



37th OCC SuperSprint Swim Series 2025

Nov Edition

23rd Nov 2025, Sunday

3pm to 9pm

General Information

- Competition Name: 37th OCC SuperSprint Swim Series 2025
- Venue: Orchid Country Club Olympic Pool
- Important Dates / Time:

Date	Activities	Remarks
	Release of 37th OCC SuperSprint Swim Series 2025 (Nov Edition) Info Pack.	
2 Nov 2025	Entries and Payment Closing Date.	Online Registration Close
9 Nov 2025	Psych Sheets for Swimmer Verification.	Email from OCC to participant
16 Nov 2025	Start list Distribution	Email from OCC to participant
23 Nov 2025	Race Day.	

Race Day Schedule (23 Nov 2025)

- 3pm- Swimmers Report for Attendance and Age Verification
- 3.30pm - Pool Open for Warm-Up
- 4.30pm - Pool Close
- Coaches and Swimmers Briefing
- 4.45pm- Roll Call for first five races
- 5pm - Event 1 and follow
- 9pm- End of Event

Rules

- Guided by the Rules and Regulations as directed by the Singapore Aquatics (SAQ) and in accordance with the Rules and By-laws of World Aquatics (WA) Swimming Rules and Regulations, where applicable.
- Governed by General Rules and Regulations of Competition Organising Committee.
- To ensure smooth running of this competition, do take note of the following instructions:
 - 1) Out of bound areas for ALL Non-Official's at the swim meet, as to not impede the official's duty:
 - a) 1 meter from the edge of the pool (along the length of the pool)
 - b) 2 meters from the edge of the pool (along the breadth of the pool)
 - c) Competitors Reporting area
 - d) Control rooms
 - 2) There will be no re-run of any events under any circumstances, all swimmers are responsible to ensure:
 - a) Look out for the Event No indicated on the white board
 - b) Competitors are to report to the reporting area 20 min before start of event.
 - c) Do not leave the Stewarding Area after the attendance taken by the Competitor Steward.
 - 3) No participants allow to compete at the race without attendance taken at the Competitors Reporting area.
 - 4) Not strictly following the WA Rules, this swim meet has adopted the following in house rules:
 - a) Do Not jump off or start until you hear the "BEEP" After the "Take Your Mark" by the starter.
 - b) Max of one (1) re-start will be given for false start, at the re-start, DQ shall be given if violated.
 - c) Your swim ends ONLY when you touch the wall with your hand as accordance to WA Rules
 - d) Exit the pool ONLY upon whistle from the Referee.
 - 5) For all DQ and race dispute, Meet Referee decision is FINAL.
 - 6) Supporters are refrain from cheering and whistling when the starter is about to start any race to ensure all swimmer stay focus to the beep sound.
 - 7) Only refer to the result posted on the board by the meet organiser, and kindly refrain from asking timekeepers and officials for personal timing after completing the race.
 - 8) In the event of bad weather, take instructions from the announcer and if the race has to be delayed, do lead your team to the sheltered area and wait for further notice.
 - 9) The meet shall call off if the weather is delay for more than one (1) hour. Final decision shall be made by the Meet Referee after discussion with the Competition Organising Committee.

