



It is with great pleasure that CTA invites all to our very
1st CAPE TOWN AQUATICS INVITATIONAL MEET

The gala will take place at the
GENERATIONS SOMERSET WEST
 25M Indoor, Heated, 12 Lane Swimming Pool from the
2nd to 4th July 2022

Please note the following rules and procedures which apply to the running of the gala.

SESSION	DATE	WARMUP	START		
Session 1	Saturday 02 nd July	07h00	08h00	13 & Over + Multi-Disability	Heats
Session 2	Saturday 02 nd July	13h00	14h00	12 & Under	Timed Finals
Session 3	Saturday 02 nd July	17H00	18H00	13 & Over + Multi-Disability	Finals
Session 4	Sunday 3 rd July	07h00	08h00	13 & Over + Multi-Disability	Heats
Session 5	Sunday 3 rd July	13h00	14h00	12 & Under	Timed Finals
Session 6	Sunday 3 rd July	17H00	18H00	13 & Over + Multi-Disability	Finals
Session 7	Monday 4 th July	07h00	08h00	13 & Over + Multi-Disability	Heats
Session 8	Monday 4 th July	13h00	14h00	12 & Under	Timed Finals
Session 9	Monday 4 th July	17H00	18H00	13 & Over + Multi-Disability	Finals

Please note that the above AND below start times may change according to the Covid regulations at the time of the gala and the number of entries received. Any amendments to the times and age groupings will be communicated to all competing clubs in good time to ensure the smooth running of the gala for all. The start time for Session 1 on Saturday will not be affected at all so plans may be made for arrival for this session.

SESSION 1 : SESSION 4 : SESSION 7	
06h30	Gates Open
06h45 - 07h45	Warm-Ups
07h45	Clear Pool
07h40	Officials Briefing
08h00	Session Start
12h20	Line up for March Pass – ONLY DAY 1
12h30	March Pass & Opening Ceremony– ONLY DAY 1
SESSION 2 : SESSION 5 : SESSION 8	
12h45 - 13h45	Warm-Ups
13h40	Officials Briefing
13h45	Clear Pool
14h00	Session Start
SESSION 3 : SESSION 6 : SESSION 9	
16h45 - 17h45	Warm-Ups
17h40	Officials Briefing
17h45	Clear Pool
18h00	Session Start



GALA RULES & PROCEDURES:

- FINA rules will govern.
- The gala will be run in accordance with Swimming South Africa rules.
- Only SSA registered swimmers will be allowed to compete. *Please note: As per Swimming South Africa, swimmers must be registered two weeks prior to this gala.*
- A list with the names for all swimmers, officials and coaches must be submitted, along with your entries, on the attached form.
- All swimmers from outside the Western Cape must submit a clearance letter from their Provincial Association, along with their entries.
- Under no circumstances will a swimmer be permitted to enter any events unofficially.
- Age on **02nd of July 2022** will determine the age group a swimmer may enter.
- In individual events, swimmers may compete in their own age group only.
- In relay events, swimmers may swim up an age group but may compete in only one age group.
- Only 1 Relay Team per event.
- All relays will be swum timed finals.
- Swimmers may **enter 6 individual events**.
- 12 & Under events will be swum as timed finals – fast to slow.
- 13 & Over + Multi-Disability events will be swum as heats (fast to slow) & finals.
- Swimmers failing to submit entry times will swim in the slower heats.
- No times will be allowed.
- Custom times will not be allowed.
- The one start rule will apply.
- Heats may be combined should there not be sufficient entries in an age group.

MEDALS

- Medals will be awarded to the top three places in each age group, MALE & FEMALE
 - 12 & Under - 50m and 100m events (excluding fly)
 - 8&U
 - 9-10
 - 11-12
 - 12 & Under – 50m & 100m Fly and 200m events
 - 10&U
 - 11-12
 - 13 & Over
 - 13-14
 - 15-16
 - 17&O
 - 14&U Multi-Disability – (S1-13) & (S14-S15)
 - 15&O Multi-Disability – (S1-13) & (S14-S15)
 - Medals in the 200m fly, 400m free, 400m IM, 800m free & 1500 free events
 - 12-14
 - 15-16
 - 17&O
 - Medals in the relay events
 - 12&u
 - 13&o
- In accordance with current Covid rulings, there will be no medal presentations. Medals will be presented to the Team Manager of each club after the results have been certified as correct.
- Team Managers are requested to hand the medals out to the swimmers in their clubs.
- Only Team Managers will be allowed at the administration table.



