



**CYBERSMART
AQUATICS**

YOUR TEAM. YOUR RACES. YOUR TARGETS.

CTA QT MEET 5

GALA GUIDE | 2026/2027

SATURDAY 17 OCTOBER 2026

University of the Western Cape (UWC)
Long course (50m) | Level 2 & above

20 SWIMMERS / 94 ENTRIES / SATURDAY ONLY

Revised timetable + new heat and lane allocations

Personal race cards with qualification targets

Arrive 06:30 | Warm-up 06:45 | Racing 08:00

Please arrive on time to secure our team seats in the stands.

TAP HERE TO FIND YOUR SWIMMER

Version 5 | Updated 8 October 2026

Your Saturday plan

Club arrival and warm-up confirmed. This replaces Version 4.

SATURDAY ONLY FOR CYBERSMART

17 October 2026 | UWC Swimming Pool

Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Please arrive on time so we can secure our team seats in the stands.

Session detail	Latest information
Estimated finish	17:45 - revised from 16:55
Break	30 minutes after #104 (200 IM)
Club events	#101-106 and #201 - all Saturday
Team arrival / warm-up	06:30 arrival / 06:45 warm-up
Heat / lane / psych list	Updated for every club entry
Officials / timekeeping	Await official duty list

SAME CLUB ENTRIES. UPDATED RACING DETAILS.

All 94 swimmer-event entries and seed times match Version 3. The revised reports supply heats, lanes and psych-list positions. Later event starts and the estimated finish have moved.

Allow for a longer day. Published event times are estimates for the first heat, not your individual race time or a guaranteed departure time.

Check the latest booklet and gala-group updates before travelling. Allocations may change if CTA reseeds the meet.

Find your swimmer

All listed races are on Saturday 17 October.

Faye Bowring Level 2 4 races p6	You-Rong N Lu Level 2 4 races p16
Sophie Chong SANJ 4 races p7	Ethan Morrison Level 2 4 races p17
Melody Coetzee Level 3 5 races p8	Connor November Level 3 5 races p18
Luci Court Level 2 4 races p9	Lucy Poole Level 2 5 races p19
Kirsten Cupido SANJ 4 races p10	Cara Visser Senior 4 races p20
Ella De Nobrega Level 2 5 races p11	Gabriel J Witten Level 2 5 races p21
Tinashe Dembaremba Level 2 5 races p12	Hannah Witten Youth 5 races p22
Katja Kimani SANJ 5 races p13	Connor Woodrup SANJ 6 races p23
Nazrin Klink Level 2 4 races p14	Bo-Lin Wu Level 2 6 races p24
Zara Lockitch SANJ 6 races p15	Hanwen Zhang Level 2 4 races p25

94 entries accounted for
50 improvement gaps | 11 seeds inside target
19 NT with a target | 9 no direct 50m QT
5 no published QT at the retained level

These are seed comparisons, not qualification counts. Historical and course-check flags remain important.

Read your race card

Racing details and qualification comparisons in one place.

Label	Meaning
Heat / Lane	Latest allocations from the 8 October revised entry list.
Psych #	Position on the published psych list; not a competitive ranking or placing.
Improve 2.35s	Listed seed is 2.35 seconds slower than the selected LC target.
0.00s needed	Seed is inside target; full eligibility still needs checking.
NT / no QT	No entry time means no gap. Some events have no direct/published QT at the target level.

SEED EVIDENCE: P AND C FLAGS

P = pre-1 May 2026. Historical seed, outside the current qualifying window.

C = course needs checking. Earlier club report marked this seed L but named an SC source meet; the LC basis/conversion is not independently verified.

The revised psych sheet lists LC events. Seeds are used exactly as published: **no further conversion**. Dates and P/C flags are retained only where swimmer, event and seed match the earlier club report.

Targets retain the approved levels and use each swimmer's age on the first day of their target championship. DOBs are not published. Improvement = seed minus QT, floored at zero.

These are planning comparisons, not certified PBs or proof of complete championship eligibility. Tap a race to see teammates in heat/lane order.

Saturday race order

Session 1 | 17 October 2026 | UWC | Starts 08:00

Event	Est. start*	CYBE races
#101 200 Backstroke	08:00	20
#102 50 Butterfly	09:53	16
#103 100 Freestyle	10:37	16
#104 200 IM	11:59	17
30-minute break	-	-
#105 50 Breaststroke	14:07	6
#106 400 Freestyle	14:53	10
#201 200 Breaststroke	16:09	9

Revised estimated finish: 17:45.

