

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Aqua Athlete Cta-CP****1 Benson, Blair - Female - Age: 16 - Ind/Rel: 7 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:29.09 | #208 Women 24&U 50 Back Prelims  | 35.63   |
| #302 Women 24&U 100 Free Prelims | 1:10.48 | #310 Women 24&U 100 Back Prelims | 1:17.18 |
| #314 Women 24&U 200 IM Prelims   | 2:49.99 | #410 Women 24&U 200 Back Prelims | 2:47.04 |
| #412 Women 24&U 50 Fly Prelims   | 37.44   |                                  |         |

**2 Botes, Scarlett - Female - Age: 18 - Ind/Rel: 4 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:32.56 | #302 Women 24&U 100 Free Prelims | 1:10.19 |
| #314 Women 24&U 200 IM Prelims   | 2:52.59 | #402 Women 24&U 50 Free Prelims  | 31.75   |

**3 Burke, Erin - Female - Age: 15 - Ind/Rel: 4 / 0**

|                                    |         |                                 |       |
|------------------------------------|---------|---------------------------------|-------|
| #206 Women 24&U 100 Breast Prelims | 1:28.80 | #402 Women 24&U 50 Free Prelims | 31.27 |
| #406 Women 24&U 200 Breast Prelims | 3:15.64 | #412 Women 24&U 50 Fly Prelims  | 38.86 |

**4 Daniels, Sara H - Female - Age: 16 - Ind/Rel: 8 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #112 Women 16 400 Free             | 5:53.52 | #206 Women 24&U 100 Breast Prelims | 1:24.02 |
| #212 Women 24&U 100 Fly Prelims    | 1:22.68 | #302 Women 24&U 100 Free Prelims   | 1:09.06 |
| #306 Women 24&U 50 Breast Prelims  | 39.39   | #402 Women 24&U 50 Free Prelims    | 30.91   |
| #406 Women 24&U 200 Breast Prelims | 3:09.50 | #412 Women 24&U 50 Fly Prelims     | 34.34   |

**5 Dixon, Tara - Female - Age: 16 - Ind/Rel: 7 / 0**

|                                 |         |                                  |         |
|---------------------------------|---------|----------------------------------|---------|
| #112 Women 16 400 Free          | 5:22.89 | #202 Women 24&U 200 Free Prelims | 2:35.54 |
| #212 Women 24&U 100 Fly Prelims | 1:30.89 | #302 Women 24&U 100 Free Prelims | 1:14.60 |
| #314 Women 24&U 200 IM Prelims  | 2:58.07 | #402 Women 24&U 50 Free Prelims  | 33.76   |
| #412 Women 24&U 50 Fly Prelims  | 39.11   |                                  |         |

**6 Gilmour, Connor A - Male - Age: 12 - Ind/Rel: 5 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #207 Men 24&U 50 Back Prelims  | 35.03   | #301 Men 24&U 100 Free Prelims | 1:09.98 |
| #309 Men 24&U 100 Back Prelims | 1:17.63 | #401 Men 24&U 50 Free Prelims  | 30.96   |
| #411 Men 24&U 50 Fly Prelims   | 40.04   |                                |         |

**7 Messiter-Tooze, Luna S - Female - Age: 12 - Ind/Rel: 7 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #104 Women 12 400 Free           | 5:38.34 | #202 Women 24&U 200 Free Prelims | 2:37.90 |
| #208 Women 24&U 50 Back Prelims  | 39.06   | #302 Women 24&U 100 Free Prelims | 1:14.92 |
| #310 Women 24&U 100 Back Prelims | 1:23.59 | #402 Women 24&U 50 Free Prelims  | 34.35   |
| #410 Women 24&U 200 Back Prelims | 2:58.07 |                                  |         |

**8 Stearns, Jemma - Female - Age: 16 - Ind/Rel: 5 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:30.13 | #302 Women 24&U 100 Free Prelims | 1:10.41 |
| #314 Women 24&U 200 IM Prelims   | 2:51.47 | #402 Women 24&U 50 Free Prelims  | 32.52   |
| #410 Women 24&U 200 Back Prelims | 2:47.57 |                                  |         |

**Aqua Athlete Cta-CP Total Individual Entries: 47 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Aqua Dolphin Swimming Club-CP****1 Johnson, Miquel W - Male - Age: 12 - Ind/Rel: 7 / 0**

|                                  |         |                                 |         |
|----------------------------------|---------|---------------------------------|---------|
| #103 Men 12 400 Free             | 6:29.13 | #201 Men 24&U 200 Free Prelims  | 2:54.74 |
| #205 Men 24&U 100 Breast Prelims | 1:34.25 | #211 Men 24&U 100 Fly Prelims   | 1:45.09 |
| #301 Men 24&U 100 Free Prelims   | 1:13.31 | #305 Men 24&U 50 Breast Prelims | 43.95   |
| #405 Men 35&U 200 Breast Prelims | 3:30.15 |                                 |         |

**2 Kleinhans, Zara I - Female - Age: 17 - Ind/Rel: 8 / 0**

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #114 Women 17-24 400 Free          | 4:56.08 | #202 Women 24&U 200 Free Prelims | 2:18.25 |
| #206 Women 24&U 100 Breast Prelims | 1:27.92 | #212 Women 24&U 100 Fly Prelims  | 1:14.04 |
| #302 Women 24&U 100 Free Prelims   | 1:03.55 | #314 Women 24&U 200 IM Prelims   | 2:38.86 |
| #402 Women 24&U 50 Free Prelims    | 30.01   | #412 Women 24&U 50 Fly Prelims   | 34.48   |

**3 Nagelgaard, Andreas - Male - Age: 13 - Ind/Rel: 7 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:52.36 | #205 Men 24&U 100 Breast Prelims | 1:32.66 |
| #301 Men 24&U 100 Free Prelims | 1:16.00 | #305 Men 24&U 50 Breast Prelims  | 42.10   |
| #401 Men 24&U 50 Free Prelims  | 34.09   | #405 Men 35&U 200 Breast Prelims | 3:22.67 |
| #411 Men 24&U 50 Fly Prelims   | 51.57   |                                  |         |

**4 Roman, Noah P - Male - Age: 12 - Ind/Rel: 7 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:32.21 | #205 Men 24&U 100 Breast Prelims | 1:31.31 |
| #211 Men 24&U 100 Fly Prelims  | 1:18.64 | #301 Men 24&U 100 Free Prelims   | 1:10.48 |
| #313 Men 24&U 200 IM Prelims   | 2:53.19 | #405 Men 35&U 200 Breast Prelims | 3:16.86 |
| #411 Men 24&U 50 Fly Prelims   | 37.54   |                                  |         |

**5 Vd Westhuizen, Joy - Female - Age: 15 - Ind/Rel: 9 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #110 Women 15 400 Free           | 5:11.79 | #202 Women 24&U 200 Free Prelims | 2:29.07 |
| #212 Women 24&U 100 Fly Prelims  | 1:15.11 | #302 Women 24&U 100 Free Prelims | 1:08.22 |
| #310 Women 24&U 100 Back Prelims | 1:16.89 | #314 Women 24&U 200 IM Prelims   | 2:48.64 |
| #402 Women 24&U 50 Free Prelims  | 31.61   | #410 Women 24&U 200 Back Prelims | 2:47.60 |
| #412 Women 24&U 50 Fly Prelims   | 33.09   |                                  |         |

**Aqua Dolphin Swimming Club-CP Total Individual Entries: 38 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Aqua Sharks Academy-CP

## 1 Abrahams, Matthew N - Male - Age: 23 - Ind/Rel: 5 / 5

|   |         |  |         |
|---|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                  | 2:08.92 | #211 Men 24&U 100 Fly Prelims                  | 1:06.16 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 3:58.50 | #301 Men 24&U 100 Free Prelims                 | 57.68   |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:49.71 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.53 |
| #401 Men 24&U 50 Free Prelims                   | 26.78   | #411 Men 24&U 50 Fly Prelims                   | 28.74   |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 2:05.76 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.17 |

## 2 Arnott, Carter J - Male - Age: 14 - Ind/Rel: 8 / 4

|   |         |  |         |
|---|---------|--|---------|
| #107 Men 14 400 Free                            | 4:58.55 | #201 Men 24&U 200 Free Prelims                 | 2:18.04 |
| #207 Men 24&U 50 Back Prelims                   | 34.30   | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:07.04 |
| #301 Men 24&U 100 Free Prelims                  | 1:02.05 | #309 Men 24&U 100 Back Prelims                 | 1:15.49 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:55.65 | #401 Men 24&U 50 Free Prelims                  | 29.18   |
| #409 Men 24&U 200 Back Prelims                  | 2:44.15 | #411 Men 24&U 50 Fly Prelims                   | 31.65   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle   | 2:13.95 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.72 |

## 3 Boonzaier, Jannie R - Male - Age: 16 - Ind/Rel: 6 / 5

|  |         |   |         |
|--|---------|---|---------|
| #111 Men 16 400 Free                           | 4:42.18 | #207 Men 24&U 50 Back Prelims                   | 29.17   |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:58.50 | #301 Men 24&U 100 Free Prelims                  | 57.00   |
| #309 Men 24&U 100 Back Prelims                 | 1:04.63 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:49.71 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.53 | #401 Men 24&U 50 Free Prelims                   | 25.25   |
| #409 Men 24&U 200 Back Prelims                 | 2:23.08 | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 2:05.76 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.17 |   |         |

## 4 Davies, Jessica C - Female - Age: 13 - Ind/Rel: 5 / 2

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims               | 2:36.92 | #208 Women 24&U 50 Back Prelims  | 36.44   |
| #302 Women 24&U 100 Free Prelims               | 1:11.45 | #310 Women 24&U 100 Back Prelims | 1:20.82 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:19.45 | #402 Women 24&U 50 Free Prelims  | 32.02   |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.72 |                                  |         |

## 5 De Bruyn, Cornè C - Male - Age: 14 - Ind/Rel: 8 / 1

|   |         |                                 |       |
|---|---------|---------------------------------|-------|
| #205 Men 24&U 100 Breast Prelims              | 1:29.67 | #207 Men 24&U 50 Back Prelims   | 37.21 |
| #301 Men 24&U 100 Free Prelims                | 1:08.30 | #305 Men 24&U 50 Breast Prelims | 40.66 |
| #309 Men 24&U 100 Back Prelims                | 1:19.17 | #401 Men 24&U 50 Free Prelims   | 30.62 |
| #405 Men 35&U 200 Breast Prelims              | 3:12.27 | #411 Men 24&U 50 Fly Prelims    | 37.82 |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle | 2:13.95 |                                 |       |

## 6 Dos-Santos, Andrei - Male - Age: 14 - Ind/Rel: 5 / 2

|   |         |  |         |
|---|---------|--|---------|
| #107 Men 14 400 Free                          | 4:46.28 | #201 Men 24&U 200 Free Prelims                 | 2:14.77 |
| #211 Men 24&U 100 Fly Prelims                 | 1:07.54 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:07.04 |
| #301 Men 24&U 100 Free Prelims                | 1:00.21 | #313 Men 24&U 200 IM Prelims                   | 2:36.92 |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle | 2:05.76 |  |         |

## 7 Dos-Santos, Ekaterina E - Female - Age: 13 - Ind/Rel: 2 / 0

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:36.88 | #406 Women 24&U 200 Breast Prelims | 3:19.35 |
|------------------------------------|---------|------------------------------------|---------|

## 8 Goldstein, Tristan J - Male - Age: 17 - Ind/Rel: 7 / 3

|   |         |   |         |
|---|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                  | 2:20.21 | #205 Men 24&U 100 Breast Prelims              | 1:13.38 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 3:58.50 | #301 Men 24&U 100 Free Prelims                | 1:02.38 |
| #305 Men 24&U 50 Breast Prelims                 | 33.24   | #313 Men 24&U 200 IM Prelims                  | 2:36.59 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:49.71 | #401 Men 24&U 50 Free Prelims                 | 28.22   |
| #411 Men 24&U 50 Fly Prelims                    | 30.35   | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle | 2:05.76 |

## 9 Haupt, Gemma S - Female - Age: 16 - Ind/Rel: 6 / 2

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:30.28 | #302 Women 24&U 100 Free Prelims               | 1:13.34 |
| #306 Women 24&U 50 Breast Prelims              | 41.26   | #314 Women 24&U 200 IM Prelims                 | 2:59.05 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.53 | #402 Women 24&U 50 Free Prelims                | 32.64   |
| #406 Women 24&U 200 Breast Prelims             | 3:14.32 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.17 |

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Aqua Sharks Academy-CP

## 10 Heyes, Danielle A - Female - Age: 17 - Ind/Rel: 8 / 2

|                                   |         |  |         |
|-----------------------------------|---------|--|---------|
| #114 Women 17-24 400 Free         | 5:28.89 | #206 Women 24&U 100 Breast Prelims             | 1:27.71 |
| #212 Women 24&U 100 Fly Prelims   | 1:22.66 | #302 Women 24&U 100 Free Prelims               | 1:07.15 |
| #306 Women 24&U 50 Breast Prelims | 38.08   | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.53 |
| #402 Women 24&U 50 Free Prelims   | 29.64   | #406 Women 24&U 200 Breast Prelims             | 3:11.32 |
| #412 Women 24&U 50 Fly Prelims    | 33.14   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.17 |

## 11 Heyes, Garrick T - Male - Age: 14 - Ind/Rel: 7 / 5

|   |         |  |         |
|---|---------|--|---------|
| #107 Men 14 400 Free                            | 4:57.81 | #201 Men 24&U 200 Free Prelims                 | 2:17.68 |
| #211 Men 24&U 100 Fly Prelims                   | 1:12.07 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:07.04 |
| #301 Men 24&U 100 Free Prelims                  | 1:02.45 | #313 Men 24&U 200 IM Prelims                   | 2:43.46 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:55.65 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:19.45 |
| #401 Men 24&U 50 Free Prelims                   | 28.86   | #411 Men 24&U 50 Fly Prelims                   | 30.84   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle   | 2:13.95 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.72 |

## 12 Hu, Shiqi - Female - Age: 12 - Ind/Rel: 10 / 2

|                                    |         |   |         |
|------------------------------------|---------|---|---------|
| #206 Women 24&U 100 Breast Prelims | 1:32.04 | #208 Women 24&U 50 Back Prelims               | 40.77   |
| #212 Women 24&U 100 Fly Prelims    | 1:28.95 | #302 Women 24&U 100 Free Prelims              | 1:12.06 |
| #306 Women 24&U 50 Breast Prelims  | 41.96   | #310 Women 24&U 100 Back Prelims              | 1:25.80 |
| #314 Women 24&U 200 IM Prelims     | 3:00.50 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.09 |
| #402 Women 24&U 50 Free Prelims    | 32.74   | #406 Women 24&U 200 Breast Prelims            | 3:21.12 |
| #412 Women 24&U 50 Fly Prelims     | 37.24   | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:53.77 |

## 13 Renard, Leo G - Male - Age: 15 - Ind/Rel: 6 / 3

|   |         |   |         |
|---|---------|---|---------|
| #207 Men 24&U 50 Back Prelims                   | 34.49   | #211 Men 24&U 100 Fly Prelims                   | 1:11.82 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 3:58.50 | #309 Men 24&U 100 Back Prelims                  | 1:12.65 |
| #313 Men 24&U 200 IM Prelims                    | 2:42.46 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:55.65 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:49.71 | #409 Men 24&U 200 Back Prelims                  | 2:35.70 |
| #411 Men 24&U 50 Fly Prelims                    | 31.59   |   |         |

## 14 Sive, Jude - Male - Age: 11 - Ind/Rel: 5 / 3

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:58.90 | #205 Men 24&U 100 Breast Prelims              | 1:45.92 |
| #207 Men 24&U 50 Back Prelims                  | 42.71   | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:13.58 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.20 | #401 Men 24&U 50 Free Prelims                 | 37.51   |
| #405 Men 35&U 200 Breast Prelims               | 3:36.23 | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:35.73 |

## 15 Smith, Jenson C - Male - Age: 12 - Ind/Rel: 6 / 4

|   |         |  |         |
|---|---------|--|---------|
| #205 Men 24&U 100 Breast Prelims              | 1:35.44 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:13.58 |
| #301 Men 24&U 100 Free Prelims                | 1:15.49 | #305 Men 24&U 50 Breast Prelims                | 44.01   |
| #313 Men 24&U 200 IM Prelims                  | 3:15.29 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.20 |
| #401 Men 24&U 50 Free Prelims                 | 33.03   | #405 Men 35&U 200 Breast Prelims               | 3:27.37 |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:35.73 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:53.77 |

## 16 Swanepoel, Lulu A - Female - Age: 11 - Ind/Rel: 7 / 2

|   |         |                                  |         |
|---|---------|----------------------------------|---------|
| #102 Women 11&U 400 Free                      | 5:33.71 | #202 Women 24&U 200 Free Prelims | 2:35.78 |
| #212 Women 24&U 100 Fly Prelims               | 1:26.13 | #302 Women 24&U 100 Free Prelims | 1:14.10 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.09 | #402 Women 24&U 50 Free Prelims  | 33.83   |
| #406 Women 24&U 200 Breast Prelims            | 3:37.94 | #412 Women 24&U 50 Fly Prelims   | 38.69   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:53.77 |                                  |         |

## 17 Torbochkin, Daniel S - Male - Age: 11 - Ind/Rel: 8 / 3

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:43.11 | #207 Men 24&U 50 Back Prelims  | 45.97   |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:13.58 | #301 Men 24&U 100 Free Prelims | 1:21.47 |
| #305 Men 24&U 50 Breast Prelims                | 44.28   | #313 Men 24&U 200 IM Prelims   | 3:33.49 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.20 | #401 Men 24&U 50 Free Prelims  | 35.10   |
| #405 Men 35&U 200 Breast Prelims               | 3:37.49 | #411 Men 24&U 50 Fly Prelims   | 43.05   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley  | 2:35.73 |                                |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Aqua Sharks Academy-CP****18 Viljoen, Jaden R - Male - Age: 14 - Ind/Rel: 8 / 4**

|   |         |  |         |
|---|---------|--|---------|
| #107 Men 14 400 Free                            | 5:10.05 | #201 Men 24&U 200 Free Prelims                 | 2:21.65 |
| #207 Men 24&U 50 Back Prelims                   | 35.01   | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:07.04 |
| #301 Men 24&U 100 Free Prelims                  | 1:02.33 | #309 Men 24&U 100 Back Prelims                 | 1:14.41 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:55.65 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:19.45 |
| #401 Men 24&U 50 Free Prelims                   | 28.15   | #409 Men 24&U 200 Back Prelims                 | 2:44.28 |
| #411 Men 24&U 50 Fly Prelims                    | 31.82   | #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:13.95 |

**19 Viljoen, Jagger F - Male - Age: 10 - Ind/Rel: 7 / 1**

|   |         |                                |         |
|---|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims                | 3:15.24 | #207 Men 24&U 50 Back Prelims  | 43.59   |
| #305 Men 24&U 50 Breast Prelims               | 55.15   | #309 Men 24&U 100 Back Prelims | 1:32.92 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.09 | #401 Men 24&U 50 Free Prelims  | 39.54   |
| #409 Men 24&U 200 Back Prelims                | 3:14.98 | #411 Men 24&U 50 Fly Prelims   | 45.63   |

**20 Visagie, Larissa - Female - Age: 14 - Ind/Rel: 6 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #208 Women 24&U 50 Back Prelims                | 36.30   | #302 Women 24&U 100 Free Prelims               | 1:13.77 |
| #306 Women 24&U 50 Breast Prelims              | 44.02   | #310 Women 24&U 100 Back Prelims               | 1:20.03 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:19.45 | #402 Women 24&U 50 Free Prelims                | 32.55   |
| #412 Women 24&U 50 Fly Prelims                 | 36.65   | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.72 |

**21 Walther-Kotzè, Leon C - Male - Age: 12 - Ind/Rel: 6 / 5**

|   |         |  |         |
|---|---------|--|---------|
| #103 Men 12 400 Free                          | 5:44.13 | #201 Men 24&U 200 Free Prelims                 | 2:41.27 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:13.58 | #301 Men 24&U 100 Free Prelims                 | 1:12.12 |
| #313 Men 24&U 200 IM Prelims                  | 3:20.53 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.20 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.09 | #401 Men 24&U 50 Free Prelims                  | 33.56   |
| #411 Men 24&U 50 Fly Prelims                  | 35.71   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle   | 2:35.73 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:53.77 |  |         |

**Aqua Sharks Academy-CP Total Individual Entries: 136 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Aquanova Aquatics Club-BU****1 Barnard, Adam J - Male - Age: 17 - Ind/Rel: 8 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #113 Men 17-24 400 Free        | 5:03.21 | #207 Men 24&U 50 Back Prelims  | 30.68   |
| #301 Men 24&U 100 Free Prelims | 59.50   | #309 Men 24&U 100 Back Prelims | 1:07.28 |
| #313 Men 24&U 200 IM Prelims   | 2:32.48 | #401 Men 24&U 50 Free Prelims  | 26.78   |
| #409 Men 24&U 200 Back Prelims | 2:30.72 | #411 Men 24&U 50 Fly Prelims   | 32.67   |

**2 van Dyk, Taylor J - Female - Age: 11 - Ind/Rel: 10 / 0**

|                                    |         |                                   |         |
|------------------------------------|---------|-----------------------------------|---------|
| #102 Women 11&U 400 Free           | 5:54.78 | #202 Women 24&U 200 Free Prelims  | 2:38.84 |
| #206 Women 24&U 100 Breast Prelims | 1:32.47 | #212 Women 24&U 100 Fly Prelims   | 1:25.95 |
| #302 Women 24&U 100 Free Prelims   | 1:14.91 | #306 Women 24&U 50 Breast Prelims | 41.66   |
| #314 Women 24&U 200 IM Prelims     | 3:00.93 | #402 Women 24&U 50 Free Prelims   | 32.91   |
| #406 Women 24&U 200 Breast Prelims | 3:16.32 | #412 Women 24&U 50 Fly Prelims    | 36.38   |

