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# The 50th Tokyo Swimming Center Invitational Swim Meet

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| Swimming |
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◇ **Event host** Tokyo Swimming Center Executive Committee

◇ **Organizer** Tokyo Swimming Association

◇ **Sanctioned by** Japan Swimming Federation

◇ **Dates** 21st November 2018 to 25th November 2018

Note: 20th November is the official practice day.

◇ **Venue** Tokyo Tatsumi international Swimming Center

2-8-10 Tatsumi, Koto-Ku, Tokyo , Japan

◇ **Number of Lanes** 10 Lanes (50m Long Course)

◇ **Competition Method**

(1) The competition shall be conducted according to the rules and regulations of the Japan Swimming Federation.

(2) Heats shall be run in all ages. According to the heat result, the final shall be conducted in each age group.

※However, for 400m Individual medley, 14 & under and 15 & over will take place separately.

Plus, 800m Freestyle and 1500m Freestyle are Timed-finals.

(3) Top ten swimmers from each heat will go on to the final.

However, if one of the finalists do not want to take part in the final, the 11th place swimmer will be chosen to swim in the final.

(4) In the event of swimmers from the same or different heats have equal times registered to 1/100 second for the tenth place,

a swim-off shall be conducted to determine which swimmer shall advance to the final. (As for 400m events, a draw will be held)

For final reserve swimmers with equal times in 11th place and 12th place, a draw will be conducted.

(5) The Competition method and actual start times of events may vary depending on a variety of circumstances on the actual day of competition.

◇ **Events**

|            |      |      |       |                   |      |      |      |
|------------|------|------|-------|-------------------|------|------|------|
| Freestyle  | 50m  | 100m | 200m  | Breaststroke      | 50m  | 100m | 200m |
|            | 400m | 800m | 1500m | Butterfly         | 50m  | 100m | 200m |
| Backstroke | 50m  | 100m | 200m  | Individual Medley | 200m | 400m |      |

◇ **Age Groups**

① GroupA : 8 years & under

④ GroupD : 13 & 14

② GroupB : 9 & 10

⑤ GroupE : 15 & 16

③ GroupC : 11 & 12

⑥ GroupF : 16 & Over

◇ **Order of Events**

※Please find attached

◇ **Entry regulation**

(1) Qualification

① Actual age of the meet is indicated at the first day of the meet.

② If swimmers reach the qualifying times (2) below in the official meet, swimmers can enter those events only.

※The same time of the following qualifying times can be acceptable.

i Both short course times and long course times are acceptable for the entry.

ii Entry times that are being approved are also acceptable.

iii If international swimmers do not have their official record in Japan, the official records in their respective countries can be approved.

However, these records need to be confirmed before the day of the entry.

⑥ Swimmers in the following age groups who reach the qualifying times below at an unofficial meet or an usual training can participate in the meet.

① GroupA: All events ② GroupB: All 100m events and 200m Freestyle

③ GroupC: 400m Freestyle, 400m Individual medley, 200m Backstroke, 200m Breaststroke and 200m Butterfly.

