

**2020 S A NATIONAL AQUATIC CHAMPIONSHIPS (incorporating 17-year & 18-year )**  
**CHAMPIONSHIPS – PROVINCIAL COMPETITION**

**Swimming** 7 – 12 April 2021 Kings Park, Durban  
**Manager's Meeting** 6 April 2021 17:00 Kings Park, Durban

CLOSING DATE FOR SWIMMING ENTRIES: 17 March 2021  
 CLOSING DATE FOR ENTRY CORRECTIONS: 24 March 2021

SWIMMING ENTRY FEE: R80.00 - INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT  
 incl  
 R100.00 – RELAYS plus R10.00 SSA Levy per entry VAT  
 incl

**Open Water** 6 and 7 March 2021 Marina Martinique, Jefferys Bay

**Water Polo** **TBC** TBC

**Diving** **TBC** TBC Kings Park, Durban

**Artistic Swimming** **TBC** 5 – 9 April Kings Park, Durban

**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