



# SA REGIONAL LEVEL 2 CHAMPIONSHIPS 2023



**EC | FS | KZN | NTS**

JOAN HARRISON SWIMMING POOL | STADIUM SWIMMING POOL | KINGS PARK SWIMMING POOL | HILLCREST SWIMMING POOL

**3 - 5 MARCH 2023**

## SSA REGIONAL LEVEL 2 COMPETITION 3 - 5 MARCH 2023 – Information



sport, arts & culture  
Department  
Sport, Arts and Culture  
REPUBLIC OF SOUTH AFRICA



Southern Sun



NATIONAL LOTTERIES COMMISSION  
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### Hillcrest Swimming Pool, Pretoria

Hosted by:



## 2023 SSA REGIONAL LEVEL 2 COMPETITION –HILLCREST POOL

All swimmers, coaches, officials and supporting staff must familiarise themselves with the information in this document so that they know what to expect during the competitions.

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## 2023 SSA REGIONAL LEVEL 2 COMPETITION –HILLCREST POOL

### 1. WELCOME

Tshwane Aquatics (NTS) would like all swimmers, coaches, technical officials, and parents to the SSA Regional Level 2 Competition. May this be a most successful event for all! This event is hosted on behalf of Swimming South Africa and Aquatics Gauteng.

### 2. VENUE, HOST, KEY DATES AND TIMES

**VENUE:** Hillcrest Pool, Cnr Jan Shoba Rd & Duxbury St, Hillcrest

**COORDINATES:** 'S25 45 335 E028 14 341

**DATES:** 3 – 5 March 2023

**TIMES:** Heats: starting at 08h00;  
All Finals: starting at 17h00



### 3. TEAM LEADERS MEETING



The official Team Leaders Meeting will take place as follows:

- 3 March 2022 – 7h00 – call room tent (at the North - East side of the pool area). Teams who are not represented at this meeting and who do not comply with the rules will not receive any concessions.

### 4. GENERAL SWIMMING COMPETITION RULES

- FINA general and swimming rules will apply for the competitions.
- If, due to weather conditions, any section of a swimming program cannot be completed, the following will apply:
  - = On the final day of the competition, if the Finals cannot be completed, the medals will be awarded as per the results of the heats.
  - = If on any of the other days the Finals cannot be completed, due to time constraints, the Finals will either, be rescheduled or the medals awarded as per the heats results.
  - = If circumstance require, any part of the program may be swum as timed finals.



### 5. POOL ACCESS AND ENTRANCE

- Both the front entrance and back entrance will be open to allow access to the competition venue.
- Parking: Parking will be available behind the stands on a first come first serve basis.
- The gates will open at 06h15 each of the days of the competitions.
- Only approved Swimmers, Coaches, Officials and Support Staff whose names are on the list for a specific session will be allowed entry to the pool.
- Spectators tickets will be available at a cost of R50.00 per entry per day. Spectator tickets will be available **ONLINE ONLY** – **please make sure that you buy your tickets before you come to the pool as the internet connection at the pool can be unreliable.**  
<https://upshop.up.ac.za/products/sa-regional-level-2-champs>

**Tickets will be available from 15 February 2023 – 10h00**

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### 6. GENERAL POOL PROTOCOLS

- Medical support and first aid will be available at all competitions.
- All health and safety protocols will be adhered to.



### 7. CONTROL-ROOM AND ADMINISTRATIVE SERVICE POINT

- Both the control-room and administrative service point will be at the northern side of the pool (the so-called glass cage)
- No person (except specific officials) is allowed in the control-room. The control-room will also not deal with queries.
- ONLY Team leaders may visit the administrative service point to lodge objections and lodge complaints.

### 8. WITHDRAWALS

- All withdrawals are done using a link.  
<https://forms.gle/nPZQXymgBR73sZLs5>
- Pre-competition via link or at the Manager's Meeting – no charge
- After the Manager's Meeting, withdrawals will be accepted 1 hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will be fined R200.00 per event.
- For no-shows at heats or finals, swimmers who do not show for their race, will be fined R300.00 and the swimmer may not compete in any other event until this fine has been paid.
- 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 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.
- 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.

### 9. COMMUNICATION

- A WhatsApp group will be created to improve communication between Team Leaders, the Administrative Hub, and the Control-room.

<https://chat.whatsapp.com/BKxaTGRWPr3JaUmQJaaNf2>



### 10. WARM-UP

- A warm-up schedule will be made available to all teams.
- Swimmers are to climb out on the side of the pool.
- Diving will be allowed in Lanes 1 and 10 the last 20 minutes of each session.



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### 11. HEATS

- Heats will be swum in a 10 Lane Format.
- Heats will be swim in all events.
- Heats will commence at 08h00 each morning.
- Heats will be swum together regardless of age according to submitted entry times.
- If a swimmer misses his/her race, he/she will not be allowed to swim in a later heat.
- If two or more times in the heats are the same for the 10<sup>th</sup> place in the final, 1<sup>st</sup> or 2<sup>nd</sup> reserve for the final, a swim-off will take place after the heats for that session.
- Any swimmer who does not want to participate in the swim-off must scratch.
- In the event of only one swimmer remains or stays for the swim-off, that swimmer will take the 10<sup>th</sup> place in the final, 1<sup>st</sup> or 2<sup>nd</sup> reserve.
- If all the swimmers scratch or that none of the swimmers stay for the swim-off, the next placed swimmer will automatically be placed in the final, 1<sup>st</sup> or 2<sup>nd</sup> reserve.

