



2024 – 2025

SWIMMING COMPETITION RULES

8 October 2024

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1. Introduction

1.1. The following National / Regional / District competitions will be held in 2024/2025:

- 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 Aquatic Championships (provincial based competition)
- 1.1.6. S A National Short Course – National (club-based competition)

1.2. Summary of Dates of Competition

NAME OF COMPETITION	DATE OF COMPETITION	CLOSING DATE FOR ENTRIES	CLOSING DATES FOR CORRECTIONS
Grand Prix # 1	10 - 11 January 2025	13 December 2024	20 December 2024
Grand Prix # 2	14 – 16 February 2025	24 January 2025	7 February 2025
Level 1	1 March 2025		
Open Water Champs	7 – 9 March 2025	10 February 2025	17 February 2025
Grand Prix # 3	14 – 16 March 2025	21 February 2025	7 March 2025
Level 3	20 – 23 March 2025	27 February 2025	13 March 2025
Level 2	27/28 - 30 March 2025	6 March 2025	20 March 2025
S A National Swimming Championships	9 – 13 April 2025	19 March 2025	2 April 2025
SA National Junior Championships	26 – 30 April 2025	4 April 2025	18 April 2025
SA Schools	TBC 4 – 6 April or 2 – 4 May 2025		
SA Short Course	7 – 10 August 2025	17 July 2025	31 July 2025

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 Nationals will be Provincial Based – the 9 Political Provinces.
- 2.5. Clubs should be encouraged to participate at all the levels of Age Group Competitions

- 2.6. 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 2024.
- 2.7. 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.
- 2.8. Swimmers may only compete at one SSA Age Group Championships - Regional Level 2, Regional Level 3 or Junior National Championships.
- 2.9. The cut-off date for qualification for Age Group Competitions will be 1st March 2025. 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 2025**. 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.
- 2.10. Concessions to these rules due to medical conditions, accompanied by medical reports must be received by **15 February 2025**. No requests will be considered after this date.
- 2.11. **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.**
- 2.12. If, due to weather conditions, any section of a swimming program cannot be completed the Tournament Director and Referee may apply the following:
 - 2.12.1. 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.
 - 2.12.2. 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.
 - 2.12.3. 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. For Inter Club and Provincial Competitions, clubs/provinces will be required to provide SSA registered trained officials, for EVERY SESSION, according to the number of swimmers entered in the competition:
 - 3.2.1. 1 - 4 swimmers, one judge per heats session.
 - 3.2.2. 5 – 10 swimmers, one judge and one timekeeper for every session.
 - 3.2.3. 11 and over swimmers, a minimum of three officials, two judges and one timekeeper for every session.
 - 3.2.4. The names of the officials must accompany the entries.
 - 3.2.5. All Technical Officials must be correctly attired;

- 3.2.5.1. White shirts and Navy-Blue Trousers or skirts for finals sessions;
- 3.2.5.2. Navy blue shorts for Heats will be permitted.
- 3.2.5.3. Closed white shoes are required.

4. AGE GROUP COMPETITION QUALIFICATION

- 4.1. **ONE** Relay entry 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 19 years. Swimmers older than 19 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. Level 0 Age Group - Intra District – Club/Swim Schools/Schools Competition

- 4.4.1. Level 0 Age Group may be held in each District
- 4.4.2. Each District may host one event and decide on the venue
- 4.4.3. A 25m pool to be used and 25m & 50m events only to be swam
- 4.4.4. There may be no QT for this level
- 4.4.5. Swimmers may not participate at this level, if qualifying times for any levels, have been achieved.
- 4.4.6. It will be open to Registered Clubs, Registered Swim Schools, and Registered Schools.
- 4.4.7. Registration must be received by SSA prior to entry closing date.
- 4.4.8. The age groups will be 7/u, 8, 9, 10, 11 and 12
- 4.4.9. Local Organisers should provide ribbons or certificates as an incentive, medals should not be awarded
- 4.4.10. As per Rule 2.7 – Age of swimmer is as at first day of competition
- 4.4.11. Entry fees charged, to be decided by the Affiliate.

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

- 4.5.1. Level 1 Age Group will be held in each province, (Intra Districts)
- 4.5.2. Each Province will host one event and decide on which venues to be used
- 4.5.3. There may (or may not) be a QT for this level, that is set by each Province.
- 4.5.4. Swimmers must have a time on the SSA database and Swimmers can only enter the events they have times for on the database.
- 4.5.5. 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.
- 4.5.6. Swimmers may qualify at Level 1 for the remaining Age Group competitions.

- 4.5.7. 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.
- 4.5.8. The age groups will be 9/u, 10, 11, 12, 13, 14, 15-19
- 4.5.9. Local Organisers should provide ribbons or certificates as an incentive, medals should not be awarded
- 4.5.10. As per Rule 2.7 – Age of swimmer is as at first day of competition
- 4.5.11. Entry fees per event as per the program will be charged.

4.6. Level 2 Age Group – REGIONAL

- 4.6.1. The swimmer must have a minimum of ONE (1) 200m IM time and ONE (1) 200m freestyle time on the SSA National Database.
- 4.6.2. The swimmer must have a minimum of one Level 2 Regional Qualifying Time on the SSA National Database.
- 4.6.3. 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.
- 4.6.4. Swimmers who have achieved a Level 3 QT must compete at Level 3 Age Group competition.
- 4.6.5. Swimmers aging up between Age Group competitions, should always swim at the higher level.
- 4.6.6. This competition will be a regional competition
- 4.6.7. The age groups will be 10/u, 11, 12, 13, 14, 15, 16 and 17-19.
- 4.6.8. Entry fees per event as per the program will be charged.

