

Competition	20 <sup>th</sup> Asian Games 2026, Tokyo, Japan 19 September to 4 October 2026
Qualifying Period	1 May 2025 to 31 May 2026
Initial Release Date	Version 1 approved by SNOC: 24 December 2025 Version 2 approved by SNOC: 12 January 2026
Selection Events	<ul style="list-style-type: none"> <li>• 2025 World University Games, Singapore</li> <li>• 2025 World Aquatics Championships, Singapore</li> <li>• 2025 World Aquatics Junior Swimming Championships, Romania</li> <li>• 33<sup>rd</sup> South-East Asian Games 2025, Thailand</li> <li>• 56<sup>th</sup> Singapore National Age Group Swimming (SNAG) Championships 2026, Singapore OR Approved Overseas Based (OSB) Meet</li> <li>• 21<sup>st</sup> Singapore National Swimming Championships (SNSC) 2026, Singapore OR Approved OSB Meet</li> <li>• OSB Swimmers not returning for 56<sup>th</sup> SNAG 2026 can select one accredited and sanctioned meet between 1 January – 30 April 2026 that comply with WA standards.</li> <li>• OSB Swimmers not returning for 21<sup>st</sup> SNSC 2026 can select one qualifying meet 1 May – 31 May 2026 that comply with WA Standards.</li> <li>• OSB athletes intending to nominate an alternate meet are required to declare this to SAQ 48 hours before the start of the local meet in Singapore (56<sup>th</sup> SNAG, 21<sup>st</sup> SNSC). Once declared, results from the local meet will not be considered, regardless of participation.</li> <li>• Both OSB Athletes selected meets must comply with WA standards. Submission of these meets must be received at Singapore Aquatics (SAQ) 48 hours prior to actual alternate meet nominated. <ul style="list-style-type: none"> <li>○ Nomination of Overseas meet is to be sent to <a href="mailto:tracie.tan@sqaquatics.org.sg">tracie.tan@sqaquatics.org.sg</a></li> <li>○ The overseas based athlete is responsible to seek clarification from the host country that the meet is a WA qualifying event</li> <li>○ Any times submitted that are not from a WA qualifying event will NOT be accepted.</li> <li>○ Official times must be sent directly to SAQ within two days of the meet conclusion. <ul style="list-style-type: none"> <li>▪ Send times to <a href="mailto:tracie.tan@sqaquatics.org.sg">tracie.tan@sqaquatics.org.sg</a></li> </ul> </li> </ul> </li> </ul>
Eligibility	<p>To be considered for selection, a swimmer must meet all the following eligibility criteria and maintain through the Championships:</p> <ol style="list-style-type: none"> <li>1. Be a Singapore citizen, eligible to represent Singapore. <ol style="list-style-type: none"> <li>a. Athletes must be <u>Singapore Citizens, and should not be holding dual citizenship if they are above 22 years old</u>, at the time of nomination.</li> </ol> </li> <li>2. Be a registered member of SAQ in good standing.</li> <li>3. Have a signed current SAQ Athlete Agreement.</li> </ol>

