

## **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. S A Nationals will be Provincial Based – the 9 Political Provinces.
5. Clubs should be encouraged to participate at all the levels of Age Group Competitions
6. 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. Entry times from 1 May 2021.
7. Visitors must forward a clearance to compete. Their entry times must be verified. The National Federations must confirm that the swimmers entered, meet the stipulated cut off and entry times for the events, that they have been entered in.
8. If, due to weather conditions, any section of a swimming program cannot be completed the following will apply:
  - 8.1 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.
  - 8.2 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.
  - 8.3 If circumstances require, any part of the program may be swum as timed finals.

### **9 TECHNICAL OFFICIALS**

- 9.1 The names of SSA registered, trained and available officials must accompany the swimming 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.
- 9.2 For Inter Club and Provincial Competitions, clubs/provinces will be required to provide SSA registered trained officials for EVERY SESSIONS, according to the number of swimmers entered in the competition:
  - 9.2.1 1 - 4 swimmers, one judge per heats session.
  - 9.2.2 5 – 10 swimmers, one judge and one timekeeper for every session.
  - 9.2.3 11 and over swimmers, a minimum of three officials, two judges and one timekeeper for every session.
  - 9.2.4 The names of the officials must accompany the entries.
  - 9.2.5 All Technical Officials must be correctly attired;  
White shirts and Navy Blue Trousers or skirts for finals sessions;  
Navy blue shorts for Heats will be permitted.

**\* 2022 Competition Qualifying Notes.**

The following National / Regional / District competitions will be held in 2022:

Level 1 – Intra Districts – Provinces

Level 2 and Level 3 – Regional Championships

S A Regional Aquatic and Junior Age Group Championships

S A National Junior Age Group Championships

S A National Aquatic Championships

S A National Short Course – National

Grand Prix Series

**Level 1 Age Group** will be held in each province, (Intra Districts) there will be no QT, the Level 2, 3 and SA Junior Nationals, National, QT's will be the disqualifying time. The purpose of this competition is to encourage new swimmers to participate in competitive swimming. It will be open to Clubs, Swim Schools, and Schools. Swimmers 9 years and under who have achieved QT's for any level may participate at the Level 1 competition as well as the level at which they have achieved a National or Provincial QT. Swimmers should be registered on the SSA Database and have times on the Database. All Age Groups will be catered for. Each Province/District will decide which venues will be used. The Date to be considered is 5 March 2022. Local Organisers should provide ribbons as an incentive, **medals should not be awarded**. The age groups will be 9/u, 10, 11, 12, 13, 14, 15 and over. Swimmers may qualify at the Level 1 Age Group for Level 2 in the relevant age groups. These Swimmers will be required to upgrade their SSA registration to participate at the Level 2 Regional Age Group. The swimmers age, is determined on the first day of the commencement of the tournament. Swimmers may only compete at one SSA National/Regional Age Group Championship.

Participation at the 2022 Regional Level 2, 3, Junior Age Group and Senior competitions, will be dependent on the swimmer having participated in a minimum of one (1) for Level 2 and two (2) for Level 3 and Junior Age Groups, 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 purpose of this rule is to encourage younger swimmers not to specialise in specific strokes at too early an age as directed by the SSA 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 2022, no requests will be considered after this date.**

Swimmers 10 years and younger are encouraged to swim Level 2 even if they have qualified for a higher level. Similarly, 11-year old swimmers, with Junior Age Group Regional QT are encouraged to swim at Level 3. The choice however is left to the individual and their advisors. 9 year and under swimmers, who had qualified for Level 2 may choose to compete at Level 1 and Level 2.

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 Regional Age Group Championship.

The cut-off date for qualification for Age Group Competitions will be 1<sup>st</sup> March 2021. Except for swimmers competing at Level 1, who wish to qualify for Level 2. 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 2022. 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 Regional Age Group competition, except 9 year and under swimmers and swimmers who compete at Level 1 and qualify to be entered in Level 2 Regional Age Group, or higher in the same season.

3. **Level 1**
  - 3.1 Intra provincial – districts, Club/Swim Schools/Schools Competition.
  - 3.2 Swimmers must be registered with SSA at the entry level registration.
  - 3.3 Swimmers may not participate at this level, if qualifying times for any levels, have been achieved, except 9 year and under swimmers.
  - 3.4 The age groups will be 9/u, 10, 11, 12, 13, 14, 15 & over.
  
