

**WCA-B Champs - 2022 - 2022/01/07 to 2022/01/09****Warm-up Sheet**

Warm-up Starts at 03:00 PM

Session: 1 Mixed All Age Groups

Day of Meet: 1 Starts at 04:00 PM

Total Athletes: 58 - Women: 33 - Men: 25

|          | <b>Team</b>                   | <b>Women</b> | <b>Men</b> | <b>Total</b> | <b>Lane</b> |
|----------|-------------------------------|--------------|------------|--------------|-------------|
| OUI-CP   | Quick Silver Swimming Academy | 5            | 3          | 8            | _____       |
| CYBE-CP  | Cybersmart Aquatics           | 3            | 4          | 7            | _____       |
| SWAR-WC  | Swartland Swim Club           | 7            | 0          | 7            | _____       |
| TYGE-CP  | Tygerberg Aquatics            | 4            | 3          | 7            | _____       |
| ASAC-CP  | Aqua Sharks Academy           | 1            | 2          | 3            | _____       |
| BARR-CP  | Barracudas Aquarama SC        | 0            | 3          | 3            | _____       |
| CLSC-WC  | Curro Langebaan Swim Club     | 1            | 2          | 3            | _____       |
| GSA-CP   | Generation Swimming Academy   | 1            | 2          | 3            | _____       |
| LAL-CE   | Lane Leader Stellenbosch      | 3            | 0          | 3            | _____       |
| BLMA-CP  | Blouberg Marlins              | 0            | 2          | 2            | _____       |
| CUHE-OB  | Curro Hermanus Aquatics       | 1            | 1          | 2            | _____       |
| SAAW-CP  | Swimlab Aquatic Academy       | 1            | 1          | 2            | _____       |
| WOAO-CE  | Worcester Aquatics            | 2            | 0          | 2            | _____       |
| AACTA-CP | Aqua Athlete CTA              | 1            | 0          | 1            | _____       |
| AODO-CP  | Aqua Dolphin Swimming Club    | 0            | 1          | 1            | _____       |
| BIOS-CE  | Biosplash Swim Academy        | 0            | 1          | 1            | _____       |
| EDWP-ED  | EDEN WATER POLO               | 1            | 0          | 1            | _____       |
| PAOU-CE  | Paarl Aquarius SC             | 1            | 0          | 1            | _____       |
| VINE-CP  | Vineyard SC                   | 1            | 0          | 1            | _____       |

