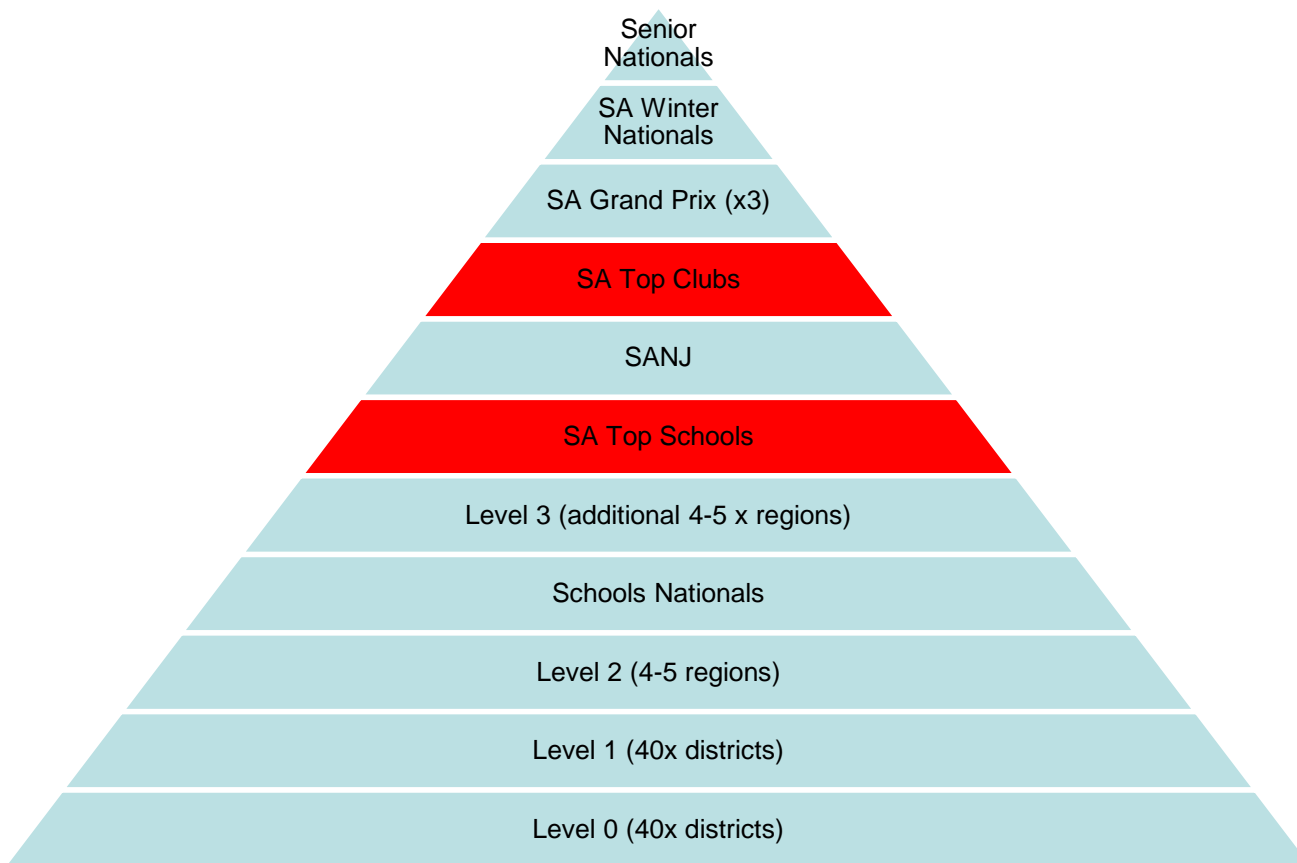


Competition Review 2019



Swimming South Africa

Competition Structure



Regions

- This competition will be a regional competition.
 - Region 1: Mpumalanga, Limpopo, Eastern Gauteng, Tshwane
 - Region 2: North West, Northern Cape, Free State, Central Gauteng, Sedibeng, West Rand.
 - Region 3: Western Cape, ,Eastern Cape (Nelson Mandela Bay, Sarah Baartman)
 - Region 4: Eastern Cape (Buffalo City, Chris Hani, Joe Gqabi, OR Tambo, Alfred Nzo), KZN
- (These regions may be adjusted each year depending on the location of the event)



Structure and Dates

- Grand Prix Jan/ Feb
- Level 0 LTS Schools
- Small Province Nov/ Feb
- Level 1 14-15 March
- Level 2 27 -29 March
- SA Schools TBC
- Level 3 19 -22 March
- SA National Juniors 11 -15 April
- Senior Nationals 4- 9 April