4.7. Level 3 Age Group – REGIONAL

- 4.7.1. The swimmer must have a minimum of ONE (1), 200m Individual Medley time AND ONE (1) 200m freestyle time on the SSA National Database.
- 4.7.2. The swimmer must have a minimum of ONE (1), Level 3 qualifying time on the SSA National Database.
- 4.7.3. 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.
- 4.7.4. 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.
- 4.7.5. Level 3 age group will be 11&U, 12, 13, 14, 15, 16 and 17 -19.

- 4.7.6. 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.
- 4.7.7. 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.
- 4.7.8. 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.
- 4.7.9. Swimmers aging up between Age Group competitions, should always swim at the higher Level,
- 4.7.10. This competition will be a regional competition held at 3 selected venues.
- 4.7.11. Events for Para swimmers –
 - 4.7.11.1. This will be age group based and any Para swimmer may compete at Level 3.
 - 4.7.11.2. The Level 3 Age Groups for Para Swimmers is 14 and under and 15 – over.
 - 4.7.11.3. There are no QT's, but swimmers must have times on the SSA Database.
 - 4.7.11.4. Medal standards will apply, swimmers must achieve the medal standard time to be awarded a medal
- 4.7.12. Entry fees per event as per the program will be charge.

4.8. SA National Junior Age Group Championships

- 4.8.1. The swimmer must have a minimum of ONE (1), Individual Medley time (200m OR 400m) and a 200m freestyle on the SSA National Database, as well as one Junior National qualifying time.
- 4.8.2. 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.
- 4.8.3. Swimmers must have times on the database for all entered events.
- 4.8.4. 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
- 4.8.5. 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.
- 4.8.6. Swimmers, who are not 12 years old, may not enter the 12 – 14 years events viz. 200 Fly, 400 IM, 800 and 1500 Freestyle events at SA Junior National Age Group Championships.
- 4.8.7. The age groups will be 12&U, 13, 14, 15, 16, 17 - 19.
- 4.8.8. Entry fees per event as per the program will be charged.

4.9. TIME TRIAL

- 4.9.1. Applications for Time Trials during any competition period, will be considered and the following rules will apply:
 - 4.9.1.1. Written application detailing the motivation must be received at least twenty-four hours prior to the time trial
 - 4.9.1.2. The Fee will be R1200.00 per time trial, payable with written application.
 - 4.9.1.3. 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. Except 400m 800m and 1500m Freestyle, swimmers must have achieved the qualifying time for these events, or applied for and received a concession
- 5.5.2. Provinces may enter three relay teams per event for SA Nationals. All teams will score points.
- 5.5.3. There may be heats and finals for the Relay events where there are 8 or more entries.
 - 5.5.3.1. This decision will be taken at the Manager's Meeting.
 - 5.5.3.2. Relay Heats will be swum in the morning session.
 - 5.5.3.3. Any swimmer entered in the meet, may be selected as a member of their provincial relay team.
- 5.5.4. 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.

5.5.5. PARA SWIMMING:

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

5.5.5.2. 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)

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

5.6. SA SHORT COURSE CHAMPIONSHIPS:

5.6.1. General Competition Rules for SA Short Course

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

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

5.6.1.3. 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 by Monday **17th July 2025**.

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

5.6.1.5. Elite Para and Senior Para Squad members may enter.

5.6.1.6. All entries must have entry times on the SSA database 2023/2024 and be registered for the current season.

5.6.2. Events

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

5.6.2.2. "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

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

5.6.2.3.1. S1 - 15 for Men and Women

5.7. THE 2025 GRAND PRIX INVITATIONAL SWIMMING MEETS:

5.7.1. World Aquatics Technical Rules will apply to this competition.

- 5.7.2. These meets are created to provide our Swimming Squads more opportunities to compete
- 5.7.3. The 1st Grand Prix makes provision for a 13/u and open section
- 5.7.4. The 2nd and 3rd Grand Prix, swimmers will have to meet the SA National Junior 14year Qualifying time to enter the competition.
- 5.7.5. 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
- 5.7.6. Final list of session times and breakdown of event order will be published once entries have closed
- 5.7.7. Heats and Finals will be swum for Grand Prix No 2 and 3, where more than 8 entries are received, except for the 800m and 1500m Freestyle, these events will be Timed Finals.
- 5.7.8. 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.
- 5.7.9. Withdrawal after acceptance will be subject to a penalty.
- 5.7.10. This will be an inter club competition. Entries will be processed the same way as for Age Group Competitions
- 5.7.11. Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org

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 protest accompanied by R1000.00 must be lodged with the Admin 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 R200.00 per event fine.
- 6.2.3. No-shows at heats and finals: swimmers who are a no-show for their race, will be fined R300.00 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 Admin 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 R300.00 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.
- 6.3.4. 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 March 2025 - one or two days as required
MANAGER’S MEETING:	TBC March 2025 – Time to be confirmed
CLOSING DATE FOR ENTRIES:	TBC March 2025
CLOSING DATE FOR ENTRY CORRECTIONS:	TBC March 2025
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:	1 March 2025 - one or two days as required
MANAGER'S MEETING:	1 March 2025 – Time to be confirmed
CLOSING DATE FOR ENTRIES:	26 February 2025
CLOSING DATE FOR ENTRY CORRECTIONS:	1 March 2025
ENTRY FEE:	R15.00 – INDIVIDUAL ENTRIES plus R5.00 SSA Levy per entry VAT Incl. R20.00 – RELAYS plus R5.00 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	EC	Joan Harrison
	Region 2	KZN	KZN	Kings Park
	Region 3	AG, Limpopo, Mpumalanga	CGA	St Stithians
	Region 4	North-West, Northern Cape, Free State	NW	Potchefstroom

