

MASHONALAND AMATEUR SWIMMING BOARD



MASHONALAND
AMATEUR
SWIMMING
BOARD



HANDBOOK 2013 / 2014



2013 / 2014 SWIMMING SEASON DATES – MASHONALAND

<u>DATE</u>	<u>GALA</u>	<u>TIME</u>	<u>VENUE</u>	<u>CLUB DUTY</u>	
<u>SEPTEMBER 2013</u>					
27TH	1 ST SEEDED GALA	6 PM	LES BROWN	PIRATES	
29TH	1 ST JUNIOR LEAGUE	9 AM	LES BROWN	OTTERS	
<u>OCTOBER 2013</u>					
11TH	BOYS FINALS GALA	2 PM tbc	LES BROWN		
	2 ND SEEDED GALA	6 PM	LES BROWN	SPARTANS	
13TH	2 ND JUNIOR LEAGUE GALA	9 AM	LES BROWN	HIGHLANDS	
19TH	NATIONAL SPRINT GALA	9 AM	CITY POOL	MUTARE	
25TH	3 RD SEEDED GALA	6 PM	LES BROWN	DORADOS	
27TH	MASH SHORTCOURSE GALA	9 AM	CHISIPITE SNR (TBC)	SHARKS/OTTERS	
<u>NOVEMBER 2013</u>					
8TH	4 TH SEEDED GALA	5.30 PM	LES BROWN	SPARTANS	
10TH	3 RD JUNIOR LEAGUE GALA	9 AM	LES BROWN	PIRATES	
16TH	OPEN WATER SWIM	TBA	TROUTBECK		
16TH	INTERSCHOOLS JNR A DIV	8.30 AM	LES BROWN	HELLENIC	
22ND	MASH JUNIOR SCHOOL INV	1.30 PM	GATEWAY (tbc)		
22ND	5 TH SEEDED GALA	6 PM	LES BROWN	DORADOS	
24TH	4 TH JUNIOR LEAGUE	9 AM	LES BROWN	SHARKS	
25 TH – 29 TH	WATERPOLO CAMP		LES BROWN		
26TH	MCD INVITATIONAL	1.30 PM	GATEWAY		
29TH	MASH' SENIOR CHAMPS	6 PM	LES BROWN	HIGHLANDS	
30TH	MASH' SENIOR CHAMPS	6 PM	LES BROWN	SHARKS	
<u>DECEMBER 2013</u>					
1ST	MASH' SENIOR CHAMPS	9 AM	LES BROWN	OTTERS	
2 ND -4 TH	WATERPOLO CAMP		LES BROWN		
6TH	MASH' SENIOR CHAMPS	6 PM	LES BROWN	SPARTANS	
7TH	MASH' SENIOR CHAMPS	9 AM	LES BROWN	DORADOS	
8TH	MASH' SENIOR CHAMPS	9 AM	LES BROWN	PIRATES	
<u>JANUARY 2014</u>					
9 TH	MASH INV SHORTCOURSE	9AM	GATEWAY (tbc)	SPARTANS	
10 TH	MASH INV SHORTCOURSE	9AM	GATEWAY (tbc)	HIGHLANDS	
11 TH	MASH INV SHORTCOURSE	9AM	GATEWAY (tbc)	SHARKS	
TBC	MCD JNR TRIALS	1.30 PM	LES BROWN/GATEWAY		
24 TH	6 TH SEEDED GALA	6 PM	LES BROWN	DORADOS	
26TH	5 TH JUNIOR LEAGUE	9 AM	LES BROWN	HIGHLANDS	
<u>FEBRUARY 2014</u>					
1 ST /8 TH	tbc	GIRLS B DIVISION FINAL	8AM	LES BROWN	TBA
1ST	tbc	MASH' JUNIOR CHAMPS	9 AM	VENUE TBC	PIRATES
2ND	tbc	MASH' JUNIOR CHAMPS	9 AM	VENUE TBC	OTTERS
8 TH /15 TH	tbc	GIRLS NORTHERN GALA	8.30 AM	LES BROWN	TBA
20TH	tbc	MCD JUNIORS SESSION	2 PM	LES BROWN	
20 TH	TBC	SENIOR NATIONAL CHAMPS	5 PM	HRE	PIRATES
21ST	TBC	SENIOR NATIONAL CHAMPS	9 AM	HRE	SHARKS/OTTERS
22ND	TBC	SENIOR NATIONAL CHAMPS	9 AM	HRE	DORADOS
23RD	TBC	SENIOR NATIONAL CHAMPS	9 AM	HRE	SPARTANS
24TH	TBC	SENIOR NATIONAL CHAMPS	9 AM	HRE	HIGHLANDS
<u>MARCH 2014</u>					
1 ST	tbc	GIRLS FINALS GALA	8.30 AM	LES BROWN	TBA
1 ST		JUNIOR NATIONAL CHAMPS	8 AM	BYO	
2 ND		JUNIOR NATIONAL CHAMPS	8 AM	BYO	

LINES OF COMMUNICATION

The correct procedure for any application to be made is as follows. An individual must approach their club chair who will then pass it on to the provincial Chair who then passes it up the line

Club Board → Provincial Board → ZSBC Board → ZAU Executive

MASHONALAND EXECUTIVE COMMITTEE

CHAIRPERSON

NIROSHIA ABDULLA
Tel: 795190 (H)
Tel: 794338/9 (W)
Cell: 0772 200 337
niroshiaa@questmotorcorp.com

VICE CHAIRMAN

CELSE CHIANG
Cell: 0773 001 577
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elsaleechiang@zol.co.zw

TREASURER

ALISON BELLRINGER
Tel: 301257 (H)
Tel: 776922 (W)
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alison@tovom.co.zw

SECRETARY

SHARYN DAVIS
Tel: 860203 (H)
Tel: 770474 (W)
Cell: 0772 133 231
sharyndavis9@gmail.com

MASHONALAND AMATEUR SWIMMING BOARD

GENERAL INFORMATION

BOARD MEMBERS:

Club Reps & Portfolios	First Name	Surname	Home Telephone Number	Work Telephone Number	Cellular Number	e-mail Address
Spartans	Kirsty	Brown	(04) 495 131)772 217 667	kirstybrown@yoafrica.com
Pirates	Bill	Reid	(04) 885-495		0772 787-787	billr@leozim.com
Sharks	Gareth	Desmond	04 332093		0772 404-190	gareth.desmond@live.com
Highlands	Marjorie	Musaba	(04) 445-249		(0733) 410-713	marjorie_musaba@hotmail.com
Otters School Liaison	Catherine	Gallagher	(04) 747-962	(04) 660 904-9	(0772) 105-340 (0712) 605-797	catherineg@cutrag.co.zw
Dorados Handbook	Tracey	Doorman	(0773) 405-673	(0773) 405-673	(0773) 405-673	mtlador@zol.co.zw
Senior Gala Convenor	Celso	Chiang	(0773) 001-577	(0773) 001-577	(0733) 834-148	elsaleechiang@zol.co.zw
Junior Gala Convenor	Farai	Makova	(04) 861419		(0772) 409-822	fmakova@hotmail.com
Officials Convenor	Caroline	Hawgood	(04) 497-030	(04) 496-300	(0712) 210-639	hawgood@zol.co.zw
Program Convenor Results & Tours	Mary	Kloppers	(04) 498-702	(04) 498-702	(0712) 409-569 (0779) 948-482	comptech@zol.co.zw
Trophy Convenor Coaches Rep	Mairead	Goncalves	(04) 495-852	(04) 495-852	(0773) 247-580	paulogo@mweb.co.zw
National Records Convenor	Kim	Rennie	(04) 744-959	(04) 744-959	(0773) 004-964	krennie@yoafrica.com
Kit Convenor	Joanne	Onorati	(04) 494-974	(04) 494-974	(0712) 602-249	jonorati@zol.co.zw
Fund Raising Convenor	Claire	Carey-Smith	(04) 495-938	(04) 495-938	(0712) 404-503	cacs@zol.co.zw

FORMAT, INFORMATION AND DUTIES FOR MASHONALAND GALAS

ALL GALAS WILL BE RUN IN ACCORDANCE WITH FINA RULES (AS STATED IN THE FINA HANDBOOK)

A. ELIGIBILITY

Every gala is open to all swimmers registered with the Mashonaland Amateur Swimming Board through an affiliated body. As part of its contribution to the development of swimming in Zimbabwe, the Mashonaland Amateur Swimming Board may invite other Provincial Boards to enter swimmers, registered with their Board and the Zimbabwe Aquatic Union, in some or all of the galas staged by the Board.

Also as part of its contribution to the development of swimming in Zimbabwe, MASB may allow schools to enter swimmers in the junior and senior galas at an entry charge of \$5 per swimmer per gala. If these swimmers wish to participate in championships they would need to affiliate themselves to Mashonaland and ZSBC and pay the full affiliation fees, no matter when this is paid, and the once off fees will NOT be considered part of this payment.

Independent/Foreign Swimmers – these swimmers have to be registered swimmers with a registered club and must have obtained clearance from that club to participate in any MASB gala. A charge of \$5/gala will be levied as well as any championship fees which are applicable. **These payments will be the individual swimmer's responsibility.**

MARLINS Swimmers – a charge of \$5 per gala will be levied per swimmer. NO Marlins swimmer may enter Mashonaland Senior or Junior Championships or the Mashonaland Shortcourse Invitational Galas. If and Marlins swimmer was a member of another club in the previous season (2012/13) they will **NOT** be allowed to enter any gala **UNTIL CLEARANCE** is obtained from that club.

B. AGE GROUPING

Senior League

Age groups will be based on AGE AT 31ST DECEMBER of the year in which the event is being swum. The age groups are:

<u>AGE GROUP</u>	<u>YEAR OF EVENT</u>	
	<u>2013</u>	<u>2014</u>
10 / Under	<i>Born</i> 2003/Later	2004/later
11/12	2002/2001	2003/2002
13/14	2000/1999	2001/2000
15/16	1998/1997	1999/1998
17 / Over	1996/Earlier	1997/earlier

Junior League

Age grouping will be based on AGE AT THE 31ST OF DECEMBER. The age groups for 2013/2014 are:

<u>For Individual Events</u>	<u>Relay Age Groups</u>
9 and Under (except IM)	9 and Under
10 years	10 years
11 years	11 Years
12 years	12 Years

C. FORMAT OF GALAS

THE ONE START RULE WILL APPLY TO ALL GALAS (FINA RULE SW 4.4)

SEEDED GALAS AND ONE DAY SHORTCOURSE GALA

1. These galas will be swum as boys and girls combined, on a seeded basis. Results are separated into relevant age groups, i.e. 9/10, 11/12, 13/14, 15/16 & 17/over, and gender. A swimmer must have turned 9 by 31 December of the calendar year in which the gala is held. For the one-day Short course age groups will be 12 and under, 13/14, 15/16 & 17/over. (9/10 will be ONLY for 50m events)
2. There will be no finals, and events will be swum in heats with entries seeded in accordance with the swimmers' previous best time. For each event the seeding, as there are no finals involved, will be such that the eight fastest swimmers are grouped in the final heat, the next eight fastest in the second last heat and so on until all swimmers have been allocated to a heat; except if there are less than three swimmers in the slowest heat, the slowest swimmers in the next slowest heat shall be allocated a place in the slowest heat, until that heat contains three swimmers.
3. The Mashonaland Board reserves the right to reduce the number of swimmers in heats below the normal eight if there are insufficient timekeepers available to adequately cover eight lanes.
4. Results based on times recorded, will be published by event and age group.
5. Swimmers will be limited to a maximum of 4 swims per seeded gala only

MASHONALAND CHAMPIONSHIPS AND SHORTCOURSE INVITATIONAL GALA

1. ONLY members of Mashonaland-affiliated clubs and CROCS may take part in these Championships. No MARLINS swimmers will be allowed to compete.
2. FOR MASHONALAND CHAMPIONSHIPS age groups swum will be:

50m events	10/u; 11/12; 13/14; 15/16; 17/o
100m and 200m events	12/u; 13/14; 15/16; 17/o (except 200m Fly)
200m fly	14/u; 15/16; 17/o
400m free	12/u; 13/14; 15/16; 17/o
400m IM	14/u; 15/16; 17/o
800m Free	14/u; 15/16; 17/o
1500m Free	14/u; 15/16; 17/o

A swimmer must have turned 9 by 31 December of the calendar year in which the gala is held.

