

MASHONALAND AMATEUR SWIMMING BOARD



MASHONALAND
AMATEUR
SWIMMING
BOARD



HANDBOOK 2012 / 2013



2012 / 2013 SWIMMING SEASON DATES - MASHONALAND

<u>DATE</u>	<u>GALA</u>	<u>TIME</u>	<u>VENUE</u>	<u>CLUB DUTY</u>
<u>SEPTEMBER 2012</u>				
28TH	1 ST SEEDED GALA	6 PM	LES BROWN	PIRATES
<u>OCTOBER 2012</u>				
5TH	SNR BOYS SCHOOL A DIV	2PM	LES BROWN	ST GEORGES
6TH	TBC SNR GIRLS RELAY GALA	TBA	TBA	CONVENT
7TH	1 ST JUNIOR LEAGUE	9 AM	LES BROWN	OTTERS
12TH	2 ND SEEDED GALA	6 PM	LES BROWN	SPARTANS
20TH	NATIONAL SPRINT GALA	9 AM	CITY POOL	MUTARE
26TH	3 RD SEEDED GALA	6 PM	LES BROWN	DORADOS
28TH	2 ND JUNIOR LEAGUE GALA	9 AM	LES BROWN	HIGHLANDS
<u>NOVEMBER 2012</u>				
4TH	MASH SHORTCOURSE GALA	9 AM	CHSIPITE SNR	SHARKS/OTTERS
9TH	4 TH SEEDED GALA	5.30 PM	LES BROWN	SPARTANS
11TH	3 RD JUNIOR LEAGUE GALA	9 AM	LES BROWN	PIRATES
17TH	OPEN WATER SWIM	TBA	TROUTBECK	
17TH	INTERSCHOOLS JNR A DIV	8.30 AM	LES BROWN	
23RD	5 TH SEEDED GALA	6 PM	LES BROWN	DORADOS
23RD	TBC MASH JNR INVITATIONAL	TBA	GATEWAY	
25TH	4 TH JUNIOR LEAGUE	9 AM	LES BROWN	SHARKS
27TH	MCD INVITATIONAL	1.30 PM	GATEWAY	
30TH	MASH' SENIOR CHAMPS	6 PM	LES BROWN	HIGHLANDS
<u>DECEMBER 2012</u>				
1ST	MASH' SENIOR CHAMPS	9 AM	LES BROWN	SHARKS
2ND	MASH' SENIOR CHAMPS	9 AM	LES BROWN	OTTERS
7TH	MASH' SENIOR CHAMPS	6 PM	LES BROWN	SPARTANS
8TH	MASH' SENIOR CHAMPS	9 AM	LES BROWN	DORADOS
9TH	MASH' SENIOR CHAMPS	9 AM	LES BROWN	PIRATES
<u>JANUARY 2013</u>				
2ND	MASH INV SHORTCOURSE	6PM	GATEWAY	OTTERS
3RD	MASH INV SHORTCOURSE	9AM	GATEWAY	SPARTANS
4TH	MASH INV SHORTCOURSE	9AM	GATEWAY	HIGHLANDS
5TH	MASH INV SHORTCOURSE	9AM	GATEWAY	SHARKS
27TH	5 TH JUNIOR LEAGUE	9 AM	LES BROWN	HIGHLANDS
<u>FEBRUARY 2013</u>				
1ST	TBC MCD JNR TRIALS	1.30 PM	LES BROWN	
1ST	6 TH SEEDED GALA	6 PM	LES BROWN	DORADOS
9TH	TBC GIRLS B DIVISION FINAL	8AM	LES BROWN	
9TH	MASH' JUNIOR CHAMPS	9 AM	LES BROWN	PIRATES
10TH	MASH' JUNIOR CHAMPS	9 AM	LES BROWN	OTTERS
16TH	TBC GIRLS NORTHERN GALA	8.30 AM	LES BROWN	TBA
21ND	TBC SENIOR NATIONAL CHAMPS	5 PM	HRE	SHARKS
22RD	TBC SENIOR NATIONAL CHAMPS	9 AM	HRE	DORADOS
23TH	TBC SENIOR NATIONAL CHAMPS	9 AM	HRE	SPARTANS
24TH	TBC SENIOR NATIONAL CHAMPS	9 AM	HRE	HIGHLANDS
25TH	TBC SENIOR NATIONAL CHAMPS	9 AM	HRE	PIRATES
<u>MARCH 2013</u>				
2RD	TBC GIRLS FINALS GALA	8.30 AM	LES BROWN	TBA
9TH	TBC JUNIOR NATIONAL CHAMPS	8 AM	BYO	
10TH	TBC JUNIOR NATIONAL CHAMPS	8 AM	BYO	

TOUR DATES

DECEMBER 2012

11TH-20TH	ZONE VI GAMES	LUSAKA, ZAMBIA
12TH-16TH	WORLD SHORT COURSE CHAMPS	ISTANBUL, TURKEY

MARCH 2013

15TH-19TH	LEVEL 3	DURBAN
22ND- 25TH	LEVEL 2	SASOLBURG

APRIL 2012

5TH-7TH	LEVEL 1	PRETORIA
15TH-20TH	SA SENIORS	PORT ELIZABETH
TBA	CANA ZONE 3 & 4	LUSAKA, ZAMBIA

JULY 2013

19TH-4 TH AUG	WORLD CHAMPIONSHIPS	BARCELONA, SPAIN
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AUGUST 2013

TBA	WORLD JUNIOR CHAMPIONSHIPS	CASABLANCA, MOROCCO
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PROVINCIAL CHAMPIONSHIP DATES

MATABELELAND CHAMPS	29 November to 2 December 2012
MIDLANDS CHAMPS	7- 8 December 2012
MANICALAND CHAMPS	9-10 November 2012

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

ZIMBABWE AQUATIC UNION

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MASHONALAND AMATEUR SWIMMING BOARD

GENERAL INFORMATION

MASHONALAND CLUB REPRESENTATIVES

HIGHLANDS	HELLEN STEELE FRANCIS NGWENYA	Tel: 0772 301 842 Tel: 0772 207 496	H-Steele@dfid.gov.uk francis.n.ngwenya@gmail.com
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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.**

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>2012</u>	<u>2013</u>
10 / Under	<u>Born</u> 2002/Later	<u>Born</u> 2003/Later
11/12	2001/2000	2002/2001
13/14	1999/1998	2000/1999
15/16	1997/1996	1998/1997
17 / Over	1995/Earlier	1996/Earlier

Swimmers may only swim up in a higher age group for 'A' team relay events and then only in the next highest age group. A maximum of 2 swimmers may swim up in any relay.

