

A black and white photograph of several swimmers in a pool, captured in motion as they swim. The swimmers are wearing dark swim caps and are positioned in the foreground and middle ground, creating a sense of depth and activity. The water is slightly rippled, and the background shows the pool's lane lines and some structural elements.

AQUABEAR SWIM CLUB

INVITES YOU TO THE

AQUABEAR SPRING GALA

24th 25th & 26th SEPTEMBER 2010



6th April 2010

TO ALL CLUB PRESIDENTS

The Aquabear Gala will be held at the newly renovated state of the art Newton Park Pool Complex on 24th, 25th and 26th September 2010. The new facility is a heated and indoor 50m rim flow pool with 8 lanes and touch pads at both ends of the pool. There will be nine sessions of swimming, three per day as detailed in the attached swimming programme.

RULES

- FINA rules will govern.
- Age on 24th September 2010 determines age group swimmers may enter.
- Swimmers may compete in their own age group only. Swimmers may compete in open relay events.
- Swimmers may enter as many events as they wish.
- Clubs may only enter 2 relay teams per event.
- Under NO circumstances will a swimmer be permitted to enter any events unofficially.
- The fastest 16 entries will be accepted for the
 - # 800m freestyle (girls only)
 - # 1500m freestyle (boys only)
- All 50m and 100m events in the 13/14 and 15/over age groups will be swum in heats, however the finals in these events will be swum as follows: **13/14, 15/16 and 17 & over.**
- All other events will be swum as timed finals. Swimmers failing to submit entry times will swim in the slow heats.
- The ONE START rule will apply.
- Entries must be done on the Team Manager 5 or later.
- All entrants from outside the Eastern Province must produce a clearance from their Provincial Association accompanied with their entries
- Medal winners must present themselves neatly attired in club uniform and on time for all medal presentations.

POINTS

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Ind. events:	12	10	8	7	6	5	4	3	2	1
Relays:	24	20	16	14	12	10	8	6	4	2

10 (ten) bonus points will be awarded to a swimmer who breaks a MEET RECORD.

PRIZES

Club Awards:

- Prize money will be awarded to the Clubs in the first four positions as follows:

1 st	R1 300.00 & SPEEDO Floating Trophy
2 nd	R1 000.00
3 rd	R 650.00
4 th	R 450.00

- Best Club Spirit Award

Coaches Awards

R 1 000.00 for the coach of the winning club (limited to one coach only)

Individual Awards:

- Swimmer of the Meet.
- Victor / Victrix Ludorum – All age groups.
- Top 10 swimmers in all age groups.
- 4 x 50m Freestyle Relay – (Boys / Girls Open)

ENTRY FEES

R30.00 registration fee & R20.00 per individual event. The relays will be R45.00 per relay team.

Each entrant will receive a tournament T Shirt, please send us a list of sizes on an excel spreadsheet, the sizes available are from Small – 3 XLarge, the deadline for the list is 1st September 2010.

Closing date will be 1st September 2010. Entries received after 10th September 2010 will be accepted at R40.00 per individual entry and R90.00 per relay team.

ACCOMMODATION

All teams must make their own accommodation arrangements. A list of accommodation will be sent out if required.

MARCH PAST

There will be a March Past and Opening Ceremony at 17h30 on Friday 24th September 2010 prior to the start of the evening session. Please come prepared. Participants must present themselves neatly attired in club uniform for the March Past.

TENTS

If any club is interested hiring a tent for your club, please contact Operative Hire on 041 585 5649 / 585 5776 / 366 1562 or more information.

If your club would like to send a team to compete in the Aquabear Spring Gala, kindly indicate as such by e-mail, and please e-mail your Gala Secretary's contact details, whereupon all further details and relevant information will be forwarded to you.

We look forward to receiving a positive response and hosting you in the Friendly City of Nelson Mandela Bay!!

