## SWIMMING PROGRAMMES, CLOSING DATES AND RULES

## [A] GENERAL SWIMMING COMPETITION RULES

1 FINA Technical Rules will apply to all National Competitions.
2 IPC rules will apply when there are events for Para swimmers at national competitions.
3 All Age Group competitions will be club based.
4 Clubs should be encouraged to participate at all the levels of Age Group Competitions
5 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.

6 Visitors must forward a clearance to compete. Their entry times must be verified.
7 If due to weather conditions, any section of a swimming program cannot be completed the following will apply:
7.1 On the final day of the competition, if the Finals cannot be completed, the Final results and Medals will be awarded as per the results of the Heats.
7.2 If on any of the other days, the Finals cannot be completed, due to time constraints, the Finals will either be rescheduled or the results awarded as per the heats results.
7.3 If circumstances require, any part of the program may be swum as timed finals.

## 8 TECHNICAL OFFICIALS

8.1 For 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.
8.2 For 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:
8.2.1 1-4 swimmers, at least one timekeeper per session
8.2.2 $5-10$ swimmers, at least one judge or one timekeeper for every session.
8.2.3 11 and over swimmers, a minimum of two officials, one judge and one timekeeper for every session.
8.2.4 The names of the officials must accompany the entries.
8.2.5 All Technical Officials must be correctly attired;
8.2.5.1 White shirts and Navy Blue Trousers or skirts for finals sessions;
8.2.5.2 Navy blue shorts for Heats.
8.3 The names of SSA registered, trained and available officials must accompany the swimmers entries.

## * 2011-2012 Qualifying Times Notes.

The SSA policy is to adjust our qualification times every four years, situations may arise that require adjustments to be made at the end of each season to ensure our times are in line with International standards and in congruence with the Long Term Participants Development framework.

In the 2009 - 2010 season, elements of our Long Term Participant Development principles into our National Standard Qualifying Times System were introduced.

Participation at the 2012 Level 3 and 2 Age Group competitions, will be dependent on the swimmer having participated in a minimum of two (2) 200 m individual medley events and the times for the 200m Individual Medley participated, in is captured on the SSA National Database. This is another component in our Long Term Participant Development programme ensure that our young swimmers do not specialise in specific strokes at too early an age. It is not compulsory for the swimmer to compete in the 200 m Individual Medley at the Championships.

The 50 m Qualifying times for the S A National Youth competition have been removed. Swimmers who wish to enter 50 m distance of an event, must have a qualifying time in the 100 m or 200 m in that particular stroke, e.g. to qualify to enter 50 m Breaststroke the swimmer must have a qualifying time for either the 100 m or 200 m Breaststroke.

There is also an age group change to Level 2 . The 15 year age group has been reinstated. The older age group will now be 16-18 years.

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 that 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.

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

## 4. Level 2

4.1. The swimmer must have a minimum of TWO, 200IM times on the SSA National Database, as well as one Level 2 qualifying time.
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 $11 \& \mathrm{U}$, and the oldest age group will be $16-18$. 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 Para swimmers - This will be age group based and any para swimmer may 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.
4.6.1. Southern Regions: Border, Eastern Province, SWD, Western Province.
4.6.2. Eastern Regions: Freestate, N Freestate, Mpumalanga, N KZN, KZN, N Cape.
4.6.3. Northern Regions: CGA, EGA, Limpopo, NTS, North West, Vaal Triangle.
4.6.4. Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

## 5. Level 3

5.1. The swimmer must have a minimum of TWO, 200IM times on the SSA National Database, as well as one Level 3 qualifying time.
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 ( 100 m and longer), choose any of the 50's provided they have times on the database for the particular event.
5.4. Swimmers in the $11 \& \mathrm{U}$ 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.

## 6 TIME TRIALS

Applications for Time Trials during any competition period, will be considered for the following swimmers:
6.1 Swimmers who had entered the relevant event by the closing date for entries of the competition
6.2 Written application detailing the motivation must be received at least twenty-four hours prior to the time trial
6.3 The Fee will be R400.00 per time trial
6.4 Time Trials, if granted, will take place at the end of a heats session

## [C] Open Competitions Qualification

There are three categories for open competition, namely the SA Elite Youth, SA Youth and the SA Senior Nationals.

