

# 40<sup>th</sup> SSPA Competition Instructions

# SINGAPORE AQUATICS



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# How to enter into the pool?

- Entry is CHARGEABLE by ActiveSG
- As per ActiveSG’s policy, there is no re-entry. Re-entry will be charged again.
- Pay by your ActiveSG wallet
- Rates are shown below: (Take note of the weekends’ rate)

## Swimming

All Conventional Swmming Complexes				
Category	Singapore Citizen/Permanent Resident		Standard Rate	
	Weekdays exclude public holidays	Weekends include public holidays	Weekdays exclude public holidays	Weekends include public holidays
Adult	\$1.00	\$1.30	\$1.30	\$1.70
Child/Senior Citizen	\$0.50	\$0.60		
Other Concession	\$0.80	\$1.10	\$0.80	\$1.10

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# How to enter into the pool?

Swim Pass MUST be purchased to enter Our Tampines Hub Swimming Pool

Follow the steps below:  
(on how to activate the activewallet)

Step 1: Install the ActiveSG application on your mobile device



Step 2: Sign up for the ActiveSG membership  
(free for Singaporeans & Permanent Residents aged 16 & above)



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# How to enter into the pool?

Follow the steps below:

(on how to activate the activewallet)

Step 3: Verify by logging into your member account online  
(click on “Retrieve My Info”)



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# How to enter into the pool?

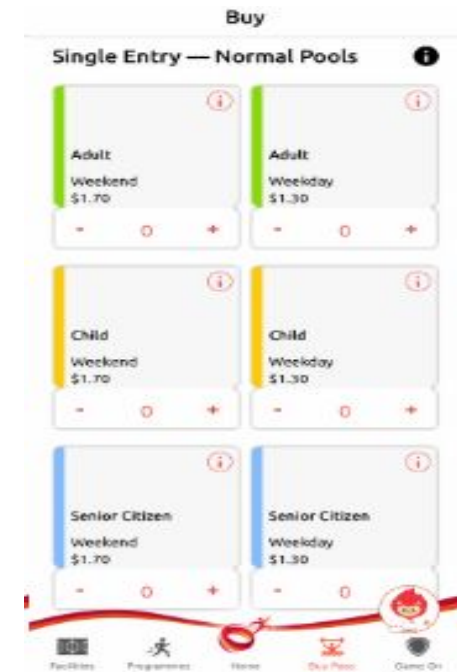
Follow the steps below:

(on how to buy a swim pass from the app)

Step 1: At the home screen, Click “Buy Pass” icon at the bottom



Step 2: Select the Single Entry-Normal Pools, then select the number of passes you need. Finally, click on “Add To Cart”



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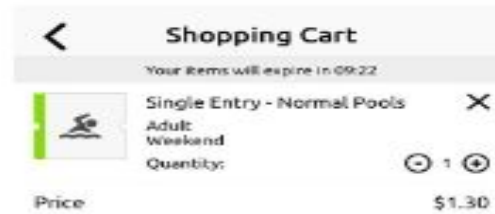


# How to enter into the pool?

Follow the steps below:

(on how to buy a swim pass from the app)

Step 3: Click on “Proceed To Pay. Follow the payment prompts and choose “eWallet” to purchase using available credit



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# How to enter into the pool?

Follow the steps below:  
(on using the swim pass to enter)

Step 1: Scan the QR code on your VCard for the swimming pool entry



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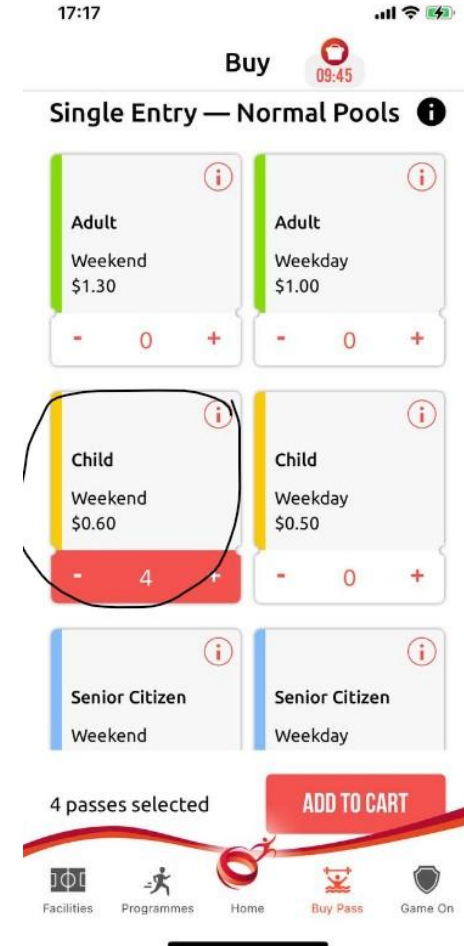


