



2020 NATIONAL AQUATICS FESTIVAL

PROGRAMME



Proudly hosted by:



ST STITHIANS
GIRLS' COLLEGE

FESTIVAL ORDER OF EVENTS

Friday 14 February 2020

06h30-08h00	Registration and collection of goodies at St Stithians Aquatics Centre
07h30-09h00	Pool opens for warm up
08h30-09h00	Managers meeting at Aquatics Centre (all codes)
09h00-09h30	Opening Ceremony and March Past
09h30-13h00	Swimming Gala
12h00-13h30	Lunch will be served at the Aquatics Centre
13h00-13h30	Diving Managers and Coaches Meeting at the Diving Pool
13h30-17h30	Diving practice slots for all schools
13h00-18h15	Water Polo
17h30-19h00	Dinner will be served at the Aquatics Centre

Saturday 15 February 2020

06h30-08h30	Diving Warm Up
08h30-11h30	Diving Competition
07h00-13h00	Water Polo continues
12h30-13h00	Collection of lunch packs.
13h15-13h30	Final Awards Ceremony (Diving and Water Polo)
13h30	Teams depart

PARTICIPATING TEAMS

SWIMMING	WATER POLO	DIVING
Clarendon High School	Clarendon High School	Brescia House
C&N Sekondêre Meisieskool Oranje	Durban Girls' College	C&N Sekondêre Meisieskool Oranje
Durban Girls' College	Durban Girls' High School	Pretoria Girls' High School
Durban Girls' High School	Pretoria Girls' High School	Roedean School (SA)
Eunice High School	Roedean School (SA)	St Andrew's School for Girls
Our Lady of Fatima DCS	St Mary's DSG Kloof	St Mary's DSG Kloof
Pretoria Girls' High School	St Mary's School Waverley	St Mary's School Waverley
St Mary's DSG Kloof	St Stithians Girls' College	St Stithians Girls' College
St Mary's School Waverley		
St Stithians Girls' College		



“ Focus on what you’re in control of, and do it to the best of your ability. Wherever you are, be there 100%. Swim your own race and strive to be the best ‘you’ that you can be!”

Penny Heyns

A very warm welcome to St Stithians College.

The Girls’ College is honoured to be hosting the 2020 National Aquatics Championships. We are fortunate to have a magnificent aquatics centre to host our diving, swimming and water polo fixtures over this exciting weekend. Weekends such as this provide a wonderful opportunity for athletes, coaches and parents to gather on the pool deck to witness the excitement of healthy competition and extraordinary talent.



I extend an enormous thank you to all those who have made this weekend possible, special thanks to our tournament director, Mrs Natasha Panzera for her expert and efficient organisation and hard work which has gone on behind the scenes.

I would like to wish all the participants best of luck for the competition which lies ahead and express huge gratitude to our fellow girls’ schools for their dedication to girls’ aquatics and the ongoing commitment to building partnerships through sport.

I trust that your weekend in our College will be one of welcome and wonder. We are thrilled to host you and welcome you onto our beautiful campus.

Warm wishes

Dr Sally James

Head of School: St Stithians Girls’ College



ST STITHIANS
GIRLS' COLLEGE

GALA PROGRAMME FRIDAY 14 FEBRUARY 2020

EVENT	AGE GROUP	DISTANCE	STROKE
1	Junior	200m	Individual Medley
2	Senior	200m	Individual Medley
3	Four Age Group	4 x 50m	Medley Relay
4	U14	4 x 50m	Backstroke Relay
MEDAL PRESENTATION			
5	U15	4 x 50m	Breaststroke Relay
6	U16	4 x 50m	Medley Relay
7	U17	4 x 50m	Backstroke Relay
8	U19	4 x 50m	Backstroke Relay
MEDAL PRESENTATION			
9	U14	4 x 50m	Medley Relay
10	Seniors	6 x 50m	Butterfly Relay
11	U15	4 x 50m	Backstroke Relay
12	U16	4 x 50m	Breaststroke Relay
MEDAL PRESENTATION			
13	Open	6 x 50m	Freestyle Relay
14	Junior	200m	Freestyle
15	Senior	200m	Freestyle
16	Junior	4 x 50m	Butterfly Relay
MEDAL PRESENTATION			
17	U19	4 x 50m	Medley Relay
18	U14	4 x 50m	Breaststroke Relay
19	U15	4 x 50m	Medley Relay
20	U16	4 x 50m	Backstroke Relay
21	U17	4 x 50m	Medley Relay
MEDAL PRESENTATION			
22	U19	4 x 50m	Breaststroke Relay
23	U17	4 x 50m	Breaststroke Relay
24	U14	4 x 50m	Freestyle Relay
25	U15	4 x 50m	Freestyle Relay
26	U16	4 x 50m	Freestyle Relay
27	U17	4 x 50m	Freestyle Relay
28	U19	4 x 50m	Freestyle Relay
MEDAL PRESENTATION			
29	Junior	50m	Dash for Cash
30	Senior	50m	Dash for Cash

