

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
	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
	Boonzaier, Christiaan; Basson, Wilan; Boonzaier, Jannie R; Dos-Santos, Andrei		
3	Aqua Sharks Academy - 'A'	#239 Men 400 Medley Relay	4:40,59
	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
	Boonzaier, Christiaan; Basson, Wilan; Boonzaier, Jannie R; Dos-Santos, Andrei		
5	Aqua Sharks Academy - 'A'	#255 Men 200 Medley Relay	2:07,16
	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
	Basson, Wilan; Boonzaier, Christiaan; Dos-Santos, Andrei; Boonzaier, Jannie R		
7	Aqua Sharks Academy - 'A'	#263 Men 400 Freestyle Relay	4:10,90
	Abrahams, Matthew N; Whitesman, Matt D; Sa, Diogo C; Arelisky, Nicholas R		
	Aqua Sharks Academy-CP Total Individual Entries: 0 - Total Relays: 7		

Aquasharks Academy Winelands-CE

1	Aquasharks Academy Winelands - 'A'	#219 Boys 11 & Under 200 Freestyle Relay	2:23,76
	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
	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
	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
	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
	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
	Botha, Lara E; Van Niekerk, Lica; La Grange, Emma; Viljoen, Jo-Ell		
	Aquasharks Academy Winelands-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****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
2	Blouberg Marlins - 'A' Krautkramer, Anastazia; Burke, Erin; Watson, Caitlin C; Russell, Morgan	#220 Girls 13 & Under 200 Freestyle Relay	NT
3	Blouberg Marlins - 'A' Hutton, Jake; Waters, Steven G; Myburgh, Ruan; Davidtsz, Colin	#221 Boys 13 & Under 200 Freestyle Relay	2:11,93
4	Blouberg Marlins - 'A' Venter, Liya E; Pretorius, Ashleè; Rossouw, Heidi; Shelton, Kaylynn	#222 Girls 15 & Under 200 Freestyle Relay	NT
5	Blouberg Marlins - 'A' Russell, Morgan; Burke, Erin; Watson, Caitlin C; Krautkramer, Anastazia	#234 Girls 13 & Under 400 Medley Relay	5:37,45
6	Blouberg Marlins - 'A' Rossouw, Heidi; Pretorius, Ashleè; Watson, Caitlin C; Venter, Liya E	#236 Girls 15 & Under 400 Medley Relay	5:01,12
7	Blouberg Marlins - 'A' Sara, Kyan; Coelho, Tiago T; Davidtsz, Colin; Carrol, Matt	#237 Boys 15 & Under 400 Medley Relay	4:44,57
8	Blouberg Marlins - 'A' Burke, Hannah; Coleman, Madison; Huang, Amelia A; Louw, Alexa	#248 Girls 11 & Under 200 Medley Relay	2:44,15
9	Blouberg Marlins - 'A' Russell, Morgan; Krautkramer, Anastazia; Watson, Caitlin C; Burke, Erin	#250 Girls 13 & Under 200 Medley Relay	2:29,89
10	Blouberg Marlins - 'A' Waters, Steven G; Hutton, Jake; Davidtsz, Colin; Myburgh, Ruan	#251 Boys 13 & Under 200 Medley Relay	2:30,40
11	Blouberg Marlins - 'A' Rossouw, Heidi; Pretorius, Ashleè; Watson, Caitlin C; Venter, Liya E	#252 Girls 15 & Under 200 Medley Relay	2:15,37
12	Blouberg Marlins - 'A' Huang, Amelia A; Coleman, Madison; Louw, Alexa; Burke, Hannah	#256 Girls 11 & Under 400 Freestyle Relay	5:24,14
13	Blouberg Marlins - 'A' Krautkramer, Anastazia; Russell, Morgan; Burke, Erin; Watson, Caitlin C	#258 Girls 13 & Under 400 Freestyle Relay	4:55,65
14	Blouberg Marlins - 'A' Hutton, Jake; Waters, Steven G; Myburgh, Ruan; Davidtsz, Colin	#259 Boys 13 & Under 400 Freestyle Relay	4:53,01
15	Blouberg Marlins - 'A' Carrol, Matt; Davidtsz, Colin; Sara, Kyan; Coelho, Tiago T	#261 Boys 15 & Under 400 Freestyle Relay	4:08,48

