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இலங்கை நீச்சல் விளையாட்டுச் சங்கம்  
SRI LANKA AQUATIC SPORTS UNION  
Department of Sports Development, No.33 Torrington Place, Colombo 00700, Sri Lanka.  
Tel/Fax: 011-2675347 Email: office.slasu@gmail.com

SLASU/2021/CIRC/SW  
November 15, 2021

**BACK TO THE POOL 2021**  
**10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> December 2021**  
**(Dates may vary with limited notice due to the prevailing Covid-19 pandemic situation)**  
**Sugathadasa Stadium Swimming Complex**

A meeting for all team managers / representatives / teachers-in-charge / captains of schools/clubs will be held on each date of competition at 7:15am at the respective aquatic facility. Any amendments, marshaling procedures, etc. will be briefed at this meeting.

**OBJECTIVE:** This meet is a stand-alone one-off event organized by SLASU as a measure to recommence aquatic activities having had prolonged and intermittent lockdowns since March 2020 due to the Covid-19 Corona pandemic. As such this meet will carry special provisions and shall not be considered as precedents for future activities of SLASU.

**The performances at this meet will NOT be considered for selections for any international events.** However, entry times achieved at this competition may be used for future local competitions.

**COVID-19 SAFETY PROTOCOL:** Due to the changing Covid-19 Corona pandemic situation SLASU shall release an updated health safety guidelines nearer to the date of the event. All participants including coaches will be required to follow the guidelines unconditionally as a pre-requisite to participation.

**GENERAL INFORMATION**

**1. ELIGIBILITY**

1.1. Entries for the above championships will only be accepted from fully paid-up affiliate members of the Sri Lanka Aquatic Sports Union (SLASU) and athletes registered 2019, 2020 and/or 2021 by the affiliate member. **Entries may be submitted as INDIVIDUAL (UNATTACHED) or CLUB/SCHOOL.**

**2. ENTRIES**

2.1. Entries must be in the attached respective ENTRY FORM and has to be accompanied with the corresponding payments form.

- Individual Entries (Unattached) – Individual Payment and Entry Form (Annexure A & B)
- Club/School Entries – Club/School Payment and Entry Form (Annexure

2.2. All required forms must be typed legibly and should contain all required information. Incomplete forms may be rejected.

2.3. All entries shall be strictly submitted by email to **meets.slasu@gmail.com** together with proof of payment by bank transfer or bank deposits. No other forms of submission will be accepted.

2.4. Clear submission of entries shall be the responsibility of the affiliate member/participant. *Entries submitted should be scanned with sufficient resolution to generate printouts.*

2.5. No changes can be made to the entries already submitted.

2.6. It shall be the responsibility of the affiliate member/participant to ensure that the entries reach the SLASU office by the given deadline. *SLASU shall not responsible for delays in post or technical issues in electronic transmission.*

### 3. ENTRY FEES

3.1. Please refer to the entry form for the respective entry fees.

3.2. Entry fees must be paid in full by cash deposit at any branch of the Peoples Bank or by bank transfer to the following account:

- Name of the Bank/ Branch: **Peoples Bank, Duke Street Branch**
- Account Name: **Sri Lanka Aquatic Sports Union (SLASU)**
- Account Number: **0011 0012 0003 449**

**Entries will not be accepted until a proof of deposit is tendered and a receipt is issued.**

3.3. Entry fees will not be refunded under any circumstances except in the event of a cancellation of this event.

### 4. PROTESTS

4.1. Protests must be submitted to the referees within 30 minutes following the conclusion of the respective event and/or publication of the results, based on the nature of the protest. If conditions causing a potential protest are noted prior to the event, a protest must be lodged before the signal to start is given.

4.2. Protests must be made in writing on SLASU Protest forms by an authorized team representative.

4.3. A protest fee of Rs 1000.00 must be paid along with the submission of the protest.

4.4. The decision of the referee and/or jury of appeal shall be final and conclusive.

### 5. ANNEXURES

The following documents are attached.

- 5.1. Individual Payment form (Annexure A)
- 5.2. Individual Event Entry Form (Annexure B)
- 5.3. Club/School Payment form (Annexure C)
- 5.4. Club/School Event Entry Form (Annexure D)
- 5.5. Entry Time – Qualifying Standards (Annexure E)

### 6. DEADLINE FOR CLOSE OF ENTRIES

6.1. Entries will close on **Thursday 02<sup>nd</sup> December 2021 at 4:00pm** at the SLASU office.

### 7. DOPING CONTROL

7.1. Doping Control procedures may be implemented at these selections.

7.2. Doping Control shall follow the World Anti-Doping Agency (WADA) Code and implemented by the Sri Lanka Anti-Doping Agency, its rules and regulations.