All 94 club entries fall within this Saturday programme.

EVENT #201 REMAINS ON SATURDAY

The event number prefix does not determine the racing day. 200 Breaststroke (#201) is in Saturday Session 1, with its first heat estimated at 16:09.

*Estimates from the revised 8 October report. Your heat may race later than the event start; no individual race-time estimate is implied. Tap an event for the club list.

Faye Bowring

Gala age 11 | 4 races | Saturday 17 October
Target: Level 2 | Women 12 | Championship age 12

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 4 / Lane 1 Est. 08:00* Psych #5	NT	3:36.11	NT - no gap
#102 50 Fly Heat 2 / Lane 4 Est. 09:53* Psych #4	NT	44.01	NT - no gap
#103 100 Free Heat 2 / Lane 4 Est. 10:37* Psych #2	NT	1:21.23	NT - no gap
#104 200 IM Heat 3 / Lane 3 Est. 11:59* Psych #5	NT	3:30.20	NT - no gap

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position.
Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p33.

Sophie Chong

Gala age 12 | 4 races | Saturday 17 October
Target: **SANJ** | Women 12 & under | Championship age 12

Target championship: 8-12 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 18 / Lane 9 Est. 08:00* Psych #149	3:01.62 16 Jul 26 [C]	2:44.43	Improve 17.19s
#102 50 Fly Heat 18 / Lane 2 Est. 09:53* Psych #151	37.75 16 Jul 26 [C]	-	No direct 50m QT
#103 100 Free Heat 23 / Lane 7 Est. 10:37* Psych #196	1:13.54 16 Jul 26 [C]	1:07.98	Improve 5.56s
#104 200 IM Heat 16 / Lane 9 Est. 11:59* Psych #132	3:05.74 09 Apr 26 [P]	2:49.20	Improve 16.54s

P: pre-1 May 2026 seed; not current-season qualifying evidence.
C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.

50m races have no standalone QT at this level. The sprint eligibility rules and database-time requirement still apply.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p35.

Melody Coetzee

Gala age 13 | 5 races | Saturday 17 October
Target: Level 3 | Women 13 | Championship age 13

Target championship: 31 March-3 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 16 / Lane 5 Est. 08:00* Psych #138	3:03.97 16 Jul 26 [C]	2:56.43	Improve 7.54s
#103 100 Free Heat 19 / Lane 1 Est. 10:37* Psych #155	1:18.06 16 Jul 26 [C]	1:10.18	Improve 7.88s
#105 50 Breast Heat 14 / Lane 2 Est. 14:07* Psych #120	48.49 13 Jun 26	-	No direct 50m QT
#106 400 Free Heat 6 / Lane 7 Est. 14:53* Psych #43	5:53.38 16 Jul 26 [C]	5:17.83	Improve 35.55s
#201 200 Breast Heat 11 / Lane 7 Est. 16:09* Psych #88	3:39.75 16 Jul 26 [C]	3:17.07	Improve 22.68s

C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.

50m races have no standalone QT at this level. The sprint eligibility rules and database-time requirement still apply.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p34.

Luci Court

Gala age 11 | 4 races | Saturday 17 October
Target: Level 2 | Women 11 | Championship age 11

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 4 / Lane 2 Est. 08:00* Psych #1	NT	3:49.73	NT - no gap
#102 50 Fly Heat 2 / Lane 2 Est. 09:53* Psych #1	NT	50.09	NT - no gap
#103 100 Free Heat 2 / Lane 8 Est. 10:37* Psych #1	NT	1:26.18	NT - no gap
#104 200 IM Heat 3 / Lane 9 Est. 11:59* Psych #1	NT	3:40.94	NT - no gap

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position.
Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p33.

Kirsten Cupido

Gala age 13 | 4 races | Saturday 17 October
Target: **SANJ** | Women 14 | Championship age 14

Target championship: 8-12 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 23 / Lane 1 Est. 08:00* Psych #193	2:45.32 16 Jul 26 [C]	2:36.19	Improve 9.13s
#102 50 Fly Heat 24 / Lane 6 Est. 09:53* Psych #210	32.43 21 Mar 26 [P]	-	No direct 50m QT
#103 100 Free Heat 33 / Lane 1 Est. 10:37* Psych #281	1:06.42 16 Jul 26 [C]	1:05.15	Improve 1.27s
#104 200 IM Heat 21 / Lane 9 Est. 11:59* Psych #177	2:45.73 16 Jul 26 [C]	2:38.37	Improve 7.36s

P: pre-1 May 2026 seed; not current-season qualifying evidence.
C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.

