



**PESTA SUKAN**

**SINGAPORE**  
**AQUATICS**

**PESTA SUKAN SWIMMING**  
**Team Leaders Meeting**

OCBC Aquatic Centre  
26-28 July, 2 August 2024



OCBC AQUATIC CENTRE

Overview plan of Sports Hub  
(OCBC Aquatic Centre)



**PESTA SUKAN**

**SINGAPORE**  
**AQUATICS**

Pesta Sukan 2024  
Competition Management  
(SAQ)

**Tessa Seet**

Meet Director

**Tina Ong**

Pesta Sukan 2024  
ActiveSG Sport IC

**Sophia Toh**  
**Chad Ong**  
**Tan Sze Ngee**

# Competition Timings

Session	Date	Day	Session	Competition Start Time	Doors Open for Warm Up
1	26 <sup>th</sup> July 2024	Friday	JRs - 4.00pm to 7.00pm SRs- 7.00pm to 9.30pm	4.00pm	3.00pm
2	27 <sup>th</sup> July 2024	Saturday	Juniors (12 yrs and under)	9.00am	7.45am
3	27 <sup>th</sup> July 2024	Saturday	Seniors (13 yrs and over)	3.30pm	2.30pm
4	28 <sup>th</sup> July 2024	Sunday	Juniors (12 yrs and under)	9.00am	7.45am
5	28 <sup>th</sup> July 2024	Sunday	Seniors (13 yrs and over)	3.30pm	2.30pm
6	2 <sup>nd</sup> August 2024	Friday	JRs - 4.00pm to 7.00pm SRs- 7.00pm to 9.30pm	4.00pm	3.00pm

# Estimated Competition Timeline (Day 1)

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

Event	Starts at
101 Girls 7-12 100 Backstroke	04:00 PM
102 Boys 7-12 100 Backstroke	04:24 PM
103 Girls 7-12 100 Butterfly	05:02 PM
104 Boys 7-12 100 Butterfly	05:11 PM
105 Girls 7-12 50 Freestyle	05:27 PM
106 Boys 7-12 50 Freestyle	06:12 PM
Break: 15 Minutes:	
107 Girls 13-17 100 Butterfly	07:34 PM
108 Women 18 & Over 100 Butterfly	07:38 PM
109 Boys 13-17 100 Butterfly	07:44 PM
110 Men 18 & Over 100 Butterfly	07:53 PM
111 Women 7 & Over 100 Butterfly Multi-Class	08:04 PM
112 Men 7 & Over 100 Butterfly Multi-Class	08:07 PM
113 Girls 13-17 200 IM	08:07 PM
114 Women 18 & Over 200 IM	08:19 PM
115 Boys 13-17 200 IM	08:33 PM
116 Men 18 & Over 200 IM	08:57 PM
Swimmers Counts for Warm-ups: 930	
Finish Time	09:14 PM

## Estimated Competition Timeline (Day 2, AM session)

Event	This is an estimate and is to be used as a guide only.	Starts at
201 Girls 7-12 100 Breaststroke		09:00 AM
202 Boys 7-12 100 Breaststroke		09:37 AM
203 Girls 7-12 100 Freestyle		10:33 AM
204 Boys 7-12 100 Freestyle		11:16 AM
Break: 15 Minutes:		
205 Girls 7-12 50 Backstroke		12:45 PM
207 Boys 7-12 200 Medley Relay		01:30 PM
206 Girls 7-12 200 Medley Relay		02:05 PM
Swimmers Counts for Warm-ups: 689		
Finish Time		02:25 PM

# Estimated Competition Timeline (Day 2, PM session)

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

Event	Starts at
301 Girls 13-17 50 Backstroke	03:30 PM
302 Women 18 & Over 50 Backstroke	03:48 PM
303 Boys 13-17 50 Backstroke	03:59 PM
304 Men 18 & Over 50 Backstroke	04:17 PM
305 Women 7 & Over 50 Butterfly Multi-Class	04:30 PM
306 Men 7 & Over 50 Butterfly Multi-Class	04:32 PM
307 Boys 13-17 50 Freestyle	04:34 PM
308 Men 18 & Over 50 Freestyle	05:02 PM
309 Women 7 & Over 50 Freestyle Multi-Class	05:28 PM
310 Men 7 & Over 50 Freestyle Multi-Class	05:31 PM
311 Girls 13-17 50 Breaststroke	05:36 PM
312 Women 18 & Over 50 Breaststroke	05:50 PM
313 Boys 13-17 50 Breaststroke	06:01 PM
314 Men 18 & Over 50 Breaststroke	06:23 PM
Break: 15 Minutes:	
315 Women 7 & Over 50 Breaststroke Multi-Class	06:59 PM
316 Men 7 & Over 50 Breaststroke Multi-Class	07:01 PM
317 Girls 13-17 200 Freestyle	07:06 PM
318 Women 18 & Over 200 Freestyle	07:26 PM
319 Women 7 & Over 200 Freestyle Multi-Class	07:47 PM
320 Men 7 & Over 200 Freestyle Multi-Class	07:51 PM
321 Girls 13-17 200 Freestyle Relay	07:55 PM
322 Women 18 & Over 200 Freestyle Relay	08:04 PM
323 Boys 13-17 200 Freestyle Relay	08:12 PM
324 Men 18 & Over 200 Freestyle Relay	08:23 PM
Swimmers Counts for Warm-ups: 752	
Finish Time	08:34 PM

# Estimated Competition Timeline (Day 3, AM session)

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

Event	Starts at
401 Boys 7-12 50 Backstroke	09:00 AM
402 Girls 7-12 50 Breaststroke	10:01 AM
403 Boys 7-12 50 Breaststroke	10:45 AM
Break: 15 Minutes:	
404 Girls 9-12 200 Freestyle	12:03 PM
405 Boys 9-12 200 Freestyle	12:33 PM
406 Girls 7-12 200 Freestyle Relay	01:30 PM
407 Boys 7-12 200 Freestyle Relay	01:46 PM
Swimmers Counts for Warm-ups: 766	
Finish Time	02:19 PM



# Estimated Competition Timeline (Day 3, PM session)

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

Event	Starts at
501 Girls 13-17 100 Breaststroke	03:30 PM
502 Women 18 & Over 100 Breaststroke	03:42 PM
503 Boys 13-17 100 Breaststroke	03:57 PM
504 Men 18 & Over 100 Breaststroke	04:21 PM
505 Women 7 & Over 100 Breaststroke Multi-Class	04:43 PM
506 Men 7 & Over 100 Breaststroke Multi-Class	04:46 PM
507 Girls 13-17 50 Butterfly	04:49 PM
508 Women 18 & Over 50 Butterfly	04:59 PM
509 Boys 13-17 50 Butterfly	05:08 PM
510 Men 18 & Over 50 Butterfly	05:28 PM
511 Women 7 & Over 50 Backstroke Multi-Class	05:47 PM
512 Men 7 & Over 50 Backstroke Multi-Class	05:49 PM
Break: 15 Minutes:	
513 Girls 13-17 100 Freestyle	06:07 PM
514 Women 18 & Over 100 Freestyle	06:26 PM
515 Boys 13-17 200 Freestyle	06:46 PM
516 Men 18 & Over 200 Freestyle	07:18 PM
517 Women 7 & Over 100 Freestyle Multi-Class	07:46 PM
518 Men 7 & Over 100 Freestyle Multi-Class	07:49 PM
519 Girls 13-17 200 Medley Relay	07:54 PM
520 Women 18 & Over 200 Medley Relay	08:04 PM
521 Boys 13-17 200 Medley Relay	08:15 PM
522 Men 18 & Over 200 Medley Relay	08:29 PM
Swimmers Counts for Warm-ups: 644	
Finish Time	08:44 PM

# Estimated Competition Timeline (Day 4)

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

Event	Starts at
601 Girls 7-12 50 Butterfly	04:00 PM
602 Boys 7-12 50 Butterfly	04:22 PM
603 Girls 9-12 200 IM	05:01 PM
604 Boys 9-12 200 IM	05:37 PM
Break: 15 Minutes:	
605 Girls 13-17 50 Freestyle	07:03 PM
606 Women 18 & Over 50 Freestyle	07:17 PM
607 Boys 13-17 100 Backstroke	07:31 PM
608 Men 18 & Over 100 Backstroke	07:44 PM
609 Girls 13-17 100 Backstroke	07:54 PM
610 Women 18 & Over 100 Backstroke	08:03 PM
611 Women 7 & Over 100 Backstroke Multi-Class	08:14 PM
612 Men 7 & Over 100 Backstroke Multi-Class	08:17 PM
613 Boys 13-17 100 Freestyle	08:20 PM
614 Men 18 & Over 100 Freestyle	08:50 PM
Swimmers Counts for Warm-ups: 868	
Finish Time	09:11 PM

# COMPETITION EVENTS

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No	Stroke	Distance
1	Freestyle	50m, 100m, 200m
2	Backstroke	50m, 100m
3	Breaststroke	50m, 100m
4	Butterfly	50m, 100m
5	Individual Medley	200m

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## Para Events

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No	Stroke	Distance
1	Freestyle	50m, 100m, 200m
2	Backstroke	50m, 100m
3	Breaststroke	50m, 100m
4	Butterfly	50m, 100m

