and crowd management of the regional qualifying rounds.

4) Role of DepEd and DILG

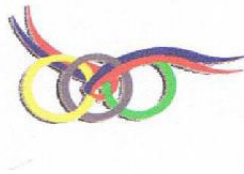
The role of the DepEd and DILG is to provide support on administrative matters of the games.

5). Role of LGU

Local government units are authorized by the DILG to finance participation expenses such as Transportation, food and uniforms of their athletes and coaches. LGU's are also responsible for the decorum and management of its entire delegation entered at the games, and its (the delegation) adherence to technical eligibility rules and regulations.

6. QUALIFYING ENTRY TIMES (QET's):

There will be no qualifying entry times to ensure that the Swimming Competition, classified as "**Seniors National Meet**" provide opportunities for everyone who meet the eligibility requirements. Swimmers with verified registered times are eligible to join. **NO TIME (NT) ENTRIES WILL BE REJECTED.**



6. ENTRY PROCEDURE AND DEADLINE

- 1) Completed entry forms and eligibility requirements must be submitted to the PHILSWIM by host LGU Secretariat via email, courier or registered mail on or before the following deadlines:

<u>Areas</u>	<u>Host City</u>	<u>Competition Date</u>	<u>Swimming Entry Deadlines</u>
Luzon Leg	Manila	July 1 - 3	Not later than June 8, 2015
Mindanao Leg	Pagadian	Sept. 10 - 12	Not later than August 10, 2015
Visayas Leg	Antique	Nov. 11 - 13	Not later than October 19, 2015
National PNG			

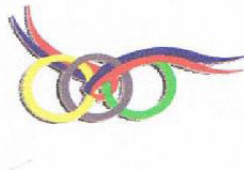
- 2) Participating LGU's teams shall email and mail hard copy of participant's Individual Entry Forms together with eligibility requirements to:

PHILIPPINE SWIMMING, INC.
c/o **MR. RICHARD G. LUNA**
Blk 4 Lot 1 Lynville Residences
Brgy. Del Remedio Wawa, San Pablo City, Laguna
Email : ricpolo12@yahoo.com
Cc : acosico@yahoo.com / zeusaquasports@yahoo.com.ph

- 3) The **PHILSWIM Swimming Committee** thru its representative shall supervise and monitor the conduct of the meets as well as results and performances of athletes. All submitted entry forms of participants will be processed and approved by PHILSWIM based on eligibility requirements and policies on participation.

7. ENTRY REGULATIONS

- 1) All PHILSWIM affiliated clubs, swimmers and coaches must have renewed their registration with PHILSWIM for the 2015 swimming season.
- 2) 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.
- 3) A swimmer may only enter up to a maximum of **nine (9) individual events, plus two (2) relays**.
- 4) To be eligible to participate, swimmers must meet the **eligibility requirements for LGU representation and entry requirements**.
- 5) Entry times in the Philippine National Games achieved in a long course (50m) pool and converted times to LCM from SCM will be accepted. **NO TIME (NT) entries will be rejected**.
- 6) Entry times of PHILSWIM Affiliated members achieved at **PHILSWIM "SANCTIONED"** or **"APPROVED"** meets from January 1, 2015 will be recognized.
- 7) All events will be pre-seeded.
- 8) Changes to entries on the day of competition **will not be accepted**.
- 9) Additional entries on the day of competition **will not be accepted**.
- 10) **For assessment and accreditation purposes, all participants (athlete and coaches) must pre-register via PSC website and enter entries using the PNG Official Swimming Entry Form,**



11) LGU's shall send their entries via courier or registered mail (hard copy) to the PHILSWIM and by email to ricpolo12@yahoo.com cc: acosico@yahoo.com / zeusaquasports@yahoo.com.ph .

12) NON-PHILSWIM Affiliated parties' entry forms must be accompanied by the participants:

- a. Certified true copy of swimmer's birth certificate.
- b. Entries without birth certificates will be rejected.

13) Fax entries will not be accepted or entertained. Only entries using the attached forms sent by courier or registered mail and email will be accepted. Incomplete entries will not be accepted.

8. ENTRY FEES

There will be no entry fees for the swimming events.

9. ACCREDITATION

After complying with all eligibility and entry requirements, PNG Secretariat shall issue **ACCREDITATION ID's** to eligible swimmers for the three (3) day swim meet. The Accreditation ID's shall serve as official identification of the swimmer and used at the swimmer's Ready Area during the swimming competition.

- 1) All participants must submit all eligibility requirements to their respective LGU's.
- 2) All eligibility requirements and entry procedures must be complied with before being approved for clearance in order to take part in the PNG Swimming Competition 2015.
- 3) Accreditation cards contain personal information of the participant and are not transferable. The accreditation card must be shown by athletes at the ready area prior to swimming the event and shall be worn to gain access to, and at all times within, the swimming competition venue.
- 4) Coaches or team managers will collect all Accreditation ID's on behalf of their team at the Secretariat prior to competition.