Junior League

Age grouping will be based on AGE AT THE 1ST DAY OF THE GALA. If an entrant's birthday falls on this day, the age the entrant turns that day is used to determine age group. The age groups for 2011/2012 are:

<u>For Individual Events</u>	<u>Relay Age Groups</u>
8 and Under (except IM)	8 and Under
9 and Under	9 Year old
10 and Under	10 Year old
11 and Under	11 Year old

If a swimmer changes age group during the season and as a result is not able to compete in a particular event at the higher age group (i.e. event changes from 1 length to 2 lengths), that swimmer may be permitted to swim up in the higher age group for the express purpose of recording a time for selection for the **National Junior Championships** in that event. In this situation, a **written application** (which must include the swimmer's date of birth, and must be made by the club or school coach) must be made to the MASB Results Convenor with the gala entries. If permission is granted, no points will be awarded if the swimmer were placed. Club coaches are to revise this as soon as the National Junior Championship dates are confirmed.

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. The galas will be swum as boys and girls, on a seeded basis. Results are separated into relevant age groups, i.e. 12 and under, 13/14, 15/16 & 17/over. (9/10 for 50m events ONLY) A swimmer must have turned 9 by 31 December of the calendar year in which the gala is held.
2. All heats will be swum on a seeded basis as per FINA RULE SW 3.1 - circle seeding.
3. 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.

4. 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.
5. Awards will be made to swimmers and relay teams placed first, second and third. Clubs may enter more than one relay team 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. A maximum of 2 swimmers may swim "up" in any 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.

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. No 8 year olds may enter the Individual Medley unless they turn 9 years before the start of the Junior Nationals.**

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 two or more 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 and only one age-group. A maximum of 2 swimmers may swim "up" in any relay.
4. 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. 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.
3. For relay events, the following details must be recorded on the tickets:
 - o Club name and ‘A’ or ‘B’ team
 - o Age group
 - o Event number
 - o Names and order of swimmers in each relay
4. Lane draws for relay events will be seeded on entry times. Swimmers must report to the marshal in the designated area two events in advance of their event.

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, a final or a relay, 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. 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 **\$10** to the Referee and must be lodged within 30 minutes of the **results being posted**.

G. CLUB DUTIES

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

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 20th October 2012)
ZAU Disciplinary Code	\$ 5	(once off per family, NOT optional in 2012/13)
ZSBC Fees	\$20	(to be paid by 20th October 2012)
MASB Fees	\$60	(to be paid by 20th October 2012)

- 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.

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 medical reasons 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 200 Butterfly, 400 Individual Medley and the 800 and 1500 Freestyle events will cater for swimmers 12/over who wish to participate. These will be swum as 14/under and 15/over. No entry qualifying times for the Mashonaland Championships will apply but qualifying times will apply for Nationals.

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. OFFICIALS

In 1998, the Zimbabwe Aquatic Union (ZAU) provided a brief for the development of a swimming association and the development of swimming officiating in Zimbabwe. This association is called the Swimming Officials Association of Zimbabwe (SOAZ). In order to bring up to date and continue with this development, it is important that swimming boards / clubs encourage current officials to progress and new officials to become qualified.

The following is a list of swimming official posts (with the relevant minimum qualifying age) that fall under SOAZ :

- Timekeeper (Age 13+)
- Chief Timekeeper (Age 16+)
- Judge – Inspector of Turns and Strokes (Age 16+)
- Starter (Age 16+)
- Referee (Age 18+)
- Clerk of Course – often referred to as Marshall (Age 18+)
- Announcer
- Desk Control/Computer

The first step in officiating is to become a qualified timekeeper.

Except for Announcer and Desk Control/Computer, qualification is by exam. It is recommended that a person work six sessions prior to writing the relevant exam. Announcer and Desk Control/Computer are qualified by practical experience and performance.

For more information regarding officiating, please contact your Club Rep or your Provincial Official Convener.

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 **AND** the Referee of any record attempts by swimmers
- If there are insufficient “qualified” timekeepers the Chief Time-Keeper will make every effort, where possible, to accommodate a swimmer going for a record.

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 2009 – 2013 is available on our web-site
<http://www.zimaquatics.co.zw/>

N. DISCIPLINARY PROCEDURES

Please refer to the separate ZAU Disciplinary Code issued in 2012

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.

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.

Swimmers affiliated to a Mashonaland Club at the start of the season are required to swim for Mashonaland for the entire season. Swimmers wishing to change provinces at the beginning of the season, are required to get clearance from the province they are leaving.

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. 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.
6. 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.
7. In the interest of the swimmers, there must be silence for the start of a race.
8. All members or persons associated to Mashonaland Swimming must ensure and maintain the highest level of professionalism in the sport.

9. Officials Dress Code: White shirt (preferably a “golf shirt”) and navy/black shorts/longs/skirt.

SUMMARY OF SEEDED AND SHORTCOURSE GALAS

1st Seeded	2nd Seeded	3rd Seeded	Shortcourse Gala	4th Seeded	5th Seeded	Shortcourse Invitational	6th Seeded
28.09.12	12.10.12	26.10.12	04.11.12	09.11.12	23.11.12	02.01.13	1.02.13
100 free	100free	100 back	400 free	1500 free	100 breast	400 free	100 breast
100 breast	200 fly	800 free	50 fly	100 fly	50 free		50 free
50 free	100 back	50 back	200 back	50 breast	200 back	03.01.13	200 back
200 back	50 breast	200 breast	200 breast	100 back	50 fly	200 back	50 fly
	400IM	100 fly		200 IM	200IM	100 breast	200IM
			INTERVAL		50 back	50 fly	50 back
					200 fly	100 free	
			50 free			200 IM	
INTERVAL	INTERVAL	INTERVAL	200 IM	INTERVAL	INTERVAL	4 x 100 free	INTERVAL
			50 back				
200IM	200 back	200 back	100 breast	100 free	200 breast	04.01.13	200 breast
400 free	200 free	400IM		200 fly	100 free	100 back	100 free
100 fly	50 fly	50 free	LUNCH	100 breast	100 fly	200 fly	100 fly
50 back	200 breast	400 free		50 fly	50 breast	100 IM	50 breast
200 free	200 IM	100 breast	200 free	200 free	100 back	50 breast	100 back
			100 fly		200 free	200 free	200 free
			400 IM			4 x 100 medley	200 fly
			50 breast				
						05.01.13	
			INTERVAL			200 breast	
						50 free	
			100 back			100 fly	
			200 fly			50 back	
			100 free			800 free	
			100 IM			4 x 50 free	
			ROLL-UP RELAY				

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 2012 / 2013 NATIONAL AGE GROUP EVENTS

FRIDAY 28TH SEPTEMBER 2012

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 12TH OCTOBER 2012

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 7TH OCTOBER 2012

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

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

INTERVAL 20 MINUTES

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

FRIDAY 26TH OCTOBER 2012

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	

*Swimmers wishing to swim a 400 freestyle in event 2 (800 freestyle) may do so with prior arrangement.