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
2	Curro Durbanville Aquatics - 'A' Putter, Tanè; Lubbe, Megan; Ricketts, Ami C; Smit, Jenna	#220 Girls 13 & Under 200 Freestyle Relay	2:09,40
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
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
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
6	Curro Durbanville Aquatics - 'B' Louw, Guillaume; Kriegler, Christiaan C; Taljaard, JJ J; Van Reenen, Ryan	#225 Men 200 Freestyle Relay	1:51,52
7	Curro Durbanville Aquatics - 'A' Ricketts, Ami C; Putter, Tanè; Smit, Jenna; Lubbe, Megan	#234 Girls 13 & Under 400 Medley Relay	5:20,64
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
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
10	Curro Durbanville Aquatics - 'A' Duvenhage, Henju P; Keating, Adam; Taljaard, JJ J; Hieckmann, Ethan H	#239 Men 400 Medley Relay	4:03,39
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
12	Curro Durbanville Aquatics - 'A' Ricketts, Ami C; Putter, Tanè; Lubbe, Megan; Smit, Jenna	#250 Girls 13 & Under 200 Medley Relay	2:24,43
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
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
15	Curro Durbanville Aquatics - 'A' Duvenhage, Henju P; Redelinghuys, Daniel A; Keating, Adam; Hieckmann, Ethan H	#255 Men 200 Medley Relay	1:51,31
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
17	Curro Durbanville Aquatics - 'A' Ricketts, Ami C; Lubbe, Megan; Putter, Tanè; Smit, Jenna	#258 Girls 13 & Under 400 Freestyle Relay	4:44,99
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
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
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
21	Curro Durbanville Aquatics - 'B' Taljaard, JJ J; Louw, Guillaume; Van Reenen, Ryan; Kriegler, Christiaan C	#263 Men 400 Freestyle Relay	3:58,32

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
2	Curro Langebaan Swim Club - 'B' Oosthuizen, Nina; Reid, Makayla; Slabber, Nina; Basson, Chrizandi	#220 Girls 13 & Under 200 Freestyle Relay	2:24,30
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
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
5	Curro Langebaan Swim Club - 'A' Steyn, Robyn J; Pollicutte, Leila; Novello, Utah; Flack, Rebecca I	#234 Girls 13 & Under 400 Medley Relay	NT
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
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
8	Curro Langebaan Swim Club - 'A' Schmidt, Klaudia C; Pollicutte, Trisha; De Clercq, Chanè; Geldenhuys, Lize-Mari	#254 Women 200 Medley Relay	NT
9	Curro Langebaan Swim Club - 'A' Engelbrecht, Pirow P; De Clercq, Diederick; Paulse, Ethan M; Pearson, Kyle T	#255 Men 200 Medley Relay	NT
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
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
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

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	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
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
4	Cybersmart Aquatics - 'A' Benson, Blair; Nortjè, Mia; Jack, Kieta I; Stearns, Jemma	#234 Girls 13 & Under 400 Medley Relay	5:35,61
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
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
7	Cybersmart Aquatics - 'A' Benson, Blair; Nortjè, Mia; Stearns, Jemma; Jack, Kieta I	#250 Girls 13 & Under 200 Medley Relay	2:34,24
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
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
10	Cybersmart Aquatics - 'A' Nortjè, Mia; Benson, Blair; Jack, Kieta I; Stearns, Jemma	#258 Girls 13 & Under 400 Freestyle Relay	4:54,51
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
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

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

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
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
3	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#224 Women 200 Freestyle Relay	1:55,37
4	Players Western Cape - 'A' Slabbert, Eric S; Koch, Kobus; Neitz, Wihann R; Viljoen, Adriaan	#225 Men 200 Freestyle Relay	1:41,84
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
6	Players Western Cape - 'A' Esterhuysen, Louw; Kotze, Pierce; Coetzee, Liam; Lategan, Ruan	#237 Boys 15 & Under 400 Medley Relay	4:22,47
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
8	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#238 Women 400 Medley Relay	4:41,23
9	Players Western Cape - 'A' Slabbert, Eric S; Viljoen, Adriaan; Koch, Kobus; Neitz, Wihann R	#239 Men 400 Medley Relay	4:03,05
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
11	Players Western Cape - 'A' Esterhuysen, Louw; Kotze, Pierce; Coetzee, Liam; Lategan, Ruan	#253 Boys 15 & Under 200 Medley Relay	2:02,71
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
13	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#254 Women 200 Medley Relay	2:08,23
14	Players Western Cape - 'A' Slabbert, Eric S; Viljoen, Adriaan; Koch, Kobus; Neitz, Wihann R	#255 Men 200 Medley Relay	1:52,53
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
16	Players Western Cape - 'A' Esterhuysen, Louw; Kotze, Pierce; Coetzee, Liam; Lategan, Ruan	#261 Boys 15 & Under 400 Freestyle Relay	4:01,23
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
18	Players Western Cape - 'A' Blaisse, Jeanne S; Koch, Imke; De Villiers, Lezanne; Masson, Laela E	#262 Women 400 Freestyle Relay	4:14,55
19	Players Western Cape - 'A' Slabbert, Eric S; Koch, Kobus; Neitz, Wihann R; Viljoen, Adriaan	#263 Men 400 Freestyle Relay	3:41,64
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

