

**Western Cape Long Course Championships 2019 - 01/12/2019 to 04/12/2019****Session Report**

Session: 1 Day 1 Session 1

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	100 Girls 14 & Over 200 Breaststroke	21	3	08:30 AM	_____
Finals	101 Boys 14 & Over 200 Breaststroke	34	4	08:42 AM	_____
Finals	102 Girls 14 & Over 200 IM	63	7	08:57 AM	_____
Finals	103 Boys 14 & Over 200 IM	82	9	09:22 AM	_____
	Break: 20 Minutes: Medals 100 - 103				
Prelims	104 Girls 14 & Over 50 Backstroke	58	6	10:12 AM	_____
Prelims	105 Boys 14 & Over 50 Backstroke	57	6	10:22 AM	_____
Prelims	106 Girls 14 & Over 100 Butterfly	32	4	10:33 AM	_____
Prelims	107 Boys 14 & Over 100 Butterfly	81	9	10:41 AM	_____
Finals	108 Women 800 Freestyle Relay	6	1	10:58 AM	_____
Finals	109 Men 800 Freestyle Relay	5	1	11:08 AM	_____
	Break: 20 Minutes: Medals Relay				
	Swimmers Counts for Warm-ups: 240	=====	=====		
	Entry / Heat Totals:	439	50		
	Finish Time			11:38 AM	_____

Session: 2 Day 1 Session 2

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	200 Girls 13 & Under 200 Breaststroke	33	4	01:30 PM	_____
Finals	201 Boys 13 & Under 200 Breaststroke	36	4	01:48 PM	_____
Finals	202 Girls 13 & Under 200 IM	69	7	02:04 PM	_____
Finals	203 Boys 13 & Under 200 IM	76	8	02:31 PM	_____
	Break: 20 Minutes: Medals 200 - 203				
Prelims	204 Girls 13 & Under 50 Backstroke	79	8	03:21 PM	_____
Prelims	205 Boys 13 & Under 50 Backstroke	61	7	03:34 PM	_____
Prelims	206 Girls 13 & Under 100 Butterfly	36	4	03:46 PM	_____
Prelims	207 Boys 13 & Under 100 Butterfly	36	4	03:56 PM	_____
	Swimmers Counts for Warm-ups: 208				
	Entry / Heat Totals:	426	46		
	Finish Time			04:05 PM	_____

**Western Cape Long Course Championships 2019 - 01/12/2019 to 04/12/2019****Session Report**

Session: 3 Day 1 Session 3 Finals

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	303 Mixed 50 Backstroke Multi Disability Multi-Class	0	0	05:30 PM	_____
Finals	204 Girls 13 & Under 50 Backstroke	20	2 u	05:30 PM	_____
Finals	205 Boys 13 & Under 50 Backstroke	20	2 u	05:34 PM	_____
Finals	104 Girls 14 & Over 50 Backstroke	30	3 u	05:38 PM	_____
Finals	105 Boys 14 & Over 50 Backstroke	30	3 u	05:43 PM	_____
Finals	305 Mixed 100 Butterfly Multi Disability Multi-Class	0	0	05:48 PM	_____
Finals	206 Girls 13 & Under 100 Butterfly	20	2 u	05:48 PM	_____
Finals	207 Boys 13 & Under 100 Butterfly	20	2 u	05:53 PM	_____
Finals	106 Girls 14 & Over 100 Butterfly	30	3 u	05:58 PM	_____
Finals	107 Boys 14 & Over 100 Butterfly	30	3 u	06:04 PM	_____
	Break: 20 Minutes: Medals				
Finals	256 Girls 11 & Under 400 Freestyle Relay	6	1	06:30 PM	_____
Finals	257 Boys 11 & Under 400 Freestyle Relay	3	1	06:37 PM	_____
Finals	258 Girls 13 & Under 400 Freestyle Relay	11	2	06:44 PM	_____
Finals	259 Boys 13 & Under 400 Freestyle Relay	11	2	06:56 PM	_____
Finals	260 Girls 15 & Under 400 Freestyle Relay	7	1	07:08 PM	_____
Finals	261 Boys 15 & Under 400 Freestyle Relay	9	1	07:13 PM	_____
Finals	262 Women 400 Freestyle Relay	8	1	07:19 PM	_____
Finals	263 Men 400 Freestyle Relay	13	2	07:24 PM	_____
	Break: 20 Minutes: Medals				
	Swimmers Counts for Warm-ups: 306	=====	=====		
	Entry / Heat Totals:	268	31		
	Finish Time			07:55 PM	_____

