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7 December 2009

From: Chief Executive Officer
To: Affiliate Presidents
Affiliate Secretaries
Cc: SSA Executive Committee
Technical Committee Convenors

**RE: 2010 SA NATIONAL OPEN WATER CHAMPIONSHIP
QUALIFICATION CRITERIA**

Herewith the qualifying criteria for the Open Water Swimming Championships at SA Nationals - 2010

1. GENERAL EVENT INFORMATION

The 2010 Swimming South Africa National Open Water Championships will be held at various venues and events. A compulsory Technical Briefing will be held at the as stated on the program below.

2. ENTRY PROCEDURES

Entries must be lodged with on the SA National Open Water Championships entry form via your Provincial Affiliate. The entry should include details of the approved open water competition that you achieved your qualifying time at, since 1st January 2009. Please attach a signed Indemnity Form (see Appendix) to your Entry Form when you submit your entries to your Provincial Affiliate.

International competitors must provide a Clearance Certificate from their FINA affiliated Federation granting permission to participate in the SA National Open water Championships.

The closing date for entries and cost thereof are:

	Closing Date		Entry Fee
1 st	19 March 2010	21 days before event	ZAR 30-00
2 nd	26 March 2010	14 days before event	ZAR 90-00
Late Entries	Technical Meeting of SA OWS Champs		ZAR 300-00

Entries be made payable to the Provincial Affiliate.

Each Provincial Affiliate will then check and summarize entries and forward these along with the indemnity forms, athlete declaration forms and deposit the entry fees into the nominated bank account. The entries will be presented on the attached documentation and Team Manager

Bank	ABSA
Branch Code	508005
Branch Name	160 Jan Smuts
Account Number	1003790807
Ref	SAOWC – Provincial Affiliate Name

Please take note that the prerequisites for entry to the South African National Open Water Championships are as follows:

Entry to:

- **10 kilometer event**

10km event to be held on Saturday 10th April 2010 at Hazelmere Dam KZN
Swimmers must have achieved the 10km qualifying time at one listed 10km Open Water swimming event from 1st January 2009
Swimmers must be 16 years or over.
The event will be an open championship
Swimmers must be registered with SSA
Kindly note that swimmers who have not swum a 10km qualifying time may apply to Swimming South Africa for entry into the 10km event based on their time in the 1500m and the 800m freestyle.
Please see below for details of application process

- **5 kilometer event**

5km event to be held on Sunday 11th April 2010 at Hazelmere Dam KZN
Swimmers must have achieved the 5km qualifying times at one listed 5km Open Water swimming event from 1st January 2009
Swimmers must be 14 years or over.
The event will be an open championship
Swimmers must be registered with SSA
Kindly note that swimmers who have not swum a 5km qualifying time may apply to Swimming South Africa for entry into the 5km event based on their time in the 1500m and the 800m freestyle.
Please see below for details of application process

- **3 kilometer event**

3km event to be held on Saturday 10th April 2010 at Hazelmere Dam KZN
Swimmers must have achieved the 3km qualifying times at one listed 3km Open Water swimming event from 1st January 2009.
Swimmers must be 12 years to 18 years.
The event will be an open championship
The event is open to Masters & Disabled swimmers
Swimmers must be registered with SSA

Swimming South Africa National Open Water Championships Qualifying Times

Event	Time
10km Men	2 Hours 20 min
Women	2 Hours 30 min
5km Men	1 Hour 20 min
Women	1 Hour 20 min
3km Men: 12 – 14; 15 – 16; 17 -18	50 min
Women: 12 -14; 15 – 16; 17 – 18	52 min
Masters Men: 31 -40; 41 -50; 51 – 60; 60+	53 min
Masters Women: 31 – 40; 41 – 50; 51 – 60; 60+	55 min
Men Multi Disability	60 min
Woman Multi Disability	65 min

South African National Open Water Championships 5km & 10km Application Process

Athletes who have not swum a 5km or 10km event to achieve an entry time in the qualifying period but who have met the following electronically timed verifiable pool standards may apply to Swimming South Africa for entry into the Open 5km & 10km events.

Pool Standards: LCM

1500m	Men	16:00:00
	Woman	17:10:00
800m	Men	8:05:00
	Woman	9:00:00

Applications must include the relevant meet information for the claimed performance (date, location, name of meet and where results can be found) and the contact details for the swimmers home coach.

Applications must be submitted via the athletes Provincial Affiliate to the Swimming South Africa **Competitions Manager, Mrs. Daphne Bird by 30th January 2010 for 5km and 20th February 2010 for 10km consideration.**

Applications will be reviewed and athletes will be notified **by 20th February 2010 for the 5km and 10th March 2010 for the 10km** on the outcome of their application.

