

*ZIMBABWE  
SWIMMING BOARD  
OF CONTROL*



*NATIONAL HANDBOOK  
2013/2014*

## 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

### PRESIDENT

MARY KLOPPERS  
Tel: 498702  
Cell: 0779 948 482  
[zaupresident@zimaquatics.co.zw](mailto:zaupresident@zimaquatics.co.zw)

### VICE-PRESIDENT

PAM SAINSBURY  
Tel: 490640  
Cell: 0772 264 291  
[pamsainsbury@gmail.com](mailto:pamsainsbury@gmail.com)

### SECRETARY GENERAL

NEIL BRADSHAW  
Tel: 496296  
Cell: 0772 238 996  
[zausecretary@zimaquatics.co.zw](mailto:zausecretary@zimaquatics.co.zw)

### TREASURER

SHEELAH CRAUSE  
Tel: 446324  
Cell: 0772 328 907  
[sheelah@pnh.co.zw](mailto:sheelah@pnh.co.zw)

### EXECUTIVE MEMBER

CHRIS SHEPHERD  
Tel:  
Cell: 0772 262 659  
[chrismufudzi@gmail.com](mailto:chrismufudzi@gmail.com)

## ZIMBABWE SWIMMING BOARD OF CONTROL INFORMATION

### CHAIRPERSON

LORNA RILEY  
Tel: 09-250392 (H)  
Cell: 0712 423 810  
[lorna@netconnect.co.zw](mailto:lorna@netconnect.co.zw)

### VICE CHAIRMAN

TRACEY DOORMAN  
Cell: 0773 405 673  
[mtladoor@zol.co.zw](mailto:mtladoor@zol.co.zw)

### TREASURER

JULIE PRICE  
Tel: 335212 (H)  
Cell: 0772 305 702  
[pjprice@zol.co.zw](mailto:pjprice@zol.co.zw)

### SECRETARY

MARY KLOPPERS  
Tel: 498702  
Cell: 0779 948 482  
[comptech@zol.co.zw](mailto:comptech@zol.co.zw)

## MASHONALAND EXECUTIVE COMMITTEE

### CHAIRPERSON

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

### VICE CHAIRMAN

CELSE CHIANG  
Cell: 0773 001 577  
Cell: 0733 854 148  
[elsaleechiang@zol.co.zw](mailto:elsaleechiang@zol.co.zw)

### TREASURER

ALLISON BELLRINGER  
Tel: 301257 (H)  
Tel: 776922 (W)  
Cell: 0712 622 884  
[alison@tovom.co.zw](mailto:alison@tovom.co.zw)

### SECRETARY

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

## MATABELELAND EXECUTIVE COMMITTEE

### CHAIRPERSON

EDMORE CYPRIANOS  
Tel: 09 236429/889231  
(W)  
Cell: 0772 303 963  
[cypriano@netconnect.co.zw](mailto:cypriano@netconnect.co.zw)  
[cyprianosn@gmail.com](mailto:cyprianosn@gmail.com)

### VICE CHAIRMAN

WILLIAM MILLS  
Tel: 09 283449  
Cell: 0712 713 258  
[muzimu@gatorzw.com](mailto:muzimu@gatorzw.com)  
[Seedlings77@gmail.com](mailto:Seedlings77@gmail.com)

### TREASURER

JACQUI SMIT  
Tel: 09 468197  
Cell: 0773 561 380  
[justjax@yoafrica.com](mailto:justjax@yoafrica.com)

### SECRETARY

CAROL McALLISTER  
Tel: 09 245124(H)/243107/8  
Cell: 0779 913 269  
[maco@yoafrica.com](mailto:maco@yoafrica.com)

## MANICALAND EXECUTIVE COMMITTEE

### CHAIRPERSON

ANNEKE CHAN-JACK  
Tel: 020 60183  
Cell: 0772 588 201  
[annekechanjack@gmail.com](mailto:annekechanjack@gmail.com)

### VICE CHAIRMAN

DELLA HERRING  
Cell: 0772 324 987  
[dellaherring1@gmail.com](mailto:dellaherring1@gmail.com)

### TREASURER

CARMEL MURRAY  
Tel: 020 60652/60332  
Tel: 0775 092 625  
[carmel@zol.co.zw](mailto:carmel@zol.co.zw)

### SECRETARY

ANNE WHITE  
Tel: 020 60183  
Tel: 0772 236 198  
[admin1@henninglock.com](mailto:admin1@henninglock.com)