4. **Level 2 - REGIONAL**
  - 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 2 Regional qualifying time. The IM requirement will not apply to School Team swimmers.
  - 4.2 Swimmers may enter all events that they have Regional Level 2 qualifying times, plus additional events that they have not qualified in provided they have times on the SSA database for the additional selected events.
  - 4.3 If a swimmer has achieved one Level 3 Regional qualifying time, the swimmer must participate at Level 3 Regional. 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 2 or compete in the 11 and under events at Level 3.
  - 4.4 If a 9 year or younger swimmer has complied with rule 4.1 and achieved one Level 2 regional qualifying time, the swimmer may participate at Level 1 Age Group as well
  - 4.5 This competition will be a regional competition.
  - 4.6 The age groups will be 10/u, 11, 12, 13, 14, 15 & 16, 17 - 24
  - 4.7 Entry fees per event as per the program will be charged.
  
5. **Level 3 - REGIONAL**
  - 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 3 Regional qualifying time.
  - 5.2 Swimmers may enter all events that they have qualified in, plus additional events that they have not qualified in, provided they have times on the database for the additional 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, choose any of the 50's provided they have times on the database for the particular event.
  - 5.4 Level 3 will start at 11&U, and the oldest age group will be 17 -24. Swimmers in the 10 and under age group, who have achieved a Level 3 qualifying time in the 11 and under age group, may choose to compete in the 11 & under age group at Level 3 or compete in the 10 & under age group at level 2.
  - 5.5 The age groups will be 11&U, 12, 13, 14, 15 & 16, 17 -24.
  - 5.6 If a swimmer has achieved one S A Junior National or Regional qualifying time, the swimmer must participate at S A Junior National or Regional Age Group. This rule will not apply to 11 and under swimmers, they may choose at which age group competition they would prefer to compete in.
  - 5.7 Swimmers in the 17 – 24 age group who have achieved the S A National or Regional qualifying time may not participate at Level 3 Regional Age Group.
  - 5.8 This competition will be a Regional competition.
  - 5.9 **Events for Para swimmers** – This will be age group based and any Para swimmer may compete at Level 3. The Level 3 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.
  - 5.10 Entry fees per event as per the program will be charged.

## 6. S A Junior Regional Age Group

- 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 Junior National qualifying time.
- 6.2 Swimmers may enter all events that they have qualified in, plus additional events, provided they have times on the database for the additional 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 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 S A Junior Regional 12&U event, may choose to swim at S A Junior Regional in the 12&U age group or swim at Level 3 Regional Age Group in their own age group category. However, swimmers, who are not 12 years old, may not enter the 12 – 14 years events e.g. 200 Fly, 400 IM, 800 and 1500 Freestyle events at S A Junior Regional Age Group Championships.
- 6.5 The age groups will be 12&U, 13, 14, 15, 16, 17&18.
- 6.6 Swimmers who have achieved S A National Junior Qualifying times may participate at the S A National Junior Championships, swimmers will only be allowed to participate at one Age Group event.
- 6.6 Entry fees per event as per the program will be charged.

## 7. S A Junior National Age Group

- 7.1 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 Junior National qualifying time.
- 7.2 Swimmers may enter all events that they have qualified in, plus additional events, provided they have times on the database for the additional selected events.
- 7.3 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 choose any of the 50's provided they have times on the database for the particular event.
- 7.4 Swimmers in the 11&U age category who have qualified in any S A Junior National 12&U event, may choose to swim at S A Junior Nationals in the 12&U age group or swim at Level 3 Regional Age Group in their own age group category. However, swimmers, who are not 12 years old, may not enter the 12 – 14 years events e.g. 200 Fly, 400 IM, 800 and 1500 Freestyle events at S A Junior National Age Group Championships.
- 7.5 The age groups will be 12&U, 13, 14, 15, 16.
- 7.6 Entry fees per event as per the program will be charged.

## 8 TIME TRIALS

Applications for Time Trials during any competition period, will be considered:

- 8.1 Written application detailing the motivation must be received at least twenty-four hours prior to the time trial
- 8.2 The Fee will be R1000.00 per time trial
- 8.3 Time Trials, if granted, will take place at the end of a heats session

## [C] Open Competitions Qualification

There will be two Open Competitions:

- a) S A Aquatic Regional Championships incorporating the S A Junior Regional Championships – these championships will be held in 4 – 5 Regions
- b) S A Aquatic National championships incorporating the S A National Junior Championships – these championships will be a National Championships. Qualifying times will be published. This will be an interprovincial Championships:

Eastern Cape, Freestate, Gauteng, KwaZulu Natal, Limpopo, Mpumalanga, Northern Cape, North West and Western Cape.

