



AQUABEAR SWIM CLUB

INVITES YOU TO THE

AQUABEAR 40TH INVITATIONAL MEET 1 – 4 OCTOBER 2011

The Aquabear Invitational Meet will be held at the Newton Park Pool Complex. The facility is a heated and indoor 50m rim flow pool with 8 lanes and touch pads at both ends of the pool. There will be twelve sessions of swimming, three per day as detailed in the attached swimming programme.

RULES

- FINA rules will govern.
- Age on 1 October 2011 determines age group swimmers may enter.
- Swimmers may compete in their own age group only. Swimmers may compete in open relay events.
- Swimmers may enter as many events in their own age group as they wish.
- Clubs may only enter 2 relay teams per event.
- Under NO circumstances will a swimmer be permitted to enter any events unofficially.
- The fastest 16 entries will be accepted for the
 - # 800m freestyle (girls only)
 - # 1500m freestyle (boys only)
- All 50m and 100m events in the 13/14 and 15/over age groups will be swum in heats, however the finals in these events will be swum as follows: **13/14, 15/16 and 17 & over.**
- All other events will be swum as timed finals.
Swimmers failing to submit entry times will swim in the slow heats.
- The ONE START rule will apply.
- Entries must be done on Team Manager 5 or later version.
- All entrants from outside the Eastern Province must submit a clearance from their Provincial Association together with their entries.
- Medal winners must present themselves neatly attired in club uniform and on time for all medal presentations.

TECHNICAL OFFICIALS

- Clubs are requested to provide Technical Officials for each session, according to the number of swimmers entered into the gala.
 - 1 to 5 swimmers , 1 official (1 judge or 1 timekeeper)
 - 5 and over swimmers - 2 officials (1 judge and 1 timekeeper)
- **Officials who sign up for 2 sessions or more will receive a Golf shirt.**
- Names and preferred sessions of the registered officials must accompany entries.

POINTS

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Ind. events:	12	10	8	7	6	5	4	3	2	1
Relays:	24	20	16	14	12	10	8	6	4	2

10 (ten) bonus points will be awarded to a swimmer who breaks a MEET RECORD.

PRIZES

Club Awards:

- Prize money will be awarded to the Clubs in the first four positions as follows:

1 st	R1 300.00 & SPEEDO Floating Trophy
2 nd	R1 000.00
3 rd	R 650.00
4 th	R 450.00

- Best Club Spirit Award

Coaches Awards

R 1 000.00 for the coach of the winning club (limited to one coach only)

Individual Awards:

- Swimmer of the Meet.
- Victor / Victrix Ludorum – All age groups.
- Top 10 swimmers in all age groups.
- 1st Place 4 x 50m Freestyle Relay – (Boys / Girls Open)

Medals

Medals will be awarded for the first three places in all the Individual and Relay finals.

ENTRY FEES

R30.00 registration fee & R20.00 per individual event. The relays will be R50.00 per relay team.

Each entrant will receive a commemorative gift.

Closing date for entries will be 15 September 2011. Entries received after the closing date will be accepted at R40.00 per individual entry and R100.00 per relay team.

A limited amount of 40th Aquabear Meet Commemorative T-shirts will be on sale at the gala or can be ordered at a cost of R50.

Please send us a list of sizes on an excel spreadsheet, the sizes available are from Small – 3 XLarge.

The deadline for pre-ordering of T-shirts is 15 September 2011.
(This will ensure that you will get a T-shirt).

ACCOMMODATION

All teams must make their own accommodation arrangements.

A list of recommended accommodation in Port Elizabeth will be sent out shortly.

MARCH PAST

There will be a March Past and Opening Ceremony at 17h30 on Saturday 1st October prior to the start of the evening session. Please come prepared. Participants must present themselves neatly attired in club uniform for the March Past.

TENTS

There will be a hospitality tent for all coaches of clubs participating in the meet.

If any club is interested in hiring a tent for their own use, please contact Operative Hire on 041 585 5649 / 585 5776 / 366 1562 for more information.

If your club would like to send a team to compete in the Aquabear Invitational Meet, kindly indicate as such by e-mail, and please e - mail your Gala Secretary's contact details to the Meet Director (contact details below) or Mark Handman (Aquabear Club Administrator – mark@aquabearswim.co.za) whereupon all further details and relevant information will be forwarded to you.

We look forward to receiving a positive response and hosting you in the Friendly City of Nelson Mandela Bay!!

