

KWAZULU-NATAL AQUATICS

(AFFILIATED TO SWIMMING SOUTH AFRICA)

OFFICE 24 – KINGS PARK POOL COMPLEX – MASABALALA YENGWA AVE -DURBAN

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NDSA Gala, and Sprint Challenge

22 - 24 June 2018, Kings Park Pool, Durban

This competition is for registered swimmers



Clubs are invited to submit entries. The top club will receive a floating trophy.

The top three swimmers in each age group will receive medals, and each individual overall age group points winners will receive a trophy.

The Sprint Challenge

sponsored by Grace Filipe

24 June 2017, Midday

Two open events take place, one for male swimmers, and one for female swimmers

1. Entry fee is R100 p swimmer
2. Swimmers must be registered
3. Swimmers with the top 10 times will be accepted for each event
4. The top 4 swimmers will receive cash prizes of R 20 000 as follows:
 - a) winners men and women: R 5000 each
 - b) 2nd place: R 2500 each
 - c) 3rd place: R 1500 each
 - d) 4th place: R1000 each

Format

10 swimmers swim in the first heat with the slowest 2 swimmers eliminated, 8 swimmers swim in the second heat with the slowest 2 swimmers eliminated, 6 swimmers swim in the third heat with the slowest 2 swimmers eliminated, four swimmers swim in the fourth heat with the slowest 2 swimmers eliminated. The top two remaining swimmers swim in the fifth heat and final with the fastest swimmer winning the top prize.

Heats are to be swum every six minutes. The event should take 30 minutes to complete.

Starting times: Friday 22 June 5pm
Saturday 23 June 9 am and 2pm
Sunday 24 June 9 am and 2pm

Gala Rules

1. The gala will be run by KZN officials society, according to FINA rules, with the one start rule in effect.
2. Each club entering swimmers must please supply two timekeepers per session.
3. Swimmers swim according to their age on 22 June 2018
4. The top 10 swimmers in each age group will score points as follows: 1st to 10th position: 12, 10, 8, 7, 6, 5, 4, 3, 2, 1
5. Age groups: Swimmers swim with their age on the day: 8 & u, 9 – 10 years, 11 - 12 years, 13 - 14 years, Open.
6. Swimmers 14 years and younger may enter open events. They will score points for their club if they are in the top 10, but the points will not count towards the age group trophy.
7. The age group trophies are to be determined by the swimmers with the most points scored in the age group races only. 10 & under races will count for 8 and under swimmers as well, in the 100m events.

Closing date for entries: Friday 15 June 2018

Cost of entries: R20 per event, R25 levy per swimmer. Late entries will be accepted provided there is lane space at R50 per event, and R50 swimmer levy if the swimmer hasn't already entered the gala.

Bank details for entries: NDSA bank account, Nedbank, Durban North, Branch code: 135226 account number: 135 205 9371

Entries with proof of payment to NDSA be sent to Phila admin@kznaquatics.co.za

For further info kindly contact Jean Nortje at NDSA jean@ndsa.co.za © 0832622616

NDSA Gala: Program of events

All events are Female then Male

Day 1: 22 June

PM: Starts 5pm

Open 200IM

10&u: 100 Back

11 – 12: 100 Back

13 – 14 100 Back

Open: 100 Back

Day 2: 23 June

Am: Starts 9am

Open: 400 IM

Open: 200 Back

Open: 50 Fly

8&u: 50 Fly

9-10: 50 Fly

11-12: 50 Fly

13-14: 50 Fly

Open 200 Breast

10 & u: 100 Breast

11-12: 100 Breast

13-14: 100 Breast

Open 400 Free

Day 3: 24 June

AM: Starts 9am

Open: 200 Fly

Open: 800 Free

Open: 50 Breast

8&u: 50 Breast

9-10: 50 Breast

11-12: 50 Breast

13-14: 50 Breast

Open: 100 Fly

10&u: 100 Fly

11-12: 100 Fly

13-14: 100 Fly

Open: 200 Free

Midday: The Sprint Challenge (30min)

PM: Starts 2pm

Open 100 Free

10 & U: 100 Free

11-12: 100 Free

13-14: 100 Free

Open: 50 Back

8&u: 50 Back

9-10: 50 Back

11-12: 50 Back

13-14: 50 Back

Open: 100 Breast

PM: Starts after the Sprint Challenge

8&u: 50 Free

9-10: 50 Free

11-12: 50 Free

13-14: 50 Free

Open: 50 Free