## (2)Qualifying Times

|                   |       | A        |           | B          |            | C          |            | D          |            | E          |          | F |
|-------------------|-------|----------|-----------|------------|------------|------------|------------|------------|------------|------------|----------|---|
|                   |       | (Under9) | (Age : 9) | (Age : 10) | (Age : 11) | (Age : 12) | (Age : 13) | (Age : 14) | (Age : 15) | (Age : 16) | (Over16) |   |
|                   |       | Unisex   |           |            |            |            |            | Male       |            |            |          |   |
| Freestyle         | 50m   | :42.9    | :36.4     | :34.4      | :30.8      | :29.1      | :27.7      | :27.0      | :25.5      | :24.5      | :24.0    |   |
|                   | 100m  | ※        | 1:16.0    | 1:11.8     | 1:06.9     | 1:03.0     | 1:00.7     | :57.2      | :55.0      | :54.0      | :53.0    |   |
|                   | 200m  | ※        | 2:40.0    | 2:31.6     | 2:23.3     | 2:14.6     | 2:07.7     | 2:00.2     | 1:59.0     | 1:58.0     | 1:54.0   |   |
|                   | 400m  | ※        | ※         | ※          | 4:49.7     | 4:32.2     | 4:23.6     | 4:10.3     | 4:09.0     | 4:08.0     | 4:04.0   |   |
|                   | 1500m | ※        | ※         | ※          | 16:35.0    |            | 16:20.0    |            | 15:58.0    |            | 15:31.0  |   |
| Backstroke        | 50m   | :48.9    | :40.9     | :38.9      | :35.5      | :33.4      | :32.9      | :31.0      | :30.0      | :29.0      | :28.5    |   |
|                   | 100m  | ※        | 1:27.8    | 1:23.8     | 1:17.2     | 1:12.7     | 1:09.0     | 1:04.9     | 1:04.5     | 1:04.0     | 1:03.0   |   |
|                   | 200m  | ※        | ※         | ※          | 2:44.9     | 2:35.0     | 2:25.3     | 2:16.6     | 2:15.0     | 2:13.0     | 2:11.0   |   |
| Breaststroke      | 50m   | :51.9    | :45.4     | :43.4      | :38.5      | :36.4      | :36.0      | :33.9      | :32.0      | :31.0      | :30.5    |   |
|                   | 100m  | ※        | 1:36.8    | 1:32.8     | 1:24.4     | 1:19.5     | 1:16.2     | 1:11.7     | 1:10.5     | 1:10.0     | 1:09.0   |   |
|                   | 200m  | ※        | ※         | ※          | 2:59.3     | 2:48.6     | 2:39.8     | 2:30.2     | 2:29.0     | 2:27.0     | 2:25.0   |   |
| Butterfly         | 50m   | :47.9    | :39.9     | :37.4      | :33.4      | :31.5      | :30.8      | :29.1      | :27.0      | :26.0      | :25.7    |   |
|                   | 100m  | ※        | 1:25.8    | 1:20.8     | 1:16.2     | 1:11.7     | 1:05.9     | 1:02.0     | 1:01.5     | 1:01.0     | 1:00.0   |   |
|                   | 200m  | ※        | ※         | ※          | 2:44.9     | 2:35.0     | 2:21.2     | 2:12.7     | 2:11.0     | 2:09.0     | 2:07.0   |   |
| Individual Medley | 200m  | 3:29.9   | 3:09.9    | 2:59.9     | 2:42.7     | 2:33.2     | 2:20.0     | 2:11.9     | 2:10.0     | 2:09.0     | 2:05.0   |   |
|                   | 400m  | ※        | ※         | ※          | 5:35.7     | 5:16.2     | 5:05.9     | 4:48.0     | 4:47.0     | 4:45.0     | 4:41.0   |   |
|                   |       | A        |           | B          |            | C          |            | D          |            | E          |          | F |
|                   |       | (Under9) | (Age : 9) | (Age : 10) | (Age : 11) | (Age : 12) | (Age : 13) | (Age : 14) | (Age : 15) | (Age : 16) | (Over16) |   |
|                   |       | Unisex   |           |            |            |            |            | Female     |            |            |          |   |
