

# SOUTH AFRICAN MASTERS SWIMMING COLOURS

## 2018/2019 *(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 2017 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

<b>WOMEN 19 - 29 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
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	1:15.66	2:46.72			
Butterfly	28.79	1:05.66	2:29.84			
IM			2:29.75	5:27.36		
<b>WOMEN 30 - 34 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	27.79	1:01.10	2:14.28	4:45.17	9:48.82	19:26.66
Backstroke	32.21	1:09.65	2:31.40			
Breaststroke	34.97	1:16.77	2:49.96			
Butterfly	29.32	1:06.48	2:29.22			
IM			2:31.81	5:26.45		
<b>WOMEN 35 - 39 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	28.07	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	35.82	1:18.89	2:53.94			
Butterfly	29.92	1:08.81	2:36.25			
IM			2:34.19	5:36.30		
<b>WOMEN 40 - 44 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
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	1:20.46	2:57.29			
Butterfly	30.36	1:09.28	2:41.24			
IM			2:35.44	5:42.35		
<b>WOMEN 45 - 49 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	28.36	1:03.27	2:19.14	4:51.84	10:13.65	20:06.93
Backstroke	33.60	1:13.80	2:40.25			
Breaststroke	37.12	1:21.92	3:00.69			
Butterfly	30.79	1:10.82	2:45.71			
IM			2:40.87	5:42.52		

<b>WOMEN 50 - 54 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	29.19	1:04.65	2:22.10	5:00.16	10:23.61	20:34.65
Backstroke	34.02	1:15.71	2:44.71			
Breaststroke	37.94	1:25.22	3:07.59			
Butterfly	31.29	1:13.23	2:50.18			
IM			2:43.54	5:55.68		
<b>WOMEN 55 - 59 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	30.22	1:06.92	2:26.69	5:11.24	10:42.17	20:37.86
Backstroke	36.59	1:19.58	2:50.77			
Breaststroke	39.66	1:28.07	3:14.11			
Butterfly	32.63	1:16.74	3:10.13			
IM			2:51.38	6:21.43		
<b>WOMEN 60 - 64 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	31.26	1:11.62	2:35.96	5:33.15	11:33.15	22:07.70
Backstroke	38.19	1:24.65	3:06.27			
Breaststroke	41.47	1:33.71	3:23.58			
Butterfly	35.04	1:25.90	3:28.31			
IM			3:04.08	6:53.13		
<b>WOMEN 65 - 69 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	33.38	1:17.79	2:50.31	6:05.15	12:32.51	24:29.65
Backstroke	40.93	1:31.89	3:22.20			
Breaststroke	44.76	1:40.29	3:41.62			
Butterfly	37.46	1:35.97	3:45.22			
IM			3:25.69	7:27.82		
<b>WOMEN 70 - 74 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	35.39	1:23.83	3:10.36	6:41.95	13:58.40	28:01.92
Backstroke	44.00	1:38.33	3:38.18			
Breaststroke	47.06	1:42.58	3:53.45			
Butterfly	43.14	1:50.44	4:18.81			
IM			3:45.26	8:08.59		
<b>WOMEN 75 - 79 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	40.50	1:34.74	3:30.97	7:25.02	15:32.45	30:52.03
Backstroke	48.19	1:47.36	3:53.66			
Breaststroke	50.60	1:57.38	4:23.09			
Butterfly	50.82	2:10.06	5:14.17			
IM			4:14.15	9:18.66		

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

Freestyle	43.78	1:40.44	3:54.69	8:25.87	18:58.54	36:12.09
Backstroke	53.49	2:05.19	4:37.91			
Breaststroke	56.08	2:15.32	5:07.33			
Butterfly	1:06.24	3:04.18				
IM			5:01.69	13:18.23		

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

Freestyle	52.22	2:10.48	4:51.20	10:03.25		
Backstroke	1:06.66	2:29.05	5:24.08			
Breaststroke	1:13.76	2:54.54	8:13.22			
Butterfly	2:21.69					
IM						

<b>WOMEN 90 - 94 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	

Freestyle	1:08.73	3:27.17	6:33.96			
Backstroke	1:20.52	3:15.45	6:49.29			
Breaststroke	2:01.70					
Butterfly						
IM						

