

CTMA LEVEL 1 #4 - 2019/11/16**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: 56 - Women: 29 - Men: 27

Team	Women	Men	Total	Lane
KHAY-CP Khayelitsha Aquatics	12	11	23	_____
QUIC-CP Quick Silver Swimming Academy	7	6	13	_____
AOWO-CP AquaWolf Aquatics Club	3	5	8	_____
CAMPS-CP Camps Bay Swimmng Club	2	1	3	_____
VINE-CP VINEYARD SWIMMING CLUB	1	2	3	_____
BLMA-CP Blouberg Marlins	1	0	1	_____
GREY-CP Greydogs Swimming Club	1	0	1	_____
MARL-CP Marlin Swimming Club	1	0	1	_____
RETR-CP Retreat Aquatics	1	0	1	_____
TYGE-CP Tygerberg Aquatics	0	1	1	_____
XSAQ-CP X-Stream Aquatics	0	1	1	_____

Warm-up Starts at 08:30 AM

Session: 2 10 to 11 years

Day of Meet: 1 Starts at 09:30 AM

Total Athletes: 92 - Women: 49 - Men: 43

Team	Women	Men	Total	Lane
QUIC-CP Quick Silver Swimming Academy	5	7	12	_____
TYGE-CP Tygerberg Aquatics	6	4	10	_____
AOWO-CP AquaWolf Aquatics Club	5	4	9	_____
GREY-CP Greydogs Swimming Club	5	3	8	_____
ASAC-CP Aqua Sharks Academy	4	3	7	_____
VINE-CP VINEYARD SWIMMING CLUB	3	4	7	_____
BLMA-CP Blouberg Marlins	4	2	6	_____
CYBE-CP Cybersmart Aquatics	1	5	6	_____
XSAQ-CP X-Stream Aquatics	3	1	4	_____
BARR-CP Barracudas Aquarama SC	2	1	3	_____
KHAY-CP Khayelitsha Aquatics	2	1	3	_____
MARL-CP Marlin Swimming Club	3	0	3	_____
AODO-CP Aqua Dolphin Swimming Club	0	2	2	_____
REDAQ-CP Reddam Aquatics - Somerset Wes	0	2	2	_____
RETR-CP Retreat Aquatics	1	1	2	_____
UWCA-CP UWC Aquatics	2	0	2	_____
WEST-CP Westridge Swimming	1	1	2	_____
AGAO-OB Agulhas Aquatics	0	1	1	_____
AQ44-WC Aqua 44 Swim Club	0	1	1	_____
CAMPS-CP Camps Bay Swimmng Club	1	0	1	_____

CTMA LEVEL 1 #4 - 2019/11/16**Warm-up Sheet**

Warm-up Starts at 08:30 AM

Session: 2 10 to 11 years

Day of Meet: 1 Starts at 09:30 AM

Total Athletes: 92 - Women: 49 - Men: 43

Team	Women	Men	Total	Lane
CUHE-OB Curro Hermanus Aquatics	1	0	1	_____

Warm-up Starts at 11:00 AM

Session: 3 12 & over

Day of Meet: 1 Starts at 12:00 PM

Total Athletes: 95 - Women: 35 - Men: 60

Team	Women	Men	Total	Lane
VINE-CP VINEYARD SWIMMING CLUB	4	8	12	_____
QUIC-CP Quick Silver Swimming Academy	3	8	11	_____
UWCA-CP UWC Aquatics	5	5	10	_____
TYGE-CP Tygerberg Aquatics	3	6	9	_____
ASAC-CP Aqua Sharks Academy	2	5	7	_____
MARL-CP Marlin Swimming Club	6	0	6	_____
RETR-CP Retreat Aquatics	3	3	6	_____
XSAO-CP X-Stream Aquatics	3	3	6	_____
AQ44-WC Aqua 44 Swim Club	1	4	5	_____
AOWO-CP AquaWolf Aquatics Club	0	4	4	_____
BARR-CP Barracudas Aquarama SC	3	1	4	_____
KHAY-CP Khayelitsha Aquatics	0	3	3	_____
WEST-CP Westridge Swimming	0	3	3	_____
BLMA-CP Blouberg Marlins	1	1	2	_____
CAMPS-CP Camps Bay Swimmng Club	0	2	2	_____
CYBE-CP Cybersmart Aquatics	1	1	2	_____
REDAO-CP Reddam Aquatics - Somerset Wes	0	2	2	_____
CUHE-OB Curro Hermanus Aquatics	0	1	1	_____

CTMA LEVEL 1 #4 - 2019/11/16**Warm-up Sheet**

Warm-up Starts at 01:30 PM

Session: 4 9 & under

Day of Meet: 1 Starts at 02:30 PM

Total Athletes: 65 - Women: 26 - Men: 39

Team	Women	Men	Total	Lane
TYGE-CP Tygerberg Aquatics	12	9	21	_____
QUIC-CP Quick Silver Swimming Academy	5	13	18	_____
BARR-CP Barracudas Aquarama SC	3	4	7	_____
BLMA-CP Blouberg Marlins	2	4	6	_____
UWCA-CP UWC Aquatics	0	3	3	_____
ASAC-CP Aqua Sharks Academy	1	1	2	_____
CUHE-OB Curro Hermanus Aquatics	1	1	2	_____
CYBE-CP Cybersmart Aquatics	1	1	2	_____
AODO-CP Aqua Dolphin Swimming Club	0	1	1	_____
KHAY-CP Khayelitsha Aquatics	0	1	1	_____
VINE-CP VINEYARD SWIMMING CLUB	0	1	1	_____
WEST-CP Westridge Swimming	1	0	1	_____