



SWIMMING

COMPETITION MANUAL

2018 MICRONESIAN GAMES

July 15-27, 2018

2018 MICRONESIAN GAMES ORGANIZING COMMITTEE

P.O. Box 631 • Colonia, Yap FM 96943

E-mail: 2018microgames@gmail.com

OPEN WATER SWIMMING

Dates: Friday - Monday, July 20-23, 2018

Venue: Marina Parking Lot

Technical Meeting 11 a.m. Thursday, 19 July

Competition Manager Details

Competition Manager: Santiago Palemai

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ORGANIZING COMMITTEE

International Swimming Federation (FINA)

President Dr. Julio Maglione (URG)

Oceania Swimming Association (OSA)

President Dennis Miller (FJI)

Micro Games Organizing Committee

CEO Liyon Sulog

Secretary Kimberlynn

Treasurer

Competition Management

Competition Manager Santiago Palemai

Assistant Manager: Samantha

Secretary/Treasurer: Lance Sulog

Member: Anthony Yalon

Member: David Marmar

Technical Officials

FINA Technical Delegate TBA

Chief Referees TBA

Website Information

FINA

www.fina.org

2018 Micronesian Games

www.microgames2018.com

COMPETITION INFORMATION

1.0 Introduction

The 2018 Micronesian Games Open Water Swimming competition will be held over 4 days from Friday, July 20 to Monday, July 23, 2018. All of the events will be held just outside of Chamorro Bay off the coast of Colonia, Yap. Adjacent to the venue, an area will be set aside for media interviews and photography.

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, 2018).

2.1. Events Offered

Men

2.5 km

5 km

5 km (4 x 1250m) Mixed Relay

Women

2.5 km

5 km

5 km (4 x 1250m) Mixed Relay

2.2. Competition Schedule

- Day 1 – Friday, July 20, 9:00 – 11:00am; **5km**
- Day 2 – Saturday, July 21, 9:00 – 10:30am; **2.5km**
- Day 3 – Sunday, July 22; **OFF DAY FOR ALL EVENTS**
- Day 4 – Monday, July 23, 9:00 - 11:00am; **Team Event Mixed Relay 5km**

2.3. Daily Event Schedule

- Check-in and marking begin at 7 AM

- The course closes for practice and warm-up, 8:45 AM
- Men's competition begins, 9 AM
- Women's competition begins, 9:05 AM
- Award ceremonies will start after the conclusion of each event

2.4. Entry Limits

A participating island may have no more than 10 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.

Swimmers may enter an unlimited number of the events, including the relay.

A participating island may have more than one team (of four swimmers) for the relay, but only ONE team may medal, no matter the final placing.

2.5. Format

A team of judges will be at the forefront of the competition of three different events: Men's and Women's 2.5 km and 5 km, as well as the 5km mixed team relay event.

The competition will be held in the waters off Colonia, in a perfectly marked 1,250m circuit. Athletes will have to swim two laps in the 2.5 km event, and four laps in the 5km event. The team event relay's one lap is 1250m.

2.6. Warm-Up

A warm-up area will be provided at the competition venue, which will be made available for competitors starting 2 hours prior to competition.

2.7. The Start

The start will take place from the starting pontoon/platform. Information on the start procedure will be available at the team leaders' meetings. the allocation of starting position in all events shall be taken from automatic random draw.

2.8. The Course

5 Km team event relay race Course will be 4 laps (4 x 1.25 Km)

Team's athletes will be escorted from the Call room to the start pontoon, where athletes will be introduced before they enter the water.

Each swimmer shall complete a lap of 1.25 Km.

Team event consists of 4 swimmers (2 males and 2 females) one team per federation per event.

There shall be a change-over zone of a minimum of 5 m in width. Changeovers shall be made with the following swimmer in the water in their starting position between the marked change-over area. Changeovers shall be made with an obvious visible touch between the swimmers making the change. Swimmers may enter the change-over zone when the previous swimmer is approaching the zone and leave the water immediately at the conclusion of their lap.

