

Western Cape Colours and District Colours

1. **Western Cape Honours:** Will be awarded as follows:
 - a. Swimming – To swimmers winning an individual 'A' event at SA Senior National championships
 - b. Other disciplines – To athletes winning an event at the various SA Championships
2. **Western Cape Full Colours:** Will be awarded as follows:
 - a. Swimming - to swimmers if they are placed and participate in an 'A' final of an Individual event at Senior Nationals; or to swimmers that medal in a Relay **FINAL** at Senior Nationals.
3. **Western Cape Half Colours:** Will be awarded as follows:
 - a. Swimming – To swimmers that represent Western Cape at SA Senior/Youth Nationals.
4. **Western Cape Age Group Full Colours :** Will be awarded as follows :
 - a. Swimming – To swimmers that qualify and participate at Junior National Age Group Champs
5. **Western Cape Age Group Half Colours :** Will be awarded as follows :
 - a. Swimming –To swimmers participating an individual 'A final' event at New Level 3 Regional Champs
6. Disabled athletes will be awarded colours as follows
 - a. **Western Cape Honours If the athlete achieves gold at SA Nationals**
 - b. **Western Cape Full Colours – if the athlete achieves a medal at SA Nationals**
 - c. **Western Cape Half Colours – if the athlete participates for Western Cape at SA Nationals**

PROPOSED DISTRICT COLOURS – Districts will make the final decision but adopting some or all the recommended criteria below or implementing different criteria. It is highly advised that the criteria below be used.

7. **District Full colours**
 - a. Swimming – To swimmers who participate in a 16&over FINAL at WC Long course provincial Championships
8. **District Half colours**
 - a. Swimming – To swimmers who qualify to participate at WC Championships in the 16&over category
9. **District Age Group Full colours**
 - a. Swimming – To swimmers who participate in a FINAL at the WC provincial Championships in the u12, U14 or U16 age groups
10. **District Age Group Half colours**
 - a. Swimming – To swimmers who qualify for the WC Provincial Championships at a recognized District federation competition, SSA recognized competition or achieve the qualifying standard at SSA recognized schools competitions.