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**From:** Chief Executive Officer

**TO:** Affiliate Presidents  
Affiliate Secretaries

**CC:** SSA Executive Committee Members  
Swimming Technical Committee

**RE:** **GRAND PRIX INVITATIONAL SWIMMING MEETS.**

No 1 Nelspruit Swimming Pool, Mpumalanga 6 & 7 January 2023  
No 2 Kings Park, Durban 3 – 5 March 2023

Grand Prix No 1 will be swum as Timed Finals

## **PROGRAM OF EVENTS**

**Friday, 6 January 2023 14:30pm**

50m Freestyle	Men, Women, 13&u Men, 13&u Women
50m Breaststroke	Men, Women, 13&u Men, 13&u Women
50m Butterfly	Men, Women
50m Backstroke	Men, Women, 13&u Men, 13&u Women
200m Freestyle	Men, Women
200m Individual Medley	13&u Men, 13&u Women

**President:** A. Fritz **Vice Presidents** J. Naidoo, Z. Molusi, E. Van Veenhuizen  
**Treasurer:** J. Ellis  
**Members:** L. Blignaut, L. Coetzee, X. Palmer, A. Motau, L. Ramatsa  
**Chief Executive Officer:** S. Adriaanse  
**Hon. Life Member:** R. Andrews  
**Hon. Life Presidents** S. Ramsamy & G. Sam

**Saturday, 7 January 2023 08:30am**

100m Butterfly	Men, Women
50m Butterfly	13&u Men, 13&u Women
100m Breaststroke	Men, Women, 13&u Men, 13&u Women
100m Backstroke	Men, Women, 13&u Men, 13&u Women
100m Freestyle	Men, Women, 13&u Men, 13&u Women
200m Individual Medley	Men, Women

- Minimum requirement for entry will be the S A Senior Nationals “B” Qualifying times

**PROGRAM OF EVENTS**

HEATS Friday 17:00	HEATS Saturday 17:00
FINALS Saturday 10:00	FINALS Sunday 10:00
800m Freestyle Women	1500m Freestyle Men
400m Individual Medley Men	400m Individual Medley Women
200m Freestyle Women	200m Freestyle Men
100m Freestyle Men	100m Freestyle Women
100m Breaststroke Women	100m Breaststroke Men
50m Breaststroke Men	50m Breaststroke Women
100m Butterfly Women	100m Butterfly Men
100m Backstroke Men	100m Backstroke Women
50m Backstroke Women	50m Backstroke Men
200m Butterfly Men	200m Butterfly Women
200m Individual Medley Women	200m Individual Medley Men
400m Freestyle Men	400m Freestyle Women
50m Freestyle Women	50m Freestyle Men
200m Breaststroke Men	200m Breaststroke Women
200m Backstroke Women	200m Backstroke Men
50m Butterfly Men	50m Butterfly Women
4 x 100m Medley Relay Mixed	4 x 100 Freestyle Relay Mixed

## 2023 S A National Aquatic Championships - "B" Qualifying Times

### WOMEN

28:45  
1:02:17  
2:15:86  
4:44:35  
10:00:93

32:44  
1:09:28  
2:30:54  
35:75  
1:18:26  
2:49:58  
30:27  
1:06:71  
2:30:99  
2:33:92  
5:25:09

50m Freestyle  
100m Freestyle  
200m Freestyle  
400m Freestyle  
800m Freestyle  
1500m Freestyle  
50m Backstroke  
100m Backstroke  
200m Backstroke  
50m Breaststroke  
100m Breaststroke  
200m Breaststroke  
50m Butterfly  
100m Butterfly  
200m Butterfly  
200m IM  
400m IM

### MEN

25:14  
56:40  
2:02:65  
4:24:64  
17:59:70  
28:61  
1:02:34  
2:16:59  
31:20  
1:08:39  
2:31:66  
26:77  
59:46  
2:17:25  
2:17:08  
4:57:60

Yours Sincerely



**S L Adriaanse**  
**Chief Executive**