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14 July 2026

THE 2026/2027 GRAND PRIX INVITATIONAL SWIMMING MEETS

No 1	Aqua Park, Pietermaritzburg	7 – 9 August 2026
No 2	Generations School, Somerset West, Cape Town	28 – 30 August 2026
No 3	Nelspruit Swimming Pool, Mpumalanga	8 - 9 January 2027
No 4	TBC	26 – 28 February 2027

- 1 World Aquatics Technical Rules will apply to this competition.
- 2 These meets are created to provide our Swimming Squads more opportunities to compete
- 3 The 3rd Grand Prix makes provision for a 13/u and open section, the other Grand Prix's will be open to swimmers 12years and older.
- 4 The 1st 2nd and 4th Grand Prix, will have qualifying times.
- 5 Clubs, through their Provinces, may apply for an entry concession to the SSA Competitions Manager, for swimmers who have not achieved the qualifying standards. Swimmers will be assessed based on their current ranking. Applications should have been received two weeks before the closing date of entries
- 6 Final list of session times and breakdown of event order will be published once entries have closed
- 7 All the Grand Prix events will be swum as Timed Finals
- 8 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.
- 9 Withdrawal after acceptance will be subject to a penalty.
- 10 The Grand Prix's will be an inter club competition. Entries will be processed the same way as for Age Group Competitions

President: A. Fritz **Vice Presidents:** J. Naidoo, Z Molusi & E Van Veenhuyzen

Treasurer: J. Ellis

Members: L. Blignaut, L. Coetzee, A. Motau, C Ho

Chief Executive Officer: S. Adriaanse

Hon. Life Member: R Andrews

Hon. Life Presidents: S. Ramsamy & G. Sam

Entry deadlines

- The closing date for entries for Grand Prix No 1 – Friday 17 July 2026
- The closing date for entries for Grand Prix No 2 - Friday 14 August 2026
- The closing date for entries for Grand Prix No 3 – 14 December 2026
- The closing date for entries for Grand Prix No 4 – 5 February 2027

Entry Procedure for Grand Prix No 1, 2, and No 4

- Entries will be processed by the provincial data person, as per the normal procedure
- Swimmers must be 12 & over
- The entry fee will be R150.00 + R15.00 SSA Levy per entry
- All the events will be swum as Timed Finals
- Grand Prix QT's

WOMAN	EVENTS	MAN
LC QT's 500pts		LC QT's 500pts
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)
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

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Grand Prix 1, 2, and 4 PROGRAM of EVENTS

SESSION 1 – FRIDAY PM

Warm-Up: 15:30

Start: 17:00

4 × 100 Mixed Medley Relay
Women 100 IM
Men 100 IM
Women 200 Breaststroke
Men 200 Breaststroke
Women 100 Freestyle
Men 100 Freestyle
Women 50 Backstroke
Men 50 Backstroke
Women 800 Freestyle
Men 1500 Freestyle

SESSION 3 – SATURDAY PM

Warm-Up: 15:30

Start: 17:00

Women 50 Butterfly
Men 50 Butterfly
Women 100 Breaststroke
Men 100 Breaststroke
Women 200 Backstroke
Men 200 Backstroke
Women 400 Freestyle
Men 400 Freestyle
Women 4 × 100 Freestyle Relay
Men 4 × 100 Freestyle Relay

SESSION 2 – SATURDAY AM

Warm-Up: 07:30

Start: 09:00

Women 50 Breaststroke
Men 50 Breaststroke
Women 200 Freestyle
Men 200 Freestyle
Women 100 Butterfly
Men 100 Butterfly
Women 400 IM
Men 400 IM
Women 4 x 50 Freestyle Relay
Men 4 x 50 Freestyle Relay

SESSION 4 – SUNDAY AM

Warm-up: 07:30

Start: 09:00

Women 200 Butterfly
Men 200 Butterfly
Women 50 Freestyle
Men 50 Freestyle
Women 100 Backstroke
Men 100 Backstroke
Women 200 IM
Men 200 IM
Women 1500 Freestyle
Men 800 Freestyle
Mixed 4 x 50 Medley Relay

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Entry Procedure for Grand Prix No 3 8 - 9 January 2027

The entry fee will be R140.00 per swimmer, irrespective of the number of events entered.

- Entries will be processed by Swimming South Africa – balvant.morar@swimsa.org

Grand Prix No 4 PROGRAM OF EVENTS

Friday, 8 January 2026 14:00pm

50m Freestyle	Men
400m IM	Women
200m Freestyle	Men
200m Butterfly	Women
13&u 100m Freestyle	Men
13&u 100m Butterfly	Women
800m Freestyle	Men
100m Backstroke	Women
100m Breaststroke	Men
400m Freestyle	Women
13&u 100m Backstroke	Men
13&u 100m Breaststroke	Women
200m IM	Men
100m Freestyle	Women
100m Butterfly	Men
200m Breaststroke	Women
13&u 50m Freestyle	Men
13&u 200m IM	Women
200m Backstroke	Men

Saturday, 9 January 2026 8:30am

50m Freestyle	Women
400m IM	Men
200m Freestyle	Women
200m Butterfly	Men
13&u 100m Freestyle	Women
13&u 100m Butterfly	Men
800m Freestyle	Women
100m Backstroke	Men
100m Breaststroke	Women
400m Freestyle	Men
13&u 100m Backstroke	Women
13&u 100m Breaststroke	Men
200m IM	Women
100m Freestyle	Men
100m Butterfly	Women
200m Breaststroke	Men
13&u 50m Freestyle	Women
13&u 200m IM	Men
200m Backstroke	Women

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