### 12. FINALS

- Finals will be swum in a 10 Lane format.
- Finals will commence at 17h00 each afternoon.
- Finals starting times will be subject to change. Should the starting time change, this will be announced on the WhatsApp group.

### 13. PROTESTS AND APPEALS

- Protests and/or appeals must be lodged with the referee as per FINA Rule GR9.2 together with a R200 deposit, which is refundable if the appeal is upheld.
- Appeals must be submitted within 30 minutes of the completion of the respective race.
- If conditions causing a potential appeal are noted prior to the race or competition an appeal must be lodged before the starting signal is given.
- No video footage of photos will be permitted for the use of a protest.
- In the case of a dispute, the Referees' decision will be final.

### 14. BATHROOMS AND CHANGE ROOMS

- Bathrooms will be cleaned regularly throughout the day.
- Please respect the rules in place.

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### 15. TECHNICAL OFFICIALS



- The names of SSA registered, trained and available officials must accompany the swimming entries.
- All officials to register via the link below:

<https://forms.gle/GJyVUNEguhVUkb3W8> by 24 February 2023

- Officials are required to wear a face mask for the duration of the session.
- On completion of the session, the officials are required to leave the pool area immediately, for sanitizing to take place before the next session starts.
- The final Roster and allocation of Officials will be at SSA's discretion depending on the number of swimmers entered in the Championships.
- For 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:

NUMBER OF SWIMMERS	TECHNICAL OFFICIALS REQUIRED PER SESSION
1 – 4 Swimmers	1 Judge
5 – 10 Swimmers	1 Judge; 1 Timekeeper
11 and over Swimmers	1 Judge; 2 Timekeepers

- All Technical Officials must be correctly attired:
  - White shirts and navy-blue trousers/tracksuit pants or skirts for finals sessions.
  - Navy-blue shorts for heats will be permitted.
  - No denims, sandals or flip-flops are allowed.

### 16. TEAM LEADERS

- All participating clubs are to appoint ONE Team Leader – The Team Leader must be registered as official or administrator.
- It is advisable to appoint an experienced Team Leader.
- To register team leader – please use the link below:

<https://forms.gle/uR9PafQKuujpiYYC8>



### 17. COACHES

- Only registered Coaches are permitted on pool deck during warm up.
- Coaches to register via the link below:

<https://forms.gle/uR9PafQKuujpiYYC8>

### 18. SWIMWEAR

- Swimmers are permitted to wear ONE Costumer.
- Swimming costumes permitted are per the FINA Rules.

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- No Power/Balance bands will be permitted.
- No Strapping will be permitted.

### 19. MARSHALLING

- All Swimmers MUST report to the marshalling marquee for ALL heats and finals.
- 1<sup>st</sup> & 2<sup>nd</sup> Reserve Swimmers MUST report to the marshalling marquee for finals.
- Swimmers that miss their race will NOT be placed in an alternative heat.
- Team leaders are to ensure that their swimmers report to the marshalling area in time for their event.



### 20. CEREMONIES AND MEDALS

- Medals will be awarded to all swimmers placed 1<sup>st</sup> to 3<sup>rd</sup> in a final of an event and age group.

### 21. DRUG TESTING

- Random Drug Testing may take place.
- It is the Swimmers responsibility to ensure that they have a TUE exemption form and or medical certificate.

### 22. GAZEBOS AND MARQUEES



- Gazebos will be done on a **first come first served basis**; Clubs are permitted to erect their Gazebos the day prior to the competition from 12h00 onwards.
- Gazebos are to be securely fastened and not erected in demarcated areas for emergency exits. Any gazebos found to be infringing into these demarcated areas will be removed.
- Clubs are requested to be considerate towards one another with regards to space and to ensure social distancing between gazebos.

### 23. LOST PROPERTY

- The organisers are not responsible for any loss of or damage to any property.



### 24. CODE OF ETHICS

- The SSA Code of Conduct will apply.
- Refer to the FINA Code of Ethics which deals with equality, dignity, and fair play. No discrimination based on gender, race, religion or political opinion shall be tolerated. All

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forms of harassment be they physical, psychological, profession or sexual are strictly prohibited. Fair play is the basic guiding principle in the sport of Aquatics.

### 25. COMPETITION T-Shirt

A competition T-Shirt will be available on **PRE-ORDER ONLY**, at a cost of R175.00 per shirt.



Shirts can be ordered from **17 February 2023 – 23 February 2023** via the link below.

<https://paystack.shop/ssa-level-2-store>

\*Shirts can be collected on the first day of the gala.

We thank you for your participation in these Competitions.

Yours in swimming

### **ORGANISING COMMITTEE**

ADDENDUM – ACCOMMODATION

**For accommodation near Hillcrest Swimming Pool, you can contact:**

**BSA Events – ask for Charl Heyns at 087 802 2381, 082 416 8181 or 072 202 8265**