



# SA NATIONAL JUNIOR AGE GROUP CHAMPIONSHIPS 2025



SANJ  
25

UWC Cape Town | 25 - 29 April 2025



[www.swimsa.org](http://www.swimsa.org)



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# SA NATIONAL JUNIOR CHAMPIONSHIP GALA

UWC POOL BELLVILLE CAPE TOWN 25 - 29 APRIL 2025

*Western Cape Aquatics would like to welcome all swimmers taking part in the SA National Junior Championship Gala.*

**NOTE – SESSIONS AND SESSION TIMES WILL BE FINALISED AFTER ENTRIES HAVE BEEN RECEIVED**

<b>DAY 1 ONLY WARM UP:</b>	<b>16:00</b>	<b>GALA START:</b>	<b>17:00 ONLY ON 25 April</b>
<b>HEATS WARM UP:</b>	<b>07:00</b>	<b>GALA START:</b>	<b>08:00</b>
<b>FINALS WARM UP</b>	<b>15:00</b>	<b>GALA START:</b>	<b>16:00</b>

Lanes 1 & 9 to be used for dives. Please exit pool via the stairs.  
NO climbing out over the touch pads.

## **GENERAL:**

- World Aquatics & SSA Rules will govern this event.
- Clubs are requested to see that the area is kept neat and tidy, bins will be placed & cleaned regularly.
- No flash photography during the start of a race.
- We request everyone to please remain silent during the start of a race.
- Please do not place any towels over the advertising boards.
- NO alcohol is permitted on the premises. NO fire or gas braais are permitted on the premises.
- The pool grounds are a NO SMOKING ZONE.
- Only Team Managers allowed at the Technical Table.
- The sessions might be adjusted according to the load shedding schedule, but this will be confirmed at the managers' meeting.
- Start times may change if the referee deems it necessary or due to the number of entries for that specific day.



## **CHAMPIONSHIP RULES FOR 2025**

- 🕒 Visiting athletes must be affiliated to a World Aquatics affiliated member, and these members must have clearance from their Federation.
- 🕒 All Athletes shall represent their club.
- 🕒 The Age Group for 200m fly, 400m IM, 800m and 1500m freestyle events at SANJ will be 12-14, 15-16 & 17-19. These events will be Timed finals
- 🕒 The Age Group for 400m Freestyle will be 12&U, 13, 14, 15, 16, 17-19, this event will also be a Timed Final.
- 🕒 The age groups for all other individual events will be 12&U, 13, 14, 15, 16, 17-19.
- 🕒 Please consult the SSA Competition Rules v8 circulated by SSA for further rules.

## **ADMISSION TO THE POOL:**

- 🕒 Right of admission to the UWC Pool Complex is reserved.
- 🕒 Gates will open at 06:30 every morning.
- 🕒 Only the main entrance to the pool will be used.
- 🕒 NO Parking at the back of the pool.
- 🕒 Swimmers & coaches (on the gate lists) will have free access upon showing their accreditation cards, officials will have free access when signing the officials register for their allocated session, at the entrance.
- 🕒 Pre-ordered SANJ tickets will be packed for collection at the Team Manager's meeting by TM's only.
- 🕒 Only orders placed by clubs, on the order sheet provided and paid for in one order will be accepted. NO individual deposits.
- 🕒 Cut-off date for ticket orders is **14 April 2025 at 17:00.**
- 🕒 Limited tickets will be available for sale at the gates. First come first served.
- 🕒 NO CASH, CARDS ONLY.
- 🕒 Gates will open 30mins before warm up starts.

🕒 <b>Tournament Ticket</b>	
Adults	R300
Children over 10	R 50
🕒 <b>Session Ticket</b>	
Adults	R 60
Children over 10	R 10
🕒 <b>Children under 10 free</b>	



## **POOL ACCESS:**

- 🕒 Local clubs are encouraged to bring their own gazebos, umbrellas & camping chairs.
- 🕒 WCA will provide a stretch tent at the back of the complex, which can be used by all participating clubs on a first come, first serve basis.
- 🕒 NO VEHICLES are allowed on the premises to offload.
- 🕒 Please ensure that your gazebo is securely fastened and not erected in demarcated areas. Any gazebos found in demarcated areas WILL BE REMOVED.
- 🕒 Clubs are kindly requested to be considerate towards one another with regards to space.

## **MANAGERS/TECHNICAL MEETING**

- 🕒 The managers'/technical meeting will take place on **Friday 25 April at 15h00.**
- 🕒 The venue will be the Admin table inside the pool area.
- 🕒 Please could team managers and coaches complete this link:  
[TM & COACH LINK](#)
- 🕒 Only team managers & coaches to join the SANJ Whatsapp group:  
[SANJ WHATSAPP GROUP](#)
- 🕒 Only registered coaches are permitted on the pool deck. SSA registration number is required.
- 🕒 Team Managers will be informed of the Opening Ceremony Procedures at this meeting.
- 🕒 All withdrawals for session 1 must be submitted at this meeting.
- 🕒 Only team managers are permitted to withdraw competitors/lodge objections or complaints.
- 🕒 Withdrawals for the morning heats will be accepted 1 hour before the start of the evening session preceding the heats.
- 🕒 Withdrawals made outside of this time will incur a R200 event fine per event.
- 🕒 No shows at heats & finals will incur a R300 fine & the swimmer may not compete in any event until the fine has been paid.