Swimmers shall all wear team caps of the same color and style.

Since all of the events are under 10 km, NO feeding platforms will be allowed. Kayaks and support boats will have water on them for the athletes if they need, but need to be requested by the athletes. At no time however, can the swimmer touch the boat or kayak, otherwise it will result in a disqualification.

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 Yap 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 Micronesian Games Council Executive Board, not to the Yap Organizing Committee, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesian 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 Micronesian 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 Micronesian Games Council Constitution, the provisions of the Constitution shall be controlling.

4.0. Awarding of Medals

Gold, Silver and Bronze medals will be awarded in the 2018 Micronesian Games Open Water 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.

Swimmers must wear their Federation “warm-ups” or team uniform to the awards stand. Shorts/pants and shirts must be worn, as towels around the waist or just your suit is not permitted.

5.0. Entries

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 (yapsport@mail.fm and santiagopalemai@gmail.com) from participating islands **30 days prior to the start of competition (Thursday, June 21)**. Failure to submit Entry by Name Forms by the deadline will incur a US\$5 fine per late day payable to the Open Water Technical Committee.

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 Event Director no later than **Thursday, July 19 at the Technical Meeting**.

Relays need to be entered by this time as well, although the names and order will be due **no later than 8am on Monday, July 23.**

Submissions may be sent by e-mail to the Event Director at santiagopalemai@gmail.com or delivered in hard copy to the Tournament Director at the Technical Meeting. After this deadline, withdrawals from events, including “no shows” on the day of competition, will incur a fine of US\$50 payable to the Open Water 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 Yap, or by a health care professional designated by the Games Organizing Committee; for swimmers who travel to Yap and become ill/injured after arrival. After submission of Final Entries; Thursday, July 19; the substitute’s name must have been entered on the Final List of Competitors to be eligible to compete.

5.4. Start Lists

The Tournament Director will distribute preliminary start lists to team managers at the Technical Meeting (Thursday, July 19, at 11:00am – Venue TBA) for confirmation and correction of errors only. Team managers must sign and return the start lists to the Meet Director immediately following the adjournment of the Technical Meeting. Final start lists will be available at the Micronesian Games Organizing Committee Office no later than 3 PM on the afternoon prior to competition. 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.

The Federation of any competitor or relay team who withdraws from the event after the certification of start lists (immediately following the Technical Meeting per preceding paragraph) 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 after it is declared the morning of the event (no later than 8am) except in the case of illness/injury (see paragraph 5.3).

6.0. Rules and Officiating

6.1. Rules and Authorities

The 2018 Micronesian Games Open Water Swimming competition will be conducted in accordance with the 2017-2021 rules and regulations of FINA (the International Governing Body).

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 (Open Water)

An Open Water Technical Committee will be established to ensure that the 2018 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 Yap (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, 2018.

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 Race 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 Thursday, July 19, 2018 at 11 a.m. at a venue TBD. The date, together with the time and venue, is subject to confirmation via electronic communications no later than July 1, 2018. Failure to attend this mandatory meeting will result in a fine of US\$50 payable to the Technical Committee (Open Water 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. Accreditation is necessary in order to check-in, and 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 Open Water; 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 event of each day, 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 the 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, 2018.

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 Open Water Swimming competition will be held just outside of Chamorro Bay in Colonia, Yap. A training schedule will be prepared and distributed to all participating teams on or prior to their arrival in Yap. Scheduled training times may be amended and additional training times be adjusted by the Tournament Director depending on safety personnel availability.

FINA rule GR.8. that bans smoking in a competition venue will be enforced at the Open Water Site 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.

Accreditations are required to check-in for each event.

