

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**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	03:56 PM	_____
	Break: 25 Minutes: MEDALS		
Finals	102 Men 4x200 Freestyle Relay	05:57 PM	_____
Finals	103 Women 4x200 Freestyle Relay	06:08 PM	_____
	Break: 1 Minutes: MEDALS		
	Swimmers Counts for Warm-ups: 273		
	Finish Time	06:19 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	08:56 AM	_____
Prelims	605 Mixed 100 Backstroke Multi-Class	09:45 AM	_____
Prelims	204 Men 50 Breaststroke	09:48 AM	_____
Prelims	205 Women 50 Breaststroke	10:18 AM	_____
Prelims	602 Mixed 50 Breaststroke Multi-Class	10:41 AM	_____
Prelims	206 Men 200 Freestyle	10:42 AM	_____
Prelims	207 Women 200 Freestyle	12:13 PM	_____
Prelims	608 Mixed 200 Freestyle Multi-Class	01:34 PM	_____
	Swimmers Counts for Warm-ups: 539		
	Finish Time	01:37 PM	_____

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 3 Day2 Finals

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	200 Men 100 Backstroke	02:30 PM	_____
Finals	201 Women 100 Backstroke	02:42 PM	_____
Finals	605 Mixed 100 Backstroke Multi-Class	02:53 PM	_____
Finals	202 Men 200 Butterfly	03:13 PM	_____
Finals	203 Women 200 Butterfly	03:31 PM	_____
Finals	611 Mixed 200 Butterfly Multi-Class	03:47 PM	_____
	Break: 50 Minutes: OPENING CEREMONY		
Finals	204 Men 50 Breaststroke	04:37 PM	_____
Finals	205 Women 50 Breaststroke	04:44 PM	_____
Finals	602 Mixed 50 Breaststroke Multi-Class	04:52 PM	_____
Finals	206 Men 200 Freestyle	05:05 PM	_____
Finals	207 Women 200 Freestyle	05:20 PM	_____
Finals	608 Mixed 200 Freestyle Multi-Class	05:36 PM	_____
	Break: 25 Minutes: MEDALS		
Finals	208 Boys 11 & Under 4x100 Freestyle Relay	06:30 PM	_____
Finals	209 Girls 11 & Under 4x100 Freestyle Relay	06:37 PM	_____
Finals	210 Boys 13 & Under 4x100 Freestyle Relay	06:43 PM	_____
Finals	211 Girls 13 & Under 4x100 Freestyle Relay	06:49 PM	_____
Finals	213 Boys 15 & Under 4x100 Freestyle Relay	07:01 PM	_____
Finals	214 Girls 15 & Under 4x100 Freestyle Relay	07:12 PM	_____
Finals	215 Men 4x100 Freestyle Relay	07:18 PM	_____
Finals	216 Women 4x100 Freestyle Relay	07:27 PM	_____
	Swimmers Counts for Warm-ups: 356		
	Finish Time	07:33 PM	_____

Session: 4 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	08:52 AM	_____
Prelims	604 Mixed 100 Freestyle Multi-Class	09:56 AM	_____
Prelims	302 Women 100 Breaststroke	09:58 AM	_____
Prelims	303 Men 100 Breaststroke	10:37 AM	_____
Prelims	606 Mixed 100 Breaststroke Multi-Class	11:27 AM	_____
Finals	304 Women 400 IM	11:30 AM	_____
Finals	305 Men 400 IM	11:57 AM	_____
Prelims	306 Women 50 Butterfly	12:36 PM	_____
Prelims	307 Men 50 Butterfly	01:06 PM	_____
	Break: 1 Minutes: MEDALS 400IM		
Prelims	603 Mixed 50 Butterfly Multi-Class	01:44 PM	_____
	Swimmers Counts for Warm-ups: 563		
	Finish Time	01:45 PM	_____

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 5 Day3 Finals

Day of Meet: 3 Starts at 03:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	300 Women 100 Freestyle	03:30 PM	_____
Finals	301 Men 100 Freestyle	03:40 PM	_____
Finals	604 Mixed 100 Freestyle Multi-Class	03:50 PM	_____
Finals	302 Women 100 Breaststroke	04:07 PM	_____
Finals	303 Men 100 Breaststroke	04:19 PM	_____
Finals	606 Mixed 100 Breaststroke Multi-Class	04:29 PM	_____
	Break: 25 Minutes: MEDALS		
Finals	306 Women 50 Butterfly	05:14 PM	_____
Finals	307 Men 50 Butterfly	05:21 PM	_____
Finals	603 Mixed 50 Butterfly Multi-Class	05:28 PM	_____
Finals	308 Girls 11 & Under 4x50 Freestyle Relay	05:40 PM	_____
Finals	309 Boys 11 & Under 4x50 Freestyle Relay	05:43 PM	_____
Finals	310 Girls 13 & Under 4x50 Freestyle Relay	05:47 PM	_____
Finals	311 Boys 13 & Under 4x50 Freestyle Relay	05:53 PM	_____
Finals	312 Girls 15 & Under 4x50 Freestyle Relay	05:57 PM	_____
Finals	313 Boys 15 & Under 4x50 Freestyle Relay	06:00 PM	_____
Finals	314 Women 4x50 Freestyle Relay	06:06 PM	_____
Finals	315 Men 4x50 Freestyle Relay	06:09 PM	_____
	Break: 25 Minutes: MEDALS		
	Swimmers Counts for Warm-ups: 356		
	Finish Time	06:39 PM	_____

