

CAPE TOWN AQUATICS

2022-23 COMPETITIONS CALENDAR & EVENTS



Last updated 10May'22 – Version 2

MAY 2022							JUNE 2022							JULY 2022							AUGUST 2022							SEPTEMBER 2022							OCTOBER 2022								
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
					1				1	2	3	4	5					1	2	3	1	2	3	4	5	6	7					1	2	3	4							1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9		
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16		
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23		
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30		
30	31																																		31								
NOVEMBER 2021							DECEMBER 2021							JANUARY 2022							FEBRUARY 2022							MARCH 2022							APRIL 2022								
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
	1	2	3	4	5	6				1	2	3	4							1			1	2	3	4	5			1	2	3	4	5							1	2	
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	3	4	5	6	7	8	9		
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16		
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23		
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	27	28						27	28	29	30	31			24	25	26	27	28	29	30		
														30	31																			31									

CTA = CAPE TOWN AQUATICS	CWA = WINELANDS AQUATICS	OBA = OVERBERG AQUATICS	WCO = WEST COAST AQUATICS	EDA = EDEN AQUATICS
SPH = SCHOOL/PUBLIC HOLIDAYS	OOP = OUT OF PROVINCE MEETS	WCA = WESTERN CAPE AQUATICS	SSA = SWIMMING SOUTH AFRICA	MASTERS = SA MASTERS

1st QUATER

JUNE 2022

Date	District	Event	Venue	Clubs Entry Deadline	Districts Entry Deadline
04	EDA	EDEN SC GALA 1	KNYSNA (TBC)		
04	CTA	CTA QUALIFYING MEET #1 (1DAY)	FAIRMONT HIGH AQUATICS CENTRE	9am 24May'22	9am 24May'22
<i>Session 1</i>	<i>13 & Under</i>	<i>400Free, 100Back, 200Fly, 50Breast, 200Free, 200IM</i>			
<i>Session 2</i>	<i>14 & Over</i>	<i>800Free(12&over), 400Free, 100Back, 200Fly, 50Breast, 200Free, 200IM</i>			
11	CTA	CTA FUTURE STARS MEET #1	RETREAT MUNICIPAL POOL	9am 31May'22	9am 31May'22
<i>Session 1</i>	<i>12 & Under</i>	<i>25Breast (9&Under), 50Breast, 100Free, 25Back (9&Under), 50Back, 200IM</i>			
<i>Session 2</i>	<i>13 & Over</i>	<i>50Breast, 100Free, 400Free, 50Back, 200IM</i>			
11	CWA	CWA WINTER LEAGUE GALA	GENERATIONS SOMERSET WEST		
18	WCO	WCO WINTER MIST GALA	CURRO LANGEBAAN		
25 - 27	PEA	PEA WINTER LC GALA (CCGP1)	NEWTON PARK, GQEBERHA		
29 - 30	EDA	EDEN AQUATICS SC GALA (CCGP2)	KNYSNA PRIMARY		

JULY 2022

02 - 04	CTA	CTA INVITATIONAL SC MEET (CCGP3)	GENERATIONS SOMERSET WEST	9am 14June'22	9am 14June'22
<i>Session 1</i>	<i>13 & Over - Heats</i>	<i>400Free, 100Back, 100FreeMulti, 200Breast, 200Free, 200IMMulti, 400IM, 50Back, 200Free Relay</i>			
<i>Session 2</i>	<i>12 & Under -T/Final</i>	<i>100Back, 200Breast, 200Free, 50Back, 200Free Relay</i>			
<i>Session 3</i>	<i>13 & Over - Finals</i>	<i>400Free, 100Back, 100FreeMulti, 200Breast, 200Free, 200IMMulti, 400IM, 50Back</i>			
<i>Session 4</i>	<i>13 & Over - Heats</i>	<i>800Free, 100Breast, 100BackMulti, 200Back, 200Fly, 200FreeMulti, 100Free, 50Breast, 200Medley Relay</i>			
<i>Session 5</i>	<i>12 & Under -T/Final</i>	<i>100Breast, 200Back, 100Free, 50Breast, 200MedleyRelay</i>			
<i>Session 6</i>	<i>13 & Over - Finals</i>	<i>800Free, 100Breast, 100BackMulti, 200Back, 200Fly, 200FreeMulti, 100Free, 50Breast</i>			
<i>Session 7</i>	<i>13 & Over - Heats</i>	<i>1500Free, 50Free, 100Fly, 100BreastMulti, 200IM, 50FreeMulti, 50Fly</i>			
<i>Session 8</i>	<i>12 & Under -T/Final</i>	<i>50Free, 100Fly, 200IM, 50Fly</i>			
<i>Session 9</i>	<i>13 & Over - Finals</i>	<i>1500Free, 50Free, 100Fly, 100BreastMulti, 200IM, 50FreeMulti, 50Fly</i>			
09					
15 - 17	WCA	WCA SC CHAMPS	GENERATIONS SOMERSET WEST		
23	CTA	CTA QUALIFYING MEET #2 (1DAY)	FAIRMONT HIGH	9am 12July'22	9am 12July'22
<i>Session 1</i>	<i>14 & Over</i>	<i>100Free, 100Breast, 400IM(12&over), 50Fly, 200IM</i>			
<i>Session 2</i>	<i>13 & Under</i>	<i>100Free, 100Breast, 50Fly, 200IM</i>			
30	CTA	CTA FUTURE STARS MEET #2	RETREAT MUNICIPAL POOL	9am 19July'22	9am 19July'22
<i>Session 1</i>	<i>13 & Over</i>	<i>200Free, 100Back, 50Fly, 800Free, 100Breast, 200IM</i>			
<i>Session 2</i>	<i>12 & Under</i>	<i>200Free, 100Back, 25Fly (9&Under), 50fly, 100Breast, 200IM</i>			

