

CTA QT MEET 4

2026/2027 | LEVEL 2 & ABOVE

5 September 2026

UWC Swimming Pool, Bellville, Cape Town

Long Course | Mixed timed finals

21

SWIMMERS

67

ENTRIES

2

SESSIONS

IMPORTANT V1 UPDATE

SESSION 2 STARTS AT 14:00



LIVE EVENT PAGE

Scan for updated reports and club communications

One guide. Everything parents need.

UPDATED SESSION TIME

Use 14:00 for Session 2 - confirmed in V1 dated 26 August 2026.

SESSION 1

08:00-13:43

857 entries | 89 heats

SESSION 2

14:00-18:55

916 entries | 95 heats

VENUE

UWC Swimming Pool, Bellville, Cape Town
Long Course

ARRIVAL AND WARM-UP

Session 1: Arrive 06:30 | Warm-up 06:45

Session 2: Arrive 12:30 | Warm-up 12:45

HOW TO USE THE GUIDE

QUICK LINK	WHAT IT MEANS
Pages 5-15	Find each swimmer's personal race card, events, seeds, heat/lane and psych-sheet position.
Pages 16-19	Follow the Cybersmart race order event by event.
H/L	Heat/Lane from the official Entry List.
Psych #	Printed seed-list position in the Psych Sheet. It is not a result or prediction.
NT	No seed time is recorded in the official reports.

The complete programme at a glance

SESSION 1 | 08:00 AM - 01:43 PM

EVENT	RACE	FIELD	HEATS	BEGINS	CYBE
#101	50 Breaststroke	244	25	08:00 AM	21
#102	1500 Freestyle	21	3	08:39 AM	5
#103	100 Freestyle	277	28	09:54 AM	12
#104	200 IM	191	20	10:53 AM	8
#105	400 Freestyle	124	13	12:12 PM	12

Warm-up swimmer count: 374 | Session total: 857 entries, 89 heats | Heat interval: 45 Seconds / Back +15 Seconds

SESSION 2 | 02:00 PM - 06:55 PM

EVENT	RACE	FIELD	HEATS	BEGINS	CYBE
#201	100 Backstroke	247	25	02:00 PM	0
#202	800 Freestyle	53	6	03:03 PM	9
#203	100 Breaststroke	203	21	04:22 PM	0
#204	200 Freestyle	171	18	05:15 PM	0
#205	50 Butterfly	242	25	06:19 PM	0

Warm-up swimmer count: 376 | Session total: 916 entries, 95 heats | Heat interval: 45 Seconds / Back +15 Seconds

Programme times can move during the day. Swimmers must remain with the team and follow coaches' instructions.

Our meet in numbers

21 SWIMMERS	67 ENTRIES	13/8 FEMALE / MALE	58 SESSION 1	9 SESSION 2
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CYBERSMART ENTRY DISTRIBUTION

#101 50 Breaststroke		21 entries
#102 1500 Freestyle		5 entries 1 NT
#103 100 Freestyle		12 entries
#104 200 IM		8 entries 2 NT
#105 400 Freestyle		12 entries 9 NT
#201 100 Backstroke		0 entries
#202 800 Freestyle		9 entries 3 NT
#203 100 Breaststroke		0 entries
#204 200 Freestyle		0 entries
#205 50 Butterfly		0 entries

Team pattern: all 21 Cybersmart swimmers race the 50m Breaststroke. The club has entries in six of the ten events; there are no Cybersmart entries in #201, #203, #204 or #205.

Race cards 1-2 of 21

Faye Bowring

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	6/1	54,02	46
#104 200 IM	1	10:53 AM	2/2	NT	21
#105 400 Free	1	12:12 PM	2/6	NT	28

Official entry source page 19 | NT = no time

Sophie Chong

Age 12 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	16/10	44,55	145
#102 1500 Free	1	08:39 AM	2/6	22:41,18	10
#202 800 Free	2	03:03 PM	3/3	13:08,85	19

Official entry source page 19 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 3-4 of 21

Melody Coetzee

Age 12 | F | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	10/4	48,49	93
#103 100 Free	1	09:54 AM	14/9	1:18,06	130
#104 200 IM	1	10:53 AM	11/6	3:06,84	100
#202 800 Free	2	03:03 PM	2/2	NT	16

Official entry source page 19 | NT = no time

Luci Court

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	4/1	57,72	26
#104 200 IM	1	10:53 AM	2/7	NT	20
#105 400 Free	1	12:12 PM	3/2	NT	24

Official entry source page 19 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 5-6 of 21

