

2019 SA NATIONAL OPEN CHAMPIONSHIPS
Qualifying Times – Para Swimmers
08 – 12 April 2019

	Men	Women	
50m Freestyle	S1	1:29,32	1:15,53
	S2	1:21,80	1:15,52
	S3	0:59,64	1:04,96
	S4	0:52,56	0:58,41
	S5	0:44,72	0:50,23
	S6	0:40,00	0:48,68
	S7	0:38,74	0:44,30
	S8	0:35,45	0:42,18
	S9	0:35,18	0:40,66
	S10	0:32,42	0:38,89
	S11	0:35,38	0:43,32
	S12	0:32,19	0:37,66
	S13	0:32,49	0:38,33
	S14	0:34,37	0:38,36
	S15	0:32,84	0:36,61
100m Freestyle	S1	3:10,16	2:43,73
	S2	2:53,19	2:43,11
	S3	2:11,63	2:16,61
	S4	1:55,40	2:09,39
	S5	1:35,75	1:47,31
	S6	1:31,63	1:42,66
	S7	1:24,48	1:35,24
	S8	1:18,78	1:31,45
	S9	1:15,85	1:25,51
	S10	1:11,22	1:24,21
	S11	1:19,34	1:34,21
	S12	1:11,27	1:21,77
	S13	1:11,47	1:22,42
	S14	1:14,97	1:23,06
	S15	1:11,99	1:20,21
50m Backstroke	S1	1:30,01	1:37,93
	S2	1:23,19	1:28,20
	S3	0:59,09	1:17,60
	S4	0:59,79	1:07,89
	S5	0:48,99	0:54,15
	S6	0:49,01	0:55,83
	S7	0:45,58	0:54,66
	S8	0:43,20	0:51,87
	S9	0:41,72	0:47,08
	S10	0:39,00	0:44,27
	S11	0:45,23	0:51,09
	S12	0:39,30	0:44,73
	S13	0:38,60	0:45,65
	S14	0:41,69	0:44,30
	S15	0:38,75	0:43,55
100m Backstroke	S1	3:27,58	3:25,11
	S2	2:58,68	3:10,83
	S3	2:35,54	3:02,13
	S4	2:16,26	2:25,47
	S5	1:46,96	2:10,07
	S6	1:42,98	1:58,59
	S7	1:37,33	1:54,20
	S8	1:28,65	1:44,10
	S9	1:26,45	1:37,02
	S10	1:24,01	1:32,26
	S11	1:34,84	1:50,03
	S12	1:23,09	1:34,82
	S13	1:19,76	1:34,21
	S14	1:24,62	1:31,94

NB**

A Letter of request and proof of the QT being achieved should be sent to SSA if a swimmer wants to swim the events below as they will be swum in the heats with the able swimmers.

	Men	Women		
200 m Freestyle	S1	6:56,91	7:41,52	
	S2	6:06,88	6:46,04	
	S3	4:35,03	4:59,11	
	S4	4:06,13	4:31,45	
	S5	3:25,11	3:50,45	
	S6	3:16,27	3:40,39	
	S7	3:12,09	3:25,02	
	S8	3:00,19	3:17,58	
	S9	2:46,63	3:01,83	
	S10	2:40,24	3:06,55	
	S11	2:54,41	3:34,65	
	S12	2:47,20	3:08,37	
	S13	2:43,49	3:03,99	
	S14	2:44,02	3:01,83	
	S15	2:38,37	2:57,98	
400 m Freestyle	S6	06:42,85	7:26,84	
	S7	06:30,80	6:58,63	
	S8	06:12,51	6:35,19	
	S9	05:49,90	6:09,33	
	S10	05:41,00	6:21,91	
	S11	06:05,16	7:15,08	
	S12	05:44,33	6:28,32	
	S13	05:29,78	6:11,43	
	S14	05:57,74	6:39,36	
	S15	05:26,79	6:14,95	
	800 m Freestyle	S6	14:02,52	15:58,10
		S7	14:01,69	15:44,09
		S8	13:00,84	14:24,50
		S9	12:14,34	12:34,73
		S10	12:01,97	13:23,63
S11		14:26,61	15:20,95	
S12		12:27,07	14:05,29	
S13		12:46,91	13:20,87	
S14		12:38,58	14:17,74	
S15		11:54,56	12:49,62	
1500 m Freestyle		S7	27:46,22	31:01,55
		S8	26:07,83	28:00,49
		S9	23:11,77	23:55,13
		S10	22:51,58	25:59,40
		S11	26:38,95	30:16,54
	S12	26:31,94	00:00,00	
	S13	23:11,31	25:03,46	
	S14	24:14,40	27:26,40	
	S15	22:20,60	25:04,36	
	200 m Backstroke	S6	03:50,48	4:19,98
		S7	03:46,17	4:05,92
		S8	03:30,13	4:10,18
		S9	03:10,06	3:27,61
		S10	03:01,76	3:21,49
		S11	03:34,79	3:59,23
S12		03:13,34	3:31,58	
S13		03:14,26	3:37,06	
S14		03:24,97	3:24,97	

