

CTA QT MEET 4

2026/2027 | LEVEL 2 & ABOVE

5 September 2026

UWC Swimming Pool, Bellville, Cape Town

Long Course | Mixed timed finals

17

SWIMMERS

55

ENTRIES

2

SESSIONS

LATEST SESSION UPDATE

FINISH TIMES: 13:05 | 18:27



LIVE EVENT PAGE

Scan for updated reports and club communications

One guide. Everything parents need.

SESSION REPORT UPDATED 4 SEPTEMBER 2026

1,664 meet entries | 170 heats | Event times refreshed.

SESSION 1

08:00-13:05

811 entries | 83 heats

SESSION 2

14:00-18:27

853 entries | 87 heats

VENUE

UWC Swimming Pool, Bellville, Cape Town
Long Course

ARRIVAL AND WARM-UP

Session 1: Arrive 06:30 | Warm-up 06:45

Session 2: Arrive 12:30 | Warm-up 12:45

HOW TO USE THE GUIDE

QUICK LINK	WHAT IT MEANS
Pages 5-13	Find each swimmer's personal race card, events, seeds and current heat/lane.
Page 14	Check Cybersmart timekeeping assignments by session and lane.
Pages 15-18	Follow the Cybersmart race order event by event.
H/L	Heat/Lane from the Entry List generated 3 September 2026.
Psych # (V2)	Last supplied Psych Sheet position (1 September 2026); shown for reference only.
NT	No seed time is recorded in the official reports.

The complete programme at a glance

SESSION 1 | 08:00 AM - 01:05 PM

EVENT	RACE	FIELD	HEATS	BEGINS	CYBE
#101	50 Breaststroke	227	23	08:00 AM	17
#102	1500 Freestyle	19	2	08:36 AM	3
#103	100 Freestyle	266	27	09:25 AM	10
#104	200 IM	178	18	10:22 AM	6
#105	400 Freestyle	121	13	11:34 AM	12

Warm-up swimmer count: 347 | Session total: 811 entries, 83 heats | Heat interval: 45 Seconds / Back +15 Seconds

SESSION 2 | 02:00 PM - 06:27 PM

EVENT	RACE	FIELD	HEATS	BEGINS	CYBE
#201	100 Backstroke	231	24	02:00 PM	0
#202	800 Freestyle	49	5	03:01 PM	7
#203	100 Breaststroke	189	19	04:06 PM	0
#204	200 Freestyle	165	17	04:53 PM	0
#205	50 Butterfly	219	22	05:55 PM	0

Warm-up swimmer count: 351 | Session total: 853 entries, 87 heats | Heat interval: 45 Seconds / Back +15 Seconds

Source note: programme times and full-meet totals are from the revised Session Report issued 4 September 2026. Heat/lane allocations remain from the Entry List generated 3 September 2026; Psych positions remain from 1 September 2026. Later organiser or coaching instructions take priority.

Our meet in numbers

17 SWIMMERS	55 ENTRIES	11/6 FEMALE / MALE	48 SESSION 1	7 SESSION 2
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CYBERSMART ENTRY DISTRIBUTION

#101 50 Breaststroke		17 entries
#102 1500 Freestyle		3 entries 1 NT
#103 100 Freestyle		10 entries
#104 200 IM		6 entries 2 NT
#105 400 Freestyle		12 entries 9 NT
#201 100 Backstroke		0 entries
#202 800 Freestyle		7 entries 3 NT
#203 100 Breaststroke		0 entries
#204 200 Freestyle		0 entries
#205 50 Butterfly		0 entries

Team pattern: all 17 Cybersmart swimmers race the 50m Breaststroke. The club has entries in six of the ten events; there are no Cybersmart entries in #201, #203, #204 or #205.

Race cards 1-2 of 17

Faye Bowring

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	5/8	54.02	43
#104 200 IM	1	10:22 AM	2/7	NT	23
#105 400 Free	1	11:34 AM	2/2	NT	33

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Sophie Chong

Age 12 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	15/1	44.55	143
#102 1500 Free	1	08:36 AM	2/10	22:41.18	10
#202 800 Free	2	03:01 PM	3/4	13:08.85	19

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 3-4 of 17

Melody Coetzee

Age 12 | F | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	10/2	48.49	93
#103 100 Free	1	09:25 AM	14/9	1:18.06	132
#104 200 IM	1	10:22 AM	11/8	3:06.84	100
#202 800 Free	2	03:01 PM	2/3	NT	16

