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**2 August 2018**

**NATIONAL/REGIONAL SWIMMING COMPETITIONS 2019  
Allocated Provinces**

**SWIMMING COMPETITIONS**

Grand Prix Series No 1	5 & 6	January 2019	Nelspruit
Grand Prix Series No 2	1-3 /22-24	February 2019	KZN
Grand Prix Series No 3	1-3 /22-24	February 2019	Stellenbosch

**OPEN WATER SWIMMING**

S A National Open Water Championships	2 - 3	March 2019	Marina Martinique
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**SWIMMING**

S A Level 1 Age Group		16 - 17	March 2019	Each Provincial Affiliate
S A National Junior Age Group		20 – 24	March 2019	Durban
S A Level 3 Age Group	Eastern Region	28 – 31	March 2019	Bloemfontein - FS
S A Level 3 Age Group	Southern Region	28 – 31	March 2019	WC
S A Level 3 Age Group	Northern Region	28 – 31	March 2019	Gauteng
S A Level 2 Age Group	Eastern Region	3 – 5	April 2019	Sasolburg – FS
S A Level 2 Age Group	Southern Region	3 – 5	April 2019	EC – East London
S A Level 2 Age Group	Northern Region	3 – 5	April 2019	Limpopo
S A Aquatic Championships		8 – 12	April 2019	Durban
S A Short Course Championships		8 – 11	August 2019	Durban

**DIVING**

National Age Group & RSA Cup	- December 2018
S A Nationals	- TBC April 2019

**ARTISTIC SWIMMING**

National Age Group	- December 2018
S A Nationals	- TBC 5 - 9 April 2019 Durban

**WATER POLO**

S A Nationals	<b>TBC</b> 20-24 March/ 3 – 7 / 10 – 14 April 2019	Gauteng
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President: A. Fritz Vice Presidents: Z. Molusi & J. Naidoo  
Gen. Secretary: P. Thompson Treasurer: J. Ellis  
Members: R. Andrews, L. Blignaut, P. Heyns, D. Petersen, N. Raphulu, E. Van Veenhuyzen  
Chief Executive Officer: S. Adriaanse  
Hon. Life Presidents: S. Ramsamy & G. Sam