

The Red Knot Swim & Sprint Gala

**FINA TECHNICAL RULES SHALL STRICTLY GOVERN ALL STROKES
TSA GALA RULES WILL BE UPHELD**

**Saturday the 13th and Sunday the 14th of January, 2024
(3K Open Water @ 5pm on Friday the 12th)**

**presented by
St. Constantine's International School**

**Hosted in partnership with
High Performance Training**



EVENT ENTRY:

Athletes may enter as swimmers only for the events outlined below; as runners in the David Tozer Memorial 5K; or as both swimmers and runners if they would like to do both. *ArushaMan* is the combination of the 5K run and the 800 Free. Payment details below.

AGE CATEGORIES:

All 200 metre swimming events as well as the 400 Free will be swum in Heats as regards time and gender only, but results WILL be reported in Age Groups as follows: 10 & Under, 11-12, 13-14, and 15 & Over. Heats will be slowest to fastest.

The 400 IM, the 800 and 1500 Free and the 3k "Open Water" will be swum in Heats as regards time only, but results WILL be reported in Age Groups by gender as follows: U18 and 18+. Heats will be slowest to fastest.

Those swimming the 800 Free as a swim event *not* in combination with the 5k run will swim alongside other club swimmers in that event starting at 10am. Later heats will be made up of non-club *ArushaMan* athletes. Heats will be from *fastest to slowest*.

ARUSHAMAN:

On Sunday at 9am we will hold the David Tozer Memorial 5k Trail Run through the beautiful Burka Coffee Estate across from SCIS, that together with the 800m swim event will be known as the *ArushaMan*.

AWARDS:

There shall be awards for top 3 placements in each corresponding Age Group by gender (even if the event is not swum by gender.)

All events on Saturday and Sunday score points as outlined below. The Open Water event will score double the points outlined below.

Distance King and Distance Queen shall be a separate trophy awarded to the single male and the single female swimmers who accumulate the most points overall REGARDLESS OF AGE.

Age group awards will be given for the David Tozer Memorial 5K; these categories will be determined by entries.

An *ArushaMan* trophy shall be awarded to the single male and the single female who records the best time in the combination of the 5k run and the 800m swim.

A perpetual trophy will be maintained and the gender-based Age Group that accumulates the most swim points will be engraved along with the year they won.

SWIM POINTS: Points will be allocated for place 1–16 for all events as follows:

1st	20 points
2nd	17 points
3rd	16 point
4th	15 points
5th	14 points etc

NATIONAL TEAM Qs: As Tanzania's only gala dedicated exclusively to mid and long distance events, this competition is a great option for achieving PBs at longer distance since swimmers will not be overly tired by many different events. As well, the 5k run offers cross-training options.

AGE GROUPS: Age as of the 12th of January, 2024.

SEEDING: All swim events will be swum as Heat Declared finals.

FEES: 100,000/- for those running & swimming; 70,000/- for those swimming only; 50,000/- for those running only. Payment to be remitted for every registered athlete by the 3rd of January, 2024, and proof of deposit submitted for verification by the same date. All fees include a T-shirt.

Bank Name:	Absa Bank Tanzania Limited	MPESA
Account Name:	Red Knot Tanzania Limited	LIPA number: 5384150
TZS Acc No:	002-6005590	Name: Red Knot Tanzania Limited
Swift code:	BARCTZT	

Please email Nashesha at nashesha@redknotdevelopment.org or WhatsApp Nashesha at +255 (0) 763593241 to report details of payments.

ENTRIES: All swim entries should be sent to moshi_miller@icloud.com and copied to jason@redknotdevelopment.org by **Saturday the 30th of December, 2023 by 23:59**. All entries will be made by Meet Manager/Team Manager (individual "unattached" swimmers are exempted from this rule; send a inquiry email to the address above for instructions).

Please note that each swimmer will be allowed to swim a maximum of 5 Events. All swimmers can also swim the 3k "Open Water" event, and it is not counted as an one of their 5 events.

