

# SWIMMING PROGRAMES, CLOSING DATES AND RULES FOR THE 2010 NATIONAL/REGIONAL SWIMMING COMPETITIONS

## SWIMMING COMPETITION RULES

- 1 FINA Technical Rules will apply to all National Competitions.
- 2 All Age Group competitions will be club based.
- 3 Clubs should be encouraged to participate at all the levels of Age Group Competitions
- 4 South African participants must be registered with SSA and have competed in competitions to ensure that their times for entries are on the National Database.
- 5 Visitors must forward a clearance to compete. Their entry times must be verified.
- 6 **TECHNICAL OFFICIALS**  
Inter Provincial Competitions, each Province will be required to supply at least TWO registered and trained Technical Officials, one timekeeper and one judge for EVERY SESSION. Inter Club Competitions, clubs will be required to provide SSA registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition:  
1 - 5 swimmers, the number of officials optional  
6 – 10 swimmers, at least one judge or one timekeeper per session.  
11 and over swimmers, a minimum of two officials, one judge and one timekeeper per session.  
The names of the officials must accompany the entries.  
These Technical Officials must be correctly attired – White shirts and Navy Blue Trousers or skirts for finals sessions, Navy blue shorts for Heats.  
THE NAMES OF SSA REGISTERED, TRAINED and AVAILABLE Officials must accompany the swimmers entries.

### Age Group Competitions Qualification:

- 1 One Relay entry per club per event. Swimmers may swim up in relays but only be entered in one relay per event.
- 2 Swimmers may only compete at one age group competition.
- 3 **Level 1 -**
  - 3.1 One Level 1 qualifying time must be achieved.
  - 3.2 Swimmers may enter all events that they have qualified in, plus three additional events that they have not qualified in provided they have times on the SSA database for the additional 3 selected events.
  - 3.3 If a swimmer has achieved one Level 2 qualifying time, the swimmer must participate at Level 2. This rule does not apply to swimmers in the 10 and under age group, they may choose to compete in the 10 and under events at Level 1 or compete in the 11 and under events at Level 2.
  - 3.4 This competition will be a regional competition.  
Southern Regions: Border, Eastern Province, SWD, Western Province.  
Eastern Regions: Freestate, N Freestate, Mpumalanga, N KZN, KZN, Northern Cape.  
Northern Regions: CGA, EGA, Limpopo, NTS, North West, Vaal Triangle.  
Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

#### **4 Level 2 -**

- 4.1 One Level 2 qualifying time must be achieved.
- 4.2 Swimmers may enter all events that they have qualified in, plus three additional events that they have not qualified in, provided they have times on the database for the additional 3 selected events.
- 4.3 Level 2 will start at 11&U, and the oldest age group will be 16 – 18. Swimmers in the 10 and under age group, who have achieved a Level 2 qualifying time in the 11 and under age group, may choose to compete in the 11 and under age group at Level 2 or compete in the 10 and under age group at level 1.
- 4.4 If a swimmer has achieved one Level 3 qualifying time, the swimmer must participate at Level 3. This rule will not apply to 11 and under swimmers, they may choose at which age group competition they would prefer to compete in.
- 4.5 This competition will be a regional competition.  
Southern Regions: Border, Eastern Province, SWD, Western Province.  
Eastern Regions: Freestate, N Freestate, Mpumalanga, N KZN, KZN, Northern Cape.  
Northern Regions: CGA, EGA, Limpopo, NTS, North West, Vaal Triangle.  
Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

#### **5 Level 3 -**

- 5.1 One Level 3 qualifying time must be achieved.
- 5.2 Swimmers may enter all events that they have qualified in plus three additional events that they have not qualified in, provided they have times on the database for the additional 3 selected events.
- 5.3 There will be no qualifying times for any of the 50's events ( Freestyle, Backstroke, Breaststroke and Butterfly). Swimmers who have qualified in any event may in addition to their 3 unqualified events (100m and longer) choose any of the 50's provided they have times on the database for the particular event.
- 5.4 Swimmers in the 11&U age category who have qualified in any Level 3 12&U event, may choose to swim at Level 3 in the 12&U age group or swim at Level 2 in their age group category. However swimmers who are not 12 years old may not enter the 12 – 14 years events eg 200 Fly, 400 IM, 800 and 1500 Free events at Level 3.
- 5.5 The events that are swum as Timed Finals, where possible all the Timed Finals will be swum in the Finals session.

