

## 2021 MSSA LC State Cup - SAALC 10<sup>th</sup> October 2021 Event Briefing

Welcome to the LC State Cup! As COVID-19 continues event changes remain in place for this meet. Everyone has handled the changes very well and we know the changes may have been very hard and confusing at times, but these measures are to ensure a healthy community and we expect each attendee to “Do the Right Thing” enabling an enjoyable and successful competition.

### LASTEST OBLIGATIONS

- **Swimming Pools must observe a density limit of 1 person per 4 square metres**
- **Masks are mandatory in indoor fitness and physical recreation facilities while not exercising**

### HEALTH DECLARATION

Please do not be complacent or panic about COVID-19. A sensible, cautious and community minded approach to your health at this time is required.

**Do not attend if you are unwell or are experiencing any of the following symptoms**

- ☐Fever ☐Cough ☐Sore throat ☐Muscle and/or joint pain ☐Stuffy nose  
☐Headache ☐Fatigue ☐Diarrhoea ☐Vomiting ☐Running nose ☐Breathing difficulty ☐Feeling unwell

By registering to swim or nominating to officiate you have agreed to the COVID-19 Terms & Conditions. Refer to document on website.

You will be required to reconfirm verbally upon entry to the venue that you have read, agree, and meet the terms and conditions prior to gaining entry. You are also required to scan in with the COVID-SAFE SA Gov App – Please use the QR Code available here and at the venue.

Masters Swimming SA and SA Aquatic & Leisure Centre Staff reserve the right to refuse any person venue entry.



### VENUE ACCESS

Access to the venue for swimmers, officials and coaches is only through the Entry doors and is specifically allocated by time. Please see below for your venue access group. Please ensure you are socially distancing and being patient when queuing at the venue entry.

Club / Role	Entrance	
Officials Only	Event	8:00am
Swimmers Only	Event	8:15am

**Note: All Attendees will be checked off on arrival. You will be asked for your name and to reconfirm your health status upon entry to the venue.**

## SEATING

All swimmers and coaches please ensure you are social distancing by skipping a seat between each person. This means do not sit:

- next to; or
- immediately in front; or
- immediately behind another person.

There is NO seating on Pool Deck – All swimmers and coaches must sit in grandstand unless warming up or cooling down.

## VENUE PATHWAYS

Please note a one-way traffic pathway “loop” applies when you are in the venue.

*(Refer to the attached Venue map).*

Once you are in the venue:

- Access to the pool deck for competition and warm up from the grandstand is from the Morphet Road (western) stairs only.
- Access to the grandstand is from the Event Entry (eastern) stairs only.
- Only exception being the mobility impaired swimmers who require to use the lift.

## WARM UP / DOWN

Swimmers and coaches please note that the water polo/diving pool is not to be used for warm up or cool down. Lanes 0 and 1 are available for warm up and cool down during the event.

Please ensure social distancing where possible when undertaking all activities at the pool including limiting the number of swimmers per lane to 8 at any one time during warm up / cool down.

## MARSHALLING

Please note, as with all spaces the marshalling area is limited by density and social distancing.

Therefore, we will be reducing the numbers of athletes in the marshalling room at any one time.

To access Marshalling from the grandstand:

- Come down the Morphet Road (western) stairs
- Turn right down the centre corridor
- Turn left at the second tunnel and go onto pool deck
- Wait until you are asked to enter the Marshalling Room through the storeroom.

*(Refer to the attached Venue map).* Once in marshalling you MUST remain in your allocated seat.

## SANITISATION / PPE

The Venue will undergo a COVID clean prior to and after the session.

During the event Sanitisation stations and PPE are available to attendees in various places at the venue.

Please ensure you utilise the sanitisation stations as needed.

We also encourage attendees to bring personal sanitiser and mask if that is your preference.

## FOOD / DRINK

All food and drink must be consumed in your seat in the grandstand. **NO GATHERING ON THE CONCOURSE.**

## BATHROOMS

Density limits apply to bathrooms. A **maximum of 10 persons are allowed in a bathroom** at any one time.

Please do your best to ensure this limitation is met and do not congregate in the bathroom.

## PROGRAMS

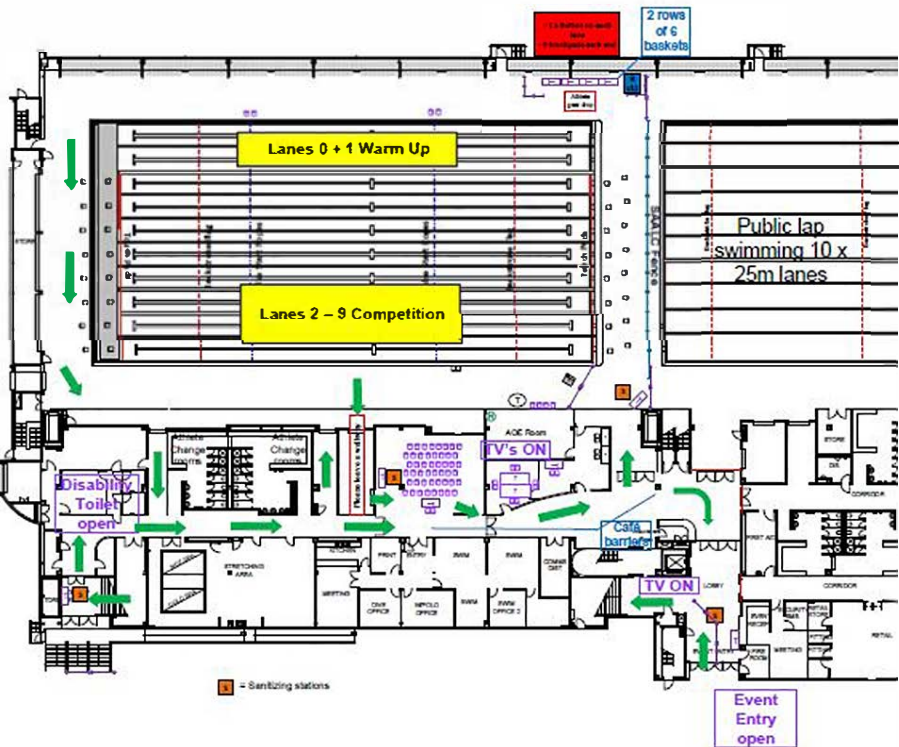
Swimmers are able to download a copy of the Event Info and Program from the website, but a copy will be available at the entry door on arrival.

