



PESTA SUKAN

SINGAPORE
AQUATICS

PESTA SUKAN ARTISTIC SWIMMING

11 July 2026

Our Tampines Hub

Team Manager Meeting

Key Dates

TEAM MANAGERS MEETING

9 July 2026

10:00am

On Zoom

Accreditation Pass For Athletes

Wrist Tags for Coaches/ Team Managers



Only Valid NROC coaches are allowed to have the Coach Accreditation Pass and allowed to be on the MPP Pool Deck



Not allowed at MPP pool deck (FOP) during competition

- Each club are only allowed to have 2 Team Manager pass regardless number of swimmers
- Team Managers accreditation pass will be confiscated if Team Managers are discovered hanging around the Level 6 MPP Pool Deck (FOP) during competition.
- Anyone who is found exchanging / passing accreditation passes to other parents / athletes / coaches will have their accreditation passes confiscated
- If any Team Managers are caught coaching, accreditation pass will be confiscated immediately

Accreditation and Access Control

- All swimmers/ Coaches/ TM are to wear their accreditation passes to enter the competition venue via **Level 6 (side entrance – Turn left upon exiting lift)**
- All Spectators / Parents are only allowed at **Level 7** spectator stands
- Parents and Spectators are not allowed access into Back of House, training pool and competition pool at Level 6
- Make-Up and Preparation Area is **only allowed at Level 6 Comp Pool Area & Level 7 Spectator Stands**



- Upon exiting the lift on level 7, turn left and walk straight
- Turn Left and walk through the turnstile

How to proceed to Spectator Stand at Level 7



How to proceed to Spectator Stand at Level 7



How to proceed to Level 6 from Level 7 (For Accredited Personnels only)

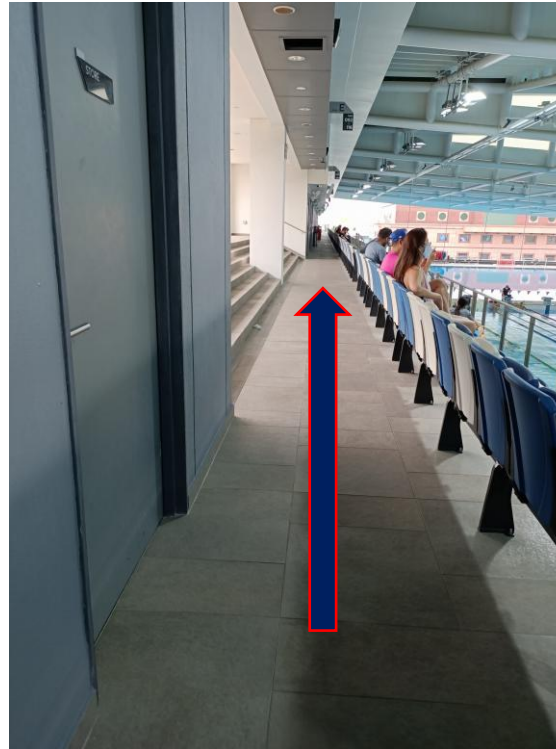
Turn right and walk along the corridor



FOR PARTICIPANTS & COACHES ONLY

Look out for the signage that says 'Aisle B – Seat 014 – 039'

