



1st Gov. CASIMIRO A. YNARES III
Invitational Swimming Competition
39th Leg Series P.S.L. (Long Course) Swimming Competition
March 3, 2013

Hosted By: Bosay Aquatic Club

Venue: Bosay Resort Marigman Rd. Ext. Brgy. San Roque Antipolo City

Facilities: 50 meters, 10 lanes with starting blocks and anti wave lane lines.
With Hotel Accommodation.

Time: 6:00 – 7: 30 AM – Warm-up in open lanes.
7:30 – Lanes 1 and 8 will become sprint lanes.
8:00 – 8:15 AM - Coaches meeting
8:15 – 8:45 AM - Opening Ceremonies
8:45AM - Start of Competition

Age Categories: 6 under, 7-8, 9-10, 11-12, 13-14, 15-17, 18 & Over (Boys and Girls)
Swim entries will be by age group
Results will be by age band except for 6 and Under & 18 and Over (Age Group.)

Registration:

- ❖ Deadline for submission of entries: February 25, 2013.
Late entries will not be accepted
- ❖ Entry Fees: : P500 .00 (includes meet t-shirt & souvenir program) Please email the sizes of your swimmers (S, M, L) and Team Photo/Logo for souvenir program.

- ❖ Verifiable times must be submitted
- ❖ Swimmers with no seed time submitted will be declared NT and be placed in the early heats.

All entries must be submitted using the official entry form with swimmers name (print legibly), birthday, event no., seed time, contact nos. and duly signed by their coaches.

Rules:

- ❖ All heats are timed "FINALS".
- ❖ REFEREE'S DECISION is final.
- ❖ One start rule shall be applied throughout the meet. OVERHEAD start can be applied by the meet director if necessary.
Protest must be submitted 30 minutes after the posting of the result of the contested event, addressed to the referee with the cash Bond of P 1,000 pesos. Only coaches will be entertained.
- ❖ Age of reckoning: Age as of Date of Competition (March 3, 2013)
- ❖ Coaches must make sure all ages entered are true and correct.
It is the Team Coaches responsibility to check the correctness of their Swimmer's birth date and ages.

Awards:

(INDIVIDUAL AWARDS)

- ❖ Medals (GOLD, SILVER and BRONZE) will be awarded to the top three finishers for Boys and Girls
- ❖ Trophies will be awarded for the Most Outstanding Swimmers in each Age Band Category for both Boys and Girls

(TEAM AWARDS)

- ❖ Trophies shall be awarded to the Over-All Champion, the 1st Runner-up and the 2nd Runner-Up (Based on the combined score for boys and girls events)

Points:

Individual - (1st -10), (2nd -8), (3rd -6), (4th -5), (5th -4), (6th -3), (7th -2), (8th -1)

Relay - (1st -20), (2nd -16), (3rd -12), (4th -10), (5th -8), (6th -6), (7th -4), (8th -2)

In case of a tie, the number of medals starting with the gold, Silver and Bronze will be taken into account.



SAFETY GUIDELINES:

A. Swimmers Responsibilities

1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down.

B. Coaches Responsibilities

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
3. Coaches shall actively supervise their swimmers throughout the warm-up session.
4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.

Entries:

Use official meet entry form.

On-deck entries are not allowed.

Entries must be duly signed by the team's respective coaches.

E-MAIL ENTRIES TO:

Coach Susan Papa	09178050885	philswimleague@hotmail.com
Coach Emer Matienzo	09064273683	emermatienzo@yahoo.com

(KINDLY REQUEST E-MAIL CONFIRMATION IF YOUR ENTRY HAS BEEN RECEIVED)

FOOD AND DRINKS ARE STRICTLY NOT ALLOWED



ORDER OF EVENTS

BOYS	EVENTS	GIRLS
1	4 x 50 M Medley Relay – 11 and Over (Open)	2
3	4 x 50 M Medley Relay – 10 and Under	4
5	50 M FLY 18 & Over	6
7	50 M FLY 15 – 17	8
9	50 M FLY 13 – 14	10
11	50 M FLY 11 – 12	12
13	50 M FLY 9 – 10	14
15	50 M FLY 7 – 8	16
17	50 M FLY 6 & Under	18
19	50 M BREAST 18 & Over	20
21	50 M BREAST 15 – 17	22
23	50 M BREAST 13 – 14	24
25	50 M BREAST 11 – 12	26
27	50 M BREAST 9 – 10	28
29	50 M BREAST 7 – 8	30
31	50 M BREAST 6 & Under	32
33	200 M Individual Medley 18 & Over	34
35	200 M Individual Medley 15 – 17	36
37	200 M Individual Medley 13 – 14	38
39	200 M Individual Medley 11 – 12	40
41	200 M Individual Medley 9 – 10	42
43	200 M Individual Medley 7 – 8	44
45	50 M BACK 18 & Over	46
47	50 M BACK 15 – 17	48
49	50 M BACK 13 – 14	50
51	50 M BACK 11 – 12	52
53	50 M BACK 9 -10	54
55	50 M BACK 7 - 8	56
57	50 M BACK 6 & under	58
59	50 M FREE 18 & Over	60
61	50 M FREE 15 - 17	62
63	50 M FREE 13 – 14	64
65	50 M FREE 11 – 12	66
67	50 M FREE 9 - 10	68
69	50 M FREE 7 – 8	70
71	50 M FREE 6 & Under	72
73	6 (Six) x 50 M Freestyle Relay – 11 and Over (Open)	74
75	6 (Six) x 50 M Freestyle Relay – 10 and Under	76

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