	<ol style="list-style-type: none"> <li>4. Met performance standards as designated by Singapore National Olympic Committee (SNOC), 6<sup>th</sup> place timing at the 19<sup>th</sup> Asian Games 2022.             <ol style="list-style-type: none"> <li>a. Times must be achieved in an individual event; relay lead-off times, intermediate splits or swim-off results will not be considered for individual event selection purposes.</li> </ol> </li> <li>5. Have competed and qualified in at least one of the selection events stated in the previous section or a designated accredited meet if based overseas, unless granted an exemption under the provisions of the criteria by the SAQ Selectors.</li> <li>6. 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.             <ol style="list-style-type: none"> <li>a. Extenuating circumstances can include but is not limited to:                 <ol style="list-style-type: none"> <li>i. Injury or Illness</li> <li>ii. Equipment Failure</li> <li>iii. Travel Delays / Restrictions</li> <li>iv. Bereavement</li> <li>v. Such other circumstances as the selectors may consider to be relevant.</li> </ol> </li> </ol> </li> <li>7. Continues to train for, behave and act towards peak swimming performance.</li> <li>8. Be available to fulfil the Team Commitments as listed below and any additional commitments following selection.</li> <li>9. 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.</li> <li>10. No individual can perform the role of both participating swimmer and coach at the same meet.             <ol style="list-style-type: none"> <li>a. The individual shall declare their intention upon selection of their specific role.</li> <li>b. Each individual will declare their role upon signing either the Athletes' Agreement or Coaches' Agreement</li> </ol> </li> </ol>
Team Commitments	<p>All swimmers and officials must:</p> <ol style="list-style-type: none"> <li>1. Comply with the provisions of the SAQ and SNOC Athletes and Officials Agreements at all times.</li> <li>2. Conform to SAQ and SNOC 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.</li> <li>3. Make themselves available for all team activities designated by SNOC and SAQ.</li> <li>4. Not act in such a manner as to bring the SNOC, athlete or SAQ into public disrepute.</li> <li>5. Swimmers and Officials are required to appear at events and platforms whereby their images and presence are needed to achieve SNOC's and SAQ's objectives of giving back to the Sport and the wider community.</li> </ol>

	<p>These obligations will be further outlined in the SNOC and SAQ Athletes and Officials Agreement as per Point 1.</p>
<p>Performance Requirements</p>	<p><b>Selection Priority:</b>  Swimmers will be selected for nomination to SNOC by the following priority:</p> <ol style="list-style-type: none"> <li>1. Individual A Qualifiers<sup>1</sup></li> <li>2. Relay-Only Swimmers<sup>2</sup> (Top 4 swimmers forming the fastest relay)</li> <li>3. Individual B Qualifiers<sup>3</sup></li> <li>4. Relay-Only Alternates<sup>4</sup></li> </ol> <p><b><u>Criteria for Nomination for Individual Events</u></b>  To be considered for selection for individual events for the 20<sup>th</sup> Asian Games 2026, swimmers are required to:</p> <ol style="list-style-type: none"> <li>1. [<i>Individual A Qualifiers</i><sup>1</sup>] Achieve an A-Time Standard as shown below in Table 1 within the qualification window <ol style="list-style-type: none"> <li>a. The Automatic Qualifying time set by SNOC for this championship is based on the 6<sup>th</sup> placed time at the 19<sup>th</sup> Asian Games 2022.</li> <li>b. Achieving this standard automatically qualifies you to be nominated to the 20<sup>th</sup> Asian Games 2026, given that you are one of the two fastest swimmers at the conclusion of the qualifying period.</li> </ol> </li> <li>2. [<i>Individual B Qualifiers</i><sup>3</sup>] Achieve a B-Time Standard as shown below in Table 1 within the qualification window <ol style="list-style-type: none"> <li>a. The B-Time Standard only applies to Male and Females, under 19 years old on 31 December 2026</li> <li>b. Swimmers achieving the B-Time Standard will be nominated if there are open spaces in those events after selection of A qualifiers and relay alternates.</li> <li>c. The B-Time Standard is from the 8<sup>th</sup> place time at the 19<sup>th</sup> Asian Games 2022.</li> <li>d. Swimmers who are nominated via a B-Time Standard will be submitted to SNOC as an appeal and subject to the decision of SNOC.</li> </ol> </li> <li>3. A maximum of 2 swimmers per event may be considered for selection. If there are more qualified swimmers than spots available, refer to nomination priority at the top of this section.</li> <li>4. Should two or more swimmers achieve the same qualifying time at the selection meets then the swimmer's second fastest time (and subsequent times should there continue to be a tie) in that event during the selection meets will be used to determine which swimmer is selected.</li> <li>5. Relay lead-offs or splits will not be considered for selection for individual events.</li> </ol> <p><b><u>Nomination for Additional Events:</u></b>  At the discretion of the National Head Coach, Technical Director and Selection Committee, at the conclusion of SNOC selection process, <b>ALL</b> swimmers <b>selected</b> for the 20<sup>th</sup> Asian Games 2026, through the selection process (meaning they have been named to the official SNOC team roster), are</p>

available swimmers for additional events (events in which they haven't achieved the qualifying criteria) if there are open spots.