# Purchasing Pass for child without phone

You may purchase the individual single entry swim passes for your child using your own adult account.

Once the pass is bought, you can go to your account and from the option “Passes” open the QR code to scan for yourself (adult pass) and your child’s pass using the same account.

For parents who are not accompanying children, you may print out the QR code as it will be valid for 1 day. This is only applicable to the Single entry pass QR.



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# How to enter into the pool?

Follow the steps below:

(on how to buy a swim pass from the app)

SHORT VIDEO ON HOW TO PURCHASE THE SWIM PASS:

<https://www.youtube.com/watch?v=Xj32gVQEJ9o>

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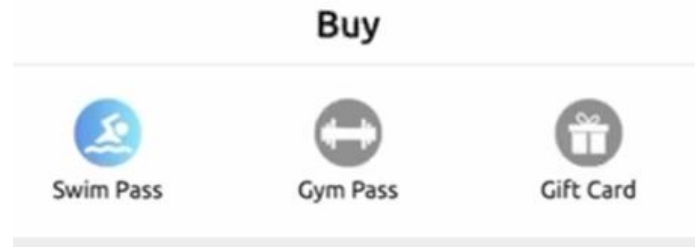
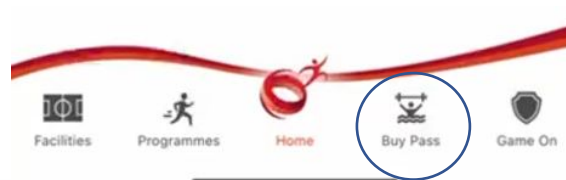
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# How to enter into the pool?

## Buying passes for multiple swimmers

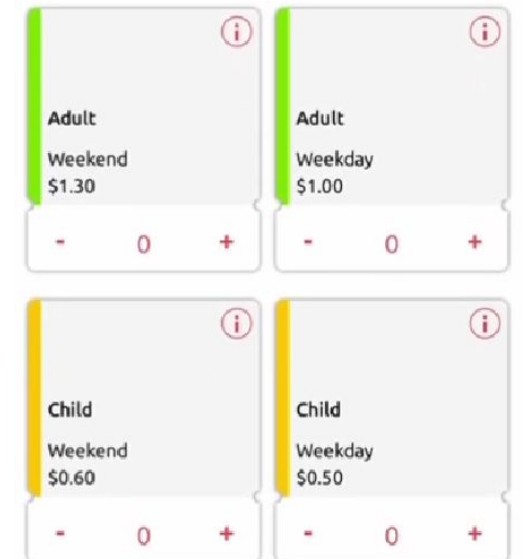
Step 1: Open the app  
 Step 2: Click on “Buy Pass”  
 on the bottom right



Step 3: Add as many  
 passes you require into  
 your cart  
 Step 4: Click on “Pay Now”

After which click on “My  
 Bookings and Passes” to  
 access the QR codes to  
 scan in.

### Single Entry — Normal Pools



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## Updated event start times

	24 <sup>th</sup> February 2024, Day 1	25 <sup>th</sup> February 2024, Day 2
Start Time:	8.30am Morning warm up will only start at 8am	8.30am Morning warm up will only start at 8am

- SAQ has tried our best to include as many swimmers as possible for this meet
- SAQ's technical officials will run the meet fast with NO interruptions
- Thus, ALL swimmers are advised to be early to NOT miss their respective events
- Please note that each heat has its own start time, please do refer to the start list for your child/swimmer's heat time.
- Please note that the heat start time is **NOT** the reporting time. It is the time that the race will begin.

