



WESTERN CAPE AQUATICS SHORT COURSE CHAMPIONSHIP 2019
5-7 July 2019, Fairmont High School, Durbanville



WCA and CTMA would like to welcome all swimmers who came to take part in this championship!

MESSAGE BY THE PRESIDENT OF WESTERN CAPE AQUATICS: Mr. Lluwellyn Coetzee

On behalf of Western Cape Aquatics, I want to welcome our Athletes, Coaches, Parents and Officials to the WCA Short Course Championships 2019. To all our athletes – I sincerely hope that you achieve your goals at this championship and that your hard work reaps the rewards you are expecting. Please enjoy this championship and return home with good memories.

We are very pleased to announce that after several years of interim structure, WCA will have its founding AGM in August where we will become a fully constituted and legal entity. To this end, we look forward to assisting the districts and members in their growth and success. The WCA Executive wish you good luck for these championships and for the rest of the season's competitions.

FRIDAY : 05 JULY 2019

LOC Meeting		11H00			
Team Managers Meeting		12H00			
Gates Open		12H45			
		Warm-ups	Clear Pool	Start	Medal Presentation
Session 1	13 & under	13H00	13H45	14H00	Directly after session finishes
Session 2	14 & over	16H00	16H45	17H00	Directly after session finishes

SATURDAY : 06 JULY 2019

Gates Open		07H45			
		Warm-ups	Clear Pool	Start	Medal Presentation
Session 3	13 & under	08H00	08H45	09H00	12H00
Teams to get ready for Opening Ceremony		11H30			
Opening Ceremony		11h40			
Session 4	14 & over	12H00	12H45	13H00	Directly after session finishes

SUNDAY : 07 JULY 2019

Gates Open		07H45			
Session 5	13 & under	08H00	08H45	09H00	Directly after session finishes
Session 6	14 & over	12H00	12H45	13H00	Directly after session finishes

CEREMONIES INFORMATION

	DELEGATE	
OPENING CEREMONY	Armien White	WCA Interim Exco Member
MEDAL CEREMONY – SESSION 1	Toni Pluke	WCA Interim Exco Member
MEDAL CEREMONY – SESSION 2	Nikki Smit	Sponsor
MEDAL CEREMONY – SESSION 3	Armien White	WCA Interim Exco Member
MEDAL CEREMONY – SESSION 4	Dereck Peceur	WCA Interim Exco Member
MEDAL CEREMONY – SESSION 5	Nici Wright	WCA EXCO Nominee
MEDAL CEREMONY – SESSION 6	Lluwellyn Coetzee	WCA Interim Exco Member

PROGRAM

DATE	SESSION	TIME	EVENT #	EVENT
FRI, 05Jul'19	Session 1	14H00	1 2 3 4 101 102 5 6 7 8	Women 13&u 200 Back Men 13&u 200 Back Women 11-13 200 Fly Men 11-13 200 Fly Women 50 Free Multi-Class Men 50 Free Multi-Class Women 13&u 400 Free Men 13&u 400 Free Women 13&u 100IM Men 13&u 100IM
FRI, 05Jul'19	Session 2	17H00	9 10 11 12 13 14 15 16	Women 14&o 200 Back Men 14&o 200 Back Women 14&o 200 Fly Men 14&o 200 Fly Women 14&o 400 Free Men 14&o 400 Free Women 14&o 100IM Men 14&o 100IM
SAT, 06Jul'19	Session 3	09H00	17 18 201 202 19 20 21 22 203 204 23 24 25 26	Women 11-13 400IM Men 11-13 400IM Women 100 Back Multi-Class Men 100 Back Multi-Class Women 13&u 100 Fly Men 13&u 100 Fly Women 13&u 200 Free Men 13&u 200 Free Women 100 Free Multi-Class Men 100 Free Multi-Class Women 13&u 100 Back Men 13&u 100 Back Women 13&u 200 Breast Men 13&u 200 Breast
SAT, 06Jul'19	Session 4	13H00	27 28 29 30 31 32 33 34 35 36	Women 14&o 400IM Men 14&o 400IM Women 14&o 100 Fly Men 14&o 100 Fly Women 14&o 200 Free Men 14&o 200 Free Women 14&o 100 Back Men 14&o 100 Back Women 14&o 200 Breast Men 14&o 200 Breast
SUN, 07Jul'19	Session 5	09H00	37 38 301 302 39 40 303 304 41 42 43 44 45 46	Women 11-13 800 Free – 8 FASTEST Men 11-13 800 Free – 8 FASTEST Women 100 Breast Multi-Class Men 100 Breast Multi-Class Women 13&u 100 Breast Men 13&u 100 Breast Women 200IM Multi-Class Men 200IM Multi-Class Women 13&u 100 Free Men 13&u 100 Free Women 13&u 200IM Men 13&u 200IM Women 13&u 50 Free Men 13&u 50 Free
SUN, 07Jul'19	Session 6	13H00	47 48 49 50 51 52 53 54 57 58	Women 14&o 800 Free – 8 FASTEST Men 14&o 800 Free – 8 FASTEST Women 14&o 100 Breast Men 14&o 100 Breast Women 14&o 100 Free Men 14&o 100 Free Women 14&o 200IM Men 14&o 200IM Women 14&o 50 Free Men 14&o 50 Free

