



EASTERN GAUTENG AQUATICS

CALENDAR FOR THE SEASON 2024/2025

PLEASE NOTE THAT THIS CALENDAR MAY BE SUBJECT TO CHANGE

Month	Date	Event	Venue
Aug-2024	26/07 - 11/08	XXXIII OLYMIC GAMES	Paris France
	17TH & 18TH	SENIOR WINTER CHAMPS	TBC
	31 Aug & 1 Sept	JUNIOR WINTER CHAMPS (TIMED FINALS)	TBC
Sep-24	6th - 8th	WORLD AQUATICS JUNIOR OW CHAMPS	Alghero Italy
	14th	SUMMER 1	TBC
Oct-24	26th to 29th	SA NATIONALS SHORT COURSE CHAMPS	TBC
	12th	SUMMER 2	Delville
	18th - 20th	WORLD AQUATICS WORLD CUP STOP 1	Shanghai China
	24th - 26th	WORLD AQUATICS WORLD CUP STOP 2	Incheon Korea
Nov-24	26th	SUMMER 3	Delville
	31st to 2nd	WORLD AQUATICS WORLD CUP STOP 3	Singapore
Dec-24	16th	SUMMER 4	Delville
	4th - 8th	CANA ZONE 4 SWIMMING & OWS SWIMMING CHAM	Namibia
	5th - 9th	EGA SUMMER CHAMPIONSHIPS	Delville
Jan-25	10th - 16th	17TH WORLD SHORT COURSE CHAMPIONSHIPS	Budapest Hungary
	10th & 11th	SA GRAND PRIX	Nelspruit
Feb-25	18th	SUMMER 5	Delville
	TBC	SA GRAND PRIX	TBC
	01st & 02nd	EGA LAST CHANCE GALA	Delville
Mar-25	22nd	EGA LETS SPRINT (Subject to # of entries)	Delville
	01st & 02nd	AG LEVEL 1 Provincial Champs	TBC
	07th - 09th	SA NATIONALS OPEN WATER	Jeffreys Bay
	12th - 15th	SA NATIONALS MASTERS NATIONAL CHAMPS	TBC
	19th - 23rd	SANJ (SA NATIONAL JUNIOR AGE GROUP CHAMPS)	TBC
	26th - 29th	SSA LEVEL 3 Regional Championships	Hillcrest
Apr-25	31st - 02nd	SSA LEVEL 2 Regional Championships	St. Stithians
	08th - 12th	SANAT (Senior National Championships)	TBC
May-25	25th - 27th	SA SCHOOLS Swimming Championships	TBC
	10	EGA AWARDS	TBC
	25	EGA ANNUAL GENERAL MEETING	TBC

EVENT AGES

EVENT		AGE
50M	FREESTYLE	ALL
100M	FREESTYLE	ALL
200M	FREESTYLE	ALL
400M	FREESTYLE	10 & O
800M	FREESTYLE	12 & O
1500M	FREESTYLE	12 & O

50M	BREASTSTROKE	ALL
100M	BREASTSTROKE	ALL
200M	BREASTSTROKE	9 & O

50M	BACKSTROKE	ALL
100M	BACKSTROKE	ALL
200M	BACKSTROKE	9 & O

50M	BUTTERFLY	ALL
100M	BUTTERFLY	10 & O
200M	BUTTERFLY	12 & O

200M	INDIVIDUAL MEDLEY	ALL
400M	INDIVIDUAL MEDLEY	12 & O

EGA WINTER SERIES		
WINTER 1	WINTER 2	WINTER 3
200M FREESTYLE	200M INDIVIDUAL MEDLEY	200M BREASTSTROKE
100M BUTTERFLY	50M BUTTERFLY	100M BACKSTROKE
50M BACKSTRROKE	200M BACKSTROKE	100M INDIVIDUAL MEDLEY
100M BREASTSTROKE	50M BREASTSTROKE	50M FREESTYLE
50M FREESTYLE	100M FREESTYLE	400M FREESTYLE

NOTE:

- 1 Times from the 01st of September 2023 can be used;
- 2 Level 1 Swimmers may only swim 50's; 100's; the 200m Freestyle & 200m Individual Medley only;
- 3 Events that cannot be swum due to circumstances beyond our control will be looked at to see where we can fit them into the calendar;
- 4 Please take note of the event ages;

