



2022 – 2023

SWIMMING COMPETITION RULES

24 September 2022

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1. Introduction

1.1. The following National / Regional / District competitions will be held in 2023:

- 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 Senior 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

NUMBER	NAME OF COMPETITION	DATE OF COMPETITION	CLOSING DATE FOR ENTRIES	CLOSING DATES FOR CORRECTIONS
1	Grand Prix # 1	6 - 7 January 2023	07 December 2022	14 December 2022
2	Grand Prix # 2	27 – 29 January 2023	11 January 2023	18 January 2023
3	Proposed dates for SA Schools	24 – 26 February 2023	TBC	TBC
4	Grand Prix # 3	24 – 26 February 2023	01 February 2023	08 February 2023
5	Level 2	03 – 05 March 2023	17 February 2023	24 February 2023
6	Open Water Champs	10 – 12 March 2023		
7	Level 1	18 &/or 19 March 2023	3 March 2023	10 March 2023
8	SA National Junior Championships	21 – 25 March 2023	06 March 2023	13 March 2023
9	Level 3	31 March – 3 April 2023	17 March 2023	24 March 2023
10	SA Senior National Championships	11 - 16 April 2023	20 March 2023	27 March 2023
11	SA Elite Champs	25-28 May 2023	03 May 2023	10 May 2023
12	SA Short Course	10 – 13 August 2023	17 July 2023	27 July 2023

2. GENERAL SWIMMING COMPETITION RULES

- 2.1. FINA Technical Rules will apply to all National Competitions.
- 2.2. IPC 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 2022.

- 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 Regional Age Group Championship.
- 2.9. The cut-off date for qualification for Age Group Competitions will be 1st March 2023. 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 2023**. 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. 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.
- 2.11. If, due to weather conditions, any section of a swimming program cannot be completed the Tournament Director and Referee may apply the following:
 - 2.11.1. 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.
 - 2.11.2. 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.
 - 2.11.3. If circumstances require, any part of the program may be swum as timed finals.
- 2.12. Concessions to these rules due to medical conditions, accompanied by medical reports must be received by **15 February 2023**. No requests will be considered after this date.

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. Two Relay entries may be allowed 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 Regional Age Group competition.

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

- 4.3.1. Level 0 Age Group may be held in each District
- 4.3.2. Each District may host one event and decide on which venues to used
- 4.3.3. A 25m pool to be used and 25m & 50m events only to be swam
- 4.3.4. There may be no QT for this level
- 4.3.5. Swimmers may not participate at this level, if qualifying times for any levels, have been achieved.
- 4.3.6. It will be open to Registered Clubs, Registered Swim Schools, and Registered Schools.
- 4.3.7. Swimmers must be registered with SSA at the entry level registration.
- 4.3.8. The age groups will be 7/u, 8, 9, 10, 11 and 12
- 4.3.9. Local Organisers should provide ribbons or certificates as an incentive, medals should not be awarded
- 4.3.10. As per Rule 2.7 – Age of swimmer is as at first day of competition
- 4.3.11. As per Rule 2.8 - Swimmers may only compete at one SSA Regional Age Group Championship
- 4.3.12. Entry fees charged, to be decided by the Affiliate.

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

- 4.4.1. Level 1 Age Group will be held in each province, (Intra Districts)
- 4.4.2. Each Province will host one event and decide on which venues to be used
- 4.4.3. There may (or may not) be a QT for this level, that is set by each Province.
- 4.4.4. Swimmers must have a time on the SSA database and Swimmers can only enter the events they have times for on the database.
- 4.4.5. 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 Swimmers must be registered with SSA at the entry level registration.
- 4.4.7. The age groups will be 9/u, 10, 11, 12, 13, 14, 15-18

- 4.4.8. Local Organisers should provide ribbons or certificates as an incentive, medals should not be awarded
- 4.4.9. As per Rule 2.7 – Age of swimmer is as at first day of competition
- 4.4.10. As per Rule 2.8 - Swimmers may only compete at one SSA Regional Age Group Championship
- 4.4.11. Entry fees per event as per the program will be charged.

4.5. Level 2 Age Group – REGIONAL

- 4.5.1. The swimmer must have a minimum of ONE (1), Individual Medley time for the 200m IM and ONE (1) 200m freestyle time on the SSA National Database.
- 4.5.2. The swimmer must have a minimum of 1 Level 2 Regional Qualifying Time on the SSA National Database.
- 4.5.3. 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.
- 4.5.4. If a 9-year-old or younger swimmer has complied with rule 2.1 and achieved one Level 2 regional qualifying time, the swimmer must choose to participate at either Level 1 Age Group as a 9-year-old OR at Level 2 in the 10 and under age group. They may not participate at both competitions.
- 4.5.5. This competition will be a regional competition
- 4.5.6. The age groups will be 10/u, 11, 12, 13, 14, 15, 16 and 17-18.
- 4.5.7. Entry fees per event as per the program will be charged.

4.6. Level 3 Age Group – REGIONAL

- 4.6.1. The swimmer must have a minimum of ONE (1), 200m Individual Medley time AND ONE (1) 200m freestyle time on the SSA National Database.
- 4.6.2. The swimmer must have a minimum of ONE (1), Level 3 qualifying time on the SSA National Database.
- 4.6.3. 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.
- 4.6.4. 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, as well as a 100m or 200m time for that particular stroke. NT will not be accepted for 50 m events.
- 4.6.5. Level 3 age group will be 11&U, 12, 13, 14, 15, 16 and 17 -24.

