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2 July 2010

From: Chief Executive Officer

To: Affiliate Presidents
Affiliate Secretaries

Cc: SSA Executive Committee
TC Convenors
SSA Staff

RE: NATIONAL COMPETITIONS 2011 UPDATE

Herewith an update on rules, programmes and qualifying standards for the National Competitions, as attached.

Should you have any queries in this regard kindly contact Mrs Daphne Bird on 011 404 2480 or daphne@swimsa.co.za.

Yours sincerely

A handwritten signature in black ink that reads "Shaun Adriaanse".

Shaun Adriaanse
Chief Executive Officer

President: J. Naidoo Vice Presidents A. Fritz & S. Silent:
Hon. Secretary: R. Andrews: Acting Treasurer: B Reynolds,
Members: W. Albertyn, I Ball: Chief Executive Officer: S. Adriaanse:
Hon. Life Presidents S. Ramsamy & G. Sam

SWIMMING COMPETITION RULES

- 1 FINA Technical Rules will apply to all National Competitions.
- 2 All Age Group competitions will be club based.
- 3 Clubs should be encouraged to participate at all the levels of Age Group Competitions
- 4 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.
- 5 Visitors must forward a clearance to compete. Their entry times must be verified.
- 6 **TECHNICAL OFFICIALS**
Inter Provincial Competitions, each Province will be required to supply at least TWO registered and trained Technical Officials, one timekeeper and one judge for EVERY SESSION. Inter Club Competitions, clubs will be required to provide SSA registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition:
1 - 5 swimmers, the number of officials optional
6 – 10 swimmers, at least one judge or one timekeeper per session.
11 and over swimmers, a minimum of two officials, one judge and one timekeeper per session. The names of the officials must accompany the entries.
All Technical Officials must be correctly attired – White shirts and Navy Blue Trousers or skirts for finals sessions, Navy blue shorts for Heats.
THE NAMES OF SSA REGISTERED, TRAINED and AVAILABLE Officials must accompany the swimmers entries.

2010- 2011 Qualifying Times Notes.

SSA has now introduced its Long Term Athletic Development programme into our National standard qualifying times system.

Although it is not our policy to change the qualifying times for approximately four years situations arise that require adjustments to be made at the end of each season to insure our times are up in line with International standards and are in the best interests of our swimmers.

This coming season's Individual Medley times have been eased. This is the first step forward in our Long Term Athlete Development program. In the years to come, the Individual Medley will come to the forefront as a preferential qualifying time. The Individual Medley could become a future requirement to qualify, especially in the younger age groups. This will ensure that our young swimmers do not specialise in specific strokes at too early an age.

The Individual Medley Level 3 Age group qualifying times have been eased by 1%, the Level 2 by 2% and the Level 1 by 3% as related to the FINA QT's. The youth times are the same as the 17-18 Level 3 age qualifying times.

There is also an age group change to the Level 2. Due to the small numbers of 17 and 18 year old competitors, the 15 and 16 year old and the 17-18 age groups have been combined to form a 15-18 year age group.

FINA has set out for new world qualifying times for the 50m Backstroke, 50m Breaststroke, 50m Butterfly for both male and female swimmers and has also set out times for the men's 800m and Women's 1500m Freestyle events. Adjustments have been made to bring these events into line with our qualifying percentages based on International standards. The times are faster.

Swimmers 10 years and younger are encouraged to swim Level 1 even if they have qualified for a higher level. Similarly, swimmers 11 years with Level 3 times are encouraged to swim at Level 2. The choice however is left to the individual and their advisors.

Please Note. The swimmers age is at the first day of the tournament and pre-season goals and targets should be set in accordance with the rules and dates of the tournaments. Swimmers may only compete at one SSA National / Regional Age Group Championship.

We urge clubs, coaches, swimmers and parents to pass this information on in order to avoid unnecessary disputes or accusations at the Regional and National Age Group Championships.

Age Group Competitions Qualification:

- 1 One Relay entry per club per event. Swimmers may swim up in relays but only be entered in one relay per event.
- 2 Swimmers may only compete at one age group competition.
- 3 **Level 1 -**
 - 3.1 One Level 1 qualifying time must be achieved.
 - 3.2 Swimmers may enter all events that they have qualified in, plus three additional events that they have not qualified in provided they have times on the SSA database for the additional 3 selected events.
 - 3.3 If a swimmer has achieved one Level 2 qualifying time, the swimmer must participate at Level 2. This rule does not apply to swimmers in the 10 and under age group, they may choose to compete in the 10 and under events at Level 1 or compete in the 11 and under events at Level 2.
 - 3.4 This competition will be a regional competition.
Southern Regions: Border, Eastern Province, SWD, Western Province.
Eastern Regions: Freestate, N Freestate, Mpumalanga, N KZN, KZN, N Cape.
Northern Regions: CGA, EGA, Limpopo, NTS, North West, Vaal Triangle.
Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.
- 4 **Level 2 -**

- 4.1 One Level 2 qualifying time must be achieved.
- 4.2 Swimmers may enter all events that they have qualified in, plus three additional events that they have not qualified in, provided they have times on the database for the additional 3 selected events.
- 4.3 Level 2 will start at 11&U, and the oldest age group will be 15 – 18. Swimmers in the 10 and under age group, who have achieved a Level 2 qualifying time in the 11 and under age group, may choose to compete in the 11 and under age group at Level 2 or compete in the 10 and under age group at level 1.
- 4.4 If a swimmer has achieved one Level 3 qualifying time, the swimmer must participate at Level 3. This rule will not apply to 11 and under swimmers, they may choose at which age group competition they would prefer to compete in.
- 4.5 **Events for swimmers with disabilities** – Swimmers who have achieved the S A Nationals QT may not compete at Level 2. There are no QT's, but swimmers must have times on the SSA Database.
- 4.6 This competition will be a regional competition.

