

2020 SA NATIONAL OPEN CHAMPIONSHIPS

Qualifying Times – Para Swimmers

04 – 9 April 2020

		Men	Women
50m Freestyle	S1	1:29.32	1:15.53
	S2	1:21.80	1:15.52
	S3	0:59.64	1:04.96
	S4	0:52.56	0:58.41
	S5	0:44.72	0:50.23
	S6	0:40.00	0:48.68
	S7	0:38.74	0:44.30
	S8	0:35.45	0:42.18
	S9	0:35.18	0:40.66
	S10	0:32.42	0:38.89
	S11	0:35.38	0:43.32
	S12	0:32.19	0:37.66
	S13	0:32.49	0:38.33
	S14	0:34.37	0:38.36
	S15	0:32.84	0:36.61
100m Freestyle	S1	3:10.16	2:43.73
	S2	2:53.19	2:43.11
	S3	2:11.63	2:16.61
	S4	1:55.40	2:09.39
	S5	1:35.75	1:47.31
	S6	1:31.63	1:42.66
	S7	1:24.48	1:35.24
	S8	1:18.78	1:31.45
	S9	1:15.85	1:25.51
	S10	1:11.22	1:24.21
	S11	1:19.34	1:34.21
	S12	1:11.27	1:21.77
	S13	1:11.47	1:22.42
	S14	1:14.97	1:23.06
	S15	1:11.99	1:20.21
50m Backstroke	S1	1:30.01	1:37.93
	S2	1:23.19	1:28.20
	S3	0:59.09	1:17.60
	S4	0:59.79	1:07.89
	S5	0:48.99	0:54.15
	S6	0:49.01	0:55.83
	S7	0:45.58	0:54.66
	S8	0:43.20	0:51.87
	S9	0:41.72	0:47.08
	S10	0:39.00	0:44.27
	S11	0:45.23	0:51.09
	S12	0:39.30	0:44.73
	S13	0:38.60	0:45.65
	S14	0:41.69	0:44.30
	S15	0:38.75	0:43.55
100m Backstroke	S1	3:27.58	3:25.11
	S2	2:58.68	3:10.83
	S3	2:35.54	3:02.13
	S4	2:16.26	2:25.47
	S5	1:46.96	2:10.07
	S6	1:42.98	1:58.59
	S7	1:37.33	1:54.20
	S8	1:28.65	1:44.10

NB**

A Letter of request and proof of the QT being achieved should be sent to SSA if a swimmer wants to swim the events below as they will be swum in the heats with the able swimmers.

		Men	Women	
200 m Freestyle	S1	6:56.91	7:41.52	
	S2	6:06.88	6:46.04	
	S3	4:35.03	4:59.11	
	S4	4:06.13	4:31.45	
	S5	3:25.11	3:50.45	
	S6	3:16.27	3:40.39	
	S7	3:12.09	3:25.02	
	S8	3:00.19	3:17.58	
	S9	2:46.63	3:01.83	
	S10	2:40.24	3:06.55	
	S11	2:54.41	3:34.65	
	S12	2:47.20	3:08.37	
	S13	2:43.49	3:03.99	
	S14	2:44.02	3:01.83	
	S15	2:38.37	2:57.98	
400 m Freestyle	S6	06:42.85	7:26.84	
	S7	06:30.80	6:58.63	
	S8	06:12.51	6:35.19	
	S9	05:49.90	6:09.33	
	S10	05:41.00	6:21.91	
	S11	06:05.16	7:15.08	
	S12	05:44.33	6:28.32	
	S13	05:29.78	6:11.43	
	S14	05:57.74	6:39.36	
	S15	05:26.79	6:14.95	
	800 m Freestyle	S6	14:02.52	15:58.10
		S7	14:01.69	15:44.09
		S8	13:00.84	14:24.50
		S9	12:14.34	12:34.73
		S10	12:01.97	13:23.63
S11		14:26.61	15:20.95	
S12		12:27.07	14:05.29	
S13		12:46.91	13:20.87	
S14		12:38.58	14:17.74	
S15		11:54.56	12:49.62	
1500 m Freestyle		S7	27:46.22	31:01.55
		S8	26:07.83	28:00.49
		S9	23:11.77	23:55.13
		S10	22:51.58	25:59.40
		S11	26:38.95	30:16.54
	S12	26:31.94	00:00.00	
	S13	23:11.31	25:03.46	
	S14	24:14.40	27:26.40	
	S15	22:20.60	25:04.36	
	200 m Backstroke	S6	03:50.48	4:19.98
		S7	03:46.17	4:05.92
		S8	03:30.13	4:10.18

