

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Aec Swimming Club-JH**1 Fos, Talia - Female - Age: 17 - Ind/Rel: 8 / 0**

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|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:38,34 | #104 Girls 14&O 50 Back Prelims | 32,14 |
| #112 Girls 14&O 100 Back Prelims | 1:06,46 | #114 Girls 14&O 100 Free Prelims | 1:02,60 |
| #124 Girls 14&O 200 Back | 2:20,95 | #126 Girls 14&O 50 Fly Prelims | 32,09 |
| #128 Girls 14&O 200 Free | 2:17,32 | #130 Girls 14&O 50 Free Prelims | 29,22 |

2 Vd Merwe, Cameron - Female - Age: 16 - Ind/Rel: 6 / 0

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|---------------------------------|----------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 35,14 | #112 Girls 14&O 100 Back Prelims | 1:14,39 |
| #118 Women 14&O 800 Free | 11:18,37 | #120 Girls 14&O 400 Free | 5:19,54 |
| #124 Girls 14&O 200 Back | 2:39,23 | #128 Girls 14&O 200 Free | 2:36,35 |

Aec Swimming Club-JH Total Individual Entries: 14 - Total Relays: 0**Aqua Dolphin Swimming Club-CP****1 Africa, Megan L - Female - Age: 15 - Ind/Rel: 1 / 0**

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| #130 Girls 14&O 50 Free Prelims | 31,91 |
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2 Bailey, Ethan J - Male - Age: 16 - Ind/Rel: 1 / 0

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| #127 Boys 14&O 50 Fly Prelims | 29,68 |
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3 Gamieldien, Suhail - Male - Age: 15 - Ind/Rel: 1 / 0

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| #127 Boys 14&O 50 Fly Prelims | 32,24 |
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4 Solomon, Ethan - Male - Age: 11 - Ind/Rel: 6 / 0

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|--------------------------------|---------|---------------------------------|---------|
| #207 Boys 13&U 100 Fly Prelims | 1:31,55 | #213 Boys 13&U 100 Free Prelims | 1:14,51 |
| #227 Boys 13&U 400 Free | 5:30,20 | #233 Boys 13&U 50 Fly Prelims | 39,02 |
| #241 Boys 13&U 200 Free | 2:37,03 | #243 Boys 13&U 50 Free Prelims | 32,78 |

5 Vd Westhuizen, Joy - Female - Age: 11 - Ind/Rel: 3 / 0

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|----------------------------------|---------|--------------------------------|-------|
| #212 Girls 13&U 100 Free Prelims | 1:25,96 | #232 Girls 13&U 50 Fly Prelims | 41,74 |
| #242 Girls 13&U 50 Free Prelims | 36,00 | | |

Aqua Dolphin Swimming Club-CP Total Individual Entries: 12 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Aqua Sharks Academy-CP

1 Abrahams, Matthew N - Male - Age: 20 - Ind/Rel: 5 / 3

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|---------------------------------|---------|-------------------------------|---------|
| #115 Boys 14&O 100 Free Prelims | 59,37 | #121 Boys 14&O 400 Free | 5:05,20 |
| #127 Boys 14&O 50 Fly Prelims | 30,46 | #129 Boys 14&O 200 Free | 2:18,61 |
| #131 Boys 14&O 50 Free Prelims | 27,33 | #239 Men 400 Medley Relay (4) | 4:40,59 |
| #255 Men 200 Medley Relay (4) | 2:07,16 | #263 Men 400 Free Relay (1) | 4:10,90 |

2 Arelisky, Nicholas R - Male - Age: 15 - Ind/Rel: 5 / 3

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|--------------------------------|---------|--------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:32,71 | #105 Boys 14&O 50 Back Prelims | 31,84 |
| #107 Boys 14&O 100 Fly Prelims | 1:08,07 | #125 Boys 14&O 200 Back | 2:19,86 |
| #127 Boys 14&O 50 Fly Prelims | 30,54 | #239 Men 400 Medley Relay (1) | 4:40,59 |
| #255 Men 200 Medley Relay (3) | 2:07,16 | #263 Men 400 Free Relay (4) | 4:10,90 |

3 Basson, Wilan - Male - Age: 13 - Ind/Rel: 9 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:48,85 | #205 Boys 13&U 50 Back Prelims | 33,10 |
| #211 Boys 13&U 100 Back Prelims | 1:15,86 | #213 Boys 13&U 100 Free Prelims | 1:07,56 |
| #221 Boys 13&U 200 Free Relay (4) | 2:06,15 | #229 Boys 13&U 100 Breast Prelims | 1:31,85 |
| #231 Boys 13&U 200 Back | 2:53,76 | #233 Boys 13&U 50 Fly Prelims | 31,78 |
| #235 Boys 13&U 400 Medley Relay (2) | 5:38,87 | #241 Boys 13&U 200 Free | 2:36,63 |
| #243 Boys 13&U 50 Free Prelims | 29,15 | #251 Boys 13&U 200 Medley Relay (2) | 2:28,51 |
| #259 Boys 13&U 400 Free Relay (1) | 4:48,26 | | |

4 Boonzaier, Christiaan - Male - Age: 11 - Ind/Rel: 7 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:12,77 | #205 Boys 13&U 50 Back Prelims | 39,87 |
| #211 Boys 13&U 100 Back Prelims | 1:26,12 | #213 Boys 13&U 100 Free Prelims | 1:18,09 |
| #221 Boys 13&U 200 Free Relay (2) | 2:06,15 | #231 Boys 13&U 200 Back | 2:59,40 |
| #235 Boys 13&U 400 Medley Relay (1) | 5:38,87 | #241 Boys 13&U 200 Free | 2:57,85 |
| #243 Boys 13&U 50 Free Prelims | 34,65 | #251 Boys 13&U 200 Medley Relay (1) | 2:28,51 |
| #259 Boys 13&U 400 Free Relay (2) | 4:48,26 | | |

5 Boonzaier, Jannie R - Male - Age: 13 - Ind/Rel: 9 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:54,07 | #205 Boys 13&U 50 Back Prelims | 36,47 |
| #211 Boys 13&U 100 Back Prelims | 1:18,60 | #213 Boys 13&U 100 Free Prelims | 1:07,52 |
| #221 Boys 13&U 200 Free Relay (1) | 2:06,15 | #227 Boys 13&U 400 Free | 5:28,58 |
| #231 Boys 13&U 200 Back | 2:50,62 | #233 Boys 13&U 50 Fly Prelims | 34,01 |
| #235 Boys 13&U 400 Medley Relay (3) | 5:38,87 | #241 Boys 13&U 200 Free | 2:34,43 |
| #243 Boys 13&U 50 Free Prelims | 29,86 | #251 Boys 13&U 200 Medley Relay (3) | 2:28,51 |
| #259 Boys 13&U 400 Free Relay (4) | 4:48,26 | | |

6 Dos-Santos, Andrei - Male - Age: 10 - Ind/Rel: 6 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:09,24 | #205 Boys 13&U 50 Back Prelims | 42,64 |
| #211 Boys 13&U 100 Back Prelims | 1:32,07 | #213 Boys 13&U 100 Free Prelims | 1:15,09 |
| #221 Boys 13&U 200 Free Relay (3) | 2:06,15 | #235 Boys 13&U 400 Medley Relay (4) | 5:38,87 |
| #241 Boys 13&U 200 Free | 2:48,19 | #243 Boys 13&U 50 Free Prelims | 32,49 |
| #251 Boys 13&U 200 Medley Relay (4) | 2:28,51 | #259 Boys 13&U 400 Free Relay (3) | 4:48,26 |

7 Haupt, Gemma S - Female - Age: 13 - Ind/Rel: 7 / 0

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|----------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:06,13 | #202 Girls 13&U 200 IM | 2:55,18 |
| #204 Girls 13&U 50 Back Prelims | 38,06 | #210 Girls 13&U 100 Back Prelims | 1:22,20 |
| #212 Girls 13&U 100 Free Prelims | 1:12,59 | #228 Girls 13&U 100 Breast Prelims | 1:24,90 |
| #242 Girls 13&U 50 Free Prelims | 32,44 | | |

8 Kretzen, Michaela S - Female - Age: 19 - Ind/Rel: 7 / 0

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|------------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 3:12,75 | #104 Girls 14&O 50 Back Prelims | 43,16 |
| #112 Girls 14&O 100 Back Prelims | 1:27,96 | #114 Girls 14&O 100 Free Prelims | 1:14,69 |
| #122 Girls 14&O 100 Breast Prelims | 1:47,49 | #126 Girls 14&O 50 Fly Prelims | 39,73 |
| #130 Girls 14&O 50 Free Prelims | 34,70 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Aqua Sharks Academy-CP

9 Sa, Diogo C - Male - Age: 17 - Ind/Rel: 7 / 3

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|---------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:28,57 | #105 Boys 14&O 50 Back Prelims | 31,76 |
| #107 Boys 14&O 100 Fly Prelims | 1:14,29 | #113 Boys 14&O 100 Back Prelims | 1:08,59 |
| #115 Boys 14&O 100 Free Prelims | 1:04,01 | #117 Boys 14&O 50 Breast Prelims | 38,05 |
| #125 Boys 14&O 200 Back | 2:29,16 | #239 Men 400 Medley Relay (3) | 4:40,59 |
| #255 Men 200 Medley Relay (1) | 2:07,16 | #263 Men 400 Free Relay (3) | 4:10,90 |

10 Whitesman, Matt D - Male - Age: 14 - Ind/Rel: 5 / 3

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|----------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 3:06,25 | #107 Boys 14&O 100 Fly Prelims | 1:12,95 |
| #117 Boys 14&O 50 Breast Prelims | 37,53 | #123 Boys 14&O 100 Breast Prelims | 1:22,21 |
| #127 Boys 14&O 50 Fly Prelims | 31,23 | #239 Men 400 Medley Relay (2) | 4:40,59 |
| #255 Men 200 Medley Relay (2) | 2:07,16 | #263 Men 400 Free Relay (2) | 4:10,90 |

Aqua Sharks Academy-CP Total Individual Entries: 67 - Total Relays: 0

Aqua Swimming and Fitness Club

1 Hekandjo, Kgosana O - Male - Age: 12 - Ind/Rel: 12 / 0

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|---------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:49,09 | #205 Boys 13&U 50 Back Prelims | 37,41 |
| #207 Boys 13&U 100 Fly Prelims | 1:19,25 | #211 Boys 13&U 100 Back Prelims | 1:21,14 |
| #213 Boys 13&U 100 Free Prelims | 1:09,24 | #215 Boys 13&U 50 Breast Prelims | 41,58 |
| #227 Boys 13&U 400 Free | 5:29,37 | #229 Boys 13&U 100 Breast Prelims | 1:31,88 |
| #231 Boys 13&U 200 Back | 2:49,85 | #233 Boys 13&U 50 Fly Prelims | 35,17 |
| #241 Boys 13&U 200 Free | 2:35,90 | #243 Boys 13&U 50 Free Prelims | 31,77 |

2 Humphrey, Jessica - Female - Age: 11 - Ind/Rel: 11 / 0

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|------------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:04,04 | #204 Girls 13&U 50 Back Prelims | 37,15 |
| #210 Girls 13&U 100 Back Prelims | 1:21,26 | #212 Girls 13&U 100 Free Prelims | 1:14,41 |
| #214 Girls 13&U 50 Breast Prelims | 45,14 | #226 Girls 13&U 400 Free | 5:28,73 |
| #228 Girls 13&U 100 Breast Prelims | 1:41,19 | #230 Girls 13&U 200 Back | 2:47,83 |
| #232 Girls 13&U 50 Fly Prelims | 39,37 | #240 Girls 13&U 200 Free | 2:39,83 |
| #242 Girls 13&U 50 Free Prelims | 33,83 | | |

3 Kaumunika, Mbeurora N - Male - Age: 17 - Ind/Rel: 11 / 0

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|-----------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:32,19 | #105 Boys 14&O 50 Back Prelims | 31,62 |
| #107 Boys 14&O 100 Fly Prelims | 1:05,83 | #113 Boys 14&O 100 Back Prelims | 1:10,29 |
| #115 Boys 14&O 100 Free Prelims | 1:01,95 | #117 Boys 14&O 50 Breast Prelims | 34,05 |
| #123 Boys 14&O 100 Breast Prelims | 1:18,22 | #125 Boys 14&O 200 Back | 2:26,65 |
| #127 Boys 14&O 50 Fly Prelims | 29,09 | #129 Boys 14&O 200 Free | 2:18,67 |
| #131 Boys 14&O 50 Free Prelims | 27,86 | | |

4 Tibazarwa, Mark - Male - Age: 10 - Ind/Rel: 10 / 0

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|---------------------------------|---------|----------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:04,96 | #205 Boys 13&U 50 Back Prelims | 41,94 |
| #207 Boys 13&U 100 Fly Prelims | 1:25,86 | #211 Boys 13&U 100 Back Prelims | 1:30,66 |
| #213 Boys 13&U 100 Free Prelims | 1:16,08 | #215 Boys 13&U 50 Breast Prelims | 49,28 |
| #227 Boys 13&U 400 Free | 6:02,56 | #233 Boys 13&U 50 Fly Prelims | 38,07 |
| #241 Boys 13&U 200 Free | 2:52,42 | #243 Boys 13&U 50 Free Prelims | 35,03 |

5 Westerduin, Reza - Female - Age: 12 - Ind/Rel: 11 / 0

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|----------------------------------|---------|-----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:08,24 | #204 Girls 13&U 50 Back Prelims | 36,98 |
| #206 Girls 13&U 100 Fly Prelims | 1:21,04 | #210 Girls 13&U 100 Back Prelims | 1:17,51 |
| #212 Girls 13&U 100 Free Prelims | 1:12,11 | #214 Girls 13&U 50 Breast Prelims | 44,11 |
| #226 Girls 13&U 400 Free | 5:24,49 | #230 Girls 13&U 200 Back | 2:43,94 |
| #232 Girls 13&U 50 Fly Prelims | 34,92 | #240 Girls 13&U 200 Free | 2:37,07 |
| #242 Girls 13&U 50 Free Prelims | 33,16 | | |

Aqua Swimming and Fitness Club Total Individual Entries: 55 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Aquasharks Academy Winelands-CE

1 Bester, Christine F - Female - Age: 13 - Ind/Rel: 7 / 2

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|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:11,99 | #202 Girls 13&U 200 IM | 3:00,84 |
| #204 Girls 13&U 50 Back Prelims | 39,04 | #210 Girls 13&U 100 Back Prelims | 1:22,28 |
| #214 Girls 13&U 50 Breast Prelims | 41,44 | #228 Girls 13&U 100 Breast Prelims | 1:30,48 |
| #230 Girls 13&U 200 Back | 3:10,26 | #234 Girls 13&U 400 Medley Relay (2) | 5:22,52 |
| #250 Girls 13&U 200 Medley Relay (2) | 2:23,22 | | |

2 Botha, Ingè E - Female - Age: 17 - Ind/Rel: 4 / 0

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|---------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 34,60 | #112 Girls 14&O 100 Back Prelims | 1:18,84 |
| #124 Girls 14&O 200 Back | 2:55,63 | #130 Girls 14&O 50 Free Prelims | 34,77 |

3 Botha, Lara E - Female - Age: 13 - Ind/Rel: 7 / 3

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|------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:52,76 | #206 Girls 13&U 100 Fly Prelims | 1:23,49 |
| #210 Girls 13&U 100 Back Prelims | 1:18,37 | #212 Girls 13&U 100 Free Prelims | 1:11,63 |
| #220 Girls 13&U 200 Free Relay (3) | 2:07,94 | #226 Girls 13&U 400 Free | 5:37,02 |
| #230 Girls 13&U 200 Back | 2:48,03 | #234 Girls 13&U 400 Medley Relay (3) | 5:22,52 |
| #240 Girls 13&U 200 Free | 2:33,13 | #258 Girls 13&U 400 Free Relay (1) | 4:38,24 |

4 Gouws, Johan-Louis - Male - Age: 16 - Ind/Rel: 5 / 0

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|---------------------------------|---------|--------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:40,33 | #107 Boys 14&O 100 Fly Prelims | 1:08,06 |
| #115 Boys 14&O 100 Free Prelims | 1:00,51 | #129 Boys 14&O 200 Free | 2:15,64 |
| #131 Boys 14&O 50 Free Prelims | 27,70 | | |

5 Hugo, Retief R - Male - Age: 13 - Ind/Rel: 11 / 0

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|-----------------------------------|---------|---------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:04,46 | #203 Boys 13&U 200 IM | 2:50,58 |
| #211 Boys 13&U 100 Back Prelims | 1:21,18 | #213 Boys 13&U 100 Free Prelims | 1:11,78 |
| #215 Boys 13&U 50 Breast Prelims | 39,29 | #227 Boys 13&U 400 Free | 5:36,43 |
| #229 Boys 13&U 100 Breast Prelims | 1:25,80 | #231 Boys 13&U 200 Back | 3:06,94 |
| #233 Boys 13&U 50 Fly Prelims | 36,08 | #241 Boys 13&U 200 Free | 2:35,10 |
| #243 Boys 13&U 50 Free Prelims | 31,80 | | |

6 Josephs, Zoë - Female - Age: 14 - Ind/Rel: 6 / 0

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|-----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:08,82 | #114 Girls 14&O 100 Free Prelims | 1:14,53 |
| #116 Girls 14&O 50 Breast Prelims | 40,00 | #122 Girls 14&O 100 Breast Prelims | 1:26,78 |
| #126 Girls 14&O 50 Fly Prelims | 39,92 | #130 Girls 14&O 50 Free Prelims | 33,20 |

7 La Grange, Emma - Female - Age: 11 - Ind/Rel: 9 / 4

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|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:06,81 | #204 Girls 13&U 50 Back Prelims | 40,41 |
| #210 Girls 13&U 100 Back Prelims | 1:27,49 | #212 Girls 13&U 100 Free Prelims | 1:15,34 |
| #220 Girls 13&U 200 Free Relay (2) | 2:07,94 | #226 Girls 13&U 400 Free | 6:01,80 |
| #230 Girls 13&U 200 Back | 3:08,91 | #232 Girls 13&U 50 Fly Prelims | 39,45 |
| #234 Girls 13&U 400 Medley Relay (4) | 5:22,52 | #240 Girls 13&U 200 Free | 2:52,77 |
| #242 Girls 13&U 50 Free Prelims | 33,80 | #250 Girls 13&U 200 Medley Relay (4) | 2:23,22 |
| #258 Girls 13&U 400 Free Relay (3) | 4:38,24 | | |

8 Le Roux, Lucy L - Female - Age: 10 - Ind/Rel: 6 / 0

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|----------------------------------|---------|----------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:31,35 | #212 Girls 13&U 100 Free Prelims | 1:20,16 |
| #226 Girls 13&U 400 Free | 6:14,78 | #230 Girls 13&U 200 Back | 3:07,63 |
| #240 Girls 13&U 200 Free | 2:51,06 | #242 Girls 13&U 50 Free Prelims | 35,20 |

9 McKinnon, Donald D - Male - Age: 16 - Ind/Rel: 8 / 0

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|---------------------------------|---------|--------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:29,74 | #107 Boys 14&O 100 Fly Prelims | 1:04,69 |
| #115 Boys 14&O 100 Free Prelims | 1:00,51 | #121 Boys 14&O 400 Free | 4:47,19 |
| #127 Boys 14&O 50 Fly Prelims | 29,88 | #129 Boys 14&O 200 Free | 2:14,88 |
| #131 Boys 14&O 50 Free Prelims | 28,24 | #133 Boys 14&O 200 Fly | 2:24,22 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Aquasharks Academy Winelands-CE

10 Robbertze, NW - Male - Age: 11 - Ind/Rel: 8 / 2

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|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:08,21 | #205 Boys 13&U 50 Back Prelims | 41,39 |
| #211 Boys 13&U 100 Back Prelims | 1:27,10 | #213 Boys 13&U 100 Free Prelims | 1:15,22 |
| #219 Boys 11&U 200 Free Relay (4) | 2:23,76 | #231 Boys 13&U 200 Back | 3:03,11 |
| #233 Boys 13&U 50 Fly Prelims | 38,88 | #241 Boys 13&U 200 Free | 2:44,33 |
| #243 Boys 13&U 50 Free Prelims | 35,13 | #249 Boys 11&U 200 Medley Relay (3) | 2:40,52 |

11 Schreuder, Steffen - Male - Age: 11 - Ind/Rel: 6 / 2

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|---------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:22,53 | #205 Boys 13&U 50 Back Prelims | 41,66 |
| #213 Boys 13&U 100 Free Prelims | 1:18,20 | #219 Boys 11&U 200 Free Relay (1) | 2:23,76 |
| #233 Boys 13&U 50 Fly Prelims | 41,01 | #241 Boys 13&U 200 Free | 2:57,11 |
| #243 Boys 13&U 50 Free Prelims | 35,55 | #249 Boys 11&U 200 Medley Relay (4) | 2:40,52 |

12 Van Niekerk, Lica - Female - Age: 12 - Ind/Rel: 11 / 3

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|--------------------------------------|---------|------------------------------------|----------|
| #202 Girls 13&U 200 IM | 3:00,52 | #204 Girls 13&U 50 Back Prelims | 37,76 |
| #206 Girls 13&U 100 Fly Prelims | 1:26,51 | #210 Girls 13&U 100 Back Prelims | 1:20,20 |
| #212 Girls 13&U 100 Free Prelims | 1:11,71 | #216 Girls 11-13 800 Free | 11:28,02 |
| #220 Girls 13&U 200 Free Relay (1) | 2:07,94 | #226 Girls 13&U 400 Free | 5:44,20 |
| #230 Girls 13&U 200 Back | 3:07,60 | #232 Girls 13&U 50 Fly Prelims | 36,70 |
| #240 Girls 13&U 200 Free | 2:40,17 | #242 Girls 13&U 50 Free Prelims | 32,43 |
| #250 Girls 13&U 200 Medley Relay (3) | 2:23,22 | #258 Girls 13&U 400 Free Relay (2) | 4:38,24 |

13 Van Staden, Willem H - Male - Age: 11 - Ind/Rel: 6 / 2

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|-----------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:25,62 | #203 Boys 13&U 200 IM | 3:25,24 |
| #215 Boys 13&U 50 Breast Prelims | 43,95 | #219 Boys 11&U 200 Free Relay (3) | 2:23,76 |
| #229 Boys 13&U 100 Breast Prelims | 1:36,13 | #241 Boys 13&U 200 Free | 3:03,56 |
| #243 Boys 13&U 50 Free Prelims | 37,71 | #249 Boys 11&U 200 Medley Relay (2) | 2:40,52 |

14 Viljoen, Jo-Ell - Female - Age: 13 - Ind/Rel: 8 / 4

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|--------------------------------------|----------|--------------------------------------|----------|
| #204 Girls 13&U 50 Back Prelims | 34,12 | #210 Girls 13&U 100 Back Prelims | 1:13,21 |
| #216 Girls 11-13 800 Free | 10:36,61 | #220 Girls 13&U 200 Free Relay (4) | 2:07,94 |
| #226 Girls 13&U 400 Free | 5:03,90 | #230 Girls 13&U 200 Back | 2:36,18 |
| #232 Girls 13&U 50 Fly Prelims | 34,14 | #234 Girls 13&U 400 Medley Relay (1) | 5:22,52 |
| #240 Girls 13&U 200 Free | 2:28,85 | #246 Girls 13&U 1500 Free | 20:27,27 |
| #250 Girls 13&U 200 Medley Relay (1) | 2:23,22 | #258 Girls 13&U 400 Free Relay (4) | 4:38,24 |

15 Viviers, Ryan A - Male - Age: 10 - Ind/Rel: 0 / 2

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|-----------------------------------|---------|-------------------------------------|---------|
| #219 Boys 11&U 200 Free Relay (2) | 2:23,76 | #249 Boys 11&U 200 Medley Relay (1) | 2:40,52 |
|-----------------------------------|---------|-------------------------------------|---------|

16 Wiehahn, Louchè - Female - Age: 17 - Ind/Rel: 10 / 0

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|-----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:40,08 | #104 Girls 14&O 50 Back Prelims | 33,62 |
| #112 Girls 14&O 100 Back Prelims | 1:12,10 | #114 Girls 14&O 100 Free Prelims | 1:05,57 |
| #116 Girls 14&O 50 Breast Prelims | 40,50 | #120 Girls 14&O 400 Free | 5:16,06 |
| #124 Girls 14&O 200 Back | 2:35,55 | #126 Girls 14&O 50 Fly Prelims | 34,20 |
| #128 Girls 14&O 200 Free | 2:24,30 | #130 Girls 14&O 50 Free Prelims | 30,24 |

Aquasharks Academy Winelands-CE Total Individual Entries: 112 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

AquaWolf Aquatics Club-CP

1 Atkinson, Matthew W - Male - Age: 13 - Ind/Rel: 8 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:52,91 | #205 Boys 13&U 50 Back Prelims | 33,63 |
| #211 Boys 13&U 100 Back Prelims | 1:12,35 | #213 Boys 13&U 100 Free Prelims | 1:08,96 |
| #215 Boys 13&U 50 Breast Prelims | 39,23 | #229 Boys 13&U 100 Breast Prelims | 1:29,50 |
| #231 Boys 13&U 200 Back | 2:39,59 | #233 Boys 13&U 50 Fly Prelims | 36,43 |

2 Harper, Jared - Male - Age: 19 - Ind/Rel: 4 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #115 Boys 14&O 100 Free Prelims | 1:07,08 | #123 Boys 14&O 100 Breast Prelims | 1:17,91 |
| #129 Boys 14&O 200 Free | 2:31,14 | #131 Boys 14&O 50 Free Prelims | 29,09 |

3 Harper, Ryan - Male - Age: 17 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 30,41 | #107 Boys 14&O 100 Fly Prelims | 1:03,89 |
| #113 Boys 14&O 100 Back Prelims | 1:06,23 | #115 Boys 14&O 100 Free Prelims | 58,62 |
| #127 Boys 14&O 50 Fly Prelims | 28,83 | #131 Boys 14&O 50 Free Prelims | 26,13 |

4 Hendricks, Joshua - Male - Age: 12 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:22,05 | #203 Boys 13&U 200 IM | 3:00,82 |
| #213 Boys 13&U 100 Free Prelims | 1:11,77 | #215 Boys 13&U 50 Breast Prelims | 41,19 |
| #229 Boys 13&U 100 Breast Prelims | 1:32,10 | #241 Boys 13&U 200 Free | 2:42,26 |
| #243 Boys 13&U 50 Free Prelims | 32,77 | | |

5 Olsen, Tamryn A - Female - Age: 13 - Ind/Rel: 9 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:04,65 | #204 Girls 13&U 50 Back Prelims | 38,74 |
| #210 Girls 13&U 100 Back Prelims | 1:22,90 | #212 Girls 13&U 100 Free Prelims | 1:13,77 |
| #214 Girls 13&U 50 Breast Prelims | 44,71 | #228 Girls 13&U 100 Breast Prelims | 1:36,14 |
| #232 Girls 13&U 50 Fly Prelims | 36,93 | #240 Girls 13&U 200 Free | 2:45,10 |
| #242 Girls 13&U 50 Free Prelims | 32,71 | | |

6 Stevens, Leslie H - Male - Age: 15 - Ind/Rel: 8 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:44,69 | #103 Boys 14&O 200 IM | 2:33,72 |
| #105 Boys 14&O 50 Back Prelims | 31,74 | #107 Boys 14&O 100 Fly Prelims | 1:10,43 |
| #111 Boys 14&O 400 IM | 5:36,60 | #117 Boys 14&O 50 Breast Prelims | 38,21 |
| #123 Boys 14&O 100 Breast Prelims | 1:18,25 | #127 Boys 14&O 50 Fly Prelims | 30,72 |

AquaWolf Aquatics Club-CP Total Individual Entries: 42 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Barracudas Aquarama SC-CP

1 Bannister, Joshua G - Male - Age: 11 - Ind/Rel: 8 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:13,49 | #205 Boys 13&U 50 Back Prelims | 40,43 |
| #207 Boys 13&U 100 Fly Prelims | 1:29,58 | #211 Boys 13&U 100 Back Prelims | 1:31,72 |
| #213 Boys 13&U 100 Free Prelims | 1:16,46 | #231 Boys 13&U 200 Back | 3:23,05 |
| #241 Boys 13&U 200 Free | 2:54,70 | #243 Boys 13&U 50 Free Prelims | 35,48 |

2 Bester, Francois A - Male - Age: 12 - Ind/Rel: 13 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:03,48 | #203 Boys 13&U 200 IM | 2:40,85 |
| #207 Boys 13&U 100 Fly Prelims | 1:18,88 | #209 Boys 13&U 400 IM | 5:54,19 |
| #213 Boys 13&U 100 Free Prelims | 1:07,58 | #215 Boys 13&U 50 Breast Prelims | 45,08 |
| #227 Boys 13&U 400 Free | 5:19,49 | #229 Boys 13&U 100 Breast Prelims | 1:36,84 |
| #231 Boys 13&U 200 Back | 2:48,14 | #233 Boys 13&U 50 Fly Prelims | 35,01 |
| #241 Boys 13&U 200 Free | 2:26,58 | #243 Boys 13&U 50 Free Prelims | 31,47 |
| #245 Boys 11-13 200 Fly | 2:53,33 | | |

3 Boshoff, Juan C - Male - Age: 14 - Ind/Rel: 9 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:39,15 | #103 Boys 14&O 200 IM | 2:21,44 |
| #105 Boys 14&O 50 Back Prelims | 30,07 | #111 Boys 14&O 400 IM | 5:04,67 |
| #113 Boys 14&O 100 Back Prelims | 1:04,66 | #117 Boys 14&O 50 Breast Prelims | 33,75 |
| #123 Boys 14&O 100 Breast Prelims | 1:13,78 | #125 Boys 14&O 200 Back | 2:15,79 |
| #133 Boys 14&O 200 Fly | 2:24,30 | | |

4 De Wet, Emma M - Female - Age: 12 - Ind/Rel: 9 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:42,65 | #206 Girls 13&U 100 Fly Prelims | 1:12,71 |
| #208 Girls 13&U 400 IM | 5:44,31 | #210 Girls 13&U 100 Back Prelims | 1:14,23 |
| #214 Girls 13&U 50 Breast Prelims | 40,42 | #230 Girls 13&U 200 Back | 2:39,30 |
| #232 Girls 13&U 50 Fly Prelims | 32,88 | #240 Girls 13&U 200 Free | 2:25,87 |
| #244 Girls 11-13 200 Fly | 2:50,21 | | |

5 Durant, Lily A - Female - Age: 10 - Ind/Rel: 3 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:46,05 | #206 Girls 13&U 100 Fly Prelims | 1:37,72 |
| #242 Girls 13&U 50 Free Prelims | 35,44 | | |

6 Hofmeyr, Karl J - Male - Age: 15 - Ind/Rel: 8 / 0

| | | | |
|---------------------------|---------|-----------------------------------|----------|
| #101 Boys 14&O 200 Breast | 3:04,91 | #103 Boys 14&O 200 IM | 2:39,26 |
| #111 Boys 14&O 400 IM | 5:40,35 | #115 Boys 14&O 100 Free Prelims | 1:04,75 |
| #121 Boys 14&O 400 Free | 4:49,25 | #123 Boys 14&O 100 Breast Prelims | 1:26,11 |
| #129 Boys 14&O 200 Free | 2:18,88 | #135 Boys 14&O 800 Free | 10:01,92 |

7 Laker, Mark - Male - Age: 13 - Ind/Rel: 5 / 0

| | | | |
|-------------------------------|---------|--------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:00,63 | #207 Boys 13&U 100 Fly Prelims | 1:36,96 |
| #209 Boys 13&U 400 IM | 6:23,49 | #231 Boys 13&U 200 Back | 3:03,45 |
| #233 Boys 13&U 50 Fly Prelims | 37,30 | | |

8 Lombard, Kyle M - Male - Age: 11 - Ind/Rel: 13 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:16,16 | #203 Boys 13&U 200 IM | 2:59,51 |
| #205 Boys 13&U 50 Back Prelims | 38,86 | #209 Boys 13&U 400 IM | 6:33,67 |
| #211 Boys 13&U 100 Back Prelims | 1:22,95 | #213 Boys 13&U 100 Free Prelims | 1:12,02 |
| #215 Boys 13&U 50 Breast Prelims | 43,03 | #227 Boys 13&U 400 Free | 5:42,89 |
| #229 Boys 13&U 100 Breast Prelims | 1:32,13 | #231 Boys 13&U 200 Back | 2:52,55 |
| #233 Boys 13&U 50 Fly Prelims | 41,16 | #241 Boys 13&U 200 Free | 2:39,86 |
| #243 Boys 13&U 50 Free Prelims | 33,19 | | |

9 Ma, Yichong - Male - Age: 12 - Ind/Rel: 8 / 0

| | | | |
|--------------------------------|---------|-----------------------------------|----------|
| #201 Boys 13&U 200 Breast | 3:17,89 | #203 Boys 13&U 200 IM | 2:52,62 |
| #207 Boys 13&U 100 Fly Prelims | 1:23,45 | #209 Boys 13&U 400 IM | 5:59,60 |
| #227 Boys 13&U 400 Free | 5:31,25 | #229 Boys 13&U 100 Breast Prelims | 1:37,81 |
| #245 Boys 11-13 200 Fly | 2:57,25 | #247 Boys 13&U 800 Free | 11:46,41 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04**Team Entries - All Events****Barracudas Aquarama SC-CP****10 Vd Wal, Mieke - Female - Age: 11 - Ind/Rel: 10 / 0**

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:25,75 | #202 Girls 13&U 200 IM | 3:11,59 |
| #206 Girls 13&U 100 Fly Prelims | 1:33,34 | #208 Girls 13&U 400 IM | 6:53,78 |
| #212 Girls 13&U 100 Free Prelims | 1:17,02 | #214 Girls 13&U 50 Breast Prelims | 42,81 |
| #228 Girls 13&U 100 Breast Prelims | 1:34,65 | #232 Girls 13&U 50 Fly Prelims | 38,01 |
| #240 Girls 13&U 200 Free | 2:51,04 | #242 Girls 13&U 50 Free Prelims | 33,68 |

11 Voges, Jhoanè E - Female - Age: 12 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:55,44 | #206 Girls 13&U 100 Fly Prelims | 1:17,53 |
| #210 Girls 13&U 100 Back Prelims | 1:24,77 | #212 Girls 13&U 100 Free Prelims | 1:14,80 |
| #230 Girls 13&U 200 Back | 2:56,99 | #232 Girls 13&U 50 Fly Prelims | 35,29 |
| #244 Girls 11-13 200 Fly | 2:50,52 | | |

12 Zeng, Kejin - Male - Age: 11 - Ind/Rel: 3 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:32,59 | #213 Boys 13&U 100 Free Prelims | 1:34,61 |
| #229 Boys 13&U 100 Breast Prelims | 1:44,35 | | |

Barracudas Aquarama SC-CP Total Individual Entries: 96 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Blouberg Marlins-CP

1 **Burke, Erin - Female - Age: 12 - Ind/Rel: 4 / 4**

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:27,54 | #212 Girls 13&U 100 Free Prelims | 1:17,13 |
| #220 Girls 13&U 200 Free Relay (2) | NT | #228 Girls 13&U 100 Breast Prelims | 1:36,87 |
| #234 Girls 13&U 400 Medley Relay (2) | 5:37,45 | #242 Girls 13&U 50 Free Prelims | 34,66 |
| #250 Girls 13&U 200 Medley Relay (4) | 2:29,89 | #258 Girls 13&U 400 Free Relay (3) | 4:55,65 |

2 **Burke, Hannah - Female - Age: 10 - Ind/Rel: 8 / 3**

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:18,30 | #204 Girls 13&U 50 Back Prelims | 40,38 |
| #210 Girls 13&U 100 Back Prelims | 1:27,23 | #212 Girls 13&U 100 Free Prelims | 1:18,11 |
| #218 Girls 11&U 200 Free Relay (4) | 2:23,32 | #230 Girls 13&U 200 Back | 3:10,23 |
| #232 Girls 13&U 50 Fly Prelims | 42,42 | #240 Girls 13&U 200 Free | 2:52,62 |
| #242 Girls 13&U 50 Free Prelims | 35,39 | #248 Girls 11&U 200 Medley Relay (1) | 2:44,15 |
| #256 Girls 11&U 400 Free Relay (4) | 5:24,14 | | |

3 **Carrol, Matt - Male - Age: 14 - Ind/Rel: 11 / 2**

| | | | |
|-----------------------------------|---------|-------------------------------------|----------|
| #103 Boys 14&O 200 IM | 2:31,51 | #105 Boys 14&O 50 Back Prelims | 33,23 |
| #107 Boys 14&O 100 Fly Prelims | 1:08,88 | #115 Boys 14&O 100 Free Prelims | 58,76 |
| #117 Boys 14&O 50 Breast Prelims | 35,32 | #119 Men 14&O 1500 Free | 19:16,25 |
| #121 Boys 14&O 400 Free | 4:41,22 | #127 Boys 14&O 50 Fly Prelims | 29,83 |
| #129 Boys 14&O 200 Free | 2:10,35 | #131 Boys 14&O 50 Free Prelims | 27,66 |
| #135 Boys 14&O 800 Free | 9:48,05 | #237 Boys 15&U 400 Medley Relay (4) | 4:44,57 |
| #261 Boys 15&U 400 Free Relay (1) | 4:08,48 | | |

4 **Coelho, Tiago T - Male - Age: 15 - Ind/Rel: 10 / 2**

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:51,73 | #103 Boys 14&O 200 IM | 2:28,10 |
| #105 Boys 14&O 50 Back Prelims | 33,05 | #113 Boys 14&O 100 Back Prelims | 1:08,05 |
| #115 Boys 14&O 100 Free Prelims | 58,44 | #117 Boys 14&O 50 Breast Prelims | 34,75 |
| #123 Boys 14&O 100 Breast Prelims | 1:16,88 | #127 Boys 14&O 50 Fly Prelims | 28,40 |
| #129 Boys 14&O 200 Free | 2:09,43 | #131 Boys 14&O 50 Free Prelims | 26,73 |
| #237 Boys 15&U 400 Medley Relay (2) | 4:44,57 | #261 Boys 15&U 400 Free Relay (4) | 4:08,48 |

5 **Coleman, Madison - Female - Age: 10 - Ind/Rel: 0 / 3**

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #218 Girls 11&U 200 Free Relay (2) | 2:23,32 | #248 Girls 11&U 200 Medley Relay (2) | 2:44,15 |
| #256 Girls 11&U 400 Free Relay (2) | 5:24,14 | | |

6 **Davidtsz, Colin - Male - Age: 12 - Ind/Rel: 11 / 5**

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:47,71 | #205 Boys 13&U 50 Back Prelims | 36,10 |
| #207 Boys 13&U 100 Fly Prelims | 1:16,06 | #211 Boys 13&U 100 Back Prelims | 1:18,24 |
| #213 Boys 13&U 100 Free Prelims | 1:06,63 | #221 Boys 13&U 200 Free Relay (4) | 2:11,93 |
| #227 Boys 13&U 400 Free | 5:25,02 | #231 Boys 13&U 200 Back | 2:48,75 |
| #233 Boys 13&U 50 Fly Prelims | 33,04 | #237 Boys 15&U 400 Medley Relay (3) | 4:44,57 |
| #241 Boys 13&U 200 Free | 2:32,36 | #243 Boys 13&U 50 Free Prelims | 30,56 |
| #245 Boys 11-13 200 Fly | 2:54,89 | #251 Boys 13&U 200 Medley Relay (3) | 2:30,40 |
| #259 Boys 13&U 400 Free Relay (4) | 4:53,01 | #261 Boys 15&U 400 Free Relay (2) | 4:08,48 |

7 **Huang, Amelia A - Female - Age: 10 - Ind/Rel: 7 / 3**

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 38,96 | #206 Girls 13&U 100 Fly Prelims | 1:30,61 |
| #210 Girls 13&U 100 Back Prelims | 1:25,43 | #212 Girls 13&U 100 Free Prelims | 1:20,26 |
| #218 Girls 11&U 200 Free Relay (3) | 2:23,32 | #230 Girls 13&U 200 Back | 3:05,60 |
| #240 Girls 13&U 200 Free | 2:57,26 | #242 Girls 13&U 50 Free Prelims | 35,90 |
| #248 Girls 11&U 200 Medley Relay (3) | 2:44,15 | #256 Girls 11&U 400 Free Relay (1) | 5:24,14 |

8 **Hutton, Jake - Male - Age: 12 - Ind/Rel: 9 / 3**

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:16,90 | #203 Boys 13&U 200 IM | 2:51,78 |
| #205 Boys 13&U 50 Back Prelims | 36,64 | #213 Boys 13&U 100 Free Prelims | 1:07,41 |
| #221 Boys 13&U 200 Free Relay (1) | 2:11,93 | #227 Boys 13&U 400 Free | 5:21,83 |
| #229 Boys 13&U 100 Breast Prelims | 1:30,78 | #233 Boys 13&U 50 Fly Prelims | 35,48 |
| #241 Boys 13&U 200 Free | 2:28,64 | #243 Boys 13&U 50 Free Prelims | 30,68 |
| #251 Boys 13&U 200 Medley Relay (2) | 2:30,40 | #259 Boys 13&U 400 Free Relay (1) | 4:53,01 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Blouberg Marlins-CP

9 Joubert, Francois J - Male - Age: 16 - Ind/Rel: 10 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:32,53 | #105 Boys 14&O 50 Back Prelims | 32,53 |
| #107 Boys 14&O 100 Fly Prelims | 1:14,99 | #113 Boys 14&O 100 Back Prelims | 1:12,84 |
| #115 Boys 14&O 100 Free Prelims | 1:01,13 | #117 Boys 14&O 50 Breast Prelims | 35,17 |
| #123 Boys 14&O 100 Breast Prelims | 1:16,17 | #127 Boys 14&O 50 Fly Prelims | 30,76 |
| #129 Boys 14&O 200 Free | 2:14,89 | #131 Boys 14&O 50 Free Prelims | 27,50 |

