

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

1	Aqua Sharks Academy - 'A'	#221 Boys 13 & Under 200 Freestyle Relay	2:06,15	1/7
	Boonzaier, Jannie R; Boonzaier, Christiaan; Dos-Santos, Andrei; Basson, Wilan			
2	Aqua Sharks Academy - 'A'	#235 Boys 13 & Under 400 Medley Relay	5:38,87	1/1
	Boonzaier, Christiaan; Basson, Wilan; Boonzaier, Jannie R; Dos-Santos, Andrei			
3	Aqua Sharks Academy - 'A'	#239 Men 400 Medley Relay	4:40,59	2/4
	Arelisky, Nicholas R; Whitesman, Matt D; Sa, Diogo C; Abrahams, Matthew N			
4	Aqua Sharks Academy - 'A'	#251 Boys 13 & Under 200 Medley Relay	2:28,51	1/1
	Boonzaier, Christiaan; Basson, Wilan; Boonzaier, Jannie R; Dos-Santos, Andrei			
5	Aqua Sharks Academy - 'A'	#255 Men 200 Medley Relay	2:07,16	2/5
	Sa, Diogo C; Whitesman, Matt D; Arelisky, Nicholas R; Abrahams, Matthew N			
6	Aqua Sharks Academy - 'A'	#259 Boys 13 & Under 400 Freestyle Relay	4:48,26	1/1
	Basson, Wilan; Boonzaier, Christiaan; Dos-Santos, Andrei; Boonzaier, Jannie R			
7	Aqua Sharks Academy - 'A'	#263 Men 400 Freestyle Relay	4:10,90	2/5
	Abrahams, Matthew N; Whitesman, Matt D; Sa, Diogo C; Arelisky, Nicholas R			
	<b>Aqua Sharks Academy-CP Total Individual Entries: 0 - Total Relays: 7</b>			

**Aquasharks Academy Winelands-CE**

1	Aquasharks Academy Winelands - 'A'	#219 Boys 11 & Under 200 Freestyle Relay	2:23,76	1/5
	Schreuder, Steffen; Viviers, Ryan A; Van Staden, Willem H; Robbertze, NW			
2	Aquasharks Academy Winelands - 'A'	#220 Girls 13 & Under 200 Freestyle Relay	2:07,94	1/6
	Van Niekerk, Lica; La Grange, Emma; Botha, Lara E; Viljoen, Jo-Ell			
3	Aquasharks Academy Winelands - 'A'	#234 Girls 13 & Under 400 Medley Relay	5:22,52	1/2
	Viljoen, Jo-Ell; Bester, Christine F; Botha, Lara E; La Grange, Emma			
4	Aquasharks Academy Winelands - 'A'	#249 Boys 11 & Under 200 Medley Relay	2:40,52	1/5
	Viviers, Ryan A; Van Staden, Willem H; Robbertze, NW; Schreuder, Steffen			
5	Aquasharks Academy Winelands - 'A'	#250 Girls 13 & Under 200 Medley Relay	2:23,22	1/6
	Viljoen, Jo-Ell; Bester, Christine F; Van Niekerk, Lica; La Grange, Emma			
6	Aquasharks Academy Winelands - 'A'	#258 Girls 13 & Under 400 Freestyle Relay	4:38,24	1/6
	Botha, Lara E; Van Niekerk, Lica; La Grange, Emma; Viljoen, Jo-Ell			
	<b>Aquasharks Academy Winelands-CE Total Individual Entries: 0 - Total Relays: 6</b>			

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

## Team Entries - All Events

**Blouberg Marlins-CP**

1	Blouberg Marlins - 'A' Louw, Alexa; Coleman, Madison; Huang, Amelia A; Burke, Hannah	#218 Girls 11 & Under 200 Freestyle Relay	2:23,32	1/6
2	Blouberg Marlins - 'A' Krautkramer, Anastazia; Burke, Erin; Watson, Caitlin C; Russell, Morgan	#220 Girls 13 & Under 200 Freestyle Relay	NT	2/6
3	Blouberg Marlins - 'A' Hutton, Jake; Waters, Steven G; Myburgh, Ruan; Davidtsz, Colin	#221 Boys 13 & Under 200 Freestyle Relay	2:11,93	1/0
4	Blouberg Marlins - 'A' Venter, Liya E; Pretorius, Ashleè; Rossouw, Heidi; Shelton, Kaylynn	#222 Girls 15 & Under 200 Freestyle Relay	NT	1/9
5	Blouberg Marlins - 'A' Russell, Morgan; Burke, Erin; Watson, Caitlin C; Krautkramer, Anastazia	#234 Girls 13 & Under 400 Medley Relay	5:37,45	2/4
6	Blouberg Marlins - 'A' Rossouw, Heidi; Pretorius, Ashleè; Watson, Caitlin C; Venter, Liya E	#236 Girls 15 & Under 400 Medley Relay	5:01,12	1/3
7	Blouberg Marlins - 'A' Sara, Kyan; Coelho, Tiago T; Davidtsz, Colin; Carrol, Matt	#237 Boys 15 & Under 400 Medley Relay	4:44,57	1/1
8	Blouberg Marlins - 'A' Burke, Hannah; Coleman, Madison; Huang, Amelia A; Louw, Alexa	#248 Girls 11 & Under 200 Medley Relay	2:44,15	1/3
9	Blouberg Marlins - 'A' Russell, Morgan; Krautkramer, Anastazia; Watson, Caitlin C; Burke, Erin	#250 Girls 13 & Under 200 Medley Relay	2:29,89	1/0
10	Blouberg Marlins - 'A' Waters, Steven G; Hutton, Jake; Davidtsz, Colin; Myburgh, Ruan	#251 Boys 13 & Under 200 Medley Relay	2:30,40	1/0
11	Blouberg Marlins - 'A' Rossouw, Heidi; Pretorius, Ashleè; Watson, Caitlin C; Venter, Liya E	#252 Girls 15 & Under 200 Medley Relay	2:15,37	1/5
12	Blouberg Marlins - 'A' Huang, Amelia A; Coleman, Madison; Louw, Alexa; Burke, Hannah	#256 Girls 11 & Under 400 Freestyle Relay	5:24,14	1/6
13	Blouberg Marlins - 'A' Krautkramer, Anastazia; Russell, Morgan; Burke, Erin; Watson, Caitlin C	#258 Girls 13 & Under 400 Freestyle Relay	4:55,65	2/4
14	Blouberg Marlins - 'A' Hutton, Jake; Waters, Steven G; Myburgh, Ruan; Davidtsz, Colin	#259 Boys 13 & Under 400 Freestyle Relay	4:53,01	1/8
15	Blouberg Marlins - 'A' Carrol, Matt; Davidtsz, Colin; Sara, Kyan; Coelho, Tiago T	#261 Boys 15 & Under 400 Freestyle Relay	4:08,48	1/7

