



SWIMMING

COMPETITION MANUAL

8TH MICRONESIAN GAMES

July 20-29, 2014

POHNPEI MICRONESIAN GAMES ORGANIZING COMMITTEE

P.O. Box PS319 • Kolonia, Pohnpei FM 96941

E-mail - fsmnoc@mail.fm

SWIMMING

Dates: Monday - Wednesday, July 21-23, 2014

Venue: FSMNOC Swimming Pool

Technical Meeting 11 a.m. Sunday, 20 July

Tournament Director Details

Meet Director: Conrad Kohrs

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E-mail Address: conkohrs2@gmail.com

ORGANIZING COMMITTEE

International Swimming Federation (FINA)

President Dr. Julio Maglione (URG)

Oceania Swimming Association (OSA)

President Dennis Miller (FJI)

Pohnpei Swimming Association

President Lestly Ashby

Secretary Jim Tobin

Treasurer Sweeter Daniel

Competition Management

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Technical Officials

FINA Technical Delegate TBA

Chief Referees TBA

Website Information

FINA www.fina.org

2014 Micronesian Games link through www.oceaniasport.com

COMPETITION DETAILS

1.0 Introduction

The 2014 Micronesian Games Swimming competition will be held over 3 days from Monday, July 21 to Wednesday, July 23, 2014. All pool events will be held at the FSMNOC Swimming Pool in Nett, Pohnpei. This is a six-lane, 25m facility with adjacent toilets, and showers.

Adjacent to the pool, an area will be set aside for media interviews and photography.

Training, warm-up, and cool-down will take place at the competition venue.

2.0. Events

Swimming events are listed below (paragraphs 2.1 and 2.2). For an event to be conducted there must be at least two registered competitors representing at least two different participating islands. A final order of events will be distributed no less than 90 days prior to the start of competition (on or before April 22, 2014).

2.1. Pool Events

Men

50m, 100m, 200m, 400m, and 1500m	Freestyle
50m, 100m and 200m	Backstroke
50m, 100m and 200m	Breaststroke
50m, 100m and 200m	Butterfly
200m and 400m	Individual Medley
4 x 50, 4 x 100m, 4 x 200m (Mixed)	Freestyle Relay
4 x 50m, 4 X 100m	Medley Relay

Women

50m, 100m, 200m, 400m, and 800m	Freestyle
50m, 100m and 200m	Backstroke
50m, 100m and 200m	Breaststroke
50m, 100m and 200m	Butterfly
200m and 400m	Individual Medley
4 x 50, 4 x 100m, 4 x 200m (Mixed)	Freestyle Relay
4 x 50m, 4 X 100m	Medley Relay

2.2. Events to be swum as Finals

All 400, 800, and 1500 pool events will be swum as finals only. If there is more than one heat for these events, the order of finish and award of medals will be based on times recorded.

Any other event in which there are six or fewer registered competitors will also be swum as a final.

2.3. Competition Schedule

During pool competition days (July 21, 22 and 23) the pool schedule is as follows:

- Pool opens for practice and warm-up, 6 AM
- Pool closes for practice and warm-up, 8:30 AM
- Preliminary competition begins, 9 AM
- Pool closes 15 minutes after completion of the last morning event
- On Monday, July 21, men's 1500 meter freestyle event begins 1/2 hour after conclusion of short distance morning program
- On Wednesday, July 23, the mixed 800 meter freestyle relay event begins 1/2 hour after conclusion of short distance morning program
- Pool re-opens for practice and warm-up, 2 PM
- Pool closes, 3:30 PM
- Finals Competition begins, 4 PM
- Award ceremonies schedule TBA.

2.4. Maximum Entries

A participating island may have no more than 24 swimmers on their swimming roster. Each island should nominate one non-swimmer as the team manager. It is recommended, although not required, that the team manager be someone other than the head coach.

A participating island may enter no more than three athletes for individual swimming events and no more than one team (of four swimmers) for each relay. Swimmers may enter an unlimited number of events, including relays.

2.5. Progression to Finals

In general the fastest six competitors will advance to the finals except that only the fastest two swimmers representing any single team will advance to the finals. For events swum as a final no team may win more than two medals.

