



**NATIONAL CHAMPIONSHIP  
OF  
BATANG PINOY and PHILIPPINE NATIONAL GAMES**

**SWIMMING**

*It is understood and agreed that 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 **BATANG PINOY and PHILIPPINE NATIONAL GAMES National Championship** is multi-sport competition for Filipino youth aged 17 years old and below and 18 years old and above is sponsored by the Philippine Sports Commission in partnership with the Philippine Olympic Committee and the Department of Education. Being a government project addressing grassroots and developmental level participation, the swimming competition is “**OPEN**” for participation in by all parties able to meet the Local Government Unit (LGU) eligibility and qualifying requirements. Participants must swim representing their respective Local Government Unit (LGU) in their respective areas.

**1. VENUES AND DATES OF GAMES FOR SWIMMING:**

**Venue:** Teofilo Yldefonso Swimming Stadium  
Rizal Memorial Sports Complex

**Swim Competition Dates:** December 18 – 22, 2023

**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 or city representation. No athlete shall be accepted without accreditation of a particular LGU.
- 2) Age of reckoning for Age Group shall be age as of **December 31, 2023** 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 2023 edition of Batang Pinoy and PNG 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 Endorsement A (Entry by Number per Event)** – Delegation List indicating the number of participating athletes certified by the LGU Head or Administrator.





- c. LGU Entry Form B (Entry by Name per Event)** – Delegation Master List indicating sport, names and ages of athletes to be certified by the LGU Head or Administrator. This form will be submitted to the Batang Pinoy and PNG NATIONAL Secretariat together with the above proof of eligibility of athletes at:

**NATIONAL SECRETARIAT**

c/o Program Research and Development Division  
Philippine Sports Commission  
Rizal Memorial Sports Complex  
Pablo Ocampo Sr. Street, Malate, Manila 1004

Supporting documents such as Medical Clearance, Waiver of Liability Form and Birth Certificate of participating athletes shall be sent via courier to the National Secretariat.

**4. ENTRIES AND ON-LINE REGISTRATION OF ATHLETES:**

Registration and entries of participating athletes, coaches shall be through host LGU (Local Secretariat). All swimming entries accepted by host LGU are to be submitted via email and hard copies sent through courier or registered mail until 5:00P.M. of the entry deadlines.

**5. ENTRY PROCEDURES AND DEADLINES**

1. Completed entry forms and eligibility requirements must be submitted by LGU Secretariat via courier or registered mail on or before the deadlines.
2. Participating LGU teams must also email participant's Individual Swimming Entry Forms or mail (if no email) to:

**MR. RICHARD G. LUNA**

Blk 4 Lot 1 Lynville Residences  
Brgy. Del Remedio, San Pablo City, Laguna

Email : [coachrichardluna@gmail.com](mailto:coachrichardluna@gmail.com)

Cc : [acosico@yahoo.com](mailto:acosico@yahoo.com) / [ricpolo12@yahoo.com](mailto:ricpolo12@yahoo.com)

CP: 0998-8523457 / 0991-6438745

Entries will be confirmed if received. Please reconfirm by phone if your entries have been received.

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



## 6. ENTRY REGULATIONS

- 1) **Age of reckoning for Age Group: December 31, 2023.**
- 2) Official entry forms must be used in entering swimmers. All entry forms must be signed by the responsible coach and must indicate all necessary information. Entry which does not follow the entry procedure will not be accepted.
- 3) A swimmer may only enter up to **five (5) individual events and 2 relays.**
- 4) Each LGU is allowed to enter two (2) swimmers per individual event and one relay team only in the relay events.
- 5) To be eligible to participate, swimmers must meet the eligibility requirements for LGU representation and entry requirements.
- 6) Entry times of swimmers must have been achieved in a long course 50 Meter pool. **NO TIME (NT) entry will not be accepted.**
- 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 PSC Batang Pinoy and PNG Swimming Entry Form,
- 11) LGU's shall send their Individual Entry Forms and other entry requirements via email and courier or registered mail (hard copy if no email).
- 12) Entry forms must be accompanied by the participants:
  - a. Certified true copy of athlete birth certificate. Entries without birth certificates will not be accepted.
- 13) Fax entries will not be accepted or entertained. Only entries using the attached forms sent by email, courier or registered mail will be accepted. Incomplete entries will not be accepted.

## 7. ENTRY FEES

There will be no entry fees for the swimming events.

