

LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION

VENUES:	Region 1	Western Cape, Eastern Cape	Oudtshoorn
	Region 2	KZN, MP	Richards Bay
	Region 3	AG, Limpopo, Mpumalanga	Germiston
	Region 4	North-West, Northern Cape, Free State	TBC Potchefstroom Dam

NOTE: A club located in any district adjacent to a Regional Venue may opt to participate at the adjacent Regional Venue; provided all swimmer from the club must participate at the same Regional Venue, swimmers may request a concession to participate in another region.

DATE:	Region 1	6 – 8 March 2026
MANAGER'S MEETING:		5 March 2026 at 16h00
CLOSING DATE FOR ENTRIES:		13 February 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		20 February 2026
DATE:	Region 2 & 4	30 March -1 April 2026
	Region 3	29 March – 1 April 2026
MANAGER'S MEETING:		29 March 2026 at 16h00
CLOSING DATE FOR ENTRIES:		6 March 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		13 March 2026
ENTRY FEE:	R90.00 - INDIVIDUAL ENTRIES	plus R10.00 SSA Levy per entry VAT Incl.
	R90.00 – RELAYS	plus R10.00 SSA Levy per entry VAT Incl.

Starting Time:	Heats	TBA	Finals	TBA
DAY 1				
50	BREAST	MEN	10&U	11 12 13 14 15 16
50	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 – 14 15 - 16
4x50	MED RELAY	WOMEN	12&U	13 - 14 15 - 16
4x50	FREE RELAY	MIXED	12&U	13 - 14 15 – 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 – 14 15 - 16
4x100	FREE RELAY	WOMEN	12&U	13 – 14 15 - 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
200	BREAST	MEN	10&U	11 12 13 14 15 16
200	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 – 14 15 - 16
4x50	FREE RELAY	WOMEN	12&U	13 – 14 15 - 16
4x50	MED RELAY	MIXED	12&U	13 – 14 15 - 16

LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION

VENUES: Region 3 AG, Limpopo, Mpumalanga Germiston

DATE: 29 March – 1 April 2026 – For Region 3

MANAGER'S MEETING: 29 March 2026 at 13h00

CLOSING DATE FOR ENTRIES: 6 March 2026

CLOSING DATE FOR ENTRY CORRECTIONS: 13 March 2026

ENTRY FEE:	R90.00 - INDIVIDUAL ENTRIES	plus R10.00 SSA Levy per entry	VAT Incl.
	R90.00 – RELAYS	plus R10.00 SSA Levy per entry	VAT Incl.

DAY 1 29 March 14:00

Heats

200	I.M.	MEN	10&U	11	12	13	14	15	16
200	I.M.	WOMEN	10&U	11	12	13	14	15	16
200	FREE	MEN	10&U	11	12	13	14	15	16
200	FREE	WOMEN	10&U	11	12	13	14	15	16

DAY 2 **30 March**

50	BREAST	MEN	10&U	11	12	13	14	15	16
50	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 – 14		15 - 16			
4x50	MED RELAY	WOMEN	12&U	13 - 14		15 - 16			
4x50	FREE RELAY	MIXED	12&U	13 - 14		15 – 16			

DAY 3 31 March

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 – 14		15 - 16			
4x100	FREE RELAY	WOMEN	12&U	13 – 14		15 - 16			

DAY 4 **1 April**

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

LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

VENUES:	Region 1	WC, EC, NC	Buffalo City
	Region 2	FS, KZN, NC, MP	Bloemfontein
	Region 3	AG, NW, LP, MP, NC	Pretoria

NOTE: A club located in any district adjacent to a Regional Venue may opt to participate at the adjacent Regional Venue; provided all swimmers from the club participate at the same Regional Venue. Swimmers may request a concession to participate in another region.