3.0. Eligibility

In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:

(1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, the CNMI, Yap, Chuuk, Pohnpei, Kosrae, the Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states, countries, or territories for a period of three years up to and including the start of the Games; OR

(2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR

(3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of seven years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously-established residency.

In addition, athletes must:

- (a) Complete all necessary entry and participation forms;
- (b) Not be currently under disqualification or suspension by any relevant authority;
- (c) Comply with all relevant rules and regulations of the Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements.

These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the Pohnpei Organizing Committee will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have ten days to challenge the eligibility of a competitor. A \$50 bond is required for each challenge. The bond is refundable if the challenge is successful, but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the Pohnpei Organizing Committee, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of \$100. Failure to pay the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

4.0. Medals

Gold, Silver and Bronze medals will be awarded in the 2014 Micronesian Game Swimming competition in accordance with the Micronesian Games Council Bylaws, Article XV. For events in which there are only two competitors, only a gold medal will be awarded. For events in which there are three competitors, a gold and silver medal will be awarded. For events in which there are four or more competitors, gold, silver, and bronze medals will be awarded.

5.0. Entries, Seeds, and Draws

5.1. Entry By Name

Fully completed Entry by Name Forms (to include a listing of events for which the swimmer is a reserve competitor) **MUST** be received by the Games Organizing Committee (fsmnocsdo@mail.fm and conkohrs2@gmail.com) from participating islands **30 days prior to the start of competition (Friday, June 20)**. Failure to submit Entry by Name Forms by the deadline will incur a US\$5 fine per late day payable to the Swimming Technical Committee. Entry by Name Forms should include the swimmer's most recent time achieved in an official competition for each event in the past 12 months; this information will be used for seeding (see paragraph 5.4). If the swimmer has no qualifying time, seeding will follow FINA rule SW.3.1.1.

Following submission of the Entry by Name Forms, team managers may remove competitors from events but may not add competitors to events except for relay teams. The composition of relay teams may remain open until the submission of final entries (see paragraph 5.2). The only exception to this rule is in the event of injury or illness (see paragraph 5.3).

5.2. Final Entries

The Final List of Competitors for each event **MUST** be submitted by team managers to the Meet Director no later than **3 PM on Sunday, July 20**. (This submission will include the names of swimmers in relay events listed in the order in which they will swim and for medley relays, listed according to stroke they will swim).

Submissions may be sent by e-mail to the Meet Director at conkohrs2@gmail.com or delivered in hard copy to the designated desk at the FSMNOC Swimming Pool office. After this deadline, withdrawals from events, including "no shows" on the day of competition, will incur a fine of US\$50 payable to the Swimming Technical Committee; except when the withdrawal is due to injury or illness certified by a duly appointed health official (see paragraph 5.3).

5.3. Injury or Illness

In the event that a competitor is injured or becomes ill after being included in the Final Entry by Name Forms, a substitute may be nominated on production of a medical certificate for the withdrawing swimmer signed by a licensed health provider in the country of origin, for those swimmers who do not travel to Pohnpei, or by a health care professional designated by the Games Organizing Committee; for swimmers who travel to Pohnpei and become ill/injured after arrival. After submission of Final Entries; 3 PM, Sunday, July 20; the substitute's name must have been entered on the Final List of Competitors to be eligible to compete.

5.4. Seeding

Seeding of heats and finals will follow FINA Rule SW3.

5.5. Start Lists

The Tournament Director will distribute preliminary start lists to team managers at the Technical Meeting (Sunday, July 20, 2014 at 11:00am - FSMNOC Swimming Pool) for confirmation and correction of errors only. Team managers must sign and return the start lists to the Meet Director within two hours following adjournment of the Technical Meeting. Final start lists will be available at the pool and at the Micronesian Games Organizing Committee Office no later than 9 PM on the evening prior to competition (for preliminaries) and no later than 3 PM on the afternoon prior to competition for finals. It is the responsibility of team managers to pick up the final start lists and to immediately notify the Tournament Director should there be errors.

