

Western Cape LC-A Championship 2024 - 2024/12/05 to 2024/12/09**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	03:31 PM _____
		MEDALS
Finals	102 Men 4x200 Freestyle Relay	05:05PM _____
Finals	103 Women 4x200 Freestyle Relay	05:15PM _____
	Swimmers Counts for Warm-ups: 225	
	Finish Time	05:27 PM _____
		MEDALS

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	08:45 AM _____
Prelims	204 Men 50 Breaststroke	09:26 AM _____
Prelims	205 Women 50 Breaststroke	09:47 AM _____
Prelims	206 Men 200 Freestyle	10:06 AM _____
Prelims	207 Women 200 Freestyle	11:24 AM _____
	Swimmers Counts for Warm-ups: 465	
	Finish Time	12:23 PM _____

Western Cape LC-A Championship 2024 - 2024/12/05 to 2024/12/09**Session Report**

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	02:42 PM	_____
Finals	605 Mixed 100 Backstroke Multi-Class	02:53 PM	_____
Finals	202 Men 200 Butterfly	02:56 PM	_____
Finals	203 Women 200 Butterfly	03:11 PM	_____
Finals	611 Mixed 200 Butterfly Multi-Class	03:22 PM	_____
MEDALS 20 MIN / OPENING CEREMONY 20 MIN			
Finals	204 Men 50 Breaststroke	04:16 PM	_____
Finals	205 Women 50 Breaststroke	04:23 PM	_____
Finals	602 Mixed 50 Breaststroke Multi-Class	04:31 PM	_____
Finals	206 Men 200 Freestyle	04:33 PM	_____
Finals	207 Women 200 Freestyle	04:48 PM	_____
Finals	608 Mixed 200 Freestyle Multi-Class	05:04 PM	_____
MEDALS 25 MIN			
Finals	208 Boys 11 & Under 4x100 Freestyle Relay	05:33 PM	_____
Finals	209 Girls 11 & Under 4x100 Freestyle Relay	05:40 PM	_____
Finals	210 Boys 13 & Under 4x100 Freestyle Relay	05:46 PM	_____
Finals	211 Girls 13 & Under 4x100 Freestyle Relay	05:52 PM	_____
Finals	213 Boys 15 & Under 4x100 Freestyle Relay	06:04 PM	_____
Finals	214 Girls 15 & Under 4x100 Freestyle Relay	06:10 PM	_____
Finals	215 Men 4x100 Freestyle Relay	06:15 PM	_____
Finals	216 Women 4x100 Freestyle Relay	06:25 PM	_____
	Swimmers Counts for Warm-ups: 366		
	Finish Time	06:31 PM	_____

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	08:41 AM	_____
Prelims	302 Women 100 Breaststroke	09:37 AM	_____
Prelims	303 Men 100 Breaststroke	10:06 AM	_____
Finals	304 Women 400 IM	10:35 AM	_____
Finals	305 Men 400 IM	11:03 AM	_____
Prelims	306 Women 50 Butterfly	11:29 AM	_____
Prelims	307 Men 50 Butterfly	11:56 AM	_____
	Swimmers Counts for Warm-ups: 477		
	Finish Time	12:30 PM	_____
MEDALS 400IM			

