



Uganda Swimming Federation

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Our Ref: USF/GS/20-01-2015

11 March 2016

**To: The Sports Heads/PE Instructors
All Secondary Schools in Uganda.**

INVITATION TO THE 2ND USF INTER-SECONDARY SCHOOL NATIONAL SWIMMING GALA, SATURDAY 26 MARCH 2016 AT GREEN HILL ACADEMY

The Uganda Swimming Federation (USF) in partnership with Green Hill Academy does hereby invite all Secondary Schools in Uganda to take part in the **2nd USF Inter-Secondary Schools National Swimming Championships** due on **Saturday 26 March 2016** at **Green Hill Academy** starting at **8.30 am**.

1. Deadline for Return of Entry Forms – Monday 21 March 2016

All Secondary Schools are requested to complete the attached **Entry Forms** and return them to the USF by **Monday 21 March 2016** by **4 pm** as confirmation of participation. The Forms should be returned by Email to ugandaswimmingfed@gmail.com with copies to ugandaswimmingfed@hotmail.com and akiikirezi@gmail.com (Competitions Secretary).

2. Entries, Applicable Rules and Entry Fees

- a) Each Team will be allowed to enter only 2 (two) swimmers per event.
- b) Each Team shall be allowed to enter one Team per relay Event.
- c) Team should bring only Swimmers. Non-swimmers will not be allowed to access the school premises or the Competition Venue.
- d) Team Participation Fees: Each Team will be required to pay a flat fee of **UGX 100,000/=** to participate in the Championships.

3. Team Managers' Meeting on Thursday 24 March 2016

A Team Managers' meeting will be held on **Thursday 24 March 2016** starting at **5.30 pm** at **Green Hill Academy**. All managers/sports heads of each participating Primary School are reminded to attend this meeting. It will be at this meeting that any final changes to the entries may be made, and the Gala Rules reviewed.

4. Competition Rules/Program

- a) FINA Rules shall apply as determined by USF.
- b) The Championships will take place in a 25m swimming pool.

- c) Fielding over-age swimmers or impersonation will result in outright disqualification of the Swimmer and Coach, and will attract other sanctions to be determined.
- d) Medals will be awarded to the first 3 positions in each event.
- e) Points will be allocated for places 1 – 15 and will be as follows:
- | | | |
|---------------------------------|---|---------------|
| i) 1 st position | – | 18 points; |
| ii) 2 nd position | – | 16 points; |
| iii) 3 rd position | – | 14 points; |
| iv) 4 th position | – | 12 points; |
| v) 5 th position | – | 11 points; |
| vi) 6 th position | – | 10 points; |
| vii) 7 th position | – | 9 points; |
| viii) 8 th position | – | 8 points; |
| ix) 9 th position | – | 7 points; |
| x) 10 th position | – | 6 points; |
| xi) 11 th position | – | 5 points; |
| xii) 12 th position | – | 4 points; |
| xiii) 13 th position | – | 3 points; |
| xiv) 14 th position | – | 2 points; and |
| xv) 15 th position | – | 1 point. |

The Event List for the Gala is attached to this Invitation.

5. Good Standing/Settlement of Affiliation Fees Arrears

Schools are reminded to ensure that they settle the USF Affiliation Fees of UGX 150,000/= for 2015 not later than **24 March 2016** in order to be eligible to take part. These should be immediately paid to the **USF Administrator** who can be reached on **+256 723 252 693 (Ms. Doreen NAMBI)**.

6. Refreshments/Drinking Water/Lunch

Each School will be responsible for providing refreshments, drinking water and lunch for its Team Members. Team Leaders are therefore reminded to make arrangements.

7. Contact Details

All enquiries should be sent to the USF official Emails indicated above or via cellphone on **+256772744500 (President)** or **+256752507082 (Secretary General)** or **+256752591654 (Competitions Secretary)**.



Donald RUKARE (Dr.)

P R E S I D E N T



Moses B. MWASE

GENERAL SECRETARY

USF NATIONAL SECONDARY SWIMMING CHAMPIONSHIPS - 26/03/2016

Event List-By Event Number

Event #	Event Name	Event #	Event Name
1	Girls 16 & Over 200 IM		
2	Boys 16 & Over 200 IM		
3	Girls 12-13 50 Butterfly		
4	Boys 12-13 50 Butterfly		
5	Girls 14-15 50 Butterfly		
6	Boys 14-15 50 Butterfly		
7	Girls 16 & Over 50 Butterfly		
8	Boys 16 & Over 50 Butterfly		
9	Girls 12-13 100 Breaststroke		
10	Boys 12-13 100 Breaststroke		
11	Girls 14-15 100 Breaststroke		
12	Boys 14-15 100 Breaststroke		
13	Girls 16 & Over 100 Breaststroke		
14	Boys 16 & Over 100 Breaststroke		
15	Girls 12-13 50 Backstroke		
16	Boys 12-13 50 Backstroke		
17	Girls 14-15 50 Backstroke		
18	Boys 14-15 50 Backstroke		
19	Girls 16 & Over 50 Backstroke		
20	Boys 16 & Over 50 Backstroke		
21	Girls 12-13 100 Freestyle		
22	Boys 12-13 100 Freestyle		
23	Girls 14-15 100 Freestyle		
24	Boys 14-15 100 Freestyle		
25	Girls 16 & Over 100 Freestyle		
26	Boys 16 & Over 100 Freestyle		
27	Girls 12-13 50 Breaststroke		
28	Boys 12-13 50 Breaststroke		
29	Girls 14-15 50 Breaststroke		
30	Boys 14-15 50 Breaststroke		
31	Girls 16 & Over 50 Breaststroke		
32	Boys 16 & Over 50 Breaststroke		
33	Girls 12-13 100 Butterfly		
34	Boys 12-13 100 Butterfly		
35	Girls 14-15 100 Butterfly		
36	Boys 14-15 100 Butterfly		
37	Girls 16 & Over 100 Butterfly		
38	Boys 16 & Over 100 Butterfly		
39	Girls 12-13 50 Freestyle		
40	Boys 12-13 50 Freestyle		
41	Girls 14-15 50 Freestyle		
42	Boys 14-15 50 Freestyle		
43	Girls 16 & Over 50 Freestyle		
44	Boys 16 & Over 50 Freestyle		
45	Girls 12-13 100 Backstroke		
46	Boys 12-13 100 Backstroke		
47	Girls 14-15 100 Backstroke		
48	Boys 14-15 100 Backstroke		
49	Girls 16 & Over 100 Backstroke		
50	Boys 16 & Over 100 Backstroke		
51	Girls 16 & Over 200 Medley Relay		
52	Boys 16 & Over 200 Medley Relay		
53	Girls 16 & Over 200 Freestyle Relay		
54	Boys 16 & Over 200 Freestyle Relay		