

2026 MSSA LC State Cup - 12/04/2026
Meet Program - 1

Event 1 Mixed 400 LC Metre Freestyle

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|------------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 4 Timed Finals | | | | | | |
| 2 | Everton, Ashley | M36 | Adelaide Masters | NT | _____ | _____ |
| 3 | Lockwood, Matthew | M50 | Adelaide Masters | NT | _____ | _____ |
| 4 | Gill, Janice | W73 | Tea Tree Gully Kingfishers Mas | NT | _____ | _____ |
| 5 | O'Shea, Penelope | W69 | Aquadome Otters | 9:48.94 | _____ | _____ |
| 6 | Axton, Bryan | M85 | Noarlunga Masters | 10:12.37 | _____ | _____ |
| 7 | Heffernan, Maryanne | W70 | Marion Masters Swimming | NT | _____ | _____ |
| 8 | Wadsworth, Cindy | W46 | Atlantis Masters | NT | _____ | _____ |
| 9 | Simister, Cameron | M36 | Adelaide Masters | NT | _____ | _____ |
| Heat 2 of 4 Timed Finals | | | | | | |
| 2 | Faulkner, Gillian | W76 | Noarlunga Masters | 9:25.85 | _____ | _____ |
| 3 | Bell, Janet | W74 | Aquadome Otters | 7:48.94 | _____ | _____ |
| 4 | Maher, Joanne | W56 | Cairns Mudcrabs Masters Swimmi | 7:28.95 | _____ | _____ |
| 5 | Mayton, Eithne | W75 | Tea Tree Gully Kingfishers Mas | 7:02.73 | _____ | _____ |
| 6 | Haberfield, Helen | W64 | Tea Tree Gully Kingfishers Mas | 7:25.30 | _____ | _____ |
| 7 | Goldner, Caroline | W51 | Aquadome Otters | 7:45.26 | _____ | _____ |
| 8 | Faulkner, Geoffrey | M77 | Noarlunga Masters | 8:50.56 | _____ | _____ |
| 9 | Mulqueen, Jennifer | W80 | Tea Tree Gully Kingfishers Mas | 9:38.25 | _____ | _____ |
| Heat 3 of 4 Timed Finals | | | | | | |
| 2 | Horn, Danielle | W41 | Tea Tree Gully Kingfishers Mas | 6:51.79 | _____ | _____ |
| 3 | Smith, Sonia | W49 | Mount Barker Masters SA | 6:23.48 | _____ | _____ |
| 4 | Cranley, Matthew | M51 | Noarlunga Masters | 6:05.89 | _____ | _____ |
| 5 | Lewis, Ace | M46 | Marion Masters Swimming | 5:50.00 | _____ | _____ |
| 6 | Wareing, Deborah | W70 | Marion Masters Swimming | 5:55.00 | _____ | _____ |
| 7 | Carthew, Stephen | M79 | Marion Masters Swimming | 6:13.53 | _____ | _____ |
| 8 | Gallasch, Judith | W62 | Adelaide Masters | 6:24.42 | _____ | _____ |
| 9 | Muir-Cochrane, Eimear | W64 | Phoenix Masters Swimming Club | 7:00.09 | _____ | _____ |
| Heat 4 of 4 Timed Finals | | | | | | |
| 2 | Wellington, Kim | W50 | Phoenix Masters Swimming Club | 5:35.71 | _____ | _____ |
| 3 | Velliaris, Christopher | M51 | Western Districts Masters Swim | 5:09.88 | _____ | _____ |
| 4 | Coulter, Garth | M47 | Tea Tree Gully Kingfishers Mas | 4:53.04 | _____ | _____ |
| 5 | Yip, James | M28 | Adelaide Masters | 4:30.85 | _____ | _____ |
| 6 | McHugh, Liam | M31 | Adelaide University Masters Sw | 4:34.31 | _____ | _____ |
| 7 | Goldie, Scott | M56 | Adelaide Masters | 4:53.36 | _____ | _____ |
| 8 | Young, Ian | M74 | Marion Masters Swimming | 5:33.52 | _____ | _____ |
| 9 | Vidura, Kimberley | W30 | Adelaide University Masters Sw | 5:40.23 | _____ | _____ |

Event 2 Mixed 200 LC Metre Butterfly

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|-------------------------|-----|-------------------------|-----------|--------|-------|
| Heat 1 of 1 Timed Finals | | | | | | |
| 2 | | | | | _____ | _____ |
| 3 | | | | | _____ | _____ |
| 4 | Appelkamp, Riki-Lee | W45 | Mount Barker Masters SA | 3:54.09 | _____ | _____ |
| 5 | Nazimi, Leila | W43 | Henley Beach Masters | 2:42.35 | _____ | _____ |
| 6 | Palmer-White, Stephanie | W62 | Adelaide Masters | 2:49.76 | _____ | _____ |
| 7 | | | | | _____ | _____ |
| 8 | | | | | _____ | _____ |
| 9 | | | | | _____ | _____ |

