



EDEN AQUATICS



EDEN AQUATICS LONG COURSE CHAMPIONSHIPS 2023

You are hereby invited to the Eden Aquatics 2023 Long Course Championship that will take place on 18-19 November 2023 at the NA Smit Municipal 50m Swimming Pool in Oudtshoorn. Saturday 18 November warm-up at 09:00, gala starts at 10:00, Sunday 19 November warm-up at 09:00, gala starts 10:00.

RULES & ENTRY PROCEDURES:

1. WORLD AQUATICS rules apply.
2. Only registered swimmers may take part in this gala.
3. Swimmers will compete in the age they are on the 18 November 2023.
4. Age groups: 10 & under, 11/12, 13/14, 15/16 and 17 & over.
5. EDA Swimmers had to take part in two of the following galas to be eligible for entering Champs: EDA LC1, LC2 LC3 & Freda Barnard 2023.
6. All events will be swum as timed finals. Heats will be swum slowest to fastest.
7. Entries with NO TIMES will not be accepted.
8. Entry fee is R40 per event and R60 surcharge per swimmer, R120 per relay to be paid to your Club.
9. The closing date for entries is 10 November 2023 at 17:00.
10. Only entries done by Club Administrators in Team Manager will be accepted.
11. Entry lists will be available on Monday 13 November 2023. Corrections must be sent to EDA by 10:00 Tuesday 14 November 2023.
12. Late entries will be accepted, **only for swimmers already entered in the meet**, at R120 per entry on or before 10:00 Thursday 16 November 2023.
13. Races will be announced, but swimmers will not be called individually to report for events. Swimmers must report to the Competitor Steward at least 4 heats before their event.
14. There will be a No-Show penalty of R100 per event.
15. ONLY Team Managers are allowed at the recording table. No swimmers or parents allowed.
16. Medals will be presented to the first three swimmers in each event per age group. Age groups: 10 & under, 11/12, 13/14, 15/16 and 17 & over. 400m IM, 200m Fly & 800m Free will be 12 & under, 13/14, 15/16, and 17 & over.
17. Swimmers must be dressed in their club gear and wear shoes for podium presentations.

General Manager / Administrator: Raymond Pollicutte Email: secretary@edenaquatics.co.za

Executive Members: L. Coetzee (President) / L. Mentz (Vice President) / C. vd Merwe (Treasurer) / C. Kuun (Exec Member) / J. Fernold (Exec Member) / T. Pollicutte (Swim Board)



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18. The Championship trophies will be awarded to the Junior & Senior Victor & Victrix Ludorum winners for most points scored during the gala in all events. The following age groups will apply:

JUNIOR VICTOR / VICTRIX LUDORUM: 12 & Under
SENIOR VICTOR / VICTRIX LUDORUM: 13 & Over

Only EDA registered swimmers will be in contention for the Championship Trophies.

19. Appeals must be lodged in writing with an R400 appeal fee to the referee no later than 20 minutes after the results have been announced using the EDA Appeals book available to Team Managers via the recording table.
20. All decisions made by the Referee will be final.
21. There will a Top Club Trophy for the Club with the most points.
22. Points scoring Individual events:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
20	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

23. Eden Aquatics will not be held liable for any injuries sustained on the premises or during the gala, medics will be present.

VICTOR & VICTRIX LUDORUM

Points:

- Point scoring Individual events

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
20	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

- Calculations will be done in combined age groups.

INTER DISTRICT TEAM SELECTION

- Swimmers making themselves available for tis team selection must complete the following link before the end of the gala. <https://forms.gle/iYKABxSyLrjpZCgX9>

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PROGRAMME

Saturday Morning

Saturday Afternoon

Sunday Afternoon

First Session

Second Session

Third Session

1	1500m Free	7	400m Free	14	200m Fly
2	50m Breast	8	50m Fly	15	100m Free
3	200m Back	9	200m IM	16	50m Back
4	100m Fly	10	100m Back	17	100m Breast
5	200m Free	11	200m Breast	18	50m Free
6	400m IM	13	Relays mixed 12&under 200 free 13&over 200 free	19	Relays mixed 12&under 200 Medley 13&over 200 Medley

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