

LEVEL 3 REGIONAL AGE GROUP PROGRAM – CLUB COMPETITION

VENUES:	Region 1	WC, EC, NC	Buffalo City
	Region 2	FS, KZN, NC, MP	Bloemfontein
	Region 3	AG, NW, LP, MP, NC	Pretoria

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

DATE:	Region 1	9 – 12 April 2026
MANAGER'S MEETING:		9 April 2026 at 16h00
CLOSING DATE FOR ENTRIES:		19 March 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		26 March 2026
DATE:	Region 2 & 3	26 – 29 March 2026
MANAGER'S MEETING:		26 March 2026 at 16h00
CLOSING DATE FOR ENTRIES:		6 March 2026
CLOSING DATE FOR ENTRY CORRECTIONS:		13 March 2026

ENTRY FEE: R100.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
R100.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

DAY 1 – Start at 17:00

400	FREE	MEN	11&U 12	13	14	15	16	Timed Finals
400	FREE	WOMEN	11&U 12	13	14	15	16	Timed Finals

Starting Time: Heats TBA Finals TBA

DAY 2

100	FREE	MEN	11&U 12	13	14	15	16	
100	FREE	WOMEN	11&U 12	13	14	15	16	
200	I.M.	MEN	MULTI-CLASS		14/u	15 & over		
200	I.M.	WOMEN	MULTI-CLASS		14/u	15 & over		
100	BREAST	MEN	11&U 12	13	14	15	16	
100	BREAST	WOMEN	11&U 12	13	14	15	16	
200	BACK	MEN	11&U 12	13	14	15	16	
200	BACK	WOMEN	11&U 12	13	14	15	16	
50	BACK	MEN	MULTI-CLASS		14/u	15 & over		
50	BACK	WOMEN	MULTI-CLASS		14/u	15 & over		
100	FLY	MEN	11&U 12	13	14	15	16	
100	FLY	WOMEN	11&U 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	FREE	MEN	11&U 12	13	14	15	16
200	FREE	WOMEN	11&U 12	13	14	15	16
100	FREE	MEN	MULTI-CLASS		14/u	15 & over	
100	FREE	WOMEN	MULTI-CLASS		14/u	15 & over	
50	BREAST	MEN	11&U 12	13	14	15	16
50	BREAST	WOMEN	11&U 12	13	14	15	16
50	BREAST	MEN	MULTI-CLASS		14/u	15 & over	
50	BREAST	WOMEN	MULTI-CLASS		14/u	15 & over	
100	BACK	MEN	11&U 12	13	14	15	16
100	BACK	WOMEN	11&U 12	13	14	15	16
100	BACK	MEN	MULTI-CLASS		14/u	15 & over	
100	BACK	WOMEN	MULTI-CLASS		14/u	15 & over	
200	I.M.	MEN	11&U 12	13	14	15	16
200	I.M.	WOMEN	11&U 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		

DAY 4

50	FREE	MEN	11&U 12	13	14	15	16
50	FREE	WOMEN	11&U 12	13	14	15	16
50	FREE	MEN	MULTI-CLASS		14/u	15 & over	
50	FREE	WOMEN	MULTI-CLASS		14/u	15 & over	
200	BREAST	MEN	11&U 12	13	14	15	16
200	BREAST	WOMEN	11&U 12	13	14	15	16
100	BREAST	MEN	MULTI-CLASS		14/u	15 & over	
100	BREAST	WOMEN	MULTI-CLASS		14/u	15 & over	
50	BACK	MEN	11&U 12	13	14	15	16
50	BACK	WOMEN	11&U 12	13	14	15	16
50	FLY	MEN	11&U 12	13	14	15	16
50	FLY	WOMEN	11&U 12	13	14	15	16
50	FLY	MEN	MULTI-CLASS		14/u	15 & over	
50	FLY	WOMEN	MULTI-CLASS		14/u	15 & over	
4x50	MED RELAY	MEN	12&U	13-14	15-16		
4x50	MED RELAY	WOMEN	12&U	13-14	15-16		
4x100	FREE RELAY	MIXED	12&U	13-14	15-16		