27Jul – 07Aug		COMMONWEALTH GAMES	BIRMINGHAM, GREAT BRITAIN		
TBC	EDA	ROYAL SWIMMING ACADEMY CLUB GALA	TBC		

2nd QUATER

AUGUST 2022

Date	District	Event	Venue	Clubs Entry Deadline	Districts Entry Deadline
05	CTA	CTA NIGHT LEAGUE #1 – SC (SKINS)	GENERATIONS SOMERSET WEST	Teams to be selected	
Session 1	HEATS	200IM, 50Back, 100Breast, 50Fly, 100Free, 100Back, 50Breast, 100Fly, 50Free, 4 x 50 FreeRelay			
Session 2	SEMI FINALS	Top 4 - 200IM, 50Back, 100Breast, 50Fly, 100Free, 100Back, 50Breast, 100Fly, 50Free, 4 x 50 FreeRelay			
Session 3	FINALS	Top 2 - 200IM, 50Back, 100Breast, 50Fly, 100Free, 100Back, 50Breast, 100Fly, 50Free, 4 x 50 FreeRelay			
06	OBA	OBA WHALE COAST SPRINT GALA	CURRO HERMANUS		
13	CTA	CTA QUALIFYING MEET #3 (1DAY)	FAIRMONT HIGH AQUATICS CENTRE	9am 02Aug'22	9am 02Aug'22
Session 1	14 & Over	1500Free (12&Over), 50Free, 200IM, 50Back, 200Breast, 100Fly, 200Back			
Session 2	13 & Under	50Free, 200IM, 50Back, 200Breast, 100Fly, 200Back			
20	CTA	CTA FUTURE STARS MEET #3	GENERATIONS SOMERSET WEST	9am 09Aug'22	9am 09Aug'22
Session 1	12 & Under	200Back, 25Free (9&Under), 50Free, 200Breast, 200IM			
Session 2	13 & Over	200Back, 100Fly, 1500Free, 50Free, 200Breast, 200IM			
20	EDA	EDEN SC GALA 3	KNYSNA TBC		
20	CWA	CWA SUMMER LEAUE 1	COETZENBURG		
27	CTA	CTA AWARDS GALA	BARNYARD		
23-28		8 th FINA WORLD JUNIOR SWIMMING CHAMPS	RUSSIA TBC		
TBC	SSA	SA SC CHAMPS	TBC		

SEPTEMBER 2022

Date	District	Event	Venue	Clubs Entry Deadline	Districts Entry Deadline
03	WCD	WCD SPRING GALA	CURRO LANGEBAAN		
03 – 04	CTA	CTA QUALIFYING MEET #4 (2DAYS)	GENERATIONS SOMERSET WEST	9am 23Aug'22	9am 23Aug'22
Session 1	13 & Under	100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 50Fly, 400Free			
Session 2	14 & Over	800Free (12&Over), 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 400IM (12&Over), 50Fly, 400Free			
Session 3	13 & Under	50Free, 200IM, 50Back, 200Breast, 100Fly, 200Back			
Session 4	14 & Over	1500Free (12&Over), 50Free, 200IM, 50Back, 200Breast, 100Fly, 200Back			
09 – 10	EDA	EDEN SC SENIOR LEAGUE CHAMPS	KNYSNA TBC		
10	CTA	CTA FUTURE STARS MEET #4	FAIRMONT HIGH AQUATICS CENTRE	9am 30Aug'22	9am 30Aug'22

