

**SINGAPORE**  
**AQUATICS**



56<sup>th</sup> Singapore National Age Group  
Swimming Championships 2026

Juniors: 13-15 March 2026  
Seniors: 17-22 March 2026  
OCBC Aquatic Centre

**EVENT INFORMATION**

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**1.0 COMPETITION INFORMATION**

**Competition:** 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026  
**Juniors (8-12 years)**

**Venue:** OCBC Aquatic Centre

**Details:**

Session	Date	Day	Competition	Doors Open
1	13 March 2026	Friday	4.00 pm	2.45 pm
2	14 March 2026	Saturday	9.00am	7.45 am
3	14 March 2026	Saturday	3.00 pm	1.45 pm
4	15 March 2026	Sunday	9.00am	7.45 am
5	15 March 2026	Sunday	3.00 pm	1.45 pm

**Competition:** 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026  
**Seniors (13 years and over)**

**Venue:** OCBC Aquatic Centre

**Details:**

Session	Date	Day	Competition	Doors Open
1	17 March 2026	Tuesday	9.15 am	7.45 am
2	17 March 2026	Tuesday	6.00pm	4.15pm
3	18 March 2026	Wednesday	9.15 am	7.45 am
4	18 March 2026	Wednesday	6.00pm	4.15pm
5	19 March 2026	Thursday	9.15 am	7.45 am
6	19 March 2026	Thursday	6.00pm	4.15pm
7	20 March 2026	Friday	9.15 am	7.45 am
8	20 March 2026	Friday	6.00pm	4.15pm
9	21 March 2026	Saturday	9.15 am	7.45 am
10	21 March 2026	Saturday	5.00pm	3.15pm
11	22 March 2026	Sunday	9.15 am	7.45 am
12	22 March 2026	Sunday	5.00pm	3.15pm

## 2.0 GENERAL INFORMATION

- 2.1 The Championships shall be conducted under the Rules and By-laws of World Aquatics as prescribed in the Competition Regulations (25<sup>th</sup> June 2025). One-start rule applies. The list of approved swimsuits can be viewed at <https://www.worldaquatics.com/swimming/approved-swimwear>
- 2.2 The Championships are open only to the following:
- a. Swimmers who are existing members of SAQ Affiliates (thereafter known as Affiliates).
  - b. Members of other Federations affiliated to World Aquatics, who meet the entry qualification standards (where applicable) provided they hold a valid clearance from their Federation.
- 2.3 All entries must be submitted through SAQ Affiliates or World Aquatics-affiliated Federations' affiliates.
- 2.4 Definition of Swimmers:
- a. Singaporean Swimmers- All Affiliated Members with a Valid Singapore Passport
  - b. Foreign Swimmers- All Swimmers without a Valid Singapore Passport

## 3.0 AGE GROUPS

- 3.1 A swimmer may only compete in the stipulated age group in which he/she falls under.
- 3.2 Age groups are computed as follows:
- a. Multiple Age Groups

18 years & over	Born in 2008 or earlier
15-17 years	Born in 2009, 2010 and 2011
13-14 years	Born in 2012 and 2013
  - b. Single Age Groups

12 years	Born in 2014
11 years	Born in 2015
10 years	Born in 2016
9 years	Born in 2017
7-8 years	Born in 2018 and 2019

#### 4.0 ENTRY REGULATIONS

- 4.1 **Closing date for entries – 12.00pm on Tuesday, 3<sup>rd</sup> March 2026**  
**Deadline for payment – 12.00pm on Tuesday, 10<sup>th</sup> March 2026**

All Entries are to be emailed to [swim.entries@sqaquatics.org.sg](mailto:swim.entries@sqaquatics.org.sg)

- 4.1.1 The swimmers are not required to have a valid qualifying entry time to participate at SNAG. However, they are required to achieve the minimum time standard as published in the info pack for their respective events at the SNAG. An administrative fee of **\$49.05 (inclusive of 9% GST) per event** will be imposed if the swimmer returns a time slower than the minimum time standard.

*This fee will be waived if the participant submits an official long-course (50m) timing for the same event achieved within the past twelve (12) months at any of the following:*

- SAQ-organised competition;
- SAQ-sanctioned Tier 2 Meet (e.g. IVP, POL-ITE, National School Games, JIC, Pesta Sukan);
- A competition sanctioned by another National Federation or World Aquatics.

*Please note that converted times will not be accepted.*

For the Senior Age Group, swimmers who fail to meet MTS for any events during the Heats will not be allowed to participate in the Finals.

- 4.1.2 **All relay swimmers must be registered for at least one individual event.**
- 4.1.3 **For 11 and 12 year olds, their sole individual event cannot be the mandatory 200m Individual Medley. The swimmer must also be registered for at least one other individual event in the SNAG Programme other than the 200m Individual Medley event.**
- 4.1.4 Entries must be accompanied by full payment of the registration and entries fees. Swimmers **will not be eligible to compete** if the full payment does not reach Singapore Aquatics by the below deadline.
- 4.2.1 **Swimmers Registration Fee** (For local and international swimmers)  
2026 Annual Registration Fee is **S\$43.60** (inclusive of 9% GST) per swimmer and this covers the period of Jan 2026 to Dec 2026. This fee is applicable to foreign / international swimmers. The
- 4.2.2 **International Swimmer Admin Fee**  
An \*International Swimmer Admin Fee of **S\$43.60** (inclusive of 9% GST) per individual for entry to the meet applicable to all foreign participants who are NOT living in Singapore and is NOT holding a valid #FIN Number

**4.2.3 International Coach / Team Official Admin Fee**

An Admin Fee of **S\$87.20** (inclusive of 9% GST) per individual and per accreditation pass for entry to the meet applicable to all foreign coaches, team managers and support staff from the overseas participating teams.

**4.2.4 Entry Fee** (Applicable to Singaporean and international swimmers)

- a. Individual Event - **\$16.35** per event (inclusive of 9% GST)
- b. Relay Event - **S\$43.60** per event (inclusive of 9% GST)

**4.2.5 Late Entries Charges:**

Late entries after the entries deadline can be accepted but at the cost of twice the entry fee per event (inc of 9% GST)

- a. Individual Event - **\$32.70** per event (inclusive of 9% GST)
- b. Relay Event - **S\$87.20** per team, per event (inclusive of 9% GST)

This double charge will be in effect for entries that are submitted between **3<sup>rd</sup> March 2026, 12.01pm till 1 day before the release of the psych sheet for the respective groups.** (Please refer to the timeline on page 29)

**4.2.5 Changes and corrections** may be made up to the meet entry deadline without penalty.

Any changes, amendments and corrections to the entries after the deadline of **3<sup>rd</sup> March 2026** may be made up till one day before the release of the psych sheet at a cost of **\$32.70** per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event). Please refer to the timeline on page 29.

