

# 38<sup>TH</sup> FREDA BARNARD INVITATIONAL GALA OUDTSHOORN – 2019

**FISH EAGLE AQUATICS**  
(Affiliated to EDEN Aquatics)



You are cordially invited to participate in the **38<sup>th</sup>** Freda Barnard Invitational Gala hosted by Fish Eagle Aquatics to be held on Friday 1 November to Sunday 3 November 2019.

The Gala will be held at the NA Smit Swimming Pool, Oudtshoorn. The facility is an outdoor 50m pool with 8 lanes and touch pads at one end of the pool. There will be four sessions of swimming as detailed in the attached swimming programme.

The Gala will start at 13h00 on Friday 1 November 2019 (warm up at 12h00), 09h00 on Saturday 2 November 2019 (warm up at 07h30) & 09h00 on Sunday 3 November 2019 (warm up at 08h00).

## RULES

1. FINA rules will govern.
2. Only swimmers registered with SSA may compete.
3. Swimmers may compete in their own age group only.
4. Swimmers may enter as many events as they wish.
5. There will be no limit for entries in the relay events but only 2 entries will be scored (A & B team). Swimmers will not be allowed to swim twice in the same relay. Swimmers can 'swim up' but may only compete in one age group in relay events. Relay entry times must be submitted.
6. Under NO circumstances will a swimmer be permitted to enter any events unofficially.
7. Events will be swum as age group timed finals. Age Groups: 10/U, 11-12, 13-14, 15-16 & 17/Over. 200m, 400m, 800m events: 12/U, 13-14, 15-16, 17/O.
8. Swimmers failing to submit entry times will swim in the slow heats.
9. Multi disability swimmers will swim according to entry times with able bodied swimmers.
10. The ONE START rule will apply.
11. Over-head starts will be done.
12. All entrants from outside Western Cape must produce a clearance from their Provincial Association accompanied with their entries.
13. Medal winners must present themselves neatly attired in club uniform with shoes and on time for all medal presentations.
14. All scratchings must be done 60 minutes prior to the start of the session in which these events will take place.
15. Any appeal to the Referee should be done in writing and submitted (together with a R300 fee) at the recording office within 30 minutes after the results have been announced.
16. The Referee's decision will be final.
17. Only TEAM MANAGERS will be allowed in the office. No coaches. No swimmers. No parents.
- 18. Team Managers meeting will be Friday 1 November 2019 at 12h00**
19. Fish Eagle Aquatics will not be held liable for any injuries sustained on the premises during the course of the gala.
20. Right of Admission Reserved.
21. Items are subject to change.

## TECHNICAL OFFICIALS

- Clubs are requested to provide Technical Officials for each session. Please provide a list of the names of registered timekeepers, judges, starters etc. who would be available to assist at the gala.
- Names and **preferred sessions** of the registered officials must accompany names of swimmers and the t-shirt/cushion order by **23 September 2019**
- Please complete on the forms attached
- For clubs outside of EDEN District, the following is required:  
1 – 3 swimmers, 1 official (1 judge or 1 timekeeper);  
And 2 officials (1 judge and 1 timekeeper) for every 5 swimmers thereafter

## POINTS

	1st	2nd	3rd	4th	5 <sup>th</sup>	6th	7th	8 <sup>th</sup>	9th	10 <sup>th</sup>
Ind. Events	12	10	8	7	6	5	4	3	2	1
Relays	24	20	16	14	12	10	8	6	4	2

## PRIZES

Club Awards: The Floating Trophy will go to the Club with the most points.  
Junior & Senior Victor & Victrix Ludorum Awards based on most points achieved.

## MEDALS

- Medals will be awarded for the first three places for all ages in all the Individual events: 8/Under, 9, 10, 11, 12, 13, 14, 15, 16, 17/Over EXCEPT 800m Free, 200m Butterfly, 200m Free, 200m Breast, 200m Back, 200m IM & 400m IM will medal: 10/Under, 11, 12, 13, 14, 15, 16, 17/Over
- Medals will be awarded for the first three places for each age group in all the Relay events: 10/Under, 11-12, 13-14, 15-16, 17/Over.

