



17th AA SENIOR SWIMMING CHAMPIONSHIPS

17th AA JUNIOR SWIMMING CHAMPIONSHIPS

1st INTER ZONAL SWIMMING CHAMPIONSHIPS

2nd AA MASTERS SWIMMING CHAMPIONSHIPS

ACCRA 2026

5 - 10 MAY 2026

SWIMMING

RULES & REGULATIONS

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**17th Africa Aquatics Senior Swimming Championships,
17th Africa Aquatics Junior Swimming Championships,
1st AA Inter-Zonal Swimming Championships &
2nd AA Masters Swimming Championships – Accra 2026**

Rules and Regulations

1. GENERAL

- 1.1. The swimming competition is held under the control of Africa Aquatics (AA) and Regulations of Africa Aquatics and the Technical Rules of the World Aquatics respectively.
- 1.2. In cases of conflict in interpreting the rules, the English text shall prevail.
- 1.3. The working language of Africa Aquatics is English and where there is a difference in the translation, the English version shall prevail.
- 1.4. In cases where Africa Aquatics does not provide for the rules, World Aquatics Rules will apply.
- 1.5. The Africa Aquatics Bureau and its nominated representatives– shall have complete control of all swimming events at the 17th African Senior Swimming Championships, 17th African Junior Swimming Championships 2nd Masters Swimming Championships and the 1st Inter Zonal Championships.
- 1.6. The 17th African Senior Swimming Championships and the 17th African Junior Swimming Championships will run concurrently. Heats will be mixed and separated into the two Competitions for the Finals.
- 1.7. A swimmer can only participate in one of the two competitions (17th African Senior Swimming Championships and 17th African Junior Swimming Championships), except for the junior swimmers that may complete a Relay Team in the 17th African Swimming Championships.
- 1.8. The 1st Inter Zonal Swimming Championships and 2nd Masters Swimming Championship will be held on Day 6 as a 1 (one) Day competition.
- 1.9. The Zonal Bureaus to take charge of the teams and appoint managers and coaches.

- 1.10. The Closing Ceremony will be held after the completion of the 1st Inter Zonal Swimming Championships and 2nd Masters Swimming Championships. It is expected from all countries to remain for the Closing Ceremony on Day 6.

2. PARTICIPANTS

- 2.1. All competitors must be citizens of an Africa Aquatics member country and must represent such member country of which the swimmer is a citizen.
- 2.2. All swimmers shall present to the Africa Aquatics Technical Swimming Committee their individual passports issued by the Authorities of their respective countries to ascertain their nationalities and correct Year of Birth Category, before the start of the competition, no later than the Team Leaders meeting.
- 2.3. The member country, which the swimmer represents, must be a fully paid-up bona fide member of Africa Aquatics.
- 2.4. If the fees are not paid before the commencement of the swimming competitions, that member country may not be able to enter swimmers for the swimming competition.
- 2.5. Swimmers receiving medals must report to the call room immediately after the event, correctly attired, medals will not be presented to swimmers who do not adhere to the rules. Teams with athletes who are not appropriately attired at the respective Ceremonies and delaying proceedings, will incur an automatic fine of one hundred (100) US Dollars for each infringement

3. JURY OF APPEAL

- 3.1. A Jury of Appeal will be appointed by the Bureau to act during the course of the Competition. This panel shall consist of a minimum of three members who will be present for the duration of the competition; these members may not officiate during this period.
- 3.2. The Jury of Appeal shall be authorized and empowered to deal with all matters of dispute and/or emergency arising out of and/or concerning the proper conduct and running of the Competition
- 3.3. Protests in respect of such dispute or emergency shall be lodged in writing by the

Affiliated Member with the Chairman of the Committee /Tournament Director, or his representative at the Competition, not less than two (2) hours before the commencement of the session concerned where the reason for such protest is known in advance

- 3.4. Appeals lodged during the heats and finals shall be dealt with 30 minutes after the Appeal is lodged. The results and medal ceremony shall be suspended until the conclusion of the Appeal Process.
- 3.5. The Jury of Appeal shall hear all such evidence as may be presented to it by parties concerned
- 3.6. The Committee shall convey its decision to the Referee and/or any other Official concerned with the dispute and/or emergency.
- 3.7. The procedure at the hearing of the Jury of Appeal shall be that which is commonly practiced by the disciplinary and/or similar Committee.
- 3.8. The maxim of the “audi alteram partem” rule should at all times be applied in the conduct of the Committee, and any party who may be the subject of an enquiry may have the right to be represented by the President/Secretary and/or Manager of the team of the Affiliated Member of which he/she is a member.
- 3.9. All decisions of the Jury of Appeal will be final.

4. COMPETITION RULES AND REGULATIONS

- 4.1. Africa Aquatics is responsible for the technical organization of the competition, and the management of the competitions shall be under the sole control of the Africa Aquatics Bureau or its representatives (“Management Committee”).
- 4.2. The Africa Aquatics Bureau through its Technical Swimming Committee shall perform the following functions:
 - 4.2.1. Arrange the programme of events
 - 4.2.2. Take charge of the entire management of the competition.
- 4.3. The Africa Aquatics Bureau shall also appoint International Technical Officials in conjunction with the host member federation and the Organising Committee. The

Bureau shall appoint judges and referees that will officiate at Africa Aquatics competitions, including members of the Technical Committee and officials from member federations.

4.4. Each member federation may nominate one (1) Technical Official, subject to the approval of the AA Bureau, that is on the WA List to officiate at the championships. This will be at the cost (flights, accommodation, transport and meals) of the member federation, or the individual concerned.

