



# Western Cape Schools' Aquatics

5 January 2024

Dear District Coordinators

## **SA SCHOOLS' AQUATICS CHAMPIONSHIP 2024**

Date: 19 - 21 April 2024 (excl travelling)

Venue: Newton Park Swimming Pool, Gqeberha

At this stage, DCAS has indicated that the Western Cape Team will travel to Gqeberha by bus. This has not yet been confirmed. WCSA will request that the team arrives 2 days in advance in order for our swimmers to climatise, rest and also have adequate pool time ahead of the championship. Teams will depart for home on 22 April. We have no further details for the national championship.

### **Age Group Categories**

12 years	born 2012
13 years	born 2011
14 years	born 2010
15 years	born 2009
16 years	born 2008
17-18 years	born 2007, 2006

## Provincial Trials Criteria

- All swimmers must be school going athletes (public/private sector) and have a CEMIS number registered with the DBE.
- NO home school/online learners are eligible for selection.**
- Swimmers who put their names forward for consideration at provincial trials agree to make themselves available to attend the championship if they are successful.
- Swimmers **must** have participated at either WC A-Champs (held in Dec '23) or WC B-Champs (being held in Feb '24) in order to be eligible for team selection.
- Swimmers need to meet the qualifying times for their various events (see QT's below).
- We request that districts encourage their disability (LSEN) swimmers to enter. These numbers have dwindled over the years and we need more swimmers on our
- team. Districts are also encouraged to be mindful of transformation targets when selecting your swimmers.
- Note that there will not be a physical provincial trials this year. We will pull the top times from the SSA database after the WCA B-Champs.**

## Qualifying times for 2024 National School's Championships

<u>Male</u>				<u>Female</u>	
Age	Qualifying time	Distance	Stroke	Age	Qualifying time
13 & Under	1:21.05	100	Backstroke	13 & Under	1:26.97
14 - 14	1:16.43	100	Backstroke	14 - 14	1:23.63
15 - 15	1:13.44	100	Backstroke	15 - 15	1:20.89
16 - 16	1:13.44	100	Backstroke	16 - 16	1:20.89
17 - 18	1:13.44	100	Backstroke	17 - 18	1:20.89
13 & Under	1:30.57	100	Breastroke	13 & Under	1:37.94
14 - 14	1:25.41	100	Breastroke	14 - 14	1:34.17
15 - 15	1:22.07	100	Breastroke	15 - 15	1:31.09
16 - 16	1:22.07	100	Breastroke	16 - 16	1:31.09
17 - 18	1:22.07	100	Breastroke	17 - 18	1:31.09
13 & Under	1:23.95	100	Butterfly	13 & Under	1:23.95
14 - 14	1:20.71	100	Butterfly	14 - 14	1:20.71
15 - 15	1:18.07	100	Butterfly	15 - 15	1:18.07
16 - 16	1:18.07	100	Butterfly	16 - 16	1:18.07

17 - 18	1:12.16	100	Butterfly	17 - 18	1:18.07
13 & Under	1:10.87	100	Freestyle	13 & Under	1:15.86
14 - 14	1:06.50	100	Freestyle	14 - 14	1:13.12
15 - 15	1:04.15	100	Freestyle	15 - 15	1:10.94
16 - 16	1:04.15	100	Freestyle	16 - 16	1:10.94
17 - 18	1:04.15	100	Freestyle	17 - 18	1:10.94
13 & Under	2:56.43	200	Backstroke	13 & Under	3:07.10
14 - 14	2:46.47	200	Backstroke	14 - 14	2:59.91
15 - 15	2:39.95	200	Backstroke	15 - 15	2:54.02
16 - 16	2:39.95	200	Backstroke	16 - 16	2:54.02
17 - 18	2:39.95	200	Backstroke	17 - 18	2:54.02
13 & Under	3:16.29	200	Breastroke	13 & Under	3:30.05
14 - 14	3:05.09	200	Breastroke	14 - 14	3:21.98
15 - 15	2:58.12	200	Breastroke	15 - 15	3:15.36
16 - 16	2:58.12	200	Breastroke	16 - 16	3:15.36
17 - 18	2:58.12	200	Breastroke	17 - 18	3:15.36
14 - 18	2:23.28	200	Butterfly	14 - 18	2:44.78
13 & Under	2:37.42	200	Freestyle	13 & Under	2:45.67