**Aquanova Aquatics Club-BU Total Individual Entries: 18 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Aquasharks Winelands-CE****1 Bester, Christine F - Female - Age: 16 - Ind/Rel: 5 / 2**

|  |         |                                    |         |
|--|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:23.63 | #306 Women 24&U 50 Breast Prelims  | 39.08   |
| #310 Women 24&U 100 Back Prelims               | 1:22.29 | #314 Women 24&U 200 IM Prelims     | 2:47.47 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.15 | #406 Women 24&U 200 Breast Prelims | 2:55.39 |
| #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 2:19.55 |                                    |         |

**2 Du Toit, Francois W - Male - Age: 16 - Ind/Rel: 4 / 2**

|                                |         |  |         |
|--------------------------------|---------|--|---------|
| #207 Men 24&U 50 Back Prelims  | 34.16   | #305 Men 24&U 50 Breast Prelims                | 39.58   |
| #309 Men 24&U 100 Back Prelims | 1:13.88 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.15 |
| #409 Men 24&U 200 Back Prelims | 2:33.13 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.78 |

**3 Hugo, Retief R - Male - Age: 17 - Ind/Rel: 5 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #301 Men 24&U 100 Free Prelims                 | 57.86   | #305 Men 24&U 50 Breast Prelims                | 31.39   |
| #313 Men 24&U 200 IM Prelims                   | 2:21.47 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.15 |
| #401 Men 24&U 50 Free Prelims                  | 26.52   | #411 Men 24&U 50 Fly Prelims                   | 29.76   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.78 |  |         |

**4 Le Roux, Lucy L - Female - Age: 14 - Ind/Rel: 7 / 1**

|                                   |         |  |         |
|-----------------------------------|---------|--|---------|
| #202 Women 24&U 200 Free Prelims  | 2:29.09 | #208 Women 24&U 50 Back Prelims              | 34.11   |
| #306 Women 24&U 50 Breast Prelims | 40.36   | #310 Women 24&U 100 Back Prelims             | 1:18.91 |
| #314 Women 24&U 200 IM Prelims    | 2:44.90 | #402 Women 24&U 50 Free Prelims              | 31.65   |
| #410 Women 24&U 200 Back Prelims  | 2:43.29 | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me | 2:19.55 |

**5 Muggenburg, Jeannette J - Female - Age: 16 - Ind/Rel: 6 / 3**

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:26.04 | #208 Women 24&U 50 Back Prelims              | 33.53   |
| #302 Women 24&U 100 Free Prelims               | 1:07.33 | #310 Women 24&U 100 Back Prelims             | 1:13.11 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.15 | #402 Women 24&U 50 Free Prelims              | 30.49   |
| #410 Women 24&U 200 Back Prelims               | 2:38.41 | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me | 2:19.55 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.78 |  |         |

**6 Röntgen, Carine - Female - Age: 14 - Ind/Rel: 5 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #108 Women 14 400 Free                         | 5:21.14 | #302 Women 24&U 100 Free Prelims             | 1:07.40 |
| #314 Women 24&U 200 IM Prelims                 | 2:57.08 | #402 Women 24&U 50 Free Prelims              | 31.78   |
| #406 Women 24&U 200 Breast Prelims             | 3:25.50 | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me | 2:19.55 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.78 |  |         |

**Aquasharks Winelands-CE Total Individual Entries: 32 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Barracudas Aquarama SC-CP****1 Fabricius, Kaylin - Female - Age: 13 - Ind/Rel: 4 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:32.85 | #212 Women 24&U 100 Fly Prelims                | 1:27.38 |
| #302 Women 24&U 100 Free Prelims               | 1:12.64 | #306 Women 24&U 50 Breast Prelims              | 40.32   |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:22.24 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:39.72 |

**2 Hayes, Kerrigan L - Female - Age: 13 - Ind/Rel: 8 / 2**

|                                  |         |  |         |
|----------------------------------|---------|--|---------|
| #106 Women 13 400 Free           | 5:32.42 | #208 Women 24&U 50 Back Prelims                | 39.54   |
| #212 Women 24&U 100 Fly Prelims  | 1:23.00 | #302 Women 24&U 100 Free Prelims               | 1:12.21 |
| #310 Women 24&U 100 Back Prelims | 1:17.29 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:22.24 |
| #402 Women 24&U 50 Free Prelims  | 32.87   | #410 Women 24&U 200 Back Prelims               | 2:44.66 |
| #412 Women 24&U 50 Fly Prelims   | 36.66   | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:39.72 |

**3 Joyce, Jenna - Female - Age: 11 - Ind/Rel: 3 / 0**

|                                    |         |                                   |       |
|------------------------------------|---------|-----------------------------------|-------|
| #206 Women 24&U 100 Breast Prelims | 1:28.39 | #306 Women 24&U 50 Breast Prelims | 41.23 |
| #406 Women 24&U 200 Breast Prelims | 3:15.58 |                                   |       |

**4 Lombard, Kyle M - Male - Age: 15 - Ind/Rel: 13 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #109 Men 15 400 Free                           | 4:56.11 | #201 Men 24&U 200 Free Prelims                 | 2:16.34 |
| #205 Men 24&U 100 Breast Prelims               | 1:21.32 | #207 Men 24&U 50 Back Prelims                  | 33.03   |
| #211 Men 24&U 100 Fly Prelims                  | 1:16.07 | #301 Men 24&U 100 Free Prelims                 | 1:02.54 |
| #305 Men 24&U 50 Breast Prelims                | 37.11   | #309 Men 24&U 100 Back Prelims                 | 1:09.97 |
| #313 Men 24&U 200 IM Prelims                   | 2:33.88 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:22.24 |
| #401 Men 24&U 50 Free Prelims                  | 27.76   | #405 Men 35&U 200 Breast Prelims               | 2:54.08 |
| #409 Men 24&U 200 Back Prelims                 | 2:29.07 | #411 Men 24&U 50 Fly Prelims                   | 31.92   |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:39.72 |  |         |

**5 Mouton, Jean A - Male - Age: 13 - Ind/Rel: 9 / 2**

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #105 Men 13 400 Free                           | 5:44.20 | #205 Men 24&U 100 Breast Prelims | 1:34.19 |
| #211 Men 24&U 100 Fly Prelims                  | 1:27.44 | #301 Men 24&U 100 Free Prelims   | 1:12.33 |
| #305 Men 24&U 50 Breast Prelims                | 43.44   | #313 Men 24&U 200 IM Prelims     | 2:59.86 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:22.24 | #401 Men 24&U 50 Free Prelims    | 32.23   |
| #405 Men 35&U 200 Breast Prelims               | 3:21.34 | #411 Men 24&U 50 Fly Prelims     | 37.66   |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:39.72 |                                  |         |

**Barracudas Aquarama SC-CP Total Individual Entries: 37 - Total Relays: 0**



## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Bay Eagle Swim Team-NM

## 1 Green, Aiden J - Male - Age: 10 - Ind/Rel: 10 / 0

|                                  |         |                                 |         |
|----------------------------------|---------|---------------------------------|---------|
| #101 Men 11&U 400 Free           | 5:16.45 | #201 Men 24&U 200 Free Prelims  | 2:29.97 |
| #205 Men 24&U 100 Breast Prelims | 1:39.10 | #207 Men 24&U 50 Back Prelims   | 37.42   |
| #301 Men 24&U 100 Free Prelims   | 1:09.26 | #305 Men 24&U 50 Breast Prelims | 46.41   |
| #309 Men 24&U 100 Back Prelims   | 1:20.48 | #313 Men 24&U 200 IM Prelims    | 2:57.99 |
| #401 Men 24&U 50 Free Prelims    | 32.71   | #409 Men 24&U 200 Back Prelims  | 2:50.38 |

## 2 Hamilton, Shalea M - Female - Age: 10 - Ind/Rel: 10 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #102 Women 11&U 400 Free         | 5:42.76 | #202 Women 24&U 200 Free Prelims | 2:38.82 |
| #208 Women 24&U 50 Back Prelims  | 37.81   | #212 Women 24&U 100 Fly Prelims  | 1:28.45 |
| #302 Women 24&U 100 Free Prelims | 1:11.73 | #310 Women 24&U 100 Back Prelims | 1:23.33 |
| #314 Women 24&U 200 IM Prelims   | 3:01.62 | #402 Women 24&U 50 Free Prelims  | 32.38   |
| #410 Women 24&U 200 Back Prelims | 3:02.99 | #412 Women 24&U 50 Fly Prelims   | 36.87   |

## 3 Jenkins, Finn R - Male - Age: 13 - Ind/Rel: 8 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims   | 2:26.58 | #205 Men 24&U 100 Breast Prelims | 1:25.94 |
| #301 Men 24&U 100 Free Prelims   | 1:06.90 | #305 Men 24&U 50 Breast Prelims  | 38.17   |
| #313 Men 24&U 200 IM Prelims     | 2:40.76 | #401 Men 24&U 50 Free Prelims    | 29.64   |
| #405 Men 35&U 200 Breast Prelims | 3:08.13 | #411 Men 24&U 50 Fly Prelims     | 31.98   |

## 4 Kannemeyer, Eli E - Male - Age: 10 - Ind/Rel: 5 / 0

|                                 |         |                                |         |
|---------------------------------|---------|--------------------------------|---------|
| #101 Men 11&U 400 Free          | 5:34.27 | #301 Men 24&U 100 Free Prelims | 1:10.08 |
| #305 Men 24&U 50 Breast Prelims | 46.95   | #309 Men 24&U 100 Back Prelims | 1:23.39 |
| #313 Men 24&U 200 IM Prelims    | 2:57.84 |                                |         |

## 5 Strydom, Andre N - Male - Age: 11 - Ind/Rel: 11 / 0

|                                   |         |                                  |         |
|-----------------------------------|---------|----------------------------------|---------|
| #101 Men 11&U 400 Free            | 5:33.77 | #201 Men 24&U 200 Free Prelims   | 2:40.71 |
| #205 Men 24&U 100 Breast Prelims  | 1:39.09 | #207 Men 24&U 50 Back Prelims    | 39.23   |
| #301 Men 24&U 100 Free Prelims    | 1:13.52 | #305 Men 24&U 50 Breast Prelims  | 44.92   |
| #309 Men 24&U 100 Back Prelims    | 1:28.45 | #313 Men 24&U 200 IM Prelims     | 3:02.92 |
| #401 Men 24&U 50 Free Prelims     | 31.59   | #405 Men 35&U 200 Breast Prelims | 3:39.17 |
| #413 Men 99&U 50 Fly Para Prelims | 37.95   |                                  |         |

## 6 Strydom, Jaco S - Male - Age: 14 - Ind/Rel: 4 / 0

|                              |         |                                |         |
|------------------------------|---------|--------------------------------|---------|
| #107 Men 14 400 Free         | 5:04.68 | #301 Men 24&U 100 Free Prelims | 1:05.63 |
| #313 Men 24&U 200 IM Prelims | 3:00.60 | #401 Men 24&U 50 Free Prelims  | 30.15   |

## 7 Welsh, Stacey A - Female - Age: 12 - Ind/Rel: 5 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #104 Women 12 400 Free           | 5:33.85 | #202 Women 24&U 200 Free Prelims | 2:36.36 |
| #302 Women 24&U 100 Free Prelims | 1:13.74 | #310 Women 24&U 100 Back Prelims | 1:24.03 |
| #314 Women 24&U 200 IM Prelims   | 3:07.62 |                                  |         |

Bay Eagle Swim Team-NM Total Individual Entries: 53 - Total Relays: 0

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Biosplash Swim Academy-CE****1 Coolen, Jonathan T - Male - Age: 13 - Ind/Rel: 9 / 0**

|                                 |         |                                |         |
|---------------------------------|---------|--------------------------------|---------|
| #105 Men 13 400 Free            | 5:25.25 | #201 Men 24&U 200 Free Prelims | 2:33.42 |
| #207 Men 24&U 50 Back Prelims   | 37.90   | #301 Men 24&U 100 Free Prelims | 1:06.68 |
| #305 Men 24&U 50 Breast Prelims | 42.88   | #309 Men 24&U 100 Back Prelims | 1:24.06 |
| #313 Men 24&U 200 IM Prelims    | 2:57.79 | #401 Men 24&U 50 Free Prelims  | 30.62   |
| #409 Men 24&U 200 Back Prelims  | 2:58.56 |                                |         |

**2 Dreyer, Arne' - Female - Age: 12 - Ind/Rel: 6 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:29.34 | #208 Women 24&U 50 Back Prelims    | 39.72   |
| #302 Women 24&U 100 Free Prelims   | 1:17.33 | #306 Women 24&U 50 Breast Prelims  | 39.09   |
| #402 Women 24&U 50 Free Prelims    | 32.48   | #406 Women 24&U 200 Breast Prelims | 3:24.34 |

**3 Havinga, Christopher - Male - Age: 12 - Ind/Rel: 5 / 0**

|                                 |         |                                |         |
|---------------------------------|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims  | 2:46.46 | #301 Men 24&U 100 Free Prelims | 1:12.59 |
| #305 Men 24&U 50 Breast Prelims | 45.01   | #401 Men 24&U 50 Free Prelims  | 32.22   |
| #411 Men 24&U 50 Fly Prelims    | 34.94   |                                |         |

**4 O'Carroll, Nia E - Female - Age: 12 - Ind/Rel: 11 / 0**

|                                    |         |                                   |         |
|------------------------------------|---------|-----------------------------------|---------|
| #104 Women 12 400 Free             | 6:00.77 | #202 Women 24&U 200 Free Prelims  | 2:44.96 |
| #206 Women 24&U 100 Breast Prelims | 1:48.15 | #208 Women 24&U 50 Back Prelims   | 38.09   |
| #302 Women 24&U 100 Free Prelims   | 1:13.07 | #306 Women 24&U 50 Breast Prelims | 48.40   |
| #310 Women 24&U 100 Back Prelims   | 1:21.16 | #314 Women 24&U 200 IM Prelims    | 3:06.36 |
| #402 Women 24&U 50 Free Prelims    | 33.86   | #410 Women 24&U 200 Back Prelims  | 2:55.13 |
| #412 Women 24&U 50 Fly Prelims     | 38.06   |                                   |         |

**5 Van Graan, Matthew D - Male - Age: 12 - Ind/Rel: 8 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #103 Men 12 400 Free           | 6:02.46 | #201 Men 24&U 200 Free Prelims | 2:42.06 |
| #207 Men 24&U 50 Back Prelims  | 40.07   | #301 Men 24&U 100 Free Prelims | 1:10.23 |
| #309 Men 24&U 100 Back Prelims | 1:23.18 | #401 Men 24&U 50 Free Prelims  | 32.92   |
| #409 Men 24&U 200 Back Prelims | 3:00.37 | #411 Men 24&U 50 Fly Prelims   | 34.31   |

**6 Vd Merwe, Mi-Ly - Female - Age: 13 - Ind/Rel: 6 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:44.80 | #208 Women 24&U 50 Back Prelims  | 37.30   |
| #302 Women 24&U 100 Free Prelims | 1:12.75 | #310 Women 24&U 100 Back Prelims | 1:23.65 |
| #402 Women 24&U 50 Free Prelims  | 33.33   | #410 Women 24&U 200 Back Prelims | 2:57.04 |

**Biosplash Swim Academy-CE Total Individual Entries: 45 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Blouberg Marlins-CP****1 Barnard, Rohan C - Male - Age: 19 - Ind/Rel: 9 / 3**

|   |         |  |         |
|---|---------|--|---------|
| #113 Men 17-24 400 Free                       | 4:46.74 | #201 Men 24&U 200 Free Prelims                 | 2:10.74 |
| #207 Men 24&U 50 Back Prelims                 | 33.50   | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:51.41 |
| #301 Men 24&U 100 Free Prelims                | 59.55   | #305 Men 24&U 50 Breast Prelims                | 35.76   |
| #309 Men 24&U 100 Back Prelims                | 1:12.80 | #313 Men 24&U 200 IM Prelims                   | 2:29.41 |
| #409 Men 24&U 200 Back Prelims                | 2:36.23 | #411 Men 24&U 50 Fly Prelims                   | 30.91   |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle | 1:58.15 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:20.00 |

**2 Carrol, Matt - Male - Age: 17 - Ind/Rel: 7 / 2**

|   |         |  |         |
|---|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                  | 2:08.65 | #205 Men 24&U 100 Breast Prelims               | 1:16.65 |
| #207 Men 24&U 50 Back Prelims                   | 32.64   | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:51.41 |
| #301 Men 24&U 100 Free Prelims                  | 56.91   | #305 Men 24&U 50 Breast Prelims                | 33.53   |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:44.21 | #401 Men 24&U 50 Free Prelims                  | 25.99   |
| #411 Men 24&U 50 Fly Prelims                    | 27.74   |  |         |

**3 Coleman, Travis - Male - Age: 11 - Ind/Rel: 11 / 5**

|   |         |  |         |
|---|---------|--|---------|
| #101 Men 11&U 400 Free                        | 5:40.71 | #201 Men 24&U 200 Free Prelims                 | 2:46.60 |
| #205 Men 24&U 100 Breast Prelims              | 1:35.75 | #207 Men 24&U 50 Back Prelims                  | 39.74   |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:58.82 | #301 Men 24&U 100 Free Prelims                 | 1:10.90 |
| #305 Men 24&U 50 Breast Prelims               | 42.76   | #309 Men 24&U 100 Back Prelims                 | 1:27.54 |
| #313 Men 24&U 200 IM Prelims                  | 3:02.05 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.38 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.10 | #401 Men 24&U 50 Free Prelims                  | 32.51   |
| #405 Men 35&U 200 Breast Prelims              | 3:19.81 | #411 Men 24&U 50 Fly Prelims                   | 38.61   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:33.54 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:57.05 |

**4 Faulkner, Callum E - Male - Age: 11 - Ind/Rel: 12 / 2**

|   |         |   |         |
|---|---------|---|---------|
| #101 Men 11&U 400 Free                        | 6:08.36 | #201 Men 24&U 200 Free Prelims                | 2:52.72 |
| #205 Men 24&U 100 Breast Prelims              | 1:41.91 | #207 Men 24&U 50 Back Prelims                 | 41.42   |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:58.82 | #301 Men 24&U 100 Free Prelims                | 1:17.56 |
| #305 Men 24&U 50 Breast Prelims               | 45.24   | #309 Men 24&U 100 Back Prelims                | 1:29.88 |
| #313 Men 24&U 200 IM Prelims                  | 3:09.38 | #401 Men 24&U 50 Free Prelims                 | 35.52   |
| #405 Men 35&U 200 Breast Prelims              | 3:20.18 | #409 Men 24&U 200 Back Prelims                | 3:12.48 |
| #411 Men 24&U 50 Fly Prelims                  | 43.17   | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:03.26 |

**5 Fourie, Emma - Female - Age: 12 - Ind/Rel: 9 / 5**

|   |         |   |         |
|---|---------|---|---------|
| #202 Women 24&U 200 Free Prelims              | 2:49.69 | #208 Women 24&U 50 Back Prelims               | 39.73   |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 5:01.49 | #302 Women 24&U 100 Free Prelims              | 1:16.76 |
| #306 Women 24&U 50 Breast Prelims             | 50.02   | #310 Women 24&U 100 Back Prelims              | 1:26.02 |
| #314 Women 24&U 200 IM Prelims                | 3:13.32 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:14.56 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.10 | #402 Women 24&U 50 Free Prelims               | 34.85   |
| #410 Women 24&U 200 Back Prelims              | 3:06.28 | #412 Women 24&U 50 Fly Prelims                | 41.95   |
| #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:35.97 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:03.26 |

**6 Hutton, Jake - Male - Age: 16 - Ind/Rel: 1 / 2**

|  |         |   |         |
|--|---------|---|---------|
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:51.41 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:44.21 |
| #401 Men 24&U 50 Free Prelims                  | 25.54   |   |         |

**7 Kalapac, Joshua - Male - Age: 14 - Ind/Rel: 11 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #107 Men 14 400 Free                           | 4:54.16 | #201 Men 24&U 200 Free Prelims                  | 2:15.10 |
| #205 Men 24&U 100 Breast Prelims               | 1:18.45 | #211 Men 24&U 100 Fly Prelims                   | 1:07.40 |
| #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:07.96 | #301 Men 24&U 100 Free Prelims                  | 1:00.08 |
| #305 Men 24&U 50 Breast Prelims                | 34.79   | #309 Men 24&U 100 Back Prelims                  | 1:14.17 |
| #313 Men 24&U 200 IM Prelims                   | 2:31.82 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:53.34 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.25 | #401 Men 24&U 50 Free Prelims                   | 27.50   |
| #405 Men 35&U 200 Breast Prelims               | 2:56.49 | #411 Men 24&U 50 Fly Prelims                    | 28.92   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:05.36 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed  | 4:14.94 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Blouberg Marlins-CP****8 Karsten, Jody - Male - Age: 15 - Ind/Rel: 13 / 4**

|   |         |  |         |
|---|---------|--|---------|
| #109 Men 15 400 Free                            | 5:04.12 | #201 Men 24&U 200 Free Prelims                 | 2:20.36 |
| #205 Men 24&U 100 Breast Prelims                | 1:20.30 | #207 Men 24&U 50 Back Prelims                  | 33.47   |
| #211 Men 24&U 100 Fly Prelims                   | 1:12.76 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:07.96 |
| #301 Men 24&U 100 Free Prelims                  | 1:02.29 | #305 Men 24&U 50 Breast Prelims                | 36.32   |
| #309 Men 24&U 100 Back Prelims                  | 1:10.47 | #313 Men 24&U 200 IM Prelims                   | 2:34.90 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:53.34 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.25 |
| #401 Men 24&U 50 Free Prelims                   | 29.01   | #405 Men 35&U 200 Breast Prelims               | 2:59.75 |
| #409 Men 24&U 200 Back Prelims                  | 2:33.47 | #411 Men 24&U 50 Fly Prelims                   | 31.24   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle   | 2:05.36 |  |         |

