



Sprinter Trenten Anthony Beram was the first Filipino athlete to win two gold medals in the 2017 SEA Games

# GET READY FOR THE 30TH SEA GAMES 2019

Philippine Airlines is the official airline of the largest sporting event in the region – held every two years and hosted for the fourth time in the Philippines this year

IMAGE: SHUTTERSTOCK (SPRINTER TRENTEN ANTHONY BERAM)

From November 30 to December 11, the Philippines is proudly hosting the 30th Southeast Asia Games – the largest edition of the regional bi-annual event that was first held in Bangkok in 1959 as the Southeast Asian Peninsula Games.

With 530 events across 56 sports, this year will be the biggest SEA Games to date – and the fourth time that the Philippines has taken up the mantle.

Over 8,750 athletes will compete and vie for 1,590 medals as 11 countries in the region go head to head. The participating countries are Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, the

Philippines, Singapore, Thailand, Timor-Leste and Vietnam.

The 30th SEA Games kick off at the Philippine Arena – the world's largest indoor arena – with 55,000 spectators expected to watch the live performances of world-class Filipino talents: Black Eyed Peas' Apl de Ap, singer Lani Misalucha and Filipino boy band TNT Boys. It will also be broadcasted in real time across 11 countries.

The closing ceremony will be held at the Athletics Stadium in New Clark City, the main hub of this year's Games.

The theme of the event this year is "We Win As One" – with Tony

Award-winner Lea Salonga singing the official hymn – which praises the competitive elements of the Games while at the same time advocating for common roots, shared dreams and regional unity.

When the Philippines hosted the SEA Games in 2005, it was awarded 113 gold medals – more than any other country that year. Filipinos are hopeful for a repeat win, but they'll need to surpass Malaysia, which won 145 gold medals at the 2017 Games. Thailand will also prove to be a formidable force as the nation with the most accumulative SEA Games medals since its 1959 debut. [2019seagames.com](http://2019seagames.com) – **Joshua Zukas**

## THINGS TO KNOW ABOUT NEW CLARK CITY'S ATHLETICS STADIUM

### INSPIRED BY NATURE

The shape of the 20,000-seater stadium was inspired by Mount Pinatubo's caldera – the crater formed at the top of the volcano after its 1991 eruption.

### COLOR ME ORANGE

The pillars are painted in a specially created hue called B+R Active-Orange; the structures appear like lava overflowing from the crater.

### NATURAL VENTILATION

The stadium's design ensures wider gaps behind the spectator seats while the hallways act like wind tunnels to keep the building cool.

Buy SEA Games tickets – including for the opening ceremony – at SM ticket offices nationwide or from their website. [smtickets.com](http://smtickets.com)



## LET THE GAMES BEGIN

With over 40 sports venues for the 30th SEA Games, it can be confusing to know where to catch your favorite sports. Here's the lowdown

### NEW CLARK CITY

The Philippines has played host to the SEA Games four times, but it is only now that the event is being held in New Clark City – just 20km from Clark International Airport – where a new 40ha sports complex has been built in time for the 30th SEA Games.

Considered the main hub of the Games, this development in Capas, Tarlac, boasts a world-class sports complex with a running track, athletics stadium, aquatics center and athlete's village – all designed by Budji+Royal Architecture+Design.

### METRO MANILA

City slickers don't need to feel left out. The most exciting games will still be held in venues across the metro, including SM Megamall's ice

skating rink, Rizal Memorial Sports Complex and Mall of Asia. Games include basketball, weightlifting, badminton and football.

### SUBIC BAY

Over at Subic Bay you can watch athletes compete in sepak takraw, Muay Thai, pentathlon and triathlon. Open water events that will keep your heart pumping are canoeing, kayaking and rowing.

### ON TELEVISION

If you'd rather watch from the comfort of your home, over 15 sports will be broadcast live, including diving, swimming, water polo, basketball (5-on-5), gymnastics, boxing, e-sports, men's football and taekwondo.



## WE ARE FAMILY

The name of the 30th SEA Games' mascot is meant to reflect inclusivity at this year's Games. Called Pami, it is a shortened version of *pamilya*, the Filipino word for family.

## ATHLETES TO WATCH

Will these Southeast Asian athletes who were medallists at the Rio 2016 Olympics break their personal records this year?

All eyes at the 30th SEA Games will be on Singapore's Joseph Isaac Schooling, who took gold in the 100m butterfly at the 2016 Olympics. His time – 50.39 seconds – remains an Olympic record.

Out of the water, Southeast Asia as a region has always punched above its weight in weightlifting. In shooting,

Hoang Xuan Vinh won Vietnam its first Olympic gold medal in 2016.

Of course we're also looking out for upcoming stars in new sports events like 3-on-3 basketball, breaking (dancesport), beach handball, jiu-jitsu, kurash, sambo, skateboarding, surfing and underwater hockey.



### THINGS TO KNOW ABOUT THE AQUATICS CENTER

#### VERNACULAR DESIGN

The roof of the Aquatics Center mimics the diamond pattern of capiz windows in traditional Philippine houses.

#### STAY FOR THE NIGHT

When the center is lit up, its festive colors and design will remind you of a Christmas lantern.

#### DIVE IN

The Aquatics Center has a seating capacity of 2,000 and features a competition pool, diving pool and training pool.

## GIRL POWER

These four female weightlifters from Southeast Asia – who won medals at the 2016 Olympics – are competing in the 30th SEA Games

**Sri Wahyuni Agustiani**  
Silver medallist  
from Indonesia



**Hidilyn Diaz**  
Silver medallist  
from the Philippines



**Sukanya Srisurat**  
Gold medallist  
from Thailand

**Sopita Tanasan**  
Gold medallist  
from Thailand