- 4.6.6. Swimmers in the 10 and under age group, who have achieved two Level 3 qualifying times in any event in the 11 and under age group, must compete in the 11 & under age group at Level 3.
- 4.6.7. If a swimmer has achieved one SA Junior National qualifying time, the swimmer must participate at SA Junior National Age Group.
- 4.6.8. Swimmers in the 11 and under age group, who have achieved two SA Junior National qualifying times in any event in the 12-year age group, must compete in the 12-year age group at SA Junior National Age Group.
- 4.6.9. If a swimmer age 11 and under has achieved one 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 at Level 3 in the 11 and under age group.
- 4.6.10. This competition will be a regional competition held at 3 selected venues.
- 4.6.11. Events for Para swimmers –
 - 4.6.11.1. This will be age group based and any Para swimmer may compete at Level 3.
 - 4.6.11.2. The Level 3 Age Groups for Para Swimmers is 14 and under and 15 – over.
 - 4.6.11.3. There are no QT's, but swimmers must have times on the SSA Database.
 - 4.6.11.4. Medal standards will apply, swimmers must achieve the medal standard time to be awarded a medal
- 4.6.12. Entry fees per event as per the program will be charge.

4.7. SA National Junior Age Group Championships

- 4.7.1. 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.
- 4.7.2. Swimmers may enter all events that they have qualified in, plus additional events, EXCEPT 200 Fly, 400 IM, 400, 800 AND 1500 FREESTYLE, SWIMMERS MAY ONLY ENTER THESE EVENTS IF THEY HAVE ACHIEVED THE QUALIFYING TIME. Swimmers must have times on the database for all entered events.
- 4.7.3. 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
- 4.7.4. Swimmers in the 11&U age category who have qualified in any ONE 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. Swimmers in 11&U age category who have qualified in any TWO SA Junior National 12&U event, MUST swim at SA Junior Nationals in the 12&U age group.

- 4.7.5. 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.
- 4.7.6. At the end of SANJ, the swimmers with the top 8 overall combined ranked times in each individual event, will be invited to participate at Senior Nationals. NB: They will participate as a Senior National swimmer, and no separate medals will be issued. Should any of these swimmers have qualified already or choose not to swim at Nationals, there will be no replacement participant.
- 4.7.7. The age groups will be 12&U, 13, 14, 15, 16.
- 4.7.8. Entry fees per event as per the program will be charged.
- 4.7.9. National Junior Age Group Championships

4.8. TIME TRIAL

- 4.8.1. Applications for Time Trials during any competition period, will be considered and the following rules will apply:
 - 4.8.1.1. Written application detailing the motivation must be received at least twenty-four hours prior to the time trial
 - 4.8.1.2. The Fee will be R1200.00 per time trial, payable with written application.
 - 4.8.1.3. Time Trials, if granted, will take place at the end of a heat's session

5. Open Competitions Qualification:

- 5.1. There will be four (4) Open Competitions;
- 5.2. SA Senior National Aquatic championships will be a National Championships.
 - 5.2.1. Qualifying times will be published.
 - 5.2.2. This will be an interprovincial Championships including;
 - 5.2.3. Eastern Cape, Free State, Gauteng, KwaZulu Natal, Limpopo, Mpumalanga, Northern Cape, North West and Western Cape.
- 5.3. SA Short Course Championship will be a club-based National Championships:
- 5.4. SA National Grand Prix series
- 5.5. Invitational Elite Championships

5.6. S A SENIOR NATIONAL AQUATIC CHAMPIONSHIP:

- 5.6.1. Swimmers may enter the events that they have a SA Senior National "A" qualifying times for, plus additional events that they have a SA Senior National "B" qualifying times for.
- 5.6.2. The age group 17-24 will form part of the competition and will be club based.
 - 5.6.2.1. Swimmers must achieve one SA Senior National "B" qualifying time for this age group to compete at these championships.
 - 5.6.2.2. No 17 – 24 age group finals will be swum, but the top three times from this age category at the end of the heats will receive medals.
- 5.6.3. At the end of SANJ, the swimmers with the top 8 overall combined ranked times in each individual event, will be invited to participate at Senior Nationals. NB: They will participate as a Senior National swimmer, and no separate medals will be issued. Should any of these swimmers have qualified already or choose not to swim at Nationals, there will be no replacement participant.
- 5.6.4. Provinces may enter three relay teams per event for SA Nationals.
- 5.6.5. All teams will score points.
- 5.6.6. There may be heats and finals for the Relay events where there are 8 or more entries.
 - 5.6.6.1. This decision will be taken at the Manager's Meeting.
 - 5.6.6.2. Relay Heats will be swum in the morning session.
 - 5.6.6.3. Any swimmer entered into the meet, may be selected as a member of their provincial relay team.
- 5.6.7. Should a Province have less than ten (10) swimmers (5 Males and 5 Female) who achieve an "A" qualifying time for SA Senior National Competition, they may apply for a concession to the Competitions Manager, to achieve the numbers of 5 Males & 5 Females.

5.6.8. PARA SWIMMING:

- 5.6.8.1. Swimmers may enter the events that they have SA National qualifying Times for, plus additional events provided they have times on the SSA Database.
- 5.6.8.2. Para Swimming events will be swum in two categories, Depending on their classification. Category 1 Swimmers with S1 -13 classifications – category 2 Swimmers with S14 and S15 classifications.
- 5.6.8.3. The heats will be swum as combined events and the finalists for Category 1 and 2 will be separated into two final events. The final results and qualification for the final events will be determined using the World Records/points for each classification.
- 5.6.8.4. Para swimmers may participate at Level 3 or SA Nationals, depending on which gala they qualify for.