**Blouberg Marlins-CP Total Individual Entries: 0 - Total Relays: 15**

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

1	Curro Durbanville Aquatics - 'A' Kotzè, Lia C; Smit, Jenna; Kayser, Carlah D; Vd Walt, Talitha	#108 Women 800 Freestyle Relay	9:42,18	1/2
2	Curro Durbanville Aquatics - 'A' Putter, Tanè; Lubbe, Megan; Ricketts, Ami C; Smit, Jenna	#220 Girls 13 & Under 200 Freestyle Relay	2:09,40	1/7
3	Curro Durbanville Aquatics - 'A' Olkers, Caellum G; Stander, Luan; Mettler, Joshua; Malan, Johan S	#221 Boys 13 & Under 200 Freestyle Relay	2:04,19	1/2
4	Curro Durbanville Aquatics - 'A' Kotzè, Lia C; Westerhuis, Skye L; Kayser, Carlah D; Vd Walt, Talitha	#224 Women 200 Freestyle Relay	2:05,15	1/1
5	Curro Durbanville Aquatics - 'A' Keating, Adam; Van Zyl, Zander D; Redelinghuys, Daniel A; Hieckmann, Ethan H	#225 Men 200 Freestyle Relay	1:45,63	1/2
6	Curro Durbanville Aquatics - 'B' Louw, Guillaume; Kriegler, Christiaan C; Taljaard, JJ J; Van Reenen, Ryan	#225 Men 200 Freestyle Relay	1:51,52	1/8
7	Curro Durbanville Aquatics - 'A' Ricketts, Ami C; Putter, Tanè; Smit, Jenna; Lubbe, Megan	#234 Girls 13 & Under 400 Medley Relay	5:20,64	1/6
8	Curro Durbanville Aquatics - 'A' Mettler, Joshua; Malan, Johan S; Olkers, Caellum G; Stander, Luan	#235 Boys 13 & Under 400 Medley Relay	5:04,00	1/6
9	Curro Durbanville Aquatics - 'A' Kotzè, Lia C; Kayser, Carlah D; Vd Walt, Talitha; Westerhuis, Skye L	#238 Women 400 Medley Relay	4:58,61	1/7
10	Curro Durbanville Aquatics - 'A' Duvenhage, Henju P; Keating, Adam; Taljaard, JJ J; Hieckmann, Ethan H	#239 Men 400 Medley Relay	4:03,39	1/2
11	Curro Durbanville Aquatics - 'B' Van Zyl, Zander D; Redelinghuys, Daniel A; Louw, Guillaume; Kriegler, Christiaan C	#239 Men 400 Medley Relay	4:17,82	1/8
12	Curro Durbanville Aquatics - 'A' Ricketts, Ami C; Putter, Tanè; Lubbe, Megan; Smit, Jenna	#250 Girls 13 & Under 200 Medley Relay	2:24,43	1/2
13	Curro Durbanville Aquatics - 'A' Mettler, Joshua; Malan, Johan S; Olkers, Caellum G; Stander, Luan	#251 Boys 13 & Under 200 Medley Relay	2:20,82	1/2
14	Curro Durbanville Aquatics - 'A' Kotzè, Lia C; Kayser, Carlah D; Vd Walt, Talitha; Westerhuis, Skye L	#254 Women 200 Medley Relay	2:16,44	1/1
15	Curro Durbanville Aquatics - 'A' Duvenhage, Henju P; Redelinghuys, Daniel A; Keating, Adam; Hieckmann, Ethan H	#255 Men 200 Medley Relay	1:51,31	1/3
16	Curro Durbanville Aquatics - 'B' Van Zyl, Zander D; Taljaard, JJ J; Louw, Guillaume; Van Reenen, Ryan	#255 Men 200 Medley Relay	1:57,26	1/1
17	Curro Durbanville Aquatics - 'A' Ricketts, Ami C; Lubbe, Megan; Putter, Tanè; Smit, Jenna	#258 Girls 13 & Under 400 Freestyle Relay	4:44,99	1/7
18	Curro Durbanville Aquatics - 'A' Mettler, Joshua; Stander, Luan; Olkers, Caellum G; Malan, Johan S	#259 Boys 13 & Under 400 Freestyle Relay	4:34,84	1/2
19	Curro Durbanville Aquatics - 'A' Kayser, Carlah D; Kotzè, Lia C; Westerhuis, Skye L; Vd Walt, Talitha	#262 Women 400 Freestyle Relay	4:30,13	1/1
20	Curro Durbanville Aquatics - 'A' Keating, Adam; Van Zyl, Zander D; Hieckmann, Ethan H; Duvenhage, Henju P	#263 Men 400 Freestyle Relay	3:45,59	1/2
21	Curro Durbanville Aquatics - 'B' Taljaard, JJ J; Louw, Guillaume; Van Reenen, Ryan; Kriegler, Christiaan C	#263 Men 400 Freestyle Relay	3:58,32	1/8

**Curro Durbanville Aquatics-CP Total Individual Entries: 0 - Total Relays: 21**

**Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04****Team Entries - All Events****Curro Langebaan Swim Club-WC**

1	Curro Langebaan Swim Club - 'A' Novello, Utah; Pollicutte, Leila; Flack, Rebecca I; Steyn, Robyn J	#220 Girls 13 & Under 200 Freestyle Relay	2:11,86	1/8
2	Curro Langebaan Swim Club - 'B' Oosthuizen, Nina; Reid, Makayla; Slabber, Nina; Basson, Chrizandi	#220 Girls 13 & Under 200 Freestyle Relay	2:24,30	2/5
3	Curro Langebaan Swim Club - 'A' Schmidt, Klaudia C; De Clercq, Chanè; Geldenhuys, Lize-Mari; Pollicutte, Trisha	#224 Women 200 Freestyle Relay	2:06,43	1/8
4	Curro Langebaan Swim Club - 'A' De Clercq, Diederick; Engelbrecht, Pirow P; Paulse, Ethan M; Pearson, Kyle T	#225 Men 200 Freestyle Relay	1:51,36	1/1
5	Curro Langebaan Swim Club - 'A' Steyn, Robyn J; Pollicutte, Leila; Novello, Utah; Flack, Rebecca I	#234 Girls 13 & Under 400 Medley Relay	NT	2/3
6	Curro Langebaan Swim Club - 'A' Steyn, Robyn J; Pollicutte, Leila; Novello, Utah; Flack, Rebecca I	#250 Girls 13 & Under 200 Medley Relay	2:28,85	1/8
7	Curro Langebaan Swim Club - 'B' Mansfield, Bella K; Reid, Makayla; Slabber, Nina; Basson, Chrizandi	#250 Girls 13 & Under 200 Medley Relay	2:45,84	2/5
8	Curro Langebaan Swim Club - 'A' Schmidt, Klaudia C; Pollicutte, Trisha; De Clercq, Chanè; Geldenhuys, Lize-Mari	#254 Women 200 Medley Relay	NT	1/0
9	Curro Langebaan Swim Club - 'A' Engelbrecht, Pirow P; De Clercq, Diederick; Paulse, Ethan M; Pearson, Kyle T	#255 Men 200 Medley Relay	NT	2/6
10	Curro Langebaan Swim Club - 'A' Flack, Rebecca I; Steyn, Robyn J; Slabber, Nina; Pollicutte, Leila	#258 Girls 13 & Under 400 Freestyle Relay	5:00,28	2/5
11	Curro Langebaan Swim Club - 'A' De Clercq, Chanè; Pollicutte, Trisha; Schmidt, Klaudia C; Geldenhuys, Lize-Mari	#262 Women 400 Freestyle Relay	4:35,59	1/8
12	Curro Langebaan Swim Club - 'A' Pearson, Kyle T; Engelbrecht, Pirow P; De Clercq, Diederick; Paulse, Ethan M	#263 Men 400 Freestyle Relay	4:05,21	1/9

