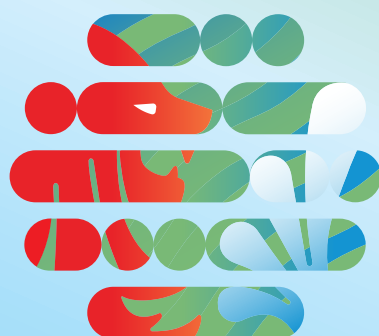


# INFORMATION BULLETIN #2



## WORLD AQUATICS MASTERS CHAMPIONSHIPS SINGAPORE 2025

26 JULY – 22 AUGUST 2025

# UPDATE HISTORY

	<b>Date Updated</b>	<b>Update Details</b>
Ver 1.0	4 October 2024	1st Version
Ver 2.0	24 October 2024	(Pages 21 and 22) - included updates on qualifying standards and swimming entry times

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# GREETINGS

## WORLD AQUATICS PRESIDENT

### President's Message for the World Aquatics Masters Championships – Singapore 2025



**Captain Husain Al Musallam**  
World Aquatics President

It is my great pleasure to welcome you to Singapore for the World Aquatics Masters Championships, taking place from 26 July to 22 August 2025.

On behalf of World Aquatics, I extend my heartfelt gratitude to the host city for sharing our passion for aquatic sports and for their remarkable dedication in hosting this prestigious event.

The World Aquatics Masters Championships demonstrate that age is no barrier to excellence. Whether you are swimmers, water polo players, divers, artistic swimmers, or open water swimmers, our athletes continue to deliver inspiring performances. Bringing these diverse disciplines together in a global city like Singapore embodies our vision's spirit: United by Water.

Singapore has an impressive history of successfully hosting major World Aquatics events, including 13 editions of the Swimming World Cup, the 2015 World Junior Swimming Championships, and the Youth Olympic Games in 2010. I am confident that Singapore will deliver exceptional competitions for athletes, fans, and families alike.

With world-class venues prepared to host our largest-ever participation, we expect more than 6,000 athletes from over 100 countries to compete in Singapore. This is sure to be an extraordinary celebration of aquatic sports.

I also extend my sincere appreciation to our partners, staff, officials, and volunteers for their dedication and hard work in making this event possible. I do not doubt that the 2025 World Aquatics Masters Championships will be a landmark event, remembered for years to come.

To our athletes, I wish you the very best in your competitions. I look forward to cheering your incredible performances while we strive to provide the best atmosphere worthy of your commitment and talent. During your stay, I encourage everyone to take the opportunity to experience Singapore's vibrant culture and warm hospitality.

## Welcome Message for the World Aquatics Masters Championships – Singapore 2025



**Mr Alan Goh**

Co-Chairs of the World Aquatics Masters Championships – Singapore 2025 Organising Committee



**Mr Mark Chay**

Welcome to the World Aquatics Masters Championships – Singapore 2025! We are excited to host this prestigious event from 26 July to 22 August, for over 6,000 athletes from more than 100 countries.

Singapore has a rich history of successfully hosting major international events and we are proud to continue this tradition for Singapore 2025. The event's theme, "Water Shapes Us", encapsulates Singapore's relationship with water and its significance in Singapore's development and identity as a nation. Our facilities have hosted several world-class events such as Swimming World Cups, six editions of FINA Diving Grand Prix (2014 – 2019) and the 2019 FINA Water Polo Challenger Cup. Our organising committee has been working hard to ensure that athletes will be able to compete in an environment made for performance, while forging new friendships.

As we embrace the theme "Water Shapes Us," we recognise water's powerful role as a unifying force. Symbolically, water connects us all, representing life, renewal, and movement. In sports, it challenges us to harness its energy and adapt to its ever-changing nature, much like life's own journey. This shared experience fosters unity and mutual respect among participants and spectators, celebrating the diversity and camaraderie of our global community.

To all competitors, we wish you the very best in your events. Your commitment and talent inspire us all. We look forward to witnessing many personal bests and new records.

We extend our heartfelt gratitude to our partners, whose unwavering support has been crucial in bringing the event to life. We are grateful to World Aquatics for working closely with our Singapore 2025 Organising Committee to make this Masters Championships possible.

As you embrace the thrill of competition, we also invite you to discover Singapore's vibrant multicultural heritage, explore exciting and unique attractions, and enjoy our delightful food culture. You'll find that Singapore has something to offer for every visitor.

A warm welcome once again. We are confident that you will form amazing memories and of your time in Singapore.

# HOST CITY OF THE WORLD AQUATICS MASTERS CHAMPIONSHIPS - SINGAPORE 2025

## Background

Water shapes everything in Singapore. It shapes our geography. It shapes our growth. It shapes us as a nation. It shapes every opportunity for us to win together in front of the world.

Singapore is set to host the World Aquatics Masters Championship in 2025 - the premier biennial event bringing together athletes from five sports:



**Swimming**



**Water Polo**



**Diving**



**Artistic Swimming**



**Open Water Swimming**

Over  
**6,000**

Masters Participants

Athletes from over

**100**

countries will compete in Singapore for the World Aquatics Masters Championships.



# EVENT BRANDING

## WATER SHAPES US

The event's theme, **'Water Shapes Us'**, encapsulates Singapore's relationship with water and its significance in Singapore's development and identity as a nation.

Water shapes Singapore's geography and is crucial in the nation's economic growth. The tagline also demonstrates how the championships in Singapore will nurture and celebrate opportunities for collective achievement and camaraderie.

### THAT IS THE POWER OF WATER



#### THE POWER TO ACHIEVE DREAMS

Showcasing high-performance athletes and spotlighting Singapore 2025 as a world-class event.



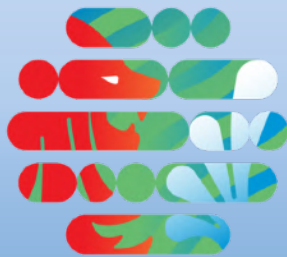
#### THE POWER TO BUILD NATIONS

Celebrating our Singaporean history during Singapore's 60th birthday.



#### THE POWER TO STRENGTHEN SOCIAL HARMONY

Reflecting on and building our swimming legacy, driving community engagement and speaking about sustainability.



**Singapore is a dynamic city** shaped by its vibrant culture, multicultural community, and lush landscapes and waterways that thrive across the Lion City. The World Aquatics Masters Championships - Singapore 2025 identity reflects these elements.



At the centre of the logo is **the Merlion, an enduring symbol of Singapore** that is recognised around the world and symbolises the strength and resilience of our people.



The statue's lion-head is representative of Singapore's original name of Singapura and its **lower half is representative of Singapore's origin as a fishing village.**



In the background, **water is flowing upward, representing progress and adaptability.**



The colour **red is inspired by the Singapore flag**, while the vibrant colours represents Singapore's dynamism in culture.

# EVENT INFORMATION



Events Duration  
**51 DAYS**



Athletes Representation  
**190+ COUNTRIES**



Estimated Spectators  
**200,000+**



Expected Athletes  
**8,000+**



International Broadcast  
**70 TERRITORIES**  
**7 BILLION VIEWERSHIP**



Digital/Social Outreach  
**500 MILLION**



## WORLD AQUATICS CHAMPIONSHIPS SINGAPORE 2025

World Aquatics Championships – Singapore 2025 is the flagship event bringing together the six aquatic sports of swimming, water polo, diving, artistic swimming, open water swimming and high diving. The premier event, to be held from July to August 2025 at the Singapore Sports Hub and Sentosa, is expected to attract over 2,000 competitors from over 190 countries and will host the best athletes from the top aquatic countries.