# COMPETITION FORMAT

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

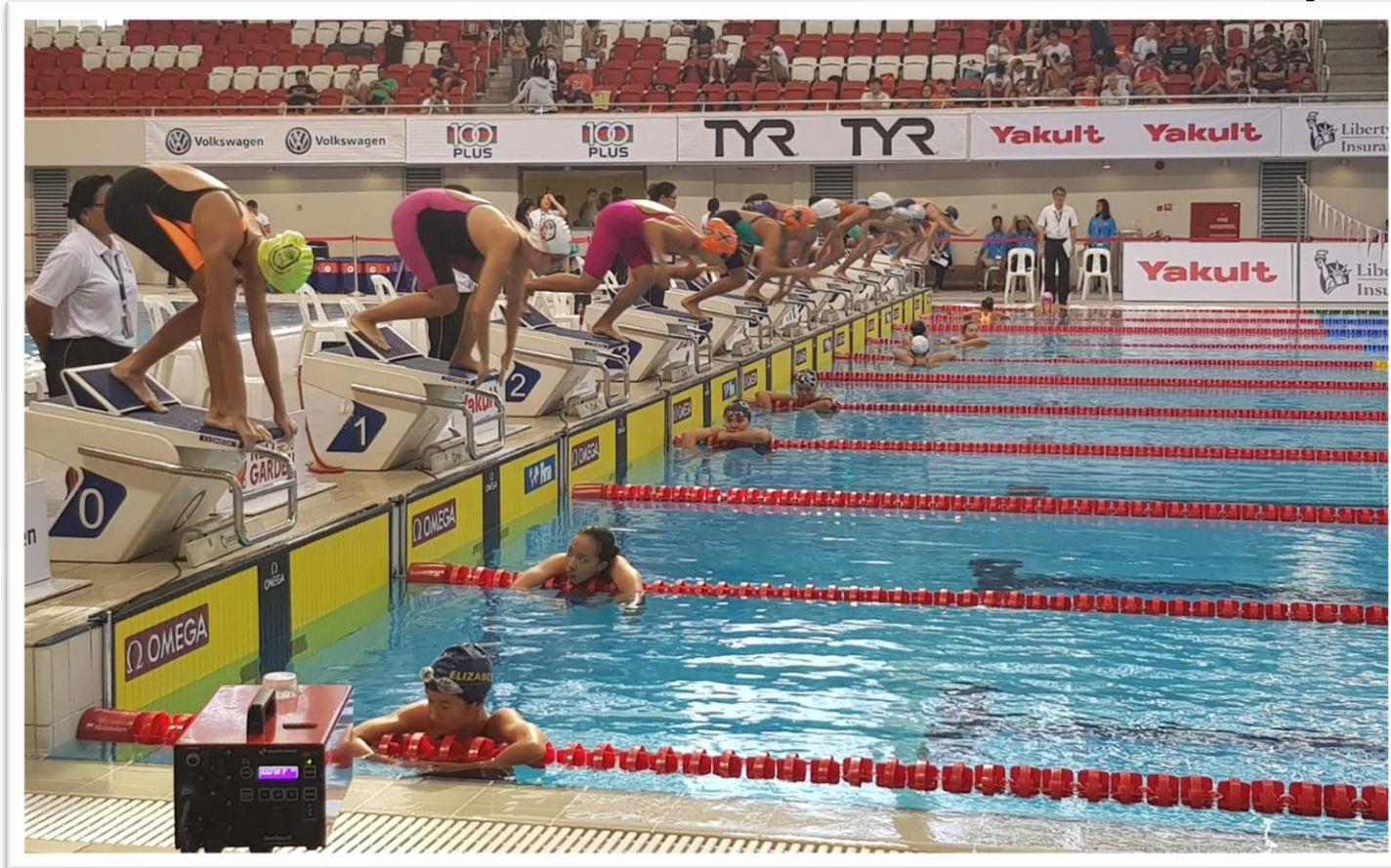
## **Participants' entries are seeded based on:**

- 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.

# Competition – Backstroke Start



- Backstroke start device used will be the Colorado backstroke wedge (provided by OCBC Aquatic Centre).
- Usage of this device is OPTIONAL and NOT compulsory
- Younger swimmers or swimmers who have never used the device can choose not to use it.
- Instructions on how to use the device can be viewed via this video:  
<https://youtu.be/HS0X0GfxaWI?si=g mFbgolxNAz2AVy8&t=15>

# Awarding of Medals for Individual Events

S/No	Age Group	Clarification
1	Youth 7 Yrs to 8 Yrs	Born between 2016 to 2017
2	Youth 9 Yrs to 10 Yrs	Born between 2014 to 2015
3	Youth 11 Yrs to 12 Yrs	Born between 2012 to 2013
4	Youth 13 Yrs to 14 Yrs	Born between 2010 to 2011
5	Youth 15 Yrs to 17 Yrs	Born between 2007 to 2009
6	Adult 18 Yrs to 29 Yrs	Born between 1995 to 2006
7	Masters 30 Yrs to 39 Yrs	Born between 1985 to 1994
8	Masters 40 Yrs to 49 Yrs	Born between 1975 to 1984
9	Masters 50 Yrs & Over	Born in 1974 or earlier
10	Para 7 Yrs – 12 Yrs	Born between 2012 to 2017
11	Para 13 yrs and over	Born between 2011 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.

# 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 on the ActiveSg App / portal
- 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)



# Awarding of Medals for Relay Events

S/No	Relay Age Group Categories	Remarks
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	
	<b>Age groups of Masters relay events are as follows</b>	
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.

# Medal Collection Point at Level 2 East Stand



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.

# 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 5 Individual Events.

In case of a tie, World Aquatics Points will 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

S/No	Age Group	Clarification
1	Youth 7 Yrs to 8 Yrs	Born between 2016 to 2017
2	Youth 9 Yrs to 10 Yrs	Born between 2014 to 2015
3	Youth 11 Yrs to 12 Yrs	Born between 2012 to 2013
4	Youth 13 Yrs to 14 Yrs	Born between 2010 to 2011
5	Youth 15 Yrs to 17 Yrs	Born between 2007 to 2009
6	Adult 18 Yrs to 29 Yrs	Born between 1995 to 2006
7	Masters 30 Yrs to 39 Yrs	Born between 1985 to 1994
8	Masters 40 Yrs to 49 Yrs	Born between 1975 to 1984
9	Masters 50 Yrs & Over	Born in 1974 or earlier

# 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

# Best Individual Performer (Para)

GetActive Pesta Sukan will award the Best Individual Performer to the best para swimmer with the total number of points

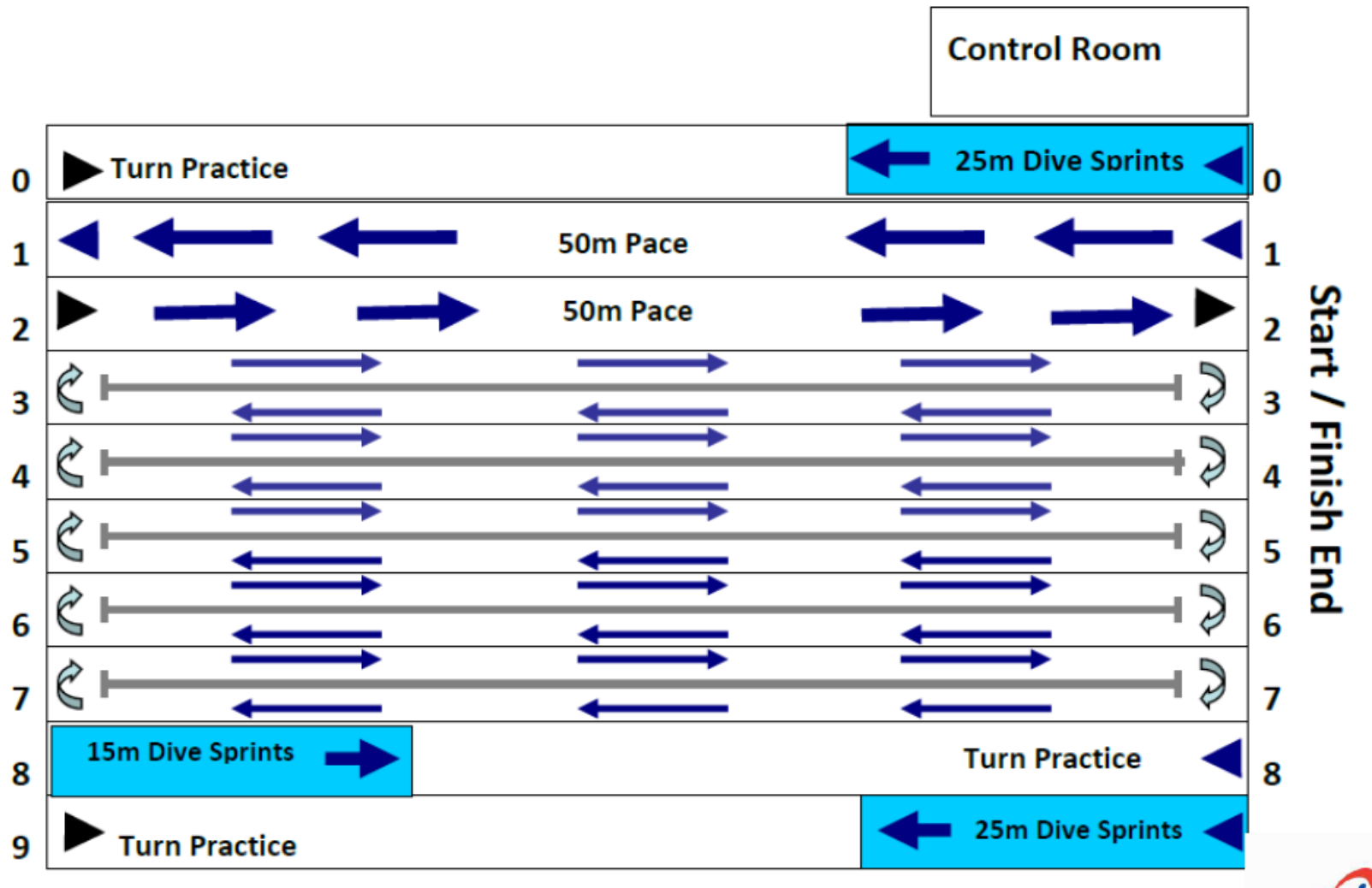
(deriving from the Australian Multi Class Point system) from a maximum of 5 Individual Events.

The Multi Class Point Score (MCPS) provides a simplified way for swimmers and coaches to measure and compare performances for swimmers with an eligible classification\*.

\*Eligible classifications will be verified using the SDSC classification master list. Para swimmers who are not on this list will not be eligible for the best individual performer award.

S/No	Age Group	Clarification
1	Para 7 Yrs – 12 Yrs	Born between 2012 to 2017
2	Para 13 yrs and over	Born between 2011 or earlier

# Competition Format – Warm Up Guidelines @ Competition Pool

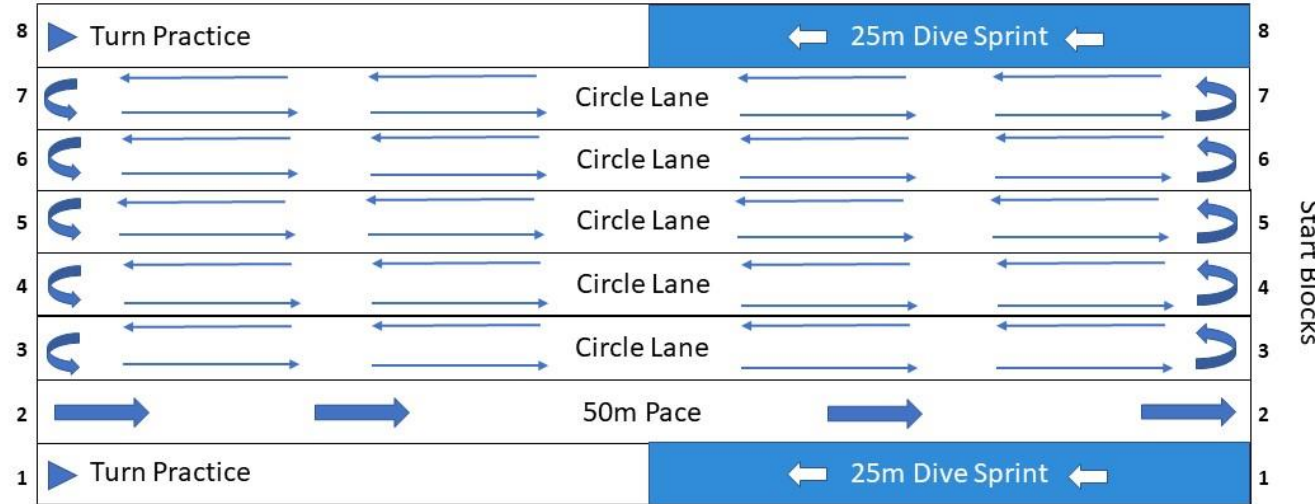


**Competition Pool open  
60mins before competition  
commence**

**Pool will be closed 15  
minutes before the  
competition commence**

# Warm Up Guidelines @ Training Pool

## Training Pool Warm Up



Entrance to training pool

The training pool will be available for warm-up and training and swim-downs both before and during the competition.

