

25 TECHNICAL HANDBOOK PER SPORTS

25.1 AQUATICS – SWIMMING

25.1.1 COMPETITION DATES

October 26 – 30, 2025

25.1.2 COMPETITION VENUE

Antonio C. Acharon Sports Complex - Swimming Pool

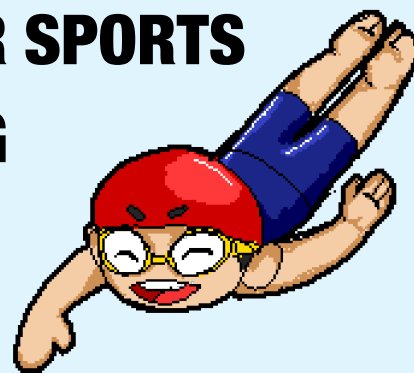
25.1.2.1 Competition Pool: 8 lanes 50 Meters Long Course

25.1.2.2 Training Sessions prior to start of the meet:

25.1.2.2.1 Training sessions will be provided 2 days before the competition starts.

25.1.2.2.2 Training will follow the “OPEN Training” system – meaning that teams can train at any time within the specified training times for an unlimited duration.

25.1.2.2.3 Two (2) days before competition



TIMES	DURATION
07:00 - 11:00 AM	4 Hours
01:00 - 05:00 PM	4 Hours

25.1.3 COMPETITION MANAGEMENT



Tournament Director	Richard Luna
Asst. Tournament Director	
NSA CONTACT DETAILS	

25.1.4 COMPETITION EVENTS

25.1.4.1 **Mixed Age** - Swimmers will compete in mixed group categories (12 - 13, 14 - 15 and 16 - 17) years old for boys and girls in the 200M Individual Medley. Medals will be awarded to the top three (3) placers per event per age group.

25.1.4.2 **Age Group for Boys and Girls** - 12 - 13, 14 - 15, 16 - 17 years old

25.1.5 COMPETITION SCHEDULE

Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards.



DAY 1 TO 5

Warm-up - 06:00 - 07:45 AM

Start of Competition - 08:00 AM

BOYS	DAY 1	GIRLS
101	200 M Individual Medley (Mixed Age Group 12-17)	102
103	100 M Freestyle 12 - 13 years	104
105	100 M Freestyle 14 - 15 years	106
107	100 M Freestyle 16 - 17 years	108
109	50 M Backstroke 12 - 13 years	110
111	50 M Backstroke 14 - 15 years	112
113	50 M Backstroke 16 - 17 years	114

BOYS	DAY 2	GIRLS
201	50 M Butterfly 12 - 13 years	202
203	50 M Butterfly 14 - 15 years	204
205	50 M Butterfly 16 - 17 years	206
207	100 M Breaststroke 12 - 13 years	208
209	100 M Breaststroke 14 - 15 years	210
211	100 M Breaststroke 16 - 17 years	212
213	200 M Backstroke 12 - 13 years	214
215	200 M Backstroke 14 - 15 years	216
217	200 M Backstroke 16 - 17 years	218

BOYS	DAY 3	GIRLS
301	50 M Freestyle 12 - 13 years	302
303	50 M Freestyle 14 - 15 years	304
305	50 M Freestyle 16 - 17 years	306
307	100 M Butterfly 12 - 13 years	308

BOYS	DAY 3	GIRLS
309	100 M Butterfly 14 - 15 years	310
311	100 M Butterfly 16 - 17 years	312
313	200 M Breaststroke 12 - 13 years	314
315	200 M Breaststroke 14 - 15 years	316
317	200 M Breaststroke 16 - 17 years	318

BOYS	DAY 4	GIRLS
401	100 M Backstroke 12 - 13 years	402
403	100 M Backstroke 14 - 15 years	404
405	100 M Backstroke 16 - 17 years	406
407	200 M Butterfly 12 - 13 years	408
409	200 M Butterfly 14 - 15 years	410
411	200 M Butterfly 16 - 17 years	412
413	4x50 M Freestyle Relay 12 - 13 years	414
415	4x50 M Freestyle Relay 14 - 17 years	416