Once the psych sheet is released, no changes can be made. Swimmers and team admins should check through the entries and timings when they entry report is sent.

Withdrawals of entered events can be done at no charge only at the Team Leaders Meeting but entries fees will not be refunded.

**4.3 Cheque and payment** for all registration and entries are to be made payable to “**Singapore Aquatics**” by latest **12.00pm on Tuesday, 10<sup>th</sup> March 2026**. If payment for the entry fee is not made on time, the entries **will not** be accepted.

**4.4 Incomplete/Erroneous entries will be rejected.**

Example:

Last Name (Surname)	First Name	Gender	Date of Birth	NRIC (1 <sup>st</sup> Alphabet & last 4 digits)
TAN	Ah Lian, Susan	F	20-May-1997	S4567F
LIM	Poh Poh	M	19-Apr-2000	T2345C

*\*Do note that club's membership number should not be filled up in the NRIC column*

## 5.0 WITHDRAWALS

- 5.1 An administrative fee of **\$32.70 (inclusive of 9% GST)** shall be imposed on each withdrawal from each entered event via the withdrawal form after the release of the start list till 60 mins before the start of each session.
- 5.2 Withdrawals within sixty (60) minutes of the start of each session (Heats or Finals) or without notification to the Control Room Supervisor shall be deemed Did Not Show or Did Not Start (DNS). A penalty of **S\$109.00 (inclusive of 9% GST)** shall be imposed on all DNS.
- 5.3 Withdrawals for finals **including** the Reserve Swimmers of each event must be presented via the withdrawal form to the Control Room Supervisor **within 30 minutes of the posting of the Heats result** to avoid the administrative fee.
- 5.4 The administrative fee and penalty will be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in any further races for the day.

**6.0 ACCREDITATIONS**

6.1 Club Accreditations (inclusive of coaches, team manager and support staff) will be assigned based on swimmers’ size in the respective Programme (Junior or Senior)  
 The table below is only applicable to the SAQ Affiliates only.

<i>No. of swimmers in individual events</i>	<i>No. of Coaches Pass</i>	<i>No. of Team Managers Pass</i>
1 to 5 swimmers	1	1
6 to 10 swimmers	2	1
11 to 15 swimmers	3	1
16 to 20 swimmers	4	1
21 to 30 swimmers	5	2
31 to 45 swimmers	6	2
46 to 60 swimmers	7	3
61 to 75 swimmers	8	4
76 swimmers and above	9	4

Starting from 1 July 2018, coaches who wish to apply for an accreditation pass to be on deck during national competitions must be an NROC Member. Clubs / Schools are required to fill up the accreditation form with the details of the accredited personnel.

6.2 **Lost or Misplaced Accreditation Passes**

Replacement passes are available at the following costs:

<u>Replacement Cost for Misplaced or Lost Accreditation Pass</u>	
Coach / Team Manager	SGD \$100
Swimmer	SGD \$30

**7.0 MEDALS, RECORDS & NATIONAL SELECTION**

7.1 Medals will be awarded to the top three Singaporeans swimmers in the individual events. Medals will also be awarded to foreign swimmers if they are in the top 3 placing in the individual events in the Juniors and Seniors Programme for their respective age groups.

SNAG Juniors

Medals will be awarded to the top three swimmers in the individual events for Juniors based on the following age groups:

12 years	Born in 2014
11 years	Born in 2015
10 years	Born in 2016
9 years	Born in 2017
7-8 years	Born in 2018 and 2019

SNAG Seniors

Medals for the 13 – 14 years old, 15-17 years old and 18 years old and over will be awarded to the fastest three (3) swimmers in the Finals of their respective age groups indicated above regardless of their placing in any of the Finals.

7.2 The Most Valuable Swimmer Award for Juniors (12 years and below) will be given out to each male and female Singaporean swimmer who has the highest accumulated points from all the individual events in the Juniors Programme (not including 800m and 1500m which will race in the Seniors Programme instead)

7.3 The medals won by the Juniors Swimmers (11 – 12 years old) in the Long-Distance Events will be accounted in Seniors' Medal Team Count. (including the point system)

The point system is as follows:

Position	Points awarded
<i>Places 1-10</i>	<i>20-17-16-15-14-13-12-11-9-7</i>

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

7.3 The Most Valuable Swimmer Award for 13-14 years and 15-17 years age group will be given out to each male and female Singaporean swimmer who has the most number of gold medals, followed by silver and bronze in the Olympic individual events in this competition.

In case of a tie, World Aquatics Points will be used to decide on the overall winner based on the total points accumulated in the Olympic individual events in the medals placings.

7.4 The SAQ Club Challenge Cup will be given out to the SAQ Affiliate at the Junior and Seniors Programme based on the total amount of points scored by the “Singaporean Swimmers” in their respective age groups.

<u>Position</u>	<u>Points awarded:</u>
Places 1-10	20-17-16-15-14-13-12-11-9-7
*Relays 1-10	60-51-48-45-42-39-36-33-27-21

\* Only 1 relay team per affiliate in the respective relay events is eligible for points if the affiliate enters two / three teams in the same relay event, only the higher ranked relay team will be eligible for medals and points contention.

Only Singaporean swimmers representing local affiliates will have their points taken into consideration for both individual and relay events

\*Foreign swimmers representing local affiliates will not have their points taken into consideration including relay events.

7.5 Only Meet Records established by Singaporeans will be officially recognised by the Organising Committee of the 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026.

### 8.0 COMPETITION VENUE

View Map:

<http://www.sportshub.com.sg/directions/Pages/getting-here.aspx>

Venue Management does not allow any foldable chairs/beds into the OCBC Aquatic Centre due to the Fire Safety Regulation.