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Luci Court

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	3/8	57.72	23
#104 200 IM	1	10:22 AM	2/6	NT	22
#105 400 Free	1	11:34 AM	2/4	NT	29

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 5-6 of 17

Ella De Nobrega

Age 12 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	6/9	53.05	51
#104 200 IM	1	10:22 AM	6/2	3:37.99	47
#105 400 Free	1	11:34 AM	3/8	NT	36

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Tinashe Dembaremba

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	7/7	52.37	65
#103 100 Free	1	09:25 AM	6/1	1:31.38	50
#105 400 Free	1	11:34 AM	2/3	NT	31

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 7-8 of 17

Katja Kimani

Age 11 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	18/3	41.67	181
#102 1500 Free	1	08:36 AM	1/1	NT	7
#202 800 Free	2	03:01 PM	4/3	11:40.81	27

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Nazrin Klink

Age 10 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	3/3	57.63	24
#103 100 Free	1	09:25 AM	3/7	1:42.30	24
#105 400 Free	1	11:34 AM	1/7	NT	35

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 9-10 of 17

Tyrese Klink

Age 14 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	14/7	44.81	138
#103 100 Free	1	09:25 AM	20/7	1:10.36	196
#104 200 IM	1	10:22 AM	9/7	3:15.02	81

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Zara Lockitch

Age 14 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	13/7	45.34	127
#102 1500 Free	1	08:36 AM	2/1	20:55.16	12
#202 800 Free	2	03:01 PM	5/7	10:42.27	39

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 11-12 of 17

You-Rong N Lu

Age 12 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	9/9	49.94	81
#103 100 Free	1	09:25 AM	11/10	1:22.44	101
#105 400 Free	1	11:34 AM	3/10	NT	30

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Iyla Mesais

Age 13 | F | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	10/4	48.00	98
#103 100 Free	1	09:25 AM	7/6	1:28.07	67
#105 400 Free	1	11:34 AM	4/1	NT	28

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 13-14 of 17

Ethan Morrison

Age 11 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	4/10	56.37	29
#103 100 Free	1	09:25 AM	10/3	1:23.34	96
#105 400 Free	1	11:34 AM	2/7	NT	34

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Connor November

Age 12 | M | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	11/10	47.59	100
#103 100 Free	1	09:25 AM	14/8	1:17.58	134
#105 400 Free	1	11:34 AM	7/9	5:56.00	63
#202 800 Free	2	03:01 PM	2/9	NT	18

Entry p.18 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 15-16 of 17

Gabriel J Witten

Age 13 | M | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	8/3	50.92	74
#104 200 IM	1	10:22 AM	9/10	3:20.74	75
#105 400 Free	1	11:34 AM	7/2	5:54.62	64
#202 800 Free	2	03:01 PM	4/1	12:10.19	23

Entry p.19 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Hannah Witten

Age 18 | F | 4 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	21/1	38.11	208
#103 100 Free	1	09:25 AM	22/5	1:07.64	220
#105 400 Free	1	11:34 AM	10/7	5:14.82	96
#202 800 Free	2	03:01 PM	3/3	NT	17

Entry p.19 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Race cards 17-17 of 17

Bo-Lin Wu

Age 12 | M | 3 events

EVENT	S	BEGINS	H/L	SEED	PSYCH #*
#101 50 Breast	1	08:00 AM	6/7	52.97	55
#103 100 Free	1	09:25 AM	4/4	1:35.32	35
#105 400 Free	1	11:34 AM	3/3	NT	32

Entry p.19 (3 September 2026) | *Psych V2 (1 September 2026) | NT = no time

Event begins = programme start for the event, not the swimmer's individual heat time.

Cybersmart timekeeping duties

9 Cybersmart timekeeping assignments are listed in the supplied official reports. Please check the session segment and lane carefully.

SESSION	LANE	TIMEKEEPER	DUTY
Session 1.1	2	Caroline Visser	Timekeeper
Session 1.1	4	Laurie Fialkov	Timekeeper
Session 1.1	9	Cindy Cupido	Timekeeper
Session 1.1	10	Daniella Morrison	Timekeeper
Session 1.2	1	Dawn Woodrup	Timekeeper
Session 1.2	2	Hue-Tsai Wu	Timekeeper
Session 1.2	8	Shirley Johnathan	Timekeeper
Session 1.2	9	Shene Witten	Timekeeper
Session 1.2	10	Mia Kimani	Timekeeper

SESSION 2

No Cybersmart timekeepers are listed in the supplied Session 2 Officials report.

