CYBERSMART AQUATICS

YOUR TEAM. YOUR RACES. YOUR NEXT STEP.

CTA DISTRICT B CHAMPS

2026/2027 | LEVEL 2 | GALA GUIDE v5

28-29 November 2026

UWC Swimming Pool, Bellville, Cape Town

Long course (50m) | Two sessions

CTA v2 race reports | Relay proof: 25 November

16	111	4
SWIMMERS WITH ENTRIES	INDIVIDUAL ENTRIES	RELAY TEAMS

Race with purpose. Grow together.

Your club-specific weekend guide: the session plan, event order, personal race cards, published heat/lane allocations and age-correct qualification goals.

WEEKEND PLAN | MY RACES | NEXT GOALS

Both days start at 09:00

Arrive 07:30 | Warm-up target 07:45.
Starts and estimated finishes are from the 24 November session report: Saturday 14:31 and Sunday 14:09.

Use page 25 for the revised relay line-ups. The separate v2 psych sheets remain the individual-event reference; their relay entries predate this update.

OFFICIALS' DUTIES | NEW: RELAY LINE-UPS

YOUR WEEKEND

Arrive. Prepare. Race.

UWC Swimming Pool, Bellville | Club plan + current CTA reports

CYBERSMART AQUATICS

SATURDAY 28 NOVEMBER | SESSION 1

07:30	07:45	09:00
ARRIVE	WARM-UP TARGET	RACING STARTS

Estimated finish 14:31

60 individual + 2 relay teams

SUNDAY 29 NOVEMBER | SESSION 2

07:30	07:45	09:00
ARRIVE	WARM-UP TARGET	RACING STARTS

Estimated finish 14:09

51 individual + 2 relay teams

25 November update: Relay line-ups changed. The proof did not include a new timetable or relay draw. Use the 24 November schedule for planning and check the final programme.

Club timing, not an organiser access slot

Arrival 90 minutes and the warm-up target 75 minutes before the session follow the club's standing plan. Pool-access/warm-up slots are not stated in the supplied reports. Follow any coach update.

Bring your Cybersmart kit

Cybersmart Aquatics gear, swimwear, cap, goggles, dry towels and warm layers for between races. Keep your race card handy and check in with the coach.

OFFICIALS' DUTIES

RELAY LINE-UPS

PROVISIONAL EVENT TIMETABLE

Saturday, 28 November

24 November schedule | Estimates are first-heat starts.

09:00 start | Estimated finish 14:31

EVENT	EST.	PROGRAMME	CYBE
101	09:00	200m Breast	7
102	10:10	50m Fly	11
103	10:37	100m Back	8
5-MINUTE BREAK			
104	11:30	200m IM	14
105	12:46	50m Breast	8
106	13:17	100m Free	12
107	14:20	Mixed 13&U 200 Medley Relay	1
108	14:28	Mixed 14&O 200 Medley Relay	1

CYBE counts Cybersmart swimmers in individual events and Cybersmart teams in relay events. Heat interval: 30 seconds, with Backstroke +15 seconds. See page 25 for relay legs.

Relay times and finish are from the 24 November schedule; they may change after the 25 November relay update.

PROVISIONAL EVENT TIMETABLE

Sunday, 29 November

24 November schedule | Estimates are first-heat starts.

09:00 start | Estimated finish 14:09

EVENT	EST.	PROGRAMME	CYBE
201	09:00	200m Free	13
202	10:22	50m Back	7
203	10:53	100m Breast	7
15-MINUTE BREAK			
204	12:00	100m Fly	7
205	12:20	200m Back	9
206	13:15	50m Free	8
207	13:51	Women 13&U 200 Free Relay	1
208	13:57	Men 13&U 200 Free Relay	1
209	14:03	Women 14&O 200 Free Relay	-
210	14:07	Men 14&O 200 Free Relay	-

CYBE counts Cybersmart swimmers in individual events and Cybersmart teams in relay events. Heat interval: 30 seconds, with Backstroke +15 seconds. See page 25 for relay legs.

Relay times and finish are from the 24 November schedule; they may change after the 25 November relay update.

YOUR TEAM

Find your swimmer

Tap a name to open the personal race card.

