



35th OCC SuperSprint Swim Meet 2024

(November Edition)

17 November 2024, Sunday

8am to 2.30pm

General Information

- Competition Name: 35th OCC SuperSprint Swim Meet 2024
- Venue: Orchid Country Club Olympic Pool
- Important Dates / Time:

Date	Activities	Remarks
19 September 2024	Release of 35th OCC SuperSprint Swim Meet 2023 (November Edition) Info Pack.	
24 October 2024	Entries and Payment Closing Date.	Online Registration Close
31 October 2024	Psych Sheets for Swimmer Verification.	Email from OCC to participant
7 November 2024	Start list Distribution	Email from OCC to participant
17 November 2024	Race Day	

Race Day Schedule (17 November 2024)

- 8.00am - Swimmers Report for Attendance and Age Verification
- 8.30am - Pool Open for Warm-Up
- 9.30am - Pool Close
Coaches and Swimmers Briefing
- 9.45am - Roll Call for first five races
- 10.00am - Event 1 and follow
- 2.30pm - End of Event

Rules

- Guided by the Rules and Regulations as directed by the Singapore Aquatics (SAQ) and in accordance with the Rules and By-laws of World Aquatics (WA) Swimming Rules and Regulations, where applicable.
- Governed by General Rules and Regulations of Competition Organising Committee.
- To ensure smooth running of this competition, do take note of the following instructions:
 - 1) Out of bound areas for ALL Non-Official's at the swim meet, as to not impede the official's duty:
 - a) 1 meter from the edge of the pool (along the length of the pool)
 - b) 2 meters from the edge of the pool (along the breadth of the pool)
 - c) Competitors Reporting area
 - d) Control rooms
 - 2) There will be no re-run of any events under any circumstances, all swimmers are responsible to ensure:
 - a) Look out for the Event No indicated on the white board
 - b) Competitors are to report to the reporting area 20 min before start of event.
 - c) Do not leave the Stewarding Area after the attendance taken by the Competitor Steward.
 - 3) No participants allow to compete at the race without attendance taken at the Competitors Reporting area.
 - 4) Not strictly following the WA Rules, this swim meet has adopted the following in house rules:
 - a) Do Not jump off or start until you hear the "BEEP" After the "Take Your Mark" by the starter.
 - b) Max of one (1) re-start will be given for false start, at the re-start, DQ shall be given if violated.
 - c) Your swim ends ONLY when you touch the wall with your hand as accordance to WA Rules
 - d) Exit the pool ONLY upon whistle from the Referee.
 - 5) For all DQ and race dispute, Meet Referee decision is FINAL.
 - 6) Supporters are refrain from cheering and whistling when the starter is about to start any race to ensure all swimmer stay focus to the beep sound.
 - 7) Only refer to the result posted on the board by the meet organiser, and kindly refrain from asking timekeepers and officials for personal timing after completing the race.
 - 8) In the event of bad weather, take instructions from the announcer and if the race has to be delayed, do lead your team to the sheltered area and wait for further notice.
 - 9) The meet shall call off if the weather is delay for more than one (1) hour. Final decision shall be made by the Meet Referee after discussion with the Competition Organising Committee.

Age category & eligibility

Individual Events											
Age Group	Year Born	Freestyle				Backstroke		Breaststroke		Butterfly	
		50m		100m		50m		50m		50m	
		M	F	M	F	M	F	M	F	M	F
5 – 6 years old	2019, 2018	√	√			√	√	√	√	√	√
7 – 8 years old	2017, 2016	√	√			√	√	√	√	√	√
9 – 10 years old	2015, 2014	√	√	√	√	√	√	√	√	√	√
11 – 12 years old	2013, 2012	√	√	√	√	√	√	√	√	√	√
13 – 14 years old	2011, 2010	√	√	√	√	√	√	√	√	√	√
15- 16 years old	2009, 2008	√	√	√	√	√	√	√	√	√	√
17 – 19 years old	2007 – 2005	√	√	√	√	√	√	√	√	√	√
20 – 29 years old	2004 – 1995	√	√	√	√	√	√	√	√	√	√
30 – 39 years old	1994 - 1985	√	√	√	√	√	√	√	√	√	√
40 – 49 years old	1984 - 1975	√	√	√	√	√	√	√	√	√	√
50 – 59 years old	1974 - 1965	√	√	√	√	√	√	√	√	√	√
60 years & above	1964 and before	√	√	√	√	√	√	√	√	√	√
Relay Events											
Age Group	Year Born	200m Freestyle Relay				200m Breaststroke Relay					
		M		F		M		F			
9 – 12 years old	2015 - 2012	√		√		√		√			
13 – 16 years old	2011 - 2008	√		√		√		√			
17 – 29 years old	2007 – 1995	√		√		√		√			
30 – 49 years old	1994 - 1975	√		√		√		√			
50 years & above	1974 and before	√		√		√		√			
<p>INDIVIDUAL: 116 50m events = 96 100m events = 20</p> <p>RELAY: 20</p>											

Entry Registration

- All registration form is available at OCC Sports counter, 8am - 9pm daily, from 19 September 2024 onwards.
- Entries must be accompanied by full payment of the registration and entries fees to be eligible to compete.
- All registration forms together with payment must reach Orchid Country Club by 24 October 2024 (Thursday) at 6pm. Late Entries will not be accepted.
- Each swimmer is eligible to compete a maximum of three (3) Individual and two (2) Relay events at the 35th OCC SuperSprint Swim Meet 2024 (November Edition).

