

**Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023****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	106	14	02:00 PM	_____
Finals	101 Women 400 Freestyle	71	9	03:25 PM	_____
Finals	102 Men 4x200 Freestyle Relay	14	2	04:20 PM	_____
Finals	103 Women 4x200 Freestyle Relay	10	2	04:40 PM	_____
	Break: 30 Minutes: Medals				
	Swimmers Counts for Warm-ups: 212	=====	=====		
	Entry / Heat Totals:	201	27		
	Finish Time			05:32 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	156	20	08:00 AM	_____
Prelims	201 Women 100 Backstroke	121	16	08:48 AM	_____
Prelims	204 Men 50 Breaststroke	129	17	09:26 AM	_____
Prelims	205 Women 50 Breaststroke	89	12	09:52 AM	_____
Prelims	206 Men 200 Freestyle	170	22	10:11 AM	_____
Prelims	207 Women 200 Freestyle	118	15	11:23 AM	_____
	Swimmers Counts for Warm-ups: 437	=====	=====		
	Entry / Heat Totals:	783	102		
	Finish Time			12:14 PM	_____

**Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023****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	5	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	04:56 PM	_____
Finals	207 Women 200 Freestyle	40	5 u	05:11 PM	_____
Finals	608 Mixed 200 Freestyle Multi-Class	3	1	05:27 PM	_____
	Break: 20 Minutes: MEDALS				
Finals	208 Boys 11 & Under 4x100 Freestyle Relay	5	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	06:16 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: 338	=====	=====		
	Entry / Heat Totals:	355	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	138	18	08:00 AM	_____
Prelims	301 Men 100 Freestyle	216	28	08:37 AM	_____
Prelims	302 Women 100 Breaststroke	70	9	09:31 AM	_____
Prelims	303 Men 100 Breaststroke	124	16	09:53 AM	_____
Finals	304 Women 400 IM	20	3	10:29 AM	_____
Finals	305 Men 400 IM	35	5	10:50 AM	_____
Prelims	306 Women 50 Butterfly	117	15	11:22 AM	_____
Prelims	307 Men 50 Butterfly	180	23	11:44 AM	_____
	Swimmers Counts for Warm-ups: 443				
	Entry / Heat Totals:	900	117		
	Finish Time			12:16 PM	_____

**Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023****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	05:12 PM	_____
Finals	603 Mixed 50 Butterfly Multi-Class	5	1	05:18 PM	_____
Finals	308 Girls 11 & Under 4x50 Freestyle Relay	1	1	05:20 PM	_____
Finals	309 Boys 11 & Under 4x50 Freestyle Relay	5	1	05:24 PM	_____
Finals	310 Girls 13 & Under 4x50 Freestyle Relay	8	1	05:27 PM	_____
Finals	311 Boys 13 & Under 4x50 Freestyle Relay	10	2	05:30 PM	_____
Finals	312 Girls 15 & Under 4x50 Freestyle Relay	8	1	05:37 PM	_____
Finals	313 Boys 15 & Under 4x50 Freestyle Relay	10	2	05:40 PM	_____
Finals	314 Women 4x50 Freestyle Relay	12	2	05:45 PM	_____
Finals	315 Men 4x50 Freestyle Relay	18	3	05:51 PM	_____
	Swimmers Counts for Warm-ups: 327	=====	=====		
	Entry / Heat Totals:	319	45		
	Finish Time			06:01 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	92	12	08:00 AM	_____
Prelims	401 Women 200 Breaststroke	50	7	08:48 AM	_____
Prelims	402 Men 50 Backstroke	134	17	09:17 AM	_____
Prelims	403 Women 50 Backstroke	103	13	09:46 AM	_____
Prelims	404 Men 200 IM	158	20	10:09 AM	_____
Prelims	405 Women 200 IM	92	12	11:21 AM	_____
Finals	406 Men 1500 Freestyle	23	3	12:06 PM	_____
Finals	407 Women 800 Freestyle	32	4	01:06 PM	_____
	Swimmers Counts for Warm-ups: 403	=====	=====		
	Entry / Heat Totals:	684	88		
	Finish Time			01:52 PM	_____

**Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023****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	04:39 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	3	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	06:20 PM	_____
Finals	612 Mixed 200 IM Multi-Class	3	1	06:38 PM	_____
Finals	408 Mixed 11 & Under 4x50 Medley Relay	6	1	06:42 PM	_____
Finals	409 Mixed 13 & Under 4x50 Medley Relay	13	2	06:46 PM	_____
Finals	410 Mixed 15 & Under 4x50 Medley Relay	14	2	06:54 PM	_____
Finals	411 Mixed 4x50 Medley Relay	17	3	07:00 PM	_____
	Swimmers Counts for Warm-ups: 279	=====	=====		
	Entry / Heat Totals:	296	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	88	11	08:00 AM	_____
Prelims	501 Men 200 Backstroke	113	15	08:43 AM	_____
Prelims	502 Women 50 Freestyle	130	17	09:40 AM	_____
Prelims	503 Men 50 Freestyle	187	24	10:04 AM	_____
Prelims	504 Women 100 Butterfly	62	8	10:36 AM	_____
Prelims	505 Men 100 Butterfly	112	15	10:54 AM	_____
Finals	506 Women 1500 Freestyle	18	3	11:25 AM	_____
Finals	507 Men 800 Freestyle	39	5	12:31 PM	_____
	Swimmers Counts for Warm-ups: 414	=====	=====		
	Entry / Heat Totals:	749	98		
	Finish Time			01:27 PM	_____

**Western Cape LC-A Championship 2023 - 14/12/2023 to 18/12/2023****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	4	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	0	0	05:12 PM	_____
	Break: 30 Minutes: MEDALS				
	Swimmers Counts for Warm-ups: 167	=====	=====		
	Entry / Heat Totals:	244	31		
	Finish Time			05:42 PM	_____