

Seals Swimming Club

Sa Short Course Swimming Champs (25m) PMBG 22 - 11/08/2022 to 14/08/2022
Sa Short Course Swimming Champs (25m) PMBG
Session Report

Session: 4 Day 2 Finals Friday Afternoon 12/08/2022

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 120 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	201 Women 200 Freestyle	24	3 u	05:00 PM	_____
Finals	202 Men 200 Freestyle	24	3 u	05:13 PM	_____
Finals	203 Women 50 Butterfly Multi-Class S1 - S13	1	1 u	05:24 PM	_____
Finals	204 Men 50 Butterfly Multi-Class S1 - S13	0	1 u	05:27 PM	_____
Finals	205 Women 50 Butterfly Multi-Class S14 - S15	2	1 u	05:30 PM	_____
Finals	206 Men 50 Butterfly Multi-Class S14 - S15	1	1 u	05:33 PM	_____
Break: 10 Minutes: Break: 10 Minutes: Medals M&W 800 Free & 200 Free Mayor					
Finals	207 Women 400 IM	14	2 u	05:45 PM	_____
Finals	208 Men 400 IM	16	2 u	05:59 PM	_____
Break: 10 Minutes: Break: 10 Minutes: Medals M&W Para events Sam Ramsamy					
Finals	209 Women 50 Backstroke	24	3 u	06:23 PM	_____
Finals	210 Men 50 Backstroke	24	3 u	06:31 PM	_____
Finals	211 Women 100 Backstroke Multi-Class S1 - S13	2	1 u	06:39 PM	_____
Finals	212 Men 100 Backstroke Multi-Class S1 - S13	0	1 u	06:43 PM	_____
Finals	213 Women 100 Backstroke Multi-Class S14 - S15	1	1 u	06:47 PM	_____
Finals	214 Men 100 Backstroke Multi-Class S14 - S15	1	1 u	06:50 PM	_____
Break: 10 Minutes: Break: 10 Minutes: Medals M&W 400 IM Alan Fritz - SSA					
Finals	215 Women 100 Butterfly	24	3 u	07:04 PM	_____
Finals	216 Men 100 Butterfly	24	3 u	07:13 PM	_____
Break: 10 Minutes: Break: 10 Minutes: Medals M&W 50 back, Para and 100 Fly Marianne Kriel - 1996 Olympic Bronze Medallist					
Finals	219 Women 4x100 Freestyle Relay	6	1 u	07:32 PM	_____
Finals	220 Men 4x50 Freestyle Relay	7	1 u	07:38 PM	_____
Swimmers Counts for Warm-ups: 156 =====					
Entry / Heat Totals:		195	32		
Finish Time				07:42 PM	_____