

- Event:** SA National Championships (25m)
- Date:** 19 – 20 August 2023
- Venue:** Generation School Swimming Pool, Copacabana Blvd, Somerset West

## **[A] GENERAL COMPETITION RULES**

- 1 FINA Technical Rules will apply to this competition.
- 2 This Competition is open to swimmers (12 and over) who have achieved the qualifying time.
- 3 Provinces may apply for an entry concession for swimmers who have not achieved the qualifying standards. Swimmers will be assessed based on their current ranking. **Applications must be received by Friday 14<sup>th</sup> July 2023.**
- 4 **Final list of session times and breakdown of event order will be published once entries have closed.**
- 5 Elite Para and Senior Para Squad members may enter.
- 6 All entries must have entry times on the SSA database 2022/2023 and be registered for the current season.
- 7 **The 800 Free and 1500 Free events for Men and Women will be Timed Finals. These events will be swum in morning session. There will be A and B Finals for all the other events where there are 17 or more participants, provided there are at least 4 swimmers swimming the "B" final.**
- 8 TECHNICAL OFFICIALS
  - 9.1 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:
    - 9.1.1 1 - 5 swimmers, one judge and one timekeeper.
    - 9.1.2 6 - 10 swimmers, a minimum of two judges and one timekeeper for every session.
    - 9.1.3 11 and over swimmers, a minimum of three officials for every session,  
2 Judges and 1 timekeeperAll Technical Officials must be correctly attired;
    - 9.1.4 White shirts and Navy Blue Trousers or skirts for finals sessions;
    - 9.1.5 Optional - Navy blue shorts for Heats.

## **[B] ENTRIES ADMINISTRATION**

1. All entries must be submitted by the Provincial Secretary.
2. Individual entry fee R110.00 per event (R100.00 entry fee plus R10.00 SSA Levy)
3. Closing dates for entries:
  - 3.1. **First date: 18 July 2023**
  - 3.2. **Second date: 28 July 2023**
4. **Late entries:**
  - 4.1. **Late entries will be applicable from 19 July to 28 July 2022 at 3 times the original entry fee.**
  - 4.2. **After 28 July no further correspondence re entries will be accepted and all queries, withdrawals, late entries will be dealt with at the Manager's Meeting.**

- 4.3. Late entries at 10x the original will be accepted at the Managers Meeting on 18 August 2023 (16:00).
- 4.4. The team Managers Meeting is the last opportunity for late/additional entries – thereafter no late entries will be accepted.
5. Only accredited managers may
  - 5.1. Withdraw competitors
  - 5.2. Lodge objections
  - 5.3. Lodge complaints
6. Written protest accompanied by R1000.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification
7. In the case of a dispute, the referees' decision will be final.
8. All team managers must attend the Manager's Meeting.
  - 8.1. Clubs who are not represented at the Manager's Meeting and who do not comply with the rules concerning entries will not receive any concessions.
  - 8.2. 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.

## 9. Withdrawals

- 9.1. Pre-competition at the Manager's Meeting – no charge
- 9.2. 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.
- 9.3. 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.
- 9.4. 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.
- 9.5. 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.
- 9.6. TIME TRIALS – If the application is accepted the fee will be R1100.00

## 10. CEREMONIES

- 9.2 Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
- 9.3 Medal Ceremony – Swimmers must present themselves in good time and correctly attired.

**11** SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition.

## 12 EVENTS

- 12.1 All events except 800m and 1500m Freestyle:** Heats, A & B Finals, provided there are 17 or more participants in the heats
- 12.2 800 / 1500m's:** Timed finals

**PROGRAM OF EVENTS****HEATS : 09:00****FINALS : 16:00****Day 1 19/08/2023**

400m Individual Medley Men  
 200m Freestyle Women  
 100m Freestyle Men  
 S1 – S13 100 Free M&W  
 S14 & S15 100 Free M&W  
 100m Breaststroke Women  
 50m Breaststroke Men  
 100m Butterfly Women  
 100m Backstroke Men  
 50m Backstroke Women  
 S1 – S13 100 Backstroke M&W  
 S14 & S15 100 Backstroke M&W  
 200m Butterfly Men  
 200m Individual Medley Women  
 400m Freestyle Men  
 50m Freestyle Women  
 S1 – S13 100 IM M&W  
 S14 & S15 IM M&W  
 200m Breaststroke Men  
 200m Backstroke Women  
 50m Butterfly Men  
 S1 – S13 50 Breaststroke M&W  
 S14 & S15 50 Breaststroke M&W  
 800m Freestyle Women TF  
 800m Freestyle Men TF  
 4 x 100m Medley Relay Mixed

**HEATS: 09:00****FINALS: 15:00****Day 2 20/08/2023**

400m Individual Medley Women  
 200m Freestyle Men  
 100m Freestyle Women  
 S1 – S13 100 Breast M&W  
 S14 & S15 100 Breast M&W  
 100m Breaststroke Men  
 50m Breaststroke Women  
 100m Butterfly Men  
 100m Backstroke Women  
 50m Backstroke Men  
 S1 – S13 50 Butterfly M&W  
 S14 & S15 50 Butterfly M&W  
 200m Butterfly Women  
 200m Individual Medley Men  
 400m Freestyle Women  
 50m Freestyle Men  
 S1 – S13 50 Freestyle M&W  
 S14 & S15 50 Freestyle M&W  
 200m Breaststroke Women  
 200m Backstroke Men  
 50m Butterfly Women  
 S1 – S13 50 Backstroke M&W  
 S14 & S15 50 Backstroke M&W  
 1500m Freestyle Men TF  
 1500m Freestyle Women TF  
 4 x 100 Freestyle Relay Mixed

**QUALIFYING TIMES**

<b>WOMAN</b>	<b>EVENTS</b>	<b>MEN</b>
<b>QT's</b>		<b>QT's</b>
28.88	<b>50m Freestyle</b>	25.40
1:04.09	<b>100m Freestyle</b>	59.09
2:20.34	<b>200m Freestyle</b>	2:11.65
4:57.72	<b>400m Freestyle</b>	4:44.05
10:28.93	<b>800m Freestyle</b>	9:49.99
20:10.21	<b>1500m Freestyle</b>	18:48.48
32.25	<b>50m Backstroke</b>	27.99
1:12.86	<b>100m Backstroke</b>	1:07.65
2:37.53	<b>200m Backstroke</b>	2:28.08
35.98	<b>50m Breaststroke</b>	31.81
1:22.47	<b>100m Breaststroke</b>	1:17.19
2:58.70	<b>200m Breaststroke</b>	2:51.16
30.71	<b>50m Butterfly</b>	27.40
1:11.60	<b>100m Butterfly</b>	1:05.19
2:43:69	<b>200m Butterfly</b>	2:28.37
1:11.19	<b>100m IM</b>	1:02.08
2:39.96	<b>200m IM</b>	2:28.12
5:45:94	<b>400m IM</b>	5:18.19