**9 Kent, Tyler - Male - Age: 12 - Ind/Rel: 9 / 3**

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:54.14 | #205 Men 24&U 100 Breast Prelims              | 1:34.37 |
| #207 Men 24&U 50 Back Prelims                  | 45.42   | #301 Men 24&U 100 Free Prelims                | 1:18.66 |
| #305 Men 24&U 50 Breast Prelims                | 43.11   | #313 Men 24&U 200 IM Prelims                  | 3:22.63 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.38 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.10 |
| #401 Men 24&U 50 Free Prelims                  | 34.78   | #405 Men 35&U 200 Breast Prelims              | 3:19.80 |
| #411 Men 24&U 50 Fly Prelims                   | 41.89   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:33.54 |

**10 Kotzè, Max M - Male - Age: 13 - Ind/Rel: 12 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #105 Men 13 400 Free             | 5:22.87 | #201 Men 24&U 200 Free Prelims | 2:26.84 |
| #205 Men 24&U 100 Breast Prelims | 1:39.21 | #207 Men 24&U 50 Back Prelims  | 35.46   |
| #211 Men 24&U 100 Fly Prelims    | 1:24.74 | #301 Men 24&U 100 Free Prelims | 1:08.77 |
| #305 Men 24&U 50 Breast Prelims  | 42.87   | #309 Men 24&U 100 Back Prelims | 1:18.54 |
| #313 Men 24&U 200 IM Prelims     | 2:54.33 | #401 Men 24&U 50 Free Prelims  | 30.33   |
| #409 Men 24&U 200 Back Prelims   | 2:50.90 | #411 Men 24&U 50 Fly Prelims   | 35.78   |

**11 Lorenzen, Ava E - Female - Age: 11 - Ind/Rel: 12 / 7**

|  |         |   |         |
|--|---------|---|---------|
| #102 Women 11&U 400 Free                       | 5:35.26 | #202 Women 24&U 200 Free Prelims              | 2:35.82 |
| #206 Women 24&U 100 Breast Prelims             | 1:37.19 | #208 Women 24&U 50 Back Prelims               | 36.39   |
| #212 Women 24&U 100 Fly Prelims                | 1:28.15 | #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 5:01.49 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:32.76 | #302 Women 24&U 100 Free Prelims              | 1:11.01 |
| #306 Women 24&U 50 Breast Prelims              | 45.37   | #310 Women 24&U 100 Back Prelims              | 1:18.76 |
| #314 Women 24&U 200 IM Prelims                 | 2:57.65 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:14.56 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:06.28 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:27.90 |
| #402 Women 24&U 50 Free Prelims                | 32.42   | #410 Women 24&U 200 Back Prelims              | 2:50.97 |
| #412 Women 24&U 50 Fly Prelims                 | 34.75   | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:35.97 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:57.05 |   |         |

**12 Louw, Alexa - Female - Age: 15 - Ind/Rel: 9 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:31.97 | #206 Women 24&U 100 Breast Prelims             | 1:34.54 |
| #208 Women 24&U 50 Back Prelims                | 35.50   | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:32.76 |
| #302 Women 24&U 100 Free Prelims               | 1:08.77 | #306 Women 24&U 50 Breast Prelims              | 42.42   |
| #310 Women 24&U 100 Back Prelims               | 1:18.20 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:06.28 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.25 | #402 Women 24&U 50 Free Prelims                | 31.48   |
| #410 Women 24&U 200 Back Prelims               | 2:48.81 | #412 Women 24&U 50 Fly Prelims                 | 35.23   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:18.68 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:14.94 |

**13 Louw, Isabella A - Female - Age: 12 - Ind/Rel: 9 / 5**

|   |         |   |         |
|---|---------|---|---------|
| #202 Women 24&U 200 Free Prelims              | 2:50.80 | #208 Women 24&U 50 Back Prelims               | 39.69   |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 5:01.49 | #302 Women 24&U 100 Free Prelims              | 1:16.88 |
| #306 Women 24&U 50 Breast Prelims             | 50.43   | #310 Women 24&U 100 Back Prelims              | 1:29.45 |
| #314 Women 24&U 200 IM Prelims                | 3:22.51 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:14.56 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.10 | #402 Women 24&U 50 Free Prelims               | 33.43   |
| #410 Women 24&U 200 Back Prelims              | 3:14.03 | #412 Women 24&U 50 Fly Prelims                | 37.83   |
| #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:35.97 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:57.05 |

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Blouberg Marlins-CP

## 14 Myburgh, Ruan - Male - Age: 14 - Ind/Rel: 12 / 1

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #107 Men 14 400 Free                           | 5:22.21 | #201 Men 24&U 200 Free Prelims | 2:22.87 |
| #205 Men 24&U 100 Breast Prelims               | 1:23.79 | #207 Men 24&U 50 Back Prelims  | 34.90   |
| #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:07.96 | #301 Men 24&U 100 Free Prelims | 1:05.13 |
| #305 Men 24&U 50 Breast Prelims                | 37.45   | #309 Men 24&U 100 Back Prelims | 1:14.99 |
| #313 Men 24&U 200 IM Prelims                   | 2:43.34 | #401 Men 24&U 50 Free Prelims  | 29.98   |
| #405 Men 35&U 200 Breast Prelims               | 3:03.16 | #409 Men 24&U 200 Back Prelims | 2:42.46 |
| #411 Men 24&U 50 Fly Prelims                   | 34.42   |                                |         |

## 15 Pautz, Benjamin R - Male - Age: 10 - Ind/Rel: 10 / 5

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:36.93 | #205 Men 24&U 100 Breast Prelims              | 1:43.65 |
| #207 Men 24&U 50 Back Prelims                  | 40.08   | #211 Men 24&U 100 Fly Prelims                 | 1:25.16 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 4:58.82 | #301 Men 24&U 100 Free Prelims                | 1:12.10 |
| #305 Men 24&U 50 Breast Prelims                | 46.13   | #313 Men 24&U 200 IM Prelims                  | 3:03.34 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.38 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:27.90 |
| #401 Men 24&U 50 Free Prelims                  | 33.14   | #405 Men 35&U 200 Breast Prelims              | 3:31.89 |
| #411 Men 24&U 50 Fly Prelims                   | 37.74   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:33.54 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 5:03.26 |   |         |

## 16 Pautz, Nathan M - Male - Age: 14 - Ind/Rel: 10 / 3

|  |         |   |         |
|--|---------|---|---------|
| #107 Men 14 400 Free                           | 5:05.02 | #201 Men 24&U 200 Free Prelims                  | 2:21.43 |
| #205 Men 24&U 100 Breast Prelims               | 1:23.63 | #211 Men 24&U 100 Fly Prelims                   | 1:14.12 |
| #305 Men 24&U 50 Breast Prelims                | 35.95   | #309 Men 24&U 100 Back Prelims                  | 1:13.78 |
| #313 Men 24&U 200 IM Prelims                   | 2:39.06 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:53.34 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:14.66 | #401 Men 24&U 50 Free Prelims                   | 29.81   |
| #405 Men 35&U 200 Breast Prelims               | 3:00.11 | #411 Men 24&U 50 Fly Prelims                    | 33.00   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:05.36 |   |         |

## 17 Rohner, Jayden M - Male - Age: 15 - Ind/Rel: 8 / 6

|   |         |   |         |
|---|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                  | 2:18.16 | #207 Men 24&U 50 Back Prelims                   | 31.86   |
| #211 Men 24&U 100 Fly Prelims                   | 1:14.18 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R  | 4:07.96 |
| #301 Men 24&U 100 Free Prelims                  | 1:00.46 | #309 Men 24&U 100 Back Prelims                  | 1:09.66 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:53.34 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:44.21 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe  | 2:14.66 | #401 Men 24&U 50 Free Prelims                   | 27.02   |
| #409 Men 24&U 200 Back Prelims                  | 2:37.00 | #411 Men 24&U 50 Fly Prelims                    | 29.39   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle   | 2:05.36 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed  | 4:14.94 |

## 18 Spiro, Gabriel - Male - Age: 16 - Ind/Rel: 9 / 2

|  |         |   |         |
|--|---------|---|---------|
| #111 Men 16 400 Free                           | 4:46.83 | #201 Men 24&U 200 Free Prelims                | 2:16.46 |
| #205 Men 24&U 100 Breast Prelims               | 1:16.63 | #301 Men 24&U 100 Free Prelims                | 1:02.46 |
| #305 Men 24&U 50 Breast Prelims                | 34.00   | #313 Men 24&U 200 IM Prelims                  | 2:31.79 |
| #401 Men 24&U 50 Free Prelims                  | 28.69   | #405 Men 35&U 200 Breast Prelims              | 2:45.06 |
| #411 Men 24&U 50 Fly Prelims                   | 32.44   | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle | 1:58.15 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:20.00 |   |         |

## 19 Tsai, Emily A - Female - Age: 14 - Ind/Rel: 9 / 2

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #108 Women 14 400 Free                         | 5:37.81 | #202 Women 24&U 200 Free Prelims | 2:37.02 |
| #206 Women 24&U 100 Breast Prelims             | 1:29.46 | #302 Women 24&U 100 Free Prelims | 1:12.40 |
| #306 Women 24&U 50 Breast Prelims              | 39.71   | #314 Women 24&U 200 IM Prelims   | 3:06.73 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:14.66 | #402 Women 24&U 50 Free Prelims  | 33.10   |
| #406 Women 24&U 200 Breast Prelims             | 3:12.88 | #412 Women 24&U 50 Fly Prelims   | 38.37   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:18.68 |                                  |         |

## 20 Tsai, Ethan M - Male - Age: 12 - Ind/Rel: 6 / 5

|   |         |  |         |
|---|---------|--|---------|
| #205 Men 24&U 100 Breast Prelims              | 1:33.84 | #207 Men 24&U 50 Back Prelims                  | 43.10   |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:58.82 | #301 Men 24&U 100 Free Prelims                 | 1:18.26 |
| #305 Men 24&U 50 Breast Prelims               | 42.09   | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.38 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:27.90 | #401 Men 24&U 50 Free Prelims                  | 32.95   |
| #405 Men 35&U 200 Breast Prelims              | 3:24.69 | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley  | 2:33.54 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:57.05 |  |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Blouberg Marlins-CP****21 Van Reenen, Ryan - Male - Age: 24 - Ind/Rel: 5 / 4**

|   |         |  |         |
|---|---------|--|---------|
| #211 Men 24&U 100 Fly Prelims                   | 1:03.45 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:51.41 |
| #301 Men 24&U 100 Free Prelims                  | 58.06   | #305 Men 24&U 50 Breast Prelims                | 33.03   |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:44.21 | #401 Men 24&U 50 Free Prelims                  | 25.66   |
| #411 Men 24&U 50 Fly Prelims                    | 27.22   | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle  | 1:58.15 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe  | 4:20.00 |  |         |

**22 Van Wyk, Katie R - Female - Age: 12 - Ind/Rel: 11 / 5**

|   |         |   |         |
|---|---------|---|---------|
| #104 Women 12 400 Free                        | 6:00.41 | #202 Women 24&U 200 Free Prelims              | 2:45.77 |
| #206 Women 24&U 100 Breast Prelims            | 1:42.00 | #208 Women 24&U 50 Back Prelims               | 37.92   |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 5:01.49 | #302 Women 24&U 100 Free Prelims              | 1:16.84 |
| #306 Women 24&U 50 Breast Prelims             | 48.63   | #310 Women 24&U 100 Back Prelims              | 1:24.52 |
| #314 Women 24&U 200 IM Prelims                | 3:11.28 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:14.56 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:27.90 | #402 Women 24&U 50 Free Prelims               | 33.86   |
| #410 Women 24&U 200 Back Prelims              | 3:03.31 | #412 Women 24&U 50 Fly Prelims                | 41.66   |
| #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:35.97 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:03.26 |

**23 Watson, Caitlin C - Female - Age: 15 - Ind/Rel: 10 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:22.48 | #208 Women 24&U 50 Back Prelims                | 33.74   |
| #212 Women 24&U 100 Fly Prelims                | 1:15.89 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:32.76 |
| #302 Women 24&U 100 Free Prelims               | 1:05.63 | #306 Women 24&U 50 Breast Prelims              | 44.45   |
| #310 Women 24&U 100 Back Prelims               | 1:14.64 | #314 Women 24&U 200 IM Prelims                 | 2:47.30 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:06.28 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.25 |
| #402 Women 24&U 50 Free Prelims                | 30.00   | #410 Women 24&U 200 Back Prelims               | 2:43.73 |
| #412 Women 24&U 50 Fly Prelims                 | 31.79   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:18.68 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:14.94 |  |         |

**24 Zeelie, Shanna-Leigh - Female - Age: 14 - Ind/Rel: 10 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #108 Women 14 400 Free                         | 5:08.10 | #202 Women 24&U 200 Free Prelims               | 2:26.69 |
| #208 Women 24&U 50 Back Prelims                | 37.51   | #212 Women 24&U 100 Fly Prelims                | 1:18.59 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:32.76 | #302 Women 24&U 100 Free Prelims               | 1:07.35 |
| #310 Women 24&U 100 Back Prelims               | 1:21.66 | #314 Women 24&U 200 IM Prelims                 | 3:04.99 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:06.28 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:14.66 |
| #402 Women 24&U 50 Free Prelims                | 32.38   | #410 Women 24&U 200 Back Prelims               | 2:57.31 |
| #412 Women 24&U 50 Fly Prelims                 | 33.75   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:18.68 |

**Blouberg Marlins-CP Total Individual Entries: 224 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Curro Durbanville Aquatics-CP****1 Botha, Chelsea - Female - Age: 12 - Ind/Rel: 7 / 2**

|   |         |                                  |         |
|---|---------|----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims            | 1:40.98 | #208 Women 24&U 50 Back Prelims  | 39.39   |
| #306 Women 24&U 50 Breast Prelims             | 45.55   | #310 Women 24&U 100 Back Prelims | 1:29.45 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:28.14 | #402 Women 24&U 50 Free Prelims  | 35.47   |
| #406 Women 24&U 200 Breast Prelims            | 3:26.41 | #410 Women 24&U 200 Back Prelims | 3:44.43 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:59.46 |                                  |         |

**2 Bright, Michael C - Male - Age: 10 - Ind/Rel: 11 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:38.78 | #205 Men 24&U 100 Breast Prelims              | 1:42.63 |
| #207 Men 24&U 50 Back Prelims                  | 38.90   | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:06.09 |
| #301 Men 24&U 100 Free Prelims                 | 1:12.53 | #305 Men 24&U 50 Breast Prelims               | 46.94   |
| #309 Men 24&U 100 Back Prelims                 | 1:22.30 | #313 Men 24&U 200 IM Prelims                  | 2:59.99 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:16.75 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:28.14 |
| #401 Men 24&U 50 Free Prelims                  | 32.39   | #405 Men 35&U 200 Breast Prelims              | 3:45.29 |
| #409 Men 24&U 200 Back Prelims                 | 2:54.83 | #411 Men 24&U 50 Fly Prelims                  | 39.06   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle   | 2:30.95 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:59.46 |

**3 De Jager, Sophia - Female - Age: 12 - Ind/Rel: 8 / 2**

|   |         |   |         |
|---|---------|---|---------|
| #104 Women 12 400 Free                        | 6:02.46 | #206 Women 24&U 100 Breast Prelims            | 1:32.90 |
| #208 Women 24&U 50 Back Prelims               | 40.66   | #306 Women 24&U 50 Breast Prelims             | 41.79   |
| #310 Women 24&U 100 Back Prelims              | 1:26.49 | #314 Women 24&U 200 IM Prelims                | 3:13.07 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:28.14 | #406 Women 24&U 200 Breast Prelims            | 3:17.91 |
| #410 Women 24&U 200 Back Prelims              | 3:05.64 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:59.46 |

**4 Douries, Ean - Male - Age: 11 - Ind/Rel: 7 / 3**

|  |         |   |         |
|--|---------|---|---------|
| #101 Men 11&U 400 Free                         | 6:38.33 | #205 Men 24&U 100 Breast Prelims              | 1:42.73 |
| #211 Men 24&U 100 Fly Prelims                  | 1:43.89 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:06.09 |
| #305 Men 24&U 50 Breast Prelims                | 45.93   | #313 Men 24&U 200 IM Prelims                  | 3:29.68 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:16.75 | #405 Men 35&U 200 Breast Prelims              | 3:37.79 |
| #411 Men 24&U 50 Fly Prelims                   | 45.99   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:30.95 |

**5 February, Dillon S - Male - Age: 10 - Ind/Rel: 11 / 3**

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:57.29 | #205 Men 24&U 100 Breast Prelims              | 1:44.75 |
| #207 Men 24&U 50 Back Prelims                  | 38.06   | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:06.09 |
| #301 Men 24&U 100 Free Prelims                 | 1:19.85 | #305 Men 24&U 50 Breast Prelims               | 47.68   |
| #309 Men 24&U 100 Back Prelims                 | 1:25.45 | #313 Men 24&U 200 IM Prelims                  | 3:14.94 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:16.75 | #401 Men 24&U 50 Free Prelims                 | 36.00   |
| #405 Men 35&U 200 Breast Prelims               | 3:48.55 | #409 Men 24&U 200 Back Prelims                | 3:00.80 |
| #411 Men 24&U 50 Fly Prelims                   | 43.06   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:30.95 |

**6 Gennarakis, Christina - Female - Age: 15 - Ind/Rel: 9 / 2**

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #110 Women 15 400 Free                         | 5:21.05 | #202 Women 24&U 200 Free Prelims | 2:22.08 |
| #208 Women 24&U 50 Back Prelims                | 34.68   | #212 Women 24&U 100 Fly Prelims  | 1:14.00 |
| #302 Women 24&U 100 Free Prelims               | 1:04.24 | #310 Women 24&U 100 Back Prelims | 1:14.02 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.40 | #402 Women 24&U 50 Free Prelims  | 30.07   |
| #410 Women 24&U 200 Back Prelims               | 2:50.02 | #412 Women 24&U 50 Fly Prelims   | 31.42   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:10.91 |                                  |         |

**7 Lategan, Emma M - Female - Age: 14 - Ind/Rel: 8 / 1**

|  |         |                                    |         |
|--|---------|------------------------------------|---------|
| #108 Women 14 400 Free                         | 5:57.69 | #206 Women 24&U 100 Breast Prelims | 1:32.74 |
| #208 Women 24&U 50 Back Prelims                | 35.03   | #302 Women 24&U 100 Free Prelims   | 1:14.63 |
| #310 Women 24&U 100 Back Prelims               | 1:17.18 | #314 Women 24&U 200 IM Prelims     | 2:56.93 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.40 | #410 Women 24&U 200 Back Prelims   | 2:38.48 |
| #412 Women 24&U 50 Fly Prelims                 | 36.90   |                                    |         |

**8 Louw, Guillaume - Male - Age: 19 - Ind/Rel: 7 / 2**

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #207 Men 24&U 50 Back Prelims                  | 31.03   | #211 Men 24&U 100 Fly Prelims  | 1:04.66 |
| #301 Men 24&U 100 Free Prelims                 | 59.37   | #309 Men 24&U 100 Back Prelims | 1:09.42 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.40 | #401 Men 24&U 50 Free Prelims  | 27.24   |
| #409 Men 24&U 200 Back Prelims                 | 2:31.69 | #411 Men 24&U 50 Fly Prelims   | 28.70   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:10.91 |                                |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Curro Durbanville Aquatics-CP****9 Njoroge, Alphonse - Male - Age: 13 - Ind/Rel: 9 / 0**

|                                 |         |                                |         |
|---------------------------------|---------|--------------------------------|---------|
| #105 Men 13 400 Free            | 6:03.97 | #201 Men 24&U 200 Free Prelims | 2:44.03 |
| #207 Men 24&U 50 Back Prelims   | 37.32   | #301 Men 24&U 100 Free Prelims | 1:17.77 |
| #305 Men 24&U 50 Breast Prelims | 54.82   | #309 Men 24&U 100 Back Prelims | 1:18.45 |
| #401 Men 24&U 50 Free Prelims   | 33.84   | #409 Men 24&U 200 Back Prelims | 2:46.45 |
| #411 Men 24&U 50 Fly Prelims    | 47.89   |                                |         |

**10 Olkers, Caellum G - Male - Age: 16 - Ind/Rel: 8 / 2**

|                                |         |  |         |
|--------------------------------|---------|--|---------|
| #207 Men 24&U 50 Back Prelims  | 29.36   | #211 Men 24&U 100 Fly Prelims                  | 1:05.30 |
| #301 Men 24&U 100 Free Prelims | 1:01.48 | #309 Men 24&U 100 Back Prelims                 | 1:03.09 |
| #313 Men 24&U 200 IM Prelims   | 2:31.50 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.40 |
| #401 Men 24&U 50 Free Prelims  | 27.85   | #409 Men 24&U 200 Back Prelims                 | 2:18.92 |
| #411 Men 24&U 50 Fly Prelims   | 29.46   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:10.91 |

