

SSA OPEN QUALIFYING TIMES 2025/2026 SEASON

E & O EXCL

June 2025

STROKE	WOMEN							
	SA SHORT COURSE		GRAND PRIX		SA YOUTH		SANAT	
	LC	SC	LC	SC	LC	SC	LC	SC
50 Free	28:88	28.08	29:82	29.02	30:81	30.01	27:39	26.59
100 Free	1.04:09	1.02.49	1.05:15	1.03.55	1.07:47	1.05.87	1.00:00	58.40
200 Free	2.20:94	2.17.74	2.22:34	2.19.14	2.27:26	2.24.06	2.12:34	2.09.14
400 Free	4.57:91	4.51.51	4.57:98	4.51.58	5.07:16	5.00.76	4.36:04	4.29.64
800 Free	10.37:38	10.24.58	10.10:79	09.57.99	10.32:63	10.19.83	9.28:53	9.15.73
1500 Free	19.19:73	18.55.73	19.19:73	18.55.73	20.01:18	19.37.18	17.59:48	17.35.48
50 Back	33:99	33.39	33:99	33.39	35:05	34.45	31:50	30.90
100 Back	1.12:86	1.11.66	1.12:53	1.11.33	1.14:81	1.13.61	1.07:23	1.06.03
200 Back	2.37:53	2.35.13	2.35:41	2.33.01	2.40:69	2.38.29	2.24:41	2.22.01
50 Breast	37:94	36.94	37:04	36.04	38:05	37.05	34:19	33.19
100 Breast	1.20:79	1.18.79	01:20.79	1.18.79	1.23:68	1.21.68	1.15:20	1.13.20
200 Breast	2.55:26	2.51.26	02:55.26	2.51.26	2.59:49	2.55.49	2.41:31	2.37.31
50 Fly	30:78	30.08	30:78	30.08	31:88	31.18	28:65	27.95
100 Fly	01:09.90	1.08.50	1.09:90	1.08.50	1.12:39	1.10.99	1.05:06	1.03.66
200 Fly	02:33.47	2.30.67	2.33:47	2.30.67	2.38:95	2.36.15	2.22:85	2.20.05
100 IM								
200 IM	2.39:96	2.36.76	2.38:90	2.35.70	2.44:58	2.41.38	2.27:90	2.24.70
400 IM	5.54:26	5.47.86	5.59:00	5.52.60	5.46:94	5.40.54	5.11:79	5.05.39

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STROKE	MEN							
	SA SHORT COURSE		GRAND PRIX		SA YOUTH		SANAT	
	LC	SC	LC	SC	LC	SC	LC	SC
50 Free	24:25	23.45	26:34	25.54	26:89	26.09	24:26	23.46
100 Free	57:24	55.64	59:04	57.44	1.00:27	58.67	54:37	52.77
200 Free	2.06:43	2.03.23	2.08:51	2.05.31	2.11:19	2.07.99	1.59:62	1.56.42
400 Free	4.32:79	4.26.39	4.37:27	4.30.87	4.43:04	4.36.64	4.18:08	4.11.68
800 Free	9.15:20	8.52.40	9.29:63	9.16.83	9.41:50	9.28.70	8.50:22	8.37.42
1500 Free	17.55:56	17.31.56	18.17:41	17.53.41	18.40:28	18.16.28	17.01:48	16.37.48
50 Back	28:23	27.63	29:87	29.27	30:28	29.68	27:61	27.01
100 Back	1.04:26	1.03.06	1.05:01	1.03.51	1.06:36	1.05.16	1.00:51	59.31
200 Back	2.21:78	2.19.38	2.21:01	2.18.61	2.23:94	2.21.54	2.11:25	2.08.85
50 Breast	30:77	29.77	32:69	31.29	33:37	32.37	30:43	29.43
100 Breast	1.14:38	1.12.38	1.11:66	1.09.66	1.13:15	1.11.15	1.06:70	1.04.70
200 Breast	2.41:63	2.37.63	2.38:68	2.34.68	2.41:38	2.37.38	2.27:15	2.23.15
50 Fly	26:36	25.66	28:05	27.35	28:64	27.94	26:11	24.41
100 Fly	1.02:29	1.00.89	1.02:30	1.00.90	1.03:60	1.02.20	57:99	56.59
200 Fly	2.21:91	2.19.11	2.19:02	2.16.22	2.21:91	2.19.11	2.09:40	2.06.60
100 IM								
200 IM	2.22:68	2.19.48	2.23:63	2.20.43	2.26:62	2.23.42	2.13:69	2.10.49
400 IM	5.00:36	4.53.96	5.07:21	5.00.81	5.11:89	5.05.49	4.44:39	4.37.99