

45th FREDA BARNARD INVITATIONAL GALA

Oudtshoorn - 2026

FISH EAGLE AQUATICS
(Affiliated to EDEN Aquatics)



You are cordially invited to participate in the **45th** Freda Barnard Invitational Gala hosted by Fish Eagle Aquatics to be held on Thursday 1 October to Sunday 4 October 2026.

The Gala will be held at the NA Smit Swimming Pool, Oudtshoorn. The facility is an outdoor, 50m pool with 8 lanes and touch pads at one end of the pool. There will be six sessions of swimming as detailed in the attached swimming programme.

STARTING TIMES:

		WARM UP	GALA START
THURS	1 Oct	09:00	10:00
FRI	2 Oct	07:00	08:00
SAT	3 Oct	07:00	08:00
SUN	4 Oct	08:30	09:30

(subject to change after entries received)

RULES

-  WORLD AQUATICS (FINA) & SWIMMING SOUTH AFRICA rules will govern.
-  Only swimmers registered with SSA may compete.
-  Swimmers may compete in their own age group only.
-  Swimmers may enter as many events as they wish.
-  There will be no limit for entries in the relay events but only 2 entries will be scored (A & B team). Swimmers will not be allowed to swim twice in the same relay. Swimmers can 'swim up' but may only compete in one age group in relay events. Relay entry times must be submitted.
-  Under NO circumstances will a swimmer be permitted to enter any events unofficially
-  Events will be swum as age group timed finals. Age Groups: 10/U, 11-12, 13-14, 15 & Over. 200m, 400m, 800m events: 12/U, 13-14, 15 & Over.
-  Multi disability swimmers will swim according to entry times with able bodied swimmers.
-  The ONE START rule will apply.
-  Over-head starts will be done.
-  All entrants from outside Western Cape must produce clearance from their Provincial Association accompanied with their entries.
-  Medal winners must present themselves neatly attired in club uniform with shoes and on time for all medal presentations.
-  All scratchings must be done by the end of the previous session.
-  Any appeal to the Referee should be done in writing and submitted (together with a R500 fee) at the recording table within 20 minutes after the results have been announced.
-  The Referee's decision will be final.
-  Only Team Managers & Coaches will be allowed in the office. No swimmers. No parents.
-  Fish Eagle Aquatics will not be held liable for any injuries sustained on the premises during the gala.
-  Right of Admission Reserved.
-  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. **NO probation timekeepers please.**
-  Names and **preferred sessions** of the registered officials must be submitted by **14 September 2026**, on the excel sheet provided.
-  For clubs outside of EDEN District, the following is required:
 - 1 – 3 swimmers, 1 official (1 judge or 1 timekeeper);
 - 2 officials (1 judge and 1 timekeeper) for every 5 swimmers thereafter

POINTS

PLACE	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
INDIVIDUAL EVENTS	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAYS	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

PRIZES

- 🏆 Club Awards: The Floating Trophy will go to the Club with the most points.
- 🏆 Junior & Senior Victor & Victrix Ludorum Awards based on most points achieved.
- 🏆 A spirit award will go to the club with the most 'gees'!
- 🏆 Cash prizes will be given to swimmers breaking meet records.

MEDALS

- 🏆 Medals will be awarded for the first three places for all ages in all the Individual events: 8/Under, 9, 10, 11, 12, 13, 14, 15, 16, 17/Over. EXCEPT 400m Free, 800m Free, 200m Butterfly, 200m Free, 200m Breast, 200m Back & 200m IM will medal: 10/Under, 11, 12, 13, 14, 15, 16, 17/Over.
- 🏆 Medals will be awarded for the first three places for each age group in all the Relay events: 10/Under, 11-12, 13-14, 15-16, 17/Over.
- 🏆 Swimmers who break a meet record will be rewarded with R100 for each record broken.

