

SOUTH AFRICAN MASTERS SWIMMING COLOURS 2021/2022 *(Long Course) Qualifying times*

Colours will be awarded to any swimmer achieving qualifying times as per the following table (based on **tenth** place in the 2020 FINA Top Ten listing. If the tenth time is slower than the previous year, then the time will stay constant. Therefore, times will only get faster. Where there is no tenth place in an event (marked *) qualifying times have been extrapolated from a graph of the times of all the other age groups

WOMEN 18 - 29 (Long course)						
	50m	100m	200m	400m	800m	1 500m
Freestyle	27.17	59.20	2:10.83	4:41.85	9:40.65	19:11.86
Backstroke	31.37	1:08.67	2:31.60			
Breaststroke	34.17	1:15.27	2:46.72			
Butterfly	28.79	1:05.66	2:29.84			
IM			2:29.75	5:27.36		

WOMEN 30 - 34 (Long course)						
	50m	100m	200m	400m	800m	1 500m
Freestyle	27.31	1:00.49	2:14.28	4:45.17	9:48.82	19:25.90
Backstroke	31.89	1:09.65	2:31.40			
Breaststroke	34.81	1:16.77	2:49.96			
Butterfly	29.32	1:06.48	2:29.22			
IM			2:31.56	5:26.45		

WOMEN 35 - 39 (Long course)						
	50m	100m	200m	400m	800m	1 500m
Freestyle	28.03	1:01.34	2:16.36	4:49.77	9:55.15	19:49.70
Backstroke	32.56	1:11.05	2:35.82			
Breaststroke	35.54	1:18.89	2:53.94			
Butterfly	29.81	1:08.81	2:36.25			
IM			2:34.19	5:36.30		

WOMEN 40 - 44 (Long course)						
	50m	100m	200m	400m	800m	1 500m
Freestyle	28.01	1:02.48	2:17.41	4:52.16	10:03.51	19:38.92
Backstroke	33.08	1:12.28	2:38.13			
Breaststroke	35.92	1:19.82	2:57.29			
Butterfly	30.14	1:08.85	2:41.24			
IM			2:35.44	5:42.35		

WOMEN 45 - 49 (Long course)						
	50m	100m	200m	400m	800m	1 500m
Freestyle	28.36	1:03.27	2:19.14	4:51.84	10:13.65	20:05.07
Backstroke	33.53	1:13.41	2:40.25			
Breaststroke	37.12	1:21.92	3:00.47			
Butterfly	30.79	1:10.82	2:45.71			
IM			2:40.28	5:42.52		

WOMEN 50 - 54	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	29.19	1:04.65	2:21.26	5:00.16	10:23.61	19:58.81
Backstroke	34.02	1:15.71	2:43.33			
Breaststroke	37.94	1:24.11	3:06.84			
Butterfly	31.29	1:12.85	2:50.18			
IM			2:43.54	5:55.68		

WOMEN 55 - 59	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	30.14	1:06.92	2:26.69	5:11.24	10:38.12	20:37.86
Backstroke	36.24	1:18.80	2:50.77			
Breaststroke	38.91	1:28.07	3:12.87			
Butterfly	32.63	1:16.54	3:03.41			
IM			2:51.38	6:13.89		

WOMEN 60 - 64	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	31.26	1:10.18	2:35.96	5:30.11	11:24.26	22:07.70
Backstroke	37.27	1:23.46	3:00.75			
Breaststroke	41.47	1:32.02	3:23.58			
Butterfly	34.64	1:25.41	3:28.31			
IM			3:00.88	6:41.06		

WOMEN 65 - 69	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	33.23	1:15.52	2:46.13	5:55.06	12:10.32	24:09.74
Backstroke	40.83	1:31.24	3:17.80			
Breaststroke	44.26	1:39.25	3:39.07			
Butterfly	37.46	1:35.78	3:45.22			
IM			3:18.87	7:23.64		

WOMEN 70 - 74	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	35.39	1:21.90	3:02.88	6:35.05	13:43.35	27:26.78
Backstroke	43.72	1:37.35	3:32.54			
Breaststroke	47.06	1:47.33	3:53.45			
Butterfly	41.90	1:50.44	4:18.81			
IM			3:41.55	8:08.59		

WOMEN 75 - 79	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	39.65	1:33.36	3:25.48	7:23.88	15:07.15	30:22.80
Backstroke	46.30	1:45.58	3:53.66			
Breaststroke	50.60	1:57.38	4:22.99			
Butterfly	49.84	2:10.06	5:14.17			
IM			4:12.78	9:18.66		

WOMEN 80 - 84	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	42.72	1:40.44	3:46.17	8:02.86	17:30.38	35:55.40
Backstroke	53.49	2:01.64	4:11.50			
Breaststroke	55.16	2:07.39	4:53.59			
Butterfly	1:03.51	3:04.18				
IM			4:51.65	13:18.23		

WOMEN 85 - 89	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	52.22	2:07.34	4:48.31	10:03.25		
Backstroke	1:01.94	2:25.08	5:24.08			
Breaststroke	1:13.56	2:51.61	8:13.22			
Butterfly	2:04.22					
IM						