50m races have no standalone QT at this level. The sprint eligibility rules and database-time requirement still apply.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p35.

Ella De Nobrega

Gala age 12 | 5 races | Saturday 17 October
Target: Level 2 | Women 13 | Championship age 13

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 10 / Lane 7 Est. 08:00* Psych #81	3:30.34 25 Jul 26	3:22.76	Improve 7.58s
#102 50 Fly Heat 9 / Lane 7 Est. 09:53* Psych #73	47.51 11 Apr 26 [P]	40.11	Improve 7.40s
#104 200 IM Heat 8 / Lane 7 Est. 11:59* Psych #64	3:37.99 28 Feb 26 [P]	3:17.35	Improve 20.64s
#106 400 Free Heat 2 / Lane 5 Est. 14:53* Psych #4	NT	-	No published QT
#201 200 Breast Heat 7 / Lane 6 Est. 16:09* Psych #54	3:58.03 25 Jul 26	3:58.84	0.00s needed 0.81s inside target

P: pre-1 May 2026 seed; not current-season qualifying evidence.

No published QT does not imply automatic eligibility or that the target meet offers this event.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p33.

Tinashe Dembaremba

Gala age 12 | 5 races | Saturday 17 October
Target: Level 2 | Women 12 | Championship age 12

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 5 / Lane 7 Est. 08:00* Psych #3	NT	3:36.11	NT - no gap
#102 50 Fly Heat 3 / Lane 8 Est. 09:53* Psych #2	NT	44.01	NT - no gap
#104 200 IM Heat 3 / Lane 4 Est. 11:59* Psych #3	NT	3:30.20	NT - no gap
#106 400 Free Heat 2 / Lane 4 Est. 14:53* Psych #2	NT	-	No published QT
#201 200 Breast Heat 2 / Lane 5 Est. 16:09* Psych #1	NT	4:07.33	NT - no gap

No published QT does not imply automatic eligibility or that the target meet offers this event.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p33.

Katja Kimani

Gala age 12 | 5 races | Saturday 17 October
Target: **SANJ** | Women 12 & under | Championship age 12

Target championship: 8-12 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 22 / Lane 3 Est. 08:00* Psych #188	2:46.09 16 Jul 26 [C]	2:44.43	Improve 1.66s
#102 50 Fly Heat 22 / Lane 2 Est. 09:53* Psych #187	34.86 16 Jul 26 [C]	-	No direct 50m QT
#103 100 Free Heat 29 / Lane 4 Est. 10:37* Psych #251	1:08.29 16 Jul 26 [C]	1:07.98	Improve 0.31s
#105 50 Breast Heat 22 / Lane 5 Est. 14:07* Psych #198	41.67 09 Apr 26 [P]	-	No direct 50m QT
#106 400 Free Heat 8 / Lane 5 Est. 14:53* Psych #64	5:17.42 16 Jul 26 [C]	5:07.89	Improve 9.53s

P: pre-1 May 2026 seed; not current-season qualifying evidence.
C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.

50m races have no standalone QT at this level. The sprint eligibility rules and database-time requirement still apply.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p35.

Nazrin Klink

Gala age 10 | 4 races | Saturday 17 October
Target: Level 2 | Women 11 | Championship age 11

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 7 / Lane 6 Est. 08:00* Psych #56	3:52.39 06 Jun 26	3:49.73	Improve 2.66s
#102 50 Fly Heat 11 / Lane 9 Est. 09:53* Psych #87	44.93 11 Apr 26 [P]	50.09	Seed inside QT New-season swim needed
#103 100 Free Heat 5 / Lane 9 Est. 10:37* Psych #30	1:42.30 28 Feb 26 [P]	1:26.18	Improve 16.12s
#104 200 IM Heat 7 / Lane 8 Est. 11:59* Psych #53	3:47.04 13 Jun 26	3:40.94	Improve 6.10s

P: pre-1 May 2026 seed; not current-season qualifying evidence.
Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position.
Allocations may change.
Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p33.

