

3rd CANA ZONE III SWIMMING CHAMPIONSHIP 2017 - 18/10/2017 to 21/10/2017

Psych Sheet

Event 1 Girls 14 & Under 800 SC Meter Freestyle

Name	Age	Team	Seed Time
3 Zara, Nsubuga	14	UGA	11:33.95

Event 2 Boys 14 & Under 800 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Ssamula, Darren K	14	UGA	10:01.31
4 Lumonya, Samora O	14	UGA	11:21.78

Event 3 Girls 15 & Over 800 SC Meter Freestyle

Name	Age	Team	Seed Time
4 Nakimuli, Hannat	15	UGA	12:53.54

Event 4 Boys 15 & Over 800 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Byansi, Samora M	16	UGA	10:45.10
3 Adnan, Kabuye A	15	UGA	NT

Event 5 Girls 12 & Under 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	35.86

Event 6 Boys 12 & Under 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Franchesco, Kagugube	12	UGA	36.32

Event 7 Girls 13-14 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Nasamba, Chiara K	13	UGA	38.42

Event 8 Boys 13-14 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Ssamula, Darren K	14	UGA	35.51
4 Kaganda, Ben	14	UGA	37.34

Event 9 Girls 15-16 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
4 Nakimuli, Hannat	15	UGA	44.53
5 Diana, Athieno	16	UGA	50.17

Event 10 Boys 15-16 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
2 Mukalazi, Tendo	15	UGA	33.69
5 Byansi, Samora M	16	UGA	35.48

Event 11 Girls 17 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Avice, Meya	22	UGA	38.96
3 Galinda, Racheal	20	UGA	40.01

Event 12 Boys 17 & Over 50 SC Meter Breaststroke

Name	Age	Team	Seed Time
4 Peter, Mbabazi	21	UGA	51.44

Event 13 Girls 12 & Under 100 SC Meter IM

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	1:15.43

Event 14 Boys 12 & Under 100 SC Meter IM

Name	Age	Team	Seed Time
1 Franchesco, Kagugube	12	UGA	1:14.85

Event 15 Girls 13-14 100 SC Meter IM

Name	Age	Team	Seed Time
5 Zara, Nsubuga	14	UGA	1:23.22
6 Nasamba, Chiara K	13	UGA	1:25.36

Event 16 Boys 13-14 100 SC Meter IM

Name	Age	Team	Seed Time
1 Kaganda, Ben	14	UGA	1:10.07

Event 17 Girls 15-16 100 SC Meter IM

Name	Age	Team	Seed Time
4 Diana, Athieno	16	UGA	1:40.83

Event 18 Boys 15-16 100 SC Meter IM

Name	Age	Team	Seed Time
2 Mukalazi, Tendo	15	UGA	1:06.63
3 Adnan, Kabuye A	15	UGA	1:08.51

Event 19 Girls 17 & Over 100 SC Meter IM

Name	Age	Team	Seed Time
2 Avice, Meya	22	UGA	1:18.35

Event 20 Boys 17 & Over 100 SC Meter IM

Name	Age	Team	Seed Time
5 Alvin, Okware J	23	UGA	1:15.63
6 Peter, Mbabazi	21	UGA	1:40.35

Event 21 Mixed 14 & Under 200 SC Meter Medley Relay

Team	Relay	Seed Time
1 UGA	A	2:10.26
	1) Mercedes, Mwebeiha W13	2) Ssamula, Darren K M14
	3) Kaganda, Ben M14	4) Namutebi, Kirabo C W12

Event 22 Mixed 15 & Over 200 SC Meter Medley Relay

Team	Relay	Seed Time
1 UGA	A	NT
	1) Adnan, Kabuye A M15	2) Nakimuli, Hannat W15
	3) Avice, Meya W22	4) Mukalazi, Tendo M15

Event 23 Girls 14 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	3:07.90
2 Mercedes, Mwebeiha	13	UGA	3:14.57



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Event 24 Boys 14 & Under 200 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Ssamula, Darren K	14	UGA	2:56.91
3 Franchesco, Kagugube	12	UGA	3:05.33

Event 25 Girls 15 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time
3 Avice, Meya	22	UGA	3:20.09
4 Galinda, Racheal	20	UGA	3:35.72

Event 26 Boys 15 & Over 200 SC Meter Breaststroke

Name	Age	Team	Seed Time
3 Byansi, Samora M	16	UGA	2:54.12
4 Mukalazi, Tendo	15	UGA	3:03.96

Event 27 Girls 12 & Under 200 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	2:33.49