#### **Open Competitions Qualification:**

The "B" Nationals will be replaced by a Youth Competition which will be run concurrently with the S A Nationals Championships Program at the same venue. Only swimmers born in the following years will be permitted to enter provided they have achieved the qualifying time:

Men born in 1991 – 1995 and Women born in 1992 – 1996

The heats for the S A Youth Nationals and S A Aquatic Championships will be swum as a combined event. Swimmers in the above age groups who have not achieved the S A National Qualifying Time will not be considered for the S A Nationals semi-finals/finals, however swimmers in the above age groups who have qualified for S A Nationals may choose to be considered for the S A Youth Finals as well as S A Nationals semi-finals/finals. This must indicated to the Admin Referee as soon as the results for the event are published.

## **1 S A Youth Nationals -**

- 1.1 Swimmers who have achieved one S A Youth qualifying standard may enter three additional events, provided they have times on the SSA Database.
- 1.2 Provinces may enter one relay team per event for the S A Youth Championships, there will be heats and finals for the Relay events where there are 11 or more entries. Swimmers may only swim in one relay per event, they may not be entered in S A Youth relay as well as S A National relay,
- 1.3 The final results for the 800 and 1500 Freestyle for the S A Youth Championships will be determined from the results achieved in the heats. There will be no Finals.

## **2 S A National Aquatic Championships –**

- 2.1 Swimmers may enter the events that they have S A National qualifying times for, plus three additional events provided they have times on the SSA Database.
- 2.2 Provinces may enter their fastest non qualifier in an event where they do not have any swimmers with qualifying times entered.
- 2.3 Provinces may enter two relay teams per event for S A Nationals. Both teams will score points. There will be heats and finals for the Relay events where there are 11 or more entries.

## **3 Swimmers with Disabilities**

- 3.1 Swimmers with disabilities will be swum in two categories, depending on their qualifying times. There will be a A section and a B section.
- 3.2 The heats will be swum together and then the finalists for the “A” and “B” Sections will be separated into their specific final.

### **ENTRIES ADMINISTRATION**

- 1 All entries must be submitted by the Provincial Secretary. The competitions competed on a Provincial basis, must be entered as Province and not as clubs, the inter-club competitions, must be entered as clubs.
- 2 Only accredited managers may
  1. Withdraw competitors
  2. Lodge objections
  3. Lodge complaints

Written protest accompanied by R100.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification

- 3 In the case of a dispute, the referees' decision will be final.
- 4 The one start rule will apply to all National competitions
- 5 All team managers should attend the Manager's Meeting.
  - 5.1 Clubs/Provinces who are not represented and who do not comply with the rules concerning entries will not receive any concessions.
  - 5.2 This will be the last opportunity to apply for late entries subject to the late entry fee of 10x the original entry fee and the availability of lanes.
  - 5.3 Withdrawals (Scratchings)
    - 5.3.1 Pre-competition at the Manager's Meeting – no charge
    - 5.3.2 After the Manager's Meeting, Withdrawals will be accepted 1hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will be fined R100.00 per event.
    - 5.3.3 No-shows, heats or finals, swimmers who do not show for their race, will be fined R200.00 and the swimmer may not compete in any other event until this fine has been paid.
    - 5.3.4 Withdrawals from the finals – this must be done before the end of the heats session or as notified by the Admin Referee. It would be really helpful if these withdrawals are done as soon as possible after the results are notified, as this would be useful for notifying the alternates for the particular events. The alternates must report for the finals in case they are needed.

5.3.5 If the Referee deems a swimmer to have deliberately false started or not performing to the swimmer's capabilities then the swimmer will be fined R500.00 and will be withdrawn from all further events that session, including relays if they fall in that session.