3. FOR THE MASHONALAND SHOURTCOURSE INVITATIONAL age groups swum will be:

50m, 100m and 200m events	10/u; 11/12; 13/14; 15/16; 17/o	except 200m Fly
200m Fly	14/u; 15/16; 17/o	
400m Free	12/u; 13/14; 15/16; 17/o	
800M Free	14/u; 15/16; 17/o	

A swimmer must have turned 9 by 31 December of the calendar year in which the gala is held.

4. All heats will be swum on a seeded basis as per FINA RULE SW 3.1 - circle seeding.
5. Seeded finals will be swum such that the eight fastest swimmers are grouped in the final heat, the next eight fastest in the second last heat and so on until all swimmers have been allocated to a heat; except if there are less than three swimmers in the slowest heat, the slowest swimmers in the next slowest heat shall be allocated a place in the slowest heat, until that heat contains three swimmers.
6. Finals will be swum by age group based on the fastest eight qualifiers and two reserves provided that, where less than eight swimmers qualify over all age groups for any given event, the respective age group finals shall be swum as a seeded final, at the referees discretion.
7. Awards will be made to swimmers and relay teams placed first, second and third. (Mashonaland Championships only). Clubs may enter up to TWO relay teams per event at the Boards discretion. Swimmers may swim their own age relays and one age group up to complete a relay for a club team in order for them to be able to enter an 'A' team. NO swimmer may "SWIM UP" to make up a "B" relay team. A maximum of 2 swimmers may swim "up" in an "A" relay. All teams are eligible for awards, but only 'A' teams are eligible for points. Entries to be in 48 hours before the start of the gala.
8. Age Groupings will be 12/under, 13/14, 15/16, 17 & over (**50m events only for 9/10 age group**).
9. A "NO SHOW" fee of \$10 will be charged for any swimmer that doesn't swim their event. The "NO SHOW" fee will be \$40 for a RELAY team that doesn't swim.

JUNIOR LEAGUE GALAS

1. All events will be swum as seeded finals by age group and gender and results will be published as such. **Except the Individual Medley which will be swum mixed age and gender to acclimatise juniors into the senior format.**
2. Clubs may enter two or more relay teams, provided there are spare lanes and at the referees discretion. Mixed gender relay teams will be allowed although no points will be scored for any relays swum. Swimmers may only be swum up to make an "A" relay and ONLY one age group. Not more than 2 swimmers may be swum up.
3. **Please note a maximum of three (3) individual events may be swum. ONLY swimmers who will be at least 9 years old in the year of Junior Nationals ie 2014, may enter an individual medley.**

MASHONALAND JUNIOR CHAMPIONSHIPS

1. For each individual event, for each age group and gender there will be heats and finals. Seeding will be as per FINA RULE SW 3.1 – circle seeding. The eight fastest swimmers in the heats and two reserves will qualify for the final.
2. The swimmers and relay teams that are placed first, second and third in the finals will be given awards. **Boys and girls relay teams will be swum separately.**
3. Clubs may enter a MAXIMUM OF TWO relay teams provided there are spare lanes and at the Referees discretion but points will only be awarded to 'A' teams placed. However 'B' relay teams will be eligible for awards. Swimmers may only "swim-up" for an 'A' relay ONLY and only one age-group. A maximum of 2 swimmers may swim "up" in any relay. NO 'swim-ups' will be allowed to complete "B" relay teams.
4. A "NO SHOW" fee of \$10 will be charged for any swimmer that doesn't swim their event. The "NO SHOW" fee will be \$40 for a RELAY team that doesn't swim.
5. The Junior League Trophies will be presented at the completion of the Championships to the girl's team, the boy's team and the overall club team with the highest aggregate of points for the five Junior League Gala's and the Junior Championships.

ALLOCATION OF POINTS

Scoring for all of the above galas, where points are awarded, will be as follows:

	<u>Individual Events</u>	<u>Relays</u>
1st place	10 points	20 points
2nd place	8 points	16 points
3rd place	6 points	12 points
4th place	5 points	10 points
5th place	4 points	8 points
6th place	3 points	6 points
7th place	2 points	4 points
8th place	1 point	2 points

D. ENTRY PROCEDURES

1. Entries should be prepared on the "Team Manager" computerized swimming team management system and submitted, by e-mail, to the relevant Results Convener at least 48 hours before the gala.
2. NO ADDITIONAL entries will be taken at the gala for ANY swimmer who is NOT ALREADY ENTERED.
3. ADDITIONAL entries may be made for swimmers who are already entered in the particular gala up until 30 minutes before the start of the gala.
4. The closing time for late entries and scratchings will be 30 minutes prior to the commencement of the gala. These events will not be re-seeded. This rule will be strictly adhered to.

5. For relay events, the following details must be recorded on the tickets:
 - Club name and 'A' or 'B' team
 - Age group
 - Event number
 - Names and order of swimmers in each relay
6. Lane draws for relay events will be seeded on entry times.
7. Swimmers must report to the marshal in the designated area IN ACCORDANCE WITH MARSHALLING PROCEDURES (see SECTION O)

E. SCRATCHINGS

1. Should a swimmer fail to report for an event for which they have been entered, they will be fined. Scratchings from events must be carried out by the coach and should be done **30 minutes before the gala commences.**
2. In the case of the **Mashonaland Championships**, if a swimmer who has entered **does not** report for a race, be it a heat or a final, a fine of **\$10 per event will be imposed.** The swimmer will be eliminated from further competition in individual events (be it a heat, final or relay) until this fine has been paid. Any scratchings from finals are to be carried out by the coach within 30 minutes of the results being posted.
3. Also in the case of **Mashonaland Championships**, if a relay team does not report for their race as entered, a fine of **\$40 (per team)** will be imposed
4. These penalties may be waived at the Board's discretion, should the swimmer present a doctor's certificate or give adequate grounds for not reporting on time.

F. PROTESTS AND APPEALS

FINA RULES GR 9.2 AND GR 9.3 will apply. Protests must be submitted in writing with a deposit of **\$50** to the Referee and must be lodged within 30 minutes of the **results being posted.** Should the event be the last in a session, the referee and gala organisers need to be informed within 30 minutes of completion of the event.

G. CLUB DUTIES

All clubs need to organize the requested number of officials in advance of the gala.

One parent of EVERY member family will be REQUIRED to do A MINIMUM OF FOUR SESSIONS of officials duties (NOT INCLUDING TEA OR GATE DUTIES) by the 6th seeded or 5th Junior League Galas (NOT including Mashonaland Junior Championships and the Mutare Sprint Gala). Failure to do so will result in that family's swimmer/s being EXCLUDED from ALL Provincial Teams at Nationals and Level tours.

The duty club is responsible for the following:

1. Manning the entrance gate/gates and accounting for takings. These persons are to be at the gate/gates in **good time (at least 1 hour before start of gala)**. The gate is to be manned until interval except at Championships where the gates must be manned for the duration of the gala.
2. Gate takings are to be handed to the Treasurer of the Mashonaland Board (or in his or her absence, any other member of the Mashonaland Amateur Swimming Board).
3. Provide persons to perform the following tasks.
 - a. Runner (*taking the timekeepers sheets to the computer room*)
 - b. Lane and heat allocation where this is not computerized.
 - c. Supplying teas to officials and invited guests.
 - d. Assisting by providing Marshals in advance of the start of the gala.

H. FEE STRUCTURE

ZAU Fees	\$ 5	(to be paid by 11th October 2013)
ZAU Disciplinary Code	\$ 5	(ONLY for new members this season, per family)
ZSBC Fees	\$20	(to be paid by 11th October 2013)
MASB Fees	\$60	(to be paid by 11th October 2013)

- a. **Spectator Season Tickets** (allowing entry into all Mashonaland Galas including Championships) will be **\$15** for the season. This does **NOT** include National Galas, i.e. Sprint Gala, Junior and Senior Nationals
- b. **Gate Fee entrance** into all galas (for non season ticket holders) **\$5** per session
- c. Children under 12 and Pensioners **free** of charge.
- d. MASB Affiliated swimmers spectating at galas are also **free** of charge.
- e. **Entry fees for swimmers** for Senior Mashonaland Championships will be **\$10** and for Junior Mashonaland Championships will be **\$5**.
- f. **Entry fees for swimmers** at **Mutare Sprint** will be **\$5** and **Junior and Senior Nationals** will be **\$10**. Spectator entry fees will be advised prior to the gala.

NOTE IN HANDBOOK – NO SWIMMER ALLOWED TO SWIM MORE THAN ONE GALA WITHOUT PAYING AFFILIATION FEES. THIS EXCLUDES SWIMMERS WHO HAVE PREVIOUSLY BEEN REGISTERED.

I. TIME STANDARDS AND MASHONALAND SELECTION

1. As part of the criteria for selection onto the Mashonaland team to swim at the Nationals, swimmers should have swum *individual* events in at least **two Seeded Galas** and **Mashonaland Championships**, or in the case of juniors, swum in at least **two Junior League galas** and the **Mashonaland Junior Championships**. Valid excuses such as a **BROKEN LIMB, AN INFECTUOUS DISEASE (eg Chicken pox, mumps etc NOT flu)** or a **SPECIALISTS' LETTER** should be submitted in writing with supporting documentation, to the MASB Chairman **BEFORE** the relevant Mashonaland Championships **FOR CONSIDERATION FOR EXEMPTION**.

2. Junior swimmers only joining a club after the end of the calendar year will be required to swim in one **Junior League** and the **Mashonaland Junior Championships** to qualify for consideration for the Mashonaland Junior Team. A letter from the Clubs must be produced to the Mash Board **before** the Mashonaland Junior Championships informing the board of these swimmers.
3. Senior swimmers that have not swum in Senior Mash Champs are not eligible for selection for Senior Nationals unless they are representing their school or country in another sporting discipline at/during the entire time of the Championships. A letter from the relevant Team Manager will be required well in advance of the Championships. Letter to be produced at the 5th Senior Seeded Gala.
4. **In the case of the Combined Harare Schools swimmers, the same criteria will apply. They will also be required to affiliate to a Mashonaland club and Mashonaland Province before being considered for selection on the Mashonaland team.**
5. The following age groups will be swum at Mashonaland Championships. No entry qualifying times for the Mashonaland Championships will apply but qualifying times will apply for Nationals.

