

2026 – 2027

SWIMMING COMPETITION RULES

30 October 2026 v5

Table of Contents

1. INTRODUCTION 3

2. GENERAL SWIMMING COMPETITION RULES 4

3. TECHNICAL OFFICIALS 4

4. AGE GROUP COMPETITION QUALIFICATION 5

5. OPEN COMPETITIONS QUALIFICATION 8

6. ENTRIES ADMINISTRATION 10

7.1 LEVEL 0 INTRA DISTRICT AGE GROUP PROGRAM – CLUBS / SWIM SCHOOLS & SCHOOLS COMPETITION 13

7.2 LEVEL 1 INTRA PROVINCIAL AGE GROUP PROGRAM - INTRA PROVINCIAL CLUB/ SCHOOL COMPETITION 14

7.3 LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION .... **ERROR! BOOKMARK NOT DEFINED.**

LEVEL 2 REGION 3 AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION 16

7.4 LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION ..... **ERROR! BOOKMARK NOT DEFINED.**

7.5 S A NATIONAL JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION ..... **ERROR! BOOKMARK NOT DEFINED.**

7.6 2027 SA NATIONAL YOUTH CHAMPIONSHIPS – PROGRAM 24

7.7 2027 SA NATIONAL YOUTH CHAMPIONSHIPS – QUALIFYING STANDARDS - L C METERS 24

7.8 2027 SA SENIOR NATIONAL AQUATICS PROGRAM - PROVINCIAL COMPETITION 25

7.9 2027 SA SENIOR NATIONAL AQUATICS CHAMPIONSHIPS - QUALIFYING STANDARDS - LC METERS 25

7.10 2026 SA SHORT COURSE NATIONAL CHAMPIONSHIPS 27

7.11 2026 GRAND PRIX INVITATIONAL SWIMMING MEETS 27

8 QUALIFYING TIMES 32

8.1 LEVEL 2 - QUALIFYING TIMES 32

8.2 LEVEL 3 - QUALIFYING TIMES 33

8.3 SA NATIONAL JUNIOR CHAMPIONSHIPS (SANJ) - QUALIFYING TIMES 34

9. S A PARA SWIMMING QUALIFYING TIMES 31

1. Introduction

1.1. The following National / Regional / District competitions will be held in 2026/2027:

1.1.1. Level 0 –Districts - Club & Schools-based competition

1.1.2. Level 1 – Provinces – Districts (club & School-based competition)

1.1.3. Level 2 and Level 3 – Regional Championships (club-based competition)

1.1.4. S A National Junior Age Group Championships (club-based competition)

1.1.5. S A National Youth (17 – 25) Championships (club-based competition)

1.1.6. S A National Aquatic Championships (provincial based competition)

1.1.7. S A National Short Course – National (club-based competition)

1.2. Summary of Dates of Competitions

NAME OF COMPETITION	DATE OF COMPETITION	CLOSING DATE FOR ENTRIES	CLOSING DATES FOR CORRECTIONS
Grand Prix # 1	7 – 9 August 2026	17 July 2026	24 July 2026
Grand Prix # 2	28 – 30 August 2026	14 August 2026	21 August 2026
S A National Short Course	24 – 27 September 2026	3 September 2026	10 September 2026
Grand Prix # 3	8 – 9 January 2027	14 December 2026	21 December 2026
Grand Prix # 4	19 – 21 February 2027	5 February 2027	12 February 2027
Level 1	6 March 2027		
Open Water Champs	5 – 7 March 2027	12 February 2027	19 February 2027
S A National Youth (17-25) Swimming Champs	22 – 24 March 2027	1 March 2027	8 March 2027
Level 3 WC and EC	26 - 29 March 2027	10 March 2027	17 March 2027
Level 3	31 March – 3 April 2027	10 March 2027	17 March 2027
Level 2 Region 3	3 – 4 April 202710&u – 12yr 5 – 7 April 2027 13 – 16yr	12 March 2027	19 March 2027
Level 2 Regions 1,2 & 4	5 – 7 April 2027	12 March 2027	19 March 2027
SA National Junior Championships	8 – 12 April 2027	12 March 2027	19 March 2027
S A National Swimming Championships	14 – 18 April 2027	26 March 2027	2 April 2027

S A Schools	TBC 23 – 26 April 2027		

2. GENERAL SWIMMING COMPETITION RULES

2.1. World Aquatics Technical Rules will apply to all National Competitions.

2.2. WPS rules will apply when there are events for Para swimmers at national competitions.

2.3. All Age Group competitions will be club based.

2.4. S A National Youth (17 – 25 years) Swimming Championships – will be club based.

2.5. S A Nationals will be Provincial Based – the 9 Political Provinces.

2.6. Clubs should be encouraged to participate at all the levels of Age Group Competitions

2.7. South African participants must be registered with SSA and have competed in competitions to ensure that their times for entries are on the National Database. Entry times from 1 May 2026.

2.8. The swimmer's age is at the first day of the competition and pre-season goals and targets should be set in accordance with the rules and dates of the competitions.

2.9. Swimmers may only compete at one SSA Age Group Championships - Regional Level 2, Regional Level 3 or Junior National Championships.

2.10. The cut-off date for qualification for Age Group Competitions will be 1st March 2027. Meet results after this date will not be considered for entry times for Age Group competitions, unless a concession has been applied for, prior to **1st March 2027**. The same will apply for medical reasons for the non-compliance of the IM rule. The entry fee for any entry received that does not comply, will be forfeited.

2.11. Concessions to these rules due to medical conditions, accompanied by medical reports must be received by **1 March 2027**. No requests will be considered after this date.

2.12. For all SSA sanctioned competitions, visitors must forward a clearance to compete. Their entry times MUST be verified. The National Federations must confirm that the swimmers entered, meet the stipulated cut off and entry times for the events that they have been entered in.

2.13. If, due to weather conditions, or any other threat to the safety of the participants, any section of a swimming program cannot be completed the Tournament Director and Referee may apply the following:

2.13.1. On the final day of the competition, if the Finals cannot be completed, the Final results and Medals will be awarded as per the results of the Heats.

2.13.2. If on any of the other days, the Finals cannot be completed, due to time constraints, the Finals will either, be rescheduled or the results awarded as per the heats results.

2.13.3. If circumstances require, any part of the program may be swum as timed finals.

3. TECHNICAL OFFICIALS

3.1. The names of SSA registered, trained and available officials, must accompany the swimming entries. This will be a requirement for the acceptance of swimming entries. If this requirement is not fulfilled, the penalty

will be a fine of R1000.00 for every official not present and the swimmers from the club/province may be excluded.

3.2. SA National Aquatic, S A National Short Course and S A National Youth Championships – every swimmer entered, must provide a Technical Official for at least 4 sessions, 2 heat sessions and 2 final sessions.

3.3. For Age Group Championships, clubs will be required to provide SSA registered trained officials, for EVERY SESSION, according to the number of swimmers entered in the competition:

3.3.1. 1 - 4 swimmers, one judge per heats session.

3.3.2. 5 – 10 swimmers, one judge and one timekeeper for every session.

3.3.3. 11 and over swimmers, a minimum of three officials, two judges and one timekeeper for every session.

3.3.4. The names of the officials must accompany the entries.

3.3.5. All Technical Officials must be correctly attired;

3.3.5.1. White shirts and Navy-Blue Trousers or skirts for finals sessions;

3.3.5.2. Navy blue shorts for Heats will be permitted.

3.3.5.3. Closed white shoes are required.

4. AGE GROUP COMPETITION QUALIFICATION

4.1. TWO Relay entries per club per event. Swimmers may swim up in relays but only be entered in one age-group relay per event.

4.2. Swimmers may only compete at one of Regional Level 2/3 or Junior National SSA Age Group Championships.

4.3. The maximum age group at SSA Age Group Competitions will be 16 years. Swimmers 17 – 25 may participate at the S A National Youth Championships. Swimmers older than 25 years who do not qualify for S A National Aquatics Championships, should consider participating at the S A Masters Championships for continuing involvement in the sport.

4.4. Exception to the 16year rule for S A National Junior, will be 17year old swimmers, who due to aging up, in between competitions, will be allowed to participate at S A Junior Age Group Championships, these swimmers must receive concession prior to 1 March 2027.

4.5. Level 0 Age Group - Intra District – Club/Swim Schools/Schools Competition

4.5.1. Level 0 Age Group may be held in each District

4.5.2. Each District may host one event and decide on the venue

4.5.3. A 25m pool to be used and only 25m & 50m events offered

4.5.4. There may be no QT for this level

4.5.5. Swimmers may not participate at this level, if qualifying times for any levels, have been achieved.

4.5.6. It will be open to Registered Clubs, Registered Swim Schools, and Registered Schools.

4.5.7. Registration must be received by SSA prior to entry closing date.

4.5.8. The age groups will be 7/u, 8, 9, 10, 11 and 12

4.5.9. Local Organisers should provide ribbons or certificates as an incentive, medals should not be awarded

4.5.10. As per Rule 2.8 – Age of swimmer is as at first day of competition

4.5.11. Entry fees charged, to be decided by the Affiliate.

4.6. Level 1 Age Group - Intra provincial – districts, Club/Swim Schools/Schools Competition

4.6.1. Level 1 Age Group will be held in each province, (Intra Districts)

4.6.2. Each Province will host one event and decide on which venues to be used

4.6.3. There may (or may not) be a QT for this level, that is set by each Province.

4.6.4. Swimmers must have a time on the SSA database and Swimmers can only enter the events they have times for on the database.

4.6.5. Swimmers may not participate at this level, if qualifying times for Level 2 or 3 or SA Junior Nationals, have been achieved. Exception to this rule are swimmers in the 9 and under age group.

4.6.6. Swimmers may qualify at Level 1 for the remaining Age Group competitions.

4.6.7. It will be open to Registered Clubs, Registered Swim Schools, and Registered Schools Swimmers. Registration must be received by SSA prior to entry closing date.

4.6.8. The age groups will be 9/u, 10, 11, 12, 13, 14, 15-19

4.6.9. Local Organisers should provide ribbons or certificates as an incentive, medals should not be awarded

4.6.10. As per Rule 2.8 – Age of swimmer is as at first day of competition

4.6.11. Entry fees per event as per the program will be charged.

4.7. Level 2 Age Group – REGIONAL

4.7.1. The swimmer must have a minimum of ONE (1) 200m IM time on the SSA National Database.

4.7.2. The swimmer must have a minimum of one Level 2 Regional Qualifying Time on the SSA National Database.

4.7.3. Swimmers may enter all events that they have Regional Level 2 qualifying times for, plus additional events that they have not qualified in provided they have times on the SSA database for the additional selected events.

4.7.4. Swimmers who have achieved a Level 3 QT must compete at Level 3 Age Group competition.

4.7.5. Swimmers aging up between Age Group competitions, should always swim at the higher level.

4.7.6. This competition will be a regional competition

4.7.7. The age groups will be 10/u, 11, 12, 13, 14, 15, 16.

4.7.8. Entry fees per event as per the program will be charged.

4.8. Level 3 Age Group – REGIONAL

4.8.1. The swimmer must have a minimum of ONE (1), 200m Individual Medley time on the SSA National Database.

4.8.2. The swimmer must have a minimum of ONE (1), Level 3 qualifying time on the SSA National Database.

4.8.3. Swimmers may enter all events that they have qualified in, plus additional events that they have not qualified in, provided they have times for the current season on the database for the additional selected events.

4.8.4. There will be no qualifying times for any of the 50's events (Freestyle, Backstroke, Breaststroke and Butterfly). Swimmers who have qualified in any event may, choose any of the 50's provided they have times on the database for the particular stroke. NT's will not be accepted for 50 m events.

4.8.5. Level 3 age group will be 11&U, 12, 13, 14, 15, 16.

4.8.6. Swimmers in the 10 and under age group, who have achieved a Level 3 qualifying time in any event in the 11 and under age group, may compete in the 11 & under age group at Level 3 or participate at Level 2 as a 10 year old.

