



NEXUS
INTERNATIONAL
— SCHOOL —
SINGAPORE

ACSIS MIDDLE SCHOOL SWIMMING CHAMPIONSHIPS 2019 2020 (SC)

Nexus International School (Singapore)

201 Ulu Pandan Road, 596468 (From 'Ulu Pandan Road', turn onto 'Pandan Valley' and then first right onto 'Pine Grove' where you will find the main gate)

Saturday 23 November 2019

ON THE DAY INFORMATION

Warm Up: 0650 – 0750 (3 lots of 20mins)

Start Time: 0800

Event List:

Event No	Event	Event No	Event
101	Girls 12&U 200m SC Freestyle	119	Girls 13-14 200 SC Meter IM
102	Boys 12&U 200m SC Freestyle	120	Boys 13-14 200 SC Meter IM
103	Girls 13-14 200m SC Freestyle	121	Girls 12 & Under 50 SC Meter Freestyle
104	Boys 13-14 200m SC Freestyle	122	Boys 12 & Under 50 SC Meter Freestyle
105	Girls 12&U 200m SC Medley Relay	123	Girls 13-14 50 SC Meter Freestyle
106	Boys 12&U 200m SC Medley Relay	124	Boys 13-14 50 SC Meter Freestyle
107	Girls 13-14 200m SC Medley Relay	125	Girls 12 & Under 50 SC Meter Butterfly
108	Boys 13-14 200m SC Medley Relay	126	Boys 12 & Under 50 SC Meter Butterfly
109	Girls 12 & Under 50 SC Meter Backstroke	127	Girls 13-14 50 SC Meter Butterfly
110	Boys 12 & Under 50 SC Meter Backstroke	128	Boys 13-14 50 SC Meter Butterfly
111	Girls 13-14 50 SC Meter Backstroke	129	Girls 12 & Under 100 SC Meter Freestyle
112	Boys 13-14 50 SC Meter Backstroke	130	Boys 12 & Under 100 SC Meter Freestyle
113	Girls 12 & Under 50 SC Meter Breaststroke	131	Girls 13-14 100 SC Meter Freestyle
114	Boys 12 & Under 50 SC Meter Breaststroke	132	Boys 13-14 100 SC Meter Freestyle
115	Girls 13-14 50 SC Meter Breaststroke	133	Girls 12 & Under 200 SC Meter Freestyle Relay
116	Boys 13-14 50 SC Meter Breaststroke	134	Boys 12 & Under 200 SC Meter Freestyle Relay
117	Girls 12 & Under 100 SC Meter IM	135	Girls 13-14 200 SC Meter Freestyle Relay
118	Boys 12 & Under 100 SC Meter IM	136	Boys 13-14 200 SC Meter Freestyle Relay



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ON THE DAY INFORMATION

BASIC TIMINGS

- 6.30am - Teams may arrive and set-up at their allocated seating area (see map)
- 6.50am - Pool Opens for warm up (3 warm up rounds)
- 7.10am - Coaches/Managers meeting with Ivan Bunakov
- 7.30am - Timekeepers meeting with SSA Chief Timekeeper next to Pool Office
- 7.50am - Pool is cleared, welcome address and swimmers briefing
- 8.00am - Event 1 begins
- Approx. 12.45pm - Estimated finish time

WARM UP TIMES/LANES

6.50am-7.10am

Lane 0 & 1 - German European School & Global Indian International School
Lane 2, 3 & 4 - Tanglin Trust School
Lane 5, 6 & 7 - Canadian International School - Lakeside
Lane 7 - Hollandse School (share lane 7 with CIS Lakeside)
Lane 8 & 9 - St Joseph's Institution International.