The Swimming Selections 2022 will be held under the rules of **The SRI LANKA AQUATIC SPORTS UNION (SLASU)**, and where inconsistent the rules of the **FEDERATION INTERNATIONALE DE NATATION (FINA) 2017 – 2021** shall apply.

SRI LANKA AQUATIC SPORTS UNION



**NETHRU NANAYAKKARA**  
**PRESIDENT**

## SWIMMING

### 1. AGE GROUPS

- 1.1. **OPEN (National):** Open to swimmers who are 13 years of age or older as at the end of the year of the competition. (Born in 2008 or before)
- 1.2. **JUNIOR (Under 15):** Open to swimmers who are 14 years of age as at the end of the year of the competition. (Born in 2007 and after)
- 1.3. All athletes shall participate in **ONLY** one of the above age groups.
- 1.4. A swimmer may enter any number of events that he/she wishes to qualify in. However, no request for change of schedule to accommodate rest periods will be entertained.
- 1.5. Due to the current pandemic situation, entries will also be accepted directly from individual athletes. **It shall be the duty of the athlete to obtain consent/permission to represent his or her club/school. Athletes not having any affiliation with SLASU registered member clubs/schools may enter as UNATTACHED athletes.**

### 2. SCRATCH PROCEDURE

- 2.1. All swimmers shall report at the time of the marshalling prior to the first heat of the event. Any swimmer not intending to swim should notify their intention personally or through the team captain/representative and have his/her name scratched at the first instance of this event being called for marshalling.
- 2.2. **Any swimmer failing to observe the above scratch procedure may be barred from taking part in the rest of the meet.**

### 3. EVENTS / ENTRY LIMITS

- 3.1. All events shall be swum as **Timed Finals in both age categories.**
- 3.2. Swimmers may participate in any event provided they have obtained the minimum entry time or enter for one additional event with 'NO TIME' for each event they have obtained an entry time. A swimmer may participate in **five** events in total.
- 3.3. The proposed order of events will be as attached (Annexure E).

### 4. EVENTS / ENTRY TIMES

- 4.1. Swimmers should have achieved the following as per their respective categories in 2019 in order to participate at this meet. *The standards are based on the 24<sup>th</sup> place in 50m, 100m, 200m events and 16<sup>th</sup> place in 400m, 800m & 1500m events at the National & Junior National Aquatic Championships 2019 as reference.*

WOMEN		EVENT	MEN	
Under 15	Open		Under 15	Open
35.53	31.72	50m Freestyle	31.27	27.99
1:19.27	1:10.93	100m Freestyle	1:07.59	1:02.68
2:47.95	2:33.35	200m Freestyle	2:36.35	2:18.29
5:40.03	5:45.85	400m Freestyle	5:20.38	5:05.80
12:28.67	11:32.76	800m Freestyle		
		1500m Freestyle	21:29.68	20:07.63
39.73	36.41	50m Backstroke	38.01	33.04
1:33.67	1:29.64	100m Backstroke	1:17.84	1:11.21
3:17.01	3:00.11	200m Backstroke	2:48.04	2:31.19
47.18	42.54	50m Breaststroke	41.46	35.18
1:42.69	1:35.83	100m Breaststroke	1:32.46	1:19.39
3:40.31	3:14.98	200m Breaststroke	3:11.87	3:01.80
40.78	35.82	50m Butterfly	34.99	30.00
1:31.99	1:19.30	100m Butterfly	1:15.42	1:10.33
3:37.05	3:01.05	200m Butterfly	2:52.92	2:29.56
3:18.74	2:55.84	200m Individual Medley	2:59.66	2:38.08
6:55.71	6:14.22	400m Individual Medley	5:56.49	5:53.80

4.2. The respective entry times should have been achieved at any Long Course meet held by the ***Sri Lanka Aquatic Sports Union or the Sri Lanka Schools Aquatic Sports Association in or after 2019.***

4.3. **Exceptions for Under 15 Age Group:**

- a) Swimmers who have not achieved times in 400m, 800m and 1500m Freestyle long-distance events will be allowed to participate with No Time (NT) if they have achieved the Entry Time in the 200m Freestyle and are already swimming the event.
- b) Swimmers who have not achieved a time in 400m Individual Medley will be allowed to participate with No Time (NT) if they have achieved the Entry Time in the 200m Individual Medley and are already swimming the event.

4.4. In the event where swimmers have provided false time standards, SLASU reserves the right to take disciplinary action against the swimmer.

4.5. Entry time together with the name and date of the meet where obtained must be submitted along with the entry form and registration number.

**5. AWARDS**

5.1. In keeping with the objectives of this meet no overall or championship awards will be presented.

5.2. All participants will be issued with a certificate of achievement listing all of their performances.

<b>BACK TO THE POOL 2021</b>
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**TO: THE TREASURER**  
**SRI LANKA AQUATIC SPORTS UNION**  
 Department of Sports Development,  
 No.33 Torrington Place, Colombo 00700, Sri Lanka.