**WCA-B Champs - 2022 - 2022/01/07 to 2022/01/09****Warm-up Sheet**

Warm-up Starts at 07:00 AM

Session: 2 Mixed 13 &amp; Under

Day of Meet: 2 Starts at 08:00 AM

Total Athletes: 264 - Women: 149 - Men: 115

|          | <b>Team</b>                     | <b>Women</b> | <b>Men</b> | <b>Total</b> | <b>Lane</b> |
|----------|---------------------------------|--------------|------------|--------------|-------------|
| VINE-CP  | Vineyard SC                     | 22           | 6          | 28           | _____       |
| TYGE-CP  | Tvgerberg Aquatics              | 15           | 10         | 25           | _____       |
| SWAR-WC  | Swartland Swim Club             | 16           | 7          | 23           | _____       |
| CYBE-CP  | Cvbersmart Aquatics             | 8            | 6          | 14           | _____       |
| GREY-CP  | Grevdogs Swimming Club          | 6            | 8          | 14           | _____       |
| OUI-CP   | Quick Silver Swimming Academy   | 7            | 7          | 14           | _____       |
| ASAC-CP  | Aqua Sharks Academy             | 8            | 5          | 13           | _____       |
| BLMA-CP  | Blouberg Marlins                | 9            | 4          | 13           | _____       |
| OSAW-CE  | Quicksilver Aquatics Winelands  | 4            | 7          | 11           | _____       |
| PLAY-CE  | Players                         | 5            | 4          | 9            | _____       |
| GSA-CP   | Generation Swimming Academy     | 2            | 6          | 8            | _____       |
| SAAW-CP  | Swimlab Aquatic Academy         | 3            | 5          | 8            | _____       |
| BARR-CP  | Barracudas Aquarama SC          | 4            | 3          | 7            | _____       |
| CLSC-WC  | Curro Langebaan Swim Club       | 3            | 4          | 7            | _____       |
| MARL-CP  | Marlin Swimming Club            | 4            | 3          | 7            | _____       |
| PAOU-CE  | Paarl Aquarius SC               | 3            | 4          | 7            | _____       |
| HTSA-CP  | Helderberg Titans Swimming Club | 5            | 1          | 6            | _____       |
| WALM-CP  | Walmers SC                      | 1            | 5          | 6            | _____       |
| UWCA-CP  | UWC Aquatics                    | 2            | 3          | 5            | _____       |
| WOAO-CE  | Worcester Aquatics              | 5            | 0          | 5            | _____       |
| AGAO-OB  | Agulhas Aquatics                | 1            | 3          | 4            | _____       |
| BIOS-CE  | Biosplash Swim Academy          | 4            | 0          | 4            | _____       |
| CUDU-CP  | Curro Durbanville Aquatics      | 1            | 3          | 4            | _____       |
| CUHE-OB  | Curro Hermanus Aquatics         | 3            | 1          | 4            | _____       |
| MANT-CP  | Manta SC                        | 3            | 1          | 4            | _____       |
| AODO-CP  | Aqua Dolphin Swimming Club      | 1            | 2          | 3            | _____       |
| ASAW-CE  | Aquasharks Winelands            | 0            | 3          | 3            | _____       |
| AACTA-CP | Aqua Athlete CTA                | 1            | 1          | 2            | _____       |
| XSAO-CP  | X-Stream Aquatics               | 2            | 0          | 2            | _____       |
| EVO-CP   | Evolution Aquatics              | 0            | 1          | 1            | _____       |
| HURAO-CP | Hurricane Aquatic Club          | 0            | 1          | 1            | _____       |
| KHAY-CP  | Khavalitsha Aquatics            | 0            | 1          | 1            | _____       |
| WEST-CP  | Westridge Swimming              | 1            | 0          | 1            | _____       |

**WCA-B Champs - 2022 - 2022/01/07 to 2022/01/09****Warm-up Sheet**

Warm-up Starts at 12:00 PM

Session: 3 Mixed 14 &amp; Over

Day of Meet: 2 Starts at 01:00 PM

Total Athletes: 88 - Women: 47 - Men: 41

|          | <b>Team</b>                    | <b>Women</b> | <b>Men</b> | <b>Total</b> | <b>Lane</b> |
|----------|--------------------------------|--------------|------------|--------------|-------------|
| MARL-CP  | Marlin Swimming Club           | 9            | 0          | 9            | _____       |
| OUI-CP   | Quick Silver Swimming Academy  | 4            | 4          | 8            | _____       |
| VINE-CP  | Vineyard SC                    | 4            | 4          | 8            | _____       |
| ASAC-CP  | Aqua Sharks Academy            | 2            | 4          | 6            | _____       |
| BLMA-CP  | Blouberg Marlins               | 1            | 4          | 5            | _____       |
| CUHE-OB  | Curro Hermanus Aquatics        | 2            | 2          | 4            | _____       |
| GSA-CP   | Generation Swimming Academy    | 1            | 3          | 4            | _____       |
| MANT-CP  | Manta SC                       | 2            | 2          | 4            | _____       |
| SAAW-CP  | Swimlab Aquatic Academy        | 2            | 2          | 4            | _____       |
| SWAR-WC  | Swartland Swim Club            | 2            | 2          | 4            | _____       |
| LAL-CE   | Lane Leader Stellenbosch       | 3            | 0          | 3            | _____       |
| OSAW-CE  | Quicksilver Aquatics Winelands | 3            | 0          | 3            | _____       |
| TYGE-CP  | Tygerberg Aquatics             | 2            | 1          | 3            | _____       |
| UWCA-CP  | UWC Aquatics                   | 1            | 2          | 3            | _____       |
| AACTA-CP | Aqua Athlete CTA               | 2            | 0          | 2            | _____       |
| BARR-CP  | Barracudas Aquarama SC         | 0            | 2          | 2            | _____       |
| CLSC-WC  | Curro Langebaan Swim Club      | 0            | 2          | 2            | _____       |
| EVO-CP   | Evolution Aquatics             | 1            | 1          | 2            | _____       |
| WAO-CE   | Worcester Aquatics             | 1            | 1          | 2            | _____       |
| AGAO-OB  | Agulhas Aquatics               | 1            | 0          | 1            | _____       |
| AODO-CP  | Aqua Dolphin Swimming Club     | 0            | 1          | 1            | _____       |
| ASAW-CE  | Aquasharks Winelands           | 1            | 0          | 1            | _____       |
| BIOS-CE  | Biosplash Swim Academy         | 0            | 1          | 1            | _____       |
| CUDU-CP  | Curro Durbanville Aquatics     | 1            | 0          | 1            | _____       |
| CYBE-CP  | Cybersmart Aquatics            | 0            | 1          | 1            | _____       |
| EDWP-ED  | EDEN WATER POLO                | 1            | 0          | 1            | _____       |
| FISH-ED  | Fish Eagle Aquatics            | 1            | 0          | 1            | _____       |
| KHAY-CP  | Khavalitsha Aquatics           | 0            | 1          | 1            | _____       |
| WEST-CP  | Westridge Swimming             | 0            | 1          | 1            | _____       |