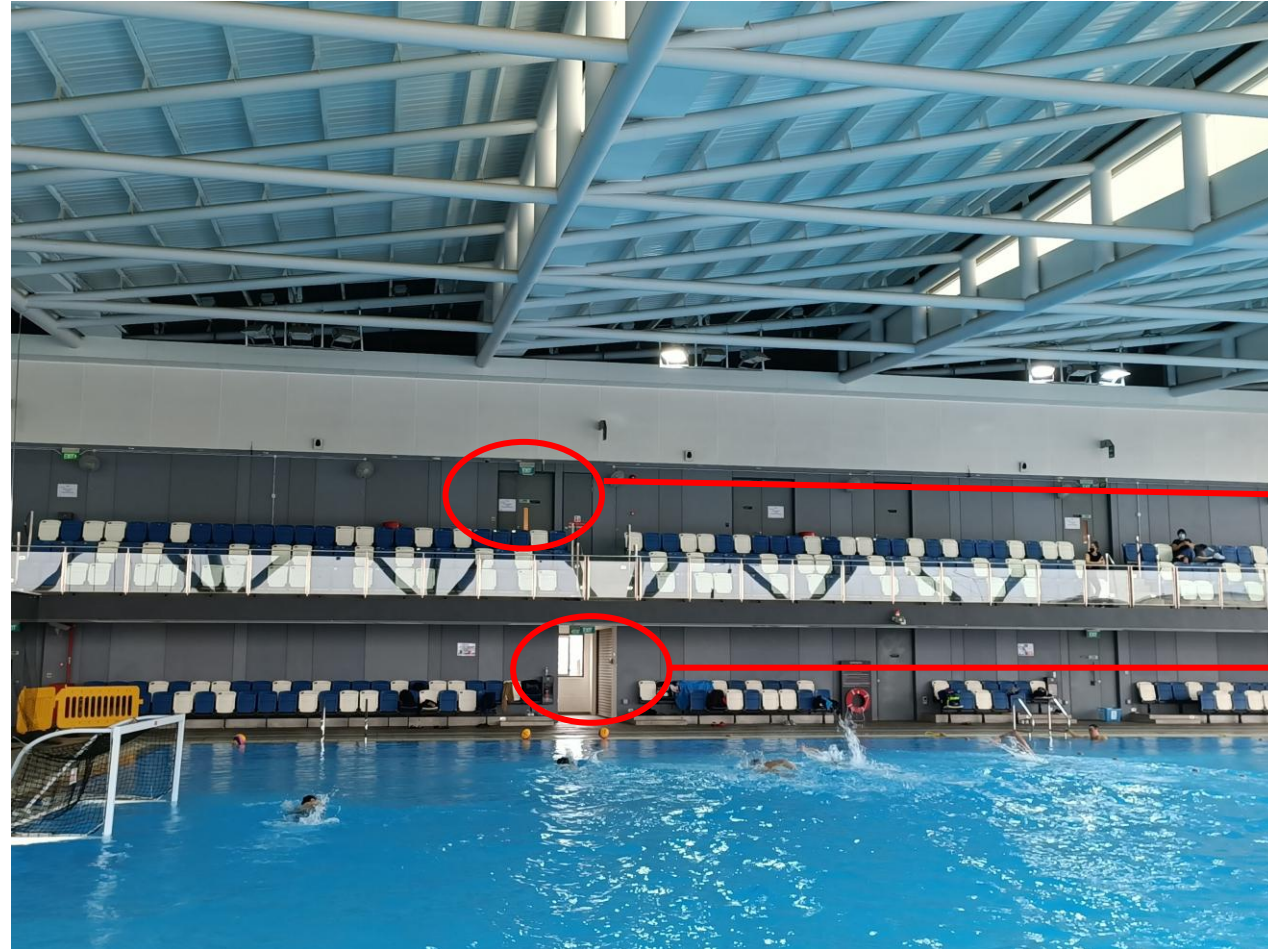
Enter through the door on the left and walk down the staircase to proceed to Level 6



- Parents are not allowed at Level 6 Swimming Pool

How to proceed to Level 6 from Level 7 (For Accredited Personnels only)