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

DATE:	28 - 30 March 2025
	27 - 30 March 2025 – For Region 3
MANAGER'S MEETING:	27 March 2025 at 16h00
CLOSING DATE FOR ENTRIES:	6 March 2025
CLOSING DATE FOR ENTRY CORRECTIONS:	13 March 2025
ENTRY FEE:	R70.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
	R70.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

Starting Time: Heats TBA Finals TBA

DAY 1	28 March										
50	BREAST	MEN	10&U	11	12	13	14	15	16	17	19
50	BREAST	WOMEN	10&U	11	12	13	14	15	16	17	19
100	FREE	MEN	10&U	11	12	13	14	15	16	17	19
100	FREE	WOMEN	10&U	11	12	13	14	15	16	17	19
50	BACK	MEN	10&U	11	12	13	14	15	16	17	19
50	BACK	WOMEN	10&U	11	12	13	14	15	16	17	19
200	I.M.	MEN	10&U	11	12	13	14	15	16	17	19
200	I.M.	WOMEN	10&U	11	12	13	14	15	16	17	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	

DAY 2	29 March										
200	FREE	MEN	10&U	11	12	13	14	15	16	17	19
200	FREE	WOMEN	10&U	11	12	13	14	15	16	17	19
100	BACK	MEN	10&U	11	12	13	14	15	16	17	19
100	BACK	WOMEN	10&U	11	12	13	14	15	16	17	19
50	FLY	MEN	10&U	11	12	13	14	15	16	17	19
50	FLY	WOMEN	10&U	11	12	13	14	15	16	17	19
100	BREAST	MEN	10&U	11	12	13	14	15	16	17	19
100	BREAST	WOMEN	10&U	11	12	13	14	15	16	17	19
4x100	FREE RELAY	MEN	12&U			13 – 14			15	18	
4x100	FREE RELAY	WOMEN	12&U			13 – 14			15	18	

DAY 3	30 March										
200	BACK	MEN	10&U	11	12	13	14	15	16	17	19
200	BACK	WOMEN	10&U	11	12	13	14	15	16	17	19
200	BREAST	MEN	10&U	11	12	13	14	15	16	17	19
200	BREAST	WOMEN	10&U	11	12	13	14	15	16	17	19
100	FLY	MEN	10&U	11	12	13	14	15	16	17	19
100	FLY	WOMEN	10&U	11	12	13	14	15	16	17	19
50	FREE	MEN	10&U	11	12	13	14	15	16	17	19
50	FREE	WOMEN	10&U	11	12	13	14	15	16	17	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	

LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION

VENUES: Region 3 AG, Limpopo, Mpumalanga CGA

DATE: 27 - 30 March 2025 – For Region 3

MANAGER'S MEETING: 27 March 2025 at 13h00

CLOSING DATE FOR ENTRIES: 6 March 2025

CLOSING DATE FOR ENTRY CORRECTIONS: 20 March 2025

ENTRY FEE: R70.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
R70.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

DAY 1 27 March 14:00

Heats

200	I.M.	MEN	10&U	11	12	13	14	15	16	17 - 19
200	I.M.	WOMEN	10&U	11	12	13	14	15	16	17 - 19
200	FREE	MEN	10&U	11	12	13	14	15	16	17 - 19
200	FREE	WOMEN	10&U	11	12	13	14	15	16	17 - 19

DAY 2 28 March

50	BREAST	MEN	10&U	11	12	13	14	15	16	17 - 19
50	BREAST	WOMEN	10&U	11	12	13	14	15	16	17 - 19
100	FREE	MEN	10&U	11	12	13	14	15	16	17 - 19
100	FREE	WOMEN	10&U	11	12	13	14	15	16	17 - 19
50	BACK	MEN	10&U	11	12	13	14	15	16	17 - 19
50	BACK	WOMEN	10&U	11	12	13	14	15	16	17 - 19
200	I.M.	MEN	10&U	11	12	13	14	15	16	17 - 19
200	I.M.	WOMEN	10&U	11	12	13	14	15	16	17 - 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

DAY 3 29 March

200	FREE	MEN	10&U	11	12	13	14	15	16	17 - 19
200	FREE	WOMEN	10&U	11	12	13	14	15	16	17 - 19
100	BACK	MEN	10&U	11	12	13	14	15	16	17 - 19
100	BACK	WOMEN	10&U	11	12	13	14	15	16	17 - 19
50	FLY	MEN	10&U	11	12	13	14	15	16	17 - 19
50	FLY	WOMEN	10&U	11	12	13	14	15	16	17 - 19
100	BREAST	MEN	10&U	11	12	13	14	15	16	17 - 19
100	BREAST	WOMEN	10&U	11	12	13	14	15	16	17 - 19
4x100	FREE RELAY	MEN	12&U			13 – 14				15 - 19
4x100	FREE RELAY	WOMEN	12&U			13 – 14				15 - 19

DAY 4 30 March

200	BACK	MEN	10&U	11	12	13	14	15	16	17 - 19
200	BACK	WOMEN	10&U	11	12	13	14	15	16	17 - 19
200	BREAST	MEN	10&U	11	12	13	14	15	16	17 - 19
200	BREAST	WOMEN	10&U	11	12	13	14	15	16	17 - 19
100	FLY	MEN	10&U	11	12	13	14	15	16	17 - 19
100	FLY	WOMEN	10&U	11	12	13	14	15	16	17 - 19
50	FREE	MEN	10&U	11	12	13	14	15	16	17 - 19
50	FREE	WOMEN	10&U	11	12	13	14	15	16	17 - 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

7.4 LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

VENUES:	Region 1	WC, EC, NC	WC	UWC Pool
	Region 2	FS, KZN, NC, MP	KZN	Kings Park
	Region 3	AG, NW, LP, MP, NC	NTS	Hillcrest Pool

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.

