



CSC SWIMMING INVITATIONAL CHAMPIONSHIPS 2026

STRONGER TOGETHER IN THE WATER

10 - 12 JULY 2026
Chinese Swimming Club
Sports Complex

EVENT INFORMATION

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1.0 COMPETITION INFORMATION

1.1. The details of the meet are:

a. Competition

CSC Swimming Invitational Championships 2026

b. Venue

Chinese Swimming Club

21/34 Amber Road, Singapore 439870

Sports Complex, Level 1

Competition Pool

1.2. There is a total of 5 sessions for this meet:

SESSION	DATE	DAY	TIME	WARM-UP	POOL CLOSE
1	10 th July	Friday	5:00pm	3:15pm	4:45pm
2	11 th July	Saturday	8:30am	7:00am	8:15am
3	11 th July	Saturday	2:00pm	12:30pm	1:45pm
4	12 th July	Sunday	8:30am	7:00am	8:15am
5	12 th July	Sunday	2:00pm	12:30pm	1:45pm

1.3. The events in the competition are as follows:

INDIVIDUAL EVENTS								
EVENT / GROUP	7 YRS & UNDER	8 YRS	9 YRS	10 YRS	11 YRS	12 YRS	13 – 14 YRS	15 – 16 YRS
50m Freestyle	*	*	*	*	*	*	*	*
100m Freestyle	*	*	*	*	*	*	*	*
200m Freestyle		*	*	*	*	*	*	*
400m Freestyle**				*	*	*	*	*
50m Backstroke	*	*	*	*	*	*	*	*
100m Backstroke	*	*	*	*	*	*	*	*
50m Breaststroke	*	*	*	*	*	*	*	*
100m Breaststroke	*	*	*	*	*	*	*	*
50m Butterfly	*	*	*	*	*	*	*	*
100m Butterfly		*	*	*	*	*	*	*
200m Individual Medley		*	*	*	*	*	*	*
Total No. of Events	7	10	10	11	11	11	11	11

** Min QET applies

TEAM RELAY					
EVENT / GROUP	7 - 8 YRS	9 -10 YRS	11 – 12 YRS	13 – 14 YRS	15 – 16 YRS
4x50m Freestyle Relay	*	*	*	*	*
4x50m Medley Relay	*	*	*	*	*
Total No. of Events	2	2	2	2	2

- 1.4. A registration fee of **S\$119.90** (*inclusive of 9% GST*) will be levied for each swimmer.
- 1.4.1. The registration fee of S\$119.90 will entitle each swimmer to register **up to a maximum of 5 individual events**.
- 1.4.2. Extra individual events will be charged at **S\$21.80** (*inclusive of 9% GST*) per event – **maximum of additional 2 events per swimmer**.
- 1.5. An entry fee of **S\$59.95** (*inclusive of 9% GST*) will be charged for each relay team entry. Each club is allowed a **maximum of 2 teams per relay**.

2.0 GENERAL INFORMATION

- 2.1. The Meet shall be conducted under the Rules and By-Laws of World Aquatics as prescribed in the Competition Regulations (18 February 2026). **One-start rule applies**. The list of approved swim suites can be viewed at <https://www.worldaquatics.com/swimming/approved-swimwear>.
- 2.2. All events will be swum as Timed Finals.
- 2.3. Races will be combined in the interest of time, but medals will be awarded according to swimmers' respective age groups.
- 2.4. Competitors shall be seeded from the **fastest to slowest** in these 2 categories: **12&Under & 13&Over**.
- 2.5. The meet will run in the Long Course Meters (LCM) format.
- 2.6. The meet shall run using **Over The Top Start Format**. However, "Over the Top" will not be used for 50m races, backstroke and relay events. Kindly advise your swimmers to remain in their respective lanes and move immediately back 1m as soon as they finished the race. **DO NOT MOVE INTO ANY OTHER LANE** and exit to pool as they normally do when the next race starts.

2.7. **Order of Events** – This is the tentative order of events. This order of events will only be confirmed with the release of the Start List on **Wednesday, 8th July 2026**. The organiser reserves the right to rearrange the order of events or cancel the events to ensure smooth running of the event. The exact start time is also subject to change depending on the entries received.