2026 MSSA LC State Cup - 12/04/2026
Meet Program - 1

Event 3 Mixed 100 LC Metre Breaststroke

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|----------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 2 Timed Finals | | | | | | |
| 2 | Chow, Alvin Keng Yin | M22 | Adelaide University Masters Sw | NT | _____ | _____ |
| 3 | Beames, Leanne | W64 | Atlantis Masters | 2:25.38 | _____ | _____ |
| 4 | Fuller, Geoff | M75 | Henley Beach Masters | 2:09.43 | _____ | _____ |
| 5 | Wareing, Deborah | W70 | Marion Masters Swimming | 1:50.16 | _____ | _____ |
| 6 | Beames, Melissa | W42 | Atlantis Masters | 1:54.95 | _____ | _____ |
| 7 | Dixon, David | M80 | Noarlunga Masters | 2:18.68 | _____ | _____ |
| 8 | Boyd, Julie | W55 | Aquadome Otters | 3:00.93 | _____ | _____ |
| 9 | ma, Cheuk hei | M19 | Adelaide University Masters Sw | NT | _____ | _____ |
| Heat 2 of 2 Timed Finals | | | | | | |
| 2 | Taylor, Julie | W59 | Phoenix Masters Swimming Club | 1:39.83 | _____ | _____ |
| 3 | Smith, Elliott | M37 | Adelaide Masters | 1:39.00 | _____ | _____ |
| 4 | Kim, Eoin | M41 | Tea Tree Gully Kingfishers Mas | 1:34.49 | _____ | _____ |
| 5 | Smedley, Mark | M66 | Adelaide Masters | 1:27.07 | _____ | _____ |
| 6 | Tishel, Idan | M40 | Adelaide Masters | 1:29.18 | _____ | _____ |
| 7 | Ward, Alison | W43 | Noarlunga Masters | 1:38.67 | _____ | _____ |
| 8 | McGiffert, Natalie | W54 | Phoenix Masters Swimming Club | 1:39.02 | _____ | _____ |
| 9 | Coombs, Mark | M62 | Tea Tree Gully Kingfishers Mas | 1:42.10 | _____ | _____ |

Event 4 Mixed 50 LC Metre Backstroke

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|---------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 3 Timed Finals | | | | | | |
| 2 | Bigioli, Danila | W61 | Phoenix Masters Swimming Club | NT | _____ | _____ |
| 3 | Faulkner, Gillian | W76 | Noarlunga Masters | NT | _____ | _____ |
| 4 | Ruler, Amanda | W67 | Adelaide Masters | 1:06.35 | _____ | _____ |
| 5 | Gill, Janice | W73 | Tea Tree Gully Kingfishers Mas | 1:00.31 | _____ | _____ |
| 6 | Bickers, Helen | W72 | Noarlunga Masters | 1:03.68 | _____ | _____ |
| 7 | Molinaro, Carlo | M32 | Atlantis Masters | NT | _____ | _____ |
| 8 | Lake, David | M64 | Tea Tree Gully Kingfishers Mas | NT | _____ | _____ |
| 9 | Pearce, Barbara | W89 | Marion Masters Swimming | 1:13.87 | _____ | _____ |
| Heat 2 of 3 Timed Finals | | | | | | |
| 2 | Vas, Angela | W59 | Tea Tree Gully Kingfishers Mas | 55.11 | _____ | _____ |
| 3 | Haberfield, Helen | W64 | Tea Tree Gully Kingfishers Mas | 52.10 | _____ | _____ |
| 4 | Trebilcock, Bronwyn | W35 | Aquadome Otters | 49.54 | _____ | _____ |
| 5 | Cranley, Andrew | M53 | Noarlunga Masters | 46.06 | _____ | _____ |
| 6 | Suskin, Allan | M84 | Atlantis Masters | 49.44 | _____ | _____ |
| 7 | Gamlen, John | M79 | Tea Tree Gully Kingfishers Mas | 50.18 | _____ | _____ |
| 8 | Maher, Joanne | W56 | Cairns Mudcrabs Masters Swimmi | 54.29 | _____ | _____ |
| 9 | Flowers, John | M80 | Tea Tree Gully Kingfishers Mas | 57.41 | _____ | _____ |
| Heat 3 of 3 Timed Finals | | | | | | |
| 2 | Beaver, Sharon | W59 | Phoenix Masters Swimming Club | 40.58 | _____ | _____ |
| 3 | Collins, Norm | M63 | Phoenix Masters Swimming Club | 38.92 | _____ | _____ |
| 4 | Sutcliffe, Joanne | W66 | Phoenix Masters Swimming Club | 36.78 | _____ | _____ |
| 5 | Deegan, Karina | W41 | Atlantis Masters | 32.95 | _____ | _____ |
| 6 | Vidura, Kimberley | W30 | Adelaide University Masters Sw | 34.41 | _____ | _____ |
| 7 | Groom, Jim | M75 | Talays Masters Swimming Club I | 38.56 | _____ | _____ |
| 8 | Short, Simon | M61 | Phoenix Masters Swimming Club | 39.86 | _____ | _____ |
| 9 | Taylor, Dean | M61 | Phoenix Masters Swimming Club | 41.30 | _____ | _____ |