SUNDAY 28TH OCTOBER 2012**2ND JUNIOR LEAGUE GALA - @ 9 AM - LES BROWN DIVING POOL**

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

INTERVAL 20 MINUTES

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

SUNDAY 4TH NOVEMBER 2012**SHORTCOURSE GALA - @ 9.00AM – CHISIPITE SENIORS 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	

LUNCH

SHORTCOURSE GALA - CONTINUED

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
EVENT 17	ROLL UP RELAY	200 Metres

* EVENT 17 WILL BE MADE UP OF ONE MALE AND ONE FEMALE FROM EACH AGE GROUP, THESE BEING:
10 & Under; 11-12 Years; 13-14 Years; 15 & Over.
Maximum number of Individual swims is 6

FRIDAY 9TH NOVEMBER 2012

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

			TIME ACHIEVED
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

FRIDAY 23RD NOVEMBER 2012

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 11TH NOVEMBER 2012

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

TIME ACHIEVED

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

INTERVAL 20 MINUTES

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

SUNDAY 25TH NOVEMBER 2012

4TH JUNIOR LEAGUE GALA - @ 9 AM – LES BROWN DIVING POOL

TIME ACHIEVED

EVENT 1	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 2	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 3	BOYS 10 Years	BREASTSTROKE	2 Lengths
EVENT 4	GIRLS 10 Years	BUTTERFLY	2 Lengths
EVENT 5	BOYS 9 Years	BREASTSTROKE	1 Length
EVENT 6	GIRLS 9 Years	BACKSTROKE	1 Length
EVENT 7	BOYS 8/Under	FREESTYLE	1 Length
EVENT 8	GIRLS 8/Under	FREESTYLE	1 Length
EVENT 9	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 10	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 11	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 12	GIRLS 10 Years	BREASTSTROKE	2 Lengths

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

FRIDAY 30TH NOVEMBER 2012

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 1ST DECEMBER 2012

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 2ND DECEMBER 2012

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 7TH DECEMBER 2012

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 8TH DECEMBER 2012

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	BOYS	FREESTYLE	800 Metres
EVENT 40	GIRLS	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 9TH DECEMBER 2012****MASHONALAND CHAMPIONSHIPS (DAY 6) - @ 9 AM - LES BROWN****MORNING SESSION**

			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**WEDNESDAY 2ND JANUARY 2013****MASHONALAND INVITATIONAL SHORT COURSE GALA (DAY 1) - @ 4PM GATEWAY JNR SCHOOL**

EVENT 1	GIRLS	400 FREE	FINAL
EVENT 2	BOYS	400 FREE	FINAL

THURSDAY 3RD JANUARY 2013**MASHONALAND INVITATIONAL SHORT COURSE GALA (DAY 2) - @ GATEWAY JNR SCHOOL****SESSION 2 - @ 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
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 3 - @ 4PM

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

FRIDAY 4TH JANUARY 2013**MASHONALAND INVITATIONAL SHORT COURSE GALA (DAY 3) - @ GATEWAY JNR SCHOOL****SESSION 4 - @ 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
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 5 - @ 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
EVENT 23	GIRLS	50 BREAST	FINAL
EVENT 24	BOYS	50 BREAST	FINAL
EVENT 25	GIRLS	200 FREE	FINAL
EVENT 26	BOYS	200 FREE	FINAL
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

SATURDAY 5TH JANUARY 2013**MASHONALAND INVITATIONAL SHORT COURSE GALA (DAY 4) - @ GATEWAY JNR SCHOOL****SESSION 6 - @ 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
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 7 - @ 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
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

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

SUNDAY 27TH JANUARY 2013**5TH JUNIOR LEAGUE GALA - @ 9 AM - LES BROWN DIVING POOL****TIME ACHIEVED**

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

FRIDAY 1ST FEBRUARY 2013**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	50 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.)

SATURDAY 9 TH FEBRUARY 2013**MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 1) - @ 9 AM – LES BROWN****MORNING SESSION - PRELIMS - STARTS AT 9 AM****TIME ACHIEVED**

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

INTERVAL 25 MINUTES

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

AFTERNOON SESSION - FINALS - STARTS AT 2.00 PM

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

INTERVAL 25 MINUTES

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

RELAY EVENTS - FINALS

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

MEDAL PRESENTATION

Medals to be given out for 1st, 2nd and 3rd place winners for individual events from Event 1 to Event 20 and Relay events from Event 21 to 28.

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.

SUNDAY 10TH FEBRUARY 2013

MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 2) - @ 9.00 AM – LES BROWN**MORNING SESSION - PRELIMS - STARTS AT 9.00 AM****TIME ACHIEVED**

EVENT 29	GIRLS 10 Years	BREASTSTROKE	2 Lengths
EVENT 30	BOYS 10 Years	BREASTSTROKE	2 Lengths
EVENT 31	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 32	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 33	GIRLS 9 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 34	BOYS 9 Years	BUTTERFLY	1 Length
EVENT 35	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 36	BOYS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length

INTERVAL 25 MINUTES

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

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

AFTERNOON SESSION - FINALS - STARTS @ 1.30 PM

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

INTERVAL 25 MINUTES

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

RELAY EVENTS - FINALS

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

MEDAL PRESENTATIONS

Medals to be given out for 1st, 2nd and 3rd place winners for individual events from Event 29 to Event 46 and Relay events from Event 47 to 54.

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.

ZIMBABWE SWIMMING BOARD OF CONTROL

CRITERIA FOR NATIONALS AND EXTERNAL TOURS

2012/2013 SEASON

ZIMBABWE SWIMMING BOARD OF CONTROL - BRIEF SUMMARY OF NATIONAL PROGRAM & TOUR CRITERIA 12/13

For the 2012/2013 swimming season, the Zimbabwe Swimming Board of Control has selected the following tours for participation.