5.7. SA SENIOR SHORT COURSE CHAMPIONSHIPS:

5.7.1. General Competition Rules for SA Short Course

5.7.1.1. FINA Technical Rules will apply to this competition. IPC Rules to apply for Para Events

5.7.1.2. This Competition is open to swimmers who have achieved a 2023 SA Senior National short 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 by Tuesday **5th July 2023.**

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., 2022/2023 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, that 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. "C" Finals will be added in the 50m & 100m of each stroke, as well as the 200m freestyle, should entries allow.

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

5.7.2.4.1. S1 - 13 and S14 & 15 for Men and Women

5.8. THE 2023 GRAND PRIX INVITATIONAL SWIMMING MEETS:

5.8.1. FINA Technical Rules will apply to this competition. IPC Rules to apply for Para Events

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

5.8.3. The 1st Grand Prix makes provision for an 13/u and open section

5.8.4. The 2nd and 3rd Grand Prix's, swimmers will have to meet the SA "B" Qualifying time to enter the competition.

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. 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.
- 5.8.8. 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. This will be an inter club competition. Entries will be processed the same way as for Age Group Competitions
- 5.8.11. Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org

5.9. THE INVITATIONAL ELITE CHAMPIONSHIP:

- 5.9.1. FINA Technical Rules will apply to this competition. IPC Rules to apply for Para Events
- 5.9.2. These meet are created to provide our Swimming Squads more opportunities to compete
- 5.9.3. Swimmers will have to meet the SA "B" Qualifying time to enter the competition.
- 5.9.4. 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
- 5.9.5. Final list of session times and breakdown of event order will be published once entries have closed
- 5.9.6. 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.
- 5.9.7. This will be an inter club competition. Entries will be processed the same way as for Age Group Competitions.
- 5.9.8. 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 R500.00 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 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. Subject to compliance to 6.3.3 above, a Relay Swimmers may have a NT to participate in a relay
- 6.3.5. 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. Only medal winners are allowed to be on the medal podium during medal presentations.

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 2023 - one or two days as required
MANAGER'S MEETING:	TBC March 2023 – Time to be confirmed
CLOSING DATE FOR ENTRIES:	TBC March 2023
CLOSING DATE FOR ENTRY CORRECTIONS:	TBC March 2023
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 – how many per district/ province
DATE:	18 and 19 March 2023 - one or two days as required
MANAGER'S MEETING:	18 March 2023 – Time to be confirmed
CLOSING DATE FOR ENTRIES:	3 March 2023
CLOSING DATE FOR ENTRY CORRECTIONS:	10 March 2023
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	15-18
200	FREE	WOMEN	9&U	10	11	12	13	14	15-18
50	FLY	MEN	9&U	10	11	12	13	14	15-18
50	FLY	WOMEN	9&U	10	11	12	13	14	15-18
100	BACK	MEN	9&U	10	11	12	13	14	15-18
100	BACK	WOMEN	9&U	10	11	12	13	14	15-18
4x50	MED RELAY	MEN	12&U		13 – 14				15-18
4x50	MED RELAY	WOMEN	12&U		13 – 14				15-18
4x50	FREE RELAY	MIXED	12&U		13 – 14				15-18

SESSION 2

50	FREE	MEN	9&U	10	11	12	13	14	15-18
50	FREE	WOMEN	9&U	10	11	12	13	14	15-18
100	BREAST	MEN	9&U	10	11	12	13	14	15-18
100	BREAST	WOMEN	9&U	10	11	12	13	14	15-18
50	BACK	MEN	9&U	10	11	12	13	14	15-18
50	BACK	WOMEN	9&U	10	11	12	13	14	15-18
100	FLY	MEN	9&U	10	11	12	13	14	15-18
100	FLY	WOMEN	9&U	10	11	12	13	14	15-18
4x50	FREE RELAY	MEN	12&U		13 – 14				15-18
4x50	FREE RELAY	WOMEN	12&U		13 – 14				15-18
4x50	MED RELAY	MIXED	12&U		13 – 14				15-18

SESSION 3

100	FREE	MEN	9&U	10	11	12	13	14	15-18
100	FREE	WOMEN	9&U	10	11	12	13	14	15-18
50	BREAST	MEN	9&U	10	11	12	13	14	15-18
50	BREAST	WOMEN	9&U	10	11	12	13	14	15-18
200	IM	MEN	9&U	10	11	12	13	14	15-18
200	IM	WOMEN	9&U	10	11	12	13	14	15-18
4x100	FREE RELAY	MEN	12&U		13 – 14				15-18
4x100	FREE RELAY	WOMEN	12&U		13 – 14				15-18

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

VENUES:	Region 1	Western Cape, Eastern Cape	TBC
	Region 2	KZN, Mpumalanga, EGA	TBC
	Region 3	NTS, CGA, Limpopo	TBC
	Region 4	North-West, Northern Cape, Free State	TBC