## 9.0 WARM-UP GUIDELINES

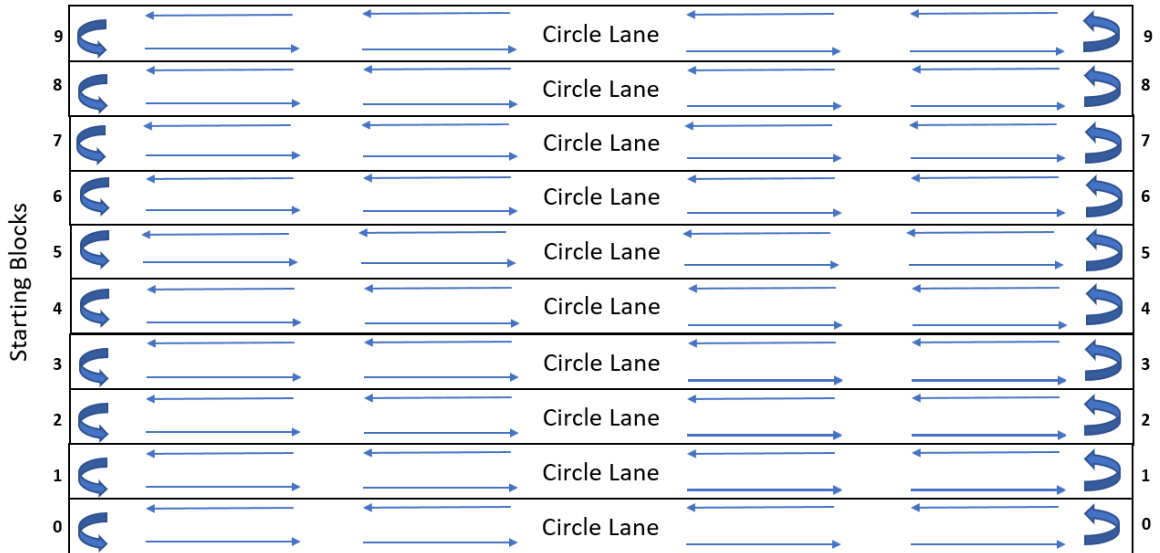
9.1 The Competition and Warm-up Pools will be available for warm-up one hour and forty-five mins before the competitions commence. The Competition Pool will be closed fifteen (15) minutes before the start of each session.

9.2 Lane assignments for warm-ups will be in accordance with World Aquatics Swimming Rules

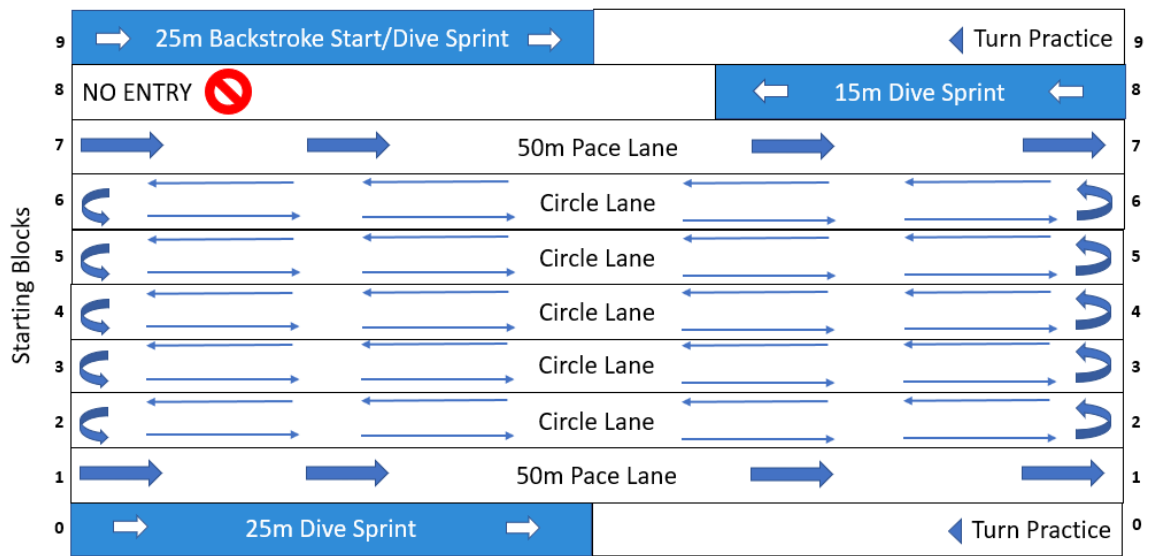
### 9.3 Competition Pool

- a. The schematic in the two diagrams shall be observed at all times during warm-ups before competition. SAQ reserves the right to make changes to the lane assignments as deemed necessary.
- b. There shall be NO DIVING in the Circle Swimming Lanes, the Turn Practice Lanes, and the 25m Pace Lane. Entry to these lanes is via feet first entry from the sitting position at all times.
- c. The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.
- d. No paddles, fins or rubber bands are allowed in the competition pool for the safety of all.**
- e. Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- f. In order to ensure a smooth Swimming Competition Time-Lines Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate Technical Officials duty obstruction , the Pool Deck is strictly out of bound to ALL except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer, Appointed Media Coverage Personnel.