The SA Elite Youth and SA Youth Competition will run concurrently with the SA Nationals Championships Programme at the same venue.
The heats for the SA Elite Youth and S A Youth Nationals as well as the S A Aquatic Championships will be swum as a combined event.

The results for the SA Elite Youth and SA Youth Nationals will be determined from the heats.

There will be no SA "Elite Youth" or S A "Youth" Finals

## 1. $\quad \mathrm{S} A$ Elite Youth Nationals -

1.1. Swimmers in the $16-19$ years age group, who have achieved one $S$ A National qualifying standard will be considered a S A Elite Youth Qualifier, for results purposes. The same entry conditions will apply to entries as per the S A National Qualifier, the only difference would be the age indicator.
1.2. There will be no relays in this category.
1.3. The results for the S A Elite Youth Nationals will be determined from the heats.
1.4. The first three placed swimmers in the $16-19$ years age group will receive the S A Elite Youth Medal.
1.5. There will be no SA Youth Finals

## 2. S A Youth Nationals -

2.1. Swimmers in the $16-19$ years age group, who have achieved one $S$ A Youth qualifying standard may enter three additional Olympic Events, provided they have times on the SSA Database - except the 50m Freestyle this will be subject to rule.
2.2. There will be no qualifying times for the 50 m Youth events. Swimmers who wish to enter a 50 m Event, must have achieved a qualifying time in the 100 m or 200 m of the particular event. e.g. 50m Butterfly, the swimmer must have qualified in either the 100 m or 200 m Butterfly
2.3. There will be no relays in this category.
2.4. The results for the S A Youth Nationals will be determined from the heats.
2.5. The first three placed swimmers in the $16-19$ years who qualified on the $S A$ Youth QT, provided they do not fall in the S A Elite Youth awards will receive the S A Youth Medal.
2.6. There will be no SA Youth Finals

## 3. S A National Aquatic Championships

3.1. Swimmers may enter the events that they have S A National qualifying times for, plus three additional non qualifying events provided they have times on the SSA Database.
3.2. Provinces may enter their fastest non qualifier in an event where they do not have any swimmers with qualifying times entered.
3.3. Provinces may enter two relay teams per event for S A Nationals.
3.4. Both teams will score points.
3.5. 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
3.6. The team composition may consist of swimmers who are SA Youth or S A National swimmers
3.7. Any swimmer entered into the meet may be selected as a member of their provincial relay team.

## 4. Para Swimming

4.1. 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.
4.2. Para Swimming events will be swum in two categories, Depending on their classification. Category 1 Swimmers with S1-13 classifications - category 2 Swimmers with S14 and S15 classifications.
4.3. 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.

## [D] 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
2.1. Withdraw competitors
2.2. Lodge objections
2.3. Lodge complaints
3. Written protest accompanied by R500.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification
4. In the case of a dispute, the referees' decision will be final.
5. All team managers must attend the Manager's Meeting.
5.1. Clubs/Provinces who are not represented and who do not comply with the rules concerning entries will not receive any concessions.
5.2. This will be the last opportunity to apply for late entries subject to the late entry fee of $10 x$ the original entry fee and the availability of lanes.

## 6. Withdrawals

6.1. Pre-competition at the Manager's Meeting - no charge
6.2. 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.
6.3. 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.
6.4. 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.
6.5. 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.

## 7. Relays

7.1. 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.
7.2. 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.

## 8. CEREMONIES

8.1. Opening Ceremony - Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
8.2. Medal Ceremony - Swimmers must present themselves in good time and correctly attired.
8.3. Only medal winners are allowed to be on the medal podium during medal presentations (no family members, etc).
9. 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.