### Para swimmers

Warm up and warm down should be done either in the competition pool (if open) or strictly only the training pool for safety purposes.

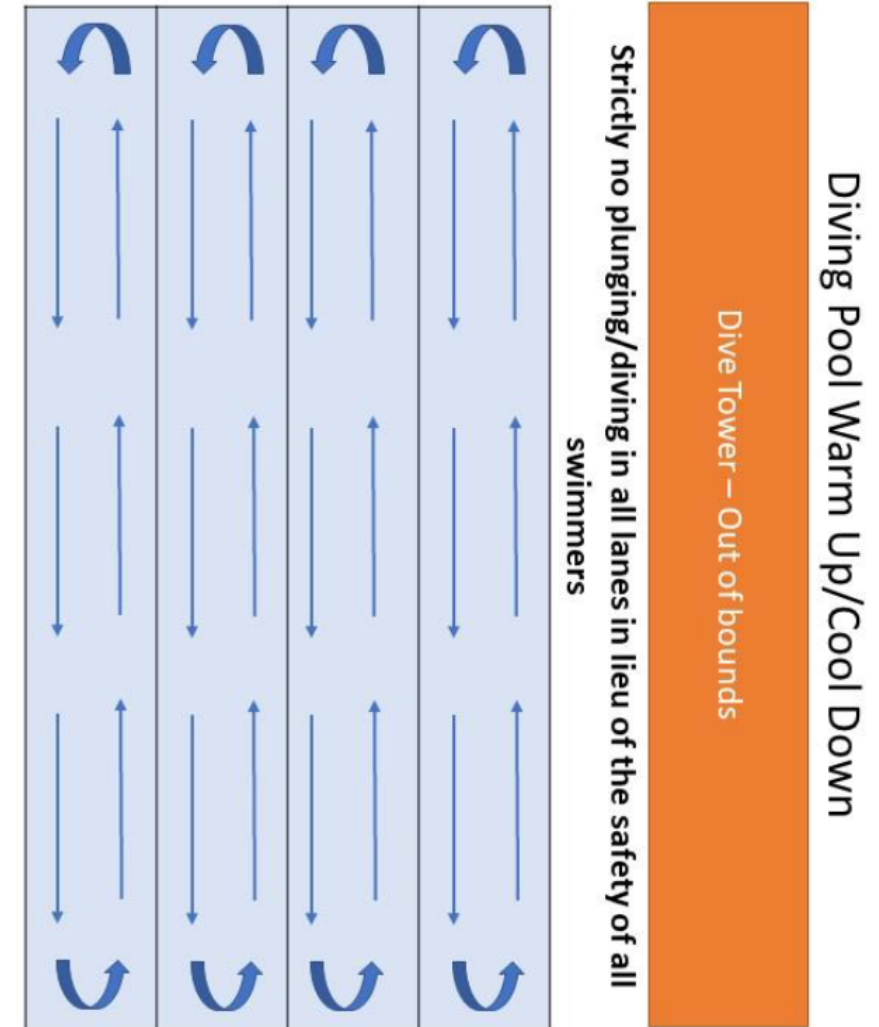
### Diving Pool

Should swimmers decide to swim backstroke, they are to exercise caution to not hit other swimmers or the wall as there are no backstroke flags. Strictly no plunging/diving in all lanes in lieu of the safety of all swimmers

### Training Pool

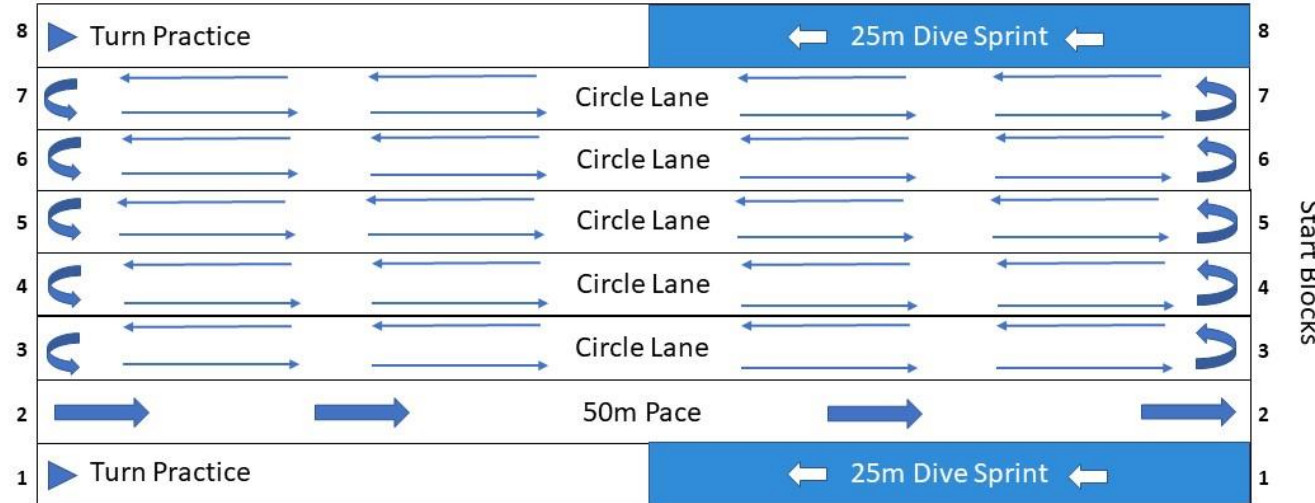
There will be no diving in the shallow end of the training pool (Diving can only take place on the starting block at the allocated lanes)

# Warm Up Guidelines @ Diving Pool



# Warm Up Guidelines @ Training Pool

## Training Pool Warm Up



### CO-SHARING WITH NATIONAL TEAM

Entrance to training pool

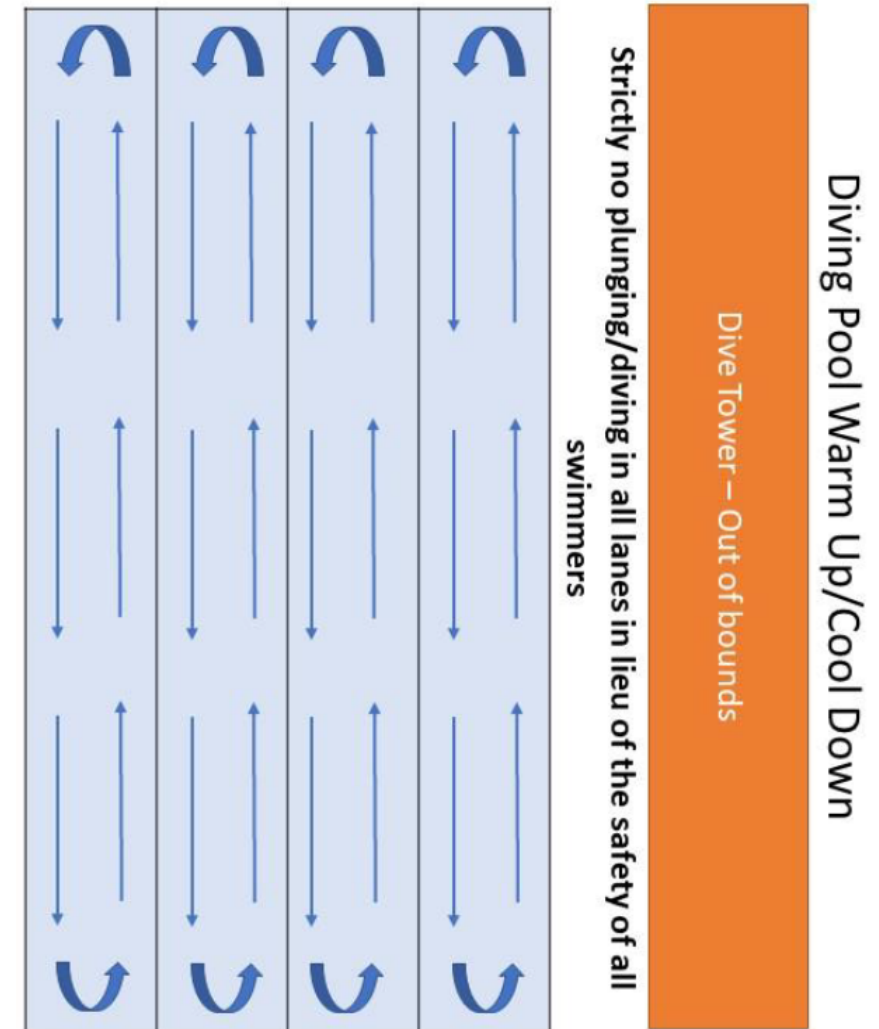
#### Diving Pool

- 26<sup>th</sup> July – 16:00 to 20:30 (Only 2 lanes available)
- 27<sup>th</sup> July – 14:00 to 15:00 (only 2 lanes available)
- 28<sup>th</sup> July - 14:00 to 15:00 (only 2 lanes available)
- 2<sup>nd</sup> August - 14:00 to 15:00 (only 2 lanes available)

#### Training Pool

- 27<sup>th</sup> July – Opens 8am only
- 28<sup>th</sup> July – Opens 8am only, lane 7 & 8 blocked until 10am

# Warm Up Guidelines @ Diving Pool



# Swim-down Lanes at the Diving Pool





# 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.
- Also there will be no diving in the shallow end of the training pool (Diving can only take place on the starting block at the allocated lanes)

# 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 1<sup>st</sup> July 2024)*

# 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 placed 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 releases them into the FOP
- Swimmers in Holding Area A (50M races) are not allowed to leave once they are being ushered.

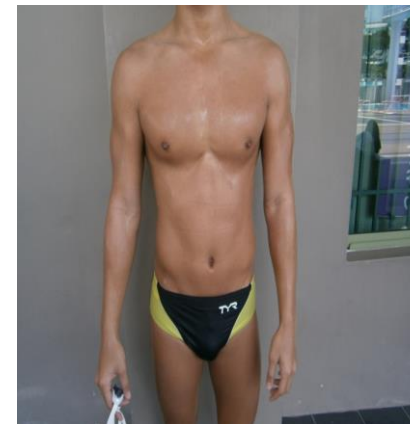
# SwimSuit Guidelines

- Non-transparent
- One swimsuit in one or two pieces
- Men
  - Shall not extend above the navel nor below the knee
- Women
  - Shall not 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.