SUMMER SERIES				
EGA SUMMER 1	EGA SUMMER 2	EGA SUMMER 3	EGA SUMMER 4	EGA SUMMER 5
1500 FREE	800 FREE	400 FREE	1500 FREE	400 FREE
200 BREAST	200 FLY	50 BACK	200 BREAST	50 BACK
100 FLY	50 BREAST	200IM	100 FLY	200 FREE
200IM	100 FREE	50 FLY	200 FREE	100 BREAST
100 BACK	200 BACK	100 BREAST	100 BACK	50 FREE
50 FLY	400 IM	50 FREE	400 IM	200 FLY

NOTE:

- 1 Swimmers can choose **4** events to swim per gala;
- 2 There are enough opportunities to swim for each event;
- 3 As from 01st September 2024 only times achieved from the 01st May 2024 will be accepted;
- 4 Level 1 Swimmers may only swim 50's; 100's; the 200m Freestyle & 200m Individual Medley only;
- 5 Events that cannot be swum due to circumstances beyond our control will be looked at to see where we can fit them into the calendar;
- 6 Please take note of the event ages;

EGA WINTER CHAMPIONSHIPS

WINTER CHAMPS - DAY 1

200M BACKSTROKE

100M FREESTYLE

200M BREASTSTROKE

100M BUTTERFLY

50M BACKSTROKE

50M BREASTSTROKE

100M INDIVIDUAL MEDLEY

100M INDIVIDUAL MEDLEY

50M BREASTSTROKE

400M FREESTYLE (TF)

WINTER CHAMPS - DAY 2

200M FREESTYLE

100M BACKSTROKE

50M BUTTERFLY

100M BREASTSTROKE

50M FREESTYLE

200M INDIVIDUAL MEDLEY

NOTE:

- 1 Junior Winter Champs will be run as Timed Finals
- 2 Senior Winter Champs will be run as heats and finals
- 3 No times are **not permitted** for EGA Championships; Please see note 9 regarding concessions
- 4 Level 1 Swimmers may only swim 50's; 100's; the 200m Freestyle & 200m Individual Medley only;
- 5 As from 01st September 2024 only times achieved from the 01st May 2024 will be accepted;
- 6 Long distance events have qualifying times
- 7 Times from the 01st of September 2023 can be used to enter these championships
- 8 400m Free: Qualifying times will apply. Fastest heats of 400 Free swim in the finals the rest in heats
- 9 **CONCESSION WILL BE GIVEN TO**
The swimmers with no times that have registered this season (2024/25) as **NEW swimmers**, they will be allowed to swim the 50m and 100m events only with a No Time. They may not swim the 200m events. There will be no concessions to Renewal Registered Swimmers with NT's.
- 10 These championships will be a closed event; the meet may not be shared with out of District Clubs

