

DATE	CHANGES
11/02/2021	Modified point 14: Clarification on the ages of the athletes
16/06/2021	Modified point 7.3: Qualification System Modified point 7.6: Timeline Modified point 10: Competition Schedule Modified point 11: Training schedule and venue Modified point 14: Technical meeting
05/08/2021	Modified point 7.3: Qualification System Modified point 7.4: Confirmation of Quota Places Modified point 7.5: Reallocation of Unused Quota Places Modified point 7.6: Timeline



TECHNICAL MANUAL



SWIMMING

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TECHNICAL MANUAL SWIMMING

1. About this manual

Technical manuals provide detailed information on each sports competition and discipline at the I Junior Pan American Games Cali-Valle 2021 as well as operational information that may be of interest to participating teams.

The information contained in this manual may be subject to change by the Organizing Committee, the Pan American Confederation (CP)/International Federation (FI) or by Panam Sports. Any changes made will be promptly communicated in a timely manner and uploaded to the most updated version of the extranet, which you can access through the website www.calivalle2021.com using the username and password provided to your National Olympic Committee.

2. Information about Cali and Valle del Cauca

Cali, officially the Special, Sports, Cultural, Tourist, Business and Services District of Santiago de Cali, is a Colombian district, capital of the Valle del Cauca department and the third most populous city in Colombia with 4,600,000 inhabitants in 2015. It is located in the southern region of Valle del Cauca, geographically the city is located in the Valle del Río Cauca formed by the western mountain range and the central mountain range of the Andean region, with an average height of 1,000 meters above sea level.

It is the only major city in Colombia that has quick access to the Pacific Ocean, 114 km from Buenaventura, the country's main port. It was founded on July 25, 1536 by Sebastián de Belalcázar, which makes it one of the oldest cities in America.

Valle del Cauca is one of the 32 departments that make up the Republic of Colombia and is the second most populated department after Antioquia with 208 inhabitants/km².

The name of the department is taken from the Valle del Río Cauca or Valle Alto, between the central and western mountain ranges, where the first cities of the department were founded with an average altitude of 1.561 masl.

The capital of the Valle del Cauca is a city that has tourist attractions with history, a very active cultural life and musical rhythms that have made it famous worldwide.

The musical rhythms of Cali, thanks to its ethnic wealth, range from the currulao of the Pacific coast to the great protagonist of the city: salsa, a contagious and frenetic rhythm that is part of the country's culture and makes Cali internationally recognized as the “world capital of salsa”.

On the tour of the city you can go to the banks of the Cali River to appreciate the architecture of churches such as la Ermita and other colonial buildings that are authentic national monuments like

the Archaeological Museum La Merced and other emblems such as the Coltabaco building, the Jorge Isaacs Theater and a modern banking area.

It is important to visit key points such as the Cali Zoo, the Granada neighborhood and the imposing Cristo Rey, a statue similar to the Christ the Redeemer of Rio de Janeiro that watches over the city from the Cerro de las Tres Cruces.

The museums are also part of the tourist sites of Cali: la Tertulia Museum of Modern Art, the Calima Gold Museum and Caliwood are some of the best known.

In addition, the sugar cane that grows in the Valle del Cauca gives rise to a wide variety of sweets, such as the white delicacy, the cocadas, the cholado and the champús, a rich drink made with corn, lulo, pineapple, cinnamon and molasses of panela.

Of course, one of the best plans to do in Cali is to party, especially in the area of the Alameda neighborhood, the historic center and the Obrero neighborhood, where the dance floors abound, which with their unique atmosphere will vibrate each fiber of your body.

Without a doubt, one of the city's unique experiences is the Cali Fair, which is held in December to say goodbye to the year to the rhythm of salsa. This impressive fair has the presence of great artists of this genre who meet every December 25 at the traditional Salsódromo de Cali. In addition, the fair is completed with cultural and sports events.

Other important celebrations are the Petronio Álvarez Pacific Music Festival, which takes place in August, and the World Salsa Festival.

