

- 1. **Event:** SA National Championships (25m)  
**Trials for 2016 FINA World Short Course Championships**
- 2. **Date:** 25 – 28 August 2016
- 3. **Venue:** GC Joliffe Pool, Pine Street, Pietermaritzburg

**[A] GENERAL COMPETITION RULES**

- 1 FINA Technical Rules will apply to this competition.
- 2 IPC rules will apply for Para swimming events.
- 3 This Competition is an Open Competition, i.e. events will be contested in a Men’s and Women’s section.
- 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 All entry times must be achieved from 1 May 2015 onward. Only times on the national database will be accepted
- 6 Visitors must forward a clearance to compete. Their entry times must be verifiable.
- 7 All entries must have entry times, with the exception of the 100m Individual Medley.
- 8 Clubs must take note of the Technical Officials requirements according to the number of swimmers entered.
- 9 Swimmers may enter the events that they have S A National qualifying times for, plus three additional non qualified events provided they have times on the SSA Database.
- 10 Clubs may enter their fastest non qualifier in an event where they do not have any swimmers with qualifying times entered.
- 11 Clubs may enter ONE relay team per event.
- 12 There may be heats and finals for the Relay events where there are 8 or more entries. This decision will be taken at the Manager’s Meeting
- 13 Any swimmer entered into the meet may be selected as a member of their club relay team.

**14 PARA SWIMMING**

- 16.1 Para Swimming events will be swum in two categories, Depending on their classification. Category 1 Swimmers with S1 -13 classifications – category 2 Swimmers with S14 and S15 classifications.
- 16.2 The heats will be swum together and then the finalists for Category 1 and 2 will be separated into two finals. The final results and qualification for the finals will be determined using the World Records for each classification.

**15 TECHNICAL OFFICIALS**

- 10.1 This is a Club Competition. Clubs will be required to provide SSA registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition:
  - 10.1.1 1 - 5 swimmers, one judge.

- 10.1.2 6 - 10 swimmers, a minimum of one judge and one timekeeper **for every session.**
- 10.1.3 11 - 20 swimmers, a minimum of three officials for **every session**, 2 Judges and 1 timekeeper
- 10.1.4 21 and over swimmers, a minimum of four officials for **every session**, 2 judges and 2 timekeepers
- 10.1.5 All Technical Officials must be correctly attired;
  - 10.1.5.1 White shirts and Navy Blue Trousers or skirts for finals sessions;
  - 10.1.5.2 Optional - Navy blue shorts for Heats.
- 10.2 The names of SSA registered, trained and available officials must accompany the swimmers entries. **Failure to do so may result in the swimmers entries being rejected**
- 10.3 **Clubs, whose Technical Officials do not report for duty, will be fined R1000.00 per session and their swimmers withdrawn from the session.**
- 10.4 **If clubs cannot provide their required TIMEKEEPERS, please contact Mr Gavin Jackson – [gavincjackson@gmail.com](mailto:gavincjackson@gmail.com) who will give you a quote for the cost of providing the necessary timekeeper.**

## 11 TIME TRIALS

- 11.1 Applications for Time Trials during any competition period, will be considered for Swimmers who had entered the relevant event by the closing date for entries of the competition
- 11.2 Written application detailing the motivation must be received at least twenty-four hours prior to the time trial
- 11.3 The Fee will be R600.00 per time trial
- 11.4 Time Trials, if granted, will take place at the end of a heats session

## **[B] ENTRIES ADMINISTRATION**

1. All entries must be submitted by the Provincial Secretary.
2. Individual entry fee R70.00 per event
3. Relay entry fee R90.00 per event
4. Closing dates for entries:
  - 4.1. First date: 2 August 2016
  - 4.2. Second date: 16 August 2016
5. **Late entries:**
  - 5.1. Late entries will be applicable from 3 August to 16 August at 3 times the original entry fee.
  - 5.2. Late entries at 10 times the original fee 17 August up to Managers Meeting on 24 August 2016 (17:00).
  - 5.3. The team Managers Meeting is the last opportunity for late/additional entries – thereafter no late entries will be accepted.
6. Only accredited managers may
  - 6.1. Withdraw competitors
  - 6.2. Lodge objections
  - 6.3. Lodge complaints

7. Written protest accompanied by R500.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification
8. In the case of a dispute, the referees' decision will be final.
9. All team managers must attend the Manager's Meeting.
  - 9.1. Clubs who are not represented and who do not comply with the rules concerning entries will not receive any concessions.
  - 9.2. 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.

## 10. Withdrawals

- 10.1. Pre-competition at the Manager's Meeting – no charge
- 10.2. 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.
- 10.3. No-shows, 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.
- 10.4. 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.
- 10.5. 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.

## 11. Relays

- 11.1. 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.
- 11.2. 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.

## 12. CEREMONIES

- 12.1. Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
  - 12.2. Medal Ceremony – Swimmers must present themselves in good time and correctly attired.
  - 12.3. Only medal winners are allowed to be on the medal podium during medal presentations (no family members, etc).
13. SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition.

## 14. EVENTS

### 14.1. 50 & 100m's:

Prelims, semi-finals & finals

### 14.2 200 & 400m's:

Prelims, A & B finals provided there are 17 or more participants with a minimum of 4 participants available to compete in the B Finals

### 14.3 800 / 1500m's:

Timed finals – slower finals in morning session, fastest in evening session

**14. 2016 SA National Short Course Qualifying Times**

| <b>Distance</b> | <b>Stroke</b>     | <b>Women</b> | <b>Men</b> |
|-----------------|-------------------|--------------|------------|
| 50              | Freestyle         | 28.44        | 24.90      |
| 100             | Freestyle         | 1:01.93      | 55.01      |
| 200             | Freestyle         | 2:13.98      | 2:01.83    |
| 400             | Freestyle         | 4:42.55      | 4:18.05    |
| 800             | Freestyle         | 9:40.58      | 9:03.80    |
| 1500            | Freestyle         | 18:53.08     | 17:06.13   |
| 50              | Backstroke        | 32.91        | 29.95      |
| 100             | Backstroke        | 1:11.61      | 1:03.87    |
| 200             | Backstroke        | 2:34.22      | 2:18.87    |
| 50              | Breaststroke      | 36.49        | 32.35      |
| 100             | Breaststroke      | 1:19.43      | 1:10.65    |
| 200             | Breaststroke      | 2:50.89      | 2:33.75    |
| 50              | Butterfly         | 31.54        | 27.67      |
| 100             | Butterfly         | 1:08.63      | 1:00.97    |
| 200             | Butterfly         | 2:31.59      | 2:16.05    |
| 200             | Individual Medley | 2:32.36      | 2:16.41    |
| 400             | Individual Medley | 5:21.44      | 4:50.76    |