Event 29 Girls 13-14 200 SC Meter Freestyle

Name	Age	Team	Seed Time
4 Zara, Nsubuga	14	UGA	2:38.63

Event 30 Boys 13-14 200 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Ssamula, Darren K	14	UGA	2:16.03

Event 31 Girls 15-16 200 SC Meter Freestyle

Name	Age	Team	Seed Time
4 Nakimuli, Hannat	15	UGA	NT

Event 32 Boys 15-16 200 SC Meter Freestyle

Name	Age	Team	Seed Time
2 Mukalazi, Tendo	15	UGA	2:20.48
3 Byansi, Samora M	16	UGA	2:21.10

Event 34 Boys 17 & Over 200 SC Meter Freestyle

Name	Age	Team	Seed Time
3 Alvin, Emitu	17	UGA	2:36.48

Event 35 Girls 14 & Under 400 SC Meter Freestyle

Name	Age	Team	Seed Time
5 Zara, Nsubuga	14	UGA	6:52.00

Event 36 Boys 14 & Under 400 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Ssamula, Darren K	14	UGA	4:50.17
4 Lumonya, Samora O	14	UGA	5:36.18

Event 37 Girls 15 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time
4 Nakimuli, Hannat	15	UGA	5:46.64

Event 38 Boys 15 & Over 400 SC Meter Freestyle

Name	Age	Team	Seed Time
3 Adnan, Kabuye A	15	UGA	5:00.16
4 Byansi, Samora M	16	UGA	5:07.19

Event 39 Girls 12 & Under 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	31.86

Event 40 Boys 12 & Under 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Franchesco, Kagugube	12	UGA	35.46

Event 41 Girls 13-14 50 SC Meter Butterfly

Name	Age	Team	Seed Time
2 Mercedes, Mwebeiha	13	UGA	32.30

Event 42 Boys 13-14 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Kaganda, Ben	14	UGA	29.60
2 Ssamula, Darren K	14	UGA	31.61

Event 43 Girls 15-16 50 SC Meter Butterfly

Name	Age	Team	Seed Time
5 Diana, Athieno	16	UGA	42.03

Event 44 Boys 15-16 50 SC Meter Butterfly

Name	Age	Team	Seed Time
2 Mukalazi, Tendo	15	UGA	29.09
4 Adnan, Kabuye A	15	UGA	30.76

Event 46 Boys 17 & Over 50 SC Meter Butterfly

Name	Age	Team	Seed Time
4 Alvin, Okware J	23	UGA	28.14

Event 47 Girls 14 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Mercedes, Mwebeiha	13	UGA	2:41.36
3 Namutebi, Kirabo C	12	UGA	2:52.71

Event 48 Boys 14 & Under 200 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Lumonya, Samora O	14	UGA	2:42.53
3 Kaganda, Ben	14	UGA	2:42.81

Event 49 Girls 15 & Over 200 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Avice, Meya	22	UGA	2:52.59

Event 50 Boys 15 & Over 200 SC Meter Backstroke

Name	Age	Team	Seed Time
3 Adnan, Kabuye A	15	UGA	2:30.98
4 Mukalazi, Tendo	15	UGA	2:34.59



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Event 51 Girls 12 & Under 100 SC Meter Butterfly

Name	Age	Team	Seed Time
4 Namutebi, Kirabo C	12	UGA	NT

Event 53 Girls 13-14 100 SC Meter Butterfly

Name	Age	Team	Seed Time
4 Mercedes, Mwebeiha	13	UGA	1:22.05
5 Zara, Nsubuga	14	UGA	1:26.35

Event 54 Boys 13-14 100 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Kaganda, Ben	14	UGA	1:08.79

Event 55 Girls 15-16 100 SC Meter Butterfly

Name	Age	Team	Seed Time
3 Nakimuli, Hannat	15	UGA	1:25.39

Event 56 Boys 15-16 100 SC Meter Butterfly

Name	Age	Team	Seed Time
2 Byansi, Samora M	16	UGA	1:09.72
3 Mukalazi, Tendo	15	UGA	1:12.11

Event 57 Girls 17 & Over 100 SC Meter Butterfly

Name	Age	Team	Seed Time
2 Avice, Meya	22	UGA	1:32.04

Event 58 Boys 17 & Over 100 SC Meter Butterfly

Name	Age	Team	Seed Time
3 Alvin, Okware J	23	UGA	1:16.08

Event 59 Girls 12 & Under 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	34.81

Event 60 Boys 12 & Under 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Franchesco, Kagugube	12	UGA	35.44

