QUALIFYING TIMES MADE CLEAR

Guide Version 3 | SSA rules v5, 30 October 2026

VERIFIED V3: SANJ girls 12 & Under 100m Backstroke is now **1:16.28** (the v5 correction). All 758 published table cells match website Guide v2. Rechecked against the supplied SSA v5 on 2 November 2026; no further QT changes.

HOW TO USE THIS GUIDE

Choose the competition, then the correct women/men and age column. A dash means no value is published; **pts means points, not a time**. All para standards are excluded. Use the clickable footer to navigate.

LEVEL 0

District-level developmental competition. No national QT table is published in this guide.

LEVEL 1

A province may set its own qualifying time. No single national Level 1 table is published here.

LEVEL 2

Regional age-group standards: 10&U, 11, 12, 13, 14, 15 and 16.

LEVEL 3

Regional age-group standards: 11&U, 12, 13, 14, 15 and 16.

SANJ

SA National Junior age groups: 12&U, 13, 14, 15 and 16; limited 17-year concession applies.

YOUTH

Long-course standards for swimmers aged 17-25 on the day of competition.

SENIOR

2027 SA Senior National Aquatic Championships long-course standards.

SHORT COURSE

2026 SA Short Course Nationals. The official table labels the published standards as LC QTs.

GRAND PRIX

Long-course standards for Grand Prix 1, 2 and 4; swimmers must be 12 and over.

Age is assessed on the first day of the championship (SSA rule 2.8). Entry-time window: from 1 May 2026; age-group qualification cut-off: 1 March 2027, subject to the published concession rules. This guide does not replace registration, database, IM or full eligibility requirements.

Level 2 Regional Age Group - qualifying times

Age groups: 10&U, 11, 12, 13, 14, 15 and 16. One 200m IM database time and at least one Level 2 QT are required. Numeric standards unchanged in v5.

WOMEN							EVENT	MEN						
16	15	14	13	12	11	10&U		10&U	11	12	13	14	15	16
33.50	33.63	33.76	33.99	35.63	38.20	39.72	50m Freestyle	38.93	37.05	35.12	32.35	30.26	28.92	28.26
1:14.45	1:15.21	1:16.08	1:17.85	1:21.23	1:26.18	1:32.45	100m Freestyle	1:31.13	1:26.57	1:18.95	1:12.51	1:08.27	1:06.16	1:05.47
2:49.90	2:50.34	2:50.74	2:51.14	2:59.36	3:21.03	3:38.24	200m Freestyle	3:39.00	3:35.53	3:08.68	2:47.45	2:37.43	2:33.22	2:31.20
-	-	-	-	-	-	-	400m Freestyle	-	-	-	-	-	-	-
-	-	-	-	-	-	-	800m Freestyle	-	-	-	-	-	-	-
-	-	-	-	-	-	-	1500m Freestyle	-	-	-	-	-	-	-
40.91	41.01	41.11	41.56	43.10	46.16	49.07	50m Backstroke	48.57	47.23	43.29	41.11	38.22	36.21	35.58
1:28.50	1:28.72	1:28.94	1:29.86	1:33.79	1:40.81	1:49.00	100m Backstroke	1:48.69	1:47.05	1:35.45	1:30.72	1:27.37	1:23.62	1:22.58
3:20.69	3:21.27	3:21.86	3:22.76	3:36.11	3:49.73	4:06.28	200m Backstroke	3:59.54	3:54.30	3:41.50	3:31.11	3:22.03	3:04.04	3:03.74
46.23	46.35	46.48	46.79	48.09	51.65	54.88	50m Breaststroke	55.36	54.00	49.51	45.79	44.15	40.04	39.95
1:42.63	1:42.91	1:43.34	1:44.22	1:46.23	1:54.00	2:02.92	100m Breaststroke	2:04.72	2:01.74	1:50.34	1:42.28	1:39.82	1:31.25	1:31.03
3:49.96	3:50.68	3:51.41	3:58.84	4:07.33	4:22.43	4:35.10	200m Breaststroke	4:49.31	4:35.50	4:13.00	3:56.69	3:48.78	3:38.27	3:34.57
39.10	39.31	39.82	40.11	44.01	50.09	55.00	50m Butterfly	53.01	50.00	45.28	39.52	36.19	33.45	33.16
1:37.37	1:37.73	1:38.09	1:38.84	1:55.16	2:01.25	2:15.50	100m Butterfly	2:15.94	1:58.00	1:51.25	1:42.28	1:33.70	1:21.91	1:20.48
-	-	-	-	-	-	-	200m Butterfly	-	-	-	-	-	-	-
3:11.65	3:12.10	3:12.78	3:17.35	3:30.20	3:40.94	4:04.06	200m IM	3:55.80	3:45.04	3:23.04	3:03.96	2:55.30	2:47.55	2:45.64
-	-	-	-	-	-	-	400m IM	-	-	-	-	-	-	-

Source: SSA v5 p33; eligibility rules 4.7, p6. Regions 1, 2 and 4: 5-7 April 2027. Region 3: 3-4 April (10&U-12) and 5-7 April (13-16). A dash means no QT is published for that event/age; it does not guarantee that an event is offered.

