

# CAPE TOWN AQUATICS

## 2023-24 COMPETITION CALENDAR & EVENTS



LAST UPDATED : 21JUNE'23 : VERSION 3

MAY 2023							JUNE 2023							CTA MEETS				
M	T	W	T	F	S	S	M	T	W	T	F	S	S	MONTH	DAY	EVENT	VENUE	DUE DATE
1	2	3	4	5	6	7				1	2	3	4	MAY	20	CLUB MEET 1	TBC	15MAY'23
8	9	10	11	12	13	14	5	6	7	8	9	10	11	MAY	27	QUALIFYING MEET 1	FHAC	22MAY'23
15	16	17	18	19	20	21	12	13	14	15	16	17	18	JUN	03	CLUB MEET 2	TBC	29MAY'23
22	23	24	25	26	27	28	19	20	21	22	23	24	25	JUN	16-18	INVITATIONAL SC MEET	GSA	06JUN'23
29	30	31					26	27	28	29	30			JUL	08	CLUB MEET 3	REFER TO CLUB HOSTED SUMMARY	27JUN'23
JULY 2023							AUGUST 2023							JUL	22	A MEET 1	GSA	11JUL'23
M	T	W	T	F	S	S	M	T	W	T	F	S	S	JUL	23	B MEET 1	GSA	11JUL'23
				1	2		1	2	3	4	5	6		AUG	05	CLUB MEET 4	REFER TO CLUB HOSTED SUMMARY	25JUL'23
3	4	5	6	7	8	9	7	8	9	10	11	12	13	AUG	26	B MEET 2	FHAC	08AUG'23
10	11	12	13	14	15	16	14	15	16	17	18	19	20	AUG	27	A MEET 2	GSA	08AUG'23
17	18	19	20	21	22	23	21	22	23	24	25	26	27	SEP	02	CLUB MEET 5	REFER TO CLUB HOSTED SUMMARY	22AUG'23
24	25	26	27	28	29	30	28	29	30	31				SEP	16	A MEET 3	UWC	05SEP'23
31														SEP	17	B MEET 3	UWC	05SEP'23
SEPTEMBER 2023							OCTOBER 2023							SEP	23-25	INVITATIONAL LC MEET	UWC	08SEP'23
M	T	W	T	F	S	S	M	T	W	T	F	S	S	OCT	07	CLUB MEET 6	REFER TO CLUB HOSTED SUMMARY	26SEP'23
				1	2	3							1	OCT	21-22	QUALIFYING MEET 2	UWC	10OCT'23
4	5	6	7	8	9	10	2	3	4	5	6	7	8	NOV	04-05	A CHAMPS	UWC	24OCT'23
11	12	13	14	15	16	17	9	10	11	12	13	14	15	NOV	11-12	B CHAMPS	UWC	31OCT'23
18	19	20	21	22	23	24	16	17	18	19	20	21	22	NOV	18	B MEET 4	UWC	07NOV'23
25	26	27	28	29	30		23	24	25	26	27	28	29	NOV	19	A MEET 4	UWC	07NOV'23
							30	31						NOV	25	CLUB MEET 7	REFER TO CLUB HOSTED SUMMARY	14NOV'23
NOVEMBER 2023							DECEMBER 2023							DEC	02	A MEET + B MEET	UWC	21NOV'23
M	T	W	T	F	S	S	M	T	W	T	F	S	S	JAN	20	A MEET + B MEET	UWC	09JAN'24
		1	2	3	4	5					1	2	3	JAN	27	LEVEL 0 CHAMPS	GSA	16JAN'24
6	7	8	9	10	11	12	4	5	6	7	8	9	10	FEB	03-04	QUALIFYING BB MEET 3	UWC	23JAN'24
13	14	15	16	17	18	19	11	12	13	14	15	16	17	<b>WCA MEETS</b>				
20	21	22	23	24	25	26	18	19	20	21	22	23	24	MONTH	DAY	EVENT	VENUE	DUE DATE
27	28	29	30				25	26	27	28	29	30	31	JUL	13-16	SC CHAMPS	GSA	22JUN'23
JANUARY 2024							FEBRUARY 2024							DEC	14-18	A CHAMPS	UWC	TBC
M	T	W	T	F	S	S	M	T	W	T	F	S	S	FEB	10-11	B CHAMPS	TBC	TBC
1	2	3	4	5	6	7				1	2	3	4	APR	20 TBC	INT DISTRICT L1 CHAMPS	GSA	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	<b>SSA MEETS</b>				
15	16	17	18	19	20	21	12	13	14	15	16	17	18	MONTH	DAY	EVENT	VENUE	DUE DATE
22	23	24	25	26	27	28	19	20	21	22	23	24	25	MAY	25-28 TBC	GRAND PRIX 3	DURBAN	TBC
29	30	31					26	27	28	29				AUG	19-20	SC CHAMPS	GSA	TBC
MARCH 2024							APRIL 2024							DEC	15-18 TBC	WORLD CHAMPS TRIALS	DURBAN	TBC
M	T	W	T	F	S	S	M	T	W	T	F	S	S	JAN	05-07	GRAND PRIX 1	NELSPRUIT	TBC
				1	2	3	1	2	3	4	5	6	7	FEB	16-18	GRAND PRIX 2	WCA	TBC
4	5	6	7	8	9	10	8	9	10	11	12	13	14	MAR	02	LEVEL 1 CHAMPS	GSA	TBC
11	12	13	14	15	16	17	15	16	17	18	19	20	21	MAR	08-10	GRAND PRIX 3	DURBAN	TBC
18	19	20	21	22	23	24	22	23	24	25	26	27	28	MAR	15-19	JUNIOR NATIONALS	TBC	TBC
25	26	27	28	29	30	31	29	30						MAR	21-25	LEVEL 3 CHAMPS	EC	TBC
														MAR	27-29	LEVEL 2 CHAMPS	WCA	TBC
														APR	16or23 TBC	SENIOR NATIONALS	TBC	TBC

