



West Coast Qualify Gala 25 & 26 January 2020

Entries close: 14 January 2020

West Coast District Aquatics cordially invites you to participate in the West Coast Qualify Gala, to be held on Saturday & Sunday 25/26 January 2020.

The gala will be held at the Swartland Municipality Swimming Pool, Malmesbury. It's a 50m rim flow, outdoor pool with 8 lanes.

RULES

1. FINA rules will govern.
2. **ALL** swimmers registered with SSA may compete.
3. Swimmers may compete in their own age group only.
4. Level 1 swimmer may only enter for the following events: 50 Fly ; 50 Back ; 50 Breast ; 50 Free ; 100 Fly ; 100 Back ; 100 Breast ; 100 Free & 200 IM
5. Swimmer may enter for a maximum of 8 events.
6. Events will be swum as mixed age groups.
7. Age groups will be as follow:
 - All 50m & 100m events: 9&u ; 10-11 ;12-13 ; 14-15 ; 16&over
 - All 200m events: 11&u ; 12-13 ; 14-15 ; 16&over
 - All 400m events: 11-13 ; 14-15 ;16&over
 - 800m & 1500m Free: 12-13 ; 14-15 ;16&over
8. Over-head starts will be done
9. All scratchings must be done 1 hour prior to the start of the session in which these events will take place.
10. Any appeal to the Referee should be done in writing and submitted (together with a R200 fee) at the recording table within 30 minutes after the results have been announced.
11. The Referee's decision will be final.
12. Only TEAM MANAGERS will be allowed at the technical table.
13. West Coast will not be held liable for any injuries sustained on the premises during the course of the gala.
14. Right of Admission Reserved.
15. 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.

ENTRY PROCEDURE

- All entries and payments to be send to their district done on Team Manager & sent as a ZIP entry file accompanied by:
 - Individual Meet Entry Report by Name including proof of entry times in PDF format,
 - Meet Entries Fees Report in PDF format &
 - Proof of payment
- Entries to be forwarded, as mentioned above, to swartlandsc@gmail.com
- NO INDIVIDUAL ENTRIES, SWIMMERS MUST ENTER VIA THEIR CLUBS PLEASE.
- Closing date for entries is 14 January 2020
- No payment, no entry.

ENTRY FEES

- R30 per individual event.
- R50 surcharge per swimmer for both days.

- Entry fees for entries received after the closing date will be accepted at R75.00 per individual entry.
- PAYMENTS BY DISTRICT - NO INDIVIDUAL PAYMENTS PLEASE

ENTRANCE TO THE POOL

Free

PROGRAMMES

Will be emailed to the coaches and managers.

CONTACT INFORMATION

Jessika Steyn
swartlandsc@gmail.com

PROGRAMME

SESSION 1:

08:00 – 11&u

100 Back
50 Breast
200 Free
50 Free
100 Breast
100 Fly

SESSION 2:

TBA (1 hour after session 1 is completed) – 12&over

100 Back
400 Free (mixed - 11&over)
200 Fly
50 Breast
200 Free
100 Breast
100 Fly
400 IM
50 Free

SESSION 3

08:00 – 11&u

100 Free
50 Fly
200 IM
50 Back
200 Breast
200 Back

SESSION 4

TBA (1 hour after session 1 is completed) – 12&over

100 Free
1500 Free
50 Fly
200 IM
50 Back
200 Breast
200 Back
800 Free