



**FIRST OF ITS KIND
SWIM MEET IN SINGAPORE**

EVENT HANDBOOK

10 August 2026 , Monday | 8:30AM - 5:30PM



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ABOUT ORGANIZERS

WHO ARE WE?



Fishlike is a community of swimming professionals dedicated to bringing the wonders of effortless swimming to more people in Asia. We believe that everyone can benefit from learning to swim well, whether you swim for leisure, wellness, fitness or to compete.

To us, swimming has the power to transform lives, by teaching valuable life skills, enhancing physical agility and mobility, and providing a space to learn, grow and be challenged. At Fishlike, we prioritise our student's individual goals and unique learning process, which make swimming lessons an enjoyable re-education experience. Our goal is to nurture your innate potential as a swimmer, no matter your age or level of experience. Ultimately we want to get you to a point where you feel comfortable, confident and in control of your own swimming, whenever you get into the water.

Fishlike incorporates concepts and techniques from Total Immersion, a revolutionary swimming style created by Coach Terry Laughlin in the 1980s.



Swim Movement is a social enterprise committed to making swimming an essential, accessible, and enjoyable part of everyone's life. More than just a swim school, it focuses on building confidence, connection, and community through inclusive, empowering lessons. Whether young or old, beginner or experienced, every student is supported to learn at their own pace. By partnering with schools and community organisations, Swim Movement reaches individuals who may not have previously had access to swimming, working toward a more water-safe and inclusive Singapore.

Their curriculum is rooted in global best practices from leading swim organisations such as SSI, ASCA, and USSSA, tailored to meet the unique needs of the local community. Lessons go beyond technique, focusing on individual strengths and steady progress. Swim Movement also invests in developing future swim educators by offering training and job opportunities, creating a ripple effect of empowerment and growth. For Swim Movement, swimming is more than a skill—it's a lifelong journey of learning, confidence, and connection.



ABOUT ORGANIZERS

WHO ARE WE?



SPEEDISWIM is a family-centred swim school that offers a structured aquatic pathway for children, youths, and adults. As highlighted on its website, it focuses on building water safety, confidence, and strong fundamental skills through progressive learn-to-swim, stroke development, and broader aquatic programmes.

The programme framework places emphasis on clear progression, qualified coaching, and safe, supportive learning environments. Speedi also promotes long-term engagement in aquatics, providing opportunities that range from foundational water confidence to more advanced swimming and aquatic activities, all within a fun and purposeful learning structure.

SPEEDISWIM cover a holistic Aquatic Programme from **Learn To Swim to Aquatic Sports Development, namely Competitive Swimming, Artistic Swimming, Water Polo, and Underwater Hockey.**



SCHEDULE OF THE EVENT

Please refer to the table below for the overall schedule of the day. The schedule is subject to changes due to inclement weather and other unforeseen circumstances. We seek to have your understanding should that happen.

MONDAY, 10 AUGUST 2026 | 8:30AM - 5:30PM | VENUE: CHANGI BEACH CLUB

EVENT PROGRAM

EVENT	EST TIME
1 25M Butterfly	8.30am
2 25M Butterfly kicking with fins and Board (or snorkel)	8.36am
3 25M Butterfly kick with floatation	8.48am
4 25M Butterfly with Fins	9.00am
5 25M Backstroke	9.12am
6 25M Backstroke kicking with fins and Board (or snorkel)	9.21am
7 25M Backstroke kick with floatation	9.33am
8 25M Backstroke with Fins	9.45am
9 25M Freestyle	9.57am
10 25M Freestyle kicking with fins and Board (or snorkel)	10.45am
11 25M Freestyle kick with floatation	11.03am
12 25M Freestyle with Fins	11.15am
13 25M Breaststroke	11.27am
14 25M Breaststroke kicking with fins and Board (or snorkel)	11.54am
15 25M Breaststroke kick with floatation	12.06pm
16 2x50m Parents and Child Freestyle Relay	12.18pm
17 SWIMESMERIZE (50m Fun and Creative Swim)	12.27pm
BREAK 5min	
18 50m Butterfly	12.42pm
19 50m Backstroke	12.48pm
20 50m Breaststroke	12.57pm
21 50m Freestyle	1.21pm
22 200m Individual Medley	1.57pm
23 100m Freestyle	2.06pm
24 100m Breaststroke	2.30pm
25 100m Backstroke	2.48pm
26 200m Breaststroke	3.00pm
BREAK 5min	
27 200m Freestyle	3.22pm
28 400m Freestyle	3.40pm
29 4x50m Medley Relay	4.10pm
30 4x50m Freestyle Relay	4.28pm
31 SWIM SCHOOL - Staff relay (4X 50M) MIXED	4.46pm
PRESENTATION	5.00pm
THE END	5:30 PM

