

## CHANGES CONTROL

DATE	CHANGES	REASON
02/24/2026	Content 6: Competition Program and Medals	Complete Competition Program Appendix
	Content 11: Equipment - Uniform - Facilities	Link to Manual for the use of the Manufacturer Trademarks

SWIMMING



# TECHNICAL MANUAL

SWIMMING



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

A OTRO  
NIVEL

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## 1. WELCOME

On behalf of the National Government of the Republic of Panama, the Panamanian Sports Institute, and the Panamanian Olympic Committee, we extend a warm welcome to the IV South American Youth Games Panama 2026.

It is an honor for our country to host this sporting event, which celebrates the talent, discipline, and passion of the new generation of athletes in our region. These Games are an opportunity to reaffirm the values that unite us: excellence, friendship, unity, and the Olympic spirit that inspires every participant.

The organizing committee reaffirms its commitment to providing an event that promotes youth sports development, cultural exchange, and integration among the ODESUR member countries. We are working with enthusiasm and dedication to ensure that every detail reflects the pride and hospitality of the Panamanian people.

To all participating delegations, we wish you great success. May this experience in Panama be an opportunity to compete with dedication, learn with humility, and share with joy, in an atmosphere of respect and camaraderie.

Welcome to Panama 2026, where South American youth unite, inspire, and leave their mark in sports history!

Anamae Orillac  
General Director  
IV South American Youth Games Panama 2026

## 2. GENERAL INFORMATION ABOUT PANAMA

Panama City is the capital of Panama, an amazing country located in Central America, known for its rich cultural diversity, geography, and strategic role in international trade. Panama City is the only capital city in the world that has a protected rainforest within its city limits. It is a city of contrasts, where the modern blends with the traditional, offering a unique experience for visitors and residents alike. It has impressive skyscrapers, reflecting the economic growth and urban development of recent decades

### a. Number of inhabitants

Panama City is the largest and most populous city in the country with 1,439,575 inhabitants in 2023, according to the National Institute of Statistics and Census. It is home to a population rich in ethnicities and traditions. It is a place where you can find a large number of immigrants of different nationalities from all over the world.

### b. Location

The Republic of Panama is located in the central part of the American continent, bordered by the Caribbean Sea to the north, The Pacific Ocean to the south, Colombia to the east, and Costa Rica to the west.

### c. Altitude

The altitude of Panama City rises to an average of 30 meters above sea level, covering an average area of 100 km<sup>2</sup>. Its highest point is Cerro Ancon, where the Panamanian flag flies at the summit, which can be seen from the city

### d. Climate

Panama has a tropical climate, characterized by warm and humid temperatures:

No.	CLIMATE	PANAMA RANGE
1	Temperature:	30/25°C
2	Relative Humidity:	82.40%
3	Precipitation:	223 mm
4	Altitude above sea level:	15 m
5	Sunrise:	6:15
6	Sunset:	18:28
7	Solar noon:	11 a.m.

**Source:** Instituto de Meteorología e Hidrología de Panamá

### e. Currency of Panama

The official currency is the Balboa, which has the same value as the US Dollar and, according to Panamanian law, circulates freely and is used without restrictions in commercial and financial transactions.

## 3. SPORTS ORGANIZATIONS AND LEADERS

### a. National Olympic Committees

The fifteen (15) Olympic Committees that are part of ODESUR come from the following countries:

ARGENTINA	ARG		COLOMBIA	COL		PARAGUAY	PAR	
ARUBA	ARU		CURAZAO	CUR		PERU	PER	
BOLIVIA	BOL		ECUADOR	ECU		SURINAM	SUR	
BRASIL	BRA		GUYANA	GUY		URUGUAY	URU	
CHILE	CHI		PANAMA	PAN		VENEZUELA	VEN	

### b. Organización Deportiva Suramericana (ODESUR)

Phone number: 595 (21) 649 650 - Email: [info@odesur.org](mailto:info@odesur.org)

