

## **AMENDED 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.
- 7 **Due to the postponement of the 2020 season, if requested, entry times from 1 May 2019 may be used. Swimmers who qualified for the various levels based on these times may request to remain in these levels even though they have aged up and do not meet the qualifying times.**
- 8 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.
- 9 If, due to weather conditions, any section of a swimming program cannot be completed the following will apply:
  - 9.1 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.
  - 9.2 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.
  - 9.3 If circumstances require, any part of the program may be swum as timed finals.
- 10 **TECHNICAL OFFICIALS**
  - 10.1 Due to COVID-19 restrictions on the number of participants at competitions, SSA Registered Technical Officials will be appointed from the names received from participating clubs.
  - 10.2 For Inter Club and Provincial/Regional 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:
    - 10.2.1 1 - 4 swimmers, one judge per heats session.
    - 10.2.2 5 – 10 swimmers, one judge and one timekeeper for every session.
    - 10.2.3 11 and over swimmers, a minimum of three officials, two judges and one timekeeper for every session.
    - 10.2.4 The names of the officials must accompany the entries.
    - 10.2.5 All Technical Officials must be correctly attired;
      - 10.2.5.1 White shirts and Navy Blue Trousers or skirts for finals sessions;
      - 10.2.5.2 Navy blue shorts for Heats will be permitted.

**\* 2021 Competition Qualifying Notes.**

The following National / Regional / District competitions will be held in 2021:

All competitions held will be subject to the prevailing COVID-19 restrictions regarding numbers allowed to participate, LOC's must take cognisance of all the compliant requirements and arrange competitions to comply:

Level 1 – Intra Districts – Provinces

Level 2 and Level 3 – Regional/Intra Provincial Age Group Championships

S A Regional Junior Age Group Championships – Regional/Provincial Championships

S A Regional Aquatic Championships incorporating 17-year & 18-year Championships

S A Olympic Invitational Trials

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, 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/Regional 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 Dates to be considered will be 6 – 7 March 2021. 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.

**Level 2, 3 and SANJ**

There are no 50m Qualifying times for Level 3 and Junior Age Group Championships. This is in line with the LTPD programme.

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 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 National / 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 2021. 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 NATIONAL/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 ONE (1), Individual Medley times for the 200m or 400m events or combination thereof on the SSA National Database, as well as one Level 3 National 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 and under age group at Level 3 or compete in the 10 and 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 qualifying time, the swimmer must participate at S A Junior National 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 qualifying time may not participate at Level 3 National 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** - this will be regional due to COVID-19 restrictions re numbers

- 8.1 The swimmer must have a minimum of ONE (1), 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.
- 8.2 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.
- 8.3 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.
- 8.4 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 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 National Age Group Championships.
- 8.5 The age groups will be 12&U, 13, 14, 15, & 16.
- 8.7 Entry fees per event as per the program will be charged.

**9 TIME TRIALS**

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

- 9.1 Written application detailing the motivation must be received at least twenty-four hours prior to the time trial
- 9.2 The Fee will be R800.00 per time trial
- 9.3 Time Trials, if granted, will take place at the end of a heats session

**[C] Open Competitions Qualification**

This competition will be contested as an interprovincial, namely, the 9 Political provinces, Eastern Cape, Freestate, Gauteng, KwaZulu Natal, Limpopo, Mpumalanga, Northern Cape, North West and Western Cape.

There are three categories for the SA National Championships;

- 17-year age group
- 18-year age group
- all other swimmers who have achieved a S A National Qualifying time.

**1. 17 year and 18 year Age Group**

- 1.1 The 17-year and 18-year old categories Competition will run concurrently with the SA National Aquatic Championships Programme.
- 1.2 The heats for the 17-year and 18-year old categories as well as the S A Senior Aquatic Championships will be swum as a combined event.
- 1.3 The results for the 17-year and 18-year old categories will be determined from the heats, there will be no finals.

- 1.4 The medal presentations for the 17-year and 18-year old categories will take place at the end of the preliminary session for those events.
- 1.5 The first three place swimmers in the 17-year age group and 18-year age group will received the SSA Youth Medal.

**2. S A National Aquatic Championships - will be Regional due to COVID-19**

- 2.1 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.
- 2.2 This competition may run concurrently with the S A Regional Junior Age Group Championships.
- 2.3 The same program may be followed as for the Junior Championships with the addition of the long distance events for both male and female. If this is not practical for provinces with large numbers of qualifiers, different dates may be utilised.

**3. Para Swimming**

- 3.1 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.
- 3.2 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.
- 3.3 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.
- 3.4 Para swimmers program will be included in the S A Invitational Olympic Trial program.

**4. S A Invitational Olympic Trials – 7 – 12 April 2021**

- 4.1 South African swimmers ranked in each Olympic Event will be invited to participate at the trials.
- 4.2 Swimmers will be selected from times (ranking/FINA points) on the SSA DataBase based on times posted 1 May 2020 – 8 March 2021.