Level 3 Regional Age Group - qualifying standards

Age groups: 11&U, 12, 13, 14, 15 and 16. One 200m IM database time and at least one Level 3 QT are required. Numeric standards unchanged in v5.

WOMEN						EVENT	MEN					
16	15	14	13	12	11&U		11&U	12	13	14	15	16
460 pts	440 pts	420 pts	400 pts	330 pts	-	50m Freestyle (points)	-	-	310 pts	390 pts	470 pts	480 pts
1:06.98	1:07.98	1:09.04	1:10.18	1:14.82	1:16.40	100m Freestyle	1:16.06	1:12.15	1:08.55	1:03.50	59.67	59.26
2:25.38	2:27.55	2:29.86	2:32.31	2:42.40	2:51.39	200m Freestyle	2:48.96	2:45.29	2:30.71	2:19.60	2:11.19	2:10.27
5:03.36	5:07.89	5:12.70	5:17.83	5:38.87	6:26.01	400m Freestyle	6:12.31	5:40.91	5:25.00	5:01.06	4:42.90	4:40.92
-	-	-	-	-	-	800m Freestyle	-	-	-	-	-	-
-	-	-	-	-	-	1500m Freestyle	-	-	-	-	-	-
400 pts	380 pts	360 pts	340 pts	300 pts	-	50m Backstroke (points)	-	-	300 pts	320 pts	410 pts	420 pts
1:17.53	1:18.87	1:20.30	1:21.85	1:25.34	1:35.83	100m Backstroke	1:33.42	1:24.71	1:17.08	1:15.43	1:09.17	1:08.79
2:47.12	2:50.00	2:53.10	2:56.43	3:03.94	3:16.26	200m Backstroke	3:14.68	3:02.67	2:47.18	2:43.62	2:30.04	2:29.44
400 pts	380 pts	360 pts	340 pts	300 pts	-	50m Breaststroke (points)	-	-	-	320 pts	410 pts	420 pts
1:27.03	1:28.53	1:30.14	1:31.88	1:35.79	1:46.22	100m Breaststroke	1:42.68	1:35.69	1:32.17	1:23.15	1:16.25	1:15.95
3:06.68	3:09.90	3:13.35	3:17.07	3:25.47	3:42.24	200m Breaststroke	3:40.53	3:27.54	3:24.50	3:03.45	2:48.22	2:47.55
400 pts	380 pts	360 pts	340 pts	300 pts	-	50m Butterfly (points)	-	-	-	320 pts	410 pts	420 pts
1:14.10	1:15.38	1:16.75	1:18.22	1:21.56	1:36.49	100m Butterfly	1:32.27	1:26.78	1:18.50	1:12.29	1:06.29	1:06.03
400 pts	380 pts	360 pts	340 pts	300 pts	-	200m Butterfly (points)	-	-	300 pts	320 pts	410 pts	420 pts
2:50.60	2:53.54	2:56.69	3:00.09	3:07.77	3:26.89	200m IM	3:21.65	3:02.19	2:48.33	2:44.75	2:31.07	2:30.47
-	-	-	-	-	-	400m IM	-	-	-	-	-	-

Source: SSA v5 p34; rule 4.8.4, p7: no direct QT for 50m events. Qualify in another event and have a database time for each chosen 50m; NT is not accepted. Printed points are not converted into times. Region 1 (WC/EC/NC): 26-29 March 2027, Malmesbury. Region 2: 31 March-3 April 2027 (NC venue TBC).

SA National Junior Championships (SANJ) - qualifying standards

Age groups: 12&U, 13, 14, 15 and 16, with a restricted age-17 concession. One 200m or 400m IM database time and at least one SANJ QT are required.

