



# Uganda Swimming Federation

PO Box 29151  
Kampala, Uganda  
Tel: +256 772 744 500  
Tel: +256 752 507 082  
Fax: +256 414 540 172

Emails: [swimming@nocuganda.org](mailto:swimming@nocuganda.org)  
[ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com)  
[ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com)

Our Ref: USF/GS/28-10-2016

28 October 2016

To: **All Swimming/Masters Coaches**  
**USF Member Clubs, Uganda.**

RE: **SUMMONS FOR 3<sup>RD</sup> USF NATIONAL INTER-CLUB OPEN SWIMMING & MASTERS CHAMPIONSHIPS, 12 – 13 NOVEMBER 2016 AT GEMS CAMBRIDGE INTERNATIONAL SCHOOL KAMPALA**

This is to invite all USF Member Clubs for the **3<sup>rd</sup> USF Inter – Club National Open Swimming & Masters Championships** due from **12 – 13 November 2016** at **GEMS Cambridge International School Kampala**.

USF Member Clubs are requested to submit their Entry Times and Events to be swam **NOT LATER than Monday 7 November 2016 before 4.00 pm** 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 ie [ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com) and [ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com)


Entry Fees are **UGX 5,000/=** per individual event and **UGX 10,000** per Relay Event payable by **Wednesday 9 November 2016**. Spectators will pay **UGX 5,000/=**.

A mandatory Team Managers' Meeting will be held on **Wednesday 9 November 2016** at **the UOC Offices, Lugogo** starting at **5.30 pm**.

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

  
Donald RUKARE (Dr.)

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

  
Moses B. MWASE

**SECRETARY GENERAL**

**UGANDA SWIMMING FEDERATION (USF)**  
**USF NATIONAL OPEN SWIMMING AND MASTERS CHAMPIONSHIPS**  
**12 – 13 NOVEMBER 2016**  
**GEMS CAMBRIDGE INTERNATIONAL SCHOOL KAMPALA**

**EVENT LIST/ORDER OF EVENTS**

Women	Event	Age Categories	Men
	<b>Day 1 – Saturday 12 November 2016</b>		
	<b>Morning Session – Start: 9:00 am</b>		
1	200m Freestyle	Masters	2
3	800m Freestyle	Open Women	
	800m Freestyle	Open Men	4
5	100m Breaststroke	Open	6
7	50m Backstroke	Masters	8
9	50m Backstroke	Open	10
11	200m Breaststroke	Open	12
13	100m Breaststroke	Masters	14
15	4x50m Mixed Medley Relay	Open	
16	4x50m Mixed Medley Relay	Masters	
	<b>Day 1 – Afternoon Session</b>		
17	100m Butterfly	Masters	18
19	400m Individual Medley	Open	20
21	4x50m Mixed Freestyle Relay	Open	
22	100m Freestyle	Open	23
24	50m Breaststroke	Masters	25
26	50m Breaststroke	Open	27
28	100m Butterfly	Open	29
30	4x50m Freestyle Relay	Masters	31
32	4x100m Freestyle Relay	Open	33
	<b>Day 2 – Sunday 13 November 2016</b>		
	<b>Morning Session – Start: 9:00 am</b>		
34	100m Backstroke	Masters	35
36	400m Freestyle	Open	37
38	100m Backstroke	Open	39
40	50m Butterfly	Open	41
42	50m Butterfly	Masters	43
44	200m Freestyle	Open	45
46	100m Individual Medley	Open	47
48	4x50m Medley Relay	Masters	49
50	4x50m Medley Relay	Open	51
	<b>Day 2 – Afternoon Session</b>		
52	200m Individual Medley	Open	53
54	100m Freestyle	Masters	55
56	200m Backstroke	Open	57
58	4x200m Freestyle Relay	Open	59
60	50m Freestyle	Masters	61
62	50m Freestyle	Open	63
64	4x50m Freestyle Relay	Open	65
66	4x50m Mixed Freestyle Relay	Masters	
67	4x100m Medley Relay	Open	68



# Uganda Swimming Federation

PO Box 29151  
Kampala, Uganda  
Tel: +256 772 744 500  
Tel: +256 752 507 082  
Fax: +256 414 540 172

Emails: [swimming@nocuganda.org](mailto:swimming@nocuganda.org)  
[ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com)  
[ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com)

---

**UGANDA SWIMMING FEDERATION (USF)  
USF NATIONAL OPEN SWIMMING AND MASTERS CHAMPIONSHIPS  
12 – 13 NOVEMBER 2016  
GEMS CAMBRIDGE INTERNATIONAL SCHOOL KAMPALA**

**COMPETITION RULES**

SESSION: **Day 1:** Saturday 12 November 2016 8:00 am for 9:00 am Start  
**Day 2:** Sunday 13 November 2016 8:00 am for 9:00 am Start

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

AWARDS: Certificates will be given to the top 3 in each individual event and top 3 relays events.

- Trophies will be awarded to the Best overall Female Swimmer and best overall Male Swimmer, 1st runners up and 2nd runners up and this will be by accumulated individual points.
- 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 verified from results posted from various competitions. **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 **Monday 7 November 2016 before 4:00 pm.**

ENTRY FEES: Entry Fees for Members Clubs are **UGX 5,000/=** per individual event and **UGX 10,000** per Relay Event payable by **Wednesday 9 November 2016**. USF MAY consider requests for late entries upon payment of a late entry fee of **UGX 10,000/=** for individual events and **UGX 50,000/=** for a relay event. All Clubs are reminded to settle annual athletes' fees of **UGX 10,000/=** per swimmer prior to the Event to be

	eligible to participate, and Coaches to pay their annual Coaches' Fee of <b>UGX 50,000/=</b> before <b>9 November 2016</b> . Entry fees for spectators shall be <b>Ushs. 5,000/=</b> per day. Non – Affiliated Clubs may be allowed to compete upon a written request made to USF, and will be required to pay an extra fee of <b>UGX 100,000/=</b>
OPEN COMPETITION:	<u>This is strictly an Open Competition and not a Team Event. Relays will be permissible as indicated on the Order of Events.</u>
THE START:	<u>One Start Rule shall apply. FINA Rules shall be applicable and enforceable.</u>
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. Relay teams will not be marshaled if the 4 swimmers are not physically present. Please provide the names of your relay team swimmers. <b>Only ONE relay team per team shall be allowed.</b>
TEAM MANAGERS' MEETING:	There will be a Team Managers/Coaches brief on <b>Wednesday 9 November 2016</b> at the <b>UOC Secretariat Offices, Lugogo</b> starting at <b>5:30 pm</b> (or such other Venue that may be announced).
VARIATIONS:	<u>The USF Executive reserves the right to vary the Program as the circumstances may warrant. Should additional Rules be made, they will be duly notified.</u>
PROTESTS:	All protests shall be in writing and addressed to the Referee upon paying a non-refundable protest fee of <b>UShs. 250,000/=</b> 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 <a href="http://www.ugandaswimming.org">www.ugandaswimming.org</a> . <b>The Records Desk will be accessible by only the Team Coach. Teams whose Members or Parents/Supporters violate this Rule will be subject to a fine of UShs. 100,000/= per violation and may lose points as part of the penalty.</b>
LITERING:	<b>You are requested to refrain from littering. The USF and or the facility owners reserve the right to remove those who litter or abuse the premises.</b>
DISCLAIMER:	PARTICIPATION IS ENTIRELY AT OWN RISK. The USF will not 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.