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12 January 2026

THE 2026 GRAND PRIX INVITATIONAL SWIMMING MEETS

No 2 Hillcrest Swimming Pool, Pretoria
No 3 TBC

20 – 22 February 2026
June 2026

TECHNICAL OFFICIALS for #2 Grand Prix

Technical Officials are invited to register for officiating duties for #2 Grand Prix on this link:

<https://forms.gle/4RLstB76nCK51tXX7>

Your availability will be greatly appreciated

Entry Procedure for Grand Prix No 2 and No 3

- Closing Date for entries for Grand Prix No 2 3 30 January 2026
- Closing Date for Correction for Grand Prix No 2 13 February 2026
- Closing Date for entries for Grand Prix No 3 TBC June 2026
- Closing Date for Correction for Grand Prix No 3 TBC June 2026

The entry fee will be R120.00 (R110.00 + R10.00 SSA Levy) per entry.

- 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.
- The entry fee for the 800 and 1500 m Freestyle will be payable once the entries have closed.

President: A. Fritz **Vice Presidents:** J. Naidoo, Z Molusi & E Van Veenhuyzen

Treasurer: J. Ellis

Members: L. Blignaut, L. Coetzee, A. Motau, C Ho

Chief Executive Officer: S. Adriaanse

Hon. Life Member: R Andrews

Hon. Life Presidents: S. Ramsamy & G. Sam

- Proposed QT's
- 12 and over swimmers who do not meet the QT's may apply for a concession.

WOMEN	EVENTS	MEN
LC QT's		LC QT's
29.82	50m Freestyle	26.34
1:05.15	100m Freestyle	59.04
2:22.34	200m Freestyle	2:10.72
4:57.98	400m Freestyle	4:41.48
10:27.55	800m Freestyle	10:13.62
20:01.18	1500m Freestyle	19:00.42
33.99	50m Backstroke	29.87
1:12.53	100m Backstroke	1:07.13
2:36.40	200m Backstroke	2:27.71
37.04	50m Breaststroke	32.69
1:24.18	100m Breaststroke	1:16.56
3:01.25	200m Breaststroke	2:49.73
30.78	50m Butterfly	28.05
1:13.10	100m Butterfly	1:05.26
2:56.27	200m Butterfly	2:36.57
2:38.90	200m IM	2:27.67
5:54.26	400m IM	5:30.50

HEATS Friday 17:00
 FINALS Saturday 10:00
 Women 800m 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

HEATS Saturday 17:00
 FINALS Sunday 10:00
 Men 1500m 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

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