Faye Bowring — 6 individual + 2 relays | Meet age 11 | Level 2 target — p7

Erin-Lee Brooks — 5 individual | Meet age 10 | Level 2 target — p8

Leo Chen — 6 individual | Meet age 11 | Level 2 target — p9

Melody Coetzee — 8 individual + 2 relays | Meet age 13 | Level 3 target — p10

Luci Court — 4 individual + 1 relay | Meet age 11 | Level 2 target — p11

Ella De Nobrega — 8 individual + 1 relay | Meet age 12 | Level 2 target — p12

Marcel Goossens — 6 individual | Meet age 11 | Level 2 target — p13

Nazrin Klink — 8 individual + 1 relay | Meet age 10 | Level 2 target — p14

Tyrese Klink — No swims listed in current reports | Meet age 14 | Level 2 target — p15

You-Rong N Lu — 8 individual + 1 relay | Meet age 12 | Level 3 target — p16

Iyla Mesais — 5 individual + 1 relay | Meet age 14 | Level 3 target — p17

Ethan Morrison — 9 individual + 1 relay | Meet age 11 | Level 3 target — p18

Connor November — 9 individual + 3 relays | Meet age 13 | Level 3 target — p19

Annie Tian — 7 individual | Meet age 9 | Level 3 target — p20

Gabriel J Witten — 6 individual + 1 relay | Meet age 13 | Level 3 target — p21

Bo-Lin Wu — 8 individual + 1 relay | Meet age 12 | Level 3 target — p22

Hanwen Zhang — 8 individual + 1 relay | Meet age 11 | Level 3 target — p23

Targets follow the latest club instructions: nine swimmers use Level 3 comparisons; eight use Level 2. Championship ages are calculated on the relevant first day. Under-11 swimmers use the 11 & Under Level 3 reference, not an invented age. Dates of birth remain private.

Your next-step goals

Long-course targets | SSA v5 | Cybersmart QT Guide v3

A clear target for each entered race

Each race card compares the published entry seed with the official LC time reference for the swimmer's approved target level and age on the first championship day.

Time to improve

Entry seed minus LC target, calculated to 0.01 seconds. At or inside the time reference, the card shows 0.00s needed and the margin inside.

A planning comparison, not a qualification certificate

This is a long-course meet. The entry reports do not certify the seed's original swim date or course. No SC-to-LC conversion is used, and an undated seed does not establish a valid qualifying-window performance.

No direct Level 3 QT for 50m events

Under SSA rule 4.8.4, Level 3 50m events have no direct time QT. Do not turn the points cells into time standards. Qualification in another event and database-time rules still apply.

Age changes and other requirements

Level 2 uses 5 April 2027; Level 3 WC uses 26 March 2027. Ages are recalculated from private DOB records. Both levels require a 200m IM time on the SSA database, plus the other applicable entry requirements.

Read the psych numbers correctly

List # follows the report's mixed slow-to-fast order. It is not an age-group placing or a fastest-first ranking. Heat/lane values come from the entry report and remain provisional until the final programme.

Current hosted QT Guide v3 and official SSA rules v5 (30 October) were rechecked on 25 November. All targets used here match those verified references.

PERSONAL RACE CARD

Faye Bowring

Meet age 11 | 6 individual races | 2 relays | Level 2 gala

CYBERSMART AQUATICS

LEVEL 2 TARGET

Championship age 12

5-7 April 2027 | Listed seeds are not certified qualifying results.

#102 50m Butterfly — H9 / L6

45.07 — Sat 10:10 event est. — List #65

Level 2 LC QT 44.01 | 1.06s to improve

#104 200m IM — H6 / L6

3:40.20 — Sat 11:30 event est. — List #40

Level 2 LC QT 3:30.20 | 10.00s to improve

#106 100m Freestyle — H13 / L1

1:25.92 — Sat 13:17 event est. — List #94

Level 2 LC QT 1:21.23 | 4.69s to improve

#202 50m Backstroke — H7 / L4

46.23 — Sun 10:22 event est. — List #52

Level 2 LC QT 43.10 | 3.13s to improve

#205 200m Backstroke — H2 / L5

3:52.11 — Sun 12:20 event est. — List #8

Level 2 LC QT 3:36.11 | 16.00s to improve

#206 50m Freestyle — H12 / L1

38.73 — Sun 13:15 event est. — List #85

Level 2 LC QT 35.63 | 3.10s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UPS | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Erin-Lee Brooks

Meet age 10 | 5 individual races | Level 2 gala

LEVEL 2 TARGET

Championship age 11

5-7 April 2027 | Listed seeds are not certified qualifying results.