Southern Regions: Border, Eastern Province, SWD, Western Province.
Eastern Regions: Freestate, N Freestate, Mpumalanga, N KZN, KZN, N Cape.
Northern Regions: CGA, EGA, Limpopo, NTS, North West, Vaal Triangle.
Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

5 Level 3 -

- 5.1 One Level 3 qualifying time must be achieved.
- 5.2 Swimmers may enter all events that they have qualified in plus three additional events that they have not qualified in, provided they have times on the database for the additional 3 selected events.
- 5.3 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 in addition to their 3 unqualified events (100m and longer) choose any of the 50's provided they have times on the database for the particular event.
- 5.4 Swimmers in the 11&U age category who have qualified in any Level 3 12&U event, may choose to swim at Level 3 in the 12&U age group or swim at Level 2 in their own age group category. However swimmers who are not 12 years old, may not enter the 12 – 14 years events eg 200 Fly, 400 IM, 800 and 1500 Free events at Level 3.
- 5.5 The events that are swum as Timed Finals, where possible all the Timed Finals will be swum in the Finals session.

Open Competitions Qualification:

The Youth Competition which will be run concurrently with the S A Nationals Championships Program at the same venue. Only swimmers born in the following years will be permitted to enter provided they have achieved the qualifying time:

Men born in 1992 – 1996 and

Women born in 1993 – 1997

Swimmers younger than the stipulated age group for the youth section, who have achieved a S A National Qualifying Time may apply to swim in any of the Youth Finals

The heats for the S A Youth Nationals and S A Aquatic Championships will be swum as a combined event. Swimmers in the above age group who have not achieved the S A National Qualifying Time will not be considered for the S A Nationals semi-finals/finals, however swimmers in the above age groups who have qualified for S A Nationals may choose to be considered for the S A Youth Finals as well as S A Nationals semi-finals/finals. This must be indicated to the Admin Referee as soon as the results for the event are published.

1 S A Youth Nationals -

- 1.1 Swimmers who have achieved one S A Youth qualifying standard may enter three additional events, provided they have times on the SSA Database.
- 1.2 There will be no relays in this category.
- 1.3 The final results for the 800 and 1500 Freestyle for the S A Youth Championships will be determined from the results achieved in the heats. There will be no Finals.

2 S A National Aquatic Championships –

- 2.1 Swimmers may enter the events that they have S A National qualifying times for, plus three additional events provided they have times on the SSA Database.
- 2.2 Provinces may enter their fastest non qualifier in an event where they do not have any swimmers with qualifying times entered.
- 2.2 Provinces may enter two relay teams per event for S A Nationals. Both teams will score points. There may be heats and finals for the Relay events where there are 8 or more entries. This decision will be taken at the Manager's Meeting

3 Swimmers with Disabilities

- 3.1 Swimmers may enter the events that they have S A National qualifying Times for, plus three additional events provided they have times on the SSA Database.
- 3.2 Swimmers with disabilities events will be swum in two categories, Depending on their classification. Swimmers in the S1 -13 classification – category 1 and S14 and S15 - category 2.
- 3.3 The heats will be swum together and then the finalists for Category 1 and 2 will be separated into two finals. The final results and qualification for the finals will be determined using the World Records for each classification.

ENTRIES ADMINISTRATION

- 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.

- 2 Only accredited managers may
 1. Withdraw competitors
 2. Lodge objections
 3. Lodge complaints

Written protest accompanied by R500.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification

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

- 4 All team managers should attend the Manager's Meeting.

- 4.1 Clubs/Provinces who are not represented and who do not comply with the rules concerning entries will not receive any concessions.
- 4.2 This will be the last opportunity to apply for late entries subject to the late entry fee of 10x the original entry fee and the availability of lanes.
- 4.3 Withdrawals (Scratchings)
 - 4.3.1 Pre-competition at the Manager's Meeting – no charge
 - 4.3.2 After the Manager's Meeting, Withdrawals will be accepted 1 hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will be fined R100.00 per event.
 - 4.3.3 No-shows, heats or finals, swimmers who do not show for their race, will be fined R200.00 and the swimmer may not compete in any other event until this fine has been paid.
 - 4.3.4 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 notified, 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.
 - 4.3.5 If the Referee deems a swimmer to have deliberately false started or not performing to the swimmer's capabilities then 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.

- 5 Relays

- 5.1 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 prior to the session, this will be confirmation of the relay entry, if the relay form is not received the team will be withdrawn from the event. Only swimmers entered in the competition may swim in relays.
- 5.2 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 CEREMONIES

- 6.1 Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
- 6.2 Medal Ceremony – Swimmers must present themselves in good time and correctly attired.

- 6.3 Only medal winners are allowed to be on the medal podium during medal presentations (no family members, etc).
- 7 SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition.

LEVEL 1 REGIONAL AGE GROUP PROGRAM - CLUB COMPETITION

This competition may be swum, using ten lanes where possible.

