

**Event:** SA National Championships (25m)

**Date:** 9 – 12 August 2018

**Venue:** Kings Park Swimming Pool, Durban

## **1. GENERAL COMPETITION RULES**

- 1.1. FINA Technical Rules will apply to this competition.
- 1.2. IPC rules will apply for Para swimming events.
- 1.3. This Competition is an Open Competition, i.e. events will be contested in a Men's and Women's section.
- 1.4. 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.
- 1.5. All entry times must be achieved from 1 May 2017 onward. Only times on the national database will be accepted
- 1.6. Visitors must forward a clearance to compete. Their entry times must be verifiable.
- 1.7. All entries must have entry times, with the exception of the 100m Individual Medley, however if a swimmer has a time, they may enter on the time and if it meets the qualifying time it will not be counted as one of the 3 allowable non-qualified events.
- 1.8. Clubs must take note of the Technical Officials requirements according to the number of swimmers entered.
- 1.9. Swimmers may enter the events that they have met the qualifying standards set below, plus three additional non-qualified events provided they have times on the SSA Database. The 100IM may be added as an additional event with a NT (no time). Swimmers must be 12 years or older on the first day of competition.
- 1.10. In accordance with the SSA transformation policy, Black African swimmers who are just outside the qualifying times, may apply to the High Performance Manager to be considered for participation in this event.
- 1.11. Clubs may enter ONE relay team per event.
- 1.12. 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
- 1.13. Any swimmer entered into the meet may be selected as a member of their club relay team.

## **2. PARA SWIMMING**

- 2.1. 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.
- 2.2. 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 Australian IPC Points system for each classification.

- 2.3. Swimmers must have achieved the SA National qualifying times for para swimming. Swimmers may enter the events that they have met the qualifying standards set below, plus three additional non-qualified events provided they have times on the SSA Database.

### **3. TECHNICAL OFFICIALS**

- 3.1. 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.
- 3.2. 1 - 5 swimmers, one judge.
- 3.3. 6 - 10 swimmers, a minimum of one judge and one timekeeper for every session.
- 3.4. 11 - 20 swimmers, a minimum of three officials for every session, 2 Judges and 1 timekeeper
- 3.5. 21 and over swimmers, a minimum of four officials for every session, 2 judges and 2 timekeepers
- 3.6. All Technical Officials must be correctly attired;
- 3.7. White shirts and Navy Blue Trousers or skirts for finals sessions;
- 3.8. Optional - Navy blue shorts for Heats.
- 3.9. 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
- 3.10. Clubs, whose Technical Officials do not report for duty, will be fined R1000.00 per session and their swimmers withdrawn from the session.
- 3.11. If clubs cannot provide their required TIMEKEEPERS, please contact Mr Gavin Jackson – gavinjackson@gmail.com who will give you a quote for the cost of providing the necessary timekeepers. This will be subject to the availability of officials.

### **4. TIME TRIALS**

- 4.1. 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
- 4.2. Written application detailing the motivation must be received at least twenty-four hours prior to the time trial
- 4.3. The Fee will be R700.00 per time trial
- 4.4. Time Trials, if granted, will take place at the end of a heats session

### **5. ENTRIES ADMINISTRATION**

- 5.1. All entries must be submitted by the Provincial Secretary.
- 5.2. Individual entry fee R70.00 per event
- 5.3. Relay entry fee R90.00 per event
- 5.4. Closing dates for entries:
  - 5.4.1. First date: 16 July 2018
  - 5.4.2. Second date: 23 July 2018

#### **5.5. Late entries:**

- 5.5.1. Late entries will be applicable from 17 July to 23 July at 3 times the original entry fee.

- 5.5.2. After 24 July no further correspondence re-entries will be accepted and all queries, withdrawals, late entries will be dealt with at the Manager's Meeting.
- 5.5.3. Late entries at 10 times the original fee 24 July up to Managers Meeting on 8 August 2018 (17:00).
- 5.5.4. The team Managers Meeting is the last opportunity for late/additional entries – thereafter no late entries will be accepted.
- 5.6. Only accredited managers may
  - 5.6.1. Withdraw competitors
  - 5.6.2. Lodge objections
  - 5.6.3. Lodge complaints
- 5.7. Written protest accompanied by R500.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification
- 5.8. In the case of a dispute, the referees' decision will be final.
- 5.9. All team managers must attend the Manager's Meeting.
  - 5.9.1. 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.
  - 5.9.2. 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.

