

7TH CANA ZONE III SWIMMING CHAMPIONSHIPS

16 - 20 NOVEMBER 2022
DAR ES SALAAM, TANZANIA

20
22

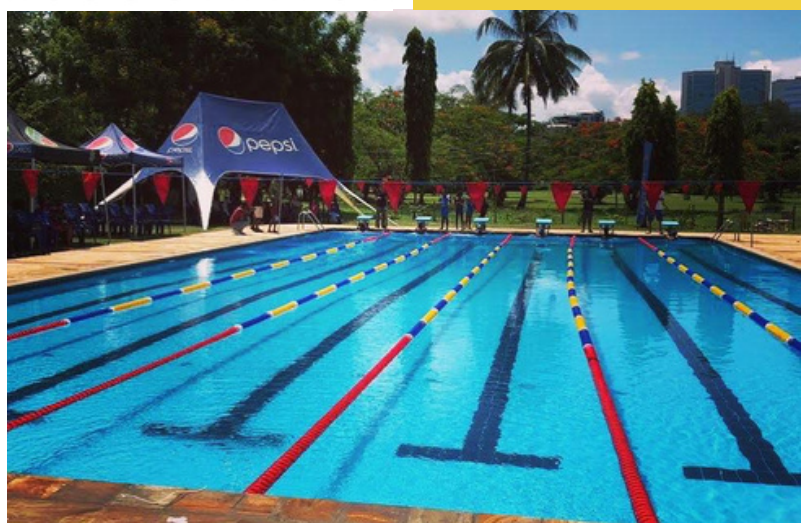
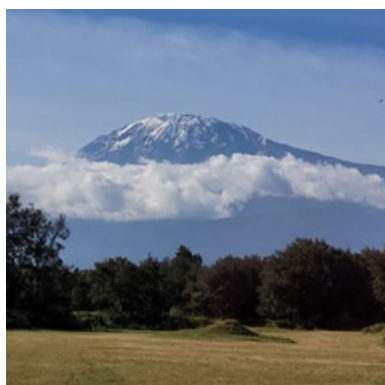


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GENERAL INFORMATION

Tanzania Swimming Association (TSA) hereby notifies and invites all affiliated National Federations of CANA ZONE III, to participate in the 7th CANA ZONE III Swimming Championships as follows:

HOST, PLACE AND DATE OF COMPETITIONS

TSA has established a Local Organizing Committee (LOC) which shall be in charge of the preparation and organization of the competitions, under the control and supervision of TSA and CANA ZONE III Bureau.

The events will be held in **Dar es Salaam** as follows:

Wednesday, 16 November 2022

Thursday, 17 November 2022

Thursday, 17 November - Saturday, 19 November

Saturday, 19 November 2022 (PM)

Sunday, 20 November 2022

Teams arrival

Opening Ceremony

Swimming Competition

Water Polo Competition

Open Water Competition

Overview of Dar es Salaam

Formerly the capital, Dar es Salaam is Tanzania's largest and most important city for both business and government with a population in excess of 6 million. Located on a natural harbour, it is the hub of the Tanzanian transportation system and all the country's main railways and several highways originate in or near the city. Dar es Salaam is a key port which feeds many of the landlocked countries of East Africa.

Dar es Salaam is Tanzania's most prominent city for arts, fashion, media, film, television, and finance.

ORGANISING COMMITTEE

National Federations should communicate with the Local Organizing Committee (LOC) of the 7th CANA ZONE III Swimming Championships 2022 via: tsacompetition2@gmail.com

Members of the Management Team of the CANA ZONE III 2022 LOC

NAME	FUNCTION	EMAIL
Hadija Shebe	LOC Chairperson	tsacompetition2@gmail.com
Isabella Faya	LOC Member	tsacompetition2@gmail.com
Geetha Prashant	LOC Member	-
Lingeswary Ramasamy	LOC Member	-
Martha Makoi	LOC Member	-