VENUES: **Border** for Southern Regions: Western Province, SWD, EP, Border.
Kimberley for Eastern Regions: Mpumalanga, N KZN, KZN, Freestate, N Freestate, N Cape.
CGA for Northern Regions: Limpopo, NTS, CGA, EGA, Vaal Triangle, North West.
 Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

DATE: 1 – 3 April 2011

MANAGER’S MEETING: 31 March 2011– 17H00 at each venue

CLOSING DATE FOR ENTRIES: 11 March 2011

CLOSING DATE FOR ENTRY CORRECTIONS: 18 March 2011

ENTRY FEE: R20.00 - INDIVIDUAL ENTRIES
 R40.00 – RELAYS

Starting Time: Heats 08H30
 Finals 16H00 – except Day 3 15H00

DAY 1

200	BREAST	MEN		12&U	13	14	15 - 16
200	BREAST	WOMEN		12&U	13	14	15 - 16
100	FREE	MEN	10&U	11	12	13	14
100	FREE	WOMEN	10&U	11	12	13	14
50	BACK	MEN	10&U	11	12	13	14
50	BACK	WOMEN	10&U	11	12	13	14
200	I.M.	MEN		12&U	13	14	15 - 16
200	I.M.	WOMEN		12&U	13	14	15 - 16
4x50	MED.RELAY	MEN	12&U		13 - 16		
4x50	MED.RELAY	WOMEN	12&U		13 - 16		

DAY 2

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

DAY 3

200	BACK	MEN		12&U	13	14	15 - 16
200	BACK	WOMEN		12&U	13	14	15 - 16
50	BREAST	MEN	10&U	11	12	13	14
50	BREAST	WOMEN	10&U	11	12	13	14
100	FLY	MEN	10&U	11	12	13	14
100	FLY	WOMEN	10&U	11	12	13	14
50	FREE	MEN	10&U	11	12	13	14
50	FREE	WOMEN	10&U	11	12	13	14
4x50	FR/RELAY	MEN	12&U				13 - 16
4x50	FR/RELAY	WOMEN	12&U				13 - 16

LEVEL 2 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

This competition may be swum, using ten lanes where possible.

VENUES: WP for Southern Regions: Western Province, SWD, EP, Border

Free State for Eastern Regions: Mpumalanga, N KZN, KZN, Freestate, N Freestate, N Cape

NTS for Northern Regions: Limpopo, NTS, CGA, EGA, Vaal Triangle, North West.

Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

DATE: 25 -28 MARCH 2011

MANAGER’S MEETING: 25 March 2011 – 16H30

CLOSING DATE FOR ENTRIES:

4 March 2011

CLOSING DATE FOR ENTRY CORRECTIONS:

11 March 2011

ENTRY FEE: R30.00 - INDIVIDUAL ENTRIES
R60.00 – RELAYS

DAY 1 – Start at 17:00

400	FREE	MEN	11&U	12	13	14	15 – 18	Timed Finals
400	FREE	WOMEN	11&U	12	13	14	15 - 18	Timed Finals

Starting Time: Heats 08H30 Finals 16H00 except Day 4 – 15H00

DAY 2

200	FREE	MEN	11&U	12	13	14	15 - 18
200	FREE	WOMEN	11&U	12	13	14	15 - 18
200	I.M.	MEN	MULTI-DISABILITY			14/u	15 - 18
200	I.M.	WOMEN	MULTI-DISABILITY			14/u	15 - 18
100	BREAST	MEN	11&U	12	13	14	15 - 18
100	BREAST	WOMEN	11&U	12	13	14	15 - 18
50	BACK	MEN	11&U	12	13	14	15 - 18
50	BACK	WOMEN	11&U	12	13	14	15 - 18
50	BACK	MEN	MULTI-DISABILITY			14/u	15 - 18
50	BACK	WOMEN	MULTI-DISABILITY			14/u	15 - 18
100	FLY	MEN	11&U	12	13	14	15 - 18
100	FLY	WOMEN	11&U	12	13	14	15 - 18
4x100	FR.RELAY	MEN	13&U	14 - 18			
4x100	FR.RELAY	WOMEN	13&U	14 - 18			

DAY 3

100	FREE	MEN	11&U	12	13	14	15 - 18
100	FREE	WOMEN	11&U	12	13	14	15 - 18
100	FREE	MEN	MULTI-DISABILITY			14/u	15 - 18
100	FREE	WOMEN	MULTI-DISABILITY			14/u	15 - 18
50	BREAST	MEN	11&U	12	13	14	15 - 18
50	BREAST	WOMEN	11&U	12	13	14	15 - 18
50	BREAST	MEN	MULTI-DISABILITY			14/u	15 - 18
50	BREAST	WOMEN	MULTI-DISABILITY			14/u	15 - 18
100	BACK	MEN	11&U	12	13	14	15 - 18
100	BACK	WOMEN	11&U	12	13	14	15 - 18

100	BACK	MEN	MULTI-DISABILITY	14/u	15 - 18
100	BACK	WOMEN	MULTI-DISABILITY	14/u	15 - 18
200	I.M.	MEN	11&U 12 13	14	15 - 18
200	I.M.	WOMEN	11&U 12 13	14	15 - 18
4x50	FR.RELAY	MEN	13&U 14 - 18		
4x50	FR.RELAY	WOMEN	13&U 14 - 18		