In the event that a competitor or relay team does not wish to take part in a final in which qualification was earned, the team manager shall submit a Withdrawal Notice within 30 minutes following the completion of the preliminary competition session in which qualification took place. The Federation of any competitor or relay team who withdraws from the preliminary heats after the certification of start lists (immediately following the Technical Meeting per preceding paragraph) or from a final more than 30 minutes after the preliminary competition session during which the qualification was earned shall pay a fine to the Swimming Technical Committee in the amount of US \$50.

The composition of a relay team may not be changed between heats and finals of an event except in the case of illness/injury (see paragraph 5.3) although the order in which swimmers compete may change and in the case of the Medley Relay the stroke that a swimmer swims may change. In the event that relay swimmers change order/stroke between preliminaries and finals, the list of relay swimmers for finals in the order they will swim must be provided by the Team Manager to the Meet Director within 30 minutes following the end of the morning preliminary competition. If there is no submission within this timeframe, swimmers must retain their order of competition from the preliminary when swimming the finals.

6.0. Rules and Officiating

6.1. Rules and Authorities

The 2014 Micronesian Games swimming competition will be conducted in accordance with the rules and regulations of the International Swimming Federation (FINA).

The Micronesian Games Council shall have complete control of the direction and control of the Games as stated in the Micronesian Games Council Charter, Article III.A.6.

However, the international federations of all sports on the Games Program, in association with the technical committees, shall have technical control of the organization of their respective sports in accordance with the IF Rules.

In cases of disputes the Micronesian Games Council decision shall be final.

6.2. Technical Committee (Swimming)

A Swimming Technical Committee will be established to ensure that the 2014 Micronesian Games Swimming competition is conducted in accordance with the technical rules and regulations of the International Swimming Federation (FINA).

In accordance with the Micronesian Games Bylaws, Article VI.B.2, membership of the Technical Committee shall consist of two representatives from Pohnpei (as host island), and one representative from each of the other competing islands. The FINA representative shall be an ex officio member of the Technical Committee. Each participating island shall nominate one representative to the Technical Committee; nominations should be received by the Meet Director on or before July 1, 2014.

The Technical Committee shall elect its own chairperson at its first meeting. In the event that there are issues of a technical nature that must be addressed prior to the first meeting of the committee, the Meet Director shall serve as Interim Chairperson authorized to facilitate electronic consultation and decision-making by island technical representatives.

6.3. Technical Meeting

A Technical Meeting for all coaches and managers from participating islands will be held prior to the start of the swimming competition. The tentative date for the Swimming Technical Meeting is Sunday, July 20, 2014 at 11 a.m. at the FSMNOC Swimming Pool. The date, together with the time and venue, is subject to confirmation via electronic communications no later than July 1, 2014. Failure to attend this mandatory meeting will result in a fine of US\$50 payable to the Technical Committee (Swimming).

6.4. Marshalling

Competitors will be required to report to the Call Facility at least 15 minutes prior to the time of the event shown on the Final Start List. They will not be allowed to leave the area after having been registered.

7.0. Protests and Appeals

7.1. Jury of Appeal

The Technical Committee for Swimming; at its initial meeting, will appoint a Jury of Appeal to hear all protests of a technical nature that arise during the competition. The Jury of Appeal will be chaired by the FINA representative to the Games.

The Jury of Appeals will meet immediately following the last event of each session (morning and afternoon sessions), or more often, if required. Protests must be submitted in writing by the team manager to the Chairperson of the Jury of Appeal (TBA - FINA Technical Delegate) no later than 15 minutes following completion of the event in which a question has arisen; protests should be accompanied by a US\$20 fee. This fee will be refunded to the protesting team if the protest is upheld and will be retained by the Jury of Appeals if the protest is overruled. The Jury of Appeal will hear and decide on protests as soon as possible following receipt of a protest. Protests submitted later than 15 minutes following completion of an event in question will not be addressed.

The Jury decision will be final.

7.2. Appeals Committee

The Appeals Committee appointed by the Micronesian Games Council shall decide on all questions of a non-technical nature outside the jurisdiction of the Juries of Appeal in accordance with the Micronesian Games Council Bylaws Article VII.