To learn how to dance salsa, Cali is the ideal tourist destination. Although it may seem difficult to learn because of the speed and coordination of movements, in Cali there are many plans to internalize some steps in academies and schools.

Another good plan is to know the nature of the surroundings and visit the Hacienda El Paraíso, where María, one of the most remembered love stories in Latin American literature, written by the immortal Jorge Isaacs, takes place.

On Sundays, many people from Cali move to rivers such as the Pance, to cool off and spend a quiet day of leisure. Walking upstream, you reach the Farallones Foundation camp, where there is a hostel and guides to get to know the Park.

The vallecaucano has dancing in his blood. Dance is his passion and its roots go back to the time of slavery, the Pacific area is diverse in its cultural and folk expressions that are still preserved due to the concern of the natives to cultivate their popular traditions.

Their music goes back to the pellejos dances, so called because the drums, that were the life of the parties, were made with the skins of the animals. Among its native instruments is the guasá, the

marimba, the cununo and the bombo or tambora, which are used to perform dances such as the currulao, the best known of the coast.

In the center and north of the Valle, tropical orchestral music predominates, and the best known worldwide is salsa, with the greatest exponents of the genre characteristic of West Indian countries such as Cuba, Puerto Rico and the Dominican Republic. The origin of the Pacific folklore is mostly African, although it has a Spanish part, since the slaves, once the festivities of their Spanish masters ended, made fun of them.

The adobe walls, the floor made of large bricks and the musty smell reveal some of the secrets that are kept in a dozen old farms that survive in El Cerrito. Two of them have marked for centuries the history of hundreds of vallecaucanos that have become true cultural, historical and tourist icons: El Paraíso and Piedechinche.

Currency

Colombia's currency is the Colombian peso (COP).

Language

The official language is Spanish. In addition, more than 60 indigenous and Creole languages are spoken in the country.

3. Pana, Cali Valle 2021 official character

Pana

Cusumbo or coati (Nasua nasua)

What better word to describe exceptional youth, that spirit of seeking greatness in small actions, that constant struggle to claim their ability to persist, not give up, to do wonderful things. It was that young spirit that inspired us to choose the official character of the I Junior Pan American Games Cali-Valle 2021 after selecting her from more than 100 proposals.

This is how 'Pana' was born, a small but exceptional mammal that lives from the south of the United States to the north of Argentina, covering the entire American continent with different names, but always being the same.

'Pana' is an expert swimmer and climber, rules both dry and humid forests, nothing stops it. Its body is designed to be a stealthy and persistent athlete, a complete champion of nature. It is also very sociable, it lives in groups of up to 30 individuals. Its home is the Valle del Cauca, in specific a burrow that it built with a dedication, where its recharges each night to shine during day.

Its name was brought up from a Colombian expression that denotes friendship, companionship, team, fraternity, a bond from the heart. At the same time it is a tribute to the Pan American family, of which "Pana" is its son.

It represents therefore the exceptional, the greatness of the small beings, the effort and work to

accomplish their objectives. It also represents the unusual, the claim of simplicity of bringing inside force.

We would like to introduce to you 'Pana', everyone's partner in this I Junior Pan American Games Cali-Valle 2021, a friend that shows that kilometers are not enough to distance us, that we will always have something in common. That from the Arctic to Antarctic we are a single continent, where youth will meet in 2021 in a city and department that are ready to give our #AllForYou.

4. I Junior Pan American Games Cali - Valle 2021

Opening Ceremony

Thursday, November 25th at 18:00

Venue: Pascual Guerrero Olympic Stadium

Closing Ceremony

Sunday, December 5th at 19:00

Venue: Pascual Guerrero Olympic Stadium

Competition

Thursday, November 25th to Sunday, December 5th

Participants

3,500 athletes.

