

1. GENERAL EVENT INFORMATION

- 1.1.** The 2024 Swimming South Africa (SSA) National Open Water Championships will be held at Marina Martinique, Jeffery's Bay on the 8th, 9th and 10th March 2024. A compulsory Race Technical Briefing will be held 30 minutes before the start of each event.

2. ENTRY PROCEDURES

- 2.1.** Provincial Affiliates select SSA Registered members who have met the entry criteria to participate. Only times posted in SSA Approved Open Water Swimming events will be considered for entry. Entries must be received on the Hytek Event File. Only athletes who have times on the SSA Database from 1 March 2023 will be considered for entry.
- 2.2.** A signed Indemnity Form for each athlete must be received by SSA by the closing date for entries.
- 2.3.** International competitors must provide a Clearance Certificate from their World Aquatics affiliated Federation, granting permission to participate in the South African National Open Water Championships.
- 2.4.** International competitors must provide verified official entry times.
- 2.5.** NO entries will be accepted after the 1st March 2024.

The closing date for entries and costs are:

	Dates	Fees
1 st Closing Date	10 th February 2024	R 100.00 +R20.00 SSA Levy
2 nd Closing Date	17 th February 2024	R300.00 +R20.00 SSA Levy
Late Entries	17 th February – 1 st March 2024	R1000.00 +R20.00 SSA Levy

- 2.6.** Each Provincial Affiliate will check and summarize entries and forward these along with the indemnity forms, athlete declaration forms and deposit the entry fees into the SSA bank account. The entries will be presented on the entry form and/or Team Manager Data File.

Bank ABSA
Name of Acc Swimming South Africa
Branch Code 632005
Branch Name The Zone
Account Number 1003790807
Ref SAOWC – Provincial Affiliate Nam

3. TECHNICAL OFFICIALS

- 3.1** Each participating SSA Affiliate will be required to supply at least **TWO** registered and trained Technical Officials, one timekeeper and one judge for each event.



- 3.2 Technical Officials must be correctly attired, White shirts and Navy Blue Trousers/Shorts.
- 3.3 The names of SSA registered, trained and available officials must accompany the SSA Affiliate Team entries. **Furthermore, the LOC will provide a link for all Technical Officials who are available to officiate at the #2024SANATOWS to complete: this link will open on 10th February 2024 and close on 1st March 2024.**

4. ENTRY CRITERIA

Please take note that the prerequisites for entry to the South African National Open Water Championships by SSA Registered swimmers, are as follows, athletes however will still be subject to selection by their Provincial Affiliate:

4.1. Entry to Women 10km event at Marina Martinique 8th March 2024

Entry to Men 10km event at Marina Martinique 9th March 2024:

- 4.1.1. Athletes must have achieved one 10km qualifying time at a **SSA Approved Open Water Swimming** event that is recorded on the SSA Database from 1st March 2023.
- 4.1.2. International times at any World Aquatics accredited event will also be recognized.
- 4.1.3. The minimum age for the 10km event at the SA National Open Water Championships competitors is 14 years old. **The age for all competitors will be considered as at the 31st December (born in 2009 and earlier) of the year of the competition (FINA Rules).**
- 4.1.4. The event will be an open championship.
- 4.1.5. Athletes must be registered with SSA or a Clearance Certificate from their World Aquatics affiliated Federation granting permission to participate must be presented to SSA.
- 4.1.6. Athletes who have not swum a 10km qualifying time **may not** apply to Swimming South Africa for entry into the 10km event based on their time in the 1500m and the 800m freestyle.
- 4.1.7. A cut off time of 30 minutes after the winner will be implemented (World Aquatic Rules).

4.2. Entry to Women 7,5km event at Marina Martinique 8th March 2024

Entry to Men 7.5km event at Marina Martinique 9th March 2024:

- 4.2.1. Athletes must have achieved one 7.5km qualifying time at a **SSA Approved Open Water Swimming** event that is recorded on the SSA Database from 1st March 2023.
- 4.2.2. International times at any World Aquatics accredited event will also be recognized.
- 4.2.3. The age for the 7.5km event at the South African National Open Water Championships competitors is 16 and 17 years old. **The age**

for all competitors will be considered as at the 31st December (born in 2006 and 2007) of the year of the competition (World Aquatic Rules).