Fees

Membership	OCC / Aranda CC	NTUC / Nebo / eXplorerkid	Guest
Registration Fees (for individual event ONLY)	Waive	\$20.00	\$20.00
Fees Per Individual Event	\$8.00	\$10.00	\$15.00
Fees Per Relay Event			
	\$40.00	\$40.00	\$40.00
Participant can register up to a maximum of 3 Individual Events and 2 Relay Events under his or her age group.			

Swimmer Attire

- All swimmers are required to wear proper swimming attire. Failure to do so, will not be allowed to participate in the competition.
- Swimmers are encouraged to wear goggles and swimming cap before commencing the event.

Protests

- Protests are **Not Allowed** at this Swim Meet, 35th OCC SuperSprint Swim Meet 2024.

Order of Events

Event No	Event	Event No	Event
1	50m Freestyle Girls (5 – 6yo)	2	50m Freestyle Boys (5 – 6yo)
3	50m Freestyle Girls (7 – 8yo)	4	50m Freestyle Boys (7 – 8yo)
5	50m Freestyle Girls (9 – 10yo)	6	50m Freestyle Boys (9 – 10yo)
7	50m Freestyle Girls (11 – 12yo)	8	50m Freestyle Boys (11 – 12yo)
9	50m Freestyle Girls (13 – 14yo)	10	50m Freestyle Boys (13 – 14yo)
11	50m Freestyle Girls (15 – 16yo)	12	50m Freestyle Boys (15 – 16yo)
13	50m Freestyle Girls (17 – 19yo)	14	50m Freestyle Boys (17 – 19yo)
15	50m Freestyle Women (20 – 29yo)	16	50m Freestyle Men (20 – 29yo)
17	50m Freestyle Women (30 – 39yo)	18	50m Freestyle Men (30 – 39yo)
19	50m Freestyle Women (40 – 49yo)	20	50m Freestyle Men (40 – 49yo)
21	50m Freestyle Women (50 – 59yo)	22	50m Freestyle Men (50 – 59yo)
23	50m Freestyle Women (60yo above)	24	50m Freestyle Men (60yo above)
25	50m Backstroke Girls (5 – 6yo)	26	50m Backstroke Boys (5 – 6yo)
27	50m Backstroke Girls (7 – 8yo)	28	50m Backstroke Boys (7 – 8yo)
29	50m Backstroke Girls (9 – 10yo)	30	50m Backstroke Boys (9 – 10yo)
31	50m Backstroke Girls (11 – 12yo)	32	50m Backstroke Boys (11 – 12yo)
33	50m Backstroke Girls (13 – 14yo)	34	50m Backstroke Boys (13 – 14yo)
35	50m Backstroke Girls (15 – 16yo)	36	50m Backstroke Boys (15 – 16yo)
37	50m Backstroke Girls (17 – 19yo)	38	50m Backstroke Boys (17 – 19yo)
39	50m Backstroke Women (20 – 29yo)	40	50m Backstroke Men (20 – 29yo)
41	50m Backstroke Women (30 – 39yo)	42	50m Backstroke Men (30 – 39yo)
43	50m Backstroke Women (40 – 49yo)	44	50m Backstroke Men (40 – 49yo)
45	50m Backstroke Woman (50 – 59yo)	46	50m Backstroke Men (50 – 59yo)
47	50m Backstroke Women (60yo above)	48	50m Backstroke Men (60yo above)
49	50m Breaststroke Girls (5 – 6yo)	50	50m Breaststroke Boys (5 – 6yo)
51	50m Breaststroke Girls (7 – 8yo)	52	50m Breaststroke Boys (7 – 8yo)
53	50m Breaststroke Girls (9 – 10yo)	54	50m Breaststroke Boys (9 – 10yo)
55	50m Breaststroke Girls (11 – 12yo)	56	50m Breaststroke Boys (11 – 12yo)
57	50m Breaststroke Girls (13 – 14yo)	58	50m Breaststroke Boys (13 – 14yo)
59	50m Breaststroke Girls (15 – 16yo)	60	50m Breaststroke Boys (15 – 16yo)
61	50m Breaststroke Girls (17 – 19yo)	62	50m Breaststroke Boys (17 – 19yo)
63	50m Breaststroke Women (20 – 29yo)	64	50m Breaststroke Men (20 – 29yo)
65	50m Breaststroke Women (30 – 39yo)	66	50m Breaststroke Men (30 – 39yo)
67	50m Breaststroke Women (40 – 49yo)	68	50m Breaststroke Men (40 – 49yo)
69	50m Breaststroke Women (50 – 59yo)	70	50m Breaststroke Men (50 – 59yo)
71	50m Breaststroke Women (60yo above)	72	50m Breaststroke Men (60yo above)
73	50m Butterfly Girls (5 – 6yo)	74	50m Butterfly Boys (5 – 6yo)
75	50m Butterfly Girls (7 – 8yo)	76	50m Butterfly Boys (7 – 8yo)
77	50m Butterfly Girls (9 – 10yo)	78	50m Butterfly Boys (9 – 10yo)
79	50m Butterfly Girls (11 – 12yo)	80	50m Butterfly Boys (11 – 12yo)
81	50m Butterfly Girls (13 – 14yo)	82	50m Butterfly Boys (13 – 14yo)
83	50m Butterfly Girls (15 – 16yo)	84	50m Butterfly Boys (15 – 16yo)
85	50m Butterfly Girls (17 – 19yo)	86	50m Butterfly Boys (17 – 19yo)
87	50m Butterfly Women (20 – 29yo)	88	50m Butterfly Men (20 – 29yo)
89	50m Butterfly Women (30 – 39yo)	90	50m Butterfly Men (30 – 39yo)
91	50m Butterfly Women (40 – 49yo)	92	50m Butterfly Men (40 – 49yo)
93	50m Butterfly Women (50 – 59yo)	94	50m Butterfly Men (50 – 59yo)
95	50m Butterfly Women (60yo above)	96	50m Butterfly Men (60yo above)
97	100m Freestyle Girls (9 – 10yo)	98	100m Freestyle Boys (9 – 10yo)