## RESULTS

Results will not be posted on the day, but they will be available on the website post-meet.



Masters Swimming SA  
LC State Cup – Long Course  
Sunday 10<sup>th</sup> October 2021



## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Event 1A Mixed 400 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 4 Timed Finals</b>						
2	Axton, Bryan	M80	Noarlunga	9:30.00	_____	_____
3	Faulkner, Geoffrey	M72	Noarlunga	9:00.00	_____	_____
4	Gill, Janice	W68	Tea Tree Gully	8:15.00	_____	_____
5	Lai, Gary	M23	UniSA Swimming Club	7:38.00	_____	_____
6	Bell, Janet	W69	Aquadome Otters	8:00.00	_____	_____
7	Vowles, Judy	W72	Marion Masters Swimming	9:00.00	_____	_____
8	Brown, Deborah	W50	Adelaide Masters	9:20.00	_____	_____
9					_____	_____
<b>Heat 2 of 4 Timed Finals</b>						
2	Galliford, Faith	W59	Noarlunga	7:00.00	_____	_____
3	Holley, Peter	M58	Adelaide Masters	6:55.00	_____	_____
4	Smith, Sonia	W44	Great Southern Swimming Club	6:40.00	_____	_____
5	Chambers, Cheryl	W59	Phoenix Masters Swimming Club	6:30.00	_____	_____
6	Palmer, Brigetta	W45	Aquadome Otters	6:30.00	_____	_____
7	Moffat, Danielle	W49	Tea Tree Gully	6:45.00	_____	_____
8	Cranley, Andrew	M48	Noarlunga	7:00.00	_____	_____
9	Gunn, Pamela	W67	Adelaide Masters	7:29.00	_____	_____
<b>Heat 3 of 4 Timed Finals</b>						
2	Amos, Kirsty	W50	Aquadome Otters	6:10.00	_____	_____
3	Wareing, Deborah	W65	Marion Masters Swimming	6:05.00	_____	_____
4	Barrera, Erin	W20	UniSA Swimming Club	5:52.00	_____	_____
5	Brown, Erin	W41	Adelaide Masters	5:45.00	_____	_____
6	Bowman, Julie	W56	Adelaide Masters	5:50.00	_____	_____
7	Riley, Philip	M62	Tea Tree Gully	6:00.00	_____	_____
8	McManus, Mairee	W39	Adelaide Masters	6:10.00	_____	_____
9	Dundon, John	M59	Phoenix Masters Swimming Club	6:15.00	_____	_____
<b>Heat 4 of 4 Timed Finals</b>						
2	Carthew, Stephen	M74	Marion Masters Swimming	5:43.00	_____	_____
3	Bigioli, Nicholas	M58	Phoenix Masters Swimming Club	5:30.00	_____	_____
4	Velliari, Christopher	M46	Western Districts	5:15.00	_____	_____
5	McHugh, Liam	M26	UniSA Swimming Club	4:40.00	_____	_____
6	Nazimi, Leila	W38	Henley Beach Masters	5:05.00	_____	_____
7	Ford, Jamie	W18	UniSA Swimming Club	5:20.00	_____	_____
8	Beaver, Sharon	W54	Adelaide Masters	5:30.00	_____	_____
9	Wellington, Kim	W45	Phoenix Masters Swimming Club	5:45.00	_____	_____

## Event 1B Mixed 400 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 2 Timed Finals</b>						
2					_____	_____
3					_____	_____
4	Trapnell, Phillip	M77	Atlantis	11:30.00	_____	_____
5	Brown, Yumi	W56	Aquadome Otters	10:00.00	_____	_____
6	Mulqueen, Jennifer	W75	Tea Tree Gully	11:00.00	_____	_____
7	Edgley-Smith, Madeleine	W70	Tea Tree Gully	11:30.00	_____	_____
8					_____	_____
9					_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Heat 2 Timed Finals... (Event 1B Mixed 400 LC Metre Backstroke)

2	Howe, Simon	M47	Phoenix Masters Swimming Club	9:00.00	_____	_____
3	O'Connell, Leonie	W65	Adelaide Masters	7:30.00	_____	_____
4	Simpson, Grant	M65	Phoenix Masters Swimming Club	6:15.00	_____	_____
5	Fu, Alvin	M19	UniSA Swimming Club	5:20.00	_____	_____
6	Sutcliffe, Joanne	W61	Phoenix Masters Swimming Club	6:00.00	_____	_____
7	Sagubo, Allana	W20	UniSA Swimming Club	7:15.00	_____	_____
8	Thomas, David	M66	Tea Tree Gully	8:30.00	_____	_____
9	Haberfield, Helen	W59	Tea Tree Gully	9:20.00	_____	_____

## Event 1C Mixed 400 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time	Finals	Place
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## Heat 1 of 1 Timed Finals

2	Heffernan, Maryanne	W65	Marion Masters Swimming	7:26.00	_____	_____
3	Bryce, David	M46	Phoenix Masters Swimming Club	6:50.00	_____	_____
4	Morgan, Shania	W22	UniSA Swimming Club	6:12.00	_____	_____
5	Tam, Chun Yik	M19	UniSA Swimming Club	6:10.00	_____	_____
6	Sztolc, Albert	M25	UniSA Swimming Club	6:10.00	_____	_____
7	Lewis, Ace	M41	Marion Masters Swimming	6:15.00	_____	_____
8	Rowell, Gavin	M52	Marion Masters Swimming	7:00.00	_____	_____
9	Fuller, Geoff	M70	Henley Beach Masters	8:45.00	_____	_____

## Event 1D Mixed 400 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time	Finals	Place
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--- No entries for event

## Event 1E Mixed 400 LC Metre IM

Lane	Name	Age	Team	Seed Time	Finals	Place
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## Heat 1 of 1 Timed Finals

2					_____	_____
3	O'Shea, Penelope	W64	Aquadome Otters	9:00.00	_____	_____
4	Johnson, Kate	W34	Marion Masters Swimming	6:20.00	_____	_____
5	Robinson, Chelsea	W21	UniSA Swimming Club	6:05.00	_____	_____
6	Palmer-White, Stephanie	W57	Adelaide Masters	6:05.00	_____	_____
7	Malcolm, Matthea	W61	Phoenix Masters Swimming Club	8:40.00	_____	_____
8					_____	_____
9					_____	_____

## Event 2 Mixed 200 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
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## Heat 1 of 5 Timed Finals