4.5. Where a swimmer or an official has, in the opinion of the Competitions Manager or the referee, committed an act of misconduct, this shall be reported to the Africa Aquatics Representative who shall in turn report it to the Bureau, which shall decide the appropriate action to be taken, including a report to the member federation of the offender and the LOC

4.6. Warm-up

4.6.1. Prior to competition, the competition pool is available for warm-up from two hours before the start of the morning and afternoon sessions. Warm-up will end 15 minutes before the start of the morning and afternoon sessions

4.7. Call Room

4.7.1. Athletes have to report to the Call Room with their accreditation cards and equipment 20 minutes prior to the official start time of the event or at least five (5) heats before their heat is due to start

4.7.2. An athlete may be disqualified for failure to report to the call room

4.7.3. Prior to each event/heat, Athletes' Escorts lead the athletes from the Call Table in single file on the Field of Play

4.7.4. In the Finals, the swimmers will be introduced in the order 8, 1, 7, 2, 6, 3, 5, 4

4.7.5. When introduced, athletes are asked to acknowledge the spectators as they walk to their block.

4.8. Start List

4.8.1. Preliminary Start list by event (rankings / psych sheets) will be available to

teams three weeks prior to the start of the competition

- 4.8.2. Team Leaders must check athletes' names spelling and correct it and note missing events and submit it two weeks prior to competition.
- 4.8.3. Any further changes should be corrected at the Team Leaders Meeting
- 4.8.4. The Final Start List for each session will be distributed at the Resolution Desk, an hour before the start of each session.

4.9. Relay Forms

- 4.9.1. Relay forms shall be available from the Resolution Desk
- 4.9.2. The names of athletes competing in relay events, both heats and finals, must be submitted to the Resolution Desk on the pool deck no later than one (1) hour before the start of the session in which the relay takes place.
- 4.9.3. Relay Forms must list the athletes' names in the order they are to participate.

4.10. Medal Ceremonies – Attire and Clothing

- 4.10.1. Competitors must be neatly attired in uniform (team track suits and closed footwear – NO crocks/sandals) at the Presentation Ceremonies
- 4.10.2. Teams with athletes who are not appropriately attired at the respective Ceremonies will incur an automatic fine of **100 USD** per transgression
- 4.10.3. Additionally, swimmers must refrain from flying additional flags, symbols, signage or displaying behaviour that may detract from the ceremony and recognition of the swimmers, else a fine of **100 USD** will be incurred
- 4.10.4. The National Anthems will be played for the 17th African Senior Swimming Championships and for the 17th African Junior Swimming Championships.
- 4.10.5. Two Medal Ceremonies may be held at the same time, and if the winners are from the same country, the anthem will only be played once.
- 4.10.6. The 1st Inter Zonal Swimming Championships will not have individual winners but have a team winner. The winning zone shall be the one with the highest

number of points scored. The score will be achieved by adding the points of each position in each event together. The points for each position are as follows

Places 1 – 8: 18, 16, 15, 14, 13, 12, 11 & 10

Relays places 1 – 4: 36 , 32, 30 & 28

4.10.7. The 2nd Masters Swimming Championships will have individual medal winners in each age category recognized by World Aquatics. All medals will be handed out at the end of the session.

4.10.8. **NO** anthems played for the 2nd Masters Swimming Championships

4.11. Competitors must have an entry time in order to compete in an event. No swimmer will compete in an event if they do not have an entry time.

4.12. The 400m, 800m and 1500m will have the following QT Times

Women QT	Event	Men QT
6:00.00	400m IM	5:45.00
5:30.00	400m Freestyle	5:15.00
11:00.00	800m Freestyle	10:30.00
20:30.00	1500m Freestyle	19:30.00

5. NUMBER OF SWIMMERS, EVENTS and ACCOMPANYING OFFICIALS

5.1. The number of entries for the Swimming Competition and the number of accompanying team officials are as follows:

5.2. In individual events, a maximum of two swimmers per country/zone in each event. In the Relay, one team per country/zone per event

5.3. All swimmers entered may be used in Relays and the composition may be changed between heats and finals

5.4. 17th AA Senior Swimming Championships:

5.4.1. **Men & Women 14 years and over on 31 December 2026 (born on/or before**

2012).

5.4.2. Maximum number of swimmers per team: 20 male swimmers and 20 female swimmers Maximum Total of swimmers per team is 40.

5.5. 17th Africa Aquatics Junior Swimming Championships:

5.5.1. **Boys & Girls: 14 - 18 years on 31 December 2026 (born 2012, 2011, 2010, 2009, and 2008).**

5.5.2. Maximum number of swimmers per team: 20 male swimmers and 20 female swimmers Maximum Total of swimmers per team is 40.

5.6. 1st AA Inter Zonal Swimming Championships:

5.6.1. **Men & Women 14 years and over on 31 December 2026 (born on/or before 2012).**

5.6.2. Maximum number of swimmers per team: 10 male swimmers and 10 female swimmers Maximum Total of swimmers per team is 20.

