

SWIMMING PROGRAMMES, CLOSING DATES AND RULES**S.A. Schools Swimming Championships**

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

VENUE:

Ellispark Aquatic Complex, Johannesburg

DATE: 11 -16 December 2015

MANAGERS' MEETING: 11 December 2015

CLOSING DATE FOR TECHNICAL ENTRIES:

13 November 2015

CLOSING DATE FOR ENTRY CORRECTIONS:

20 November 2015

(11 December)

Training sessions**DAY 1 Swimming (12 December) – Start at 08:30**

Starting Time:			Heats	08H30	Finals	13H00	15H00
200	FREE	MEN			11-12 13	14-15	16-17
200	FREE	WOMEN			11-12 13	14-15	16-17
200	I.M.	MEN			MULTI-DISABILITY (S1 – S15)	12 – 14 yrs.	15 - 19
200	I.M.	WOMEN			MULTI-DISABILITY (S1 – S15)	12 – 14 yrs.	15 - 19
50	BREAST	MEN			11-12 13	14-15	16-17
50	BREAST	WOMEN			11-12 13	14-15	16-17
100	BACK	MEN			11-12 13	14-15	16-17
100	BACK	WOMEN			11-12 13	14-15	16-17
50	BACK	MEN			MULTI-DISABILITY	12 – 14	15 - 19
50	BACK	WOMEN			MULTI-DISABILITY	12 - 14	15 - 19
4x100	MEDLEY RELAY	MEN			11-12 13	14 -15	16-17
4x100	MEDLEY RELAY	WOMEN			11-12 13	14 -15	16-17

DAY 2

100	BREAST	MEN			11-12 13	14-15	16-17
100	BREAST	WOMEN			11-12 13	14-15	16-17
100	FREE	MEN			11-12 13	14-15	16-17
100	FREE	WOMEN			11-12 13	14-15	16-17
100	FREE	MEN			MULTI-DISABILITY	12 – 14	15 - 19
100	FREE	WOMEN			MULTI-DISABILITY	12 – 14	15 – 19
200	I.M.	MEN			11-12 13	14-15	16-17
200	I.M.	WOMEN			11-12 13	14-15	16-17
50	BREAST	MEN			MULTI-DISABILITY	12 – 14	15 - 19
50	BREAST	WOMEN			MULTI-DISABILITY	12 - 14	15 – 19
50	FLY	MEN			11-12 13	14-15	16-17
50	FLY	WOMEN			11-12 13	14-15	16-17
4x100	FREE RELAY	MEN			11-12 13	14-15	16-17
4x100	FREE RELAY	WOMEN			11-12 13	14-15	16-17

DAY 3

200	BREAST	MEN	11-12	13	14-15	16-17
200	BREAST	WOMEN	11-12	13	14-15	16-17
100	BREAST	MEN	MULTI-DISABILITY			12 – 14 15 - 19
100	BREAST	WOMEN	MULTI-DISABILITY			12 – 14 15 - 19
200	BACK	MEN	11-12	13	14-15	16-17
200	BACK	WOMEN	11-12	13	14-15	16-17
50	FREE	MEN	11-12	13	14-15	16-17
50	FREE	WOMEN	11-12	13	14-15	16-17
50	FLY	MEN	MULTI-DISABILITY			12 – 14 15 - 19
50	FLY	WOMEN	MULTI-DISABILITY			12 – 14 15 - 19
4x50	MEDLEY RELAY	MEN	11-12	13	14-15	16-17
4x50	MEDLEY RELAY	WOMEN	11-12	13	14-15	16-17

Day 4 Starting time: 09:00**400 FREE MEN Timed Finals**

Born in 2004 - 2003 (11 - 12yrs.) Born in 2002 (13 yrs.) Born in 2001- 2000 (14 – 15 yrs.)
Born in 1999 – 1998 (16 yrs. – 17 yrs.)

400 FREE WOMEN Timed Finals

Born in 2004 - 2003 (11 - 12yrs.) Born in 2002 (13 yrs.) Born in 2001- 2000 (14 – 15 yrs.)
Born in 1999 – 1998 (16 yrs. – 17 yrs.)

100	BACK	MEN	MULTI-DISABILITY			12 – 14 15 - 19
100	BACK	WOMEN	MULTI-DISABILITY			12 – 14 15 - 19
50	BACK	MEN	11-12	13	14-15	16-17
50	BACK	WOMEN	11-12	13	14-15	16-17
50	FREE	MEN	MULTI-DISABILITY			12 – 14 15 - 19
50	FREE	WOMEN	MULTI-DISABILITY			12 – 14 15 - 19
100	FLY	MEN	11-12	13	14-15	16-17
100	FLY	WOMEN	11-12	13	14-15	16-17
4x50	FREE RELAY	MEN	11-12	13	14-15	16-17
4x50	FREE RELAY	WOMEN	11-12	13	14-15	16-17