- 4.2.4. The event will be an open championship.
- 4.2.5. Athletes must be registered with SSA or a Clearance Certificate from their World Aquatics affiliated Federation granting permission to participate must be presented to SSA.
- 4.2.6. Athletes who have not swum a 7.5km qualifying time **may apply** to Swimming South Africa for entry into the 7.5km event based on their current 3km, 5km or 10km time.
- 4.2.7. A cut off time of 30 minutes after the winner will be implemented (World Aquatic Rules).

4.3 Entry to 5km event at Marina Martinique, Jeffrey's Bay 10th March 2024:

- 4.2.1 Athletes must have achieved one 5km qualifying time at a **SSA Approved Open Water Swimming event** that is recorded on the SSA Database from 1st March 2023.
- 4.2.2 International times at any World Aquatics accredited event will also be recognized.
- 4.2.3 The minimum age for the 5km event at the SA National Open Water Championships competitors is 14 years old. **The age for all competitors will be considered as at the 31st December (born in 2009 and earlier) of the year of the competition (World Aquatic Rules).** The first three placed swimmers in the 2010 – 2008 (14 – 16) and 2007 – 2006 (17 – 18) year age group will be awarded South African National Youth Medals.
- 4.2.4 There will be a multi-disability category.
- 4.2.5 Athletes must be registered with SSA, or a Clearance Certificate from their World Aquatics affiliated Federation granting permission to participate must be presented to SSA.
- 4.2.6 Athletes who have not swum a 5km qualifying time **may** apply to Swimming South Africa for entry into the 5km event based on their 3km, 7.5km or 10km time.
- 4.2.7 A cut off time of 15 minutes after the winner will be implemented **(World Aquatic Rules).**

4.4 Entry to 3km event at Marina Martinique, Jeffrey's Bay on 9th & 10th March 2024:

- 4.4.1 Athletes must have achieved one 3km qualifying time at a **SSA Approved Open Water Swimming event** that is recorded on the SSA Database from 1st March 2023.

- 4.4.2 Athletes must be registered with SSA or a Clearance Certificate from their World Aquatics affiliated Federation granting permission to participate must be presented to SSA.
- 4.4.3 The following age groups for Men and Women will be recognized:
The age for all competitors will be considered as of the 31st December of the year of the competition (World Aquatic Rules). The following categories will be awarded Medals:
- 4.4.3.1 YOB 2010 - 2011
- 4.4.3.2 YOB 2008 - 2009
- 4.4.3.3 YOB 2006 - 2007
- 4.4.3.4 YOB 1995 – 2005
- 4.4.3.5 YOB 1984 – 1994
- 4.4.3.6 YOB 1973 - 1983
- 4.4.3.7 YOB 1972 and earlier
- 4.4.4 There will be a multi-disability category.
- 4.4.5 A cut off time of 15 minutes after the winner of the respective category will be implemented.

4.5 3km Application Process for pool times

- 4.5.1 Athletes who have not swum a 3km event to achieve an entry time in the qualifying period but who have electronically timed 800m and 1500m verifiable pool standards may apply to Swimming South Africa for entry into the **Open 3km events only**.
- 4.5.2 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 athlete's home coach
- 4.5.3 Applications must be submitted via the athletes Provincial Affiliate to the Swimming South Africa **Competitions Manager, Mrs. Daphne Bird by 10th February 2024 for 3km event consideration.**
- 4.5.4 Applications will be reviewed, and athletes will be notified **by 17th February 2024** of the outcome of their application.

4.6 Entry to 1.5km event at Marina Martinique, Jeffrey's Bay on 8th & 9th March 2024:

- 4.6.1 Athletes **may** apply to Swimming South Africa for entry into the 1.5km based on an 800m or 1500m qualifying time at a **SSA Approved Swimming** event that is recorded on the SSA Database

from 1st March 2022.

