



2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR **SWIMMING**

I. COMPETITION RULES

1. International Swimming Rules of the Federation Internationale de Natation (FINA) / World Aquatics will be applied. Ground rules which have been agreed upon shall be implemented.
2. In matters not provided for, decisions shall rest with the Technical Management and/or the Organizing Committee.
3. One start rule.
4. Competition shall be Timed Finals format. Heats will start at 9:00 am.
5. Each swimmer is allowed to swim five (5) individual events and two (2) relay events. However, a swimmer may only participate in three (3) events per day, inclusive of relay events.
6. A swimmer who fails to swim an event will not be allowed to swim his succeeding events for that session unless for medical reason, that swimmer submits a medical report from the Palarong Pambansa Official Medical Physician.
7. Only Athletes, Coaches and Delegation Officials with official identification tags will be allowed at areas designated for delegates.

II. RELAY ENTRY

1. Relay team entries in Secondary Level and names of swimmers in order of swim (including two (2) alternates for Freestyle Relay and four (4) alternates for the Medley Relay) must be submitted in the master list of entries.
2. Indicate order of swim by numbering swimmers (1-6) in the official Entry form. Swimmers must swim in the order in which they are to swim.
3. Relay swimmers participating in the heats will be the same swimmers that will participate in the finals. Order list of swimmers may be changed 30 minutes before the start of each session.

III. SWIMWEAR

1. The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
2. All swimsuits shall be non- transparent.

3. The competitor must wear swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuit shall be made from textile materials. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.
4. The referee of a competition has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule.
5. Composition/other items: Men's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered, Women's swimsuits may be in one or two pieces. Other items covering the body and not part of the swimsuit are prohibited.

IV. ATHLETE'S ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated Age: Elementary Level in the enclosure 2 of DepE Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

V. DISQUALIFICATION

1. Athletes who are members of the national team and who are receiving monthly allowance from the Philippine Sports Commission; (RA 10588)
2. Over-aged athlete in the elementary and secondary;
3. National Screening and Accreditation Committee (NSAC) Rules on Qualification /Participation.

VI. EVENTS TO BE CONTESTED

EVENTS	EVENTS
800 m Freestyle	800 m Freestyle
1500 m Freestyle	1500 m Freestyle
400 m Freestyle	400 m Freestyle
400 m Ind. Medley	400 m Ind. Medley
200 M Ind. Medley	200 M Ind. Medley
200 m Freestyle	200 m Freestyle
200 m Breaststroke	200 m Breaststroke
200 m Backstroke	200 m Backstroke
200 m Butterfly stroke	200 m Butterfly stroke
100 m Freestyle	100 m Freestyle
100 m Breaststroke	100 m Breaststroke
100 m Backstroke	100 m Backstroke
100 m Butterfly stroke	100 m Butterfly stroke
50 m Freestyle	50 m Freestyle
50 m Breaststroke	50 m Breaststroke
50 m Backstroke	50 m Backstroke
50 m Butterfly stroke	50 m Butterfly stroke
4 x 100 m Free Relay	4 x 100 m Free Relay
4 x 50 m Free Relay	4 x 50 m Free Relay

4 x 100 m Med. Relay	4 x 100 m Med. Relay
4 x 50 m Med. Relay	4 x 50 m Med. Relay
4 x 100 m	Mixed Relay
ELEMENTARY BOYS	GIRLS
EVENTS	EVENTS
400 m Freestyle	400 m Freestyle
200 m Freestyle	200 m Freestyle
200 M Ind. Medley	200 M Ind. Medley
100 m Freestyle	100 m Freestyle
100 m Breaststroke	100 m Breaststroke
100 m Backstroke	100 m Backstroke
100 m Butterfly stroke	100 m Butterfly stroke
50 m Freestyle	50 m Freestyle
50 m Breaststroke	50 m Breaststroke
50 m Backstroke	50 m Backstroke
50 m Butterfly stroke	50 m Butterfly stroke
4 x 100 m Free Relay	4 x 100 m Free Relay
4 x 50 m Free Relay	4 x 50 m Free Relay
4 x 100 m Med. Relay	4 x 100 m Med. Relay
4 x 50 m Med. Relay	4 x 50 m Med. Relay

VIII. PROTEST

Protests are possible:

1. the rules and regulations for the conduct of the competition not observed;
2. if other conditions endanger the competitions and/or competitors, or
3. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

IX. FILING OF PROTEST

1. To the referee;
2. In writing;
3. By the responsible Team Leader / Coach only; and
4. Within 30 minutes following the conclusion of the respective event.