10 Krautkramer, Anastazia - Female - Age: 13 - Ind/Rel: 8 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:29,14 | #202 Girls 13&U 200 IM | 3:07,65 |
| #212 Girls 13&U 100 Free Prelims | 1:12,45 | #214 Girls 13&U 50 Breast Prelims | 41,97 |
| #220 Girls 13&U 200 Free Relay (1) | NT | #228 Girls 13&U 100 Breast Prelims | 1:35,59 |
| #232 Girls 13&U 50 Fly Prelims | 38,76 | #234 Girls 13&U 400 Medley Relay (4) | 5:37,45 |
| #240 Girls 13&U 200 Free | 2:39,35 | #242 Girls 13&U 50 Free Prelims | 33,00 |
| #250 Girls 13&U 200 Medley Relay (2) | 2:29,89 | #258 Girls 13&U 400 Free Relay (1) | 4:55,65 |

11 Louw, Alexa - Female - Age: 11 - Ind/Rel: 6 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 41,55 | #210 Girls 13&U 100 Back Prelims | 1:28,72 |
| #212 Girls 13&U 100 Free Prelims | 1:20,87 | #218 Girls 11&U 200 Free Relay (1) | 2:23,32 |
| #230 Girls 13&U 200 Back | 3:15,26 | #232 Girls 13&U 50 Fly Prelims | 41,60 |
| #242 Girls 13&U 50 Free Prelims | 35,66 | #248 Girls 11&U 200 Medley Relay (4) | 2:44,15 |
| #256 Girls 11&U 400 Free Relay (3) | 5:24,14 | | |

12 Möller, Angelique - Female - Age: 19 - Ind/Rel: 6 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 35,17 | #106 Girls 14&O 100 Fly Prelims | 1:15,58 |
| #112 Girls 14&O 100 Back Prelims | 1:16,16 | #114 Girls 14&O 100 Free Prelims | 1:06,87 |
| #124 Girls 14&O 200 Back | 2:46,35 | #126 Girls 14&O 50 Fly Prelims | 32,55 |

13 Myburgh, Dillan - Male - Age: 18 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #101 Boys 14&O 200 Breast | 3:01,92 | #103 Boys 14&O 200 IM | 2:35,89 |
| #105 Boys 14&O 50 Back Prelims | 32,87 | #113 Boys 14&O 100 Back Prelims | 1:09,57 |
| #115 Boys 14&O 100 Free Prelims | 59,35 | | |

14 Myburgh, Ruan - Male - Age: 11 - Ind/Rel: 8 / 3

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:14,32 | #205 Boys 13&U 50 Back Prelims | 42,32 |
| #211 Boys 13&U 100 Back Prelims | 1:30,32 | #213 Boys 13&U 100 Free Prelims | 1:19,28 |
| #215 Boys 13&U 50 Breast Prelims | 46,25 | #221 Boys 13&U 200 Free Relay (3) | 2:11,93 |
| #231 Boys 13&U 200 Back | 3:10,50 | #241 Boys 13&U 200 Free | 2:52,32 |
| #243 Boys 13&U 50 Free Prelims | 35,31 | #251 Boys 13&U 200 Medley Relay (4) | 2:30,40 |
| #259 Boys 13&U 400 Free Relay (3) | 4:53,01 | | |

15 Pieterse, Jake M - Male - Age: 16 - Ind/Rel: 5 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:13,26 | #115 Boys 14&O 100 Free Prelims | 1:00,63 |
| #123 Boys 14&O 100 Breast Prelims | 1:20,32 | #129 Boys 14&O 200 Free | 2:24,45 |
| #131 Boys 14&O 50 Free Prelims | 28,01 | | |

16 Pretorius, Ashleè - Female - Age: 14 - Ind/Rel: 8 / 3

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:07,09 | #102 Girls 14&O 200 IM | 2:51,37 |
| #110 Girls 14&O 400 IM | 6:03,75 | #114 Girls 14&O 100 Free Prelims | 1:11,30 |
| #116 Girls 14&O 50 Breast Prelims | 39,43 | #122 Girls 14&O 100 Breast Prelims | 1:24,65 |
| #126 Girls 14&O 50 Fly Prelims | 35,02 | #130 Girls 14&O 50 Free Prelims | 32,88 |
| #222 Girls 15&U 200 Free Relay (2) | NT | #236 Girls 15&U 400 Medley Relay (2) | 5:01,12 |
| #252 Girls 15&U 200 Medley Relay (2) | 2:15,37 | | |

17 Rossouw, Heidi - Female - Age: 14 - Ind/Rel: 6 / 3

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #112 Girls 14&O 100 Back Prelims | 1:10,33 | #114 Girls 14&O 100 Free Prelims | 1:05,34 |
| #124 Girls 14&O 200 Back | 2:30,59 | #126 Girls 14&O 50 Fly Prelims | 33,56 |
| #128 Girls 14&O 200 Free | 2:26,67 | #130 Girls 14&O 50 Free Prelims | 28,59 |
| #222 Girls 15&U 200 Free Relay (3) | NT | #236 Girls 15&U 400 Medley Relay (1) | 5:01,12 |
| #252 Girls 15&U 200 Medley Relay (1) | 2:15,37 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Blouberg Marlins-CP

18 Russell, Morgan - Female - Age: 13 - Ind/Rel: 4 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:21,36 | #204 Girls 13&U 50 Back Prelims | 39,49 |
| #210 Girls 13&U 100 Back Prelims | 1:28,37 | #212 Girls 13&U 100 Free Prelims | 1:19,09 |
| #220 Girls 13&U 200 Free Relay (4) | NT | #234 Girls 13&U 400 Medley Relay (1) | 5:37,45 |
| #250 Girls 13&U 200 Medley Relay (1) | 2:29,89 | #258 Girls 13&U 400 Free Relay (2) | 4:55,65 |

19 Sara, Kyan - Male - Age: 14 - Ind/Rel: 8 / 2

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 32,91 | #107 Boys 14&O 100 Fly Prelims | 1:13,61 |
| #113 Boys 14&O 100 Back Prelims | 1:12,87 | #115 Boys 14&O 100 Free Prelims | 1:04,65 |
| #125 Boys 14&O 200 Back | 2:43,99 | #127 Boys 14&O 50 Fly Prelims | 31,78 |
| #129 Boys 14&O 200 Free | 2:37,62 | #131 Boys 14&O 50 Free Prelims | 29,00 |
| #237 Boys 15&U 400 Medley Relay (1) | 4:44,57 | #261 Boys 15&U 400 Free Relay (3) | 4:08,48 |

20 Shelton, Kaylynn - Female - Age: 15 - Ind/Rel: 4 / 1

| | | | |
|------------------------------------|---------|-----------------------------------|-------|
| #114 Girls 14&O 100 Free Prelims | 1:09,21 | #116 Girls 14&O 50 Breast Prelims | 42,68 |
| #128 Girls 14&O 200 Free | 2:31,61 | #130 Girls 14&O 50 Free Prelims | 32,13 |
| #222 Girls 15&U 200 Free Relay (4) | NT | | |

21 Venter, Liya E - Female - Age: 14 - Ind/Rel: 8 / 3

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:47,92 | #104 Girls 14&O 50 Back Prelims | 33,73 |
| #112 Girls 14&O 100 Back Prelims | 1:11,67 | #114 Girls 14&O 100 Free Prelims | 1:05,85 |
| #124 Girls 14&O 200 Back | 2:37,67 | #126 Girls 14&O 50 Fly Prelims | 33,41 |
| #128 Girls 14&O 200 Free | 2:34,97 | #130 Girls 14&O 50 Free Prelims | 30,15 |
| #222 Girls 15&U 200 Free Relay (1) | NT | #236 Girls 15&U 400 Medley Relay (4) | 5:01,12 |
| #252 Girls 15&U 200 Medley Relay (4) | 2:15,37 | | |

22 Waters, Steven G - Male - Age: 10 - Ind/Rel: 6 / 3

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:15,97 | #205 Boys 13&U 50 Back Prelims | 41,70 |
| #213 Boys 13&U 100 Free Prelims | 1:19,69 | #221 Boys 13&U 200 Free Relay (2) | 2:11,93 |
| #233 Boys 13&U 50 Fly Prelims | 40,41 | #241 Boys 13&U 200 Free | 2:53,49 |
| #243 Boys 13&U 50 Free Prelims | 35,38 | #251 Boys 13&U 200 Medley Relay (1) | 2:30,40 |
| #259 Boys 13&U 400 Free Relay (2) | 4:53,01 | | |

23 Watson, Caitlin C - Female - Age: 12 - Ind/Rel: 10 / 6

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:58,06 | #204 Girls 13&U 50 Back Prelims | 36,13 |
| #206 Girls 13&U 100 Fly Prelims | 1:22,70 | #210 Girls 13&U 100 Back Prelims | 1:22,64 |
| #212 Girls 13&U 100 Free Prelims | 1:07,96 | #220 Girls 13&U 200 Free Relay (3) | NT |
| #226 Girls 13&U 400 Free | 5:26,70 | #230 Girls 13&U 200 Back | 2:50,85 |
| #232 Girls 13&U 50 Fly Prelims | 34,30 | #234 Girls 13&U 400 Medley Relay (3) | 5:37,45 |
| #236 Girls 15&U 400 Medley Relay (3) | 5:01,12 | #240 Girls 13&U 200 Free | 2:32,52 |
| #242 Girls 13&U 50 Free Prelims | 31,12 | #250 Girls 13&U 200 Medley Relay (3) | 2:29,89 |
| #252 Girls 15&U 200 Medley Relay (3) | 2:15,37 | #258 Girls 13&U 400 Free Relay (4) | 4:55,65 |

Blouberg Marlins-CP Total Individual Entries: 162 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Camps Bay Swimmng Club-CP

1 Etzold, Liv T - Female - Age: 15 - Ind/Rel: 8 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 33,67 | #106 Girls 14&O 100 Fly Prelims | 1:10,96 |
| #112 Girls 14&O 100 Back Prelims | 1:08,23 | #114 Girls 14&O 100 Free Prelims | 1:00,86 |
| #124 Girls 14&O 200 Back | 2:33,97 | #126 Girls 14&O 50 Fly Prelims | 30,85 |
| #128 Girls 14&O 200 Free | 2:17,58 | #130 Girls 14&O 50 Free Prelims | 29,26 |

2 Etzold, Peter S - Male - Age: 14 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|--------------------------------|-------|
| #103 Boys 14&O 200 IM | 2:41,08 | #105 Boys 14&O 50 Back Prelims | 34,75 |
| #115 Boys 14&O 100 Free Prelims | 1:01,97 | #127 Boys 14&O 50 Fly Prelims | 34,29 |
| #129 Boys 14&O 200 Free | 2:20,21 | #131 Boys 14&O 50 Free Prelims | 29,06 |

3 Fury, Rebecca G - Female - Age: 11 - Ind/Rel: 12 / 0

| | | | |
|------------------------------------|---------|----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:17,07 | #202 Girls 13&U 200 IM | 2:48,66 |
| #204 Girls 13&U 50 Back Prelims | 37,66 | #206 Girls 13&U 100 Fly Prelims | 1:23,76 |
| #210 Girls 13&U 100 Back Prelims | 1:20,97 | #212 Girls 13&U 100 Free Prelims | 1:06,79 |
| #214 Girls 13&U 50 Breast Prelims | 41,24 | #226 Girls 13&U 400 Free | 5:07,34 |
| #228 Girls 13&U 100 Breast Prelims | 1:31,06 | #232 Girls 13&U 50 Fly Prelims | 36,47 |
| #240 Girls 13&U 200 Free | 2:23,96 | #242 Girls 13&U 50 Free Prelims | 30,73 |

4 Jeppe, Edwin L - Male - Age: 28 - Ind/Rel: 2 / 0

| | | | |
|---------------------------------|-------|--------------------------------|-------|
| #115 Boys 14&O 100 Free Prelims | 57,48 | #131 Boys 14&O 50 Free Prelims | 25,05 |
|---------------------------------|-------|--------------------------------|-------|

5 McWilliam, Benn D - Male - Age: 13 - Ind/Rel: 11 / 0

| | | | |
|---------------------------------|----------|-----------------------------------|----------|
| #201 Boys 13&U 200 Breast | 2:59,46 | #203 Boys 13&U 200 IM | 2:36,05 |
| #207 Boys 13&U 100 Fly Prelims | 1:12,74 | #209 Boys 13&U 400 IM | 5:41,11 |
| #211 Boys 13&U 100 Back Prelims | 1:14,75 | #217 Boys 11-13 1500 Free | 19:31,45 |
| #227 Boys 13&U 400 Free | 4:51,59 | #229 Boys 13&U 100 Breast Prelims | 1:24,69 |
| #231 Boys 13&U 200 Back | 2:34,86 | #241 Boys 13&U 200 Free | 2:21,38 |
| #247 Boys 13&U 800 Free | 10:15,69 | | |

6 McWilliam, Troy J - Male - Age: 12 - Ind/Rel: 7 / 0

| | | | |
|--------------------------------|---------|-------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:25,29 | #203 Boys 13&U 200 IM | 2:55,27 |
| #207 Boys 13&U 100 Fly Prelims | 1:32,02 | #227 Boys 13&U 400 Free | 5:29,83 |
| #231 Boys 13&U 200 Back | 2:54,93 | #233 Boys 13&U 50 Fly Prelims | 40,35 |
| #241 Boys 13&U 200 Free | 2:34,11 | | |

7 Tomitsuka, Taro A - Male - Age: 18 - Ind/Rel: 1 / 0

| | | | |
|-----------------------|---------|--|--|
| #103 Boys 14&O 200 IM | 2:23,00 | | |
|-----------------------|---------|--|--|

Camps Bay Swimmng Club-CP Total Individual Entries: 47 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Curro Durbanville Aquatics-CP

1 Duvenhage, Henju P - Male - Age: 18 - Ind/Rel: 8 / 3

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:28,04 | #103 Boys 14&O 200 IM | 2:09,66 |
| #111 Boys 14&O 400 IM | 4:40,95 | #113 Boys 14&O 100 Back Prelims | 57,48 |
| #115 Boys 14&O 100 Free Prelims | 53,93 | #123 Boys 14&O 100 Breast Prelims | 1:05,78 |
| #125 Boys 14&O 200 Back | 2:08,21 | #129 Boys 14&O 200 Free | 1:58,94 |
| #239 Men 400 Medley Relay (1) | 4:03,39 | #255 Men 200 Medley Relay (1) | 1:51,31 |
| #263 Men 400 Free Relay (4) | 3:45,59 | | |

2 Hieckmann, Ethan H - Male - Age: 18 - Ind/Rel: 7 / 4

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:19,49 | #105 Boys 14&O 50 Back Prelims | 28,08 |
| #113 Boys 14&O 100 Back Prelims | 1:01,49 | #115 Boys 14&O 100 Free Prelims | 57,28 |
| #121 Boys 14&O 400 Free | 4:39,68 | #125 Boys 14&O 200 Back | 2:14,86 |
| #129 Boys 14&O 200 Free | 2:08,19 | #225 Men 200 Free Relay (4) | 1:45,63 |
| #239 Men 400 Medley Relay (4) | 4:03,39 | #255 Men 200 Medley Relay (4) | 1:51,31 |
| #263 Men 400 Free Relay (3) | 3:45,59 | | |

3 Kannemeyer, Shaunique L - Female - Age: 14 - Ind/Rel: 5 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:15,59 | #114 Girls 14&O 100 Free Prelims | 1:11,12 |
| #116 Girls 14&O 50 Breast Prelims | 39,86 | #122 Girls 14&O 100 Breast Prelims | 1:30,80 |
| #130 Girls 14&O 50 Free Prelims | 30,75 | | |

4 Kayser, Beurick - Male - Age: 15 - Ind/Rel: 9 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:47,40 | #103 Boys 14&O 200 IM | 2:33,42 |
| #115 Boys 14&O 100 Free Prelims | 1:03,22 | #117 Boys 14&O 50 Breast Prelims | 33,19 |
| #123 Boys 14&O 100 Breast Prelims | 1:14,50 | #125 Boys 14&O 200 Back | 2:32,70 |
| #127 Boys 14&O 50 Fly Prelims | 30,99 | #129 Boys 14&O 200 Free | 2:20,81 |
| #131 Boys 14&O 50 Free Prelims | 28,99 | | |

5 Kayser, Carlah D - Female - Age: 17 - Ind/Rel: 5 / 5

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:51,42 | #102 Girls 14&O 200 IM | 2:39,70 |
| #108 Women 800 Free Relay (3) | 9:42,18 | #112 Girls 14&O 100 Back Prelims | 1:15,90 |
| #116 Girls 14&O 50 Breast Prelims | 36,17 | #122 Girls 14&O 100 Breast Prelims | 1:18,47 |
| #224 Women 200 Free Relay (3) | 2:05,15 | #238 Women 400 Medley Relay (2) | 4:58,61 |
| #254 Women 200 Medley Relay (2) | 2:16,44 | #262 Women 400 Free Relay (1) | 4:30,13 |

6 Keating, Adam - Male - Age: 17 - Ind/Rel: 11 / 4

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:19,68 | #105 Boys 14&O 50 Back Prelims | 32,37 |
| #107 Boys 14&O 100 Fly Prelims | 1:01,97 | #115 Boys 14&O 100 Free Prelims | 56,41 |
| #117 Boys 14&O 50 Breast Prelims | 32,54 | #121 Boys 14&O 400 Free | 4:38,02 |
| #123 Boys 14&O 100 Breast Prelims | 1:07,92 | #127 Boys 14&O 50 Fly Prelims | 27,44 |
| #129 Boys 14&O 200 Free | 2:06,50 | #131 Boys 14&O 50 Free Prelims | 26,31 |
| #133 Boys 14&O 200 Fly | 2:16,27 | #225 Men 200 Free Relay (1) | 1:45,63 |
| #239 Men 400 Medley Relay (2) | 4:03,39 | #255 Men 200 Medley Relay (3) | 1:51,31 |
| #263 Men 400 Free Relay (1) | 3:45,59 | | |

7 Kotzè, Lia C - Female - Age: 15 - Ind/Rel: 5 / 5

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:07,98 | #102 Girls 14&O 200 IM | 2:45,49 |
| #108 Women 800 Free Relay (1) | 9:42,18 | #114 Girls 14&O 100 Free Prelims | 1:09,00 |
| #116 Girls 14&O 50 Breast Prelims | 39,75 | #122 Girls 14&O 100 Breast Prelims | 1:25,89 |
| #224 Women 200 Free Relay (1) | 2:05,15 | #238 Women 400 Medley Relay (1) | 4:58,61 |
| #254 Women 200 Medley Relay (1) | 2:16,44 | #262 Women 400 Free Relay (2) | 4:30,13 |

8 Kriegler, Joanica C - Female - Age: 15 - Ind/Rel: 10 / 0

| | | | |
|----------------------------------|---------|------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:59,31 | #104 Girls 14&O 50 Back Prelims | 39,58 |
| #112 Girls 14&O 100 Back Prelims | 1:25,58 | #114 Girls 14&O 100 Free Prelims | 1:11,38 |
| #120 Girls 14&O 400 Free | 5:30,28 | #122 Girls 14&O 100 Breast Prelims | 1:35,92 |
| #124 Girls 14&O 200 Back | 3:04,74 | #126 Girls 14&O 50 Fly Prelims | 37,25 |
| #128 Girls 14&O 200 Free | 2:35,89 | #130 Girls 14&O 50 Free Prelims | 33,12 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Curro Durbanville Aquatics-CP

9 Kriegler, Christiaan C - Male - Age: 14 - Ind/Rel: 9 / 3

| | | | |
|--------------------------------|---------|-----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:30,67 | #105 Boys 14&O 50 Back Prelims | 32,10 |
| #107 Boys 14&O 100 Fly Prelims | 1:06,99 | #115 Boys 14&O 100 Free Prelims | 59,11 |
| #121 Boys 14&O 400 Free | 4:39,78 | #123 Boys 14&O 100 Breast Prelims | 1:27,91 |
| #125 Boys 14&O 200 Back | 2:26,85 | #129 Boys 14&O 200 Free | 2:09,65 |
| #131 Boys 14&O 50 Free Prelims | 28,65 | #225 Men 200 Free Relay (2) | 1:51,52 |
| #239 Men 400 Medley Relay (4) | 4:17,82 | #263 Men 400 Free Relay (4) | 3:58,32 |

10 Louw, Guillaume - Male - Age: 16 - Ind/Rel: 8 / 4

| | | | |
|---------------------------------|---------|--------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:29,14 | #105 Boys 14&O 50 Back Prelims | 31,46 |
| #107 Boys 14&O 100 Fly Prelims | 1:04,01 | #111 Boys 14&O 400 IM | 5:16,68 |
| #115 Boys 14&O 100 Free Prelims | 1:00,16 | #127 Boys 14&O 50 Fly Prelims | 28,81 |
| #131 Boys 14&O 50 Free Prelims | 27,79 | #133 Boys 14&O 200 Fly | 2:27,82 |
| #225 Men 200 Free Relay (1) | 1:51,52 | #239 Men 400 Medley Relay (3) | 4:17,82 |
| #255 Men 200 Medley Relay (3) | 1:57,26 | #263 Men 400 Free Relay (2) | 3:58,32 |

11 Lubbe, Megan - Female - Age: 11 - Ind/Rel: 7 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 40,50 | #210 Girls 13&U 100 Back Prelims | 1:26,59 |
| #212 Girls 13&U 100 Free Prelims | 1:15,56 | #214 Girls 13&U 50 Breast Prelims | 46,24 |
| #220 Girls 13&U 200 Free Relay (2) | 2:09,40 | #232 Girls 13&U 50 Fly Prelims | 37,55 |
| #234 Girls 13&U 400 Medley Relay (4) | 5:20,64 | #240 Girls 13&U 200 Free | 2:47,45 |
| #242 Girls 13&U 50 Free Prelims | 34,06 | #250 Girls 13&U 200 Medley Relay (3) | 2:24,43 |
| #258 Girls 13&U 400 Free Relay (2) | 4:44,99 | | |

12 Malan, Johan S - Male - Age: 13 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 2:45,90 | #203 Boys 13&U 200 IM | 2:32,86 |
| #213 Boys 13&U 100 Free Prelims | 1:04,88 | #215 Boys 13&U 50 Breast Prelims | 35,38 |
| #221 Boys 13&U 200 Free Relay (4) | 2:04,19 | #227 Boys 13&U 400 Free | 4:51,33 |
| #229 Boys 13&U 100 Breast Prelims | 1:17,06 | #235 Boys 13&U 400 Medley Relay (2) | 5:04,00 |
| #241 Boys 13&U 200 Free | 2:19,13 | #243 Boys 13&U 50 Free Prelims | 29,37 |
| #251 Boys 13&U 200 Medley Relay (2) | 2:20,82 | #259 Boys 13&U 400 Free Relay (4) | 4:34,84 |

13 Mettler, Joshua - Male - Age: 13 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:40,51 | #205 Boys 13&U 50 Back Prelims | 37,15 |
| #207 Boys 13&U 100 Fly Prelims | 1:18,42 | #211 Boys 13&U 100 Back Prelims | 1:14,38 |
| #213 Boys 13&U 100 Free Prelims | 1:05,61 | #221 Boys 13&U 200 Free Relay (3) | 2:04,19 |
| #229 Boys 13&U 100 Breast Prelims | 1:31,56 | #235 Boys 13&U 400 Medley Relay (1) | 5:04,00 |
| #241 Boys 13&U 200 Free | 2:28,71 | #243 Boys 13&U 50 Free Prelims | 30,32 |
| #251 Boys 13&U 200 Medley Relay (1) | 2:20,82 | #259 Boys 13&U 400 Free Relay (1) | 4:34,84 |

14 Olkers, Caellum G - Male - Age: 13 - Ind/Rel: 11 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:13,08 | #203 Boys 13&U 200 IM | 2:45,84 |
| #205 Boys 13&U 50 Back Prelims | 34,00 | #207 Boys 13&U 100 Fly Prelims | 1:14,76 |
| #211 Boys 13&U 100 Back Prelims | 1:12,21 | #213 Boys 13&U 100 Free Prelims | 1:06,55 |
| #221 Boys 13&U 200 Free Relay (1) | 2:04,19 | #227 Boys 13&U 400 Free | 5:21,16 |
| #229 Boys 13&U 100 Breast Prelims | 1:28,27 | #231 Boys 13&U 200 Back | 2:37,15 |
| #235 Boys 13&U 400 Medley Relay (3) | 5:04,00 | #241 Boys 13&U 200 Free | 2:29,48 |
| #243 Boys 13&U 50 Free Prelims | 30,30 | #251 Boys 13&U 200 Medley Relay (3) | 2:20,82 |
| #259 Boys 13&U 400 Free Relay (3) | 4:34,84 | | |

15 Putter, Tanè - Female - Age: 12 - Ind/Rel: 10 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:04,23 | #202 Girls 13&U 200 IM | 2:42,77 |
| #204 Girls 13&U 50 Back Prelims | 36,41 | #210 Girls 13&U 100 Back Prelims | 1:18,58 |
| #212 Girls 13&U 100 Free Prelims | 1:11,13 | #214 Girls 13&U 50 Breast Prelims | 39,29 |
| #220 Girls 13&U 200 Free Relay (1) | 2:09,40 | #228 Girls 13&U 100 Breast Prelims | 1:25,40 |
| #232 Girls 13&U 50 Fly Prelims | 33,26 | #234 Girls 13&U 400 Medley Relay (2) | 5:20,64 |
| #240 Girls 13&U 200 Free | 2:36,46 | #242 Girls 13&U 50 Free Prelims | 31,94 |
| #250 Girls 13&U 200 Medley Relay (2) | 2:24,43 | #258 Girls 13&U 400 Free Relay (3) | 4:44,99 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Curro Durbanville Aquatics-CP

16 Redelinghuys, Daniel A - Male - Age: 21 - Ind/Rel: 7 / 3

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:37,53 | #107 Boys 14&O 100 Fly Prelims | 1:04,99 |
| #115 Boys 14&O 100 Free Prelims | 1:00,40 | #117 Boys 14&O 50 Breast Prelims | 30,23 |
| #123 Boys 14&O 100 Breast Prelims | 1:09,80 | #127 Boys 14&O 50 Fly Prelims | 27,91 |
| #131 Boys 14&O 50 Free Prelims | 26,69 | #225 Men 200 Free Relay (3) | 1:45,63 |
| #239 Men 400 Medley Relay (2) | 4:17,82 | #255 Men 200 Medley Relay (2) | 1:51,31 |

17 Ricketts, Ami C - Female - Age: 13 - Ind/Rel: 4 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:31,63 | #212 Girls 13&U 100 Free Prelims | 1:21,19 |
| #220 Girls 13&U 200 Free Relay (3) | 2:09,40 | #234 Girls 13&U 400 Medley Relay (1) | 5:20,64 |
| #240 Girls 13&U 200 Free | 3:04,00 | #242 Girls 13&U 50 Free Prelims | 34,65 |
| #250 Girls 13&U 200 Medley Relay (1) | 2:24,43 | #258 Girls 13&U 400 Free Relay (1) | 4:44,99 |

18 Samuels-Bron e, Tristan A - Male - Age: 16 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:37,55 | #107 Boys 14&O 100 Fly Prelims | 1:08,25 |
| #117 Boys 14&O 50 Breast Prelims | 35,46 | #123 Boys 14&O 100 Breast Prelims | 1:19,87 |
| #127 Boys 14&O 50 Fly Prelims | 29,97 | | |

19 Smit, Jenna - Female - Age: 12 - Ind/Rel: 8 / 5

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #108 Women 800 Free Relay (2) | 9:42,18 | #202 Girls 13&U 200 IM | 2:52,90 |
| #204 Girls 13&U 50 Back Prelims | 36,78 | #210 Girls 13&U 100 Back Prelims | 1:18,71 |
| #212 Girls 13&U 100 Free Prelims | 1:08,28 | #220 Girls 13&U 200 Free Relay (4) | 2:09,40 |
| #226 Girls 13&U 400 Free | 5:14,38 | #230 Girls 13&U 200 Back | 2:54,38 |
| #234 Girls 13&U 400 Medley Relay (3) | 5:20,64 | #240 Girls 13&U 200 Free | 2:27,60 |
| #242 Girls 13&U 50 Free Prelims | 31,14 | #250 Girls 13&U 200 Medley Relay (4) | 2:24,43 |
| #258 Girls 13&U 400 Free Relay (4) | 4:44,99 | | |

20 Stander, Luan - Male - Age: 11 - Ind/Rel: 6 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #213 Boys 13&U 100 Free Prelims | 1:17,80 | #215 Boys 13&U 50 Breast Prelims | 47,46 |
| #221 Boys 13&U 200 Free Relay (2) | 2:04,19 | #229 Boys 13&U 100 Breast Prelims | 1:43,92 |
| #233 Boys 13&U 50 Fly Prelims | 42,97 | #235 Boys 13&U 400 Medley Relay (4) | 5:04,00 |
| #241 Boys 13&U 200 Free | 2:51,79 | #243 Boys 13&U 50 Free Prelims | 34,20 |
| #251 Boys 13&U 200 Medley Relay (4) | 2:20,82 | #259 Boys 13&U 400 Free Relay (2) | 4:34,84 |

21 Taljaard, JJ J - Male - Age: 17 - Ind/Rel: 6 / 4

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:32,07 | #107 Boys 14&O 100 Fly Prelims | 1:00,71 |
| #117 Boys 14&O 50 Breast Prelims | 31,55 | #123 Boys 14&O 100 Breast Prelims | 1:10,40 |
| #127 Boys 14&O 50 Fly Prelims | 27,96 | #133 Boys 14&O 200 Fly | 2:13,60 |
| #225 Men 200 Free Relay (3) | 1:51,52 | #239 Men 400 Medley Relay (3) | 4:03,39 |
| #255 Men 200 Medley Relay (2) | 1:57,26 | #263 Men 400 Free Relay (1) | 3:58,32 |

22 Van Reenen, Ryan - Male - Age: 20 - Ind/Rel: 5 / 3

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:06,65 | #115 Boys 14&O 100 Free Prelims | 59,70 |
| #117 Boys 14&O 50 Breast Prelims | 35,59 | #127 Boys 14&O 50 Fly Prelims | 29,09 |
| #131 Boys 14&O 50 Free Prelims | 26,83 | #225 Men 200 Free Relay (4) | 1:51,52 |
| #255 Men 200 Medley Relay (4) | 1:57,26 | #263 Men 400 Free Relay (3) | 3:58,32 |

23 Van Zyl, Zander D - Male - Age: 15 - Ind/Rel: 8 / 4

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:26,02 | #105 Boys 14&O 50 Back Prelims | 30,07 |
| #113 Boys 14&O 100 Back Prelims | 1:04,90 | #115 Boys 14&O 100 Free Prelims | 57,97 |
| #125 Boys 14&O 200 Back | 2:26,48 | #127 Boys 14&O 50 Fly Prelims | 29,30 |
| #129 Boys 14&O 200 Free | 2:09,30 | #131 Boys 14&O 50 Free Prelims | 26,73 |
| #225 Men 200 Free Relay (2) | 1:45,63 | #239 Men 400 Medley Relay (1) | 4:17,82 |
| #255 Men 200 Medley Relay (1) | 1:57,26 | #263 Men 400 Free Relay (2) | 3:45,59 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04**Team Entries - All Events****Curro Durbanville Aquatics-CP****24 Vd Walt, Talitha - Female - Age: 18 - Ind/Rel: 7 / 5**

| | | | |
|----------------------------------|---------|---------------------------------|----------|
| #106 Girls 14&O 100 Fly Prelims | 1:15,44 | #108 Women 800 Free Relay (4) | 9:42,18 |
| #114 Girls 14&O 100 Free Prelims | 1:06,13 | #118 Women 14&O 800 Free | 10:32,91 |
| #120 Girls 14&O 400 Free | 5:02,37 | #126 Girls 14&O 50 Fly Prelims | 33,11 |
| #128 Girls 14&O 200 Free | 2:22,31 | #130 Girls 14&O 50 Free Prelims | 30,67 |
| #224 Women 200 Free Relay (4) | 2:05,15 | #238 Women 400 Medley Relay (3) | 4:58,61 |
| #254 Women 200 Medley Relay (3) | 2:16,44 | #262 Women 400 Free Relay (4) | 4:30,13 |

25 Westerhuis, Skye L - Female - Age: 14 - Ind/Rel: 4 / 4

| | | | |
|------------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 37,23 | #112 Girls 14&O 100 Back Prelims | 1:18,41 |
| #122 Girls 14&O 100 Breast Prelims | 1:30,18 | #124 Girls 14&O 200 Back | 2:51,48 |
| #224 Women 200 Free Relay (2) | 2:05,15 | #238 Women 400 Medley Relay (4) | 4:58,61 |
| #254 Women 200 Medley Relay (4) | 2:16,44 | #262 Women 400 Free Relay (3) | 4:30,13 |

Curro Durbanville Aquatics-CP Total Individual Entries: 181 - Total Relays: 0**Curro Hermanus Aquatics-OB****1 Ricco, Lilly C - Female - Age: 16 - Ind/Rel: 6 / 0**

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:52,71 | #104 Girls 14&O 50 Back Prelims | 34,94 |
| #112 Girls 14&O 100 Back Prelims | 1:18,28 | #114 Girls 14&O 100 Free Prelims | 1:05,12 |
| #128 Girls 14&O 200 Free | 2:29,50 | #130 Girls 14&O 50 Free Prelims | 30,72 |

2 Van Huyssteen, Miette - Female - Age: 12 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:25,23 | #204 Girls 13&U 50 Back Prelims | 39,11 |
| #210 Girls 13&U 100 Back Prelims | 1:26,11 | #212 Girls 13&U 100 Free Prelims | 1:16,44 |
| #242 Girls 13&U 50 Free Prelims | 33,23 | | |

Curro Hermanus Aquatics-OB Total Individual Entries: 11 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Curro Langebaan Swim Club-WC

1 Basson, Chrizandi - Female - Age: 13 - Ind/Rel: 0 / 2

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|------------------------------------|---------|--------------------------------------|---------|
| #220 Girls 13&U 200 Free Relay (4) | 2:24,30 | #250 Girls 13&U 200 Medley Relay (4) | 2:45,84 |
|------------------------------------|---------|--------------------------------------|---------|

2 De Clercq, Chanè - Female - Age: 17 - Ind/Rel: 0 / 3

| | | | |
|-------------------------------|---------|---------------------------------|----|
| #224 Women 200 Free Relay (2) | 2:06,43 | #254 Women 200 Medley Relay (3) | NT |
| #262 Women 400 Free Relay (1) | 4:35,59 | | |

3 De Clercq, Diederick - Male - Age: 15 - Ind/Rel: 7 / 3

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:03,27 | #115 Boys 14&O 100 Free Prelims | 1:00,02 |
| #117 Boys 14&O 50 Breast Prelims | 35,40 | #123 Boys 14&O 100 Breast Prelims | 1:18,99 |
| #127 Boys 14&O 50 Fly Prelims | 28,72 | #129 Boys 14&O 200 Free | 2:20,48 |
| #131 Boys 14&O 50 Free Prelims | 27,46 | #225 Men 200 Free Relay (1) | 1:51,36 |
| #255 Men 200 Medley Relay (2) | NT | #263 Men 400 Free Relay (3) | 4:05,21 |

4 Engelbrecht, Pirow P - Male - Age: 19 - Ind/Rel: 5 / 3

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:02,83 | #115 Boys 14&O 100 Free Prelims | 55,32 |
| #127 Boys 14&O 50 Fly Prelims | 26,76 | #129 Boys 14&O 200 Free | 2:09,29 |
| #131 Boys 14&O 50 Free Prelims | 24,97 | #225 Men 200 Free Relay (2) | 1:51,36 |
| #255 Men 200 Medley Relay (1) | NT | #263 Men 400 Free Relay (2) | 4:05,21 |

5 Flack, Rebecca I - Female - Age: 12 - Ind/Rel: 6 / 4

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:09,21 | #204 Girls 13&U 50 Back Prelims | 39,68 |
| #210 Girls 13&U 100 Back Prelims | 1:26,95 | #212 Girls 13&U 100 Free Prelims | 1:14,75 |
| #220 Girls 13&U 200 Free Relay (3) | 2:11,86 | #230 Girls 13&U 200 Back | 3:04,52 |
| #234 Girls 13&U 400 Medley Relay (4) | NT | #242 Girls 13&U 50 Free Prelims | 33,44 |
| #250 Girls 13&U 200 Medley Relay (4) | 2:28,85 | #258 Girls 13&U 400 Free Relay (1) | 5:00,28 |

6 Geldenhuys, Lize-Mari - Female - Age: 14 - Ind/Rel: 8 / 3

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|----------------------------------|---------|----------------------------------|----------|
| #104 Girls 14&O 50 Back Prelims | 38,49 | #112 Girls 14&O 100 Back Prelims | 1:18,43 |
| #114 Girls 14&O 100 Free Prelims | 1:10,16 | #118 Women 14&O 800 Free | 10:49,54 |
| #120 Girls 14&O 400 Free | 5:13,19 | #124 Girls 14&O 200 Back | 2:47,31 |
| #128 Girls 14&O 200 Free | 2:29,03 | #130 Girls 14&O 50 Free Prelims | 32,39 |
| #224 Women 200 Free Relay (3) | 2:06,43 | #254 Women 200 Medley Relay (4) | NT |
| #262 Women 400 Free Relay (4) | 4:35,59 | | |

7 Louw, Adriaan B - Male - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:43,66 | #205 Boys 13&U 50 Back Prelims | 32,31 |
| #211 Boys 13&U 100 Back Prelims | 1:10,41 | #213 Boys 13&U 100 Free Prelims | 1:08,98 |
| #215 Boys 13&U 50 Breast Prelims | 41,76 | #231 Boys 13&U 200 Back | 2:31,86 |
| #233 Boys 13&U 50 Fly Prelims | 33,33 | | |

8 Mansfield, Bella K - Female - Age: 12 - Ind/Rel: 5 / 1

| | | | |
|----------------------------|---------|--------------------------------------|----------|
| #200 Girls 13&U 200 Breast | 3:34,00 | #216 Girls 11-13 800 Free | 11:28,47 |
| #226 Girls 13&U 400 Free | 5:26,33 | #228 Girls 13&U 100 Breast Prelims | 1:40,32 |
| #240 Girls 13&U 200 Free | 2:40,79 | #250 Girls 13&U 200 Medley Relay (1) | 2:45,84 |

9 Mundell, Ruben W - Male - Age: 13 - Ind/Rel: 2 / 0

| | | | |
|----------------------------------|-------|--------------------------------|-------|
| #215 Boys 13&U 50 Breast Prelims | 43,36 | #243 Boys 13&U 50 Free Prelims | 31,02 |
|----------------------------------|-------|--------------------------------|-------|

10 Novello, Utah - Female - Age: 13 - Ind/Rel: 8 / 3

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:49,84 | #204 Girls 13&U 50 Back Prelims | 36,65 |
| #208 Girls 13&U 400 IM | 6:01,59 | #210 Girls 13&U 100 Back Prelims | 1:18,60 |
| #220 Girls 13&U 200 Free Relay (1) | 2:11,86 | #230 Girls 13&U 200 Back | 2:49,16 |
| #232 Girls 13&U 50 Fly Prelims | 35,80 | #234 Girls 13&U 400 Medley Relay (3) | NT |
| #240 Girls 13&U 200 Free | 2:40,62 | #242 Girls 13&U 50 Free Prelims | 32,37 |
| #250 Girls 13&U 200 Medley Relay (3) | 2:28,85 | | |

11 Oosthuizen, Nina - Female - Age: 12 - Ind/Rel: 0 / 1

| | | | |
|------------------------------------|---------|--|--|
| #220 Girls 13&U 200 Free Relay (1) | 2:24,30 | | |
|------------------------------------|---------|--|--|

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Curro Langebaan Swim Club-WC

12 Paulse, Ethan M - Male - Age: 24 - Ind/Rel: 10 / 3

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|-----------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:40,62 | #105 Boys 14&O 50 Back Prelims | 32,88 |
| #107 Boys 14&O 100 Fly Prelims | 1:08,40 | #113 Boys 14&O 100 Back Prelims | 1:13,56 |
| #115 Boys 14&O 100 Free Prelims | 1:02,55 | #117 Boys 14&O 50 Breast Prelims | 41,24 |
| #123 Boys 14&O 100 Breast Prelims | 1:25,06 | #127 Boys 14&O 50 Fly Prelims | 30,02 |
| #129 Boys 14&O 200 Free | 2:27,64 | #131 Boys 14&O 50 Free Prelims | 28,27 |
| #225 Men 200 Free Relay (3) | 1:51,36 | #255 Men 200 Medley Relay (3) | NT |
| #263 Men 400 Free Relay (4) | 4:05,21 | | |

13 Pearson, Kyle T - Male - Age: 16 - Ind/Rel: 0 / 3

| | | | |
|-----------------------------|---------|-------------------------------|----|
| #225 Men 200 Free Relay (4) | 1:51,36 | #255 Men 200 Medley Relay (4) | NT |
| #263 Men 400 Free Relay (1) | 4:05,21 | | |

14 Pollicutte, Leila - Female - Age: 13 - Ind/Rel: 7 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:09,13 | #202 Girls 13&U 200 IM | 2:59,45 |
| #212 Girls 13&U 100 Free Prelims | 1:14,30 | #214 Girls 13&U 50 Breast Prelims | 40,47 |
| #220 Girls 13&U 200 Free Relay (2) | 2:11,86 | #228 Girls 13&U 100 Breast Prelims | 1:26,87 |
| #234 Girls 13&U 400 Medley Relay (2) | NT | #240 Girls 13&U 200 Free | 2:43,48 |
| #242 Girls 13&U 50 Free Prelims | 33,14 | #250 Girls 13&U 200 Medley Relay (2) | 2:28,85 |
| #258 Girls 13&U 400 Free Relay (4) | 5:00,28 | | |

15 Pollicutte, Trisha - Female - Age: 17 - Ind/Rel: 7 / 3

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:34,51 | #106 Girls 14&O 100 Fly Prelims | 1:11,15 |
| #112 Girls 14&O 100 Back Prelims | 1:11,87 | #114 Girls 14&O 100 Free Prelims | 1:03,72 |
| #116 Girls 14&O 50 Breast Prelims | 39,24 | #126 Girls 14&O 50 Fly Prelims | 33,51 |
| #130 Girls 14&O 50 Free Prelims | 29,22 | #224 Women 200 Free Relay (4) | 2:06,43 |
| #254 Women 200 Medley Relay (2) | NT | #262 Women 400 Free Relay (2) | 4:35,59 |

