



19 - 22
March
2020



SA Regional Level 3 Championships 2020

GERMISTON | SASOLBURG | NEWCASTLE

WELCOME LETTER



sport & recreation
Department:
Sport and Recreation South Africa
REPUBLIC OF SOUTH AFRICA



www.swimsa.org

GENERAL SWIMMING COMPETITION RULES

1. FINA Rules will apply to these Championships;
 2. South African participants must be fully registered with SSA and have competed in competitions to ensure that their times for entries are on the National Database;
 3. Visitors must forward a clearance letter to compete. Their entry times must be verified. The National Federations must confirm that the swimmers entered, meet the stipulated cut off and entry times for the events that they have been entered in.
 4. If, due to weather conditions, any section of a swimming program cannot be completed the following will apply:
 - 4.1 On the final day of the competition, if the Finals cannot be completed, the Final results and Medals will be awarded as per the results of the Heats;
 - 4.2 If on any of the other days, the Finals cannot be completed, due to time constraints, the Finals will either:
 - A) Be rescheduled or
 - B) the results awarded as per the heats results;
 5. If circumstances require, any part of the program may be swum as timed finals;
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HEATS & FINALS

HEATS

1. Heats will be swum in a 10 Lane Format;
2. Heats will commence at 08H00 each morning EXCLUDING Friday 20th March 2020 where heats will commence directly after the Welcoming Ceremony;
3. Heats will be swum together regardless of age according to submitted entry times;

FINALS

1. Finals will be swum in a 10 Lane Format;
2. Finals will commence at 15H30 each afternoon EXCLUDING Thursday 19th March 2020 where the 400m Freestyle event will be swum as Timed Finals commencing at 17H00;
3. Finals starting times will be subject to change. Should the starting time change, this will be announced during the heats session;
4. Each finalist will receive a finalist ribbon;

CEREMONIES

OPENING CEREMONY

1. All Officials and Swimmers are requested to gather next to the Marshalling Marquee by 07H30 on Friday the 20th March 2020 for the opening ceremony.
2. All Swimmers are to be kitted in their Club Apparel and have their Flags/Banners with them.
3. Team Managers are requested to ensure that the swimmers competing in the first 4 heats of the day's events are not part of the opening ceremony.
4. Swimmers must wait until the Opening Ceremony is complete before leaving pool deck
5. Managers are to request that Swimmers are to show respectful behavior during the performing of the National Anthem and the Welcome Speech;

MEDAL CEREMONY

1. Swimmers must present themselves in good time and be correctly attired for medal presentation;
 2. Only medal winners are allowed to be on the podium during medal presentations.
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RECORDING & LOC OFFICE

1. The Recording & LOC Office is OUT OF BOUNDS;
 2. No parent or swimmer will be allowed in the LOC/Recording Office unless they have been called by an Official;
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TECHNICAL OFFICIALS

1. The names of SSA registered, trained and available officials must accompany the swimming entries.
2. **This will be a requirement for the acceptance of swimming entries. If this requirement is not fulfilled, the penalty will be a fine of R1000.00 for every official not present and the swimmers from the club/province may be excluded from the competition.**
3. The final Roster and allocation of Officials will be at SSA's discretion depending on the number of swimmers entered into the Championships.

4. For Inter Club and Provincial Competitions, clubs/provinces will be required to provide SSA registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition:

NUMBER OF SWIMMERS	OFFICIALS PER SESSION	TECHNICAL OFFICIALS REQUIRED
1 – 4 Swimmers	1 Official	1 Judge
5 – 10 Swimmers	2 Officials	1 Judge; 1 Timekeeper
11 – 20 Swimmers	3 Officials	1 Judge; 2 Timekeepers
21 – 30 Swimmers	4 Officials	2 Judges; 2 Timekeepers
31 + Swimmers	5 Officials	3 Judges; 2 Timekeepers

5. Please Note that no Team Manager or Coach may officiate on pool deck;
 6. All participating Clubs are requested to **also forward** the names of their Officials for the duration of the Championships to the host District's Officials Convenor Donette De Beer at officials@easterngautengaquatics.co.za by no later than **MONDAY 09TH MARCH 2020**;

7. All Officials are requested to sign the duty roster as follows:

Heats Sessions	Designated area at the Main Entrance Gate Officials are to report for duty 30 Minutes prior to the start of each session
Finals Sessions	Officials Tea Room Officials are to report for duty 30 Minutes prior to the start of each session

8. We request that all Officials adhere to the required attire when officiating at these Championships:

OFFICIALS DRESS CODE

HEATS	FINALS
Navy Blue Slacks or Navy Blue Tracksuit Pants or Knee length Navy blue shorts; District or Own White Shirt; Top or Blouse; White Closed shoes /trainers;	Navy Blue Slacks or Navy Blue Tracksuit Pants; District Shirt; White Closed Shoes/Trainers;

NO JEANS OR SANDALS/FLIP-FLOPS WILL BE ALLOWED.