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

DATE:	3 March 2023 – 5 March 2023
MANAGER'S MEETING:	2 March 2023 at 16h00
CLOSING DATE FOR ENTRIES:	17 February 2023
CLOSING DATE FOR ENTRY CORRECTIONS:	24 February 2023
ENTRY FEE:	R40.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
	R50.00 – RELAYS plus R10.00 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	17 & 18
50	BREAST	WOMEN	10&U	11	12	13	14	15	16	17 & 18
100	FREE	MEN	10&U	11	12	13	14	15	16	17 & 18
100	FREE	WOMEN	10&U	11	12	13	14	15	16	17 & 18
50	BACK	MEN	10&U	11	12	13	14	15	16	17 & 18
50	BACK	WOMEN	10&U	11	12	13	14	15	16	17 & 18
200	I.M.	MEN	10&U	11	12	13	14	15	16	17 & 18
200	I.M.	WOMEN	10&U	11	12	13	14	15	16	17 & 18
4x50	MED RELAY	MEN	12&U			13 – 14				15 - 18
4x50	MED RELAY	WOMEN	12&U			13 - 14				15 - 18
4x50	FREE RELAY	MIXED	12&U			13 - 14				15 - 18

DAY 2

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

DAY 3

200	BACK	MEN	10&U	11	12	13	14	15	16	17 & 18
200	BACK	WOMEN	10&U	11	12	13	14	15	16	17 & 18
200	BREAST	MEN	10&U	11	12	13	14	15	16	17 & 18
200	BREAST	WOMEN	10&U	11	12	13	14	15	16	17 & 18
100	FLY	MEN	10&U	11	12	13	14	15	16	17 & 18
100	FLY	WOMEN	10&U	11	12	13	14	15	16	17 & 18
50	FREE	MEN	10&U	11	12	13	14	15	16	17 & 18
50	FREE	WOMEN	10&U	11	12	13	14	15	16	17 & 18
4x50	FREE RELAY	MEN	12&U			13 – 14				15 - 18
4x50	FREE RELAY	WOMEN	12&U			13 – 14				15 - 18
4x50	MED RELAY	MIXED	12&U			13 – 14				15 - 18

7.4. LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

VENUES:	Region 1	Proposed:	Western Cape, Eastern Cape, Northern Cape
	Region 2	Proposed:	KZN, Mpumalanga, EGA, Free State
	Region 3	Proposed:	CGA, NTS, North-West, Limpopo, Northern Cape

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

DATE:	31 March – 3 April 2023
MANAGER'S MEETING:	30 March 2023 at 16h00
CLOSING DATE FOR ENTRIES:	17 March 2023
CLOSING DATE FOR ENTRY CORRECTIONS:	24 March 2023
ENTRY FEE:	R60.00 – 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 – Start at 17:00

400	FREE	MEN	11&U 12	13	14	15	16	17-24	Timed Finals
400	FREE	WOMEN	11&U 12	13	14	15	16	17-24	Timed Finals

Starting Time: Heats TBA Finals TBA

DAY 2

200	FREE	MEN	11&U 12	13	14	15	16	17-24
200	FREE	WOMEN	11&U 12	13	14	15	16	17-24
200	I.M.	MEN	MULTI-DISABILITY		14/u	15 & over		
200	I.M.	WOMEN	MULTI-DISABILITY		14/u	15 & over		
100	BREAST	MEN	11&U 12	13	14	15	16	17-24
100	BREAST	WOMEN	11&U 12	13	14	15	16	17-24
50	BACK	MEN	11&U 12	13	14	15	16	17-24
50	BACK	WOMEN	11&U 12	13	14	15	16	17-24
50	BACK	MEN	MULTI-DISABILITY		14/u	15 & over		
50	BACK	WOMEN	MULTI-DISABILITY		14/u	15 & over		
100	FLY	MEN	11&U 12	13	14	15	16	17-24
100	FLY	WOMEN	11&U 12	13	14	15	16	17-24
4x100	FREE RELAY	MEN	12&U	13-15		16-24		
4x100	FREE RELAY	WOMEN	12&U	13-15		16-24		

DAY 3

100	FREE	MEN	11&U	12	13	14	15	16	17-24
100	FREE	WOMEN	11&U	12	13	14	15	16	17-24
100	FREE	MEN	MULTI-DISABILITY			14/u	15 & over		
100	FREE	WOMEN	MULTI-DISABILITY			14/u	15 & over		
50	BREAST	MEN	11&U	12	13	14	15	16	17-24
50	BREAST	WOMEN	11&U	12	13	14	15	16	17-24
50	BREAST	MEN	MULTI-DISABILITY			14/u	15 & over		
50	BREAST	WOMEN	MULTI-DISABILITY			14/u	15 & over		
100	BACK	MEN	11&U	12	13	14	15	16	17-24
100	BACK	WOMEN	11&U	12	13	14	15	16	17-24
100	BACK	MEN	MULTI-DISABILITY			14/u	15 & over		
100	BACK	WOMEN	MULTI-DISABILITY			14/u	15 & over		
200	I.M.	MEN	11&U	12	13	14	15	16	17-24
200	I.M.	WOMEN	11&U	12	13	14	15	16	17-24
4x50	FREE RELAY	MEN	12&U	13-15			16-24		
4x50	FREE RELAY	WOMEN	12&U	13-15			16-24		
4x50	MED RELAY	MIXED	12&U	13-15			16-24		

