

INFOKIT

LANGOY

“2nd UPIS Swim Meet 2026”

University of the Philippines Integrated School

I. COMPETITION INFORMATION

1.1 General Objectives:

1. **Promote Healthy Competition:** Foster an environment where swimmers from different clubs and schools can engage in friendly and competitive races, pushing each other to perform their best while maintaining respect and camaraderie.
2. **Encourage Sportsmanship:** Reinforce the importance of good sportsmanship, where participants demonstrate respect for one another, support their peers, and embrace the values of fairness and integrity.
3. **Strengthen Teamwork:** Provide opportunities for swimmers to collaborate, support one another, and build a sense of unity within their teams, creating lasting bonds both in and out of the pool.
4. **Inclusive Engagement:** Ensure that paraswimmers are provided with equal opportunities to participate, celebrate their unique abilities, and be an integral part of the swimming community, promoting inclusivity and diversity.

1.2 Date: **July 26, 2026**

1.3 Venue: **Teofilo Yldefonso Swimming Pool
Rizal Memorial Sports Complex**

1.4 Facilities: **50 Meters Pool/10 Lanes**

1.5 Competition Format: **TIMED FINALS**

1.6 Eligibility

1.6.1 All Swimmers and Coaches are eligible to compete.

1.6.2 The registration fee is PhP 1,500 for each swimmer and PhP 1,200 for each UPIS Swimmer, UP VST, UPIS/UP Alumni and PARA Swimmer. This fee is inclusive of freebies.

1.6.3 1 swimmer = 1 free companion. There will be a 50 pesos entrance fee for each additional companion.

1.6.4 Registrations after **July 22, 2026 , 10:00 pm** will be considered late and will be charged an additional PhP 750 on top of the regular **PhP 1,500** entry fee per swimmer.

1.6.5 Fees for scratch and No-Show will be imposed. Participants will have to pay a fine of PhP 300 per event if they scratch and/or do not show up for an event.

1.6.6 In the Event that a swimmer cannot participate anymore, his/her fees will only be waived upon the submission of a Valid Medical Certificate.

1.7. Age Group

- 1.7.1 Age of Reckoning: Age as of **July 31,2026**
- 1.7.2 Age Groups:
6 and under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, 19-39, 40 above
PARA- Category
12 and under (Open)
13 and over (Open)

1.8 RIZAL MEMORIAL SPORTS COMPLEX GROUND RULES

- 1.8.1 Bringing of food and beverages inside the pool area is strictly prohibited.
- 1.8.2 Food can only be brought or eaten along the bleachers area.

1.9 EVENTS

- 1.9.1 Swimmers may enter up to 5 Individual events and 2 relays.
- 1.9.2 Para Swimmers may enter all 50 m events.

SPECIAL RELAYS

1.9.3 **Mixed Mystery Fun Relay**

- The Relay will be composed of 1 Coach, 2 Male - 2 Female

Example:

- | | |
|-----------------------|----------------------|
| 1 Coach (Male/Female) | |
| 2 Swimmers Male | 12-under and 13-over |
| 2 Swimmer Female | 12-under and 13-over |

PARA Swimming Event

- 1.9.4 Para-events consist of all four 50m Events
- 1.9.5 Para-swimming events will be ranked as open category with age
12 and Under, 13 and over
- 1.9.6 There will be three classifications for ranking/awarding the participants in each age group.
- 1.9.7 Para-swimming events shall only be participated in by swimmers who are intellectually, visually or orthopedically handicapped.
- 1.9.8 Para-swimmers must be accompanied by his/her Coach, guardian or trained assistant when necessary.

2. GENERAL RULES

- 2.1 All heats are timed finals.
- 2.2 The referee's decision is final.
- 2.3 Each spectator is required to pay PhP 50 entrance fee.
- 2.4 Health and Safety
 - 2.4.1 Participants of the 2nd Swim Meet 2026 are accountable for their own health and safety throughout the duration of the competition.

