

**32nd Southeast Asian Games
Philippine National Tryouts
THE OFFICIAL QUALIFYING MEET**





**THE CAMBODIA 2023
32ND SEA GAMES**
OFFICIAL PHILIPPINE NATIONAL TRYOUTS

FEBRUARY 16-19, 2023

NEW CLARK CITY
CAPAS, TARLAC, PHILIPPINES



**Organized by the PSI – Stabilization Committee
as authorized by the World Aquatics**

aquatics.stab.comm@gmail.com

GENERAL OBJECTIVES:

- To promote a higher level of competition for competitive swimmers who are aiming to represent the Philippines National Aquatics Team at the **32nd Southeast Asian Games (SEA Games) Cambodia 2023**.
- To serve as the official and only national aquatics selection tryouts for the 32nd SEA Games Cambodia 2023.
- To provide coaches with **opportunities to interact, exchange ideas and learn along with other coaches and swimmers.**

ELIGIBILITY:

- The **Philippine National Tryouts** for the 32nd SEA Games Cambodia 2023 is open to **ALL** Filipino swimmers, local and foreign, with valid Philippine Passports;
- Must be at least fourteen (14) years of age by February 13, 2023; and
- Participation is open to all members of World Aquatics (WA), formerly FINA, affiliated federations or associations, provided that participants hold a valid clearance from their respective governing bodies (GR 3.2 permit).

DATE OF EVENT:

February 16 to 19, 2023
Thursday to Sunday

FACILITY / VENUE:

NEW CLARK CITY AQUATICS CENTER, CAPAS, TARLAC, PHILIPPINES



DAILY COMPETITION SCHEDULE:

DAY 1 Thursday February 16, 2023

| | |
|--------|---------|
| 6:30AM | WARM-UP |
| 8:30AM | PRELIMS |
| 2:00PM | WARM-UP |
| 4:00PM | FINALS |

DAY 2 Friday February 17, 2023

| | |
|--------|---------|
| 6:30AM | WARM-UP |
| 8:30AM | PRELIMS |
| 2:00PM | WARM-UP |
| 4:00PM | FINALS |

DAY 3 Saturday February 18, 2023

| | |
|--------|---------|
| 6:30AM | WARM-UP |
| 8:30AM | PRELIMS |
| 2:00PM | WARM-UP |
| 4:00PM | FINALS |

DAY 4 Sunday February 19, 2023

| | |
|--------|---------|
| 6:30AM | WARM-UP |
| 8:30AM | PRELIMS |
| 2:00PM | WARM-UP |
| 4:00PM | FINALS |

COMPETITION FORMAT:

Preliminaries - 8:30AM

1. All events in the preliminaries will be swam slowest to fastest.
2. 1500m and 800m Freestyle Top 8 swimmers, based on the entry times submitted, will automatically advance to the Finals. There shall be no "B" Finals on these events.
3. Top 8 finishers of each event during the preliminaries will advance to the "A" Finals to be competed in the afternoon session.
4. Rank 9-16 finishers for each event from the preliminaries shall advance for the "B" Finals to be competed in the afternoon session.

Finals - 4:00PM

"A" Finals – Top 8 swimmers of each event from the preliminaries

"B" Finals – Top 9-16 swimmers of each event from the preliminaries

There will be NO "B" Finals for events with less than twenty four (24) swimmers in the Preliminaries

REGISTRATION:

- **Deadline for submission of entries: February 14, 2023 (5:00 pm)**
- For PSI Members, swimmers may compete in **multiple events** as long as their entry times meet the Qualifying Entry Times (QETs) as shown in the attached Table 1.A.
- For Non-PSI Members, swimmers with no seed times submitted will be declared No Time (NT) and be placed in the early heats.
- All entries must be submitted using the Official Entry Form which must be completely accomplished and duly signed by the coaches of the respective swimmers.

ENTRY SUBMISSION:

Send to email address: aquatics.stab.comm@gmail.com

INQUIRIES:

For meet inquiry kindly contact:
Mr. Valeriano "Bones" Floro
aquatic.stab.comm@gmail.com

GENERAL RULES:

- The **32nd SEA Games Philippine National Tryouts** shall be conducted under the prescribed Rules and Regulations of PSI – Stabilization Committee and WA. **One-start rule** shall apply. Only meet records and results of Filipino citizens (citizens holding a Philippine passport) will be officially accepted as National Records and/or for tabulation prior to consideration as possible members of the Philippine National Aquatics Team.
- **The 32nd SEA Games Philippine National Tryouts is the ONLY locally hosted selection meet duly authorized by the World Aquatics.**
- In due consideration to a Filipino Swimmer (holding a Philippine Passport) who is currently residing abroad, and is unable to attend the 32nd SEA Games Philippine National Tryouts, he/she is qualified for selection to the national team, subject to the following the requirements:
 - a) Personal record earned in an event that complies with WA standards for the period January 01, 2022 to February 13, 2023 meets the QT-A. Times earned & Event rules must be submitted to PSI Stabilization Committee on or before **Tuesday February 21, 2023**.
 - b) Must show proof of regular trainings, such as certificate of participation to swim meets/events, within the period aforesaid; and
 - c) Must be at least 14 years old (by February 12, 2023) as indicated in a valid Filipino passport to be duly submitted.

