

2024 SA Senior National Aquatic Championships - Qualifying Standards - Long Course meters

WOMEN QT	EVENTS	MEN QT
28:45	50m Freestyle	25:14
1:02:18	100m Freestyle	56:40
2:15:86	200m Freestyle	2:02:65
4:44:35	400m Freestyle	4:24:64
10:00:93	800m Freestyle	9:11:81
19:01:01	1500m Freestyle	17:59:70
32:44	50m Backstroke	28:61
1:09:28	100m Backstroke	1:02:34
2:30:54	200m Backstroke	2:16:59
35:75	50m Breaststroke	31:20
1:18:26	100m Breaststroke	1:08:39
2:49:58	200m Breaststroke	2:31:66
30:27	50m Butterfly	26:77
1:06:71	100m Butterfly	59:46
2:30:99	200m Butterfly	2:17:25
2:33:92	200m IM	2:17:08
5:25:09	400m IM	4:57:60

2024 SA Short Course Championships - Qualifying Standards – Short Course meters (25m)

WOMAN LC QT's	WOMAN SC QT's	EVENTS	MEN SC QT's	MAN LC QT's
29.82	28.88	50m Freestyle	25.40	26.34
1:05.15	1:03.31	100m Freestyle	56.62	59.04
2:22.34	2:19.13	200m Freestyle	2:05.19	2:08.51
4:57.98	4:54.72	400m Freestyle	4:27.41	4:37.27
10:10.79	10:03.93	800m Freestyle	9:18.67	9:29.63
19:19.73	19:16.62	1500m Freestyle	17:48.48	18:17.41
33.99	32.25	50m Backstroke	27.99	29.87
1:12.53	1:09.15	100m Backstroke	1:00.89	1:05.01
2:35.41	2:29.85	200m Backstroke	2:13.08	2:21.01
37.04	35.98	50m Breaststroke	31.81	32.69
1:20.79	1:18.56	100m Breaststroke	1:09.72	1:11.66
2:55.26	2:49.54	200m Breaststroke	2:31.39	2:38.68
30.78	30.71	50m Butterfly	27.40	28.05
1:09.90	1:08.79	100m Butterfly	1:00.19	1:02.30
2:33.47	2:30.69	200m Butterfly	2:16.37	2:19.02
	1:11.19	100m IM	1:02.08	
2:38.90	2:33.53	200m IM	2:18.12	2:23.63
5.59	5:26.24	400m IM	4:55.84	5:07.21

Level 3 - Qualifying times

Women Qualifying Times							EVENTS	Men Qualifying Times						
17 - 19	16	15	14	13	12	11&U		11&U	12	13	14	15	16	17 - 19
							50m Freestyle							
1:07:47	1:07:47	1:07:47	1:08:77	1:09:88	1:14:82	1:18:11	100m Freestyle	1:16:55	1:12:57	1:07:87	1:03:66	59:09	59:09	59:09
2:28:53	2:28:53	2:28:53	2:31:46	2:33:97	2:45:17	2:52:69	200m Freestyle	2:50:25	2:46:47	2:33:21	2:22:72	2:10:72	2:10:72	2:10:72
5:23:64	5:23:64	5:23:64	5:27:89	5:35:52	6:03:61	6:15:35	400m Freestyle	6:29:76	6:13:22	5:40:48	5:23:43	4:52:70	4:52:70	4:52:70
							800m Freestyle							
							1500m Freestyle							
							50m Backstroke							
1:18:96	1:18:96	1:18:96	1:20:38	1:21:90	1:26:78	1:31:19	100m Backstroke	1:30:99	1:25:24	1:20:21	1:15:40	1:07:65	1:07:65	1:07:65
2:52:59	2:52:59	2:52:59	2:54:20	2:57:60	3:08:54	3:18:48	200m Backstroke	3:16:41	3:04:00	2:56:48	2:47:18	2:38:80	2:38:80	2:38:80
							50m Breaststroke							
1:29:73	1:29:73	1:29:73	1:31:43	1:33:27	1:38:61	1:43:91	100m Breaststroke	1:43:69	1:36:46	1:32:83	1:27:46	1:14:22	1:14:22	1:14:22
3:14:42	3:14:42	3:14:42	3:18:11	3:22:09	3:33:66	3:45:16	200m Breaststroke	3:49:93	3:33:88	3:25:84	3:13:93	2:54:88	2:54:88	2:54:88
							50m Butterfly							
1:16:59	1:16:59	1:16:59	1:19:48	1:25:31	1:33:33	1:37:36	100m Butterfly	1:30:15	1:27:57	1:19:02	1:13:86	1:03:37	1:03:37	1:03:37
							200m Butterfly							
2:53:36	2:53:36	2:53:36	2:54:88	2:58:11	3:10:53	3:20:19	200m IM	3:14:93	3:03:43	2:49:35	2:41:75	2:26:10	2:26:10	2:26:10
							400m IM							

