```sql
INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Susan','Penn','Female');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Joel','Osteen','Male');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Quintin','vd Merwe','Male');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Ian','de Witt','Male');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Russel','Orhii','Male');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Taylor','Atwood','Male');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Nicole','Bosch','Female');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Barbara','Wolff','Female');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Shannon','Wolff','Female');

INSERT INTO swimmer (Fname , Lname , Sex)
VALUES ('Brandon','Duncan','Male');




INSERT INTO solo_swimmer (Swimmer_ID)
VALUES ('5');

INSERT INTO solo_swimmer (Swimmer_ID)
VALUES ('3');

INSERT INTO solo_swimmer (Swimmer_ID)
VALUES ('7');

INSERT INTO solo_swimmer (Swimmer_ID)
VALUES ('10');
```

```sql
INSERT INTO team (Team_Name)
VALUES ('Randburg High');

INSERT INTO team (Team_Name)
VALUES ('Wet boys swim team');

INSERT INTO team (Team_Name)
VALUES ('Gauteng water sports');


INSERT INTO team_swimmer(Swimmer_ID,Team_ID)
VALUES ('1','1');

INSERT INTO team_swimmer(Swimmer_ID,Team_ID)
VALUES ('2','1');

INSERT INTO team_swimmer(Swimmer_ID,Team_ID)
VALUES ('4','2');

INSERT INTO team_swimmer(Swimmer_ID,Team_ID)
VALUES ('6','2');

INSERT INTO team_swimmer(Swimmer_ID,Team_ID)
VALUES ('8','3');

INSERT INTO team_swimmer(Swimmer_ID,Team_ID)
VALUES ('9','3');


INSERT INTO venue (Name, Opening_hours, Street_Name , Area_Code , Street_Number)
VALUES ('Pretoria Swim club','06:30','Prickett','2169','12');

INSERT INTO venue (Name, Opening_hours, Street_Name , Area_Code , Street_Number)
VALUES ('Planet Fitness Randburg','05:30','Malibongwe','2144','546');
```

```sql
INSERT INTO event (Event_Name,Num_Races)
VALUES ('Gauteng qualifying',12);

INSERT INTO event (Event_Name,Num_Races)
VALUES ('Wet boys friendly meet',3);

INSERT INTO event (Event_Name,Num_Races)
VALUES ('Semi-Finals',4);




INSERT INTO venue_event (Venue_ID,Event_ID)
VALUES (1,1);

INSERT INTO venue_event (Venue_ID,Event_ID)
VALUES (2,2);

INSERT INTO venue_event (Venue_ID,Event_ID)
VALUES (1,3);




INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,2);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,3);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,4);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,5);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,6);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,7);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,8);
```

```sql
INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,9);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (1,10);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (2,2);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (2,3);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (2,5);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (3,2);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (3,4);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (3,6);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (3,7);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (3,8);

INSERT INTO Event_swimmer (Event_ID , Swimmer_ID)
VALUES (3,9);


INSERT INTO pool (Venue_ID,Pool_name,Num_lanes)
VALUES (1,'Pool A',4);

INSERT INTO pool (Venue_ID,Pool_name,Num_lanes)
VALUES (1,'Pool B',4);

INSERT INTO pool (Venue_ID,Pool_name,Num_lanes)
VALUES (1,'Pool c',8);
```

```sql
INSERT INTO pool (Venue_ID,Pool_name,Num_lanes)
VALUES (1,'Practice pool',2);

INSERT INTO pool (Venue_ID,Pool_name,Num_lanes)
VALUES (2,'Main',6);


INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (1,1,'2022-02-14',50,'Butterfly');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (1,1,'2022-02-14',50,'Back');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (2,1,'2022-02-14',50,'Freestyle');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (2,1,'2022-02-14',100,'Breast');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (2,1,'2022-02-14',100,'Back');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (3,1,'2022-02-14',100,'Freestyle');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (3,1,'2022-02-14',50,'Breast');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (3,1,'2022-02-14',50,'Butterfly');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (1,1,'2022-02-14',50,'Back');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (1,1,'2022-02-14',50,'Freestyle');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (1,1,'2022-02-14',100,'Breast');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (5,2,'2022-02-22',50,'Practice relay');
```

```sql
INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (5,2,'2022-02-22',100,'Practice relay');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (5,3,'2022-02-22',50,'Freestyle');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (5,3,'2022-02-22',50,'Breast');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (5,3,'2022-02-22',100,'Freestyle');

INSERT INTO race (Pool_ID,Event_ID,Date,Distance,Stroke_Type)
VALUES (5,3,'2022-02-22',100,'Breast');


INSERT INTO race_swimmer
(Race_ID,Swimmer_ID,Swimmer_Time,Swimmer_Position,Team_Position)
VALUES (8,10,'00:00:55',3,null);

INSERT INTO race_swimmer
(Race_ID,Swimmer_ID,Swimmer_Time,Swimmer_Position,Team_Position)
VALUES (7,7,'00:03:22',1,3);

INSERT INTO race_swimmer
(Race_ID,Swimmer_ID,Swimmer_Time,Swimmer_Position,Team_Position)
VALUES (3,4,'00:00:55',3,1);


INSERT INTO race_swimmer
(Race_ID,Swimmer_ID,Swimmer_Time,Swimmer_Position,Team_Position)
VALUES (5,4,'00:01:55',2,1);


INSERT INTO race_swimmer
(Race_ID,Swimmer_ID,Swimmer_Time,Swimmer_Position,Team_Position)
VALUES (9,3,'00:01:23',1,1);
```