Session: 6 Day4

Day of Meet: 4 Starts at 07:30 AM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	400 Men 200 Breaststroke	07:30 AM	_____
Prelims	401 Women 200 Breaststroke	08:36 AM	_____
Prelims	610 Mixed 200 Breaststroke Multi-Class	09:28 AM	_____
Prelims	402 Men 50 Backstroke	09:32 AM	_____
Prelims	403 Women 50 Backstroke	10:06 AM	_____
Prelims	601 Mixed 50 Backstroke Multi-Class	10:41 AM	_____
Prelims	404 Men 200 IM	10:43 AM	_____
	Break: 20 Minutes: Officials swop		
Prelims	405 Women 200 IM	12:31 PM	_____
Prelims	612 Mixed 200 IM Multi-Class	01:57 PM	_____
Finals-S	406 Men 1500 Freestyle Fast Heat in Finals	02:02 PM	_____
Finals-S	407 Women 800 Freestyle Fast Heat in Finals	02:44 PM	_____
	Swimmers Counts for Warm-ups: 532		
	Finish Time	03:45 PM	_____

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 7 Day4 Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-1	406 Men 1500 Freestyle Fast Heat in Finals	04:30 PM	_____
Finals-1	407 Women 800 Freestyle Fast Heat in Finals	04:49 PM	_____
Finals	400 Men 200 Breaststroke	05:00 PM	_____
Finals	401 Women 200 Breaststroke	05:19 PM	_____
Finals	610 Mixed 200 Breaststroke Multi-Class	05:38 PM	_____
	Break: 20 Minutes: MEDALS		
Finals	402 Men 50 Backstroke	06:31 PM	_____
Finals	403 Women 50 Backstroke	06:40 PM	_____
Finals	601 Mixed 50 Backstroke Multi-Class	06:48 PM	_____
Finals	404 Men 200 IM	07:03 PM	_____
Finals	405 Women 200 IM	07:19 PM	_____
Finals	612 Mixed 200 IM Multi-Class	07:37 PM	_____
Finals	408 Mixed 11 & Under 4x50 Medley Relay	08:10 PM	_____
Finals	409 Mixed 13 & Under 4x50 Medley Relay	08:18 PM	_____
Finals	410 Mixed 15 & Under 4x50 Medley Relay	08:26 PM	_____
Finals	411 Mixed 4x50 Medley Relay	08:33 PM	_____
	Break: 1 Minutes: MEDALS		
	Swimmers Counts for Warm-ups: 299		
	Finish Time	08:40 PM	_____

Session: 8 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	09:05 AM	_____
Prelims	609 Mixed 200 Backstroke Multi-Class	10:08 AM	_____
Prelims	502 Women 50 Freestyle	10:13 AM	_____
Prelims	503 Men 50 Freestyle	10:45 AM	_____
Prelims	600 Mixed 50 Freestyle Multi-Class	11:19 AM	_____
Prelims	504 Women 100 Butterfly	11:21 AM	_____
Prelims	505 Men 100 Butterfly	11:45 AM	_____
Prelims	607 Mixed 100 Butterfly Multi-Class	12:19 PM	_____
Finals-S	506 Women 1500 Freestyle Fast Heat in Finals	12:21 PM	_____
Finals-S	507 Men 800 Freestyle Fast Heat in Finals	01:05 PM	_____
	Swimmers Counts for Warm-ups: 492		
	Finish Time	01:51 PM	_____

Western Cape LC-A Championship 2025 - 2025/12/04 to 2025/12/08**Session Report**

Session: 9 Day5 Finals

Day of Meet: 5 Starts at 02:50 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-1	506 Women 1500 Freestyle Fast Heat in Finals	02:50 PM	_____
Finals-1	507 Men 800 Freestyle Fast Heat in Finals	03:10 PM	_____
Finals	500 Women 200 Backstroke	03:21 PM	_____
Finals	501 Men 200 Backstroke	03:40 PM	_____
Finals	609 Mixed 200 Backstroke Multi-Class	03:57 PM	_____
	Break: 20 Minutes: MEDALS		
Finals	502 Women 50 Freestyle	04:53 PM	_____
Finals	503 Men 50 Freestyle	05:00 PM	_____
Finals	600 Mixed 50 Freestyle Multi-Class	05:07 PM	_____
Finals	504 Women 100 Butterfly	05:19 PM	_____
Finals	505 Men 100 Butterfly	05:29 PM	_____
Finals	607 Mixed 100 Butterfly Multi-Class	05:39 PM	_____
	Break: 20 Minutes: Medals		
	Swimmers Counts for Warm-ups: 193		
	Finish Time	06:16 PM	_____