**11 JULY  
TO 3 AUGUST 2025**

Venues: Singapore Sports Hub & Sentosa



## WORLD AQUATICS MASTERS CHAMPIONSHIPS SINGAPORE 2025

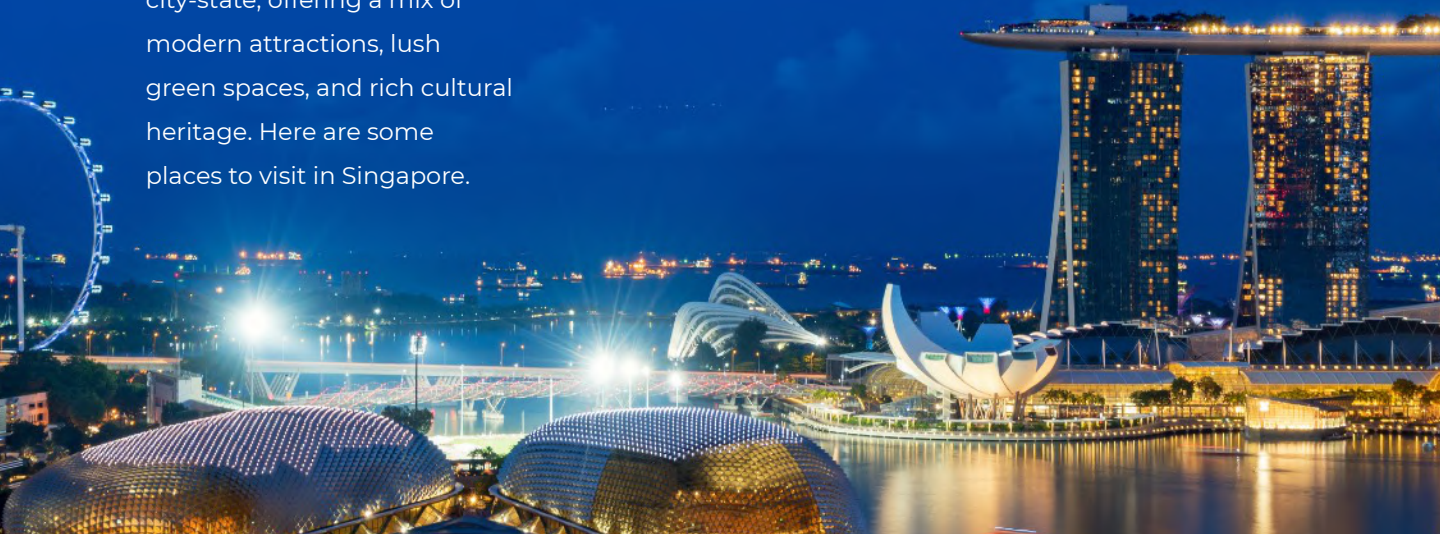
The World Aquatics Masters Championships - Singapore 2025, is a mass participation event featuring the five aquatic sports of swimming, water polo, diving, artistic swimming and open water swimming. The premier aquatic masters event is open to international and local participants aged 25 and above, and is expected to attract more than 6,000 competitors from approximately 100 countries to Singapore.

**26 JULY  
TO 22 AUGUST 2025**

Venues: Singapore Sports Hub,  
Sentosa & Our Tampines Hub

# SINGAPORE ATTRACTIONS, CULTURE AND HERITAGE

Singapore is a dynamic island city-state, offering a mix of modern attractions, lush green spaces, and rich cultural heritage. Here are some places to visit in Singapore.



## Chinatown



**An inspiring blend of hip meets heritage,** Chinatown is home to trendy eateries, buzzing watering holes and old-school charm. Dig into all that Chinatown has to offer, from its rich history to its tantalising mix of diverse cultures.



Soak in the buzz of Chinatown's busy streets or slow down to admire its exquisite temples. Mouthwatering Michelin meals and delectable hawker fare are just some of the flavours you can sample in Chinatown.

## Kampong Gelam

**Timeless tradition and bold new cultures** come together on the streets of Kampong Gelam, where street art and trendy hangouts sit alongside traditional landmarks and businesses. From the vibrant street art along Haji Lane to the majestic charm of Sultan Mosque, you will find an interesting blend of Chinese, Malay, Indian and European cultures all in Kampong Gelam.

One of Singapore's oldest urban quarters, this district is a neighbourhood of bold new boutiques and esteemed artisans, trendy cafes, traditional eateries and supper spots galore.



## Little India



Walk the streets of Little India and discover a harmonious blend of age-old tradition, cutting edge architecture and shops selling traditional garments and intricate jewellery. With its bustling streets, busy markets and walls adorned with vivid murals, Little India is one of Singapore's most vibrant neighbourhoods. Delve into the rich heritage of Little India, from flower garlands to exotic spices, and delight the senses.

## Katong-Joo Chiat

Home to Peranakan culture in Singapore, Katong-Joo Chiat is filled with local flavours, boutique cafes, and charming heritage shophouses. Take a walk through the streets of Katong-Joo Chiat, and discover a melting pot of tastes, sounds and textures. Enjoy its art murals and heritage gems, some of which have been awarded the Architectural Heritage Awards. At Katong-Joo Chiat, discover pastel-hued shophouses, glimmering Peranakan beadwork to rainbow-hued kueh. For foodies, this neighbourhood is a food paradise, from iconic dishes like chicken rice to boutique cafes serving up inspired confections, Katong-Joo Chiat is a palette of enchanting colours.



## Orchard Road



The bustling boulevard of Singapore's iconic shopping belt is home to international fashion brands, world-class cuisine and a myriad of innovative attractions. Feel the pulse of the city at Orchard Road and find comfortable accommodation, event spaces, retail gems and lifestyle experiences at every turn. Orchard Road's main boulevard is filled with iconic shopping malls, luxury fashion and renowned international brands.

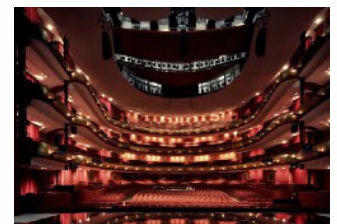
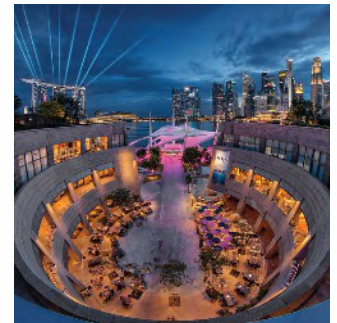
From the latest street fashion to hip cafes, Somerset and its surroundings buzz with youthful energy. Into art and artisanal offerings or looking for family-friendly fun? Be sure to pop by Tanglin or Dhoby Ghaut. Looking for gifts? Discover local designers' creations and stylish souvenirs at Design Orchard.

## Merlion Park



Commemorate your visit to The Lion City with a photo of Merlion Park's most iconic resident – the majestic Merlion, which stands in front of Fullerton Hotel and overlooks Marina Bay. With a head of a lion and a body of a fish, this beloved symbol has inspired myriad works of art and poetry. The Merlion's fish-like body symbolises Singapore's origins as a fishing village, known as Temasek—a name which comes from same root as the word tasek (lake in Malay). The statue's head represents the city's original name of Singapura (lion city in Sanskrit).

