

SACSSA INVITATIONAL SWIMMING GALA - 29 MARCH 2025

EXCEL PROGRAMME [Updated 12/11/24]

VENUE: TO BE CONFIRMED

05h30	EVENT CO-ORDINATOR
06h00	GATE OFFICIALS AND SECURITY TO REPORT
06h30	CATERERS TO REPORT
06h30	ALL CORRECTIONS TO BE MADE, UNTIL 07h45. NO CORRECTIONS AFTER 07h45
07h30	SWIMMERS MAY WARM-UP
07h30	FIRST AID AND LIFE SAVERS REPORT
07h45	OFFICIALS' REFRESHMENTS
07h45	ALL CORRECTIONS CLOSE
08h15	TEAM MANAGERS' & OFFICIALS' MEETING
08h35	ALL SWIMMERS CLEAR THE POOL
08h40	MARSHALLING - (EVENT 1, 2, 3 & 4)
08h50	WELCOME & PRAYER OPENING
09h00	FIRST EVENT

SESSION 1

Ev Nr	Age Group	Timed Finals Normal Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
1	G 13/U	200m IM	03:44.00	02:39.40	Carmen le Roux	KZN	2011	
2	G 19/U	200m IM	03:29.00	02:28.89	Carmen le Roux	KZN	2014	
3	B 13/U	200m IM	03:27.00	02:37.36	Jaiden Staines	Gaut	2016	
4	B 19/U	200m IM	03:08.00	02:17.79	Ruben Smit	Mag	2022	

BREAK & MEDALS [EVENTS 1 - 4]

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
5	G 10	50m Butterfly	00:54.00	00:38.04	Annschen Olivier	Gaut	2004	
5	G 11	50m Butterfly	00:51.00	00:37.69	Jesse Olivier	Gaut	2009	
5	G 12	50m Butterfly	00:49.00	00:33.88	Tagan Marques	VW	2012	
5	G 13	50m Butterfly	00:47.00	00:33.29	Carmen le Roux	KZN	2011	
5	G 14	50m Butterfly	00:46.00	00:31.75	Xanthe Nagel	Mag	2022	
5	G 15	50m Butterfly	00:44.00	00:32.36	Kerry Pfiffner	G7	2005	
5	G 16	50m Butterfly	00:44.00	00:29.84	Tanya Pieterse	Mag	2015	
5	G 17-19	50m Butterfly	00:44.00	00:32.15	Nadine du Preez	FS	2012	
6	B 10	50m Butterfly	00:52.00	00:38.11	Matthew Smith	KZN	2009	
6	B 11	50m Butterfly	00:49.00	00:35.88	Evan Fair	Gaut	2010	
6	B 12	50m Butterfly	00:46.00	00:34.42	Evan Fair	Gaut	2011	
6	B 13	50m Butterfly	00:43.00	00:31.47	Jaiden Staines	Gaut	2016	
6	B 14	50m Butterfly	00:41.00	00:30.29	Pieter du Preez	FS	2011	
6	B 15	50m Butterfly	00:39.00	00:28.85	Pieter du Preez	FS	2012	
6	B 16	50m Butterfly	00:39.00	00:28.55	Jacey Bekker	Mpl	2016	
6	B 17-19	50m Butterfly	00:39.00	00:27.45	Pieter du Preez	FS	2016	

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
7	G 10	100m Freestyle	01:48.00	01:18.84	Bailey Held	KZN	2017	
7	G 11	100m Freestyle	01:42.00	01:15.12	Bailey Held	KZN	2018	
7	G 12	100m Freestyle	01:38.00	01:07.85	Dieu-Dene v Jaarsveld	G7	2017	
7	G 13	100m Freestyle	01:34.00	01:05.75	Dieu-Dene v Jaarsveld	G7	2018	
7	G 14	100m Freestyle	01:30.00	01:03.39	Michelle Weber	KZN	2010	
7	G 15	100m Freestyle	01:28.00	01:04.98	Nadine du Preez	FS	2009	
7	G 16	100m Freestyle	01:28.00	01:02.56	Carmen le Roux	KZN	2014	
7	G 17-19	100m Freestyle	01:28.00	01:04.02	Sarah du Preez	Gaut	2006	