DATE:	20 – 23 March 2025
MANAGER’S MEETING:	20 March 2025 at 15h00
CLOSING DATE FOR ENTRIES:	27 February 2025
CLOSING DATE FOR ENTRY CORRECTIONS:	13 March 2025
ENTRY FEE:	R80.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
	R80.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

DAY 1 – Start at 17:00

400	FREE	MEN	11&U 12	13	14	15	16	17-19	Timed Finals
400	FREE	WOMEN	11&U 12	13	14	15	16	17-19	Timed Finals

Starting Time:	Heats	TBA	Finals	TBA
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DAY 2

100	FREE	MEN	11&U 12	13	14	15	16	17-19
100	FREE	WOMEN	11&U 12	13	14	15	16	17-19
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	17-19
100	BREAST	WOMEN	11&U 12	13	14	15	16	17-19
200	BACK	MEN	11&U 12	13	14	15	16	17-19
200	BACK	WOMEN	11&U 12	13	14	15	16	17-19
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	17-19
100	FLY	WOMEN	11&U 12	13	14	15	16	17-19
4x100	FREE RELAY	MEN	12&U	13-15		16-19		
4x100	FREE RELAY	WOMEN	12&U	13-15		16-19		

DAY 3

200	FREE	MEN	11&U	12	13	14	15	16	17-19
200	FREE	WOMEN	11&U	12	13	14	15	16	17-19
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	17-19
50	BREAST	WOMEN	11&U	12	13	14	15	16	17-19
50	BREAST	MEN	MULTI-CLASS			14/u	15 & over		
50	BREAST	WOMEN	MULTI-CLASS			14/u	15 & over		
100	BACK	MEN	11&U	12	13	14	15	16	17-19
100	BACK	WOMEN	11&U	12	13	14	15	16	17-19
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	17-19
200	I.M.	WOMEN	11&U	12	13	14	15	16	17-19
4x50	FREE RELAY	MEN	12&U		13-15		16-19		
4x50	FREE RELAY	WOMEN	12&U		13-15		16-19		
4x50	MED RELAY	MIXED	12&U		13-15		16-19		

DAY 4

50	FREE	MEN	11&U	12	13	14	15	16	17-19
50	FREE	WOMEN	11&U	12	13	14	15	16	17-19
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	17-19
200	BREAST	WOMEN	11&U	12	13	14	15	16	17-19
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	17-19
50	BACK	WOMEN	11&U	12	13	14	15	16	17-19
50	FLY	MEN	11&U	12	13	14	15	16	17-19
50	FLY	WOMEN	11&U	12	13	14	15	16	17-19
50	FLY	MEN	MULTI-CLASS			14/u	15 & over		
50	FLY	WOMEN	MULTI-CLASS			14/u	15 & over		
4x50	MED RELAY	MEN	12&U		13-15		16-19		
4x50	MED RELAY	WOMEN	12&U		13-15		16-19		
4x100	FREE RELAY	MIXED	12&U		13-15		16-19		

7.5 S A NATIONAL JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION

DATE: 26 - 30 April 2025
VENUE: TBC
MANAGER'S MEETING: 26 April 2025 – 15H00
CLOSING DATE FOR ENTRIES: 4 April 2025
CLOSING DATE FOR ENTRY CORRECTIONS: 18 April 2025
ENTRY FEE: R90.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
R90.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

DAY 1 – Starting at 17:00

400	FREE	MEN	12&U	13	14	15	16	17 - 19	Timed Finals
400	FREE	WOMEN	12&U	13	14	15	16	17 - 19	Timed Finals

Starting Time: Heats 08H30
Finals 17H00 except Day 5 Finals 15H00

DAY 2

100	BACK	MEN	12&U	13	14	15	16	17 - 19	
100	BACK	WOMEN	12&U	13	14	15	16	17 - 19	
200	FLY	MEN	12 - 14		15 – 16		17 – 19		Timed Finals
200	FLY	WOMEN	12 - 14		15 – 16		17 - 19		Timed Finals
50	BREAST	MEN	12&U	13	14	15	16	17 - 19	
50	BREAST	WOMEN	12&U	13	14	15	16	17 - 19	
200	FREE	MEN	12&U	13	14	15	16	17 - 19	
200	FREE	WOMEN	12&U	13	14	15	16	17 - 19	
4x100	FREE RELAY	MEN	14&U		15 - 16		17 - 19		
4x100	FREE RELAY	WOMEN	14&U		15 – 16		17 - 19		

DAY 3

100	FREE	MEN	12&U	13	14	15	16	17 - 19	
100	FREE	WOMEN	12&U	13	14	15	16	17 – 19	
100	BREAST	MEN	12&U	13	14	15	16	17 - 19	
100	BREAST	WOMEN	12&U	13	14	15	16	17 - 19	
400	I.M.	MEN	12 - 14		15 – 16		17 – 19		Timed Finals
400	I.M.	WOMEN	12 - 14		15 – 16		17 – 19		Timed Finals
50	FLY	MEN	12&U	13	14	15	16	17 - 19	
50	FLY	WOMEN	12&U	13	14	15	16	17 - 19	
4x100	MED.RELAY	MEN	14&U		15 – 16		17 - 19		
4x100	MED.RELAY	WOMEN	14&U		15 - 16		17 - 19		
4x100	FREE RELAY	MIXED	14&U		15 – 16		17 - 19		