## Esplanade – Theatres on the Bay



Whether you're in the mood for dance, music or drama, the show must go on at Singapore's premier arts centre, where world-class performances abound. Renowned for its striking exterior reminiscent of the city's beloved tropical fruit, the durian, Esplanade - Theatres on the Bay is a truly iconic landmark. Come marvel at its distinctive design made up of two rounded glass domes fitted with over 7,000 triangular aluminium sunshades!

## Marina Bay Sands



This iconic luxury hotel features the world's largest infinity swimming pool with stunning views of the city. It also includes high-end shopping and various dining options. The Sands SkyPark Observation Deck offers panoramic views of Singapore.

The ArtScience Museum is home to a fascinating array of exhibitions that explore the intersections of art, culture and technology. This lotus-inspired museum is dubbed the welcoming hand of Singapore on the Marina Bay waterfront. Don't forget to catch Spectra – A Light & Water Show, a free nightly outdoor 15-minute extravaganza happening on selected days of the week.

## Singapore Flyer

Standing 165 meters above ground, Asia's largest observation wheel offers stunning views of Marina Bay and our city's breathtaking skyline. A 30-minute ride in one of the Singapore Flyer's glass capsules offers 360-degree views. Spot iconic and historical sights from Marina Bay to the Singapore River, and from Raffles Place to Merlion Park.

With clear skies, one can spot landmarks up to 45km away, up to Changi Airport, Sentosa Island and parts of Malaysia and Indonesia.



## Gardens by the Bay

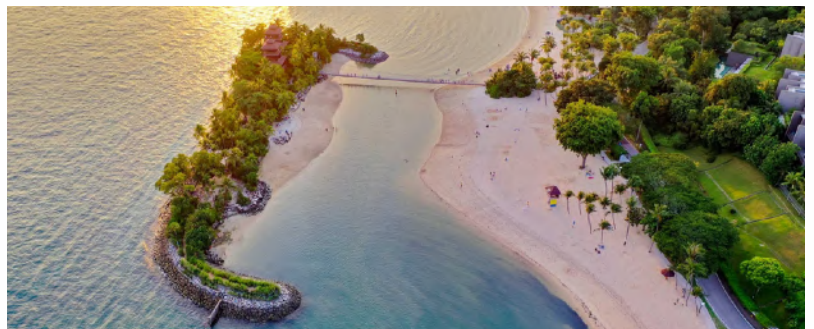
From iconic architecture to natural marvels, Gardens by The Bay boasts spectacular sights and sounds for the entire family. The beauty of nature beckons visitors to the Flower Dome in Bay South Gardens. Covering 1.28 hectares, this verdant space is the larger of three cooled conservatories and broke the Guinness World Record as the World's Largest Glass Greenhouse in 2015. It is home to plants and flowers from five continents, from thousand-year-old olive trees to magnolias and orchids.



Spectacular Supertrees - these iconic structures are home to vertical gardens, soar up to 50 metres above the ground and come to life in a glorious spectacle of light and sound after dusk. The Supertrees also collect rainwater, generate solar power and act as venting ducts for the park's conservatories. Don't miss out on the Garden Rhapsody, a dazzling light and sound show happening daily.

## Sentosa Island

Sentosa is Singapore's premier resort destination, known for its beautiful beaches and a host of attractions. Thrills aplenty await the entire family at Sentosa, from iconic restaurants like Coastes to the unforgettable rides at Universal Studios Singapore.



Other highlights include the S.E.A. Aquarium, one of the largest in the world, which showcases marine life from around the world. Explore adventures into nature by cruising around on a Segway or ziplining above the treeline on Mega Adventure Park, Sentosa's beaches and natural beauty is a sight to behold.

Other attractions at Sentosa include the Resorts World Sentosa, Sensoryscape, The Palawan @ Sentosa, Singapore Cable Car, iFly Singapore and Skypark Sentosa.

## Mandai Wildlife Reserve



Explore Mandai Wildlife Reserve, known for its open and immersive animal enclosures, home to the Singapore Zoo, Bird Paradise, Night Safari and the newest addition, River Wonders. At the Night Safari, visitors can observe nocturnal wildlife in their natural habitat. Observe the beauty of nature in action at Mandai and learn how we are creating a better future for our wildlife and planet.

**Keen to experience more in Singapore? Here is a selection of top things to do in the Lion City:**



### Lau Pa Sat

This historic hawker centre will take you on a gastronomic adventure of flavours in a vibrant atmosphere.



### Makansutra Gluttons Bay

Celebrate the diverse food culture here in Singapore. At Gluttons Bay, indulge in a variety of local street food such as satay, oyster omelette and fried carrot cake. Handpicked by Makansutra, each hawker will leave you more than satisfied with the tastes of Singapore.



### Singapore Sidecar Tour

Uncover Singapore's heritage in a vintage Vespa sidecar and feel the wind in your face while exploring cultural landmarks.



### Singapore River Cruise

Cruise the Singapore River on an iconic bumboat ride, taking in Singapore's stunning cityscapes.



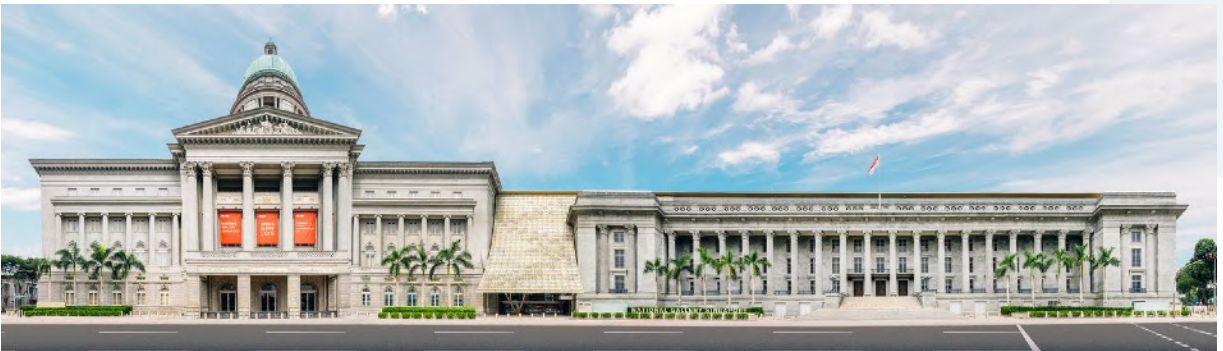
### Historical Singapore Bicycle Tour

The eco-friendly bicycle tour will take one on a ride down the Singapore River, as you discover mosques, museums and other historical landmarks.



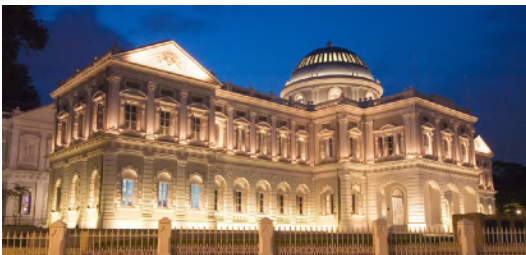
### Big Bus Singapore Night City Tour

Zip through Singapore's streets at night on an open-top double decker bus. To see the sights and landmarks that define Singapore during the day, you may take between two different Singapore sightseeing routes – the City Tour or the Heritage Tour.



