

# SWIMMING COMPETITION RULES

Season / 2024 - 2025

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## 1. Introduction

During the 2024 – 2025 season, the following events are scheduled.

Competition	Host	Date	Closing Date for Entries	Closing Date for Corrections
<b>BSSA 1<sup>st</sup> League Gala (Gaborone)</b>	BSSA	21 September 2024	13 September 2024	18 September 2024
<b>Propellers Club Gala (Gaborone)</b>	PRSC	TBC	TBC	TBC
<b>BSSA 2<sup>nd</sup> League Gala (Francistown)</b>	Kubu	4 - 5 October 2024	26 September 2024	1 October 2024
<b>BSSA 3<sup>rd</sup> League Gala (Gaborone)</b>	BSSA	26 – 27 October 2024	15 October 2024	21 October 2024
<b>BSSA 4<sup>th</sup> League Gala (Francistown)</b>	Stingrays	9 November 2024	1 November 2024	5 November 2024
<b>UBSC Club Gala (Gaborone)</b>	UBSC	23 November 2024	TBC	TBC
<b>19<sup>th</sup> Botswana National Championships (Gaborone)</b>	BSSA	11 – 15 December 2024	29 November 2024	3 December 2024
<b>BSSA 5<sup>th</sup> League Gala (Gaborone)</b>	BSSA	25 January 2025	6 January 2025	8 January 2025
<b>BSSA 6<sup>th</sup> League Gala (Francistown)</b>	Kubu	1 February 2025	24 January 2025	28 January 2025
<b>BSSA 7<sup>th</sup> League Gala (Gaborone)</b>	BSSA	22 - 23 February 2025	4 February 2025	10 February 2025
<b>Bev Memorial (Gaborone)</b>	TBC	TBC	TBC	TBC
<b>DMSS Gators Club Gala (Gaborone)</b>	DMSS	TBC	TBC	TBC

The rules contained here within shall apply to all BSSA league galas. The Botswana National Championships will have additional rules specific to the competition. These rules must always be observed.

## 2. General Rules

- 2.1. All competitions will be held under the prevailing Technical Rules and Regulations of World Aquatics, and any BSSA rules and regulations issued specifically for each competition.
- 2.2. The BSSA will appoint a Meet Director for each competition. Anything not covered by these rules will be decided by the Meet Director in conjunction with the BSSA.
- 2.3. All league galas will be club based.
- 2.4. Only ribbons will be awarded at league galas.
- 2.5. The swimmer's age is at the first day of the competition.
- 2.6. Age groups are 8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over for both men and women.
- 2.7. The Masters age groups will be 25-34 and 35/Over.
- 2.8. Relay age groups are 10/Under, 11-14, and 15/Over.
- 2.9. Minimum age for all competitions is 7 years.
- 2.10. **Events Minimum Age**
  - a) Minimum age for 100m Butterfly is 11 years.
  - b) Minimum age for 200m Freestyle, 200m Back, 200m Breast, and 200m IM is 9 years.
  - c) Minimum age for 400m Free is 10 years.
  - d) Minimum age for all other events of length 200m and above is 11 years.
  - e) Swimmers 8 years and under may only swim 50m events and 100m Freestyle.
- 2.11. **Eligibility**
  - a) All athletes wishing to compete must be members in good standing of any of the BSSA affiliates and have paid their annual BSSA registration fees.
  - b) Athletes who are not members of any BSSA affiliate may participate provided an explicit permission from BSSA is first obtained in writing and any fees due paid in advance. For competitions with qualifying times, the athlete's entry times must be ratified by their National Federation.
  - c) When entry times are required, only times acquired 1 year prior to the first day of competition will be allowed.
  - d) If any part of the competition program cannot be completed due to adverse weather conditions, the Referee and Meet Director may.
    - i. Choose to award medals/ribbons based on results of the heats if Finals cannot be swum on the final day of the competition.
    - ii. On any other competition day when Finals cannot be swum, choose to reschedule the Finals, or award medals/ribbons based on results of the heats.
    - iii. If event heats cannot be completed, choose to cancel the event, or reschedule the heats. If the event is Heats/Finals or Heats/Semi Finals/Finals, the event may be converted to a Timed Final event.