**Curro Langebaan Swim Club-WC Total Individual Entries: 0 - Total Relays: 12****Cybersmart Aquatics-CP**

1	Cybersmart Aquatics - 'A' Jack, Kieta I; Benson, Blair; Nortjè, Mia; Stearns, Jemma	#220 Girls 13 & Under 200 Freestyle Relay	2:15,99	2/4
2	Cybersmart Aquatics - 'A' Amery-Bosman, Morgan B; Reyneke, Aeryn; Chiang, Kelsey T; Vd Toorn, Thea F	#222 Girls 15 & Under 200 Freestyle Relay	2:04,37	1/6
3	Cybersmart Aquatics - 'A' Grobler, Benke; Coetzer, Milan J; Theys, Jayden-Lee; Coetzer, Jayden P	#223 Boys 15 & Under 200 Freestyle Relay	2:06,51	1/0
4	Cybersmart Aquatics - 'A' Benson, Blair; Nortjè, Mia; Jack, Kieta I; Stearns, Jemma	#234 Girls 13 & Under 400 Medley Relay	5:35,61	1/8
5	Cybersmart Aquatics - 'A' Reyneke, Aeryn; Qwemesha, Somi K; Vd Toorn, Thea F; Amery-Bosman, Morgan B	#236 Girls 15 & Under 400 Medley Relay	5:04,55	1/6
6	Cybersmart Aquatics - 'A' Vd Toorn, Corin; Grobler, Benke; Coetzer, Jayden P; Coetzer, Milan J	#237 Boys 15 & Under 400 Medley Relay	4:55,14	1/8
7	Cybersmart Aquatics - 'A' Benson, Blair; Nortjè, Mia; Stearns, Jemma; Jack, Kieta I	#250 Girls 13 & Under 200 Medley Relay	2:34,24	2/4
8	Cybersmart Aquatics - 'A' Reyneke, Aeryn; Qwemesha, Somi K; Vd Toorn, Thea F; Amery-Bosman, Morgan B	#252 Girls 15 & Under 200 Medley Relay	2:17,09	1/6
9	Cybersmart Aquatics - 'A' Coetzer, Jayden P; Grobler, Benke; Coetzer, Milan J; Theys, Jayden-Lee	#253 Boys 15 & Under 200 Medley Relay	2:17,24	1/0
10	Cybersmart Aquatics - 'A' Nortjè, Mia; Benson, Blair; Jack, Kieta I; Stearns, Jemma	#258 Girls 13 & Under 400 Freestyle Relay	4:54,51	1/8
11	Cybersmart Aquatics - 'A' Vd Toorn, Thea F; Reyneke, Aeryn; Pla, Alexia M; Chiang, Kelsey T	#260 Girls 15 & Under 400 Freestyle Relay	4:35,92	1/2
12	Cybersmart Aquatics - 'A' Grobler, Benke; Theys, Jayden-Lee; Coetzer, Milan J; Coetzer, Jayden P	#261 Boys 15 & Under 400 Freestyle Relay	4:34,26	1/9

**Cybersmart Aquatics-CP Total Individual Entries: 0 - Total Relays: 12**

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

1	Paarl Aquarius SC - 'A' _____;	#220 Girls 13 & Under 200 Freestyle Relay	NT	2/2
2	Paarl Aquarius SC - 'A' Prinsloo, Helen J; Cilliers, Kara K; Hugo, Anika S; Vd Merwe, Simone	#222 Girls 15 & Under 200 Freestyle Relay	NT	1/0
3	Paarl Aquarius SC - 'A' Danhouse, Cianan; Marais, Dantè D; Peceur, Caleb C; Solomons, Angus N	#225 Men 200 Freestyle Relay	NT	2/3
4	Paarl Aquarius SC - 'A' Marais, Dantè D; Peceur, Caleb C; Peceur, Mark D; Danhouse, Cianan	#239 Men 400 Medley Relay	NT	2/3
5	Paarl Aquarius SC - 'A' Cilliers, Kara K; Vd Merwe, Simone; Hugo, Anika S; Prinsloo, Helen J	#252 Girls 15 & Under 200 Medley Relay	NT	1/0
6	Paarl Aquarius SC - 'A' Danhouse, Cianan; Solomons, Angus N; Peceur, Mark D; Peceur, Caleb C	#255 Men 200 Medley Relay	NT	2/3

**Paarl Aquarius SC-CE Total Individual Entries: 0 - Total Relays: 6**

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

1	Players Western Cape - 'A' Esterhuysen, Louw; Kotze, Pierce; Coetzee, Liam; Lategan, Ruan	#223 Boys 15 & Under 200 Freestyle Relay	1:52,55	1/2
2	Players Western Cape - 'B' Potgieter, Michael M; Engelbrecht, Van Dyk; Vd Werf, Leonardo; Swart, Niklis	#223 Boys 15 & Under 200 Freestyle Relay	1:58,23	1/1
3	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#224 Women 200 Freestyle Relay	1:55,37	1/6
4	Players Western Cape - 'A' Slabbert, Eric S; Koch, Kobus; Neitz, Wihann R; Viljoen, Adriaan	#225 Men 200 Freestyle Relay	1:41,84	1/6
5	Players Western Cape - 'B' Erwee, MC C; Neethling, David A; Adams, Migael S; Van Zyl, Zach P	#225 Men 200 Freestyle Relay	1:54,38	2/5
6	Players Western Cape - 'A' Esterhuysen, Louw; Kotze, Pierce; Coetzee, Liam; Lategan, Ruan	#237 Boys 15 & Under 400 Medley Relay	4:22,47	1/4
7	Players Western Cape - 'B' Engelbrecht, Van Dyk; Potgieter, Michael M; Swart, Niklis; Vd Werf, Leonardo	#237 Boys 15 & Under 400 Medley Relay	4:56,54	1/0
8	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#238 Women 400 Medley Relay	4:41,23	1/6
9	Players Western Cape - 'A' Slabbert, Eric S; Viljoen, Adriaan; Koch, Kobus; Neitz, Wihann R	#239 Men 400 Medley Relay	4:03,05	1/6
10	Players Western Cape - 'B' Neethling, David A; Adams, Migael S; Erwee, MC C; Van Zyl, Zach P	#239 Men 400 Medley Relay	4:40,69	2/5
11	Players Western Cape - 'A' Esterhuysen, Louw; Kotze, Pierce; Coetzee, Liam; Lategan, Ruan	#253 Boys 15 & Under 200 Medley Relay	2:02,71	1/6
12	Players Western Cape - 'B' Engelbrecht, Van Dyk; Potgieter, Michael M; Swart, Niklis; Vd Werf, Leonardo	#253 Boys 15 & Under 200 Medley Relay	2:15,92	1/8
13	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#254 Women 200 Medley Relay	2:08,23	1/6
14	Players Western Cape - 'A' Slabbert, Eric S; Viljoen, Adriaan; Koch, Kobus; Neitz, Wihann R	#255 Men 200 Medley Relay	1:52,53	1/2
15	Players Western Cape - 'B' Neethling, David A; Adams, Migael S; Erwee, MC C; Van Zyl, Zach P	#255 Men 200 Medley Relay	2:05,67	2/4
16	Players Western Cape - 'A' Esterhuysen, Louw; Kotze, Pierce; Coetzee, Liam; Lategan, Ruan	#261 Boys 15 & Under 400 Freestyle Relay	4:01,23	1/3
17	Players Western Cape - 'B' Engelbrecht, Van Dyk; Potgieter, Michael M; Vd Werf, Leonardo; Swart, Niklis	#261 Boys 15 & Under 400 Freestyle Relay	4:17,23	1/1
18	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#262 Women 400 Freestyle Relay	4:14,55	1/3
19	Players Western Cape - 'A' Slabbert, Eric S; Koch, Kobus; Neitz, Wihann R; Viljoen, Adriaan	#263 Men 400 Freestyle Relay	3:41,64	1/5
20	Players Western Cape - 'B' Neethling, David A; Adams, Migael S; Erwee, MC C; Van Zyl, Zach P	#263 Men 400 Freestyle Relay	4:11,91	2/3