## ENTRY PROCEDURE

- All entries to be done on Team Manager & sent as a ZIP entry file accompanied by:
  - Individual Meet Entry Report by Name including proof of entry times in PDF format,
  - Relay Meet Entries report in PDF format,
  - Meet Entries Fees Report in PDF format &
  - Proof of payment.
- Entries to be forwarded (in pdf and zip) to Tarita Pollicutte together with proof of payment and clearance letter at [admin@fisheagleaquatics.com](mailto:admin@fisheagleaquatics.com)
- **NO INDIVIDUAL ENTRIES, SWIMMERS MUST ENTER VIA THEIR CLUBS PLEASE.**
- Closing date for entries is **14 October 2019**.
- No clearance and/or payment, no entry.

## ENTRY FEES

- R30.00 per individual event. The relays will be R60.00 per relay team.
- R40.00 surcharge per swimmer.
- Entry fees for entries received after the closing date will be accepted at R90.00 per individual entry and R180.00 per relay team.
- **ENTRIES WILL BE ACCEPTED ON THE DAY OF THE GALA IF THERE ARE LANES AVAILABLE AND IF THE SWIMMER IS ALREADY IN THE MEET @ R200 PER EVENT.**
- **PAYMENTS BY CLUB OR PROVINCE, NO INDIVIDUAL PAYMENTS PLEASE.**
- **NO INDIVIDUAL ENTRIES, SWIMMERS MUST ENTER VIA THEIR CLUBS PLEASE.**
- Banking account details for payment:

Fish Eagle Aquatics  
Nedbank Cheque Account  
Account No: 162 604 7774  
Branch Code: 162 645

Payment Ref: Club Name

- NO CASH DEPOSITS, PLEASE. ☺

## **MERCHANDISE**

Black, long sleeve, t-shirt hoodies with a front pocket & branded cushions are available for pre-order and will be handed to Team Managers at the Team Managers Meeting on Friday 1 November 2019. The order form will accompany the entry file. Please send ONE order per club. Closing date for t-shirt & cushion orders is **23 September 2019**.

## **MARCH PAST**

There will be a March Past at 8am on Saturday 2 November 2019 prior to the start of the morning session. Please come prepared. Participants must present themselves neatly attired in club uniform for the March Past.

## **ENTRANCE TO THE POOL**

Adults R30 per session

Weekend Pass R100

All swimmers, officials & children enter free of charge.

## **PROGRAMMES**

A weekend programme will be for sale at R30 each.

## **TUCKSHOP**

There will be tuck shop facilities and food stalls organised by the Club.

## **SWIMWEAR SHOP**



will have a stall selling swimming apparel.

## **MASSAGES**

There will be someone doing massages.

## **CONTACT INFORMATION**

Tarita Pollicutte

Email: [admin@fisheagleaquatics.com](mailto:admin@fisheagleaquatics.com)

We look forward to hosting you in the Karoo town of Oudtshoorn!!

Yours in swimming  
Fish Eagle Aquatics Committee

## **GALA PROGRAMME**

*Please note that the times indicated are the planned times and will be confirmed at the Team Managers Meeting*

**FIRST SESSION FRIDAY 1<sup>st</sup> NOVEMBER 2019 13h00**

1. 800m Freestyle
2. 100m Backstroke
3. 50m Breaststroke
4. 200m Butterfly
5. 200m Freestyle
6. 4 x 50m Mixed Freestyle Relay

**MARCH PAST SATURDAY 2<sup>nd</sup> NOVEMBER 2019 08H30**

**SECOND SESSION SATURDAY 2<sup>nd</sup> NOVEMBER 2019 09H00**

7. 200m Breaststroke
8. 100m Freestyle
9. 50m Butterfly
10. 400m Individual Medley
11. 4 x 50m Medley Relay

**LUNCH BREAK**

**THIRD SESSION SATURDAY 2<sup>nd</sup> NOVEMBER 2019**

12. 50m Backstroke
13. 100m Breaststroke
14. 200m Individual Medley

**FOURTH SESSION SUNDAY 3<sup>rd</sup> NOVEMBER 2019 09H00**

15. 400m Freestyle
16. 100m Butterfly
17. 200m Backstroke
18. 50m Freestyle
19. 4 x 50m Freestyle Relay