#### **5.10. Withdrawals**

- 5.10.1. Pre-competition at the Manager's Meeting – no charge
- 5.10.2. 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.
- 5.10.3. 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.
- 5.10.4. 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.
- 5.10.5. 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.

#### **5.11. Relays**

- 5.11.1. 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.

- 5.11.2. 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.

## **6. CEREMONIES**

- 6.1. Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
- 6.2. Medal Ceremony – Swimmers must present themselves in good time and correctly attired.
- 6.3. Only medal winners are allowed to be on the medal podium during medal presentations
- 6.4. SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition.

## **7. EVENTS**

- 7.1. **50, 100, 200 & 400 events** - A and B finals will be offered provided a minimum of 17 participants in the heats and at least 5 participants in the "B" finals.
- 7.2. **800 / 1500m's: Timed finals** – Timed finals will be swum in morning session, with the fastest heat at night.

**8. TIME STANDARDS****Short Course Meters & Long Course Meters****Women**

	<b>SCM</b>	<b>LCM</b>
50 Free	28.46	29.26
100 Free	1:02.33	1:03.93
200 Free	2:15.54	2:18.74
400 Free	4:43.97	4:50.37
800 Free	9:54.17	10:06.97
1500 Free	19:00.06	19:18.36
50 Back	33.59	34.16
100 Back	1:12.02	1:13.22
200 Back	2:33.90	2:36.30
50 Breast	36.60	37.60
100 Breast	1:19.70	1:21.07
200 Breast	2:51.26	2:55.26
50 Fly	30.59	31.29
100 Fly	1:08.50	1:09.90
200 Fly	2:36.15	2:38.95
100 IM	1:10.15	
200 IM	2:35.70	2:38.90
400 IM	5:31.46	5:37.86

**Men**

	<b>SCM</b>	<b>LCM</b>
50 Free	25.25	26.05
100 Free	56.00	57.60
200 Free	2:02.05	2:05.25
400 Free	4:23.84	4:30.24
800 Free	9:11.06	9:15.20
1500 Free	17:00.44	17:24.44
50 Back	29.12	29.72
100 Back	1:04.12	1:05.32
200 Back	2:18.61	2:21.01
50 Breast	31.77	32.77
100 Breast	1:09.97	1:11.97
200 Breast	2:36.02	2:40.02
50 Fly	27.82	28.52
100 Fly	1:01.36	1:02.76
200 Fly	2:17.69	2:20.49
100 IM	1:01.96	
200 IM	2:20.43	2:23.63
400 IM	5:00.81	5:07.21

9. **Qualifying Times – Para**

		Men	Women
<b>50m Freestyle</b>	S1	1:29,32	1:15,53
	S2	1:21,80	1:15,52
	S3	0:59,64	1:04,96
	S4	0:52,56	0:58,41
	S5	0:44,72	0:50,23
	S6	0:40,00	0:48,68
	S7	0:38,74	0:44,30
	S8	0:35,45	0:42,18
	S9	0:35,18	0:40,66
	S10	0:32,42	0:38,89
	S11	0:35,38	0:43,32
	S12	0:32,19	0:37,66
	S13	0:32,49	0:38,33
	S14	0:34,37	0:38,36
	S15	0:32,84	0:36,61
<b>100m Freestyle</b>	S1	3:10,16	2:43,73
	S2	2:53,19	2:43,11
	S3	2:11,63	2:16,61
	S4	1:55,40	2:09,39
	S5	1:35,75	1:47,31
	S6	1:31,63	1:42,66
	S7	1:24,48	1:35,24
	S8	1:18,78	1:31,45
	S9	1:15,85	1:25,51
	S10	1:11,22	1:24,21
	S11	1:19,34	1:34,21
	S12	1:11,27	1:21,77
	S13	1:11,47	1:22,42
	S14	1:14,97	1:23,06
	S15	1:11,99	1:20,21
<b>50m Backstroke</b>	S1	1:30,01	1:37,93
	S2	1:23,19	1:28,20
	S3	0:59,09	1:17,60
	S4	0:59,79	1:07,89
	S5	0:48,99	0:54,15
	S6	0:49,01	0:55,83
	S7	0:45,58	0:54,66
	S8	0:43,20	0:51,87
	S9	0:41,72	0:47,08
	S10	0:39,00	0:44,27
	S11	0:45,23	0:51,09
	S12	0:39,30	0:44,73
	S13	0:38,60	0:45,65
	S14	0:41,69	0:44,30
	S15	0:38,75	0:43,55
<b>100m Backstroke</b>	S1	3:27,58	3:25,11
	S2	2:58,68	3:10,83
	S3	2:35,54	3:02,13
	S4	2:16,26	2:25,47
	S5	1:46,96	2:10,07
	S6	1:42,98	1:58,59
	S7	1:37,33	1:54,20
	S8	1:28,65	1:44,10