5.6.3. Minimum of 3 countries to be represented in the Male and Female Team and

5.6.4. Maximum of 4 swimmers per country may be included in the Male and Female Team

5.6.5. A swimmer may only compete in two individual events

5.7. 2nd AA Masters Swimming Championships:

5.7.1. **The Age Categories are (1) 25 – 29 years (2) 30 – 34 years (3) 35 – 39 years (4) 40 – 44 years (5) 45 – 49 years (6) 50 – 54 years (7) 55 – 59 years (8) 60 – 64 years (9) 65 – 69 years (10) 70 – 74 years (11) 75 – 79 years (12) 80 – 84 years (13) 85 – 89 years (14) 90 – 94 years (15) 90 years and over**

5.8. In relation to swimmers entered, a member federation may receive accreditation for Team Officials as follows:

5.8.1. 1 (one) official for 1 - 4 swimmers

5.8.2. 2 (two) officials for 5 - 9 swimmers

5.8.3. 4 (four) officials for 10 – 14 swimmers

5.8.4. 5 (five) officials for 15 – 20 swimmers

5.8.5. 6 (six) officials for 21 – 30 swimmers

5.8.6. 7 (seven) officials for 31 – 39 swimmers

- 5.8.7. 8 (eight) officials for 40 – 48 swimmers
 - 5.8.8. 9 (nine) officials for 49 – 56 swimmers
 - 5.8.9. 10 (ten) officials for 57 – 64 swimmers
 - 5.8.10. 11 (eleven) officials for 65 – 72 swimmers
 - 5.8.11. 12 (twelve) officials for 73 – 80 swimmers
- 5.9. The order of the programme as well as the order of competitions shall be determined by the Bureau after consultation with the Technical Committee and the Organising Federation.
- 5.10. The events for the 1st Africa Aquatics Inter Zonal Swimming Championships will be Straight Finals.**
- 5.11. **The events for the 2nd AA Masters Swimming Championships will be Timed Finals.**
- 5.12. **There shall be heats and finals for all swimming events for the 17th AA Senior Swimming Championships and the 17th AA Junior Championships, except 800m and 1500m Freestyle. These events will be swum as Timed Finals, with the fastest heat swum during the evening session,**
- 5.13. In events where there are 8 or less entrants, the event will be swum as a Final.
- 5.14. Individual swimmers and Relay Teams shall be seeded for the heats in accordance with the times submitted on the official entry form.
- 5.15. Swimmers shall advance to the finals on the basis of their placement in the heats. If there is a dead heat for the 8th place, a swim-off shall take place to determine who advances to the 8th place, and this will take place after consultation with the swimmers, no later than the conclusion of all heats.
- 5.16. Assignment of lanes in heats and finals shall be as follows:
- Lane 4 –fastest time
 - Lane 5 – second fastest time
 - Lane 3 –third fastest time

Lane 6 – fourth fastest time

Lane 2 – fifth fastest time

Lane 7 – sixth fastest time

Lane 1 – seventh fastest time

Lane 8 – eighth fastest time

5.17. The events for the 17th AA Swimming Senior Championships and the 17th AA Junior Championships are as follows:

5.17.1. **MEN:**

Freestyle: 50m, 100m, 200m, 400m, 800m, 1500m

Backstroke: 50m, 100m, 200m

Breaststroke: 50m, 100m, 200m,

Butterfly: 50m, 100m, 200m,

Individual Medley: 200m, 400m

Freestyle Relay: 4 x 100m, 4 x 200m

Medley Relay: 4 x 100m

5.17.2. **WOMEN:**

Freestyle: 50m, 100m, 200m, 400m, 800m, 1500m

Backstroke: 50m, 100m, 200m

Breaststroke: 50m, 100m, 200m,

Butterfly: 50m, 100m, 200m,

Individual Medley: 200m, 400m

Freestyle Relay: 4 x 100m, 4 x 200m

Medley Relay: 4 x 100m

5.17.3. **MIXED**

Freestyle Relay: 4 x 100m

Medley Relay: 4 x 100m

5.18. The events for **the 1st Inter Zonal Championships** are as follows:

5.18.1. **MEN:**

Freestyle: 50m, 100m

Backstroke: 50m, 100m

Breaststroke: 50m, 100m

Butterfly: 50m, 100m

Individual Medley: 200m

Medley Relay: 4 x 100m,

Freestyle Relay: 10 x 50m

5.18.2. **WOMEN:**

Freestyle: 50m, 100m

Backstroke: 50m, 100m

Breaststroke: 50m, 100m

Butterfly: 50m, 100m

Individual Medley: 200m

Medley Relay: 4 x 100m

Freestyle Relay: 10 x 50m

MIXED

Freestyle Relay: 10 x 50m (5 Girls & 5 Boys)

5.19. The events for **the 2nd AA Masters Swimming Championships** are as follows:

5.19.1. MEN:

Freestyle: 50m,

Backstroke: 50m,

Breaststroke: 50m,

Butterfly: 50m

WOMEN:

Freestyle: 50m,

Backstroke: 50m,

Breaststroke: 50m,

Butterfly: 50m

6. ENTRIES – 17th AA SENIOR CHAMPIONSHIPS, 17th AA JUNIOR CHAMPIONSHIPS

- 6.1 Member countries of Africa Aquatics wishing to take part in the 17th Africa Aquatics Senior Swimming Championships and 17th Africa Aquatics Junior Championship – Ghana 2026 shall send preliminary entries to the Organising Committee no later than the **20th February 2026**. A copy of the entry shall be sent simultaneously to the host (swimmingghana@gmail.com) Secretary General of Africa Aquatics (canaswimming@gmail.com)
- 6.2 Provisional entry indicating the number of swimmers, coaches and team managers should be received by the Organising Committee and the Secretary General of Africa Aquatics by **5th March 2026**
- 6.3 The final list of entries with the names of the swimmers in the various event shall be received by **5th April 2026**. by the Organising Committee and the Secretary General of Aquatics.
- 6.4 Each member country of Africa Aquatics may enter two swimmers in each individual event and one team in each relay event. There will be no time standards.