## Female



## Male



# DQs

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

## PROTEST PROCEDURE

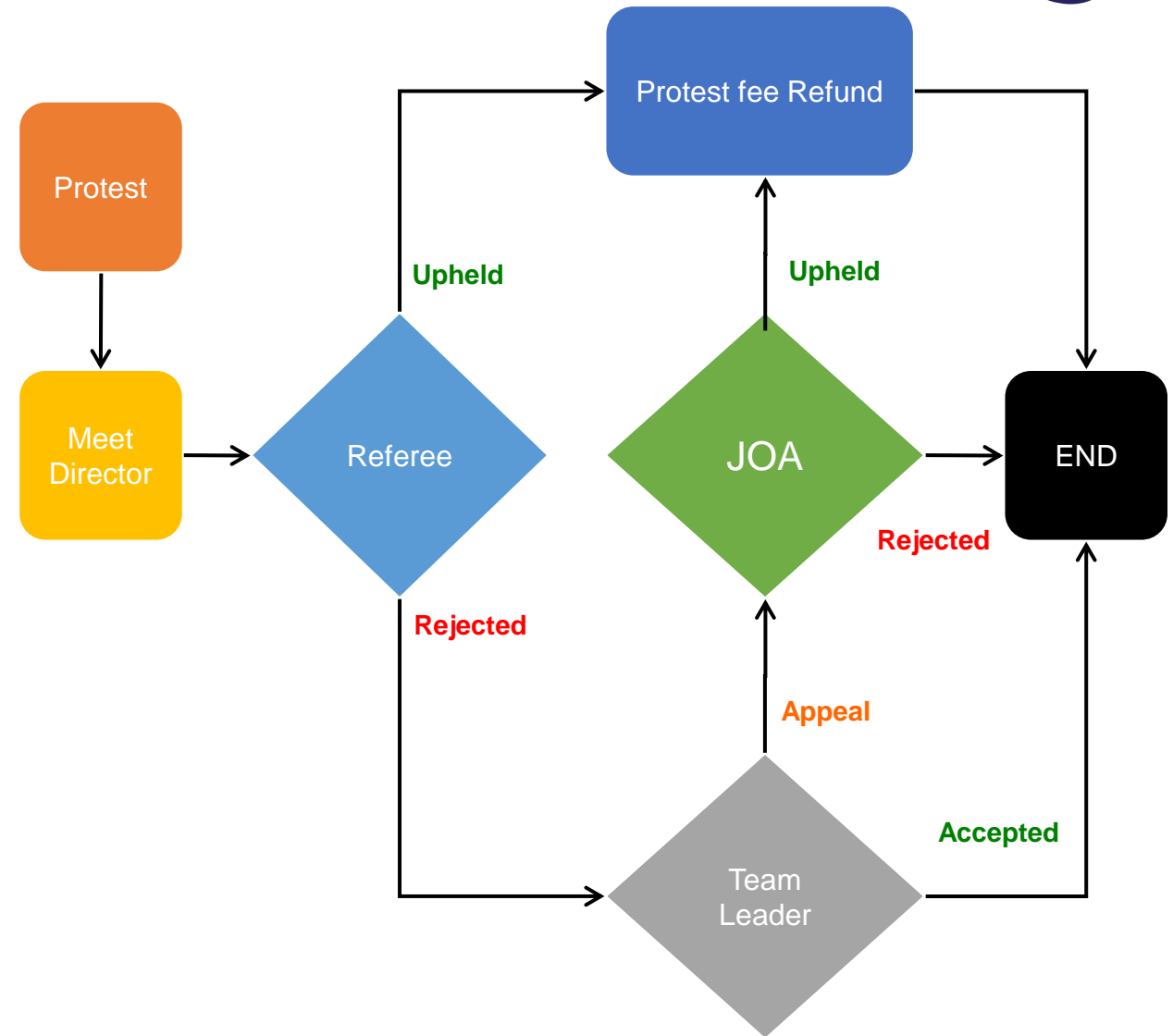
Protests must be submitted in accordance with the following:

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

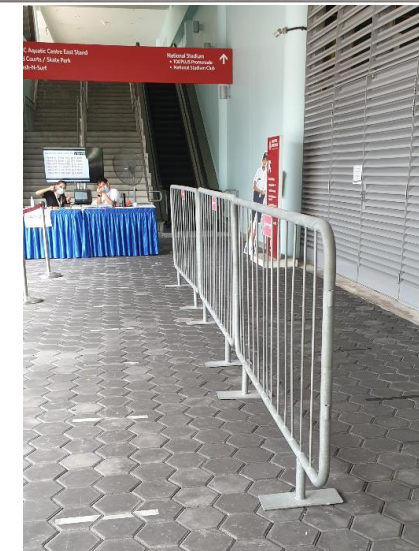
Representative Members from:

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



# Accreditation and Access Control at OCBC Aquatic Centre

- All swimmers, coaches and team managers are required to wear their accreditation passes to enter the competition venue via Main Entrance
- All Spectators / Parents are to enter from EAST STAND LEVEL 2.  
(Spectator Gates Open from 3.00pm on Friday and 7.45am on weekends)
- Spectators / Parents / Guardian **not** allowed access into Back of House, training pool and competition pool.
- Accreditation Passes are ready for collection by Coach, Team Manager or Club / School Representation at SAQ Office
- Unattached swimmers to collect their passes onsite during competition days outside the main entrance



# 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](http://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.

Technical Control Room

Medical Room

Field Of Play  
Competition Pool

Diving Pool

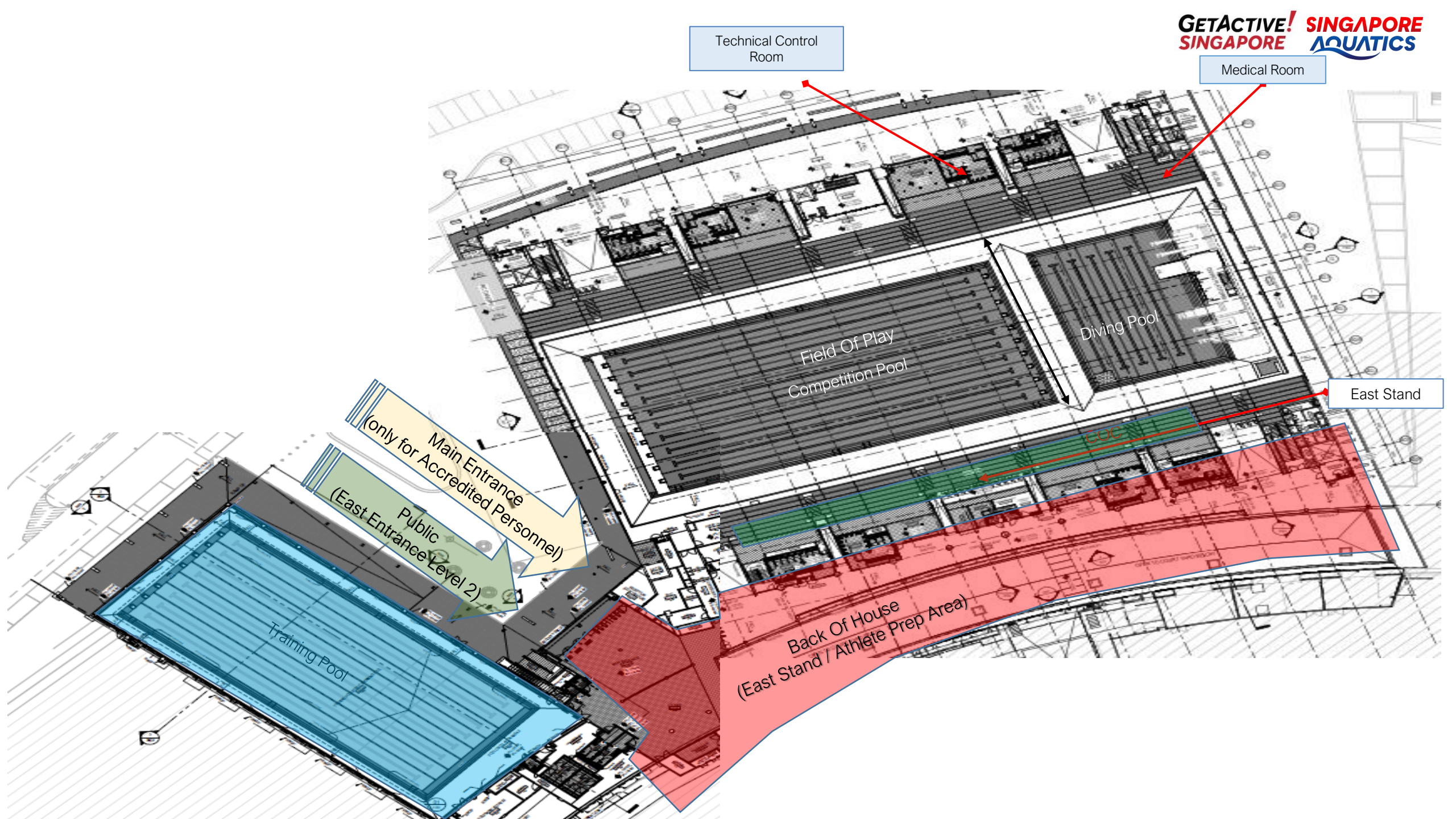
East Stand

Main Entrance  
(only for Accredited Personnel)

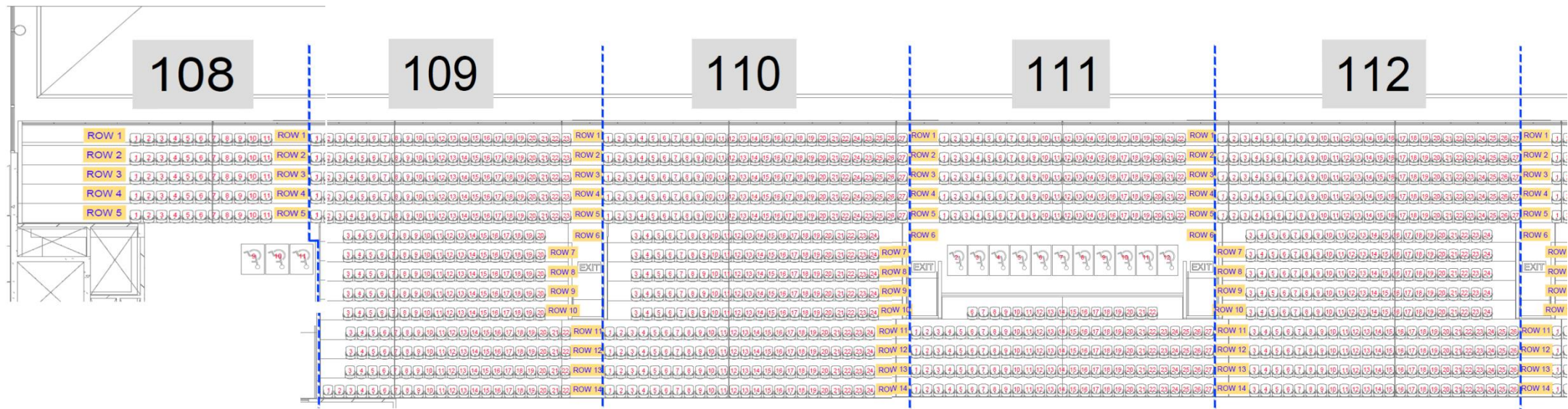
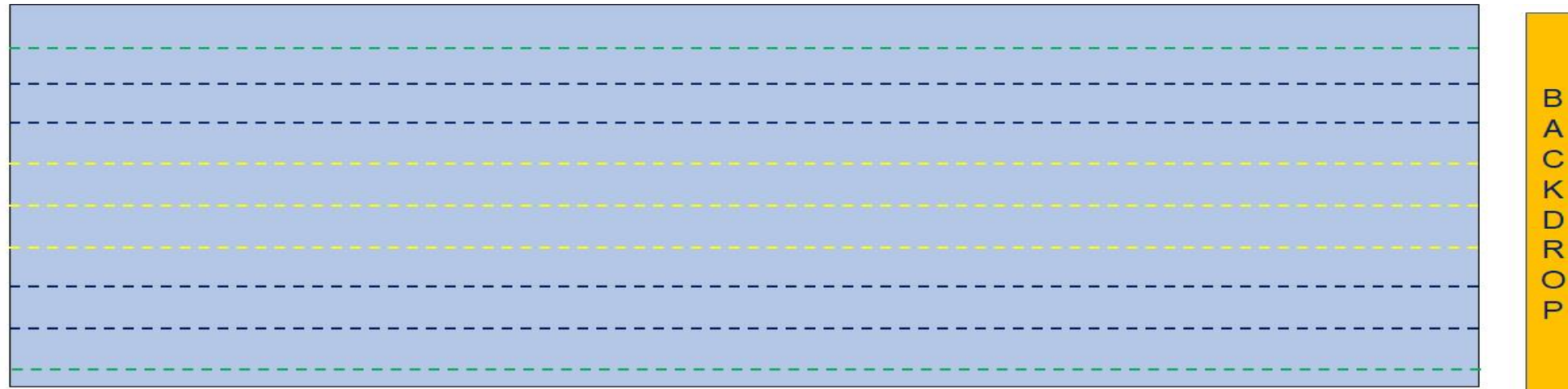
Public  
(East Entrance Level 2)