50m events	10/u; 11/12; 13/14; 15/16; 17/o
100m and 200m events	12/u; 13/14; 15/16; 17/o (except 200m Fly)
200m fly	14/u; 15/16; 17/o
400m free	12/u; 13/14; 15/16; 17/o
400m IM	14/u; 15/16; 17/o
800m Free	14/u; 15/16; 17/o
1500m Free	14/u; 15/16; 17/o

J. AWARD OF MASHONALAND COLOURS

1. Colours' points are awarded to swimmers at Senior Nationals only as below:

<u>Position</u>	<u>Points</u>
1	10
2	7
3	5
4	2
5	1
6	1
7	1
8	1

2. Colours are awarded once 50 points have been reached. They are re-awarded for every further 50 points. Points may be carried through from one season to the next.

K. SWIMMING OFFICIALS ACCREDITATION AND PROGRESSION PLAN – 2013

This document is an update of the original Swimming Officials Progression Plan developed by Neil Bradshaw and Peter Dalzell in 1998.

The Swimming Officials Association of Zimbabwe (SOAZ) goal/mission is to conduct fair and equitable competitions for all our athletes. In an endeavour to achieve this uniformity in officiating on a national basis, the following standards have been devised for the evaluation of officials. These standards will accomplish the following :

- assure a clear and consistent knowledge of the rules
- provide sufficient time in training to assure familiarity with all levels of competition
- provide opportunity to work on pool deck and advance through the levels
- provide uniformity of officiating between provinces
- maintain knowledge of current rules

The sections below provide full details of the certification standards and procedures. Other officials' posts not included here may be provided at a later date.

Prior to the start of the 2013-2014 swimming season and prior to each season, each province will be required to submit a list of their current officials each with the officials' 'Levels of Proficiency' to the Swimming Officials Association of Zimbabwe. New officials can be added to the list during the season with the appropriate 'Level'.

The following comments and guidelines concerning the 'Accreditation System' are provided for your information and assistance.

1. All evaluations and placement on 'Levels of Proficiency' must be carried out according to the conditions specified for each category/post detailed below.
2. The prime qualification for consideration is that the individual must have attended an 'Officials' Clinic' (covering the current FINA Handbook rules for that season) conducted by an accredited Official of the respective Provincial or National association, or FINA, where the elements of training stipulated for the particular category of officiating were covered.
3. Senior National Referees and Starters will be evaluated by Pam Sainsbury and/or Neil Bradshaw in conjunction with SOAZ.
4. In future all Provinces will be required to maintain a register of all duties undertaken by officials at all meets, (it is also recommended that individuals keep their own record sheets). A table of these details must be submitted to SOAZ prior to Senior National Championships or Junior National Championships.
5. Accredited officials will retain their qualifications when moving between Provinces.
6. Provinces need to initiate their own system to encourage parents to participate.

Your co-operation in promoting and ensuring that the programme is promptly introduced in your Province will be greatly appreciated.

SWIMMING OFFICIAL CERTIFICATION AND GRADING STANDARDS AND PROGRESSION PLAN

Grading and Registration

All swimming Officials registered with the SOAZ as Timekeepers, Judges, Starters, Referees and others will be evaluated and placed on a 'Proficiency Level' according to their practical experience, swimming technical qualification and degree of competency.

Qualification

The prime qualification is the successful completion of a clinic covering the Course Module for the specific category of officiating. The clinic must be sanctioned by SOAZ and presented by an accredited Official at Provincial level. Details of the accreditation requirements for each level of the respective categories of officiating are provided below.

Accreditation

The requirements for achievement of an accreditation are the same for the respective levels of all categories of officiating in all provinces. Achievement of an accreditation will be nationally recognised.

Accreditation will lapse once an individual has failed to officiate at a swim meet at their level for a period of two years.

General

To be recognised as having worked at a meet the official must have :

- Worked at least 50% of the sessions for that meet (junior league, school meets and seeded meets qualify as one session only)
- Completed (signed in/out) the officials register for that session/meet

National Meets :

To work at a National Championship meet, the official should have worked at least 3 meets and a provincial championship meet during the current season in their official category (starter, judge etc). The allocation of officials for national meets being the responsibility of the SOAZ National Officials Convenor, and which will be based on ability/experience.

International Meets (meets outside of Zimbabwe) :

Officials attending meets outside of Zimbabwe must carry a letter of authorisation from SOAZ National Officials Convenor and thereafter ratified by Swimming Board of Control/ZAU.

TIMEKEEPER (Minimum Age 13 years)

Certification/Accreditation :

- Have passed the Timekeepers exam

CHIEF TIMEKEEPER (Minimum Age 16 years)

Education/Training :

- Qualified Timekeeper
- Attended a chief timekeeper's clinic/seminar

Certification /Accreditation:

- Have passed the Chief Timekeeper's exam

INSPECTOR OF TURNS - IT (Minimum Age 16 years)

Education/Training :

- Qualified Timekeeper
- Attended a judges/IT clinic

Certification/Accreditation :

- Learner : Recommend at least 6 pool deck sessions (minimum 4).
- Qualified Provincial : Have passed the Inspector of Turns and Head Lane Timekeeper exam
Have worked at least 3 Provincial meets
- Qualified National : Qualified Provincial
Have worked at least 2 National meets

JUDGE OF STROKE (Minimum Age 16 years)

Education/Training :

- Qualified Timekeeper
- Attended a judges/IT clinic

Certification/Accreditation :

- Learner : Recommend at least 6 pool deck sessions (minimum 4).
- Qualified Provincial : Have passed the Inspector of Turns and Head Lane Timekeeper exam
Have passed the Judge of Stroke exam
Have worked at least 3 Provincial meets
- Qualified National : Qualified Provincial
at least 2 National meets

STARTER (Minimum Age 18 years)

Education/Training :

- Qualified Timekeeper
- Attended a starter clinic

Certification/Accreditation :

- Learner : Recommend at least 6 pool deck sessions (minimum 4).
- Qualified Provincial : Have passed the Starter exam
Have worked at least 3 Provincial meets
- Qualified National : Qualified Provincial
Have worked at least 2 National meets
- Qualified International : Qualified National
Qualified National Judge of Stroke
Have prepared, organised and presented a SOAZ Starters clinic/seminar
Found acceptable to SOAZ and SBC for ZAU recommendations to FINA to be
FINA listed

REFEREE (Minimum Age 18 years)

Education/Training :

- Passed exams for Timekeeper, Chief Timekeeper, IT, Judge of Stroke, Starter and Clerk of Course
- Qualified National Judge of Stroke
- **Must have** attended a complete officials clinic (all topics)

REFEREE (cont.)

Certification/Accreditation :

- Learner : Assistant Referee at 10 Junior League or Inter-schools meets.
- Qualified Provincial : Have passed the Referee exam
Have worked at least 3 Provincial meets
- Qualified National : Qualified Provincial
Have worked at least 2 National meets
Have prepared, organised and presented a SOAZ clinic/seminar
Have been proficiency tested
- Qualified International : Qualified National
Qualified National Judge of Stroke
Have prepared, organised and presented a SOAZ Judge of Stroke clinic/seminar
Found acceptable to SOAZ and SBC for ZAU recommendations to FINA to be
FINA listed

Note :

Announcer and Desk Control/Computer are qualified by practical experience and performance

L. TIMEKEEPING

The following shall apply equally to Junior and Senior Galas

1. General Rules

- Timekeepers must sign on/off for their OWN stopwatch only.
- Timekeepers may only start/stop their own designated stopwatch.
- The Initial and surname of each timekeeper must be recorded on each time-sheet. The Head lane timekeeper must sign each time sheet.
- The Chief Time-keeper must assign **ONE** person (head lane time-keeper) in each lane to observe turns and a different person in each lane to take splits if required.
- Coaches to advise the Chief Time-keeper of any record attempts by swimmers

2. Recording of Official Times

The Official Time shall be obtained as per FINA Rule SW 11.

a) For Manual timekeeping (3 unlinked digital stop-watches):

The following shall apply where there are not 3 qualified Timekeepers as per FINA rule 11.3

- A floating qualified timekeeper(s) (appointed by the Referee or Chief Timekeeper) may replace an unqualified timekeeper(s) in a lane.
- A Chief Timekeeper's or Check Timekeeper's time may be used to replace an unqualified timekeeper's time on a time-sheet.

b) For semi-automatic timekeeping (Dolphin system)

These times take precedence over the manual times unless there is a semi-automatic equipment failure

M. FINA RULES

A copy of the FINA Swimming Rules 2013 – 2017 is available on our web-site
<http://www.zimaquatics.co.zw/> or on the FINA website

N. CODE OF CONDUCT

All athletes, coaches, parents and officials fall under the ZAU Manual for Disciplinary and Grievance Procedure. As a FINA member federation, all persons involved in swimming are also subject to the FINA Code of Conduct.

CODE OF CONDUCT PREAMBLE (Extract from FINA Handbook By-Laws)

In accordance with the FINA Constitution Rule C 5 the first three objectives of FINA are to promote and encourage the development of Swimming in all possible manifestations throughout the world, to provide drug free sport and to promote and encourage the development of international relations.

The purpose of this Code is to guarantee that the objectives of FINA will be executed in a fair manner without disturbance and to sanction incidents, which damage the image of the FINA activities or bring them into disrepute.

This Code establishes basic regulations for fair play and moral behaviour and general discipline in all the FINA activities and covers offences committed by Members, continental organisations included, clubs, teams, officials, athletes, supporters, spectators or other persons involved in these activities.

This Code has been adopted by the FINA Bureau at its meeting in Fukuoka (JPN) on 24 July 2001, amended at the Bureau meeting in Shanghai (CHN) on 3 March 2005 and at the Bureau meeting in Montreal (CAN) on 13 July 2005.

Please refer to the ZAU “Manual for Disciplinary and Grievance Procedure” and the FINA Handbook for details.

O. MARSHALLING PROCEDURES

1. The marshalling area is for RELEVANT swimmers (swimmers swimming in the upcoming heats/events) and the nominated marshals ONLY. No parents, friends, siblings, etc are allowed into the marshalling area. Coaches may go into the marshalling area if requested (e.g. to assist the marshals with relays - junior league).
2. Swimmers are to arrive in the marshalling area according to the following criteria :
 - Junior League – AT LEAST 5 races in advance
 - Seeded Galas – AT LEAST 10 minutes prior to the start of their race (responsibility of the swimmers/coaches to determine this time from the “heat sheets”).Swimmers arriving late to the marshalling area will not be permitted to swim. The definition of late is at the discretion of the marshals on duty.
3. If a new swimmer requires a “helper”, that helper may take the swimmer to the marshalling area, hand him/her over to the relevant marshal and then must LEAVE. They cannot stay to “hold the new swimmer’s hand”, look after their belongings etc.
4. Once a swimmer has been marshaled (ticked off on the marshals heat sheet), they MAY NOT LEAVE the marshalling area. The marshals will cross the swimmer’s lane off on the marshalling ticket if a swimmer leaves and this will mean that the swimmer will not be allowed to swim. Swimmers must ensure that they have all their swimwear (**one** swimsuit, cap and goggles – ear/nose plugs are permitted) before they arrive at the marshalling area.
5. Once a swimmer is seated he/she may not leave his/her seat until sent to the start (except when told to move to the next row).
6. There must be QUIET in the Marshalling Area at all times so that the marshals can hear the role call.