- A WhatsApp group will be created for ease of communication for Coaches and Team Managers (relevant mobile numbers must be included on the official's roster)
- The referee's decision is final.
- Trophies will be awarded to the
 - Top Club
 - Victor Ludorum (Junior 12 & under)
 - Victrix Ludorum (Senior 13 & over)
- Generations Somerset West Swimming Pool will be open for warmups from 3-6pm on Friday the 2nd of July 2022.

OFFICIALS:

- Club officials to be provided in accordance with SSA guidelines.
- Clubs are requested to provide a list of their registered officials on the attached list.
- Coaches & Team Managers and their contact numbers must also be added to the list.
- Clubs will be allowed to have 1 x Team Manager should;
 - they do not have a coach to accompany their swimmers
 - they have more than 10 swimmers entered for the specific session.
- Only registered coaches will be allowed on pool deck. Please note that LTS or Apprentice LTS instructors will not be allowed on pool deck.
- This list is to be emailed to swimboard@ctmaquatics.co.za by no later than 9am on Tuesday the 14th of June 2022.
- A full officials list will be distributed as soon as possible to all competing clubs.

ENTRIES:

- Individual entry fee is R50 per event.
- Individual late entries (after the closing date) will be R100 per event, provided a lane is available.
- No late entries will be accepted on pool deck.
- Relay entry fee is R100 per event.
- Late relay entries (after the closing date) will be R200, provided a lane is available.
- Surcharge is R100 per swimmer.
- No late relay entries will be accepted on pool deck.
- **No individual entries are permitted. Swimmers must enter via their clubs.**
- Entries must be done on Team Manager and emailed to swimboard@ctmaquatics.co.za by no later than 9am on Tuesday the 14th of June 2022.
- Late entries and corrections must reach to swimboard@ctmaquatics.co.za by 9am on Monday the 20th of June 2022.
- Clubs will be invoiced and are payable once received. Banking details will be on the invoice. No individual payments please, only via the club.

SCRATCHINGS:

- Scratchings for Session 1 & 2 must be done at the Team Managers meeting
- Scratchings for Session 3 must be done by the end of Session 1
- Scratchings for Session 4 must be done by the end of Session 2
- Scratchings for Session 5 must be done by the end of Session 3
- Scratchings for Session 6 must be done by the end of Session 4
- Scratchings for Session 7 must be done by the end of Session 5
- Scratchings for Session 8 must be done by the end of Session 6
- Scratchings for Session 9 must be done by the end of Session 7

!!! PLEASE SCRATCH TIMEOUSLY TO AVOID A R500 NO SHOW PENALTY FEE !!!



- Withdrawals for the Finals are to be submitted within half an hour of the completion of the Prelims.
- Withdrawals made outside this time limit will be fined R300.00 per event.
- No Shows, heats, and finals (including reserves): swimmers who do not show for their races will be fined R500.00 and the swimmer may not compete in any other event until the fine has been paid.

WARMUPS:

- No training equipment (boards, fins, paddles) are allowed during warm up.
- Lanes 10 & 11 to be used for dives on both ends.
- Lane 0 is allocated to the disabled swimmers.
- Please exit pool via the stairs.
- NO climbing out over the touch pads.

PROTESTS:

- Protests must be submitted in writing with a R500 deposit to the Meet Referee within 30 minutes of the incident in question.
- The Referee's decision will be final.

TEAM MANAGER'S MEETING:

- A Team Manager's meeting will be held in the Committee Room at the Generations Somerset West pool at 15h00 on Friday the 2nd of July 2022.

MARCH PAST:

- March Past and short opening ceremony will happen between Session 1 & Session 2.
- More details to follow at a later stage closer to the meet.