2					_____	_____
3					_____	_____
4	Pearce, Barbara	W84	Marion Masters Swimming	5:25.00	_____	_____
5	Cooper, Greg	M68	Adelaide Masters	4:30.00	_____	_____
6	Ross, Diane	W86	Marion Masters Swimming	5:00.00	_____	_____
7					_____	_____
8					_____	_____
9					_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

**Heat 2 Timed Finals... (Event 2 Mixed 200 LC Metre Freestyle)**

2	Edgley-Smith, Madeleine	W70	Tea Tree Gully	4:16.00	_____	_____
3	Morris, Brian	M63	Adelaide Masters	4:00.00	_____	_____
4	Smith, Lisa	W56	Great Southern Swimming Club	3:45.00	_____	_____
5	Fisher, Rosemary	W63	Great Southern Swimming Club	3:35.00	_____	_____
6	Gunn, Pamela	W67	Adelaide Masters	3:40.00	_____	_____
7	Faulkner, Geoffrey	M72	Noarlunga	4:00.00	_____	_____
8	Mulqueen, Jennifer	W75	Tea Tree Gully	4:15.00	_____	_____
9	Brown, Deborah	W50	Adelaide Masters	4:30.00	_____	_____

**Heat 3 of 5 Timed Finals**

2	Howe, Simon	M47	Phoenix Masters Swimming Club	3:30.00	_____	_____
3	Holley, Peter	M58	Adelaide Masters	3:25.00	_____	_____
4	Beames, Melissa	W37	Atlantis	3:20.00	_____	_____
5	Chambers, Cheryl	W59	Phoenix Masters Swimming Club	3:05.00	_____	_____
6	Williams, Bernadette	W39	Tea Tree Gully	3:10.00	_____	_____
7	Popplewell, Joel	M43	Phoenix Masters Swimming Club	3:25.00	_____	_____
8	Crowder, George	M65	Marion Masters Swimming	3:30.00	_____	_____
9	Shears, Bernadette	W61	Tea Tree Gully	3:30.00	_____	_____

**Heat 4 of 5 Timed Finals**

2	Teo, Elinor	W20	UniSA Swimming Club	3:00.00	_____	_____
3	Thornton, Elizabeth	W56	Great Southern Swimming Club	2:59.00	_____	_____
4	Collins, Norm	M58	Phoenix Masters Swimming Club	2:50.00	_____	_____
5	Brown, Erin	W41	Adelaide Masters	2:45.00	_____	_____
6	Smith, Sonia	W44	Great Southern Swimming Club	2:50.00	_____	_____
7	Bowman, Julie	W56	Adelaide Masters	2:50.00	_____	_____
8	Amos, Kirsty	W50	Aquadome Otters	3:00.00	_____	_____
9	Sheridan, Jeffrey	M58	Adelaide Masters	3:00.00	_____	_____

**Heat 5 of 5 Timed Finals**

2	Cranley, Matthew	M46	Noarlunga	2:35.00	_____	_____
3	Johnson, Kate	W34	Marion Masters Swimming	2:30.00	_____	_____
4	Varney, Josephine	W50	Henley Beach Masters	2:30.00	_____	_____
5	McHugh, Liam	M26	UniSA Swimming Club	2:10.00	_____	_____
6	Smith, Charlene	W36	Adelaide Masters	2:22.00	_____	_____
7	Muller, Rebecca	W26	Adelaide Masters	2:30.00	_____	_____
8	Dundon, John	M59	Phoenix Masters Swimming Club	2:30.00	_____	_____
9	Carthew, Stephen	M74	Marion Masters Swimming	2:43.00	_____	_____

**Event 3 Mixed 100 LC Metre Breaststroke**

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 3 Timed Finals</b>						
2					_____	_____
3	Beames, Leanne	W59	Atlantis	2:10.00	_____	_____
4	Haberfield, Helen	W59	Tea Tree Gully	2:10.00	_____	_____
5	Alchin, Laura	W32	Henley Beach Masters	2:05.00	_____	_____
6	Walshe, Judy	W65	Noarlunga	2:09.00	_____	_____
7	Fuller, Geoff	M70	Henley Beach Masters	2:10.00	_____	_____
8	Koudelka, Antonin	M73	Atlantis	2:30.00	_____	_____
9					_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Heat 2 Timed Finals... (Event 3 Mixed 100 LC Metre Breaststroke)

2	Gravier, Charles	M29	Adelaide Masters	2:00.00	_____	_____
3	Galliford, Faith	W59	Noarlunga	1:58.00	_____	_____
4	Davey, Joanne	W46	Phoenix Masters Swimming Club	1:54.00	_____	_____
5	Heffernan, Maryanne	W65	Marion Masters Swimming	1:40.00	_____	_____
6	McGiffert, Natalie	W49	Phoenix Masters Swimming Club	1:47.00	_____	_____
7	Cranley, Andrew	M48	Noarlunga	1:55.00	_____	_____
8	Mayton, Eithne	W70	Tea Tree Gully	1:58.00	_____	_____
9	O'Shea, Penelope	W64	Aquadome Otters	2:00.00	_____	_____

## Heat 3 of 3 Timed Finals

2	Lai, Gary	M23	UniSA Swimming Club	1:30.00	_____	_____
3	Rowell, Gavin	M52	Marion Masters Swimming	1:26.00	_____	_____
4	Morgan, Shania	W22	UniSA Swimming Club	1:18.00	_____	_____
5	Lewis, Ace	M41	Marion Masters Swimming	1:17.00	_____	_____
6	Bryce, David	M46	Phoenix Masters Swimming Club	1:18.00	_____	_____
7	Christian, Lauren	W32	Phoenix Masters Swimming Club	1:25.00	_____	_____
8	Parker, Jordie	W22	UniSA Swimming Club	1:30.00	_____	_____
9	Taylor, Julie	W54	Phoenix Masters Swimming Club	1:40.00	_____	_____

