



CAPE TOWN AQUATICS cordially invites your Districts & Clubs to participate at the
SSA LEVEL 1 AGE GROUP CHAMPIONSHIP 2024
 which will be held at the 25M indoor **GENERATIONS SOMERSET WEST AQUATICS CENTRE**
2nd of March 2024

SESSION 1 : SATURDAY	
06h30	Gates Open
06h45 - 07h45	Warm-Ups
07h45	Clear Pool
07h20	Scratchings closes
07h40	Officials Briefing
08H00	Session start
SESSION 2 : SATURDAY	
12h00	Warm-Ups
12h45	Line up for March Pass
13h00	March Pass & Opening Ceremony
13h15	Scratchings closes
13h40	Officials Briefing
13h45	Clear Pool
14h00	Session Start

***Please note that session start times might change based on the amount of entries received. Should it change, clubs will be notified once the 1st set of reports goes out for checking.**

1. Rules:

- a. The gala will be swum under FINA rules and regulations.
- b. Only swimmers registered with SSA may participate in this gala.
- c. Swimmers may not participate at this level, if qualifying times for any levels, has been achieved, except 9 year and under swimmers.
- d. NTs and custom times are not allowed.
- e. Age on the first day of the meet.
- f. **All swimmers MUST report to the Competitor Steward prior to their events.**
- g. No Coach or Team Manager will be allowed at the Competitor Steward Stations.
- h. Events will be announced but no individual swimmer will be called to report.



- i. Clubs are requested to see that the area is kept neat and tidy, bins will be placed & cleaned regularly.
- j. No flash photography during the start of a race.
- k. We request everyone to please remain silent during the start of a race.
- l. The school grounds are a NO SMOKING ZONE.
- m. Only coaches & team managers will be allowed at the admin table.

2. Sessions:

- a. Session 1 – Saturday – Mixed Open
- b. Session 2 – Saturday – Mixed Open

3. Scratchings:

- a. Swimmers that wish to be scratch from events may do so up to 45 min before the start of the relevant session.
- b. Only coaches & team managers are allowed to do scratchings.
- c. Medical certificate or good cause will overrule other scratching rules.
- d. **No show fine of R100 per event** will be charged.
- e. Swimmer will only be allowed to participate in his/her remaining events (including relays) once this fine has been settled at the admin table.

4. Individual Events:

- a. Age Groups: 9&under, 10, 11, 12, 13, 14, 15&over

5. Relays:

- a. Age Groups: 12&under, 13-14, 15&over.
- b. One relay entry per club per event.
- c. Swimmers may swim up in relays but only be entered in one relay per event.
- d. Only swimmers already entered in an individual event at the meet may compete in relay teams.
- e. **Relay events 113, 114, 115, 211, 212 & 213 are MIXED RELAYS ONLY. Please disregard the Boys & Girls options in TM for these event numbers.**



6. **Points:**

- a. Individual Points – 10, 8, 6, 5, 4, 3, 2, 1
- b. Relays Double points.

7. **Medals:**

- a. No medals will be awarded. Participation certificates will be given.

8. **March Pass:**

- a. All clubs to line up at 12h45.
- b. The March pass & opening ceremony will take place at 13h00.
- c. Club coaches & team managers to ensure that swimmers are attired in correct club uniform and to please conduct themselves properly during the ceremony.

9. **Medics:**

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

10. **Entries:**

- a. Entry fee per individual event: R30.00
- b. Entry fee per relay team: R 30.00
- c. Surcharge per swimmer: R40.00
- d. The following information should be submitted by email to the Swimboard convenor, Eric Ehrenreich – swimboard@ctmaquatics.co.za
 - i. Entries zip file created on Team Manager
 - ii. PDF entry report including proof of time and the standards applicable for the meet.
 - iii. PDF document entry fee report
 - iv. PDF document relay report
 - v. POP (proof of payment) only to submit once invoiced received from Elna Cecil.
- e. Closing date for entries will be **9am on the 20th of February 2024.**



- f. A WhatsApp group will be available to COACHES & TEAM MANAGERS. The link will be sent to the clubs, please make sure your coaches & team managers add themselves to this group. This group will be closed for comments and only admins will be able to post in this group.
- g. Please note that **this group is ONLY for coaches/team managers.**

11. Officials:

- a. The names of the officials must accompany the entries. Submit officials' names by **9am** on the **20th of February 2024** via the excel document attached.
- b. Please check the google link for updated officials lists from when the 1st set of reports are sent out
- c. Clubs need to provide SSA registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition:
 - Only qualified Timekeepers, Chief Timekeepers, Competitor Stewards, Judges, Starters & Referees will be allowed to work.
 - Please note that should a club not have judges as officials, they need to source their judges on their own from other clubs and pay a R150 service fee to said official.
 - All Technical Officials must be correctly attired:
 - White shirts and Navy-Blue Trousers, shorts or skirts will be permitted.
 - White closed shoes.

12. Club Coaches

Please note no Apprentice LTS Instructors or LTS Instructors will be allowed on pooldeck for warm-ups. You must be a qualified coach or an Apprentice Coach.

- Should a club not have a qualified coach, they will be allowed to send 1 x Team Manager.
 - Team Managers will not be allowed on pooldeck for warmups - please pre-arrange for a fellow club's coach to warm up your swimmers.



13. Protests:

- a. Protests must be submitted, in writing, by the appointed Coach/Team Manager, with a R500 deposit to the meet referee.
- b. Within 30 minutes of the incident in question.

14. Results:

- a. Results will be sent via the WhatsApp group and meet mobile will be activated.

15. Catering:

- a. Officials will be supplied with refreshments.
- b. Various vendors will be trading on the day.

16. Admission to the pool

- a. Gates will open at **06H30** on Saturday morning.

17. Gazebos:

- a. Setup of gazebos will be allowed on the sports field adjacent to the aquatics centre.

18. Pool Access:

- a. Parking officials will be showing parents where to park.
- b. There will also be parking available at the pre-school as well. Access to the venue will be through the little gate at the round-about.

19. WARMUPS:

- a. Warm-ups will be from **06h45 to 07h45** on Saturday morning.
- b. No training equipment (boards, fins, paddles) are allowed during warm up.



It is the responsibility of the Team Managers & Coaches to ensure that the area that your club sits at is ALWAYS clean from litter.

We here at **CAPE TOWN AQUATICS** are extremely excited to be your host for this PRESTIGIOUS event and trust that all participants & coaches will have a fantastic time with us.

Should you have any further queries please do not hesitate to contact me.

Eric Ehrenreich

TEAM CTA

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