

Competition Location	Toronto, Canada
Competition Dates	24 - 30 July 2024 Travel Dates: July 19-31, 2024
Qualification Window	As per USA Swimming / Canadian Swimming – 1 June 2023 to 16 July 2024 SAQ window ends June 30, 2024 (End of month post SNSC)
Initial Release Date	5 th June 2024
NOTES	<p>Overseas Based Swimmers (OBS) are eligible for selection although cost of travel will follow that for Locally Based Swimmers (LBS), anything above will be responsibility of athlete regardless of funding level achieved (not including SPEX Scholars). For LBS, travel costs include the round trip to competition location from Singapore. Costs incurred from any travel deviations will have to be borne by the athlete.</p> <ul style="list-style-type: none"> • This is a funded travel meet
Selection Events	<p>54th SNAG – March 2024 Australian Age Swimming Championships – April 2024 Australian Open – April 2024 Mare Nostrum Series – May 2024 19th SNSC – June 2024</p> <ul style="list-style-type: none"> • Overseas Based Athletes not returning for SGP based National Qualification meets can utilize the following standardised windows where the SGP meet falls to substitute those meets with eligible qualification meets within the Qualification Window (Ends 30th June 2024): <ul style="list-style-type: none"> ○ Trimester 1 – January 1 to April 30 ○ Trimester 2 – May 1 to August 31 (to 30th June for this Q Window) ○ Trimester 3 – Sept 1 to Dec 31 • Overseas Based Athletes selected meets must comply with World Aquatics rules. Submission of these meets must be received prior to the selected event and by the latest at Singapore Aquatics (SAQ) by 1700hrs, prior to participation in their selection meet. <ul style="list-style-type: none"> ○ Nomination of Overseas meet is to be sent to sonya.porter@sqaquatics.org.sg ○ The overseas based athlete is responsible to seek clarification from the host country that the meet is officiated under World Aquatics rules. ○ Any times submitted that are not from an eligible qualifying sanctioned event will NOT be accepted. ○ Official results must be sent directly to SAQ within two days of the meet conclusion. ○ Send results to tracie.tan@sqaquatics.org.sg ○
Age Criteria	<p>This is an Open Meet for athletes attaining the minimum time standards as per USA Swimming 19 & Over Standards See Table 1.</p> <ul style="list-style-type: none"> • Minimum age for selection is 19 years of age by Dec 31, 2024.
Eligibility	<p>To be considered for selection, a swimmer must meet ALL the following eligibility criteria:</p> <ul style="list-style-type: none"> • Be a Singapore citizen, eligible to represent Singapore. • Be a registered member of SAQ in good standing.

	<ul style="list-style-type: none"> • Have a signed current SAQ Athlete Agreement. • Have competed in an above qualification meet unless granted an exemption under the provisions of the criteria by the SAQ Selection committee. This exemption will only be granted due to extenuating circumstances. On request of SAQ, evidence shall be provided of the extenuating circumstances, prior to the exemption being considered. Extenuating circumstances can include but is not limited to: <ul style="list-style-type: none"> a. Injury or Illness b. Equipment Failure c. Travel Delays d. Bereavement e. Such other circumstances as the selectors may consider to be relevant. • Continues to train for, behave and act towards peak swimming performance. • Be available to fulfil the Team Commitments as listed below and any additional commitments following selection, as allowed by the permanent geographical training location. • Not used or administered any substance which, if it had been detected as being present in the athlete’s body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in ADS’s, WADA or WA’s Anti-Doping By-law.
<p>Team Commitments</p>	<p>All swimmers and officials must:</p> <ul style="list-style-type: none"> • Comply with the provisions of the SAQ Athletes/Officials Agreement at all times. • Conform to SAQ requirements regarding team participation. This includes, but may not be limited to, providing an acceptable training plan, attendance at a pre-event camp and wearing team uniform as required. <ul style="list-style-type: none"> a. Make themselves available for all team activities designated by SAQ. b. Pre-travel Briefing session (Dates TBD) • Not act in such a manner as to bring the athlete or SAQ into public disrepute. • All swimmers and officials are required to appear at events and platforms whereby their images and presence are used to achieve SAQ’s objectives.

