

2019 SA Country Championships - 10/01/2019 to 13/01/2019**Session Report**

Session: 1 2019 SA Country Championships - Session 1
Day of Meet: 1 Starts at 04:00 PM Heat Interval: 45 Seconds

Finals	1	Mixed 8 & Under 50 Freestyle Time Trial
Finals	2	Mixed 9 Year Olds 50 Freestyle Time Trial
Finals	3	Mixed 10 Year Olds 50 Freestyle Time Trial
Finals	4	Mixed 11 Year Olds 50 Freestyle Time Trial
Finals	5	Mixed 8 & Under 50 Breaststroke Time Trial
Finals	6	Mixed 9 Year Olds 50 Breaststroke Time Trial
Finals	7	Mixed 10 Year Olds 50 Breaststroke Time Trial
Finals	8	Mixed 11 Year Olds 50 Breaststroke Time Trial
Finals	9	Mixed 1500 Freestyle
Finals	10	Mixed 8 & Under 50 Backstroke Time Trial
Finals	11	Mixed 9 Year Olds 50 Backstroke Time Trial
Finals	12	Mixed 10 Year Olds 50 Backstroke Time Trial
Finals	13	Mixed 11 Year Olds 50 Backstroke Time Trial
Finals	14	Mixed 8 & Under 50 Butterfly Time Trial
Finals	15	Mixed 9 Year Olds 50 Butterfly Time Trial
Finals	16	Mixed 10 Year Olds 50 Butterfly Time Trial
Finals	17	Mixed 11 Year Olds 50 Butterfly Time Trial

Session: 2 2019 SA Country Championships - Session 2
Day of Meet: 2 Starts at 08:30 AM Heat Interval: 40 Seconds

Finals	18	Female 12 & Over 400 Freestyle
Finals	19	Male 12 & Over 400 Freestyle Presentation: 10 Minutes:
Prelims	20	Female 10 & Over 100 Breaststroke
Prelims	21	Male 10 & Over 100 Breaststroke Presentation: 5 Minutes:
Prelims	22	Female 10 & Over 50 Freestyle
Prelims	23	Male 10 & Over 50 Freestyle Presentation: 5 Minutes:
Prelims	24	Female 10 & Over 100 Backstroke
Prelims	25	Male 10 & Over 100 Backstroke Presentation: 5 Minutes:
Finals	26	Female 400 Freestyle Relay
Finals	27	Male 400 Freestyle Relay Presentation: 10 Minutes:

2019 SA Country Championships - 10/01/2019 to 13/01/2019**Session Report**

Session: 3 2019 SA Country Championships - Session 3
Day of Meet: 2 Starts at 04:30 PM Heat Interval: 40 Seconds

Finals	20	Female 10 & Over 100 Breaststroke
Finals	21	Male 10 & Over 100 Breaststroke Presentation: 5 Minutes:
Finals	22	Female 10 & Over 50 Freestyle Presentation: 5 Minutes:
Finals	23	Male 10 & Over 50 Freestyle Presentation: 5 Minutes:
Finals	24	Female 10 & Over 100 Backstroke Presentation: 5 Minutes:
Finals	25	Male 10 & Over 100 Backstroke Presentation: 5 Minutes:
Finals	28	Female 10 & Over 200 IM Presentation: 5 Minutes:
Finals	30	Male 10 & Over 200 IM Presentation: 5 Minutes:
Finals	31	Female 400 Medley Relay Presentation: 5 Minutes:
Finals	29	Male 400 Medley Relay Presentation: 5 Minutes:

Session: 4 2019 SA Country Championships - Session 4
Day of Meet: 3 Starts at 08:30 AM Heat Interval: 40 Seconds

Finals	32	Female 10 & Over 200 Freestyle
Prelims	33	Male 10 & Over 50 Butterfly Presentation: 5 Minutes:
Prelims	34	Female 10 & Over 50 Butterfly
Finals	35	Male 200 Breaststroke
Finals	36	Female 800 Freestyle Presentation: 5 Minutes:
Finals	37	Male 800 Freestyle Presentation: 5 Minutes:
Prelims	38	Male 10 & Over 50 Backstroke
Prelims	39	Female 10 & Over 50 Backstroke
Finals	40	Male 200 Butterfly
Finals	41	Female 200 Butterfly Presentation: 5 Minutes:
Finals	42	Male 200 Medley Relay Presentation: 5 Minutes:
Finals	43	Female 200 Medley Relay Presentation: 5 Minutes:

2019 SA Country Championships - 10/01/2019 to 13/01/2019**Session Report**

Session: 5 2019 SA Country Championships - Session 5
Day of Meet: 3 Starts at 04:30 PM Heat Interval: 40 Seconds

Finals	44	Male 10 & Over 200 Freestyle
Finals	45	Female 200 Breaststroke Presentation: 5 Minutes:
Finals	33	Male 10 & Over 50 Butterfly Presentation: 5 Minutes:
Finals	34	Female 10 & Over 50 Butterfly Presentation: 5 Minutes:
Finals	38	Male 10 & Over 50 Backstroke Presentation: 5 Minutes:
Finals	39	Female 10 & Over 50 Backstroke Presentation: 5 Minutes:
Finals	46	Female 800 Freestyle Relay Presentation: 5 Minutes:
Finals	47	Male 7-12 200 Freestyle Relay Presentation: 5 Minutes:
Finals	48	Female 7-12 200 Freestyle Relay Presentation: 5 Minutes:
Finals	49	Male 7-14 200 Freestyle Relay Presentation: 5 Minutes:
Finals	50	Female 7-14 200 Freestyle Relay Presentation: 5 Minutes:
Finals	51	Male 7-16 200 Freestyle Relay Presentation: 5 Minutes:
Finals	52	Female 7-16 200 Freestyle Relay Presentation: 5 Minutes:
Finals	53	Male 7-18 200 Freestyle Relay Presentation: 5 Minutes:
Finals	54	Female 7-18 200 Freestyle Relay Presentation: 5 Minutes:

2019 SA Country Championships - 10/01/2019 to 13/01/2019**Session Report**

Session: 6 2019 SA Country Championships - Session 6
Day of Meet: 4 Starts at 08:30 AM Heat Interval: 40 Seconds

Prelims	55	Female 10 & Over 50 Breaststroke
Prelims	56	Male 10 & Over 50 Breaststroke
Prelims	57	Female 10 & Over 100 Freestyle
Prelims	58	Male 10 & Over 100 Freestyle
Prelims	59	Female 10 & Over 100 Butterfly
Prelims	60	Male 10 & Over 100 Butterfly
Finals	61	Female 12 & Over 400 IM
Finals	62	Male 12 & Over 400 IM
		Presentation: 5 Minutes:
Finals	63	Male 200 Freestyle Relay
		Presentation: 5 Minutes:
Finals	64	Female 200 Freestyle Relay
		Presentation: 5 Minutes:
Finals	65	Male 800 Freestyle Relay
		Presentation: 5 Minutes:

2019 SA Country Championships - 10/01/2019 to 13/01/2019**Session Report**

Session: 7 2019 SA Country Championships - Session 7
Day of Meet: 4 Starts at 02:00 PM Heat Interval: 40 Seconds

Finals	55	Female 10 & Over 50 Breaststroke
Finals	56	Male 10 & Over 50 Breaststroke Presentation: 5 Minutes:
Finals	57	Female 10 & Over 100 Freestyle Presentation: 5 Minutes:
Finals	58	Male 10 & Over 100 Freestyle Presentation: 5 Minutes:
Finals	59	Female 10 & Over 100 Butterfly Presentation: 5 Minutes:
Finals	60	Male 10 & Over 100 Butterfly Presentation: 5 Minutes:
Finals	66	Female 200 Backstroke Presentation: 5 Minutes:
Finals	67	Male 200 Backstroke Presentation: 5 Minutes:
Finals	68	Female 7-12 200 Medley Relay Presentation: 5 Minutes:
Finals	69	Male 7-12 200 Medley Relay Presentation: 5 Minutes:
Finals	70	Female 7-14 200 Medley Relay Presentation: 5 Minutes:
Finals	71	Male 7-14 200 Medley Relay Presentation: 5 Minutes:
Finals	72	Female 7-16 200 Medley Relay Presentation: 5 Minutes:
Finals	73	Male 7-16 200 Medley Relay Presentation: 5 Minutes:
Finals	74	Female 7-18 200 Medley Relay Presentation: 5 Minutes:
Finals	75	Male 7-18 200 Medley Relay Presentation: 5 Minutes: