

# **42<sup>nd</sup> FREDA BARNARD INVITATIONAL GALA GEORGE – 2023**

**FISH EAGLE AQUATICS**  
(Affiliated to EDEN Aquatics)



You are cordially invited to participate in the **42<sup>nd</sup>** Freda Barnard Invitational Gala hosted by Fish Eagle Aquatics to be held on Thursday 5 October to Sunday 8 October 2022.

The Gala will be held at the Conville Swimming Pool, George. The facility is an outdoor, heated 50m pool with 8 lanes and touch pads at one end of the pool. There will be six sessions of swimming as detailed in the attached swimming programme.

The Gala will start at 11h00 on Thursday 5 October 2023 (warm up at 10h00), 08h00 on Friday 6 October 2023, 08h00 on Saturday 7 October 2023 & 08h30 on Sunday 8 October 2023. *(subject to change after entries received)*

## **RULES**

- WORLD AQUATICS & SWIMMING SOUTH AFRICA rules will govern.
- Only swimmers registered with SSA may compete.
- Swimmers may compete in their own age group only.
- Swimmers may enter as many events as they wish.
- There will be no limit for entries in the relay events but only 2 entries will be scored (A & B team). Swimmers will not be allowed to swim twice in the same relay. Swimmers can 'swim up' but may only compete in one age group in relay events. Relay entry times must be submitted.
- Under NO circumstances will a swimmer be permitted to enter any events unofficially.
- Events will be swum as age group timed finals. Age Groups: 10/U, 11-12, 13-14, 15 & Over. 200m, 400m, 800m events: 12/U, 13-14, 15 & Over.
- Swimmers failing to submit entry times will swim in the slow heats.
- Multi disability swimmers will swim according to entry times with able bodied swimmers.
- The ONE START rule will apply.
- Over-head starts will be done.
- All entrants from outside Western Cape must produce clearance from their Provincial Association accompanied with their entries.
- Medal winners must present themselves neatly attired in club uniform with shoes and on time for all medal presentations.
- All scratchings must be done by the end of the previous session.
- Any appeal to the Referee should be done in writing and submitted (together with a R500 fee) at the recording table within 20 minutes after the results have been announced.
- The Referee's decision will be final.
- Only Team Managers & Coaches will be allowed in the office. No swimmers. No parents.
- Fish Eagle Aquatics will not be held liable for any injuries sustained on the premises during the gala.
- Right of Admission Reserved.
- Items are subject to change.

## **TECHNICAL OFFICIALS**

- Clubs are requested to provide Technical Officials for each session. Please provide a list of the names of registered timekeepers, judges, starters etc. who would be available to assist at the gala. **NO probation timekeepers please.**
- Names and **preferred sessions** of the registered officials must be submitted by **15 September 2023**, on the excel sheet provided.
- For clubs outside of EDEN District, the following is required:
  - 1 – 3 swimmers, 1 official (1 judge or 1 timekeeper);
  - 2 officials (1 judge and 1 timekeeper) for every 5 swimmers thereafter

## **POINTS**

| PLACE             | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> | 10 <sup>th</sup> |
|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|
| INDIVIDUAL EVENTS | 12              | 10              | 8               | 7               | 6               | 5               | 4               | 3               | 2               | 1                |
| RELAYS            | 24              | 20              | 16              | 14              | 12              | 10              | 8               | 6               | 4               | 2                |

## **PRIZES**

- Club Awards: The Floating Trophy will go to the Club with the most points.
- Junior & Senior Victor & Victrix Ludorum Awards based on most points achieved.
- Cash prizes will be given to swimmers breaking meet records.

## **MEDALS**

- Medals will be awarded for the first three places for all ages in all the Individual events:  
8/Under, 9, 10, 11, 12, 13, 14, 15, 16, 17/Over  
EXCEPT 400m Free, 800m Free, 200m Butterfly, 200m Free, 200m Breast, 200m Back,  
200m IM & 400m IM will medal: 10/Under, 11, 12, 13, 14, 15, 16, 17/Over
- Medals will be awarded for the first three places for each age group in all the Relay events:  
10/Under, 11-12, 13-14, 15-16, 17/Over.