**NB\*\***

A Letter of request and proof of the QT being achieved should be sent to SSA if a swimmer wants to swim the events below as they will be swum in the heats with the able swimmers.

		Men	Women	
<b>200 m Freestyle</b>	S1	6:56,91	7:41,52	
	S2	6:06,88	6:46,04	
	S3	4:35,03	4:59,11	
	S4	4:06,13	4:31,45	
	S5	3:25,11	3:50,45	
	S6	3:16,27	3:40,39	
	S7	3:12,09	3:25,02	
	S8	3:00,19	3:17,58	
	S9	2:46,63	3:01,83	
	S10	2:40,24	3:06,55	
	S11	2:54,41	3:34,65	
	S12	2:47,20	3:08,37	
	S13	2:43,49	3:03,99	
	S14	2:44,02	3:01,83	
	S15	2:38,37	2:57,98	
<b>400 m Freestyle</b>	S6	06:42,85	7:26,84	
	S7	06:30,80	6:58,63	
	S8	06:12,51	6:35,19	
	S9	05:49,90	6:09,33	
	S10	05:41,00	6:21,91	
	S11	06:05,16	7:15,08	
	S12	05:44,33	6:28,32	
	S13	05:29,78	6:11,43	
	S14	05:57,74	6:39,36	
	S15	05:26,79	6:14,95	
	<b>800 m Freestyle</b>	S6	14:02,52	15:58,10
		S7	14:01,69	15:44,09
		S8	13:00,84	14:24,50
		S9	12:14,34	12:34,73
		S10	12:01,97	13:23,63
S11		14:26,61	15:20,95	
S12		12:27,07	14:05,29	
S13		12:46,91	13:20,87	
S14		12:38,58	14:17,74	
S15		11:54,56	12:49,62	
<b>1500 m Freestyle</b>		S7	27:46,22	31:01,55
		S8	26:07,83	28:00,49
		S9	23:11,77	23:55,13
		S10	22:51,58	25:59,40
		S11	26:38,95	30:16,54
	S12	26:31,94	00:00,00	
	S13	23:11,31	25:03,46	
	S14	24:14,40	27:26,40	
S15	22:20,60	25:04,36		
<b>200 m Backstroke</b>	S6	03:50,48	4:19,98	
	S7	03:46,17	4:05,92	
	S8	03:30,13	4:10,18	

