



1.0 GENERAL INFORMATION

Competition **SPORTEXCEL / MILO / NSC / MAS SWIMMING CIRCUIT 2025**

Aim The aim of the SportExcel / Milo / NSC / MAS Swimming Circuit is to provide additional avenues of competition for the development of swimming talent nationwide towards national and/or international success.

SportExcel Circuit The SportExcel Circuit shall consist of 2 Legs held simultaneously in 3 Regions – Central, Northern and East Malaysia, and the Grand Finals. The Regional Host of each Leg will be confirmed by MAS, with bidding from the Affiliates in the preceding year.

	Region	Host	Venue	Dates	Competition Timing	
Leg 1	Northern	PRAP	Ipoh, Perak	16-18 May 2025	Timed Finals	8.00AM *subject to change at the host's discretion
	Central	PRAS	Shah Alam, Selangor			
	EM	ASAS	Kuching, Sarawak			
Leg 2	Northern	PASA	Penang	1-3 August 2025	Timed Finals	8.00AM *subject to change at the host's discretion
	Central	PRAKL	National Aquatic Centre, Bukit Jalil, Kuala Lumpur			
	EM	SASA	Kota Kinabalu Sport Complex Aquatic Centre, Sabah			
GRAND FINALS	MAS		National Aquatic Centre, Bukit Jalil, Kuala Lumpur	7-9 November 2025	HEATS 8.00 AM	FINALS 5.00PM *subject to change at the host's discretion

1.1 The Circuit shall be conducted in accordance with the Rules and By-Laws of World Aquatics as prescribed in the latest version of the Competition Regulations of Swimming in force at the time of the Circuit Leg. In matters not prescribed for, decisions shall rest with the Referee and/or the Organising Committee.

1.2 The Circuit shall act as a Qualifying Meet for the following:

- International competitions as determined by MAS, only if the dates of the respective Circuit Leg competition falls within the Qualification Period AND if specifically expressed within the Selection Criteria of the said International Competition.

1.3.1 CIRCUIT DECENTRALISATION

To facilitate greater accessibility and broaden growth in the sport, Legs 1 and 2 of the SportExcel Circuit shall be decentralised and conducted simultaneously in three (3) regions:

- NORTHERN REGION** – Perlis, Kedah, Penang, Perak, Terengganu, Kelantan, Pahang;
- CENTRAL REGION** – Kuala Lumpur, Selangor, Melaka, Negeri Sembilan, Johor;
- EAST MALAYSIA** – Sabah, Sarawak, Labuan



- 1.3.2**
- a. Swimmers shall be existing members of Clubs/Sports Schools/Schools duly registered and affiliated to a respective State and MAS with a MAS National Registration ID.
 - b. Swimmers shall participate in the Circuit Leg competition hosted by the Region in which their respective State falls under.
 - c. Entries must be submitted to the respective Regional Host Organising Committee of the Circuit Leg competition in which their respective State falls under.
 - d. Payment of the Registration Fee and/or Entry Fees or the International Swimmer Admin Fees, International Coach Admin Fees, and International Team Official/Support Staff Admin Fees , wherever is applicable, are to be made to the respective Regional Host of the Circuit Leg competition in which their respective State falls under.
- 1.3.3**
- a. Should a Circuit Leg competition not be hosted by the Region in which their respective State falls under, Swimmers wishing to participate in that particular Circuit Leg may have the option to participate in the Circuit Leg competition hosted by another Region.

1.4.1 SAFE SPORT

- a. A signatory to the Safe Sport Code Malaysia, MAS is committed to ensuring a healthy and safe environment which is respectful, equitable and free from all forms of misconduct, harassment and abuse;
- b. As a condition of participation in the Championships, each individual, by virtue of participation, assistance, involvement or preparation are automatically bound by and are required to comply with the Policies of Safe Sport Code Malaysia;
- c. Any individual with first-hand knowledge, or has specific and credible information from a victim or third-party has the responsibility to report any incident of misconduct, harassment or abuse.

1.4.2 Reporting Channels:

- a. Police Diraja Malaysia (PDRM)
- b. Malaysia Aquatics (MAS)
Secretary General
secgen@malaysiaaquatics.org
- c. Ministry of Youth and Sports (KBS)
<http://kbs.spab.gov.my>



2.0 ELIGIBILITY

2.1 The SportExcel Swimming Circuit is open to the following:

a. **Swimmer – Local Club**

Swimmers who are existing members of Clubs duly registered and affiliated to their respective State or MAS **and** who meet the Minimum Time Standards for a particular event.

b. **Swimmer – Local (National Representative/National Swimmer)**

Swimmers who have represented Malaysia in International Open-Level Championships (ie. Olympic Games, World Championships, Asian Games, Commonwealth Games, Pan Pacific Championships, SEA Games) are eligible to participate as **EXHIBITION** Swimmers.

These swimmers will be registered in the Open Group Category as EXHIBITION and will represent MAS. No points will be awarded and they are NOT eligible for any medals, awards or incentive payments.

c. **International Swimmer – Local Club**

Foreigners residing in Malaysia who meet the Minimum Time Standards for a particular event are eligible to participate, and will be tagged with an asterisk.

It is the responsibility of the respective Club to declare the Swimmer's Foreign Status during registration.

They are NOT eligible for any medals, awards or incentive payments, however they are eligible for qualification to the Grand Finals.

d. **International Swimmer – Foreign Club**

***Invitation is subject to the host's discretion and/or approval from Sports Commissioner's Office**

Foreign swimmers of other Federations affiliated to World Aquatics who meet the Minimum Time Standards (where applicable) are eligible to participate as **EXHIBITION** Swimmers.

These swimmers will be registered as EXHIBITION and will represent their Federation/Foreign Club. No points will be awarded and they are NOT eligible for any medals, awards or incentive payments.

2.2 Sport Schools are eligible to participate and are subject to swimmer eligibility as defined in Clause 2.1 above.

2.3.1 Club Representation Rule for Multi-Location Clubs/Swim School/School

- a. Clubs operating across multiple locations in different states within Malaysia must participate as separate entities based on their specific state locations;
- b. Each club must compete under its own distinct banner corresponding to its specific state location;
- c. Merging swimmers from various state locations to compete under a single club banner will not be permitted;



- d. Clubs found in violation of this rule may face disqualification or other penalties as deemed appropriate by the Regional Host Organising Committee and/or MAS.

2.3.2 Clause 2.3.1 applies to all clubs, swim schools, sports schools and schools who are participating in the SportExcel Circuit.

2.4 Minimum Time Standards will apply for the SportExcel Circuit.

- a. Swimmers are eligible to participate in the SportExcel Circuit only if the swimmer's recorded personal best time for the event is **faster** than the Minimum Time Standard for a particular event.