1. Swimmers will be ranked by times for all events they have results from the qualification window.
2. Swimmers will be added to open events based on rankings.
3. No swimmer will be added to an event that could affect the outcome of their selected events.
4. Swimmers must swim the event they are selected in.
5. If a swimmer declines an additional event, the next available and fastest swimmer will be offered the spot.
6. SNOC and SAQ are not obligated to fill all spots with available swimmers should there not be a viable swimmer available.

**Criteria for Nomination for Relay Events (Priority 1 and Relay-Only swimmers):**

All swimmers selected to the official team roster for 20<sup>th</sup> Asian Games 2026 are considered available and eligible for relay positions as determined by the National Head Coach and staff at the meet.

**Freestyle Relays**

Swimmers will be nominated by the following priority:

1. Consideration for the 4 x 100m and 4 x 200m free relays.
  - a. Fastest 2 Qualified individual swimmers for the 100m and 200m freestyle events.
  - b. [Relay-Only Swimmers<sup>2</sup>] For each 100m & 200m Freestyle events, up to 4 additional swimmers may be nominated for selection as per ranking from the selection window.
    - i. Swimmers not already nominated under Priority 1 Individual A-Qualifiers are known as Relay-Only swimmers. These swimmers will be nominated as additional swimmers to the 20<sup>th</sup> Asian Games 2026.
    - ii. The next fastest 4 swimmers in the 100m and 200m freestyle events shall be nominated.
    - iii. The slowest combination must make the relay qualifying standard for the relay, as per Table 1 for consideration.
    - iv. SAQ is not obligated to take up to 4 additional relay-only swimmers per freestyle relay if there are available swimmers qualified via Priority 1 Individual A-Qualifiers who not necessarily swim these events at the 20<sup>th</sup> Asian Games 2026 due to conflict with other events.
  - c. Relay Lead-off times **ARE** considered for relay-only swimmer nomination
  - d. The 4 slowest swimmers combined times must make the relay qualifying standard for the relay, as per Table 1 for consideration.