Zara Lockitch

Gala age 14 | 6 races | Saturday 17 October
Target: **SANJ** | Women 14 | Championship age 14

Target championship: 8-12 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 21 / Lane 6 Est. 08:00* Psych #182	2:48.11 21 Mar 26 [P]	2:36.19	Improve 11.92s
#102 50 Fly Heat 20 / Lane 6 Est. 09:53* Psych #174	36.08 21 Mar 26 [P]	-	No direct 50m QT
#103 100 Free Heat 28 / Lane 6 Est. 10:37* Psych #243	1:08.84 14 Feb 26 [P]	1:05.15	Improve 3.69s
#104 200 IM Heat 20 / Lane 2 Est. 11:59* Psych #169	2:49.60 21 Mar 26 [P]	2:38.37	Improve 11.23s
#105 50 Breast Heat 18 / Lane 4 Est. 14:07* Psych #159	45.34 23 Aug 25 [P]	-	No direct 50m QT
#106 400 Free Heat 9 / Lane 6 Est. 14:53* Psych #72	5:08.53 16 Jul 26 [C]	4:55.04	Improve 13.49s

P: pre-1 May 2026 seed; not current-season qualifying evidence.
C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.

50m races have no standalone QT at this level. The sprint eligibility rules and database-time requirement still apply.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p35.

You-Rong N Lu

Gala age 12 | 4 races | Saturday 17 October
Target: Level 2 | Men 13 | Championship age 13

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 5 / Lane 3 Est. 08:00* Psych #2	NT	3:31.11	NT - no gap
#102 50 Fly Heat 5 / Lane 6 Est. 09:53* Psych #39	53.20 11 Jul 26	39.52	Improve 13.68s
#103 100 Free Heat 15 / Lane 3 Est. 10:37* Psych #123	1:22.44 27 Jun 26	1:12.51	Improve 9.93s
#104 200 IM Heat 3 / Lane 6 Est. 11:59* Psych #2	NT	3:03.96	NT - no gap

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position.
Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p33.

Ethan Morrison

Gala age 11 | 4 races | Saturday 17 October
Target: Level 2 | Men 12 | Championship age 12

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 12 / Lane 3 Est. 08:00* Psych #98	3:22.04 25 Jul 26	3:41.50	0.00s needed 19.46s inside target
#102 50 Fly Heat 2 / Lane 6 Est. 09:53* Psych #5	NT	45.28	NT - no gap
#103 100 Free Heat 12 / Lane 8 Est. 10:37* Psych #95	1:25.35 27 Jun 26	1:18.95	Improve 6.40s
#104 200 IM Heat 3 / Lane 8 Est. 11:59* Psych #6	NT	3:23.04	NT - no gap

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position.
Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p33.

Connor November

Gala age 13 | 5 races | Saturday 17 October
Target: **Level 3** | Men 13 | Championship age 13

Target championship: 31 March-3 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 16 / Lane 1 Est. 08:00* Psych #130	3:06.57 25 Jul 26	2:47.18	Improve 19.39s
#103 100 Free Heat 19 / Lane 3 Est. 10:37* Psych #159	1:17.58 25 Jul 26	1:08.55	Improve 9.03s
#104 200 IM Heat 16 / Lane 8 Est. 11:59* Psych #134	3:05.40 13 Jun 26	2:48.33	Improve 17.07s
#106 400 Free Heat 6 / Lane 8 Est. 14:53* Psych #41	5:56.00 06 Jun 26	5:25.00	Improve 31.00s
#201 200 Breast Heat 13 / Lane 2 Est. 16:09* Psych #103	3:34.26 25 Jul 26	3:24.50	Improve 9.76s

50m races have no standalone QT at this level. The sprint eligibility rules and database-time requirement still apply.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p26. Seed dates: prior matching club report. SSA v3 p34.

