

Western Cape LC-A Championship 2023 - 2023/12/14 to 2023/12/18**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	Entries	Heats	Starts at	
Finals	100 Men 400 Freestyle	104	13	02:00 PM	_____
Finals	101 Women 400 Freestyle	70	9	03:18 PM	_____
Finals	102 Men 4x200 Freestyle Relay	14	2	04:14 PM	_____
Finals	103 Women 4x200 Freestyle Relay	10	2	04:34 PM	_____
	Break: 30 Minutes: Medals				
	Swimmers Counts for Warm-ups: 209	=====	=====		
	Entry / Heat Totals:	198	26		
	Finish Time			05:25 PM	_____

Session: 2 Day2

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

Round	Event	Entries	Heats	Starts at	
Prelims	200 Men 100 Backstroke	155	20	08:00 AM	_____
Prelims	201 Women 100 Backstroke	119	15	08:48 AM	_____
Prelims	204 Men 50 Breaststroke	131	17	09:24 AM	_____
Prelims	205 Women 50 Breaststroke	89	12	09:49 AM	_____
Prelims	206 Men 200 Freestyle	172	22	10:08 AM	_____
Prelims	207 Women 200 Freestyle	116	15	11:20 AM	_____
	Swimmers Counts for Warm-ups: 440	=====	=====		
	Entry / Heat Totals:	782	101		
	Finish Time			12:12 PM	_____

Western Cape LC-A Championship 2023 - 2023/12/14 to 2023/12/18**Session Report**

Session: 3 Day2 Finals

Day of Meet: 2 Starts at 03:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	200 Men 100 Backstroke	40	5 u	03:00 PM	_____
Finals	201 Women 100 Backstroke	40	5 u	03:12 PM	_____
Finals	605 Mixed 100 Backstroke Multi-Class	6	1	03:23 PM	_____
Finals	202 Men 200 Butterfly	29	4	03:26 PM	_____
Finals	203 Women 200 Butterfly	9	2	03:41 PM	_____
Finals	611 Mixed 200 Butterfly Multi-Class	0	0	03:49 PM	_____
	Break: 50 Minutes: OPENING CEREMONY / MEDALS				
Finals	204 Men 50 Breaststroke	40	5 u	04:39 PM	_____
Finals	205 Women 50 Breaststroke	40	5 u	04:46 PM	_____
Finals	602 Mixed 50 Breaststroke Multi-Class	1	1	04:54 PM	_____
Finals	206 Men 200 Freestyle	40	5 u	04:55 PM	_____
Finals	207 Women 200 Freestyle	40	5 u	05:11 PM	_____
Finals	608 Mixed 200 Freestyle Multi-Class	4	1	05:27 PM	_____
	Break: 20 Minutes: MEDALS				
Finals	208 Boys 11 & Under 4x100 Freestyle Relay	6	1	05:51 PM	_____
Finals	209 Girls 11 & Under 4x100 Freestyle Relay	1	1	05:58 PM	_____
Finals	210 Boys 13 & Under 4x100 Freestyle Relay	10	2	06:04 PM	_____
Finals	211 Girls 13 & Under 4x100 Freestyle Relay	8	1	06:15 PM	_____
Finals	213 Boys 15 & Under 4x100 Freestyle Relay	10	2	06:22 PM	_____
Finals	214 Girls 15 & Under 4x100 Freestyle Relay	6	1	06:33 PM	_____
Finals	215 Men 4x100 Freestyle Relay	17	3	06:38 PM	_____
Finals	216 Women 4x100 Freestyle Relay	11	2	06:53 PM	_____
	Swimmers Counts for Warm-ups: 332	=====	=====		
	Entry / Heat Totals:	358	52		
	Finish Time			07:04 PM	_____

Session: 4 Day3

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

Round	Event	Entries	Heats	Starts at	
Prelims	300 Women 100 Freestyle	139	18	08:00 AM	_____
Prelims	301 Men 100 Freestyle	224	28	08:37 AM	_____
Prelims	302 Women 100 Breaststroke	73	10	09:31 AM	_____
Prelims	303 Men 100 Breaststroke	123	16	09:55 AM	_____
Finals	304 Women 400 IM	20	3	10:32 AM	_____
Finals	305 Men 400 IM	34	5	10:52 AM	_____
Prelims	306 Women 50 Butterfly	117	15	11:25 AM	_____
Prelims	307 Men 50 Butterfly	183	23	11:46 AM	_____
	Swimmers Counts for Warm-ups: 449	=====	=====		
	Entry / Heat Totals:	913	118		
	Finish Time			12:18 PM	_____