WOMEN					EVENT	MEN				
16	15	14	13	12&U		12&U	13	14	15	16
530 pts	520 pts	500 pts	465 pts	440 pts	**50m Freestyle (points)**	390 pts	410 pts	490 pts	560 pts	570 pts
1:03.89	1:04.30	1:05.15	1:06.74	1:07.98	**100m Freestyle**	1:03.50	1:02.45	58.85	56.29	55.96
2:18.68	2:19.56	2:21.40	2:24.86	2:27.55	**200m Freestyle**	2:19.60	2:17.30	2:09.38	2:03.74	2:03.01
4:49.37	4:51.21	4:55.04	5:02.27	5:07.89	**400m Freestyle**	5:01.06	4:56.08	4:39.00	4:26.85	4:25.28
9:58.22	10:02.03	10:09.95	10:24.88	10:36.50	**800m Freestyle**	10:18.82	10:08.59	9:33.48	9:08.51	9:05.29
18:57.42	19:04.66	19:19.73	19:48.12	20:10.21	**1500m Freestyle**	19:51.69	19:31.99	18:24.38	17:36.30	17:30.09
520 pts	500 pts	490 pts	445 pts	420 pts	**50m Backstroke (points)**	330 pts	370 pts	450 pts	540 pts	550 pts
1:11.04	1:11.97	1:12.46	1:14.83	1:16.28	**100m Backstroke**	1:14.66	1:11.87	1:07.33	1:03.36	1:02.97
2:33.13	2:35.14	2:36.19	2:41.29	2:44.43	**200m Backstroke**	2:41.95	2:35.89	2:26.05	2:17.43	2:16.60
520 pts	500 pts	490 pts	445 pts	420 pts	**50m Breaststroke (points)**	330 pts	350 pts	430 pts	500 pts	520 pts
1:19.74	1:20.79	1:21.34	1:23.99	1:25.63	**100m Breaststroke**	1:22.31	1:20.71	1:15.35	1:11.66	1:10.73
2:51.05	2:53.30	2:54.47	3:00.16	3:03.67	**200m Breaststroke**	3:01.58	2:58.05	2:46.24	2:38.09	2:36.04
440 pts	430 pts	420 pts	415 pts	390 pts	**50m Butterfly (points)**	320 pts	350 pts	430 pts	500 pts	520 pts
1:11.78	1:12.33	1:12.90	1:13.19	1:14.73	**100m Butterfly**	1:12.29	1:10.16	1:05.51	1:02.30	1:01.49
2:40.15	2:41.38	2:42.65	2:43.30	2:46.72	**200m Butterfly**	2:41.31	2:36.57	2:26.18	2:19.01	2:17.21
510 pts	505 pts	500 pts	455 pts	410 pts	**200m IM (points)**	340 pts	380 pts	450 pts	500 pts	540 pts
2:37.33	2:37.84	2:38.37	2:44.64	2:49.20	**200m IM**	2:41.45	2:35.58	2:27.05	2:21.98	2:18.38
5:29.99	5:31.07	5:32.17	5:45.33	5:54.89	**400m IM**	5:47.44	5:34.79	5:16.45	5:05.53	4:57.79

Source: SSA v5 p35. Highlighted cell: girls 12&U 100m Backstroke is 1:16.28 (was 1:12.98). Women 16 100m Breaststroke remains 1:19.74; the stray source prefix has been removed in v5. Rule 4.9.4: no direct QT for 50m events; a database time is required, not NT. Meet: 8-12 April 2027, Newton Park, Gqeberha. Age-17 caution: rule 4.9.7 still references a 20 March Youth start, while the v5 Youth programme starts 22 March. Obtain SSA clarification before relying on this concession; approval is due before 1 March 2027.

2027 SA National Youth Championships - long-course standards

For swimmers aged 17-25. Apply SSA rule 2.8 (age on the first day), with the specific Youth eligibility rules. Published point labels: women 450 points; men 470 points.

WOMEN - QT	EVENT	MEN - QT
30.81	**50m Freestyle**	26.89
1:07.47	**100m Freestyle**	59.67
2:26.45	**200m Freestyle**	2:11.19
5:05.59	**400m Freestyle**	4:42.90
10:31.75	**800m Freestyle**	9:41.50
20:01.18	**1500m Freestyle**	18:39.83
35.05	**50m Backstroke**	30.28
1:14.55	**100m Backstroke**	1:06.36
2:40.69	**200m Backstroke**	2:23.94
38.05	**50m Breaststroke**	33.37
1:23.68	**100m Breaststroke**	1:13.15
2:59.49	**200m Breaststroke**	2:41.38
31.88	**50m Butterfly**	28.64
1:11.25	**100m Butterfly**	1:03.60
2:38.95	**200m Butterfly**	2:21.91
2:44.03	**200m IM**	2:24.93
5:44.05	**400m IM**	5:11.89

Source: SSA v5 p25. UPDATED dates: 22-24 March 2027. Venue: Aqua Park Swimming Pool, Pietermaritzburg. Entries close 1 March; corrections close 8 March 2027. Numeric QTs are unchanged.