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# Event Timeline

## 40th SSPA - 24/2/2024 to 25/2/2024

**THIS IS AN ESTIMATED TIMELINE AND SHOULD NOT BE USED AS A GUIDE**

Day of Meet: 1	Session: 1 Starts at 08:30 AM	Day 1, Session 1 Heat Interval: 60 Seconds / Back +25 Seconds		
Event	Entries	Heats	Starts at	
101 Mixed 9 & Under 50 Breaststroke	141	15	08:30 AM	
102 Mixed 9 & Under 50 Backstroke	110	11	09:03 AM	
103 Mixed 9 & Under 100 Freestyle	93	10	09:32 AM	
104 Mixed 9 & Under 100 Butterfly	14	2	10:00 AM	
105 Mixed 9-12 200 IM	145	15	10:07 AM	
Break: 10 Minutes:				
201 Mixed 10-12 50 Breaststroke	265	27	11:30 AM	
202 Mixed 10-12 50 Backstroke	210	21	12:24 PM	
203 Mixed 10-12 100 Freestyle	223	23	01:14 PM	
Swimmers Counts for Warm-ups: 589				
Entry / Heat Totals:	1,201	124		
Finish Time			02:17 PM	

Day of Meet: 1	Session: 2 Starts at 03:00 PM	Day 1 Session 2 Heat Interval: 60 Seconds / Back +15 Seconds		
Event	Entries	Heats	Starts at	
204 Mixed 10-12 100 Butterfly	35	4	03:00 PM	
205 Mixed 10-12 200 Breaststroke	27	3	03:13 PM	
206 Mixed 10-12 200 Backstroke	10	1	03:32 PM	
207 Mixed 10-12 400 Freestyle	28	3	03:37 PM	
208 Mixed 11 & Over 1500 Freestyle	8	1	04:06 PM	
301 Mixed 13 & Over 50 Freestyle	200	20	04:33 PM	
302 Mixed 13 & Over 50 Butterfly	130	13	05:06 PM	
303 Mixed 13 & Over 100 Breaststroke	87	9	05:28 PM	
Break: 10 Minutes:				
304 Mixed 13 & Over 100 Backstroke	53	6	06:05 PM	
305 Mixed 13 & Over 200 Freestyle	96	10	06:22 PM	
306 Mixed 13 & Over 200 Butterfly	8	1	07:05 PM	
307 Mixed 13 & Over 400 IM	10	1	07:09 PM	
Swimmers Counts for Warm-ups: 359				
Entry / Heat Totals:	692	72		
Finish Time			07:19 PM	

- Once the start list is out, no additional entries or changes to events can be made.
- Please note that each heat has its own start time, please do refer to the start list for your child/swimmer's heat time.
  - Please note that the heat start time is **NOT** the reporting time. It is the time that the race will begin.

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# Event Timeline

**THIS IS AN ESTIMATED TIMELINE AND SHOULD NOT BE USED AS A GUIDE**

Event	Entries	Heats	Starts at
401 Mixed 9 & Under 50 Freestyle	166	17	08:30 AM
402 Mixed 9 & Under 50 Butterfly	84	9	09:04 AM
403 Mixed 9 & Under 100 Breaststroke	68	7	09:23 AM
404 Mixed 9 & Under 100 Backstroke	30	3	09:46 AM
405 Mixed 9-12 200 Freestyle	108	11	09:56 AM
Break: 10 Minutes:			
501 Mixed 10-12 50 Freestyle	351	36	10:56 AM
502 Mixed 10-12 50 Butterfly	199	20	12:00 PM
503 Mixed 10-12 100 Breaststroke	150	15	12:39 PM
504 Mixed 10-12 100 Backstroke	82	9	01:25 PM
505 Mixed 10-12 200 Butterfly	4	1	01:55 PM
506 Mixed 10-12 400 IM	8	1	02:00 PM
Swimmers Counts for Warm-ups: 627	=====	=====	
Entry / Heat Totals:	1,250	129	
Finish Time			02:10 PM