GENERAL INFORMATION

KEY DATES

ACTIVITY	DEADLINE/DATE
Intention to participate	30 September 2022
Pre-competition Zoom Meeting (Team Managers)	08 October 2022
Preliminary entries and athletes information	16 October 2022
Accommodation booking (50% installment)	16 October 2022
Final entry forms	30 October 2022
Travel information	30 October 2022
Accreditation information	30 October 2022
Submission of sport entries	30 October 2022
Final accommodation payment	30 October 2022
Arrival	16 November 2022
Team Leader's meeting	16 November 2022 (4PM)
Swimming competition	17 - 19 November 2022
Water polo competition	19 November 2022
Open water competition	20 November 2022



CHAMPIONSHIPS INFORMATION

COMPETITION VENUE

The venue for the Championships venue is Dar es Salaam Gymkhana Club Swimming Pool. The pool is a 25M (short course) pool with 6 lanes.



CHAMPIONSHIPS INFORMATION

ENTRY INFORMATION

Entry Criteria

- Age of the swimmer will be as at the first day of the competition
- Age groups, for both males and females, shall be:
 - 12 & under
 - 13/14
 - 15/16
 - 17 and over
- All events may be swum as timed finals. **ENTRY TIMES ARE THEREFORE ESSENTIAL** for seeding purposes. Entries with no times will be accepted.
- Entry times will only be accepted if they have been achieved within the qualifying period of 1 January 2022 - 15 October 2022.
- Entry fee is USD 2 per event per swimmer and USD 4 per relay team event.
- Each Country may enter two (2) swimmers per age group per event for individual events and one relay team per relay event. Swimmers may swim up in the relay events.
- The names on relay entry forms must be submitted one (1) hour before the start of the session where the event will be swum. The names of the swimmers in medley relay events must be listed in order of their respective strokes.
- The Host Country may enter a Team B or by whatever name called, provided they will not score points.

Entry Forms

- The following Forms are to be submitted by the countries wishing to take part, to LOC.
 - a. Intention to Complete;
 - b. Preliminary Team Entry Form;
 - c. Accommodation Requirements;
 - d. Travel Arrangements;
 - e. Team Entries.
- All Entry Forms must be submitted to Organizing Committee in accordance with indicated deadlines.
- Entries must be submitted using Hy-Tek's Team Manager
 - Zip files of events will be circulated

Entry Fees

An entry fee of **USD 2.00** per event per swimmer and **USD 4.00** per relay team event.



CHAMPIONSHIPS INFORMATION

EVENTS

MEN AND WOMEN - INDIVIDUAL EVENTS

	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	INDIVIDUAL MEDLEY
50M	X	X	X	X	
100M	X	X	X	X	
200M	X	X	X	X	X
400M	X				
800M	X				

MEN AND WOMEN - RELAY EVENTS

4 X 50 MEDLEY (MEN & WOMEN)
4 X 50 MIXED FREESTYLE
4 X 100 FREESTYLE (MEN & WOMEN)
4 X50 MIXED MEDLEY
4 X 50 FREESTYLE (MEN & WOMEN)



CHAMPIONSHIPS INFORMATION

EVENTS

Events eligibility and validity

- All participating Federations should be in good standing with FINA/not under suspension. Any Federation that is suspended will require FINA/CANA clearance to participate in these championships.
- Athletes who participate in the Championship swimming events need to be citizens of the member country but need not be domiciled in the country at the time of the Championships.
 - Each Member Federation will be required to submit their passport details and or birth certificates in advance to enable the LOC verify their dates of birth and age and nationality.
- An event, in all disciplines, will only take place with a minimum number of two (2) swimmers from different countries. Where this criterion is not met, the event will be cancelled after revising the final entries during the technical or Team Leaders' meeting.
- **Masters Events** are being offered at these Championships. Participating countries are requested to encourage their Masters Athletes to participate.
 - Age group for Masters Events will be as follows. Age of the swimmer will be as at the first day of the competition:
 - 25 - 39 years
 - 40 - 49 years
 - 50 - 60 years
 - A minimum of four entries per event is required to present the event. Should there not be sufficient interest and entries, the relevant events will be cancelled. The events being offered for masters are included in the swimming program.