4.8.7. If an 11 and under swimmer has achieved a SA Junior National qualifying time in the 12 year old age group, the swimmer may participate at SA Junior National Age Group as a 12 year old or choose to participate at Level 3 in the 11 and under age group.

4.8.8. Swimmers who have achieved a S A National Junior Age Group QT except swimmers as per point 4.7.7 may not compete at level 3 Age Group competitions.

4.8.9. Swimmers aging up between Age Group competitions, should always swim at the higher Level,

4.8.10. This competition will be a regional competition held at 3 selected venues.

4.8.11. Events for Para swimmers –

4.8.11.1. This will be age group based and any Para swimmer may compete at Level 3.

4.8.11.2. The Level 3 Age Groups for Para Swimmers is 14 and under and 15 – over.

4.8.11.3. There are no QT's, but swimmers must have times on the SSA Database.

4.8.12. Entry fees per event as per the program will be charge.

4.9. SA National Junior Age Group Championships

4.9.1. The swimmer must have a minimum of ONE (1), Individual Medley time (200m OR 400m) on the SSA National Database, as well as one Junior National qualifying time.

4.9.2. Swimmers may enter all events that they have qualified in, plus additional events, EXCEPT 400, 800 AND 1500 FREESTYLE, SWIMMERS MAY ONLY ENTER THESE EVENTS IF THEY HAVE ACHIEVED THE QUALIFYING TIME in one or more of these events (400, 800, 1500 Freestyle) or applied for and received a concession.

4.9.3. Swimmers must have times on the database for all entered events.

4.9.4. There will be no qualifying times for any of the 50's events (Freestyle, Backstroke, Breaststroke and Butterfly). Swimmers may in addition enter any of the 50's provided they have times on the database for the particular stroke. The 50's may not be entered on a NT

4.9.5. Swimmers in the 11&U age category who have qualified in any SA Junior National 12&U event, may choose to swim at SA Junior Nationals in the 12&U age group or swim at Level 3 Regional Age Group in their own age group category.

4.9.6. The age groups will be 12&U, 13, 14, 15, 16/17*, except 200 Fly, 400 IM and 800 and 1500 Free, swimmers must be 12 years old.

4.9.7. The *17year old swimmers must receive concessions prior to 1 March 2027 and will only apply to swimmers who age up to 17years after the start of the SA Youth Nationals (20 March 2027).

4.9.8. Entry fees per event as per the program will be charged.

TIME TRIAL

4.9.9. Applications for Time Trials during any competition period, will be considered and the following rules will apply:

4.9.9.1. Written application detailing the motivation must be received at least twenty-four hours prior to the time trial

4.9.9.2. The Fee will be R1500.00 per time trial, payable with written application.

4.9.9.3. Time Trials, if granted, will take place at the end of the morning session

5. Open Competitions Qualification

5.1. There will be three (3) Open Competitions;

5.2. SA National Aquatic championships will be an Inter-provincial Championships.

5.2.1. Qualifying times will be published.

5.3. SA Short Course Championship will be a club-based National Championships:

5.4. SA National Grand Prix series will be club based

5.5. S A NATIONAL AQUATIC CHAMPIONSHIPS

5.5.1. Swimmers may enter the events that they have a SA National qualifying time, plus additional events, provided they have times on the SSA Database.

5.5.2. Except 400m 800m and 1500m Freestyle, swimmers may enter these events if they have achieved the qualifying time in one or more of these events (400, 800, 1500 Freestyle), or applied for and received a concession

5.5.3. Provinces may enter three relay teams per event for SA Nationals. All teams will score points.

5.5.4. There may be heats and finals for the Relay events where there are 8 or more entries.

5.5.4.1. This decision will be taken at the Manager's Meeting.

5.5.4.2. Relay Heats will be swum in the morning session.

5.5.4.3. Any swimmer entered in the meet, may be selected as a member of their provincial relay team.

5.5.5. Should a Province have less than ten (10) swimmers (5 Males and 5 Female) who achieve qualifying times for SA National Aquatic Championships, they may apply for a concession to the Competitions Manager, to achieve the numbers of 5 Males & 5 Females.

5.5.6. PARA SWIMMING:

5.5.6.1. Swimmers may enter the events that they have SA National qualifying Times for, plus additional events provided they have times on the SSA Database.

5.5.6.2. Para Swimming events – All swimmers in Categories 1 – 15 will swim combined and the results will be calculated according to the World Records for each classification. (AUS point system)

5.5.6.3. Para swimmers may participate at Level 3 or SA Nationals, depending on which gala they qualify for.

5.6 S A NATIONAL YOUTH CHAMPIONSHIPS

5.6.1 Swimmers must 17 – 25 years of age on the day of the competition.

5.6.2 Medals will be awarded to three age groups, 17yrs, 18yrs and 19 - 25.

5.6.3 This will be a three-day program. Swimmers may compete at both S A National Youth Championships as well as S A Nationals, provide they have qualified for S A Nationals.

5.7 2026 SA SHORT COURSE CHAMPIONSHIPS:

5.7.1 General Competition Rules for SA Short Course

5.7.1.1 World Aquatics Technical Rules will apply to this competition. WPS Rules to apply for Para Events

5.7.1.2 This Competition is open to swimmers who have achieved at least one short course or long course qualifying time.

5.7.1.3 Provinces may apply for an entry concession to the SSA Competitions Manager, for swimmers who have not achieved the qualifying standards. Swimmers will be assessed based on their current ranking. Applications must be received before the closing date for entries.

5.7.1.4 Final list of session times and breakdown of event order will be published once entries have closed.

5.7.1.5 Elite Para and Senior Para Squad members may enter.

5.7.1.6 All entries must have entry times on the SSA database 2025/2026 and be registered for the current season.

5.7.2 Events

5.7.2.1 All events will be swum as Heats and “A” & “B” Finals, except the 800m and 1500m freestyle, these events will be timed finals.

5.7.2.2 “B” Finals will only be offered provided there are 17 or more participants in the heats, and at least 4 participants in the “B” Finals

5.7.2.3 Para swimming events will be swum in the following categories in the Heats and finals:

5.7.2.3.1 S1 - 15 for Men and Women

5.8 THE 2026 GRAND PRIX INVITATIONAL SWIMMING MEETS:

5.8.1 World Aquatics Technical Rules will apply to this competition.

5.8.2 These meets are created to provide our Swimming Squads more opportunities to compete

5.8.3 The 3rd Grand Prix makes provision for a 13/u and open section

5.8.4 The 1st 2nd and 4th Grand Prix, will have qualifying times.

5.8.5 Clubs, through their Provinces, may apply for an entry concession to the SSA Competitions Manager, for swimmers who have not achieved the qualifying standards. Swimmers will be assessed based on their current ranking. Applications should have been received two weeks before the closing date of entries

5.8.6 Final list of session times and breakdown of event order will be published once entries have closed

5.8.7 All the Grand Prix events will be swum as Timed Finals

5.8.8 The top 8 entries for 800m and 1500m Freestyle will be accepted. Swimmers who qualify will be notified immediately after the entries have closed and been processed. Swimmers who qualify for the 800m and 1500m Freestyle, must confirm their acceptance as soon as they have received confirmation of their entries.

5.8.9 Withdrawal after acceptance will be subject to a penalty.

5.8.10 The Grand Prix’s will be an inter club competitions. Entries will be processed the same way as for Age Group Competitions

6 ENTRIES ADMINISTRATION

6.1 GENERAL ADMINISTRATION RULES

6.1.1 All entries must be submitted by the Provincial Secretary. The competitions competed on a Provincial basis, must be entered as Province and not as clubs, the inter-club competitions, must be entered as clubs. SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition. Please Note: Swimmers must enter at least one of the events that they have qualified for and may enter additional events as per rules

6.1.2 Only accredited managers may:

6.1.2.1 Withdraw competitors

6.1.2.2 Lodge objections

6.1.2.3 Lodge complaints

6.1.3 Written appeals accompanied by R1000.00 must be lodged with the Referee within 30 minutes of the publication or announcement of the disqualification

6.1.4 In the case of a dispute, the referees' decision will be final.

6.1.5 All team managers must attend the Team Manager's Meeting.

6.1.6 Clubs/Provinces who are not represented and who do not comply with the rules concerning entries will not receive any concessions.

6.1.7 No further correspondence re: entries will be accepted after the closing date for corrections and all queries, withdrawals, late entries will be dealt with at the Manager's Meeting

6.1.8 The Team Managers Meeting is the last opportunity for late/additional entries – thereafter no late entries will be accepted.

6.1.9 Late entries fees will be applicable:

6.1.9.1 From Closing Date of Entries to Closing Date of Corrections at 3 times (X3) the original entry fee.

6.1.9.2 At the Managers Meeting at 10 times (X10) the original entry fee

6.2 WITHDRAWALS

6.2.1 Pre-competition at the Manager's Meeting – no charge.

6.2.2 After the Manager's Meeting, Withdrawals will be accepted 1hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will incur a R300.00 per event fine.

6.2.3 No-shows at heats and finals: swimmers who are a no-show for their race, will be fined R500.00 and the swimmer may not compete in any other event until this fine has been paid.

6.2.4 Withdrawals from the finals – this must be done before the end of the heats session or as notified by the Referee. It would be really helpful if these withdrawals are done as soon as possible after the results are published, as this would be useful for notifying the alternates for the particular events. The alternates must report for the finals in case they are needed - the same fine of R500.00 will be imposed.

6.2.5 If the Referee deems a swimmer to have deliberately false started or not performed to the swimmer's capabilities, the swimmer will be fined R500.00 and will be withdrawn from all further events that session, including relays if they fall in that session.

6.3 RELAYS

6.3.1 The names must be received in the correct following order for the relays on the prescribed forms, with entry times and must be submitted before the end of the session (e.g., morning session) preceding the session (e.g., evening session) in which the relay will be swum, this will be confirmation of the relay entry,

6.3.2 If the relay form is not received the team will be withdrawn from the event.

6.3.3 Only swimmers entered in the competition may swim in relays.

The names of the relay swimmers may be changed up to one hour before the start of the session. Relay changes after this time will be subject to a medical certificate

6.4 CEREMONIES

6.4.1 Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.

6.4.2 Medal Ceremony – Swimmers must present themselves in good time and correctly attired. The correct attire is closed shoes, long pants and a provincial or club top or a full tracksuit.

6.4.3 Provinces must ensure that their team members fully adhere to 6.4.2. Provinces who do not fully comply will be fined and all points and medals forfeited for the event.

6.4.4 Only medal winners are allowed to be on the medal podium during medal presentations.

6.5 ADVERTISING AND BRANDING

6.5.1 Swim Caps

6.5.1.1 Only Official Team (Club/Provincial) Caps may be worn while competing.

6.5.1.2 The caps must comply with SSA and World Aquatics Branding and Advertising Rules

6.5.1.3 One (1) manufacturer's logo of a maximum size of 20cm² on the front.
One (1) Team/Provincial name (code) of a maximum size of 32cm² may be printed on both sides.
One Team Sponsor Logo of a maximum size of 32cm² may replace the Team/Provincial Name (code) on one side.

6.5.1.4 It is permissible to wear two (2) caps. Both Caps must comply with the Advertising rules

6.5.2 Racing Swimsuits

6.5.2.1 One (1) sponsor's logo of a maximum of 30cm² when worn.

6.5.2.2 One (1) manufacturer's logo of a maximum size of 30cm² when worn. Where one-piece 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 30cm² each when worn. These two (2) logos of the manufacturer shall not be placed immediately adjacent to each other. Where two-piece suits are used, the two
(2) logos of the manufacturer shall be placed on one piece each.

