



37th SOUTH AFRICAN MASTERS SWIMMING CHAMPIONSHIPS
NEWLANDS SWIMMING POOL, NEWLANDS
9th to 12th March 2022

RELAY INFORMATION

1. Competitors shall be allowed to swim in only one (1) Freestyle Relay, one (1) Medley Relay, one (1) Mixed Freestyle Relay and one (1) Mixed Medley Relay.
2. No swimmer will be allowed to swim for another club in a relay event.
3. On the relay entry, Club Chairpersons must list the name of the registered swim club and the full name and age of each relay member, in which age group the relay team will participate and the order of swimmers in the relay team.
4. **NB! The order of the swimmers may NOT BE CHANGED during the relay swim.**
5. The order for medley relays shall be, back, breast, fly, free
6. Points scored for the relays are as follows: 20, 18, 16, 14, 12, 10, 8, 6, 4, 2.
7. Entry Fee for relays = **R70.00 per relay team.**
8. In the event of a club needing to change a swimmer in a relay team, a Club representative will be given the opportunity to make alterations and inform the Organising Committee up until a specified time prior to the event.
9. No changes will be allowed after this time. Changes must not alter the age category of the relay team. If a club does not have the four swimmers listed for a particular event, they will have to forfeit the race.
10. If a club swims with an incorrect team, that team will be disqualified.
11. Age Groups are: 76+ (76-99), 100+ (100-119), 120+ (120-159), 160+ (160-199), 200+ (200-239), 240+ (240-279), 280+ (280-319), 320+ (320-359), 360+ (360-399)