

EASTERN CAPE AQUATICS
LONG COURSE CHAMPIONSHIPS
RULES AND ENTRY PROCEDURES

EVENT: EASTERN CAPE AQUATICS LONG COURSE CHAMPIONSHIPS
DATE: 1-2 December 2023
VENUE: Joan Harrison Pool, Buffalo City
START: Friday, 1 December 2023 at 5pm
Saturday, 2 December 2023 at 8am

Swimming South Africa rules apply:

Only swimmers registered with SSA may take part in the ECA LCC as follows:

- All entry times must be achieved from 1 May 2023
- The Competition is an Open competition i.e. events will be contested in a Men's and Women's Section
- Only times on the National Database will be accepted
- Age as at the day of gala

Entries:

**** Please Note: Swimmers must compete at ECA LC Champs to be considered for the team representing ECA at SA Swimming Nationals (SANAT)** (requests for an exemption to this rule must be sent in writing to administrator@ecaquatics.co.za by **24 November 2023** – each request will be dealt with individually and according to the circumstances around the request by the ECA EXCO)

- Entries are to be done on Team Manager (no faxed or individual entries will be accepted)
- District Data Officers should combine all entries and e-mail them to Janet van Huyssteen: jlvh@absamail.co.za by **24 November 2023** (Clubs must not e-mail the PDO directly please)
- Officials list, Managers and Coaches names must accompany the gala entries
- Proof of payment must accompany gala entries sent to Janet to avoid entries being returned. (Please CC Yvette Hugo: administrator@ecaquatics.co.za)
- Late entries will be accepted until Wednesday, 29 November 2023 at 5pm at R 100 per event payable on the day of the late entry. (POP must be sent with payment to secure entry)
- No entries will be accepted at the pool

Fees:

The relevant fees must be deposited into the ECA banking account by 24 November 2023

Eastern Cape Aquatics
FNB Current Account
Branch: Vincent Park (211021)
Account number: 62483177880

Individual Entries: R 35 per event
Relays: R 70 per relay
Registration fee per swimmer: R 60

All events will be swum as seeded finals. They will be seeded according to the times.

Scratchings:

- Swimmers wishing to scratch from events may do so up to 30 minutes before the start of the gala
- Scratchings must be done on the relevant “scratching form” available at the records office
- Only Team Managers will be allowed to do scratchings
- Swimmers who do not scratch and fail to swim an event will be disqualified from all remaining events until a cash fine of R200 is paid
- Presentation of a medical certificate or good cause shown will overrule the above

Championship Gala:

- The Championships will be run as an Open Championship, but medals will be awarded to the first three swimmers in the following age groups:

10 & under

11-12

13-14

15-16

Open

- There will be medal presentations
- One start rule will apply
- The Referee’s decision is final in accordance with FINA rules
- Protests must be submitted in writing accompanied with a R500.00 fee to the Meet Referee within 30 minutes of the incident in question
- The Meet Referee’s decision will be final
- Swimmers may not wear watches or data collection devices while competing
- Interference with/obstruction of an official during the meet will result in a R 300.00 fine
- The need for strapping or plaster on a swimmer must be reported to the Referee before the start of the session, failure to do so may result in disqualification
- Session 3 will start 1 hour after session 2 finishes

Technical Officials:

- This is a Club Competition. Clubs will be required to provide SSA registered trained officials for EVERY session, according to the number of swimmers entered in the competition
- 5-10 swimmers – 1 judge and 2 timekeeper per session
- 11-20 swimmers – 2 judges, 4 timekeepers per session
- 21-39 swimmers – 3 judges, 6 timekeepers per session
- 40 and over swimmers - 4 judges, 8 timekeepers per session
- All Senior Officials will be assigned separately and will fall outside the above requirement
- The names of SSA registered officials must accompany the swimmers’ entries. Failure to do so may result in the swimmers’ entries being rejected

Gala Programs:

R 10.00 per session