

# SA National Aquatic and Junior Age Group Swimming Championships

6<sup>th</sup> – 11<sup>th</sup> April 2022

Please take note of the following important information:

## SPECTATORS

The numbers of spectators will be limited per session to approximately 300, in line with COVID compliance restrictions. Depending on the number of swimmers entered in the session as well as all the support, coaches, team managers technical officials and admin staff.

Tickets will be available at the gate on a first come basis.

Parents are urged to only attend the sessions where their swimmers are participating.

## WARM UP TIME ALLOCATION:

**HEATS:** During the last 40mins of allocated warm up time, the use of the competition pool will be exclusively for open swimmers and those 16 and over swimmers seeded in the fastest three heats. The junior swimmers must make use of the time allocation prior.

The Newton pool will be available for training on the 4<sup>th</sup> and 5<sup>th</sup> April, please contact Michael Cantor for time allocation. [president@nmb-aquatics.co.za](mailto:president@nmb-aquatics.co.za)

## STARTING TIMES FOR:

**HEATS:** The genders will be separated in Men and Women heats, MC events as per the Schedule

## **FINALS:** JUNIOR AND OPEN:

### PLEASE NOTE:

- All timelines are approximate and subject to change.
- Heats will be swum **fastest to slowest**
- Only swimmers participating in the particular session will be permitted to warm up in the competition pool
- Medal presentations – Junior Medal presentation immediately after the completion of the session – area to be notified
- Senior Medal presentations as per the schedule

## Day 1

- **HEATS:** Women will start their heats **at 07:30am** as per the program.  
Men will start their warmup at approximately 10:10 and their heats will start at 11:00 as per program.
  - **Men 400 Free** – The top 32 seeded swimmers plus any 17 and over swimmers, as per the finalised entries received, may swim in the heats, the top 8 swimmers will qualify for the Men Open Final.  
  
Age Group swimmers 16 and under, may choose to swim heats if they are in the top 32 seeded swimmers and be eligible for the Open final, and or opt to swim the Age Group Time final in the Junior Final session. All remaining 16 and under swimmers will be swim as Timed Finals.
- **FINALS:** Junior Finals will start at 14:00.  
Open Finals will start at 18:00.

## Day 2

- **HEATS:** Men will start their heats at 08:30 as per the program.  
Women's warm up will start at approximately 11:25 and their heats will start at 12:30 as per the program.
- **FINALS:** Junior Finals will start at 15:00.  
Open Finals will start at 18:00.

## Day 3

- **HEATS:** Women will start their heats at 08:30 as per the program.  
Men's warm up will start at approximately 09:55 and their heats will start at 11:15 as per the program.
- **FINALS:** Junior Finals will start at 15:00 and it will include 12–14, 15–18 W 1500 free TF.  
Open Finals will start at 18:00.

## Day 4

- **HEATS:** Men will start their heats at 07:30am as per the program and will include slowest open 800 Free TF  
Women will start their warmup at approximately 09:30 and their heats will start at 10:45 as per program.
- **FINALS:** Junior Finals will start at 15:00.  
12 – 14 and 15 – 16 Men 800 Free TF  
Open Finals will start at 18:00.

## Day 5

- **HEATS:** Women will start their heats at 08:30am as per the program and will include slowest open 800 Free TF  
Men will start their warmup at approximately 10:00 and their heats will start at 11:15 as per program.
- **FINALS:** Junior Finals will start at 15:00. Women 12 – 14 and 15 – 16 800 Free TF  
Open Finals will start at 18:00.

## Day 6

- **HEATS:** Men will start their heats at 08:30am as per the program and will include Men slowest open 1500 Free TF  
Women will start their warmup at approximately 10:15 and their heats will start at 11:30 as per program.
  - **Women 400 Free** – The top 32 seeded swimmers plus any 17 and over swimmers, as per the finalised entries received, may swim in the heats, the top 8 swimmers will qualify for the Women Open Final.  
  
Age Group swimmers 16 and under, may choose to swim heats if they are seeded 32 swimmers and be eligible for the Open final, and or opt to swim the Age Group Time timed final in the Junior Final session. All remaining 16 and under entries will be swum as Timed Finals.
- **FINALS:** Junior Finals will start at 14:00.  
Men 12 – 14 and 15 – 16 1500 Free TF  
Open Finals will start at 18:00.

### ADMISSION TO THE POOL:

- ❖ Entry to the pool for Competitors, Officials, Coaches and Managers will be free of charge on presentation of their accreditation cards, and provided their names are on the list at the front entrance for the relevant session
- ❖ Accreditation cards will be available at the managers meeting on the 5<sup>th</sup> April 2022.
- ❖ Only technical officials who are scheduled to officiate during the particular session will gain access with their accreditation.
- ❖ Subject to the number of athletes/coaches/team manager/technical officials, support and admin staff per session, there will be a limited number of seats available, for vaccinated spectators to purchase at R40.00 each for adults and R20 for scholars per session. There will be 4 sessions per day – Men's heats, Women's heats, Junior finals and Open finals.
- ❖ There will be livestreaming of the event available – details to follow SSA

### GENERAL RULES AND COVID COMPLIANCE:

- ❖ Team Managers are requested to ensure that all swimmers adhere to all COVID Compliance regulations at all times
- ❖ Temperature readings will be done on everyone entering the venue.
- ❖ Face masks are to be worn at all times. They may only be removed when racing. Swimmers must please wear their face masks to the starting blocks and only remove them once they are on the pool deck behind the starting blocks.
- ❖ **FINA** rules will apply. The Referee's decision is final.
- ❖ There will be strict access control at the front gate and we ask you to bear with us and respect the decisions made by the pool staff at the front entrance.
- ❖ There will be a list of swimmers and officials per session at the front entrance and only those on the list will be allowed into the venue for that session.
- ❖ Spectators buying tickets on the day will be required to present a vaccination certificate on arrival and sign in for each session.