## **6 Relays**

- 6.1 The names must be received in the correct following order for the relays on the prescribed forms and must be submitted before the end of the session prior to the session, this will be confirmation of the relay entry, if the relay form is not received the team will be withdrawn from the event. Only swimmers entered in the competition may swim in relays.
- 6.2 The names of the relay swimmers may be changed up to one hour before the start of the session. Relay changes after this time will be subject to a medical certificate.

## **7 CEREMONIES**

- 7.1 Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
- 7.2 Medal Ceremony – Swimmers must present themselves in good time and correctly attired.
- 7.3 Only medal winners are allowed to be on the medal podium during medal presentations (no family members, etc).

## **8 SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition.**

## LEVEL 1 REGIONAL AGE GROUP PROGRAM - CLUB COMPETITION

This competition may be swum, using ten lanes where possible.

**VENUES:** **George, SWD for Southern Regions:** Western Province, SWD, EP, Border.  
**Bloemfontein, Freestate for Eastern Regions:** Mpumalanga, N KZN, KZN, Freestate, N Freestate, N Cape.  
**Sasolburg, VT for Northern Regions:** Limpopo, NTS, CGA, EGA, Vaal Triangle, North West.  
**Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.**

**DATE:** 27 – 29 March 2010

**MANAGER'S MEETING:** 26 March 2010– 17H00 at each venue

**CLOSING DATE FOR ENTRIES:** 5 March 2010

**CLOSING DATE FOR ENTRY CORRECTIONS:** 12 March 2010

**ENTRY FEE:** R20.00 - INDIVIDUAL ENTRIES  
R40.00 – RELAYS

**Starting Time:** Heats 08H30  
Finals 16H00

### DAY 1

200	BREAST	MEN			12&U	13	14	15 - 16
200	BREAST	WOMEN			12&U	13	14	15 - 16
100	FREE	MEN	10&U	11	12	13	14	15 - 16
100	FREE	WOMEN	10&U	11	12	13	14	15 - 16
50	BACK	MEN	10&U	11	12	13	14	15 - 16
50	BACK	WOMEN	10&U	11	12	13	14	15 - 16
200	I.M.	MEN			12&U	13	14	15 - 16
200	I.M.	WOMEN			12&U	13	14	15 - 16
4x50	MED.RELAY	MEN	12&U		13 - 16			
4x50	MED.RELAY	WOMEN	12&U		13 - 16			

### DAY 2

200	FREE	MEN			12&U	13	14	15 - 16
200	FREE	WOMEN			12&U	13	14	15 - 16
100	BACK	MEN	10&U	11	12	13	14	15 - 16
100	BACK	WOMEN	10&U	11	12	13	14	15 - 16
50	FLY	MEN	10&U	11	12	13	14	15 - 16
50	FLY	WOMEN	10&U	11	12	13	14	15 - 16
100	BREAST	MEN	10&U	11	12	13	14	15 - 16
100	BREAST	WOMEN	10&U	11	12	13	14	15 - 16
4x100	FR/RELAY	MEN	12&U		13 - 16			
4x100	FR/RELAY	WOMEN	12&U		13 - 16			

### DAY 3

200	BACK	MEN			12&U	13	14	15 - 16
200	BACK	WOMEN			12&U	13	14	15 - 16
50	BREAST	MEN	10&U	11	12	13	14	15 - 16
50	BREAST	WOMEN	10&U	11	12	13	14	15 - 16
100	FLY	MEN		11&U	12	13	14	15 - 16
100	FLY	WOMEN		11&U	12	13	14	15 - 16
50	FREE	MEN	10&U	11	12	13	14	15 - 16
50	FREE	WOMEN	10&U	11	12	13	14	15 - 16
4x50	FR/RELAY	MEN	12&U		13 - 16			
4x50	FR/RELAY	WOMEN	12&U		13 - 16			

## LEVEL 2 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

This competition may be swum, using ten lanes where possible.

**VENUES:** **Newton Park, Port Elizabeth for Southern Regions:** Western Province, SWD, EP, Border.  
**TBC Kings Park, Durban for Eastern Regions:** Mpumalanga, N KZN, KZN, Freestate, N Freestate,  
Northern Cape.

