

Western Cape LC-A Championship 2021 - 2021/12/07 to 2021/12/11**Session Report**

Session: 1 1st Day 400 Free

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	100 Men 400 Freestyle	117	15	03:00 PM	_____
Finals	101 Women 400 Freestyle	97	13	04:29 PM	_____
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	214	28		
	Finish Time			05:49 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	168	22	08:00 AM	_____
Finals	201 Men 200 Butterfly	33	5	08:52 AM	_____
Prelims	202 Men 50 Breaststroke	138	18	09:10 AM	_____
Prelims	203 Men 200 Freestyle	197	25	09:37 AM	_____
	Swimmers Counts for Warm-ups: 275	=====	=====		
	Entry / Heat Totals:	536	70		
	Finish Time			10:59 AM	_____

Session: 3 Day2

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	204 Women 100 Backstroke	172	22	12:00 PM	_____
Finals	205 Women 200 Butterfly	16	2	12:54 PM	_____
Prelims	206 Women 50 Breaststroke	113	15	01:02 PM	_____
Prelims	207 Women 200 Freestyle	160	20	01:26 PM	_____
	Swimmers Counts for Warm-ups: 240	=====	=====		
	Entry / Heat Totals:	461	59		
	Finish Time			02:34 PM	_____

Session: 4 Day2 Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	200 Men 100 Backstroke	40	5 u	05:00 PM	_____
Finals	204 Women 100 Backstroke	40	5 u	05:11 PM	_____
Finals	202 Men 50 Breaststroke	40	5 u	05:22 PM	_____
Finals	206 Women 50 Breaststroke	40	5 u	05:29 PM	_____
Finals	203 Men 200 Freestyle	32	4 u	05:36 PM	_____
Finals	207 Women 200 Freestyle	32	4 u	05:48 PM	_____
Finals	615 Mixed 100 Backstroke Multi-Class	3	1	06:00 PM	_____
Finals	612 Mixed 50 Breaststroke Multi-Class	3	1	06:02 PM	_____
Finals	618 Mixed 200 Freestyle Multi-Class	2	1	06:04 PM	_____
	Swimmers Counts for Warm-ups: 185	=====	=====		
	Entry / Heat Totals:	232	31		
	Finish Time			06:08 PM	_____

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Session: 5 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	209	27	08:00 AM	_____
Prelims	301 Women 100 Breaststroke	98	13	08:55 AM	_____
Finals	302 Women 400 IM	26	4	09:27 AM	_____
Prelims	303 Women 50 Butterfly	169	22	09:54 AM	_____
	Swimmers Counts for Warm-ups: 241	=====	=====		
	Entry / Heat Totals:	502	66		
	Finish Time			10:26 AM	_____

Session: 6 Day3

Day of Meet: 3 Starts at 11:30 AM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	304 Men 100 Freestyle	229	29	11:30 AM	_____
Prelims	305 Men 100 Breaststroke	121	16	12:26 PM	_____
Finals	306 Men 400 IM	41	6	01:03 PM	_____
Prelims	307 Men 50 Butterfly	206	26	01:42 PM	_____
	Swimmers Counts for Warm-ups: 278	=====	=====		
	Entry / Heat Totals:	597	77		
	Finish Time			02:18 PM	_____

Session: 7 Day3 Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	304 Men 100 Freestyle	40	5 u	05:00 PM	_____
Finals	300 Women 100 Freestyle	40	5 u	05:09 PM	_____
Finals	305 Men 100 Breaststroke	40	5 u	05:18 PM	_____
Finals	301 Women 100 Breaststroke	40	5 u	05:29 PM	_____
Finals	307 Men 50 Butterfly	40	5 u	05:40 PM	_____
Finals	303 Women 50 Butterfly	40	5 u	05:46 PM	_____
Finals	614 Mixed 100 Freestyle Multi-Class	4	1	05:53 PM	_____
Finals	616 Mixed 100 Breaststroke Multi-Class	4	1	05:55 PM	_____
Finals	613 Mixed 50 Butterfly Multi-Class	4	1	05:58 PM	_____
	Swimmers Counts for Warm-ups: 170	=====	=====		
	Entry / Heat Totals:	252	33		
	Finish Time			06:00 PM	_____