Heats will be combined and swimmers will be classified for finals as per age group:

Open, 12/u, 13, 14, 15, 16. Depending on the preliminary results, swimmers may choose to participate in the Open final, instead of their age group.

### 1. S A National Aquatic Championships incorporating the S A Junior National Age Group

- 1.1 Swimmers may enter the events that they have S A National qualifying times for, plus additional non qualifying events, provided they have times on the SSA Database.
- 1.2 Provinces may enter **three** relay teams per event for S A Nationals.
- 1.3 All teams will score points.
- 1.4 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
- 1.5 Any swimmer entered into the meet, may be selected as a member of their provincial relay team.

### 2. Para Swimming

- 2.1 Swimmers may enter the events that they have S A National qualifying Times for, plus additional events provided they have times on the SSA Database.
- 2.2 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.
- 2.3 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/points 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. SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National Competition.  
Only accredited managers may:
  - 1.1. Withdraw competitors
  - 1.2. Lodge objections
  - 1.3. Lodge complaints
2. Written protest accompanied by R500.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification
3. In the case of a dispute, the referees' decision will be final.

4. All team managers must attend the Team Manager's Meeting.
  - 4.1. Clubs/Provinces who are not represented and who do not comply with the rules concerning entries will not receive any concessions.
  - 4.2. 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.

## 5. Withdrawals

- 5.1. Pre-competition at the Manager's Meeting – no charge
- 5.2. 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.
- 5.3. 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.
- 5.4. 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.
- 5.5. 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.

## 6. Relays

- 6.1. 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.
- 6.2. 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.

## 7. CEREMONIES - subject to prevailing COVID restrictions

- 7.1. Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
- 7.2. Medal Ceremony – Swimmers must present themselves in good time and correctly attired.
- 7.3. Only medal winners are allowed to be on the medal podium during medal presentations.

**LEVEL 1 INTRA PROVINCIAL AGE GROUP PROGRAM - INTRA PROVINCIAL CLUB/ SCHOOL COMPETITION****VENUES:** Provinces to notify SSA – how many per district/ province**DATE:** 5 March 2022 - one or two days as required**MANAGER'S MEETING:** 5 March 2022 – 09H00 at each venue**CLOSING DATE FOR ENTRIES:** **19 February 2022****CLOSING DATE FOR ENTRY CORRECTIONS:** **26 February 2022****ENTRY FEE:** R10.00 - INDIVIDUAL ENTRIES plus R5.00 SSA Levy per entry VAT incl  
R20.00 – RELAYS plus R5.00 SSA Levy per entry VAT incl

All events will be Timed Finals.

Competition may be held in a 25m Pool.

Program a guideline only

**SESSION 1**

200	FREE	MEN	9&U	10	11	12	13	14	15 & OVER
200	FREE	WOMEN	9&U	10	11	12	13	14	15 & OVER
50	FLY	MEN	9&U	10	11	12	13	14	15 & OVER
50	FLY	WOMEN	9&U	10	11	12	13	14	15 & OVER
100	BACK	MEN	9&U	10	11	12	13	14	15 & OVER
100	BACK	WOMEN	9&U	10	11	12	13	14	15 & OVER
4x50	MED RELAY	MEN	12&U		13 – 14			15&OVER	
4x50	MED RELAY	WOMEN	12&U		13 – 14			15&OVER	
4x50	FREE RELAY	MIXED	12&U		13 – 14			15&OVER	

**SESSION 2**

50	FREE	MEN	9&U	10	11	12	13	14	15 & OVER
50	FREE	WOMEN	9&U	10	11	12	13	14	15 & OVER
100	BREAST	MEN	9&U	10	11	12	13	14	15 & OVER
100	BREAST	WOMEN	9&U	10	11	12	13	14	15 & OVER
50	BACK	MEN	9&U	10	11	12	13	14	15 & OVER
50	BACK	WOMEN	9&U	10	11	12	13	14	15 & OVER
100	FLY	MEN	9&U	10	11	12	13	14	15 & OVER
100	FLY	WOMEN	9&U	10	11	12	13	14	15 & OVER
4x50	FREE RELAY	MEN	12&U		13 – 14			15&OVER	
4x50	FREE RELAY	WOMEN	12&U		13 – 14			15&OVER	
4x50	MED RELAY	MIXED	12&U		13 – 14			15&OVER	