X. CONDUCT OF COMPETITION

DAY 1 – August 1, 2023

EVENT NUMBER	EVENT	DIVISION
1	200 M Freestyle	Elementary Boys
2	200 M Freestyle	Elementary Girls
3	400 M Freestyle	Secondary Boys
4	400 M Freestyle	Secondary Girls
5	50 M Butterfly	Elementary Boys
6	50 M Butterfly	Elementary Girls

7	50 M Butterfly	Secondary Boys
8	50 M Butterfly	Secondary Girls
8A	50 M Backstroke Orthopedically Handicapped – Special Events	Boys
8B	50 M Backstroke Orthopedically Handicapped – Special Events	Girls
8C	50 M Backstroke Intellectual Disability – Special Events	Boys
8D	50 M Backstroke Intellectual Disability – Special Events	Girls
9	100 M Backstroke	Elementary Boys
10	100 M Backstroke	Elementary Girls
11	100 M Backstroke	Secondary Boys
12	100 M Backstroke	Secondary Girls
13	200 M Butterfly	Secondary Boys
14	200 M Butterfly	Secondary Girls
15	4 X 50 M Medley Relay	Elementary Boys
16	4 X 50 M Medley Relay	Elementary Girls
17	4 X 50 M Medley Relay	Secondary Boys
18	4 X 50 M Medley Relay	Secondary Girls

DAY 2 – August 2, 2023

EVENT NUMBER	EVENT	DIVISION
19	200 M Breaststroke	Secondary Boys
20	200 M Breaststroke	Secondary Girls
21	200 M Individual Medley	Elementary Boys
22	200 M Individual Medley	Elementary Girls
23	200 M Individual Medley	Secondary Boys
24	200 M Individual Medley	Secondary Girls
24A	50 M Freestyle Orthopedically Handicapped – Special Events	Boys
24B	50 M Freestyle Orthopedically Handicapped – Special Events	Girls
24C	50 M Freestyle Intellectual Disability – Special Events	Boys
24D	50 M Freestyle Intellectual Disability – Special Events	Girls

25	50 M Breaststroke	Elementary Boys	
26	50 M Breaststroke	Elementary Girls	
27	50 M Breaststroke	Secondary Boys	28
	50 M Breaststroke	Secondary Girls	29
	100 M Freestyle	Elementary Boys	
30	100 M Freestyle	Elementary Girls	
31	100 M Freestyle	Secondary Boys	
32	100 M Freestyle	Secondary Girls	33
	4 X 100 M Medley Relay	Elementary Boys	
34	4 X 100 M Medley Relay	Elementary Girls	35
	4 X 100 M Medley Relay	Secondary Boys	
36	4 X 100 M Medley Relay	Secondary Girls	

DAY 3 – August 3, 2023

EVENT NUMBER	EVENT	DIVISION	
37	400 M Freestyle	Elementary Boys	
38	400 M Freestyle	Elementary Girls	
39	1500 M Freestyle	Secondary Boys	
40	800 M Freestyle	Secondary Girls	
40A	50 Breaststroke Orthopedically Handicapped – Special Events	Boys	
40B	50 Breaststroke Orthopedically Handicapped – Special Events	Girls	
40C	50 Breaststroke Intellectual Disability – Special Events	Boys	
40D	50 Breaststroke Intellectual Disability – Special Events	Girls	
41	200 M Backstroke	Secondary Boys	
42	200 M Backstroke	Secondary Girls	
43	100 M Butterfly	Elementary Boys	
44	100 M Butterfly	Elementary Girls	45
	100 M Butterfly	Secondary Boys	46
	100 M Butterfly	Secondary Girls	
47	50 M Backstroke	Elementary Boys	
48	50 M Backstroke	Elementary Girls	
49	50 M Backstroke	Secondary Boys	

50	50 M Backstroke	Secondary Girls
51	4 X 50 M Freestyle Relay	Elementary Boys
52	4 X 50 M Freestyle Relay	Elementary Girls
53	4 X 50 M Freestyle Relay	Secondary Boys
54	4 X 50 M Freestyle Relay	Secondary Girls

DAY 4 – August 4, 2023

EVENT NUMBER	EVENT	DIVISION	
55	400 M. Ind. Medley	Secondary Boys	
56	400 M. Ind. Medley	Secondary Girls	
57	50 M Freestyle	Elementary Boys	58
	50 M Freestyle	Elementary Girls	
59	50 M Freestyle	Secondary Boys	
60	50 M Freestyle	Secondary Girls	
61	200 M Freestyle	Secondary Boys	
62	200 M Freestyle	Secondary Girls	
63	100 M Breaststroke	Elementary Boys	
64	100 M Breaststroke	Elementary Girls	
65	100 M Breaststroke	Secondary Boys	
66	100 M Breaststroke	Secondary Girls	
67	4 X 100 M Freestyle Relay	Elementary Boys	
68	4 X 100 M Freestyle Relay	Secondary Girls	
69	4 X 100 M Freestyle Relay	Secondary Boys	
70	4 X 100 M Freestyle Relay	Secondary Girls	

NOTE : Awarding of medals will be done in the afternoon.