Event	Entries	Heats	Starts at
507 Mixed 11 & Over 800 Freestyle	24	3	03:00 PM
601 Mixed 13 & Over 50 Breaststroke	130	13	03:45 PM
602 Mixed 13 & Over 50 Backstroke	98	10	04:09 PM
603 Mixed 13 & Over 100 Freestyle	163	17	04:30 PM
604 Mixed 13 & Over 100 Butterfly	40	4	05:11 PM
Break: 10 Minutes:			
605 Mixed 13 & Over 200 IM	56	6	05:32 PM
606 Mixed 13 & Over 200 Breaststroke	26	3	05:59 PM
607 Mixed 13 & Over 200 Backstroke	16	2	06:13 PM
608 Mixed 13 & Over 400 Freestyle	34	4	06:23 PM
Swimmers Counts for Warm-ups: 295	=====	=====	
Entry / Heat Totals:	587	62	
Finish Time			06:52 PM

- Once the start list is out, no additional entries or changes to events can be made.
- Please note that each heat has its own start time, please do refer to the start list for your child/swimmer's heat time.
  - Please note that the heat start time is **NOT** the reporting time. It is the time that the race will begin.

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# 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 and the backstroke events.

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# Swimsuit Guidelines

- Must be 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
  
- Any kind of tape on the body is not permitted unless supported with documents from a medical practitioner

Female



Male



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# COMPETITION VENUE INFORMATION

- The meet will be run in 10 lanes at the competition pool
- The depth of the competition pool are as follows:
  - 2m depth through out the pool
- Please inform swimmers to be careful during the plunge
- Multi Purpose Pool(MPP) is open for ALL swimmers to **warm up & warm down**
- Please note that the MPP pool is 4M **deep**
  - Coaches and/or parents are advised to supervise your swimmers/children

Competition Pool



Multi Purpose Pool



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# COMPETITION VENUE INFORMATION



**Entrance**



**Exit**



**Seating Gallery @ Lvl 6**

- All individuals are required to make payment before entering.
- Re-entry into the venue is considered a 2nd entry and requires additional payment

Entry into seating gallery at level 6 will only be through the main entrance gantry

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# COMPETITION VENUE INFORMATION



Due to limited space, we urge athletes to co-share the public space with the public to perform your warm up. This is to ensure that there will not be overcrowding in the competition area.

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# COMPETITION VENUE INFORMATION

## Competition Pool Deck

Athletes may place mats outside of the barricade, **without blocking the walking path** to perform their warm up.

Parents are advised to head up to level 7 to watch the competition from above.  
There are more areas at level 7 for athletes to place their mats for warm up.

Signage will be pasted across the venue for directions.

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# Reporting procedure

- Event & Heat numbers will be announced before the race. ALL swimmers can check their respective heat and lane from the start list. (E.g. Event 101, Heat 5)
- Aside from the announcement, SAQ's volunteers will aid in coordinating the people on the ground to ensure a smooth run of the meet
- As our timeline is very tight, there will NOT be any additional heats if swimmers miss their heat
  - NO penalty will be given if swimmers miss their race
  - We seek your help in coordinating your swimmers to be ready for the race