### National Gallery Singapore

Discover the largest public display of modern Southeast Asian art within the restored City Hall and former Supreme Court building.



### National Museum of Singapore

Uncover Singapore's history, from colonial times to modern Singapore through immersive exhibits.



### Trifecta

Experience the ultimate thrill of snowboarding, surfing and skateboarding all in one facility. Unleash your adventurous spirit at Trifecta and hit the snowboard, ride the waves and experience the skate bowl.

For more information about the exciting attractions and activities Singapore has to offer, please visit Singapore Tourism Board or Visit Singapore online at [www.visitsingapore.com](http://www.visitsingapore.com)

# ESSENTIAL INFORMATION

## Weather & Timezone

Enjoy summer all year-round with Singapore's tropical climate (25-33°C). Dress in light, airy clothing and bring along an umbrella in case of occasional rainfall. Singapore Standard Time is situated in GMT +8 time zone, so be sure to calibrate your watches accordingly.



## Safe Drinking Water

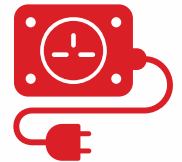
Tap water in Singapore surpasses World Health Organization standards. You may drink water straight from the source or easily purchase them from stores. It is important to stay hydrated, especially in Singapore's climate, so carrying a reusable water bottle and refilling it with tap water or purchasing bottled water is a good practice.



## Power Plug

The standard electrical current used in Singapore is 220-240 volts AC (50 cycles) and you may use power plugs with three square prongs here.

It is recommended to check the compatibility of your devices with the voltage and plug types in Singapore before your trip. Some devices, such as laptops, smartphones, and camera chargers, are often compatible with a wide range of voltages and may only require a plug adapter.



## Wi-Fi

Wi-Fi connection will be available at the venues of the World Aquatics Masters Championships for all participants.

In Singapore, visitors may access free Wi-Fi at any Wireless@SGx hotspot with their foreign mobile numbers by downloading the Wireless@SGx App. Charges may apply.



## Accessibility Options

All MRTs (trains) and public buses are wheelchair accessible and open strollers are allowed. Please approach the train staff or bus captains if you need assistance.



## Ways to Pay

There are multiple ways to pay for your purchase and public transport rides such as contactless bank cards, mobile wallets, stored value cards, concession cards or cash.



# ESSENTIAL INFORMATION

## Useful Numbers

To call a Singapore-based phone number, include +65 as a prefix.

For emergencies, please contact:



Police  
**999**



Ambulance &  
Fire Brigade  
**995**



Non-emergency  
ambulance service  
**1777**



## Changi Airport - Flights

Arrivals - [www.changiairport.com/en/flights/arrivals.html](http://www.changiairport.com/en/flights/arrivals.html)

Departures - [www.changiairport.com/en/flights/departures.html](http://www.changiairport.com/en/flights/departures.html)



## Smoking

Smoking is prohibited in buildings, retail food establishments, transport nodes, public service vehicles, and sports facilities. Designated smoking areas are marked with notices or signs.



# KEY DATES & REGISTRATION

GMS Registration Opening	28 January 2025
GMS Registration Deadline	26 June 2025
Official Training Days	2 days prior to start of each sport: (except for OWS - 1 training day prior to start of competition)
Technical Meetings	1 day prior to start of each sport
Competition Dates	26 July to 22 August 2025

To participate in the World Aquatics Masters Championships – Singapore 2025, participants will need to complete the online registration <https://registration.worldaquatics.com> following the dates indicated in the table above.

Registration and payment for all events are required for all participants by 26 June 2025. Registrations and event entries will not be considered without completed payment. Registrations submitted after 26 June 2025 will not be considered.

Participants are to note that registration may close before the deadline if participation quotas are met.

## Registration Process



**1. Register** at <https://registration.worldaquatics.com>



**2. Click 'Create Account'.**

Select 'Masters Athlete', 'Masters Coach' or 'Masters Accompanying Person'. Participants of the previous World Aquatics Masters Championships can use existing log-in details. All athletes must be registered before coaches.



**3. Enter your personal information,** accreditation photo and any relevant documentation.



**4. Select 'World Aquatics Masters Championships Singapore 2025'** in the Event Tab.



**5. Select the aquatic sports events** in which you intend to compete.



**6. Pay the Participation Fee online.** Once payment has been made, a message will be sent to your e-mail address informing you of the payment result.




**7. Once participation fee** has been paid, please click on the '**Sport Entries**' tab to select your intended entries, click **submit** and proceed for payment.



**8. Registrations submitted by Masters Athletes and Coaches** will be **reviewed and approved** only after receiving **confirmation from the respective National Federation**. Therefore, please ensure you are **correctly affiliated with your club's National Federation** before registering for the events.

## Fees

 <b>Registration Fee (one-off payment)</b>	
Athletes	USD 90
Coaches / Support Staff	USD 60
Accompanying Family Member or Person : (minimum age: 7 years old)	USD 60

 <b>Individual &amp; Team Entry Fees (by event)</b>	
Swimming	USD 25
Swimming (Relay)	USD 55
Open Water Swimming	USD 65
Diving	USD 25
Synchronised Diving	USD 50
Water Polo	USD 550
Artistic Swimming Solo	USD 25
Artistic Swimming Duets, Mixed Duets	USD 50
Artistic Swimming Team, Free Combination	USD 130

A section of the spectator stands will be allocated to accredited persons to view the competition (Athlete, Coach and Accompanying Person). Children under the age of seven are not permitted to access competition venues unless accompanied by Masters participants with valid accreditation.

## Registration for Team, Relay and Synchronised Events (Swimming, Diving, Artistic Swimming, Water Polo)

For team sports, only individuals registered as a Coach can manage Team Entries. If no Coach is registered for a club, a registered athlete from that club may act as Captain by selecting the 'I am the Captain' option. Both the Coach and the athlete acting as Captain can only select athletes who are registered with the same club.

Once the Coach or Captain completes the registration process, the Team Entries tab will become available. Here, the Coach or Captain can select competitors for each event to form the team. After making the selections, they will proceed to pay the team entry fee.

**Only one person per team** is authorised to form a team. For any questions related to GMS please contact: [gms-masters@worldaquatics.com](mailto:gms-masters@worldaquatics.com)

# ELIGIBILITY RULES



## Swimming

**Minimum Age Limit:** 25 years old

**Age Determining Date:** The actual age of the competitor will be determined as of 31 December 2025.

**Age Groups for Individual Events:** 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94. (five-year age groups, as high as necessary)

**Age Groups for Relay Events (Based on the total age of team members in whole years):** 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. (in forty-year increments, as high as necessary)

### Individual Events:

Freestyle: 50m, 100m, 200m, 400m, 800m

Backstroke: 50m, 100m, 200m

Breaststroke: 50m, 100m, 200m

Butterfly: 50m, 100m, 200m

Individual Medley: 200m, 400m

### Relays:

- 4x50m Freestyle

- 4x50m Medley

- 4x50m Mixed Freestyle

- 4x50m Mixed Medley

**All events will be swum as timed finals.**

### Entry Restrictions:

- Participants must be a member of a Federation Club
- A swimmer may:
  - ▶ enter a maximum of five (5) individual events, but not more than two (2) individual events per day.
  - ▶ enter the open water swim in addition to the five (5) swimming events.
  - ▶ enter a time for an individual event that does not exceed the qualifying time for that event.
- Entries without times will not be accepted.
- No entries & times changes are allowed after the Final Entries Dateline (Date to be confirmed).
- For safety reasons, Swimming competition is limited to 6,000 swimmers OR if a competition day exceeds 10 hours.
- Entries will close when the limit of 6,000 swimmers/10 hours per competition day is reached even before the official closing day of the platform. Information of the number of swimmers/number of hours per competition day will be published on the Singapore 2025 Championship website.