- 6.5 All swimmers entered for the meet may be used in Relay teams. The composition of a Relay Team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers entered by the member country, one hour before the start of each session in which the relay will be swum.
- 6.6 The names of swimmers in the relay must be submitted on the official relay entry form at least one hour before the start of the session in which the relay is to take place, in the order in which they are to swim. The names of swimmers in medley relay events must be listed for their respective strokes.
- 6.7 The maximum number of participating swimmers from each country is 20 men and 20 women.
- 6.8 The minimum number of swimmers entered for each individual event shall be five, representing 3 countries.
- 6.9 The minimum number of teams entered for the Relay Events is four.
- 6.10 If the above conditions are not fulfilled the said event may be cancelled at the discretion of the Africa Aquatics Bureau.

7. ENTRIES – 1st AFRICA AQUATICS INTER ZONAL SWIMMING CHAMPIONSHIPS

- 7.1. **Each member country to ensure that their team departs after the closing ceremony on Day 6, so that the Zone can select the team from all swimmers present at the championships**
- 7.2. **Each Zone to submit their entries on Day 3 on the Competition to the Africa Aquatics Technical Swimming Committee.**
- 7.3. Each Zone to comply with Rule 5.6 mentioned earlier in this document
- 7.4. Each Zone of Africa Aquatics may enter two swimmers in each individual event and one team in each relay event.
- 7.5. Each swimmer can only be entered into a maximum of two individual events
- 7.6. The mix 500m relay will be contested by 10 swimmers, made up of 5 females and 5 males each swimming 50m.
- 7.7. The 10 x 50m Freestyle Relay for men and women is for all team members.

8. ENTRIES – 2nd MASTERS SWIMMING CHAMPIONSHIPS

- 8.1. Each country to follow the timelines of Rule 6.1, 6.2 & 6.3.
- 8.2. The swimmers will represent their club, that is an affiliate of a member country
- 8.3. There is no limit on the number of entries per club of swimmers that meet the time standards.
- 8.4. The attached time standards need to be achieved per age group per event, in order to participate at the championships.

9. TEAM LEADERS MEETING

- 9.1. The Team Leaders Meeting will be held on the **4th May 2026 at 15h00** at the BorteyMan Aquatic Center (**BAC**)
- 9.2. The Africa Aquatics Representative (Swimming Delegate) will provide the agenda for this meeting. Attendance by countries is mandatory. Maximum two (2) representatives from countries are expected to attend.
- 9.3. During the meeting, each Team Leader must submit the final corrections, withdrawals, substitutions and Relay Entries to the Technical Swimming Committee.
- 9.4. Three important objectives of this meeting are:
 - 9.4.1. To accept final changes to the entry list and
 - 9.4.2. To produce the first official start list for the competition
 - 9.4.3. To check the passports of all participating swimmers – to verify their age and citizenship
- 9.5. Forms for withdrawals, substitutions, corrections, and relay entries will be available at the meeting.

10. TECHNICAL OFFICIALS MEETING

- 10.1. Meeting for all Technical Officials will be held on the **4th May 2026 at 17h00** at the Swimming Pool
- 10.2. Africa Aquatics will appoint International Technical Officials, in conjunction with the LOC, that will include the Referees, Starters and Judges, that are to officiate at the competition.
- 10.3. The National Technical Officials will be appointed by the Host Countries Swimming Federation, in conjunction with Africa Aquatics and the LOC.

- 10.4. During Competitions all officials must adhere to the established Dress Code, (**black bottoms**, - long pants, trousers, long skirts, and **white shirts** will be worn unless sponsored shirts are provided. Closed white shoes / trainers / sneakers, should be worn.
10. . Coaches and Managers of teams are not allowed to participate as technical officials

11. SUBSTITUTION, WITHDRAWAL AND PROTESTS

11.1. Substitution

- 10.4.1. Any entered competitor may be substituted by another entered competitor at the Team Leaders Meeting.
- 10.4.2. It is mandatory for the Team Managers of participating Countries to take part in the Team Leaders Meeting (GR6.1.3)

11.2. Withdrawal

11.2.1. Countries that have Swimmers or Relay Teams that do not want to swim in a particular event at the competition, must withdraw that swimmer or relay team at the Team Leaders Meeting. Failure to comply will result in a one hundred (**100**) **US Dollar** fine, unless a valid medical certificate is provided.

11.2.2 Swimmers or relay teams not wishing to take part in a final in which qualification was earned, shall withdraw within thirty (30) minutes following the preliminaries of the event in which qualification took place.

11.2.3. The Member Federation of any competitor who withdraws from the heats/preliminary rounds after the Team Leaders Meeting or from the final later than thirty (30) minutes after the preliminaries of the event in which qualification was earned, shall pay to the Honorary Treasurer the sum of one hundred (**100**) **US Dollars**, in the case of a relay, the sum shall be two hundred (**200**) **US Dollars**

11.3.2 Protests

11.3.2.1 Protests are possible (GR 13.1.1):

11.3.1.1 If the rules and regulations for the conduct of the competition are not observed

11.3.1.2 If other conditions endanger the competitions and /or competitors, or

11.3.1.3. Against decisions of the referee; however, no protest(s) shall be allowed against decisions of fact

11.3.2 Protest must be submitted (GR 13.1.2)

11.3.2.1. To the referee

11.3.2.2. In writing on Africa Aquatics Forms

11.3.2.3. By the responsible team leader

11.3.2.4. Together with a deposit of 100 USD or its equivalent and

11.3.2.5. Within 30 minutes following the conclusion of the respective event (heats or finals)

11.3.3. If conditions causing a potential protest are noted prior to the event, a protest must be lodged before the signal to start is given.

12. **AWARDS**

Medals will only be presented to swimmers, fully dressed, in their country tracksuit and closed shoes, no caps or flags. Swimmers not appropriately attired at the respective Ceremonies and delaying proceedings, will incur an automatic fine of one hundred (100) US Dollars for each infringement.

NB: two sets of medals shall be presented at the same time, wherever possible.

