



OPEN WATER SWIMMING

LEG SERIES 2026

LUZON LEG

APRIL 25-27, 2026

SANTIAGO COVE,
SANTIAGO, ILOCOS SUR

VISAYAS LEG

MAY 23-24, 2026

SHERATON CEBU
MACTAN RESORT

MINDANAO LEG

MAY 16-17, 2026

ALMEJA AZUL,
SAMAL, DAVAO DEL NORTE

OWS CHAMPIONSHIP TRYOUTS

FOR THE 4TH SOUTHEAST ASIA AQUATICS OPEN WATER CHAMPIONSHIPS

JUNE 6-7, 2026 | NEW COAST BORACAY, AKLAN, PHILIPPINES



**SOUTHEAST ASIA AQUATICS
OPEN WATER CHAMPIONSHIPS**

AUGUST 21-23, 2026 | NEW COAST BORACAY, AKLAN, PHILIPPINES

TECHNICAL MANUAL AND INFORMATION KIT

HELD UNDER THE SANCTION OF **PHILIPPINE AQUATICS, INC**

Under this sanction it is understood and agreed that PAI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Event Distance: 5KM & 10KM, 1500M, 500M & 250M

Dates: May 23-24, 2026

Venue: Sheraton Mactan Cebu, Lapu Lapu City

I. GENERAL INFORMATION

Objective: The PAI Open Water Swimming Visayas Leg aims to identify and qualify the top-performing Filipino open water swimmers who will advance to the PAI Open Water Swimming Championships / National Tryouts for the 4th Southeast Asia Aquatics Open Water Championships.

Organizer:

Presented by Sheraton Mactan Cebu & **Sugbutri Event Solutions Inc.**

Sanctioned by Philippine Aquatics, Inc. (PAI) in coordination with the Philippine Sports Commission (PSC) & Private Partners.

II. EVENT SCHEDULE:

Date	Time	Activity
22 May 2026	8:00 AM TO 3:00 PM	Race Kit Claiming / Orientation / Technical Meeting for Swimmers and Coaches
22 May 2026	10:00 AM	Course Inspection and Familiarization Swim
23 May 2026	5:00 AM	Call Time / Final Check-in
23 May 2026	6:00 AM	Start of 1.5KM, 500m, 250m Open Water Race
23 May 2026	11:45 AM	Awarding and Closing Ceremony

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VISAYAS LEG - OPEN WATER LEG SERIES 2026

QUALIFYING LEG FOR THE PAI OPEN WATER
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Date	Time	Activity
24 May 2026	5:00 AM	Call Time / Final Check-in
24 May 2026	6:00 AM	Start of 5KM, 10KM Open Water Race
24 May 2026	11:45 AM	Awarding and Closing Ceremony

III. PARTICIPATION REQUIREMENTS

Eligibility | Open to all participants

Participants must meet the following requirements:

- Must be a Filipino citizen
- Minimum age: 14 years old as of December 31, 2025
- *The top 10 qualified swimmers in the 10KM and 5KM events must be registered athletes of Philippine Aquatics, Inc. (PAI), either through online or onsite registration.*
- Must be in good standing with PAI Must submit a medical clearance

IV. ENTRY FEE

THE ENTRY FEE FOR THE PAI OPEN WATER SWIMMING VISAYAS LEG IS:

- 10KM - **₱3,550.00** PER ATHLETE
- 5KM - **₱3,050.00** PER ATHLETE

THE ENTRY FEE FOR THE SHERATON FESTIVAL EVENT IS:

- 1500M - **₱2,550.00** PER ATHLETE
- 500M - **₱2,350.00** PER ATHLETE
- 250M - **₱2,250.00** PER ATHLETE

V. COVERS:

- RACE PARTICIPATION (10KM OR 5KM EVENT) (1500M, 500M, 250M EVENT)
- EVENT TSHIRT
- TIMING CHIP USAGE
- FINISHER DIGITAL CERTIFICATE
- MEAL PACKS
- FINISHERS MEDAL