Event 61 Girls 13-14 50 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Mercedes, Mwebeiha	13	UGA	34.95
4 Zara, Nsubuga	14	UGA	36.65

Event 62 Boys 13-14 50 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Ssamula, Darren K	14	UGA	33.70
5 Lumonya, Samora O	14	UGA	36.58

Event 63 Girls 15-16 50 SC Meter Backstroke

Name	Age	Team	Seed Time
5 Diana, Athieno	16	UGA	59.27

Event 64 Boys 15-16 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Adnan, Kabuye A	15	UGA	30.44
3 Mukalazi, Tendo	15	UGA	31.87

Event 65 Girls 17 & Over 50 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Avice, Meya	22	UGA	34.96

Event 66 Boys 17 & Over 50 SC Meter Backstroke

Name	Age	Team	Seed Time
4 Alvin, Emitu	17	UGA	35.68
5 Alvin, Okware J	23	UGA	36.25

Event 67 Girls 12 & Under 100 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	1:17.70

Event 69 Girls 13-14 100 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Mercedes, Mwebeiha	13	UGA	1:29.26
4 Nasamba, Chiara K	13	UGA	1:36.12

Event 70 Boys 13-14 100 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Lumonya, Samora O	14	UGA	1:17.78

Event 71 Girls 15-16 100 SC Meter Backstroke

Name	Age	Team	Seed Time
3 Nakimuli, Hannat	15	UGA	1:32.94

Event 72 Boys 15-16 100 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Adnan, Kabuye A	15	UGA	1:07.96
2 Mukalazi, Tendo	15	UGA	1:08.74

Event 73 Girls 17 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Avice, Meya	22	UGA	1:32.04
2 Galinda, Racheal	20	UGA	1:35.55

Event 74 Boys 17 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time
4 Peter, Mbabazi	21	UGA	2:02.34

Event 75 Girls 14 & Under 400 SC Meter Freestyle Relay

Team	Relay	Seed Time
2 UGA	A	1:01:20.17
	1) Namutebi, Kirabo C 12	2) Zara, Nsubuga 14
	3) Mercedes, Mwebeiha 13	4) Nasamba, Chiara K 13



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Event 76 Boys 14 & Under 400 SC Meter Freestyle Relay

Team	Relay	Seed Time
1 UGA	A	4:38.62
1) Kaganda, Ben 14	2) Ssamula, Darren K 14	
3) Lumonya, Samora O 14	4) Franchesco, Kagugube 12	

Event 77 Girls 15 & Over 400 SC Meter Freestyle Relay

Team	Relay	Seed Time
2 UGA	A	5:32.16
1) Nakimuli, Hannat 15	2) Diana, Athieno 16	
3) Galinda, Racheal 20	4) Avice, Meya 22	

Event 78 Boys 15 & Over 400 SC Meter Freestyle Relay

Team	Relay	Seed Time
2 UGA	A	4:09.00
1) Mukalazi, Tendo 15	2) Adnan, Kabuye A 15	
3) Alvin, Emitu 17	4) Byansi, Samora M 16	

Event 79 Girls 14 & Under 200 SC Meter Butterfly

Name	Age	Team	Seed Time
3 Mercedes, Mwebeiha	13	UGA	2:58.89

Event 80 Boys 14 & Under 200 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Ssamula, Darren K	14	UGA	2:09.85
3 Kaganda, Ben	14	UGA	2:37.48

Event 81 Girls 15 & Over 200 SC Meter Butterfly

Name	Age	Team	Seed Time
2 Nakimuli, Hannat	15	UGA	3:11.30
3 Avice, Meya	22	UGA	3:20.87

Event 82 Boys 15 & Over 200 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Byansi, Samora M	16	UGA	2:41.27
3 Adnan, Kabuye A	15	UGA	NT

Event 83 Girls 12 & Under 100 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	1:07.43

Event 84 Boys 12 & Under 100 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Franchesco, Kagugube	12	UGA	1:06.62

Event 85 Girls 13-14 100 SC Meter Freestyle

Name	Age	Team	Seed Time
5 Nasamba, Chiara K	13	UGA	1:17.25

Event 86 Boys 13-14 100 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Kaganda, Ben	14	UGA	1:01.60

Event 88 Boys 15-16 100 SC Meter Freestyle

Name	Age	Team	Seed Time
2 Mukalazi, Tendo	15	UGA	1:00.60
4 Adnan, Kabuye A	15	UGA	1:00.86