Competition Pool Warm Up from pool opening until 45 mins before pool closes

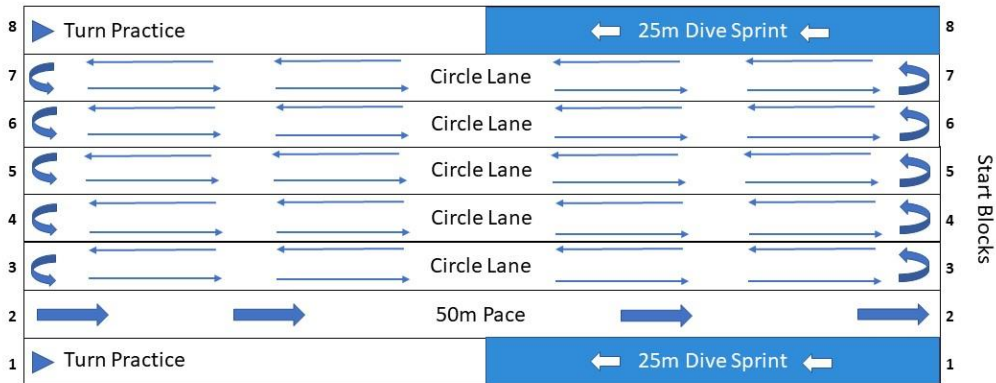


Competition Pool Warm Up - 45 mins before pool closes



9.4 Training Pool Warm Up Guideline

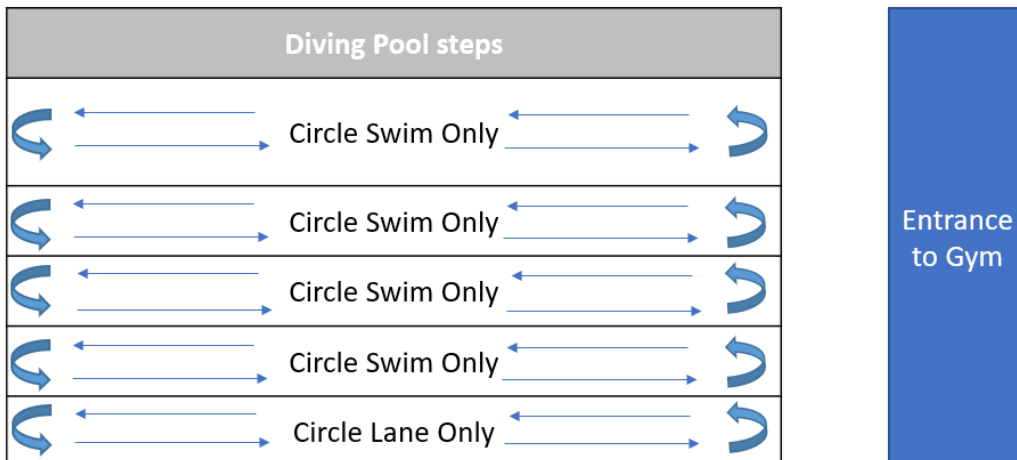
Training Pool Warm Up



Entrance to training pool

9.5 Diving Pool Guideline

- The diving pool and its surrounding areas are on a first-come-first serve basis.
- The diving pool is an additional space for swimmers to warm up & down and will always be a circle swimming lane only.
- 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



**9.6 CONTROL ROOM GUIDELINES (INFRACTION ENQUIRY OR CLARIFICATION)**

- a. Detail of Infraction committed by swimmer or swimmers shall be made to the Swimming Competition Meet Director by the Team Leader. No proxies will be entertained.
- b. In the absence of Meet Director, infractions enquiry shall be directed only to the Deputy Meet Director or Control Room Supervisor.
- c. Enquiry of infraction shall be made within the same day of competition.
- d. Team Leader shall provide swimmer details including event number, heat number, lane assigned, swimmer's name and affiliate/team name.
- e. **ONLY** Team Leaders shall be allowed access to Swimming Competition Control Room to retrieve final result print-outs, submission of necessary paperwork and Infraction Enquiry. No proxies shall be allowed.

**10.0 PROTESTS**

## 10.1 Protests are possible:

- a. if the rules and regulations for the conduct of the competition are not observed,
- b. if other conditions endanger the competitions and/or competitors, or
- c. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

## 10.2 All protests shall be considered by the Meet Referee.

## 10.3 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start the race is given.

## 10.4 Protests must be submitted in accordance with the following:

- a. In writing on the protest form, with the supporting facts
- b. With a deposit of **S\$200.00** enclosed
- c. Submitted to the Meet Referee by Affiliate Team Leader. No proxies will be entertained
- d. Submitted within thirty (30) minutes following the conclusion of the respective event

## 10.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Leader may then appeal the rejection to the Jury of Appeal, whose decision shall be final.

## 10.6 If the protest is not upheld, the deposit shall be forfeited to the Organising Committee of the Championships. If the protest is upheld, the deposit shall be returned.

**11.0 COMPETITION EVENTS**

Events	Juniors					Seniors		
	7-8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13-14 yrs	15-17 yrs	18 yrs & over
50m Freestyle	✓	✓	✓	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓	✓	✓	✓
200m Freestyle		✓	✓	✓	✓	✓	✓	✓
400m Freestyle				✓	✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓	✓	✓	✓
200m Breaststroke				✓	✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓	✓	✓	✓
200m Backstroke				✓	✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓	✓	✓	✓
200m Butterfly				✓	✓	✓	✓	✓
200m Individual Medley		✓	✓	✓ Compulsory Event	✓ Compulsory Event	✓	✓	✓
400m Individual Medley				✓	✓	✓	✓	✓

Events	*11 & 12 years	13-14 yrs	15-17 yrs	18 yrs & over
1500m Freestyle	✓	✓	✓	✓
800m Freestyle	✓	✓	✓	✓

*\*The long distance events for the Juniors Age Group will be combined with the senior's programme*

**11.1 Compulsory Event for Singaporean swimmers aged 11 and 12**

It is compulsory for the Singapore swimmers in this age group to take part in the 200m Individual Medley event and make a reasonable attempt to complete the race. No MTS fees will be imposed for the 200m IM event for Singaporean swimmers aged 11 and 12.

*The swimmer must also be entered for at least one other individual event in the SNAG Program other than the 200m Individual Medley event.*

*The swimmer can opt out to race the 200m IM event at SNAG if the swimmer has competed in this event at the 2026 January Singapore Swim Series or 2026 Singapore Swimming Proficiency Awards (SSPA) on 28 February & 1 March 2026.*

**12.0 ORDER OF EVENTS (Juniors)**

12.1 Juniors Programme

Competitors (regardless of age) shall be placed in graduated time order, from slowest to fastest in 10-lane pool. Medals will be awarded according to swimmers' respective age groups.

<b>13<sup>th</sup> March 2026 (Friday) – Session 1 [Juniors]</b>				
<b>Event Start Time: 4.00pm    Doors Open: 2.45pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Age Groups</b>	<b>Remarks</b>
101	100m Backstroke	GIRLS	7 to 8 years old	Slowest to Fastest
102	100m Backstroke	GIRLS	9 to 10 years old	Slowest to Fastest
103	100m Backstroke	GIRLS	11 to 12 years old	Slowest to Fastest
104	100m Backstroke	BOYS	7 to 8 years old	Slowest to Fastest
105	100m Backstroke	BOYS	9 to 10 years old	Slowest to Fastest
106	100m Backstroke	BOYS	11 to 12 years old	Slowest to Fastest
107	50m Freestyle	GIRLS	7 to 8 years old	Slowest to Fastest
108	50m Freestyle	GIRLS	9 to 10 years old	Slowest to Fastest
109	50m Freestyle	GIRLS	11 to 12 years old	Slowest to Fastest
110	50m Freestyle	BOYS	7 to 8 years old	Slowest to Fastest
111	50m Freestyle	BOYS	9 to 10 years old	Slowest to Fastest
112	50m Freestyle	BOYS	11 to 12 years old	Slowest to Fastest
113	400m Individual Medley	GIRLS	11 to 12 years old	Slowest to Fastest
114	400m Individual Medley	BOYS	11 to 12 years old	Slowest to Fastest
115	4 x 50m Medley Relay	MIXED	7 to 8 years old	3 relay teams per club
116	4 x 50m Medley Relay	MIXED	9 to 10 years old	3 relay teams per club
117	4 x 50m Medley Relay	MIXED	11 to 12 years old	3 relay teams per club