Session: 4 Day 2 Session 4

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	110 Girls 14 & Over 400 IM	13	2	08:30 AM	_____
Finals	111 Boys 14 & Over 400 IM	22	3	08:44 AM	_____
Prelims	112 Girls 14 & Over 100 Backstroke	69	7	09:03 AM	_____
Prelims	113 Boys 14 & Over 100 Backstroke	63	7	09:20 AM	_____
	Break: 10 Minutes: Medals 400IM				
Prelims	114 Girls 14 & Over 100 Freestyle	83	9	09:45 AM	_____
Prelims	115 Boys 14 & Over 100 Freestyle	122	13	10:03 AM	_____
Prelims	116 Girls 14 & Over 50 Breaststroke	35	4	10:27 AM	_____
Prelims	117 Boys 14 & Over 50 Breaststroke	54	6	10:34 AM	_____
Finals	118 Women 14 & Over 800 Freestyle	14	2	10:42 AM	_____
Finals	119 Men 14 & Over 1500 Freestyle	9	1	11:06 AM	_____
	Break: 15 Minutes: Medals 800/1500				
	Swimmers Counts for Warm-ups: 253	=====	=====		
	Entry / Heat Totals:	484	54		
	Finish Time			11:41 AM	_____

**Western Cape Long Course Championships 2019 - 01/12/2019 to 04/12/2019****Session Report**

Session: 5 Day 2 Session 5

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	208 Girls 13 & Under 400 IM	11	2	01:00 PM	_____
Finals	209 Boys 13 & Under 400 IM	10	1	01:15 PM	_____
Prelims	210 Girls 13 & Under 100 Backstroke	85	9	01:22 PM	_____
Prelims	211 Boys 13 & Under 100 Backstroke	65	7	01:44 PM	_____
	Break: 10 Minutes: Medals 400IM				
Prelims	212 Girls 13 & Under 100 Freestyle	93	10	02:12 PM	_____
Prelims	213 Boys 13 & Under 100 Freestyle	90	9	02:32 PM	_____
Prelims	214 Girls 13 & Under 50 Breaststroke	49	5	02:50 PM	_____
Prelims	215 Boys 13 & Under 50 Breaststroke	43	5	02:58 PM	_____
Finals	216 Girls 11-13 800 Freestyle	11	2	03:05 PM	_____
Finals	217 Boys 11-13 1500 Freestyle	4	1	03:30 PM	_____
	Break: 15 Minutes: Medals 800/1500				
	Swimmers Counts for Warm-ups: 221	=====	=====		
	Entry / Heat Totals:	461	51		
	Finish Time			04:06 PM	_____

**Western Cape Long Course Championships 2019 - 01/12/2019 to 04/12/2019****Session Report**

Session: 6 Day 2 Session 6 Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	309 Mixed 100 Backstroke Multi Disability Multi-Class	0	0	05:30 PM	_____
Finals	210 Girls 13 & Under 100 Backstroke	20	2 u	05:30 PM	_____
Finals	211 Boys 13 & Under 100 Backstroke	20	2 u	05:36 PM	_____
Finals	112 Girls 14 & Over 100 Backstroke	30	3 u	05:40 PM	_____
Finals	113 Boys 14 & Over 100 Backstroke	30	3 u	05:48 PM	_____
Finals	311 Mixed 100 Freestyle Multi Disability Multi-Class	0	0	05:55 PM	_____
Finals	212 Girls 13 & Under 100 Freestyle	20	2 u	05:55 PM	_____
Finals	213 Boys 13 & Under 100 Freestyle	20	2 u	05:59 PM	_____
Finals	114 Girls 14 & Over 100 Freestyle	30	3 u	06:03 PM	_____
Finals	115 Boys 14 & Over 100 Freestyle	30	3 u	06:09 PM	_____
Finals	313 Mixed 50 Breaststroke Multi Disability Multi-Class	0	0	06:15 PM	_____
Finals	214 Girls 13 & Under 50 Breaststroke	20	2 u	06:15 PM	_____
Finals	215 Boys 13 & Under 50 Breaststroke	20	2 u	06:18 PM	_____
Finals	116 Girls 14 & Over 50 Breaststroke	30	3 u	06:21 PM	_____
Finals	117 Boys 14 & Over 50 Breaststroke	30	3 u	06:26 PM	_____
	Break: 20 Minutes: Medals				
Finals	218 Girls 11 & Under 200 Freestyle Relay	6	1	06:51 PM	_____
Finals	219 Boys 11 & Under 200 Freestyle Relay	5	1	06:55 PM	_____
Finals	220 Girls 13 & Under 200 Freestyle Relay	14	2	06:58 PM	_____
Finals	221 Boys 13 & Under 200 Freestyle Relay	13	2	07:05 PM	_____
Finals	222 Girls 15 & Under 200 Freestyle Relay	10	1	07:12 PM	_____
Finals	223 Boys 15 & Under 200 Freestyle Relay	8	1	07:15 PM	_____
Finals	224 Women 200 Freestyle Relay	9	1	07:18 PM	_____
Finals	225 Men 200 Freestyle Relay	13	2	07:21 PM	_____
	Break: 20 Minutes: Medals				
	Swimmers Counts for Warm-ups: 357	=====	=====		
	Entry / Heat Totals:	378	41		
	Finish Time			07:47 PM	_____

