

**Western Cape Elite Gala 2025 - 2025/02/14 to 2025/02/16****Session Report**

Session: 1 Day1 Prelims

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

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Finals	100	Women 800 Freestyle Timed Final
Finals	101	Men 400 IM Timed Final
Prelims	102	Women 200 Freestyle
Prelims	103	Men 100 Freestyle
Prelims	104	Women 100 Breaststroke
Prelims	105	Men 50 Breaststroke
Prelims	106	Women 100 Butterfly
Prelims	107	Men 100 Backstroke
Prelims	108	Women 50 Backstroke
Prelims	109	Men 200 Butterfly
Prelims	110	Women 200 IM
Prelims	112	Women 50 Freestyle
Prelims	113	Men 200 Breaststroke
Prelims	114	Women 200 Backstroke
Prelims	115	Men 50 Butterfly
Finals	116	Women 4x50 Medley Relay
Finals	117	Men 4x50 Medley Relay

Session: 2 Day2 Finals

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 55 Seconds / Back +15 Seconds

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Finals	102	Women 200 Freestyle
Finals	103	Men 100 Freestyle
Finals	104	Women 100 Breaststroke
Finals	105	Men 50 Breaststroke
Finals	106	Women 100 Butterfly
Finals	107	Men 100 Backstroke
Finals	108	Women 50 Backstroke
Finals	109	Men 200 Butterfly
Finals	110	Women 200 IM
Finals	111	Men 400 Freestyle Timed Final
Finals	112	Women 50 Freestyle
Finals	113	Men 200 Breaststroke
Finals	114	Women 200 Backstroke
Finals	115	Men 50 Butterfly

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Session: 3 Day2 Prelims

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

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Finals	200	Men 1500 Freestyle Timed Final
Finals	201	Women 400 IM Timed Final
Prelims	202	Men 200 Freestyle
Prelims	203	Women 100 Freestyle
Prelims	204	Men 100 Breaststroke
Prelims	205	Women 50 Breaststroke
Prelims	206	Men 100 Butterfly
Prelims	207	Women 100 Backstroke
Prelims	208	Men 50 Backstroke
Prelims	209	Women 200 Butterfly
Prelims	210	Men 200 IM
Prelims	212	Men 50 Freestyle
Prelims	213	Women 200 Breaststroke
Prelims	214	Men 200 Backstroke
Prelims	215	Women 50 Butterfly
Finals	216	Mixed 4x50 Freestyle Relay

Session: 4 Day3 Finals

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 55 Seconds / Back +15 Seconds

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Finals	202	Men 200 Freestyle
Finals	203	Women 100 Freestyle
Finals	204	Men 100 Breaststroke
Finals	205	Women 50 Breaststroke
Finals	206	Men 100 Butterfly
Finals	207	Women 100 Backstroke
Finals	208	Men 50 Backstroke
Finals	209	Women 200 Butterfly
Finals	210	Men 200 IM
Finals	211	Women 400 Freestyle Timed Final
Finals	212	Men 50 Freestyle
Finals	213	Women 200 Breaststroke
Finals	214	Men 200 Backstroke
Finals	215	Women 50 Butterfly