

CANA ZONE IV



Southern African Swimming Confederation
(CANA ZONE IV)



CANA Zone IV Championships (Swimming) 16 - 20 February 2017 Windhoek, Namibia

Team Leader Guide

Revision November 2018

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1. INTRODUCTION

The competition originated in 2000, it was named the Sub-Saharan Competition. In 2008 it was named the CANA Zone IV Invitational. At the meeting held in January 2009 during the competition in Johannesburg, it was decided to rename the competition THE CANA ZONE III and IV Invitational Swimming Competition. At the CANA ZONE IV Bureau Meeting of 2013, the CANA ZONE IV Bureau decided that in accordance with the African Union Sports Council Region V Strategy and Directives, the Event will now be designated as the CANA Zone IV Swimming Championship and will be known as such. The competition will be held in either a 25m (Short Course) or 50m (Long Course Pool), dependent on the facility available in the host country.

The following CANA Affiliated countries fall in this zone:

1.1. ZONE IV

- 1.1.1. Angola
- 1.1.2. Botswana
- 1.1.3. Comoros
- 1.1.4. Lesotho
- 1.1.5. Madagascar
- 1.1.6. Malawi
- 1.1.7. Mauritius
- 1.1.8. Mozambique
- 1.1.9. Namibia
- 1.1.10. Seychelles
- 1.1.11. South Africa
- 1.1.12. Swaziland
- 1.1.13. Zambia
- 1.1.14. Zimbabwe

2. LOC CONTACT DETAILS

2.1. ALL forms / confirmation, enquiries etc should be sent to:

2.1.1. Competition Manager: Riaan Lamprecht – 2019cz4@nasu.com.na

2.2. Copy to

2.2.1. CANA Zone iv secretariat at : canazone4@gmail.com and canazone4secretariat@gmail.com

3. KEY DATES

3.1. The 2019 CANA Zone IV Swimming Championships will be held in Windhoek from 16 February 2019 to 20 February 2019.

3.2. The Key Dates are as follows:

Technical Meeting	Friday – 15 February 2019	21:00
Opening Ceremony	Saturday – 16 February 2019	
First Day of Swimming Competition	Saturday – 16 February 2019	
Break Day of Swimming Competition	Sunday – 17 February 2019	
Last Day of Swimming Competition	Wednesday – 20 February 2019	
Closing Ceremony	Wednesday – 20 February 2019	

4. ACCOMMODATION & TRANSPORT

- 4.1. All federations MUST complete the necessary forms and return to the organizers by 24 November 2018
- 4.2. Accommodation will be provided for teams at Safari Court Hotel & Conference Centre
- 4.3. The cost for accommodation is listed in the attached document.
- 4.4. This includes full board (bed, breakfast, lunch and dinner with 1 drink included at each meal).
- 4.5. Transport will be provided for airport transfers and between the accommodation venue and the Swimming Pool

5. PAYMENT FOR ACCOMMODATION AND ENTRIES

- 5.1 A 50% deposit for accommodation must be paid by not later than 30 November 2018
- 5.2 Full Payments must be made by not later than 15 January 2019
- 5.3 For any countries late with payments, the LOC will NOT be able to GUARANTEE accommodation.
- 5.4 Bank Details
Payments shall be made by bank or wire transfer to –
Account: Namibia Swimming Union
Bank: Bank Windhoek
Branch: 481 972
Account Number: 8004 217 131
Ref: Cana Z4 – “Federation Name”
- 5.5 ALL TRANSFERS MUST INDICATE THE COUNTRY’S NAME and all remittances should include banking charges to be paid for by the sender when they process the transfer. Please email a scanned copy of the payment instructions and confirmation to:

6. ACCREDITATION

- 6.1. All entry to Swimming pool will be by an accreditation card ONLY.
- 6.2. Kindly send an electronic passport size photograph for each participant, with the participant's full name and surname as the name for the picture file, indicating SW – swimmer; OWS – Open Water Swimmer; WP – waterpolo player or TM – team management, e.g. SW Jonathan Water.jpeg (please make sure in jpeg format, MAXIMUM size 400 x 525 pixels)
- 6.3. Please send these with your FINAL ENTRY FORMS on the 26 January 2019