**Medley Relays**

1. The medley relays will be selected at the meet from the following:

	<p>a. The fastest combination, meaning the fastest swimmer available during the course of the meet, including:</p> <ol style="list-style-type: none"> <li>i. the fastest individual distance (100m) of stroke during the 20<sup>th</sup> Asian Games 2026 or,</li> <li>ii. A swimmer posting a faster time during the qualifying period who not necessarily swims that event at the 20<sup>th</sup> Asian Games 2026 due to conflict with other events.</li> </ol> <p>2. <u>[Relay-Only Swimmers<sup>2</sup>]</u> Should no individual swimmers for each of the form strokes (Butterfly, Backstroke, Breaststroke and Freestyle) be selected to the official team roster:</p> <ol style="list-style-type: none"> <li>a. The fastest swimmer of the form strokes from the qualifying period will be nominated to form a medley relay <ol style="list-style-type: none"> <li>i. The combined time of swimmers must make the qualifying standard for the relay, as per Table 1 for consideration.</li> <li>ii. This swimmer will be known as a relay-only swimmer.</li> </ol> </li> <li>b. Alternate stroke swimmers may be nominated for selection. <ol style="list-style-type: none"> <li>i. Should the maximum team size not yet be filled.</li> <li>ii. Suitable alternate is not already available through other selected events (individual or relay)</li> <li>iii. The combined time of swimmers including relay only swimmers must make the qualifying standard for the relay, as per Table 1 for consideration.</li> </ol> </li> </ol> <p><u>[Relay Only Alternates<sup>4</sup>]</u> Criteria for Relay-Only Alternates</p> <p><b>General Relay Information</b></p> <ol style="list-style-type: none"> <li>1. Depth Charts for the 100 Free, 200 Free, 100 Back, 100 Breast, 100 Fly will be composed at the end of the qualification window. <ol style="list-style-type: none"> <li>1. Swimmers must have swam a time within the qualifying period for the distance and stroke of leg of the relay to be considered for.</li> </ol> </li> <li>2. Alternate stroke swimmers may be nominated for selection: <ol style="list-style-type: none"> <li>1. Should the maximum team size not yet be filled.</li> <li>2. Should a suitable alternate not already be available through other selected events (individual or relay)</li> <li>3. Should the combined time of swimmers, including relay-only and relay-only alternate swimmers, make the qualifying standard for the relay, as per Table 1 for consideration.</li> </ol> </li> <li>3. For Freestyle relay events per gender, if the top 6 swimmers are not already nominated individually to the meet by priority 1 to 3, up to 4 relay-only alternate swimmers can be nominated by the following: <ol style="list-style-type: none"> <li>1. 6 swimmers nominated by priority 1 to 3 – no relay only alternate swimmer(s)</li> <li>2. 5 swimmers nominated by priority 1 to 3 – 1 relay only alternate swimmer(s)</li> <li>3. 4 swimmers nominated by priority 1 to 3 – 2 relay only alternate swimmer(s)</li> </ol> </li> </ol>
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	<ol style="list-style-type: none"> <li>4. 3 swimmers nominated by priority 1 to 3 – 3 relay only alternate swimmer(s)</li> <li>5. 2 swimmers nominated by priority 1 to 3 – 4 relay only alternate swimmer(s)</li> <li>4. For medley relays per gender, if the top two swimmers per 100 strokes are not already nominated by priority 1, up to 2 relay-only alternates can be nominated by the following: <ol style="list-style-type: none"> <li>1. 2 swimmers per stroke nominated by priority 1 to 3 – no relay only-alternate swimmer(s)</li> <li>2. 1 swimmer per stroke nominated by priority 1 to 3 – 1 relay-only alternate swimmer(s)</li> <li>3. 0 swimmers per stroke nominated by priority 1 to 3 – 2 relay-only alternate swimmer(s)</li> </ol> </li> <li>5. For relays to be eligible the add-up time of the 4 slowest nominated swimmers must be faster than the qualifying standard for the relay, as per Table 1 <ol style="list-style-type: none"> <li>1. Relay-only alternate swimmers will only be nominated should their eligible time, as per point 4, maintains the relay qualification add-up to remain under the qualifying standard as per Table 1.</li> </ol> </li> <li>6. Nomination to the relay does not guarantee any athlete a position on the relay team on competition day. The National Head Coach, Team Coaches and Technical Director will make the final decision for the relay on the day to put the best possible relay on the blocks. <ol style="list-style-type: none"> <li>1. Depth Charts for the 100m Free, 200m Free, 100m Back, 100m Breast, 100m Fly will be composed at the end of the qualification window. <ol style="list-style-type: none"> <li>i. Swimmers must have swam a time within the qualifying period for the distance and stroke of leg of the relay to be considered for.</li> </ol> </li> <li>2. Selection criteria for composition of the relays at the meet will be based on, but not limited to the following: <ol style="list-style-type: none"> <li>a. Depth charts and Individual Historical Data <ol style="list-style-type: none"> <li>i. Qualifying period depth chart</li> <li>ii. Historical results data per eligible athlete – prior 2 years of the qualifying period, and times achieved post team selection up to the 2026 Asian Games.</li> </ol> </li> <li>b. Individual race performances during the meet</li> <li>c. Historical reference for prior relay performances of available swimmers and their individual and other relay performances at the current Games</li> <li>d. Time Trial at the Asian Games itself for swimmers not swimming any other events if time prevails.</li> </ol> </li> </ol> </li> </ol> <p><b>General Relay Information</b>  Nomination to the relay does not guarantee any athlete a position on the relay team on competition day. The National Head Coach, Team Coaches and Technical Director will make the final decision for the relay on the day to put the best possible relay on the blocks.</p>
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	<ol style="list-style-type: none"> <li>1. Depth Charts for the 100m Free, 200m Free, 100m Back, 100m Breast, 100m Fly will be composed at the end of the qualification window. <ol style="list-style-type: none"> <li>a. Swimmers must have swam a time within the qualifying period for the distance and stroke of leg of the relay to be considered for.</li> </ol> </li> <li>2. Selection criteria for composition of the relays at the meet will be based on, but not limited to the following: <ol style="list-style-type: none"> <li>a. Depth charts and Individual Historical Data <ol style="list-style-type: none"> <li>i. Qualifying period depth chart</li> <li>ii. Historical results data per eligible athlete – prior 2 years of the qualifying period, and times achieved post team selection up to the 2026 Asian Games.</li> </ol> </li> <li>b. Individual race performances during the meet</li> <li>c. Historical reference for prior relay performances of available swimmers and their individual and other relay performances at the current Games</li> <li>d. Time Trial at the Asian Games itself for swimmers not swimming any other events if time prevails.</li> </ol> </li> </ol>
Team Size	<ol style="list-style-type: none"> <li>1. SAQ intends to select and send two representatives for each individual event and fill all qualified relay positions, upon approval of SNOC and conditional on swimmers achieving the required standards.</li> <li>2. SNOC and SAQ shall not be obligated to take a full team of three athletes per event should a qualifying athlete or suitable developing athlete not be available for selection.</li> </ol>
Coaches Selection	<p>SAQ will nominate the National Head Coach to SNOC for 20<sup>th</sup> Asian Games 2026 selection.</p> <p>Subject to the approval of SNOC, the number of additional coaches selected will depend on the number of swimmers selected with a maximum ratio of 1:4 (1 coach x every 4 swimmers), based on the ranking of the swimmers selected to the Games (<i>Rankings based on World Ranking 2 per country, from 1 September 2025 to Entry by Name deadline.</i>)</p> <p>Eligibility:</p> <ol style="list-style-type: none"> <li>1. NROC (current registration, or internationally recognised Foreign Certification equivalent)</li> <li>2. The nominated coach of an athlete must be the coach of record for at least 3 months prior to the athlete’s selection to the 20<sup>th</sup> Asian Games 2026 and remain the coach of record through 20<sup>th</sup> Asian Games 2026.</li> </ol> <p>The coaches will be selected in accordance to the following priority.</p> <ol style="list-style-type: none"> <li>1. Coaches with swimmers ranked in the top 20 World Rankings.</li> <li>2. Number of swimmers that have achieved the A-Time Standard. <ol style="list-style-type: none"> <li>a. First, highest ratio swimmers with A cuts to coach of record; <ol style="list-style-type: none"> <li>i. When more coaches than spots available, swimmers will be ranked by their highest World Ranking.</li> </ol> </li> </ol> </li> <li>3. Number of swimmers that have achieved the B-Time Standard.</li> </ol>