12.1 Gold, Silver and Bronze Medals shall be awarded to the first three places in Individual and Relay Finals. In Relays only the swimmers that swims in the finals will be awarded medals

First – Gold Medal

Second – Silver Medal

Third – Bronze Medal

In the case of equal times, medals shall be awarded as Follows

1st place: 2 gold – no silver, 1 bronze

2nd place: 1 gold, 2 silver – no bronze

3rd place: 1 gold, 1 silver, 2 bronze

12.2 In the case of 3 equal times, medals shall be awarded as follows (GR12.1.1.1) 1st

place: 3 gold - no silver, no bronze

2nd place: 1 gold, 3 silver – no bronze

3rd place: 1 gold, 1 silver, 3 bronze

13. TROPHIES (7 + 7 + 4)

13.1. Best Team Gold Medal Count (Male, Female and Mixed events) x 2

13.2. Best Male Team Gold Medal count x 2

13.3. Best Female Team Gold Medal Count x 2

Where there is a tie in the number of gold medals, the number of silver medals will be used, likewise if a tie persists then the number of bronze will be used to determine the winner

13.4 Best Female Performance – World Aquatics Points table – Highest Scoring Event x 2

13.5. Best Male Performance – World Aquatics Points table – Highest Scoring Event x 2

Where there is a tie on the World Aquatics Points Table for the best performance, the next highest points scoring event will be used, likewise if a tie persists then the next highest points scoring event will be used

13.6. Best Swimmer Female Gold Medal Count x 2

13.7. Best Swimmer Male Gold Medal Count x 2

Where there is a tie in the number of gold medals, the number of silver medals will be used, likewise if a tie persists then the number of bronze will be used to determine the winner

13.8. Zonal Team Trophies for each position 1 - 4 (Male, Female and Mixed),

Where there is a tie in the number of points, the number of 1st places will be used, likewise if the tie persists, the number of 2nd places and the number of 3rd places will be used.

14.MEDICAL AND ANTI-DOPING TESTING

14.1 The AA Medical Delegate will supervise the medical office and the anti-doping testing procedure to comply and respect the rules of World Aquatics.

14.2 Where a swimmer tests positive, the said swimmer shall be sanctioned by the Africa Aquatics Bureau in accordance with World Aquatics Rules.

15. TRAINING POOLS

15.1. Training pools shall be provided three days prior to the competition and during the competition and two days after the competition.

15.2. A timetable shall be provided and distributed to all participating member countries, on or before the commencement of training for the competition, by the Swimming LOC

16.SWIMWEAR AND ADVERTISING

16.1 Swimwear

16.1.1 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive (GR7.1)

16.1.2. All swimsuits shall be non-transparent (GR7.1)

16.1.3. The referee of a competition has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule (GR5.3)

16.1.4. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands, or leg bands shall be regarded as parts of a swimsuit (SW15.1)

16.1.5. No strapping will be permitted

16.1.6. Swimwear for men shall not extend above the navel or below the knee.

16.1.7. Swimwear for women, shall not cover the neck, extend past the shoulder, nor shall extend below the knee. All swimsuits shall be made from textile materials (SW15.2)

16.1.8. The use of technology and automated data collection devices is permissible for

the sole purpose of collecting data. Automated devices shall not be utilised to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed (SW15.3)

16.2 Advertising

16.2.1 Swimsuits (GR 8.2)

16.2.1.1. One (1) manufacturer's logo of a maximum size of 30 square centimetres when worn.

16.2.1.2 Where one-piece body suits are used, two (2) logos of the manufacturer shall be permitted, one above the waist and one below the waist of a maximum size of 30 square centimetres each when worn.

16.2.1.3. These two (2) logos of the manufacturer shall not be placed immediately adjacent to each other.

16.2.1.4. Where two-piece body suits are used, the two (2) logos of the manufacturer shall be placed on one part each

16.2.1.5. One (1) flag and one (1) country name or code of a maximum of 50 square centimetres when worn

16.2.1.6. One (1) sponsor's logo of a maximum of 30 square centimetres when worn

16.2.2 Caps

16.2.2.1 One (1) manufacturer's logo of a maximum size of 20 square centimetres on the front.

16.2.2.2. One (1) Partner's logo of the size decided by Africa Aquatics on a case-by-case basis, to be on the side.

16.2.2.3. One (1) flag and or country name (code) of the size of 32 square centimetres. The side on which the flag and the country name (code) shall be printed will be advised by Africa Aquatics.

16.2.2.4. Athlete's name of a maximum size of 20 Square centimetres. The athlete's name shall be printed on the same side as the flag and country name (code).

16.2.3. Goggles (GR 8.8)

10.4.2.1. Two (2) manufacturer logos of maximum 6 square centimetres are allowed on the goggles, but only on the spectacle frame or band

16.2.4. General

16.2.4.1. Towels and bags may carry two advertisements. Track suits and officials' uniforms may carry two advertisements, one on the top and one on the trousers or skirts.

16.2.4.2. A manufacturer's or sponsor's logo may be repeated but the same name may only be used once in each article or garment.