Lucy Poole

Gala age 11 | 5 races | Saturday 17 October
Target: **Level 2** | Women 12 | Championship age 12

Target championship: 5-7 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 11 / Lane 3 Est. 08:00* Psych #89	3:26.16 25 Jul 26	3:36.11	0.00s needed 9.95s inside target
#103 100 Free Heat 12 / Lane 3 Est. 10:37* Psych #96	1:25.14 06 Mar 26 [P]	1:21.23	Improve 3.91s
#104 200 IM Heat 10 / Lane 4 Est. 11:59* Psych #83	3:25.70 06 Mar 26 [P]	3:30.20	Seed inside QT New-season swim needed
#106 400 Free Heat 2 / Lane 2 Est. 14:53* Psych #1	NT	-	No published QT
#201 200 Breast Heat 6 / Lane 1 Est. 16:09* Psych #38	4:07.70 25 Jul 26	4:07.33	Improve 0.37s

P: pre-1 May 2026 seed; not current-season qualifying evidence.

No published QT does not imply automatic eligibility or that the target meet offers this event.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p27. Seed dates: prior matching club report. SSA v3 p33.

Cara Visser

Gala age 16 | 4 races | Saturday 17 October
Target: **Senior Nationals** | Women Open | Championship age 17

Target championship: 14-18 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 26 / Lane 1 Est. 08:00* Psych #220	2:34.39 16 Jul 26 [C]	2:24.02	Improve 10.37s
#102 50 Fly Heat 27 / Lane 8 Est. 09:53* Psych #233	30.79 21 Mar 26 [P]	28.57	Improve 2.22s
#103 100 Free Heat 37 / Lane 8 Est. 10:37* Psych #320	1:01.62 21 Mar 26 [P]	59.84	Improve 1.78s
#104 200 IM Heat 23 / Lane 6 Est. 11:59* Psych #201	2:36.19 04 Dec 25 [P]	2:27.01	Improve 9.18s

P: pre-1 May 2026 seed; not current-season qualifying evidence.
C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.
Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position.
Allocations may change.
Entries: revised 8 Oct p27. Seed dates: prior matching club report. SSA v3 p26.

Gabriel J Witten

Gala age 13 | 5 races | Saturday 17 October
Target: Level 2 | Men 14 | Championship age 14

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 14 / Lane 8 Est. 08:00* Psych #115	3:15.18 06 Jun 26	3:22.03	0.00s needed 6.85s inside target
#102 50 Fly Heat 11 / Lane 5 Est. 09:53* Psych #94	43.62 17 Jan 26 [P]	36.19	Improve 7.43s
#104 200 IM Heat 12 / Lane 2 Est. 11:59* Psych #97	3:20.74 17 Jan 26 [P]	2:55.30	Improve 25.44s
#106 400 Free Heat 6 / Lane 3 Est. 14:53* Psych #42	5:54.62 06 Jun 26	-	No published QT
#201 200 Breast Heat 11 / Lane 1 Est. 16:09* Psych #83	3:44.44 25 Jul 26	3:48.78	0.00s needed 4.34s inside target

P: pre-1 May 2026 seed; not current-season qualifying evidence.

No published QT does not imply automatic eligibility or that the target meet offers this event.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p27. Seed dates: prior matching club report. SSA v3 p33.

Hannah Witten

Gala age 19 | 5 races | Saturday 17 October
Target: Youth Nationals | Women 17-25 | Championship age 19

Target championship: 20-22 March 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 18 / Lane 3 Est. 08:00* Psych #152	2:58.56 06 Jun 26	2:40.69	Improve 17.87s
#103 100 Free Heat 31 / Lane 2 Est. 10:37* Psych #265	1:07.64 16 Jul 26 [C]	1:07.47	Improve 0.17s
#104 200 IM Heat 21 / Lane 4 Est. 11:59* Psych #182	2:44.58 16 Jul 26 [C]	2:44.03	Improve 0.55s
#105 50 Breast Heat 27 / Lane 2 Est. 14:07* Psych #237	38.11 18 Mar 26 [P]	38.05	Improve 0.06s
#201 200 Breast Heat 21 / Lane 4 Est. 16:09* Psych #179	2:53.38 18 Mar 26 [P]	2:59.49	Seed inside QT New-season swim needed

P: pre-1 May 2026 seed; not current-season qualifying evidence.
C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.
Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position.
Allocations may change.

Entries: revised 8 Oct p27. Seed dates: prior matching club report. SSA v3 p25.