BOYS	DAY 5	GIRLS
501	50 M Breaststroke 12 - 13 years	502
503	50 M Breaststroke 14 - 15 years	504
505	50 M Breaststroke 16 - 17 years	506
507	200 M Freestyle 12 - 13 years	508
509	200 M Freestyle 14 - 15 years	510
511	200 M Freestyle 16 - 17 years	512
513	4x50 M Medley Relay 12 - 13 years	514
515	4x50 M Medley Relay 14 - 17	516

Award and Ranking by age group (12 - 13 years / 14 - 15 years / 16 - 17 years)



25.1.6 ELIGIBILITY

- 25.1.6.1** Representation is strictly by Local Government Unit (LGU). This may be in the form of a provincial or city representation. No athlete shall be accepted without accreditation of a particular LGU.
- 25.1.6.2** Age of reckoning for Age Group shall be age as of December 31, 2025 and able to meet the LGU eligibility requirements and Entry requirements.
- 25.1.6.3** No athlete shall be allowed to represent more than one LGU during the 2025 edition of Batang Pinoy Swimming Competition.

25.1.7 COMPETITION RULES AND REGULATIONS

- 25.1.7.1** The International Swimming and Technical Rules of World Aquatics (WA) and the PSC Batang Pinoy National Championship Rules will govern the swimming competition. Coaches are expected to know the WA Swimming Rules and educate their swimmers about them.
- 25.1.7.2** Competition will be in Timed Finals Format.
- 25.1.7.3** In matters not provided for, decisions shall rest with the Technical and/or the Organizing Committee.
- 25.1.7.4** A swimmer who fails to swim an event will not be allowed to swim his succeeding events for the day unless otherwise for medical reason and that swimmer must submit a medical report from the PSC Batang Pinoy National Championship Official Medical Physician.
- 25.1.7.5** Four (4) names of swimmers in order of swim for relay team entries must be submitted in the master list of entries. Relay order of swimmers one (1) to four (4) only may be changed by 7:00 A.M. before the start of the relay competition day.
- 25.1.7.6** Conduct of Coaches and Athletes.
Must possess and visibly wear a current PSC Batang Pinoy National Championship Accreditation Card. Only coaches, officials and swimmers will be permitted on designated areas at the pool deck. By their submission of entries, all coaches verify and ensure that all their entries and certifications for eligibility or proof of time in the competition are accurate.

To respect the interest of the PSC BATANG PINOY NATIONAL CHAMPIONSHIP:

- 25.1.7.6.1** Coaches shall conduct themselves in a manner that reinforces their place as leaders and role models, and encourage positive communication between themselves and the athletes, referees, Technical Officials, administrators and general public.
- 25.1.7.6.2** Coaches should be role models and educators for the sport and community and they should take care of their status and reputation.
- 25.1.7.6.3** Coaches shall at all times conduct themselves in a manner that reflects the spirit of fair play and sporting behavior.
- 25.1.7.6.4** They shall give due regard to the authority of officials and the rights of opponents, spectators and others.

- 25.1.7.6.5** Coaches shall not give, make, issue, authorize or endorse any public statement which would damage the best interest of the PSC Batang Pinoy National Championship and the sport of swimming.
- 25.1.7.6.6** Coaches should respect the rights of others to hold values, attitudes and opinions that differ from their own.
- 25.1.7.6.7** Scratches and No Show
- 25.1.7.6.7.1** Every team will receive their official summary entry list via email prior to the event for review / corrections.
- 25.1.7.6.7.2** Coaches are responsible for checking all entry data, including accurate entry, entry times, birthdate, age, gender and the spelling of athlete's names prior to the coaches meeting.
- 25.1.7.6.7.3** Only corrections will be accepted during the Coaches Meeting at the Solidarity Meeting.
- 25.1.7.6.7.4** After that time, **NO changes and corrections** will be accepted.
- 25.1.7.6.7.5** **"NO SHOW" (DNS)** swimmers that are not scratched by their coach in an event on the day of competition will not be permitted to swim in subsequent events in that session for the day.
- 25.1.7.6.8** No Smoking
Smoking is not allowed in the swimming competition venue.

