



PESTA SUKAN

SINGAPORE
AQUATICS

PESTA SUKAN SWIMMING Team Leaders Meeting

WCH Arena
28-29 June 2025



PESTA SUKAN

Pesta Sukan 2025
ActiveSG Sport IC

Sophia Toh
Tan Sze Ngee

SINGAPORE
AQUATICS

Pesta Sukan 2025
Competition Management
(SAQ)

Zenn Toh

Overview of Venues



← Pesta Sukan
2025

Competition Timings

Session	Date	Day	Session	Competition Start Time	Doors Open for Warm Up
1	28 th June 2025	Saturday	Juniors (12 yrs and under)	9.00am	7.45am
2	28 th June 2025	Saturday	Seniors (13 yrs and over)	3.30pm	2.15pm
3	29 th June 2025	Sunday	Juniors (12 yrs and under)	9.00am	7.45am
4	29 th June 2025	Sunday	Seniors (13 yrs and over)	3.30pm	2.15pm

Estimated Competition Timeline (Day 1, AM session)

This is an estimate and is to be used as a guide only.

Session: 1 Day 1 Session 1

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 60 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	101 Girls 7-12 100 Backstroke	46	5	09:00 AM	_____
Finals	102 Boys 7-12 100 Backstroke	87	9	09:16 AM	_____
Finals	103 Boys 7-12 100 Breaststroke	113	12	09:44 AM	_____
Finals	104 Girls 7-12 100 Breaststroke	92	10	10:20 AM	_____
Finals	105 Boys 7-12 50 Freestyle	327	33	10:50 AM	_____
Finals	106 Girls 7-12 50 Freestyle	208	21	11:49 AM	_____
Break: 20 Minutes: There will be a 20min break					
Finals	107 Boys 7-12 50 Butterfly	174	18	12:48 PM	_____
Finals	108 Girls 7-12 50 Butterfly	98	10	01:22 PM	_____
Finals	109 Boys 7-8 200 Freestyle Relay	8	1	01:41 PM	_____
Finals	110 Boys 9-10 200 Freestyle Relay	30	3	01:46 PM	_____
Finals	111 Girls 7-8 200 Freestyle Relay	6	1	01:59 PM	_____
Finals	112 Girls 9-10 200 Freestyle Relay	19	2	02:04 PM	_____
Swimmers Counts for Warm-ups: 755		=====	=====		
Entry / Heat Totals:		1,208	125		
Finish Time				02:12 PM	_____

Estimated Competition Timeline (Day 1, PM session)

This is an estimate and is to be used as a guide only.

Session: 2 Day 1 Session 2

Day of Meet: 1 Starts at 03:30 PM Heat Interval: 60 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	201 Women 13 & Over 100 Backstroke	34	4	03:30 PM	_____
Finals	202 Men 13 & Over 100 Backstroke	41	5	03:42 PM	_____
Finals	203 Men 13 & Over 100 Breaststroke	85	9	03:57 PM	_____
Finals	204 Women 13 & Over 100 Breaststroke	50	5	04:22 PM	_____
Finals	205 Men 13 & Over 50 Freestyle	293	30	04:36 PM	_____
Finals	206 Women 13 & Over 50 Freestyle	164	17	05:24 PM	_____
Break: 10 Minutes: There will be a 10mins b					
Finals	207 Men 13 & Over 50 Butterfly	181	19	06:03 PM	_____
Finals	208 Women 13 & Over 50 Butterfly	98	10	06:34 PM	_____
Finals	209 Men 13-14 200 Freestyle Relay	13	2	06:51 PM	_____
Finals	210 Men 15-17 200 Freestyle Relay	13	2	06:59 PM	_____
Finals	211 Women 13-14 200 Freestyle Relay	4	1	07:06 PM	_____
Finals	212 Women 15-17 200 Freestyle Relay	7	1	07:09 PM	_____
Swimmers Counts for Warm-ups: 661		=====	=====		
Entry / Heat Totals:		983	105		
Finish Time				07:14 PM	_____

Estimated Competition Timeline (Day 2, AM session)

This is an estimate and is to be used as a guide only.

Session: 3 Day 2 Session 3

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 60 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	301 Girls 7-12 50 Backstroke	118	12	09:00 AM	_____
Finals	302 Boys 7-12 50 Backstroke	169	17	09:28 AM	_____
Finals	303 Boys 7-12 50 Breaststroke	231	24	10:06 AM	_____
Finals	304 Girls 7-12 50 Breaststroke	171	18	10:53 AM	_____
Finals	305 Boys 7-12 100 Freestyle	205	21	11:29 AM	_____
Break: 20 Minutes: There will be a 20mins b					
Finals	306 Girls 7-12 100 Freestyle	121	13	12:43 PM	_____
Finals	307 Boys 7-12 100 Butterfly	50	5	01:18 PM	_____
Finals	308 Girls 7-12 100 Butterfly	38	4	01:32 PM	_____
Finals	309 Boys 11-12 200 Freestyle Relay	25	3	01:44 PM	_____
Finals	310 Girls 11-12 200 Freestyle Relay	17	2	01:56 PM	_____
	Swimmers Counts for Warm-ups: 720	=====	=====		
	Entry / Heat Totals:	1,145	119		
	Finish Time			02:03 PM	_____

Estimated Competition Timeline (Day 2, PM session)

This is an estimate and is to be used as a guide only.

Session: 4 Day 2 Session 4

Day of Meet: 2 Starts at 03:30 PM Heat Interval: 60 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	401 Women 13 & Over 50 Backstroke	103	11	03:30 PM	_____
Finals	402 Men 13 & Over 50 Backstroke	100	10	03:54 PM	_____
Finals	403 Men 13 & Over 50 Breaststroke	189	19	04:14 PM	_____
Finals	404 Women 13 & Over 50 Breaststroke	102	11	04:48 PM	_____
Finals	405 Men 13 & Over 100 Freestyle	177	18	05:08 PM	_____
Finals	406 Women 13 & Over 100 Freestyle	107	11	05:50 PM	_____
Break: 10 Minutes: There will be a 10min break					
Finals	407 Men 13 & Over 100 Butterfly	69	7	06:27 PM	_____
Finals	408 Women 13 & Over 100 Butterfly	23	3	06:44 PM	_____
Finals	409 Boys 18 & Over 200 Freestyle Relay	39	4	06:52 PM	_____
Finals	410 Girls 18 & Over 200 Freestyle Relay	22	3	07:07 PM	_____
Swimmers Counts for Warm-ups: 644		=====	=====		
Entry / Heat Totals:		931	97		
Finish Time				07:18 PM	_____

COMPETITION FORMAT



- Timed Finals Format (10 lanes)
- Fastest to Slowest in the respective age-groups

Participants' entries are seeded based on:

- Youth – 7 to 12 years old
- Youth – 13 to 17 years old
- Adults & Masters – 18 years and over

The Start

- One Start-rule
- Swimmers can start in 2 positions (starting block or bulkhead)