16 Reid, Makayla - Female - Age: 12 - Ind/Rel: 0 / 2

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|------------------------------------|---------|--------------------------------------|---------|
| #220 Girls 13&U 200 Free Relay (2) | 2:24,30 | #250 Girls 13&U 200 Medley Relay (2) | 2:45,84 |
|------------------------------------|---------|--------------------------------------|---------|

17 Schmidt, Klaudia C - Female - Age: 15 - Ind/Rel: 6 / 3

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 34,60 | #112 Girls 14&O 100 Back Prelims | 1:11,45 |
| #114 Girls 14&O 100 Free Prelims | 1:08,01 | #124 Girls 14&O 200 Back | 2:34,21 |
| #126 Girls 14&O 50 Fly Prelims | 35,12 | #130 Girls 14&O 50 Free Prelims | 31,33 |
| #224 Women 200 Free Relay (1) | 2:06,43 | #254 Women 200 Medley Relay (1) | NT |
| #262 Women 400 Free Relay (3) | 4:35,59 | | |

18 Slabber, Nina - Female - Age: 12 - Ind/Rel: 4 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:28,00 | #212 Girls 13&U 100 Free Prelims | 1:16,68 |
| #220 Girls 13&U 200 Free Relay (3) | 2:24,30 | #232 Girls 13&U 50 Fly Prelims | 42,21 |
| #242 Girls 13&U 50 Free Prelims | 34,55 | #250 Girls 13&U 200 Medley Relay (3) | 2:45,84 |
| #258 Girls 13&U 400 Free Relay (3) | 5:00,28 | | |

19 Steyn, Robyn J - Female - Age: 12 - Ind/Rel: 8 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 39,14 | #206 Girls 13&U 100 Fly Prelims | 1:33,24 |
| #210 Girls 13&U 100 Back Prelims | 1:19,07 | #212 Girls 13&U 100 Free Prelims | 1:14,55 |
| #220 Girls 13&U 200 Free Relay (4) | 2:11,86 | #230 Girls 13&U 200 Back | 2:52,30 |
| #232 Girls 13&U 50 Fly Prelims | 37,83 | #234 Girls 13&U 400 Medley Relay (1) | NT |
| #240 Girls 13&U 200 Free | 2:50,49 | #242 Girls 13&U 50 Free Prelims | 32,91 |
| #250 Girls 13&U 200 Medley Relay (1) | 2:28,85 | #258 Girls 13&U 400 Free Relay (2) | 5:00,28 |

Curro Langebaan Swim Club-WC Total Individual Entries: 90 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Cybersmart Aquatics-CP

1 Amery-Bosman, Morgan B - Female - Age: 15 - Ind/Rel: 4 / 3

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|--------------------------------------|---------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 3:05,93 | #112 Girls 14&O 100 Back Prelims | 1:18,96 |
| #120 Girls 14&O 400 Free | 5:35,34 | #124 Girls 14&O 200 Back | 2:43,90 |
| #222 Girls 15&U 200 Free Relay (1) | 2:04,37 | #236 Girls 15&U 400 Medley Relay (4) | 5:04,55 |
| #252 Girls 15&U 200 Medley Relay (4) | 2:17,09 | | |

2 Benson, Blair - Female - Age: 12 - Ind/Rel: 8 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:39,19 | #204 Girls 13&U 50 Back Prelims | 39,15 |
| #208 Girls 13&U 400 IM | 6:27,34 | #210 Girls 13&U 100 Back Prelims | 1:23,34 |
| #220 Girls 13&U 200 Free Relay (2) | 2:15,99 | #226 Girls 13&U 400 Free | 5:41,17 |
| #228 Girls 13&U 100 Breast Prelims | 1:38,19 | #240 Girls 13&U 200 Free | 2:42,10 |
| #242 Girls 13&U 50 Free Prelims | 34,96 | #250 Girls 13&U 200 Medley Relay (1) | 2:34,24 |
| #258 Girls 13&U 400 Free Relay (2) | 4:54,51 | | |

3 Chiang, Kelsey T - Female - Age: 14 - Ind/Rel: 6 / 2

| | | | |
|------------------------------------|---------|------------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 36,08 | #112 Girls 14&O 100 Back Prelims | 1:13,37 |
| #120 Girls 14&O 400 Free | 5:00,91 | #124 Girls 14&O 200 Back | 2:36,12 |
| #128 Girls 14&O 200 Free | 2:25,70 | #130 Girls 14&O 50 Free Prelims | 30,97 |
| #222 Girls 15&U 200 Free Relay (3) | 2:04,37 | #260 Girls 15&U 400 Free Relay (4) | 4:35,92 |

4 Cillie, Lindi L - Female - Age: 17 - Ind/Rel: 3 / 0

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|---------------------------------|---------|---------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:36,54 | #106 Girls 14&O 100 Fly Prelims | 1:10,93 |
| #130 Girls 14&O 50 Free Prelims | 28,91 | | |

5 Coetzer, Jayden P - Male - Age: 14 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|----------|
| #103 Boys 14&O 200 IM | 2:29,50 | #107 Boys 14&O 100 Fly Prelims | 1:07,12 |
| #111 Boys 14&O 400 IM | 5:02,70 | #119 Men 14&O 1500 Free | 19:09,02 |
| #121 Boys 14&O 400 Free | 4:44,04 | #127 Boys 14&O 50 Fly Prelims | 30,76 |
| #129 Boys 14&O 200 Free | 2:15,18 | #133 Boys 14&O 200 Fly | 2:22,13 |
| #223 Boys 15&U 200 Free Relay (4) | 2:06,51 | #237 Boys 15&U 400 Medley Relay (3) | 4:55,14 |
| #253 Boys 15&U 200 Medley Relay (1) | 2:17,24 | #261 Boys 15&U 400 Free Relay (4) | 4:34,26 |

6 Coetzer, Milan J - Male - Age: 12 - Ind/Rel: 9 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:53,06 | #207 Boys 13&U 100 Fly Prelims | 1:17,79 |
| #211 Boys 13&U 100 Back Prelims | 1:22,18 | #213 Boys 13&U 100 Free Prelims | 1:11,61 |
| #223 Boys 15&U 200 Free Relay (2) | 2:06,51 | #227 Boys 13&U 400 Free | 5:24,96 |
| #231 Boys 13&U 200 Back | 2:50,64 | #233 Boys 13&U 50 Fly Prelims | 36,03 |
| #237 Boys 15&U 400 Medley Relay (4) | 4:55,14 | #241 Boys 13&U 200 Free | 2:39,10 |
| #243 Boys 13&U 50 Free Prelims | 33,68 | #253 Boys 15&U 200 Medley Relay (3) | 2:17,24 |
| #261 Boys 15&U 400 Free Relay (3) | 4:34,26 | | |

7 Du Preez, Ethan M - Male - Age: 16 - Ind/Rel: 7 / 0

| | | | |
|--------------------------------|----------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 55,15 | #115 Boys 14&O 100 Free Prelims | 54,44 |
| #119 Men 14&O 1500 Free | 16:20,81 | #121 Boys 14&O 400 Free | 4:08,45 |
| #127 Boys 14&O 50 Fly Prelims | 26,76 | #133 Boys 14&O 200 Fly | 1:58,67 |
| #135 Boys 14&O 800 Free | 8:25,59 | | |

8 Grobler, Benke - Male - Age: 14 - Ind/Rel: 7 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:45,57 | #103 Boys 14&O 200 IM | 2:35,94 |
| #111 Boys 14&O 400 IM | 5:14,14 | #115 Boys 14&O 100 Free Prelims | 1:05,98 |
| #121 Boys 14&O 400 Free | 4:51,88 | #123 Boys 14&O 100 Breast Prelims | 1:19,60 |
| #135 Boys 14&O 800 Free | 9:42,32 | #223 Boys 15&U 200 Free Relay (1) | 2:06,51 |
| #237 Boys 15&U 400 Medley Relay (2) | 4:55,14 | #253 Boys 15&U 200 Medley Relay (2) | 2:17,24 |
| #261 Boys 15&U 400 Free Relay (1) | 4:34,26 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Cybersmart Aquatics-CP

9 Jack, Kieta I - Female - Age: 13 - Ind/Rel: 8 / 3

| | | | |
|------------------------------------|----------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:00,47 | #208 Girls 13&U 400 IM | 6:25,17 |
| #216 Girls 11-13 800 Free | 11:05,68 | #220 Girls 13&U 200 Free Relay (1) | 2:15,99 |
| #226 Girls 13&U 400 Free | 5:25,83 | #232 Girls 13&U 50 Fly Prelims | 39,58 |
| #240 Girls 13&U 200 Free | 2:38,64 | #242 Girls 13&U 50 Free Prelims | 33,05 |
| #246 Girls 13&U 1500 Free | 21:18,43 | #250 Girls 13&U 200 Medley Relay (4) | 2:34,24 |
| #258 Girls 13&U 400 Free Relay (3) | 4:54,51 | | |

10 Nortjè, Mia - Female - Age: 13 - Ind/Rel: 8 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:05,61 | #206 Girls 13&U 100 Fly Prelims | 1:23,18 |
| #208 Girls 13&U 400 IM | 6:01,84 | #212 Girls 13&U 100 Free Prelims | 1:13,49 |
| #220 Girls 13&U 200 Free Relay (3) | 2:15,99 | #226 Girls 13&U 400 Free | 5:33,61 |
| #228 Girls 13&U 100 Breast Prelims | 1:30,09 | #240 Girls 13&U 200 Free | 2:36,31 |
| #242 Girls 13&U 50 Free Prelims | 34,46 | #250 Girls 13&U 200 Medley Relay (2) | 2:34,24 |
| #258 Girls 13&U 400 Free Relay (1) | 4:54,51 | | |

11 Pla, Alexia M - Female - Age: 14 - Ind/Rel: 0 / 1

| | | | |
|------------------------------------|---------|--|--|
| #260 Girls 15&U 400 Free Relay (3) | 4:35,92 | | |
|------------------------------------|---------|--|--|

12 Pretorius, Jean E - Male - Age: 23 - Ind/Rel: 6 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:35,34 | #107 Boys 14&O 100 Fly Prelims | 1:13,60 |
| #113 Boys 14&O 100 Back Prelims | 1:18,03 | #115 Boys 14&O 100 Free Prelims | 1:06,87 |
| #123 Boys 14&O 100 Breast Prelims | 1:24,73 | #131 Boys 14&O 50 Free Prelims | 30,04 |

13 Qwemesha, Somi K - Female - Age: 14 - Ind/Rel: 5 / 2

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:11,30 | #106 Girls 14&O 100 Fly Prelims | 1:19,46 |
| #116 Girls 14&O 50 Breast Prelims | 40,12 | #122 Girls 14&O 100 Breast Prelims | 1:27,44 |
| #126 Girls 14&O 50 Fly Prelims | 35,04 | #236 Girls 15&U 400 Medley Relay (2) | 5:04,55 |
| #252 Girls 15&U 200 Medley Relay (2) | 2:17,09 | | |

14 Reyneke, Aeryn - Female - Age: 14 - Ind/Rel: 4 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:52,37 | #110 Girls 14&O 400 IM | 5:57,32 |
| #114 Girls 14&O 100 Free Prelims | 1:11,28 | #128 Girls 14&O 200 Free | 2:34,15 |
| #222 Girls 15&U 200 Free Relay (2) | 2:04,37 | #236 Girls 15&U 400 Medley Relay (1) | 5:04,55 |
| #252 Girls 15&U 200 Medley Relay (1) | 2:17,09 | #260 Girls 15&U 400 Free Relay (2) | 4:35,92 |

15 Stearns, Jemma - Female - Age: 12 - Ind/Rel: 8 / 3

| | | | |
|------------------------------------|----------|--------------------------------------|----------|
| #202 Girls 13&U 200 IM | 2:56,89 | #206 Girls 13&U 100 Fly Prelims | 1:27,14 |
| #208 Girls 13&U 400 IM | 6:03,94 | #216 Girls 11-13 800 Free | 11:00,69 |
| #220 Girls 13&U 200 Free Relay (4) | 2:15,99 | #226 Girls 13&U 400 Free | 5:20,34 |
| #230 Girls 13&U 200 Back | 2:52,13 | #240 Girls 13&U 200 Free | 2:33,74 |
| #246 Girls 13&U 1500 Free | 20:34,69 | #250 Girls 13&U 200 Medley Relay (3) | 2:34,24 |
| #258 Girls 13&U 400 Free Relay (4) | 4:54,51 | | |

16 Theys, Jayden-Lee - Male - Age: 10 - Ind/Rel: 10 / 3

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:33,95 | #205 Boys 13&U 50 Back Prelims | 38,35 |
| #207 Boys 13&U 100 Fly Prelims | 1:30,84 | #211 Boys 13&U 100 Back Prelims | 1:24,38 |
| #213 Boys 13&U 100 Free Prelims | 1:13,15 | #223 Boys 15&U 200 Free Relay (3) | 2:06,51 |
| #227 Boys 13&U 400 Free | 5:27,45 | #229 Boys 13&U 100 Breast Prelims | 1:40,60 |
| #233 Boys 13&U 50 Fly Prelims | 36,46 | #241 Boys 13&U 200 Free | 2:36,86 |
| #243 Boys 13&U 50 Free Prelims | 32,82 | #253 Boys 15&U 200 Medley Relay (4) | 2:17,24 |
| #261 Boys 15&U 400 Free Relay (2) | 4:34,26 | | |

17 Vd Toorn, Corin - Male - Age: 11 - Ind/Rel: 9 / 1

| | | | |
|---------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:59,81 | #205 Boys 13&U 50 Back Prelims | 37,42 |
| #207 Boys 13&U 100 Fly Prelims | 1:22,12 | #211 Boys 13&U 100 Back Prelims | 1:19,57 |
| #213 Boys 13&U 100 Free Prelims | 1:14,95 | #227 Boys 13&U 400 Free | 5:35,70 |
| #231 Boys 13&U 200 Back | 2:47,27 | #237 Boys 15&U 400 Medley Relay (1) | 4:55,14 |
| #241 Boys 13&U 200 Free | 2:40,84 | #243 Boys 13&U 50 Free Prelims | 35,21 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Cybersmart Aquatics-CP

18 Vd Toorn, Thea F - Female - Age: 14 - Ind/Rel: 10 / 4

| | | | |
|--------------------------------------|----------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:46,61 | #106 Girls 14&O 100 Fly Prelims | 1:14,89 |
| #110 Girls 14&O 400 IM | 6:04,46 | #114 Girls 14&O 100 Free Prelims | 1:08,57 |
| #118 Women 14&O 800 Free | 10:41,74 | #120 Girls 14&O 400 Free | 5:11,50 |
| #124 Girls 14&O 200 Back | 2:43,01 | #126 Girls 14&O 50 Fly Prelims | 31,72 |
| #128 Girls 14&O 200 Free | 2:26,18 | #130 Girls 14&O 50 Free Prelims | 30,51 |
| #222 Girls 15&U 200 Free Relay (4) | 2:04,37 | #236 Girls 15&U 400 Medley Relay (3) | 5:04,55 |
| #252 Girls 15&U 200 Medley Relay (3) | 2:17,09 | #260 Girls 15&U 400 Free Relay (1) | 4:35,92 |

19 Watson, Cameron H - Male - Age: 16 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:35,25 | #107 Boys 14&O 100 Fly Prelims | 1:10,33 |
| #113 Boys 14&O 100 Back Prelims | 1:06,93 | #115 Boys 14&O 100 Free Prelims | 1:00,85 |
| #129 Boys 14&O 200 Free | 2:15,87 | #131 Boys 14&O 50 Free Prelims | 27,82 |

Cybersmart Aquatics-CP Total Individual Entries: 126 - Total Relays: 0

Fish Eagle Aquatics-ED

1 Botes, Landré - Male - Age: 14 - Ind/Rel: 1 / 0

| | |
|--------------------------------|-------|
| #131 Boys 14&O 50 Free Prelims | 28,90 |
|--------------------------------|-------|

2 Coetzee, Jada E - Female - Age: 13 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:52,53 | #206 Girls 13&U 100 Fly Prelims | 1:21,92 |
| #210 Girls 13&U 100 Back Prelims | 1:20,58 | #212 Girls 13&U 100 Free Prelims | 1:08,10 |

3 Schlechter, Gustav - Male - Age: 17 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|-------|--------------------------------|-------|
| #105 Boys 14&O 50 Back Prelims | 28,39 | #107 Boys 14&O 100 Fly Prelims | 58,98 |
| #115 Boys 14&O 100 Free Prelims | 53,63 | #127 Boys 14&O 50 Fly Prelims | 25,95 |
| #131 Boys 14&O 50 Free Prelims | 24,34 | | |

Fish Eagle Aquatics-ED Total Individual Entries: 10 - Total Relays: 0

Greydogs Swimming Club-CP

1 Cronjè, Danielle - Female - Age: 11 - Ind/Rel: 4 / 0

| | | | |
|--------------------------|---------|---------------------------------|-------|
| #202 Girls 13&U 200 IM | 3:16,33 | #204 Girls 13&U 50 Back Prelims | 42,91 |
| #230 Girls 13&U 200 Back | 3:15,34 | #242 Girls 13&U 50 Free Prelims | 33,46 |

2 Van Wyk, Wayne E - Male - Age: 11 - Ind/Rel: 4 / 0

| | | | |
|-------------------------|---------|---------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:17,91 | #213 Boys 13&U 100 Free Prelims | 1:20,72 |
| #227 Boys 13&U 400 Free | 6:05,94 | #243 Boys 13&U 50 Free Prelims | 34,99 |

3 Van Wyk, Wesley R - Male - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|---------------------------------|---------|--------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:55,78 | #207 Boys 13&U 100 Fly Prelims | 1:22,63 |
| #213 Boys 13&U 100 Free Prelims | 1:10,99 | #227 Boys 13&U 400 Free | 5:32,60 |
| #233 Boys 13&U 50 Fly Prelims | 35,72 | #241 Boys 13&U 200 Free | 2:36,37 |
| #243 Boys 13&U 50 Free Prelims | 31,16 | | |

Greydogs Swimming Club-CP Total Individual Entries: 15 - Total Relays: 0

Khayelitsha Aquatics-CP

1 Booysen, Samuel F - Male - Age: 14 - Ind/Rel: 6 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 3:12,82 | #115 Boys 14&O 100 Free Prelims | 1:03,08 |
| #117 Boys 14&O 50 Breast Prelims | 38,18 | #123 Boys 14&O 100 Breast Prelims | 1:27,75 |
| #127 Boys 14&O 50 Fly Prelims | 30,40 | #131 Boys 14&O 50 Free Prelims | 27,41 |

2 Koks, Nichole H - Female - Age: 11 - Ind/Rel: 4 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|-------|
| #200 Girls 13&U 200 Breast | 3:39,19 | #214 Girls 13&U 50 Breast Prelims | 44,63 |
| #228 Girls 13&U 100 Breast Prelims | 1:41,76 | #242 Girls 13&U 50 Free Prelims | 37,03 |

Khayelitsha Aquatics-CP Total Individual Entries: 10 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Knysna Dragons-ED**1 Canny, Aimee L - Female - Age: 16 - Ind/Rel: 6 / 0**

| | | | |
|--------------------------|---------|----------------------------------|-------|
| #102 Girls 14&O 200 IM | 2:19,34 | #114 Girls 14&O 100 Free Prelims | 54,87 |
| #120 Girls 14&O 400 Free | 4:27,16 | #126 Girls 14&O 50 Fly Prelims | 28,27 |
| #128 Girls 14&O 200 Free | 2:01,63 | #130 Girls 14&O 50 Free Prelims | 25,29 |

Knysna Dragons-ED Total Individual Entries: 6 - Total Relays: 0**Manta SC-CP****1 Abrahams, Tahnah - Female - Age: 12 - Ind/Rel: 8 / 0**

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:48,91 | #204 Girls 13&U 50 Back Prelims | 38,18 |
| #212 Girls 13&U 100 Free Prelims | 1:06,61 | #214 Girls 13&U 50 Breast Prelims | 39,62 |
| #228 Girls 13&U 100 Breast Prelims | 1:26,17 | #230 Girls 13&U 200 Back | 2:54,51 |
| #240 Girls 13&U 200 Free | 2:31,83 | #242 Girls 13&U 50 Free Prelims | 31,07 |

2 Abrahams, Zarah - Female - Age: 14 - Ind/Rel: 4 / 0

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 37,38 | #114 Girls 14&O 100 Free Prelims | 1:09,54 |
| #128 Girls 14&O 200 Free | 2:35,49 | #130 Girls 14&O 50 Free Prelims | 31,69 |

3 Chippendale, Logan T - Male - Age: 13 - Ind/Rel: 9 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 38,93 | #207 Boys 13&U 100 Fly Prelims | 1:18,71 |
| #209 Boys 13&U 400 IM | 6:18,06 | #213 Boys 13&U 100 Free Prelims | 1:11,03 |
| #215 Boys 13&U 50 Breast Prelims | 44,11 | #227 Boys 13&U 400 Free | 5:31,69 |
| #233 Boys 13&U 50 Fly Prelims | 33,93 | #241 Boys 13&U 200 Free | 2:36,02 |
| #243 Boys 13&U 50 Free Prelims | 31,84 | | |

4 George, Keenan K - Male - Age: 22 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|--------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 32,61 | #107 Boys 14&O 100 Fly Prelims | 1:06,04 |
| #115 Boys 14&O 100 Free Prelims | 1:00,38 | #127 Boys 14&O 50 Fly Prelims | 28,24 |
| #131 Boys 14&O 50 Free Prelims | 26,81 | | |

5 Harris, Gemma - Female - Age: 12 - Ind/Rel: 4 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:38,87 | #210 Girls 13&U 100 Back Prelims | 1:31,19 |
| #214 Girls 13&U 50 Breast Prelims | 41,15 | #228 Girls 13&U 100 Breast Prelims | 1:38,56 |

6 Jagers, Jenna - Female - Age: 18 - Ind/Rel: 6 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 48,28 | #112 Girls 14&O 100 Back Prelims | 1:49,51 |
| #114 Girls 14&O 100 Free Prelims | 1:44,12 | #116 Girls 14&O 50 Breast Prelims | 53,06 |
| #122 Girls 14&O 100 Breast Prelims | 2:00,80 | #130 Girls 14&O 50 Free Prelims | 42,90 |

7 Jagers, Ryan - Male - Age: 17 - Ind/Rel: 7 / 0

| | | | |
|---------------------------------|-------|--------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 32,38 | #107 Boys 14&O 100 Fly Prelims | 1:07,05 |
| #115 Boys 14&O 100 Free Prelims | 58,83 | #121 Boys 14&O 400 Free | 4:42,17 |
| #127 Boys 14&O 50 Fly Prelims | 29,11 | #129 Boys 14&O 200 Free | 2:12,75 |
| #131 Boys 14&O 50 Free Prelims | 26,53 | | |

Manta SC-CP Total Individual Entries: 43 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Marlin Swimming Club-CP

1 Abrahams, Wasfi - Male - Age: 13 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:06,91 | #207 Boys 13&U 100 Fly Prelims | 1:16,15 |
| #213 Boys 13&U 100 Free Prelims | 1:06,42 | #229 Boys 13&U 100 Breast Prelims | 1:25,58 |
| #241 Boys 13&U 200 Free | 2:22,47 | | |

2 Anthony, Ammar - Male - Age: 16 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:35,27 | #107 Boys 14&O 100 Fly Prelims | 1:07,31 |
| #115 Boys 14&O 100 Free Prelims | 1:02,38 | #123 Boys 14&O 100 Breast Prelims | 1:21,61 |
| #129 Boys 14&O 200 Free | 2:22,85 | | |

3 Hattas, Amina - Female - Age: 15 - Ind/Rel: 5 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:52,25 | #104 Girls 14&O 50 Back Prelims | 37,03 |
| #112 Girls 14&O 100 Back Prelims | 1:16,12 | #114 Girls 14&O 100 Free Prelims | 1:11,17 |
| #116 Girls 14&O 50 Breast Prelims | 42,09 | | |

4 Hattas, Thanaa - Female - Age: 13 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:37,47 | #206 Girls 13&U 100 Fly Prelims | 1:31,11 |
| #212 Girls 13&U 100 Free Prelims | 1:17,72 | #214 Girls 13&U 50 Breast Prelims | 45,29 |

5 Isaac, Rafeeq - Male - Age: 14 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:13,68 | #115 Boys 14&O 100 Free Prelims | 1:08,38 |
| #117 Boys 14&O 50 Breast Prelims | 34,82 | #123 Boys 14&O 100 Breast Prelims | 1:19,79 |

6 Mia, Sirhaan - Male - Age: 13 - Ind/Rel: 8 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 31,53 | #207 Boys 13&U 100 Fly Prelims | 1:02,63 |
| #211 Boys 13&U 100 Back Prelims | 1:10,86 | #213 Boys 13&U 100 Free Prelims | 1:02,10 |
| #231 Boys 13&U 200 Back | 2:36,34 | #233 Boys 13&U 50 Fly Prelims | 28,70 |
| #241 Boys 13&U 200 Free | 2:18,18 | #245 Boys 11-13 200 Fly | 2:25,37 |

7 Omar, Ilyaas I - Male - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|-------|
| #203 Boys 13&U 200 IM | 2:37,42 | #205 Boys 13&U 50 Back Prelims | 32,90 |
| #213 Boys 13&U 100 Free Prelims | 1:02,31 | #215 Boys 13&U 50 Breast Prelims | 36,51 |
| #229 Boys 13&U 100 Breast Prelims | 1:23,24 | #233 Boys 13&U 50 Fly Prelims | 30,76 |
| #243 Boys 13&U 50 Free Prelims | 28,57 | | |

8 Raubenheimer, Sedick S - Male - Age: 15 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:36,07 | #107 Boys 14&O 100 Fly Prelims | 1:10,37 |
| #115 Boys 14&O 100 Free Prelims | 1:03,64 | #117 Boys 14&O 50 Breast Prelims | 35,86 |
| #123 Boys 14&O 100 Breast Prelims | 1:17,89 | #127 Boys 14&O 50 Fly Prelims | 31,18 |
| #129 Boys 14&O 200 Free | 2:21,14 | | |

9 Smidt, Clio J - Female - Age: 12 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 34,25 | #206 Girls 13&U 100 Fly Prelims | 1:17,96 |
| #210 Girls 13&U 100 Back Prelims | 1:15,21 | #214 Girls 13&U 50 Breast Prelims | 46,29 |
| #230 Girls 13&U 200 Back | 2:45,25 | #232 Girls 13&U 50 Fly Prelims | 33,55 |
| #244 Girls 11-13 200 Fly | 3:14,47 | | |

Marlin Swimming Club-CP Total Individual Entries: 52 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Paarl Aquarius SC-CE

| | | | |
|---|----------|--------------------------------------|---------|
| 1 Cilliers, Kara K - Female - Age: 14 - Ind/Rel: 0 / 2 | | | |
| #222 Girls 15&U 200 Free Relay (2) | NT | #252 Girls 15&U 200 Medley Relay (1) | NT |
| 2 Danhouse, Cianan - Male - Age: 18 - Ind/Rel: 0 / 3 | | | |
| #225 Men 200 Free Relay (1) | NT | #239 Men 400 Medley Relay (4) | NT |
| #255 Men 200 Medley Relay (1) | NT | | |
| 3 Du Toit, Le Roux L - Male - Age: 13 - Ind/Rel: 4 / 0 | | | |
| #201 Boys 13&U 200 Breast | 3:13,92 | #211 Boys 13&U 100 Back Prelims | 1:19,39 |
| #213 Boys 13&U 100 Free Prelims | 1:13,67 | #215 Boys 13&U 50 Breast Prelims | 40,47 |
| 4 Hugo, Anika S - Female - Age: 13 - Ind/Rel: 8 / 2 | | | |
| #202 Girls 13&U 200 IM | 2:41,64 | #206 Girls 13&U 100 Fly Prelims | 1:14,12 |
| #208 Girls 13&U 400 IM | 5:56,07 | #212 Girls 13&U 100 Free Prelims | 1:10,11 |
| #214 Girls 13&U 50 Breast Prelims | 40,99 | #222 Girls 15&U 200 Free Relay (3) | NT |
| #228 Girls 13&U 100 Breast Prelims | 1:25,50 | #232 Girls 13&U 50 Fly Prelims | 32,69 |
| #244 Girls 11-13 200 Fly | 2:49,15 | #252 Girls 15&U 200 Medley Relay (3) | NT |
| 5 King, Mischa - Female - Age: 14 - Ind/Rel: 6 / 0 | | | |
| #102 Girls 14&O 200 IM | 2:42,51 | #114 Girls 14&O 100 Free Prelims | 1:04,97 |
| #118 Women 14&O 800 Free | 9:56,76 | #120 Girls 14&O 400 Free | 4:49,14 |
| #128 Girls 14&O 200 Free | 2:18,58 | #130 Girls 14&O 50 Free Prelims | 31,14 |
| 6 Marais, Dantè D - Male - Age: 17 - Ind/Rel: 4 / 2 | | | |
| #103 Boys 14&O 200 IM | 2:37,16 | #105 Boys 14&O 50 Back Prelims | 33,03 |
| #113 Boys 14&O 100 Back Prelims | 1:10,59 | #125 Boys 14&O 200 Back | 2:31,19 |
| #225 Men 200 Free Relay (2) | NT | #239 Men 400 Medley Relay (1) | NT |
| 7 Peceur, Caleb C - Male - Age: 17 - Ind/Rel: 6 / 3 | | | |
| #101 Boys 14&O 200 Breast | 2:48,69 | #103 Boys 14&O 200 IM | 2:37,20 |
| #115 Boys 14&O 100 Free Prelims | 1:03,10 | #117 Boys 14&O 50 Breast Prelims | 35,06 |
| #123 Boys 14&O 100 Breast Prelims | 1:17,04 | #131 Boys 14&O 50 Free Prelims | 28,59 |
| #225 Men 200 Free Relay (3) | NT | #239 Men 400 Medley Relay (2) | NT |
| #255 Men 200 Medley Relay (4) | NT | | |
| 8 Peceur, Mark D - Male - Age: 15 - Ind/Rel: 1 / 2 | | | |
| #127 Boys 14&O 50 Fly Prelims | 30,12 | #239 Men 400 Medley Relay (3) | NT |
| #255 Men 200 Medley Relay (3) | NT | | |
| 9 Prinsloo, Helen J - Female - Age: 14 - Ind/Rel: 6 / 2 | | | |
| #102 Girls 14&O 200 IM | 2:47,74 | #114 Girls 14&O 100 Free Prelims | 1:08,36 |
| #118 Women 14&O 800 Free | 10:41,46 | #120 Girls 14&O 400 Free | 5:09,26 |
| #128 Girls 14&O 200 Free | 2:27,33 | #130 Girls 14&O 50 Free Prelims | 31,62 |
| #222 Girls 15&U 200 Free Relay (1) | NT | #252 Girls 15&U 200 Medley Relay (4) | NT |
| 10 Solomons, Angus N - Male - Age: 18 - Ind/Rel: 1 / 2 | | | |
| #131 Boys 14&O 50 Free Prelims | 28,94 | #225 Men 200 Free Relay (4) | NT |
| #255 Men 200 Medley Relay (2) | NT | | |
| 11 Vd Merwe, Simone - Female - Age: 11 - Ind/Rel: 11 / 2 | | | |
| #200 Girls 13&U 200 Breast | 3:19,37 | #202 Girls 13&U 200 IM | 3:00,52 |
| #204 Girls 13&U 50 Back Prelims | 39,67 | #210 Girls 13&U 100 Back Prelims | 1:24,23 |
| #212 Girls 13&U 100 Free Prelims | 1:12,97 | #214 Girls 13&U 50 Breast Prelims | 41,71 |
| #222 Girls 15&U 200 Free Relay (4) | NT | #228 Girls 13&U 100 Breast Prelims | 1:31,80 |
| #230 Girls 13&U 200 Back | 2:58,58 | #232 Girls 13&U 50 Fly Prelims | 42,02 |
| #240 Girls 13&U 200 Free | 2:41,53 | #242 Girls 13&U 50 Free Prelims | 32,31 |
| #252 Girls 15&U 200 Medley Relay (2) | NT | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04**Team Entries - All Events**

Paarl Aquarius SC-CE**12 Williams, Jayden J - Male - Age: 10 - Ind/Rel: 8 / 0**

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:19,08 | #203 Boys 13&U 200 IM | 3:08,33 |
| #211 Boys 13&U 100 Back Prelims | 1:31,51 | #213 Boys 13&U 100 Free Prelims | 1:19,63 |
| #215 Boys 13&U 50 Breast Prelims | 44,15 | #229 Boys 13&U 100 Breast Prelims | 1:32,32 |
| #233 Boys 13&U 50 Fly Prelims | 40,34 | #243 Boys 13&U 50 Free Prelims | 34,56 |

Paarl Aquarius SC-CE Total Individual Entries: 55 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Players Western Cape-CE

1 Adams, Migael S - Male - Age: 17 - Ind/Rel: 7 / 4

| | |
|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:49,38 |
| #115 Boys 14&O 100 Free Prelims | 1:03,90 |
| #123 Boys 14&O 100 Breast Prelims | 1:16,86 |
| #131 Boys 14&O 50 Free Prelims | 28,03 |
| #239 Men 400 Medley Relay (2) | 4:40,69 |
| #263 Men 400 Free Relay (2) | 4:11,91 |

| | |
|----------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:09,50 |
| #117 Boys 14&O 50 Breast Prelims | 33,32 |
| #127 Boys 14&O 50 Fly Prelims | 29,10 |
| #225 Men 200 Free Relay (3) | 1:54,38 |
| #255 Men 200 Medley Relay (2) | 2:05,67 |

2 Blaisse, Jeanne S - Female - Age: 17 - Ind/Rel: 7 / 4

| | |
|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:43,75 |
| #112 Girls 14&O 100 Back Prelims | 1:10,57 |
| #126 Girls 14&O 50 Fly Prelims | 33,80 |
| #130 Girls 14&O 50 Free Prelims | 29,22 |
| #238 Women 400 Medley Relay (1) | 4:41,23 |
| #262 Women 400 Free Relay (1) | 4:14,55 |

| | |
|---------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 32,69 |
| #124 Girls 14&O 200 Back | 2:34,91 |
| #128 Girls 14&O 200 Free | 2:20,22 |
| #224 Women 200 Free Relay (1) | 1:55,37 |
| #254 Women 200 Medley Relay (1) | 2:08,23 |

3 Breet, Dawie-Louw L - Male - Age: 12 - Ind/Rel: 5 / 0

| | |
|---------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 36,25 |
| #213 Boys 13&U 100 Free Prelims | 1:16,28 |
| #233 Boys 13&U 50 Fly Prelims | NT |

| | |
|---------------------------------|---------|
| #211 Boys 13&U 100 Back Prelims | 1:19,52 |
| #231 Boys 13&U 200 Back | 2:46,94 |

4 Coetzee, Liam - Male - Age: 14 - Ind/Rel: 9 / 4

| | |
|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:25,29 |
| #111 Boys 14&O 400 IM | 5:13,68 |
| #117 Boys 14&O 50 Breast Prelims | 36,14 |
| #127 Boys 14&O 50 Fly Prelims | 28,24 |
| #133 Boys 14&O 200 Fly | 2:26,86 |
| #237 Boys 15&U 400 Medley Relay (3) | 4:22,47 |
| #261 Boys 15&U 400 Free Relay (3) | 4:01,23 |

| | |
|-------------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:01,25 |
| #115 Boys 14&O 100 Free Prelims | 1:01,40 |
| #121 Boys 14&O 400 Free | 4:36,83 |
| #131 Boys 14&O 50 Free Prelims | 27,93 |
| #223 Boys 15&U 200 Free Relay (3) | 1:52,55 |
| #253 Boys 15&U 200 Medley Relay (3) | 2:02,71 |

5 De Villiers, Danielle - Female - Age: 13 - Ind/Rel: 7 / 0

| | |
|------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 36,11 |
| #212 Girls 13&U 100 Free Prelims | 1:13,41 |
| #228 Girls 13&U 100 Breast Prelims | 1:33,82 |
| #242 Girls 13&U 50 Free Prelims | 31,38 |

| | |
|-----------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:23,75 |
| #214 Girls 13&U 50 Breast Prelims | 43,06 |
| #240 Girls 13&U 200 Free | 2:44,41 |

6 De Villiers, Lezanne - Female - Age: 15 - Ind/Rel: 7 / 4

| | |
|------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:44,22 |
| #112 Girls 14&O 100 Back Prelims | 1:09,13 |
| #122 Girls 14&O 100 Breast Prelims | 1:25,99 |
| #128 Girls 14&O 200 Free | 2:28,16 |
| #238 Women 400 Medley Relay (3) | 4:41,23 |
| #262 Women 400 Free Relay (3) | 4:14,55 |

| | |
|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 31,64 |
| #114 Girls 14&O 100 Free Prelims | 1:06,75 |
| #124 Girls 14&O 200 Back | 2:33,20 |
| #224 Women 200 Free Relay (3) | 1:55,37 |
| #254 Women 200 Medley Relay (3) | 2:08,23 |

7 Engelbrecht, Van Dyk - Male - Age: 14 - Ind/Rel: 5 / 4

| | |
|-------------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:15,09 |
| #125 Boys 14&O 200 Back | 2:40,11 |
| #131 Boys 14&O 50 Free Prelims | 29,56 |
| #237 Boys 15&U 400 Medley Relay (1) | 4:56,54 |
| #261 Boys 15&U 400 Free Relay (1) | 4:17,23 |

| | |
|-------------------------------------|---------|
| #115 Boys 14&O 100 Free Prelims | 1:04,83 |
| #129 Boys 14&O 200 Free | 2:24,64 |
| #223 Boys 15&U 200 Free Relay (2) | 1:58,23 |
| #253 Boys 15&U 200 Medley Relay (1) | 2:15,92 |

8 Erwee, MC C - Male - Age: 17 - Ind/Rel: 5 / 4

| | |
|----------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:08,88 |
| #117 Boys 14&O 50 Breast Prelims | 35,24 |
| #127 Boys 14&O 50 Fly Prelims | 29,50 |
| #239 Men 400 Medley Relay (3) | 4:40,69 |
| #263 Men 400 Free Relay (3) | 4:11,91 |

| | |
|-----------------------------------|---------|
| #115 Boys 14&O 100 Free Prelims | 1:01,60 |
| #123 Boys 14&O 100 Breast Prelims | 1:18,71 |
| #225 Men 200 Free Relay (1) | 1:54,38 |
| #255 Men 200 Medley Relay (3) | 2:05,67 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Players Western Cape-CE

9 Esterhuysen, Louw - Male - Age: 15 - Ind/Rel: 4 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:05,97 | #115 Boys 14&O 100 Free Prelims | 1:00,77 |
| #125 Boys 14&O 200 Back | 2:21,76 | #129 Boys 14&O 200 Free | 2:08,72 |
| #223 Boys 15&U 200 Free Relay (1) | 1:52,55 | #237 Boys 15&U 400 Medley Relay (1) | 4:22,47 |
| #253 Boys 15&U 200 Medley Relay (1) | 2:02,71 | #261 Boys 15&U 400 Free Relay (1) | 4:01,23 |

10 Fick, Bob H - Male - Age: 18 - Ind/Rel: 5 / 0

| | | | |
|--------------------------------|---------|-------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:34,31 | #103 Boys 14&O 200 IM | 2:14,22 |
| #107 Boys 14&O 100 Fly Prelims | 57,29 | #127 Boys 14&O 50 Fly Prelims | 26,53 |
| #133 Boys 14&O 200 Fly | 2:05,44 | | |

11 Koch, Imke - Female - Age: 14 - Ind/Rel: 9 / 4

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:49,56 | #102 Girls 14&O 200 IM | 2:47,68 |
| #104 Girls 14&O 50 Back Prelims | 34,20 | #112 Girls 14&O 100 Back Prelims | 1:15,21 |
| #114 Girls 14&O 100 Free Prelims | 1:06,30 | #116 Girls 14&O 50 Breast Prelims | 33,74 |
| #122 Girls 14&O 100 Breast Prelims | 1:15,36 | #126 Girls 14&O 50 Fly Prelims | 32,10 |
| #130 Girls 14&O 50 Free Prelims | 28,51 | #224 Women 200 Free Relay (2) | 1:55,37 |
| #238 Women 400 Medley Relay (2) | 4:41,23 | #254 Women 200 Medley Relay (2) | 2:08,23 |
| #262 Women 400 Free Relay (2) | 4:14,55 | | |

12 Koch, Kobus - Male - Age: 17 - Ind/Rel: 7 / 4

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:21,33 | #107 Boys 14&O 100 Fly Prelims | 58,49 |
| #115 Boys 14&O 100 Free Prelims | 56,96 | #117 Boys 14&O 50 Breast Prelims | 36,62 |
| #127 Boys 14&O 50 Fly Prelims | 26,53 | #131 Boys 14&O 50 Free Prelims | 25,18 |
| #133 Boys 14&O 200 Fly | 2:20,05 | #225 Men 200 Free Relay (2) | 1:41,84 |
| #239 Men 400 Medley Relay (3) | 4:03,05 | #255 Men 200 Medley Relay (3) | 1:52,53 |
| #263 Men 400 Free Relay (2) | 3:41,64 | | |

13 Kotze, Pierce - Male - Age: 14 - Ind/Rel: 7 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:35,39 | #115 Boys 14&O 100 Free Prelims | 1:01,22 |
| #117 Boys 14&O 50 Breast Prelims | 34,43 | #123 Boys 14&O 100 Breast Prelims | 1:16,38 |
| #127 Boys 14&O 50 Fly Prelims | 29,50 | #129 Boys 14&O 200 Free | 2:12,72 |
| #131 Boys 14&O 50 Free Prelims | 27,52 | #223 Boys 15&U 200 Free Relay (2) | 1:52,55 |
| #237 Boys 15&U 400 Medley Relay (2) | 4:22,47 | #253 Boys 15&U 200 Medley Relay (2) | 2:02,71 |
| #261 Boys 15&U 400 Free Relay (2) | 4:01,23 | | |