2.8. Age computation will be as of 31st December 2026, i.e.

16 years	Born in 2010
15 years	Born in 2011
14 years	Born in 2012
13 years	Born in 2013
12 years	Born in 2014
11 years	Born in 2015
10 years	Born in 2016
9 years	Born in 2017
8 years	Born in 2018
7 years & under	Born in 2019 and after

2.9. A swimmer may only compete in the stipulated age group in which he/she falls under.

2.10. **All relay swimmers must be registered for at least one individual event.**

2.11. The Team Leader/Manager Meeting will be held as follows:

Date : Monday, 6th July 2026

Time : 11.00am (via Zoom)

2.12. The Psych Sheet will be sent to participating clubs for verification by **Friday, 26th June 2026**.

The Start List will be sent on **Wednesday, 8th July 2026**.

2.13. Please kindly note that shower facilities are available. However, swimmers are required to bring their own towels and toiletries.

3.0 ELIGIBILITY

3.1 The meet is open to any swimmer who falls within age categories as indicated in 2.8.

4.0 ENTRY REGULATIONS

4.1 Entries closing date: **12 noon on Friday, 19th June 2026**.

4.2 There will be no qualifying times for this meet. However, they are required to achieve the minimum time standard as published in the info pack for their respective events at the CSC Swimming Invitational Championships 2026. An administrative fee of **\$32.70** (*inclusive of 9% GST*) **per event** will be imposed if the swimmer returns a time slower than the minimum time standard.

4.3 Submission of Entries:

- a. All participating Clubs are required to submit entries electronically via the Hy-Tek Sports Software's Team Manager Format to cscinvitational@chineseswimmingclub.org.sg. Clubs which do not own the software may download a free version Team Manager Lite from <http://www.hy-tek.com/downloads.html>.
- b. In the Relay Events, the names of swimmers of the relay team and their order of swim must be submitted to the Control Room before 9.00am on the day of the competition. The team must swim in the order according to the submission.
- c. Only 1 relay team per club in the respective relay events is eligible for points and medal contention.
- d. If any club(s) enters two teams in the same relay event, only the higher ranked relay team will be eligible for medals and points contention.

4.4 Payment for all registration and entries for local team are to be made before **11.00am on the day of the Team Leaders Meeting (Monday, 6th July 2026)**. If payment for entry fees is not made on time, the entries will not be accepted.

4.5 Payment can be made via Bank transfer, cash, NETS, or cheque to the following details:

Name of BANK: DBS Bank Ltd

Name of Branch: Parkway Parade

Address of Bank: 80 Marine Parade Road, #01-12 Parkway Parade, Singapore 449269

Account Number: 004-006218-3

SWIFT code: DBSSGSG

Name of recipient: Chinese Swimming Club

Recipient's telephone number: 65 6885 0685/0689

Cheque Payment: Chinese Swimming Club

4.6 Payment for all registration and entries for overseas team are to be made via telegraphic transfer by **Friday, 26th June 2026**.

5.0 GENERAL MEASURES FOR COMPETITION / EVENT

5.1 OVERVIEW

- 5.1.1 In resuming aquatics competition / event, the objective of the CSC remains the safety of all participants and to ensure the risk of communal infections are minimised.
- 5.1.2 All personal are to stay at home and should not participate, if they are / have:
 - (1) Medical Leave;
 - (2) ART+, PCR+ and tested positive of COVID-19;
 - (3) with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild;
 - (4) with a temperature above 38 degrees Celsius are considered as having a fever;

5.2 ASSISTED SELF MARSHALLING CONCEPT

- 5.2.1 Swimmers are responsible for being ready to take their position on the starting platform or in the water when whistled up by the Referee.
- 5.2.2 Swimmers will self-marshall with assistance. Check Starters will be available to assist, support and direct swimmers on the pool deck when requested by the swimmer.
- 5.2.3 Swimmers are required to know what event, heat and lane they will be swimming in from the published program.
- 5.2.4 Swimmers should report behind the starting block.
- 5.2.5 Swimmers are expected to be ready for the whistles to start their heat.