- b. An administrative fee of **RM100.00 per event** will be imposed on any swimmer who returns a time more than 3% slower than the Minimum Time Standard for that particular event.

NO penalties will be imposed should a swimmer return a time slower than the Minimum Time Standard for all Compulsory Events and all Compulsory Choice Events, whichever is applicable for the respective age group.

- c. A swimmer's time achieved at the SportExcel Circuit may be used towards meeting qualification time standards for team selection for MAS approved competitions, **provided the dates of the respective Circuit Leg competition fall within the Qualification Period AND specifically expressed in the Qualifying Criteria of the International Competition.**

3.0 AGE GROUPS

3.1 Date of age reckoning for age groups and ages is calculated as of **31st December in the year of competition.**

3.2 Age Groups and Ages for the SportExcel Swimming Circuit will be calculated as follows:

a. Seniors

Open	:	19 years & over	-	born in 2006 or earlier
Group 1	:	16 – 18 years	-	born in 2007, 2008, 2009
Group 2	:	14–15 years	-	born in 2010, 2011

b. Juniors

Group 3	:	12–13 years	-	born in 2012, 2013
Group 4	:	11 years & under	-	born in 2014 or later



4.0 ENTRY REGULATIONS

- 4.1**
- | | | |
|------------------------|---|-------------------------------------|
| Entries Closing Date: | - | 27 October 2025, 5.00 PM (Monday) |
| Payment Deadline | - | 31 October 2025, 5.00 PM (Friday) |
| Late Payment Deadline | - | 6 November 2025, 5.00 PM (Thursday) |
| Team Manager's Meeting | - | 6 November 2025, 4.00 PM (Thursday) |

- 4.2** All entries are to be submitted using the Hy-Tek Team Manager software to the Organising Committee through email as follows:

GRAND FINALS - MALAYSIA AQUATICS

secgen@malaysiaaquatics.org and
alexchoong@hotmail.com

- 4.3** All entries are to be submitted with the Swimmer's MAS ID.

Entries without the Swimmer's MAS ID attached will be withdrawn upon the Withdrawal Closing Date.

- 4.4** There is no limit to the number of individual entries per Swimmer.

- 4.5** Minimum Time Standards will apply for the SportExcel Circuit.

There are **NO** Maximum Time Standards.

- Minimum Time Standard** – The minimum recorded time a swimmer must have achieved for a particular event in order to enter that event.
- Maximum Time Standard** – Does not apply for the SportExcel Circuit.
- A swimmer may enter an event only if the swimmer's recorded personal best time for the event is **faster** than the Minimum Time Standard for a particular event.
- An administrative fee of **RM100.00 per event** will be imposed on any swimmer who returns a time more than 3% slower than the Minimum Time Standard for that particular event.

NO penalties will be imposed should a swimmer return a time slower than the Minimum Time Standard for all Compulsory Events and all Compulsory Choice Events, whichever is applicable for the respective age group.

- 4.6** All entries must be submitted with a time equivalent or faster than the Minimum Time Standard for that particular event.

Entries submitted with No Time (NT) will automatically be rejected.

Incomplete / incorrect entries will be rejected.



4.7 Maximum Entries Cap for Legs 1 and 2, and the Grand Finals

Entries may be capped at a limited number of participants per event per gender for Legs 1 and 2 and the Grand Finals.

The Organising Committee for the Grand Finals may amend the maximum entries cap based on the final qualification list for the Grand Finals to optimise session timing for the morning preliminary heats and afternoon finals to minimise any over-runs.

4.7.1 Maximum Entries Cap for Legs 1 and 2

a. Entries Cap for the 50m and 100m events

There shall be **NO** entries cap for the 50m and 100m events per gender.

b. Entries Cap for the 200m events

There shall be **NO** entries cap for the 200m events per gender.

c. Entries Cap for the 400m Freestyle and 400m Ind. Medley events

There shall be **NO** entries cap for the 400m events per gender.

d. Entries Cap for the 800m and 1500m Freestyle events (Legs 1 and 2)

Entries shall be capped at **40 participants (Group 2, 1, OPEN)** and **20 participants (Group 3)** for the 800m Freestyle event.

Entries shall be capped at **30 participants (Group 2, 1, OPEN)** and **20 participants (Group 3)** for the 1500m Freestyle event.

4.7.2 Maximum Entries Cap for the Grand Finals

Entries shall be capped to a limited number of participants per event per gender for the Grand Finals and shall be by invitation only.

a. Entries Cap for the 50m and 100m events

Entries shall be capped at **40 participants per age group** for the 50m and 100m events per gender.

b. Entries Cap for the 200m events

Entries shall be capped at **40 participants per age group** for the 200m events per gender.

c. Entries Cap for the 400m Freestyle and 400m Ind. Medley events

Entries shall be capped at **30 participants per age group** for the 400m events per gender.

e. Entries Cap for the 800m and 1500m Freestyle events

Entries shall be capped at **20 participants per age group** for the 800m and 1500m Freestyle events per gender.

4.7.3

a. Entries will be ranked from FASTEST to SLOWEST with the fastest participants up to the entry cap for each event contesting the event.

b. Entries ranked lower than the capped number will be placed on a waiting list and informed in the event of any event withdrawals or non-participation.

The number of participants informed shall be dependent on the number of vacant sports due to event withdrawals or non-participation.



For example:

For the 800m Freestyle Group 2, 1, OPEN – No. 21 shall be informed first, followed by no. 22, followed by no. 23 and so forth.

- c. Withdrawals are required from participants including those on the waiting list or Reserves should the participants no longer wish to participate in the event.

- 4.8** No notice of withdrawal from participants, including those on the waiting list or Reserves by the Withdrawals Closing Date shall be deemed as a positive confirmation of the participant's event participation.

Any withdrawals after the Withdrawals Closing Date or on the day/s of the Championships with or without notification shall be deemed as 'Did Not Show' or 'Did Not Start' (DNS). **A penalty of RM100.00 shall be imposed on any 'DNS' and payment must be made immediately before the swimmer's next event.**

- 4.9** All entries must be submitted by the Entries Closing Date. Late entries will not be entertained.

- 4.10** No pool side entries or new entries will be accepted after the Entries Closing Date.

