

**SA Level 3 Regional Age Group Champs 2025-WC - 2025/03/20 to 2025/03/23****Session Report**

Session: 1 Day 1 Timed Finals 20 March 2025

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	101 Men 11 & Under 400 Freestyle	04:00 PM	_____
Finals	102 Women 11 & Under 400 Freestyle	04:29 PM	_____
Finals	103 Men 12 Year Olds 400 Freestyle	04:43 PM	_____
Finals	104 Women 12 Year Olds 400 Freestyle	04:51 PM	_____
Finals	105 Men 13 Year Olds 400 Freestyle	05:12 PM	_____
Finals	106 Women 13 Year Olds 400 Freestyle	05:32 PM	_____
Finals	107 Men 14 Year Olds 400 Freestyle	05:46 PM	_____
Finals	108 Women 14 Year Olds 400 Freestyle	05:58 PM	_____
Finals	109 Men 15 Year Olds 400 Freestyle	06:11 PM	_____
Finals	110 Women 15 Year Olds 400 Freestyle	06:24 PM	_____
Finals	111 Men 16 Year Olds 400 Freestyle	06:30 PM	_____
Finals	112 Women 16 Year Olds 400 Freestyle	06:36 PM	_____
Finals	113 Men 17-19 400 Freestyle	06:43 PM	_____
Finals	114 Women 17-19 400 Freestyle	06:55 PM	_____
	Break: 1 Minutes: Medals		
	Swimmers Counts for Warm-ups: 207		
	Finish Time	07:02 PM	_____

Session: 2 Day 2 Heats 21 March 2025

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	201 Men 19 & Under 100 Freestyle	08:00 AM	_____
Prelims	202 Women 19 & Under 100 Freestyle	08:44 AM	_____
Prelims	203 Men 99 & Under 200 IM Multi-Class Para	09:21 AM	_____
Prelims	204 Women 99 & Under 200 IM Multi-Class Para	09:27 AM	_____
Prelims	205 Men 19 & Under 100 Breaststroke	09:31 AM	_____
Prelims	206 Women 19 & Under 100 Breaststroke	10:01 AM	_____
Prelims	207 Men 19 & Under 200 Backstroke	10:26 AM	_____
Prelims	208 Women 19 & Under 200 Backstroke	11:11 AM	_____
Prelims	209 Men 99 & Under 50 Backstroke Multi-Class Para	11:53 AM	_____
Prelims	210 Women 99 & Under 50 Backstroke Multi-Class Para	11:55 AM	_____
Prelims	211 Men 19 & Under 100 Butterfly	11:57 AM	_____
Prelims	212 Women 19 & Under 100 Butterfly	12:18 PM	_____
	Swimmers Counts for Warm-ups: 438		
	Finish Time	12:33 PM	_____

**SA Level 3 Regional Age Group Champs 2025-WC - 2025/03/20 to 2025/03/23****Session Report**

Session: 3 Day 2 Finals 21 March 2025 / March-Past / Opening 14:35

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

Round	Event	Starts at	
Finals	201 Men 19 & Under 100 Freestyle	03:00 PM	_____
Finals	202 Women 19 & Under 100 Freestyle	03:14 PM	_____
Finals	203 Men 99 & Under 200 IM Multi-Class Para	03:28 PM	_____
Finals	204 Women 99 & Under 200 IM Multi-Class Para	03:38 PM	_____
Finals	205 Men 19 & Under 100 Breaststroke	03:46 PM	_____
Finals	206 Women 19 & Under 100 Breaststroke	04:02 PM	_____
	Break: 15 Minutes: Medals		
Finals	207 Men 19 & Under 200 Backstroke	04:34 PM	_____
Finals	208 Women 19 & Under 200 Backstroke	05:01 PM	_____
Finals	209 Men 99 & Under 50 Backstroke Multi-Class Para	05:30 PM	_____
Finals	210 Women 99 & Under 50 Backstroke Multi-Class Para	05:34 PM	_____
Finals	211 Men 19 & Under 100 Butterfly	05:38 PM	_____
Finals	212 Women 19 & Under 100 Butterfly	05:53 PM	_____
	Break: 15 Minutes: Medals		
Finals	213 Men 12 & Under 4x100 Freestyle Relay 4 X 100 Free	06:25 PM	_____
Finals	214 Women 12 & Under 4x100 Freestyle Relay 4 X 100 Free	06:31 PM	_____
Finals	215 Men 13-15 4x100 Freestyle Relay 4 X 100 Free Relay	06:37 PM	_____
Finals	216 Women 13-15 4x100 Freestyle Relay 4 X 100 Free Relay	06:43 PM	_____
Finals	217 Men 16-19 4x100 Freestyle Relay 4 X 100 Free Relay	06:49 PM	_____
Finals	218 Women 16-19 4x100 Freestyle Relay 4 X 100 Free Relay	06:54 PM	_____
	Break: 1 Minutes: Medals		
	Swimmers Counts for Warm-ups: 370		
	Finish Time	07:01 PM	_____

