

Rules

- Age groups are **10 & under, 11 & 12, 13 & 14, 15 & over**. Age is taken on the day of the gala.
- The gala will start with Session 1 at 17 00 on Friday 9th February, Session 2 and 3 starting at 09:00 and 14:00 respectively on the 10th February and Session 4 on Sunday 11th February at 09:00
- Session 1 will comprise of the 50m Heats for all strokes with the 800m Freestyle Women and 1500m Men and then the Finals of all the 50m events.
- For each 50m Final winner there will be a cash incentive in each age group
- The Managers Meeting will be at 16:00 on Friday 9th February
- SSA rules will apply at the gala.
- Swimmers may compete in their age group and if the race is not in their age group, the Open Category or the age above them
- Swimmers may enter as many races as they like
- Clubs may only enter 2 relay teams per event
- FINA rules will be followed.
- One start rule will apply and the referee's decision is final.
- Prizes will be given to the **TOP 3 overall** point scorers in each age group (10 & under, 11 & 12, 13 & 14 and 15 & over)
- Points will be given out as possible
- 1st - 12, 2nd - 10, 3rd - 8, 4th - 7, 5th - 6, 6th - 5, 7th - 4, 8th - 3

Entries

- Entries are R45 per event
- Relay entries are R90 per event
- Late entries are R90 per event up to the day before the gala, provided that there is a lane available
- Entry fees payable to: **Infinity Swimming Academy**
Standard Bank
050017
083507841
- Entries must be done on team manager and e-mailed to pdo@nmb-aquatics.co.za by no later than **Monday 29th January 2022**.

Other information

- There will be a Tuckshop available the whole weekend.
- We will be doing an exciting raffle during the weekend.