- 4.6.2 Athletes **may** apply to Swimming South Africa for entry into the 1.5km for entry event based on their time in the 3km, 5km, 7.5km and 10km event that is recorded on the SSA Database from 1st March 2023.
- 4.6.3 Athletes must be registered with SSA, or a Clearance Certificate from their World Aquatics affiliated Federation granting permission to participate must be presented to SSA.
- 4.6.4 The minimum age for the 1.5km event at the SA National Open Water Swimming Championships competitors is 14 years old. **The age for all competitors will be considered as at the 31st December (born in 2009 and earlier) of the year of the competition (World Aquatics Rules).**
- 4.4.4 A cut off time of 10 minutes after the winner of will be implemented.

4.7 Entry to Relay – 4 x 1.5km event at Marina Martinique, Jeffrey’s Bay on 9th March 2024:

- 4.7.1 Team event consists of 4 swimmers, 2 males & 2 females.
- 4.7.2 **Two** Team’s per Provincial Affiliate per event.
- 4.7.3 Swimmers must already be entered into the individual Open Water events of the championship to be eligible to swim for a team and may only swim in one team event.

4.8 QUALIFYING TIMES

Event	Qualifying Time
10 km Men	2 hours 20 minutes
10 km Women	2 hours 30 minutes
7.5 km Men	1 hour 43 minutes
7.5 km Women	1 hour 50 minutes
5 km Men	1 hour 10 minutes
5 km Women	1 hour 20 minutes
5 km Men Multi Disability	1 hour 30 minutes
5 km Woman Multi Disability	1 hour 40 minutes
3 km Men	45 minutes

3 km Women	48 minutes
3 km Men Multi Disability	55 minutes
3 km Woman Multi Disability	60 minutes
3 km Master's Men (31 & over)	49 minutes
3 km Master's Women (31 & over)	51 minutes
1.5 km Men	800m – 9:49.99 1500m – 18:56.33
1.5 km Women	800m – 10:28.00 1500m – 20:10.21

TIMETABLE FOR EVENTS

8, 9, 10 March 2024 at Marina Martinique, Jeffrey's Bay		
Friday 8th March 2024		
Event 1: 10 km Women	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 2: 7.5 km Women	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 3: 1.5 km Men	Registration	11h00
	Compulsory Technical Briefing	11h30
	Race Start	12h00
Event 4: 3 km Men	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00
Event 5: 3 km Men Multi Disability	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00

Saturday 9th March 2024		
Event 6: 10km Men	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00



Event 7: 7.5km Men	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 8: 1.5km Women	Registration	11h00
	Compulsory Technical Briefing	11h30
	Race Start	12h00
Event 9: 3km Women	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00
Event 10: 3km Women Multi Disability	Registration	13h00
	Compulsory Technical Briefing	13h30
	Race Start	14h00
Event 11: 4 x 1.5km Mixed Relay	Registration	15h00
	Compulsory Technical Briefing	15h30
	Race Start	16h00

Sunday 10th March 2024

Event 12: 5 km Women	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00
Event 13: 5 km Women Multi Disability	Registration	07h00
	Compulsory Technical Briefing	08h30
	Race Start	09h00

Sunday 10th March 2024

Event 14: 5 km Men	Registration	09h00
	Compulsory Technical Briefing	10h30
	Race Start	11h00
Event 15: 5 km Men Multi Disability	Registration	09h00
	Compulsory Technical Briefing	10h30
	Race Start	11h00

5 REGISTRATIONS

- 5.2 Registrations close thirty (30) minutes before the advertised start of each event on each day.
- 5.3 All competitors are to:
- 5.3.1 Register and ensure that they have already signed the **Indemnity Form:**
and
 - 5.3.2 Leave both left and right shoulder, upper arms and hands 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.

6 NUMBERING

- 6.1 The numbering of athletes is to appear on the arms, upper backs, and hands of the competitors.
- 6.2 On the arms the numbers will be arranged vertically.
- 6.3 On the back and the hands, the numbers will be arranged horizontally.
- 6.4 The numbering on the arms and back are made with an ink template: 100mm high x 60mm wide.
- 6.5 The numbering on the hands can be done with an ink template: 50mm high x 30mm wide.
- 6.6 For athletes with a darker skin and or a full body swimsuit a white marker pen will be required.
- 6.7 **The LOC will provide a video link with Numbering Directions and / Requirements** etc.