7. GENERAL RULES

- 7.1. The competition is held under the control of the Confederation Africaine de Natation Zone IV (CANA Zone IV), Regulations of CANA Zone IV, Regulations of CANA and the Technical Rules of the Federation Internationale de Natation (FINA) respectively.
- 7.2. In cases of conflict in interpreting the rules, the English text shall prevail.
- 7.3. The working language of CANA is English and where there is a difference in the translation, the English version shall prevail.
- 7.4. In cases where CANA does not provide for the rules, FINA Rules will apply.
- 7.5. The CANA Zone IV Bureau – consisting of the President, Secretary General/ Treasurer, 3 Vice Presidents and 7 Members (Total 12) or its delegate(s) – shall have complete control of all swimming events at the CANA Zone IV Swimming Championships.

8. COMPETITION FORMAT

- 8.1. The Championships shall be governed by the (FINA) Rules, (CANA) Constitution and Rules and Regulations and CANA Zone IV Constitution and Rules and Regulations.
- 2.1 All competitions will be run in accordance with the rules set out by FINA in their current Handbook and the CANA/ CANA Zone IV rules. The Official language for the Competition will be English.
- 2.2 It will be a four day program and all events will be timed finals.
- 2.3 Any country wishing to arrive earlier or have additional team members will be liable for the same cost per day as during the competition.
- 8.2. The swimming competition will commence on the Saturday and end on the Wednesday.
- 8.3. The Swimming competition consists of the following events:

<u>Women's Events</u>	<u>Men's Events</u>	<u>Master's Events (Woman & Men)</u>
50m Freestyle	50m Freestyle	50m Freestyle
100m Freestyle	100m Freestyle	100m Freestyle
200m Freestyle	200m Freestyle	200m Freestyle
400m Freestyle	400m Freestyle	400m Freestyle
50m Backstroke	50m Backstroke	50m Backstroke
100m Backstroke	100m Backstroke	100m Backstroke
200m Backstroke	200m Backstroke	200m Backstroke
50m Breaststroke	50m Breaststroke	50m Breaststroke

100m Breaststroke	100m Breaststroke	100m Breaststroke
200m Breaststroke	200m Breaststroke	200m Breaststroke
50m Butterfly	50m Butterfly	50m Butterfly
100m Butterfly	100m Butterfly	100m Butterfly
200m Individual Medley	200m Individual Medley	200m Individual Medley
4 x 50m Freestyle Relay	4 x 50m Freestyle Relay	
4 x 100m Freestyle Relay	4 x 100m Freestyle Relay	
4 x 100m Medley Relay	4 x 100m Medley Relay	

8.4. The competition will take place in an eight (8) lane 50m pool.

8.5. All events will be swum as timed finals.

9. TRAINING

9.1. Training Venues

9.1.1. The training venue will be at the Competition Swimming Pool.

9.2. Training Sessions

9.2.1. Training session will be scheduled pre-competition at the competition pool with warm up sessions before the competition starts.

9.3. Transport to the Training Venue

9.3.1. In accordance with training schedule, transport will be provided for athletes and team officials.

10. COMPETITION VENUE

10.1. The venue will be the Olympia Municipal Swimming Pool

10.2. Field of Play

10.2.1. The Swimming Competition Pool is 8-lane, 50m facility.

10.3. Warm-up and Cool down Area

10.3.1. The warm-up will be done in the competition pool before the competition starts

10.3.2. A second warm-up and cool-down pool will be available for competitors whilst events are in progress.

10.4. Change Rooms

10.4.1. Change rooms for male and female athletes will be provided with facilities including showers, toilets and change areas.

11. THE ROLES AND RESPONSIBILITIES OF ZONE IV MEMBERS AND PARTICIPATING COUNTRIES

11.1. Comply with response deadlines as set out by CANA Zone IV and the LOC,

11.2. Appoint a representative to liaise with the LOC

11.3. Monitor and ensure the order and discipline of their delegation.

11.4. Submit at least 2 Technical Officials for the Event. Technical Officials may not serve as Team Officials.

- 11.5. Ensure all payments are made within the required time and before the start of the competition.
- 11.6. Ensure only legitimate Team officials and competitors are accredited and have access to facilities and transport provided for the official event.
- 11.7. All visitors, parents and other spectators will not be provided with accreditation and will not have access to facilities and transport provided for the competition.