Connor Woodrup

Gala age 12 | 6 races | Saturday 17 October
Target: **SANJ** | Men 13 | Championship age 13

Target championship: 8-12 April 2027
Arrival **06:30** | Warm-up **06:45** | Racing **08:00**

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 23 / Lane 2 Est. 08:00* Psych #195	2:44.97 16 Jul 26 [C]	2:35.89	Improve 9.08s
#102 50 Fly Heat 16 / Lane 6 Est. 09:53* Psych #138	38.73 09 Apr 26 [P]	-	No direct 50m QT
#103 100 Free Heat 29 / Lane 5 Est. 10:37* Psych #252	1:08.28 16 Jul 26 [C]	1:02.45	Improve 5.83s
#105 50 Breast Heat 18 / Lane 1 Est. 14:07* Psych #154	45.79 06 Jun 26	-	No direct 50m QT
#106 400 Free Heat 9 / Lane 4 Est. 14:53* Psych #71	5:09.62 16 Jul 26 [C]	4:56.08	Improve 13.54s
#201 200 Breast Heat 12 / Lane 9 Est. 16:09* Psych #93	3:38.94 09 Apr 26 [P]	2:58.05	Improve 40.89s

P: pre-1 May 2026 seed; not current-season qualifying evidence.
C: earlier seed source names an SC meet; verify the LC basis/conversion before using it as qualifying evidence.

50m races have no standalone QT at this level. The sprint eligibility rules and database-time requirement still apply.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p27. Seed dates: prior matching club report. SSA v3 p35.

Bo-Lin Wu

Gala age 12 | 6 races | Saturday 17 October
Target: Level 2 | Men 13 | Championship age 13

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 13 / Lane 7 Est. 08:00* Psych #108	3:18.91 25 Jul 26	3:31.11	0.00s needed 12.20s inside target
#102 50 Fly Heat 10 / Lane 1 Est. 09:53* Psych #77	47.08 11 Jul 26	39.52	Improve 7.56s
#104 200 IM Heat 3 / Lane 7 Est. 11:59* Psych #4	NT	3:03.96	NT - no gap
#105 50 Breast Heat 8 / Lane 9 Est. 14:07* Psych #65	52.97 27 Jun 26	45.79	Improve 7.18s
#106 400 Free Heat 3 / Lane 2 Est. 14:53* Psych #3	NT	-	No published QT
#201 200 Breast Heat 11 / Lane 8 Est. 16:09* Psych #86	3:40.87 25 Jul 26	3:56.69	0.00s needed 15.82s inside target

No published QT does not imply automatic eligibility or that the target meet offers this event.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p27. Seed dates: prior matching club report. SSA v3 p33.

Hanwen Zhang

Gala age 11 | 4 races | Saturday 17 October
Target: Level 2 | Men 11 | Championship age 11

Target championship: 5-7 April 2027
Arrival 06:30 | Warm-up 06:45 | Racing 08:00

Event / allocation	Entry / date	Target QT	Time needed
#101 200 Back Heat 3 / Lane 4 Est. 08:00* Psych #4	NT	3:54.30	NT - no gap
#102 50 Fly Heat 2 / Lane 8 Est. 09:53* Psych #3	NT	50.00	NT - no gap
#103 100 Free Heat 8 / Lane 9 Est. 10:37* Psych #57	1:32.43 06 Mar 26 [P]	1:26.57	Improve 5.86s
#104 200 IM Heat 11 / Lane 8 Est. 11:59* Psych #89	3:23.78 13 Jun 26	3:45.04	0.00s needed 21.26s inside target

P: pre-1 May 2026 seed; not current-season qualifying evidence.

Targets are not proof of eligibility. *Est. event start, not your race time. Psych # is a list position. Allocations may change.

Entries: revised 8 Oct p27. Seed dates: prior matching club report. SSA v3 p33.

Cybersmart event list

In heat/lane order | Latest allocations: revised 8 October report

#101 200 Backstroke

Saturday | Est. event start 08:00 | 20 club entries

Swimmer	Entry	Heat	Lane	Psych #
Hanwen Zhang	NT	3	4	4
Faye Bowring	NT	4	1	5
Luci Court	NT	4	2	1
You-Rong N Lu	NT	5	3	2
Tinashe Dembaremba	NT	5	7	3
Nazrin Klink	3:52.39	7	6	56
Ella De Nobrega	3:30.34	10	7	81
Lucy Poole	3:26.16	11	3	89
Ethan Morrison	3:22.04	12	3	98
Bo-Lin Wu	3:18.91	13	7	108
Gabriel J Witten	3:15.18	14	8	115
Connor November	3:06.57	16	1	130
Melody Coetzee	3:03.97	16	5	138
Hannah Witten	2:58.56	18	3	152
Sophie Chong	3:01.62	18	9	149
Zara Lockitch	2:48.11	21	6	182
Katja Kimani	2:46.09	22	3	188
Kirsten Cupido	2:45.32	23	1	193
Connor Woodrup	2:44.97	23	2	195
Cara Visser	2:34.39	26	1	220

Tap a swimmer for targets and notes. Psych # is a list position, not a ranking. Allocations remain subject to reseeding.