Executive Committee 2022 - 2026

NAME	ROLE	COUNTRY
Camilo Pérez López Moreira	President	Paraguay
Mario Moccia	1st Vice President	Argentina
Paulo Wanderley	2nd Vice president	Brasil
Miguel Angel Mujica	Secretary General	Chile
Marco Arze Mendoza	Treasurer	Bolivia
Damaris Young	Vocal	Panamá
Wanda Broeksema	Vocal	Aruba
Jose Luis Echeverry	Vocal	Colombia
Inés Remersaro	Chair of the Athlete's Commission	Uruguay

### Technical Commission

NAME	ROLE	COUNTRY
Mario Moccia	President	Argentina
Jorge Delgado	Member	Ecuador
María Delgado	Member	Venezuela
Juan Carlos Orihuela	Member	Paraguay
Rodrigo Moreno	Member	Chile
Francisco Barreto	Member	Brasil
Victor Groupierre	ACODESU Member	Argentina
Fabio Ramírez García	Technical and Development Director	Colombia

### Medical Commission

NAME	ROLE	COUNTRY
Dr. José Veloso	President	Uruguay
Dr. Hugo Rodríguez Papini	Member	Argentina
Juan Diego Parraga	Member	Colombia
Victor Carpio	Member	Perú
Luciano Rezende	Member	Brasil
Gerardo Acosta	Legal Adviser	Paraguay

### Follow-up Committee for the IV South American Youth Games 2026

NAME	ROLE	COUNTRY
Marco Arce Mendoza	President	Bolivia
Wanda Broeksema	Member	Aruba
María Soto	Member	Venezuela
Benjamín Hockin	Member	Paraguay
Mario Cilenti	ODESUR Executive Director	Argentina
Fabio Ramírez	ODESUR Technical and Development Director	Colombia

c. INTERINSTITUTIONAL TECHNICAL COMMITTEE

ENTITY	ROLE	NAME
Director of Pandeportes	President	Mr. Miguel Angel Ordoñez
President of Panamenian Olympic Committee	Executive Secretary	Mrs. Damaris Young
Minister of Presidency	Member	Juan Carlos Orillac
Panama City Municipal Government	Member	Mayer Mizrachi
Minister of Culture	Member	Maruja Herrera
Minister de Economy and Finance	Member	Felipe Chapman
Panama Tourism Authority	Member	Gloria María de León
Promptur	Member	Salomón Shamah
Athlete's Representative	Member	Mrs. Daniela Rodríguez

Organizing Committee of the IV South American Youth Games Panamá 2026

General Director  
 Anamae Orillac  
 E-mail: [anamae.orillac@jsjpanama2026.com](mailto:anamae.orillac@jsjpanama2026.com)

Technical Director  
 Emilio Wong  
 Email: [emilio.wong@jsjpanama2026.com](mailto:emilio.wong@jsjpanama2026.com)

d. Confederación Sudamericana de Natación (CONSADA)

President: Fernando Terrillo  
 Address: Peru 428 5to C 1067  
 Phone number: +5491149392010  
 E-mail: [fernando@estudioterrilli.com.ar](mailto:fernando@estudioterrilli.com.ar)

e. Federación Panameña de Natación  
 President: Franz Olmedo Wever Otero  
 Phone Number: +50764803929  
 E-mail: [secretaria.panamaswimming@gmail.com](mailto:secretaria.panamaswimming@gmail.com)

f. International Technical Officials  
 The Confederación Suramericana de Natación will appoint the international technical officials.