ENTRY PROCEDURE

- 🏆 All entries to be done on Team Manager & sent as a ZIP entry file accompanied by:
PLEASE RE-NAME ALL DOCS TO START WITH THE TM ABBREVIATION OF YOUR CLUB
 - 🏆 Individual Meet Entry Report by Name including proof of entry times in PDF format,
 - 🏆 Relay Meet Entries report in PDF format,
 - 🏆 Meet Entries Fees Report in PDF format &
 - 🏆 Proof of payment.
- 🏆 Entries to be forwarded (in pdf and zip) to Tarita Pollicutte together with proof of payment and clearance letter at admin@fisheagleaquatics.com
- 🏆 **NO INDIVIDUAL ENTRIES, SWIMMERS MUST ENTER VIA THEIR CLUBS/DISTRICTS PLEASE.**
- 🏆 Closing date for entries on **14 September 2026.**
- 🏆 No clearance and/or payment, no entry.

ENTRY FEES

- 🏆 R50.00 per individual event. The relays will be R160.00 per relay event.
- 🏆 R50.00 surcharge per swimmer.
- 🏆 Entry fees for entries received after the closing date will be accepted at R150.00 per individual entry and R200.00 per relay team.
- 🏆 **ENTRIES WILL BE ACCEPTED ON THE DAY OF THE GALA IF THERE ARE LANES AVAILABLE AND IF THE SWIMMER IS ALREADY IN THE MEET @ R200 PER EVENT.**
- 🏆 **PAYMENTS BY CLUB OR PROVINCE, NO INDIVIDUAL PAYMENTS PLEASE.**
- 🏆 **NO INDIVIDUAL ENTRIES, SWIMMERS MUST ENTER VIA THEIR CLUBS PLEASE.**
- 🏆 **NO CASH DEPOSITS, PLEASE. 😊**

MERCHANDISE

Freda Barnard long sleeve shirts will be available at R290 each pre-ordered on the sheet supplied. Please complete the order form per club & submit 1 order by **14 September 2026.**

MARCH PAST

There will be a March Past at 13h15 on Friday 2 October 2026 prior to the start of the afternoon session. Please come prepared. Participants must present themselves neatly attired in club uniform for the March Past.

ENTRANCE TO THE POOL

Adults R50 per session

Children over 10 R20 per session

Tournament ticket R250

Children over 10: R100 tournament ticket

Please complete the attached ticket form per club & send 1 payment. **ONLY tournament tickets for pre-sale. All session tickets to be purchased at the gate on the day.**

Pre-purchasing will ease queues at the gate.

All swimmers, officials (the session they work) & children under 10 enter free of charge.

PROGRAMMES

Session programmes will be on sale at the gates before the start of each session at R20 each.

SWIMMING APPAREL

There will be a stall selling swim wear and apparel

VENDORS

There will be coffee and food vendors at the pool

CONTACT INFORMATION

Tarita Pollicutte

Email: admin@fisheagleaquatics.com

GALA PROGRAMME

SESSION 1: THURSDAY 1 OCTOBER 2026 @ 10:00

800m Freestyle

100m Backstroke

50m Breaststroke

4 x 50m Mixed Medley Relay

SESSION 2: FRIDAY 2 OCTOBER 2026 @ 08:00

200m Breaststroke

200m Butterfly

100m Freestyle

4 x 50m Mixed Freestyle Relay

MARCH PAST FRIDAY 2 OCTOBER at 13:15

SESSION 3: FRIDAY 2 OCTOBER 2026 @ 14:30

200m Individual Medley

4 x 50m Free Relay

SESSION 4: SATURDAY 3 OCTOBER 2026 @ 08:00

200m Freestyle

50m Backstroke

4 x 50m Medley Relay

SESSION 5: SATURDAY 3 OCTOBER 2026 @ 13:45

200m Backstroke

50m Butterfly

100m Breaststroke

SESSION 6: SUNDAY 4 OCTOBER 2026 @ 08:30

400m Freestyle

100m Butterfly

50m Freestyle

Please note times indicated may change and will be confirmed before the start of the gala.

We look forward to hosting you in Oudtshoorn, the heart of the Klein Karoo!!

**Yours in swimming
Fish Eagle Aquatics Committee**