Yours in swimming

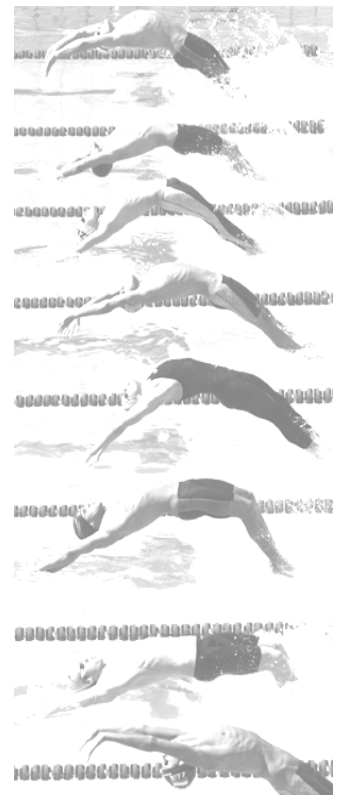
Kathy Gardiner

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Friday 24th September 2010

Session 1 - # 1 to 24

08:00

1	G13/14	50	Fly	P
2	B13/14	50	Fly	P
3	G15/O	50	Fly	P
4	B15/O	50	Fly	P
5	G13/14	400	Free	TF
6	B13/14	400	Free	TF
7	G15/O	50	Back	P
8	B15/O	50	Back	P
9	G13/14	50	Back	P
10	B13/14	50	Back	P
11	G15/O	100	Breast	P
12	B15/O	100	Breast	P
13	G13/14	100	Breast	P
14	B13/14	100	Breast	P
15	G15/O	50	Free	P
16	B15/O	50	Free	P
17	G13/14	50	Free	P
18	B13/14	50	Free	P
19	G17/O	200	IM	TF
20	B17/O	200	IM	TF
21	G15/16	200	IM	TF
22	B15/16	200	IM	TF
23	G13/14	200	IM	TF
24	B13/14	200	IM	TF
**	Disabled	50	Free	

Session 2 - # 25 to 44

13:00

25	G11/12	100	Free
26	B11/12	100	Free
27	G10/U	100	Free
28	B10/U	100	Free
29	G11/12	100	Breast
30	B11/12	100	Breast
31	G10/U	100	Breast
32	B10/U	100	Breast
33	G11/12	100	Back
34	B11/12	100	Back
35	G10/U	100	Back
36	B10/U	100	Back
37	G11/12	50	Fly
38	B11/12	50	Fly
39	G10/U	50	Fly
40	B10/U	50	Fly
41	G10/U	4 x 50	Free R
42	B10/U	4 x 50	Free R
43	G11/12	4 x 50	Free R
44	B11/12	4 x 50	Free R

Session 3 - # 45 to 50

18:00

**	G17/O	50	Fly	F
**	B17/O	50	Fly	F
**	G15/16	50	Fly	F
**	B15/16	50	Fly	F
**	G13/14	50	Fly	F
**	B13/14	50	Fly	F
45	G17/O	400	Free	TF
46	B17/O	400	Free	TF
47	G15/16	400	Free	TF
48	B15/16	400	Free	TF
**	G17/O	50	Back	F
**	B17/O	50	Back	F
**	G15/16	50	Back	F
**	B15/16	50	Back	F
**	G13/14	50	Back	F
**	B13/14	50	Back	F
**	G17/O	100	Breast	F
**	B17/O	100	Breast	F
**	G15/16	100	Breast	F
**	B15/16	100	Breast	F
**	G13/14	100	Breast	F
**	B13/14	100	Breast	F
**	G17/O	50	Free	F
**	B17/O	50	Free	F
**	G15/16	50	Free	F
**	B15/16	50	Free	F
**	G13/14	50	Free	F
**	B13/14	50	Free	F
49	G/open	4 x 100	Med R	
50	B/open	4 x 100	Med R	

Saturday 25th September 2010

Session 4 - # 51 to 68
08:00

51	G15/O	100	Fly	P
52	B15/O	100	Fly	P
53	G13/14	100	Fly	P
54	B13/14	100	Fly	P
55	G15/O	200	Breast	TF
56	B15/O	200	Breast	TF
57	G13/14	200	Breast	TF
58	B13/14	200	Breast	TF
59	G15/O	100	Back	P
60	B15/O	100	Back	P
61	G13/14	100	Back	P
62	B13/14	100	Back	P
63	G15/O	400	IM	TF
64	B15/O	400	IM	TF
65	G13/14	400	IM	TF
66	B13/14	400	IM	TF
67	G/open	4 x 200	Free R	
68	B/open	4 x 200	Free R	
	Disabled	100	Free	

