



PASCAI A&B INVITATIONAL SPRINT MEET

February 25, 2017

Open to all Clubs & School Teams regardless of affiliation

Hosted By: Bosay Resort 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 10 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**

Registration:

❖ Deadline for submission of entries: February 21, 2017.

Entry Fees: : **SIX HUNDRED PESOS ONLY** (P600 .00)

❖ Verifiable times must be submitted

❖ Swimmers with no time will not be entered.

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. Let us be honest with the seed times.

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 (February 25, 2017)
- ❖ 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 (**Class A & B**)
- ❖ Trophies will be awarded for the Most Outstanding Swimmers in each Age Group Category for both Boys and Girls. (**Class A Only**)

(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) **Separate trophies for Schools and Clubs!**

Points:

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

Relay - (1st -20), (2nd -14), (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 Ed Galeno

09232199040

coach_edgar117@yahoo.com.ph

Coach Emer Matienzo

09255462644

emermatienzo@yahoo.com

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