4.11.1 Fees – Local Entries

- | | | |
|--|---|---|
| a. Swimmer National Registration Fee (Annual) | - | *to be paid to MAS
RM50.00 per Swimmer (new) or
RM30.00 per Swimmer (renewal) |
| <i>*not applicable for those already paid for 2025</i> | | |
| b. SportExcel Circuit Admin Fee | - | RM30.00 per Swimmer |
| c. Entry Fees (Individual Event) | - | RM15.00 per individual event per Swimmer |

4.11.2 Fees – International Entries by Overseas Teams
***dependant on Clause 2.1d**

- | | | |
|--|---|---|
| a. International Swimmer Admin Fee | - | USD50.00 per Swimmer per International Team (inclusive of Entry Fees) |
| b. Entry Fees (Individual Event) | - | NIL |
| c. International Coach/ Team Official/ Support Staff Admin Fee | - | USD50.00 per individual and per accreditation pass for entry to the meet and is applicable to all foreign coaches from overseas participating teams |



- 4.12** All entries must be accompanied by FULL PAYMENT of the Registration Fee and/or Entry Fees or the International Swimmer Admin Fees, International Coach Admin Fees, and International Team Official/Support Staff Admin Fees , wherever is applicable, by the Payment Deadline.
- 4.13** Payments received AFTER the Payment Deadline and before the Late Payment Deadline, will incur additional Late Charges as follows:
- a. Late Charges – Double the amount of total entry fees
- 4.14** Swimmers will not be eligible to participate should full payment not be received by the Organising Committee by the Late Payment Deadline.
- 4.15** All payments are to be made via direct banking or online transfer to the Organising Committee, details as follows:

MALAYSIA AQUATICS

Account Name : AKUATIK MALAYSIA
Bank Name : Hong Leong Bank Berhad
Account Number : 321-0000-1268
Swift Code : HLBBMYKL
Remarks : *SXL2025GF_Team Name*

Kindly email proof of payment to the Organising Secretary as follows:

GRAND FINALS – **MALAYSIA AQUATICS**
secgen@malaysiaaquatics.org,
maquatics.treasurer@gmail.com and
finance.malaysiaaquatics@gmail.com

5.0 WITHDRAWALS

- 5.1** Preliminary Entries List (Psych Sheet) – by 3 November 2025 (Monday)
- Payment Deadline – 31 October 2025, 5.00 PM (Friday)
- Withdrawals Closing Date – 3 November 2025, 5.00 PM (Monday)
- Team Manager's Meeting – 6 November 2025, 4.00 PM (Thursday)
- 5.2** Preliminary Entries List (Psych Sheet) shall be sent to all participating teams for review by **3 November 2025**.
- 5.3** Withdrawals are required from participants by the Withdrawal Closing Date, including for participants on the waiting list or Reserves should they no longer wish to participate in the event.
- 5.4** Withdrawals **MUST** be submitted before the Withdrawals Closing Date, and will not be accepted during the Team Manager's Meeting. There will not be any refund of entry fees for the respective swimmer, in the event of withdrawal/s.



- 5.5** Any withdrawals after the Withdrawals Closing Date or on the day/s of each Circuit Leg with or without notification shall be deemed as **'Did Not Show' or 'Did Not Start' (DNS)**. A **penalty of RM100.00** shall be imposed on any 'DNS' and payment shall be made immediately before the swimmer's next event.
- 5.6** Penalties are to be borne by the respective team concerned. The Organising Committee reserves the right to withdraw any swimmer/team failing to pay the penalty.
- 5.7** The penalty will be waived if the swimmer produces a valid medical certificate for the relevant day of the event. However, the swimmer will not be permitted to participate in any further events for the day.
- 5.8** All medical certificates must be produced before the end of the day's session, failing in which the penalty as indicated in Clause 5.5 will be imposed.

6.0 ACCREDITATIONS

- 6.1** The pool deck at all MAS-sanctioned competitions is strictly reserved for registered participants, coaches, technical officials, essential support staff or other persons approved by the Organising Committee and/or MAS.
- 6.2** Starting from 1 March 2024, coaches who wish to apply for an accreditation pass to be on deck during MAS-sanctioned competitions must be registered with MAS.
- 6.3 Fees – Local Coaches**
- a. Coach National – *To be paid to MAS
 - Registration Fee (Annual) RM100.00 per Coach (new) or
 - *not applicable for those already paid for 2025* RM50.00 per Coach (renewal)
- 6.4** Team Accreditations (inclusive of coaches, team manager/s and support staff) will be issued based on the team size in each leg of the Circuit as follows:

Number of Swimmers	No. of Coaches Pass	No. of Team Managers Pass
1-15	1	1
16-30	2	1
31-45	3	1
46-60	3	1
61-75	4	1
76 and above	4	2

- 6.5** All Accreditation Cards remain the property of MAS, are NON-TRANSFERABLE, and can be withdrawn, refused or revoked at the discretion of the Regional Host Organising Committee / MAS.
- 6.6** Accreditation will only be issued to the appropriately qualified and eligible persons who are entitled to participate in or perform an official function at the Circuit.



- 6.7** In order to ensure a safe and inclusive training and competition environment, all rules and regulations surrounding accreditation will be respected.
- 6.8** Applying for accreditation under false pretences is seen as a violation of accreditation procedures. Anyone found to be in violation of this will have their accreditation revoked and will be asked to leave the venue immediately.
- 6.9** Requests for additional Accreditation Cards in excess of the quantities tabled above in Clause 6.4 are subject to the discretion and approval of MAS and will incur charges of RM30.00 per additional Accreditation Card.
- 6.10** **Lost or Misplaced Accreditation Passes**
- Replacement passes are available at the following cost:
- a. Coach / Team Manager – RM120.00
 - b. Swimmer – RM50.00

7.0 RECORDS and TEAM SELECTION

7.1 Records

- a. There will be only one (1) set of meet records maintained for the whole SportExcel Circuit.
- b. The results from each Regional Host for each Circuit Leg shall be emailed to MAS after the completion of the Circuit Leg Competition, and collated by MAS for determination of the Swimmers for the Grand Finals.

7.2 MAS Eligible Selection Meet / Team Selection

- a. The SportExcel Circuit Competitions may act as Qualifying Meet/s for international competition as determined by MAS, provided the dates of the respective Circuit Leg competition falls within the Qualification Period AND if specifically expressed within the Selection Criteria of the said International Competition;
- b. Should Clause 7.2a be fulfilled, only results from individual events may be used towards meeting Qualifying Time Standards for team selection.

8.0 COMPETITION INFORMATION

- 8.1** The SportExcel Swimming Circuit will be conducted in the World Aquatics Long–Course Metres (LCM) format.
- 8.2** Technical Officials – All Technical Officials shall be appointed by the respective Regional Host Organising Committee and/or MAS.



