

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 The names of SSA registered, trained and available officials must accompany the swimmers entries. This will be a requirement for the acceptance of swimming entries. If this requirement is not fulfilled, the penalty will be a fine of R1000.00 for every official not present and the swimmers from the club/province may be excluded.
- 8.2 For Inter Club and Provincial Competitions, clubs/provinces 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, one judge per session
 - 8.2.2 5 – 10 swimmers, one judge and one timekeeper for every session.
 - 8.2.3 11 and over swimmers, a minimum of three officials, two judges 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 will be permitted.

*** 2016 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.

Participation at the 2016 Level 1, 2 and 3 Age Group competitions, will be dependent on the swimmer having participated in a minimum of one (1) for Level 1 and two (2) for Level 2 and Level 3, 200m or 400m Individual Medley events or a combination thereof. These times for the 200m and 400m Individual Medley events must be official and be captured on the SSA National Database. The nominal purpose of this rule is to encourage younger swimmers not to specialise in specific strokes at too early an age as

part our Long Term Participant Development programme. It is not compulsory for the swimmer to compete in the 200m or 400m Individual Medley event at the Championships.

Concessions to this rule due to medical conditions, accompanied by medical reports must be received by 15 February 2016

There are no 50m Qualifying times for Level 2 and Level 3 Age Group Championships. This is in line with the LTPD programme. These 50m events will not count as additional events.

There are no 50m Qualifying times for non Olympic events, for the S A National Youth competition. Swimmers who wish to enter 50m distance of a non Olympic event, must have a qualifying time in the 100m or 200m in that particular stroke, e.g. to qualify to enter 50m Breaststroke the swimmer must have a qualifying time for either the 100m or 200m Breaststroke.

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 competition and pre-season goals and targets should be set in accordance with the rules and dates of the competitions. Swimmers may only compete at one SSA National / Regional Age Group Championship.

The cut-off date for qualification for Age Group Competitions will be 1st March 2016. Meet results after this date will not be considered for entry times for Age Group competitions, unless a concession has been applied for, prior to 1st March 2016. The same will apply for medical reasons for the non-compliance of the IM rule. The entry fee for any entry received, that does not comply will be forfeited.

[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. The Level 1 and Level 2 age group competitions will take place on the same dates, in the Southern and Eastern Regions the competition will be at the same venue, the Northern Region will use two separate venues due to the number of competitors.
4. **Level 1**
 - 4.1. The swimmer must have a minimum of ONE (1), Individual Medley time for the 200m or 400m events on the SSA National Database, as well as one Level 1 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 SSA database for the additional 3 selected events.
 - 4.3. 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.
 - 4.4. This competition will be a regional competition.
 - 4.4.1. Southern Regions: Eastern Cape, Western Cape.
 - 4.4.2. Eastern Regions: Freestate, Mpumalanga, KZN, N Cape.
 - 4.4.3. Northern Regions: Gauteng, Limpopo, North West.
 - 4.4.4. Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

5. Level 2

- 5.1. The swimmer must have a minimum of TWO (2), Individual Medley times for the 200m or 400m events or combination thereof on the SSA National Database, as well as one Level 2 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 (100m and longer), choose any of the 50's provided they have times on the database for the particular event.
- 5.4. Level 2 will start at 11&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.
- 5.5. 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.
- 5.6. This competition will be a regional competition.
 - 5.6.1. Southern Regions: Eastern Cape, Western Cape.
 - 5.6.2. Eastern Regions: Freestate, Mpumalanga, KZN, N Cape.
 - 5.6.3. Northern Regions: Gauteng, Limpopo, North West.
 - 5.6.4. Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.
- 5.7. **Events for Para swimmers** – This will be age group based and any Para swimmer may compete at Level 2. The Level 2 Age Groups for Para Swimmers is 14 and under and 15 – 18. There are no QT's, but swimmers must have times on the SSA Database. Medal standards will apply, swimmers must achieve the medal standard time to be awarded a medal.

6. Level 3

- 6.1. The swimmer must have a minimum of TWO (2), Individual Medley times for the 200m or 400m events or combination thereof on the SSA National Database, as well as one Level 3 qualifying time.
- 6.2. 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.
- 6.3. 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 (100m and longer), choose any of the 50's provided they have times on the database for the particular event.
- 6.4. Swimmers in the 11&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 Freestyle events at Level 3.
- 6.5. 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 R600.00 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 the SA National Senior and Youth Championships, 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

The medal presentations for Youth categories will take place at the end of the preliminaries session for those events.

1. S A Elite Youth Nationals -

- 1.1. Swimmers 19 and under, 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 19 and under age group will receive the S A Elite Youth Medal.
- 1.5. There will be no SA Elite Youth Finals

2. S A Youth Nationals -

- 2.1. Swimmers 19 and under, who have achieved one S A Youth qualifying standard may enter three additional Olympic Events, provided they have times on the SSA Database.
- 2.2. There will be no qualifying times for the 50m Youth events, except the 50m Freestyle. Swimmers, who wish to enter a 50m Event, must have achieved a qualifying time in the 100m or 200m of the particular event. e.g. 50m Butterfly, the swimmer must have qualified in either the 100m or 200m 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 19 and under years age group, who qualified on the SA 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 as combined events and the finalists for Category 1 and 2 will be separated into two final events. The final results and qualification for the final events 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 10x 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 1hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will be fined R200.00 per event.