2026 MSSA LC State Cup - 12/04/2026

Meet Program - 1

Event 5 Mixed 50 LC Metre Freestyle

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|-------------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 6 Timed Finals | | | | | | |
| 2 | Molinaro, Carlo | M32 | Atlantis Masters | NT | _____ | _____ |
| 3 | Demmler, Toby | M53 | Marion Masters Swimming | NT | _____ | _____ |
| 4 | Collins, Norm | M63 | Phoenix Masters Swimming Club | NT | _____ | _____ |
| 5 | O'Brien-Price, Patricia | W77 | Maryborough Masters Swimming C | 1:40.52 | _____ | _____ |
| 6 | Lake, David | M64 | Tea Tree Gully Kingfishers Mas | NT | _____ | _____ |
| 7 | Boyd, Julie | W55 | Aquadome Otters | NT | _____ | _____ |
| 8 | Lockwood, Matthew | M50 | Adelaide Masters | NT | _____ | _____ |
| 9 | ma, Cheuk hei | M19 | Adelaide University Masters Sw | NT | _____ | _____ |
| Heat 2 of 6 Timed Finals | | | | | | |
| 2 | Beames, Leanne | W64 | Atlantis Masters | 58.88 | _____ | _____ |
| 3 | Bickers, Helen | W72 | Noarlunga Masters | 50.28 | _____ | _____ |
| 4 | Bell, Janet | W74 | Aquadome Otters | 47.19 | _____ | _____ |
| 5 | Bigioli, Danila | W61 | Phoenix Masters Swimming Club | 45.38 | _____ | _____ |
| 6 | Pearce, Roger | M63 | Marion Masters Swimming | 47.14 | _____ | _____ |
| 7 | Koudelka, Antonin | M78 | Atlantis Masters | 50.01 | _____ | _____ |
| 8 | Hill, Jeanette | W78 | Tea Tree Gully Kingfishers Mas | 54.62 | _____ | _____ |
| 9 | Axton, Bryan | M85 | Noarlunga Masters | 1:02.52 | _____ | _____ |
| Heat 3 of 6 Timed Finals | | | | | | |
| 2 | Suskin, Allan | M84 | Atlantis Masters | 40.23 | _____ | _____ |
| 3 | Horn, Danielle | W41 | Tea Tree Gully Kingfishers Mas | 39.63 | _____ | _____ |
| 4 | Gravier, Charles | M34 | Adelaide Masters | 38.17 | _____ | _____ |
| 5 | Appelkamp, Riki-Lee | W45 | Mount Barker Masters SA | 37.53 | _____ | _____ |
| 6 | Howe, Simon | M52 | Phoenix Masters Swimming Club | 37.55 | _____ | _____ |
| 7 | Kilner, Kelly | W33 | Phoenix Masters Swimming Club | 39.62 | _____ | _____ |
| 8 | Gamlen, John | M79 | Tea Tree Gully Kingfishers Mas | 39.69 | _____ | _____ |
| 9 | Vas, Angela | W59 | Tea Tree Gully Kingfishers Mas | 40.52 | _____ | _____ |
| Heat 4 of 6 Timed Finals | | | | | | |
| 2 | Gallasch, Judith | W62 | Adelaide Masters | 36.04 | _____ | _____ |
| 3 | Bullock, Rowan | M61 | Noarlunga Masters | 33.79 | _____ | _____ |
| 4 | Young, Ian | M74 | Marion Masters Swimming | 32.92 | _____ | _____ |
| 5 | Ward, Alison | W43 | Noarlunga Masters | 32.72 | _____ | _____ |
| 6 | Plouffe, James | M58 | Adelaide University Masters Sw | 32.86 | _____ | _____ |
| 7 | Tsoutouras, Emily | W46 | Adelaide Masters | 33.10 | _____ | _____ |
| 8 | Carthew, Stephen | M79 | Marion Masters Swimming | 35.70 | _____ | _____ |
| 9 | Heffernan, Maryanne | W70 | Marion Masters Swimming | 36.14 | _____ | _____ |
| Heat 5 of 6 Timed Finals | | | | | | |
| 2 | Simpson, Grant | M70 | Phoenix Masters Swimming Club | 31.40 | _____ | _____ |
| 3 | Brodie, Mathew | M47 | Phoenix Masters Swimming Club | 30.71 | _____ | _____ |
| 4 | Medfindt, Craig | M48 | Tea Tree Gully Kingfishers Mas | 30.28 | _____ | _____ |
| 5 | Truong, Andrew | M30 | Adelaide University Masters Sw | 29.49 | _____ | _____ |
| 6 | Ducrou, James | M48 | Great Southern Masters | 29.70 | _____ | _____ |
| 7 | Short, Simon | M61 | Phoenix Masters Swimming Club | 30.50 | _____ | _____ |
| 8 | Wellington, Kim | W50 | Phoenix Masters Swimming Club | 31.34 | _____ | _____ |
| 9 | Groom, Jim | M75 | Talays Masters Swimming Club I | 31.78 | _____ | _____ |

