

ADI

SWIMMING



AQUA PANTHERS INVITATIONAL

21-22 NOVEMBER 2026

**HEADSTART
INTERNATIONAL SCHOOL
PHUKET**



AQUA PANTHER INVITATIONAL 2025

Saturday, 21st-22nd
November 2026



A very warm welcome to the HeadStart Aqua Panthers Invitational 2026, which will take place from the 21-22 November 2026.

We at HeadStart International School Cherngtalay Campus are excited to have the opportunity to host you and your team and offer your swimmers a high quality racing experience.

We are looking forward to having teams and coaches join us for the API 2026!



Meet Conditions



Individual events will be swum as mixed ages, however they will be scored in separate age groups. (as of Saturday 21st November 2026)

- 9-10 years
- 11-12 years
- 13-14 years
- 15+ years

All timings above are subject to change based upon entries.

Scoring -

- Individual Events 1st - 10th (16, 13, 10, 8, 6, 5, 4, 3, 2, 1)
- Relay Events 1st - 10th (32, 26, 20, 16, 12, 10, 8, 6, 4, 2) - Top finishing team per school scores. Each team can enter two teams per age group relay only.

Medals will be awarded to first place finishers in each event and ribbons for 2nd and 3rd place for both individual and relay events.

The following trophies will be awarded at the end of the meet:

- Overall Team Points Score

The following plaques will be awarded to the top male & female point scorers at the end of the meet:

- Age Group Champions / Runner-up / Third. (FINA Points individual races only)

*In the event of a tie, place will be determined by highest number of 1st place finishes or 2nd (if the 1st equals)

FINA rules will apply, excluding the 1 start rule (replaced by a 2 start rule).

Protests and scratches can be submitted by a team coach. No parental queries will be entertained. There will be a 30-minute time limit for protests following the posting of official results as per FINA rules.

Touchpads and Semi Automatic Electronic timing will be used along with a Full TASA official's team.

Meet Entries



Swimmers must be age 9 or above on the day of the meet to enter.

All swimmers will be permitted to compete in up to - 6 individual events plus 3 relays

- We ask coaches to provide accurate entry times for all events to ensure quality racing.
- **Monday, 2nd November 2026** - Deadline for meet entries (electronic entries via team manager or splash will be accepted)
- **Wednesday, 4th November** - Team entry reports will be sent out for checking
- **Friday, 6th November** - HeadStart will send invoices for entry fees with a one week payment notice
- **Monday, 9th November** - Psyche sheets will be shared with all teams by this date. No changes can be made for individual events, other than scratches.
 - Swimmers who withdraw after November, 9th will be charged the full meet entry fee.

Entry Fees

The meet entry fee per swimmer is 1,800THB. This includes:

- Meet entry fee
- Meet memorabilia
- Lunch on Saturday only (vendors will be available for food and drinks to purchase throughout the meet)

Depending on entries, Sunday will likely finish by 12:00. This is only an estimate.

We advise to not book return flights before 16:00.

SIGN UP!

Qualifying times



Girls

Event	9/10	11/12	13/14	15+
200m IM	3:50	3:40	3:30	3:20
200m Freestyle	3:30	3:20	3:10	3:00
200m Backstroke	n/a	3:40	3:30	3:20
200m Breaststroke	n/a	4:00	3:50	3:40
200m Butterfly	n/a	3:50	3:40	3:30

Boys

200m IM	3:40	3:30	3:20	3:10
200m Freestyle	3:20	3:10	3:00	2:50
200m Backstroke	n/a	3:30	3:20	3:10
200m Breaststroke	n/a	3:50	3:40	3:30
200m Butterfly	n/a	3:40	3:30	3:20

Competition Schedule



Saturday	Activity	Sunday	Activity
06:45-08:15	Warm Up	07:30-09:15	Warm Up
8:15	Coaches Meeting	09:30-13:00	Sunday AM Session
08:30-12:00	Saturday AM Session		
12:00-13:00	Lunch		
13:00-17:30	Saturday PM Session		

