

SA Grand Prix #1 | 7-9 August 2026

SESSIONS | EVENTS

SESSION 1 | FRIDAY PM

Warm-Up: 15:30

Start: 17:00

4 × 100 Mixed Medley Relay
Women 100 IM
Men 100 IM
Women 200 Breaststroke
Men 200 Breaststroke
Women 100 Freestyle
Men 100 Freestyle
Women 50 Backstroke
Men 50 Backstroke
Women 800 Freestyle
Men 1500 Freestyle

SESSION 2 – SATURDAY AM

Warm-Up: 07:30

Start: 09:00

Women 50 Breaststroke
Men 50 Breaststroke
Women 200 Freestyle
Men 200 Freestyle
Women 100 Butterfly
Men 100 Butterfly
Women 400 IM
Men 400 IM
Women 4 x 50 Freestyle Relay
Men 4 x 50 Freestyle Relay

SESSION 3 – SATURDAY PM

Warm-Up: 15:30

Start: 17:00

Women 50 Butterfly
Men 50 Butterfly
Women 100 Breaststroke
Men 100 Breaststroke
Women 200 Backstroke
Men 200 Backstroke
Women 400 Freestyle
Men 400 Freestyle
Women 4 × 100 Freestyle Relay
Men 4 × 100 Freestyle Relay

SESSION 4 – SUNDAY AM

Warm-up: 07:30

Start: 09:00

Women 200 Butterfly
Men 200 Butterfly
Women 50 Freestyle
Men 50 Freestyle
Women 100 Backstroke
Men 100 Backstroke
Women 200 IM
Men 200 IM
Women 1500 Freestyle
Men 800 Freestyle
Mixed 4 x 50 Medley Relay