Number of competitors	Number of Team Officials
1-2	1
3-5	2
6-10	4
11 – 20	6
Over 21 competitors	8

12. PARTICIPANTS

- 12.1. Any athlete who participates in the championships events will be accredited using the CANA Zone IV Championships Accreditation Specifications.
- 12.2. All competitors must be citizens of a CANA Zone IV member country and must represent such member country of which the athlete is a citizen. The Affiliate which the athlete represents must be a fully paid-up bona fide member of CANA Zone IV.
- 12.3. All athletes shall present to the CANA Zone IV Technical Committee their individual passports issued by the Authorities of their respective countries to ascertain their nationalities.
- 12.4. Affiliates which are not fully paid-up bona fide members of CANA Zone IV shall not be allowed to enter athletes for the competitions of the CANA Zone IV Swimming Championships.
- 12.5. Where an Affiliate have failed to pay its subscription fee, such Affiliate will be automatically suspended until fees have been paid in accordance with the rules and regulations of CANA Zone IV.
- 12.6. If the fees are not paid before the commencement of the Swimming competitions such defaulting Affiliate will not be affiliated to CANA Zone IV any longer; and will therefore, not be able to enter athletes for the swimming competitions of the CANA Zone IV Swimming Championships.
- 12.7. The validity of a swimming event shall depend on the number of athletes entered for the event;
 - 12.7.1. There shall be at least four (4) entrants in individual events and four (4) in team events.
 - 12.7.2. There shall be a minimum of three (3) countries represented in each individual event and four (4) countries in a team event.
 - 12.7.3. Where this criterion is not met, the event may be cancelled at the discretion of the CANA Zone IV Bureau.
- 12.8. Each member participating country may enter two athletes per event.
- 12.9. Each country may enter one team in each relay event.
- 12.10. The host country may enter a B team; however, this team does not score points, nor are the swimmers eligible for medals.

13. TECHNICAL OFFICIALS

- 13.1. Any Qualified, Experienced Technical Officials from visiting countries wishing to officiate at this event, must submit their request to the LOC and CANA Zone IV Secretariat, by the due date.
- 13.2. The appointment of Technical Officials will be done by the LOC in consultation with the CANA Zone IV Secretariat.
- 13.3. Each member federation of CANA in Zone VI is required to provide two (2) Swimming Technical Officials who are either qualified Judges and / or Referees for the event.
- 13.4. Coaches and Managers of teams are not allowed to participate as technical officials.
- 13.5. During Competitions all officials must adhere to the established Dress Code, (navy blue bottoms, - long pants, trousers, long skirts, shorts may be worn for morning sessions if specified) White shirts will be worn unless sponsored shirts are provided.

ENTRIES

13.6. Entry Forms

- 13.6.1. The following Forms are to be submitted by the countries wishing to take part, to LOC.
 - 13.6.1.1. Intention to Compete Received
 - 13.6.1.2. Preliminary team due – 24 November 2018
 - 13.6.1.3. Accommodation requirements due – 24 November 2018
 - 13.6.1.4. Travel Arrangements due – 15 January 2019
 - 13.6.1.5. Team Entries due – 26 January 2019
- 13.6.2. The Forms are attached.
- 13.6.3. All Entry Forms must be submitted to LOC to arrive before the closing date.
- 13.6.4. If a participating has HyTek facilities then entries may be submitted using the Team Manager Entry procedure, in this case an event file will be sent to the countries indicating their Intention to Compete.

13.7. Entry Fees

- 13.7.1. Swimming Entry Fee: US\$2 p/athlete p/event, US\$4 p/relay team p/event can be paid in USD.
- 13.7.2. Entry fees must be paid before the commencement of the competition.

13.8. Swimming Entry Criteria

- 13.8.1. Age of the athlete will be as at the first day of the competition
- 13.8.2. Age groups shall be : 10&under, 11/12, 13/14, 15/16, 17 and over
- 13.8.3. The level of the competition shall be more or less that of the SSA level 3 gala
- 13.8.4. All events shall be swum as timed finals, ENTRY TIMES ARE THEREFORE ESSENTIAL for seeding purposes. Entries with No Times will be accepted.
- 13.8.5. Entries should be submitted on Team Manager TM ZIP Entry File.
- 13.8.6. Each Country may enter two (2) swimmers per age group per event for individual event and one relay team per relay event. Swimmers may swim up in the relay events.
- 13.8.7. The names relay entry forms must be submitted 1 hour before the start of the session where the event will be swum
- 13.8.8. All swimmers must be citizens of participating country.

