

3rd SINGAPORE AQUATICS SWIM FASTER

COMPETITION INSTRUCTIONS



Follow Us  Singapore Aquatics  singapore_aquatics  sg_aquatics

SINGAPORE
AQUATICS

OFFICIAL
APPAREL PARTNER

TYR

OFFICIAL
BANKING PARTNER

 **OCBC**

OFFICIAL ACCOMMODATION
PARTNER

 **hotel
planner**

OFFICIAL SPORTS
NUTRITION PARTNER

eat Well, Live Well
 **amino
VITAL**

OFFICIAL
CAR PARTNER


MAZDA

OFFICIAL
HYDRATION PARTNER

 **100
PLUS**

OFFICIAL HEALTHY
FAMILY DRINK PARTNER

Yakult

OFFICIAL EAR CARE
PARTNER

AUDISOL  **AudiPlugs**
by AUDISOL

Updated event start times

	4 th September 2026, Day 1	5 th September 2026, Day 2
Start Time: (Morning Session)	9.00am Morning warm up will only start at 8am	9.00am Morning warm up will only start at 8am
Start Time: (Afternoon Session)	2.30pm Warm up will only start after the morning session is done	2.30pm Warm up will only start after the morning session is done

- 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.

Event Timeline Day 1

Day of Meet: 1		Session: 1 Starts at 09:00 AM	Day 1 Session 1 Heat Interval: 60 Seconds / Back +30 Seconds		
Round	Event	Entries	Heats	Starts at	
Finals	101 Mixed 9 & Under 50 Breaststroke	182	19	09:00 AM	_____
Finals	102 Mixed 9 & Under 50 Backstroke	150	15	09:40 AM	_____
Finals	103 Mixed 9 & Under 100 Freestyle	111	12	10:18 AM	_____
Finals	104 Mixed 9 & Under 100 Butterfly	20	2	10:54 AM	_____
Break: 15 Minutes: 15mins break after E104					
Finals	105 Mixed 7-12 200 IM	175	18	11:15 AM	_____
Finals	106 Mixed 7-12 200 Breaststroke	45	5	12:45 PM	_____
Finals	107 Mixed 7-12 200 Backstroke	25	3	01:13 PM	_____
Swimmers Counts for Warm-ups: 401		=====	=====		
Entry / Heat Totals:		708	74		
Finish Time				01:29 PM	_____

Day of Meet: 1		Session: 2 Starts at 02:30 PM	Day 1 Session 2 Heat Interval: 60 Seconds / Back +30 Seconds		
Round	Event	Entries	Heats	Starts at	
Finals	201 Mixed 10-12 50 Breaststroke	140	14	02:30 PM	_____
Finals	202 Mixed 10-12 50 Backstroke	117	12	03:00 PM	_____
Finals	203 Mixed 10-12 100 Freestyle	137	14	03:28 PM	_____
Finals	204 Mixed 10-12 400 Freestyle	53	6	04:06 PM	_____
Finals	205 Mixed 10-12 100 Butterfly	36	4	04:55 PM	_____
Finals	206 Mixed 11 & Over 1500 Freestyle	9	1	05:07 PM	_____
Break: 15 Minutes: 15mins break after E206					
Finals	301 Mixed 13 & Over 50 Freestyle	72	8	05:52 PM	_____
Finals	302 Mixed 13 & Over 50 Butterfly	44	5	06:05 PM	_____
Finals	303 Mixed 13 & Over 100 Breaststroke	25	3	06:14 PM	_____
Finals	304 Mixed 13 & Over 200 Butterfly	9	1	06:23 PM	_____
Finals	305 Mixed 13 & Over 100 Backstroke	16	2	06:30 PM	_____
Finals	306 Mixed 13 & Over 200 Freestyle	40	4	06:37 PM	_____
Finals	307 Mixed 13 & Over 400 IM	8	1	06:53 PM	_____
Swimmers Counts for Warm-ups: 392		=====	=====		
Entry / Heat Totals:		706	75		
Finish Time				07:01 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.

Event Timeline Day 2

Session: 3 Day 2 Session 3

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 60 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	401 Mixed 9 & Under 50 Freestyle	236	24	09:00 AM	_____
Finals	402 Mixed 9 & Under 50 Butterfly	128	13	09:46 AM	_____
Finals	403 Mixed 9 & Under 100 Breaststroke	73	8	10:13 AM	_____
Finals	404 Mixed 9 & Under 100 Backstroke	31	4	10:38 AM	_____
Break: 15 Minutes: 15mins break after E404					
Finals	405 Mixed 7-12 200 Freestyle	157	16	11:07 AM	_____
Finals	406 Mixed 7-12 200 Butterfly	13	2	12:17 PM	_____
Finals	501 Mixed 10-12 50 Freestyle	194	20	12:28 PM	_____
Finals	502 Mixed 10-12 50 Butterfly	132	14	01:03 PM	_____
Swimmers Counts for Warm-ups: 570		=====	=====		
Entry / Heat Totals:		964	101		
Finish Time				01:29 PM	_____