International Technical Delegate (ITD): Gustavo Otsuka

E-mail: [gustavootsuka@cbda.org.br](mailto:gustavootsuka@cbda.org.br)

Phone Number: +5521999648334

#### 4. IV SOUTH AMERICAN YOUTH GAMES PANAMÁ 2026, IN NUMBERS

- 15 countries
- 22 sports – one guest sport (Chess)
- + 1.500 participating athletes
- 13 days of competition
- 20 sporting venues

#### 5. INFORMATION ABOUT COMPETITION

The swimming competition for the IV South American Youth Games Panama 2026 will be held from **April 16<sup>th</sup> to the 19<sup>th</sup> 2026** in the venue Centro de Alto Rendimiento (CAR) – Complejo Acuatico.

##### a. Competition format

It will be carried out in accordance with the regulations of the International Swimming Federation and the Confederación Suramericana de Natación (CONSADA)

#### 6. COMPETITION PROGRAM AND MEDALS

Date	Session	Time	Event	Gender	Stage
16-abr	Session 1	7:30 - 9:15	WARM UP		
		9:30	800mts Freestyle	Women	Heats
			200mts Individual Medley	Men	Heats
			200mts Individual Medley	Women	Heats
			100mts Freestyle	Men	Heats
			100mts Freestyle	Women	Heats
			100mts Breaststroke	Men	Heats
			100mts Breaststroke	Women	Heats
			50mts Backstroke	Men	Heats
			50mts Backstroke	Women	Heats
	4x100mts Freestyle Relay	Mixed	Heats		
	16:00 - 17:45	WARM UP			
	Session 2	18:00	800mts Freestyle	Women	Final
			200mts Individual Medley	Men	Final
			200mts Individual Medley	Women	Final
			Medal Ceremony Women 800m Freestyle		
			100mts Freestyle	Men	Final
			100mts Freestyle	Women	Final
			Medal Ceremony Men and Women 200m Individual Medley		
			100mts Breaststroke	Men	Final
100mts Breaststroke	Women	Final			
Medal Ceremony Men and Women 100m Freestyle					

			50mts Backstroke	Men	Final		
			50mts Backstroke	Women	Final		
			Medal Ceremony Men and Women 100m Breastroke				
			Medal Ceremony Men and Women 50m Backstroke				
			4x100mts Freestyle Relay	Mixed	Final		
			Medal Ceremony 4x100m Mixed Freestyle Relay				
17-abr		7:30 - 9:15	WARM UP				
	Session 1	9:30	100mts Backstroke	Women	Heats		
			100mts Backstroke	Men	Heats		
			200mts Breastroke	Women	Heats		
			200mts Breastroke	Men	Heats		
			200mts Freestyle	Women	Heats		
			200mts Freestyle	Men	Heats		
			50mts Butterfly	Women	Heats		
			50mts Butterfly	Men	Heats		
			4x100mts Combined Relay	Women	Heats		
			4x100mts Combined Relay	Men	Heats		
		16:00 - 17:45	WARM UP				
	Session 2	18:00	100mts Backstroke	Women	Final		
			100mts Backstroke	Men	Final		
			200mts Breastroke	Women	Final		
			200mts Breastroke	Men	Final		
			Medal Ceremony Women and Men 100m Backstroke				
			200mts Freestyle	Women	Final		
			200mts Freestyle	Men	Final		
			Medal Ceremony Women and Men 200m Breastroke				
50mts Butterfly			Women	Final			
50mts Butterfly			Men	Final			
Medal Ceremony Women and Men 200m Freestyle							
Medal Ceremony Women and Men 50m Butterfly							
4x100mts Combined Relay			Women	Final			
4x100mts Combined Relay			Men	Final			
Medal Ceremony Women and Men 4x100m Medley Relay							
apr-18		7:30 - 9:15	WARM UP				
	Session 1	9:30	1500m Freestyle	Men	Heats		
			100m Butterfly	Women	Heats		
			100m Butterfly	Men	Heats		
			200m Backstroke	Women	Heats		
			200m Backstroke	Men	Heats		
			50m Breaststroke	Women	Heats		
			50m Breaststroke	Men	Heats		
			4x100m Freestyle Relay	Women	Heats		
			4x100m Freestyle Relay	Men	Heats		
				16:00 - 17:45	WARM UP		
			1500m Freestyle	Men	Final		
			100m Butterfly	Women	Final		
			100m Butterfly	Men	Final		
	Medal Ceremony Men 1500m Freestyle						