WARM-UP LANE ALLOCATION PER CLUB PER SESSION

Team		SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
		Lane	Lane	Lane	Lane	Lane	Lane
	Disabled Swimmers	1	1	1	1	1	1
AQWO-CP	Aqua Wolf Aquatics Club	3		3	2	3	2
ASA-CP	Aqua Sharks Academy		3		3		8
ASAW-CE	Aqua Sharks Academy Winelands	4	3	5	3	6	8
BARR-CP	Barracudas Aquarama SC	7	5	6	2	5	7
BLMA-CP	Blouberg Marlins	6	2	7	7	7	8
CAMPS-CP	Camps Bay Swimming Club	2	3	5	8	4	6
CLSC-WC	Curro Langebaan Swim Club	7	7	8	8	5	8
CUDU-CP	Curro Durbanville Aquatics	7	7	8	8	5	8
CUHE-OB	Curro Hermanus Aquatics				6		8
CYBE-CP	Cybersmart Aquatics	4	4	6	4	8	4
KHAY-CP	Khayelitsha Aquatics			7	5	7	7
MARL-CP	Marlin Swimming Club	5		4	4	4	5
MATI-CE	University of Stellenbosch	3	5	3	5	5	6
PAQU-CE	Paarl Aquarius SC	8	6	5	5	6	5
PLAY-CE	Players Western Cape	3	6	4	6	3	7
QUIC-CP	Quick Silver Swimming Academy	6	8	7	6	7	7
REDAQ-CP	Reddam Aquatics	5	4	6	4	6	6
SAAW-CP	Swimlab Aquatic Academy	5	8	4	7	4	5
SWAR-WC	Swartland Swim Club	7		3	5	3	6
TUKS-TS	Tuks Swimming		4	7	7	7	4
TYGE-CP	Tygerberg Aquatics	2	3	2	3	2	3
UWCA-CP	UWC Aquatics	6	5	8	6	8	5
VINE-CP	Vineyard Swimming Club	3	2	3	2	3	2
WALM-CP	Walmers SC			6		6	
WELL-CE	The Well		6	5	7	5	4
WEST-CP	Westridge Swimming	4		8		8	
WOAQ-CE	Worcester Aquatics				8		4
XSAQ-CP	X-Stream Aquatics	8	7	4	8	4	8

TEAM MANAGERS MEETING:

The Team Managers meeting is to be held in the officials' room at 12h00 on the 05th July 2019. All Team Managers are encouraged to attend this meeting in order to collect your TM pack and be briefed by the LOC and Referee.

Clubs who are not represented at the TM meeting and who do not comply with the rules concerning entries will not receive concessions.

This will be the last opportunity for late entries subject to a late entry fee of 10x (ten times) the original entry fee and the availability of a lane in the particular event.

Scratchings for the first days sessions can be done at the TM meeting.

Team Managers must have their accreditation with them when approaching the Admin office with queries.