DAY 4

50	FREE	MEN	11&U	12	13	14	15	16	17-24
50	FREE	WOMEN	11&U	12	13	14	15	16	17-24
50	FREE	MEN	MULTI-DISABILITY			14/u	15 & over		
50	FREE	WOMEN	MULTI-DISABILITY			14/u	15 & over		
200	BREAST	MEN	11&U	12	13	14	15	16	17-24
200	BREAST	WOMEN	11&U	12	13	14	15	16	17-24
100	BREAST	MEN	MULTI-DISABILITY			14/u	15 & over		
100	BREAST	WOMEN	MULTI-DISABILITY			14/u	15 & over		
200	BACK	MEN	11&U	12	13	14	15	16	17-24
200	BACK	WOMEN	11&U	12	13	14	15	16	17-24
50	FLY	MEN	11&U	12	13	14	15	16	17-24
50	FLY	WOMEN	11&U	12	13	14	15	16	17-24
50	FLY	MEN	MULTI-DISABILITY			14/u	15 & over		
50	FLY	WOMEN	MULTI-DISABILITY			14/u	15 & over		
4x50	MED RELAY	MEN	12&under	13-15		16-24			
4x50	MED RELAY	WOMEN	12&under	13-15		16-24			
4x100	FREE RELAY	MIXED	12&under	13-15		16-24			

7.5. S A NATIONAL JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION

DATE: 21 March – 25 March 2023
VENUE: Durban 2023
MANAGER'S MEETING: 21 March 2023 – 16H00
CLOSING DATE FOR ENTRIES: 06 March 2023
CLOSING DATE FOR ENTRY CORRECTIONS: 13 March 2023
ENTRY FEE: R80.00 – 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	Timed Finals
400	FREE	WOMEN	12&U	13	14	15	16	Timed Finals

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

DAY 2

100	BACK	MEN	12&U	13	14	15	16	
100	BACK	WOMEN	12&U	13	14	15	16	
200	FLY	MEN	12 - 14		15 - 16			Timed Finals
200	FLY	WOMEN	12 - 14		15 - 16			Timed Finals
50	BREAST	MEN	12&U	13	14	15	16	
50	BREAST	WOMEN	12&U	13	14	15	16	
200	FREE	MEN	12&U	13	14	15	16	
200	FREE	WOMEN	12&U	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

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

DAY 4

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

DAY 5

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

7.6. 2023 S A SENIOR NATIONAL AQUATICS PROGRAM - PROVINCIAL COMPETITION

VENUE:	Gqeberha 2023
DATE:	Swimming 11 - 16 April 2023
MANAGER'S MEETING:	10 April 2023 – 16H00
CLOSING DATE FOR ENTRIES:	20 March 2023
CLOSING DATE FOR ENTRY CORRECTIONS:	27 March 2023
SWIMMING ENTRY FEE:	R100.00 - 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	10 – 14 March 2023
Water Polo	TBC

5 DAY PROGRAM FOR SA NATIONAL AQUATIC CHAMPIONSHIPS 2023

including events for Para swimmers

DAY 1 12 April	DAY 2 13 April	DAY 3 14 April	DAY 4 15 April	DAY 5 16 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
M S14&15 Dis 50m Br	W S14&15 Dis 100mFly	W 200 Breaststroke	M S14&15 Dis 50mBa	W 50 Butterfly
M S1-13 Dis 50m Br	W S1-13 Dis 100m Fly	M 200 Breaststroke	M S1-13 Dis 50m Ba	M 50 Butterfly
W S14&15 Dis 50m Br	M S14&15 Dis 100mFly	W S14&15 Dis 50mFly	W S14&15 Dis 50mBa	W S14&15 Dis 200m IM
W S1-13 Dis 50m Br	M S1-13 Dis 100m Fly	W S1-13 Dis 50m Fly	W S1-13 Dis 50m Ba	W S1-13 Dis 200m IM
W 100 Breaststroke	W 200 Butterfly	M S14&15 Dis 50mFly	W 50m Breast	M S14&15 Dis 200m IM
M 100 Breaststroke	M 200 Butterfly	M S1-13 Dis 50m Fly	M 50m Breast	M S1-13 Dis 200m IM
M S14&15 Dis 100mBa	W 50 Backstroke	M 400 Ind. Medley	W 100 Butterfly	W 400 Freestyle
M S1-13 Dis 100m Ba	M 50 Backstroke	W 400 Ind. Medley	M 100 Butterfly	M 400 Freestyle
W S14&15 Dis 100mBa	M S14&15 Dis 50m Fr	W S14&15 Dis 100mBr	M S14&15 Dis 100mFr	
W S1-13 Dis 100m Ba	M S1-13 Dis 50m Fr	W S1-13 Dis 100m Br	M S1-13 Dis 100m Fr	
W 100 Backstroke	W S14&15 Dis 50m Fr	M S14&15 Dis 100mBr	W S14&15 Dis 100mFr	
M 100 Backstroke	W S1-13 Dis 50m Fr	M S1-13 Dis 100m Br	W S1-13 Dis 100m Fr	
	W 1500 Freestyle		W 800 Freestyle	
	M 1500 Freestyle		M 800 Freestyle	

7.7. 2023 SA Senior National Aquatic Championships - Qualifying Standards - Long Course meters

