

7.6 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	Individual 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	Individual 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							

7.7 2026 SA National Youth Championships - Qualifying Standards - Long Course meters

WOMEN QT	EVENTS	MEN QT
30.81	50m Freestyle	26.89
1:07.47	100m Freestyle	1:00.27
2:27.26	200m Freestyle	2:11.19
5:07.16	400m Freestyle	4:43.04
10:32.63	800m Freestyle	9:41.50
20:01.18	1500m Freestyle	18:40.28
35.05	50m Backstroke	30.28
1:14.81	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
1:12.39	100m Butterfly	1:03.60
2:38.95	200m Butterfly	2:21.91
2:44.58	200m IM	2:26.62
5:46.94	400m IM	5:11.89