**Players Western Cape-CE Total Individual Entries: 0 - Total Relays: 20**

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

## Team Entries - All Events

**Quick Silver Swimming Academy-CP**

1	Quick Silver Swimming Academy - 'A' Vd Merwe, Michael D; Bailes, Troy; Koekemoer, Callum; Strydom, Conrad M	#221 Boys 13 & Under 200 Freestyle Relay	2:14,12	2/4
2	Quick Silver Swimming Academy - 'A' Rodrigues, Isabella; West, Sarah C; Pirie, Ami; Vd Merwe, Haylee	#222 Girls 15 & Under 200 Freestyle Relay	2:11,48	1/1
3	Quick Silver Swimming Academy - 'A' Saaiman, Rikus T; Stander, Ben U; Carstens, Nicol A; Oosthuizen, Brendan	#223 Boys 15 & Under 200 Freestyle Relay	1:51,45	1/6
4	Quick Silver Swimming Academy - 'A' Rodrigues, Isabella; West, Sarah C; Pirie, Ami; Vd Merwe, Haylee	#224 Women 200 Freestyle Relay	2:11,48	1/0
5	Quick Silver Swimming Academy - 'A' Rodrigues, Isabella; Vd Merwe, Haylee; West, Sarah C; Pirie, Ami	#236 Girls 15 & Under 400 Medley Relay	5:21,61	1/7
6	Quick Silver Swimming Academy - 'A' Saaiman, Rikus T; Den Haan, Adriaan; Carstens, Nicol A; Oosthuizen, Brendan	#237 Boys 15 & Under 400 Medley Relay	4:23,95	1/5
7	Quick Silver Swimming Academy - 'A' Bailes, Troy; Berteler, Oscar B; Strydom, Conrad M; Koekemoer, Callum	#251 Boys 13 & Under 200 Medley Relay	2:29,12	1/8
8	Quick Silver Swimming Academy - 'A' Saaiman, Rikus T; Den Haan, Adriaan; Carstens, Nicol A; Oosthuizen, Brendan	#253 Boys 15 & Under 200 Medley Relay	2:00,67	1/3
9	Quick Silver Swimming Academy - 'A' Strydom, Conrad M; Bailes, Troy; Koekemoer, Callum; Van Schalkwyk, Janco	#259 Boys 13 & Under 400 Freestyle Relay	4:57,07	2/4
10	Quick Silver Swimming Academy - 'A' Saaiman, Rikus T; Den Haan, Adriaan; Carstens, Nicol A; Oosthuizen, Brendan	#261 Boys 15 & Under 400 Freestyle Relay	4:03,55	1/2

**Quick Silver Swimming Academy-CP Total Individual Entries: 0 - Total Relays: 10****Reddam Aquatics - Somerset Wes-CP**

1	Reddam Aquatics - Somerset Wes - 'A' _____;	#221 Boys 13 & Under 200 Freestyle Relay	NT	2/3
2	Reddam Aquatics - Somerset Wes - 'A' _____;	#235 Boys 13 & Under 400 Medley Relay	NT	1/8
3	Reddam Aquatics - Somerset Wes - 'A' _____;	#251 Boys 13 & Under 200 Medley Relay	NT	2/5
4	Reddam Aquatics - Somerset Wes - 'A' _____;	#259 Boys 13 & Under 400 Freestyle Relay	NT	2/5

**Reddam Aquatics - Somerset Wes-CP Total Individual Entries: 0 - Total Relays: 4**

**Western Cape Long Course Championships 2019 - 2019/12/01 to 2019/12/04****Team Entries - All Events****Seals Swim Club - Kla-ZZ**

1	Seals Swim Club - Kla - 'A' Mudanye, Amelia; Kagugube, Simmona Mulungi C; Naluwoza Kisawuzi, Tara A; Lutalo, Natalie Kabanda, Briana Tetta;	#218 Girls 11 & Under 200 Freestyle Relay	2:16,19	1/4
2	Seals Swim Club - Kla - 'A' Lutalo, Natalie; Magezi, Isabella; Mudanye, Amelia; Neema, Kangi Kirabo, Daniella;	#220 Girls 13 & Under 200 Freestyle Relay	2:08,83	1/2
3	Seals Swim Club - Kla - 'A' Thembo, Katende George S; Kafumbe, John; Makanga, William Jordan; Kusinza, Daudi Kituuka, Austin;	#221 Boys 13 & Under 200 Freestyle Relay	2:07,06	1/1
4	Seals Swim Club - Kla - 'A' Magezi, Isabella; Mudanye, Amelia; Neema, Kangi; Lutalo, Natalie Kirabo, Daniella;	#234 Girls 13 & Under 400 Medley Relay	NT	2/5
5	Seals Swim Club - Kla - 'A' Kafumbe, John; Kusinza, Daudi; Thembo, Katende George S; Makanga, William Jordan Kituuka, Austin;	#235 Boys 13 & Under 400 Medley Relay	NT	1/0
6	Seals Swim Club - Kla - 'A' Lutalo, Natalie; Kagugube, Simmona Mulungi C; Mudanye, Amelia; Naluwoza Kisawuzi, Tara A Kabanda, Briana Tetta;	#248 Girls 11 & Under 200 Medley Relay	NT	1/7
7	Seals Swim Club - Kla - 'A' Magezi, Isabella; Mudanye, Amelia; Neema, Kangi; Lutalo, Natalie Naluwoza Kisawuzi, Tara A; Kagugube, Simmona Mulungi C;	#250 Girls 13 & Under 200 Medley Relay	NT	2/3
8	Seals Swim Club - Kla - 'A' Kafumbe, John; Kusinza, Daudi; Thembo, Katende George S; Makanga, William Jordan Kituuka, Austin;	#251 Boys 13 & Under 200 Medley Relay	NT	2/3
9	Seals Swim Club - Kla - 'A' Mudanye, Amelia; Namara, Tessie; Kagugube, Simmona Mulungi C; Lutalo, Natalie Naluwoza Kisawuzi, Tara A; Kabanda, Briana Tetta;	#256 Girls 11 & Under 400 Freestyle Relay	5:06,70	1/4
10	Seals Swim Club - Kla - 'A' Kirabo, Daniella; Magezi, Isabella; Neema, Kangi; Kagugube, Simmona Mulungi C Namara, Tessie; Kabanda, Briana Tetta;	#258 Girls 13 & Under 400 Freestyle Relay	NT	2/3
11	Seals Swim Club - Kla - 'A' Kafumbe, John; Thembo, Katende George S; Kusinza, Daudi; Makanga, William Jordan Kituuka, Austin;	#259 Boys 13 & Under 400 Freestyle Relay	NT	2/3