Age category & eligibility

Individual Events											
Age Group	Year Born	Freestyle				Backstroke		Breaststroke		Butterfly	
		50m		100m		50m		50m		50m	
		M	F	M	F	M	F	M	F	M	F
5 – 6 years old	2020, 2019	✓	✓			✓	✓	✓	✓	✓	✓
7 – 8 years old	2018, 2017	✓	✓			✓	✓	✓	✓	✓	✓
9 – 10 years old	2016, 2015	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11 – 12 years old	2014, 2013	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
13 – 14 years old	2012, 2011	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15- 16 years old	2010, 2009	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17 – 19 years old	2008 – 2006	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20 – 29 years old	2005 – 1996	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30 – 39 years old	1995 - 1986	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
40 – 49 years old	1985 - 1976	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
50 – 59 years old	1975 - 1966	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
60 years & above	1965 and before	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Relay Events											
Age Group	Year Born	200m Freestyle Relay				200m Breaststroke Relay					
		M		F		M			F		
9 – 12 years old	2016 - 2013	✓		✓		✓			✓		
13 – 16 years old	2012 - 2009	✓		✓		✓			✓		
17 – 29 years old	2008 – 1996	✓		✓		✓			✓		
30 – 49 years old	1995 - 1976	✓		✓		✓			✓		
50 years & above	1975 and before	✓		✓		✓			✓		
INDIVIDUAL: 116 50m events = 96 100m events = 20 RELAY: 20											

Entry Registration

- Entries must be accompanied by full payment of the registration and entries fees to be eligible to compete.
- All registration forms together with payment must reach Orchid Country Club by . Late Entries will not be accepted.
- Each swimmer is eligible to compete a maximum of three (3) Individual and two (2) Relay events at the 37th OCC SuperSprint Swim Series 2025 (Nov Edition).

Fees

Membership	OCC / Aranda CC	NTUC / Nebo / eXplorerkid	Guest
Registration Fees (for individual event ONLY)	Waive	\$20.00	\$20.00
Fees Per Individual Event	\$8.00	\$10.00	\$15.00
Fees Per Relay Event	\$40.00	\$40.00	\$40.00
Participant can register up to a maximum of 3 Individual Events and 2 Relay Events under his or her age group.			

Swimmer Attire

- All swimmers are required to wear proper swimming attire. Failure to do so, will not be allowed to participate in the competition.
- Swimmers are encouraged to wear goggles and swimming cap before commencing the event.

Protests

- Protests are **Not Allowed** at this Swim Meet, 37th OCC SuperSprint Swim Series 2025.

Order of Events

Event No	Event	Event No	Event
1	50m Freestyle Girls (5 – 6yo)	2	50m Freestyle Boys (5 – 6yo)
3	50m Freestyle Girls (7 – 8yo)	4	50m Freestyle Boys (7 – 8yo)
5	50m Freestyle Girls (9 – 10yo)	6	50m Freestyle Boys (9 – 10yo)
7	50m Freestyle Girls (11 – 12yo)	8	50m Freestyle Boys (11 – 12yo)
9	50m Freestyle Girls (13 – 14yo)	10	50m Freestyle Boys (13 – 14yo)
11	50m Freestyle Girls (15 – 16yo)	12	50m Freestyle Boys (15 – 16yo)
13	50m Freestyle Girls (17 – 19yo)	14	50m Freestyle Boys (17 – 19yo)
15	50m Freestyle Women (20 – 29yo)	16	50m Freestyle Men (20 – 29yo)
17	50m Freestyle Women (30 – 39yo)	18	50m Freestyle Men (30 – 39yo)
19	50m Freestyle Women (40 – 49yo)	20	50m Freestyle Men (40 – 49yo)