16.2.4.3. Advertising for tobacco or alcohol is prohibited

16.3. Smoking shall not be permitted in any area designated for swimmers, either prior to or during competitions.

17.SWIMMING PROGRAM

17th AA SENIOR SWIMMING CHAMPIONSHIPS AND 17th AA JUNIOR SWIMMING CHAMPIONSHIPS - SWIMMING PROGRAMME

Number of Swimmers per event: 2 per country

Male and Female swimmers:

17th African Swimming Championships: Male & Female: 14 years and over on 31 December 2026 (born in/or before 2012)

17th African Junior Swimming Championships: Male & Female: 14 - 18 years on 31 December 2026 (born 2012, 2011, 2010, 2009, and 2008)

Day 1		Tuesday 05 May 2026	
Session 1	Event	07:00 – 08:45 Warm-up for Swimmers Start 09:00	
HEAT	Number	GENDER	EVENT
H	1 & 2	Women	100m Freestyle
H	3 & 4	Men	100m Freestyle
H	5 & 6	Women	200m Butterfly
H	7 & 8	Men	200m Butterfly
H	9	Junior Women	1500m Freestyle Timed Finals
	10	Women	1500m Freestyle Timed Finals (Slow Heats)
H	11	Junior Men	800m Freestyle Timed Finals
	12	Men	800m Freestyle Timed Finals (Slow Heats)
H	13 & 14	Mixed	4 x 100m Free Relay
END OF MORNING SESSION			

Day 1		Tuesday 05 May 2026	
Session 2	Event	14:30 – 16:15 Warm-up for Swimmers	
		16:30 – 16:55 Opening Ceremony Competition Start 17:00	
FINALS	Number	GENDER	EVENT
F	1	Junior Women	100m Freestyle
F	2	Women	100m Freestyle
F	3	Junior Men	100m Freestyle
F	4	Men	100m Freestyle
Medal Ceremony		Junior Women	100m Freestyle A
Medal Ceremony		Women	100m Freestyle A
Medal Ceremony		Junior Men	100m Freestyle B
Medal Ceremony		Men	100m Freestyle B
F	5	Junior Women	200m Butterfly
F	6	Women	200m Butterfly
F	7	Junior Men	200m Butterfly
F	8	Men	200m Butterfly

Medal Ceremony		Junior Women	200m Butterfly C
Medal Ceremony		Women	200m Butterfly C
Medal Ceremony		Junior Men	200m Butterfly D
Medal Ceremony		Men	200m Butterfly D
F	10	Women	1500m Freestyle Timed Finals (Fastest
Medal Ceremony		Junior Women	1500m Freestyle E
Medal Ceremony		Junior Men	800m Freestyle E
F	12	Men	800m Freestyle Timed Finals (Fastest Heat)
F	13	Junior Mixed	4 x 100m Free Relay
Medal Ceremony		Women	1500m Freestyle F
Medal Ceremony		Men	800m Freestyle F
F	14	Mixed	4 x 100m Free Relay
			END OF EVENING SESSION

Day 2		Wednesday 06 May 2026	
Session 4	Event	15:00 – 16:45 Warm-up for Swimmers Start 17:00	
FINALS	Number	GENDER	EVENT
F	15	Junior Women	200m Freestyle
F	17	Junior Men	200m Freestyle
F	16	Women	200m Freestyle
Medal Ceremony		Junior Mixed	4 x 100m Freestyle Relay G
F	18	Men	200m Freestyle
F	19	Junior Women	100m Breaststroke
Medal Ceremony		Mixed	4 x 100m Freestyle Relay H
F	20	Women	100m Breaststroke

Day 2		Wednesday 06 May 2026	
Session 3	Event	07:00 – 08:45 Warm-up for Swimmers Start 09:00	
HEAT	Number	GENDER	EVENT
H	15 & 16	Women	200m Freestyle
H	17 & 18	Men	200m Freestyle
H	19 & 20	Women	100m Breaststroke
H	21 & 22	Men	100m Breaststroke
H	23 & 24	Women	50m Butterfly
H	25 & 26	Men	50m Butterfly
H	27 & 28	Women	200m Backstroke
H	29 & 30	Men	200m Backstroke
H	31 & 32	Mixed	4 x 100m Medley Relay
			END OF MORNING SESSION

Medal Ceremony		Junior Women	200m Freestyle I
Medal Ceremony		Women	200m Freestyle I
F	21	Junior Men	100m Breaststroke
F	22	Men	100m Breaststroke
Medal Ceremony		Junior Men	200m Freestyle J
Medal Ceremony		Men	200m Freestyle J
F	23	Junior Women	50m Butterfly
F	24	Women	50m Butterfly
Medal Ceremony		Junior Women	100m Breaststroke K
Medal Ceremony		Women	100m Breaststroke K
F	25	Junior Men	50m Butterfly
F	26	Men	50m Butterfly
Medal Ceremony		Junior Men	100m Breaststroke L
Medal Ceremony		Men	100m Breaststroke L
F	27	Junior Men	200m Backstroke
Medal Ceremony		Junior Women	50m Butterfly M
Medal Ceremony		Women	50m Butterfly M
F	28	Men	200m Backstroke
Medal Ceremony		Junior Men	50m Butterfly N
Medal Ceremony		Men	50m Butterfly N
F	29	Junior Women	200m Backstroke
Medal Ceremony		Junior Men	200m Backstroke O
Medal Ceremony		Men	200m Backstroke O
F	30	Women	200m Backstroke
Medal Ceremony		Junior Women	200m Backstroke P
Medal Ceremony		Women	200m Backstroke P
F	31	Junior Mixed	4 x 100m Medley Relay
	32	Mixed	4 x 100m Medley Relay
			END OF EVENING SESSION

Day 3		Thursday 07 May 2026	
Session 5	Event	07:00 – 08:45 Warm-up for Swimmers Start 09:00	
HEAT	Number	GENDER	EVENT
H	33 & 34	Women	400m Freestyle
H	35 & 36	Men	400m Freestyle
H	37 & 38	Women	100m Butterfly
H	39 & 40	Men	100m Butterfly
H	41 & 42	Women	200m Breaststroke
H	43 & 44	Men	200m Breaststroke
H	45 & 46	Women	50m Backstroke
H	47 & 48	Men	50m Backstroke
H	49 & 50	Women	4 x 200m Free Relay
H	51 & 52	Men	4 x 200m Free Relay
			END OF MORNING SESSION