25.1.8 COMPETITION FORMAT

25.1.8.1 Warm Up

- 25.1.8.1.1** The pool will be open for swimmers' warm-up at least two (2) hours before each session of competition.
- 25.1.8.1.2** Use of swim paddles during warm-up is prohibited.
- 25.1.8.1.3** Specific Lanes will be designated for General warm-up and/or sprint and pace training starting 6:45 A.M.
- 25.1.8.1.4** Swimmers must clear the pool 15 minutes before the start of the competition.
- 25.1.8.1.5** Dive Sprint lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when diving and doing backstroke starts.
- 25.1.8.1.6** Lane assignments for warm-up will be in accordance with WA Warm-up Guidelines.
- 25.1.8.1.7** Swimmers must at all times be supervised by their coach during warm-up and competition.
- 25.1.8.1.8** A warm-up and swim down pool is available during competition

TRAINING AND WARM UP LAYOUT

WARM UP GUIDELINES

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 06:50 AM when the competition pool converts to the following diagram.



TURNING END

9	8	7	6	5	4	3	2	1	0
Turn Practice	Turn Practice	Turn Practice	Circle Only	Circle Only	Circle Only	50m Pace Lane Only	Turn Practice	Turn Practice	Turn Practice
Walk Back To start	Walk Back To start	Walk Back To start					Walk Back To start	Walk Back To start	Walk Back To start
15m Dive Sprint Only	15m Dive Sprint Only	15m Dive Sprint Only	Circle Only	Circle Only	Circle Only	50m Pace Lane Only	25m Dive Sprint Lane	25m Dive Sprint Lane	25m Dive Sprint Lane
9	8	7	6	5	4	3	2	1	0

COMPETITION POOL START / FINISH END

NOTE: Coaches are expected to follow the warmup guidelines starting at 06:45 AM and supervise their swimmers during the warmup to ensure order and safety. Likewise, only authorized personnel are allowed on deck. Only the coach with relevant official business may approach the officials table in behalf of the swimmer. Any coach or team that violates any of the rules and allows an unauthorized individual or parent to be on deck or at the official's table will be accorded with the corresponding disciplinary action.

25.1.8.2 Awards

25.1.8.2.1 Individual medals will be given to the top 3 winners of each event per age group.
Age Groups: 12 - 13, 14 - 15, 16 - 17 years old.

25.1.8.3 Adapted Competitors

Tournament Directors will ensure that differently abled swimmers are allowed to participate in the meet.

25.1.9 NUMBER OF ENTRIES

Registration and entries of participating athletes, coaches shall be through the host LGU (Local Secretariat). All swimming entries accepted by host LGU are to be submitted via email until 05:00PM of the entry deadlines.

25.1.9.1 Completed entry forms and eligibility requirements must be submitted by LGU Secretariat on or before the deadlines.

25.1.9.2 Participating LGU teams must also email **participant's Individual Swimming Entry Forms** to:

MR. RICHARD G. LUNA
Tournament Director
Email : coachrichardluna@gmail.com
Cc : acosico@yahoo.com / ricpolo12@yahoo.com
CP: 0998-8523457 / 0991-6438745

Entries will be confirmed if received. Please reconfirm by phone if your entries have been received.

- 25.1.9.3** The Swimming Committee, through its representative, shall supervise and monitor the conduct of the meet as well as the results and performances of athletes. All submitted entry forms of participants will be processed and approved based on eligibility requirements and policies on participation.

25.1.9.4 Entry Regulations

- 25.1.9.4.1** Age of reckoning for Age Group: December 31, 2025.
- 25.1.9.4.2** Official entry forms must be used in entering swimmers. All entry forms must be signed by the responsible coach and must indicate all necessary information. Entry which does not follow the entry procedure or incomplete entries will not be accepted.
- 25.1.9.4.3** A swimmer may only enter up to five (5) individual events and 2 relays.
- 25.1.9.4.4** Each LGU is allowed to enter two (2) swimmers per individual event and one relay team only in the relay events.
- 25.1.9.4.5** To be eligible to participate, swimmers must meet the eligibility requirements for LGU representation and entry requirements.
- 25.1.9.4.6** Entry times of swimmers must have been achieved in a long course 50 Meter pool. NO TIME (NT) entry will not be accepted.
- 25.1.9.4.7** All events will be pre-seeded.
- 25.1.9.4.8** Changes to entries on the day of competition will not be accepted.
- 25.1.9.4.9** Additional entries on the day of competition will not be accepted.
- 25.1.9.4.10** For assessment and accreditation purposes, all participants (athletes and coaches) must pre-register via PSC website and enter entries using the PSC Batang Pinoy Swimming Entry Form.
- 25.1.9.4.11** LGUs shall submit their Individual Entry Forms and other entry requirements.