All running entries for club swimmers should be sent in a list inclusive of Name, DOB, and Gender to jason@redknotdevelopment.org no later than 30/12/2023 by 23:59.

QUALIFICATIONS: There are no event entry times requirements.

RULES: FINA stroke rules apply to all strokes.

All communication with Officials shall be addressed to the Referee. No Parent/Official nor Coach/Official communication in any other form will be tolerated.

THE START: One start rule shall apply.

MARSHALLING: Swimmers must pay attention to marshalling calls. Once marshalled, swimmers should remain in the marshalling area until their race is called.

MEETING: There will be a Coaches'/Managers' meeting on Saturday @730am (warmup). If no representative from your team is there, your team will not be informed about possible changes, and this could be used against your team in a decision made by the Referee.

TIME SCHEDULE: The Organisers have the right to vary the programme at their own discretion.

RESULTS: The official results will be available at the end of the meet. We will be broadcasting to MeetMobile. MeetMobile results are not official.

DISCLAIMER: ENTRY IS ENTIRELY AT THE ATHLETES' OWN RISK. HPT, Red Knot Tanzania, and SCIS do not accept responsibility for any accident, injury or loss which may occur before, during and after the event.

You are requested to refrain from littering on school campus. Please use the provided bins. SMOKING AND ALCOHOL CONSUMPTION ARE NOT ALLOWED ON THE PREMISES

Women	Event 1: Friday January 12, Session 1 @ 5pm (4pm Warmup)	Men
Mixed	Event 1: 3k "Open Water" Swim (Mixed Gender)	Mixed
Women	Events 2-14: Saturday January 13, Session 2 @ 8am (7am Warmup)	
Mixed	Event 2: 1500 Free 8am (Mixed Gender)	Mixed
3	200 Fly 10am	4
5	200 IM 1130am	6
7	200 Free 1pm	8
9	200 Breast 230pm	10
11	200 Backstroke 4pm	12
13	400 Free No later than 530pm	14
	Ornaments as Time Allows @ Intervals	
	DINNER TOGETHER AFTER EVENT 14	
Women	Events 15-16: Sunday January 14, Session 2 @ 8am (7am Warmup)	Men
Mixed	Event 15: 400 IM (Mixed Gender) 8am	Mixed
RUN	David Tozer Memorial 5k Trail Run 9am	RUN
Mixed	Event 16: 800 Free (Mixed Gender) 10am	Mixed
	Ornaments	

Too often our communities come together and we don't get time to catch up over dinner, or we try to catch up at the pool, which is always difficult. Please consider joining us for one of these evenings, especially in light of the more relaxed, time-based schedule you see we have organized.

FRIDAY NIGHT FESTIVITIES: A VISIT TO RED KNOT TANZANIA'S PERMACULTURE FARM

On Friday evening, those that would like to know more about what their participation goes to support can join us at the RKT Permaculture Farm from 17:00 in the Dorobo area of Olasiti for a free tour and a drink (appropriate for your age) on your way to dinner out in Arusha. Karibuni!

If you want to make an entire evening of it, book for dinner at our exclusive *Six (6) Farm Tables and a Microphone* event. If you haven't noticed, we don't mess around when it comes to food and drink. For more information check out <https://www.kilitrails.com/swim-sprint>.

SATURDAY NIGHT FESTIVITIES: BLUE HERON

On Saturday evening, we'll be going to a great restaurant called **Blue Heron**, which many will remember from last year. They are ecstatic we are coming their way again. This is very close to SCIS, just off the Arusha bypass near to the West Arusha Sable Square roundabout, and so will be convenient for anyone attending. You won't want to miss. There will be preferential pricing available for those associated with the Red Knot Swim & Sprint.

See our [website](#) for more info regarding a **Shanga Crafts Experience** or a **Burka Coffee Estate** tour, both within walking distance of **SCIS**.

See you in January!

Alex, Jason, Michael and Brett