14 <sup>th</sup> March 2026 (Saturday) – Session 2 [Juniors] Tentative Event Start Time: 9.00am Doors Open: 7.45am				
Event No	Event	Gender	Age Groups	Remarks
201	200m Individual Medley	BOYS	9 to 10 years old	Slowest to Fastest
202	200m Individual Medley <i>*Compulsory Event for Singaporean Swimmers aged 11 to 12 years old</i>	BOYS	11 to 12 years old	Slowest to Fastest
203	200m Freestyle	GIRLS	9 to 10 years old	Slowest to Fastest
204	200m Freestyle	GIRLS	11 to 12 years old	Slowest to Fastest
205	50m Butterfly	BOYS	7 to 8 years old	Slowest to Fastest
206	50m Butterfly	BOYS	9 to 10 years old	Slowest to Fastest
207	50m Butterfly	BOYS	11 to 12 years old	Slowest to Fastest
208	100m Breaststroke	GIRLS	7 to 8 years old	Slowest to Fastest
209	100m Breaststroke	GIRLS	9 to 10 years old	Slowest to Fastest
210	100m Breaststroke	GIRLS	11 to 12 years old	Slowest to Fastest
211	200m Backstroke	BOYS	11 to 12 years old	Slowest to Fastest
212	200m Butterfly	GIRLS	11 to 12 years old	Slowest to Fastest

14 <sup>th</sup> March 2026 (Saturday) – Session 3 [Juniors]				
Tentative Event Start Time: 3.00pm Warm Up Time: 1.45pm				
Event No	Event	Gender	Age Groups	Remarks
301	200m Freestyle	BOYS	9 to 10 years old	Slowest to Fastest
302	200m Freestyle	BOYS	11 to 12 years old	Slowest to Fastest
303	200m Individual Medley	GIRLS	9 to 10 years old	Slowest to Fastest
304	200m Individual Medley <i>*Compulsory Event for Singaporean Swimmers aged 11 to 12 years old</i>	GIRLS	11 to 12 years old	Slowest to Fastest
305	100m Breaststroke	BOYS	7 to 8 years old	Slowest to Fastest
306	100m Breaststroke	BOYS	9 to 10 years old	Slowest to Fastest
307	100m Breaststroke	BOYS	11 to 12 years old	Slowest to Fastest
308	50m Butterfly	GIRLS	7 to 8 years old	Slowest to Fastest
309	50m Butterfly	GIRLS	9 to 10 years old	Slowest to Fastest
310	50m Butterfly	GIRLS	11 to 12 years old	Slowest to Fastest
311	200m Butterfly	BOYS	11 to 12 years old	Slowest to Fastest
312	200m Backstroke	GIRLS	11 to 12 years old	Slowest to Fastest
313	4 x 50m Freestyle Relay	BOYS	7 to 8 years old	2 relay teams per club
314	4 x 50m Freestyle Relay	GIRLS	7 to 8 years old	2 relay teams per club
315	4 x 50m Freestyle Relay	BOYS	9 to 10 years old	2 relay teams per club
316	4 x 50m Freestyle Relay	GIRLS	9 to 10 years old	2 relay teams per club
317	4 x 50m Freestyle Relay	BOYS	11 to 12 years old	2 relay teams per club
318	4 x 50m Freestyle Relay	GIRLS	11 to 12 years old	2 relay teams per club

<b>15<sup>th</sup> March 2026 (Sunday) – Session 4 [Juniors]</b>				
<b>Tentative Event Start Time: 9.00am    Doors Open: 7.45am</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Age Groups</b>	<b>Remarks</b>
401	50m Backstroke	GIRLS	7 to 8 years old	Slowest to Fastest
402	50m Backstroke	GIRLS	9 to 10 years old	Slowest to Fastest
403	50m Backstroke	GIRLS	11 to 12 years old	Slowest to Fastest
404	50m Backstroke	BOYS	7 to 8 years old	Slowest to Fastest
405	50m Backstroke	BOYS	9 to 10 years old	Slowest to Fastest
406	50m Backstroke	BOYS	11 to 12 years old	Slowest to Fastest
407	100m Freestyle	GIRLS	7 to 8 years old	Slowest to Fastest
408	100m Freestyle	GIRLS	9 to 10 years old	Slowest to Fastest
409	100m Freestyle	GIRLS	11 to 12 years old	Slowest to Fastest
410	100m Freestyle	BOYS	7 to 8 years old	Slowest to Fastest
411	100m Freestyle	BOYS	9 to 10 years old	Slowest to Fastest
412	100m Freestyle	BOYS	11 to 12 years old	Slowest to Fastest
413	200m Breaststroke	GIRLS	11 to 12 years old	Slowest to Fastest
414	200m Breaststroke	BOYS	11 to 12 years old	Slowest to Fastest