3. ORDER OF EVENTS

#	EVENT	AGE GROUP
101	4X50m Mixed Mystery Fun Relay with Coach	12 under and 13 over (2 Boys & 2 Girls)
102	4x50m Freestyle - Relay	13 and over (Boys)
103	4x50m Freestyle - Relay	13 and over (Girls)
104	50m Butterfly	12 and under (Boys)
105	50m Butterfly	12 and under (Girls)
106	50m Butterfly	13 and over (Boys)
107	50m Butterfly	13 and over (Girls)
108	50m Butterfly - Para	OPEN (Boys)
109	50m Butterfly- Para	OPEN (Girls)
110	50m Backstroke	12 and under (Boys)
111	50m Backstroke	12 and under (Girls)
112	50m Backstroke	13 and over (Boys)
113	50m Backstroke	13 and over (Girls)
114	50m Backstroke - Para	OPEN (Boys)
115	50m Backstroke - Para	OPEN (Girls)
116	100 Freestyle	12 and under (Boys)
117	100 Freestyle	12 & under (Girls)
118	100 Freestyle	13 & over (Boys)
119	100 Freestyle	13 & over (Girls)

LUNCH BREAK

#	EVENT	AGE GROUP
120	200m Individual Medley	13 and over (Boys)
121	200m Individual Medley	13 and over (Girls)
122	50m Breastroke - Para	OPEN (Boys)
123	50m Breastroke - Para	OPEN (Girls)

124	50m Breaststroke	12 and under (Boys)
125	50m Breaststroke	12 and under (Girls)
126	50m Breaststroke	13 and over (Boys)
127	50m Breaststroke	13 and over (Girls)
128	50m Freestyle - PARA	OPEN (Boys)
129	50m Freestyle - PARA	OPEN (Girls)
130	50m Freestyle	12 and under (Boys)
131	50m Freestyle	12 and under (Girls)
132	50m Freestyle	13 and over (Boys)
133	50m Freestyle	13 and over (Girls)
134	4x50 Individual Medley Relay (Mixed)	12 and under (2Boys)(2Girls)
135	4x50 Individual Medley Relay (Mixed)	13 and over (2Boys)(2Girls)

MAXIMUM OF 5 HEATS FOR 200M INDIVIDUAL MEDLEY

QUALIFYING TIMES:

Event 120 & 121

11 and over 200m IM

Boys - 3:00.00

Girls - 3:15.00

4. ENTRY REGULATIONS

- 4.1 The meet is open to all Club and School Swimming Teams.
- 4.2 Deadline for submission of entries is on July 22, 2026
- 4.3 Swimmers for ABCD category with no seed time submitted will be declared NT and be placed at the early heat.
- 4.4 All entry must be submitted using the official entry form with swimmers Name, Birthdate, Event Number, Seed Time and Duly signed by the Coaches at emernatienzo@yahoo.com and BCC to upisswimteam@gmail.com
- 4.5 Proof of payment shall be uploaded to upisswimteam@gmail.com on or before July 22, 2026.
- 4.6 Changes in entries on the day of the Competition will not be entertained.

- 4.7 **WITHDRAWALS** of registered names and Events will be until July 22, 2026.
- 4.8 An Administrative Fee of PhP 100 will be levied for every withdrawal made after the deadline on behalf of any swimmer and for any event.
- 4.9 The Administrative fee will be waived if the swimmers produce a Valid Medical Certificate, but the registration Fee will not be refunded.
- 4.10 For other concerns and/or inquiries regarding entries, you may contact **RAQUEL CHAN - 09175216824**.

5. PAYMENT OF REGISTRATION FEES

- 5.1 Payment must be deposited in full to the account of:
UPIS VST GCASH NUMBER - 0954-499-3693

6. WARM-UP and COOLDOWN

- 6.1 The gate of the Rizal Memorial Sports Complex Swimming Pool will open at 6:00am .
- 6.2 The competition pool will be open for warm-up before the morning session and during the lunch break before the afternoon session.
- 6.3 Lane Assignments will be based on the entries received by the organizer.
- 6.4 Warm-up time will start at 6:00am. Specific Lanes will be designated for general warm-up, sprints and turn practice.
Swimmers shall do pace swims within the designated lane of each club/team
- 6.5 Swimmers must clear the competition pool thirty (30) minutes before the competition starts.

7. COACHES MEETING

- 7.1 There will be Coaches meeting 30 minutes before the start of the meet.
- 7.2 Meet starts at exactly 8:00am

8. AWARDS AND RESULT

- 8.1 Medals will be awarded for the top three (3) swimmers of each event per category (Age Group)
- 8.2 The MOST Outstanding Swimmer (MOS) will be given to the swimmer with the highest points in each Age Group category.
- 8.3 Team Overall. Trophies shall be awarded to the overall champion, 1st Runner-up and 2nd runner-up (Based on the combined points for boys and Girls Event)

8.4. In case of a tie, the number of medals starting with Gold, Silver, Bronze will be considered.

POINTS SYSTEM

Individual:

