

## **A. LOA for National Schools Swimming Championships**

This is to excuse the following swimmers from all lessons and activities on the following days and times for the **53rd National Schools Swimming Championships**

**Heats: 16, 17, 19, 20 April 2012 (Mon, Tue, Thu, Fri)**

### **Day 1: Monday 16 April - PM SESSION 2 - HEATS**

**LOA from 11.45 am**

**201 Girls 13 & Under 50 Butterfly C Division**

HOR WAI YIN DILYS	208	Lane 3 Heat 3 of 3 Prelims 2.34 pm
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**211 Girls 13 & Under 100 Backstroke C Division**

LIEW LI-SHAN, CHANTAL	208	Lane 4 Heat 2 of 3 Prelims 4.02 pm
CHAN WEN-SHUEN	106	Lane 7 Heat 3 of 3 Prelims 4.05 pm

### **Day 2 Tuesday 17 April - AM SESSION 3 - HEATS**

**LOA from 7.00 am**

**311 Girls 13 & Under 100 Breaststroke C Division**

TAN SHAO QI, NICOLE	108	Lane 3 Heat 2 of 3 Prelims 11.20 am
LOO HEE WEN	107	Lane 2 Heat 3 of 3 Prelims 11.23 pm

**312 Girls 14-16 100 Breaststroke B Division**

JOANNA LEE SI HAN	405	Lane 6 Heat 1 of 2 Prelims 11.26 am
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### **Day 2 Tuesday 17 April - PM SESSION 4 - HEATS**

**LOA from 11.45 am**

**403 Girls 13 & Under 50 Backstroke C Division**

LIEW LI-SHAN, CHANTAL	208	Lane 4 Heat 1 of 3 Prelims 2.54 pm
CHAN WEN-SHUEN	106	Lane 6 Heat 1 of 3 Prelims 2.54 pm

**404 Girls 14-16 50 Backstroke B Division**

SHARYN FOO FONG YI	413	Lane 6 Heat 3 of 3 Prelims 3.03 pm
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**407 Girls 13 & Under 200 (4x50) Freestyle Relay C Division - 6 students (2 reserve)**

TAN SHAO QI, NICOLE	108	Lane 3 Heat 2 of 2 Prelims 3.31 pm
CELINE MARK WEI'EN	206	
CHLOE YINGYUN YAN	207	
LIEW LI-SHAN, CHANTAL	208	
HOR WAI YIN DILYS	208	
NICOLE LEE JIA SHING	208	

## Day 3 Thursday 19 April - AM SESSION 5 - HEATS

LOA from 7.00 am

### 501 Girls 13 & Under 50 Freestyle C Division

TAN LI YAN, NICOLE	103	Lane 6 Heat 2 of 4 Prelims 9.02 am
CHLOE YINGYUN YAN	207	Lane 6 Heat 3 of 4 Prelims 9.04 am
CELINE MARK WEI'EN	206	Lane 4 Heat 4 of 4 Prelims 9.06 am

### 502 Girls 14-16 50 Freestyle B Division

HOR KAR YIN CARYS	308	Lane 7 Heat 3 of 5 Prelims 9.11 am
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### 507 Girls 13 & Under 200 Breaststroke C Division

NICOLE LEE JIA SHING	208	Lane 6 Heat 2 of 2 Prelims 10.02 am
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### 508 Girls 14-16 200 Breaststroke B Division

JOANNA LEE SI HAN	405	Lane 6 Heat 2 of 2 Prelims 10.12 am
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## Day 3 Thursday 19 April - PM SESSION 6 - HEATS

LOA from 11.45 am

### 603 Girls 13 & Under 100 Butterfly C Division

HOR WAI YIN DILYS	208	Lane 2 Heat 1 of 2 Prelims 2.52 pm
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### 609 Girls 13 & Under 200 (4x50) Medley Relay C Division - 6 students (2 reserve)

TAN SHAO QI, NICOLE	108	Lane 5 Heat 1 of 2 Prelims 3.34 pm
CELINE MARK WEI'EN	206	
CHLOE YINGYUN YAN	207	
LIEW LI-SHAN, CHANTAL	208	
HOR WAI YIN DILYS	208	
NICOLE LEE JIA SHING	208	

## Day 4 Friday 20 April - AM SESSION 7 - HEATS

LOA from 7.00 am

### 701 Girls 13 & Under 100 Freestyle C Division

CHLOE YINGYUN YAN	207	Lane 6 Heat 2 of 4 Prelims 9.03 am
CELINE MARK WEI'EN	206	Lane 4 Heat 3 of 4 Prelims 9.05 am
TAN LI YAN, NICOLE	103	Lane 2 Heat 4 of 4 Prelims 9.08 am

### 707 Girls 13 & Under 50 Breaststroke C Division

TAN SHAO QI, NICOLE	108	Lane 3 Heat 3 of 4 Prelims 10.09 am
NICOLE LEE JIA SHING	208	Lane 6 Heat 3 of 4 Prelims 10.09 am
LOO HEE WEN	107	Lane 2 Heat 4 of 4 Prelims 10.11 am

### 708 Girls 14-16 50 Breaststroke B Division

HOR KAR YIN CARYS	308	Lane 6 Heat 2 of 3 Prelims 10.15 am
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**LOA for finals to be confirmed later.**  
**Finals: 24 April 2012 (Tue) AM & PM**  
**Grand Finals: 25 April 2012 (Wed) PM**

## **B. Safety Guidelines**

1. **First Aid Kit:** The teacher-in-charge would have a first aid kit for treatment of basic injuries.
2. **Medical history:** We must keep the teacher-in-charge informed of our medical history or injury (recent or recurring).
3. **Lightning warning and PSI (Pollutants Standards Index):** We must follow any warning issued and keep out of the pool (lightning warning or PSI > 100).
4. **Before/during any training or competition**
  - a. **Hydration:** We must drink sufficient water to prevent dehydration.
  - b. **Health** - If we are injured or unwell, we must inform the teacher-in-charge or the coach.
  - c. **Hard/sharp objects/accessories:** We must remove these items to prevent physical injuries.
  - d. **Pre-training preparations:** We must follow the coach's instructions to do warm-up exercises
  - e. **Personal equipment:** We must check the condition of our personal equipment, e.g. goggles, swim cap, personal flotation device (PFD).
  - f. **Post-training:** We would do cooling down exercises after training or competition.

## **C. Rules and Regulations**

1. **Warming-up in the Competition Pool** may be done up to 15 minutes before the first event on the preliminary days and up to 30 minutes before the first event on the Final Day of competition.
2. The names of the swimmers of the **relay team** and their order of competing must be submitted to the Clerk of Course at least half an hour before their event. The team must swim in the order listed in the submission.
3. All competitors are **to be ready at least half an hour before their scheduled events**. They are to report to the Clerks of Course **IMMEDIATELY** when called upon to do so. Latecomers will not be permitted to swim the event when the competitors for the event have been dispatched to the starting point.
4. **Withdrawals** will only be allowed for valid reasons. Any competitor who withdraws without a valid reason will not be allowed to participate in subsequent events including relay races.
5. All swimmers, when not competing, are to **remain in the competitor's area**. They are **not** to go near the edge of the pool. Any sideline coaching may lead to the disqualification of the particular competitor/s.

6. The Official's Control Room is **OUT OF BOUNDS** to all unauthorized persons.
7. **Prize-winners** are to report to the prize-stewards **IMMEDIATELY** upon being called. Prizes will be awarded for the first three positions of each event. Plaques will be presented to the top four champion schools for each division on the final day.

Prepared by  
Mr Ang JL  
9 Apr 2012