<b>15<sup>th</sup> March 2026 (Sunday) – Session 5 [Juniors]</b>				
<b>Tentative Event Start Time: 3.00pm Warm Up Time: 1.45pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Age Groups</b>	<b>Remarks</b>
501	100m Butterfly	GIRLS	7 to 8 years old	Slowest to Fastest
502	100m Butterfly	GIRLS	9 to 10 years old	Slowest to Fastest
503	100m Butterfly	GIRLS	11 to 12 years old	Slowest to Fastest
504	100m Butterfly	BOYS	7 to 8 years old	Slowest to Fastest
505	100m Butterfly	BOYS	9 to 10 years old	Slowest to Fastest
506	100m Butterfly	BOYS	11 to 12 years old	Slowest to Fastest
507	50m Breaststroke	GIRLS	7 to 8 years old	Slowest to Fastest
508	50m Breaststroke	GIRLS	9 to 10 years old	Slowest to Fastest
509	50m Breaststroke	GIRLS	11 to 12 years old	Slowest to Fastest
510	50m Breaststroke	BOYS	7 to 8 years old	Slowest to Fastest
511	50m Breaststroke	BOYS	9 to 10 years old	Slowest to Fastest
512	50m Breaststroke	BOYS	11 to 12 years old	Slowest to Fastest
513	400m Freestyle	GIRLS	11 to 12 years old	Slowest to Fastest
514	400m Freestyle	BOYS	11 to 12 years old	Slowest to Fastest
515	4 x 50m Medley Relay	GIRLS	7 to 8 years old	2 relay teams per club
516	4 x 50m Medley Relay	BOYS	7 to 8 years old	2 relay teams per club
517	4 x 50m Medley Relay	GIRLS	9 to 10 years old	2 relay teams per club
518	4 x 50m Medley Relay	BOYS	9 to 10 years old	2 relay teams per club
519	4 x 50m Medley Relay	GIRLS	11 to 12 years old	2 relay teams per club
520	4 x 50m Medley Relay	BOYS	11 to 12 years old	2 relay teams per club

### 13.0 ORDER OF EVENTS (SENIORS)

Heats will be run in the morning and Finals in the evening.

#### a. Heats (10 Lanes)

The morning heats will be flighted. Competitors (regardless of age) shall be placed in graduated time order, from **fastest to slowest**

Flight A – Fastest 8 Heats per event will be swimming first. The fastest three heats shall be cyclically seeded (50m to 200m events). For the 400m events, the fastest two heats shall be cyclically seeded

Flight B- The remaining heats of the respective events will be swimming after Flight A

#### b. Finals (10 lanes)

- i) Singaporean Swimmers- All Affiliated Member with a Valid Singapore Passport
- ii) Foreign Swimmers- All Swimmers without a Valid Singapore Passport

Finalists shall be allocated lanes via the spearhead principle from the results of the Heats based on their age-group.

#### **Multi-age Super Final**

The top ten (10) fastest swimmers of the Heats of each individual event (with the exception of Timed Finals races) regardless of age is eligible to compete. Should there be more than two (2) foreign swimmers who finish within the top ten (10) positions at the Heats, only the top two (2) fastest foreign swimmers would compete Multi-age Super Final

#### **Age-group Finals – “A” Finals**

- i) 13 to 14 years old
- ii) 15 to 17 years old and 18 years old and over age group (combined)

The remaining top ten (10) finishers of the Heats of each individual event (With the exception of Timed Final races and the swimmers in the Multi-Age Super Final) are eligible to compete. Should there be more than two (2) foreign swimmers who finish within these ten (10) positions at the Heats, only the top two (2) fastest foreign swimmers would compete in the Age – Group “A” Finals.

#### **Age-Group Finals – “B” Finals**

- i) 13 to 14 years' old
- ii) 15 to 17 years old and 18 years old and over age group (combined)

The remaining top ten (10) finishers of the Heats of each individual event (With the exception of Timed Final races and the swimmers in the Multi-Age Super Final and Age – Group Finals – “A” Finals) are eligible to compete. Should there be more than two (2)

foreign swimmers who finish within these 10 positions at the Heats, only the top two (2) fastest foreign swimmers would compete in the Age – Group “B” Finals.

- iii) There will be NO “B” Finals if the event has less twenty-five (25) swimmers in the Heats for the 13 – 14 years old age group.
- iv) There will be NO “B” Finals if the event has less twenty-five (25) swimmers in the Heats for the 15 to 17 years old and 18 years old age group

Medals for the 13 – 14 years old, 15-17 years old and 18 years old and over will be awarded to the fastest three (3) swimmers in the Finals of their respective age groups indicated above regardless of their placing in any of the Finals.

**c) Long Distance Events**

A cut off time of 25 minutes will be enforced for 1500m (men and women) and a cut off time 14 minutes for 800m (men and women).

A maximum of 4 foreign swimmers with the fastest seed time is allowed to swim in the fastest heat in the evening Finals session for the long-distance events.

The slower heats will be conducted in the morning heats after the conclusion of Flight A and Flight B.

**13.1 Order of Events (Seniors) – Adopted from 2026 Asian Games Programme**

<b>17<sup>th</sup> March 2026 (Tuesday) – Session 1 [Seniors]</b>				
<b>Heats Start Time: 9.15am Doors Open 7:45am</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
101	200m Individual Medley	Men	Heats	Fastest to Slowest
102	200m Butterfly	Women	Heats	Fastest to Slowest
103	100m Freestyle	Men	Heats	Fastest to Slowest
104	50m Breaststroke	Women	Heats	Fastest to Slowest
105	100m Backstroke	Men	Heats	Fastest to Slowest
106	1500m Freestyle	Women	Timed Finals	Fastest to Slowest Slower Heats in the Morning

<b>17<sup>th</sup> March 2026 (Tuesday) – Session 2 [Seniors]</b>				
<b>Finals Start Time: 6.00pm Warm Up: 4:15pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
102	200m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
101	200m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
106	1500m Freestyle	Women	Timed Finals	Fastest Heat
103	100m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
104	50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
105	100m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Timed Finals	Slowest to Fastest
106	4 x 100m Freestyle Relay Open Category	Women	Timed Finals	2 teams max per club Slowest to Fastest

<b>18<sup>th</sup> March 2026 (Wednesday) – Session 3 [Seniors]</b>				
<b>Heats Start Time: 9.15am Doors Open 7:45am</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
201	50m Backstroke	Men	Heats	Fastest to Slowest
202	50m Backstroke	Women	Heats	Fastest to Slowest
203	50m Freestyle	Men	Heats	Fastest to Slowest
204	200m Freestyle	Women	Heats	Fastest to Slowest
205	100m Breaststroke	Men	Heats	Fastest to Slowest
206	200m Individual Medley	Women	Heats	Fastest to Slowest

<b>18<sup>th</sup> March 2026 (Wednesday) – Session 4 [Seniors]</b>				
<b>Finals Start Time: 6.00pm Warm Up: 4:15pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
201	50m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
202	50m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
203	50m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
204	200m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
205	100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
206	200m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Women	Timed Finals	Slowest to Fastest
207	4 x 200m Freestyle Relay Open Category	Men	Timed Finals	2 teams max per club Slowest to Fastest

