

S A NATIONAL JUNIOR AGE GROUP PROGRAM – CLUB COMPETITION

DATE: 21 - 25 March 2026
VENUE: Newton Park, Gqeberha
MANAGER'S MEETING: 21 March 2026 – 15H00
CLOSING DATE FOR ENTRIES: 27 February 2026
CLOSING DATE FOR ENTRY CORRECTIONS: 6 March 2026
ENTRY FEE: R110.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl.
R110.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

DAY 1 – Starting at 17:00

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

Starting Time: Heats 08H30
Finals 17H00 except Day 5 Finals 15H00

DAY 2

100	BACK	WOMEN	12&U	13	14	15	16	
100	BACK	MEN	12&U	13	14	15	16	
200	FLY	WOMEN	12	13	14	15	16	Timed Finals
200	FLY	MEN	12	13	14	15	16	Timed Finals
50	BREAST	WOMEN	12&U	13	14	15	16	
50	BREAST	MEN	12&U	13	14	15	16	
200	FREE	WOMEN	12&U	13	14	15	16	
200	FREE	MEN	12&U	13	14	15	16	
4x100	FREE RELAY	WOMEN	14&U		15	16		
4x100	FREE RELAY	MEN	14&U		15	16		
4x100	MED RELAY	MIXED	14&U		15	16		
800	FREE	WOMEN	12	13	14	15	16	Timed Finals

DAY 3

100	FREE	WOMEN	12&U	13	14	15	16	
100	FREE	MEN	12&U	13	14	15	16	
100	BREAST	WOMEN	12&U	13	14	15	16	
100	BREAST	MEN	12&U	13	14	15	16	
400	I.M.	WOMEN	12	13	14	15	16	Timed Finals
400	I.M.	MEN	12	13	14	15	16	Timed Finals
50	FLY	WOMEN	12&U	13	14	15	16	
50	FLY	MEN	12&U	13	14	15	16	
4x100	MED.RELAY	WOMEN	14&U		15	16		
4x100	MED.RELAY	MEN	14&U		15	16		
4x100	FREE RELAY	MIXED	14&U		15	16		
800	FREE	MEN	12	13	14	15	16	Timed Finals

DAY 4

50	FREE	WOMEN	12&U	13	14	15	16	
50	FREE	MEN	12&U	13	14	15	16	
200	I.M.	WOMEN	12&U	13	14	15	16	
200	I.M.	MEN	12&U	13	14	15	16	
50	BACK	WOMEN	12&U	13	14	15	16	
50	BACK	MEN	12&U	13	14	15	16	
4x50	FREE RELAY	WOMEN	14&U	15 – 16				
1500	FREE	WOMEN	12	13	14	15	16	Timed Finals

DAY 5

100	FLY	WOMEN	12&U	13	14	15	16	
100	FLY	MEN	12&U	13	14	15	16	
200	BREAST	WOMEN	12&U	13	14	15	16	
200	BREAST	MEN	12&U	13	14	15	16	
200	BACK	WOMEN	12&U	13	14	15	16	
200	BACK	MEN	12&U	13	14	15	16	
4x50	FREE RELAY	MEN	14&U	15 – 16				
1500	FREE	MEN	12	13	14	15	16	Timed Finals

S A NATIONAL YOUTH CHAMPIONSHIPS (Age as on the day 17 – 25 years) CLUB COMPETITION

DATE:	18 – 20 March 2026
VENUE:	Newton Park, Gqeberha
MANAGER'S MEETING:	17 March 2026 – 16H00
CLOSING DATE FOR ENTRIES:	27 February 2026
CLOSING DATE FOR ENTRY CORRECTIONS:	6 March 2026
ENTRY FEE:	R110.00 – INDIVIDUAL ENTRIES plus R10.00 SSA Levy per entry VAT Incl. R110.00 – RELAYS plus R10.00 SSA Levy per entry VAT Incl.

COMPETITION SCHEDULE

Day 1 18 March			Day 2 19 March			Day 3 20 March		
400m	Freestyle	W	400m	Ind Medley	W	400m	Ind Medley	M
400m	Freestyle	M	50m	Backstroke	M	100m	Butterfly	W
50m	Backstroke	W	200m	Freestyle	W	50m	Butterfly	M
200m	Backstroke	M	200m	Ind Medley	M	200m	Backstroke	W
200m	Butterfly	W	100m	Backstroke	W	100m	Backstroke	M
100m	Butterfly	M	50m	Breaststroke	M	50m	Breaststroke	W
200m	Breaststroke	W	50m	Butterfly	W	200m	Breaststroke	M
100m	Breaststroke	M	100m	Freestyle	M	100m	Freestyle	W
50m	Freestyle	W	100m	Breaststroke	W	200m	Freestyle	M
50m	Freestyle	M	200m	Butterfly	M	200m	Ind Medley	W
1500m	Freestyle TF	W	1500m	Freestyle TF	M	800m	Freestyle TF	M&W
4 x 100	Medley Relay	Mixed	4 x 100	Freestyle	M&W	4 x 100	Medley Relay	M&W
4 x 100	Freestyle Relay	Mixed						