

LEVEL 3 PROVINCIAL AGE GROUP PROGRAM – CLUB COMPETITION

VENUES: All Regions Provinces to notify SSA – how many per district/ province before 10th December 2020

DATE: 28 – 31 January 2021

MANAGER’S MEETING: 28 January 2021 – 16H00

CLOSING DATE FOR ENTRIES: **15 January 2021**

CLOSING DATE FOR ENTRY CORRECTIONS: **22 January 2021**

ENTRY FEE: R60.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT incl
 R70.00 – RELAYS plus R10.00 SSA Levy per entry VAT incl

LEVEL 3 NATIONAL AGE GROUP PROGRAM - CLUB COMPETITION

VENUE: **TBC Sasolburg**

DATE: 19 – 22 March 2021

MANAGER’S MEETING: 19 March 2021 – 16H00

CLOSING DATE FOR NATIONAL ENTRIES: **5 March 2021**

CLOSING DATE FOR ENTRY CORRECTIONS: **12 March 2021**

ENTRY FEE: R60.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT incl
 R70.00 – RELAYS plus R10.00 SSA Levy per entry VAT incl

LEVEL 3 NATIONAL AGE GROUP PROGRAM – CLUB COMPETITION

DAY 1 – Start at 17:00

400	FREE	MEN	11&U	12	13	14	15 – 16	17 - 24	Timed Finals
400	FREE	WOMEN	11&U	12	13	14	15 – 16	17 - 24	Timed Finals

Starting Time: Heats TBA Finals TBA

DAY 2

200	FREE	MEN	11&U	12	13	14	15 - 16	17 - 24
200	FREE	WOMEN	11&U	12	13	14	15 - 16	17 - 24
200	I.M.	MEN	MULTI-DISABILITY 14/u 15 - 18					
200	I.M.	WOMEN	MULTI-DISABILITY 14/u 15 - 18					
100	BREAST	MEN	11&U	12	13	14	15 - 16	17 - 24
100	BREAST	WOMEN	11&U	12	13	14	15 - 16	17 - 24
50	BACK	MEN	11&U	12	13	14	15 - 16	17 - 24
50	BACK	WOMEN	11&U	12	13	14	15 - 16	17 - 24
50	BACK	MEN	MULTI-DISABILITY 14/u 15 - 18					
50	BACK	WOMEN	MULTI-DISABILITY 14/u 15 - 18					
100	FLY	MEN	11&U	12	13	14	15 - 16	17 - 24
100	FLY	WOMEN	11&U	12	13	14	15 - 16	17 - 24
4x100	FREE RELAY	MEN	13&U	14 - 24				
4x100	FREE RELAY	WOMEN	13&U	14 - 24				

DAY 3

100	FREE	MEN	11&U	12	13	14	15 - 16	17 - 24
100	FREE	WOMEN	11&U	12	13	14	15 - 16	17 - 24
100	FREE	MEN	MULTI-DISABILITY 14/u 15 - 18					
100	FREE	WOMEN	MULTI-DISABILITY 14/u 15 - 18					
50	BREAST	MEN	11&U	12	13	14	15 - 16	17 - 24