7.10am-7.30am

Lane 0 - Dover Court International School
Lane 1 - GEMS World Academy
Lane 2 & 3 - Nexus International School (Singapore)
Lane 4, 5 & 6 - Singapore American School
Lane 7, 8 & 9 - United World College – Dover Campus

7.30am-7.50am

Lane 0 & 1 - Australian International School
Lane 2, 3 & 4 - United World College – East Campus
Lane 5 & 6 - Dulwich College Singapore
Lane 7, 8 & 9 - Stamford American International School

MEDALS/PRIZE GIVING

As this is a large event with many people, and a large number of medal races, there will be no medal ceremonies. All medals won will be put into 'medal bags' for the appropriate schools. Coaches can collect their 'medal bag' from the pool office at the end of the event. This will give you the opportunity to present these back at school next week, if you wish.

The **overall team places will be announced** and the ACSIS Shields will be presented to the winning girls and boys teams on the day. **Can last year's champions please return the shields on the day**

SCHOOL VOLUNTEERS

Please remember to bring **ONE volunteer (Or TWO if you want to share the time between two people)** to be a back-up timekeeper (who will also get free food and water by the way). We cannot run a successful meet without the help from your schools.

SEATING ARRANGEMENT (See Map Attachment)

There are THREE main zones for athletes only (**Athletes Zone One, Athletes Zone Two & Athletes Zone Three**), ONE zone for spectators and families (**Spectators Zone**), and ONE zone for marshalling (**Marshalling Zone**).

On arrival, swimmers and coaches can head to their designated 'Athletes Zone' where you will find a 'school name' sign for your approximate seating area within each zone. Parents, friends, and spectators will head to the 'Spectator Zone.'

ATHLETES ZONE ONE:

- Nexus International School
- Australian International School
- United World College Dover
- United World College East
- Singapore American School
- GEMS World Academy

ATHLETES ZONE TWO:

- Tanglin Trust School
- German European School
- St Joseph's Institution International
- Stamford American International School
- Dover Court International School

ATHLETES ZONE THREE:

- Global Indian School – East Coast
- Hollandse School
- Dulwich College Singapore
- Canadian International School - Lakeside

We also have a **‘Break out’ area** (as seen on the map) for swimmers to eat, warm up and have more space. Please bring mats if you do not want to sit directly on the grass.

FOOD & WATER

Some food and water will be supplied free of charge for volunteers (timers, coaches, officials etc.). Each volunteer will receive a voucher token. These can be redeemed at the Nexus Parents Group (NPG) BBQ area. Free bottled water can be found at the Marshalling Area.

- **VOUCHER TOKEN:** entitle you to one food serving. Soft drinks will need to be paid for.
- **FREE BOTTLED WATER:** Coaches, Managers, Volunteers; help yourself to water located in the cooler bin (Chilly Bin/Eskie) at the Marshalling Area.

The BBQ area will also be selling these items if you are still hungry and require more. Also, the swimmers, supporters, spectators are more than welcome to purchase items from the BBQ area. Please note: the school canteen will be closed on Saturday.

A **barista** will be located inside the main entrance to the swimming complex selling decent coffee for those who need you early morning caffeine kick! They will set up and be ready to serve by 7.00am

‘Iced water’ stations will be situated poolside for all to fill water bottles.

CANCELLATION

In the event of postponement or cancellation, I will send an email to all the listed contacts. Please make sure you have email access Saturday morning if the weather is looking average! Decision will be made at **6.20am** for those awake.

PROGRAMMES & MEET MOBILE APP

We are planning to go as paperless as possible for this event (however, many programmes will be available). Those of you with the Meet Mobile App you will be able to access the ACSIS MS Swim Meet searching 'AC SIS Middle School Meet 2019/2020'. This App will give you the full Meet Program, and up to date results as they come in. If you don't have the App, it will cost you a small fee as it is no longer free, so please be aware of that.

CAR PARKING

We have limited car parking space, however, extra car parking will be made available around campus. The Nexus Security team will point you in the correct direction. If possible, please let your parents/supporters know in advance to avoid driving as parking spaces are very limited and they might need to find an alternative.

Additional Parking: Matchbox@100 Ulu Pandan (Across the road from Nexus). 30 car parking lots - \$0.02 per minute, capped at \$6.00.

NEXUS INT. SCHOOL SWIMMING POOL MAP