7 COMPETITION PROGRAMS

7.1 LEVEL 0 INTRA DISTRICT AGE GROUP PROGRAM - CLUBS, SWIM SCHOOLS, SCHOOLS COMPETITION

VENUES: Districts to Notify Provinces and then Provinces to notify SSA –
DATE: TBC February 2027 - one or two days as required
MANAGER'S MEETING: TBC February 2027 – Time to be confirmed
CLOSING DATE FOR ENTRIES: TBC February 2027
CLOSING DATE FOR ENTRY CORRECTIONS: TBC February 2027
ENTRY FEE: Affiliates to decide on the Entry Fee.

All events will be Timed Finals.
Competition should be held in a 25m Pool.
Program a guideline only

SESSION 1

100	FREE	MEN	7&U	8	9	10	11	12
100	FREE	WOMEN	7&U	8	9	10	11	12
25	FLY	MEN		8&U	9	10	11	12
25	FLY	WOMEN		8&U	9	10	11	12
50	BACK	MEN	7&U	8	9	10	11	12
50	BACK	WOMEN	7&U	8	9	10	11	12
4x25	MED RELAY	MEN		8&U		9 – 10		11 – 12
4x25	MED RELAY	WOMEN		8&U		9 – 10		11 – 12
4x25	FREE RELAY	MIXED		8&U		9 – 10		11 – 12

SESSION 2

25	FREE	MEN	7&U	8	9	10	11	12
25	FREE	WOMEN	7&U	8	9	10	11	12
50	BREAST	MEN	7&U	8	9	10	11	12
50	BREAST	WOMEN	7&U	8	9	10	11	12
25	BACK	MEN	7&U	8	9	10	11	12
25	BACK	WOMEN	7&U	8	9	10	11	12
50	FLY	MEN		8&U	9	10	11	12
50	FLY	WOMEN		8&U	9	10	11	12
4x25	FREE RELAY	MEN		8&U		9 – 10		11 – 12
4x25	FREE RELAY	WOMEN		8&U		9 – 10		11 – 12
4x25	MED RELAY	MIXED		8&U		9 – 10		11 – 12

SESSION 3

50	FREE	MEN	7&U	8	9	10	11	12
50	FREE	WOMEN	7&U	8	9	10	11	12
25	BREAST	MEN	7&U	8	9	10	11	12
25	BREAST	WOMEN	7&U	8	9	10	11	12
200	IM	MEN		8&U	9	10	11	12
200	IM	WOMEN		8&U	9	10	11	12
4x50	FREE RELAY	MEN		8&U		9 – 10		11 – 12
4x50	FREE RELAY	WOMEN		8&U		9 – 10		11 – 12

7.2 LEVEL 1 INTRA PROVINCIAL AGE GROUP PROGRAM - INTRA PROVINCIAL CLUB/ SCHOOL COMPETITION

VENUES: Provinces to notify SSA, the number of events per district/ province
DATE: 6 March 2027 - one or two days as required
MANAGER'S MEETING: 6 March 2027 – Time to be confirmed
CLOSING DATE FOR ENTRIES: 22 February 2027
CLOSING DATE FOR ENTRY CORRECTIONS: 1 March 2027
ENTRY FEE: R30.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
R30.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

All events will be Timed Finals.
Competition may be held in a 25m Pool.
Program a guideline only

SESSION 1

200	FREE	MEN	9&U	10	11	12	13	14	15-19
200	FREE	WOMEN	9&U	10	11	12	13	14	15-19
50	FLY	MEN	9&U	10	11	12	13	14	15-19
50	FLY	WOMEN	9&U	10	11	12	13	14	15-19
100	BACK	MEN	9&U	10	11	12	13	14	15-19
100	BACK	WOMEN	9&U	10	11	12	13	14	15-19
4x50	MED RELAY	MEN	12&U		13 – 14			15-19	
4x50	MED RELAY	WOMEN	12&U		13 – 14			15-19	
4x50	FREE RELAY	MIXED	12&U		13 – 14			15-19	

SESSION 2

50	FREE	MEN	9&U	10	11	12	13	14	15-19
50	FREE	WOMEN	9&U	10	11	12	13	14	15-19
100	BREAST	MEN	9&U	10	11	12	13	14	15-19
100	BREAST	WOMEN	9&U	10	11	12	13	14	15-19
50	BACK	MEN	9&U	10	11	12	13	14	15-19
50	BACK	WOMEN	9&U	10	11	12	13	14	15-19
100	FLY	MEN	9&U	10	11	12	13	14	15-19
100	FLY	WOMEN	9&U	10	11	12	13	14	15-19
4x50	FREE RELAY	MEN	12&U		13 – 14			15-19	
4x50	FREE RELAY	WOMEN	12&U		13 – 14			15-19	
4x50	MED RELAY	MIXED	12&U		13 – 14			15-19	

SESSION 3

100	FREE	MEN	9&U	10	11	12	13	14	15-19
100	FREE	WOMEN	9&U	10	11	12	13	14	15-19
50	BREAST	MEN	9&U	10	11	12	13	14	15-19
50	BREAST	WOMEN	9&U	10	11	12	13	14	15-19
200	IM	MEN	9&U	10	11	12	13	14	15-19
200	IM	WOMEN	9&U	10	11	12	13	14	15-19
4x100	FREE RELAY	MEN	12&U		13 – 14			15-19	
4x100	FREE RELAY	WOMEN	12&U		13 – 14			15-19	

7.3 LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION

VENUES: Region 1 Western Cape, Eastern Cape
Region 2 KZN, MP
Region 3 AG, Limpopo, Mpumalanga
Region 4 North-West, Northern Cape, Free State

NOTE: A club located in any district adjacent to a Regional Venue may opt to participate at the adjacent Regional Venue; provided all swimmers from the club must participate at the same Regional Venue, swimmers may request a concession to participate in another region.

DATE: **Region 1, 2 & 4** **5 – 7 April 2027**
MANAGER'S MEETING: 4 April 2027 at 16h00
CLOSING DATE FOR ENTRIES: 12 March 2027
CLOSING DATE FOR ENTRY CORRECTIONS: 19 March 2027
ENTRY FEE: R100.00 - INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R100.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

Starting Time: Heats TBA Finals TBA

DAY 1										
50	BREAST	MEN	10&U	11	12	13	14	15	16	
50	BREAST	WOMEN	10&U	11	12	13	14	15	16	
100	FREE	MEN	10&U	11	12	13	14	15	16	
100	FREE	WOMEN	10&U	11	12	13	14	15	16	
50	BACK	MEN	10&U	11	12	13	14	15	16	
50	BACK	WOMEN	10&U	11	12	13	14	15	16	
200	I.M.	MEN	10&U	11	12	13	14	15	16	
200	I.M.	WOMEN	10&U	11	12	13	14	15	16	
4x50	MED RELAY	MEN	12&U			13 – 14			15 - 16	
4x50	MED RELAY	WOMEN	12&U			13 - 14			15 - 16	
4x50	FREE RELAY	MIXED	12&U			13 - 14			15 – 16	
DAY 2										
200	FREE	MEN	10&U	11	12	13	14	15	16	
200	FREE	WOMEN	10&U	11	12	13	14	15	16	
100	BACK	MEN	10&U	11	12	13	14	15	16	
100	BACK	WOMEN	10&U	11	12	13	14	15	16	
50	FLY	MEN	10&U	11	12	13	14	15	16	
50	FLY	WOMEN	10&U	11	12	13	14	15	16	
100	BREAST	MEN	10&U	11	12	13	14	15	16	
100	BREAST	WOMEN	10&U	11	12	13	14	15	16	
4x100	FREE RELAY	MEN	12&U			13 – 14			15 - 16	
4x100	FREE RELAY	WOMEN	12&U			13 – 14			15 - 16	
DAY 3										
200	BACK	MEN	10&U	11	12	13	14	15	16	
200	BACK	WOMEN	10&U	11	12	13	14	15	16	
200	BREAST	MEN	10&U	11	12	13	14	15	16	
200	BREAST	WOMEN	10&U	11	12	13	14	15	16	
100	FLY	MEN	10&U	11	12	13	14	15	16	
100	FLY	WOMEN	10&U	11	12	13	14	15	16	
50	FREE	MEN	10&U	11	12	13	14	15	16	
50	FREE	WOMEN	10&U	11	12	13	14	15	16	
4x50	FREE RELAY	MEN	12&U			13 – 14			15 - 16	
4x50	FREE RELAY	WOMEN	12&U			13 – 14			15 - 16	
4x50	MED RELAY	MIXED	12&U			13 – 14			15 - 16	

LEVEL 2 REGIONAL AGE GROUP PROGRAM – 10&u, 11, 12 years
CLUB/SCHOOLS COMPETITION

VENUE: Hillcrest 10&u, 11, 12 Region 3 AG, Limpopo, Mpumalanga

DATE: **3 - 4 April 2027**

MANAGER'S MEETING: 3 April 2027 at 10h00

CLOSING DATE FOR ENTRIES: 12 March 2027
CLOSING DATE FOR ENTRY CORRECTIONS: 19 March 2027

ENTRY FEE: R100.00 - INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R100.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

DAY 1 3 April 14:00 Timed Finals

50	BREAST	MEN	10&U	11	12
50	BREAST	WOMEN	10&U	11	12
100	FREE	MEN	10&U	11	12
100	FREE	WOMEN	10&U	11	12
50	BACK	MEN	10&U	11	12
50	BACK	WOMEN	10&U	11	12
200	I.M.	MEN	10&U	11	12
200	I.M.	WOMEN	10&U	11	12
4x50	MED RELAY	MEN	12&U		
4x50	MED RELAY	WOMEN	12&U		
4x50	FREE RELAY	MIXED	12&U		

DAY 2 4 April 08:00 Timed Finals

200	FREE	MEN	10&U	11	12
200	FREE	WOMEN	10&U	11	12
100	BACK	MEN	10&U	11	12
100	BACK	WOMEN	10&U	11	12
50	FLY	MEN	10&U	11	12
50	FLY	WOMEN	10&U	11	12
100	BREAST	MEN	10&U	11	12
100	BREAST	WOMEN	10&U	11	12
4x100	FREE RELAY	MEN	12&U		
4x100	FREE RELAY	WOMEN	12&U		

DAY 3 4 April 14:00 Timed Finals

200	BACK	MEN	10&U	11	12
200	BACK	WOMEN	10&U	11	12
200	BREAST	MEN	10&U	11	12
200	BREAST	WOMEN	10&U	11	12
100	FLY	MEN	10&U	11	12
100	FLY	WOMEN	10&U	11	12
50	FREE	MEN	10&U	11	12
50	FREE	WOMEN	10&U	11	12
4x50	FREE RELAY	MEN	12&U		
4x50	FREE RELAY	WOMEN	12&U		
4x50	MED RELAY	MIXED	12&U		

LEVEL 2 REGIONAL AGE GROUP PROGRAM – 13 – 16 years
CLUB/SCHOOLS COMPETITION

VENUE: Hillcrest Region 3 AG, Limpopo, Mpumalanga

DATE: **5 – 7 April 2027**

MANAGER'S MEETING: 4 April 2027 at 16h00

CLOSING DATE FOR ENTRIES: 12 March 2027
CLOSING DATE FOR ENTRY CORRECTIONS: 19 March 2027

ENTRY FEE: R100.00 - INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R100.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

Heats: 08:00 **Finals: 15:00**

DAY 1	**5 April**			
50	BREAST	MEN	13 14 15 16	
50	BREAST	WOMEN	13 14 15 16	
100	FREE	MEN	13 14 15 16	
100	FREE	WOMEN	13 14 15 16	
50	BACK	MEN	13 14 15 16	
50	BACK	WOMEN	13 14 15 16	
200	I.M.	MEN	13 14 15 16	
200	I.M.	WOMEN	13 14 15 16	
4x50	MED RELAY	MEN	13 – 14	15 - 16
4x50	MED RELAY	WOMEN	13 - 14	15 - 16
4x50	FREE RELAY	MIXED	13 - 14	15 – 16