Disclaimer:

Swimming South Africa and any other event Organisers will not be held liable for any costs and expenses incurred by any person following cancellation of an event outlined in this Event Information Book. The limitation of liability includes but is not limited to any costs and expenses incurred by any members, participants, coaches, administrative personal or medical staff of Provincial Affiliates or individual swimming clubs in respect of the cancellation of the event

SA National Open Water Championships Qualifying Events

October 2009

11	UCT Roggerbaai Channel Swim 1	Western Cape	3km
25	Rynfield Mile	Gauteng	3km & 5km
31	Telkom/Dis-Chem Sun City Swim	NWP	3km

November 2009

01	Margate 1000	KwaZulu- Natal	3km
01	Barracuda Open Water Series 1	Western Cape	3km , 5km & 10km
08	Central Gauteng Aquatics Mile	Gauteng	3km & 5km
22	Barracuda Open Water Series 2	Western Cape	3km, 5km & 10km
22	Bonitas Sunday Tribune Capital K Swim KZN 3km Champs	KwaZulu-Natal	3km
29	Heia Safari 1000	Gauteng	3km & 10km

December 2009

05	WPA OWS Champs	Western Cape	3km & 10km
06	WPA OWS Champs	Western Cape	5km & 1km
06	Emerald Challenge	Vaal Triangle	3km
06	Albert Falls 1000 KZN 10km Champs	KwaZulu-Natal	10km
13	5 th Ocean Racing Series – (Race 6)	Eastern Cape	3km
20	Midmar 1000 KZN 5km OWS Champs	KwaZulu-Natal	5km & 1km
27	Sabrina Love Ocean Challenge 6km	Eastern Cape	6km

January 2010

10	5 th Ocean Racing Series –(Race 7)	Eastern Cape	3km
10	Barracuda Open Water Series 3	Western Cape	3km,5km & 10km
9,10	CGA OWS Champs	Gauteng	
16	Blue Fins 1000	Free State	3km & 5km
16	Trichardsfontien 1500	Mpumalanga	5km
16,17	Marina Martinique Canal Swim	Eastern Cape	3km, 5km & 10km
17	Vineyard Swim	Western Cape	3km & 5km
24	5 th Ocean Racing Series –(Race 8)	Eastern Cape	3km
24	Heritage ¾ Mile	Gauteng	3km & 5km
30,31	EPA OWS Champs	Eastern Cape	3km, 5km & 10km

February 2010

12	Midmar Mile Water Festival SA OWS Championships 25km	KwaZulu-Natal	25km
14	5 th Ocean Racing Series – (Race 9)	Eastern Cape	3km
14	Brian Curtis Mile	Western Cape	3km
21	Barracuda Open Water Series 4	Western Cape	3km,5km & 10km
27	Sterkfontein 1500	Free State	3km
28	SPAR Redhouse River Mile	Eastern Cape	3km

March 2010

06	UCT Roggebaai Channel Swim 2	Western Cape	3km
07	5 th Ocean Racing Series – (Race 10)	Eastern Cape	3km
21	5 th Ocean Racing Series – (Race 11)	Eastern Cape	3km
21	Rotary Ebenezer Mile	Limpopo	3km
28	Golden Mile	KwaZulu-Natal	3km
28	Pick 'n Pay Bosveld Mile	Limpopo	3km

April 2010

04	MTN Nelson Mandela Bay Splash Festival	Eastern Cape	6km & 3km
11	5 th Ocean Racing Series –(Race 12)	Eastern Cape	3km
17	SA National Aquatics Championships SA OW Championships 10km	TBC	10km

Swimming South Africa National Open Water Championships Program of Events

Event		
1	Men	25km
2	Woman	25km
3	Men	10km
4	Woman	10km
5	Men	12-14; 15 -16; 17 -18
6	Woman	12 -14;15 -16; 17 -18
7	Masters Men	31 -40; 41 -50; 51 -60; 60+
8	Open Men Multi Disability	3km
9	Open Woman Multi Disability	3km
11	Men	5km
12	Woman	5km

Start Times

The advertised start is:

Friday 12 th February 2010		Midmar Dam
Open 25km Men	Registration	05:00 am
Event 1	Pre-race Briefing	05:40 am
	Men's Race Start	06:00 am
Open 25km Woman	Registration	05:00 am
Event 2	Pre-race Briefing	05:40 am
	Woman's Race Start	06:00 am
Saturday 10 th April 2010		Hazelmere Dam
Open 10km Men	Registration	08:00 am
Event 3	Pre-race Briefing	08:40 am
	Men's Race Start	09:00 am
Open 10km Woman	Registration	08:00 am
Event 4	Pre-race Briefing	08:40 am
	Woman's Race Start	09:05 am
Open 3km Men	Registration	12:00 am
Event 5, 7 and 9	Pre-race Briefing	12:40 am
	Men's Race Start	13:00 pm
Open 3km Women	Registration	12:00 pm
Event 6, 8 and 10	Pre-race Briefing	12:40 pm
	Woman's Race Start	13:00pm
Sunday 11 th April 2010		Hazelmere Dam
Open 5km Men	Registration	09:00 am
Event 11	Pre-race Briefing	09:40 am
	Men's Race Start	10:00 am
Open 5km Woman	Registration	09:00 am
Event 12	Pre-race Briefing	09:40 am
	Woman's Race Start	10:05 am

3. REGISTRATIONS

Registrations close thirty (30) minutes before the advertised start of each event on each day.

All competitors are to:

- Register and ensure that they have already signed the ***Indemnity Form***: and
- Leave both left and right shoulder and upper arms free from grease, as their competitor number will be written on these areas. Care should be taken when applying grease to ensure that the competitor number remains legible.

4. PRE RACE BRIEFING

There will be a compulsory pre-race briefing for all competitors in each event to be held on site at the competition venue at the times listed below.

Coaches and handlers (10km & 25km) should to join swimmers at the briefing to receive instructions from the Referee concerning the course, water conditions and any other pertinent matters. The Course Officer at the briefing will provide full directions of the course.

5. RACE RULES

The SA National Open Water Swimming Championships By Laws will apply and be maintained at all times. Course Marshals will observe swimmers and any infraction of the Rules will be reported to the Referee. A warning may be issued during the event but non-observance of the Rules could lead to disqualification.

Swimmers' Starting Instructions

1. At one (1) minute intervals from five (5) minutes before the Start of the event swimmers will receive a warning that the start is imminent.
2. Swimmers may enter the water and take up their pre-determined starting positions (if allocated) at the five (5) minute warning. Please be advised that a dive start may be used subject to the number of entries and approval of the referee and SSA.
3. The Referee will signal to the swimmers that the Start is imminent by a raised flag and short blasts on a whistle. When satisfied that all is in order, the Referee will point the flag at the Starter indicating that the competition may commence.
4. The Starter, on signal of the Referee, will raise a distinctive flag to the vertical position. The Starter shall simultaneously bring the flag holding arm down, with the arm straight and activate an audible signal (pistol shot/air horn).
5. If, in the opinion of the Referee, unfair advantage has been gained at the start the competition shall be stopped and restarted. The method of recall will be by repeated whistle blasts and resounding of the starting device.

Race Finish

6. The cut-off time limit after the first swimmer in each competition has finished shall be advised at the pre-race briefing. In general the cut-off time limit is thirty minutes (30) after the 1st placed finisher for the 5km and 10km events.
7. The referee has the authority to stop the race for safety reasons. The referee can withdraw a swimmer from the water if he believes that the swimmer will not complete the distance or will not finish within the prescribed cut-off time.
8. If you withdraw or fail to complete the designated course, for any reason, you must personally report to the Medical Personnel for examination. After release from the Medical Area you must personally report to the Chief Recorder to have your competitor number recorded. This requirement is mandatory - please do not leave the area without reporting to the Recorders.
9. For the Open 3km, 5km ,10km & 25km race, safety / security craft will be in attendance and individual escort craft are not permitted.

Feeding – 10km Event

- For the open 10km race, all entrants are responsible for organising their own handlers.
- A pontoon will be provided for the feeding of swimmers during this event. This pontoon will be the only place on the course where a swimmer may be fed. Each swimmer is allowed 1 (one) handler, who will be required to check in with the swimmer at the time of registration.
- Once registered, the handler will be given an event specific wrist band. Failure to display this wrist band will mean that the handler will be denied access onto the pontoon.

6. RESULTS AND PRESENTATIONS

Medals will be awarded to 1st, 2nd, 3rd place for all events.

Once medalists have been confirmed for an event, and all competitors in that event have completed the course, medal presentations will take place.

Official results will be posted on the Swimming South Africa website as soon as practical following the completion of each race.

7. TEAM & SQUAD SELECTION

The following teams and squads will be selected on completion of the 2010 Swimming South Africa National Open Water Swimming Championships:

- 2010 - 6th FINA World OWS Championships : Roberval, Canada - 15th – 23rd July 2010
- 2010 – Pan Pacific Championships : Irvine, USA – 22nd August 2010
- 2010 – 2012 National Junior & Senior Open Water Swimming Squads

Yours sincerely

A handwritten signature in black ink, appearing to read 'S. Adriaanse', is written over a light blue rectangular background.

Chief Executive