2027 SA Senior National Aquatic Championships - long-course standards

The published women and men standards for the 2027 senior national competition. Meeting an event time alone does not establish full entry eligibility.

WOMEN - QT	EVENT	MEN - QT
27.32	**50m Freestyle**	24.20
59.84	**100m Freestyle**	53.70
2:09.89	**200m Freestyle**	1:58.05
4:33.89	**400m Freestyle**	4:17.26
9:26.23	**800m Freestyle**	8:48.80
17:56.59	**1500m Freestyle**	16:58.34
31.41	**50m Backstroke**	27.54
1:06.81	**100m Backstroke**	1:00.35
2:24.02	**200m Backstroke**	2:10.90
34.10	**50m Breaststroke**	30.35
1:15.00	**100m Breaststroke**	1:06.52
2:40.87	**200m Breaststroke**	2:26.76
28.57	**50m Butterfly**	26.04
1:03.86	**100m Butterfly**	57.83
2:22.46	**200m Butterfly**	2:09.05
2:27.01	**200m IM**	2:11.80
5:08.36	**400m IM**	4:43.62

Source: SSA v5 p26. Dates: 14-18 April 2027. Venue: Newton Park Swimming Pool, Gqeberha. UPDATED entry deadline: 26 March; corrections: 2 April 2027. Numeric QTs are unchanged.

2026 SA Short Course Nationals - published qualifying standards

Historical 2026 competition: 24-27 September 2026. Although the meet is short course, its published table labels these values as LC QTs. These are not converted SC targets.

WOMEN - QT	EVENT	MEN - QT
29.36	**50m Freestyle**	25.83
1:04.30	**100m Freestyle**	57.33
2:19.56	**200m Freestyle**	2:06.03
4:51.21	**400m Freestyle**	4:31.80
10:02.03	**800m Freestyle**	9:18.67
19:04.66	**1500m Freestyle**	17:55.87
33.61 (510 pts)	**50m Backstroke**	29.28 (520 pts)
1:11.50	**100m Backstroke**	1:04.16
2:34.12	**200m Backstroke**	2:19.17
36.49	**50m Breaststroke**	32.27
1:20.26	**100m Breaststroke**	1:10.73
2:52.16	**200m Breaststroke**	2:36.04
30.57	**50m Butterfly**	27.69
1:08.33	**100m Butterfly**	1:01.49
2:32.46	**200m Butterfly**	2:17.21
2:37.33	**200m IM**	2:20.13
5:29.99	**400m IM**	5:01.56

Source: SSA v5 p28. Published labels: women 520 points, men 530 points; 50m Backstroke has separate 510/520 labels shown in the table. The source 400m Freestyle men cell reads "4:31 80"; shown as 4:31.80 without changing digits. This page is retained for season-reference completeness, not as an upcoming meet.

2026/2027 Grand Prix 1, 2 and 4 - long-course standards

For swimmers aged 12 and over. These QTs apply to Grand Prix 1, 2 and 4. Grand Prix 3 has separate entry arrangements. Printed table labels: 500 points for both sides.

WOMEN - QT	EVENT	MEN - QT
29.74	**50m Freestyle**	26.34
1:05.15	**100m Freestyle**	58.46
2:21.40	**200m Freestyle**	2:08.51
4:55.04	**400m Freestyle**	4:37.27
10:09.95	**800m Freestyle**	9:29.63
19:19.73	**1500m Freestyle**	18:16.97
33.84	**50m Backstroke**	29.87 (490 pts)
1:11.97	**100m Backstroke**	1:05.01
2:35.14	**200m Backstroke**	2:21.01
36.73	**50m Breaststroke**	32.91
1:20.79	**100m Breaststroke**	1:12.14
2:53.30	**200m Breaststroke**	2:39.16
30.77	**50m Butterfly**	28.24
1:08.79	**100m Butterfly**	1:02.72
2:33.47	**200m Butterfly**	2:19.95
2:38.37	**200m IM**	2:22.93
5:32.17	**400m IM**	5:07.59

Source: SSA v5 p30. UPDATED Grand Prix 4 dates: 19-21 February 2027; Hillcrest, Pretoria (venue TBC). Men 50m Backstroke retains its printed 490-point label. Women 400m IM is printed "5:.32.17"; displayed as 5:32.17 with the same digits. Numeric QTs are unchanged.