



CTA TEAM 2023

WCA INTER DISTRICT LEVEL 1 TEAM CHAMPS 2023

GEORGE : 22 APRIL 2023

INFORMATION LETTER

Dear Parents, swimmers & coaches

The **WCA INTER DISTRICT LEVEL 1 TEAM CHAMPS 2023**, to be held on the **22nd of APRIL 2023**, at the **HOLY CROSS SCHOOL POOL** in **GEORGE**. The athletes would travel on the 21st of April leaving @ 10h00 from McDonalds N1 City parking lot via luxury coach to GEORGE. Athletes will depart from GEORGE via luxury coach on the 22nd of April (directly after the competition finished), arrival date and time back in Cape Town will be confirmed.

- The CTA team chosen consists of;
 - 9&U Level 1+ swimmers
 - 10&O Level 1 swimmers
- Top times were used from 1 May 2022.

CTA has arranged accommodation at **WILDERNESS BEACH HOTEL, WILDERNESS**.

PROCEDURES & DEADLINE DATES

Final date to submit:

- | | | |
|----------------------------------|---|--|
| 1. Confirmation of participation | - | 14h00 Wednesday 12 th of April 2023 |
| 2. Vest size & order form | - | 14h00 Wednesday 12 th of April 2023 |
| 3. Proof of Payment | - | 09h00 Friday 14 th of April 2023 |
| 4. Code of Conduct | - | Hard copy - 21st of April 2023 - bus |
| 5. Indemnity Form - CTA | - | Hard copy - 21st of April 2023 - bus |

Please note: Should forms 1 & 2 not be submitted via email by 14h00 on the 12th of April 2023 – the selected swimmer's place in the team will be forfeited. Forms 4 & 5 MUST be given to Eric at the bus before the swimmer gets on the bus. Or the morning of the meet at the venue before warmups.



GALA RULES

RULES:

- The gala will be swum under FINA rules & regulations.
- Only swimmers registered with SSA may participate in this gala.
- The swimmer's age is taken on the first day of the gala.
- The one-start rule will apply with overhead starts.
- All swimmers MUST report to the Competitor Steward prior to their events.
- Events will be announced but no individual swimmer will be called to report.
- Medal winners must be neatly attired in their relevant District outfits.
- Scratchings: Swimmers that wish to scratch from events may do so up to 60 min before the start of the relevant session, only team managers are allowed to do scratchings.
- R200 fine for swimmers that fail to swim an event and did not scratch.
- Medical certificate or good cause will overrule other scratching rules.

INDIVIDUAL EVENTS:

- Age Groups:

25m	8 & under entries with NT will be accepted. (depending on own district rules)
50m & 100m	8 & under, 9, 10, 11, 12, 13, 14, 15 & over with NT will not be accepted.
- A swimmer may only participate in his/her own age group.
- No swimmer may compete in more than 4 individual events.
- A maximum of 2 swimmers per District per event for each age group.
- 10 & over are allowed to enter if they have not qualified for level 2 before 31 March 2023.

RELAYS:

- Age groups: 8 & under, 9, 10, 11, 12, 13, 14, 15 & over
- Only 1 team per District for each relay event
- Only swimmers already entered in an individual event at the meet may compete in relays
- A swimmer may only participate in his/her own age group

POINTS:

Individual Points	10, 8, 6, 5, 4, 3, 2, 1
Relays	Double Points

MEDALS & TROPHY:

- Medals will be presented to the first 3 swimmers in each 50m event 8 & under, 9, 10, 11, 12, 13, 14, 15 & over. 25m events medals will be 6, 7, and 8 years old.
- Medals for the first 3 relay teams in each age group will also be awarded.
- A floating trophy will be awarded to the District scoring the most points on the day of the gala.



First Session		Second Session	
1	25m Butterfly	8	100m IM
2	50m Butterfly	9	25m Backstroke
3	100m Backstroke	10	50m Backstroke
4	25m Breaststroke	11	100m Breaststroke
5	50m Breaststroke	12	25m Freestyle
6	100m Freestyle	13	50m Freestyle
7	100m Freestyle Relay		

TEAM SELECTION CRITERIA

1. Swimmers must be SSA registered with CTA.
2. The CTA team chosen consists out of two swimmers per event per age group.
3. The CTA Team will be selected based on season's best times since 1 May 2022.
4. The selection panel can, at its discretion, select a team member for an event without a qualifying time, provided that the swimmer has the required qualifying time for at least one other event.
5. The top two swimmers according to times per event per age group, providing they meet the above criteria, are firstly considered.
6. Swimmers will compete in 1 to 4 individual events based on the best possible outcome for the CTA District.
7. The selection panel carefully consider event selection per swimmer based on the best possible outcome for the CTA District; remember, your child is representing the CTA District and our goal is to be the winning District.
8. It is important to remember that the team is selected by the selection panel, and neither parents nor swimmers can choose the events they want their child to swim.
9. Please note that relay entries names may change, depending on the best times swum at the individual events during the 1st session.
10. Where a swimmer is dominant in multiple strokes, national rankings and best possible outcome for the District will be considered.
11. The TM Program with input from the coach selects the relay teams which are most likely to attain the best possible results for the District.
12. The District team selection will be final after ratification by Swimboard and CTA EXCO; thereafter the team will be announced by the CTA office via email to the Clubs.



IMPORTANT

1. Participation in the District team is based on selection; participation in the inter-district gala will require a swimmer to swim all events for which they are selected.
2. No swimmer will be allowed to scratch from an event without a doctor's note; if a child withdraws from an event a fine of R200 per event will be imposed on the swimmer.
3. Once swimmers confirm availability to compete, the proof of payments be sent on or before the 12th of April 2023.

COSTS

GALA FEES	200.00
TRAVELLING	570.00
FOOD	720.00
KIT	210.00
ACCOMODATION (B&B)	800.00
	2500.00
SOCKS (ADDITIONAL COST)	100.00

- This cost includes all meals while travelling and at the hotel as well as lunch at the meet.
- The only monies needed extra are for sweets, cooldrinks etc.
- Should a swimmer **NOT** want to travel AND stay with the team, cost will be R500.
- Should a parent want to travel with the bus, costs will be R600.
- *Parents travelling with the team are responsible for arranging their own accommodation booking at the same hotel, as well as all their meals. These costs are for their own account.*

EMAIL ADDRESS

Should you have any queries or need to email documents please make use of the following email address: swimboardjl@ctmaquatics.co.za, swimboard@ctmaquatics.co.za and cc treasurer@ctmaquatics.co.za



BANKING DETAILS

Cape Town Metro Aquatics

Fnb: 62764954296

Br: 250655

Br Name: Mybranch

Ref #: WCAL1 + SURNAME

COACHES AND TEAM MANAGER

Jannie Engelbrecht Male

Chantal Engelbrecht Female

Eric Ehrenreich Team Manager

Once all has been confirmed a 2nd letter with itinerary details, packing list, letter to schools and room allocation lists will be sent via email by no later than the 15th of April 2023.

Should you have any further questions, please feel free to contact Eric, Elna &/or Lucinda.

Yours in swimming
TEAM CTA