## MASH COUNTRY DISTRICTS EXECUTIVE COMMITTEE

### CHAIRPERSON

TRACEY DOORMAN

Cell: 0773 405 673  
[mtlador@zol.co.zw](mailto:mtlador@zol.co.zw)

### VICE CHAIRMAN

### TREASURER

LIEN NEL  
Tel: 067 21485  
cell:0772 340 605  
[gnel@bsatt.com](mailto:gnel@bsatt.com)

### SECRETARY

LIEN NEL  
Tel: 067 21485  
Cell: 0772 340 605  
[gnel@bsatt.com](mailto:gnel@bsatt.com)

## MIDLANDS EXECUTIVE COMMITTEE

### CHAIRPERSON

RAYMOND TAMAI  
Tel: 054 224071 ext 2099  
Cell: 0772 771 578

[tamairaymond@yahoo.com](mailto:tamairaymond@yahoo.com)

### VICE CHAIRPERSON

MILCA MAWERE  
Tel: 054 225532  
Cell: 0773 250 123  
0712 281 492

[aquariumswimmingclub@yahoo.com](mailto:aquariumswimmingclub@yahoo.com)

### TREASURER

FLORENCE TABANIE  
Cell: 0779 429 297

### SECRETARY

HISMAN MAPASURE  
Cell: 0712 717 729

[hmapasure@gmail.com](mailto:hmapasure@gmail.com)

## MASVINGO PROVINCIAL EXECUTIVE COMMITTEE

### CHAIRPERSON

PHILIPPA FERRIS  
Cell: 0772 254 449  
[pmaferris@gmail.com](mailto:pmaferris@gmail.com)

### VICE CHAIRMAN

ONISMO NHONDOVA  
Cell: 0773 540 683  
[o.j.nhondova@gmail.com](mailto:o.j.nhondova@gmail.com)

### TREASURER

CHRIS FERRIS  
Cell: 0772 411 515  
[acf.triangle@gmail.com](mailto:acf.triangle@gmail.com)

### SECRETARY

LETHIWE CHISALE  
Cell: 0772 344 443  
[hospaccountant@triangle.co.zw](mailto:hospaccountant@triangle.co.zw)

## AFFLIATION AND GALA FEES

ZSBC Seasonal Affiliation Fee	\$20	(payable by 18 October 2013)
ZAU Seasonal Affiliation Fee	\$5	(payable by 18 October 2013)
ZAU Code of Conduct	\$5	(this is per family, but a once off payment ie if done last season NOT due now. Please obtain booklets from ZAU)
MUTARE SPRINT GALA ENTRY FEE	\$5	
SENIOR NATIONAL CHAMPS ENTRY FEE	\$10	
JUNIOR NATIONAL CHAMPS ENTRY FEE	\$10	

## SPORTING PROVINCE

- If swimmers are eligible to swim for 2 provinces i.e. parents reside in one province, but they attend school in a different province, they **MUST** select their **SPORTING PROVINCE** by the required date, and shall remain with that province for the duration of the current season, UNLESS a release is obtained
  - seniors by 18 October 2013
  - Juniors by 31 January 2014

# PROVINCIAL, SA AGE GROUP GALA AND NATIONAL CHAMPIONSHIPS SUMMARY

GALA	VENUE	DATES	DETAILS	TRACKSUIT
National Sprint Gala	Mutare	19 October 2013	Inter-club competition	Club ONLY
Manicaland Championships	Mutare	8 – 9 November 2013		
Matabeleland Championships	Bulawayo	28 Nov – 1 Dec 2013	Inter-club competition	Club ONLY
Mashonaland Senior Championships	Les Brown, Harare	29 Nov – 2 Dec 2013 6 – 8 Dec 2013	Inter-club competition	Club ONLY
Mashonaland Invitational Short Course	Gateway Junior School, Harare (TBC)	January 2014 TBC		
Zimbabwe National Championships	Borrow Street, Bulawayo (TBC)	February 2014 TBC	Inter-provincial Competition	Senior Provincial
Junior National Championships	Harare (TBC)	8 – 9 March 2014 TBC	Inter-provincial Competition	Junior Provincial
SA Age Group – Level 2	Ellispark, RSA	20 – 23 March 2014	Club/Inter-provincial	Provincial/Club
SA Age Group – Level 1	Germiston, RSA	28 – 30 March 2014	Club/Inter-provincial	Provincial/Club