Training Pool

Back Of House  
(East Stand / Athlete Prep Area)



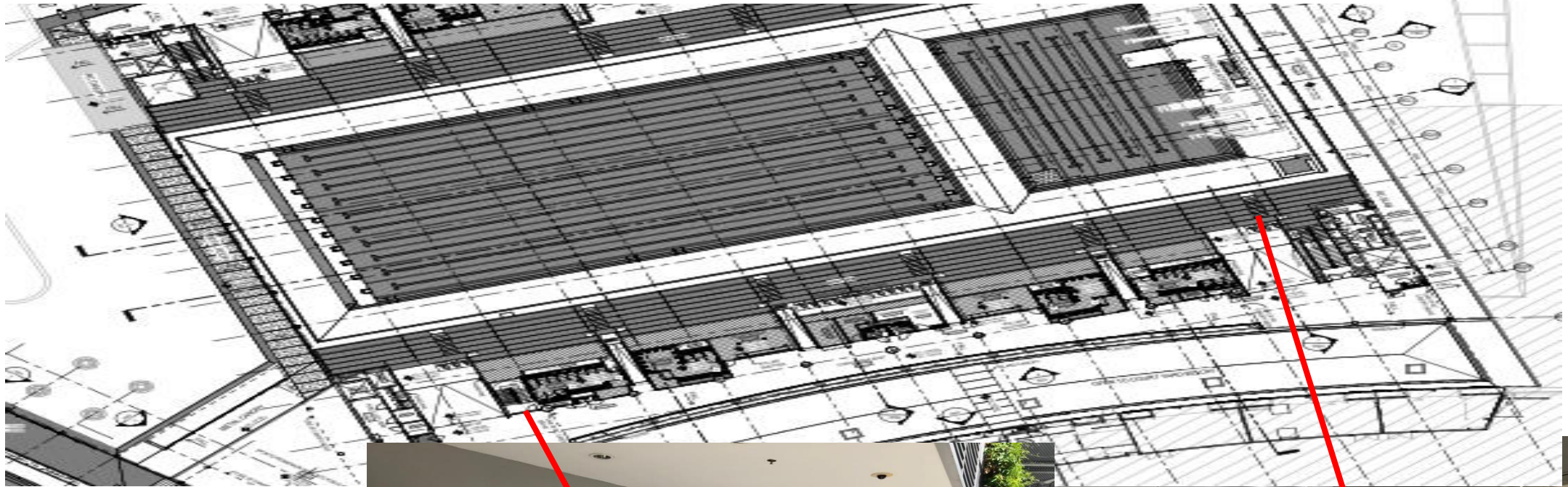




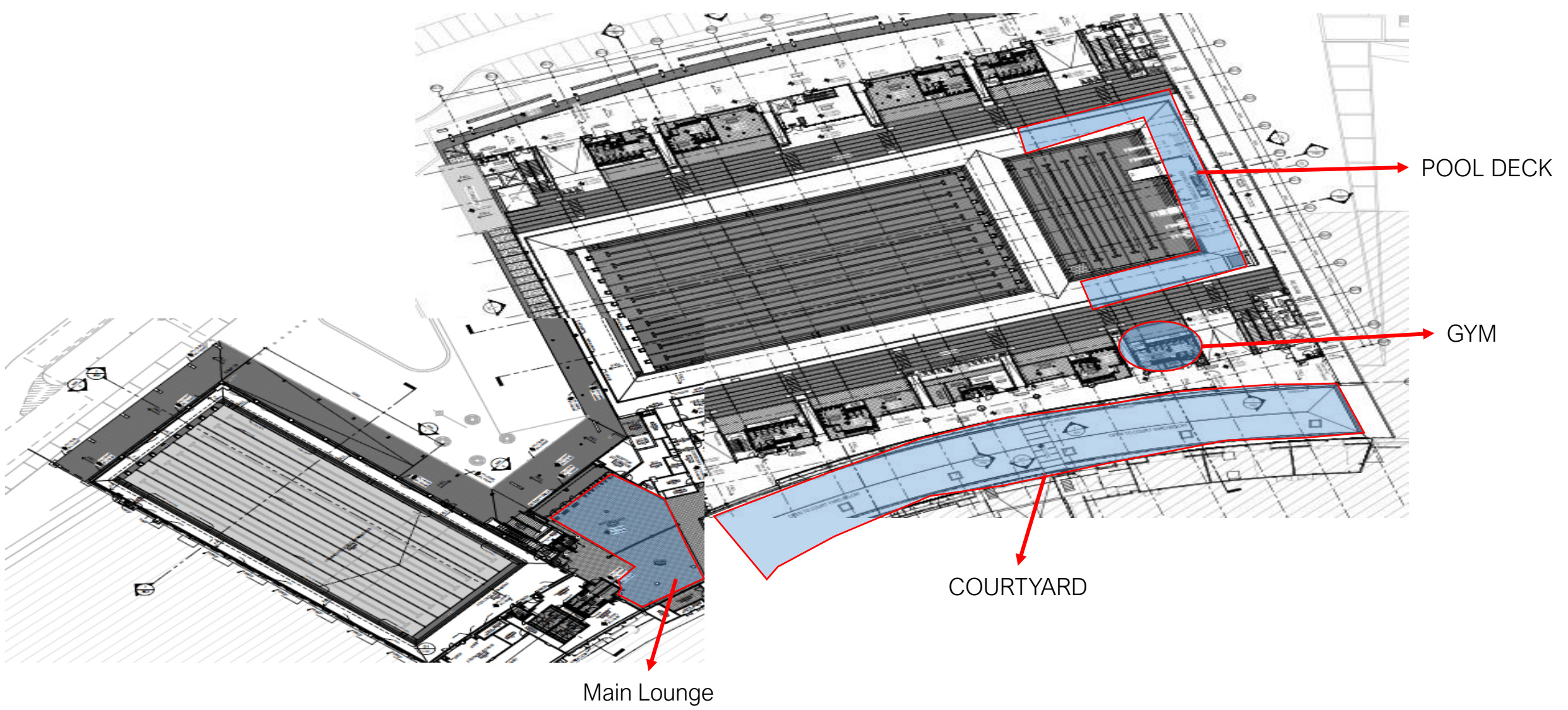
Seats are based  
 on first come  
 first served basis.

## Spectator Zone – East Stand

# Access Flow of Staircase Use for Accredited Personnel (FOP Access)



# Athletes may lay their mat within the demarcated area (East Stand Level 1)



# Main Lounge

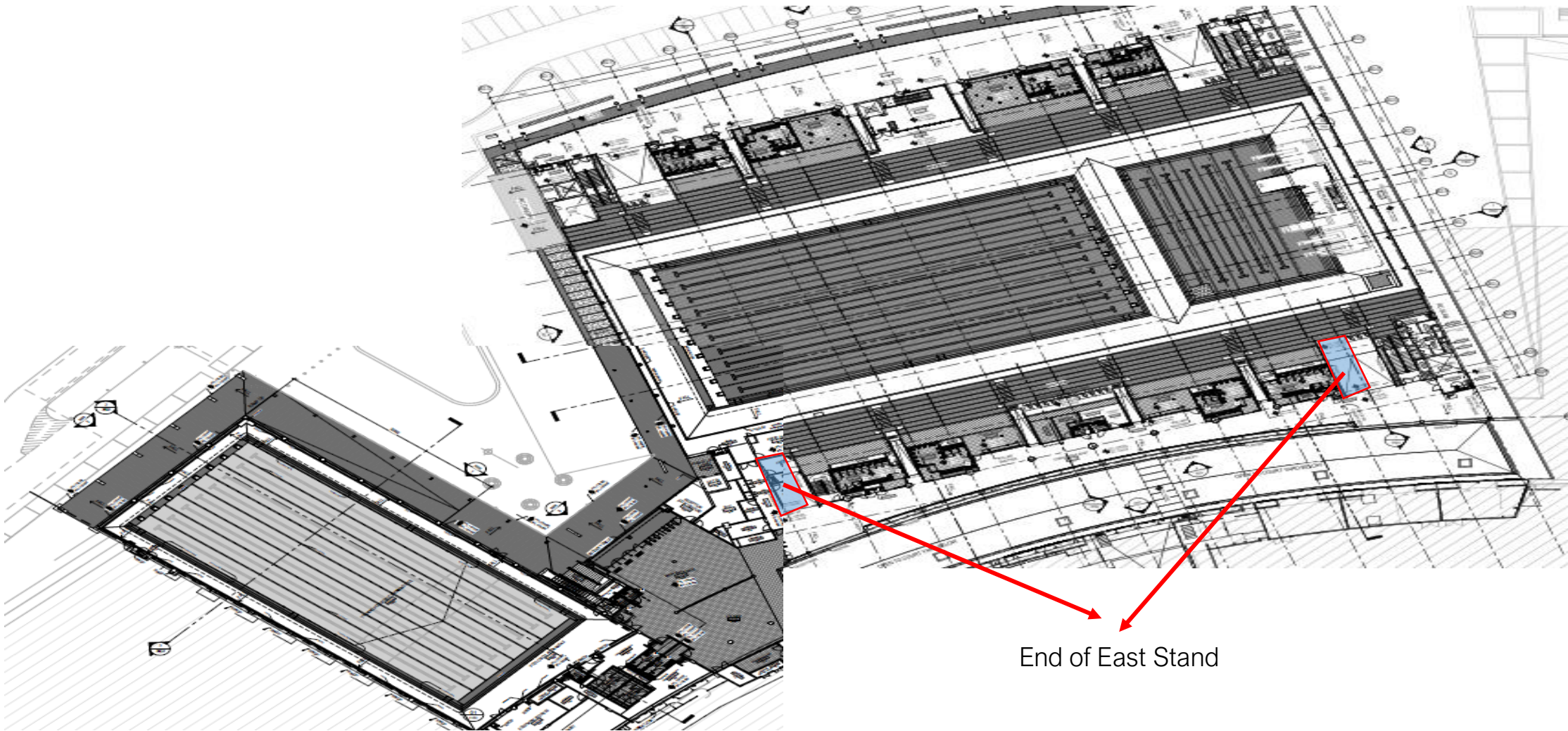


Athletes may lay their mat within the demarcated area

Athletes may lay their mat within the demarcated area (Field of Play)