Competition Format – Over The Top Start



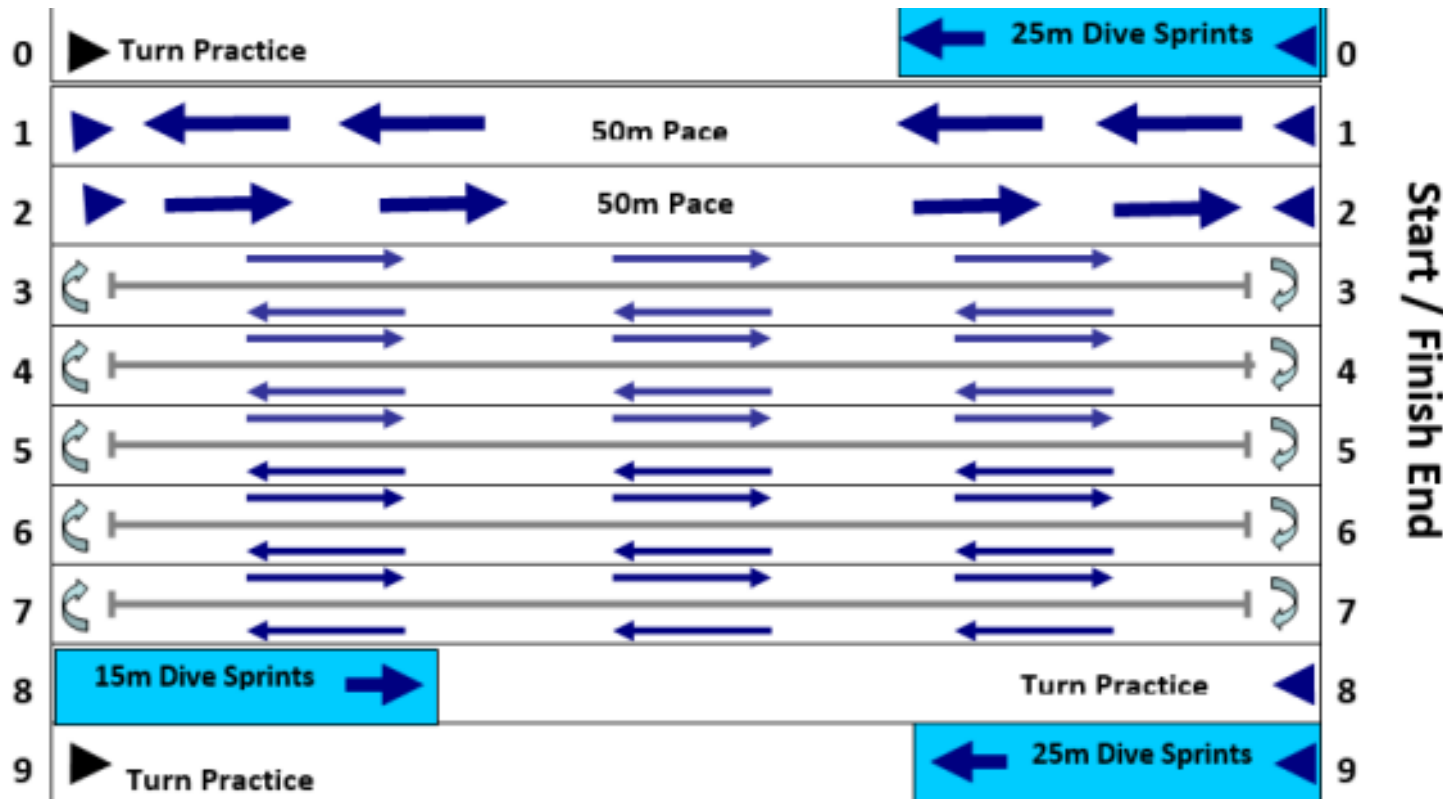
- Kindly advise your swimmers to remain in their respective lane and move immediately back about 1 metres as soon as they finish the race.
- Hold onto the lane rope and wait there. **DO NOT MOVE INTO ANY OTHER LANE.**
- When the next race starts, exit to pool as they normally do.
- “Over The Top” will not be used for 50m races, backstroke and relay events.

Relay Events

Relays:

- Teams do not have to submit Relay Form to Control Room to update unless there are amendments
 - If there is no new form submission , organisers will follow what was submitted in the Meet Manager software or the order submitted in the ActiveSG app.
 - Teams will only be allowed to register in Call Room if they are complete with 4 swimmers
 - Team members must know the order of their swim
 - Teams are to submit the relay forms before the start of the session
(9.00am for 12 Under and 3.30pm for 13 years over)
- List of eligible swimmers for relay must be part of the original registration that was submitted to us.
- Substitutions may be made only in the case of a documented medical emergency (applies to the amendments requested after the submission deadline above)
- Swimmers may “swim up” in older age group categories for relay events (for all youth + adult categories)
- For Adult 18 Yrs to 29 Yrs relay categories, swimmer above 29 years old may “swim down” to compete in the adult category if the total age of relay team members do not add up to 120 years (minimum age of masters relays)

Competition Format – Warm Up Guidelines @ Competition Pool (Block A)

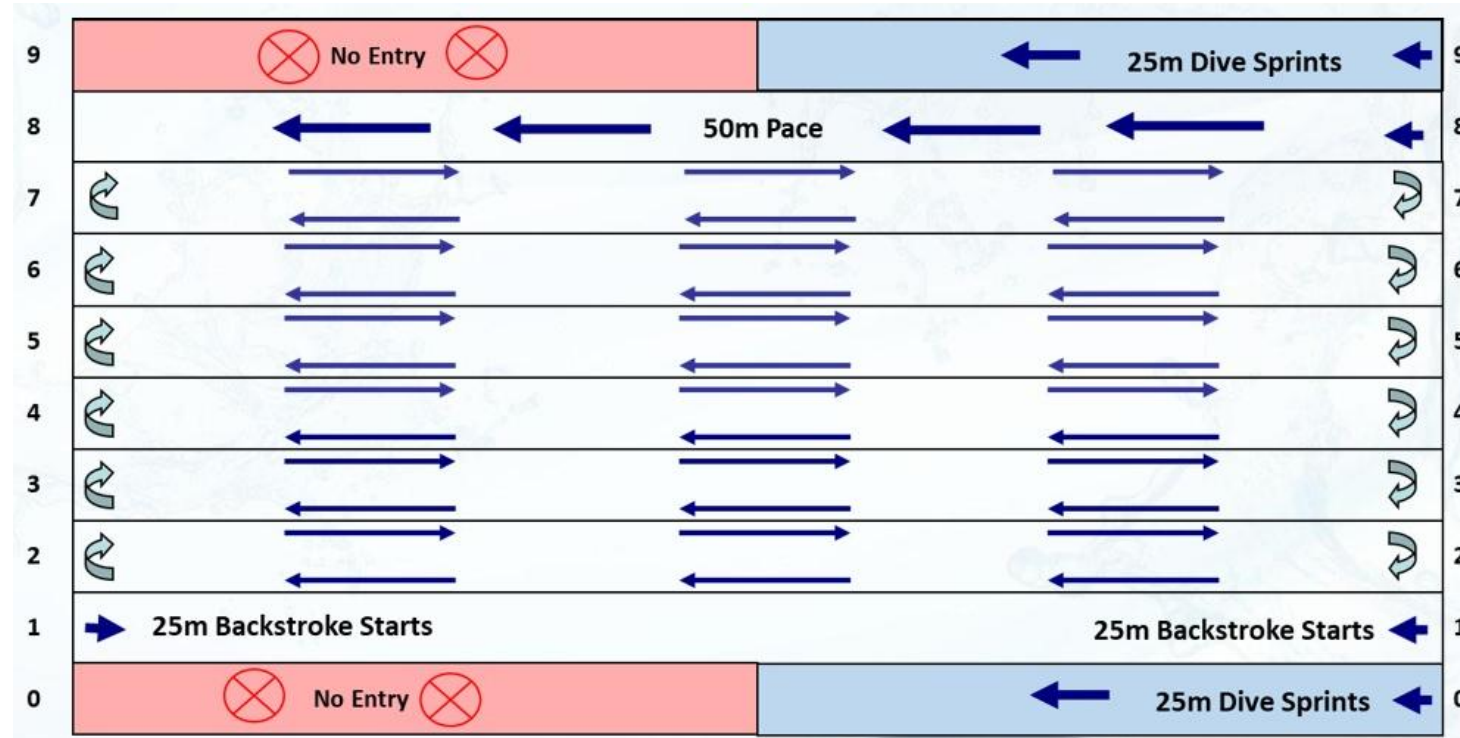


Competition Pool open 60mins before competition commence

Pool will be closed 15 minutes before the competition commence

Competition Format – Warm Up Guidelines @ Training Pool (Block B)

Athlete
Prep
Area B



Link Bridge
between Block
A and B

Competition Format – Warm Up Guidelines

- The training pool and diving pool has been designated for the swimmers to warm up and warm down during the competition.
- Swimmers and coaches are strongly encouraged to use the training pool for warm up to avoid overcrowding at the competition pool.
- Please note that there will be no Food allowed in the Training and Competition pool.