MIDLANDS CHAMPS  
MASVINGO CHAMPS

to be confirmed  
7 & 8 December TBC

## CODE OF CONDUCT

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

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

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

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

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

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

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

# **SWIMMING OFFICIALS ACCREDITATION AND PROGRESSION PLAN – 2013**

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

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

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

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

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

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

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

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

# SWIMMING OFFICIAL CERTIFICATION AND GRADING STANDARDS AND PROGRESSION PLAN

## Grading and Registration

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

## Qualification

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

## Accreditation

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

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

## General

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

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

National Meets :

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

International Meets (meets outside of Zimbabwe) :

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

## TIMEKEEPER (Minimum Age 13 years)

### Certification/Accreditation :

- Have passed the Timekeepers exam

### **CHIEF TIMEKEEPER (Minimum Age 16 years)**

#### **Education/Training :**

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

#### **Certification /Accreditation:**

- Have passed the Chief Timekeeper's exam

### **INSPECTOR OF TURNS - IT (Minimum Age 16 years)**

#### **Education/Training :**

- Qualified Timekeeper
- Attended a judges/IT clinic

#### **Certification/Accreditation :**

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

### **JUDGE OF STROKE (Minimum Age 16 years)**

#### **Education/Training :**

- Qualified Timekeeper
- Attended a judges/IT clinic

#### **Certification/Accreditation :**

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

### **STARTER (Minimum Age 18 years)**

#### **Education/Training :**

- Qualified Timekeeper
- Attended a starter clinic

#### **Certification/Accreditation :**

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

## REFEREE (Minimum Age 18 years)

### Education/Training :

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

### Certification/Accreditation :

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

### Note :

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

# ZIMBABWE NATIONAL CHAMPIONSHIP EVENTS GENERAL RULES

All **MEETS** will be run in accordance with FINA rules (as stated in the FINA Handbook **2013-2017**).

### STRAPPING/TAPE

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

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

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

Anne Mcintosh – Bulawayo (09-62456)

### PROTESTS AND APPEALS

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



## NATIONAL SPRINT GALA, MUTARE

19 OCTOBER, 2013

- The National Sprint Gala in Mutare Municipal pool will begin on **Saturday 19 October at 9:00am. The afternoon session will begin at 3pm**
- 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.
- There will be a 200m Individual Medley swum on Friday 18<sup>th</sup> October at 5.30pm

## NATIONAL SWIMMING CHAMPIONSHIPS, HARARE

13 - 17 FEBRUARY, 2014 tbc

- No entry 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.
- **NO LATE ENTRIES WILL BE ACCEPTED AFTER THE FINAL ENTRY DATE** (date TBC)
- The managers meeting on Thursday afternoon will be the **LAST TIME** that scratchings from heats will be accepted, except in the case of a medical emergency (scratchings will then be at the discretion of the Organisers).
- Scratchings from heats after the Managers Meeting will attract a **\$100 fee**, except in the cases of AGREED medical emergencies.
- 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.
- Provinces may swim up to 2 relay teams. At least 2 swimmers **MUST** be from the “named” province. Swimmers may only swim up one age group into an “A” relay and then there shall be NO “B” relay. “B” relay teams may win medals but **NOT** points.
- In all senior national events the following age groups **WILL** apply. Age date as at 31<sup>st</sup> December.

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

- 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	
		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	7:05.00	6:26.69
400m Ind Med	Male	6:40.00	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

**THURSDAY**

AFTERNOON

**MANAGERS MEETING AT 4.30 PM**

6pm

Event EVENING

1	Girls 400 FREESTYLE FINAL
2	Boys 400 FREESTYLE FINAL

**FRIDAY**

Event MORNING - 8am

3	200 FREESTYLE HEAT
4	50 BACKSTROKE HEAT

**TEA**

5	100 BREASTSTROKE HEAT
6	100 BUTTERFLY HEAT

3pm

Event AFTERNOON

3	200 FREESTYLE FINAL
4	50 BACKSTROKE FINAL

*400, 200 Freestyle medals*

*50 Backstroke medals*

**TEA**

5	100 BREASTSTROKE FINAL
6	100 BUTTERFLY FINAL

*100 Breaststroke medals*

*100 Butterfly medals*

7	Girls 400 FREE RELAY 12 & u
8	Boys 400 FREE RELAY 12 & u
9	Girls 400 FREE RELAY 13 - 14
10	Boys 400 FREE RELAY 13 - 14
11	Girls 400 FREE RELAY 15 - 16
12	Boys 400 FREE RELAY 15 - 16
13	Girls 400 FREE RELAY 17 & 0
14	Boys 400 FREE RELAY 17 & 0