This rule shall also apply to a Filipino residing in the Philippines but may opt to participate as much as practicable.

In case where the number of qualifiers exceeds the desired national pool team composition, a selection process under rules prescribed by the PSI - Stabilization Committee will take place immediately within March 2023 to determine the final composition of the Philippine National Aquatics Team.

- Selection for the Philippine National Aquatics Team to the 32nd SEA Games Cambodia 2023, among other meets, shall also be dependent on compliance with qualification rules and regulations of PSI – Stabilization Committee.
- Active swimmers who are Gold medalists from the 31st SEA Games are automatically qualified for the 32nd SEA Games.
- PSI – Stabilization Committee will appoint, through evaluation of merits, the Head Coach, Coaches, Conditioning Coach, Dietician and Sports Psychologist from MSAS for positions of the Philippine National Aquatics Team.
- The number of additional coaches selected will depend on the number of swimmers selected with the maximum ratio of 1:4 (1 coach per 4 swimmers).
- Coaches of Philippine National Aquatics Team members who were selected as part of the National Coaching Staff for the 32nd SEA Games Cambodia 2023 may request for a pool deck pass from PSI - Stabilization Committee so they can assist and coach their respective swimmers during the competitions in Cambodia.
- The members of the Philippine National Aquatics Team for the 32nd SEA Games Cambodia 2023 may be required to undergo a 4-week training program with the National Team under the direct supervision of the PSI – Stabilization Committee, prior to send off.
- WA and PSI – Stabilization Committee Meet Rules shall apply.
- Verification of Swimmer’s Age shall apply.
- The Technical Committee may ask the team to produce authenticated birth certificates of swimmers. Expenses incurred for acquiring said documents is the responsibility of the parents/clubs of the swimmers.

AWARDS:

- Certificates will be given to top 3 swimmers per event in the “A” Finals.
- The conduct of awarding ceremonies shall be done after all the events of the final session.

DEADLINES:

- **SUBMISSION OF ENTRIES:** 5:00 PM, February 13, 2023, (Monday)
- **SCRATCHES:** 5:00 PM, February 14, 2023, (Tuesday)

WITHDRAWALS AND DID NOT SHOW:

“DID NOT SHOW” (DNS) swimmers that are not scratched by their coaches in an event on the day of the competitions will not be permitted to swim in subsequent events in that session.

An administrative fee of P50.00 per event shall be imposed for each swimmer who is scratched by the coach and P200.00 per event for DNS in any of their events during the tryouts. Scratch fee will be waived upon presentation of valid medical certificate or academic excuse letter duly signed by an authorized school representative (i.e. teacher, guidance counselor, etc.).

Coaches must present scratches to the **Control Room Supervisor thirty (30) minutes prior to the start of each session. Control Room Supervisor must inform PSI representative present of the scratches so that the corresponding scratch and DNS fee(s) will be assessed for the swimmers who were scratched by the coach.**

COACHES MEETING:

There will be a coaches meeting 15 minutes prior to the start of the tryouts. Coaches are required to join the meeting so they may be updated and briefed on any changes to the timeline or schedule, among others.

WARM UP AND COOL DOWN GUIDELINES:

Group 1 (6:30 – 7:15am), Group 2 (7:15 – 8:00am)

1. Pool will be open for warm-up of swimmers 2 hours before the morning session, during lunch break, before the afternoon session, and before the finals session.
2. Use of swimming paddles during warm-ups is strictly prohibited.
3. Specific lanes will be designated for general warm-up, sprints, and pace work.
4. Swimmers must clear the pool 15 minutes before the start of the meet.
5. Dive-sprint lanes are one-way only – swimmers should clear the lanes immediately after sprinting and walk back to the diving block. Swimmers are advised to exercise caution when doing diving and backstroke starts.

WARM UP GUIDE:

Lanes 1, 2, 3, 4, 5, 6, 7 & 8: Circle Swim ONLY

Lanes 9 & 0: Sprint Lane ONLY

| 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------------------------|
| 15m Dive Sprint Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | 15m Dive Sprint Only |
| | | | | | | | | | |
| 25m Dive Sprint Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | Circle Only | 25m Dive Sprint Only |
| 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |

Competition Pool:

- NO DIVING IN CIRCLE SWIMMING LANES, entry in these lanes is to be FEET FIRST FROM A SITTING POSITION.
- NO PADDLES ARE ALLOWED TO BE USED DURING THE WARM UP.