Cybersmart event list

In heat/lane order | Latest allocations: revised 8 October report

#102 50 Butterfly

Saturday | Est. event start 09:53 | 16 club entries

Swimmer	Entry	Heat	Lane	Psych #
Luci Court	NT	2	2	1
Faye Bowring	NT	2	4	4
Ethan Morrison	NT	2	6	5
Hanwen Zhang	NT	2	8	3
Tinashe Dembaremba	NT	3	8	2
You-Rong N Lu	53.20	5	6	39
Ella De Nobrega	47.51	9	7	73
Bo-Lin Wu	47.08	10	1	77
Gabriel J Witten	43.62	11	5	94
Nazrin Klink	44.93	11	9	87
Connor Woodrup	38.73	16	6	138
Sophie Chong	37.75	18	2	151
Zara Lockitch	36.08	20	6	174
Katja Kimani	34.86	22	2	187
Kirsten Cupido	32.43	24	6	210
Cara Visser	30.79	27	8	233

Tap a swimmer for targets and notes. Psych # is a list position, not a ranking. Allocations remain subject to reseeding.

Cybersmart event list

In heat/lane order | Latest allocations: revised 8 October report

#103 100 Freestyle

Saturday | Est. event start 10:37 | 16 club entries

Swimmer	Entry	Heat	Lane	Psych #
Faye Bowring	NT	2	4	2
Luci Court	NT	2	8	1
Nazrin Klink	1:42.30	5	9	30
Hanwen Zhang	1:32.43	8	9	57
Lucy Poole	1:25.14	12	3	96
Ethan Morrison	1:25.35	12	8	95
You-Rong N Lu	1:22.44	15	3	123
Melody Coetzee	1:18.06	19	1	155
Connor November	1:17.58	19	3	159
Sophie Chong	1:13.54	23	7	196
Zara Lockitch	1:08.84	28	6	243
Katja Kimani	1:08.29	29	4	251
Connor Woodrup	1:08.28	29	5	252
Hannah Witten	1:07.64	31	2	265
Kirsten Cupido	1:06.42	33	1	281
Cara Visser	1:01.62	37	8	320

Tap a swimmer for targets and notes. Psych # is a list position, not a ranking. Allocations remain subject to reseeding.

Cybersmart event list

In heat/lane order | Latest allocations: revised 8 October report

#104 200 IM

Saturday | Est. event start 11:59 | 17 club entries

Swimmer	Entry	Heat	Lane	Psych #
Faye Bowring	NT	3	3	5
Tinashe Dembaremba	NT	3	4	3
You-Rong N Lu	NT	3	6	2
Bo-Lin Wu	NT	3	7	4
Ethan Morrison	NT	3	8	6
Luci Court	NT	3	9	1
Nazrin Klink	3:47.04	7	8	53
Ella De Nobrega	3:37.99	8	7	64
Lucy Poole	3:25.70	10	4	83
Hanwen Zhang	3:23.78	11	8	89
Gabriel J Witten	3:20.74	12	2	97
Connor November	3:05.40	16	8	134
Sophie Chong	3:05.74	16	9	132
Zara Lockitch	2:49.60	20	2	169
Hannah Witten	2:44.58	21	4	182
Kirsten Cupido	2:45.73	21	9	177
Cara Visser	2:36.19	23	6	201

Tap a swimmer for targets and notes. Psych # is a list position, not a ranking. Allocations remain subject to reseeding.

Cybersmart event list

In heat/lane order | Latest allocations: revised 8 October report

#105 50 Breaststroke

Saturday | Est. event start 14:07 | 6 club entries

Swimmer	Entry	Heat	Lane	Psych #
Bo-Lin Wu	52.97	8	9	65
Melody Coetzee	48.49	14	2	120
Connor Woodrup	45.79	18	1	154
Zara Lockitch	45.34	18	4	159
Katja Kimani	41.67	22	5	198
Hannah Witten	38.11	27	2	237

Tap a swimmer for targets and notes. Psych # is a list position, not a ranking. Allocations remain subject to reseeding.