CHAMPIONSHIPS INFORMATION

AWARDS

Individual points scoring

- Points will be allocated for positions 1 - 15 as follows:

- 1st place - 18 points
- 2nd place - 16 points
- 3rd place - 14 points
- 4th place - 12 points
- 5th place - 11 points
- 6th place - 10 points
- 7th place - 9 points
- 8th place - 8 points
- 9th place - 7 points
- 10th place - 6 points
- 11th place - 5 points
- 12th place - 4 points
- 13th place - 3 points
- 14th place - 2 points
- 15th place - 1 point

Team/Country points scoring

The winning country will be determined by the most points **accumulated by the team**.

For further clarification on points calculation, an attachment to these summons is being provided to show the calculation of team/country points versus calculation of points for age group winners.



CHAMPIONSHIPS INFORMATION

Medals

- Medals shall be awarded to the athletes in each individual and each relay event as follows:
 - First – Gold Medal
 - Second – Silver Medal
 - Third – Bronze Medal
- In the case of equal times, medals shall be awarded as follows:
 - 1st place: 2 gold – no silver, 1 bronze
 - 2nd place: 1 gold, 2 silver – no bronze
 - 3rd place: 1 gold, 1 silver, 2 bronze

Trophies

- **Age group trophies** will be awarded for victor/victrix ludorum, First (1st runner up) and Second (2nd) runner up. **Winners will be determined by medals won (and not by individual points accumulated in events).** Points for medals won will be allocated as follows:
 - Gold - 6 points
 - Silver - 3 points
 - Bronze - 1 point
- **Overall Team Trophies** will be awarded to the team/country in the First Position, First runner-up and Second runner-up positions. Winning country points will be calculated as stated above.

Athletes must attend all medal ceremonies in their official National Federation team uniform including closed shoes. Athletes should not carry flags or wear hats to the medal ceremony.



CHAMPIONSHIPS INFORMATION

RULES

The Championships will be held under FINA RULES in force at the time of the Championships.

Protests

(CANA Zone III Championships - Competition & Host Manual - Rule 10)

- 10(a) All protests shall be dealt with in accordance with the rules prescribed by FINA GR 9.2 subject to an agreed fee of USD 100.
- 10(b) In the case of a disqualification arising from a decision of fact, the Referee's decision will be final.
- 10(c) Protests arising out of a session must be lodged in writing to the Referee of the Competition, not later than thirty (30) minutes of the incident or after the results of such a session have been made available to Affiliated Team Leaders.
- 10(d) In the case of a technical disqualification, the referee will reply in writing the reasons for the disqualification or decisions taken. If the decision stands and the disqualification upheld, the matter can be referred to the Jury of Appeal.
- 10(e) All other protests will be dealt with by the Jury of Appeal. Jury of Appeal will be set up by CANA ZONE III leadership during the course of the event and in accordance with the CANA ZONE III Competition Host Manual.

Withdrawals, Substitutions and Disqualifications

(CANA Zone III Championships - Competition & Host Manual - Rule 14)

- 14(a) Any entered competitor may be substituted by another entered competitor at the Team Leaders meeting.

It is mandatory for one representative of each federation to take part in the Team Leaders Meeting. Failing to do so will result in a fine of USD 100.
- 14(b)
- Any withdrawals from any event must be made at the Team Leaders meeting.
- 14(c)
- Any withdrawals after the Team Leaders Meeting or No show during and after an event, shall attract a penalty of USD 50 for individual events and USD 100 in case of relays.
- 14(d)

DOPING CONTROL

(CANA Zone III Championships - Competition & Host Manual - Rule 15)

All Federations MUST BE AWARE THAT PARTICIPANTS may be tested at random at the Championship as per the laid down Anti Doping Rules.

SWIMWEAR

(CANA Zone III Championships - Competition & Host Manual - Rule 16)

All swimwear must conform to the FINA rules currently in force.