- 13.8.9. The host country may enter a "B" Team. This team will comply with all competition rules and requirements. However, it will not be eligible for points or medals at the event.

14. PRE-COMPETITION PROCEDURE

14.1. Warm-up

- 14.1.1. Prior to competition, the competition pool is available for warm-up from 07:00 to 08:45 in the morning session.

14.2. Call Table

- 14.2.1. Athletes have to report to the Call Table with their accreditation cards and equipment 15 minutes prior to the official start time of the event or at least three (5) heats before their heat is due to start.
- 14.2.2. Prior to each event/heat, Athletes' Escorts lead the athletes from the Call Table in single file onto the pool deck.
- 14.2.3. When introduced, athletes are asked to stand near their seating block and acknowledge the spectators.

14.3. Equipment Baskets

- 14.3.1. Equipment baskets will be situated on the pool deck beside each lane.
- 14.3.2. Athletes are expected to put their belongings into the basket prior to the start of their race.
- 14.3.3. Volunteers will collect the baskets after the start of each race and take the baskets to a location off the Field of Play.

15. COMPETITION PROCEDURE

15.1. Start Lists

- 15.1.1. Preliminary Entry list by event will be available to Teams on 1 February 2019 (hytek files are due by 26 January 2019)
- 15.1.2. Team Leaders must check athletes' names spelling.

15.2. Relay Forms

- 15.2.1. Relay forms shall be available from the Sport Information Desk.
- 15.2.2. Teams are reminded that the names of athletes competing in relay events, both heats and finals must be submitted to the Technical Table on the pool deck no later than one (1) hour before the start of the session in which the relay takes place.
- 15.2.3. Relay Forms must list the athletes' names in the order they are to participate.

16. TEAM LEADERS MEETING

- 16.1. The Technical Meeting for swimming will be held on 15 February 2019 at 18:00 at the Safari Hotel and Conference Centre.
- 16.2. CANA Zone IV will provide the agenda for this meeting. Attendance by countries is mandatory. Two (2) representatives from countries are welcome to attend. During the meeting, each Team Leader must submit the final corrections to the swimming Technical Commission.

- 16.3. Two important objectives of this meeting are:
- 16.3.1. To accept final changes to the entry list and
 - 16.3.2. To produce the first official start list for the whole competition.
- 16.4. Forms for withdrawals, substitutions, corrections and relay entries will be available at the meeting and at the Sport Information Centre in the Championship Village.

17. PROTESTS

- 17.1. All protests shall be dealt with in accordance with the rules prescribed by FINA GR 9.2 subject to an agreed fee of 100 USD
- 17.2. In the case of a disqualification arising from a decision of fact, the Referee's decision will be final.
- 17.3. Protests arising out of a session must be lodged in writing with the Referee of the Competition, not later than thirty (30) minutes of the incident or after the results of such session have been made available to Affiliated Team Managers.
- 17.4. In the case of a technical disqualification, the referee will reply in writing the reasons for the disqualification or decisions taken. If the decision stands and the disqualification upheld, the matter can be referred to the Jury of Appeal.
- 17.5. All other protests will be dealt with by the Jury of Appeal.

18. JURY OF APPEAL

- 18.1. A Jury of Appeal will be appointed by the Bureau to act during the course of the Competition. This panel should consist of three members who will be present for the duration of the competition; these members may not officiate during this period.
- 18.2. The Jury of Appeal shall be authorised and empowered to deal with all matters of dispute and/or emergency arising out of and/or concerning the proper conduct and running of the Event.
- 18.3. Protests in respect of such dispute or emergency shall be lodged in writing by the Affiliated Member with the Chairman of the Committee /Competition Manager, or his representative at the Competition, not less than two (2) hours before the commencement of the session concerned where the reason for such protest is known in advance.
- 18.4. The Jury of Appeal shall hear all such evidence as may be presented to it by parties concerned.
- 18.5. The Committee shall convey its decision to the Referee and/or any other Official concerned with the dispute and/ or emergency.
- 18.6. The procedure at the hearing of the Jury of Appeal shall be that which is commonly practiced by the disciplinary and/or similar Committee.
- 18.7. The maxim of the “*adi alteram partem*” rule should at all times be applied in the conduct of the Committee, and any party who may be the subject of an enquiry may have the right to be represented by the President/Secretary and/or Manager of the team of the Affiliated Member of which he/she is a member.
- 18.8. All decisions of the Jury of Appeal will be final.

