



R.P. SWIMMING LEAGUE, INC.



42nd PSL Leg Series

“2ND SEN. NIKKI COSETENG MOTIVATIONAL SPLASH”

May 12, 2013

Quezon City

**THIS COMPETITION WILL SERVE AS A QUALIFYING FOR THE PARTICIPATION
IN THE FORTHCOMING SINGAPORE SWIMMING MEET ON AUGUST 2013.**

LOCATION : DPS Swimming Pool, Commonwealth Avenue, Old Balara
Quezon City

FACILITIES : 25m. Pool, 6 lanes with anti-wave lines

TIME : 6:00 – 7: 30 AM – Warm-up in open lanes
8:00 – 8:15 AM – Coache’s meeting
8:15 – 8:45 AM – Opening Ceremonies
8:45 AM – Start of Competition

AGE CATEGORIES: 6&under, 7-8, 9-10, 11-12, 13-14, 15-17, 18&over (Boys and Girls)
(Results will be by age group)

REGISTRATION :

- ❖ Deadline for submission of entries: **May 5, 2013 (7:00 PM)**
- ❖ Late entries will not be accepted
- ❖ Entry Fees: **Php 350.00**
- ❖ **Registration and payment of entry fees will be collected before the meet starts.**
- ❖ Verifiable times must be submitted.
- ❖ Swimmers with no seed times submitted will be declared NT and be placed in the early heats.

All entries must be submitted using the official entry form with Swimmer’s name (print legibly), birthday, event no., seed time, contact nos. and duly signed by their coaches.



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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 Php 1,000.00. Only coaches will be entertained.

AGE OF RECKONING:

- ❖ **Age as of Date of Competition - (May 5, 2013)**
- ❖ 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:**
- ❖ Medals for GOLD, SILVER and BRONZE shall be awarded to the top three finishers for Boys and Girls.
 - ❖ Trophies will be awarded for the Most Outstanding Swimmers in each Age Group category for both Boys and Girls..
- Team:**
- ❖ Trophies shall be awarded to the Over-All Champion, the 1st Runner-up and 2nd Runner-up
(Based on the combined score for boys and girls events)

POINTS:

- Individual:** (1st -10), (2nd -8), (3rd -6), (4th -5), (5th -4), (6th -3), (7th -2), (8th -1)
- Relay:** (1st -20), (2nd -16), (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.



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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 is not allowed.
Entries must be duly signed by the teams' respective coaches.**

E-MAIL ENTRIES TO:

Guia Llaguno

Contact nos.

(0932) 8800400

(0926) 7204153

E-mail Address:

philswimleague@hotmail.com

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



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A	B	C	GIRLS	AGE	EVENT	BOYS	A	B	C
			1	6 & under yrs. old	25m. Butterfly	2			
20.15	24.00	30.97	3	7-8 yrs. old	25m. Butterfly	4	19.45	23.75	30.09
38.00	43.00	1:00.00	5	9-10 yrs. old	50m. Butterfly	6	37.65	42.50	59.35
35.79	41.79	53.62	7	11-12 yrs. old	50m. Butterfly	8	35.49	42.29	51.03
34.50	39.75	49.20	9	13-14 yrs. old	50m. Butterfly	10	33.45	38.45	48.65
31.95	35.78	47.88	11	15&over yrs. old	50m. Butterfly	12	31.00	36.50	47.56
			13	6 & under yrs. old	25m. Backstroke	14			
20.95	25.98	29.12	15	7-8 yrs. old	25m. Backstroke	16	21.50	25.85	32.94
38.00	45.00	58.18	17	9-10 yrs. old	50m. Backstroke	18	37.49	44.35	57.90
36.99	43.69	59.47	19	11-12 yrs. old	50m. Backstroke	20	35.89	42.69	54.13
35.81	40.69	49.32	21	13-14 yrs. old	50m. Backstroke	22	33.45	38.79	43.22
32.00	35.89	42.22	23	15&over yrs. old	50m. Backstroke	24	31.97	33.90	42.83
			25	6 & under yrs. old	25m. Breaststroke	26			
26.00	30.24	35.31	27	7-8 yrs. old	25m. Breaststroke	28	25.79	29.56	37.30
46.49	59.19	1:09.00	29	9-10 yrs. old	50m. Breaststroke	30	46.69	59.29	1:10.25
41.69	48.69	57.63	31	11-12 yrs. old	50m. Breaststroke	32	41.19	48.89	55.56
39.97	45.50	53.69	33	13-14 yrs. old	50m. Breaststroke	34	37.45	43.60	49.40
39.00	43.50	46.17	35	15&over yrs. old	50m. Breaststroke	36	36.00	42.00	46.82
			37	6 & under yrs. old	25m. Freestyle	38			
20.18	24.19	26.34	39	7-8 yrs. old	25m. Freestyle	40	19.98	23.12	30.41
35.49	43.99	55.62	41	9-10 yrs. old	50m. Freestyle	42	34.89	42.89	50.50
32.59	37.89	44.16	43	11-12 yrs. old	50m. Freestyle	44	31.59	36.89	42.81
31.69	36.89	42.31	45	13-14 yrs. old	50m. Freestyle	46	29.09	33.89	39.35
30.99	36.09	42.60	47	15&over yrs. old	50m. Freestyle	48	27.99	32.59	39.19
			49	10&under Open	4x25m. Free Relay	50			
			51	11&over Open	4x25m. Free Relay	52			