Session 1	12 & Under	25Breast (9&Under), 50Breast, 100Free, 25Back (9&Under), 50Back, 200IM			
Session 2	13 & Over	50Breast, 100Free, 400Free, 50Back, 200IM			
17	CWA	CWA SUMMER LEAGUE 2	GENERATIONS SOMERSET WEST		
24 - 25	CTA	CTA QUALIFYING MEET #5 (2DAYS)	GENERATIONS SOMERSET WEST	9am 13Sep'22	9am 13Sep'22
Session 1	14 & Over	800Free (12&Over), 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 400IM (12&Over), 50Fly, 400Free			
Session 2	13 & Under	100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 50Fly, 400Free			
Session 3	14 & Over	1500Free (12&Over), 50Free, 200IM, 50Back,200Breast, 100Fly, 200Back			
Session 4	13 & Under	50Free, 200IM, 50Back,200Breast, 100Fly, 200Back			
30	CTA	CTA NIGHT LEAGUE #2 - SC	FAIRMONT HIGH AQUATICS CENTRE	Teams to be selected	
Session 1	HEATS	200IM, 50Back, 100Breast, 50Fly, 100Free, 100Back, 50Breast, 100Fly, 50Free, 4 x 50 FreeRelay			
Session 2	SEMI FINALS	Top 4 - 200IM, 50Back, 100Breast, 50Fly, 100Free, 100Back, 50Breast, 100Fly, 50Free, 4 x 50 FreeRelay			
Session 3	FINALS	Top 3 - 200IM, 50Back, 100Breast, 50Fly, 100Free, 100Back, 50Breast, 100Fly, 50Free, 4 x 50 FreeRelay			
TBC	SSA	SA SC GRAND PRIX 1	TBC		
TBC	OPEN WATER	QUAGGASKLOOF			
OCTOBER 2022					
01	EDA	EDEN LC SENIOR LEAGUE GALA	GEORGE		
01 – 02 TBC	SCHOOL	CTA SCHOOLS TRIALS	TBC		
07 – 09	EDA	FREDA BARNARD	GEORGE		
15	CWA	CWA SUMMER LEAGUE 3	GENERATIONS AQUATICS CENTRE		
15	WCO	WCO OCTOBER MADNESS GALA	CURRO LANGEBAAN		
15 - 16	CTA	CTA QUALIFYING MEET #6 (2DAYS)	GENERATIONS SOMERSET WEST	9am 04Oct'22	9am 04Oct'22
Session 1	13 & Under	100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 50Fly, 400Free			
Session 2	14 & Over	800Free (12&Over), 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 400IM (12&Over), 50Fly, 400Free			
Session 3	13 & Under	50Free, 200IM, 50Back,200Breast, 100Fly, 200Back			
Session 4	14 & Over	1500Free (12&Over), 50Free, 200IM, 50Back,200Breast, 100Fly, 200Back			
21	EDA	EDEN JUIOR LEAGUE GALA 1	GEORGE		
22	EDA	EDEN L SENIOR LEAGUE GALA 2	GEORGE		
22	CTA	CTA FUTURE STARS MEET #5	UWC/FAIRMONT AQUATICS CENTRE TBC	9am 11Oct'22	9am 11Oct'22
Session 1	13 & Over	200Free, 100Back, 50Fly, 800Free, 100Breast, 200IM			
Session 2	12 & Under	200Free, 100Back, 25Fly (9&Under), 50fly, 100Breast, 200IM			
23	OPEN WATER	HARBOUR TO HARBOUR	GORDON'S BAY		
29 - 30	SCHOOL	WCA SCHOOLS TRIALS	TBC		
TBC	SSA	SA SC GRAND PRIX 2	TBC		