2026 MSSA LC State Cup - 12/04/2026

Meet Program - 1

Heat 6 Timed Finals... (Event 5 Mixed 50 LC Metre Freestyle)

| | | | | | | |
|---|-------------------|-----|--------------------------------|-------|-------|-------|
| 2 | Deegan, Karina | W41 | Atlantis Masters | 29.34 | _____ | _____ |
| 3 | Osborne, Stephen | M57 | Phoenix Masters Swimming Club | 27.57 | _____ | _____ |
| 4 | Smith, Matthew | M42 | Phoenix Masters Swimming Club | 26.91 | _____ | _____ |
| 5 | Nip, Hugo | M22 | Adelaide University Masters Sw | 24.87 | _____ | _____ |
| 6 | Chen, Kainan | M22 | Adelaide University Masters Sw | 25.92 | _____ | _____ |
| 7 | Simister, Cameron | M36 | Adelaide Masters | 27.09 | _____ | _____ |
| 8 | Herbert, Shaun | M56 | Atlantis Masters | 28.73 | _____ | _____ |
| 9 | Rowell, Gavin | M57 | Marion Masters Swimming | 29.36 | _____ | _____ |

Event 6 Mixed 100 LC Metre Butterfly

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|------|------|-----|------|-----------|--------|-------|
|------|------|-----|------|-----------|--------|-------|

Heat 1 of 1 Timed Finals

| | | | | | | |
|---|-------------------------|-----|--------------------------------|---------|-------|-------|
| 2 | | | | | _____ | _____ |
| 3 | Sawicki, Ricky | M66 | Phoenix Masters Swimming Club | NT | _____ | _____ |
| 4 | Palmer-White, Stephanie | W62 | Adelaide Masters | 1:19.37 | _____ | _____ |
| 5 | Tishel, Idan | M40 | Adelaide Masters | 1:13.52 | _____ | _____ |
| 6 | Velliaris, Christopher | M51 | Western Districts Masters Swim | 1:14.16 | _____ | _____ |
| 7 | Kim, Eoin | M41 | Tea Tree Gully Kingfishers Mas | 1:28.09 | _____ | _____ |
| 8 | Alvino-Felquer, Lidia | W53 | Adelaide Masters | NT | _____ | _____ |
| 9 | | | | | _____ | _____ |

Event 7 Mixed 200 LC Metre Breaststroke

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|------|------|-----|------|-----------|--------|-------|
|------|------|-----|------|-----------|--------|-------|

Heat 1 of 1 Timed Finals

| | | | | | | |
|---|--------------------|-----|--------------------------------|---------|-------|-------|
| 2 | Fuller, Geoff | M75 | Henley Beach Masters | 4:26.41 | _____ | _____ |
| 3 | McGiffert, Natalie | W54 | Phoenix Masters Swimming Club | 3:37.11 | _____ | _____ |
| 4 | Cranley, Matthew | M51 | Noarlunga Masters | 3:26.44 | _____ | _____ |
| 5 | Yip, James | M28 | Adelaide Masters | 2:46.06 | _____ | _____ |
| 6 | Lewis, Ace | M46 | Marion Masters Swimming | 2:50.93 | _____ | _____ |
| 7 | Taylor, Julie | W59 | Phoenix Masters Swimming Club | 3:35.81 | _____ | _____ |
| 8 | Coombs, Mark | M62 | Tea Tree Gully Kingfishers Mas | 3:47.61 | _____ | _____ |
| 9 | Dixon, David | M80 | Noarlunga Masters | NT | _____ | _____ |

Event 8 Mixed 200 LC Metre IM

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|------|------|-----|------|-----------|--------|-------|
|------|------|-----|------|-----------|--------|-------|

Heat 1 of 2 Timed Finals

| | | | | | | |
|---|----------------|-----|--------------------------------|----|-------|-------|
| 2 | | | | | _____ | _____ |
| 3 | | | | | _____ | _____ |
| 4 | Truong, Andrew | M30 | Adelaide University Masters Sw | NT | _____ | _____ |
| 5 | Smith, Sonia | W49 | Mount Barker Masters SA | NT | _____ | _____ |
| 6 | Nazimi, Leila | W43 | Henley Beach Masters | NT | _____ | _____ |
| 7 | | | | | _____ | _____ |
| 8 | | | | | _____ | _____ |
| 9 | | | | | _____ | _____ |