- iv. Where time is a major constraint, choose to cancel or convert any part of the program to be swum as Timed Finals.
- v. Change the start time of any session.
- vi. Change the order of events.

### 3. Competition Fees

- 3.1. Entry fees for league galas will be as follows: P50/Swimmer, P30/Event, and P120/Relay (shared equally amongst team relay members). Session programs will cost P10/session.
- 3.2. Entry fees are due with entries. Any entries without proof of payment of entry fees will not be processed.
- 3.3. Entry fees are non-refundable.
- 3.4. Fees are to be paid into the following account:

**Account Name** : Botswana Swimming Sports Association  
**Bank** : First National Bank (FNB)  
**Account Number** : 62086093574  
**Branch** : First Place  
**Branch Code** : 281467

Send proof of payment to [botswanaswimming@gmail.com](mailto:botswanaswimming@gmail.com)

## 4. Entries

- 4.1. Entries to be emailed to [nkgautz@gmail.com](mailto:nkgautz@gmail.com) and copied to [botswanaswimming@gmail.com](mailto:botswanaswimming@gmail.com)
- 4.2. Fully completed Team Manager zip file must be received by the closing date of each competition.
- 4.3. Only designated team managers may:
  - a) Add or withdraw competitors.
  - b) Lodge complaints.
  - c) Lodge appeals.
- 4.4. A written protest may be lodged with the Referee within 30 minutes of the publication of results or announcement of the disqualification. The protest must be accompanied by a payment of P500.
- 4.5. In the case of a dispute, the referee's decision is final.
- 4.6. Each club shall send a team manager to attend the Team Managers' Meeting, which shall, unless otherwise communicated prior to the event, be held the day before the event. Missing a Team Managers meeting will attract a fine of P250. Teams travelling from outside the town hosting the event shall be allowed to send a proxy to the Team Manager's meeting.
- 4.7. After the closing date for entries, late or additional entries may only be made at the Team Managers' Meeting. There will be no late entries accepted after the Team Managers' Meeting.
- 4.8. Late entries fees will be as follows.
  - a) From closing date of entries to closing date of corrections: two times the original entry fee.
  - b) At the Team Managers' Meeting: five times the original entry fee.
- 4.9. There will be no processing of late entries and withdrawals after the closing date of corrections. All those shall be dealt with at the Team Managers' Meeting.

## 5. Withdrawals

- 5.1. Withdrawals at Team Managers' Meeting incur no penalty.
- 5.2. Withdrawals after the Team Managers Meeting will incur a cost of P200 per event unless it's for certified medical reasons. The medical certificate shall be submitted at the time of withdrawal or as requested by the Meet Director.
- 5.3. No Shows, whether in the heats or finals, will incur a fine P200 per event and the swimmer may not compete in any other event until this fine has been paid.
- 5.4. Withdrawals from Finals must be done before the session the heats were swum or as notified by the referee. Alternates must report for the finals in case they are needed, otherwise the No Show penalty will apply.
- 5.5. All swimmers must swim to the best of their capability. If deemed to have deliberately not done so or false started, the swimmer will be fined P500 and will be withdrawn from all their events, including relays, for that session.
- 5.6. Clubs are responsible for the collection and payment of fines accrued by their swimmers.