6.0 DNS/WITHDRAWALS

- 6.1 An administrative fee of **S\$32.70** (*inclusive of 9% GST*) shall be imposed on each withdrawal of entered event after the release of the start list till sixty (60) minutes before the start of each session.
- 6.2 Withdrawals within sixty (60) minutes of the start of each session or without notification to the Control Room Supervisor shall be deemed Did Not Show or Did Not Start (DNS). A penalty of **S\$54.50** (*inclusive of 9% GST*) shall be imposed on all DNS.
- 6.3 The administrative fee and penalty will be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in any further races for the day.

7.0 MEDALS & SCORING SYSTEM

- 7.1 Medals will be awarded to the top 3 positions for individual and relay events.
- 7.2 The scoring system used in this meet for both individual and relay events will follow the table below:

Individual

PLACING	1	2	3	4	5	6	7	8	9	10
POINTS	15	12	10	8	6	5	4	3	2	1

Relay

PLACING	1	2	3	4	5	6	7	8	9	10
POINTS	20	15	12	10	6	5	4	3	2	1

- 7.3 The Challenge Trophy Team Championship Trophy will be given to the top team that achieves the highest points tally in this meet.

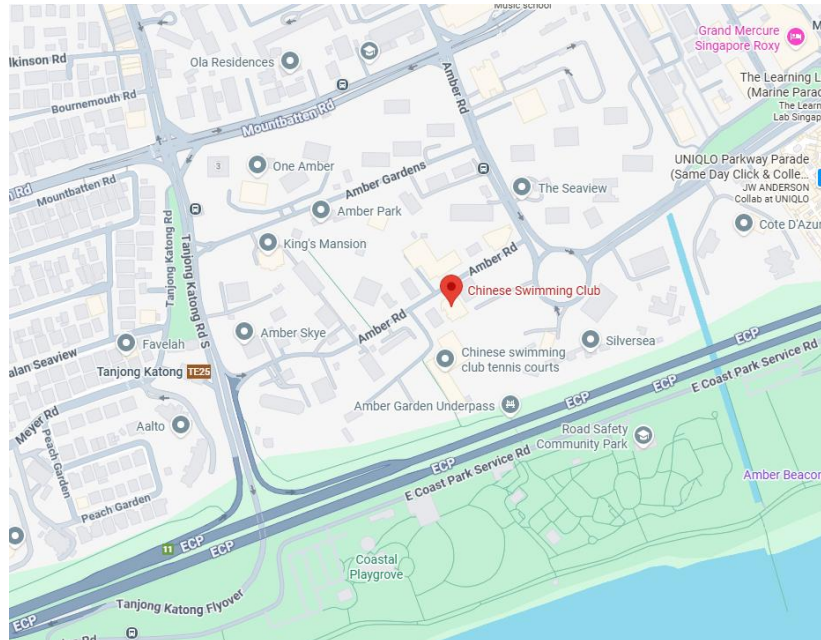
Overseas Team Championships Trophy will be given to the top overseas team that achieves the highest point tally in this meet.

- 7.4 **The Most Valuable Swimmer Award for 15-16YO, 13-14YO, 12 YO, 11 YO, 10 YO, 9 YO, 8 YO and 7 & Under will be given out to each male and female who has the most number of gold medals, followed by silver and bronze, in the individual events (max 5 events).**

In case of a tie, World Aquatics Points will be used to decide on the overall winner based on the total points accumulated in the individual events in the medals placing.

8.0 COMPETITION VENUE AND ACCOMODATION

8.1 Getting to CSC



a. By Car

Car Park charges at Chinese Swimming Club Sports Complex B2 (Non-Members Only)

*Pre-Sale	Actual Day
S\$25.07 per entry	S\$28.34 per entry

*This can be pre-purchased by emailing cscinvitational@chineseswimmingclub.org.sg before Friday, 19th June 2026 or request can be made during the team leaders meeting.

Alternative Available Parking - Along East Coast Park Service Road

Please be advised that parking space at the club is limited and available on a first-come-first-served basis and per entry charges will apply on both dates of the meet.

b. By Public Transport

By Bus - SBS Bus Services: 31, 36, 43, 48, 134, 135, 196, 197

Nearest MRT Station – Tanjong Katong MRT (via Exit 3)

8.2 For overseas team, if you require assistance in booking your accommodation for this meet, please kindly contact us at cscinvitational@chineseswimmingclub.org.sg.

