

## 7.8 2026 S A SENIOR NATIONAL AQUATICS PROGRAM - PROVINCIAL COMPETITION

|                                            |                                                                                                                                    |
|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>VENUE:</b>                              | <b>Newton Park, Gqeberha</b>                                                                                                       |
| <b>DATE:</b>                               | Swimming 14 – 18 April 2026                                                                                                        |
| <b>MANAGER'S MEETING:</b>                  | 13 April 2026 – 16H00                                                                                                              |
| <b>CLOSING DATE FOR ENTRIES:</b>           | 17 March 2026                                                                                                                      |
| <b>CLOSING DATE FOR ENTRY CORRECTIONS:</b> | 24 March 2026                                                                                                                      |
| <b>SWIMMING ENTRY FEE:</b>                 | R120.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.<br>R120.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl. |
| <b>Artistic Swimming</b>                   | <b>TBC</b>                                                                                                                         |
| <b>Diving</b>                              | <b>TBC</b>                                                                                                                         |
| <b>Open Water Swimming</b>                 | <b>6 – 8 March 2026</b>                                                                                                            |
| <b>Water Polo</b>                          | <b>19 – 22 March 2026, Durban</b>                                                                                                  |

## 7.9 2026 SA Senior National Aquatic Championships - Qualifying Standards - Long Course meters

| <b>WOMEN<br/>QT</b> | <b>EVENTS</b>            | <b>MEN<br/>QT</b> |
|---------------------|--------------------------|-------------------|
| 27.39               | <b>50m Freestyle</b>     | 24.26             |
| 1:00.00             | <b>100m Freestyle</b>    | 54.37             |
| 2:12.34             | <b>200m Freestyle</b>    | 1:59.62           |
| 4:36.04             | <b>400m Freestyle</b>    | 4:18.08           |
| 9:28.53             | <b>800m Freestyle</b>    | 8:50.22           |
| 17:59.48            | <b>1500m Freestyle</b>   | 17:01.48          |
| 31.50               | <b>50m Backstroke</b>    | 27.61             |
| 1:07.23             | <b>100m Backstroke</b>   | 1:00.51           |
| 2:24.41             | <b>200m Backstroke</b>   | 2:11.25           |
| 34.19               | <b>50m Breaststroke</b>  | 30.43             |
| 1:15.20             | <b>100m Breaststroke</b> | 1:06.70           |
| 2:41.31             | <b>200m Breaststroke</b> | 2:27.15           |
| 28.65               | <b>50m Butterfly</b>     | 26.11             |
| 1:05.06             | <b>100m Butterfly</b>    | 57.99             |
| 2:22.85             | <b>200m Butterfly</b>    | 2:09.40           |
| 2:27.90             | <b>200m IM</b>           | 2:13.69           |
| 5:11.79             | <b>400m IM</b>           | 4:44.39           |