NKZN for Eastern Regions: Mpumalanga, N KZN, KZN, Freestate, N Freestate, N Cape.
EGA 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: $\quad 30$ March - 1 April 2012
MANAGER'S MEETING: 29 March 2012-17H00 at each venue

## CLOSING DATE FOR ENTRIES:

CLOSING DATE FOR ENTRY CORRECTIONS:

9 March 2012
16 March 2012

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

Starting Time:
Heats $\quad 08 \mathrm{H} 30$
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 | $15-16$ |
| 100 | FREE | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 50 | BACK | MEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 50 | BACK | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 200 | I.M. | MEN |  | $12 \& U 13$ | 14 | $15-16$ |  |
| 200 | I.M. | WOMEN |  | $12 \& U 13$ | 14 | $15-16$ |  |
| $4 \times 50$ | MED.RELAY | MEN | $12 \& U$ | $13-16$ |  |  |  |
| $4 \times 50$ | 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 | $15-16$ |
| 100 | BACK | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 50 | FLY | MEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 50 | FLY | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 100 | BREAST | MEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 100 | BREAST | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| $4 \times 100$ | FR/RELAY | MEN | $12 \& U$ | $13-16$ |  |  |  |
| $4 \times 100$ | 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 | $15-16$ |
| 50 | BREAST | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 100 | FLY | MEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 100 | FLY | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 50 | FREE | MEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| 50 | FREE | WOMEN | $10 \& U 11$ | 12 | 13 | 14 | $15-16$ |
| $4 \times 50$ | FR/RELAY | MEN | $12 \& U$ | $13-16$ |  |  |  |
| $4 \times 50$ | 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:

SWD for Southern Regions: Western Province, SWD, EP, Border
KZN for Eastern Regions: Mpumalanga, N KZN, KZN, Freestate, N Freestate, N Cape
Polokwane 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: 23 -26 MARCH 2012
MANAGER'S MEETING: 23 March 2012 - 16H30
CLOSING DATE FOR ENTRIES:
2 March 2012
CLOSING DATE FOR ENTRY CORRECTIONS:
9 March 2012
ENTRY FEE: R30.00-INDIVIDUAL ENTRIES R60.00 - RELAYS

## DAY 1 - Start at 17:00

| 400 | FREE | MEN | $11 \& U$ | 12 | 13 | 14 | $15-18$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 400 | FREE | WOMEN | $11 \& U$ | 12 | 13 | 14 | $15-18$ |

Starting Time: Heats $\quad 08 \mathrm{H} 30 \quad$ Finals $\quad 16 \mathrm{H} 00$ except Day 4 - 15H00

## DAY 2

| 200 | FREE | MEN | 11\&U 1213 | 14 | 15 | 16-18 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 200 | FREE | WOMEN | 11\&U 1213 | 14 | 15 | 16-18 |
| 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 1213 | 14 | 15 | 16-18 |
| 100 | BREAST | WOMEN | 11\&U 1213 | 14 | 15 | 16-18 |
| 50 | BACK | MEN | 11\&U 1213 | 14 | 15 | 16-18 |
| 50 | BACK | WOMEN | 11\&U 1213 | 14 | 15 | 16-18 |
| 50 | BACK | MEN | MULTI-DISABILITY | 14/u | 15 | -18 |
| 50 | BACK | WOMEN | MULTI-DISABILITY | 14/u | 15 | -18 |
| 100 | FLY | MEN | 11\&U 1213 | 14 | 15 | 16-18 |
| 100 | FLY | WOMEN | 11\&U 1213 | 14 | 15 | 16-18 |
| 4×100 | FR.RELAY | MEN | 13\&U 14-18 |  |  |  |
| $4 \times 10$ | FR.RELAY | WOMEN | 13\&U 14-18 |  |  |  |

DAY 3
$\left.\begin{array}{lllllllc}100 & \text { FREE } & \text { MEN } & 11 \& U & 12 & 13 & 14 & 15 \\ 10 & 16-18 \\ 100 & \text { FREE } & \text { WOMEN } & 11 \& U & 12 & 13 & 14 & 15\end{array}\right] 16-18$

## DAY 4

| 50 | FREE | MEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :---: |
| 50 | FREE | WOMEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| 50 | FREE | MEN | MULTI-DISABILITY | $14 / \mathrm{u}$ | $15-18$ |  |  |  |
| 50 | FREE | WOMEN | MULTI-DISABILITY | $14 / \mathrm{u}$ | $15-18$ |  |  |  |
| 200 | BREAST | MEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| 200 | BREAST | WOMEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| 100 | BREAST | MEN | MULTI-DISABILITY | $14 / \mathrm{u}$ | $15-18$ |  |  |  |
| 100 | BREAST | WOMEN | MULTI-DISABILITY | $14 / \mathrm{u}$ | $15-18$ |  |  |  |
| 200 | BACK | MEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| 200 | BACK | WOMEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| 50 | FLY | MEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| 50 | FLY | WOMEN | $11 \& U$ | 12 | 13 | 14 | 15 | $16-18$ |
| 50 | FLY | MEN | MULTI-DISABILITY | $14 / \mathrm{u}$ | $15-18$ |  |  |  |
| 50 | FLY | WOMEN | MULTI-DISABILITY | $14 / \mathrm{u}$ | $15-18$ |  |  |  |
| $4 \times 50$ | MED.RELAY | MEN | $13 \& U$ | $14-18$ |  |  |  |  |
| $4 \times 50$ | MED.RELAY | WOMEN | $13 \& U$ | $14-18$ |  |  |  |  |