7. Swimmers are to answer the marshals when their names are called. Swimmers must not assume the marshals know who they are, and that after they are ticked off on the heat sheet they do not need to listen to the marshals. If you do not answer, the marshal can assume you have not arrived/left and not tick you off on the marshalling ticket.
8. Swimmers are permitted to take IPODs or similar electronics into the marshalling area, but the following applies :
 - It is the swimmer's responsibility to ensure that they are able to hear the instructions given by the marshals
 - The music etc must not distract any of the other swimmers or be audible to the other swimmers/marshals
 - The marshals are not responsible for looking after your electronics and you may NOT bring another person into the marshalling area so that they can take/look after your belongings once you go to swim.
9. MARSHALS must ensure that ONLY one heat/race of swimmers is waiting at the start end of the pool (this is to ensure that swimmers do not accidentally swim in the incorrect heat). Rule of thumb:
For 1 length events – when the one race is lined up behind their blocks, the next race can be sent to the start;
For 2 or more length events – when the race before is in the water and the fastest swimmer has 2 lengths left to complete, then the next race can be sent.
10. SWIMMERS - when waiting by the starter/or behind the timekeepers/in your lanes behind the turn judges before the start of your race :
 - You must be quiet at all times.
 - You are encouraged to remained robed (tracksuit/gown etc) while waiting especially if it is cold. You are encouraged to put your cap and goggles on at this stage. (adjusting cap, costume, or goggles when on the starting block may constitute delaying the start, resulting in disqualification). When you are lined up in your lanes and the Referee blows the short ready whistles that is your invitation to de-robe. The Referee **will** wait (within reason) for you to de-robe.
11. For ALL GALAS (INCLUDING JUNIOR LEAGUE). The baby pool is out of bounds while the gala is in progress. The marshals at junior league are not baby-sitters and are not able to watch children in the pool. The alternate competition pools can be used by the competitors only for cool-downs. The diving boards are STRICTLY out of bounds at all times.

P. STRAPPING/TAPE

“SW 10.8 Any kind of tape on the body is not permitted unless approved by FINA Sports Medicine Committee.”

For meets within Zimbabwe, a letter from only one the following professionals will be accepted provided such letter is presented to the referee prior to the start of the meet or at the pre-tournament meeting (Nationals)

Dr Austen Jeans – Sports Medicine Specialist (located in Harare)

Anne McIntosh – Bulawayo (09-62456)

Please note:

Should a swimmer wish to move clubs at any stage of a Season a clearance letter must be obtained from the club they are leaving.

If swimmers are eligible to swim for 2 provinces i.e. parents reside in one province, but they attend school in a different province, they **MUST** select their **SPORTING PROVINCE** by the required date, and shall remain with that province for the duration of the current season, **UNLESS** a release is obtained

- seniors by 18 October 2013
- Juniors by 31 January 2014

IMPORTANT POOL DECK NOTICES APPLYING TO ALL MASHONALAND GALAS:

1. Consumption of alcohol by officials is not encouraged.
 2. Spectators are not permitted on pool deck at all and this includes the time-keepers area.
 3. Swimmers are not permitted on pool deck unless they are competing in the current event/heat. Competitors waiting for the next event/heat must stay behind the officials at the ends of the pool (this includes the time-keepers at the one end and the turn judges at the other).
 4. No smoking is permitted on pool deck or the marshalling area or stands.
 5. No glass bottles are allowed in any pool area.
 6. Only Mashonaland stop-watches are to be used by officials. Only one stop-watch may be used by each official at any time unless instructed to do so otherwise by the Referee.
 7. All cell phones on pool deck must be switched off or set to silent mode. The use of cell phones on pool deck during a session of a gala is to be discouraged.
 8. In the interest of the swimmers, there must be silence for the start of a race.
 9. All members or persons associated to Mashonaland Swimming must ensure and maintain the highest level of professionalism in the sport.
 10. Officials Dress Code: White shirt (preferably a “golf shirt”) and navy/black shorts/longs/skirt.
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SUMMARY OF SEEDED AND SHORTCOURSE GALAS

1st Seeded	2nd Seeded	3rd Seeded	Shortcourse Gala	4th Seeded	5th Seeded	Shortcourse Invitational	6th Seeded
27.09.13	11.10.13	25.10.13	27.10.13	08.11.13	22.11.13	09.01.14 tbc	24.01.14
100 free	100free	100 back	400 free	1500 free	100 breast	400 free	200 breast
100 breast	200 fly	800 free	50 fly	100 fly	50 free	200 back	100 free
50 free	100 back	50 back	200 back	50 breast	200 back	100 breast	100 fly
200 back	50 breast	200 breast	200 breast	100 back	50 fly	50 fly	50 breast
	400IM	100 fly		200 IM	200IM	100 free	100 back
			INTERVAL		50 back	200 IM	200 free
					200 fly	4 x 100 free	200 fly
			50 free				
INTERVAL	INTERVAL	INTERVAL	200 IM	INTERVAL	INTERVAL	10.01.14	INTERVAL
			50 back			100 back	
200IM	200 back	200 back	100 breast	100 free	200 breast	200 fly	100 breast
400 free	200 free	400IM		200 fly	100 free	100 IM	100 free
100 fly	50 fly	50 free	LUNCH	100 breast	100 fly	50 breast	200 back
50 back	200 breast	100 breast		50 fly	50 breast	200 free	50 fly
200 free	200 IM	400 free	200 free	200 free	100 back	4 x 100 medley	200IM
			100 fly		200 free		50 back
			400 IM			11.01.14	
			50 breast			200 breast	
						50 free	
			INTERVAL			100 fly	
						50 back	
			100 back			800 free	
			200 fly			4 x 50 free	
			100 free				
			100 IM				

DISCLAIMER

Mashonaland Amateur Swimming Board will take every care and precaution to ensure the safety of swimmers and spectators at all events hosted by them. However every person will participate at their own risk, and MASB will not entertain any claim made by participants in the event of an accident or injury in competitions, through which the participant may suffer injury, loss or damage.

Mashonaland Amateur Swimming Board would like to state that whilst every care has been taken in compiling this handbook, and that at the time of going to press information was correct, they are not responsible for any errors that may have crept in or for any late changes in information beyond our control.

MASHONALAND 2013 / 2014 NATIONAL AGE GROUP EVENTS

FRIDAY 27TH SEPTEMBER 2013

1ST SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL

				TIME ACHIEVED
EVENT 1	GIRLS & BOYS	FREESTYLE	100 Metres	
EVENT 2	GIRLS & BOYS	BREASTSTROKE	100 Metres	
EVENT 3	GIRLS & BOYS	FREESTYLE	50 Metres	
EVENT 4	GIRLS & BOYS	BACKSTROKE	200 Metres	

INTERVAL 20 MINUTES

EVENT 5	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres	
EVENT 6	GIRLS & BOYS	FREESTYLE	400 Metres	
EVENT 7	GIRLS & BOYS	BUTTERFLY	100 Metres	
EVENT 8	GIRLS & BOYS	BACKSTROKE	50 Metres	
EVENT 9	GIRLS & BOYS	FREESTYLE	200 Metres	

FRIDAY 11TH OCTOBER 2013

2ND SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL

				TIME ACHIEVED
EVENT 1	GIRLS & BOYS	FREESTYLE	100 Metres	
EVENT 2	GIRLS & BOYS	BUTTERFLY	200 Metres	
EVENT 3	GIRLS & BOYS	BACKSTROKE	100 Metres	
EVENT 4	GIRLS & BOYS	BREASTSTROKE	50 Metres	
EVENT 5	GIRLS & BOYS	INDIVIDUAL MEDLEY	400 Metres	

INTERVAL 20 MINUTES

EVENT 6	GIRLS & BOYS	BACKSTROKE	200 Metres	
EVENT 7	GIRLS & BOYS	FREESTYLE	200 Metres	
EVENT 8	GIRLS & BOYS	BUTTERFLY	50 Metres	
EVENT 9	GIRLS & BOYS	BREASTSTROKE	200 Metres	
EVENT 10	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres	

SUNDAY 29TH SEPTEMBER 2013

1ST JUNIOR LEAGUE GALA - @ 9 AM - LES BROWN DIVING POOL

EVENT 1	BOYS 12 Years	BREASTSTROKE	2 Lengths
EVENT 2	GIRLS 12 Years	BACKSTROKE	2 Lengths
EVENT 3	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 4	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 5	BOYS 10 Years	BREASTSTROKE	1 Length
EVENT 6	GIRLS 10 Years	BUTTERFLY	1 Length
EVENT 7	BOYS 8 & 9 Years	FREESTYLE	1 Length
EVENT 8	GIRLS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 9	BOYS 12 Years	BACKSTROKE	2 Lengths
EVENT 10	GIRLS 12 Years	BREASTSTROKE	2 Lengths
EVENT 11	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 12	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 13	BOYS 10 Years	BACKSTROKE	1 Length
EVENT 14	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 15	BOYS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 16	GIRLS 8 & 9 Years	FREESTYLE	1 Length
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths

INTERVAL 20 MINUTES

EVENT 18	BOYS 12 Years	FREESTYLE	2 Lengths
EVENT 19	GIRLS 12 Years	FREESTYLE	2 Lengths
EVENT 20	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 21	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 22	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 23	GIRLS 10 Years	BACKSTROKE	1 Length
EVENT 24	BOYS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 25	GIRLS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 26	MIXED 12/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 27	MIXED 11/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 28	MIXED 10/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 29	MIXED 9/Under	FREESTYLE RELAY	4 x 1 Length

FRIDAY 25TH OCTOBER 2013

3RD SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL

TIME ACHIEVED

EVENT 1	BOYS & GIRLS	BACKSTROKE	100 Metres
EVENT 2	BOYS & GIRLS	FREESTYLE	800 Metres
EVENT 3	BOYS & GIRLS	BACKSTROKE	50 Metres
EVENT 4	BOYS & GIRLS	BREASTSTROKE	200 Metres
EVENT 5	BOYS & GIRLS	BUTTERFLY	100 Metres

INTERVAL 20 MINUTES

EVENT 6	BOYS & GIRLS	BACKSTROKE	200 Metres
EVENT 7	BOYS & GIRLS	INDIVIDUAL MEDLEY	400 Metres
EVENT 8	BOYS & GIRLS	FREESTYLE	50 Metres
EVENT 9	BOYS & GIRLS	BREASTSTROKE	100 Metres
EVENT 10	BOYS & GIRLS	FREESTYLE	400 Metres