## 6. Disqualification

- 6.1. When a competitor who competed in the final is disqualified for any reason, including medical control, the position he/she would have held shall be awarded to the competitor who finished next and all the lower placing competitors in the final shall be advanced one place. If the disqualification occurs after the presentation of awards, the awards shall be returned and given to the appropriate competitors applying the foregoing provisions.
- 6.2. A Team Manager of a competitor who is disqualified may, for the purpose of clarification only, consult with the Admin Referee to ascertain the details (Event, heat, and lane numbers; reason) of the disqualification. Any follow-up to the disqualification shall be in the form of a protest.
- 6.3. A written protest may be lodged with the Admin Referee within 30 minutes of the publication of results or announcement of the disqualification. The protest must be accompanied by a payment of P500.
- 6.4. The BSSA will appoint and announce the members of the Jury of Appeal at the beginning of the competition.
- 6.5. In the case of a dispute, the referee's decision is final.

## 7. Relays

- 7.1. Relay age groups will be as per Rule 2.8 unless event specific rules state otherwise.
- 7.2. Relay names must be received in the correct stroke order. These must be received, at the first instance, with event entries to indicate participation in a relay event. During the competition, relay names should be submitted, using the correct form, before the end of the session preceding the session in which the relay will be swum. If the relay form is not submitted, the team will be withdrawn from the event.
- 7.3. The names of the relay swimmers may be changed up to one hour before the start of the session. Relay changes after this time will be subject to a medical certificate.
- 7.4. Only swimmers entered into the competition may swim in relays.
- 7.5. A mixed relay team consists of two men and two women.
- 7.6. Teams may enter as many relay teams as they possible can, but only one relay team will earn points. Event specific rules may impose a limit on the number of relay teams.
- 7.7. Swimmers may swim up in a relay event but can only participate in one relay age group.
- 7.8. Unattached swimmers may not swim relay events.

## 8. Time Trials

- 8.1. Time trial may be applied for in any competition.
- 8.2. A written application providing reasons for a time trial must be received at least twenty-four (24) hours prior to the time trial.
- 8.3. The fee for a time trial will be P800 and should be submitted with the written application.
- 8.4. If granted, a time trial will be held at the end of the first session of the day.

## 9. Awards

- 9.1. Standard points will be allocated for places 1 – 8 as follows:

a) [Individual Events]

1 <sup>st</sup> place	10 points
2 <sup>nd</sup> place	8 points
3 <sup>rd</sup> place	6 points
4 <sup>th</sup> place	5 points

5 <sup>th</sup> place	4 points
6 <sup>th</sup> place	3 points
7 <sup>th</sup> place	2 points
8 <sup>th</sup> place	1 point

b) [Relays]

1 <sup>st</sup> place	20 points
2 <sup>nd</sup> place	16 points
3 <sup>rd</sup> place	12 points
4 <sup>th</sup> place	10 points

5 <sup>th</sup> place	8 points
6 <sup>th</sup> place	6 points
7 <sup>th</sup> place	4 points
8 <sup>th</sup> place	2 points

## 9.2. Awards – Ribbons

- |                 |               |
|-----------------|---------------|
| a) First Place  | Gold Ribbon   |
| b) Second Place | Silver Ribbon |
| c) Third Place  | Bronze Ribbon |

## 10. Technical Officials

- 10.1. Each team will submit names of BSSA registered and available technical officials together with swimming entries. A fine of P500 per technical official will be levied on the club for non-submission of technical officials. A penalty fine of P500.00 for every official not present when the session starts will be levied on the club responsible for ensuring that the official is present and the swimmers from the club may be excluded for that session. Entries from the team will not be processed unless accompanied by the names of the technical officials.
- 10.2. Only registered coaches and team managers are allowed on deck during warmup sessions.
- 10.3. The number of technical officials will be based roughly on the number of swimmers as follows.
- 1 – 4 swimmers, one judge per heat per session.
  - 5 – 10 swimmers, one judge and one timekeeper for every session.
  - 11 and over swimmers, a minimum of three officials, two judges and one timekeeper for every session.
  - All technical officials must be correctly attired with white shirts and navy-blue/black trousers or skirts are required.