Clusters

5

Venues

25 competition

8 training

Sports program

28 sports

39 disciplines

5. Sport authorities

President of Swimming Union of the Americas (UANA)	Maureen Croes	maureen@uana-aquatics.com
International Technical Delegate	John Franklin Thomas IV	jayfthomas@gmail.com
President of the National Federation	Jorge Enrique Soto Roldán	presidente@fecna.com
Group Manager	Jhon Yeimer Santos	deportes3@juegospanamericanosjunior.com

6. Competition and events

Sport: Swimming

Events: Individuals and relay in long pool

Date: From November 26 to 30, 2021

Venue: Swimming pools Hernando Botero O'Byrne.

EVENTS	
Men (17)	Women (17)
50m freestyle	50m freestyle
100m freestyle	100m freestyle
200m freestyle	200m freestyle
400m freestyle	400m freestyle
800m freestyle	800m freestyle
1,500m freestyle	1,500m freestyle
100m backstroke	100m backstroke
200m backstroke	200m backstroke
100m breaststroke	100m breaststroke
200m breaststroke	200m breaststroke
100m butterfly	100m butterfly
200m butterfly	200m butterfly
200m individual medley	200m individual medley
400m individual medley	400m individual medley
RELAYS	RELAYS
4 x 100m freestyle relay	4 x 100m freestyle relay
4 x 200m freestyle relay	4 x 200m freestyle relay
4 x 100m medley relay	4 x 100m medley relay
Mixed Relays (2)	
4 x 100m free relay	
4 x 100m medley relay	

7. Qualification system

7.1. Athlete Eligibility

The athletes must have signed and submitted the Athlete Eligibility Condition Form.

Only NOCs recognized by Panam Sports whose swimming National Federations are affiliated with FINA and the UANA, may enter competitors in the Cali 2021 Junior Pan American Games.

To be eligible for participation in the Cali 2021 Junior Pan American Games, a competitor must comply with Panam Sports Regulations, FINA rules and must be entered by his or her NOC.

All female participating athletes must have been born between 1999 – 2007.

All male participants must have been born between 1999-2006.

A competitor's nationality will be determined according to Panam Sports Regulations.

7.2. Quota

The total quota for swimming is 272

MAXIMUM QUOTA PER NOC	
Men	14
Women	14
Total	28

MAXIMUM QUOTA PER EVENT PER NOC	
Individual events	2
Relay events	1 team of 4

These athletes must all have qualified according to the system described below.

7.3. Qualification System

Qualification period: January 1st, 2019 – June 28th, 2021.

As Host Country, Colombia automatically will qualify 14 male and 14 female competitors.

Qualification period: January 1st, 2019– August 22nd, 2021

As Host Country, Colombia automatically will qualify 14 male and 14 female competitors.

Each National Olympic Committee (NOC) may use proven swim times attained during the qualification period of those swimmers who have met the qualifying standards established by the Union Americana de Natación (UANA) for the Cali 2021 Junior Pan American Games at a competition recognized by the National Swimming Federation of the NOC submitting the entry. Each NOC must attest that the entry times submitted were achieved during the qualification

period and were achieved at a competition conducted under the Federation Internationale de Natation (FINA) rules.

The priority order for qualification and selection into the Junior Pan American Games will be:

1. All athletes who have achieved an “A” time standard (see chart on the last page of this document) will be invited to compete.
2. Universality athletes will be invited to compete. The universality rule applies to those NOCs that do not have athletes with either an “A” or “B” qualifying time, or NOCs that have no athletes invited to the Cali 2021 Junior Pan American Games through the online meet entry system (OME). These NOCs are entitled to have two male and two female athletes entered into the Junior Pan American Games. Universality athletes will be selected separately by gender. An NOC that has qualified one swimmer with either an ‘A’ or ‘B’ standard time and that athlete has been invited to compete, may enter up to one additional athlete of the same gender through Universality into the UANA OME system. An athlete invited to compete in the Games under the universality provision may enter three individual events without having achieved a qualifying time in any event. Universality athletes may also participate in mixed gender relays.
3. Relay-only athletes will be invited to compete. NOCs entering relay teams may enter a maximum of one relay-only athlete per gender, as part of their team. Relay-only athletes will be considered as part of the per-team quota of 14 men and 14 women.
4. Athletes who have achieved a “B” time standard (see chart on the last page of this document) will be invited to compete until the quota of athletes for the Cali 2021 Junior Pan American Games is met. If more than 28 spaces remain after the addition of ‘A’ qualifiers, ‘B’ standard athletes will be selected by adding the next fastest B standard athlete to each event until less than 28 quota spots remain. Additional ‘B’ athletes will then be added one at a time to individual events based on FINA point rankings, with those athletes with the highest FINA point rankings selected first, until the quota of athletes has been achieved.

