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12 February 2025

THE 2025 GRAND PRIX INVITATIONAL SWIMMING MEETS

No 1 Nelspruit Swimming Pool, Mpumalanga	10 – 11 January 2025
No 2 Newton Park, Gqeberha	28 Feb – 2 March 2025
No 3 TBC	TBC

Grand Prix #2

Manager's Meeting: 28 February 2025 at 16h15

All events will be swum as Timed Finals

HEATS: Friday - 17:00 (28 February)

FINALS: Saturday - 10:00 (1 March)

Women 800m Freestyle
Men 400m Individual Medley
Women 200m Freestyle
Men 100m Freestyle
Women 100m Breaststroke
Men 50m Breaststroke
Women 100m Butterfly
Men 100m Backstroke
Women 50m Backstroke
Men 200m Butterfly
Women 200m Individual Medley
Men 400m Freestyle
Women 50m Freestyle
Men 200m Breaststroke
Women 200m Backstroke
Men 50m Butterfly
Mixed 4x100m Medley Relay

HEATS: Saturday - 17:00 (1 March)

FINALS: Sunday - 10:00 (2 March)

Men 1500m Freestyle
Women 400m Individual Medley
Men 200m Freestyle
Women 100m Freestyle
Men 100m Breaststroke
Women 50m Breaststroke
Men 100m butterfly
Women 100m Backstroke
Men 50m Backstroke
Women 200m Butterfly
Men 200m Individual Medley
Women 400m freestyle
Men 50m Freestyle
Women 200m Breaststroke
Men 200m Backstroke
Women 50m Butterfly
Mixed 4x100 Freestyle Relay

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