**Qualifying Standards:** The times should be obtained during a sanctioned meet and obtained within two years of the Championships. Please note that the actual time of the event swum which has exceeded the qualifying standards, will not be shown on the result sheets but instead will be noted on the result sheets as N.T. (No Time). Times achieved may be Short Course Meters (SCM) and Short Course Yards (SCY-US). Entry Times must be converted to Long Course Meters (LCM) Swimmers should indicate date and place the Qualifying Time Standard LCM was achieved.

If a participant has registered with qualifying times for the swimming competitions of the World Aquatics Masters Championships and significantly underperforms by recording much slower times in their first event, World Aquatics and the Organising Committee may disqualify the participant from all other swimming events of the World Aquatics Masters Championships - Singapore 2025.

# SWIMMING ENTRY TIMES

## 1. Women

	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 FREE	34.00	35.00	36.00	38.00	40.00	42.60	45.50	48.00	51.80	56.00	1:00.50	1:10.00	1:31.00	1:52.00
100 FREE	1:11.30	1:14.25	1:16.25	1:19.20	1:25.15	1:31.10	1:36.05	1:41.00	1:50.90	1:56.80	2:10.70	2:33.45	2:58.20	3:32.85
200 FREE	2:38.40	2:43.35	2:51.30	2:58.20	3:13.05	3:27.90	3:37.80	3:52.65	4:11.45	4:23.35	4:54.05	5:56.40	6:40.95	7:55.20
400 FREE	5:38.60	5:48.50	6:03.35	6:11.25	6:36.00	7:10.65	7:40.35	8:05.10	8:49.65	9:34.20	10:38.55	12:12.60	13:41.70	15:40.50
800 FREE	11:52.80	12:12.60	12:32.40	13:12.00	14:21.30	15:20.70	16:10.20	17:14.55	18:28.80	19:57.90	22:56.10	24:45.00	27:53.10	33:00.00
50 BACK	40.00	41.80	44.00	46.50	49.30	52.00	54.80	58.00	1:03.00	1:08.00	1:15.00	1:31.00	2:20.00	2:53.00
100 BACK	1:24.15	1:26.15	1:31.10	1:36.05	1:41.95	1:46.90	1:55.85	2:03.75	2:15.65	2:22.55	2:37.40	3:08.10	3:42.75	4:37.20
200 BACK	3:04.15	3:06.10	3:18.00	3:32.85	3:42.75	3:57.60	4:12.45	4:20.35	4:47.10	5:04.90	5:36.60	6:50.85	8:24.90	9:24.30
50 BREAST	44.50	46.00	48.00	50.00	52.00	55.50	58.00	1:02.00	1:08.00	1:13.00	1:25.00	1:43.00	2:17.00	3:03.00
100 BREAST	1:34.05	1:36.05	1:38.00	1:44.95	1:48.90	1:54.85	2:01.75	2:09.70	2:21.55	2:32.45	2:59.20	3:47.70	4:42.15	5:46.50
200 BREAST	3:24.95	3:28.90	3:37.80	3:47.70	3:57.60	4:07.50	4:22.35	4:37.20	5:01.95	5:26.70	6:06.30	7:20.55	9:09.45	10:53.40
50 FLY	37.50	38.50	40.50	43.00	45.50	47.50	51.50	57.00	1:04.50	1:15.50	1:32.00	2:32.00	3:24.00	4:20.00
100 FLY	1:20.20	1:23.15	1:27.10	1:32.05	1:41.00	1:51.85	1:59.80	2:12.65	2:30.50	2:53.25	3:27.90	4:07.50	4:57.00	7:10.65
200 FLY	3:06.10	3:14.05	3:25.90	3:35.80	3:54.65	4:23.35	4:37.20	5:06.90	5:31.65	6:31.05	7:45.30	8:54.60	10:38.55	13:51.60
200 I.M.	3:02.15	3:07.10	3:19.00	3:26.90	3:34.85	3:55.60	4:03.55	4:17.40	4:49.10	5:11.85	5:56.40	6:40.95	7:55.20	9:24.30
400 I.M.	6:29.05	6:38.95	7:00.75	7:15.60	7:45.30	8:29.85	9:09.45	9:34.20	10:38.55	12:32.40	14:51.00	16:10.20	17:21.70	21:17.10

## 1. Men

	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 FREE	29.40	30.10	31.10	32.50	33.50	34.80	36.30	38.30	40.80	43.80	49.00	1:02.00	1:12.00	1:22.00
100 FREE	1:03.15	1:04.35	1:05.35	1:07.30	1:10.80	1:14.55	1:17.20	1:22.15	1:28.10	1:37.00	1:48.90	2:00.75	2:22.05	2:58.20
200 FREE	2:20.60	2:24.05	2:26.50	2:31.45	2:36.40	2:45.35	2:59.20	3:09.10	3:23.95	3:42.75	4:07.50	4:25.35	5:06.90	6:16.20
400 FREE	5:01.95	5:09.85	5:17.80	5:26.70	5:39.55	5:46.50	6:06.30	6:38.95	7:10.65	7:55.20	8:34.80	9:44.10	10:53.40	11:52.80
800 FREE	10:38.55	10:43.50	10:59.35	11:08.25	11:33.00	12:12.60	13:02.10	14:01.50	15:00.90	16:30.00	17:59.10	19:38.10	22:16.50	25:44.40
50 BACK	35.10	36.00	37.60	39.30	40.70	42.50	44.50	47.80	50.30	55.00	1:03.30	1:10.00	1:27.00	1:48.00
100 BACK	1:12.75	1:15.75	1:17.60	1:20.20	1:25.15	1:29.10	1:34.05	1:42.95	1:50.90	1:55.55	2:13.65	2:23.55	3:08.10	3:47.70
200 BACK	2:38.40	2:43.35	2:48.30	2:57.20	3:08.10	3:18.00	3:27.90	3:47.70	4:02.55	4:22.35	4:57.00	5:46.50	7:25.50	8:54.60
50 BREAST	37.80	38.80	39.80	40.80	43.00	45.30	47.30	49.50	52.50	56.80	1:03.00	1:14.00	1:43.00	2:11.00
100 BREAST	1:20.20	1:22.35	1:25.95	1:28.10	1:31.10	1:33.05	1:42.95	1:44.95	1:51.85	2:04.75	2:19.60	2:41.35	3:42.75	4:34.25
200 BREAST	2:59.20	3:02.15	3:07.10	3:15.05	3:20.95	3:27.90	3:42.75	3:53.65	4:15.40	4:37.20	5:11.85	5:56.40	7:25.50	8:54.60
50 FLY	32.00	32.40	33.50	35.30	36.50	38.00	39.50	43.30	47.00	52.80	1:04.00	1:29.00	2:06.00	2:44.00
100 FLY	1:08.30	1:09.30	1:11.30	1:15.25	1:18.20	1:21.20	1:30.10	1:39.95	1:51.85	1:58.80	2:35.45	3:08.10	3:57.60	4:47.10
200 FLY	2:46.30	2:47.65	2:51.30	3:00.20	3:08.10	3:23.95	3:42.75	3:55.60	4:27.30	4:57.00	5:41.55	6:36.00	8:24.90	10:23.70
200 I.M.	2:38.40	2:43.35	2:48.30	2:56.20	3:04.15	3:09.10	3:18.00	3:34.85	3:55.60	4:12.45	4:42.15	5:21.75	6:55.80	8:34.80
400 I.M.	5:56.40	6:03.35	6:08.30	6:16.20	6:26.10	6:45.90	7:13.60	7:50.25	8:49.65	9:49.05	11:52.80	12:52.20	13:51.60	16:49.80



