

Western Cape LC-A Championship 2024 - 2024/12/05 to 2024/12/09**Session Report**

Session: 1 1st Day 400 Free

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

Finals	100	Men 400 Freestyle
Finals	101	Women 400 Freestyle
Finals	102	Men 4x200 Freestyle Relay
Finals	103	Women 4x200 Freestyle Relay

Session: 2 Day2

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Prelims	200	Men 100 Backstroke
Prelims	201	Women 100 Backstroke
Prelims	204	Men 50 Breaststroke
Prelims	205	Women 50 Breaststroke
Prelims	206	Men 200 Freestyle
Prelims	207	Women 200 Freestyle

Session: 3 Day2 Finals

Day of Meet: 2 Starts at 03:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Finals	200	Men 100 Backstroke
Finals	201	Women 100 Backstroke
Finals	605	Mixed 100 Backstroke Multi-Class
Finals	202	Men 200 Butterfly
Finals	203	Women 200 Butterfly
Finals	611	Mixed 200 Butterfly Multi-Class
		Break: 25 Minutes: OPENING CEREMONY
Finals	204	Men 50 Breaststroke
Finals	205	Women 50 Breaststroke
Finals	602	Mixed 50 Breaststroke Multi-Class
Finals	206	Men 200 Freestyle
Finals	207	Women 200 Freestyle
Finals	608	Mixed 200 Freestyle Multi-Class
Finals	208	Boys 11 & Under 4x100 Freestyle Relay
Finals	209	Girls 11 & Under 4x100 Freestyle Relay
Finals	210	Boys 13 & Under 4x100 Freestyle Relay
Finals	211	Girls 13 & Under 4x100 Freestyle Relay
Finals	213	Boys 15 & Under 4x100 Freestyle Relay
Finals	214	Girls 15 & Under 4x100 Freestyle Relay
Finals	215	Men 4x100 Freestyle Relay
Finals	216	Women 4x100 Freestyle Relay

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Session: 4 Day3

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Prelims	300	Women 100 Freestyle
Prelims	301	Men 100 Freestyle
Prelims	302	Women 100 Breaststroke
Prelims	303	Men 100 Breaststroke
Finals	304	Women 400 IM
Finals	305	Men 400 IM
Prelims	306	Women 50 Butterfly
Prelims	307	Men 50 Butterfly

Session: 5 Day3 Finals

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Finals	300	Women 100 Freestyle
Finals	301	Men 100 Freestyle
Finals	604	Mixed 100 Freestyle Multi-Class
Finals	302	Women 100 Breaststroke
Finals	303	Men 100 Breaststroke
Finals	606	Mixed 100 Breaststroke Multi-Class
Finals	306	Women 50 Butterfly
Finals	307	Men 50 Butterfly
Finals	603	Mixed 50 Butterfly Multi-Class
Finals	308	Girls 11 & Under 4x50 Freestyle Relay
Finals	309	Boys 11 & Under 4x50 Freestyle Relay
Finals	310	Girls 13 & Under 4x50 Freestyle Relay
Finals	311	Boys 13 & Under 4x50 Freestyle Relay
Finals	312	Girls 15 & Under 4x50 Freestyle Relay
Finals	313	Boys 15 & Under 4x50 Freestyle Relay
Finals	314	Women 4x50 Freestyle Relay
Finals	315	Men 4x50 Freestyle Relay

Session: 6 Day4

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Prelims	400	Men 200 Breaststroke
Prelims	401	Women 200 Breaststroke
Prelims	402	Men 50 Backstroke
Prelims	403	Women 50 Backstroke
Prelims	404	Men 200 IM
Prelims	405	Women 200 IM
Finals-S	406	Men 1500 Freestyle Fast Heat in Finals
Finals-S	407	Women 800 Freestyle Fast Heat in Finals

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Session: 7 Day4 Finals

Day of Meet: 4 Starts at 04:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Finals-1	406	Men 1500 Freestyle Fast Heat in Finals
Finals-1	407	Women 800 Freestyle Fast Heat in Finals
Finals	400	Men 200 Breaststroke
Finals	401	Women 200 Breaststroke
Finals	610	Mixed 200 Breaststroke Multi-Class
Finals	402	Men 50 Backstroke
Finals	403	Women 50 Backstroke
Finals	601	Mixed 50 Backstroke Multi-Class
Finals	404	Men 200 IM
Finals	405	Women 200 IM
Finals	612	Mixed 200 IM Multi-Class
Finals	408	Mixed 11 & Under 4x50 Medley Relay
Finals	409	Mixed 13 & Under 4x50 Medley Relay
Finals	410	Mixed 15 & Under 4x50 Medley Relay
Finals	411	Mixed 4x50 Medley Relay

Session: 8 Day5

Day of Meet: 5 Starts at 08:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Prelims	500	Women 200 Backstroke
Prelims	501	Men 200 Backstroke
Prelims	502	Women 50 Freestyle
Prelims	503	Men 50 Freestyle
Prelims	504	Women 100 Butterfly
Prelims	505	Men 100 Butterfly
Finals-S	506	Women 1500 Freestyle Fast Heat in Finals
Finals-S	507	Men 800 Freestyle Fast Heat in Finals

Session: 9 Day5 Finals

Day of Meet: 5 Starts at 04:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Finals-1	506	Women 1500 Freestyle Fast Heat in Finals
Finals-1	507	Men 800 Freestyle Fast Heat in Finals
Finals	500	Women 200 Backstroke
Finals	501	Men 200 Backstroke
Finals	609	Mixed 200 Backstroke Multi-Class
Finals	502	Women 50 Freestyle
Finals	503	Men 50 Freestyle
Finals	600	Mixed 50 Freestyle Multi-Class
Finals	504	Women 100 Butterfly
Finals	505	Men 100 Butterfly
Finals	607	Mixed 100 Butterfly Multi-Class