

2019 S A NATIONAL SWIMMING CHAMPIONSHIPS (25m) 8 - 11 August 2019																
EVT	DAY 1 08/08/2019			EVT	DAY 2 09/08/2019			EVT	DAY 3 10/08/2019			EVT	DAY 4 11/08/2019			
NO	HEATS 09H00			NO	HEATS 09H00			NO	HEATS 09H00			NO	HEATS 09H00			
	W	100m Freestyle			W	200m Freestyle			W	50m Freestyle			W	200m Butterfly		
	M	100m Freestyle			M	200m Freestyle			M	50m Freestyle			M	200m Butterfly		
	W	100m Breaststroke		Dis W	50m Butterfly S1-S13			Dis W	100m Breaststroke S1-S13			Dis W	100m Freestyle S1-S13			
	M	100m Breaststroke		Dis M	50m Butterfly S1-S13			Dis M	100m Breaststroke S1-S13			Dis M	100m Freestyle S1-S13			
	Dis W	50m Breaststroke S1-S13		Dis W	50m Butterfly S14-S15			Dis W	100m Breaststroke S14-S15			Dis W	100m Freestyle S14-S15			
	Dis M	50m Breaststroke S1-S13		Dis M	50m Butterfly S14-S15			Dis M	100m Breaststroke S14-S15			Dis M	100m Freestyle S14-S15			
	Dis W	50m Breaststroke S14-S15		W	400m Ind. Medley			W	50m Breaststroke			W	200m Breaststroke			
	Dis M	50m Breaststroke S14-S15		M	400m Ind. Medley			M	50m Breaststroke			M	200m 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. Medley S14-S15			
	M	50m Butterfly		Dis M	100m Backstroke S1-S13			Dis M	100m Butterfly S1-S13			Dis M	200m Ind. Medley S14-S15			
	Dis W	100m Ind. Medley S1-S13		Dis W	100m Backstroke S14-S15			Dis W	100m Butterfly S14-S15			W	1500m Freestyle T F (All)			
	Dis M	100m Ind. Medley S1-S13		Dis M	100m Backstroke S14-S15			Dis M	100m Butterfly S1-S15			M	1500m Freestyle T F (All)			
	Dis W	100m Ind. Medley S14-S15		W	100m Butterfly			W	200m Ind. Medley							
	Dis M	100m Ind. Medley 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														
	Dis M	50m Backstroke S14-S15														
	W	400m Freestyle														
	M	400m Freestyle														
		Finals - 17H00				Finals - 17H00				Finals - 17H00				Finals - 14H00		
		Opening Ceremony			W	50m Butterfly F			Mixed	4 x 50 Free Relay			W	4 x 50 Medley Relay		
	Mixed	4 x 50 Medley Relay		M	50m Butterfly F			W	200m Ind. Medley F			M	4 x 50 Medley Relay			
	M	200m Backstroke F		W	200m Freestyle F			M	200m Ind. Medley F			W	50m Freestyle F			
	W	200m Backstroke F		M	200m Freestyle F			Dis W	100m Breaststroke S1-S13			M	50m Freestyle F			
	Dis W	50m Breaststroke S1-S13		W	400m Ind. Medley F			Dis M	100m Breaststroke S1-S13			W	200m Butterfly F			
	Dis M	50m Breaststroke S1-S13		M	400m Ind. Medley F			Dis W	100m Breaststroke S14-S15			M	200m Butterfly F			
	Dis W	50m Breaststroke S14-S15		Dis W	100m Butterfly S1-S13			Dis M	100m Breaststroke S14-S15			W	50m Breaststroke F			
	Dis M	50m Breaststroke S14-S15		Dis M	100m Butterfly S1-S13			W	100m Butterfly F			M	50m Breaststroke F			
	W	100m Freestyle SF		Dis W	100m Butterfly S14-S15			M	100m Butterfly F			Dis W	100m Freestyle S1-S13			
	M	100m Freestyle SF		Dis M	100m Butterfly S14-S15			W	50m Backstroke F			Dis M	100m Freestyle S1-S13			
	W	100m Breaststroke SF		W	100m Butterfly SF			M	50m Backstroke F			Dis W	100m Freestyle S14-S15			
	M	100m Breaststroke SF		M	100m Butterfly SF			W	50m Breaststroke SF			Dis M	100m Freestyle S14-S15			
	Dis W	50m Backstroke S1-S13		W	50m Backstroke SF			M	50m Breaststroke SF			W	100m Backstroke F			
	Dis M	50m Backstroke S1-S13		M	50m Backstroke SF			Dis W	100m Butterfly S1-S13			M	100m Backstroke F			
	Dis W	50m Backstroke S14-S15		W	100m Ind. Medley F			Dis M	100m Butterfly S1-S13			W	200m Breaststroke F			
	Dis M	50m Backstroke S14-S15		M	100m Ind. Medley F			Dis W	100m Butterfly S14-S15			M	200m Breaststroke F			
	W	400m Freestyle F		Dis W	100m Backstroke S1-S13			Dis M	100m Butterfly S1-S15			Dis W	200m Ind. Medley S1-S13			
	M	400m Freestyle F		Dis M	100m Backstroke S1-S13			W	100m Backstroke SF			Dis M	200m Ind. Medley S1-S13			
	W	50m Butterfly SF		Dis W	100m Backstroke S14-S15			M	100m Backstroke SF			Dis W	200m Ind. Medley S14-S15			
	M	50m Butterfly SF		Dis M	100m Backstroke S14-S15			W	50m Freestyle SF			Dis M	200m Ind. Medley S14-S15			
	Dis W	100m Ind. Medley S1-S13		W	100m Breaststroke F			M	50m Freestyle SF			M	4x100m Free Relay			
	Dis M	100m Ind. Medley S1-S13		M	100m Breaststroke F			Dis W	50m Freestyle S1-S13			W	4x50m Free Relay			
	Dis W	100m Ind. Medley S14-S15		W	100m Freestyle F			Dis M	50m Freestyle S1-S13							
	Dis M	100m Ind. Medley S14-S15		M	100m Freestyle F			Dis W	50m Freestyle S14-S15							
	W	100m Ind. Medley SF		W	4x100m Free Relay			Dis M	50m Freestyle S14-S15							
	M	100m Ind. Medley SF		M	4x50m Free Relay			W	4x200m Free Relay							
	W	4x100 Med Relay						M	4x200m Free Relay							
	M	4x100 Med Relay														
		Disabled events will be swum in the following categories in the Heats and finals:				S1 - 13 and S14 & 15 for Men and Women										
		"A and "B" Finals will be offered for the 400m Freestyle & 400M, 200m Backstroke/Breaststroke/Freestyle/Butterfly														
		& Ind Medley events. Provided there are 17 or more participants, in the heats and at least 4 participants in the "B" Finals														