## SATURDAY

### OPENING CEREMONY 8 am

#### Event MORNING

15	100 FREESTYLE HEAT
16	200 BACKSTROKE HEAT

#### TEA

17	50 BREASTROKE HEAT
18	Girls 200 BUTTERFLY FINAL
19	Boys 200 BUTTERFLY FINAL

#### Event AFTERNOON 3.30pm

15	100 FREESTYLE FINAL
16	200 BACKSTROKE FINAL

*400 Freestyle relay medals  
200 Butterfly medals*

#### TEA

17	50 BREASTROKE FINAL
20	Girls 400 IM FINAL
21	Boys 400 IM FINAL

*100 Freestyle medals  
200 backstroke medals  
50 Breaststroke medals*

22	Girls 400 MEDLEY RELAY 12 & u
23	Boys 400 MEDLEY RELAY 12 & u
24	Girls 400 MEDLEY RELAY 13 - 14
25	Boys 400 MEDLEY RELAY 13 - 14
26	Girls 400 MEDLEY RELAY 15 - 16
27	Boys 400 MEDLEY RELAY 15 - 16
28	Girls 400 MEDLEY RELAY 17 & 0
29	Boys 400 MEDLEY RELAY 17 & 0

## SUNDAY

#### Event MORNING - 8 am

30	200 BREASTROKE HEAT
31	100 BACKSTROKE HEAT
32	50 FREESTYLE HEAT

#### TEA

43	200 INDIVIDUAL MEDLEY HEAT
44	50 BUTTERFLY HEAT

#### 3.00pm

#### Event AFTERNOON

30	200 BREASTSTROKE FINAL
31	100 BACKSTROKE FINAL

*400 Medley relay medals  
200 Breaststroke medals  
100 Backstroke medals*

#### TEA

32	50 FREESTYLE FINAL
33	Girls 800 FREESTYLE FINAL
34	Boys 800 FREESTYLE FINAL

*50 Freestyle medals  
800 free medals*

35	Girls 200 FREE RELAY 12 & u
36	Boys 200 FREE RELAY 12 & u
37	Girls 200 FREE RELAY 13 - 14
38	Boys 200 FREE RELAY 13 - 14
39	Girls 200 FREE RELAY 15 - 16
40	Boys 200 FREE RELAY 15 - 16
41	Girls 200 FREE RELAY 17 & 0
42	Boys 200 FREE RELAY 17 & 0

*4 x 50 free relay medals*

## MONDAY

#### Event MORNING - 8am

43	200 IM FINAL
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#### TEA

44	50 BUTTERFLY FINAL
45	Girls 1500 FREESTYLE FINAL
46	Boys 1500 FREESTYLE FINAL

*200 IM medals  
50 Butterfly medals  
1500 free medals*

# JUNIOR NATIONAL CHAMPIONSHIPS, BULAWAYO

**1 - 2 MARCH, 2014 TBC**

- No qualifying times will apply. The selection of participants is at the discretion of the Provincial Boards.
- 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.
- 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. A minimum of 2 swimmers MUST be from the “named” province.
- The National Junior Championships will remain in its normal format and be swum over 2 days.
- The gala will be swum in a ratified 25m pool. Blocks MUST be used

## **SATURDAY**

**MORNING 8.30**

**OPENING CEREMONY**

### **Heats**

Event	Stroke	Distance	Gender and Age
1	BACKSTROKE	50 meters	BOYS 12
2	FREESTYLE	50 meters	GIRLS 12
3	INDIVIDUAL MEDLEY	100 meters	BOYS 10
4	BREASTSTROKE	25 meters	GIRLS 10
5	BACKSTROKE	50 meters	BOYS 11
6	BUTTERFLY	50 meters	GIRLS 11
7	FREESTYLE	25 meters	BOYS 9 & under
8	BUTTERFLY	25 meters	GIRLS 9 & under
9	BREASTSTROKE	50 meters	BOYS 12
10	INDIVIDUAL MEDLEY	100 meters	GIRLS 12

### **TEA**

11	BACKSTROKE	25 meters	BOYS 11
12	FREESTYLE	50 meters	GIRLS 11
13	BUTTERFLY	50 meters	BOYS 9 & under
14	BACKSTROKE	50 meters	GIRLS 9 & under
15	BUTTERFLY	25 meters	BOYS 12
16	FREESTYLE	25 meters	GIRLS 12
17	INDIVIDUAL MEDLEY	100 meters	BOYS 12
18	BACKSTROKE	50 meters	GIRLS 12
19	FREESTYLE	50 meters	BOYS 10
20	BACKSTROKE	25 meters	GIRLS 10
21	BREASTSTROKE	50 meters	BOYS 11
22	BREASTSTROKE	50 meters	GIRLS 11