10. FINA AND PHILSWIM RULES

Current PHILSWIM administrative rules of competition, PHILSWIM and FINA Technical Rules will govern the swimming competition. Coaches are expected to know the FINA Swimming Rules and educate their swimmers about them.

11. SWIMMING COMPETITION SCHEDULE

<u>Areas</u>	<u>Host City</u>	<u>Competition Date</u>
Luzon Leg	Manila	July 1 - 3
Mindanao Leg	Pagadian	September 10 - 12
Visayas Leg	Antique	November 11 - 13
National PNG		

DAY 1 - 3

Warm-up 06:30-8:15hrs
Morning Sessions Start: 08:30 hrs

12. MINIMUM AGE

As per PSC Board Resolution, the minimum age for the Philippine National Games is **16 years old and should be born 1999 or earlier.**



13. 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.** PHILSWIM affiliated Athletes shall have their accreditation or PHILSWIM ID's during the meet for entry purposes and identification at the ready area. To respect the interest of the **POC-PSC Philippine National Games** and **Philippine Swimming Inc.:**

- 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, PHILSWIM and the sport of swimming.
- 6) Coaches should respect the rights of others to hold values, attitudes and opinions that differ from their own.

14. PROTEST

Protest must be submitted:

- 1) In writing to the Referee by the Team Coach only.
- 2) Together with a deposit of PHP4,500.00 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 PHILSWIM. If a protest is upheld, the deposit will be returned.

15. PROTEST COMMITTEE

- 1) A protest committee composed of the Tournament Director, two (2) Coach' representatives and one (1) PHILSWIM-certified Technical Official acting at large will be established to act upon any protest filed at the competition.
- 2) A PHP4,500.00 protest fee must accompany formal protest letters to be considered valid. **Protest must be filed** within 30 minutes after the conclusion of the respective event.
- 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 PHILSWIM and the Philippine National Games Jury of Appeals for any administrative review, action or discipline if so called for.

16. AWARDS

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

17. MEET OPERATION

- 1) The management and conduct of the swimming competition shall be under the full control of PHILSWIM.



2) Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards.

18. SCRATCHES AND NO SHOW

- 1) Each Team will receive their official summary entry lists via email prior to the event for review / corrections.
- 2) Coaches are responsible for checking all entry data, including accurate entry times and the spelling of athlete's names prior to the coaches meeting.
- 3) Only corrections will be accepted one (1) hour before the start of the coaches meeting at 08:15 hrs.
- 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 at the day of competition **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 by a coach, on behalf of their swimmers and for any event. Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of the coaches meeting. The fee will only be waived upon submission of a valid medical certificate. **"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.

19. NO SMOKING

Smoking is not allowed in the swimming competition venue

20. ADAPTED COMPETITORS

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

21. 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 following schedules at all times:
- 3) Training Schedule: 2 days before competition

Times Duration

08:00 – 11:00hrs 3 hours

14:00 – 17:00hrs 3 hours

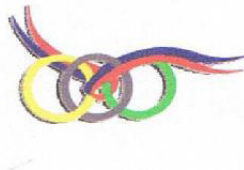
22. COACHES MEETING

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.

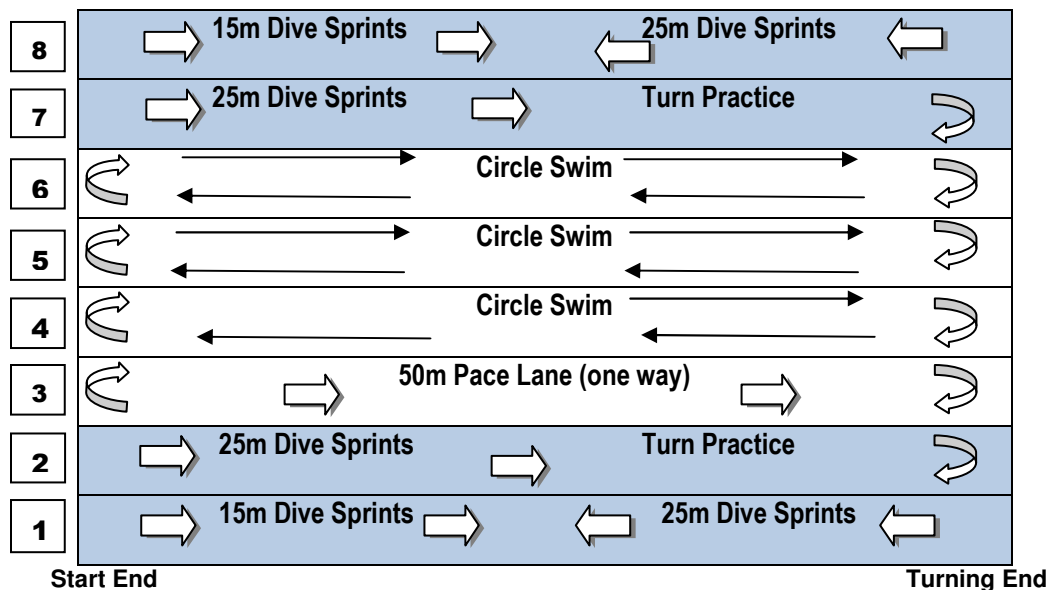
23. WARM UP

- 1) The pool will be open for swimmers' warm-ups at least one and a half hour before each session of competition.
- 2) Use of swim paddles during warm-ups is prohibited.
- 3) Specific Lanes will be designated for General warm-ups and/or sprint and pace training.