# Athletes may lay their mat within the demarcated area (Level 2)



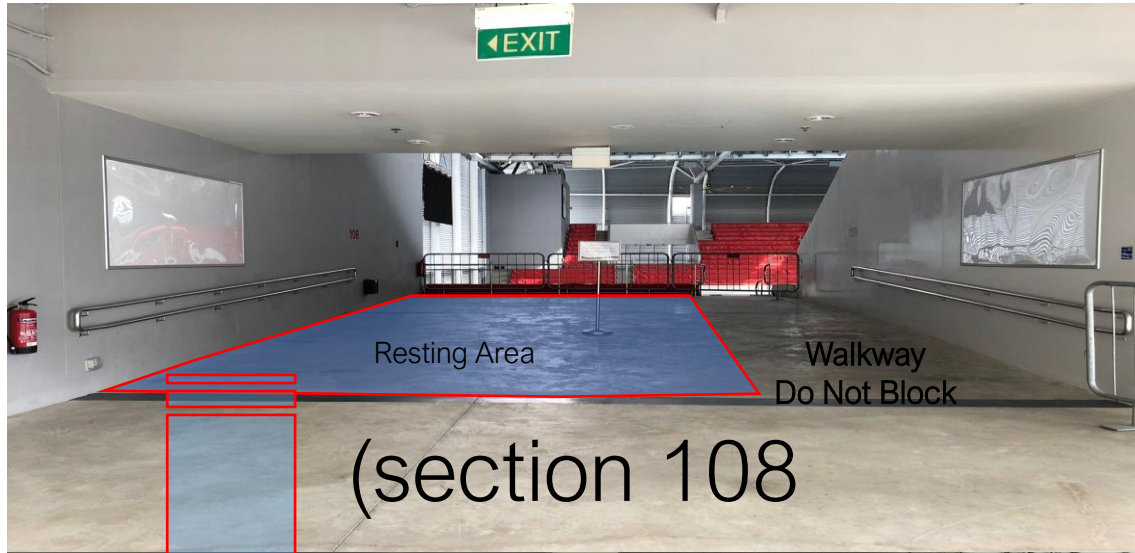
End of East Stand

Athletes may lay their mat within the demarcated area  
(East Stand)



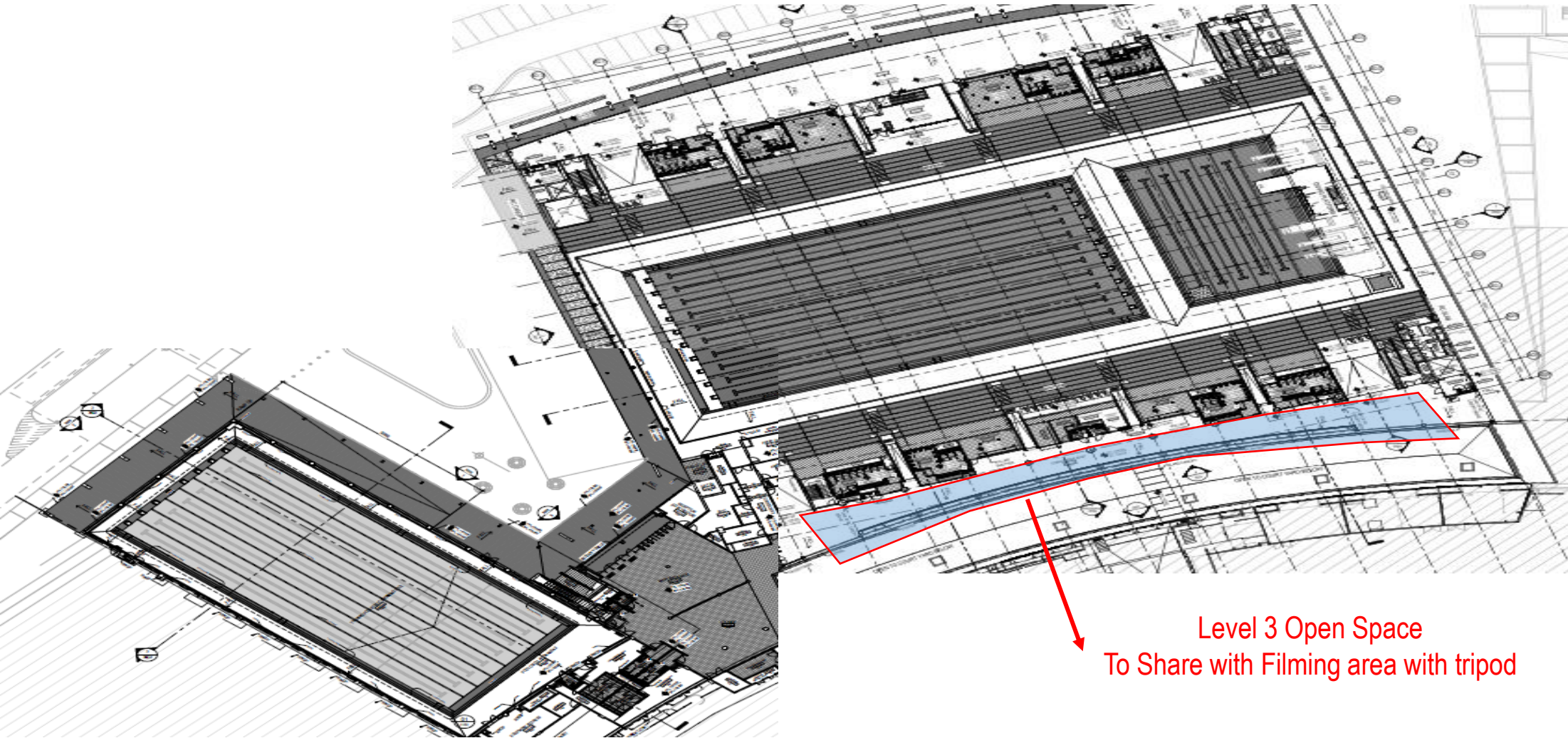
EAST STAND LVL 2  
swimmers recovery / resting areas

# Athletes may lay their mat within the demarcated area (East Stand Level 2)



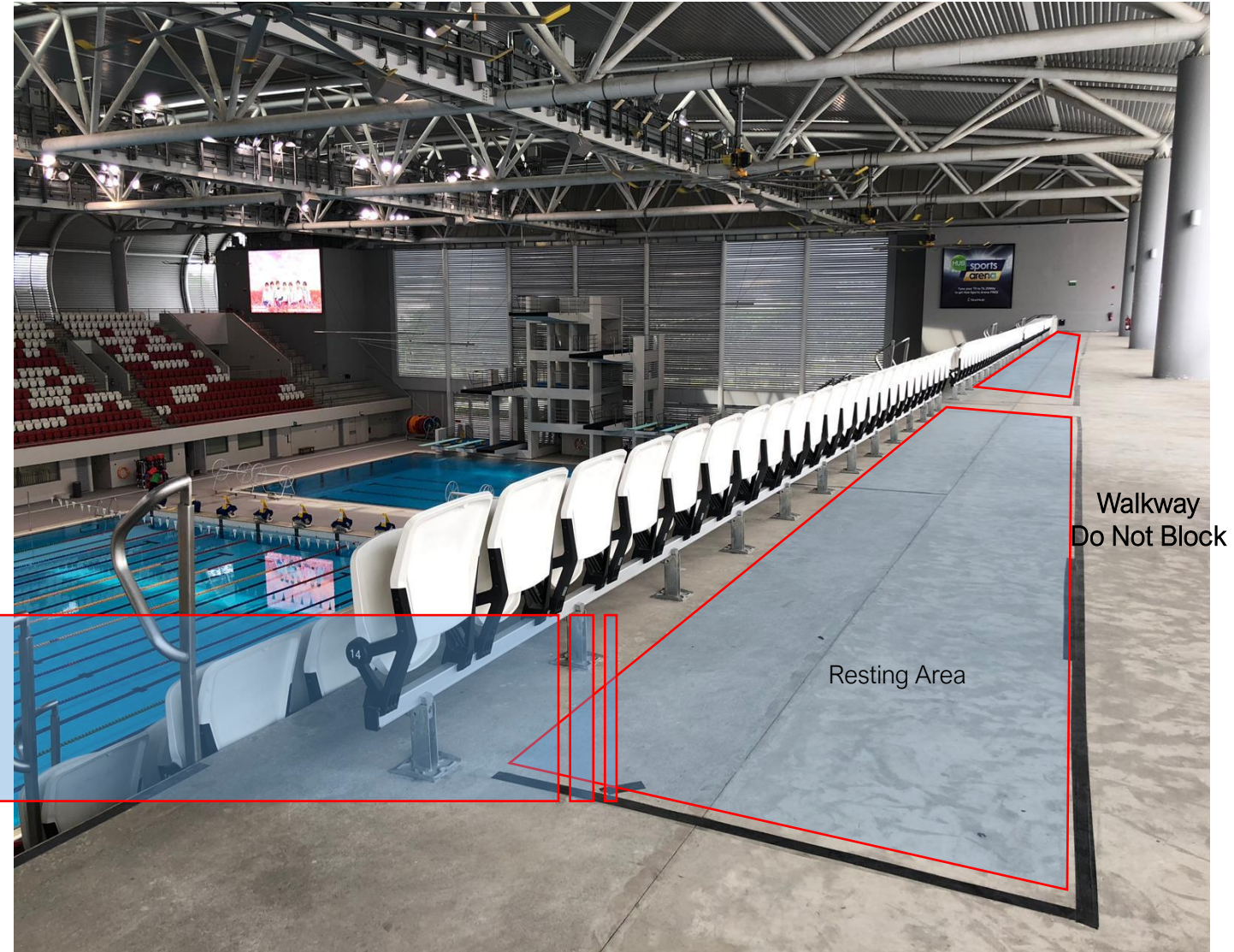


Athletes may lay their mat within the demarcated area (East Stand Level 3)