Awarding of Medals for Individual Events

S/No	Age Group	Clarification
1	Youth 7 Yrs to 8 Yrs	Born between 2017 to 2018
2	Youth 9 Yrs to 10 Yrs	Born between 2015 to 2016
3	Youth 11 Yrs to 12 Yrs	Born between 2013 to 2014
4	Youth 13 Yrs to 14 Yrs	Born between 2011 to 2012
5	Youth 15 Yrs to 17 Yrs	Born between 2010 to 2008
6	Adult 18 Yrs to 29 Yrs	Born between 1996 to 2006
7	Masters 30 Yrs to 39 Yrs	Born between 1986 to 1995
8	Masters 40 Yrs to 49 Yrs	Born between 1976 to 1985
9	Masters 50 Yrs & Over	Born in 1975 or earlier

For an event to be viable there must be a minimum of 4 Registered Swimmers. However, if there are only 3 or 2 Registered Swimmers, the event will proceed with a “minus one rule” for the award of medals.

Awarding of Medals for Relay Events

S/N	Relay Age Group Categories	Remarks
0		
1	Youth 7 – 8 Yrs Old	
2	Youth 9 – 10 Yrs Old	
3	Youth 11 – 12 Yrs Old	
4	Youth 13 – 14 Yrs Old	
5	Youth 15 Yrs to 17 Yrs	
6	Adult 18 Yrs to 29 Yrs	
	Age groups of Masters relay events are as follows	
7	Masters 120-159 years	Masters Relays to be conducted on the total age of team members
8	Masters 160-199 years	in whole years.
9	Masters 200 – 239 years	Minimum Age of youngest swimmer in masters relay is 25 years old

Masters Relays to be conducted on the total age of team members in whole years
Minimum Age of youngest swimmer in masters relay is 25 years old

For an event to be viable there must be a minimum of 4 participating teams. However, if there are only 3 or 2 registered teams, the event will proceed with a “minus one rule” for the award of medals.

Best Individual Performer



GetActive Pesta Sukan will award the Best Individual Performer to the best swimmer in the respective age group with the total number of points from a maximum of 3 Individual Events.

In case of a tie, World Aquatics Points can be used to decide on the overall winner based on the total points accumulated.

Announcements will be made during the competition for the winners to report to the medal collection area

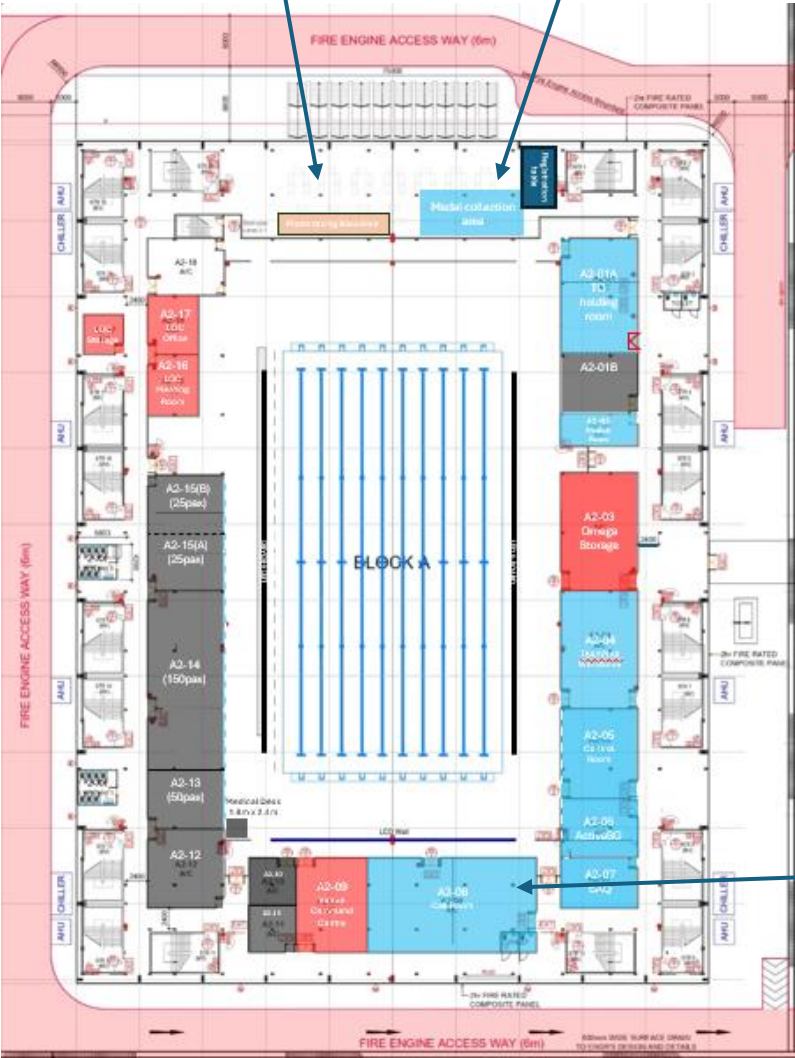
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7	Masters 30 Yrs to 39 Yrs	Born between 1986 to 1995
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Points System

<u>Position</u>	<u>Points awarded in individual events:</u>
Places 1-10:	20-17-16-15-14-13-12-11-9-7

Medal Collection/ Accreditation Point at Level 2

Medal Collection + Accreditation



Top *3 winners in their respective events and age groups (based on the table above) can collect their medals at the medal collection point after the conclusion of the events of each session.

Call Room



Competition Format – Call Room Procedures

- Swimmers are to report 20 minutes before their event's estimated scheduled time. (Event scheduled time can be found on the start list)
- The estimated timing on the start list is to be used as a guide only. Athletes and Coaches are responsible to check the reporting timing of their event and report to the call room accordingly.
- A Television will be place in the training pool which will display the live scoring results similar at the Field-Of-Play.
- Tape on body is not allowed
- Swimmer may request to leave the final call room. "DNS" status will be issued if the swimmer did not return when the COC release the rest into the FOP
- Swimmers in Holding Area A (50M races) are not allowed to leave once they are being ushered.

Competition Format – Rules

All events included in the competition shall be conducted under the rules of World Aquatics as set out in the World Aquatics Competition Regulations

(in force from 1st Jan 2025)

As this is a community event, the organisers have adopted a more relaxed approach to swimwear guidelines.
Further details will be provided in the following slides

SwimSuit Guidelines

- Non-transparent
- One swimsuit in one or two pieces
- Men
 - **can** extend above the navel nor below the knee
- Women
 - **Can** cover the neck, extend past the shoulder, nor shall extend below knee
- Made from textile materials
- No additional items, like arm bands or leg bands.

DQs

DQs announced by Event No. / Heat / Lane No.

