

7.8. 2023 SA SHORT COURSE NATIONAL CHAMPIONSHIPS

VENUE: TBC
DATE: Swimming 10-13 August 2023
MANAGER'S MEETING: 09 August 2023 – 16H00
CLOSING DATE FOR ENTRIES: 17 July 2023
CLOSING DATE FOR ENTRY CORRECTIONS: 27 July 2023

SWIMMING ENTRY FEE: R100.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
R120.00 – RELAYS ENTRIES plus R10.00 SSA Levy per entry VAT Incl.

7.9. 2023 SA Short Course Championships - Qualifying Standards – Short Course meters (25m)

WOMAN	EVENTS	MEN
QT's		QT's
28.88	50m Freestyle	25.40
1:03.31	100m Freestyle	56.62
2:19.13	200m Freestyle	2:05.19
4:54.72	400m Freestyle	4:27.41
10:03.93	800m Freestyle	9:18.67
19:16.62	1500m Freestyle	17:48.48
32.25	50m Backstroke	27.99
1:09.15	100m Backstroke	1:00.89
2:29.85	200m Backstroke	2:13.08
35.98	50m Breaststroke	31.81
1:18.56	100m Breaststroke	1:09.72
2:49.54	200m Breaststroke	2:31.39
30.71	50m Butterfly	27.40
1:08.80	100m Butterfly	1:00.19
2:30.69	200m Butterfly	2:16.37
1:11.19	100m IM	1:02.08
2:33.53	200m IM	2:18.12
5:26.24	400m IM	4:55.84

4 DAY PROGRAM FOR SA SHORT COURSE CHAMPIONSHIPS 2023
INCLUDING EVENTS FOR PARA SWIMMERS
ON THE NEXT PAGE

	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	Dis W	50m Butterfly S1-S13	Dis W	100m Breast S1-S13	Dis W	100m Freestyle S1-S13
M	100m Breaststroke	Dis M	50m Butterfly S1-S13	Dis M	100m Breast S1-S13	D-M	100m Freestyle S1-S13
Dis W	50m Breast S1-S13	Dis W	50m Butterfly S14-S15	Dis W	100m Breast S14-S15	Dis W	100m Freestyle S14-S15
Dis M	50m Breast S1-S13	Dis M	50m Butterfly S14-S15	Dis M	100m Breast S14-S15	Dis M	100m Freestyle S14-S15
Dis W	50m Breast S14-S15	W	400m Ind. Medley	W	200m Breaststroke	W	50m Breaststroke
Dis M	50m Breast S14-S15	M	400m Ind. Medley	M	200m Breaststroke	M	50m Breaststroke
M	200m Backstroke	W	50m Backstroke	W	100m Backstroke	Dis W	200m Ind. Medley S1-S13
W	200m Backstroke	M	50m Backstroke	M	100m Backstroke	Dis M	200m Ind. Medley S1-S13
W	50m Butterfly	Dis W	100m Backstroke S1-S13	Dis W	100m Butterfly S1-S13	Dis W	200m Ind. Med S14-S15
M	50m Butterfly	Dis M	100m Backstroke S1-S13	Dis M	100m Butterfly S1-S13	Dis M	200m Ind. Med S14-S15
Dis W	100m Ind. Med. S1-S13	Dis W	100m Backstroke S14-S15	Dis W	100m Butterfly S14-S15	W	1500m Freestyle T F (All)
Dis M	100m Ind. Med. S1-S13	Dis M	100m Backstroke S14-S15	Dis M	100m Butterfly S1-S15	M	1500m Freestyle T F (All)
Dis W	100m Ind. Med S14-S15	W	100m Butterfly	W	200m Ind. Medley		
Dis M	100m Ind. Med S14-S15	M	100m Butterfly	M	200m Ind. Medley		
W	100m Ind. Medley	W	800m Freestyle T F (All)	Dis W	50m Freestyle S1-S13		
M	100m Ind. Medley	M	800m Freestyle T F (All)	Dis M	50m Freestyle S1-S13		
Dis W	50m Backstroke S1-S13			Dis W	50m Freestyle S14-S15		
Dis M	50m Backstroke S1-S13			Dis M	50m Freestyle S14-S15		
Dis W	50m Backstroke S14-S15			W	50m Freestyle		
Dis M	50m Backstroke S14-S15			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	Dis W	50m Butterfly S1-S13	M	400m Freestyle	W	200m Butterfly
W	100m Breaststroke	Dis M	50m Butterfly S1-S13	Dis W	100m Breast S1-S13	M	200m Butterfly
M	100m Breaststroke	Dis W	50m Butterfly S14-S15	Dis M	100m Breast S1-S13	Dis W	100m Freestyle S1-S13
Dis W	50m Breast S1-S13	Dis M	50m Butterfly S14-S15	Dis W	100m Breast S14-S15	Dis M	100m Freestyle S1-S13
Dis M	50m Breast S1-S13	W	400m Ind. Medley	Dis M	100m Breast S14-S15	Dis W	100m Freestyle S14-S15
Dis W	50m Breast S14-S15	M	400m Ind. Medley	W	200m Breaststroke	Dis M	100m Freestyle S14-S15
Dis M	50m Breast S14-S15	W	50m Backstroke	M	200m Breaststroke	W	50m Breaststroke
M	200m Backstroke	M	50m Backstroke	W	100m Backstroke	M	50m Breaststroke
W	200m Backstroke	Dis W	100m Backstroke S1-S13	M	100m Backstroke	Dis W	200m Ind. Medley S1-S13
W	50m Butterfly	Dis M	100m Backstroke S1-S13	Dis W	100m Butterfly S1-S13	Dis M	200m Ind. Medley S1-S13
M	50m Butterfly	Dis W	100m Backstroke S14-S15	Dis M	100m Butterfly S1-S13	Dis W	200m Ind. Med S14-S15
Dis W	100m Ind. Med S1-S13	Dis M	100m Backstroke S14-S15	Dis W	100m Butterfly S14-S15	Dis M	200m Ind. Med S14-S15
Dis M	100m Ind. Med S1-S13	W	100m Butterfly	Dis M	100m Butterfly S1-S15	M	4x100m Free Relay
Dis W	100m Ind. Med S14-S15	M	100m Butterfly	W	200m Ind. Medley	W	4x50m Free Relay
Dis M	100m Ind. Med S14-S15	W	4x100m Free Relay	M	200m Ind. Medley		
W	100m Ind. Medley	M	4x50m Free Relay	Dis W	50m Freestyle S1-S13		
M	100m Ind. Medley			Dis M	50m Freestyle S1-S13		
Dis W	50m Backstroke S1-S13			Dis W	50m Freestyle S14-S15		
Dis M	50m Backstroke S1-S13			Dis M	50m Freestyle S14-S15		
Dis W	50m Backstroke S14-S15			W	50m Freestyle		
Dis M	50m Backstroke S14-S15			M	50m Freestyle		
W	4x100 Med Relay			W	4x200m Free Relay		
M	4x100 Med Relay			M	4x200m Free Relay		