Grand Mercure Roxy Hotel (Superior Room) (includes Breakfast)

- Single S\$218.50++ per room per night
- Twin Sharing S\$241.50++ per room per night

Village Hotel Katong (includes Breakfast)

- Twin Sharing S\$224.25++ per room per night

**Please Note:*

- *Prevailing service charge and GST applies.*
- *Please note above rate DOES NOT include airport transfer*

9.0 FOOD

9.1 There will be sales of bento lunch box available on both days.

Option	*Pre-Sale	Actual Day
Bento Box	S\$19.62	S\$21.80
Bento Box (Vegetarian)	S\$21.80	S\$23.98

*This can be pre-purchased by emailing cscinvitational@chineseswimmingclub.org.sg before Friday, 19th June 2026 together with the entries. Order received after Friday, 19th June 2026 will be charged as the same as per on actual day.

Menu of the Bento will be shared closer to date.

9.2 Kindly note that no outside food and drinks is allowed in the Club.

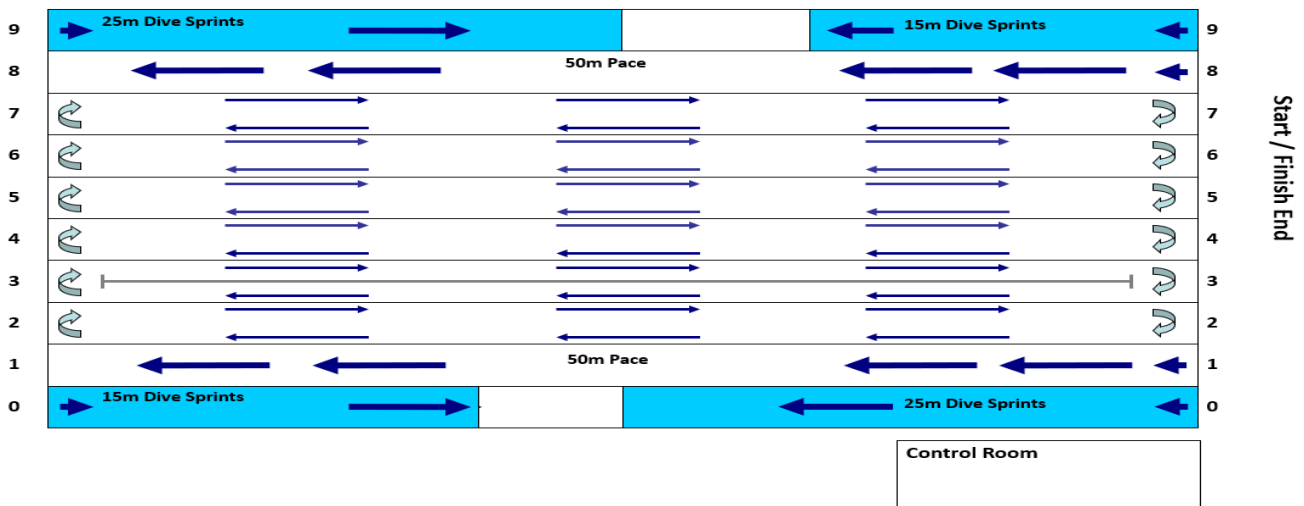
10.0 WARM UP GUIDELINES

10.1 The Competition and Warm-up Pools will be available for warm-up one hour and thirty mins before the competition commence. The Competition Pool will be closed fifteen (15) minutes before the start of each session.

10.2 The schematics in the diagram shall be observed at all times during warm-ups.

10.3 There shall be **NO DIVING** in the Circle Swimming Lanes, the Turn Practice Lanes, and the 25m Pace Lane (opposite side). Entry to these lanes is via feet first entry from the sitting position at all times.

- 10.4 The use of swim paddles, snorkels, fins and other training equipment are prohibited during warm-up.
- 10.5 The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.
- 10.6 In order to ensure a smooth Swimming Competition Time-Lines Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate Technical Officials duty obstruction, the Pool Deck is strictly out of bound to ALL except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer, Appointed Media Coverage Personnel.