PHOTOGRAPHS:

- There will be an official photographer taking photos of the swimming action.
- All photographs will be uploaded to the CTA Facebook page.
- You are welcome to download them for your personal use.

EVENT MERCHANDISE:

- Event merchandise is available on pre-order only.
- Clubs' entry clerks to collate and submit the merchandise order.
- Once all orders have been collated, a summary sheet will be sent to all the clubs to confirm.
- Once confirmed by club clerk, clubs will be invoiced once orders have closed.
- Please pay your club.
- All orders will be handed to the Team Managers at the TM meeting for distribution to their swimmers.
- Long sleeve t-shirt = R220 each
- Buff = R100 each
- Travel Mug = R120 each
- Please complete order form should you be interested.
- Orders are due by 9am on the 7th of June 2022.

SPECTATOR TICKETS:

- According to Covid regulations, ONLY limited spectators will be permitted.
- Number of spectators allowed will be capped to 100pax per session.
- There will be no entry fee for swimmers, officials, coaches & team managers
- Please complete order form should you be interested.
- Orders are due by 9am on the 7th of June 2022.



PROGRAMS & RESULTS:

- Programmes will be on sale at the entrance at R40 for heats sessions & R20 for finals sessions.
- Each club will receive free programmes for their team manager and coaches from the admin office.
- Results will be on meet mobile.

LIVE STREAMING:

- The gala will be live streamed so that parents and families are able to watch their swimmers in action.
- More information regarding the live streaming will be forwarded closer to the time.

COVID COMPLIANCE:

Full Covid compliance documentation will be distributed to all competing clubs closer to the time.

SWIMMERS VILLAGE:

- Clubs are welcome to bring their gazebos to setup on the main sports field.
- There will be vendors & ablution facilities for all.
- Bedouin Tents will be available for rent as well.
- Prices below are per tent for the duration of the meet.
- Please complete order form should you be interested.
- Orders are due by **9am on the 7th of June 2022.**
 - 6m x 6m = R2300
 - 6m x 9m = R2875
 - 10m x 10m = R4600
 - 10m x 15m = R6900

ACCESS CONTROL:

- Gates will open at 06H30 every morning.
- Swimmers, officials & coaches will have access to the pool after their names are verified on the list at the entrance.

1. Covid Compliance:

- a. The total number of persons inside the venue may not exceed 500, this includes spectators, swimmers, coaches, officials & ground staff.
- b. However, those spectators that is not able to purchase a ticket may enter through the pedestrian gate – and enjoy the facilities at the **SWIMMERS VILLAGE.**
- c. We will arrange for extra ablution facilities.
- d. PLEASE MAKE SURE THAT YOU PRACTICE THE 1.5M SOCIAL DISTANCE COVID RULE and WEAR YOUR MASKS AT ALL TIMES.
- e. No spectators will be allowed inside the AQUATICS CENTRE if you did not purchase a spectator's ticket for that specific session.
- f. Please be aware that the police monitor the venues and that arrests were made at other galas for non-compliance.

2. Pool Access:

- a. ONLY VIP, LOC, Coaches, Vendors, Medics & Sound are allowed to enter via the MAIN GATE. If your name is not on the list, you will not be granted access.



- b. Spectators, Officials & Team Managers must park at the pre-school. Access to the venue will be through the little gate at the round-about.
- c. Swimmers, officials & coaches will be screened and signed in at the door of the AQUATICS CENTRE (glass doors adjacent to the big sports field).
- d. Drop and go parents please remember that we need to keep the traffic controlled and not create traffic jams.
- e. Spectators will **NOT** be granted access to AQUATICS CENTRE without a ticket.
- f. A SWIMMER'S VILLAGE will be on the big sports field. There the clubs will be allowed to pitch their gazebos.
- g. Please note –camping chairs will **not be allowed inside** the venue.
- h. Vendors will be on site at the SWIMMERS VILLAGE.
- i. Please adhere to these access control rules.

We look forward to welcoming you all to the very 1st CTA INVITATIONAL MEET!

TEAM CTA

