| **Swim Meet** | **Competitors** | **Age Up Date** | **Entry Fee** | **Selection policy** | Meet Tier  1 = A Standards  2 = B Standards  3 = Novice |
| --- | --- | --- | --- | --- | --- |
| Club Nights, Team Time Trials & School Championships | All age groups with no number limit, such as club championships and development meets. | Age on the day of the meet | Minimal. Flat rate to cover costs of meet. | All students will be invited to club nights and encouraged to take part. | 1, 2, 3 |
| Friendly Dual Meets  (Team vs Team) | Dependant of standard of competing schools but typically all age groups. | Can vary, normally age on the last day of the meet. | No Fee | Athletes are selected by coaches to race in specific events. Coaches will advise depending on level of each specific Dual meet. Final team selection is at the discretion of the coaching staff, values of the programme will be considered. | 1, 2, 3 |
| Invitational Meets within Singapore | All age groups with no number limit (in most cases).  These can be 1 day, 2 day or 3 day meets depending on the host school. | Normally age on the last day of the meet. | Flat Rate Fee  Between  $30-$80 | Athletes will be invited by coaches dependant on their level to swim at these type of meets and discuss individual entries with their coach. Final team selection is at the discretion of the coaching staff, values of the programme will be considered. | 1, 2, 3 |
| Foreign Invitational Meets\* | Performance Squads | Normally age on the last day of the meet. | Included in the cost of Team Travel. | Predominantly for our more experienced Performance athletes. Younger swimmers may be invited if coaches feel they will gain a positive experience from the trip. Final team selection is at the discretion of the coaching staff, values of the programme will be considered. | 1, 2 |
| ACSIS  (Athletic Conference of Singapore International Schools) | ACSIS Junior: 9&U, 10/11 ACSIS Middle: 11/12, 13/14  ACSIS High: 15&O | Age on the day of the meet | No Fee | Fastest 10 Boys & 10 girls from each age group will be selected to swim (with 20 at High School level). Swimmers will be allocated events based on their ability to score points for the team. Final team selection is at the discretion of the coaching staff, CAP values of the programme will be considered. | 1, 2 |
| SEASAC Senior Meet  (South East Asia Student Activity Conference)\* | Open Age Group  13-19 Year Olds | Age on the first day of the meet | Included in Travel Cost | Fastest 10 boys & 10 girls will be allocated events based on their ability to score points for the team. Selection window will be from March-December. Priority given to those committed to Performance squads and likely to score points. Final team selection is at the discretion of the coaching staff, CAP values of the programme will be considered. | 1, 2 |
| SEASAC Junior Meet  (South East Asia Student Activity Conference)\* | 12 and Under & 13/14 Age | Age on the first day of the meet | Included in Travel Cost | Fastest 5 Girls and 5 boys from each age group (20 swimmers in total) will be allocated events based on their ability to score points for the team. Swimmers selected to swim at Senior SEASAC are still eligible to swim at Junior level. Selection window is from March- March (previous - current school year).  Final team selection is at the discretion of the coaching staff, CAP values of the programme will be considered. | 1,2 |
| Singapore Swimming Association (SSA)  Swimming Proficiency Awards | All age groups with no number limit. | Age on the first day of the meet | $12.50 per event (includes admin fee) | All our younger swimmers are encouraged to enter. | 3 |
| SSA Swim Series | All age groups with no number limit. | Age on the first day of the meet | $12.50 per event (includes admin fee)  $30 fine if entry time is not met. | All our Performance swimmers are encouraged to plan the swim series into their calendar. | 1, 2 |
| Nationals/Internationals | All qualifiers. Singapore Age Groups, FINA World Cup | Age at the end of the calendar year | Fee Per Swim  Between $8-$15 per race | All swimmers who achieve National, International, qualifying standards. Relay selection is at the discretion of the coaching staff, CAP values of the programme will be considered. | 1, 2 |

**Programme Values**

Values play an important role of character development alongside the school athletic values. The sporting environment is an excellent opportunity to reinforce principles. To make it easier to understand we have aligned our programme values to the ‘Swimming CAP’… Commitment & Contribution, Attitude & Ability, Potential & Performance.

1. **Commitment & Contribution** to the School training programme will be valued highly and reflected in their attendance at training. Declining selection or leaving the team environment may jeopardise future team selection. Swimmers competing for an external club will be ineligible for team selection.
2. **Attitude & Ability** are rated highly. An individual’s ability to enhance and foster a positive team environment will be noted.
3. **Potential & Performance** - An athlete will be assessed in terms of Long Term Athlete Development and their need to gain experience at the next level. Their training age and rate of development will be taken into account.

\*Selection windows may be included to ensure adequate preparation for travel.

**Links for further information**

More information on the levels of the Singapore Swimming Proficiency can be found here:

<http://www.swimming.org.sg/SSA/SWIMMING/Singapore-Swimming-Proficiency-Awards/Levels.aspx>