

SACSSA INVITATIONAL SWIMMING GALA 29 MARCH 2024 AGE GROUPS, EVENTS & QUALIFYING STANDARDS [UPDATED 13/11/2024]				
GIRLS 10 [BORN 2015 & LATER]	Q/S 2025		BOYS 10 [BORN 2015 & LATER]	Q/S 2025
50m Freestyle	50,00		50m Freestyle	48,00
50m Butterfly	54,00		50m Butterfly	52,00
50m Backstroke	56,00		50m Backstroke	56,00
50m Breaststroke	1:02,00		50m Breaststroke	1:01,00
100m Freestyle	1:48,00		100m Freestyle	1:46,00
100m Backstroke	2:02,00		100m Backstroke	1:58,00
100m Breaststroke	2:13,00		100m Breaststroke	2:11,00
GIRLS 11 [BORN 2014]	Q/S 2025		BOYS 11 [BORN 2014]	Q/S 2025
50m Freestyle	47,00		50m Freestyle	45,00
50m Butterfly	51,00		50m Butterfly	49,00
50m Backstroke	53,00		50m Backstroke	52,00
50m Breaststroke	1:00,00		50m Breaststroke	56,00
100m Freestyle	1:42,00		100m Freestyle	1:38,00
100m Backstroke	1:54,00		100m Backstroke	1:50,00
100m Breaststroke	2:07,00		100m Breaststroke	2:02,00
GIRLS 12 [BORN 2013]	Q/S 2025		BOYS 12 [BORN 2013]	Q/S 2025
50m Freestyle	45,00		50m Freestyle	42,00
50m Butterfly	49,00		50m Butterfly	46,00
50m Backstroke	51,00		50m Backstroke	49,00
50m Breaststroke	56,00		50m Breaststroke	53,00
100m Freestyle	1:38,00		100m Freestyle	1:32,00
100m Backstroke	1:49,00		100m Backstroke	1:43,00
100m Breaststroke	2:01,00		100m Breaststroke	1:54,00
GIRLS 13 [BORN 2012]	Q/S 2025		BOYS 13 [BORN 2012]	Q/S 2025
50m Freestyle	44,00		50m Freestyle	40,00
50m Butterfly	47,00		50m Butterfly	43,00
50m Backstroke	49,00		50m Backstroke	46,00
50m Breaststroke	54,00		50m Breaststroke	50,00
100m Freestyle	1:34,00		100m Freestyle	1:26,00
100m Backstroke	1:45,00		100m Backstroke	1:37,00
100m Breaststroke	1:56,00		100m Breaststroke	1:47,00
GIRLS 13/U OPEN [BORN 2012 & LATER]	Q/S 2025		BOYS 13/U OPEN [BORN 2012 & LATER]	Q/S 2025
100m Butterfly	1:42,00		100m Butterfly	1:33,00
200m Ind Medley	3:44,00		200m Ind Medley	3:27,00
MIXED RELAYS [2 Girls and 2 Boys in each relay]				
G & B 10 - 13 Mixed Freestyle Ladder Relay				
G & B 10 - 13 Mixed Medley Relay				

Continue - next page

GIRLS 14 [BORN 2011]	Q/S 2025		BOYS 14 [BORN 2011]	Q/S 2025
50m Freestyle	42,00		50m Freestyle	38,00
50m Butterfly	46,00		50m Butterfly	41,00
50m Backstroke	48,00		50m Backstroke	44,00
50m Breaststroke	52,00		50m Breaststroke	47,00
100m Freestyle	1:30,00		100m Freestyle	1:22,00
100m Backstroke	1:43,00		100m Backstroke	1:32,00
100m Breaststroke	1:52,00		100m Breaststroke	1:41,00
GIRLS 15 [BORN 2010]	Q/S 2025		BOYS 15 [BORN 2010]	Q/S 2025
50m Freestyle	41,00		50m Freestyle	36,00
50m Butterfly	44,00		50m Butterfly	39,00
50m Backstroke	46,00		50m Backstroke	42,00
50m Breaststroke	50,00		50m Breaststroke	45,00
100m Freestyle	1:28,00		100m Freestyle	1:18,00
100m Backstroke	1:38,00		100m Backstroke	1:28,00
100m Breaststroke	1:49,00		100m Breaststroke	1:37,00
GIRLS 16 [BORN 2009]	Q/S 2025		BOYS 16 [BORN 2009]	Q/S 2025
50m Freestyle	41,00		50m Freestyle	36,00
50m Butterfly	44,00		50m Butterfly	39,00
50m Backstroke	46,00		50m Backstroke	42,00
50m Breaststroke	50,00		50m Breaststroke	45,00
100m Freestyle	1:28,00		100m Freestyle	1:18,00
100m Backstroke	1:38,00		100m Backstroke	1:28,00
100m Breaststroke	1:49,00		100m Breaststroke	1:37,00
GIRLS 17-19 [BORN 2006/07/08]	Q/S 2025		BOYS 17-19 [BORN 2006/07/08]	Q/S 2025
50m Freestyle	41,00		50m Freestyle	36,00
50m Butterfly	44,00		50m Butterfly	39,00
50m Backstroke	46,00		50m Backstroke	42,00
50m Breaststroke	50,00		50m Breaststroke	45,00
100m Freestyle	1:28,00		100m Freestyle	1:18,00
100m Backstroke	1:38,00		100m Backstroke	1:28,00
100m Breaststroke	1:49,00		100m Breaststroke	1:37,00
GIRLS 19/U OPEN [BORN 2006 - 2011]	Q/S 2025		BOYS 19/U OPEN [BORN 2006 - 2011]	Q/S 2025
100m Butterfly	1:35,00		100m Butterfly	1:25,00
200m Ind Medley	3:29,00		200m Ind Medley	3:08,00

MIXED RELAYS [2 Girls and 2 Boys in each relay]
G & B 14 - 19 Mixed Freestyle Ladder Relay
G & B 14 - 19 Mixed Medley Relay