



Swimming  
Competition Manual  
10<sup>th</sup> Micronesian Games  
15-24 June 2024

# CONTENTS

<b>1</b>	<b>SWIMMING</b>	<b>1</b>
1.1	General Information	1
<b>2</b>	<b>COMPETITION DETAILS</b>	<b>1</b>
2.1	Technical Committee	1
2.1	Officials	1
<b>3</b>	<b>CONDUCT OF THE TOURNAMENT</b>	<b>1</b>
3.1	Dates & Venues	1
3.2	Practice Schedule	2
3.3	Competition Schedule	2
3.4	Events	2
3.5	Technical Committee	2
3.6	Technical Committee Meeting	2
3.7	Agenda	3
<b>4</b>	<b>COMPETITION DETAILS</b>	<b>3</b>
4.1	Competition Date/Venue	3
4.2	List of Events — Pool Events	3
4.3	List of Events — Open Water	4
4.4	Competition Schedule	4
4.5	Medal Awards	4
<b>5</b>	<b>COMPETITION RULES &amp; REGULATIONS - POOL EVENTS</b>	<b>4</b>

5.1	Marshalling	4
5.2	Events to be swum as Finals	5
5.3	Entries	5
5.4	Progression to Finals	5
5.5	Injury or Illness	5
5.6	Seeding	6
5.7	Start Lists	6
5.8	Competition Clothing and Equipment	6
5.9	Training Venue and Schedule	6
5.10	Medal Ceremonies	6
<b>6</b>	<b>COMPETITION RULES &amp; REGULATIONS - OPEN WATER SWIMMING</b>	<b>7</b>
6.1	Entries	7
6.2	Warm-Up	7
6.3	The Start	7
6.4	The Course	7
6.5	Medal Ceremonies	8
6.6	Training Venue and Schedule	8
<b>7</b>	<b>PROTESTS TO THE JURY OF APPEAL</b>	<b>8</b>
7.1	PROTESTS	8
7.2	JURY OF APPEAL	8

**8 ELIGIBILITY 9**

8.1 Eligibility 9

**9 ATHLETES' VILLAGE 11**

9.1 Accommodations 11

9.2 Meals 11

9.3 Medical 11

9.4 Sport Information Center (SIC) 11

9.5 Transportation 11

9.6 Security 11

**10 DOPING CONTROL 12**

10.1 Random Testing 12

10.2 Prohibited Substances 12

**11 CODE OF CONDUCT 12**

11.1 Conduct 12

11.2 Tobacco, Betel-nut, Vape, Alcohol and Drugs 12

## 1 SWIMMING

### 1.1 General Information

Dates	17-21 June 2024 (Pending submission of numerical entry forms)
Venue	Kwajalein
Technical Meeting	TBD
Competition Manager	Amy LaCost amylacost@gmail.com
Technical Delegate	Mary Harris miswimfed@gmail.com

## 2 COMPETITION DETAILS

### 2.1 Technical Committee

Technical Delegate                      Mary Harris

Competition Manager:                      Amy LaCost

One representative from each participating member association.

### 2.1 Officials

2.1.1 Officials for the tournaments will be drawn from accredited referees nominated by the participating MGAs. All MGAs entering teams are expected to send one suitable referee per team. Referees will be assigned to event and evaluated under the supervision of World Aquatics (WA). Table officials will be supplied and assigned by the host country, in consultation with WA. All officials must have attended an official clinic presented by WA.

## 3 CONDUCT OF THE TOURNAMENT

### 3.1 Dates & Venues

3.1.1 The MAJOL2024 Swimming Competition for men and women will be held at the Kwajalein Pool for the pool competition, while the open water competition will be held at the Emon Beach for the Open Water competition, Kwajalein RMI from 17-21 June 2024 (Pending submission of numerical entry forms).

### **3.2 Practice Schedule**

3.2.1 This will be determined at a later date and distributed to all teams when they arrive.

### **3.3 Competition Schedule**

3.3.1 To be finalized during technical meeting, following final registration through Accreditation and Sport Entry System May 15 deadline and consultation with the technical delegate.

### **3.4 Events**

3.4.1 The competition will be comprised of two tournaments: Men's and Women's Division in Pool Events and Open Water Swimming.

### **3.5 Technical Committee**

3.5.1 Key Competition Officials including SIC Manager, Technical Official, Competition Manager and Referees/Umpires will be present to answer any questions.

3.5.2 The MAJOL2024 Technical Committee shall consist of two representatives from the host country and one representative from each of the competing islands all with voting rights.

3.5.3 The Technical Committee shall be chaired by the Technical Delegate or the chair will be appointed by the Technical Delegate.

3.5.4 The Technical committee is responsible to ensure that the MAJOL2024 Swimming competition is conducted in accordance with the technical rules and regulations of World Aquatics as established by the MAJOL2024 OC in conjunction with the Technical Committee, as well as to oversee the competition schedule and rule on any and all protests brought to its attention.