21	50m Freestyle Women (50 – 59yo)	22	50m Freestyle Men (50 – 59yo)
23	50m Freestyle Women (60yo above)	24	50m Freestyle Men (60yo above)
25	50m Backstroke Girls (5 – 6yo)	26	50m Backstroke Boys (5 – 6yo)
27	50m Backstroke Girls (7 – 8yo)	28	50m Backstroke Boys (7 – 8yo)
29	50m Backstroke Girls (9 – 10yo)	30	50m Backstroke Boys (9 – 10yo)
31	50m Backstroke Girls (11 – 12yo)	32	50m Backstroke Boys (11 – 12yo)
33	50m Backstroke Girls (13 – 14yo)	34	50m Backstroke Boys (13 – 14yo)
35	50m Backstroke Girls (15 – 16yo)	36	50m Backstroke Boys (15 – 16yo)
37	50m Backstroke Girls (17 – 19yo)	38	50m Backstroke Boys (17 – 19yo)
39	50m Backstroke Women (20 – 29yo)	40	50m Backstroke Men (20 – 29yo)
41	50m Backstroke Women (30 – 39yo)	42	50m Backstroke Men (30 – 39yo)
43	50m Backstroke Women (40 – 49yo)	44	50m Backstroke Men (40 – 49yo)
45	50m Backstroke Woman (50 – 59yo)	46	50m Backstroke Men (50 – 59yo)
47	50m Backstroke Women (60yo above)	48	50m Backstroke Men (60yo above)
49	50m Breaststroke Girls (5 – 6yo)	50	50m Breaststroke Boys (5 – 6yo)
51	50m Breaststroke Girls (7 – 8yo)	52	50m Breaststroke Boys (7 – 8yo)
53	50m Breaststroke Girls (9 – 10yo)	54	50m Breaststroke Boys (9 – 10yo)
55	50m Breaststroke Girls (11 – 12yo)	56	50m Breaststroke Boys (11 – 12yo)
57	50m Breaststroke Girls (13 – 14yo)	58	50m Breaststroke Boys (13 – 14yo)
59	50m Breaststroke Girls (15 – 16yo)	60	50m Breaststroke Boys (15 – 16yo)
61	50m Breaststroke Girls (17 – 19yo)	62	50m Breaststroke Boys (17 – 19yo)
63	50m Breaststroke Women (20 – 29yo)	64	50m Breaststroke Men (20 – 29yo)
65	50m Breaststroke Women (30 – 39yo)	66	50m Breaststroke Men (30 – 39yo)
67	50m Breaststroke Women (40 – 49yo)	68	50m Breaststroke Men (40 – 49yo)
69	50m Breaststroke Women (50 – 59yo)	70	50m Breaststroke Men (50 – 59yo)
71	50m Breaststroke Women (60yo above)	72	50m Breaststroke Men (60yo above)
73	50m Butterfly Girls (5 – 6yo)	74	50m Butterfly Boys (5 – 6yo)
75	50m Butterfly Girls (7 – 8yo)	76	50m Butterfly Boys (7 – 8yo)
77	50m Butterfly Girls (9 – 10yo)	78	50m Butterfly Boys (9 – 10yo)
79	50m Butterfly Girls (11 – 12yo)	80	50m Butterfly Boys (11 – 12yo)
81	50m Butterfly Girls (13 – 14yo)	82	50m Butterfly Boys (13 – 14yo)
83	50m Butterfly Girls (15 – 16yo)	84	50m Butterfly Boys (15 – 16yo)
85	50m Butterfly Girls (17 – 19yo)	86	50m Butterfly Boys (17 – 19yo)
87	50m Butterfly Women (20 – 29yo)	88	50m Butterfly Men (20 – 29yo)
89	50m Butterfly Women (30 – 39yo)	90	50m Butterfly Men (30 – 39yo)
91	50m Butterfly Women (40 – 49yo)	92	50m Butterfly Men (40 – 49yo)
93	50m Butterfly Women (50 – 59yo)	94	50m Butterfly Men (50 – 59yo)
95	50m Butterfly Women (60yo above)	96	50m Butterfly Men (60yo above)
97	100m Freestyle Girls (9 – 10yo)	98	100m Freestyle Boys (9 – 10yo)
99	100m Freestyle Girls (11 – 12yo)	100	100m Freestyle Boys (11 – 12yo)
101	100m Freestyle Girls (13 – 14yo)	102	100m Freestyle Boys (13 – 14yo)
103	100m Freestyle Girls (15 – 16yo)	104	100m Freestyle Boys (15 – 16yo)
105	100m Freestyle Girls (17 – 19yo)	106	100m Freestyle Boys (17 – 19yo)
107	100m Freestyle Women (20 – 29yo)	108	100m Freestyle Men (20 – 29yo)
109	100m Freestyle Women (30 – 39yo)	110	100m Freestyle Men (30 – 39yo)
111	100m Freestyle Women (40 – 49yo)	112	100m Freestyle Men (40 – 49yo)
113	100m Freestyle Women (50 – 59yo)	114	100m Freestyle Men (50 – 59yo)
115	100m Freestyle Women (60yo above)	116	100m Freestyle Men (60yo above)
117	200m Freestyle Relay Girls (9 – 12yo)	118	200m Freestyle Relay Boys (9 – 12yo)
119	200m Freestyle Relay Girls (13 – 16yo)	120	200m Freestyle Relay Boys (13 – 16yo)
121	200m Freestyle Relay Women	122	200m Freestyle Relay Men

