

THE 2016 SOUTH AFRICAN SWIMMING GRAND PRIX

1. INTRODUCTION

In South Africa, with our geographic isolation, our top level athletes are not provided with enough access to tough international competition.

As part of our long term participant development programme for 2016 and 2020, we have conceptualized the introduction of a South African Swimming Grand Prix to address the scenario of more high level competition for our local based athletes. The series model for the series is to present a number of two day events, each to be hosted by a different SSA Affiliate. Although the primary focus is for South African Athletes, International athletes would be able to compete in the series.

This would also allow for more South African athletes to experience tough racing conditions, in order to achieve their full potential.

2. PURPOSE

The purpose of the Swimming South Africa Grand Prix is to provide additional local high level competition for our senior elite athletes.

3. SERIES MANAGEMENT

The Manager: Competitions at Swimming South Africa Head Office, will oversee the administration of the Swimming Grand Prix with the actual events hosted by the appointed SSA Affiliates.

4. GENERAL EVENT INFORMATION

For 2016 two events have been allocated to be hosted as follows:

**4.1. SA Swimming Grand Prix No. 01,
Nelspruit Swimming Pool
Nelspruit
09 – 10 January 2016**

**4.2. SA Swimming Grand Prix No. 02
Kings Park Swimming Pool
Durban
05 – 07 February 2016**

**4.3. SA Swimming Grand Prix No. 03
Newton Park Swimming Pool
Port Elizabeth
19– 20 February 2016**

Every South African a Swimmer



4.4. SA Swimming Grand Prix No. 2
Stellenbosch University Swimming Pool
Stellenbosch
26 – 28 February 2016

5. COMPETITION RULES

- 5.1. FINA Technical Rules will apply to this competition.
- 5.2. This Competition is an Open Competition, i.e. events will be contested in a Men's and Women's section.
- 5.3. South African participants must be registered with SSA and have competed in competitions to ensure that their times for entries are on the National Database.
- 5.4. All entries must have entry times.

6. ENTRY PROCEDURES

- 6.1. The closing date for entries are as follows:
 - 6.1.1. Grand Prix No 1 – Thursday 17 December 2015 14:00
 - 6.1.2. Grand Prix No 2 – Tuesday 19 January 2016 14:00
 - 6.1.3. Grand Prix No 3 and 4 – Tuesday 2 February 2016 14:00
- 6.2. Heats and Finals will be swum where more than 8/10 entries are received, except for the 800m and 1500m Freestyle, which will be swum as timed finals and only the top 10 entries will be accepted.
- 6.3. Athletes will be notified immediately after the entries have closed and processed whether they are accepted.
- 6.4. Athletes must confirm their acceptance once invited to do so.
- 6.5. Withdrawal after acceptance will be subject to a penalty.
- 6.6. This will be a inter club competition.
- 6.7. Entries will be processed the same way as for Age Group Competitions.
- 6.8. The entry fee will be R70.00 per entry.
- 6.9. The entry fee for the 800 and 1500 m Freestyle will be payable once the entry has been accepted.
- 6.10. Visitors must forward a clearance to compete and their entry times must be verifiable.

7. ENTRY CRITERIA

- 7.1. This will be a inter club competition. Entries will be processed the same way as for Age Group Competitions.
- 7.2. Only one relay entry per club, clubs may combine to enter relays.



- 7.3. Minimum requirement for entry will be the S A Youth Qualifying Time.
- 7.4. Entries must be sent to:
 - 7.4.1. bmorar@swimsa.co.za and daphne@swimsa.co.za.

8. TECHNICAL OFFICIALS

- 8.1. The hosting SSA Affiliate will be required to provide all the registered and trained Technical Officials for each event.
- 8.2. In addition, each participating club will be required to provide at least TWO registered and trained Technical Officials, one timekeeper and one judge for each event.
- 8.3. Technical Officials must be correctly attired, White shirts and Navy Blue Trousers/shorts
- 8.4. The names of SSA registered, trained and available officials must accompany the Provincial Team entries.

9. PROGRAMME OF EVENTS

9.1. Grand Prix No 1; 9 and 10 January 2016

- 9.1.1. Heats : 12:00
- 9.1.2. Finals: 18:00

9.2. Grand Prix Nos 2 , 3 and 4

- 9.2.1. HEATS Friday 19:00; HEATS Saturday 19:00
- 9.2.2. FINALS Saturday 12:00 FINALS Sunday 12:00

800m Freestyle Women	1500m Freestyle Men
400m Individual Medley Men	400m Individual Medley Women
200m Freestyle Women	200m Freestyle Men
100m Freestyle Men	100m Freestyle Women
100m Breaststroke Women	100m Breaststroke Men
50m Breaststroke Men	50m Breaststroke Women
100m Butterfly Women	100m Butterfly Men
100m Backstroke Men	100m Backstroke Women
50m Backstroke Women	50m Backstroke Men
200m Butterfly Men	200m Butterfly Women
200m Individual Medley Women	200m Individual Medley Men
400m Freestyle Men	400m Freestyle Women
50m Freestyle Women	50m Freestyle Men
200m Breaststroke Men	200m Breaststroke Women
200m Backstroke Women	200m Backstroke Men
50m Butterfly Men	50m Butterfly Women
4 x 100m Medley Relay Mixed	4 x 100 Freestyle Relay Mixed