PROTEST PROCEDURE

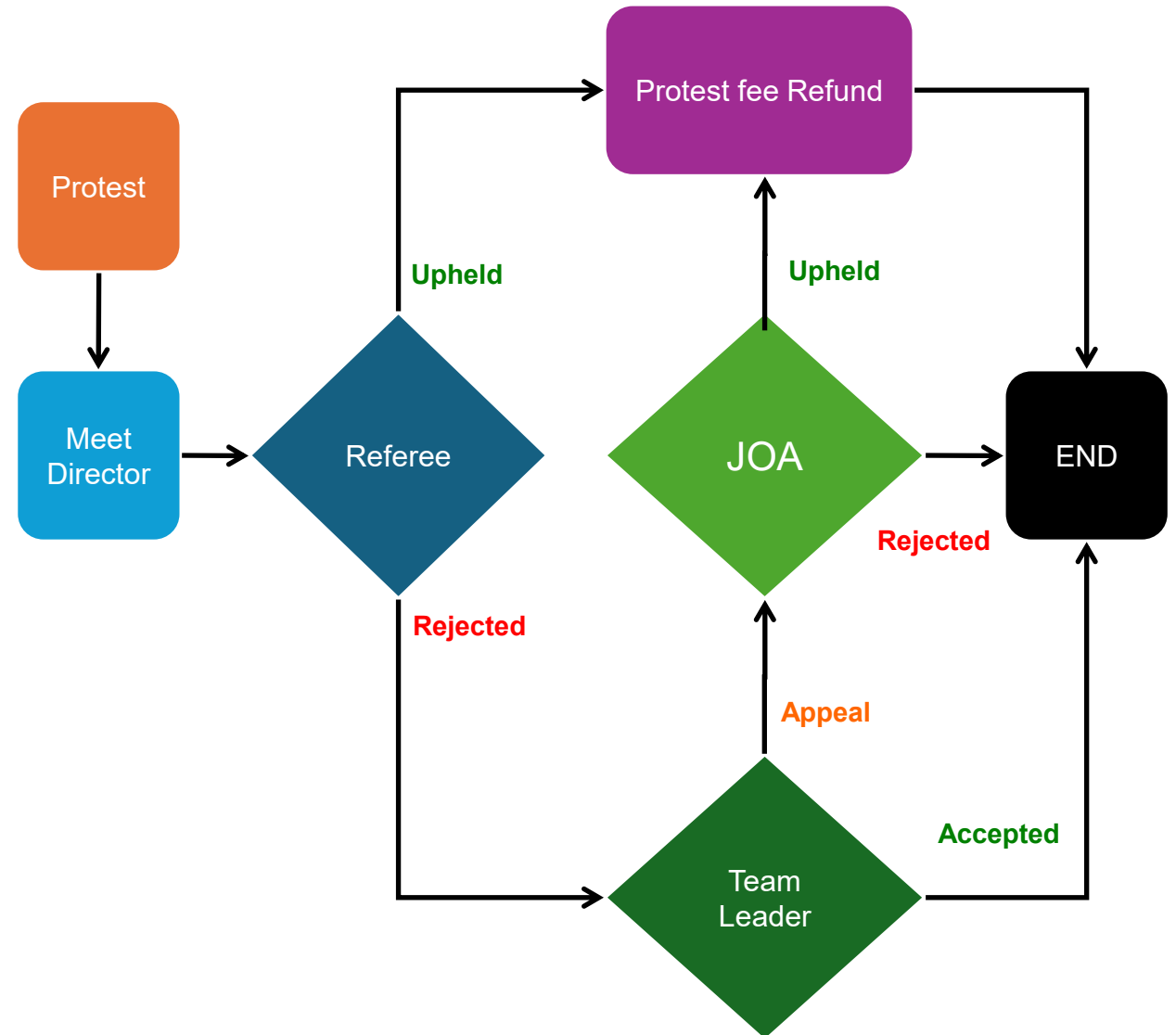
Protests must be submitted in accordance with the following:

1. to the Meet Referee,
2. in writing on SAQ Forms,
3. by the Affiliate team leader,
4. together with a deposit of S\$100.00 and
5. within 30 minutes following the conclusion of the respective event.

JURY OF APPEAL

Representative Members from:

1. Singapore Aquatics
2. Technical Swimming Committee
3. Member of Affiliate (on a rotational basis)
4. ActiveSG



Accreditation Pass Collection: OCBC Aquatic Centre

- All swimmers, coaches and team managers are required to wear their accreditation passes to enter the competition venue
- All Spectators / Parents are to enter from LEVEL 2.
- Spectators / Parents / Guardian **not** allowed access into Back of House, training pool and competition pool.
- Accreditation Passes are ready for collection
- **For Clubs:** Passes may be collected on **23rd June (2pm-6pm) and 24th June 2025 (10am-5pm) at the OCBC Aquatic Centre**. Kindly inform us in advance before heading down.
- **Unattached swimmers:** to collect their passes onsite during competition days (28 – 29 June) outside the main entrance

No Collection on 25 – 27 June due to SEA AGE Event Venue Lockdown



Accreditation Passes for Coaches to access Pool Deck for swimmers' warm up

Coaches to collect accreditation passes from registration counter to access the Pool deck

Coaches who wish to get the accreditation passes to be on deck must be an NROC Member and the list of coaches must be provided to SAQ Secretariat before the start of the competition

(Verification check will be done via the physical card or digital card on www.sportsync.sg)

All COACHES accreditation passes, are **NON-TRANSFERABLE**, and can be withdrawn or refused at the organisers 'sole discretion.



Similarly, the name list of Team Managers must be provided to SAQ Secretariat before the start of the competition.

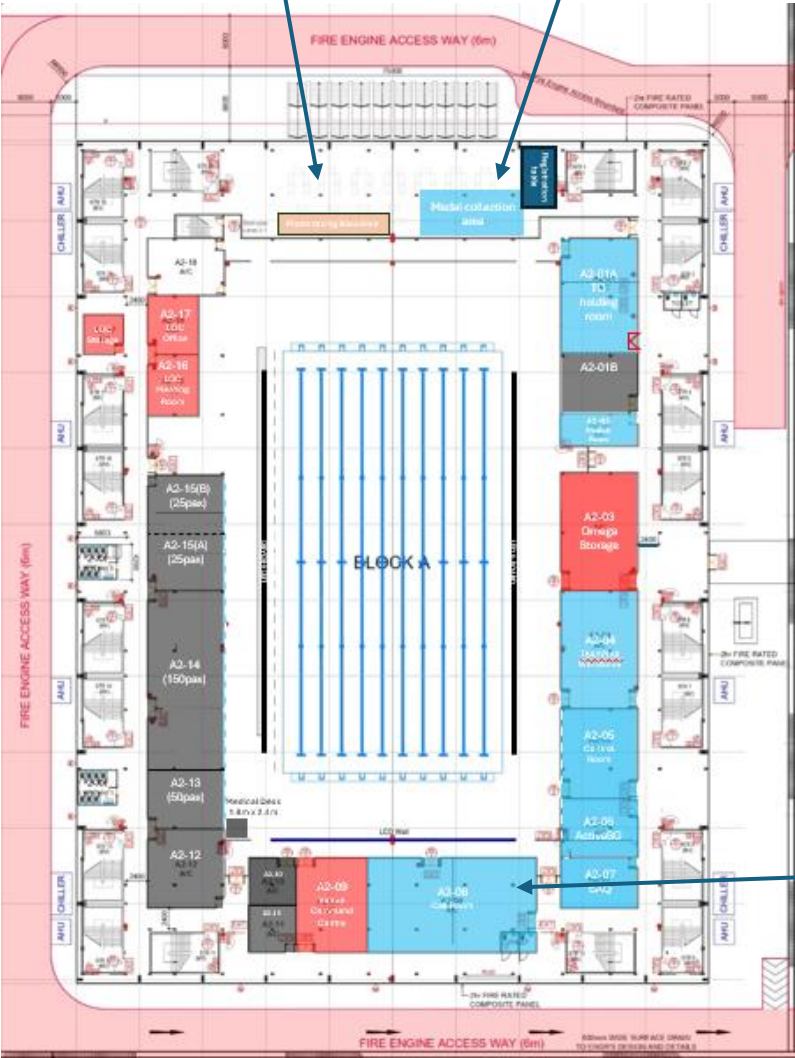
Team Managers must be at least 18 years old.