**AFTERNOON 3 PM**

### **Finals**

Event	Stroke	Distance	Gender and Age
1	BACKSTROKE	50 meters	BOYS 12
2	FREESTYLE	50 meters	GIRLS 12
3	INDIVIDUAL MEDLEY	100 meters	BOYS 10
4	BREASTSTROKE	25 meters	GIRLS 10
5	BACKSTROKE	50 meters	BOYS 11
6	BUTTERFLY	50 meters	GIRLS 11
7	FREESTYLE	25 meters	BOYS 9 & under
8	BUTTERFLY	25 meters	GIRLS 9 & under
9	BREASTSTROKE	50 meters	BOYS 12
10	INDIVIDUAL MEDLEY	100 meters	GIRLS 12

### **MEDALS EVENTS 1-10**

11	BACKSTROKE	25 meters	BOYS 11
12	FREESTYLE	50 meters	GIRLS 11
13	BUTTERFLY	50 meters	BOYS 9 & under
14	BACKSTROKE	50 meters	GIRLS 9 & under
15	BUTTERFLY	25 meters	BOYS 12
16	FREESTYLE	25 meters	GIRLS 12
17	INDIVIDUAL MEDLEY	100 meters	BOYS 12
18	BACKSTROKE	50 meters	GIRLS 12
19	FREESTYLE	50 meters	BOYS 10
20	BACKSTROKE	25 meters	GIRLS 10
21	BREASTSTROKE	50 meters	BOYS 11
22	BREASTSTROKE	50 meters	GIRLS 11

### **TEA**

### **MEDALS EVENTS 11-22**

23	MEDLEY RELAY	100 meters	BOYS 9 & under
24	FREESTYLE RELAY	100 meters	GIRLS 9 & under
25	MEDLEY RELAY	100 meters	BOYS 12
26	FREESTYLE RELAY	100 meters	GIRLS 12
27	MEDLEY RELAY	100 meters	BOYS 10
28	FREESTYLE RELAY	100 meters	GIRLS 10
29	MEDLEY RELAY	100 meters	BOYS 11
30	FREESTYLE RELAY	100 meters	GIRLS 11

**MEDALS EVENTS 23-30****SUNDAY****MORNING 8.30 AM****Heats**

Event	Stroke	Distance	Gender and Age
31	BREASTSTROKE	50 meters	GIRLS 12
32	BUTTERFLY	50 meters	BOYS 12
33	INDIVIDUAL MEDLEY	100 meters	GIRLS 10
34	BUTTERFLY	25 meters	BOYS 10
35	FREESTYLE	50 meters	GIRLS 11
36	INDIVIDUAL MEDLEY	100 meters	BOYS 11
37	BACKSTROKE	25 meters	BOYS 9 & under
38	BREASTSTROKE	25 meters	GIRLS 9 & under

**Finals**

Event	Stroke	Distance	Gender and Age
31	BREASTSTROKE	50 meters	GIRLS 12
32	BUTTERFLY	50 meters	BOYS 12
33	INDIVIDUAL MEDLEY	100 meters	GIRLS 10
34	BUTTERFLY	25 meters	BOYS 10
35	FREESTYLE	50 meters	GIRLS 11
36	INDIVIDUAL MEDLEY	100 meters	BOYS 11
37	BACKSTROKE	25 meters	BOYS 9 & under
38	BREASTSTROKE	25 meters	GIRLS 9 & under

**INTERVAL 10 MINUTES**

39	BUTTERFLY	50 meters	GIRLS 12
40	FREESTYLE	50 meters	BOYS 12
41	BUTTERFLY	25 meters	GIRLS 10
42	BREASTSTROKE	25 meters	BOYS 10
43	INDIVIDUAL MEDLEY	100 meters	GIRLS 11
44	FREESTYLE	50 meters	BOYS 11
45	BREASTSTROKE	25 meters	BOYS 9 & under
46	BACKSTROKE	25 meters	GIRLS 9 & under

**INTERVAL 10 MINUTES****MEDALS EVENTS 31-38**

39	BUTTERFLY	50 meters	GIRLS 12
40	FREESTYLE	50 meters	BOYS 12
41	BUTTERFLY	25 meters	GIRLS 10
42	BREASTSTROKE	25 meters	BOYS 10
43	INDIVIDUAL MEDLEY	100 meters	GIRLS 11
44	FREESTYLE	50 meters	BOYS 11
45	BREASTSTROKE	25 meters	BOYS 9 & under
46	BACKSTROKE	25 meters	GIRLS 9 & under