DAY 4

50	FREE	MEN	11&U 12 13	14	15 - 18
50	FREE	WOMEN	11&U 12 13	14	15 - 18
50	FREE	MEN	MULTI-DISABILITY	14/u	15 - 18
50	FREE	WOMEN	MULTI-DISABILITY	14/u	15 - 18
200	BREAST	MEN	11&U 12 13	14	15 - 18
200	BREAST	WOMEN	11&U 12 13	14	15 - 18
100	BREAST	MEN	MULTI-DISABILITY	14/u	15 - 18
100	BREAST	WOMEN	MULTI-DISABILITY	14/u	15 - 18
200	BACK	MEN	11&U 12 13	14	15 - 18
200	BACK	WOMEN	11&U 12 13	14	15 - 18
50	FLY	MEN	11&U 12 13	14	15 - 18
50	FLY	WOMEN	11&U 12 13	14	15 - 18
50	FLY	MEN	MULTI-DISABILITY	14/u	15 - 18
50	FLY	WOMEN	MULTI-DISABILITY	14/u	15 - 18
4x50	MED.RELAY	MEN	13&U 14 - 18		
4x50	MED.RELAY	WOMEN	13&U 14 - 18		

LEVEL 3 AGE GROUP PROGRAM – CLUB COMPETITION

This competition may be swum in a ten lane format where possible.

VENUE: Kings Park, Durban

DATE: 18 -22 MARCH 2011

MANAGER'S MEETING: 18 March 2011 – 16H30

CLOSING DATE FOR ENTRIES:

21 February 2011

CLOSING DATE FOR ENTRY CORRECTIONS:

7 March 2011

ENTRY FEE: R40.00 - INDIVIDUAL ENTRIES
R60.00 – RELAYS

DAY 1 – Starting at 17:00

400	FREE	MEN	12&U 13 14 15 16	17 - 18	Timed Finals
400	FREE	WOMEN	12&U 13 14 15 16	17 - 18	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 - 18
100	BACK	WOMEN	12&U 13 14 15 16	17 - 18
200	FLY	MEN	12 - 14 15 - 18	Timed Finals
200	FLY	WOMEN	12 - 14 15 - 18	Timed Finals
50	BREAST	MEN	12&U 13 14 15 16	17 - 18
50	BREAST	WOMEN	12&U 13 14 15 16	17 - 18
200	FREE	MEN	12&U 13 14 15 16	17 - 18
200	FREE	WOMEN	12&U 13 14 15 16	17 - 18
4x100	FR.RELAY	MEN	14&U 15 - 18	
4x100	FR.RELAY	WOMEN	14&U 15 - 18	

DAY 3

100	FREE	MEN	12&U 13 14 15 16	17 - 18
100	FREE	WOMEN	12&U 13 14 15 16	17 - 18
100	BREAST	MEN	12&U 13 14 15 16	17 - 18

100	BREAST	WOMEN	12&U	13	14	15	16	17 - 18
400	I.M.	MEN	12 - 14		15 - 18			Timed Finals
400	I.M.	WOMEN	12 - 14		15 - 18			Timed Finals
50	FLY	MEN	12&U	13	14	15	16	17 - 18
50	FLY	WOMEN	12&U	13	14	15	16	17 - 18
4x100	MED.RELAY	MEN	14&U	15 - 18				
4x100	MED.RELAY	WOMEN	14&U	15 - 18				

DAY 4

50	FREE	MEN	12&U	13	14	15	16	17 - 18
50	FREE	WOMEN	12&U	13	14	15	16	17 - 18
200	I.M.	MEN	12&U	13	14	15	16	17 - 18
200	I.M.	WOMEN	12&U	13	14	15	16	17 - 18
50	BACK	MEN	12&U	13	14	15	16	17 - 18
50	BACK	WOMEN	12&U	13	14	15	16	17 - 18
800	FREE	WOMEN	12 - 14			15 - 18		Timed Finals
1500	FREE	MEN	12 - 14			15 - 18		Timed finals

DAY 5

200	BREAST	MEN	12&U	13	14	15	16	17 - 18
200	BREAST	WOMEN	12&U	13	14	15	16	17 - 18
100	FLY	MEN	12&U	13	14	15	16	17 - 18
100	FLY	WOMEN	12&U	13	14	15	16	17 - 18
200	BACK	MEN	12&U	13	14	15	16	17 - 18
200	BACK	WOMEN	12&U	13	14	15	16	17 - 18
4x50	FR.RELAY	MEN	14&U	15 - 18				
4x50	FR.RELAY	WOMEN	14&U	15 - 18				

2011 SA NATIONAL AQUATIC CHAMPIONSHIPS AND S A YOUTH CHAMPIONSHIPS – PROVINCIAL COMPETITION

Eastern Province will be the host province

	Date	Venue
Swimming	11 – 16 April 2011	Newton Park Swimming Pool, Port Elizabeth
Manager's Meeting	10 April 2011 17:00	Newton Park Swimming Pool, Port Elizabeth

CLOSING DATE FOR SWIMMING ENTRIES: 22 March 2011

CLOSING DATE FOR ENTRY CORRECTIONS: 29 March 2011

This competition will be swum in a eight lane format.