3rd QUATER

NOVEMBER 2022

Date	District	Event	Venue	Clubs Entry Deadline	Districts Entry Deadline
04	EDA	EDEN JUNIOR LEAGUE GALA 2	GEORGE		
05	EDA	EDEN LC SENIOR LEAGUE GALA 3	GEORGE		
05 - 06	CTA	CTA A CHAMPS	UWC/BELLVILLE TBC	9am 20Oct'22	
<i>Session 1</i>	<i>LEVEL 3+ : OPEN</i>	<i>400Free (SANJ+), 400Free (L3), 800Free (SANJ+), 1500Free (SANJ+)</i>			
<i>Session 2</i>	<i>SANJ+ : OPEN</i>	<i>200Breast, 50Fly, 50Fly Multi, 100Back, 100Back Multi, 200IM, 200IM Multi, 50Breast, 50Breast Multi, 100Free, 100Free Multi, 400IM</i>			
<i>Session 3</i>	<i>LEVEL3 : OPEN</i>	<i>200Breast, 50Fly, 100Back, 200IM, 50Breast, 100Free</i>			
<i>Session 4</i>	<i>LEVEL 2 : OPEN</i>	<i>200Breast, 50Fly, 100Back, 200IM, 50Breast, 100Free</i>			
<i>Session5</i>	<i>SANJ+ : OPEN</i>	<i>200Fee, 50Back, 50Back Multi, 100Breast, 100Breast Multi, 100Fly, 200Back, 50Free, 50Free Multi, 200Fly</i>			
<i>Session 6</i>	<i>LEVEL3 : OPEN</i>	<i>200Free, 50Back, 100Breast, 100Fly, 200Back, 50Free</i>			
<i>Session 7</i>	<i>LEVEL 2 : OPEN</i>	<i>200Free, 50Back, 100Breast, 100Fly, 200Back, 50Free</i>			
12 - 13	CTA	CTA B CHAMPS	UWC/BELLVILLE TBC	9am 27Oct'22	
<i>Session 1</i>	<i>ALL AGES</i>	<i>200Free, 50Fly, 25Fly, 100Back, 50Free, 25 Free, 100Breast</i>			
<i>Session 2</i>	<i>ALL AGES</i>	<i>50Back, 25 Back, 100Fly, 100Free, 50Breast, 25 Breast, 200IM</i>			
12	WCD	SWARTLAND INVITATIONAL #1	MALMESBURY		
13	CWA	CWA SUMMER LEAGUE 4	COETZENBURG		
19	CTA	CTA FUTURE STARS MEET #6	UWC/RETREAT/FAIRMONT TBC	9am 08Oct'22	9am 08Oct'22
<i>Session 1</i>	<i>12 & Under</i>	<i>200Back, 25Free (9&Under), 50Free, 200Breast, 200IM</i>			
<i>Session 2</i>	<i>13 & Over</i>	<i>200Back, 100Fly, 1500Free, 50Free, 200Breast, 200IM</i>			
19 - 20	EDA	EDEN LC CHAMPS	GEORGE		
26 TBC	CTA	CTA ANNUAL FUNDRAISER - TBC	FAIRMONT HIGH TBC		

DECEMBER 2022

Date	District	Event	Venue	Clubs Entry Deadline	Districts Entry Deadline
03					
09 - 13	WCA	WCA A CHAMPS	TBC		
10					
11 TBC	OPEN WATER	LOMOND			
24					
27	OPEN WATER	KNYSNA ROTARY SPLASH	KNYSNA		
TBC	SSA	SA SCHOOL SWIMMING CHAMPIONSHIP			

JANUARY 2023

06 - 08	SSA	SA GRAND PRIX NELSPRUIT	NELSPRUIT		
13	EDA	EDEN JUNIOR LEAGUE GALA 3	GEORGE		
14	EDA	EDEN LC SENIOR LEAGUE GALA 4	GEORGE		
14 – 15	OPEN WATER	WCA OPEN WATER CHAMPIONSHIP	TBC		
21 - 22	CTA	CTA QUALIFYING MEET #7 (2DAYS) (4 Events per swimmer)	UWC/BELLVILLE TBC	9am 10Jan'23	9am 10Jan'23
<i>Session 1</i>	<i>14 & Over</i>	<i>800Free (12&Over), 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 400IM (12&Over), 50Fly, 400Free</i>			
<i>Session 2</i>	<i>13 & Under</i>	<i>100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 50Fly, 400Free</i>			
<i>Session 3</i>	<i>14 & Over</i>	<i>1500Free (12&Over), 50Free, 200IM, 50Back,200Breast, 100Fly, 200Back</i>			
<i>Session 4</i>	<i>13 & Under</i>	<i>50Free, 200IM, 50Back,200Breast, 100Fly, 200Back</i>			
28	CTA	CTA FUTURE STARS MEET #7 (4 Events per swimmer)	FAIRMONT HIGH AQUATICS CENTRE	9am 17Jan'23	9am 17Jan'23
<i>Session 1</i>	<i>12 & Under</i>	<i>25Breast(9&U), 50Breast, 100Free, 25Back(9&U), 50Back, 200Free, 100Back, 25Fly(9&U), 50Fly, 100Breast, 200Back, 25Free(9&U), 50Free, 200Breast, 200IM</i>			
<i>Session 2</i>	<i>13 & Over</i>	<i>50Breast, 100Free, 50Back, 200Free, 100Back, 50Fly, 100Breast, 200Back, 50Free, 200Breast, 200IM</i>			
28	CWA	CWA SEIONR LEAGUE (ALL EVENTS)	COETZENBURG		
28	WCD	WCD QUALIFYING GALA	MALMESBURY		
28 TBC	OutOfProvince	INTER DISTRICT PRESTIGE INVITATIONAL GALA (must compete at CTA A Champs)	GQEBERHA	TEAM TO BE SELECTED	
TBC	EDA	EDEN LC SENIOR LEAGUE GALA 5	GEORGE		
TBC	WCA	WCA B CHAMPS	TBC		