STRICT COMPLIANCE IS EARNESTLY ENCOURAGED.

QUALIFYING ENTRY TIMES (QET)

| 32 ND SOUTHEAST ASIAN GAMES – CAMBODIA 2023 PHILIPPINE NATIONAL SWIMMING TEAM QUALIFYING ENTRY TIME (QET) | | |
|--|------------------|----------|
| MEN | EVENTS | WOMEN |
| 00:26.15 | 50 FREE | 00:28.59 |
| 00:59.32 | 100 FREE | 01:05.01 |
| 02:08.03 | 200 FREE | 02:17.53 |
| 04:41.48 | 400 FREE | 05:02.94 |
| | 800 FREE | 09:35.50 |
| 17:44.50 | 1500 FREE | |
| | | |
| 00:28.50 | 50 BUTTERFLY | 00:30.50 |
| 01:01.88 | 100 BUTTERFLY | 01:08.70 |
| 02:18.55 | 200 BUTTERFLY | 02:32.83 |
| | | |
| 00:29.00 | 50 BACKSTROKE | 00:32.57 |
| 01:03.00 | 100 BACKSTROKE | 01:11.00 |
| 02:23.03 | 200 BACKSTROKE | 02:34.90 |
| | | |
| 00:32.00 | 50 BREASTSTROKE | 00:36.80 |
| 01:10.44 | 100 BREASTSTROKE | 01:20.50 |
| 02:36.94 | 200 BREASTSTROKE | 02:53.90 |
| | | |
| 02:19.80 | 200 IM | 02:38.00 |
| 04:41.00 | 400 IM | 05:08.00 |

***Table 1-A, Qualifying Entry Time. QET Chart for PSI members. Non-PSI members use NT (No Time)**

QUALIFYING STANDARD (QT-A)

| 32ND SOUTHEAST ASIAN GAMES – CAMBODIA 2023 | | |
|--|------------------|--------------|
| PHILIPPINE NATIONAL SWIMMING TEAM | | |
| QUALIFYING STANDARD (QT-A) | | |
| MEN | EVENTS | WOMEN |
| 00:22.85 | 50 FREE | 00:25.49 |
| 00:50.14 | 100 FREE | 00:56.95 |
| 01:49.35 | 200 FREE | 02:03.21 |
| 03:56.68 | 400 FREE | 04:17.52 |
| 08:06.71 | 800 FREE | 08:58.98 |
| 15:33.54 | 1500 FREE | 17:07.45 |
| | | |
| 00:24.30 | 50 BUTTERFLY | 00:26.98 |
| 00:52.98 | 100 BUTTERFLY | 01:01.15 |
| 01:59.33 | 200 BUTTERFLY | 02:14.35 |
| | | |
| 00:25.88 | 50 BACKSTROKE | 00:29.59 |
| 00:56.21 | 100 BACKSTROKE | 01:03.86 |
| 02:01.80 | 200 BACKSTROKE | 02:19.90 |
| | | |
| 00:28.32 | 50 BREASTSTROKE | 00:32.10 |
| 01:02.74 | 100 BREASTSTROKE | 01:10.29 |
| 02:17.68 | 200 BREASTSTROKE | 02:31.97 |
| | | |
| 02:03.73 | 200 IM | 02:16.75 |
| 04:23.43 | 400 IM | 04:56.42 |

QUALIFYING STANDARD
(QT-B)

| 32 ND SOUTHEAST ASIAN GAMES – CAMBODIA 2023 PHILIPPINE NATIONAL SWIMMING TEAM QUALIFYING STANDARD (QT-B) | | |
|---|------------------|----------|
| MEN | EVENTS | WOMEN |
| 00:23.61 | 50 FREE | 00:26.98 |
| 00:51.86 | 100 FREE | 00:57.84 |
| 01:53.65 | 200 FREE | 02:05.76 |
| 04:03.09 | 400 FREE | 04:25.57 |
| | 800 FREE | 09:06.59 |
| 16:38.79 | 1500 FREE | |
| | | |
| 00:24.93 | 50 BUTTERFLY | 00:28.94 |
| 00:57.11 | 100 BUTTERFLY | 01:05.12 |
| 02:04.76 | 200 BUTTERFLY | 02:22.71 |
| | | |
| 00:26.46 | 50 BACKSTROKE | 00:30.58 |
| 01:05.08 | 100 BACKSTROKE | 01:05.89 |
| 02:22.13 | 200 BACKSTROKE | 02:25.49 |
| | | |
| 00:29.40 | 50 BREASTSTROKE | 00:33.81 |
| 01:03.45 | 100 BREASTSTROKE | 01:11.88 |
| 02:20.30 | 200 BREASTSTROKE | 02:37.38 |
| | | |
| 02:07.95 | 200 IM | 02:26.13 |
| 04:46.17 | 400 IM | 05:05.48 |

