



## CAPE WINELANDS SENIOR LEAGUE GALA RULES

### GALA RULES & PROCEDURES

- The gala will be run in accordance with Swimming SA & World Aquatics rules.
- The gala will be swum in a 25m (Short Course) or 50m (Long Course) pool with starting blocks and backstroke wedges.
- SSA registered swimmers Level 2 and above may compete.
- Age as on the day of the gala will determine the age group a swimmer may enter.
- Swimmers may only compete in their own age group.
- Swimmers may enter as many events as they wish.
- Heats to be seeded from slowest to fastest, mixed (male & female together).
- The referee's decision is final.
- All withdrawals must be done 30min prior to the start of the session.
- A R150 penalty will be charged for a NO SHOW.
- Only Team Managers and / or Coaches will be allowed at the Recording/Technical Table.
- Protests must be submitted, in writing, together with a deposit of R200 at the recording table within 30min of the incident in question. The referees' decision will be final.

### ENTRIES

- Swimmers will submit entries to their club. Each club who will send the entries to the District Convenor, either CTA or CWA in the normal submission format for District competitions.
- SSA Registered swimmers only.
- Entries on Team Manager (zip file, entry and entry fee report).
- Closing date for entries is 10 days prior to a gala.
- Late entries from 9 days prior to the gala until the day of the gala @ 3x the original entry fee.
- Full entry fees are payable on submission of entries. Withdrawal before the day of the gala will carry no additional charges.
- Withdrawal or No-Show on the day of the gala will carry a penalty of R150 per event.

### ENTRY FEES

CWA: R60 surcharge per swimmer plus  
R55 per event  
RELAY EVENT: No charge

### EVENTS

| SENIOR<br>LEAGUE GALAS | CWA<br>WINTER<br>GALA | CWA<br>SL#1 | CWA<br>SL#2 | CWA<br>SL#3 | CWA<br>SL#4 | CWA<br>DRAKENSTEIN<br>INVITATIONAL | CWA SL FIN |
|------------------------|-----------------------|-------------|-------------|-------------|-------------|------------------------------------|------------|
|                        | 6 JUNE                | 22 AUG      | 19 SEPT     | 17 OCT      | 14 NOV      | 23 JAN                             | 12/13 FEB  |
|                        | GEN                   | GEN         | GEN         | COETZ       | COETZ       | PAARL                              | COETZ      |
| 50 FREE                | Yes                   |             | Yes         | Yes         | Yes         | Yes                                | Yes        |
| 100 FREE               | Yes                   |             | Yes         | Yes         |             | Yes                                |            |
| 200 FREE               | Yes                   | Yes         |             |             | Yes         | Yes                                | Yes        |
| 400 FREE               | Yes                   |             | Yes         | Yes         |             |                                    | Yes        |
| 800 FREE               | Yes                   | Yes         |             |             | Yes         |                                    | Yes        |
| 1500 FREE              | Yes                   | Yes         |             | Yes         |             |                                    | Yes        |



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|              |     |     |     |     |     |     |     |
|--------------|-----|-----|-----|-----|-----|-----|-----|
| 50 BACK      | Yes | Yes |     |     | Yes | Yes | Yes |
| 100 BACK     | Yes | Yes |     |     | Yes | Yes | Yes |
| 200 BACK     | Yes |     | Yes | Yes |     | Yes |     |
| 50 BREAST    | Yes | Yes |     |     | Yes | Yes |     |
| 100 BREAST   | Yes |     | Yes | Yes |     | Yes | Yes |
| 200 BREAST   | Yes | Yes |     |     | Yes | Yes | Yes |
| 50 FLY       | Yes |     | Yes | Yes | Yes | Yes |     |
| 100 FLY      | Yes |     | Yes | Yes |     | Yes |     |
| 200 FLY      | Yes | Yes |     |     | Yes |     | Yes |
| 100IM        | Yes | Yes |     |     |     |     |     |
| 200IM        | Yes |     |     | Yes | Yes | Yes | Yes |
| 400IM        | Yes |     | Yes |     |     |     | Yes |
| 200 FREE X   |     | Yes |     |     |     |     |     |
| 400 FREE X   |     |     |     | Yes |     |     |     |
| 200 MEDLEY X |     |     |     |     | Yes |     |     |
| 400 MEDLEY X |     |     | Yes |     |     |     |     |

### OFFICIALS

- Clubs are requested to submit a list of officials, in accordance to SSA guidelines on the attached list. The list must accompany the entries.
- Coaches and Team managers, with their cell number, must be added to the list.
- Officials must be registered. Probation officials will be allowed.
- All Officials must be dressed correctly: white shirt, navy trousers / skirt and white shoes.
- If an official is unable to do their duty, it is the responsibility of that club to provide a replacement.

### PROGRAMS & RESULTS

- The program will be sent to clubs on the day before the gala for distribution.
- Each club will receive 2 printed programs on the day of the gala.
- The gala and the results will be available on Meet Mobile.
- The results will be emailed to clubs, coaches and WCA after the gala.
- Session start times are subject to change and will be announced closer to the date of the gala. It will depend on the number of entries received.
- The results will be separated in gender and age groups.

#### Age Groups:

11 & under: 50m, 100m & 200m events (except for 200 fly)

12-13, 14-15, 16 & over: 50m, 100m, 200m events and 800m and 1500m free

### ENTRANCE TO THE POOL

- Right of Admission Reserved.
- Limited seating space is available. Spectators are kindly requested to be considerate towards one another with regards to space.
- Gates will open 90mins before the gala starts.
- Parking: Please park in the designated parking area.



## **CAPE WINELANDS SENIOR LEAGUE GALA RULES**

### **MEDICAL STATION**

There will be a medical officer on duty for the duration on of the event.