



**THE 3<sup>RD</sup> USF NATIONAL INTER-CLUB (AGE GROUP) SWIMMING CHAMPIONSHIPS**  
**10 – 11 JUNE 2017, KAMPALA INTERNATIONAL SCHOOL OF UGANDA (KISU)**

**CHAMPIONSHIP RULES**

**1. MEET DATES:**

- Day I – Saturday 10 June 2017
- Day II – Sunday 11 June 2017

**2. ORGANIZER:**

The Uganda Swimming Federation (USF)  
PO Box 29151  
Kampala – Uganda.

**3. VENUE:**

Kampala International School of Uganda (KISU).

**4. ELIGIBILITY:**

- Only USF Registered Member Clubs and USF registered/paid up Swimmers and Coaches for 2017 are eligible to participate.
- Swimmers shall additionally be required to meet the USF qualifying times indicated at the end of the Rules.
- Each Team may enter only three swimmers per each event.

**5. AGE GROUPS:**

- Age Group of the competitors for this Meet is the age as of the first day of the Championships **ie 10 June 2017.**
- The Age Groups for the Championship are –
  - 🏊 10 Years under Women
  - 🏊 10 Years under Men
  - 🏊 11-12 Years Women
  - 🏊 11-12 years Men
  - 🏊 13-14 Years Women
  - 🏊 13-14 Years Men
  - 🏊 15 Years above Women
  - 🏊 15 Years above Men

**6. INTERNATIONAL PARTICIPANTS:**

International Teams/Swimmers intending to participate must provide the USF with clearance from their mother Federations and request to participate, which must be provided before return of Entries.

**7. CONFIRMATION OF PARTICIPATION**

Clubs are required to confirm participation by Email not later **Friday 26 May 2017** by filling and returning the enclosed **Team Entry Confirmation Form**.

**8. ENTRIES:**

- All entries should be emailed to **the USF Competitions Secretary** to [akiikirezi@gmail.com](mailto:akiikirezi@gmail.com) copied to [ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com) and [ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com)
- Full names, dates of birth and entry times for each swimmer must be indicated.
- **The closing date for all Entries will be Friday 2 June 2017 by 4.30 pm.**
- Teams without access to Team Manager Software may use the Manual Entry Forms for individual and relay Events, which are enclosed.
- Changes in Team Entries may be done via email until **5 June 2017**.
- **There will be no any changes made on the day of the Meet.**

**9. ENTRY AND SPECTATOR FEES**

- Individual events will be charged **UGX 5,000/=** per single entry and **UGX 20,000/=** per Relay.
- The Uganda Swimming Federation will issue each Team with an Invoice upon conclusion of Final Entries.
- All payments shall be paid to the USF in cash on the first day of the Meet and a receipt will be issued.
- Non-swimmers, non-officials and spectators will each be charged **UGX 5,000/=** per day to watch the Championships.

**10. TEAM MANAGERS' MEETING – THURSDAY 9 JUNE 2017 AT UOC:**

- The USF will conduct a Team Managers' Meeting on **Thursday 9 June 2017** at **05.30 pm** at the Uganda Olympic Committee (UOC) Offices, Lugogo.
- Attendance of the Team Managers' Meeting is mandatory for all. Clubs that fail to send a representative to this Meeting will be fined **UGX 200,000/=**.

**11. SEEDING:**

- This will be done based on the times in the USF database and the ones submitted by the Team Coaches/Managers.
- Coaches will be held accountable for swimmers who don't make qualifying times.
- Any nomination submitted by teams of swimmers with a time slower than the relevant qualifying time will not be accepted and may result in loss of points for the Team.

**12. START LISTS**

Start Lists will be available for each Session and may be purchased by the Parents, Spectators and the General Public at UGX 5,000/= only.

**13. POINTS:**

- Points will be awarded to competitors for the first 16 places as follows –  
Place 1 – 16: 18, 16, 15, 14, 13, 12, 11, 10, 8, 7, 6, 5, 4, 3, 2, 1.
- No point will be awarded where qualifying times are not attained.

