

SACSSA INVITATIONAL INTER-SCHOOL SWIMMING GALA

28 MARCH 2026

AGE GROUPS, EVENTS & QUALIFYING STANDARDS

[UPDATED 17/11/2025]

| GIRLS 10 [BORN 2016 & LATER] | Q/S 2025 | | BOYS 10 [BORN 2016 & 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 2015] | Q/S 2025 | | BOYS 11 [BORN 2015] | 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 2014] | Q/S 2025 | | BOYS 12 [BORN 2014] | 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 2013] | Q/S 2025 | | BOYS 13 [BORN 2013] | 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 2013 & LATER] | Q/S 2025 | | BOYS 13/U OPEN [BORN 2013 & 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

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| GIRLS 14 [BORN 2012] | Q/S 2025 | | BOYS 14 [BORN 2012] | 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 2011] | Q/S 2025 | | BOYS 15 [BORN 2011] | 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 2010] | Q/S 2025 | | BOYS 16 [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 17-19 [BORN 2007/08/09] | Q/S 2025 | | BOYS 17-19 [BORN 2007/08/09] | 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 2007 - 2012] | Q/S 2025 | | BOYS 19/U OPEN [BORN 2007 - 2012] | 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 | | | | |