*Please note that the schedule may be subject to changes on the day of the event.



RULES & REGULATIONS

GENERAL RULES

- Participants can sign up for an unlimited number of events.
- Participants can sign up attached to a swim school or sign up as an individual swimmer.
- Age groups will be determined by the actual age of the competitor as of the race date.
- Swim caps are compulsory for all participants.
(Optional for 4-9 yrs old Beginner Races)
- No protest or appeal for the final results.

RULES FOR NON CHAMPIONSHIP EVENT (AM) CHAMPIONSHIP EVENT (PM)

- Swimmers below the age of 5 can have an accompanying parent in the water.
- To help beginner swimmers feel more confident in competing in the 25m kicking events, they can choose to use more than one floatation aid including a backfloat as well. However, no swim fins will be allowed.
- Floatation aids that are allowed would be, kickboards, pull buoys, swim noodles. However, swimmers may also use other forms of floatation aids, as this list is not exhaustive.

FLOATATION AIDS



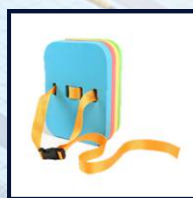
Pull buoy



Pull kick



Swim arm bands



Backfloat



Kickboard types



RULES & REGULATIONS

RULES FOR NON CHAMPIONSHIP EVENTS (AM)

- For 25 m fin events, the use of multiple flotation aids is permitted. The use of hand paddles, long fins, or any device that provides propulsion assistance is strictly prohibited.
- For 25m kicking events, participants are only allowed one floatation aid in front of their arms.
- For 25m kicking events, participants have a choice to start in the water or with a dive.
- For 25m kicking events, participants can choose to use a snorkel for the race. (Centre mount snorkels only)
- For 25m kicking events with fins, swim fins are compulsory. Only short blade fins are allowed.



RULES FOR CHAMPIONSHIP EVENTS (PM)

- Swimsuits must be in one or two pieces, non-transparent. For boys, the suit shall not extend above the navel or below the knee. For girls, the suit shall not cover the neck, nor extend past the shoulder or below the knee. The suits shall be in textile material.
- Swimmers and coaches are to note the following common Disqualifying (DQ) criteria for breaststroke events: (1) did not turn or finish with both hands touching the wall simultaneously; (2) Head did not break surface after 2nd arm stroke; (3) Arms push beyond hips while swimming



MEET FORMAT AND PROTOCOLS

- The meet will be run in 8 lanes at the competition pool
- The competition and training pools will be open for warm up at 7:15 am to 8:15am. Additional warm up will be open based on availability of lanes.

REGISTRATION

- Swimmers are advised to report for registration at least 60mins before their event.
- Swimmers will collect their t-shirts during registration.
- Tshirt sizes will be issued on a first come first serve basis based on race signups.

CALL ROOM REPORTING

- Callroom staff will announce event and heat numbers based on the start list sent to swimmers and their coaches prior to the meet. Swimmers and coaches should familiarize themselves with their events and heats for timely reporting.
- A final call will be made for swimmers who have not reported for their event.
- Swimmers will be ushered to their designated area in the callroom.
- Once swimmers have taken up ready positions at the starting blocks, late comers will not be able to race.

STARTING

- The referee will give a series of short whistles for swimmers to get ready (eg. put on/adjust cap and goggles)
- Following that, the referee will give a long whistle for swimmers to take up position at the starting blocks. For backstroke, the first long whistle is for swimmers to get into the water and the second long whistle is for swimmers to take up starting position.
- Once swimmers are in ready position, the referee will hand over to the starter. The starter will give the command "take your marks", upon which swimmers will remain still (no movement). Once swimmers are still and ready, the starter will trigger the starting device for the race to begin.



