

KZNA 2023 Championships Incorp SSA Trials - 2023/12/14 to 2023/12/18
Session Report

Session: 1 Day 1 - Finals Thursday 14th December 2023

Day of Meet: 1 Starts at 16:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals 101 Women 12 & Over 1500 Freestyle
Finals 102 Men 12 & Over 1500 Freestyle

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Session Report

Session: 2 Day 2 - Heats Friday 15th December 2023

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Prelims	201	Women Open 200 Freestyle
Prelims	202	Men Open 200 Freestyle
Prelims	203	Girls 11 & Under 200 IM
Prelims	204	Boys 11 & Under 200 IM
Prelims	205	Girls 12-13 200 IM
Prelims	206	Boys 12-13 200 IM
Prelims	207	Girls 14-15 200 IM
Prelims	208	Boys 14-15 200 IM
Prelims	211	Women Open 100 Butterfly
Prelims	212	Men Open 100 Butterfly
Prelims	213	Girls 11 & Under 100 Freestyle
Prelims	214	Boys 11 & Under 100 Freestyle
Prelims	215	Girls 12-13 100 Freestyle
Prelims	216	Boys 12-13 100 Freestyle
Prelims	217	Girls 14-15 100 Freestyle
Prelims	218	Boys 14-15 100 Freestyle
Prelims	221	Women Open 200 Breaststroke
Prelims	222	Men Open 200 Breaststroke
Prelims	223	Girls 11 & Under 200 Backstroke
Prelims	224	Boys 11 & Under 200 Backstroke
Prelims	225	Girls 12-13 200 Backstroke
Prelims	226	Boys 12-13 200 Backstroke
Prelims	227	Girls 14-15 200 Backstroke
Prelims	228	Boys 14-15 200 Backstroke
Prelims	229	Women Open 100 Backstroke
Prelims	230	Men Open 100 Backstroke
Finals	233	Women Open 4x200 Freestyle Relay
Finals	234	Men Open 4x200 Freestyle Relay

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Session: 3 Day 2 - Finals Friday 15th December 2023

Day of Meet: 2 Starts at 16:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals	201	Women Open 200 Freestyle
Finals	202	Men Open 200 Freestyle
Finals	203	Girls 11 & Under 200 IM
Finals	204	Boys 11 & Under 200 IM
Finals	205	Girls 12-13 200 IM
Finals	206	Boys 12-13 200 IM
Finals	207	Girls 14-15 200 IM
Finals	208	Boys 14-15 200 IM
Finals	209	Women Open 100 Backstroke Multi-Class Multi Disal
Finals	210	Men Open 100 Backstroke Multi-Class Multi Disabilt
Finals	211	Women Open 100 Butterfly
Finals	212	Men Open 100 Butterfly
Finals	213	Girls 11 & Under 100 Freestyle
Finals	214	Boys 11 & Under 100 Freestyle
Finals	215	Girls 12-13 100 Freestyle
Finals	216	Boys 12-13 100 Freestyle
Finals	217	Girls 14-15 100 Freestyle
Finals	218	Boys 14-15 100 Freestyle
Finals	219	Girls Open 100 Freestyle Multi-Class Multi Disabil
Finals	220	Boys Open 100 Freestyle Multi-Class Multi Disabili
Finals	221	Women Open 200 Breaststroke
Finals	222	Men Open 200 Breaststroke
Finals	223	Girls 11 & Under 200 Backstroke
Finals	224	Boys 11 & Under 200 Backstroke
Finals	225	Girls 12-13 200 Backstroke
Finals	226	Boys 12-13 200 Backstroke
Finals	227	Girls 14-15 200 Backstroke
Finals	228	Boys 14-15 200 Backstroke
Finals	229	Women Open 100 Backstroke
Finals	230	Men Open 100 Backstroke
Finals	231	Women Open 50 Butterfly Multi-Class Multi Disabili
Finals	232	Men Open 50 Butterfly Multi-Class Multi Disability

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Session: 4 Day 3 - Heats Saturday 16th December 2023

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Prelims	301	Women Open 200 IM
Prelims	302	Men Open 200 IM
Prelims	303	Girls 11 & Under 100 Backstroke
Prelims	304	Boys 11 & Under 100 Backstroke
Prelims	305	Girls 12-13 100 Backstroke
Prelims	306	Boys 12-13 100 Backstroke
Prelims	307	Girls 14-15 100 Backstroke
Prelims	308	Boys 14-15 100 Backstroke
Prelims	311	Women Open 50 Breaststroke
Prelims	312	Men Open 50 Breaststroke
Prelims	313	Girls 11 & Under 50 Breaststroke
Prelims	314	Boys 11 & Under 50 Breaststroke
Prelims	315	Girls 12-13 50 Breaststroke
Prelims	316	Boys 12-13 50 Breaststroke
Prelims	317	Girls 14-15 50 Breaststroke
Prelims	318	Boys 14-15 50 Breaststroke
Prelims	321	Women Open 50 Backstroke
Prelims	322	Men Open 50 Backstroke
Prelims	323	Girls 11 & Under 50 Butterfly
Prelims	324	Boys 11 & Under 50 Butterfly
Prelims	325	Girls 12-13 50 Butterfly
Prelims	326	Boys 12-13 50 Butterfly
Prelims	327	Girls 14-15 50 Butterfly
Prelims	328	Boys 14-15 50 Butterfly
Finals-S	329	Women Open 400 Freestyle
Finals-S	330	Men Open 400 Freestyle
Finals-S	331	Girls 11 & Under 400 Freestyle
Finals-S	332	Boys 11 & Under 400 Freestyle
Finals-S	333	Girls 12-13 400 Freestyle
Finals-S	334	Boys 12-13 400 Freestyle
Finals-S	335	Girls 14-15 400 Freestyle
Finals-S	336	Boys 14-15 400 Freestyle
Finals	337	Women Open 4x100 Medley Relay
Finals	338	Men Open 4x100 Medley Relay