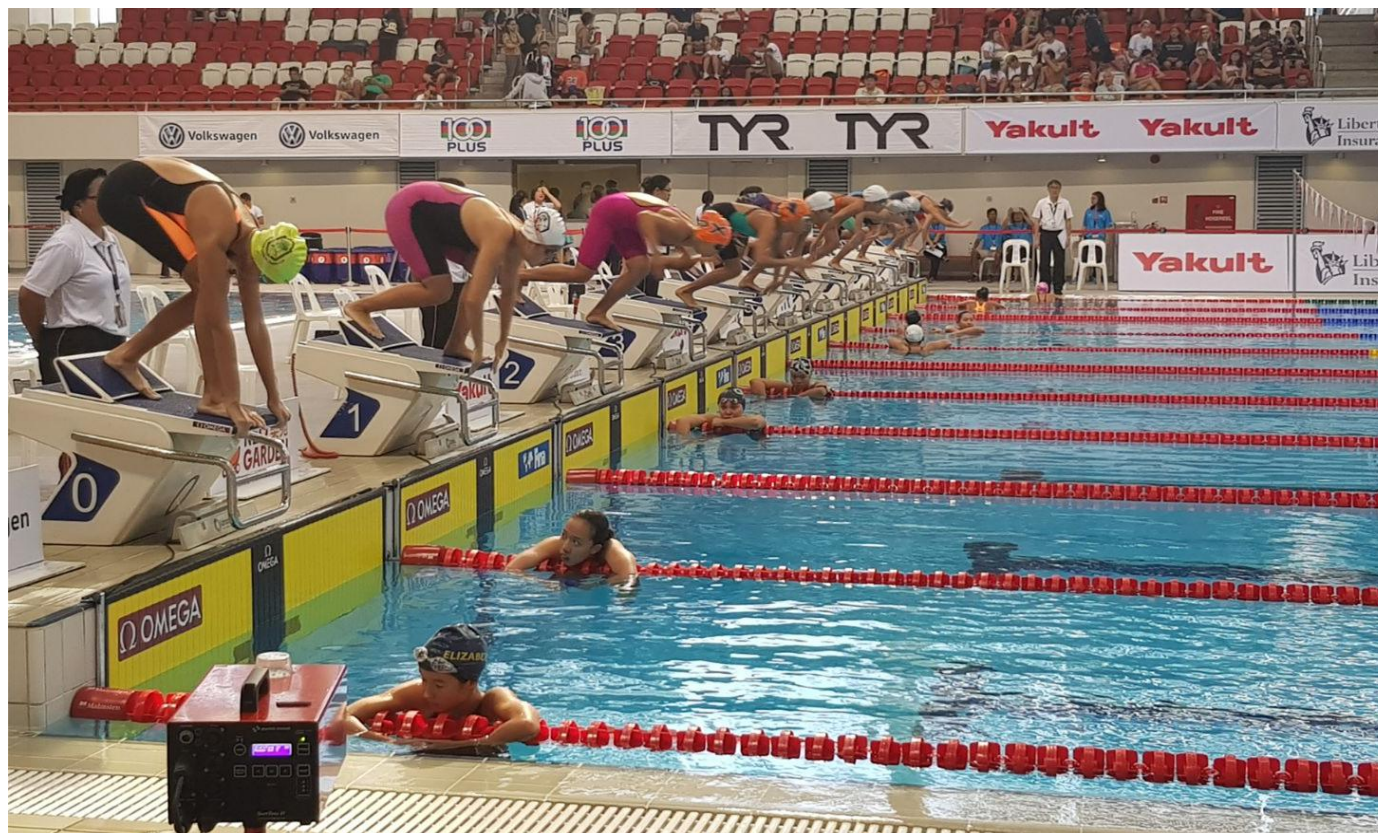
Session: 4 Day 2 Session 4

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 60 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	503 Mixed 10-12 100 Breaststroke	100	10	02:30 PM	_____
Finals	504 Mixed 10-12 100 Backstroke	72	8	03:01 PM	_____
Finals	505 Mixed 10-12 400 IM	27	3	03:28 PM	_____
Finals	506 Mixed 11 & Over 800 Freestyle	19	2	03:53 PM	_____
Finals	601 Mixed 13 & Over 50 Breaststroke	51	6	04:35 PM	_____
Finals	602 Mixed 13 & Over 50 Backstroke	33	4	04:46 PM	_____
Break: 15 Minutes: 15mins break after E602					
Finals	603 Mixed 13 & Over 100 Freestyle	43	5	05:10 PM	_____
Finals	604 Mixed 13 & Over 200 Breaststroke	13	2	05:23 PM	_____
Finals	605 Mixed 13 & Over 100 Butterfly	15	2	05:36 PM	_____
Finals	606 Mixed 13 & Over 200 IM	30	3	05:42 PM	_____
Finals	607 Mixed 13 & Over 200 Backstroke	10	1	05:55 PM	_____
Finals	608 Mixed 13 & Over 400 Freestyle	30	3	06:02 PM	_____
Swimmers Counts for Warm-ups: 298		=====	=====		
Entry / Heat Totals:		443	49		
Finish Time				06:27 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.

Competition Format – Over The Top Start



- Kindly advise your swimmers to remain in their respective lane and move immediately back about 1 meters 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.