Please note that applying for an accreditation under false pretences would be a violation of accreditation procedures.

In order to ensure a safe and inclusive training and competition environment, we would ask that rules and regulations surrounding accreditation be respected. Anyone found to be in violation of this will have their accreditation removed and will be asked to leave the venue immediately.

Medal Collection/ Accreditation Point at Level 2

Medal Collection + Accreditation

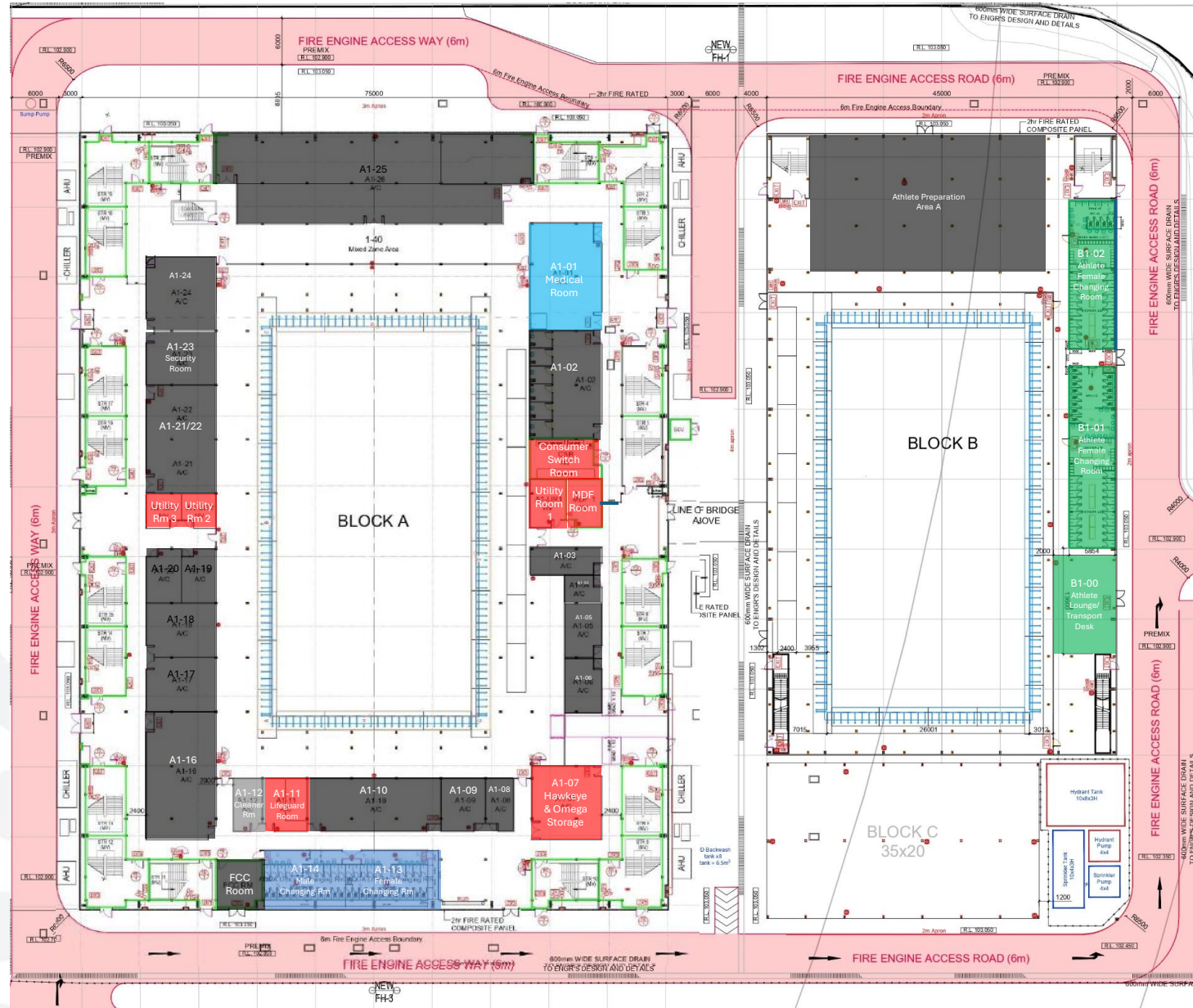


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Call Room

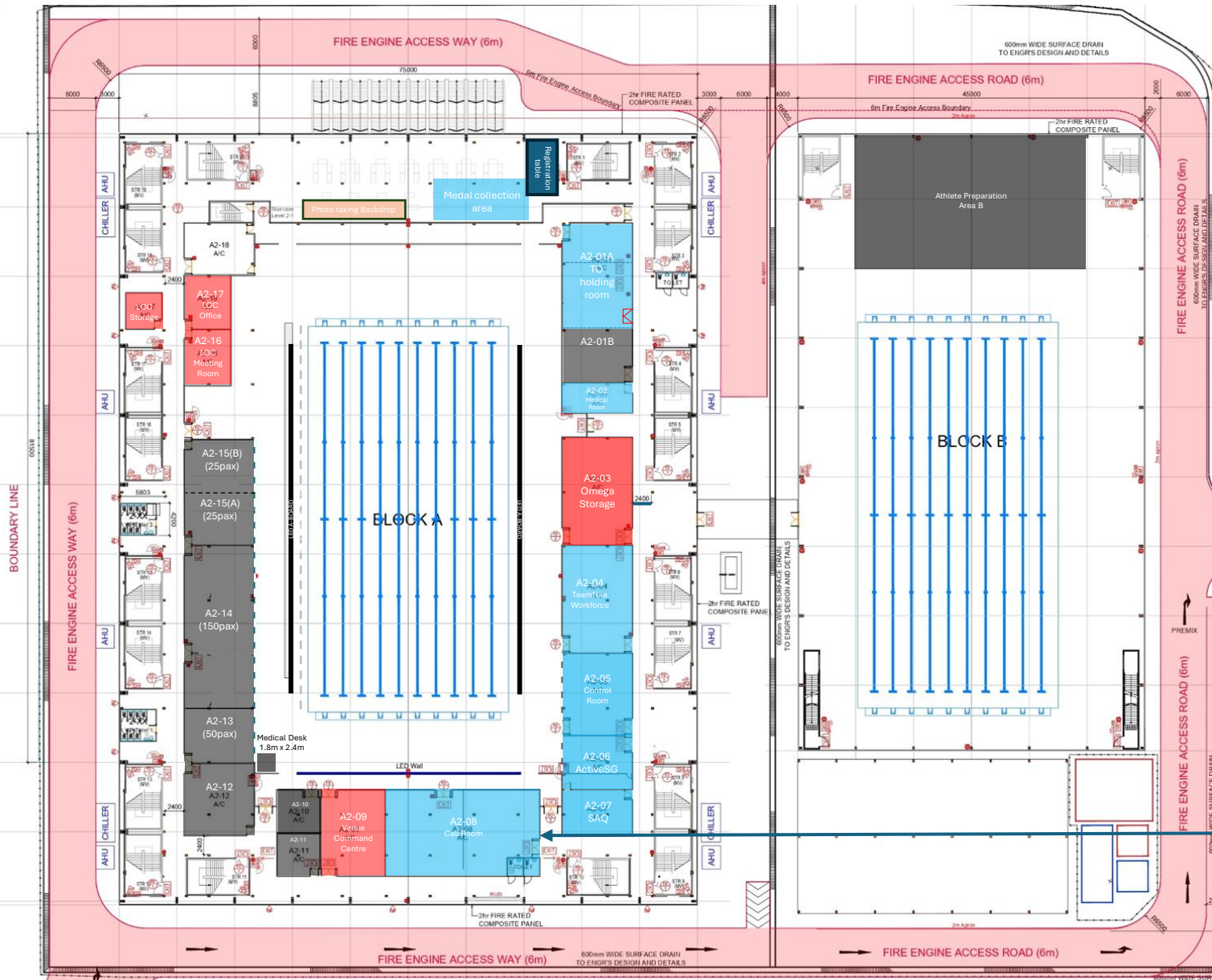


Swimming - Level 1



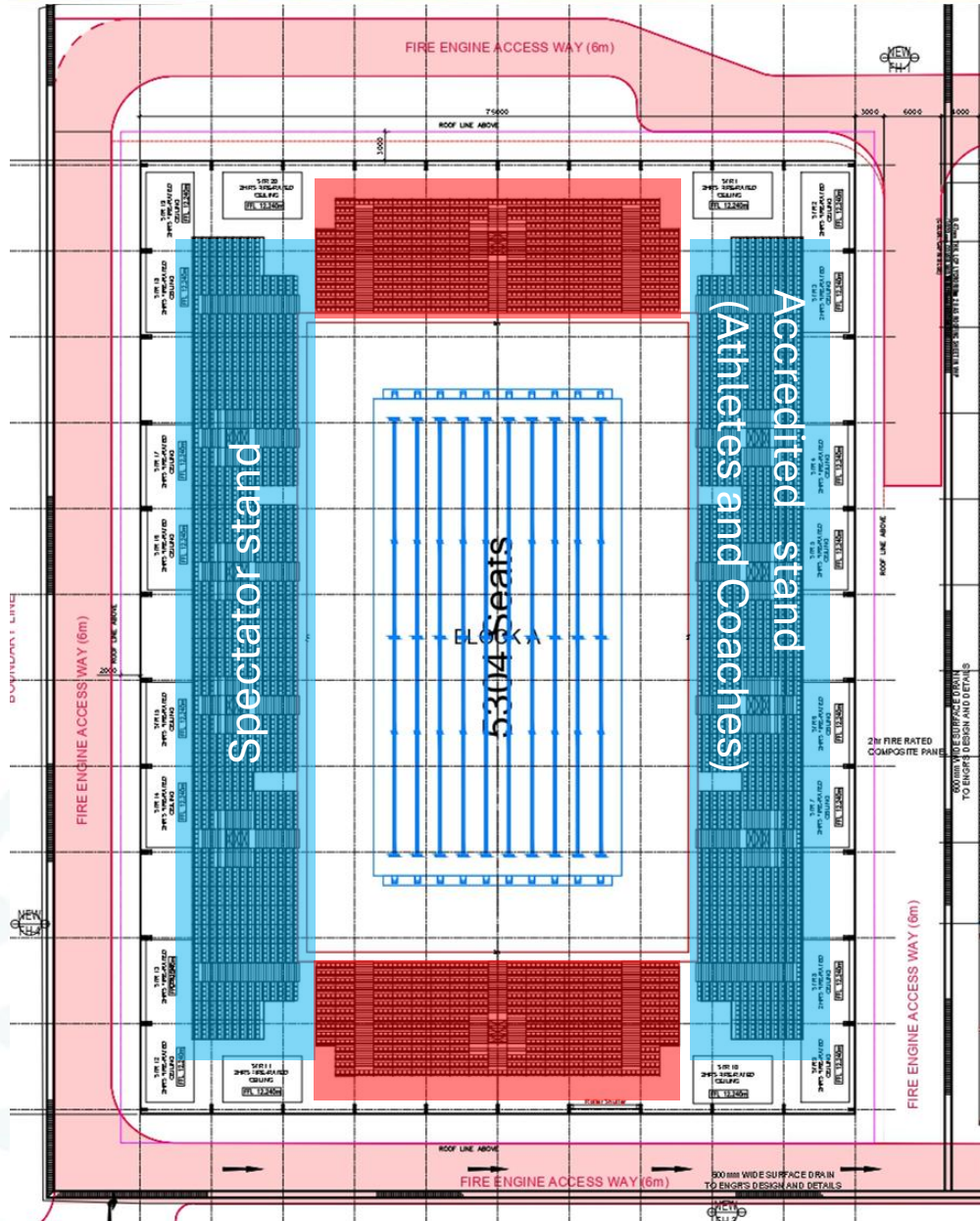
BLK	LEVEL	ROOM	ROOM LABEL	ROOM NAME	AREA in m ²
A	1	01	A1-01	Athlete Medical	123
A	1	02	A1-02	Doping Room	125
A	1	CSR	A1-CSR	Consumer Switch Room	46
A	1	MDF1	A1-MDF1	MDF 1	27
A	1	UR1	A1-UR1	Utility Room 1	27
A	1	03	A1-03	AQUA Office	31