SWIMMING ENTRY FEE: R40.00 - INDIVIDUAL ENTRIES
R60.00 – RELAYS

	Date	Venue
Open Water	TBC 7 & 9 April 2011	TBC Marina Martinique
Water Polo	TBC 6 – 9 April 2011	TBC
Diving	TBC 11 – 14 April 2011	St George's Park
Synchronised Swimming	12 – 16 April 2011	TBC

Every Child a Swimmer

2011 SA NATIONAL OPEN CHAMPIONSHIPS

Qualifying Times

11 – 16 April 2011

Event	Class	Men	Women
50m Freestyle	S1	1:46.54	2:11.42
	S2	1:39.18	2:04.51
	S3	1:10.29	1:34.12
	S4	1:01.94	1:16.35
	S5	0:53.82	0:59.20
	S6	0:49.14	0:58.74
	S7	0:45.66	0:55.32
	S8	0:43.64	0:51.99
	S9	0:41.81	0:47.92
	S10	0:38.96	0:46.93
	S11	0:42.60	0:51.50
	S12	0:38.66	0:44.67
	S13	0:39.19	0:45.18
	S14	0:40.00	0:45.00
	S15	0:29.00	0:36.00
100m Freestyle	S1	3:52.25	4:48.02
	S2	3:35.29	4:30.06
	S3	2:37.10	3:22.12
	S4	2:16.57	2:06.47
	S5	1:57.23	2:07.76
	S6	1:48.82	1:58.16
	S7	1:39.56	1:50.24
	S8	1:35.27	1:53.69
	S9	1:31.24	1:40.78
	S10	1:24.78	1:41.59
	S11	1:33.51	1:53.78
	S12	1:25.68	1:39.02
	S13	1:28.06	1:37.14
	S14	1:11.00	1:29.00
	S15	1:08.00	1:21.00
50m Backstroke	S1	2:14.06	2:01.51
	S2	1:44.23	2:05.94
	S3	1:13.11	1:35.57
	S4	1:10.47	1:20.73
	S5	0:57.82	1:07.39
	S6	1:00.36	1:09.51
50m Backstroke	S7	0:58.01	1:05.77
	S8	0:52.29	1:01.40

	S9		0:49.17		0:56.00
	S10		0:48.02		0:58.23
	S11		0:53.31		1:03.49
	S12		0:47.57		0:55.47
	S13		0:48.26		0:55.67
	S14		0:45.00		0:55.00
	S15		0:40.00		0:58.00
100m Backstroke	S1		5:18.40		4:59.89
	S2		4:02.71		5:14.04
	S3		3:24.90		3:38.51
	S4		2:40.59		3:05.99
	S5		2:10.15		2:33.30
	S6		2:02.08		2:23.38
	S7		1:58.95		2:19.09
	S8		1:49.44		2:06.62
	S9		1:44.51		1:54.34
	S10		1:40.90		1:55.40
	S11		1:51.77		2:14.03
	S12		1:37.96		1:53.67
	S13		1:38.75		1:54.00
	S14		1:45.00		1:55.00
	S15		1:30.00		1:40.00
50m Breaststroke	SB1		2:34.27		2:51.42
	SB2		1:32.85		2:04.08
	SB3		1:20.01		1:32.81
	SB4		1:17.06		1:26.82
	SB5		1:09.63		1:16.03
	SB6		1:07.73		1:17.40
	SB7		1:03.87		1:13.05
	SB8		0:56.31		1:04.65
	SB9		0:52.95		1:03.66
	SB11		0:57.24		1:08.66
	SB12		0:54.40		1:04.63
	SB13		0:51.76		1:00.09
	S14		0:55.00		1:00.00
	S15		0:48.00		0:55.00
100m Breaststroke	SB1		5:58.13		5:58.13
	SB2		3:40.14		4:59.95
	SB3		3:10.56		3:33.92
	SB4		2:39.41		3:08.94
	SB5		2:30.97		2:38.89
	SB6		2:23.62		2:45.15
	SB7		2:15.60		2:31.14

	SB8		1:50.57		2:12.96
	SB9		1:53.16		2:06.93
	SB11		1:56.37		2:27.67
	SB12		1:51.31		2:06.75
	SB13		1:46.64		2:07.25
	SB14		1:55.00		2:00.00
	SB15		1:30.00		1:50.00
50m Butterfly	S1		3:14.93		
	S2		2:52.75		
	S3		1:41.64		1:37.09
	S4		1:15.22		1:32.99
	S5		0:59.32		1:06.84
	S6		0:50.80		1:03.43
	S7		0:50.11		0:56.88
	S8		0:48.77		0:55.59
	S9		0:47.17		0:53.72
	S10		0:44.37		0:52.52
	S11		0:46.96		0:59.94
	S12		0:44.14		0:49.62
	S13		0:45.11		0:50.23
	S14		0:44.00		0:59.00
	S15		0:40.00		0:54.00
100m Butterfly	S5		2:23.73		3:16.09
	S6		2:05.47		2:30.93
	S7		1:52.60		2:23.17
	S8		1:40.57		1:58.21
	S9		1:37.91		1:50.12
	S10		1:33.18		1:53.65
	S11		1:40.85		2:11.93
	S12		1:33.89		1:44.13
	S13		1:37.17		1:48.82
	S14		1:38.00		1:55.00
	S15		1:38.00		1:55.00
200m Ind Medley	SM5		8:14.47		8:09.21
	SM6		5:54.19		8:07.89
	SM7		4:44.79		5:19.41
	SM8		4:27.61		5:18.53
	SM9		4:17.27		4:48.11
	SM10		3:52.52		4:27.05
	SM11		3:40.44		4:03.92
	SM12		3:39.09		4:13.51
	SM13		3:55.90		4:53.52
	SM14		3:30.00		4:05.00
	SM15		3:30.00		4:05.00

NB** Qualifying times for swimmers with disability to swim 200m and 400m in the heats with the able bodied.