SUNDAY 13TH OCTOBER 2013**2ND JUNIOR LEAGUE GALA - @ 9 AM - LES BROWN DIVING POOL****TIME ACHIEVED**

EVENT 1	BOYS 12 Years	BREASTSTROKE	2 Lengths
EVENT 2	GIRLS 12 Years	FREESTYLE	2 Lengths
EVENT 3	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 4	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 5	BOYS 10 Years	BREASTSTROKE	1 Length
EVENT 6	GIRLS 10 Years	BUTTERFLY	1 Length
EVENT 7	BOYS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 8	GIRLS 8 & 9 Years	FREESTYLE	1 Length
EVENT 9	BOYS 12 Years	FREESTYLE	2 Lengths
EVENT 10	GIRLS 12 Years	BREASTSTROKE	2 Lengths
EVENT 11	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 12	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 13	BOYS 10 Years	BUTTERFLY	1 Length
EVENT 14	GIRLS 10 Years	BREASTSTROKE	1 Length
EVENT 15	BOYS 8 & 9 Years	FREESTYLE	1 Length
EVENT 16	GIRLS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths

INTERVAL 20 MINUTES

EVENT 18	BOYS 12 Years	BUTTERFLY	2 Lengths
EVENT 19	GIRLS 12 Years	BUTTERFLY	2 Lengths
EVENT 20	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 21	GIRLS 11 Years	BUTTERFLY	2 Lengths
EVENT 22	BOYS 10 Years	BACKSTROKE	1 Length
EVENT 23	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 24	BOYS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 25	GIRLS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 26	MIXED 12/Under	MEDLEY RELAY	4 x 1 Length
EVENT 27	MIXED 11/Under	MEDLEY RELAY	4 x 1 Length
EVENT 28	MIXED 10/Under	MEDLEY RELAY	4 x 1 Length
EVENT 29	MIXED 9/Under	MEDLEY RELAY	4 x 1 Length

SUNDAY 27TH OCTOBER 2013**SHORTCOURSE GALA - @ 9.00AM – CHISIPITE SENIOR SCHOOL POOL****FINALS****TIME ACHIEVED**

EVENT 1	FREESTYLE	400 Metres
EVENT 2	BUTTERFLY	50 Metres
EVENT 3	BACKSTROKE	200 Metres
EVENT 4	BREASTSTROKE	200 Metres

TEA

EVENT 5	FREESTYLE	50 Metres
EVENT 6	INDIVIDUAL MEDLEY	200 Metres
EVENT 7	BACKSTROKE	50 Metres
EVENT 8	BREASTSTROKE	100 Metres

SHORTCOURSE GALA - CONTINUED

LUNCH

EVENT 9	FREESTYLE	200 Metres
EVENT 10	BUTTERFLY	100 Metres
EVENT 11	INDIVIDUAL MEDLEY	400 Metres
EVENT 12	BREASTSTROKE	50 Metres

TEA

EVENT 13	BACKSTROKE	100 Metres
EVENT 14	BUTTERFLY	200 Metres
EVENT 15	FREESTYLE	100 Metres
EVENT 16	INDIVIDUAL MEDLEY	100 Metres

FRIDAY 8TH NOVEMBER 2013

4TH SEEDED GALA - @ 5.30 PM - LES BROWN 50m POOL (Note earlier start time)

EVENT 1	BOYS & GIRLS	FREESTYLE	1500 Metres
EVENT 2	BOYS & GIRLS	BUTTERFLY	100 Metres
EVENT 3	BOYS & GIRLS	BREASTSTROKE	50 Metres
EVENT 4	BOYS & GIRLS	BACKSTROKE	100 Metres
EVENT 5	BOYS & GIRLS	INDIVIDUAL MEDLEY	200 Metres

INTERVAL 20 MINUTES

EVENT 6	BOYS & GIRLS	FREESTYLE	100 Metres
EVENT 7	BOYS & GIRLS	BUTTERFLY	200 Metres
EVENT 8	BOYS & GIRLS	BREASTSTROKE	100 Metres
EVENT 9	BOYS & GIRLS	BUTTERFLY	50 Metres
EVENT 10	BOYS & GIRLS	FREESTYLE	200 Metres

SUNDAY 10TH NOVEMBER 2013

3RD JUNIOR LEAGUE GALA - @ 9 AM – LES BROWN DIVING POOL

TIME ACHIEVED

EVENT 1	BOYS 12 Years	FREESTYLE	2 Lengths
EVENT 2	GIRLS 12 Years	BUTTERFLY	2 Lengths
EVENT 3	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 4	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 5	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 6	GIRLS 10 Years	BACKSTROKE	1 Length
EVENT 7	BOYS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 8	GIRLS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 9	BOYS 12 Years	BUTTERFLY	2 Lengths
EVENT 10	GIRLS 12 Years	FREESTYLE	2 Lengths
EVENT 11	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 12	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 13	BOYS 10 Years	BUTTERFLY	1 Length
EVENT 14	GIRLS 10 Years	BREASTSTROKE	1 Length
EVENT 15	BOYS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 16	GIRLS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths

INTERVAL 20 MINUTES

EVENT 18	BOYS 12 Years	BACKSTROKE	2 Lengths
EVENT 19	GIRLS 12 Years	BACKSTROKE	2 Lengths
EVENT 20	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 21	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 22	BOYS 10 Years	BACKSTROKE	1 Length
EVENT 23	GIRLS 10 Years	BUTTERFLY	1 Length
EVENT 24	BOYS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 25	GIRLS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 26	MIXED 12/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 27	MIXED 11/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 28	MIXED 10/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 29	MIXED 9/Under	FREESTYLE RELAY	4 x 1 Length

FRIDAY 22ND NOVEMBER 2013**5TH SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL****TIME ACHIEVED**

EVENT 1	GIRLS & BOYS	BREASTSTROKE	100 Metres
EVENT 2	GIRLS & BOYS	FREESTYLE	50 Metres
EVENT 3	GIRLS & BOYS	BACKSTROKE	200 Metres
EVENT 4	GIRLS & BOYS	BUTTERFLY	50 Metres
EVENT 5	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres
EVENT 6	GIRLS & BOYS	BACKSTROKE	50 Metres
INTERVAL	20 MINUTES		
EVENT 7	GIRLS & BOYS	BREASTSTROKE	200 Metres
EVENT 8	GIRLS & BOYS	FREESTYLE	100 Metres
EVENT 9	GIRLS & BOYS	BUTTERFLY	100 Metres
EVENT 10	GIRLS & BOYS	BREASTSTROKE	50 Metres
EVENT 11	GIRLS & BOYS	BACKSTROKE	100 Metres
EVENT 12	GIRLS & BOYS	FREESTYLE	200 Metres
EVENT 13	GIRLS & BOYS	BUTTERFLY	200 Metres

SUNDAY 24TH NOVEMBER 2013**4TH JUNIOR LEAGUE GALA - @ 9 AM – LES BROWN DIVING POOL**

				TIME ACHIEVED
EVENT 1	BOYS 12 Years	BREASTSTROKE	2 Lengths	
EVENT 2	GIRLS 12 Years	FREESTYLE	2 Lengths	
EVENT 3	BOYS 11 Years	BREASTSTROKE	2 Lengths	
EVENT 4	GIRLS 11 Years	BUTTERFLY	2 Lengths	
EVENT 5	BOYS 10 Years	BREASTSTROKE	1 Length	
EVENT 6	GIRLS 10 Years	BACKSTROKE	1 Length	
EVENT 7	BOYS 8 & 9 Years	FREESTYLE	1 Length	
EVENT 8	GIRLS 8 & 9 Years	FREESTYLE	1 Length	
EVENT 9	BOYS 12 Years	BACKSTROKE	2 Lengths	
EVENT 10	GIRLS 12 Years	BREASTSTROKE	2 Lengths	
EVENT 11	BOYS 11 Years	FREESTYLE	2 Lengths	
EVENT 12	GIRLS 11 Years	BREASTSTROKE	2 Lengths	
EVENT 13	BOYS 10 Years	BACKSTROKE	1 Length	
EVENT 14	GIRLS 10 Years	BREASTSTROKE	1 Length	
EVENT 15	BOYS 8 & 9 Years	BREASTSTROKE	1 Length	
EVENT 16	GIRLS 8 & 9 Years	BACKSTROKE	1 Length	
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths	
INTERVAL	20 MINUTES			
EVENT 18	BOYS 12 Years	FREESTYLE	2 Lengths	
EVENT 19	GIRLS 12 Years	BACKSTROKE	2 Lengths	
EVENT 20	BOYS 11Years	BACKSTROKE	2 Lengths	
EVENT 21	GIRLS 11 Years	FREESTYLE	2 Lengths	
EVENT 22	BOYS 10 Years	FREESTYLE	2 Lengths	
EVENT 23	GIRLS 10 Years	FREESTYLE	2 Lengths	
EVENT 24	BOYS 8 & 9 Years	BUTTERFLY	1 Length	
EVENT 25	GIRLS 8 & 9 Years	BREASTSTROKE	1 Length	
EVENT 26	MIXED 12/Under	MEDLEY RELAY	4 x 1 Length	
EVENT 27	MIXED 11/Under	MEDLEYRELAY	4 x 1 Length	
EVENT 28	MIXED 10/Under	MEDLEY RELAY	4 x 1 Length	
EVENT 29	MIXED 9/Under	MEDLEY RELAY	4 x 1 Length	

FRIDAY 29TH NOVEMBER 2013**MASHONALAND CHAMPIONSHIPS (DAY 1) - @ 6.00 PM - LES BROWN**

FINALS				TIME ACHIEVED
EVENT 1	GIRLS OPEN	BACKSTROKE	200 Metres	

FINALS			
EVENT 2	BOYS OPEN	BACKSTROKE	200 Metres

INTERVAL 25 MINUTES

FINALS			
EVENT 3	GIRLS OPEN	FREESTYLE	400 Metres
EVENT 4	BOYS OPEN	INDIVIDUAL MEDLEY	400 Metres

SATURDAY 30TH NOVEMBER 2013

MASHONALAND CHAMPIONSHIPS (DAY 2) - @ 9 AM – LES BROWN

MORNING SESSION

PRELIMS			TIME ACHIEVED
EVENT 5	GIRLS OPEN	BUTTERFLY	100 Metres
EVENT 6	BOYS OPEN	BREASTSTROKE	100 Metres
EVENT 7	GIRLS OPEN	BREASTSTROKE	50 Metres
EVENT 8	BOYS OPEN	BUTTERFLY	50 Metres

INTERVAL 25 MINUTES

EVENT 9	GIRLS OPEN	INDIVIDUAL MEDELY	200 Metres
EVENT 10	BOYS OPEN	FREESTYLE	200 Metres

AFTERNOON SESSION - STARTS AT 3.00 PM

FINALS

EVENT 5	GIRLS OPEN	BUTTERFLY	100 Metres
EVENT 6	BOYS OPEN	BREASTSTROKE	100 Metres
EVENT 7	GIRLS OPEN	BREASTSTROKE	50 Metres
EVENT 8	BOYS OPEN	BUTTERFLY	50 Metres

