



# SA NATIONAL OPEN WATER Championships 2025



**Marina Martinique**

✓ Jeffreys Bay

7 - 9 March 2025



For more information visit us at [WWW.SWIMSA.ORG](http://WWW.SWIMSA.ORG)

## Information update – 2025 SANATOWS

In an effort to align the competition program for the 2025 SA National Open Water Swimming Championships at Marina Martinique in Jeffery's Bay with the forthcoming World Aquatics World Championships in Singapore, changes have been made to the competition program. These are:

1. **The 4 x 1.5km Mixed Relay** will now take place at the same time slot as original scheduled for on the Saturday, but on **Friday 7<sup>th</sup> March 2025**. This event will follow on the 3km Men's event. (Event 4 & 5)

Event 11: 4 x 1.5km Mixed Relay	Registration	15h00
	Compulsory Technical Briefing	15h30
	Race Start	16h00

2. **The 3km Knock out Sprint** (Event 16) will take place on Saturday 8<sup>th</sup> March 2025 at 16:00. The event will follow the Woman 3km event. ( Event 9 & 10).

**Entries for this event will be by invitation** – the top 30 male swimmers and the top 30 female swimmers in the 1.5km event will be invited to participate.

**The event will be swum in THREE Rounds, with rest periods of not less than 10mins between each round. After each round the swimmers coming in the last 10 places for the round will be eliminated.**

**1<sup>st</sup> Round – 1.5km - 30 swimmers**

**2<sup>nd</sup> round – 1km - 20 swimmers**

**3<sup>rd</sup> round – 500m - 10 swimmers**

**Round 1 (1.5km)** – The top 30 invited swimmers will race , the top 20 finishers will proceed to Round 2 (1km)

**Round 2 (1km)** – The Top 20 swimmers from round 1 will race a 1km loop

**Round 3 (500m)** – The Top 10 swimmers from Round 2 will race 500m

The male 1.5km event will start the proceedings, with the female 1.5km event following on. Round 2 male swimmers will follow female round 1, with female round 2 following male round 2. Round 3 male will follow female round 2, with female round 3 completing the competition.

Event 16: 3km Knock Out Sprint	Registration	15h00
	Compulsory Technical Briefing	15h30
	Race Start	16h00

3. Please take cognizance of the following:

**World Aquatics Rules Open Water Swimming Caps**

In all Open Water events it is mandatory for the cap to display on each side the "national-three letter code" and may display the swimmer's national flag or the swimmer's name.

The country code shall be a minimum of 8cm in height.

One (1) manufacturer's logo of a maximum size of 20cm<sup>2</sup> on the front.

Optional: Athlete's name of a maximum size of 20cm<sup>2</sup>: The competitor's name shall be printed under the country name (three letter code). Displaying the competitor's name is not compulsory.

Provincial Teams that are not able to comply with this rule for 2025, must apply for a concession. However for 2026 S A National OWS Championships, each province will be given a three letter code which they will need to display on their Team Caps.

**REVISED TIMETABLE FOR EVENTS**

<b>7, 8, 9 March 2025 at Marina Martinique, Jeffrey's Bay</b>		
<b>Friday 7<sup>th</sup> March 2025</b>		
Event 1: 10 km Women	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 2: 7.5 km Women	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 3: 1.5 km Men	Registration	11h00
	Compulsory Technical Briefing	11h30
	Race Start	12h00
Event 4: 3 km Men	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00
Event 5: 3 km Men Multi Disability	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00
Event 11: 4 x 1.5km Mixed Relay	Registration	15h00
	Compulsory Technical Briefing	15h30
	Race Start	16h00
<b>Saturday 8<sup>th</sup> March 2025</b>		

Event 6: 10km Men	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 7: 7.5km Men	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 8: 1.5km Women	Registration	11h00
	Compulsory Technical Briefing	11h30
	Race Start	12h00
Event 9: 3km Women	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00
Event 10: 3km Women Multi Disability	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00
Event 16: 3km Men Knockout Sprint	Registration	15h00
	Compulsory Technical Briefing	15h30
	Race Start	16h00
Event 17: 3km Women Knockout Sprint	Registration	15h00
	Compulsory Technical Briefing	15h30
	Race Start	16h20

<b>Sunday 9<sup>th</sup> March 2025</b>		
Event 12: 5km Men	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 13: 5km Men Multi Disability	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 14: 5km Women	Registration	09h00
	Compulsory Technical Briefing	10h30
	Race Start	11h00
Event 15: 5km Women Multi Disability	Registration	09h00
	Compulsory Technical Briefing	10h30
	Race Start	11h00

**Technical Officials Link:** <https://forms.gle/UhiFgWfLXVzJWwD98>