Session: 4 Day 3 Heats 22 March 2025

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	301 Men 19 & Under 200 Freestyle	08:00 AM	_____
Prelims	302 Women 19 & Under 200 Freestyle	08:57 AM	_____
Prelims	303 Men 99 & Under 100 Freestyle Multi-Class Para	09:49 AM	_____
Prelims	304 Women 99 & Under 100 Freestyle Multi-Class Para	09:52 AM	_____
Prelims	305 Men 19 & Under 50 Breaststroke	09:55 AM	_____
Prelims	306 Women 19 & Under 50 Breaststroke	10:15 AM	_____
Prelims	307 Men 99 & Under 50 Breaststroke Multi-Class Para	10:31 AM	_____
Prelims	308 Women 99 & Under 50 Breaststroke Multi-Class Para	10:33 AM	_____
Prelims	309 Men 19 & Under 100 Backstroke	10:35 AM	_____
Prelims	310 Women 19 & Under 100 Backstroke	11:08 AM	_____
Prelims	311 Men 99 & Under 100 Backstroke Multi-Class Para	11:36 AM	_____
Prelims	312 Women 99 & Under 100 Backstroke Multi-Class Para	11:39 AM	_____
Prelims	313 Men 19 & Under 200 IM	11:42 AM	_____
Prelims	314 Women 19 & Under 200 IM	12:36 PM	_____
	Swimmers Counts for Warm-ups: 419		
	Finish Time	01:29 PM	_____

**SA Level 3 Regional Age Group Champs 2025-WC - 2025/03/20 to 2025/03/23****Session Report**

Session: 5 Day 3 Finals 22 March 2025

Day of Meet: 3 Starts at 03:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	301 Men 19 & Under 200 Freestyle	03:00 PM	_____
Finals	302 Women 19 & Under 200 Freestyle	03:23 PM	_____
Finals	303 Men 99 & Under 100 Freestyle Multi-Class Para	03:47 PM	_____
Finals	304 Women 99 & Under 100 Freestyle Multi-Class Para	03:52 PM	_____
Finals	305 Men 19 & Under 50 Breaststroke	03:57 PM	_____
Finals	306 Women 19 & Under 50 Breaststroke	04:08 PM	_____
Finals	307 Men 99 & Under 50 Breaststroke Multi-Class Para	04:19 PM	_____
Finals	308 Women 99 & Under 50 Breaststroke Multi-Class Para	04:22 PM	_____
	Break: 15 Minutes: Medals		
Finals	309 Men 19 & Under 100 Backstroke	04:41 PM	_____
Finals	310 Women 19 & Under 100 Backstroke	04:57 PM	_____
Finals	311 Men 99 & Under 100 Backstroke Multi-Class Para	05:15 PM	_____
Finals	312 Women 99 & Under 100 Backstroke Multi-Class Para	05:21 PM	_____
Finals	313 Men 19 & Under 200 IM	05:26 PM	_____
Finals	314 Women 19 & Under 200 IM	05:51 PM	_____
	Break: 15 Minutes: Medals		
Finals	315 Men 12 & Under 4x50 Freestyle Relay 4 x 50 Free Re	06:33 PM	_____
Finals	316 Women 12 & Under 4x50 Freestyle Relay 4 x 50 Free	06:36 PM	_____
Finals	317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free Relay	06:40 PM	_____
Finals	318 Women 13-15 4x50 Freestyle Relay 4 x 50 Free Relay	06:46 PM	_____
Finals	319 Men 16-19 4x50 Freestyle Relay 4 x 50 Free Relay	06:49 PM	_____
Finals	320 Women 16-19 4x50 Freestyle Relay 4 x 50 Free Relay	06:52 PM	_____
Finals	321 Mixed 12 & Under 4x50 Medley Relay 4 x 50 Mixed M	06:55 PM	_____
Finals	322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixed Medlay	06:59 PM	_____
Finals	323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixed Medlay	07:06 PM	_____
	Break: 1 Minutes: Medals		
	Swimmers Counts for Warm-ups: 355		
	Finish Time	07:10 PM	_____