**14. MARSHALING:**

- Swimmers must pay attention to marshaling calls over the public address.
- Once marshaled, swimmers should remain in the marshal area until their race is called.
- Relay teams will not be marshaled if the 4 swimmers are not physically present at the marshaling area.
- Team Manager shall provide the names of their Relay Team Swimmers before the session of the races.
- Only one relay team per Club will be permitted per relay.
- All swimmers must be marshaled before proceeding to the start blocks.
- The Marshaling Area will be out of bounds for non-marshaled swimmers, Team Officials, spectators or unauthorized personnel.

**15. FINA RULES TO APPLY:**

**The Meet will be run in accordance with the FINA Rules applicable, and the following General Rules –**

- 1) The Meet will be run on a heat declared final.
- 2) The one start rule shall apply.
- 3) All swimmers must be listed on a Team entry list.

- 4) Clubs are limited to enter a maximum of 3 swimmers per event and only one relay team per relay event.
- 5) Each Club shall be entitled to a maximum of 3 Officials.
- 6) All non-officials must keep off the pool deck except when accessing their seats.
- 7) Swimmers shall not be allowed to swim outside their Age Groups.
- 8) Team Managers should avail passports or birth certificates for all Swimmers upon submission of Entries, as proof of age.
- 9) Swimming outside one's Age Group shall lead to disqualification and further sanctions as determined by the USF Executive.
- 10) The USF Executive shall appoint Officials;
- 11) Assignment of lanes in heats/finals shall be as follows:
  - Lane 1 – seventh fastest time
  - Lane 2 – fifth fastest time
  - Lane 3 – third fastest time
  - Lane 4 – fastest time
  - Lane 5 – second fastest time
  - Lane 6 – fourth fastest time
  - Lane 7 – sixth fastest time
  - Lane 8 – eighth fastest time

***Team Managers are advised to refer to the latest FINA Rules in the new FINA Rules booklet that may be found on the FINA Website.***

#### **16. WITHDRAWALS:**

- Swimmers or relay teams not wishing to take part in an Event may withdraw at the Team Managers' Meeting at no fee.
- Withdraws from an Event after the Team Managers' Meeting other than for medical reasons certified by the USF Designated Medical Personnel, will attract a Withdrawal Fine of **UGX 50,000/=** or **UGX 200,000/=** in the case of withdrawal from a Relay.

#### **17. PROTESTS:**

- All protests shall be addressed to the Meet Referee, in writing on the Official Protest Form with a fee of **UGX 150,000/=** (*Uganda Shillings One Hundred and Fifty Thousand*) within 30 (thirty) minutes after the conclusion of that particular event in question.
- If conditions causing a potential protest are noted prior to the event, the protest must be lodged before the signal to a start is given.

**18. JURY OF APPEAL**

The USF Executive shall act as the Jury of Appeal during the Meet.

**19. RELAYS:**

- Only swimmers entered in swimming events or as Relay only swimmers for the Meet may be used in Relay teams. The composition of a Relay Team may be changed provided that it is made up from the list of swimmers entered by the Club.
- The names of Swimmers in a relay must be submitted on the official relay entry form in the correct order and in the medley relay, the stroke must be specified, at least one hour before the start of the session in which the relay will be swum.
- Mixed Relays have been introduced as per FINA rules. Each team MUST comprise of TWO MALE and TWO FEMALE Swimmers. The order of the swimmers does not matter.

**20. RESULTS:**

Provisional Results will be posted on a Notice Board for inspection by each Team Coach prior to confirmation. Final Results will be posted daily on the USF website – [www.ugandaswimming.org](http://www.ugandaswimming.org).

**21. ACCESS TO THE RECORDS DESK**

- The Records Desk will be accessible only by the Head Coach of a Club, as declared.
- Teams whose Members or Parents/supporters violate this Rule will be subject to a fine of **UGX 50,000/=** per violation.