**Seals Swim Club - Kla-ZZ Total Individual Entries: 0 - Total Relays: 11**



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

## Team Entries - All Events

## Swimlab Aquatic Academ-CP

1	Swimlab Aquatic Academ - 'A'	#108 Women 800 Freestyle Relay	8:48,91	1/5
	Groepes, Rachel L; Cleworth, Holly E; Cromhout, Hannah E; Voigt, Savannah			
2	Swimlab Aquatic Academ - 'A'	#109 Men 800 Freestyle Relay	8:13,37	1/3
	Haddon, Simon M; Webb, Corey; Theron, Connor G; Oosthuizen, Nic D			
3	Swimlab Aquatic Academ - 'A'	#218 Girls 11 & Under 200 Freestyle Relay	2:21,79	1/3
	Ryan, Tess M; Jones, Gemma K; Jurado, Stephanie C; Walsh, Suzanna			
4	Swimlab Aquatic Academ - 'A'	#220 Girls 13 & Under 200 Freestyle Relay	2:02,63	1/4
	Groepes, Rachel L; Walsh, Juliet O; Havenga, Skyla K; Franks, Madison M			
5	Swimlab Aquatic Academ - 'B'	#220 Girls 13 & Under 200 Freestyle Relay	2:12,00	1/0
	Vickers, Sophie; Ward, Tanith A; Micklethwaite, Skye T; Herbst, Mienke			
6	Swimlab Aquatic Academ - 'A'	#221 Boys 13 & Under 200 Freestyle Relay	2:00,74	1/5
	Kleinhans, Kyle; Marthinus, Ethan M; Voigt, Ryan; Hartman, Timothy J			
7	Swimlab Aquatic Academ - 'A'	#222 Girls 15 & Under 200 Freestyle Relay	1:56,40	1/4
	Cromhout, Hannah E; Groepes, Rachel L; Cleworth, Holly E; Voigt, Savannah			
8	Swimlab Aquatic Academ - 'B'	#222 Girls 15 & Under 200 Freestyle Relay	2:03,06	1/5
	Gershuny, Chloe; Benade, Kerry; Pickering, Jenna R; Rathner, Ava			
9	Swimlab Aquatic Academ - 'A'	#223 Boys 15 & Under 200 Freestyle Relay	1:52,71	1/7
	Botha, Pierre C; Luck, Taylor R; Micklethwaite, Tyler L; Waters, Zack L			
10	Swimlab Aquatic Academ - 'A'	#224 Women 200 Freestyle Relay	1:50,46	1/4
	Nel, Georgia; Nel, Olivia; Cleworth, Holly E; Cromhout, Hannah E			
11	Swimlab Aquatic Academ - 'A'	#225 Men 200 Freestyle Relay	1:40,37	1/4
	Haddon, Simon M; Webb, Corey; Austin, Trevor; Forbes, Gabriel P			
12	Swimlab Aquatic Academ - 'B'	#225 Men 200 Freestyle Relay	1:46,97	1/7
	Sack, Benji; Oosthuizen, Nic D; Cupido, Blake A; Theron, Connor G			
13	Swimlab Aquatic Academ - 'A'	#234 Girls 13 & Under 400 Medley Relay	5:07,94	1/5
	Vickers, Sophie; Herbst, Mienke; Ward, Tanith A; Groepes, Rachel L			
14	Swimlab Aquatic Academ - 'B'	#234 Girls 13 & Under 400 Medley Relay	5:24,17	1/7
	Jones, Gemma K; Jurado, Stephanie C; Franks, Madison M; Havenga, Skyla K			
15	Swimlab Aquatic Academ - 'A'	#235 Boys 13 & Under 400 Medley Relay	4:55,65	1/4
	Smit, MJ M; Marthinus, Ethan M; Hartman, Timothy J; Voigt, Ryan			
16	Swimlab Aquatic Academ - 'A'	#236 Girls 15 & Under 400 Medley Relay	4:37,42	1/4
	Cleworth, Holly E; Voigt, Savannah; Cromhout, Hannah E; Groepes, Rachel L			
17	Swimlab Aquatic Academ - 'A'	#237 Boys 15 & Under 400 Medley Relay	4:25,89	1/2
	Luck, Taylor R; Waters, Zack L; Botha, Pierre C; Micklethwaite, Tyler L			
18	Swimlab Aquatic Academ - 'A'	#238 Women 400 Medley Relay	4:30,23	1/4
	Siebel, Louisa C; Strydom, Bella A; McLoughlin, Kayla; Cromhout, Hannah E			
19	Swimlab Aquatic Academ - 'A'	#239 Men 400 Medley Relay	3:59,29	1/4
	Webb, Corey; Sack, Benji; Austin, Trevor; Haddon, Simon M			
20	Swimlab Aquatic Academ - 'B'	#239 Men 400 Medley Relay	4:13,40	1/1
	Theron, Connor G; Berry, Christopher N; Cupido, Blake A; Oosthuizen, Nic D			
21	Swimlab Aquatic Academ - 'A'	#248 Girls 11 & Under 200 Medley Relay	2:36,29	1/4
	Jones, Gemma K; Walsh, Suzanna; Ryan, Tess M; Jurado, Stephanie C			
22	Swimlab Aquatic Academ - 'A'	#250 Girls 13 & Under 200 Medley Relay	2:19,51	1/3
	Ward, Tanith A; Herbst, Mienke; Walsh, Juliet O; Groepes, Rachel L			
23	Swimlab Aquatic Academ - 'B'	#250 Girls 13 & Under 200 Medley Relay	2:27,53	1/1
	Vickers, Sophie; Jurado, Stephanie C; Havenga, Skyla K; Franks, Madison M			
24	Swimlab Aquatic Academ - 'A'	#251 Boys 13 & Under 200 Medley Relay	2:13,03	1/4
	Labuschagne, Jeremy; Marthinus, Ethan M; Voigt, Ryan; Hartman, Timothy J			
25	Swimlab Aquatic Academ - 'B'	#251 Boys 13 & Under 200 Medley Relay	2:27,40	1/7
	_____;			
26	Swimlab Aquatic Academ - 'A'	#252 Girls 15 & Under 200 Medley Relay	2:05,08	1/4
	Cleworth, Holly E; Voigt, Savannah; Cromhout, Hannah E; Benade, Kerry			
27	Swimlab Aquatic Academ - 'B'	#252 Girls 15 & Under 200 Medley Relay	2:18,91	1/7
	Rathner, Ava; Micklethwaite, Skye T; Van Rooyen, Babette B; Pickering, Jenna R			

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

28	Swimlab Aquatic Academ - 'A' Luck, Taylor R; Micklethwaite, Tyler L; Botha, Pierre C; Gounden, Mikhael A	#253 Boys 15 & Under 200 Medley Relay	2:03,58	1/2
29	Swimlab Aquatic Academ - 'A' Siebel, Louisa C; Strydom, Bella A; McLoughlin, Kayla; Cromhout, Hannah E	#254 Women 200 Medley Relay	2:02,20	1/5
30	Swimlab Aquatic Academ - 'A' Theron, Connor G; Sack, Benji; Austin, Trevor; Haddon, Simon M	#255 Men 200 Medley Relay	1:49,16	1/4
31	Swimlab Aquatic Academ - 'B' Webb, Corey; Berry, Christopher N; Cupido, Blake A; Forbes, Gabriel P	#255 Men 200 Medley Relay	1:54,51	1/7
32	Swimlab Aquatic Academ - 'A' Jurado, Stephanie C; Jones, Gemma K; Ryan, Tess M; Walsh, Suzanna	#256 Girls 11 & Under 400 Freestyle Relay	5:16,38	1/3
33	Swimlab Aquatic Academ - 'A' Groepes, Rachel L; Havenga, Skyla K; Ward, Tanith A; Walsh, Juliet O	#258 Girls 13 & Under 400 Freestyle Relay	4:27,71	1/4
34	Swimlab Aquatic Academ - 'B' Franks, Madison M; Jurado, Stephanie C; Micklethwaite, Skye T; Herbst, Mienke	#258 Girls 13 & Under 400 Freestyle Relay	4:50,02	1/1
35	Swimlab Aquatic Academ - 'A' Hartman, Timothy J; Voigt, Ryan; Labuschagne, Jeremy; Duxbury, Josh	#259 Boys 13 & Under 400 Freestyle Relay	4:27,84	1/3
36	Swimlab Aquatic Academ - 'A' Cromhout, Hannah E; Gershuny, Chloe; Cleworth, Holly E; Voigt, Savannah	#260 Girls 15 & Under 400 Freestyle Relay	4:11,00	1/4
37	Swimlab Aquatic Academ - 'A' Luck, Taylor R; Gounden, Mikhael A; Jones, Troy B; Micklethwaite, Tyler L	#261 Boys 15 & Under 400 Freestyle Relay	4:02,46	1/6
38	Swimlab Aquatic Academ - 'A' Nel, Olivia; Nel, Georgia; Siebel, Louisa C; Strydom, Bella A	#262 Women 400 Freestyle Relay	4:00,41	1/4
39	Swimlab Aquatic Academ - 'A' Haddon, Simon M; Webb, Corey; Oosthuizen, Nic D; Austin, Trevor	#263 Men 400 Freestyle Relay	3:42,37	1/3
40	Swimlab Aquatic Academ - 'B' Forbes, Gabriel P; Theron, Connor G; Cupido, Blake A; Berry, Christopher N	#263 Men 400 Freestyle Relay	3:56,54	1/1