A	1	04	A1-04	AQUA Storage Room	16
A	1	05	A1-05	AQUA Meeting Room	32
A	1	06	A1-06	Meeting Room	33
A	1	07	A1-07	Hawkeye & OMEGA Storage	86
A	1	08	A1-08	TSC Commission Room	23
A	1	09	A1-09	TSC Room	39
A	1	10	A1-10	SW ITO- NTO Room	117
A	1	11	A1-11	Office	39
A	1	11 (B)	A1-11 (B)	Lifeguard Room	25
A	1	12	A1-12	Cleaner's Room	64
A	1	13	A1-13	Official Changing Room	64
A	1	14	A1-14	Official Changing Room	29
A	1	FCC	A1-FCC	FCC Room	149
A	1	16	A1-16	AQUA Multi Purpose Room	62
A	1	17	A1-17	HB Storage	62
A	1	18	A1-18	Production Room	31
A	1	19	A1-19	HB Office	30
A	1	20	A1-20	BIO	19
A	1	UR2	A1-UR2	Utility Room 2	18
A	1	UR3	A1-UR3	Utility Room 3	62
A	1	21	A1-21	Workforce Room	62
A	1	22	A1-22	Security Room	125
A	1	23	A1-23	AQUA President Room	370
A	1	24	A1-24	Media Press Room & Press Conference Room	101
A	1	26	A1-26	Athlete Lounge/Transport Desk	130
B	1	0	B1-0	Athlete Female Changing Room	108
B	1	1	B1-1	Athlete Male Changing Room	528
B	1	2	B1-2	Athlete Preparation Area A	

