

Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13**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	Starts at
Finals	100 Men 400 Freestyle	02:00 PM
Finals	101 Women 400 Freestyle	02:00 PM
Finals	102 Men 4x200 Freestyle Relay	02:00 PM
Finals	103 Women 4x200 Freestyle Relay	02:00 PM
	Finish Time	02:00 PM

Session: 2 Day2

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

Round	Event	Starts at
Prelims	200 Men 100 Backstroke	08:00 AM
Prelims	201 Women 100 Backstroke	08:00 AM
Prelims	204 Men 50 Breaststroke	08:00 AM
Prelims	205 Women 50 Breaststroke	08:00 AM
Prelims	206 Men 200 Freestyle	08:00 AM
Prelims	207 Women 200 Freestyle	08:00 AM
	Finish Time	08:00 AM

Session: 4 Day2 Finals

Day of Meet: 2 Starts at 03:30 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	200 Men 100 Backstroke	03:30 PM
Finals	201 Women 100 Backstroke	03:44 PM
Finals	605 Mixed 100 Backstroke Multi-Class	03:57 PM
Finals	202 Men 200 Butterfly	03:57 PM
Finals	203 Women 200 Butterfly	03:57 PM
Finals	611 Mixed 200 Butterfly Multi-Class	03:57 PM
	Break: 15 Minutes: MEDALS	
Finals	204 Men 50 Breaststroke	04:12 PM
Finals	205 Women 50 Breaststroke	04:20 PM
Finals	602 Mixed 50 Breaststroke Multi-Class	04:29 PM
Finals	206 Men 200 Freestyle	04:29 PM
Finals	207 Women 200 Freestyle	04:48 PM
Finals	608 Mixed 200 Freestyle Multi-Class	05:07 PM
	Break: 15 Minutes: MEDALS	
Finals	208 Boys 11 & Under 4x100 Freestyle Relay	05:22 PM
Finals	209 Girls 11 & Under 4x100 Freestyle Relay	05:22 PM
Finals	210 Boys 13 & Under 4x100 Freestyle Relay	05:22 PM
Finals	211 Girls 13 & Under 4x100 Freestyle Relay	05:22 PM
Finals	213 Boys 15 & Under 4x100 Freestyle Relay	05:22 PM
Finals	214 Girls 15 & Under 4x100 Freestyle Relay	05:22 PM
Finals	215 Men 4x100 Freestyle Relay	05:22 PM
Finals	216 Women 4x100 Freestyle Relay	05:22 PM
	Finish Time	05:22 PM

Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13**Session Report**

Session: 5 Day3

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

Round	Event	Starts at
Prelims	300 Women 100 Freestyle	08:00 AM
Prelims	301 Men 100 Freestyle	08:00 AM
Prelims	302 Women 100 Breaststroke	08:00 AM
Prelims	303 Men 100 Breaststroke	08:00 AM
Finals	304 Women 400 IM	08:00 AM
Finals	305 Men 400 IM	08:00 AM
Prelims	306 Women 50 Butterfly	08:00 AM
Prelims	307 Men 50 Butterfly	08:00 AM
	Finish Time	08:00 AM

Session: 7 Day3 Finals

Day of Meet: 3 Starts at 03:30 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	300 Women 100 Freestyle	03:30 PM
Finals	301 Men 100 Freestyle	03:42 PM
Finals	604 Mixed 100 Freestyle Multi-Class	03:54 PM
Finals	302 Women 100 Breaststroke	03:54 PM
Finals	303 Men 100 Breaststroke	04:06 PM
Finals	606 Mixed 100 Breaststroke Multi-Class	04:19 PM
	Break: 15 Minutes:	
Finals	306 Women 50 Butterfly	04:34 PM
Finals	307 Men 50 Butterfly	04:42 PM
Finals	603 Mixed 50 Butterfly Multi-Class	04:50 PM
Finals	308 Girls 11 & Under 4x50 Freestyle Relay	04:50 PM
Finals	309 Boys 11 & Under 4x50 Freestyle Relay	04:50 PM
Finals	310 Girls 13 & Under 4x50 Freestyle Relay	04:50 PM
Finals	311 Boys 13 & Under 4x50 Freestyle Relay	04:50 PM
Finals	312 Girls 15 & Under 4x50 Freestyle Relay	04:50 PM
Finals	313 Boys 15 & Under 4x50 Freestyle Relay	04:50 PM
Finals	314 Women 4x50 Freestyle Relay	04:50 PM
Finals	315 Men 4x50 Freestyle Relay	04:50 PM
	Finish Time	04:50 PM