XI. DETERMINATION OF WINNER

Winning athletes shall be determined thru fastest to slowest times registered by each athlete in each event he/she has qualified to swim.

XII. TIMING

In case of error in (the electronic timing system and/or) manual timing system, the official manual time of a swimmer shall be determined as follows:

1. If in case that the time of the first swimmer is higher than the time of the second swimmer, average time of the swimmers involved shall be the official time of both swimmers.

2. The Official placing will be decided by the referee based on facts and a referee's decision (RD) will be indicated at the official results.

XIII. SUBMISSION OF ENTRIES

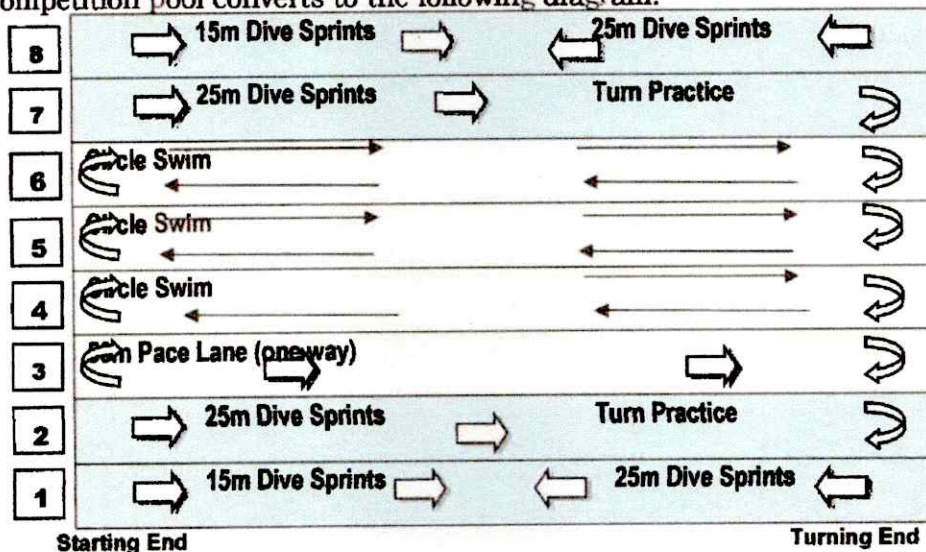
1. All entries must be submitted on official entry forms; (annex 2 & 3)
2. Entries must indicate the Qualifying Time Standard (QTS) achieved during the Regional Meet by each swimmer in each event for seeding purposes;
3. Entries must be submitted on or before 6:00 PM July 30, 2023. Late entries will not be accepted unless reasonably justified by authorized coach/team manager/head of delegation.)

XIV. QUALIFYING TIME STANDARD

Qualifying Time Standards (QTS) shall be adopted as provided in Enclosure No. 2 to this Memorandum. Only learner – athletes whose performance meet the qualifying time standard included in the top 24 list of the Palarong Pambansa Secretariat shall compete at the Palarong Pambansa.

XV. SWIMMING WARM - UP GUIDELINES

All lanes in Competition Pool are circle swimming only until 7:00 A.M. and 2:15 P.M. when the competition pool converts to the following diagram:



COMPETITION POOL:

- a. There is no diving until 7:00 A.M. and 2:15 P.M., Diving is only allowed on the lanes provided in the warm-up guidelines.
- b. There is no diving in circle swimming lanes and turn practice lanes, entry to this lanes is to be feet first from a sitting position
- c. Paddles are not allowed during warm-up.

WARM-UP POOL:

1. In the warm-up pool, all entries must be feet first from a sitting position at all times.

XVI. WARM - UP SCHEDULE AND OTHER PRE-COMPETITION ACTIVITIES

TIME		ACTIVITY
From	Until	
6:00	6:40 am	Warm - up Schedule Region I, II, III and IVA
6:40	7:20 am	Warm - up Schedule Region IV- B, V, VI & VII
7:20	8:00 am	Warm - up Schedule Region VIII, IX, X and XI
8:00	8:40 am	Warm - up Schedule RegionXII, CARAGA, BARMM, CAR & NCR
8:40	8:50 am	COACHES' MEETING
8:50	8:50 am	Final Briefing of Technical Officials
9:00	am	Meet Start

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