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19 December 2013

From: Chief Executive Officer

To: SSA Affiliate Presidents
SSA Affiliate Presidents

Cc: SSA Executive Committee
Committee Conveners

Re: RULES FOR OPEN WATER SWIMMING NATIONAL CHAMPIONSHIPS 2014

Herewith attached the Rules for the 2014 Swimming South Africa National Open Water Championships 2013, which will be held at the Midmar Dam, on 10 and 11 February 2014.

Should you have any queries in this regard kindly contact Mrs Daphne Bird on:

Tel: 011-404 2480 or e-mail: daphne@swimsa.co.za .

Yours sincerely,

A handwritten signature in black ink that reads "Shaun Adriaanse".

Shaun Adriaanse

Chief Executive

SA NATIONAL AQUATIC CHAMPIONSHIP - OPEN WATER SWIMMING

1.GENERAL EVENT INFORMATION

- 1.1. The 2014 Swimming South Africa National Open Water Championships will be hosted by Kwazulu Natal Aquatics and will be held at Midmar Dam, Midmar on 10 and 11 February 2014.
- 1.2. A compulsory Technical Briefing will be held 30 minutes before the start of each event.

2.ENTRY PROCEDURES

- 2.1. Provincial Affiliates will select SSA Registered members who have met the entry criteria to participate. Entries must be received on the Hytek Event File. Only athletes who have times on the SSA Data Base from 1 May 2013 will be accepted.
- 2.2. A signed Indemnity Form for each athlete must be received by SSA by the closing date for entries.
- 2.3. International competitors must provide a Clearance Certificate from their FINA affiliated Federation granting permission to participate in the SA National Open Water Championships.
- 2.4. The closing date for entries and costs are:

| | Dates | Fees |
|------------------------------|----------------------|---------------|
| 1 st Closing Date | 20 January 2014 | R 60.00/event |
| 2 nd Closing Date | 21 – 2 February 2014 | R 120.00 |
| Late Entries | 3 – 10 February 2014 | R400.00 |

- 2.5. Each Provincial Affiliate will check and summarize entries and forward these along with the indemnity forms, athlete declaration forms and deposit the entry fees into the SSA bank account. The entries will be presented on the entry form and Team Manager Data File

Bank ABSA
 Branch Code 508005
 Branch Name 160 Jan Smuts
 Account Number 1003790807
 Ref SAOWC – Provincial Affiliate Name

3.TECHNICAL OFFICIALS

- 3.1 Each Province will be required to supply at least TWO registered and trained Technical Officials, one timekeeper and one judge for each event.
- 3.2 Technical Officials must be correctly attired, White shirts and Navy Blue Trousers/shorts
- 3.3 The names of SSA registered, trained and available officials must accompany the Provincial Team entries.



4. Entry Criteria

Please take note that the prerequisites for entry to the South African National Open Water Championships by SSA Registered swimmers, are as follows, athletes however will still be subject to selection by their province:

4.1. Entry to 10km event at Midmar Dam, Midmar on 10 February 2014:

- 4.1.1. Athletes must have achieved one 10km qualifying time on the SSA Database from 1st May 2013.
- 4.1.2. International times at any FINA accredited event will also be recognized.
- 4.1.3. Athletes must be 14 years or over on 10 February 2014.
- 4.1.4. The event will be an open championship
- 4.1.5. Athletes must be registered with SSA or a Clearance Certificate from their FINA affiliated Federation granting permission to participate must be presented to SSA.
- 4.1.6. Athletes who have not swum a 10km qualifying time may not apply to Swimming South Africa for entry into the 10km event based on their time in the 1500m and the 800m freestyle.
- 4.1.7. All entered swimmers will receive an official 7.5km time

4.2. Entry to 5km event at Midmar Dam, Midmar on 11 February 2014:

- 4.2.1. Athletes must have achieved one 5km qualifying times on the SSA database from 1st May 2013.
- 4.2.2. International times at any FINA accredited event will also be recognized.
- 4.2.3. Athletes must be 14 years or over on the 11 February 2014.
- 4.2.4. The first three placed swimmers in the 14 – 16 and 17 – 18 year age group will be awarded S A National Youth Medals
- 4.2.5. There will be a multi-disability category
- 4.2.6. Athletes must be registered with SSA or a Clearance Certificate from their FINA affiliated Federation granting permission to participate must be presented to SSA.
- 4.2.7. Athletes who have not swum a 5km qualifying time **may not** apply to Swimming South Africa for entry into the 5km event based on their time in the 1500m and the 800m freestyle.