	<b>Session 2</b>	18:00	200m Backstroke	Women	Final			
			200m Backstroke	Men	Final			
			Medal Ceremony Women and Men 100m Butterfly					
			50m Breaststroke	Women	Final			
			50m Breaststroke	Men	Final			
			Medal Ceremony Women and Men 200m Backstroke					
			Medal Ceremony Women and Men 50m Breaststroke					
			4x100m Freestyle Relay	Women	Final			
			4x100m Freestyle Relay	Men	Final			
			Medal Ceremony Women and Men 4x100m Medley Relay					
			apr-19	<b>Session 1</b>	9:30	7:30 - 9:15 WARM UP		
						200m Butterfly	Women	Heats
200m Butterfly	Men	Heats						
50m Freestyle	Women	Heats						
50m Freestyle	Men	Heats						
400m Freestyle	Women	Heats						
400m Freestyle	Men	Heats						
4x100m Medley Relay	Mixed	Heats						
16:00 - 17:45 WARM UP								
<b>Session 2</b>	18:00	200m Butterfly		Women	Final			
		200m Butterfly		Men	Final			
		50m Freestyle		Women	Final			
		50m Freestyle		Men	Final			
		Medal Ceremony Women and Men 200m Butterfly						
		400m Freestyle		Women	Final			
		400m Freestyle		Men	Final			
		Medal Ceremony Women and Men 50m Freestyle						
		Medal Ceremony Women and Men 400m Freestyle						
		4x100m Medley Relay	Mixed	Final				
Medal Ceremony 4x100m Mixed Medley Relay								

CATEGORIES SUMMONED				MEDALS TO BE AWARDED								
CATEGORIES	MALE	FEMALE	MIXED	MALE			FEMALE			MIXED		
				GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
50m Freestyle	1	1		1	1	1	1	1	1			
100m Freestyle	1	1		1	1	1	1	1	1			
200m Freestyle	1	1		1	1	1	1	1	1			
400m Freestyle	1	1		1	1	1	1	1	1			
800m Freestyle		1					1	1	1			
1500m Freestyle	1			1	1	1						
50m Backstroke	1	1		1	1	1	1	1	1			
100m Backstroke	1	1		1	1	1	1	1	1			
200m Backstroke	1	1		1	1	1	1	1	1			
50m Breaststroke	1	1		1	1	1	1	1	1			
100m Breaststroke	1	1		1	1	1	1	1	1			
200m Breaststroke	1	1		1	1	1	1	1	1			
50m Butterfly	1	1		1	1	1	1	1	1			
100m Butterfly	1	1		1	1	1	1	1	1			
200m Butterfly	1	1		1	1	1	1	1	1			
200 m Individual Medley	1	1		1	1	1	1	1	1			
4 x 100 m Freestyle Relay	1	1		1	1	1	1	1	1			
4 x 100 m Medley Relay	1	1		1	1	1	1	1	1			
4 x 100 m Freestyle Relay			1							1	1	1
4 x 100 m Medley Relay			1							1	1	1
<b>TOTAL</b>				<b>17</b>	<b>17</b>	<b>17</b>	<b>17</b>	<b>17</b>	<b>17</b>	<b>2</b>	<b>2</b>	<b>2</b>

The training schedule will be established by the Organizing Committee after receiving all numerical registrations and will be confirmed upon the arrival of the delegations.

For a category to be held, a minimum of four (4) athletes from four (4) different NOCs must participate.

In accordance with ODESUR regulations, the prizes will be awarded as follows:

- First place: gold medal
- Second place: silver medal
- Third place: bronze medal

All competitors will receive a certificate of participation.

The prizes will be awarded once the competition is over, following the protocol rules of ODESUR, and the official uniform representing their country must be worn.