## 8. ACCREDITATION

After complying with all eligibility and entry requirements, Batang Pinoy and PNG Secretariat shall issue **ACCREDITATION ID's** to eligible swimmers for the six (6) day swim competition. The Accreditation ID's shall serve as official identification of the swimmer and will be used at the swimmer's Marshalling 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 PSC BATANG PINOY and PNG National Championship Swimming Competition 2023.
- 3) Accreditation cards containing personal information of the participant are not transferable. The accreditation card must be shown by athletes at the



ready area prior to their 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.

## 9. SWIM COMPETITION RULES

9.1. The International Swimming and Technical Rules of World Aquatics (WA) and the PSC Batang Pinoy and PNG National Championship Rules will govern the swimming competition. Coaches are expected to know the WA Swimming Rules and educate their swimmers about them.

9.2. Competition will be in Timed Finals Format.

9.3. In matters not provided for, decisions shall rest with the Technical and/or the Organizing Committee.

9.4. A swimmer who fails to swim an event will not be allowed to swim his succeeding events for the day unless otherwise for medical reason and that swimmer must submit a medical report from the PSC Batang Pinoy and PNG National Championship Official Medical Physician.

9.5. Four (4) names of swimmers in order of swim for relay team entries including two (2) alternates for Freestyle Relay and four (4) alternates for the Medley Relay must be submitted in the master list of entries. Relay order of swimmers one (1) to four (4) only may be changed by 7:00 A.M. before the start of the relay competition day.

## 10. SWIMMING COMPETITION SESSIONS

### DAY 1 - 6

Warm-up 6:00 - 7:45 AM

Start of Competition: 8:00 AM

## 11. MIXED AGE AND AGE GROUPS

**11.1. Mixed Age** – Swimmers will compete in mixed group categories (12 years & under, 13 - 15, 16 - 17, 18 & above years old) for boys and girls in the 400M, 800M and 1500M Freestyle and 200M and 400M Individual Medley. Medals will be awarded to the top three (3) placers per event per age group.

### 11.2. Age Groups for Boys and Girls:

- a. 12 & under, 13 - 15, 16 - 17, 18 & above years old

## 12. CONDUCT OF COACHES AND ATHLETES

Must possess and visibly wear a current PSC Batang Pinoy and PNG National Championship Accreditation Card. Only coaches, officials and swimmers will be permitted on designated areas at the pool deck. By their submission of entries, all coaches verify and ensure that all their entries and certifications for eligibility or proof of time in the competition are accurate.



To respect the interest of the **PSC BATANG PINOY and PNG NATIONAL CHAMPIONSHIP:**

- 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, Technical Officials, 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 the best interest of the PSC Batang Pinoy and PNG National Championship and the sport of swimming.
- 6) Coaches should respect the rights of others to hold values, attitudes and opinions that differ from their own.

### **13. PROTEST**

1. All participating LGUs may file formal protests with the PSC Batang Pinoy and PNG National Championship Secretariat regarding athletes' eligibility (age and residency requirement) only.
2. Petitioning LGUs shall submit an accomplished Protest Form to be provided by the Games Secretariat addressed to the PSC Batang Pinoy and PNG Organizing Committee for action.
3. Any documents to support protest on an athlete's eligibility except birth certificate shall be attached to the Protest Form.
4. The protest must be signed by the Head of Delegation only. Filed protests signed by any other delegation official, coach or parent will NOT be accepted. Athletes are NOT allowed to file any protests.
5. The Protest Form must be submitted in two (2) copies to the PSC Batang Pinoy and PNG Secretariat.
6. The protest must be filed twenty-four (24) hours before the athlete is to compete in his/her event's elimination round/phase.
7. Any protests regarding game/match results and officiating should be filed with the Tournament Manager of the sport concerned within 30 minutes after the conclusion of the event.
8. A non-refundable protest fee of Five Thousand Pesos (Php5,000.00) shall be paid by the petitioning LGU.
9. All protests are to be entertained during the games only.





## **APPEALS**

1. All participating LGUs may file formal appeals with the PSC Batang Pinoy and PNG Secretariat on Tournament Managers' decisions on protests regarding game/match results and officiating only.
2. Petitioning LGUs shall submit an accomplished Appeals Form addressed to the PSC Batang Pinoy and PNG Organizing Committee for action.
3. The following documents shall serve as supporting attachments for the appeal:
  - Name of athlete, technical official, and LGU concerned
  - Copy of official game/match result certified by Tournament Management
  - Copy of the protest decision rendered by the Referee.
4. The appeal must be signed by the Head of Delegation only. Filed appeals signed by any other delegation official, coach, or parent will NOT be accepted. Athletes are NOT allowed to file any appeals.
5. The Appeal Form must be submitted in two (2) copies to the Batang Pinoy Secretariat.
6. The appeal must be filed within sixty (60) minutes after the decision has been rendered.
7. A non-refundable appeals fee of Five Thousand Pesos (Php5,000.00) shall be paid by the petitioning LGU.
8. The Jury of Appeals shall deliberate on the appeal and issue their decision on the same through writing.