**11 Verbeek, Pierre O - Male - Age: 11 - Ind/Rel: 10 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #101 Men 11&U 400 Free                         | 5:08.48 | #201 Men 24&U 200 Free Prelims                | 2:24.40 |
| #207 Men 24&U 50 Back Prelims                  | 36.11   | #211 Men 24&U 100 Fly Prelims                 | 1:28.41 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:06.09 | #301 Men 24&U 100 Free Prelims                | 1:05.82 |
| #309 Men 24&U 100 Back Prelims                 | 1:17.75 | #313 Men 24&U 200 IM Prelims                  | 2:52.99 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:16.75 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:28.14 |
| #401 Men 24&U 50 Free Prelims                  | 29.52   | #409 Men 24&U 200 Back Prelims                | 2:48.03 |
| #411 Men 24&U 50 Fly Prelims                   | 34.57   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:30.95 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:59.46 |   |         |

**12 Verbeek, Wilmien - Female - Age: 14 - Ind/Rel: 9 / 1**

|                                   |         |  |         |
|-----------------------------------|---------|--|---------|
| #108 Women 14 400 Free            | 5:11.71 | #202 Women 24&U 200 Free Prelims               | 2:30.12 |
| #212 Women 24&U 100 Fly Prelims   | 1:18.41 | #302 Women 24&U 100 Free Prelims               | 1:06.51 |
| #306 Women 24&U 50 Breast Prelims | 42.51   | #314 Women 24&U 200 IM Prelims                 | 2:49.94 |
| #402 Women 24&U 50 Free Prelims   | 31.26   | #410 Women 24&U 200 Back Prelims               | 2:54.04 |
| #412 Women 24&U 50 Fly Prelims    | 34.98   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:10.91 |

**Curro Durbanville Aquatics-CP Total Individual Entries: 104 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Curro Hermanus Aquatics-OB****1 Van Huyssteen, Miette - Female - Age: 16 - Ind/Rel: 7 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:40.56 | #208 Women 24&U 50 Back Prelims  | 34.65   |
| #302 Women 24&U 100 Free Prelims | 1:07.12 | #310 Women 24&U 100 Back Prelims | 1:15.48 |
| #402 Women 24&U 50 Free Prelims  | 29.93   | #410 Women 24&U 200 Back Prelims | 2:49.81 |
| #412 Women 24&U 50 Fly Prelims   | 33.28   |                                  |         |

**Curro Hermanus Aquatics-OB Total Individual Entries: 7 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Curro Langebaan Swim Club-WC

## 1 Basson, Lenè - Female - Age: 12 - Ind/Rel: 7 / 1

|  |         |                                   |         |
|--|---------|-----------------------------------|---------|
| #302 Women 24&U 100 Free Prelims               | 1:12.48 | #306 Women 24&U 50 Breast Prelims | 52.19   |
| #310 Women 24&U 100 Back Prelims               | 1:22.46 | #314 Women 24&U 200 IM Prelims    | 3:00.38 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:14.43 | #402 Women 24&U 50 Free Prelims   | 32.97   |
| #410 Women 24&U 200 Back Prelims               | 2:49.76 | #412 Women 24&U 50 Fly Prelims    | 36.85   |

## 2 De Lange, Marizaan - Female - Age: 15 - Ind/Rel: 3 / 1

|                                 |         |  |         |
|---------------------------------|---------|--|---------|
| #110 Women 15 400 Free          | 5:11.34 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:14.43 |
| #402 Women 24&U 50 Free Prelims | 34.80   | #410 Women 24&U 200 Back Prelims               | 2:54.43 |

## 3 Du Plessis, Jason F - Male - Age: 13 - Ind/Rel: 5 / 1

|                                |         |   |         |
|--------------------------------|---------|---|---------|
| #301 Men 24&U 100 Free Prelims | 1:07.72 | #305 Men 24&U 50 Breast Prelims                 | 44.50   |
| #313 Men 24&U 200 IM Prelims   | 3:09.89 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 2:06.94 |
| #401 Men 24&U 50 Free Prelims  | 30.73   | #411 Men 24&U 50 Fly Prelims                    | 34.68   |

## 4 Flack, Francesca - Female - Age: 11 - Ind/Rel: 9 / 0

|                                     |         |                                   |         |
|-------------------------------------|---------|-----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims    | 3:03.87 | #208 Women 24&U 50 Back Prelims   | 44.41   |
| #302 Women 24&U 100 Free Prelims    | 1:23.96 | #306 Women 24&U 50 Breast Prelims | 1:01.55 |
| #310 Women 24&U 100 Back Prelims    | 1:32.95 | #314 Women 24&U 200 IM Prelims    | 3:47.29 |
| #402 Women 24&U 50 Free Prelims     | 37.47   | #410 Women 24&U 200 Back Prelims  | 3:15.37 |
| #414 Women 24&U 50 Fly Para Prelims | 49.73   |                                   |         |

## 5 Flack, Rebecca I - Female - Age: 15 - Ind/Rel: 0 / 1

|  |         |  |  |
|--|---------|--|--|
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:14.43 |  |  |
|--|---------|--|--|

## 6 Gounden, Mikhael A - Male - Age: 17 - Ind/Rel: 6 / 0

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:14.98 | #205 Men 24&U 100 Breast Prelims | 1:19.97 |
| #211 Men 24&U 100 Fly Prelims  | 1:10.75 | #301 Men 24&U 100 Free Prelims   | 1:01.04 |
| #313 Men 24&U 200 IM Prelims   | 2:34.53 | #409 Men 24&U 200 Back Prelims   | 2:36.45 |

## 7 Havenga, Skyla K - Female - Age: 16 - Ind/Rel: 9 / 0

|                                    |         |                                   |         |
|------------------------------------|---------|-----------------------------------|---------|
| #112 Women 16 400 Free             | 5:11.09 | #202 Women 24&U 200 Free Prelims  | 2:22.14 |
| #206 Women 24&U 100 Breast Prelims | 1:27.09 | #212 Women 24&U 100 Fly Prelims   | 1:15.86 |
| #302 Women 24&U 100 Free Prelims   | 1:06.90 | #306 Women 24&U 50 Breast Prelims | 38.57   |
| #314 Women 24&U 200 IM Prelims     | 2:45.67 | #402 Women 24&U 50 Free Prelims   | 30.53   |
| #412 Women 24&U 50 Fly Prelims     | 33.80   |                                   |         |

## 8 Juries, Sam C - Female - Age: 13 - Ind/Rel: 10 / 1

|                                   |         |  |         |
|-----------------------------------|---------|--|---------|
| #202 Women 24&U 200 Free Prelims  | 2:42.70 | #206 Women 24&U 100 Breast Prelims             | 1:37.80 |
| #208 Women 24&U 50 Back Prelims   | 36.34   | #302 Women 24&U 100 Free Prelims               | 1:15.50 |
| #306 Women 24&U 50 Breast Prelims | 46.25   | #310 Women 24&U 100 Back Prelims               | 1:18.01 |
| #314 Women 24&U 200 IM Prelims    | 3:03.42 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:14.43 |
| #402 Women 24&U 50 Free Prelims   | 34.48   | #410 Women 24&U 200 Back Prelims               | 2:46.02 |
| #412 Women 24&U 50 Fly Prelims    | 37.61   |  |         |

## 9 Novello, Utah - Female - Age: 16 - Ind/Rel: 5 / 0

|                                  |         |                                   |       |
|----------------------------------|---------|-----------------------------------|-------|
| #302 Women 24&U 100 Free Prelims | 1:05.66 | #306 Women 24&U 50 Breast Prelims | 38.23 |
| #314 Women 24&U 200 IM Prelims   | 2:40.71 | #402 Women 24&U 50 Free Prelims   | 29.35 |
| #412 Women 24&U 50 Fly Prelims   | 32.79   |                                   |       |

## 10 Scott, Kai - Male - Age: 12 - Ind/Rel: 5 / 1

|   |         |                                 |       |
|---|---------|---------------------------------|-------|
| #205 Men 24&U 100 Breast Prelims                | 1:35.60 | #207 Men 24&U 50 Back Prelims   | 39.56 |
| #301 Men 24&U 100 Free Prelims                  | 1:15.69 | #305 Men 24&U 50 Breast Prelims | 41.94 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 2:06.94 | #401 Men 24&U 50 Free Prelims   | 33.03 |

## 11 Snyders, Kyle - Male - Age: 12 - Ind/Rel: 0 / 1

|   |         |  |  |
|---|---------|--|--|
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 2:06.94 |  |  |
|---|---------|--|--|

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Curro Langebaan Swim Club-WC****12 Vorster, Caiden - Male - Age: 11 - Ind/Rel: 8 / 1**

|   |         |                                 |         |
|---|---------|---------------------------------|---------|
| #301 Men 24&U 100 Free Prelims                  | 1:13.80 | #305 Men 24&U 50 Breast Prelims | 46.69   |
| #309 Men 24&U 100 Back Prelims                  | 1:28.07 | #313 Men 24&U 200 IM Prelims    | 3:05.69 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 2:06.94 | #401 Men 24&U 50 Free Prelims   | 32.62   |
| #405 Men 35&U 200 Breast Prelims                | 3:34.44 | #409 Men 24&U 200 Back Prelims  | 3:00.51 |
| #411 Men 24&U 50 Fly Prelims                    | 40.34   |                                 |         |

**Curro Langebaan Swim Club-WC Total Individual Entries: 67 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Cybersmart Aquatics-CP****1 Cavallaro, Federico F - Male - Age: 17 - Ind/Rel: 9 / 0**

|                                |         |
|--------------------------------|---------|
| #113 Men 17-24 400 Free        | 4:58.88 |
| #207 Men 24&U 50 Back Prelims  | 30.84   |
| #309 Men 24&U 100 Back Prelims | 1:08.04 |
| #401 Men 24&U 50 Free Prelims  | 26.76   |
| #411 Men 24&U 50 Fly Prelims   | 29.43   |

|                                |         |
|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:13.81 |
| #301 Men 24&U 100 Free Prelims | 59.23   |
| #313 Men 24&U 200 IM Prelims   | 2:33.12 |
| #409 Men 24&U 200 Back Prelims | 2:29.10 |

**2 Lockitch, Zara - Female - Age: 10 - Ind/Rel: 9 / 0**

|                                  |         |
|----------------------------------|---------|
| #102 Women 11&U 400 Free         | 6:03.31 |
| #212 Women 24&U 100 Fly Prelims  | 1:30.71 |
| #310 Women 24&U 100 Back Prelims | 1:30.29 |
| #402 Women 24&U 50 Free Prelims  | 37.08   |
| #412 Women 24&U 50 Fly Prelims   | 39.30   |

|                                  |         |
|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:51.06 |
| #302 Women 24&U 100 Free Prelims | 1:21.42 |
| #314 Women 24&U 200 IM Prelims   | 3:19.22 |
| #410 Women 24&U 200 Back Prelims | 3:23.71 |

**3 Lucas, Yan - Male - Age: 13 - Ind/Rel: 9 / 0**

|                                  |         |
|----------------------------------|---------|
| #105 Men 13 400 Free             | 5:45.98 |
| #205 Men 24&U 100 Breast Prelims | 1:25.29 |
| #301 Men 24&U 100 Free Prelims   | 1:09.52 |
| #313 Men 24&U 200 IM Prelims     | 2:47.34 |
| #411 Men 24&U 50 Fly Prelims     | 35.62   |

|                                  |         |
|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims   | 2:34.46 |
| #211 Men 24&U 100 Fly Prelims    | 1:22.46 |
| #305 Men 24&U 50 Breast Prelims  | 38.41   |
| #405 Men 35&U 200 Breast Prelims | 3:07.04 |

**4 Nortjè, Mia - Female - Age: 17 - Ind/Rel: 9 / 0**

|                                    |         |
|------------------------------------|---------|
| #114 Women 17-24 400 Free          | 5:05.11 |
| #206 Women 24&U 100 Breast Prelims | 1:21.15 |
| #302 Women 24&U 100 Free Prelims   | 1:09.56 |
| #314 Women 24&U 200 IM Prelims     | 2:40.97 |
| #412 Women 24&U 50 Fly Prelims     | 35.68   |

|                                    |         |
|------------------------------------|---------|
| #202 Women 24&U 200 Free Prelims   | 2:27.97 |
| #212 Women 24&U 100 Fly Prelims    | 1:15.74 |
| #306 Women 24&U 50 Breast Prelims  | 37.83   |
| #406 Women 24&U 200 Breast Prelims | 2:50.37 |

**5 Novos, Ben P - Male - Age: 14 - Ind/Rel: 8 / 0**

|                                  |         |
|----------------------------------|---------|
| #107 Men 14 400 Free             | 5:57.99 |
| #211 Men 24&U 100 Fly Prelims    | 1:36.67 |
| #305 Men 24&U 50 Breast Prelims  | 38.17   |
| #405 Men 35&U 200 Breast Prelims | 3:07.77 |

|                                  |         |
|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:24.36 |
| #301 Men 24&U 100 Free Prelims   | 1:17.22 |
| #313 Men 24&U 200 IM Prelims     | 3:00.27 |
| #411 Men 24&U 50 Fly Prelims     | 40.90   |

**6 Oaten, Sabrina - Female - Age: 12 - Ind/Rel: 8 / 0**

|                                    |         |
|------------------------------------|---------|
| #104 Women 12 400 Free             | 5:53.23 |
| #206 Women 24&U 100 Breast Prelims | 1:39.29 |
| #306 Women 24&U 50 Breast Prelims  | 47.17   |
| #406 Women 24&U 200 Breast Prelims | 3:36.90 |

|                                  |         |
|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:48.81 |
| #212 Women 24&U 100 Fly Prelims  | 1:35.20 |
| #314 Women 24&U 200 IM Prelims   | 3:03.46 |
| #412 Women 24&U 50 Fly Prelims   | 42.46   |

**7 Polti, Madison - Female - Age: 11 - Ind/Rel: 6 / 0**

|                                  |         |
|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:43.95 |
| #302 Women 24&U 100 Free Prelims | 1:20.85 |
| #402 Women 24&U 50 Free Prelims  | 36.06   |

|                                    |         |
|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:50.41 |
| #314 Women 24&U 200 IM Prelims     | 3:13.47 |
| #412 Women 24&U 50 Fly Prelims     | 41.19   |

**8 Polti, Pippa - Female - Age: 11 - Ind/Rel: 6 / 0**

|                                  |         |
|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:50.94 |
| #302 Women 24&U 100 Free Prelims | 1:17.83 |
| #402 Women 24&U 50 Free Prelims  | 34.56   |

|                                  |         |
|----------------------------------|---------|
| #208 Women 24&U 50 Back Prelims  | 43.38   |
| #310 Women 24&U 100 Back Prelims | 1:31.98 |
| #412 Women 24&U 50 Fly Prelims   | 43.31   |

**9 Polti, Sienna - Female - Age: 11 - Ind/Rel: 6 / 0**

|                                  |         |
|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:37.25 |
| #302 Women 24&U 100 Free Prelims | 1:16.67 |
| #402 Women 24&U 50 Free Prelims  | 33.85   |

|                                  |         |
|----------------------------------|---------|
| #208 Women 24&U 50 Back Prelims  | 38.26   |
| #310 Women 24&U 100 Back Prelims | 1:25.24 |
| #412 Women 24&U 50 Fly Prelims   | 39.04   |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Cybersmart Aquatics-CP**

10 Visser, Cara - Female - Age: 13 - Ind/Rel: 10 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #106 Women 13 400 Free           | 5:29.27 | #202 Women 24&U 200 Free Prelims | 2:30.23 |
| #208 Women 24&U 50 Back Prelims  | 37.45   | #212 Women 24&U 100 Fly Prelims  | 1:21.99 |
| #302 Women 24&U 100 Free Prelims | 1:09.01 | #310 Women 24&U 100 Back Prelims | 1:21.01 |
| #314 Women 24&U 200 IM Prelims   | 2:53.83 | #402 Women 24&U 50 Free Prelims  | 32.84   |
| #410 Women 24&U 200 Back Prelims | 2:52.50 | #412 Women 24&U 50 Fly Prelims   | 35.15   |

**Cybersmart Aquatics-CP Total Individual Entries: 80 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Destiny Swimming Academy-NM****1 Crewe-Brown, Marlien - Female - Age: 19 - Ind/Rel: 7 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:21.98 | #302 Women 24&U 100 Free Prelims   | 1:06.06 |
| #306 Women 24&U 50 Breast Prelims  | 36.46   | #314 Women 24&U 200 IM Prelims     | 2:49.92 |
| #402 Women 24&U 50 Free Prelims    | 30.54   | #406 Women 24&U 200 Breast Prelims | 2:58.02 |
| #412 Women 24&U 50 Fly Prelims     | 33.11   |                                    |         |

**2 Van Schalkwyk, Zenicke - Female - Age: 11 - Ind/Rel: 8 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:39.02 | #208 Women 24&U 50 Back Prelims  | 37.86   |
| #302 Women 24&U 100 Free Prelims | 1:12.94 | #310 Women 24&U 100 Back Prelims | 1:21.25 |
| #314 Women 24&U 200 IM Prelims   | 3:06.17 | #402 Women 24&U 50 Free Prelims  | 33.83   |
| #410 Women 24&U 200 Back Prelims | 2:58.11 | #412 Women 24&U 50 Fly Prelims   | 37.68   |

**Destiny Swimming Academy-NM Total Individual Entries: 15 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Fish Eagle Aquatics-ED****1 Corrigan, Cara J - Female - Age: 15 - Ind/Rel: 6 / 2**

|                                    |         |  |         |
|------------------------------------|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims | 1:28.85 | #302 Women 24&U 100 Free Prelims               | 1:12.62 |
| #306 Women 24&U 50 Breast Prelims  | 38.10   | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:09.04 |
| #402 Women 24&U 50 Free Prelims    | 31.30   | #406 Women 24&U 200 Breast Prelims             | 3:21.71 |
| #412 Women 24&U 50 Fly Prelims     | 33.52   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:20.42 |

**2 Fourie, Petro Marié - Female - Age: 17 - Ind/Rel: 7 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #302 Women 24&U 100 Free Prelims               | 1:07.11 | #306 Women 24&U 50 Breast Prelims              | 39.47   |
| #310 Women 24&U 100 Back Prelims               | 1:13.78 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:09.04 |
| #402 Women 24&U 50 Free Prelims                | 31.71   | #406 Women 24&U 200 Breast Prelims             | 3:12.38 |
| #410 Women 24&U 200 Back Prelims               | 2:49.14 | #412 Women 24&U 50 Fly Prelims                 | 33.58   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:20.42 |  |         |

**3 Lehnberg, Malan - Male - Age: 16 - Ind/Rel: 5 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:19.64 | #301 Men 24&U 100 Free Prelims                 | 1:02.58 |
| #305 Men 24&U 50 Breast Prelims                | 34.84   | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:09.04 |
| #401 Men 24&U 50 Free Prelims                  | 28.02   | #405 Men 35&U 200 Breast Prelims               | 2:53.31 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:20.42 |  |         |

**4 Lewis, Martin J - Male - Age: 12 - Ind/Rel: 7 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:41.79 | #205 Men 24&U 100 Breast Prelims | 1:40.57 |
| #301 Men 24&U 100 Free Prelims | 1:07.02 | #305 Men 24&U 50 Breast Prelims  | 39.17   |
| #313 Men 24&U 200 IM Prelims   | 3:02.06 | #401 Men 24&U 50 Free Prelims    | 30.28   |
| #411 Men 24&U 50 Fly Prelims   | 35.61   |                                  |         |

**5 Potgieter, Liam - Male - Age: 15 - Ind/Rel: 6 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:16.78 | #211 Men 24&U 100 Fly Prelims                  | 1:06.26 |
| #301 Men 24&U 100 Free Prelims                 | 58.11   | #305 Men 24&U 50 Breast Prelims                | 34.94   |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:09.04 | #401 Men 24&U 50 Free Prelims                  | 26.78   |
| #411 Men 24&U 50 Fly Prelims                   | 28.90   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:20.42 |

**6 Swanepoel, Ewald - Male - Age: 12 - Ind/Rel: 4 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #103 Men 12 400 Free             | 6:25.09 | #201 Men 24&U 200 Free Prelims | 2:44.57 |
| #205 Men 24&U 100 Breast Prelims | 1:40.32 | #313 Men 24&U 200 IM Prelims   | 3:03.77 |

**Fish Eagle Aquatics-ED Total Individual Entries: 35 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Flamingo Aquatics Academy- Fbd-FB****1 Cilliers, Jannis N - Male - Age: 13 - Ind/Rel: 8 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #105 Men 13 400 Free             | 5:08.28 | #301 Men 24&U 100 Free Prelims | 1:03.88 |
| #305 Men 24&U 50 Breast Prelims  | 38.09   | #309 Men 24&U 100 Back Prelims | 1:22.73 |
| #313 Men 24&U 200 IM Prelims     | 2:44.39 | #401 Men 24&U 50 Free Prelims  | 28.89   |
| #405 Men 35&U 200 Breast Prelims | 3:15.06 | #411 Men 24&U 50 Fly Prelims   | 32.00   |

**2 Crozier, Leah B - Female - Age: 14 - Ind/Rel: 6 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #108 Women 14 400 Free           | 5:19.47 | #302 Women 24&U 100 Free Prelims | 1:14.46 |
| #310 Women 24&U 100 Back Prelims | 1:19.76 | #402 Women 24&U 50 Free Prelims  | 35.50   |
| #410 Women 24&U 200 Back Prelims | 2:55.92 | #412 Women 24&U 50 Fly Prelims   | 39.84   |