Level 2 Venues

27-29 March 2020

| Region | Venue |
|--------|--------------|
| 1 | Polkwane |
| 2 | Rustenburg |
| 3 | Outshoorn |
| 4 | Buffalo City |



Level 3 Venues

19 -22 March 2020

| Region | Venue |
|--------|------------|
| 1 | Germinston |
| 2 | Sasolburg |
| 3 | Malmesbury |
| 4 | Newcastle |



Grand Prix

- January 10 - 11 Nelspruit Grand Prix
Timed finals
- January 31 – 2 Feb Western Cape Grand
Prix Heats & Finals
- February 21 - 23 Durban Grand Prix
Heats & Finals

Level 1 & 2

| | | | | |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Level 1 : Bridging</p> | <p>New swimmers just out of LTS programme. First time competition LTS/ Club/ Schools swimmers</p> | <p>Getting children to understand the fundamentals of strokes; and having fun; Growing our numbers and transformation</p> | <p>Fundamentals</p> | <p>1x Districts (40 events; allow for combined districts were necessary for smaller districts)</p> |
| <p>Level 2/ Schools Championships:</p> | <p>Entry level Age Group swimmers; Club Swimmers Primary Schools Teams (Club and District) Age Groups to be adjusted to include 17 and over to keep children swimming longer and address transformation</p> | <p>Getting swimmers into the competitive programme; Increasing our competitive numbers; Transformation; Growing swimming across the country and not just in urban areas;</p> | <p>Learning to Train</p> | <p>4 Regional Events (Combined districts) – based on numbers; cost of travel and performance; Events spread across the country; districts can choose venue to participate; Host city will be limited 2 consecutive years,</p> |

Level 3

| | | | | |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------|------------------------------------------------------------------|
| <p>Level 3/ Schools Championships</p> | <p>Entry level Age Group swimmers; Club Swimmers High Schools Teams (Club; District; Province) not more than 400 – 500 swimmers at each event. Maximum of a 3 – 4 day competition, timed finals only.</p> | <p>Retention of our numbers; Preparing to compete; transformation</p> | <p>Training to Train</p> | <p>4 x Regional (Grouped to reduce travel costs, etc)</p> |
|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------|------------------------------------------------------------------|

Small Provinces

| | | | | |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Small Provinces Championships | Teams from the smaller Provinces/Districts; (establish criteria for identification of participating teams) | Growth of numbers; opportunities for smaller provinces to develop; Transformation | Training to Train | Event rotated amongst the smaller provinces/districts; Team selected to participate in a CANA Regional events |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------------------------|

SA National Juniors

| | | | | |
|-------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------|-----------------|
| SANJ | Top 600 Age Group (11 – 16 years) Swimmers Club swimmers; (Club, District and Province); | Selection for Junior Competitions; High performance | Training to Compete | National |
|-------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------|-----------------|



SA Nationals

| University | Elite Racing; University | Racing opportunity for top swimmers; High performance | | 3x National |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------|-------------|
| SA Nationals | <p>Top South African swimmers; Attracting international swimmers to raise the standard;</p> <p>Youth. Youth section of Girls 17 – 18 years and Boys 17 – 18 years Opportunity for older swimmers to compete against their own age groups; This section will not be included in SANJ.</p> <p>Teams can participate as Province/ Or Districts (for bigger districts). This needs to be approved by SSA</p> | <p>Top level competition for the elite swimmers; Selection event for International events High performance</p> | Training to Win | National |

Senior Nationals

- Durban 4- 9 April 2020
- Shall take place over 6 days (first day non-Olympic 50's and mixed relays)
- Ages open, 17 and 18 years
- Heats - 10 swimmers per heat
- A & B finals – 8 swimmers per final
- 17 and 18 Age groups – To be given medals after times collated from heats
- There will be no separate finals for 17 and 18 age groups

Senior Nationals

- Swimmers may enter the events that they have S A National qualifying times for, plus four additional non qualifying events provided they have times on the SSA Database.
- Provinces may enter **four** relay teams per event for S A Nationals.
- All teams will score points.
- There may be heats and finals for the Relay events where there are 8 or more entries. This decision will be taken at the Manager's Meeting
- Any swimmer entered into the meet may be selected as a member of their provincial relay team.

Para Swimming

- Swimmers may enter the events that they have S A National qualifying Times for, plus three additional events provided they have times on the SSA Database.
- Para Swimming events will be swum in two categories, Depending on their classification.
Category 1 Swimmers with S1 -13 classifications –
category 2 Swimmers with S14 and S15 classifications.
- The heats will be swum as combined events and the finalists for Category 1 and 2 will be separated into two final events. The final results and qualification for the final events will be determined using the World Records for each classification.