19. DOPING CONTROL

- 19.1. A Doping Control Programme will be implemented during the Period of the Championships, in compliance with the World Anti-doping code (WADC), FINA Regulations and its relevant International Standards.
- 19.2. Doping control will be conducted on all days of the Championship defined as the “the period commencing

on the date of the opening of the Championships, date 16 February 2019 up until and including the day of the Closing Ceremony of the Championships, date 20 February 2019

- 19.3. Any athlete who is part of the Championship may be selected to undergo a Doping Control during the Period of the Championship.
- 19.4. Selected athletes will be informed by means of a notification form served by an official Doping Control Chaperone.
- 19.5. The athlete must report to the Doping Control Station, accompanied by a team official, within one (1) hour of receiving the form.
- 19.6. Doping Control includes pre-competition testing and in-competition testing.
- 19.7. All samples collected during the period of the Championship will be screened for the substances and methods listed in the WADC latest Prohibited list.
- 19.8. Sample collected during the Championship will be analyzed in the WADA accredited Laboratory of the Region. The analysis report will be directly provided to the CANA Zone IV Secretary General and Treasurer.

20. CEREMONIES

20.1. Dress Code

- 20.1.1. Competitors must be neatly attired in uniform at the Opening, Closing and Presentation Ceremonies.
- 20.1.2. Teams with athletes who are not appropriately attired at the respective Ceremonies will incur an automatic fine of 100 USD

20.2. Opening Ceremony

- 20.2.1. Each team shall march into the arena in alphabetical sequence past the ceremonial dais.
- 20.2.2. The winning Country of the previous year's Championships shall lead the parade and the Host Country contingent shall bring up the rear.
- 20.2.3. In certain instances, it will suffice to replace the team by the captain or an official flag bearer.
- 20.2.4. The flag bearers and team managers or leaders will take up their position as directed at the Team Leaders Meeting.

20.3. Medal Presentations

- 20.3.1. The presentation will take place as published.
- 20.3.2. Once the Presentation is announced, all medal winners, followed by the bearers of the medals, will proceed to the podium.
- 20.3.3. The medal winners will take their position behind the victory podium and when announced, the third place winner will step onto the third place podium, then second place and then the winner.
- 20.3.4. Competitors who do not present themselves on time for medal presentations in the correct attire will forfeit their medals and points and the team will incur an automatic 100USD Fine.
- 20.3.5. The medal winners, and/or the finalists, shall be marched on to the podium, with musical accompaniment.
- 20.3.6. After all presentations are made, the finalists march away from the podium, passing in front of at least half the spectators.

20.4. Closing Ceremony

- 20.4.1. The winner will be determined by points for the top fifteen places.
- 20.4.2. Each Age Group will receive a trophy, determined by points given for 1st, 2nd and 3rd places

20.5. After Event Function

- 20.5.1. An after Tournament Function with limited entertainment will be arranged for the visiting teams

21. COMPETITION SCORING

21.1. Swimming Points

- 21.1.1. Points will be allocated for places 1 – 15.
- 21.1.2. The points will be as follows:
 - 21.1.2.1. 1st place – 18 points, 2nd place – 16 points, 3rd place – 14 points, 4th place – 12 points,
 - 21.1.2.2. 5th place – 11 points, 6th place – 10 points, 7th place – 9 points, 8th place – 8 points,
 - 21.1.2.3. 9th place – 7 points, 10th place – 6 points, 11th place – 5 points, 12th place – 4 points,
 - 21.1.2.4. 13th place – 3 points, 14th place – 2 points, 15th place – 1 point
- 21.1.3. The winning country will be determined by the most points.
- 21.1.4. The masters events will not score points

21.2. Medals

- 21.2.1. Medals, supplied either by the Host Member or the Sponsor, will be presented to
 - 21.2.1.1. First Place Gold
 - 21.2.1.2. Second Place Silver
 - 21.2.1.3. Third Place Bronze