	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Relays	20	18	16	14	12	10	8	6	4	2
Individual Events	10	9	8	7	6	5	4	3	2	1

LANE	1	2	3	4	5	6	7	8	9	10
School	PHSG	Clarendon	Eunice	Oranje	St Stithians	OLF	St Mary's Waverley	DGC	St Mary's Kloof	DGH

GALA RULES

1. Juniors are U14 or U15
2. Seniors are U16, U17 or U19
3. Order of Individual Medley: Butterfly, Backstroke, Breaststroke, Freestyle
4. Order of Medley Relay: Backstroke, Breaststroke, Butterfly, Freestyle
5. The Four Age Group Relay (Event 3) - four separate age groups, choice of which four is at the discretion of the coach.
6. The 6 x 50m Open Freestyle Relay (Event 13) is open to all age groups.
7. Butterfly relays: two swimmers per age group, swum in any order.
8. Age group taken as of 1 January 2020
9. Swimmers may compete in ONE AGE GROUP ONLY throughout the gala. Swimmers may compete in a higher age group than their own, but not in a lower age group.
10. Swimmers may only swim in a MAXIMUM of 6 EVENTS (excluding the Dash for Cash)
11. On registration, a team list must be handed in—there will be no changes allowed thereafter.
12. All FINA rules will apply. One start gala (no false starts are permitted and no strapping is permitted)

DIVING RULES

There will be 1m and 3m boards available.

UNDER 15

TWO dives from different groups with NO limit of degree of difficulty plus ONE voluntary dive from any group with no limit of degree of difficulty. No dive number may be repeated.

UNDER 16

TWO dives from different groups with NO limit of degree of difficulty plus TWO voluntary dives from any group with no limit of degree of difficulty. No dive number may be repeated.

OPEN

TWO dives from different groups with NO limit of degree of difficulty plus THREE voluntary dives from any group with no limit of degree of difficulty. No dive number may be repeated.

****Maximum of 3 divers per age group***

WATER POLO RULES

1. **All new FINA rules will apply.**
2. Team lists (13 players ONLY) must be handed in at the managers meeting on Friday morning—there will be no changes allowed thereafter.
3. All matches will start on time and will be 4 x 5 min chukkas playing time (start-stop) with no time-outs. During playoffs 1 x time out per team will be allowed.
4. All teams must supply their own caps for every game. The team wearing WHITE caps must start on the LEFT of the OFFICIALS' table.
5. Results will be determined in the following manner:
2 points for a win | 1 point for a draw | 0 points for a loss
6. In the event of a draw all FINA rules will apply.
7. If there is a draw in the PLAYOFF matches, a penalty shootout consisting of 3 girls from each team will decide the winner.
8. In the FINAL, should the result still be a draw, a penalty shootout consisting of 5 girls from each team will decide the winner.
9. The match referee's decision is FINAL.
10. Any player found guilty of misconduct, violence or brutality shall be dealt with in Accordance with FINA rules.
11. In the event of lightening, all play will be suspended until the 'all-clear signal' has sounded. Thereafter, matches will be shortened, adjusted or moved to the next day.

GIRLS' 1ST TEAM GROUPS

GROUP A	
1	Clarendon High School for Girls (East London)
2	Durban Girls' High School (Durban)
3	Roedeane School (SA) (Johannesburg)
4	St Mary's School (Waverley) (Johannesburg)

GROUP B	
1	Durban Girls' College (Durban)
2	Pretoria High School for Girls (Pretoria)
3	St Mary's DSG Kloof (KZN)
4	St Stithians Girls' College (Johannesburg)

GAMES PLAYED:
4x5 mins Stop-Start

FRIDAY, 14 FEBRUARY 2020

GAME	START TIME	BLUE CAPS	SCORE	WHITE CAPS	SCORE	VENUE	MATCH TYPE
1	13h00	Durban Girls' High School (Durban)		Clarendon High School for Girls (East London)		St Stithians POLO Pool	Group A
2	13h45	St Stithians Girls' College (Johannesburg)		Pretoria High School for Girls (Pretoria)		St Stithians OLYMPIC Pool	Group B
3	13h45	Roedeane School (SA) (Johannesburg)		St Mary's School (Waverley) (Johannesburg)		St Stithians POLO Pool	Group A
4	14h30	St Mary's DSG Kloof (KZN)		Durban Girls' College (Durban)		St Stithians OLYMPIC Pool	Group B
5	14h30	Durban Girls' High School (Durban)		Roedeane School (SA) (Johannesburg)		St Stithians POLO Pool	Group A
6	15h15	Durban Girls' College (Durban)		Pretoria High School for Girls (Pretoria)		St Stithians OLYMPIC Pool	Group B
7	15h15	Clarendon High School for Girls (East London)		St Mary's School (Waverley) (Johannesburg)		St Stithians POLO Pool	Group A
8	16h00	St Stithians Girls' College (Johannesburg)		St Mary's DSG Kloof (KZN)		St Stithians OLYMPIC Pool	Group B
9	16h00	Durban Girls' High School (Durban)		St Mary's School (Waverley) (Johannesburg)		St Stithians POLO Pool	Group A
10	16h45	St Mary's DSG Kloof (KZN)		Pretoria High School for Girls (Pretoria)		St Stithians OLYMPIC Pool	Group B
11	16h45	Roedeane School (SA) (Johannesburg)		Clarendon High School for Girls (East London)		St Stithians POLO Pool	Group A
12	17h30	St Stithians Girls' College (Johannesburg)		Durban Girls' College (Durban)		St Stithians OLYMPIC Pool	Group B

