



INTERCLUB MASTERS: POOL CHAMPIONSHIPS

VENUE: NEWTON PARK POOL: NELSON MANDELA BAY: GQBERHA (PORT ELIZABETH)
DATE: SUNDAY 29th to MONDAY 30th NOVEMBER 2026

PRELIMINARY CHAMPIONSHIPS PROGRAMME

SATURDAY: 28th NOVEMBER

TIME	BRIEFING	VENUE
16:00 – 17:00	Masters Team Managers: Pool briefing by Chief Referee, Safety Officer and Event Management Committee	Newton Park Pool
17:00 – 18:00	Masters Technical Officials: Pool briefing by Chief Referee, Safety Officer and Event Management Committee	Newton Park Pool

SUNDAY: 29th NOVEMBER

INTERCLUB MASTERS TEAMS: POOL CHAMPIONSHIPS: DAY 1

BRIEFINGS	
06h45	Safety Meeting
07h00	Daily Competition Committee Meeting
07h15	Team Managers daily briefing by Chief Referee
07h30	Technical Officials daily briefing by Chief Deputy Referees
07h45	Opening of Interclub Masters Championships
08h00	Marshalling commences
08h15	Competition commences
After last event	EMC/LOC meeting

INTERCLUB MASTERS TEAMS: POOL CHAMPIONSHIPS: DAY 1				
Time	Event	Gender	Age Group	Type
06h30	Warm-up in the competition pool			
07h45	Opening of Interclub Masters Championships			
08h00	Marshalling commences			
08h15	100m Obstacles Swim	Women/Men	30-34	Time-Final
	100m Obstacles Swim	Women/Men	35-39	Time-Final
	100m Obstacles Swim	Women/Men	40-44	Time-Final
	100m Obstacles Swim	Women/Men	45-49	Time-Final
	100m Obstacles Swim	Women/Men	50-54	Time-Final
	100m Obstacles Swim	Women/Men	55-59	Time-Final
	100m Obstacles Swim	Women/Men	60-64	Time-Final
	100m Obstacles Swim	Women/Men	65-69	Time-Final
	100m Obstacles Swim	Women/Men	70-74	Time-Final
	100m Obstacles Swim	Women/Men	75+	Time-Final
	4 x 50m Obstacle Relay	Women/Men	120 - 139	Time-Final
	4 x 50m Obstacle Relay	Women/Men	140 - 169	Time-Final

INTERCLUB MASTERS TEAMS: POOL CHAMPIONSHIPS: DAY 1				
Time	Event	Gender	Age Group	Type
	4 x 50m Obstacle Relay	Women/Men	170 - 199	Time-Final
	4 x 50m Obstacle Relay	Women/Men	200 - 229	Time-Final
	4 x 50m Obstacle Relay	Women/Men	230+	Time-Final
Prepare Pool				
	Line Throw	Women/Men	30-34	Time-Final
	Line Throw	Women/Men	35-39	Time-Final
	Line Throw	Women/Men	40-44	Time-Final
	Line Throw	Women/Men	45-49	Time-Final
	Line Throw	Women/Men	50-54	Time-Final
	Line Throw	Women/Men	55-59	Time-Final
	Line Throw	Women/Men	60-64	Time-Final
	Line Throw	Women/Men	65-69	Time-Final
	Line Throw	Women/Men	70-74	Time-Final
	Line Throw	Women/Men	75+	Time-Final
Break				
	100m Manikin Tow with Fins	Women/Men	30-34	Time-Final
	100m Manikin Tow with Fins	Women/Men	35-39	Time-Final
	100m Manikin Tow with Fins	Women/Men	40-44	Time-Final
	100m Manikin Tow with Fins	Women/Men	45-49	Time-Final
	100m Manikin Tow with Fins	Women/Men	50-54	Time-Final
	100m Manikin Tow with Fins	Women/Men	55-59	Time-Final
	100m Manikin Tow with Fins	Women/Men	60-64	Time-Final
	100m Manikin Tow with Fins	Women/Men	65-69	Time-Final
	100m Manikin Tow with Fins	Women/Men	70-74	Time-Final
	100m Manikin Tow with Fins	Women/Men	75+	Time-Final
End of Competition - Day 1				

