



# PHILIPPINE AQUATICS NATIONAL TRYOUT 2025

for the

# 33RD SOUTH EAST ASIAN GAMES SWIMMING CHAMPIONSHIP

**AUGUST 22-24, 2025**

TEOFILO YLDEFONSO SWIMMING  
POOL, RIZAL MEMORIAL SPORTS  
COMPLEX, MALATE, MANILA



**THAILAND**  
2025





**PHILIPPINE AQUATICS NATIONAL TRYOUT 2025**  
**for the**  
**33<sup>rd</sup> SOUTH EAST ASIAN GAMES**  
**SWIMMING CHAMPIONSHIP**

*It is understood and agreed that Philippine Aquatics shall be free from any liabilities or claim for damages arising by reason of injuries to anyone during the conduct of the event.*

**Technical Guide and Information Kit**

**1. Competition Information**

1.1 Competition: **Philippine Aquatics National Tryout 2025 for the 33<sup>rd</sup> South East Asian Games Swimming Championship**

1.2 Dates: **August 22 - 24, 2025**

1.3 Venue: **Rizal Memorial Sports Complex  
Teofilo Ildefonso Swimming Stadium**

1.4 Competition Format: **Timed Finals**

**Sessions/Day/Time:**

<u>Session</u>	<u>Day</u>	<u>Start Time</u>	<u>Warm-up</u>
1	Friday	8:00am	6:00 AM
2	Saturday	8:00am	6:00 AM
3	Sunday	8:00am	6:00 AM

1.5 Age Category:

Open

1.6 Awards:

- 1.6.1 Medals shall be awarded to the top 3 finishers
- 1.6.2 Trophies for the Most Outstanding Swimmers will be based on individual points achieved.
- 1.6.3 Should a DOUBLE/TRIPLE OR ANY OTHER TIE occur, it shall be resolved in the following manner:
  - 1.6.3.1 By the number of GOLD MEDALS earned
  - 1.6.3.2 By the number of SILVER MEDALS earned
  - 1.6.3.3 By the number of BRONZE MEDALS earned
  - 1.6.3.4 By the next highest placing earned
  - 1.6.3.5 Should ANY TIE NOT BE RESOLVED using rules 1.5.3.1 to 1.5.3.4, CO-MVP-swimmer shall be awarded to both swimmers.

1.7 Points:

*Individual Events*

<b>Placing</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>
<b>Points</b>	30	21	18	15	12	9	6	3





## 1.5 Eligibility

- 1.5.1 Open to all swimmers aged 11 and Above years old and teams interested to join.

## 2. General Rules

- 2.1 Philippine Aquatics National Tryout 2025 for the 33<sup>rd</sup> South East Asian Games Swimming Championship Qualifying shall be conducted under the Rules and Regulations of Philippine Aquatics and World Aquatics (WA) as prescribed.
- 2.2 Participation is open to all swimmers and teams interested to join. All Public Elementary and High School students are provide 20% discount of the entry fees BUT must submit the following; School Registrar's Certificate with Official seal and 2x2 student photo attached on it and/or Official School ID card with photo attached on it. NO other school forms will be accepted, otherwise the student shall pay the full amount of the Entry Fee.
- 2.3 Swimmers are allowed to swim all events. For events 400 meter IM, 400, 800 & 1500 meter Freestyle, we will only limit participation to the top 50 swimmers based on verifiable submitted seed times achieved in a 50 meter Long Course swim pool. Non verifiable times will be rejected. Kindly indicate in the remarks of the entry form which meet and date the seed times was achieved.
- 2.4 This competition will serve as a qualifying competition for the 33<sup>rd</sup> South East Asian Games Swimming Championship in Bangkok, Thailand and other International competition deemed necessary. Results will be consolidated and qualifiers will be nominated by the Selection Committee. A swimmer must achieve the 6<sup>th</sup> Place finish time from the 32<sup>nd</sup> SEA Games in Cambodia and must be from the top 2 best placer in each event of the qualifying competition. In case of a tie in the official time in 2<sup>nd</sup> place, both swimmers will reswim for the slot contested. 33<sup>rd</sup> South East Asian Games rules only allows 2 swimmers per country in each event.
- 2.5 Swimmers who qualifies will be part of the new members of the National Swimming Team.
- 2.6 The Organizer reserves the right to decline entries if the need arises on or before the set deadline of submission of entries
- 2.7 The decision shall rest with the Organizing Committee should there be matters of concern not indicated herein.
- 2.8 **Entry Fees**
- 2.4.1. Registration entry fee is **Two Thousand Five Hundred Pesos (P2,500.00)** per swimmer entered.
- 2.4.2. **Late or incomplete entries will not be accepted**
- 2.4.3 Make payments at the venue.
- 2.9 Age of Reckoning
- 2.5.1 Age as of 31 December 2025
- 2.10 Protests
- 2.10.1 Protests are possible
- 2.6.1.1 If the rules and regulations for the conduct of the National Tryout are not observed,
- 2.6.1.2 If other conditions endanger the event and/or competitors, or
- 2.6.1.3 Against decisions of the Referee; however no protests shall be allowed against Decisions of fact.
- 2.10.2 Protests must be submitted:
- 2.6.2.1 To the Referee;
- 2.6.2.2 In writing;
- 2.6.2.3 By the Team Coach only;
- 2.6.2.4 Together with a deposit of P 15,000.00; and
- 2.6.2.5 Within 30 minutes following the conclusion of the respective event.
- 2.8.2.6 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start is given.
- 2.10.3 The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Team Coach may then officially appeal the rejection to the Jury of Appeals whose decision shall be final.
- 2.10.4 If the protest is rejected, the deposit will be forfeited to PAI. If a protest is upheld, the deposit will be returned.
- 2.11 Scratches
- 2.9.1 "DID NOT SWIM" (DNS) swimmers that are not scratched by their coach in an event at the day of





competition will not be permitted to swim in subsequent events in that session.