**22. AWARDS:**

- Awards will be given to the first three positions in each Age Group.
- Victory awards will be awarded to the best 3 top positions.

**23. VICTORY CEREMONIES**

- Swimmers who fail to appear at the Victory Ceremony WILL NOT RECEIVE THE AWARD.
- Substitutes may be used if swimmers are in other races or in marshaling, however they must be of the same gender as the swimmer due to be receiving the award.
- Recipients of Awards at the Victory Ceremony must be appropriately clad in a Club T-shirt with shorts or Trousers and closed shoes. USF encourages

Team Managers to ensure that Swimmers wear their Club Tracksuits for all Victory Ceremonies, if available.

- Recipients who turn up wearing caps, goggles, or towels will be turned away and may result in loss of the Award.

**24. MEDICAL AND DOPING TEST:**

- Facilities for doping control may be provided, in accordance with FINA Rules in recognition that the use of substances or practices which artificially enhance a swimmer's performance is illegal.
- In recognition that there is a necessity to fight this malpractice, may implement random testing in and out of competition according to the decision of the USF Executive.
- **The Banned Substances and Practices are those contained in the FINA List.**
- Doping Control and testing, if and when carried out, shall be according to FINA Rules.

**25. WARM UP PROCEDURE:**

- Team Managers and Coaches are responsible for ensuring that their swimmers have been briefed on Warm Up procedures for their safety during warm up.
- Warm-up is reserved ONLY for competitors taking part in the Meet.
- Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the warm-up period.
- **Entry to the pool (except for Sprint Dive Lanes) must be feet first. Swimmers to swim CLOCKWISE in Odd numbered lanes and ANTI-CLOCKWISE in even numbered lanes.**
- In Sprint/Dive lanes backstrokers must line up to enter the water from the end of the pool when it is their turn. They cannot sit in the water awaiting their turn.

**Warm-up Times**

**Session 1**

<b>General Swimming</b> (7.00 am – 7.50 am)	<b>Sprint/Dive Lane Period</b> (7.50am – 8.30am)	<b>Start time session 1</b> (9.00am)
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**Session 2**

<b>General Swimming</b> (1.15pm – 1.30pm)	<b>Sprint/Dive lane Period</b> (1.30 pm – pm 1.50p)	<b>Starts time session 2</b> (2.00pm)
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**26. SMOKING NOT PERMITTED AT THE COMPETITION VENUE:**

Smoking shall not be permitted in any area designated for swimmers, either prior to or during competitions.

**27. CONTACTS:**

**Mr. Max A. KANYEREZI**  
USF Competitions Secretary  
[akiikirezi@gmail.com](mailto:akiikirezi@gmail.com), 0752 591 654

**Mr. Williams BUYONDO**  
USF Officials Marshal  
[zywilliam@yahoo.com](mailto:zywilliam@yahoo.com), 0702 311 763

**Ms. Florence NAKAKAWA**  
USF Treasurer  
[fnakakawa@yahoo.com](mailto:fnakakawa@yahoo.com), 0772 982 635

**Ms. Doreen NAMBI**  
USF Administrator  
[administrator@usf.org](mailto:administrator@usf.org), 0755 588 478

**Dr. Nana J. NAKIDDU**  
In Charge of First Aid & Medical Services  
[nanajacuelinen@gmail.com](mailto:nanajacuelinen@gmail.com), 0774 256 457

**Moses B. MWASE**  
USF Secretary General  
[ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com), [ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com)  
0752 507 082