Western Cape LC-A Championship 2024 - 2024/12/05 to 2024/12/09**Session Report**

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	03:40 PM	_____
Finals	604 Mixed 100 Freestyle Multi-Class	03:49 PM	_____
Finals	302 Women 100 Breaststroke	03:52 PM	_____
Finals	303 Men 100 Breaststroke	04:03 PM	_____
Finals	606 Mixed 100 Breaststroke Multi-Class	04:14 PM	_____
MEDALS 25 MIN			
Finals	306 Women 50 Butterfly	04:42 PM	_____
Finals	307 Men 50 Butterfly	04:49 PM	_____
Finals	603 Mixed 50 Butterfly Multi-Class	04:56 PM	_____
Finals	308 Girls 11 & Under 4x50 Freestyle Relay	04:58 PM	_____
Finals	309 Boys 11 & Under 4x50 Freestyle Relay	05:02 PM	_____
Finals	310 Girls 13 & Under 4x50 Freestyle Relay	05:05 PM	_____
Finals	311 Boys 13 & Under 4x50 Freestyle Relay	05:11 PM	_____
Finals	312 Girls 15 & Under 4x50 Freestyle Relay	05:14 PM	_____
Finals	313 Boys 15 & Under 4x50 Freestyle Relay	05:21 PM	_____
Finals	314 Women 4x50 Freestyle Relay	05:27 PM	_____
Finals	315 Men 4x50 Freestyle Relay	05:30 PM	_____
	Swimmers Counts for Warm-ups: 378		
	Finish Time	05:35PM	_____
MEDALS			

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	08:40 AM	_____
Prelims	402 Men 50 Backstroke	09:13 AM	_____
Prelims	403 Women 50 Backstroke	09:43 AM	_____
Prelims	404 Men 200 IM	10:13 AM	_____
Prelims	405 Women 200 IM	11:29 AM	_____
Finals-S	406 Men 1500 Freestyle Fast Heat in Finals	12:31 PM	_____
Finals-S	407 Women 800 Freestyle Fast Heat in Finals	01:12 PM	_____
	Swimmers Counts for Warm-ups: 431		
	Finish Time	02:00 PM	_____

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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	03:49 PM
Finals	400 Men 200 Breaststroke	04:01 PM
Finals	401 Women 200 Breaststroke	04:19 PM
Finals	610 Mixed 200 Breaststroke Multi-Class	04:39 PM
MEDALS 20 MIN		
Finals	402 Men 50 Backstroke	05:45 PM
Finals	403 Women 50 Backstroke	05:53 PM
Finals	601 Mixed 50 Backstroke Multi-Class	06:01 PM
Finals	404 Men 200 IM	06:03 PM
Finals	405 Women 200 IM	06:20 PM
Finals	612 Mixed 200 IM Multi-Class	06:38 PM
Finals	408 Mixed 11 & Under 4x50 Medley Relay	06:42 PM
Finals	409 Mixed 13 & Under 4x50 Medley Relay	06:50 PM
Finals	410 Mixed 15 & Under 4x50 Medley Relay	07:01 PM
Finals	411 Mixed 4x50 Medley Relay	07:08 PM
	Swimmers Counts for Warm-ups: 327	
	Finish Time	07:16 PM
		MEDALS

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	08:56 AM
Prelims	502 Women 50 Freestyle	09:53 AM
Prelims	503 Men 50 Freestyle	10:22 AM
Prelims	504 Women 100 Butterfly	10:57 AM
Prelims	505 Men 100 Butterfly	11:17 AM
Finals-S	506 Women 1500 Freestyle Fast Heat in Finals	11:50 AM
Finals-S	507 Men 800 Freestyle Fast Heat in Finals	12:34 PM
	Swimmers Counts for Warm-ups: 453	
	Finish Time	01:31 PM

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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	02:51 PM	_____
Finals	500 Women 200 Backstroke	03:01 PM	_____
Finals	501 Men 200 Backstroke	03:20 PM	_____
Finals	609 Mixed 200 Backstroke Multi-Class	03:37 PM	_____
MEDALS 20 MIN			
Finals	502 Women 50 Freestyle	04:01 PM	_____
Finals	503 Men 50 Freestyle	04:08 PM	_____
Finals	600 Mixed 50 Freestyle Multi-Class	04:15 PM	_____
Finals	504 Women 100 Butterfly	04:18 PM	_____
Finals	505 Men 100 Butterfly	04:29 PM	_____
Finals	607 Mixed 100 Butterfly Multi-Class	04:38 PM	_____
	Swimmers Counts for Warm-ups: 178		
	Finish Time	04:45 PM	_____
		Medals	_____