#104 200m IM — H4 / L4

3:49.00 Sat 11:30 event est. List #27

Level 2 LC QT 3:40.94 | 8.06s to improve

#105 50m Breaststroke — H3 / L5

57.26 Sat 12:46 event est. List #19

Level 2 LC QT 51.65 | 5.61s to improve

#106 100m Freestyle — H4 / L2

1:42.28 Sat 13:17 event est. List #24

Level 2 LC QT 1:26.18 | 16.10s to improve

#201 200m Freestyle — H6 / L6

3:23.46 Sun 09:00 event est. List #38

Level 2 LC QT 3:21.03 | 2.43s to improve

#203 100m Breaststroke — H3 / L7

2:06.06 Sun 10:53 event est. List #15

Level 2 LC QT 1:54.00 | 12.06s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Leo Chen

Meet age 11 | 6 individual races | Level 2 gala

LEVEL 2 TARGET

Championship age 11

5-7 April 2027 | Listed seeds are not certified qualifying results.

#102 50m Butterfly — H4 / L1

51.99 Sat 10:10 event est. List #22

Level 2 LC QT 50.00 | 1.99s to improve

#103 100m Backstroke — H2 / L5

1:50.09 Sat 10:37 event est. List #15

Level 2 LC QT 1:47.05 | 3.04s to improve

#105 50m Breaststroke — H5 / L5

55.57 Sat 12:46 event est. List #35

Level 2 LC QT 54.00 | 1.57s to improve

#106 100m Freestyle — H9 / L2

1:31.19 Sat 13:17 event est. List #64

Level 2 LC QT 1:26.57 | 4.62s to improve

#201 200m Freestyle — H5 / L3

3:27.15 Sun 09:00 event est. List #31

Level 2 LC QT 3:35.53 | 0.00s needed; 8.38s inside

#202 50m Backstroke — H2 / L6

57.13 Sun 10:22 event est. List #9

Level 2 LC QT 47.23 | 9.90s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Melody Coetzee

Meet age 13 | 8 individual races | 2 relays | Level 2 gala

LEVEL 3 TARGET

Championship age 13

26-29 March 2027 | Listed seeds are not certified qualifying results.

#101 200m Breaststroke — H11 / L2

3:39.75 Sat 09:00 event est. List #79

Level 3 LC QT 3:17.07 | 22.68s to improve

#103 100m Backstroke — H17 / L3

1:24.65 Sat 10:37 event est. List #134

Level 3 LC QT 1:21.85 | 2.80s to improve

#104 200m IM — H17 / L3

3:06.84 Sat 11:30 event est. List #129

Level 3 LC QT 3:00.09 | 6.75s to improve

#106 100m Freestyle — H27 / L6

1:13.08 Sat 13:17 event est. List #209

Level 3 LC QT 1:10.18 | 2.90s to improve

#201 200m Freestyle — H17 / L5

2:51.47 Sun 09:00 event est. List #128

Level 3 LC QT 2:32.31 | 19.16s to improve

#202 50m Backstroke — H17 / L6

38.67 Sun 10:22 event est. List #129

No direct Level 3 QT for this 50m event; database-time rules apply.

#205 200m Backstroke — H11 / L7

3:01.70 Sun 12:20 event est. List #76

Level 3 LC QT 2:56.43 | 5.27s to improve

#206 50m Freestyle — H16 / L3

37.15 Sun 13:15 event est. List #121

No direct Level 3 QT for this 50m event; database-time rules apply.

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UPS | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Luci Court

Meet age 11 | 4 individual races | 1 relay | Level 2 gala

LEVEL 2 TARGET

Championship age 11

5-7 April 2027 | Listed seeds are not certified qualifying results.