**SESSION 3**

100	FREE	MEN	9&U	10	11	12	13	14	15 & OVER
100	FREE	WOMEN	9&U	10	11	12	13	14	15 & OVER
50	BREAST	MEN	9&U	10	11	12	13	14	15 & OVER
50	BREAST	WOMEN	9&U	10	11	12	13	14	15 & OVER
200	IM	MEN	9&U	10	11	12	13	14	15 & OVER
200	IM	WOMEN	9&U	10	11	12	13	14	15 & OVER
4x100	FREE RELAY	MEN	12&U		13 – 14			15&OVER	
4x100	FREE RELAY	WOMEN	12&U		13 – 14			15&OVER	

**LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION**

<b>VENUES:</b>	Region 1	Western Cape	TBC
	Region 2	Eastern Cape	TBC
	Region 3	KZN	TBC
	Region 4	Gauteng	TBC
	Region 5	North West, Northern Cape, Free State	TBC
	Region 6	Mpumalanga, Limpopo	TBC

**DATE:** 22 – 24 March 2022

**MANAGER'S MEETING:** 21 March 2022 – 17H00

**CLOSING DATE FOR ENTRIES:** 1 March 2022

**CLOSING DATE FOR ENTRY CORRECTIONS:** 8 March 2022

**ENTRY FEE:** R40.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT incl  
R50.00 – 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	17 - 24
50	BREAST	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
100	FREE	MEN	10&U	11	12	13	14	15 – 16	17 - 24
100	FREE	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
50	BACK	MEN	10&U	11	12	13	14	15 – 16	17 - 24
50	BACK	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
200	I.M.	MEN	10&U	11	12	13	14	15 – 16	17 - 24
200	I.M.	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
4x50	MED RELAY	MEN	12&U		13 – 14		15 - 24		
4x50	MED RELAY	WOMEN	12&U		13 - 14		15 - 24		
4x50	FREE RELAY	MIXED	12&U		13 - 14		15 - 14		

**DAY 2**

200	FREE	MEN	10&U	11	12	13	14	15 – 16	17 - 24
200	FREE	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
100	BACK	MEN	10&U	11	12	13	14	15 – 16	17 - 24
100	BACK	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
50	FLY	MEN	10&U	11	12	13	14	15 – 16	17 - 24
50	FLY	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
100	BREAST	MEN	10&U	11	12	13	14	15 – 16	17 - 24
100	BREAST	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
4x100	FREE RELAY	MEN	12&U		13 – 14		15 - 24		
4x100	FREE RELAY	WOMEN	12&U		13 – 14		15 - 24		

**DAY 3**

200	BACK	MEN	10&U	11	12	13	14	15 – 16	17 - 24
200	BACK	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
200	BREAST	MEN	10&U	11	12	13	14	15 – 16	17 - 24
200	BREAST	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
100	FLY	MEN	10&U	11	12	13	14	15 – 16	17 - 24
100	FLY	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
50	FREE	MEN	10&U	11	12	13	14	15 – 16	17 - 24
50	FREE	WOMEN	10&U	11	12	13	14	15 – 16	17 - 24
4x50	FREE RELAY	MEN	12&U		13 – 14		15 - 24		
4x50	FREE RELAY	WOMEN	12&U		13 – 14		15 - 24		
4x50	MED RELAY	MIXED	12&U		13 – 14		15 - 24		



**LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION**

<b>VENUES:</b>	Region 1	Western Cape	TBC
	Region 2	Eastern Cape	TBC
	Region 3	KZN	TBC
	Region 4	Gauteng	TBC
	Region 5	North West, Northern Cape, Free State	TBC
	Region 6	Mpumalanga, Limpopo	TBC

<b>DATE:</b>	17 – 20 March 2022
<b>MANAGER'S MEETING:</b>	17 March 2022 – 16H00
<b>CLOSING DATE FOR ENTRIES:</b>	<b>22 February 2022</b>
<b>CLOSING DATE FOR ENTRY CORRECTIONS:</b>	<b>1 March 2022</b>

<b>ENTRY FEE:</b>	R60.00 - INDIVIDUAL ENTRIES	plus R10.00 SSA Levy per entry	VAT incl
	R70.00 – 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	17 - 24	Timed Finals
400	FREE	WOMEN	11&U 12	13	14	15 – 16	17 - 24	Timed Finals

<b>Starting Time:</b>	Heats	TBA	Finals	TBA
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**DAY 2**

200	FREE	MEN	11&U	12	13	14	15 - 16	17 - 24
200	FREE	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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	17 - 24
100	BREAST	WOMEN	11&U	12	13	14	15 - 16	17 - 24
50	BACK	MEN	11&U	12	13	14	15 - 16	17 - 24
50	BACK	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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	17 - 24
100	FLY	WOMEN	11&U	12	13	14	15 - 16	17 - 24
4x100	FREE RELAY	MEN	13&U	14 - 24				
4x100	FREE RELAY	WOMEN	13&U	14 - 24				