## Event 4 Mixed 50 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 5 Timed Finals						
2					_____	_____
3	Ferguson, Robert	M61	Atlantis	1:15.00	_____	_____
4	Vowles, Judy	W72	Marion Masters Swimming	1:05.00	_____	_____
5	Goalder, Adele	W76	Tea Tree Gully	1:03.00	_____	_____
6	Reinboth, Betty	W66	Adelaide Masters	1:03.00	_____	_____
7	Ruler, Amanda	W62	Adelaide Masters	1:10.00	_____	_____
8	Axton, Bryan	M80	Noarlunga	1:15.00	_____	_____
9					_____	_____
Heat 2 of 5 Timed Finals						
2	Gamlen, John	M74	Tea Tree Gully	1:00.00	_____	_____
3	Bertram, Neal	M71	Phoenix Masters Swimming Club	1:00.00	_____	_____
4	Morris, Brian	M63	Adelaide Masters	1:00.00	_____	_____
5	Roach, Amanda	W58	Noarlunga	55.00	_____	_____
6	Vas, Angela	W54	Tea Tree Gully	56.00	_____	_____
7	Smith, Lisa	W56	Great Southern Swimming Club	1:00.00	_____	_____
8	Gill, Janice	W68	Tea Tree Gully	1:00.00	_____	_____
9	Bell, Janet	W69	Aquadome Otters	1:00.00	_____	_____
Heat 3 of 5 Timed Finals						
2	O'Connell, Leonie	W65	Adelaide Masters	50.00	_____	_____
3	Thomas, David	M66	Tea Tree Gully	49.00	_____	_____
4	Popplewell, Joel	M43	Phoenix Masters Swimming Club	46.00	_____	_____
5	Stevenson, Chloe	W49	Atlantis	46.00	_____	_____
6	Bowman, Julie	W56	Adelaide Masters	46.00	_____	_____
7	Riley, Philip	M62	Tea Tree Gully	48.00	_____	_____
8	Fisher, Rosemary	W63	Great Southern Swimming Club	50.00	_____	_____
9	Davey, Joanne	W46	Phoenix Masters Swimming Club	52.00	_____	_____

**2021 MSSA LC State Cup - 10/10/2021****Meet Program - 1****Heat 4 Timed Finals... (Event 4 Mixed 50 LC Metre Backstroke)**

2	Wareing, Deborah	W65	Marion Masters Swimming	44.00	_____	_____
3	Beaver, Sharon	W54	Adelaide Masters	40.00	_____	_____
4	Cranley, Matthew	M46	Noarlunga	38.00	_____	_____
5	Sutcliffe, Joanne	W61	Phoenix Masters Swimming Club	37.00	_____	_____
6	Sagubo, Allana	W20	UniSA Swimming Club	37.00	_____	_____
7	McManus, Brian	M39	Adelaide Masters	39.00	_____	_____
8	To, Sum Ki	W19	UniSA Swimming Club	40.00	_____	_____
9	Carter, Christopher	M61	Adelaide Masters	45.00	_____	_____

**Heat 5 of 5 Timed Finals**

2	Vidura, Kimberley	W25	UniSA Swimming Club	34.00	_____	_____
3	Wright, Nicol	W46	Phoenix Masters Swimming Club	34.00	_____	_____
4	Gristede, Shelby	W20	UniSA Swimming Club	34.00	_____	_____
5	Fu, Alvin	M19	UniSA Swimming Club	29.00	_____	_____
6	Stephenson, Andrew	M47	Marion Masters Swimming	32.00	_____	_____
7	Smith, Charlene	W36	Adelaide Masters	34.00	_____	_____
8	Jackson, Jack	M20	UniSA Swimming Club	34.00	_____	_____
9	Collins, Norm	M58	Phoenix Masters Swimming Club	36.00	_____	_____

**Event 5 Mixed 50 LC Metre Butterfly**

Lane	Name	Age	Team	Seed Time	Finals	Place
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**Heat 1 of 4 Timed Finals**

2					_____	_____
3					_____	_____
4	Mulqueen, Jennifer	W75	Tea Tree Gully	1:20.00	_____	_____
5	Brown, Yumi	W56	Aquadome Otters	1:05.00	_____	_____
6	Gamlén, John	M74	Tea Tree Gully	1:10.00	_____	_____
7					_____	_____
8					_____	_____
9					_____	_____

**Heat 2 of 4 Timed Finals**

2	Malcolm, Matthea	W61	Phoenix Masters Swimming Club	1:00.00	_____	_____
3	Moffat, Danielle	W49	Tea Tree Gully	49.00	_____	_____
4	Milton, Rebecca	W37	UniSA Swimming Club	44.00	_____	_____
5	Thornton, Elizabeth	W56	Great Southern Swimming Club	41.00	_____	_____
6	Teo, Elinor	W20	UniSA Swimming Club	42.00	_____	_____
7	Bowman, Julie	W56	Adelaide Masters	46.00	_____	_____
8	Holley, Peter	M58	Adelaide Masters	1:00.00	_____	_____
9					_____	_____

**Heat 3 of 4 Timed Finals**

2	Palmer, Brigetta	W45	Aquadome Otters	39.00	_____	_____
3	Palmer-White, Stephanie	W57	Adelaide Masters	35.00	_____	_____
4	Wellington, Kim	W45	Phoenix Masters Swimming Club	35.00	_____	_____
5	Simpson, Grant	M65	Phoenix Masters Swimming Club	34.00	_____	_____
6	Barrera, Erin	W20	UniSA Swimming Club	34.00	_____	_____
7	Gvozdeva, Arina	W23	UniSA Swimming Club	35.00	_____	_____
8	McManus, Mairee	W39	Adelaide Masters	36.00	_____	_____
9	Carter, Christopher	M61	Adelaide Masters	40.00	_____	_____



**2021 MSSA LC State Cup - 10/10/2021****Meet Program - 1****Heat 4 Timed Finals... (Event 5 Mixed 50 LC Metre Butterfly)**

2	Lai, Gary	M23	UniSA Swimming Club	32.00	_____	_____
3	Ford, Jamie	W18	UniSA Swimming Club	31.00	_____	_____
4	Velliari, Christopher	M46	Western Districts	30.00	_____	_____
5	Crook, Ethan	M19	UniSA Swimming Club	27.00	_____	_____
6	Truong, Andrew	M25	UniSA Swimming Club	29.00	_____	_____
7	Tam, Chun Yik	M19	UniSA Swimming Club	30.00	_____	_____
8	Muller, Rebecca	W26	Adelaide Masters	32.00	_____	_____
9	Robinson, Chelsea	W21	UniSA Swimming Club	33.00	_____	_____