DAY 2	**6 April**			
200	FREE	MEN	13 14 15 16	
200	FREE	WOMEN	13 14 15 16	
100	BACK	MEN	13 14 15 16	
100	BACK	WOMEN	13 14 15 16	
50	FLY	MEN	13 14 15 16	
50	FLY	WOMEN	13 14 15 16	
100	BREAST	MEN	13 14 15 16	
100	BREAST	WOMEN	13 14 15 16	
4x100	FREE RELAY	MEN	13 – 14	15 - 16
4x100	FREE RELAY	WOMEN	13 – 14	15 - 16

DAY 3	**7 April**			
200	BACK	MEN	13 14 15 16	
200	BACK	WOMEN	13 14 15 16	
200	BREAST	MEN	13 14 15 16	
200	BREAST	WOMEN	13 14 15 16	
100	FLY	MEN	13 14 15 16	
100	FLY	WOMEN	13 14 15 16	
50	FREE	MEN	13 14 15 16	
50	FREE	WOMEN	13 14 15 16	
4x50	FREE RELAY	MEN	13 – 14	15 - 16
4x50	FREE RELAY	WOMEN	13 – 14	15 - 16
4x50	MED RELAY	MIXED	13 – 14	15 - 16

7.4 LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

DATE & VENUES:

Region 1 WC, EC, NC Change of Date 26– 29 March 2027 – WC Malmesbury

MANAGER'S MEETING: 26 March 2027 at 15h00

Region 2 FS, KZN, NC, MP, NW 31 March – 3 April 2027 NC TBC

MANAGER'S MEETING: 31 March 2027 at 15h00

CLOSING DATE FOR ENTRIES: 10 March 2027

CLOSING DATE FOR ENTRY CORRECTIONS: 17 March 2027

NOTE:A club located in any district adjacent to a Regional Venue may opt to participate at the adjacent Regional Venue; provided all swimmers from the club participate at the same Regional Venue. Swimmers may request a concession to participate in another region.

ENTRY FEE: R120.00 – INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R120.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

DAY 1 – Start at 17:00

400 FREE	MEN	11&U	12	13	14	15	16	Timed Finals
400 FREE	WOMEN	11&U	12	13	14	15	16	Timed Finals

Starting Time: Heats TBA Finals TBA

DAY 2

100 FREE	MEN	11&U	12	13	14	15	16	
100 FREE	WOMEN	11&U	12	13	14	15	16	
200 I.M.	MEN	MULTI-CLASS			14/u		15 & over	
200 I.M.	WOMEN	MULTI-CLASS			14/u		15 & over	
100 BREAST	MEN	11&U	12	13	14	15	16	
100 BREAST	WOMEN	11&U	12	13	14	15	16	
200 BACK	MEN	11&U	12	13	14	15	16	
200 BACK	WOMEN	11&U	12	13	14	15	16	
50 BACK	MEN	MULTI-CLASS			14/u		15 & over	
50 BACK	WOMEN	MULTI-CLASS			14/u		15 & over	
100 FLY	MEN	11&U	12	13	14	15	16	
100 FLY	WOMEN	11&U	12	13	14	15	16	
4x100 FREE RELAY	MEN	12&U			13-14		15-16	
4x100 FREE RELAY	WOMEN	12&U			13-14		15-16	

DAY 3

200 FREE	MEN	11&U 12 13 14 15 16
200 FREE	WOMEN	11&U 12 13 14 15 16
100 FREE	MEN	MULTI-CLASS 14/u 15 & over
100 FREE	WOMEN	MULTI-CLASS 14/u 15 & over
50 BREAST	MEN	11&U 12 13 14 15 16
50 BREAST	WOMEN	11&U 12 13 14 15 16
50 BREAST	MEN	MULTI-CLASS 14/u 15 & over
50 BREAST	WOMEN	MULTI-CLASS 14/u 5 & over
100 BACK	MEN	11&U 12 13 14 15 16
100 BACK	WOMEN	11&U 12 13 14 15 16
100 BACK	MEN	MULTI-CLASS 14/u 15 & over
100 BACK	WOMEN	MULTI-CLASS 14/u 15 & over
200 I.M.	MEN	11&U 12 13 14 15 16
200 I.M.	WOMEN	11&U 12 13 14 15 16
4x50 FREE RELAY	MEN	12&U 13-14 15-16
4x50 FREE RELAY	WOMEN	12&U 13-14 15-16
4x50 MED RELAY	MIXED	12&U 13-14 15-16

DAY 4

50 FREE	MEN	11&U 12 13 14 15 16
50 FREE	WOMEN	11&U 12 13 14 15 16
50 FREE	MEN	MULTI-CLASS 14/u 15 & over
50 FREE	WOMEN	MULTI-CLASS 14/u 15 & over
200 BREAST	MEN	11&U 12 13 14 15 16
200 BREAST	WOMEN	11&U 12 13 14 15 16
100 BREAST	MEN	MULTI-CLASS 14/u 15 & over
100 BREAST	WOMEN	MULTI-CLASS 14/u 15 & over
50 BACK	MEN	11&U 12 13 14 15 16
50 BACK	WOMEN	11&U 12 13 14 15 16
50 FLY	MEN	11&U 12 13 14 15 16
50 FLY	WOMEN	11&U 12 13 14 15 16
50 FLY	MEN	MULTI-CLASS 14/u 15 & over
50 FLY	WOMEN	MULTI-CLASS 14/u 15 & over
4x50 MED RELAY	MEN	12&U 13-14 15-16
4x50 MED RELAY	WOMEN	12&U 13-14 15-16
4x100 FREE RELAY	MIXED	12&U 13-14 15-16

LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

VENUE: Hillcrest Swimming Pool, Pretoria

Region 3 AG, NW, LP, MP, NC

NOTE:A club located in any district adjacent to a Regional Venue may opt to participate at the adjacent Regional Venue; provided all swimmers from the club participate at the same Regional Venue. Swimmers may request a concession to participate in another region.

Depending on the number of entries the heats may be swum according to gender

DATE:	31 March – 3 April 2027
MANAGER'S MEETING:	31 March 2027 at 07:00
CLOSING DATE FOR ENTRIES:	10 March 2027
CLOSING DATE FOR ENTRY CORRECTIONS:	17 March 2027

ENTRY FEE: R120.00 – INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.

R120.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

Starting Time: Heats 08:00 Finals TBA

DAY 2	**31 March**						
100 FREE	MEN	11&U	12	13	14	15	16
100 FREE	WOMEN	11&U	12	13	14	15	16
200 I.M.	MEN	MULTI-CLASS			14/u	15 & over	
200 I.M.	WOMEN	MULTI-CLASS			14/u	15 & over	
100 BREAST	MEN	11&U	12	13	14	15	16
100 BREAST	WOMEN	11&U	12	13	14	15	16
200 BACK	MEN	11&U	12	13	14	15	16
200 BACK	WOMEN	11&U	12	13	14	15	16
50 BACK	MEN	MULTI-CLASS			14/u	15 & over	
50 BACK	WOMEN	MULTI-CLASS			14/u	15 & over	
100 FLY	MEN	11&U	12	13	14	15	16
100 FLY	WOMEN	11&U	12	13	14	15	16
4x100 FREE RELAY	MEN	12&U		13-14		15-16	
4x100 FREE RELAY	WOMEN	12&U		13-14		15-16	

DAY 3	**1 April**						
200 FREE	MEN	11&U	12	13	14	15	16
200 FREE	WOMEN	11&U	12	13	14	15	16
100 FREE	MEN	MULTI-CLASS			14/u	15 & over	
100 FREE	WOMEN	MULTI-CLASS			14/u	15 & over	
50 BREAST	MEN	11&U	12	13	14	15	16

50 BREAST	WOMEN	11&U 12 13 14 15 16
50 BREAST	MEN	MULTI-CLASS 14/u 15 & over
50 BREAST	WOMEN	MULTI-CLASS 14/u 5 & over
100 BACK	MEN	11&U 12 13 14 15 16
100 BACK	WOMEN	11&U 12 13 14 15 16
100 BACK	MEN	MULTI-CLASS 14/u 15 & over
100 BACK	WOMEN	MULTI-CLASS 14/u 15 & over
200 I.M.	MEN	11&U 12 13 14 15 16
200 I.M.	WOMEN	11&U 12 13 14 15 16
4x50 FREE RELAY	MEN	12&U 13-14 15-16
4x50 FREE RELAY	WOMEN	12&U 13-14 15-16
4x50 MED RELAY	MIXED	12&U 13-14 15-16

DAY 4 2 April

50 FREE	MEN	11&U 12 13 14 15 16
50 FREE	WOMEN	11&U 12 13 14 15 16
50 FREE	MEN	MULTI-CLASS 14/u 15 & over
50 FREE	WOMEN	MULTI-CLASS 14/u 15 & over
200 BREAST	MEN	11&U 12 13 14 15 16
200 BREAST	WOMEN	11&U 12 13 14 15 16
100 BREAST	MEN	MULTI-CLASS 14/u 15 & over
100 BREAST	WOMEN	MULTI-CLASS 14/u 15 & over
50 BACK	MEN	11&U 12 13 14 15 16
50 BACK	WOMEN	11&U 12 13 14 15 16
50 FLY	MEN	11&U 12 13 14 15 16
50 FLY	WOMEN	11&U 12 13 14 15 16
50 FLY	MEN	MULTI-CLASS 14/u 15 & over
50 FLY	WOMEN	MULTI-CLASS 14/u 15 & over
4x50 MED RELAY	MEN	12&U 13-14 15-16
4x50 MED RELAY	WOMEN	12&U 13-14 15-16
4x100 FREE RELAY	MIXED	12&U 13-14 15-16

DAY 1 – 3 April Start at 08:00

400 FREE	MEN	11&U 12 13 14 15 16	Timed Finals
400 FREE	WOMEN	11&U 12 13 14 15 16	Timed Finals

7.5 S A NATIONAL JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION

DATE: 8 – 12 April 2027

VENUE: Newton Park Swimming Pool, Gqeberha

MANAGER'S MEETING: 8 April 2027 – 15H00

CLOSING DATE FOR ENTRIES: 12 March 2027

CLOSING DATE FOR ENTRY CORRECTIONS: 19 March 2027

ENTRY FEE: R140.00 – INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R140.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

DAY 1 – Starting at 17:00

400 FREE	WOMEN	12&U	13	14	15	16&17	Timed Finals
400 FREE	MEN	12&U	13	14	15	16&17	Timed Finals
Starting Time:	Heats	08H30					
	Finals	17H00	except Day 5 Finals 15H00				

DAY 2

100 BACK	WOMEN	12&U	13	14	15	16&17	
100 BACK	MEN	12&U	13	14	15	16&17	
200 FLY	WOMEN	12	13	14	15	16&17	Timed Finals
200 FLY	MEN	12	13	14	15	16&17	Timed Finals
50 BREAST	WOMEN	12&U	13	14	15	16&17	
50 BREAST	MEN	12&U	13	14	15	16&17	
200 FREE	WOMEN	12&U	13	14	15	16&17	
200 FREE	MEN	12&U	13	14	15	16&17	
4x100 FREE RELAY	WOMEN	14&U	15 - 17				
4x100 FREE RELAY	MEN	14&U	15 – 17				
4x100 MED RELAY	MIXED	14&U	15 – 17				
800 FREE	WOMEN	12	13	14	15	16&17	Timed Finals

DAY 3

100 FREE	WOMEN	12&U	13	14	15	16&17	
100 FREE	MEN	12&U	13	14	15	16&17	
100 BREAST	WOMEN	12&U	13	14	15	16&17	
100 BREAST	MEN	12&U	13	14	15	16&17	
400 I.M.	WOMEN	12	13	14	15	16&17	Timed Finals
400 I.M.	MEN	12	13	14	15	16&17	Timed Finals
50 FLY	WOMEN	12&U	13	14	15	16&17	
50 FLY	MEN	12&U	13	14	15	16&17	
4x100 MED.RELAY	WOMEN	14&U	15 – 17				
4x100 MED.RELAY	MEN	14&U	15 - 17				
4x100 FREE RELAY	MIXED	14&U	15 – 17				
800 FREE	MEN	12	13	14	15	16&17	Timed Finals