MEET FORMAT AND PROTOCOLS

ENDING

- After swimmers have touched the wall at the end of their swimming events, they are to remain in the water within their own lanes until the referee gives permission for all swimmers to exit the pool.
- Only after permission is given by the referee to exit the pool, swimmers can cross lanes to exit from the either side of the side ladders.
- Swimmers, coaches and parents/guardians are not allowed to ask timekeepers for the event timings at the end of each race, in order not to obstruct the timekeepers from performing their duty. Timings will be printed out and displayed on a board/wall during the meet and posted on the Organiser, Swim School Championship's website within 24 hours from the meet's end time at 1730 hrs.



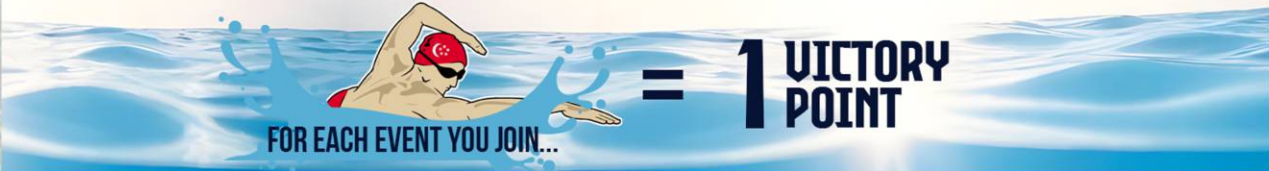
MEDALS AND TROPHIES



POINT SYSTEMS

HOW TO SCORE POINTS?

WE'LL BE AWARDING POINTS AND AN E-CERTIFICATE TO EVERYONE WHO PARTICIPATES, WITH BONUS POINTS AND MEDALS FOR THE TOP 3 IN EVERY EVENT.



IN EACH EVENT...



FOR EACH EVENT...



= 20 VICTORY POINTS

TOP 3 WINNERS OF EACH DIVISION



MEDALS AND TROPHIES

THE HIGHEST SCORING SCHOOL...



SWIM SCHOOL CHAMPION!!

ALL POINTS EARNED WILL BE COUNTED TOWARDS YOUR SCHOOL'S TALLY, AND WE WILL DECLARE THE HIGHEST SCORING SWIM SCHOOL AT THE END OF THE EVENT!

ON TOP OF THE AWARDED TROPHY, THERE WILL BE A SPECIAL TROPHY AWAITING THE WINNING SWIM SCHOOL THIS YEAR. AS A NEW TRADITION, WE WILL BE DESIGNING OUR VERY OWN SWIM SCHOOL CHAMPIONSHIP TROPHY TO BE PASSED ON TO THE WINNING SCHOOL OF EACH YEAR!

- A manned medal collection counter will be set up for Gold, Silver and Bronze medal winners to do self collection for their medals.
- A photo backdrop and some photo props will be put up at the counter for all participants and guests to do photo taking. We encourage everyone to hashtag their photographs on social media as follows: **#SwimSchoolChampionship**
- Trophies for the individual age group champion, overall beginner champion and swim school champion will be presented at 5pm. The trophy presentation ceremony will end at 5:30pm.



