



**BANK WINDHOEK- NASFED  
NATIONAL NAMIBIAN SHORT COURSE  
CHAMPIONSHIPS 2023**



**28 September 2023 – 1 October 2023**

**THE CUBE  
SWAKOPMUND  
NAMIBIA**

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**A. GENERAL**

DATE:	28 September 2023 – 1 October 2023		
VENUE:	The Cube Swimming Pool, Swakopmund		
ENTRY FEES:	Registration of foreign competitors:		N\$ 100.00
	Individual events all Competitors:		N\$ 30.00
	Relays per Entry:		N\$ 60.00
LONGT LIST FINAL DATE:	28 August 2023 (Foreign Competitors)		
ENTRY CLOSING DATE:	08 September 2023 at 12h00 to <a href="mailto:wp@wp-pools.com">wp@wp-pools.com</a> <b><u>No late entries accepted</u></b>		
FINAL SCRATCHES:	15 September 2023 at 12h00 to <a href="mailto:wp@wp-pools.com">wp@wp-pools.com</a>		
ENTRY FEES DUE:	18 September 2023 at 12h00 to <a href="mailto:wp@wp-pools.com">wp@wp-pools.com</a> 27 September 2023 by foreign Competitors.		
TEAM MANAGERS MEETING:	28 September 2023 at 12:00		

**B. CONDITIONS, RULES, AND REGULATIONS**

**1. SWIMMING RULES**

The Championships will be governed and administered in accordance with the relevant technical rules from **World Aquatics** and the **NASFED Rules**, in addition to the information detailed here in.

**2. ELIGIBILITY**

2.1 All competitors **must be registered with NASFED 10 days before the competition**. In the case of non NASFED registered competitors, written clearance must be provided from their Home Federations allowing them to compete in Namibia. Clearance documentation must be provided at the deadline date for entries.

2.2 Foreign teams shall provide a Long List of Competitors by 28 August 2023 to [wp@wp-pools.com](mailto:wp@wp-pools.com) Due to venue and time constraints, the Organizers reserve the right to limit the number of competitors. Teams will be notified via e-mail by 2 September 2023 if any team restrictions apply.

2.3 NT (No Time) entries will not be accepted.

**2.4 All athletes in the individual events shall compete in the age group corresponding to their age on the 1<sup>st</sup> day of the championships.**

2.5 Competitors are allowed to swim-up in the relay events, provided that each athlete participates in one Age Group per Relay Event only.

2.6 A maximum entry of two relays per Age Group per relay event is permitted per team.

### 3. ONE START RULE

3.1 The 1 (One) start rule will apply.

### 4. ENTRY ADMINISTRATION:

4.1 Entry times will be in SCM and can be converted LCM Times recorded since 27 September 2022. Entries will only be accepted in Hytek Team Manager zip File Format with Proof of Time and the corresponding reports.

4.2 All teams shall submit their Team Manager/s via e-mail with their corresponding contact details together with their Entries.

4.3 Psych Sheets and Session Reports will be published once the entry administration is completed.

### 5. FORMAT

5.1 These championships are a club competition and athletes will compete for their Club, foreign competitors may compete as a federation, provided this is disclosed on the long lists submission and approved by their Home Federation.

5.2 The championships will be hosted in an eight-lane format for all sessions.

5.3 All events will be swum as Multi-Age Group **TIMED-FINALS**. Only the top 24 (twenty four) competitors will be entered for the 800m and 1500m Freestyle events, with a Restriction of a maximum of 10 Foreign

Competitors (if applicable), in these Events. The Masters Events will be separate Events and Multi-Disability Events will be added, where required. Please indicate Para Athletes on your Entry Reports.