## Open Water Swimming

**Minimum Age Limit:** 25 years old

**Age Determining Date:** The actual age of the competitor will be determined as of 31 December 2025.

**Age Groups:** 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94. (five-year age groups, as high as necessary)

**Entry Information:** Masters competitors entering Open Water Swimming must be familiar with the requirements needed to participate in an Open Water Swimming event and they must have made appropriate preparations for the event.

For safety reasons, competing in Open Water Swimming is limited to 1,000 swimmers per day. Entries will close when the limit of 1,000 participants per day (men and women included) is reached, by age groups assigned for the respective days.

**Length Of Course:** Three kilometres (two laps of 1.5 km)

**Time Limits:** Swimmers who are unable to cover the 3km distance within 90 minutes are recommended to refrain from participating. Swimmers who remain on the course beyond this duration might be directed to exit the water, and their time may not be recorded.

If a competitor fails to complete the first 1.5km of the first lap in 45 minutes, he/she will not be allowed to proceed to the second lap and shall be disqualified.

Swimmers will be organised by age groups and will start in the water in their respective waves, which will be determined after registration closes. It is compulsory for all open water swimmers to wear swim caps, provided by the Organising Committee. Transponders will be used during the competition.



## Diving

**Minimum Age Limit:** 25 years old

**Age Determining Date:** The actual age of the competitor will be determined as of 31 December 2025.

**Age Groups / Events:**

- Individual Springboard (1 metre & 3 metre) and Platform – Men & Women: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ (five-year age groups, as high as necessary)
- Synchronised Diving (3 metre springboard & Platform) – Men, Women & Mixed Team: 50-99, 100+ (age determined by adding the ages of the two divers)

**Entry Information:**

- Individual entries shall only be accepted from persons representing clubs. No diver or team may be designated as representing a country or Federation.
- A participant can represent only one club in each sport.
- A diver can compete in only one team per Synchronised Diving event.
- In synchronised diving events two divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3m springboard and the platform synchronised diving competitions.
- Masters Competitors must be aware of the need of being well prepared and medically fit before entering a Masters competition. Officials may remove competitors from an event where the competitors' safety is a concern.
- Maximum number of entries for Diving is 300 competitors in total (both men and women included). Entries will close once the limit of 300 divers is reached.



## Water Polo

**Minimum Age Limit:** 30 years old

**Age Determining Date:** The actual age of the competitor will be determined as of 31 December 2025.

### Age Groups:

- 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94. (in five-year increments, as high as necessary)
- Age groups shall apply for men and women teams. The age of the youngest member of the team determines the age group of the team.
- There are no restrictions on the ages of players other than the youngest player on the team.

### Entry Information:

- Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Master's Competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release World Aquatics, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.
- A club can enter only one team per age group.
- Maximum number of entries - 80 teams.
- The maximum number in each age group is 20 teams.
- During the preliminary rounds when there are 17 or more teams entered on the same age group, some or all teams may play more than one game per day.

### Entry Procedure:

- To be eligible for the competition, each water polo player must complete an individual registration and pay the individual registration fee and the team must pay the registration fee for a team.
- A nominated coach, manager/team representative must submit the fully completed Team Sheet for entry into the competition. Changes on the Team Sheet are not allowed after the nominated coach, manager/team leader has reconfirmed the entries at the Technical Meeting.

### Composition of Teams:

Each team shall consist of seven players, one of who shall be the goalkeeper and who shall wear the goalkeepers cap, and not more than eight reserves may be used as substitutes, listed on the game roster, which must be submitted to the official's table for each game, not less than 45 minutes before each game commences. All players listed on the game roster will be eligible to play in the game. After the games has commenced, a team playing with less than seven players shall not be required to have a goalkeeper.

- A team may enter up to 15 players on their team entry form to participate in any game of this tournament (i.e. seven players and up to eight reserves). It is not compulsory to name a substitute goalkeeper. A goalkeeper who has been replaced by a substitute may, if the player returns to the game, play in any position.
- Women players may be members of a men's team.
- A player may only represent one team in the competition and all players must be registered with the same club.
- If less than three teams are registered in an age group, they will be asked to compete in the next youngest age group or alternatively combined to the next older Age Group, while maintaining a separate ranking. The concerned teams shall be consulted for approval and given the possibility to cancel their participation with return of paid fees.
- An Age Group with three teams entered can be combined with the next younger or older Age Group if these groups do not have more than four teams entered and with the approval of all concerned teams. The playing schedule and the plan for rankings shall be decided by the World Aquatics Masters Commission.
- For Women's tournament the composition of groups is depending on the number of entries in each Age Group. The World Aquatics Masters Commission can combine the groups including teams of more than two Age Groups. The approval by the entered teams shall be asked. A playing schedule and the plan for rankings for each Age Group shall be decided by the World Aquatics Masters Commission.



## Artistic Swimming

**Minimum Age Limit:** 25 years old

**Age Determining Date:** The actual age of the competitor will be determined as of 31 December 2025.

### Age Groups:

- **Solo (Men & Women):** 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over
- **Duet:** 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over with the age group determined by the average age of the competitors.
- **Mixed Duet:** 25-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over with the age group determined by the average age of the competitors.
- **Team:** 25-34, 35-49, 50-64, 65 and over with the age group determined by the average age of the competitors.
- **Free Combination:** 25-39, 40-64, 65 and over with the age group determined by the average age of the competitors.

### Events:

- Masters Artistic Swimming includes various events such as Women Solo, Men Solo, Duet, Mixed Duet, Team, and Free Combination, with medals awarded for each event.
- Overall Masters program features Technical Routines, Free Routines, and Free Combination, with each event standing independently.

### Entry Restrictions:

- All duet, team and free combination competitors must represent the same club.
- Each club may enter one free combination in each age group. A competitor may take part in only one Solo, Duet, Team and one Free Combination.

### Team Members:

- Each team shall consist of a minimum of four and a maximum of eight members. A half-point penalty will be deducted from the total team score for each member less than the eight.
- Free combination shall consist of a minimum of four members and a maximum of ten members.