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VI. PAYMENT POLICY

- ENTRY FEES MUST BE DEPOSITED BEFORE MAY 5, 2026.
- ENTRIES WILL ONLY BE CONSIDERED OFFICIAL UPON CONFIRMATION OF PAYMENT
- ENTRY FEES ARE NON-REFUNDABLE, EXCEPT IN CASES DETERMINED BY THE ORGANIZING COMMITTEE

VII. EVENT DISTANCES

- MAY 23, 2026 - 1500M, 500M, 250M (U9, U11, U13, U15, JUNIOR (15&OVER))
- MAY 24, 2026 – 5KM, 10KM (16 & over)

VIII. EVENT CATEGORIES (Qualifying for Tryouts)

10KM MEN

CATEGORY	GOLD	SILVER	BRONZE
16–17 Years Boys	1	1	1
18–19 Years Boys	1	1	1
20 Years & Above Men	1	1	1
Overall Men (All Categories)	-	-	-

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10KM MEN			
CATEGORY	GOLD	SILVER	BRONZE
16–17 Years Boys	1	1	1
18–19 Years Boys	1	1	1
20 Years & Above Men	1	1	1
Overall Men (All Categories)	-	-	-

5KM MEN			
CATEGORY	GOLD	SILVER	BRONZE
16–17 Years Boys	1	1	1
18–19 Years Boys	1	1	1
20 Years & Above Men	1	1	1
Overall Men (All Categories)	-	-	-

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5KM WOMEN

CATEGORY	GOLD	SILVER	BRONZE
16-17 Years Boys	1	1	1
18-19 Years Boys	1	1	1
20 Years & Above Men	1	1	1
Overall Men (All Categories)	-	-	-

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IX. SHERATON FESTIVAL EVENT:

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1.5KM MEN & WOMEN

CATEGORY	GOLD	SILVER	BRONZE
UNDER 9 (7-8yo)	1	1	1
UNDER 11 (9-10yo)	1	1	1
UNDER 13 (11-12yo)	1	1	1
UNDER 15 (13-14yo)	1	1	1
JUNIOR (15-19yo)	1	1	1
MASTER (20-25yo)	1	1	1
MASTER (26-30yo)	1	1	1
MASTER (31-35yo)	1	1	1
MASTER (36-40yo)	1	1	1
MASTER (41-45yo)	1	1	1
MASTER (46-50yo)	1	1	1
MASTER (51-55yo)	1	1	1
MASTER (56-60yo)	1	1	1

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SHERATON FESTIVAL EVENT:

500M MEN & WOMEN

CATEGORY	GOLD	SILVER	BRONZE
UNDER 9 (7-8yo)	1	1	1
UNDER 11 (9-10yo)	1	1	1
UNDER 13 (11-12yo)	1	1	1
UNDER 15 (13-14yo)	1	1	1
JUNIOR (15-19yo)	1	1	1

250M MEN & WOMEN

CATEGORY	GOLD	SILVER	BRONZE
UNDER 9 (7-8yo)	1	1	1
UNDER 11 (9-10yo)	1	1	1
UNDER 13 (11-12yo)	1	1	1
UNDER 15 (13-14yo)	1	1	1
JUNIOR (15-19yo)	1	1	1

X. AWARDS & QUALIFICATION

- **Top 10 swimmers** per Age Category will qualify for the PAI Open Water Swimming Championships / National Tryouts
- **Top 3 finishers** in each category will receive gold, silver, and bronze medals
- **Overall Men and Women Champions** across all categories will receive a Championship Trophy

XI. TECHNICAL RULES

Swimwear

- Only **World Aquatics approved** swimsuits are allowed
- Wetsuits are **not permitted**

Start Procedure

- Swimmers will start **in-water** behind the starting line
- The race begins upon the official horn or whistle signal

Turn Buoys

Swimmers must pass around all designated buoys. Missing a buoy may result in penalty or disqualification.

Finish Procedure

Swimmers must cross the official finish line timing system to be recorded as a finisher.