DAY 4

50	FREE	MEN	12&U	13	14	15	16	17 - 19	
50	FREE	WOMEN	12&U	13	14	15	16	17 - 19	
200	I.M.	MEN	12&U	13	14	15	16	17 - 19	
200	I.M.	WOMEN	12&U	13	14	15	16	17 - 19	
50	BACK	MEN	12&U	13	14	15	16	17 - 19	
50	BACK	WOMEN	12&U	13	14	15	16	17 - 19	
800	FREE	WOMEN	12 - 14		15 - 16		17 - 19		Timed Finals
1500	FREE	MEN	12 - 14		15 - 16		17 - 19		Timed Finals

DAY 5

100	FLY	MEN	12&U	13	14	15	16	17 - 19	
100	FLY	WOMEN	12&U	13	14	15	16	17 - 19	
200	BREAST	MEN	12&U	13	14	15	16	17 - 19	
200	BREAST	WOMEN	12&U	13	14	15	16	17 - 19	
200	BACK	MEN	12&U	13	14	15	16	17 - 19	
200	BACK	WOMEN	12&U	13	14	15	16	17 - 19	
1500	FREE	WOMEN	12 - 14		15 - 16		17 - 19		Timed Finals
800	FREE	MEN	12 - 14		15 - 16		17 - 19		Timed Finals
4x50	FREE RELAY	MEN	14&U		15 - 16		17 - 19		
4x50	FREE RELAY	WOMEN	14&U		15 - 16		17 - 19		
4x100	MED RELAY	MIXED	14&U		15 - 16		17 - 19		

7.6 2025 S A SENIOR NATIONAL AQUATICS PROGRAM - PROVINCIAL COMPETITION

VENUE: TBC
DATE: Swimming 9 – 13 April 2025
MANAGER’S MEETING: 8 April 2025 – 16H00
CLOSING DATE FOR ENTRIES: 19 March 2025
CLOSING DATE FOR ENTRY CORRECTIONS: 2 April 2025
SWIMMING ENTRY FEE: R120.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
 R120.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.
Artistic Swimming TBC
Diving TBC
Open Water Swimming 7 – 9 March 2025
Water Polo TBC

7.7 2025 SA Senior National Aquatic Championships - Qualifying Standards - Long Course meters

WOMEN QT	EVENTS	MEN QT
27.68	50m Freestyle	24.52
1:00.64	100m Freestyle	54.95
2:13.79	200m Freestyle	2:00.93
4:39.07	400m Freestyle	4:20.92
9:34.78	800m Freestyle	8:56.04
18:11.35	1500m Freestyle	17:12.90
31.84	50m Backstroke	27.92
1:07.97	100m Backstroke	1:01.17
2:25.99	200m Backstroke	2:12.69
34.57	50m Breaststroke	30.76
1:16.03	100m Breaststroke	1:07.43
2:43.08	200m Breaststroke	2:28.77
28.96	50m Butterfly	26.40
1:05.77	100m Butterfly	58.62
2:24.42	200m Butterfly	2:10.82
2:29.53	200m IM	2:15.16
5:15.22	400m IM	4:47.51

5 DAY PROGRAM FOR SA NATIONAL AQUATIC CHAMPIONSHIPS 2025
including events for Para swimmers

DAY 1 9 April	DAY 2 10 April	DAY 3 11 April	DAY 4 12 April	DAY 5 13 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 200 Butterfly	W S1-15 MC 50m Fly	W 50m Breast	W S1-15 MC 200m IM
M 100 Breaststroke	M 200 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 100 Butterfly	W 400 Freestyle
M S1-15 MC 100m Ba	M 50 Backstroke	W 400 Ind. Medley	M 100 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 200 Butterfly A&B	W 4 x 200 Free Relay	W 100 Butterfly A&B	
M 4 x 100 Free Relay	M 200 Butterfly A&B	M 4 x 200 Free Relay	M 100 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	

7.8 2025 SA SHORT COURSE NATIONAL CHAMPIONSHIPS

VENUE: TBC
DATE: 7 – 10 August 2025
MANAGER’S MEETING: 6 August 2025 – 16H00
CLOSING DATE FOR ENTRIES: 17 July 2025
CLOSING DATE FOR ENTRY CORRECTIONS: 31 July 2025

SWIMMING ENTRY FEE: R100.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
 R120.00 – RELAYS ENTRIES plus R10.00 SSA Levy per entry VAT Incl.

2025 SA Short Course Championships - Qualifying Standards

WOMAN	EVENTS	MAN
LC QT's		LC QT's
28.88	50m Freestyle	24.25
1:04:09	100m Freestyle	57.24
2:20:94	200m Freestyle	2:06.43
4:57:91	400m Freestyle	4:32.79
10:37:38	800m Freestyle	9:15.20
19:19.73	1500m Freestyle	17:55.56
33.99	50m Backstroke	28.23
1:12:86	100m Backstroke	1:04.26
2:37:53	200m Backstroke	2:21.78
37.94	50m Breaststroke	30.77
1:20.79	100m Breaststroke	1:14.38
2:55.26	200m Breaststroke	2:41.63
30.78	50m Butterfly	26.36
1:09.90	100m Butterfly	1:02.29
2:33.47	200m Butterfly	2:21.91
2:39:96	200m IM	2:22.68
5:54:26	400m IM	5:00.36

