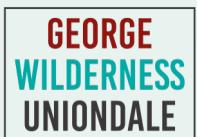




2026



Dive into paradise

41<sup>st</sup>

SA MASTERS  
SWIMMING  
CHAMPS



let's do this...

# Paradise Awaits

The Fish Eagle Crew in George is thrilled to announce the 41st South African Masters Swimming Champs 2026, inviting all swimmers to 'Dive into Paradise'. This year's event will take place at the Conville Public Swimming Pool in George from 11 - 14 March 2026 and at Island Lake Wilderness on 14 March 2026 .

The SA Master Swimming Champs is a prestigious annual event that brings together experienced swimmers from across the country. The competition fosters camaraderie, sportsmanship, and excellence in swimming while promoting an active and healthy lifestyle for Masters swimmers.





let's do this...

## HOW TO ENTER...

We've made it easy to register for the swimming events and social gatherings, so grab your fins and let's get started!

- All entries must be submitted via the Google Entry Form. (link to follow shortly)
- Final Entry Cut-Off: Sunday, 18 January 2026. (Payment deadline is Sunday, 1 February 2026).

If you need assistance, don't hesitate to reach out to your club! Once we receive your entry form, expect an invoice within 10 days - be sure to check your Spam/Junk mail. Please reply to the email with your Proof of Payment attached.

Our organizing team is here to help! Feel free to email us with any questions.

**Please drop us a mail so we can help out: [georgemasters2026@gmail.com](mailto:georgemasters2026@gmail.com)**

# Programme

Morning sessions start at 8h00,  
Afternoon sessions start at 13h30

## **Wednesday 11 March**

### **Session 1**

1. Women 100 backstroke
2. Men 100 backstroke
3. Women 100 butterfly
4. Men 100 butterfly
5. Women 50 breaststroke
6. Men 50 breaststroke
7. 4 X 50 mixed freestyle relay

### **OPENING CEREMONY**

### **Session 2**

8. Women 400 IM
9. Men 400 IM
10. Women 200 freestyle
11. Men 200 freestyle
12. Women 4 x 50 medley relay
13. Men 4 x 50 medley relay

## **Thursday 12 March**

### **Session 3**

14. Men 200 butterfly
15. Women 200 butterfly
16. Mixed 400 freestyle
17. Men 50 backstroke
18. Women 50 backstroke
19. Men 4 x 50 freestyle relay
20. Women 4 x 50 freestyle relay

## **41st SOUTH AFRICAN MASTERS SWIMMING CHAMPIONSHIPS**

### **Session 4**

21. Men 200 IM
22. Women 200 IM
23. Men 50 freestyle
24. Women 50 freestyle
25. 4 x 100 Mixed freestyle relay

### **Happy Hour Event**

## **Friday 13 March**

### **Session 5**

26. Mixed 800 freestyle

### **SAMS AGM**

### **Session 6**

27. Women 200 breaststroke
28. Men 200 breaststroke
29. Women 200 backstroke
30. Men 200 backstroke

## **Saturday 14 March**

### **Session 7**

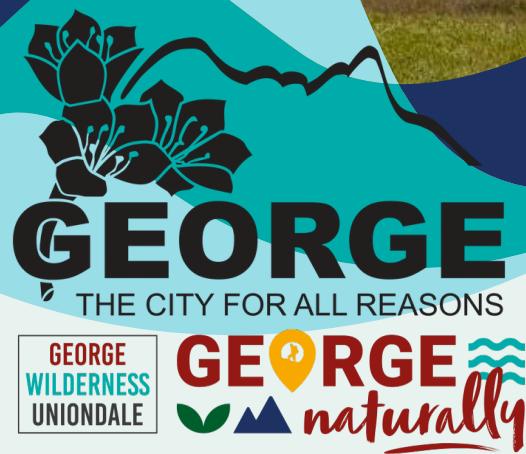
31. Men 100 breaststroke
32. Women 100 breaststroke
33. Men 50 butterfly
34. Women 50 butterfly
35. Men 100 freestyle
36. Women 100 freestyle
37. Mixed 4 x 50 medley relay
38. Dash for cash - backstroke

### **Open Water Swim - Island lake**

### **Awards Ceremony Function**



Dive into paradise  
**OPEN WATER SWIM**



Island Lake in Wilderness is the perfect venue for the open water swimming event. Nestled within the Wilderness National Park, this pristine freshwater lake offers clean waters that are ideal for competitive swimming. The surrounding natural beauty enhances the experience, providing a scenic and tranquil setting for both participants and spectators. The lake's accessibility, with ample parking and nearby facilities, ensures a seamless and enjoyable event. Additionally, the mild climate and protected waters of Island Lake create optimal conditions for a safe and exhilarating open water competition.

The open water event kicks off on Saturday, 14 March, at 2:30pm.

Please note: there will be **no** open water relay event this year.



let's have fun...

## **SOCIAL EVENTS**

### **Opening Ceremony**

Join us on Wednesday, 11 March, after the morning session for our Opening Ceremony, where we'll officially kick off the 2026 SAMS Championships!

### **Happy Hour**

Celebrate with us on Thursday, 12 March at Kingswood Golf Estate. Enjoy festive live music, delicious meals and bar service looking out onto our majestic mountains!

### **Awards Evening**

The Awards Dinner will be held on Saturday 14 March at the Outeniqua Transport Museum. Don your bow ties, pearls and dancing shoes and join us in celebrating the incredible achievements of our swimmers at the railway themed evening - 'All Aboard 1940s'.



let's go the extra mile...

# Accommodation Suggestions

Special rates have been  
negotiated and can be  
booked via **0823390161**

- **Pine Lodge**
- **Protea King George Hotel**
- **Town Lodge**



\*\* FEMS RATE APPLIES ONLY IF BOOKED THROUGH FEMS.

\*\* DATES BEING HELD AT EACH ACCOMMODATION

PROVIDER: in 10 out 15 March 2026

\*\* ALL ACCOMMODATION OPTIONS MUST BE BOOKED BY  
30 NOVEMBER 2025 TO SECURE THE RATES OFFERED.

enjoy our beautiful area...

## Things to do:

- Sea swimming or beach walks on various pristine beaches
- Ride the Outeniqua Power Van — scenic railbus through the mountains
- Stroll the Garden Route Botanical Garden (native flora, trails, picnic spots)
- Pick strawberries / enjoy family fun at Redberry Farm (hedge maze, pony rides, mini-train)
- Drive or cycle the Seven Passes Road (scenic historic route between George and Knysna)
- Relax or surf at Victoria Bay (Vic Bay) (small coastal cove)
- Visit George Museum (local history, timber industry, art)
- Explore Herold Wines / Wine tasting in the George area
- Go quad biking or other outdoor adventure (4x4, abseiling, etc.) in the surrounds
- Walk / hike in Outeniqua Nature Reserve / mountain trails (horses, birding, nature)
- Go paragliding, mountain biking, birding, golfing, and much more...



11-14 March  
2026



Dive into paradise

GEORGE  
WILDERNESS  
UNIONDALE

GEORGE  naturally   
 