CUT-OFF TIME

10KM EVENT

- Official cut-off time is **30 minutes** after the first swimmer finishes
- Swimmers exceeding the 30-minute cut-off may still complete the race but may be recorded as **DNF (Did Not Finish)**
- Swimmers exceeding **45 minutes** after the first finisher may be removed from the course for safety reasons

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5KM EVENT

- Official cut-off time is **20 minutes** after the first swimmer finishes
- Swimmers exceeding the 20-minute cut-off may still complete the race but may be recorded as **DNF**
- Swimmers exceeding **35 minutes** after the first finisher may be removed from the course
- Race officials may remove swimmers from the course at any time if safety conditions require it.

XII. FEEDING STATION RULES

10KM Event

- Feeding stations will be positioned near the midpoint of the loop.
- Personal feeding poles with a maximum of 5 meters are allowed.
- Only pre-authorized personnel may assist swimmers.
- Athletes must approach feeding zones from the correct side of the lane.

5KM Event

- No feeding will be allowed during the 5KM race.

XIII. TIMING SYSTEM

The race will utilize an electronic timing system using timing chips.

- Each swimmer will receive a timing chip during registration.
- The chip must be worn securely on the ankle throughout the race.
- Official time will be recorded when the swimmer crosses the finish timing system.
- Tampering with or removing the chip may result in disqualification.

Note: All timing chips must be returned after the race.

XIV. SAFETY PROTOCOL

- Lifeguards, kayaks, and rescue boats will monitor the race course.
- Medical personnel will be stationed on site.
- Swimmers in distress must raise their hand for assistance.
- Race officials may remove swimmers from the course if safety risks arise.

CONDUCT & SPORTSMANSHIP

Participants must:

- Respect fellow swimmers, officials, and organizers.
- Avoid physical interference during the race.
- Follow instructions from race officials and safety personnel.

Unsportsmanlike conduct may result in warnings, penalties, or disqualification.

PROTEST AND APPEALS

Protest must be submitted: In writing to the Referee by the Team Coach only. Together with a deposit of P15,000.00 within 30 minutes from the time a negative decision has been rendered. The Referee shall consider all protests. If he rejects the protest, he must state the reason for his decision. The Coach may then appeal the rejection to the Jury of Appeals whose decision shall be final.

If the protest is rejected, the deposit will be forfeited to PAI. If a protest is upheld, the deposit will be returned.

WITHDRAWALS AND DID NOT SHOW (DNS)

Scratch deadline will be until May 15, 2026 at 5:00 P.M. A Php 500.00 administrative scratch fee will be levied for every scratch made at the competition by a coach, on behalf of any swimmers and for any event. Coaches must present scratches to the **Tournament Director** sixty (60) minutes prior to the start of the competition.

Withdrawals within sixty (60) minutes of the start of the session without notification to the **Tournament Director** shall be deemed Did Not Swim (DNS). "NO SHOW" swimmers that are not scratched by their coach in an event at the day of competition will not be permitted to swim in subsequent events in that session.

The administrative fee and penalty will only be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in all races for the day.

REFUND POLICY

- Entry fees are non-refundable in case of cancellation due to force majeure or conditions beyond the control of the organizer.
- In case of postponement, entries will be automatically transferred to the rescheduled date.

NOTIFICATIONS

- Participants will be notified of any changes via:
 - Registered email
 - Official social media pages
 - Philippine Aquatics website

CONDUCT & SPORTSMANSHIP

- Unsportsmanlike conduct (e.g., obstructing or physically interfering with other swimmers) will result in a warning or immediate disqualification depending on severity.
- Swimmers must respect event officials and safety staff at all times.

PENALTIES & DISQUALIFICATIONS

Participants may be penalized or disqualified for the following infractions:

- Failure to round turn buoys correctly
- Missing any part of the course loop
- Receiving assistance from outside parties (except in the case of emergencies)
- Tampering with another swimmer's equipment (e.g., pulling, obstructing, grabbing)
- Refusal to comply with safety protocols or instructions from race officials and safety personnel
- Unsportsmanlike conduct, including aggressive or unsafe behavior toward other competitors
- Intentional course cutting or swimming outside the marked race zone
- Deliberately impeding another swimmer's progress
- Use of unauthorized equipment or swim aids (e.g., fins, snorkels, wetsuits if not allowed)
- All violations will be reviewed by the Race Referee and Jury of Appeal, whose decision will be final.