14 Lategan, Ruan - Male - Age: 15 - Ind/Rel: 6 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:05,31 | #115 Boys 14&O 100 Free Prelims | 58,87 |
| #121 Boys 14&O 400 Free | 4:46,90 | #127 Boys 14&O 50 Fly Prelims | 29,70 |
| #129 Boys 14&O 200 Free | 2:11,78 | #133 Boys 14&O 200 Fly | 2:27,27 |
| #223 Boys 15&U 200 Free Relay (4) | 1:52,55 | #237 Boys 15&U 400 Medley Relay (4) | 4:22,47 |
| #253 Boys 15&U 200 Medley Relay (4) | 2:02,71 | #261 Boys 15&U 400 Free Relay (4) | 4:01,23 |

15 Masson, Laela E - Female - Age: 15 - Ind/Rel: 7 / 4

| | | | |
|------------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 35,87 | #114 Girls 14&O 100 Free Prelims | 1:01,59 |
| #116 Girls 14&O 50 Breast Prelims | 37,29 | #120 Girls 14&O 400 Free | 4:57,00 |
| #122 Girls 14&O 100 Breast Prelims | 1:24,94 | #128 Girls 14&O 200 Free | 2:14,69 |
| #130 Girls 14&O 50 Free Prelims | 28,37 | #224 Women 200 Free Relay (4) | 1:55,37 |
| #238 Women 400 Medley Relay (4) | 4:41,23 | #254 Women 200 Medley Relay (4) | 2:08,23 |
| #262 Women 400 Free Relay (4) | 4:14,55 | | |

16 Neethling, David A - Male - Age: 15 - Ind/Rel: 7 / 4

| | | | |
|---------------------------------|---------|--------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 33,99 | #107 Boys 14&O 100 Fly Prelims | 1:14,58 |
| #115 Boys 14&O 100 Free Prelims | 1:03,92 | #121 Boys 14&O 400 Free | 5:02,24 |
| #127 Boys 14&O 50 Fly Prelims | 32,32 | #129 Boys 14&O 200 Free | 2:22,00 |
| #131 Boys 14&O 50 Free Prelims | 29,49 | #225 Men 200 Free Relay (2) | 1:54,38 |
| #239 Men 400 Medley Relay (1) | 4:40,69 | #255 Men 200 Medley Relay (1) | 2:05,67 |
| #263 Men 400 Free Relay (1) | 4:11,91 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Players Western Cape-CE

17 Neitz, Wihann R - Male - Age: 17 - Ind/Rel: 0 / 4

| | | | |
|-------------------------------|---------|-------------------------------|---------|
| #225 Men 200 Free Relay (3) | 1:41,84 | #239 Men 400 Medley Relay (4) | 4:03,05 |
| #255 Men 200 Medley Relay (4) | 1:52,53 | #263 Men 400 Free Relay (3) | 3:41,64 |

18 Potgieter, Michael M - Male - Age: 12 - Ind/Rel: 6 / 4

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 34,97 | #211 Boys 13&U 100 Back Prelims | 1:17,67 |
| #213 Boys 13&U 100 Free Prelims | 1:06,58 | #215 Boys 13&U 50 Breast Prelims | 39,33 |
| #223 Boys 15&U 200 Free Relay (1) | 1:58,23 | #233 Boys 13&U 50 Fly Prelims | 33,55 |
| #237 Boys 15&U 400 Medley Relay (2) | 4:56,54 | #243 Boys 13&U 50 Free Prelims | 29,25 |
| #253 Boys 15&U 200 Medley Relay (2) | 2:15,92 | #261 Boys 15&U 400 Free Relay (2) | 4:17,23 |

19 Slabbert, Eric S - Male - Age: 17 - Ind/Rel: 8 / 4

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:17,86 | #105 Boys 14&O 50 Back Prelims | 28,40 |
| #113 Boys 14&O 100 Back Prelims | 1:00,24 | #115 Boys 14&O 100 Free Prelims | 55,05 |
| #117 Boys 14&O 50 Breast Prelims | 32,29 | #125 Boys 14&O 200 Back | 2:11,53 |
| #129 Boys 14&O 200 Free | 2:03,92 | #131 Boys 14&O 50 Free Prelims | 25,48 |
| #225 Men 200 Free Relay (1) | 1:41,84 | #239 Men 400 Medley Relay (1) | 4:03,05 |
| #255 Men 200 Medley Relay (1) | 1:52,53 | #263 Men 400 Free Relay (1) | 3:41,64 |

20 Swart, Niklis - Male - Age: 14 - Ind/Rel: 10 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:43,14 | #105 Boys 14&O 50 Back Prelims | 34,02 |
| #107 Boys 14&O 100 Fly Prelims | 1:07,30 | #113 Boys 14&O 100 Back Prelims | 1:14,53 |
| #115 Boys 14&O 100 Free Prelims | 1:04,82 | #121 Boys 14&O 400 Free | 5:03,27 |
| #125 Boys 14&O 200 Back | 2:43,08 | #127 Boys 14&O 50 Fly Prelims | 31,54 |
| #129 Boys 14&O 200 Free | 2:21,88 | #131 Boys 14&O 50 Free Prelims | 29,34 |
| #223 Boys 15&U 200 Free Relay (4) | 1:58,23 | #237 Boys 15&U 400 Medley Relay (3) | 4:56,54 |
| #253 Boys 15&U 200 Medley Relay (3) | 2:15,92 | #261 Boys 15&U 400 Free Relay (4) | 4:17,23 |

21 Van Zyl, Zach P - Male - Age: 17 - Ind/Rel: 4 / 4

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:08,46 | #115 Boys 14&O 100 Free Prelims | 1:02,65 |
| #125 Boys 14&O 200 Back | 2:33,59 | #129 Boys 14&O 200 Free | 2:18,64 |
| #225 Men 200 Free Relay (4) | 1:54,38 | #239 Men 400 Medley Relay (4) | 4:40,69 |
| #255 Men 200 Medley Relay (4) | 2:05,67 | #263 Men 400 Free Relay (4) | 4:11,91 |

22 Vd Werf, Leonardo - Male - Age: 14 - Ind/Rel: 6 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:43,23 | #105 Boys 14&O 50 Back Prelims | 35,47 |
| #111 Boys 14&O 400 IM | 5:44,66 | #113 Boys 14&O 100 Back Prelims | 1:14,03 |
| #115 Boys 14&O 100 Free Prelims | 1:03,95 | #129 Boys 14&O 200 Free | 2:22,29 |
| #223 Boys 15&U 200 Free Relay (3) | 1:58,23 | #237 Boys 15&U 400 Medley Relay (4) | 4:56,54 |
| #253 Boys 15&U 200 Medley Relay (4) | 2:15,92 | #261 Boys 15&U 400 Free Relay (3) | 4:17,23 |

23 Viljoen, Adriaan - Male - Age: 17 - Ind/Rel: 6 / 4

| | | | |
|-----------------------------------|---------|-------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:12,35 | #111 Boys 14&O 400 IM | 4:45,96 |
| #115 Boys 14&O 100 Free Prelims | 54,72 | #121 Boys 14&O 400 Free | 4:17,45 |
| #123 Boys 14&O 100 Breast Prelims | 1:09,34 | #129 Boys 14&O 200 Free | 1:59,84 |
| #225 Men 200 Free Relay (4) | 1:41,84 | #239 Men 400 Medley Relay (2) | 4:03,05 |
| #255 Men 200 Medley Relay (2) | 1:52,53 | #263 Men 400 Free Relay (4) | 3:41,64 |

24 Vögel, Liam C - Male - Age: 12 - Ind/Rel: 4 / 0

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #207 Boys 13&U 100 Fly Prelims | 1:16,23 | #213 Boys 13&U 100 Free Prelims | 1:13,62 |
| #233 Boys 13&U 50 Fly Prelims | 34,52 | #243 Boys 13&U 50 Free Prelims | 33,07 |

Players Western Cape-CE Total Individual Entries: 148 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Quick Silver Swimming Academy-CP

1 Bailes, Troy - Male - Age: 12 - Ind/Rel: 5 / 3

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #211 Boys 13&U 100 Back Prelims | 1:20,26 | #213 Boys 13&U 100 Free Prelims | 1:14,63 |
| #221 Boys 13&U 200 Free Relay (2) | 2:14,12 | #231 Boys 13&U 200 Back | 2:55,33 |
| #241 Boys 13&U 200 Free | 2:44,84 | #243 Boys 13&U 50 Free Prelims | 34,69 |
| #251 Boys 13&U 200 Medley Relay (1) | 2:29,12 | #259 Boys 13&U 400 Free Relay (2) | 4:57,07 |

2 Berteler, Oscar B - Male - Age: 13 - Ind/Rel: 3 / 1

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:21,15 | #215 Boys 13&U 50 Breast Prelims | 42,66 |
| #229 Boys 13&U 100 Breast Prelims | 1:30,92 | #251 Boys 13&U 200 Medley Relay (2) | 2:29,12 |

3 Bulose, Megan - Female - Age: 15 - Ind/Rel: 3 / 0

| | | | |
|------------------------------------|---------|--------------------------|---------|
| #122 Girls 14&O 100 Breast Prelims | 1:24,57 | #124 Girls 14&O 200 Back | 2:41,53 |
| #128 Girls 14&O 200 Free | 2:29,49 | | |

4 Carstens, Nicol A - Male - Age: 15 - Ind/Rel: 9 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:39,42 | #105 Boys 14&O 50 Back Prelims | 32,23 |
| #107 Boys 14&O 100 Fly Prelims | 1:05,48 | #113 Boys 14&O 100 Back Prelims | 1:07,51 |
| #115 Boys 14&O 100 Free Prelims | 1:00,97 | #125 Boys 14&O 200 Back | 2:27,27 |
| #127 Boys 14&O 50 Fly Prelims | 28,66 | #129 Boys 14&O 200 Free | 2:15,65 |
| #131 Boys 14&O 50 Free Prelims | 28,05 | #223 Boys 15&U 200 Free Relay (3) | 1:51,45 |
| #237 Boys 15&U 400 Medley Relay (3) | 4:23,95 | #253 Boys 15&U 200 Medley Relay (3) | 2:00,67 |
| #261 Boys 15&U 400 Free Relay (3) | 4:03,55 | | |

5 Den Haan, Adriaan - Male - Age: 15 - Ind/Rel: 11 / 3

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:40,29 | #103 Boys 14&O 200 IM | 2:24,01 |
| #107 Boys 14&O 100 Fly Prelims | 1:10,84 | #111 Boys 14&O 400 IM | 4:59,55 |
| #113 Boys 14&O 100 Back Prelims | 1:08,44 | #117 Boys 14&O 50 Breast Prelims | 34,74 |
| #121 Boys 14&O 400 Free | 4:39,97 | #123 Boys 14&O 100 Breast Prelims | 1:13,96 |
| #125 Boys 14&O 200 Back | 2:23,68 | #129 Boys 14&O 200 Free | 2:15,59 |
| #131 Boys 14&O 50 Free Prelims | 29,72 | #237 Boys 15&U 400 Medley Relay (2) | 4:23,95 |
| #253 Boys 15&U 200 Medley Relay (2) | 2:00,67 | #261 Boys 15&U 400 Free Relay (2) | 4:03,55 |

6 Koekemoer, Callum - Male - Age: 11 - Ind/Rel: 8 / 3

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:11,68 | #211 Boys 13&U 100 Back Prelims | 1:29,90 |
| #213 Boys 13&U 100 Free Prelims | 1:14,20 | #221 Boys 13&U 200 Free Relay (3) | 2:14,12 |
| #227 Boys 13&U 400 Free | 5:59,34 | #231 Boys 13&U 200 Back | 3:15,80 |
| #233 Boys 13&U 50 Fly Prelims | 38,49 | #241 Boys 13&U 200 Free | 2:45,71 |
| #243 Boys 13&U 50 Free Prelims | 33,83 | #251 Boys 13&U 200 Medley Relay (4) | 2:29,12 |
| #259 Boys 13&U 400 Free Relay (3) | 4:57,07 | | |

7 Koekemoer, Quinn D - Male - Age: 12 - Ind/Rel: 3 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|-------|
| #201 Boys 13&U 200 Breast | 3:20,09 | #215 Boys 13&U 50 Breast Prelims | 43,38 |
| #229 Boys 13&U 100 Breast Prelims | 1:36,24 | | |

8 Kriel, Kyli - Female - Age: 20 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 1:11,07 | #112 Girls 14&O 100 Back Prelims | 2:21,65 |
| #114 Girls 14&O 100 Free Prelims | 1:56,49 | #116 Girls 14&O 50 Breast Prelims | 1:26,27 |
| #130 Girls 14&O 50 Free Prelims | 50,85 | | |

9 Oosthuizen, Brendan - Male - Age: 15 - Ind/Rel: 7 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:26,68 | #107 Boys 14&O 100 Fly Prelims | 1:05,32 |
| #113 Boys 14&O 100 Back Prelims | 1:08,62 | #115 Boys 14&O 100 Free Prelims | 59,63 |
| #123 Boys 14&O 100 Breast Prelims | 1:16,45 | #127 Boys 14&O 50 Fly Prelims | 28,80 |
| #131 Boys 14&O 50 Free Prelims | 26,71 | #223 Boys 15&U 200 Free Relay (4) | 1:51,45 |
| #237 Boys 15&U 400 Medley Relay (4) | 4:23,95 | #253 Boys 15&U 200 Medley Relay (4) | 2:00,67 |
| #261 Boys 15&U 400 Free Relay (4) | 4:03,55 | | |

10 Pirie, Ami - Female - Age: 14 - Ind/Rel: 3 / 3

| | | | |
|----------------------------------|---------|--------------------------------------|---------|
| #112 Girls 14&O 100 Back Prelims | 1:20,80 | #120 Girls 14&O 400 Free | 5:27,05 |
| #124 Girls 14&O 200 Back | 2:47,29 | #222 Girls 15&U 200 Free Relay (3) | 2:11,48 |
| #224 Women 200 Free Relay (3) | 2:11,48 | #236 Girls 15&U 400 Medley Relay (4) | 5:21,61 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Quick Silver Swimming Academy-CP

11 Rademeyer, Anli - Female - Age: 12 - Ind/Rel: 5 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|-------|
| #210 Girls 13&U 100 Back Prelims | 1:31,78 | #214 Girls 13&U 50 Breast Prelims | 44,98 |
| #228 Girls 13&U 100 Breast Prelims | 1:43,64 | #232 Girls 13&U 50 Fly Prelims | 36,89 |
| #242 Girls 13&U 50 Free Prelims | 34,97 | | |

12 Rodriques, Isabella - Female - Age: 13 - Ind/Rel: 8 / 3

| | | | |
|--------------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:00,02 | #204 Girls 13&U 50 Back Prelims | 36,96 |
| #210 Girls 13&U 100 Back Prelims | 1:19,46 | #212 Girls 13&U 100 Free Prelims | 1:11,13 |
| #222 Girls 15&U 200 Free Relay (1) | 2:11,48 | #224 Women 200 Free Relay (1) | 2:11,48 |
| #226 Girls 13&U 400 Free | 5:37,64 | #230 Girls 13&U 200 Back | 2:51,20 |
| #236 Girls 15&U 400 Medley Relay (1) | 5:21,61 | #240 Girls 13&U 200 Free | 2:32,23 |
| #242 Girls 13&U 50 Free Prelims | 32,73 | | |

13 Saaiman, Rikus T - Male - Age: 14 - Ind/Rel: 7 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:27,60 | #107 Boys 14&O 100 Fly Prelims | 1:06,30 |
| #113 Boys 14&O 100 Back Prelims | 1:04,88 | #115 Boys 14&O 100 Free Prelims | 1:00,74 |
| #125 Boys 14&O 200 Back | 2:21,51 | #129 Boys 14&O 200 Free | 2:12,32 |
| #131 Boys 14&O 50 Free Prelims | 27,11 | #223 Boys 15&U 200 Free Relay (1) | 1:51,45 |
| #237 Boys 15&U 400 Medley Relay (1) | 4:23,95 | #253 Boys 15&U 200 Medley Relay (1) | 2:00,67 |
| #261 Boys 15&U 400 Free Relay (1) | 4:03,55 | | |

14 Solms, Michael - Male - Age: 14 - Ind/Rel: 3 / 0

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 35,28 | #113 Boys 14&O 100 Back Prelims | 1:13,73 |
| #125 Boys 14&O 200 Back | 2:43,63 | | |

15 Stander, Ben U - Male - Age: 15 - Ind/Rel: 4 / 1

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:10,77 | #113 Boys 14&O 100 Back Prelims | 1:15,02 |
| #115 Boys 14&O 100 Free Prelims | 1:05,77 | #131 Boys 14&O 50 Free Prelims | 29,58 |
| #223 Boys 15&U 200 Free Relay (2) | 1:51,45 | | |

16 Strydom, Conrad M - Male - Age: 11 - Ind/Rel: 11 / 3

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:53,56 | #205 Boys 13&U 50 Back Prelims | 37,01 |
| #207 Boys 13&U 100 Fly Prelims | 1:13,63 | #211 Boys 13&U 100 Back Prelims | 1:17,86 |
| #213 Boys 13&U 100 Free Prelims | 1:11,46 | #221 Boys 13&U 200 Free Relay (4) | 2:14,12 |
| #227 Boys 13&U 400 Free | 5:49,17 | #231 Boys 13&U 200 Back | 2:49,34 |
| #233 Boys 13&U 50 Fly Prelims | 32,78 | #241 Boys 13&U 200 Free | 2:41,87 |
| #243 Boys 13&U 50 Free Prelims | 32,34 | #245 Boys 11-13 200 Fly | 2:58,74 |
| #251 Boys 13&U 200 Medley Relay (3) | 2:29,12 | #259 Boys 13&U 400 Free Relay (1) | 4:57,07 |

17 Thobeha, Naledi - Female - Age: 10 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 41,02 | #210 Girls 13&U 100 Back Prelims | 1:26,12 |
| #230 Girls 13&U 200 Back | 3:04,01 | #232 Girls 13&U 50 Fly Prelims | 42,64 |
| #242 Girls 13&U 50 Free Prelims | 34,40 | | |

18 Van Schalkwyk, Janco - Male - Age: 12 - Ind/Rel: 4 / 1

| | | | |
|-----------------------------------|---------|--------------------------------|---------|
| #211 Boys 13&U 100 Back Prelims | 1:25,58 | #231 Boys 13&U 200 Back | 2:55,71 |
| #241 Boys 13&U 200 Free | 2:45,70 | #243 Boys 13&U 50 Free Prelims | 34,91 |
| #259 Boys 13&U 400 Free Relay (4) | 4:57,07 | | |

19 Vd Merwe, Haylee - Female - Age: 14 - Ind/Rel: 9 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:04,07 | #102 Girls 14&O 200 IM | 2:47,76 |
| #104 Girls 14&O 50 Back Prelims | 35,98 | #112 Girls 14&O 100 Back Prelims | 1:17,03 |
| #114 Girls 14&O 100 Free Prelims | 1:10,64 | #116 Girls 14&O 50 Breast Prelims | 40,18 |
| #122 Girls 14&O 100 Breast Prelims | 1:27,36 | #124 Girls 14&O 200 Back | 2:45,48 |
| #130 Girls 14&O 50 Free Prelims | 32,52 | #222 Girls 15&U 200 Free Relay (4) | 2:11,48 |
| #224 Women 200 Free Relay (4) | 2:11,48 | #236 Girls 15&U 400 Medley Relay (2) | 5:21,61 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04**Team Entries - All Events****Quick Silver Swimming Academy-CP****20 Vd Merwe, Michael D - Male - Age: 12 - Ind/Rel: 8 / 1**

| | | | |
|-----------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:02,47 | #203 Boys 13&U 200 IM | 2:49,59 |
| #205 Boys 13&U 50 Back Prelims | 34,49 | #211 Boys 13&U 100 Back Prelims | 1:13,79 |
| #213 Boys 13&U 100 Free Prelims | 1:10,20 | #215 Boys 13&U 50 Breast Prelims | 38,21 |
| #221 Boys 13&U 200 Free Relay (1) | 2:14,12 | #229 Boys 13&U 100 Breast Prelims | 1:23,45 |
| #231 Boys 13&U 200 Back | 2:44,45 | | |

21 West, Sarah C - Female - Age: 14 - Ind/Rel: 7 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:05,70 | #102 Girls 14&O 200 IM | 2:47,78 |
| #112 Girls 14&O 100 Back Prelims | 1:18,30 | #116 Girls 14&O 50 Breast Prelims | 41,03 |
| #122 Girls 14&O 100 Breast Prelims | 1:29,36 | #124 Girls 14&O 200 Back | 2:45,66 |
| #130 Girls 14&O 50 Free Prelims | 33,48 | #222 Girls 15&U 200 Free Relay (2) | 2:11,48 |
| #224 Women 200 Free Relay (2) | 2:11,48 | #236 Girls 15&U 400 Medley Relay (3) | 5:21,61 |

Quick Silver Swimming Academy-CP Total Individual Entries: 128 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Reddam Aquatics - Somerset Wes-CP

1 Abrahams, Hanim - Female - Age: 17 - Ind/Rel: 5 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:37,60 | #102 Girls 14&O 200 IM | 2:27,12 |
| #110 Girls 14&O 400 IM | 5:18,18 | #116 Girls 14&O 50 Breast Prelims | 33,01 |
| #122 Girls 14&O 100 Breast Prelims | 1:12,53 | | |

2 Christie, Leah E - Female - Age: 14 - Ind/Rel: 8 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 33,60 | #106 Girls 14&O 100 Fly Prelims | 1:14,28 |
| #112 Girls 14&O 100 Back Prelims | 1:21,82 | #114 Girls 14&O 100 Free Prelims | 1:02,89 |
| #124 Girls 14&O 200 Back | 2:44,39 | #126 Girls 14&O 50 Fly Prelims | 31,11 |
| #128 Girls 14&O 200 Free | 2:27,25 | #130 Girls 14&O 50 Free Prelims | 28,20 |

3 Clayton, Antony L - Male - Age: 12 - Ind/Rel: 7 / 4

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:06,54 | #205 Boys 13&U 50 Back Prelims | 40,61 |
| #211 Boys 13&U 100 Back Prelims | 1:25,62 | #213 Boys 13&U 100 Free Prelims | 1:18,20 |
| #221 Boys 13&U 200 Free Relay (1) | 2:06,76 | #229 Boys 13&U 100 Breast Prelims | 1:45,21 |
| #231 Boys 13&U 200 Back | 2:52,06 | #235 Boys 13&U 400 Medley Relay (1) | 5:30,46 |
| #243 Boys 13&U 50 Free Prelims | 36,09 | #251 Boys 13&U 200 Medley Relay (1) | 2:23,74 |
| #259 Boys 13&U 400 Free Relay (1) | 4:47,56 | | |

4 Coetzee, Michael J - Male - Age: 17 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|--------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:25,84 | #107 Boys 14&O 100 Fly Prelims | 1:01,93 |
| #115 Boys 14&O 100 Free Prelims | 59,11 | #127 Boys 14&O 50 Fly Prelims | 28,53 |
| #129 Boys 14&O 200 Free | 2:09,76 | #131 Boys 14&O 50 Free Prelims | 27,06 |

5 De Jongh, Grace - Female - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:19,41 | #204 Girls 13&U 50 Back Prelims | 36,81 |
| #210 Girls 13&U 100 Back Prelims | 1:20,66 | #214 Girls 13&U 50 Breast Prelims | 43,25 |
| #228 Girls 13&U 100 Breast Prelims | 1:35,16 | #230 Girls 13&U 200 Back | 2:57,66 |
| #240 Girls 13&U 200 Free | 2:42,22 | | |

6 Field, Luke D - Male - Age: 13 - Ind/Rel: 7 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:07,09 | #203 Boys 13&U 200 IM | 2:40,39 |
| #213 Boys 13&U 100 Free Prelims | 1:07,11 | #215 Boys 13&U 50 Breast Prelims | 35,71 |
| #221 Boys 13&U 200 Free Relay (3) | 2:06,76 | #229 Boys 13&U 100 Breast Prelims | 1:22,78 |
| #235 Boys 13&U 400 Medley Relay (4) | 5:30,46 | #241 Boys 13&U 200 Free | 2:28,37 |
| #243 Boys 13&U 50 Free Prelims | 29,06 | #251 Boys 13&U 200 Medley Relay (4) | 2:23,74 |
| #259 Boys 13&U 400 Free Relay (3) | 4:47,56 | | |

7 Heyes, Danielle A - Female - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:18,05 | #204 Girls 13&U 50 Back Prelims | 37,04 |
| #212 Girls 13&U 100 Free Prelims | 1:07,94 | #214 Girls 13&U 50 Breast Prelims | 39,60 |
| #226 Girls 13&U 400 Free | 5:20,65 | #228 Girls 13&U 100 Breast Prelims | 1:28,97 |
| #242 Girls 13&U 50 Free Prelims | 30,09 | | |

8 Heyes, Garrick T - Male - Age: 11 - Ind/Rel: 7 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:02,29 | #207 Boys 13&U 100 Fly Prelims | 1:26,71 |
| #213 Boys 13&U 100 Free Prelims | 1:15,33 | #221 Boys 13&U 200 Free Relay (2) | 2:06,76 |
| #227 Boys 13&U 400 Free | 7:28,91 | #233 Boys 13&U 50 Fly Prelims | 35,15 |
| #235 Boys 13&U 400 Medley Relay (3) | 5:30,46 | #241 Boys 13&U 200 Free | 2:49,87 |
| #243 Boys 13&U 50 Free Prelims | 32,56 | #251 Boys 13&U 200 Medley Relay (3) | 2:23,74 |
| #259 Boys 13&U 400 Free Relay (2) | 4:47,56 | | |

9 Laubser, Aiden D - Male - Age: 12 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:48,97 | #205 Boys 13&U 50 Back Prelims | 35,87 |
| #213 Boys 13&U 100 Free Prelims | 1:06,92 | #215 Boys 13&U 50 Breast Prelims | 38,92 |
| #221 Boys 13&U 200 Free Relay (4) | 2:06,76 | #229 Boys 13&U 100 Breast Prelims | 1:31,02 |
| #233 Boys 13&U 50 Fly Prelims | 34,00 | #235 Boys 13&U 400 Medley Relay (2) | 5:30,46 |
| #241 Boys 13&U 200 Free | 2:30,01 | #243 Boys 13&U 50 Free Prelims | 29,05 |
| #251 Boys 13&U 200 Medley Relay (2) | 2:23,74 | #259 Boys 13&U 400 Free Relay (4) | 4:47,56 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Reddam Aquatics - Somerset Wes-CP

10 Marx, Ianè - Female - Age: 15 - Ind/Rel: 8 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:35,79 | #104 Girls 14&O 50 Back Prelims | 33,49 |
| #112 Girls 14&O 100 Back Prelims | 1:10,46 | #114 Girls 14&O 100 Free Prelims | 1:01,43 |
| #124 Girls 14&O 200 Back | 2:31,43 | #126 Girls 14&O 50 Fly Prelims | 32,77 |
| #128 Girls 14&O 200 Free | 2:12,66 | #130 Girls 14&O 50 Free Prelims | 28,68 |

11 Moore, Tristan R - Male - Age: 14 - Ind/Rel: 7 / 0

| | | | |
|---------------------------|---------|-----------------------------------|----------|
| #101 Boys 14&O 200 Breast | 2:51,32 | #103 Boys 14&O 200 IM | 2:37,92 |
| #111 Boys 14&O 400 IM | 5:41,47 | #119 Men 14&O 1500 Free | 19:20,01 |
| #121 Boys 14&O 400 Free | 4:58,80 | #123 Boys 14&O 100 Breast Prelims | 1:20,90 |
| #129 Boys 14&O 200 Free | 2:21,35 | | |

12 Vd Westhuizen, Harry R - Male - Age: 17 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:54,68 | #105 Boys 14&O 50 Back Prelims | 31,07 |
| #113 Boys 14&O 100 Back Prelims | 1:11,93 | #115 Boys 14&O 100 Free Prelims | 1:00,70 |
| #131 Boys 14&O 50 Free Prelims | 25,97 | | |

13 Vd Westhuizen, Theo Q - Male - Age: 15 - Ind/Rel: 4 / 0

| | | | |
|---------------------------------|---------|--------------------------------|-------|
| #103 Boys 14&O 200 IM | 3:09,73 | #105 Boys 14&O 50 Back Prelims | 36,36 |
| #115 Boys 14&O 100 Free Prelims | 1:04,40 | #131 Boys 14&O 50 Free Prelims | 27,91 |

14 Williams, Angel - Female - Age: 11 - Ind/Rel: 6 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:32,93 | #202 Girls 13&U 200 IM | 3:12,25 |
| #210 Girls 13&U 100 Back Prelims | 1:29,33 | #212 Girls 13&U 100 Free Prelims | 1:18,19 |
| #226 Girls 13&U 400 Free | 5:51,25 | #240 Girls 13&U 200 Free | 3:03,85 |

Reddam Aquatics - Somerset Wes-CP Total Individual Entries: 92 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Royal Swimming Academy-ED

1 Bosman, Danelle - Female - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|----------------------------------|----------|
| #204 Girls 13&U 50 Back Prelims | 34,89 | #210 Girls 13&U 100 Back Prelims | 1:15,96 |
| #212 Girls 13&U 100 Free Prelims | 1:09,39 | #216 Girls 11-13 800 Free | 11:21,21 |
| #230 Girls 13&U 200 Back | 2:43,32 | #240 Girls 13&U 200 Free | 2:31,94 |
| #242 Girls 13&U 50 Free Prelims | 31,39 | | |

2 Dos Santos, Sèrgio M - Male - Age: 18 - Ind/Rel: 3 / 0

| | | | |
|--------------------------------|---------|---------------------------------|-------|
| #107 Boys 14&O 100 Fly Prelims | 1:01,26 | #115 Boys 14&O 100 Free Prelims | 56,92 |
| #127 Boys 14&O 50 Fly Prelims | 27,63 | | |

3 Greenwood, Tammy - Female - Age: 14 - Ind/Rel: 12 / 0

| | | | |
|----------------------------------|---------|----------------------------------|----------|
| #102 Girls 14&O 200 IM | 2:40,82 | #104 Girls 14&O 50 Back Prelims | 33,00 |
| #106 Girls 14&O 100 Fly Prelims | 1:11,98 | #112 Girls 14&O 100 Back Prelims | 1:10,35 |
| #114 Girls 14&O 100 Free Prelims | 1:03,58 | #118 Women 14&O 800 Free | 10:05,25 |
| #120 Girls 14&O 400 Free | 4:51,51 | #124 Girls 14&O 200 Back | 2:30,42 |
| #126 Girls 14&O 50 Fly Prelims | 31,74 | #128 Girls 14&O 200 Free | 2:17,32 |
| #130 Girls 14&O 50 Free Prelims | 29,48 | #134 Girls 14&O 1500 Free | 19:19,06 |

4 Grobler, Marnis - Male - Age: 15 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:40,29 | #113 Boys 14&O 100 Back Prelims | 1:13,45 |
| #115 Boys 14&O 100 Free Prelims | 1:02,98 | #125 Boys 14&O 200 Back | 2:39,61 |
| #129 Boys 14&O 200 Free | 2:17,89 | #131 Boys 14&O 50 Free Prelims | 28,80 |

5 Kotze, Marnus - Male - Age: 16 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:26,11 | #107 Boys 14&O 100 Fly Prelims | 1:02,46 |
| #111 Boys 14&O 400 IM | 5:14,06 | #115 Boys 14&O 100 Free Prelims | 1:00,29 |
| #123 Boys 14&O 100 Breast Prelims | 1:16,28 | #127 Boys 14&O 50 Fly Prelims | 29,23 |
| #133 Boys 14&O 200 Fly | 2:29,34 | | |

6 Lotter, Karli - Female - Age: 11 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:28,91 | #212 Girls 13&U 100 Free Prelims | 1:22,41 |
| #230 Girls 13&U 200 Back | 3:24,54 | #240 Girls 13&U 200 Free | 2:55,82 |

7 Seabrook, Matthew C - Male - Age: 12 - Ind/Rel: 9 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:00,31 | #203 Boys 13&U 200 IM | 2:40,10 |
| #205 Boys 13&U 50 Back Prelims | 35,04 | #209 Boys 13&U 400 IM | 5:44,53 |
| #211 Boys 13&U 100 Back Prelims | 1:14,50 | #213 Boys 13&U 100 Free Prelims | 1:07,74 |
| #229 Boys 13&U 100 Breast Prelims | 1:24,87 | #231 Boys 13&U 200 Back | 2:38,28 |
| #233 Boys 13&U 50 Fly Prelims | 36,08 | | |

8 Steenkamp, Veneske - Female - Age: 11 - Ind/Rel: 8 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:05,73 | #204 Girls 13&U 50 Back Prelims | 39,45 |
| #210 Girls 13&U 100 Back Prelims | 1:25,82 | #212 Girls 13&U 100 Free Prelims | 1:12,58 |
| #226 Girls 13&U 400 Free | 5:57,17 | #232 Girls 13&U 50 Fly Prelims | 35,54 |
| #240 Girls 13&U 200 Free | 2:38,61 | #242 Girls 13&U 50 Free Prelims | 33,35 |

9 Steyn, Stefan A - Male - Age: 13 - Ind/Rel: 3 / 0

| | | | |
|---------------------------------|---------|-----------------------|---------|
| #201 Boys 13&U 200 Breast | 2:35,79 | #209 Boys 13&U 400 IM | 5:07,47 |
| #213 Boys 13&U 100 Free Prelims | 1:00,51 | | |

Royal Swimming Academy-ED Total Individual Entries: 59 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Seagulls SC-ET

1 Binedell, Martin - Male - Age: 24 - Ind/Rel: 4 / 0

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 55,82 | #113 Boys 14&O 100 Back Prelims | 55,68 |
| #125 Boys 14&O 200 Back | 1:59,03 | #129 Boys 14&O 200 Free | 1:51,93 |

2 Gallagher, Erin P - Female - Age: 20 - Ind/Rel: 3 / 0

| | | | |
|---------------------------------|-------|--------------------------------|-------|
| #106 Girls 14&O 100 Fly Prelims | 57,67 | #126 Girls 14&O 50 Fly Prelims | 26,24 |
| #130 Girls 14&O 50 Free Prelims | 24,95 | | |

3 Holtzhausen, Luca D - Male - Age: 15 - Ind/Rel: 10 / 0

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:04,14 | #105 Boys 14&O 50 Back Prelims | 26,95 |
| #107 Boys 14&O 100 Fly Prelims | 56,62 | #111 Boys 14&O 400 IM | 4:28,75 |
| #115 Boys 14&O 100 Free Prelims | 51,81 | #117 Boys 14&O 50 Breast Prelims | 29,85 |
| #121 Boys 14&O 400 Free | 3:56,95 | #127 Boys 14&O 50 Fly Prelims | 26,12 |
| #129 Boys 14&O 200 Free | 1:51,82 | #131 Boys 14&O 50 Free Prelims | 24,23 |

4 Meder, Rebecca A - Female - Age: 17 - Ind/Rel: 9 / 0

| | | | |
|------------------------------------|---------|--------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:29,44 | #102 Girls 14&O 200 IM | 2:14,44 |
| #104 Girls 14&O 50 Back Prelims | 29,53 | #110 Girls 14&O 400 IM | 4:45,84 |
| #114 Girls 14&O 100 Free Prelims | 55,09 | #120 Girls 14&O 400 Free | 4:18,98 |
| #122 Girls 14&O 100 Breast Prelims | 1:10,06 | #128 Girls 14&O 200 Free | 2:00,32 |
| #130 Girls 14&O 50 Free Prelims | 27,13 | | |

5 Musgrave, Bailey G - Male - Age: 21 - Ind/Rel: 3 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|-------|
| #101 Boys 14&O 200 Breast | 2:16,84 | #115 Boys 14&O 100 Free Prelims | 53,69 |
| #123 Boys 14&O 100 Breast Prelims | 1:03,31 | | |

6 Ronaldson, Daniel O - Male - Age: 22 - Ind/Rel: 5 / 0

| | | | |
|--------------------------------|---------|---------------------------------|-------|
| #107 Boys 14&O 100 Fly Prelims | 54,32 | #115 Boys 14&O 100 Free Prelims | 50,92 |
| #121 Boys 14&O 400 Free | 4:00,30 | #127 Boys 14&O 50 Fly Prelims | 24,59 |
| #133 Boys 14&O 200 Fly | 2:02,14 | | |

7 Thormahlen, Heike - Female - Age: 20 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 31,80 | #112 Girls 14&O 100 Back Prelims | 1:08,92 |
| #114 Girls 14&O 100 Free Prelims | 1:02,33 | #130 Girls 14&O 50 Free Prelims | 29,43 |

8 Tully, Jemma - Female - Age: 17 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|---------|--------------------------|---------|
| #102 Girls 14&O 200 IM | 2:24,52 | #110 Girls 14&O 400 IM | 5:02,57 |
| #114 Girls 14&O 100 Free Prelims | 1:01,37 | #124 Girls 14&O 200 Back | 2:20,20 |
| #128 Girls 14&O 200 Free | 2:08,89 | | |

9 Tully, Megan - Female - Age: 17 - Ind/Rel: 6 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 30,57 | #106 Girls 14&O 100 Fly Prelims | 1:06,69 |
| #112 Girls 14&O 100 Back Prelims | 1:05,04 | #124 Girls 14&O 200 Back | 2:17,80 |
| #128 Girls 14&O 200 Free | 2:09,61 | #130 Girls 14&O 50 Free Prelims | 29,21 |

10 Tully, Olivia - Female - Age: 17 - Ind/Rel: 6 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 31,18 | #112 Girls 14&O 100 Back Prelims | 1:06,54 |
| #114 Girls 14&O 100 Free Prelims | 1:01,90 | #124 Girls 14&O 200 Back | 2:18,78 |
| #126 Girls 14&O 50 Fly Prelims | 32,41 | #128 Girls 14&O 200 Free | 2:11,36 |

11 Visagie, Emily J - Female - Age: 21 - Ind/Rel: 3 / 0

| | | | |
|---------------------------------|---------|------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:27,03 | #102 Girls 14&O 200 IM | 2:17,69 |
| #106 Girls 14&O 100 Fly Prelims | 1:05,56 | | |

Seagulls SC-ET Total Individual Entries: 58 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Seals Swim Club - Kla-ZZ

1 Gita, Matthew K - Male - Age: 10 - Ind/Rel: 1 / 0

#243 Boys 13&U 50 Free Prelims 36,10

2 Kabanda, Briana Tetta - Female - Age: 10 - Ind/Rel: 4 / 4

#204 Girls 13&U 50 Back Prelims 41,90

#218 Girls 11&U 200 Free Relay (5) 2:16,19

#242 Girls 13&U 50 Free Prelims 36,40

#256 Girls 11&U 400 Free Relay (6) 5:06,70

#214 Girls 13&U 50 Breast Prelims 48,42

#232 Girls 13&U 50 Fly Prelims 41,51

#248 Girls 11&U 200 Medley Relay (5) NT

#258 Girls 13&U 400 Free Relay (6) NT

3 Kafumbe, John - Male - Age: 13 - Ind/Rel: 12 / 4

#201 Boys 13&U 200 Breast 2:48,59

#205 Boys 13&U 50 Back Prelims 32,69

#213 Boys 13&U 100 Free Prelims 1:01,48

#221 Boys 13&U 200 Free Relay (2) 2:07,06

#229 Boys 13&U 100 Breast Prelims 1:19,99

#235 Boys 13&U 400 Medley Relay (1) NT

#243 Boys 13&U 50 Free Prelims 29,10

#251 Boys 13&U 200 Medley Relay (1) NT

#203 Boys 13&U 200 IM 2:32,61

#211 Boys 13&U 100 Back Prelims 1:10,78

#217 Boys 11-13 1500 Free 18:13,74

#227 Boys 13&U 400 Free 4:36,89

#231 Boys 13&U 200 Back 2:34,70

#241 Boys 13&U 200 Free 2:19,77

#245 Boys 11-13 200 Fly 2:38,24

#259 Boys 13&U 400 Free Relay (1) NT

4 Kagugube, Simmona Mulungi C - Female - Age: 10 - Ind/Rel: 5 / 5

#204 Girls 13&U 50 Back Prelims 42,24

#212 Girls 13&U 100 Free Prelims 1:18,02

#218 Girls 11&U 200 Free Relay (2) 2:16,19

#248 Girls 11&U 200 Medley Relay (2) NT

#256 Girls 11&U 400 Free Relay (3) 5:06,70

#210 Girls 13&U 100 Back Prelims 1:33,81

#214 Girls 13&U 50 Breast Prelims 47,64

#242 Girls 13&U 50 Free Prelims 36,15

#250 Girls 13&U 200 Medley Relay (6) NT

#258 Girls 13&U 400 Free Relay (4) NT

5 Kirabo, Daniella - Female - Age: 12 - Ind/Rel: 5 / 3

#200 Girls 13&U 200 Breast 3:24,98

#214 Girls 13&U 50 Breast Prelims 41,74

#228 Girls 13&U 100 Breast Prelims 1:38,77

#242 Girls 13&U 50 Free Prelims 35,62

#212 Girls 13&U 100 Free Prelims 1:19,49

#220 Girls 13&U 200 Free Relay (5) 2:08,83

#234 Girls 13&U 400 Medley Relay (5) NT

#258 Girls 13&U 400 Free Relay (1) NT

6 Kituuka, Alexis - Female - Age: 15 - Ind/Rel: 11 / 0

#102 Girls 14&O 200 IM 2:47,06

#106 Girls 14&O 100 Fly Prelims 1:10,88

#112 Girls 14&O 100 Back Prelims 1:15,78

#120 Girls 14&O 400 Free 5:15,99

#128 Girls 14&O 200 Free 2:24,91

#132 Girls 14&O 200 Fly 2:44,39

#104 Girls 14&O 50 Back Prelims 33,79

#110 Girls 14&O 400 IM 6:04,46

#114 Girls 14&O 100 Free Prelims 1:04,77

#126 Girls 14&O 50 Fly Prelims 32,20

#130 Girls 14&O 50 Free Prelims 29,32

7 Kituuka, Austin - Male - Age: 10 - Ind/Rel: 4 / 4

#205 Boys 13&U 50 Back Prelims 41,05

#213 Boys 13&U 100 Free Prelims 1:20,79

#235 Boys 13&U 400 Medley Relay (5) NT

#251 Boys 13&U 200 Medley Relay (5) NT

#211 Boys 13&U 100 Back Prelims 1:34,19

#221 Boys 13&U 200 Free Relay (5) 2:07,06

#243 Boys 13&U 50 Free Prelims 35,85

#259 Boys 13&U 400 Free Relay (5) NT

8 Kusinza, Daudi - Male - Age: 13 - Ind/Rel: 10 / 4

#201 Boys 13&U 200 Breast 3:11,34

#205 Boys 13&U 50 Back Prelims 38,39

#213 Boys 13&U 100 Free Prelims 1:13,18

#221 Boys 13&U 200 Free Relay (4) 2:07,06

#231 Boys 13&U 200 Back 2:51,63

#235 Boys 13&U 400 Medley Relay (2) NT

#251 Boys 13&U 200 Medley Relay (2) NT

#203 Boys 13&U 200 IM 2:52,57

#211 Boys 13&U 100 Back Prelims 1:21,33

#215 Boys 13&U 50 Breast Prelims 39,24

#229 Boys 13&U 100 Breast Prelims 1:29,20

#233 Boys 13&U 50 Fly Prelims 36,70

#243 Boys 13&U 50 Free Prelims 31,68

#259 Boys 13&U 400 Free Relay (3) NT

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Seals Swim Club - Kla-ZZ

9 Lutalo, Natalie - Female - Age: 11 - Ind/Rel: 12 / 6

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:31,37 | #202 Girls 13&U 200 IM | 3:04,09 |
| #204 Girls 13&U 50 Back Prelims | 37,47 | #210 Girls 13&U 100 Back Prelims | 1:22,10 |
| #212 Girls 13&U 100 Free Prelims | 1:11,17 | #214 Girls 13&U 50 Breast Prelims | 43,15 |
| #218 Girls 11&U 200 Free Relay (4) | 2:16,19 | #220 Girls 13&U 200 Free Relay (1) | 2:08,83 |
| #226 Girls 13&U 400 Free | 5:55,27 | #228 Girls 13&U 100 Breast Prelims | 1:35,79 |
| #230 Girls 13&U 200 Back | 2:55,88 | #232 Girls 13&U 50 Fly Prelims | 37,66 |
| #234 Girls 13&U 400 Medley Relay (4) | NT | #240 Girls 13&U 200 Free | 2:38,13 |
| #242 Girls 13&U 50 Free Prelims | 32,21 | #248 Girls 11&U 200 Medley Relay (1) | NT |
| #250 Girls 13&U 200 Medley Relay (4) | NT | #256 Girls 11&U 400 Free Relay (4) | 5:06,70 |