8.3.1 Events listed below shall be for Groups Open, 1, 2, 3 (Boys & Girls)

- | | | |
|----------------------|---|------------------------------------|
| a. Freestyle | - | 50m, 100m, 200m, 400m, 800m, 1500m |
| b. Backstroke | - | 50m, 100m, 200m |
| c. Breaststroke | - | 50m, 100m, 200m |
| d. Butterfly | - | 50m, 100m, 200m |
| e. Individual Medley | - | 200m, 400m |

8.3.2 800m and 1500m Freestyle events

- a. **Leg 1** shall have 1500m Freestyle (Boys) and 800m Freestyle (Girls)
- b. **Leg 2** shall have 800m Freestyle (Boys) and 1500m Freestyle (Girls)
- c. **Grand Finals** shall have both 1500m Freestyle and 800m Freestyle for Boys and Girls

8.4 Events listed below shall be for Group 4 (Boys & Girls)

- | | | |
|----------------------|---|-----------------|
| a. Freestyle | - | 50m, 100m, 200m |
| b. Backstroke | - | 50m, 100m |
| c. Breaststroke | - | 50m, 100m |
| d. Butterfly | - | 50m, 100m |
| e. Individual Medley | - | 200m |

8.5 Combination of Age Groups

- a. Events will be swum together across the various age groups and seeded according to time (SLOWEST to FASTEST) but will be scored separately according to the swimmer's age group.

8.6 Compulsory Events for Malaysian swimmers in Groups 1, 2, 3, 4 (Legs 1 and 2):

- a. There shall be Compulsory Events for Malaysian swimmers in Groups 1, 2, 3, and 4 (Legs 1 and 2) as follows:
- b. **Group 1** – 100m and 200m Freestyle;
- c. **Group 2** – 100m Freestyle, 200m Freestyle, 200m Individual Medley, and a minimum of one (1) 100m choice stroke (choice of Backstroke or Breaststroke or Butterfly);
- d. **Group 3** – 100m Freestyle, 200m Freestyle, 200m Individual Medley, 100m Backstroke, 100m Breaststroke and 100m Butterfly;
- e. **Group 4** – 50m Freestyle, 100m Freestyle, 200m Freestyle, 200m Individual Medley, 50m Backstroke, 50m Breaststroke and 50m Butterfly;
- f. Every swimmer taking part in the Compulsory Events and Compulsory Choice Events must make a reasonable attempt to complete the event;



- g. Non-completion of any Compulsory Events or Compulsory Choice Events whichever is applicable for the respective age group, shall be deemed as 'Did Not Finish' (DNF).
- h. NO penalties will be imposed should a swimmer return a time slower than the Minimum Time Standard for all Compulsory Events and all Compulsory Choice Events, whichever is applicable for the respective age group;
- i. Every swimmer must also be entered for at least one other individual event in the SportExcel Programme other than the Compulsory Events for their age group (applicable to Groups 1, 2).
- j. It is the responsibility of the respective Club AND Swimmers to ensure compliance with the participation and completion of the Compulsory Events and/or Compulsory Choice Events whichever is applicable for the respective age group.

8.7 Full list of Events and the Compulsory Events for Malaysian swimmers are listed in the Table below:

Events	Group 4 11 years & U	Group 3 12 - 13 years	Group 2 14 - 15 years	Group 1 16 - 18 years	OPEN 19 years & above
50m Freestyle	compulsory	✓	✓	✓	✓
100m Freestyle	compulsory	compulsory	compulsory	compulsory	✓
200m Freestyle	compulsory	compulsory	compulsory	compulsory	✓
400m Freestyle		✓	✓	✓	✓
800m Freestyle		✓	✓	✓	✓
1500m Freestyle		✓	✓	✓	✓
50m Backstroke	compulsory	✓	✓	✓	✓
100m Backstroke	✓	compulsory	compulsory choice	✓	✓
200m Backstroke		✓	✓	✓	✓
50m Breaststroke	compulsory	✓	✓	✓	✓
100m Breaststroke	✓	compulsory	compulsory choice	✓	✓
200m Breaststroke		✓	✓	✓	✓
50m Butterfly	compulsory	✓	✓	✓	✓
100m Butterfly	✓	compulsory	compulsory choice	✓	✓
200m Butterfly		✓	✓	✓	✓
200m Ind. Medley	compulsory	compulsory	compulsory	✓	✓
400m Ind. Medley		✓	✓	✓	✓



8.8.1 Competition Format:

- a. Legs 1 and 2 – Timed Finals
- b. Grand Finals – Heats and Finals

8.8.2 Leg 1 and 2 Format:

- a. Events will be swum together across the various age groups and seeded according to time (SLOWEST to FASTEST) but will be scored separately according to the swimmer's age group;
- b. Swimmers in each event in each Age Category for Legs 1 and 2 of the Circuit, will be awarded points for each individual event swum as listed in **Clause 9.3**;

8.8.2.1 QUALIFICATION TO THE GRAND FINALS

- a. The results from all the Regions after Legs 1 and 2 of the Circuit will be consolidated into 1 and Swimmers will be ranked according to time from fastest to slowest in each event of each age group per gender.

- b. **50m, 100m and 200m events**

The **Top 40 ranked Swimmers in each event of each age group per gender** will qualify to the Grand Finals.

In the event of a tie for the 40th placing, the swimmers with the fastest average time swum in the event from Legs 1 and 2 will determine the qualifier to the Grand Finals.

- c. **400m Freestyle and 400m Ind. Medley events**

The **Top 30 ranked Swimmers in each event of each age group per gender** will qualify to the Grand Finals.

In the event of a tie for the 30th placing, the swimmers with the fastest average time swum in the event from Legs 1 and 2 will determine the qualifier to the Grand Finals.

- d. **800m and 1500m Freestyle events**

The **Top 20 ranked Swimmers in each event of each age group per gender** will qualify to the Grand Finals.

In the event of a tie for the 30th placing, the swimmers with the fastest average time swum in the event from Legs 1 and 2 will determine the qualifier to the Grand Finals.

- e. **Each Swimmer from the Top 40 must represent the SAME club in ALL of the Circuit Competitions – Leg 1, Leg 2 and Grand Finals.**

- e. **EXCEPTIONS:**

Local Swimmers (National Swimmer) are eligible to participate in Legs 1, 2 and the Grand Finals in the **OPEN Group Category as EXHIBITION Swimmers representing MAS**. There is no restriction on the number of National Swimmers in each event and they are NOT eligible for points, medals, awards or incentive payments.

International Swimmers (Local Club) are eligible to participate in Legs 1 and 2 as **EXHIBITION Swimmers**. The Top 3 ranked International Swimmers after **Clause 8.8.2c** has been fulfilled will qualify to swim that event for the Grand Finals. They are NOT eligible for medals, awards or incentive payments.



