

## 2013/4 SEASON

### September 2013

21 Marico Mile

### October 2013

13 – Middelburg Mile

26 – Sun City

26 – Heia Safari series 1

### November 2013

02 – Ebotse Rynfield Mile\*

09/10 – CGA \*

17 – Heia Safari series 2

30/1 Dec – Heia Safari

### NTS O/W Champs

### January 2014

11/12 Ebotse Rynfield

18, 19 – Heia Safari

26 – Roode\*

### February 2014

02 – Platinum Mile, Buffelspoort \*

08/09 – Midmar Mile

16 – Makhulu\*

22 – Sterkfontein

23 – Heia Safari

### March 2014

01 – Canal Swim, Island Estates\*

15 – Ebenezer Mile

30 – Bosveld Mile, Bela Bela\*

30 – Heia Safari

Events marked \* are still be confirmed

Welcome back! We are very excited about the new swimming season and look forward to great fun in the water!

### New NTS Open Water Swimming Committee - Welcome to our new members

Chairman:	Gerald Goles
Secretary:	Linda Fullard
Executive Member:	Jan Nel
Additional Member:	Wilma Nel
Additional Member:	Marlene Jordaan

### Congratulations!

Two of our committee members got married. Jan and Wilma tied the knot on Friday 23 August. We wish them a wonderful life together!



### Well Done.

**CONGRATULATIONS** to all the boys and girls who participated in the Bosphorus Two Continents Swim in Turkey. The tour was most successful. All the swimmers had excellent swim results and well done again to Khethiwe Hadebe for taking Gold in the Girls 14 to 18 and Oostewald van Niekerk for taking Silver boys 14 to 18. There were some 2293 entries from 54 Countries which entered the race and swam the distance of 6,5km with only 1398 swimmers who finished the race.

**Congratulations also to Gerhard van Deventer from Players who swam a 3km in Dordrecht, Netherlands, in a time of 67.20.27.**

### 21 September 2013 – Marico Myl

Events: 12h00 – 3000m 11 & Over Men and Woman  
13h13 – 1 Mile Men and Women, all age groups  
14h30 – 1/2 Mile Men and Women Swim

Venue: Riekersdam, Groot Marico

Entry: [www.maricomyl.co.za](http://www.maricomyl.co.za)

Late entries at venue.

Contact: Magda Rabe 082 925 7756

### 13 October – Middelburg Mile

Events: 8h00 – 3000m Men and Woman  
9h30 1 Mile Women 31+, Girls 13 & under  
10h30 1 Mile Men 31+, Boys 13 & under  
11h30 Women 14-30  
12h30 Men 14-30  
14h00 500m Development / Fun swim

Venue: Middelburg Dam

Entry: [www.entrytime.com](http://www.entrytime.com)

Late entries at venue.

Contact: Hannie 083 280 9579





# Newsletter #1/2014

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Website: [www.nts-swimming.co.za](http://www.nts-swimming.co.za)

### 26 October 2013 – Dischem Sun City Swim



Events: 08h00 – 3km

09h30 – 1500m Women 31+, Girls 13 & under

10h30 – 1500m Men 31+, Boys 13 & under

11h30 – 1500m Women 14-30

12h30 – 1500m Men 14-30, All Disabled

13h30 – 600m Development / Fun swim

Venue: Water World Dam alongside Cabanas gardens, Sun City

Entry: [www.suncityswim.co.za](http://www.suncityswim.co.za)

### 26/27 October 2013 – Heia Safari Series 1



Events: 10h00 – 3km 11yrs & Over

07h30 – 800m Girls 13 and younger and Women 31 and older

08h15 – 800m Boys 13 and younger and Men 31 and older

09h00 – 800m Men and Women 14 - 30

10h15 – 1500m Girls 13 and younger and Women 31 and older

11h15 – 1500 m Boys 13 and younger and Men 31 and older

12h14 – 1500m Men and Women 14 – 30

If you have any Open Water News or Achievements that you would like to share with us, please send us an email at [NTS.Openwater@gmail.com](mailto:NTS.Openwater@gmail.com)



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### **OPEN WATER SQUADS**

In 2012 NTS implemented the Squad system to prepare open water swimmers for the swimming season. This Squad System is open to swimmers from all clubs within NTS who wish to participate in Open Water Swimming and conform to the requirements. Our focus is to prepare the swimmers for Nationals which might be in March 2014. We would also like to create an environment which will allow us to select the best team to represent NTS at the SA Open Water Championships. We will also focus to assist those young endurance swimmers to improve their performances.

Herewith a reminder of the selection criteria of each of the three groups :

#### **GROUP A**

OW swimmers who represented NTS at the Nationals which was held at the Eikenhof Dam during March 2013.

#### **GROUP B**

All OW swimmers who achieved the qualifying SSA OW qualification times but did not swim at Nationals in 2013.

Identified NTS OW swimmers who swam a sub 25 minute Midmar Mile in 2013.

#### **GROUP C**

Identified NTS OW swimmers who have swum the 3 km event but did not qualify due to age (younger than 12 years) or who just missed the qualification times set by SSA.

Establishment of a OW development squad who have previously not been exposed to the OW events but have to date met the entry requirement set by the NTS Open Water Committee:

- Age restriction – 11 years (male and female).
- Males who have swum an 18 minute mark for 1000m (1 km).
- Females who have swum a 22 minute mark for 1000m (1 km).

It is furthermore our intent to work within the the following age groups:

- Male and female – ages 12 to 13 years.
- Male and female – ages 14 to 15 years.
- Male and female – ages 16 and older.



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(This group has no restriction on the age over 16 as Nationals cater for events to the age of 60 years and older.)

- Male and female disabled swimmers are inclusive of the above age groups and form an integral part of our OW squad objectives.

In order to be considered for selection for the NTS Open Water Team, athletes have to be registered with NTS.

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### PROVISIONAL DATES FOR CAMPS :

5 – 6 November 2013

15 – 16 November 2013

14-16 February 2014 – to coincide with Makhulu event in Midrand

Further details will follow as soon as dates are confirmed.

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### PROPOSED NEW QUALIFYING TIMES FOR OPEN WATER NATIONALS :

10km	Men	02h15
	Female	02h25
5km	Men	01h12
	Female	01h17
3km	Men 12 -30	48 min
	Female 12 – 30	50 min
	Men 31+	51 min
	Female 31+	53 min
3km Disability remains the same	Men	60 min
	Female	65 min

Please note that these are proposed new Qualifying times and we await confirmation from Swim South Africa.

Swim South Africa is proposing a new 7,5km event which enables Open Water Swimmers to participate at Jnr World Champs.

As soon as the final details are available we will inform all swimmers.



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**SEE YOU IN THE WATER – IT IS DAMN GOOD FUN!**