



NELSON MANDELA BAY AQUATICS

Reg No: 055-180-NPO

P.O. Box 7244, Newton Park

Port Elizabeth, 6055

Tel: 041 367 3600

administrator@nmb-aquatics.co.za

Website: www.nmb-aquatics.co.za

Nelson Mandela Bay Aquatics

NMBA Championships

15-17 December 2023

RULES AND ENTRY PROCEDURES

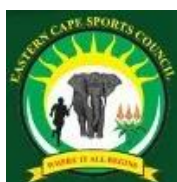
1. GENERAL RULES:

- Only swimmers registered with SSA may take part in the Nelson Mandela Bay Championships.
- The gala will be swum in accordance to World Aquatics rules.
- Swimmers are required to have a time on the data base no older than 1 May 2023
 - Swimmers 11 years and older need to have achieved the qualifying times as per the events list attached.
 - Swimmers may only enter the 50m events (no QT's) and events for which they have qualified
- Swimmers will be seeded in accordance to times available on the data base from 1 May 2023 and will swim timed finals in their age groups.
- The swimmer's age is taken on the first day of the Championships.
- The ONE START rule will apply.
- No double costumes, zips or clips will be allowed
- No watches or timing devices to be worn unless pre-approved by the referee.
- No strapping, bandages or plasters to be used unless pre-approved by the referee.
- Protests must be submitted in writing with the R500 deposit to the Meet Referee within 30 minutes of the posting of results. The Meet Referee's decision will be final.
- To be eligible for selection for the Inter District Prestige Gala, swimmers must participate at the NMBA Championship gala. A doctor's certificate is required should the swimmer not be able to participate at the NMBA Championship Gala.

2. EVENTS:

Individual Events:

Age Groups 10 & Under; 11-12; 13-14; 15 & over, Masters and Multi Disability



A swimmer may ONLY swim in his/her own age group

Masters will swim in their own event if 4 or more entries are received per event, otherwise they will be seeded in the 15 & over age group

100m Butterfly will start from 10 years of age

200m Butterfly & 400m IM will start at 11 years of age

3. ENTRIES:

All entries are to be done on Team Manager. No faxed or individual entries will be accepted. Gala Secretaries must ensure that all entries reach the PDO, Mrs Megan Canter, (pdo@nmb-aquatics.co.za) by no later than 20.00 on Friday, 8 December 2023.

Fees:

The relevant fees must be deposited into the Nelson Mandela Bay Aquatic' banking account by no later than 10 December 2023 and the proof of payment to be emailed to the Administrator at administrator@nmb-aquatics.co.za. Entries will be returned should payment not be received.

Individual Events: R45.00 per event. Relay Events: R70 per event

A list of available qualified Officials must accompany all entries. A League quotas apply.

4. SCRATCHING RULE

- All confirmed scratchings must be sent to the PDO, Mrs. Megan Canter, by 20:00 Thursday, 14 December 2023.
- General scratchings during the gala must be submitted to the PDO by the end of the previous session.
- Scratchings, due to illness, must be relayed to the PDO immediately
- Scratchings are to be submitted by the Gala Secretary or Team Manager.
- No Show (N/S): A fine of R200 will be imposed and the swimmer will not be allowed to swim any further events until the fine has been paid.

6. REPORTING: Events will be announced, and swimmers will be called by event to report for an event.

7. MEDALS:

- Medals will be awarded to the following age groups: 10 & Under, 11-12, 13-14, 15-16, 17 & Over, Multi-disability and Masters

8. RECORDS: Swimmers/Managers/Coaches are urged to notify the Chief Timekeeper and the Referee if they feel that a record may be swum, so that the necessary arrangements can be made.