The definitions of Local Swimmers (National Swimmer) and International Swimmers (Local Club) are defined in **Clause 2.1**.

8.8.3 Grand Finals Format:

a. The Grand Finals will be conducted in a Heats and Finals format.

b. **50m and 100m events**

The fastest 10 swimmers in the event in each age group from the Heats shall advance to the afternoon A Final, with the next fastest 10 swimmers from the heats advancing to the B Final.

c. **200m events**

200m Freestyle and 200m Ind. Medley events

The fastest 10 swimmers in the event in each age group from the Heats shall advance to the afternoon A Final, with the next fastest 10 swimmers from the heats advancing to the B Final.

200m stroke (Backstroke, Breaststroke, Butterfly)

The fastest 10 swimmers in the event in each age group from the Heats shall advance to the afternoon A Final. There shall be **NO** B Final.

c. **400m Freestyle and 400m Ind. Medley events**

The 400m events shall be swum as Timed Finals, with the fastest seeded Heat swum during the afternoon Finals session.

d. **800m and 1500m Freestyle events**

The 800m and 1500m Freestyle shall be swum as Timed Finals, with the fastest seeded Heat swum during the afternoon Finals session.

e. Events in the Heats session will be combined across the various age groups and seeded according to time (slowest to fastest), but will be scored separately according to the swimmer's age group.

f. Swimmers who wish to scratch their event(s) for the Finals must inform the Secretariat within 30 minutes of the official results of the morning heats being published.

Swimmers who fail to swim in their qualified events in the Finals will not be allowed to swim all subsequent events thereafter and shall incur a fine of **RM200.00**.

9.0 CERTIFICATES, POINTS AND AWARDS

9.1 A "Certificate of Participation" will be awarded to all participants of each Leg of the Circuit.

9.2 To receive a Certificate of Participation, all Malaysian participants must have participated in ALL of the Compulsory Events, including 1 Compulsory Choice Event if applicable, for their age group as listed in **Clause 8.7** in that particular Circuit Leg competition, in addition to the following:



- a. **Groups 1, 2** – at least one (1) additional individual event as well as the Compulsory Events in their age group,

9.3 Swimmers in each Age Category for Legs 1 and 2 of the Circuit, will be awarded points for each individual event on the following basis:

Position		Points Awarded
INDIVIDUAL: 1st to 40th place	-	40-39-38-37-36-35-34-33-32-31-30-29-28-27-26-25-24-23-22-21-20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
INDIVIDUAL (200m, 400m, 800m, 1500m): 1st to 10th place	-	Additional 10-9-8-7-6-5-4-3-2-1 *manual calculation

9.4 AWARDS:

9.4.1 Circuit Overall Champion (Individual):

The Circuit Overall Champion (Individual) shall be awarded to the Top 3 Male and Top 3 Female Malaysian swimmers of each Age Group category on the basis of the most number of gold medals won during the Grand Finals.

In the event of a tie break, the following shall apply:

The number of silver medals won, followed by the number of bronze medals won, followed by the number of meet records broken, and should the results still tie, then Joint Champions shall be declared.

National Representatives of Malaysia and International Swimmers are not eligible.

- 9.4.1.1**
- Circuit Overall Champion Award (Individual),
 - Circuit Overall Champion Award 1st Runner Up (Individual),
 - Circuit Overall Champion Award 2nd Runner Up (Individual)

9.4.2 Circuit Overall Champion (Club):

The Circuit Overall Champion (Club) shall be awarded to the Top 3 Clubs with the most number of scoring points accumulated by their swimmers achieved during all final events contested during the Grand Finals Competition.

In the event of a tie break, the following shall apply:

The total number of gold medals won by their Club Swimmers, followed by the number of silver medals, then the number of bronze medals and finally the number of meet records set by the Club's swimmers.

9.4.2.1 Scoring shall be as follows:

Placing	Points
1st	15
2nd	12
3rd	10
4th	8
5th	6
6th	5



7th	4
8th	3
9th	2
10th	1

- 9.4.2.2**
- Circuit Overall Champion Award (Club),
 - Circuit Overall Champion Award 1st Runner Up (Club),
 - Circuit Overall Champion Award 2nd Runner Up (Club)

9.5 ORGANISING GRANT:

- The Regional Host/s for Legs 1 and 2 of the Circuit shall apply to receive an organising grant from MAS to offset operating costs;
- A budget, in addition to a meet completion report with supporting documentation shall be provided by the Regional Host/s of the Circuit Leg to MAS in order to claim the Organising Grant;
- No claim is permissible should the Regional Host/s not proceed with the hosting of the Circuit Leg for any reason.

10.0 WARM-UP and COMPETITION POOL GUIDELINES

- 10.1** The Competition Pool will be available for warm-up one and a half (1.5) hours before the commencement of the morning session. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.

- 10.2** Warm-up lane assignments and regulations for the Competition Pool are as follows:

- Lanes 0, and 9 are Dive Sprint Lanes – strictly for Diving and Sprinting only.
- Lane 1 shall be for pace work and Lanes 2 to 8 are Circle Swimming Lanes for general swimming only.
- There shall be NO DIVING in Lanes 1 to 8. Entry to these lanes is via feet first entry from the sitting position at all times.
- 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.
- The use of swim paddles and fins are prohibited during warm-up.
- Swimmers are not allowed to sit or press down on the lane ropes.
- Swimmers are required to exit from the Competition Pool from the sides, and not by climbing over the touch pads.
- Only Swimmers, Coaches and Team Officials will be allowed on the Competition



Pool Deck during the warm-up sessions.

- i. 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 bounds to ALL, except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer/s and Appointed Media Coverage Personnel.

11.0 SECRETARIAT GUIDELINES

- 11.1** Details of disqualification / infraction committed by any Swimmer shall be made to the Organising Secretary by the Team Manager. No proxies will be entertained.
- 11.2** In the absence of the Organising Secretary, enquiries relating to disqualifications shall be directed to the Secretariat.
- 11.3** Enquiry of disqualification shall be made within the same day of competition.
- 11.4** The Team Manager shall provide the Swimmer's details, i.e. Event Number, Time Final Number, Lane Assigned, Swimmer's Name and Affiliate/Team Name.
- 11.5** ONLY the Team Manager or Coach shall be allowed to access the Secretariat for submission of necessary paperwork and/or disqualification enquiry. NO swimmers, parents/guardians or proxies will be allowed.