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Session Report

Session: 5 Day 3 - Finals Saturday 16th December 2023

Day of Meet: 3 Starts at 16:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals	301	Women Open 200 IM
Finals	302	Men Open 200 IM
Finals	303	Girls 11 & Under 100 Backstroke
Finals	304	Boys 11 & Under 100 Backstroke
Finals	305	Girls 12-13 100 Backstroke
Finals	306	Boys 12-13 100 Backstroke
Finals	307	Girls 14-15 100 Backstroke
Finals	308	Boys 14-15 100 Backstroke
Finals	309	Women Open 200 IM Multi-Class Multi Disability
Finals	310	Men Open 200 IM Multi-Class Multi Disability
Finals	311	Women Open 50 Breaststroke
Finals	312	Men Open 50 Breaststroke
Finals	313	Girls 11 & Under 50 Breaststroke
Finals	314	Boys 11 & Under 50 Breaststroke
Finals	315	Girls 12-13 50 Breaststroke
Finals	316	Boys 12-13 50 Breaststroke
Finals	317	Girls 14-15 50 Breaststroke
Finals	318	Boys 14-15 50 Breaststroke
Finals	319	Women Open 50 Freestyle Multi-Class Multi Disabili
Finals	320	Men Open 50 Freestyle Multi-Class Multi Disability
Finals	321	Women Open 50 Backstroke
Finals	322	Men Open 50 Backstroke
Finals	323	Girls 11 & Under 50 Butterfly
Finals	324	Boys 11 & Under 50 Butterfly
Finals	325	Girls 12-13 50 Butterfly
Finals	326	Boys 12-13 50 Butterfly
Finals	327	Girls 14-15 50 Butterfly
Finals	328	Boys 14-15 50 Butterfly
Finals-1	329	Women Open 400 Freestyle
Finals-1	330	Men Open 400 Freestyle
Finals-1	331	Girls 11 & Under 400 Freestyle
Finals-1	332	Boys 11 & Under 400 Freestyle
Finals-1	333	Girls 12-13 400 Freestyle
Finals-1	334	Boys 12-13 400 Freestyle
Finals-1	335	Girls 14-15 400 Freestyle
Finals-1	336	Boys 14-15 400 Freestyle

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Session: 6 Day 4 - Heats Sunday 17th December 2023

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Prelims	401	Women Open 50 Freestyle
Prelims	402	Men Open 50 Freestyle
Prelims	403	Girls 11 & Under 50 Freestyle
Prelims	404	Boys 11 & Under 50 Freestyle
Prelims	405	Girls 12-13 50 Freestyle
Prelims	406	Boys 12-13 50 Freestyle
Prelims	407	Girls 14-15 50 Freestyle
Prelims	408	Boys 14-15 50 Freestyle
Prelims	413	Girls 11 & Under 200 Breaststroke
Prelims	414	Boys 11 & Under 200 Breaststroke
Prelims	415	Girls 12-13 200 Breaststroke
Prelims	416	Boys 12-13 200 Breaststroke
Prelims	417	Girls 14-15 200 Breaststroke
Prelims	418	Boys 14-15 200 Breaststroke
Prelims	421	Women Open 100 Breaststroke
Prelims	422	Men Open 100 Breaststroke
Prelims	423	Girls 11 & Under 200 Freestyle
Prelims	424	Boys 11 & Under 200 Freestyle
Prelims	425	Girls 12-13 200 Freestyle
Prelims	426	Boys 12-13 200 Freestyle
Prelims	427	Girls 14-15 200 Freestyle
Prelims	428	Boys 14-15 200 Freestyle
Prelims	429	Women Open 200 Backstroke
Prelims	430	Men Open 200 Backstroke
Finals	431	Women Open 4x100 Freestyle Relay
Finals	432	Mixed Open 4x100 Medley Relay

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Session: 7 Day 4 - Finals Sunday 17th December 2023

