

**2010 SA NATIONAL OPEN CHAMPIONSHIPS**  
**Qualifying Times**  
**12 – 17 April 2010**

<b>Event</b>	<b>Class</b>	<b>Men</b>	<b>Women</b>
<b>50m Freestyle</b>	S1	1:46.54	2:11.42
	S2	1:39.18	2:04.51
	S3	1:10.29	1:34.12
	S4	1:01.94	1:16.35
	S5	0:53.82	0:59.20
	S6	0:49.14	0:58.74
	S7	0:45.66	0:55.32
	S8	0:43.64	0:51.99
	S9	0:41.81	0:47.92
	S10	0:38.96	0:46.93
	S11	0:42.60	0:51.50
	S12	0:38.66	0:44.67
	S13	0:39.19	0:45.18
	S14	0:40.00	0:45.00
	S15	0:29.00	0:36.00
<b>100m Freestyle</b>	S1	3:52.25	4:48.02
	S2	3:35.29	4:30.06
	S3	2:37.10	3:22.12
	S4	2:16.57	2:06.47
	S5	1:57.23	2:07.76
	S6	1:48.82	1:58.16
	S7	1:39.56	1:50.24
	S8	1:35.27	1:53.69
	S9	1:31.24	1:40.78
	S10	1:24.78	1:41.59
	S11	1:33.51	1:53.78
	S12	1:25.68	1:39.02
	S13	1:28.06	1:37.14
	S14	1:11.00	1:29.00
	S15	1:08.00	1:21.00
<b>50m Backstroke</b>	S1	2:14.06	2:01.51
	S2	1:44.23	2:05.94
	S3	1:13.11	1:35.57
	S4	1:10.47	1:20.73
	S5	0:57.82	1:07.39
	S6	1:00.36	1:09.51

<b>50m Backstroke</b>	S7		0:58.01	1:05.77
	S8		0:52.29	1:01.40
	S9		0:49.17	0:56.00
	S10		0:48.02	0:58.23
	S11		0:53.31	1:03.49
	S12		0:47.57	0:55.47
	S13		0:48.26	0:55.67
	S14		0:45.00	0:55.00
	S15		40.00	58.00
<b>100m Backstroke</b>	S1		5:18.40	4:59.89
	S2		4:02.71	5:14.04
	S3		3:24.90	3:38.51
	S4		2:40.59	3:05.99
	S5		2:10.15	2:33.30
	S6		2:02.08	2:23.38
	S7		1:58.95	2:19.09
	S8		1:49.44	2:06.62
	S9		1:44.51	1:54.34
	S10		1:40.90	1:55.40
	S11		1:51.77	2:14.03
	S12		1:37.96	1:53.67
	S13		1:38.75	1:54.00
	S14		1:45.00	1:55.00
	S15		1:30.00	1:40.00
<b>50m Breaststroke</b>	SB1		2:34.27	2:51.42
	SB2		1:32.85	2:04.08
	SB3		1:20.01	1:32.81
	SB4		1:17.06	1:26.82
	SB5		1:09.63	1:16.03
	SB6		1:07.73	1:17.40
	SB7		1:03.87	1:13.05
	SB8		0:56.31	1:04.65
	SB9		0:52.95	1:03.66
	SB11		0:57.24	1:08.66
	SB12		0:54.40	1:04.63
	SB13		0:51.76	1:00.09
	S14		0:55.00	1:00.00
	S15		48.00	55.00
<b>100m Breaststroke</b>	SB1		5:58.13	
	SB2		3:40.14	4:59.95

	SB3		3:10.56		3:33.92
	SB4		2:39.41		3:08.94
	SB5		2:30.97		2:38.89
	SB6		2:23.62		2:45.15
	SB7		2:15.60		2:31.14
	SB8		1:50.57		2:12.96
	SB9		1:53.16		2:06.93
	SB11		1:56.37		2:27.67
	SB12		1:51.31		2:06.75
	SB13		1:46.64		2:07.25
	SB14		1:55.00		2:00.00
	SB15		1:30.00		1:50.00
<b>50m Butterfly</b>	S1		3:14.93		
	S2		2:52.75		
	S3		1:41.64		1:37.09
	S4		1:15.22		1:32.99
	S5		0:59.32		1:06.84
	S6		0:50.80		1:03.43
	S7		0:50.11		0:56.88
	S8		0:48.77		0:55.59
	S9		0:47.17		0:53.72
	S10		0:44.37		0:52.52
	S11		0:46.96		0:59.94
	S12		0:44.14		0:49.62
	S13		0:45.11		0:50.23
	S14		0:44.00		0:59.00
	S15		0:40.00		0:54.00
<b>100m Butterfly</b>	S5		2:23.73		3:16.09
	S6		2:05.47		2:30.93
	S7		1:52.60		2:23.17
	S8		1:40.57		1:58.21
	S9		1:37.91		1:50.12
	S10		1:33.18		1:53.65
	S11		1:40.85		2:11.93
	S12		1:33.89		1:44.13
	S13		1:37.17		1:48.82
	S14		1:38.00		1:55.00
	S15		1:38.00		1:55.00
<b>200m Ind Medley</b>	SM5		8:14.47		8:09.21
	SM6		5:54.19		8:07.89
	SM7		4:44.79		5:19.41
	SM8		4:27.61		5:18.53

	SM9		4:17.27		4:48.11
	SM10		3:52.52		4:27.05
	SM11		3:40.44		4:03.92
	SM12		3:39.09		4:13.51
	SM13		3:55.90		4:53.52
	SM14		3:30.00		4:05.00
	SM15		3:30.00		4:05.00

**NB\*\*Qualifying times for swimmers with disability to swim 200m and 400m in the heats with the able bodied.**

200m Freestyle	S1	Nil	Nil
	S2	6:20.00	Nil
	S3	6:00.00	7:00.00
	S4	4:30.00	5:30.00
	S5	4:00.00	4:40.00
	S6	3:30.00	4:10.00
	S7	3:20.00	3:30.00
	S8	3:00.00	3:10.00
	S9	2:40.00	2:50.00
	S10	2:20.00	2:35.00
	S11	3:00.00	3:1500
	S12	2:40.00	2:55.00
	S13	2:20.00	2:35.00
	S14	2:20.00	2:3500
	S15		
400m Freestyle		Non Event for lower classes	
	S6	6:55.00	8:00.00
	S7	6:30.00	7:20.00
	S8	6:00.00	6:40.00
	S9	5:35.00	6:10.00
	S10	5:15.00	6:00.00
	S11	6:00.00	6:30.00
	S12	5:50.00	6:10.00
	S13	5:40.00	6:00.00
	S14	5:15.00	6:00.00
	S15		