2.9.2 An administrative fee of P 500.00 per event shall be imposed for each competitor who is scratched by the coach or did not swim in any of their event during the competition.

2.9.3 Coaches must present scratches to the Control Room Supervisor sixty (60) minutes prior to the start of each session.

2.9.4 The fee will only be waived upon submission of a valid medical certificate.

### 3. Order of Events

#### ORDER OF EVENTS

BOYS	QTS	Day 1	QTS	GIRLS
101	50.73	100 M FREESTYLE	58.23	102
103	2:18.22	200 M BREASTSTROKE	2:37.26	104
105	26.70	50 M BACKSTROKE	29.94	106
107	2:04.13	200 M BUTTERFLY	2:18.26	108
109	16:07.94	1500 M FREESTYLE		
GIRLS	QTS	Day 2	QTS	BOYS
201	2:07.17	200 M FREESTYLE	1:51.74	202
203	27.69	50 M BUTTERFLY	24.36	204
205	1:05.17	100 M BACKSTROKE	57.20	206
207	2:18.47	200 M INDIVIDUAL MEDLEY	2:04.54	208
209	32.70	50 M BREASTSTROKE	28.41	210
211	9:20.77	800 M FREESTYLE		
BOYS	QTS	Day 3	QTS	GIRLS
301	1:03.05	100 M BREASTSTROKE	1:12.14	302
303	23.33	50 M FREESTYLE	26.13	304
305	4:36.04	400 M INDIVIDUAL MEDLEY	5:13.05	306
307	2:03.09	200 M BACKSTROKE	2:23.52	308
309	53.51	100 M BUTTERFLY	1:02.19	310
311	3:57.69	400 M FREESTYLE	4:32.15	312

### 4. Entry Regulations

4.1 All entries must be submitted in accordance with these Rules and Regulations.

4.2 Each swimmer must be registered in the Entry Form, as per attached. Entries with NO TIME (NT) will be rejected. Times in the 400 meter IM, 400, 800 and 1500 meter Freestyle must be verifiable and must have achieved in a 50 meter Long Course swim pool. Kindly indicate in the remarks in which competition and date submitted seed time was achieved. Times which are unverifiable will be rejected.

4.3 Entry times must be achieved in competitions from July 2024 up to the present.

4.4 Team Coaches shall submit the consolidated entry form for their team, as per attached.

4.5 Deadline for the submission of scratches is on August 20, 2025 at 10:00 am., otherwise all scratches made thereafter shall be charged the full Entry Fee.

4.6 Late entries may be processed until August 18, 2025 if accompanied by a late processing fee of P2,500.00 per team, regardless of how many late entries are submitted by a coach/team.

4.7 Entries must be submitted on or before August 12, 2025 by 5:00 PM.

Submit entries on Official Entry Forms or TM entries. Entries not submitted on Official Entry Forms or TM entries will be rejected. Email entries to:

[coachrichardluna@gmail.com](mailto:coachrichardluna@gmail.com)  
cc : ricpolo12@yahoo.com

Please make sure your entries are received and confirmed. Text or call # 0998 852 3457.





## 5. Warm Up

- 5.1 The pools will be open for swimmers' warm-up at least two hours before each session of competition.
- 5.2 Use of swim paddles during warm-up is prohibited.
- 5.3 Specific lanes will be designated for General warm-up and/or sprint and pace training.
- 5.4 Swimmers must clear the pool 15 minutes before the start of the meet.
- 5.5 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.

### 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

9	8	7	6	5	4	3	2	1	0
25m	25m	25m	Circle	Circle	Circle	50m	15m	15m	15m
Dive Sprint Lane	Dive Sprint Lane	Dive Sprint Lane	Only	Only	Only	Pace Lane Only	Dive Sprint Only	Dive Sprint Only	Dive Sprint Lane
Walk	Walk	Walk					Walk	Walk	Walk
Back	Back	Back					Back	Back	Back
To	To	To					To	To	To
start	start	start					start	start	start
15m	15m	15m	Circle	Circle	Circle	50m	25m	25m	25m
Dive Sprint Only	Dive Sprint Only	Dive Sprint Only	Only	Only	Only	Pace Lane Only	Dive Sprint Lane	Dive Sprint Lane	Dive Sprint Lane
9	8	7	6	5	4	3	2	1	0

#### COMPETITION POOL START / FINISH END

## 6. Coaches Meeting

- 6.1 There will be a coaches meeting 15 minutes before the start of the meet. Coaches are required to join the meeting so they may be updated and briefed on any timeline or changes at the meet.





### **Criteria for Selection**

1. The Philippine Aquatics National Tryout 2025 shall be the qualifying meet for the 33<sup>rd</sup> South East Asian Games Swimming Championship in Bangkok, Thailand.
2. Overseas based swimmers who wish to be considered for selection to the team, must compete in the Philippine Aquatics National Tryout 2025
3. Selection Priority:
  - 4.1. Only the fastest 2 swimmers in each event who were able to achieve the 6<sup>th</sup> place finish time in the last 32<sup>nd</sup> SEA Games results will be considered.
4. Swimmers must be Filipino citizens and must have Philippine Passport to be considered.
5. Qualified swimmers will be part of the new members of the National Swimming Team.
6. The decision of the Selection Committee shall be final.