EGA SUMMER CHAMPIONSHIPS

DAY 1 (05th December)		DAY 2 (06th December)		DAY 3 (07th December)		DAY 4 (08th December)		DAY 5 (09th December)	
HEATS		HEATS		HEATS		HEATS		HEATS	
	201	400M FREESTYLE (W) Slowest	301	100M FREESTYLE (W)	401	200M BUTTERFLY W (TF) (Slowest)	501	200M FREESTYLE (W)	
	202	400M FREESTYLE (M) Slowest	302	100M FREESTYLE (M)	402	200M BUTTERFLY M (TF) (Slowest)	502	200M FREESTYLE (M)	
	203	200M BREASTSTROKE (W)	303	400M IM (Slowest) (W)	403	800M FREESTYLE MIXED (TF)	503	50 BREASTSTROKE (W)	
	204	200M BREASTSTROKE (M)	304	400M IM (Slowest)(M)	404	50M BACKSTROKE (W)	504	50 BREASTSTROKE (M)	
	205	100M BUTTERFLY (W)	305	50M BUTTERFLY (W)	405	50M BACKSTROKE (M)	505	100M BACKSTROKE (W)	
	206	100M BUTTERFLY (M)	306	50M BUTTERFLY (M)	406	200M INDIVIDUAL MEDLEY (W)	506	100M BACKSTROKE (M)	
	207	200M BACKSTROKE (W)	307	100M BREASTSTROKE (W)	407	200M INDIVIDUAL MEDLEY (M)	507	50M FREESTYLE (W)	
	208	200M BACKSTROKE (M)	308	100M BREASTSTROKE (M)			508	50M FREESTYLE (M)	
	209	(MX) 9 & Under (200) 4 x 50 Free Relay			408	Mixed 9 & Under (200) 4 x 50 Medley Relay			
FINALS		FINALS		FINALS		FINALS		FINALS	
101	1500M FREESTYLE MIXED (TF)	201	400M FREESTYLE (W) Fastest	301	100M FREESTYLE (W)	401	200M BUTTERFLY W (TF) (Fastest)	501	200M FREESTYLE (W)
		202	400M FREESTYLE (M) Fastest	302	100M FREESTYLE (M)	402	200M BUTTERFLY M (TF) (Fastest)	502	200M FREESTYLE (M)
		203	200M BREASTSTROKE (W)	303	400M IM (Fastest) (W)	403	Swum in heats	503	50 BREASTSTROKE (W)
		204	200M BREASTSTROKE (M)	304	400M IM (Fastest)(M)	404	50M BACKSTROKE (W)	504	50 BREASTSTROKE (M)
		205	100M BUTTERFLY (W)	305	50M BUTTERFLY (W)	405	50M BACKSTROKE (M)	505	100M BACKSTROKE (W)
		206	100M BUTTERFLY (M)	306	50M BUTTERFLY (M)	406	200M INDIVIDUAL MEDLEY (W)	506	100M BACKSTROKE (M)
		207	200M BACKSTROKE (W)	307	100M BREASTSTROKE (W)	407	200M INDIVIDUAL MEDLEY (M)	507	50M FREESTYLE (W)
		208	200M BACKSTROKE (M)	308	100M BREASTSTROKE (M)	408	Swum in heats	508	50M FREESTYLE (M)
		209	Swum in heats						
RELAYS		RELAYS		RELAYS		RELAYS		RELAYS	
	210	Boys 12 & Over (400) 4 x 100 Free Relay	309	Boys 10-11 (200) 4 x 50 Free Relay	409	Boys 12-13 (200) 4 x 50 Medley Relay	509	Boys 10-11 (200) 4 x 50 Medley Relay	
	211	Girls 12 & Over (400) 4 x 100 Free Relay	310	Girls 10-11 (200) 4 x 50 Free Relay	410	Girls 12-13 (200) 4 x 50 Medley Relay	510	Girls 10-11 (200) 4 x 50 Medley Relay	
	212	Boys 12-13 (200)4 x 50 Free Relay	311	Boys 14-15 (200) 4 x 50 Free Relay	411	Boys 12 & Over (200) 4 x 50 Medley Relay	511	Boys 14-15 (200) 4 x 50 Medley Relay	
	213	Girls 12-13 (200) 4 x 50 Free Relay	312	Girls 14-15 (200) 4 x 50 Free Relay	412	Girls 12 & Over (200) 4 x 50 Medley Relay	512	Girls 14-15 (200) 4 x 50 Medley Relay	
	214	Mixed 12 & Over (200) 4 x 50 Free Relay	313	Boys 12 & Over (400) 4 x 100 Medley Relay	413	Boys 14-15 (400) 4 x 100 Free Relay	513	Boys 12 & Over (200) 4 x 50 Free Relay	
			314	Girls 12 & Over (400) 4 x 100 Medley Relay	414	Girls 14-15 (400) 4 x 100 Free Relay	514	Girls 12 & Over (200) 4 x 50 Free Relay	
NOTE:	1	The EGA Summer Championships is run as Heats and Finals							
	2	No times are not permitted for our Summer Championships;							
	3	Level 1 Swimmers may only swim 50's; 100's; the 200m Freestyle & 200m Individual Medley only;							
	4	As from 01st September 2024 only times achieved from the 01st May 2024 will be accepted;							
	5	Long distance events qualifying times will apply: 400 IM; 400m Free; 800m Free; 1500m Free							
	6	400m Free - Fastest heats of 400 Free swim in the finals the rest in heats;							
	7	The following events are swum as Timed Finals: 200m Butterfly; 400m Individual Medley, 400m, 800m & 1500m Freestyle;							
	8	Times from the 01st of September 2023 can be used to enter these championships;							
	9	These championships will be a closed event; the meet may not be shared with out of district clubs;							