WOMAN		EVENTS	MEN	
"B" - QT's	QT's		QT's	"B" -QT's
28:45	27:32	50m Freestyle	24:13	25:14
1:02:17	59:68	100m Freestyle	54:14	56:40
2:15:86	2:10:42	200m Freestyle	1:57:74	2:02:65
4:44:35	4:32:96	400m Freestyle	4:14:04	4:24:64
10:00:93	9:34:77	800m Freestyle	8:48:79	9:11:81
19:01:01	18:11:34	1500m Freestyle	17:12:70	17:59:70
32:44	31:14	50m Backstroke	27:47	28:61
1:09:28	1:06:48	100m Backstroke	59:85	1:02:34
2:30:54	2:24:26	200m Backstroke	2:10:89	2:16:59
35:75	34:26	50m Breaststroke	29:95	31:20
1:18:26	1:15:00	100m Breaststroke	1:05:65	1:08:39
2:49:58	2:42:51	200m Breaststroke	2:25:58	2:31:66
30:27	28:95	50m Butterfly	25:70	26:77
1:06:71	1:04:04	100m Butterfly	57:08	59:46
2:30:99	2:24:41	200m Butterfly	2:11:27	2:17:25
2:33:92	2:27:50	200m IM	2:11:60	2:17:08
5:25:09	5:11:53	400m IM	4:45:19	4:57:60

7.8. 2023 SA SHORT COURSE NATIONAL CHAMPIONSHIPS

VENUE: TBC
DATE: Swimming 10-13 August 2023
MANAGER'S MEETING: 09 August 2023 – 16H00
CLOSING DATE FOR ENTRIES: 17 July 2023
CLOSING DATE FOR ENTRY CORRECTIONS: 27 July 2023

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.

7.9. 2023 SA Short Course Championships - Qualifying Standards – Short Course meters (25m)

WOMAN	EVENTS	MEN
QT's		QT's
28.88	50m Freestyle	25.40
1:03.31	100m Freestyle	56.62
2:19.13	200m Freestyle	2:05.19
4:54.72	400m Freestyle	4:27.41
10:03.93	800m Freestyle	9:18.67
19:16.62	1500m Freestyle	17:48.48
32.25	50m Backstroke	27.99
1:09.15	100m Backstroke	1:00.89
2:29.85	200m Backstroke	2:13.08
35.98	50m Breaststroke	31.81
1:18.56	100m Breaststroke	1:09.72
2:49.54	200m Breaststroke	2:31.39
30.71	50m Butterfly	27.40
1:08.80	100m Butterfly	1:00.19
2:30.69	200m Butterfly	2:16.37
1:11.19	100m IM	1:02.08
2:33.53	200m IM	2:18.12
5:26.24	400m IM	4:55.84

4 DAY PROGRAM FOR SA SHORT COURSE CHAMPIONSHIPS 2023 INCLUDING EVENTS FOR PARA SWIMMERS ON THE NEXT PAGE

	DAY 1 11/08/2022		DAY 2 12/08/2022		DAY 3 13/08/2022		DAY 4 14/08/2022
	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	Dis W	50m Butterfly S1-S13	Dis W	100m Breast S1-S13	Dis W	100m Freestyle S1-S13
M	100m Breaststroke	Dis M	50m Butterfly S1-S13	Dis M	100m Breast S1-S13	D-M	100m Freestyle S1-S13
Dis W	50m Breast S1-S13	Dis W	50m Butterfly S14-S15	Dis W	100m Breast S14-S15	Dis W	100m Freestyle S14-S15
Dis M	50m Breast S1-S13	Dis M	50m Butterfly S14-S15	Dis M	100m Breast S14-S15	Dis M	100m Freestyle S14-S15
Dis W	50m Breast S14-S15	W	400m Ind. Medley	W	200m Breaststroke	W	50m Breaststroke
Dis M	50m Breast S14-S15	M	400m Ind. Medley	M	200m Breaststroke	M	50m Breaststroke
M	200m Backstroke	W	50m Backstroke	W	100m Backstroke	Dis W	200m Ind. Medley S1-S13
W	200m Backstroke	M	50m Backstroke	M	100m Backstroke	Dis M	200m Ind. Medley S1-S13
W	50m Butterfly	Dis W	100m Backstroke S1-S13	Dis W	100m Butterfly S1-S13	Dis W	200m Ind. Med S14-S15
M	50m Butterfly	Dis M	100m Backstroke S1-S13	Dis M	100m Butterfly S1-S13	Dis M	200m Ind. Med S14-S15
Dis W	100m Ind. Med. S1-S13	Dis W	100m Backstroke S14-S15	Dis W	100m Butterfly S14-S15	W	1500m Freestyle T F (All)
Dis M	100m Ind. Med. S1-S13	Dis M	100m Backstroke S14-S15	Dis M	100m Butterfly S1-S15	M	1500m Freestyle T F (All)
Dis W	100m Ind. Med S14-S15	W	100m Butterfly	W	200m Ind. Medley		
Dis M	100m Ind. Med S14-S15	M	100m Butterfly	M	200m Ind. Medley		
W	100m Ind. Medley	W	800m Freestyle T F (All)	Dis W	50m Freestyle S1-S13		
M	100m Ind. Medley	M	800m Freestyle T F (All)	Dis M	50m Freestyle S1-S13		
Dis W	50m Backstroke S1-S13			Dis W	50m Freestyle S14-S15		
Dis M	50m Backstroke S1-S13			Dis M	50m Freestyle S14-S15		
Dis W	50m Backstroke S14-S15			W	50m Freestyle		
Dis M	50m Backstroke S14-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	Dis W	50m Butterfly S1-S13	M	400m Freestyle	W	200m Butterfly
W	100m Breaststroke	Dis M	50m Butterfly S1-S13	Dis W	100m Breast S1-S13	M	200m Butterfly
M	100m Breaststroke	Dis W	50m Butterfly S14-S15	Dis M	100m Breast S1-S13	Dis W	100m Freestyle S1-S13
Dis W	50m Breast S1-S13	Dis M	50m Butterfly S14-S15	Dis W	100m Breast S14-S15	Dis M	100m Freestyle S1-S13
Dis M	50m Breast S1-S13	W	400m Ind. Medley	Dis M	100m Breast S14-S15	Dis W	100m Freestyle S14-S15
Dis W	50m Breast S14-S15	M	400m Ind. Medley	W	200m Breaststroke	Dis M	100m Freestyle S14-S15
Dis M	50m Breast S14-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	Dis W	100m Backstroke S1-S13	M	100m Backstroke	Dis W	200m Ind. Medley S1-S13
W	50m Butterfly	Dis M	100m Backstroke S1-S13	Dis W	100m Butterfly S1-S13	Dis M	200m Ind. Medley S1-S13
M	50m Butterfly	Dis W	100m Backstroke S14-S15	Dis M	100m Butterfly S1-S13	Dis W	200m Ind. Med S14-S15
Dis W	100m Ind. Med S1-S13	Dis M	100m Backstroke S14-S15	Dis W	100m Butterfly S14-S15	Dis M	200m Ind. Med S14-S15
Dis M	100m Ind. Med S1-S13	W	100m Butterfly	Dis M	100m Butterfly S1-S15	M	4x100m Free Relay
Dis W	100m Ind. Med S14-S15	M	100m Butterfly	W	200m Ind. Medley	W	4x50m Free Relay
Dis M	100m Ind. Med S14-S15	W	4x100m Free Relay	M	200m Ind. Medley		
W	100m Ind. Medley	M	4x50m Free Relay	Dis W	50m Freestyle S1-S13		
M	100m Ind. Medley			Dis M	50m Freestyle S1-S13		
Dis W	50m Backstroke S1-S13			Dis W	50m Freestyle S14-S15		
Dis M	50m Backstroke S1-S13			Dis M	50m Freestyle S14-S15		
Dis W	50m Backstroke S14-S15			W	50m Freestyle		
Dis M	50m Backstroke S14-S15			M	50m Freestyle		
W	4x100 Med Relay			W	4x200m Free Relay		
M	4x100 Med Relay			M	4x200m Free Relay		