Kirsten Cupido

Age 13 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	18/8	42,59	169
#102 1500 Free	1	08:39 AM	2/5	22:18,37	11
#202 800 Free	2	03:03 PM	4/6	11:10,64	32

Official entry source page 19 | NT = no time

Ella De Nobrega

Age 12 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	6/5	53,05	54
#104 200 IM	1	10:53 AM	6/2	3:37,99	45
#105 400 Free	1	12:12 PM	4/10	NT	31

Official entry source page 19 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 7-8 of 21

Tinashe Dembaremba

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	8/1	52,37	66
#103 100 Free	1	09:54 AM	6/9	1:31,38	50
#105 400 Free	1	12:12 PM	2/7	NT	26

Official entry source page 19 | NT = no time

Katja Kimani

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	20/1	41,67	186
#102 1500 Free	1	08:39 AM	1/4	NT	7
#202 800 Free	2	03:03 PM	4/2	11:40,81	27

Official entry source page 19 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 9-10 of 21

Nazrin Klink

Age 10 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	4/9	57,63	27
#103 100 Free	1	09:54 AM	3/4	1:42,30	25
#105 400 Free	1	12:12 PM	1/5	NT	30

Official entry source page 19 | NT = no time

Tyrese Klink

Age 14 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	15/3	44,81	140
#103 100 Free	1	09:54 AM	20/6	1:10,36	196
#104 200 IM	1	10:53 AM	9/4	3:15,02	79

Official entry source page 19 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 11-12 of 21

Zara Lockitch

Age 14 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	14/8	45,34	129
#102 1500 Free	1	08:39 AM	3/1	20:55,16	13
#202 800 Free	2	03:03 PM	5/7	10:42,27	40

Official entry source page 19 | NT = no time

You-Rong N Lu

Age 12 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	9/7	49,94	81
#103 100 Free	1	09:54 AM	11/9	1:22,44	100
#105 400 Free	1	12:12 PM	3/6	NT	25

Official entry source page 19 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 13-14 of 21

Iyla Mesaïs

Age 13 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	11/9	48,00	97
#103 100 Free	1	09:54 AM	7/6	1:28,07	66
#105 400 Free	1	12:12 PM	4/7	NT	23

Official entry source page 19 | NT = no time

Ethan Morrison

Age 11 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	4/7	56,37	31
#103 100 Free	1	09:54 AM	10/4	1:23,34	95
#105 400 Free	1	12:12 PM	2/3	NT	29

Official entry source page 19 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 15-16 of 21

Connor November

Age 12 | M | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	11/3	47,59	100
#103 100 Free	1	09:54 AM	14/8	1:17,58	132
#105 400 Free	1	12:12 PM	8/10	5:56,00	65
#202 800 Free	2	03:03 PM	2/10	NT	18

Official entry source page 20 | NT = no time

Cara Visser

Age 16 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	19/9	42,03	177
#103 100 Free	1	09:54 AM	27/4	1:01,62	265
#104 200 IM	1	10:53 AM	18/5	2:36,19	171

Official entry source page 20 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 17-18 of 21

Gabriel J Witten

Age 13 | M | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	9/10	50,92	75
#104 200 IM	1	10:53 AM	9/1	3:20,74	73
#105 400 Free	1	12:12 PM	8/1	5:54,62	66
#202 800 Free	2	03:03 PM	3/5	12:10,19	23

Official entry source page 20 | NT = no time

Hannah Witten

Age 18 | F | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	22/4	38,11	212
#103 100 Free	1	09:54 AM	23/8	1:07,64	222
#105 400 Free	1	12:12 PM	11/8	5:14,82	99
#202 800 Free	2	03:03 PM	3/2	NT	17

Official entry source page 20 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 19-20 of 21

Connor Woodrup

Age 12 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	14/9	45,44	127
#102 1500 Free	1	08:39 AM	3/10	22:00,78	12
#202 800 Free	2	03:03 PM	4/7	11:13,05	30

Official entry source page 20 | NT = no time

Bo-Lin Wu

Age 12 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	7/9	52,97	57
#103 100 Free	1	09:54 AM	4/6	1:35,32	36
#105 400 Free	1	12:12 PM	3/7	NT	27

Official entry source page 20 | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 21-21 of 21

Hanwen Zhang

Age 11 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #
#101 50 Breast	1	08:00 AM	14/7	45,26	131
#103 100 Free	1	09:54 AM	6/10	1:32,43	48
#104 200 IM	1	10:53 AM	8/2	3:23,78	65