**Delville, EGA for Northern Regions:** Limpopo, NTS, CGA, EGA, Vaal Triangle, North West.

**Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.**

**DATE:** 19 -22 MARCH 2010

**MANAGER'S MEETING:** 19 March 2010 – 16H30

**CLOSING DATE FOR ENTRIES:**

**27 February 2010**

**CLOSING DATE FOR ENTRY CORRECTIONS:**

**6 March 2010**

**ENTRY FEE: R30.00 - INDIVIDUAL ENTRIES**  
**R60.00 – RELAYS**

### DAY 1 – Start at 17:00

400	FREE	MEN	11&U	12	13	14	15	16 – 18	Timed Finals
400	FREE	WOMEN	11&U	12	13	14	15	16 - 18	Timed Finals

**Starting Time: Heats 08H30 Finals 16H00**

### DAY 2

200	FREE	MEN	11&U	12	13	14	15	16 - 18	
200	FREE	WOMEN	11&U	12	13	14	15	16 - 18	
100	BREAST	MEN	11&U	12	13	14	15	16 - 18	
100	BREAST	WOMEN	11&U	12	13	14	15	16 - 18	
50	BACK	MEN	11&U	12	13	14	15	16 - 18	
50	BACK	WOMEN	11&U	12	13	14	15	16 - 18	
50	BACK	MEN	MULTI-DISABILITY			14/u	15 - 18		
50	BACK	WOMEN	MULTI-DISABILITY			14/u	15 - 18		
100	FLY	MEN	11&U	12	13	14	15	16 - 18	
100	FLY	WOMEN	11&U	12	13	14	15	16 - 18	
4x100	FR.RELAY	MEN	13&U	14 - 18					
4x100	FR.RELAY	WOMEN	13&U	14 - 18					

### DAY 3

100	FREE	MEN	11&U	12	13	14	15	16 - 18	
100	FREE	WOMEN	11&U	12	13	14	15	16 - 18	
100	FREE	MEN	MULTI-DISABILITY			14/u	15 - 18		
100	FREE	WOMEN	MULTI-DISABILITY			14/u	15 - 18		
50	BREAST	MEN	11&U	12	13	14	15	16 - 18	
50	BREAST	WOMEN	11&U	12	13	14	15	16 - 18	
50	BREAST	MEN	MULTI-DISABILITY			14/u	15 - 18		
50	BREAST	WOMEN	MULTI-DISABILITY			14/u	15 - 18		
100	BACK	MEN	11&U	12	13	14	15	16 - 18	
100	BACK	WOMEN	11&U	12	13	14	15	16 - 18	
200	I.M.	MEN	11&U	12	13	14	15	16 - 18	
200	I.M.	WOMEN	11&U	12	13	14	15	16 - 18	
4x50	FR.RELAY	MEN	13&U	14 - 18					
4x50	FR.RELAY	WOMEN	13&U	14 - 18					

### DAY 4

50	FREE	MEN	11&U	12	13	14	15	16 - 18	
50	FREE	WOMEN	11&U	12	13	14	15	16 - 18	
50	FREE	MEN	MULTI-DISABILITY			14/u	15 - 18		
50	FREE	WOMEN	MULTI-DISABILITY			14/u	15 - 18		
200	BREAST	MEN	11&U	12	13	14	15	16 - 18	
200	BREAST	WOMEN	11&U	12	13	14	15	16 - 18	
200	BACK	MEN	11&U	12	13	14	15	16 - 18	
200	BACK	WOMEN	11&U	12	13	14	15	16 - 18	
50	FLY	MEN	11&U	12	13	14	15	16 - 18	
50	FLY	WOMEN	11&U	12	13	14	15	16 - 18	
50	FLY	MEN	MULTI-DISABILITY			14/u	15 - 18		
50	FLY	WOMEN	MULTI-DISABILITY			14/u	15 - 18		
4x50	MED.RELAY	MEN	13&U	14 - 18					
4x50	MED.RELAY	WOMEN	13&U	14 - 18					

## LEVEL 3 AGE GROUP PROGRAM – CLUB COMPETITION

This competition will be swum in a ten lane format where possible.

