



2025 Short Course Time Trials 14+ years only



12 April 2025

ANNOUNCEMENTS:

1. Clubs are required to provide their own First Aid Kits. All competitive swimmers, coaches, officials & supporters are required to adhere to COVID safe protocols. The tests and the results are to be done by their respective clubs.
2. The pool will be opened from 0700hrs. To avoid congestion in the pool and to allow teams minimum quality warm-up time, please use the assigned lanes to you.
3. Manager's meeting: 8:15am
4. Technical officials briefing: 8:30am
5. Each Club is required to provide 3 volunteers each day. A list of volunteers should be submitted with Entry Form. Option for clubs to pay rather than put in officials for timekeeping duties during competition. \$50/timekeeper per day.
6. Electronic entries only will be accepted.
7. Entries for 2025 Short Course Time Trials must be submitted no later than 5.00pm on the **4th April 2025**. No late Entries will be accepted.
 - Early Bird Special - 10% discount to clubs who pay 7 days prior to start of competition obviously there may be changes etc after entries go in, but if they've cleared all fees as calculated by TM in their entries, 10% discount
 - Any outstanding fines or fees left unpaid after competition is complete will incur an additional fee of \$100 per week per club this is left outstanding.
8. Entries should be submitted to admin@fijiaquatics copied to tiacheer@yahoo.com
9. Team Managers must ensure all their swimmers hold current registration and are in good standing with Fiji Swimming.
10. Psych sheets will be posted on the Fiji Swimming web page or Meet Mobile, 3 working days before the start of the competition for verification. No changes will be accepted but correction will be done if the error is ours. However, amendments to the program may be necessary depending on the number of entries received for each event. Races may be combined at the discretion of the session referee or recorder.

LOCAL COMPETITION RULES OF THE DAY:

1. Competition will be run as timed finals
2. Swimmers are not permitted to swim in place of another swimmer. To do so will result in automatic disqualification of both swimmers from the competition.
3. There are no restricted number of individual events per swimmer.
4. Swimmers will compete as 14+ OPEN categories in all Events.
5. Withdrawals will be accepted from the Team Manager at the Manager's meeting on the first day of competition. Other withdrawals are accepted on a daily basis as long as it is signed by the Team Manager and accompanied by a medical certificate or if due to sudden illness at the referee's discretion.

- a. Withdrawals without a medical certificate will incur a fee of \$20 per event.
 - b. Once a swimmer **SCRATCHES / NO SHOWS** for an event he/she will **NOT** be allowed to swim for the remainder of the events for that day and will incur a fine of \$20.00 per event.
 - c. Withdrawal, Scratch/No Show fines must be paid prior to the swimmer's next event or, swimmers will not be allowed to swim their remaining events unless fees have been paid to Fiji Swimming and a copy of receipt presented to the Meet Manager in the Control Room.
6. It is recommended that ALL swimmers wear a swimming cap. Swimwear is limited to one swimsuit (Double Swimsuits or inappropriate clothing will result in disqualification)
 7. In the case of any disputes, World Aquatics rules will apply. Protests must be lodged to the Technical Director in writing within 30mins following the conclusion of the respective event. Protests must be accompanied by a \$100 non-refundable fee. A Jury of Appeal consisting of 3 will be selected should there be an appeal.
 8. Team Managers are NOT permitted in the control room and are to be relied upon for all communication to/from clubs with the Technical Director.
 9. Entries fees must be settled in full, by the entry deadline or club's entries will not be accepted. It is the responsibility of club managers to ensure fees are settled within the timeframe. Entries without entry times will not be accepted. Please ensure all swimmers' details are included including DOB, entry time, Fiji Swimming registration number.
 10. This is a self-marshalled competition, so swimmers have to be at the starting blocks at least 2 heats in advance of their heat.
 11. Only QTs from Short Course competitions from 1st July 2024 will be accepted. No SC Conversions only for Overseas-based swimmers' conversions from SCY/SCM times will be accepted.
 12. Age is determined as of **31st December 2025**.

Events Session Report

Session: 1 Session 1 - Saturday 12 April 2025

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 60 Seconds / Back +45 Seconds / Chase +30

Finals	1	Women 400 Freestyle
Finals	2	Men 400 Freestyle
Finals	3	Women 100 Butterfly
Finals	4	Men 100 Breaststroke
Finals	5	Women 200 IM
Finals	6	Men 50 Butterfly
Finals	7	Women 100 IM
Finals	8	Men 200 Freestyle
Finals	9	Women 1500 Freestyle

Session: 2 Session 2 - Saturday 12 April 2025

Day of Meet: 1 Starts at 11:00 AM Heat Interval: 60 Seconds / Back +45 Seconds / Chase +30

Finals	10	Men 100 Backstroke
Finals	11	Women 100 Backstroke
Finals	12	Men 800 Freestyle
Finals	13	Women 100 Breaststroke
Finals	14	Men 100 IM
Finals	15	Women 200 Freestyle
Finals	16	Men 50 Breaststroke
Finals	17	Women 50 Backstroke
Finals	18	Men 200 Butterfly

Session: 3 Session 3 - Saturday 12 April 2025

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 60 Seconds / Back +45 Seconds / Chase +30

Finals	19	Women 200 Butterfly
Finals	20	Men 100 Freestyle
Finals	21	Women 100 Freestyle
Finals	22	Men 200 IM
Finals	23	Women 200 Breaststroke
Finals	24	Men 200 Backstroke
Finals	25	Women 800 Freestyle
Finals	26	Women 200 Backstroke
Finals	27	Men 200 Breaststroke

Session: 4 Session 4 - Saturday 12 April 2025

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 60 Seconds / Back +45 Seconds

Finals	28	Women 50 Butterfly
Finals	29	Men 50 Freestyle
Finals	30	Women 50 Freestyle
Finals	31	Men 100 Butterfly
Finals	32	Men 1500 Freestyle
Finals	33	Women 50 Breaststroke
Finals	34	Men 50 Backstroke
Finals	35	Women 400 IM
Finals	36	Men 400 IM