## **ENTRY PROCEDURE**

- All entries to be done on Team Manager & sent as a ZIP entry file accompanied by:
  - Individual Meet Entry Report by Name including proof of entry times in PDF format,
  - Relay Meet Entries report in PDF format,
  - Meet Entries Fees Report in PDF format &
  - Proof of payment.
- Entries to be forwarded (in pdf and zip) to Tarita Pollicutte together with proof of payment and clearance letter at [admin@fisheagleaquatics.com](mailto:admin@fisheagleaquatics.com)
- **NO INDIVIDUAL ENTRIES, SWIMMERS MUST ENTER VIA THEIR CLUBS/DISTRICTS PLEASE.**
- Closing date for entries is **15 September 2023**.
- No clearance and/or payment, no entry.

## **ENTRY FEES**

- R40.00 per individual event. The relays will be R120.00 per relay event.
- R45.00 surcharge per swimmer.
- Entry fees for entries received after the closing date will be accepted at R120.00 per individual entry and R180.00 per relay team.
- **ENTRIES WILL BE ACCEPTED ON THE DAY OF THE GALA IF THERE ARE LANES AVAILABLE AND IF THE SWIMMER IS ALREADY IN THE MEET @ R200 PER EVENT.**
- **PAYMENTS BY CLUB OR PROVINCE, NO INDIVIDUAL PAYMENTS PLEASE.**
- **NO INDIVIDUAL ENTRIES, SWIMMERS MUST ENTER VIA THEIR CLUBS PLEASE.**
- **NO CASH DEPOSITS, PLEASE. 😊**

## **MERCHANDISE**

- Freda Barnard long sleeve shirts will be available at R250 each pre-ordered on the sheet supplied. Please complete the order form per club & submit 1 order by **15 September 2023**.
- **Gifts will be given to the first 250 swimmers who enter.**

## **MARCH PAST**

There will be a March Past at 13h15 on Friday 6 October 2023 prior to the start of the afternoon session. Please come prepared. Participants must present themselves neatly attired in club uniform for the March Past.

## **ENTRANCE TO THE POOL**

Adults R30 per session

Tournament ticket R150

The link for purchasing tickets: <https://shop.wcapeaquatics.co.za/shop>

*Pre-purchasing will ease queues at the gate.*

All swimmers, officials & children enter free of charge.

## **PROGRAMMES**

Session programmes will be on sale at the gates before the start of each session at R20 each.

## **SWIMMING APPAREL**

There will be a stall selling swim wear and apparel

## **VENDORS**

There will be coffee and food vendors at the pool

## **CONTACT INFORMATION**

Tarita Pollicutte

Email: [admin@fisheagleaquatics.com](mailto:admin@fisheagleaquatics.com)

## **GALA PROGRAMME**

### **SESSION 1: THURSDAY 5 OCTOBER 2023 @ 11:00**

800m Freestyle

100m Backstroke

50m Breaststroke

4 x 50m Mixed Medley Relay

### **SESSION 2: FRIDAY 6 OCTOBER 2023 @ 08:00**

200m Breaststroke

200m Butterfly

100m Freestyle

4 x 50m Free Relay

## **MARCH PAST FRIDAY 6 OCTOBER at 13:15**

**SESSION 3: FRIDAY 6 OCTOBER 2023 @ 14:00**

200m Individual Medley

4 x 50m Free Relay

**SESSION 4: SATURDAY 7 OCTOBER 2023 @ 08:00**

200m Freestyle

50m Backstroke

**SESSION 5: SATURDAY 7 OCTOBER 2023 @ 14:30**

200m Backstroke

50m Butterfly

100m Breaststroke

**SESSION 6: SUNDAY 8 OCTOBER 2023 @ 08:30**

400m Freestyle

100m Butterfly

50m Freestyle

4 x 50m Mixed Freestyle Relay

*Please note times indicated may change and will be confirmed before the start of the gala.*

**We look forward to hosting you in George, the heart of the Garden Route!!**

**Yours in swimming  
Fish Eagle Aquatics Committee**