200m Freestyle	S1	Nil	Nil
	S2	6:20.00	Nil
	S3	6:00.00	7:00.00
	S4	4:30.00	5:30.00
	S5	4:00.00	4:40.00
	S6	3:30.00	4:10.00
	S7	3:20.00	3:30.00
	S8	3:00.00	3:10.00
	S9	2:40.00	2:50.00
	S10	2:20.00	2:35.00
	S11	3:00.00	3:15.00
	S12	2:40.00	2:55.00
	S13	2:20.00	2:35.00
	S14	2:20.00	2:35.00
	S15		
400m Freestyle		Non Event for lower classes	
	S6	6:55.00	8:00.00
	S7	6:30.00	7:20.00
	S8	6:00.00	6:40.00
	S9	5:35.00	6:10.00
	S10	5:15.00	6:00.00
	S11	6:00.00	6:30.00
	S12	5:50.00	6:10.00
	S13	5:40.00	6:00.00
	S14	5:15.00	6:00.00
	S15		

SANAT11 STANDARDS Sa National Standards Long Course Meters

Women

	SANA
50 Free	27.72
100 Free	1:00.21
200 Free	2:10.03
400 Free	4:33.87
800 Free	9:22.42
1500 Free	17:29.47
50 Back	31.76
100 Back	1:09.10
200 Back	2:28.66
50 Breast	35.11
100 Breast	1:17.29
200 Breast	2:46.00
50 Fly	29.32
100 Fly	1:06.47
200 Fly	2:26.54
200 IM	2:27.44
400 IM	5:10.74

Men

	SANA
50 Free	24.36
100 Free	53.66
200 Free	1:58.50
400 Free	4:10.66
800 Free	8:32.28
1500 Free	16:35.34
50 Back	28.16
100 Back	1:01.76
200 Back	2:14.08
50 Breast	30.83
100 Breast	1:08.96
200 Breast	2:29.73
50 Fly	26.35
100 Fly	59.20
200 Fly	2:11.79
200 IM	2:12.33
400 IM	4:41.66

YOUTH11 STANDARDS Youth Nationals Long Course Meters

Women

	YOUTH
50 Free	28.99
100 Free	1:02.97
200 Free	2:15.99
400 Free	4:46.44
800 Free	9:53.38
1500 Free	18:17.61
50 Back	33.18
100 Back	1:12.19
200 Back	2:35.29
50 Breast	36.68
100 Breast	1:20.74
200 Breast	2:53.41
50 Fly	30.63
100 Fly	1:09.44
200 Fly	2:34.29
200 IM	2:35.56
400 IM	5:30.69

Men

	YOUTH
50 Free	25.48
100 Free	56.12
200 Free	2:03.94
400 Free	4:22.15
800 Free	8:55.78
1500 Free	17:30.13
50 Back	29.41
100 Back	1:04.51
200 Back	2:20.07
50 Breast	32.21
100 Breast	1:12.04
200 Breast	2:36.42
50 Fly	27.53
100 Fly	1:01.85
200 Fly	2:18.85
200 IM	2:19.61
400 IM	4:59.74

SAAGE11 STANDARDS Sa Age Group Standards Long Course Meters

Women 10 & Under

	LEV3	LEV2	LEV1
50 Free		36.87	43.99
100 Free	1:07.39	1:20.10	1:35.57
200 Free	2:25.53	2:52.97	3:14.44
400 Free	5:06.54	6:04.33	
50 Back		41.97	49.91
100 Back	1:17.13	1:31.32	1:48.59
200 Back	2:45.91	3:16.44	3:40.33
50 Breast		46.40	55.18
100 Breast	1:26.26	1:42.13	2:01.46
200 Breast	3:05.26	3:39.35	4:06.03
50 Fly		38.75	46.08
100 Fly	1:14.19	1:27.84	1:44.46
200 IM	2:46.38	3:18.85	3:44.55

Women 11-11

	LEV3	LEV2	LEV1
50 Free		36.87	41.45
100 Free	1:07.39	1:20.10	1:30.04
200 Free	2:25.53	2:52.97	3:14.44
400 Free	5:06.54	6:04.33	
50 Back		41.97	47.08
100 Back	1:17.13	1:31.32	1:42.42
200 Back	2:45.91	3:16.44	3:40.33
50 Breast		46.40	52.04
100 Breast	1:26.26	1:42.13	1:54.56
200 Breast	3:05.26	3:39.35	4:06.03
50 Fly		38.75	43.46
100 Fly	1:14.19	1:27.84	1:38.52
200 IM	2:46.38	3:18.85	3:44.44

Women 12-12

	LEV3	LEV2	LEV1
50 Free		35.09	39.42
100 Free	1:07.39	1:16.23	1:25.62
200 Free	2:25.53	2:44.62	3:14.44
400 Free	5:06.54	5:46.74	
800 Free	10:14.02		
50 Back		39.99	44.81
100 Back	1:17.13	1:27.00	1:37.49
200 Back	2:45.91	3:07.15	3:40.33
50 Breast		44.20	49.53
100 Breast	1:26.26	1:37.30	1:49.04
200 Breast	3:05.26	3:28.98	4:06.03
50 Fly		36.91	41.36
100 Fly	1:14.19	1:23.68	1:33.77
200 Fly	2:39.62		
200 IM	2:46.38	3:09.38	3:44.55

400 IM	5:42.10			
Women 13-13				
		LEV3	LEV2	LEV1
50 Free			33.57	37.64
100 Free	1:05.74		1:12.92	1:21.76
200 Free	2:21.96		2:37.46	2:56.55
400 Free	4:59.00		5:31.66	
800 Free	10:14.02			
1500 Free				
50 Back			38.29	42.82
100 Back	1:15.27		1:23.30	1:33.17
200 Back	2:41.93		2:59.19	3:20.42
50 Breast			42.32	47.34
100 Breast	1:24.19		1:33.16	1:44.21
200 Breast	3:00.82		3:20.08	3:43.80
50 Fly			35.34	39.53
100 Fly	1:12.41		1:20.12	1:29.62
200 Fly	2:39.62			
200 IM	2:42.32		3:01.26	3:24.26
400 IM	5:42.10			