<p>Performance Requirements</p>	<p>To be considered for selection for individual events for this championship:</p> <ul style="list-style-type: none"> • Achieve the minimum time standard as set in <ul style="list-style-type: none"> a. Table 1 b. These standards are derived from 2024 USA Swimming SPEEDO Summer Championships • The selection of athletes that have met all the eligibility and Performance Requirements will be announced on 1 July, 2024. <ul style="list-style-type: none"> a. Total Team numbers will be restricted to: <ul style="list-style-type: none"> i. SPEX Athletes – No restriction ii. Non-Spex – Combined up to 6 fully funded swimmers. <ul style="list-style-type: none"> 1. Swimmers will be ranked by highest swimming point (FP) if more have achieved the Performance Requirements than funds available. 2. Tie for final spot will be broken by ranking of next highest qualifying FP and so on.
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	<p>3. If a swimmer declines invitation, an invitation will be sent to next eligible swimmer.</p> <p>Criteria for Selection for Relay Events:</p> <ul style="list-style-type: none"> • Selections for relays will be done from within the total team selected for this Championships. • SAQ philosophy is to ensure that the best possible relay team is on the blocks representing Singapore at the Championship meet. The final composition of the team will be determined by the coaching and management staff at the competition.
<p>Coaches Selection</p>	<p>There will not be a Head Coach nomination for this meet. Coaches will be selected as follows:</p> <ol style="list-style-type: none"> 1. SPEX Athlete Nominated Coach 2. Up to 1 coach at a ratio of 1-6 for non-spex qualified swimmers <p>Coaches must be registered as NROC and CoachSAQ members to be selected.</p> <p>The coaches will be selected in accordance of the following priority.</p> <ol style="list-style-type: none"> 1. Nominated Coach (Coach of record) based on: <ol style="list-style-type: none"> a. Highest rank of swimmers selected, then b. Total number of swimmers selected. 2. Nominated Club Coach based on the number of swimmers on the team <ul style="list-style-type: none"> • The National Head Coach will have the discretion to add coaches to the team for development purposes.
<p>Notes</p>	<ul style="list-style-type: none"> • Singapore Aquatics may amend these selection criteria at any time in its sole discretion by giving adequate notice to those swimmers who meet the eligibility criteria. • If a swimmer is unable to satisfy SAQ requirements after selection and needs to withdraw from the team, SAQ may at their discretion select the next swimmer who has met all the eligibility and performance requirements. SAQ reserve the right to request that any swimmer being considered for selection under the provisions of this clause undertakes a fitness test, the parameters of which will be determined by the National Head Coach at his/her sole discretion. <p>The selection committee will consist of the following.</p> <ul style="list-style-type: none"> • Vice-President (Swimming) • Assistant Secretary General (Swimming) • National Head Coach • Technical Director • National Training Centre Head Coach <p>The appeals committee will consist of the following</p> <ul style="list-style-type: none"> • SAQ President • SAQ Secretary General • Ho Mun Wai
<p>Approved Date</p>	<p>5 June 2024</p>

Table 1 – USA Swimming 19& Over SPEEDO Summer Championships

Qualification Standards

WOMEN			MEN	
LCM		19 & OVER STANDARDS		LCM
25.99		50 FR		23.09
56.39		100 FR		50.49
2:01.79		200 FR		1:51.29
4:16.89		400/500 FR		3:57.79
8:48.09		800/1000 FR		8:12.99
16:49.19		1500/1650 FR		15:44.89
1:02.89		100 BK		56.59
2:15.59		200 BK		2:03.29
1:10.99		100 BR		1:03.29
2:33.79		200 BR		2:18.09
1:00.89		100 FL		54.39
2:14.59		200 FL		2:01.69
2:17.99		200 IM		2:04.69
4:53.19		400 IM		4:26.89