

Entry Procedures for Grand Prix No 2

- The closing date for entries for Grand Prix No 2 – Wednesday 8 February 2023 14:00
- All correspondence regarding entries after the closing date, will be received at the Manager’s Meeting.
- Entries will be processed by Swimming South Africa
- The entry fee will be R100.00 (R90.00 + R10.00 SSA Levy) per entry. The entry fee for the 800 and 1500 m Freestyle will be payable once the entry has been accepted.
- Heats and Finals will be swum for Grand Prix No 2, where more than 8 entries are received, except for the 800m and 1500m Freestyle, these events will be Timed Finals.
- The top 8 entries for 800m and 1500m Freestyle will be accepted. Swimmers who qualify will be notified immediately after the entries have closed and been processed. Swimmers who qualify for the 800m and 1500m Freestyle, must confirm their acceptance as soon as they have received confirmation of their entries.
Withdrawal after acceptance will be subject to a penalty.
- Minimum requirement for entry will be the S A Senior Nationals “B” Qualifying times

PROGRAM OF EVENTS

HEATS Friday 17:00

FINALS Saturday 10:00

800m Freestyle Women
400m Individual Medley Men
200m Freestyle Women
100m Freestyle Men
100m Breaststroke Women
50m Breaststroke Men
100m Butterfly Women
100m Backstroke Men
50m Backstroke Women
200m Butterfly Men
200m Individual Medley Women
400m Freestyle Men
50m Freestyle Women
200m Breaststroke Men
200m Backstroke Women
50m Butterfly Men
4 x 100m Medley Relay Mixed

HEATS Saturday 17:00

FINALS Sunday 10:00

1500m Freestyle Men
400m Individual Medley Women
200m Freestyle Men
100m Freestyle Women
100m Breaststroke Men
50m Breaststroke Women
100m Butterfly Men
100m Backstroke Women
50m Backstroke Men
200m Butterfly Women
200m Individual Medley Men
400m Freestyle Women
50m Freestyle Men
200m Breaststroke Women
200m Backstroke Men
50m Butterfly Women
4 x 100 Freestyle Relay Mixed

2023 S A National Aquatic Championships - "B" Qualifying Times

WOMEN		MEN
28:45	50m Freestyle	25:14
1:02:17	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	
	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