CANCELLATION & POSTPONEMENT POLICY

WEATHER OR SAFETY-RELATED CANCELLATION

- The Organizing Committee reserves the right to cancel, postpone, or modify the race in case of:
 - Severe weather conditions (e.g., thunderstorms, typhoon warnings, strong currents)
 - Unsafe water quality
 - Any unforeseen circumstances that may endanger participants or staff
- Decisions will be based on recommendations from:
 - Local disaster risk management offices
 - Medical and safety teams
 - Philippine Aquatics, Inc. (PAI) officials
- All decisions made by the Race Director and Technical Committee regarding race delays, modifications, or cancellations are final and non-negotiable.

CODE OF CONDUCT

For both athletes and team officials:

- Respect fellow athletes, officials, and organizers at all times.
- Abusive language, disorderly behavior, or violations of event rules may lead to disqualification or suspension.
- Proper swim attire and decorum are expected throughout the event.

EVENT DAY REMINDERS

A checklist for swimmers:

- Arrive at least 1 hour before call time.
- Bring valid ID, medical certificate, and signed waiver.
- Wear your team attire and bring sunblock, extra hydration, goggles, and personal feeds if needed.
- Familiarize yourself with the course and safety zones.
- Warm up in designated areas only.

ENVIRONMENTAL & SUSTAINABILITY STATEMENT

- This event encourages a zero-waste policy: use refillable water bottles and dispose of trash properly.
- Help protect the ocean/lake: do not leave gel packs, bottles, or tape in the water.
- We aim to align with World Aquatics' sustainability goals.

XXI. MEDICAL & EMERGENCY PROTOCOL

- A medical team, lifeguards, and rescue boats will be stationed throughout the course.
- In case of emergency, the nearest lifeguard or rescue boat will respond immediately.
- THE NEAREST HOSPITAL OR EMERGENCY CENTER IS MACTAN DOCTORS LAPU LAPU
- Participants must declare any known medical conditions at registration.

. ROLES AND RESPONSIBILITIES

Tournament / Race Director

- Oversees the entire event operation
- Makes final decisions on rules, safety, and disputes
- Coordinates with technical officials and safety teams

Technical Officials / Referees

- Ensure compliance with race rules
- Monitor swimmer conduct and positioning around buoys
- Issue warnings or disqualifications if necessary

Safety Team / Lifeguards

- Positioned on kayaks, boats, or platforms along the course
- Respond immediately to any swimmer in distress
- Monitor water conditions and signal to halt the race if necessary

Timers / Results Officials

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- Manage electronic and manual timekeeping systems
- Record official finish times and rankings
- Coordinate with results announcers and posting teams

Registration / Check-in Staff

- Handle on-site athlete check-in
- Distribute race kits and body marking materials
- Collect waivers and medical certificates

Feeding Station Crew

- Ensure safety and order during feeding stops

Announcers / Event Hosts

- Provide updates, race commentary, and calls to the crowd
- Help with opening/closing ceremonies and awards announcements

Medical Team

- Provide on-site emergency response and first aid
- Monitor participants pre- and post-race for signs of dehydration or injury
- Coordinate with local hospitals if evacuation is needed

Media / Documentation Team

- Cover race action via photos and videos
- Manage social media and live updates
- Assist with press releases and post-event wrap-ups

XIV. CONTACT INFORMATION

For inquiries and registration:

- Email: philippineaquatics@gmail.com
- Phone: +63 9561309067
- Website: www.philippineaquatics.com

SEND ENTRIES TO

- Name: Emmanuel Alferez
- Email Address: alfereiman@gmail.com
- Mobile Number: 09273744407

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COURSE MAP

(To be released April 15, 2026)

A detailed map of the 10KM - 5KM open water course will include:

- Starting line
- Turn buoys
- Lap count and direction
- Feeding stations
- Finish line
- Safety/rescue boat placements
- Please check the official Philippine Aquatics website or your registered email address for the official course layout and safety instructions.