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
8	B 10	100m Freestyle	01:46.00	01:15.96	Matthew Smith	KZN	2009	
8	B 11	100m Freestyle	01:38.00	01:12.34	Evan Fair	Gaut	2010	
8	B 12	100m Freestyle	01:32.00	01:08.73	Evan Fair	Gaut	2011	
8	B 13	100m Freestyle	01:26.00	01:04.49	Bjorn Mhalanga	G7	2019	
8	B 14	100m Freestyle	01:22.00	01:03.75	Pieter du Preez	FS	2011	
8	B 15	100m Freestyle	01:18.00	00:58.83	Pieter du Preez	FS	2012	
8	B 16	100m Freestyle	01:18.00	00:57.28	Liam Devenish	G7	2012	
8	B 17-19	100m Freestyle	01:18.00	00:56.23	Stean Kotze	VW	2012	

BREAK & MEDALS [EVENTS 5 - 8]

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
9	G 10	50m Breaststroke	01:02.00	00:46.52	Kerryn Grenfell	KZN	2003	
9	G 11	50m Breaststroke	01:00.00	00:42.85	Carmen le Roux	KZN	2009	
9	G 12	50m Breaststroke	00:56.00	00:39.41	Lauren Blennerhasset	G7	2015	
9	G 13	50m Breaststroke	00:54.00	00:38.08	Carmen le Roux	KZN	2011	
9	G 14	50m Breaststroke	00:52.00	00:37.45	Carmen le Roux	KZN	2012	
9	G 15	50m Breaststroke	00:50.00	00:37.91	Nicola de Lange	KZN	2009	
9	G 16	50m Breaststroke	00:50.00	00:37.80	Tanya Pieterse	Mag	2015	
9	G 17-19	50m Breaststroke	00:50.00	00:37.58	Ashleigh Dawson	G7	2013	
10	B 10	50m Breaststroke	01:01.00	00:44.90	Alan Neat	KZN	2005	
10	B 11	50m Breaststroke	00:56.00	00:38.86	Alan Neat	KZN	2006	
10	B 12	50m Breaststroke	00:53.00	00:39.44	Jaiden Staines	Gaut	2015	
10	B 13	50m Breaststroke	00:50.00	00:34.67	Jaiden Staines	Gaut	2016	
10	B 14	50m Breaststroke	00:47.00	00:35.95	Ben Watermeyer	G7	2004	
10	B 15	50m Breaststroke	00:45.00	00:34.73	Werner Joubert	G7	2001	
10	B 16	50m Breaststroke	00:45.00	00:30.74	Ruben Smit	Mag	2022	
10	B 17-19	50m Breaststroke	00:45.00	00:32.69	Sthembiso Zwane	KZN	2012	

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
11	G 10	100m Backstroke	02:02.00	01:32.45	Annschen Olivier	Gaut	2004	
11	G 11	100m Backstroke	01:54.00	01:27.24	Bailey Held	KZN	2018	
11	G 12	100m Backstroke	01:49.00	01:19.41	Dieu-Dene v Jaarsveld	G7	2017	
11	G 13	100m Backstroke	01:45.00	01:18.12	Dieu-Dene v Jaarsveld	G7	2018	
11	G 14	100m Backstroke	01:43.00	01:15.89	Michelle Weber	KZN	2010	
11	G 15	100m Backstroke	01:38.00	01:14.69	Nadine du Preez	FS	2009	
11	G 16	100m Backstroke	01:38.00	01:12.19	Hailey Mcharg	G7	2022	
11	G 17-19	100m Backstroke	01:38.00	01:12.78	Kayleigh Theron	G7	2022	
12	B 10	100m Backstroke	01:58.00	01:29.77	Matthew Smith	KZN	2009	
12	B 11	100m Backstroke	01:50.00	01:23.86	Alan Neat	KZN	2006	
12	B 12	100m Backstroke	01:43.00	01:22.65	Evan Fair	Gaut	2011	
12	B 13	100m Backstroke	01:37.00	01:14.20	Neil Fair	Gaut	2010	
12	B 14	100m Backstroke	01:32.00	01:14.52	Luke Berry	Gaut	2019	
12	B 15	100m Backstroke	01:28.00	01:03.93	Christiaan v Eeden	Mag	2022	
12	B 16	100m Backstroke	01:28.00	01:06.54	Dagyn Davis-Hannibal	G7	2017	
12	B 17-19	100m Backstroke	01:28.00	01:04.47	Liam Devenish	G7	2013	

