



# OPEN WATER SWIMMING TRYOUTS 2025

*for the 33rd South East Asian Games 2025*



## PLAYA TROPICAL RESORT HOTEL

Barangay Victoria,  
Currimao, Ilocos Norte



AUGUST  
**30-31**  
2025



**10KM**  
OPEN WATER  
SWIMMING





# OPEN WATER SWIMMING TRYOUTS 2025

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PHILIPPINE AQUATICS  
OPEN WATER SWIMMING TRYOUTS 2025  
**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

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**Event Distance:** 10KM

**Dates:** August 30–31, 2025

**Venue:** Playa Tropical Resort Hotel, Barangay  
Victoria, Currimao, Ilocos Norte

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## I. GENERAL INFORMATION

### **Objective:**

To identify and select top-performing Filipino open water swimmers who will represent the Philippines in the 33rd Southeast Asian (SEA) Games 2025.

### **Organizer:**

Philippine Aquatics, Inc. (PAI) in coordination with the Philippine Sports Commission (PSC) , Provincial Government of Ilocos Norte and private partners .

### **Event Schedule:**

Date	Time	Activity
30 Aug 2025	11:00 AM	Official Course Familiarization
30 Aug 2025	5:00 PM	Technical Meeting & Registration
31 Aug 2025	6:00 AM	Call Time / Final Check-in
31 Aug 2025	7:00 AM	Start of 10KM Open Water Race
31 Aug 2025	10:30 AM	Awarding and Closing Ceremony



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## II. PARTICIPATION REQUIREMENTS

- **Eligibility:**
  - Must be a Filipino citizen.
  - Minimum age: 14 years old as of December 31, 2025.
  - Must be a registered athlete under Philippine Aquatics, Inc. (PAI).
  - In good standing (no outstanding sanctions or suspensions).
  - Must pass a medical clearance and signed waiver form.
- **Registration Deadline:** **August 20, 2025** (Late entries will not be accepted).
- **Entry Fee:** PHP 3,500.00
- **Feeding:** Personal feeding poles (**maximum of 5m**) allowed at designated feed stations.

## IV. TECHNICAL RULES & GUIDELINES

This tryout will follow the World Aquatics (formerly FINA) rules for open water swimming, with minor national adaptations.

### ✓ SWIMWEAR

- Only FINA-approved suits allowed.
- No wetsuits permitted.
- Body markings will be applied (race number and timing chip).

### ✓ START PROCEDURE

- Swimmers will position themselves in the water behind the designated starting line.
- A whistle or horn will signal the official start of the race..

### ✓ TURN BUOYS & COURSE CONDUCT

- Swimmers must go around all buoys as marked.
- Missed buoys or off-course swimming may result in penalties or disqualification.
- Physical interference (e.g. pulling or blocking) is prohibited.

### ✓ FINISH PROCEDURE

- The race will end at a clearly marked Finish Line located in the water.
- Swimmers must touch the Finish Panel or Arch to officially complete the race.
- Timekeepers and finish judges will be stationed at the finish area to record times and positions.
- Any swimmer failing to properly touch the designated finish point may not be recorded as a finisher.





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## ✓ CUT-OFF TIME

- The official cut-off time for the race is 30 minutes after the first-place swimmer finishes.
- Swimmers who are still on the course and fall more than 30 minutes behind the leader will be escorted back to shore by safety personnel for their own safety.
- These swimmers will be considered Did Not Finish (DNF) in the official results.

## ✓ SAFETY

- Medical and rescue teams will be on standby.
- Swimmers are monitored by kayaks and lifeguards throughout the course.
- Any swimmer in distress must raise their hand for assistance.

## ✓ TIMING & RESULTS

- Manual timing will be used for the race.
- Backup manual records (such as stopwatch and handwritten logs) will be maintained to ensure accuracy and validation of results.
- Final results will be reviewed and confirmed by the Timing Officials and Race Referee before being officially posted.

## ✓ CHECK-IN & BODY MARKING

- All swimmers must check in at the call area at least 30 minutes before race time.
- Each athlete will be marked with their race number on both arms and shoulders.
- A timing chip must be securely worn on the ankle throughout the race. Lost or missing chips may result in disqualification.

