

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

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	09:27 AM	_____
Prelims	402 Men 50 Backstroke	09:32 AM	_____
Prelims	403 Women 50 Backstroke	10:06 AM	_____
Prelims	601 Mixed 50 Backstroke Multi-Class	10:40 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	01:52 PM	_____
Finals-S	406 Men 1500 Freestyle Fast Heat in Finals	01:57 PM	_____
Finals-S	407 Women 800 Freestyle Fast Heat in Finals	02:39 PM	_____
	Swimmers Counts for Warm-ups: 509		
	Finish Time	03:40 PM	_____

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	05:39 PM	_____
Finals	402 Men 50 Backstroke	05:43 PM	_____
Finals	403 Women 50 Backstroke	05:51 PM	_____
Finals	601 Mixed 50 Backstroke Multi-Class	06:00 PM	_____
Finals	404 Men 200 IM	06:02 PM	_____
Finals	405 Women 200 IM	06:18 PM	_____
Finals	612 Mixed 200 IM Multi-Class	06:36 PM	_____
Finals	408 Mixed 11 & Under 4x50 Medley Relay	06:40 PM	_____
Finals	409 Mixed 13 & Under 4x50 Medley Relay	06:48 PM	_____
Finals	410 Mixed 15 & Under 4x50 Medley Relay	06:55 PM	_____
Finals	411 Mixed 4x50 Medley Relay	07:03 PM	_____
	Swimmers Counts for Warm-ups: 310		
	Finish Time	07:09 PM	_____

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

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	10:44 AM	_____
Prelims	600 Mixed 50 Freestyle Multi-Class	11:18 AM	_____
Prelims	504 Women 100 Butterfly	11:19 AM	_____
Prelims	505 Men 100 Butterfly	11:44 AM	_____
Prelims	607 Mixed 100 Butterfly Multi-Class	12:18 PM	_____
Finals-S	506 Women 1500 Freestyle Fast Heat in Finals	12:20 PM	_____
Finals-S	507 Men 800 Freestyle Fast Heat in Finals	01:04 PM	_____
	Swimmers Counts for Warm-ups: 466		
	Finish Time	01:50 PM	_____

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	03:11 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	_____
Finals	502 Women 50 Freestyle	04:02 PM	_____
Finals	503 Men 50 Freestyle	04:09 PM	_____
Finals	600 Mixed 50 Freestyle Multi-Class	04:16 PM	_____
Finals	504 Women 100 Butterfly	04:17 PM	_____
Finals	505 Men 100 Butterfly	04:28 PM	_____
Finals	607 Mixed 100 Butterfly Multi-Class	04:38 PM	_____
	Swimmers Counts for Warm-ups: 186		
	Finish Time	04:40 PM	_____