25.1.9.5 Mandatory Documents

The following are proof of eligibility of athletes to be submitted by LGU's:

- 25.1.9.5.1 Birth Certificate** of Athlete (Certified true copy) – From NSO or the office of the Local Civil Registrar;
- 25.1.9.5.2 LGU Endorsement A** (Entry by Number per Event) – Delegation List indicating the number of participating athletes certified by the LGU Head or Administrator.
- 25.1.9.5.3 LGU Entry Form B** (Entry by Name per Event) – Delegation Master List indicating sport, names and ages of athletes to be certified by the LGU Head or Administrator. This form will be submitted to the Batang Pinoy National Secretariat together with the abovementioned proof of eligibility of athletes at:

NATIONAL BATANG PINOY SECRETARIAT
Philippine Sports Commission
Rizal Memorial Sports Complex
Pablo Ocampo Sr. Street, Malate, Manila 1004



Supporting documents such as Medical Clearance, Waiver of Liability Form and Birth Certificate of participating athletes shall be sent to the National Secretariat.

25.1.10 TEAM LEADERS' MEETING AND DRAWS

Coaches' Meeting will be held on the first day of swimming competition at 7:45 A.M., at the competition venue briefing area before the start of competition.

25.1.10.1 The Meeting will provide updated sport specific information for all coaches and team officials.

25.1.10.2 All Accredited teams must be represented at this meeting, as there will be a review of the competition procedures, athlete flows, warm up procedures, victory ceremonies, etc. if necessary.

25.1.11 PROTESTS AND APPEALS

25.1.11.1 Protests

25.1.11.1.1 All participating LGUs may file formal protests with the PSC Batang Pinoy National Championship Secretariat regarding athletes' eligibility (age and residency requirement) only.

25.1.11.1.2 Petitioning LGUs shall submit an accomplished Protest Form to be provided by the Games Secretariat addressed to the PSC Batang Pinoy Organizing Committee for action.

25.1.11.1.3 Any documents to support protest on an athlete's eligibility except birth certificate shall be attached to the Protest Form.

25.1.11.1.4 The protest must be signed by the Head of Delegation only. Filed protests signed by any other delegation official, coach or parent will NOT be accepted. Athletes are NOT allowed to file any protests.

25.1.11.1.5 The Protest Form must be submitted in two (2) copies to the PSC Batang Pinoy Secretariat.

25.1.11.1.6 The protest must be filed twenty-four (24) hours before the athlete is to compete in his/her event's elimination round/phase.

25.1.11.1.7 Any protests regarding game/match results and officiating should be filed with the Tournament Manager of the sport concerned within 30 minutes after the conclusion of the event.

25.1.11.1.8 A non-refundable protest fee of Fifteen Thousand Pesos (Php15,000.00) shall be paid by the petitioning LGU.

25.1.11.1.9 All protests are to be entertained during the games only.

25.1.11.2 Appeals

25.1.11.2.1 All participating LGUs may file formal appeals with the PSC Batang Pinoy Secretariat on Tournament Managers' decisions on protests regarding game/match results and officiating only.

25.1.11.2.2 Petitioning LGUs shall submit an accomplished Appeals Form addressed to the PSC Batang Pinoy Jury of Appeals for proper action.

25.1.11.2.3 The following documents shall serve as supporting attachments for the appeal:

25.1.11.2.3.1 Name of athlete, technical official, and LGU concerned

- 25.1.11.2.3.2** Copy of official game/match result certified by Tournament Management
- 25.1.11.2.3.3** Copy of the protest decision rendered by the Referee.
- 25.1.11.2.4** The appeal must be signed by the Head of Delegation only. Filed appeals signed by any other delegation official, coach, or parent will NOT be accepted. Athletes are NOT allowed to file any appeals.
- 25.1.11.2.5** The Appeal Form must be submitted in two (2) copies to the Batang Pinoy Secretariat.
- 25.1.11.2.6** The appeal must be filed within sixty (60) minutes after the decision has been rendered together with the appeals fee provided by PSC.
- 25.1.11.2.7** The Jury of Appeals shall deliberate on the appeal and issue their decision on the same through writing.