EGA CHAMPIONSHIPS LONG DISTANCE QUALIFYING TIMES 2024/2025

LADIES		EGA QUALIFYING TIMES	SSA QT's 2023/2024	MEN		EGA QUALIFYING TIMES	SSA QT's 2023/2024
400M IM	12 Years	6:26:28	6:07:23	400M IM	12 Years	06:11:05	05:53:25
	13 Years	06:12:09	05:54:26		13 Years	05:53:55	05:37:04
	14 Years	06:02:19	05:45:04		14 Years	05:34:14	05:18:19
	15 Years	05:55:20	05:38:25		15 Years	05:22:43	05:07:21
	16 Years	05:50:18	05:50:18		16 Years	05:15:38	05:00:36
	17 - 18 Years	05:50:18	05:50:18		17 - 18 Years	05:15:38	05:00:36
	19 & Over	06:16:57	05:59:00		19 & Over	05:22:43	05:00:36
400M FREE	10 Years	6.34.31	6.15.35	400M FREE	10 Years	06.49.46	6.29.75
	11 Years	6.34.31	6.15.35		11 Years	06.49.47	6.29.76
	12 Years	6.34.22	6.03.61		12 Years	06.49.07	6.29.76
	13 Years	5.52.40	5.35.52		13 Years	6.32.02	6.13.22
	14 Years	5.44.54	5.27.89		14 Years	5.57.50	5.40.58
	15 Years	5.40.16	5.23.64		15 Years	5.07.49	5.23.43
	16 Years	5.40.16	5.23.64		16 Years	5.07.49	5.23.43
	17 - 18 Years	5.40.16	5.23.64		17 - 18 Years	5.07.49	4.52.70
	19 & Over	5.13.34	4.57.98		19 & Over	4.51.17	4.37.27
800M FREE	12 Years	11:37:15	11.03.63	800M FREE	12 Years	11.34.44	11.00.99
	13 Years	11:09:31	10.37.38		13 Years	10.55.32	10.24.19
	14 Years	10:59:24	10.28.00		14 Years	10.20.11	9.49.99
	15 Years	10:55:04	10.23.52		15 Years	09.58.33	9.29.63
	16 Years	10:47:53	10.17.02		16 Years	9.43.02	9.15.19
	17 - 19 Years	10:47:53	10.17.02		17 - 19 Years	9.43.03	9.15.20
	19 & Over	10.41.53	10.10.79		19 & Over	09.58.33	9.29.63
1500M FREE	12 Years	22.51.33	21.46.14	1500M FREE	12 Years	21.51.01	20.47.95
	13 Years	21.51.55	20.49.27		13 Years	20.41.22	19.42.15
	14 Years	21.10.22	20.10.21		14 Years	19.32.23	18.36.33
	15 Years	20.34.49	20.01.18		15 Years	19.01.26	18.06.65
	16 Years	20.34.49	19.35.61		16 Years	19.01.26	18.06.65
	17 - 18 Years	20.34.49	19.35.61		17 - 18 Years	19.01.26	18.06.65
	19 & Over	20.18.14	19.19.73		19 & Over	19.12.34	18.17.41

EGA LAST CHANCE	
SATURDAY	SUNDAY
200 BUTTERFLY	100 BUTTERFLY
50 BREASTSTROKE	400 FREESTYLE
100 BACKSTROKE	200 BREASTSTROKE
200 FREESTYLE	50 BUTTERFLY
100 BREASTSTROKE	200 BACKSTROKE
200 INDIVIDUAL MEDLEY	100 FREESTYLE
50 FREESTYLE	50 BACKSTROKE
WARM UP 06:00 GALA STARTS 08:00	WARM UP 06:00 GALA STARTS 08:00

1 Level 1 Swimmers may only swim the following events:

50's; 100's; 200m Freestyle & 200IM;

2 Swimmers that achieve level 2 qualifying times must be upgraded immediately

LETS SPRINT	
50	FREESTYLE DASH FOR CASH HEATS
100	BREASTSTROKE
50	BACKSTROKE
50	BUTTERFLY
4X50	MYSTERY MEDLEY RELAY
100	BACKSTROKE
50	BREASTSTROKE
100	FREESTYLE
100	BUTTERFLY
50	FREESTYLE DASH FOR CASH Top 8
50	FREESTYLE DASH FOR CASH Top 4
4X50	FREESTYLE RELAY
GALA STARTS 08:00	

- 1 Swimmers must have a time on the data base to participate in the EGA Sprint Gala;
- 2 The Mystery IM event will have the order of the strokes randomly determined at the start of the race;
- 3 Regardless of the order to be swum all starts will be "dive" from the blocks including backstroke;
- 4 Clubs may only enter 1 Relay Team per age group;
- 5 All events will be swum as mixed events;
- 6 The Dash for Cash event will be the 50m Freestyle event and will be swum as follows:

Heats

Top 8 In Each Age Group Race again

Top 4 From the top 8 will race again to determine the top 3
in each age group

7	Dash for Cash Prize Money	1st	R500.00
		2nd	R250.00
		3rd	R125.00