Session 5 - # 69 to 92
12:00

69	G11/12	200	IM	
70	B11/12	200	IM	
71	G10/U	200	IM	
72	B10/U	200	IM	
73	G11/12	50	Back	
74	B11/12	50	Back	
75	G10/U	50	Back	
76	B10/U	50	Back	
77	G11/12	100	Fly	
78	B11/12	100	Fly	
79	G10/U	100	Fly	
80	B10/U	100	Fly	
81	G11/12	50	Breast	
82	B11/12	50	Breast	
83	G10/U	50	Breast	
84	B10/U	50	Breast	
85	G11/12	200	Free	
86	B11/12	200	Free	
87	G10/U	200	Free	
88	B10/U	200	Free	
89	G11/12	4 x 50	Med R	
90	B11/12	4 x 50	Med R	
91	G10/U	4 x 50	Med R	
92	B10/U	4 x 50	Med R	

Session 6 - # 93 to 102
18:00

93	G17/O	200	Free	TF
94	B17/O	200	Free	TF
95	G15/16	200	Free	TF
96	B15/16	200	Free	TF
97	G13/14	200	Free	TF
98	B13/14	200	Free	TF
**	G17/O	100	Fly	F
**	B17/O	100	Fly	F
**	G15/16	100	Fly	F
**	B15/16	100	Fly	F
**	G13/14	100	Fly	F
**	B13/14	100	Fly	F
**	G17/O	100	Back	F
**	B17/O	100	Back	F
**	G15/16	100	Back	F
**	B15/16	100	Back	F
**	G13/14	100	Back	F
**	B13/14	100	Back	F
99	G/open	4 x 100	Free R	
100	B/open	4 x 100	Free R	
101	G13/14	4 x 50	Med R	
102	B13/14	4 x 50	Med R	

Sunday 26th September 2010

Session 7 - # 103 to 120

08:00

103	G13/14	200	Fly	TF
104	B13/14	200	Fly	TF
105	G15/O	200	Fly	TF
106	B15/O	200	Fly	TF
107	G13/14	50	Breast	P
108	B13/14	50	Breast	P
109	G15/O	50	Breast	P
110	B15/O	50	Breast	P
111	G13/14	100	Free	P
112	B13/14	100	Free	P
113	G15/O	100	Free	P
114	B15/O	100	Free	P
115	G13/14	200	Back	TF
116	B13/14	200	Back	TF
117	G15/16	200	Back	TF
118	B15/16	200	Back	TF
119	G17/O	200	Back	TF
120	B17/O	200	Back	TF

Session 8 - # 121 to 128

11:00

121	G11/12	400	Free	
122	B11/12	400	Free	
123	G10/U	400	Free	
124	B10/U	400	Free	
125	G13/14	800	Free	
126	G15/O	800	Free	
127	B13/14	1500	Free	
128	B15/O	1500	Free	

Session 9 - # 129 to 144

14:30

129	G10/U	200	Back		
130	B10/U	200	Back		
131	G11/12	200	Back		
132	B11/12	200	Back		
**	G13/14	50	Breast	F	
**	B13/14	50	Breast	F	
**	G15/16	50	Breast	F	
**	B15/16	50	Breast	F	
**	G17/O	50	Breast	F	
**	B17/O	50	Breast	F	
133	G10/U	200	Breast		
134	B10/U	200	Breast		
135	G11/12	200	Breast		
136	B11/12	200	Breast		
**	G13/14	100	Free	F	
**	B13/14	100	Free	F	
**	G15/16	100	Free	F	
**	B15/16	100	Free	F	
**	G17/O	100	Free	F	
**	B17/O	100	Free	F	
137	G10/U	50	Free		
138	B10/U	50	Free		
139	G11/12	50	Free		
140	B11/12	50	Free		
141	G13/14	4 x 50	Free Rel		
142	B13/14	4 x 50	Free Rel		
143	G/open	4 x 50	Free Rel		
144	B/open	4 x 50	Free Rel		