**[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.
2. Only accredited managers may
  - 2.1. Withdraw competitors
  - 2.2. Lodge objections
  - 2.3. Lodge complaints
3. Written protest accompanied by R500.00 must be lodged with the Admin Referee within 30 minutes of the publication or announcement of the disqualification
4. In the case of a dispute, the referees' decision will be final.
5. All team managers must attend the Manager's Meeting.

- 5.1. Clubs/Provinces who are not represented and who do not comply with the rules concerning entries will not receive any concessions.
- 5.2. 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.

## **6. Withdrawals**

- 6.1. Pre-competition at the Manager's Meeting – no charge
- 6.2. After the Manager's Meeting, Withdrawals will be accepted 1 hour before the start of the evening session preceding the heats. Withdrawals made outside this time limit, will be fined R200.00 per event.
- 6.3. 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.
- 6.4. 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.
- 6.5. 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.

## **7. Relays**

- 7.1. 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.
- 7.2. 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.

## **8. CEREMONIES**

- 8.1. Opening Ceremony – Managers should instruct Swimmers on respectful behaviour during the performing of the National Anthem and Opening Speeches.
- 8.2. Medal Ceremony – Due to Covid-19 compliance there will be no medal presentations, medals will be collected by Team Representatives.

9. SSA reserves the right to enter provincial/club swimmers, who have met the SSA qualifying standards for any National/Regional Competition.

**LEVEL 1 INTRA PROVINCIAL AGE GROUP PROGRAM - INTRA PROVINCIAL CLUB/ SCHOOL COMPETITION**

**VENUES:** Provinces to notify SSA – how many per district/ province  
**DATE:** 6 – 7 March 2021 - one or two days as required  
**MANAGER’S MEETING:** 6 March 2021 – 09H00 at each venue  
**CLOSING DATE FOR ENTRIES:** **19 February 2021**  
**CLOSING DATE FOR ENTRY CORRECTIONS:** **26 February 2021**  
**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 COMPETITION**

**VENUES:**

Region 1:	Western Cape	To be confirmed by LOC
Region 2:	Eastern Cape	To be confirmed by LOC
Region 3:	KZN	To be confirmed by LOC
Region 4:	Gauteng	To be confirmed by LOC
Region 5:	North West, Northern Cape, Free State	Kimberley
Region 6:	Mpumalanga, Limpopo	To be confirmed by both LOC

**DATE:** 28 – 30 March 2021

**MANAGER'S MEETING:** 27 March 2021 – 16H00

**CLOSING DATE FOR ENTRIES:** 12 March 2021

**CLOSING DATE FOR ENTRY CORRECTIONS:** 19 March 2021

**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**

**DATE:** 23 – 26 March 2021

**VENUE:**

Region 1:	Western Cape	To be confirmed by LOC
Region 2:	Eastern Cape	To be confirmed by LOC
Region 3:	KZN	To be confirmed by LOC
Region 4:	Gauteng	To be confirmed by LOC
Region 5:	North West, Northern Cape, Free State	Sasolburg
Region 6:	Mpumalanga, Limpopo	TBC, Prov/Clubs may choose to participate at a venue of choice

**MANAGER'S MEETING:** 23 March 2021 – 16H00

**CLOSING DATE FOR NATIONAL ENTRIES:** 5 March 2021

**CLOSING DATE FOR ENTRY CORRECTIONS:** 12 March 2021

**ENTRY FEE:** 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

**Starting Time:** Heats TBA Finals TBA

**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 JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION**

**DATE 14 – 18 April 2021**

**The following Provinces/Cubs may opt to participate at any venue that they find convenient, due their number of qualifiers:**

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

Region 1:	Western Cape	To be confirmed by LOC
Region 2:	Eastern Cape	To be confirmed by LOC
Region 3:	KZN	To be confirmed by LOC
Region 4:	Gauteng	To be confirmed by LOC

**MANAGER'S MEETING: 14 April 2021 – 16H00**

**CLOSING DATE FOR ENTRIES: 26 March 2021**

**CLOSING DATE FOR ENTRY CORRECTIONS: 2 April 2021**

**ENTRY FEE:** R70.00 - 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	WOMEN	12&U	13	14	15	16	Timed Finals
400	FREE	MEN	12&U	13	14	15	16	Timed Finals

**Starting Time:** Heats 08H30  
Finals 17H00 except Day 5 Finals 15H00

**DAY 2**

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

**DAY 3**

100	FREE	WOMEN	12&U	13	14	15	16	
100	FREE	MEN	12&U	13	14	15	16	
100	BREAST	WOMEN	12&U	13	14	15	16	
100	BREAST	MEN	12&U	13	14	15	16	
400	I.M.	WOMEN	12 - 14		15 - 16			Timed Finals
400	I.M.	MEN	12 - 14		15 - 16			Timed Finals
50	FLY	WOMEN	12&U	13	14	15	16	
50	FLY	MEN	12&U	13	14	15	16	
4x100	MED.RELAY	WOMEN	14&U		15 - 16			
4x100	MED.RELAY	MEN	14&U		15 - 16			
4x100	FREE RELAY	MIXED	14&U		15 - 16			

**DAY 4**

50	FREE	WOMEN	12&U	13	14	15	16
50	FREE	MEN	12&U	13	14	15	16
200	I.M.	WOMEN	12&U	13	14	15	16
200	I.M.	MEN	12&U	13	14	15	16
50	BACK	WOMEN	12&U	13	14	15	16
50	BACK	MEN	12&U	13	14	15	16
800	FREE	WOMEN	12 – 14	15 – 16	Timed Finals		
1500	FREE	MEN	12 – 14	15 – 16	Timed finals		

**DAY 5**

200	BREAST	WOMEN	12&U	13	14	15	16
200	BREAST	MEN	12&U	13	14	15	16
100	FLY	WOMEN	12&U	13	14	15	16
100	FLY	MEN	12&U	13	14	15	16
200	BACK	WOMEN	12&U	13	14	15	16
200	BACK	MEN	12&U	13	14	15	16
4x50	FREE RELAY	WOMEN	14&U	15 - 16			
4x50	FREE RELAY	MEN	14&U	15 – 16			
4x100	MED RELAY	MIXED	14&U	15 - 16			

**2020 S A NATIONAL AQUATIC CHAMPIONSHIPS (incorporating 17-year & 18-year )  
CHAMPIONSHIPS – PROVINCIAL COMPETITION****DATE 14 – 18 April 2021****The following Provinces may opt to participate at any venue that they find convenient, due their number of qualifiers:**

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

Region 1:	Western Cape	To be confirmed by LOC
Region 2:	Eastern Cape	To be confirmed by LOC
Region 3:	KZN	To be confirmed by LOC
Region 4:	Gauteng	To be confirmed by LOC

**MANAGER'S MEETING: 14 April 2021 – 16H00****CLOSING DATE FOR ENTRIES: 26 March 2021****CLOSING DATE FOR ENTRY CORRECTIONS: 2 April 2021**

**ENTRY FEE:** R70.00 - 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 WOMEN / MEN Timed Finals

**Starting Time:** Heats 08H30  
 Finals 17H00 except Day 5 Finals 15H00

**DAY 2**

100 BACK WOMEN / MEN  
 200 FLY WOMEN / MEN Timed Finals  
 50 BREAST WOMEN / MEN  
 200 FREE WOMEN/ MEN  
 4x100 FREE RELAY WOMEN / MEN

**DAY 3**

100 FREE WOMEN / MEN  
 100 BREAST WOMEN / MEN  
 400 I.M. WOMEN / MEN Timed Finals  
 50 FLY WOMEN/MEN  
 4x100 MED.RELAY MEN  
 4x100 MED.RELAY WOMEN  
 4x100 FREE RELAY MIXED

**DAY 4**

50 FREE WOMEN / MEN  
 200 I.M. WOMEN / MEN  
 50 BACK WOMEN / MEN  
 800 FREE WOMEN Timed Finals  
 1500 FREE MEN Timed Finals

**DAY 5**

200 BREAST WOMEN / MEN  
 100 FLY WOMEN / MEN  
 200 BACK WOMEN / MEN  
 800 FREE MEN Timed finals  
 1500 FREE WOMEN Timed finals  
 4x50 FREE RELAY MEN  
 4x50 FREE RELAY WOMEN  
 4x100 MED RELAY MIXED

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<b>Open Water</b>	19 – 21 March 2021	Marina Martinique, Jefferys	<b>A</b>
<b>Water Polo</b>	<b>Cancelled</b>		
<b>Diving</b>	<b>1 – 6 April</b>	Gauteng	
<b>Artistic Swimming</b>	<b>1 – 6 April</b>	TBC Newton Park, Port Elizabeth	
<b>Invitational Olympic Trials – 7 – 12 April 2021</b>		<b>Newton Park, Port Elizabeth</b>	

South African swimmers ranked in each Olympic Event will be invited to participate at the trials.

Swimmers will be selected from times (ranking/FINA points) on the SSA DataBase based on times posted 1 May 2020 – 8 March 2021.

### **2021 SA National Aquatic Championships - Qualifying Standards - Long Course meters**

		Women	Men
50m	Freestyle	28.39	25.05
100m	Freestyle	1:01.65	54.55
200m	Freestyle	2:14.66	2:01.48
400m	Freestyle	4:50.22	4:25.89
800m	Freestyle	9:39.67	8:59.05
1500m	Freestyle	18:46.44	17:18.51
100m	Backstroke	1:10.53	1:03.50
200m	Backstroke	2:33.72	2:21.48
100m	Breaststroke	1:20.15	1:10.16
200m	Breaststroke	2:55.48	2:39.39
100m	Butterfly	1:09.27	59.36
200m	Butterfly	2:37.48	2:19.29
200m	IM	2:33.70	2:18.31
400m	IM	5:25.68	4:59.99