

South African Open Water Swimming Calendar 2019 - 2020

Swimming South Africa (SSA) Approved Open Water Swimming Events

*Times recorded at these events will be regarded as 2020 SA Nationals Open Water Swimming Championships Qualifiers - 2020 SANATOWS - subject to published criteria of Affiliates / Districts

** Recreational events are offered at these competitions - contact the respective Race Director for information thereof

Affiliate	Race Date	Race	Venue	Events	Contact	Contact Details	Website
September							
Western Cape Aquatics	1st September	CTMA OWS Clifton 4th Beach	Clifton Beach	3km & 5km	Irma Come'	083 309 3677	
October							
Central Gauteng Aquatics	12th October	CGA OWS 1	Florida Lake	3km, 5km & 10km	Theresesa Aaronson	082 446 8190	
NMBA	13th October	ECape OWS Series 1	Marina Martinique	3km, 5km, 7.5km & 10km	Greg Tucker	084 580 8276	
Eastern Gauteng Aquatics	13th October	EGA Open Water Challenge 1	Arrow Park	3km & 5km	Frans Studer	083 602 1836	
MPS	13th October	MPS / Lowmed Open Water 1	Longmere Dam	3km, 5km, 7.5km & 10km	Theo Saunders	072 567 3337	
North West Aquatics	26th October	Sun City Swim	Sun City	3km	In Motion Africa	0861 MIDMAR	
Western Cape Aquatics	27th October	Winlands Open Water Challenge	Worster Yacht Club	3km, 5km, 7.5km & 10km	Irma Come'	083 309 3677	
November							
Central Gauteng Aquatics	3rd November	Cradle Moon #1	Cradle Moon Dam	3km	Seeding Events	0861 MIDMAR	
MPS	3rd November	MPS / Lowmed Open Water 2	Longmere Dam	3km, 5km, 7.5km & 10km	Theo Saunders	072 567 3337	
Eastern Gauteng Aquatics	17th November	EGA Open Water Challenge 2	Ebotse	7.5km & 10km	Frans Studer	083 602 1836	
Eastern Gauteng Aquatics	23rd November	EGA Open Water Championships	Victoria Lake	10km & 7.5km	Frans Studer	083 602 1836	
NMBA	24th November	ECape OWS Series 2	Marina Martinique	3km, 5km, 7.5km & 10km	Greg Tucker	084 580 8276	
Eastern Gauteng Aquatics	24th November	EGA Open Water Championships	Victoria Lake	3km & 5km	Frans Studer	083 602 1836	
Central Gauteng Aquatics	30th November	CGA OWS 2	Florida Lake	3km & 10km	Theresesa Aaronson	082 446 8190	
KwaZulu Natal Aquatics	30th November	KZNA OWS Champs	Midmar Dam	5km, 7.5km & 10km	Rodney du Toit	084 401 7428	
December							
Central Gauteng Aquatics	1st December	CGA OWS 2	Florida Lake	5km & 7.5km	Theresesa Aaronson	082 446 8190	
KwaZulu Natal Aquatics	1st December	Geendale Spar Capital K	Midmar Dam	3km	Seeding Events	0861 MIDMAR	
Central Gauteng Aquatics	8th December	Cradle Moon #2	Cradle Moon Dam	3km	Seeding Events	0861 MIDMAR	
NMBA	8th December	ECape OWS Series 3	Marina Martinique	3km, 5km, 7.5km & 10km	Greg Tucker	084 580 8276	
Western Cape Aquatics	15th December	Lamond	Lamond Wine Estate	3km, 5km, 7.5km & 10km	Irma Come'	083 309 3677	
January							
MPS / SSA	10th January	Grand Prix OWS Event	Longmere Dam	10km, 7.5km & 3km	SSA	openwater@swimsa.co.za	
MPS / SSA	11th January	Grand Prix OWS Event	Longmere Dam	5km	SSA	openwater@swimsa.co.za	
Eastern Gauteng Aquatics	12th January	St. Bennies Mile	Victoria Lake	Mile	Frans Studer	083 602 1836	
NMBA	12th January	ECape OWS Series 4	Marina Martinique	3km, 5km, 7.5km & 10km	Greg Tucker	084 580 8276	
Free State Aquatics	18th January	Kovsies Open Water Swim	Maselspoort	3km & 5km	Christopher Steven	072 597 2876	

Central Gauteng Aquatics	18th January	Lake Heritage Water Festival	Cradle Moon Dam	5km & 10km	Seeding Events	0861 MIDMAR
Central Gauteng Aquatics	19th January	Lake Heritage Water Festival	Cradle Moon Dam	3km	Seeding Events	0861 MIDMAR
MPS	19th January	MPS Open Water 3	Pienaars Dam	3km, 5km, 7.5km & 10km	Theo Saunders	072 567 3337
NMBA	25th January	NMBA OWS Championships	Marina Martinique	10km, 7.5km & 3km	Greg Tucker	084 580 8276
NMBA	26th January	NMBA OWS Championships	Marina Martinique	5km & Club Relay	Greg Tucker	084 580 8276
Eastern Gauteng Aquatics	26th January	EGA Open Water Challenge 3	Ebotse	3km & 5km	Frans Studer	083 602 1836

February

North West Aquatics	2nd February	Platinum Mile	Buffelspoort	3km	Di Williamson	disdolfins@gmail.com
MPS	2nd February	MPS / Lowmed Open Water 4	Longmere Dam	3km, 5km, 7.5km & 10km	Theo Saunders	072 567 3337
Western Cape Aquatics	8th February	WCA Open Water Championships	Knysna	10km, 7.5km & 3km	Irma Come'	083 309 3677
Western Cape Aquatics	9th February	WCA Open Water Championships	Knysna	5km & Relay	Irma Come'	083 309 3677
Central Gauteng Aquatics	15th February	CGA OWS Championships	Florida Lake	10km, 7.5km & 3km	Theresesa Aaronson	082 446 8190
Central Gauteng Aquatics	16th February	CGA OWS Championships	Florida Lake	5km & Club Relay	Theresesa Aaronson	082 446 8190
Eastern Gauteng Aquatics	23rd February	EGA Open Water Challenge 4	Victoria Lake	3km & 7.5km	Frans Studer	083 602 1836

March

NMBA / SSA	7th March	SA National Open Water Championships	Marina Martinique	10km, 7.5km, 3km & Mixed Relay	SSA	openwater@swimsa.co.za
NMBA / SSA	8th March	SA National Open Water Championships	Marina Martinique	5km	SSA	openwater@swimsa.co.za
Eastern Gauteng Aquatics	15th March	SA Masters Nationals	Ebotse	3km	Mega Masters	
Limpopo Aquatics	22nd March	Eberneezer Mile	Eberneezer Dam	3km	Haenertsburg Rotary Club	daria@mountaindoctor.co.za