- 6.3. No-shows, heats or finals, swimmers who do not show for their race, will be fined R300.00 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 (e.g. morning session) preceding the session (e.g. evening session) in which the relay will be swum, 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.
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

Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

VENUES:

Cape Town for Southern Regions: Western Cape, Eastern Cape.
 Durban for Eastern Regions: Mpumalanga, KZN, Freestate, N Cape.
 Germiston for Northern Regions: Limpopo, Gauteng, North West.

DATE: 1 – 3 April 2016

MANAGER’S MEETING: 31 March 2016 – 16H00 at each venue

CLOSING DATE FOR ENTRIES: **1 March 2016**

CLOSING DATE FOR ENTRY CORRECTIONS: **10 March 2016**

ENTRY FEE: R40.00 - INDIVIDUAL ENTRIES plus R5.00 SSA Levy per entry
 R50.00 – RELAYS plus R10.00 SSA Levy per entry

Starting Time: Heats TBA
 Finals TBA

DAY 1

200	BREAST	MEN	10&U	11	12	13	14	15 - 16
200	BREAST	WOMEN	10&U	11	12	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	10&U	11	12	13	14	15 - 16
200	I.M.	WOMEN	10&U	11	12	13	14	15 - 16
4x50	MED RELAY	MEN	12&U		13 - 16			
4x50	MED RELAY	WOMEN	12&U		13 - 16			
4x50	FREE RELAY	MIXED	12&U		13 - 16			

DAY 2

200	FREE	MEN	10&U	11	12	13	14	15 - 16
200	FREE	WOMEN	10&U	11	12	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
4x100	FREE RELAY	MEN	12&U		13 - 16			
4x100	FREE RELAY	WOMEN	12&U		13 - 16			

DAY 3

200	BACK	MEN	10&U	11	12	13	14	15 - 16
200	BACK	WOMEN	10&U	11	12	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
4x50	FREE RELAY	MEN	12&U		13 - 16			
4x50	FREE RELAY	WOMEN	12&U		13 - 16			
4x50	MED RELAY	MIXED	12&U		13 - 16			

LEVEL 2 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

VENUES:

Durban (Kingspark) for Eastern Regions: Mpumalanga, KZN, Freestate, N Cape.

DATE: 31 MARCH – 3 APRIL 2016

MANAGER’S MEETING: 31 March 2016 – 16H00

University of Western Cape: for Southern Regions: Western Cape, Eastern Cape.

DATE: 28 – 31 MARCH 2016

MANAGER’S MEETING: 28 March 2016 – 16H00

Ellis Park: for Northern Regions: Limpopo, Gauteng, North West.

DATE: 28 – 31 MARCH 2016

MANAGER’S MEETING: 28 March 2016 – 16H00

Swimmers/Provinces that wish to deviate from entering in their region, must apply to SSA, motivating their request.

CLOSING DATE FOR ENTRIES: 1 March 2016

CLOSING DATE FOR ENTRY CORRECTIONS: 10 March 2016

ENTRY FEE: R50.00 - INDIVIDUAL ENTRIES plus R5.00 SSA Levy per entry
R60.00 – RELAYS plus R10.00 per entry

DAY 1 – Start at 17:00

400	FREE	MEN	11&U	12	13	14	15 – 18	Timed Finals
400	FREE	WOMEN	11&U	12	13	14	15 - 18	Timed Finals

Starting Time: Heats TBA Finals TBA

DAY 2

200	FREE	MEN	11&U	12	13	14	15	16 - 18
200	FREE	WOMEN	11&U	12	13	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	12	13	14	15	16 - 18
100	BREAST	WOMEN	11&U	12	13	14	15	16 - 18
50	BACK	MEN	11&U	12	13	14	15	16 - 18
50	BACK	WOMEN	11&U	12	13	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	12	13	14	15	16 - 18
100	FLY	WOMEN	11&U	12	13	14	15	16 - 18
4x100	FREE RELAY	MEN	13&U	14 - 18				
4x100	FREE RELAY	WOMEN	13&U	14 - 18				

DAY 3

100	FREE	MEN	11&U	12	13	14	15	16 - 18
100	FREE	WOMEN	11&U	12	13	14	15	16 - 18
100	FREE	MEN	MULTI-DISABILITY	14/u		15 - 18		
100	FREE	WOMEN	MULTI-DISABILITY	14/u		15 - 18		
50	BREAST	MEN	11&U	12	13	14	15	16 - 18
50	BREAST	WOMEN	11&U	12	13	14	15	16 - 18
50	BREAST	MEN	MULTI-DISABILITY	14/u		15 - 18		