<b>19<sup>th</sup> March 2026 (Thursday) – Session 5 [Seniors]</b>				
<b>Heats Start Time: 9.15am Doors Open 7:45am</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
301	100m Freestyle	Women	Heats	Fastest to Slowest
302	400m Individual Medley	Men	Heats	Fastest to Slowest
303	200m Backstroke	Women	Heats	Fastest to Slowest
304	400m Freestyle	Women	Heats	Fastest to Slowest
305	1500m Freestyle	Men	Timed Finals	Fastest to Slowest <i>Slower Heats in the Morning</i>

<b>19<sup>th</sup> March 2026 (Thursday) – Session 6 [Seniors]</b>				
<b>Finals Start Time: 6.00pm Warm Up: 4:15pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
301	100m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
302	400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
303	200m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
305	1500m Freestyle	Men	Timed Finals	Fastest Heat
304	400m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
306	4 x 100m Medley Relay Open Category	Men	Timed Finals	2 teams max per club Slowest to Fastest

<b>20<sup>th</sup> March 2026 (Friday) – Session 7 [Seniors]</b>				
<b>Heats Start Time: 9.15am Doors Open 7:45am</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
401	100m Butterfly	Women	Heats	Fastest to Slowest
402	100m Butterfly	Men	Heats	Fastest to Slowest
403	100m Backstroke	Women	Heats	Fastest to Slowest
404	200m Freestyle	Men	Heats	Fastest to Slowest
405	100m Breaststroke	Women	Heats	Fastest to Slowest
406	400m Individual Medley	Women	Heats	Fastest to Slowest

<b>20<sup>th</sup> March 2026 (Friday) – Session 8 [Seniors]</b>				
<b>Finals Start Time: 6.00pm Warm Up: 4:15pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
401	100m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
402	100m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
403	100m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
404	200m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
405	100m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
406	400m Individual Medley 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
407	4 x 100m Medley Relay Open Category	Mixed	Timed Finals	2 teams max per club Slowest to Fastest

<b>21<sup>st</sup> March 2026 (Saturday) – Session 9 [Seniors]</b>				
<b>Heats Start Time: 9.15am Doors Open 7:45am</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
501	50m Butterfly	Men	Heats	Fastest to Slowest
502	50m Freestyle	Women	Heats	Fastest to Slowest
503	200m Breaststroke	Men	Heats	Fastest to Slowest
504	200m Breaststroke	Women	Heats	Fastest to Slowest
505	200m Backstroke	Men	Heats	Fastest to Slowest
506	800m Freestyle	Men	Timed Finals	Fastest to Slowest <i>Slower Heats in the Morning</i>

<b>21<sup>st</sup> March 2026 (Saturday) – Session 10 [Seniors]</b>				
<b>Finals Start Time: 5.00pm Doors: 3:15pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
501	50m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
502	50m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
503	200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
504	200m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
505	200m Backstroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
506	800m Freestyle	Men	Timed Final	Fastest Heat
507	4 x 100m Freestyle Relay	Men	Timed Finals	2 teams max per club Slowest to Fastest
508	4 x 200m Freestyle Relay	Women	Timed Finals	2 teams max per club Slowest to Fastest

<b>22<sup>nd</sup> March 2026 (Sunday) – Session 11 [Seniors]</b>				
<b>Heats Start Time: 9.15am Warm Up: 7:45am</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
601	50m Breaststroke	Men	Heats	Fastest to Slowest
602	50m Butterfly	Women	Heats	Fastest to Slowest
603	400m Freestyle	Men	Heats	Fastest to Slowest
604	200m Butterfly	Men	Heats	Fastest to Slowest
605	800m Freestyle	Women	Heats	Fastest to Slowest <i>Slowest Heats in the Morning</i>

<b>22<sup>nd</sup> March 2026 (Sunday) – Session 12 [Seniors]</b>				
<b>Finals Start Time: 5.00pm Doors: 3:15pm</b>				
<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Format</b>	<b>Remarks</b>
602	50m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Women	Finals	Slowest to Fastest
601	50m Breaststroke 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
605	800m Freestyle	Women	Timed Final	Fastest Heat
603	400m Freestyle 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
604	200m Butterfly 13-14 • 15-17 • 18 & over • Super Final	Men	Finals	Slowest to Fastest
606	4 x 100m Medley Open Category	Women	Timed Finals	2 teams max per club Slowest to Fastest

**14.0 Minimum Time Standard**

**2026 SNAG TIME STANDARDS –MALE**

Events	7- 8 years old	9 years old	10 years old	11 years old	12 years old	13 – 14 years old	15 – 17 years old	18 years old & over
50 LC Meter Freestyle	00:46.68	00:42.27	00:39.25	00:38.47	00:36.37	00:30.64	00:29.00	00:27.99
100 LC Meter Freestyle	01:45.38	01:34.14	01:28.76	01:24.32	01:19.59	01:07.07	01:03.24	01:00.92
200 LC Meter Freestyle	NA	03:24.50	03:12.88	03:03.45	02:53.28	02:27.03	02:18.84	02:14.79
400 LC Meter Freestyle	NA	NA	NA	06:26.40	06:03.77	05:12.42	04:56.61	04:52.73
800 LC Meter Freestyle	NA	NA	NA	12:48.36	12:48.36	11:24.67	10:26.95	10:20.44
1500 LC Meter Freestyle	NA	NA	NA	23:49.74	23:49.74	21:23.88	20:02.93	19:27.42
50 LC Meter Backstroke	00:55.63	00:49.50	00:46.87	00:44.96	00:42.66	00:35.87	00:33.39	00:32.23
100 LC Meter Backstroke	01:59.65	01:46.93	01:41.74	01:36.84	01:31.91	01:18.02	01:11.64	01:09.62
200 LC Meter Backstroke	NA	NA	NA	03:30.97	03:20.06	02:50.62	02:39.85	02:35.13
50 LC Meter Breaststroke	01:01.94	00:55.20	00:51.56	00:48.94	00:45.58	00:38.93	00:36.09	00:34.85
100 LC Meter Breaststroke	02:16.17	02:01.23	01:53.66	01:48.37	01:40.39	01:25.13	01:19.16	01:16.60
200 LC Meter Breaststroke	NA	NA	NA	03:51.86	03:34.65	03:04.70	02:53.03	02:47.28
50 LC Meter Butterfly	00:52.26	00:46.07	00:43.57	00:41.76	00:39.34	00:33.09	00:31.29	00:29.59
100 LC Meter Butterfly	02:07.00	01:45.34	01:38.61	01:33.57	01:27.99	01:14.31	01:08.92	01:05.69
200 LC Meter Butterfly	NA	NA	NA	03:35.13	03:18.79	02:52.26	02:36.68	02:32.01
200 LC Meter IM	NA	03:45.53	03:33.60	03:25.04	03:13.81	02:47.89	02:36.64	02:33.13
400 LC Meter IM	NA	NA	NA	07:22.78	06:55.18	06:04.17	05:38.50	05:25.31