Heat 2 of 2 Timed Finals

| | | | | | | |
|---|---------------------|-----|-------------------------------|---------|-------|-------|
| 2 | O'Shea, Penelope | W69 | Aquadome Otters | NT | _____ | _____ |
| 3 | Cranley, Andrew | M53 | Noarlunga Masters | 3:59.01 | _____ | _____ |
| 4 | Smedley, Mark | M66 | Adelaide Masters | 3:10.25 | _____ | _____ |
| 5 | Goldie, Scott | M56 | Adelaide Masters | 2:45.16 | _____ | _____ |
| 6 | Tishel, Idan | M40 | Adelaide Masters | 2:51.15 | _____ | _____ |
| 7 | Brodie, Mathew | M47 | Phoenix Masters Swimming Club | 3:16.65 | _____ | _____ |
| 8 | Trebilcock, Bronwyn | W35 | Aquadome Otters | 4:16.87 | _____ | _____ |
| 9 | Lockwood, Matthew | M50 | Adelaide Masters | NT | _____ | _____ |

2026 MSSA LC State Cup - 12/04/2026
Meet Program - 1

Event 9 Mixed 200 LC Metre Backstroke

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|-----------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 2 Timed Finals | | | | | | |
| 2 | | | | | _____ | _____ |
| 3 | | | | | _____ | _____ |
| 4 | Pearce, Barbara | W89 | Marion Masters Swimming | 6:14.11 | _____ | _____ |
| 5 | Gamlen, John | M79 | Tea Tree Gully Kingfishers Mas | 4:17.06 | _____ | _____ |
| 6 | Ruler, Amanda | W67 | Adelaide Masters | 5:47.36 | _____ | _____ |
| 7 | Flowers, John | M80 | Tea Tree Gully Kingfishers Mas | NT | _____ | _____ |
| 8 | | | | | _____ | _____ |
| 9 | | | | | _____ | _____ |
| Heat 2 of 2 Timed Finals | | | | | | |
| 2 | Muir-Cochrane, Eimear | W64 | Phoenix Masters Swimming Club | 3:55.60 | _____ | _____ |
| 3 | Beaver, Sharon | W59 | Phoenix Masters Swimming Club | 2:58.48 | _____ | _____ |
| 4 | Sutcliffe, Joanne | W66 | Phoenix Masters Swimming Club | 2:53.55 | _____ | _____ |
| 5 | McHugh, Liam | M31 | Adelaide University Masters Sw | 2:32.88 | _____ | _____ |
| 6 | Vidura, Kimberley | W30 | Adelaide University Masters Sw | 2:42.51 | _____ | _____ |
| 7 | Coulter, Garth | M47 | Tea Tree Gully Kingfishers Mas | 2:54.50 | _____ | _____ |
| 8 | Groom, Jim | M75 | Talays Masters Swimming Club I | 3:09.79 | _____ | _____ |
| 9 | Fuller, Geoff | M75 | Henley Beach Masters | 4:12.98 | _____ | _____ |

Event 10 Mixed 100 LC Metre Freestyle

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|--------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 5 Timed Finals | | | | | | |
| 2 | | | | | _____ | _____ |
| 3 | | | | | _____ | _____ |
| 4 | Molinaro, Carlo | M32 | Atlantis Masters | NT | _____ | _____ |
| 5 | Sawicki, Ricky | M66 | Phoenix Masters Swimming Club | NT | _____ | _____ |
| 6 | Lake, David | M64 | Tea Tree Gully Kingfishers Mas | NT | _____ | _____ |
| 7 | | | | | _____ | _____ |
| 8 | | | | | _____ | _____ |
| 9 | | | | | _____ | _____ |
| Heat 2 of 5 Timed Finals | | | | | | |
| 2 | Koudelka, Antonin | M78 | Atlantis Masters | 2:25.38 | _____ | _____ |
| 3 | Faulkner, Gillian | W76 | Noarlunga Masters | 2:11.12 | _____ | _____ |
| 4 | Mulqueen, Jennifer | W80 | Tea Tree Gully Kingfishers Mas | 1:56.12 | _____ | _____ |
| 5 | Pearce, Roger | M63 | Marion Masters Swimming | 1:54.05 | _____ | _____ |
| 6 | Faulkner, Geoffrey | M77 | Noarlunga Masters | 1:54.43 | _____ | _____ |
| 7 | Hill, Jeanette | W78 | Tea Tree Gully Kingfishers Mas | 2:02.91 | _____ | _____ |
| 8 | Axton, Bryan | M85 | Noarlunga Masters | 2:23.69 | _____ | _____ |
| 9 | Pearce, Barbara | W89 | Marion Masters Swimming | 2:35.63 | _____ | _____ |
| Heat 3 of 5 Timed Finals | | | | | | |
| 2 | Bell, Janet | W74 | Aquadome Otters | 1:48.05 | _____ | _____ |
| 3 | Suskin, Allan | M84 | Atlantis Masters | 1:42.11 | _____ | _____ |
| 4 | Vas, Angela | W59 | Tea Tree Gully Kingfishers Mas | 1:36.74 | _____ | _____ |
| 5 | Kilner, Kelly | W33 | Phoenix Masters Swimming Club | 1:31.39 | _____ | _____ |
| 6 | Beames, Melissa | W42 | Atlantis Masters | 1:34.09 | _____ | _____ |
| 7 | Mayton, Eithne | W75 | Tea Tree Gully Kingfishers Mas | 1:38.27 | _____ | _____ |
| 8 | Bigioli, Danila | W61 | Phoenix Masters Swimming Club | 1:44.62 | _____ | _____ |
| 9 | Goldner, Caroline | W51 | Aquadome Otters | 1:49.83 | _____ | _____ |