10 Magezi, Isabella - Female - Age: 12 - Ind/Rel: 7 / 4

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:11,91 | #204 Girls 13&U 50 Back Prelims | 36,96 |
| #210 Girls 13&U 100 Back Prelims | 1:22,36 | #212 Girls 13&U 100 Free Prelims | 1:14,84 |
| #220 Girls 13&U 200 Free Relay (2) | 2:08,83 | #230 Girls 13&U 200 Back | 3:01,30 |
| #232 Girls 13&U 50 Fly Prelims | 38,60 | #234 Girls 13&U 400 Medley Relay (1) | NT |
| #242 Girls 13&U 50 Free Prelims | 34,17 | #250 Girls 13&U 200 Medley Relay (1) | NT |
| #258 Girls 13&U 400 Free Relay (2) | NT | | |

11 Makanga, William Jordan - Male - Age: 12 - Ind/Rel: 5 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 38,99 | #213 Boys 13&U 100 Free Prelims | 1:17,92 |
| #215 Boys 13&U 50 Breast Prelims | 41,15 | #221 Boys 13&U 200 Free Relay (3) | 2:07,06 |
| #229 Boys 13&U 100 Breast Prelims | 1:31,69 | #233 Boys 13&U 50 Fly Prelims | 36,89 |
| #235 Boys 13&U 400 Medley Relay (4) | NT | #251 Boys 13&U 200 Medley Relay (4) | NT |
| #259 Boys 13&U 400 Free Relay (4) | NT | | |

12 Mudanye, Amelia - Female - Age: 11 - Ind/Rel: 12 / 6

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:21,72 | #202 Girls 13&U 200 IM | 3:08,11 |
| #204 Girls 13&U 50 Back Prelims | 39,17 | #206 Girls 13&U 100 Fly Prelims | 1:26,90 |
| #210 Girls 13&U 100 Back Prelims | 1:28,42 | #212 Girls 13&U 100 Free Prelims | 1:13,73 |
| #214 Girls 13&U 50 Breast Prelims | 39,56 | #218 Girls 11&U 200 Free Relay (1) | 2:16,19 |
| #220 Girls 13&U 200 Free Relay (3) | 2:08,83 | #228 Girls 13&U 100 Breast Prelims | 1:32,11 |
| #230 Girls 13&U 200 Back | 2:58,98 | #232 Girls 13&U 50 Fly Prelims | 38,08 |
| #234 Girls 13&U 400 Medley Relay (2) | NT | #240 Girls 13&U 200 Free | 2:47,92 |
| #242 Girls 13&U 50 Free Prelims | 33,08 | #248 Girls 11&U 200 Medley Relay (3) | NT |
| #250 Girls 13&U 200 Medley Relay (2) | NT | #256 Girls 11&U 400 Free Relay (1) | 5:06,70 |

13 Nakimbugwe, Brandy - Female - Age: 14 - Ind/Rel: 3 / 0

| | | | |
|-----------------------------------|-------|--------------------------------|-------|
| #116 Girls 14&O 50 Breast Prelims | 43,19 | #126 Girls 14&O 50 Fly Prelims | 34,01 |
| #130 Girls 14&O 50 Free Prelims | 33,97 | | |

14 Naluwoza Kisawuzi, Tara A - Female - Age: 11 - Ind/Rel: 4 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 44,90 | #214 Girls 13&U 50 Breast Prelims | 47,83 |
| #218 Girls 11&U 200 Free Relay (3) | 2:16,19 | #232 Girls 13&U 50 Fly Prelims | 40,65 |
| #242 Girls 13&U 50 Free Prelims | 34,54 | #248 Girls 11&U 200 Medley Relay (4) | NT |
| #250 Girls 13&U 200 Medley Relay (5) | NT | #256 Girls 11&U 400 Free Relay (5) | 5:06,70 |

15 Namara, Tessie - Female - Age: 10 - Ind/Rel: 0 / 2

| | | | |
|------------------------------------|---------|------------------------------------|----|
| #256 Girls 11&U 400 Free Relay (2) | 5:06,70 | #258 Girls 13&U 400 Free Relay (5) | NT |
|------------------------------------|---------|------------------------------------|----|

16 Neema, Kangi - Female - Age: 13 - Ind/Rel: 13 / 4

| | | | |
|------------------------------------|----------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:08,54 | #202 Girls 13&U 200 IM | 2:46,27 |
| #204 Girls 13&U 50 Back Prelims | 32,66 | #210 Girls 13&U 100 Back Prelims | 1:19,41 |
| #212 Girls 13&U 100 Free Prelims | 1:05,58 | #214 Girls 13&U 50 Breast Prelims | 39,03 |
| #220 Girls 13&U 200 Free Relay (4) | 2:08,83 | #226 Girls 13&U 400 Free | 5:03,18 |
| #228 Girls 13&U 100 Breast Prelims | 1:23,36 | #230 Girls 13&U 200 Back | 2:45,22 |
| #232 Girls 13&U 50 Fly Prelims | 33,26 | #234 Girls 13&U 400 Medley Relay (3) | NT |
| #240 Girls 13&U 200 Free | 2:30,70 | #242 Girls 13&U 50 Free Prelims | 30,10 |
| #246 Girls 13&U 1500 Free | 19:51,16 | #250 Girls 13&U 200 Medley Relay (3) | NT |
| #258 Girls 13&U 400 Free Relay (3) | NT | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Seals Swim Club - Kla-ZZ

17 Sheema, Angelo - Male - Age: 14 - Ind/Rel: 4 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|-------|
| #105 Boys 14&O 50 Back Prelims | 38,49 | #117 Boys 14&O 50 Breast Prelims | 37,30 |
| #123 Boys 14&O 100 Breast Prelims | 1:29,48 | #131 Boys 14&O 50 Free Prelims | 31,99 |

18 Tang, Jiang Michelle Y - Female - Age: 15 - Ind/Rel: 4 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|-------|
| #100 Girls 14&O 200 Breast | 3:26,00 | #116 Girls 14&O 50 Breast Prelims | 40,25 |
| #122 Girls 14&O 100 Breast Prelims | 1:30,70 | #130 Girls 14&O 50 Free Prelims | 33,64 |

19 Thembo, Katende George S - Male - Age: 12 - Ind/Rel: 5 / 4

| | | | |
|-----------------------------------|-------|-------------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 37,68 | #213 Boys 13&U 100 Free Prelims | 1:13,80 |
| #215 Boys 13&U 50 Breast Prelims | 45,31 | #221 Boys 13&U 200 Free Relay (1) | 2:07,06 |
| #233 Boys 13&U 50 Fly Prelims | 34,88 | #235 Boys 13&U 400 Medley Relay (3) | NT |
| #243 Boys 13&U 50 Free Prelims | 32,70 | #251 Boys 13&U 200 Medley Relay (3) | NT |
| #259 Boys 13&U 400 Free Relay (2) | NT | | |

Seals Swim Club - Kla-ZZ Total Individual Entries: 121 - Total Relays: 0

Swartland Swim Club-WC

1 Borman, Jani - Female - Age: 11 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:10,26 | #210 Girls 13&U 100 Back Prelims | 1:30,22 |
| #212 Girls 13&U 100 Free Prelims | 1:20,15 | #240 Girls 13&U 200 Free | 2:54,50 |
| #242 Girls 13&U 50 Free Prelims | 36,63 | | |

2 Burger, Schalk S - Male - Age: 14 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:46,89 | #105 Boys 14&O 50 Back Prelims | 32,35 |
| #113 Boys 14&O 100 Back Prelims | 1:10,41 | #115 Boys 14&O 100 Free Prelims | 1:05,65 |
| #123 Boys 14&O 100 Breast Prelims | 1:26,50 | #125 Boys 14&O 200 Back | 2:40,80 |
| #131 Boys 14&O 50 Free Prelims | 29,39 | | |

3 Foot, Aiden C - Male - Age: 13 - Ind/Rel: 8 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:04,28 | #205 Boys 13&U 50 Back Prelims | 35,88 |
| #211 Boys 13&U 100 Back Prelims | 1:18,01 | #213 Boys 13&U 100 Free Prelims | 1:12,68 |
| #231 Boys 13&U 200 Back | 2:47,79 | #233 Boys 13&U 50 Fly Prelims | 37,35 |
| #241 Boys 13&U 200 Free | 2:46,77 | #243 Boys 13&U 50 Free Prelims | 33,31 |

4 Kemp, Mari - Female - Age: 13 - Ind/Rel: 8 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:25,00 | #202 Girls 13&U 200 IM | 3:06,16 |
| #212 Girls 13&U 100 Free Prelims | 1:14,88 | #214 Girls 13&U 50 Breast Prelims | 46,30 |
| #228 Girls 13&U 100 Breast Prelims | 1:38,10 | #232 Girls 13&U 50 Fly Prelims | 39,92 |
| #240 Girls 13&U 200 Free | 2:42,56 | #242 Girls 13&U 50 Free Prelims | 34,73 |

5 Kotzè, Kailen M - Male - Age: 13 - Ind/Rel: 9 / 0

| | | | |
|-------------------------|----------|---------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:31,20 | #207 Boys 13&U 100 Fly Prelims | 1:10,53 |
| #209 Boys 13&U 400 IM | 5:30,67 | #211 Boys 13&U 100 Back Prelims | 1:09,59 |
| #227 Boys 13&U 400 Free | 4:58,68 | #231 Boys 13&U 200 Back | 2:28,00 |
| #241 Boys 13&U 200 Free | 2:16,54 | #245 Boys 11-13 200 Fly | 2:30,47 |
| #247 Boys 13&U 800 Free | 10:04,99 | | |

6 Vorster, Carli - Female - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:14,38 | #206 Girls 13&U 100 Fly Prelims | 1:24,09 |
| #210 Girls 13&U 100 Back Prelims | 1:27,15 | #212 Girls 13&U 100 Free Prelims | 1:10,09 |
| #232 Girls 13&U 50 Fly Prelims | 35,11 | #240 Girls 13&U 200 Free | 2:42,74 |
| #242 Girls 13&U 50 Free Prelims | 34,13 | | |

7 Vorster, Jess L - Female - Age: 15 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:52,20 | #114 Girls 14&O 100 Free Prelims | 1:08,02 |
| #116 Girls 14&O 50 Breast Prelims | 40,14 | #122 Girls 14&O 100 Breast Prelims | 1:27,66 |
| #126 Girls 14&O 50 Fly Prelims | 34,68 | #128 Girls 14&O 200 Free | 2:31,46 |
| #130 Girls 14&O 50 Free Prelims | 31,81 | | |

Swartland Swim Club-WC Total Individual Entries: 51 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Swimlab Aquatic Academ-CP

1 Austin, Trevor - Male - Age: 26 - Ind/Rel: 5 / 4

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 59,82 | #115 Boys 14&O 100 Free Prelims | 57,84 |
| #127 Boys 14&O 50 Fly Prelims | 26,62 | #131 Boys 14&O 50 Free Prelims | 25,68 |
| #133 Boys 14&O 200 Fly | 2:11,44 | #225 Men 200 Free Relay (3) | 1:40,37 |
| #239 Men 400 Medley Relay (3) | 3:59,29 | #255 Men 200 Medley Relay (3) | 1:49,16 |
| #263 Men 400 Free Relay (4) | 3:42,37 | | |

2 Benade, Kerry - Female - Age: 15 - Ind/Rel: 4 / 2

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 36,14 | #112 Girls 14&O 100 Back Prelims | 1:17,43 |
| #114 Girls 14&O 100 Free Prelims | 1:14,90 | #130 Girls 14&O 50 Free Prelims | 31,59 |
| #222 Girls 15&U 200 Free Relay (2) | 2:03,06 | #252 Girls 15&U 200 Medley Relay (4) | 2:05,08 |

3 Berry, Christopher N - Male - Age: 18 - Ind/Rel: 6 / 3

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:41,82 | #105 Boys 14&O 50 Back Prelims | 33,33 |
| #117 Boys 14&O 50 Breast Prelims | 31,61 | #123 Boys 14&O 100 Breast Prelims | 1:08,24 |
| #127 Boys 14&O 50 Fly Prelims | 31,16 | #131 Boys 14&O 50 Free Prelims | 27,48 |
| #239 Men 400 Medley Relay (2) | 4:13,40 | #255 Men 200 Medley Relay (2) | 1:54,51 |
| #263 Men 400 Free Relay (4) | 3:56,54 | | |

4 Botha, Pierre C - Male - Age: 15 - Ind/Rel: 6 / 3

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #115 Boys 14&O 100 Free Prelims | 58,97 | #121 Boys 14&O 400 Free | 4:34,86 |
| #127 Boys 14&O 50 Fly Prelims | 29,27 | #129 Boys 14&O 200 Free | 2:09,21 |
| #131 Boys 14&O 50 Free Prelims | 27,26 | #133 Boys 14&O 200 Fly | 2:24,84 |
| #223 Boys 15&U 200 Free Relay (1) | 1:52,71 | #237 Boys 15&U 400 Medley Relay (3) | 4:25,89 |
| #253 Boys 15&U 200 Medley Relay (3) | 2:03,58 | | |

5 Cleworth, Holly E - Female - Age: 15 - Ind/Rel: 11 / 6

| | | | |
|--------------------------------------|----------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:27,95 | #104 Girls 14&O 50 Back Prelims | 31,20 |
| #106 Girls 14&O 100 Fly Prelims | 1:09,60 | #108 Women 800 Free Relay (2) | 8:48,91 |
| #112 Girls 14&O 100 Back Prelims | 1:07,50 | #114 Girls 14&O 100 Free Prelims | 1:02,92 |
| #118 Women 14&O 800 Free | 10:14,35 | #120 Girls 14&O 400 Free | 4:41,95 |
| #124 Girls 14&O 200 Back | 2:23,15 | #126 Girls 14&O 50 Fly Prelims | 31,57 |
| #128 Girls 14&O 200 Free | 2:12,08 | #130 Girls 14&O 50 Free Prelims | 29,48 |
| #222 Girls 15&U 200 Free Relay (3) | 1:56,40 | #224 Women 200 Free Relay (3) | 1:50,46 |
| #236 Girls 15&U 400 Medley Relay (1) | 4:37,42 | #252 Girls 15&U 200 Medley Relay (1) | 2:05,08 |
| #260 Girls 15&U 400 Free Relay (3) | 4:11,00 | | |

6 Cromhout, Hannah E - Female - Age: 15 - Ind/Rel: 8 / 8

| | | | |
|---------------------------------|---------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:34,97 | #106 Girls 14&O 100 Fly Prelims | 1:10,85 |
| #108 Women 800 Free Relay (3) | 8:48,91 | #114 Girls 14&O 100 Free Prelims | 1:01,27 |
| #118 Women 14&O 800 Free | 9:56,85 | #120 Girls 14&O 400 Free | 4:40,95 |
| #126 Girls 14&O 50 Fly Prelims | 30,23 | #128 Girls 14&O 200 Free | 2:12,90 |
| #130 Girls 14&O 50 Free Prelims | 28,21 | #222 Girls 15&U 200 Free Relay (1) | 1:56,40 |
| #224 Women 200 Free Relay (4) | 1:50,46 | #236 Girls 15&U 400 Medley Relay (3) | 4:37,42 |
| #238 Women 400 Medley Relay (4) | 4:30,23 | #252 Girls 15&U 200 Medley Relay (3) | 2:05,08 |
| #254 Women 200 Medley Relay (4) | 2:02,20 | #260 Girls 15&U 400 Free Relay (1) | 4:11,00 |

7 Cupido, Blake A - Male - Age: 17 - Ind/Rel: 7 / 4

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:44,16 | #103 Boys 14&O 200 IM | 2:28,16 |
| #115 Boys 14&O 100 Free Prelims | 1:01,09 | #117 Boys 14&O 50 Breast Prelims | 34,79 |
| #123 Boys 14&O 100 Breast Prelims | 1:13,97 | #127 Boys 14&O 50 Fly Prelims | 29,02 |
| #131 Boys 14&O 50 Free Prelims | 27,12 | #225 Men 200 Free Relay (3) | 1:46,97 |
| #239 Men 400 Medley Relay (3) | 4:13,40 | #255 Men 200 Medley Relay (3) | 1:54,51 |
| #263 Men 400 Free Relay (3) | 3:56,54 | | |

8 Duxbury, Josh - Male - Age: 13 - Ind/Rel: 4 / 1

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:13,02 | #203 Boys 13&U 200 IM | 2:55,17 |
| #213 Boys 13&U 100 Free Prelims | 1:12,20 | #215 Boys 13&U 50 Breast Prelims | 41,08 |
| #259 Boys 13&U 400 Free Relay (4) | 4:27,84 | | |

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Team Entries - All Events

Swimlab Aquatic Academ-CP

9 Forbes, Gabriel P - Male - Age: 22 - Ind/Rel: 4 / 3

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 31,93 | #115 Boys 14&O 100 Free Prelims | 1:00,58 |
| #127 Boys 14&O 50 Fly Prelims | 30,16 | #131 Boys 14&O 50 Free Prelims | 25,68 |
| #225 Men 200 Free Relay (4) | 1:40,37 | #255 Men 200 Medley Relay (4) | 1:54,51 |
| #263 Men 400 Free Relay (1) | 3:56,54 | | |

10 Franks, Madison M - Female - Age: 12 - Ind/Rel: 7 / 4

| | | | |
|--------------------------------------|----------|--------------------------------------|---------|
| #206 Girls 13&U 100 Fly Prelims | 1:22,04 | #210 Girls 13&U 100 Back Prelims | 1:23,66 |
| #216 Girls 11-13 800 Free | 11:19,59 | #220 Girls 13&U 200 Free Relay (4) | 2:02,63 |
| #226 Girls 13&U 400 Free | 5:35,69 | #232 Girls 13&U 50 Fly Prelims | 36,15 |
| #234 Girls 13&U 400 Medley Relay (3) | 5:24,17 | #240 Girls 13&U 200 Free | 2:34,25 |
| #242 Girls 13&U 50 Free Prelims | 32,31 | #250 Girls 13&U 200 Medley Relay (4) | 2:27,53 |
| #258 Girls 13&U 400 Free Relay (1) | 4:50,02 | | |

11 Gershuny, Chloe - Female - Age: 14 - Ind/Rel: 6 / 2

| | | | |
|------------------------------------|---------|------------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 32,34 | #106 Girls 14&O 100 Fly Prelims | 1:13,08 |
| #112 Girls 14&O 100 Back Prelims | 1:10,46 | #114 Girls 14&O 100 Free Prelims | 1:04,63 |
| #124 Girls 14&O 200 Back | 2:35,37 | #126 Girls 14&O 50 Fly Prelims | 32,07 |
| #222 Girls 15&U 200 Free Relay (1) | 2:03,06 | #260 Girls 15&U 400 Free Relay (2) | 4:11,00 |

12 Gounden, Mikhael A - Male - Age: 14 - Ind/Rel: 4 / 2

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:17,64 | #115 Boys 14&O 100 Free Prelims | 1:08,69 |
| #121 Boys 14&O 400 Free | 5:03,23 | #129 Boys 14&O 200 Free | 2:30,78 |
| #253 Boys 15&U 200 Medley Relay (4) | 2:03,58 | #261 Boys 15&U 400 Free Relay (2) | 4:02,46 |

13 Groepes, Rachel L - Female - Age: 13 - Ind/Rel: 10 / 7

| | | | |
|--------------------------------------|---------|--------------------------------------|----------|
| #108 Women 800 Free Relay (1) | 8:48,91 | #202 Girls 13&U 200 IM | 2:34,78 |
| #204 Girls 13&U 50 Back Prelims | 34,56 | #210 Girls 13&U 100 Back Prelims | 1:12,55 |
| #212 Girls 13&U 100 Free Prelims | 1:02,19 | #216 Girls 11-13 800 Free | 10:42,58 |
| #220 Girls 13&U 200 Free Relay (1) | 2:02,63 | #222 Girls 15&U 200 Free Relay (2) | 1:56,40 |
| #226 Girls 13&U 400 Free | 4:48,39 | #230 Girls 13&U 200 Back | 2:36,60 |
| #232 Girls 13&U 50 Fly Prelims | 33,46 | #234 Girls 13&U 400 Medley Relay (4) | 5:07,94 |
| #236 Girls 15&U 400 Medley Relay (4) | 4:37,42 | #240 Girls 13&U 200 Free | 2:17,91 |
| #242 Girls 13&U 50 Free Prelims | 28,66 | #250 Girls 13&U 200 Medley Relay (4) | 2:19,51 |
| #258 Girls 13&U 400 Free Relay (1) | 4:27,71 | | |

14 Haddon, Simon M - Male - Age: 21 - Ind/Rel: 4 / 5

| | | | |
|---------------------------------|---------|-------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 56,93 | #109 Men 800 Free Relay (1) | 8:13,37 |
| #115 Boys 14&O 100 Free Prelims | 52,20 | #127 Boys 14&O 50 Fly Prelims | 25,64 |
| #131 Boys 14&O 50 Free Prelims | 23,69 | #225 Men 200 Free Relay (1) | 1:40,37 |
| #239 Men 400 Medley Relay (4) | 3:59,29 | #255 Men 200 Medley Relay (4) | 1:49,16 |
| #263 Men 400 Free Relay (1) | 3:42,37 | | |

15 Hartman, Timothy J - Male - Age: 13 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:07,07 | #203 Boys 13&U 200 IM | 2:48,79 |
| #207 Boys 13&U 100 Fly Prelims | 1:22,09 | #213 Boys 13&U 100 Free Prelims | 1:12,99 |
| #215 Boys 13&U 50 Breast Prelims | 37,55 | #221 Boys 13&U 200 Free Relay (4) | 2:00,74 |
| #229 Boys 13&U 100 Breast Prelims | 1:25,22 | #233 Boys 13&U 50 Fly Prelims | 35,42 |
| #235 Boys 13&U 400 Medley Relay (3) | 4:55,65 | #243 Boys 13&U 50 Free Prelims | 31,65 |
| #251 Boys 13&U 200 Medley Relay (4) | 2:13,03 | #259 Boys 13&U 400 Free Relay (1) | 4:27,84 |

16 Havenga, Skyla K - Female - Age: 13 - Ind/Rel: 12 / 4

| | | | |
|--------------------------------------|----------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:51,64 | #204 Girls 13&U 50 Back Prelims | 41,38 |
| #206 Girls 13&U 100 Fly Prelims | 1:19,65 | #208 Girls 13&U 400 IM | 5:59,60 |
| #210 Girls 13&U 100 Back Prelims | 1:22,08 | #212 Girls 13&U 100 Free Prelims | 1:05,59 |
| #216 Girls 11-13 800 Free | 10:18,01 | #220 Girls 13&U 200 Free Relay (3) | 2:02,63 |
| #226 Girls 13&U 400 Free | 5:00,49 | #230 Girls 13&U 200 Back | 2:51,11 |
| #232 Girls 13&U 50 Fly Prelims | 34,99 | #234 Girls 13&U 400 Medley Relay (4) | 5:24,17 |
| #240 Girls 13&U 200 Free | 2:22,74 | #242 Girls 13&U 50 Free Prelims | 31,43 |
| #250 Girls 13&U 200 Medley Relay (3) | 2:27,53 | #258 Girls 13&U 400 Free Relay (2) | 4:27,71 |

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Team Entries - All Events

Swimlab Aquatic Academic-CP

17 Herbst, Mienke - Female - Age: 13 - Ind/Rel: 7 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:13,23 | #202 Girls 13&U 200 IM | 2:58,76 |
| #212 Girls 13&U 100 Free Prelims | 1:14,65 | #214 Girls 13&U 50 Breast Prelims | 41,70 |
| #220 Girls 13&U 200 Free Relay (4) | 2:12,00 | #228 Girls 13&U 100 Breast Prelims | 1:31,76 |
| #234 Girls 13&U 400 Medley Relay (2) | 5:07,94 | #240 Girls 13&U 200 Free | 2:44,88 |
| #242 Girls 13&U 50 Free Prelims | 34,39 | #250 Girls 13&U 200 Medley Relay (2) | 2:19,51 |
| #258 Girls 13&U 400 Free Relay (4) | 4:50,02 | | |

18 Hofmeister, Rajiv M - Male - Age: 16 - Ind/Rel: 3 / 0

| | | | |
|--------------------------------|---------|-------------------------------|-------|
| #125 Boys 14&O 200 Back | 2:25,20 | #127 Boys 14&O 50 Fly Prelims | 30,64 |
| #131 Boys 14&O 50 Free Prelims | 28,38 | | |

19 Jones, Gemma K - Female - Age: 11 - Ind/Rel: 8 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:11,87 | #204 Girls 13&U 50 Back Prelims | 38,32 |
| #210 Girls 13&U 100 Back Prelims | 1:23,24 | #212 Girls 13&U 100 Free Prelims | 1:15,20 |
| #218 Girls 11&U 200 Free Relay (2) | 2:21,79 | #230 Girls 13&U 200 Back | 2:58,26 |
| #232 Girls 13&U 50 Fly Prelims | 45,34 | #234 Girls 13&U 400 Medley Relay (1) | 5:24,17 |
| #240 Girls 13&U 200 Free | 2:47,56 | #242 Girls 13&U 50 Free Prelims | 33,94 |
| #248 Girls 11&U 200 Medley Relay (1) | 2:36,29 | #256 Girls 11&U 400 Free Relay (2) | 5:16,38 |

20 Jones, Troy B - Male - Age: 14 - Ind/Rel: 5 / 1

| | | | |
|---------------------------------|----------|-----------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:12,52 | #115 Boys 14&O 100 Free Prelims | 1:03,72 |
| #121 Boys 14&O 400 Free | 4:50,14 | #129 Boys 14&O 200 Free | 2:14,85 |
| #135 Boys 14&O 800 Free | 10:16,07 | #261 Boys 15&U 400 Free Relay (3) | 4:02,46 |

21 Jurado, Stephanie C - Female - Age: 11 - Ind/Rel: 8 / 6

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:54,54 | #204 Girls 13&U 50 Back Prelims | 39,02 |
| #210 Girls 13&U 100 Back Prelims | 1:21,53 | #212 Girls 13&U 100 Free Prelims | 1:12,14 |
| #218 Girls 11&U 200 Free Relay (3) | 2:21,79 | #230 Girls 13&U 200 Back | 2:51,72 |
| #232 Girls 13&U 50 Fly Prelims | 37,93 | #234 Girls 13&U 400 Medley Relay (2) | 5:24,17 |
| #240 Girls 13&U 200 Free | 2:42,12 | #242 Girls 13&U 50 Free Prelims | 37,02 |
| #248 Girls 11&U 200 Medley Relay (4) | 2:36,29 | #250 Girls 13&U 200 Medley Relay (2) | 2:27,53 |
| #256 Girls 11&U 400 Free Relay (1) | 5:16,38 | #258 Girls 13&U 400 Free Relay (2) | 4:50,02 |

22 Kleinhans, Kyle - Male - Age: 13 - Ind/Rel: 7 / 1

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 32,46 | #211 Boys 13&U 100 Back Prelims | 1:09,25 |
| #213 Boys 13&U 100 Free Prelims | 1:00,38 | #221 Boys 13&U 200 Free Relay (1) | 2:00,74 |
| #231 Boys 13&U 200 Back | 2:45,42 | #233 Boys 13&U 50 Fly Prelims | 33,74 |
| #241 Boys 13&U 200 Free | 2:22,98 | #243 Boys 13&U 50 Free Prelims | 28,32 |

23 Labuschagne, Jeremy - Male - Age: 13 - Ind/Rel: 8 / 2

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:48,04 | #205 Boys 13&U 50 Back Prelims | 33,31 |
| #211 Boys 13&U 100 Back Prelims | 1:10,09 | #213 Boys 13&U 100 Free Prelims | 1:08,15 |
| #231 Boys 13&U 200 Back | 2:28,11 | #233 Boys 13&U 50 Fly Prelims | 32,02 |
| #241 Boys 13&U 200 Free | 2:29,79 | #243 Boys 13&U 50 Free Prelims | 29,77 |
| #251 Boys 13&U 200 Medley Relay (1) | 2:13,03 | #259 Boys 13&U 400 Free Relay (3) | 4:27,84 |

24 Luck, Taylor R - Male - Age: 14 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|----------|
| #105 Boys 14&O 50 Back Prelims | 30,02 | #113 Boys 14&O 100 Back Prelims | 1:05,31 |
| #115 Boys 14&O 100 Free Prelims | 59,45 | #119 Men 14&O 1500 Free | 18:49,47 |
| #121 Boys 14&O 400 Free | 4:42,29 | #125 Boys 14&O 200 Back | 2:24,78 |
| #129 Boys 14&O 200 Free | 2:10,42 | #131 Boys 14&O 50 Free Prelims | 27,43 |
| #223 Boys 15&U 200 Free Relay (2) | 1:52,71 | #237 Boys 15&U 400 Medley Relay (1) | 4:25,89 |
| #253 Boys 15&U 200 Medley Relay (1) | 2:03,58 | #261 Boys 15&U 400 Free Relay (1) | 4:02,46 |

25 Marthinus, Ethan M - Male - Age: 13 - Ind/Rel: 5 / 3

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #211 Boys 13&U 100 Back Prelims | 1:25,16 | #213 Boys 13&U 100 Free Prelims | 1:13,19 |
| #221 Boys 13&U 200 Free Relay (2) | 2:00,74 | #227 Boys 13&U 400 Free | 5:38,16 |
| #235 Boys 13&U 400 Medley Relay (2) | 4:55,65 | #241 Boys 13&U 200 Free | 2:42,57 |
| #243 Boys 13&U 50 Free Prelims | 32,90 | #251 Boys 13&U 200 Medley Relay (2) | 2:13,03 |

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Swimlab Aquatic Academ-CP

26 McLoughlin, Kayla - Female - Age: 18 - Ind/Rel: 7 / 2

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:41,20 | #106 Girls 14&O 100 Fly Prelims | 1:10,83 |
| #114 Girls 14&O 100 Free Prelims | 1:06,95 | #120 Girls 14&O 400 Free | 4:57,26 |
| #126 Girls 14&O 50 Fly Prelims | 32,11 | #130 Girls 14&O 50 Free Prelims | 30,24 |
| #132 Girls 14&O 200 Fly | 2:49,60 | #238 Women 400 Medley Relay (3) | 4:30,23 |
| #254 Women 200 Medley Relay (3) | 2:02,20 | | |

27 Meyer, Tim - Male - Age: 18 - Ind/Rel: 3 / 0

| | | | |
|----------------------------------|-------|-----------------------------------|---------|
| #117 Boys 14&O 50 Breast Prelims | 32,92 | #123 Boys 14&O 100 Breast Prelims | 1:16,09 |
| #127 Boys 14&O 50 Fly Prelims | 29,18 | | |

28 Micklethwaite, Skye T - Female - Age: 13 - Ind/Rel: 9 / 3

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:54,86 | #204 Girls 13&U 50 Back Prelims | 38,38 |
| #208 Girls 13&U 400 IM | 6:08,98 | #210 Girls 13&U 100 Back Prelims | 1:22,39 |
| #212 Girls 13&U 100 Free Prelims | 1:10,47 | #220 Girls 13&U 200 Free Relay (3) | 2:12,00 |
| #226 Girls 13&U 400 Free | 5:37,70 | #232 Girls 13&U 50 Fly Prelims | 36,01 |
| #240 Girls 13&U 200 Free | 2:39,17 | #242 Girls 13&U 50 Free Prelims | 33,06 |
| #252 Girls 15&U 200 Medley Relay (2) | 2:18,91 | #258 Girls 13&U 400 Free Relay (3) | 4:50,02 |

29 Micklethwaite, Tyler L - Male - Age: 15 - Ind/Rel: 6 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:44,61 | #103 Boys 14&O 200 IM | 2:33,13 |
| #111 Boys 14&O 400 IM | 5:29,00 | #117 Boys 14&O 50 Breast Prelims | 36,79 |
| #121 Boys 14&O 400 Free | 4:52,55 | #123 Boys 14&O 100 Breast Prelims | 1:16,59 |
| #223 Boys 15&U 200 Free Relay (3) | 1:52,71 | #237 Boys 15&U 400 Medley Relay (4) | 4:25,89 |
| #253 Boys 15&U 200 Medley Relay (2) | 2:03,58 | #261 Boys 15&U 400 Free Relay (4) | 4:02,46 |

30 Nel, Georgia - Female - Age: 17 - Ind/Rel: 7 / 2

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:25,96 | #104 Girls 14&O 50 Back Prelims | 32,78 |
| #114 Girls 14&O 100 Free Prelims | 58,38 | #116 Girls 14&O 50 Breast Prelims | 37,94 |
| #124 Girls 14&O 200 Back | 2:27,51 | #128 Girls 14&O 200 Free | 2:06,11 |
| #130 Girls 14&O 50 Free Prelims | 27,06 | #224 Women 200 Free Relay (1) | 1:50,46 |
| #262 Women 400 Free Relay (2) | 4:00,41 | | |

31 Nel, Olivia - Female - Age: 17 - Ind/Rel: 3 / 2

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 29,92 | #112 Girls 14&O 100 Back Prelims | 1:05,37 |
| #130 Girls 14&O 50 Free Prelims | 26,53 | #224 Women 200 Free Relay (2) | 1:50,46 |
| #262 Women 400 Free Relay (1) | 4:00,41 | | |

32 Oosthuizen, Nic D - Male - Age: 17 - Ind/Rel: 7 / 4

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 31,47 | #109 Men 800 Free Relay (4) | 8:13,37 |
| #113 Boys 14&O 100 Back Prelims | 1:07,98 | #115 Boys 14&O 100 Free Prelims | 57,01 |
| #121 Boys 14&O 400 Free | 4:25,16 | #125 Boys 14&O 200 Back | 2:24,87 |
| #129 Boys 14&O 200 Free | 2:03,93 | #131 Boys 14&O 50 Free Prelims | 26,41 |
| #225 Men 200 Free Relay (2) | 1:46,97 | #239 Men 400 Medley Relay (4) | 4:13,40 |
| #263 Men 400 Free Relay (3) | 3:42,37 | | |

33 Pickering, Jenna R - Female - Age: 14 - Ind/Rel: 4 / 2

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #112 Girls 14&O 100 Back Prelims | 1:18,82 | #114 Girls 14&O 100 Free Prelims | 1:11,96 |
| #128 Girls 14&O 200 Free | 2:41,24 | #130 Girls 14&O 50 Free Prelims | 31,33 |
| #222 Girls 15&U 200 Free Relay (3) | 2:03,06 | #252 Girls 15&U 200 Medley Relay (4) | 2:18,91 |

34 Prince, Joshua - Male - Age: 11 - Ind/Rel: 9 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:58,95 | #205 Boys 13&U 50 Back Prelims | 36,92 |
| #211 Boys 13&U 100 Back Prelims | 1:20,40 | #213 Boys 13&U 100 Free Prelims | 1:14,81 |
| #215 Boys 13&U 50 Breast Prelims | 44,63 | #231 Boys 13&U 200 Back | 2:55,53 |
| #233 Boys 13&U 50 Fly Prelims | 36,50 | #241 Boys 13&U 200 Free | 2:43,20 |
| #243 Boys 13&U 50 Free Prelims | 32,09 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

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Swimlab Aquatic Academ-CP

35 Rathner, Ava - Female - Age: 14 - Ind/Rel: 6 / 2

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|------------------------------------|---------|--------------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 34,70 | #106 Girls 14&O 100 Fly Prelims | 1:26,21 |
| #112 Girls 14&O 100 Back Prelims | 1:14,11 | #114 Girls 14&O 100 Free Prelims | 1:10,74 |
| #124 Girls 14&O 200 Back | 2:45,72 | #130 Girls 14&O 50 Free Prelims | 32,52 |
| #222 Girls 15&U 200 Free Relay (4) | 2:03,06 | #252 Girls 15&U 200 Medley Relay (1) | 2:18,91 |

36 Ryan, Tess M - Female - Age: 11 - Ind/Rel: 6 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 41,22 | #210 Girls 13&U 100 Back Prelims | 1:32,19 |
| #212 Girls 13&U 100 Free Prelims | 1:17,37 | #218 Girls 11&U 200 Free Relay (1) | 2:21,79 |
| #232 Girls 13&U 50 Fly Prelims | 41,83 | #240 Girls 13&U 200 Free | 2:56,29 |
| #242 Girls 13&U 50 Free Prelims | 33,42 | #248 Girls 11&U 200 Medley Relay (3) | 2:36,29 |
| #256 Girls 11&U 400 Free Relay (3) | 5:16,38 | | |

37 Sack, Benji - Male - Age: 23 - Ind/Rel: 3 / 3

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:29,44 | #117 Boys 14&O 50 Breast Prelims | 29,89 |
| #123 Boys 14&O 100 Breast Prelims | 1:05,77 | #225 Men 200 Free Relay (1) | 1:46,97 |
| #239 Men 400 Medley Relay (2) | 3:59,29 | #255 Men 200 Medley Relay (2) | 1:49,16 |

38 Siebel, Louisa C - Female - Age: 16 - Ind/Rel: 7 / 3

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:43,61 | #104 Girls 14&O 50 Back Prelims | 32,43 |
| #112 Girls 14&O 100 Back Prelims | 1:09,16 | #114 Girls 14&O 100 Free Prelims | 1:05,17 |
| #124 Girls 14&O 200 Back | 2:31,50 | #128 Girls 14&O 200 Free | 2:22,47 |
| #130 Girls 14&O 50 Free Prelims | 30,15 | #238 Women 400 Medley Relay (1) | 4:30,23 |
| #254 Women 200 Medley Relay (1) | 2:02,20 | #262 Women 400 Free Relay (3) | 4:00,41 |

39 Smit, MJ M - Male - Age: 11 - Ind/Rel: 8 / 1

| | | | |
|-------------------------------------|---------|---------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:32,68 | #203 Boys 13&U 200 IM | 3:07,44 |
| #205 Boys 13&U 50 Back Prelims | 39,44 | #211 Boys 13&U 100 Back Prelims | 1:25,99 |
| #215 Boys 13&U 50 Breast Prelims | 43,05 | #231 Boys 13&U 200 Back | 3:07,50 |
| #235 Boys 13&U 400 Medley Relay (1) | 4:55,65 | #241 Boys 13&U 200 Free | 2:56,12 |
| #243 Boys 13&U 50 Free Prelims | 36,09 | | |

40 Smith, Lauren U - Female - Age: 19 - Ind/Rel: 3 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:43,85 | #112 Girls 14&O 100 Back Prelims | 1:13,08 |
| #114 Girls 14&O 100 Free Prelims | 1:04,62 | | |

41 Strydom, Bella A - Female - Age: 18 - Ind/Rel: 7 / 3

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 35,15 | #106 Girls 14&O 100 Fly Prelims | 1:13,14 |
| #112 Girls 14&O 100 Back Prelims | 1:14,34 | #114 Girls 14&O 100 Free Prelims | 1:06,75 |
| #124 Girls 14&O 200 Back | 2:45,63 | #126 Girls 14&O 50 Fly Prelims | 34,15 |
| #130 Girls 14&O 50 Free Prelims | 30,79 | #238 Women 400 Medley Relay (2) | 4:30,23 |
| #254 Women 200 Medley Relay (2) | 2:02,20 | #262 Women 400 Free Relay (4) | 4:00,41 |