MEDAL PRESENTATION – EVENTS 1, 2, 3, 4

EVENT 9	GIRLS OPEN	INDIVIDUAL MEDLEY	200 Metres
EVENT 10	BOYS OPEN	FREESTYLE	200 Metres

INTERVAL 25 MINUTES

MEDAL PRESENTATION – EVENTS 5, 6, 7, 8

RELAY FINALS

EVENT 11	GIRLS 15 & OVER	FREESTYLE RELAY	400 Metres
EVENT 12	BOYS 15 & OVER	FREESTYLE RELAY	400 Metres
EVENT 13	GIRLS 14/UNDER	FREESTYLE RELAY	400 Metres
EVENT 14	BOYS 14/UNDER	FREESTYLE RELAY	400 Metres

MEDAL PRESENTATION – EVENTS 9, 10

SUNDAY 1ST DECEMBER 2013

MASHONALAND CHAMPIONSHIPS (DAY 3) - @ 9 AM - LES BROWN

MORNING SESSION

PRELIMS			TIME ACHIEVED
EVENT 15	GIRLS OPEN	BREASTSTROKE	200 Metres
EVENT 16	BOYS OPEN	BUTTERFLY	100 Metres
EVENT 17	GIRLS OPEN	FREESTYLE	50 Metres
EVENT 18	BOYS OPEN	FREESTYLE	50 Metres

INTERVAL 25 MINUTES**MEDAL PRESENTATION – EVENTS 11, 12, 13, 14****RELAY FINALS**

EVENT 19	GIRLS 12 & UNDER	MEDLEY RELAY	200 Metres
EVENT 20	BOYS 12 & UNDER	MEDLEY RELAY	200 Metres

AFTERNOON SESSION - STARTS 2.00 PM (Pease note earlier start time)**FINALS**

EVENT 15	GIRLS OPEN	BREASTSTROKE	200 Metres
EVENT 16	BOYS OPEN	BUTTERFLY	100 Metres

MEDAL PRESENTATION – EVENTS 19, 20

EVENT 17	GIRLS OPEN	FREESTYLE	50 Metres
EVENT 18	BOYS OPEN	FREESTYLE	50 Metres
EVENT 21	GIRLS	FREESTYLE	1500 Metres
EVENT 22	BOYS	FREESTYLE	1500 Metres

INTERVAL 25 MINUTES**MEDAL PRESENTATION – EVENTS 15, 16, 17, 18, 21, 22****RELAY FINALS**

EVENT 23	GIRLS 13-14	MEDLEY RELAY	200 Metres
EVENT 24	BOYS 13-14	MEDLEY RELAY	200 Metres
EVENT 25	GIRLS 15 & OVER	MEDLEY RELAY	200 Metres
EVENT 26	BOYS 15 & OVER	MEDLEY RELAY	200 Metres

MEDAL PRESENTATION – EVENTS 23, 24, 25, 26**FRIDAY 6TH DECEMBER 2013****MASHONALAND CHAMPIONSHIPS (DAY 4) - @ 6.00 PM - LES BROWN****PRELIMS****TIME ACHIEVED**

EVENT 27	GIRLS OPEN	FREESTYLE	100 Metres
EVENT 28	BOYS OPEN	FREESTYLE	100 Metres

FINALS

EVENT 29	GIRLS	INDIVIDUAL MEDLEY	400 Metres
EVENT 30	BOYS OPEN	FREESTYLE	400 Metres

INTERVAL 25 MINUTES**FINALS**

EVENT 27	GIRLS OPEN	FREESTYLE	100 Metres
EVENT 28	BOYS OPEN	FREESTYLE	100 Metres

SATURDAY 7TH DECEMBER 2013

MASHONALAND CHAMPIONSHIPS (DAY 5) - @ 9 AM - LES BROWN

MORNING SESSION

PRELIMS **TIME ACHIEVED**

EVENT 32	GIRLS OPEN	FREESTYLE	200 Metres
EVENT 33	BOYS OPEN	BREASTSTROKE	50 Metres
EVENT 34	GIRLS OPEN	BACKSTROKE	50 Metres

INTERVAL 25 MINUTES

PRELIMS

EVENT 35	BOYS OPEN	BACKSTROKE	100 Metres
EVENT 36	GIRLS OPEN	BREASTSTROKE	100 Metres

MEDAL PRESENTATION – EVENTS 27, 28, 29, 30

RELAY FINALS

EVENT 37	BOYS 15 & OVER	MEDLEY RELAY	400 Metres
EVENT 38	GIRLS 15 & OVER	MEDLEY RELAY	400 Metres

AFTERNOON SESSION - STARTS AT 3.00 PM

FINALS

EVENT 31	BOYS	BUTTERFLY	200 Metres
EVENT 32	GIRLS OPEN	FREESTYLE	200 Metres
EVENT 33	BOYS OPEN	BREASTSTROKE	50 Metres
EVENT 34	GIRLS OPEN	BACKSTROKE	50 Metres

MEDAL PRESENTATION – EVENTS 37, 38

EVENT 35	BOYS OPEN	BACKSTROKE	100 Metres
EVENT 36	GIRLS OPEN	BREASTSTROKE	100 Metres

INTERVAL 25 MINUTES

MEDAL PRESENTATION – EVENTS 31, 32, 33, 34, 35, 36

FINALS

EVENT 39	GIRLS	FREESTYLE	800 Metres
EVENT 40	BOYS	FREESTYLE	800 Metres

RELAY FINALS

EVENT 41	GIRLS 14/UNDER	MEDLEY RELAY	400 Metres
EVENT 42	BOYS 14/UNDER	MEDLEY RELAY	400 Metres

MEDAL PRESENTATION – EVENTS 39, 40

SUNDAY 8TH DECEMBER 2013

MASHONALAND CHAMPIONSHIPS (DAY 6) - @ 9 AM - LES BROWN

MORNING SESSION

PRELIMS			TIME ACHIEVED
EVENT 43	GIRLS OPEN	BACKSTROKE	100 Metres
EVENT 44	BOYS OPEN	BREASTSTROKE	200 Metres
EVENT 45	GIRLS OPEN	BUTTERFLY	50 Metres
EVENT 46	BOYS OPEN	BACKSTROKE	50 Metres

INTERVAL 25 MINUTES

MEDAL PRESENTATION – EVENTS 41, 42

PRELIMS

EVENT 48	BOYS OPEN	INDIVIDUAL MEDLEY	200 Metres
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RELAY FINALS

EVENT 49	GIRLS 12 & UNDER	FREESTYLE RELAY	200 Metres
EVENT 50	BOYS 12 & UNDER	FREESTYLE RELAY	200 Metres

AFTERNOON SESSION - STARTS AT 2.00 PM (Please note earlier start time)

FINALS

EVENT 43	GIRLS OPEN	BACKSTROKE	100 Metres
EVENT 44	BOYS OPEN	BREASTSTROKE	200 Metres

MEDAL PRESENTATION – EVENTS 49, 50

EVENT 45	GIRLS OPEN	BUTTERFLY	50 Metres
EVENT 46	BOYS OPEN	BACKSTROKE	50 Metres

INTERVAL 25 MINUTES

MEDAL PRESENTATION – EVENTS 43, 44

EVENT 47	GIRLS OPEN	BUTTERFLY	200 Metres
EVENT 48	BOYS OPEN	INDIVIDUAL MEDLEY	200 Metres

FINALS

EVENT 51	GIRLS 13-14	FREESTYLE RELAY	200 Metres
EVENT 52	BOYS 13-14	FREESTYLE RELAY	200 Metres
EVENT 53	GIRLS 15 & OVER	FREESTYLE RELAY	200 Metres
EVENT 54	BOYS 15 & OVER	FREESTYLE RELAY	200 Metres

MEDAL PRESENTATION – EVENTS 45, 46, 47, 48. EVENTS 51, 52, 53, 54

THURSDAY 9TH JANUARY 2014

MASHONALAND INVITATIONAL SHORT COURSE GALA (DAY 1) - @ VENUE TBC

SESSION 1 - @ 9AM

EVENT 3	GIRLS	200 BACK	HEAT
EVENT 4	BOYS	200 BACK	HEAT
EVENT 5	GIRLS	100 BREAST	HEAT
EVENT 6	BOYS	100 BREAST	HEAT
EVENT 7	GIRLS	50 FLY	HEAT
EVENT 8	BOYS	50 FLY	HEAT

TEA

EVENT 9	GIRLS	100 FREE	HEAT
EVENT 10	BOYS	100 FREE	HEAT
EVENT 11	GIRLS	200 IM	HEAT
EVENT 12	BOYS	200 IM	HEAT

SESSION 2 - @ 4PM

EVENT 1	GIRLS	400 FREE	FINAL
EVENT 2	BOYS	400 FREE	FINAL
EVENT 3	GIRLS	200 BACK	FINAL
EVENT 4	BOYS	200 BACK	FINAL
EVENT 5	GIRLS	100 BREAST	FINAL
EVENT 6	BOYS	100 BREAST	FINAL
EVENT 7	GIRLS	50 FLY	FINAL
EVENT 8	BOYS	50 FLY	FINAL

Medals – 400 free, 200 back, 100 breast 50 fly

TEA

EVENT 9	GIRLS	100 FREE	FINAL
EVENT 10	BOYS	100 FREE	FINAL
EVENT 11	GIRLS	200 IM	FINAL
EVENT 12	BOYS	200 IM	FINAL

Medals – 100 free, 200 IM

EVENT 13	GIRLS	4 X 100 FREE	RELAY
EVENT 14	BOYS	4 X 100 FREE	RELAY
EVENT 15	GIRLS	4 X 100 FREE	RELAY
EVENT 16	BOYS	4 X 100 FREE	RELAY

Medals - Relays

FRIDAY 10TH JANUARY 2014

MASHONALAND INVITATIONAL SHORT COURSE GALA (DAY 2) - @ VENUE TBC

SESSION 3 - @ 9AM

EVENT 17	GIRLS	100 BACK	HEAT
EVENT 18	BOYS	100 BACK	HEAT
EVENT 21	GIRLS	100 IM	HEAT
EVENT 22	BOYS	100 IM	HEAT

TEA

EVENT 23	GIRLS	50 BREAST	HEAT
EVENT 24	BOYS	50 BREAST	HEAT
EVENT 25	GIRLS	200 FREE	HEAT
EVENT 26	BOYS	200 FREE	HEAT

SESSION 4 - @ 4PM

EVENT 17	GIRLS	100 BACK	FINAL
EVENT 18	BOYS	100 BACK	FINAL
EVENT 19	GIRLS	200 FLY	FINAL
EVENT 20	BOYS	200 FLY	FINAL
EVENT 21	GIRLS	100 IM	FINAL
EVENT 22	BOYS	100 IM	FINAL

Medals – 100 back, 200 fly, 100 IM

TEA

EVENT 23	GIRLS	50 BREAST	FINAL
EVENT 24	BOYS	50 BREAST	FINAL
EVENT 25	GIRLS	200 FREE	FINAL
EVENT 26	BOYS	200 FREE	FINAL

Medals – 50 Breast, 200 Free

EVENT 27	GIRLS	4 X 100 MEDLEY	RELAY
EVENT 28	BOYS	4 X 100 MEDLEY	RELAY
EVENT 29	GIRLS	4 X 100 MEDLEY	RELAY
EVENT 30	BOYS	4 X 100 MEDLEY	RELAY