## ✓ WARM-UP POLICY

- A designated warm-up area will be open before the race start.
- Swimming outside the course or near the starting line during other heats is strictly prohibited.

## ✓ FEEDING STATION RULES

- Feeding stations will be positioned near the midpoint of the loop.
- Personal feeding poles (**maximum of 5m**) allowed at designated feed stations.
- Only pre-authorized personnel may assist swimmers with poles or bottles.
- Athletes must approach feeding zones from the correct side of the lane—failure to do so may lead to penalties.





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## ✓ CONDUCT & SPORTSMANSHIP

- Unsportsmanlike conduct (e.g., obstructing or physically interfering with other swimmers) will result in a warning or immediate disqualification depending on severity.
- Swimmers must respect event officials and safety staff at all times.

## ✓ PENALTIES & DISQUALIFICATIONS

Participants may be penalized or disqualified for the following infractions:

- Failure to round turn buoys correctly
- Missing any part of the course loop
- Receiving assistance from outside parties (except in the case of emergencies)
- Tampering with another swimmer's equipment (e.g., pulling, obstructing, grabbing)
- Refusal to comply with safety protocols or instructions from race officials and safety personnel
- Unsportsmanlike conduct, including aggressive or unsafe behavior toward other competitors
- Intentional course cutting or swimming outside the marked race zone
- Deliberately impeding another swimmer's progress
- Use of unauthorized equipment or swim aids (e.g., fins, snorkels, wetsuits if not allowed)

All violations will be reviewed by the Race Referee and Jury of Appeal, whose decision will be final.

## V. AWARDS & QUALIFICATION

- Individual plaque award will be given to the top three (3) winners.
- Top 2 Male & Female Finishers may be nominated for the Philippine National Team.
- Participation certificates and finisher medals for all finishers.
- Selection is subject to final approval by PAI and coaching staff based on time standards and performance.

## VI. CANCELLATION & POSTPONEMENT POLICY

### ✓ WEATHER OR SAFETY-RELATED CANCELLATION

- The Organizing Committee reserves the right to cancel, postpone, or modify the race in case of:
  - Severe weather conditions (e.g., thunderstorms, typhoon warnings, strong currents)
  - Unsafe water quality
  - Any unforeseen circumstances that may endanger participants or staff
- Decisions will be based on recommendations from:
  - Local disaster risk management offices
  - Medical and safety teams
  - Philippine Aquatics, Inc. (PAI) officials
- All decisions made by the Race Director and Technical Committee regarding race delays, modifications, or cancellations are **final and non-negotiable**.



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## VII. CODE OF CONDUCT

### For both athletes and team officials:

- Respect fellow athletes, officials, and organizers at all times.
- Abusive language, disorderly behavior, or violations of event rules may lead to disqualification or suspension.
- Proper swim attire and decorum are expected throughout the event.

## VIII. EVENT DAY REMINDERS

### A checklist for swimmers:

- Arrive at least 1 hour before call time.
- Bring valid ID, medical certificate, and signed waiver.
- Wear your team attire and bring sunblock, extra hydration, goggles, and personal feeds if needed.
- Familiarize yourself with the course and safety zones.
  - Warm up in designated areas only.

## IX. ENVIRONMENTAL & SUSTAINABILITY STATEMENT

- This event encourages a zero-waste policy: use refillable water bottles and dispose of trash properly.
- Help protect the ocean/lake: do not leave gel packs, bottles, or tape in the water.
- We aim to align with World Aquatics' sustainability goals.

## X. MEDICAL & EMERGENCY PROTOCOL

- A medical team, lifeguards, and rescue boats will be stationed throughout the course.
- In case of emergency, the nearest lifeguard or rescue boat will respond immediately.
- The nearest hospital or emergency center is **Mariano Marcos Memorial Hospital & Medical Center, Batac City.**
- Participants must declare any known medical conditions at registration.



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## XI. PROTEST AND APPEALS

Protest must be submitted: In writing to the Referee by the Team Coach only.

Together with a deposit of P15,000.00 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 whose decision shall be final.