Level 3 Open Space  
To Share with Filming area with tripod

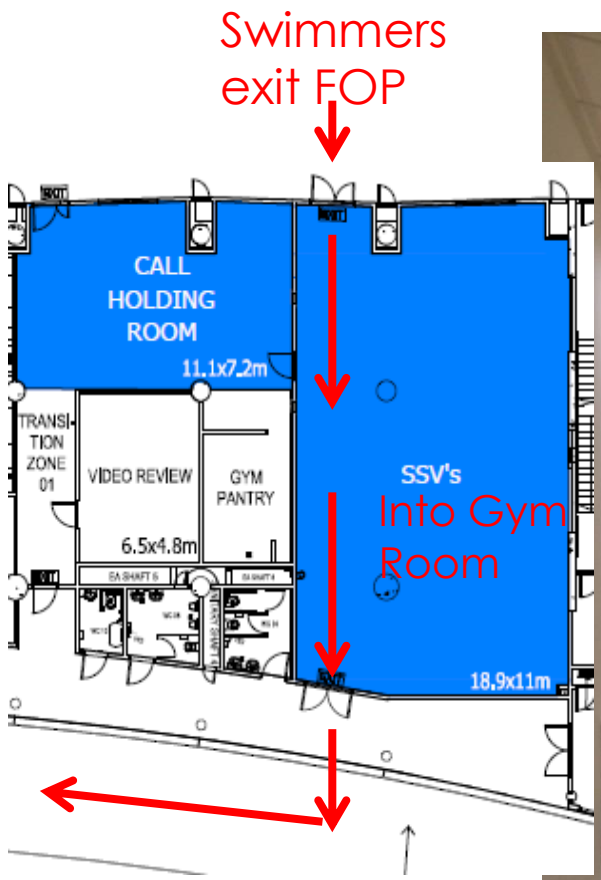
Athletes may lay their mat within the demarcated area  
(East Stand Level 3 – within the black demarcated box)



Walkway  
Do Not Block

Resting Area

# AQC Gym Room



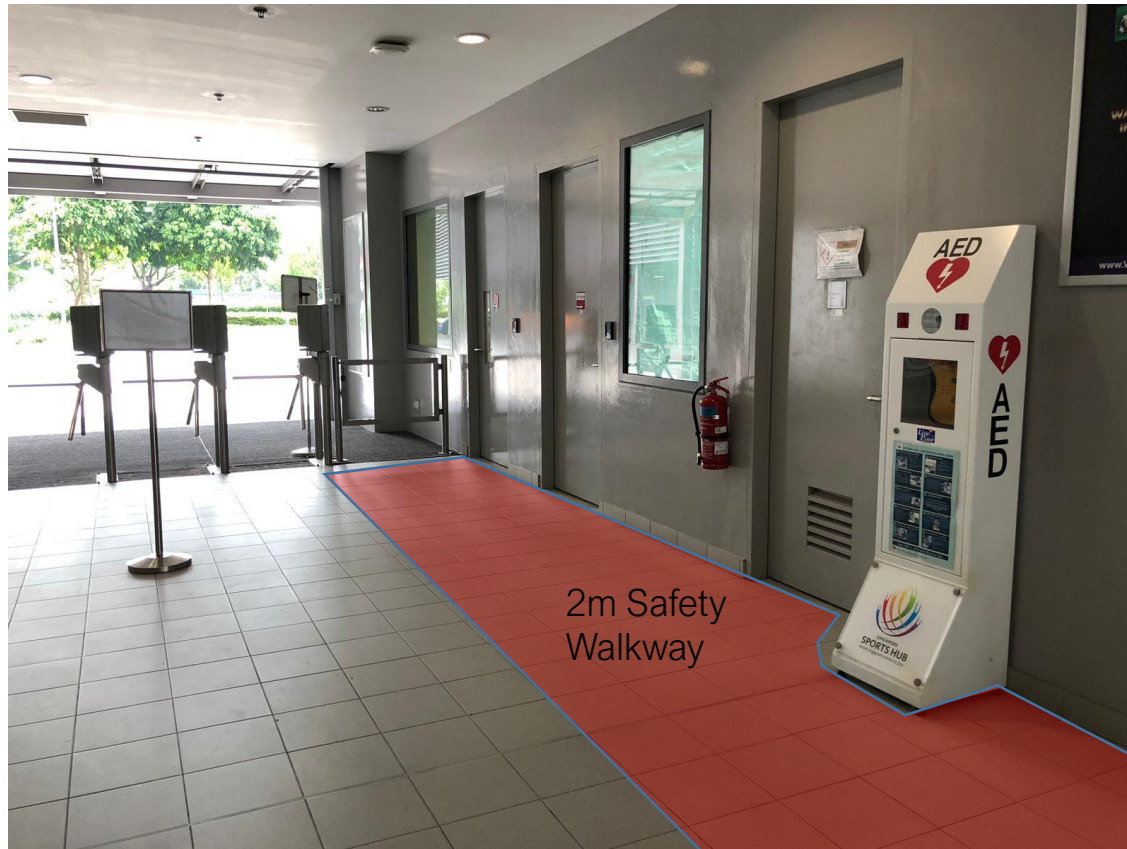
Walkway  
Do Not Block

Out of Bounds

Swimmers  
Exiting  
through Gym  
Room

Out of Bounds

# Out of Bounds Area for Resting and Lay of Mats



# Out of Bounds Area for Resting and Lay of Mats

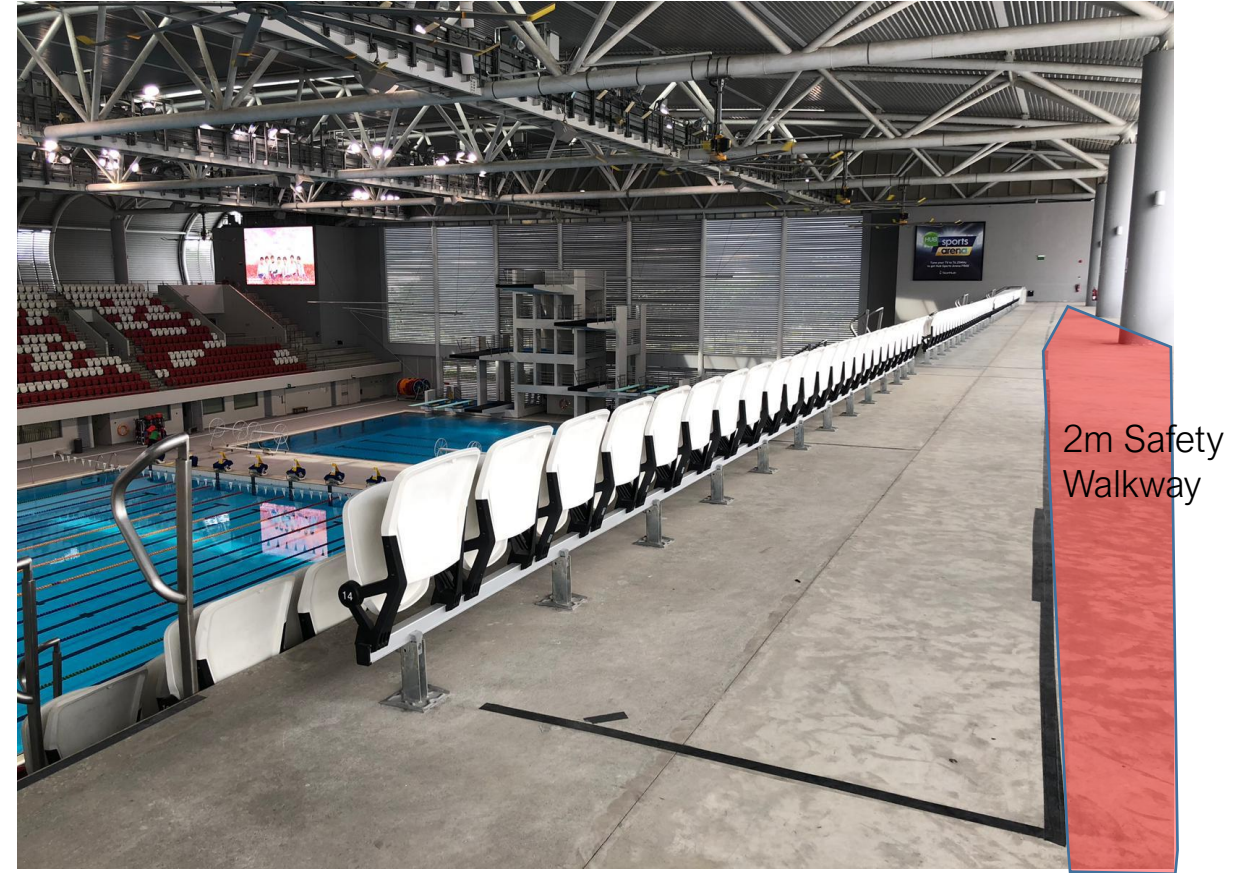


2m Safety Walkway and Door Opening



2m Safety Walkway and Door Opening

# Out of Bounds Area for Resting and Lay of Mats



# Level 1- COC / Call Room (Athletes' Lounge)



Registration



Call Room: Swimwear/Attire

# 1) Call Room Registration – Straight ahead

(Do not bring accreditation passes)



# 2) Swimmers to inform Event – Heat – Lane



# 3) Colored Lane Tag for Swimmers





### 4) Call Room – Check Swimsuit



### 5) Swimmers to be seated in the Call Room



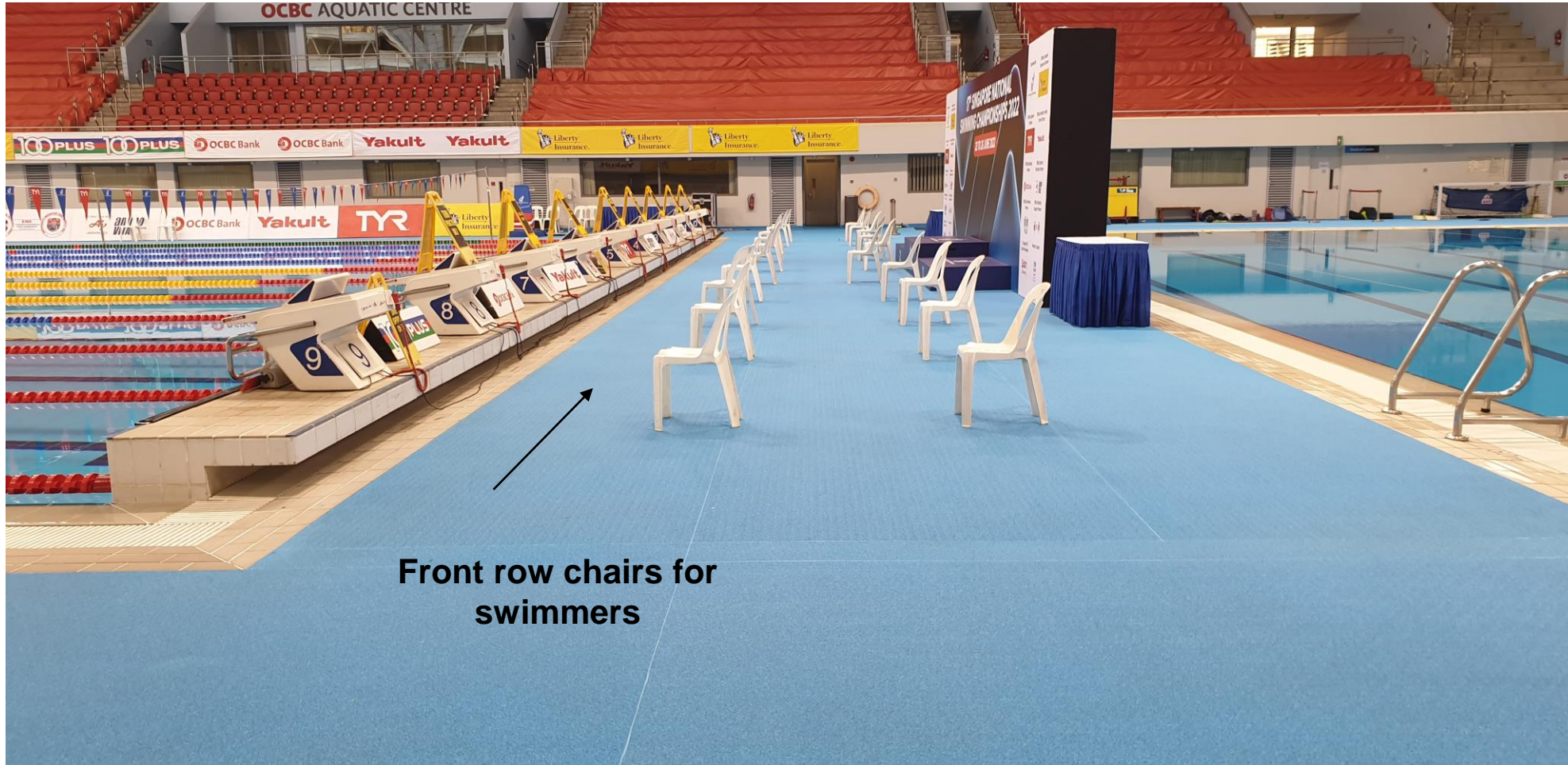
### 6) Coloured Baskets for swimmers to de-robe