Day of Meet: 4 Starts at 16:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals	401	Women Open 50 Freestyle
Finals	402	Men Open 50 Freestyle
Finals	403	Girls 11 & Under 50 Freestyle
Finals	404	Boys 11 & Under 50 Freestyle
Finals	405	Girls 12-13 50 Freestyle
Finals	406	Boys 12-13 50 Freestyle
Finals	407	Girls 14-15 50 Freestyle
Finals	408	Boys 14-15 50 Freestyle
Finals	409	Women Open 100 Breaststroke Multi-Class Multi Dis
Finals	410	Men Open 100 Breaststroke Multi-Class Multi Disabi
Finals	411	Women Open 200 Butterfly
Finals	412	Men Open 200 Butterfly
Finals	413	Girls 11 & Under 200 Breaststroke
Finals	414	Boys 11 & Under 200 Breaststroke
Finals	415	Girls 12-13 200 Breaststroke
Finals	416	Boys 12-13 200 Breaststroke
Finals	417	Girls 14-15 200 Breaststroke
Finals	418	Boys 14-15 200 Breaststroke
Finals	419	Women Open 50 Backstroke Multi-Class Multi Disabi
Finals	420	Men Open 50 Backstroke Multi-Class Multi Disabilit
Finals	421	Women Open 100 Breaststroke
Finals	422	Men Open 100 Breaststroke
Finals	423	Girls 11 & Under 200 Freestyle
Finals	424	Boys 11 & Under 200 Freestyle
Finals	425	Girls 12-13 200 Freestyle
Finals	426	Boys 12-13 200 Freestyle
Finals	427	Girls 14-15 200 Freestyle
Finals	428	Boys 14-15 200 Freestyle
Finals	429	Women Open 200 Backstroke
Finals	430	Men Open 200 Backstroke

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Session: 8 Day 5 - Heats Monday 18th December 2023

Day of Meet: 5 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Finals-S	450	Women 12 & Over 400 IM
Finals-S	451	Men 12 & Over 400 IM
Prelims	452	Girls 11 & Under 100 Butterfly
Prelims	453	Boys 11 & Under 100 Butterfly
Prelims	454	Girls 12-13 100 Butterfly
Prelims	455	Boys 12-13 100 Butterfly
Prelims	456	Girls 14-15 100 Butterfly
Prelims	457	Boys 14-15 100 Butterfly
Prelims	460	Women Open 100 Freestyle
Prelims	461	Men Open 100 Freestyle
Prelims	462	Girls 11 & Under 50 Backstroke
Prelims	463	Boys 11 & Under 50 Backstroke
Prelims	464	Girls 12-13 50 Backstroke
Prelims	465	Boys 12-13 50 Backstroke
Prelims	466	Girls 14-15 50 Backstroke
Prelims	467	Boys 14-15 50 Backstroke
Prelims	470	Women Open 50 Butterfly
Prelims	471	Men Open 50 Butterfly
Prelims	472	Women 11 & Under 100 Breaststroke
Prelims	473	Men 11 & Under 100 Breaststroke
Prelims	474	Women 12-13 100 Breaststroke
Prelims	475	Men 12-13 100 Breaststroke
Prelims	476	Women 14-15 100 Breaststroke
Prelims	477	Men 14-15 100 Breaststroke
Finals-S	478	Women 12-99 800 Freestyle
Finals-S	479	Men 12-99 800 Freestyle
Finals	480	Mixed Open 4x100 Freestyle Relay
Finals	481	Men Open 4x100 Freestyle Relay

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Session: 9 Day 5 - Finals Monday 18th December 2023

Day of Meet: 5 Starts at 16:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Finals-1	450	Women 12 & Over 400 IM
Finals-1	451	Men 12 & Over 400 IM
Finals	452	Girls 11 & Under 100 Butterfly
Finals	453	Boys 11 & Under 100 Butterfly
Finals	454	Girls 12-13 100 Butterfly
Finals	455	Boys 12-13 100 Butterfly
Finals	456	Girls 14-15 100 Butterfly
Finals	457	Boys 14-15 100 Butterfly
Finals	458	Women Open 100 Butterfly Multi-Class Multi Disabil
Finals	459	Men Open 100 Butterfly Multi-Class Multi Disabilit
Finals	460	Women Open 100 Freestyle
Finals	461	Men Open 100 Freestyle
Finals	462	Girls 11 & Under 50 Backstroke
Finals	463	Boys 11 & Under 50 Backstroke
Finals	464	Girls 12-13 50 Backstroke
Finals	465	Boys 12-13 50 Backstroke
Finals	466	Girls 14-15 50 Backstroke
Finals	467	Boys 14-15 50 Backstroke
Finals	468	Women Open 50 Breaststroke Multi-Class Multi Disa
Finals	469	Men Open 50 Breaststroke Multi-Class Multi Disabil
Finals	470	Women Open 50 Butterfly
Finals	471	Men Open 50 Butterfly
Finals	472	Women 11 & Under 100 Breaststroke
Finals	473	Men 11 & Under 100 Breaststroke
Finals	474	Women 12-13 100 Breaststroke
Finals	475	Men 12-13 100 Breaststroke
Finals	476	Women 14-15 100 Breaststroke
Finals	477	Men 14-15 100 Breaststroke
Finals-1	478	Women 12-99 800 Freestyle
Finals-1	479	Men 12-99 800 Freestyle