At level 6 - Exit from the door and turn right and you will see the MPP in front



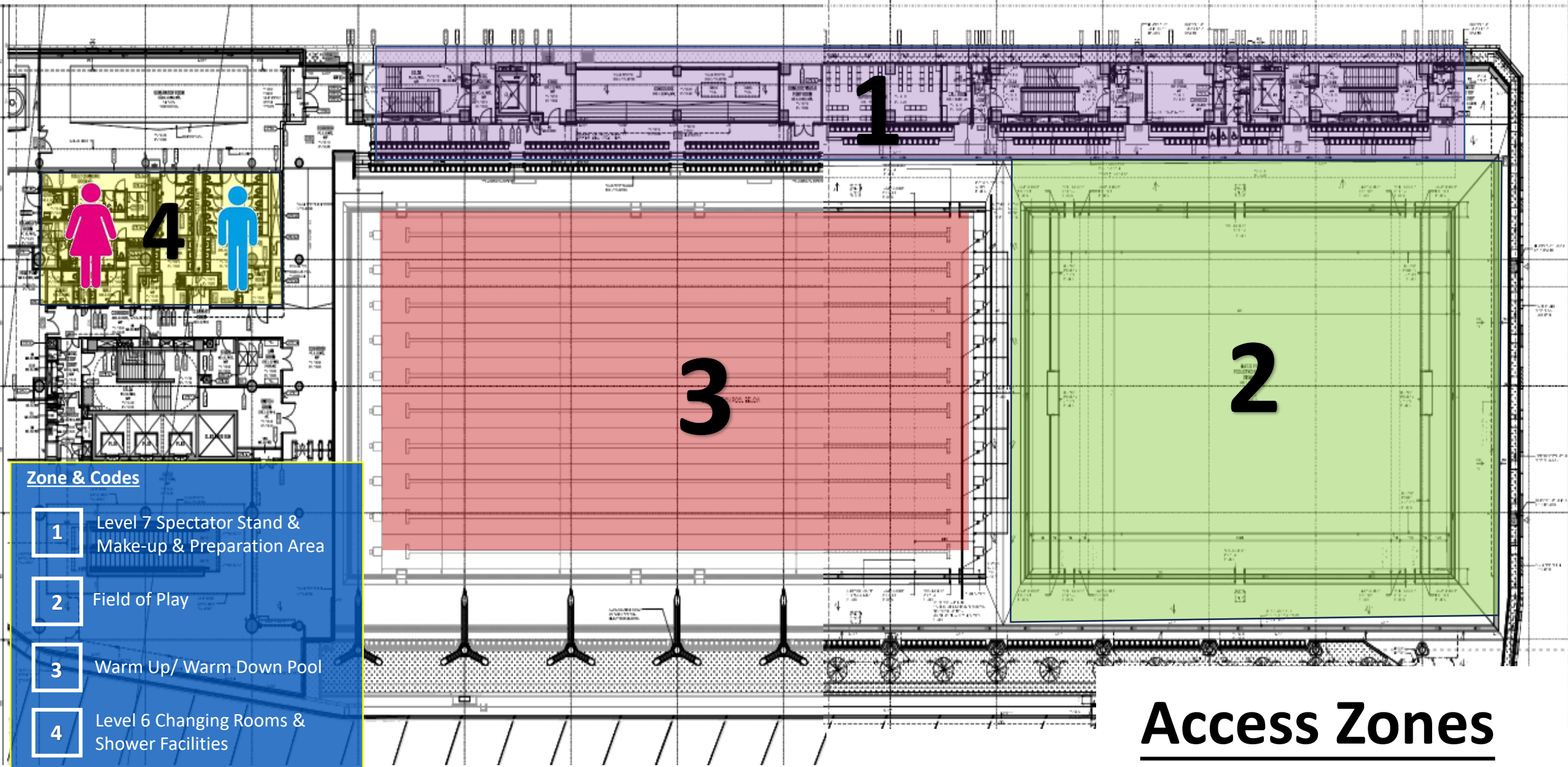
Enter/ exit
at level 7

Enter/ exit
at level 6

• View from opposite of the MPP

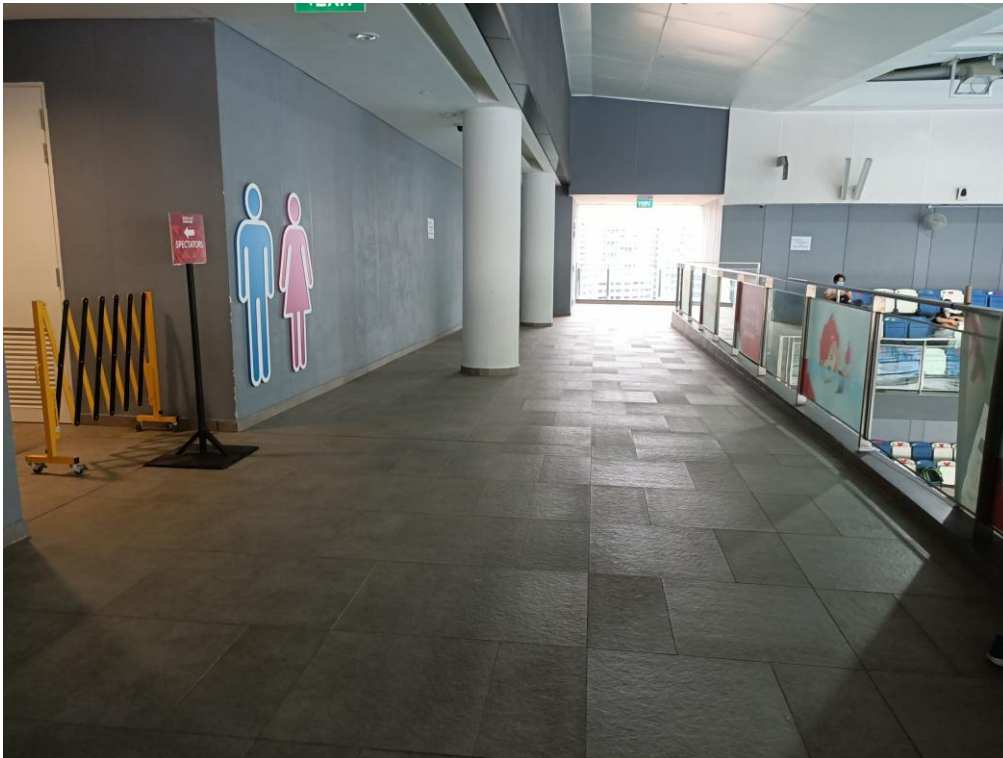


- Parents are not allowed at Level 6 Swimming Pool



Shower & Changing Room facilities

There are no shower facility at level 7. All swimmers are only allowed to change (no showering) at the level 7 toilets.
Swimmers will have to proceed to Level 6 toilets for showers