SWIMMING PROGRAM

DAY 1 - MORNING SESSION - 09.00AM START

EVENT NO. (WOMEN)	EVENT	EVENT NO. (MEN)
1	200M backstroke (12 & under)	2
3	200M backstroke (13 - 14)	4
5	200M backstroke (15 - 16)	6
7	200M backstroke (17 & over)	8
9	50M breaststroke (12 & under)	10
11	50M breaststroke (13 - 14)	12
13	50M breaststroke (15 - 16)	14
15	50M breaststroke (17 & over)	16
17	50M breaststroke (Masters)	18
BREAK AND OPENING CEREMONY		
19	800M freestyle (14 & under)	20
21	800M freestyle (15 & over)	22
LUNCH BREAK		



SWIMMING PROGRAM

DAY 1 - AFTERNOON SESSION - 02.00PM START

EVENT NO. (WOMEN)	EVENT	EVENT NO. (MEN)
23	100M butterfly (12 & under)	24
25	100M butterfly (13 - 14)	26
27	100M butterfly (15 - 16)	28
29	100M butterfly (17 & over)	30
31	100M butterfly (Masters)	32
33	200M medley relay (14 & under)	34
35	200M medley relay (15 & over)	36
BREAK AND MEDAL CEREMONY		
37	50M backstroke (12 & under)	38
39	50M backstroke (13 - 14)	40
41	50M backstroke (15 - 16)	42
43	50M backstroke (17 & over)	44
45	50M backstroke (Masters)	46
47	200M breaststroke (12 & under)	48
49	200M breaststroke (13 - 14)	50
51	200M breaststroke (15 - 16)	52
53	200M breaststroke (17 & over)	54
Event 55 - 200M mixed freestyle relay (14 & under) Event 56 - 200M mixed freestyle relay (15 & over)		
END OF DAY ONE		



SWIMMING PROGRAM

DAY 2 - MORNING SESSION - 09.00AM START

EVENT NO. (WOMEN)	EVENT	EVENT NO. (MEN)
57	100M backstroke (12 & under)	58
59	100M backstroke (13 - 14)	60
61	100M backstroke (15 - 16)	62
63	100M backstroke (17 & over)	64
65	100M backstroke (Masters)	66
67	200M freestyle (12 & under)	68
69	200M freestyle (13 - 14)	70
71	200M freestyle (15 - 16)	72
73	200M freestyle (17 & over)	74
BREAK AND MEDAL CEREMONY		
75	400M freestyle (14 & under)	76
77	400M freestyle (15 & over)	78
79	50M butterfly (12 & under)	80
81	50M butterfly (13 - 14)	82
83	50M butterfly (15 - 16)	84
85	50M butterfly (17 & over)	86
87	50M butterfly (Masters)	88
LUNCH BREAK		



SWIMMING PROGRAM

DAY 2 - AFTERNOON SESSION - 02.00PM START

EVENT NO. (WOMEN)	EVENT	EVENT NO. (MEN)
89	200M Individual Medley (12 & under)	90
91	200M Individual Medley (13 - 14)	92
93	200M Individual Medley (15 - 16)	94
95	200M Individual Medley (17 & over)	96
97	100M freestyle (12 & under)	98
99	100M freestyle (13 - 14)	100
101	100M freestyle (15 - 16)	102
103	100M freestyle (17 & over)	104
105	100M freestyle (Masters)	106
BREAK AND MEDAL CEREMONY		
107	200M butterfly (14 & under)	108
109	200M butterfly (15 - 16)	110
111	200M butterfly (17 & over)	112
Event 113 - 200M mixed medley relay (14 & under) Event 114 - 200M mixed medley relay (15 & over)		
END OF DAY TWO		



SWIMMING PROGRAM

DAY 3 - MORNING SESSION - 09.00AM START

EVENT NO. (WOMEN)	EVENT	EVENT NO. (MEN)
115	400M freestyle relay (14 & under)	116
117	400M freestyle relay (15 & over)	118
119	100M breaststroke (12 & under)	120
121	100M breaststroke (13 - 14)	122
123	100M breaststroke (15 - 16)	124
125	100M breaststroke (17 & over)	126
127	100M breaststroke (Masters)	128
BREAK AND MEDAL CEREMONY		
129	50M freestyle (12 & under)	130
131	50M freestyle (13 - 14)	132
133	50M freestyle (15 - 16)	134
135	50M freestyle (17 & over)	136
137	50M freestyle (Masters)	138
139	200M freestyle relay (14 & under)	140
141	200M freestyle relay (15 & over)	142
MEDAL PRESENTATIONS TROPHY AND DIPLOMA AWARDS CLOSING CEREMONY		



WATER POLO AND OPEN WATER PROGRAMS

DAY 3 - AFTERNOON SESSION - 02.00PM START

The Water Polo games may be held during the Championships and will be dependent on interest and entries.