Swimsuit Guidelines

Male



Female



A*. Swimsuits worn by all swimmers shall be:

- Non-transparent
- One swimsuit in one or two pieces
- Made from textile materials
- **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 the knee

B. Any kind of tape on the body is not permitted unless supported with documents from a medical practitioner.

**Whilst this is a swimsuit guideline for the SAQSFA, swimmers who do not comply with Section A above will not be disqualified as per SW rule 15.1 & 15.2. Instead, they will be reminded of this guideline as the SAQSFA is an introduction to competitive swimming.*

***Notwithstanding the above, competition officials retain the right to disqualify any swimmer whose swimming attire does not conform to generally accepted competition attire.*

As of 1 Jan 2025

CORPORATE SPONSORS

OFFICIAL
APPAREL PARTNER



OFFICIAL BANKING
PARTNER



OFFICIAL ACCCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL MEDICAL
SUPPORT PARTNER



IN SUPPORT OF
SPORT PROMOTION



PARTNER
IN SPORT



SWIMMING SPONSORS

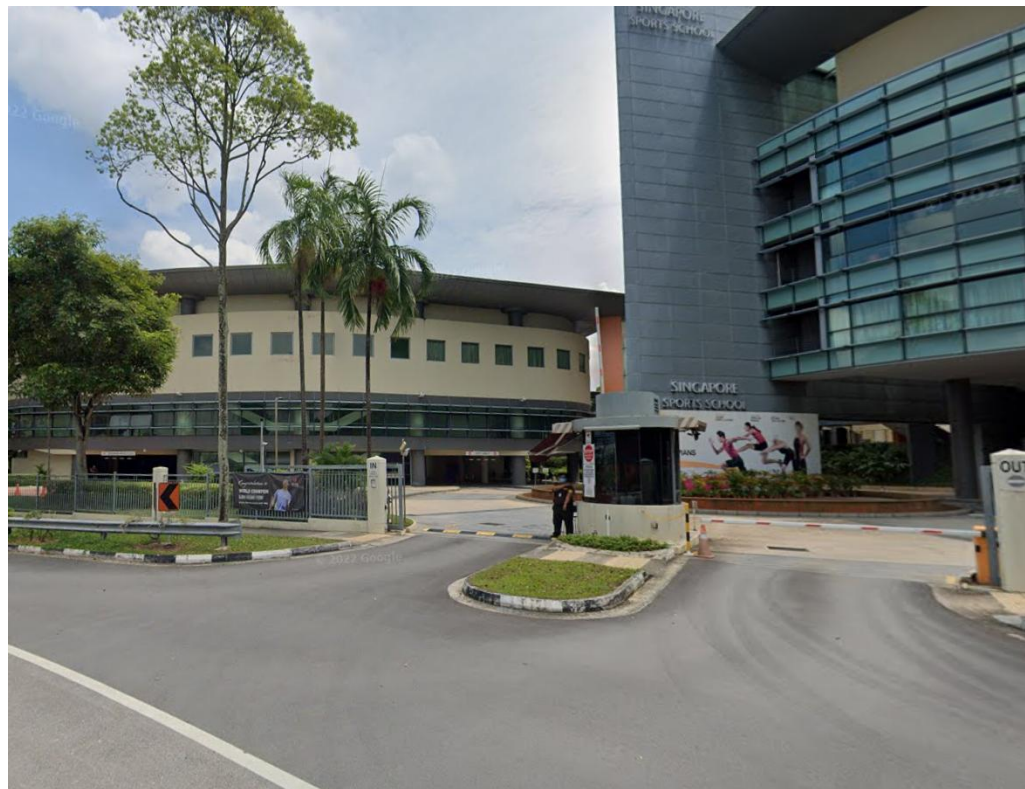
OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER

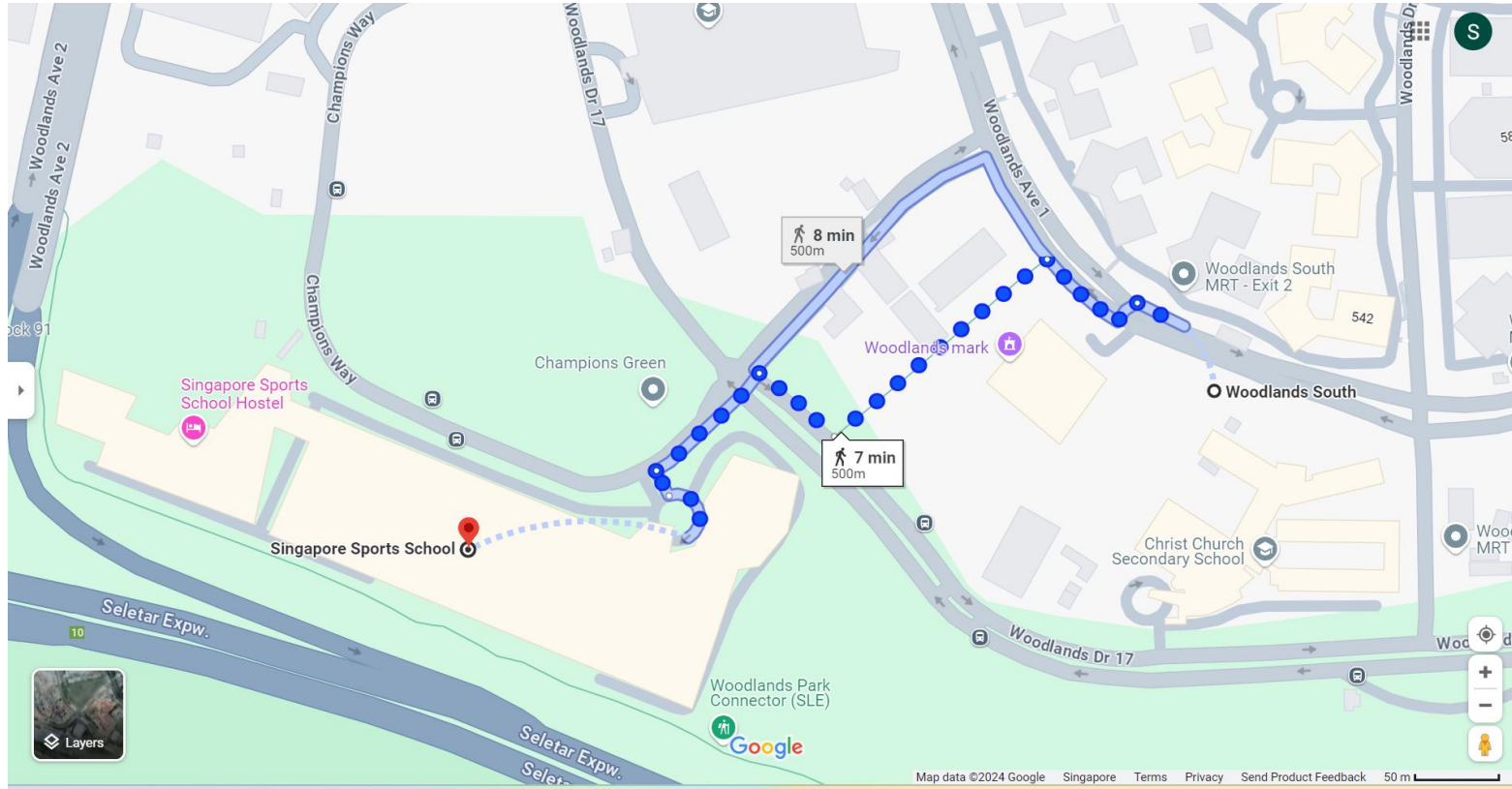


Getting to Sports School



1 Champions Way,
Singapore 737913

Taking Public Transport



By Mrt:

- Drop at Woodlands South MRT and take exit 2 (TEL/Brown Line)

Taking Public Transport

By Bus:

- Take Feeder Bus Service 900 from Woodlands Bus Interchange and alight at the 14th bus-stop (bus-stop code 58449) in front of Sports School, 1-minute walk;

or

- Take Feeder Bus Service 900 from Woodlands Bus Interchange and alight at the 9th bus-stop (bus-stop code 58441) outside Blk 567A Champions Way, 3-minute walk.

Drop Off Point

- Due to security reasons, drop off is **only permitted outside** the main gate.
- Kindly **drop off** and proceed to the nearest parking venue to prevent overcrowding
- All vehicles are strictly prohibited from parking or waiting within the school premises.



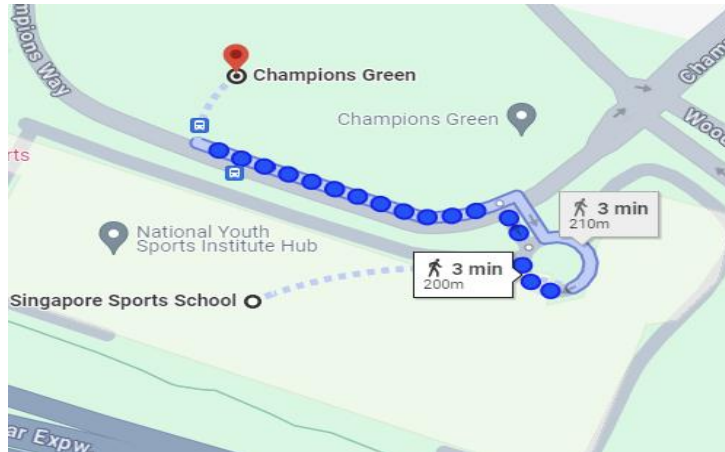


Driving Here

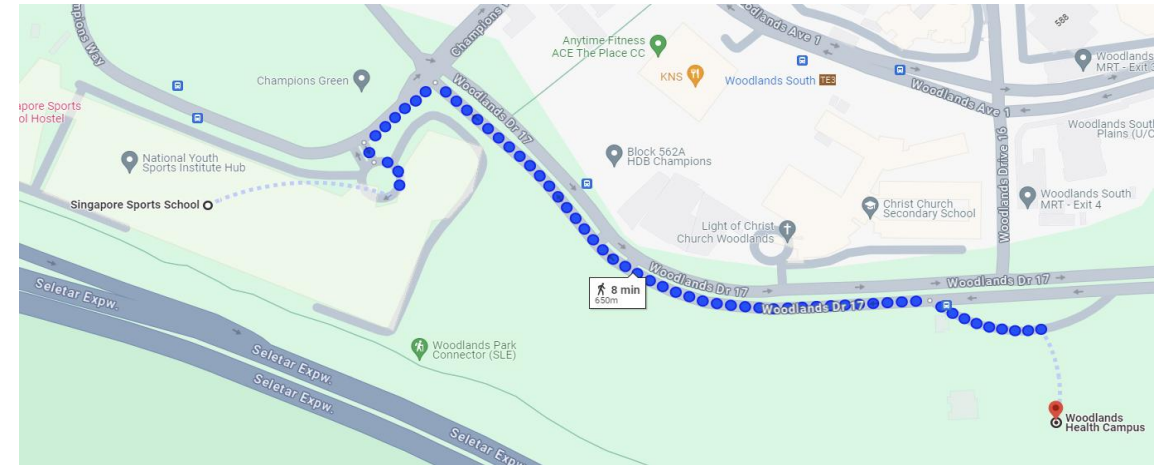
- Due to limited lots at Sport School, Parking within premises of SSP is **not allowed**.
- Parents/ participants are also **not allowed** to be dropped off inside the school compounds.