DAY 4

50 FREE	WOMEN	12&U	13	14	15	16&17	
50 FREE	MEN	12&U	13	14	15	16&17	
200 I.M.	WOMEN	12&U	13	14	15	16&17	
200 I.M.	MEN	12&U	13	14	15	16&17	
50 BACK	WOMEN	12&U	13	14	15	16&17	
50 BACK	MEN	12&U	13	14	15	16&17	
4x50 FREE RELAY	WOMEN	14&U		15 – 17			
1500 FREE	WOMEN	12	13	14	15	16&17	Timed Finals

DAY 5

100 FLY	WOMEN	12&U	13	14	15	16&17	
100 FLY	MEN	12&U	13	14	15	16&17	
200 BREAST	WOMEN	12&U	13	14	15	16&17	
200 BREAST	MEN	12&U	13	14	15	16&17	
200 BACK	WOMEN	12&U	13	14	15	16&17	
200 BACK	MEN	12&U	13	14	15	16&17	
4x50 FREE RELAY	MEN	14&U		15 – 17			
1500 FREE	MEN	12	13	14	15	16&17	Timed Finals

7.6 S A NATIONAL YOUTH CHAMPIONSHIPS (Age as on the day 17 – 25 years) CLUB COMPETITION

DATE: 22 – 24 March 2027
VENUE: Aqua Park Swimming Pool, Pietermaritzburg
MANAGER'S MEETING: 21 March 2027 – 16H00
CLOSING DATE FOR ENTRIES: 1 March 2027
CLOSING DATE FOR ENTRY CORRECTIONS: 8 March 2027
ENTRY FEE: R150.00 – INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R150.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

COMPETITION SCHEDULE

Day 1	22 March		Day 2	23 March		Day 3	24 March	
400m	Freestyle	W	400m	Ind Medley	W	400m	Individual Medley	M
400m	Freestyle	M	50m	Backstroke	M	100m	Butterfly	W
50m	Backstroke	W	200m	Freestyle	W	50m	Butterfly	M
200m	Backstroke	M	200m	Ind Medley	M	200m	Backstroke	W
200m	Butterfly	W	100m	Backstroke	W	100m	Backstroke	M
100m	Butterfly	M	50m	Breaststroke	M	50m	Breaststroke	W
200m	Breaststroke	W	50m	Butterfly	W	200m	Breaststroke	M
100m	Breaststroke	M	100m	Freestyle	M	100m	Freestyle	W
50m	Freestyle	W	100m	Breaststroke	W	200m	Freestyle	M
50m	Freestyle	M	200m	Butterfly	M	200m	Individual Medley	W
1500m	Freestyle TF	W	1500m	Freestyle TF	M	800m	Freestyle TF	M&W
4 x 100	Medley Relay	Mixed	4 x 100	Freestyle	M&W	4 x 100	Medley Relay	M&W
4 x 100	Freestyle Relay	Mixed						

7.7 2027 SA National Youth Championships - Qualifying Standards - Long Course meters

WOMEN 450pts QT	EVENTS	MEN QT 470pts
30.81	**50m Freestyle**	26.89
1:07.47	**100m Freestyle**	59.67
2:26.45	**200m Freestyle**	2:11.19
5:05.59	**400m Freestyle**	4:42.90
10:31.75	**800m Freestyle**	9:41.50
20:01.18	**1500m Freestyle**	18:39.83
35.05	**50m Backstroke**	30.28
1:14.55	**100m Backstroke**	1:06.36
2:40.69	**200m Backstroke**	2:23.94
38.05	**50m Breaststroke**	33.37
1:23.68	**100m Breaststroke**	1:13.15
2:59.49	**200m Breaststroke**	2:41.38
31.88	**50m Butterfly**	28.64
1:11.25	**100m Butterfly**	1:03.60
2:38.95	**200m Butterfly**	2:21.91
2:44.03	**200m IM**	2:24.93
5:44.05	**400m IM**	5:11.89

7.8 2027 S A SENIOR NATIONAL AQUATICS PROGRAM - PROVINCIAL COMPETITION

VENUE: Newton Park Swimming Pool, Gqeberha
DATE: Swimming 14 – 18 April 2027
MANAGER'S MEETING: 13 April 2027 – 16H00
CLOSING DATE FOR ENTRIES: 26 March 2027
CLOSING DATE FOR ENTRY CORRECTIONS: 2 April 2027
SWIMMING ENTRY FEE: R150.00 - INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R150.00 – RELAYS plus R15.00 SSA Levy per entry VAT Incl.

Artistic Swimming **TBC**
Diving **TBC**
Open Water Swimming **5 – 7 March 2027**
Water Polo **TBC**

7.9 2027 SA Senior National Aquatic Championships - Qualifying Standards - Long Course meters

WOMEN QT	EVENTS	MEN QT
27.32	**50m Freestyle**	24.20
59.84	**100m Freestyle**	53.70
2:09.89	**200m Freestyle**	1:58.05
4:33.89	**400m Freestyle**	4:17.26
9:26.23	**800m Freestyle**	8:48.80
17:56.59	**1500m Freestyle**	16:58.34
31.41	**50m Backstroke**	27.54
1:06.81	**100m Backstroke**	1:00.35
2:24.02	**200m Backstroke**	2:10.90
34.10	**50m Breaststroke**	30.35
1:15.00	**100m Breaststroke**	1:06.52
2:40.87	**200m Breaststroke**	2:26.76
28.57	**50m Butterfly**	26.04
1:03.86	**100m Butterfly**	57.83
2:22.46	**200m Butterfly**	2:09.05
2:27.01	**200m IM**	2:11.80
5:08.36	**400m IM**	4:43.62

5 DAY PROGRAM FOR SA NATIONAL AQUATIC CHAMPIONSHIPS 2027
including events for Para swimmers

DAY 1 14 April	DAY 2 15 April	DAY 3 16 April	DAY 4 17 April	DAY 5 18 April
HEATS: 09:30	**HEATS: 09:30**	**HEATS: 09:30**	**HEATS: 09:30**	**HEATS: 09:30**
W 200 Freestyle	W 200 Ind. Medley	W 100 Freestyle	W 50m Freestyle	W 200m Backstroke
M 200 Freestyle	M 200 Ind. Medley	M 100 Freestyle	M 50m Freestyle	M 200m Backstroke
W S1-15 MC 50m Br	***W S1-15 MC 100m Fly***	W 200 Breaststroke	***W S1-15 MC 50m Ba***	W 50 Butterfly
M S1-15 MC 50m Br	***M S1-15 MC 100m Fly***	M 200 Breaststroke	***M S1-15 MC 50m Ba***	M 50 Butterfly
W 100 Breaststroke	W 100 Butterfly	***W S1-15 MC 50m Fly***	W 50m Breast	***W S1-15 MC 200m IM***
M 100 Breaststroke	M 100 Butterfly	***M S1-15 MC 50m Fly***	M 50m Breast	***M S1-15 MC 200m IM***
W S1-15 MC 100m Ba	W 50 Backstroke	M 400 Ind. Medley	W 200 Butterfly	W 400 Freestyle
M S1-15 MC 100m Ba	M 50 Backstroke	W 400 Ind. Medley	M 200 Butterfly	M 400 Freestyle
W 100 Backstroke	***W S1-15 MC 50m Fr***	***W S1-15 MC 100m Br***	***W S1-15 MC 100m Fr***	
M 100 Backstroke	***M S1-15 MC 50m Fr***	***M S1-15 MC 100m Br***	***M S1-15 MC 100m Fr***	
	W 1500 Freestyle TF		W 800 Freestyle TF	
	M 1500 Freestyle TF		M 800 Freestyle TF	
FINALS 18:00	**FINALS 18:00**	**FINALS 18:00**	**FINALS 18:00**	**FINALS 18:00**
W 200 Freestyle A&B	W 200 Ind.Medley A&B	W 100 Freestyle A&B	W 50m Freestyle A&B	W 200m Backstroke A&B
M 200 Freestyle A&B	M 200 Ind. Medley A&B	M 100 Freestyle A&B	M 50m Freestyle A&B	M 200m Backstroke A&B
W S1-15 MC 50m Br	W 1500 Freestyle TF	***W S1-15 MC 50m Fly***	***W S1-15 MC 50m Ba***	***W S1-15 MC 200m IM***
M S1-15 MC 50m Br	***W S1-15 MC 100m Fly***	***M S1-15 MC 50m Fly***	***M S1-15 MC 50m Ba***	***M S1-15 MC 200m IM***
W 100 Breaststroke A&B	***M S1-15 MC 100m Fly***	W 200 Breaststroke A&B	W 800 Freestyle TF	W 50 Butterfly A&B
M 100 Breaststroke A&B	W 50 Backstroke A&B	M 200 Breaststroke A&B	M 800 Freestyle TF	M 50 Butterfly A&B
W S1-15 MC 100m Ba	M 50 Backstroke A&B	***W S1-15 MC 100m Br***	W 50m Breaststroke A&B	W 400 Freestyle F
M S1-15 MC 100m Ba	M 1500 Freestyle TF	***M S1-15 MC 100m Br***	M 50m Breaststroke A&B	M 400 Freestyle F
W 100 Backstroke A&B	***W S1-15 MC 50m Fr***	W 400 Ind. Medley A&B	***W S1-15 MC 100m Fr***	W 4 x 100 Med Relay
M 100 Backstroke A&B	***M S1-15 MC 50m Fr***	M 400 Ind. Medley A&B	***M S1-15 MC 100m Fr***	M 4 x 100 Med Relay
W 4 x 100 Free Relay	W 100 Butterfly A&B	W 4 x 200 Free Relay	W 200 Butterfly A&B	
M 4 x 100 Free Relay	M 100 Butterfly A&B	M 4 x 200 Free Relay	M 200 Butterfly A&B	
	Mixed 4 x 100 Free Rel		W 4 x 50 Free Relay	
			M 4 x 50 Free Relay	
			Mixed 4 x 100 Medley Relay	

7.10 2026 SA SHORT COURSE NATIONAL CHAMPIONSHIPS

VENUE: TBC Pietermaritzburg
DATE: 24 – 27 September 2026
MANAGER'S MEETING: 23 September 2026 – 16H00
CLOSING DATE FOR ENTRIES: 3 September 2026
CLOSING DATE FOR ENTRY CORRECTIONS: 10 September 2026

SWIMMING ENTRY FEE: R150.00 – INDIVIDUAL ENTRIES plus R15.00 SSA Levy per entry VAT Incl.
R150.00 – RELAYS ENTRIES plus R15.00 SSA Levy per entry VAT Incl.

