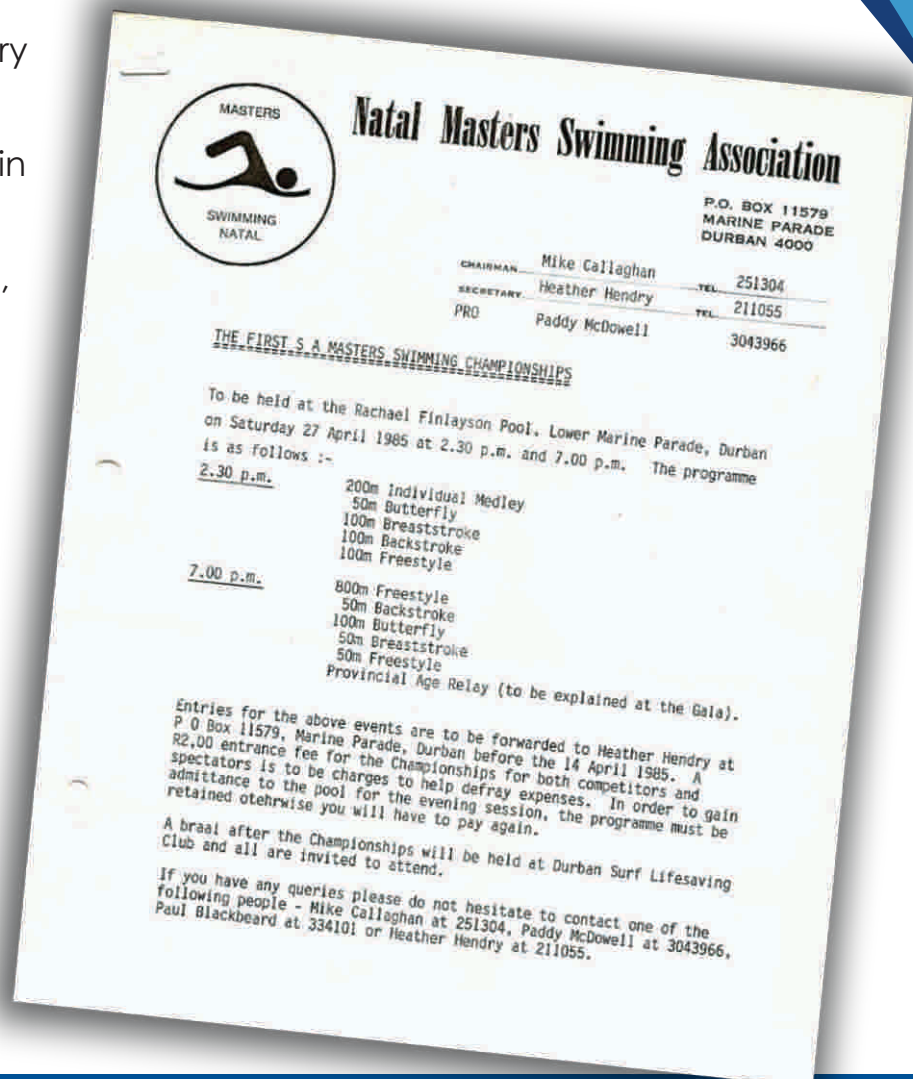




let's take a moment...

WHERE IT ALL BEGAN

In 1985, forty years ago, the very first SA Masters Swimming Championship made a splash in Durban, setting the stage for 4 decades of fierce competition, camaraderie, and unforgettable moments and friendships. Now, in a full-circle celebration, we're thrilled to return to the shores of Durban, honoring of pioneers of SA Masters Swimming in the city where it all began. Join us as we celebrate this incredible journey, bringing the spirit of SA Masters Swimming back to where it began.





let's dive in...

FUN...SUN...SEA!

The Durban Masters crew is thrilled to announce the 40th South African Masters Swimming Championships 2025, inviting all swimmers to ride the wave of excitement! This year's event will take place at the Rachel Finlayson Pool on the Durban Beachfront from 12 to 15 March 2025. (With 16 March being a reserve date for the open water event)

Join us for a splash-tastic celebration as we hope to see a record number of entries at this world-class event! Swimmers of all levels are welcome to join in the camaraderie, fitness and fun this event promises.





Our Open Water Swim will be hosted on Saturday, 15 March at the renowned Durban Undersea Club, where the ocean beckons with mild, reliable flat conditions, even in wind, due to the protection from Durban Harbour and Vetch's Pier. The water is tested weekly by Talbot, The Art of Water with the Point and uShaka beaches consistently producing excellent water quality results, making open water swimming at these beaches completely safe.

The open water event is only open to registered SAMS swimmers, regardless of age or category, with medals and points awarded for outstanding performances.

Durban knows how to bring the beach vibes! Join us for exciting social events, starting with a Happy Hour at the Durban Undersea Club on Thursday, 13 March. Enjoy delicious bites, uplifting music, and refreshing drinks around a cozy beach bonfire.