OPEN WATER					OUT OF PROVINCE MEETS				
MONTH	DAY	EVENT	VENUE	DUE DATE	MONTH	DAY	EVENT	VENUE	DUE DATE



**JUNE 2023**

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
SC	03	CLUB MEET 2	<b>SESSION 1</b> : 25Free, 50Free, 25Breast, 50Breast <b>SESSION 2</b> : 25Fly, 50Fly, 25Back, 50Back, 100IM	REFER TO CLUB HOSTED SUMMARY	@ 9am 29MAY'23
SC	16-18	INVITATIONAL SC MEET	<b>SESSION 1 - 13&amp;O : HEATS</b> : 400Free, 100Back, 100FreeMulti, 200Breast, 200Free, 200IMMulti, 400IM, 50Back, 50BackMulti, 200Free Relay <b>SESSION 2 - 12&amp;U : TIMED FINALS</b> : 100Back, 200Breast, 200Free, 50Back, 200Free-Relay <b>SESSION 3 - 13&amp;O : FINALS</b> : 400Free, 100Back, 100FreeMulti, 200Breast, 200Free, 200IMMulti, 400IM, 50Back, 50BackMulti <b>SESSION 4 - 13&amp;O : HEATS</b> : 800Free, 100Breast, 100BackMulti, 200Back, 200Fly, 200FreeMulti, 100Free, 50Breast, 50BreastMulti, 200Medley Relay <b>SESSION 5 - 12&amp;U : TIMED FINALS</b> : 100Breast, 200Back, 100Free, 50Breast, 200MedleyRelay <b>SESSION 6 - 13&amp;O : FINALS</b> : 800Free, 100Breast, 100BackMulti, 200Back, 200Fly, 200FreeMulti, 100Free, 50Breast, 50BreastMulti <b>SESSION 7 - 13&amp;O : HEATS</b> : 1500Free, 50Free, 100Fly, 100BreastMulti, 200IM, 50FreeMulti, 50Fly <b>SESSION 8 - 12&amp;U : TIMED FINALS</b> : 50Free, 100Fly, 200IM, 50Fly <b>SESSION 9 - 13&amp;O : FINALS</b> : 1500Free, 50Free, 100Fly, 100BreastMulti, 200IM, 50FreeMulti, 50Fly	GSA	@ 9am 06JUN'23

**JULY 2023**

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
SC	08	CLUB MEET 3	<b>SESSION 1</b> : 25Free, 50Free, 25Breast, 50Breast <b>SESSION 2</b> : 25Fly, 50Fly, 25Back, 50Back, 100IM	REFER TO CLUB HOSTED SUMMARY	@ 9am 27JUN'23
SC	22	A MEET 1	<b>SESSION 1</b> : 13&U : 200IM, 400Free, 100Back, 200Fly(12-13), 50Breast, 200Free, 100Breast, 400IM (12-13), 800Free(12-13) <b>SESSION 2</b> : 14&O : 200IM, 400Free, 100Back, 200Fly, 50Breast, 200Free, 100Breast, 400IM, 800Free	GSA	@ 9am 11JUL'23
SC	23	B MEET 1	<b>SESSION 1</b> : 11&U : 200IM, 50Breast, 100Free, 50Back, 200Free, 100Back, 50Free <b>SESSION 2</b> : 12&O : 200IM, 50Breast, 100Free, 50Back, 200Free, 100Back, 50Free	GSA	@ 9am 11JUL'23