2026 MSSA LC State Cup - 12/04/2026

Meet Program - 1

Heat 4 Timed Finals... (Event 10 Mixed 100 LC Metre Freestyle)

| | | | | | | |
|---|-----------------------|-----|--------------------------------|---------|-------|-------|
| 2 | Gravier, Charles | M34 | Adelaide Masters | 1:30.30 | _____ | _____ |
| 3 | Alvino-Felquer, Lidia | W53 | Adelaide Masters | 1:21.73 | _____ | _____ |
| 4 | Ward, Alison | W43 | Noarlunga Masters | 1:21.10 | _____ | _____ |
| 5 | Tsoutouras, Emily | W46 | Adelaide Masters | 1:15.14 | _____ | _____ |
| 6 | Kim, Eoin | M41 | Tea Tree Gully Kingfishers Mas | 1:15.55 | _____ | _____ |
| 7 | Gallasch, Judith | W62 | Adelaide Masters | 1:21.32 | _____ | _____ |
| 8 | Plouffe, James | M58 | Adelaide University Masters Sw | 1:22.47 | _____ | _____ |
| 9 | Horn, Danielle | W41 | Tea Tree Gully Kingfishers Mas | 1:30.50 | _____ | _____ |

Heat 5 of 5 Timed Finals

| | | | | | | |
|---|----------------------|-----|--------------------------------|---------|-------|-------|
| 2 | Rowell, Gavin | M57 | Marion Masters Swimming | 1:10.29 | _____ | _____ |
| 3 | Cranley, Matthew | M51 | Noarlunga Masters | 1:08.48 | _____ | _____ |
| 4 | Herbert, Shaun | M56 | Atlantis Masters | 1:03.57 | _____ | _____ |
| 5 | Nip, Hugo | M22 | Adelaide University Masters Sw | 56.64 | _____ | _____ |
| 6 | Chow, Alvin Keng Yin | M22 | Adelaide University Masters Sw | 56.77 | _____ | _____ |
| 7 | Nazimi, Leila | W43 | Henley Beach Masters | 1:04.31 | _____ | _____ |
| 8 | Smith, Elliott | M37 | Adelaide Masters | 1:09.19 | _____ | _____ |
| 9 | Medefindt, Craig | M48 | Tea Tree Gully Kingfishers Mas | 1:12.14 | _____ | _____ |

Event 11 Mixed 50 LC Metre Butterfly

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|------|------|-----|------|-----------|--------|-------|
|------|------|-----|------|-----------|--------|-------|

Heat 1 of 3 Timed Finals

| | | | | | | |
|---|----------------|-----|--------------------------------|-------|-------|-------|
| 2 | | | | | _____ | _____ |
| 3 | | | | | _____ | _____ |
| 4 | Maher, Joanne | W56 | Cairns Mudcrabs Masters Swimmi | NT | _____ | _____ |
| 5 | Bickers, Helen | W72 | Noarlunga Masters | 55.31 | _____ | _____ |
| 6 | Collins, Norm | M63 | Phoenix Masters Swimming Club | NT | _____ | _____ |
| 7 | | | | | _____ | _____ |
| 8 | | | | | _____ | _____ |
| 9 | | | | | _____ | _____ |

Heat 2 of 3 Timed Finals

| | | | | | | |
|---|---------------------|-----|-------------------------------|-------|-------|-------|
| 2 | Wareing, Deborah | W70 | Marion Masters Swimming | 48.08 | _____ | _____ |
| 3 | Howe, Simon | M52 | Phoenix Masters Swimming Club | 43.71 | _____ | _____ |
| 4 | Bullock, Rowan | M61 | Noarlunga Masters | 36.68 | _____ | _____ |
| 5 | Sawicki, Ricky | M66 | Phoenix Masters Swimming Club | 35.27 | _____ | _____ |
| 6 | Wellington, Kim | W50 | Phoenix Masters Swimming Club | 35.35 | _____ | _____ |
| 7 | Appelkamp, Riki-Lee | W45 | Mount Barker Masters SA | 42.61 | _____ | _____ |
| 8 | Everton, Ashley | M36 | Adelaide Masters | 45.17 | _____ | _____ |
| 9 | | | | | _____ | _____ |