#102 50m Butterfly — H6 / L8

49.02 Sat 10:10 event est. List #37

Level 2 LC QT 50.09 | 0.00s needed; 1.07s inside

#104 200m IM — H6 / L1

3:43.54 Sat 11:30 event est. List #37

Level 2 LC QT 3:40.94 | 2.60s to improve

#105 50m Breaststroke — H4 / L1

56.98 Sat 12:46 event est. List #22

Level 2 LC QT 51.65 | 5.33s to improve

#106 100m Freestyle — H8 / L1

1:33.50 Sat 13:17 event est. List #54

Level 2 LC QT 1:26.18 | 7.32s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Ella De Nobrega

Meet age 12 | 8 individual races | 1 relay | Level 2 gala

CYBERSMART AQUATICS

LEVEL 2 TARGET

Championship age 13

5-7 April 2027 | Listed seeds are not certified qualifying results.

#101 200m Breaststroke — H7 / L1

3:56.62 Sat 09:00 event est. List #45

Level 2 LC QT 3:58.84 | 0.00s needed; 2.22s inside

#102 50m Butterfly — H8 / L7

46.66 Sat 10:10 event est. List #53

Level 2 LC QT 40.11 | 6.55s to improve

#104 200m IM — H10 / L1

3:29.65 Sat 11:30 event est. List #69

Level 2 LC QT 3:17.35 | 12.30s to improve

#105 50m Breaststroke — H10 / L1

51.54 Sat 12:46 event est. List #70

Level 2 LC QT 46.79 | 4.75s to improve

#201 200m Freestyle — H8 / L5

3:16.01 Sun 09:00 event est. List #56

Level 2 LC QT 2:51.14 | 24.87s to improve

#203 100m Breaststroke — H11 / L8

1:51.19 Sun 10:53 event est. List #77

Level 2 LC QT 1:44.22 | 6.97s to improve

#204 100m Butterfly — H2 / L1

1:52.44 Sun 12:00 event est. List #10

Level 2 LC QT 1:38.84 | 13.60s to improve

#206 50m Freestyle — H11 / L4

38.91 Sun 13:15 event est. List #83

Level 2 LC QT 33.99 | 4.92s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Marcel Goossens

Meet age 11 | 6 individual races | Level 2 gala

LEVEL 2 TARGET

Championship age 12

5-7 April 2027 | Listed seeds are not certified qualifying results.

#102 50m Butterfly — H5 / L2

49.85 Sat 10:10 event est. List #32

Level 2 LC QT 45.28 | 4.57s to improve

#103 100m Backstroke — H2 / L8

1:55.62 Sat 10:37 event est. List #9

Level 2 LC QT 1:35.45 | 20.17s to improve

#105 50m Breaststroke — H9 / L4

51.75 Sat 12:46 event est. List #68

Level 2 LC QT 49.51 | 2.24s to improve

#106 100m Freestyle — H5 / L5

1:38.50 Sat 13:17 event est. List #35

Level 2 LC QT 1:18.95 | 19.55s to improve

#202 50m Backstroke — H3 / L7

52.99 Sun 10:22 event est. List #15

Level 2 LC QT 43.29 | 9.70s to improve

#203 100m Breaststroke — H6 / L8

2:00.13 Sun 10:53 event est. List #37

Level 2 LC QT 1:50.34 | 9.79s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Nazrin Klink

Meet age 10 | 8 individual races | 1 relay | Level 2 gala

CYBERSMART AQUATICS

LEVEL 2 TARGET

Championship age 11

5-7 April 2027 | Listed seeds are not certified qualifying results.

