

23 February 2006
By E-mail & by Post

TO: All Member Clubs and Affiliated Clubs

Dear All,

Festival of Sports XLIX - Long Course Swimming Time Trial

Festival of Sports XLIX - Long Course Swimming Time Trial organized by the Sports Federation & Olympic Committee of Hong Kong, China ("SF & OC") and co-organized by the HKASA will be held from 22 to 23 April 2006 at Shing Mun Valley Swimming Complex, the SF & OC has also prepared certificates to all participants and medals to winners of each event in the Time Trial Competition.

The Challenge Cup ("挑戰盃"), provided by the HKASA, to encourage participation and participating parties to strive for excellence is in its second year. Name of the winning Clubs and swimmers will be engraved on the Challenge Cup and a smaller replica cup will be presented to winning club / swimmers.

Meanwhile, we are liaising with the SF & OC on the possibility to include the Time Trial as the **last qualifying meet** for the 15th Asian Games, Doha and subject to further confirmation from the SF & OC on this issue. Results achieved will also be recognized as official entry time for future oversea meet nomination.

Please also be informed that **Doping Control will be conducted for this Time Trial**. As clarified by FINA that any swimmer who request permission to use asthma medication at Non FINA direct organized swimming competition should complete the abbreviated TUE form and return it to FINA through the Association for FINA's approval. Since it takes time for FINA to process such approval and confirm its legality of such medication, swimmers who need to declare any use of asthma medication at the coming Time Trial should complete the abbreviated TUE form and it shall reach the ASA office no later than **17 March 2006 (Friday) at 1700 hour** for FINA's approval before competing.

I attach herewith also a copy of the International Standard for Therapeutic Use Exceptions for your kind reference. For new Prohibited List 2006, you may download at <http://www.wada-ama.org/en/prohibitedlist.ch2>

You may also find revised event rules attached for reference. Should there be any enquiry, please feel free to contact Ms. Patsy LEUNG or Ms. Angela CHEUNG at 2572 8594. Thank you.

Best regards,

Ronnie Wong
Hon. Secretary

c.c. President / Vice Presidents/ Hon. Treasurer / Asst. Hon. Sec.
Executive Committee / Discipline Chairmen & Hon. Sec.

HONG KONG AMATEUR SWIMMING ASSOCIATION

XLIX Festival of Sport – Long Course Swimming Time Trial

Rules & Regulations

Amended on 21.02.2006

Date	<p><u>Day 1 22/4/06 (Sat)</u> Warm Up: 0830-0915 Start: 0930 Warm Up: 1300 - 1345 Start: 1400</p>	<p><u>Day 2 23/4/06 (Sun)</u> Warm Up: 0830-0915 Start: 0930 Warm Up: 1300-1345 Start: 1400</p>
Organizer	Sports Federation & Olympic Committee of Hong Kong, China	
Co-Organizer	Hong Kong Amateur Swimming Association	
Subvented Body	Leisure and Cultural Services Department	
Venue	Shing Mun Valley Swimming Complex	
Entry Conditions	<ul style="list-style-type: none"> ❖ All competitors must be 2006/07 registered swimmers (SW) of HKASA ❖ Swimmers should reach the qualifying standard as attached 	
Entries	<ul style="list-style-type: none"> ❖ Entries must be submitted with HKASA master entry forms & fees. Incorrect information or not qualified swimmers will be rejected and fees paid will not be refunded. ❖ Late entries will not be accepted. ❖ HK\$12.00 per event. 	
Closing Date for Entries	<u>31 March 2006 (Friday)</u>	
Closing Date for Registration	<u>31 March 2006 (Friday)</u>	
Event list and Qualifying Standards	Please refer to the attached list.	
Format	Timed Final	
Seeding Format	<ul style="list-style-type: none"> ❖ All swimmers will be seeded according to the submitted entry times and will compete together. 	
Awards	<ul style="list-style-type: none"> ❖ SF & OC participating certificates to all swimmers. ❖ Medals will be awarded to 1st, 2nd and 3rd places provided by SF & OC. Swimmer not meeting the respective qualifying times will not be awarded medals. ❖ <u>Challenge Cup for Clubs' Men / Women Team</u>: presented to club who has the highest accumulated pointscore (calculated to 2 decimal places) in the HK LC Pointscore from FOUR (4) different male / female swimmers of its club. (In case of a tie, winner will be determined by the pointscore of fifth swimmer.) ❖ <u>Challenge Cup for Outstanding Male / Female Swimmer</u>: presented to male / female who achieve the highest pointscore (calculated to 2 decimal places) in individual events. (In case of a tie, winner will be determined by the swimmers' second highest scored event obtained.) ❖ Special awards will be presented to swimmers who break Hong Kong Records. 	
Rules	FINA & Hong Kong Age Group Rules will apply.	
Protest	<ul style="list-style-type: none"> ❖ Any protest shall be made in writing to the Referee within 30 minutes following the result announcement of the respective event with an appeal fee of HK\$200. ❖ If the protest is rejected, fee paid will be forfeited to the HKASA. 	

Event List for XLIX Festival of Sport - Long Course Swimming Time Trial

Venue: Shing Mun Valley Swimming Complex

Date: 22-23 April 2006

Day 1						
Women	QT	Event			QT	Men
			100M	Freestyle	1:00.32	1
2	2:35.50	Freestyle	200M			
			50M	Breaststroke	37.72	3
4	1:32.50	Breaststroke	100M			
			400M	Ind. Medley	5:45.50	5
6	1:19.50	Butterfly	100M			
			100M	Backstroke	1:15.00	7
8	38.00	Backstroke	50M			
Lunch Break						
			200M	Butterfly	2:39.00	9
10	2:55.00	Ind. Medley	200M			
			400M	Freestyle	5:05.50	11
12	33.20	Freestyle	50M			
			200M	Breaststroke	3:01.50	13
14	11:08.50	Freestyle	800M			
			50M	Butterfly	30.82	15
16	2:54.50	Backstroke	200M			
Day 2						
			200M	Freestyle	2:14.65	17
18	1:10.49	Freestyle	100M			
			100M	Breaststroke	1:20.20	19
20	43.00	Breaststroke	50M			
			100M	Butterfly	1:10.29	21
22	6:15.00	Ind. Medley	400M			
			50M	Backstroke	33.38	23
24	1:22.00	Backstroke	100M			
Lunch Break						
			200M	Ind. Medley	2:35.73	25
26	2:51.50	Butterfly	200M			
			50M	Freestyle	27.43	27
28	5:19.46	Freestyle	400M			
			1500m	Freestyle	20:11.50	29
30	3:18.50	Breaststroke	200M			
			200M	Backstroke	2:41.50	31
32	36.50	Butterfly	50M			