Heat 3 of 3 Timed Finals

| | | | | | | |
|---|------------------------|-----|--------------------------------|-------|-------|-------|
| 2 | Simpson, Grant | M70 | Phoenix Masters Swimming Club | 33.91 | _____ | _____ |
| 3 | Velliaris, Christopher | M51 | Western Districts Masters Swim | 30.98 | _____ | _____ |
| 4 | Osborne, Stephen | M57 | Phoenix Masters Swimming Club | 30.00 | _____ | _____ |
| 5 | Nip, Hugo | M22 | Adelaide University Masters Sw | 26.90 | _____ | _____ |
| 6 | Truong, Andrew | M30 | Adelaide University Masters Sw | 29.96 | _____ | _____ |
| 7 | Smith, Matthew | M42 | Phoenix Masters Swimming Club | 30.47 | _____ | _____ |
| 8 | Ducrou, James | M48 | Great Southern Masters | 31.42 | _____ | _____ |
| 9 | Brodie, Mathew | M47 | Phoenix Masters Swimming Club | 34.92 | _____ | _____ |

2026 MSSA LC State Cup - 12/04/2026
Meet Program - 1

Event 12 Mixed 50 LC Metre Breaststroke

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|-----------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 3 Timed Finals | | | | | | |
| 2 | | | | | _____ | _____ |
| 3 | | | | | _____ | _____ |
| 4 | Smith, Sonia | W49 | Mount Barker Masters SA | NT | _____ | _____ |
| 5 | Beames, Leanne | W64 | Atlantis Masters | 1:02.77 | _____ | _____ |
| 6 | Boyd, Julie | W55 | Aquadome Otters | 1:24.19 | _____ | _____ |
| 7 | ma, Cheuk hei | M19 | Adelaide University Masters Sw | NT | _____ | _____ |
| 8 | | | | | _____ | _____ |
| 9 | | | | | _____ | _____ |
| Heat 2 of 3 Timed Finals | | | | | | |
| 2 | O'Shea, Penelope | W69 | Aquadome Otters | 57.47 | _____ | _____ |
| 3 | Kilner, Kelly | W33 | Phoenix Masters Swimming Club | 53.45 | _____ | _____ |
| 4 | Gravier, Charles | M34 | Adelaide Masters | 47.99 | _____ | _____ |
| 5 | Taylor, Julie | W59 | Phoenix Masters Swimming Club | 45.76 | _____ | _____ |
| 6 | Heffernan, Maryanne | W70 | Marion Masters Swimming | 46.48 | _____ | _____ |
| 7 | Alvino-Felquer, Lidia | W53 | Adelaide Masters | 48.75 | _____ | _____ |
| 8 | Koudelka, Antonin | M78 | Atlantis Masters | 56.74 | _____ | _____ |
| 9 | Dixon, David | M80 | Noarlunga Masters | 58.64 | _____ | _____ |
| Heat 3 of 3 Timed Finals | | | | | | |
| 2 | Coombs, Mark | M62 | Tea Tree Gully Kingfishers Mas | 43.98 | _____ | _____ |
| 3 | Short, Simon | M61 | Phoenix Masters Swimming Club | 42.87 | _____ | _____ |
| 4 | Smedley, Mark | M66 | Adelaide Masters | 37.18 | _____ | _____ |
| 5 | Chen, Kainan | M22 | Adelaide University Masters Sw | 31.67 | _____ | _____ |
| 6 | Lewis, Ace | M46 | Marion Masters Swimming | 32.53 | _____ | _____ |
| 7 | Smith, Elliott | M37 | Adelaide Masters | 39.65 | _____ | _____ |
| 8 | McGiffert, Natalie | W54 | Phoenix Masters Swimming Club | 43.90 | _____ | _____ |
| 9 | Taylor, Dean | M61 | Phoenix Masters Swimming Club | 44.89 | _____ | _____ |

Event 13 Mixed 100 LC Metre Backstroke

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|--------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 2 Timed Finals | | | | | | |
| 2 | | | | | _____ | _____ |
| 3 | | | | | _____ | _____ |
| 4 | Goldie, Scott | M56 | Adelaide Masters | NT | _____ | _____ |
| 5 | Ruler, Amanda | W67 | Adelaide Masters | 2:37.20 | _____ | _____ |
| 6 | Flowers, John | M80 | Tea Tree Gully Kingfishers Mas | NT | _____ | _____ |
| 7 | | | | | _____ | _____ |
| 8 | | | | | _____ | _____ |
| 9 | | | | | _____ | _____ |
| Heat 2 of 2 Timed Finals | | | | | | |
| 2 | Gill, Janice | W73 | Tea Tree Gully Kingfishers Mas | 2:15.93 | _____ | _____ |
| 3 | Beames, Melissa | W42 | Atlantis Masters | 1:45.75 | _____ | _____ |
| 4 | Simpson, Grant | M70 | Phoenix Masters Swimming Club | 1:29.64 | _____ | _____ |
| 5 | Deegan, Karina | W41 | Atlantis Masters | 1:12.92 | _____ | _____ |
| 6 | Sutcliffe, Joanne | W66 | Phoenix Masters Swimming Club | 1:19.99 | _____ | _____ |
| 7 | Taylor, Dean | M61 | Phoenix Masters Swimming Club | 1:34.79 | _____ | _____ |
| 8 | Haberfield, Helen | W64 | Tea Tree Gully Kingfishers Mas | 1:51.99 | _____ | _____ |
| 9 | Mulqueen, Jennifer | W80 | Tea Tree Gully Kingfishers Mas | 2:22.47 | _____ | _____ |