# COMPETITION SCHEDULE

## Combined competition schedule

		Elite			Finals		Masters																				
JULY		11 F	12 S	13 S	14 M	15 T	16 W	17 T	18 F	19 S	20 S	21 M	22 T	23 W	24 T	25 F	26 S	27 S	28 M	29 T	30 W	31 T					
OCBC Aquatic Centre																											
Water Polo																											
Diving																											
Swimming																											
World Aquatics Championships Arena																											
Artistic Swimming																											
Swimming																											
Water Polo																											
Sentosa																											
Open Water Swimming																											
High Diving																											
Our Tampines Hub																											
Artistic Swimming																											
AUGUST		1 F	2 S	3 S	4 M	5 T	6 W	7 T	8 F	9 S	10 S	11 M	12 T	13 W	14 T	15 F	16 S	17 S	18 M	19 T	20 W	21 T	22 F				
OCBC Aquatic Centre																											
Water Polo																											
Diving																											
Swimming																											
World Aquatics Championships Arena																											
Artistic Swimming																											
Swimming																											
Water Polo																											
Sentosa																											
Open Water Swimming																											
High Diving																											
Our Tampines Hub																											
Artistic Swimming																											

# Masters competition schedule (1)

● Training Day

● Men

● Women

DATE	SPORT		VENUE
25 July	Open Water Swimming	●	Sentosa
26 July	Open Water Swimming (3km)	●	Sentosa
27 July	Open Water Swimming (3km)	●	Sentosa
28 July	Artistic Swimming	●	Our Tampines Hub
29 July	Artistic Swimming	●	Our Tampines Hub
30 July	Artistic Swimming (Technical Solo)	●	Our Tampines Hub
	Artistic Swimming (Mixed Duet Technical)		
31 July	Artistic Swimming (Duet Technical)		Our Tampines Hub
	Artistic Swimming (Team Technical)		
	Artistic Swimming (Technical Solo)	●	
1 August	Artistic Swimming (Solo Free)	●	Our Tampines Hub
	Artistic Swimming (Solo Free)	●	
2 August	Artistic Swimming (Duet Free)		Our Tampines Hub
	Artistic Swimming (Team Free)		
	Artistic Swimming (Solo Free)	●	
	Artistic Swimming (Technical Solo)	●	
3 August	Artistic Swimming (Mixed Duet Free)		Our Tampines Hub
	Artistic Swimming (Free Combination)		
	Artistic Swimming (Technical Solo)	●	
5 August	Swimming	●	World Aquatics Championships Arena & OCBC Aquatic Centre
6 August	Swimming	●	World Aquatics Championships Arena & OCBC Aquatic Centre
7 August	Swimming (800M Freestyle)	●	World Aquatics Championships Arena
	Swimming (800M Freestyle)	●	OCBC Aquatic Centre
8 August	Swimming (200M Backstroke)	●	World Aquatics Championships Arena
	Swimming (100M Freestyle)	●	
	Swimming (100M Breaststroke)	●	
	Swimming (200M Backstroke)	●	OCBC Aquatic Centre
	Swimming (100M Freestyle)	●	
	Swimming (100M Breaststroke)	●	
9 August	National Day of Singapore (Public Holiday)		
10 August	Swimming (400M Individual Medley)	●	World Aquatics Championships Arena
	Swimming (200M Freestyle)	●	
	Swimming (50M Butterfly)	●	
	Swimming (400M Individual Medley)	●	OCBC Aquatic Centre
	Swimming (200M Freestyle)	●	
11 August	Swimming (50M Freestyle)	●	World Aquatics Championships Arena
	Swimming (200M Individual Medley)	●	
	Swimming (100M Butterfly)	●	
	Swimming (50M Freestyle)	●	OCBC Aquatic Centre
	Swimming (200M Individual Medley)	●	
12 August	Swimming (100M Breaststroke)	●	World Aquatics Championships Arena
	Swimming (200M Breaststroke)	●	
	Swimming (200M Butterfly)	●	
	Swimming (200M Breaststroke)	●	OCBC Aquatic Centre
	Swimming (100M Backstroke)	●	
	Swimming (200M Butterfly)	●	
13 August	Swimming (50M Backstroke)	●	World Aquatics Championships Arena
	Swimming (400M Freestyle)	●	
	Swimming (50M Breaststroke)	●	
	Swimming (50M Backstroke)	●	OCBC Aquatic Centre
	Swimming (400M Freestyle)	●	
	Swimming (50M Breaststroke)	●	

## Masters competition schedule (2)

● Training Day

● Men

● Women

DATE	SPORT	VENUE
14 August	Swimming (4 x 50M Freestyle) ●	OCBC Aquatic Centre
	Swimming (4 x 50M Freestyle) ●	
	Swimming (4 x 50M Medley) ●	
	Swimming (4 x 50M Medley) ●	
	Swimming (4 x 50M Freestyle Mixed)	
	Swimming (4 x 50M Medley Mixed)	
15 August	Water Polo ●	World Aquatics Championships Arena
	Diving ●	OCBC Aquatic Centre
	Water Polo ●	World Aquatics Championships Arena
16 August	Diving ●	OCBC Aquatic Centre
	Water Polo - Day 1	World Aquatics Championships Arena
17 August	Diving (3M Springboard) ●	OCBC Aquatic Centre
	Diving (1M Springboard) ●	
	Water Polo - Day 2	World Aquatics Championships Arena
18 August	Diving (3M Springboard) ●	OCBC Aquatic Centre
	Diving (1M Springboard) ●	
	Diving (1M Springboard) ●	
	Diving (3M Springboard) ●	
	Water Polo - Day 3	World Aquatics Championships Arena
19 August	Diving (1M Springboard) ●	OCBC Aquatic Centre
	Diving (3M Springboard) ●	
	Diving (3M Springboard Mixed)	
	Water Polo - Day 4	World Aquatics Championships Arena
20 August	Diving (Platform) ●	OCBC Aquatic Centre
	Diving (Platform) ●	
	Water Polo - Day 5	World Aquatics Championships Arena
21 August	Diving (Platform) ●	OCBC Aquatic Centre
	Diving (Platform) ●	
	Diving (Platform Mixed)	
	Water Polo - Day 6	World Aquatics Championships Arena
22 August	Diving (3M Springboard)	OCBC Aquatic Centre
	Diving (Platform)	
	Water Polo - Day 7	World Aquatics Championships Arena



## COMPETITION VENUES

### WORLD AQUATICS CHAMPIONSHIPS ARENA

The World Aquatics Championships Arena located at the Singapore Sports Hub will host Water Polo and Swimming at the Masters Championships. The Singapore Sports Hub will also host fan engagement events throughout the championships.

**Location** - Next to Stadium MRT, Exit B



### OCBC AQUATIC CENTRE

The OCBC Aquatic Centre located in the Singapore Sports Hub will host Water Polo and Diving events for both the World Aquatics Championships – Singapore 2025 and the World Aquatics Masters Championships.

**Address location** - 7 Stadium Drive, Singapore 397632



## SENTOSA

High Diving and Open Water Swimming will be held at The Palawan @ Sentosa for the World Aquatics Championships - Singapore 2025, and Open Water Swimming for the World Aquatics Masters Championships. Look out for fan engagement events at Sentosa throughout the Championships

**Address location** - 54 Palawan Beach Walk, Singapore 098233



## OUR TAMPINES HUB

Our Tampines Hub will serve as the location for Artistic Swimming competition during the World Aquatics Masters Championships. The facility will also host Water Polo training sessions during the World Aquatics Championships - Singapore 2025. The venue is designed to host both sporting events and entertainment activities, making it a versatile hub for various large-scale events in Singapore.