TM packs will contain the following:

- Team Manager, swimmers & coach's accreditation cards
- Documentation needed: scratching forms, protest forms
- Programmes will be available for collection at the admin table after scratchings has closed after each session.
- Pre-paid tournament tickets

OPENING CEREMONY & March Pass – SATURDAY 06 JULY 2019 – AFTER SESSION 3:

There will be an opening ceremony and March pass on the 06th June 2019, directly after the 3rd session @ 11h40. Swimmers/Team Managers/Coaches & Officials will meet at 11H30 promptly and line up at the pool door that is adjacent to the admin table (MEDICS CORNER). Team Managers must please get their teams together. Remember your club banners and please be dressed in your club colours and shoes. Officials to be dressed in white and navy. They will start at the medics corner and walk around the pool ending in front of the admin table. Marching in the following order: Senior Officials, Timekeepers, Clubs in alphabetical order. The ceremony shouldn't take much longer than 15 minutes and warm-ups for session 4 should start at 12H00. Medal ceremony for session 3 will also start at 12H00.

GENERAL:

FINA & SSA Rules will govern this event.

Clubs are requested to see that the area is kept neat and tidy, bins will be placed & cleaned regularly.

No flash photography during the start of a race.

We request everyone to please remain silent during the start of a race.

Please do not place any towels over the advertising boards.

NO alcohol is permitted on the premises. NO fire or gas braais are permitted on the premises.

The pool grounds are a NO SMOKING ZONE.

Only Team Managers allowed at the admin table.

Timed Finals will be swum Fast to Slow, the following ages: 11 & under; 12 – 13; 14 – 15; 16 and over.

Medals for 200m Fly, 400 IM, 800/1500m Free will be awarded in the following age categories: 11 – 13; 14 – 15; 16 & Over.

No training equipment (boards, fins, paddles) are allowed during warm up. Lane 1 will be allocated to disabled swimmers. Lanes 2 & 8 to be used for dives. NO climbing out over the touch pads.

ADMISSION TO THE POOL:

Gates will open at 07H45 every morning and on Friday @12h45.

Swimmers & coaches will have free access upon presentation of their accreditation cards, officials will have free access when signing the officials register for their allocated session, at the entrance.

Accreditation cards will be in the TM packs.

Spectators will be charged R10 per session.

Tournament tickets will be available at R50 which allows free access to all sessions.

PROGRAMMES & RESULTS:

Programmes will be on sale at the entrance at R10 for each session.

Each club will receive free programmes for their team manager and coaches from the admin office.

Results will be on display at the pool and *meet mobile* will be activated.

SCRATCHINGS:

Only accredited Managers may do the withdrawals, scratchings, etc

Scratchings for the 1st and 2nd session to be done at the managers meeting.

3rd Session scratchings: by the end of session 2 at managers meeting

4th Session scratchings: by the end of session 3

5th Session scratchings: by the end of session 4

6th Session scratchings: by the end of session 5

Please stick to these as it will help in keeping updated programmes available and for the gala to run smoothly.

All changes are to be made at the ADMIN table.

Swimmers will be fined R200 if they do not scratch timeously from a timed final and will not be allowed to compete further until the fine has been paid.

No Shows will be fined R300 and swimmer will not be allowed to compete further until the fine has been paid.

OFFICIALS:

Officials to please report 45MIN before the session starts and sign in at the Officials room.

Light refreshments will be served after each session.

POOL ACCESS:

Clubs are encouraged to bring their camping chairs.

Clubs are kindly requested to be considerate towards one another with regards to space.

VENUE RULES:

To ensure that this venue will be available for future galas, we respectfully request that all patrons adhere strictly to these rules set out by Fairmont High school management.

1. Please respect that the security guards are employed by the school and strict parking flow must be maintained. There is a one way into the school and another way out – cars will not be permitted to drive in the wrong direction up a one-way road.
2. Please do not park in the disabled zone and unless you are disabled and have a disabled permit.
3. There should be no hooting and loud slamming of car doors in the parking lot – **please respect the neighbours.**
4. Please ensure that all males (regardless of age) enter through the gent's toilets and all females (regardless of age) enter through the ladies toilets. These changing rooms/toilets are also used by the high school pupils.
5. There is no play area for siblings, either around the pool area or on the school grounds – please do not let children roam the school grounds or run around the pool area. The sports field are not for the use of our swimmers at all. Only the pool area is being rented and patrons may also access the tuck shop.
6. Should you eat food on the stands, please dispose of all your packaging in the bins provided. After the gala, please tidy up around your area where you were sitting.
7. **No glass bottles are permitted in the pool area.**

MEDICAL FACILITY:

There will be a qualified paramedic on duty for the duration of the event.