2025 S A Short Course Nationals Program

	DAY 1 07/08/2025		DAY 2 08/08/2025		DAY 3 09/08/2025		DAY 4 10/08/2025
	HEATS 09H00		HEATS 09H00		HEATS 09H00		HEATS 09H00
W	100m Freestyle	W	200m Freestyle	W	400m Freestyle	W	200m Butterfly
M	100m Freestyle	M	200m Freestyle	M	400m Freestyle	M	200m Butterfly
W	100m Breaststroke	MC W	50m Butterfly S1-S15	MC W	100m Breast S1-S15	MC W	100m Freestyle S1-S15
M	100m 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	400m Ind. Medley	W	200m Breaststroke	W	50m Breaststroke
MC M	50m Breast S1-S15	M	400m Ind. Medley	M	200m Breaststroke	M	50m Breaststroke
M	200m Backstroke	W	50m Backstroke	W	100m Backstroke	MC W	200m Ind. Medley S1-S15
W	200m Backstroke	M	50m Backstroke	M	100m Backstroke	MC M	200m Ind. Medley S1-S15
W	50m Butterfly	MC W	100m Backstroke S1-S15	MC W	100m Butterfly S1-S15	W	1500m Freestyle T F (All)
M	50m Butterfly	MC M	100m Backstroke S1-S15	MC M	100m Butterfly S1-S15	M	1500m Freestyle T F (All)
MC W	100m Ind. Med. S1-S15	W	100m Butterfly	W	200m Ind. Medley		
MC M	100m Ind. Med. S1-S15	M	100m Butterfly	M	200m Ind. Medley		
W	100m Ind. Medley	W	800m Freestyle T F (All)	MC W	50m Freestyle S1-S14		
M	100m Ind. Medley	M	800m Freestyle T F (All)	MC M	50m Freestyle S1-S14		
MC W	50m Backstroke S1-S15			W	50m Freestyle		
MC M	50m Backstroke S1-S15			M	50m Freestyle		
	Finals - 17H00		Finals - 17H00		Finals - 17H00		Finals - 14H00
Mixed	4 x 50 Medley Relay	W	200m Freestyle	Mixed	4 x 50 Free Relay	W	4 x 50 Medley Relay
W	100m Freestyle	M	200m Freestyle	W	400m Freestyle	M	4 x 50 Medley Relay
M	100m Freestyle	MC W	50m Butterfly S1-S15	M	400m Freestyle	W	200m Butterfly
W	100m Breaststroke	MC M	50m Butterfly S1-S15	MC W	100m Breast S1-S15	M	200m Butterfly
M	100m Breaststroke	W	400m Ind. Medley	MC M	100m Breast S1-S15	MC W	100m Freestyle S1-S15
MC W	50m Breast S1-S15	M	400m Ind. Medley	W	200m Breaststroke	MC M	100m Freestyle S1-S15
MC M	50m Breast S1-S15	W	50m Backstroke	M	200m Breaststroke	W	50m Breaststroke
M	200m Backstroke	M	50m Backstroke	W	100m Backstroke	M	50m Breaststroke
W	200m Backstroke	MC W	100m Backstroke S1-S15	M	100m Backstroke	MC W	200m Ind. Medley S1-S15
W	50m Butterfly	MC M	100m Backstroke S1-S15	MC W	100m Butterfly S1-S15	MC M	200m Ind. Medley S1-S15
M	50m Butterfly	W	100m Butterfly	MC M	100m Butterfly S1-S15	M	4x100m Free Relay
MC W	100m Ind. Med S1-S15	M	100m Butterfly	W	200m Ind. Medley	W	4x50m Free Relay
MC M	100m Ind. Med S1-S15	W	4x100m Free Relay	M	200m Ind. Medley		
W	100m Ind. Medley	M	4x50m Free Relay	MC W	50m Freestyle S1-S15		
M	100m Ind. Medley			MC M	50m Freestyle S1-S15		
MC W	50m Backstroke S1-S15			W	50m Freestyle		
MC M	50m Backstroke S1-S15			M	50m Freestyle		
W	4x100 Med Relay			W	4x200m Free Relay		
M	4x100 Med Relay			M	4x200m Free Relay		

7.9 THE 2025 GRAND PRIX INVITATIONAL SWIMMING MEETS

No 1	Nelspruit Swimming Pool, Mpumalanga	10 – 11 January 2025
No 2	TBC	14 – 16 February 2025
No 3	TBC	14 – 16 March 2025

Entry Procedure

- The closing date for entries for Grand Prix No 1 – Friday 13 December 2024 14:00
- The closing date for entries for Grand Prix No 2 – Friday 24 January 2025 14:00
- The closing date for entries for Grand Prix No 3 - Friday 21 February 2025 14:00

All correspondence regarding entries after the closing and correction dates, will be received at the Manager's Meeting.

