

LEVEL 2 REGIONAL AGE GROUP PROGRAM - CLUB/SCHOOLS COMPETITION

VENUES:	Region 1	Western Cape, Eastern Cape	Oudtshoorn
	Region 2	KZN, MP	Richards Bay
	Region 3	AG, Limpopo, Mpumalanga	Germiston
	Region 4	North-West, Northern Cape, Free State	TBC Potchefstroom Dam

NOTE: A club located in any district adjacent to a Regional Venue may opt to participate at the adjacent Regional Venue; provided all swimmer from the club must participate at the same Regional Venue, swimmers may request a concession to participate in another region.

DATE:	Region 1	6 – 8 March 2026
MANAGER'S MEETING:		5 March 2026 at 16h00
CLOSING DATE FOR ENTRIES:		13 February 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		20 February 2026
DATE:	Region 2 & 4	30 March -1 April 2026
	Region 3	29 March – 1 April 2026
MANAGER'S MEETING:		29 March 2026 at 16h00
CLOSING DATE FOR ENTRIES:		6 March 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		13 March 2026
ENTRY FEE:	R90.00 - INDIVIDUAL ENTRIES	plus R10.00 SSA Levy per entry VAT Incl.
	R90.00 – RELAYS	plus R10.00 SSA Levy per entry VAT Incl.

Starting Time:	Heats	TBA		Finals	TBA				
DAY 1									
50	BREAST	MEN	10&U	11	12	13	14	15	16
50	BREAST	WOMEN	10&U	11	12	13	14	15	16
100	FREE	MEN	10&U	11	12	13	14	15	16
100	FREE	WOMEN	10&U	11	12	13	14	15	16
50	BACK	MEN	10&U	11	12	13	14	15	16
50	BACK	WOMEN	10&U	11	12	13	14	15	16
200	I.M.	MEN	10&U	11	12	13	14	15	16
200	I.M.	WOMEN	10&U	11	12	13	14	15	16
4x50	MED RELAY	MEN	12&U			13 – 14			15 - 16
4x50	MED RELAY	WOMEN	12&U			13 - 14			15 - 16
4x50	FREE RELAY	MIXED	12&U			13 - 14			15 – 16

DAY 2									
200	FREE	MEN	10&U	11	12	13	14	15	16
200	FREE	WOMEN	10&U	11	12	13	14	15	16
100	BACK	MEN	10&U	11	12	13	14	15	16
100	BACK	WOMEN	10&U	11	12	13	14	15	16
50	FLY	MEN	10&U	11	12	13	14	15	16
50	FLY	WOMEN	10&U	11	12	13	14	15	16
100	BREAST	MEN	10&U	11	12	13	14	15	16
100	BREAST	WOMEN	10&U	11	12	13	14	15	16
4x100	FREE RELAY	MEN	12&U			13 – 14			15 - 16
4x100	FREE RELAY	WOMEN	12&U			13 – 14			15 - 16

DAY 3									
200	BACK	MEN	10&U	11	12	13	14	15	16
200	BACK	WOMEN	10&U	11	12	13	14	15	16
200	BREAST	MEN	10&U	11	12	13	14	15	16
200	BREAST	WOMEN	10&U	11	12	13	14	15	16
100	FLY	MEN	10&U	11	12	13	14	15	16
100	FLY	WOMEN	10&U	11	12	13	14	15	16
50	FREE	MEN	10&U	11	12	13	14	15	16
50	FREE	WOMEN	10&U	11	12	13	14	15	16
4x50	FREE RELAY	MEN	12&U			13 – 14			15 - 16
4x50	FREE RELAY	WOMEN	12&U			13 – 14			15 - 16
4x50	MED RELAY	MIXED	12&U			13 – 14			15 - 16