<i>For office use only:</i>	
<i>Date:</i>	<i>Invoice/Receipt No:</i>

<b>INDIVIDUAL PAYMENT FORM</b>
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<b>NAME OF ATHLETE:</b>	<b>OPEN/UNDER 15</b>	<b>MEN/WOMEN</b>
<b>SCHOOL/CLUB:</b>	<b>SCHOOL/CLUB CODE:</b>	
<b>ADDRESS:</b>	<b>TELEPHONE:</b>	
<b>EMAIL:</b>		

<b>Contact Person in case of minors:</b>
<b>Name of Parent/Guardian:</b>
<b>Telephone No:</b> <i>(Preferably Mobile)</i>

EVENT/CATEGORY	ENTRY FEE	NUMBER OF ENTRIES x FEE	TOTAL AMOUNT
01	02	03	04
<b>SWIMMING:</b>			Rs.
OPEN	Rs: 500.00		
UNDER 15	Rs 500.00		

I hereby declare that:

1. I am presently a student/member of the above declared school/club and I have obtained necessary consent/permission to participate at these selections and compete as an UNATTACHED athlete.
2. The details provided herein is true and correct.
3. The rules pertaining to the above competition have been read/explained and understood by me.
4. My participation is subject to the conditions of entry, participation, selection and the rules specified in this meet summons and the rules of the Sri Lanka Aquatic Sports Union without reservation.
5. The decisions of the referee, jury of appeal and the Sri Lanka Aquatic Sports Union is final and conclusive.
6. I the undersigned athlete, parent/guardian am fully authorized to submit my entries for the above event.

**ATHLETE:**

Signature: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Date: \_\_\_\_\_

**PARENT/GUARDIAN DECLARATION (IN CASE OF MINOR):**

Signature: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Relationship to Athlete: \_\_\_\_\_  
 Date: \_\_\_\_\_

<b>BACK TO THE POOL 2021</b>
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<b>INDIVIDUAL ATHLETE ENTRY FORM</b>
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<b>NAME OF ATHLETE:</b>	<b>OPEN/UNDER 15</b>	<b>MEN/WOMEN</b>
<b>EMAIL:</b>	<b>TELEPHONE:</b>	

*Selected events should be marked with entry time, date and meet where it was achieved.  
Events without entry time as provided in the circular should be marked "No Time".*

EVENT	ENTRY TIME	DATE (DD/MM/YYYY)	MEET
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle			
1500m Freestyle			
50m Backstroke			
100m Backstroke			
200m Backstroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
200m Individual Medley			
400m Individual Medley			

I declare that the entry times are true and correct and have been achieved by me at the specified meet. I am also aware that SLASU reserves the right to take disciplinary action the time standards are false.

**ATHLETE:****PARENT/GUARDIAN DECLARATION (IN CASE OF MINOR):**

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

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

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

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

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

Relationship  
to Athlete: \_\_\_\_\_

\_\_\_\_\_

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

<b>BACK TO THE POOL 2021</b>
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**TO: THE TREASURER**  
**SRI LANKA AQUATIC SPORTS UNION**  
 Department of Sports Development,  
 No.33 Torrington Place, Colombo 00700, Sri Lanka.

<i>For office use only:</i>	
<i>Date:</i>	<i>Invoice/Receipt No:</i>

<b>CLUB/SCHOOL PAYMENT FORM</b>
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<b>NAME OF ORGANIZATION:</b>	<b>REG. NO</b>

EVENT	ENTRY SHEET NO(S)	ENTRY FEE	NUMBER OF ENTRIES x FEE	TOTAL AMOUNT
01	02	03	04	05
<b>SWIMMING:</b>				Rs.
OPEN - MEN		Rs: 500.00		
OPEN - WOMEN		Rs: 500.00		
UNDER 15 - BOYS		Rs: 500.00		
UNDER 15 - GIRLS		Rs: 500.00		
<b>TOTAL</b>				

<b>Contact Person:</b>			
<b>Name of Team Leader:</b> <i>(Teacher-in-Charge/ Club Captain/ Authorized Representative)</i>		<b>Telephone No:</b> <i>(Preferably Mobile)</i>	

**We hereby certify that:**

1. The competitors entered are present students/members of this school/club and are registered with the Sri Lanka Aquatic Sports Union.
2. The details pertaining to each swimmer provided herein is true and correct.
3. The rules pertaining to the above competition have been read and communicated to all swimmers and relevant officials of the team.
4. The participation of the school/club and its athletes are subject to the conditions of entry, participation, selection and the rules specified in this meet summons and the rules of the Sri Lanka Aquatic Sports Union without reservation.
5. The decisions of the referee, jury of appeal and the Sri Lanka Aquatic Sports Union is final and conclusive.
6. The undersigned is fully authorized to submit the entries for the above event.

