



2026 SA SHORT COURSE NATIONAL CHAMPIONSHIPS

QUALIFYING STANDARDS



WOMEN		EVENTS	MEN	
SHORT COURSE QT	LONG COURSE QT		LONG COURSE QT	SHORT COURSE QT
28.56	29.36	50m Freestyle	25.83	25.03
1:02.70	1:04.30	100m Freestyle	57.33	55.73
2:16.36	2:19.56	200m Freestyle	2:06.03	2:02.83
4:44.81	4:51.21	400m Freestyle	4:31.80	4:25.40
9:49.23	10:02.03	800m Freestyle	9:18.67	9:05.87
18:40.66	19:04.66	1500m Freestyle	17:55.87	17:31.87
33.01	33.61	50m Backstroke	29.28	28.68
1:10.30	1:11.50	100m Backstroke	1:04.16	1:02.96
2:31.72	2:34.12	200m Backstroke	2:19.17	2:16.77
35.49	36.49	50m Breaststroke	32.27	31.27
1:18.26	1:20.26	100m Breaststroke	1:10.73	1:08.73
2:48.16	2:52.16	200m Breaststroke	2:36.04	2:32.04
29.87	30.57	50m Butterfly	27.69	26.99
1:06.93	1:08.33	100m Butterfly	1:01.49	1:00.09
2:29.66	2:32.46	200m Butterfly	2:17.21	2:14.41
2:34.13	2:37.33	200m IM	2:20.13	2:16.93
5:23.59	5:29.99	400m IM	5:01.56	4:55.16