

Dear Clubs,

West Coast District Aquatics is hereby inviting you to send a team to participate in our **SA Level 2 Regional Championship** at the Malmesbury Municipality 50m Swimming Pool.

GENERAL INFORMATION

1. Everyone entering the facility must wear a mask, will be sanitized and have their temperature taken and checked for a normal range.
2. Swimmers must please report at the Competitor Steward wearing a mask ready to race.
3. Events will be called by announcer, but it remains the swimmers responsibility to show up in time at the Competitor Steward.
4. Please keep a distance of 1.5m between gazebos.
5. Printed programs will be available at the Tech Table for the Coaches and Team Managers as per session sheets. Announcer will call when ready for collection.
6. Entries to be sent to your district/provincial convenor before the cut off date.

RULES

1. FINA rules will govern.
2. Only swimmers registered with SSA may compete.
3. Swimmers may compete in their own age group only.
4. Age groups are as follows: 10/u, 11, 12, 13, 14, 15 & 16, 17 - 24
5. Over-head starts will be done for heats.
6. All scratchings must be done 1 hour prior to the start of the session in which these events will take place.
7. Any appeal to the Referee should be done in writing and submitted (together with a R500.00 fee) at the recording table within 30 minutes after the results have been announced.
8. The Referee's decision will be final.
9. Only **TEAM MANAGERS & COACHES** will be allowed at the Tech Table.
10. West Coast District Aquatics will not be held liable for any injuries sustained on the premises during the course of the gala.
11. Right of Admission Reserved.
12. Items are subject to change.

TECHNICAL OFFICIALS

- Clubs are requested to provide Technical Officials for each session. Please provide a list of the names of registered timekeepers, judges, starters etc. who would be available to assist at the gala.
- Names and **preferred sessions** of the registered officials. And the list to be sent to district/provincial swim board convenors.

LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION

VENUE: Malmesbury Municipality Swimming Pool, Lang St, Malmesbury 7299

DATE: 22 – 24 March 2022

MANAGER'S MEETING: 21 March 2022 – 17H00

CLOSING DATE FOR ENTRIES: 1 March 2022 to Swimming South Africa

CLOSING DATE FOR ENTRY CORRECTIONS: 8 March 2022

LEVEL 2 REGIONAL AGE GROUP PROGRAM:

DAY 1

50 BREAST MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
50 BREAST WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
100 FREE MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
100 FREE WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
50 BACK MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
50 BACK WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
200 I.M. MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
200 I.M. WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
4x50 MED RELAY MEN 12&U; 13 – 14; 15 - 24
4x50 MED RELAY WOMEN 12&U; 13 – 14; 15 - 24
4x50 FREE RELAY MIXED 12&U; 13 – 14; 15 – 24

DAY 2

200 FREE MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
200 FREE WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
100 BACK MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24
100 BACK WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

50 FLY MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

50 FLY WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

100 BREAST MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

100 BREAST WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

4x100 FREE RELAY MEN 12&U; 13 – 14; 15 - 24

4x100 FREE RELAY WOMEN 12&U; 13 – 14; 15 - 24

DAY 3

200 BACK MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

200 BACK WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

200 BREAST MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

200 BREAST WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

100 FLY MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

100 FLY WOMEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

50 FREE MEN 10&U; 11; 12; 13; 14; 15 – 16; 17 – 24

50 FREE WOMEN 10&U; 11 12 13 14 15 – 16 17 - 24

4x50 FREE RELAY MEN 12&U; 13 – 14; 15 – 24

4x50 FREE RELAY WOMEN 12&U; 13 – 14; 15 – 24

4x50 MED RELAY MIXED 12&U; 13 – 14; 15 – 24

Yours in swimming
West Coast District Aquatic Committee