Entry Procedure for Grand Prix No 1 10 - 11 January 2025

- The entry fee will be R130.00 per swimmer, irrespective of the number of events entered.
- Closing Date for Entries for Grand Prix No 1, 13 December 2024
- Closing Date for Correction for Grand Prix No 1, 20 December 2024
- Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org

Grand Prix No 1 will be swum as Timed Finals PROGRAM OF EVENTS

Friday, 10 January 2025
14:00pm

Saturday, 11 January 2025 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

Entry Procedure for Grand Prix No 2 and No 3 TBC February/March 2025

- Closing Date for entries for Grand Prix No 2 24 January 2025
- Closing Date for Correction for Grand Prix No 2 7 February 2025
- Closing Date for entries for Grand Prix No 3 21 February 2025
- Closing Date for Correction for Grand Prix No 3 7 March 2025
- Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org.za

- The entry fee will be R100.00 (R90.00 + R10.00 SSA Levy) per entry. The entry fee for the 800 and 1500 m Freestyle will be payable once the entry has been accepted.
- Heats and Finals will be swum, where more than 8 entries are received, except for the 800m and 1500m Freestyle, these events will be Timed Finals.
- 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. Withdrawal after acceptance will be subject to a penalty.
- Proposed QT's

WOMAN	EVENTS	MAN
LC QT's		LC QT's
29.82	50m Freestyle	26.34
1:05.15	100m Freestyle	59.04
2:22.34	200m Freestyle	2:08.51
4:57.98	400m Freestyle	4:37.27
10:10.79	800m Freestyle	9:29.63
19:19.73	1500m Freestyle	18:17.41
33.99	50m Backstroke	29.87
1:12.53	100m Backstroke	1:05.01
2:35.41	200m Backstroke	2:21.01
37.04	50m Breaststroke	32.69
1:20.79	100m Breaststroke	1:11.66
2:55.26	200m Breaststroke	2:38.68
30.78	50m Butterfly	28.05
1:09.90	100m Butterfly	1:02.30
2:33.47	200m Butterfly	2:19.02
2:38.90	200m IM	2:23.63
5:59.00	400m IM	5:07.21

HEATS Friday 17:00

FINALS Saturday 10:00
 Women 800m Freestyle
 Men 400m Individual Medley
 Women 200m Freestyle
 Men 100m Freestyle
 Women 100m Breaststroke
 Men 50m Breaststroke
 Women 100m Butterfly
 Men 100m Backstroke
 Women 50m Backstroke
 Men 200m Butterfly
 Women 200m Individual Medley
 Men 400m Freestyle
 Women 50m Freestyle
 Men 200m Breaststroke
 Women 200m Backstroke
 Men 50m Butterfly
 Mixed 4 x 100m Medley Relay

HEATS Saturday 17:00

FINALS Sunday 10:00
 Men 1500m Freestyle
 Women 400m Individual Medley
 Men 200m Freestyle
 Women 100m Freestyle
 Men 100m Breaststroke
 Women 50m Breaststroke
 Men 100m butterfly
 Women 100m Backstroke
 Men 50m Backstroke
 Women 200m Butterfly
 Men 200m Individual Medley
 Women 400m freestyle
 Men 50m Freestyle
 Women 200m Breaststroke
 Men 200m Backstroke
 Women 50m Butterfly
 Mixed 4 x 100 Freestyle Relay

8 QUALIFYING TIMES

8.1 Level 2 - Qualifying times

Women Qualifying Times								EVENTS	Men Qualifying Times							
17 - 19	16	15	14	13	12	11	10&U		10&U	11	12	13	14	15	16	17 - 19
33,68	33,68	33,68	33,82	34,03	35,67	38,20	39,80	50m Freestyle	39,07	37,83	35,20	32,40	30,30	28,96	28,96	28,96
1:14,60	1:14,60	1:14,60	1:16,16	1:17,98	1:21,35	1:26,37	1:32,63	100m Freestyle	1:31,55	1:26,92	1:19,11	1:12,62	1:08,34	1:05,54	1:05,54	1:05,54
2:50,23	2:50,23	2:50,59	2:51,03	2:51,48	2:59,65	3:21,68	3:39,06	200m Freestyle	3:39,94	3:36,25	3:09,19	2:47,94	2:37,64	2:31,38	2:31,38	2:31,38
								400m Freestyle								
								800m Freestyle								
								1500m Freestyle								
41,06	41,06	41,06	41,18	41,61	43,19	46,27	49,23	50m Backstroke	48,74	47,41	43,47	41,25	38,28	35,62	35,62	35,62
1:28,86	1:28,86	1:28,86	1:29,12	1:30,09	1:33,95	1:41,08	1:49,49	100m Backstroke	1:49,30	1:47,40	1:35,68	1:30,92	1:27,64	1:22,77	1:22,77	1:22,77
3:21,79	3:21,79	3:21,79	3:22,38	3:23,22	3:36,83	3:50,29	4:07,04	200m Backstroke	4:00,50	3:55,21	3:42,09	3:31,97	3:22,79	3:04,04	3:04,04	3:04,04
46,43	46,43	46,43	46,57	46,84	48,16	51,76	55,04	50m Breaststroke	55,62	54,32	49,68	45,92	44,30	40,04	40,04	40,04
1:43,18	1:43,18	1:43,18	1:43,50	1:44,44	1:46,44	1:54,30	2:03,30	100 Breaststroke	2:04,72	2:01,94	1:50,64	1:42,60	1:40,07	1:31,25	1:31,25	1:31,25
3:51,22	3:51,22	3:49,22	3:49,91	3:59,48	4:08,01	4:23,32	4:36,27	200 Breaststroke	4:49,31	4:39,49	4:14,00	3:57,41	3:49,64	3:35,27	3:35,27	3:35,27
39,20	39,20	39,20	39,93	40,17	44,12	50,37	55,86	50m Butterfly	53,01	51,07	45,44	39,64	36,28	33,20	33,20	33,20
1:38,08	1:38,08	1:38,08	1:38,40	1:39,19	1:55,61	2:02,55	2:16,76	100m Butterfly	2:15,94	2:00,42	2:22,44	1:42,67	1:34,00	1:20,67	1:20,67	1:20,67
								200m Butterfly								
3:12,48	3:12,48	3:12,51	3:13,07	3:17,65	3:30,79	3:41,61	4:04,80	200m IM	3:56,92	3:45,73	3:23,70	3:04,40	2:55,72	2:45,82	2:45,82	2:45,82
								400m IM								

