



CAPE WINELANDS JUNIOR 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) pool with starting blocks and backstroke wedges.
- SSA registered Level 1 and Level 2 swimmers as well as unregistered swimmers aged 9 & under may compete.
- Age as on the first 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.
- Swimmers may only enter one distance per stroke (e.g., a swimmer entered in the 25m butterfly may not enter the 50m butterfly).
- 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.
- Only Team Managers and / or Coaches will be allowed at the Recording/Technical Table.
- Cape Winelands Aquatics (CWA) will not be held responsible for any injuries sustained on the premises during the gala.

ENTRIES

- Swimmers will submit entries to their club. Each club will send the entries to the District Convenor in the normal submission format for District competitions.
- SSA Registered swimmers: entries on Team Manager (zip file, entry and entry fee report).
- Unregistered swimmers aged 9 & Under: entries on spreadsheet.
- Closing date for entries is 10 days prior to the gala.
- Late entries for all galas except JL#1 will be charged at 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 cost.
- Withdrawal or No-show on the day of the gala will carry a penalty of R100 per event.

ENTRY FEES

R40 surcharge per swimmer plus

R40 per event

RELAY EVENT: No charge



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EVENTS

JUNIOR LEAGUE GALAS	CWA JL1	CWA JL WINTER	CWA JL2	CWA JL3	CWA JL4	CWA JL5	CWA JL6	CWA JL DRAKENSTEIN L1 & L2	CWA JL (FINAL)
	MAY SC	JUNE SC	JUNE SC	JULY SC	AUGUST SC	SEPTEMBER SC	OCTOBER SC	NOVEMBER LC	FEBRUARY SC
	MATIES	GEN	PAARL AQUA	PAARL AQUA	GEN	GEN	BLOEMHOF	DRAKENSTEIN	MATIES
25 FREE	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
50 FREE	Yes	Yes	Yes		Yes		Yes	Yes	Yes
100 FREE				Yes		Yes		Yes	Yes
25 BACK	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
50 BACK	Yes	Yes	Yes		Yes	Yes		Yes	Yes
100 BACK				Yes			Yes	Yes	Yes
25 BREAST	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
50 BREAST	Yes	Yes	Yes		Yes		Yes	Yes	Yes
100 BREAST				Yes		Yes		Yes	Yes
25 FLY	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
50 FLY		Yes	Yes				Yes	Yes	Yes
100 IM		Yes	Yes		Yes				Yes
200 IM								Yes	
4X25 FREE X							Yes		Yes

OFFICIALS

- Clubs are requested to submit a list of officials, in accordance with 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 (Judge, Timekeeper, etc.) 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.
- If a club cannot replace an official, the club will be charge R200 to cover the cost of finding another official to replace the withdrawn official.

PROGRAMS & RESULTS

- The program will be sent to clubs 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:

9 & under, 10-11, 12-13, 14 & over



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- 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

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.

ENTRANCE TO THE POOL



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- Right of Admission Reserved.
- Limited seating space is available. Spectators are kindly requested to be considerate towards one another with regards to space.
- The pool will be available for warm-up 60min prior to the gala.
- Parking: Please Park in the designated parking area.

MEDICAL STATION

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