7 PRE-RACE COMPULSORY TECHNICAL BRIEFING

- 7.2 There will be a compulsory technical briefing for all competitors in each event to be held on site at the competition venue at the times listed.
- 7.3 Coaches must be present at the briefing to receive instructions from the Referee concerning the course, water conditions and any other pertinent matters.
- 7.4 The Course Officer at the briefing will provide full directions of the course.
- 7.5 The **Event Chief Referee will present a comprehensive pre-race briefing** including water sample details, course details, anticipated temperature – air and water, general rules, rules specific to event etc. for

every event.

8 RACE RULES

- 8.1 The SSA National Open Water Championships Bye Laws will apply and be always maintained.
- 8.2 Course Marshals will observe athletes and any infraction of the Rules will be reported to the Referee.
- 8.3 A warning may be issued during the event, but non-observance of the Rules could lead to disqualification.

8.4 Athletes' Starting Instructions

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

8.5 Race Finish

- 8.5.1 The cut-off time limit after the first athlete in each competition has finished shall be advised at the pre-race briefing.
- 8.5.2 In general, the cut-off time limit is fifteen minutes (15) after the 1st placed finisher for the 3km & 5km events and thirty minutes (30) after the 1st placed finisher for the 10km event.

- 8.5.3 The referee has the authority to stop the race for safety reasons.
- 8.5.4 The referee can withdraw an athlete from the water if he believes that the athlete will not complete the distance or will not finish within the prescribed cut-off time.
- 8.5.5 If an athlete withdraws or fails to complete the designated course, for any reason, he/she must personally report to the Medical Personnel for examination.
- 8.5.6 After release from the Medical Area, he/she must personally report to the Chief Recorder to have his/her competitor number recorded. This requirement is mandatory - please do not leave the area without reporting to the Recorders.
- 8.5.7 For all 3km, 5km, 7,5km & 10km events, safety / security craft will be in attendance and individual escort craft are not permitted.

8.6 Feeding – 10km & 7,5km Event

- 8.6.1 For the open 10km race and the 7,5km race, all entrants are responsible for organizing their own handlers.
- 8.6.2 A pontoon/feeding area will be provided for the feeding of athletes during this event. This pontoon will be the only place on the course where an athlete may be fed. Each athlete is allowed **1 (one) handler**, who will be required to check in with the athlete at the time of registration. **No additional personal will be permitted into this area.**
- 8.6.3 Once registered, the handler will be given an event specific wristband. **Failure to display this wristband will mean that the handler will be denied access onto the pontoon/feeding area.**
- 8.6.4 The pontoon/feeding area will be restricted to the participant's handler of the 10km and 7,5km events and **NO public will be permitted into this restricted area.**

8.7 Team Relay Event

- 8.7.1 Each swimmer shall complete two laps of .75km (750m)
- 8.7.2 Swimmers may swim in any sequence but may only swim once.
- 8.7.3 All the teams will start together.
- 8.7.4 Starting order will be by random draw.
- 8.7.5 There will be a changeover zone of a minimum of 5m in width.
- 8.7.6 Changeover shall be made with the following swimmer in the water in their starting position holding the platform.
- 8.7.7 Contact on the relay changeover must be visible. The touch, between the swimmers making the changeover, should be made above the

water anywhere between the elbow and the hand.

8.7.8 Swimmers may enter the changeover zone when the previous swimmer is approaching the zone and leave the water immediately at the conclusion of their lap.

8.7.9 Swimmers shall all wear team caps of the same color and style

9 RESULTS AND PRESENTATIONS

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

9.2 Once all competitors in that event have completed the course, official results will be posted on the Swimming South Africa website as soon as practical following the completion of each race.

9.3 A Medal Presentation will be held at the venue once the results have been ratified and published. Podium finishers are requested to wear their Affiliate attire for the presentation.

9.4 **NO SPECTATORS and GENERAL PUBLIC** in competition area.

Disclaimer:

Swimming South Africa and any other event Organizer's will not be held liable for any costs and expenses incurred by any person following cancellation of an event outlined in this Event Information Notice. The limitation of liability includes but is not limited to any costs and expenses incurred by any members, participants, coaches, and administrative personal or medical staff of Provincial Affiliates or individual swimming clubs in respect of the cancellation of the event. Swimming South Africa reserves the right to amend the above entry conditions as required.