BREAK & MEDALS [EVENTS 9 - 12]

MIXED FREESTYLE LADDER RELAY TO REPORT					RECORD			
13	10 - 13	4x50m Mixed Freestyle Ladder Relay			02:26.3	KZN	2020	
14	14 - 19	4x50m Mixed Freestyle Ladder Relay			01:53.7	Mag	2022	

BREAK & MEDALS DURING LUNCH BREAK [EVENTS 13 & 14]

BRUNCH [± 40 min]

SESSION 2

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
15	G 10	50m Freestyle	00:50.00	00:35.66	Kerryn Grenfell	KZN	2003	
15	G 11	50m Freestyle	00:47.00	00:33.90	Jenna Kronholm	KZN	2013	
15	G 12	50m Freestyle	00:45.00	00:31.05	Tagan Marques	VW	2012	
15	G 13	50m Freestyle	00:44.00	00:30.19	Kerryn Grenfell	KZN	2006	
15	G 14	50m Freestyle	00:42.00	00:30.09	Michelle Weber	KZN	2010	
15	G 15	50m Freestyle	00:41.00	00:29.97	Chrizalda Smit	Mpl	2009	
15	G 16	50m Freestyle	00:41.00	00:29.19	Tanya Pieters	Mag	2015	
15	G 17-19	50m Freestyle	00:41.00	00:29.99	Sarah du Preez	Gaut	2006	
16	B 10	50m Freestyle	00:48.00	00:34.31	Matthew Smith	KZN	2009	
16	B 11	50m Freestyle	00:45.00	00:32.80	Alan Neat	KZN	2006	
16	B 12	50m Freestyle	00:42.00	00:32.15	Evan Fair	Gaut	2011	
16	B 13	50m Freestyle	00:40.00	00:28.74	Bjorn Mhlanga	G7	2019	
16	B 14	50m Freestyle	00:38.00	00:28.32	Kye Hall	KZN	2010	
16	B 15	50m Freestyle	00:36.00	00:26.70	Luke Berry	Gaut	2020	
16	B 16	50m Freestyle	00:36.00	00:26.17	Liam Devenish	G7	2012	
16	B 17-19	50m Freestyle	00:36.00	00:25.77	Darius Jooste	VW	2004	

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
17	G 10	100m Breaststroke	02:13.00	01:41.13	Kerryn Grenfell	KZN	2003	
17	G 11	100m Breaststroke	02:07.00	01:30.90	Carmen le Roux	KZN	2009	
17	G 12	100m Breaststroke	02:01.00	01:25.98	Carmen le Roux	KZN	2010	
17	G 13	100m Breaststroke	01:56.00	01:21.00	Carmen le Roux	KZN	2011	
17	G 14	100m Breaststroke	01:52.00	01:20.22	Carmen le Roux	KZN	2012	
17	G 15	100m Breaststroke	01:49.00	01:24.28	Clarice le Roux	KZN	2011	
17	G 16	100m Breaststroke	01:49.00	01:23.71	Nicola Murray	KZN	2006	
17	G 17-19	100m Breaststroke	01:49.00	01:22.47	Carmen le Roux	KZN	2014	
18	B 10	100m Breaststroke	02:11.00	01:37.08	Alan Neat	KZN	2005	
18	B 11	100m Breaststroke	02:02.00	01:25.88	Alan Neat	KZN	2006	
18	B 12	100m Breaststroke	01:54.00	01:27.55	Jaiden Staines	Gaut	2015	
18	B 13	100m Breaststroke	01:47.00	01:16.00	Jaiden Staines	Gaut	2016	
18	B 14	100m Breaststroke	01:41.00	01:20.13	Ruylee Barnes	KZN	2024	
18	B 15	100m Breaststroke	01:37.00	01:18.66	Pieter du Preez	FS	2012	
18	B 16	100m Breaststroke	01:37.00	01:16.45	Grant McNeil	KZN	2009	
18	B 17-19	100m Breaststroke	01:37.00	01:13.60	Darius Jooste	VW	2004	