7.10. THE 2023 GRAND PRIX INVITATIONAL SWIMMING MEETS

No 1 Nelspruit Swimming Pool, Mpumalanga

05 – 06 January 2023

No 2 Kings Park Swimming Pool, Durban

27 – 29 January 2023

No 3 Western Cape – TBC

22 – 24 February 2023

Entry Procedure

- The closing date for entries for Grand Prix No 1 – Wednesday 7 December 2022 14:00
- The closing date for entries for Grand Prix No 2 – Wednesday 9 January 2023 14:00
- The closing date for entries for Grand Prix No 3 – Wednesday 1 February 2023 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 6 – 7 January 2019

- 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, 7 December 2022
- Closing Date for Correction for Grand Prix No 1, 14 December 2022
- 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

Saturday, 6 January 2023 14:00pm

50m Freestyle	Men
400m IM	Women
200m Freestyle	Men
200m Butterfly	Women
13&u 100m Freestyle	Men
13&u 100m Butterfly	Women
800m Freestyle	Men
100m Backstroke	Women
100m Breaststroke	Men
400m Freestyle	Women
13&u 100m Backstroke	Men
13&u 100m Breaststroke	Women
200m IM	Men
100m Freestyle	Women
100m Butterfly	Men
200m Breaststroke	Women
13&u 50m Freestyle	Men
13&u 200m IM	Women
200m Backstroke	Men

Sunday, 7 January 2023 08:30am

50m Freestyle	Women
400m IM	Men
200m Freestyle	Women
200m Butterfly	Men
13&u 100m Freestyle	Women
13&u 100m Butterfly	Men
800m Freestyle	Women
100m Backstroke	Men
100m Breaststroke	Women
400m Freestyle	Men
13&u 100m Backstroke	Women
13&u 100m Breaststroke	Men
200m IM	Women
100m Freestyle	Men
100m Butterfly	Women
200m Breaststroke	Men
13&u 50m Freestyle	Women
13&u 200m IM	Men
200m Backstroke	Women

Entry Procedure for Grand Prix No 2 27 – 29 JANUARY 2023

- Closing Date for entries for Grand Prix No 2, 11 January 2023
 - Closing Date for Correction for Grand Prix No 2, 18 January 2023
- 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.
- Minimum requirement for entry will be the SA Senior Nationals "B" Qualifying Times

Grand Prix No 2 27 – 29 JANUARY 2023 PROGRAM OF EVENTS

HEATS Friday 17:00

FINALS Saturday 10:00

800m 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	Men
4 x 100m Medley Relay	Mixed

HEATS Saturday 17:00

FINALS Sunday 10:00

1500m 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	Women
4 x 100 Freestyle Relay	Mixed

Entry Procedure for Grand Prix No 3 24 – 26 FEBRUARY 2023

- Closing Date for entries for Grand Prix No 2, 1 February 2023
 - Closing Date for Correction for Grand Prix No 2, 18 January 2023
- 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.
- This will be an inter club competition. Entries will be processed the same way as for Age Group Competitions.
- Minimum requirement for entry will be the SA Senior Nationals "B" Qualifying Times

Grand Prix No 3 24 – 26 FEBRUARY 2023 PROGRAM OF EVENTS

HEATS Friday 17:00

FINALS Saturday 10:00

800m 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	Men
4 x 100m Medley Relay	Mixed

HEATS Saturday 17:00

FINALS Sunday 10:00

1500m 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	Women
4 x 100 Freestyle Relay	Mixed