Level 7 toilets

WARM UP GUIDELINES

Competition Pool

**(FOR NYT
TRAINING
ONLY)**

For AS participants
warm up/ warm down
9am to 2.30pm

- No music at all times
- No beating of beats
- Underwater headset is allowed

MPP

9am to 10am
(Open Pool training only)

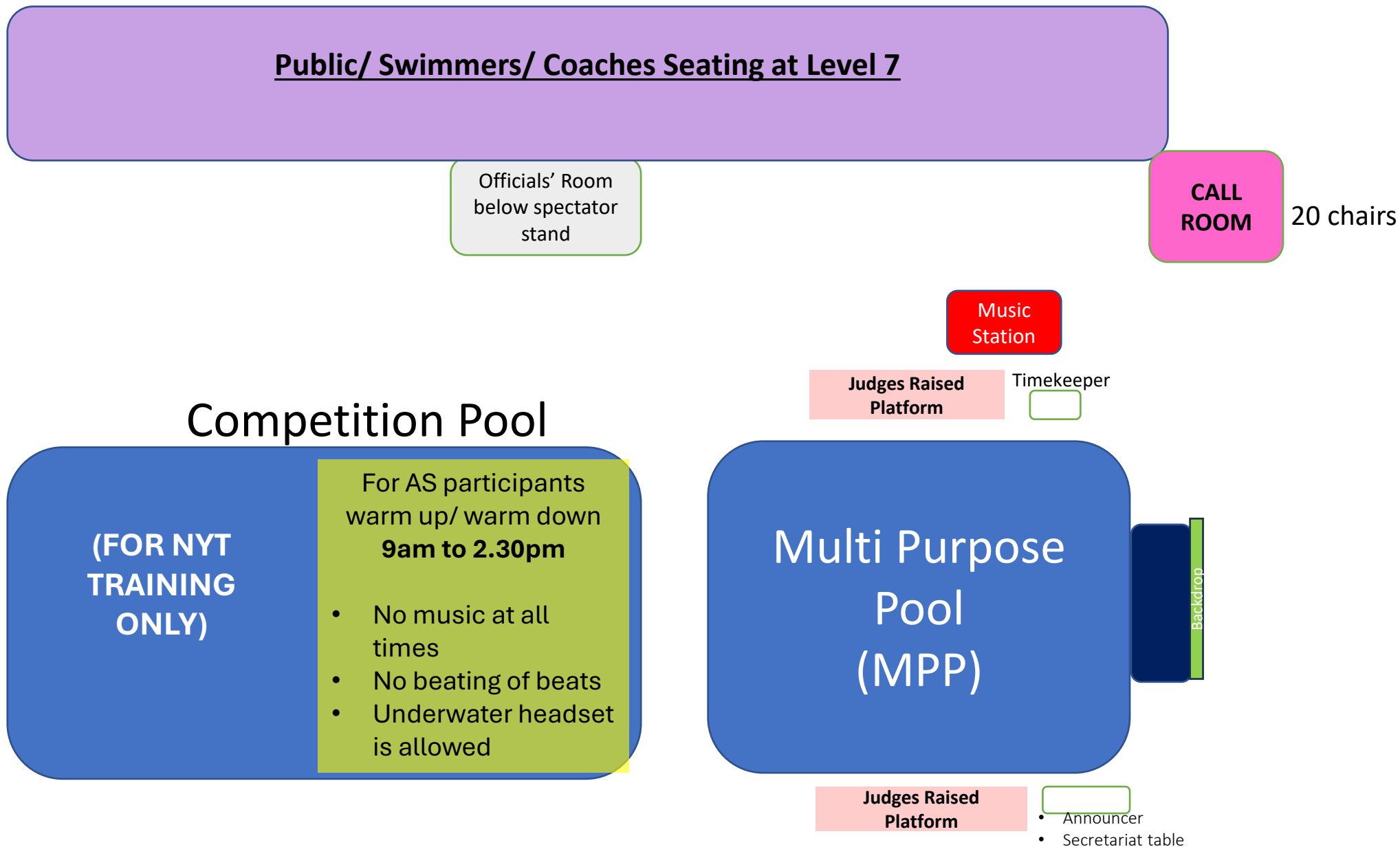
10am – 11.55am
(Music Practise)

12pm – 12.45pm
(Open Pool training only)

Pool will close 15min
before start of event.

