



## Rules

- Age groups are **8 & under, 9 & 10, 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 30th January, Session 2, 3 and 4 starting at 08:30, 13:30 and 16:30 respectively on the 31<sup>st</sup> January and Session 5 on Sunday 1st February at 08:30
- Only 50m will be categorised as 8 & under and the rest 10 & under or 12 & under but will still score points in their respective age groups
- The fastest 4 swimmers taken from the 50m Free results will swim in a Dash for Cash in their age group. There will also be a cash prize for the Top World Aquatics Points Scorer in the 50m Freestyle ( only 1 winner not split up into male and female )
- There will be Heats and Finals for the 13 & 14 and 15 & over 100m events. The heats will be swam on Saturday morning and the Finals on Saturday evening
- The Managers Meeting will be at 16:00 on Friday, 30 January.
- 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 ( 8 & under, 9 & 10 , 11 & 12, 13 & 14 and 15 & over )
- Points will be given out as follows
- 1<sup>st</sup> - 12, 2<sup>nd</sup> - 10, 3<sup>rd</sup> - 8, 4<sup>th</sup> - 7, 5<sup>th</sup> - 6, 6<sup>th</sup> - 5, 7<sup>th</sup> - 4, 8<sup>th</sup> - 3



## Entries

- Entries are R50 per event
- A surcharge of R50 per swimmer is applicable
- Relay entries are R100 per event
- Late entries are R100 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](mailto:pdo@nmb-aquatics.co.za) by no later than **Monday 19<sup>th</sup> January 2026**.

## Other information

- There will be a Tuckshop available the whole weekend
- There will be lucky draw prizes handed out throughout the weekend