If an NOC has an athlete with “B” qualifying standard, but that athlete is not invited to compete, then that NOC may be permitted to enter athletes via the universality rule (not. to exceed a maximum team of 2 men and 2 women).

Once a swimmer has qualified in at least one individual event and has been invited to the Cali 2021 Junior Pan American Games as an “A” or “B” athlete, that athlete may enter and swim other individual events up to a maximum of five individual events, without having a qualifying time in those other events, provided that NOC has an opening in that specific event. The rule of maximum of two entries per event per NOC still applies,

These additional events must be entered during the OME process described in this document, and no additional event entries, or changes to entries, will be allowed after the entry deadline.

Relays

Each NOC may enter one team in each relay event, provided it has at least three athletes with “A” or “B” standards that have been invited to compete in the Cali 2021 Junior Pan American Games. Each NOC will be allowed a maximum of one relay-only swimmer per gender. All other

relay participants must be entered in at least one individual event. Any swimmer entered in an individual event may swim in any relay and does not need a qualifying time in the particular stroke/distance to be swum in the relay to do so. Relay-only athletes are only eligible to swim in the relay(s) and will not be permitted to swim in any individual events. A relay only athlete must participate in at least one relay.

Each team is allowed to have one relay only swimmer of each gender within their team quota allotment. Each of these swimmers must swim in the heat or final of at least one relay and must have an A or B qualifying time in the stroke/distance that he/she would swim in a relay. Should a relay-only swimmer not compete, this will lead to the disqualification of the respective team. Further, if a relay-only swimmer does not compete in the heats of a relay in which the NOC fails to qualify for the finals, the relay will be disqualified.

If a relay-only swimmer could swim in multiple relays, but does not compete in any for which he/she is eligible, the final relay for which he/she was eligible will be the relay that is disqualified. In the event that at least one relay event competes directly to finals for that gender, the requirement for relay-only athletes to compete will not be enforced.

If a relay-only swimmer is medically unable to compete, they may be excused from the requirement to participate in a relay. A member of the Panam Sports Medical Commission or their Designee will be present at heats and finals and will be the independent physician empowered to make decisions about relay-only athlete participation.

The physician designated by the Panam Sports Medical Commission and Cali 2021 has final authority to make decisions about athlete's non-participation due to injury or illness (particularly related to relay-only athlete participation in relays, but not limited to this), and to make decisions about permissible use of taping on the bodies of competing athletes.

The relay participants may be completely different between Heats and Finals, with up to eight different swimmers.

An NOC that enters universality athletes at the Cali 2021 Pan American Games is eligible to enter mixed gender relays however they cannot enter relay-only athletes.

UANA Online Meet Entry System

Swimming entries to the Cali 2021 Junior Pan American Games will first be processed by UANA through its OME system. UANA will provide each NOC with an OME system username and password and an OME users' guide (English and Spanish) for the Cali 2021 Junior Pan American Games. This information will be distributed on June 28th, 2021.

The OME entry system opens at 1000 (CT) – July 1st, 2021.

Universality Quota Places

UANA will confirm to Panam Sports and invites universality athletes no later than August 23rd, 2021.

NOCs will confirm with UANA the participation of universality athletes no later than August 23rd, 2021.

