



FESSAP-PASCAI HEART MONTH DEVELOPMENTAL SWIM MEET

(SHORT COURSE A, B & C)

VENUE: Patio Isabel Resort, Sacred Heart Village 1, Lagro Novaliches, Quezon City

DATE: February 10, 2018

AGE CATEGORIES: (6 & Under),(7-8),(9-10),(11-12),(13-14),(15 & Over) Both Boys and Girls

Age of Reckoning: February 10, 2018

GUIDELINES

Individual Award:

MEDALS: "A" First 3 Finisher GOLD-SILVER and BRONZE (base on time standard)
"B" First 3 Finisher GOLD-SILVER and BRONZE (base on time standard)
"C" First 3 Finisher GOLD-SILVER and BRONZE (base on time standard)

Team Award:

TROPHIES: FOR TOP 3 TEAMS (Champion),(1st Runner-up),(2nd Runner-up).

Based on the combined points for Boys and Girls. In case of tie in points medal standing will break the tie
Again tie in medal standing teams will be awarded both.

POINT: Individual Events: (First-10), (Second-7),(Third-6),(Fourth-5),(Fifth-4),(Sixth-3),(Seventh-2),(Eight-1).

Relay Events: Double the Individual points.

ENTRIES: Individual: No limit a swimmer can enter.

Relays: Maximum of 2 entries per team.

Registration fee: Php 500.00 per swimmer

Deadline of Submission of entries: February 3, 2018 at 12Midnight

NOTE: TEAM INCENTIVE WHO MET THE DEADLINE OF ENTRY will be awarded Php 50.00 per swimmer

TECHNICAL GUIDELINES

RULES: 1.1Prevailing International Swimming Rules and PASCAI guidelines will govern the competition.

1.2 Referee's Decision is **FINAL**

1.3 Coaches of Participating team must supervise their respective swimmers during WARM-UP session.

1.4 Any concerns during the competition proper will be address to the Referee by an OFFICIAL COACH only.

1.5 Starting procedure weather to use the OVERHEAD start will be the prerogative of the organizer.

E mail you entry at:

coach_edgar117@yahoo.com.ph

esgaleno_swimteam@yahoo.com

get confirmation of your entry here:

(02) 463-0705

0919-5450613

0923-2199040