

DAY 1: Sunday, 10 April

Cameron van der Burgh did not disappoint in the 100m breaststroke semi-finals. Van der Burgh, who holds the Olympic gold in the event, raced ahead of the pack in an Olympic qualification time of 59.69, with Jarred Crous coming in a close second in 1:00.88, just under 0.31secs of the 1:00.57 requirement.

DAY 2: Monday, 11 April

Cameron van der Burgh brought the crowd to their feet when he confirmed his Olympic Qualification Time in the 100m breaststroke final, winning the race in a golden 59.66. Jarred Crous claimed the silver in 1:01.10 and Craig Emslie the bronze in 1:02.33.

In the 100m breaststroke semi-finals Tara Nicholas was fastest in 1:08.68 ahead of Tatjana Schoenmaker in 1:08.72 and Franco Jonker in 1:08.79.

Emily Gray (S9) also swam the 400m freestyle heats and raced to a Paralympic qualification time of 5:05.36.

DAY 3: Tuesday, 12 April

Karin Prinsloo came one step closer to making the Olympic Qualifying Time of 1:58.96 in the 200m freestyle, when she won the semi-finals this evening in 2:00.96 ahead of Kristin Bellingan in 2:04.98 and Caitlin Kat in 2:05.59.

The 100m breaststroke gold was claimed by Tatjana Schoenmaker in 1:09.17 ahead of Franko Jonker in 1:09.24 and Tara Nicholas in 1:09.30.

With five athletes having already swum eight Paralympic Qualifying Times to date, Shireen Sapiro (S10) and Emily Gray (S9) added their names on the short list to Rio by improving on their heat times to finish the 100m backstroke in 1:11.87 and 1:17.17, dipping under the set 1:13.40 and 1:17.70, respectively.

DAY 4: Wednesday, 13 April

There was plenty of action in the 200m breaststroke as Cameron van der Burgh clocked yet another Olympic Qualification time today when he swam a time of 2:11.10, while Jarred Crous and Ayrton Sweeney ended second and third in 2:12.47 and 2:13.38 respectively. The final of the race will take place tomorrow.

The semi-finals of the 100m freestyle saw Douglas Erasmus top the group in 49.85, followed by Caydon Muller in 49.90. Erasmus and Muller will be striving for a faster time in tomorrow's final to clock the 48.99 requirement for the Rio Olympic Games.

Karin Prinsloo won the 200m freestyle final in 1:59.86, over four seconds ahead of Kristin Bellingan in 2:04.13 and Caitlin Kat in 2:04.40.

DAY 5: Thursday, 14 April

Cameron van der Burgh and Jarred Crous turned up the tempo as they posted thrilling finishes and recorded Olympic Qualifying Times on the fifth day of the SA National Aquatic Championships at the Kings Park Aquatics Centre in Durban.

Van der Burgh was quick off the block and confirmed his Olympic Qualification time in the 200m breaststroke with a golden 2:10.13, while 19 year old Crous was over the moon with his first qualification time of the competition and the silver medal, clocking 2:11.65, just 0.01secs under the required 2:11.66. Ayrton Sweeney won the bronze in 2:14.36.

In the 200m breaststroke semi-finals, Tatjana Schoenmaker, Franko Jonker and Kaylene Corbett swam the fastest to qualify for tomorrow evening's final in 2:27.48, 2:28.70 and 2:32.29.

Erin Gallagher and Karin Prinsloo finished first and second the 100m freestyle semi-finals in 56.30 and 56.54, respectively and will both strive for faster times ahead of tomorrow night's final, in the hope of clocking the set 54.43.

In the 100m freestyle Emily Gray claimed the gold in her category in 1:09.94 and Craig Groenewald won the S14 and S15 race in 58.45.

DAY 6: Friday, 15 April

Tatjana Schoenmaker just missed out on qualification to the Rio Olympic Games in the 200m breaststroke event, finishing the race in 2:26.95, while Kaylene Corbett walked away with the silver in 2:30.18 and Franko Jonker with the bronze in 2:31.29. The set standard stood at 2:26.94.

Karin Prinsloo raced ahead of the pack in the 100m freestyle and won the gold in 56.12, while Erin Gallagher claimed the silver in a close 56.31 and Tayla Lovemore the bronze in 56.98.

In the S1-S13 50m freestyle, Emily Gray, Shireen Sapiro and Shannon Martins came out on top in 32.53, 31.56 and 34.35 respectively.

DAY 7: Saturday, 16 April

In the non-Olympic 50m breaststroke final, Cameron van der Burgh was once again on top, clocking 27.17, with the silver medal going to Giulio Zorzi in 27.50 and the bronze to Jarred Crous in 27.99.

The 50m breaststroke was won by Tara Nicholas in 31.82 to Taryn Mackenzie's 32.15 and Tatjana Schoenmaker's 32.25.

The SA National Aquatic Championships were successfully wrapped up on Saturday with 10 athletes (all men) swimming to 13 Olympic Qualifying Times.

In the multi-disability section five female and five male swimmers clocked 17 Paralympic Qualifying Times during the week-long competition which took place at the Kings Park Aquatics Centre in Durban.

Final List of Olympic Qualifying Times:

- Sebastian Rousseau – 400m individual medley – 4:14.75
- Michael Meyer – 400m individual medley – 4:15.71
- Myles Brown – 400m freestyle – 3:48.86
- Cameron van der Burgh – 100m breaststroke – 59.66
- Cameron van der Burgh – 200m breaststroke – 2:10.13

- Christopher Reid – 100m backstroke – 54.02
- Chad le Clos – 200m freestyle – 1:47.75
- Chad le Clos – 200m butterfly – 1:55.04
- Chad le Clos – 100m butterfly – 51.82
- Jarred Crous – 200m breaststroke – 2:11.65
- Brad Tandy – 50m freestyle – 22.13
- Douglas Erasmus – 50m freestyle – 22.26
- Matthew Meyer – 1500m freestyle – 15:09.58

Final List of Paralympic Qualifying Times:

- Kevin Paul (SM10) – 200m individual medley – 2:15.78
- Kevin Paul (SB9) – 100m breaststroke – 1:05.10
- Johann van Heerden (SB9) – 100m breaststroke – 1:12.64
- Alani Ferreira (SM13) – 200m individual medley – 2:50.43
- Alani Ferreira (S13) – 400m freestyle – 5:21.00
- Alani Ferreira (SB13) – 100m breaststroke – 1:26.90
- Alani Ferreira (S13) – 100m butterfly – 1:23.37
- Emily Gray (S9) – 400m freestyle – 5:05.36
- Emily Gray (S10) – 100m backstroke – 1:17.17
- Craig Groenewald (SB14) – 100m breaststroke – 1:12.33
- Hendri Herbst (S11) – 100m backstroke – 1:16.84
- Hendri Herbst (S11) – 100m freestyle – 1:00.01
- Hendri Herbst (S11) – 50m freestyle – 27.24
- Shireen Sapiro (S10) – 100m backstroke – 1:11.87
- Achmat Hassiem (S10) – 100m butterfly – 1:00.44
- Beth Nothling (S5) – 50m backstroke – 55.50
- Adri Visser (S5) – 50m butterfly – 52.02