



# SA National Age Group Championships

## 11-15 December 2024

### Reddam House, Constantia

### Cape Town

The competition is run according to WA (refer WA Rules and handbook) and SSA rules stated below. Each Club must provide at least 1 judge per session. Entries are open to all SSA registered clubs in South Africa, as well as all International clubs and National teams.

<b>1<sup>st</sup> Closing Date: Friday, 30 September 2024</b>		
<b>SA Athletes</b>	Individual Age Group Athlete Fee (including Masters)	<b>R550</b>
	Team Events (Team Free & Tech, FRC, Acrobatic)	<b>R330</b>
	Individual Novice Athlete	<b>R350</b>
<b>International</b>	Club Entry Fee (all events)	<b>R2500</b>
<b>2<sup>nd</sup> Closing Date: Friday, 15 November 2024</b>		
<b>SA Athletes</b>	Individual Age Group Athlete Fee (including Masters)	<b>R600</b>
	Team Events (Team Free & Tech, FRC, Acrobatic)	<b>R380</b>
	Individual Novice Athlete	<b>R400</b>
<b>International</b>	Club Entry Fee (all events)	<b>R3000</b>
<b>Late Submissions (16<sup>th</sup> November until 30 November)</b>		
<b>SA Athletes</b>	Individual Age Group Athlete Fee (including Masters)	<b>R1200</b>
	Team Events (Team Free & Tech, FRC, Acrobatic)	<b>R700</b>
	Individual Novice Athlete	<b>R800</b>
<b>International</b>	Club Entry Fee (all events)	<b>R4000</b>
<b>When depositing cash, please include a R100 cash deposit fee</b>		

#### Account Details:

**Cape Town Metro Aquatics**

**First National Bank:** 62764954296

**Branch:** 250655

**Branch name:** Mybranch

**SWIFT code:** FIRNZAJJ

Please email proof of payment to Tournament Finance Manager ([nicola@progen.co.za](mailto:nicola@progen.co.za)). Ref on deposit must be NAG & CLUB NAME. **NB: Where depositing cash please include a R100 cash deposit fee.**



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#### AGE GROUPS:

The competition runs in different age groups. Age groups are aligned with the 2024 competitive season therefore age will be determined as of 31 December 2025 as follows:

AGE GROUP	FEMALES	MALES
<b>Novice 12&amp;U</b>	Born 2013 or later	
<b>Novice 13-open</b>	Born 2012 or earlier	
<b>12&amp;U</b>	Born 2013 or later	
<b>Youth</b>	Born 2010-2012 (13-15)	2009-2012 (13-16)
<b>Junior</b>	Born 2006-2010 (15-19)	Born 2005-2010 (15-20)
<b>Senior</b>	Born 2010 or earlier	
<b>Masters</b>	Born 2000 or earlier (25+) subdivided into age group categories per event	

Novices are swimmers in their first 2 years of competition.

#### Required Elements for Novice Routines:

NOVICE (ALL AGES)	TIME (+/- 5SEC)	TOTAL ELEMENTS	SUMMARY
<b>Duet Free</b>	2min 30sec	5	Total of 4 free hybrids (one must be connected hybrid) + 1 pair acrobatic. Additional required movements: 1 connected surface movement
<b>Mixed Duet Free</b>	2min 30sec	5	Total of 4 free hybrids (one must be connected hybrid) + 1 pair acrobatic. Additional required movements: 1 connected surface movement
<b>Trio/Team Free</b>	2min 30sec	7	Total of 5 free hybrids and 2 team acrobatics



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#### CHAMPIONSHIP EVENTS:

Events	Figures	Free Solo	Tech Solo	Free Duet	Tech Duet	Mixed Duet Free	Mixed Duet Tech	Free Team	Trio	Tech Team	Combo*	Acrobatic
Masters		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Novice 12&U	✓			✓		✓		✓	✓			
Novice 13-open	✓			✓		✓			✓			
12&U	✓	✓		✓		✓		✓	✓			
Youth	✓	✓		✓		✓		✓	✓			
Junior		✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
Senior		✓	✓	✓	✓	✓	✓		✓			

\*Free Routine Combination (FRC):

- A maximum of 2 male swimmers can be included in a FRC entry.
- The Combo event is open to 12&U, Youth, Novice and Masters competitors. 1 event will be swum with separate results. Therefore, the routine may consist of athletes from a combination of all allowed age groups or in their own individual age group (e.g. Novice Combo, 12&U Combo, Youth Combo, Masters Combo OR Mixed Age Group Combo).
- A Combo may consist of 4 to 10 competitors and no penalties will be incurred for fewer than 10 participants.
- Clubs may only enter a second Combo if they have 10 swimmers in the initial entry. The second Combo may consist of 4 to 10 competitors.
- WA required elements for the combo as per the 2022-2025 WA Artistic Swimming Rules (Appendix V) will apply.



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#### FIGURES:

Age Group figures are the WA figures for 12&U and Youth as per the 2022-2025 WA Artistic Swimming Rules (Appendix 1). Novice Figures are listed below. The draw will take place 72 hours prior to the competition. (9th December 2024)

Youth Figures- 4 figures will be chosen. Section and category will be drawn at the same time and 1 draw will apply for all athletes.

#### Novice Figures: (12&U & 13-Open)

##### Compulsory:

1. Straight ballet leg
2. Barracuda

##### Optional figures (2 will be drawn):

1. Water drop (Excludes extra ½ Twist)
2. Front walkover
3. Kipnus
4. Back walkover
5. Tower

#### AWARDS:

- Medals are awarded to all Age Group and Masters Athletes.
- Separate medals are awarded for SA and international clubs.
- Novice points are not included in overall club ranking.
- Novice athletes receive certificates. There is a Novice points trophy awarded to top novice club.

#### COMPETITION SCHEDULE:

	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00
<b>Day 1: Wed, 11 Dec</b>	Practice Day							
<b>Day 2: Thurs, 12 Dec</b>	Technical Solos			Free Duets				Technical Teams
<b>Day 3: Fri, 13 Dec</b>	Free Solos				Free Teams		SA Team Trials	
<b>Day 4: Sat, 14 Dec</b>	Novice Figures			Technical Duets			Trios	FRC
<b>Day 5: Sun, 15 Dec</b>	Youth Figures	12U Figures			Acrobatic Routines			

We look forward to welcoming you to Cape Town!

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[Cape Town: Tours and Tickets - Tripadvisor](https://www.tripadvisor.com/Attractions-g29371-Activities-Cape-Town.html)

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<https://barracudas.capetown/nag2024/>