11.0 PROTESTS

11.1 Protests are possible:

- a. If the rules and regulations for the conduct of the competition are not observed;
- b. If other conditions endanger the competitions and/or competitors, or
- c. against decisions of the referees however, no protest shall be allowed against decisions of facts.
- d. Submitted within thirty (30) minutes following the conclusion of the event in question.

11.2 All protests shall be considered by the Meet Referee.

11.3 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start the race is given.

- 11.4 Protests must be submitted in accordance with the following:
- a. In writing, with the supporting facts
 - b. with a deposit of \$150.00 enclosed
 - c. submitted to the Meet Referee by Team Leader / Team Manager. No proxies will be entertained
 - d. Submitted with thirty (30) minutes following the conclusion of the respective event
- 11.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Manager may then appeal against the rejection to the Jury of Appeal, whose decision shall be final.
- 11.6 If the protest is not upheld, the deposit shall be forfeited to the Organising Committee of the Meet. If the protest is upheld, the deposit shall be refunded.
- 11.7 The Jury of Appeal will comprise of the Meet Director and 2 Team Leaders.
- 11.8 The Jury of Appeal will be appointed at the Team Leader's Meeting.

12.0 TERMS & CONDITIONS

All participants who have entered in the CSC Swimming Invitational Championships 2026 are deemed to have given written permission to the Organizers for the Organizers to collect, analyse and collate any personal information relating to that Participant, as the Organizers may in their sole discretion deem fit, including without any limitation information for the Organizers' programme, planning, data-processing, statistical or risk-analysis, research, fund-raising and/or, any other purposes in furtherance of the function or powers of Chinese Swimming Club.

Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in CSC Swimming Invitational Championships 2026 at their own risk and the Organizers will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in CSC Swimming Invitational Championships 2026. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.

In the event of harsh weather conditions that could cancel the CSC Swimming Invitational Championships 2026, Chinese Swimming Club reserves the right not to refund entry fees or any other charges submitted by the teams / or individuals at the CSC Swimming Invitational Championships 2026.

13.0 ORDER OF EVENTS & MINIMUM TIME STANDARDS

13.1 ORDER OF EVENTS

Session 1: Friday, 10 July 2026			
Tentative Start Time: 17:00			
EVENT NO	EVENT	GENDER	AGE GROUP
101	100m Backstroke	Male	13 - 16 Years
102	100m Backstroke	Female	13 - 16 Years
103	100m Backstroke	Male	12 Years & Under
104	100m Backstroke	Female	12 Years & Under
105	50m Butterfly	Male	13 - 16 Years
106	50m Butterfly	Female	13 - 16 Years
107	50m Butterfly	Male	12 Years & Under
108	50m Butterfly	Female	12 Years & Under
109	400m Freestyle	Male	10 - 16 Years
110	400m Freestyle	Female	10 - 16 Years
Session 2: Saturday, 11 July 2026			
Tentative Start Time: 08:30			
EVENT NO	EVENT	GENDER	AGE GROUP
201	200m Individual Medley	Male	13 - 16 Years
202	200m Individual Medley	Female	13 - 16 Years
203	200m Individual Medley	Male	8 - 12 Years
204	200m Individual Medley	Female	8 - 12 Years
205	50m Breaststroke	Male	13 - 16 Years
206	50m Breaststroke	Female	13 - 16 Years
207	50m Breaststroke	Male	12 Years & Under
208	50m Breaststroke	Female	12 Years & Under