Important: the supplied officials lists do not state reporting times or the Session 1.1/1.2 changeover time. Please follow the gala WhatsApp group and club instructions. If you are listed and cannot attend, notify Cybersmart Aquatics immediately.

Session 1 race order - 50m Breaststroke

#101 50 Breaststroke - 08:00 AM - 17 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #*
3/3	Nazrin Klink	10 F	57.63	24
3/8	Luci Court	11 F	57.72	23
4/10	Ethan Morrison	11 M	56.37	29
5/8	Faye Bowring	11 F	54.02	43
6/7	Bo-Lin Wu	12 M	52.97	55
6/9	Ella De Nobrega	12 F	53.05	51
7/7	Tinashe Dembaremba	11 F	52.37	65
8/3	Gabriel J Witten	13 M	50.92	74
9/9	You-Rong N Lu	12 M	49.94	81
10/2	Melody Coetzee	12 F	48.49	93
10/4	Iyla Mesais	13 F	48.00	98
11/10	Connor November	12 M	47.59	100
13/7	Zara Lockitch	14 F	45.34	127
14/7	Tyrese Klink	14 M	44.81	138
15/1	Sophie Chong	12 F	44.55	143
18/3	Katja Kimani	11 F	41.67	181
21/1	Hannah Witten	18 F	38.11	208

Session 1 race order - distance and freestyle

#102 1500 Freestyle - 08:36 AM - 3 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #*
1/1	Katja Kimani	11 F	NT	7
2/1	Zara Lockitch	14 F	20:55.16	12
2/10	Sophie Chong	12 F	22:41.18	10

#103 100 Freestyle - 09:25 AM - 10 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #*
3/7	Nazrin Klink	10 F	1:42.30	24
4/4	Bo-Lin Wu	12 M	1:35.32	35
6/1	Tinashe Dembaremba	11 F	1:31.38	50
7/6	Iyla Mesais	13 F	1:28.07	67
10/3	Ethan Morrison	11 M	1:23.34	96
11/10	You-Rong N Lu	12 M	1:22.44	101
14/8	Connor November	12 M	1:17.58	134
14/9	Melody Coetzee	12 F	1:18.06	132
20/7	Tyrese Klink	14 M	1:10.36	196
22/5	Hannah Witten	18 F	1:07.64	220

Session 1 race order - IM and 400m Freestyle

#104 200 IM - 10:22 AM - 6 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #*
2/6	Luci Court	11 F	NT	22
2/7	Faye Bowring	11 F	NT	23
6/2	Ella De Nobrega	12 F	3:37.99	47
9/7	Tyrese Klink	14 M	3:15.02	81
9/10	Gabriel J Witten	13 M	3:20.74	75
11/8	Melody Coetzee	12 F	3:06.84	100

#105 400 Freestyle - 11:34 AM - 12 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #*
1/7	Nazrin Klink	10 F	NT	35
2/2	Faye Bowring	11 F	NT	33
2/3	Tinashe Dembaremba	11 F	NT	31
2/4	Luci Court	11 F	NT	29
2/7	Ethan Morrison	11 M	NT	34
3/3	Bo-Lin Wu	12 M	NT	32
3/8	Ella De Nobrega	12 F	NT	36
3/10	You-Rong N Lu	12 M	NT	30
4/1	Iyla Mesais	13 F	NT	28
7/2	Gabriel J Witten	13 M	5:54.62	64
7/9	Connor November	12 M	5:56.00	63
10/7	Hannah Witten	18 F	5:14.82	96

Session 2 race order - 800m Freestyle

#202 800 Freestyle - 03:01 PM - 7 Cybersmart entries

H/L	SWIMMER	AGE/SEX	SEED	PSYCH #*
2/3	Melody Coetzee	12 F	NT	16
2/9	Connor November	12 M	NT	18
3/3	Hannah Witten	18 F	NT	17
3/4	Sophie Chong	12 F	13:08.85	19
4/1	Gabriel J Witten	13 M	12:10.19	23
4/3	Katja Kimani	11 F	11:40.81	27
5/7	Zara Lockitch	14 F	10:42.27	39

No Cybersmart entries in #201 100m Backstroke, #203 100m Breaststroke, #204 200m Freestyle or #205 50m Butterfly.