4.3. Entry to 3km event at Midmar Dam, Midmar on 10 February 2014:

- 4.3.1. Athletes must have achieved the 3km qualifying times at one listed 3km Open Water swimming event from 1st May 2013.
- 4.3.2. Athletes must be registered with SSA or a Clearance Certificate from their FINA affiliated Federation granting permission to participate must be presented to SSA.
- 4.3.3. The following age groups for Men and Women will be recognized:
The following categories will be awarded Medals, age as on the 10 February 2014:



- 4.3.3.1. 12 – 13 years
- 4.3.3.2. 14 – 15 years
- 4.3.3.3. 16 – 18 years
- 4.3.3.4. 19 – 30 years
- 4.3.3.5. 31 – 40 years
- 4.3.3.6. 41 – 50 years
- 4.3.3.7. 51 and over
- 4.3.4 Multi-disability category

4.4. **3km Application Process for pool times**

- 4.4.1. Athletes who have not swum a 3km event to achieve an entry time in the qualifying period but who have electronically timed 800m and 1500m verifiable pool standards may apply to Swimming South Africa for entry into the Open 3km events only.
- 4.4.2. Applications must include the relevant meet information for the claimed performance (date, location, name of meet and where results can be found) and the contact details for the athlete's home coach.
- 4.4.3. Applications must be submitted via the athletes Provincial Affiliate to the Swimming South Africa **Competitions Manager, Mrs. Daphne Bird by 20th January 2014 for 3km event consideration.**
- 4.4.4. Applications will be reviewed and athletes will be notified **by 24th January 2014** of the outcome of their application.

4.5. **QUALIFYING TIMES**

| Event | Qualifying Time |
|-----------------------------|------------------------|
| 10 km Men | 2 hours 30 minutes |
| 10 km Woman | 2 hours 40 minutes |
| 5 km Men | 1 hour 15 minutes |
| 5 km Woman | 1 hour 25 minutes |
| 3 km Men | 48 minutes |
| 3 km Woman | 50 minutes |
| 3 km Men Multi Disability | 60 minutes |
| 3 km Woman Multi Disability | 65 minutes |

5. **REGISTRATIONS**

- 5.1. Registrations close thirty (30) minutes before the advertised start of each event on each day.
- 5.2. All competitors are to:
 - 5.2.1. Register and ensure that they have already signed the **Indemnity Form:** and



- 5.2.2. Leave both left and right shoulder and upper arms free from grease, as their competitor number will be written on these areas. Care should be taken when applying grease to ensure that the competitor number remains legible.

6. PRE RACE COMPULSORY TECHNICAL BRIEFING

- 6.1. There will be a compulsory technical briefing for all competitors in each event to be held on site at the competition venue at the times listed.
- 6.2. Coaches must be present at the briefing to receive instructions from the Referee concerning the course, water conditions and any other pertinent matters.
- 6.3. The Course Officer at the briefing will provide full directions of the course.

7. RACE RULES

- 7.1. The SSA National Open Water Championships Bye Laws will apply and be maintained at all times.
- 7.2. Course Marshals will observe athletes and any infraction of the Rules will be reported to the Referee.
- 7.3. A warning may be issued during the event but non-observance of the Rules could lead to disqualification.

7.4. Athletes' Starting Instructions

- 7.4.1. At one (1) minute intervals from five (5) minutes before the Start of the event, athletes will receive a warning that the start is imminent.
- 7.4.2. Athletes may take up their pre-determined starting positions (if allocated) at the five (5) minute warning.
- 7.4.3. Please be advised that a dive start may be used subject to the number of entries and approval of the referee and SSA.
- 7.4.4. The Referee will signal to the athletes that the Start is imminent by a raised flag and short blasts on a whistle.
- 7.4.5. When satisfied that all is in order, the Referee will point the flag at the Starter indicating that the competition may commence.
- 7.4.6. The Starter, on signal of the Referee, will raise a distinctive flag to the vertical position.
- 7.4.7. The Starter shall simultaneously bring the flag holding arm down, with the arm straight and activate an audible signal (pistol shot/air horn).
- 7.4.8. If, in the opinion of the Referee, unfair advantage has been gained at the start the competition shall be stopped and restarted.
- 7.4.9. The method of recall will be by repeated whistle blasts and resounding of the starting device.