	S15	1:22,17	1:33,55
50m Breaststroke	SB1	2:05,92	1:53,54
	SB2	1:18,78	1:36,73
	SB3	1:07,89	1:15,89
	SB4	1:00,82	1:07,27
	SB5	0:59,08	1:00,87
	SB6	0:52,78	1:02,86
	SB7	0:50,58	0:58,90
	SB8	0:44,20	0:50,92
	SB9	0:40,82	0:50,41
	SB11	0:45,43	0:55,87
	SB12	0:42,73	0:49,10
	SB13	0:41,86	0:50,78
	SB14	0:42,41	0:49,25
	SB15	0:38,91	0:46,58
100m Breaststroke	SB1	4:55,53	7:04,48
	SB2	3:05,70	3:51,03
	SB3	2:33,90	3:01,51
	SB4	2:09,18	2:25,42
	SB5	2:08,10	2:11,39
	SB6	1:52,24	2:13,71
	SB7	1:48,96	2:03,94
	SB8	1:33,81	1:48,04
	SB9	1:29,63	1:47,70
	SB11	1:38,15	2:02,32
	SB12	1:29,70	1:46,54
	SB13	1:29,01	1:47,97
	SB14	1:33,37	1:46,16
	SB15	1:24,00	1:41,28
50m Butterfly	S1	2:45,40	2:06,80
	S2	1:54,39	1:41,05
	S3	1:18,09	1:18,40
	S4	0:56,67	1:18,90
	S5	0:47,57	0:56,71
	S6	0:41,86	0:50,47
	S7	0:41,29	0:47,33
	S8	0:39,26	0:45,74
	S9	0:38,08	0:44,66
	S10	0:35,35	0:39,73
	S11	0:39,21	0:46,55
	S12	0:36,92	0:42,10
	S13	0:34,34	0:42,62
	S14	0:37,93	0:42,22
	S15	0:34,75	0:40,82
100m Butterfly	S5	1:48,91	2:29,41
	S6	1:39,06	2:04,98
	S7	1:35,54	1:52,20
	S8	1:24,63	1:35,48
	S9	1:22,92	1:33,44
	S10	1:18,39	1:29,53
	S11	1:25,57	1:45,24
	S12	1:19,58	1:28,35
	S13	1:16,89	1:32,33
	S14	1:22,57	1:35,38
	S15	1:15,46	1:29,63
200m Ind Medley	SM3	6:18,06	6:55,09
	SM4	4:58,21	6:53,97
	SM5	3:56,49	4:30,80
	SM6	3:42,07	4:17,70
	SM7	3:34,38	3:55,80
	SM8	3:17,29	3:38,40
	SM9	3:07,04	3:26,96
	SM10	3:02,01	3:23,91
	SM11	3:19,36	3:53,67

	S15	02:58,40	3:23,99
200 m Breaststroke	SB4	04:41,90	5:15,98
	SB5	04:51,16	4:44,37
	SB6	04:13,68	5:02,92
	SB7	04:02,30	4:36,79
	SB8	03:27,17	4:03,45
	SB9	03:21,92	4:03,74
	SB11	03:47,58	4:27,65
	SB12	03:35,71	4:06,46
	SB13	03:35,35	4:00,09
	SB14	03:29,78	3:55,16
	SB15	03:05,50	3:37,91
200 m Butterfly	S8	03:16,49	3:39,10
	S9	03:09,14	3:33,98
	S10	03:07,29	3:35,61
	S11	03:33,68	3:59,30
	S12	03:06,76	3:53,14
	S13	03:14,01	3:32,63
	S14	03:10,04	3:41,93
	S15	02:50,39	3:16,04
150 m Individual Medley	SM1	08:13,44	5:16,18
	SM2	06:04,83	7:00,22
	SM3	03:49,21	4:40,00
	SM4	03:24,37	3:54,98
400 m Individual Medley	SM8	7:28,15	8:06,16
	SM9	7:09,06	7:33,47
	SM10	6:50,54	7:50,29
	SM11	7:06,03	8:40,39
	SM12	6:41,53	7:41,47
	SM13	7:07,21	7:33,04
	SM14	7:01,85	7:30,66
	SM15	5:59,69	7:05,70

SM12	3:03,22	3:27,20
SM13	2:53,31	3:25,60
SM14	3:04,62	3:21,85
SM15	2:52,66	3:19,89