## LEVEL 3 AGE GROUP PROGRAM - CLUB COMPETITION

VENUE: Newton Park, Port Elizabeth
DATE: 16 -20 MARCH 2012

MANAGER'S MEETING: 16 March 2012 - 16H30

## CLOSING DATE FOR ENTRIES: CLOSING DATE FOR ENTRY CORRECTIONS: <br> ENTRY FEE: R40.00 - INDIVIDUAL ENTRIES <br> R60.00 - RELAYS

24 February 2012
2 March 2012

## 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 | $17-18$ |


| Starting Time: | Heats <br> Finals | 08 H 30 |
| :--- | :--- | :--- | :--- |
|  | 17 H 00 |  |$\quad$ except Day 5 Finals 15 H 00

## 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 | $17-18$ |
| $4 \times 100$ | FR.RELAY | MEN | $14 \& U$ | $15-18$ |  |  |  |
| $4 \times 100$ | 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 | $17-18$ |
| $4 \times 100$ | MED.RELAY | MEN | $14 \& U 15-18$ |  |  |  |  |
| $4 \times 100$ | 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 | $17-18$ |
| $4 \times 50$ | FR.RELAY | MEN | $14 \& U 15-18$ |  |  |  |  |
| $4 \times 50$ | FR.RELAY | WOMEN | $14 \& U 15-18$ |  |  |  |  |

## 2012 SA NATIONAL AQUATIC CHAMPIONSHIPS AND S A YOUTH CHAMPIONSHIPS - PROVINCIAL COMPETITION

Kwazulu Natal Aqautics will be the host province

|  | Date | Venue |
| :--- | :--- | :--- |
| Swimming | $16-22$ April 2012 Kings Park Swimming Pool, Durban |  |
| Manager's Meeting | 15 April 2012 17:00 Kings Park Swimming Pool, Durban |  |

CLOSING DATE FOR SWIMMING ENTRIES:
CLOSING DATE FOR ENTRY CORRECTIONS:

22 March 2012
29 March 2012

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

Date
TBC 13 \& 14 April 2012

## Venue

TBC
Open Water
Water Polo
Diving
Synchronised Swimming

## 2012 SA NATIONAL OPEN CHAMPIONSHIPS

 Qualifying Times - Para Swimmers16-22 April 2012

| 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 |
|  | 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 |


| 50m Breaststroke | 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 para swimmers 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 | 3:1500 |
|  | S12 | 2:40.00 | 2:55.00 |
|  | S13 | 2:20.00 | 2:35.00 |
|  | S14 | 2:20.00 | 2:3500 |
|  | 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 |  |  |

## SANAT12 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 |
| 100 Back | 31.76 |
| 200 Back | $1: 09.10$ |
| 50 Breast | $2: 28.66$ |
| 100 Breast | $1: 17.11$ |
| 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

|  | 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 | $4: 41.66$ |

YOUTH12 STANDARDS Youth Nationals Long Course Meters

|  |  | Women |
| :---: | :---: | :---: |
|  | YOUTH |  |
| 50 Free |  |  |
| 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 | 1:12.19 |  |
| 200 Back | 2:35.29 |  |
| 50 Breast |  |  |
| 100 Breast | 1:20.74 |  |
| 200 Breast | 2:53.41 |  |
| 50 Fly |  |  |
| 100 Fly | 1:09.44 |  |
| 200 Fly | 2:34.29 |  |
| 200 IM | 2:35.56 |  |
| 400 IM | 5:30.69 |  |
|  |  | Men |
|  | YOUTH |  |
| 50 Free |  |  |
| 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 |  |  |
| 100 Back | 1:04.51 |  |
| 200 Back | 2:20.07 |  |
| 50 Breast |  |  |
| 100 Breast | 1:12.04 |  |
| 200 Breast | 2:36.42 |  |
| 100 Fly | 1:01.85 |  |
| 200 Fly | 2:18.85 |  |
| 200 IM | 2:19.61 |  |
| 400 IM | 4:59.74 |  |