**INTERVAL 20 MINUTES BEFORE THE START OF FINALS****INTERVAL 20 MINUTES****MEDALS EVENTS 39-46**

47	MEDLEY RELAY	100 meters	GIRLS 12
48	FREESTYLE RELAY	100 meters	BOYS 12
49	MEDLEY RELAY	100 meters	GIRLS 10
50	FREESTYLE RELAY	100 meters	BOYS 10
51	MEDLEY RELAY	100 meters	GIRLS 11
52	FREESTYLE RELAY	100 meters	BOYS 11
53	MEDLEY RELAY	100 meters	GIRLS 9 & under
54	FREESTYLE RELAY	100 meters	BOYS 9 & under

**MEDALS EVENTS 47-54  
CHAMPIONSHIP AWARDS**

## **INTERNATIONAL TOURING TEAMS – GENERAL RULES**

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.**

8. 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.
9. 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. ALL ENTRIES MUST BE DONE THROUGH ZSBC.**

- **PLEASE NOTE – ALL SWIMMERS WHETHER BASED IN ZIMBABWE OR OUTSIDE ZIMBABWE WILL BE REQUIRED TO COMPLETE AN APPLICATION FORM FOR EACH TOUR THEY ARE APPLYING FOR.**
- **NO APPLICATIONS FOR ANY TOUR WILL BE ACCEPTED UNLESS ALL THE RELEVANT CRITEREA HAVE BEEN MET.**
- **FOR ALL TOURS LISTED BELOW, AND FOR ALL SWIMMERS AN APPLICATION FORM NEEDS TO BE COMPLETED AND SUBMITTED BY THE REQUIRED DATE (APPENDIX 1)**

## SUBMISSION DATES FOR TOUR APPLICATIONS

TOUR	DATES	AGE GROUPS	APPLICATION DATE	SELECTION DATE
JUNIOR ALL AFRICA CHAMPS, ZAMBIA	28 NOV – 1 DEC 2013	13/14; 15/16	28 September	26 October '14
LEVEL 3 AGE GROUP CHAMPS, CAPE TOWN	13 – 17 MARCH 2014	12/U – 17/18	Last day of Senior Nationals	20 February '14
SA SENIORS & YOUTH CHAMPS, DURBAN	7 – 12 APRIL 2014	15 and over	28 February (intention to compete)	17 March '14
2ND AFRICAN YOUTH GAMES, BOTSWANA	22 – 31 MAY 2014	Born 1 Jan '96 – 31 Dec '99	TBA	TBA
YOUTH OLYMPIC GAMES, NANJING, CHINA	16 – 28 AUGUST 2014	Born 1 Jan '96 – 31 Dec '99	8 JUNE 2013	TBA
ZONE VI GAMES, BULAWAYO	2 – 18 DECEMBER 2014	Girls – 15-19yrs; boys – 16-19yrs	TBA	TBA
WORLD SHORTCOURSE CHAMPS, DOHA, QATAR	10 – 14 DECEMBER 2014	OPEN	31 JULY 2014	TBA

### TOUR CRITERIA – GENEREAL 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.

## TOUR COACHES AND MANAGERS – GENERAL RULES

- **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 to be involved in travel, accommodation and Team arrangements.

## TOUR FUNDRAISING

- All fundraising under the banner of ZSBC must be done in respect of the WHOLE team, and NOT an individual
- All funds MUST go through the ZSBC books and bank accounts



# **10<sup>TH</sup> CANA AFRICAN JUNIOR SWIMMING CHAMPIONSHIPS**

**LUSAKA, ZAMBIA  
28 NOVEMBER – 1 DECEMBER 2013**

- This is a ZSBC Tour and swimmers **MUST** be in possession of a valid Zimbabwean Passport (CANA requirement) which will be required for participation.
- A Birth Certificate that has not been issued after 31<sup>st</sup> March 2010 is also required. This is required for proof of age prior to participation.
- The competition is available to swimmers in the age groups 13/14 (born 1999 and 2000) and 15/16 (born 1997 and 1998) (age as at 31<sup>st</sup> December 2013)
- Team numbers shall **NOT** be more than the following:
  - 13/14                6 male, 6 female
  - 15/16                8 male, 8 female
- Qualification period from 1 May 2012
- The following qualification times will apply (extract from 2012, level 3)
- Complete and return an application form, for consideration for the tour, as soon as all criteria have been met (Appendix 1) by 28<sup>th</sup> September 2013.
- ZSBC Board MAY call on further qualifiers up to 26<sup>th</sup> October (after Mash 3<sup>rd</sup> Seeded Gala; after Matland 3<sup>rd</sup> gala)