**3 Hattingh, Ben - Male - Age: 12 - Ind/Rel: 2 / 0**

|                                |         |                              |         |
|--------------------------------|---------|------------------------------|---------|
| #309 Men 24&U 100 Back Prelims | 1:28.14 | #313 Men 24&U 200 IM Prelims | 3:06.49 |
|--------------------------------|---------|------------------------------|---------|

**4 Lategan, Lehane - Female - Age: 13 - Ind/Rel: 6 / 0**

|                                    |         |                                   |       |
|------------------------------------|---------|-----------------------------------|-------|
| #302 Women 24&U 100 Free Prelims   | 1:08.91 | #306 Women 24&U 50 Breast Prelims | 42.69 |
| #314 Women 24&U 200 IM Prelims     | 2:58.42 | #402 Women 24&U 50 Free Prelims   | 31.87 |
| #406 Women 24&U 200 Breast Prelims | 3:20.47 | #412 Women 24&U 50 Fly Prelims    | 35.83 |

**Flamingo Aquatics Academy- Fbd-FB Total Individual Entries: 22 - Total Relays: 0**



## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Generation Swimming Academy-CP

## 1 Breebaart, Joshua - Male - Age: 11 - Ind/Rel: 8 / 5

|  |         |   |         |
|--|---------|---|---------|
| #101 Men 11&U 400 Free                         | 5:26.25 | #201 Men 24&U 200 Free Prelims                | 2:34.75 |
| #205 Men 24&U 100 Breast Prelims               | 1:42.27 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:05.44 |
| #301 Men 24&U 100 Free Prelims                 | 1:12.25 | #313 Men 24&U 200 IM Prelims                  | 3:00.65 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.37 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:31.80 |
| #401 Men 24&U 50 Free Prelims                  | 34.13   | #405 Men 35&U 200 Breast Prelims              | 3:38.06 |
| #411 Men 24&U 50 Fly Prelims                   | 38.35   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:54.86 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:56.17 |   |         |

## 2 Kleynhans, Ian - Male - Age: 15 - Ind/Rel: 8 / 2

|  |         |  |         |
|--|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:10.43 | #207 Men 24&U 50 Back Prelims                  | 32.75   |
| #211 Men 24&U 100 Fly Prelims                  | 1:02.66 | #301 Men 24&U 100 Free Prelims                 | 57.43   |
| #309 Men 24&U 100 Back Prelims                 | 1:14.31 | #313 Men 24&U 200 IM Prelims                   | 2:33.34 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.90 | #401 Men 24&U 50 Free Prelims                  | 26.25   |
| #411 Men 24&U 50 Fly Prelims                   | 27.96   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:11.38 |

## 3 Landman, Charnè - Female - Age: 13 - Ind/Rel: 9 / 3

|                                  |         |  |         |
|----------------------------------|---------|--|---------|
| #106 Women 13 400 Free           | 5:28.83 | #208 Women 24&U 50 Back Prelims                | 37.70   |
| #212 Women 24&U 100 Fly Prelims  | 1:27.60 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:48.70 |
| #302 Women 24&U 100 Free Prelims | 1:09.35 | #310 Women 24&U 100 Back Prelims               | 1:17.91 |
| #314 Women 24&U 200 IM Prelims   | 2:57.42 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:11.07 |
| #402 Women 24&U 50 Free Prelims  | 31.62   | #410 Women 24&U 200 Back Prelims               | 2:49.70 |
| #412 Women 24&U 50 Fly Prelims   | 34.07   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:32.41 |

## 4 Laubscher, Maya R - Female - Age: 16 - Ind/Rel: 9 / 2

|  |         |                                    |         |
|--|---------|------------------------------------|---------|
| #112 Women 16 400 Free                         | 5:29.51 | #206 Women 24&U 100 Breast Prelims | 1:24.15 |
| #212 Women 24&U 100 Fly Prelims                | 1:22.05 | #302 Women 24&U 100 Free Prelims   | 1:06.91 |
| #306 Women 24&U 50 Breast Prelims              | 39.58   | #314 Women 24&U 200 IM Prelims     | 2:48.70 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.90 | #402 Women 24&U 50 Free Prelims    | 31.02   |
| #406 Women 24&U 200 Breast Prelims             | 2:59.81 | #412 Women 24&U 50 Fly Prelims     | 33.40   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:11.38 |                                    |         |

## 5 Laubscher, Mikalla I - Female - Age: 12 - Ind/Rel: 9 / 3

|                                  |         |  |         |
|----------------------------------|---------|--|---------|
| #104 Women 12 400 Free           | 5:56.07 | #202 Women 24&U 200 Free Prelims               | 2:45.39 |
| #208 Women 24&U 50 Back Prelims  | 42.40   | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:48.70 |
| #302 Women 24&U 100 Free Prelims | 1:16.32 | #310 Women 24&U 100 Back Prelims               | 1:27.56 |
| #314 Women 24&U 200 IM Prelims   | 3:12.83 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:11.07 |
| #402 Women 24&U 50 Free Prelims  | 34.44   | #410 Women 24&U 200 Back Prelims               | 3:08.95 |
| #412 Women 24&U 50 Fly Prelims   | 48.90   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:32.41 |

## 6 Loots, Noah C - Male - Age: 11 - Ind/Rel: 9 / 4

|   |         |  |         |
|---|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                | 2:53.35 | #205 Men 24&U 100 Breast Prelims               | 1:40.52 |
| #211 Men 24&U 100 Fly Prelims                 | 1:36.83 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:05.44 |
| #301 Men 24&U 100 Free Prelims                | 1:12.69 | #309 Men 24&U 100 Back Prelims                 | 1:25.31 |
| #313 Men 24&U 200 IM Prelims                  | 2:59.22 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.37 |
| #401 Men 24&U 50 Free Prelims                 | 35.32   | #405 Men 35&U 200 Breast Prelims               | 3:26.03 |
| #411 Men 24&U 50 Fly Prelims                  | 40.21   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley  | 2:54.86 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:56.17 |  |         |

## 7 Neumann, Erin R - Female - Age: 10 - Ind/Rel: 11 / 2

|   |         |   |         |
|---|---------|---|---------|
| #102 Women 11&U 400 Free                      | 5:36.95 | #202 Women 24&U 200 Free Prelims              | 2:38.44 |
| #206 Women 24&U 100 Breast Prelims            | 1:31.74 | #212 Women 24&U 100 Fly Prelims               | 1:30.72 |
| #302 Women 24&U 100 Free Prelims              | 1:13.67 | #306 Women 24&U 50 Breast Prelims             | 40.86   |
| #314 Women 24&U 200 IM Prelims                | 3:01.23 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:31.80 |
| #402 Women 24&U 50 Free Prelims               | 33.05   | #406 Women 24&U 200 Breast Prelims            | 3:16.53 |
| #410 Women 24&U 200 Back Prelims              | 2:58.79 | #412 Women 24&U 50 Fly Prelims                | 38.77   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:56.17 |   |         |

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Generation Swimming Academy-CP

## 8 Van Dyk, Zani - Female - Age: 11 - Ind/Rel: 8 / 2

|                                   |         |   |         |
|-----------------------------------|---------|---|---------|
| #102 Women 11&U 400 Free          | 5:56.73 | #302 Women 24&U 100 Free Prelims              | 1:17.56 |
| #306 Women 24&U 50 Breast Prelims | 44.01   | #310 Women 24&U 100 Back Prelims              | 1:23.15 |
| #314 Women 24&U 200 IM Prelims    | 3:14.41 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:31.80 |
| #402 Women 24&U 50 Free Prelims   | 33.96   | #410 Women 24&U 200 Back Prelims              | 3:03.23 |
| #412 Women 24&U 50 Fly Prelims    | 37.58   | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:56.17 |

## 9 van Rensburg, Tristan - Male - Age: 10 - Ind/Rel: 8 / 3

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:56.86 | #205 Men 24&U 100 Breast Prelims | 1:39.94 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:05.44 | #301 Men 24&U 100 Free Prelims   | 1:21.91 |
| #305 Men 24&U 50 Breast Prelims                | 45.31   | #313 Men 24&U 200 IM Prelims     | 3:18.79 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.37 | #401 Men 24&U 50 Free Prelims    | 34.37   |
| #405 Men 35&U 200 Breast Prelims               | 3:41.02 | #411 Men 24&U 50 Fly Prelims     | 47.75   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley  | 2:54.86 |                                  |         |

## 10 Van Wyk, Wesley R - Male - Age: 16 - Ind/Rel: 7 / 2

|  |         |  |         |
|--|---------|--|---------|
| #111 Men 16 400 Free                           | 4:37.46 | #201 Men 24&U 200 Free Prelims                 | 2:08.68 |
| #211 Men 24&U 100 Fly Prelims                  | 1:05.26 | #301 Men 24&U 100 Free Prelims                 | 57.47   |
| #313 Men 24&U 200 IM Prelims                   | 2:28.24 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.90 |
| #401 Men 24&U 50 Free Prelims                  | 26.67   | #411 Men 24&U 50 Fly Prelims                   | 28.71   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:11.38 |  |         |

## 11 Vd Merwe, Mia - Female - Age: 13 - Ind/Rel: 7 / 3

|  |         |   |         |
|--|---------|---|---------|
| #106 Women 13 400 Free                         | 5:36.36 | #202 Women 24&U 200 Free Prelims              | 2:35.37 |
| #208 Women 24&U 50 Back Prelims                | 37.33   | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:48.70 |
| #302 Women 24&U 100 Free Prelims               | 1:13.46 | #310 Women 24&U 100 Back Prelims              | 1:21.64 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:11.07 | #402 Women 24&U 50 Free Prelims               | 32.91   |
| #410 Women 24&U 200 Back Prelims               | 2:52.72 | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:32.41 |

## 12 Vd Merwe, Simone - Female - Age: 15 - Ind/Rel: 8 / 5

|  |         |  |         |
|--|---------|--|---------|
| #110 Women 15 400 Free                         | 5:21.51 | #208 Women 24&U 50 Back Prelims                | 35.89   |
| #212 Women 24&U 100 Fly Prelims                | 1:16.93 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:48.70 |
| #302 Women 24&U 100 Free Prelims               | 1:09.57 | #310 Women 24&U 100 Back Prelims               | 1:16.90 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:11.07 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.90 |
| #402 Women 24&U 50 Free Prelims                | 32.10   | #410 Women 24&U 200 Back Prelims               | 2:50.85 |
| #412 Women 24&U 50 Fly Prelims                 | 33.69   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:32.41 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:11.38 |  |         |

## 13 Vd Watt, Earle - Male - Age: 10 - Ind/Rel: 7 / 4

|   |         |  |         |
|---|---------|--|---------|
| #101 Men 11&U 400 Free                        | 5:54.57 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:05.44 |
| #301 Men 24&U 100 Free Prelims                | 1:18.59 | #309 Men 24&U 100 Back Prelims                 | 1:22.36 |
| #313 Men 24&U 200 IM Prelims                  | 3:03.01 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:19.37 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:31.80 | #401 Men 24&U 50 Free Prelims                  | 35.55   |
| #409 Men 24&U 200 Back Prelims                | 2:53.65 | #411 Men 24&U 50 Fly Prelims                   | 37.70   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:54.86 |  |         |

Generation Swimming Academy-CP Total Individual Entries: 108 - Total Relays: 0

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Greydogs Swimming Club-CP****1 Esterhuysen, Jumarie - Female - Age: 13 - Ind/Rel: 2 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:32.09 | #406 Women 24&U 200 Breast Prelims | 3:37.87 |
|------------------------------------|---------|------------------------------------|---------|

**2 Gerber, Simonè M - Female - Age: 12 - Ind/Rel: 11 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #104 Women 12 400 Free             | 6:24.32 | #202 Women 24&U 200 Free Prelims   | 2:41.54 |
| #206 Women 24&U 100 Breast Prelims | 1:35.67 | #208 Women 24&U 50 Back Prelims    | 38.56   |
| #212 Women 24&U 100 Fly Prelims    | 1:29.68 | #302 Women 24&U 100 Free Prelims   | 1:12.03 |
| #306 Women 24&U 50 Breast Prelims  | 42.09   | #314 Women 24&U 200 IM Prelims     | 2:58.27 |
| #402 Women 24&U 50 Free Prelims    | 32.87   | #406 Women 24&U 200 Breast Prelims | 3:37.79 |
| #412 Women 24&U 50 Fly Prelims     | 34.08   |                                    |         |

**3 Immelman, Max B - Male - Age: 12 - Ind/Rel: 5 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:33.44 | #305 Men 24&U 50 Breast Prelims  | 40.74   |
| #401 Men 24&U 50 Free Prelims    | 32.45   | #405 Men 35&U 200 Breast Prelims | 3:31.18 |
| #411 Men 24&U 50 Fly Prelims     | 46.07   |                                  |         |

**4 Pardoe, James N - Male - Age: 12 - Ind/Rel: 9 / 0**

|                                       |         |                                      |         |
|---------------------------------------|---------|--------------------------------------|---------|
| #203 Men 99&U 200 IM Para Prelims     | 3:51.56 | #209 Men 99&U 50 Back Para Prelims   | 43.14   |
| #303 Men 99&U 100 Free Para Prelims   | 1:29.66 | #307 Men 99&U 50 Breast Para Prelims | 55.95   |
| #311 Men 99&U 100 Back Para Prelims   | 1:41.20 | #403 Men 99&U 50 Free Para Prelims   | 41.83   |
| #407 Men 99&U 100 Breast Para Prelims | 2:00.66 | #409 Men 24&U 200 Back Prelims       | 3:22.06 |
| #413 Men 99&U 50 Fly Para Prelims     | 50.92   |                                      |         |

**5 Rossouw, Floyd L - Male - Age: 12 - Ind/Rel: 3 / 0**

|                                  |         |                                 |       |
|----------------------------------|---------|---------------------------------|-------|
| #205 Men 24&U 100 Breast Prelims | 1:38.81 | #305 Men 24&U 50 Breast Prelims | 44.47 |
| #405 Men 35&U 200 Breast Prelims | 3:32.18 |                                 |       |

**6 Wing, James L - Male - Age: 12 - Ind/Rel: 8 / 0**

|                                  |         |                                 |       |
|----------------------------------|---------|---------------------------------|-------|
| #205 Men 24&U 100 Breast Prelims | 1:27.70 | #207 Men 24&U 50 Back Prelims   | 37.28 |
| #301 Men 24&U 100 Free Prelims   | 1:10.26 | #305 Men 24&U 50 Breast Prelims | 38.66 |
| #313 Men 24&U 200 IM Prelims     | 3:13.83 | #401 Men 24&U 50 Free Prelims   | 30.08 |
| #405 Men 35&U 200 Breast Prelims | 3:19.74 | #411 Men 24&U 50 Fly Prelims    | 39.18 |

**Greydogs Swimming Club-CP Total Individual Entries: 38 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Harlequins Aquatic Club-BU****1 Cromhout, Jocelyn L - Female - Age: 14 - Ind/Rel: 7 / 3**

|  |         |  |         |
|--|---------|--|---------|
| #108 Women 14 400 Free                         | 5:24.94 | #202 Women 24&U 200 Free Prelims               | 2:34.40 |
| #208 Women 24&U 50 Back Prelims                | 36.45   | #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:49.36 |
| #302 Women 24&U 100 Free Prelims               | 1:10.51 | #310 Women 24&U 100 Back Prelims               | 1:20.92 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:30.80 | #402 Women 24&U 50 Free Prelims                | 33.47   |
| #410 Women 24&U 200 Back Prelims               | 2:48.72 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 5:09.84 |

**2 Lindstrom, Jorja P - Female - Age: 16 - Ind/Rel: 8 / 3**

|  |         |   |         |
|--|---------|---|---------|
| #112 Women 16 400 Free                         | 5:33.12 | #202 Women 24&U 200 Free Prelims              | 2:33.53 |
| #206 Women 24&U 100 Breast Prelims             | 1:22.74 | #218 Women 16-24 4x100 Free Relay 4 X 100 Fre | 4:49.36 |
| #306 Women 24&U 50 Breast Prelims              | 37.43   | #314 Women 24&U 200 IM Prelims                | 2:50.85 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.92 | #402 Women 24&U 50 Free Prelims               | 31.47   |
| #406 Women 24&U 200 Breast Prelims             | 3:00.59 | #412 Women 24&U 50 Fly Prelims                | 33.95   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:32.68 |   |         |

**3 Murray, Demi J - Female - Age: 12 - Ind/Rel: 10 / 3**

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #104 Women 12 400 Free                         | 6:09.00 | #202 Women 24&U 200 Free Prelims | 2:54.46 |
| #208 Women 24&U 50 Back Prelims                | 38.96   | #212 Women 24&U 100 Fly Prelims  | 1:29.81 |
| #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:49.36 | #302 Women 24&U 100 Free Prelims | 1:19.45 |
| #310 Women 24&U 100 Back Prelims               | 1:21.80 | #314 Women 24&U 200 IM Prelims   | 3:08.27 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:30.80 | #402 Women 24&U 50 Free Prelims  | 35.82   |
| #410 Women 24&U 200 Back Prelims               | 2:53.34 | #412 Women 24&U 50 Fly Prelims   | 37.85   |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 5:09.84 |                                  |         |

**4 Murray, Rachel T - Female - Age: 16 - Ind/Rel: 10 / 3**

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #112 Women 16 400 Free                         | 5:20.40 | #202 Women 24&U 200 Free Prelims | 2:37.93 |
| #208 Women 24&U 50 Back Prelims                | 35.64   | #212 Women 24&U 100 Fly Prelims  | 1:14.75 |
| #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:49.36 | #302 Women 24&U 100 Free Prelims | 1:10.53 |
| #310 Women 24&U 100 Back Prelims               | 1:17.74 | #314 Women 24&U 200 IM Prelims   | 2:45.93 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.92 | #402 Women 24&U 50 Free Prelims  | 32.51   |
| #410 Women 24&U 200 Back Prelims               | 2:42.18 | #412 Women 24&U 50 Fly Prelims   | 34.71   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:32.68 |                                  |         |

**5 Odendaal, Lian L - Male - Age: 14 - Ind/Rel: 9 / 3**

|                                |         |  |         |
|--------------------------------|---------|--|---------|
| #201 Men 24&U 200 Free Prelims | 2:50.28 | #205 Men 24&U 100 Breast Prelims               | 1:21.93 |
| #211 Men 24&U 100 Fly Prelims  | 1:16.58 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:46.00 |
| #301 Men 24&U 100 Free Prelims | 1:09.63 | #305 Men 24&U 50 Breast Prelims                | 37.80   |
| #313 Men 24&U 200 IM Prelims   | 2:51.94 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.92 |
| #401 Men 24&U 50 Free Prelims  | 30.33   | #405 Men 35&U 200 Breast Prelims               | 2:58.17 |
| #411 Men 24&U 50 Fly Prelims   | 33.84   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:32.68 |

**6 Pirie, Christopher - Male - Age: 16 - Ind/Rel: 10 / 3**

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #111 Men 16 400 Free                           | 4:48.46 | #201 Men 24&U 200 Free Prelims | 2:16.33 |
| #207 Men 24&U 50 Back Prelims                  | 32.37   | #211 Men 24&U 100 Fly Prelims  | 1:04.97 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:46.00 | #301 Men 24&U 100 Free Prelims | 1:04.48 |
| #309 Men 24&U 100 Back Prelims                 | 1:08.62 | #313 Men 24&U 200 IM Prelims   | 2:31.14 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.92 | #401 Men 24&U 50 Free Prelims  | 30.27   |
| #409 Men 24&U 200 Back Prelims                 | 2:28.42 | #411 Men 24&U 50 Fly Prelims   | 30.01   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:32.68 |                                |         |

**7 Ramashamole, Junior V - Male - Age: 12 - Ind/Rel: 7 / 2**

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:36.21 | #207 Men 24&U 50 Back Prelims  | 43.89   |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:46.00 | #301 Men 24&U 100 Free Prelims | 1:13.34 |
| #305 Men 24&U 50 Breast Prelims                | 41.82   | #313 Men 24&U 200 IM Prelims   | 3:18.81 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:30.80 | #401 Men 24&U 50 Free Prelims  | 32.36   |
| #405 Men 35&U 200 Breast Prelims               | 3:32.31 |                                |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Harlequins Aquatic Club-BU****8 Schemel, Brody L - Male - Age: 10 - Ind/Rel: 8 / 3**

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:51.43 | #207 Men 24&U 50 Back Prelims  | 41.22   |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:46.00 | #301 Men 24&U 100 Free Prelims | 1:18.55 |
| #309 Men 24&U 100 Back Prelims                 | 1:28.63 | #313 Men 24&U 200 IM Prelims   | 3:11.29 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:30.80 | #401 Men 24&U 50 Free Prelims  | 34.40   |
| #409 Men 24&U 200 Back Prelims                 | 3:13.15 | #411 Men 24&U 50 Fly Prelims   | 40.97   |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 5:09.84 |                                |         |

**9 Van Daalen, Lohan - Male - Age: 11 - Ind/Rel: 6 / 1**

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #305 Men 24&U 50 Breast Prelims                | 45.83   | #309 Men 24&U 100 Back Prelims | 1:26.65 |
| #313 Men 24&U 200 IM Prelims                   | 3:18.96 | #401 Men 24&U 50 Free Prelims  | 32.48   |
| #405 Men 35&U 200 Breast Prelims               | 3:34.87 | #409 Men 24&U 200 Back Prelims | 3:12.91 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 5:09.84 |                                |         |

**Harlequins Aquatic Club-BU Total Individual Entries: 75 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Infinity Swimming Academy-NM