Schedule - Saturday AM



Event No.	Event	Age	Gender	Conditions
101/102	4x50 Freestyle Relay	9+	G/B	2 teams per gender/ age group
103/104	50m Butterfly	9+	G/B	n/a
105/106	100m Backstroke	9+	G/B	n/a
107/108	200m Freestyle	9+	G/B	See Qt's
109/110	400m IM	11+	G/B	Top 18 for Boys & Girls (6 heats total)
111/112	50m Breaststroke	9+	G/B	n/a

Schedule - Saturday PM



Event No.	Event	Age	Gender	Conditions
201/202	400m Freestyle	11+	G/B	Top 18 for Boys & Girls (6 heats total)
203/204	50m Backstroke	9+	G/B	n/a
205/206	100m Breaststroke	9+	G/B	n/a
207/208	200m Butterfly	11+	G/B	See QT's
209/210	50m Freestyle	9+	G/B	n/a
211/212	4x100 Freestyle Relay	9+	G/B	2 teams per gender/ age group

Schedule - Sunday AM



Event No.	Event	Age	Gender	Conditions
301/302	100m Butterfly	9+	G/B	n/a
303/304	200m Backstroke	11+	G/B	See Qt's
305/306	200m IM	11+	G/B	See QT's
307/308	100m Butterfly	9+	G/B	n/a
309/310	200m Backstroke	11+	G/B	See Qt's
311/312	100m Freestyle	9+	G/B	n/a
313/314	200m Breaststroke	11+	G/B	See QT's
315/316	4x50 Medley Relay	9+	G/B	2 teams per gender/ age group

Hotel recommendations



HOMA Cherngtalay

Cherngtalay, 91 Soi Cherngtalay 4, Tambon Choeng Thale, Talang District, Phuket 83110

6 mins drive to HeadStart

Chabana Resort

90, 1-4 Soi Cherngtalay 16, Tambon Cherngtalay, Talang District, Phuket 83110

8 mins drive to HeadStart

Diamond Resort Phuket

106 Soi Cherngtalay 14, Choeng Thale, Talang District, Phuket 83110

8 mins drive to HeadStart

Hotel COCO Phuket Bangtao

153 Soi Cherngtalay 14, Choeng Thale, Talang District, Phuket 83110

8 mins drive to HeadStart

Transport

Phuket 421 Travel Company

Mobile: 0949069611 (Khun Koi)

Line ID: Koy69611

Website : www.phuket421travel.com

Email : 421phuket@gmail.com

MKR Transport

Mobile: 076248955 (Khun Tum)

Line ID: 0898731456

FB Page: <https://www.facebook.com/mkrtransportphuket/>

Email : mkr_phuket@hotmail.com

Contact information



HeadStart International School

For further information (regarding the meet, transport, hotel etc) please contact us via any of the following;

Contact Number : +6676685315 (English) or +66831844702 (Thai)

Email: zbrown@headstartphuket.com (English) pesecretary@headstartphuket.com (Thai)

Competition Organizers

Race Director - Zachary Brown

Meet Director - Tim Cresswell

Nurse - Pearl Villamor & Jayzel Orquiola

Thai Assistance - Nut Benawang

Our Pool



50m competition pool

2m to 1.35m in depth

Touch pads

Bleacher seating for spectators

Seating area for athletes in the sports hall

Officials: Stroke judges, finish judges, starters

Food options during the meet

A variety of food and drink vendors will be onsite during the meet on Saturday and Sunday.

Entering HeadStart at meet expectations

Athletes and Coaches - will receive badges when they arrive. Badges will need to be presented and worn whenever they are on campus, with the exception of when athletes are on deck.

Guest visitors (parents)- will register in with security (showing photo ID) the first time they come on campus. Then, they will receive a numbered Guest badge. That number badge will be connected to their registration name. They can use that badge each time they enter the campus throughout the meet.

Activities nearby



- Bangtao beach - 15 mins
- Laguna - 10 mins
- Blue tree - 5 mins
- Andamanda - 30 mins

Weather in Phuket

Check out the [Thai Meteorological Department](#) site for the most accurate information.