7.11. INVITATIONAL ELITE CHAMPIONSHIP - 25 – 28 MAY 2023

- Closing Date for entries: 3 May 2023
- Closing Date for Corrections: 10 May 2023
- 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.
- 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.
- This will be an inter club competition. Entries will be processed the same way as for Age Group Competitions.
- Minimum requirement for entry will be the SA Senior Nationals "B" Qualifying Times

INVITATIONAL ELITE CHAMPIOSHIP 25 – 28 MAY 2023 PROGRAM OF EVENT

	DAY 1 11/08/2022		DAY 2 12/08/2022		DAY 3 13/08/2022		DAY 4 14/08/2022
	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	W	400m Ind. Medley	W	200m Breaststroke	W	50m Breaststroke
M	100m Breaststroke	M	400m Ind. Medley	M	200m Breaststroke	M	50m Breaststroke
M	200m Backstroke	W	50m Backstroke	W	100m Backstroke	W	1500m Freestyle T F (All)
W	200m Backstroke	M	50m Backstroke	M	100m Backstroke	M	1500m Freestyle T F (All)
W	50m Butterfly	W	100m Butterfly	W	200m Ind. Medley		
M	50m Butterfly	M	100m Butterfly	M	200m Ind. Medley		
W	100m Ind. Medley	W	800m Freestyle T F (All)	W	50m Freestyle		
M	100m Ind. Medley	M	800m Freestyle T F (All)	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	W	400m Ind. Medley	M	400m Freestyle	W	200m Butterfly
W	100m Breaststroke	M	400m Ind. Medley	W	200m Breaststroke	M	200m Butterfly
M	100m Breaststroke	W	50m Backstroke	M	200m Breaststroke	W	50m Breaststroke
M	200m Backstroke	M	50m Backstroke	W	100m Backstroke	M	50m Breaststroke
W	200m Backstroke	W	100m Butterfly	M	100m Backstroke	M	4x100m Free Relay
W	50m Butterfly	M	100m Butterfly	W	200m Ind. Medley	W	4x50m Free Relay
M	50m Butterfly	W	4x100m Free Relay	M	200m Ind. Medley		
W	100m Ind. Medley	M	4x50m Free Relay	W	50m Freestyle		
M	100m Ind. Medley			M	50m Freestyle		
W	4x100 Med Relay			W	4x200m Free Relay		
M	4x100 Med Relay			M	4x200m Free Relay		

8. QUALIFYING TIMES

8.1. Level 2 - Qualifying times

Girls Qualifying Times								EVENTS	Boys Qualifying Times							
17 & 18	16	15	14	13	12	11	10&U		10&U	11	12	13	14	15	16	17 & 18
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	1:02,77	1:02,77
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	100m 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	3:33,27	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	1:04,00	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

Girls Qualifying Times							EVENTS	Boys Qualifying Times						
17 - 20	16	15	14	13	12	11&U		11&U	12	13	14	15	16	17 - 20
							50m Freestyle							
1:07:47	1:07:47	1:07:47	1:08:77	1:09:88	1:14:82	1:18:11	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	2:45:17	2:52:69	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	5:35:52	6:03:61	6:15:35	400m Freestyle	6:29:76	6:13:22	5:40:48	5:23:43	4:52:70	4:52:70	4:52:70
							800m Freestyle							
							1500m Freestyle							
							50m Backstroke							
1:18:96	1:18:96	1:18:96	1:20:38	1:21:90	1:26:78	1:31:19	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	3:18:48	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	1:43:91	100m Breaststroke	1:43:69	1:36:46	1:32:83	1:27:46	1:14:22	1:14:22	1:14:22
3:14:42	3:14:42	3:14:42	3:18:11	3:22:09	3:33:66	3:45:16	200m Breaststroke	3:49:93	3:33:88	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	3:10:53	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

Girls Qualifying Times					EVENTS	Boys Qualifying Times				
16	15	14	13	12&U		12&U	13	14	15	16
					50m Freestyle					
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
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
4:51:27	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
10:17:02	10:23:52	10:28:00	10:37:38	11:03:53	800m Freestyle	11:00:99	10:24:19	9:49:99	9:29:63	9:15:20
19:35:61	20:01:18	20:10:21	20:49:27	21:46:14	1500m Freestyle	20:47:95	19:42:15	18:56:63	18:36:33	18:06:65
					50m Backstroke					
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	1:02:90
2:34:38	2:36:45	2:37:53	2:42:79	2:48:82	200m Backstroke	2:42:77	2:38:05	2:28:85	2:21:00	2:18:29
					50m Breaststroke					
1:20:26	1:21:90	1:22:47	1:25:29	1:28:14	100m Breaststroke	1:24:49	1:22:30	1:17:19	1:12:89	1:10:50
2:53:90	2:57:45	2:58:70	3:04:80	3:10:99	200m Breaststroke	3:07:35	3:02:50	2:51:16	2:41:63	2:36:33
					50m Butterfly					
1:08:33	1:10:36	1:11:60	1:15:29	1:17:98	100m Butterfly	1:13:45	1:10:50	1:05:76	1:02:29	1:00:72
2:36:11	2:42:00	2:43:96	2:52:84	2:59:97	200m Butterfly	2:49:25	2:41:88	2:30:27	2:21:91	2:18:13
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
5:33:37	5:37:85	5:45:04	5:54:26	6:07:73	400m IM	5:52:85	5:36:64	5:18:19	5:07:21	5:00:36