Women 14-14				
		LEV3	LEV2	LEV1
50 Free			32.30	36.11
100 Free	1:04.63		1:10.15	1:18.44
200 Free	2:19.57		2:31.50	2:49.39
400 Free	4:53.97		5:19.10	
800 Free	10:14.02			
1500 Free				
50 Back			36.87	41.12
100 Back	1:14.04		1:20.21	1:29.47
200 Back	2:39.28		2:52.55	3:12.46
50 Breast			40.76	45.46
100 Breast	1:22.81		1:29.71	1:40.06
200 Breast	2:57.85		3:12.67	3:34.90
50 Fly			34.03	37.96
100 Fly	1:11.22		1:17.16	1:26.06
200 Fly	2:39.62			
200 IM	2:39.62		2:54.50	3:16.14
400 IM	5:42.10			

Women 15-15				
		LEV3	LEV2	LEV1
50 Free			31.28	34.84
100 Free	1:04.08		1:07.95	1:15.68
200 Free	2:18.38		2:26.73	2:43.43
400 Free	4:51.46		5:09.05	
800 Free	9:53.38			
1500 Free				
50 Back			35.73	39.70
100 Back	1:13.42		1:17.74	1:26.38
200 Back	2:37.95		2:47.24	3:05.82
50 Breast			39.50	43.89
100 Breast	1:22.12		1:26.95	1:36.61

200 Breast	2:56.37	3:06.74	3:27.49
50 Fly		32.99	36.65
100 Fly	1:10.63	1:14.78	1:23.09
200 Fly	2:34.39		
200 IM	2:38.27	2:49.09	3:09.38
400 IM	5:30.69		

Women 16-16

	LEV3	LEV2	LEV1
50 Free		31.28	34.84
100 Free	1:03.53	1:07.95	1:15.68
200 Free	2:17.18	2:26.73	2:43.43
400 Free	4:48.95	5:09.05	
800 Free	9:53.38		
1500 Free			
50 Back		35.73	39.70
100 Back	1:12.81	1:17.74	1:26.38
200 Back	2:36.62	2:47.24	3:05.82
50 Breast		39.50	43.89
100 Breast	1:21.43	1:26.95	1:36.61
200 Breast	2:54.89	3:06.74	3:27.49
50 Fly		32.99	36.65
100 Fly	1:10.03	1:14.78	1:23.09
200 Fly	2:34.39		
200 IM	2:36.91	2:49.00	3:09.38
400 IM	5:30.69		

Women 17-17

	LEV3	LEV2	LEV1
50 Free		31.28	
100 Free	1:02.97	1:07.95	
200 Free	2:15.99	2:26.73	
400 Free	4:46.44	5:09.05	
800 Free	9:53.38		
1500 Free			
50 Back		35.73	
100 Back	1:12.19	1:17.74	
200 Back	2:35.29	2:47.24	
50 Breast		39.50	
100 Breast	1:20.74	1:26.95	
200 Breast	2:53.41	3:06.74	
50 Fly		32.99	
100 Fly	1:09.44	1:14.78	
200 Fly	2:34.39		
200 IM	2:35.56	2:49.09	
400 IM	5:30.69		

Women 18-18

	LEV3	LEV2	LEV1
50 Free		31.28	
100 Free	1:02.97	1:07.95	
200 Free	2:15.99	2:26.73	
400 Free	4:46.44	5:09.05	
800 Free	9:53.38		
50 Back		35.73	

100 Back	1:12.19	1:17.74
200 Back	2:35.29	2:47.24
50 Breast		39.50
100 Breast	1:20.74	1:26.95
200 Breast	2:53.41	3:06.74
50 Fly		32.99
100 Fly	1:09.44	1:14.78
200 Fly	2:34.39	
200 IM	2:35.56	2:49.09
400 IM	5:30.69	

Men 10 & Under

	LEV3	LEV2	LEV1
50 Free		36.43	42.47
100 Free	1:08.43	1:20.24	1:33.54
200 Free	2:31.12	2:57.21	3:10.26
400 Free	5:19.64	6:14.83	
50 Back		41.73	48.52
100 Back	1:18.30	1:31.53	1:46.42
200 Back	2:50.00	3:18.74	3:33.10
50 Breast		45.70	53.13
100 Breast	1:27.43	1:42.21	1:58.83
200 Breast	3:09.84	3:41.93	3:57.97
50 Fly		39.06	45.41
100 Fly	1:15.06	1:27.75	1:42.02
200 IM	2:49.96	3:20.31	3:36.09

Men 11-11

	LEV3	LEV2	LEV1
50 Free		36.43	39.11
100 Free	1:08.43	1:20.24	1:26.15
200 Free	2:31.12	2:57.21	3:10.26
400 Free	5:19.64	6:14.83	
50 Back		41.73	44.75
100 Back	1:18.30	1:31.53	1:38.15
200 Back	2:50.00	3:18.74	3:33.10
50 Breast		45.70	49.00
100 Breast	1:27.43	1:42.21	1:49.59
200 Breast	3:09.84	3:41.93	3:57.97
50 Fly		39.06	41.88
100 Fly	1:15.06	1:27.75	1:34.09
200 IM	2:49.96	3:20.31	3:36.09

