

WEST COAST QUALIFYING GALA

31 JANUARY 2026

Entries close: 20 January 2026

West Coast District Aquatics cordially invites you to participate in the West Coast Qualifying Gala, to be held on 31 January 2026.

Venue: Curro Langebaan Aquatic Centre
Long Acres Way Mykonos
Langebaan
7357

WEST COAST
DISTRICT AQUATICS



RULES

-  WA & SSA rules will govern.
-  Only swimmers registered with SSA may compete.
-  Swimmers may compete in their own age group only.
-  No limit on the number of entries per swimmer for all individual events.
-  Events will be swum as mixed age group timed finals.
-  Overhead starts will be done.
-  All scratching's must be done 1 hour prior to the start of the session in which these events will take place.
-  **NO SHOW penalty fee of R300** to be paid cash on the day of the Gala at the Recording/Technical Table.
-  Any appeal to the Referee should be done in writing and submitted (together with a R500 cash fee) at the Recording/Technical table within 30 minutes after the results have been announced.
-  The Referee's decision will be final.
-  Only TEAM MANAGERS or COACHES will be allowed at the Recording/Technical Table.
-  West Coast District Aquatics will not be held liable for any injuries sustained on the premises during the Gala.
-  **Right of Admission Reserved.**
-  Session times are subject to change.

!!!TECHNICAL OFFICIALS!!!

-  Teams/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.
-  Please complete the excel spreadsheet attached and send back with your entries.
-  If an official is unable to do their duties, it will be that Team/Clubs responsibility to provide a replacement.
-  If the Team/Club cannot give a replacement Official, there will be a **Penalty fee of R500 to be paid in cash** at the Recording/Technical Table.
-  **Official Dress Code: White shirt, navy pants with closed white shoes.**

ENTRANCE TO THE POOL

-  Entrance to the pool will be free.
-  Please bring your own Gazebos and Camping Chairs!!!!

ENTRY PROCEDURE

Entries via districts

The closing date for entries is 20 January 2026.

ENTRY FEES

-  R55 per individual event.
-  R70 surcharge per swimmer.
-  No late entries will be accepted.
-  PAYMENTS BY DISTRICT into West Coast District Aquatics account.

GENERAL INFORMATION

- Curro Langebaan Tuckshop & The Goalbox will be open.
- A Medic will be on site for the duration of the Gala.

CONTACT INFORMATION

Thea Lategan
Cell no: 0845175419
Email: thea@nickylateganslagtery.co.za

A WhatsApp group will be created for sharing information and documentation. **This group is intended exclusively for Coaches, Team Managers and WCDA Aquatics Management.** IF YOU WOULD LIKE TO INCLUDE YOUR TEAM'S/CLUBS COACHES AND MANAGERS IN THIS GROUP, PLEASE SUBMIT THEIR DETAILS ON THE ATTACHED OFFICIALS' EXCEL SPREADSHEET.

“You are tougher than you think. Faster than you know. Better than you will ever realize...”

Yours in Swimming
West Coast District Aquatics

GALA PROGRAMME

The Gala consists of 2 sessions in the following age groups:

-  ALL 50's, 100 FREE, 100 BACK & 100 BREAST
9 & Under, 10-11, 12-13, 14-15, 16 & Over
-  400 FREE, 100 FLY, 200 BACK, 200 BREAST, 200 FREE & 200 IM
11 & Under, 12-13, 14-15, 16 & Over
-  200 FLY
11-13, 14-15, 16 & Over

Session times may change and will be announced closer to the start of the gala. It depends on the number of swimmers entering. Warm up 1 hour before session starts.

SATURDAY, 31 JANUARY 2026 **SESSION 1 (09:00 AM):**

- 101 - 400m Freestyle
- 102 - 100m Butterfly
- 103 - 200m Backstroke
- 104 - 50m Breaststroke
- 105 - 200m Butterfly (11 & Over)
- 106 - 200m Breaststroke
- 107 - 50m Backstroke
- 108 - 100m Freestyle

SATURDAY, 31 JANUARY 2026 **SESSION 2 (TBC):**

- 201 - 100m Backstroke
- 202 - 50m Butterfly
- 203 - 200m Freestyle
- 204 - 100m Breaststroke
- 205 - 200m Individual Medley
- 206 - 50m Freestyle