Notes	<p>The SNOC is the body which sets the qualifying standards for all sports. They are also the governing body that selects the athletes for the Games and considers any appeal cases which the National Sports Associations may submit.</p> <p>The selection committee will consist of the following</p> <ul style="list-style-type: none"> <li>• Vice-President (Swimming)</li> <li>• Assistant Secretary General (Swimming)</li> <li>• National Head Coach</li> <li>• Technical Director</li> <li>• Deputy Executive Director</li> </ul> <p>The appeals committee will consist of the following</p> <ul style="list-style-type: none"> <li>• SAQ President</li> <li>• SAQ Secretary General</li> <li>• Ho Mun Wai</li> </ul> <p>The High Performance Team may amend these selection criteria at any time at its discretion with the approval of the SAQ Selection Committee and SNOC.</p>
Appeals Process	<p>All athletes have the right to appeal.</p> <ol style="list-style-type: none"> <li>1. Appeals with regards to the selection process by SAQ for nomination of an individual for consideration to SNOC. The process of appeal is as follows: <ol style="list-style-type: none"> <li>a. The swimmer’s club will submit in writing to SAQ HPM within 48 hours following the announcement of nominations by selection committee, along with supporting evidence to be reviewed by the appeals committee.</li> <li>b. The appeals committee will deliberate on the merits of the appeal independently of the selection committee. <ol style="list-style-type: none"> <li>i. With consideration of fairness and consistency in selection based on the posted selection criteria (as per Performance Requirements in this document) and,</li> <li>ii. With consideration of any special circumstances as described in the section “Eligibility” in this document.</li> </ol> </li> <li>c. The appeals committee may request additional information from the athlete’s club through SAQ HPM if necessary, to further deliberate on the merits of the appeal.</li> <li>d. The committee will provide the HPM with outcome of the appeal to correspond to the said swimmer through their club.</li> <li>e. The decision of the appeals committee is final.</li> </ol> <p>(HPM - High Performance Manager: Tracie Tan, <a href="mailto:tracie.tan@sgaquatics.org.sg">tracie.tan@sgaquatics.org.sg</a>)</p> </li> <li>2. Appeals submitted by SAQ to SNOC for consideration of a swimmer post SNOC team selection. The process of appeal is as follows: <ol style="list-style-type: none"> <li>a. SAQ HPM submits the appeal with evidence* directly to SNOC for review.</li> <li>b. SNOC reviews the appeal and corresponds to SAQ the outcome of the appeal.</li> <li>c. SAQ corresponds the outcome of the appeal to the club of the said swimmer.</li> </ol> </li> </ol>