Official entry source page 20 | NT = no time

Session 1 race order - 50m Breaststroke

#101 50 Breaststroke - 08:00 AM - 21 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #
4/1	Luci Court	11 F	57,72	26
4/7	Ethan Morrison	11 M	56,37	31
4/9	Nazrin Klink	10 F	57,63	27
6/1	Faye Bowring	11 F	54,02	46
6/5	Ella De Nobrega	12 F	53,05	54
7/9	Bo-Lin Wu	12 M	52,97	57
8/1	Tinashe Dembaremba	11 F	52,37	66
9/7	You-Rong N Lu	12 M	49,94	81
9/10	Gabriel J Witten	13 M	50,92	75
10/4	Melody Coetzee	12 F	48,49	93
11/3	Connor November	12 M	47,59	100
11/9	Iyla Mesais	13 F	48,00	97
14/7	Hanwen Zhang	11 M	45,26	131
14/8	Zara Lockitch	14 F	45,34	129
14/9	Connor Woodrup	12 M	45,44	127
15/3	Tyrese Klink	14 M	44,81	140
16/10	Sophie Chong	12 F	44,55	145
18/8	Kirsten Cupido	13 F	42,59	169
19/9	Cara Visser	16 F	42,03	177
20/1	Katja Kimani	11 F	41,67	186
22/4	Hannah Witten	18 F	38,11	212

Session 1 race order - distance and freestyle

#102 1500 Freestyle - 08:39 AM - 5 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #
1/4	Katja Kimani	11 F	NT	7
2/5	Kirsten Cupido	13 F	22:18,37	11
2/6	Sophie Chong	12 F	22:41,18	10
3/1	Zara Lockitch	14 F	20:55,16	13
3/10	Connor Woodrup	12 M	22:00,78	12

#103 100 Freestyle - 09:54 AM - 12 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #
3/4	Nazrin Klink	10 F	1:42,30	25
4/6	Bo-Lin Wu	12 M	1:35,32	36
6/9	Tinashe Dembaremba	11 F	1:31,38	50
6/10	Hanwen Zhang	11 M	1:32,43	48
7/6	Iyla Mesais	13 F	1:28,07	66
10/4	Ethan Morrison	11 M	1:23,34	95
11/9	You-Rong N Lu	12 M	1:22,44	100
14/8	Connor November	12 M	1:17,58	132
14/9	Melody Coetzee	12 F	1:18,06	130
20/6	Tyrese Klink	14 M	1:10,36	196
23/8	Hannah Witten	18 F	1:07,64	222
27/4	Cara Visser	16 F	1:01,62	265

Session 1 race order - IM and 400m Freestyle

#104 200 IM - 10:53 AM - 8 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #
2/2	Faye Bowring	11 F	NT	21
2/7	Luci Court	11 F	NT	20
6/2	Ella De Nobrega	12 F	3:37,99	45
8/2	Hanwen Zhang	11 M	3:23,78	65
9/1	Gabriel J Witten	13 M	3:20,74	73
9/4	Tyrese Klink	14 M	3:15,02	79
11/6	Melody Coetzee	12 F	3:06,84	100
18/5	Cara Visser	16 F	2:36,19	171

#105 400 Freestyle - 12:12 PM - 12 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #
1/5	Nazrin Klink	10 F	NT	30
2/3	Ethan Morrison	11 M	NT	29
2/6	Faye Bowring	11 F	NT	28
2/7	Tinashe Dembaremba	11 F	NT	26
3/2	Luci Court	11 F	NT	24
3/6	You-Rong N Lu	12 M	NT	25
3/7	Bo-Lin Wu	12 M	NT	27
4/7	Iyla Mesais	13 F	NT	23
4/10	Ella De Nobrega	12 F	NT	31
8/1	Gabriel J Witten	13 M	5:54,62	66
8/10	Connor November	12 M	5:56,00	65
11/8	Hannah Witten	18 F	5:14,82	99

Session 2 race order - 800m Freestyle

#202 800 Freestyle - 03:03 PM - 9 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #
2/2	Melody Coetzee	12 F	NT	16
2/10	Connor November	12 M	NT	18
3/2	Hannah Witten	18 F	NT	17
3/3	Sophie Chong	12 F	13:08,85	19
3/5	Gabriel J Witten	13 M	12:10,19	23
4/2	Katja Kimani	11 F	11:40,81	27
4/6	Kirsten Cupido	13 F	11:10,64	32
4/7	Connor Woodrup	12 M	11:13,05	30
5/7	Zara Lockitch	14 F	10:42,27	40

No Cybersmart entries in #201 100m Backstroke, #203 100m Breaststroke, #204 200m Freestyle or #205 50m Butterfly.