Medals - Relays

MASHONALAND INVITATIONAL SHORT COURSE GALA (DAY 3) - @ VENUE TBC

SESSION 5 - @ 9AM

EVENT 31	GIRLS	200 BREAST	HEAT
EVENT 32	BOYS	200 BREAST	HEAT
EVENT 33	GIRLS	50 FREE	HEAT
EVENT 34	BOYS	50 FREE	HEAT
TEA			
EVENT 35	GIRLS	100 FLY	HEAT
EVENT 36	BOYS	100 FLY	HEAT
EVENT 37	GIRLS	50 BACK	HEAT
EVENT 38	BOYS	50 BACK	HEAT

SESSION 6 - @ 4PM

EVENT 31	GIRLS	200 BREAST	FINAL
EVENT 32	BOYS	200 BREAST	FINAL
EVENT 33	GIRLS	50 FREE	FINAL
EVENT 34	BOYS	50 FREE	FINAL
EVENT 35	GIRLS	100 FLY	FINAL
EVENT 36	BOYS	100 FLY	FINAL
EVENT 37	GIRLS	50 BACK	FINAL
EVENT 38	BOYS	50 BACK	FINAL
Medals – 200 Breast, 50 Free, 100 Fly, 50 Back			
TEA			
EVENT 39	GIRLS	800 FREE	FINAL
EVENT 40	BOYS	800 FREE	FINAL
EVENT 41	GIRLS	4 X 50 FREE	RELAY
EVENT 42	BOYS	4 X 50 FREE	RELAY
EVENT 43	GIRLS	4 X 50 FREE	RELAY
EVENT 44	BOYS	4 X 50 FREE	RELAY

Medals – 800 Free, Relays

Please note that each event will have heats and finals, except the 400 free, 800 free and 200 butterfly, which will be conducted as straight finals with the slow timed finals in the heats and the fastest timed finals in the finals session

FRIDAY 24TH JANUARY 2014

6TH SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL

TIME ACHIEVED

EVENT 1	GIRLS & BOYS	BREASTSTROKE	200 Metres
EVENT 2	GIRLS & BOYS	FREESTYLE	50 Metres
EVENT 3	GIRLS & BOYS	BUTTERFLY	100 Metres
EVENT 4	GIRLS & BOYS	BREASTSTROKE	50 Metres
EVENT 5	GIRLS & BOYS	BACKSTROKE	100 Metres
EVENT 6	GIRLS & BOYS	FREESTYLE	200 Metres
EVENT 7	GIRLS & BOYS	BUTTERFLY	200 Metres

INTERVAL 20 MINUTES

EVENT 8	GIRLS & BOYS	BREASTSTROKE	100 Metres
EVENT 9	GIRLS & BOYS	FREESTYLE	100 Metres
EVENT 10	GIRLS & BOYS	BACKSTROKE	200 Metres
EVENT 11	GIRLS & BOYS	BUTTERFLY	50 Metres
EVENT 12	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres
EVENT 13	GIRLS & BOYS	BACKSTROKE	50 Metres

(COACHES TO REQUEST A 400M FREESTYLE EVENT IF NECESSARY FOR TOUR SELECTION)

SUNDAY 26TH JANUARY 2014**5TH JUNIOR LEAGUE GALA - @ 9 AM – LES BROWN DIVING POOL****TIME ACHIEVED**

EVENT 1	BOYS 12 Years	BACKSTROKE	2 Lengths
EVENT 2	GIRLS 12 Years	BUTTERFLY	2 Lengths
EVENT 3	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 4	GIRLS 11 Years	BUTTERFLY	2 Lengths
EVENT 5	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 6	GIRLS 10 Years	BACKSTROKE	1 Length
EVENT 7	BOYS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 8	GIRLS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 9	BOYS 12 Years	BUTTERFLY	2 Lengths
EVENT 10	GIRLS 12 Years	BACKSTROKE	2 Lengths
EVENT 11	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 12	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 13	BOYS 10 Years	BREASTSTROKE	1 Length
EVENT 14	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 15	BOYS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 16	GIRLS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths
INTERVAL	20 MINUTES		
EVENT 18	BOYS 12 Years	BREASTSTROKE	2 Lengths
EVENT 19	GIRLS 12 Years	BREASTSTROKE	2 Lengths
EVENT 20	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 21	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 22	BOYS 10 Years	BUTTERFLY	1 Length
EVENT 23	GIRLS 10 Years	BREASTSTROKE	1 Length
EVENT 24	BOYS 8 & 9 Years	FREESTYLE	1 Length
EVENT 25	GIRLS 8 & 9 Years	FREESTYLE	1 Length
EVENT 26	MIXED 12/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 27	MIXED 11/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 28	MIXED 10/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 29	MIXED 9/Under	FREESTYLE RELAY	4 x 1 Length

SATURDAY 1ST FEBRUARY 2014 TBC**MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 1) - @ 9 AM – VENUE TBC****MORNING SESSION - PRELIMS - STARTS AT 9 AM****TIME ACHIEVED**

EVENT 1	BOYS 12 Years	BACKSTROKE	2 Lengths
EVENT 2	GIRLS 12 Years	FREESTYLE	2 Lengths
EVENT 3	BOYS 10 Years	INDIVIDUAL MEDLEY	1 Length
EVENT 4	GIRLS 10 Years	BREASTSTROKE	1 Length
EVENT 5	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 6	GIRLS 11 Years	BUTTERFLY	2 Lengths
EVENT 7	BOYS 8 & 9 Years	FREESTYLE	1 Length
EVENT 8	GIRLS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 9	BOYS 12 Years	BREASTSTROKE	2 Lengths
EVENT 10	GIRLS 12 Years	INDIVIDUAL MEDLEY	4 x 1 Length

INTERVAL 25 MINUTES

EVENT 11	BOYS 10 Years	BACKSTROKE	1 Length
EVENT 12	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 13	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 14	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 15	BOYS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 16	GIRLS 8 & 9 Years	FREESTYLE	1 Length
EVENT 17	BOYS 12 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 18	GIRLS 12 Years	BACKSTROKE	2 Lengths
EVENT 19	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 20	GIRLS 10 Years	BACKSTROKE	1 Length

AFTERNOON SESSION - FINALS - STARTS AT 2.00 PM

EVENT 1	BOYS 12 Years	BACKSTROKE	2 Lengths
EVENT 2	GIRLS 12 Years	FREESTYLE	2 Lengths
EVENT 3	BOYS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 4	GIRLS 10 Years	BREASTSTROKE	1 Length
EVENT 5	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 6	GIRLS 11 Years	BUTTERFLY	2 Lengths
EVENT 7	BOYS 8 & 9 Years	FREESTYLE	1 Length
EVENT 8	GIRLS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 9	BOYS 12 Years	BREASTSTROKE	2 Lengths
EVENT 10	GIRLS 12 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 11	BOYS 10 Years	BACKSTROKE	1 Length
EVENT 12	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 13	BOYS 11 Years	BUTTERFLY	2 Lengths

INTERVAL 25 MINUTES

EVENT 14	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 15	BOYS 8 & 9 Years	BUTTERFLY	1 Length
EVENT 16	GIRLS 8 & 9 Years	FREESTYLE	1 Length
EVENT 17	BOYS 12 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 18	GIRLS 12 Years	BACKSTROKE	2 Lengths
EVENT 19	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 20	GIRLS 10 Years	BACKSTROKE	1 Length

RELAY EVENTS - FINALS

EVENT 21	BOYS 10-11 Years	MEDLEY RELAY	4 x 1 Length
EVENT 22	GIRLS 10-11 Years	FREESTYLE RELAY	4 x 1 Length
EVENT 23	BOYS 8 & 9 Years	MEDLEY RELAY	4 x 1 Length
EVENT 24	GIRLS 8 & 9 Years	FREESTYLE RELAY	4 x 1 Length
EVENT 25	BOYS 11-12 Years	MEDLEY RELAY	4 x 1 Length
EVENT 26	GIRLS 11-12 Years	FREESTYLE RELAY	4 x 1 Length
EVENT 27	BOYS 9-10 Years	MEDLEY RELAY	4 x 1 Length
EVENT 28	GIRLS 9-10 Years	FREESTYLE RELAY	4 x 1 Length

MEDAL PRESENTATION

Please could all prize winners present themselves for the prizegiving wearing their Club Tracksuit or Club Kit and suitable footwear. NO Mashonaland Tracksuits or Zimbabwe Tracksuits please.

MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 2) - @ 9.00 AM – VENUE TBC

MORNING SESSION - PRELIMS - STARTS AT 9.00 AM

TIME ACHIEVED

EVENT 29	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 30	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 31	GIRLS 12 Years	BREASTSTROKE	2 Lengths
EVENT 32	BOYS 12 Years	BUTTERFLY	2 Lengths
EVENT 33	GIRLS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 34	BOYS 10 Years	BUTTERFLY	1 Length
EVENT 35	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 36	BOYS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length

INTERVAL 25 MINUTES

EVENT 37	GIRLS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 38	BOYS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 39	GIRLS 12 Years	BUTTERFLY	2 Lengths
EVENT 40	BOYS 12 Years	FREESTYLE	2 Lengths
EVENT 41	GIRLS 10 Years	BUTTERFLY	1 Length
EVENT 42	BOYS 10 Years	BREASTSTROKE	1 Length
EVENT 43	GIRLS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 44	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 45	GIRLS 8 & 9	BREASTSTROKE	1 Length
EVENT 46	BOYS 8 & 9	BACKSTROKE	1 Length

MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 2 - continues @ 1.30 PM)

AFTERNOON SESSION - FINALS - STARTS @ 1.30 PM

TIME ACHIEVED

EVENT 29	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 30	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 31	GIRLS 12 Years	BREASTSTROKE	2 Lengths
EVENT 32	BOYS 12 Years	BUTTERFLY	2 Lengths
EVENT 33	GIRLS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 34	BOYS 10 Years	BUTTERFLY	1 Length
EVENT 35	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 36	BOYS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 37	GIRLS 8 & 9 Years	BACKSTROKE	1 Length
EVENT 38	BOYS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 39	GIRLS 12 Years	BUTTERFLY	2 Lengths
EVENT 40	BOYS 12 Years	FREESTYLE	2 Lengths
EVENT 41	GIRLS 10 Years	BUTTERFLY	1 Length

INTERVAL 25 MINUTES

EVENT 42	BOYS 10 Years	BREASTSTROKE	1 Length
EVENT 43	GIRLS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 44	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 45	GIRLS 8 & 9 Years	BREASTSTROKE	1 Length
EVENT 46	BOYS 8 & 9 Years	BACKSTROKE	1 Length