## 1 De Beer, Anri - Female - Age: 15 - Ind/Rel: 10 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #110 Women 15 400 Free           | 5:11.20 | #202 Women 24&U 200 Free Prelims | 2:29.40 |
| #208 Women 24&U 50 Back Prelims  | 34.56   | #212 Women 24&U 100 Fly Prelims  | 1:16.41 |
| #302 Women 24&U 100 Free Prelims | 1:07.36 | #310 Women 24&U 100 Back Prelims | 1:14.34 |
| #314 Women 24&U 200 IM Prelims   | 2:46.16 | #402 Women 24&U 50 Free Prelims  | 30.95   |
| #410 Women 24&U 200 Back Prelims | 2:39.38 | #412 Women 24&U 50 Fly Prelims   | 33.41   |

## 2 Forsythe, Liam B - Male - Age: 11 - Ind/Rel: 9 / 4

|  |         |   |         |
|--|---------|---|---------|
| #101 Men 11&U 400 Free                         | 5:36.09 | #201 Men 24&U 200 Free Prelims                | 2:36.04 |
| #205 Men 24&U 100 Breast Prelims               | 1:37.64 | #211 Men 24&U 100 Fly Prelims                 | 1:17.47 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:08.10 | #301 Men 24&U 100 Free Prelims                | 1:12.04 |
| #305 Men 24&U 50 Breast Prelims                | 43.25   | #313 Men 24&U 200 IM Prelims                  | 2:57.45 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.95 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:21.31 |
| #401 Men 24&U 50 Free Prelims                  | 32.28   | #411 Men 24&U 50 Fly Prelims                  | 33.48   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:49.02 |   |         |

## 3 Geldart, Emily Jane J - Female - Age: 11 - Ind/Rel: 6 / 2

|                                  |         |   |         |
|----------------------------------|---------|---|---------|
| #202 Women 24&U 200 Free Prelims | 2:52.82 | #206 Women 24&U 100 Breast Prelims            | 1:32.92 |
| #302 Women 24&U 100 Free Prelims | 1:18.29 | #306 Women 24&U 50 Breast Prelims             | 39.06   |
| #314 Women 24&U 200 IM Prelims   | 3:05.33 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:21.31 |
| #402 Women 24&U 50 Free Prelims  | 33.34   | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:49.02 |

## 4 Knoetze, Zandri - Female - Age: 14 - Ind/Rel: 7 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #108 Women 14 400 Free           | 5:13.35 | #302 Women 24&U 100 Free Prelims | 1:04.37 |
| #310 Women 24&U 100 Back Prelims | 1:15.05 | #314 Women 24&U 200 IM Prelims   | 2:52.15 |
| #402 Women 24&U 50 Free Prelims  | 29.32   | #410 Women 24&U 200 Back Prelims | 2:45.84 |
| #412 Women 24&U 50 Fly Prelims   | 33.28   |                                  |         |

## 5 Meyburgh, Kate A - Female - Age: 17 - Ind/Rel: 7 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:28.68 | #208 Women 24&U 50 Back Prelims  | 35.37   |
| #302 Women 24&U 100 Free Prelims | 1:07.64 | #310 Women 24&U 100 Back Prelims | 1:16.21 |
| #314 Women 24&U 200 IM Prelims   | 2:48.81 | #402 Women 24&U 50 Free Prelims  | 32.08   |
| #410 Women 24&U 200 Back Prelims | 2:45.18 |                                  |         |

## 6 Reynolds, Elne - Female - Age: 14 - Ind/Rel: 4 / 0

|                                  |         |                                   |         |
|----------------------------------|---------|-----------------------------------|---------|
| #302 Women 24&U 100 Free Prelims | 1:06.15 | #306 Women 24&U 50 Breast Prelims | 38.45   |
| #310 Women 24&U 100 Back Prelims | 1:17.27 | #314 Women 24&U 200 IM Prelims    | 2:46.64 |

## 7 Reynolds, Jakobus - Male - Age: 11 - Ind/Rel: 4 / 2

|  |         |   |         |
|--|---------|---|---------|
| #301 Men 24&U 100 Free Prelims                 | 1:13.15 | #305 Men 24&U 50 Breast Prelims               | 42.16   |
| #309 Men 24&U 100 Back Prelims                 | 1:18.68 | #313 Men 24&U 200 IM Prelims                  | 2:58.96 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.95 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:21.31 |

## 8 Rosser, Kyle H - Male - Age: 12 - Ind/Rel: 7 / 3

|                                  |         |  |         |
|----------------------------------|---------|--|---------|
| #103 Men 12 400 Free             | 5:52.53 | #201 Men 24&U 200 Free Prelims                 | 2:49.83 |
| #205 Men 24&U 100 Breast Prelims | 1:44.63 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:08.10 |
| #301 Men 24&U 100 Free Prelims   | 1:17.55 | #305 Men 24&U 50 Breast Prelims                | 49.37   |
| #313 Men 24&U 200 IM Prelims     | 3:19.22 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.95 |
| #401 Men 24&U 50 Free Prelims    | 35.42   | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:49.02 |

## 9 Rosser, Mark J - Male - Age: 10 - Ind/Rel: 7 / 1

|                                |         |   |         |
|--------------------------------|---------|---|---------|
| #201 Men 24&U 200 Free Prelims | 3:04.92 | #205 Men 24&U 100 Breast Prelims              | 1:44.78 |
| #207 Men 24&U 50 Back Prelims  | 43.32   | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:08.10 |
| #301 Men 24&U 100 Free Prelims | 1:23.25 | #305 Men 24&U 50 Breast Prelims               | 49.54   |
| #309 Men 24&U 100 Back Prelims | 1:32.85 | #405 Men 35&U 200 Breast Prelims              | 3:44.85 |

## 10 Serdyn, Sabella - Female - Age: 12 - Ind/Rel: 8 / 0

|                                  |         |                                   |         |
|----------------------------------|---------|-----------------------------------|---------|
| #104 Women 12 400 Free           | 5:39.15 | #202 Women 24&U 200 Free Prelims  | 2:37.49 |
| #208 Women 24&U 50 Back Prelims  | 37.15   | #212 Women 24&U 100 Fly Prelims   | 1:23.85 |
| #302 Women 24&U 100 Free Prelims | 1:12.25 | #306 Women 24&U 50 Breast Prelims | 46.04   |
| #310 Women 24&U 100 Back Prelims | 1:25.13 | #314 Women 24&U 200 IM Prelims    | 2:58.95 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Infinity Swimming Academy-NM****11 Van Zyl, Minette M - Female - Age: 12 - Ind/Rel: 5 / 2**

|  |         |                                   |         |
|--|---------|-----------------------------------|---------|
| #302 Women 24&U 100 Free Prelims               | 1:11.58 | #306 Women 24&U 50 Breast Prelims | 43.29   |
| #310 Women 24&U 100 Back Prelims               | 1:28.57 | #314 Women 24&U 200 IM Prelims    | 3:03.23 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free  | 2:21.31 | #402 Women 24&U 50 Free Prelims   | 32.73   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixed | 4:49.02 |                                   |         |

**12 Verdon, Daniel E - Male - Age: 10 - Ind/Rel: 7 / 2**

|   |         |   |         |
|---|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                  | 2:41.75 | #205 Men 24&U 100 Breast Prelims              | 1:45.69 |
| #207 Men 24&U 50 Back Prelims                   | 40.71   | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:08.10 |
| #301 Men 24&U 100 Free Prelims                  | 1:15.26 | #305 Men 24&U 50 Breast Prelims               | 48.26   |
| #309 Men 24&U 100 Back Prelims                  | 1:24.18 | #313 Men 24&U 200 IM Prelims                  | 3:08.23 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Relay | 2:13.95 |   |         |

**Infinity Swimming Academy-NM Total Individual Entries: 81 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Jvr Aqua Sport-CP****1 Amon, Leeya H - Female - Age: 14 - Ind/Rel: 6 / 0**

|                                  |         |                                 |         |
|----------------------------------|---------|---------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:30.48 | #212 Women 24&U 100 Fly Prelims | 1:16.41 |
| #302 Women 24&U 100 Free Prelims | 1:09.78 | #314 Women 24&U 200 IM Prelims  | 2:52.68 |
| #402 Women 24&U 50 Free Prelims  | 32.55   | #412 Women 24&U 50 Fly Prelims  | 34.48   |

**2 Kinnear, Connor - Male - Age: 14 - Ind/Rel: 5 / 0**

|                                  |         |                                 |       |
|----------------------------------|---------|---------------------------------|-------|
| #205 Men 24&U 100 Breast Prelims | 1:17.44 | #305 Men 24&U 50 Breast Prelims | 35.10 |
| #313 Men 24&U 200 IM Prelims     | 2:30.68 | #401 Men 24&U 50 Free Prelims   | 29.77 |
| #409 Men 24&U 200 Back Prelims   | 2:32.96 |                                 |       |

**3 Krenin, Damon R - Male - Age: 16 - Ind/Rel: 4 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:15.77 | #301 Men 24&U 100 Free Prelims   | 59.62   |
| #305 Men 24&U 50 Breast Prelims  | 36.80   | #405 Men 35&U 200 Breast Prelims | 2:48.56 |

**4 Smit, MJ M - Male - Age: 15 - Ind/Rel: 9 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:18.61 | #207 Men 24&U 50 Back Prelims  | 31.32   |
| #211 Men 24&U 100 Fly Prelims  | 1:07.99 | #301 Men 24&U 100 Free Prelims | 1:00.11 |
| #309 Men 24&U 100 Back Prelims | 1:07.87 | #313 Men 24&U 200 IM Prelims   | 2:37.26 |
| #401 Men 24&U 50 Free Prelims  | 26.67   | #409 Men 24&U 200 Back Prelims | 2:31.83 |
| #411 Men 24&U 50 Fly Prelims   | 29.67   |                                |         |

**Jvr Aqua Sport-CP Total Individual Entries: 24 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Kalahari Aquatics****1 Eilerd, Ayden I - Male - Age: 12 - Ind/Rel: 10 / 0**

|                                  |         |                                 |         |
|----------------------------------|---------|---------------------------------|---------|
| #103 Men 12 400 Free             | 5:37.84 | #201 Men 24&U 200 Free Prelims  | 2:37.71 |
| #205 Men 24&U 100 Breast Prelims | 1:41.05 | #211 Men 24&U 100 Fly Prelims   | 1:28.92 |
| #301 Men 24&U 100 Free Prelims   | 1:12.86 | #305 Men 24&U 50 Breast Prelims | 45.82   |
| #313 Men 24&U 200 IM Prelims     | 3:03.48 | #401 Men 24&U 50 Free Prelims   | 34.27   |
| #405 Men 35&U 200 Breast Prelims | 3:39.90 | #411 Men 24&U 50 Fly Prelims    | 37.75   |

**2 Eilers, De-Anzo C - Male - Age: 16 - Ind/Rel: 10 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #111 Men 16 400 Free           | 4:51.57 | #201 Men 24&U 200 Free Prelims | 2:12.62 |
| #207 Men 24&U 50 Back Prelims  | 31.25   | #211 Men 24&U 100 Fly Prelims  | 1:07.03 |
| #301 Men 24&U 100 Free Prelims | 57.26   | #309 Men 24&U 100 Back Prelims | 1:10.71 |
| #313 Men 24&U 200 IM Prelims   | 2:34.33 | #401 Men 24&U 50 Free Prelims  | 25.59   |
| #409 Men 24&U 200 Back Prelims | 2:40.42 | #411 Men 24&U 50 Fly Prelims   | 27.72   |

**3 Mans, Mia I - Female - Age: 13 - Ind/Rel: 10 / 0**

|                                    |         |                                   |         |
|------------------------------------|---------|-----------------------------------|---------|
| #106 Women 13 400 Free             | 5:29.30 | #202 Women 24&U 200 Free Prelims  | 2:34.67 |
| #208 Women 24&U 50 Back Prelims    | 37.62   | #212 Women 24&U 100 Fly Prelims   | 1:27.83 |
| #302 Women 24&U 100 Free Prelims   | 1:12.69 | #306 Women 24&U 50 Breast Prelims | 47.58   |
| #314 Women 24&U 200 IM Prelims     | 3:00.51 | #402 Women 24&U 50 Free Prelims   | 33.58   |
| #406 Women 24&U 200 Breast Prelims | 3:45.08 | #412 Women 24&U 50 Fly Prelims    | 36.72   |

**4 Pretorius, Chanri - Female - Age: 12 - Ind/Rel: 10 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #104 Women 12 400 Free             | 5:45.83 | #202 Women 24&U 200 Free Prelims   | 2:44.39 |
| #206 Women 24&U 100 Breast Prelims | 1:50.04 | #208 Women 24&U 50 Back Prelims    | 39.92   |
| #302 Women 24&U 100 Free Prelims   | 1:15.38 | #306 Women 24&U 50 Breast Prelims  | 48.12   |
| #310 Women 24&U 100 Back Prelims   | 1:30.77 | #314 Women 24&U 200 IM Prelims     | 3:27.98 |
| #402 Women 24&U 50 Free Prelims    | 34.47   | #406 Women 24&U 200 Breast Prelims | 3:53.88 |

**5 Pretorius, Mariné - Female - Age: 13 - Ind/Rel: 10 / 0**

|                                    |         |                                   |         |
|------------------------------------|---------|-----------------------------------|---------|
| #106 Women 13 400 Free             | 5:32.84 | #202 Women 24&U 200 Free Prelims  | 2:41.88 |
| #206 Women 24&U 100 Breast Prelims | 1:45.04 | #208 Women 24&U 50 Back Prelims   | 45.51   |
| #302 Women 24&U 100 Free Prelims   | 1:15.80 | #306 Women 24&U 50 Breast Prelims | 48.24   |
| #314 Women 24&U 200 IM Prelims     | 3:20.00 | #402 Women 24&U 50 Free Prelims   | 34.79   |
| #406 Women 24&U 200 Breast Prelims | 3:44.76 | #412 Women 24&U 50 Fly Prelims    | 50.88   |

**6 Van Vuuren, SJ J - Male - Age: 17 - Ind/Rel: 10 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #113 Men 17-24 400 Free        | 4:50.96 | #201 Men 24&U 200 Free Prelims | 2:15.91 |
| #207 Men 24&U 50 Back Prelims  | 34.43   | #211 Men 24&U 100 Fly Prelims  | 1:14.44 |
| #301 Men 24&U 100 Free Prelims | 1:01.12 | #309 Men 24&U 100 Back Prelims | 1:17.68 |
| #313 Men 24&U 200 IM Prelims   | 2:47.00 | #401 Men 24&U 50 Free Prelims  | 27.60   |
| #409 Men 24&U 200 Back Prelims | 2:45.71 | #411 Men 24&U 50 Fly Prelims   | 31.98   |

**Kalahari Aquatics Total Individual Entries: 60 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Karoo Stars-ED****1 Bothma, Ryan - Male - Age: 12 - Ind/Rel: 10 / 0**

|                                |         |                                 |         |
|--------------------------------|---------|---------------------------------|---------|
| #103 Men 12 400 Free           | 6:10.83 | #201 Men 24&U 200 Free Prelims  | 2:51.71 |
| #207 Men 24&U 50 Back Prelims  | 40.80   | #211 Men 24&U 100 Fly Prelims   | 1:25.83 |
| #301 Men 24&U 100 Free Prelims | 1:23.95 | #305 Men 24&U 50 Breast Prelims | 48.16   |
| #309 Men 24&U 100 Back Prelims | 1:32.50 | #313 Men 24&U 200 IM Prelims    | 3:18.70 |
| #401 Men 24&U 50 Free Prelims  | 34.45   | #411 Men 24&U 50 Fly Prelims    | 37.05   |

**Karoo Stars-ED Total Individual Entries: 10 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Kathu Tweekamp & Swem****1 Groenewald, Emma A - Female - Age: 11 - Ind/Rel: 6 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #302 Women 24&U 100 Free Prelims | 1:24.16 | #310 Women 24&U 100 Back Prelims | 1:33.68 |
| #314 Women 24&U 200 IM Prelims   | 3:33.17 | #402 Women 24&U 50 Free Prelims  | 36.64   |
| #410 Women 24&U 200 Back Prelims | 3:10.39 | #412 Women 24&U 50 Fly Prelims   | 45.30   |

**2 Groenewald, Mia T - Female - Age: 13 - Ind/Rel: 6 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #302 Women 24&U 100 Free Prelims | 1:11.10 | #310 Women 24&U 100 Back Prelims | 1:18.47 |
| #314 Women 24&U 200 IM Prelims   | 2:56.24 | #402 Women 24&U 50 Free Prelims  | 33.29   |
| #410 Women 24&U 200 Back Prelims | 2:50.56 | #412 Women 24&U 50 Fly Prelims   | 38.93   |

**Kathu Tweekamp & Swem Total Individual Entries: 12 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Knysna Aquatics-ED****1 Boshoff, Keanu A - Male - Age: 11 - Ind/Rel: 7 / 2**

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:31.73 | #205 Men 24&U 100 Breast Prelims              | 1:29.13 |
| #211 Men 24&U 100 Fly Prelims                  | 1:16.76 | #301 Men 24&U 100 Free Prelims                | 1:09.29 |
| #305 Men 24&U 50 Breast Prelims                | 40.06   | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:29.20 |
| #401 Men 24&U 50 Free Prelims                  | 30.75   | #411 Men 24&U 50 Fly Prelims                  | 34.49   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixed | 4:57.80 |   |         |

**2 Hunter, Emma J - Female - Age: 11 - Ind/Rel: 6 / 2**

|   |         |  |         |
|---|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims            | 1:39.19 | #208 Women 24&U 50 Back Prelims                | 45.23   |
| #302 Women 24&U 100 Free Prelims              | 1:23.80 | #306 Women 24&U 50 Breast Prelims              | 45.01   |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:29.20 | #402 Women 24&U 50 Free Prelims                | 36.86   |
| #406 Women 24&U 200 Breast Prelims            | 3:28.90 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixed | 4:57.80 |

**3 Parr, Colby S - Male - Age: 11 - Ind/Rel: 8 / 2**

|                                |         |  |         |
|--------------------------------|---------|--|---------|
| #201 Men 24&U 200 Free Prelims | 2:46.03 | #207 Men 24&U 50 Back Prelims                  | 37.84   |
| #301 Men 24&U 100 Free Prelims | 1:14.29 | #309 Men 24&U 100 Back Prelims                 | 1:23.92 |
| #313 Men 24&U 200 IM Prelims   | 3:16.65 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free  | 2:29.20 |
| #401 Men 24&U 50 Free Prelims  | 32.79   | #409 Men 24&U 200 Back Prelims                 | 2:56.94 |
| #411 Men 24&U 50 Fly Prelims   | 39.37   | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixed | 4:57.80 |

**4 Van Der Merwe, Ula W - Male - Age: 15 - Ind/Rel: 7 / 0**

|                               |         |                                |         |
|-------------------------------|---------|--------------------------------|---------|
| #109 Men 15 400 Free          | 4:41.03 | #201 Men 24&U 200 Free Prelims | 2:09.05 |
| #211 Men 24&U 100 Fly Prelims | 1:14.14 | #301 Men 24&U 100 Free Prelims | 58.17   |
| #313 Men 24&U 200 IM Prelims  | 2:32.69 | #401 Men 24&U 50 Free Prelims  | 26.76   |
| #411 Men 24&U 50 Fly Prelims  | 29.70   |                                |         |

**5 Van Der Wath, Izi - Female - Age: 12 - Ind/Rel: 7 / 2**

|  |         |   |         |
|--|---------|---|---------|
| #104 Women 12 400 Free                         | 5:47.50 | #202 Women 24&U 200 Free Prelims              | 2:35.55 |
| #206 Women 24&U 100 Breast Prelims             | 1:32.33 | #302 Women 24&U 100 Free Prelims              | 1:10.42 |
| #306 Women 24&U 50 Breast Prelims              | 40.01   | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:29.20 |
| #402 Women 24&U 50 Free Prelims                | 31.59   | #406 Women 24&U 200 Breast Prelims            | 3:14.97 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixed | 4:57.80 |   |         |

**Knysna Aquatics-ED Total Individual Entries: 35 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Lane Leader Stellenbosch-CE

1 **Beetge, Amy - Female - Age: 15 - Ind/Rel: 4 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:28.50 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.68 |
| #302 Women 24&U 100 Free Prelims               | 1:10.50 | #306 Women 24&U 50 Breast Prelims              | 41.59   |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:07.29 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.47 |
| #406 Women 24&U 200 Breast Prelims             | 3:10.47 | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:25.46 |

2 **Geysler, Almi - Female - Age: 13 - Ind/Rel: 7 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #106 Women 13 400 Free                         | 5:20.45 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.68 |
| #302 Women 24&U 100 Free Prelims               | 1:08.53 | #306 Women 24&U 50 Breast Prelims              | 42.60   |
| #314 Women 24&U 200 IM Prelims                 | 2:58.00 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:07.29 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.47 | #402 Women 24&U 50 Free Prelims                | 31.10   |
| #406 Women 24&U 200 Breast Prelims             | 3:16.57 | #412 Women 24&U 50 Fly Prelims                 | 35.62   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:25.46 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.50 |

3 **Geysler, Jacques M - Male - Age: 15 - Ind/Rel: 7 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:17.59 | #211 Men 24&U 100 Fly Prelims                   | 1:07.57 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:56.97 | #301 Men 24&U 100 Free Prelims                  | 59.72   |
| #313 Men 24&U 200 IM Prelims                   | 2:35.22 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:46.62 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.47 | #401 Men 24&U 50 Free Prelims                   | 27.31   |
| #409 Men 24&U 200 Back Prelims                 | 2:37.90 | #411 Men 24&U 50 Fly Prelims                    | 29.51   |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle  | 1:58.52 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe  | 4:15.50 |