WOMEN		
Length of race	"A" time standard	"B" time standard
50 m freestyle	26.28	27.83
100 m freestyle	57.41	1:00.80
200 m freestyle	2:05.40	2:12.82
400 m freestyle	4:20.76	4:36.18
800 m freestyle	8:58.95	9:30.81
1500 m freestyle	17:06.05	18:06.71
100 m backstroke	1:04.31	1:08.11
200 m backstroke	2:20.53	2:28.83
100 m breaststroke	1:12.18	1:16.44
200 m breaststroke	2:36.75	2:46.01
100 m butterfly	1:02.17	1:05.84
200 m butterfly	2:16.14	2:24.19
200 m individual medley	2:22.09	2:30.49
400 m individual medley	5:02.46	5:20.34

MEN		
Length of race	"A" time standard	"B" time standard
50 m freestyle	23.02	24.38
100 m freestyle	50.55	53.54
200 m freestyle	1:51.30	1:57.88
400 m freestyle	3:57.96	4:12.02
800 m freestyle	8:17.44	8:46.85
1500 m freestyle	15:57.51	16:54.11
100 m backstroke	57.34	1:00.73
200 m backstroke	2:04.73	2:12.11
100 m breaststroke	1:03.19	1:06.93
200 m breaststroke	2:19.58	2:27.93
100 m butterfly	54.54	57.76
200 m butterfly	2:02.35	2:09.58
200 m individual medley	2:06.30	2:13.76

400 m individual medley	4:31.71	4:47.77
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7.4. Confirmation of Quota Places

Based on the system described in the section above, UANA will inform to Panam Sports and NOCs/NFs the quota places qualified, by August 23rd, 2021.

The NOCs/NFs must confirm to Panam Sports and UANA the use of quota places obtained, no later than August 25th, 2021.

7.5. Reallocation of Unused Quota Places

If any qualifying country fails to confirm its participation to Panam Sports and UANA by October 6th, 2021, alternate NOCs, in qualifying order, will be approached to replace them.

The reallocation process will be completed by October 13th, 2021.

7.6. General Schedule

TIMELINE	
Date	Key event
January 1st, 2019	Qualification period begins
June 28th, 2021	Online meet entry user guide, username and password will be allocated
July 1st, 2021	UANA online meet entry opens at uana-aquatics.org
July 1st, 2021	Tutorial for online meet entry, available in English and Spanish
August 22nd, 2021	Qualification period ends
August 23rd, 2021	UANA online meet entry closes at 23:59 (CT)
August 23rd, 2021	UANA invites universality athletes
August 23rd, 2021	NOCs will confirm with UANA the participation of universality athletes
August 23rd, 2021	UANA will confirm to Panam Sports and to the NOCs the places that each NOC has qualified
August 25th, 2021	Cali 2021 Entry by number deadline.
August 25th, 2021	NOCs will confirm to Panam Sports and UANA the places they will use
October 6th, 2021	Reallocation of unused quota places
October 13th, 2021	NOCs that received reallocated quotas should confirm their participation
October 15th, 2021	Cali 2021 entry by name deadline

8. Qualification to Santiago 2023

In swimming, all gold medalist in individual events will qualify directly to the Santiago 2023 Pan American Games. Fourteen (14) spots per gender (28 in total) will be allocated in these competitions.

The athletes who qualify for Santiago 2023 will not have any effect on the delegation size and number of entries per individual event for the 2023 Pan American Games.

These quotas will be for the athletes, not for the country. If the athlete that earned the place cannot participate in the Santiago 2023 Pan American Games, said place will be lost and may not be transferred to the country or to any other athlete placed in another position in the corresponding event of the I Junior Pan American Games Cali – Valle 2021.

