

5.7. THE 2023 GRAND PRIX INVITATIONAL SWIMMING MEETS:

- 5.7.1. FINA Technical Rules will apply to this competition. IPC Rules to apply for Para Events
- 5.7.2. These meet are created to provide our Swimming Squads more opportunities to compete
- 5.7.3. The 1st Grand Prix makes provision for an 13/u and open section
- 5.7.4. The 2nd and 3rd Grand Prix's, swimmers will have to meet the SA "B" Qualifying time to enter the competition.
- 5.7.5. Clubs, through their Provinces, may apply for an entry concession to the SSA Competitions Manager, for swimmers who have not achieved the qualifying standards. Swimmers will be assessed based on their current ranking. Applications should have been received two weeks before the closing date of entries
- 5.7.6. Final list of session times and breakdown of event order will be published once entries have closed
- 5.7.7. Heats and Finals will be swum for Grand Prix No 2 and 3, where more than 8 entries are received, except for the 800m and 1500m Freestyle, these events will be Timed Finals.
- 5.7.8. The top 8 entries for 800m and 1500m Freestyle will be accepted. Swimmers who qualify will be notified immediately after the entries have closed and been processed. Swimmers who qualify for the 800m and 1500m Freestyle, must confirm their acceptance as soon as they have received confirmation of their entries.
- 5.7.9. Withdrawal after acceptance will be subject to a penalty.
- 5.7.10. This will be an inter club competition. Entries will be processed the same way as for Age Group Competitions
- 5.7.11. Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org

Entry Procedure for Grand Prix No 3 - 25 – 28 MAY 2023

- Closing Date for entries: 3 May 2023
- Closing Date for Corrections: 10 May 2023
- Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org
- The entry fee will be R100.00 (R90.00 + R10.00 SSA Levy) per entry.
- Heats and Finals will be swum, where more than 8 entries are received, except for the 800m and 1500m Freestyle, these events will be Timed Finals.
- This will be an inter club competition. Entries will be processed the same way as for Age Group Competitions.
- Minimum requirement for entry will be the SA Senior Nationals "B" Qualifying Times

GRAND PRIX NO 3 25 – 28 MAY 2023 PROGRAM OF EVENT

	DAY 1 11/08/2022		DAY 2 12/08/2022		DAY 3 13/08/2022		DAY 4 14/08/2022
	HEATS 09H00		HEATS 09H00		HEATS 09H00		HEATS 09H00
W	100m Freestyle	W	200m Freestyle	W	400m Freestyle	W	200m Butterfly
M	100m Freestyle	M	200m Freestyle	M	400m Freestyle	M	200m Butterfly
W	100m Breaststroke	W	400m Ind. Medley	W	200m Breaststroke	W	50m Breaststroke
M	100m Breaststroke	M	400m Ind. Medley	M	200m Breaststroke	M	50m Breaststroke
M	200m Backstroke	W	50m Backstroke	W	100m Backstroke	W	1500m Freestyle T F(All)
W	200m Backstroke	M	50m Backstroke	M	100m Backstroke	M	1500m Freestyle T F (All)
W	50m Butterfly	W	100m Butterfly	W	200m Ind. Medley		
M	50m Butterfly	M	100m Butterfly	M	200m Ind. Medley		
W	100m Ind. Medley	W	800m Freestyle T F (All)	W	50m Freestyle		
M	100m Ind. Medley	M	800m Freestyle T F (All)	M	50m Freestyle		
	Finals - 17H00		Finals - 17H00		Finals - 17H00		Finals - 14H00
Mixed	4 x 50 Medley Relay	W	200m Freestyle	Mixed	4 x 50 Free Relay	W	4 x 50 Medley Relay
W	100m Freestyle	M	200m Freestyle	W	400m Freestyle	M	4 x 50 Medley Relay
M	100m Freestyle	W	400m Ind. Medley	M	400m Freestyle	W	200m Butterfly
W	100m Breaststroke	M	400m Ind. Medley	W	200m Breaststroke	M	200m Butterfly
M	100m Breaststroke	W	50m Backstroke	M	200m Breaststroke	W	50m Breaststroke
M	200m Backstroke	M	50m Backstroke	W	100m Backstroke	M	50m Breaststroke
W	200m Backstroke	W	100m Butterfly	M	100m Backstroke	M	4x100m Free Relay
W	50m Butterfly	M	100m Butterfly	W	200m Ind. Medley	W	4x50m Free Relay
M	50m Butterfly	W	4x100m Free Relay	M	200m Ind. Medley		
W	100m Ind. Medley	M	4x50m Free Relay	W	50m Freestyle		
M	100m Ind. Medley			M	50m Freestyle		
W	4x100 Med Relay			W	4x200m Free Relay		
M	4x100 Med Relay			M	4x200m Free Relay		

7.7. 2023 SA Senior National Aquatic Championships - Qualifying Standards - Long Course meters

WOMAN		EVENTS	MEN	
"B" - QT's	QT's		QT's	"B" -QT's
28:45	27:32	50m Freestyle	24:13	25:14
1:02:17	59:68	100m Freestyle	54:14	56:40
2:15:86	2:10:42	200m Freestyle	1:57:74	2:02:65
4:44:35	4:32:96	400m Freestyle	4:14:04	4:24:64
10:00:93	9:34:77	800m Freestyle	8:48:79	9:11:81
19:01:01	18:11:34	1500m Freestyle	17:12:70	17:59:70
32:44	31:14	50m Backstroke	27:47	28:61
1:09:28	1:06:48	100m Backstroke	59:85	1:02:34
2:30:54	2:24:26	200m Backstroke	2:10:89	2:16:59
35:75	34:26	50m Breaststroke	29:95	31:20
1:18:26	1:15:00	100m Breaststroke	1:05:65	1:08:39
2:49:58	2:42:51	200m Breaststroke	2:25:58	2:31:66
30:27	28:95	50m Butterfly	25:70	26:77
1:06:71	1:04:04	100m Butterfly	57:08	59:46
2:30:99	2:24:41	200m Butterfly	2:11:27	2:17:25
2:33:92	2:27:50	200m IM	2:11:60	2:17:08
5:25:09	5:11:53	400m IM	4:45:19	4:57:60