Session: 8 Day4

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

Round	Event	Starts at
Prelims	400 Men 200 Breaststroke	08:00 AM
Prelims	401 Women 200 Breaststroke	08:00 AM
Prelims	402 Men 50 Backstroke	08:00 AM
Prelims	403 Women 50 Backstroke	08:00 AM
Prelims	404 Men 200 IM	08:00 AM
Prelims	405 Women 200 IM	08:00 AM
Finals	406 Men 1500 Freestyle	08:00 AM
Finals	407 Women 800 Freestyle	08:00 AM
	Finish Time	08:00 AM

Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13**Session Report**

Session: 10 Day4 Finals

Day of Meet: 4 Starts at 03:30 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	400 Men 200 Breaststroke	03:30 PM	_____
Finals	401 Women 200 Breaststroke	03:53 PM	_____
Finals	610 Mixed 200 Breaststroke Multi-Class	04:15 PM	_____
Finals	402 Men 50 Backstroke	04:15 PM	_____
Finals	403 Women 50 Backstroke	04:25 PM	_____
Finals	601 Mixed 50 Backstroke Multi-Class	04:34 PM	_____
	Break: 15 Minutes:		
Finals	404 Men 200 IM	04:49 PM	_____
Finals	405 Women 200 IM	05:10 PM	_____
Finals	612 Mixed 200 IM Multi-Class	05:30 PM	_____
Finals	408 Mixed 11 & Under 4x50 Medley Relay	05:30 PM	_____
Finals	409 Mixed 13 & Under 4x50 Medley Relay	05:30 PM	_____
Finals	410 Mixed 15 & Under 4x50 Medley Relay	05:30 PM	_____
Finals	411 Mixed 4x50 Medley Relay	05:30 PM	_____
	Finish Time	05:30 PM	_____

Session: 11 Day5

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

Round	Event	Starts at	
Prelims	500 Women 200 Backstroke	08:00 AM	_____
Prelims	501 Men 200 Backstroke	08:00 AM	_____
Prelims	502 Women 50 Freestyle	08:00 AM	_____
Prelims	503 Men 50 Freestyle	08:00 AM	_____
Prelims	504 Women 100 Butterfly	08:00 AM	_____
Prelims	505 Men 100 Butterfly	08:00 AM	_____
Finals	506 Women 1500 Freestyle	08:00 AM	_____
Finals	507 Men 800 Freestyle	08:00 AM	_____
	Finish Time	08:00 AM	_____

Session: 13 Day5 Finals

Day of Meet: 5 Starts at 03:30 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	500 Women 200 Backstroke	03:30 PM	_____
Finals	501 Men 200 Backstroke	03:52 PM	_____
Finals	609 Mixed 200 Backstroke Multi-Class	04:14 PM	_____
Finals	502 Women 50 Freestyle	04:14 PM	_____
Finals	503 Men 50 Freestyle	04:22 PM	_____
Finals	600 Mixed 50 Freestyle Multi-Class	04:30 PM	_____
Finals	504 Women 100 Butterfly	04:30 PM	_____
Finals	505 Men 100 Butterfly	04:42 PM	_____
Finals	607 Mixed 100 Butterfly Multi-Class	04:54 PM	_____
	Break: 30 Minutes: MEDALS		
	Finish Time	05:24 PM	_____