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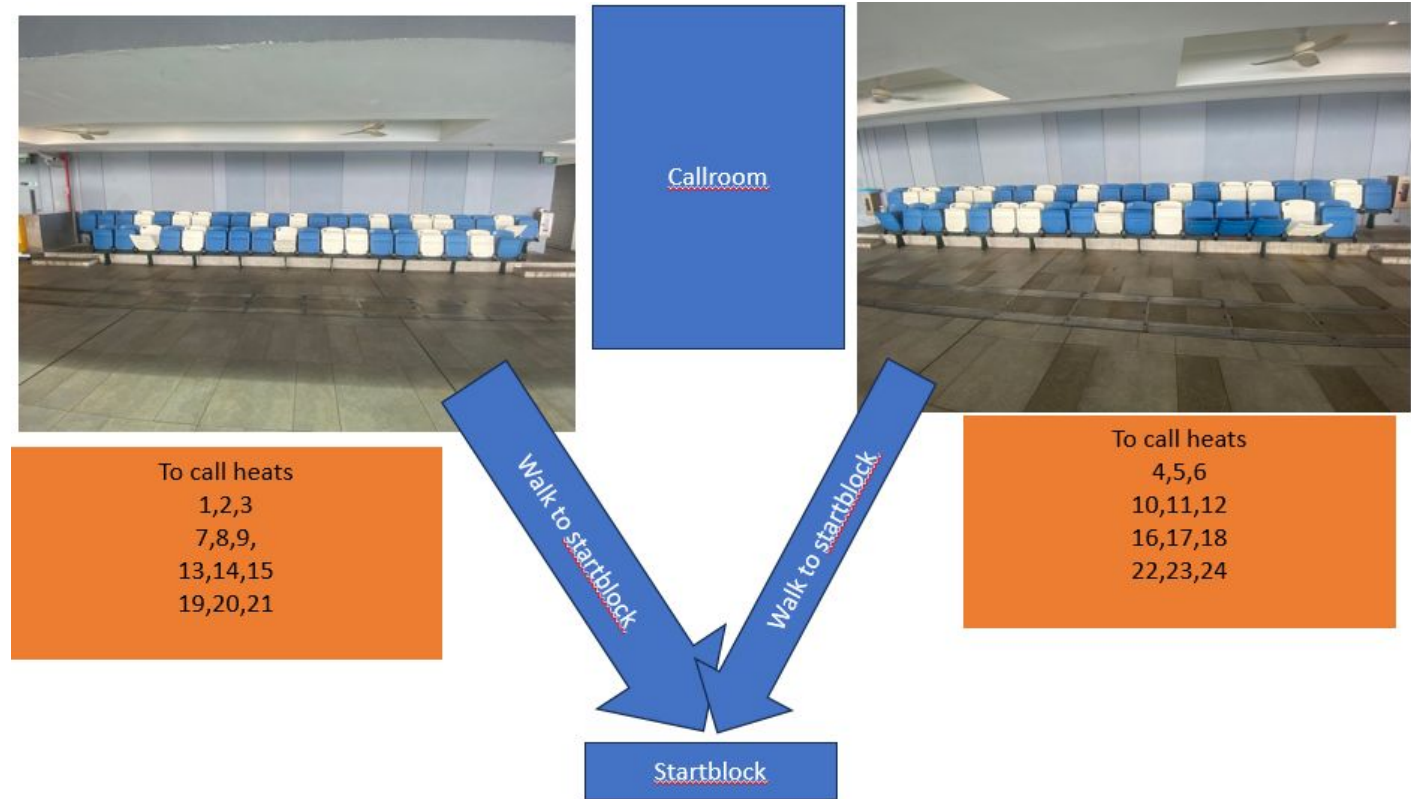
# Reporting procedure

For 100m and above races, we will be using the 2 seating areas as a call room.

Athletes to report to Station IC and get instructions

Chairs will be labelled for easy reference

For 50M races, please report directly to the starting blocks.



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## Results

- Results will be uploaded onto a google drive and the QR code for the results will be up on the walls around the venue.
- Full results will only be up after the conclusion of all the heats of the event(e.g. if 100m freestyle has 10 heats, all 10 heats must be done before the results will be printed).
- Alternatively you may go [here](#) to see the results

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Caring Hope  
Improving Lives

# Starting protocol during the test

- Short series of whistle from Referee is for swimmers to remove clothing. Eg: T-shirt, track pants etc and stand-by to race.
- Long Whistle from Referee, swimmer should take up position on either at the Starting block or at the bulk head.
- Please note that for Back Stroke event, the **FIRST** long whistle is for the swimmer to take up position in the water, the **SECOND** long whistle is to take up the starting position.
- Once all swimmers are ready, the Referee will hand the Swimmers over to the Starter. The Starter will give the command “Take your Marks”
- Swimmer must remain stationary (no movement)
- Once all swimmers are stationary and ready, the starter will trigger the start device.

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# Common Disqualifications

- There is a clear observation that most of the disqualifications in the past Centralised SSPA Tests are from Breast Stroke events, SAQ advise ALL coaches to please take note and inform your swimmers  
The **most common ones** are:
  - Did not turn or finish with both hands simultaneously
  - Head did not break surface after the arms turn inwards at the widest part of the second arm stroke (during the start or turn)
  - Arms push beyond the hip while swimming