42 Theron, Connor G - Male - Age: 16 - Ind/Rel: 6 / 5

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 28,96 | #107 Boys 14&O 100 Fly Prelims | 1:02,84 |
| #109 Men 800 Free Relay (3) | 8:13,37 | #113 Boys 14&O 100 Back Prelims | 1:03,42 |
| #115 Boys 14&O 100 Free Prelims | 59,96 | #125 Boys 14&O 200 Back | 2:13,53 |
| #127 Boys 14&O 50 Fly Prelims | 29,85 | #225 Men 200 Free Relay (4) | 1:46,97 |
| #239 Men 400 Medley Relay (1) | 4:13,40 | #255 Men 200 Medley Relay (1) | 1:49,16 |
| #263 Men 400 Free Relay (2) | 3:56,54 | | |

43 Van Rooyen, Babette B - Female - Age: 14 - Ind/Rel: 4 / 1

| | | | |
|--------------------------------------|---------|--------------------------|---------|
| #112 Girls 14&O 100 Back Prelims | 1:18,85 | #120 Girls 14&O 400 Free | 5:27,19 |
| #124 Girls 14&O 200 Back | 2:51,96 | #128 Girls 14&O 200 Free | 2:34,06 |
| #252 Girls 15&U 200 Medley Relay (3) | 2:18,91 | | |

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Swimlab Aquatic Academ-CP

44 Vickers, Sophie - Female - Age: 12 - Ind/Rel: 9 / 3

| | | | |
|--------------------------------------|----------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:02,70 | #204 Girls 13&U 50 Back Prelims | 35,98 |
| #210 Girls 13&U 100 Back Prelims | 1:19,90 | #212 Girls 13&U 100 Free Prelims | 1:15,20 |
| #216 Girls 11-13 800 Free | 12:13,33 | #220 Girls 13&U 200 Free Relay (1) | 2:12,00 |
| #230 Girls 13&U 200 Back | 2:46,48 | #232 Girls 13&U 50 Fly Prelims | 39,25 |
| #234 Girls 13&U 400 Medley Relay (1) | 5:07,94 | #240 Girls 13&U 200 Free | 2:44,18 |
| #242 Girls 13&U 50 Free Prelims | 32,71 | #250 Girls 13&U 200 Medley Relay (1) | 2:27,53 |

45 Voigt, Ryan - Male - Age: 12 - Ind/Rel: 9 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:51,58 | #205 Boys 13&U 50 Back Prelims | 36,26 |
| #207 Boys 13&U 100 Fly Prelims | 1:19,96 | #211 Boys 13&U 100 Back Prelims | 1:16,30 |
| #213 Boys 13&U 100 Free Prelims | 1:07,11 | #221 Boys 13&U 200 Free Relay (3) | 2:00,74 |
| #227 Boys 13&U 400 Free | 5:07,54 | #233 Boys 13&U 50 Fly Prelims | 34,53 |
| #235 Boys 13&U 400 Medley Relay (4) | 4:55,65 | #241 Boys 13&U 200 Free | 2:26,56 |
| #243 Boys 13&U 50 Free Prelims | 32,31 | #251 Boys 13&U 200 Medley Relay (3) | 2:13,03 |
| #259 Boys 13&U 400 Free Relay (2) | 4:27,84 | | |

46 Voigt, Savannah - Female - Age: 15 - Ind/Rel: 12 / 5

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|--------------------------------------|----------|--------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:52,66 | #102 Girls 14&O 200 IM | 2:38,14 |
| #104 Girls 14&O 50 Back Prelims | 33,68 | #106 Girls 14&O 100 Fly Prelims | 1:15,63 |
| #108 Women 800 Free Relay (4) | 8:48,91 | #112 Girls 14&O 100 Back Prelims | 1:11,34 |
| #114 Girls 14&O 100 Free Prelims | 1:04,62 | #116 Girls 14&O 50 Breast Prelims | 34,99 |
| #122 Girls 14&O 100 Breast Prelims | 1:16,88 | #126 Girls 14&O 50 Fly Prelims | 32,32 |
| #128 Girls 14&O 200 Free | 2:17,82 | #130 Girls 14&O 50 Free Prelims | 30,05 |
| #134 Girls 14&O 1500 Free | 19:40,52 | #222 Girls 15&U 200 Free Relay (4) | 1:56,40 |
| #236 Girls 15&U 400 Medley Relay (2) | 4:37,42 | #252 Girls 15&U 200 Medley Relay (2) | 2:05,08 |
| #260 Girls 15&U 400 Free Relay (4) | 4:11,00 | | |

47 Walsh, Juliet O - Female - Age: 13 - Ind/Rel: 10 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:50,99 | #204 Girls 13&U 50 Back Prelims | 38,10 |
| #206 Girls 13&U 100 Fly Prelims | 1:19,25 | #212 Girls 13&U 100 Free Prelims | 1:10,04 |
| #214 Girls 13&U 50 Breast Prelims | 42,64 | #220 Girls 13&U 200 Free Relay (2) | 2:02,63 |
| #226 Girls 13&U 400 Free | 5:42,24 | #228 Girls 13&U 100 Breast Prelims | 1:36,16 |
| #232 Girls 13&U 50 Fly Prelims | 33,85 | #240 Girls 13&U 200 Free | 2:47,75 |
| #242 Girls 13&U 50 Free Prelims | 30,23 | #250 Girls 13&U 200 Medley Relay (3) | 2:19,51 |
| #258 Girls 13&U 400 Free Relay (4) | 4:27,71 | | |

48 Walsh, Suzanna - Female - Age: 11 - Ind/Rel: 5 / 3

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:34,92 | #212 Girls 13&U 100 Free Prelims | 1:31,67 |
| #214 Girls 13&U 50 Breast Prelims | 46,62 | #218 Girls 11&U 200 Free Relay (4) | 2:21,79 |
| #228 Girls 13&U 100 Breast Prelims | 1:40,03 | #242 Girls 13&U 50 Free Prelims | 37,41 |
| #248 Girls 11&U 200 Medley Relay (2) | 2:36,29 | #256 Girls 11&U 400 Free Relay (4) | 5:16,38 |

49 Ward, Tanith A - Female - Age: 13 - Ind/Rel: 8 / 4

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 35,30 | #206 Girls 13&U 100 Fly Prelims | 1:18,39 |
| #210 Girls 13&U 100 Back Prelims | 1:15,66 | #212 Girls 13&U 100 Free Prelims | 1:09,89 |
| #220 Girls 13&U 200 Free Relay (2) | 2:12,00 | #226 Girls 13&U 400 Free | 5:38,19 |
| #230 Girls 13&U 200 Back | 2:43,96 | #232 Girls 13&U 50 Fly Prelims | 33,90 |
| #234 Girls 13&U 400 Medley Relay (3) | 5:07,94 | #242 Girls 13&U 50 Free Prelims | 32,81 |
| #250 Girls 13&U 200 Medley Relay (1) | 2:19,51 | #258 Girls 13&U 400 Free Relay (3) | 4:27,71 |

50 Waters, Zack L - Male - Age: 14 - Ind/Rel: 4 / 2

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:45,02 | #103 Boys 14&O 200 IM | 2:27,69 |
| #117 Boys 14&O 50 Breast Prelims | 35,97 | #123 Boys 14&O 100 Breast Prelims | 1:15,09 |
| #223 Boys 15&U 200 Free Relay (4) | 1:52,71 | #237 Boys 15&U 400 Medley Relay (2) | 4:25,89 |

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Swimlab Aquatic Academ-CP

51 Webb, Corey - Male - Age: 16 - Ind/Rel: 8 / 5

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 28,98 | #107 Boys 14&O 100 Fly Prelims | 1:00,42 |
| #109 Men 800 Free Relay (2) | 8:13,37 | #113 Boys 14&O 100 Back Prelims | 1:01,50 |
| #115 Boys 14&O 100 Free Prelims | 55,32 | #125 Boys 14&O 200 Back | 2:13,37 |
| #127 Boys 14&O 50 Fly Prelims | 27,20 | #129 Boys 14&O 200 Free | 2:06,22 |
| #131 Boys 14&O 50 Free Prelims | 25,32 | #225 Men 200 Free Relay (2) | 1:40,37 |
| #239 Men 400 Medley Relay (1) | 3:59,29 | #255 Men 200 Medley Relay (1) | 1:54,51 |
| #263 Men 400 Free Relay (2) | 3:42,37 | | |

Swimlab Aquatic Academ-CP Total Individual Entries: 335 - Total Relays: 0

The Well-CE

1 Olivier, Stian - Male - Age: 16 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:56,91 | #115 Boys 14&O 100 Free Prelims | 57,21 |
| #117 Boys 14&O 50 Breast Prelims | 34,85 | #123 Boys 14&O 100 Breast Prelims | 1:19,72 |
| #127 Boys 14&O 50 Fly Prelims | 29,41 | #129 Boys 14&O 200 Free | 2:10,00 |
| #131 Boys 14&O 50 Free Prelims | 26,38 | | |

2 Van Schoor, Kyle - Male - Age: 16 - Ind/Rel: 2 / 0

| | | | |
|---------------------------------|-------|--------------------------------|-------|
| #115 Boys 14&O 100 Free Prelims | 57,66 | #131 Boys 14&O 50 Free Prelims | 26,37 |
|---------------------------------|-------|--------------------------------|-------|

3 Van Zyl, Johann R - Male - Age: 15 - Ind/Rel: 2 / 0

| | | | |
|---------------------------------|---------|--------------------------------|-------|
| #115 Boys 14&O 100 Free Prelims | 1:03,51 | #131 Boys 14&O 50 Free Prelims | 27,97 |
|---------------------------------|---------|--------------------------------|-------|

4 Visser, Sandri - Female - Age: 10 - Ind/Rel: 6 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:30,55 | #204 Girls 13&U 50 Back Prelims | 44,28 |
| #210 Girls 13&U 100 Back Prelims | 1:42,40 | #212 Girls 13&U 100 Free Prelims | 1:33,23 |
| #214 Girls 13&U 50 Breast Prelims | 44,68 | #228 Girls 13&U 100 Breast Prelims | 1:41,22 |

The Well-CE Total Individual Entries: 17 - Total Relays: 0

TuksSwimming-TS

1 Michaelides, Seb T - Male - Age: 16 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:24,37 | #107 Boys 14&O 100 Fly Prelims | 1:01,95 |
| #115 Boys 14&O 100 Free Prelims | 58,31 | #117 Boys 14&O 50 Breast Prelims | 33,17 |
| #123 Boys 14&O 100 Breast Prelims | 1:13,12 | #127 Boys 14&O 50 Fly Prelims | 28,15 |
| #131 Boys 14&O 50 Free Prelims | 26,62 | | |

2 Shaw, Reedah - Female - Age: 19 - Ind/Rel: 5 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:56,50 | #102 Girls 14&O 200 IM | 2:37,67 |
| #116 Girls 14&O 50 Breast Prelims | 34,62 | #122 Girls 14&O 100 Breast Prelims | 1:17,42 |
| #130 Girls 14&O 50 Free Prelims | 30,61 | | |

TuksSwimming-TS Total Individual Entries: 12 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Tygerberg Aquatics-CP

1 Abegglen, Jaime E - Female - Age: 14 - Ind/Rel: 7 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 34,35 | #112 Girls 14&O 100 Back Prelims | 1:14,25 |
| #114 Girls 14&O 100 Free Prelims | 1:10,13 | #120 Girls 14&O 400 Free | 5:08,95 |
| #124 Girls 14&O 200 Back | 2:39,36 | #128 Girls 14&O 200 Free | 2:36,35 |
| #130 Girls 14&O 50 Free Prelims | 32,89 | #222 Girls 15&U 200 Free Relay (1) | 2:13,90 |
| #236 Girls 15&U 400 Medley Relay (1) | 5:32,99 | #252 Girls 15&U 200 Medley Relay (1) | 2:27,88 |
| #260 Girls 15&U 400 Free Relay (4) | 4:44,66 | | |

2 Adriaan, Shaina - Female - Age: 13 - Ind/Rel: 8 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:59,51 | #204 Girls 13&U 50 Back Prelims | 37,92 |
| #210 Girls 13&U 100 Back Prelims | 1:20,08 | #212 Girls 13&U 100 Free Prelims | 1:12,13 |
| #220 Girls 13&U 200 Free Relay (3) | 2:12,03 | #230 Girls 13&U 200 Back | 2:51,96 |
| #232 Girls 13&U 50 Fly Prelims | 37,73 | #234 Girls 13&U 400 Medley Relay (1) | 5:28,77 |
| #240 Girls 13&U 200 Free | 2:38,86 | #242 Girls 13&U 50 Free Prelims | 33,25 |
| #258 Girls 13&U 400 Free Relay (2) | 4:42,53 | | |

3 Amon, Leeya H - Female - Age: 11 - Ind/Rel: 5 / 3

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:14,47 | #206 Girls 13&U 100 Fly Prelims | 1:30,97 |
| #210 Girls 13&U 100 Back Prelims | 1:32,47 | #212 Girls 13&U 100 Free Prelims | 1:26,21 |
| #218 Girls 11&U 200 Free Relay (2) | 2:32,62 | #230 Girls 13&U 200 Back | 3:07,66 |
| #248 Girls 11&U 200 Medley Relay (4) | 2:56,33 | #256 Girls 11&U 400 Free Relay (2) | 5:37,41 |

4 Antonopoulos, Carli T - Female - Age: 18 - Ind/Rel: 10 / 5

| | | | |
|----------------------------------|----------|---------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:24,85 | #106 Girls 14&O 100 Fly Prelims | 1:10,71 |
| #108 Women 800 Free Relay (1) | 8:47,15 | #110 Girls 14&O 400 IM | 5:05,25 |
| #114 Girls 14&O 100 Free Prelims | 1:04,23 | #118 Women 14&O 800 Free | 9:07,74 |
| #120 Girls 14&O 400 Free | 4:34,68 | #126 Girls 14&O 50 Fly Prelims | 32,04 |
| #128 Girls 14&O 200 Free | 2:11,27 | #132 Girls 14&O 200 Fly | 2:22,85 |
| #134 Girls 14&O 1500 Free | 17:22,15 | #224 Women 200 Free Relay (4) | 1:59,66 |
| #238 Women 400 Medley Relay (4) | 4:31,16 | #254 Women 200 Medley Relay (1) | 2:18,65 |
| #262 Women 400 Free Relay (4) | 4:06,50 | | |

5 Aucamp, Mila - Female - Age: 12 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:07,30 | #204 Girls 13&U 50 Back Prelims | 39,05 |
| #210 Girls 13&U 100 Back Prelims | 1:24,88 | #212 Girls 13&U 100 Free Prelims | 1:21,68 |

6 Barnes, Kiara - Female - Age: 18 - Ind/Rel: 9 / 5

| | | | |
|----------------------------------|---------|---------------------------------|----------|
| #102 Girls 14&O 200 IM | 2:35,15 | #104 Girls 14&O 50 Back Prelims | 33,80 |
| #108 Women 800 Free Relay (1) | 9:19,09 | #110 Girls 14&O 400 IM | 5:26,91 |
| #112 Girls 14&O 100 Back Prelims | 1:09,65 | #118 Women 14&O 800 Free | 9:40,30 |
| #120 Girls 14&O 400 Free | 4:33,31 | #124 Girls 14&O 200 Back | 2:27,62 |
| #128 Girls 14&O 200 Free | 2:17,48 | #134 Girls 14&O 1500 Free | 18:18,87 |
| #224 Women 200 Free Relay (3) | 1:59,66 | #238 Women 400 Medley Relay (2) | 5:00,29 |
| #254 Women 200 Medley Relay (2) | 2:18,65 | #262 Women 400 Free Relay (4) | 4:20,02 |

7 Bester, Eben - Male - Age: 11 - Ind/Rel: 12 / 3

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|-----------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:14,01 | #203 Boys 13&U 200 IM | 2:57,04 |
| #205 Boys 13&U 50 Back Prelims | 36,89 | #207 Boys 13&U 100 Fly Prelims | 1:24,42 |
| #211 Boys 13&U 100 Back Prelims | 1:16,39 | #213 Boys 13&U 100 Free Prelims | 1:11,54 |
| #215 Boys 13&U 50 Breast Prelims | 42,96 | #219 Boys 11&U 200 Free Relay (4) | 2:14,20 |
| #229 Boys 13&U 100 Breast Prelims | 1:27,81 | #231 Boys 13&U 200 Back | 2:41,16 |
| #233 Boys 13&U 50 Fly Prelims | 37,10 | #241 Boys 13&U 200 Free | 2:38,58 |
| #243 Boys 13&U 50 Free Prelims | 32,53 | #249 Boys 11&U 200 Medley Relay (2) | 2:31,57 |
| #257 Boys 11&U 400 Free Relay (1) | 4:54,07 | | |

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Tygerberg Aquatics-CP

8 Bester, Wihan - Male - Age: 15 - Ind/Rel: 10 / 5

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|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:31,53 | #105 Boys 14&O 50 Back Prelims | 31,99 |
| #109 Men 800 Free Relay (1) | 9:01,80 | #113 Boys 14&O 100 Back Prelims | 1:07,21 |
| #115 Boys 14&O 100 Free Prelims | 58,78 | #117 Boys 14&O 50 Breast Prelims | 35,74 |
| #123 Boys 14&O 100 Breast Prelims | 1:20,29 | #125 Boys 14&O 200 Back | 2:27,94 |
| #127 Boys 14&O 50 Fly Prelims | 30,32 | #129 Boys 14&O 200 Free | 2:15,18 |
| #131 Boys 14&O 50 Free Prelims | 27,99 | #223 Boys 15&U 200 Free Relay (1) | 1:50,57 |
| #237 Boys 15&U 400 Medley Relay (2) | 4:32,39 | #253 Boys 15&U 200 Medley Relay (2) | 2:04,84 |
| #261 Boys 15&U 400 Free Relay (1) | 3:59,39 | | |

9 Botha, Jana - Female - Age: 16 - Ind/Rel: 8 / 5

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:26,69 | #104 Girls 14&O 50 Back Prelims | 31,64 |
| #108 Women 800 Free Relay (3) | 8:47,15 | #110 Girls 14&O 400 IM | 5:30,65 |
| #112 Girls 14&O 100 Back Prelims | 1:06,98 | #114 Girls 14&O 100 Free Prelims | 1:01,51 |
| #124 Girls 14&O 200 Back | 2:24,07 | #128 Girls 14&O 200 Free | 2:11,95 |
| #130 Girls 14&O 50 Free Prelims | 28,50 | #224 Women 200 Free Relay (4) | 1:55,34 |
| #238 Women 400 Medley Relay (1) | 4:31,16 | #254 Women 200 Medley Relay (1) | 2:03,69 |
| #262 Women 400 Free Relay (3) | 4:06,50 | | |

10 Campbell, Marnè - Female - Age: 14 - Ind/Rel: 9 / 5

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:35,30 | #106 Girls 14&O 100 Fly Prelims | 1:08,74 |
| #108 Women 800 Free Relay (4) | 9:19,09 | #110 Girls 14&O 400 IM | 5:20,78 |
| #114 Girls 14&O 100 Free Prelims | 1:06,25 | #120 Girls 14&O 400 Free | 4:52,75 |
| #124 Girls 14&O 200 Back | 2:37,91 | #126 Girls 14&O 50 Fly Prelims | 32,19 |
| #128 Girls 14&O 200 Free | 2:16,04 | #132 Girls 14&O 200 Fly | 2:31,93 |
| #222 Girls 15&U 200 Free Relay (1) | 2:05,66 | #236 Girls 15&U 400 Medley Relay (2) | 4:58,45 |
| #252 Girls 15&U 200 Medley Relay (3) | 2:19,32 | #260 Girls 15&U 400 Free Relay (4) | 4:28,71 |

11 Consani, Dario L - Male - Age: 14 - Ind/Rel: 9 / 5

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:37,73 | #107 Boys 14&O 100 Fly Prelims | 1:08,35 |
| #109 Men 800 Free Relay (2) | 9:01,80 | #111 Boys 14&O 400 IM | 5:37,39 |
| #115 Boys 14&O 100 Free Prelims | 1:02,44 | #121 Boys 14&O 400 Free | 5:01,50 |
| #127 Boys 14&O 50 Fly Prelims | 30,69 | #129 Boys 14&O 200 Free | 2:16,58 |
| #131 Boys 14&O 50 Free Prelims | 29,47 | #133 Boys 14&O 200 Fly | 2:32,92 |
| #223 Boys 15&U 200 Free Relay (1) | 2:00,61 | #237 Boys 15&U 400 Medley Relay (3) | 4:32,39 |
| #253 Boys 15&U 200 Medley Relay (3) | 2:04,84 | #261 Boys 15&U 400 Free Relay (1) | 4:31,34 |

12 De Jongh, Walter H - Male - Age: 16 - Ind/Rel: 6 / 5

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:51,06 | #103 Boys 14&O 200 IM | 2:19,39 |
| #109 Men 800 Free Relay (2) | 8:19,52 | #113 Boys 14&O 100 Back Prelims | 1:07,12 |
| #115 Boys 14&O 100 Free Prelims | 58,10 | #123 Boys 14&O 100 Breast Prelims | 1:11,37 |
| #129 Boys 14&O 200 Free | 2:11,14 | #225 Men 200 Free Relay (1) | 1:51,76 |
| #239 Men 400 Medley Relay (2) | 4:20,34 | #255 Men 200 Medley Relay (2) | 2:02,58 |
| #263 Men 400 Free Relay (1) | 4:01,07 | | |

13 Dixon, Lucia - Female - Age: 13 - Ind/Rel: 9 / 3

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|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:02,54 | #204 Girls 13&U 50 Back Prelims | 39,18 |
| #210 Girls 13&U 100 Back Prelims | 1:25,21 | #212 Girls 13&U 100 Free Prelims | 1:13,95 |
| #214 Girls 13&U 50 Breast Prelims | 47,04 | #222 Girls 15&U 200 Free Relay (2) | 2:13,90 |
| #230 Girls 13&U 200 Back | 2:56,58 | #232 Girls 13&U 50 Fly Prelims | 38,30 |
| #236 Girls 15&U 400 Medley Relay (2) | 5:32,99 | #240 Girls 13&U 200 Free | 2:45,07 |
| #242 Girls 13&U 50 Free Prelims | 34,01 | #252 Girls 15&U 200 Medley Relay (2) | 2:27,88 |

14 Dowdle, Kalyne - Female - Age: 12 - Ind/Rel: 9 / 1

| | | | |
|----------------------------------|----------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:56,36 | #204 Girls 13&U 50 Back Prelims | 37,06 |
| #210 Girls 13&U 100 Back Prelims | 1:21,84 | #212 Girls 13&U 100 Free Prelims | 1:15,58 |
| #216 Girls 11-13 800 Free | 11:51,02 | #226 Girls 13&U 400 Free | 5:31,71 |
| #230 Girls 13&U 200 Back | 2:46,31 | #240 Girls 13&U 200 Free | 2:42,60 |
| #242 Girls 13&U 50 Free Prelims | 34,16 | #250 Girls 13&U 200 Medley Relay (1) | 2:24,95 |

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15 Du Toit, Francois W - Male - Age: 13 - Ind/Rel: 4 / 3

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|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:57,79 | #211 Boys 13&U 100 Back Prelims | 1:18,13 |
| #231 Boys 13&U 200 Back | 2:44,17 | #235 Boys 13&U 400 Medley Relay (1) | 5:32,49 |
| #243 Boys 13&U 50 Free Prelims | 32,22 | #251 Boys 13&U 200 Medley Relay (2) | 2:30,55 |
| #259 Boys 13&U 400 Free Relay (2) | 4:43,85 | | |

16 Eagar, Francis J - Male - Age: 11 - Ind/Rel: 9 / 3

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:20,68 | #205 Boys 13&U 50 Back Prelims | 40,14 |
| #207 Boys 13&U 100 Fly Prelims | 1:29,79 | #211 Boys 13&U 100 Back Prelims | 1:26,84 |
| #213 Boys 13&U 100 Free Prelims | 1:18,06 | #219 Boys 11&U 200 Free Relay (2) | 2:14,20 |
| #231 Boys 13&U 200 Back | 3:05,02 | #233 Boys 13&U 50 Fly Prelims | 37,92 |
| #241 Boys 13&U 200 Free | 2:48,89 | #243 Boys 13&U 50 Free Prelims | 35,85 |
| #249 Boys 11&U 200 Medley Relay (3) | 2:44,84 | #257 Boys 11&U 400 Free Relay (4) | 5:22,82 |

17 Eagles, Alexandra C - Female - Age: 14 - Ind/Rel: 7 / 5

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 32,42 | #106 Girls 14&O 100 Fly Prelims | 1:14,24 |
| #108 Women 800 Free Relay (2) | 9:19,09 | #112 Girls 14&O 100 Back Prelims | 1:11,43 |
| #114 Girls 14&O 100 Free Prelims | 1:06,34 | #126 Girls 14&O 50 Fly Prelims | 32,34 |
| #128 Girls 14&O 200 Free | 2:27,11 | #130 Girls 14&O 50 Free Prelims | 30,49 |
| #222 Girls 15&U 200 Free Relay (4) | 2:05,66 | #236 Girls 15&U 400 Medley Relay (1) | 4:58,45 |
| #252 Girls 15&U 200 Medley Relay (1) | 2:19,32 | #260 Girls 15&U 400 Free Relay (1) | 4:28,71 |

18 Ellis, Liam - Male - Age: 13 - Ind/Rel: 8 / 4

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|-------------------------------------|---------|-------------------------------------|----------|
| #203 Boys 13&U 200 IM | 2:49,50 | #205 Boys 13&U 50 Back Prelims | 37,60 |
| #213 Boys 13&U 100 Free Prelims | 1:08,72 | #217 Boys 11-13 1500 Free | 19:03,28 |
| #221 Boys 13&U 200 Free Relay (1) | 2:09,31 | #227 Boys 13&U 400 Free | 4:55,67 |
| #231 Boys 13&U 200 Back | 2:35,80 | #235 Boys 13&U 400 Medley Relay (4) | 5:32,49 |
| #241 Boys 13&U 200 Free | 2:23,91 | #247 Boys 13&U 800 Free | 10:09,41 |
| #251 Boys 13&U 200 Medley Relay (1) | 2:30,55 | #259 Boys 13&U 400 Free Relay (4) | 4:43,85 |

19 Ellis, Zac - Male - Age: 16 - Ind/Rel: 8 / 5

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|-----------------------------------|----------|---------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:37,57 | #103 Boys 14&O 200 IM | 2:29,88 |
| #109 Men 800 Free Relay (1) | 8:19,52 | #115 Boys 14&O 100 Free Prelims | 1:00,29 |
| #119 Men 14&O 1500 Free | 17:49,36 | #121 Boys 14&O 400 Free | 4:18,66 |
| #123 Boys 14&O 100 Breast Prelims | 1:15,24 | #129 Boys 14&O 200 Free | 2:04,06 |
| #135 Boys 14&O 800 Free | 9:16,45 | #225 Men 200 Free Relay (3) | 1:51,76 |
| #239 Men 400 Medley Relay (4) | 4:20,34 | #255 Men 200 Medley Relay (4) | 2:02,58 |
| #263 Men 400 Free Relay (3) | 4:01,07 | | |

20 Engelbrecht, Ruben J - Male - Age: 12 - Ind/Rel: 10 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:52,16 | #205 Boys 13&U 50 Back Prelims | 35,26 |
| #207 Boys 13&U 100 Fly Prelims | 1:13,38 | #211 Boys 13&U 100 Back Prelims | 1:14,81 |
| #213 Boys 13&U 100 Free Prelims | 1:08,37 | #215 Boys 13&U 50 Breast Prelims | 39,08 |
| #221 Boys 13&U 200 Free Relay (4) | 2:01,91 | #229 Boys 13&U 100 Breast Prelims | 1:29,00 |
| #233 Boys 13&U 50 Fly Prelims | 30,72 | #235 Boys 13&U 400 Medley Relay (2) | 5:00,48 |
| #241 Boys 13&U 200 Free | 2:33,71 | #243 Boys 13&U 50 Free Prelims | 29,45 |
| #251 Boys 13&U 200 Medley Relay (2) | 2:18,38 | #259 Boys 13&U 400 Free Relay (2) | 4:24,57 |

21 Esterhuysen, Joshua N - Male - Age: 12 - Ind/Rel: 8 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:48,27 | #207 Boys 13&U 100 Fly Prelims | 1:14,73 |
| #211 Boys 13&U 100 Back Prelims | 1:20,59 | #213 Boys 13&U 100 Free Prelims | 1:07,14 |
| #221 Boys 13&U 200 Free Relay (2) | 2:01,91 | #227 Boys 13&U 400 Free | 5:08,31 |
| #231 Boys 13&U 200 Back | 2:50,27 | #235 Boys 13&U 400 Medley Relay (3) | 5:00,48 |
| #241 Boys 13&U 200 Free | 2:23,30 | #243 Boys 13&U 50 Free Prelims | 31,40 |
| #251 Boys 13&U 200 Medley Relay (4) | 2:30,55 | #259 Boys 13&U 400 Free Relay (1) | 4:24,57 |

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22 Fourie, Charnè J - Female - Age: 12 - Ind/Rel: 10 / 4

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|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:05,89 | #202 Girls 13&U 200 IM | 2:45,21 |
| #204 Girls 13&U 50 Back Prelims | 35,89 | #210 Girls 13&U 100 Back Prelims | 1:15,37 |
| #212 Girls 13&U 100 Free Prelims | 1:08,27 | #214 Girls 13&U 50 Breast Prelims | 38,68 |
| #220 Girls 13&U 200 Free Relay (3) | 2:03,52 | #228 Girls 13&U 100 Breast Prelims | 1:26,96 |
| #230 Girls 13&U 200 Back | 2:42,04 | #234 Girls 13&U 400 Medley Relay (2) | 5:08,04 |
| #240 Girls 13&U 200 Free | 2:31,12 | #242 Girls 13&U 50 Free Prelims | 30,51 |
| #250 Girls 13&U 200 Medley Relay (2) | 2:18,70 | #258 Girls 13&U 400 Free Relay (2) | 4:28,98 |

23 Glover, Erin K - Female - Age: 11 - Ind/Rel: 9 / 3

| | | | |
|--------------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:35,37 | #202 Girls 13&U 200 IM | 3:11,96 |
| #210 Girls 13&U 100 Back Prelims | 1:31,70 | #212 Girls 13&U 100 Free Prelims | 1:18,25 |
| #218 Girls 11&U 200 Free Relay (4) | 2:32,62 | #226 Girls 13&U 400 Free | 5:31,13 |
| #228 Girls 13&U 100 Breast Prelims | 1:47,39 | #230 Girls 13&U 200 Back | 3:12,29 |
| #240 Girls 13&U 200 Free | 2:40,75 | #242 Girls 13&U 50 Free Prelims | 37,85 |
| #248 Girls 11&U 200 Medley Relay (3) | 2:56,33 | #256 Girls 11&U 400 Free Relay (4) | 5:37,41 |

24 Green, Zoe K - Female - Age: 11 - Ind/Rel: 4 / 3

| | | | |
|------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:39,18 | #204 Girls 13&U 50 Back Prelims | 41,89 |
| #210 Girls 13&U 100 Back Prelims | 1:34,26 | #214 Girls 13&U 50 Breast Prelims | 49,35 |
| #218 Girls 11&U 200 Free Relay (1) | 2:32,62 | #248 Girls 11&U 200 Medley Relay (2) | 2:56,33 |
| #256 Girls 11&U 400 Free Relay (1) | 5:37,41 | | |

25 Greyling, Soleil M - Female - Age: 12 - Ind/Rel: 8 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:56,00 | #206 Girls 13&U 100 Fly Prelims | 1:14,34 |
| #210 Girls 13&U 100 Back Prelims | 1:20,75 | #212 Girls 13&U 100 Free Prelims | 1:06,25 |
| #220 Girls 13&U 200 Free Relay (1) | 2:03,52 | #226 Girls 13&U 400 Free | 5:21,74 |
| #232 Girls 13&U 50 Fly Prelims | 33,79 | #234 Girls 13&U 400 Medley Relay (3) | 5:08,04 |
| #240 Girls 13&U 200 Free | 2:32,59 | #242 Girls 13&U 50 Free Prelims | 30,47 |
| #250 Girls 13&U 200 Medley Relay (3) | 2:18,70 | #258 Girls 13&U 400 Free Relay (4) | 4:28,98 |

26 Hartzenberg, Erin R - Female - Age: 18 - Ind/Rel: 4 / 4

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #106 Girls 14&O 100 Fly Prelims | 1:10,93 | #112 Girls 14&O 100 Back Prelims | 1:12,41 |
| #114 Girls 14&O 100 Free Prelims | 1:05,37 | #130 Girls 14&O 50 Free Prelims | 29,68 |
| #224 Women 200 Free Relay (1) | 1:59,66 | #238 Women 400 Medley Relay (3) | 5:00,29 |
| #254 Women 200 Medley Relay (4) | 2:18,65 | #262 Women 400 Free Relay (3) | 4:20,02 |

27 Hearne, Trinity S - Female - Age: 16 - Ind/Rel: 10 / 5

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:23,95 | #106 Girls 14&O 100 Fly Prelims | 1:03,26 |
| #108 Women 800 Free Relay (4) | 8:47,15 | #110 Girls 14&O 400 IM | 5:03,55 |
| #114 Girls 14&O 100 Free Prelims | 1:00,52 | #118 Women 14&O 800 Free | 9:28,93 |
| #120 Girls 14&O 400 Free | 4:33,37 | #126 Girls 14&O 50 Fly Prelims | 28,62 |
| #128 Girls 14&O 200 Free | 2:08,35 | #130 Girls 14&O 50 Free Prelims | 29,10 |
| #132 Girls 14&O 200 Fly | 2:21,53 | #224 Women 200 Free Relay (2) | 1:55,34 |
| #238 Women 400 Medley Relay (3) | 4:31,16 | #254 Women 200 Medley Relay (3) | 2:03,69 |
| #262 Women 400 Free Relay (2) | 4:06,50 | | |

28 Hopkins, Tim - Male - Age: 14 - Ind/Rel: 6 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:44,09 | #105 Boys 14&O 50 Back Prelims | 34,19 |
| #113 Boys 14&O 100 Back Prelims | 1:15,00 | #115 Boys 14&O 100 Free Prelims | 1:01,36 |
| #129 Boys 14&O 200 Free | 2:26,53 | #131 Boys 14&O 50 Free Prelims | 28,63 |
| #223 Boys 15&U 200 Free Relay (2) | 1:50,57 | #237 Boys 15&U 400 Medley Relay (1) | 5:01,23 |
| #253 Boys 15&U 200 Medley Relay (1) | 2:15,52 | #261 Boys 15&U 400 Free Relay (3) | 3:59,39 |

29 Hulley, Adam D - Male - Age: 11 - Ind/Rel: 8 / 2

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:23,64 | #205 Boys 13&U 50 Back Prelims | 39,74 |
| #211 Boys 13&U 100 Back Prelims | 1:21,91 | #213 Boys 13&U 100 Free Prelims | 1:17,94 |
| #215 Boys 13&U 50 Breast Prelims | 49,69 | #231 Boys 13&U 200 Back | 2:59,91 |
| #233 Boys 13&U 50 Fly Prelims | 41,92 | #243 Boys 13&U 50 Free Prelims | 34,16 |
| #249 Boys 11&U 200 Medley Relay (1) | 2:31,57 | #257 Boys 11&U 400 Free Relay (2) | 4:54,07 |

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30 Janson, Lana J - Female - Age: 16 - Ind/Rel: 8 / 5

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|-----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:47,36 | #102 Girls 14&O 200 IM | 2:28,11 |
| #108 Women 800 Free Relay (3) | 9:19,09 | #114 Girls 14&O 100 Free Prelims | 1:00,24 |
| #116 Girls 14&O 50 Breast Prelims | 34,56 | #122 Girls 14&O 100 Breast Prelims | 1:18,03 |
| #126 Girls 14&O 50 Fly Prelims | 31,96 | #128 Girls 14&O 200 Free | 2:18,46 |
| #130 Girls 14&O 50 Free Prelims | 28,87 | #224 Women 200 Free Relay (1) | 1:55,34 |
| #238 Women 400 Medley Relay (2) | 4:31,16 | #254 Women 200 Medley Relay (2) | 2:03,69 |
| #262 Women 400 Free Relay (1) | 4:06,50 | | |

31 Kinnear, Connor - Male - Age: 11 - Ind/Rel: 6 / 3

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|-----------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:39,87 | #203 Boys 13&U 200 IM | 3:06,29 |
| #207 Boys 13&U 100 Fly Prelims | 1:32,41 | #213 Boys 13&U 100 Free Prelims | 1:19,65 |
| #219 Boys 11&U 200 Free Relay (2) | 2:31,76 | #227 Boys 13&U 400 Free | 5:55,05 |
| #231 Boys 13&U 200 Back | 3:04,40 | #249 Boys 11&U 200 Medley Relay (2) | 2:44,84 |
| #257 Boys 11&U 400 Free Relay (3) | 5:22,82 | | |

32 Langenhoven, Aimee - Female - Age: 15 - Ind/Rel: 6 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:53,54 | #104 Girls 14&O 50 Back Prelims | 35,50 |
| #112 Girls 14&O 100 Back Prelims | 1:17,05 | #124 Girls 14&O 200 Back | 2:56,11 |
| #128 Girls 14&O 200 Free | 2:32,59 | #130 Girls 14&O 50 Free Prelims | 31,80 |
| #222 Girls 15&U 200 Free Relay (3) | 2:05,66 | #236 Girls 15&U 400 Medley Relay (3) | 5:32,99 |
| #252 Girls 15&U 200 Medley Relay (4) | 2:19,32 | #260 Girls 15&U 400 Free Relay (1) | 4:44,66 |

33 Langenhoven, Erin - Female - Age: 12 - Ind/Rel: 12 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:50,68 | #204 Girls 13&U 50 Back Prelims | 37,28 |
| #206 Girls 13&U 100 Fly Prelims | 1:18,85 | #210 Girls 13&U 100 Back Prelims | 1:17,59 |
| #212 Girls 13&U 100 Free Prelims | 1:07,09 | #214 Girls 13&U 50 Breast Prelims | 40,90 |
| #220 Girls 13&U 200 Free Relay (4) | 2:03,52 | #226 Girls 13&U 400 Free | 5:11,12 |
| #228 Girls 13&U 100 Breast Prelims | 1:30,64 | #230 Girls 13&U 200 Back | 2:53,11 |
| #232 Girls 13&U 50 Fly Prelims | 34,06 | #234 Girls 13&U 400 Medley Relay (1) | 5:08,04 |
| #240 Girls 13&U 200 Free | 2:28,45 | #242 Girls 13&U 50 Free Prelims | 30,42 |
| #250 Girls 13&U 200 Medley Relay (4) | 2:18,70 | #258 Girls 13&U 400 Free Relay (1) | 4:28,98 |

34 Möller, FC C - Male - Age: 12 - Ind/Rel: 8 / 3

| | | | |
|-------------------------------------|---------|---------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:21,68 | #203 Boys 13&U 200 IM | 2:55,98 |
| #211 Boys 13&U 100 Back Prelims | 1:20,83 | #213 Boys 13&U 100 Free Prelims | 1:12,72 |
| #221 Boys 13&U 200 Free Relay (3) | 2:09,31 | #227 Boys 13&U 400 Free | 5:26,21 |
| #229 Boys 13&U 100 Breast Prelims | 1:39,44 | #231 Boys 13&U 200 Back | 2:49,54 |
| #235 Boys 13&U 400 Medley Relay (2) | 5:32,49 | #241 Boys 13&U 200 Free | 2:36,77 |
| #259 Boys 13&U 400 Free Relay (3) | 4:43,85 | | |

35 Olckers, Carlie - Female - Age: 13 - Ind/Rel: 4 / 3

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|------------------------------------|---------|--------------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:23,61 | #212 Girls 13&U 100 Free Prelims | 1:12,67 |
| #220 Girls 13&U 200 Free Relay (4) | 2:12,03 | #230 Girls 13&U 200 Back | 2:59,03 |
| #242 Girls 13&U 50 Free Prelims | 32,20 | #252 Girls 15&U 200 Medley Relay (4) | 2:27,88 |
| #260 Girls 15&U 400 Free Relay (2) | 4:44,66 | | |

36 Oosthuizen, Carla L - Female - Age: 13 - Ind/Rel: 7 / 0

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|-----------------------------------|---------|----------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 38,40 | #210 Girls 13&U 100 Back Prelims | 1:24,42 |
| #214 Girls 13&U 50 Breast Prelims | 46,72 | #226 Girls 13&U 400 Free | 5:32,64 |
| #230 Girls 13&U 200 Back | 2:51,15 | #240 Girls 13&U 200 Free | 2:42,15 |
| #242 Girls 13&U 50 Free Prelims | 34,34 | | |

37 Raimond, Jean P - Male - Age: 16 - Ind/Rel: 8 / 4

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:33,02 | #105 Boys 14&O 50 Back Prelims | 32,13 |
| #113 Boys 14&O 100 Back Prelims | 1:08,51 | #115 Boys 14&O 100 Free Prelims | 1:06,72 |
| #121 Boys 14&O 400 Free | 4:47,62 | #125 Boys 14&O 200 Back | 2:24,97 |
| #129 Boys 14&O 200 Free | 2:19,49 | #131 Boys 14&O 50 Free Prelims | 29,42 |
| #225 Men 200 Free Relay (2) | 1:51,76 | #239 Men 400 Medley Relay (1) | 4:20,34 |
| #255 Men 200 Medley Relay (1) | 2:02,58 | #263 Men 400 Free Relay (2) | 4:01,07 |

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38 Raimond, Stephan F - Male - Age: 14 - Ind/Rel: 0 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #223 Boys 15&U 200 Free Relay (2) | 2:00,61 | #237 Boys 15&U 400 Medley Relay (2) | 5:01,23 |
| #253 Boys 15&U 200 Medley Relay (2) | 2:15,52 | #261 Boys 15&U 400 Free Relay (2) | 4:31,34 |