| Freestyle         | 50m   | :42.9    | :36.4     | :34.4      | :31.8      | :31.0      | :30.3      | :29.5      | :28.5      | :27.5      | :27.0    |   |
|                   | 100m  | ※        | 1:16.0    | 1:11.8     | 1:09.0     | 1:07.0     | 1:03.8     | 1:02.0     | 1:01.5     | 1:01.0     | 1:00.0   |   |
|                   | 200m  | ※        | 2:40.0    | 2:31.6     | 2:28.4     | 2:19.5     | 2:15.9     | 2:12.0     | 2:11.0     | 2:10.0     | 2:08.0   |   |
|                   | 400m  | ※        | ※         | ※          | 4:56.9     | 4:44.0     | 4:40.1     | 4:32.0     | 4:30.0     | 4:28.0     | 4:24.0   |   |
|                   | 800m  | ※        | ※         | ※          | 9:10.0     |            | 9:04.0     |            | 8:58.0     |            | 8:52.0   |   |
| Backstroke        | 50m   | :48.9    | :40.9     | :38.9      | :36.5      | :35.5      | :34.9      | :34.0      | :33.5      | :32.5      | :32.0    |   |
|                   | 100m  | ※        | 1:27.8    | 1:23.8     | 1:19.3     | 1:14.6     | 1:14.1     | 1:12.0     | 1:11.5     | 1:11.0     | 1:10.0   |   |
|                   | 200m  | ※        | ※         | ※          | 2:48.0     | 2:37.9     | 2:33.6     | 2:29.0     | 2:28.0     | 2:27.0     | 2:25.0   |   |
| Breaststroke      | 50m   | :51.9    | :45.4     | :43.4      | :40.6      | :39.5      | :39.1      | :38.0      | :37.5      | :36.5      | :36.0    |   |
|                   | 100m  | ※        | 1:36.8    | 1:32.8     | 1:27.5     | 1:25.0     | 1:23.4     | 1:21.0     | 1:20.5     | 1:20.0     | 1:19.0   |   |
|                   | 200m  | ※        | ※         | ※          | 3:04.5     | 2:53.4     | 2:51.1     | 2:46.0     | 2:45.0     | 2:44.0     | 2:42.0   |   |
| Butterfly         | 50m   | :47.9    | :39.9     | :37.4      | :34.4      | :33.5      | :32.9      | :32.0      | :31.5      | :30.5      | :30.0    |   |
|                   | 100m  | ※        | 1:25.8    | 1:20.8     | 1:19.3     | 1:14.6     | 1:11.0     | 1:09.0     | 1:08.5     | 1:08.0     | 1:07.0   |   |
|                   | 200m  | ※        | ※         | ※          | 2:49.0     | 2:38.9     | 2:31.5     | 2:27.0     | 2:26.0     | 2:25.0     | 2:23.0   |   |
| Individual Medley | 200m  | 3:29.9   | 3:09.9    | 2:59.9     | 2:42.7     | 2:33.2     | 2:28.3     | 2:24.0     | 2:23.0     | 2:22.0     | 2:20.0   |   |
|                   | 400m  | ※        | ※         | ※          | 5:44.0     | 5:23.9     | 5:19.3     | 5:10.0     | 5:08.0     | 5:06.0     | 5:02.0   |   |

## (3)The number of entry events allowed

Maximum 6 events per swimmer

## (4)Entry fee

•One event 1,500 Yen •Club participation fee 5,000Yen

Invoice will be sent after entries are completed.

## (5)Entry method

- ① Please ask your federation in order to take part in the meet.
- ② Please have your federation contact Japan Swimming Federation at the following e-mail address.
- ③ E-mail : [jpn-swimming@japan-sports.or.jp](mailto:jpn-swimming@japan-sports.or.jp)
- ④ Entry deadline : The end of September

## ◇ Awards

〈Tabata cup〉

Tabata cup shall be awarded to the most valuable swimmer in this meet.

〈Excellent swimmer〉

Excellent swimmers shall be awarded to swimmers who achieve excellent results by age category and gender.

However, if swimmers who meet the above criteria but cannot attend the award ceremony on the last day of the meet, they are not eligible.

〈Finals〉

Gold, silver and bronze medals shall be awarded in individual events.

Diplomas shall be awarded to the fourth to eighth swimmers in individual events.

## ◇ Official practice

Tuesday, 20th November from 1pm to 6pm .

A reception for the athletes will be held from 1pm at the entrance near the restaurant.