BREAK & MEDALS [EVENTS 15 - 18]

Ev Nr	Age Group	Timed Finals Standard Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
19	G 10	50m Backstroke	00:56.00	00:41.28	Annschen Olivier	Gaut	2004	
19	G 11	50m Backstroke	00:53.00	00:40.32	Bailey Held	KZN	2018	
19	G 12	50m Backstroke	00:51.00	00:36.78	Dieu-Dene v Jaarsveld	G7	2017	
19	G 13	50m Backstroke	00:49.00	00:36.07	Allison Marx	G7	2016	
19	G 14	50m Backstroke	00:48.00	00:35.37	Stephanie Baigrie	G7	2017	
19	G 15	50m Backstroke	00:46.00	00:34.33	Nadine du Preez	FS	2009	
19	G 16	50m Backstroke	00:46.00	00:32.40	Tanya Pieters	Mag	2015	
19	G 17-19	50m Backstroke	00:46.00	00:34.07	Nadine du Preez	FS	2012	
20	B 10	50m Backstroke	00:56.00	00:40.33	Joshua Cooke	G7	2015	
20	B 11	50m Backstroke	00:52.00	00:38.94	Alan Neat	KZN	2006	
20	B 12	50m Backstroke	00:49.00	00:37.65	Evan Fair	Gaut	2011	
20	B 13	50m Backstroke	00:46.00	00:34.39	Neil Fair	Gaut	2010	
20	B 14	50m Backstroke	00:44.00	00:34.48	Pieter du Preez	FS	2011	
20	B 15	50m Backstroke	00:42.00	00:32.22	Dillon Poole	G7	2006	
20	B 16	50m Backstroke	00:42.00	00:30.17	Liam Devenish	G7	2012	
20	B 17-19	50m Backstroke	00:42.00	00:29.53	Dagyn Davis-Hannibal	G7	2017	

Ev Nr	Age Group	Timed Finals Normal Seeding	Qualifying Standard	SACSSA Record	Current Record Holder	Reg	Year Set	
21	G 13/U	100m Butterfly	01:42.00	01:13.09	Kerryn Grenfell	KZN	2006	
22	G 19/U	100m Butterfly	01:35.00	01:08.41	Carmen le Roux	KZN	2014	
23	B 13/U	100m Butterfly	01:33.00	01:15.06	Pieter du Preez	FS	2010	
24	B 19/U	100m Butterfly	01:25.00	01:01.62	Pieter du Preez	FS	2013	

BREAK & MEDALS [EVENTS 19 - 24]
MIXED MEDLEY RELAY TEAMS TO REPORT

			Record		Reg	Year	
25	10 - 13	4x50m Mixed Medley Relay	02:51.0		KZN	2020	
26	14 -19	4x50m Mixed Medley Relay	02:25.1		G7	2020	

BREAK & MEDALS [EVENTS 25 & 26]

±		INDIVIDUAL TROPHIES
±		CLOSING

Completion times will be provided once the Final Programme is done.

**THANK YOU FOR PARTICIPATING IN THE
SACSSA INVITATIONAL SWIMMING GALA. DRIVE
SAFELY AND MAY GOD BLESS YOU RICHLY.**