14 - 14	2:28.25	200	Freestyle	14 - 14	2:39.16
15 - 15	2:23.40	200	Freestyle	15 - 15	2:33.83
16 - 16	2:23.40	200	Freestyle	16 - 16	2:33.83
17 - 18	2:23.40	200	Freestyle	17 - 18	2:33.83
13 & Under	2:58.45	200	IM	13 & Under	3:10.04
14 - 14	2:48.24	200	IM	14 - 14	3:02.70
15 - 15	2:41.63	200	IM	15 - 15	2:56.70
16 - 16	2:41.63	200	IM	16 - 16	2:56.70
17 - 18	2:41.63	200	IM	17 - 18	2:56.70
13 & Under	5:10.75	400	Freestyle	13 & Under	5:13.51
14 - 15	4:45.45	400	Freestyle	14 - 15	5:03.72
16 - 18	4:37.77	400	Freestyle	16 - 18	5:00.75
14 - 15	5:33.99	400	IM	14 - 15	6:15.59
16 - 18	5:23.28	400	IM	16 - 18	6:00.92
<b>13 &amp; Under</b>	<b>35.85</b>	50	Backstroke	<b>13 &amp; Under</b>	40.30
<b>14 - 14</b>	<b>35.27</b>	50	Backstroke	<b>14 - 14</b>	39.65
<b>15 - 15</b>	<b>34.73</b>	50	Backstroke	<b>15 - 15</b>	39.04

16 - 16	<b>34.21</b>	50	Backstroke	16 - 16	38.46
17 - 18	<b>33.73</b>	50	Backstroke	17 - 18	37.92
13 & Under	<b>38.76</b>	50	Breastroke	13 & Under	43.91
14 - 14	<b>38.13</b>	50	Breastroke	14 - 14	43.20
15 - 15	<b>37.55</b>	50	Breastroke	15 - 15	42.54
16 - 16	<b>36.99</b>	50	Breastroke	16 - 16	41.91
17 - 18	<b>36.47</b>	50	Breastroke	17 - 18	41.32
13 & Under	<b>33.26</b>	50	Butterfly	13 & Under	36.49
14 - 14	<b>32.72</b>	50	Butterfly	14 - 14	35.90
15 - 15	<b>32.22</b>	50	Butterfly	15 - 15	35.35
16 - 16	<b>31.75</b>	50	Butterfly	16 - 16	34.83
17 - 18	<b>31.30</b>	50	Butterfly	17 - 18	34.34
13 & Under	<b>31.23</b>	50	Freestyle	13 & Under	35.35
14 - 14	<b>30.73</b>	50	Freestyle	14 - 14	34.78
15 - 15	<b>30.25</b>	50	Freestyle	15 - 15	34.25
16 - 16	<b>29.81</b>	50	Freestyle	16 - 16	33.74
17 - 18	<b>29.39</b>	50	Freestyle	17 - 18	33.27

## SA SCHOOLS' PARA SWIMMING QUALIFYING TIMES FOR 2024

15 – 19 years				12 - 14 years Age Groups			
<b>50 m Freestyle</b>	<b>Class</b>	<b>Men</b>	<b>Women</b>	<b>50 m Freestyle</b>	<b>Class</b>	<b>Men</b>	<b>Women</b>
	S1	1:54.84	1:37.11		S1	2:07.60	1:47.90
	S2	1.45.17	1.37.09		S2	1.56.86	1.47.88
	S3	1.16.68	1.23.52		S3	1.25.20	1.32.80
	S4	1.07.57	1.15.10		S4	1.15.08	1.23.44
	S5	57.49	1.04.58		S5	1.03.88	1.11.76
	S6	51.43	1.02.59		S6	57.14	1.09.54
	S7	49.81	56.95		S7	55.34	1.03.28
	S8	45.58	54.23		S8	50.64	1.00.26
	S9	45.23	52.27		S9	50.26	58.08
	S10	41.69	50.00		S10	46.32	55.56
	S11	45.49	55.69		S11	50.54	1.01.88
	S12	41.38	48.42		S12	45.98	53.80
	S13	41.78	49.28		S13	46.42	54.76
	S14	44.19	49.32		S14	49.10	54.80
	S15	42.23	47.07		S15	46.92	52.30
<b>100 m Freestyle</b>	S1	4.04.49	3.30.51	<b>100 m Freestyle</b>	S1	4.31.66	3.53.90
	S2	3.42.68	3.29.72		S2	4.07.42	3.53.02
	S3	2.49.24	2.55.64		S3	3.08.04	3.15.16
	S4	2.28.37	2.46.36		S4	2.44.86	3.04.84
	S5	2.03.10	2.17.97		S5	2.16.78	2.33.30
	S6	1.57.81	2.11.99		S6	2.10.90	2.26.66
	S7	1.48.61	2.02.45		S7	2.00.68	2.16.06
	S8	1.41.29	1.57.58		S8	1.52.54	2.10.64
	S9	1.39.52	1.49.94		S9	1.48.36	2.02.16