EVENT	14/UNDER		16/UNDER	
	F	M	F	M
100 Free	1.04.63	1.00.55	1.03.53	56.61
200 Free	2.19.57	2.13.73	2.17.18	2.05.03
400 Free	4.53.97	4.42.85	4.48.95	4.24.45
800 Free	10.14.02		9.53.38	
1500 Free		19.47.11		17.30.13
100 Back	1.14.04	1.09.48	1.12.81	1.05.07
200 Back	2.39.28	2.30.85	2.36.62	2.21.27
100 Breast	1.22.81	1.17.58	1.21.43	1.12.65
200 Breast	2.57.85	2.48.45	2.54.89	2.37.75
100 Fly	1.11.22	1.06.60	1.10.03	1.02.37
200 Fly	2.39.62	2.36.50	2.34.39	2.18.85
200 IM	2.39.62	2.30.54	2.36.91	2.20.82
400 IM	5.42.10	5.38.50	5.30.69	4.59.74

# LEVEL 3 NATIONAL AGE GROUP CHAMPIONSHIPS

UNIVERSITY OF WESTERN CAPE POOL, CAPE TOWN, RSA  
13 – 17 MARCH, 2014

- 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 1<sup>st</sup> date of gala i.e. 13 March, 2014. 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, 2013**.
- Level 3 qualifying times as per **TABLE 2 (SA Age Group Time Standards 2013)**.
- 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 date will be the last day of Senior National Championships. (date to be confirmed)
- **Participation at the Zimbabwe Senior National Championships will be required for Selection.**
- **PLEASE COMPLETE AND SUBMIT AN APPLICATION FORM**
- 

## 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

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

### 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 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 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  
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 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

# SA NATIONAL AQUATIC CHAMPIONSHIPS & YOUTH CHAMPS

KINGS PARK POOL, DURBAN, RSA

7 - 12 APRIL, 2014

## 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, unless a swimmer is under 18.
- This competition is open to swimmers aged 15 years and over as at 1<sup>st</sup> date of gala i.e. 7 April, 2014.
- Only **One SA National** qualifying time to be achieved to qualify for selection.
- **See TABLE 3 (SA National Times 2013).**
- Swimmers may enter the events they have SA National qualifying times for, plus **three** additional events provided they have times as from **1 May 2013**.
- Selection times to be taken from **1 May, 2013**.
- ZSBC will, subject to numbers, make a decision closer to the Gala date, as to whether an "official organized tour" is viable.
- **Level 3 swimmers (16 years and above) need to indicate by the end of February 2014, whether they will be attending this gala should they meet the required criteria at Level 3.**
- **PLEASE COMPLETE AND SUBMIT AN APPLICATION FORM**

## 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.
- **PLEASE COMPLETE AND SUBMIT AN APPLICATION FORM**

## 2<sup>ND</sup> AFRICAN YOUTH GAMES

GABARONE, BOTSWANA

22-31 MAY 2014

- This is a Government Tour and as such a Zimbabwe passport will be required.
- Competition will serve as a qualifying event for the Youth Olympics in Nanjing. (TBC)
- Only swimmers born between 1 January 1996 and 31 December 1999 are eligible to compete
- Qualifying criteria – Final numbers and criteria to be received from SRC in due course.
- Application date to be advised.
- **PLEASE COMPLETE AND SUBMIT AN APPLICATION FORM**

# YOUTH OLYMPIC GAMES

NANJING, CHINA

16 – 28 AUGUST, 2014

## ATHLETE ELIGIBILITY

- All athletes must comply with the provisions of the Olympic Charter currently in force and only those athletes who have complied with the Olympic Charter may participate in the Youth Olympic Games.
- To be eligible to participate in the Youth Olympic Games, all athletes must be born between 1 January 1996 and 31 December 1999.
- If the IF quota of 140 boys and 140 girls is exceeded at the qualifying events, the FINA Points Table will be used to obtain the required number of swimmers. Only the best performance per swimmer will count

## QUALIFICATION PERIOD

- **1 April 2013 – 8 June 2014**
- Qualifying times can be achieved at national championships, international events, regional events or continental championships. All qualifying events must be sanctioned by FINA.