## 7. PARTICIPANTS

All athletes from countries whose Olympic Committees are affiliated with ODESUR and whose National Federations are affiliated with World Aquatics (AQUA) as of the date of the competition are eligible to participate.

Each NOC may register a delegation of ten (10) male athletes and ten (10) female athletes. In all individual events of the program, each country may enter a maximum of two (2) competitors per gender, without any requirement for qualifying times or minimum standards, and without limitation on the number of events in which they may compete.

The number of team officials in a delegation may not exceed 40% of the total number of athletes.

## 8. ELEGIBILITY

To be eligible and participate in the IV South American Youth Games Panama 2026, the athlete must comply with the ODESUR statutes and the rules of Confederación Suramericana de Natación.

### a. Competitors' Nationality

Any competitor participating in the IV South American Youth Games Panama 2026 must have the nationality of the country of the NOC that registered them, which will be responsible for that registration. The nationality and eligibility of the competitor is determined in accordance with ODESUR regulations.

### b. Age of Competitors

All athletes born between **January 1<sup>st</sup> 2008 and December 31<sup>st</sup> 2011** (15 – 18 y/o) will be allowed to participate in.

## 9. REGISTRATION

### a. Intention to Participate

All National Olympic Committees' must submit their intention to participate by **October 1<sup>st</sup> 2025**, at 11:59:59 p.m. (Panama Time), using the official forms that the Organizing Committee will send out in due course. They must indicate the sports in which they will participate for the IV South American Youth Games Panama 2026. Forms will be published on the official website.

#### b. Numerical Registration

Numerical Registration Forms (individual and team) will indicate, without specifying names, the number of officials, technical staff, competitors, and support personnel that will make up the delegation. These forms must be submitted through the respective National Olympic Committee (NOC) and received by the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **November 30<sup>th</sup> 2025**, at 11:59:59 PM (Panama time).

#### c. Long List Registration

the long list of athletes, team officials, technical staff, administrative, and auxiliary personnel must be sent to the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **January 20<sup>th</sup> 2026**, at 23:59:59 (Panama Time). The long list may be submitted by email in order to meet the deadline.

#### d. Final Nominal Registration

The nominal list for swimming must be submitted no later than **March 12<sup>th</sup> 2026**, at 23:59:59 (Panama time).

The final list of athletes, team officials, technical staff , administrative and support personnel will be reviewed by the Head of Mission or a representative authorized by the NOC and representative of the Organizing Committee ( Registrations – Accreditations - Technical, etc.) during the “Delegation Registration (PRE DRM DRM) ” meetings, which will be held virtually on the following dates: February 20<sup>th</sup>, 2026, and March 20<sup>th</sup>, 2026, and an in-person DRM starting on April 6<sup>th</sup>, 2026 which will take place at the organizing Committee’s office.

At the time of Final Registration, no new registrations may be included; registration will be limited to the names listed in the Nominal List – Long List and may not exceed the number of athletes indicated in the Technical Instructions (Technical Manual) for each sport.

The number of team officials in delegations may not exceed 40% of the total number of athletes confirmed in the DRM. Once the DRM is complete, the registration and accreditation process for the delegation will be finished, and it will not be possible to accredit any other participants, except in exceptional circumstances duly authorized by ODESUR.

#### e. Sending Information

Any information regarding registrations or other matters may be sent to:

Email: [direcciontecnicapanama2026@jsipanama2026.com](mailto:direcciontecnicapanama2026@jsipanama2026.com)

## 10. SWIMMING RULES

### a. General Rules

The competitions will be conducted in accordance with the current regulations of World Aquatics (AQUA) and will be supervised by the Organización Deportiva de Suramérica (ODESUR) and the Organizing Committee.

Cases not provided for in these regulations will be resolved as follows:

- **General matters:** by the Organizing Committee of the VI South American Youth Games Panama 2026, in accordance with ODESUR regulations.
- **Technical matters:** in accordance with the rules established by the AQUA and CONSADA regulations.