2026 SA Short Course Championships - Qualifying Standards

WOMAN	EVENTS	MAN
520pts LC QT's		LC QT's 530pts
29.36	50m Freestyle	25.83
1:04.30	100m Freestyle	57.33
2:19.56	200m Freestyle	2:06.03
4:51.21	400m Freestyle	4:31 80
10:02.03	800m Freestyle	9:18.67
19:04.66	1500m Freestyle	17:55.87
(510pts) 33.61	50m Backstroke	(520pts) 29.28
1:11.50	100m Backstroke	1:04.16
2:34.12	200m Backstroke	2:19.17
36.49	50m Breaststroke	32.27
1:20.26	100m Breaststroke	1:10.73
2:52.16	200m Breaststroke	2:36.04
30.57	50m Butterfly	27.69
1:08.33	100m Butterfly	1:01.49
2:32.46	200m Butterfly	2:17.21
2:37.33	200m IM	2:20.13
5:29.99	400m IM	5:01.56

2026 S A Short Course Nationals Program

	DAY 1 24/09/2026		DAY 2 25/09/2026		DAY 3 26/09/2026		DAY 4 27/09/2026
	HEATS 09H00		HEATS 09H00		HEATS 09H00		HEATS 09H00
W	400m Freestyle	W	50m Freestyle	W	200m Freestyle	W	100m Freestyle
M	400m Freestyle	M	50m Freestyle	M	200m Freestyle	M	100m Freestyle
W	50m Breaststroke	MC W	50m Butterfly S1-S15	MC W	100m Breast S1-S15	MC W	100m Freestyle S1-S15
M	50m Breaststroke	MC M	50m Butterfly S1-S15	MC M	100m Breast S1-S15	MC M	100m Freestyle S1-S15
MC W	50m Breast S1-S15	W	200m Backstroke	W	200m Breaststroke	W	50m Backstroke
MC M	50m Breast S1-S15	M	200m Backstroke	M	200m Breaststroke	M	50m Backstroke
M	100m Backstroke	W	100m Breaststroke	MC W	100m Butterfly S1-S15	W	100m Ind. Medley
W	100m Backstroke	M	100m Breaststroke	MC M	100m Butterfly S1-S15	M	100m Ind. Medley
W	100m Butterfly	MC W	100m Backstroke S1-S15	W	50m Butterfly	MC W	200m Ind. Medley S1-S15
M	100m Butterfly	MC M	100m Backstroke S1-S15	M	50m Butterfly	MC M	200m Ind. Medley S1-S15
MC W	100m Ind. Med. S1-S15	W	200m Butterfly	MC W	50m Freestyle S1-S14	W	1500m Freestyle T F(All)
MC M	100m Ind. Med. S1-S15	M	200m Butterfly	MC M	50m Freestyle S1-S14	M	1500m Freestyle T F (All)
W	200m Ind. Medley	W	4x100m Free Relay	W	400m Ind. Medley		
M	200m Ind. Medley	M	4x100m Free Relay	M	400m Ind. Medley		
MC W	50m Backstroke S1-S15	W	800m Freestyle T F (All)	W	4x200m Free Relay		
MC M	50m Backstroke S1-S15	M	800m Freestyle T F (All)	M	4x200m Free Relay		
W	4x100 Med Relay						
M	4x100 Med Relay						
	Finals - 17H00		Finals - 17H00		Finals - 17H00		Finals - 14H00
Mixed	4 x 50 Medley Relay	Mixed	4 x 50 Free Relay	W	200m Freestyle	W	4 x 50 Medley Relay
W	400m Freestyle	W	50m Freestyle	M	200m Freestyle	M	4 x 50 Medley Relay
M	400m Freestyle	M	50m Freestyle	MC W	100m Breast S1-S15	W	100m Freestyle
W	50m Breaststroke	MC W	50m Butterfly S1-S15	MC M	100m Breast S1-S15	M	100m Freestyle
M	50m Breaststroke	MC M	50m Butterfly S1-S15	W	200m Breaststroke	MC W	100m Freestyle S1-S15
MC W	50m Breast S1-S15	W	200m Backstroke	M	200m Breaststroke	MC M	100m Freestyle S1-S15
MC M	50m Breast S1-S15	M	200m Backstroke	MC W	100m Butterfly S1-S15	W	50m Backstroke
M	100m Backstroke	W	100m Breaststroke	MC M	100m Butterfly S1-S15	M	50m Backstroke
W	100m Backstroke	M	100m Breaststroke	W	50m Butterfly	W	100m Ind. Medley
W	100m Butterfly	MC W	100m Backstroke S1-S15	M	50m Butterfly	M	100m Ind. Medley
M	100m Butterfly	MC M	100m Backstroke S1-S15	MC W	50m Freestyle S1-S14	MC W	200m Ind. Medley S1-S15
MC W	100m Ind. Med S1-S15	W	200m Butterfly	MC M	50m Freestyle S1-S14	MC M	200m Ind. Medley S1-S15
MC M	100m Ind. Med S1-S15	M	200m Butterfly	W	400m Ind. Medley	W	4x50m Free Relay
W	200m Ind. Medley			M	400m Ind. Medley	M	4x50m Free Relay
M	200m Ind. Medley						
MC W	50m Backstroke S1-S15						
MC M	50m Backstroke S1-S15						

7.11 THE 2026/2027 GRAND PRIX INVITATIONAL SWIMMING MEETS

No 1	**TBC Pietermaritzburg**	**7 – 9 August 2026**
No 2	**Cape Town**	**28 – 30 August 2026**
No 3	**Nelspruit Swimming Pool, Mpumalanga**	**8 - 9 January 2027**
No 4	**TBC Hillcrest, Pretoria**	**19 – 21 February 2027**

Entry Procedure

- The closing date for entries for Grand Prix No 1 – Friday 17 July 2026
- The closing date for entries for Grand Prix No 2 - Friday 14 August 2026
- The closing date for entries for Grand Prix No 3 – 14 December 2026
- The closing date for entries for Grand Prix No 4 – 5 February 2027

Entry Procedure for Grand Prix No 1, 2, and No 4

- Entries will be processed by the provincial data person, as per the normal procedure
- Swimmers must be 12 & over
- The entry fee will be R140.00 + R15.00 SSA Levy per entry
- All the events will be swum as Timed Finals

- Grand Prix QT's

WOMAN	EVENTS	MAN
LC QT's 500pts		LC QT's 500pts
29.74	**50m Freestyle**	26.34
1:05.15	**100m Freestyle**	58.46
2:21.40	**200m Freestyle**	2:08.51
4:55.04	**400m Freestyle**	4:37.27
10:09.95	**800m Freestyle**	9:29.63
19:19.73	**1500m Freestyle**	18:16.97
33.84	**50m Backstroke**	29.87 (490)
1:11.97	**100m Backstroke**	1:05.01
2:35.14	**200m Backstroke**	2:21.01
36.73	**50m Breaststroke**	32.91
1:20.79	**100m Breaststroke**	1:12.14
2:53.30	**200m Breaststroke**	2:39.16
30.77	**50m Butterfly**	28.24
1:08.79	**100m Butterfly**	1:02.72
2:33.47	**200m Butterfly**	2:19.95
2:38.37	**200m IM**	2:22.93
5:.32.17	**400m IM**	5:07.59

The program for Grand Prix 1, 2, and 4:

SESSION 1 – FRIDAY PM

Warm-Up: 15:30
Start: 17:00

100. 4 × 100 Mixed Medley Relay
101. Women 100 IM
102. Men 100 IM
103. Women 200 Breaststroke
104. Men 200 Breaststroke

105. Women 100 Freestyle
106. Men 100 Freestyle
107. Women 50 Backstroke
108. Men 50 Backstroke
109. Women 800 Freestyle
110. Men 1500 Freestyle

SESSION 2 – SATURDAY AM

Warm-Up: 07:30
Start: 09:00

200. Women 50 Breaststroke
201. Men 50 Breaststroke
202. Women 200 Freestyle
203. Men 200 Freestyle
204. Women 100 Butterfly
205. Men 100 Butterfly
206. Women 400 IM
207. Men 400 IM
208. Women 4 × 50 Freestyle Relay
209. Men 4 × 50 Freestyle Relay

SESSION 3 – SATURDAY PM

Warm-Up: 15:30
Start: 17:00

300. Women 50 Butterfly
301. Men 50 Butterfly
302. Women 100 Breaststroke
303. Men 100 Breaststroke
304. Women 200 Backstroke
305. Men 200 Backstroke
306. Women 400 Freestyle
307. Men 400 Freestyle
308. Women 4 × 100 Freestyle Relay
309. Men 4 × 100 Freestyle Relay

SESSION 4 – SUNDAY AM

Warm-Up: 07:30
Start: 09:00

400. Women 200 Butterfly
401. Men 200 Butterfly
402. Women 50 Freestyle
403. Men 50 Freestyle
404. Women 100 Backstroke
405. Men 100 Backstroke
406. Women 200 IM
407. Men 200 IM
408. Women 1500 Freestyle
409. Men 800 Freestyle
410. 4 × 50 Mixed Medley Relay

Entry Procedure for Grand Prix No 3 8 - 9 January 2027

- The entry fee will be R150.00 per swimmer, irrespective of the number of events entered.
- Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org

Grand Prix No 4 will be swum as Timed Finals PROGRAM OF EVENTS

Friday, 8 January 2027 14:00pm		**Saturday, 9 January 2027 8:30am**	
50m Freestyle	Men	50m Freestyle	Women
400m IM	Women	400m IM	Men
200m Freestyle	Men	200m Freestyle	Women
200m Butterfly	Women	200m Butterfly	Men
13&u 100m Freestyle	Men	13&u 100m Freestyle	Women
13&u 100m Butterfly	Women	13&u 100m Butterfly	Men
800m Freestyle	Men	800m Freestyle	Women
100m Backstroke	Women	100m Backstroke	Men
100m Breaststroke	Men	100m Breaststroke	Women
400m Freestyle	Women	400m Freestyle	Men
13&u 100m Backstroke	Men	13&u 100m Backstroke	Women
13&u 100m Breaststroke	Women	13&u 100m Breaststroke	Men
200m IM	Men	200m IM	Women
100m Freestyle	Women	100m Freestyle	Men
100m Butterfly	Men	100m Butterfly	Women
200m Breaststroke	Women	200m Breaststroke	Men
13&u 50m Freestyle	Men	13&u 50m Freestyle	Women
13&u 200m IM	Women	13&u 200m IM	Men
200m Backstroke	Men	200m Backstroke	Women

8 QUALIFYING TIMES

8.1 Level 2 - Qualifying times

Women Qualifying Times							EVENTS	Men Qualifying Times						
16	15	14	13	12	11	10&U		10&U	11	12	13	14	15	16
33.50	33.63	33.76	33:99	35.63	38.20	39.72	50m Freestyle	38.93	37.05	35.12	32.35	30.26	28.92	28.26
1:14.45	1:15.21	1:16.08	1:17.85	1:21.23	1:26.18	1:32.45	100m Freestyle	1:31.13	1:26.57	1:18.95	1:12.51	1:08.27	1:06.16	1:05.47
2:49.90	2:50.34	2:50.74	2:51.14	2:59.36	3:21.03	3:38.24	200m Freestyle	3:39.00	3:35.53	3:08.68	2:47.45	2:37.43	2:33.22	2:31.20
							400m Freestyle							
							800m Freestyle							
							1500m Freestyle							
40.91	41.01	41.11	41.56	43.10	46.16	49.07	50m Backstroke	48.57	47.23	43.29	41.11	38.22	36.21	35.58
1:28.50	1:28.72	1:28.94	1:29.86	1:33.79	1:40.81	1:49.00	100m Backstroke	1:48.69	1:47.05	1:35.45	1:30.72	1:27.37	1:23.62	1:22.58
3:20.69	3:21.27	3:21.86	3:22.76	3:36.11	3:49.73	4:06.28	200m Backstroke	3:59.54	3:54.30	3:41.50	3:31.11	3:22.03	3:04,04	3:03.74
46.23	46.35	46.48	46.79	48.09	51.65	54.88	50m Breaststroke	55.36	54.00	49.51	45.79	44.15	40,04	39.95
1:42.63	1:42.91	1:43.34	1:44.22	1:46.23	1:54.00	2:02.92	100 Breaststroke	2:04.72	2:01.74	1:50.34	1:42.28	1:39.82	1:31,25	1:31.03
3:49.96	3:50.68	3:51.41	3:58.84	4:07.33	4:22.43	4:35.10	200 Breaststroke	4:49.31	4:35.50	4:13.00	3:56.69	3:48.78	3:38.27	3:34.57
39.10	39.31	39.82	40.11	44.01	50.09	55.00	50m Butterfly	53.01	50.00	45.28	39.52	36.19	33.45	33.16
1:37.37	1:37.73	1:38.09	1:38.84	1:55.16	2:01.25	2:15.50	100m Butterfly	2:15.94	1:58.00	1:51.25	1:42.28	1:33.70	1:21.91	1:20.48
							200m Butterfly							
3:11.65	3:12.10	3:12.78	3:17.35	3:30.20	3:40.94	4:04.06	200m IM	3:55.80	3:45.04	3:23.04	3:03.96	2:55.30	2:47.55	2:45.64
							400m IM							