## SAAGE12 STANDARDS Sa Age Group Standards Long Course Meters

SAAGE12 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


|  |  | Women 12-12 |  |
| ---: | ---: | ---: | ---: |
|  |  | LEV3 | LEV2 |
| LEV1 |  |  |  |

Women 13-13

| 50 Free | LEV3 | $\begin{aligned} & \text { LEV2 } \\ & 33.57 \end{aligned}$ | $\begin{aligned} & \text { LEV1 } \\ & 37.64 \end{aligned}$ |
| :---: | :---: | :---: | :---: |
| 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 $32.30 \quad 36.11$

| $1: 04.63$ | $1: 10.15$ | $1: 18.44$ |
| :--- | :--- | :--- |
| $2: 19.57$ | $2: 31.50$ | $2: 49.39$ |

4:53.97 5.19 .10
10:14.02
$36.87 \quad 41.12$

|  | 36.87 | 41.12 |
| ---: | ---: | ---: |
| $1: 14.04$ | $1: 20.21$ | $1: 29.47$ |
| $2: 39.28$ | $2: 52.55$ | $3: 12.46$ |
|  | 40.76 | 45.46 |
| $1: 22.81$ | $1: 29.71$ | $1: 40.06$ |
| $2: 57.85$ | $3: 12.67$ | $3: 34.90$ |
| $1: 11.22$ | 34.03 | 37.96 |
| $2: 39.62$ |  | 17.16 |
| $2: 39.62$ | $2: 54.50$ | $3: 16.14$ |

200 IM
400 IM
50 Free
100 Free
200 Free
400 Free
800 Frree
1500 Free
50
Back
100 Back
200 Back
50
100
Breast
200
Breast
50
100
Fly
200

| LEV3 | LEV2 | LEV1 |
| ---: | ---: | ---: |
| $1: 04.08$ | 31.28 | 34.84 |
| $: 18.38$ | $2: 26.73$ | $1: 15.68$ |
| $4: 51.46$ | $5: 09.05$ |  |
| $9: 53.38$ |  |  |
|  | 35.73 | 39.70 |
| $1: 13.42$ | $1: 17.74$ | $1: 26.38$ |
| $2: 37.95$ | $2: 47.24$ | $3: 05.82$ |
|  | 39.50 | 43.89 |
| $1: 22.12$ | $1: 26.95$ | $1: 36.61$ |
| $2: 56.37$ | $3: 06.74$ | $3: 27.49$ |
| $1: 10.63$ | $1: 14.78$ | 36.65 |
| $2: 34.39$ |  |  |


| 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 | $2 \cdot 49.09$ | 3.09 .38 |
| 400 IM | 5:30.69 | 2:9.09 | 3.09.38 |


|  |  | 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 <br> LEV2 <br> LEV1

31.28

50 Free
100 Free
200 Free
400 Free 800 Free
50 Back
100 Back
200 Back
50 Breast
100 Breast
200 Breast 50 Fly

| $1: 02.97$ | $1: 07.95$ |
| ---: | ---: |
| $2: 15.99$ | $2: 26.73$ |
| $4: 46.44$ | $5: 09.05$ |
| $9: 53.38$ | 35.73 |
| $1: 12.19$ | $1: 17.74$ |
| $2: 35.29$ | $2: 47.24$ |
| $1: 20.74$ | $1: 26.50$ |
| $2: 53.41$ | $3: 06.74$ |
|  | 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 |


|  |  |
| ---: | :--- |
| 50 | Free |
| 100 Free |  |
| 200 Free |  |
| 400 Free |  |
| 50 Back |  |
| 100 Back |  |
| 200 Back |  |
| 50 Breast |  |
| 100 Breast |  |
| 200 Breast |  |
| 50 Fly |  |
| 100 Fly |  |
| 200 IM |  |