#102 50m Butterfly — H11 / L3

43.66 Sat 10:10 event est. List #82

Level 2 LC QT 50.09 | 0.00s needed; 6.43s inside

#103 100m Backstroke — H3 / L5

1:47.12 Sat 10:37 event est. List #23

Level 2 LC QT 1:40.81 | 6.31s to improve

#104 200m IM — H7 / L4

3:35.28 Sat 11:30 event est. List #51

Level 2 LC QT 3:40.94 | 0.00s needed; 5.66s inside

#106 100m Freestyle — H6 / L3

1:35.22 Sat 13:17 event est. List #41

Level 2 LC QT 1:26.18 | 9.04s to improve

#201 200m Freestyle — H3 / L7

3:40.19 Sun 09:00 event est. List #12

Level 2 LC QT 3:21.03 | 19.16s to improve

#202 50m Backstroke — H11 / L2

44.43 Sun 10:22 event est. List #80

Level 2 LC QT 46.16 | 0.00s needed; 1.73s inside

#204 100m Butterfly — H2 / L4

1:47.05 Sun 12:00 event est. List #16

Level 2 LC QT 2:01.25 | 0.00s needed; 14.20s inside

#205 200m Backstroke — H5 / L6

3:33.66 Sun 12:20 event est. List #30

Level 2 LC QT 3:49.73 | 0.00s needed; 16.07s inside

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Tyrese Klink

Meet age 14 | 0 individual races | Level 2 gala

LEVEL 2 TARGET

Championship age 14

5-7 April 2027 | Listed seeds are not certified qualifying results.

No swims listed in current reports

There are no individual entries in the 24 November race draw. The 25 November relay proof lists a different swimmer on leg 1 of event #108. Please check with your coach if you expected to race.

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

You-Rong N Lu

Meet age 12 | 8 individual races | 1 relay | Level 2 gala

LEVEL 3 TARGET

Championship age 13

26-29 March 2027 | Listed seeds are not certified qualifying results.

#101 200m Breaststroke — H9 / L7

3:46.92 Sat 09:00 event est. List #62

Level 3 LC QT 3:24.50 | 22.42s to improve

#102 50m Butterfly — H6 / L4

47.96 Sat 10:10 event est. List #44

No direct Level 3 QT for this 50m event; database-time rules apply.

#104 200m IM — H13 / L7

3:21.22 Sat 11:30 event est. List #94

Level 3 LC QT 2:48.33 | 32.89s to improve

#105 50m Breaststroke — H12 / L2

49.84 Sat 12:46 event est. List #88

No direct Level 3 QT for this 50m event; database-time rules apply.

#201 200m Freestyle — H13 / L7

3:02.39 Sun 09:00 event est. List #92

Level 3 LC QT 2:30.71 | 31.68s to improve

#203 100m Breaststroke — H12 / L4

1:47.22 Sun 10:53 event est. List #92

Level 3 LC QT 1:32.17 | 15.05s to improve

#204 100m Butterfly — H1 / L3

2:01.41 Sun 12:00 event est. List #6

Level 3 LC QT 1:18.50 | 42.91s to improve

#206 50m Freestyle — H17 / L8

37.01 Sun 13:15 event est. List #124

No direct Level 3 QT for this 50m event; database-time rules apply.

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Iyla Mesais

Meet age 14 | 5 individual races | 1 relay | Level 2 gala

LEVEL 3 TARGET

Championship age 14

26-29 March 2027 | Listed seeds are not certified qualifying results.

#104 200m IM — H15 / L1

3:17.46 Sat 11:30 event est. List #109

Level 3 LC QT 2:56.69 | 20.77s to improve

#106 100m Freestyle — H14 / L8

1:25.53 Sat 13:17 event est. List #101

Level 3 LC QT 1:09.04 | 16.49s to improve

#201 200m Freestyle — H14 / L8

3:01.54 Sun 09:00 event est. List #98

Level 3 LC QT 2:29.86 | 31.68s to improve

#203 100m Breaststroke — H15 / L4

1:42.00 Sun 10:53 event est. List #116

Level 3 LC QT 1:30.14 | 11.86s to improve

#205 200m Backstroke — H9 / L3

3:15.82 Sun 12:20 event est. List #63

Level 3 LC QT 2:53.10 | 22.72s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Ethan Morrison

Meet age 11 | 9 individual races | 1 relay | Level 2 gala

LEVEL 3 TARGET

Championship age 12

26-29 March 2027 | Listed seeds are not certified qualifying results.

#102 50m Butterfly — H7 / L5

47.04 Sat 10:10 event est. List #51

No direct Level 3 QT for this 50m event; database-time rules apply.