8.2 Level 3 - Qualifying times

Women Qualifying Times						EVENTS	Men Qualifying Times					
16	15	14	13	12	11&U		11&U	12	13	14	15	16
460	**440**	**420**	**400**	**330**		**50m Freestyle**			**310**	**390**	**470**	**480**
1:06:98	1:07:98	1:09:04	1:10.18	1:14:82	1:16:40	**100m Freestyle**	1:16:06	1:12:15	1:08.55	1:03:50	59:67	59.26
2:25:38	2:27:55	2:29:86	2:32:31	2:42:40	2:51:39	**200m Freestyle**	2:48:96	2:45:29	2:30.71	2:19.60	2:11:19	2:10:27
5:03:36	5:07:89	5:12:70	5:17:83	5:38:87	6:26:01	**400m Freestyle**	6:12.31	5:40:91	5:25.00	5:01:06	4:42.90	4:40.92
						800m Freestyle						
						1500m Freestyle						
400	380	360	340	300		**50m Backstroke**			300	320	410	420
1:17.53	1:18.87	1:20:30	1:21:85	1:25:34	1:35:83	**100m Backstroke**	1:33:42	1:24:71	1:17:08	1:15:43	1:09.17	1:08.79
2:47.12	2:50.00	2:53:10	2:56.43	3:03:94	3:16:26	**200m Backstroke**	3:14:68	3:02:67	2:47:18	2:43:62	2:30:04	2:29.44
400	380	360	340	300		**50m Breaststroke**				320	410	420
1:27.03	1:28.53	1:30:14	1:31.88	1:35:79	1:46.22	**100m Breaststroke**	1:42:68	1:35:69	1:32:17	1:23:15	1:16.25	1:15:95
3:06.68	3:09.90	3:13:35	3:17:07	3:25:47	3:42:24	**200m Breaststroke**	3:40:53	3:27.54	3:24:50	3:03.45	2:48:22	2:47:55
400	380	360	340	300		**50m Butterfly**				320	410	420
1:14.10	1:15:38	1:16:75	1:18.22	1:21.56	1:36:49	**100m Butterfly**	1:32:27	1:26:78	1:18:50	1:12:29	1:06.29	1:06:03
400	380	360	340	300		**200m Butterfly**			300	320	410	420
2:50.60	2:53:54	2:56:69	3:00.09	3:07:77	3:26:89	**200m IM**	3:21:65	3:02:19	2:48:33	2:44:75	2:31:07	2:30.47
						400m IM						

8.3 SA NATIONAL JUNIOR CHAMPIONSHIPS (SANJ) - Qualifying times

Women Qualifying Times					EVENTS	Men Qualifying Times				
16	15	14	13	12&U		12&U	13	14	15	16
530	**520**	**500**	**465**	**440**	**50m Freestyle**	**390**	**410**	**490**	**560**	**570**
1:03:89	1:04:30	1:05:15	1:06:74	1:07:98	**100m Freestyle**	1:03:50	1:02:45	58:85	56:29	55:96
2:18:68	2:19.56	2:21:40	2:24:86	2:27.55	**200m Freestyle**	2:19:60	2:17:30	2:09:38	2:03:74	2:03:01
4:49:37	4:51.21	4:55:04	5:02:27	5:07.89	**400m Freestyle**	5:01.06	4:56:08	4:39:00	4:26:85	4:25:28
9:58:22	10:02:03	10:09:95	10:24:88	10:36:50	**800m Freestyle**	10:18.82	10:08:59	09:33.48	9:08:51	9:05:29
18:57:42	19:04:66	19:19:73	19:48:12	20:10:21	**1500m Freestyle**	19:51:69	19:31:99	18:24:38	17:36:30	17:30:09
520	500	490	445	420	**50m Backstroke**	330	370	450	540	550
1:11:04	1:11:97	1:12:46	1:14:83	**1:16:28**	**100m Backstroke**	1:14:66	1:11:87	1:07:33	1:03:36	1:02:97
2:33:13	2:35:14	2:36:19	2:41:29	2:44:43	**200m Backstroke**	2:41:95	2:35:89	2:26:05	2:17:43	2:16:60
520	500	490	445	420	**50m Breaststroke**	330	350	430	500	520
1:19:74	1:20:79	1:21:34	1:23:99	1:25:63	**100m Breaststroke**	1:22:31	1:20:71	1:15:35	1:11:66	1:10:73
2:51:05	2:53:30	2:54:47	3:00:16	3:03:67	**200m Breaststroke**	3:01:58	2:58:05	2:46:24	2:38:09	2:36:04
440	430	420	415	390	**50m Butterfly**	320	350	430	500	520
1:11:78	1:12:33	1:12:90	1:13:19	1:14:73	**100m Butterfly**	1:12.29	1:10:16	1:05:51	1:02:30	1:01:49
2:40:15	2:41:38	2:42:65	2:43:30	2:46:72	**200m Butterfly**	2:41:31	2:36:57	2:26:18	2:19:01	2:17:21
510	505	500	455	410		340	380	450	500	540
2:37:33	2:37:84	2:38:37	2:44:64	2:49:20	**200m IM**	2:41:45	2:35:58	2:27:05	2:21:98	2:18:38
5:29:99	5:31:07	5:32:17	5:45:33	5:54:89	**400m IM**	5:47:44	5:34:79	5:16:45	5:05:53	4:57.79

9. 2027 S A Nationals Para Swimming Qualification Times

Event Type	Class	WR	SA Nationals
			135%
Women's 50 m Free	S1	00:51.33	01:09.30
	S2	00:53.94	01:12.82
	S3	00:42.21	00:56.98
	S4	00:37.87	00:51.12
	S5	00:35.88	00:48.44
	S6	00:32.78	00:44.25
	S7	00:31.64	00:42.71
	S8	00:28.97	00:39.11
	S9	00:27.32	00:36.88
	S10	00:27.37	00:36.95
	S11	00:30.22	00:40.80
	S12	00:26.90	00:36.31
	S13	00:26.67	00:36.00
	S14	00:27.40	00:36.99
	S15	00:26.15	00:35.30
Women's 100 m Free	S1	01:50.48	02:29.15
	S2	01:56.51	02:37.29
	S3	01:30.07	02:01.59
	S4	01:25.42	01:55.32
	S5	01:16.65	01:43.48
	S6	01:11.40	01:36.39
	S7	01:08.03	01:31.84
	S8	01:03.66	01:25.94
	S9	00:59.78	01:20.70
	S10	00:59.17	01:19.88
	S11	01:05.14	01:27.94
	S12	00:58.41	01:18.85

Event Type	Class	WR	SA Nationals
			135%
Men's 50 m Free	S1	01:03.80	01:26.13
	S2	00:50.65	01:08.38
	S3	00:38.81	00:52.39
	S4	00:37.14	00:50.14
	S5	00:30.16	00:40.72
	S6	00:28.57	00:38.57
	S7	00:27.07	00:36.54
	S8	00:25.32	00:34.18
	S9	00:24.00	00:32.40
	S10	00:23.16	00:31.27
	S11	00:25.27	00:34.11
	S12	00:22.99	00:31.04
	S13	00:23.20	00:31.32
	S14	00:24.31	00:32.82
	S15	00:23.14	00:31.24
Men's 100 m Free	S1	02:15.83	03:03.37
	S2	01:46.63	02:23.95
	S3	01:32.69	02:05.13
	S4	01:21.28	01:49.73
	S5	01:06.24	01:29.42
	S6	01:04.60	01:27.21
	S7	01:00.34	01:21.46
	S8	00:55.84	01:15.38
	S9	00:54.10	01:13.04
	S10	00:50.87	01:08.67
	S11	00:56.15	01:15.80
	S12	00:50.91	01:08.73

	S13	00:57.34	01:17.41
	S14	00:56.58	01:16.38
	S15	00:57.29	01:17.34
Women's 200 m Free	S1	03:59.02	05:22.68
	S2	04:47.10	06:27.59
	S3	03:24.53	04:36.12
	S4	02:57.95	04:00.23
	S5	02:44.61	03:42.22
	S6	02:35.09	03:29.37
	S7	02:26.44	03:17.69
	S8	02:16.04	03:03.65
	S9	02:09.88	02:55.34
	S10	02:08.64	02:53.66
	S11	02:23.97	03:14.36
	S12	02:10.99	02:56.84
	S13	02:07.64	02:52.31
	S14	02:02.09	02:44.82
	S15	02:04.64	02:48.26
Women's 400 m Free	S6	05:13.32	07:02.98
	S7	04:59.02	06:43.68
	S8	04:40.33	06:18.45
	S9	04:23.81	05:56.14
	S10	04:29.27	06:03.51
	S11	05:02.19	06:47.96
	S12	04:22.34	05:54.16
	S13	04:19.59	05:50.45
	S14	04:27.08	06:00.56
	S15	04:25.94	05:59.02
Women's 800 m Free	S6	11:03.41	14:55.60
	S7	10:37.70	14:20.90
	S8	09:45.08	13:09.86
	S9	08:59.09	12:07.77
	S10	09:18.36	12:33.79

	S13	00:50.65	01:08.38
	S14	00:51.52	01:09.55
	S15	00:51.22	01:09.15
Men's 200 m Free	S1	04:57.79	06:42.02
	S2	03:41.54	04:59.08
	S3	03:09.04	04:15.20
	S4	02:55.81	03:57.34
	S5	02:23.65	03:13.93
	S6	02:20.19	03:09.26
	S7	02:16.28	03:03.98
	S8	02:07.53	02:52.17
	S9	01:59.02	02:40.68
	S10	01:54.46	02:34.52
	S11	02:04.58	02:48.18
	S12	01:59.43	02:41.23
	S13	01:52.40	02:31.74
	S14	01:52.96	02:32.50
	S15	01:52.55	02:31.94
Men's 400 m Free	S6	04:47.75	06:28.46
	S7	04:33.64	06:09.41
	S8	04:19.74	05:50.65
	S9	04:09.93	05:37.41
	S10	03:57.71	05:20.91
	S11	04:20.83	05:52.12
	S12	04:05.95	05:32.03
	S13	03:55.56	05:18.01
	S14	04:06.53	05:32.82
	S15	03:53.42	05:15.12
Men's 800 m Free	S6	10:01.80	13:32.43
	S7	09:58.20	13:27.57
	S8	09:12.26	12:25.55
	S9	08:36.64	11:37.46
	S10	08:31.40	11:30.39

	S11	10:57.82	14:48.06
	S12	09:13.31	12:26.97
	S13	09:32.05	12:52.27
	S14	09:15.69	12:30.18
	S15	09:09.73	12:22.14
Women's 1500 m Free	S6	25:07.19	33:54.71
	S7	20:20.78	27:28.05
	S8	19:03.34	25:43.51
	S9	17:05.09	23:03.87
	S10	18:33.86	25:03.71
	S11	21:37.53	29:11.67
	S12	17:27.36	23:33.94
	S13	17:53.90	24:09.77
	S14	17:32.74	23:41.20
	S15	17:54.54	24:10.63
Women's 50 m Back	S1	01:06.53	01:29.82
	S2	00:59.38	01:20.16
	S3	00:48.49	01:05.46
	S4	00:46.51	01:02.79
	S5	00:38.68	00:52.22
	S6	00:38.17	00:51.53
	S7	00:38.00	00:51.30
	S8	00:32.01	00:43.21
	S9	00:32.76	00:44.23
	S10	00:31.67	00:42.75
	S11	00:36.49	00:49.26
	S12	00:31.61	00:42.67
	S13	00:30.72	00:41.47
	S14	00:30.29	00:40.89
	S15	00:29.34	00:39.61
Women's 100 m Back	S1	02:25.63	03:16.60
	S2	02:07.09	02:51.57
	S3	01:44.94	02:21.67

