

Event:	SA National Championships (25m)
Date:	26 – 29 September 2024
Venue:	Kings Park Swimming Pool (25m)

[A] GENERAL COMPETITION RULES

- 1 World Aquatics Technical Rules will apply to this competition. WPS Rules for Para Swimmers.
- 2 This Competition is open to swimmers (12 and over) who have achieved the qualifying time.
- 3 Provinces may apply for an entry concession for swimmers who have not achieved the qualifying standards. Swimmers will be assessed based on their current ranking. **Applications must be received by Friday 16th August 2024.**
- 4 **Final list of session times and breakdown of event order will be published once entries have closed.**
- 5 Elite Para and Senior Para Squad members may enter. The categories will be for both Men and Women will be S1 – S15 and S14 Trisomy 21 (Down Syndrome).
- 6 All entries must have entry times on the SSA database 2023/2024 and be registered for the current season.
- 7 The 800 Free and 1500 Free events for Men and Women will be Timed Finals. These events will be swum in morning session. There will be A and B Finals for all the other events where there are 17 or more participants, provided there are at least 4 swimmers swimming the "B" final.
- 8 TECHNICAL OFFICIALS
 - 8.1 This is a Club Competition. Clubs will be required to provide SSA registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition:
 - 8.1.1 1 - 5 swimmers, one judge and one timekeeper.
 - 8.1.2 6 - 10 swimmers, a minimum of two judges and one timekeeper for every session.
 - 8.1.3 11 and over swimmers, a minimum of three judges and 1 timekeeper for every session.

PLEASE NOTE All Technical Officials must be correctly attired;

White shirts and Navy Blue Trousers or Skirts for Finals sessions;

Optional - Navy blue shorts for Heats.

[B] ENTRIES ADMINISTRATION

1. All entries must be submitted by the Provincial Secretary.
2. Individual entry fee R110.00 per event (R100.00 entry fee plus R10.00 SSA Levy)
3. Relay entry fee R110.00 per event (R100.00 entry fee plus R10.00 SSA Levy)
4. Only one relay entry per event per club.
5. Closing dates for entries:
 - 5.1. First date: 26 August 2024
 - 5.2. Second date: 6 September 2024

6. Late entries:

- 6.1. Late entries will be applicable from 6 to 20 September 2024 at 3 times the original entry fee.
 - 6.2. After 20 September no further correspondence re entries will be accepted and all queries, withdrawals, late entries will be dealt with at the Manager's Meeting.
 - 6.3. Late entries at 10x the original will be accepted at the Managers Meeting on 25 September 2024 (16:00).
 - 6.4. The team Managers Meeting is the last opportunity for late/additional entries – thereafter no late entries will be accepted.
7. Only accredited managers may
 - 7.1. Withdraw competitors
 - 7.2. Lodge objections
 - 7.3. Lodge complaints
 8. Written protest accompanied by R1000.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification
 9. In the case of a dispute, the referees' decision will be final.
 10. All team managers must attend the Manager's Meeting.
 - 10.1. Clubs who are not represented at the Manager's Meeting and who do not comply with the rules concerning entries will not receive any concessions.
 - 10.2. This will be the last opportunity to apply for late entries subject to the late entry fee of 10x the original entry fee and the availability of lanes.

11. Withdrawals

- 11.1. Pre-competition at the Manager's Meeting – no charge
- 11.2. After the Manager's Meeting, Withdrawals will be accepted 1 hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will be fined R200.00 per event.
- 11.3. No-shows, heats or finals, swimmers who do not show for their race, will be fined R300.00 and the swimmer may not compete in any other event until this fine has been paid.
- 11.4. Withdrawals from the finals – this must be done before the end of the heats session or as notified by the Admin Referee. It would be really helpful if these withdrawals are done as soon as possible after the results are notified, as this would be useful for notifying the alternates for the particular events. The alternates must report for the finals in case they are needed.
- 11.5. If the Referee deems a swimmer to have deliberately false started or not performing to the swimmer's capabilities then the swimmer will be fined R500.00 and will be withdrawn from all further events that session, including relays if they fall in that session.
- 11.6. TIME TRIALS – If the application is accepted, the fee will be R1100.00

12. CEREMONIES

- 12.1 Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
 - 12.2 Medal Ceremony – Swimmers must present themselves in good time and correctly attired.
- 13 SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition.

14 EVENTS

- 14.1 All events except 800m and 1500m Freestyle:** Heats, A & B Finals, provided there are 17 or more participants in the heats
- 14.2 800 / 1500m's:** Timed finals

QUALIFYING TIMES

WOMEN	WOMEN	EVENTS	MEN	MEN
LC QT's	SC QT's		SC QT's	LC QT's
29.82	28.88	50m Freestyle	25.40	26.34
1:05.15	1:03.31	100m Freestyle	56.62	59.04
2:22.34	2:19.13	200m Freestyle	2:05.19	2:08.51
4:57.98	4:54.72	400m Freestyle	4:27.41	4:37.27
10:10.79	10:03.93	800m Freestyle	9:18.67	9:29.63
19:19.73	19:16.2 1	1500m Freestyle	17:48.48	18:17.41
33.99	32.25	50m Backstroke	27.99	29.87
1:12.53	1:09.15	100m Backstroke	1:00.89	1:05.01
2:35.41	2:29.85	200m Backstroke	2:13.08	2:21.01
37.04	35.98	50m Breaststroke	31.81	32.69
1:20.79	1:18.56	100m Breaststroke	1:09.72	1:11.66
2:55.26	2:49.54	200m Breaststroke	2:31.39	2:38.68
30.78	30.71	50m Butterfly	27.40	28.05
1:09.90	1:08.79	100m Butterfly	1:00.19	1:02.30
2:33.47	2:30:69	200m Butterfly	2:16.37	2:19.02
	1:11.19	100m IM	1:05.99	
2:38.90	2:33.53	200m IM	2:18.12	2:23.63
5:59.00	5:26:24	400m IM	4:55.19	5:07.21