Parking

1) Parking is available at HDB 567 Multi Story Car Park



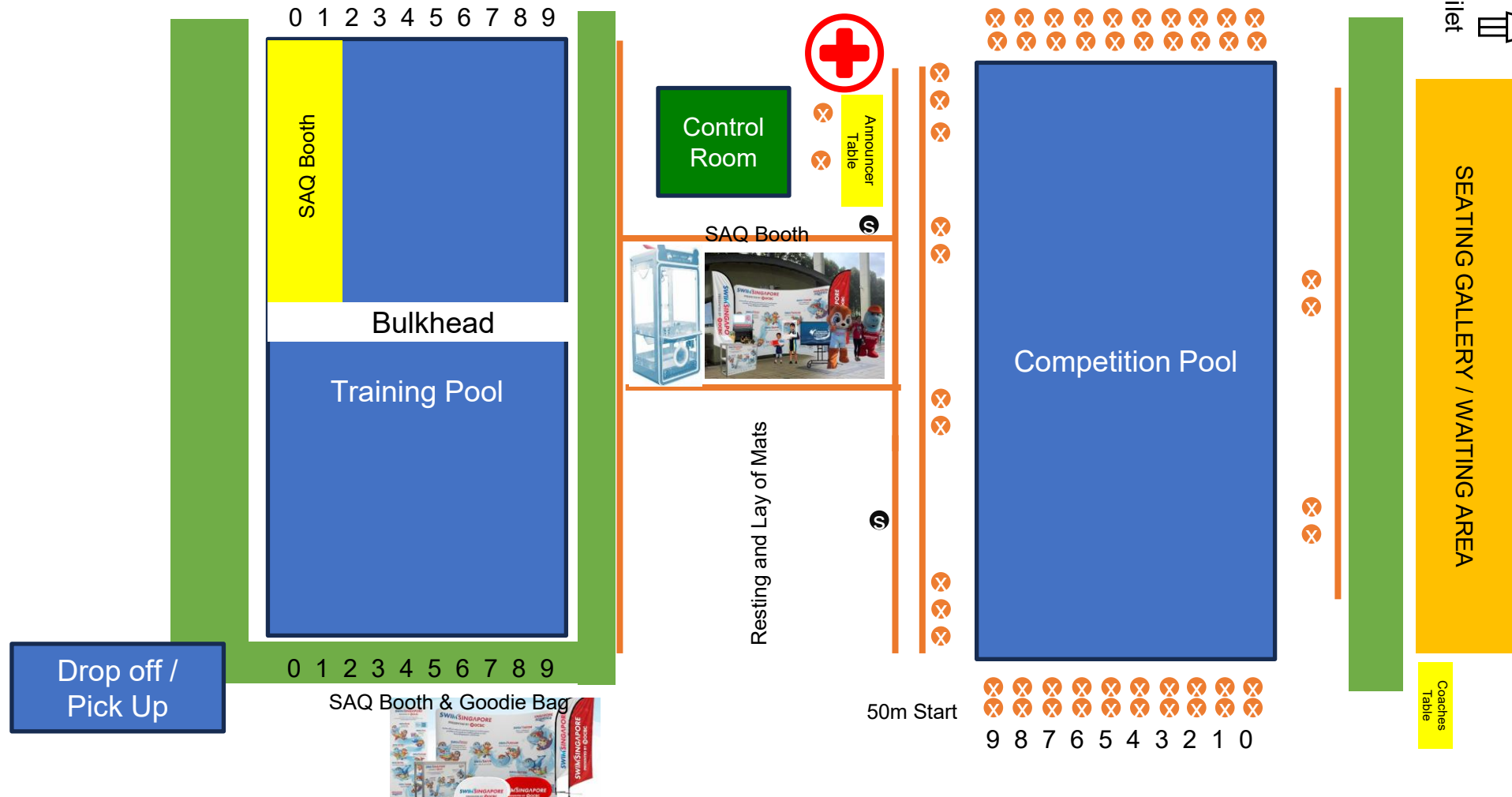
2) Parking is available at Woodlands Health Campus