	<p>d. Review and decision of the appeal by SNOC is final.</p> <p>*SAQ shall submit an appeal to SNOC on merits warranted by SAQ that serve the desired performance outcomes of the team.</p>
Approved Date	<p>Version 1 approved by SNOC: 24 December 2025</p> <p>Version 2 approved by SNOC: 12 January 2026</p>

**Table 1:**  
**20<sup>th</sup> Asian Games 2026, Tokyo, Japan**  
**SAQ Qualifying Times**

Women			Men	
<b>A cut</b> = Asian Games 2022 6th Place time (Finals) <b>B cut</b> = Asian Games 2022 8th place time (Finals), only U-19, appeals basis			<b>A cut</b> = Asian Games 2022 6th Place time (Finals) <b>B cut</b> = Asian Games 2022 8th place time (Finals), only U-19, appeals basis	
B-cut (U-19)	A-Cut 2 Entries	Events	A-Cut 2 Entries	B-cut (U-19)
00:25.70	00:25.55	<b>50m Freestyle</b>	00:22.26	00:22.35
00:55.74	00:54.70	<b>100m Freestyle</b>	00:48.94	00:49.27
02:02.70	02:00.76	<b>200m Freestyle</b>	01:48.95	01:49.22
04:18.12	04:15.30	<b>400m Freestyle</b>	03:50.12	03:53.47
08:51.65	08:45.39	<b>800m Freestyle</b>	08:02.00	08:07.17
17:18.89	16:41.80	<b>1500m Freestyle</b>	15:14.27	15:35.48
00:28.79	00:28.66	<b>50m Backstroke</b>	00:25.39	00:25.69
01:02.05	01:01.36	<b>100m Backstroke</b>	00:54.48	00:55.73
02:14.39	02:12.82	<b>200m Backstroke</b>	02:02.40	02:03.18
00:31.25	00:31.05	<b>50m Breaststroke</b>	00:28.23	00:28.52
01:10.40	01:08.87	<b>100m Breaststroke</b>	01:01.53	01:02.22
02:33.23	02:28.07	<b>200m Breaststroke</b>	02:13.03	02:14.06
00:27.04	00:26.89	<b>50m Butterfly</b>	00:23.54	00:23.71
00:59.73	00:59.55	<b>100m Butterfly</b>	00:52.26	00:52.81
02:15.22	02:10.68	<b>200m Butterfly</b>	01:58.24	02:00.50
02:16.18	02:15.01	<b>200 IM</b>	02:00.15	02:03.32
04:57.79	04:50.07	<b>400 IM</b>	04:18.68	04:26.44

SAQ Relay Alternate Qualification Times		
2022 AG 6th place		2022 AG 6th place
03:52.87	<b>4x100m Free</b>	03:21.46
08:22.73	<b>4x200m Free</b>	07:24.92
04:11.25	<b>4x100m Medley</b>	03:42.99

SAQ Relay Qualification Times
<b>4x100m Medley Mixed</b>
2022 AG 6th place
03:55.21