**2026 SNAG TIME STANDARDS - FEMALE**

Events	7- 8 years old	9 years old	10 years old	11 years old	12 years old	13 – 14 years old	15 – 17 years old	18 years old & over
50 LC Meter Freestyle	00:50.00	00:45.37	00:41.53	00:38.93	00:35.21	00:33.25	00:32.33	00:31.58
100 LC Meter Freestyle	01:54.95	01:40.38	01:31.79	01:25.78	01:20.59	01:11.86	01:09.63	01:07.91
200 LC Meter Freestyle	NA	03:43.09	03:21.32	03:09.55	02:56.75	02:37.77	02:32.75	02:30.65
400 LC Meter Freestyle	NA	NA	NA	06:44.86	06:15.53	05:33.12	05:26.51	05:23.84
800 LC Meter Freestyle	NA	NA	NA	12:53.83	12:53.83	11:33.16	11:22.22	11:14.51
1500 LC Meter Freestyle	NA	NA	NA	23:59.74	23:59.74	22:58.94	21:54.69	21:14.26
50 LC Meter Backstroke	00:59.18	00:53.94	00:48.48	00:45.29	00:42.98	00:38.21	00:37.58	00:36.70
100 LC Meter Backstroke	02:09.80	01:57.93	01:45.07	01:39.32	01:33.28	01:22.64	01:19.99	01:19.48
200 LC Meter Backstroke	NA	NA	NA	03:35.37	03:22.17	02:58.81	02:58.53	02:55.58
50 LC Meter Breaststroke	01:05.59	00:59.17	00:54.17	00:50.29	00:47.75	00:42.50	00:41.62	00:40.10
100 LC Meter Breaststroke	02:23.69	02:09.08	01:56.30	01:50.86	01:43.81	01:32.63	01:29.85	01:28.91
200 LC Meter Breaststroke	NA	NA	NA	03:58.54	03:44.86	03:20.89	03:14.64	03:13.95
50 LC Meter Butterfly	00:56.78	00:49.67	00:44.74	00:41.76	00:39.97	00:35.45	00:34.45	00:33.86
100 LC Meter Butterfly	02:13.78	01:57.98	01:46.22	01:36.55	01:30.57	01:18.82	01:16.79	01:14.87
200 LC Meter Butterfly	NA	NA	NA	03:47.74	03:30.89	03:00.47	02:55.06	02:53.98
200 LC Meter IM	NA	04:07.21	03:44.71	03:32.24	03:19.33	02:56.56	02:54.88	02:55.01
400 LC Meter IM	NA	NA	NA	07:26.44	07:10.74	06:24.21	06:16.92	06:09.08

## 15.0 ACCOMODATION

Singapore Aquatics has partnered with our official travel partner, Hotel Planner, to provide our visiting teams a platform to book hotel rooms during the 56<sup>th</sup> Singapore National Age Group Swimming C'ships 2026.

You will have the flexibility to choose which hotel would best suit your team's needs. To get started, visit <https://snag2026.hotelplanner.asia/> to book your hotel rooms through their website.

For hotels that are not in the curated list from the link above, please visit: [/https://singaporeaquatics.hotelplanner.com/](https://singaporeaquatics.hotelplanner.com/)

Please note that the hotels do not provide airport transfers or shuttle services to the competition venue. However, optional transportation arrangements can be arranged through Hotel Planner at additional cost. The available options and rates are provided within the same booking link.

\*Teams opting to stay in accommodations outside the official hotels listed on the event's hotel reservation website (via the Hotel Planner platform) will incur an additional fee of SGD 150 per accredited individual, applicable to swimmers, coaches, team managers, and support staff.

## 16.0 TERMS & CONDITIONS

All Participants who are entered in the 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026 is deemed to have given written permission to the Organizers for the Organizers to collect analyse and collate any personal information relating to that Participant, as the Organizers may in their sole discretion deem fit, including without any limitation information for the Organizers' programme, planning, data-processing, statistical or risk-analysis, research, fund-raising and/ or, any other purposes in furtherance of the functions or powers of SAQ.

Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026 at their own risk and the Organizers will not be responsible or held liable for any injury or death howsoever arising from training for or during participation 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.

Please be informed that the participants may be photographed and recorded as part of the programme. These photographs, videos and/or film footages in any and all media, for any purpose (including publicity and marketing on various media platforms including social media) and all such photographs, videos and/or film footages shall be the sole property of Singapore Aquatics.

By participating in these activities, the participants grant your permission to be recorded and used for such purposes without compensation, credit or other consideration

In the event of harsh weather conditions that could cancel 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026, SAQ reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the 56<sup>th</sup> Singapore National Age Group Swimming Championships 2026.

**17.0 Key Dates**

Date & Time	Event	Venue
Tuesday, 3 <sup>rd</sup> March 2026, 12.00pm	Closing Date for Entries Submission	SAQ Office
3 <sup>rd</sup> to 6 <sup>th</sup> March 2026	Preliminary entries list by affiliates/ teams will be sent for verification	
Wednesday, 11 <sup>th</sup> March 2026, 12.00pm	Full Payment must reach SAQ Office	
Monday, 9 <sup>th</sup> March 2026, 3pm	Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Juniors)	
Wednesday, 11 <sup>th</sup> March 2026 11.00am	Online Team Leaders Meeting via ZOOM – Juniors Programme	
Friday, 13 <sup>th</sup> March 2026, 12.00pm	Final entries list (psych sheet) will be sent out to all participating affiliates/teams (Seniors)	
13 <sup>th</sup> to 15 <sup>th</sup> March 2026	Junior Age Group	OCBC Aquatic Centre
Monday, 16 <sup>th</sup> March 2026 11.00am	Online Team Leaders Meeting via ZOOM – Seniors Program	
17 <sup>th</sup> to 22 <sup>nd</sup> March 2026	Senior Age Group	OCBC Aquatic Centre