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25 August 2020

From: Chief Executive Officer

TO: Affiliate Presidents
Affiliate Secretaries

CC: SSA Executive Committee Members
Committee Convenors

RE: 2020 SA SHORT COURSE REGIONAL/ PROVINCIAL COMPETITIONS AND S A SHORT COURSE CHALLENGE

In light of the crises of the Covid-19 pandemic, that has disrupted our SSA Competition Calendar, we would like to offer the following solution regarding S A Short Course, within the restriction of the COVID-19 Alert level 2 Regulations herewith the following revision for the SA Short Course Championships:

- 1 The SA Short Course Championships will be held in two stages:
 - 1.1. A SSA Provincial Competition 24 - 27 September as per the programme below;
 - 1.2. SSA Short Course Invitation Challenge from the 24-27 October in Pietermaritzburg (TBC)
2. The SSA Provincial/ District SA Short Course competition 24 - 27 September 2020.
 - 2.1. Dates are flexible, provided that the results are forwarded to the SSA Office by 28 September.
 - 2.2. Each Province / Region / District will host a competition according to a specific program. The cost per entry for this event to will be R40.00, SSA will receive 50% of the entry fee.
 - 2.3. Ideally the competition must be hosted in 25m swimming pools, if however there is only a 50m pool available, the LC times will be accepted.
 - 2.4. The results will be collated. A maximum of 60 Men and 60 Women will be invited to enter the SA Short Course Invitation Challenge to be held 24 – 27 October in Pietermaritzburg. The cost per entry for this event will be R80.00.

President: A. Fritz **Vice Presidents** Z. Molusi, J. Naidoo, P. Thompson **Treasurer:** J. Ellis
Members: R. Andrews, L. Blignaut, P. Heyns, N Raphulu, E. Van Veenhuizen
Chief Executive Officer: S. Adriaanse
Hon. Life Presidents S. Ramsamy & G. Sam

2.5. All provinces to indicate the venues where they will be hosting the S A Provincial / District Short Course competitions by 31 August to bmorar@swimsa.co.za.

3. **COVID-19 Compliance**

- 3.1. The competitions held in the provinces must be held under strict compliancy to the Covid-19 Guidelines.
- 3.2. Only 50 persons per venue, and this must include the minimum number of technical officials 16 – 18, this will allow for 32 – 34 swimmers at a time in the venue.
- 3.3. The program must be managed in such a way that this rule is strictly adhered to. See attached Addendum regarding Events and competitions.
- 3.4. The SSA National COVID-19 Compliance Officer will hold a session with each of the competition compliance officers to ensure that we have full compliance.

It is hoped that this program will give those swimmers who have been able to commence training an incentive to become racing fit and measure their training program.

Program of events:

Session 1	Women	100 Free 50 Breast 100 Fly 400 IM	Session 2	Men	100 Free 50 Breast 100 Fly 400 IM
Session 3	Women	100 Back 50 Fly 200 Free 200 Breast	Session 4	Men	100 Back 50 Fly 200 Free 200 Breast
Session 5	Women	100 IM 50 Free 100 Breast 200 Back	Session 6	Men	100 IM 50 Free 100 Breast 200 Back
Session 7	Women	50 Back 200 IM 200 Fly 400 Free	Session 8	Men	50 Back 200 IM 200 Fly 400 Free
Session 9	M & W	1500 Free/800 Free			

For any related queries, kindly contact Mrs. Daphne Bird on 011 – 404 2480 or via e-mail daphne@swimsa.co.za.

Yours Sincerely



**S L Adriaanse
Chief Executive**

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