	S9	1:26.45	1:37.02
	S10	1:24.01	1:32.26
	S11	1:34.84	1:50.03
	S12	1:23.09	1:34.82
	S13	1:19.76	1:34.21
	S14	1:24.62	1:31.94
	S15	1:22.17	1:33.55
50m Breaststroke	SB1	2:05.92	1:53.54
	SB2	1:18.78	1:36.73
	SB3	1:07.89	1:15.89
	SB4	1:00.82	1:07.27
	SB5	0:59.08	1:00.87
	SB6	0:52.78	1:02.86
	SB7	0:50.58	0:58.90
	SB8	0:44.20	0:50.92
	SB9	0:40.82	0:50.41
	SB11	0:45.43	0:55.87
	SB12	0:42.73	0:49.10
	SB13	0:41.86	0:50.78
	SB14	0:42.41	0:49.25
	SB15	0:38.91	0:46.58
100m Breaststroke	SB1	4:55.53	7:04.48
	SB2	3:05.70	3:51.03
	SB3	2:33.90	3:01.51
	SB4	2:09.18	2:25.42
	SB5	2:08.10	2:11.39
	SB6	1:52.24	2:13.71
	SB7	1:48.96	2:03.94
	SB8	1:33.81	1:48.04
	SB9	1:29.63	1:47.70
	SB11	1:38.15	2:02.32
	SB12	1:29.70	1:46.54
	SB13	1:29.01	1:47.97
	SB14	1:33.37	1:46.16
	SB15	1:24.00	1:41.28
50m Butterfly	S1	2:45.40	2:06.80
	S2	1:54.39	1:41.05
	S3	1:18.09	1:18.40
	S4	0:56.67	1:18.90
	S5	0:47.57	0:56.71
	S6	0:41.86	0:50.47
	S7	0:41.29	0:47.33
	S8	0:39.26	0:45.74
	S9	0:38.08	0:44.66
	S10	0:35.35	0:39.73
	S11	0:39.21	0:46.55
	S12	0:36.92	0:42.10
	S13	0:34.34	0:42.62
	S14	0:37.93	0:42.22
	S15	0:34.75	0:40.82
100m Butterfly	S5	1:48.91	2:29.41
	S6	1:39.06	2:04.98
	S7	1:35.54	1:52.20
	S8	1:24.63	1:35.48
	S9	1:22.92	1:33.44
	S10	1:18.39	1:29.53
	S11	1:25.57	1:45.24
	S12	1:19.58	1:28.35

	S9	03:10.06	3:27.61
	S10	03:01.76	3:21.49
	S11	03:34.79	3:59.23
	S12	03:13.34	3:31.58
	S13	03:14.26	3:37.06
	S14	03:24.97	3:24.97
	S15	02:58.40	3:23.99
200 m Breaststroke	SB4	04:41.90	5:15.98
	SB5	04:51.16	4:44.37
	SB6	04:13.68	5:02.92
	SB7	04:02.30	4:36.79
	SB8	03:27.17	4:03.45
	SB9	03:21.92	4:03.74
	SB11	03:47.58	4:27.65
	SB12	03:35.71	4:06.46
	SB13	03:35.35	4:00.09
	SB14	03:29.78	3:55.16
	SB15	03:05.50	3:37.91
200 m Butterfly	S8	03:16.49	3:39.10
	S9	03:09.14	3:33.98
	S10	03:07.29	3:35.61
	S11	03:33.68	3:59.30
	S12	03:06.76	3:53.14
	S13	03:14.01	3:32.63
	S14	03:10.04	3:41.93
	S15	02:50.39	3:16.04
150 m Individual Medley	SM1	08:13.44	5:16.18
	SM2	06:04.83	7:00.22
	SM3	03:49.21	4:40.00
	SM4	03:24.37	3:54.98
400 m Individual Medley	SM8	7:28.15	8:06.16
	SM9	7:09.06	7:33.47
	SM10	6:50.54	7:50.29
	SM11	7:06.03	8:40.39
	SM12	6:41.53	7:41.47
	SM13	7:07.21	7:33.04
	SM14	7:01.85	7:30.66
	SM15	5:59.69	7:05.70

	S13	1:16.89	1:32.33
	S14	1:22.57	1:35.38
	S15	1:15.46	1:29.63
200m Ind Medley	SM3	6:18.06	6:55.09
	SM4	4:58.21	6:53.97
	SM5	3:56.49	4:30.80
	SM6	3:42.07	4:17.70
	SM7	3:34.38	3:55.80
	SM8	3:17.29	3:38.40
	SM9	3:07.04	3:26.96
	SM10	3:02.01	3:23.91
	SM11	3:19.36	3:53.67
	SM12	3:03.22	3:27.20
	SM13	2:53.31	3:25.60
	SM14	3:04.62	3:21.85
	SM15	2:52.66	3:19.89