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	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
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
4	Quick Silver Swimming Academy - 'A' Rodrigues, Isabella; West, Sarah C; Pirie, Ami; Vd Merwe, Haylee	#224 Women 200 Freestyle Relay	2:11,48
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
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
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
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
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
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

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

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
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
3	Seals Swim Club - Kla - 'A' Thembo, Katende George S; Kafumbe, John; Makanga, William Jordan; Kusunza, Daudi Kituuka, Austin;	#221 Boys 13 & Under 200 Freestyle Relay	2:07,06
4	Seals Swim Club - Kla - 'A' Magezi, Isabella; Mudanye, Amelia; Neema, Kangi; Lutalo, Natalie Kirabo, Daniella;	#234 Girls 13 & Under 400 Medley Relay	NT
5	Seals Swim Club - Kla - 'A' Kafumbe, John; Kusunza, Daudi; Thembo, Katende George S; Makanga, William Jordan Kituuka, Austin;	#235 Boys 13 & Under 400 Medley Relay	NT
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
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
8	Seals Swim Club - Kla - 'A' Kafumbe, John; Kusunza, Daudi; Thembo, Katende George S; Makanga, William Jordan Kituuka, Austin;	#251 Boys 13 & Under 200 Medley Relay	NT
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
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
11	Seals Swim Club - Kla - 'A' Kafumbe, John; Thembo, Katende George S; Kusunza, Daudi; Makanga, William Jordan Kituuka, Austin;	#259 Boys 13 & Under 400 Freestyle Relay	NT

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
	Groepes, Rachel L; Cleworth, Holly E; Cromhout, Hannah E; Voigt, Savannah		
2	Swimlab Aquatic Academ - 'A'	#109 Men 800 Freestyle Relay	8:13,37
	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
	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
	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
	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
	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
	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
	Gershuny, Chloe; Benade, Kerry; Pickering, Jenna R; Rathner, Ava		
9	Swimlab Aquatic Academ - 'A'	#223 Boys 15 & Under 200 Freestyle Relay	1:52,71
	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
	Nel, Georgia; Nel, Olivia; Cleworth, Holly E; Cromhout, Hannah E		
11	Swimlab Aquatic Academ - 'A'	#225 Men 200 Freestyle Relay	1:40,37
	Haddon, Simon M; Webb, Corey; Austin, Trevor; Forbes, Gabriel P		
12	Swimlab Aquatic Academ - 'B'	#225 Men 200 Freestyle Relay	1:46,97
	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
	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
	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
	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
	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
	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
	Siebel, Louisa C; Strydom, Bella A; McLoughlin, Kayla; Cromhout, Hannah E		
19	Swimlab Aquatic Academ - 'A'	#239 Men 400 Medley Relay	3:59,29
	Webb, Corey; Sack, Benji; Austin, Trevor; Haddon, Simon M		
20	Swimlab Aquatic Academ - 'B'	#239 Men 400 Medley Relay	4:13,40
	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
	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
	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
	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
	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
	_____;		
26	Swimlab Aquatic Academ - 'A'	#252 Girls 15 & Under 200 Medley Relay	2:05,08
	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
	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
29	Swimlab Aquatic Academ - 'A' Siebel, Louisa C; Strydom, Bella A; McLoughlin, Kayla; Cromhout, Hannah E	#254 Women 200 Medley Relay	2:02,20
30	Swimlab Aquatic Academ - 'A' Theron, Connor G; Sack, Benji; Austin, Trevor; Haddon, Simon M	#255 Men 200 Medley Relay	1:49,16
31	Swimlab Aquatic Academ - 'B' Webb, Corey; Berry, Christopher N; Cupido, Blake A; Forbes, Gabriel P	#255 Men 200 Medley Relay	1:54,51
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
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
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
35	Swimlab Aquatic Academ - 'A' Hartman, Timothy J; Voigt, Ryan; Labuschagne, Jeremy; Duxbury, Josh	#259 Boys 13 & Under 400 Freestyle Relay	4:27,84
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
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
38	Swimlab Aquatic Academ - 'A' Nel, Olivia; Nel, Georgia; Siebel, Louisa C; Strydom, Bella A	#262 Women 400 Freestyle Relay	4:00,41
39	Swimlab Aquatic Academ - 'A' Haddon, Simon M; Webb, Corey; Oosthuizen, Nic D; Austin, Trevor	#263 Men 400 Freestyle Relay	3:42,37
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

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
2	Tygerberg Aquatics - 'B' Barnes, Kiara; Eagles, Alexandra C; Janson, Lana J; Campbell, Marnè	#108 Women 800 Freestyle Relay	9:19,09
3	Tygerberg Aquatics - 'A' Ellis, Zac; De Jongh, Walter H; West, Gabriel; Wright, Dylan	#109 Men 800 Freestyle Relay	8:19,52
4	Tygerberg Aquatics - 'B' Bester, Wihan; Consani, Dario L; Terblanche, Kiaan C; Wright, Keegan	#109 Men 800 Freestyle Relay	9:01,80
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
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
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
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
9	Tygerberg Aquatics - 'B' Smith, Courtney E; Ryser, Aurora; Adriaan, Shaina; Olckers, Carlie	#220 Girls 13 & Under 200 Freestyle Relay	2:12,03
10	Tygerberg Aquatics - 'A' Wright, Keegan; Esterhuysen, Joshua N; Viljoen, Stèphen; Engelbrecht, Ruben J	#221 Boys 13 & Under 200 Freestyle Relay	2:01,91
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
12	Tygerberg Aquatics - 'A' Campbell, Marnè; Rothuysen, Layla; Langenhoven, Aimee; Eagles, Alexandra C	#222 Girls 15 & Under 200 Freestyle Relay	2:05,66
13	Tygerberg Aquatics - 'B' Abegglen, Jaime E; Dixon, Lucia; Uys, Tara; Rogers, Kayla A	#222 Girls 15 & Under 200 Freestyle Relay	2:13,90
14	Tygerberg Aquatics - 'A' Bester, Wihan; Hopkins, Tim; West, Lucien; West, Gabriel	#223 Boys 15 & Under 200 Freestyle Relay	1:50,57
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
16	Tygerberg Aquatics - 'A' Janson, Lana J; Hearne, Trinity S; Vroon, Mandy L; Botha, Jana	#224 Women 200 Freestyle Relay	1:55,34
17	Tygerberg Aquatics - 'B' Hartzenberg, Erin R; Scott, Aimeè; Barnes, Kiara; Antonopoulos, Carli T	#224 Women 200 Freestyle Relay	1:59,66
18	Tygerberg Aquatics - 'A' De Jongh, Walter H; Raimond, Jean P; Ellis, Zac; Wright, Dylan	#225 Men 200 Freestyle Relay	1:51,76
19	Tygerberg Aquatics - 'A' Langenhoven, Erin; Fourie, Charnè J; Greyling, Soleil M; Rossouw, Danel	#234 Girls 13 & Under 400 Medley Relay	5:08,04
20	Tygerberg Aquatics - 'B' Adriaan, Shaina; Ryser, Aurora; Smith, Courtney E; Rossouw, Nadia	#234 Girls 13 & Under 400 Medley Relay	5:28,77
21	Tygerberg Aquatics - 'A' Wright, Keegan; Engelbrecht, Ruben J; Esterhuysen, Joshua N; Viljoen, Stèphen	#235 Boys 13 & Under 400 Medley Relay	5:00,48
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
23	Tygerberg Aquatics - 'A' Eagles, Alexandra C; Campbell, Marnè; Uys, Tara; Rothuysen, Layla	#236 Girls 15 & Under 400 Medley Relay	4:58,45
24	Tygerberg Aquatics - 'B' Abegglen, Jaime E; Dixon, Lucia; Langenhoven, Aimee; Rogers, Kayla A	#236 Girls 15 & Under 400 Medley Relay	5:32,99
25	Tygerberg Aquatics - 'A' Smuts, Jamie; Bester, Wihan; Consani, Dario L; West, Gabriel	#237 Boys 15 & Under 400 Medley Relay	4:32,39
26	Tygerberg Aquatics - 'B' Hopkins, Tim; Raimond, Stephan F; Terblanche, Kiaan C; West, Lucien	#237 Boys 15 & Under 400 Medley Relay	5:01,23
27	Tygerberg Aquatics - 'A' Botha, Jana; Janson, Lana J; Hearne, Trinity S; Antonopoulos, Carli T	#238 Women 400 Medley Relay	4:31,16

