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25 May 2010

From: CEO

To: Affiliate Presidents  
Affiliate Secretaries

Cc: TC Convenors  
SSA Executive Committee

**Re: Telkom SA National Short Course Championships**  
**GC Joliffe Pool, Pine Street, Pietermaritzburg, 6 - 9 August 2010**

Herewith the information regarding the Telkom SA National Short Course Competition to be held in Pietermaritzburg at the GC Joliffe Pool, Pine Street from the 6 – 9 August 2010.

Yours faithfully

A handwritten signature in black ink that reads "Adriaanse".

**Shaun Adriaanse**  
Chief Executive officer

# **Telkom SA National Short Course Championships**

## **GC Joliffe Pool, Pine Street, Pietermaritzburg, 6 - 9 August 2010**

Individual entry fee R40.00 per event  
Relay entry fee R60.00 per event

### **Closing dates for entries:**

First date: 9 July 2010

Second date: 16 July 2010

Late entries: 23 July up to Managers Meeting on 5 August 2010 (17:00) at 10 times original entry fee. **Managers Meeting is the last opportunity for late/addtional entries** – thereafter no late entries will be accepted.

### **Rules:**

1. Time Standards: Find attached qualifying times, swimmers achieving one qualifying time may enter as many additional non qualifying events as required, provided they have times on the database.
2. All entry times must be achieved from 1 May 2009 onward. Only times on the national database will be accepted. All entries must have entry times the only exception will be for the 100m Individual Medley.
3. In relay events clubs may enter 2 teams.
4. All competition rules are applicable.
5. Clubs must take note of the Technical Officials requirements according to the number of swimmers entered.

### **TECHNICAL OFFICIALS**

Inter Club Competition, clubs will be required to provide officials for each session, according to the number of swimmers entered in the competition:

- 1 - 5 swimmers, the number of officials optional
- 6 – 10 swimmers, one judge or one timekeeper
- 11 and over swimmers, two officials, one judge and one timekeeper.

The names of the registered, trained technical officials must accompany the entries. Failure to do so may result in the swimmers entries being rejected.

All Technical Officials must be correctly attired – White shirts and Navy Blue Trousers or skirts for finals sessions, Navy blue shorts for Heats.

### **EVENTS**

**50 & 100m's:** prelims, semi-finals & finals

**200 & 400m's:** prelims, A & B finals provided there are 17 or more participants with a minimum of 4 participants available to compete in the B Finals

**800/1500m's:** Timed finals – slower finals in morning session, fastest in evening session

# 2010 TELKOM SA National Short Course Qualifying Times

Distance	Stroke	Women	Men
50	Free	28.44	24.90
100	Free	1:01.93	55.01
200	Free	2:13.98	2:01.83
400	Free	4:42.55	4:18.05
800	Free	9:40.58	9:03.80
1500	Free	18:53.08	17:06.13
50	Back	32.91	29.95
100	Back	1:11.61	1:03.87
200	Back	2:34.22	2:18.87
50	Breast	36.49	32.35
100	Breast	1:19.43	1:10.65
200	Breast	2:50.89	2:33.75
50	Fly	31.54	27.67
100	Fly	1:08.63	1:00.97
200	Fly	2:31.59	2:16.05
200	IM	2:32.36	2:16.41
400	IM	5:21.44	4:50.76

## TELKOM 2010 S A NATIONAL SWIMMING CHAMPIONSHIPS (25m) 6 - 9 August 2010

	DAY 1 06/08/10			DAY 2 07/08/10			DAY 3 08/08/10			DAY 4 09/08/10
	HEATS 09H30			HEATS 09H30			HEATS 09H30			HEATS 09H30
M	200m Freestyle		Dis W	50m Freestyle		W	50m Freestyle		M	200m Ind. Medley
W	50m Breaststroke		Dis M	50m Freestyle		M	50m Freestyle		W	200m Ind. Medley
Dis W	50m Breaststroke		W	100m Freestyle		Dis W	100m Breaststroke		Dis W	100m Freestyle
Dis M	50m Breaststroke		M	100m Freestyle		Dis M	100m Breaststroke		Dis M	100m Freestyle
M	100m Backstroke		W	50m Butterfly		W	100m Breaststroke		M	200m Backstroke
W	200m Butterfly		M	100m Breaststroke		M	50m Breaststroke		W	200m Freestyle
M	200m Breaststroke		W	200m Breaststroke		W	400m Freestyle		M	1500m Freestyle T F
W	100m Backstroke		Dis W	50m Butterfly		M	400m Freestyle		Dis W	200m Ind. Medley
Dis W	100m Ind. Medley		Dis M	50m Butterfly		W	100m Butterfly		Dis M	200m Ind. Medley
Dis M	100m Ind. Medley		M	100m Butterfly		Dis W	100m Butterfly		W	200m Backstroke
M	50m Butterfly		W	100m Ind. Medley		Dis M	100m Butterfly		M	200m Butterfly
W	400m Ind. Medley		M	800m Freestyle T F		M	50m Backstroke			
M	400m Ind. Medley		W	800m Freestyle T F		W	50m Backstroke			
Dis W	50m Backstroke		M	100m Ind. Medley						
Dis M	50m Backstroke		Dis W	100m Backstroke						
W	1500m Freestyle T F		Dis M	100m Backstroke						

