



CAPE TOWN AQUATICS

2019/2020 SWIMMING SEASON

Gala Programs

Please note due to numbers, CTA Clubs/swimmers ALWAYS get 1st option to enter in CTA galas/sessions. Should a session/gala not be longer than 2 and a half hours after all CTA Clubs/swimmers entries has been processed, and there are lanes available all other districts will be able to enter the session/gala
 2nd – West Coast Aquatics : 3rd – Overberg Aquatics : 4th – Winelands Aquatics - 5th – Eden Aquatics
 *ONLY after 2nd set of reports have been circulated to CTA Clubs and lanes are available, the other districts' entries will be processed.
 *SANJ SESSIONS will ALWAYS be open to ALL districts to create competition among Elite swimmers

Jan'20	18	CTA INTER DISTRICT PRESTIGE GALA	TBC	Team Selected
Jan'20	18	CTA CLUB HOSTED GALA #3 - Cape of Good Hope	Fairmont	9am 10Jan'20
Jan'20	24-26	CTA QUALIFYING GALA #3	Bellville/Strand	9am 13Jan'20
Session 1	All Ages	400 Free, 50 Breast, 100 Fly		
Session 2	12&u	100 Back, 200 Fly(12yrs), 200 Free, 100 Breast, 100 Free, 400 IM(12yrs), 50 Fly		
Session 3	13&o	100 Back, 200 Fly, 200 Free, 100 Breast, 100 Free, 400 IM, 50 Fly		
Session 4	12&u	50 Free, 200 IM, 50 Back, 200 Breast, 200 Back		
Session 5	13&o	1500 Free, 200 IM, 50 Back, 200 Breast, 200 Back, 800 Free		
4th Quarter	Date	Event	Venue	Entry Deadline
Feb'20	15 - 16	CTA CHAMPS (Level 2, 3 & SANJ)	TBC	9am 31Jan'20
Session 1	SANJ+ : Open	400 Free, 800 Free, 1500 Free		
Session 2	L3 : Open	400 Free		
Session 3	SANJ+ : Open	200 Free, 200 IM (M/Disable), 100 Breast, 50 Back, 50 Back (M/Disable), 100 Fly, 100 Free, 100 Free (M/Disable), 50 Breast, 50 Breast (M/Disable)		
Session 4	L3 : Open	200 Free, 100 Breast, 50 Back, 100 Fly, 100 Free, 50 Breast		
Session 5	L2 : Open	200 Free, 100 Breast, 50 Back, 100 Fly, 100 Free, 50 Breast		
Session 6	SANJ+ : Open	100 Back, 100 Back (M/Disable), 200 IM, 50 Free, 50 Free (M/Disable) 200 Breast, 100 Breast, 200 Back, 50 Fly, 50 Fly (M/Disable)		
Session 7	L3 : Open	100 Back, 200 IM, 50 Free, 200 Breast, 200 Back, 50 Fly		
Session 8	L2 : Open	100 Back, 200 IM, 50 Free, 200 Breast, 200 Back, 50 Fly		
Feb'20	22 - 23	CTA FUTURE STARS QUALIFYING GALA - Level1	Sun Valley	9am 07Feb'20
Mar'20	7	CTA RELAY CHALLENGE #2 / AQUATICS EXTR	TBC	9am 25Feb'20
Session 1	12&u	100 Free Relay, 200 Medley Relay, 200 Free Relay, 100 Medley Relay - Mixed		
Session 2	13&o	100 Free Relay, 200 Medley Relay, 200 Free Relay, 100 Medley Relay - Mixed		
Mar'20	30	FUTURE STARS CHAMPS 2020 - Level1	TBC	Team Selected

