



**PHILIPPINE AQUATICS, INC.**  
**REGION 1, 3 & CAR**  
LONG COURSE SERIES OF 2026

**ABC LONG COURSE**

**LEG 1**

**SWIMMING COMPETITION**

**08 FEBRUARY 2026**

**DAGUPAN CITY POOLSIDE**



# REGION 1, 3 & CAR

**ABC LONG COURSE LEG 1 SWIMMING COMPETITION**

## Technical Manual and Information Kit

Held under the Sanction of  
Philippine Aquatics, Inc

*Under this sanction it is understood and agreed that PAI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

### **PHILIPPINE AQUATICS ABC LC SWIMMING MEET- LEG 1**

<b>PAI SANCTION NO.</b>	
<b>PURPOSE OF MEET</b>	<ol style="list-style-type: none"> <li>1. The PAI series of meets seeks to provide opportunities to participate in appropriate, quality swimming competitions in order for them to reach their true potential. It's a competition for all swimmers, using a format that is simple to organize and designed for Junior and Youth (10-Under &amp; 11 yrs old -Over.). Host clubs shall also help ensure that swimmers are provided with opportunities to compete with one another at their respective levels and classifications in a friendly environment.</li> <li>2. The competition also provides coaches with opportunities to interact, exchange ideas and learn along with their swimmers.</li> <li>3. For parents so inclined, these meets also provide opportunities for them to learn the rules of swimming and volunteer as meet deck officials working side by side with PAI Technical Officials.</li> <li>4. Host club shall have all times achieved during PAI LC meets submitted to Philippine Aquatics for integration into the PAI Database.</li> <li>5. <b>This series of competition will also serves as the basis for tryout for the 2026 Asian Age Group Swimming Competition in Bangkok, Thailand, Youth Olympic Games in Drakar, Senegal and SEA Age Group 2026 in Kuala Lumpur, Malaysia.</b></li> </ol>
<b>ELIGIBILITY</b>	<p>The PAI Swim Series is open to all competitors in good standing and duly registered with Philippine Aquatics Inc. (PAI). Swimmers will compete in PAI club-hosted competitions in the following geographic divisions:</p> <ul style="list-style-type: none"> <li>Area 1 – Central &amp; Northern Luzon-CAR</li> <li>Area 2 - National Capital Region</li> <li>Area 3 - Bicol and Southern Tagalog</li> <li>Area 4 - Visayas</li> <li>Area 5 - Mindanao</li> </ul> <p>Except for swimmers enrolled and studying elsewhere, all registered competitors shall participate in the PAI Swim Series competition representing their clubs and hosted in their area based on registration data in the PAI Database. Clubs, Coaches and Swimmers not currently registered with PAI in accordance with World Aquatics Rule, may contact <a href="mailto:philippineaquatics@gmail.com">philippineaquatics@gmail.com</a> to receive registration application material.</p>
<b>RULES</b>	<ol style="list-style-type: none"> <li>1. Current PHILIPPINE AQUATICS and WA Rules will govern this meet.</li> <li>2. In matters not provided for, decision shall rest with the Organizing Committee</li> <li>3. Swimmers will swim in mixed age band and classification, then results will be sorted according to Classification and Age Band.</li> <li>4. <b>Swimmers must compete and qualify their event in the series in order to swim in the Finals. QTS to qualify in the Finals must achieve BB Times for Class AB and B Times for Class B.</b></li> <li>5. <b>Foreign Base swimmers who would like to tryout for the International Competitions must be registered PAI members. They do not need to participate in the series but must compete in the Finals to qualify.</b></li> </ol>
<b>DATE</b>	<b>February 8, 2026 Sunday</b>
<b>WARM -UP TIMES</b>	<p>Morning Session 6:30 AM Afternoon Session: During lunch break</p>