	(17 – 29yo)		(17 – 29yo)
123	200m Freestyle Relay Women (30 – 49yo)	124	200m Freestyle Relay Men (30 – 49yo)
125	200m Freestyle Relay Women (50yo above)	126	200m Freestyle Relay Men (50yo above)
127	200m Breaststroke Relay Girls (9 – 12yo)	128	200m Breaststroke Relay Boys (9 – 12yo)
129	200m Breaststroke Relay Girls (13 – 16yo)	130	200m Breaststroke Relay Boys (13 – 16yo)
131	200m Breaststroke Relay Women (17 – 29yo)	132	200m Breaststroke Relay Men (17 – 29yo)
133	200m Breaststroke Relay Women (30 – 49yo)	134	200m Breaststroke Relay Men (30 – 49yo)
135	200m Breaststroke Relay Women (50yo above)	136	200m Breaststroke Relay Men (50yo above)

Terms & Condition

- All swimmers who register in the 37th OCC SuperSprint Swim Series 2025 are deemed to have been given written permission to Orchid Country Club to collect, analyze, and collect any personal information by swimmers. All personal details/information of swimmers will be kept confidential. For further enquiries please call us at 67502103 or you can email us at snr@orchidclub.com
- Participants are to bring along NRIC / Student pass with their name and date of birth display, to be presented upon request for verification purposes. Participants registered in the wrong category, with age does not conform to the right category, shall be disqualified.
- Whilst reasonable precaution will be taken by the organizer to ensure the swimmers safety, all swimmers taking part in the 37th OCC SuperSprint Swim Series 2025 at their own risk and the organizer will not be responsible or held liable for any injuries or death howsoever arise from training or during the participation in the 37th OCC SuperSprint Swim Series 2025.
- Swimmers are strongly encouraged to consult their Medical Practitioner prior to the registration and before the actual event.
- Orchid Country Club may use any photograph or video taken during the event for publicity and marketing purposes unless otherwise indicated by the participant in writing.
- In the event of inclement weather conditions that could cancel 37th OCC Super Sprint Series 2025, Orchid Country Club reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at the 37th OCC Super Sprint Series 2025.
- We **do not** accept any email and/or phone call registrations and no extension of registration date.
- Please ensure to check swimmer's details and event selected are correct upon receiving the Psych Sheets for verification.
- **No changes** are allowed after Startlist is out.

Refund Procedure

Please take note of the following terms and conditions if you wish to request for refund with valid documentation from any Hospitals, Clinics or Death Certificate (if applicable). We do not accept any TMC or handwritten letters.

please email us at snr@orchidclub.com with the following details:

- Participants Full Name
- Contact Number
- Event Number
- Proof of Payment (screenshot)
- Proof of Documentation
- Payee Registered Name
- Payee Registered Contact Number

We will confirm receipt and respond within 3 working days.

Processing Time

Once approved, refunds will be processed within 4-8 weeks, back to the original payment method.

Exceptions / Non-Refundable Situations

No refunds will be issued for:

- No-shows on the event day
- Personal scheduling conflicts or travel disruptions
- Weather-related cancellations
- Disqualification due to rule violations