



Dolphins Junior Championships 2023 Summons

- Meet Dates:** Saturday, 1st April - Sunday, 2nd April 2023
- Organiser:** Dolphins Swim Club Ltd.
PO Box 22033, Kampala, UGANDA
info@dolphinsswimclub.ug
www.dolphinsswimclub.ug
- Venue:** Lloli Park, Akawmesi Mall
1 km Kampala – Gayaza Road (*off Northern Bypass*)
Kampala UGANDA
Directions: see *Google Maps*
- Facility Information:** The Lloli Park swimming pool is a 6-lane, 25-metre short course pool with a semi-manual timing system. The depth of the water at the starting blocks end is 10 feet and the depth at the turn end is 3 feet.
- Pool Environment:** All individuals are advised to respect the green environment and refrain from littering the compound. You are required to dispose of the garbage in the garbage bins provided.
- Deck Change Policy Statement:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited.
- Audio/Visual Recording Statement:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.



8. Key Meet Contacts

- i) **Meet Director:** Swalleh Ssentenza
Phone: +256 77 2 416 751
e-mail: swallehssenteza@gmail.com
- ii) **Entries Coordinator:** Tonnie Kasujja
Phone: +256 77 6 244 222
e-mail: kasujjat@gmail.com

N.B. *Best times to call are weekdays between 8:00am to 3:00pm, and weekends.*

9. Entry Fees: Entry fees must be paid for each swimmer willing to participate in this meet.

- i) Individual entry fee for each individual timed final event per swimmer:
UGX 5,000 or US\$2.00.
- ii) Relay entry fees for each relay event: UGX 20,000 or US\$6.00.
- iii) There will be NO REFUND (includes deletion) of this charge. **No club or individual will be allowed to participate without clearing the entry fees.**
- iv) **N.B.** Cheques should be made payable to: **Dolphins Swim Club Limited.**

10. Entry Deadline: All entries must be done by either Meet Manager or Team Manager. All junior swimmers will be permitted to swim in the meet if entries are received prior to the entry deadline. Therefore, it is not necessary to send several file updates earlier to ensure your swimmers get into the meet.

- i) Submission of Final Entries:
 - Entries will close on **Friday, 24th March 2023.**
 - Entries may not be accepted after this date.



ii) E-mail entry files to kasujjat@gmail.com, with a copy to dsc.kampala@gmail.com.

iii) Mail hard copy entries summary and cheque to:

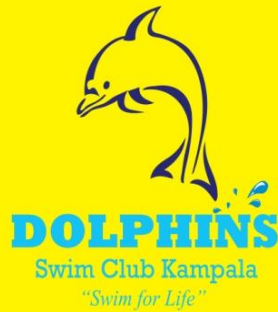
Dolphins Swim Club Limited

PO Box 22033, Kampala. Uganda.

N.B. *It is not necessary to overnight or express mail your hard copy and cheque sent in support of an e-mailed entry.*

II. Meet Format/Rules:

- i) This meet will be run in accordance with current **FINA Technical Rules**.
- ii) The **One Start rule** shall apply.
- iii) This meet will be run on a **heat-declared final basis**.
- iv) Age for this meet will be calculated as at **1st April, 2023** for all swimmers.
- v) All swimmers must be 11 years and below to be eligible to enter and compete in this meet. The applicable age groups are 7 years & under, 8 – 9 years, and 10-11 years for both girls and boys. All the individual and relay events will be swum in that order.
- vi) Any swimmer entered in the meet must be able to perform a dive and not a jump start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- vii) All swimmers must be listed on a team's official entry form (hardcopy for Team Manager) to be eligible to participate in this swim meet in any event including relays.
- viii) This is a Championship meet; all swimmers must have times **no slower than** the meet qualifying time standards. Proof of time will be required for all events, except relays.
- ix) Clubs are limited to entering a maximum of one relay team per relay event.
- x) Participating club parents/guardians must stay off the pool deck except when accessing the seating area.



12. **Entries:** Team entries may be submitted by e-mail to kasujjat@gmail.com, with a copy to dsc.kampala@gmail.com.

- All entries can be Hy-Tek program entries or a PDF events file attached to an email.
- The meet entries coordinator will respond to e-mail entries within 48 hours. If you do not receive an e-mail response within 48 hours, assume that your email has not been received. It then becomes the e-mailer's responsibility to make sure that the organiser's meet entry coordinator receives the e-mail.
- If you do not receive an e-mail response, you must contact the entry coordinator by email or phone.
- Accuracy of seed times is essential. Incomplete entries will not be accepted.
- Deck entries will not be accepted. No phone or faxed entries will be accepted.

13. **Scoring:** There will be both individual and team scoring. Points will be awarded to the first 8 positions as follows:

- 9, 7, 6, 5, 4, 3, 2 and 1 for individual events.
- 18, 14, 12, 10, 8, 6, 4, and 2 for the relay events.
- No points will be awarded if qualifying times are not attained.

14. **Awards:**

- Awards will be given to the top 3 swimmers in each individual event.
- Awards will be given to the top 3 relay teams in each relay event.
- Trophies will be given to the **Best Overall Boys'** and the **Best Overall Girls'** teams.