## **TIME TRIALS**

Applications for time trials during any competition period, will be considered and the following rules will apply:

1. Written application detailing the motivation must be received at least 24 hours prior to the time trial.
2. The SSA entry fee will be R1200 per time trial, payable with written application.
3. Time Trials, if granted will take place at the end of the morning sessions.

## **WARM UP**

- 🕒 Prior to the competition, the competition pool is available for warm-up from the time when gates open.
- 🕒 A warm-up schedule will be shared on the gala whatsapp group.
- 🕒 The outside 25m pool will be available for the duration of the gala.

## **CALL ROOM**




- 🕒 There will be 2 call rooms.
- 🕒 Athletes must report to the 1<sup>st</sup> call room 15 minutes prior to the official start time of the event or at least five (5) heats before their heat is due to start.
- 🕒 An Athlete may be disqualified for failure to report to the call room.

## **RELAY FORMS**





- 🕒 Relay forms will be available from the tech table.
- 🕒 Teams are reminded that the names of the athletes competing in relay events, both heats and finals must be submitted to the Technical Table on the pool deck no later than one (1) hour before the start of the session in which the relay takes place.
- 🕒 Relay forms must list the athletes' name in the order they are to participate.
- 🕒 Only Swimmers that have entered individual events may participate in the relays.







## HEATS & FINALS

-  Withdrawals for Prelim sessions will close one (1) hour prior to the start of preceding Final session.
-  Withdrawals for the Finals must be submitted to the Admin table within half an hour (30 minutes) after the results of the Prelims have been announced.
-  Reserves must report for finals.

## PROTESTS

-  All Protests shall be dealt with in accordance with the rules prescribed by World Aquatics.
-  In the case of a disqualification arising from a decision of fact, the Referee's decision will be final.
-  Protests arising from a disqualification must be lodged in writing, on a protest form obtainable from the Admin table, with the Referee of the competition, not later than thirty (30) minutes after the announcement of the disqualification and or publication of results of the event.
-  The above must be accompanied with a R1000 fee.

## MEDAL CEREMONIES

-  **Dress code** – The competitors must be neatly attired in uniform (team tracksuits and closed footwear) at the medal presentation ceremony.
-  Teams with athletes that are not appropriately attired at the medal ceremonies will incur an automatic fine.
-  Competitors who do not present themselves on time for medal presentations in the correct attire will forfeit their medals and points and the team will incur an automatic fine.
-  Please could the visiting Federations and Clubs forward the names of their President and/or or Club Chairperson who will be attending the Championship and would be willing to assist with medal presentations to [secretary@wcapeaquatics.co.za](mailto:secretary@wcapeaquatics.co.za)



## TECHNICAL OFFICIALS

- 🕒 All participating clubs must submit the names of available, qualified, experienced technical officials for appointment of duties to the LOC by the due date, **4 April 2025**.
- 🕒 All participating clubs must supply names of available Technical Officials for all session where they have swimmers participating.
- 🕒 The penalty for not submitting officials with your entries is a fine of R1000 for every official not present and the swimmers entries will be excluded.
- 🕒 The appointment of Technical Officials will be done by the LOC.
- 🕒 All officials must adhere to the established dress code:
  - 🕒 Navy blue bottoms –long pants, trousers, long skirts for finals
  - 🕒 Navy blue shorts for heats only
  - 🕒 White shirts or jackets/tops
  - 🕒 Closed white shoes
  - 🕒 **NO Denim allowed**
- 🕒 Guideline to number of officials required for duty per session if required:

🕒 1 – 4 swimmers	1 x Judge per heats sessions
🕒 5-10 swimmers	1 x Judge & 1 timekeeper for every session
🕒 11 & more swimmers	2 x judges & 1 timekeeper for every session

## TOURNAMENT MERCHANDISE

- 🕒 Pre-ordered SANJ t-shirts & peak caps will be packed for collection at the Team Managers meeting.
- 🕒 Only orders placed by clubs, on the provided order sheet by the cut-off time and paid for in one bulk payment will be accepted.
- 🕒 NO individual deposits.
- 🕒 Cut-off date for orders is **2 April 2025 at 13:00**.
- 🕒 There will be no extra merchandise for sale at the venue
- 🕒 No late orders will be accepted.



## **DOPING CONTROL**

- Competitors and officials are reminded that testing can be undertaken at any event

## **PARKING**

- No parking is allowed in the back parking area of UWC Pool.
- Security will be stationed around the parking area from early morning till after the final session in the evening

## **VENDORS**

- There will be various food & coffee stalls.
- There will be swimming apparel for sale.
- There will be ice baths available
- There will be masseuses available.

## **LOC:**

Tournament Director	Raymond	Entries/ETD
LOC Member	Elna Cecil	MM
LOC Member	Thea Lategan	Announcing
LOC Member	Lluwellyn Coetzee	WCA President
LOC Member	Tarita Pollicutte	Merchandise/Officials/Vendors
LOC Member	Daphne Bird	SSA Representative
LOC member	Mafata Modutoane	SSA Representative

**Please submit any queries via your club/District.**

**Proudly hosted by**

**SWIMMING SOUTH AFRICA**

**&**

**WESTERN CAPE AQUATICS**