TABLE1

DATE	COMPETITION	VENUE	TOUR STATUS	SELECTION DATE/ENTRIES	OFFICIAL TRACKSUIT	AGE REQUIRED	PASSPORT REQUIRED
20 OCT '12	NATIONAL SPRINT GALA	MUTARE	NATIONAL	none	CLUB T/S	9 YRS & OVER	N/A
11 - 20 DEC '12	ZONE VI GAMES	LUSAKA, ZAMBIA	SRC	n/a	SRC	14 AND 16 YRS	ZIMBABWE
12 - 16 DEC '12	FINA WORLD SHORT COURSE	ISTANBUL, TURKEY	ZIMBABWE	31 August '12	ZIM SNR T/S	OPEN	ZIMBABWE
21-25 FEB '13 (tcb)	SENIOR NATIONAL CHAMPS	HARARE	NATIONAL	3 February '13	SNR PROV T/S	10YRS & OVER	N/A
9-10 MAR '13 (tbc)	JUNIOR NATIONAL CHAMPS	BULAWAYO	NATIONAL	11 February '13	JNR PROV T/S	7 - 11 YRS	N/A
15 - 19 MAR '13	LEVEL 3 NAT AGE GROUP	KING'S PARK DURBAN	NATIONAL	22 February '13 (PROV)	ZIM JNR T/S	12 - 18 YRS	Any Travel Document
22 - 25 MAR '13	LEVEL 2 REG AGE GROUP	SASOLBURG	PROVINCIAL	22 February '13 (PROV)	PROV T/S	11 - 18 YRS	Any Travel Document
5 - 7 APR '13	LEVEL 1 REG AGE GROUP	HILLCREST, PRETORIA	PROV/CLUB	22 February '13 (PROV)	PROV / CLUB	10 - 16 YRS	Any Travel Document
15 - 20 APR '13	SA NAT AQUATIC CHAMPS	NEWTON PARK, PORT ELIZABETH	ZIMBABWE	20 March '13 (FINAL)	ZIM SNR T/S	15 & OVER	ZIMBABWE
APRIL	CANA ZONE 3 & 4	LUSAKA, ZAMBIA	ZIMBABWE	1 March '13 (FINAL)	ZIM JNR T/S	12 YRS & OVER	Any Travel Document
19 JUL - 4 AUG 2013	FINA WORLD CHAMPIONSHIPS	BARCELONA, SPAIN	ZIMBABWE	30 April '13	ZIM SNR T/S	OPEN	ZIMBABWE
AUGUST '13	FINA WORLD JNR CHAMPIONSHIPS	CASABLANCA, MOROCCO	ZIMBABWE	30 April '13	ZIM JNR T/S	GIRLS 15-17; BOYS 16-18 (prov)	ZIMBABWE

ZIMBABWE NATIONAL CHAMPIONSHIP EVENTS – GENERAL RULES

A. NATIONAL SPRINT GALA – MUTARE (SATURDAY 20 OCTOBER, 2012)

- The National Sprint Gala in Mutare Municipal pool will begin on **Saturday 20 October at 9:00am**. The Sprint events (i.e. 50m of each stroke) will be swum as mixed seeded heats, with finals swum by age group and gender
- Sprint Gala age groups will be swum as 10/U, 11/12, 13/14, 15/16 and 17/Over In the event of less than three finalists in an age group, the swimmers concerned may opt to use their heat times as their final time in order to avoid re-swimming the final in that event, with so few finalists.
- No qualifying times will apply. Entries to be represented by Clubs and swimmers to wear their Club Tracksuits.

B. NATIONAL SWIMMING CHAMPIONSHIPS – HARARE (22-26 FEBRUARY, 2013 tbc)

- No qualifying times will apply, except for those events as listed in **Table A** below. These times may be waived at the discretion of the ZSBC Board prior to the event should there be free lanes available in order of ranking. Entries Convener needs to be informed of intention to participate at the pre-tournament meeting.
- Swimmers must have a previously swum time to enter for an event. These times will have to have been achieved in the current season (ie from 1 September). A “NT” (no previous time recorded) will not be acceptable for entry to any event.
- In respect of the events listed below, entry qualifying times will apply and are as shown in **Table A**. These times will have to have been achieved in the current season prior to the entry deadline for the Nationals. In the event of free lanes in the final, the swimmers with the closest time to the cut off times may participate. Advance request is to be given with original entries submitted to Results convenor.
- In all senior national events age groups will be 12/U, 13/14, 15/16, 17/Over. Age date as at 31st December. The National Senior Championships will be swum over 4 1/2 days, starting Thursday afternoon and ending the following Monday. Heats will be swum as mixed seeded events. Finals will be swum by age group and gender. Long distance events (400m, 800m, 1500m freestyle, 400m IM, 200m butterfly) will be swum as timed finals.

TABLE A

Event	Gender	Age at 31 Dec	Age at 31 Dec
		14/Under	15/Over
1500m Freestyle	Female	22:23.09	21:58.49
1500m Freestyle	Male	21:55.59	20:35.79
800m Freestyle	Female	11:41.99	11:29.69
800m Freestyle	Male	11:23.99	10:48.99
400m Ind Med	Female		6:26.69
400m Ind Med	Male		5:52.59
200m Fly	Female	3:03.69	2:55.99
200m Fly	Male	2:54.99	2:41.99

* 12/U swimmers may not enter for 200m butterfly, unless there is a free lane

ZIMBABWE SENIOR SWIMMING NATIONALS PROGRAMME OF EVENTS

THURSDAY
AFTERNOON

MANAGERS MEETING AT 4.30 PM

6pm
Event **EVENING**

1	Girls 400 FREESTYLE FINAL
2	Boys 400 FREESTYLE FINAL

FRIDAY

Event **MORNING - 9am**

3	Girls 200 FREESTYLE FINAL
4	Boys 200 FREESTYLE FINAL
5	50 BACKSTROKE HEAT

TEA

6	100 BREASTSTROKE HEAT
9	100 BUTTERFLY HEAT

3pm

Event **AFTERNOON**

5	50 BACKSTROKE FINAL
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400 Freestyle medals

200 Freestyle medals

6	100 BREASTSTROKE FINAL
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TEA

7	Girls 400 IM FINAL
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8	Boys 400 IM FINAL
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50 Backstroke medals

100 Breastroke medals

9	100 BUTTERFLY FINAL
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400 IM MEDALS

10	Girls 400 FREE RELAY 12 & u
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11	Boys 400 FREE RELAY 12 & u
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12	Girls 400 FREE RELAY 13 - 14
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13	Boys 400 FREE RELAY 13 - 14
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14	Girls 400 FREE RELAY 15 - 16
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15	Boys 400 FREE RELAY 15 - 16
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16	Girls 400 FREE RELAY 17 & 0
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17	Boys 400 FREE RELAY 17 & 0
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100 Butterfly medals

SAT

Event **MORNING - 9am**

17	Girls 200 BUTTERFLY FINAL
18	Boys 200 BUTTERFLY FINAL
20	100 FREESTYLE HEAT

TEA

21	50 BREASTROKE HEAT
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22	100 BACKSTROKE HEAT
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3.30pm

Event **AFTERNOON**

20	100 FREESTYLE FINAL
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400 Freestyle relay medals