8.0. Competition Clothing and Equipment

All swim suits worn in the competition must comply with FINA rules in effect as of July 1, 2014.

FINA rules with respect to identification of the manufacturer (name and/or logo) of equipment and or clothing used/worn in the competition. No other designation except product manufacturer, team name, and competitor name can appear on competition attire, including warm-up suits. FINA Rule GR 7 will be enforced.

9.0. Training Venue and Schedule

Training for the Swimming competition will be held at the FSMNOC Swimming Pool in Nett, Pohnpei. A training schedule will be prepared and distributed to all participating teams on or prior to their arrival in Pohnpei. Scheduled training times may be amended and additional training times booked with the Tournament Director depending on lane availability.

Swimmers will provide their own equipment for training, warm-up, and competition except that a supply of kick boards will be available for use by swimmers if they so desire.

FINA rule GR.8. that bans smoking in a competition venue will be enforced at the FSMNOC Swimming Pool at all times during the games.

10.0. Accreditation

10.1. General Procedures

All Micronesian Games participants must go through the accreditation process in order to gain access to competition venues, training venues and to the Games accommodation compounds. The accreditation process will be part of the arrival procedures for all participants.

No person will be able to perform his or her respective role without having the proper accreditation.

10.0. Technical Officials

A call for technical officials will be sent to all participating islands by the Meet Director on or before March 1, 2014. Islands will nominate technical officials using the form provided; nominations will be screened by the organizing committee of the Pohnpei Swimming Association to ensure that all designated officials have appropriate training and experience. In general, technical officials should have attended one or more FINA-approved technical trainings in the past five years;¹ and have officiated at one or more international competitions, or alternatively three or more local competitions in the past five years. All nominations for technical officials should be signed by the President of the participating federation and returned no later than April 1, 2014 to: conkohrs2@gmail.com. A final list of approved technical officials will be circulated to all participating countries on or before April 15, 2014. All costs incurred by technical officials officiating at the games will be borne by the official or the organizing committee of the nominating island.

All technical officials will be provided with a Micronesian Games uniform (T-shirt) to be worn on competition days.

¹ FINA will conduct a technical training during the Micronesian Games (see paragraph 13). Persons who enroll in this course are eligible to serve as technical officials during the games except in positions of starter and referee that require prior certification and experience.

11.0. Medical

An appropriate level of medical services will be provided at each competition venue for athletes, team and technical officials. Organization and scheduling of medical services is the responsibility of the Pohnpei 2014 Micronesian Games Organizing Committee.

12.0. Doping Control

Athletes are advised that random drug testing will be conducted for the duration of the 2014 Micronesian Games.

It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Any athlete that tests positive for a prohibited substance will be disqualified from the 2014 Micronesian Games.

13.0. Other

FINA will conduct a technical officials training during the 2014 Micronesian Games. The classroom portion of the training will be conducted on Friday and Saturday, July 19 -20, 2014 at the FSMNOC office and swimming pool complex. All participants in the training will be expected to be an official during at least some events of the swimming competition. Daily post-competition training and review sessions will be held immediately following the morning competition with a final wrap-up immediately following conclusion of the swim meet. Team officials and swimming athletes, who are ineligible to officiate during the games, are welcome to take part in the classroom training sessions but will not be eligible for certification since they will not be able to meet their practical requirements during this competition.

Addendum: Summary of Important Dates
Swimming Competition
2014 Micronesian Games

Unless otherwise noted, all official communications regarding the swimming program should be sent to the Meet Director at conkohrs2@gmail.com and copied to sdofsmnoc@mail.fm with “Attention of Micro Games Swim Meet Director” in the Subject Line.