Day 3		Thursday 07 May 2026	
Session 6	Event	15:00 – 16:45 Warm-up for Swimmers Start 17:00	
FINALS	Number	GENDER	EVENT
F	33	Junior Women	400m Freestyle
F	35	Junior Men	400m Freestyle
F	34	Women	400m Freestyle
Medal Ceremony		Junior Mix	4 x 100m Medley Relay Q
Medal Ceremony		Mix	4 x 100m Medley Relay R
F	36	Men	400m Freestyle
F	37	Junior Women	100m Butterfly
F	38	Women	100m Butterfly
Medal Ceremony		Junior Women	400m Freestyle S
Medal Ceremony		Women	400m Freestyle S
F	39	Junior Men	100m Butterfly
F	40	Men	100m Butterfly
Medal Ceremony		Junior Men	400m Freestyle T
Medal Ceremony		Men	400m Freestyle T
F	41	Junior Women	200m Breaststroke
F	42	Women	200m Breaststroke
Medal Ceremony		Junior Women	100m Butterfly U
Medal Ceremony		Women	100m Butterfly U
F	43	Junior Men	200m Breaststroke
F	44	Men	200m Breaststroke
Medal Ceremony		Junior Men	100m Butterfly V
Medal Ceremony		Men	100m Butterfly V
F	45	Junior Women	50m Backstroke
F	46	Women	50m Backstroke
Medal Ceremony		Junior Women	200m Breaststroke W
Medal Ceremony		Women	200m Breaststroke W
F	47	Junior Men	50m Backstroke
F	48	Men	50m Backstroke
Medal Ceremony		Junior Men	200m Breaststroke X
Medal Ceremony		Men	200m Breaststroke X
F	49	Junior Women	4 x 200m Free Relay
Medal Ceremony		Junior Women	50m Backstroke Y
Medal Ceremony		Women	50m Backstroke Y
	50	Women	4 x 200m Free Relay
Medal Ceremony		Junior Men	50m Backstroke Z
Medal Ceremony		Men	50m Backstroke Z
F	51	Junior Men	4 x 200m Free Relay
Medal Ceremony		Junior Women	4 x 200m Free Relay AA
Medal Ceremony		Women	4 x 200m Free Relay BB
Medal Ceremony		Junior Men	4 x 200m Free Relay CC

F	52	Men	4 x 200m Free Relay
END OF EVENING SESSION			

Day 4		Friday 08 May 2026	
Session 7	Event	07:00 – 08:45 Warm-up for Swimmers Start 09:00	
HEAT	Number	GENDER	EVENT
H	53 & 54	Women	400m IM
H	55 & 56	Men	400m IM
H	57 & 58	Women	100m Backstroke
H	59 & 60	Men	100m Backstroke
H	61 & 62	Women	50m Breaststroke
H	63 & 64	Men	50m Breaststroke
H	65 & 66	Women	4 x 100m Free Relay
H	67 & 68	Men	4 x 100m Free Relay
END OF MORNING SESSION			

Day 4		Friday 08 May 2026	
Session 8	Event	15:00 – 16:45 Warm-up for Swimmers Start 17:00	
FINALS	Number	GENDER	EVENT
F	53	Junior Women	400m IM
Medal Ceremony		Men	4 x 200m Free Relay DD
F	54	Women	400m IM
F	55	Junior Men	400m IM
Medal Ceremony		Junior Women	400m IM EE
Medal Ceremony		Women	400m IM EE
F	56	Men	400m IM
F	57	Junior Women	100m Backstroke
F	58	Women	100m Backstroke
Medal Ceremony		Junior Men	400m IM FF
Medal Ceremony		Men	400m IM FF
F	59	Junior Men	100m Backstroke
F	60	Men	100m Backstroke
Medal Ceremony		Junior Women	100m Backstroke GG
Medal Ceremony		Women	100m Backstroke GG
F	61	Junior Women	50m Breaststroke
F	62	Women	50m Breaststroke
Medal Ceremony		Junior Men	100m Backstroke HH
Medal Ceremony		Men	100m Backstroke HH
F	63	Junior Men	50m Breaststroke

F	64	Men	50m Breaststroke
Medal Ceremony		Junior Women	50m Breaststroke II
Medal Ceremony		Women	50m Breaststroke II
F	65	Junior Men	4 x 100m Free Relay
F	66	Men	4 x 100m Free Relay
Medal Ceremony		Junior Men	50m Breaststroke JJ
Medal Ceremony		Men	50m Breaststroke JJ
F	67	Junior Women	4 x 100m Free Relay
Medal Ceremony		Junior Men	4 x 100m Free Relay KK
Medal Ceremony		Men	4 x 100m Free Relay LL
Medal Ceremony		Junior Women	4 x 100m Free Relay MM
F	68	Women	4 x 100m Free Relay
			END OF EVENING SESSION

Day 5		Saturday 09 May 2026	
Session 9	Event	07:00 – 08:45 Warm-up for Swimmers Start 09:00	
HEAT	Number	GENDER	EVENT
H	69 & 70	Women	50m Freestyle
H	71 & 72	Men	50m Freestyle
H	73	Junior Women	800m Freestyle Timed Finals
H	74	Women	800m Freestyle Timed Finals (Slow Heats)
H	75 & 76	Women	200m Ind. Medley
H	77 & 78	Men	200m Ind. Medley
H	79	Junior Men	1500m Freestyle Timed Finals
H	80	Men	1500m Freestyle Timed Finals (Slow Heats)
H	81 & 82	Women	4 x 100m Medley Relay
H	83 & 84	Men	4 x 100m Medley Relay
			END OF MORNING SESSION