200 Butterfly medals

21	50 BREASTROKE FINAL
----	---------------------

TEA

22	100 BACKSTROKE FINAL
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100 Freestyle medals

23	Girls 400 MEDLEY RELAY 12 & u
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24	Boys 400 MEDLEY RELAY 12 & u
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25	Girls 400 MEDLEY RELAY 13 - 14
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26	Boys 400 MEDLEY RELAY 13 - 14
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27	Girls 400 MEDLEY RELAY 15 - 16
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28	Boys 400 MEDLEY RELAY 15 - 16
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29	Girls 400 MEDLEY RELAY 17 & 0
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30	Boys 400 MEDLEY RELAY 17 & 0
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50 Breastroke/100 Backstroke medals

OPENING CEREMONY 3.00pm

SUNDAYEvent MORNING - 9am

31	Girls 200 BREASTROKE FINAL
32	Boys 200 BREASTROKE FINAL
33	50 BUTTERFLY HEAT

TEA

34	Girls 200 BACKSTROKE FINAL
35	Boys 200 BACKSTROKE FINAL
36	50 FREESTYLE HEAT

3.00pm

Event AFTERNOON

33	50 BUTTERFLY FINAL
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*400 Medley relay medals**200 Breastroke medals**200 Backstroke medals*

36	50 FREESTYLE FINAL
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TEA

37	Girls 800 FREESTYLE FINAL
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38	Boys 800 FREESTYLE FINAL
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50 Butterfly medals

39	Girls 200 FREE RELAY 12 & u
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40	Boys 200 FREE RELAY 12 & u
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41	Girls 200 FREE RELAY 13 - 14
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42	Boys 200 FREE RELAY 13 - 14
----	-----------------------------

43	Girls 200 FREE RELAY 15 - 16
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44	Boys 200 FREE RELAY 15 - 16
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45	Girls 200 FREE RELAY 17 & 0
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46	Boys 200 FREE RELAY 17 & 0
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*50 Freestyle medals**800 free medals**4 x 50 free relay medals***MONDAY**Event MORNING - 9am

47	Girls 200 IM FINAL
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48	Boys 200 IM FINAL
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TEA

49	Girls 1500 FREESTYLE FINAL
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50	Boys 1500 FREESTYLE FINAL
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*200 IM medals**1500 free medals***C. JUNIOR NATIONAL CHAMPIONSHIPS – BULAWAYO (9-10 MARCH, 2013)**

- No qualifying times will apply. The selection of participants is at the discretion of the Provincial Boards.
- Swimmers will represent their Province (not Clubs).
- The age groups are 8/U, 9, 10 and 11 years. The ages being determined as at the date of gala (the age being determined as of the first day of the meet).
- Each Province may enter up to 8 swimmers in each individual event and up to 2 teams in each relay event.
- 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.
- The National Junior Championships will remain in its normal format and be swum over 2 days.
- If a 33 yard pool is not available for this Competition, the gala will be swum in a ratified 25m pool.

JUNIOR NATIONAL CHAMPIONSHIPS – ORDER OF EVENTS

1	Men 11 Year Olds 66 Backstroke	28	Women 11 & Under 132 Freestyle Relay
2	Women 11 Year Olds 66 Freestyle	29	Men 10 & Under 132 Medley Relay
3	Men 9 & Under 132 IM	30	Women 10 & Under 132 Freestyle Relay
4	Women 9 Year Olds 33 Breaststroke	31	Women 11 Year Olds 66 Breaststroke
5	Men 10 Year Olds 66 Backstroke	32	Men 11 Year Olds 66 Butterfly
6	Women 10 Year Olds 66 Butterfly	33	Women 9 & Under 132 IM
7	Men 8 & Under 33 Freestyle	34	Men 9 Year Olds 33 Butterfly
8	Women 8 & Under 33 Butterfly	35	Women 10 Year Olds 66 Freestyle
9	Men 11 Year Olds 66 Breaststroke	36	Men 10 Year Olds 132 IM
10	Women 11 Year Olds 132 IM	37	Women 8 & Under 33 Backstroke
11	Men 9 Year Olds 33 Backstroke	38	Men 8 & Under 33 Breaststroke
12	Women 9 Year Olds 66 Freestyle	39	Women 11 Year Olds 66 Butterfly
13	Men 10 Year Olds 66 Butterfly	40	Men 11 Year Olds 66 Freestyle
14	Women 10 Year Olds 66 Backstroke	41	Women 9 Year Olds 33 Butterfly
15	Men 8 & Under 33 Butterfly	42	Men 9 Year Olds 33 Breaststroke
16	Women 8 & Under 33 Freestyle	43	Women 10 Year Olds 132 IM
17	Men 11 Year Olds 132 IM	44	Men 10 Year Olds 66 Freestyle
18	Women 11 Year Olds 66 Backstroke	45	Women 8 & Under 33 Breaststroke
19	Men 9 Year Olds 66 Freestyle	46	Men 8 & Under 33 Backstroke
20	Women 9 Year Olds 33 Backstroke	47	Women 11 & Under 132 Medley Relay
21	Women 10 Year Olds 66 Breaststroke	48	Men 11 & Under 132 Freestyle Relay
22	Men 10 Year Olds 66 Breaststroke	49	Women 9 & Under 132 Medley Relay
23	Men 8 & Under 132 Medley Relay	50	Men 9 & Under 132 Freestyle Relay
24	Women 8 & Under 132 Freestyle Relay	51	Women 10 & Under 132 Medley Relay
25	Men 9 & Under 132 Medley Relay	52	Men 10 & Under 132 Freestyle Relay
26	Women 9 & Under 132 Freestyle Relay	53	Women 8 & Under 132 Medley Relay
27	Men 11 & Under 132 Medley Relay	54	Men 8 & Under 132 Freestyle Relay

TOURING TEAMS – GENERAL RULES

A. INTER-CLUB TOURS

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.