MEDICAL WAIVER & LIABILITY RELEASE FORM

I, _____, the undersigned, acknowledge that participating in the Philippine Aquatics Open Water Swimming Leg Series (5KM & 10KM) involves physical exertion and potential risks, including but not limited to: fatigue, dehydration, weather conditions, water currents, and collisions.

I confirm that:

- I am in good health and have passed a recent medical examination.
- I voluntarily participate at my own risk.
- I have disclosed any relevant medical conditions to the event organizer.
- I understand and accept all risks associated with open water swimming.

I hereby release and discharge Philippine Aquatics, Inc., its officers, staff, volunteers, and partners from any and all liabilities, claims, or causes of action arising out of any injury, illness, loss, or damage that may result from my participation.

I agree to follow all race rules and instructions from the event staff, and understand that non-compliance may result in disqualification or removal from the course for my own safety.

Participant Name: _____

Signature: _____

Date: _____

Emergency Contact Name & Number: _____

ENTRY FORM

Event Distance: 5KM, 10KM, 1500M, 500M & 250M

Dates: May 23-24, 2026

Venue: Sheraton Cebu Mactan Resort, Lapu Lapu City

PARTICIPANT INFORMATION

- **Full Name:** _____
- **Date of Birth:** ____ / ____ / _____
- **Age on Race Day:** _____
- **Gender:** Male Female Other
- **Nationality:** _____
- **Club/Team Name:** _____
- **Coach's Name (if any):** _____
- **Contact Number:** _____
- **Email Address:** _____

EMERGENCY CONTACT

- **Name:** _____
- **Relationship:** _____
- **Phone Number:** _____

DECLARATION AND WAIVER

I hereby certify that the information above is true and correct. I agree to abide by the event rules and regulations. I understand that participation in this event is at my own risk, and I release the organizers, sponsors, and officials from any liability arising from injury, illness, or accident during or as a result of the event.

Signature of Participant: _____ **Date:** _____ (If under 18)

Signature of Parent/Guardian: _____ **Date:** _____

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FEEDERS CARD

CLUB/TEAM NAME

--	--	--	--

WOMEN

ATHLETE'S NAME	BIBN ^o	FEEDER'S NAME	CONTACT

MEN

ATHLETE'S NAME	BIBN ^o	FEEDER'S NAME	CONTACT

Competitor's Representative (Name & Position)

Date & Signature

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IMPORTANT: Each participating competitor must be escorted/attended by his/her coach or another member of his/her delegation during the 10km.

SWIMMER GUIDELINES

1. Start

Mass start from a floating platform or pontoon.

Swimmers must remain behind the start line until the official signal.

2. Lap & Buoy Rules

Swimmers must complete all 4 laps in sequence.

At each turnaround buoy, swimmers must:

Pass on the outside of the buoy, keeping the buoy to their right side.

Failure to round a buoy correctly results in disqualification (DQ).

Officials and spotters at each buoy verify proper passage.

3. Sighting

Swimmers should sight on buoys and guide markers regularly to stay on course.

4. Feeding Station

Feeding area is in the start area where coaches can provide drinks and energy gels using poles.

OFFICIALS & SAFETY

1. Technical Officials

Referee – overall control.

Chief Judge & Turn Judges – stationed at each buoy to confirm legal rounding.

Clerk of Course – checks swimmers in and ensures they start correctly.

2. Safety

Rescue boats, kayaks, and lifeguards cover the entire course.

Medical team on standby at the finish area.

Stop race if dangerous weather or unsafe water conditions occur.

TIMING & LAP COUNTING

Manual Timing.

Lap counters must confirm each swimmer completes 4 laps.

FINISH

Finish on a designated line between two pontoons.

Swimmer must touch the finish board.