4 **Hendricks, Joshua - Male - Age: 16 - Ind/Rel: 6 / 4**

|  |         |   |         |
|--|---------|---|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:13.71 | #211 Men 24&U 100 Fly Prelims                   | 1:11.71 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:56.97 | #301 Men 24&U 100 Free Prelims                  | 1:00.01 |
| #305 Men 24&U 50 Breast Prelims                | 33.31   | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:46.62 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:15.47 | #405 Men 35&U 200 Breast Prelims                | 2:41.80 |
| #411 Men 24&U 50 Fly Prelims                   | 30.33   | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 1:58.52 |

5 **Mansfield, Bella K - Female - Age: 15 - Ind/Rel: 7 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:29.73 | #206 Women 24&U 100 Breast Prelims             | 1:28.25 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.68 | #302 Women 24&U 100 Free Prelims               | 1:08.68 |
| #306 Women 24&U 50 Breast Prelims              | 41.14   | #314 Women 24&U 200 IM Prelims                 | 3:00.98 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:07.29 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.03 |
| #402 Women 24&U 50 Free Prelims                | 32.34   | #406 Women 24&U 200 Breast Prelims             | 3:08.43 |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:25.46 |  |         |

6 **Potgieter, Michael M - Male - Age: 16 - Ind/Rel: 0 / 4**

|  |         |   |         |
|--|---------|---|---------|
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:56.97 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:46.62 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.03 | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 1:58.52 |

7 **Stander, Daniel E - Male - Age: 16 - Ind/Rel: 5 / 5**

|   |         |  |         |
|---|---------|--|---------|
| #211 Men 24&U 100 Fly Prelims                   | 1:01.07 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:56.97 |
| #301 Men 24&U 100 Free Prelims                  | 59.28   | #313 Men 24&U 200 IM Prelims                   | 2:30.24 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:46.62 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.03 |
| #401 Men 24&U 50 Free Prelims                   | 26.90   | #411 Men 24&U 50 Fly Prelims                   | 27.57   |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 1:58.52 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.50 |

8 **Vd Merwe, Simone - Female - Age: 14 - Ind/Rel: 6 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.68 | #302 Women 24&U 100 Free Prelims               | 1:07.97 |
| #310 Women 24&U 100 Back Prelims               | 1:15.62 | #314 Women 24&U 200 IM Prelims                 | 2:45.72 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:07.29 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.03 |
| #402 Women 24&U 50 Free Prelims                | 30.99   | #406 Women 24&U 200 Breast Prelims             | 3:07.00 |
| #410 Women 24&U 200 Back Prelims               | 2:41.34 | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:25.46 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.50 |  |         |

Lane Leader Stellenbosch-CE Total Individual Entries: 42 - Total Relays: 0

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Lebone II Aquatic Club-BP****1 Mokwena, Owethu - Female - Age: 15 - Ind/Rel: 4 / 0**

|                                       |         |   |         |
|---------------------------------------|---------|---|---------|
| #304 Women 24&U 100 Free Para Prelims | 2:47.07 | #308 Women 24&U 50 Breast Para Prelims  | 1:10.09 |
| #404 Women 24&U 50 Free Para Prelims  | 1:05.77 | #408 Women 24&U 100 Breast Para Prelims | 2:48.11 |

**2 Steyn, Symone - Female - Age: 17 - Ind/Rel: 4 / 0**

|                                  |         |                                   |       |
|----------------------------------|---------|-----------------------------------|-------|
| #302 Women 24&U 100 Free Prelims | 1:04.95 | #306 Women 24&U 50 Breast Prelims | 39.23 |
| #402 Women 24&U 50 Free Prelims  | 28.99   | #412 Women 24&U 50 Fly Prelims    | 32.31 |

**Lebone II Aquatic Club-BP Total Individual Entries: 8 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Manta SC-CP****1 Bowers, Joshua A - Male - Age: 20 - Ind/Rel: 9 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #113 Men 17-24 400 Free        | 4:58.80 | #201 Men 24&U 200 Free Prelims | 2:20.97 |
| #207 Men 24&U 50 Back Prelims  | 31.84   | #211 Men 24&U 100 Fly Prelims  | 1:19.56 |
| #301 Men 24&U 100 Free Prelims | 1:03.55 | #309 Men 24&U 100 Back Prelims | 1:11.09 |
| #401 Men 24&U 50 Free Prelims  | 28.98   | #409 Men 24&U 200 Back Prelims | 2:36.00 |
| #411 Men 24&U 50 Fly Prelims   | 32.66   |                                |         |

**2 McPetrie, James L - Male - Age: 15 - Ind/Rel: 10 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #109 Men 15 400 Free           | 4:54.31 | #201 Men 24&U 200 Free Prelims | 2:16.71 |
| #207 Men 24&U 50 Back Prelims  | 32.07   | #211 Men 24&U 100 Fly Prelims  | 1:09.95 |
| #301 Men 24&U 100 Free Prelims | 1:01.86 | #309 Men 24&U 100 Back Prelims | 1:08.71 |
| #313 Men 24&U 200 IM Prelims   | 2:33.40 | #401 Men 24&U 50 Free Prelims  | 28.39   |
| #409 Men 24&U 200 Back Prelims | 2:30.96 | #411 Men 24&U 50 Fly Prelims   | 31.41   |

**3 Moolman, Carter S - Male - Age: 14 - Ind/Rel: 7 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:26.06 | #211 Men 24&U 100 Fly Prelims    | 1:15.29 |
| #301 Men 24&U 100 Free Prelims   | 1:11.16 | #305 Men 24&U 50 Breast Prelims  | 38.11   |
| #313 Men 24&U 200 IM Prelims     | 2:51.33 | #405 Men 35&U 200 Breast Prelims | 3:10.97 |
| #411 Men 24&U 50 Fly Prelims     | 31.97   |                                  |         |

**Manta SC-CP Total Individual Entries: 26 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Marlin Swimming Club-CP****1 Badenhorst, Storme - Female - Age: 14 - Ind/Rel: 6 / 0**

|                                    |         |
|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:29.95 |
| #306 Women 24&U 50 Breast Prelims  | 40.86   |
| #402 Women 24&U 50 Free Prelims    | 32.14   |

|                                    |         |
|------------------------------------|---------|
| #302 Women 24&U 100 Free Prelims   | 1:12.29 |
| #314 Women 24&U 200 IM Prelims     | 2:53.59 |
| #406 Women 24&U 200 Breast Prelims | 3:13.54 |

**2 Jeftha, Zara L - Female - Age: 15 - Ind/Rel: 7 / 0**

|                                    |         |
|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:26.43 |
| #302 Women 24&U 100 Free Prelims   | 1:12.47 |
| #314 Women 24&U 200 IM Prelims     | 3:07.18 |
| #412 Women 24&U 50 Fly Prelims     | 35.95   |

|                                    |         |
|------------------------------------|---------|
| #212 Women 24&U 100 Fly Prelims    | 1:23.09 |
| #306 Women 24&U 50 Breast Prelims  | 39.02   |
| #406 Women 24&U 200 Breast Prelims | 3:11.39 |

**3 Poggenpoel, Troy J - Male - Age: 13 - Ind/Rel: 7 / 0**

|                                |         |
|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:24.70 |
| #211 Men 24&U 100 Fly Prelims  | 1:15.21 |
| #309 Men 24&U 100 Back Prelims | 1:16.73 |
| #411 Men 24&U 50 Fly Prelims   | 33.20   |

|                                  |         |
|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:29.42 |
| #301 Men 24&U 100 Free Prelims   | 1:04.72 |
| #401 Men 24&U 50 Free Prelims    | 30.01   |

**4 Rinquest, Aqeelah - Female - Age: 16 - Ind/Rel: 6 / 0**

|                                   |         |
|-----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims  | 2:35.74 |
| #306 Women 24&U 50 Breast Prelims | 39.14   |
| #402 Women 24&U 50 Free Prelims   | 33.13   |

|                                    |         |
|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:26.04 |
| #314 Women 24&U 200 IM Prelims     | 2:56.96 |
| #406 Women 24&U 200 Breast Prelims | 3:09.08 |

**Marlin Swimming Club-CP Total Individual Entries: 26 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Matabeleland South-MW****1 Mhlope, Andile T - Male - Age: 16 - Ind/Rel: 8 / 0**

|                                |         |                                |       |
|--------------------------------|---------|--------------------------------|-------|
| #201 Men 24&U 200 Free Prelims | 2:17.55 | #207 Men 24&U 50 Back Prelims  | 30.94 |
| #211 Men 24&U 100 Fly Prelims  | 1:08.55 | #301 Men 24&U 100 Free Prelims | 58.00 |
| #309 Men 24&U 100 Back Prelims | 1:09.29 | #401 Men 24&U 50 Free Prelims  | 26.62 |
| #409 Men 24&U 200 Back Prelims | 2:55.46 | #411 Men 24&U 50 Fly Prelims   | 28.64 |

**Matabeleland South-MW Total Individual Entries: 8 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Maties Aquatics-CE****1 Hechter, Coreen C - Female - Age: 21 - Ind/Rel: 5 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #114 Women 17-24 400 Free        | 4:50.95 | #202 Women 24&U 200 Free Prelims | 2:16.98 |
| #302 Women 24&U 100 Free Prelims | 1:02.83 | #402 Women 24&U 50 Free Prelims  | 29.21   |
| #412 Women 24&U 50 Fly Prelims   | 32.15   |                                  |         |

**Maties Aquatics-CE Total Individual Entries: 5 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Namibia Swimming Federation****1 Armstrong, Lee-Jay N - Male - Age: 14 - Ind/Rel: 12 / 4**

|   |         |  |         |
|---|---------|--|---------|
| #107 Men 14 400 Free                            | 5:25.65 | #201 Men 24&U 200 Free Prelims                 | 2:25.30 |
| #205 Men 24&U 100 Breast Prelims                | 1:22.81 | #207 Men 24&U 50 Back Prelims                  | 35.66   |
| #211 Men 24&U 100 Fly Prelims                   | 1:14.25 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:12.23 |
| #301 Men 24&U 100 Free Prelims                  | 1:03.96 | #305 Men 24&U 50 Breast Prelims                | 37.36   |
| #309 Men 24&U 100 Back Prelims                  | 1:22.47 | #313 Men 24&U 200 IM Prelims                   | 2:44.74 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:54.24 | #401 Men 24&U 50 Free Prelims                  | 28.72   |
| #405 Men 35&U 200 Breast Prelims                | 3:01.71 | #411 Men 24&U 50 Fly Prelims                   | 31.58   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle   | 2:08.81 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 1:56.38 |

**2 Bauernschmitt, Michael B - Male - Age: 15 - Ind/Rel: 13 / 4**

|   |         |  |         |
|---|---------|--|---------|
| #109 Men 15 400 Free                            | 4:53.20 | #201 Men 24&U 200 Free Prelims                 | 2:15.64 |
| #205 Men 24&U 100 Breast Prelims                | 1:20.90 | #207 Men 24&U 50 Back Prelims                  | 31.18   |
| #211 Men 24&U 100 Fly Prelims                   | 1:07.06 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:12.23 |
| #301 Men 24&U 100 Free Prelims                  | 59.78   | #305 Men 24&U 50 Breast Prelims                | 36.00   |
| #309 Men 24&U 100 Back Prelims                  | 1:08.04 | #313 Men 24&U 200 IM Prelims                   | 2:26.93 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:54.24 | #401 Men 24&U 50 Free Prelims                  | 26.92   |
| #405 Men 35&U 200 Breast Prelims                | 3:02.06 | #409 Men 24&U 200 Back Prelims                 | 2:23.53 |
| #411 Men 24&U 50 Fly Prelims                    | 28.58   | #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:08.81 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed  | 1:56.38 |  |         |

**3 Benade, Kayleb G - Male - Age: 13 - Ind/Rel: 11 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #105 Men 13 400 Free             | 5:40.07 | #201 Men 24&U 200 Free Prelims | 2:37.99 |
| #205 Men 24&U 100 Breast Prelims | 1:32.27 | #207 Men 24&U 50 Back Prelims  | 37.51   |
| #211 Men 24&U 100 Fly Prelims    | 1:14.02 | #301 Men 24&U 100 Free Prelims | 1:08.05 |
| #305 Men 24&U 50 Breast Prelims  | 41.53   | #309 Men 24&U 100 Back Prelims | 1:22.23 |
| #313 Men 24&U 200 IM Prelims     | 2:45.80 | #401 Men 24&U 50 Free Prelims  | 31.75   |
| #411 Men 24&U 50 Fly Prelims     | 32.40   |                                |         |

**4 Benade, Quelin H - Female - Age: 15 - Ind/Rel: 11 / 4**

|  |         |   |         |
|--|---------|---|---------|
| #110 Women 15 400 Free                         | 5:12.92 | #202 Women 24&U 200 Free Prelims              | 2:26.63 |
| #206 Women 24&U 100 Breast Prelims             | 1:24.21 | #208 Women 24&U 50 Back Prelims               | 35.29   |
| #212 Women 24&U 100 Fly Prelims                | 1:16.08 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:30.09 |
| #302 Women 24&U 100 Free Prelims               | 1:06.43 | #306 Women 24&U 50 Breast Prelims             | 39.66   |
| #310 Women 24&U 100 Back Prelims               | 1:14.91 | #314 Women 24&U 200 IM Prelims                | 2:40.79 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:03.99 | #402 Women 24&U 50 Free Prelims               | 30.96   |
| #412 Women 24&U 50 Fly Prelims                 | 33.35   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:17.19 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 1:56.38 |   |         |

**5 Bergh, Madison S - Female - Age: 13 - Ind/Rel: 10 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #106 Women 13 400 Free                         | 5:14.01 | #202 Women 24&U 200 Free Prelims               | 2:29.52 |
| #208 Women 24&U 50 Back Prelims                | 36.65   | #212 Women 24&U 100 Fly Prelims                | 1:21.56 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:30.09 | #302 Women 24&U 100 Free Prelims               | 1:10.31 |
| #310 Women 24&U 100 Back Prelims               | 1:17.53 | #314 Women 24&U 200 IM Prelims                 | 2:53.25 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:03.99 | #402 Women 24&U 50 Free Prelims                | 32.34   |
| #410 Women 24&U 200 Back Prelims               | 2:40.10 | #412 Women 24&U 50 Fly Prelims                 | 34.72   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:17.19 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 2:01.85 |

**6 Bergh, Riley R - Male - Age: 11 - Ind/Rel: 12 / 2**

|   |         |   |         |
|---|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                | 3:07.58 | #205 Men 24&U 100 Breast Prelims              | 1:43.10 |
| #207 Men 24&U 50 Back Prelims                 | 42.06   | #211 Men 24&U 100 Fly Prelims                 | 1:44.75 |
| #301 Men 24&U 100 Free Prelims                | 1:24.10 | #305 Men 24&U 50 Breast Prelims               | 47.55   |
| #309 Men 24&U 100 Back Prelims                | 1:32.61 | #313 Men 24&U 200 IM Prelims                  | 3:16.60 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:32.61 | #401 Men 24&U 50 Free Prelims                 | 36.97   |
| #405 Men 35&U 200 Breast Prelims              | 3:46.53 | #409 Men 24&U 200 Back Prelims                | 3:20.12 |
| #411 Men 24&U 50 Fly Prelims                  | 38.78   | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:02.37 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Namibia Swimming Federation****7 Brinkmann, Emma M - Female - Age: 11 - Ind/Rel: 13 / 2**

|  |         |   |         |
|--|---------|---|---------|
| #102 Women 11&U 400 Free                       | 6:02.26 | #202 Women 24&U 200 Free Prelims              | 2:51.35 |
| #206 Women 24&U 100 Breast Prelims             | 1:37.18 | #208 Women 24&U 50 Back Prelims               | 41.75   |
| #212 Women 24&U 100 Fly Prelims                | 1:29.71 | #302 Women 24&U 100 Free Prelims              | 1:14.47 |
| #306 Women 24&U 50 Breast Prelims              | 44.99   | #310 Women 24&U 100 Back Prelims              | 1:30.22 |
| #314 Women 24&U 200 IM Prelims                 | 3:01.79 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:32.61 |
| #402 Women 24&U 50 Free Prelims                | 34.13   | #406 Women 24&U 200 Breast Prelims            | 3:21.13 |
| #410 Women 24&U 200 Back Prelims               | 3:16.52 | #412 Women 24&U 50 Fly Prelims                | 40.50   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixed | 5:02.37 |   |         |

**8 Feris, Samuel H - Male - Age: 14 - Ind/Rel: 10 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #107 Men 14 400 Free                           | 5:07.06 | #201 Men 24&U 200 Free Prelims                 | 2:23.19 |
| #207 Men 24&U 50 Back Prelims                  | 36.25   | #211 Men 24&U 100 Fly Prelims                  | 1:13.42 |
| #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:12.23 | #301 Men 24&U 100 Free Prelims                 | 1:04.42 |
| #305 Men 24&U 50 Breast Prelims                | 41.90   | #309 Men 24&U 100 Back Prelims                 | 1:18.27 |
| #313 Men 24&U 200 IM Prelims                   | 2:45.59 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rel | 1:54.24 |
| #401 Men 24&U 50 Free Prelims                  | 29.47   | #411 Men 24&U 50 Fly Prelims                   | 32.50   |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:08.81 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 2:01.85 |

**9 Geysler, Brett A - Male - Age: 17 - Ind/Rel: 13 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #113 Men 17-24 400 Free          | 4:56.07 | #201 Men 24&U 200 Free Prelims | 2:14.23 |
| #205 Men 24&U 100 Breast Prelims | 1:16.72 | #207 Men 24&U 50 Back Prelims  | 31.11   |
| #211 Men 24&U 100 Fly Prelims    | 1:04.47 | #301 Men 24&U 100 Free Prelims | 58.99   |
| #305 Men 24&U 50 Breast Prelims  | 34.95   | #309 Men 24&U 100 Back Prelims | 1:06.95 |
| #313 Men 24&U 200 IM Prelims     | 2:25.81 | #401 Men 24&U 50 Free Prelims  | 27.04   |
| #405 Men 35&U 200 Breast Prelims | 2:41.88 | #409 Men 24&U 200 Back Prelims | 2:26.96 |
| #411 Men 24&U 50 Fly Prelims     | 27.67   |                                |         |

**10 Naukosho, Ariana - Female - Age: 15 - Ind/Rel: 13 / 4**

|  |         |   |         |
|--|---------|---|---------|
| #110 Women 15 400 Free                         | 5:03.79 | #202 Women 24&U 200 Free Prelims              | 2:24.61 |
| #206 Women 24&U 100 Breast Prelims             | 1:24.06 | #208 Women 24&U 50 Back Prelims               | 35.85   |
| #212 Women 24&U 100 Fly Prelims                | 1:14.28 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:30.09 |
| #302 Women 24&U 100 Free Prelims               | 1:05.63 | #306 Women 24&U 50 Breast Prelims             | 38.26   |
| #310 Women 24&U 100 Back Prelims               | 1:17.41 | #314 Women 24&U 200 IM Prelims                | 2:40.13 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:03.99 | #402 Women 24&U 50 Free Prelims               | 30.91   |
| #406 Women 24&U 200 Breast Prelims             | 3:03.29 | #410 Women 24&U 200 Back Prelims              | 2:37.70 |
| #412 Women 24&U 50 Fly Prelims                 | 32.73   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:17.19 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 2:01.85 |   |         |

**11 Nel, Esmeralda - Female - Age: 13 - Ind/Rel: 10 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:26.45 | #208 Women 24&U 50 Back Prelims                | 33.37   |
| #212 Women 24&U 100 Fly Prelims                | 1:21.49 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:30.09 |
| #302 Women 24&U 100 Free Prelims               | 1:07.72 | #306 Women 24&U 50 Breast Prelims              | 38.01   |
| #310 Women 24&U 100 Back Prelims               | 1:17.65 | #314 Women 24&U 200 IM Prelims                 | 2:55.31 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:03.99 | #402 Women 24&U 50 Free Prelims                | 29.78   |
| #406 Women 24&U 200 Breast Prelims             | 3:07.00 | #412 Women 24&U 50 Fly Prelims                 | 31.32   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:17.19 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 1:56.38 |

**12 Nell, Noah S - Male - Age: 17 - Ind/Rel: 13 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #113 Men 17-24 400 Free          | 4:42.30 | #201 Men 24&U 200 Free Prelims | 2:12.34 |
| #205 Men 24&U 100 Breast Prelims | 1:16.46 | #207 Men 24&U 50 Back Prelims  | 30.76   |
| #211 Men 24&U 100 Fly Prelims    | 1:05.85 | #301 Men 24&U 100 Free Prelims | 1:00.77 |
| #305 Men 24&U 50 Breast Prelims  | 35.41   | #309 Men 24&U 100 Back Prelims | 1:06.00 |
| #313 Men 24&U 200 IM Prelims     | 2:23.96 | #401 Men 24&U 50 Free Prelims  | 27.61   |
| #405 Men 35&U 200 Breast Prelims | 2:42.77 | #409 Men 24&U 200 Back Prelims | 2:20.62 |
| #411 Men 24&U 50 Fly Prelims     | 29.45   |                                |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Namibia Swimming Federation****13 Nell, Tristan T - Male - Age: 14 - Ind/Rel: 13 / 4**

|   |         |  |         |
|---|---------|--|---------|
| #107 Men 14 400 Free                            | 4:59.56 | #201 Men 24&U 200 Free Prelims                 | 2:20.99 |
| #205 Men 24&U 100 Breast Prelims                | 1:24.77 | #207 Men 24&U 50 Back Prelims                  | 33.81   |
| #211 Men 24&U 100 Fly Prelims                   | 1:10.46 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:12.23 |
| #301 Men 24&U 100 Free Prelims                  | 1:04.07 | #305 Men 24&U 50 Breast Prelims                | 37.51   |
| #309 Men 24&U 100 Back Prelims                  | 1:12.20 | #313 Men 24&U 200 IM Prelims                   | 2:36.08 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:54.24 | #401 Men 24&U 50 Free Prelims                  | 29.13   |
| #405 Men 35&U 200 Breast Prelims                | 3:03.75 | #409 Men 24&U 200 Back Prelims                 | 2:40.86 |
| #411 Men 24&U 50 Fly Prelims                    | 30.80   | #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:08.81 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed  | 2:01.85 |  |         |