39 Rogers, Kayla A - Female - Age: 14 - Ind/Rel: 5 / 2

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|--------------------------------------|---------|------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:59,25 | #112 Girls 14&O 100 Back Prelims | 1:17,61 |
| #114 Girls 14&O 100 Free Prelims | 1:13,54 | #122 Girls 14&O 100 Breast Prelims | 1:33,66 |
| #124 Girls 14&O 200 Back | 2:44,36 | #222 Girls 15&U 200 Free Relay (4) | 2:13,90 |
| #236 Girls 15&U 400 Medley Relay (4) | 5:32,99 | | |

40 Rossouw, Danel - Female - Age: 13 - Ind/Rel: 8 / 3

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|--------------------------------------|---------|--------------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:21,89 | #212 Girls 13&U 100 Free Prelims | 1:07,37 |
| #214 Girls 13&U 50 Breast Prelims | 41,97 | #226 Girls 13&U 400 Free | 5:31,21 |
| #230 Girls 13&U 200 Back | 2:56,73 | #232 Girls 13&U 50 Fly Prelims | 35,09 |
| #234 Girls 13&U 400 Medley Relay (4) | 5:08,04 | #240 Girls 13&U 200 Free | 2:35,93 |
| #242 Girls 13&U 50 Free Prelims | 30,88 | #250 Girls 13&U 200 Medley Relay (4) | 2:24,95 |
| #258 Girls 13&U 400 Free Relay (3) | 4:28,98 | | |

41 Rossouw, Nadia - Female - Age: 13 - Ind/Rel: 7 / 3

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|--------------------------------------|---------|--------------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:54,77 | #204 Girls 13&U 50 Back Prelims | 37,55 |
| #226 Girls 13&U 400 Free | 5:30,08 | #230 Girls 13&U 200 Back | 2:52,11 |
| #232 Girls 13&U 50 Fly Prelims | 35,12 | #234 Girls 13&U 400 Medley Relay (4) | 5:28,77 |
| #240 Girls 13&U 200 Free | 2:35,14 | #242 Girls 13&U 50 Free Prelims | 32,32 |
| #250 Girls 13&U 200 Medley Relay (2) | 2:24,95 | #258 Girls 13&U 400 Free Relay (1) | 4:42,53 |

42 Rothuysen, Layla - Female - Age: 15 - Ind/Rel: 6 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #106 Girls 14&O 100 Fly Prelims | 1:17,64 | #114 Girls 14&O 100 Free Prelims | 1:07,43 |
| #120 Girls 14&O 400 Free | 5:11,17 | #126 Girls 14&O 50 Fly Prelims | 34,29 |
| #128 Girls 14&O 200 Free | 2:34,78 | #130 Girls 14&O 50 Free Prelims | 32,07 |
| #222 Girls 15&U 200 Free Relay (2) | 2:05,66 | #236 Girls 15&U 400 Medley Relay (4) | 4:58,45 |
| #252 Girls 15&U 200 Medley Relay (3) | 2:27,88 | #260 Girls 15&U 400 Free Relay (3) | 4:28,71 |

43 Ryser, Aurora - Female - Age: 12 - Ind/Rel: 11 / 3

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|--------------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:23,35 | #202 Girls 13&U 200 IM | 2:57,08 |
| #204 Girls 13&U 50 Back Prelims | 37,78 | #210 Girls 13&U 100 Back Prelims | 1:24,95 |
| #212 Girls 13&U 100 Free Prelims | 1:12,39 | #214 Girls 13&U 50 Breast Prelims | 43,99 |
| #220 Girls 13&U 200 Free Relay (2) | 2:12,03 | #226 Girls 13&U 400 Free | 5:38,41 |
| #230 Girls 13&U 200 Back | 2:53,32 | #232 Girls 13&U 50 Fly Prelims | 37,56 |
| #234 Girls 13&U 400 Medley Relay (2) | 5:28,77 | #240 Girls 13&U 200 Free | 2:46,59 |
| #242 Girls 13&U 50 Free Prelims | 33,78 | #260 Girls 15&U 400 Free Relay (3) | 4:44,66 |

44 Scott, Aimeè - Female - Age: 16 - Ind/Rel: 4 / 4

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|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:55,66 | #112 Girls 14&O 100 Back Prelims | 1:16,61 |
| #114 Girls 14&O 100 Free Prelims | 1:08,17 | #124 Girls 14&O 200 Back | 2:43,08 |
| #224 Women 200 Free Relay (2) | 1:59,66 | #238 Women 400 Medley Relay (4) | 5:00,29 |
| #254 Women 200 Medley Relay (3) | 2:18,65 | #262 Women 400 Free Relay (2) | 4:20,02 |

45 Smith, Courtney E - Female - Age: 13 - Ind/Rel: 13 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:08,22 | #202 Girls 13&U 200 IM | 2:45,72 |
| #204 Girls 13&U 50 Back Prelims | 35,81 | #208 Girls 13&U 400 IM | 5:47,94 |
| #210 Girls 13&U 100 Back Prelims | 1:20,64 | #212 Girls 13&U 100 Free Prelims | 1:09,19 |
| #214 Girls 13&U 50 Breast Prelims | 43,16 | #220 Girls 13&U 200 Free Relay (1) | 2:12,03 |
| #226 Girls 13&U 400 Free | 5:13,95 | #228 Girls 13&U 100 Breast Prelims | 1:32,13 |
| #230 Girls 13&U 200 Back | 2:49,34 | #232 Girls 13&U 50 Fly Prelims | 36,30 |
| #234 Girls 13&U 400 Medley Relay (3) | 5:28,77 | #240 Girls 13&U 200 Free | 2:31,99 |
| #242 Girls 13&U 50 Free Prelims | 32,80 | #250 Girls 13&U 200 Medley Relay (1) | 2:18,70 |
| #258 Girls 13&U 400 Free Relay (4) | 4:42,53 | | |

46 Smith, Sebastian N - Male - Age: 10 - Ind/Rel: 0 / 1

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|-----------------------------------|---------|--|--|
| #219 Boys 11&U 200 Free Relay (3) | 2:31,76 | | |
|-----------------------------------|---------|--|--|

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Tygerberg Aquatics-CP

47 Smuts, Jamie - Male - Age: 14 - Ind/Rel: 12 / 4

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|-------------------------------------|----------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:37,04 | #105 Boys 14&O 50 Back Prelims | 32,64 |
| #107 Boys 14&O 100 Fly Prelims | 1:10,40 | #111 Boys 14&O 400 IM | 5:28,36 |
| #113 Boys 14&O 100 Back Prelims | 1:06,58 | #115 Boys 14&O 100 Free Prelims | 1:04,44 |
| #119 Men 14&O 1500 Free | 19:32,35 | #121 Boys 14&O 400 Free | 4:53,95 |
| #125 Boys 14&O 200 Back | 2:27,57 | #127 Boys 14&O 50 Fly Prelims | 31,73 |
| #129 Boys 14&O 200 Free | 2:20,61 | #135 Boys 14&O 800 Free | 9:49,85 |
| #223 Boys 15&U 200 Free Relay (3) | 2:00,61 | #237 Boys 15&U 400 Medley Relay (1) | 4:32,39 |
| #253 Boys 15&U 200 Medley Relay (1) | 2:04,84 | #261 Boys 15&U 400 Free Relay (4) | 4:31,34 |

48 Southworth, Matthew W - Male - Age: 11 - Ind/Rel: 4 / 3

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|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:16,25 | #211 Boys 13&U 100 Back Prelims | 1:33,67 |
| #219 Boys 11&U 200 Free Relay (1) | 2:31,76 | #231 Boys 13&U 200 Back | 3:16,17 |
| #241 Boys 13&U 200 Free | 2:50,44 | #249 Boys 11&U 200 Medley Relay (4) | 2:44,84 |
| #257 Boys 11&U 400 Free Relay (1) | 5:22,82 | | |

49 Szapira, Hannah - Female - Age: 16 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:53,67 | #104 Girls 14&O 50 Back Prelims | 34,96 |
| #112 Girls 14&O 100 Back Prelims | 1:15,45 | #124 Girls 14&O 200 Back | 2:46,73 |
| #128 Girls 14&O 200 Free | 2:33,53 | | |

50 Szapira, Saul - Male - Age: 13 - Ind/Rel: 9 / 4

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|-----------------------------------|----------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:50,54 | #205 Boys 13&U 50 Back Prelims | 40,66 |
| #211 Boys 13&U 100 Back Prelims | 1:24,82 | #213 Boys 13&U 100 Free Prelims | 1:11,09 |
| #221 Boys 13&U 200 Free Relay (4) | 2:09,31 | #227 Boys 13&U 400 Free | 5:16,18 |
| #231 Boys 13&U 200 Back | 2:51,83 | #235 Boys 13&U 400 Medley Relay (3) | 5:32,49 |
| #241 Boys 13&U 200 Free | 2:32,84 | #243 Boys 13&U 50 Free Prelims | 32,99 |
| #247 Boys 13&U 800 Free | 10:57,90 | #251 Boys 13&U 200 Medley Relay (3) | 2:30,55 |
| #259 Boys 13&U 400 Free Relay (1) | 4:43,85 | | |

51 Terblanche, Kiaan C - Male - Age: 14 - Ind/Rel: 10 / 5

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:30,24 | #107 Boys 14&O 100 Fly Prelims | 1:12,93 |
| #109 Men 800 Free Relay (3) | 9:01,80 | #111 Boys 14&O 400 IM | 5:19,02 |
| #113 Boys 14&O 100 Back Prelims | 1:10,90 | #115 Boys 14&O 100 Free Prelims | 1:02,08 |
| #121 Boys 14&O 400 Free | 4:41,11 | #125 Boys 14&O 200 Back | 2:28,51 |
| #127 Boys 14&O 50 Fly Prelims | 30,93 | #129 Boys 14&O 200 Free | 2:15,63 |
| #133 Boys 14&O 200 Fly | 2:30,37 | #223 Boys 15&U 200 Free Relay (4) | 2:00,61 |
| #237 Boys 15&U 400 Medley Relay (3) | 5:01,23 | #253 Boys 15&U 200 Medley Relay (3) | 2:15,52 |
| #261 Boys 15&U 400 Free Relay (2) | 3:59,39 | | |

52 Terblanche, Luan L - Male - Age: 11 - Ind/Rel: 11 / 3

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|-------------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:17,92 | #203 Boys 13&U 200 IM | 2:49,47 |
| #207 Boys 13&U 100 Fly Prelims | 1:20,22 | #211 Boys 13&U 100 Back Prelims | 1:18,56 |
| #213 Boys 13&U 100 Free Prelims | 1:13,69 | #219 Boys 11&U 200 Free Relay (3) | 2:14,20 |
| #227 Boys 13&U 400 Free | 5:13,66 | #229 Boys 13&U 100 Breast Prelims | 1:34,53 |
| #231 Boys 13&U 200 Back | 2:48,75 | #233 Boys 13&U 50 Fly Prelims | 36,09 |
| #241 Boys 13&U 200 Free | 2:31,62 | #243 Boys 13&U 50 Free Prelims | 33,04 |
| #249 Boys 11&U 200 Medley Relay (3) | 2:31,57 | #257 Boys 11&U 400 Free Relay (3) | 4:54,07 |

53 Trower, Nic T - Male - Age: 10 - Ind/Rel: 10 / 3

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:54,10 | #205 Boys 13&U 50 Back Prelims | 39,82 |
| #207 Boys 13&U 100 Fly Prelims | 1:27,32 | #211 Boys 13&U 100 Back Prelims | 1:22,41 |
| #213 Boys 13&U 100 Free Prelims | 1:10,90 | #219 Boys 11&U 200 Free Relay (1) | 2:14,20 |
| #227 Boys 13&U 400 Free | 5:13,25 | #231 Boys 13&U 200 Back | 2:47,84 |
| #233 Boys 13&U 50 Fly Prelims | 39,93 | #241 Boys 13&U 200 Free | 2:30,61 |
| #243 Boys 13&U 50 Free Prelims | 32,78 | #249 Boys 11&U 200 Medley Relay (4) | 2:31,57 |
| #257 Boys 11&U 400 Free Relay (4) | 4:54,07 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

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Tygerberg Aquatics-CP

54 Uys, Tara - Female - Age: 14 - Ind/Rel: 8 / 4

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|--------------------------------------|---------|--------------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:48,39 | #106 Girls 14&O 100 Fly Prelims | 1:15,37 |
| #112 Girls 14&O 100 Back Prelims | 1:12,79 | #114 Girls 14&O 100 Free Prelims | 1:08,69 |
| #116 Girls 14&O 50 Breast Prelims | 42,91 | #120 Girls 14&O 400 Free | 5:07,67 |
| #124 Girls 14&O 200 Back | 2:33,06 | #128 Girls 14&O 200 Free | 2:30,18 |
| #222 Girls 15&U 200 Free Relay (3) | 2:13,90 | #236 Girls 15&U 400 Medley Relay (3) | 4:58,45 |
| #252 Girls 15&U 200 Medley Relay (2) | 2:19,32 | #260 Girls 15&U 400 Free Relay (2) | 4:28,71 |

55 Van Aswegen, Mia - Female - Age: 11 - Ind/Rel: 4 / 3

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|------------------------------------|---------|--------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 41,95 | #210 Girls 13&U 100 Back Prelims | 1:32,63 |
| #218 Girls 11&U 200 Free Relay (3) | 2:32,62 | #230 Girls 13&U 200 Back | 3:17,11 |
| #232 Girls 13&U 50 Fly Prelims | 43,72 | #248 Girls 11&U 200 Medley Relay (1) | 2:56,33 |
| #256 Girls 11&U 400 Free Relay (3) | 5:37,41 | | |

56 Van Heerden, Dirkie - Male - Age: 12 - Ind/Rel: 5 / 0

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|---------------------------------|---------|---------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 37,56 | #211 Boys 13&U 100 Back Prelims | 1:19,67 |
| #213 Boys 13&U 100 Free Prelims | 1:11,32 | #231 Boys 13&U 200 Back | 2:45,31 |
| #243 Boys 13&U 50 Free Prelims | 32,68 | | |

57 Van Tonder, Charnè - Female - Age: 12 - Ind/Rel: 6 / 3

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|------------------------------------|---------|--------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 38,31 | #210 Girls 13&U 100 Back Prelims | 1:23,31 |
| #212 Girls 13&U 100 Free Prelims | 1:11,36 | #220 Girls 13&U 200 Free Relay (2) | 2:03,52 |
| #232 Girls 13&U 50 Fly Prelims | 34,95 | #240 Girls 13&U 200 Free | 2:48,53 |
| #242 Girls 13&U 50 Free Prelims | 32,12 | #250 Girls 13&U 200 Medley Relay (3) | 2:24,95 |
| #258 Girls 13&U 400 Free Relay (3) | 4:42,53 | | |

58 Van Vondel, Anton J - Male - Age: 12 - Ind/Rel: 5 / 2

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|-------------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:10,32 | #205 Boys 13&U 50 Back Prelims | 37,09 |
| #211 Boys 13&U 100 Back Prelims | 1:21,44 | #221 Boys 13&U 200 Free Relay (2) | 2:09,31 |
| #231 Boys 13&U 200 Back | 3:00,22 | #243 Boys 13&U 50 Free Prelims | 34,39 |
| #251 Boys 13&U 200 Medley Relay (1) | 2:18,38 | | |

59 Vd Berg, Vaughan C - Male - Age: 11 - Ind/Rel: 4 / 3

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 42,54 | #211 Boys 13&U 100 Back Prelims | 1:29,61 |
| #213 Boys 13&U 100 Free Prelims | 1:26,55 | #219 Boys 11&U 200 Free Relay (4) | 2:31,76 |
| #231 Boys 13&U 200 Back | 3:19,58 | #249 Boys 11&U 200 Medley Relay (1) | 2:44,84 |
| #257 Boys 11&U 400 Free Relay (2) | 5:22,82 | | |

60 Viljoen, Stèphen - Male - Age: 13 - Ind/Rel: 6 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:47,81 | #207 Boys 13&U 100 Fly Prelims | 1:15,73 |
| #209 Boys 13&U 400 IM | 5:57,26 | #213 Boys 13&U 100 Free Prelims | 1:07,41 |
| #221 Boys 13&U 200 Free Relay (3) | 2:01,91 | #235 Boys 13&U 400 Medley Relay (4) | 5:00,48 |
| #241 Boys 13&U 200 Free | 2:32,19 | #243 Boys 13&U 50 Free Prelims | 31,25 |
| #251 Boys 13&U 200 Medley Relay (4) | 2:18,38 | #259 Boys 13&U 400 Free Relay (3) | 4:24,57 |

61 Vroon, Mandy L - Female - Age: 16 - Ind/Rel: 8 / 5

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|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 32,37 | #106 Girls 14&O 100 Fly Prelims | 1:09,97 |
| #108 Women 800 Free Relay (2) | 8:47,15 | #112 Girls 14&O 100 Back Prelims | 1:08,65 |
| #114 Girls 14&O 100 Free Prelims | 1:02,89 | #124 Girls 14&O 200 Back | 2:29,64 |
| #126 Girls 14&O 50 Fly Prelims | 31,09 | #128 Girls 14&O 200 Free | 2:15,58 |
| #130 Girls 14&O 50 Free Prelims | 28,87 | #224 Women 200 Free Relay (3) | 1:55,34 |
| #238 Women 400 Medley Relay (1) | 5:00,29 | #254 Women 200 Medley Relay (4) | 2:03,69 |
| #262 Women 400 Free Relay (1) | 4:20,02 | | |

62 West, Gabriel - Male - Age: 15 - Ind/Rel: 6 / 5

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:22,79 | #107 Boys 14&O 100 Fly Prelims | 1:05,46 |
| #109 Men 800 Free Relay (3) | 8:19,52 | #115 Boys 14&O 100 Free Prelims | 57,17 |
| #127 Boys 14&O 50 Fly Prelims | 28,76 | #129 Boys 14&O 200 Free | 2:05,80 |
| #131 Boys 14&O 50 Free Prelims | 25,77 | #223 Boys 15&U 200 Free Relay (4) | 1:50,57 |
| #237 Boys 15&U 400 Medley Relay (4) | 4:32,39 | #253 Boys 15&U 200 Medley Relay (4) | 2:04,84 |
| #261 Boys 15&U 400 Free Relay (4) | 3:59,39 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Tygerberg Aquatics-CP

63 West, Lucien - Male - Age: 15 - Ind/Rel: 6 / 4

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|-------------------------------------|---------|-------------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 33,21 | #113 Boys 14&O 100 Back Prelims | 1:11,16 |
| #115 Boys 14&O 100 Free Prelims | 1:04,25 | #117 Boys 14&O 50 Breast Prelims | 40,27 |
| #123 Boys 14&O 100 Breast Prelims | 1:30,92 | #131 Boys 14&O 50 Free Prelims | 28,18 |
| #223 Boys 15&U 200 Free Relay (3) | 1:50,57 | #237 Boys 15&U 400 Medley Relay (4) | 5:01,23 |
| #253 Boys 15&U 200 Medley Relay (4) | 2:15,52 | #261 Boys 15&U 400 Free Relay (3) | 4:31,34 |

64 Wright, Dylan - Male - Age: 17 - Ind/Rel: 12 / 5

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|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:03,65 | #105 Boys 14&O 50 Back Prelims | 27,89 |
| #107 Boys 14&O 100 Fly Prelims | 1:00,17 | #109 Men 800 Free Relay (4) | 8:19,52 |
| #111 Boys 14&O 400 IM | 4:31,20 | #113 Boys 14&O 100 Back Prelims | 58,58 |
| #115 Boys 14&O 100 Free Prelims | 55,96 | #121 Boys 14&O 400 Free | 4:07,52 |
| #125 Boys 14&O 200 Back | 2:03,76 | #127 Boys 14&O 50 Fly Prelims | 27,73 |
| #129 Boys 14&O 200 Free | 1:58,52 | #131 Boys 14&O 50 Free Prelims | 25,90 |
| #135 Boys 14&O 800 Free | 8:24,15 | #225 Men 200 Free Relay (4) | 1:51,76 |
| #239 Men 400 Medley Relay (3) | 4:20,34 | #255 Men 200 Medley Relay (3) | 2:02,58 |
| #263 Men 400 Free Relay (4) | 4:01,07 | | |

65 Wright, Keegan - Male - Age: 13 - Ind/Rel: 12 / 5

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|-------------------------------------|---------|-------------------------------------|----------|
| #109 Men 800 Free Relay (4) | 9:01,80 | #203 Boys 13&U 200 IM | 2:35,76 |
| #205 Boys 13&U 50 Back Prelims | 33,76 | #211 Boys 13&U 100 Back Prelims | 1:09,34 |
| #213 Boys 13&U 100 Free Prelims | 1:01,65 | #217 Boys 11-13 1500 Free | 17:51,97 |
| #221 Boys 13&U 200 Free Relay (1) | 2:01,91 | #227 Boys 13&U 400 Free | 4:40,39 |
| #231 Boys 13&U 200 Back | 2:24,11 | #233 Boys 13&U 50 Fly Prelims | 30,96 |
| #235 Boys 13&U 400 Medley Relay (1) | 5:00,48 | #241 Boys 13&U 200 Free | 2:14,41 |
| #243 Boys 13&U 50 Free Prelims | 29,81 | #245 Boys 11-13 200 Fly | 2:28,35 |
| #247 Boys 13&U 800 Free | 9:28,07 | #251 Boys 13&U 200 Medley Relay (3) | 2:18,38 |
| #259 Boys 13&U 400 Free Relay (4) | 4:24,57 | | |

Tygerberg Aquatics-CP Total Individual Entries: 484 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

University of Stellenbosch-CE

1 Burger, Rosseau - Male - Age: 10 - Ind/Rel: 0 / 2

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|-----------------------------------|---------|-------------------------------------|---------|
| #221 Boys 13&U 200 Free Relay (6) | 2:12,97 | #251 Boys 13&U 200 Medley Relay (6) | 2:31,18 |
|-----------------------------------|---------|-------------------------------------|---------|

2 Calitz, Abigail K - Female - Age: 17 - Ind/Rel: 6 / 5

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:33,73 | #108 Women 800 Free Relay (1) | 9:09,39 |
| #114 Girls 14&O 100 Free Prelims | 1:04,45 | #116 Girls 14&O 50 Breast Prelims | 35,77 |
| #122 Girls 14&O 100 Breast Prelims | 1:17,71 | #126 Girls 14&O 50 Fly Prelims | 31,76 |
| #130 Girls 14&O 50 Free Prelims | 28,58 | #224 Women 200 Free Relay (1) | 1:56,50 |
| #238 Women 400 Medley Relay (2) | 4:41,48 | #254 Women 200 Medley Relay (4) | 2:08,75 |
| #262 Women 400 Free Relay (1) | 4:15,24 | | |

3 De Villiers, Nicolaas - Male - Age: 12 - Ind/Rel: 0 / 1

| | | | |
|-------------------------------------|---------|--|--|
| #251 Boys 13&U 200 Medley Relay (5) | 2:31,18 | | |
|-------------------------------------|---------|--|--|

4 Dirksen, Danielle K - Female - Age: 22 - Ind/Rel: 3 / 4

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|----------------------------------|---------|---------------------------------|---------|
| #114 Girls 14&O 100 Free Prelims | 1:06,20 | #120 Girls 14&O 400 Free | 5:06,72 |
| #130 Girls 14&O 50 Free Prelims | 29,79 | #224 Women 200 Free Relay (3) | 1:56,50 |
| #238 Women 400 Medley Relay (5) | 4:41,48 | #254 Women 200 Medley Relay (5) | 2:08,75 |
| #262 Women 400 Free Relay (5) | 4:15,24 | | |

5 Eagles, Mikayla J - Female - Age: 19 - Ind/Rel: 4 / 4

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|---------------------------------|---------|---------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:39,15 | #106 Girls 14&O 100 Fly Prelims | 1:10,43 |
| #108 Women 800 Free Relay (4) | 9:09,39 | #126 Girls 14&O 50 Fly Prelims | 31,13 |
| #128 Girls 14&O 200 Free | 2:22,65 | #238 Women 400 Medley Relay (3) | 4:41,48 |
| #254 Women 200 Medley Relay (3) | 2:08,75 | #262 Women 400 Free Relay (2) | 4:15,24 |

6 Engelke, Mitchel - Male - Age: 15 - Ind/Rel: 11 / 5

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:32,95 | #103 Boys 14&O 200 IM | 2:18,02 |
| #107 Boys 14&O 100 Fly Prelims | 1:02,66 | #109 Men 800 Free Relay (1) | 7:54,27 |
| #115 Boys 14&O 100 Free Prelims | 55,05 | #117 Boys 14&O 50 Breast Prelims | 32,37 |
| #121 Boys 14&O 400 Free | 4:12,84 | #123 Boys 14&O 100 Breast Prelims | 1:12,88 |
| #127 Boys 14&O 50 Fly Prelims | 28,37 | #129 Boys 14&O 200 Free | 1:58,33 |
| #131 Boys 14&O 50 Free Prelims | 25,31 | #135 Boys 14&O 800 Free | 8:46,33 |
| #223 Boys 15&U 200 Free Relay (4) | 1:48,82 | #237 Boys 15&U 400 Medley Relay (2) | 4:24,59 |
| #253 Boys 15&U 200 Medley Relay (2) | 1:59,63 | #261 Boys 15&U 400 Free Relay (4) | 3:53,39 |

7 Faure, Reuben P - Male - Age: 16 - Ind/Rel: 6 / 4

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|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:51,62 | #103 Boys 14&O 200 IM | 2:20,20 |
| #115 Boys 14&O 100 Free Prelims | 1:04,98 | #117 Boys 14&O 50 Breast Prelims | 32,20 |
| #123 Boys 14&O 100 Breast Prelims | 1:10,48 | #131 Boys 14&O 50 Free Prelims | 27,46 |
| #225 Men 200 Free Relay (4) | 1:51,56 | #239 Men 400 Medley Relay (2) | 4:01,07 |
| #255 Men 200 Medley Relay (2) | 1:57,44 | #263 Men 400 Free Relay (3) | 3:48,98 |

8 Forbes, Nicholas J - Male - Age: 13 - Ind/Rel: 12 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:44,92 | #205 Boys 13&U 50 Back Prelims | 34,18 |
| #207 Boys 13&U 100 Fly Prelims | 1:19,89 | #211 Boys 13&U 100 Back Prelims | 1:12,64 |
| #213 Boys 13&U 100 Free Prelims | 1:07,51 | #215 Boys 13&U 50 Breast Prelims | 40,18 |
| #221 Boys 13&U 200 Free Relay (2) | 1:59,09 | #227 Boys 13&U 400 Free | 5:18,14 |
| #229 Boys 13&U 100 Breast Prelims | 1:32,39 | #231 Boys 13&U 200 Back | 2:37,29 |
| #233 Boys 13&U 50 Fly Prelims | 33,91 | #235 Boys 13&U 400 Medley Relay (3) | 5:01,95 |
| #241 Boys 13&U 200 Free | 2:30,47 | #243 Boys 13&U 50 Free Prelims | 30,96 |
| #251 Boys 13&U 200 Medley Relay (2) | 2:14,49 | #259 Boys 13&U 400 Free Relay (3) | 4:29,88 |

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Team Entries - All Events

University of Stellenbosch-CE

| | | | |
|---|----------|--------------------------------------|---------|
| 9 Forbes, Thomas P - Male - Age: 15 - Ind/Rel: 11 / 4 | | | |
| #101 Boys 14&O 200 Breast | 2:43,80 | #103 Boys 14&O 200 IM | 2:24,80 |
| #107 Boys 14&O 100 Fly Prelims | 1:06,54 | #115 Boys 14&O 100 Free Prelims | 58,46 |
| #119 Men 14&O 1500 Free | 16:58,18 | #121 Boys 14&O 400 Free | 4:15,17 |
| #123 Boys 14&O 100 Breast Prelims | 1:17,23 | #125 Boys 14&O 200 Back | 2:30,39 |
| #127 Boys 14&O 50 Fly Prelims | 30,17 | #129 Boys 14&O 200 Free | 2:03,94 |
| #135 Boys 14&O 800 Free | 8:49,51 | #223 Boys 15&U 200 Free Relay (3) | 1:48,82 |
| #237 Boys 15&U 400 Medley Relay (4) | 4:24,59 | #253 Boys 15&U 200 Medley Relay (4) | 1:59,63 |
| #261 Boys 15&U 400 Free Relay (3) | 3:53,39 | | |
| 10 Herbst, Hendri J - Male - Age: 27 - Ind/Rel: 2 / 0 | | | |
| #115 Boys 14&O 100 Free Prelims | 1:02,69 | #131 Boys 14&O 50 Free Prelims | 27,58 |
| 11 Joubert, Cailin A - Female - Age: 19 - Ind/Rel: 2 / 2 | | | |
| #114 Girls 14&O 100 Free Prelims | 1:04,75 | #116 Girls 14&O 50 Breast Prelims | 39,84 |
| #238 Women 400 Medley Relay (4) | 4:41,48 | #262 Women 400 Free Relay (3) | 4:15,24 |
| 12 Ledingham, Hannah - Female - Age: 19 - Ind/Rel: 5 / 1 | | | |
| #100 Girls 14&O 200 Breast | 3:04,86 | #102 Girls 14&O 200 IM | 2:50,64 |
| #112 Girls 14&O 100 Back Prelims | 1:20,03 | #116 Girls 14&O 50 Breast Prelims | 36,45 |
| #122 Girls 14&O 100 Breast Prelims | 1:24,71 | #254 Women 200 Medley Relay (2) | 2:08,75 |
| 13 Liebenberg, Josi - Female - Age: 13 - Ind/Rel: 0 / 1 | | | |
| #220 Girls 13&U 200 Free Relay (3) | 2:25,40 | | |
| 14 Linke, Karl A - Male - Age: 10 - Ind/Rel: 0 / 2 | | | |
| #221 Boys 13&U 200 Free Relay (2) | 2:12,97 | #251 Boys 13&U 200 Medley Relay (7) | 2:31,18 |
| 15 Machtelinckx, Mattijs - Male - Age: 12 - Ind/Rel: 1 / 2 | | | |
| #221 Boys 13&U 200 Free Relay (1) | 2:12,97 | #243 Boys 13&U 50 Free Prelims | 33,17 |
| #251 Boys 13&U 200 Medley Relay (4) | 2:31,18 | | |
| 16 Malherbe, Francois - Male - Age: 15 - Ind/Rel: 8 / 4 | | | |
| #103 Boys 14&O 200 IM | 2:22,05 | #105 Boys 14&O 50 Back Prelims | 31,23 |
| #107 Boys 14&O 100 Fly Prelims | 1:06,11 | #113 Boys 14&O 100 Back Prelims | 1:08,35 |
| #115 Boys 14&O 100 Free Prelims | 58,17 | #127 Boys 14&O 50 Fly Prelims | 28,36 |
| #129 Boys 14&O 200 Free | 2:11,08 | #131 Boys 14&O 50 Free Prelims | 27,55 |
| #223 Boys 15&U 200 Free Relay (1) | 1:48,82 | #237 Boys 15&U 400 Medley Relay (1) | 4:24,59 |
| #253 Boys 15&U 200 Medley Relay (1) | 1:59,63 | #261 Boys 15&U 400 Free Relay (1) | 3:53,39 |
| 17 Malherbe, Nicholas N - Male - Age: 12 - Ind/Rel: 7 / 4 | | | |
| #201 Boys 13&U 200 Breast | 2:55,26 | #205 Boys 13&U 50 Back Prelims | 36,54 |
| #211 Boys 13&U 100 Back Prelims | 1:21,79 | #213 Boys 13&U 100 Free Prelims | 1:09,93 |
| #215 Boys 13&U 50 Breast Prelims | 43,09 | #221 Boys 13&U 200 Free Relay (3) | 2:12,97 |
| #229 Boys 13&U 100 Breast Prelims | 1:28,04 | #235 Boys 13&U 400 Medley Relay (2) | 5:01,95 |
| #243 Boys 13&U 50 Free Prelims | 33,53 | #251 Boys 13&U 200 Medley Relay (3) | 2:31,18 |
| #259 Boys 13&U 400 Free Relay (2) | 4:29,88 | | |
| 18 Manus, Daniel J - Male - Age: 20 - Ind/Rel: 2 / 1 | | | |
| #107 Boys 14&O 100 Fly Prelims | 1:10,38 | #131 Boys 14&O 50 Free Prelims | 29,38 |
| #225 Men 200 Free Relay (5) | 1:51,56 | | |
| 19 Michell, Caitlin N - Female - Age: 12 - Ind/Rel: 0 / 1 | | | |
| #220 Girls 13&U 200 Free Relay (1) | 2:25,40 | | |
| 20 Michell, Emma Y - Female - Age: 14 - Ind/Rel: 5 / 4 | | | |
| #102 Girls 14&O 200 IM | 2:47,10 | #104 Girls 14&O 50 Back Prelims | 34,77 |
| #112 Girls 14&O 100 Back Prelims | 1:21,05 | #114 Girls 14&O 100 Free Prelims | 1:11,01 |
| #128 Girls 14&O 200 Free | 2:37,11 | #222 Girls 15&U 200 Free Relay (2) | 2:04,15 |
| #236 Girls 15&U 400 Medley Relay (3) | NT | #252 Girls 15&U 200 Medley Relay (1) | 2:18,50 |
| #260 Girls 15&U 400 Free Relay (2) | 4:31,30 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

University of Stellenbosch-CE

21 Minnies, Darren S - Male - Age: 21 - Ind/Rel: 1 / 4

| | | | |
|-------------------------------|---------|---------------------------------|---------|
| #109 Men 800 Free Relay (5) | 7:54,27 | #115 Boys 14&O 100 Free Prelims | 55,72 |
| #239 Men 400 Medley Relay (3) | 4:01,07 | #255 Men 200 Medley Relay (3) | 1:57,44 |
| #263 Men 400 Free Relay (1) | 3:43,84 | | |

22 Muller, Rynard R - Male - Age: 23 - Ind/Rel: 5 / 2

| | | | |
|----------------------------------|---------|-------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 59,54 | #111 Boys 14&O 400 IM | 5:00,14 |
| #117 Boys 14&O 50 Breast Prelims | 32,82 | #127 Boys 14&O 50 Fly Prelims | 26,60 |
| #133 Boys 14&O 200 Fly | 2:16,67 | #239 Men 400 Medley Relay (3) | 4:11,06 |
| #255 Men 200 Medley Relay (3) | 1:50,04 | | |

23 Muller, Righardt - Male - Age: 17 - Ind/Rel: 5 / 5

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|--------------------------------|----------|--------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:01,11 | #109 Men 800 Free Relay (2) | 7:54,27 |
| #119 Men 14&O 1500 Free | 16:53,17 | #121 Boys 14&O 400 Free | 4:03,50 |
| #129 Boys 14&O 200 Free | 1:59,37 | #131 Boys 14&O 50 Free Prelims | 26,25 |
| #225 Men 200 Free Relay (2) | 1:41,68 | #239 Men 400 Medley Relay (5) | 4:11,06 |
| #255 Men 200 Medley Relay (4) | 1:57,44 | #263 Men 400 Free Relay (1) | 3:48,98 |

24 Neilson, Hannah K - Female - Age: 14 - Ind/Rel: 4 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #118 Women 14&O 800 Free | 9:46,41 | #120 Girls 14&O 400 Free | 4:44,61 |
| #128 Girls 14&O 200 Free | 2:18,97 | #130 Girls 14&O 50 Free Prelims | 31,04 |
| #222 Girls 15&U 200 Free Relay (3) | 2:04,15 | #236 Girls 15&U 400 Medley Relay (1) | NT |
| #252 Girls 15&U 200 Medley Relay (2) | 2:18,50 | #260 Girls 15&U 400 Free Relay (1) | 4:31,30 |

25 Nelson, Christopher A - Male - Age: 12 - Ind/Rel: 3 / 3

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:19,19 | #213 Boys 13&U 100 Free Prelims | 1:13,46 |
| #221 Boys 13&U 200 Free Relay (5) | 2:12,97 | #229 Boys 13&U 100 Breast Prelims | 1:35,26 |
| #251 Boys 13&U 200 Medley Relay (1) | 2:31,18 | #259 Boys 13&U 400 Free Relay (5) | 4:29,88 |

26 Pendock, Bryce F - Male - Age: 23 - Ind/Rel: 1 / 2

| | | | |
|--------------------------------|---------|-----------------------------|---------|
| #131 Boys 14&O 50 Free Prelims | 24,16 | #225 Men 200 Free Relay (4) | 1:41,68 |
| #255 Men 200 Medley Relay (4) | 1:50,04 | | |

27 Prins, Yanti - Female - Age: 15 - Ind/Rel: 6 / 4

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 37,37 | #114 Girls 14&O 100 Free Prelims | 1:08,02 |
| #124 Girls 14&O 200 Back | 3:04,51 | #126 Girls 14&O 50 Fly Prelims | 36,07 |
| #128 Girls 14&O 200 Free | 2:28,82 | #130 Girls 14&O 50 Free Prelims | 30,86 |
| #222 Girls 15&U 200 Free Relay (1) | 2:04,15 | #236 Girls 15&U 400 Medley Relay (4) | NT |
| #252 Girls 15&U 200 Medley Relay (4) | 2:18,50 | #260 Girls 15&U 400 Free Relay (3) | 4:31,30 |

28 Radley, Hugo - Male - Age: 15 - Ind/Rel: 8 / 5

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:37,22 | #105 Boys 14&O 50 Back Prelims | 31,86 |
| #107 Boys 14&O 100 Fly Prelims | 1:04,90 | #113 Boys 14&O 100 Back Prelims | 1:19,30 |
| #115 Boys 14&O 100 Free Prelims | 1:03,34 | #127 Boys 14&O 50 Fly Prelims | 28,22 |
| #131 Boys 14&O 50 Free Prelims | 28,90 | #133 Boys 14&O 200 Fly | 2:45,56 |
| #223 Boys 15&U 200 Free Relay (5) | 1:48,82 | #225 Men 200 Free Relay (2) | 1:51,56 |
| #237 Boys 15&U 400 Medley Relay (3) | 4:24,59 | #253 Boys 15&U 200 Medley Relay (3) | 1:59,63 |
| #261 Boys 15&U 400 Free Relay (5) | 3:53,39 | | |

29 Roberts, Annabelle - Female - Age: 12 - Ind/Rel: 11 / 1

| | | | |
|------------------------------------|---------|----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:42,30 | #202 Girls 13&U 200 IM | 3:15,43 |
| #204 Girls 13&U 50 Back Prelims | 40,67 | #206 Girls 13&U 100 Fly Prelims | 1:43,47 |
| #210 Girls 13&U 100 Back Prelims | 1:32,59 | #212 Girls 13&U 100 Free Prelims | 1:20,39 |
| #220 Girls 13&U 200 Free Relay (2) | 2:25,40 | #226 Girls 13&U 400 Free | 6:15,08 |
| #228 Girls 13&U 100 Breast Prelims | 1:50,12 | #232 Girls 13&U 50 Fly Prelims | 42,73 |
| #240 Girls 13&U 200 Free | 2:54,26 | #242 Girls 13&U 50 Free Prelims | 37,65 |

30 Sadie, Christian M - Male - Age: 22 - Ind/Rel: 4 / 0

| | | | |
|-------------------------------|---------|-----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:38,35 | #123 Boys 14&O 100 Breast Prelims | 1:23,72 |
| #127 Boys 14&O 50 Fly Prelims | 30,59 | #131 Boys 14&O 50 Free Prelims | 29,10 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

University of Stellenbosch-CE

31 Snyman, Jarryd L - Male - Age: 20 - Ind/Rel: 4 / 4

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:02,93 | #115 Boys 14&O 100 Free Prelims | 57,40 |
| #127 Boys 14&O 50 Fly Prelims | 28,52 | #131 Boys 14&O 50 Free Prelims | 25,85 |
| #225 Men 200 Free Relay (3) | 1:41,68 | #239 Men 400 Medley Relay (4) | 4:11,06 |
| #255 Men 200 Medley Relay (1) | 1:57,44 | #263 Men 400 Free Relay (3) | 3:43,84 |

32 Toop, Kirsten S - Female - Age: 13 - Ind/Rel: 4 / 3

| | | | |
|------------------------------------|---------|------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 40,52 | #212 Girls 13&U 100 Free Prelims | 1:18,78 |
| #220 Girls 13&U 200 Free Relay (4) | 2:25,40 | #222 Girls 15&U 200 Free Relay (5) | 2:04,15 |
| #230 Girls 13&U 200 Back | 3:18,00 | #242 Girls 13&U 50 Free Prelims | 34,11 |
| #260 Girls 15&U 400 Free Relay (5) | 4:31,30 | | |

33 Truter, Petrus C - Male - Age: 16 - Ind/Rel: 6 / 4

| | | | |
|-------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:33,10 | #103 Boys 14&O 200 IM | 2:17,95 |
| #111 Boys 14&O 400 IM | 4:57,97 | #123 Boys 14&O 100 Breast Prelims | 1:10,82 |
| #127 Boys 14&O 50 Fly Prelims | 30,34 | #129 Boys 14&O 200 Free | 2:02,80 |
| #225 Men 200 Free Relay (3) | 1:51,56 | #239 Men 400 Medley Relay (2) | 4:11,06 |
| #255 Men 200 Medley Relay (5) | 1:57,44 | #263 Men 400 Free Relay (4) | 3:48,98 |

34 Truter, Thomas J - Male - Age: 13 - Ind/Rel: 4 / 3

| | | | |
|-------------------------------------|---------|---------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 31,77 | #211 Boys 13&U 100 Back Prelims | 1:09,04 |
| #221 Boys 13&U 200 Free Relay (1) | 1:59,09 | #231 Boys 13&U 200 Back | 2:31,55 |
| #235 Boys 13&U 400 Medley Relay (1) | 5:01,95 | #243 Boys 13&U 50 Free Prelims | 29,40 |
| #251 Boys 13&U 200 Medley Relay (1) | 2:14,49 | | |