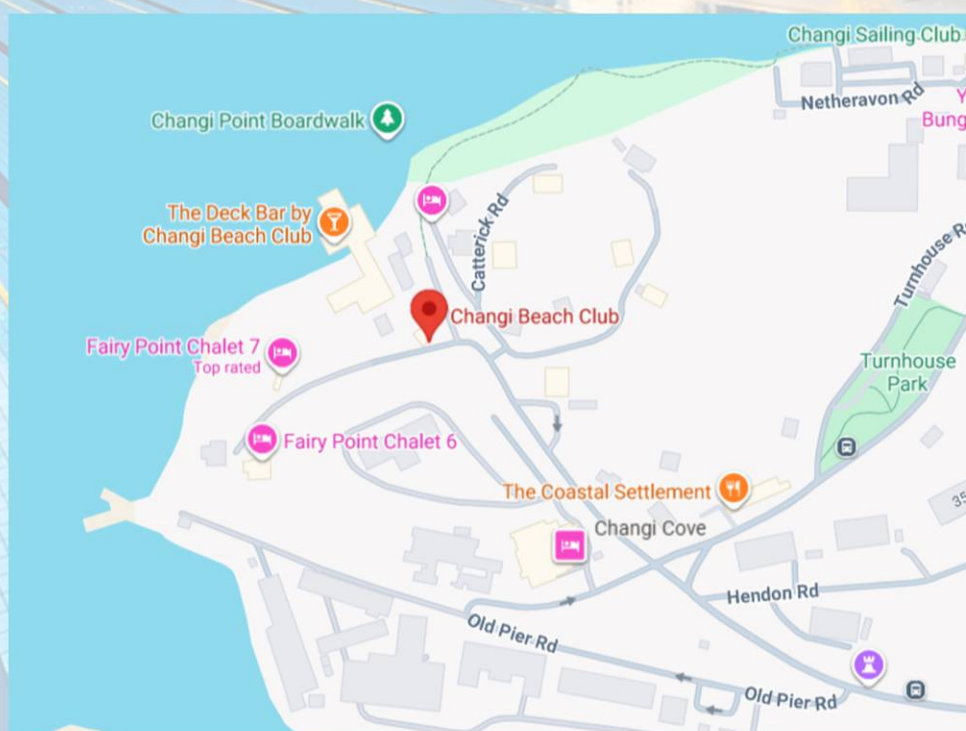
EVENT SAFETY AND FINAL POINTERS

- Qualified lifeguards will be stationed throughout the meet. In the event of any evacuation, all present are to adhere to instructions from the meet officials. In the event of medical treatment/evacuation and fire evacuation, all present (including participants, coaches and spectators) are to strictly adhere to instructions from the meet officials to ensure speedy and smooth treatment/evacuation.
- Swimmers are to take precautions when plunging from the starting blocks.
- All spectators are to remain seated at the spectator stand during the meet. Only coaches are allowed to accompany their students at the competition and training pools during warm up.
- Spectators and coaches are not allowed to do video or photo taking at the competition pool deck so as not to obstruct swimmers' and officials' movement, as well as for their own safety. Only officials appointed by the Organiser will be allowed to do video or photo taking at the pool deck.
- No smoking is allowed within the meet venue at all times.
- In the event of inclement weather, the Organiser reserves the right to postpone or cancel the meet or affected events. Parents and guardians will be informed by the Organiser within one week after the original meet date whether the meet/affected events will be held on another date or if refund will be given if the decision is to cancel the meet/affected events.

HOW TO GET THERE

MAP

2 ANDOVER RD, SINGAPORE 509984



HOW TO GET THERE

TRAIN

MRT + Bus 29: Alight at Pasir Ris MRT, then take Bus 29 from Pasir Ris Town Park to the vicinity of Changi Village.

MRT + Bus 2: Alight at Tanah Merah MRT, then take Bus 2 to Changi Village Bus Terminal.

Final Access: The club is located near Changi Village, a short walk from the bus terminal.



BUS

Bus stops near Changi Beach Club in Southeast Fairy Point, 2 min walk

Netheravon Rd - Bef Cranwell Rd (99089), 7 min walk

Loyang Ave - Bef Cranwell Rd (99021), 11 min walk

Loyang Ave - Aft Cranwell Rd (99029), 11 min walk

Loyang Way - Opp Loyang Way 6 (98181), 37 min walk

DRIVING TO CHANGI BEACH CLUB

Parking at Changi Beach Club (2 Andover Road) offers free private on-site parking for guests. Nearby public parking is available at Changi Beach Car Park 1-7 (Nicoll Dr), which typically provides free parking daily, including near the Changi Boardwalk area. The Club Car Park is specifically reserved for members.

Club Parking: On-site parking is available for guests.

Public Car Parks: Several public, uncovered parking options (e.g., [Changi Beach Car Park 1 (C0151), [Car Park 2 (C0152), [Car Park 4 (C0154)) are located along Nicoll Drive, which offer 2-hour free parking.

Operating Hours: Public car parks are generally open 24 hours.

Best Options: Car parks 1, 2, 3, 4, 5, and 7 are popular, with many located close to the beach and amenities.