Cybersmart event list

In heat/lane order | Latest allocations: revised 8 October report

#106 400 Freestyle

Saturday | Est. event start 14:53 | 10 club entries

Swimmer	Entry	Heat	Lane	Psych #
Lucy Poole	NT	2	2	1
Tinashe Dembaremba	NT	2	4	2
Ella De Nobrega	NT	2	5	4
Bo-Lin Wu	NT	3	2	3
Gabriel J Witten	5:54.62	6	3	42
Melody Coetzee	5:53.38	6	7	43
Connor November	5:56.00	6	8	41
Katja Kimani	5:17.42	8	5	64
Connor Woodrup	5:09.62	9	4	71
Zara Lockitch	5:08.53	9	6	72

Tap a swimmer for targets and notes. Psych # is a list position, not a ranking. Allocations remain subject to reseeding.

Cybersmart event list

In heat/lane order | Latest allocations: revised 8 October report

#201 200 Breaststroke

Saturday | Est. event start 16:09 | 9 club entries

Swimmer	Entry	Heat	Lane	Psych #
Tinashe Dembaremba	NT	2	5	1
Lucy Poole	4:07.70	6	1	38
Ella De Nobrega	3:58.03	7	6	54
Gabriel J Witten	3:44.44	11	1	83
Melody Coetzee	3:39.75	11	7	88
Bo-Lin Wu	3:40.87	11	8	86
Connor Woodrup	3:38.94	12	9	93
Connor November	3:34.26	13	2	103
Hannah Witten	2:53.38	21	4	179

Tap a swimmer for targets and notes. Psych # is a list position, not a ranking. Allocations remain subject to reseeding.

Targets are not eligibility

A useful race target is only one part of the championship-entry checks.

Retained target	Championship dates / age date
Level 2	5-7 April 2027 Age on 05 Apr 2027
Level 3	31 March-3 April 2027 Age on 31 Mar 2027
SANJ	8-12 April 2027 Age on 08 Apr 2027
Youth Nationals	20-22 March 2027 Age on 20 Mar 2027
Senior Nationals	14-18 April 2027 Age on 14 Apr 2027

Current-season evidence: SSA rule 2.7 uses entry times from 1 May 2026. For age-group competitions, rule 2.10 sets the qualification cut-off at 1 March 2027, subject to its concession provisions.

Database and IM requirements still apply. Level 2 / Level 3 need a 200m IM database time as well as a qualifying time; SANJ needs a 200m or 400m IM time as well as a qualifying time. Additional-event and distance-entry rules must also be checked.

A retained target is a comparison choice. This edition does not reclassify swimmers or confirm which championship they may enter. Higher-level qualification, registration, clearance and other applicable requirements remain subject to review.

Use these targets with your coach. Race execution, learning and progress remain important even when an event has no direct QT or no entry seed.

What changed in v5?

8 October 2026 | Club arrival and warm-up instructions added

Source	Used for
Club instructions 8 October	Arrive 06:30 to secure team seats in the stands. Warm-up starts 06:45. Entries, allocations and targets are unchanged from v4.
Revised entry list 8 October / pp26-27	20 swimmers; 94 unchanged events/seeds. New heat/lane allocations for every entry.
Revised psych sheet 8 October / 17 pages	All 94 club entries matched by name, age, sex, event and seed; psych-list positions added.
Revised session report 8 October / 1 page	Same Saturday event order. Later estimates; finish now 17:45.
Prior club entry report 8 October / 5 pages	Venue, DOB verification and seed dates/source-meet cautions for exact matching entries.
Qualifying-times guide Rechecked 8 October	Unchanged. Approved target levels and championship ages retained; all gaps recalculated.

Still to add: officials/timekeeping duties.

No Sunday club entries. No unrelated federation pages are appended. Updated allocations can supersede this edition; always use the latest version.

Qualification sources: SSA v3 pp25-26 and 33-35; age rule 2.8; championship dates pp16, 19, 23, 25-26. The SANJ programme confirms 2027 despite the summary typo. Unused malformed QT cells are excluded.

[Qualifying-times reference](#)

[Official SSA rules](#)