Yours in swimming

Brian Elliot
Aquabear 2011 Invitational Meet Director
coach@aquabearswim.co.za
Cell. No. - 0724273418
Fax No. - 0866179918

Gala Programme

Day 1- Saturday 1 October 2011

Session 1 - Morning

201	G	S1-15	Para-Swimmers	50	Back	TF
202	B	S1-15	Para-Swimmers	50	Back	TF
1	G	13/14		50	Back	P
2	B	13/14		50	Back	P
3	G	15/O		50	Back	P
4	B	15/O		50	Back	P
203	G	S1-15	Para-Swimmers	100	Free	TF
204	B	S1-15	Para-Swimmers	100	Free	TF
5	G	13/14		400	Free	TF
6	B	13/14		400	Free	TF
7	G	15/O		400	Free	TF
8	B	15/O		400	Free	TF
9	G	13/14		50	Fly	P
10	B	13/14		50	Fly	P
11	G	15/O		50	Fly	P
12	B	15/O		50	Fly	P
205	G	SB1-15	Para-Swimmers	50	Breast	TF
206	B	SB1-15	Para-Swimmers	50	Breast	TF

Session 2 - Afternoon

13	G	10&U	400	Free	TF
14	B	10&U	400	Free	TF
15	G	11/12	400	Free	TF
16	B	11/12	400	Free	TF
17	G	10&U	50	Back	TF
18	B	10&U	50	Back	TF
19	G	11/12	50	Back	TF
20	B	11/12	50	Back	TF
21	G	10&U	100	Fly	TF
22	B	10&U	100	Fly	TF
23	G	11/12	100	Fly	TF
24	B	11/12	100	Fly	TF

Session 3 - Evening

#	G	13/14	50	Back	F
#	B	13/14	50	Back	F
#	G	15/16	50	Back	F
#	B	15/16	50	Back	F
#	G	17/O	50	Back	F
#	B	17/O	50	Back	F
25	G	13/14	200	Breast	TF
26	B	13/14	200	Breast	TF
27	G	15/O	200	Breast	TF
28	B	15/O	200	Breast	TF
#	G	13/14	50	Fly	F
#	B	13/14	50	Fly	F
#	G	15/16	50	Fly	F
#	B	15/16	50	Fly	F
#	G	17/O	50	Fly	F
#	B	17/O	50	Fly	F
29	G	Open	800	Fr Rel	TF
30	B	Open	800	Fr Rel	TF

Day 2 – Sunday 2 October 2011

Session 4 - Morning

207	G	S6-15	Para Swimmers	100	Back	TF
208	B	S6-15	Para Swimmers	100	Back	TF
31	G	13/14		100	Back	P
32	B	13/14		100	Back	P
33	G	15/O		100	Back	P
34	B	15/O		100	Back	P
35	G	13/14		200	IM	TF
36	B	13/14		200	IM	TF
37	G	15/O		200	IM	TF
38	B	15/O		200	IM	TF
209	G	S1-15	Para Swimmers	50	Free	TF
210	B	S1-15	Para Swimmers	50	Free	TF
39	G	13/14		50	Free	P
40	B	13/14		50	Free	P
41	G	15/O		50	Free	P
42	B	15/O		50	Free	P

Session 5 - Afternoon

43	G	10&U		100	Back	TF
44	B	10&U		100	Back	TF
45	G	11/12		100	Back	TF
46	B	11/12		100	Back	TF
47	G	10&U		50	Breast	TF
48	B	10&U		50	Breast	TF
49	G	11/12		50	Breast	TF
50	B	11/12		50	Breast	TF
51	G	10&U		50	Free	TF
52	B	10&U		50	Free	TF
53	G	11/12		50	Free	TF
54	B	11/12		50	Free	TF
55	G	10&U		200	IM	TF
56	B	10&U		200	IM	TF
57	G	11/12		200	IM	TF
58	B	11/12		200	IM	TF

Session 6 - Evening

#	G	13/14		100	Back	F
#	B	13/14		100	Back	F
#	G	15/16		100	Back	F
#	B	15/16		100	Back	F
#	G	17/O		100	Back	F
#	B	17/O		100	Back	F
59	G	13/14		200	Fly	TF
60	B	13/14		200	Fly	TF
61	G	15/O		200	Fly	TF
62	B	15/O		200	Fly	TF
#	G	13/14		50	Free	F
#	B	13/14		50	Free	F
#	G	15/16		50	Free	F
#	B	15/16		50	Free	F
#	G	17/O		50	Free	F
#	B	17/O		50	Free	F
63	G	13/14		400	Fr Rel	TF
64	B	13/14		400	Fr Rel	TF
65	G	Open		400	Fr Rel	TF
66	B	Open		400	Fr Rel	TF

