

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 1 1st Day 400 Free

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	100 Men 400 Freestyle	02:00 PM	_____
Finals	101 Women 400 Freestyle	02:00 PM	_____
	Break: 25 Minutes: MEDALS		
Finals	102 Men 4x200 Freestyle Relay	02:25 PM	_____
Finals	103 Women 4x200 Freestyle Relay	02:25 PM	_____
	Break: 1 Minutes: MEDALS		
	Finish Time	02:26 PM	_____

Session: 2 Day2

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	200 Men 100 Backstroke	08:00 AM	_____
Prelims	201 Women 100 Backstroke	08:00 AM	_____
Prelims	204 Men 50 Breaststroke	08:00 AM	_____
Prelims	205 Women 50 Breaststroke	08:00 AM	_____
Prelims	206 Men 200 Freestyle	08:00 AM	_____
Prelims	207 Women 200 Freestyle	08:00 AM	_____
	Finish Time	08:00 AM	_____

Session: 3 Day2 Finals

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	200 Men 100 Backstroke	02:30 PM	_____
Finals	201 Women 100 Backstroke	02:44 PM	_____
Finals	605 Mixed 100 Backstroke Multi-Class	02:58 PM	_____
Finals	202 Men 200 Butterfly	02:58 PM	_____
Finals	203 Women 200 Butterfly	02:58 PM	_____
Finals	611 Mixed 200 Butterfly Multi-Class	02:58 PM	_____
	Break: 50 Minutes: OPENING CEREMONY		
Finals	204 Men 50 Breaststroke	03:48 PM	_____
Finals	205 Women 50 Breaststroke	03:57 PM	_____
Finals	602 Mixed 50 Breaststroke Multi-Class	04:05 PM	_____
Finals	206 Men 200 Freestyle	04:05 PM	_____
Finals	207 Women 200 Freestyle	04:25 PM	_____
Finals	608 Mixed 200 Freestyle Multi-Class	04:44 PM	_____
	Break: 25 Minutes: MEDALS		
Finals	208 Boys 11 & Under 4x100 Freestyle Relay	05:09 PM	_____
Finals	209 Girls 11 & Under 4x100 Freestyle Relay	05:09 PM	_____
Finals	210 Boys 13 & Under 4x100 Freestyle Relay	05:09 PM	_____
Finals	211 Girls 13 & Under 4x100 Freestyle Relay	05:09 PM	_____
Finals	213 Boys 15 & Under 4x100 Freestyle Relay	05:09 PM	_____
Finals	214 Girls 15 & Under 4x100 Freestyle Relay	05:09 PM	_____
Finals	215 Men 4x100 Freestyle Relay	05:09 PM	_____
Finals	216 Women 4x100 Freestyle Relay	05:09 PM	_____
	Finish Time	05:09 PM	_____

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 4 Day3

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	300 Women 100 Freestyle	08:00 AM	_____
Prelims	301 Men 100 Freestyle	08:00 AM	_____
Prelims	302 Women 100 Breaststroke	08:00 AM	_____
Prelims	303 Men 100 Breaststroke	08:00 AM	_____
Finals	304 Women 400 IM	08:00 AM	_____
Finals	305 Men 400 IM	08:00 AM	_____
Prelims	306 Women 50 Butterfly	08:00 AM	_____
Prelims	307 Men 50 Butterfly	08:00 AM	_____
	Break: 1 Minutes: MEDALS 400IM		
	Finish Time	08:01 AM	_____

Session: 5 Day3 Finals

Day of Meet: 3 Starts at 03:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	300 Women 100 Freestyle	03:30 PM	_____
Finals	301 Men 100 Freestyle	03:43 PM	_____
Finals	604 Mixed 100 Freestyle Multi-Class	03:55 PM	_____
Finals	302 Women 100 Breaststroke	03:55 PM	_____
Finals	303 Men 100 Breaststroke	04:07 PM	_____
Finals	606 Mixed 100 Breaststroke Multi-Class	04:20 PM	_____
	Break: 25 Minutes: MEDALS		
Finals	306 Women 50 Butterfly	04:45 PM	_____
Finals	307 Men 50 Butterfly	04:54 PM	_____
Finals	603 Mixed 50 Butterfly Multi-Class	05:02 PM	_____
Finals	308 Girls 11 & Under 4x50 Freestyle Relay	05:02 PM	_____
Finals	309 Boys 11 & Under 4x50 Freestyle Relay	05:02 PM	_____
Finals	310 Girls 13 & Under 4x50 Freestyle Relay	05:02 PM	_____
Finals	311 Boys 13 & Under 4x50 Freestyle Relay	05:02 PM	_____
Finals	312 Girls 15 & Under 4x50 Freestyle Relay	05:02 PM	_____
Finals	313 Boys 15 & Under 4x50 Freestyle Relay	05:02 PM	_____
Finals	314 Women 4x50 Freestyle Relay	05:02 PM	_____
Finals	315 Men 4x50 Freestyle Relay	05:02 PM	_____
	Break: 25 Minutes: MEDALS		
	Finish Time	05:27 PM	_____