Weather Protection: White or Navy Dri-mac's & Blue Hat

TEAM MANAGER'S & COACHES

TEAM MANAGER'S

1. All participating clubs are to appoint a Team Manager for the duration of the Championships.
2. The Team Manager's meeting will be held at Delville Swimming Pool upstairs behind the podium on Thursday 19th March 2020 **at 16H00. ALL TEAM MANAGERS ARE REQUESTED TO ATTEND.** This is the last opportunity to do scratching's;
3. Clubs/Provinces who are not represented and who do not comply with the rules concerning entries will not receive any concessions.
4. Only Team Managers are permitted to enter the Recording & LOC Office;
5. Only Team Managers may withdraw competitors/lodge objections/complaints
6. Protests will only be accepted on a protest form with a R500-00 protest fee
7. No video footage of photos will be permitted for the use of a protest
8. In the case of a dispute, the Referees' decision will be final;
9. Accreditation tags will be in the Team Manager's packs;

COACHES

Coaches are invited to refreshments before the start of the morning session only in the Officials Room;

Only registered Coaches are permitted on pool deck during warm up

Only registered Coaches will receive accreditation tags

WITHDRAWALS

1. Pre-competition at the Manager's Meeting – no charge
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.
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.
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.
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.

TESTING

1. Random Drug Testing may take place;
 2. It is the Swimmers responsibility to ensure that they have a TUE exemption form and or medical certificate. This is to be submitted at the Team Manager's Meeting;
 3. Only Team Manager's or Assigned Official will be permitted to accompany a swimmer that has been randomly selected for drug testing;
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SWIMWEAR

1. Swimmers are permitted to wear ONE Costumer;
 2. Swimming costumes permitted are per the FINA Rules
 3. No Power/Balance bands will be permitted
 4. No Strapping will be permitted
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WARM UP PROCEDURE

1. Clubs are required to share warm up lanes;
 2. Diving lanes will be 0, 1, 8 and 9;
 3. The announcer will open the diving lanes during warm up;
 4. No training equipment is allowed in the pool during warm up;
 5. Swimmers are requested **not to exit the pool over the touch pads**, any swimmer seen doing this will be fined R500-00;
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MARSHALLING

1. All Swimmers MUST report to the marshalling marquee for ALL heats and finals;
2. 1st & 2nd Reserve Swimmers MUST report to the marshalling marquee for finals;
3. Swimmers that miss their race will NOT be placed in an alternative heat;
4. Swimmers reporting for medals MUST report to the marshalling marquee prior to the medal presentations. Medallists will make their way to the podium from the marshalling marquee;
5. Team managers are to ensure that their swimmers report to the marshalling area in time for their event;

6. Team managers must accompany the relay teams to the marshalling marquee;
7. Any swimmer found to be in contravention of the Fina Code of Ethics in the marshalling area will be disqualified immediately

FINA CODE OF ETHICS, Chapter V – Ethical Principles in Aquatics as follows:

A. EQUALITY

No discrimination on the basis of gender, race, religion, or political opinion shall be tolerated.

B. DIGNITY

All forms of harassment, be they physical, psychological, professional or sexual, are strictly prohibited.

C. FAIR PLAY

Fair play is the basic guiding principle in the sport of Aquatics.

ENTRANCE FEES

- Daily Pass: (Entrance for Heats and Finals)
≈ R40-00 per day
 - Championship Program:
≈ R100-00
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GENERAL INFORMATION

1. POOL ACCESS/ENTRANCE

- Gates will open at 06H00 daily;
- Coaches, Team Manager's and Swimmers are to make use of the Black Gate, provided you are in possession of your Accreditation card. No entry to the pool will be permitted if you are unable to produce your tag;
- Spectators are to make use of the main entrance gate;
- Officials are to make use of the main entrance gate where you will be required to sign the Officials roster;