12.0 APPEALS

- 12.1** Appeals are possible:
 - a. If the Rules and Regulations for the conduct of the Competition are not observed, or
 - b. If other conditions endanger the Competition and/or Competitors, or
 - c. Against the decisions of the Referee as to the consequence of a Swimmer's rule infraction; however no appeal shall be allowed against decisions of fact.
- 12.2** Appeals must be submitted in accordance with the following:
 - a. In writing on the prescribed form, with the supporting facts,
 - b. With a deposit of RM400.00,
 - c. Submitted to the Meet Referee by the Team Manager. No proxies will be entertained,
 - d. Submitted within thirty (30) minutes following the posting of the official results of the respective event.
- 12.3** The Meet Referee shall present the appeal to the Chair of the Jury of Appeal, who shall review the appeal and determine its validity as soon as reasonably possible following the submission of the appeal.
- 12.4** If the Chair deems the appeal to be invalid on the consequence of a Swimmer's rule infraction, the deposit shall be forfeited.



If the appeal is deemed to be valid, the Chair shall initiate a review by the Jury of Appeal which shall render a final decision on the appeal as soon as reasonably practical.

The Chair's decision regarding validity is final.

- 12.5** If the Jury rules in favour of the appealing party, the deposit shall be returned to the appealing party, and the ensuing course of action shall be decided on a case-by-case basis.
- 12.6** If the Jury rules against the appealing party, the deposit shall be forfeited.
- 12.7** If the protest is not upheld, the deposit shall be forfeited to the Organising Committee of the Championships. If the protest is upheld, the deposit shall be returned.

13.0 JURY OF APPEAL

- 13.1** The Chair of the Jury of Appeal shall be appointed by the Organising Committee Chair / MAS.
- 13.2** Other members of the Jury of Appeal shall comprise of the following:
 - a. A maximum of four (4) and a minimum of two (2) representatives from amongst the participating Club Teams not involved in the dispute, which shall be appointed by the Organising Committee Chair / MAS;
 - b. Jury members shall be void of conflicts of interest in advance of their appointment and shall have an obligation to declare any conflicts of interest that may arise, which shall be determined by the Organising Committee Chair / MAS;
- 13.3** Each member of the Jury shall have one (1) vote and the majority vote shall prevail.
- 13.4** The decision of the Jury is final.

14.0 DOPING CONTROL

- 14.1** Urine samples may be collected during the Circuit for the purpose of doping controls, which will be conducted in accordance with the World Aquatics Doping Control Rules and the World Anti-Doping International Standards found at this link:
<https://www.wada-ama.org/en/what-we-do/international-standards>
- 14.2** The list of prohibited substances can be found in this link:
<https://www.wada-ama.org/en/prohibited-list>
- 14.3** All athletes are strictly responsible for any prohibited substance found in their sample. It is particularly important for athletes to check any medication they take against the prohibited list.
- 14.4** Therapeutic Use Exemptions (TUE) Forms must be filled up, should any athlete feel the need to declare the use of any of the prohibited substances listed in the updated Prohibited Lists in the link above.



15.0 KEY DATES

- a. **Entries Closing Date** - 27 October 2025, 5.00 PM (Monday)
- b. **Preliminary Entries List (Psych Sheet)** - 3 November 2025, 5.00 PM (Monday)
- c. **Payment Deadline** - 31 October 2025, 5.00 PM (Friday)
- d. **Late Payment Deadline** - 6 November 2025, 5.00 PM (Thursday)
- e. **Withdrawals Closing Date** - 3 November 2025, 5.00 PM (Monday)
- f. **Team Manager's Meeting** - 6 November 2025, 4.00 PM (Thursday)
- g. **Competition Dates** - **SPORTEXCEL/MILO/NSC/MAS SWIMMING CIRCUIT 2025 - GRAND FINALS**
7-9 November 2025 (Friday-Sunday)



16.0 ORDER OF EVENTS

DAY 1 SESSION 1		7 NOVEMBER 2025 (FRIDAY) – STARTS AT 8.00AM *subject to host		
EVENT				
101	1500m Freestyle	Boys	Group 3, 2	Timed Finals–Slower Heats
101	1500m Freestyle	Boys	Group 1, OPEN	Timed Finals–Slower Heats
102	800m Freestyle	Girls	Group 3, 2	Timed Finals–Slower Heats
102	800m Freestyle	Girls	Group 1, OPEN	Timed Finals–Slower Heats
103	100m Breaststroke	Boys	Group 4	Heats
104	100m Breaststroke	Girls	Group 4	Heats
105	100m Breaststroke	Boys	Group 3	Heats
106	100m Breaststroke	Girls	Group 3	Heats
107	100m Breaststroke	Boys	Group 2	Heats
108	100m Breaststroke	Girls	Group 2	Heats
109	100m Breaststroke	Boys	Group 1, OPEN	Heats
110	100m Breaststroke	Girls	Group 1, OPEN	Heats
111, 113	200m Butterfly	Boys	Group 3, 2	Heats
112, 114	200m Butterfly	Girls	Group 3, 2	Heats
115	200m Butterfly	Boys	Group 1, OPEN	Heats
116	200m Butterfly	Girls	Group 1, OPEN	Heats
117	50m Backstroke	Boys	Group 4	Heats
118	50m Backstroke	Girls	Group 4	Heats
119	50m Backstroke	Boys	Group 3	Heats
120	50m Backstroke	Girls	Group 3	Heats
121	50m Backstroke	Boys	Group 2	Heats
122	50m Backstroke	Girls	Group 2	Heats
123	50m Backstroke	Boys	Group 1, OPEN	Heats
124	50m Backstroke	Girls	Group 1, OPEN	Heats
125	100m Freestyle	Boys	Group 4	Heats
126	100m Freestyle	Girls	Group 4	Heats
127	100m Freestyle	Boys	Group 3	Heats
128	100m Freestyle	Girls	Group 3	Heats
129	100m Freestyle	Boys	Group 2	Heats
130	100m Freestyle	Girls	Group 2	Heats
131	100m Freestyle	Boys	Group 1, OPEN	Heats
132	100m Freestyle	Girls	Group 1, OPEN	Heats
133, 135, 137	400m Ind. Medley	Boys	Group 3, 2, 1, OPEN	Timed Finals–Slower Heats
134, 136, 138	400m Ind. Medley	Girls	Group 3, 2, 1, OPEN	Timed Finals–Slower Heats