5.4 The age categories are as follows:

- 8 years and under,
- 9-10 years,
- 11-12 years,
- 13-14 years,
- 15-16 years and
- 17 years and over.
- **Masters (25 years – 44 years and 45 and over)**

5.5 The Organizers reserve the right to change the format and/or combine certain events.

5.6 The Organizers reserve the right to change the Relay Events due to Session Time Constraints.

**5.7 Events per age category:**

Individual Events	8y & under	10y & under	12y & under	14y & under
<b>Freestyle</b>	50m	50m, 100m	50m, 100m, 200m, 400m, 800m and 1500m	50m, 100m, 200m, 400m, 800m and 1500m
<b>Backstroke</b>	50m	50m, 100m	50m, 100m, 200m	50m, 100m, 200m
<b>Breaststroke</b>	50m	50m, 100m	50m, 100m, 200m	50m, 100m, 200m
<b>Butterfly</b>	50m	50m, 100m	50m, 100m and 200m	50m, 100m and 200m
<b>Ind. Medley</b>	100m and 200m	100m and 200m	100m and 200m	100m and 200m

Individual Events	16y & under	17y & over	Masters 25y & over
<b>Freestyle</b>	50m, 100m, 200m, 400m, 800m and 1500m	50m, 100m, 200m, 400m, 800m and 1500m	50m, 100m, 200m, 400m, 800m and 1500m
<b>Backstroke</b>	50m, 100m, 200m	50m, 100m, 200m	50m, 100m, 200m
<b>Breaststroke</b>	50m, 100m, 200m	50m, 100m, 200m	50m, 100m, 200m
<b>Butterfly</b>	50m, 100m and 200m	50m, 100m and 200m	50m, 100m and 200m
<b>Ind. Medley</b>	100m, 200m and 400m	100m, 200m and 400m	100m, 200m and 400m

5.4 All relay events will be in the Age Group 10&u, 12&u, 13-14, 15-16, 17&o and Master 25&o.

5.5 The following events will have Entry Qualifying Times: 1500m, 800m and 400m Freestyle, the 400m Ind. Medley and the 200m Butterfly.

1500m Freestyle	21:05.07 Male	22:51.32 Female
200m Butterfly	02:41.68 Male	02:58.67 Female
400m Ind. Medley	05:50.76 Male	06:26.80 Female
800m Freestyle	11:02.38 Male	11:56.03 Female
400m Freestyle	05:17.05 Male	05:49.43 Female

## 6. OFFICIAL OPENING CEREMONY

The **official opening ceremony** will take place on **Saturday, 30 September 2023 at 08h00**. All athletes need to be attired in their team uniform. The club's Team Manager (TM) will ensure athletes respectful behaviour during the performing of the National Anthem and opening speeches.

## 7. MEDALS & TROPHIES

Medals will be awarded to the first 3 (three) NASFED swimmers as per the above AGE and OPEN categories. Should a non-NASFED registered competitor be placed within the top 3 (three), the swimmer will receive the appropriate visitors' medal. Medal winners must be attired in club uniform at the medal presentation. No swimmers will be allowed in the Competition Pool during Medal Ceremonies.

**No Show for medal ceremonies will result in a forfeit of his/her medal.**

## 8. POINTS FOR CLUBS AND LUDORUM WINNERS

8.1 Foreign Competitors will not be eligible for the Ludorum Trophies.

8.2 Points will be awarded for the first eight (8) swimmers in each age group. Junior swimmers are classified as 14 and under and senior as 15 and over. The points for clubs and Junior Victor/Victrix Ludorum are as follows:

<b>Individual:</b>		<b>Relays:</b>
1 <sup>st</sup>	11 Points	22 Points
2 <sup>nd</sup>	9 Points	18 Points
3 <sup>rd</sup>	7 Points	14 Points
4 <sup>th</sup>	5 Points	10 Points
5 <sup>th</sup>	4 Points	8 Points
6 <sup>th</sup>	3 Points	6 Points
7 <sup>th</sup>	2 Points	4 Points
8 <sup>th</sup>	1 Point	2 Points

**NAMIBIAN or NASFED Record additional 25 points**

8.3 Senior Victor and Victrix Ludorum points are calculated based on the sum of the highest FINA points of the best 6 events swum - irrespective of age of the swimmer (Junior swimmers are also eligible to win Senior Ludorum).

## 9. ENTRIES & PAYMENTS

9.1 Entries must be submitted and sent by mail to the Recorder at [wp@wp-pools.com](mailto:wp@wp-pools.com) by deadline of

**08 September 2023** at 12h00.

9.2 Payment is due latest by **15 September 2023** for local Teams and by **27 September 2023** for foreign Competitors

## 10. SCRATCHES

10.1 Scratching for individual events will only be accepted until 12h00 on **Friday, 15 September 2023** and must be done by the Recorder. Thereafter scratching/withdrawals must be done at the team managers meeting or within 30 minutes after the conclusion of the previous session, through the club's Team Manager with the Session Admin Referee on duty.