B. INTERNATIONAL TOURS

1. Selection to any team will be in accordance with the criteria laid down and at the discretion of the selectors, subject to ratification by the ZSBC and ZAU.
2. All swimmers must be in possession of a valid Zimbabwe passport in order to be eligible for selection to any of the ZSBC Open Tours - details to be supplied on the ZSBC Registration Form. SA Level 3 will be swum as a Zimbabwe Team, but does not necessarily require a Zimbabwe Passport as it is an Age Group (Junior) Competition. All Open Competitions require the Zimbabwe Team members to be in possession of a valid Zimbabwe Passport.
3. **Only those times reflected on original and unaltered copies of computer generated result sheets and seeding lists will be considered.**
4. Externally based swimmers are required to submit their times for selection consideration. These must be endorsed by their coach, preferably on Meet Manager, confirming accuracy.
5. ZSBC is responsible for ensuring that the Selectors have available to them, current times for all swimmers and a programme of events for each tour, including criteria required by hosts prior to selection.
6. Should any individual feel that he/she has legitimate grounds for protest e.g. their own non selection, such protest must be conveyed to the Chairperson of the ZSBC. This must be done in writing (e-mail or fax transmissions are acceptable), through the respective Club Chairperson to the Provincial Chairperson, who must support such a protest, within 72 hours of the team having been officially announced. **Protests made directly to the Selectors or ZSBC board will be nullified and may thereafter not be re-submitted.** A deposit (**\$50**) must be lodged with the protest, this being forfeited should the protest be unsuccessful. The ZSBC shall meet with the Selectors as soon as possible after the expiry of the 72-hour period after the announcement of each team, at which time any protest shall be heard and a final decision made in this regard. This meeting may be telephonic or via email/fax. Following this process, the final team will be submitted to ZAU for ratification and approval.
7. **For Zimbabwe-based swimmers to be considered for tour selection, they must participate in the Senior National Championships.** The only exception will be proof of participation at another sporting event where the athlete will **represent Zimbabwe** and proof of Sports and Recreation Commission clearance is submitted to the ZAU executive, where the dates coincide with the National Swimming Championships. In this instance, the swimmer would have to have participated at the National Sprint Gala in Mutare to be considered for Selection.

Note: Externally based swimmers are exempt from this requirement but are encouraged to take part in local galas wherever possible and to attend National Events where possible.

The submission of times for selection to participate in international events will be concluded by the following dates:

Level 3 National Age Group – TBA

SA National Aquatic & Youth Champs – 20 March 2013

CANA Zone 3 & 4 Invitational – Last day of Zimbabwe Senior National Championships

World Championships – 30 April 2013

Junior World Championships - 30 April 2013

Selectors will meet as soon as possible to finalize selection for the teams soon after selection cut off date. Any times recorded or submitted after the selection panel has been convened for each tour will not be taken into account for **selection** purposes. However, for swimmers that have been selected, additional qualifying times achieved after the convening of the selection panel, but prior to the cut-off entry date of the relevant tour may be used to register for additional swims on that tour. Notwithstanding the above clauses detailed, the selectors may take into consideration any additional criteria as the Board may direct or as circumstances warrant, with such selection being subject to ratification by the Board of Control and ZAU.

All touring teams shall travel together unless otherwise decided by the ZSBC at its discretion.
All touring teams shall stay together unless otherwise decided by the ZSBC at its discretion.

Please note that any swimmer wishing to participate in a gala outside of Zimbabwe, which is not an official ZSBC tour, MUST obtain clearance from ZSBC prior to submitting their entries.

TOUR COACHES AND MANAGERS – GENERAL RULES

- **These rules do not apply to inter-club tours.**
- **Full details of the criteria, requirements and expectations of tour coaches and managers are contained in an INFORMATION PACK compiled by ZSBC. Copies of this info pack are available on request.**
- Coaches and managers for tours will be selected by the Selectors and ratified by ZSBC and ZAU. Selection will be based upon the ability and experience of the coach / manager relevant to the level of the tour. Coaches and managers will follow a progression plan and will not advance to higher-level tours until they have relevant experience at lower levels.
- Selection will be based primarily upon ability. Thereafter the Selectors will take into account any tours recently conducted by an individual, with a view to developing experience of other candidates. The selectors may however nominate the candidate who in their opinion is best suited for a particular manager / coach position regardless of whether that individual has recently conducted other tours.
All coaches and managers wishing to be considered for selection are required to provide the board with curricula vitae (ZSBC have these forms ready for completion via email) and copies of any relevant certificates.
- Usually one coach and one manager will be required for tours. ZSBC may at its discretion elect to provide additional coaches and managers for large teams.
- The travel, accommodation and subsistence costs for the official coach and manager will be provided from tour funds. Accommodation and subsistence costs for additional days spent outside Zimbabwe will be covered from tour funds only if these days are unavoidable.
- Self-funding parents or club coaches who wish to accompany tours may make application to ZSBC to be considered as **learner / assistant coach or manager**. Where possible, applications should be accompanied by CVs and certificates. Where ZSBC elects to make available such positions, the assistants / learners will be selected by the Selectors, but funding may/may not be provided from tour funds, depending on team size.
- All selected officials and learner/assistant coaches and managers are required to be in possession of the information pack referred to above, and to familiarize themselves with it.
- In cases where tours are provided with assistant/learner coaches and managers, the qualified official coach and manager will remain in charge.
- Parents and club coaches accompanying tours who have **not** been selected as officials or learners/assistants are expressly forbidden from becoming involved in coaching or management issues and equally, are not be involved in travel, accommodation and Team arrangements.

TOUR CRITERIA – GENERAL NOTES

- The time criteria and time requirements (numbers of qualifying times) listed in the following tours are the minimum requirement for a swimmer to be *considered for selection*. Achievement of these criteria does not necessarily mean that a swimmer will be selected.
- The Selectors further reserve the right to include in tour teams swimmers who may not have achieved the criteria but who come acceptably close in the Selectors' opinion, or for purposes of completing a relay team.
- Detailed tour criteria appear in the following pages.
- The inter-club criteria for the SA tours are provided for information only and will not be administered by ZSBC.

WORLD SHORTCOURSE

ISTANBUL, TURKEY

12 – 16th DECEMBER 2012

Swimmers wishing to apply for selection will need to have swum 2 of the times below in the period 1st January 2012 – selection date. Those who have long course times that qualify will need to swim short course to obtain short course entry times but these can be achieved up to the end of October 2012, BUT they may claim their qualification on the long course times. Swimmers who have not made long course times, will need to make 2 of the short course times in the same period Jan 2012 - 31st August 2012 but may improve their times up to the end of October. NO YARDS TIMES WILL BE CONSIDERED. Conversion times have been calculated on the Swimmers World Magazine conversion facility. Qualification does not guarantee selection.

In addition to the Qualifying times the following details need to be supplied

1. Digital passport photograph (unless we already have this)
2. Digital photograph to be used for accreditation (unless we already have this)
3. Digital copy of your current Zimbabwe passport (unless we already have this)
4. Ensure that your membership for the 2012/13 season is paid by September 30th.