DAY 1 SESSION 2		7 NOVEMBER 2025 (FRIDAY) – STARTS AT 5.00PM *subject to host			
EVENT					
101	1500m Freestyle	Boys	Group 3, 2	Timed Final-Fastest Heat	
101	1500m Freestyle	Boys	Group 1, OPEN	Timed Final-Fastest Heat	
102	800m Freestyle	Girls	Group 3, 2	Timed Final-Fastest Heat	
102	800m Freestyle	Girls	Group 1, OPEN	Timed Final-Fastest Heat	
103	100m Breaststroke	Boys	Group 4	B / A Finals	
104	100m Breaststroke	Girls	Group 4	B / A Finals	
105	100m Breaststroke	Boys	Group 3	B / A Finals	
106	100m Breaststroke	Girls	Group 3	B / A Finals	
107	100m Breaststroke	Boys	Group 2	B / A Finals	
108	100m Breaststroke	Girls	Group 2	B / A Finals	
109	100m Breaststroke	Boys	Group 1, OPEN	B / A Finals	
110	100m Breaststroke	Girls	Group 1, OPEN	B / A Finals	
111	200m Butterfly	Boys	Group 3	A Final	
112	200m Butterfly	Girls	Group 3	A Final	
113	200m Butterfly	Boys	Group 2	A Final	
114	200m Butterfly	Girls	Group 2	A Final	
115	200m Butterfly	Boys	Group 1, OPEN	A Final	
116	200m Butterfly	Girls	Group 1, OPEN	A Final	
117	50m Backstroke	Boys	Group 4	B / A Finals	
118	50m Backstroke	Girls	Group 4	B / A Finals	
119	50m Backstroke	Boys	Group 3	B / A Finals	
120	50m Backstroke	Girls	Group 3	B / A Finals	
121	50m Backstroke	Boys	Group 2	B / A Finals	
122	50m Backstroke	Girls	Group 2	B / A Finals	
123	50m Backstroke	Boys	Group 1, OPEN	B / A Finals	
124	50m Backstroke	Girls	Group 1, OPEN	B / A Finals	
125	100m Freestyle	Boys	Group 4	B / A Finals	
126	100m Freestyle	Girls	Group 4	B / A Finals	
127	100m Freestyle	Boys	Group 3	B / A Finals	
128	100m Freestyle	Girls	Group 3	B / A Finals	
129	100m Freestyle	Boys	Group 2	B / A Finals	
130	100m Freestyle	Girls	Group 2	B / A Finals	
131	100m Freestyle	Boys	Group 1, OPEN	B / A Finals	
132	100m Freestyle	Girls	Group 1, OPEN	B / A Finals	
133	400m Ind. Medley	Boys	Group 3	Timed Final-Fastest Heat	
134	400m Ind. Medley	Girls	Group 3	Timed Final-Fastest Heat	
135	400m Ind. Medley	Boys	Group 2	Timed Final-Fastest Heat	
136	400m Ind. Medley	Girls	Group 2	Timed Final-Fastest Heat	
137	400m Ind. Medley	Boys	Group 1, OPEN	Timed Final-Fastest Heat	
138	400m Ind. Medley	Girls	Group 1, OPEN	Timed Final-Fastest Heat	



DAY 2 SESSION 3		8 NOVEMBER 2025 (SATURDAY) – STARTS AT 8.00AM *subject to host			
EVENT	201, 203	400m Freestyle	Boys	Group 3, 2	Timed Finals–Slower Heats
	205	400m Freestyle	Boys	Group 1, OPEN	Timed Finals–Slower Heats
	202, 204	400m Freestyle	Girls	Group 3, 2	Timed Finals–Slower Heats
	206	400m Freestyle	Boys	Group 1, OPEN	Timed Finals–Slower Heats
	207, 209	200m Ind. Medley	Boys	Group 4, 3	Heats
	208, 210	200m Ind. Medley	Girls	Group 4, 3	Heats
	211, 213	200m Ind. Medley	Boys	Group 2, 1, OPEN	Heats
	212, 214	200m Ind. Medley	Girls	Group 2, 1, OPEN	Heats
	215, 217	200m Breaststroke	Boys	Group 3, 2	Heats
	216, 218	200m Breaststroke	Girls	Group 3, 2	Heats
	219	200m Breaststroke	Boys	Group 1, OPEN	Heats
	220	200m Breaststroke	Girls	Group 1, OPEN	Heats
	221, 223	200m Backstroke	Boys	Group 3, 2	Heats
	222, 224	200m Backstroke	Girls	Group 3, 2	Heats
	225	200m Backstroke	Boys	Group 1, OPEN	Heats
	226	200m Backstroke	Girls	Group 1, OPEN	Heats
	227	100m Butterfly	Boys	Group 4	Heats
	228	100m Butterfly	Girls	Group 4	Heats
	229	100m Butterfly	Boys	Group 3	Heats
	230	100m Butterfly	Girls	Group 3	Heats
	231	100m Butterfly	Boys	Group 2	Heats
	232	100m Butterfly	Girls	Group 2	Heats
	233	100m Butterfly	Boys	Group 1, OPEN	Heats
	234	100m Butterfly	Girls	Group 1, OPEN	Heats
	235	50m Freestyle	Boys	Group 4	Heats
	236	50m Freestyle	Girls	Group 4	Heats
	237	50m Freestyle	Boys	Group 3	Heats
	238	50m Freestyle	Girls	Group 3	Heats
	239	50m Freestyle	Boys	Group 2	Heats
	240	50m Freestyle	Girls	Group 2	Heats
	241	50m Freestyle	Boys	Group 1, OPEN	Heats
	242	50m Freestyle	Girls	Group 1, OPEN	Heats