**President:** J. Naidoo    **Vice Presidents** A. Fritz & S. Silent:  
**Hon. Secretary:** R. Andrews: **Acting Treasurer:** B. Reynolds,  
**Members:** W. Albertyn, I Ball    **Chief Executive Officer:** S. Adriaanse  
**Hon. Life Presidents** S. Ramsamy & G. Sam

	Finals - 16H00			Finals - 16H00			Finals - 16H00			Finals - 14H00
	Opening Ceremony		W	50m Breaststroke F		W	100m Freestyle F		W	50m Freestyle F
M	200m Freestyle F		M	100m Backstroke F		M	100m Freestyle F		M	50m Freestyle F
W	50m Breaststroke S-F		W	100m Backstroke F		Dis W	100m Breaststroke F		Dis W	100m Freestyle F
Dis W	50m Breaststroke F		M	50m Butterfly F		Dis M	100m Breaststroke F		Dis M	100m Freestyle F
Dis M	50m Breaststroke F		Dis W	50m Freestyle F		W	50m Butterfly F		W	100m Breaststroke F
M	100m Backstroke S-F		Dis M	50m Freestyle F		M	100m Breaststroke F		M	50m Breaststroke F
W	200m Butterfly F		W	100m Freestyle S-F		W	50m Backstroke S-F		W	100m Butterfly F
M	200m Breaststroke F		M	100m Freestyle S-F		M	50m Backstroke S-F		M	50m Backstroke F
W	100m Backstroke S-F		W	50m Butterfly S-F		W	100m Ind. Medley F		W	50m Backstroke F
Dis W	100m Ind. Medley F		M	100m Breaststroke S-F		M	100m Ind. Medley F		M	200m Ind. Medley F
Dis M	100m Ind. Medley F		Dis W	50m Butterfly F		W	400m Freestyle F		W	200m Ind. Medley F
M	50m Butterfly S-F		Dis M	50m Butterfly F		M	400m Freestyle F		M	200m Backstroke F
W	400m Ind. Medley F		M	100m Butterfly S-F		W	100m Butterfly S-F		W	200m Freestyle F
M	400m Ind. Medley F		W	800m Freestyle T F		M	100m Butterfly F		Dis W	200m Ind. Medley F
Dis W	50m Backstroke F		M	800m Freestyle T F		W	100m Breaststroke S-F		Dis M	200m Ind. Medley F
Dis M	50m Backstroke F		W	100m Ind. Medley S-F		M	50m Breaststroke S-F		M	200m Butterfly F
W	1500m Freestyle T F		M	100m Ind. Medley S-F		Dis W	100m Butterfly F		W	200m Backstroke F
M	4x100m Free Relay		Dis W	100m Backstroke F		Dis M	100m Butterfly F		M	1500m Freestyle T F
W	4x50m Free Relay		Dis M	100m Backstroke F		W	50m Freestyle S-F		W	4x100 Med Relay
			W	200m Breaststroke F		M	50m Freestyle S-F		M	4x100 Med Relay
			W	4x100m Free Relay		W	4x200m Free Relay			
			M	4x50m Free Relay		M	4x200m Free Relay			
Disabled events will be swum in the following categories in the finals:										
	S1 - 13 and S14 & 15 for Men and Women									

"A and "B" Finals will be offered for the 400m Freestyle & 400IM, 200m Backstroke/Breaststroke/Freestyle/ Butterfly & Ind Medley events. Provided there are 17 or more participants, in the heats and at least 4 participants in the "B" Final.