Session: 7 Day 3 Session 7

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	120 Girls 14 & Over 400 Freestyle	33	4	08:30 AM	_____
Finals	121 Boys 14 & Over 400 Freestyle	40	4	08:54 AM	_____
Prelims	122 Girls 14 & Over 100 Breaststroke	30	3	09:17 AM	_____
Prelims	123 Boys 14 & Over 100 Breaststroke	64	7	09:24 AM	_____
	Break: 10 Minutes: Medals 400 FREE				
Finals	124 Girls 14 & Over 200 Backstroke	53	6	09:49 AM	_____
Finals	125 Boys 14 & Over 200 Backstroke	43	5	10:12 AM	_____
Prelims	126 Girls 14 & Over 50 Butterfly	50	5	10:29 AM	_____
Prelims	127 Boys 14 & Over 50 Butterfly	94	10	10:36 AM	_____
	Break: 10 Minutes: Medals 200 BACK				
	Swimmers Counts for Warm-ups: 236	=====	=====		
	Entry / Heat Totals:	407	44		
	Finish Time			10:59 AM	_____

**Western Cape Long Course Championships 2019 - 01/12/2019 to 04/12/2019****Session Report**

Session: 8 Day 3 Session 8

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	226 Girls 13 & Under 400 Freestyle	38	4	01:00 PM	_____
Finals	227 Boys 13 & Under 400 Freestyle	38	4	01:26 PM	_____
Prelims	228 Girls 13 & Under 100 Breaststroke	44	5	01:53 PM	_____
Prelims	229 Boys 13 & Under 100 Breaststroke	45	5	02:05 PM	_____
	Break: 10 Minutes: Medals 400 FREE				
Finals	230 Girls 13 & Under 200 Backstroke	63	7	02:27 PM	_____
Finals	231 Boys 13 & Under 200 Backstroke	56	6	02:56 PM	_____
Prelims	232 Girls 13 & Under 50 Butterfly	65	7	03:19 PM	_____
Prelims	233 Boys 13 & Under 50 Butterfly	56	6	03:29 PM	_____
	Break: 10 Minutes: Medals 200 Back				
	Swimmers Counts for Warm-ups: 206	=====	=====		
	Entry / Heat Totals:	405	44		
	Finish Time			03:47 PM	_____

Session: 9 Day 3 Session 9 Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	327 Mixed 100 Breaststroke Multi Disability Multi-Clas	0	0	05:30 PM	_____
Finals	228 Girls 13 & Under 100 Breaststroke	20	2 u	05:30 PM	_____
Finals	229 Boys 13 & Under 100 Breaststroke	20	2 u	05:35 PM	_____
Finals	122 Girls 14 & Over 100 Breaststroke	30	3 u	05:40 PM	_____
Finals	123 Boys 14 & Over 100 Breaststroke	30	3 u	05:48 PM	_____
Finals	331 Mixed 50 Butterfly Multi Disability Multi-Class	0	0	05:54 PM	_____
Finals	232 Girls 13 & Under 50 Butterfly	20	2 u	05:54 PM	_____
Finals	233 Boys 13 & Under 50 Butterfly	20	2 u	05:57 PM	_____
Finals	126 Girls 14 & Over 50 Butterfly	30	3 u	06:00 PM	_____
Finals	127 Boys 14 & Over 50 Butterfly	30	3 u	06:05 PM	_____
	Break: 20 Minutes: Medals				
Finals	234 Girls 13 & Under 400 Medley Relay	10	1	06:29 PM	_____
Finals	235 Boys 13 & Under 400 Medley Relay	9	1	06:36 PM	_____
Finals	236 Girls 15 & Under 400 Medley Relay	8	1	06:43 PM	_____
Finals	237 Boys 15 & Under 400 Medley Relay	9	1	06:50 PM	_____
Finals	238 Women 400 Medley Relay	7	1	06:56 PM	_____
Finals	239 Men 400 Medley Relay	13	2	07:02 PM	_____
	Break: 20 Minutes: Medals				
	Swimmers Counts for Warm-ups: 287	=====	=====		
	Entry / Heat Totals:	256	27		
	Finish Time			07:34 PM	_____