Event 90 Boys 17 & Over 100 SC Meter Freestyle

Name	Age	Team	Seed Time
4 Alvin, Emitu	17	UGA	1:05.02
5 Peter, Mbabazi	21	UGA	1:11.23

Event 91 Girls 12 & Under 200 SC Meter IM

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	2:45.78

Event 92 Boys 12 & Under 200 SC Meter IM

Name	Age	Team	Seed Time
1 Franchesco, Kagugube	12	UGA	2:44.54

Event 93 Girls 13-14 200 SC Meter IM

Name	Age	Team	Seed Time
5 Nasamba, Chiara K	13	UGA	3:09.26

Event 94 Boys 13-14 200 SC Meter IM

Name	Age	Team	Seed Time
1 Kaganda, Ben	14	UGA	2:32.98
3 Ssamula, Darren K	14	UGA	2:35.50

Event 95 Girls 15-16 200 SC Meter IM

Name	Age	Team	Seed Time
4 Nakimuli, Hannat	15	UGA	3:06.86

Event 96 Boys 15-16 200 SC Meter IM

Name	Age	Team	Seed Time
2 Mukalazi, Tendo	15	UGA	2:28.41
4 Byansi, Samora M	16	UGA	2:35.32

Event 97 Girls 17 & Over 200 SC Meter IM

Name	Age	Team	Seed Time
2 Avice, Meya	22	UGA	2:51.88

Event 98 Boys 17 & Over 200 SC Meter IM

Name	Age	Team	Seed Time
4 Alvin, Okware J	23	UGA	2:35.62

Event 99 Girls 12 & Under 50 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	28.37

Event 100 Boys 12 & Under 50 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Franchesco, Kagugube	12	UGA	30.04



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Event 101 Girls 13-14 50 SC Meter Freestyle

Name	Age	Team	Seed Time
5 Nasamba, Chiara K	13	UGA	33.82

Event 102 Boys 13-14 50 SC Meter Freestyle

Name	Age	Team	Seed Time
1 Kaganda, Ben	14	UGA	27.37
2 Ssamula, Darren K	14	UGA	28.29

Event 103 Girls 15-16 50 SC Meter Freestyle

Name	Age	Team	Seed Time
5 Diana, Athieno	16	UGA	38.44

Event 104 Boys 15-16 50 SC Meter Freestyle

Name	Age	Team	Seed Time
4 Adnan, Kabuye A	15	UGA	26.73
5 Mukalazi, Tendo	15	UGA	27.15

Event 106 Boys 17 & Over 50 SC Meter Freestyle

Name	Age	Team	Seed Time
4 Alvin, Emitu	17	UGA	27.80

Event 107 Girls 12 & Under 100 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	12	UGA	1:17.70

Event 109 Girls 13-14 100 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Mercedes, Mwebeiha	13	UGA	1:15.45

Event 110 Boys 13-14 100 SC Meter Backstroke

Name	Age	Team	Seed Time
2 Kaganda, Ben	14	UGA	1:09.43
4 Lumonya, Samora O	14	UGA	1:25.93

Event 112 Boys 15-16 100 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Adnan, Kabuye A	15	UGA	1:07.96
2 Mukalazi, Tendo	15	UGA	1:08.74

Event 113 Girls 17 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time
1 Avice, Meya	22	UGA	1:19.06

Event 114 Boys 17 & Over 100 SC Meter Backstroke

Name	Age	Team	Seed Time
4 Alvin, Emitu	17	UGA	1:14.44
5 Alvin, Okware J	23	UGA	1:18.23

Event 115 Girls 14 & Under 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
2 UGA	A	2:13.82
1) Mercedes, Mwebeiha 13	2) Zara, Nsubuga 14	
3) Namutebi, Kirabo C 12	4) Nasamba, Chiara K 13	

Event 116 Boys 14 & Under 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
2 UGA	A	2:05.74
1) Ssamula, Darren K 14	2) Kaganda, Ben 14	
3) Lumonya, Samora O 14	4) Franchesco, Kagugube 12	

Event 117 Girls 15 & Over 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
2 UGA	A	2:41.36
1) Nakimuli, Hannat 15	2) Diana, Athieno 16	
3) Galinda, Racheal 20	4) Avice, Meya 22	

Event 118 Boys 15 & Over 200 SC Meter Freestyle Relay

Team	Relay	Seed Time
2 UGA	A	1:56.31
1) Mukalazi, Tendo 15	2) Alvin, Emitu 17	
3) Adnan, Kabuye A 15	4) Alvin, Okware J 23	

