

CTMA LEVEL 1 #1 - 2019/06/08**Warm-up Sheet**

Warm-up Starts at 07:00 AM
 Session: 1 25m Events - All ages
 Day of Meet: 1 Starts at 08:00 AM
 Total Athletes: 137 - Women: 65 - Men: 72

Team		Women	Men	Total	Lane
KHAY-CP	Khavelitsha Aquatics	25	34	59	_____
VINE-CP	VINEYARD SWIMMING CLUB	7	8	15	_____
TYGE-CP	Tvgerberg Aquatics	6	8	14	_____
BARR-CP	Barracudas Aquarama SC	5	4	9	_____
OUI-CP	Quick Silver Swimming Academy	7	2	9	_____
AODO-CP	Aqua Dolphin Swimming Club	2	5	7	_____
AOWO-CP	AquaWolf Aquatics Club	3	2	5	_____
UWCA-CP	UWC Aquatics	4	1	5	_____
WEST-CP	Westridge Swimming	2	2	4	_____
AGAO-OB	Agulhas Aquatics	0	3	3	_____
BLMA-CP	Blouberg Marlins	1	1	2	_____
CAMPS-CP	Camps Bay Swimming Club	2	0	2	_____
GREY-CP	Grevdogs Swimming Club	1	1	2	_____
XSAO-CP	X-Stream Aquatics	0	1	1	_____

Warm-up Starts at 09:00 AM
 Session: 2 9&u and 10to11yrs combined
 Day of Meet: 1 Starts at 10:00 AM
 Total Athletes: 123 - Women: 61 - Men: 62

Team		Women	Men	Total	Lane
BLMA-CP	Blouberg Marlins	10	8	18	_____
OUI-CP	Quick Silver Swimming Academy	5	11	16	_____
BARR-CP	Barracudas Aquarama SC	9	6	15	_____
TYGE-CP	Tvgerberg Aquatics	8	7	15	_____
ASA-CP	Aqua Sharks Academy	7	4	11	_____
CYBE-CP	Cybersmart Aquatics	2	7	9	_____
VINE-CP	VINEYARD SWIMMING CLUB	4	5	9	_____
GREY-CP	Grevdogs Swimming Club	4	3	7	_____
UWCA-CP	UWC Aquatics	1	5	6	_____
XSAO-CP	X-Stream Aquatics	4	1	5	_____
AOWO-CP	AquaWolf Aquatics Club	1	3	4	_____
SAAW-CP	Swimlab Aquatic Academ	3	0	3	_____
KHAY-CP	Khavelitsha Aquatics	1	1	2	_____
WEST-CP	Westridge Swimming	1	1	2	_____
CUDU-CP	Curro Durbanville Aquatics	1	0	1	_____

CTMA LEVEL 1 #1 - 2019/06/08**Warm-up Sheet**

Warm-up Starts at 12:20 PM

Session: 3 12 & over

Day of Meet: 1 Starts at 01:20 PM

Total Athletes: 85 - Women: 28 - Men: 57

Team		Women	Men	Total	Lane
OUIK-CP	Quick Silver Swimming Academy	2	7	9	_____
TYGE-CP	Tvgerberg Aquatics	2	7	9	_____
VINE-CP	VINEYARD SWIMMING CLUB	2	7	9	_____
XSAO-CP	X-Stream Aquatics	4	5	9	_____
ASA-CP	Aqua Sharks Academy	2	6	8	_____
AOWO-CP	AquaWolf Aquatics Club	2	5	7	_____
BARR-CP	Barracudas Aquarama SC	5	2	7	_____
UWCA-CP	UWC Aquatics	3	4	7	_____
BLMA-CP	Blouberg Marlins	2	3	5	_____
HURAO-CP	Hurricane Aquatic Club	2	3	5	_____
CYBE-CP	Cybersmart Aquatics	1	2	3	_____
KHAY-CP	Khavelitsha Aquatics	0	3	3	_____
WEST-CP	Westridge Swimming	0	2	2	_____
GREY-CP	Grevdogs Swimming Club	0	1	1	_____
SAAW-CP	Swimlab Aquatic Academ	1	0	1	_____