Then, on Saturday, 15 March, join us for the Awards Ceremony at The Hellenic Venue, Durban North. Let's celebrate a week filled with incredible achievements under the theme "80's Throwback!" We can't wait to see all teams dressed to impress for the occasion.

The time is NOW!

Register today to be part of our 40th South African Masters Swimming Championships 2025. We can't wait to welcome you to our sandy shores!



let's do this...

HOW TO ENTER...

We've made it easy to register for the swimming events and social gatherings, so grab your shades and let's get started!

- All entries must be submitted via the Google Entry Form.
- Final Entry Cut-Off: Friday, 24 January 2025. (Payment deadline is Wednesday, 29 January 2025).

If you need assistance, don't hesitate to reach out to your club! Once we receive your entry form, expect an invoice within 48 hours - be sure to check your Spam/Junk mail. Please reply to the email with your Proof of Payment attached.

Our organizing team is here to help! Feel free to email us with any questions.

Please drop us a mail so we can help out: durbanmasters2025@gmail.com

PROGRAM OF EVENTS

40th SOUTH AFRICAN
MASTERS SWIMMING
CHAMPIONSHIPS

All pool events
will be held at
Rachel Finlayson
Pool, Durban
from 12th to
15th March 2025



WOMEN	EVENT	MEN
WEDNESDAY, 12 MARCH		
TECHNICAL MEETING AT POOL AT 07h30		
SESSION 1 - 08h00		
1	800m Mixed Freestyle	1
SESSION 2 - 13h30		
3	100m Butterfly	2
5	200m Backstroke	4
6	4x50m Mixed Medley Relay	6
OPENING CEREMONY - 17h00		
THURSDAY, 13 MARCH		
SESSION 3 - 08h00		
7	400m Mixed Freestyle	7
8	50m Breaststroke	9
10	200m Butterfly	11
TEAM PHOTOS		
SESSION 4 - 14h00		
13	50m Backstroke	12
15	200m Breaststroke	14
17	100m Freestyle	16
18	4x50m Mixed Freestyle Relay	18
HAPPY HOUR AT DURBAN UNDERSEA CLUB - 18h30		
FRIDAY, 14 MARCH		
SESSION 5 - 08h00		
19	50m Butterfly	20
21	100m Backstroke	22
23	400m Individual Medley	24
25	4x100 Freestyle Relay	26
SAMS AGM - 12h30		
SESSION 6 - 13h30		
28	100m Breaststroke	27
30	200m Freestyle	29
32	4x50m Medley Relay	31
SATURDAY, 15 MARCH		
OPEN WATER SWIM (1Km & 3km) - 07h00 AT DUC		
SESSION 7 - 09h30		
33	50m Freestyle	34
35	200m Individual Medley	36
37	4x50m Freestyle Relay	38
DASH FOR CASH BY INVITATION		
39	Breaststroke Dash for Cash - 50 Years and Over	40
41	Breaststroke Dash for Cash - 49 Years and Under	42
AWARDS DINNER DANCE AT THE HELLENIC VENUE - 18h00		
SUNDAY, 16 MARCH		
(Reserve day for the Open Water Swim)		

at the sea...

OPEN WATER SWIM

Join us for the Open Water Event at Durban Undersea Club, nestled between the Point and South beaches. This venue is known for its clean waters and stunning reefs, offering excellent swimming conditions and top-notch facilities. Lifeguards and sea rescue teams will be on hand, as swimmer safety is our top priority.

The open water event kicks off on Saturday, 15 March, at 7am. Swimmers will then head back to Rachel Finlayson Pool for the final day of pool events. We've also planned a "back-up day" on Sunday morning, 16 March, in case of unpredictable sea conditions. Please note: there will be no open water relay event this year.





let's have fun...

SOCIAL EVENTS

Opening Ceremony

Join us on Wednesday, 12 March, after the swimming events for our Opening Ceremony, where we'll officially kick off the 2025 SAMS Championships!

Happy Hour

Celebrate at the Durban Undersea Club on Thursday, 13 March. Enjoy festive music, delicious meals, and bar service around a beach bonfire!

Awards Evening

The Awards Evening will be held at The Hellenic Venue in Durban North on Saturday, 15 March. The theme will be "80s Throwback" to celebrate the decade in which Masters Swimming started in SA.

Let's honour our champions with a night of great food, awards, dancing, and a cash bar! Space is limited to 320 guests, so book your ticket today!





what it will cost you...

COST SUMMARY

Don't miss out! Get your entries in before
24 January 2025!

Entry Fees:

- Registration fee: R400
- Pool events: R65 per event (Max 6 events)
- Printed Program Book: R85 (Free digital download will be available on the SAMS website)

Open Water Events:

- Entry Fee: R210

Social Events:

- Happy Hour: R160
- Awards Evening: R385

Kit: (to follow on a separate order form)

- T-Shirt (please give size)
- Swimming Cap
- Microfibre Towel
- Swimming Bag





*Durban...
Where the Beach
meets the Pool*

Any enquiries please
contact the team on:
durbanmasters2025@gmail.com