#103 100m Backstroke — H8 / L4

1:39.16 Sat 10:37 event est. List #64

Level 3 LC QT 1:24.71 | 14.45s to improve

#104 200m IM — H9 / L2

3:30.06 Sat 11:30 event est. List #63

Level 3 LC QT 3:02.19 | 27.87s to improve

#106 100m Freestyle — H20 / L4

1:20.33 Sat 13:17 event est. List #156

Level 3 LC QT 1:12.15 | 8.18s to improve

#201 200m Freestyle — H16 / L3

2:54.59 Sun 09:00 event est. List #119

Level 3 LC QT 2:45.29 | 9.30s to improve

#202 50m Backstroke — H11 / L3

44.23 Sun 10:22 event est. List #82

No direct Level 3 QT for this 50m event; database-time rules apply.

#204 100m Butterfly — H4 / L8

1:44.10 Sun 12:00 event est. List #25

Level 3 LC QT 1:26.78 | 17.32s to improve

#205 200m Backstroke — H8 / L8

3:21.64 Sun 12:20 event est. List #50

Level 3 LC QT 3:02.67 | 18.97s to improve

#206 50m Freestyle — H16 / L1

37.30 Sun 13:15 event est. List #117

No direct Level 3 QT for this 50m event; database-time rules apply.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Connor November

Meet age 13 | 9 individual races | 3 relays | Level 2 gala

CYBERSMART AQUATICS

LEVEL 3 TARGET

Championship age 13

26-29 March 2027 | Listed seeds are not certified qualifying results.

#101 200m Breaststroke — H13 / L8

3:34.26 Sat 09:00 event est. List #92

Level 3 LC QT 3:24.50 | 9.76s to improve

#102 50m Butterfly — H16 / L1

39.26 Sat 10:10 event est. List #118

No direct Level 3 QT for this 50m event; database-time rules apply.

#104 200m IM — H18 / L2

3:00.60 Sat 11:30 event est. List #135

Level 3 LC QT 2:48.33 | 12.27s to improve

#106 100m Freestyle — H27 / L5

1:12.62 Sat 13:17 event est. List #211

Level 3 LC QT 1:08.55 | 4.07s to improve

#201 200m Freestyle — H20 / L3

2:40.31 Sun 09:00 event est. List #151

Level 3 LC QT 2:30.71 | 9.60s to improve

#203 100m Breaststroke — H18 / L5

1:38.32 Sun 10:53 event est. List #139

Level 3 LC QT 1:32.17 | 6.15s to improve

#204 100m Butterfly — H7 / L8

1:29.75 Sun 12:00 event est. List #49

Level 3 LC QT 1:18.50 | 11.25s to improve

#205 200m Backstroke — H10 / L3

3:06.57 Sun 12:20 event est. List #71

Level 3 LC QT 2:47.18 | 19.39s to improve

#206 50m Freestyle — H19 / L2

36.40 Sun 13:15 event est. List #143

No direct Level 3 QT for this 50m event; database-time rules apply.

YOUR RELAY LINE-UPS | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Annie Tian

Meet age 9 | 7 individual races | Level 2 gala

CYBERSMART AQUATICS

LEVEL 3 TARGET

Championship age 9

26-29 March 2027 | Listed seeds are not certified qualifying results.

#102 50m Butterfly — H6 / L1

48.89 Sat 10:10 event est. List #38

No direct Level 3 QT for this 50m event; database-time rules apply.

#103 100m Backstroke — H4 / L6

1:46.14 Sat 10:37 event est. List #29

Level 3 LC QT 1:35.83 | 10.31s to improve

#104 200m IM — H5 / L3

3:45.94 Sat 11:30 event est. List #33

Level 3 LC QT 3:26.89 | 19.05s to improve

#106 100m Freestyle — H9 / L4

1:30.39 Sat 13:17 event est. List #68

Level 3 LC QT 1:16.40 | 13.99s to improve

#201 200m Freestyle — H5 / L8

3:31.41 Sun 09:00 event est. List #26

Level 3 LC QT 2:51.39 | 40.02s to improve

#204 100m Butterfly — H3 / L4

1:44.15 Sun 12:00 event est. List #24

Level 3 LC QT 1:36.49 | 7.66s to improve

#206 50m Freestyle — H7 / L5

41.47 Sun 13:15 event est. List #50

No direct Level 3 QT for this 50m event; database-time rules apply.