A game schedule will be provided by the LOC once confirmed.

The games will be held under FINA RULES in force at the time of the Championships. Further discussions to be held at the Team Managers Zoom Meeting of **8 October 2022**.

DAY 4 - MORNING SESSION - 09.00AM START

The Open water swimming events that will be offered for this Championships will be 3km and 5km races.

Please note that events will be dependent on interest and entries.

The games will be held under FINA RULES in force at the time of the Championships. Further discussions to be held at the Team Managers Zoom Meeting of **8 October 2022**.



TEAM INFORMATION

ACCREDITATION

- All entry to the Competition Venue will strictly be by an accreditation card.
- Kindly send an electronic passport size photograph for each participant, with the participant's full name and surname as the passport images name (also indicate "SW" for swimmer, or "TM" for Team Management) e.g. SW John YOKANA.jpeg or TM Hope SSUUBL.jpeg
- Please send these with your FINAL ENTRY FORMS by **30 October 2022**.
- Sitting arrangement by teams/country will be provided via visible signs at the competition venue. We ask teams to kindly respect the allocated areas.

TEAM LEADERS MEETING

- A pre-competition Team Managers' Zoom Meeting is scheduled for **8 October 2022**. This meeting will be for all teams that have sent in their [Intention to Participate Forms](#) by the deadline of **30 September 2022**.
- A Team Leader/Managers' meeting will be held on **16 November 2022 at 4PM** at the Championship Venue or main hotel (to be confirmed by LOC).
- Only two members per country are allowed in the meeting of which one should be Team manager of the delegation
- It is a requirement for all managers/leaders to attend this meeting. It will be at this meeting that any changes to entries may be made.
- Failure to attend this Meeting will result in an automatic fine of US\$ 100 per Rule 9.3 of CANA Zone III Competition Rules/Manual.

NATIONAL FLAG

Teams are requested to come with their national flags for the Opening and Closing Ceremonies.

USE OF VENUE PRE-COMPETITION

- Teams will be allowed to warm up at the competition venue pool on 16 November 2022. A schedule will be provided by the LOC by **10 November 2022**.
- The Championships morning and afternoon warm up schedules will be shared at the Team Leaders Meeting



TEAM INFORMATION

VISA REQUIREMENTS

- Tanzania runs an E-VISA application System for all those who require visas to enter Tanzania (<https://eservices.immigration.go.tz/visa/>)
- Visa applications are usually processed within **ten days**, therefore applicants are strongly advised to observe the stipulated time frame while making their applications.
- Each NF requiring an entry visa is requested to immediately forward scanned copies of passport data pages and passport size photographs for each member of the delegation to facilitate preparation of a visa support letter.
- Citizens from the following countries in CANA ZONE III do not require a Visa.
 - Burundi
 - Kenya
 - Rwanda
 - Uganda
- Citizens from certain countries will require a Referral Visa. These require a special clearance from the Commissioner General of Immigration prior to issuance of the Visa. Applicants under this category **are advised not to book flight tickets or make payments for any reservations in Tanzania before they get approval for their Visa**. They are advised to apply at least two months before their intended date of travel. The following countries of CANA ZONE III fall under this category:
 - Djibouti
 - Ethiopia
 - Eritrea
 - Somalia
- We attach to this summons the current visa guidelines (published 01 July 2022). However, please note that visa rules are subject to change.
- Additional information can be found at: <https://eservices.immigration.go.tz/visa/guidelines>



TEAM INFORMATION

ACCOMMODATION

- The official Championships Hotels are:
 - Four Points by Sheraton Dar es Salaam New Africa
 - Crowne Plaza Hotel
- Both hotels are within 5 minutes driving distance from the competition venue