	S9	1:26,45	1:37,02
	S10	1:24,01	1:32,26
	S11	1:34,84	1:50,03
	S12	1:23,09	1:34,82
	S13	1:19,76	1:34,21
	S14	1:24,62	1:31,94
	S15	1:22,17	1:33,55
<b>50m Breaststroke</b>	SB1	2:05,92	1:53,54
	SB2	1:18,78	1:36,73
	SB3	1:07,89	1:15,89
	SB4	1:00,82	1:07,27
	SB5	0:59,08	1:00,87
	SB6	0:52,78	1:02,86
	SB7	0:50,58	0:58,90
	SB8	0:44,20	0:50,92
	SB9	0:40,82	0:50,41
	SB11	0:45,43	0:55,87
	SB12	0:42,73	0:49,10
	SB13	0:41,86	0:50,78
	SB14	0:42,41	0:49,25
	SB15	0:38,91	0:46,58
<b>100m Breaststroke</b>	SB1	4:55,53	7:04,48
	SB2	3:05,70	3:51,03
	SB3	2:33,90	3:01,51
	SB4	2:09,18	2:25,42
	SB5	2:08,10	2:11,39
	SB6	1:52,24	2:13,71
	SB7	1:48,96	2:03,94
	SB8	1:33,81	1:48,04
	SB9	1:29,63	1:47,70
	SB11	1:38,15	2:02,32
	SB12	1:29,70	1:46,54
	SB13	1:29,01	1:47,97
	SB14	1:33,37	1:46,16
	SB15	1:24,00	1:41,28
<b>50m Butterfly</b>	S1	2:45,40	2:06,80
	S2	1:54,39	1:41,05
	S3	1:18,09	1:18,40
	S4	0:56,67	1:18,90
	S5	0:47,57	0:56,71
	S6	0:41,86	0:50,47
	S7	0:41,29	0:47,33
	S8	0:39,26	0:45,74
	S9	0:38,08	0:44,66
	S10	0:35,35	0:39,73
	S11	0:39,21	0:46,55
	S12	0:36,92	0:42,10
	S13	0:34,34	0:42,62
	S14	0:37,93	0:42,22
	S15	0:34,75	0:40,82
<b>100m Butterfly</b>	S5	1:48,91	2:29,41
	S6	1:39,06	2:04,98
	S7	1:35,54	1:52,20
	S8	1:24,63	1:35,48
	S9	1:22,92	1:33,44
	S10	1:18,39	1:29,53
	S11	1:25,57	1:45,24
	S12	1:19,58	1:28,35

	S9	03:10,06	3:27,61
	S10	03:01,76	3:21,49
	S11	03:34,79	3:59,23
	S12	03:13,34	3:31,58
	S13	03:14,26	3:37,06
	S14	03:24,97	3:24,97
	S15	02:58,40	3:23,99
<b>200 m Breaststroke</b>	SB4	04:41,90	5:15,98
	SB5	04:51,16	4:44,37
	SB6	04:13,68	5:02,92
	SB7	04:02,30	4:36,79
	SB8	03:27,17	4:03,45
	SB9	03:21,92	4:03,74
	SB11	03:47,58	4:27,65
	SB12	03:35,71	4:06,46
	SB13	03:35,35	4:00,09
	SB14	03:29,78	3:55,16
	SB15	03:05,50	3:37,91
<b>200 m Butterfly</b>	S8	03:16,49	3:39,10
	S9	03:09,14	3:33,98
	S10	03:07,29	3:35,61
	S11	03:33,68	3:59,30
	S12	03:06,76	3:53,14
	S13	03:14,01	3:32,63
	S14	03:10,04	3:41,93
	S15	02:50,39	3:16,04
<b>150 m Individual Medley</b>	SM1	08:13,44	5:16,18
	SM2	06:04,83	7:00,22
	SM3	03:49,21	4:40,00
	SM4	03:24,37	3:54,98
<b>400 m Individual Medley</b>	SM8	7:28,15	8:06,16
	SM9	7:09,06	7:33,47
	SM10	6:50,54	7:50,29
	SM11	7:06,03	8:40,39
	SM12	6:41,53	7:41,47
	SM13	7:07,21	7:33,04
	SM14	7:01,85	7:30,66
	SM15	5:59,69	7:05,70

	S13	1:16,89	1:32,33
	S14	1:22,57	1:35,38
	S15	1:15,46	1:29,63
<b>200m Ind Medley</b>	SM3	6:18,06	6:55,09
	SM4	4:58,21	6:53,97
	SM5	3:56,49	4:30,80
	SM6	3:42,07	4:17,70
	SM7	3:34,38	3:55,80
	SM8	3:17,29	3:38,40
	SM9	3:07,04	3:26,96
	SM10	3:02,01	3:23,91
	SM11	3:19,36	3:53,67
	SM12	3:03,22	3:27,20
	SM13	2:53,31	3:25,60
	SM14	3:04,62	3:21,85
	SM15	2:52,66	3:19,89