## **14. AWARDS**

- 1) Individual medals will be given to the top 3 winners of each event per age group.  
**Age Groups** 12 & under, 13 - 15, 16 - 17, 18 & above years old

## **15. MEET OPERATION**

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

## **16. SCRATCHES AND NO SHOW**

- 1) Every team will receive their official summary entry list via email prior to the event for review / corrections.
- 2) Coaches are responsible for checking all entry data, including accurate entry, entry times, birthdate, age, gender and the spelling of athlete's names prior to the coaches meeting.
- 3) Only corrections will be accepted during the Coaches Meeting at the Solidarity Meeting.
- 4) After that time, **NO** changes and corrections 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.

## 17. NO SMOKING

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

## 18. ADAPTED COMPETITORS

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

## 19. COMPETITION VENUE

- 1) Competition Pool: 10 lanes 50 Meters Long Course
- 2) Training Sessions prior to start of the meet:
  - a. Training sessions will be provided 2 days before the 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.
- 3) Training Schedule: 2 days before competition

<b><u>Times</u></b>	<b><u>Duration</u></b>
08:00 – 11:00hrs	3 hours
13:00 – 16:00hrs	3 hours

## 20. COACHES MEETING

Coaches’ Meeting will be held on the first day of swimming competition at 7:45 A.M., at the competition venue briefing area before the start of competition.

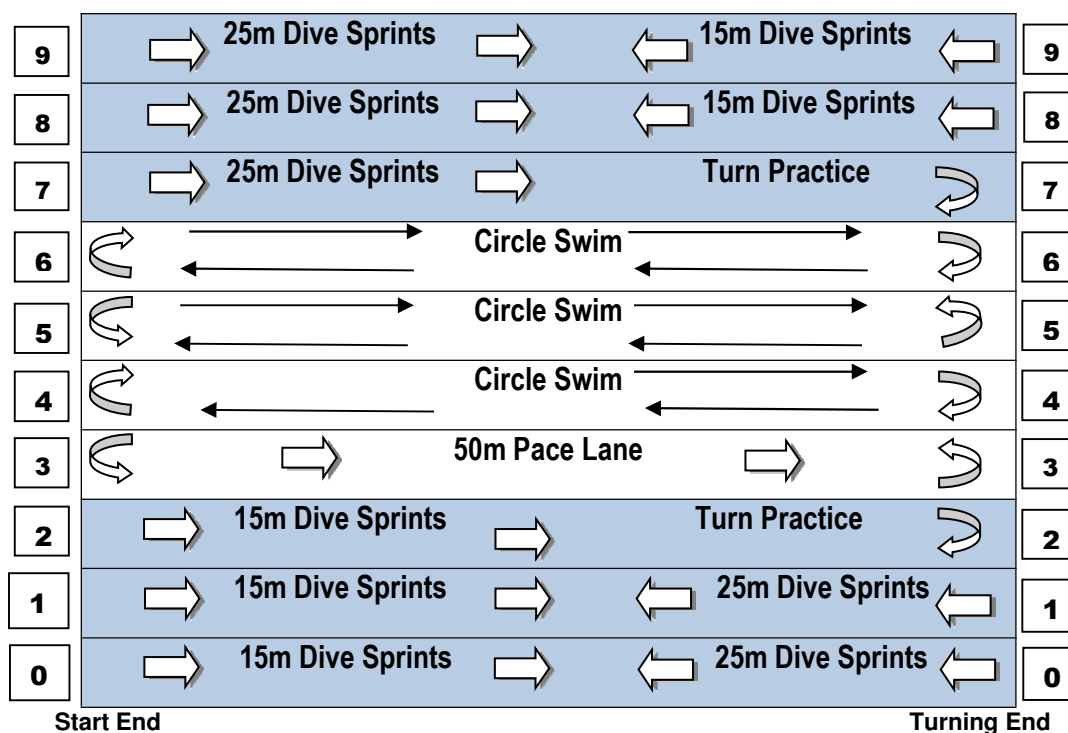
- 1) The Meeting will provide updated sport specific information for all coaches and team officials.
- 2) All Accredited teams must be represented at this meeting, as there will be a review of the competition procedures, athlete flows, warm up procedures, victory ceremonies, etc. if necessary.