**WCA-B Champs - 2022 - 2022/01/07 to 2022/01/09****Warm-up Sheet**

Warm-up Starts at 07:00 AM

Session: 4 Mixed 13 &amp; Under

Day of Meet: 3 Starts at 08:00 AM

Total Athletes: 269 - Women: 154 - Men: 115

|          | <b>Team</b>                     | <b>Women</b> | <b>Men</b> | <b>Total</b> | <b>Lane</b> |
|----------|---------------------------------|--------------|------------|--------------|-------------|
| VINE-CP  | Vinevard SC                     | 23           | 6          | 29           | _____       |
| TYGE-CP  | Tvgerberg Aquatics              | 15           | 10         | 25           | _____       |
| SWAR-WC  | Swartland Swim Club             | 16           | 8          | 24           | _____       |
| GREY-CP  | Grevdogs Swimming Club          | 8            | 8          | 16           | _____       |
| CYBE-CP  | Cvbersmart Aquatics             | 8            | 6          | 14           | _____       |
| OUI-CP   | Quick Silver Swimming Academy   | 7            | 7          | 14           | _____       |
| ASAC-CP  | Aqua Sharks Academy             | 8            | 5          | 13           | _____       |
| BLMA-CP  | Blouberg Marlins                | 8            | 4          | 12           | _____       |
| OSAW-CE  | Quicksilver Aquatics Winelands  | 5            | 7          | 12           | _____       |
| PLAY-CE  | Players                         | 5            | 4          | 9            | _____       |
| GSA-CP   | Generation Swimming Academy     | 2            | 6          | 8            | _____       |
| SAAW-CP  | Swimlab Aquatic Academy         | 3            | 5          | 8            | _____       |
| CLSC-WC  | Curro Langebaan Swim Club       | 3            | 4          | 7            | _____       |
| MARL-CP  | Marlin Swimming Club            | 4            | 3          | 7            | _____       |
| PAOU-CE  | Paarl Aquarius SC               | 3            | 4          | 7            | _____       |
| WALM-CP  | Walmers SC                      | 2            | 5          | 7            | _____       |
| BARR-CP  | Barracudas Aquarama SC          | 4            | 2          | 6            | _____       |
| HTSA-CP  | Helderberg Titans Swimming Club | 5            | 1          | 6            | _____       |
| UWCA-CP  | UWC Aquatics                    | 2            | 3          | 5            | _____       |
| WOAO-CE  | Worcester Aquatics              | 5            | 0          | 5            | _____       |
| AGAO-OB  | Agulhas Aquatics                | 1            | 3          | 4            | _____       |
| BIOS-CE  | Biosplash Swim Academy          | 4            | 0          | 4            | _____       |
| CUDU-CP  | Curro Durbanville Aquatics      | 1            | 3          | 4            | _____       |
| CUHE-OB  | Curro Hermanus Aquatics         | 3            | 1          | 4            | _____       |
| MANT-CP  | Manta SC                        | 3            | 1          | 4            | _____       |
| AACTA-CP | Aqua Athlete CTA                | 2            | 1          | 3            | _____       |
| AODO-CP  | Aqua Dolphin Swimming Club      | 1            | 2          | 3            | _____       |
| ASAW-CE  | Aquasharks Winelands            | 0            | 3          | 3            | _____       |
| XSAO-CP  | X-Stream Aquatics               | 2            | 0          | 2            | _____       |
| EVO-CP   | Evolution Aquatics              | 0            | 1          | 1            | _____       |
| HURAO-CP | Hurricane Aquatic Club          | 0            | 1          | 1            | _____       |
| KHAY-CP  | Khavalitsha Aquatics            | 0            | 1          | 1            | _____       |
| WEST-CP  | Westridge Swimming              | 1            | 0          | 1            | _____       |

