

**5 DAY PROGRAM FOR SA
NATIONAL AQUATIC
CHAMPIONSHIPS 2025**

including events for Para

EVT NO	DAY 1 9 April	EVT NO	DAY 2 10 April	EVT NO	DAY 3 11 April	EVT NO	DAY 4 12 April	EVT NO	DAY 5 13 April
	HEATS: 09:30		HEATS: 09:30		HEATS: 09:30		HEATS: 09:30		HEATS: 09:30
101	W 200 Freestyle	201	W 200 Ind. Medley	301	W 100 Freestyle	401	W 50m Freestyle	501	W 200m Backstroke
102	M 200 Freestyle	202	M 200 Ind. Medley	302	M 100 Freestyle	402	M 50m Freestyle	502	M 200m Backstroke
103	W S1-15 MC 50m Br	203	W S1-15 MC 100m Fly	303	W 200 Breaststroke	403	W S1-15 MC 50m Ba	503	W 50 Butterfly
104	M S1-15 MC 50m Br	204	M S1-15 MC 100m Fly	304	M 200 Breaststroke	404	M S1-15 MC 50m Ba	504	M 50 Butterfly
105	W 100 Breaststroke	205	W 200 Butterfly	305	W S1-15 MC 50m Fly	405	W 50m Breast	505	W S1-15 MC 200m IM
106	M 100 Breaststroke	206	M 200 Butterfly	306	M S1-15 MC 50m Fly	406	M 50m Breast	506	M S1-15 MC 200m IM
107	W S1-15 MC 100m Ba	207	W 50 Backstroke	307	M 400 Ind. Medley	407	W 100 Butterfly	507	W 400 Freestyle
108	M S1-15 MC 100m Ba	208	M 50 Backstroke	308	W 400 Ind. Medley	408	M 100 Butterfly	508	M 400 Freestyle
109	W 100 Backstroke	209	W S1-15 MC 50m Fr	309	W S1-15 MC 100m Br	409	W S1-15 MC 100m Fr		
110	M 100 Backstroke	210	M S1-15 MC 50m Fr	310	M S1-15 MC 100m Br	410	M S1-15 MC 100m Fr		
		211	W 1500 Freestyle TF			411	W 800 Freestyle TF		
		212	M 1500 Freestyle TF			412	M 800 Freestyle TF		
	FINALS 18:00		FINALS 18:00		FINALS 18:00		FINALS 18:00		FINALS 18:00
101	W 200 Freestyle A&B	201	W 200 Ind. Medley A&B	301	W 100 Freestyle A&B	401	W 50m Freestyle A&B	501	W 200m Backstroke A&B
102	M 200 Freestyle A&B	202	M 200 Ind. Medley A&B	302	M 100 Freestyle A&B	402	M 50m Freestyle A&B	502	M 200m Backstroke A&B
103	W S1-15 MC 50m Br	211	W 1500 Freestyle TF	305	W S1-15 MC 50m Fly	403	W S1-15 MC 50m Ba	505	W S1-15 MC 200m IM
104	M S1-15 MC 50m Br	203	W S1-15 MC 100m Fly	306	M S1-15 MC 50m Fly	404	M S1-15 MC 50m Ba	506	M S1-15 MC 200m IM
105	W 100 Breaststroke A&B	204	M S1-15 MC 100m Fly	303	W 200 Breaststroke A&B	411	W 800 Freestyle TF	503	W 50 Butterfly A&B
106	M 100 Breaststroke A&B	207	W 50 Backstroke A&B	304	M 200 Breaststroke A&B	412	M 800 Freestyle TF	504	M 50 Butterfly A&B
107	W S1-15 MC 100m Ba	208	M 50 Backstroke A&B	309	W S1-15 MC 100m Br	405	W 50m Breaststroke A&B	507	W 400 Freestyle F
108	M S1-15 MC 100m Ba	212	M 1500 Freestyle TF	310	M S1-15 MC 100m Br	406	M 50m Breaststroke A&B	508	M 400 Freestyle F
109	W 100 Backstroke A&B	209	W S1-15 MC 50m Fr	307	W 400 Ind. Medley A&B	409	W S1-15 MC 100m Fr	509	W 4 x 100 Med Relay
110	M 100 Backstroke A&B	210	M S1-15 MC 50m Fr	308	M 400 Ind. Medley A&B	410	M S1-15 MC 100m Fr	510	M 4 x 100 Med Relay
111	W 4 x 100 Free Relay	205	W 200 Butterfly A&B	311	W 4 x 200 Free Relay	407	W 100 Butterfly A&B		
112	M 4 x 100 Free Relay	206	M 200 Butterfly A&B	312	M 4 x 200 Free Relay	408	M 100 Butterfly A&B		
		213	Mixed 4 x 100 Free Rel			413	W 4 x 50 Free Relay		
						414	M 4 x 50 Free Relay		
						415	Mixed 4 x 100 Medley Relay		