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Session 3: Saturday, 11 July 2026			
Tentative Start Time: 14:00			
EVENT NO	EVENT	GENDER	AGE GROUP
301	100m Butterfly	Male	13 - 16 Years
302	100m Butterfly	Female	13 - 16 Years
303	100m Butterfly	Male	12 Years & Under
304	100m Butterfly	Female	12 Years & Under
305	50m Freestyle	Male	13 - 16 Years
306	50m Freestyle	Female	13 - 16 Years
307	50m Freestyle	Male	12 Years & Under
308	50m Freestyle	Female	12 Years & Under
309	4 x 50m Medley Relay	Male	15 - 16 Years
310	4 x 50m Medley Relay	Female	15 - 16 Years
311	4 x 50m Medley Relay	Male	13 - 14 Years
312	4 x 50m Medley Relay	Female	13 - 14 Years
313	4 x 50m Medley Relay	Male	11 - 12 Years
314	4 x 50m Medley Relay	Female	11 - 12 Years
315	4 x 50m Medley Relay	Male	9 - 10 Years
316	4 x 50m Medley Relay	Female	9 - 10 Years
317	4 x 50m Medley Relay	Male	8 Years & Under
318	4 x 50m Medley Relay	Female	8 Years & Under
Session 4: Sunday, 12 July 2026			
Tentative Start Time: 08:30			
EVENT NO	EVENT	GENDER	AGE GROUP
401	50m Backstroke	Male	13 - 16 Years
402	50m Backstroke	Female	13 - 16 Years
403	50m Backstroke	Male	12 Years & Under
404	50m Backstroke	Female	12 Years & Under
405	100m Breaststroke	Male	13 - 16 Years
406	100m Breaststroke	Female	13 - 16 Years
407	100m Breaststroke	Male	12 Years & Under
408	100m Breaststroke	Female	12 Years & Under
409	200m Freestyle	Male	13 - 16 Years
410	200m Freestyle	Female	13 - 16 Years
411	200m Freestyle	Male	8 - 12 Years
412	200m Freestyle	Female	8 - 12 Years

Session 5: Sunday, 12 July 2026 Tentative Start Time: 14:00			
EVENT NO	EVENT	GENDER	AGE GROUP
501	100m Freestyle	Male	13 - 16 Years
502	100m Freestyle	Female	13 - 16 Years
503	100m Freestyle	Male	12 Years & Under
504	100m Freestyle	Female	12 Years & Under
505	4 x 50m Freestyle Relay	Male	15 - 16 Years
506	4 x 50m Freestyle Relay	Female	15 - 16 Years
507	4 x 50m Freestyle Relay	Male	13 - 14 Years
508	4 x 50m Freestyle Relay	Female	13 - 14 Years
509	4 x 50m Freestyle Relay	Male	11 - 12 Years
510	4 x 50m Freestyle Relay	Female	11 - 12 Years
511	4 x 50m Freestyle Relay	Male	9 - 10 Years
512	4 x 50m Freestyle Relay	Female	9 - 10 Years
513	4 x 50m Freestyle Relay	Male	8 Years & Under
514	4 x 50m Freestyle Relay	Female	8 Years & Under

13.2 MINIMUM TIME STANDARDS

400m Freestyle

Gender	10 YO	11 YO	12 YO	13-14 YO	15-16 YO
Male	07:06.48	06:26.40	06:03.77	05:12.42	4:56.61
Female	07:15.44	06:44.86	06:21.81	05:33.12	5:26.51

**** The event – 400m Freestyle for both Male and Female will be stopped (the swimmers will cease to swim) after 9 minutes. In the event if the swimmer has a final 100m to compete before cut off time, end time will be provided.**

IMPORTANT DATES

Date & Time	Event	Venue
Monday, 15 th June 2026, 12noon	Closing Date for Accommodation	
Friday, 19 th June 2026, 12noon	Closing Date for ALL Registration (Local & Overseas Teams) Closing Date for Pre-Purchase of Bento Sets Closing Date for Pre-Purchase Carpark Coupons	
Friday, 26 th June 2026	Finalised Entry List (Psych Sheet) will be sent to all participating clubs/teams	
Friday, 26 th June 2026	Payment for all registration and entries to be made by telegraphic transfer – For overseas teams	
Monday, 6 th July 2026	Team Leader/Manager Meeting for all clubs/teams starting 11:00am	Arrival Pavilion Level 2, Conference Room
	Payment for all registration and entries to be made (only Cash, NETS, or Cheque)	Arrival Pavilion Level 1, Front Office
Wednesday, 8 th July 2026	Send out Start List to all clubs/teams	
Friday, 10 th July 2026 to Sunday, 12 th July 2026	CSC Swimming Invitational Championships 2026	Chinese Swimming Club