



IMPORTANT

Please see changes to CGA qualifying criteria for SA Nationals, Jeffrey's Bay 2020

17 September 2019

OW 2019/2020 CALENDAR OF EVENTS AND SELECTION CRITERIA FOR SA OPEN WATER NATIONALS

NB – SWIMMERS HAVE TO PARTICIPATE AT CGA CHAMPS TO BE CONSIDERED FOR SELECTION FOR SA NATIONALS 2020

Central Gauteng Aquatics will be holding a series of events at Florida Lake in Roodepoort. We will have distances of 10km, 7,5km and 5km as standalone events. (Times for 5km and 7,5km will not be taken during a 10km swim – these must be swum as individual events). We are launching our “Lion Mile” event and swimmers will be recognized in all age groups at our Championships in 2020. In addition, we will have fun swims and a few relay events for CGA OW swimmers and for school’s teams.

CGA Championships 15/16 February, there will be an awards ceremony on the Sunday. The Lion Mile winners will have points accumulated from their previous two swims counted towards an overall Lion Mile Winner in age groups categories. Medals and Trophy’s for all distances will be presented.

OPEN WATER CALENDAR 202/2020 – FLORIDA LAKE, ROODEPOORT – LAUNCHING “LION MILE”

CGA OW LION MILE AND MARATHON EVENT 1
Saturday 12 October
Events: 10km, 5km, “Lion Mile”, 3km and Fun Swim
CGA OW LION MILE AND MARATHON EVENT 2
Saturday and Sunday 30/11-1/12
10km, 7,5km (separate event), 5km, 3km, “Lion Mile” and Fun Swim. Relay Event/Clinic & Schools
CGA CHAMPIONSHIPS – LION MILE AND MARATHON EVENT 3
Saturday and Sunday 15-16/Feb 2020
10km, 7,5km (separate event) 5km, 3km, “Lion Mile” Champs, Relay Event and Schools Relay Champs & Fun Swim

**CGA QUALIFYING CRITERIA TO BE ELIGIBLE FOR SELECTION AS PART OF THE CGA TEAM
PARTICIPATING AT SA NATIONALS 2020 IN JEFFREYS BAY.**

Please refer to The Open Water Swimming Rules – SA National 2019 on the website for specifics of the events, qualifying times and rules pertaining to the event.

For selection to the CGA Open Water Team, the following criteria are required:

1. Be a member of a CGA registered club and be in good standing with the club and CGA,
2. Have at least ONE qualifying time (as per the SSA Rules mentioned above) in the chosen event from 1 May 2018, swum at an SSA approved open Water swimming event.
 - a. 10km distance CGA qualifying criteria
 - i. 1 qualifying time at an approved SSA open water swimming event.
 - ii. Participation at 2 CGA OW Lion Mile and Marathon Events at Florida Lake one of which must be CGA OW Champs 2020
 - b. 5km distance CGA qualifying criteria
 - i. 1 qualifying time at an approved SSA open water swimming event.
 - ii. Participation at 2 CGA OW Lion Mile and Marathon Events at Florida Lake one of which must be CGA OW Champs
 - c. 3km distance CGA qualifying criteria
 - i. 1 qualifying time at an approved SSA open water swimming event.
 - ii. Participation at 2 CGA OW Lion Mile and Marathon Events at Florida Lake one of which must be CGA OW Champs
 - d. Relay teams
 - i. 1 qualifying time in any of the above distances and participation at 2 CGA OW Lion Mile and Marathon Events at Florida Lake one of which must be the relay event at CGA OW Champs.

3. SSA QUALIFYING TIMES

Event	Qualifying Time
10km Men	2 hours 30 minutes
10km Women	2 hours 40 minutes
5km Men	1 hour 15 minutes
5km Women	1 hour 25 minutes
5km Multi Disability	1 hour 40 minutes
5km Women Multi Disability	1 hour 50 minutes
3km Men	48 minutes
3km women	50 minutes
3km Men Multi Disability	60 minutes
3km Women Multi Disability	65 minutes
3km Masters Men (31 and over)	52 minutes
3km Masters Women (31 and over)	54 minutes