### b. COMPETITION STAFF: (JUDGES, JURORS AND TECHNICAL OFFICIALS)

CONSADA will designate the number of judges and referees required for the proper execution of the competition program.

To ensure compliance with the competition schedule, the Organizing Committee, in agreement with the South American Confederation, will appoint the necessary personnel.

No referee, judge, and/or commissaire may serve as a delegate for their team or stay with their delegation.

### c. PROTESTS AND APPEALS

Protests or claims will be made in accordance with the procedures established in the current AQUA Rules. CONSADA will appoint a tribunal of honor composed of three authorities to resolve any claims from participating countries, disputes, or incidents that may affect the normal conduct of the competition.

Members of the Jury of Appeal whose teams are involved in a claim may not participate and must be replaced by alternate members. The decisions of the Jury are final and not subject to appeal.

Any technical protest must be submitted in writing to the referee within a maximum of 30 minutes after the infraction is announced by the announcer and must be accompanied by a deposit of one hundred U.S. dollars (USD 100). The decisions of the Jury of Appeal are final and must be resolved before the start of the following day's competition.

## 11. EQUIPMENT - UNIFORMS - FACILITIES

### [ODESUR - Manual for the Use of the Manufacturer Trademarks](#)

Athletes' clothing and equipment must comply with the ODESUR and FINA Regulations for all aquatic sports.

## 12. TECHNICAL MEETING

The Delegates' Technical Meeting will be held on a date to be confirmed at the Games Organizing Committee headquarters.

The Judges' Meeting and the weigh-in day will also be held on a date to be confirmed at the Games Organizing Committee headquarters.

Up to two (2) representatives from each NOC may attend the Final Registration Verification, one with voting rights, along with an interpreter or assistant, if necessary.

The Final Registration Verification will include confirmation of the final participant registrations by category, confirmation of totals, the draw to determine the order of competing countries, as well as the verification of passports and competition uniforms in accordance with AQUA and ODESUR regulations.

## 13. MEDICAL INFORMATION

### a. Doping Control

Doping control tests Will be carried out by the Medical Commission of the Organizing Committee of the IV South American Youth Games Panama 2026 under the regulations of the ODESUR Medical Commission and in accordance with its Anti-Doping Rules approved by World Anti-doping Agency (WADA).

ODESUR reaffirms its policy of rejecting, sanctioning, and discouraging the use of doping substances and prohibited methods to ensure the healthiest, safest, fairest, and most ethical environment in sports competitions during the IV South American Youth Games Panama 2026.

The selection of athletes for sample collection in accordance with the ODESUR Anti-Doping Rule Violation and may be immediately removed from the IV South American Youth Games Panama 2026 and have their credential withdrawn.

### b. Medical services at competition and training sites

A medical station will be available to provide first aid to athletes and officials at each

competition and training site, equipped with all necessary safety equipment for Sporting activities. Ambulances will always be available in cases where a member of the IV South American Youth Games Panama 2026 needs to be transferred to a hospital.

#### 14. POST- COMPETITION PROCEDURES

##### a. Mixed Zone

At the end of each event, athletes will be instructed to leave the Competition Area by passing through the Mixed Zone, which is an area where accredited media may conduct brief interviews after the competition.

Athletes must pass through the Mixed Zone where they will be asked to cooperate and talk with media representatives.

#### 15. SPORTS SCHEDULE APPENDIX

Schedule

EVENT	APRIL															
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
SWIMMING												■	■	■	■	

# TECHNICAL MANUAL

## SWIMMING



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

ARGENTINA  
ARUBA  
BOLIVIA  
BRASIL  
CHILE  
COLOMBIA  
CURAZAO  
ECUADOR  
GUYANA  
PANAMÁ  
PARAGUAY  
PERÚ  
SURINAM  
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