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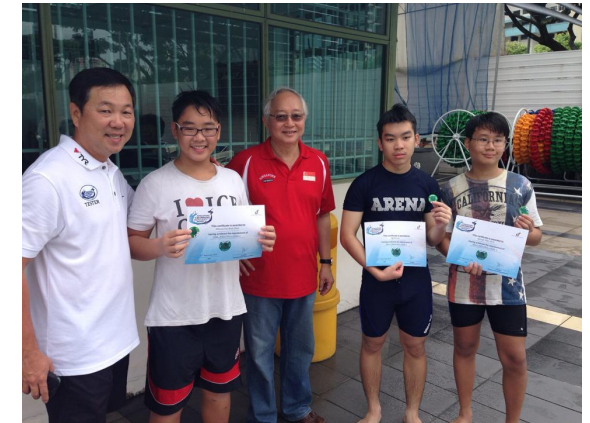


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# Certificate Collection

- Confirmation of certificates will only be done **after the completion of all the heats of each event.**
- Certificates will be awarded to swimmers who have **met** the passing requirements of the meet
- Certificates can be collected from the counter near the exit of the pool
- *We seek your understanding & patience in that collection may not be immediate as there will be a huge number of participants during the meet*



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# Passing Timings

Types	Level 1 50M	Level 2 100M	Level 3 200M	Level 4 400M	Level 5 800M	Level 6 1500M
Color of Badge & Certificate	Green	Red	Blue	Bronze	Silver	Gold
Symbol / Character	Sea Lion	Turtle	Stingray	Dolphin	Shark	Whale
Front Crawl	≤ 1:05	≤ 2:30	≤ 5:20	≤ 10:40	≤ 21:20	≤ 40:00
Breaststroke	≤ 1:20	≤ 3:15	≤ 7:30	-	-	-
Backstroke	≤ 1:10	≤ 3:00	≤ 7:00	-	-	-
Butterfly	≤ 1:20	≤ 3:30	≤ 7:30	-	-	-
Individual Medley	-	≤ 3:00	≤ 7:00	-	-	-

\* All strokes are to be swum in compliance with FINA rules for competitive swimming



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Front Crawl	≤ 1:05	≤ 2:30	≤ 5:20	≤ 10:40	≤ 21:20	≤ 40:00
Breaststroke	≤ 1:20	≤ 3:15	≤ 7:30	-	-	-
Backstroke	≤ 1:10	≤ 3:00	≤ 7:00	-	-	-
Butterfly	≤ 1:20	≤ 3:30	≤ 7:30	-	-	-
Individual Medley	-	≤ 3:00	≤ 7:00	-	-	-

**\* All strokes are to be swum in compliance with FINA rules for competitive swimming**

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# Final administrative instructions

- Coaches that are unable to attend this meet, please
  1. forward ALL necessary information and safety requirements to your swimmer's parent or guardian
  2. Inform your swimmers to wear proper swim attire (only one if possible) to enhance their swim & timing
- Reminder for all swimmers to register their membership onto <https://ssa.swim-community.net/> by Friday, 23rd February 2024.  
Failure to do will result in the results being nullified.

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# Terms & Conditions

By registering and participating in the 40<sup>th</sup> SSPA, ALL participants in the 40<sup>th</sup> SSPA are deemed to have given permission to the organization to collect, analyse & collate any personal information relation to that participant. As organisers may in their sole discretion deem fit, including without any limitation information for the organisers' programme processing, statistical or risk analysis, research, fund-raising and / or any other purposes in furtherance of the functions or powers of SAQ.

Reasonable Precaution will be taken by the organisers to ensure ALL participants' safety.

However, participants shall take part in the event **at their own risk**.

Organisers will **NOT** be responsible or held liable for any injury or death howsoever arising from training for or during participation in the event.

ALL participants are **strongly encouraged** to consult their medical practitioner prior to actual race day.

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# Terms & Conditions (WET WEATHER)

In the event of **harsh weather conditions** that could cancel the meet, SAQ reserves the right **NOT** to refund entry fees or/and any other charges submitted by the teams / individuals for the meet.

In the event of rain or the lightning alert being turned on, **the competition will stop until the lightning alert is off.**

If the lightning alert is on for less than 30 mins, we will resume from the last heat that was stopped at.

If the lightning alert **is on for 31 mins or more**, we will resume as per the scheduled start list.

E.g. if lightning alert starts at event 120, H2 and only ends 2 hours later in which event 132 H5 starts, we will resume from event 132 H5.

Whilst there is no fee for No Shows for the SSPA events, **the entry fee will not be refundable.**

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