Nomination of technical officials to officiate at the swimming competition

- On or before March 1, 2014 (distribution of call by host federation)
- On or before April 1, 2014 (receipt of nominations by the host federation)
- On or before April 15, 2014 (host federation to distribute preliminary list of technical officials)
- July 15, 2014 (host federation to distribute final list of technical officials)

Final Order of Events (to be sent by Host Federation to participating islands)

- April 22, 2014

Entry by Name Forms

- To be received by Host Federation on or before June 20, 2014 (follow official Micronesian Games communications channels copied to the Meet Director – Swimming at e-mail conkohrs2@gmail.com)

Final list of Competitors (including swimming order and stroke for relay teams)

- Sunday, July 20, 2014 – 5 PM (hand deliver to Micronesian Games Organizing Office or e-mail to Meet Director conkohrs2@gmail.com)

Technical Committee (Swimming)

- Each participating island to submit the name and contact information for their Technical Committee representative on or before June 1, 2014 (send to email at conkohrs2@gmail.com)
- Date and time of initial meeting to be announced (based on final travel arrangements for off-island representatives)

Technical Training by FINA

- Classroom Technical Officials Training TBA, 2014 (hour and venue to be announced)
- Practicum during competition; review sessions immediately following morning programs and conclusion of swim meet.

Team Managers Meeting

- Sunday, July 20, 2014 at 11:00 a.m. at the FSMNOC Swimming Pool

Start lists

- Preliminary start lists to be distributed at Team Managers Meeting
- Start lists to be signed by team manager and returned to the Meet Director within 2 hours following adjournment of the Team Managers Meeting.

Competition

- Pool events from Monday to Wednesday, July 21-23, 2014; morning 9:00am start; afternoon 4:00pm start.
- **Note: 4 X 200 Mixed Gender Relay (Event R4.3) must be 2 girls and 2 boys in any order.**

Micronesian Games 2014							
Provisional Program - Swimming(Last Update 6.04.14)							
July 21 (Monday)		July 22 (Tuesday)		July 23 (Wednesday)			
Event #	Event	Event #	Event	Event #	Event		
<i>Preliminaries start at 9 am and finals at 4 pm</i>							
1	Free 100 - Men	15	Free 200 - Men	31	Fly 200 - Men		
2	Free 100 - Women	16	Free 200 - Women	32	Fly 200 - Women		
3	Breast 200 - Men	17	Breast 50 - Men	33	Back 50 - Men		
4	Breast 200 - Women	18	Breast 50 - Women	34	Back 50 - Women		
5	Back 100 - Men	19	IM 400 - Men	35	Free 50 - Men		
6	Back 100 - Women	20	IM 400 - Women	36	Free 50 - Women		
7	IM 200 - Men	21	Back 200 - Men	37	Breast 100 - Men		
8	IM 200 - Women	22	Back 200 - Women	38	Breast 100 - Women		
9	Fly 50 - Men	23	Fly 100 - Men	39	Free 400 - Men		
10	Fly 50 - Women	24	Fly 100 - Women	40	Free 400 - Women		
<i>Distance Events Start 1/2 Hour After Conclusion of Trials</i>							
11*	Free 1500 - Men	25*	Free 800 - Women				
<i>Events Swum as Finals - Evening Program Only</i>							
		27*	Free Relay 100 X 4 - Men				
		28*	Free Relay 100 X 4 - Women	41*	Free Relay 200 X 4 - Mixed Gender		
13*	Medley Relay 100 X 4 - Men	29*	Medley Relay 50 X 4 - Men	43*	Free Relay 50 X 4 - Men		
14*	Medley Relay 100 X 4 - Women	30*	Medley Relay 50 X 4 - Women	44*	Free Relay 50 X 4 - Women		
	*Swum as finals only.						
	* Note there are no events 12, 26, 42						

Competition Schedule

- During pool competition days (July 21, 22 and 23) the pool schedule is as follows:
- Pool opens for practice and warm-up, 6 AM
- Pool closes for practice and warm-up, 8:30 AM
- Preliminary competition begins, 9 AM
- Pool closes 15 minutes after completion of the last morning event
- On Monday, July 21, men's 1500 meter freestyle event begins 1/2 hour after conclusion of short distance morning program
- **On Wednesday, July 23, the mixed 800 meter freestyle relay event begins 1/2 hour after conclusion of short distance morning program**
- Pool re-opens for practice and warm-up, 2 PM
- Pool closes, 3:30 PM
- Finals Competition begins, 4 PM
- Award ceremonies schedule TBA