QUALIFYING TIMES FOR WORLD SHORTCOURSE 2012

	WOMEN		MEN	
	Long Course	Short Course	Long Course	Short Course
50 Free	27.72	27.22	24.36	23.65
100 Free	1.00.21	59.13	53.66	52.10
200 Free	2.10.03	2.08.47	1.58.50	1.55.77
400 Free	4.33.87	4.28.39	4.10.66	4.02.39
800 Free	9.22.42	9.11.17	8.32.28	8.15.37
1500 Free	17.29.47	17.08.48	16.35.34	16.02.49
50 Back	31.76	31.38	28.16	27.34
100 Back	1.09.10	1.08.27	1.01.76	59.97
200 Back	2.28.66	2.26.88	2.14.08	2.10.19
50 Breast	35.11	34.09	30.83	29.75
100 Breast	1.17.29	1.15.05	1.08.96	1.06.55
200 Breast	2.46.00	2.43.01	2.29.73	2.24.49
50 Fly	29.32	29.11	26.35	26.03
100 Fly	1.06.47	1.06.00	59.20	58.49
200 Fly	2.26.54	2.25.51	2.11.79	2.09.42
200 IM	2.27.44	2.24.79	2.12.33	2.07.70
400 IM	5.10.74	5.07.01	4.41.66	4.33.49

LEVEL 3 NATIONAL AGE GROUP CHAMPIONSHIPS

TO BE HELD AT KINGS PARK, DURBAN, RSA

15 - 19 MARCH, 2013

- This is a **Zimbabwe Tour** but as this is an Age Group Competition (18 and under) Junior tour, any valid travel document will be acceptable for participation and travel.
- This competition is open to swimmers aged 12 years up to 18 years as at 1st date of gala i.e. 15 March, 2013. Age grouping for the competition will be 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17/18 yrs.
- Any number of swimmers per age group per event may be entered.
- Selection times to be taken from **1 May, 2012**.
- Level 3 qualifying times as per **TABLE 2 (SA Age Group Time Standards 2012)**.
- 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 plus **three** additional events that they have not qualified in, provided they have times on the database for the additional **three** selected events.
- There will be no qualifying times for any of the 50's events. Swimmers who have qualified in any event may in addition to their 3 unqualified events (100m and longer) choose any of the 50's provided they have times for the current season on the database for the particular event.
- Final selection dates are **to be confirmed**. ZSBC will be guided by SA submission dates and these will be made available as soon as information is received, via Club and Provincial Boards.
- Official tracksuit will be Zimbabwe Junior Age Group Tracksuit (Navy Zimbabwe Tracksuit).
- **Participation at the Zimbabwe Senior National Championships will be required for Selection.**

LEVEL 3 - PROGRAM OF EVENTS

Day 1 – starting at 17:00

400 FREE MEN 12&U 13 14 15 16 17-18
Timed finals
400 FREE WOMEN 12&U 13 14 15 16 17-18
Timed finals

Day 2

100 BACK MEN 12&U 13 14 15 16 17-18
100 BACK WOMEN 12&U 13 14 15 16 17-18
200 FLY MEN 12 - 14 15 - 18 timed finals
200 FLY WOMEN 12 - 14 15 - 18 timed finals
50 BREAST MEN 12&U 13 14 15 16 17-18
50 BREAST WOMEN 12&U 13 14 15 16 17-18
200 FREE MEN 12&U 13 14 15 16 17-18
200 FREE WOMEN 12&U 13 14 15 16 17-18
4X100 FR.RELAY MEN 14&U 15 - 18
4X100 FR.RELAY WOMEN 14&U 15 - 18

Day 3

100 FREE MEN 12&U 13 14 15 16 17-18
100 FREE WOMEN 12&U 13 14 15 16 17-18
100 BREAST MEN 12&U 13 14 15 16 17-18
100 BREAST WOMEN 12&U 13 14 15 16 17-18
400 I.M. MEN 12 - 14 15 - 18 timed finals
400 I.M. WOMEN 12 - 14 15 - 18 timed finals

Starting Time: Heats 08H30
Finals 17H00 except Day 5 15H00

50 FLY MEN 12&U 13 14 15 16 17 - 18
50 FLY WOMEN 12&U 13 14 15 16 17 - 18
4X100 MED.RELAY MEN 14&U 15 - 18
4X100 MED.RELAY WOMEN 14&U 15 - 18

DAY 4

50 FREE MEN 12&U 13 14 15 16 17 - 18
50 FREE WOMEN 12&U 13 14 15 16 17 - 18
200 I.M. MEN 12&U 13 14 15 16 17 - 18
200 I.M. WOMEN 12&U 13 14 15 16 17 - 18
50 BACK MEN 12&U 13 14 15 16 17 - 18
50 BACK WOMEN 12&U 13 14 15 16 17 - 18
800 FREE WOMEN 12 - 14 15 - 18 timed finals
1500 FREE MEN 12 - 14 15 - 18 timed finals

DAY 5

200 BREAST MEN 12&U 13 14 15 16 17 - 18
200 BREAST WOMEN 12&U 13 14 15 16 17 - 18
100 FLY MEN 12&U 13 14 15 16 17 - 18
100 FLY WOMEN 12&U 13 14 15 16 17 - 18
200 BACK MEN 12&U 13 14 15 16 17 - 18
200 BACK WOMEN 12&U 13 14 15 16 17 - 18
4X50 FR.RELAY MEN 14&U 15 - 18
4X50 FR.RELAY WOMEN 14&U 15 - 18

LEVEL 2 REGIONAL AGE GROUP CHAMPIONSHIPS

TO BE HELD IN SASOLBURG, RSA

22 - 25 MARCH, 2013

- 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. 22 March, 2013. 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, 2012**. 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, 2012** (see **TABLE 2**)
- A preliminary **Mashonaland Selection** to be done on **1 February, 2013**.
- 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

SA NATIONAL AQUATIC CHAMPIONSHIPS & YOUTH CHAMPS

TO BE HELD IN PORT ELIZABETH, RSA

14 - 21 APRIL, 2013

SA NATIONALS

- This is a **Zimbabwe Tour** and an Open Competition (one age group), therefore a valid Zimbabwe Passport will be required for participation and travel.
- This competition is open to swimmers aged 15 years and over as at 1st date of gala i.e. 14 April, 2013.
- Only **One SA National** qualifying time to be achieved to qualify for selection.
- **See TABLE 3 (SA National Times 2012).**
- Swimmers may enter the events they have SA National qualifying times for, plus **three** additional events provided they have times as from **1 May 2012**.
- Provinces may enter their fastest non qualifier in an event where they do not have any swimmers with qualifying times entered.
- Selection times to be taken from **1 May, 2012**.
- A preliminary ZSBC Selection to be done after the conclusion of Senior National Championships, with final selection on **20 March, 2013**. Team to be ratified by ZAU.
- **Level 3 swimmers (16 years and above) need to indicate by the end of February 2013, whether they will be attending this gala should they meet the required criteria at Level 3.**
- Official tracksuit will be Zimbabwe Senior Open Tracksuit (Green & White Tracksuit).