	S11	09:36.61	12:58.42
	S12	08:38.56	11:40.06
	S13	08:35.66	11:36.14
	S14	08:48.24	11:53.12
	S15	08:17.56	11:11.71
Men's 1500 m Free	S6	22:43.43	30:40.63
	S7	19:50.16	26:46.72
	S8	18:39.88	25:11.84
	S9	16:34.12	22:22.06
	S10	16:19.70	22:02.60
	S11	19:02.11	25:41.85
	S12	18:57.10	25:35.08
	S13	16:33.79	22:21.62
	S14	16:41.40	22:31.89
	S15	15:37.64	21:05.81
Men's 50 m Back	S1	00:59.96	01:20.95
	S2	00:47.17	01:03.68
	S3	00:42.21	00:56.98
	S4	00:41.50	00:56.03
	S5	00:32.59	00:44.00
	S6	00:32.87	00:44.37
	S7	00:32.56	00:43.96
	S8	00:29.97	00:40.46
	S9	00:29.08	00:39.26
	S10	00:27.86	00:37.61
	S11	00:31.75	00:42.86
	S12	00:28.07	00:37.89
	S13	00:26.21	00:35.38
	S14	00:28.54	00:38.53
	S15	00:25.95	00:35.03
Men's 100 m Back	S1	02:08.01	02:52.81
	S2	01:45.25	02:22.09
	S3	01:32.83	02:05.32

	S4	01:43.91	02:20.28
	S5	01:32.91	02:05.43
	S6	01:21.43	01:49.93
	S7	01:19.47	01:47.28
	S8	01:08.04	01:31.85
	S9	01:07.41	01:31.00
	S10	01:05.86	01:28.91
	S11	01:16.40	01:43.14
	S12	01:06.06	01:29.18
	S13	01:05.76	01:28.78
	S14	01:04.05	01:26.47
	S15	01:02.61	01:24.52
Women's 200 m Back	S6	02:57.08	03:59.06
	S7	02:52.34	03:52.66
	S8	02:31.04	03:23.90
	S9	02:28.29	03:20.19
	S10	02:23.92	03:14.29
	S11	02:50.88	03:50.69
	S12	02:31.13	03:24.03
	S13	02:32.72	03:26.17
	S14	02:24.65	03:15.28
	S15	02:17.15	03:05.15
Women's 50 m Breast	SB1	01:21.10	01:49.48
	SB2	01:05.42	01:28.32
	SB3	00:52.65	01:11.08
	SB4	00:48.05	01:04.87
	SB5	00:43.48	00:58.70
	SB6	00:43.06	00:58.13
	SB7	00:40.79	00:55.07
	SB8	00:34.12	00:46.06
	SB9	00:33.36	00:45.04
	SB11	00:38.02	00:51.33
	SB12	00:34.11	00:46.05
	SB13	00:33.96	00:45.85

	S4	01:33.54	02:06.28
	S5	01:16.24	01:42.92
	S6	01:10.84	01:35.63
	S7	01:08.92	01:33.04
	S8	01:02.90	01:24.92
	S9	01:01.22	01:22.65
	S10	00:57.24	01:17.27
	S11	01:06.66	01:29.99
	S12	00:59.35	01:20.12
	S13	00:56.68	01:16.52
	S14	00:59.26	01:20.00
	S15	00:56.06	01:15.68
Men's 200 m Back	S6	02:44.31	03:41.82
	S7	02:32.68	03:26.12
	S8	02:17.77	03:05.99
	S9	02:15.76	03:03.28
	S10	02:06.41	02:50.65
	S11	02:33.42	03:27.12
	S12	02:18.08	03:06.41
	S13	02:06.29	02:50.49
	S14	02:14.02	03:00.93
	S15	02:01.96	02:44.65
Men's 50 m Breast	SB1	01:26.09	01:56.22
	SB2	00:50.65	01:08.38
	SB3	00:47.49	01:04.11
	SB4	00:42.74	00:57.70
	SB5	00:42.20	00:56.97
	SB6	00:37.05	00:50.02
	SB7	00:33.40	00:45.09
	SB8	00:31.57	00:42.62
	SB9	00:29.16	00:39.37
	SB11	00:31.35	00:42.32
	SB12	00:30.29	00:40.89
	SB13	00:29.68	00:40.07

	SB14	00:33.05	00:44.62
	SB15	00:31.97	00:43.16
Women's 100 m Breast	SB1	03:19.81	04:29.74
	SB2	02:45.02	03:42.78
	SB3	02:09.30	02:54.56
	SB4	01:43.87	02:20.22
	SB5	01:33.85	02:06.70
	SB6	01:29.87	02:01.32
	SB7	01:28.13	01:58.98
	SB8	01:13.83	01:39.67
	SB9	01:12.42	01:37.77
	SB11	01:22.36	01:51.19
	SB12	01:12.71	01:38.16
	SB13	01:09.57	01:33.92
	SB14	01:12.61	01:38.02
	SB15	01:11.53	01:36.57
Women's 200 m Breast	SB4	03:45.70	05:04.69
	SB5	03:23.12	04:34.21
	SB6	03:34.43	04:49.48
	SB7	03:12.72	04:20.17
	SB8	02:53.89	03:54.75
	SB9	02:45.92	03:43.99
	SB11	03:06.69	04:12.03
	SB12	02:38.69	03:34.23
	SB13	02:45.40	03:43.29
	SB14	02:42.45	03:39.31
	SB15	02:35.65	03:30.13
Women's 50 m Fly	S1	00:51.13	01:09.03
	S2	00:58.27	01:18.66
	S3	00:56.00	01:15.60
	S4	00:46.44	01:02.69
	S5	00:40.51	00:54.69
	S6	00:34.86	00:47.06

	SB14	00:30.29	00:40.89
	SB15	00:27.79	00:37.52
Men's 100 m Breast	SB1	03:31.09	04:44.97
	SB2	02:09.40	02:54.69
	SB3	01:49.93	02:28.41
	SB4	01:32.27	02:04.56
	SB5	01:27.15	01:57.65
	SB6	01:18.71	01:46.26
	SB7	01:11.31	01:36.27
	SB8	01:07.01	01:30.46
	SB9	01:04.02	01:26.43
	SB11	01:10.08	01:34.61
	SB12	01:04.07	01:26.49
	SB13	01:03.58	01:25.83
	SB14	01:04.95	01:27.68
	SB15	01:00.00	01:21.00
Men's 200 m Breast	SB4	03:21.36	04:31.84
	SB5	03:12.38	04:19.71
	SB6	02:59.93	04:02.91
	SB7	02:47.07	03:45.54
	SB8	02:25.83	03:16.87
	SB9	02:22.27	03:12.06
	SB11	02:38.10	03:33.43
	SB12	02:25.68	03:16.67
	SB13	02:28.83	03:20.92
	SB14	02:26.96	03:18.40
	SB15	02:12.50	02:58.88
Men's 50 m fly	S1	01:58.14	02:39.49
	S2	01:01.65	01:23.23
	S3	00:52.12	01:10.36
	S4	00:40.48	00:54.65
	S5	00:31.52	00:42.55
	S6	00:29.89	00:40.35

	S7	00:33.81	00:45.64
	S8	00:30.62	00:41.34
	S9	00:28.15	00:38.00
	S10	00:28.38	00:38.31
	S11	00:32.92	00:44.44
	S12	00:29.49	00:39.81
	S13	00:27.98	00:37.77
	S14	00:30.42	00:41.07
	S15	00:27.48	00:37.10
Women's 100 m Fly	S5	01:44.55	02:21.14
	S6	01:26.30	01:56.50
	S7	01:18.65	01:46.18
	S8	01:08.20	01:32.07
	S9	01:02.48	01:24.35
	S10	01:02.60	01:24.51
	S11	01:15.17	01:41.48
	S12	01:03.11	01:25.20
	S13	01:02.22	01:24.00
	S14	01:03.68	01:25.97
	S15	01:03.69	01:25.98
Women's 200 m Fly	S8	02:36.50	03:31.28
	S9	02:30.46	03:23.12
	S10	02:26.78	03:18.15
	S11	02:50.93	03:50.76
	S12	02:29.86	03:22.31
	S13	02:24.07	03:14.49
	S14	02:33.46	03:27.17
	S15	02:20.03	03:09.04
Women's 150 m I.M	SM1	03:45.84	05:04.88
	SM2	04:50.33	06:31.95
	SM3	02:54.14	03:55.09
	SM4	02:41.52	03:38.05
Women's 200 m I.M	SM3	04:56.49	06:40.26

	S7	00:28.41	00:38.35
	S8	00:27.67	00:37.35
	S9	00:27.13	00:36.63
	S10	00:25.23	00:34.06
	S11	00:27.78	00:37.50
	S12	00:25.24	00:34.07
	S13	00:24.53	00:33.12
	S14	00:26.16	00:35.32
	S15	00:24.75	00:33.41
Men's 100 m fly	S5	01:17.79	01:45.02
	S6	01:10.26	01:34.85
	S7	01:08.24	01:32.12
	S8	00:59.19	01:19.91
	S9	00:58.91	01:19.53
	S10	00:54.71	01:13.86
	S11	01:01.12	01:22.51
	S12	00:56.84	01:16.73
	S13	00:53.85	01:12.70
	S14	00:54.46	01:13.52
	S15	00:53.90	01:12.77
Men's 200 m fly	S8	02:20.35	03:09.47
	S9	02:09.68	02:55.07
	S10	02:11.83	02:57.97
	S11	02:25.10	03:15.88
	S12	02:12.49	02:58.86
	S13	02:04.06	02:47.48
	S14	02:10.36	02:55.99
	S15	02:01.71	02:44.31
Men's 150 m I.M	SM1	05:03.28	06:49.43
	SM2	03:58.18	05:21.54
	SM3	02:40.19	03:36.26
	SM4	02:23.12	03:13.21
Men's 200 m I.M	SM3	04:30.04	06:04.55

	SM4	04:12.91	05:41.43
	SM5	03:13.43	04:21.13
	SM6	02:57.24	03:59.27
	SM7	02:48.43	03:47.38
	SM8	02:35.30	03:29.66
	SM9	02:25.22	03:16.05
	SM10	02:24.90	03:15.61
	SM11	02:46.49	03:44.76
	SM12	02:24.56	03:15.16
	SM13	02:21.82	03:11.46
	SM14	02:18.37	03:06.80
	SM15	02:19.35	03:08.12
Women's 400 m I.M	SM8	05:38.73	07:37.29
	SM9	05:23.91	07:17.28
	SM10	05:23.67	07:16.95
	SM11	06:06.35	08:14.57
	SM12	05:17.81	07:09.04
	SM13	05:08.86	06:56.96
	SM14	05:13.91	07:03.78
	SM15	05:00.96	06:46.30

	SM4	03:33.01	04:47.56
	SM5	02:48.92	03:48.04
	SM6	02:38.47	03:33.93
	SM7	02:30.72	03:23.47
	SM8	02:20.01	03:09.01
	SM9	02:13.60	03:00.36
	SM10	02:05.63	02:49.60
	SM11	02:22.02	03:11.73
	SM12	02:10.87	02:56.67
	SM13	02:03.79	02:47.12
	SM14	02:08.16	02:53.02
	SM15	02:03.33	02:46.50
Men's 400 m I.M	SM8	05:09.54	06:57.88
	SM9	04:52.81	06:35.29
	SM10	04:53.24	06:35.87
	SM11	05:04.31	06:50.82
	SM12	04:46.81	06:27.19
	SM13	04:54.71	06:37.86
	SM14	04:43.52	06:22.75
	SM15	04:16.92	05:46.84