



**SA MASTERS GAMES /
SAWFA PARTICIPATION
300m WATER RUN (Individual
and Relay) & “AQUA
SPECTACULAR”
27 September 2008**



Additional information to attached official SA Masters Games Registration / Entry Form and General Information. **PLEASE READ CAREFULLY BEFORE COMPLETING AND SIGNING THE ATTACHED FORMS.**

1. SAWFA Liaison Office (queries and further information)

92 Rockwood cr PO Box 203 WOODLANDS 0072 PRETORIA	}	Physical	Fax: 086 607 3579
		and	Cell : 082 715 0603
		Postal	Email : bwcoetzer@woodlandsnet.co.za
		Address	Contact Co-ordinator : Estè Coetzer

2. Who may participate in 300m Water Run (Individual and Team Relay) and “Aqua Spectacular”

- These events are open to anybody from 25 years old (minimum veteran / master age) onwards – age qualification for participation shall be determined as at 31st December 2008.
- Participants may participate in either one, two or three of the events.
- All SAWFA Instructors/Members, their clients, family members etc and any other interested persons are invited to participate in the events.

3. Age Groups for 300m Water Run (Individual Male and Female)

Years	25 – 29	30 – 34	35 – 39	40 – 44	45 – 49	50 – 54	55 - 59
Years	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84	85 – 89	90 and over

4. Age Groups for 300m Water Run (Team Relay Male and Female)

Years	25 – 39	40 – 54	55 - 64	65+
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5. Date of Events

- 27 September 2008

6. Times of Events

- 300m Water Run (Individual and Team Relay) – Registration at 08.30
- 300m Water Run (Individual) with first age group event commencing at 09h00
- 300m Water Run (Team Relay) with first age group commencing at 11h30
- “Aqua Spectacular” - Registration at 13h00
- “Aqua Spectacular” – Commencing at 13h30

7. Venue (see map on page 6 of this documentation)
 - 300m Water Run : Indoor Aqua Pool • LC de Villiers Sports Centre • South Street • HATFIELD • **PRETORIA**
 - “Fun Aqua Spectacular Challenge” : Indoor Aqua Pool • LC de Villiers Sports Centre • South Street • HATFIELD • **PRETORIA**
8. Entry Forms : Closing date = 21 August 2008
 - The official SAMSA form as well as the SAWFA form to be returned to the SAWFA Central Office (address details on entry form).
9. Entry Fees : Closing date = 21 August 2008
 - To be paid electronically into SAWFA Central Account **only** (details on entry form).
10. Participants food and liquid refreshments
 - **All** food, water and cooldrinks to be supplied by the participants. There is ample space around the outdoor pool for picnics.
 - Please ensure that you bring adequate water in order to avoid dehydration (bring your own water and water bottles).
11. Awards
 - Gold, silver and bronze medals will be presented to the first, second and third places in each age group category in the Individual and Team Relay 300m Water Run **only**.
12. Commemorative Certificates
 - Will be presented to **all** Water Run and Challenge participants as well as to all SAWFA Officials.
13. Format, Procedures and Rules
 - 300m Individual Water Run
 - ◆ 25 x 12m lengths of the indoor pool.
 - ◆ Competitors are to be **vertical** at all times during the run.
 - ◆ No swimming allowed or overhead /stroke-arm action (ie hand/arm action breaking the water surface) will be permitted and should a referee perceive a competitor to be swimming, the competitor will be disqualified immediately.
 - ◆ The referee’s decision is final.
 - ◆ No buoyancy device/s to be used at all.
 - ◆ All events will be timed for SAMSA / SAWFA / personal purposes.
 - ◆ Heats in the age groups will be conducted should the need arise – the winners will be the best times over the heats.
 - ◆ First, second and third winners of each age group will receive medals.
 - ◆ Commemorative certificates of participation will be awarded to each entrant.
 - 300m Team Relay Water Run
 - ◆ Team to consist of 5 people each running 5 x 12m lengths of the indoor pool.
 - ◆ Competitors are to be **vertical** at all times during the run.
 - ◆ No swimming allowed or overhead /stroke-arm action (ie hand/arm action breaking the water surface) will be permitted and should a referee perceive a competitor to be swimming, the competitor will be disqualified immediately.
 - ◆ The referee’s decision is final.
 - ◆ No buoyancy device/s to be used at all.
 - ◆ All events will be timed for SAMSA / SAWFA / personal purposes.

- ◆ Heats in the age groups will be conducted should the need arise – the winners will be the best times over the heats.
 - ◆ First, second and third winners of each age group will receive medals.
 - ◆ Commemorative certificates of participation will be awarded to each entrant.
- “Aqua Spectacular”
 - ◆ Competitors will be divided into 2 groups. A draw will be made and put up.
 - ◆ Two fun and challenging workouts will be presented simultaneously to group A and B
 - ◆ No medals awarded.
 - ◆ Commemorative certificates of participation will be awarded to each entrant.

14. Indemnity Clause

In addition to the Indemnity Clause indicated on the Official SAMSA Registration / Entry Form, SAWFA herewith submits an additional indemnity which binds the entrant upon signature of the SAWFA Entry Form : *“I hereby declare that I am able to take part in the 2008 SA Masters Games and if necessary have obtained medical clearance for participation. I relieve the South African Water Fitness Association (SAWFA), Instructors, sponsors, officials, medical personnel for any injury, loss or damage to myself or my property which I may sustain in the course of or in connection with SAWFA and the SA Masters Games”.*

15. SAWFA CEC's

SAWFA CEC's will be awarded to the 300m Water Run and Challenge participants, the SAWFA Time-keeping Officials, Referees and Judges :

- 300m Individual Water Run = 1 CEC
- 300m Team Relay Water Run = ½ CEC
- “Aqua Spectacular” = ½ CEC
- Time-keeping, Referees, Judges at 300m Water Run (09h00 to 13h30) = 2½ CEC's

16. Photographs

- No official SAWFA Photographer will be available.
- Participants' family/friends are allowed to take photos while participant is competing – the photographers are not to interfere with the officials and to keep to the designated areas.

17. Footwear for use in the Pool

- Due to the slippery nature of the tiles of the indoor Aqua pool, it is imperative that you wear towelling sports socks – **NO SOCKS WITH RUBBER SOLES ARE ALLOWED**
- **NO AQUA SHOES ARE ALLOWED**
- These socks give extra traction on the tiles and will stop you from slipping.
- This is very important for every participant to observe.

18. Drug Testing

- May be conducted at all venues.