	Class A	Class B	Class C	Class D
Place	Points	Points	Points	Points
1	25	15	10	9
2	20	12	8	7
3	16	10	7	6
4	12	7	6	5
5	10	6	5	4
6	8	5	4	3
7	6	4	3	2
8	5	3	2	1

Relays:

**(1st - 50pts) (2nd - 35pts) (3rd - 25pts) (4th - 20pts)
(5th - 18pts) (6th - 15pts) (7th - 12pts) (8th - 10pts)**

8. Competition Clause – Acts of God

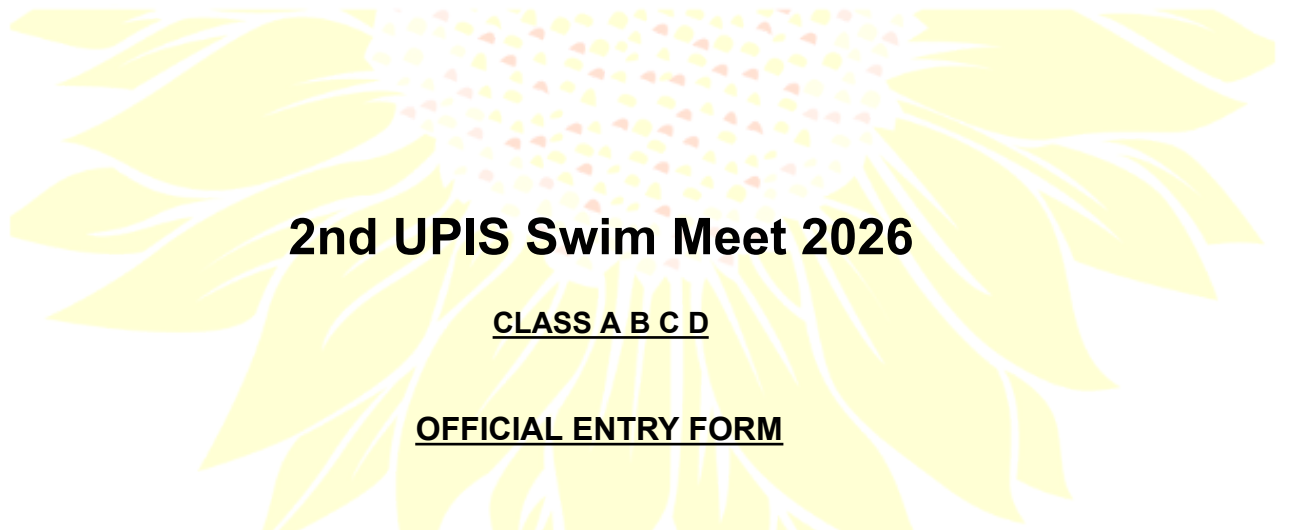
In the event of an Act of God (including, but not limited to, natural disasters, severe weather conditions, or any other circumstance beyond the control of the organizers), the competition may be postponed, rescheduled to another date, or moved to a different venue. The organizers reserve the right to make these decisions at their discretion. Please note that under these circumstances, the registration fee is non-refundable, regardless of the change in schedule or location.

9. Registration and Agreement to Competition Regulations.

By registering for the swimming competition, all swimmers acknowledge and agree to comply with the official regulations of the event. Registration serves as confirmation that the swimmer has read, understood, and accepted the terms and conditions outlined in this InfoKit, including but not limited to event rules, safety guidelines, and any changes or amendments made to the competition details.



1ST UPIS SWIM MEET



2nd UPIS Swim Meet 2026

CLASS A B C D

OFFICIAL ENTRY FORM

TEAM: _____

COACH: _____

CONTACT #: _____

E-MAIL ADD: _____

Total no. of swimmers: _____

Submit to: emermatienzo@yahoo.com

bcc: upisswimteam@gmail.com

Name of Swimmer (Last Name, First Name, MI.)	Date of Birth	Age as of	Gender assigned at	Event No.	Seed Time
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MEDIA CONSENT FORM

I, _____ (Participant Name), understand that this event will have media coverage during the conduct of the event in the form of photographs, videos, and live stream broadcast. I voluntarily give permission to the organizing team to capture and release any media that include my image in any live and post-event coverage.

By signing this form, I also hereby waive any right to inspect or approve the finished photographs or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the image.

Signature: _____

Date: ____ / ____ / ____

Parent/Guardian Name and Signature (if under 18): _____

Date: ____ / ____ / ____