10.2 All scratches to be submitted in writing on the **Scratch Form**.

## 11. NO SHOWS

Any swimmer who is a no-show for an event will be fined **N\$ 250.00** (Two Hundred and Fifty Namibian Dollar) per event and will immediately be excluded from any further individual events until the penalty is paid in full. Penalties can only be paid via the designated club Team Manager to the Session Admin Referee.

## 12. PROTESTS

Protests are to be submitted in writing to the Session Referee on the **Protest Form**, accompanied with an **N\$ 150** (One Hundred and Fifty Namibian Dollar) deposit by the designated Team Manger/s only. Protests must be submitted within 30 minutes after the results for the session have been published and contain the name of the swimmer, club and event, heat and lane number. The Referee's decision will be final and the deposit will be refunded on a successful protest.

## 13. MEDICAL AND DOPING CONTROL

13.1 A medical officer, provided by the Organizing Committee, shall be present throughout the competition.

13.2 In recognition that the use of substances or practices which artificially enhance a swimmer's performance in and out of competition is illegal, and in recognition that there is a necessity to fight this malpractice, NASFED shall implement random testing during training and at any time in and out of competition according to the decision of the Namibian Sport Commission.



13.3 Random Doping Control Tests may be conducted on ANY Competitor at the Championships by the DC Officers from the NNOC.

13.4 Facilities for doping control shall be provided, in accordance with WA Rules.

13.5 The banned substances and practices are those contained in the WADA list.

13.6 The doping control shall be carried out according to WADA Rules and the tests shall be made at laboratories appearing in the international Olympic Committee approved list.

13.7 Where a swimmer tests positive, the said swimmer shall be sanctioned by NASFED in accordance with WA Rules.

## 14. OFFICIALS

14.1 All Namibian participating clubs must provide **officials** for all sessions as per NASFED Quota System. All foreign competitors must provide one official for every 5 (or part thereof) competitors. Official names must be mailed to [secgen@swimmingnamibia.com](mailto:secgen@swimmingnamibia.com) by 08 September 2023 at 12h00. **A No Show Fee for officials of N\$150 (One Hundred and Fifty Namibian Dollar) will be charged.** The dress code for officials will be any navy-blue pants, shorts or skirts and white shirts with no sponsorship branding.

## 15. TEAM MANAGERS MEETING

15.1 A compulsory Team Managers meeting will take place on Thursday, 28 September 2023 at 12h00.

15.2 All correspondence to be submitted by the relevant Team Manager only and no other persons will be allowed in the administration office for the duration of the championships.

## 16. SESSIONS

Thursday	28 September 2023	Session 1 starts at 14h00
Thursday	28 September 2023	Session 2 starts at 17h30
Friday	29 September 2023	Session 3 starts at 09h00
Friday	29 September 2023	Session 4 starts at 14h00
Friday	29 September 2023	Session 5 starts at 17h30
Saturday	30 September 2023	Session 6 starts at 08h30
Saturday	30 September 2023	Session 7 starts at 13h30
Sunday	01 October 2023	Session 8 starts at 08h00
Sunday	01 October 2023	Session 9 starts at 12h00

**Saturday**      **30 September 2023**      Official Opening at 08h00 club uniform.

	<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Session 4</u>
1	50 Back W	50 Free M	50 Free W	50 Back M
2	100 Free M	100 Fly W	100 Fly M	100 Free W
3	200 Fly W	200 Breast M	200 Breast W	200 Fly M
4	400 IM M	800 Free W	400 Free M	400 IM W
5	Relay	4 x 100 Medley Mix	4 x 100 IM Re W	
	<u>Session 5</u>	<u>Session 6</u>	<u>Session 7</u>	<u>Session 8</u>
	50 Breast W	50 Breast M	100 Back W	100 Back M
	100 Breast M	50 Fly W	200 IM M	100 IM W
	200 Back W	200 Back M	200 Free W	200 Free M
	800 Free M	400 Free W	1500 Free M	1500 Free W
	4 x 100 Free M	4 x 100 Free W	4 x 100 Medley M	4 x 100 Free Mixed

**LOOKING FORWARD IN RECEIVING YOUR ENTRIES**

**THE BANK WINDHOEK AND NASFED TEAMS**