10.0. Technical Officials

A call for technical officials will be sent to all participating islands by the Tournament Director on or before March 1, 2018. Islands will nominate technical officials using the form provided; nominations will be screened by the organizing committee of the Yap Sports Council 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, 2018 to: santiagopalemai@gmail.com. A final list of approved technical officials will be circulated to all participating countries on or before April 15, 2018. All costs incurred by technical officials officiating at the games will be borne by the official or the organizing committee of the nominating island.

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.

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

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 2018 Micronesian Games Organizing Committee.

12.0. Doping Control

Athletes are advised that random drug testing will be conducted for the duration of the 2018 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 2018 Micronesian Games.

13.0. Safety and Security Regulations

The Organizing Committee will provide safety for the competition via land and water with lifeguards, kayaks, paddleboards, and rescue Boats.

During the competition, non-accredited boats are not allowed to enter the field of play, and it is strictly prohibited for teams to enter the field of play with their own boats.

Specific information about the safety plan and evacuation plan will be provided during the technical meeting.

14.0. Weather and Water Conditions

Weather Conditions during the training and competition days as well as a weather forecast will be released in order to inform all of the participants.

To ensure the quality of water, the Organizing Committee will provide the following information issued by the authorities the water at the course location: General report of the quality of water in the bay, including microbiology analyses. As well as the water/air temperature, salinity, water clarity, current flow, and weather report.

Regarding the temperature of the water, which according to the FINA regulation should be between 60.8 °F (16°C) and 87.8 °F (31°C). Water analyses of previous years tell us

that the average water temperature surrounding Yap is between 81 °F (29 °C) and 87 °F (31 °C).

To ensure the correct water temperature the same measurements will be taken on a daily basis during the training days in the competition area, and as established by FINA regulations measurements will be taken during competition days, two hours before the start. These measurements will be carried out by the designation of an established committee appointed during the team leaders' meeting, which will include the following persons: an arbitrator, a member of the organizing Committee and a designated trainer at the team leaders' meeting.

15.0. Other

FINA will conduct a technical officials training during the 2018 Micronesian Games. The classroom portion of the training will be conducted on Wednesday and Thursday, July 18 -19, 2018 at a venue to be determined. All participants in the training will be expected to be an official during at least some events of the swimming competition. Daily post-competition review sessions will be held immediately following the competition with a final wrap-up immediately following conclusion of the Open Water event. 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
2018 Micronesian Games

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

Nomination of technical officials to officiate at the swimming competition

- On or before March 1, 2018 (distribution of call by host federation)
- On or before April 1, 2018 (receipt of nominations by the host federation)
- On or before April 15, 2018 (host federation to distribute preliminary list of technical officials)
- July 15, 2018 (host federation to distribute final list of technical officials)

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

- April 22, 2018

Entry by Name Forms

- To be received by Host Federation on or before June 20, 2018 (follow official Micronesian Games communications channels copied to the Tournament Director – Swimming at e-mail santiagopalemai@gmail.com)

Final list of Competitors (including events and relay teams)

- Thursday, July 19, 2018 – 1PM (hand deliver to Micronesian Games Organizing Office or e-mail to Meet Director santiagopalemai@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, 2018 (send to email at santiagopalemai@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, 2018 (hour and venue to be announced)
- Practicum during competition; review sessions immediately following programs and conclusion of the open water event.

Team Managers Meeting

- Thursday, July 19, 2014 at 11:00 a.m. at the Yap Sports Council Conference Room

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

- Open Water events from Friday to Monday, July 20-23, 2018; morning 9:00am start.
- **Note: 4 X 1250 Mixed Gender Relay (Event R4.3) must be 2 girls and 2 boys in any order.**

Event Schedule

- Day 1 – Friday, July 20, 9:00 – 11:00; **5km**
- Day 2 – Saturday, July 21, 9:00 – 10:30; **2.5km**
- Day 3 – Sunday, July 22; **OFF DAY**
- Day 4 – Monday, July 23, 9:00 - 11:00; **Team Event Relay 5km**
- Victory ceremonies are scheduled to start after the conclusion of each Event.