



# Uganda Swimming Federation

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Our Ref: USF/GS/14-04-2016

14 April 2016

To: All Masters Swimmers in Uganda (25 Years And Obove)

**Ladies and Gentlemen,**

## **SUMMONS FOR 6<sup>TH</sup> USF NATIONAL MASTERS SWIMMING GALA, 23 APRIL 2016 AT GEMS CAMBRIDGE INTERNATIONAL SCHOOL KAMPALA**

You are cordially notified and invited for **the 5<sup>th</sup> USF National Masters Championships** due on **23 April 2016** at **Gems Cambridge International School Kampala** from 10 am.

Masters Swimmers (**who must be 25 years and over**) or their Coaches are requested to submit the Entry Times and Events to be swam **NOT LATER** than **22 April 2016** by Email to the USF Competitions Secretary directly to [akiikirezi@gmail.com](mailto:akiikirezi@gmail.com) and [shinno04@gmail.com](mailto:shinno04@gmail.com) with a copy to USF Official Emails [ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com) and [ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com)

Each Masters Participant will be required to pay Participation Fees of Entry Fees of **UGX 5,000/=** per event and **UGX 20,000** per Relay Event. Spectators will be charged **UGX 10,000/=** per person.

All participants are encouraged to form Teams but individual participants are also welcome. A number of fun events and tasks will be introduced for entertainment.

The Event List/Order of Events and Competition Rules are attached.

A handwritten signature in black ink, appearing to read 'Donald RUKARE', is written above the name.

Donald RUKARE (Dr.)

**P R E S I D E N T**

A handwritten signature in blue ink, appearing to read 'Moses B. MWASE', is written above the name.

Moses B. MWASE

**GENERAL SECRETARY**

**UGANDA SWIMMING FEDERATION (USF)**

**6<sup>TH</sup> NATIONAL MASTERS SWIMMING GALA, 23 APRIL 2016**  
**GEMS CAMBRIDGE INTERNATIONAL SCHOOL KAMPALA**

**EVENT LIST/ORDER OF EVENTS**

<b>Number #</b>	<b>Event</b>	<b>Age Categories</b>
1	200m Freestyle	Women
2	200m Freestyle	Men
3	50m Freestyle	Women
4	50m Freestyle	Men
5	25m Backstroke	Women
6	25m Backstroke	Men
7	50m Freestyle Mixed Relay	Mixed
8	25m Breaststroke	Women
9	25m Breaststroke	Men
10	50m Butterfly	Women
11	50m Butterfly	Men
12	25m Freestyle Relay	Women
13	25m Freestyle Relay	Men
14	100m Freestyle	Women
15	100m Freestyle	Men
16	25m Butterfly	Women
17	25m Butterfly	Men
18	50m Backstroke	Women
19	50m Backstroke	Men
20	25m Freestyle Mixed Relay	Mixed
21	50m Breaststroke	Women
22	50m Breaststroke	Men
23	25m Freestyle	Women
24	25m Freestyle	Men
25	50m Freestyle Relay	Women
26	50m Freestyle Relay	Men



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## UGANDA SWIMMING FEDERATION (USF)

### 6<sup>TH</sup> NATIONAL MASTERS SWIMMING GALA, 23 APRIL 2016 GEMS CAMBRIDGE INTERNATIONAL SCHOOL KAMPALA

#### COMPETITION RULES

SESSION: **Saturday 23 April 2016 –10:00 am Start**

ORGANISERS: **UGANDA SWIMMING FEDERATION, PO Box 29151 Kampala, Uganda.**

AWARDS:

- Certificates of Participation/Diplomas will be given all participants.
- All events will be swum on heat declared finals.

POINTS: Points will be awarded to the top 8 swimmers per Event, ie 9, 7, 6, 5, 4, 3, 2 and 1 for individual events and 18, 14, 12, 10, 8, 6, 4 and 2 for Relays.

ENTRIES: All entries to be emailed **the USF Competitions Secretary** via email to [akiikirezi@gmail.com](mailto:akiikirezi@gmail.com) and [shinno04@gmail.com](mailto:shinno04@gmail.com) with copies to [ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com) and [ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com) Please include full names, date of birth of each swimmer entered and entry times which will be used to create start lists for different age categories. **Coaches and Team Managers are encouraged to send entries using the zip file format using ONLY the meet set up from the Competitions Secretary.** Entry submission strictly closes on **22 April 2016 before 4:00 pm.**

PAYABLE FEES: Each Participant is expected to pay –

- **UGX 10,000/=** being Spectator Fees
- **UGX 5,000/=** being Entry Fees per individual event
- **UGX 20,000/=** being Entry Fees per Relay Event per team
- Spectators will pay **UGX 10,000/=.**

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ADULT EVENT: This is strictly an Adult Event that for which eligible participants should be 25 years and over. Children should not be brought to the Event at all.

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THE START: One Start Rule shall apply. FINA Rules shall be applicable and enforceable.

MARSHALLING: Swimmers must pay attention to marshaling calls over the public address system. Once marshaled, swimmers should remain in the marshal area until their race is called. Please provide the names of your relay team swimmers.

TEAM MANAGERS' MEETING: There will be a Team Managers/Coaches' brief meeting before the Event commences.

VARIATIONS: The USF Executive may vary the Program as deemed appropriate.

PROTESTS: All protests shall be in writing and addressed to the Referee upon paying a non-refundable protest fee of **UGX 100,000/=** with the protest, and shall be made within 30 minutes after conclusion of the Event the subject of the protest. The USF will designate a Juror/Jury whose decisions will be final and binding.

RESULTS: Results will be posted daily on the USF website [www.ugandaswimming.org](http://www.ugandaswimming.org).

DISCLAIMER: PARTICIPATION IS ENTIRELY AT OWN RISK. Neither the USF nor Management will accept responsibility for any incident or accident, injury or loss, which may occur before, during and after the event. By agreeing to participate in the Event, all Participants shall be deemed to have agreed to and read the Rules, and to indemnify USF.