**Western Cape Long Course Championships 2019 - 01/12/2019 to 04/12/2019****Session Report**

Session: 10 Day 4 Session 10

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	128 Girls 14 & Over 200 Freestyle	64	7	08:30 AM	_____
Finals	129 Boys 14 & Over 200 Freestyle	77	8	08:53 AM	_____
Prelims	130 Girls 14 & Over 50 Freestyle	79	8	09:17 AM	_____
Prelims	131 Boys 14 & Over 50 Freestyle	103	11	09:28 AM	_____
	Break: 10 Minutes: Medals 200 FREE				
Finals	132 Girls 14 & Over 200 Butterfly	5	1	09:51 AM	_____
Finals	133 Boys 14 & Over 200 Butterfly	21	3	09:55 AM	_____
Finals	134 Girls 14 & Over 1500 Freestyle	5	1	10:05 AM	_____
Finals	135 Boys 14 & Over 800 Freestyle	10	1	10:25 AM	_____
	Break: 10 Minutes: Medals 132 - 135				
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	364	40		
	Finish Time			10:46 AM	_____

Session: 11 Day 4 Session 11

Day of Meet: 4 Starts at 01:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	240 Girls 13 & Under 200 Freestyle	73	8	01:00 PM	_____
Finals	241 Boys 13 & Under 200 Freestyle	67	7	01:29 PM	_____
Prelims	242 Girls 13 & Under 50 Freestyle	94	10	01:53 PM	_____
Prelims	243 Boys 13 & Under 50 Freestyle	83	9	02:06 PM	_____
	Break: 10 Minutes: Medals 200 FREE				
Finals	244 Girls 11-13 200 Butterfly	4	1	02:28 PM	_____
Finals	245 Boys 11-13 200 Butterfly	8	1	02:32 PM	_____
Finals	246 Girls 13 & Under 1500 Freestyle	4	1	02:36 PM	_____
Finals	247 Boys 13 & Under 800 Freestyle	7	1	02:58 PM	_____
	Break: 10 Minutes: Medals 244 - 247				
	Swimmers Counts for Warm-ups: 199	=====	=====		
	Entry / Heat Totals:	340	38		
	Finish Time			03:20 PM	_____

**Western Cape Long Course Championships 2019 - 01/12/2019 to 04/12/2019****Session Report**

Session: 12 Day 4 Session 12 Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	341 Mixed 50 Freestyle Multi Disability Multi-Class	0	0	05:00 PM	_____
Finals	242 Girls 13 & Under 50 Freestyle	20	2 u	05:00 PM	_____
Finals	243 Boys 13 & Under 50 Freestyle	20	2 u	05:04 PM	_____
Finals	130 Girls 14 & Over 50 Freestyle	30	3 u	05:07 PM	_____
Finals	131 Boys 14 & Over 50 Freestyle	30	3 u	05:11 PM	_____
Finals	248 Girls 11 & Under 200 Medley Relay	6	1	05:15 PM	_____
Finals	249 Boys 11 & Under 200 Medley Relay	4	1	05:19 PM	_____
Finals	250 Girls 13 & Under 200 Medley Relay	12	2	05:23 PM	_____
Finals	251 Boys 13 & Under 200 Medley Relay	13	2	05:31 PM	_____
Finals	252 Girls 15 & Under 200 Medley Relay	9	1	05:39 PM	_____
Finals	253 Boys 15 & Under 200 Medley Relay	8	1	05:42 PM	_____
Finals	254 Women 200 Medley Relay	9	1	05:46 PM	_____
Finals	255 Men 200 Medley Relay	14	2	05:50 PM	_____
	Break: 30 Minutes: Medals				
	Swimmers Counts for Warm-ups: 292	=====	=====		
	Entry / Heat Totals:	175	21		
	Finish Time			06:26 PM	_____