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
29	Tygerberg Aquatics - 'A' Raimond, Jean P; De Jongh, Walter H; Wright, Dylan; Ellis, Zac	#239 Men 400 Medley Relay	4:20,34
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
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
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
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
34	Tygerberg Aquatics - 'B' Dowdle, Kalynne; Rossouw, Nadia; Van Tonder, Charnè; Rossouw, Danel	#250 Girls 13 & Under 200 Medley Relay	2:24,95
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
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
37	Tygerberg Aquatics - 'A' Eagles, Alexandra C; Uys, Tara; Campbell, Marnè; Langenhoven, Aimee	#252 Girls 15 & Under 200 Medley Relay	2:19,32
38	Tygerberg Aquatics - 'B' Abegglen, Jaime E; Dixon, Lucia; Rothuysen, Layla; Olckers, Carlie	#252 Girls 15 & Under 200 Medley Relay	2:27,88
39	Tygerberg Aquatics - 'A' Smuts, Jamie; Bester, Wihan; Consani, Dario L; West, Gabriel	#253 Boys 15 & Under 200 Medley Relay	2:04,84
40	Tygerberg Aquatics - 'B' Hopkins, Tim; Raimond, Stephan F; Terblanche, Kiaan C; West, Lucien	#253 Boys 15 & Under 200 Medley Relay	2:15,52
41	Tygerberg Aquatics - 'A' Botha, Jana; Janson, Lana J; Hearne, Trinity S; Vroon, Mandy L	#254 Women 200 Medley Relay	2:03,69
42	Tygerberg Aquatics - 'B' Antonopoulos, Carli T; Barnes, Kiara; Scott, Aimee; Hartzenberg, Erin R	#254 Women 200 Medley Relay	2:18,65
43	Tygerberg Aquatics - 'A' Raimond, Jean P; De Jongh, Walter H; Wright, Dylan; Ellis, Zac	#255 Men 200 Medley Relay	2:02,58
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
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
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
47	Tygerberg Aquatics - 'A' Langenhoven, Erin; Fourie, Charnè J; Rossouw, Danel; Greyling, Soleil M	#258 Girls 13 & Under 400 Freestyle Relay	4:28,98
48	Tygerberg Aquatics - 'B' Rossouw, Nadia; Adriaan, Shaina; Van Tonder, Charnè; Smith, Courtney E	#258 Girls 13 & Under 400 Freestyle Relay	4:42,53
49	Tygerberg Aquatics - 'A' Esterhuysen, Joshua N; Engelbrecht, Ruben J; Viljoen, Stèphen; Wright, Keegan	#259 Boys 13 & Under 400 Freestyle Relay	4:24,57
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
51	Tygerberg Aquatics - 'A' Eagles, Alexandra C; Uys, Tara; Rothuysen, Layla; Campbell, Marnè	#260 Girls 15 & Under 400 Freestyle Relay	4:28,71
52	Tygerberg Aquatics - 'B' Langenhoven, Aimee; Olckers, Carlie; Ryser, Aurora; Abegglen, Jaime E	#260 Girls 15 & Under 400 Freestyle Relay	4:44,66
53	Tygerberg Aquatics - 'A' Bester, Wihan; Terblanche, Kiaan C; Hopkins, Tim; West, Gabriel	#261 Boys 15 & Under 400 Freestyle Relay	3:59,39
54	Tygerberg Aquatics - 'B' Consani, Dario L; Raimond, Stephan F; West, Lucien; Smuts, Jamie	#261 Boys 15 & Under 400 Freestyle Relay	4:31,34

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

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
56	Tygerberg Aquatics - 'B' Vroon, Mandy L; Scott, Aimeè; Hartzenberg, Erin R; Barnes, Kiara	#262 Women 400 Freestyle Relay	4:20,02
57	Tygerberg Aquatics - 'A' De Jongh, Walter H; Raimond, Jean P; Ellis, Zac; Wright, Dylan	#263 Men 400 Freestyle Relay	4:01,07

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
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
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
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
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
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
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
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
9	University of Stellenbosch - 'A' Van Renen, Ruard; Muller, Righardt; Snyman, Jarryd L; Pendock, Bryce F	#225 Men 200 Freestyle Relay	1:41,68
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
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
12	University of Stellenbosch - 'A' Neilson, Hannah K; Vd Walt, Mia; Michell, Emma Y; Prins, Yanti	#236 Girls 15 & Under 400 Medley Relay	NT
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
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
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
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
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
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
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
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
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

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
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
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
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
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
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
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
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

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

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

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