



SSA Level 3 Regional Championships

Hillcrest, Tshwane

Hosted by NTS 

Welcome



Tshwane Aquatics (NTS) would like to welcome all swimmers, coaches, technical officials, and parents to the SSA Regional Level 3 Competition. May this be a most successful event for all! This event is hosted on behalf of Swimming South Africa and Aquatics Gauteng.

Venue, Key dates and Times



VENUE: Hillcrest Swimming Pool

DATES: 26-29 March 2026

TIMES: Heats start at 08h00.
All Finals start at 17h00.

Important Links



WhatsApp Group	https://chat.whatsapp.com/Gpxm2i7Hokl7uOEKLTo1fO
Withdrawal	https://forms.gle/P1Vc8AS97PJqgR2F8
Coaches Registration	https://forms.gle/6EKgWRjxfe7cvHSb8
Team Leaders	https://forms.gle/FeVckDtGEgVGueZ69
Officials Registration	https://forms.gle/Vta4qyLcYVPMUBey8
T-Shirt Ordering	https://paystack.shop/pay/iranzeemxk

General Swimming Competition Rules



WORLD AQUATICS' general and swimming rules will apply for the competitions.

If, due to weather conditions, any section of a swimming program cannot be completed, the following will apply:

- On the final day of the competition, if the Finals cannot be completed, the medals will be awarded as per the results of the heats.
- If on any of the other days the Finals cannot be completed, due to time constraints, the Finals will either, be rescheduled or the medals awarded as per the heats results.
- If circumstance require, any part of the program may be swum as timed finals.

Team Leaders Meeting



The official Team Leaders Meeting will take place as follows:

24 March 2026 – 19h00 – Online Teams Meeting

Microsoft Teams Meeting:

Meeting ID: 326 677 433 148 27

Passcode: 87sK2T8a

<https://teams.microsoft.com/meet/32667743314827?p=PQaSoZvTF7U7H5zp9>

Pool Access and Entrance



Parking: Parking will be available at the pool

The gates will open at 06h15 each of the days of the competitions.

Only approved Swimmers, Coaches, Officials and Support Staff whose names are on the lists for a specific session will be allowed entry to the pool.

Spectator's tickets will be available at the entrances of the pool and wrist bands issued for each session.

Please note that only card payments will be accepted – **NO CASH.**

Thursday 26 March 2026 – R 50.00

Friday 27 March - Sunday 29 March – R75.00/day. (If you arrive for the Finals only it will be R50.00)

General Pool Protocols



Medical support and first aid will be available at all sessions.

All safeguarding, health and safety protocols will be adhered to.

Control Room & Admin Hub



Both the control-room and administrative service point will be at the same place – please follow the directions.

No person (except specific officials) is allowed in the control-room.

ONLY Team leaders may visit the administrative service point to lodge objections complaints

Withdrawals



All withdrawals are done using an online link.

<https://forms.gle/P1Vc8AS97PJqgR2F8>

After the Manager's Meeting, withdrawals will be accepted 1 hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will be fined R200.00 per event. For no-shows at heats or finals, swimmers who do not show for their race, will be fined R300.00 and the swimmer may not compete in any other event until this fine has been paid.

Withdrawals from the finals – this must be done before the end of the heats session or as notified by the Admin Referee. It would be helpful if these withdrawals are done as soon as possible after the results are published, as this would be useful for notifying the alternates for the particular event. The alternates must report for the finals in case they are needed.

Communication



A WhatsApp group will be created to improve communication between Team Leaders, the Administrative Hub, and the Control-room.

<https://chat.whatsapp.com/Gpxm2i7Hokl7uOEKLTo1fO>

Warm-up



A warm-up schedule will be made available to all teams after the 2nd entry closing date.

Swimmers are to climb out on the side of the pool.

Diving will be allowed in Lanes 1 and 10 for the last 20 minutes of each session.

Heats



Heats will be swum in a 10 Lane Format.

Heats will be swim in all events.

Heats will commence at 08h00 each morning.

Heats will be swum together regardless of age according to submitted entry times.

If a swimmer misses his/her race, he/she will not be allowed to swim in a later heat.

If two or more times in the heats are the same for the 10th place in the final, 1st or 2nd reserve for the final, a swim-off will take place after the heats for that session. Any swimmer who does not want to participate in the swim-off must scratch.