**AUGUST 2023**

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
SC	5	CLUB MEET 4	<b>SESSION 1</b> : 25Free, 50Free, 25Breast, 50Breast <b>SESSION 2</b> : 25Fly, 50Fly, 25Back, 50Back, 100IM	REFER TO CLUB HOSTED SUMMARY	@ 9am 25JUL'23
SC	26	B MEET 2	<b>SESSION 1</b> : 12&O : 200IM, 50Fly, 100Breast, 200Back, 200Breast, 100Fly, 50Free <b>SESSION 2</b> : 11&U : 200IM, 50Fly, 100Breast, 200Back, 200Breast, 100Fly, 50Free	FHAC	@ 9am 15AUG'23
SC	27	A MEET 2	<b>SESSION 1</b> : 14&O : 200IM, 50Fly, 50Free, 200Back, 100Fly, 200Breast, 50Back, 100Free, 1500Free <b>SESSION 2</b> : 13&U : 200IM, 50Fly, 50Free, 200Back, 100Fly, 200Breast, 50Back, 100Free, 1500Free(12-13)	GSA	@ 9am 15AUG'23

**SEPTEMBER 2023**

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
SC	02	CLUB MEET 5	<b>SESSION 1</b> : 25Free, 50Free, 25Breast, 50Breast <b>SESSION 2</b> : 25Fly, 50Fly, 25Back, 50Back, 100IM	REFER TO CLUB HOSTED SUMMARY	@ 9am 22AUG'23
LC	16	A MEET 3	<b>SESSION 1</b> : 13&U : 200IM, 400Free, 100Back, 200Fly(12-13), 50Breast, 200Free, 100Breast, 400IM (12-13), 800Free(12-13) <b>SESSION 2</b> : 14&O : 200IM, 400Free, 100Back, 200Fly, 50Breast, 200Free, 100Breast, 400IM, 800Free	UWC	@ 9am 05SEP'23
LC	17	B MEET 3	<b>SESSION 11&amp;U</b> : 200IM, 50Breast, 100Free, 50Back, 200Free, 100Back, 50Free <b>SESSION 12&amp;O</b> : 200IM, 50Breast, 100Free, 50Back, 200Free, 100Back, 50Free	UWC	@ 9am 05SEP'23

**SEPTEMBER 2023**

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
LC	23-25	INVITATIONAL LC MEET	<b>SESSION 1</b> : 13&O : HEATS : 400Free, 100Back, 100FreeMulti, 200Breast, 200Free, 200IMMulti, 400IM, 50Back, 50BackMulti, 200Free Relay <b>SESSION 2</b> : 12&U : TIMED FINALS : 100Back, 200Breast, 200Free, 50Back, 200Free Relay <b>SESSION 3</b> : 13&O : FINALS : 400Free, 100Back, 100FreeMulti, 200Breast, 200Free, 200IMMulti, 400IM, 50Back, 50BackMulti <b>SESSION 4</b> : 13&O : HEATS : 800Free, 100Breast, 100BackMulti, 200Back, 200Fly, 200FreeMulti, 100Free, 50Breast, 50BreastMulti, 200Medley Relay	UWC	@ 9am 08SEP'23

**SESSION 5 : 12&U : TIMED FINALS :** 100Breast, 200Back, 100Free, 50Breast, 200MedleyRelay  
**SESSION 6 : 13&O : FINALS :** 800Free, 100Breast, 100BackMulti, 200Back, 200Fly, 200FreeMulti, 100Free, 50Breast, 50BreastMulti  
**SESSION 7 : 13&O : HEATS :** 1500Free, 50Free, 100Fly, 100BreastMulti, 200IM, 50FreeMulti, 50Fly  
**SESSION 8 : 12&U : TIMED FINALS :** 50Free, 100Fly, 200IM, 50Fly  
**SESSION 9 : 13&O : FINALS :** 1500Free, 50Free, 100Fly, 100BreastMulti, 200IM, 50FreeMulti, 50Fly

