



Whale Coast – Spring Dash for Cash

Curro Hermanus

Saturday, 6 September 2025

You are cordially invited to participate in the **Whale Coast - Spring Dash for Cash** gala to be held on **Saturday 6 September 2025** at the **Curro Hermanus Swimming Pool** in Hermanus.

The facility is an indoor, heated pool.

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 swimmers **and non-registered** swimmers may enter.
- Age as on the day of the gala (**6 September 2025**) will determine the age group.
- Swimmers may only compete in their own age group.
- Swimmers may only enter for events that are available in their age group.
- Swimmers may enter for as many events as they wish.
- Heats to be seeded from slowest to fastest, mixed (male & female together), timed finals.
- The referee's decision is final.
- All withdrawals must be done 30min prior to the start of the session.
- A **R200** 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.
- Curro Hermanus Aquatics Club (CUHE) will not be held liable for any injuries sustained on the premises during the Gala.

ENTRIES

- Entries to be submitted to your club who will send the entries to the District Convenor.
- SSA Registered swimmers: Entries on Team Manager (zip file, entry and entry fee report)
- Non-Registered Swimmers: Use the Excel Spreadsheet (Attached) provided. Fill in electronically.
- Closing date for entries is **28 August 2025**. Late entries **1-4 September @ 2x the original entry fee**.
- Overberg Aquatics will invoice the district. After the 1st set of reports, the full entry fee will be payable, even if a swimmer scratches at a later stage

ENTRY FEES

- **R55** surcharge per swimmer **plus**
- **R55** per event

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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. No exceptions
- Coaches and Team managers, with their cell nr, must be added to the list
- Officials must be qualified and registered. Probational officials will be allowed
- All Officials must be dressed correctly: white shirt, navy trousers / skirt and white shoes.
- Officials will be supplied with refreshments. (snacks & drinks)
- If an official is unable to do their duty, it is the responsibility of that club to provide a replacement.

PROGRAMS & RESULTS

- The evening before the gala, the program will be sent out to coaches and TM for distribution.
- Each club will receive two 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.
- Results will also be on display at the pool
- Session 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 Events Available
 - 8 & under: All 25m Events & 100m IM & 50m Free
 - 9-11 yrs old: All 50m & 100m Events (incl 100m IM)
 - 12-13 yrs old: All 50m & 100m Events (incl 100m IM)
 - 14 & older: All 50m & 100m Events (incl 100m IM)

POINTS & CASH PRIZES

- Swimmers will earn points according to their place in each event in their respective age groups
- Points will be awarded in as follows:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

- Cash prizes / prize money will be awarded to the three (1st - 3rd) swimmers who scored the most total points in their respective age group.
- Prize money will be awarded to the highest point scorers as follows:
 - 1st - R300
 - 2nd - R200
 - 3rd - R100

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.
- You are welcome to bring your own gazebos and chairs and / stretchers
- Gates will open at 07h00
- Parking: Please Park in the parking area at the main entrance gate of Curro Hermanus.

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MEDICAL STATION

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

VENDOR / TUCKSHOP

- There will be a few vendors (hamburgers, boerewors rolls, coffees, cold drinks, waters, etc.)

WHATSAPP GROUP

A WhatsApp group will be created where info and final documents will be shared. This group will be for Coaches and Team Managers only. To be added to this WA group, include names and cell nr of coaches and Team managers on your Officials sheet with your club's entries.

We are looking forward to hosting you in Hermanus

Kind Regards

S Cloete

S. Cloete (Overberg District Convenor)
stefan.cloete2@gmail.com
082 7899 665

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GALA PROGRAM & EVENT LIST

SATURDAY, 6 SEPTEMBER

No training equipment (boards, fins, paddles, etc) in the pool for warm-up

SESSION 1

Warm-up 07h30 - 08h15

Session 1 08h30 - 10h00

<u>Event No</u>	<u>Event Name</u>
101	100m Butterfly
102	25m Butterfly
103	25m Backstroke
104	25m Breaststroke
105	25m Freestyle
106	100m IM

SESSION 2

Warm-up 10h00-10h45

Session 2 10h45-13h00

<u>Event No</u>	<u>Event Name</u>
201	100m Breaststroke
202	50m Freestyle
203	50m Butterfly
204	100m Backstroke
15 min	Break & Prize giving for 8 & under
205	50m Backstroke
206	50m Breaststroke
207	100m Freestyle
15min	Prize giving (all other age groups)