## 11. Ceremonies

- 11.1. Team Managers should ensure appropriate behaviour of their teams during the performing of the National Anthem and Opening Speeches.
- 11.2. Swimmers must present themselves in good time and in correct attire for a medal/ribbon ceremony. The correct attire is closed shoes, long pants or club top or a full tracksuit.
- 11.3. Only medal/ribbon winners are allowed on the podium during medal/ribbon presentations.

## 12. Advertising and Branding

- 12.1. Swim caps and racing swimsuits must comply with any BSSA and World Aquatics Branding and Advertising rules.
- 12.2. Only official team caps may be worn while competing.



## 13. Competition Events

**Event** : BSSA 1<sup>st</sup> League Gala (Gaborone)  
**Date** : 21 September 2024  
**Venue** : UB Pool (50m Pool)  
**Host** : BSSA

<b>Session 1</b>		
400 Free	Women	10, 11 - 12, 13 - 14, 15 - 16, 17/Over
400 Free	Men	10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Breast	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
<b>Session 2</b>		
50 back	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over

**Event** : BSSA 2<sup>nd</sup> League Gala (Francistown)  
**Date** : 4 - 5 October 2024  
**Venue** : Clifton Pool (25m Pool)  
**Host** : Kubu

<b>Session 1 (Evening, 4 October)</b>		
1500 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
1500 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
<b>Session 2</b>		
100 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
100 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
<b>Session 3</b>		
400 Free	Women	10, 11 - 12, 13 - 14, 15 - 16, 17/Over
400 Free	Men	10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
100 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 50 Free Relay	Women	10/Under, 11-14, and 15/Over
4 x 50 Free Relay	Men	10/Under, 11-14, and 15/Over

**Event** : BSSA 3<sup>rd</sup> League Gala (Gaborone)  
**Date** : 26 - 27 October 2024  
**Venue** : UB Pool (50m Pool)  
**Host** : BSSA

<b>Day 1 - Session 1 (26 Oct)</b>		
400 Free	Women	10, 11 - 12, 13 - 14, 15 - 16, 17/Over
400 Free	Men	10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
400 IM	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
400 IM	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 50 Mixed Free Relay	Mixed	10/Under, 11-14, and 15/Over
<b>Day 1 - Session 2 (26 Oct)</b>		
200 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
1500 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
1500 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
<b>Day 2 - Session 3 (27 Oct)</b>		
200 Free	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Breast	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
100 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
800 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
800 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 50 Mixed Medley Relay	Mixed	10/Under, 11-14, and 15/Over

**Event** : BSSA 4<sup>th</sup> League Gala (Francistown)  
**Date** : 9 November 2024  
**Venue** : TBC (25m Pool)  
**Host** : Stingrays

<b>Session 1</b>		
800 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
800 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Breast	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
<b>Session 2</b>		
200 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 100 Mixed Free Relay	Mixed	10/Under, 11-14, and 15/Over

**Event** : BSSA 5<sup>th</sup> League Gala (Gaborone)  
**Date** : 25 January 2025  
**Venue** : UB Pool (50m Pool)  
**Host** : BSSA

<b>Session 1</b>		
400 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
400 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
400 IM	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
400 IM	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 100 Free Relay	Women	10/Under, 11-14, and 15/Over
4 x 100 Free Relay	Men	10/Under, 11-14, and 15/Over
<b>Session 2</b>		
200 Free	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Breast	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
100 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 100 Mixed Medley Relay	Mixed	11-14, and 15/Over

**Event** : BSSA 6<sup>th</sup> League Gala (Francistown)  
**Date** : 1 February 2025  
**Venue** : Clifton Pool (25m Pool)  
**Host** : Kubu

<b>Session 1</b>		
800 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
800 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
<b>Session 2</b>		
100 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Breast	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
4 x 50 Free Relay	Women	10/Under, 11-14, and 15/Over
4 x 50 Free Relay	Men	10/Under, 11-14, and 15/Over