Stage & Backdrop

Competition Layout (Routines)



Deck walk timing



- Swimmers will start walking from where the blue duct tape/ cone is
- Timing will start from the first step on the platform

IMPORTANT NOTES:

1. Only Valid NROC and Provisional NROC registered coaches are allowed to accreditation pass and allowed to be on the MPP Pool Deck
2. Team Manager passes are not allowed at the Level 6 Back Of House, Competition Pool and MPP Pool Deck at all times during Competition.
3. Team Manager accred pass will be confiscated if Team Managers are discovered hanging around the Level 6 MPP Pool Deck during competition
4. All swimmers are to report to CALL ROOM area 15mins prior to their event.
5. Only swimmers and their coach (with accreditation pass) that are competing next in the current event are allowed to be at the CALL ROOM area.
6. All results will be uploaded to Active SG portal. QR code to access the google drive will be shared with the clubs nearer to date. Results are unofficial until Referee have verified the scores.
7. Swimmers are strongly encouraged to have their makeup and hair done at home before coming to OTH due to space limitation at the venue.
8. We kindly request everyone refrain from recording other teams during music practice to maintain privacy and fairness. This is in line with the new 2025 guidelines for appropriate conduct at competitions which states “Coaches, athletes, or any person associated with coaches or athletes are prohibited from videorecording training sessions of unaffiliated competitors prior to or during the competition.”
9. No tapping of counts at all times. Use of underwater headset is allowed.

Pesta Sukan Artistic Swimming 2026**Our Tampines Hub****Music Practice : 11 July (AM)**

	Start	End
RASA Sports Academy Pte. Ltd.	10:00	11:05
Speediswim Aquatic Centre	11:05	11:30
Aesthete Aquatics Academy	11:30	11:55

Note :

1. Practice with Music is only scheduled at the following
- 11 July 2026 (Sat) from 10:00am to 11.55am
2. Practice with Music is to be conducted at Multi Purpose Pool only
3. Only team that are allocated the scheduled music practice time is allowed to use the Multi Purpose Pool
4. Warm up will be at Competition Pool during competition
5. Team to prepare thumbdrive as backup
6. Team is to provide listing of music to the music station OR assign person to be at the music station
7. Do be punctual for the music practice. No replacement of music practice if team is late
8. Music stop immediately when time is up.
9. In case of bad weather, music practice may be changed, delayed or cancelled
10. The music practice time is subjected to change without prior notice and decisions of the Organising Committee is final

Pesta Sukan Artistic Swimming 2024
11 July 2026
Our Tampines Hub

Date	Time		Activities	
9 July 2026 (Thursday)	1000	-	Team Manager Meeting (Drawing of Start List) (zoom meeting)	
11 July 2026 (Saturday)	0900	-	Doors Open	
	0900-1000	-	Open Pool Training at MPP - No music practise	
	0900-1445	-	Open Pool Training at Competition Pool - No music	
	1000 - 1155	-	Music Practice at MPP – refer to music practice schedule	
	1155 - 1300		Lunch Break	
	1200	-	- Judges Meeting - Volunteer briefing	
		Event No.	Category	Event
	1300	101	Age Group – 7 to 10 yrs old	Duet
	1345	102	Age Group – 11 to 12 yrs old	Duet
	1415	103	Age Group – 7 to 10 yrs old	Mixed Team
		104	Age Group – 11 to 12 yrs old	Mixed Team
	1445		Awards Presentation	
	END OF COMPETITION			

* Events subject to change

Viability of Events

Minimum of 4 duet/ teams is required for the event to proceed. If there are only 3 duet/ teams for the event, 'minus 1 rule' applies. I.e. only 1st and 2nd will be awarded for medal.

Draw of Start List

Sequence of Draw

Event Number	Age Group	Event	Number of Entries	Remarks
#101	7 – 10 years old	Duet	7	Gold, Silver, Bronze will be awarded
#103	7 – 10 years old	Mixed Team	2	Only Gold will be awarded
#102	11 – 12 years old	Duet	4	Gold, Silver, Bronze will be awarded
#104	11 -12 years old	Mixed Team	1	No medals



<https://go.gov.sg/pesta-sukan-artist-ic-swimming>

**Scan QR Code for
Start List & Results**

Any Questions?