WOMEN 90 - 94	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	1:08.73	2:43.41	6:33.96			
Backstroke	1:20.52	3:15.45	6:49.29			
Breaststroke	1:58.28					
Butterfly						
IM						

MEN 18 - 29 (Long course)						
	50m	100m	200m	400m	800m	1 500m

Freestyle	23.74	52.45	1:58.06	4:16.48	9:01.35	17:51.28
Backstroke	27.17	59.36	2:14.55			
Breaststroke	29.18	1:05.56	2:26.10			
Butterfly	25.14	57.11	2:12.33			
IM			2:13.84	4:54.32		

MEN 30 - 34 (Long course)						
	50m	100m	200m	400m	800m	1 500m

Freestyle	23.72	52.58	1:59.35	4:17.69	9:05.27	17:48.20
Backstroke	27.26	59.57	2:14.85			
Breaststroke	29.63	1:06.42	2:28.20			
Butterfly	24.98	56.91	2:15.38			
IM			2:13.79	4:55.09		

MEN 35 - 39 (Long course)						
	50m	100m	200m	400m	800m	1 500m

Freestyle	24.04	53.65	2:01.50	4:22.76	9:11.35	17:44.13
Backstroke	28.15	1:01.62	2:18.97			
Breaststroke	30.07	1:07.98	2:29.23			
Butterfly	25.42	58.12	2:15.68			
IM			2:16.06	5:00.87		

MEN 40 - 44 (Long course)						
	50m	100m	200m	400m	800m	1 500m

Freestyle	24.67	54.87	2:02.66	4:22.05	9:09.88	17:59.70
Backstroke	28.51	1:02.58	2:20.49			
Breaststroke	30.33	1:08.96	2:33.19			
Butterfly	26.18	59.42	2:17.98			
IM			2:19.17	5:06.62		

MEN 45 - 49 (Long course)						
	50m	100m	200m	400m	800m	1 500m

Freestyle	25.04	55.74	2:04.74	4:26.51	9:12.62	17:48.30
Backstroke	29.70	1:04.42	2:21.98			
Breaststroke	30.99	1:10.23	2:37.86			
Butterfly	26.59	1:00.44	2:21.61			
IM			2:21.71	5:04.90		

MEN 50 - 54 (Long course)						
	50m	100m	200m	400m	800m	1 500m

Freestyle	25.78	57.40	2:08.75	4:34.31	9:33.21	18:31.12
Backstroke	30.44	1:06.90	2:27.62			
Breaststroke	32.07	1:12.16	2:40.80			
Butterfly	27.48	1:03.22	2:27.40			
IM			2:25.89	5:19.41		

MEN 55 - 59	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	26.47	59.19	2:11.20	4:45.00	9:59.46	19:38.97
Backstroke	31.46	1:09.74	2:33.49			
Breaststroke	33.26	1:15.41	2:49.96			
Butterfly	28.45	1:05.58	2:35.59			
IM			2:32.56	5:33.80		

MEN 60 - 64	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	27.09	1:01.43	2:18.68	4:55.68	10:11.35	20:16.00
Backstroke	32.97	1:12.83	2:37.86			
Breaststroke	34.84	1:19.73	2:59.47			
Butterfly	29.73	1:09.82	2:52.37			
IM			2:38.51	5:47.81		

MEN 65 - 69	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	28.46	1:04.91	2:27.71	5:15.31	10:56.84	21:19.51
Backstroke	35.08	1:17.53	2:53.63			
Breaststroke	36.39	1:23.21	3:10.19			
Butterfly	31.05	1:15.48	3:07.58			
IM			2:53.10	6:20.31		

MEN 70 - 74	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	30.11	1:08.51	2:35.35	5:40.78	11:49.26	23:11.99
Backstroke	37.25	1:23.29	3:06.86			
Breaststroke	39.36	1:29.57	3:22.79			
Butterfly	32.93	1:23.94	3:26.36			
IM			3:04.94	6:47.44		

MEN 75 - 79	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	32.09	1:13.90	2:51.07	6:11.49	13:20.76	26:16.61
Backstroke	40.09	1:30.22	3:23.60			
Breaststroke	42.44	1:38.60	3:39.49			
Butterfly	36.55	1:38.39	4:09.73			
IM			3:28.63	7:48.12		

MEN 80 - 84	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	35.05	1:22.95	3:12.86	7:06.85	14:41.61	29:59.28
Backstroke	43.80	1:41.44	3:50.98			
Breaststroke	47.23	1:47.41	4:00.52			
Butterfly	44.99	2:00.22	5:44.69			
IM			3:54.02	9:03.40		

MEN 85 - 89	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	42.69	1:37.85	3:55.58	8:47.73	19:30.42	49:17.22
Backstroke	52.45	1:59.67	4:46.05			
Breaststroke	56.53	2:12.13	5:15.27			
Butterfly	1:00.43					
IM			5:30.12			

MEN 90 - 94	(Long course)					
	50m	100m	200m	400m	800m	1 500m

Freestyle	51.73	2:15.54	5:40.55			
Backstroke	1:09.21	2:56.69				
Breaststroke	1:16.16	3:42.77				
Butterfly						
IM						

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