In the event of only one swimmer remaining or staying for the swim-off, that swimmer will take 10th place in the final, 1st or 2nd reserve.

If all the swimmers scratch or that none of the swimmers stay for the swim-off, the next placed swimmer will automatically be placed in the final, 1st or 2nd reserve.

Finals



Finals will be swum in a 10 Lane format and will commence at 17h00 each afternoon.

Finals starting times will be subject to change. Should the starting time change, this will be announced on the Team Leader WhatsApp group.

Protest and Appeals



Protests and/or appeal must be lodged with the referee as per WORLD AQUATICS Rule GR9.2 together with a R1000 deposit, which is refundable if the appeal is upheld.

Appeals must be submitted within 30 minutes of completion of the respective race.

If conditions causing a potential appeal are noted prior to the race or competition an appeal must be lodged before the starting signal is given.

No video footage or photos will be permitted for the use of a protest.

In the case of a dispute, the Referees' decision will be final.

Technical Officials



The names of SSA registered, trained and available officials must accompany the swimming entries.

All officials to register by **6 March 2026** via the link below:

<https://forms.gle/i7ZeofBBJN1KGVuN9>

The final Roster and allocation of Officials will be at SSA's discretion depending on the number of swimmers entered in the Championships.

For Inter Club Competitions, clubs will be required to provide SSA registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition:

# OF SWIMMERS	TECHNICAL OFFICIALS REQUIRED PER SESSION
1 – 4 Swimmers	1 Judge
5 – 10 Swimmers	1 Judge; 1 Timekeeper
11 and over Swimmers	1 Judge; 2 Timekeepers

All Technical Officials must be correctly attired:

- White shirts and navy-blue trousers/tracksuit pants or skirts for finals sessions.

- Navy-blue shorts for heats will be permitted.
- No denims, sandals or flip-flops are allowed.

Team Leaders



All participating clubs must appoint ONE Team Leader – The Team Leader must be registered as official or administrator.

It is advisable to appoint an experienced Team Leader.

To register team leader – please use the link below:

<https://forms.gle/FeVckDtGEgVGueZ69>

Coaches



Only registered Coaches are permitted on pool deck during warm up.

Coaches to register via the link below:

<https://forms.gle/6EKgWRjxfe7cvHSb8>

Swimwear



Swimmers are permitted to wear ONE Costume.

Swimming costumes permitted are per the WORLD AQUATICS Rules.

No Strapping will be permitted.

Reporting to the Call Room



All Swimmers MUST report to the call room marquee for ALL heats and finals.

1st & 2nd Reserve Swimmers MUST report to the call room marquee for finals.

Swimmers that miss their race will NOT be placed in an alternative heat. Team leaders are to ensure that their swimmers report to the call room area in time for their event.

Ceremonies and Medals



Medals will be awarded to all swimmers placed 1st to 3rd in a final of an event and age group.

Gazebos and Marquees



Pool-facing gazebo-areas will be allocated to clubs based on the number of swimmers entered and a list will be distributed to clubs after the 2nd entry closing date. Clubs are permitted to erect their Gazebos the morning of 26th March 2026 from 09h00 onwards.

Gazebos are to be securely fastened and **not erected in demarcated areas** for emergency exits. Any gazebos found to be infringing into these demarcated areas will be removed.

Clubs are requested to be considerate towards one another with regards to space and to ensure social distancing between gazebos.

Code of Ethics



The SSA Code of Conduct will apply.

Refer to the WORLD AQUATICS Code of Ethics which deals with equality, dignity, and fair play. No discrimination based on gender, race, religion or political opinion shall be tolerated. All forms of harassment be they physical, psychological, profession or sexual are strictly prohibited. Fair play is the basic guiding principle in the sport of Aquatics.

Photographer



An approved and registered Photographer will be available throughout the championships. Please arrange any special photos that you would like directly with Colleen on what's App +27 82 433 6897.

Competition T-Shirt



A competition T-Shirt will be available on PRE-ORDER ONLY, R315.00 a shirt.

<https://paystack.shop/pay/iranzeemxk>



We are looking forward to welcoming you in Tshwane and thank you for your participation in the 2026 Level 3 competition.

Email	Phone Number
secretary@ntsaquatic.co.za	0827844858

Yours in Swimming

NTS Organising Committee