4th QUATER

FEBRUARY 2023

Date	District	Event	Venue	Clubs Entry Deadline	Districts Entry Deadline
04 - 05	CTA	CTA QUALIFYING MEET #8 (2Days)	UWC/BELLVILLE TBC	9am 24Jan'23	9am 24Jan'23
<i>Session 1</i>	<i>14 & Over</i>	<i>800Free (12&Over), 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 400IM (12&Over), 50Fly, 400Free</i>			
<i>Session 2</i>	<i>13 & Under</i>	<i>100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 50Fly, 400Free</i>			
<i>Session 3</i>	<i>14 & Over</i>	<i>1500Free (12&Over), 50Free, 200IM, 50Back,200Breast, 100Fly, 200Back</i>			
<i>Session 4</i>	<i>13 & Under</i>	<i>50Free, 200IM, 50Back,200Breast, 100Fly, 200Back</i>			
11 - 12	WCA	WCA B CHAMPS	TBC		
18 - 20	SSA	SA GRAND PRIX - WCA	TBC		
18	CWA	CWA TIME TRIAL & RELAY GALA	GENERATIONS SOMERSET WEST		
18	WCD	SWARTLAND INVITATIONAL #2	MALMESBURY		
25	CTA	CTA FUTURE STARS CHAMPS	RETREAT MUNICIPAL POOL	TEAM TO BE SELECTED	

Session 1	All Ages	100Free (11&Over), 25Back (9&Under), 50Back(10Years), 100Breast (11&Over), 25Fly (9&Under), 50Fly (10Years), 100IM (9&Under), 200IM (10&Over), 9&Under 100 Free Relay, 10Years 200Free Relay, 11-12 200Free Relay, 13-14 200Free Relay, 15&Over Free Relay			
Session 2	All Ages	100Back (11&Over), 25Free (9&Under), 50Free(10Years), 100Fly (11&Over), 25Breast (9&Under), 50Breast (10Years), 9&Under 100Medley Relay, 10Years 200Medley Relay, 11-12 200Medley Relay, 13-14 200Medley Relay, 15&Over 200Medley Relay			
25	OBA	WHALE COAST QUALIFIER	CURRO HERMANUS		
TBC	EDA	KNYSNA AQUATICS CLUB GALA	KNYSNA		
TBC	EDA	EDEN JUNIOR LEAGUE GALA 4	GEORGE		
TBC	EDA	EDEN JUNIOR LEAGUE CHAMPS	TBC		
TBC	EDA	EDEN LC SENIOR LEAGUE GALA 6	GEORGE		
MARCH 2023					
Date	District	Event	Venue	Clubs Entry Deadline	Districts Entry Deadline
04	SSA	SA LEVEL 1 AGE GROUP CHAMPS – EACH DISTRICT - CTA	GENERATIONS SOMERSET WEST	9am 21Feb'23	9am 21Feb'23
TBC	SSA	SA GRAND PRIX #3	KZN TBC		
17 - 19	SSA	SA LEVEL 3 AGE GROUP NATIONAL CHAMPS	TBC		
24 - 26	SSA	SA LEVEL 2 AGE GROUP NATIONAL CHAMPS	TBC		
TBC	SSA	SA REGIONAL JUNIOR & SENIOR SWIM CHAMPS	TBC		
TBC	SSA	SA OW CHAMPS	TBC		
APRIL 2023					
01					
08					
12 - 17	SSA	SA SENIOR NATIONAL CHAMPS	TBC		
28 - 22	SSA	SA JUNIOR NATIONAL CHAMPS	TBC		
29					
TBC		CANA ZONE IV CHAMPS	TBC		
TBC	WCA	WCA INT-DIST LEV 1 TEAM CHAMPS 2023	TBC		