Session: 8 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	84	11	08:00 AM	_____
Prelims	401 Men 50 Backstroke	168	22	08:45 AM	_____
Prelims	402 Men 200 IM	177	23	09:22 AM	_____
Finals	403 Men 1500 Freestyle	23	3	10:44 AM	_____
	Swimmers Counts for Warm-ups: 258	=====	=====		
	Entry / Heat Totals:	452	59		
	Finish Time			11:46 AM	_____

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Session: 9 Day4

Day of Meet: 4 Starts at 12:45 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	404 Women 200 Breaststroke	63	8	12:45 PM	_____
Prelims	405 Women 50 Backstroke	166	21	01:19 PM	_____
Prelims	406 Women 200 IM	138	18	01:55 PM	_____
Finals	407 Women 800 Freestyle	32	4	03:03 PM	_____
	Swimmers Counts for Warm-ups: 232	=====	=====		
	Entry / Heat Totals:	399	51		
	Finish Time			03:52 PM	_____

Session: 10 Day4 Finals

Day of Meet: 4 Starts at 05:30 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	400 Men 200 Breaststroke	32	4 u	05:30 PM	_____
Finals	404 Women 200 Breaststroke	32	4 u	05:44 PM	_____
Finals	401 Men 50 Backstroke	40	5 u	06:00 PM	_____
Finals	405 Women 50 Backstroke	40	5 u	06:07 PM	_____
Finals	402 Men 200 IM	40	5 u	06:15 PM	_____
Finals	406 Women 200 IM	40	5 u	06:31 PM	_____
Finals	620 Mixed 200 Breaststroke Multi-Class	1	1	06:48 PM	_____
Finals	611 Mixed 50 Backstroke Multi-Class	3	1	06:52 PM	_____
Finals	622 Mixed 200 IM Multi-Class	4	1	06:54 PM	_____
	Swimmers Counts for Warm-ups: 168	=====	=====		
	Entry / Heat Totals:	232	31		
	Finish Time			06:59 PM	_____

Session: 11 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	109	14	08:00 AM	_____
Prelims	501 Women 50 Freestyle	205	26	08:56 AM	_____
Prelims	502 Women 100 Butterfly	95	12	09:32 AM	_____
Finals	503 Women 1500 Freestyle	9	2	09:58 AM	_____
	Swimmers Counts for Warm-ups: 239	=====	=====		
	Entry / Heat Totals:	418	54		
	Finish Time			10:42 AM	_____

Session: 12 Day5

Day of Meet: 5 Starts at 12:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	504 Men 200 Backstroke	117	15	12:00 PM	_____
Prelims	505 Men 50 Freestyle	227	29	12:58 PM	_____
Prelims	506 Men 100 Butterfly	134	17	01:37 PM	_____
Finals	507 Men 800 Freestyle	30	4	02:12 PM	_____
	Swimmers Counts for Warm-ups: 270	=====	=====		
	Entry / Heat Totals:	508	65		
	Finish Time			02:57 PM	_____

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Session: 13 Day5 Finals

Day of Meet: 5 Starts at 05:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	504 Men 200 Backstroke	32	4 u	05:00 PM	_____
Finals	500 Women 200 Backstroke	32	4 u	05:14 PM	_____
Finals	505 Men 50 Freestyle	40	5 u	05:28 PM	_____
Finals	501 Women 50 Freestyle	40	5 u	05:35 PM	_____
Finals	506 Men 100 Butterfly	32	4 u	05:41 PM	_____
Finals	502 Women 100 Butterfly	32	4 u	05:48 PM	_____
Finals	619 Mixed 200 Backstroke Multi-Class	1	1	05:56 PM	_____
Finals	610 Mixed 50 Freestyle Multi-Class	5	1	06:00 PM	_____
Finals	617 Mixed 100 Butterfly Multi-Class	3	1	06:02 PM	_____
	Swimmers Counts for Warm-ups: 150	=====	=====		
	Entry / Heat Totals:	217	29		
	Finish Time			06:04 PM	_____