99	100m Freestyle Girls (11 – 12yo)	100	100m Freestyle Boys (11 – 12yo)
101	100m Freestyle Girls (13 – 14yo)	102	100m Freestyle Boys (13 – 14yo)
103	100m Freestyle Girls (15 – 16yo)	104	100m Freestyle Boys (15 – 16yo)
105	100m Freestyle Girls (17 – 19yo)	106	100m Freestyle Boys (17 – 19yo)
107	100m Freestyle Women (20 – 29yo)	108	100m Freestyle Men (20 – 29yo)
109	100m Freestyle Women (30 – 39yo)	110	100m Freestyle Men (30 – 39yo)
111	100m Freestyle Women (40 – 49yo)	112	100m Freestyle Men (40 – 49yo)
113	100m Freestyle Women (50 – 59yo)	114	100m Freestyle Men (50 – 59yo)
115	100m Freestyle Women (60yo above)	116	100m Freestyle Men (60yo above)
117	200m Freestyle Relay Girls (9 – 12yo)	118	200m Freestyle Relay Boys (9 – 12yo)
119	200m Freestyle Relay Girls (13 – 16yo)	120	200m Freestyle Relay Boys (13 – 16yo)
121	200m Freestyle Relay Women (17 – 29yo)	122	200m Freestyle Relay Men (17 – 29yo)
123	200m Freestyle Relay Women (30 – 49yo)	124	200m Freestyle Relay Men (30 – 49yo)
125	200m Freestyle Relay Women (50yo above)	126	200m Freestyle Relay Men (50yo above)
127	200m Breaststroke Relay Girls (9 – 12yo)	128	200m Breaststroke Relay Boys (9 – 12yo)
129	200m Breaststroke Relay Girls (13 – 16yo)	130	200m Breaststroke Relay Boys (13 – 16yo)
131	200m Breaststroke Relay Women (17 – 29yo)	132	200m Breaststroke Relay Men (17 – 29yo)
133	200m Breaststroke Relay Women (30 – 49yo)	134	200m Breaststroke Relay Men (30 – 49yo)
135	200m Breaststroke Relay Women (50yo above)	136	200m Breaststroke Relay Men (50yo above)

Terms & Condition

- All swimmers who register in the 35th OCC SuperSprint Swim Meet 2024 are deemed to have been given written permission to Orchid Country Club to collect, analyze, and collect any personal information by swimmers. All personal details/information of swimmer will be kept confidential. For further enquiries please call us at 6755 9811 /Ext 2103 or you can email us at snr@orchidclub.com
- Participants are to bring along NRIC / Student pass with their name and date of birth display, to be presented upon request for verification purposes. Participant registered in the wrong category, with age does not conform to the right category, shall be disqualified.
- Whilst reasonable precaution will be taken by the organizer to ensure the swimmers safety, all swimmers taking part in the 35th OCC SuperSprint Swim Meet 2024 at their own risk and the organizer will not be responsible or held liable for any injuries or death howsoever arise from training or during the participation in the 35th OCC SuperSprint Swim Meet 2024.
- Swimmers are strongly encouraged to consult their Medical Practitioner prior to the registration and before the actual event.
- Orchid Country Club may use any photograph or video taken during the event for publicity and marketing purposes unless otherwise indicated by the participant in writing.

- In the event of inclement weather conditions that could cancel 35th OCC Super Sprint Meet 2024, Orchid Country Club reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the 35th OCC Super Sprint Meet 2024.