### 7) Line-up beside your Baskets

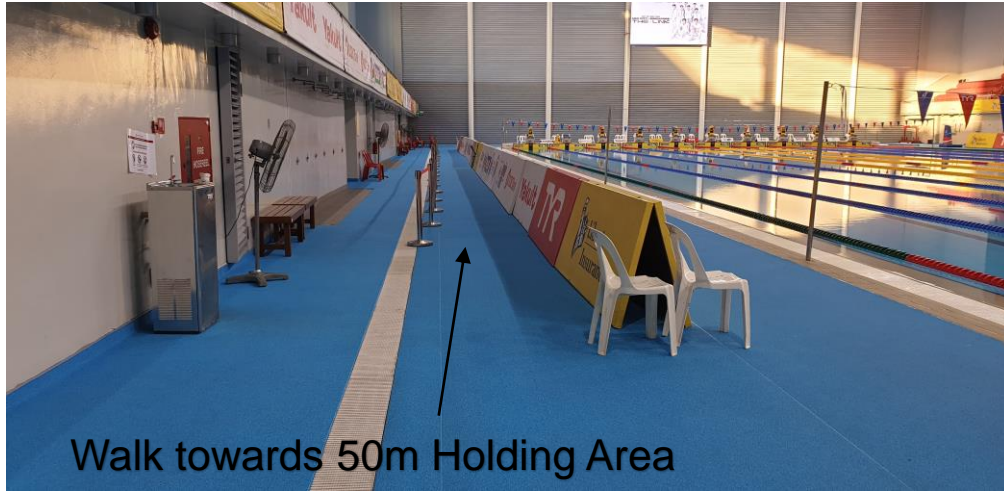


## 8) Proceed straight for 100m & 200m Events



Front row chairs for swimmers

## 9) 50m Events Holding Area



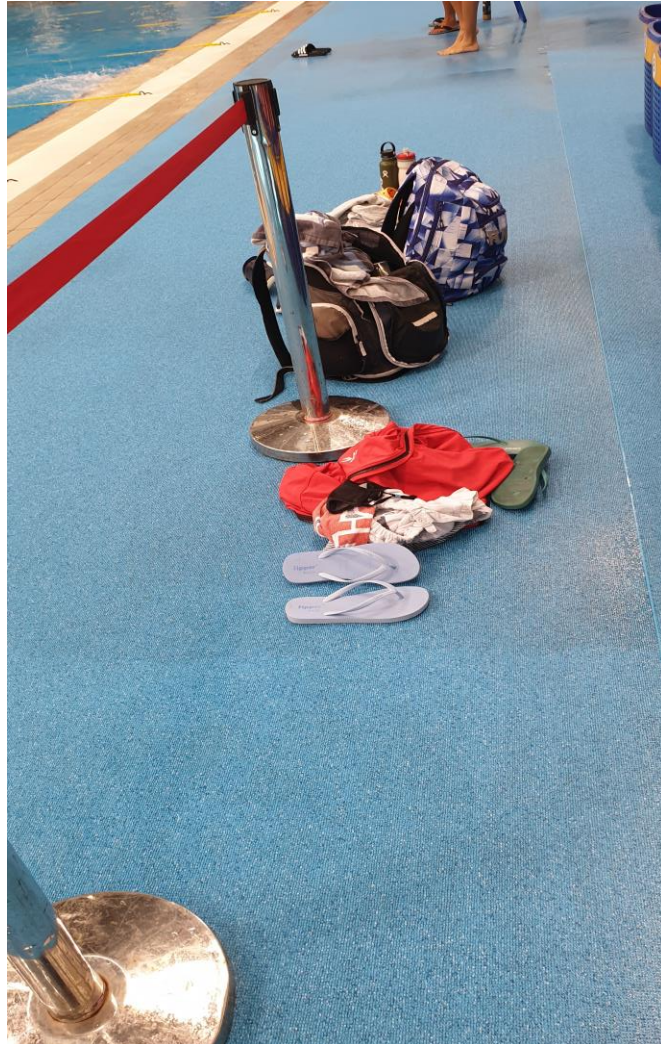
## 10) Holding Area for 50m Events



## 11) Proceed straight for 50m Events



## Un-collected items from the Swimmers Baskets



Items left in the Baskets will be placed at the Q-Pole next to the Baskets for collection

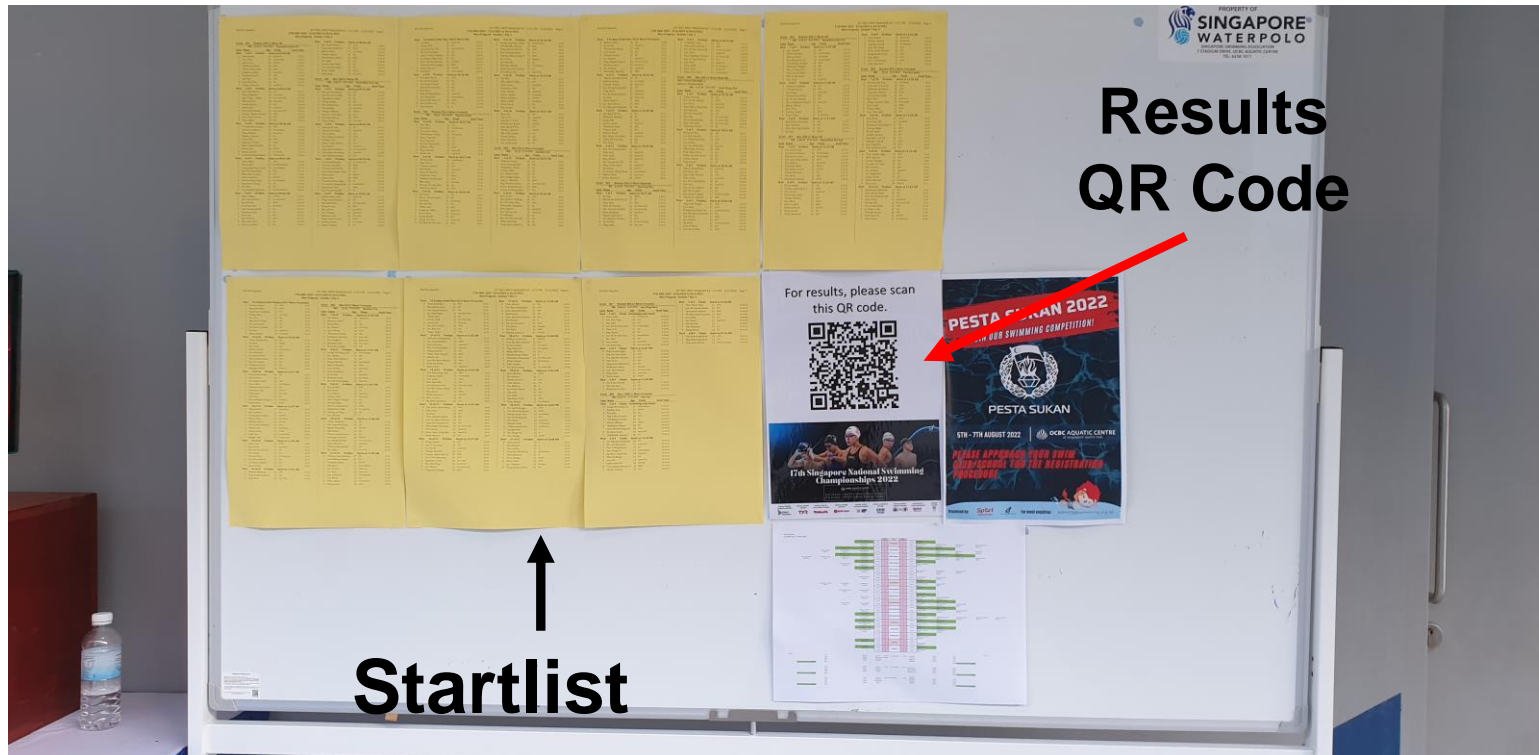
## Lost & Found behind Registration



Lost & found items can be retrieved either outside the call room or at the Customer Care counter at the main entrance.

Items will be kept up to 3 days after the last day of the event.

# Startlist & QR Code for Results



**Whiteboards will be located outside the call room and in the training pool.**

**Link for Start Lists + Results**

<https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/sport/swimming>

# SAFETY MEASURES FOR COMPETITION / EVENT

## Health Declarations

All personnel are to stay home and should not participate , if they are / have:

- on Medical Leave
- ART+, PCR+ and tested positive of COVID-19
- with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild.
- with a temperature above 38 degrees Celsius are considered as having a fever.

## **Safety of Participants**

Team Managers & Coaches be mindful of the safety of their participants:

Remind the young participants (12years under) do not run or play within AQC

Participants who are unwell in the venue during the competition please see onsite medics (no DNS penalty)

# Restricted and Prohibited Items based on Sports Hub's Conditions of Entry (Applicable to Participants and Spectators)

The following restricted/prohibited items are not permitted into the Venue:

The list below is non – exhaustive\*

- Glassware or glass bottles
- Cans or spray cans
- Beds / chairs / tables of any forms

(any request to bring in massage bed must be made known to organizer prior to the competition)

- Selfie sticks
- Bicycle Helmet

Sports Hub Personnel onsite will perform bag checks to enforce the above.

**All Participants are required to submit the indemnity form  
in the QR Code or link below**



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