**Event 6 Mixed 100 LC Metre Freestyle**

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 7 Timed Finals</b>						
2					_____	_____
3					_____	_____
4	Dalling, Wendy	W76	Noarlunga	3:23.00	_____	_____
5	Goalder, Adele	W76	Tea Tree Gully	2:23.00	_____	_____
6	Pearce, Barbara	W84	Marion Masters Swimming	2:25.00	_____	_____
7					_____	_____
8					_____	_____
9					_____	_____
<b>Heat 2 of 7 Timed Finals</b>						
2	Faulkner, Gillian	W71	Noarlunga	2:15.00	_____	_____
3	Cooper, Greg	M68	Adelaide Masters	2:10.00	_____	_____
4	Ross, Diane	W86	Marion Masters Swimming	2:10.00	_____	_____
5	Beames, Leanne	W59	Atlantis	2:00.00	_____	_____
6	Koudelka, Antonin	M73	Atlantis	2:00.00	_____	_____
7	Trapnell, Phillip	M77	Atlantis	2:10.00	_____	_____
8	Brown, Deborah	W50	Adelaide Masters	2:10.00	_____	_____
9	Nakell, Linda	W70	Atlantis	2:20.00	_____	_____
<b>Heat 3 of 7 Timed Finals</b>						
2	Ferguson, Robert	M61	Atlantis	1:57.00	_____	_____
3	Axton, Bryan	M80	Noarlunga	1:55.00	_____	_____
4	Gunn, Pamela	W67	Adelaide Masters	1:45.00	_____	_____
5	Mayton, Eithne	W70	Tea Tree Gully	1:36.00	_____	_____
6	Vas, Angela	W54	Tea Tree Gully	1:37.00	_____	_____
7	Haberfield, Helen	W59	Tea Tree Gully	1:50.00	_____	_____
8	Bertram, Neal	M71	Phoenix Masters Swimming Club	1:55.00	_____	_____
9	Faulkner, Geoffrey	M72	Noarlunga	2:00.00	_____	_____
<b>Heat 4 of 7 Timed Finals</b>						
2	Gamlén, John	M74	Tea Tree Gully	1:30.00	_____	_____
3	Alchin, Laura	W32	Henley Beach Masters	1:30.00	_____	_____
4	Steveson, Chloe	W49	Atlantis	1:30.00	_____	_____
5	Sheridan, Jeffrey	M58	Adelaide Masters	1:25.00	_____	_____
6	Chambers, Cheryl	W59	Phoenix Masters Swimming Club	1:25.00	_____	_____
7	Beames, Melissa	W37	Atlantis	1:30.00	_____	_____
8	Crowder, George	M65	Marion Masters Swimming	1:30.00	_____	_____
9	Shears, Bernadette	W61	Tea Tree Gully	1:35.00	_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Heat 5 Timed Finals... (Event 6 Mixed 100 LC Metre Freestyle)

2	Milton, Rebecca	W37	UniSA Swimming Club	1:25.00	_____	_____
3	Amos, Kirsty	W50	Aquadome Otters	1:21.00	_____	_____
4	Pearce, Daniel	M35	UniSA Swimming Club	1:20.00	_____	_____
5	Parker, Jordie	W22	UniSA Swimming Club	1:17.00	_____	_____
6	Popplewell, Joel	M43	Phoenix Masters Swimming Club	1:19.00	_____	_____
7	Taylor, Julie	W54	Phoenix Masters Swimming Club	1:20.00	_____	_____
8	Riley, Philip	M62	Tea Tree Gully	1:21.00	_____	_____
9	To, Sum Ki	W19	UniSA Swimming Club	1:25.00	_____	_____

## Heat 6 of 7 Timed Finals

2	Gvozdeva, Arina	W23	UniSA Swimming Club	1:14.00	_____	_____
3	Barrera, Erin	W20	UniSA Swimming Club	1:11.00	_____	_____
4	Muller, Rebecca	W26	Adelaide Masters	1:11.00	_____	_____
5	Varney, Josephine	W50	Henley Beach Masters	1:07.00	_____	_____
6	Bigioli, Nicholas	M58	Phoenix Masters Swimming Club	1:10.00	_____	_____
7	Dundon, John	M59	Phoenix Masters Swimming Club	1:11.00	_____	_____
8	Carthew, Stephen	M74	Marion Masters Swimming	1:14.00	_____	_____
9	Smith, Sonia	W44	Great Southern Swimming Club	1:15.00	_____	_____

## Heat 7 of 7 Timed Finals

2	Nazimi, Leila	W38	Henley Beach Masters	1:06.00	_____	_____
3	Vidura, Kimberley	W25	UniSA Swimming Club	1:04.00	_____	_____
4	Preiss, Mark	M49	Aquadome Otters	1:01.00	_____	_____
5	Fu, Alvin	M19	UniSA Swimming Club	56.00	_____	_____
6	Stephenson, Andrew	M47	Marion Masters Swimming	1:00.00	_____	_____
7	Sztolc, Albert	M25	UniSA Swimming Club	1:03.00	_____	_____
8	Robinson, Chelsea	W21	UniSA Swimming Club	1:05.00	_____	_____
9	Wright, Nicol	W46	Phoenix Masters Swimming Club	1:06.00	_____	_____

## Event 7 Mixed 200 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time	Finals	Place
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## Heat 1 of 2 Timed Finals

2					_____	_____
3					_____	_____
4	Vowles, Judy	W72	Marion Masters Swimming	5:45.00	_____	_____
5	Gill, Janice	W68	Tea Tree Gully	5:00.00	_____	_____
6	Smith, Lisa	W56	Great Southern Swimming Club	5:00.00	_____	_____
7					_____	_____
8					_____	_____
9					_____	_____

## Heat 2 of 2 Timed Finals

2	O'Shea, Penelope	W64	Aquadome Otters	4:15.00	_____	_____
3	McGiffert, Natalie	W49	Phoenix Masters Swimming Club	3:50.00	_____	_____
4	Smith, Charlene	W36	Adelaide Masters	3:05.00	_____	_____
5	Morgan, Shania	W22	UniSA Swimming Club	2:52.00	_____	_____
6	Bryce, David	M46	Phoenix Masters Swimming Club	3:00.00	_____	_____
7	Heffernan, Maryanne	W65	Marion Masters Swimming	3:30.00	_____	_____
8	Williams, Bernadette	W39	Tea Tree Gully	4:01.00	_____	_____
9	Fuller, Geoff	M70	Henley Beach Masters	4:20.00	_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Event 8 Mixed 200 LC Metre IM