DATE:	Region 1	9 – 12 April 2026
MANAGER'S MEETING:		9 April 2026 at 16h00
CLOSING DATE FOR ENTRIES:		19 March 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		26 March 2026
DATE:	Region 2 & 3	26 – 29 March 2026
MANAGER'S MEETING:		26 March 2026 at 16h00
CLOSING DATE FOR ENTRIES:		6 March 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		13 March 2026

ENTRY FEE:	R100.00 – INDIVIDUAL ENTRIES	plus R10.00 SSA Levy per entry VAT Incl.
	R100.00 – RELAYS	plus R10.00 SSA Levy per entry VAT Incl.

DAY 1 – Start at 17:00

400	FREE	MEN	11&U 12	13	14	15	16	Timed Finals
400	FREE	WOMEN	11&U 12	13	14	15	16	Timed Finals

Starting Time:	Heats	TBA	Finals	TBA
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DAY 2

100	FREE	MEN	11&U 12	13	14	15	16	
100	FREE	WOMEN	11&U 12	13	14	15	16	
200	I.M.	MEN	MULTI-CLASS		14/u	15 & over		
200	I.M.	WOMEN	MULTI-CLASS		14/u	15 & over		
100	BREAST	MEN	11&U 12	13	14	15	16	
100	BREAST	WOMEN	11&U 12	13	14	15	16	
200	BACK	MEN	11&U 12	13	14	15	16	
200	BACK	WOMEN	11&U 12	13	14	15	16	
50	BACK	MEN	MULTI-CLASS		14/u	15 & over		
50	BACK	WOMEN	MULTI-CLASS		14/u	15 & over		
100	FLY	MEN	11&U 12	13	14	15	16	
100	FLY	WOMEN	11&U 12	13	14	15	16	
4x100	FREE RELAY	MEN	12&U	13-14		15-16		
4x100	FREE RELAY	WOMEN	12&U	13-14		15-16		

DAY 3

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

DAY 4

50	FREE	MEN	11&U 12	13	14	15	16
50	FREE	WOMEN	11&U 12	13	14	15	16
50	FREE	MEN	MULTI-CLASS		14/u	15 & over	
50	FREE	WOMEN	MULTI-CLASS		14/u	15 & over	
200	BREAST	MEN	11&U 12	13	14	15	16
200	BREAST	WOMEN	11&U 12	13	14	15	16
100	BREAST	MEN	MULTI-CLASS		14/u	15 & over	
100	BREAST	WOMEN	MULTI-CLASS		14/u	15 & over	
50	BACK	MEN	11&U 12	13	14	15	16
50	BACK	WOMEN	11&U 12	13	14	15	16
50	FLY	MEN	11&U 12	13	14	15	16
50	FLY	WOMEN	11&U 12	13	14	15	16
50	FLY	MEN	MULTI-CLASS		14/u	15 & over	
50	FLY	WOMEN	MULTI-CLASS		14/u	15 & over	
4x50	MED RELAY	MEN	12&U		13-14	15-16	
4x50	MED RELAY	WOMEN	12&U		13-14	15-16	
4x100	FREE RELAY	MIXED	12&U		13-14	15-16	

S A NATIONAL JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION

DATE: 21 - 25 March 2026

VENUE: Newton Park, Gqeberha

MANAGER'S MEETING: 21 March 2026 – 15H00

CLOSING DATE FOR ENTRIES: 27 February 2026

CLOSING DATE FOR ENTRY CORRECTIONS: 6 March 2026

ENTRY FEE: R110.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
R110.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

DAY 1 – Starting at 17:00

400	FREE	WOMEN	12&U	13	14	15	16	Timed Finals
400	FREE	MEN	12&U	13	14	15	16	Timed Finals

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

DAY 2

100	BACK	WOMEN	12&U	13	14	15	16	
100	BACK	MEN	12&U	13	14	15	16	
200	FLY	WOMEN	12	13	14	15	16	Timed Finals
200	FLY	MEN	12	13	14	15	16	Timed Finals
50	BREAST	WOMEN	12&U	13	14	15	16	
50	BREAST	MEN	12&U	13	14	15	16	
200	FREE	WOMEN	12&U	13	14	15	16	
200	FREE	MEN	12&U	13	14	15	16	
4x100	FREE RELAY	WOMEN	14&U		15 - 16			
4x100	FREE RELAY	MEN	14&U		15 - 16			
4x100	MED RELAY	MIXED	14&U		15 - 16			
800	FREE	WOMEN	12	13	14	15	16	Timed Finals