### OCTOBER 2023

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
SC	07	CLUB MEET 6	<b>SESSION 1 :</b> 25Free, 50Free, 25Breast, 50Breast <b>SESSION 2 :</b> 25Fly, 50Fly, 25Back, 50Back, 100IM	REFER TO CLUB HOSTED SUMMARY	@ 9am 26SEP'23
LC	21-22	QUALIFYING MEET 2	<b>SESSION 1 : 13&amp;U :</b> 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 50Fly, 400Free <b>SESSION 2 : 14&amp;O :</b> 800Free (12&Over), 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 400IM (12&Over), 50Fly, 400Free <b>SESSION 3 : 13&amp;U :</b> 50Free, 200IM, 50Back,200Breast, 100Fly, 200Back <b>SESSION 4 : 14&amp;O :</b> 1500Free (12&Over), 50Free, 200IM, 50Back,200Breast, 100Fly, 200Back	UWC	@ 9am 10OCT'23

### NOVEMBER 2023

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
LC	04-05	A CHAMPS	<b>SESSION 1 : SANJ+ :</b> 400Free, 200Breast, 50Fly, 50Fly Multi, 100Back, 100Back Multi, 200IM, 200IM Multi, 50Breast, 50Breast Multi, 100Free, 100Free Multi, 400IM, 400Free Relay Mixed, 200Medley Relay Mixed <b>SESSION 2 : LEV3 :</b> 400Free, 200Breast, 50Fly, 100Back, 200IM, 50Breast, 100Free, 400Free Relay Mixed, 200Medley Relay Mixed <b>SESSION 3 : SANJ+ :</b> 200Fee, 50Back, 50Back Multi, 100Breast, 100Breast Multi, 100Fly, 200Back, 50Free, 50Free Multi, 200Fly, 800 Free, 1500Free, 200Free Relay Mixed, 400Medley Relay Mixed <b>SESSION 4 : LEV3 :</b> 200Free, 50Back, 100Breast, 100Fly, 200Back, 50Free, 200Free Relay Mixed, 400Medley Relay Mixed	UWC	@ 9am 24OCT'23
LC	11-12	B CHAMPS	<b>SESSION 1 : LEV1 :</b> 200Free, 50Fly, 100Back, 50Free, 100Breast, 200Free Relay Mixed <b>SESSION 2 : LEV2 :</b> 50Breast, 100Free, 50Back, 200IM, 200Free, 100Back, 200Free Relay Mixed <b>SESSION 3 : LEV1 :</b> 50 Back, 100Fly, 100Free, 50Breast, 200IM, 200Medley Relay Mixed <b>SESSION 4 : LEV2 :</b> 200Breast 50Fly, 100Breast, 200Back, 100Fly, 50Free, 200Medley Relay Mixed	UWC	@ 9am 31OCT'23
LC	18	B MEET 4	<b>SESSION 1 : 12&amp;O :</b> 200IM, 50Fly, 100Breast, 200Back, 200Breast, 100Fly, 50Free <b>SESSION 2 : 11&amp;U :</b> 200IM, 50Fly, 100Breast, 200Back, 200Breast, 100Fly, 50Free	UWC	@ 9am 07NOV'23
LC	19	A MEET 4	<b>SESSION 1 : 14&amp;O :</b> 200IM, 50Fly, 50Free, 200Back, 100Fly, 200Breast, 50Back, 100Free, 1500Free <b>SESSION 2 : 13&amp;U :</b> 200IM, 50Fly, 50Free, 200Back, 100Fly, 200Breast, 50Back, 100Free, 1500Free(12-13)	UWC	@ 9am 07NOV'23
SC	25	CLUB MEET 7	<b>SESSION 1 :</b> 25Free, 50Free, 25Breast, 50Breast <b>SESSION 2 :</b> 25Fly, 50Fly, 25Back, 50Back, 100IM	REFER TO CLUB HOSTED SUMMARY	@ 9am 14NOV'23

### DECEMBER 2023

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
LC	02	A MEET 5 + B MEET 5	<b>SESSION 1 : A MEET :</b> 200IM, 400Free, 100Back, 200Fly, 50Breast, 200Free, 100Breast, 400IM, 800Free <b>SESSION 2 : B MEET :</b> 200IM, 50Breast, 100Free, 50Back, 200Free, 100Back, 50Free	UWC	@ 9am 21NOV'23

