

## 2025 SACSA SWIM PROGRAM GRID

<b>GIRLS</b>	<b>100m Freestyle</b>	<b>50m Butterfly</b>	<b>50m Backstroke</b>	<b>50m Freestyle</b>	<b>50m Breastroke</b>	<b>4 x 50m Free Relay</b>	<b>GIRLS</b>
<b>10 Yrs</b>							<b>10 Yrs</b>
2015							2015
<b>11 Yrs</b>							<b>11 Yrs</b>
2014							2014
<b>12 Yrs</b>							<b>12 Yrs</b>
2013							2013
<b>13 Yrs</b>							<b>13 Yrs</b>
2012							2012
<b>14 Yrs</b>							<b>14 Yrs</b>
2011							2011
<b>15 Yrs</b>							<b>15 Yrs</b>
2010							2010
<b>Open</b>							<b>Open</b>
2009 2008 2007							2009 2008 2007
<b>GIRLS</b>	<b>100m Freestyle</b>	<b>50m Butterfly</b>	<b>50m Backstroke</b>	<b>50m Freestyle</b>	<b>50m Breastroke</b>	<b>4 x 50m Free Relay</b>	<b>GIRLS</b>

## 2025 SACSA SWIM PROGRAM GRID

<b>BOYS</b>	100m Freestyle	50m Butterfly	50m Backstroke	50m Freestyle	50m Breastroke	4 x 50m Free Relay	<b>BOYS</b>
10 Yrs							10 Yrs
2015							2015
11 Yrs							11 Yrs
2014							2014
12 Yrs							12 Yrs
2013							2013
13 Yrs							13 Yrs
2012							2012
14 Yrs							14 Yrs
2011							2011
15 Yrs							15 Yrs
2010							2010
Open							Open
2009							2009
2008							2008
2007							2007
<b>BOYS</b>	100m Freestyle	50m Butterfly	50m Backstroke	50m Freestyle	50m Breastroke	4 x 50m Free Relay	<b>BOYS</b>