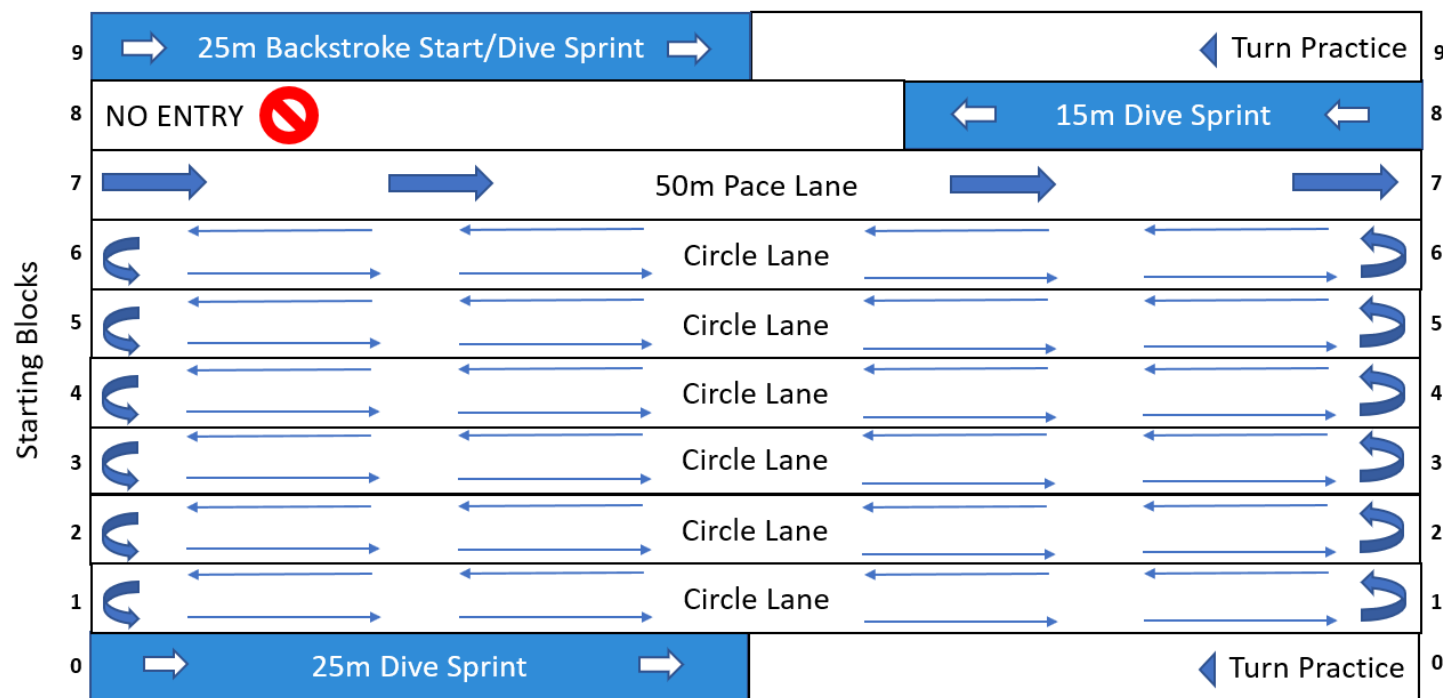
Parking & Transport Arrangements

- **Parking within the school premises is strictly prohibited unless authorised.**
- Vehicles must **not park or wait within the school premises** unless specifically authorised.
-  **Nearby Parking**
- Participants/ parents using nearby **HDB car parks** must comply with all applicable HDB parking rules and regulations.
- Please use **available public parking facilities** where necessary.
-  **Public Transport Encouraged**
- Where possible, we **strongly encourage everyone to use public transport** to attend the event.
- This will help reduce congestion and ensure the event runs smoothly.
- **Thank you for your cooperation and understanding.**