Men 12-12

	LEV3	LEV2	LEV1
50 Free		33.30	36.21
100 Free	1:08.43	1:13.36	1:19.75
200 Free	2:31.12	2:41.99	3:10.26
400 Free	5:19.64	5:42.64	
1500 Free	19:47.11		
50 Back		38.21	41.48
100 Back	1:18.30	1:23.81	1:30.98
200 Back	2:50.00	3:01.97	3:33.10
50 Breast		41.85	45.42
100 Breast	1:27.43	1:33.59	1:41.59

200 Breast	3:09.84	3:23.21	3:57.97
50 Fly		35.77	38.82
100 Fly	1:15.06	1:20.35	1:27.22
200 Fly	2:36.50		
200 IM	2:49.96	3:03.31	3:36.09
400 IM	5:38.50		

Men 13-13

	LEV3	LEV2	LEV1
50 Free		31.51	33.75
100 Free	1:04.00	1:09.41	1:14.34
200 Free	2:21.34	2:33.30	2:44.17
400 Free	4:58.95	5:24.24	
1500 Free	19:47.11		
50 Back		36.20	38.72
100 Back	1:13.34	1:19.40	1:24.92
200 Back	2:39.23	2:52.40	3:04.37
50 Breast		39.64	42.40
100 Breast	1:21.89	1:28.66	1:34.82
200 Breast	2:57.81	3:12.51	3:25.88
50 Fly		33.88	36.24
100 Fly	1:10.30	1:16.12	1:21.40
200 Fly	2:36.50		
200 IM	2:39.03	2:53.60	3:06.96
400 IM	5:38.50		

Men 14-14

	LEV3	LEV2	LEV1
50 Free		29.73	31.74
100 Free	1:00.55	1:05.48	1:09.91
200 Free	2:13.73	2:24.60	2:34.38
400 Free	4:42.85	5:05.85	
800 Free			
1500 Free	19:47.11		
50 Back		34.19	36.45
100 Back	1:09.48	1:14.99	1:19.95
200 Back	2:30.85	2:42.82	2:53.59
50 Breast		37.44	39.92
100 Breast	1:17.58	1:23.74	1:29.28
200 Breast	2:48.45	3:01.82	3:13.85
50 Fly		32.00	34.12
100 Fly	1:06.60	1:11.89	1:16.65
200 Fly	2:36.50		
200 IM	2:30.54	2:43.89	2:56.06
400 IM	5:38.50		

Men 15-15

	LEV3	LEV2	LEV1
50 Free		28.38	30.17
100 Free	58.09	1:02.52	1:06.46
200 Free	2:08.29	2:18.07	2:26.77
400 Free	4:31.35	4:52.05	
800 Free			
1500 Free	17:30.13		
50 Back		32.68	34.69

100 Back	1:06.72	1:11.68	1:16.09
200 Back	2:24.86	2:35.64	2:45.21
50 Breast		35.79	37.99
100 Breast	1:14.50	1:20.04	1:24.97
200 Breast	2:41.76	2:53.80	3:04.49
50 Fly		30.59	32.47
100 Fly	1:03.96	1:08.72	1:12.95
200 Fly	2:18.85		
200 IM	2:24.47	2:36.61	2:47.53
400 IM	4:59.74		

Men 16-16

	LEV3	LEV2	LEV1
50 Free		28.38	30.17
100 Free	56.61	1:02.52	1:06.46
200 Free	2:05.03	2:18.07	2:26.77
400 Free	4:24.45	4:52.05	
800 Free			
1500 Free	17:30.13		
50 Back		32.68	34.69
100 Back	1:05.07	1:11.68	1:16.09
200 Back	2:21.27	2:35.64	2:45.21
50 Breast		35.79	37.99
100 Breast	1:12.65	1:20.04	1:24.97
200 Breast	2:37.75	2:53.80	3:04.49
50 Fly		30.59	32.47
100 Fly	1:02.37	1:08.72	1:12.95
200 Fly	2:18.85		
200 IM	2:20.82	2:36.61	2:47.53
400 IM	4:59.74		

Men 17-17

	LEV3	LEV2	LEV1
50 Free		28.38	
100 Free	56.12	1:02.52	
200 Free	2:03.94	2:18.07	
400 Free	4:22.15	4:52.05	
800 Free			
1500 Free	17:30.13		
50 Back		32.68	
100 Back	1:04.51	1:11.68	
200 Back	2:20.07	2:35.64	
50 Breast		35.79	
100 Breast	1:12.04	1:20.04	
200 Breast	2:36.42	2:53.80	
50 Fly		30.59	
100 Fly	1:01.85	1:08.72	
200 Fly	2:18.85		
200 IM	2:19.61	2:36.61	
400 IM	4:59.74		

Men 18-18

	LEV3	LEV2	LEV1
50 Free		28.38	
100 Free	56.12	1:02.52	

200 Free	2:03.94	2:18.07
400 Free	4:22.15	4:52.05
800 Free		
1500 Free	17:30.13	
50 Back		32.68
100 Back	1:04.51	1:11.68
200 Back	2:20.07	2:35.64
50 Breast		35.79
100 Breast	1:12.04	1:20.04
200 Breast	2:36.42	2:53.80
50 Fly		30.59
100 Fly	1:01.85	1:08.72
200 Fly	2:18.85	
200 IM	2:19.61	2:36.61
400 IM	4:59.74	