Day 5		Saturday 09 May 2026	
Session 10	Event	15:00 – 16:45 Warm-up for Swimmers Start 17:00	

FINALS	Number	GENDER	EVENT
F	69	Junior	50m Freestyle
F	70	Women	50m Freestyle
Medal Ceremony		Junior	800m Freestyle NN
Medal Ceremony		Junior Men	1500m Freestyle NN
F	71	Junior Men	50m Freestyle
F	72	Men	50m Freestyle
Medal Ceremony		Women	4 x 100m Free Relay OO
Medal Ceremony		Junior	50m Freestyle PP
Medal Ceremony		Women	50m Freestyle PP
F	74	Women	800m Freestyle Timed Finals (Fastest)
Medal Ceremony		Junior Men	50m Freestyle QQ
Medal Ceremony		Men	50m Freestyle QQ
F	75	Junior	200m Ind. Medley
F	76	Women	200m Ind. Medley
Medal Ceremony		Women	800m Freestyle RR
F	77	Junior Men	200m Ind. Medley
F	78	Men	200m Ind. Medley
Medal Ceremony		Junior	200m Ind. Medley SS
Medal Ceremony		Women	200m Ind. Medley SS
Medal Ceremony		Junior Men	200m Ind. Medley TT
Medal Ceremony		Men	200m Ind. Medley TT
F	80	Men	1500m Freestyle Timed Finals (Fastest)
F	81	Junior	4 x 100m Medley Relay
Medal Ceremony		Men	1500m Freestyle UU
F	82	Women	4 x 100m Medley Relay
F	83	Junior Men	4 x 100m Medley Relay
Medal Ceremony		Junior	4 x 100m Medley Relay VV
Medal Ceremony		Women	4 x 100m Medley Relay WW
F	84	Men	4 x 100m Medley Relay
Medal Ceremony		Junior Men	4 x 100m Medley Relay XX
Medal Ceremony		Men	4 x 100m Medley Relay YY

SWIMMING PROGRAM

1st Africa Aquatics Inter Zonal Swimming Championships: Male & Female: 14 years and over on 31 December 2026 (born in/or before 2012) &

2nd AA Masters Swimming Championships

Day 6		Sunday 10 May 2026	
Session 11.1	Event	08:00 – 09:45 Warm-up for Swimmers Start 10:00	
FINALS	Number	GENDER	EVENT
F	1	Women	10 x 50m Freestyle Relay
F	2	Men	10 x 50m Freestyle Relay
TF	3	Women	Master 50m Butterfly
TF	4	Men	Master 50m Butterfly
F	5	Women	50m Butterfly
F	6	Men	50m Butterfly
F	7	Women	50m Breaststroke
F	8	Men	50m Breaststroke
F	9	Women	50m Backstroke
F	10	Men	50m Backstroke
TF	11	Women	Master 50m Backstroke
TF	12	Men	Master 50m Backstroke
F	13	Women	50m Freestyle
F	14	Men	50m Freestyle
F	15	Women	4 x 50m Medley Relay
F	16	Men	4 x 50m Medley Relay
F	17	Women	100m Butterfly
F	18	Men	100m Butterfly
F	19	Women	100m Backstroke
F	20	Men	100m Backstroke
TF	21	Women	Master 50m Breaststroke
TF	22	Men	Master 50m Breaststroke
F	23	Women	100m Breaststroke
F	24	Men	100m Breaststroke
F	25	Women	100m Freestyle
F	26	Men	100m Freestyle
TF	27	Women	Master 50m Freestyle
TF	28	Men	Master 50m Freestyle
F	29	Mix	10 x 50m Freestyle Relay
Medal Ceremony		M & W	Masters – All Events
Medal Ceremony		M & W	Inter-Zonal Swimming Championships
			Position 4, 3, 2 & 1

Day 6 - Sunday 10 May 2026

Closing Ceremony Program

EVENT

Closing Remarks Host Federation Representative

Closing Remarks by Africa Aquatics President

Handover of the Flag to the next host country

*****AWARDS PRESENTATION*****

Best Female Junior Swimmer (Medal Count)

Best Female Swimmer (Medal Count)

Best Male Junior Swimmer (Medal Count)

Best Male Swimmer (Medal Count)

Best Female Junior Performance (WA Points)

Best Female Performance (WA Points)

Best Male Junior Performance (WA Points)

Best Male Performance (WA Points)

Best Female Junior Team

Best Female Team

Best Male Junior Team

Best Male Team

Overall Best Junior Team - 17th African Junior Swimming Championships

Overall Best Team – 17th African Swimming Championships

END OF THE SESSION & COMPETITION



5 - 10 May, 2026
ACCRA



17th African Junior and Senior
Swimming Championships

1st Inter Zonal Swimming
Championships

2nd African Masters
Swimming Championships

INTENTION TO PARTICIPATE

Please confirm your Federation's intention to participate at the 2026 Africa Aquatics Junior, Senior, Masters and Inter Zonal Swimming Championships by marking the appropriate box.

- Our Federation is not planning to attend.
- Our Federation may attend and would like to receive further information on the competition.
- Our Federation is definitely planning to attend and would like to receive further information on the competition.

Number of athletes that may attend:

Junior (14-18 yrs) _____

Senior (14+) _____

Masters (25+) _____

Number of support personnel that may attend: _____

Number of ITOs want to officiate: _____

Federation: _____

Contact Name: _____

Postal Address: _____

E-mail Address: _____

Phone: _____

President/General Secretary Sign: _____

Federation Stamp:

Please send the completed form to swimmingghana@gmail.com and copy to canaswimming@gmail.com not later than 20th February, 2026