Day 3- Monday 3 October 2011

Session 7 - Morning

67	G	13/14	400	IM	TF
68	B	13/14	400	IM	TF
69	G	15/O	400	IM	TF
70	B	15/O	400	IM	TF
211	G SM5-15	Para-Swimmers	200	IM	TF
212	B SM5-15	Para-Swimmers	200	IM	TF
213	G SM1-4	Para-Swimmers	150	IM	TF
214	B SM1-4	Para-Swimmers	150	IM	TF
71	G	13/14	50	Breast	P
72	B	13/14	50	Breast	P
73	G	15/O	50	Breast	P
74	B	15/O	50	Breast	P
215	G S1-15	Para-Swimmers	50	Fly	TF
216	B S1-15	Para-Swimmers	50	Fly	TF
75	G	13/14	100	Fly	P
76	B	13/14	100	Fly	P
77	G	15/O	100	Fly	P
78	B	15/O	100	Fly	P

Session 8 - Afternoon

79	G	10&U	200	Free	TF
80	B	10&U	200	Free	TF
81	G	11/12	200	Free	TF
82	B	11/12	200	Free	TF
83	G	10&U	50	Fly	TF
84	B	10&U	50	Fly	TF
85	G	11/12	50	Fly	TF
86	B	11/12	50	Fly	TF
87	G	10&U	200	Breast	TF
88	B	10&U	200	Breast	TF
89	G	11/12	200	Breast	TF
90	B	11/12	200	Breast	TF
91	G	10&U	200	Fr Rel	TF
92	B	10&U	200	Fr Rel	TF
93	G	11/12	200	Fr Rel	TF
94	B	11/12	200	Fr Rel	TF

Session 9 - Evening

95	G	13/14	200	Free	TF
96	B	13/14	200	Free	TF
97	G	15/O	200	Free	TF
98	B	15/O	200	Free	TF
#	G	13/14	50	Breast	F
#	B	13/14	50	Breast	F
#	G	15/O	50	Breast	F
#	B	15/O	50	Breast	F
#	G	13/14	100	Fly	F
#	B	13/14	100	Fly	F
#	G	15/O	100	Fly	F
#	B	15/O	100	Fly	F
99	G	Open	400	Med Rel	TF
100	B	Open	400	Med Rel	TF

Day 4- Tuesday 4 October 2011

Session 10 - Morning

101	G	13/14	200	Back	TF
102	B	13/14	200	Back	TF
103	G	15/O	200	Back	TF
104	B	15/O	200	Back	TF
217	G SB1-15	Para Swimmers	100	Breast	TF
218	B SB1-15	Para Swimmers	100	Breast	TF
105	G	13/14	100	Breast	P
106	B	13/14	100	Breast	P
107	G	15/O	100	Breast	P
108	B	15/O	100	Breast	P
109	G	13/14	100	Free	P
110	B	13/14	100	Free	P
111	G	15/O	100	Free	P
112	B	15/O	100	Free	P
113	G	10&U	200	Back	TF
114	B	10&U	200	Back	TF
115	G	11/12	200	Back	TF
116	B	11/12	200	Back	TF
219	G S8-15	Para Swimmers	100	Fly	TF
220	B S8-15	Para Swimmers	100	Fly	TF

Session 11 – Late Morning

117	G	13/14	800	Free	TF
118	G15/O	13/14	800	Free	TF
119	B	13/14	1500	Free	TF
120	B	15/O	1500	Free	TF
221	G S6-15	Para-Swimmers	400	Free	TF
222	B S6-15	Para-Swimmers	400	Free	TF
223	G S6-15	Para-Swimmers	400	Free	TF
224	B S6-15	Para-Swimmers	400	Free	TF

Session 12 - Afternoon

121	G	10&U	100	Breast	TF
122	B	10&U	100	Breast	TF
123	G	11/12	100	Breast	TF
124	B	11/12	100	Breast	TF
#	G	13/14	100	Breast	F
#	B	13/14	100	Breast	F
#	G	15/16	100	Breast	F
#	B	15/16	100	Breast	F
#	G	17/O	100	Breast	F
#	B	17/O	100	Breast	F
125	G	10&U	100	Free	TF
126	B	10&U	100	Free	TF
127	G	11/12	100	Free	TF
128	B	11/12	100	Free	TF
#	G	13/14	100	Free	F
#	B	13/14	100	Free	F
#	G	15/16	100	Free	F
#	B	15/16	100	Free	F
#	G	17/O	100	Free	F
#	B	17/O	100	Free	F
129	G	10&U	200	Med Rel	TF
130	B	10&U	200	Med Rel	TF
131	G	11/12	200	Med Rel	TF
132	B	11/12	200	Med Rel	TF
133	G	13/14	200	Fr Rel	TF
134	B	13/14	200	Fr Rel	TF
135	G	Open	200	Fr Rel	TF
136	B	Open	200	Fr Rel	TF