INTERCLUB MASTERS TEAMS: POOL CHAMPIONSHIPS: DAY 1: VICTORY CEREMONY		
Time	Event	Gender
	Victory Ceremony Obstacle Swim	Women/Men
	Victory Ceremony 4 x 50m Obstacle Relay	Women/Men
	Victory Ceremony Line Throw	Women/Men
	Victory Ceremony 100m Manikin Tow with Fins	Women/Men
End of Day 1 Proceedings		

Note: VICTORY CEREMONY - will be conducted at various times during the day

MONDAY 30TH NOVEMBER**INTERCLUB MASTERS TEAMS: POOL CHAMPIONSHIPS: DAY 2****BRIEFINGS**

06h45	Safety Meeting
07h00	Daily Competition Committee Meeting
07h15	Team Managers daily briefing by Chief Referee
07h30	Technical Officials daily briefing by Chief Deputy Referees
07h45	Marshalling commences
08h00	Competition commences
After last event	EMC/LOC meeting

INTERCLUB MASTERS TEAMS: POOL CHAMPIONSHIPS: DAY 2

Time	Event	Gender	Age Group	Type
06h30	Warm-up in the competition pool			
07h45	Marshalling commences			
08h00	100m Manikin Carry with Fins	Women/Men	30-34	Time-Final
	100m Manikin Carry with Fins	Women/Men	35-39	Time-Final
	100m Manikin Carry with Fins	Women/Men	40-44	Time-Final
	100m Manikin Carry with Fins	Women/Men	45-49	Time-Final
	100m Manikin Carry with Fins	Women/Men	50-54	Time-Final
	100m Manikin Carry with Fins	Women/Men	55-59	Time-Final
	100m Manikin Carry with Fins	Women/Men	60-64	Time-Final
	100m Manikin Carry with Fins	Women/Men	65-69	Time-Final
	100m Manikin Carry with Fins	Women/Men	70-74	Time-Final
	100m Manikin Carry with Fins	Women/Men	75+	Time-Final
	4 x 25m Manikin Relay	Women/Men	120 - 139	Time-Final
	4 x 25m Manikin Relay	Women/Men	140 - 169	Time-Final
	4 x 25m Manikin Relay	Women/Men	170 - 199	Time-Final
	4 x 25m Manikin Relay	Women/Men	200 - 229	Time-Final
	4 x 25m Manikin Relay	Women/Men	230+	Time-Final
Break				
	50m Manikin Carry	Women/Men	30-34	Time-Final
	50m Manikin Carry	Women/Men	35-39	Time-Final
	50m Manikin Carry	Women/Men	40-44	Time-Final
	50m Manikin Carry	Women/Men	45-49	Time-Final
	50m Manikin Carry	Women/Men	50-54	Time-Final
	50m Manikin Carry	Women/Men	55-59	Time-Final
	50m Manikin Carry	Women/Men	60-64	Time-Final
	50m Manikin Carry	Women/Men	65-69	Time-Final
	50m Manikin Carry	Women/Men	70-74	Time-Final
	50m Manikin Carry	Women/Men	75+	Time-Final
	4 x 50m Medley Relay	Women/Men	120 - 139	Time-Final
	4 x 50m Medley Relay	Women/Men	140 - 169	Time-Final
	4 x 50m Medley Relay	Women/Men	170 - 199	Time-Final
	4 x 50m Medley Relay	Women/Men	200 - 229	Time-Final
	4 x 50m Medley Relay	Women/Men	230+	Time-Final
End of Competition Day 2				

INTERCLUB MASTERS TEAMS: POOL CHAMPIONSHIPS: DAY 2: VICTORY CEREMONY		
Time	Event	Gender
	Victory Ceremony 100m Manikin Carry with Fins	Women/Men
	Victory Ceremony 4 x 25m Manikin Relay	Women/Men
	Victory Ceremony 50m Manikin Carry	Women/Men
	Victory Ceremony 4 x 50m Medley Relay	Women/Men
	Victory Ceremony Masters Interclub Teams - Pool Events Point Score	
End of Day 2 Proceedings		

Note: VICTORY CEREMONY - will be conducted at various times during the day

Notes:

1. Other than the initial marshalling and start times, for each session all other listed times are indicative and for event planning purposes only. Individuals and Teams must be available at the commencement of each session for marshalling and competition of an event listed for conduct within that session.
2. The programme will be reviewed after entries have closed and may change due to conditions and exigencies of the situation and is subject to change.
3. Events may be combined to incorporate more than one age group per event.