# REGION 1, 3 & CAR

**ABC LONG COURSE LEG1 SWIMMING COMPETITION**

<b>START OF MEET</b>	Morning Session 8:00 AM Afternoon Session: After lunch break
<b>COACHES MEETING</b>	Morning Session 7:40 AM
<b>MEET HOST</b>	Philippine Aquatics, Inc. <b>R1</b>
<b>MEET VENUE</b>	<b>DAGUPAN CITY POOLSIDE</b>
<b>COACHES AND ATHLETES</b>	Must possess and visibly wear a current PHILIPPINE AQUATICS Swimming Coaches ID Card. Only PAI registered coaches will be permitted on the pool deck in designated areas. By their submission of entries, all coaches verify that all their certifications are current and on file with the PAI office. Meantime, athletes shall have their new PAI ID's during the meet for purposes of identification at the ready area.
<b>ENTRY REGULATIONS</b>	<ol style="list-style-type: none"> <li>1. All clubs, swimmers and coaches must be registered with PHILIPPINE AQUATICS for the 2026 swimming season.</li> <li>2. Age of reckoning shall be <b>AGE AS OF 31 DECEMBER 2026</b></li> <li>3. A swimmer may enter in all individual and relay events.</li> <li>4. Long Course entry times must have been achieved in a Long Course (50m) pool, and verifiable by the PAI DATABASE. Entry times achieved from April 2025 will be recognized. All events will be pre-seeded.</li> <li>5. Changes to entries on the day of competition will not be accepted.</li> </ol>
<b>ENTRY FEES</b>	<ol style="list-style-type: none"> <li>1. Meet entry fee is PHP1,600.00 for Legs 1 and PHP 1,000 for Public School Students.</li> <li>2. Entry fees must be paid in cash onsite to <b>PHILIPPINE AQUATICS, INC.</b></li> <li>3. Entry Fees are not refundable.</li> </ol>
<b>FRAUDULENT ENTRIES</b>	Coaches found to have intentionally entered swimmers with fraudulent times or times in any event will be penalized Php 1,000.00 for every event entered for being dishonest. A report will also be filed by the host meet organizer to Philippine Aquatics Inc. for administrative review, action or discipline of the coach if so called for.
<b>ENTRY FORMS</b>	<ol style="list-style-type: none"> <li>1. Entries must be submitted to (<b>Rhiamorales26@gmail.com</b>) using the attached official entry form or via TM.</li> <li>2. Entries not using the Official Entry Form will not be processed.</li> </ol>
<b>ENTRY DEADLINE</b>	<b>February 2, 2026</b> by 5:00 PM. Late entries will only be accepted if accompanied by a <b>P2,500.00</b> penalty, and provided they are submitted no later than noontime on <b>February 4, 2026</b> . In either case, a confirmation email will be sent acknowledging the submission of entries.
<b>SEND ENTRIES TO</b>	Name: ( <b>Rhia Grace Morales</b> ) Email Address: ( <b>Rhiamorales26@gmail.com</b> ) Mobile Number: ( <b>09458491949</b> )

# REGION 1, 3 & CAR

**ABC LONG COURSE LEG1 SWIMMING COMPETITION**

<b>PROTEST AND APPEALS</b>	<ol style="list-style-type: none"> <li>1. Protest must be submitted:</li> <li>2. In writing to the Referee by the Team Coach or Team Manager only.</li> <li>3. Together with a deposit of P10,000.00 within 30 minutes from the time a negative decision has been rendered. The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Coach may then appeal the rejection to the Jury of Appeals with an appeal fee of P20,000.00, to which their decision shall be final.</li> <li>4. If the protest is rejected, the deposit will be forfeited to PAI. If a protest is upheld, the deposit will be returned.</li> </ol>
<b>AWARDS</b>	<ol style="list-style-type: none"> <li>1. Individual awards will be given to winners of each event per age group as follows: 6-Under / 7 - 8 / 9-10 / 11 - 12 / 13 - 14 / 15 - 16 / 17 - 18 / 19&amp;Over Class ABC</li> </ol>
<b>MEET OPERATION</b>	<ol style="list-style-type: none"> <li>1. Swimmers do not need to check in.</li> <li>2. Events may be combined or re-seeded to facilitate better meet operation, with results separated afterwards.</li> <li>3. All events, except for 800 meter Freestyles will be swam slowest to fastest.</li> </ol>
<b>PROTEST COMMITTEE</b>	<ol style="list-style-type: none"> <li>1. A protest committee composed of the Referee, Meet Director, two (2) Coach representative, and one (1) PAI-certified Technical Official acting at large will be established to act upon any administrative protest filed at the meet.</li> <li>2. A P10,000.00 protest fee must accompany formal protest letters to be considered valid. Protest must be filed within 30 minutes from the time a negative decision has been rendered.</li> <li>3. The committee will not act upon any technical swimming Judgment decisions, as these are under the jurisdiction of the Referee. The Referee's decision is final.</li> <li>4. This Committee shall act as a review section in the need of an emergency meeting, and their report may be filed with PAI for administrative review, action or discipline if so called for.</li> </ol>
<b>WITHDRAWALS AND DID NOT SHOW (DNS)</b>	<p>Scratch deadline will be on <b>February 5, 2026 at 5:00 P.M.</b> A PHP200.00 administrative scratch fee will be levied for every scratch made at the competition by a coach, on behalf of any swimmers and for any event. <b><u>Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of the competition.</u></b></p> <p>Withdrawals within sixty (60) minutes of the start of the session without notification to the Control Room Supervisor shall be deemed <b>Did Not Show</b> or <b>Did Not Swim (DNS)</b>. A PHP500.00 administrative scratch fee will be levied for every <b><u>"NO SHOW" swimmers that are not scratched by their coach in an event at the day of competition.</u></b></p> <p>The administrative fee and penalty will only be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in all races for the day.</p>
<b>NO SMOKING</b>	<p><b>Smoking is not allowed in the swimming competition venue</b></p>
<b>FOOD AND DRINKS</b>	<p><b>Food Concessionaires and food stalls will be available at the venue</b></p>
<b>ADAPTED COMPETITORS</b>	<p>Meet Directors will ensure that differently able swimmers are allowed to participate in PAI Swim Series meet.</p>
<b>OTHER INFORMATION</b>	<p>Each participating club shall receive a copy of the meet program and results electronically one (1) day before the meet.</p>