21.3. Trophies

- 21.3.1. Floating Trophy will be presented to the winning country based on the points as in 12.1. The winning country will be responsible for suitably engraving the trophy
- 21.3.2. The winner victor / Victrix Ludorum trophies (to be supplied by the LOC) in each age group will be determined by medals won. Points will be allocated as follows:
 - 21.3.2.1. Gold – 6 points
 - 21.3.2.2. Silver – 3 points
 - 21.3.2.3. Bronze – 1 point

22. RESULTS

- 22.1. All competing countries will receive a full set of results at the end of the Tournament

23. SWIMMING PROGRAM

23.1. Age Group Events

ORDER OF EVENTS

Day 1 – 16 February 2019

Morning Session - start 09.00

Event #	M/F	Age	Event Name
1	F	14 & under	800 Freestyle
2	M	14 & under	800 Freestyle
3	F	15 & over	800 Freestyle
4	M	15 & over	800 Freestyle
201	F	Master 25-44 / 45&O	800 Freestyle
202	M	Master 25-44 / 45&O	800 Freestyle

Afternoon Session - 14:30

OPENING CEREMONY AND 800m Freestyle MEDAL PRESENTATION

5	F	12 & under	50 Breast
6	M	12 & under	50 Breast
7	F	13 - 14	50 Breast
8	M	13 - 14	50 Breast
9	F	15 - 16	50 Breast
10	M	15 - 16	50 Breast
11	F	17 & over	50 Breast
12	M	17 & over	50 Breast
203	F	Master 25-44 / 45&O	50 Breast
204	M	Master 25-44 / 45&O	50 Breast
13	F	12 & under	100 Back
14	M	12 & under	100 Back
15	F	13 - 14	100 Back
16	M	13 - 14	100 Back
17	F	15 - 16	100 Back
18	M	15 - 16	100 Back
19	F	17 & over	100 Back
20	M	17 & over	100 Back
205	F	Master 25-44 / 45&O	100 Back
206	M	Master 25-44 / 45&O	100 Back
MEDAL PRESENTATION		50m Breaststroke and 100m Backstroke	
21	F	14 & under	200 Med Rel
22	M	14 & under	200 Med Rel
23	F	15 & over	200 Med Rel
24	M	15 & over	200 Med Rel

Day 2- 18 February 2019**Morning Session – 09:00**

Event #	M/F	Age	Event Name
25	F	12 & under	200 Breast
26	M	12 & under	200 Breast
27	F	13 - 14	200 Breast
28	M	13 - 14	200 Breast
29	F	15 - 16	200 Breast
30	M	15 - 16	200 Breast
31	F	17 & over	200 Breast
32	M	17 & over	200 Breast
207	F	Master 25-44 / 45&O	200 Breast
208	M	Master 25-44 / 45&O	200 Breast
MEDAL PRESENTATION		200m Medley Relay and 200m Breaststroke	
33	F	12 & under	50 Back
34	M	12 & under	50 Back
35	F	13 - 14	50 Back
36	M	13 - 14	50 Back
37	F	15 - 16	50 Back
38	M	15 - 16	50 Back
39	F	17 & over	50 Back
40	M	17 & over	50 Back
105	F	Master 25-44 / 45&O	50 Back
106	M	Master 25-44 / 45&O	50 Back

Afternoon Session – 15:00

41	F	12 & under	200 Freestyle
42	M	12 & under	200 Freestyle
43	F	13 - 14	200 Freestyle
44	M	13 - 14	200 Freestyle
45	F	15 - 16	200 Freestyle
46	M	15 - 16	200 Freestyle
47	F	17 & over	200 Freestyle
48	M	17 & over	200 Freestyle
107	F	Master 25-44 / 45&O	200 Freestyle
108	M	Master 25-44 / 45&O	200 Freestyle
49	F	12 & under	50 Butterfly
50	M	12 & under	50 Butterfly
51	F	13 - 14	50 Butterfly
52	M	13 - 14	50 Butterfly
53	F	15 - 16	50 Butterfly
54	M	15 - 16	50 Butterfly
55	F	17 & over	50 Butterfly
56	M	17 & over	50 Butterfly
209		Master 25-44 / 45&O	50 Butterfly
210		Master 25-44 / 45&O	50 Butterfly
MEDAL PRESENTATION		50m Backstroke, 200m Freestyle And 50m Butterfly	
57	F	14 & under	4x100 Free Rel
58	M	14 & under	4x100 Free Rel
59	F	15 & over	4x100 Free Rel
60	M	15 & over	4x100 Free Rel