SA NATIONAL JUNIOR CHAMPIONSHIPS (SANJ) - Qualifying times

17 - 19	Women Qualifying Times					EVENTS	Men Qualifying Times					17 - 19
	16	15	14	13	12&U		12&U	13	14	15	16	
						50m Freestyle						
1:03:10	1:03:10	1:03:69	1:04:09	1:06:03	1:07:98	100m Freestyle	1:05:33	1:02:14	59:09	57:24	56:57	56:57
2:18:73	2:18:73	2:20:04	2:20:94	2:25:30	2:29:68	200m Freestyle	2:24:04	2:19:01	2:11:65	2:06:43	2:03:37	2:03:37
4:51:27	4:51:27	4:55:95	4:57:91	5:08:56	5:20:92	400m Freestyle	5:10:79	4:59:93	4:44:05	4:32:79	4:26:19	4:26:19
10:17:02	10:17:02	10:23:52	10:28:00	10:37:38	11:03:53	800m Freestyle	11:00:99	10:24:19	9:49:99	9:29:63	9:15:20	9:15:20
19:35:61	19:35:61	20:01:18	20:10:21	20:49:27	21:46:14	1500m Freestyle	20:47:95	19:42:15	18:56:63	18:36:33	18:06:65	18:06:65
						50m Backstroke						
1:10:98	1:10:98	1:12:37	1:12:86	1:15:24	1:17:96	100m Backstroke	1:15:40	1:12:21	1:07:65	1:04:26	1:02:90	1:02:90
2:34:38	2:34:38	2:36:45	2:37:53	2:42:79	2:48:82	200m Backstroke	2:42:77	2:38:05	2:28:85	2:21:00	2:18:29	2:18:29
						50m Breaststroke						
1:20:26	1:20:26	1:21:90	1:22:47	1:25:29	1:28:14	100m Breaststroke	1:24:49	1:22:30	1:17:19	1:12:89	1:10:50	1:10:50
2:53:90	2:53:90	2:57:45	2:58:70	3:04:80	3:10:99	200m Breaststroke	3:07:35	3:02:50	2:51:16	2:41:63	2:36:33	2:36:33
						50m Butterfly						
1:08:33	1:08:33	1:10:36	1:11:60	1:15:29	1:17:98	100m Butterfly	1:13:45	1:10:50	1:05:76	1:02:29	1:00:72	1:00:72
2:36:11	2:36:11	2:42:00	2:43:96	2:52:84	2:59:97	200m Butterfly	2:49:25	2:41:88	2:30:27	2:21:91	2:18:13	2:18:13
2:36:83	2:36:83	2:38:89	2:39:96	2:45:19	2:51:16	200m IM	2:43:32	2:37:38	2:28:75	2:22:68	2:19:13	2:19:13
5:33:37	5:33:37	5:37:85	5:45:04	5:54:26	6:07:73	400m IM	5:52:85	5:36:64	5:18:19	5:07:21	5:00:36	5:00:36