9. Competition format

The competition will consist of 36 events: 17 for men, 17 for women and 2 for mixed relays. The competition format is as follows:

- The competition will be conducted in eight lanes.
- The competition will feature preliminary heats, final A and final B in all the events, except for 800 meters free (women and men), 1,500 meters freestyle (women and men) and relay events.
- The 800 meters freestyle (women and men) and the 1500 meters freestyle (women and men) will be conducted as timed final events with the fastest eight seeded swimmers competed in the evening final sesión.
- The relay events will feature preliminary heats and A finals.
- The mixed relays will be composed of two women and two men

Competition Draw

Start lists will be seeded according to Fédération Internationale de Natation (FINA) rules, based on the swimmers in the final entry list.

For preliminary heats, the fastest 24 swimmers—except 400 m freestyle and 400 m individual medley—will be distributed in the last three (3) heats according to FINA rules, with the remaining swimmers then placed in earlier heats according to their qualification times. For the 400 m freestyle and 400 m individual medley events, the fastest 16 swimmers seeded will be distributed in the last two (2) heats according to FINA rules, with the remaining swimmers then placed in earlier heats according to their qualification times. For the 800 m freestyle and 1500 m freestyle, swimmers will be seeded in a timed final format with the slowest swimmers in the first heat and the fastest swimmers in the evening finals session. Start lists will be produced following the team leaders' meeting held one day prior to the start of competition.

Starting Positions

The starting positions for all Pan American Games swimming events will be based on the classification described in the FINA manual.

10. Schedule

DATE	SESSION	TIME	EVENT	GENDER	PHASE	
25/11/2021		10:00	Technical meeting			
26/11/2021	S1 10:00 - 12:15	10:00 - 12:15	400m freestyle	Women	Heats	
			400m freestyle	Men	Heats	
			100m breaststroke	Women	Heats	
			100m breaststroke	Men	Heats	
			200m butterfly	Women	Heats	
			200m butterfly	Men	Heats	
			4x100m freestyle relay	Women	Heats	
			4x100m freestyle relay	Men	Heats	
		12:15 - 19:00	Break			
		S2 19:00 - 21:30	19:00 - 21:30	400m freestyle	Women	Finals A and B
				400m freestyle	Men	Finals A and B
				400m freestyle	Women	Medal ceremony
				100m breaststroke	Women	Finals A and B
				400m freestyle	Men	Medal ceremony
				100m breaststroke	Men	Finals A and B
				100m breaststroke	Women	Medal ceremony
				200m butterfly	Women	Finals A and B
100m breaststroke				Men	Medal ceremony	
200m butterfly				Men	Finals A and B	
200m butterfly				Women	Medal ceremony	
4x100m freestyle relay				Women	Final	
200m butterfly				Men	Medal ceremony	
4x100m freestyle relay				Men	Final	
4x100m freestyle relay	Women	Medal ceremony				

			4x100m freestyle relay	Men	Medal ceremony
27/11/2021	S1 10:00 - 12:15	10:00 - 12:15	200m freestyle	Women	Heats
			200m freestyle	Men	Heats
			100m butterfly	Women	Heats
			100m butterfly	Men	Heats
			200m backstroke	Women	Heats
			200m backstroke	Men	Heats
			4x100m freestyle relay	Mixed	Heats
		12:15 - 19:00	Break		
	S2 19:00 - 21:30	19:00 - 21:30	200m freestyle	Women	Finals A and B
			200m freestyle	Men	Finals A and B
			200m freestyle	Women	Medal ceremony
			100m butterfly	Women	Finals A and B
			200m freestyle	Men	Medal ceremony
			100m butterfly	Men	Finals A and B
			100m butterfly	Women	Medal ceremony
			200m backstroke	Women	Finals A and B
			100m butterfly	Men	Medal ceremony
			200m backstroke	Men	Finals A and B
			200m backstroke	Women	Medal ceremony
			4x100m freestyle relay	Mixed	Final
200m backstroke			Men	Medal ceremony	
4x100m freestyle relay	Mixed	Medal ceremony			
28/11/2021	S1 10:00 - 12:15	10:00 - 12:15	100m freestyle	Women	Heats
			100m freestyle	Men	Heats
			200m breaststroke	Women	Heats
			200m breaststroke	Men	Heats
			100m backstroke	Women	Heats
			100m backstroke	Men	Heats
			800m freestyle	Women	Slower heats
			800m freestyle	Men	Slower heats
			4x100m medley relay	Mixed	Heats