2026 MSSA LC State Cup - 12/04/2026
Meet Program - 1

Event 14 Mixed 200 LC Metre Freestyle

| Lane | Name | Age | Team | Seed Time | Finals | Place |
|---------------------------------|----------------------|-----|--------------------------------|-----------|--------|-------|
| Heat 1 of 3 Timed Finals | | | | | | |
| 2 | Wadsworth, Cindy | W46 | Atlantis Masters | NT | _____ | _____ |
| 3 | Pearce, Roger | M63 | Marion Masters Swimming | NT | _____ | _____ |
| 4 | Faulkner, Geoffrey | M77 | Noarlunga Masters | 4:14.50 | _____ | _____ |
| 5 | Trebilcock, Bronwyn | W35 | Aquadome Otters | 3:40.54 | _____ | _____ |
| 6 | Goldner, Caroline | W51 | Aquadome Otters | 3:48.59 | _____ | _____ |
| 7 | Hill, Jeanette | W78 | Tea Tree Gully Kingfishers Mas | 4:29.38 | _____ | _____ |
| 8 | Herbert, Shaun | M56 | Atlantis Masters | NT | _____ | _____ |
| 9 | | | | | _____ | _____ |
| Heat 2 of 3 Timed Finals | | | | | | |
| 2 | Mayton, Eithne | W75 | Tea Tree Gully Kingfishers Mas | 3:26.75 | _____ | _____ |
| 3 | Plouffe, James | M58 | Adelaide University Masters Sw | 3:18.31 | _____ | _____ |
| 4 | Carthew, Stephen | M79 | Marion Masters Swimming | 2:59.98 | _____ | _____ |
| 5 | Bullock, Rowan | M61 | Noarlunga Masters | 2:50.43 | _____ | _____ |
| 6 | Tsoutouras, Emily | W46 | Adelaide Masters | 2:50.95 | _____ | _____ |
| 7 | Cranley, Andrew | M53 | Noarlunga Masters | 3:13.18 | _____ | _____ |
| 8 | Everton, Ashley | M36 | Adelaide Masters | 3:25.17 | _____ | _____ |
| 9 | Howe, Simon | M52 | Phoenix Masters Swimming Club | 3:31.31 | _____ | _____ |
| Heat 3 of 3 Timed Finals | | | | | | |
| 2 | Young, Ian | M74 | Marion Masters Swimming | 2:36.51 | _____ | _____ |
| 3 | Simister, Cameron | M36 | Adelaide Masters | 2:16.31 | _____ | _____ |
| 4 | Chow, Alvin Keng Yin | M22 | Adelaide University Masters Sw | 2:15.49 | _____ | _____ |
| 5 | McHugh, Liam | M31 | Adelaide University Masters Sw | 2:12.63 | _____ | _____ |
| 6 | Yip, James | M28 | Adelaide Masters | 2:12.82 | _____ | _____ |
| 7 | Coulter, Garth | M47 | Tea Tree Gully Kingfishers Mas | 2:15.52 | _____ | _____ |
| 8 | Osborne, Stephen | M57 | Phoenix Masters Swimming Club | 2:18.16 | _____ | _____ |
| 9 | Beaver, Sharon | W59 | Phoenix Masters Swimming Club | 2:44.34 | _____ | _____ |

Event 15 Male 200 LC Metre Medley Relay

| Lane | Team | Relay | Seed Time | Finals | Place |
|---------------------------------|-------------------------------|-----------------------|-------------------------|---------------------------|-------|
| Heat 1 of 2 Timed Finals | | | | | |
| 2 | | | | _____ | _____ |
| 3 | | | | _____ | _____ |
| 4 | Marion Masters Swimming | M240 A | NT | _____ | _____ |
| | 1) Young, Ian M74 | 2) Demmler, Toby M53 | 3) Rowell, Gavin M57 | 4) Pearce, Roger M63 | |
| 5 | Phoenix Masters Swimming Club | M240 B | NT | _____ | _____ |
| | 1) Simpson, Grant M70 | 2) Short, Simon M61 | 3) Osborne, Stephen M57 | 4) Collins, Norm M63 | |
| 6 | Noarlunga Masters | M240 A | NT | _____ | _____ |
| | 1) Cranley, Matthew M51 | 2) Dixon, David M80 | 3) Cranley, Andrew M53 | 4) Faulkner, Geoffrey M77 | |
| 7 | Atlantis Masters | M240 A | NT | _____ | _____ |
| | 1) Suskin, Allan M84 | 2) Herbert, Shaun M56 | 3) Molinaro, Carlo M32 | 4) Koudelka, Antonin M78 | |
| 8 | | | | _____ | _____ |
| 9 | | | | _____ | _____ |

