

2025 SA Senior National Aquatic Championships - Qualifying Standards

Long Course meters

WOMEN QT	EVENTS	MEN QT
27.68	50m Freestyle	24.52
1:00.64	100m Freestyle	54.95
2:13.79	200m Freestyle	2:00.93
4:39.07	400m Freestyle	4:20.92
9:34.78	800m Freestyle	8:56.04
18:11.35	1500m Freestyle	17:12.90
31.84	50m Backstroke	27.92
1:07.97	100m Backstroke	1:01.17
2:25.99	200m Backstroke	2:12.69
34.57	50m Breaststroke	30.76
1:16.03	100m Breaststroke	1:07.43
2:43.08	200m Breaststroke	2:28.77
28.96	50m Butterfly	26.40
1:05.77	100m Butterfly	58.62
2:24.42	200m Butterfly	2:10.82
2:29.53	200m IM	2:15.16
5:15.22	400m IM	4:47.51