

\* **2021 Competition Qualifying Notes.**

The following National / Regional / District competitions will be held in 2021:

Level 1 – Intra Districts – Provinces

Level 2 and Level 3 – Regional / Districts incorporating Provincial Schools Teams

Level 2 and Level 3 – National Age Group Championships

S A National Junior Age Group Championships – National

S A National Aquatic Championships incorporating 17-year & 18-year Championships

S A National Short Course – National

Grand Prix Series

**Level 1 Age Group** will be held in each province, (Intra Districts) there will be no QT, the Level 2, 3 and SA Junior Nationals, National, QT's will be the disqualifying time. The purpose of this competition is to encourage new swimmers to participate in competitive swimming. It will be open to Clubs, Swim Schools, and Schools. Swimmers 9 years and under who have achieved QT's for any level may participate at the Level 1 competition as well as the level at which they have achieved a National or Provincial QT. Swimmers should be registered on the SSA Database and have times on the Database. All Age Groups will be catered for. Each Province/District will decide which venues will be used. The Dates to be considered will be 6 – 7 March 2021. Local Organisers should provide ribbons as an incentive, **medals should not be awarded.** The age groups will be 9/u, 10, 11, 12, 13, 14, 15 and over. Swimmers may qualify at the Level 1 Age Group for Level 2 in the relevant age groups. These Swimmers will be required to upgrade their SSA registration to participate at the Level 2 National Age Group. The swimmers age, is determined on the first day of the commencement of the tournament. Swimmers may only compete at one SSA National Age Group Championship.

Participation at the 2021 National Level 2, 3 and Junior Age Group competitions, will be dependent on the swimmer having participated in a minimum of one (1) for Level 2 and two (2) for Level 3 and Junior Age Groups, 200m or 400m Individual Medley events or a combination thereof. These times for the 200m and 400m Individual Medley events must be official and be captured on the SSA National Database. The purpose of this rule is to encourage younger swimmers not to specialise in specific strokes at too early an age as directed by the SSA Long-Term Participant Development programme. It is not compulsory for the swimmer to compete in the 200m or 400m Individual Medley event at the Championships.

**Concessions to this rule due to medical conditions, accompanied by medical reports must be received by 15 February 2021, no requests will be considered after this date.**

There are no 50m Qualifying times for Level 3 and Junior Age Group Championships. This is in line with the LTPD programme.

Swimmers 10 years and younger are encouraged to swim Level 2 even if they have qualified for a higher level. Similarly, 11-year old swimmers, with Junior Age Group QT are encouraged to swim at Level 3. The choice however is left to the individual and their advisors. 9 year and under swimmers, who had qualified for Level 2 may choose to compete at Level 1 and Level 2.

Please note that the swimmers age is at the first day of the competition and pre-season goals and targets should be set in accordance with the rules and dates of the competitions. Swimmers may only compete at one SSA National Age Group Championship.

The cut-off date for qualification for Age Group Competitions will be 1<sup>st</sup> March 2021. Except for swimmers competing at Level 1, who wish to qualify for Level 2. Meet results after this date will not be considered for entry times for Age Group competitions, unless a concession has been applied for, prior to 1st March 2021. The same will apply for medical reasons for the non-compliance of the IM rule. The entry fee for any entry received, that does not comply, will be forfeited.