YOUTH CHAMPS

- Swimmers in the 16 -19 years age group, who have achieved one S A Youth qualifying standard may enter three additional Olympic Events, provided they have times on the SSA Database – except the 50m Freestyle this will be subject to rule.
- There will be no qualifying times for the 50m Youth events. Swimmers who wish to enter a 50m Event, must have achieved a qualifying time in the 100m or 200m of the particular event. e.g. 50m Butterfly, the swimmer must have qualified in either the 100m or 200m Butterfly
- **See TABLE 4**
- There will be no relays in this category
- The results for the S A Youth Nationals will be determined from the heats
- The first three placed swimmers in the 16 -19 years who qualified on the SA Youth QT, provided they do not fall in the SA Elite Youth awards will receive the SA Youth Medal.

CANA ZONE 3 & 4 INVITATION SWIMMING GALA

TO BE HELD IN LUSAKA, ZAMBIA

APRIL 2013

- This is a **Zimbabwe Tour** and therefore any swimmer to be eligible for selection, must have in their possession a valid Travel Document. Zimbabwe Passport is not compulsory.
- CROCS are also eligible for selection, but will be bound by the same deposit rules and dates as specified below.
- This competition is open to swimmers aged 11 years and over.
- Age grouping for the competition will be 11/12, 13/14, 15/16, 17/O age as at the first day of the gala.
- Only two swimmers per age group per event may be entered by each Country (CANA ruling).
- Selection times to be taken from **1 May 2012**
- Exact gala dates will be made available as soon as the Board has these from CANA.

- A **Minimum** of Level 2 Qualifying times for age at date of gala.
- At the conclusion of all the Provincial Championships in December 2012 a “long list” will be released by ZSBC. This list is subject to ADDITIONS and SUBTRACTIONS at the discretion of the Board and its selectors at any stage after this prior to the FINAL selection being ratified.
- A deposit of \$250 **MUST** be lodged with the ZSBC Treasurer by the **BEGINNING OF THE FINAL SESSION** of Senior Nationals in order for swimmers to be eligible/considered for selection. This is **NON-REFUNDABLE, for any reason whatsoever**, should a selected swimmer withdraw **AFTER THE CONCLUSION OF SENIOR NATIONALS**.
- The deposit will be refunded to those swimmers NOT selected.
- The deposits of late-withdrawals will be off-set against tour costs for those selected.
- Only two Relay age groups to be entered – 14/Under and 15/Over.
- A **FINAL** ZSBC Selection to be done on **1 March 2013**.
- Official tracksuit will be Zimbabwe Junior Age Group Tracksuit (Navy Zimbabwe Tracksuit).

FINA WORLD CHAMPIONSHIPS

BARCELONA, SPAIN

19 JULY – 4 AUGUST 2013

- Final date for Selection is **30 April 2013**.
- Interested swimmers **MUST** apply to be considered for selection by this date, and supply any relevant times in the prescribed format.
- As was the case for Shanghai 2011, a qualifying procedure with A and B standard time will be implemented for Barcelona 2013.
- **FINA “A” & “B” SWIMMING QUALIFYING STANDARD TIMES**
 - If a National Federation enters only one (1) swimmer per event all swimmers entered must meet the qualifying B standard time.
 - If two (2) swimmers are entered in the same event, both of them must meet the qualifying A standard time.
 - Federations may enter swimmers regardless of standard time as follows:
 - having no swimmer qualified: two (2) men and two (2) women; *
 - having one (1) or two (2) swimmers qualified, additional swimmers up to a maximum of four (4) swimmers (two (2) men and two (2) women);*
 - having three (3) swimmers qualified one (1) additional swimmer provided that both genders are represented.*
- *** Note - Please refer to new FINA Rule BL 9.3.6.2**
- Swimmers entered without qualifying time must have participated in the National Championships of the Federation. These swimmers will be allowed to enter in two (2) events each.
- Relays: 4x100m Freestyle, 4x200m Freestyle, 4x100m Medley (Men & Women.)
- Each Member Federation may enter only one (1) team in each relay event
- The swimming qualifying standard times must be obtained at any of the competitions specified below during the period **01 July 2012 – 30 April 2013**
- **QUALIFYING EVENTS shall include**
 - Continental Championships 2012 and 2013
 - International Competitions, *to be approved in advance by FINA*
 - National Competitions, *to be approved in advance by FINA*
- Only swimming qualifying times achieved at competitions approved by FINA can be accepted as entry times for the 15th FINA World CHAMPIONSHIPS
- Application forms will be available from Lorna Riley (lorna.m.riley@gmail.com)

FINA "A" & "B" SWIMMING QUALIFYING STANDARD TIMES – WORLD CHAMPS 2013

MEN'S STANDARDS			WOMEN'S STANDARDS	
A - 2 entries	B - 1 entry	(metres)	A - 2 entries	B - 1 entry
22.33	23.11	50 FREE	25.34	26.29
48.93	50.64	100 FREE	54.86	56.78
1.48.42	1.52.21	200 FREE	1.58.74	2.02.90
3.49.55	3.57.58	400 FREE	4.09.81	4.18.55
7.59.06	8.15.83	800 FREE	8.34.33	8.52.33
15.14.38	15.46.38	1500 FREE	16.26.36	17.00.88
25.43	26.32	50 BACK	28.84	29.85
54.43	56.34	100 BACK	1.01.39	1.03.54
1.58.48	2.02.63	200 BACK	2.11.09	2.15.68
28.00	28.98	50 BREAST	32.00	33.12
1.00.86	1.02.99	100 BREAST	1.08.63	1.11.03
2.12.78	2.17.43	200 BREAST	2.27.88	2.33.06
23.96	24.80	50 FLY	26.83	27.77
52.57	54.41	100 FLY	58.89	1.00.95
1.57.03	2.01.13	200 FLY	2.09.38	2.13.91
1.59.99	2.04.19	200 IM	2.14.97	2.19.69
4.18.99	4.28.05	400 IM	4.44.53	4.54.49

FINA JUNIOR WORLD CHAMPIONSHIPS

CASABLANCA, MOROCCO

AUGUST 2013

- Final date for Selection is **30 April 2013**.
- Interested swimmers **MUST** apply to be considered for selection by this date, and supply any relevant times in the prescribed format.
- A **MINIMUM** of **TWO** SA National Standards Times (see **Table 3**) will be required.
- Age groups for the last Junior Worlds were girls 15-17 and boys 16-18 years, but to date we have no notification from FINA in this regard.
- Any other qualifying criteria which may apply will be released as soon as ZSBC have the information from FINA.
- Application forms will be available from Lorna Riley (lorna.m.riley@gmail.com)

TABLE 2

TABLE 3