29/11/2021	S2 19:00 - 21:30	12:15 - 19:00		Break		
		19:00 - 21:30	100m freestyle	Women	Finals A and B	
			100m freestyle	Men	Finals A and B	
			100m freestyle	Women	Medal ceremony	
			200m breaststroke	Women	Finals A and B	
			100m freestyle	Men	Medal ceremony	
			200m breaststroke	Men	Finals A and B	
			200m breaststroke	Women	Medal ceremony	
			100m backstroke	Women	Finals A and B	
			200m breaststroke	Men	Medal ceremony	
			100m backstroke	Men	Finals A and B	
			100m backstroke	Women	Medal ceremony	
	800m freestyle		Women	Fastest heat		
	100m backstroke	Men	Medal ceremony			
	800m freestyle	Men	Fastest heat			
	800m freestyle	Women	Medal ceremony			
	4x100m medley relay	Mixed	Final			
	800m freestyle	Men	Medal ceremony			
	4x100m medley relay	Mixed	Medal ceremony			
	S1 10:00 - 12:15	10:00 - 12:15	50m freestyle	Women	Heats	
50m freestyle			Men	Heats		
400m individual medley			Women	Heats		
400m individual medley			Men	Heats		
4x200m freestyle relay			Women	Heats		
4x200m freestyle relay			Men	Heats		
12:15 - 19:00		Break				
19:00 - 21:30		19:00 - 21:30	50m freestyle	Women	Finals A and B	
		19:00 - 21:30	50m freestyle	Men	Finals A and B	

30/11/2021	S2 19:00 - 21:30		50m freestyle	Women	Medal ceremony
			400m individual medley	Women	Finals A and B
			50m freestyle	Men	Medal ceremony
			400m individual medley	Men	Finals A and B
			400m individual medley	Women	Medal ceremony
			4x200m freestyle relay	Women	Final
			400m individual medley	Men	Medal ceremony
			4x200m freestyle relay	Men	Final
			4x200m freestyle relay	Women	Medal ceremony
			4x200m freestyle relay	Men	Medal ceremony
	S1 10:00 - 12:15	10:00 - 12:15	1500m freestyle	Women	Slower heats
			200m individual medley	Women	Heats
			200m individual medley	Men	Heats
			1500m freestyle	Men	Slower heats
			4x100m medley relay	Women	Heats
			4x100m medley relay	Men	Heats
		12:15 - 19:00	Break		
	S2 19:00 - 21:30	19:00 - 21:30	1500m freestyle	Women	Fastest heat
			200m individual medley	Women	Finals A and B
1500m freestyle			Women	Medal ceremony	
200m individual medley			Men	Finals A and B	
200m individual medley			Women	Medal ceremony	
1500m freestyle			Men	Fastest heat	
200m individual medley			Men	Medal ceremony	
4x100m medley relay			Women	Final	

			1500m freestyle	Men	Medal ceremony
			4x100m medley relay	Men	Final
			4x100m medley relay	Women	Medal ceremony
			4x100m medley relay	Men	Medal ceremony

11. Program and training venue

WARM-UP SHIFTS			
Date	Time	Shift	Group
26/11/2021	08:15 - 9:00	1	GROUP A
	09:00 - 9:45	2	GROUP B
	05:15 - 6:00	1	GROUP A
	06:00 - 6:45	2	GROUP B
27/11/2021	08:15 - 9:00	1	GROUP B
	09:00 - 9:45	2	GROUP A
	05:15 - 6:00	1	GROUP B
	06:00 - 6:45	2	GROUP A
28/11/2021	08:15 - 9:00	1	GROUP A
	09:00 - 9:45	2	GROUP B
	05:15 - 6:00	1	GROUP A
	06:00 - 6:45	2	GROUP B
29/11/2021	08:15 - 9:00	1	GROUP B
	09:00 - 9:45	2	GROUP A
	05:15 - 6:00	1	GROUP B
	06:00 - 6:45	2	GROUP A
30/11/2021	08:15 - 9:00	1	GROUP A
	09:00 - 9:45	2	GROUP B
	05:15 - 6:00	1	GROUP B
	06:00 - 6:45	2	GROUP A