If the protest is rejected, the deposit will be forfeited to PAI. If a protest is upheld, the deposit will be returned.

## XII. WITHDRAWALS AND DID NOT SHOW (DNS)

Scratch deadline will be until August 20, 2025 at 5:00 P.M. A Php 400.00 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. Coaches must present scratches to the **Tournament Director** sixty (60) minutes prior to the start of the competition.

Withdrawals within sixty (60) minutes of the start of the session without notification to the **Tournament Director** shall be deemed Did Not Swim (DNS). "NO SHOW" 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.

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.

### ✓REFUND POLICY

- Entry fees are non-refundable in case of cancellation due to force majeure or conditions beyond the control of the organizer.
- In case of postponement, entries will be automatically transferred to the rescheduled date.

### ✓NOTIFICATIONS

- Participants will be notified of any changes via:
  - Registered email
  - Official social media pages
  - Philippine Aquatics website





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## **XIII. ROLES AND RESPONSIBILITIES**

### **Tournament / Race Director**

- Oversees the entire event operation
- Makes final decisions on rules, safety, and disputes
- Coordinates with technical officials and safety teams

### **Technical Officials / Referees**

- Ensure compliance with race rules
- Monitor swimmer conduct and positioning around buoys
- Issue warnings or disqualifications if necessary

### **Safety Team / Lifeguards**

- Positioned on kayaks, boats, or platforms along the course
- Respond immediately to any swimmer in distress
- Monitor water conditions and signal to halt the race if necessary

### **Timers / Results Officials**

- Manage electronic and manual timekeeping systems
- Record official finish times and rankings
- Coordinate with results announcers and posting teams

### **Registration / Check-in Staff**

- Handle on-site athlete check-in
- Distribute race kits and body marking materials
- Collect waivers and medical certificates

### **Feeding Station Crew**

- Ensure safety and order during feeding stops

### **Announcers / Event Hosts**

- Provide updates, race commentary, and calls to the crowd
- Help with opening/closing ceremonies and awards announcements



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## Medical Team

- Provide on-site emergency response and first aid
- Monitor participants pre- and post-race for signs of dehydration or injury
- Coordinate with local hospitals if evacuation is needed


## Media / Documentation Team

- Cover race action via photos and videos
- Manage social media and live updates
- Assist with press releases and post-event wrap-ups

## XIV. CONTACT INFORMATION

### For inquiries and registration:

 **Email:** philippineaquatics@gmail.com

 **Phone:** +63 9561309067

 **Website:** [www.philippineaquatics.com](http://www.philippineaquatics.com)

## SEND ENTRIES TO

**Name:** COACH RICHARD G. LUNA

**Email Address:** [coachrichardluna@gmail.com](mailto:coachrichardluna@gmail.com)

**Mobile Number:** 0998 852 3457



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## **COURSE MAP**

**(To be released August 15, 2025)**

A detailed map of the 10KM open water course will include:

- Starting line
- Turn buoys
- Lap count and direction
- Feeding stations
- Finish line
- Safety/rescue boat placements

Please check the official Philippine Aquatics website or your registered email address for the official course layout and safety instructions.



**Reminder:** Familiarization swim is scheduled on August 30 at 11:00 AM.





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## MEDICAL WAIVER & LIABILITY RELEASE FORM

I, \_\_\_\_\_ the undersigned, acknowledge that participating in the **Philippine Aquatics Open Water Swimming Tryouts (10KM)** involves physical exertion and potential risks, including but not limited to: fatigue, dehydration, weather conditions, water currents, and collisions.

### I confirm that:

- I am in good health and have passed a recent medical examination.
- I voluntarily participate at my own risk.
- I have disclosed any relevant medical conditions to the event organizer.
- I understand and accept all risks associated with open water swimming.

I hereby release and discharge **Philippine Aquatics, Inc.**, its officers, staff, volunteers, and partners from any and all liabilities, claims, or causes of action arising out of any injury, illness, loss, or damage that may result from my participation.

I agree to follow all race rules and instructions from the event staff, and understand that non-compliance may result in disqualification or removal from the course for my own safety.

Participant Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Emergency Contact Name & Number: \_\_\_\_\_