COMPETITION FORMAT – WARM UP GUIDELINES

COMPETITION POOL

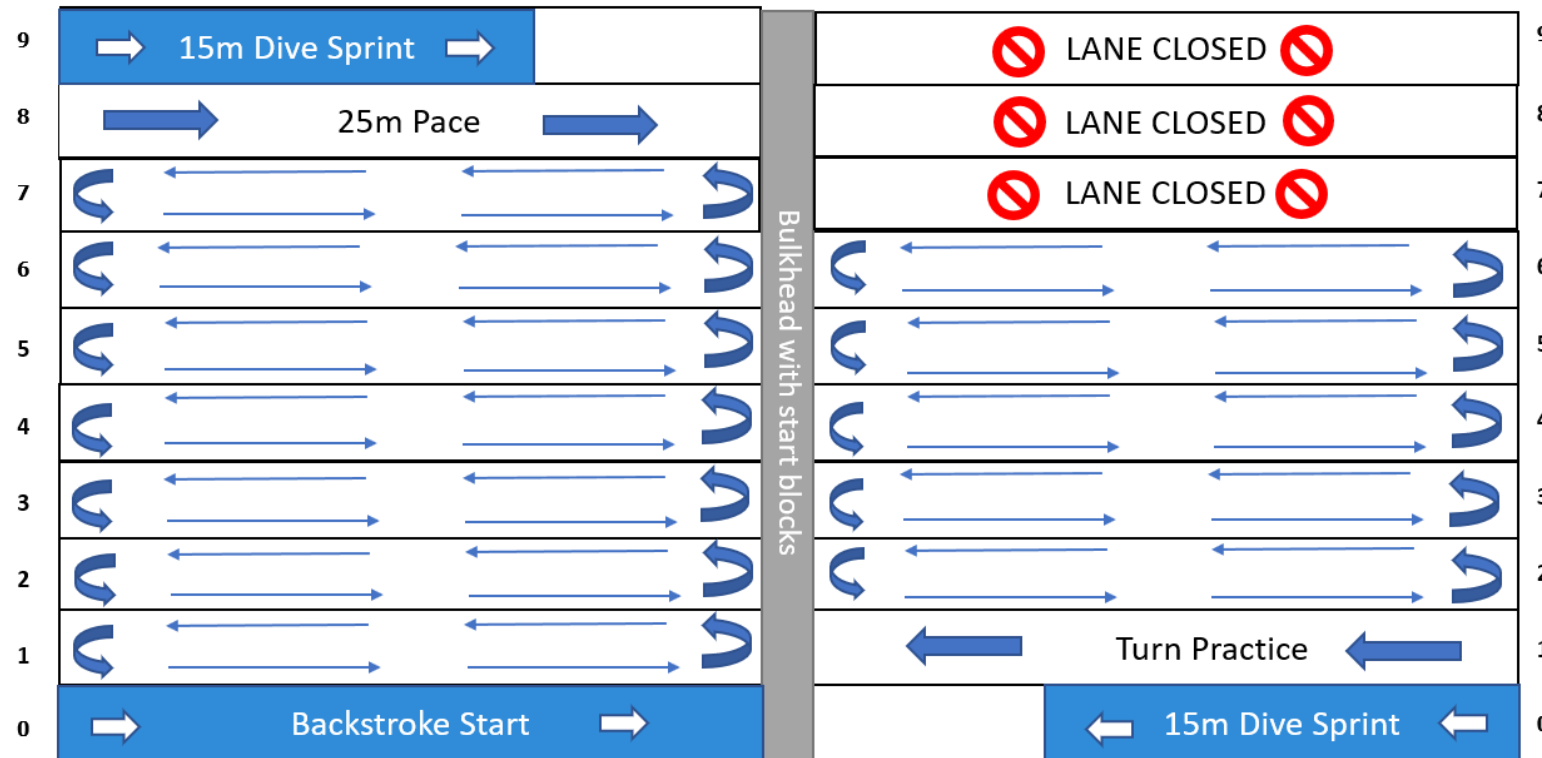


- Competition Pool will open 60 minutes before competition commences.
- Pool will be closed 15 minutes before the competition commences.

Control Room

WARM UP GUIDELINES

TRAINING POOL

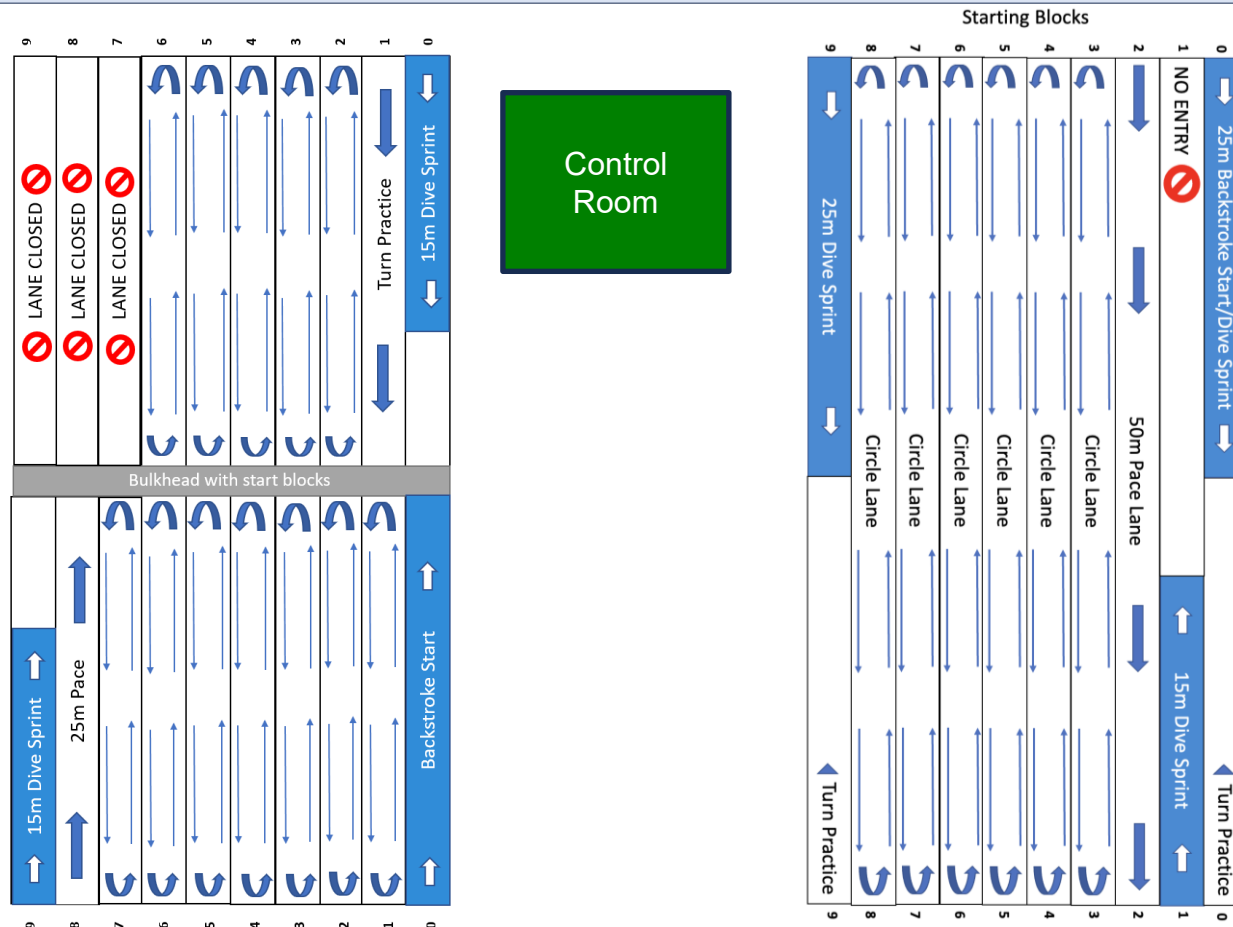


- Swimmers are to adhere to the warm up guidelines outline here to prevent any potential accident.