15. **Meet Schedule:** The venue will open at the following times:

- **Swimmers and Coaches:**
 - Saturday, 1st and Sunday, 2nd April 2023 at 0600hrs
- **Parents/Guardians:**
 - Saturday, 1st and Sunday, 2nd April 2023 at 0700hrs

Session Schedule	Event	Warm-up	Meet Start
Saturday, 1 st April Session 1 Morning	Breaststroke, Mixed Medley relay, Backstroke	0600hrs	0800hrs
Saturday, 1 st April Session 2 Afternoon	IM and Medley relay	1300hrs	1400hrs
Sunday, 2 nd April Session 3 Morning	Butterfly and Mixed Freestyle relay	0600hrs	0800hrs
Sunday, 2 nd April Session 4 Afternoon	Freestyle, Freestyle relay Awards ceremony	1300hrs	1400hrs

16. **Meet Format Waiver:** Dolphins Swim Club reserves the right to change the format of the meet. These changes would be made to ensure a more efficient swim meet for the swimmers and the organisers. Reasons for these changes may include, without being limited to, the following:

- to allow more swimmers to participate in the meet.
- to conform to facility capacity limits.



17. **Meet Results:** Results will be e-mailed to the teams participating in the meet. Results will also be posted on the Dolphins Swim Club website: www.dolphinsswimclub.ug
18. **Warm up procedure:** All teams will be given a minimum of 30 minutes of warm-up.
- Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes.
 - All teams will get the same opportunities to use the general warm-up lanes, sprint lanes, and pace lanes.
 - All swimmers must enter the pool from the starting end of the pool
 - Uniformed and designated meet marshals will monitor warm-ups.
 - All general warm-up lanes will swim in a counter-clockwise direction.
 - The warm-up sessions will be divided by teams.
19. **Charges for Heat Sheets and Non-Swimmers:**
- Heat sheets will be printed after all scratches have been entered and will be available for UGX 2,000 or US\$1.00 per session.
 - Non swimmers:
 - UGX 15,000 or US\$5.00 per day.
20. **Concessions:**
- Food and drinks will be available for sale.
21. **Disclaimer/Indemnification:** It is understood that Lloli Park, Akamwesi Mall, Dolphins Swim Club Ltd., and Uganda Swimming Federation shall be free of any liabilities or claims of damages arising by reason of injury to anyone, loss or damage of property before, during and after the conduct of the event.



Dolphins Junior Championship 2023

Events List

Day I: Saturday, 1 st April 2023				
Morning Session				
No.	Age	Girls' Events	No.	Boys' Events
1	7 and Under	25m Breaststroke	2	25m Breaststroke
3	8-9	25m Breaststroke	4	25m Breaststroke
5	10-11	50m Breaststroke	6	50m Breaststroke
7	7 and Under	4x25 Mixed Medley relay		
8	8-9	4x25 Mixed Medley relay		
9	10-11	4x50 Mixed Medley relay		
10	7 and Under	25 Backstroke	11	25 Backstroke
12	8-9	25 Backstroke	13	25 Backstroke
14	10-11	50 Backstroke	15	50 Backstroke

Awards



Dolphins Junior Championship 2023

Events List

Day 1: Saturday, 1 st April 2023				
Afternoon Session				
No.	Age	Girls' Events	No.	Boys' Events
16	7 and Under	100 IM	17	100 IM
18	8-9	100 IM	19	100 IM
20	10-11	200 IM	21	200 IM
22	7 and Under	4x25 Medley relay	23	4x25 Medley relay
24	8-9	4x25 Medley relay	25	4x25 Medley relay
26	10-11	4x50 Medley relay	27	4x50 Medley relay

Awards



Dolphins Junior Championship 2020

Events List

Day 2: Sunday, 2 nd April 2023				
Morning Session				
No.	Age	Girls' Events	No.	Boys' Events
28	7 and Under	25m Butterfly	29	25m Butterfly
30	8-9	25m Butterfly	31	25m Butterfly
32	10-11	50m Butterfly	33	50m Butterfly
34	7 and Under	4x25 Mixed Freestyle relay		
35	8-9	4x25 Mixed Freestyle relay		
36	10-11	4x50 Mixed Freestyle relay		

Awards

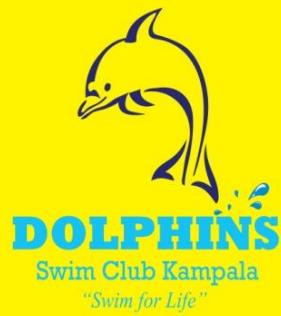


Dolphins Junior Championship 2023

Events List

Day 2: Sunday, 2 nd April 2023				
Afternoon Session				
No.	Age	Girls' Events	No.	Boys' Events
37	7 and Under	25 Freestyle	38	25 Freestyle
39	8-9	25 Freestyle	40	25 Freestyle
41	10-11	50 Freestyle	42	50 Freestyle
43	7 and Under	4x25 Freestyle relay	44	4x25 Freestyle relay
45	8-9	4x25 Freestyle relay	46	4x25 Freestyle relay
47	10-11	4x50 Freestyle relay	48	4x50 Freestyle relay

Awards Ceremony



Dolphins Junior Championship 2023

Time Standards

No.	Event	7 & Under years	8-9 years	10-11 years
1	25m Breaststroke	38:00	32:00	
2	25m Backstroke	40:00	35:00	
3	25m Butterfly	40:00	35:00	
4	25m Freestyle	31:00	28:00	
5	50m Breaststroke			01.05:00
6	50m Backstroke			01.05:00
7	50m Butterfly			01.05:00
8	50m Freestyle			01.00:00
9	100 IM	3:15:00	3.00:00	
10	200 IM			5.00:00