7.5. Race Finish

- 7.5.1. The cut-off time limit after the first athlete in each competition has finished shall be advised at the pre-race briefing.
- 7.5.2. In general the cut-off time limit is thirty minutes (30) after the 1st placed finisher for the 5km and 10km events.
- 7.5.3. The referee has the authority to stop the race for safety reasons.
- 7.5.4. The referee can withdraw a athlete from the water if he believes that the athlete will not complete the distance or will not finish within the prescribed cut-off time.
- 7.5.5. If an athlete withdraws or fails to complete the designated course, for any reason, he/she must personally report to the Medical Personnel for examination.
- 7.5.6. After release from the Medical Area he/she must personally report to the Chief Recorder to have his/her competitor number recorded. This requirement is mandatory - please do not leave the area without reporting to the Recorders.
- 7.5.7. For the all 3km, 5km, 10km events, safety / security craft will be in attendance and individual escort craft are not permitted.

7.6. Feeding – 10km Event

- 7.6.1. For the open 10km race, all entrants are responsible for organising their own handlers.
- 7.6.2. A pontoon will be provided for the feeding of athletes during this event. This pontoon will be the only place on the course where a athlete may be fed. Each athlete is allowed 1 (one) handler, who will be required to check in with the athlete at the time of registration.
- 7.6.3. Once registered, the handler will be given an event specific wrist band. Failure to display this wrist band will mean that the handler will be denied access onto the pontoon.

8. RESULTS AND PRESENTATIONS

- 8.1. Medals will be awarded to 1st, 2nd, 3rd place for all events.
- 8.2. Once medalists have been confirmed for an event, and all competitors in that event have completed the course, medal presentations will take place.
- 8.3. Official results will be posted on the Swimming South Africa website as soon as practical following the completion of each race.

Disclaimer:

Swimming South Africa and any other event Organisers will not be held liable for any costs and expenses incurred by any person following cancellation of an event outlined in this Event Information Notice. The limitation of liability includes but is not limited to any costs and expenses incurred by any members, participants, coaches, and administrative personal or medical staff of Provincial Affiliates or individual swimming clubs in respect of the cancellation of the event. Swimming South Africa reserves the right to amend the above entry conditions as required.



9. TIME TABLE FOR EVENTS

| 10 and 11 February 2014 at Midmar Dam, Midmar | | |
|--|-------------------------------|-------|
| Monday 10th February 2014 | | |
| Event 1: 10 km Women | Registration | 07h00 |
| | Compulsory Technical Briefing | 07h30 |
| | Race Start | 08h00 |
| Event 2: 10 km Men | Registration | 07h00 |
| | Compulsory Technical Briefing | 07h30 |
| | Race Start | 08h00 |
| Event 3: 3 km Women | Registration | 10h00 |
| | Compulsory Technical Briefing | 11h00 |
| | Race Start | 11h30 |
| Event 4: 3 km Men | Registration | 11h00 |
| | Compulsory Technical Briefing | 12h00 |
| | Race Start | 12h30 |
| Event 5: 3km Women Multi Disability | Registration | 12h00 |
| | Compulsory Technical Briefing | 12h30 |
| | Race Start | 11h30 |
| Event 6: 3km Men Multi Disability | Registration | 12h00 |
| | Compulsory Technical Briefing | 12h00 |
| | Race Start | 12h30 |
| Tuesday 11th February 2014 | | |
| Event 7: 5 km Women | Registration | 07h00 |
| | Compulsory Technical Briefing | 08h30 |
| | Race Start | 09h00 |
| Event 8: 5 km Men | Registration | 08h00 |
| | Compulsory Technical Briefing | 10h30 |
| | Race Start | 11h00 |