Day 3- 19 February 2019**Morning Session – 9:00**

Event #	M/F	Age	Event Name
61	F	14 & under	400 Freestyle
62	M	14 & under	400 Freestyle
63	F	15 & over	400 Freestyle
64	M	15 & over	400 Freestyle
211	F	Master 25-44 / 45&O	400 Freestyle
212	M	Master 25-44 / 45&O	400 Freestyle
MEDAL PRESENTATION		400m Freestyle relay and 400m Freestyle	
65	F	12 & under	100 Butterfly
66	M	12 & under	100 Butterfly
67	F	13 - 14	100 Butterfly
68	M	13 - 14	100 Butterfly
69	F	15 - 16	100 Butterfly
70	M	15 - 16	100 Butterfly
71	F	17 & over	100 Butterfly
72	M	17 & over	100 Butterfly
213	F	Master 25-44 / 45&O	100 Butterfly
214	M	Master 25-44 / 45&O	100 Butterfly

Afternoon Session – 15:00

73	F	12 & under	200 Back
74	M	12 & under	200 Back
75	F	13 - 14	200 Back
76	M	13 - 14	200 Back
77	F	15 - 16	200 Back
78	M	15 - 16	200 Back
79	F	17 & over	200 Back
80	M	17 & over	200 Back
215	F	Master 25-44 / 45&O	200 Back
216	M	Master 25-44 / 45&O	200 Back
81	F	12 & under	100 Breast
82	M	12 & under	100 Breast
83	F	13 - 14	100 Breast
84	M	13 - 14	100 Breast
85	F	15 - 16	100 Breast
86	M	15 - 16	100 Breast
87	F	17 & over	100 Breast
88	M	17 & over	100 Breast
217		Master 25-44 / 45&O	100 Breast
218		Master 25-44 / 45&O	100 Breast
MEDAL PRESENTATION		100m Butterfly, 200m Backstroke, 100m Breaststroke	
89	F	12 & under	50 Freestyle
90	M	12 & under	50 Freestyle
91	F	13 - 14	50 Freestyle
92	M	13 - 14	50 Freestyle
93	F	15 - 16	50 Freestyle
94	M	15 - 16	50 Freestyle
95	F	17 & over	50 Freestyle
96	M	17 & over	50 Freestyle
219	F	Master 25-44 / 45&O	50 Freestyle
220	M	Master 25-44 / 45&O	50 Freestyle
97	Mixed	14 & under	400 Medley Rel
98	Mixed	15 & over	400 Medley Rel

Day 4- 20 February 2018**Morning Session – 9:00**

Event #	M/F	Age	Event Name
99	F	14 & under	200 Fly
100	M	14 & under	200 Fly
101	F	15 - 16	200 Fly
102	M	15 - 16	200 Fly
103	F	17 & over	200 Fly
104	M	17 & over	200 Fly
221	F	Master 25-44 / 45&O	200 Fly
222	M	Master 25-44 / 45&O	200 Fly
MEDAL PRESENTATION 50m Freestyle, 400m Mixed Medley Relays and 200m Butterfly			
105	F	12 & under	100 Freestyle
106	M	12 & under	100 Freestyle
107	F	13 - 14	100 Freestyle
108	M	13 - 14	100 Freestyle
109	F	15 - 16	100 Freestyle
110	M	15 - 16	100 Freestyle
111	F	17 & over	100 Freestyle
112	M	17 & over	100 Freestyle
223		Master 25-44 / 45&O	100 Freestyle
224		Master 25-44 / 45&O	100 Freestyle
113	F	12 & under	200 I M
114	M	12 & under	200 I M
115	F	13 - 14	200 I M
116	M	13 - 14	200 I M
117	F	15 - 16	200 I M
118	M	15 - 16	200 I M
119	F	17 & over	200 I M
120	M	17 & over	200 I M
225	F	Master 25-44 / 45&O	200 I M
226	M	Master 25-44 / 45&O	200 I M
MEDAL PRESENTATION 100m Freestyle and 200m Individual Medley			
121	F	14 & under	200 Free Relay
122	M	14 & under	200 Free Relay
123	F	15 & over	200 Free Relay
124	M	15 & over	200 Free Relay

FINAL MEDAL PRESENTATION, 200m Freestyle Relays;**PRESENTATION OF TROPHIES**