**Swimlab Aquatic Academ-CP Total Individual Entries: 0 - Total Relays: 40**

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

## Team Entries - All Events

## Tygerberg Aquatics-CP

1	Tygerberg Aquatics - 'A' Antonopoulos, Carli T; Vroon, Mandy L; Botha, Jana; Hearne, Trinity S	#108 Women 800 Freestyle Relay	8:47,15	1/4
2	Tygerberg Aquatics - 'B' Barnes, Kiara; Eagles, Alexandra C; Janson, Lana J; Campbell, Marnè	#108 Women 800 Freestyle Relay	9:19,09	1/6
3	Tygerberg Aquatics - 'A' Ellis, Zac; De Jongh, Walter H; West, Gabriel; Wright, Dylan	#109 Men 800 Freestyle Relay	8:19,52	1/6
4	Tygerberg Aquatics - 'B' Bester, Wihan; Consani, Dario L; Terblanche, Kiaan C; Wright, Keegan	#109 Men 800 Freestyle Relay	9:01,80	1/2
5	Tygerberg Aquatics - 'A' Green, Zoe K; Amon, Leeya H; Van Aswegen, Mia; Glover, Erin K	#218 Girls 11 & Under 200 Freestyle Relay	2:32,62	1/2
6	Tygerberg Aquatics - 'A' Trower, Nic T; Eagar, Francis J; Terblanche, Luan L; Bester, Eben	#219 Boys 11 & Under 200 Freestyle Relay	2:14,20	1/4
7	Tygerberg Aquatics - 'B' Southworth, Matthew W; Kinnear, Connor; Smith, Sebastian N; Vd Berg, Vaughan C	#219 Boys 11 & Under 200 Freestyle Relay	2:31,76	1/6
8	Tygerberg Aquatics - 'A' Greyling, Soleil M; Van Tonder, Charnè; Fourie, Charnè J; Langenhoven, Erin	#220 Girls 13 & Under 200 Freestyle Relay	2:03,52	1/5
9	Tygerberg Aquatics - 'B' Smith, Courtney E; Ryser, Aurora; Adriaan, Shaina; Olckers, Carlie	#220 Girls 13 & Under 200 Freestyle Relay	2:12,03	1/9
10	Tygerberg Aquatics - 'A' Wright, Keegan; Esterhuysen, Joshua N; Viljoen, Stèphen; Engelbrecht, Ruben J	#221 Boys 13 & Under 200 Freestyle Relay	2:01,91	1/3
11	Tygerberg Aquatics - 'B' Ellis, Liam; Van Vondel, Anton J; Möller, FC C; Szapira, Saul	#221 Boys 13 & Under 200 Freestyle Relay	2:09,31	1/8
12	Tygerberg Aquatics - 'A' Campbell, Marnè; Rothuysen, Layla; Langenhoven, Aimee; Eagles, Alexandra C	#222 Girls 15 & Under 200 Freestyle Relay	2:05,66	1/7
13	Tygerberg Aquatics - 'B' Abegglen, Jaime E; Dixon, Lucia; Uys, Tara; Rogers, Kayla A	#222 Girls 15 & Under 200 Freestyle Relay	2:13,90	1/8
14	Tygerberg Aquatics - 'A' Bester, Wihan; Hopkins, Tim; West, Lucien; West, Gabriel	#223 Boys 15 & Under 200 Freestyle Relay	1:50,57	1/5
15	Tygerberg Aquatics - 'B' Consani, Dario L; Raimond, Stephan F; Smuts, Jamie; Terblanche, Kiaan C	#223 Boys 15 & Under 200 Freestyle Relay	2:00,61	1/8
16	Tygerberg Aquatics - 'A' Janson, Lana J; Hearne, Trinity S; Vroon, Mandy L; Botha, Jana	#224 Women 200 Freestyle Relay	1:55,34	1/3
17	Tygerberg Aquatics - 'B' Hartzenberg, Erin R; Scott, Aimeè; Barnes, Kiara; Antonopoulos, Carli T	#224 Women 200 Freestyle Relay	1:59,66	1/7
18	Tygerberg Aquatics - 'A' De Jongh, Walter H; Raimond, Jean P; Ellis, Zac; Wright, Dylan	#225 Men 200 Freestyle Relay	1:51,76	1/9
19	Tygerberg Aquatics - 'A' Langenhoven, Erin; Fourie, Charnè J; Greyling, Soleil M; Rossouw, Danel	#234 Girls 13 & Under 400 Medley Relay	5:08,04	1/3
20	Tygerberg Aquatics - 'B' Adriaan, Shaina; Ryser, Aurora; Smith, Courtney E; Rossouw, Nadia	#234 Girls 13 & Under 400 Medley Relay	5:28,77	1/1
21	Tygerberg Aquatics - 'A' Wright, Keegan; Engelbrecht, Ruben J; Esterhuysen, Joshua N; Viljoen, Stèphen	#235 Boys 13 & Under 400 Medley Relay	5:00,48	1/5
22	Tygerberg Aquatics - 'B' Du Toit, Francois W; Möller, FC C; Szapira, Saul; Ellis, Liam	#235 Boys 13 & Under 400 Medley Relay	5:32,49	1/2
23	Tygerberg Aquatics - 'A' Eagles, Alexandra C; Campbell, Marnè; Uys, Tara; Rothuysen, Layla	#236 Girls 15 & Under 400 Medley Relay	4:58,45	1/5
24	Tygerberg Aquatics - 'B' Abegglen, Jaime E; Dixon, Lucia; Langenhoven, Aimee; Rogers, Kayla A	#236 Girls 15 & Under 400 Medley Relay	5:32,99	1/1
25	Tygerberg Aquatics - 'A' Smuts, Jamie; Bester, Wihan; Consani, Dario L; West, Gabriel	#237 Boys 15 & Under 400 Medley Relay	4:32,39	1/7
26	Tygerberg Aquatics - 'B' Hopkins, Tim; Raimond, Stephan F; Terblanche, Kiaan C; West, Lucien	#237 Boys 15 & Under 400 Medley Relay	5:01,23	1/9
27	Tygerberg Aquatics - 'A' Botha, Jana; Janson, Lana J; Hearne, Trinity S; Antonopoulos, Carli T	#238 Women 400 Medley Relay	4:31,16	1/5