## QUALIFICATION SYSTEM

- For teams that finish in the Top 16 by total FINA points at the 15th FINA World Championships in Barcelona (ESP): eight (8) athletes maximum (4 boys and 4 girls) if achieving the FINA qualifying standard times.
- In the event that all continents are not represented in the top 16 teams from the 15th FINA World Championships 2013 in Barcelona (ESP), the highest finishing team from an unrepresented continent will be allowed to enter up to eight (8) athletes (4 boys and 4 girls) having achieved the required qualifying times.
- For all other teams with swimmers who meet qualification standard time: four (4) athletes maximum (2 boys and 2 girls).
- For NOCs that do not have swimmers who meet qualification standard time: one (1) boy and one (1) girl can be entered regardless of times.
- Achieving the qualifying standard time does not automatically give the right to participate in the Youth Olympic Games. FINA will confirm by 20 June 2014 the participating swimmers, up to the total number of 140 boys and 140 girls, in accordance with the FINA Qualifying Standard Times and FINA Points Table.

## QUALIFYING STANDARDS

Boys' Standards			Girls' Standards	
A – 2 Entries	B – 1 Entry		A – 2 Entries	B – 1 Entry
0.23,65	0.24,48	50m Freestyle	0.26,68	0.27,61
0.51,46	0.53,26	100m Freestyle	0.57,38	0.59,39
1.53,57	1.57,54	200m Freestyle	2.04,12	2.08,46
4.01,68	4.10,14	400m Freestyle	4.20,23	4.29,34
8.22,84	8.40,44	800m Freestyle	9.02,71	9.21,70
0.27,19	0.28,14	50m Backstroke	0.30,36	0.31,42
0.57,96	0.59,99	100m Backstroke	1.04,66	1.06,92
2.07,48	2.11,94	200m Backstroke	2.19,77	2.24,66
0.29,81	0.30,85	50m Breaststroke	0.33,18	0.34,34
1.04,79	1.07,06	100m Breaststroke	1.11,99	1.14,51
2.22,24	2.27,22	200m Breaststroke	2.35,17	2.40,60
0.25,47	0.26,32	50m Butterfly	0.28,04	0.29,02
0.55,43	0.57,37	100m Butterfly	1.02,62	1.04,81
2.04,10	2.08,44	200m Butterfly	2.24,75	2.29,82
2.06,57	2.11,00	200m Ind. Medley	2.21,48	2.26,43

## **ZONE VI GAMES**

**BULAWAYO, ZIMBABWE**

**2 – 18 DECEMBER 2014**

- This is a Government tour and as such a Zimbabwe passport will be required.
- Although the competition is an under 20 competition, a minimum age of 15 for girls and 16 for boys will apply.
- Qualification period from 1 May 2013 to 1 August 2014
- Qualifying criteria – Final numbers and criteria to be received from SRC in due course.
- Swimmers out of Zimbabwe are encouraged to make themselves available but we understand if this is not possible.
- Team announcement dates to be confirmed

## **WORLD SHORT COURSE CHAMPIONSHIPS**

**DOHA, QUATAR**

**10 – 14 DECEMBER 2014**

- A Zimbabwe Passport will be required
- Final Application date is the 31<sup>st</sup> of July 2014.
- Short course times would be preferable but long course meters will be accepted by FINA
- CROCS must be registered by the 31<sup>st</sup> October 2013 to be eligible for consideration.
- Participation in the Zimbabwe National Championships **OR** a registered FINA meet are required along with attendance at SA Open Champs if possible.
- A minimum standard of 2 times that register more than 650 FINA points each are required to make application.
- Team size will be limited and swimmers will be rated according to FINA points scored.
- The Zone VI team takes preference over World Short course.
- The above qualification is **ALL** subject to FINA criteria (not available to date)
- **PLEASE COMPLETE AND SUBMIT AN APPLICATION FORM**

# APPENDIX 1



## APPLICATION FOR SELECTION TO TOURS IN 2013-2014 SEASON

**NAME**

**CURRENT ADDRESS**

**CURRENT PHONE NO**

**E MAIL ADDRESS**

**TOUR TO BE CONSIDERED FOR**

**DATES**

I would like to be considered for selection to the Zimbabwe Swimming team travelling to the above meet.  
I have qualified according to the relevant Schedule of Qualifying times and list these below.

Event	TIME	DATE ACHIEVED ON	MEET

I have provided the following documentation:

- Digital Passport Photo (JPEG)
- Digital Casual Photo (JPEG)
- Digital copy of passport (JPEG)

2013/14 affiliation fees have been paid to the Zimbabwe Swimming Board of Control.

I understand that selection to the team is not guaranteed.

Signed  Date