35 Van Heerden, Stefan F - Male - Age: 13 - Ind/Rel: 9 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:08,74 | #203 Boys 13&U 200 IM | 2:48,63 |
| #205 Boys 13&U 50 Back Prelims | 34,04 | #211 Boys 13&U 100 Back Prelims | 1:25,17 |
| #213 Boys 13&U 100 Free Prelims | 1:04,98 | #215 Boys 13&U 50 Breast Prelims | 39,32 |
| #221 Boys 13&U 200 Free Relay (4) | 1:59,09 | #229 Boys 13&U 100 Breast Prelims | 1:27,11 |
| #235 Boys 13&U 400 Medley Relay (4) | 5:01,95 | #241 Boys 13&U 200 Free | 2:35,57 |
| #243 Boys 13&U 50 Free Prelims | 28,40 | #251 Boys 13&U 200 Medley Relay (4) | 2:14,49 |
| #259 Boys 13&U 400 Free Relay (4) | 4:29,88 | | |

36 Van Renen, Ruard - Male - Age: 16 - Ind/Rel: 8 / 5

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 28,73 | #107 Boys 14&O 100 Fly Prelims | 59,48 |
| #109 Men 800 Free Relay (3) | 7:54,27 | #113 Boys 14&O 100 Back Prelims | 58,80 |
| #115 Boys 14&O 100 Free Prelims | 57,72 | #125 Boys 14&O 200 Back | 2:08,20 |
| #127 Boys 14&O 50 Fly Prelims | 27,39 | #129 Boys 14&O 200 Free | 1:58,62 |
| #131 Boys 14&O 50 Free Prelims | 25,42 | #225 Men 200 Free Relay (1) | 1:41,68 |
| #239 Men 400 Medley Relay (1) | 4:01,07 | #255 Men 200 Medley Relay (1) | 1:50,04 |
| #263 Men 400 Free Relay (2) | 3:43,84 | | |

37 Van Rensburg, Anandt P - Male - Age: 20 - Ind/Rel: 0 / 4

| | | | |
|-------------------------------|---------|-------------------------------|---------|
| #109 Men 800 Free Relay (4) | 7:54,27 | #239 Men 400 Medley Relay (4) | 4:01,07 |
| #255 Men 200 Medley Relay (2) | 1:50,04 | #263 Men 400 Free Relay (4) | 3:43,84 |

38 Vd Merwe, Benno L - Male - Age: 17 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:16,53 | #107 Boys 14&O 100 Fly Prelims | 1:01,59 |
| #111 Boys 14&O 400 IM | 4:49,06 | #115 Boys 14&O 100 Free Prelims | 58,06 |
| #121 Boys 14&O 400 Free | 4:24,69 | #127 Boys 14&O 50 Fly Prelims | 28,29 |
| #129 Boys 14&O 200 Free | 2:05,35 | #131 Boys 14&O 50 Free Prelims | 27,46 |
| #225 Men 200 Free Relay (1) | 1:51,56 | #239 Men 400 Medley Relay (1) | 4:11,06 |
| #255 Men 200 Medley Relay (6) | 1:57,44 | #263 Men 400 Free Relay (2) | 3:48,98 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

University of Stellenbosch-CE

39 Vd Merwe, Johan H - Male - Age: 14 - Ind/Rel: 8 / 4

| | | | |
|-------------------------------------|---------|-------------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:32,42 | #107 Boys 14&O 100 Fly Prelims | 1:12,42 |
| #113 Boys 14&O 100 Back Prelims | 1:17,41 | #115 Boys 14&O 100 Free Prelims | 1:01,71 |
| #123 Boys 14&O 100 Breast Prelims | 1:29,14 | #127 Boys 14&O 50 Fly Prelims | 29,96 |
| #131 Boys 14&O 50 Free Prelims | 28,15 | #133 Boys 14&O 200 Fly | 2:39,95 |
| #223 Boys 15&U 200 Free Relay (2) | 1:48,82 | #237 Boys 15&U 400 Medley Relay (5) | 4:24,59 |
| #253 Boys 15&U 200 Medley Relay (5) | 1:59,63 | #261 Boys 15&U 400 Free Relay (2) | 3:53,39 |

40 Vd Merwe, Reuben L - Male - Age: 12 - Ind/Rel: 5 / 4

| | | | |
|-----------------------------------|---------|-------------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 34,09 | #213 Boys 13&U 100 Free Prelims | 1:07,46 |
| #215 Boys 13&U 50 Breast Prelims | 42,97 | #221 Boys 13&U 200 Free Relay (3) | 1:59,09 |
| #233 Boys 13&U 50 Fly Prelims | 34,14 | #235 Boys 13&U 400 Medley Relay (5) | 5:01,95 |
| #243 Boys 13&U 50 Free Prelims | 30,33 | #251 Boys 13&U 200 Medley Relay (3) | 2:14,49 |
| #259 Boys 13&U 400 Free Relay (1) | 4:29,88 | | |

41 Vd Walt, Mia - Female - Age: 15 - Ind/Rel: 8 / 6

| | | | |
|--------------------------------------|---------|--------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:54,67 | #102 Girls 14&O 200 IM | 2:34,33 |
| #108 Women 800 Free Relay (2) | 9:09,39 | #112 Girls 14&O 100 Back Prelims | 1:13,95 |
| #116 Girls 14&O 50 Breast Prelims | 37,84 | #120 Girls 14&O 400 Free | 4:43,65 |
| #122 Girls 14&O 100 Breast Prelims | 1:21,45 | #126 Girls 14&O 50 Fly Prelims | 33,28 |
| #130 Girls 14&O 50 Free Prelims | 29,90 | #222 Girls 15&U 200 Free Relay (4) | 2:04,15 |
| #224 Women 200 Free Relay (2) | 1:56,50 | #236 Girls 15&U 400 Medley Relay (2) | NT |
| #252 Girls 15&U 200 Medley Relay (3) | 2:18,50 | #260 Girls 15&U 400 Free Relay (4) | 4:31,30 |

42 Vroon, Kelly A - Female - Age: 20 - Ind/Rel: 6 / 5

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 32,59 | #108 Women 800 Free Relay (3) | 9:09,39 |
| #112 Girls 14&O 100 Back Prelims | 1:08,59 | #114 Girls 14&O 100 Free Prelims | 1:00,24 |
| #124 Girls 14&O 200 Back | 2:25,44 | #128 Girls 14&O 200 Free | 2:12,54 |
| #130 Girls 14&O 50 Free Prelims | 28,23 | #224 Women 200 Free Relay (4) | 1:56,50 |
| #238 Women 400 Medley Relay (1) | 4:41,48 | #254 Women 200 Medley Relay (1) | 2:08,75 |
| #262 Women 400 Free Relay (4) | 4:15,24 | | |

43 Wessels, Armin L - Male - Age: 12 - Ind/Rel: 3 / 2

| | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| #215 Boys 13&U 50 Breast Prelims | 42,12 | #221 Boys 13&U 200 Free Relay (4) | 2:12,97 |
| #229 Boys 13&U 100 Breast Prelims | 1:41,49 | #243 Boys 13&U 50 Free Prelims | 32,29 |
| #251 Boys 13&U 200 Medley Relay (2) | 2:31,18 | | |

44 Whitaker, Reece - Male - Age: 21 - Ind/Rel: 2 / 1

| | | | |
|-----------------------------------|---------|-------------------------------|-------|
| #123 Boys 14&O 100 Breast Prelims | 1:11,25 | #127 Boys 14&O 50 Fly Prelims | 29,39 |
| #239 Men 400 Medley Relay (6) | 4:11,06 | | |

45 Whitaker, Ryan - Male - Age: 21 - Ind/Rel: 1 / 0

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|---------------------------|---------|--|--|
| #101 Boys 14&O 200 Breast | 2:49,36 | | |
|---------------------------|---------|--|--|

University of Stellenbosch-CE Total Individual Entries: 209 - Total Relays: 0

Uwc Aquatics-CP

1 Croy, Ronaldo - Male - Age: 14 - Ind/Rel: 5 / 0

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|----------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 3:10,84 | #113 Boys 14&O 100 Back Prelims | 1:23,69 |
| #117 Boys 14&O 50 Breast Prelims | 35,29 | #123 Boys 14&O 100 Breast Prelims | 1:20,60 |
| #131 Boys 14&O 50 Free Prelims | 29,07 | | |

2 Vergotine, Valentino H - Male - Age: 32 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:51,37 | #105 Boys 14&O 50 Back Prelims | 37,59 |
| #113 Boys 14&O 100 Back Prelims | 1:21,55 | #115 Boys 14&O 100 Free Prelims | 1:11,16 |
| #121 Boys 14&O 400 Free | 5:24,80 | #123 Boys 14&O 100 Breast Prelims | 1:26,17 |

Uwc Aquatics-CP Total Individual Entries: 11 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Vineyard Swimming Club-CP

1 Adams, Faiyaz - Male - Age: 16 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|-------|-----------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 33,72 | #113 Boys 14&O 100 Back Prelims | 1:06,48 |
| #117 Boys 14&O 50 Breast Prelims | 34,92 | #123 Boys 14&O 100 Breast Prelims | 1:16,34 |
| #127 Boys 14&O 50 Fly Prelims | 29,64 | | |

2 Ahmed, Nihaal - Female - Age: 12 - Ind/Rel: 10 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:50,32 | #204 Girls 13&U 50 Back Prelims | 35,09 |
| #206 Girls 13&U 100 Fly Prelims | 1:15,39 | #210 Girls 13&U 100 Back Prelims | 1:13,66 |
| #212 Girls 13&U 100 Free Prelims | 1:05,87 | #226 Girls 13&U 400 Free | 5:18,40 |
| #230 Girls 13&U 200 Back | 2:39,55 | #232 Girls 13&U 50 Fly Prelims | 33,31 |
| #240 Girls 13&U 200 Free | 2:29,23 | #242 Girls 13&U 50 Free Prelims | 30,16 |

3 Altmann, Luke F - Male - Age: 18 - Ind/Rel: 8 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 28,87 | #107 Boys 14&O 100 Fly Prelims | 1:00,45 |
| #113 Boys 14&O 100 Back Prelims | 1:02,69 | #115 Boys 14&O 100 Free Prelims | 55,11 |
| #125 Boys 14&O 200 Back | 2:25,23 | #127 Boys 14&O 50 Fly Prelims | 27,24 |
| #129 Boys 14&O 200 Free | 2:03,03 | #131 Boys 14&O 50 Free Prelims | 25,29 |

4 Anderson, Ben G - Male - Age: 13 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|--------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:58,26 | #207 Boys 13&U 100 Fly Prelims | 1:21,76 |
| #213 Boys 13&U 100 Free Prelims | 1:14,18 | #233 Boys 13&U 50 Fly Prelims | 35,25 |
| #241 Boys 13&U 200 Free | 2:39,95 | #243 Boys 13&U 50 Free Prelims | 33,12 |

5 Anderson, Tess S - Female - Age: 11 - Ind/Rel: 4 / 0

| | | | |
|------------------------------------|---------|----------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 46,01 | #212 Girls 13&U 100 Free Prelims | 1:19,39 |
| #228 Girls 13&U 100 Breast Prelims | 1:47,16 | #242 Girls 13&U 50 Free Prelims | 35,92 |

6 Bantom, Dylan - Male - Age: 15 - Ind/Rel: 2 / 0

| | | | |
|-----------------------------------|---------|--------------------------------|-------|
| #123 Boys 14&O 100 Breast Prelims | 1:16,96 | #131 Boys 14&O 50 Free Prelims | 28,72 |
|-----------------------------------|---------|--------------------------------|-------|

7 Bantom, Nicole A - Female - Age: 13 - Ind/Rel: 2 / 0

| | | | |
|----------------------------------|---------|---------------------------------|-------|
| #212 Girls 13&U 100 Free Prelims | 1:15,50 | #242 Girls 13&U 50 Free Prelims | 34,73 |
|----------------------------------|---------|---------------------------------|-------|

8 Beetge, Matthew - Male - Age: 15 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:11,72 | #115 Boys 14&O 100 Free Prelims | 1:02,24 |
| #125 Boys 14&O 200 Back | 2:33,82 | #129 Boys 14&O 200 Free | 2:19,16 |
| #131 Boys 14&O 50 Free Prelims | 28,83 | | |

9 Beukes, Wade - Male - Age: 12 - Ind/Rel: 7 / 0

| | | | |
|--------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:48,30 | #213 Boys 13&U 100 Free Prelims | 1:06,23 |
| #227 Boys 13&U 400 Free | 5:05,22 | #229 Boys 13&U 100 Breast Prelims | 1:27,35 |
| #233 Boys 13&U 50 Fly Prelims | 34,55 | #241 Boys 13&U 200 Free | 2:24,80 |
| #243 Boys 13&U 50 Free Prelims | 30,04 | | |

10 Brink, Payton B - Female - Age: 13 - Ind/Rel: 9 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:42,74 | #204 Girls 13&U 50 Back Prelims | 35,08 |
| #206 Girls 13&U 100 Fly Prelims | 1:11,31 | #210 Girls 13&U 100 Back Prelims | 1:15,94 |
| #212 Girls 13&U 100 Free Prelims | 1:06,35 | #230 Girls 13&U 200 Back | 2:40,42 |
| #232 Girls 13&U 50 Fly Prelims | 32,57 | #240 Girls 13&U 200 Free | 2:30,14 |
| #242 Girls 13&U 50 Free Prelims | 30,86 | | |

11 Brown, Josh - Male - Age: 15 - Ind/Rel: 5 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|-------|
| #101 Boys 14&O 200 Breast | 3:03,69 | #117 Boys 14&O 50 Breast Prelims | 34,71 |
| #123 Boys 14&O 100 Breast Prelims | 1:20,13 | #127 Boys 14&O 50 Fly Prelims | 30,72 |
| #131 Boys 14&O 50 Free Prelims | 29,47 | | |

12 Burgess, Cassidy S - Female - Age: 11 - Ind/Rel: 10 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:14,39 | #204 Girls 13&U 50 Back Prelims | 38,57 |
| #206 Girls 13&U 100 Fly Prelims | 1:29,74 | #210 Girls 13&U 100 Back Prelims | 1:23,66 |
| #212 Girls 13&U 100 Free Prelims | 1:13,22 | #214 Girls 13&U 50 Breast Prelims | 49,59 |
| #230 Girls 13&U 200 Back | 3:05,34 | #232 Girls 13&U 50 Fly Prelims | 38,03 |
| #240 Girls 13&U 200 Free | 2:44,20 | #242 Girls 13&U 50 Free Prelims | 32,96 |

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Team Entries - All Events

Vineyard Swimming Club-CP

13 Cleghorn, Hannah - Female - Age: 13 - Ind/Rel: 5 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:11,50 | #204 Girls 13&U 50 Back Prelims | 40,76 |
| #212 Girls 13&U 100 Free Prelims | 1:13,17 | #240 Girls 13&U 200 Free | 2:55,96 |
| #242 Girls 13&U 50 Free Prelims | 34,85 | | |

14 Combrink, Amy - Female - Age: 10 - Ind/Rel: 7 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:34,68 | #202 Girls 13&U 200 IM | 3:13,07 |
| #212 Girls 13&U 100 Free Prelims | 1:18,82 | #214 Girls 13&U 50 Breast Prelims | 47,90 |
| #228 Girls 13&U 100 Breast Prelims | 1:43,77 | #230 Girls 13&U 200 Back | 3:15,65 |
| #242 Girls 13&U 50 Free Prelims | 33,98 | | |

15 Couves, Jonty B - Male - Age: 15 - Ind/Rel: 5 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|-------|
| #107 Boys 14&O 100 Fly Prelims | 1:12,65 | #117 Boys 14&O 50 Breast Prelims | 34,80 |
| #123 Boys 14&O 100 Breast Prelims | 1:18,98 | #127 Boys 14&O 50 Fly Prelims | 30,19 |
| #131 Boys 14&O 50 Free Prelims | 29,03 | | |

16 Daffarn, Eri J - Female - Age: 15 - Ind/Rel: 9 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:50,33 | #104 Girls 14&O 50 Back Prelims | 34,39 |
| #112 Girls 14&O 100 Back Prelims | 1:15,86 | #114 Girls 14&O 100 Free Prelims | 1:07,38 |
| #116 Girls 14&O 50 Breast Prelims | 39,70 | #124 Girls 14&O 200 Back | 2:39,38 |
| #126 Girls 14&O 50 Fly Prelims | 33,73 | #128 Girls 14&O 200 Free | 2:28,69 |
| #130 Girls 14&O 50 Free Prelims | 30,77 | | |

17 De Villiers, Michaela K - Female - Age: 16 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 30,09 | #106 Girls 14&O 100 Fly Prelims | 1:14,84 |
| #112 Girls 14&O 100 Back Prelims | 1:04,47 | #114 Girls 14&O 100 Free Prelims | 1:00,60 |
| #124 Girls 14&O 200 Back | 2:23,74 | #126 Girls 14&O 50 Fly Prelims | 28,35 |
| #130 Girls 14&O 50 Free Prelims | 27,44 | | |

18 Du Plessis, Chanel P - Female - Age: 12 - Ind/Rel: 11 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #202 Girls 13&U 200 IM | 2:48,64 | #204 Girls 13&U 50 Back Prelims | 34,33 |
| #206 Girls 13&U 100 Fly Prelims | 1:15,02 | #210 Girls 13&U 100 Back Prelims | 1:13,04 |
| #212 Girls 13&U 100 Free Prelims | 1:12,02 | #214 Girls 13&U 50 Breast Prelims | 44,12 |
| #228 Girls 13&U 100 Breast Prelims | 1:30,11 | #230 Girls 13&U 200 Back | 2:37,68 |
| #232 Girls 13&U 50 Fly Prelims | 33,42 | #240 Girls 13&U 200 Free | 2:34,46 |
| #242 Girls 13&U 50 Free Prelims | 31,79 | | |

19 Edwards, Jude K - Male - Age: 11 - Ind/Rel: 4 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:30,24 | #205 Boys 13&U 50 Back Prelims | 43,68 |
| #211 Boys 13&U 100 Back Prelims | 1:33,46 | #229 Boys 13&U 100 Breast Prelims | 1:39,18 |

20 Erasmus, Chad L - Male - Age: 17 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:43,81 | #107 Boys 14&O 100 Fly Prelims | 1:08,23 |
| #115 Boys 14&O 100 Free Prelims | 58,56 | #123 Boys 14&O 100 Breast Prelims | 1:19,35 |
| #131 Boys 14&O 50 Free Prelims | 27,28 | | |

21 Erasmus, Logan - Male - Age: 13 - Ind/Rel: 3 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #211 Boys 13&U 100 Back Prelims | 1:20,15 | #213 Boys 13&U 100 Free Prelims | 1:09,77 |
| #215 Boys 13&U 50 Breast Prelims | 46,87 | | |

22 Faure, Hannah - Female - Age: 17 - Ind/Rel: 2 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #112 Girls 14&O 100 Back Prelims | 1:11,70 | #114 Girls 14&O 100 Free Prelims | 1:05,77 |
|----------------------------------|---------|----------------------------------|---------|

23 Fisher, Stella R - Female - Age: 12 - Ind/Rel: 7 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #200 Girls 13&U 200 Breast | 3:00,50 | #202 Girls 13&U 200 IM | 2:52,36 |
| #204 Girls 13&U 50 Back Prelims | 34,66 | #210 Girls 13&U 100 Back Prelims | 1:13,89 |
| #214 Girls 13&U 50 Breast Prelims | 39,39 | #228 Girls 13&U 100 Breast Prelims | 1:24,02 |
| #230 Girls 13&U 200 Back | 2:48,73 | | |

24 Gouws, Lara - Female - Age: 13 - Ind/Rel: 3 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|-------|
| #212 Girls 13&U 100 Free Prelims | 1:15,94 | #214 Girls 13&U 50 Breast Prelims | 42,07 |
| #228 Girls 13&U 100 Breast Prelims | 1:32,24 | | |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Vineyard Swimming Club-CP

25 Jones, Ruth - Female - Age: 14 - Ind/Rel: 4 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:52,58 | #114 Girls 14&O 100 Free Prelims | 1:10,93 |
| #116 Girls 14&O 50 Breast Prelims | 41,97 | #126 Girls 14&O 50 Fly Prelims | 34,21 |

26 Lee, Ho Won - Male - Age: 12 - Ind/Rel: 6 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 2:58,62 | #203 Boys 13&U 200 IM | 2:53,11 |
| #215 Boys 13&U 50 Breast Prelims | 38,43 | #229 Boys 13&U 100 Breast Prelims | 1:21,30 |
| #233 Boys 13&U 50 Fly Prelims | 35,04 | #243 Boys 13&U 50 Free Prelims | 32,16 |

27 Lee, Won Hee - Male - Age: 16 - Ind/Rel: 6 / 0

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:02,50 | #115 Boys 14&O 100 Free Prelims | 55,21 |
| #117 Boys 14&O 50 Breast Prelims | 32,43 | #123 Boys 14&O 100 Breast Prelims | 1:10,59 |
| #127 Boys 14&O 50 Fly Prelims | 28,39 | #131 Boys 14&O 50 Free Prelims | 26,16 |

28 Lombard, Jana - Female - Age: 12 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 37,41 | #206 Girls 13&U 100 Fly Prelims | 1:21,32 |
| #210 Girls 13&U 100 Back Prelims | 1:23,28 | #212 Girls 13&U 100 Free Prelims | 1:13,43 |
| #230 Girls 13&U 200 Back | 3:05,24 | #232 Girls 13&U 50 Fly Prelims | 34,12 |
| #242 Girls 13&U 50 Free Prelims | 31,52 | | |

29 McCallum, Stephen H - Male - Age: 17 - Ind/Rel: 8 / 0

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 30,15 | #107 Boys 14&O 100 Fly Prelims | 1:02,74 |
| #115 Boys 14&O 100 Free Prelims | 53,92 | #117 Boys 14&O 50 Breast Prelims | 37,27 |
| #121 Boys 14&O 400 Free | 4:21,30 | #127 Boys 14&O 50 Fly Prelims | 28,29 |
| #129 Boys 14&O 200 Free | 1:59,26 | #131 Boys 14&O 50 Free Prelims | 24,96 |

30 Mills, Ella - Female - Age: 11 - Ind/Rel: 3 / 0

| | | | |
|---------------------------------|-------|---------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 41,00 | #206 Girls 13&U 100 Fly Prelims | 1:55,02 |
| #242 Girls 13&U 50 Free Prelims | 36,94 | | |

31 Miszewski, Lucy I - Female - Age: 17 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 30,43 | #106 Girls 14&O 100 Fly Prelims | 1:07,70 |
| #112 Girls 14&O 100 Back Prelims | 1:06,81 | #114 Girls 14&O 100 Free Prelims | 1:02,90 |
| #126 Girls 14&O 50 Fly Prelims | 28,88 | #128 Girls 14&O 200 Free | 2:16,41 |
| #130 Girls 14&O 50 Free Prelims | 28,48 | | |

32 Naidoo, Sasha - Female - Age: 13 - Ind/Rel: 4 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 39,95 | #206 Girls 13&U 100 Fly Prelims | 1:33,28 |
| #230 Girls 13&U 200 Back | 3:27,54 | #232 Girls 13&U 50 Fly Prelims | 38,11 |

33 Nordgaard, Erin Belle - Female - Age: 13 - Ind/Rel: 2 / 0

| | | | |
|---------------------------------|-------|----------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 38,72 | #212 Girls 13&U 100 Free Prelims | 1:11,73 |
|---------------------------------|-------|----------------------------------|---------|

34 O'Riordan, Reese A - Female - Age: 14 - Ind/Rel: 7 / 0

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:42,74 | #104 Girls 14&O 50 Back Prelims | 33,77 |
| #112 Girls 14&O 100 Back Prelims | 1:10,73 | #114 Girls 14&O 100 Free Prelims | 1:07,77 |
| #124 Girls 14&O 200 Back | 2:31,48 | #128 Girls 14&O 200 Free | 2:27,27 |
| #130 Girls 14&O 50 Free Prelims | 32,17 | | |

35 Paule, Hannah N - Female - Age: 16 - Ind/Rel: 5 / 0

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:03,35 | #102 Girls 14&O 200 IM | 2:52,65 |
| #116 Girls 14&O 50 Breast Prelims | 38,65 | #122 Girls 14&O 100 Breast Prelims | 1:22,47 |
| #126 Girls 14&O 50 Fly Prelims | 34,63 | | |

36 Pearse, Hannah C - Female - Age: 16 - Ind/Rel: 9 / 0

| | | | |
|----------------------------------|----------|----------------------------------|---------|
| #104 Girls 14&O 50 Back Prelims | 30,96 | #112 Girls 14&O 100 Back Prelims | 1:04,74 |
| #114 Girls 14&O 100 Free Prelims | 1:02,11 | #118 Women 14&O 800 Free | 9:13,55 |
| #120 Girls 14&O 400 Free | 4:41,95 | #124 Girls 14&O 200 Back | 2:17,24 |
| #128 Girls 14&O 200 Free | 2:12,48 | #130 Girls 14&O 50 Free Prelims | 30,10 |
| #134 Girls 14&O 1500 Free | 18:16,57 | | |

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Team Entries - All Events

Vineyard Swimming Club-CP

37 **Pearse, Jemma S - Female - Age: 11 - Ind/Rel: 4 / 0**

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #210 Girls 13&U 100 Back Prelims | 1:32,88 | #212 Girls 13&U 100 Free Prelims | 1:21,55 |
| #230 Girls 13&U 200 Back | 3:12,86 | #240 Girls 13&U 200 Free | 3:00,54 |

38 **Pearson, Tai L - Male - Age: 12 - Ind/Rel: 10 / 0**

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #203 Boys 13&U 200 IM | 2:32,68 | #205 Boys 13&U 50 Back Prelims | 31,33 |
| #207 Boys 13&U 100 Fly Prelims | 1:06,08 | #211 Boys 13&U 100 Back Prelims | 1:07,12 |
| #213 Boys 13&U 100 Free Prelims | 1:03,52 | #215 Boys 13&U 50 Breast Prelims | 39,48 |
| #231 Boys 13&U 200 Back | 2:25,19 | #233 Boys 13&U 50 Fly Prelims | 30,12 |
| #241 Boys 13&U 200 Free | 2:29,47 | #243 Boys 13&U 50 Free Prelims | 29,09 |

39 **Penney, Tyra L - Female - Age: 14 - Ind/Rel: 5 / 0**

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:50,21 | #104 Girls 14&O 50 Back Prelims | 34,96 |
| #112 Girls 14&O 100 Back Prelims | 1:15,78 | #114 Girls 14&O 100 Free Prelims | 1:13,49 |
| #124 Girls 14&O 200 Back | 2:44,12 | | |

40 **Potgieter, Wikus R - Male - Age: 14 - Ind/Rel: 7 / 0**

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #113 Boys 14&O 100 Back Prelims | 1:03,64 | #115 Boys 14&O 100 Free Prelims | 58,66 |
| #117 Boys 14&O 50 Breast Prelims | 39,59 | #125 Boys 14&O 200 Back | 2:16,30 |
| #127 Boys 14&O 50 Fly Prelims | 28,04 | #129 Boys 14&O 200 Free | 2:09,46 |
| #131 Boys 14&O 50 Free Prelims | 27,36 | | |

41 **Renecle, Jen C - Female - Age: 14 - Ind/Rel: 7 / 0**

| | | | |
|------------------------------------|---------|----------------------------------|---------|
| #100 Girls 14&O 200 Breast | 3:13,23 | #114 Girls 14&O 100 Free Prelims | 1:07,34 |
| #116 Girls 14&O 50 Breast Prelims | 41,09 | #120 Girls 14&O 400 Free | 5:17,15 |
| #122 Girls 14&O 100 Breast Prelims | 1:27,51 | #128 Girls 14&O 200 Free | 2:28,64 |
| #130 Girls 14&O 50 Free Prelims | 30,88 | | |

42 **Rey, Sebastien M - Male - Age: 16 - Ind/Rel: 8 / 0**

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:38,72 | #113 Boys 14&O 100 Back Prelims | 1:10,54 |
| #115 Boys 14&O 100 Free Prelims | 1:02,37 | #121 Boys 14&O 400 Free | 4:47,37 |
| #125 Boys 14&O 200 Back | 2:29,41 | #127 Boys 14&O 50 Fly Prelims | 31,95 |
| #129 Boys 14&O 200 Free | 2:13,25 | #135 Boys 14&O 800 Free | 9:58,18 |

43 **Ribeiro, Bianca N - Female - Age: 13 - Ind/Rel: 8 / 0**

| | | | |
|-----------------------------------|---------|------------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:08,25 | #204 Girls 13&U 50 Back Prelims | 36,13 |
| #210 Girls 13&U 100 Back Prelims | 1:22,47 | #212 Girls 13&U 100 Free Prelims | 1:09,85 |
| #214 Girls 13&U 50 Breast Prelims | 41,11 | #228 Girls 13&U 100 Breast Prelims | 1:31,22 |
| #230 Girls 13&U 200 Back | 3:06,41 | #242 Girls 13&U 50 Free Prelims | 32,44 |

44 **Ribeiro, Caitlyn P - Female - Age: 15 - Ind/Rel: 9 / 0**

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:55,57 | #104 Girls 14&O 50 Back Prelims | 35,00 |
| #112 Girls 14&O 100 Back Prelims | 1:15,61 | #114 Girls 14&O 100 Free Prelims | 1:05,66 |
| #116 Girls 14&O 50 Breast Prelims | 42,33 | #124 Girls 14&O 200 Back | 2:47,65 |
| #126 Girls 14&O 50 Fly Prelims | 38,70 | #128 Girls 14&O 200 Free | 2:26,99 |
| #130 Girls 14&O 50 Free Prelims | 30,95 | | |

45 **Rippon, Georgia M - Female - Age: 17 - Ind/Rel: 10 / 0**

| | | | |
|----------------------------------|---------|------------------------------------|---------|
| #100 Girls 14&O 200 Breast | 2:46,49 | #102 Girls 14&O 200 IM | 2:32,79 |
| #106 Girls 14&O 100 Fly Prelims | 1:12,65 | #110 Girls 14&O 400 IM | 5:32,62 |
| #114 Girls 14&O 100 Free Prelims | 1:02,74 | #116 Girls 14&O 50 Breast Prelims | 36,31 |
| #120 Girls 14&O 400 Free | 4:50,93 | #122 Girls 14&O 100 Breast Prelims | 1:19,65 |
| #128 Girls 14&O 200 Free | 2:15,06 | #130 Girls 14&O 50 Free Prelims | 29,57 |

46 **Scott, Olivia - Female - Age: 17 - Ind/Rel: 8 / 0**

| | | | |
|----------------------------------|---------|----------------------------------|---------|
| #102 Girls 14&O 200 IM | 2:59,59 | #104 Girls 14&O 50 Back Prelims | 32,73 |
| #112 Girls 14&O 100 Back Prelims | 1:09,80 | #114 Girls 14&O 100 Free Prelims | 1:05,47 |
| #124 Girls 14&O 200 Back | 2:35,51 | #126 Girls 14&O 50 Fly Prelims | 33,06 |
| #128 Girls 14&O 200 Free | 2:22,74 | #130 Girls 14&O 50 Free Prelims | 30,35 |

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Vineyard Swimming Club-CP

47 Sieded, Nabeel N - Male - Age: 20 - Ind/Rel: 3 / 0

| | | | |
|--------------------------------|---------|-------------------------------|-------|
| #107 Boys 14&O 100 Fly Prelims | 1:02,87 | #127 Boys 14&O 50 Fly Prelims | 28,30 |
| #131 Boys 14&O 50 Free Prelims | 26,56 | | |

48 Slabber, Luke T - Male - Age: 16 - Ind/Rel: 10 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:10,82 | #105 Boys 14&O 50 Back Prelims | 27,96 |
| #107 Boys 14&O 100 Fly Prelims | 59,82 | #113 Boys 14&O 100 Back Prelims | 1:01,61 |
| #115 Boys 14&O 100 Free Prelims | 55,50 | #117 Boys 14&O 50 Breast Prelims | 29,90 |
| #123 Boys 14&O 100 Breast Prelims | 1:06,75 | #127 Boys 14&O 50 Fly Prelims | 27,87 |
| #129 Boys 14&O 200 Free | 1:58,96 | #131 Boys 14&O 50 Free Prelims | 24,55 |

49 Smith, Gavin A - Male - Age: 17 - Ind/Rel: 9 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:21,72 | #107 Boys 14&O 100 Fly Prelims | 56,85 |
| #113 Boys 14&O 100 Back Prelims | 1:00,40 | #115 Boys 14&O 100 Free Prelims | 53,57 |
| #117 Boys 14&O 50 Breast Prelims | 34,74 | #121 Boys 14&O 400 Free | 4:03,25 |
| #125 Boys 14&O 200 Back | 2:41,43 | #129 Boys 14&O 200 Free | 1:55,35 |
| #133 Boys 14&O 200 Fly | 2:06,59 | | |

50 Swarts, Keeno A - Male - Age: 14 - Ind/Rel: 9 / 0

| | | | |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:40,68 | #103 Boys 14&O 200 IM | 2:22,17 |
| #107 Boys 14&O 100 Fly Prelims | 1:06,76 | #111 Boys 14&O 400 IM | 5:05,78 |
| #115 Boys 14&O 100 Free Prelims | 58,93 | #117 Boys 14&O 50 Breast Prelims | 34,56 |
| #123 Boys 14&O 100 Breast Prelims | 1:14,55 | #125 Boys 14&O 200 Back | 2:20,98 |
| #127 Boys 14&O 50 Fly Prelims | 29,50 | | |

51 Webber, Isabella L - Female - Age: 12 - Ind/Rel: 4 / 0

| | | | |
|---------------------------------|-------|------------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 41,08 | #228 Girls 13&U 100 Breast Prelims | 1:52,44 |
| #232 Girls 13&U 50 Fly Prelims | 37,36 | #242 Girls 13&U 50 Free Prelims | 33,70 |

52 Whitfield, Cameron - Male - Age: 11 - Ind/Rel: 4 / 0

| | | | |
|---------------------------------|---------|-----------------------------------|---------|
| #213 Boys 13&U 100 Free Prelims | 1:22,89 | #229 Boys 13&U 100 Breast Prelims | 1:43,24 |
| #241 Boys 13&U 200 Free | 2:56,83 | #243 Boys 13&U 50 Free Prelims | 37,01 |

53 Wiggill, Kaylee - Female - Age: 13 - Ind/Rel: 7 / 0

| | | | |
|------------------------------------|---------|-----------------------------------|---------|
| #202 Girls 13&U 200 IM | 3:00,00 | #206 Girls 13&U 100 Fly Prelims | 1:33,61 |
| #212 Girls 13&U 100 Free Prelims | 1:11,82 | #214 Girls 13&U 50 Breast Prelims | 42,99 |
| #228 Girls 13&U 100 Breast Prelims | 1:34,12 | #232 Girls 13&U 50 Fly Prelims | 38,14 |
| #242 Girls 13&U 50 Free Prelims | 32,50 | | |

54 Wollenschlaeger, Noah - Male - Age: 11 - Ind/Rel: 7 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #203 Boys 13&U 200 IM | 3:14,68 | #205 Boys 13&U 50 Back Prelims | 39,78 |
| #211 Boys 13&U 100 Back Prelims | 1:43,04 | #213 Boys 13&U 100 Free Prelims | 1:19,76 |
| #231 Boys 13&U 200 Back | 3:03,08 | #241 Boys 13&U 200 Free | 3:09,70 |
| #243 Boys 13&U 50 Free Prelims | 34,21 | | |

55 Wolson, Daniel A - Male - Age: 12 - Ind/Rel: 3 / 0

| | | | |
|-------------------------|----------|-------------------------|---------|
| #227 Boys 13&U 400 Free | 4:50,25 | #241 Boys 13&U 200 Free | 2:24,67 |
| #247 Boys 13&U 800 Free | 10:35,29 | | |

Vineyard Swimming Club-CP Total Individual Entries: 341 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Walmers SC-CP

1 **Beukes, Mateo A - Male - Age: 14 - Ind/Rel: 5 / 0**

| | | | |
|--------------------------------|---------|---------------------------------|---------|
| #107 Boys 14&O 100 Fly Prelims | 1:12,01 | #115 Boys 14&O 100 Free Prelims | 1:03,88 |
| #127 Boys 14&O 50 Fly Prelims | 32,03 | #129 Boys 14&O 200 Free | 2:24,84 |
| #131 Boys 14&O 50 Free Prelims | 28,55 | | |

2 **Cicero, Zack - Male - Age: 13 - Ind/Rel: 3 / 0**

| | | | |
|-------------------------------|---------|--------------------------------|-------|
| #203 Boys 13&U 200 IM | 3:01,17 | #205 Boys 13&U 50 Back Prelims | 41,17 |
| #233 Boys 13&U 50 Fly Prelims | 33,56 | | |

3 **Omar, Mikael - Male - Age: 16 - Ind/Rel: 3 / 0**

| | | | |
|---------------------------------|---------|-------------------------------|-------|
| #115 Boys 14&O 100 Free Prelims | 1:03,68 | #127 Boys 14&O 50 Fly Prelims | 31,98 |
| #131 Boys 14&O 50 Free Prelims | 27,52 | | |

Walmers SC-CP Total Individual Entries: 11 - Total Relays: 0

Westridge Swimming-CP

1 **Amos, Tyla - Male - Age: 16 - Ind/Rel: 6 / 0**

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #101 Boys 14&O 200 Breast | 2:41,41 | #103 Boys 14&O 200 IM | 2:32,11 |
| #105 Boys 14&O 50 Back Prelims | 33,76 | #113 Boys 14&O 100 Back Prelims | 1:11,31 |
| #117 Boys 14&O 50 Breast Prelims | 33,22 | #123 Boys 14&O 100 Breast Prelims | 1:15,56 |

2 **Jeftha, Zara L - Female - Age: 11 - Ind/Rel: 6 / 0**

| | | | |
|------------------------------------|---------|-----------------------------------|-------|
| #212 Girls 13&U 100 Free Prelims | 1:26,65 | #214 Girls 13&U 50 Breast Prelims | 45,09 |
| #228 Girls 13&U 100 Breast Prelims | 1:41,11 | #232 Girls 13&U 50 Fly Prelims | 41,58 |
| #240 Girls 13&U 200 Free | 3:03,62 | #242 Girls 13&U 50 Free Prelims | 35,91 |

3 **Randelhoff, Kurtley D - Male - Age: 13 - Ind/Rel: 5 / 0**

| | | | |
|----------------------------------|---------|-----------------------------------|---------|
| #201 Boys 13&U 200 Breast | 3:22,85 | #213 Boys 13&U 100 Free Prelims | 1:13,38 |
| #215 Boys 13&U 50 Breast Prelims | 41,20 | #229 Boys 13&U 100 Breast Prelims | 1:32,73 |
| #243 Boys 13&U 50 Free Prelims | 31,65 | | |

4 **Trelawney, Liam C - Male - Age: 17 - Ind/Rel: 4 / 0**

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 1:17,59 | #115 Boys 14&O 100 Free Prelims | 2:01,08 |
| #117 Boys 14&O 50 Breast Prelims | 1:16,63 | #131 Boys 14&O 50 Free Prelims | 50,41 |

Westridge Swimming-CP Total Individual Entries: 21 - Total Relays: 0

Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04

Team Entries - All Events

Worcester Aquatics-CE

1 De Wet, Rudolf T - Male - Age: 14 - Ind/Rel: 11 / 0

| | | | |
|---------------------------------|---------|----------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:35,15 | #105 Boys 14&O 50 Back Prelims | 33,29 |
| #107 Boys 14&O 100 Fly Prelims | 1:11,05 | #113 Boys 14&O 100 Back Prelims | 1:11,60 |
| #115 Boys 14&O 100 Free Prelims | 1:01,10 | #117 Boys 14&O 50 Breast Prelims | 40,57 |
| #121 Boys 14&O 400 Free | 5:05,65 | #125 Boys 14&O 200 Back | 2:37,83 |
| #127 Boys 14&O 50 Fly Prelims | 29,80 | #129 Boys 14&O 200 Free | 2:17,45 |
| #131 Boys 14&O 50 Free Prelims | 28,27 | | |

2 Matthee, Luan - Male - Age: 13 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|-------|---------------------------------|---------|
| #205 Boys 13&U 50 Back Prelims | 42,86 | #213 Boys 13&U 100 Free Prelims | 1:15,12 |
| #215 Boys 13&U 50 Breast Prelims | 44,92 | #243 Boys 13&U 50 Free Prelims | 32,79 |

3 Scholtz, Jandrè - Male - Age: 14 - Ind/Rel: 6 / 0

| | | | |
|---------------------------------|---------|---------------------------------|---------|
| #103 Boys 14&O 200 IM | 2:41,62 | #105 Boys 14&O 50 Back Prelims | 33,15 |
| #113 Boys 14&O 100 Back Prelims | 1:10,58 | #115 Boys 14&O 100 Free Prelims | 1:03,86 |
| #125 Boys 14&O 200 Back | 2:37,96 | #131 Boys 14&O 50 Free Prelims | 29,54 |

4 Smit, Franco A - Male - Age: 20 - Ind/Rel: 5 / 0

| | | | |
|---------------------------------|-------|---------------------------------|---------|
| #105 Boys 14&O 50 Back Prelims | 30,68 | #113 Boys 14&O 100 Back Prelims | 1:04,40 |
| #115 Boys 14&O 100 Free Prelims | 57,81 | #127 Boys 14&O 50 Fly Prelims | 27,52 |
| #131 Boys 14&O 50 Free Prelims | 25,75 | | |

5 Visser, Arno A - Male - Age: 16 - Ind/Rel: 2 / 0

| | | | |
|---------------------------------|---------|-------------------------------|-------|
| #115 Boys 14&O 100 Free Prelims | 1:00,18 | #127 Boys 14&O 50 Fly Prelims | 30,21 |
|---------------------------------|---------|-------------------------------|-------|

Worcester Aquatics-CE Total Individual Entries: 28 - Total Relays: 0

X-Stream Aquatics-CP

1 Jacobs, Zena - Female - Age: 13 - Ind/Rel: 4 / 0

| | | | |
|----------------------------------|---------|---------------------------------|---------|
| #204 Girls 13&U 50 Back Prelims | 46,22 | #206 Girls 13&U 100 Fly Prelims | 1:43,24 |
| #212 Girls 13&U 100 Free Prelims | 1:19,96 | #242 Girls 13&U 50 Free Prelims | 34,91 |

X-Stream Aquatics-CP Total Individual Entries: 4 - Total Relays: 0