Control Room

WARM UP GUIDELINES

High way



Venue Overview



Venue Overview



COMPETITION VENUE INFORMATION

Competition Pool Deck

- Athletes may place mats outside of the barricade, **without blocking the walking path** to perform their warm up.
- Due to limited space, all parents and spectators are advised to be seated at the seating gallery to view the race.
- Signage will be pasted across the venue for directions.



OFFICIAL
APPAREL PARTNER



OFFICIAL
BANKING PARTNER



OFFICIAL ACCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
CAR PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER



Reporting Procedure

- Event & Heat numbers will be announced before the race. ALL swimmers can check their respective heat and lane from the start list pasted throughout the venue. (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



OFFICIAL
APPAREL PARTNER



OFFICIAL
BANKING PARTNER



OFFICIAL ACCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
CAR PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER



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



OFFICIAL
APPAREL PARTNER



OFFICIAL
BANKING PARTNER



OFFICIAL ACCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
CAR PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER



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.

Common Disqualifications

- There is a clear observation that most of the disqualifications in the past Centralised SSPA Tests are from Breaststroke 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

Certificate Collection

- Certificates will be awarded to each swimmer if they have swum a timing that meets the relevant gold/silver/bronze awards timing and did not get disqualified.
- Certificates will only be issued digitally and the link to where certificates can be downloaded will be sent 1 working week after the conclusion of the competition. Results will need to be processed and sorted by the corresponding award level (i.e. bronze/silver/gold).



OFFICIAL
APPAREL PARTNER



OFFICIAL
BANKING PARTNER



OFFICIAL ACCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
CAR PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER



Certificates will be issued DIGITALLY

Certificates will be sent to affiliated clubs.

*For unattached swimmers and those from unaffiliated clubs, certificates will be sent to the **email address during event registration**.*

*A download link will be shared within 1 working week after the conclusion of the competition. The download link for the certificate will only be **valid** for 1 week from the date of issue.*

Results will be processed and sorted by the corresponding award level (i.e. bronze/silver/gold) if they have swum a timing that meets the relevant awards timing and did not get disqualified.



Award Time Standards

50m

Stroke	Bronze	Silver	Gold
Freestyle	≤1:12	≤1:08	≤1:05
Breaststroke	≤1:28	≤1:24	≤1:20
Backstroke	≤1:17	≤1:14	≤1:10
Butterfly	≤1:28	≤1:24	≤1:20

100m

Stroke	Bronze	Silver	Gold
Freestyle	≤2:42	≤2:36	≤2:30
Breaststroke	≤3:31	≤3:23	≤3:15
Backstroke	≤3:14	≤3:07	≤3:00
Butterfly	≤3:47	≤3:38	≤3:30
Individual Medley	≤3:14	≤3:07	≤3:00

200m

Stroke	Bronze	Silver	Gold
Freestyle	≤5:36	≤5:29	≤5:20
Breaststroke	≤7:53	≤7:44	≤7:30
Backstroke	≤7:21	≤7:13	≤7:00
Butterfly	≤7:53	≤7:44	≤7:30
Individual Medley	≤7:21	≤7:13	≤7:00

400m

Stroke	Bronze	Silver	Gold
Freestyle	≤11:12	≤10:59	≤10:40
Individual Medley	≤14:42	≤14:25	≤14:00

800m

Stroke	Bronze	Silver	Gold
Freestyle	≤22:11	≤21:45	≤21:20

1500m

Stroke	Bronze	Silver	Gold
Freestyle	≤41:12	≤40:48	≤40:00

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 **Tuesday, 1st September 2026**.
- Failure to do will result in the results being nullified.



OFFICIAL
APPAREL PARTNER



OFFICIAL
BANKING PARTNER



OFFICIAL ACCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
CAR PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER



Terms & Conditions

By registering and participating in the 3rd SAQSFA, ALL participants in the 3rd SAQSFA 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.



OFFICIAL
APPAREL PARTNER



OFFICIAL
BANKING PARTNER



OFFICIAL ACCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
CAR PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER



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 SAQSFA events, **the entry fee will not be refundable.**



OFFICIAL
APPAREL PARTNER



OFFICIAL
BANKING PARTNER



OFFICIAL ACCOMMODATION
PARTNER



OFFICIAL SPORTS
NUTRITION PARTNER



OFFICIAL
CAR PARTNER



OFFICIAL
HYDRATION PARTNER



OFFICIAL HEALTHY
FAMILY DRINK PARTNER



OFFICIAL EAR CARE
PARTNER