8.2 Level 3 - Qualifying times

Women Qualifying Times							EVENTS	Men Qualifying Times						
17 - 19	16	15	14	13	12	11&U		11&U	12	13	14	15	16	17 - 19
							50m Freestyle							
1:07:47	1:07:47	1:07:47	1:08:77	1:09:88	1:14:82	1:16:33	100m Freestyle	1:16:55	1:12:57	1:07:87	1:03:66	59:09	59:09	59:09
2:28:53	2:28:53	2:28:53	2:31:46	2:33:97	2:43:33	2:50:82	200m Freestyle	2:50:25	2:46:47	2:33:21	2:22:72	2:10:72	2:10:72	2:10:72
5:23:64	5:23:64	5:23:64	5:27:89	5:48:28	6:03:61	6:15:35	400m Freestyle	6:18:98	5:42:63	5:40:48	5:23:43	5:05:95	5:05:95	5:05:95
							800m Freestyle							
							1500m Freestyle							
							50m Backstroke							
1:18:96	1:18:96	1:18:96	1:20:38	1:21:90	1:26:78	1:29:36	100m Backstroke	1:30:99	1:25:24	1:20:21	1:15:40	1:07:65	1:07:65	1:07:65
2:52:59	2:52:59	2:52:59	2:54:20	2:57:60	3:08:54	3:17:39	200m Backstroke	3:16:41	3:04:00	2:56:48	2:47:18	2:38:80	2:38:80	2:38:80
							50m Breaststroke							
1:29:73	1:29:73	1:29:73	1:31:43	1:33:27	1:38:61	1:40:83	100m Breaststroke	1:43:69	1:36:46	1:32:83	1:27:46	1:21:90	1:20:10	1:18:11
3:14:42	3:14:42	3:14:42	3:18:11	3:22:09	3:33:66	3:42:55	200m Breaststroke	3:48:23	3:29:00	3:25:84	3:13:93	2:54:88	2:54:88	2:54:88
							50m Butterfly							
1:16:59	1:16:59	1:16:59	1:19:48	1:25:31	1:33:33	1:37:36	100m Butterfly	1:30:15	1:27:57	1:19:02	1:13:86	1:03:37	1:03:37	1:03:37
							200m Butterfly							
2:53:36	2:53:36	2:53:36	2:54:88	2:58:11	3:08:12	3:20:19	200m IM	3:14:93	3:03:43	2:49:35	2:41:75	2:26:10	2:26:10	2:26:10
							400m IM							

8.3 SA NATIONAL JUNIOR CHAMPIONSHIPS (SANJ) - Qualifying times

17 - 19	Women Qualifying Times					EVENTS	Men Qualifying Times					17 - 19
	16	15	14	13	12&U		12&U	13	14	15	16	
						50m Freestyle						
1:02:78	1:03:10	1:03:69	1:04:09	1:06:03	1:07:98	100m Freestyle	1:05:33	1:02:14	59:09	57:24	56:57	55:50
2:18:73	2:18:73	2:20:04	2:20:94	2:25:30	2:29:68	200m Freestyle	2:24:04	2:19:01	2:11:65	2:06:43	2:03:37	2:03:37
4:55:95	4:55:95	4:55:95	4:57:91	5:08:56	5:20:92	400m Freestyle	5:10:79	4:59:93	4:44:05	4:32:79	4:26:19	4:26:19
10:17:02	10:17:02	10:17:02	10:37:38	10:37:38	10:37:38	800m Freestyle	10:24:19	10:24:19	10:24:19	9:15:20	9:15:20	9:15:20
19:35:61	19:35:61	19:35:61	20:20:46	20:20:46	20:20:46	1500m Freestyle	19:19:18	19:19:18	19:19:18	17:55:56	17:55:56	17:55:56
						50m Backstroke						
1:10:98	1:10:98	1:12:37	1:12:86	1:15:24	1:17:96	100m Backstroke	1:15:40	1:12:21	1:07:65	1:04:26	1:04:10	1:02:90
2:36:45	2:36:45	2:36:45	2:37:53	2:42:79	2:48:82	200m Backstroke	2:42:77	2:38:05	2:28:85	2:21:78	2:21:00	2:20:77
						50m Breaststroke						
1:20:26	1:21:68	1:22:81	1:24:85	1:25:29	1:28:14	100m Breaststroke	1:24:49	1:22:30	1:17:19	1:14:38	1:13:63	1:10:50
2:59:60	2:59:60	3:00:05	3:03:62	3:04:80	3:10:99	200m Breaststroke	3:07:35	3:00:10	2:51:16	2:41:63	2:39:33	2:36:33
						50m Butterfly						
1:10:02	1:10:02	1:12:76	1:13:69	1:15:29	1:17:98	100m Butterfly	1:16:41	1:10:50	1:05:76	1:02:29	1:01:09	1:00:72
2:46:47	2:46:47	2:46:47	2:59:97	2:59:97	2:59:97	200m Butterfly	2:39:88	2:39:88	2:39:88	2:21:91	2:21:91	2:21:91
2:36:83	2:36:83	2:38:89	2:39:96	2:45:19	2:51:16	200m IM	2:43:32	2:37:38	2:28:75	2:22:68	2:19:13	2:19:13
5:37:85	5:37:85	5:37:85	5:54:26	5:54:26	5:54:26	400m IM	5:36:64	5:36:64	5:36:64	5:00:36	5:00:36	5:00:36