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 3 Timed Finals</b>						
2					_____	_____
3					_____	_____
4	Brown, Yumi	W56	Aquadome Otters	4:50.00	_____	_____
5	Shears, Bernadette	W61	Tea Tree Gully	4:10.00	_____	_____
6	Bell, Janet	W69	Aquadome Otters	4:30.00	_____	_____
7	Nakell, Linda	W70	Atlantis	5:15.00	_____	_____
8					_____	_____
9					_____	_____
<b>Heat 2 of 3 Timed Finals</b>						
2	Cranley, Andrew	M48	Noarlunga	3:57.00	_____	_____
3	Galliford, Faith	W59	Noarlunga	3:45.00	_____	_____
4	Wareing, Deborah	W65	Marion Masters Swimming	3:25.00	_____	_____
5	Johnson, Kate	W34	Marion Masters Swimming	3:10.00	_____	_____
6	Brown, Erin	W41	Adelaide Masters	3:20.00	_____	_____
7	Palmer, Brigetta	W45	Aquadome Otters	3:30.00	_____	_____
8	Roach, Amanda	W58	Noarlunga	3:55.00	_____	_____
9	Howe, Simon	M47	Phoenix Masters Swimming Club	4:05.00	_____	_____
<b>Heat 3 of 3 Timed Finals</b>						
2	Collins, Norm	M58	Phoenix Masters Swimming Club	3:00.00	_____	_____
3	Christian, Lauren	W32	Phoenix Masters Swimming Club	2:45.00	_____	_____
4	Truong, Andrew	M25	UniSA Swimming Club	2:40.00	_____	_____
5	Tam, Chun Yik	M19	UniSA Swimming Club	2:30.00	_____	_____
6	Lewis, Ace	M41	Marion Masters Swimming	2:39.00	_____	_____
7	Jackson, Jack	M20	UniSA Swimming Club	2:45.00	_____	_____
8	Gristede, Shelby	W20	UniSA Swimming Club	2:50.00	_____	_____
9	Palmer-White, Stephanie	W57	Adelaide Masters	3:00.00	_____	_____
<b>Event 9 Mixed 200 LC Metre Backstroke</b>						
Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 2 Timed Finals</b>						
2	Ross, Diane	W86	Marion Masters Swimming	5:30.00	_____	_____
3	Reinboth, Betty	W66	Adelaide Masters	4:45.00	_____	_____
4	Fisher, Rosemary	W63	Great Southern Swimming Club	4:00.00	_____	_____
5	Beames, Melissa	W37	Atlantis	3:45.00	_____	_____
6	McManus, Brian	M39	Adelaide Masters	3:50.00	_____	_____
7	Malcolm, Matthea	W61	Phoenix Masters Swimming Club	4:15.00	_____	_____
8	Edgley-Smith, Madeleine	W70	Tea Tree Gully	5:28.00	_____	_____
9	Pearce, Barbara	W84	Marion Masters Swimming	5:45.00	_____	_____
<b>Heat 2 of 2 Timed Finals</b>						
2	Johnson, Kate	W34	Marion Masters Swimming	3:30.00	_____	_____
3	Beaver, Sharon	W54	Adelaide Masters	2:55.00	_____	_____
4	Sutcliffe, Joanne	W61	Phoenix Masters Swimming Club	2:50.00	_____	_____
5	McHugh, Liam	M26	UniSA Swimming Club	2:30.00	_____	_____
6	Ford, Jamie	W18	UniSA Swimming Club	2:40.00	_____	_____
7	Cranley, Matthew	M46	Noarlunga	2:53.00	_____	_____
8	Sagubo, Allana	W20	UniSA Swimming Club	3:30.00	_____	_____
9	O'Connell, Leonie	W65	Adelaide Masters	3:40.00	_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Event 10 Mixed 100 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 1 Timed Finals</b>						
2	Varney, Josephine	W50	Henley Beach Masters	1:18.00	_____	_____
3	Christian, Lauren	W32	Phoenix Masters Swimming Club	1:15.00	_____	_____
4	Vidura, Kimberley	W25	UniSA Swimming Club	1:14.00	_____	_____
5	Velliari, Christopher	M46	Western Districts	1:09.00	_____	_____
6	Simpson, Grant	M65	Phoenix Masters Swimming Club	1:14.00	_____	_____
7	Barrera, Erin	W20	UniSA Swimming Club	1:15.00	_____	_____
8	Gvozdeva, Arina	W23	UniSA Swimming Club	1:17.00	_____	_____
9	Holley, Peter	M58	Adelaide Masters	2:00.00	_____	_____

## Event 11 Mixed 50 LC Metre Freestyle

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 9 Timed Finals</b>						
2					_____	_____
3					_____	_____
4	Faulkner, Gillian	W71	Noarlunga	1:41.00	_____	_____
5	Nakell, Linda	W70	Atlantis	1:10.00	_____	_____
6	Dalling, Wendy	W76	Noarlunga	1:25.00	_____	_____
7					_____	_____
8					_____	_____
9					_____	_____
<b>Heat 2 of 9 Timed Finals</b>						
2	Goalder, Adele	W76	Tea Tree Gully	1:02.00	_____	_____
3	Brown, Deborah	W50	Adelaide Masters	55.00	_____	_____
4	Morris, Brian	M63	Adelaide Masters	55.00	_____	_____
5	Trapnell, Phillip	M77	Atlantis	55.00	_____	_____
6	Axton, Bryan	M80	Noarlunga	55.00	_____	_____
7	Reinboth, Betty	W66	Adelaide Masters	55.00	_____	_____
8	Ferguson, Robert	M61	Atlantis	59.00	_____	_____
9	Pearce, Barbara	W84	Marion Masters Swimming	1:04.00	_____	_____
<b>Heat 3 of 9 Timed Finals</b>						
2	Mayton, Eithne	W70	Tea Tree Gully	50.00	_____	_____
3	Vowles, Judy	W72	Marion Masters Swimming	50.00	_____	_____
4	Davey, Joanne	W46	Phoenix Masters Swimming Club	50.00	_____	_____
5	Gunn, Pamela	W67	Adelaide Masters	50.00	_____	_____
6	Faulkner, Geoffrey	M72	Noarlunga	50.00	_____	_____
7	Koudelka, Antonin	M73	Atlantis	50.00	_____	_____
8	Alchin, Laura	W32	Henley Beach Masters	50.00	_____	_____
9	Cooper, Greg	M68	Adelaide Masters	52.00	_____	_____
<b>Heat 4 of 9 Timed Finals</b>						
2	Sheridan, Jeffrey	M58	Adelaide Masters	45.00	_____	_____
3	Shears, Bernadette	W61	Tea Tree Gully	43.00	_____	_____
4	Vas, Angela	W54	Tea Tree Gully	42.00	_____	_____
5	Roach, Amanda	W58	Noarlunga	42.00	_____	_____
6	Gamlén, John	M74	Tea Tree Gully	42.00	_____	_____
7	Bertram, Neal	M71	Phoenix Masters Swimming Club	43.00	_____	_____
8	Gravier, Charles	M29	Adelaide Masters	45.00	_____	_____
9	Beames, Leanne	W59	Atlantis	50.00	_____	_____

