

MEET WILL BE SWUM	= 12&Under events will be swum as timed finals – slow to fast.
MEET WILL BE SWUM	'= 13&Over + multi-disability events will be swum as timed finals.
NO TIMES	= Allowed
CUSTOM TIMES	= NOT Allowed
AGE GROUPS	= 13&u and 14&o
RESULTS	= 10&u, 11, 12, 13, 14, 15&o
PROGRAM USED	= SSA LEVEL 2

- 1 FINA rules will govern.
- 2 The gala will be run in accordance with Swimming South Africa rules.
- 3 Only fully registered swimmers will be allowed to compete. Please note: As per Swimming South Africa, swimmers must be registered two weeks prior to this gala entries due date.
- 4 All swimmers from outside the Western Cape must submit a clearance letter from their Provincial Association, along with their entries.
- 5 Under no circumstances will a swimmer be permitted to enter any events unofficially.
- 6 Swimmers will compete in the age group they fall under on the first day of the gala.
- 7 In individual events, swimmers may compete in their own age group only.
- 8 Swimmers may enter **6 individual events**.
- 9 If a swimmer has entered the
 - o 1500 Free with a NT, he/she must have times on the WCA DB for the 800 Free or 400 Free
 - o 800 Free with a NT he/she must have times on the WCA DB for the 400 Free
 - o 400 IM with a NT he/she must have times on the WCA DB for the 200 IM
- 10 400IM, 800Free & 1500Free – will be swum as timed finals.
- 11 Please note that the swimmers age is at the first day of the competition.
- 12 **DISABLED SWIMMERS** will swim in the heats with the abled swimmers, but results will be separate.
- 13 The one start rule will apply.
- 14 Heats may be combined should there not be sufficient entries in an age group.
- 15 Depending on the number of entries received, sessions may be combined.
- 16 **WITHDRAWALS**
 - o Pre-competition up to 30 minutes before the gala starts – no charge
 - o Withdrawals made outside this time limit, will be fined R100.00 per event.
 - o No-shows, swimmers who do not show for their race, will be fined R100.00 and the swimmer may not compete in any other event until this fine has been paid.
 - o Should a swimmer scratch from any event due to illness but can swim the next events must provide the admin referee with a medical certificate for the scratched event.
 - o Only coaches and team managers are allowed to do scratchings.