**Address location** - 1 Tampines Walk, Singapore 528523



# GENERAL ENTRY REQUIREMENTS

To enter Singapore, travellers must meet the following immigration and customs requirements:



## Passport Validity

Have minimum 6-month passport validity.



## Visa

- All participants of World Aquatics Masters Championships – Singapore 2025 are to check if an Entry Visa into Singapore is required.
- Short term travellers holding a passport or travel document from a visa-required country/region must apply for a Visa.
- Visa-required travellers can use the **Visa-Free Transit facility** for stay of less than 96 hours in Singapore, if eligible.
- Please refer to attach Singapore Entry Visa process flow chart and access **[entry requirements](#)** for more information.



### Visa applications may be submitted:

- Through an authorised visa agent appointed by the Singapore Overseas Missions; or
- At the nearest **Singapore Overseas Mission**.
- All foreign visitors arriving in Singapore will be notified digitally of their Visit Pass (e-Pass) through email. There will not be any endorsement on your passport. The e-Pass notification will indicate the period of stay granted and last day of stay allowed.

## Security and Immigration Process on Arrival

- Ensure that you do not bring prohibited items into Singapore.
- Familiarise yourself with the Checkpoint's Entry clearance procedures, including whether you are eligible for automated clearance.
- Short-Term travellers should have sufficient cash and proof of onward travel (tickets, visas), and ensure that you do not stay beyond your visit pass validity.
- You may retrieve your e-pass after arrival using the **e-pass Enquiry Portal**. Note that Singapore's Immigration & Checkpoints Authority does not accept submission of visa application over the immigration counters.



## Customs Declaration

Make a Customs declaration and tax payment using the Customs@SG web application before arrival if you are entering Singapore with goods exceeding your Goods and Service Tax (GST) import relief and/or Duty-free concession.



For more information, please refer to **[Baggage Clearance/Dual-Channel System](#)**.

## SG Arrival Card (SGAC)

All travellers are required to submit the SG Arrival Card within three (3) days (including the day of arrival) before arriving in Singapore. Submission of SG Arrival Card is free and can be done via the [SGAC e-Service](#)



## Public Health Requirements

To avoid tests and quarantine, travellers must fulfil the public health requirements below. Travellers who cannot meet the public health requirements and refuse any test(s) and/or quarantine may be turned away from Singapore.



## Measures against mpox

- Travellers are strongly advised to adhere to the mpox health advisory, especially if they are travelling to and from affected countries. Travellers who have fever, rash and/or symptoms compatible with mpox will be referred for medical assessment.
- All travellers are required to report mpox-related symptoms (e.g. fever or rash) and travel history through the SG Arrival Card. Travellers who have fever, rash and/or symptoms compatible with mpox will be assessed by doctors at the borders, and subsequently referred to hospitals for further assessment and testing, if necessary.



## Measures against Yellow Fever

- Produce an International Certificate of Vaccination for Yellow Fever, if you have visited any country at risk of Yellow Fever transmission in the six (6) days prior to arrival in Singapore.
- Travellers must serve quarantine for six (6) days from date of departure from countries with risk of yellow fever transmission if they cannot meet the requirement. Quarantine also applies to those who are ineligible to receive the vaccination e.g., children aged one year and below and individuals with contraindications, and travellers whose yellow fever vaccination certificate has yet to become valid.



## ACCOMMODATION

The Singapore 2025 Organising Committee is currently working on the best packages for accommodation, to provide Masters participants with a range of options tailored to different needs and preferences.



More detailed information regarding these packages will be included in future editions of the Info Bulletin. Stay tuned for updates.

# TRANSPORTATION

## Arriving and departing into Singapore



### AIR TRAVEL

**Changi International Airport** is the main commercial international gateway into Singapore. With over 6,700 weekly flights served by more than 90 airlines to over 150 cities, Changi continues to serve as a key gateway to the Asia-Pacific region, connecting lives and bringing together people from all over the world to Singapore.



### LAND TRAVEL

Singapore has two land checkpoints connecting vehicular traffic and travellers with Malaysia.

- Woodlands Checkpoint
- Tuas Checkpoint



### LOCAL TRANSPORTATION

Whatever your preferred mode of commute, travelling in Singapore is convenient and efficient, thanks to an extensive and integrated network of roads, trains, buses, taxis and private hire cars. Singapore's land transport infrastructure and system is reliable, safe and meets the diverse transport needs of commuters.

Travellers with physical disabilities have good transport options, as Singapore has invested significantly in making our public buses and trains accessible for commuters with different disabilities, including ramps and step-free access for wheelchair users and wayfinding tools for the visually- or hearing-impaired.

#### a) Public Transport – Rail & Bus

The rail & bus system, which moves millions of passengers daily, is complemented by a public bus network that covers almost every part of Singapore. This extensive and integrated network helps commuters get around with ease and keeps Singapore moving as a convenient business and entertainment hub to live, work and visit.

#### Singapore Tourist Pass

Access Singapore with just one card, the [Singapore Tourist Pass](#) is a special EZ-Link card that offers tourists unlimited\* public transport travel on Singapore's basic bus services, MRT and LRT trains within the validity period. (\*Terms and conditions apply)

#### Public transport information

MyTransport.SG mobile app provides public transport information to help one get around Singapore. Download the free app while in Singapore to access info on nearby bus services, MRT stations and the latest traffic information.

#### b) Taxi & Private Hire Cars (Grab, Gojek, Tada, Ryde)

Taxis or private hire cars offer all-hours convenience and door-to-door comfort. In Singapore, you can flag a taxi along the street or at designated taxi stands or book a ride anytime via ride-hailing mobile apps.

#### c) Car Rental

If you are interested to explore Singapore at your own pace, renting a car is a viable alternative. To drive in Singapore, you will need an International Driving Permit along with your original driver's license. Several car rental companies operate in Singapore, many offering services right from Changi Airport.

# MEDICAL SERVICES

During the World Aquatics Masters Championships, the Singapore 2025 Organising Committee ensures the provision of medical services to cater to the healthcare needs of participants and guests. The organising committee places significant importance on the well-being and safety of individuals during the events. The medical services provided may include:



## MEDICAL CARE

Available at all competition and training venues covered by trained medical professionals, including doctors, nurses, and paramedics, to offer immediate medical assistance. They are equipped to handle minor injuries, illnesses, and medical emergencies that may arise during the Championships.



## FIRST AID STATIONS

First aid stations are set up at various event locations to provide basic medical care. These stations are equipped with essential medical supplies and equipment to treat minor injuries, such as cuts, bruises, or sprains.



## AMBULANCE SERVICES

Ambulances will be stationed at strategic points to ensure rapid response in case of any serious medical emergencies. They are equipped with essential medical equipment and can transport individuals to nearby hospitals.



## EMERGENCY MEDICAL SUPPORT OUTSIDE THE CHAMPIONSHIPS' VENUES

For emergency (life-threatening) situations, please call 995. For non-emergency ambulance service in Singapore, dial 1777. Patients will be taken to nearby public hospitals.



**All participants and guests are required to purchase travel insurance that minimally covers medical and accident-related expenses for the full length of stay in Singapore.**

# WATER SHAPES US



AQUASingapore2025



worldaquatics\_championships



aquasingapore2025



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世界泳联

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