Level 3 comparison uses the 11 & Under time standards. Championship age remains 9. This target comparison does not establish full entry eligibility.

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Gabriel J Witten

Meet age 13 | 6 individual races | 1 relay | Level 2 gala

LEVEL 3 TARGET

Championship age 14

26-29 March 2027 | Listed seeds are not certified qualifying results.

#101 200m Breaststroke — H10 / L8

3:44.44 Sat 09:00 event est. List #68

Level 3 LC QT 3:03.45 | 40.99s to improve

#103 100m Backstroke — H15 / L3

1:28.81 Sat 10:37 event est. List #118

Level 3 LC QT 1:15.43 | 13.38s to improve

#104 200m IM — H13 / L5

3:20.74 Sat 11:30 event est. List #98

Level 3 LC QT 2:44.75 | 35.99s to improve

#106 100m Freestyle — H24 / L3

1:16.81 Sat 13:17 event est. List #186

Level 3 LC QT 1:03.50 | 13.31s to improve

#201 200m Freestyle — H19 / L4

2:43.07 Sun 09:00 event est. List #145

Level 3 LC QT 2:19.60 | 23.47s to improve

#205 200m Backstroke — H9 / L4

3:15.18 Sun 12:20 event est. List #65

Level 3 LC QT 2:43.62 | 31.56s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Bo-Lin Wu

Meet age 12 | 8 individual races | 1 relay | Level 2 gala

CYBERSMART AQUATICS

LEVEL 3 TARGET

Championship age 12

26-29 March 2027 | Listed seeds are not certified qualifying results.

#101 200m Breaststroke — H12 / L2

3:35.33 Sat 09:00 event est. List #87

Level 3 LC QT 3:27.54 | 7.79s to improve

#102 50m Butterfly — H14 / L7

41.11 Sat 10:10 event est. List #103

No direct Level 3 QT for this 50m event; database-time rules apply.

#104 200m IM — H11 / L8

3:27.38 Sat 11:30 event est. List #76

Level 3 LC QT 3:02.19 | 25.19s to improve

#105 50m Breaststroke — H14 / L3

48.40 Sat 12:46 event est. List #107

No direct Level 3 QT for this 50m event; database-time rules apply.

#201 200m Freestyle — H8 / L8

3:17.93 Sun 09:00 event est. List #50

Level 3 LC QT 2:45.29 | 32.64s to improve

#202 50m Backstroke — H13 / L4

42.11 Sun 10:22 event est. List #100

No direct Level 3 QT for this 50m event; database-time rules apply.

#204 100m Butterfly — H3 / L1

1:46.71 Sun 12:00 event est. List #18

Level 3 LC QT 1:26.78 | 19.93s to improve

#205 200m Backstroke — H8 / L3

3:18.91 Sun 12:20 event est. List #55

Level 3 LC QT 3:02.67 | 16.24s to improve

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

PERSONAL RACE CARD

Hanwen Zhang

Meet age 11 | 8 individual races | 1 relay | Level 2 gala

CYBERSMART AQUATICS

LEVEL 3 TARGET

Championship age 11

26-29 March 2027 | Listed seeds are not certified qualifying results.

#101 200m Breaststroke — H11 / L3

3:39.54 Sat 09:00 event est. List #81

Level 3 LC QT 3:40.53 | 0.00s needed; 0.99s inside

#103 100m Backstroke — H12 / L3

1:34.88 Sat 10:37 event est. List #94

Level 3 LC QT 1:33.42 | 1.46s to improve

#104 200m IM — H12 / L6

3:23.78 Sat 11:30 event est. List #88

Level 3 LC QT 3:21.65 | 2.13s to improve

#105 50m Breaststroke — H19 / L1

45.26 Sat 12:46 event est. List #142

No direct Level 3 QT for this 50m event; database-time rules apply.

