

SWIMMING SELECTION CRITERIA FOR COMMONWEALTH GAMES 2026

GLASGOW, SCOTLAND 24 – 29 JULY 2026

These criteria must be read in conjunction with the published SASCOC Policy and General Selection Criteria and Aquatics Selection Criteria.

1. Eligibility

- 1.1. Only athletes registered with and in good standing with SSA will be considered for selection.
- 1.2. Selected athletes must be in possession of a South African passport valid until **MARCH 2027** and have chosen South Africa as their Sport Nationality.
- 1.3. Swimmers, under 18 years, must be in possession of an unabridged birth certificate.
- 1.4. Members selected to the team must abide by the SSA Code of Conduct as appended to the SSA Constitution and agree to and sign the SASCOC and SSA Athlete / Official Agreement for the Commonwealth Games 2026.
- 1.5. Athletes must be available to travel to and compete at the **COMMONWEALTH GAMES 2026, GLASGOW, SCOTLAND 24 – 29 JULY 2026**, as stipulated by SASCOC.
- 1.6. All athletes who wish to be eligible for selection must fully commit to all aspects of the Swimming South Africa and SASCOC preparation plan for the Commonwealth Games 2026. This includes being available for the full duration of the **Pre-Commonwealth Games Training Camp**, (exact dates and venues to be confirmed once logistical arrangements have been finalized).



- 1.7. To be eligible for final selection a swimmer must participate at the:
 - 1.7.1. 2026 SA National Swimming Championships (official South African Commonwealth Games Swimming Trials), that will be held at the Newton Park Swimming Pool, Gqeberha from 14 - 18 April 2026.
 - 1.7.2. Compete in the Finals of the Event that they will be considered for
- 1.8. Achieving the published qualifying times only makes swimmers eligible for squad selection. Achieving the published qualifying times does not guarantee selection for the final team.
- 1.9. All athletes must be available for relay selection.
- 1.10. The SSA Executive Committee and SASCOC reserves the right to amend these criteria and circulate such amended criteria.
- 1.11. Team selection will be in accordance with the SSA Transformation Policy in relation to demographic and gender equity where applicable.
- 1.12. The final team size will be determined by SASCOC
- 1.13. The final team selection is subject to approval by the SASCOC Executive Committee. All team announcements will be done by SASCOC.

2. Individual Events

- 2.1. The first three placed swimmers in a final at the 2026 SSA National Swimming Championships, in a Commonwealth Games Individual Event will be considered for selection provided they achieve the published qualifying time.
- 2.2. Should the first three placed finalists not achieve the published qualifying time, the swimmers, who have achieved the published qualifying time in a heat will be considered for selection in order of fastest to slowest ranked swimmers provided they compete in the final of that event.



3. Relays

3.1. 400m and 800m Freestyle Relay.

3.1.1. Only the first and second placed swimmers, subject to them achieving the published qualifying time in the final of the 100m freestyle / 200m freestyle (individual event), will be automatically selected for these relay squads

3.1.2. All other swimmers participating in the final may be considered for selection

3.1.3. The final relay team will only be selected closer to the Commonwealth Games. A swim off may be utilized to determine the final team selection

3.2. 400m Medley Relay

3.2.1. Only the first and second placed swimmers, subject to achieving at least the published qualifying time in the final of the 100m free, 100m back, 100m breast and 100m butterfly individual events may be considered for selection

4. Funding

This is a SASCOC funded SA Commonwealth Games Team

Qualifying Times

WOMEN		MEN
24.86	50 Freestyle	22.05
54.25	100 Freestyle	48.34
1:58.23	200 Freestyle	1:46.70
4:10.23	400 Freestyle	3:48.15
8:34.62	800 Freestyle	7:48.66
16:24.56	1500 Freestyle	15:01.89
28.22	50 Backstroke	25.11
1:00.46	100 Backstroke	53.94
2:11.08	200 Backstroke	1:58.07
30.75	50 Breaststroke	27.33
1:06.87	100 Breaststroke	59.75
2:25.91	200 Breaststroke	2:10.32
26.23	50 Butterfly	23.36
58.33	100 Butterfly	51.77
2:09.21	200 Butterfly	1:56.51
2:12.83	200 Ind Medley	1:59.05
4:43.06	400 Ind Medley	4:17.48