**VENUE:** Joan Harrison, East London

**DATE:** 12 -16 MARCH 2010

**MANAGER'S MEETING:** 12 March 2010 – 16H30

**CLOSING DATE FOR ENTRIES:** 19 February 2010

**CLOSING DATE FOR ENTRY CORRECTIONS:** 26 February 2010

**ENTRY FEE:** R40.00 - INDIVIDUAL ENTRIES  
R60.00 – RELAYS

### DAY 1 – Starting at 17:00

400	FREE	MEN	12&U	13	14	15	16	17 – 18	Timed Finals
400	FREE	WOMEN	12&U	13	14	15	16	17 – 18	Timed Finals

**Starting Time:** Heats 08H30  
Finals 17H00

### DAY 2

100	BACK	MEN	12&U	13	14	15	16	17 - 18	
100	BACK	WOMEN	12&U	13	14	15	16	17 - 18	
200	FLY	MEN	12 - 14		15 – 18				Timed Finals
200	FLY	WOMEN	12 - 14		15 – 18				Timed Finals
50	BREAST	MEN	12&U	13	14	15	16	17 - 18	
50	BREAST	WOMEN	12&U	13	14	15	16	17 - 18	
200	FREE	MEN	12&U	13	14	15	16	17 - 18	
200	FREE	WOMEN	12&U	13	14	15	16	17 - 18	
4x100	FR.RELAY	MEN	14&U		15 - 18				
4x100	FR.RELAY	WOMEN	14&U		15 - 18				

### DAY 3

100	FREE	MEN	12&U	13	14	15	16	17 - 18	
100	FREE	WOMEN	12&U	13	14	15	16	17 - 18	
100	BREAST	MEN	12&U	13	14	15	16	17 - 18	
100	BREAST	WOMEN	12&U	13	14	15	16	17 - 18	
400	I.M.	MEN	12 - 14		15 – 18				Timed Finals
400	I.M.	WOMEN	12 - 14		15 – 18				Timed Finals
50	FLY	MEN	12&U	13	14	15	16	17 - 18	
50	FLY	WOMEN	12&U	13	14	15	16	17 - 18	
4x100	MED.RELAY	MEN	14&U		15 - 18				
4x100	MED.RELAY	WOMEN	14&U		15 - 18				

### DAY 4

50	FREE	MEN	12&U	13	14	15	16	17 – 18	
50	FREE	WOMEN	12&U	13	14	15	16	17 - 18	
200	I.M.	MEN	12&U	13	14	15	16	17 - 18	
200	I.M.	WOMEN	12&U	13	14	15	16	17 - 18	
50	BACK	MEN	12&U	13	14	15	16	17 - 18	
50	BACK	WOMEN	12&U	13	14	15	16	17 - 18	
800	FREE	WOMEN	12 – 14		15 – 18				Timed Finals
1500	FREE	MEN	12 – 14		15 – 18				Timed finals

### DAY 5

200	BREAST	MEN	12&U	13	14	15	16	17 - 18	
200	BREAST	WOMEN	12&U	13	14	15	16	17 - 18	
100	FLY	MEN	12&U	13	14	15	16	17 - 18	
100	FLY	WOMEN	12&U	13	14	15	16	17 - 18	
200	BACK	MEN	12&U	13	14	15	16	17 - 18	
200	BACK	WOMEN	12&U	13	14	15	16	17 - 18	
4x50	FR.RELAY	MEN	14&U		15 - 18				
4x50	FR.RELAY	WOMEN	14&U		15 – 18				

**SA NATIONAL AQUATIC CHAMPIONSHIPS AND S A YOUTH CHAMPIONSHIPS –  
PROVINCIAL COMPETITION**

**This competition will be swum in a ten lane format.**

**VENUE: Kings Park, Durban**

**DATE: 12 – 17 April 2010 - Swimming Dates  
PLEASE NOTE**

**MANAGER'S MEETING: 11 April 2010 – 16H30**

This will be a multi-discipline and provincial competition

**CLOSING DATE FOR ENTRIES: 22 March 2010**

**CLOSING DATE FOR ENTRY CORRECTIONS: 29 March 2010**

**ENTRY FEE: R40.00 - INDIVIDUAL ENTRIES  
R60.00 – RELAYS**