**AUTHORIZED SIGNATORY:**

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

Designation: \_\_\_\_\_

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

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

**Seal**  
*(where applicable)*

## BACK TO THE POOL 2021 - CLUB/SCHOOL EVENTS ENTRY FORM

ANNEXURE - D

Name of Organization:

Sheet No:

**Discipline** (Please mark 'X' as necessary) Please use one **Entry Form** per Age group

**AGE GROUP** (Please circle)

**OPEN**

**Under-15**

**MEN/BOYS**

**WOMEN/GIRLS**

NAME OF COMPETITOR										REG. NO.	Date of Birth	Entry Details	50M FREE	100M FREE	200M FREE	400M FREE	800 M FREE	1500M FREE	50M BREAST	100M BREAST	200M BREAST	50M BACK	100M BACK	200M BACK	50M FLY	100M FLY	200M FLY	200M IM	400M IM							
Eg:	A	B	C		F	E	R	N	A	N	1206	05/05/1990	Entry Time							40.00	1:12.00		38.00	59.00												
	D	O											Achieved Meet									NOV	NAT		AusSchod	PEN										
													Achieved on									2/2012	8/2012		7/5/2012	5/2012										
1													Entry Time																							
											Achieved Meet																									
											Achieved on																									
2													Entry Time																							
											Achieved Meet																									
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											Achieved Meet																									
											Achieved on																									
9													Entry Time																							
											Achieved Meet																									
											Achieved on																									

Note: Please ensure that the date that times were achieved are inserted to facilitate verification

Name:

Date:

Note: NAG National Age Group Championships  
 NAT National Championships  
 NOV Novices Championships  
 PEN Pentathlon Championships

IAGC Intermediate Age Group Championships.  
 SCH SL Schools Swimming Championships  
 SCN SL Schools Novices Swimming Championships  
 IISC Inter International School Championships .  
 \* Other meets: Please describe briefly

Authorized Singatory

COPY AS NEEDED



## BACK TO THE POOL 2021 ORDER OF EVENTS / SCHEDULE

*All events will be swum as TIME FINALS*

**DAY ONE - Friday 10th December 2021**

**DAY TWO - Saturday 11th December 2021**

**DAY THREE - Sunday 12th December 2021**

MORNING SESSION																
W	M	Event			Time	W	M	Event			Time	W	M	Event		Time
		Warm-up until 8:15 AM in Competition Pool						Warm-up until 8:15 AM in Competition Pool						Warm-up until 8:15 AM in Competition Pool		
1	2	400m Freestyle (FtoS)	Open	8:30 AM	25	26	1500m Freestyle (FtoS) (A/H)	Open	8:30 AM	45	46	1500m Freestyle (FtoS) (A/H)	Under 15	8:30 AM		
3	4	400m Freestyle (FtoS)	Under 15		27	28	800m Freestyle (FtoS) (A/H)	Under 15		47	48	800m Freestyle (FtoS) (A/H)	Open			
		<i>Warm-up/Warm-Down (15 mins)</i>					<i>Warm-up/Warm-Down (15 mins)</i>					<i>Warm-up/Warm-Down (15 mins)</i>				
5	6	200m Individual Medley	Open		29	30	100m Butterfly	Open		49	50	200m Backstroke	Under 15			
7	8	200m Individual Medley	Under 15		31	32	100m Butterfly	Under 15		51	52	200m Backstroke	Open			
5	6	50m Freestyle	Open	All events will be swum consecutively	<b>Notes:</b> <b>FtoS Seeded Fast to Slow</b> <b>A/H Alternate Heats with Women</b>											
7	8	50m Freestyle	Under 15													
9	10	50m Breaststroke	Open													
11	12	50m Breaststroke	Under 15													
AFTERNOON SESSION																
W	M	Event			Time	W	M	Event			Time	W	M	Event		Time
		Warm-up until 3:45 PM in Competition Pool						Warm-up until 3:45 PM in Competition Pool						Warm-up until 3:45 PM in Competition Pool		
13	14	50m Butterfly	Open	4:00 PM	33	34	200m Freestyle	Open	4:00 PM	53	54	200m Butterfly	Open	4:00 PM		
15	16	50m Butterfly	Under 15		35	36	200m Freestyle	Under 15		55	56	200m Butterfly	Under 15			
17	18	50m Backstroke	Open	All events will be swum consecutively	37	38	100m Breaststroke	Open	All events will be swum consecutively	57	58	200m Breaststroke	Open	All events will be swum consecutively		
19	20	50m Backstroke	Under 15													
21	22	400m Individual Medley	Open													
23	24	400m Individual Medley	Under 15		41	42	100m Backstroke	Open		61	62	100m Freestyle	Open			
					43	44	100m Backstroke	Under 15		63	64	100m Freestyle	Under 15			