Swimming - Level 2

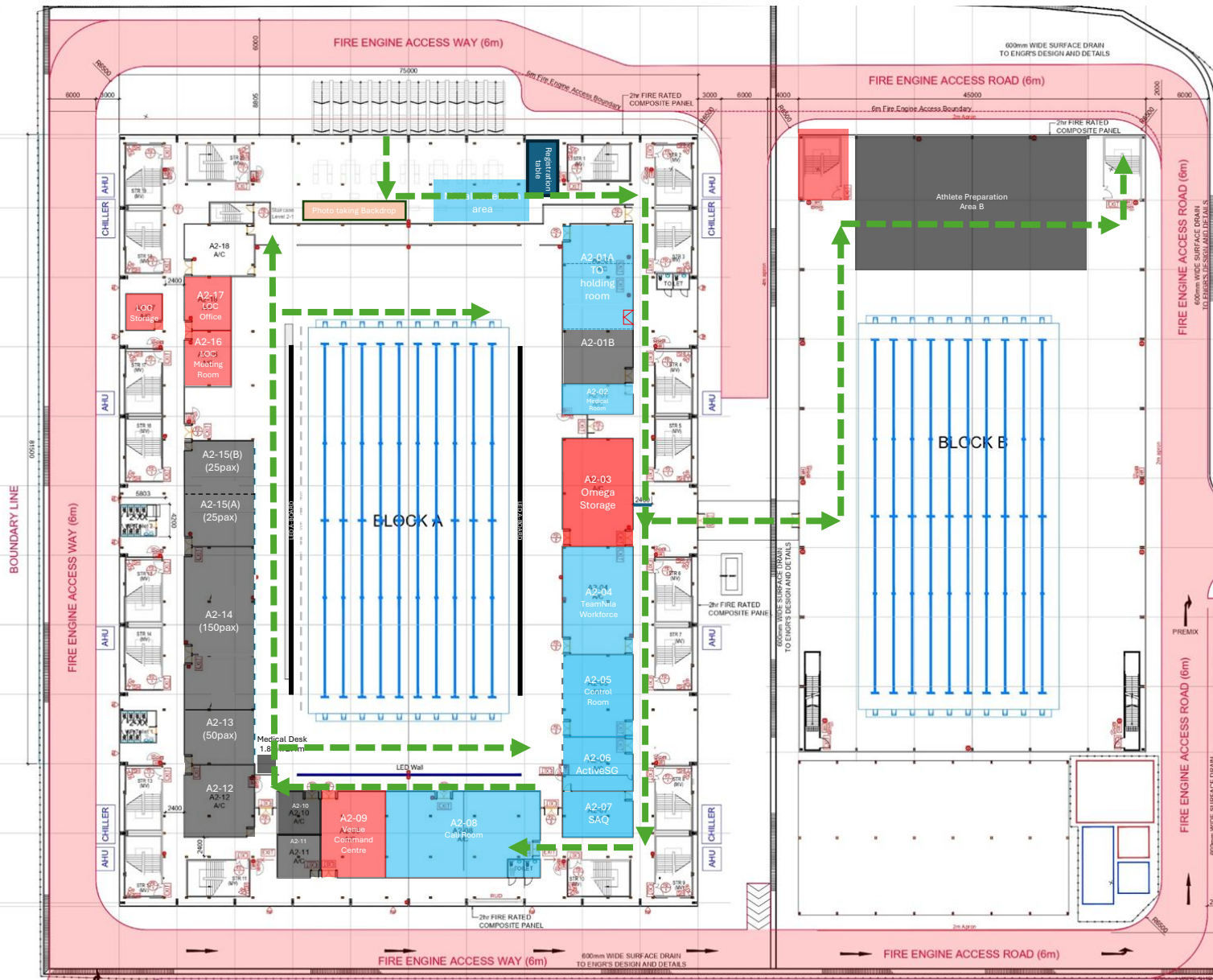


Call Room

PESTA SUKAN SWIMMING – LEVEL 3



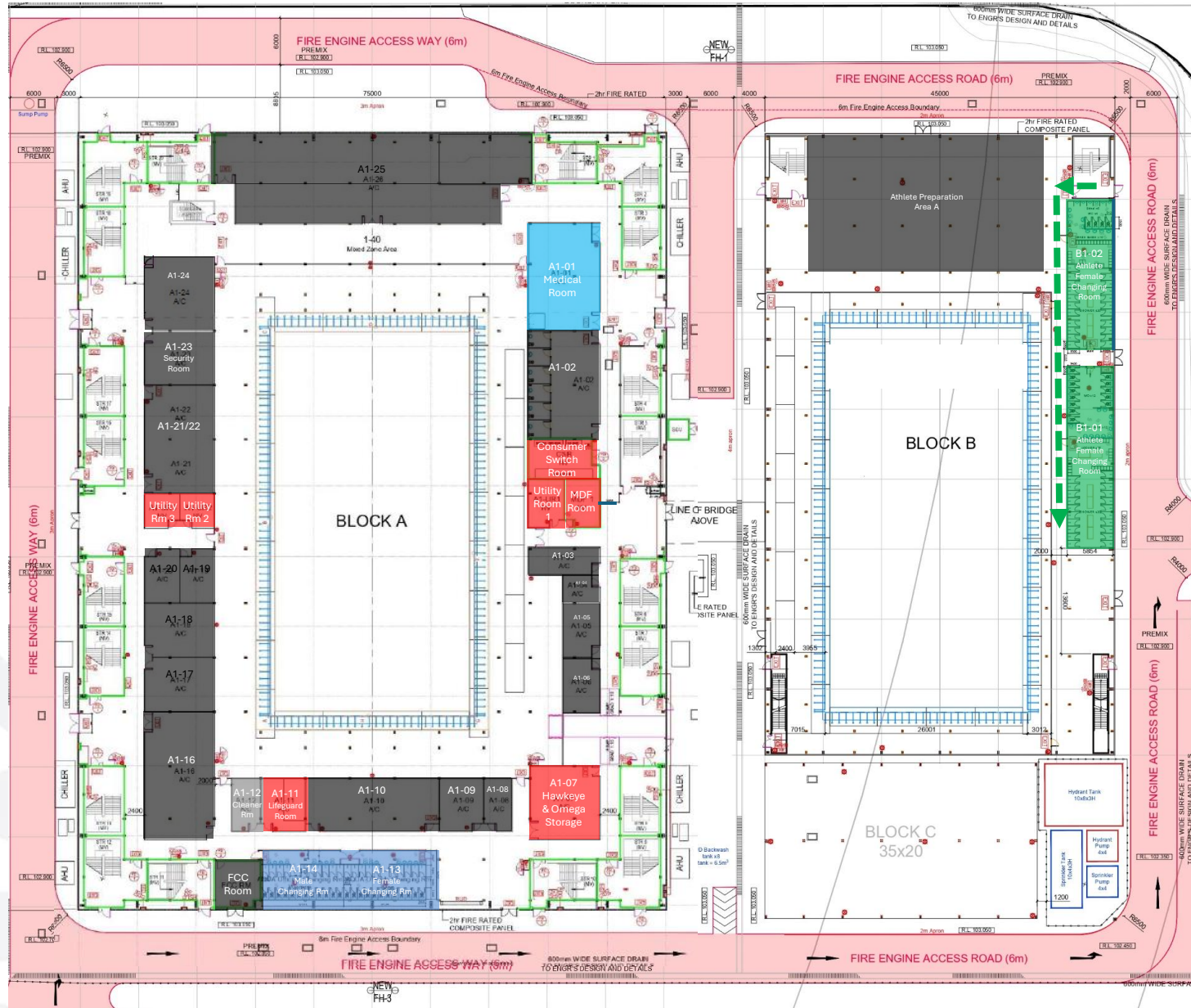
Athlete Flow - Level 2

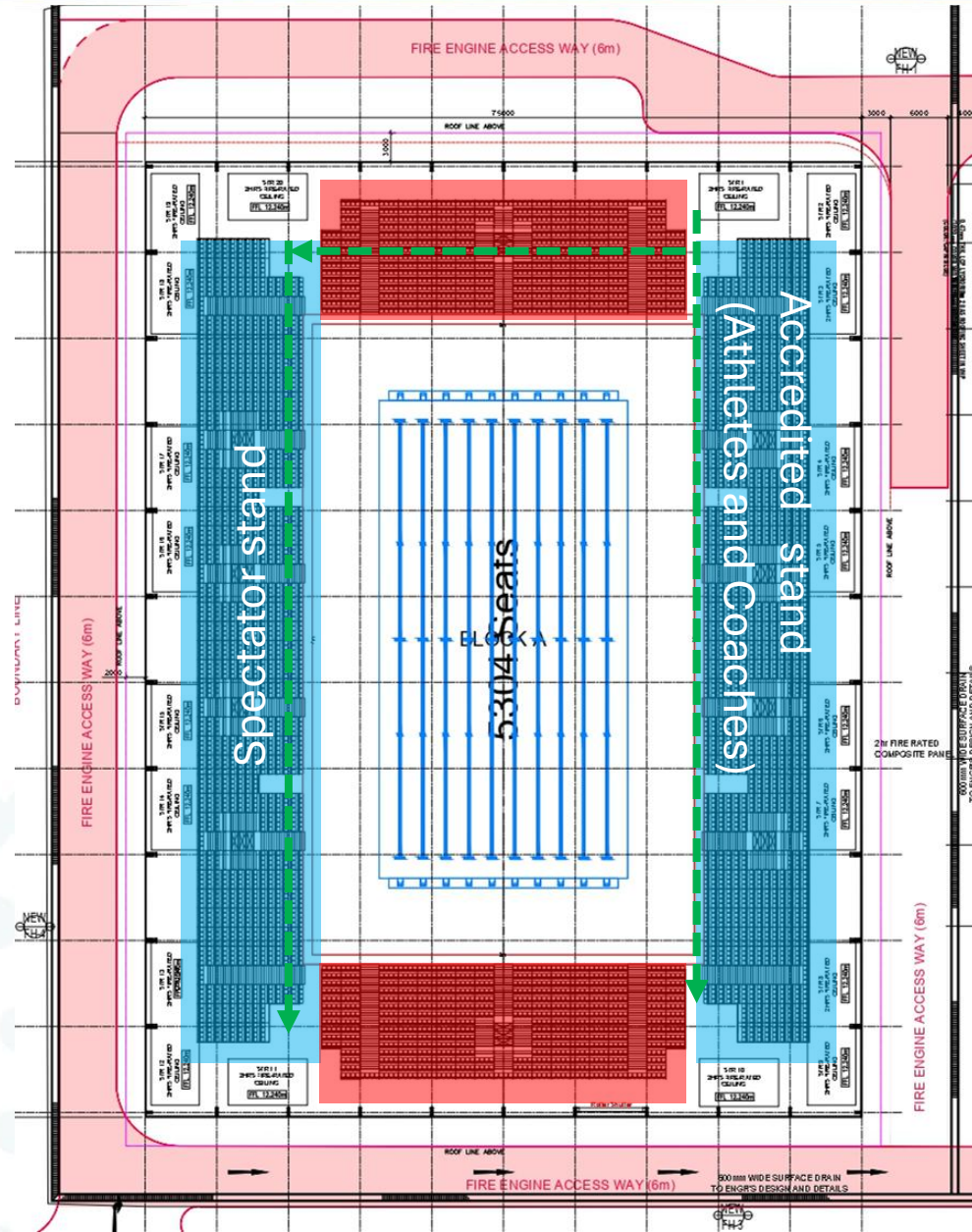


Competition Flow:

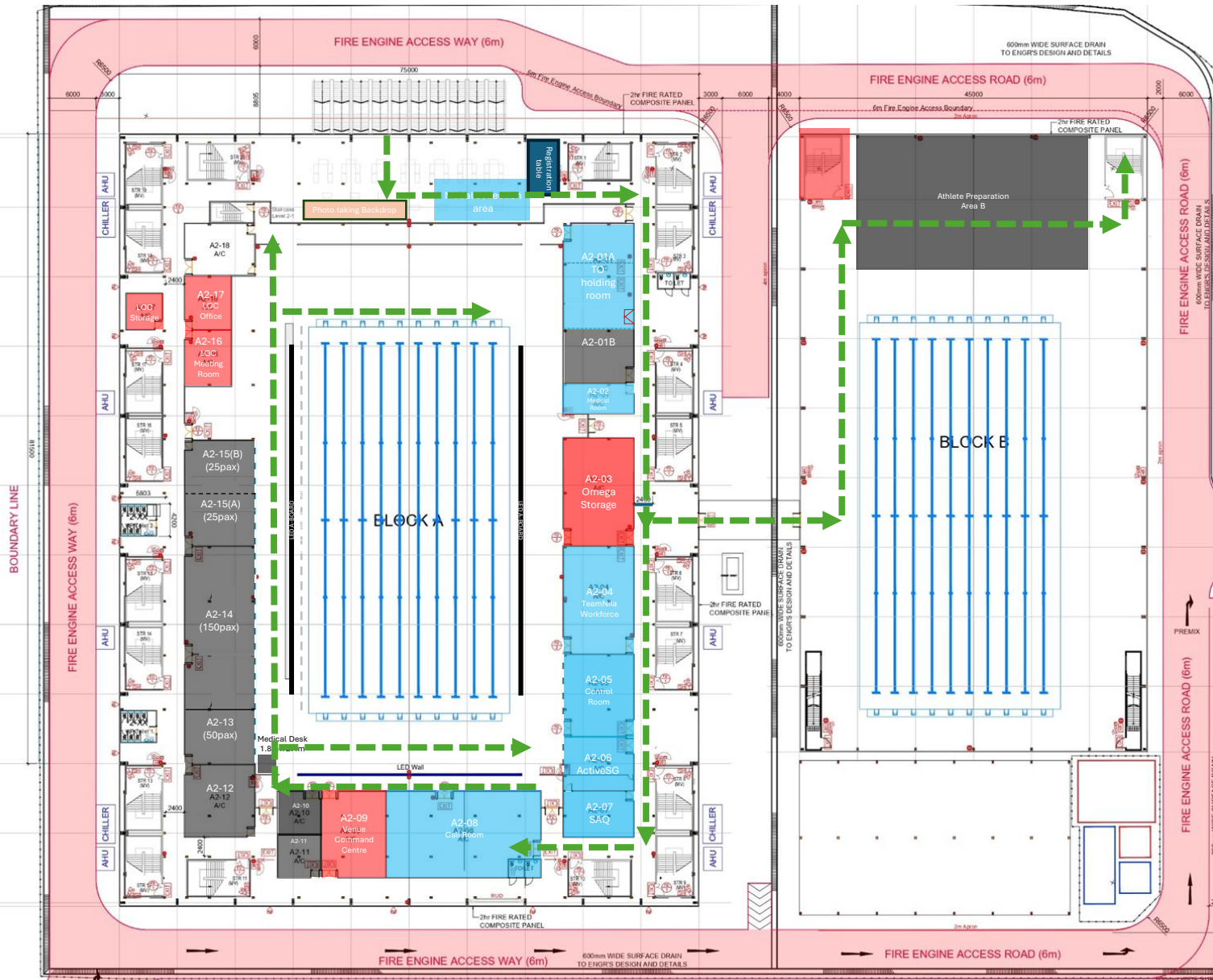
- 50m Events
 - Swimmers will put their items in the baskets on deck at the side.
 - They will then get ushered to the 50m start side and swim.
 - Once they are done swimming, they will collect their items from the baskets at the side and exit from the 50m start side.
- 100m events
 - Swimmers will put their items in the baskets on deck at the side.
 - Swimmers will then be directed to the start blocks.
 - Once they are done swimming, they will collect their items from the baskets at the side and exit from the 50m start side.
- Relay events
 - Each team will be assigned only 1 basket
 - All swimmers are to deposit their items into the 1 basket and after splitting into 2 groups, group A will be ushered to the 50m start side, the other group will be ushered to the 100m start side.

Athlete Flow - Level 1





Athlete Flow - Level 2



Competition Flow:

- 50m Events
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 - Each team will be assigned only 1 basket
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**All Participants are required to submit the indemnity form
in the QR Code or link below**



<https://form.gov.sg/65d8045b44929ee5d4a5d946>