**DAY 3**

100	FREE	MEN	11&U	12	13	14	15 - 16	17 - 24
100	FREE	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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	17 - 24
50	BREAST	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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	17 - 24
100	BACK	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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	17 - 24
200	I.M.	WOMEN	11&U	12	13	14	15 - 16	17 - 24
4x50	FREE RELAY	MEN	13&U	14 - 24				
4x50	FREE RELAY	WOMEN	13&U	14 - 24				
4x50	MED RELAY	MIXED	13&U	14 - 24				

**DAY 4**

50	FREE	MEN	11&U	12	13	14	15 - 16	17 - 24
50	FREE	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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	17 - 24
200	BREAST	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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	17 - 24
200	BACK	WOMEN	11&U	12	13	14	15 - 16	17 - 24
50	FLY	MEN	11&U	12	13	14	15 - 16	17 - 24
50	FLY	WOMEN	11&U	12	13	14	15 - 16	17 - 24
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 - 24				
4x50	MED RELAY	WOMEN	13&U	14 - 24				
4x100	FREE RELAY	MIXED	13&U	14 - 24				

**S A REGIONAL AQUATIC AND JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION****DATE: 29 March – 2 April 2022**

The following Provinces / Clubs may opt to participate at any venue that they find convenient, depending on their number of qualifiers:

North West, Northern Cape, Free state, Mpumalanga and Limpopo

**MANAGER'S MEETING: 29 March 2022 – 16H00****CLOSING DATE FOR ENTRIES: 8 March 2022****CLOSING DATE FOR ENTRY CORRECTIONS: 15 March 2022**

**ENTRY FEE:** R80.00 - 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 – 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 - 16				

**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
1500	FREE	WOMEN	12 – 14		15 – 18			Timed Finals
800	FREE	MEN	12 – 14		15 – 18			Timed finals
4x50	FREE RELAY	MEN	14&U	15 - 18				
4x50	FREE RELAY	WOMEN	14&U	15 – 18				
4x100	MED RELAY	MIXED	14&U	15 - 18				

**2022 S A NATIONAL AQUATIC AND JUNIOR AGE GROUP PROGRAM - PROVINCIAL COMPETITION****VENUE:** TBC**DATE:** Swimming 4 – 9 April 2022**MANAGER'S MEETING:** 3 April 2022 – 16H00**CLOSING DATE FOR ENTRIES:** 14 March 2022**CLOSING DATE FOR ENTRY CORRECTIONS:** 21 March 2022

**SWIMMING ENTRY FEE:** R100.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT incl  
R120.00 – RELAYS plus R10.00 SSA Levy per entry VAT incl

**Open Water** TBC TBC**Water Polo** TBC TBC**Diving** TBC TBC**Artistic Swimming** TBC TBC

## **2022 SA National and Regional Aquatic Championships - Qualifying Standards - Long Course meters**

WOMEN			
		S A Nationals	S A Regionals
50 FREE		27.32	28.39
100 FREE		59.69	1:01.65
200 FREE		2:10.42	2:14.66
400 FREE		4:32.97	4:50.22
800 FREE		9:19.64	9:39.67
1500 FREE		17:42.61	18:46.44
50 BACK		31.13	31.97
100 BACK		1:06.46	1:10.53
200 BACK		2:22.39	2:33.72
50 BREAST		33.92	34.83
100 BREAST		1:14.03	1:20.15
200 BREAST		2:40.59	2:55.48
50 BUTTERFLY		28.20	28.96
100 BUTTERFLY		1:04.04	1:09.27
200 BUTTERFLY		2:20.61	2:37.48
200 IM		2:25.59	2:33.70
400 IM		5:07.49	5:25.68

MEN			
50 FREE		24.13	25.05
100 FREE		54.15	54.55
200 FREE		1:57.75	2:01.48
400 FREE		4:14.05	4:25.89
800 FREE		8:41.93	8:59.05
1500 FREE		16:45.51	17:18.51
50 BACK		27.70	28.45
100 BACK		59.85	1:03.50
200 BACK		2:09.20	2:21.48
50 BREAST		29.95	30.76
100 BREAST		1:05.66	1:10.16
200 BREAST		2:25.59	2:39.39
50 BUTTERFLY		25.70	26.40
100 BUTTERFLY		57.14	59.36
200 BUTTERFLY		2:07.82	2:19.29
200 IM		2:11.60	2:18.31
400 IM		4:41.49	4:59.99