RELAY EVENTS - FINALS

EVENT 47	GIRLS 11-12 Years	MEDLEY RELAY	4 x 1 Length
EVENT 48	BOYS 11-12 Years	FREESTYLE RELAY	4 x 1 Length
EVENT 49	GIRLS 9-10 Years	MEDLEY RELAY	4 x 1 Length
EVENT 50	BOYS 9-10 Years	FREESTYLE RELAY	4 x 1 Length
EVENT 51	GIRLS 10-11 Years	MEDLEY RELAY	4 x 1 Length
EVENT 52	BOYS 10-11 Years	FREESTYLE RELAY	4 x 1 Length
EVENT 53	GIRLS 8 & 9 Years	MEDLEY RELAY	4 x 1 Length
EVENT 54	BOYS 8 & 9 Years	FREESTYLE RELAY	4 x 1 Length

MEDAL PRESENTATION

INTER-CLUB TOURING TEAMS – GENERAL RULES

1. Criteria will be as laid down by the host country. No adjustments will be made by ZSBC. Clubs/Provinces may determine their own selection criteria as long as they are not less than the host country's requirements.
2. Selection will be by Club/Province, but must be based on times obtained at official meets and recorded on National Database.
3. Only those times reflected on original and unaltered copies of computer generated result sheets and seeding lists, will be considered by Swim SA. All Provinces/Clubs are therefore required to have access to computer based result systems and are to ensure that all respective results have been correctly processed through such facilities.
4. Qualification times to be used for selection are those that have been achieved from 1 May 2012.
5. Externally based swimmers are required to submit their times for selection consideration. These must be endorsed by their coach, confirming their accuracy.
6. Tours will be arranged and managers/coaches provided by club or province. Clubs and provinces are free to combine teams for tours.
7. **Touring teams may not refer to themselves as Zimbabwe national teams, and the national colours, flag or emblem may not be used on kit.**
8. No special passport requirements are in force, but full lists of touring teams detailing swimmers' names; ages, nationalities and passport numbers must be submitted to ZSBC for furtherance to ZAU and the Sports and Recreation Commission. This is for information purposes only and for obtaining clearance letters.

LEVEL 2 REGIONAL AGE GROUP CHAMPIONSHIPS

TO BE HELD IN ELLISPARK, JHB, RSA
20 - 23 MARCH, 2014

- This is a Provincial Tour (Age Group Junior Competition) therefore any valid travel document will be acceptable for participation and travel.
- This competition is open to swimmers aged 11/under yrs to 18 years as at 1st date of gala i.e. 20 March, 2014. Age grouping for the gala will be 11/under, 12yrs, 13yrs, 14yrs, 15yrs, 16-18 yrs
- Any number of swimmers per age group per event may be entered.
- 200 IM participation – a swimmer **MUST** have swum at least **TWO** 200IMs prior to Senior National Championships
- Swimmers may enter all events that they have qualified in and **three** additional events as long as they have recorded times on the Database from **1 May, 2013**. Maximum number of swims allowed will be 6, excluding relays
- If a swimmer has achieved one Level 3 qualifying time, he/she must participate at Level 3, with the exception of 11 year olds.
- Swimmers in the 10 and under age group, who have achieved a Level 2 qualifying time in the 11 and under age group, may choose to compete in the 11 and under age group at Level 2 or compete in the 10 and under age group at level 1.
- Selection times to be taken from **1 May, 2013** (see **APPENDIX 2**)
- A preliminary **Mashonaland Selection** to be done on **1 February, 2014**.
- The final cut-off date for times to be achieved will be in accordance with SA entry submission guidelines
- Official tracksuit will be Mashonaland Tracksuit for Mashonaland Team and Matabeleland Tracksuit for Matabeleland Team. And Provincial Tracksuits for any other Provinces that wish to enter a Team separately to these two provinces.
- The Team will be under the direct responsibility of the Provincial Manager and Coach.
- **Participation at Mashonaland Championships and Nationals will be required for Selection for Mashonaland Team.**
- (Swimmers not residing in Zimbabwe may be exempt from this part of the Criteria as determined by each Provincial Board).

DAY 1 – Start at 17:00

400 FREE MEN 11&U 12 13 14 15 16-18
400 FREE WOMEN 11&U 12 13 14 15 16-18

DAY 2

200 FREE MEN 11&U 12 13 14 15 16-18
200 FREE WOMEN 11&U 12 13 14 15 16-18
200 I.M. MEN multi-disability 14/u 15-18
200 I.M. WOMEN multi-disability 14/u 15-18
100 BREAST MEN 11&U 12 13 14 15 16-18
100 BREAST WOMEN 11&U 12 13 14 15 16-18
50 BACK MEN 11&U 12 13 14 15 16-18
50 BACK WOMEN 11&U 12 13 14 15 16-18
50 BACK MEN Multi-Disability 14/u 15 16-18
50 BACK WOMEN Multi-disability 14/u 15-18
100 FLY MEN 11&U 12 13 14 15 16-18
100 FLY WOMEN 11&U 12 13 14 15 16-18
4x100 FR.RELAY MEN 13&U 14-18
4x100 FR.RELAY WOMEN 13&U 14-18

DAY 3

100 FREE MEN 11&U 12 13 14 15 16-18
100 FREE WOMEN 11&U 12 13 14 15 16-18
100 FREE MEN Multi-Disability 14/u 15 16-18
100 FREE WOMEN Multi-disability 14/u 15 16-18
50 BREAST MEN 11&U 12 13 14 15 16-18
50 BREAST WOMEN 11&U 12 13 14 15 16-18
50 BREAST MEN Multi-Disability 14/u 15-18
50 BREAST WOMEN Multi-Disability 14/u 15-18

Starting Time: Heats 08H30

Finals 16H00 except Day 4 – 15H00

100 BACK MEN 11&U 12 13 14 15 16-18
100 BACK WOMEN 11&U 12 13 14 15 16-18
100 BACK MEN multi-disability 14/u 15-18
100 BACK WOMEN multi-disability 14/u 15-18
200 I.M. MEN 11&U 12 13 14 15 16-18
200 I.M. WOMEN 11&U 12 13 14 15 16-18
4x50 FR.RELAY MEN 13&U 14-18
4x50 FR.RELAY WOMEN 13&U 14-18

DAY 4

50 FREE MEN 11&U 12 13 14 15 16-18
50 FREE WOMEN 11&U 12 13 14 15 16-18
50 FREE MEN multi-disability 14/u 15-18
50 FREE WOMEN Multi-Disability 14/u 15-18
200 BREAST MEN 11&U 12 13 14 15 16-18
200 BREAST WOMEN 11&U 12 13 14 15 16-18
100 BREAST MEN multi-disability 14/u 15-18
100 BREAST WOMEN multi-disability 14/u 15-18
200 BACK MEN 11&U 12 13 14 15 16-18
200 BACK WOMEN 11&U 12 13 14 15 16-18
50 FLY MEN 11&U 12 13 14 15 16-18
50 FLY WOMEN 11&U 12 13 14 15 16-18
50 FLY MEN Multi-Disability 14/u 15-18
50 FLY WOMEN Multi-Disability 14/u 15-18
4x50 MED.RELAY MEN 13&U 14-18
4x50 MED.RELAY WOMEN 13&U 14-18

LEVEL 1 REGIONAL AGE GROUP CHAMPIONSHIPS

TO BE HELD IN GERMISTON , RSA

28 – 30 MARCH, 2014

- This is a **Club / Provincial Tour** (Age Group Junior Competition), therefore any valid travel document will be acceptable for participation and travel.
- This competition is open to swimmers aged 10 years up to 16 years as at 1st date of gala i.e. 28 March 2014. Age grouping for the competition will be 10&U yrs, 11 yrs, 12yrs, 13 yrs, 14 yrs, 15 – 16yrs.
- Any number of swimmers per age group per event may be entered.
- **THREE Level 1** qualifying time to be achieved to qualify for selection. See **APPENDIX 2 (SA Age Group Time Standards 2014)**.
- 10 year-olds will be required to have at least **ONE 11 YEAR-OLD LEVEL 2** qualifying time in order to participate in this gala, in addition to at least **TWO** other Level 1 10 year-old qualifying times.
- 200 IM participation – a swimmer **MUST** have swum at least **TWO** 200IMs prior to Senior National Championships
- Swimmers may enter all events that they have qualified in and **three** additional events as long as they have recorded time on the Data Base, as from **1 May 2013**. Maximum number of swims will be 6, excluding relays
- If a swimmer has achieved one Level 2 or Level 3 qualifying time, he/she must participate at Level 2 or Level 3 respectively. This rule does not apply to swimmers in the 10 and under age group, they may choose to compete in the 10 and under events at Level 1 or compete in the 11 and under events at Level 2.
- Selection times to be taken from **1 May, 2013**.
- A preliminary **Mashonaland Selection** to be done on **1 February, 2014**.
- The final cut-off date for times to be achieved will be in accordance with SA entry submission guidelines, and will be advised as soon as they are available.
- Official tracksuit will be Senior Mashonaland Tracksuit for Mashonaland Team.
- The Team will be under the direct responsibility of the Provincial Manager and Coach.
- **Participation at Mashonaland Championships and Nationals will be required for Selection for Mashonaland Team.**
- **(Swimmers not residing in Zimbabwe may be exempt from this part of the Criteria as determined by each Provincial Board)**

Starting Time: Heats 08H30
 Finals 16H00 – except Day 3 15H00

LEVEL 1 - PROGRAM OF EVENTS

DAY 1

200 BREAST MEN 12&U 13 14 15 - 16
200 BREAST WOMEN 12&U 13 14 15 - 16
100 FREE MEN 10&U 11 12 13 14 15 - 16
100 FREE WOMEN 10&U 11 12 13 14 15 - 16
50 BACK MEN 10&U 11 12 13 14 15 - 16
50 BACK WOMEN 10&U 11 12 13 14 15 - 16
200 I.M. MEN 12&U 13 14 15 - 16
200 I.M. WOMEN 12&U 13 14 15 - 16
4x50 MED.RELAY MEN 12&U 13 - 16
4x50 MED.RELAY WOMEN 12&U 13 - 16

DAY 2

200 FREE MEN 12&U 13 14 15 - 16
200 FREE WOMEN 12&U 13 14 15 - 16
100 BACK MEN 10&U 11 12 13 14 15 - 16
100 BACK WOMEN 10&U 11 12 13 14 15 - 16
50 FLY MEN 10&U 11 12 13 14 15 - 16

50 FLY WOMEN 10&U 11 12 13 14 15 - 16
100 BREAST MEN 10&U 11 12 13 14 15 - 16
100 BREAST WOMEN 10&U 11 12 13 14 15 - 16
4x100 FR/RELAY MEN 12&U 13 - 16
4x100 FR/RELAY WOMEN 12&U 13 - 16

DAY 3

200 BACK MEN 12&U 13 14 15 - 16
200 BACK WOMEN 12&U 13 14 15 - 16
50 BREAST MEN 10&U 11 12 13 14 15 - 16
50 BREAST WOMEN 10&U 11 12 13 14 15 - 16
100 FLY MEN 11&U 12 13 14 15 - 16
100 FLY WOMEN 11&U 12 13 14 15 - 16
50 FREE MEN 10&U 11 12 13 14 15 - 16
50 FREE WOMEN 10&U 11 12 13 14 15 - 16
4x50 FR/RELAY MEN 12&U 13 - 16
4x50 FR/RELAY WOMEN 12&U 13 - 16

TABLE 2

TABLE 3