| LEV3 | LEV2 <br> 36.43 | LEV1 <br> 39.11 |
| ---: | ---: | ---: |
| $1: 08.43$ | $1: 20.24$ | $1: 26.15$ |
| $2: 31.12$ | $2: 57.21$ | $3: 10.26$ |
| $5: 19.64$ | $6: 14.83$ | 44.75 |
| $1: 18.30$ | $1: 31.73$ | 41.53 |
| $2: 50.00$ | $3: 18.74$ | $3: 33.15$ |
|  | 45.70 | 49.00 |
| $1: 27.43$ | $1: 42.21$ | $1: 49.59$ |
| $3: 09.84$ | $3: 41.93$ | $3: 57.97$ |
| $1: 15.06$ | $1: 27.06$ | 41.88 |
| $2: 49.96$ | $3: 20.31$ | $3: 34.09$ |
|  |  |  |

Men 12-12

| 50 Free | LEV3 | $\begin{aligned} & \text { LEV2 } \\ & 33.30 \end{aligned}$ | $\begin{aligned} & \text { LEV1 } \\ & 36.21 \end{aligned}$ |
| :---: | :---: | :---: | :---: |
| 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
$31.51 \quad 33.75$
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 | $19: 47.11$ | 36.20 | 38.72 |
| 50 Back | $1: 13.34$ | $1: 19.40$ | $1: 24.92$ |
| 100 Back | $2: 39.23$ | $2: 52.40$ | $3: 04.37$ |
| 200 Back | 39.64 | 42.40 |  |
| 50 Breast | $1: 21.89$ | $1: 28.66$ | $1: 34.82$ |
| 100 Breast | $2: 57.81$ | $3: 12.51$ | $3: 25.88$ |
| 200 Breast | 30.88 | 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

| 50 Free | LEV3 | $\begin{gathered} \text { LEV2 } \\ 29.73 \end{gathered}$ | $\begin{aligned} & \text { LEV1 } \\ & 31.74 \end{aligned}$ |
| :---: | :---: | :---: | :---: |
| 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

| 50 Free | LEV3 | $\begin{aligned} & \text { LEV2 } \\ & 28.38 \end{aligned}$ | LEV1 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
50
Free
100 Free
200 Free
400 Free
800
Free
1500 Free
50
Back
100
200
Back
50
Breast
100
Breast
200
50
Freast
100
Fly
200
200
IM
400
IM

| LEV3 | LEV2 | LEV1 |
| ---: | ---: | ---: |
| 56.61 | $1: 02.38$ | 30.17 |
| $2: 05.03$ | $2: 18.07$ | $2: 06.46$ |
| $4: 24.45$ | $4: 52.05$ |  |
| $17: 30.13$ |  |  |
| $1: 05.07$ | 32.11 .68 | 34.69 |
| $2: 21.27$ | $2: 35.64$ | $2: 16.09$ |
| $1: 12.65$ | 35.79 | 37.91 |
| $2: 37.75$ | $2: 53.04$ | $1: 24.97$ |
| $1: 02.37$ | 30.59 | $3: 04.49$ |
| $1: 18.85$ | 32.47 |  |
| $2: 20.82$ | $2: 36.61$ | $2: 47.53$ |
| $4: 59.74$ |  |  |

Men 17-17
50
Free
100
Free
200
Free
400
Free
800
Free
1500
Free
50
Back
100
Back
200
50
Breast
100
Breast
200
50
Bly
100
Fly
200
Fly
200 IM
400

LEV3
LEV2
LEV1
28.38
$56.12 \quad 1: 02.52$
2:03.94 2:18.07
4:22.15 4:52.05
17:30.13
32.68

1:04.51 1:11.68
2:20.07 2:35.64
35.79

1:12.04 1:20.04
2:36.42 2:53.80
30.59

1:01.85 1:08.72
2:18.85
2:19.61 2:36.61
Men 18-18
4:59.74

50 Free
100 Free
200 Free
400 Free 800 Free
1500 Free
50 Back
100 Back
LEV3
LEV2
28.38
56.12 1:02.52

2:03.94 2:18.07
4:22.15 4:52.05
17:30.13
1:04.51 $\quad 1: 11.68$
200 Back
50 Breast
100 Breast
200 Breast
50 Fly
100 Fly
200 Fly
200 IM
400 IM