**Dr. Donald RUKARE**  
USF President  
[drukare@hotmail.com](mailto:drukare@hotmail.com), 0772 744 500

## EVENT LIST

F	<b>Saturday (Session 1)</b>	M	F	<b>Saturday (Session 2)</b>	M
1	800m Free (Open)	2	25	100m Free 10 Under	26
3	50m Breast 10Under	4	27	100m Free 11-12	28
5	50m Breast 11-12	6	29	100m Free 13-14	30
7	50m Breast 13-14	8	31	100m Free 15 Over	32
9	50m Breast 15 Over	10	33	400m IM (Open)	34
11	100m Back 10Under	12	35	50m Back 10 Under	36
13	100m Back 11-12	14	37	50m Back 11-12	40
15	100m Back 13-14	16	39	50m Back 13-14	42
17	100m Back 15 Over	18	41	50m Back 15 Over	44
19	200m Breast Open	20	43	200m Free(Open)	46
21	4*50m Medley Mixed Relay 10U	*	47	4*50 Free mixed relay 10U	*
22	4*50m Medley Mixed Relay 11-12	*	47	4*50 Free mixed relay 11-12	*
23	4*50m Medley Mixed Relay 13-14	*	49	4*50 Free mixed relay 13-14	*
24	4*50m Medley Mixed Relay 15 O	*	50	4*50 Free mixed relay 15O	*
F	<b>Sunday (Session 1)</b>	M	F	<b>Sunday (Session 2)</b>	M
51	400m Free Open	52	79	200m Fly Open	80
53	100m Breast 10Under	54	81	50m Fly 10U	82
55	100m Breast 11-12	56	83	50M Fly 11-12	84
57	100m Breast 13-14	58	85	50m Fly 13-14	86
59	100m Breast 15 Over	60	87	50m Fly 15 Over	88
61	200m Back (Open)	62	89	50m Free 10 Under	90
63	100m Fly 10 Under	64	91	50m Free 11-12	92
65	100m Fly 11-12	66	93	50m Free 13-14	94
67	100m Fly 13-14	68	95	50m Free 15 Over	96
69	100m Fly 15 over	70	97	4*50m Free relay 10under	
71	4*50m Medley relay 10Under	72	98	4*50m Free relay 11-12	
73	4*50m Medley relay 11-12	74	99	4*50m Free relay 13-14	
75	4*50m Medley relay 13-14	76	100	4*50m Free relay 15 Over	
77	4*50m Medley relay 15 Over	78			



# Qualifying Time Standards

WOMEN						MEN				
Open	15 over	13-14yrs	11-12yrs	10Under	Event	10under	11-12yrs	13-14yrs	15 over	Open
13:00.0					800m Free Open					12:35.0
06:35.0					400m Free					06:15.0
03:08.0					200m Free (Open)					02:58.0
	01:34.0	01:36.0	01:38.0	01:42.0	100m Free	01:40.0	01:36.0	0:01	01:32.0	
	00:35.0	00:38.0	0:40.00	00:42.0	50m Free	00:40.0	00:38.0	00:36.0	00:34.0	
07:20.0					400m IM (Open)					07:00.0
	03:56.0	03:58.0	04:01.0	04:05.0	200m IM	04:02.0	03:58.0	03:55.0	03:50.0	
03:38.0					200m Breast (Open)					03:35.0
	01:56.0	02:00.0	02:04.0	02:06.0	100m Breast	02:05.0	02:01.0	01:55.0	01:49.0	
	00:48.0	00:50.0	00:52.0	00:54.0	50m Breast	00:52.0	00:50.0	00:48.0	00:46.0	
03:30.0					200m Back					03:28.0
	01:48.0	01:50.0	01:52.0	01:56.0	100m Back	01:54.0	01:51.0	01:49.0	01:46.0	
	00:45.0	00:48.0	00:50.0	00:52.0	50m Back	00:50.0	00:48.0	0:46:00	00:43.0	
03:50.0					200m Fly (Open)					03:46.0
	01:58.0	02:00.0	02:02.0	2:05.00	100m Fly	02:03.0	02:01.0	01:57.0	01:54.0	
	00:46.0	00:48.0	00:50.0	00:52.0	50m Fly	00:50.0	00:48.0	00:46.0	00:42.0	
					4*100m Free relay (Open)					
					4*50m Medley Mixed relay					
					4*50m Medley relay					
					4*50m Free relay					