# REGION 1, 3 & CAR

ABC LONG COURSE LEG1 SWIMMING COMPETITION

## ORDER OF EVENTS

### Warm Up Regulations

Boys	LEG1 / DAY 1 (MIXED CLASSIFICATION)	Girls
101	200M Butterfly 11 – Over ABC	102
103	50M Butterfly 10 – Under ABC	104
105	50M Breaststroke 11 – Over ABC	106
107	50M Breaststroke 10 – Under ABC	108
109	800M Freestyle 11 – Over ABC	110
111	100M Freestyle 10 – Under ABC	112
Boys		Girls
113	100 Freestyle 11 – Over ABC	114
115	50 Freestyle 10 – Under ABC	116
117	50m Backstroke 11 – Over ABC	118
119	50m Backstroke 10 – Under ABC	120
121	400M Individual Medley 11 – Over AB	122
123	200M Individual Medley 10 – Under ABC	124
125	4 x 50M Medley Relay 11 – Over	126
127	4 x 50M Medley Relay 10 – Under	128

1. The pools will be open for swimmers' warm-up at least two hours before each session of competition.
2. Use of swim paddles during warm-up is prohibited.
3. All entries to Circle Swimming lanes must be **FEET FIRST ENTRY ONLY**.
3. Specific lanes will be designated for General warm-up and/or sprint and pace training.
4. Swimmers must clear the pool 15 minutes before the start of the meet.
5. Dive Sprint lanes are one-way only -swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing diving and backstroke starts.
6. Lane assignments for warm-up will be in accordance with PAI / WA Swimming Rules.
7. In the event that there is an oversubscription of swimmers at the warm-up, the host organizer may group participating swim clubs and schedule warm-up times. The warm-up schedules shall be released to participating clubs at least two (2) days before the meet.
8. Swimmers must be supervised by their coaches during warm-up.
9. **Turn end area** of the pool is a **NO ENTRY** and **NO DIVE ENTRY** due to an existing bulkhead issue. All exit from pool must always be on the side.

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**ABC LONG COURSE LEG1 SWIMMING COMPETITION**

## WARM UP GUIDELINES

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 6:50 A.M. when the competition pool converts to the following diagram.

### TURNING END

<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Turn</b>	<b>Turn</b>	<b>Circle</b>	<b>Circle</b>	<b>Circle</b>	<b>50m</b>	<b>Turn</b>	<b>Turn</b>
<b>Practice</b>	<b>Practice</b>	<b>Only</b>	<b>Only</b>	<b>Only</b>	<b>Pace Lane</b>	<b>Practice</b>	<b>Practice</b>
					<b>Only</b>		
Walk	Walk					Walk	Walk
Back	Back					Back	Back
To	To					To	To
start	start					start	start
<b>15m</b>	<b>15m</b>	<b>Circle</b>	<b>Circle</b>	<b>Circle</b>	<b>50m</b>	<b>25m</b>	<b>25m</b>
<b>Dive</b>	<b>Dive</b>	<b>Only</b>	<b>Only</b>	<b>Only</b>	<b>Pace Lane</b>	<b>Dive</b>	<b>Dive</b>
<b>Sprint</b>	<b>Sprint</b>				<b>Only</b>	<b>Sprint</b>	<b>Sprint</b>
<b>Only</b>	<b>Only</b>					<b>Lane</b>	<b>Lane</b>
<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

**COMPETITION POOL START / FINISH END**