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 6 Day4

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	400 Men 200 Breaststroke	08:00 AM	_____
Prelims	401 Women 200 Breaststroke	08:00 AM	_____
Prelims	402 Men 50 Backstroke	08:00 AM	_____
Prelims	403 Women 50 Backstroke	08:00 AM	_____
Prelims	404 Men 200 IM	08:00 AM	_____
Prelims	405 Women 200 IM	08:00 AM	_____
Finals-S	406 Men 1500 Freestyle Fast Heat in Finals	08:00 AM	_____
Finals-S	407 Women 800 Freestyle Fast Heat in Finals	08:00 AM	_____
	Finish Time	08:00 AM	_____

Session: 7 Day4 Finals

Day of Meet: 4 Starts at 03:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-1	406 Men 1500 Freestyle Fast Heat in Finals	03:30 PM	_____
Finals-1	407 Women 800 Freestyle Fast Heat in Finals	03:30 PM	_____
Finals	400 Men 200 Breaststroke	03:30 PM	_____
Finals	401 Women 200 Breaststroke	03:53 PM	_____
Finals	610 Mixed 200 Breaststroke Multi-Class	04:16 PM	_____
	Break: 20 Minutes: MEDALS		
Finals	402 Men 50 Backstroke	05:22 PM	_____
Finals	403 Women 50 Backstroke	05:32 PM	_____
Finals	601 Mixed 50 Backstroke Multi-Class	05:41 PM	_____
Finals	404 Men 200 IM	05:41 PM	_____
Finals	405 Women 200 IM	06:03 PM	_____
Finals	612 Mixed 200 IM Multi-Class	06:24 PM	_____
Finals	408 Mixed 11 & Under 4x50 Medley Relay	06:24 PM	_____
Finals	409 Mixed 13 & Under 4x50 Medley Relay	06:24 PM	_____
Finals	410 Mixed 15 & Under 4x50 Medley Relay	06:24 PM	_____
Finals	411 Mixed 4x50 Medley Relay	06:24 PM	_____
	Break: 1 Minutes: MEDALS		
	Finish Time	06:25 PM	_____

Session: 8 Day5

Day of Meet: 5 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	500 Women 200 Backstroke	08:00 AM	_____
Prelims	501 Men 200 Backstroke	08:00 AM	_____
Prelims	502 Women 50 Freestyle	08:00 AM	_____
Prelims	503 Men 50 Freestyle	08:00 AM	_____
Prelims	504 Women 100 Butterfly	08:00 AM	_____
Prelims	505 Men 100 Butterfly	08:00 AM	_____
Finals-S	506 Women 1500 Freestyle Fast Heat in Finals	08:00 AM	_____
Finals-S	507 Men 800 Freestyle Fast Heat in Finals	08:00 AM	_____
	Finish Time	08:00 AM	_____

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 9 Day5 Finals

Day of Meet: 5 Starts at 02:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-1	506 Women 1500 Freestyle Fast Heat in Finals	02:30 PM	_____
Finals-1	507 Men 800 Freestyle Fast Heat in Finals	02:30 PM	_____
Finals	500 Women 200 Backstroke	02:30 PM	_____
Finals	501 Men 200 Backstroke	02:53 PM	_____
Finals	609 Mixed 200 Backstroke Multi-Class	03:15 PM	_____
	Break: 20 Minutes: MEDALS		
Finals	502 Women 50 Freestyle	03:35 PM	_____
Finals	503 Men 50 Freestyle	03:43 PM	_____
Finals	600 Mixed 50 Freestyle Multi-Class	03:52 PM	_____
Finals	504 Women 100 Butterfly	03:52 PM	_____
Finals	505 Men 100 Butterfly	04:04 PM	_____
Finals	607 Mixed 100 Butterfly Multi-Class	04:17 PM	_____
	Break: 20 Minutes: Medals		
	Finish Time	04:37 PM	_____