Western Cape LC-A Championship 2023 - 2023/12/14 to 2023/12/18**Session Report**

Session: 5 Day3 Finals

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	300 Women 100 Freestyle	40	5 u	04:00 PM	_____
Finals	301 Men 100 Freestyle	40	5 u	04:10 PM	_____
Finals	604 Mixed 100 Freestyle Multi-Class	2	1	04:20 PM	_____
Finals	302 Women 100 Breaststroke	40	5 u	04:22 PM	_____
Finals	303 Men 100 Breaststroke	40	5 u	04:34 PM	_____
Finals	606 Mixed 100 Breaststroke Multi-Class	0	0	04:44 PM	_____
	Break: 20 Minutes: Medals				
Finals	306 Women 50 Butterfly	40	5 u	05:04 PM	_____
Finals	307 Men 50 Butterfly	40	5 u	05:11 PM	_____
Finals	603 Mixed 50 Butterfly Multi-Class	9	2	05:18 PM	_____
Finals	308 Girls 11 & Under 4x50 Freestyle Relay	1	1	05:22 PM	_____
Finals	309 Boys 11 & Under 4x50 Freestyle Relay	6	1	05:25 PM	_____
Finals	310 Girls 13 & Under 4x50 Freestyle Relay	9	2	05:28 PM	_____
Finals	311 Boys 13 & Under 4x50 Freestyle Relay	11	2	05:35 PM	_____
Finals	312 Girls 15 & Under 4x50 Freestyle Relay	8	1	05:41 PM	_____
Finals	313 Boys 15 & Under 4x50 Freestyle Relay	10	2	05:44 PM	_____
Finals	314 Women 4x50 Freestyle Relay	12	2	05:50 PM	_____
Finals	315 Men 4x50 Freestyle Relay	18	3	05:56 PM	_____
	Swimmers Counts for Warm-ups: 332	=====	=====		
	Entry / Heat Totals:	326	47		
	Finish Time			06:06 PM	_____

Session: 6 Day4

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

Round	Event	Entries	Heats	Starts at	
Prelims	400 Men 200 Breaststroke	89	12	08:00 AM	_____
Prelims	401 Women 200 Breaststroke	52	7	08:49 AM	_____
Prelims	402 Men 50 Backstroke	135	17	09:18 AM	_____
Prelims	403 Women 50 Backstroke	105	14	09:46 AM	_____
Prelims	404 Men 200 IM	158	20	10:11 AM	_____
Prelims	405 Women 200 IM	91	12	11:23 AM	_____
Finals	406 Men 1500 Freestyle	22	3	12:09 PM	_____
Finals	407 Women 800 Freestyle	32	4	01:08 PM	_____
	Swimmers Counts for Warm-ups: 407	=====	=====		
	Entry / Heat Totals:	684	89		
	Finish Time			01:55 PM	_____

Western Cape LC-A Championship 2023 - 2023/12/14 to 2023/12/18**Session Report**

Session: 7 Day4 Finals

Day of Meet: 4 Starts at 04:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	400 Men 200 Breaststroke	40	5 u	04:00 PM	_____
Finals	401 Women 200 Breaststroke	40	5 u	04:19 PM	_____
Finals	610 Mixed 200 Breaststroke Multi-Class	0	10 u	04:38 PM	_____
Finals	402 Men 50 Backstroke	40	5 u	05:24 PM	_____
Finals	403 Women 50 Backstroke	40	5 u	05:33 PM	_____
Finals	601 Mixed 50 Backstroke Multi-Class	5	1	05:41 PM	_____
	Break: 20 Minutes:				
Finals	404 Men 200 IM	40	5 u	06:03 PM	_____
Finals	405 Women 200 IM	40	5 u	06:19 PM	_____
Finals	612 Mixed 200 IM Multi-Class	5	1	06:37 PM	_____
Finals	408 Mixed 11 & Under 4x50 Medley Relay	6	1	06:42 PM	_____
Finals	409 Mixed 13 & Under 4x50 Medley Relay	14	2	06:46 PM	_____
Finals	410 Mixed 15 & Under 4x50 Medley Relay	15	2	06:54 PM	_____
Finals	411 Mixed 4x50 Medley Relay	17	3	07:01 PM	_____
	Swimmers Counts for Warm-ups: 286	=====	=====		
	Entry / Heat Totals:	302	50		
	Finish Time			07:12 PM	_____

Session: 8 Day5

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

Round	Event	Entries	Heats	Starts at	
Prelims	500 Women 200 Backstroke	89	12	08:00 AM	_____
Prelims	501 Men 200 Backstroke	115	15	08:47 AM	_____
Prelims	502 Women 50 Freestyle	129	17	09:44 AM	_____
Prelims	503 Men 50 Freestyle	190	24	10:08 AM	_____
Prelims	504 Women 100 Butterfly	59	8	10:40 AM	_____
Prelims	505 Men 100 Butterfly	112	14	10:58 AM	_____
Finals	506 Women 1500 Freestyle	17	3	11:26 AM	_____
Finals	507 Men 800 Freestyle	38	5	12:33 PM	_____
	Swimmers Counts for Warm-ups: 418	=====	=====		
	Entry / Heat Totals:	749	98		
	Finish Time			01:29 PM	_____

Western Cape LC-A Championship 2023 - 2023/12/14 to 2023/12/18**Session Report**

Session: 9 Day5 Finals

Day of Meet: 5 Starts at 04:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	500 Women 200 Backstroke	40	5 u	04:00 PM	_____
Finals	501 Men 200 Backstroke	40	5 u	04:19 PM	_____
Finals	609 Mixed 200 Backstroke Multi-Class	0	0	04:37 PM	_____
Finals	502 Women 50 Freestyle	40	5 u	04:37 PM	_____
Finals	503 Men 50 Freestyle	40	5 u	04:44 PM	_____
Finals	600 Mixed 50 Freestyle Multi-Class	7	1	04:50 PM	_____
Finals	504 Women 100 Butterfly	40	5 u	04:52 PM	_____
Finals	505 Men 100 Butterfly	40	5 u	05:02 PM	_____
Finals	607 Mixed 100 Butterfly Multi-Class	3	1	05:12 PM	_____
	Break: 30 Minutes: MEDALS				
	Swimmers Counts for Warm-ups: 172	=====	=====		
	Entry / Heat Totals:	250	32		
	Finish Time			05:45 PM	_____