<b>MEN 19 - 29 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	23.74	52.86	1:58.06	4:16.48	9:01.35	17:51.28
Backstroke	27.50	59.70	2:14.55			
Breaststroke	29.18	1:06.50	2:27.38			
Butterfly	25.19	57.21	2:13.95			
IM			2:14.21	4:54.32		
<b>MEN 30 - 34 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	23.78	52.74	1:59.35	4:17.69	9:08.59	17:51.70
Backstroke	27.26	59.57	2:14.85			
Breaststroke	29.64	1:06.42	2:28.20			
Butterfly	25.41	57.58	2:15.38			
IM			2:14.89	4:55.09		
<b>MEN 35 - 39 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	24.19	53.65	2:01.50	4:22.76	9:13.76	17:44.13
Backstroke	28.21	1:01.62	2:18.97			
Breaststroke	30.09	1:07.98	2:32.30			
Butterfly	25.94	58.12	2:15.68			
IM			2:17.56	5:00.87		
<b>MEN 40 - 44 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	24.67	54.93	2:02.66	4:22.05	9:09.88	17:59.70
Backstroke	28.96	1:03.26	2:21.32			
Breaststroke	30.33	1:08.96	2:35.80			
Butterfly	26.18	59.42	2:17.98			
IM			2:19.90	5:06.62		
<b>MEN 45 - 49 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
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	31.28	1:10.34	2:38.99			
Butterfly	27.06	1:00.49	2:21.61			
IM			2:21.71	5:04.90		
<b>MEN 50 - 54 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	25.80	57.40	2:08.75	4:34.31	9:33.21	18:31.12
Backstroke	30.44	1:07.12	2:27.65			
Breaststroke	32.07	1:12.41	2:40.80			
Butterfly	27.48	1:03.82	2:27.40			
IM			2:26.51	5:21.90		

<b>MEN 55 - 59 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	26.52	59.19	2:11.99	4:47.00	9:59.46	19:38.97
Backstroke	31.46	1:09.74	2:34.51			
Breaststroke	33.26	1:15.41	2:51.19			
Butterfly	28.45	1:05.95	2:35.59			
IM			2:32.56	5:35.32		
<b>MEN 60 - 64 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	27.09	1:01.93	2:19.90	5:00.63	10:28.92	20:16.00
Backstroke	33.22	1:13.87	2:43.42			
Breaststroke	35.10	1:19.73	2:59.47			
Butterfly	29.73	1:09.82	2:53.69			
IM			2:41.47	5:51.13		
<b>MEN 65 - 69 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	28.65	1:04.91	2:28.03	5:16.69	11:04.49	21:45.79
Backstroke	35.55	1:19.02	2:54.80			
Breaststroke	36.94	1:24.60	3:10.19			
Butterfly	31.05	1:15.48	3:11.68			
IM			2:53.77	6:27.84		
<b>MEN 70 - 74 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	30.22	1:08.87	2:39.21	5:42.57	11:49.26	23:11.99
Backstroke	37.63	1:24.23	3:09.81			
Breaststroke	39.49	1:29.64	3:22.79			
Butterfly	32.93	1:23.94	3:34.37			
IM			3:05.63	6:47.44		
<b>MEN 75 - 79 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	32.38	1:15.71	2:52.85	6:18.59	13:20.76	26:22.02
Backstroke	40.34	1:30.28	3:28.59			
Breaststroke	42.44	1:38.85	3:42.52			
Butterfly	36.83	1:38.39	4:11.48			
IM			3:28.63	7:48.12		
<b>MEN 80 - 84 (Long course)</b>						
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>
Freestyle	35.51	1:24.82	3:15.52	7:06.97	15:15.68	29:59.28
Backstroke	43.80	1:41.44	3:50.98			
Breaststroke	47.31	1:47.41	4:00.52			
Butterfly	45.50	2:00.22	5:44.69			
IM			3:54.02	9:03.40		

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

Freestyle	42.75	1:37.85	3:58.24	8:50.95	19:48.87	49:17.22
Backstroke	52.45	2:02.99	4:50.39			
Breaststroke	56.53	2:12.27	5:15.27			
Butterfly	1:03.67					
IM			6:04.14			

<b>MEN 90 - 95</b>	<b>(Long course)</b>					
	<b>50m</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>800m</b>	<b>1 500m</b>

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

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