2. PARKING

- **Outside Main Gate:**
This area is not a general parking area but the Emergency Assembly Point and parking reserved for VIP's;
This is not a drop off or pick up area and this will be monitored by security so please request your club members not to request parking in this area;

- **General Parking area:**

For security reasons, EGA recommends that you park in the allocated area between the athletics stadium and pool area. Security will be provided in this parking area;

DO NOT park in the streets or on the pavements around the pool area. The EMPD will tow vehicles away;

3. SEATING

- No parents or swimmers will be permitted to sit on any part of the pool deck area during a session. This includes the podium area as well as the VIP Marquee;
- RESERVING OF SEATS on the grandstand is not permitted. Any demarcation tape put up to reserve seats will be removed;

4. GAZEBOS/MARQUEES

- Gazebos will be done on a **first come first served basis**;
- Clubs are permitted to erect their Gazebos between 12:00 and 14:00 on Thursday 19th March 2020. Please NOTE that as per the City of Ekurhuleni **NO VEHICLES ARE ALLOWED INSIDE THE POOL AREA TO OFFLOAD**;
- Clubs are restricted to 1 gazebo positioned on pool side with the shortest side being on poolside and the longest towards the back;
- The 2nd gazebo can be positioned **behind** the poolside gazebo but is not to encroach on the pathway where paramedics are to get through should the need arise. If a club has a double gazebo, this will be seen as two single gazebos, **NO EXCEPTIONS** in this regard. Any other gazebo's are to be positioned after the pathway on the grass area;
- Clubs will be asked to remove any gazebo's that are placed next to each other on poolside or encroaching on the pathway;
- Gazebos are to be securely fastened and not erected in demarcated areas for emergency exits. Any gazebos found to be infringing into these demarcated areas will be removed;
- Marquees for clubs can be hired for the duration of the Championships at a cost of R1600-00 per marquee. Please confirm your club's booking with the Tournament Director – **Tara Barklay** at loc@easterngautengaquatics.co.za by no later than Friday 06th March 2020. No Private Marquees are allowed;
- Clubs are requested to be considerate towards one another with regards to space;

5. HOUSE RULES

- **NO ALCOHOL WILL BE PERMITTED ON THE PREMISES.** Random searches will be carried out at the gates as per the City's Department of Health and Safety. Any person found to be in possession of beverages containing alcohol or under the influence of alcohol will be in contravention of the City's By-Laws **and the Club to which they belong will be withdrawn from the championship and disciplinary action taken with immediate effect;**
- **PERSONS WILL NOT BE PERMITTED TO ENTER THE POOL GROUNDS OR REMAIN ON THE PREMISES WHILST CARRYING A FIREARM, HANDGUN OR ANY OTHER TYPE OF WEAPON;** Random searches will be carried out at the gates as per the City's Department of Health and Safety;
- **NO FIRES** or **GAS BRAAIS** are permitted on the premises;
- **NO SMOKING** is permitted in the pool grounds. Smoking will only be permitted outside the pool grounds in designated smoking areas. If anyone is found to be smoking in a no smoking area, they will be fined R500,00;
- Clubs are requested to keep their areas clean to minimise attracting bees;
- Bins are placed on the grand stand and grass areas and are cleared regularly;
- NO UNAUTHORISED media or individuals will be permitted on the pool deck;
- NO FLASH photography is permitted during the start of a race;
- SILENCE is requested at the start of each race;
- A map of the pool grounds will be displayed at the main entrance. Please familiarize yourselves with the map;

6. LOST PROPERTY

- Eastern Gauteng Aquatics, City of Ekurhuleni, and the staff of Delville Swimming Pool take no responsibility for the loss or damage of property;

7. VENDORS

- Approved and Certified Food and Beverage Vendors will be available for the duration of the championships;

8. PHOTOGRAPHER

- A photographer will be available during the competition. Further details will be supplied in the program.
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ACCOMMODATION

1. **Road Lodge Germiston Lake - 011 827 1550**
1.7 Km's away from the pool
2. **Lions Rest Guest House - 011 824 4672**
1.7 Km's away from the pool
3. **Towers Lodge - 011 893 1309**
6.5 Km's away from the pool
4. **African Elephant Guest house - 063 425 0954**
3 Km's away from the pool
5. **Summer Place Hotel - 011 824 4620**
3.2 Km's away from the pool

We thank you for your participation in these Championships and look forward to hosting a successful Level 3 Competition.

Yours in swimming

Tara Barklay

082-319-4406

TOURNAMENT DIRECTOR