### **3.6 Technical Committee Meeting**

3.6.1 The Technical Meeting will be held no more than 48 hours prior to the commencement of the competition. Schedule will be communicated prior to your arrival. Visit Sport Information Center (SIC) for technical meeting schedules.

3.6.2 Two (2) Representatives from each team may attend the Technical Meeting. The Technical Delegate will welcome and preside over the meeting. All mat-

ters pertaining to the competition will be covered at this Meeting.

### 3.7 Agenda

1	Welcome remarks by the Competition Manager
2	Introduction of Relevant Key Competition Technical Officials
3	Final Timetable
4	Confirmation of the Jury of Appeal
5	Protests and Appeals to the Jury
6	Confirmation of Entries
7	Failure to Participate
8	Medal Ceremonies and Procedures
9	Venue visit
10	Other Concerns

## 4 COMPETITION DETAILS

### 4.1 Competition Date/Venue

<b>DATES</b>	17-21 June 2024 (Pending submission of numerical entry forms)
<b>VENUES</b>	Kwajalein

### 4.2 List of Events — Pool Events

4.2.1 The following list of events will be confirmed or updated after receipt of Numerical Entry forms and based on consultation with the Swimming contact of each MGA.

<b>FREESTYLE</b>	50, 100, 200, 500, 1000 (W), 1650 (M)
<b>BACKSTROKE</b>	50, 100 and 200
<b>BREASTSTROKE</b>	50, 100 and 200
<b>BUTTERFLY</b>	50, 100 and 200
<b>INDIVIDUAL MEDLEY</b>	100, 200 and 400
<b>FREESTYLE RELAY</b>	200, 400
<b>FREESTYLE RELAY MIXED</b>	200 (2 men, 2 women), 400
<b>MEDLEY RELAY</b>	200, 400
<b>MEDLEY RELAY MIXED</b>	200, 400

**4.3 List of Events — Open Water**

MEN	WOMEN
2.5 km	2.5 km
5 km	5 km
5 km (4 x 1250m) Mixed Relay (2 men, 2 women)	

**4.4 Competition Schedule**

4.4.1 To be finalized during technical meeting, following final registration through Accreditation and Sport Entry System May 15 deadline and consultation with the technical delegate.

**4.5 Medal Awards**

4.5.1 Medal Award Ceremony will be held upon conclusion of the Events in accordance to a structured medal presentation schedule provided by the Technical Committee.

**5 COMPETITION RULES & REGULATIONS - POOL EVENTS**

5.5.1 The MAJOL2024 swimming competition will be conducted in accordance with the rules and regulations of the World Aquatics (WA).

5.5.2 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.

5.5.3 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.

5.5.4 In cases of disputes the Micronesian Games Council decision shall be final.

**5.1 Marshalling**

5.1.1 Competitors will be required to report to the Call Facility at least 15 minutes prior to the time of the event shown on the Final Start List. They will not be allowed to leave the area after having been registered.



## **5.2 Events to be swum as Finals**

- 5.2.1 All 500, 1000 (W), and 1650 (M) pool events will be swum as finals only. If there is more than one heat for these events, the order of finish and award of medals will be based on times recorded.
- 5.2.2 Relay events will only be swum as finals.
- 5.2.3 Any other event in which there are six or fewer registered competitors will also be swum as a final.

## **5.3 Entries**

- 5.3.1 Participating MGAs may enter maximum 24 swimmers on their roster.
- 5.3.2 Each team 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.
- 5.3.3 Participating MGAs may enter no more than three athletes for individual swimming events and no more than one team (of four swimmers) for each relay.
- 5.3.4 Swimmers may enter an unlimited number of events, including relays.

## **5.4 Progression to Finals**

- 5.4.1 In general the fastest six competitors will advance to the finals except that only the fastest two swimmers representing any single team will advance to the finals. For events swum as a final no team may win more than two medals.

## **5.5 Injury or Illness**

- 5.5.1 When an athlete is injured after being included in the final roster, a substitute may be nominated on production of a medical certificate signed by a doctor designated by the Competition Manager, provided this nomination is made before the opening event of the tournament in which the injured athlete is entered. The substitute must have been entered into the accreditation and sport entry system by the May 15 deadline.

## **5.6 Seeding**

5.6.1 Seeding of heats and finals will follow WA Rule SW3.

## **5.7 Start Lists**

5.7.1 The Competition Manager will distribute preliminary start lists to team managers at the Technical Meeting for confirmation and correction of errors only. Team managers must sign and return the start lists to the Meet Manager within two hours following adjournment of the Technical Meeting. Final start lists will be available at the pool and at the SIC no later than 9 PM on the evening prior to competition (for preliminaries) and no later than 3 PM on the afternoon prior to competition for finals. It is the responsibility of team managers to pick up the final start lists and to immediately notify the Competition Manager should there be errors.

## **5.8 Competition Clothing and Equipment**

5.8.1 All swim suits worn in the competition must comply with WA rules.

5.8.2 WA 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. WA Rule GR 7 will be enforced.

## **5.9 Training Venue and Schedule**

5.9.1 The Practice Schedule will be available at the Technical Meeting. The schedule will be set upon availability of the facilities.