**2021 MSSA LC State Cup - 10/10/2021****Meet Program - 1****Heat 5 Timed Finals... (Event 11 Mixed 50 LC Metre Freestyle)**

2	Fisher, Rosemary	W63	Great Southern Swimming Club	40.00	_____	_____
3	O'Connell, Leonie	W65	Adelaide Masters	40.00	_____	_____
4	Chambers, Cheryl	W59	Phoenix Masters Swimming Club	38.00	_____	_____
5	Bennett, Sandra	W55	Atlantis	37.00	_____	_____
6	Milton, Rebecca	W37	UniSA Swimming Club	38.00	_____	_____
7	Amos, Kirsty	W50	Aquadome Otters	39.00	_____	_____
8	Crowder, George	M65	Marion Masters Swimming	40.00	_____	_____
9	Stevenson, Chloe	W49	Atlantis	40.00	_____	_____

**Heat 6 of 9 Timed Finals**

2	Taylor, Julie	W54	Phoenix Masters Swimming Club	37.00	_____	_____
3	Thomas, David	M66	Tea Tree Gully	36.00	_____	_____
4	Thornton, Elizabeth	W56	Great Southern Swimming Club	35.00	_____	_____
5	Pearce, Daniel	M35	UniSA Swimming Club	35.00	_____	_____
6	Popplewell, Joel	M43	Phoenix Masters Swimming Club	35.00	_____	_____
7	To, Sum Ki	W19	UniSA Swimming Club	35.00	_____	_____
8	McGiffert, Natalie	W49	Phoenix Masters Swimming Club	37.00	_____	_____
9	Taylor, Dean	M56	Phoenix Masters Swimming Club	37.00	_____	_____

**Heat 7 of 9 Timed Finals**

2	Carter, Christopher	M61	Adelaide Masters	35.00	_____	_____
3	Heffernan, Maryanne	W65	Marion Masters Swimming	35.00	_____	_____
4	Gvozdeva, Arina	W23	UniSA Swimming Club	34.00	_____	_____
5	McManus, Mairee	W39	Adelaide Masters	33.00	_____	_____
6	Parker, Jordie	W22	UniSA Swimming Club	34.00	_____	_____
7	Brown, Erin	W41	Adelaide Masters	34.00	_____	_____
8	Teo, Elinor	W20	UniSA Swimming Club	35.00	_____	_____
9	Riley, Philip	M62	Tea Tree Gully	35.00	_____	_____

**Heat 8 of 9 Timed Finals**

2	Collins, Norm	M58	Phoenix Masters Swimming Club	32.00	_____	_____
3	Bigioli, Nicholas	M58	Phoenix Masters Swimming Club	31.00	_____	_____
4	Smith, Charlene	W36	Adelaide Masters	30.00	_____	_____
5	McManus, Brian	M39	Adelaide Masters	30.00	_____	_____
6	Gristede, Shelby	W20	UniSA Swimming Club	30.00	_____	_____
7	Wright, Nicol	W46	Phoenix Masters Swimming Club	30.00	_____	_____
8	Dundon, John	M59	Phoenix Masters Swimming Club	31.00	_____	_____
9	Smith, Sonia	W44	Great Southern Swimming Club	33.00	_____	_____

**Heat 9 of 9 Timed Finals**

2	Rowell, Gavin	M52	Marion Masters Swimming	29.00	_____	_____
3	Truong, Andrew	M25	UniSA Swimming Club	28.00	_____	_____
4	Stephenson, Andrew	M47	Marion Masters Swimming	27.00	_____	_____
5	Crook, Ethan	M19	UniSA Swimming Club	24.00	_____	_____
6	Jackson, Jack	M20	UniSA Swimming Club	27.00	_____	_____
7	Preiss, Mark	M49	Aquadome Otters	28.00	_____	_____
8	Robinson, Chelsea	W21	UniSA Swimming Club	29.00	_____	_____
9	Muller, Rebecca	W26	Adelaide Masters	30.00	_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Event 12 Mixed 50 LC Metre Breaststroke

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 5 Timed Finals</b>						
2					_____	_____
3					_____	_____
4	Nakell, Linda	W70	Atlantis	1:20.00	_____	_____
5	Fuller, Geoff	M70	Henley Beach Masters	1:05.00	_____	_____
6	Bell, Janet	W69	Aquadome Otters	1:15.00	_____	_____
7					_____	_____
8					_____	_____
9					_____	_____
<b>Heat 2 of 5 Timed Finals</b>						
2	Alchin, Laura	W32	Henley Beach Masters	1:05.00	_____	_____
3	Gill, Janice	W68	Tea Tree Gully	1:00.00	_____	_____
4	Walshe, Judy	W65	Noarlunga	57.00	_____	_____
5	Mayton, Eithne	W70	Tea Tree Gully	54.00	_____	_____
6	Roach, Amanda	W58	Noarlunga	55.00	_____	_____
7	Beames, Leanne	W59	Atlantis	58.00	_____	_____
8	Bertram, Neal	M71	Phoenix Masters Swimming Club	1:00.00	_____	_____
9	Koudelka, Antonin	M73	Atlantis	1:05.00	_____	_____
<b>Heat 3 of 5 Timed Finals</b>						
2	Cranley, Andrew	M48	Noarlunga	51.00	_____	_____
3	Gravier, Charles	M29	Adelaide Masters	50.00	_____	_____
4	Crowder, George	M65	Marion Masters Swimming	48.00	_____	_____
5	Parker, Jordie	W22	UniSA Swimming Club	46.00	_____	_____
6	Williams, Bernadette	W39	Tea Tree Gully	47.00	_____	_____
7	Taylor, Julie	W54	Phoenix Masters Swimming Club	49.00	_____	_____
8	Milton, Rebecca	W37	UniSA Swimming Club	50.00	_____	_____
9	Davey, Joanne	W46	Phoenix Masters Swimming Club	52.00	_____	_____
<b>Heat 4 of 5 Timed Finals</b>						
2	Bennett, Sandra	W55	Atlantis	45.00	_____	_____
3	McManus, Mairee	W39	Adelaide Masters	45.00	_____	_____
4	Teo, Elinor	W20	UniSA Swimming Club	45.00	_____	_____
5	Taylor, Dean	M56	Phoenix Masters Swimming Club	40.00	_____	_____
6	McGiffert, Natalie	W49	Phoenix Masters Swimming Club	44.00	_____	_____
7	Carter, Christopher	M61	Adelaide Masters	45.00	_____	_____
8	Wellington, Kim	W45	Phoenix Masters Swimming Club	45.00	_____	_____
9	To, Sum Ki	W19	UniSA Swimming Club	45.00	_____	_____
<b>Heat 5 of 5 Timed Finals</b>						
2	Lai, Gary	M23	UniSA Swimming Club	40.00	_____	_____
3	Rowell, Gavin	M52	Marion Masters Swimming	36.00	_____	_____
4	Morgan, Shania	W22	UniSA Swimming Club	35.00	_____	_____
5	Tam, Chun Yik	M19	UniSA Swimming Club	31.00	_____	_____
6	Lewis, Ace	M41	Marion Masters Swimming	33.00	_____	_____
7	Bryce, David	M46	Phoenix Masters Swimming Club	36.00	_____	_____
8	Christian, Lauren	W32	Phoenix Masters Swimming Club	38.00	_____	_____
9	Bigioli, Nicholas	M58	Phoenix Masters Swimming Club	40.00	_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Event 13 Mixed 100 LC Metre Backstroke