Session: 6 Day 4 Heats 23 March 2025

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	401 Men 19 & Under 50 Freestyle	08:00 AM	_____
Prelims	402 Women 19 & Under 50 Freestyle	08:30 AM	_____
Prelims	405 Men 19 & Under 200 Breaststroke	08:52 AM	_____
Prelims	406 Women 19 & Under 200 Breaststroke	09:35 AM	_____
Prelims	409 Men 19 & Under 50 Backstroke	10:10 AM	_____
Prelims	410 Women 19 & Under 50 Backstroke	10:35 AM	_____
Prelims	411 Men 19 & Under 50 Butterfly	10:54 AM	_____
Prelims	412 Women 19 & Under 50 Butterfly	11:20 AM	_____
	Swimmers Counts for Warm-ups: 414		
	Finish Time	11:40 AM	_____

**SA Level 3 Regional Age Group Champs 2025-WC - 2025/03/20 to 2025/03/23****Session Report**

Session: 7 Day 4 Finals 23 March 2025

Day of Meet: 4 Starts at 01:15 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	401 Men 19 & Under 50 Freestyle	01:15 PM	_____
Finals	402 Women 19 & Under 50 Freestyle	01:25 PM	_____
Finals	403 Men 99 & Under 50 Freestyle Multi-Class Para	01:35 PM	_____
Finals	404 Women 99 & Under 50 Freestyle Multi-Class Para	01:38 PM	_____
Finals	405 Men 19 & Under 200 Breaststroke	01:42 PM	_____
Finals	406 Women 19 & Under 200 Breaststroke	02:10 PM	_____
	Break: 15 Minutes: Medals		
Finals	407 Men 99 & Under 100 Breaststroke Multi-Class Para	02:55 PM	_____
Finals	408 Women 99 & Under 100 Breaststroke Multi-Class Para	03:00 PM	_____
Finals	409 Men 19 & Under 50 Backstroke	03:05 PM	_____
Finals	410 Women 19 & Under 50 Backstroke	03:17 PM	_____
Finals	411 Men 19 & Under 50 Butterfly	03:30 PM	_____
Finals	412 Women 19 & Under 50 Butterfly	03:40 PM	_____
Finals	413 Men 99 & Under 50 Butterfly Multi-Class Para	03:50 PM	_____
Finals	414 Women 99 & Under 50 Butterfly Multi-Class Para	03:54 PM	_____
	Break: 15 Minutes: Medals		
Finals	415 Men 12 & Under 4x50 Medley Relay 4 x 50 Medley Relay	04:12 PM	_____
Finals	416 Women 12 & Under 4x50 Medley Relay 4 x 50 Medley Relay	04:16 PM	_____
Finals	417 Men 13-15 4x50 Medley Relay 4 x 50 Medley Relay	04:20 PM	_____
Finals	418 Women 13-15 4x50 Medley Relay 4 x 50 Medley Relay	04:27 PM	_____
Finals	419 Men 16-19 4x50 Medley Relay 4 x 50 Medley Relay	04:31 PM	_____
Finals	420 Women 16-19 4x50 Medley Relay 4 x 50 Medley Relay	04:34 PM	_____
Finals	421 Mixed 12 & Under 4x100 Freestyle Relay 4 x 100 Mixed Freestyle Relay	04:40 PM	_____
Finals	422 Mixed 13-15 4x100 Freestyle Relay 4 x 100 Mixed Freestyle Relay	04:46 PM	_____
Finals	423 Mixed 16-24 4x100 Freestyle Relay 4 x 100 Mixed Freestyle Relay	04:52 PM	_____
	Break: 1 Minutes: Medals		
	Swimmers Counts for Warm-ups: 370		
	Finish Time	04:58 PM	_____