



## **BMAC Swimming Long Course Championships 2023**

Dear Coaches,

Bangkok Patana School is delighted to host the first ever BMAC Swimming Long Course Championships. To mark the end of a very successful season for all schools, swimmers of all age groups are invited to compete against the fastest swimmers in the conference.

The meet will take place on Saturday 11 March - Sunday 12 March, 2023. This will be run under FINA rules and officiated by Bangkok Swimming officials. There are no limits on the number of swimmers you wish to enter for the meet but please refer to the meet information below regarding entry/scoring limits.

Once again we are delighted to host our BMAC community in this fantastic end of season meet. Best of luck to everyone competing.

Regards,

Tim Tripp - BPS TigerSharks Head Coach

**Meet Information**

## Age Groups

- Age groups will be the following: 10&Under, 11-12, 13-14 and 15&Over.
- Age of the swimmer is as of the first day of the first BMAC swimming event each year on the BMAC calendar - this is January 29, 2023.
- Swimmers are not permitted to swim up age groups including the participation of relay events.
- It is the discretion of the head coach of each competing school to enter a swimmer under the age of nine years old. It is discouraged that any swimmer of this age who has not previously competed long course, enter their first meet in a conference format.

## Event Entries

- Swimmers are permitted to enter up to five individual events per day and can enter as many relay events within their respective age group.
- Swimmers who are looking to swim up an age group will have their entries automatically rejected.
- **Entries will be due 5pm on Monday 6 March.** Any entries beyond this point will not be accepted.
- Entry reports will be sent back to competing schools for checking.
- Any event corrections can be made and returned no later than 5pm . Any event corrections beyond this point will not be accepted.
- Psych sheets and meet programs will be shared with all visiting schools at 12pm on Thursday 9 March.

## Rules and Regulations

- FINA rules will apply throughout the meet.
- Protests and scratches can be submitted by a team coach. No parental queries will be entertained. There will be a 30-minute time limit for protests following the posting of official results as per FINA rules.
- Electronic timing will be used along with a full TASA official's team
- All events will be run as timed finals.

## Warm Up/Down Facilities

- A fixed warm up schedule will be shared with the competing schools when final information is shared in the week of the meet.
- The 25 pool will be available for athletes to use as a warm down pool.
- If schools wish athletes to use the warm down pool they must be accompanied by a coach of that school.

## Scoring

- The top eight individual swimmers and top three relays may score points per event.
- A school may wish to enter as many individuals or relays as they can. Only the top three individuals and A relay can score in each event.

Placing	Individual Points	Relays Points
1st	10	20
2nd	8	16
3rd	6	12
4th	5	
5th	4	
6th	3	
7th	2	
8th	1	

#### Awards

- Individuals and relays who finish 1st, 2nd or 3rd respectively will receive a medal for that event.
- Highest scoring age group teams, male and female will receive a trophy.
- Highest scoring male and female FINA point swimmers will receive a trophy.
- Record breakers at both events will receive a record breaker certificate.

#### Entry Fee

- There will be an entry fee of 1,000THB per swimmer.