Lane	Name	Age	Team	Seed Time	Finals	Place
<b>Heat 1 of 5 Timed Finals</b>						
2					_____	_____
3					_____	_____
4	Ferguson, Robert	M61	Atlantis	2:45.00	_____	_____
5	Edgley-Smith, Madeleine	W70	Tea Tree Gully	2:43.00	_____	_____
6	Ruler, Amanda	W62	Adelaide Masters	2:45.00	_____	_____
7					_____	_____
8					_____	_____
9					_____	_____
<b>Heat 2 of 5 Timed Finals</b>						
2					_____	_____
3	Morris, Brian	M63	Adelaide Masters	2:30.00	_____	_____
4	Goalder, Adele	W76	Tea Tree Gully	2:20.00	_____	_____
5	Brown, Yumi	W56	Aquadome Otters	2:15.00	_____	_____
6	Smith, Lisa	W56	Great Southern Swimming Club	2:15.00	_____	_____
7	Mulqueen, Jennifer	W75	Tea Tree Gully	2:20.00	_____	_____
8	Trapnell, Phillip	M77	Atlantis	2:30.00	_____	_____
9					_____	_____
<b>Heat 3 of 5 Timed Finals</b>						
2	Reinboth, Betty	W66	Adelaide Masters	2:10.00	_____	_____
3	Howe, Simon	M47	Phoenix Masters Swimming Club	2:00.00	_____	_____
4	Galliford, Faith	W59	Noarlunga	1:50.00	_____	_____
5	Carthew, Stephen	M74	Marion Masters Swimming	1:47.00	_____	_____
6	Thomas, David	M66	Tea Tree Gully	1:48.00	_____	_____
7	Haberfield, Helen	W59	Tea Tree Gully	2:00.00	_____	_____
8	O'Shea, Penelope	W64	Aquadome Otters	2:10.00	_____	_____
9	Vas, Angela	W54	Tea Tree Gully	2:10.00	_____	_____
<b>Heat 4 of 5 Timed Finals</b>						
2	Beames, Melissa	W37	Atlantis	1:40.00	_____	_____
3	Thornton, Elizabeth	W56	Great Southern Swimming Club	1:39.00	_____	_____
4	McManus, Brian	M39	Adelaide Masters	1:30.00	_____	_____
5	Velliari, Christopher	M46	Western Districts	1:20.00	_____	_____
6	Beaver, Sharon	W54	Adelaide Masters	1:25.00	_____	_____
7	Wareing, Deborah	W65	Marion Masters Swimming	1:37.00	_____	_____
8	Stevenson, Chloe	W49	Atlantis	1:40.00	_____	_____
9	Moffat, Danielle	W49	Tea Tree Gully	1:40.00	_____	_____
<b>Heat 5 of 5 Timed Finals</b>						
2	Cranley, Matthew	M46	Noarlunga	1:20.00	_____	_____
3	Vidura, Kimberley	W25	UniSA Swimming Club	1:15.00	_____	_____
4	Wright, Nicol	W46	Phoenix Masters Swimming Club	1:15.00	_____	_____
5	Fu, Alvin	M19	UniSA Swimming Club	1:06.00	_____	_____
6	Ford, Jamie	W18	UniSA Swimming Club	1:14.00	_____	_____
7	Gristede, Shelby	W20	UniSA Swimming Club	1:15.00	_____	_____
8	Sutcliffe, Joanne	W61	Phoenix Masters Swimming Club	1:20.00	_____	_____
9	Truong, Andrew	M25	UniSA Swimming Club	1:20.00	_____	_____

## 2021 MSSA LC State Cup - 10/10/2021

## Meet Program - 1

## Event 14 Mixed 200 LC Metre Butterfly

Lane	Name	Age	Team	Seed Time	Finals	Place
Heat 1 of 1 Timed Finals						
2					_____	_____
3	Malcolm, Matthea	W61	Phoenix Masters Swimming Club	4:40.00	_____	_____
4	Simpson, Grant	M65	Phoenix Masters Swimming Club	3:00.00	_____	_____
5	Palmer-White, Stephanie	W57	Adelaide Masters	2:50.00	_____	_____
6	Nazimi, Leila	W38	Henley Beach Masters	2:52.00	_____	_____
7	Sagubo, Allana	W20	UniSA Swimming Club	3:50.00	_____	_____
8					_____	_____
9					_____	_____

## Event 15 Male 200 LC Metre Freestyle Relay

Team	Relay	Seed Time	Finals	Place
---	Entries for this Event to the Recorder by Start of Event 7		_____	_____

## Event 16 Female 200 LC Metre Freestyle Relay

Team	Relay	Seed Time	Finals	Place
---	Entries for this Event to the Recorder by Start of Event 7		_____	_____