

QUALIFYING TIMES MADE CLEAR

SSA swimming standards for the 2026/2027 season | Cybersmart Aquatics

HOW TO USE THIS GUIDE

Find the swimmer's competition first, then use the correct sex and age column. A dash means the official table does not publish a value for that event and age. Values marked 'pts' are points printed in the official table, not times. All para standards have been deliberately excluded.

LEVEL 0 No qualifying time. District-level developmental competition.	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.

Important: This is a readable club reference, not a replacement for the full SSA rules. Qualification can also depend on registration, database times, IM requirements, entry restrictions and concessions. Always confirm eligibility before entries are submitted.

Level 2 Regional Age Group - qualifying times

Age groups: 10&U, 11, 12, 13, 14, 15 and 16. SSA rules require at least one 200m IM database time and at least one Level 2 qualifying time.

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	-	-	-	-	-	-	-

A dash means no qualifying time is published in the official Level 2 table. Punctuation has been standardised to conventional time format without changing the digits.

Level 3 Regional Age Group - qualifying standards

Age groups: 11&U, 12, 13, 14, 15 and 16. SSA rules require at least one 200m IM database time and at least one Level 3 qualifying time.

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	-	-	-	-	-	-

Rule 4.8.4 states that there are no qualifying times for 50m events. The point values printed in the official table are shown as points, not converted into times. After qualifying in another event, swimmers may select 50m events only where they have a database time. A dash means no value is published.

SA National Junior Championships (SANJ) - qualifying standards

Age groups: 12&U; 13, 14, 15 and 16. A limited 17-year concession applies under the official rules. One 200m or 400m IM database time and one SANJ qualifying time 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	1:12.98	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

Rule 4.9.4 states that there are no qualifying times for 50m events; the official point values are reproduced as points. *The official Women 16 100m Breaststroke cell reads '5201:19:74'; this guide displays the identifiable time portion as 1:19.74. Punctuation has otherwise been normalised without changing digits.

2027 SA National Youth Championships - long-course standards

For swimmers aged 17-25 on the day of competition. The official table labels the standards as 450 points for women and 470 points for men.

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

Competition dates published in the rules: 20-22 March 2027. Venue: TBA.

2027 SA Senior National Aquatic Championships - long-course standards

Single published women and men qualifying standards for the 2027 senior national competition.

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

Swimming dates published in the rules: 14-18 April 2027. Venue: TBC.

2026 SA Short Course National Championships - published standards

The competition is short course, but the official qualifying table labels these values as LC QTs: 520 points for women and 530 points for men, except the 50m Backstroke point labels shown below.

WOMEN - LC QT	EVENT	MEN - LC 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

Competition dates published in the rules: 24-27 September 2026. *The official Men's 400m Freestyle cell reads '4:31 80'; it is displayed as 4:31.80 for readability.

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

For swimmers aged 12 and over. These qualifying standards apply to Grand Prix No. 1, No. 2 and No. 4; the rules give separate entry arrangements for Grand Prix No. 3.

WOMEN - LC QT	EVENT	MEN - LC 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

The official table labels both sides as 500 points, with 490 points noted for Men's 50m Backstroke. *The official Women's 400m IM cell contains an extra punctuation mark; it is displayed as 5:32.17 without changing the digits.