12. Appeals, regulations, uniforms and equipment

12.1. Protests

Protests will be carried out according to FINA rules:

1. Protests are possible (GR 9.2.1):

- 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.
- c) Against decisions of the referee; however, no protest shall be allowed against decisions of fact.

2. Protest must be submitted (GR 9.2.2):

- a) To the referee.
- b) In writing on FINA forms.
- c) By the responsible team leader.
- d) Together with a deposit of **500 swiss francs*** or its equivalent.

***Reduced to 100 swiss francs for this event.**

- e) Within 30 minutes following the conclusion of the respective event or match.

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

(GR 9.2.3) All protests shall be considered by the referee. If the referee rejects the protest, she must state the reasons for her decision. The team leader may appeal the rejection to the Jury of Appeal whose decision shall be final. The UANA Technical Commission in each discipline shall consider the protest and give recommendations to the Jury of Appeal.

(GR 9.2.4) If the protest is rejected, the deposit will be forfeited to the management body of the competition. If the protest is upheld, the deposit will be returned.

Jury of appeal

For the Pan American Games (including Junior Pan American Games) and UANA Championships, the Jury of Appeal shall be composed of the Executive Committee of UANA, the Honorary Members present and the FINA delegate present. The president of UANA or, in his absence, the vice president, will be the Chairman. Each member shall have one vote, except as provided hereunder. In case of equality of voting, the Chairman has a casting vote.

A jury member is allowed to speak, but not to vote, on a case in which the interest of his own Federation is involved. A jury member having acted as an official is not allowed to vote on a case if there is a protest against their decision or on their interpretation of a rule. In case of urgency, the jury may vote on a matter even if it has not been possible to call all the members. The decision of the jury is final.

Note: The physician appointed by the Medical Commission of Panam Sports and Cali – Valle 2021 is entitled to make medical decisions about athletes regarding the competition, including but not limited to the lack of participation due to injury or illness.

12.2. Regulations

The competitions will be developed under the following regulations;

FINA regulations in force at: <http://www.fina.org/content/fina-rules>

12.3. Use of branding on uniforms and equipment

The uniforms and sports equipment for the swimming competition of the I Junior Pan American Games Cali - Valle 2021 must meet the requirements detailed in the following documents, which will be in force during the Games.

- Current FINA Manual 2017-2021.
- Regulation of use of the trademark of Panam Sports.
- Uniform manual for the I Junior Pan American Games Cali - Valle 2021.

13. Technical officials

International Technical Officials (ITOs) and National Technical Officials (NTOs) will be:

TECHNICAL OFFICIALS		
Function	ITOs	NTOs
International Technical Delegate	1	
Referees	2	
Starters	2	
Stroke judges		4
Chief inspectors of turns		2
Turn inspectors		16
Clerks of course	2	
Control room supervisor	1	
Call room officials (2 per gender)	2	2
Commission	3	
Timmers		16
Reserve officials		4
Total	13	44

JURY OF APPEAL	
UANA president	1
UANA director	1
FINA delegate	1
AS liaison	1
DV liaison	1
SW liaison	1
Total	6

14. Technical meetings

Technical meeting will be held on November 25th, 2021, at 10:00 in the Escuela Nacional del Deporte Institute.

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15. Medals and diplomas

Gold, silver and bronze medals will be awarded to the athletes who occupy the first three places in all the events of the I Junior Pan American Games Cali-Valle 2021 swimming competition.

In accordance with Panam Sports regulations, diplomas will be given to the first eight places in each event.