PROTESTS:

Protests will only be accepted from Team managers, completed on a protest form with **R500** Protest Fee lodged with the Admin Table within 30 minutes (thirty) of the announcement of the disqualification.

NO media footage or photos will be permitted.

In case of a depute, the referees' decision is final.

CATERING:

Café Monty will be open. Please support them.

SPONSORS:

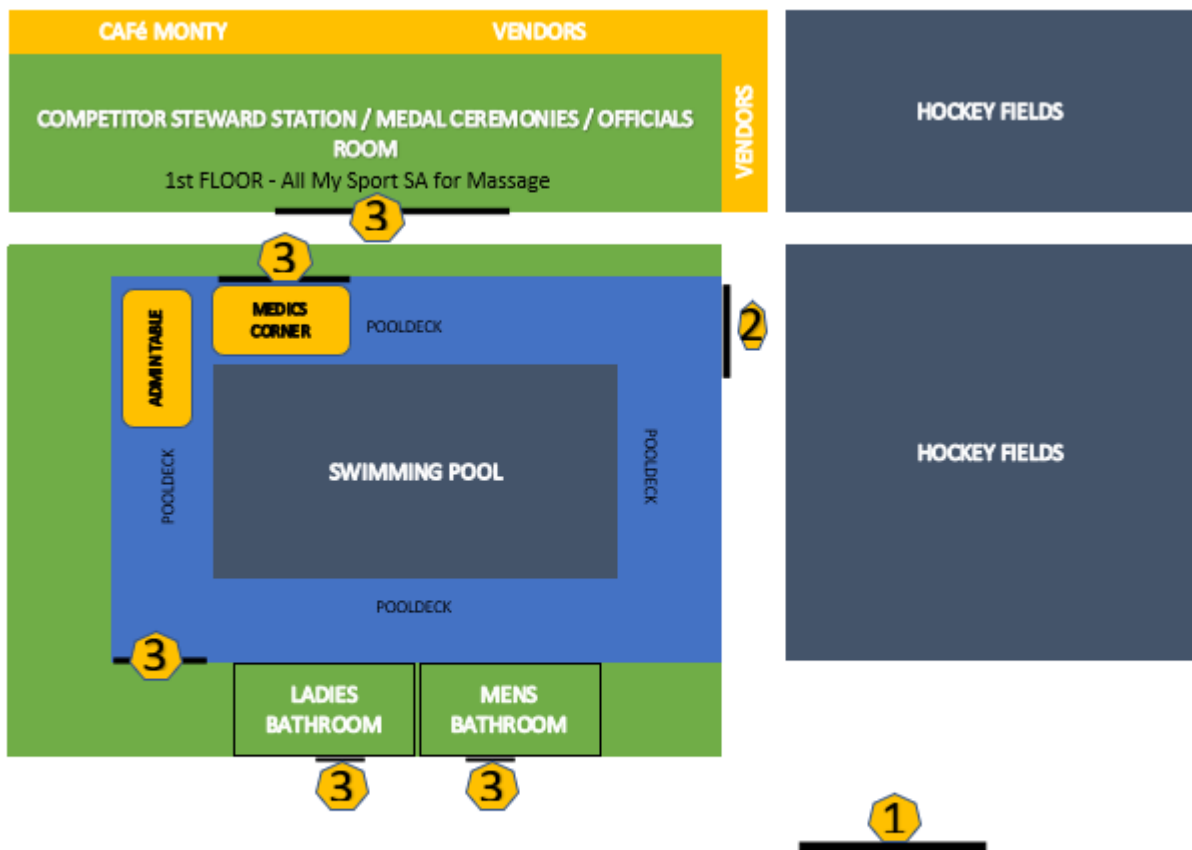
Thank you to the following sponsors.

1. Smit Family from Swimlab for Heaters and Trophies
2. Blouberg Marlins
3. Quick Silver Swimming Academy
4. All My Sport SA for Massage Vouchers
5. ABC Event Furniture Hire

WE LOOK FORWARD TO AN ENJOYABLE AND MEMORABLE GALA!!!

CTMA Hosting LOC

SITE MAP



- 1 MAIN ENTRANCE (SPECTATORS, SWIMMERS, COACHES, OFFICIALS)
- 2 SPECTATORS ENTRANCE (IN & OUT)
- 3 SWIMMERS, COACHES, OFFICIALS ENTRANCES ONLY