	S10	1.31.57	1.48.27		S10	1.41.74	2.00.30
	S11	1.42.01	2.01.12		S11	1.53.34	2.14.58
	S12	1.31.64	1.45.14		S12	1.41.82	1.56.82
	S13	1.31.89	1.45.97		S13	1.42.10	1.57.74
	S14	1.36.39	1.46.79		S14	1.47.10	1.58.66
	S15	1.32.56	1.43.12		S15	1.42.84	1.54.58
<b>50 m Backstroke</b>	S1	1.55.72	2.05.91	<b>50 m Backstroke</b>	S1	2.08.58	2.19.90
	S2	1.46.96	1.53.40		S2	1.58.84	2.06.00
	S3	1.15.98	1.39.77		S3	1.24.42	1.50.86
	S4	1.16.88	1.27.28		S4	1.25.42	1.36.98
	S5	1.02.98	1.09.62		S5	1.09.98	1.17.36
	S6	1.03.02	1.11.78		S6	1.10.02	1.19.76
	S7	58.61	1.10.27		S7	1.05.12	1.18.08
	S8	55.55	1.06.69		S8	1.01.72	1.14.10
	S9	53.64	1.00.53		S9	59.60	1.07.26
	S10	50.15	56.92		S10	55.72	1.03.24
	S11	58.16	1.05.68		S11	1.04.62	1.12.98
	S12	50.53	57.51		S12	56.14	1.03.90
	S13	49.63	58.70		S13	55.14	1.05.22
	S14	53.60	56.95		S14	59.56	1.03.28
	S15	49.82	56.00		S15	55.36	1.02.22

<b>100 m Backstroke</b>	S1	4.26.89	4.23.72	<b>100 m Backstroke</b>	S1	4.56.54	4.53.02
	S2	3.49.73	4.05.36		S2	4.15.26	4.32.62
	S3	3.19.98	3.54.16		S3	3.42.20	4.20.18
	S4	2.55.19	3.07.04		S4	3.14.66	3.27.82
	S5	2.17.52	2.47.24		S5	2.32.80	3.05.82



	S6	2.12.41	2.32.48		S6	2.27.12	2.49.42
	S7	2.05.14	2.26.83		S7	2.19.04	2.43.14
	S8	1.53.98	2.13.85		S8	2.06.64	2.28.72
	S9	1.51.15	2.04.74		S9	2.03.50	2.18.60
	S10	1.48.02	1.58.62		S10	2.00.02	2.11.80
	S11	2.01.93	2.21.46		S11	2.15.48	2.37.18
	S12	1.46.83	2.01.91		S12	1.58.70	2.15.46
	S13	1.42.55	2.01.12		S13	1.53.94	2.14.58
	S14	1.48.79	1.58.21		S14	2.00.88	2.11.34
	S15	1.45.64	2.00.28		S15	1.57.38	2.13.64
<b>50 m Breaststroke</b>	SB1	2.41.89	2.25.98	<b>50 m Breaststroke</b>	SB1	2.59.88	2.42.20
	SB2	1.41.29	2.04.36		SB2	1.52.54	2.18.18
	SB3	1.27.28	1.37.58		SB3	1.36.98	1.48.42
	SB4	1.18.19	1.26.49		SB4	1.26.88	1.36.10
	SB5	1.15.96	1.18.26		SB5	1.24.40	1.26.96
	SB6	1.07.86	1.20.82		SB6	1.15.40	1.29.80
	SB7	1.05.03	1.15.73		SB7	1.12.26	1.24.14
	SB8	56.83	1.05.47		SB8	1.03.14	1.12.74
	SB9	52.49	1.04.82		SB9	58.32	1.12.02
	SB11	58.41	1.11.84		SB11	1.04.90	1.19.82
	SB12	54.94	1.03.13		SB12	1.01.04	1.10.14
	SB13	53.82	1.05.29		SB13	59.80	1.12.54
	SB14	54.52	1.03.32		SB14	1.00.58	1.10.36
	SB15	50.02	59.89		SB15	55.58	1.06.54
	<b>100 m Breaststroke</b>	SB1	6.19.96		9.05.76	<b>100 m Breaststroke</b>	SB1
SB2		3.58.75	4.57.04	SB2	4.25.28		5.30.04
SB3		3.17.87	3.53.37	SB3	3.39.86		4.19.30
SB4		2.46.09	3.06.97	SB4	3.04.54		3.27.74

	SB5	2.44.70	2.48.93		SB5	3.03.00	3.07.70
	SB6	2.24.31	2.51.92		SB6	2.40.34	3.11.02
	SB7	2.20.09	2.39.35		SB7	2.35.66	2.57.06
	SB8	2.00.62	2.18.91		SB8	2.14.02	2.34.34
	SB9	1.55.24	2.18.47		SB9	2.08.04	2.33.86
	SB11	2.06.20	2.37.27		SB11	2.20.22	2.54.74
	SB12	1.55.33	2.16.98		SB12	2.08.14	2.32.20
	SB13	1.54.44	2.18.82		SB13	2.07.16	2.34.24
	SB14	2.00.04	2.16.49		SB14	2.13.38	2.31.66
	SB15	1.48.00	2.10.21		SB15	2.00.00	2.24.68

Yours in swimming

Renée Harris

**Western Cape Schools' Aquatics Secretary**