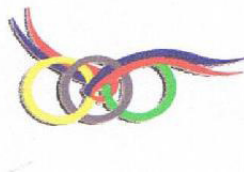


- 4) Swimmers must clear the pool 15 minutes before the start of the meet.
- 5) Dive Sprint lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing diving and backstroke starts.
- 6) Lane assignments for warm-ups will be in accordance with FINA Warm-up Guidelines.
- 7) Swimmers must at all times be supervised by their coach during warm-up and competition.

TRAINING AND 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. 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.



**2015 POC-PSC Philippine National Games
SENIOR LONG COURSE SWIM COMPETITION**

Order of Events

Boys	DAY 1	Girls
101	400m Freestyle	102
103	200m Backstroke	104
105	100m Freestyle	106
	BREAK	
107	50m Breaststroke	108
109	200m Butterfly	110
111	4 x 50m Medley Relay	112

Boys	DAY 2	Girls
201	200m Freestyle	202
203	50m Butterfly	204
205	200m Breaststroke	206
207	4 X 50M Freestyle Relay	208
	BREAK	
209	100m Backstroke	210
211	400m Individual Medley	212
213	1500m Freestyle	

Girls	DAY 3	Boys
301	100m Butterfly	302
303	200m Individual Medley	304
305	50m Backstroke	306
	BREAK	
307	50m Freestyle	308
309	100m Breaststroke	310
311	800m Freestyle	

- Age : 16 years old and above and must be born 1999 or earlier
- Max. of nine (9) individual events plus two (2) relay per swimmer
- Max. of one (1) relay team per relay event



**2016 POC-PSC
PHILIPPINE NATIONAL GAMES**

Held under the approval of the
Philippine Swimming Inc.

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

**NATIONAL CHAMPIONSHIP
SAN CARLOS CITY, PANGASINAN
March 8 – 10, 2016**

SWIMMER ENTRY FORM

All boxes must be completed			
SWIMMER NAME: (As in PHILSWIM ID Card)	Surname	First Name	M.I.
PHILSWIM ID NUMBER (For PSI members):			Home Address (Mandatory field)
Name of Local Government Unit (LGU):			
GENDER (Please encircle)	Male	Female	
Age			
CONTACT NO. OF SWIMMER:			Name of School:
SWIMMER'S BIRTHDAY: (MM-DD-YY)			
NAME OF COACH:			
COACH PHILSWIM ID NUMBER			School Address:(Mandatory Field)
Mobile:			
Email:			

Please enter the above-named swimmer in the following events:

Event No.	Age	Event	Seed Time	Meet where times were achieved

I hereby certify that all information herein submitted is true and correct, and further warrant that these entries have been submitted in accordance with all applicable FINA, PHILSWIM and PHILIPPINE NATIONAL GAMES rules and regulations.

Name and Signature of Coach: _____ Date: _____

Seal of Local Government Unit (LGU)

Tara Langoy

(This form must be submitted to the Philswim on or before February 26, 2016)



**2016 POC-PSC
PHILIPPINE NATIONAL GAMES**

Held under the approval of the
Philippine Swimming Inc.

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

SENIORS LONG COURSE SWIMMING MEET

RELAY ENTRY FORM

Event Number	Event (Boys)	Swimmers (According to order of swim)	
111	4 x 50m Medley Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event (Girls)	Swimmers (According to order of swim)	
112	4 x 50m Medley Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event (Boys)	Swimmers (According to order of swim)	
207	4 x 50m Freestyle Relay	1.	Seed Time
		2.	
		3.	
		4.	
Event Number	Event (Girls)	Swimmers (According to order of swim)	
208	4 x 50m Freestyle Relay	1.	Seed Time
		2.	
		3.	
		4.	

Name of Local Government Unit (LGU): _____ Date: _____

Name and Signature of Coach: _____

(This form must be submitted to the Philswim on or before February 26, 2016)

Tara Langoy



**2016 POC-PSC
PHILIPPINE NATIONAL GAMES**

Held under the approval of the
Philippine Swimming Inc.

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

SENIORS LONG COURSE SWIMMING MEET
TEAM MASTER LIST

No.	Name			Date of Birth	Gender	Position
	Surname,	Given Name	M.I.			
				Month/Day/ Year	Male=M Female=F	Athlete = A Coach=C
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

(Duplicate as necessary)

Pls. check box

Name of Local Government Unit (LGU): _____ PHILSWIM Registered? **YES** **NO**

Name and Signature of Coach: _____ Date: _____

(This form must be submitted to Philswim on or before February 26, 2016)