ORDER OF EVENTS

Cambodia 2023, 32nd SEA Games Philippine National Tryouts

DAY 1

Thursday – February 16, 2013

| MEN | | PRELIMINARIES START TIME – 8:30AM | WOMEN | |
|------------|----------|---|--------------|----------|
| 101 | | 1500m FREESTYLE | | |
| | | 800m FREESTYLE | 102 | |
| 103 | | 200m INDIVIDUAL MEDLEY | 104 | |
| 105 | | 200m BACKSTROKE | 106 | |
| 107 | | 50m FREESTYLE | 108 | |
| MEN | | FINALS START TIME – 4:00PM | WOMEN | |
| 101 | | 1500m FREESTYLE | | |
| | | 800m FREESTYLE | 102 | |
| B FINALS | A FINALS | 200m INDIVIDUAL MEDLEY | B FINALS | A FINALS |
| 103 | 104 | | 105 | 106 |
| B FINALS | A FINALS | 200m BACKSTROKE | B FINALS | A FINALS |
| 107 | 108 | | 109 | 110 |
| B FINALS | A FINALS | 50m FREESTYLE | B FINALS | A FINALS |
| 111 | 112 | | 113 | 114 |

Cambodia 2023, 32nd SEA Games Philippine National Tryouts

DAY 2

Friday – February 17, 2013

| MEN | | PRELIMINARIES START TIME – 8:30AM | WOMEN | |
|------------|----------|---|--------------|----------|
| 201 | | 400m INDIVIDUAL MEDLEY | 202 | |
| 203 | | 100m FREESTYLE | 204 | |
| 205 | | 200m BREASTSTROKE | 206 | |
| 207 | | 200m BUTTERFLY | 208 | |
| MEN | | FINALS START TIME – 4:00PM | WOMEN | |
| B FINALS | A FINALS | 400m INDIVIDUAL MEDLEY | B FINALS | A FINALS |
| 201 | 202 | | 203 | 204 |
| B FINALS | A FINALS | 100m FREESTYLE | B FINALS | A FINALS |
| 205 | 206 | | 207 | 208 |
| B FINALS | A FINALS | 200m BREASTSTROKE | B FINALS | A FINALS |
| 209 | 210 | | 211 | 212 |
| B FINALS | A FINALS | 200m BUTTERFLY | B FINALS | A FINALS |
| 213 | 214 | | 215 | 216 |

Cambodia 2023, 32nd SEA Games Philippine National Tryouts

DAY 3

Saturday – February 18, 2013

| MEN | | PRELIMINARIES START TIME – 8:30AM | WOMEN | |
|-----------------|-----------------|--|-----------------|-----------------|
| 301 | | 400m FREESTYLE | 302 | |
| 303 | | 100m BACKSTROKE | 304 | |
| 305 | | 50m BREASTSTROKE | 306 | |
| 307 | | 100m BUTTERFLY | 308 | |
| MEN | | FINALS START TIME – 4:00PM | WOMEN | |
| B FINALS | A FINALS | 400m FREESTYLE | B FINALS | A FINALS |
| 301 | 302 | | 303 | 304 |
| B FINALS | A FINALS | 100m BACKSTROKE | B FINALS | A FINALS |
| 305 | 306 | | 307 | 308 |
| B FINALS | A FINALS | 50m BREASTSTROKE | B FINALS | A FINALS |
| 309 | 310 | | 311 | 312 |
| B FINALS | A FINALS | 100m BUTTERFLY | B FINALS | A FINALS |
| 313 | 314 | | 315 | 316 |

Cambodia 2023, 32nd SEA Games Philippine National Tryouts

DAY 4

Sunday – February 19, 2013

| MEN | | PRELIMINARIES START TIME – 8:30AM | WOMEN | |
|-----------------|-----------------|---|-----------------|-----------------|
| 401 | | 200m FREESTYLE | 402 | |
| 403 | | 50m BACKSTROKE | 404 | |
| 405 | | 100m BREASTSTROKE | 406 | |
| 407 | | 50m BUTTERFLY | 408 | |
| MEN | | FINALS START TIME – 4:00PM | WOMEN | |
| B FINALS | A FINALS | 200m FREESTYLE | B FINALS | A FINALS |
| 401 | 402 | | 403 | 404 |
| B FINALS | A FINALS | 50m BACKSTROKE | B FINALS | A FINALS |
| 405 | 406 | | 407 | 408 |
| B FINALS | A FINALS | 100m BREASTSTROKE | B FINALS | A FINALS |
| 409 | 410 | | 411 | 412 |
| B FINALS | A FINALS | 50m BUTTERFLY | B FINALS | A FINALS |
| 413 | 414 | | 415 | 416 |