SATURDAY, 15 FEBRUARY 2020

GAME	START TIME	BLUE CAPS	SCORE	WHITE CAPS	SCORE	VENUE	MATCH TYPE
13	07h00	Group B ₁		Group A ₄		St Stithians OLYMPIC Pool	QuarterFinals #1
14	07h00	Group A ₁		Group B ₄		St Stithians POLO Pool	QuarterFinals #2
15	07h50	Group B ₂		Group A ₃		St Stithians OLYMPIC Pool	QuarterFinals #3
16	07h50	Group A ₂		Group B ₃		St Stithians POLO Pool	QuarterFinals #4
17	08h50	Loser Game 13 (QF ₁)		Loser Game 16 (QF ₄)		St Stithians OLYMPIC Pool	Qualifier #1
18	08h50	Loser Game 14 (QF ₂)		Loser Game 15 (QF ₃)		St Stithians POLO Pool	Qualifier #2
19	09h40	Winner Game 13 (QF ₁)		Winner Game 16 (QF ₄)		St Stithians OLYMPIC Pool	SemiFinal #1
20	09h40	Winner Game 14 (QF ₂)		Winner Game 15 (QF ₃)		St Stithians POLO Pool	SemiFinal #2
21	10h30	Loser Game 17		Loser Game 18		St Stithians OLYMPIC Pool	7 th /8 th
22	10h30	Winner Game 17		Winner Game 18		St Stithians POLO Pool	5 th /6 th
23	11h20	Loser Game 19 (SF ₁)		Loser Game 20 (SF ₂)		St Stithians OLYMPIC Pool	3 rd /4 th
INTRODUCTION OF FINALISTS							
24	12h10	Winner Game 19 (SF ₁)		Winner Game 20 (SF ₂)		St Stithians OLYMPIC Pool	1 st /2 nd
	13h15	PRESENTATIONS and CLOSING CEREMONY at St Stithians College AQUATICS Centre					

WATER POLO FIXTURES, 14 & 15 FEBRUARY 2020

NATIONAL AQUATICS FESTIVAL 2020

DIVING PRACTICE AND WARM UP SCHEDULE

Friday 14 February 2020

PRACTICE

- 13h30-14h30 Pretoria Girls' & St Andrew's
- 14h30-15h30 Oranje & St Mary's Kloof
- 15h30-16h30 St Mary's Waverley & Roedean
- 16h30-17h30 St Stithians & Brescia

Saturday 15 February 2020

WARM UP

- 06h30 St Stithians
- 06h45 Roedean
- 07h00 St Mary's Waverley
- 07h15 Pretoria Girls'
- 07h30 Brescia
- 07h45 St Andrew's
- 08h00 Meisieskool Oranje
- 08h15 St Mary's DSG Kloof
- 08h30 COMPETITION STARTS**

FINAL RESULTS 2020

SWIMMING

Position	School	Points
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

WATER POLO

Position	School
1	
2	
3	
4	
5	
6	
7	
8	

DIVING

Position	School
1	
2	
3	
4	
5	
6	
7	
8	



NATIONAL AQUATICS FESTIVAL 2020

CONTACT DETAILS

EVENT ORGANISER

Natasha Panzera
082 414 7540

FACILITIES MANAGER

Richard Little
072 576 3559

SWIMMING CO-ORDINATOR

Natasha Panzera
082 414 7540

DIVING CO-ORDINATOR

Nicky White
083 316 2329

WATER POLO TOURNAMENT DIRECTOR

Bruno Fernandes
082 902 9924

IN CASE OF EMERGENCY

Security
082 690 8474

Lightning Siren

The College has a lightning system linked to the SA Weather Bureau. In the event of lightning within a 15km radius of the College, the alarm will be sounded with one long siren. When you hear the siren, you need to take shelter out of the open immediately. Move off metal grandstands immediately. Do not panic and do not run, but make your way towards the nearest school building or your vehicle (if close by) and take shelter until you hear the all-clear, which is two shorter sounding sirens. The system is set to give us the all-clear only after 31 minutes of no lightning activity within our 15km radius.