#201 200m Freestyle — H10 / L3

3:09.01 Sun 09:00 event est. List #71

Level 3 LC QT 2:48.96 | 20.05s to improve

#203 100m Breaststroke — H16 / L7

1:41.55 Sun 10:53 event est. List #119

Level 3 LC QT 1:42.68 | 0.00s needed; 1.13s inside

#205 200m Backstroke — H6 / L2

3:27.06 Sun 12:20 event est. List #37

Level 3 LC QT 3:14.68 | 12.38s to improve

#206 50m Freestyle — H13 / L8

38.45 Sun 13:15 event est. List #92

No direct Level 3 QT for this 50m event; database-time rules apply.

Practise the details. Check in with the coach. Support your teammates. Review the race afterwards - each swim adds information for your next step.

YOUR RELAY LINE-UP | PAGE 25

H = heat; L = lane. Event estimates are not personal heat start times.
Psych-list numbers are mixed slow-to-fast order, not age-group rankings.

Officials’ duties

CTA District B Champs | UWC Swimming Pool, Bellville

SESSION 1

Saturday, 28 November

Tanya Bowring	Timekeeper | Lane 4
Bernadetta Coetzee	Reserve timekeeper
Shirley Johnathen	Reserve timekeeper
Shene Wittren	Reserve timekeeper

SESSION 2

Sunday, 29 November

Estee-Lyn De Nobrega	Timekeeper | Lane 2
Daniella Morrison	Timekeeper | Lane 3

Officials’ reporting: CTA’s lists do not specify a sign-in or briefing time. If you’re assigned or on reserve, please confirm where and when to report in the gala WhatsApp group.

Checked against both 25 November CTA officials sheets. Only Cybersmart (CYBE) rows are shown; reserves have no lane in the lists.

BACK TO WEEKEND PLAN

Relay line-ups

25 November entry proof | Updated heats and lanes pending

#107 Mixed 13 & Under 200 Medley Relay

Sat 14:20 est. | Heat/lane pending | Team seed 2:41.92

1. Melody Coetzee
2. Hanwen Zhang
3. Connor November
4. Faye Bowring

#108 Mixed 14 & Over 200 Medley Relay

Sat 14:28 est. | Heat/lane pending | Team seed 2:50.66

1. Connor November
2. Iyla Mesais
3. Bo-Lin Wu
4. Nazrin Klink

#207A Women 13 & Under 200 Freestyle Relay

Sun 13:51 est. | Heat/lane pending | Team seed 2:37.10

1. Melody Coetzee
2. Faye Bowring
3. Luci Court
4. Ella De Nobrega

#208A Men 13 & Under 200 Freestyle Relay

Sun 13:57 est. | Heat/lane pending | Team seed 2:27.32

1. Connor November
2. Gabriel J Witten
3. You-Rong N Lu
4. Ethan Morrison

Use these line-ups: This proof replaces the 24 November relay line-ups and seeds. It does not publish heats or lanes. Recheck the final draw and confirm your leg with your coach.

Estimates are from the 24 November timetable and may change. The proof labels #207/#208 as #207A/#208A.

Sources and updates

Version 5 | Prepared 25 November 2026

25 November relay proof

The five-page Team Manager Relay Entries proof is the source for the four Cybersmart line-ups and team seed times. No updated heats, lanes or session timings are shown.

Revised legs

In #108, Connor November replaces Tyrese Klink on leg 1. In #207A, Luci Court replaces Nazrin Klink on leg 3. No swims are listed for Tyrese across the current individual draw and relay proof.

24 November CTA v2 race reports

Individual entries, heats, lanes, seeds, psych positions and qualification comparisons are unchanged. The 24 November session times remain the latest supplied estimates, including projected finishes.

Officials' lists

The 25 November Session 1 (3 pages) and Session 2 (2 pages) lists confirm the same six CYBE duties. No sign-in or briefing time is printed.

Qualification references

The hosted Cybersmart QT Guide v3 and SSA rules v5 (30 October 2026) were rechecked on 25 November. Levels and individual time comparisons carry forward unchanged.

Original v2 psych sheets

The separate 12-page, all-club PDF is unchanged. Use it for individual entries; its relay section predates the 25 November proof and is not the current line-up or draw.

Current event page

Current qualifying-times reference