



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
ugandaswimmingfed@hotmail.com
ugandaswimmingfed@gmail.com

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

4 April 2016

All Sports Director/Tutors National Primary Schools in Uganda.

Dear Sports Director/Tutors,

INVITATION TO 2ND USF-MIDLAND INTER-PRIMARY SCHOOL NATIONAL SWIMMING GALA, SATURDAY 30 APRIL 2016 AT RAINBOW INTERNATIONAL SCHOOL

The Uganda Swimming Federation (USF) in partnership with Midland Group of Companies does hereby invites **ALL NATIONAL PRIMARY SCHOOLS IN UGANDA** to take part in the **2ND USF-MIDLAND INTER-PRIMARY SCHOOL NATIONAL SWIMMING GALA** due on **Saturday 30 April 2016** at **Rainbow International School** starting at **8.30 am**.

1. Deadline for Return of Entry Forms – Friday 22 April 2016

Your schools and all other participants are required to complete the attached **Entry Forms** and return them to the USF by **Friday 22 April 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 Monday 25 April 2016

A Team Managers' meeting will be held on **Monday 25 April 2016** starting at **5.30 pm** at **Uganda Olympic Committee (UOC) Offices** whose attendance is mandatory. It will be at this meeting that any final changes to the entries may be made, and the Gala Rules discussed. You are therefore requested to ensure that your Team Manager attends this very important Meeting.

4. 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 **Monday 25 April 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)**.

5. 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) 1st position – 18 points;
 - ii) 2nd position – 16 points;
 - iii) 3rd position – 14 points;
 - iv) 4th position – 12 points;
 - v) 5th position – 11 points;
 - vi) 6th position – 10 points;
 - vii) 7th position – 9 points;
 - viii) 8th position – 8 points;
 - ix) 9th position – 7 points;
 - x) 10th position – 6 points;
 - xi) 11th position – 5 points;
 - xii) 12th position – 4 points;
 - xiii) 13th position – 3 points;
 - xiv) 14th position – 2 points; and
 - xv) 15th position – 1 point.

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


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

USFNational Primary Schools Midland Gala 2016 - 30/04/2016

Event List-By Event Number

Event #	Event Name	Event #	Event Name
1	Girls 10 & Under 100 IM	56	Boys 11-12 50 Freestyle
2	Boys 10 & Under 100 IM	57	Girls 8 & Under 4x25 Freestyle Relay
3	Girls 11-12 100 IM	58	Boys 8 & Under 4x25 Freestyle Relay
4	Boys 11-12 100 IM	59	Girls 9 & Under 4x25 Freestyle Relay
5	Girls 7 & Under 25 Breaststroke	60	Boys 9 & Under 4x25 Freestyle Relay
6	Boys 7 & Under 25 Breaststroke	61	Girls 10 & Under 4x25 Freestyle Relay
7	Girls 7 & Under 4x25 Breaststroke Relay	62	Boys 10 & Under 4x25 Freestyle Relay
8	Boys 7 & Under 4x25 Breaststroke Relay	63	Girls 11-12 4x50 Freestyle Relay
9	Girls 7 & Under 25 Freestyle	64	Boys 11-12 4x50 Freestyle Relay
10	Boys 7 & Under 25 Freestyle		
11	Girls 7 & Under 4x25 Freestyle Relay		
12	Boys 7 & Under 4x25 Freestyle Relay		
13	Girls 8 & Under 25 Breaststroke		
14	Boys 8 & Under 25 Breaststroke		
15	Girls 9 & Under 25 Breaststroke		
16	Boys 9 & Under 25 Breaststroke		
17	Girls 10 & Under 25 Breaststroke		
18	Boys 10 & Under 25 Breaststroke		
19	Girls 11-12 50 Breaststroke		
20	Boys 11-12 50 Breaststroke		
21	Girls 8 & Under 4x25 Medley Relay		
22	Boys 8 & Under 4x25 Medley Relay		
23	Girls 9 & Under 4x25 Medley Relay		
24	Boys 9 & Under 4x25 Medley Relay		
25	Girls 10 & Under 4x25 Medley Relay		
26	Boys 10 & Under 4x25 Medley Relay		
27	Girls 11-12 4x50 Medley Relay		
28	Boys 11-12 4x50 Medley Relay		
29	Girls 8 & Under 25 Backstroke		
30	Boys 8 & Under 25 Backstroke		
31	Girls 9 & Under 25 Backstroke		
32	Boys 9 & Under 25 Backstroke		
33	Girls 10 & Under 25 Backstroke		
34	Boys 10 & Under 25 Backstroke		
35	Girls 11-12 25 Backstroke		
36	Boys 11-12 25 Backstroke		
37	Girls 8 & Under 25 Butterfly		
38	Boys 8 & Under 25 Butterfly		
39	Girls 9 & Under 25 Butterfly		
40	Boys 9 & Under 25 Butterfly		
41	Girls 10 & Under 25 Butterfly		
42	Boys 10 & Under 25 Butterfly		
43	Girls 11-12 25 Butterfly		
44	Boys 11-12 25 Butterfly		
45	Mixed 8 & Under 4x25 Freestyle Relay		
46	Mixed 9 & Under 4x25 Freestyle Relay		
47	Mixed 10 & Under 4x25 Freestyle Relay		
48	Mixed 11-12 4x50 Freestyle Relay		
49	Girls 8 & Under 25 Freestyle		
50	Boys 8 & Under 25 Freestyle		
51	Girls 9 & Under 25 Freestyle		
52	Boys 9 & Under 25 Freestyle		
53	Girls 10 & Under 25 Freestyle		
54	Boys 10 & Under 25 Freestyle		
55	Girls 11-12 50 Freestyle		