### JANUARY 2024

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
LC	20	A MEET 6 + B MEET 6	<b>SESSION 1 : B MEET :</b> 200IM, 50Fly, 100Breast, 200Back, 200Breast, 100Fly, 50Free <b>SESSION 2 : A MEET :</b> 200IM, 50Fly, 50Free, 200Back, 100Fly, 200Breast, 50Back, 100Free, 1500Free	UWC	@ 9am 09JAN'24
SC	27	LEVEL 0 CHAMPS	<b>SESSION 1 :</b> 25Fly, 50Back, 25Free, 50Breast <b>SESSION 2 :</b> 25Fly, 50Fly, 25Back, 50Back, 100IM	GSA	@ 9am 16JAN'24

### FEBRUARY 2024

	DAY	MEET NAME	EVENTS	VENUE	DUE DATE
LC	03-04	QUALIFYING MEET 3	<b>SESSION 1 : 13&amp;U :</b> 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 50Fly, 400Free <b>SESSION 2 : 14&amp;O :</b> 800Free (12&Over), 100Back, 200Fly, 50Breast, 200Free, 100Free, 100Breast, 400IM (12&Over), 50Fly, 400Free	UWC	@ 9am 23JAN'24

SESSION 3 : 13&U : 50Free, 200IM, 50Back,200Breast, 100Fly, 200BackK

SESSION 4 : 14&O : 1500Free (12&Over), 50Free, 200IM, 50Back,200Breast, 100Fly, 200Back

SUMMARY OF EVENTS

	25BACK	50BACK	100BACK	200BACK	25BREAST	50BREAST	100BREAST	200BREAST	25FLY	50FLY	100FLY	200FLY	25FREE	50FREE	100FREE	200FREE	400FREE	800FREE	1500FREE	100IM	200IM	400IM	
CLUB MEET 1	X	X			X	X			X	X			X	X							X		
QUALIFYING MEET 1		X	X	X		X	X	X		X	X	X		X	X	X						X	X
CLUB MEET 2	X	X			X	X			X	X			X	X							X		
INVITATIONAL SC MEET - 12&U		X	X	X		X	X	X		X	X			X	X	X						X	
INVITATIONAL SC MEET - 13&O		X	X	X		X	X	X		X	X	X		X	X	X	X	X	X			X	X
INVITATIONAL SC MEET - Disabled		X	X			X	X							X	X	X						X	
CLUB MEET 3	X	X			X	X			X	X			X	X							X		
A MEET 1			X			X	X					X				X	X	X				X	X
B MEET 1		X	X			X								X	X	X						X	
CLUB MEET 4	X	X			X	X			X	X			X	X							X		
B MEET 2				X			X	X		X	X			X								X	
A MEET 2		X		X				X		X	X			X	X					X		X	
CLUB MEET 5	X	X			X	X			X	X			X	X							X		
A MEET 3			X			X	X					X				X	X	X				X	X
B MEET 3		X	X			X								X	X	X						X	
INVITATIONAL LC MEET - 12&U		X	X	X		X	X	X		X	X			X	X	X						X	
INVITATIONAL LC MEET - 13&O		X	X	X		X	X	X		X	X	X		X	X	X	X	X	X			X	X
INVITATIONAL LC MEET - Disabled		X	X			X	X							X	X	X						X	
CLUB MEET 6	X	X			X	X			X	X			X	X							X		
QUALIFYING MEET 2		X	X	X		X	X	X		X	X	X		X	X	X	X	X	X			X	X
A CHAMPS - SANJ+		X	X	X		X	X	X		X	X	X		X	X	X	X	X	X			X	X
A CHAMPS - LEVEL 3		X	X	X		X	X	X		X	X	X		X	X	X	X					X	
A CHAMPS - DISABLED		X	X			X	X			X				X	X							X	
B CHAMPS - LEVEL 2		X	X	X		X	X	X		X	X			X	X	X						X	
B CHAMPS - LEVEL 1		X	X			X	X			X	X			X	X	X						X	
B MEET 4				X			X	X		X	X			X								X	
A MEET 4		X		X				X		X	X			X	X					X		X	
CLUB MEET 7	X	X			X	X			X	X			X	X							X		
A MEET 5			X			X	X					X				X	X	X				X	X
B MEET 5		X	X			X								X	X	X						X	
A MEET 6		X		X				X		X	X			X	X					X		X	
B MEET 6				X			X	X		X	X			X								X	
LEVEL O CHAMPS	X	X			X	X			X	X			X	X							X		
QUALIFYING MEET 3		X	X	X		X	X	X		X	X	X		X	X	X	X	X	X			X	X