

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