DAY 2 SESSION 4		8 NOVEMBER 2025 (SATURDAY) – STARTS AT 5.00PM *subject to host		
EVENT				
201	400m Freestyle	Boys	Group 3	Timed Final-Fastest Heat
202	400m Freestyle	Girls	Group 3	Timed Final-Fastest Heat
203	400m Freestyle	Boys	Group 2	Timed Final-Fastest Heat
204	400m Freestyle	Girls	Group 2	Timed Final-Fastest Heat
205	400m Freestyle	Boys	Group 1, OPEN	Timed Final-Fastest Heat
206	400m Freestyle	Girls	Group 1, OPEN	Timed Final-Fastest Heat
207	200m Ind. Medley	Boys	Group 4	B / A Finals
208	200m Ind. Medley	Girls	Group 4	B / A Finals
209	200m Ind. Medley	Boys	Group 3	B / A Finals
210	200m Ind. Medley	Girls	Group 3	B / A Finals
211	200m Ind. Medley	Boys	Group 2	B / A Finals
212	200m Ind. Medley	Girls	Group 2	B / A Finals
213	200m Ind. Medley	Boys	Group 1, OPEN	B / A Finals
214	200m Ind. Medley	Girls	Group 1, OPEN	B / A Finals
215	200m Breaststroke	Boys	Group 3	A Final
216	200m Breaststroke	Girls	Group 3	A Final
217	200m Breaststroke	Boys	Group 2	A Final
218	200m Breaststroke	Girls	Group 2	A Final
219	200m Breaststroke	Boys	Group 1, OPEN	A Final
220	200m Breaststroke	Girls	Group 1, OPEN	A Final
221	200m Backstroke	Boys	Group 3	A Final
222	200m Backstroke	Girls	Group 3	A Final
223	200m Backstroke	Boys	Group 2	A Final
224	200m Backstroke	Girls	Group 2	A Final
225	200m Backstroke	Boys	Group 1, OPEN	A Final
226	200m Backstroke	Girls	Group 1, OPEN	A Final
227	100m Butterfly	Boys	Group 4	B / A Finals
228	100m Butterfly	Girls	Group 4	B / A Finals
229	100m Butterfly	Boys	Group 3	B / A Finals
230	100m Butterfly	Girls	Group 3	B / A Finals
231	100m Butterfly	Boys	Group 2	B / A Finals
232	100m Butterfly	Girls	Group 2	B / A Finals
233	100m Butterfly	Boys	Group 1, OPEN	B / A Finals
234	100m Butterfly	Girls	Group 1, OPEN	B / A Finals
235	50m Freestyle	Boys	Group 4	B / A Finals
236	50m Freestyle	Girls	Group 4	B / A Finals
237	50m Freestyle	Boys	Group 3	B / A Finals
238	50m Freestyle	Girls	Group 3	B / A Finals
239	50m Freestyle	Boys	Group 2	B / A Finals
240	50m Freestyle	Girls	Group 2	B / A Finals
241	50m Freestyle	Boys	Group 1, OPEN	B / A Finals
242	50m Freestyle	Girls	Group 1, OPEN	B / A Finals



DAY 3 SESSION 5		9 NOVEMBER 2025 (SUNDAY) – STARTS AT 8.00AM *subject to host		
EVENT				
301	800m Freestyle	Boys	Group 3, 2	Timed Finals–Slower Heats
301	800m Freestyle	Boys	Group 1, OPEN	Timed Finals–Slower Heats
302	1500m Freestyle	Girls	Group 3, 2	Timed Finals–Slower Heats
302	1500m Freestyle	Girls	Group 1, OPEN	Timed Finals–Slower Heats
303	50m Butterfly	Boys	Group 4	Heats
304	50m Butterfly	Girls	Group 4	Heats
305	50m Butterfly	Boys	Group 3	Heats
306	50m Butterfly	Girls	Group 3	Heats
307	50m Butterfly	Boys	Group 2	Heats
308	50m Butterfly	Girls	Group 2	Heats
309	50m Butterfly	Boys	Group 1, OPEN	Heats
310	50m Butterfly	Girls	Group 1, OPEN	Heats
311	100m Backstroke	Boys	Group 4	Heats
312	100m Backstroke	Girls	Group 4	Heats
313	100m Backstroke	Boys	Group 3	Heats
314	100m Backstroke	Girls	Group 3	Heats
315	100m Backstroke	Boys	Group 2	Heats
316	100m Backstroke	Girls	Group 2	Heats
317	100m Backstroke	Boys	Group 1, OPEN	Heats
318	100m Backstroke	Girls	Group 1, OPEN	Heats
319	50m Breaststroke	Boys	Group 4	Heats
320	50m Breaststroke	Girls	Group 4	Heats
321	50m Breaststroke	Boys	Group 3	Heats
322	50m Breaststroke	Girls	Group 3	Heats
323	50m Breaststroke	Boys	Group 2	Heats
324	50m Breaststroke	Girls	Group 2	Heats
325	50m Breaststroke	Boys	Group 1, OPEN	Heats
326	50m Breaststroke	Girls	Group 1, OPEN	Heats
327, 329	200m Freestyle	Boys	Group 4, 3	Heats
328, 330	200m Freestyle	Girls	Group 4, 3	Heats
331, 333	200m Freestyle	Boys	Group 2, 1, OPEN	Heats
332, 334	200m Freestyle	Girls	Group 2, 1, OPEN	Heats



DAY 3 SESSION 6		9 NOVEMBER 2025 (SUNDAY) – STARTS AT 5.00PM *subject to host		
EVENT				
301	800m Freestyle	Boys	Group 3, 2	Timed Final–Fastest Heat
301	800m Freestyle	Boys	Group 1, OPEN	Timed Final–Fastest Heat
302	1500m Freestyle	Girls	Group 3, 2	Timed Final–Fastest Heat
302	1500m Freestyle	Girls	Group 1, OPEN	Timed Final–Fastest Heat
303	50m Butterfly	Boys	Group 4	B / A Finals
304	50m Butterfly	Girls	Group 4	B / A Finals
305	50m Butterfly	Boys	Group 3	B / A Finals
306	50m Butterfly	Girls	Group 3	B / A Finals
307	50m Butterfly	Boys	Group 2	B / A Finals
308	50m Butterfly	Girls	Group 2	B / A Finals
309	50m Butterfly	Boys	Group 1, OPEN	B / A Finals
310	50m Butterfly	Girls	Group 1, OPEN	B / A Finals
311	100m Backstroke	Boys	Group 4	B / A Finals
312	100m Backstroke	Girls	Group 4	B / A Finals
313	100m Backstroke	Boys	Group 3	B / A Finals
314	100m Backstroke	Girls	Group 3	B / A Finals
315	100m Backstroke	Boys	Group 2	B / A Finals
316	100m Backstroke	Girls	Group 2	B / A Finals
317	100m Backstroke	Boys	Group 1, OPEN	B / A Finals
318	100m Backstroke	Girls	Group 1, OPEN	B / A Finals
319	50m Breaststroke	Boys	Group 4	B / A Finals
320	50m Breaststroke	Girls	Group 4	B / A Finals
321	50m Breaststroke	Boys	Group 3	B / A Finals
322	50m Breaststroke	Girls	Group 3	B / A Finals
323	50m Breaststroke	Boys	Group 2	B / A Finals
324	50m Breaststroke	Girls	Group 2	B / A Finals
325	50m Breaststroke	Boys	Group 1, OPEN	B / A Finals
326	50m Breaststroke	Girls	Group 1, OPEN	B / A Finals
327	200m Freestyle	Boys	Group 4	B / A Finals
328	200m Freestyle	Girls	Group 4	B / A Finals
329	200m Freestyle	Boys	Group 3	B / A Finals
330	200m Freestyle	Girls	Group 3	B / A Finals
331	200m Freestyle	Boys	Group 2	B / A Finals
332	200m Freestyle	Girls	Group 2	B / A Finals
333	200m Freestyle	Boys	Group 1, OPEN	B / A Finals
334	200m Freestyle	Girls	Group 1, OPEN	B / A Finals