

DRAGONS SUMMER

SPRINT CHALLENGE

*proudly hosted by: **Knysna Swimming Academy***

You are cordially invited to participate in our inaugural “**Summer Sprint Challenge**” to be held on **Saturday, 25 February 2012** at the George Swimming Pool, Conville in George. Warm-up will start at **08h00** and the gala will commence at **09h00**. Lanes will be allocated to clubs for warm-up. All the officials and Team Managers will meet at **8h00** for a gala briefing/Managers Meeting.

Rules and Regulations

1. SSA rules will govern.
2. One start rule will apply throughout the meet.
3. Swimmers age as on 25 Feb 2012.
4. This competition will be swum using 9 lanes.
5. All events will be swum as seeded finals. Swimmers with NT's may enter an event but will swim in the slow heats.
6. Heats will be swum from slow to fast.
7. Swimmers may enter any number of events.
8. All top times achieved will automatically be recorded as our first Meet Records (per age group).
9. This gala will be swum in the following age groups: 8/Under, 9-10 11-12, 13-14, 15-16 and 17/Over. Swimmers may only participate in their own age group.
10. All 200m events will start at age group 11-12.
11. All scratchings must be done **30 minutes** prior to the start of the session in which these events will take place.
12. Any appeal to the Referee should be done in writing and submitted (together with a R100 fee) at the recording office within 30 minutes after the results have been announced.
13. The Referee's decision will be final.
14. Only **TEAM MANAGERS** will be allowed in the office. No swimmers. No parents.

15. A ladder-relay event (400m Free) has been added to encourage team spirit and inter-club relations. To accommodate smaller Clubs, a team will comprise of 8 swimmers, 4 boys, 4 girls (mixed). One swimmer from each of the following age groups:
10/Under,11,12,13,14,15,16 and 17/Over, each to swim 50m Freestyle.
16. Points will be awarded on the following basis for individual events:
Place: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
Points: 20 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Entries

1. **R15.00** per individual entry. **R40.00** per relay team of 8.
2. All entries to be done on Team Manager and forwarded (in pdf and zip) to Stefan du Toit at Email: secretary@swdaquatics.co.za together with proof of payment and clearance letter. Proof of payment can also be faxed to: 086 552 6366
3. NO ENTRIES WILL BE ACCEPTED ON THE DAY OF THE GALA.
4. **Closing date for entries: 12:00 on Friday 17 February 2012.**
5. Banking account details for payment: Knysna Swimming Academy
FNB - Knysna
Acc No.: 62311831491
Payment Ref: Swimmer/Club Name.
6. **Clubs are requested to provide Technical Officials for each session.** With your entries, please provide a list of the names of registered timekeepers, judges, referees etc. who would be available to assist **for the duration of the gala.** Names and preferred sessions of the registered officials must accompany entries. For clubs outside of SWD, the following is required:
 - 1 – 5 swimmers, 1 official (1 judge or 1 timekeeper)
 - 5 and over swimmers – 2 officials (1 judge and 1 timekeeper)
7. If you have any queries, please contact Grant Ferguson on 084 657 3086 or Grant Trollip on 083 556 3876

Eligibility

Open to swimmers registered with SSA. All “out of province” Clubs to provide a clearance certificate from their Provincial Association for all their participating swimmers.

Knysna Swimming Academy will not be held liable for any injuries sustained on the premises during the duration of the gala.

General information

A gala program will be available at the entrance gate @ R5 each.
Entrance for swimmers and coaches - No charge.

Adults and non-competitive children will pay a R5 entrance fee.
There will be a tuck shop and food stalls organized by Dragons Swimming Club.
Requests to **“rent a stall”** (food, beverages, clothing etc.) can be forwarded to:
granttrollip@mweb.co.za – book now!!

Programme

Meet events – 3 Sessions: Swum in age groups, girls then boys.

Session 1

50m Breaststroke
100m Backstroke
200m IM
50m Freestyle

Session 2

200m Breaststroke
100m Fly
50m Backstroke
200m Freestyle

Session 3

100m Freestyle
50m Fly
100m Breaststroke
200m Backstroke

400m Freestyle ladder-relay (8 swimmers, mixed)