Four Points by Sheraton Dar es Salaam New Africa Hotel



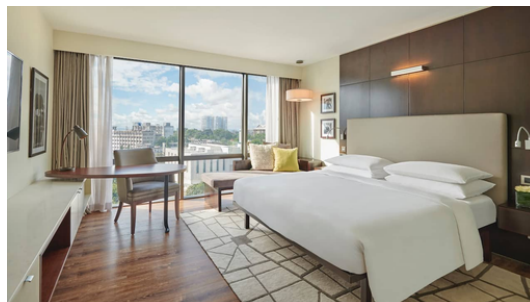
Crowne Plaza Dar es Salaam, an IHG Hotel

- The above accommodation will be provided at
 - Single occupancy at **US\$ 140** per person;
 - Double occupancy at **US\$110** per person
- The rates are full board rates and on the basis of first-come-first-served:

An **additional VIP Hotel** is available as follows:

Hyatt Regency Dar es Salaam, The Kilimanjaro

- Single occupancy at \$190.00 and Twin room at \$210
- Unlike the main championship hotels, this VIP hotel rates are on **bed & breakfast basis only**.



TEAM INFORMATION

TRANSPORT

- The accommodation charges will include:
 - Airport transfers
 - Internal transfers to and from hotel to the competition venue
- Any other transport needs will have to be met by participants

PAYMENT FOR ACCOMMODATION

- For purposes of securing reservations payments must be made as follows –
 - A 50% deposit on accommodation must be sent by **16 October 2022**.
 - The remaining accommodation payments should be made by **30 October 2022**.

- All payments should be made via bank transfer to:

Account Name: TSA Fundraising Account
Name of Bank: Diamond Trust Bank
Account No: 0134636004
Branch: Masaki
Swift Code: DTKETZTXXX

- ALL TRANSFERS MUST INDICATE THE COUNTRY'S NAME and all remittances should include banking charges to be paid for by the sender when they process the transfer. Please email a scanned copy of the payment instructions and confirmation to tsacompetition2@gmail.com.

AFTER TOURNAMENT FUNCTION

- An after-tournament function will be arranged for the visiting teams on 19 November 2022. LOC will provide further details at a later stage.

REMINDER

- Teams are reminded to **carefully read the CANA ZONE III Championships Competition and Host Manual** to ensure they are fully conversant with all of the Competition rules.
- Teams are requested to promptly fill and return the Intention to Participate Form and all other forms attached to these summons.



TEAM INFORMATION

ACCOMMODATION FOR FAMILY AND SUPPORTERS

We welcome family and supporters of swimmers to CANA Zone III Championships.

Please note that family **should not** book rooms at the competition hotels. These hotels are strictly for athletes, coaches and the team registered with the LOC.

We provide below a list of possible alternative accommodation that is within 15 minutes of the competition venue (this list is not exhaustive):

- Hotels in City Center
 - [Dar es Salaam Serena Hotel](#)
 - [Johari Rotana Dar es Salaam](#)
 - [Holiday Inn Dar es Salaam](#)
 - Onomo Hotel Dar es Salaam
- Hotels in Peninsula (easily accessible via Tanzanite bridge from competition venue)
 - [Sea Cliff Hotel](#)
 - [Sea Cliff Court Hotel and Apartments](#)
 - [Coral Beach Hotel](#)
 - [Element Dar es Salaam Hotel](#)

Family and supporters need to make their own accommodation and logistical arrangements during their stay in Dar es Salaam. The LOC will not be providing any support on this.



TEAM INFORMATION

COVID PROTOCOLS

We acknowledge the extraordinary nature of the COVID-19 pandemic and the ensuing difficulties for the organization of safe sporting events.

Kindly note that there is no mandatory wearing of masks in public areas in Tanzania. However, as an event we will be instituting the following protocols. Each participant is required to comply with the following infection prevention measures:

- Wash/sanitize hands frequently
- Cough and sneeze into a tissue or the crook of your arm
- Wearing a mask is optional however required if you have symptoms of colds and flu
- Avoid shaking hands, hugging, kissing
- Keep physical distancing wherever possible
- Ensure you inform your team leader and the LOC if you show symptoms of COVID-19, i.e., cold, flu, fever

COVID TESTS FOR DEPARTURE

If your country requires a COVID Test (PCR) before departure, please let us know as soon as possible so we can organize for the testing.

- PCR Tests cost US\$50 per person
- Costs of PCR testing are the responsibility of the traveller/team.
- Payments are in CASH only

