



Western Cape Inter District Level 1 Team Champs

Districts are cordially invited to participate at the WC Inter District Level 1 Team Champs hosted by CTA District at the Generation Pool in Somerset West on 27 April 2024

RULES:

- The gala will be swum under World Aquatics rules & regulations.
- Only swimmers registered with SSA may participate in this gala.
- The swimmer's age is taken on the first day of the gala.
- The one-start rule will apply with overhead starts.
- All swimmers **MUST** report to the Competitor Steward prior to their events.
- Events will be announced but no individual swimmer will be called to report.
- Medal winners must be neatly attired in their relevant District outfits.
- Scratchings: Swimmers that wish to scratch from events may do so up to 60 min before the start of the relevant session, only team managers are allowed to do scratchings.
- R200 fine for swimmers that fail to swim an event and did not scratch.
- Medical certificate or good cause will overrule other scratching rules.

INDIVIDUAL EVENTS:

- Age Groups:
 - 25m 8 & under entries with NT will be accepted. (depending on own district rules)
 - 50m & 100m 8 & under, 9, 10, 11, 12, 13, 14, 15 & over with NT will not be accepted.
- A swimmer may only participate in his/her own age group.
- No swimmer may compete in more than 6 individual events.
- A maximum of 2 swimmers per District per event for each age group.
- 10 & over are allowed to enter if they have not qualified for level 2 before 31 March 2024.



RELAYS:

- Age groups: 8 & under, 9, 10, 11, 12, 13, 14, 15 & over
- Only 1 team per District for each relay event
- Only swimmers already entered in an individual event at the meet may compete in relays
- A swimmer may only participate in his/her own age group

POINTS:

Individual Points 10, 8, 6, 5, 4, 3, 2, 1
Relays Double Points

MEDALS & TROPHY:

- Medals will be presented to the first 3 swimmers in each 50m event 8 & under, 9, 10, 11, 12, 13, 14, 15 & over. 25m events medals will be 6, 7, and 8 years old.
- Medals for the first 3 relay teams in each age group will also be awarded.
- A floating trophy will be awarded to the District scoring the most points on the day of the gala.

ENTRIES:

Swimmer Surcharge: R200
Entry fee per relay R100

All entries must be done on Team Manager and forwarded to
The closing date for entries is **10 April 2023**.

OFFICIALS:

Each District is to submit their officials with their entries on the form attached.



GENERAL:

Gala t-shirts for each District will be available as per the attached spreadsheet. Please send your orders with proof of payment by **10 April 2023**.

PROTESTS:

Protests must be submitted, in writing, by the appointed Team Manager, with an R500 deposit to the meet referee within 30 minutes of the incident in question.

PAYMENT:

Please send your proof of payments with your entries,
Banking Details:

CAPE TOWN METRO AQUATICS
FNB: 62764954296
BRANCH: 250655
REF: WCAL1 + DISTRICT NAME

First Session		Second Session	
1	25m Butterfly	8	100m IM
2	50m Butterfly	9	25m Backstroke
3	100m Backstroke	10	50m Backstroke
4	25m Breaststroke	11	100m Breaststroke
5	50m Breaststroke	12	25m Freestyle
6	100m Freestyle	13	50m Freestyle
7	100m Freestyle Relay		

Regards

CAPE TOWN METRO AQUATICS