**WCA-B Champs - 2022 - 2022/01/07 to 2022/01/09****Warm-up Sheet**

Warm-up Starts at 01:00 PM

Session: 5 Mixed 14 &amp; Over

Day of Meet: 3 Starts at 02:00 PM

Total Athletes: 90 - Women: 47 - Men: 43

|          | <b>Team</b>                    | <b>Women</b> | <b>Men</b> | <b>Total</b> | <b>Lane</b> |
|----------|--------------------------------|--------------|------------|--------------|-------------|
| MARL-CP  | Marlin Swimming Club           | 9            | 0          | 9            | _____       |
| OUI-CP   | Quick Silver Swimming Academy  | 4            | 4          | 8            | _____       |
| VINE-CP  | Vineyard SC                    | 4            | 4          | 8            | _____       |
| ASAC-CP  | Aqua Sharks Academy            | 2            | 4          | 6            | _____       |
| BLMA-CP  | Blouberg Marlins               | 1            | 4          | 5            | _____       |
| CUHE-OB  | Curro Hermanus Aquatics        | 2            | 2          | 4            | _____       |
| GSA-CP   | Generation Swimming Academy    | 1            | 3          | 4            | _____       |
| MANT-CP  | Manta SC                       | 2            | 2          | 4            | _____       |
| SAAW-CP  | Swimlab Aquatic Academy        | 2            | 2          | 4            | _____       |
| SWAR-WC  | Swartland Swim Club            | 2            | 2          | 4            | _____       |
| LAL-CE   | Lane Leader Stellenbosch       | 3            | 0          | 3            | _____       |
| OSAW-CE  | Quicksilver Aquatics Winelands | 3            | 0          | 3            | _____       |
| TYGE-CP  | Tygerberg Aquatics             | 2            | 1          | 3            | _____       |
| UWCA-CP  | UWC Aquatics                   | 1            | 2          | 3            | _____       |
| WOAO-CE  | Worcester Aquatics             | 1            | 2          | 3            | _____       |
| AACTA-CP | Aqua Athlete CTA               | 2            | 0          | 2            | _____       |
| BARR-CP  | Barracudas Aquarama SC         | 0            | 2          | 2            | _____       |
| CLSC-WC  | Curro Langebaan Swim Club      | 0            | 2          | 2            | _____       |
| EVO-CP   | Evolution Aquatics             | 1            | 1          | 2            | _____       |
| AGAO-OB  | Agulhas Aquatics               | 1            | 0          | 1            | _____       |
| AODO-CP  | Aqua Dolphin Swimming Club     | 0            | 1          | 1            | _____       |
| ASAW-CE  | Aquasharks Winelands           | 1            | 0          | 1            | _____       |
| BIOS-CE  | Biosplash Swim Academy         | 0            | 1          | 1            | _____       |
| CUDU-CP  | Curro Durbanville Aquatics     | 1            | 0          | 1            | _____       |
| CYBE-CP  | Cybersmart Aquatics            | 0            | 1          | 1            | _____       |
| EDWP-ED  | EDEN WATER POLO                | 1            | 0          | 1            | _____       |
| FISH-ED  | Fish Eagle Aquatics            | 1            | 0          | 1            | _____       |
| KHAY-CP  | Khavalitsha Aquatics           | 0            | 1          | 1            | _____       |
| WALM-CP  | Walmers SC                     | 0            | 1          | 1            | _____       |
| WEST-CP  | Westridge Swimming             | 0            | 1          | 1            | _____       |