**Event** : BSSA 7<sup>th</sup> League Gala (Gaborone)  
**Date** : 22 - 23 February 2025  
**Venue** : UB Pool (50m Pool)  
**Host** : BSSA

<b>Day 1 - Session 1 (22 Feb)</b>		
400 Free	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
400 Free	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Breast	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Breast	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
200 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
50 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over Masters: 25-34 and 35/Over
400 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
400 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 50 Free Relay	Women	10/Under, 11-14, and 15/Over
4 x 50 Free Relay	Men	10/Under, 11-14, and 15/Over
4 x 50 Mixed Medley Relay	Mixed	10/Under, 11-14, and 15/Over
<b>Day 1 - Session 2 (22 Feb)</b>		
1500 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
1500 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Back	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
200 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Free	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 IM	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 100 Free Relay	Women	10/Under, 11-14, and 15/Over
4 x 100 Free Relay	Men	10/Under, 11-14, and 15/Over
<b>Day 2 - Session 3 (23 Feb)</b>		
800 Free	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
800 Free	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Women	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
50 Fly	Men	8/Under, 9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Breast	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Back	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Women	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
200 Free	Men	9 - 10, 11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Women	11 - 12, 13 - 14, 15 - 16, 17/Over
100 Fly	Men	11 - 12, 13 - 14, 15 - 16, 17/Over
4 x 50 Medley Relay	Women	10/Under, 11-14, and 15/Over
4 x 50 Medley Relay	Men	10/Under, 11-14, and 15/Over
4 x 50 Mixed Free Relay	Mixed	10/Under, 11-14, and 15/Over

## 14. Facility Etiquette

- 14.1. There will be a specific seating arrangement for Athletes, Officials and Spectators for all galas for the respective venues.
- 14.2. This arrangement must be adhered to without fail.
- 14.3. No spectators are allowed on the pool deck.
- 14.4. No alcohol shall be allowed on the premises of the venue.
- 14.5. Clubs shall ensure that there is order and proper conduct of their swimmers and parents at all events.

## 15. Marshalling

- 15.1. The marshalling area is strictly reserved for swimmers swimming in the upcoming heats/events and the nominated marshals. Coaches may go into the marshalling area if requested.
- 15.2. Swimmers arriving late to the marshalling area may be reported to the referee who may disqualify the swimmer from event. The marshals, in conjunction with the referee shall determine whether a swimmer is late or not.
- 15.3. Once a swimmer has been marshalled, they may not leave the marshalling area. Swimmers must ensure they have all the swimming attire before they enter the marshalling area.
- 15.4. Once a swimmer is seated, they may not leave their seat unless sent to start the race, except when told to move to the next row.
- 15.5. Swimmers are to answer the marshals when their names are called (even if they believe that the marshals know who they are) and are required to listen to and follow the instructions of the marshals at all times.
- 15.6. Swimmers are permitted to take IPODs or similar electronics into the marshalling area, but the following applies;
  - a) It is the swimmer's responsibility to ensure that they are able to hear the instructions given by the marshals;
  - b) The music etc. must not distract any of the other swimmers or be audible to the other swimmers/marshals
  - c) The marshals are not responsible for looking after electronics and no another person may be brought into the marshalling area to look after a swimmer's belongings at any point.
- 15.7. 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).
- 15.8. Swimmers – whilst waiting by the starter or behind the turns judges/time keepers:
  - a) must be quiet at all times;
  - b) are encouraged to remained dressed (tracksuit/gown etc.) while waiting especially if it is cold;
  - c) are encouraged to put on cap and goggles before walking onto pool deck (adjusting cap, costume, or goggles when on the starting block may constitute delaying the start, resulting in disqualification);
  - d) need only un-dress when lined up in the lanes on pool deck and the Referee blows the short ready whistles. The Referee will wait (within reason) for the swimmers to un-dress.
- 15.9 For finals of an event with heats/semifinals and finals, alternatives must report to the marshalling area together with the finalists.