SOUTH AFRICAN DIVING

Tuesday, October 6, 2026

Dear Diving Friends,

Swimming South Africa: Diving and Central Gauteng Aquatics: Diving have great pleasure in extending an invitation to all clubs with age group and senior divers to participate in the South African National Age Group and RSA Cup events taking place in December 2026. The competition dates are 11 – 14 December 2026, and the events take place at St. Dominic's Catholic School for Girls, Boksburg.

Attached to this email, please find the following documentation:

- Rules and requirements for both events – kindly note that changes have been made to the competition structure of RSA Cup, and the requirements of NAG .
- A set programme, which may be slightly amended once the preliminary entries are received.
- Preliminary entry forms for divers and officials for both events.

To allow for efficient planning of the event, the LOC requires that each club pay a deposit of R250.00 *per diver* with submission of the preliminary entry. This deposit is non-refundable, should a diver withdraw after the final entry date. If the diver competes, the R250.00 comes off the final entry fee amount.

Should you have any queries, please contact me at email: loredana@raccag.co.za.

In diving,
Loredana Raccanello
SSA: Diving Convenor

TECHNICAL DIVING COMMITTEE: Loredana Raccanello (Convenor) lraccanello@roedeanschool.co.za; Kim Boustred (Member) kboustred@gmail.com; Colleen Kelling (Member) colleenkelling@protonmail.com; Winnie Methula (Member) winnieportiamethula@gmail.com; Debbie Wastie (Acting Convenor Selection Committee) Debbie Wastie debbie.glidersdiving@gmail.com; Co-opted Members: Justine Heydra (Competition Management) justine@creativecharacters.co.za; Officials Convenors: Fiorella Barberini (Judges) admin@raccag.co.za; Kathleen Shepherd (Coaches Representative) shepkatie1@gmail.com; Nicole Gillis (Social Media) nicole.gillis.245@gmail.com; Julia Vincent (Athletes Representative) julesvincent10@outlook.com.