DAY 3

100	FREE	WOMEN	12&U	13	14	15	16	
100	FREE	MEN	12&U	13	14	15	16	
100	BREAST	WOMEN	12&U	13	14	15	16	
100	BREAST	MEN	12&U	13	14	15	16	
400	I.M.	WOMEN	12	13	14	15	16	Timed Finals
400	I.M.	MEN	12	13	14	15	16	Timed Finals
50	FLY	WOMEN	12&U	13	14	15	16	
50	FLY	MEN	12&U	13	14	15	16	
4x100	MED.RELAY	WOMEN	14&U		15 - 16			
4x100	MED.RELAY	MEN	14&U		15 - 16			
4x100	FREE RELAY	MIXED	14&U		15 - 16			
800	FREE	MEN	12	13	14	15	16	Timed Finals

DAY 4

50	FREE	WOMEN	12&U	13	14	15	16	
50	FREE	MEN	12&U	13	14	15	16	
200	I.M.	WOMEN	12&U	13	14	15	16	
200	I.M.	MEN	12&U	13	14	15	16	
50	BACK	WOMEN	12&U	13	14	15	16	
50	BACK	MEN	12&U	13	14	15	16	
4x50	FREE RELAY	WOMEN	14&U	15 – 16				
1500	FREE	WOMEN	12	13	14	15	16	Timed Finals

DAY 5

100	FLY	WOMEN	12&U	13	14	15	16	
100	FLY	MEN	12&U	13	14	15	16	
200	BREAST	WOMEN	12&U	13	14	15	16	
200	BREAST	MEN	12&U	13	14	15	16	
200	BACK	WOMEN	12&U	13	14	15	16	
200	BACK	MEN	12&U	13	14	15	16	
4x50	FREE RELAY	MEN	14&U	15 – 16				
1500	FREE	MEN	12	13	14	15	16	Timed Finals

S A NATIONAL YOUTH CHAMPIONSHIPS (Age as on the day 17 – 25 years) CLUB COMPETITION

DATE:	18 – 20 March 2026
VENUE:	Newton Park, Gqeberha
MANAGER'S MEETING:	17 March 2026 – 16H00
CLOSING DATE FOR ENTRIES:	27 February 2026
CLOSING DATE FOR ENTRY CORRECTIONS:	6 March 2026
ENTRY FEE:	R110.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
	R110.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

COMPETITION SCHEDULE

Day 1	18 March		Day 2	19 March		Day 3	20 March	
400m	Freestyle	W	400m	Ind Medley	W	400m	Ind Medley	M
400m	Freestyle	M	50m	Backstroke	M	100m	Butterfly	W
50m	Backstroke	W	200m	Freestyle	W	50m	Butterfly	M
200m	Backstroke	M	200m	Ind Medley	M	200m	Backstroke	W
200m	Butterfly	W	100m	Backstroke	W	100m	Backstroke	M
100m	Butterfly	M	50m	Breaststroke	M	50m	Breaststroke	W
200m	Breaststroke	W	50m	Butterfly	W	200m	Breaststroke	M
100m	Breaststroke	M	100m	Freestyle	M	100m	Freestyle	W
50m	Freestyle	W	100m	Breaststroke	W	200m	Freestyle	M
50m	Freestyle	M	200m	Butterfly	M	200m	Ind Medley	W
1500m	Freestyle TF	W	1500m	Freestyle TF	M	800m	Freestyle TF	M&W
4 x 100	Medley Relay	Mixed	4 x 100	Freestyle	M&W	4 x 100	Medley Relay	M&W
4 x 100	Freestyle Relay	Mixed						