## **5.10 Medal Ceremonies**

5.10.1 Medal Award Ceremony will be held upon conclusion of the Events in accordance to a structured medal presentation schedule provided by the Technical Committee.

## **6 COMPETITION RULES & REGULATIONS - OPEN WATER SWIMMING**

### **6.1 Entries**

- 6.1.1 Each participating MGA may enter maximum 10 swimmers on their roster.
- 6.1.2 Each team must 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.
- 6.1.3 A participating MGA may have more than one team (of four swimmers) for the relay, but only ONE team may medal, no matter the final placing.

### **6.2 Warm-Up**

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

### **6.3 The Start**

- 6.3.1 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.

### **6.4 The Course**

- 6.4.1 5 km team event relay race Course will be 4 laps (4 x 1.25 Km)
- 6.4.2 Team's athletes will be escorted from the Call room to the start area, where athletes will be introduced before they enter the water.
- 6.4.3 Each swimmer shall complete a lap of 1.25 Km.
- 6.4.4 Team event consists of 4 swimmers (2 males and 2 females) one team per MGA per event.
- 6.4.5 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.

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

6.4.7 Since all of the events are under 10 km, NO feeding platforms will be allowed. Kayaks and support boats will have drinking water available for the athletes upon request. At no time however, can the swimmer touch the boat or kayak, otherwise it will result in a disqualification.

## **6.5 Medal Ceremonies**

6.5.1 Gold, Silver and Bronze medals will be awarded in the MAJOL2024 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.

6.5.2 Swimmers must wear their MGA "warm-ups" or team uniform to the awards stand. Shorts/pants and shirts must be worn; towels around the waist or swim suit alone is not permitted.

## **6.6 Training Venue and Schedule**

6.6.1 The Practice Schedule will be available at the Technical Meeting. The schedule will be set upon availability of the facilities.

# **7 PROTESTS TO THE JURY OF APPEAL**

## **7.1 PROTESTS**

7.1.1 Any protest must be lodged with the Competition Manager in writing in English and signed by the leader of the delegation. A check or cash in the amount of \$100.00 must be included with each protest.

## **7.2 JURY OF APPEAL**

7.2.1 The Jury of Appeal shall consult, all relevant person, including the Referee and Judges. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including video evidence, is not conclusive,

the decision of the Referee shall be upheld. The Jury Chairman gives the jury's decision to the Competition Manager, who institutes preparation of an Amended Result, if required.

## **8 ELIGIBILITY**

### **8.1 Eligibility**

8.1.1 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, CNMI, Yap, Chuuk, Pohnpei, Kosrae, 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 MAJOL2024 OC will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have 10 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 Micronesia Games Council Executive Board, not to the MAJOL2024 OC, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia 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 USD\$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 Micronesia 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 Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

## **9 ATHLETES' VILLAGE**

### **9.1 Accommodations**

9.1.1 Athletes and coaches will be housed at the Kwajalein housing facilities.

### **9.2 Meals**

9.2.1 Meals will be provided upon presentation of an accreditation card and meal voucher. Only accredited persons will be provided meals.

### **9.3 Medical**

9.3.1 Primary care medical facilities (first aid) will be available, without charge, at the sports venue. More advanced care will be on call. Care other than primary care is the sole responsibility of the individual, and will be made available on the same basis (including cost) as it is to the general public.

### **9.4 Sport Information Center (SIC)**

9.4.1 The SIC will be open and manned during regular business hours.

9.4.2 The SIC is the formal communication center for the receipt and distribution of all sports information and results.

9.4.3 A set of daily results will be prepared, and will be distributed at a daily morning meeting and emailed to each coach.

### **9.5 Transportation**

9.5.1 Transportation will be provided for teams by the MAJOL2024 OC. Games transportation schedule will be disseminated at a later date.

### **9.6 Security**

9.6.1 Security will be provided at all MAJOL2024 venues.

## **10 DOPING CONTROL**

### **10.1 Random Testing**

10.1.1 Athletes are advised that random drug testing will be conducted for the duration of the 2024 Micronesian Games.

### **10.2 Prohibited Substances**

10.2.1 It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Athletes who test positive for a prohibited substance will be disqualified from, including but not limited to, the 2024 Micronesian Games.

10.2.2 Complete listing of prohibited substances can be found on WADA website.

## **11 CODE OF CONDUCT**

### **11.1 Conduct**

11.1.1 The conduct of athletes, coaches, managers, and team officials are expected to adhere to the highest standards reflective of national pride and the spirit of the 2024 Micronesian Games. All participants shall appreciate the goodwill and regional unity that are the objectives of these Games.

### **11.2 Tobacco, Betel-nut, Vape, Alcohol and Drugs**

11.2.1 The use and consumption of Tobacco, Betel-nut, Vape, Alcohol and Drugs in or around any Games facility is prohibited.

Good Luck to all the Teams!!!!