## 21. WARM UP

- 1) The pool will be open for swimmers' warm-up at least two (2) 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 starting 6:45 A.M.
- 4) Swimmers must clear the pool 15 minutes before the start of the competition.
- 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 WA 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 6:45 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.





**National Championship  
Batang Pinoy and Philippine National Games**

**SCHEDULE OF EVENTS  
5 Day Session Meet**

<b>Boys</b>	<b>DAY 1</b>	<b>Girls</b>
101	200 M Individual Medley (Mixed Age Group)	102
103	100 M Freestyle 12 & Under	104
105	100 M Freestyle 13-15 years	106
107	100 M Freestyle 16-17 years	118
109	100 M Freestyle 18 & Above	110
	<b>BREAK</b>	
111	50 M Backstroke 12 & Under	112
113	50 M Backstroke 13-15 years	114
115	50 M Backstroke 16-17 years	116
117	50 M Backstroke 18 & Above	118
119	200 M Breaststroke 12 & Under	120
121	200 M Breaststroke 13 – 15 years	122
123	200 M Breaststroke 16-17 years	124
125	200 M Breaststroke 18 & Above	126
<b>Boys</b>	<b>DAY 2</b>	<b>Girls</b>
201	50 M Butterfly 12 & Under	202
203	50 M Butterfly 13-15 years	204
205	50 M Butterfly 16-17 years	206
207	50 M Butterfly 18 & Above	208
209	100 M Backstroke 12 & Under	210
211	100 M Backstroke 13-15 years	212
213	100 M Backstroke 16-17 years	214
215	100 M Backstroke 18 & Above	216
217	4x50 M Medley Relay 12 & Under	218
219	4x50 M Medley Relay 13 - 17	220
221	4x50 M Medley Relay 18 & Above	222
	<b>BREAK</b>	
223	1500 M Freestyle (Mixed Age Group)	
	800 M Freestyle (Mixed Age Group)	224
<b>Boys</b>	<b>DAY 3</b>	<b>Girls</b>
301	50 M Freestyle 12 & Under	302
303	50 M Freestyle 13-15 years	304
305	50 M Freestyle 16-17 years	306
307	50 M Freestyle 18 & Above	308
309	200 M Backstroke 12 & Under	310
311	200 M Backstroke 13-15 years	312
313	200 M Backstroke 16-17 years	314
315	200 M Backstroke 18 & Above	316
317	4x100 M Freestyle Relay 12 & Under	318
319	4x100 M Freestyle Relay 13 - 17	320
321	4x100 M Freestyle Relay 18 & Above	322
	<b>BREAK</b>	
323	400 M Individual Medley (Mixed Age Group)	324
<b>Boys</b>	<b>DAY 4</b>	<b>Girls</b>
401	100 M Breaststroke 12 & Under	402
403	100 M Breaststroke 13 – 15 years	404
405	100 M Breaststroke 16-17 years	406
407	100 M Breaststroke 18 & Above	408
409	200 M Butterfly 12 & Under	410



411	200 M Butterfly 13-15 years	412
413	200 M Butterfly 16-17 years	414
415	200 M Butterfly 18 & Above	416
417	4x50 M Freestyle Relay 12 & Under	418
419	4x50 M Freestyle Relay 13 - 17	420
421	4x50 M Freestyle Relay 18 & Above	422
<b>BREAK</b>		
423	400 M Freestyle (Mixed Age Group)	424
<b>Boys</b>	<b>DAY 5</b>	<b>Girls</b>
501	200 M Freestyle 12 & Under	502
503	200 M Freestyle 13-15 years	504
505	200 M Freestyle 16-17 years	506
507	200 M Freestyle 18 & Above	508
509	50 M Breaststroke 12 & Under	510
511	50 M Breaststroke 13-15 years	512
513	50 M Breaststroke 16-17 years	514
515	50 M Breaststroke 18 & Above	516
517	100 M Butterfly 12 & Under	518
519	100 M Butterfly 13-15 years	520
521	100 M Butterfly 16-17 years	522
523	100 M Butterfly 18 & Above	524
525	4x100 M Medley Relay 12 & Under	526
527	4x100 M Medley Relay 13 - 17	528
529	4x100 M Medley Relay 18 & Above	530

- Award and Ranking by age group (12&Under / 13-15 years / 16 -17 years / 18 & Above)