

Level 3 Regional Championships

23rd – 26th March 2021

Nelson Mandela Bay Aquatics extends a very warm welcome to all participating Clubs to the Newton Park Swimming Pool, Port Elizabeth

We look forward to an exciting 4 days of good swimming and great team spirit.

Please take note of the following important information:

MANAGERS' MEETING:

- ❖ No managers meeting will be held at the venue due to COVID compliance – a Zoom meeting will be held if necessary – details will be forwarded to all participating clubs should the need arise for this meeting.
- ❖ All scratchings and withdrawals must be sent to the PDO, Mrs Megan Canter – pdo@nmb-aquatics.co.za by 4pm on Monday 22nd March 2021
- ❖ Withdrawals for the Finals are to be submitted within half an hour of the completion of the Prelims and withdrawals for the prelims must be submitted by 20h00 the night before. Withdrawals made outside this time limit will be fined R200.00 per event.
- ❖ No Shows, heats and finals (including reserves): swimmers who do not show for their races will be fined R300.00 and the swimmer may not compete in any other event until the fine has been paid.

HEATS & FINALS:

- ❖ The heats commence at 08:00 and finals at 18:00
- ❖ The 400m Freestyle will be swum as a timed final on the 23rd March 2021
- ❖ There will be NO March past as per Compliance regulations
- ❖ Team Managers are requested to ensure that all swimmers adhere to all COVID Compliance regulations at all times
- ❖ Face masks are to be worn at all times. They may only be removed when racing. Swimmers must please wear their face masks down to the starting blocks and remove them only when instructed to do so by the Referee. We ask that our swimmers bring along a clearly marked container or ziplock bag to put their masks in.

WARM UPS:



- ❖ The Newton Park Pool will be available for warm ups on:

One and a half hours before each session

Lanes will be allocated to clubs before the start of each session - this will be communicated closer to the date of the gala

ADMISSION TO THE POOL:

- ❖ Entry to the pool for Competitors, Coaches and Managers will be free of charge on presentation of their accreditation cards which will be supplied in accordance with the relevant session in progress
- ❖ As per Government regulations – No Spectators are allowed
- ❖ There will be livestreaming of the event available – details to follow

PROGRAMMES AND RESULTS:

- ❖ Programmes will be distributed electronically
- ❖ Results will be shared on the Team Managers WhatsApp group to be forwarded to their relevant members

CATERING:

- ❖ Due to COVID Compliance regulations, no meals will be served to the officials. Please feel free to bring your own food or snacks should you feel peckish during the course of the gala
- ❖ Bottled water and sealed snacks will be handed out during the heats and finals
- ❖ There will be a Coffee Vendor available in the grass parking area outside the venue

PARKING:

- ❖ Parking is limited, and you are requested to observe the traffic rules when deciding on a parking spot.
- ❖ The parking area behind the Grandstand (Worraker Street) will not be available. Officials are requested to park on the grass area in front of the Swimming pool and enter through the main entrance.

TOURNAMENT MERCHANDISE:

- ❖ Tournament t-shirts are on sale by pre-order only. Please complete your order using the below Google order form before the 14th March 2021
<https://forms.gle/k3bGNJVEcJ5FuWoNA>
- ❖ A limited-edition Face mask is available for pre-order on the below Google order form. Numbers are limited so get your order in as soon as possible
<https://forms.gle/5DKMEjHLPuDaUvKx5>
- ❖ The cost of the t-shirt is R150 and the Face mask is R60. Payments for the t-shirts and masks must be made into your swimming clubs bank account and the club must then make one payment for their members t-shirt and mask orders
- ❖ The list of orders received by the 14th March 2021 will be sent to the relevant clubs
- ❖ Swim Master will have a stand in the grass parking lot outside the venue for all your swimming apparel needs

ACCOMODATION:

- ❖ Sunnyside Guest House - <https://www.sunnyside-accommodation.co.za/>
074 132 2301
- ❖ Retreat on Main – www.retreatonmain.com ~ 083 554 4124
- ❖ Urban Manor - <https://www.facebook.com/manorurban> ~ 083 325 6777

GENERAL RULES AND COVID COMPLIANCE:

- ❖ only 100 people are permitted into the Newton Park swimming pool complex at one time. This number includes the venue staff, swimmers, Officials, medic and coaches.
- ❖ There will be strict access control at the front gate and ask you to bear with us and respect the decisions made by Gloria and the pool staff at the front entrance.
- ❖ There will be a list of swimmers and officials per session at the front entrance and only those listed swimmers and officials will be allowed into the venue for the relevant session.
- ❖ Once you have finished your races and are not racing in the next session, please exit the premises to allow the next group of swimmers to enter
- ❖ Swimmers and officials may not stay seated on the stands for the next session if their name is not on the list for that session
- ❖ Swimmers should arrive dressed in their racing suits as they will not be permitted to use the change rooms. The toilets will be available should swimmers/officials need to use them.

We look forward to welcoming you all!

Michael Canter
Tournament Director
082 650 7535

Debbie Grobbelaar
LOC Chairman
083 234 1392