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

28	Tygerberg Aquatics - 'B' Vroon, Mandy L; Barnes, Kiara; Hartzenberg, Erin R; Scott, Aimee	#238 Women 400 Medley Relay	5:00,29	1/1
29	Tygerberg Aquatics - 'A' Raimond, Jean P; De Jongh, Walter H; Wright, Dylan; Ellis, Zac	#239 Men 400 Medley Relay	4:20,34	1/0
30	Tygerberg Aquatics - 'A' Van Aswegen, Mia; Green, Zoe K; Glover, Erin K; Amon, Leeya H	#248 Girls 11 & Under 200 Medley Relay	2:56,33	1/2
31	Tygerberg Aquatics - 'A' Hulley, Adam D; Bester, Eben; Terblanche, Luan L; Trower, Nic T	#249 Boys 11 & Under 200 Medley Relay	2:31,57	1/4
32	Tygerberg Aquatics - 'B' Vd Berg, Vaughan C; Kinnear, Connor; Eagar, Francis J; Southworth, Matthew W	#249 Boys 11 & Under 200 Medley Relay	2:44,84	1/3
33	Tygerberg Aquatics - 'A' Smith, Courtney E; Fourie, Charnè J; Greyling, Soleil M; Langenhoven, Erin	#250 Girls 13 & Under 200 Medley Relay	2:18,70	1/5
34	Tygerberg Aquatics - 'B' Dowdle, Kalynne; Rossouw, Nadia; Van Tonder, Charnè; Rossouw, Danel	#250 Girls 13 & Under 200 Medley Relay	2:24,95	1/7
35	Tygerberg Aquatics - 'A' Van Vondel, Anton J; Engelbrecht, Ruben J; Wright, Keegan; Viljoen, Stèphen	#251 Boys 13 & Under 200 Medley Relay	2:18,38	1/6
36	Tygerberg Aquatics - 'B' Ellis, Liam; Du Toit, Francois W; Szapira, Saul; Esterhuysen, Joshua N	#251 Boys 13 & Under 200 Medley Relay	2:30,55	1/9
37	Tygerberg Aquatics - 'A' Eagles, Alexandra C; Uys, Tara; Campbell, Marnè; Langenhoven, Aimee	#252 Girls 15 & Under 200 Medley Relay	2:19,32	1/1
38	Tygerberg Aquatics - 'B' Abegglen, Jaime E; Dixon, Lucia; Rothuysen, Layla; Olckers, Carlie	#252 Girls 15 & Under 200 Medley Relay	2:27,88	1/8
39	Tygerberg Aquatics - 'A' Smuts, Jamie; Bester, Wihan; Consani, Dario L; West, Gabriel	#253 Boys 15 & Under 200 Medley Relay	2:04,84	1/7
40	Tygerberg Aquatics - 'B' Hopkins, Tim; Raimond, Stephan F; Terblanche, Kiaan C; West, Lucien	#253 Boys 15 & Under 200 Medley Relay	2:15,52	1/1
41	Tygerberg Aquatics - 'A' Botha, Jana; Janson, Lana J; Hearne, Trinity S; Vroon, Mandy L	#254 Women 200 Medley Relay	2:03,69	1/3
42	Tygerberg Aquatics - 'B' Antonopoulos, Carli T; Barnes, Kiara; Scott, Aimee; Hartzenberg, Erin R	#254 Women 200 Medley Relay	2:18,65	1/8
43	Tygerberg Aquatics - 'A' Raimond, Jean P; De Jongh, Walter H; Wright, Dylan; Ellis, Zac	#255 Men 200 Medley Relay	2:02,58	1/0
44	Tygerberg Aquatics - 'A' Green, Zoe K; Amon, Leeya H; Van Aswegen, Mia; Glover, Erin K	#256 Girls 11 & Under 400 Freestyle Relay	5:37,41	1/2
45	Tygerberg Aquatics - 'A' Bester, Eben; Hulley, Adam D; Terblanche, Luan L; Trower, Nic T	#257 Boys 11 & Under 400 Freestyle Relay	4:54,07	1/4
46	Tygerberg Aquatics - 'B' Southworth, Matthew W; Vd Berg, Vaughan C; Kinnear, Connor; Eagar, Francis J	#257 Boys 11 & Under 400 Freestyle Relay	5:22,82	1/5
47	Tygerberg Aquatics - 'A' Langenhoven, Erin; Fourie, Charnè J; Rossouw, Danel; Greyling, Soleil M	#258 Girls 13 & Under 400 Freestyle Relay	4:28,98	1/5
48	Tygerberg Aquatics - 'B' Rossouw, Nadia; Adriaan, Shaina; Van Tonder, Charnè; Smith, Courtney E	#258 Girls 13 & Under 400 Freestyle Relay	4:42,53	1/2
49	Tygerberg Aquatics - 'A' Esterhuysen, Joshua N; Engelbrecht, Ruben J; Viljoen, Stèphen; Wright, Keegan	#259 Boys 13 & Under 400 Freestyle Relay	4:24,57	1/4
50	Tygerberg Aquatics - 'B' Szapira, Saul; Du Toit, Francois W; Möller, FC C; Ellis, Liam	#259 Boys 13 & Under 400 Freestyle Relay	4:43,85	1/7
51	Tygerberg Aquatics - 'A' Eagles, Alexandra C; Uys, Tara; Rothuysen, Layla; Campbell, Marnè	#260 Girls 15 & Under 400 Freestyle Relay	4:28,71	1/3
52	Tygerberg Aquatics - 'B' Langenhoven, Aimee; Olckers, Carlie; Ryser, Aurora; Abegglen, Jaime E	#260 Girls 15 & Under 400 Freestyle Relay	4:44,66	1/1
53	Tygerberg Aquatics - 'A' Bester, Wihan; Terblanche, Kiaan C; Hopkins, Tim; West, Gabriel	#261 Boys 15 & Under 400 Freestyle Relay	3:59,39	1/5
54	Tygerberg Aquatics - 'B' Consani, Dario L; Raimond, Stephan F; West, Lucien; Smuts, Jamie	#261 Boys 15 & Under 400 Freestyle Relay	4:31,34	1/0

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

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**Tygerberg Aquatics-CP**

55	Tygerberg Aquatics - 'A' Janson, Lana J; Hearne, Trinity S; Botha, Jana; Antonopoulos, Carli T	#262 Women 400 Freestyle Relay	4:06,50	1/5
56	Tygerberg Aquatics - 'B' Vroon, Mandy L; Scott, Aimeè; Hartzenberg, Erin R; Barnes, Kiara	#262 Women 400 Freestyle Relay	4:20,02	1/7
57	Tygerberg Aquatics - 'A' De Jongh, Walter H; Raimond, Jean P; Ellis, Zac; Wright, Dylan	#263 Men 400 Freestyle Relay	4:01,07	1/0

**Tygerberg Aquatics-CP Total Individual Entries: 0 - Total Relays: 57**

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

## Team Entries - All Events

## University of Stellenbosch-CE

1	University of Stellenbosch - 'A' Calitz, Abigail K; Vd Walt, Mia; Vroon, Kelly A; Eagles, Mikayla J	#108 Women 800 Freestyle Relay	9:09,39	1/3
2	University of Stellenbosch - 'A' Engelke, Mitchel; Muller, Righardt; Van Renen, Ruard; Van Rensburg, Anandt P Minnies, Darren S;	#109 Men 800 Freestyle Relay	7:54,27	1/4
3	University of Stellenbosch - 'A' Michell, Caitlin N; Roberts, Annabelle; Liebenberg, Josi; Toop, Kirsten S	#220 Girls 13 & Under 200 Freestyle Relay	2:25,40	2/3
4	University of Stellenbosch - 'A' Truter, Thomas J; Forbes, Nicholas J; Vd Merwe, Reuben L; Van Heerden, Stefan F	#221 Boys 13 & Under 200 Freestyle Relay	1:59,09	1/4
5	University of Stellenbosch - 'B' Machtelinckx, Mattijs; Linke, Karl A; Malherbe, Nicholas N; Wessels, Armin L Nelson, Christopher A; Burger, Rosseau;	#221 Boys 13 & Under 200 Freestyle Relay	2:12,97	1/9
6	University of Stellenbosch - 'A' Prins, Yanti; Michell, Emma Y; Neilson, Hannah K; Vd Walt, Mia Toop, Kirsten S;	#222 Girls 15 & Under 200 Freestyle Relay	2:04,15	1/3
7	University of Stellenbosch - 'A' Malherbe, Francois; Vd Merwe, Johan H; Forbes, Thomas P; Engelke, Mitchel Radley, Hugo;	#223 Boys 15 & Under 200 Freestyle Relay	1:48,82	1/4
8	University of Stellenbosch - 'A' Calitz, Abigail K; Vd Walt, Mia; Dirksen, Danielle K; Vroon, Kelly A	#224 Women 200 Freestyle Relay	1:56,50	1/2
9	University of Stellenbosch - 'A' Van Renen, Ruard; Muller, Righardt; Snyman, Jarryd L; Pendock, Bryce F	#225 Men 200 Freestyle Relay	1:41,68	1/3
10	University of Stellenbosch - 'B' Vd Merwe, Benno L; Radley, Hugo; Truter, Petrus C; Faure, Reuben P Manus, Daniel J;	#225 Men 200 Freestyle Relay	1:51,56	1/0
11	University of Stellenbosch - 'A' Truter, Thomas J; Malherbe, Nicholas N; Forbes, Nicholas J; Van Heerden, Stefan F Vd Merwe, Reuben L;	#235 Boys 13 & Under 400 Medley Relay	5:01,95	1/3
12	University of Stellenbosch - 'A' Neilson, Hannah K; Vd Walt, Mia; Michell, Emma Y; Prins, Yanti	#236 Girls 15 & Under 400 Medley Relay	NT	1/8
13	University of Stellenbosch - 'A' Malherbe, Francois; Engelke, Mitchel; Radley, Hugo; Forbes, Thomas P Vd Merwe, Johan H;	#237 Boys 15 & Under 400 Medley Relay	4:24,59	1/6
14	University of Stellenbosch - 'A' Vroon, Kelly A; Calitz, Abigail K; Eagles, Mikayla J; Joubert, Cailin A Dirksen, Danielle K;	#238 Women 400 Medley Relay	4:41,48	1/2
15	University of Stellenbosch - 'A' Van Renen, Ruard; Faure, Reuben P; Minnies, Darren S; Van Rensburg, Anandt P	#239 Men 400 Medley Relay	4:01,07	1/3
16	University of Stellenbosch - 'B' Vd Merwe, Benno L; Truter, Petrus C; Muller, Rynard R; Snyman, Jarryd L Muller, Righardt; Whitaker, Reece;	#239 Men 400 Medley Relay	4:11,06	1/7
17	University of Stellenbosch - 'A' Truter, Thomas J; Forbes, Nicholas J; Vd Merwe, Reuben L; Van Heerden, Stefan F	#251 Boys 13 & Under 200 Medley Relay	2:14,49	1/3
18	University of Stellenbosch - 'B' Nelson, Christopher A; Wessels, Armin L; Malherbe, Nicholas N; Machtelinckx, Mattijs De Villiers, Nicolaas; Burger, Rosseau; Linke, Karl A;	#251 Boys 13 & Under 200 Medley Relay	2:31,18	2/4
19	University of Stellenbosch - 'A' Michell, Emma Y; Neilson, Hannah K; Vd Walt, Mia; Prins, Yanti	#252 Girls 15 & Under 200 Medley Relay	2:18,50	1/2
20	University of Stellenbosch - 'A' Malherbe, Francois; Engelke, Mitchel; Radley, Hugo; Forbes, Thomas P Vd Merwe, Johan H;	#253 Boys 15 & Under 200 Medley Relay	1:59,63	1/4
21	University of Stellenbosch - 'A' Vroon, Kelly A; Ledingham, Hannah; Eagles, Mikayla J; Calitz, Abigail K Dirksen, Danielle K;	#254 Women 200 Medley Relay	2:08,75	1/2

