

WEST COAST SPRING GALA

5 SEPTEMBER 2026

Entries close: 26 August 2026

West Coast District Aquatics cordially invites you to participate in the West Coast Spring Gala, to be held on 5 September 2026.

Venue: Curro Aquatic Centre
Long Acres Way
Langebaan
7357

WEST COAST
DISTRICT AQUATICS



RULES

-  WORLD AQUATICS & SSA rules will govern.
-  Only swimmers registered with SSA may compete.
-  Swimmers may compete in their own age group only.
-  Swimmers may enter for a maximum of **8 individual events**.
-  Events will be swum as mixed age group timed finals.
-  Overhead starts will be done.
-  All scratching's must be done 1 hour prior to the start of the session in which these events will take place.
-  **NO SHOW penalty fee of R300** to be paid cash on the day of the Gala at the Recording/Technical Table.
-  Any appeal to the Referee should be done in writing and submitted (together with a R500 cash fee) at the Recording/Technical table within 30 minutes after the results have been announced.
-  The Referee's decision will be final.
-  Only TEAM MANAGERS or COACHES will be allowed at the Recording/Technical Table.
-  West Coast District Aquatics will not be held liable for any injuries sustained on the premises during the Gala.
-  **Right of Admission Reserved.**
-  Session times are subject to change.

!!!TECHNICAL OFFICIALS!!!

-  Teams/Clubs are requested to provide Technical Officials for each session. Please provide a list of the names of **registered** timekeepers, judges, starters etc. who would be available to assist at the gala.
-  Please complete the excel spreadsheet attached and send back with your entries.
-  If an official is unable to do their duties, it will be that Team/Clubs responsibility to provide a replacement.
-  If the Team/Club cannot give a replacement Official, there will be a **Penalty fee of R500 to be paid in cash** at the Recording/Technical Table.
-  **Official Dress Code: White shirt, navy pants with closed white shoes.**

ENTRANCE TO THE POOL

-  Entrance to the pool will be free.
-  The Venue has limited space, so we kindly request/encourage all Teams/Clubs and Spectators to bring Gazebos and Camping Chairs to set up in the designated outdoor area between races.
-  **NO CAMPING CHAIRS ALLOWED IN THE VENUE!!!**

ENTRY PROCEDURE

Entries via districts
Closing date for entries is 26 August 2026.

ENTRY FEES

-  R55 per individual event.
-  R70 surcharge per swimmer.
-  No late entries will be accepted.
-  PAYMENTS BY DISTRICT into West Coast District Aquatics account.

GENERAL INFORMATION

-  Curro Langebaan Tuck-shop and The Goalbox will be open.
-  A Medic will be on site for the duration of the meet.

CONTACT INFORMATION

Thea Lategan
Cell no: 084 517 5419
Email: thea@nickylateganslagtery.co.za

A WhatsApp group will be created for sharing information and documentation. **This group is intended exclusively for Coaches, Team Managers and WCDA Aquatics Management.** IF YOU WOULD LIKE TO INCLUDE YOUR TEAM'S/CLUBS COACHES AND MANAGERS IN THIS GROUP, PLEASE SUBMIT THEIR DETAILS ON THE ATTACHED OFFICIALS' EXCEL SPREADSHEET.

We look forward to a fun and competitive day with you all in the heart of the West Coast...

Yours in Swimming
West Coast District Aquatics

GALA PROGRAMME

The meet consists of 2 sessions in the following age groups:

-  ALL 50's, 100 BACK, 100 BREAST & 100 FREE
9 & Under, 10-11, 12-13, 14-15, 16 & Over
-  100 FLY, 200 BACK, 200 BREAST, 200 FREE, 200 IM & 400 FREE
11 & Under, 12-13, 14-15, 16 & Over
-  200 FLY & 400 IM
11-13, 14-15, 16 & Over

Session times may change and will be announced closer to the start of the gala. It's depending on the number of swimmers entering. Warm up 1 hour before session starts.

SATURDAY, 5 SEPTEMBER 2026 **SESSION 1 (09:00 AM):**

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|---------|-----------------------|
| 1. 200m | Individual Medley |
| 2. 50m | Breaststroke |
| 3. 400m | Freestyle |
| 4. 100m | Backstroke |
| 5. 200m | Butterfly (11 & Over) |
| 6. 100m | Freestyle |
| 7. 200m | Breaststroke |
| 8. 50m | Butterfly |

SATURDAY, 5 SEPTEMBER 2026 **SESSION 2 (TBC):**

- | | |
|----------|-------------------------------|
| 9. 100m | Butterfly |
| 10. 50m | Backstroke |
| 11. 200m | Freestyle |
| 12. 400m | Individual Medley (11 & Over) |
| 13. 100m | Breaststroke |
| 14. 200m | Backstroke |
| 15. 50m | Freestyle |

