



PROGRAMME:

Monday 24 June 2019					Thursday 27 June 2019				
101	Ladies	12 & Over	1500m	Freestyle	401	Ladies	All	100m	Backstroke
102	Men	12 & Over	1500m	Freestyle	402	Men	All	100m	Backstroke
103	Ladies	All	50m	Butterfly	403	Ladies	All	200m	Breaststroke
104	Men	All	50m	Butterfly	404	Men	All	200m	Breaststroke
105	Ladies	All	200m	Freestyle	405	Men	12 & Over	400m	Ind Medley
106	Men	All	200m	Freestyle	406	Ladies	13 – 14 Yrs	4 x 50m	IM Relay
107	Ladies	12 & Over	400m	Ind Medley	407	Men	13 – 14 Yrs	4 x 50m	IM Relay
108	Ladies	11-12 Yrs	4 x 50m	IM Relay	408	Ladies	11 – 12 Yrs	4 x 50m	Free Relay
109	Men	11-12 Yrs	4 x 50m	IM Relay	409	Men	11 – 12 Yrs	4 x 50m	Free Relay
110	Ladies	16 & U	4 x 50m	Ladder Relay					
111	Men	16 & U	4 x 50m	Ladder Relay					
Tuesday 25 June 2019					Friday 28 June 2019				
201	Ladies	12 & Over	400m	Freestyle	501	Ladies	All	200m	Backstroke
202	Men	12 & Over	400m	Freestyle	502	Men	All	200m	Backstroke
203	Ladies	All	50m	Backstroke	503	Ladies	All	50m	Freestyle
204	Men	All	50m	Backstroke	504	Men	All	50m	Freestyle
205	Ladies	All	200m	Ind Medley	505	Ladies	All	100m	Breaststroke
206	Men	All	200m	Ind Medley	506	Men	All	100m	Breaststroke
207	Ladies	15-16 Yrs	4 x 50m	Free Relay	507	Ladies	13-14 Yrs	4 x 50m	Free Relay
208	Men	15-16 Yrs	4 x 50m	Free Relay	508	Men	13-14 Yrs	4 x 50m	Free Relay
209	Ladies	17 & O	4 x 50m	IM Relay	509	Ladies	10 & U	4 x 50m	IM Relay
					510	Men	10 & U	4 x 50m	IM Relay
Wednesday 26 June 2019					Saturday 29 June 2019				
301	Ladies	12 & Over	800m	Freestyle	601	Ladies	All	100m	Freestyle
302	Men	12 & Over	800m	Freestyle	602	Men	All	100m	Freestyle
303	Ladies	All	50m	Breaststroke	603	Ladies	All	100m	Butterfly
304	Men	All	50m	Breaststroke	604	Men	All	100m	Butterfly
305	Ladies	12 & Over	200m	Butterfly	605	Ladies	17 & O	4 x 50m	Free Relay
306	Men	12 & Over	200m	Butterfly	606	Men	17 & O	4 x 50m	Free Relay
307	Ladies	10 & U	4 x 50m	Free Relay	607	Ladies	15 -16 Yrs	4 x 50m	IM Relay
308	Men	10 & U	4 x 50m	Free Relay	608	Men	15 - 16 Yrs	4 x 50m	IM Relay
309	Men	17 & O	4 x 50m	IM Relay					

Sasol National Winter Swimming Championships

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