50	BREAST	WOMEN	MULTI-DISABILITY	14/u	15 - 18			
100	BACK	MEN	11&U	12 13	14 15	16 - 18		
100	BACK	WOMEN	11&U	12 13	14 15	16 - 18		
100	BACK	MEN	MULTI-DISABILITY	14/u	15 - 18			
100	BACK	WOMEN	MULTI-DISABILITY	14/u	15 - 18			
200	I.M.	MEN	11&U	12 13	14 15	16 - 18		
200	I.M.	WOMEN	11&U	12 13	14 15	16 - 18		
4x50	FREE RELAY	MEN	13&U	14 - 18				
4x50	FREE RELAY	WOMEN	13&U	14 - 18				
4x50	MED RELAY	MIXED	13&U	14 - 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/u	15 - 18			
50	FREE	WOMEN	MULTI-DISABILITY	14/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/u	15 - 18			
100	BREAST	WOMEN	MULTI-DISABILITY	14/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/u	15 - 18			
50	FLY	WOMEN	MULTI-DISABILITY	14/u	15 - 18			
4x50	MED RELAY	MEN	13&U	14 - 18				
4x50	MED RELAY	WOMEN	13&U	14 - 18				
4x100	FREE RELAY	MIXED	13&U	14 - 18				

LEVEL 3 AGE GROUP PROGRAM – CLUB COMPETITION

VENUE: Port Elizabeth

DATE: 18 - 22 MARCH 2016

MANAGER’S MEETING: 18 March 2016 – 16H00

CLOSING DATE FOR ENTRIES: **1 March 2016**

CLOSING DATE FOR ENTRY CORRECTIONS: **10 March 2016**

ENTRY FEE: R60.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry
 R80.00 – RELAYS plus R10.00 SSA Levy per entry

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	Timed Finals

Starting Time: Heats 08H30
 Finals 17H00 except Day 5 Finals 15H00

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	
4x100	FREE RELAY	MEN	14&U		15 - 18				
4x100	FREE 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	
4x100	MED.RELAY	MEN	14&U	15 - 18					
4x100	MED.RELAY	WOMEN	14&U	15 – 18					
4x100	FREE RELAY	MIXED	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
4x50	FREE RELAY	MEN	14&U	15 - 18				
4x50	FREE RELAY	WOMEN	14&U	15 - 18				
4x100	MED RELAY	MIXED	14&U	15 - 18				

2016 SA NATIONAL AQUATIC CHAMPIONSHIPS AND S A YOUTH CHAMPIONSHIPS – PROVINCIAL COMPETITION

Swimming	Date	Venue
Manager’s Meeting	10 – 16 April 2016 9 April 2016 17:00	Durban
CLOSING DATE FOR SWIMMING ENTRIES:		23 March 2016
CLOSING DATE FOR ENTRY CORRECTIONS:		31 March 2016
SWIMMING ENTRY FEE:	R60.00 - INDIVIDUAL ENTRIES R80.00 – RELAYS	plus R10.00 SSA Levy per entry plus R10.00 SSA Levy per entry
Open Water	Date	Venue
	5 and 6 March 2016	TBC
Water Polo	31 March – 3 April 2016	TBC
Diving	12 – 15 April 2016	Durban
Synchronized Swimming	07 – 10 April 2016	Durban

SA Senior National Standards Long Course Meters

		Women	Men
50m	Freestyle	27.54	24.10
100m	Freestyle	59.48	53.21
200m	Freestyle	2:08.98	1:57.52
400m	Freestyle	4:31.79	4:09.52
800m	Freestyle	9:20.09	8:32.28
1500m	Freestyle	17:29.47	16:35.34
50m	Backstroke	31.76	28.16
100m	Backstroke	1:08.12	1:00.93
200m	Backstroke	2:26.54	2:12.70
50m	Breaststroke	35.11	30.83
100m	Breaststroke	1:16.71	1:08.08
200m	Breaststroke	2:44.52	2:27.55
50m	Butterfly	29.32	26.35
100m	Butterfly	1:05.74	58.64
200m	Butterfly	2:24.42	2:10.99
200m	IM	2:25.36	2:10.99
400m	IM	5:07.11	4:39.54

SA Youth Nationals Standards Long Course Meters

		Women	Men
50m	Freestyle	28.48	25.16
100m	Freestyle	1:02.97	55.65
200m	Freestyle	2:14.90	2:02.91
400m	Freestyle	4:44.26	4:20.97
800m	Freestyle	9:45.78	8:55.78
1500m	Freestyle	18:17.61	17:30.13
100m	Backstroke	1:11.16	1:03.65
200m	Backstroke	2:33.08	2:18.62
100m	Breaststroke	1:18.76	1:11.12
200m	Breaststroke	2:48.92	2:34.14
100m	Butterfly	1:08.68	1:01.26
200m	Butterfly	2:30.87	2:16.73
200m	IM	2:33.36	2:18.20
400m	IM	5:24.01	4:54.93