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

22	University of Stellenbosch - 'A' Van Renen, Ruard; Van Rensburg, Anandt P; Muller, Rynard R; Pendock, Bryce F	#255 Men 200 Medley Relay	1:50,04	1/5
23	University of Stellenbosch - 'B' Snyman, Jarryd L; Faure, Reuben P; Minnies, Darren S; Muller, Righardt Truter, Petrus C; Vd Merwe, Benno L;	#255 Men 200 Medley Relay	1:57,44	1/8
24	University of Stellenbosch - 'A' Vd Merwe, Reuben L; Malherbe, Nicholas N; Forbes, Nicholas J; Van Heerden, Stefan F Nelson, Christopher A;	#259 Boys 13 & Under 400 Freestyle Relay	4:29,88	1/6
25	University of Stellenbosch - 'A' Neilson, Hannah K; Michell, Emma Y; Prins, Yanti; Vd Walt, Mia Toop, Kirsten S;	#260 Girls 15 & Under 400 Freestyle Relay	4:31,30	1/6
26	University of Stellenbosch - 'A' Malherbe, Francois; Vd Merwe, Johan H; Forbes, Thomas P; Engelke, Mitchel Radley, Hugo;	#261 Boys 15 & Under 400 Freestyle Relay	3:53,39	1/4
27	University of Stellenbosch - 'A' Calitz, Abigail K; Eagles, Mikayla J; Joubert, Cailin A; Vroon, Kelly A Dirksen, Danielle K;	#262 Women 400 Freestyle Relay	4:15,24	1/6
28	University of Stellenbosch - 'A' Minnies, Darren S; Van Renen, Ruard; Snyman, Jarryd L; Van Rensburg, Anandt P	#263 Men 400 Freestyle Relay	3:43,84	1/6
29	University of Stellenbosch - 'B' Muller, Righardt; Vd Merwe, Benno L; Faure, Reuben P; Truter, Petrus C	#263 Men 400 Freestyle Relay	3:48,98	1/7

**University of Stellenbosch-CE Total Individual Entries: 0 - Total Relays: 29**

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

## Team Entries - All Events

## Vineyard Swimming Club-CP

1	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#108 Women 800 Freestyle Relay	NT	1/7
2	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#109 Men 800 Freestyle Relay	8:01,79	1/5
3	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#218 Girls 11 & Under 200 Freestyle Relay	2:19,53	1/5
4	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#218 Girls 11 & Under 200 Freestyle Relay	2:40,43	1/7
5	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#219 Boys 11 & Under 200 Freestyle Relay	2:42,92	1/2
6	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#219 Boys 11 & Under 200 Freestyle Relay	2:28,21	1/3
7	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#220 Girls 13 & Under 200 Freestyle Relay	2:04,33	1/3
8	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#220 Girls 13 & Under 200 Freestyle Relay	2:09,42	1/1
9	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#221 Boys 13 & Under 200 Freestyle Relay	2:03,08	1/6
10	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#221 Boys 13 & Under 200 Freestyle Relay	2:15,60	2/5
11	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#222 Girls 15 & Under 200 Freestyle Relay	2:04,77	1/2
12	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#223 Boys 15 & Under 200 Freestyle Relay	1:51,39	1/3
13	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#224 Women 200 Freestyle Relay	1:52,76	1/5
14	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#225 Men 200 Freestyle Relay	1:40,62	1/5
15	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#225 Men 200 Freestyle Relay	1:51,95	2/4
16	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#234 Girls 13 & Under 400 Medley Relay	4:54,24	1/4
17	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#235 Boys 13 & Under 400 Medley Relay	5:34,76	1/7
18	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#236 Girls 15 & Under 400 Medley Relay	5:06,00	1/2
19	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#237 Boys 15 & Under 400 Medley Relay	4:24,27	1/3
20	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#238 Women 400 Medley Relay	4:32,69	1/3
21	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#239 Men 400 Medley Relay	4:00,21	1/5
22	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#239 Men 400 Medley Relay	4:22,05	1/9
23	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#248 Girls 11 & Under 200 Medley Relay	2:41,80	1/5
24	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#248 Girls 11 & Under 200 Medley Relay	2:54,25	1/6
25	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#249 Boys 11 & Under 200 Medley Relay	2:46,34	1/6
26	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#250 Girls 13 & Under 200 Medley Relay	2:16,45	1/4
27	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#251 Boys 13 & Under 200 Medley Relay	2:13,54	1/5



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

## Team Entries - All Events

## Vineyard Swimming Club-CP

28	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#252 Girls 15 & Under 200 Medley Relay	2:15,89	1/3
29	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#253 Boys 15 & Under 200 Medley Relay	1:59,91	1/5
30	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#254 Women 200 Medley Relay	2:01,51	1/4
31	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#254 Women 200 Medley Relay	2:15,40	1/7
32	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#255 Men 200 Medley Relay	1:51,77	1/6
33	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#255 Men 200 Medley Relay	2:03,13	1/9
34	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#256 Girls 11 & Under 400 Freestyle Relay	5:12,98	1/5
35	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#256 Girls 11 & Under 400 Freestyle Relay	6:03,74	1/7
36	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#257 Boys 11 & Under 400 Freestyle Relay	5:39,97	1/3
37	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#258 Girls 13 & Under 400 Freestyle Relay	4:33,80	1/3
38	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#259 Boys 13 & Under 400 Freestyle Relay	4:26,54	1/5
39	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#260 Girls 15 & Under 400 Freestyle Relay	4:25,22	1/5
40	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#260 Girls 15 & Under 400 Freestyle Relay	4:37,90	1/7
41	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#261 Boys 15 & Under 400 Freestyle Relay	4:20,87	1/8
42	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#262 Women 400 Freestyle Relay	4:17,01	1/2
43	Vineyard Swimming Club - 'A' _____ ; _____ ; _____ ; _____	#263 Men 400 Freestyle Relay	3:37,81	1/4
44	Vineyard Swimming Club - 'B' _____ ; _____ ; _____ ; _____	#263 Men 400 Freestyle Relay	4:08,11	2/4

**Vineyard Swimming Club-CP Total Individual Entries: 0 - Total Relays: 44**