

### Entry Procedure for Grand Prix No 2 23 – 25 February 2024

- Closing Date for entries for Grand Prix No 2, 9 February 2024

Closing Date for Correction for Grand Prix No 2, 17 February 2024

- Entries will be processed by Swimming South Africa – [balvant.morar@swimsa.org.za](mailto: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.

- Proposed QT's

WOMAN	EVENTS	MAN
<b>LC QT's</b>		<b>LC QT's</b>
29.82	<b>50m Freestyle</b>	26.34
1:05.15	<b>100m Freestyle</b>	59.04
2:22.34	<b>200m Freestyle</b>	2:08.51
4:57.98	<b>400m Freestyle</b>	4:37.27
10:10.79	<b>800m Freestyle</b>	9:29.63
19:19.73	<b>1500m Freestyle</b>	18:17.41
33.99	<b>50m Backstroke</b>	29.87
1:12.53	<b>100m Backstroke</b>	1:05.01
2:35.41	<b>200m Backstroke</b>	2:21.01
37.04	<b>50m Breaststroke</b>	32.69
1:20.79	<b>100m Breaststroke</b>	1:11.66
2:55.26	<b>200m Breaststroke</b>	2:38.68
30.78	<b>50m Butterfly</b>	28.05
1:09.90	<b>100m Butterfly</b>	1:02.30
2:33.47	<b>200m Butterfly</b>	2:19.02
2:38.90	<b>200m IM</b>	2:23.63
5:59.00	<b>400m IM</b>	5:07.21

**Grand Prix No 2 23 – 25 FEBRUARY 2024**

**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