**14 Schnebel, Sandra - Female - Age: 11 - Ind/Rel: 13 / 2**

|   |         |   |         |
|---|---------|---|---------|
| #102 Women 11&U 400 Free                      | 6:21.67 | #202 Women 24&U 200 Free Prelims              | 2:50.97 |
| #206 Women 24&U 100 Breast Prelims            | 1:39.88 | #208 Women 24&U 50 Back Prelims               | 38.19   |
| #212 Women 24&U 100 Fly Prelims               | 1:37.51 | #302 Women 24&U 100 Free Prelims              | 1:15.30 |
| #306 Women 24&U 50 Breast Prelims             | 46.46   | #310 Women 24&U 100 Back Prelims              | 1:22.17 |
| #314 Women 24&U 200 IM Prelims                | 3:06.53 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:32.61 |
| #402 Women 24&U 50 Free Prelims               | 34.28   | #406 Women 24&U 200 Breast Prelims            | 3:37.41 |
| #410 Women 24&U 200 Back Prelims              | 3:06.84 | #412 Women 24&U 50 Fly Prelims                | 39.58   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:02.37 |   |         |

**15 Steyn, Carissa L - Female - Age: 15 - Ind/Rel: 13 / 0**

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #110 Women 15 400 Free             | 5:07.37 | #202 Women 24&U 200 Free Prelims | 2:30.62 |
| #206 Women 24&U 100 Breast Prelims | 1:30.58 | #208 Women 24&U 50 Back Prelims  | 39.18   |
| #212 Women 24&U 100 Fly Prelims    | 1:29.75 | #302 Women 24&U 100 Free Prelims | 1:11.41 |
| #306 Women 24&U 50 Breast Prelims  | 40.96   | #310 Women 24&U 100 Back Prelims | 1:22.42 |
| #314 Women 24&U 200 IM Prelims     | 2:50.53 | #402 Women 24&U 50 Free Prelims  | 32.87   |
| #406 Women 24&U 200 Breast Prelims | 3:07.73 | #410 Women 24&U 200 Back Prelims | 2:48.55 |
| #412 Women 24&U 50 Fly Prelims     | 36.60   |                                  |         |

**16 Steyn, Ryan P - Male - Age: 12 - Ind/Rel: 13 / 2**

|   |         |   |         |
|---|---------|---|---------|
| #103 Men 12 400 Free                          | 5:33.80 | #201 Men 24&U 200 Free Prelims                | 2:32.14 |
| #205 Men 24&U 100 Breast Prelims              | 1:30.92 | #207 Men 24&U 50 Back Prelims                 | 35.13   |
| #211 Men 24&U 100 Fly Prelims                 | 1:16.74 | #301 Men 24&U 100 Free Prelims                | 1:08.50 |
| #305 Men 24&U 50 Breast Prelims               | 41.51   | #309 Men 24&U 100 Back Prelims                | 1:16.37 |
| #313 Men 24&U 200 IM Prelims                  | 2:45.78 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:32.61 |
| #401 Men 24&U 50 Free Prelims                 | 32.09   | #405 Men 35&U 200 Breast Prelims              | 3:18.29 |
| #409 Men 24&U 200 Back Prelims                | 2:48.54 | #411 Men 24&U 50 Fly Prelims                  | 34.83   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:02.37 |   |         |

**17 Zhou, Ruizhe - Male - Age: 16 - Ind/Rel: 13 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #111 Men 16 400 Free             | 5:07.76 | #201 Men 24&U 200 Free Prelims | 2:23.71 |
| #205 Men 24&U 100 Breast Prelims | 1:16.91 | #207 Men 24&U 50 Back Prelims  | 35.72   |
| #211 Men 24&U 100 Fly Prelims    | 1:17.28 | #301 Men 24&U 100 Free Prelims | 1:05.11 |
| #305 Men 24&U 50 Breast Prelims  | 34.57   | #309 Men 24&U 100 Back Prelims | 1:17.06 |
| #313 Men 24&U 200 IM Prelims     | 2:39.08 | #401 Men 24&U 50 Free Prelims  | 29.26   |
| #405 Men 35&U 200 Breast Prelims | 2:47.91 | #409 Men 24&U 200 Back Prelims | 2:42.36 |
| #411 Men 24&U 50 Fly Prelims     | 32.40   |                                |         |

**Namibia Swimming Federation Total Individual Entries: 206 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Neptune's Aquatics-MA****1 Vorster, Isabel - Female - Age: 15 - Ind/Rel: 4 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #302 Women 24&U 100 Free Prelims | 1:06.80 | #310 Women 24&U 100 Back Prelims | 1:25.61 |
| #402 Women 24&U 50 Free Prelims  | 30.31   | #412 Women 24&U 50 Fly Prelims   | 32.47   |

**Neptune's Aquatics-MA Total Individual Entries: 4 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Otters Rustenburg-BP****1 Meyer, Heiko F - Male - Age: 14 - Ind/Rel: 7 / 0**

|                                  |         |                                 |       |
|----------------------------------|---------|---------------------------------|-------|
| #205 Men 24&U 100 Breast Prelims | 1:28.65 | #207 Men 24&U 50 Back Prelims   | 38.56 |
| #301 Men 24&U 100 Free Prelims   | 1:10.28 | #305 Men 24&U 50 Breast Prelims | 39.78 |
| #309 Men 24&U 100 Back Prelims   | 1:27.71 | #401 Men 24&U 50 Free Prelims   | 30.60 |
| #405 Men 35&U 200 Breast Prelims | 3:09.41 |                                 |       |

**Otters Rustenburg-BP Total Individual Entries: 7 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Paarl Aquarius SC-CE****1 Anthony, Jazmin A - Female - Age: 10 - Ind/Rel: 8 / 0**

|                                    |         |                                   |       |
|------------------------------------|---------|-----------------------------------|-------|
| #206 Women 24&U 100 Breast Prelims | 1:46.99 | #208 Women 24&U 50 Back Prelims   | 52.09 |
| #302 Women 24&U 100 Free Prelims   | 1:34.68 | #306 Women 24&U 50 Breast Prelims | 49.51 |
| #314 Women 24&U 200 IM Prelims     | 3:34.97 | #402 Women 24&U 50 Free Prelims   | 40.19 |
| #406 Women 24&U 200 Breast Prelims | 3:43.14 | #412 Women 24&U 50 Fly Prelims    | 49.40 |

**2 Baadjies, Cruden H - Male - Age: 11 - Ind/Rel: 8 / 0**

|                                  |         |                                 |       |
|----------------------------------|---------|---------------------------------|-------|
| #205 Men 24&U 100 Breast Prelims | 1:47.04 | #207 Men 24&U 50 Back Prelims   | 49.05 |
| #301 Men 24&U 100 Free Prelims   | 1:27.34 | #305 Men 24&U 50 Breast Prelims | 46.03 |
| #313 Men 24&U 200 IM Prelims     | 3:59.91 | #401 Men 24&U 50 Free Prelims   | 39.37 |
| #405 Men 35&U 200 Breast Prelims | 3:43.80 | #411 Men 24&U 50 Fly Prelims    | 50.70 |

**3 Cleophas, Kyle - Male - Age: 13 - Ind/Rel: 8 / 0**

|                                 |         |                                |         |
|---------------------------------|---------|--------------------------------|---------|
| #105 Men 13 400 Free            | 5:20.58 | #207 Men 24&U 50 Back Prelims  | 37.13   |
| #211 Men 24&U 100 Fly Prelims   | 1:21.71 | #301 Men 24&U 100 Free Prelims | 1:09.58 |
| #305 Men 24&U 50 Breast Prelims | 44.58   | #309 Men 24&U 100 Back Prelims | 1:25.14 |
| #401 Men 24&U 50 Free Prelims   | 31.17   | #411 Men 24&U 50 Fly Prelims   | 35.19   |

**4 Rheeder, Liam M - Male - Age: 12 - Ind/Rel: 11 / 0**

|                                |         |                                 |         |
|--------------------------------|---------|---------------------------------|---------|
| #103 Men 12 400 Free           | 5:31.06 | #201 Men 24&U 200 Free Prelims  | 2:37.65 |
| #207 Men 24&U 50 Back Prelims  | 38.27   | #211 Men 24&U 100 Fly Prelims   | 1:23.35 |
| #301 Men 24&U 100 Free Prelims | 1:12.61 | #305 Men 24&U 50 Breast Prelims | 49.30   |
| #309 Men 24&U 100 Back Prelims | 1:21.76 | #313 Men 24&U 200 IM Prelims    | 3:00.71 |
| #401 Men 24&U 50 Free Prelims  | 33.27   | #409 Men 24&U 200 Back Prelims  | 2:52.67 |
| #411 Men 24&U 50 Fly Prelims   | 37.88   |                                 |         |

**5 Sabbagha, Annè - Female - Age: 17 - Ind/Rel: 5 / 0**

|                                  |         |                                    |         |
|----------------------------------|---------|------------------------------------|---------|
| #302 Women 24&U 100 Free Prelims | 1:11.13 | #306 Women 24&U 50 Breast Prelims  | 37.10   |
| #402 Women 24&U 50 Free Prelims  | 32.09   | #406 Women 24&U 200 Breast Prelims | 3:03.97 |
| #412 Women 24&U 50 Fly Prelims   | 34.60   |                                    |         |

**6 Sabbagha, Georgia - Female - Age: 10 - Ind/Rel: 6 / 0**

|                                   |         |                                  |         |
|-----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims  | 2:51.46 | #302 Women 24&U 100 Free Prelims | 1:18.83 |
| #306 Women 24&U 50 Breast Prelims | 51.55   | #310 Women 24&U 100 Back Prelims | 1:34.52 |
| #402 Women 24&U 50 Free Prelims   | 35.48   | #412 Women 24&U 50 Fly Prelims   | 44.12   |

**Paarl Aquarius SC-CE Total Individual Entries: 46 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Players-CE****1 Breet, Dawie-Louw L - Male - Age: 15 - Ind/Rel: 8 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:20.87 | #207 Men 24&U 50 Back Prelims  | 32.31   |
| #211 Men 24&U 100 Fly Prelims  | 1:08.93 | #301 Men 24&U 100 Free Prelims | 1:02.53 |
| #309 Men 24&U 100 Back Prelims | 1:10.32 | #401 Men 24&U 50 Free Prelims  | 28.21   |
| #409 Men 24&U 200 Back Prelims | 2:33.82 | #411 Men 24&U 50 Fly Prelims   | 30.62   |

**2 De Koker, Erik D - Male - Age: 12 - Ind/Rel: 6 / 0**

|                                |         |                                 |         |
|--------------------------------|---------|---------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:48.15 | #207 Men 24&U 50 Back Prelims   | 36.05   |
| #301 Men 24&U 100 Free Prelims | 1:16.66 | #305 Men 24&U 50 Breast Prelims | 45.96   |
| #309 Men 24&U 100 Back Prelims | 1:24.80 | #313 Men 24&U 200 IM Prelims    | 3:14.53 |

**3 Oosthuizen, Ethan - Male - Age: 13 - Ind/Rel: 7 / 0**

|                                  |         |                                 |         |
|----------------------------------|---------|---------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:32.73 | #211 Men 24&U 100 Fly Prelims   | 1:22.45 |
| #301 Men 24&U 100 Free Prelims   | 1:09.39 | #305 Men 24&U 50 Breast Prelims | 41.65   |
| #309 Men 24&U 100 Back Prelims   | 1:23.20 | #401 Men 24&U 50 Free Prelims   | 30.99   |
| #411 Men 24&U 50 Fly Prelims     | 32.81   |                                 |         |

**4 Saayman, Nika D - Female - Age: 12 - Ind/Rel: 8 / 0**

|                                  |         |                                   |       |
|----------------------------------|---------|-----------------------------------|-------|
| #202 Women 24&U 200 Free Prelims | 2:47.09 | #208 Women 24&U 50 Back Prelims   | 37.76 |
| #302 Women 24&U 100 Free Prelims | 1:17.84 | #306 Women 24&U 50 Breast Prelims | 48.26 |
| #310 Women 24&U 100 Back Prelims | 1:25.61 | #402 Women 24&U 50 Free Prelims   | 35.00 |
| #410 Women 24&U 200 Back Prelims | 3:03.93 | #412 Women 24&U 50 Fly Prelims    | 40.31 |

**5 Swart, Niklis - Male - Age: 17 - Ind/Rel: 4 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #113 Men 17-24 400 Free        | 4:31.90 | #201 Men 24&U 200 Free Prelims | 2:07.75 |
| #301 Men 24&U 100 Free Prelims | 56.66   | #401 Men 24&U 50 Free Prelims  | 26.13   |

**6 Treurnicht, Wim G - Male - Age: 17 - Ind/Rel: 7 / 0**

|                                 |         |                                |         |
|---------------------------------|---------|--------------------------------|---------|
| #113 Men 17-24 400 Free         | 4:47.00 | #301 Men 24&U 100 Free Prelims | 59.71   |
| #305 Men 24&U 50 Breast Prelims | 35.39   | #313 Men 24&U 200 IM Prelims   | 2:32.80 |
| #401 Men 24&U 50 Free Prelims   | 27.17   | #409 Men 24&U 200 Back Prelims | 2:37.70 |
| #411 Men 24&U 50 Fly Prelims    | 28.52   |                                |         |

**7 Visser, Sandri - Female - Age: 14 - Ind/Rel: 7 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:28.14 | #302 Women 24&U 100 Free Prelims   | 1:12.44 |
| #306 Women 24&U 50 Breast Prelims  | 39.90   | #310 Women 24&U 100 Back Prelims   | 1:22.58 |
| #402 Women 24&U 50 Free Prelims    | 32.09   | #406 Women 24&U 200 Breast Prelims | 3:09.08 |
| #412 Women 24&U 50 Fly Prelims     | 36.55   |                                    |         |

**8 Wagener, Ethan H - Male - Age: 13 - Ind/Rel: 7 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:33.47 | #207 Men 24&U 50 Back Prelims    | 44.44   |
| #301 Men 24&U 100 Free Prelims   | 1:28.27 | #305 Men 24&U 50 Breast Prelims  | 41.10   |
| #401 Men 24&U 50 Free Prelims    | 36.29   | #405 Men 35&U 200 Breast Prelims | 3:24.17 |
| #411 Men 24&U 50 Fly Prelims     | 41.98   |                                  |         |

**9 Weber, Daniel - Male - Age: 11 - Ind/Rel: 5 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:49.54 | #205 Men 24&U 100 Breast Prelims | 1:47.12 |
| #207 Men 24&U 50 Back Prelims  | 41.81   | #211 Men 24&U 100 Fly Prelims    | 1:27.26 |
| #313 Men 24&U 200 IM Prelims   | 3:11.82 |                                  |         |

**Players-CE Total Individual Entries: 59 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Port Elizabeth Amateur Swimmin-NM

## 1 Beatt, Emily R - Female - Age: 16 - Ind/Rel: 6 / 5

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:31.34 | #208 Women 24&U 50 Back Prelims                | 34.24   |
| #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:35.58 | #302 Women 24&U 100 Free Prelims               | 1:07.38 |
| #310 Women 24&U 100 Back Prelims               | 1:16.89 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:02.17 |
| #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:06.21 | #402 Women 24&U 50 Free Prelims                | 29.96   |
| #410 Women 24&U 200 Back Prelims               | 2:46.51 | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 5:09.96 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:09.98 |  |         |

## 2 Dace, Tatum C - Female - Age: 13 - Ind/Rel: 8 / 2

|   |         |  |         |
|---|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims            | 1:27.53 | #212 Women 24&U 100 Fly Prelims              | 1:15.54 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:45.23 | #302 Women 24&U 100 Free Prelims             | 1:08.38 |
| #306 Women 24&U 50 Breast Prelims             | 39.95   | #314 Women 24&U 200 IM Prelims               | 2:46.04 |
| #402 Women 24&U 50 Free Prelims               | 31.00   | #406 Women 24&U 200 Breast Prelims           | 3:08.74 |
| #412 Women 24&U 50 Fly Prelims                | 33.38   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:21.55 |

## 3 Hiten, Darius - Male - Age: 17 - Ind/Rel: 5 / 5

|   |         |  |         |
|---|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                  | 2:15.24 | #211 Men 24&U 100 Fly Prelims                  | 1:03.91 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 4:08.81 | #301 Men 24&U 100 Free Prelims                 | 56.97   |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:54.64 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:11.44 |
| #401 Men 24&U 50 Free Prelims                   | 25.79   | #411 Men 24&U 50 Fly Prelims                   | 27.75   |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 2:06.66 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:09.98 |

## 4 Hlangothi, Munguni S - Male - Age: 15 - Ind/Rel: 6 / 3

|   |         |   |         |
|---|---------|---|---------|
| #205 Men 24&U 100 Breast Prelims              | 1:14.80 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 4:08.81 |
| #301 Men 24&U 100 Free Prelims                | 1:02.15 | #305 Men 24&U 50 Breast Prelims                 | 33.36   |
| #313 Men 24&U 200 IM Prelims                  | 2:38.41 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:54.64 |
| #401 Men 24&U 50 Free Prelims                 | 27.42   | #405 Men 35&U 200 Breast Prelims                | 2:51.78 |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle | 2:06.66 |   |         |

## 5 Joubert, Casey A - Female - Age: 16 - Ind/Rel: 9 / 4

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:30.89 | #208 Women 24&U 50 Back Prelims                | 36.02   |
| #212 Women 24&U 100 Fly Prelims                | 1:15.97 | #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:35.58 |
| #302 Women 24&U 100 Free Prelims               | 1:10.73 | #310 Women 24&U 100 Back Prelims               | 1:21.22 |
| #314 Women 24&U 200 IM Prelims                 | 2:52.82 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:02.17 |
| #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:06.21 | #402 Women 24&U 50 Free Prelims                | 31.68   |
| #410 Women 24&U 200 Back Prelims               | 2:52.97 | #412 Women 24&U 50 Fly Prelims                 | 31.90   |
| #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 5:09.96 |  |         |

## 6 Mack, Kyrah E - Female - Age: 13 - Ind/Rel: 7 / 2

|   |         |                                    |         |
|---|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims            | 1:29.14 | #208 Women 24&U 50 Back Prelims    | 39.78   |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:45.23 | #302 Women 24&U 100 Free Prelims   | 1:13.23 |
| #306 Women 24&U 50 Breast Prelims             | 40.14   | #314 Women 24&U 200 IM Prelims     | 3:11.07 |
| #402 Women 24&U 50 Free Prelims               | 32.92   | #406 Women 24&U 200 Breast Prelims | 3:20.63 |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:21.55 |                                    |         |

## 7 Naudé, Nathan - Male - Age: 12 - Ind/Rel: 7 / 3

|   |         |  |         |
|---|---------|--|---------|
| #103 Men 12 400 Free                            | 5:43.16 | #205 Men 24&U 100 Breast Prelims               | 1:39.65 |
| #211 Men 24&U 100 Fly Prelims                   | 1:28.42 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:08.81 |
| #305 Men 24&U 50 Breast Prelims                 | 45.02   | #313 Men 24&U 200 IM Prelims                   | 3:02.26 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:54.64 | #405 Men 35&U 200 Breast Prelims               | 3:31.65 |
| #411 Men 24&U 50 Fly Prelims                    | 37.06   | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle  | 2:06.66 |

## 8 Ogden, Amber - Female - Age: 16 - Ind/Rel: 6 / 6

|  |         |  |         |
|--|---------|--|---------|
| #112 Women 16 400 Free                         | 5:09.41 | #202 Women 24&U 200 Free Prelims               | 2:27.56 |
| #208 Women 24&U 50 Back Prelims                | 35.16   | #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:35.58 |
| #302 Women 24&U 100 Free Prelims               | 1:05.94 | #310 Women 24&U 100 Back Prelims               | 1:21.68 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:02.17 | #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:06.21 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:11.44 | #402 Women 24&U 50 Free Prelims                | 28.97   |
| #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 5:09.96 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:09.98 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Port Elizabeth Amateur Swimmin-NM****9 Ogden, Lily - Female - Age: 14 - Ind/Rel: 7 / 3**

|  |         |   |         |
|--|---------|---|---------|
| #108 Women 14 400 Free                         | 5:11.86 | #202 Women 24&U 200 Free Prelims              | 2:31.29 |
| #208 Women 24&U 50 Back Prelims                | 35.10   | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:45.23 |
| #302 Women 24&U 100 Free Prelims               | 1:09.51 | #310 Women 24&U 100 Back Prelims              | 1:16.78 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:02.17 | #402 Women 24&U 50 Free Prelims               | 31.56   |
| #410 Women 24&U 200 Back Prelims               | 2:49.36 | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:21.55 |

**10 Oosthuizen, JC C - Male - Age: 17 - Ind/Rel: 6 / 5**

|   |         |  |         |
|---|---------|--|---------|
| #113 Men 17-24 400 Free                         | 4:40.50 | #201 Men 24&U 200 Free Prelims                 | 2:11.30 |
| #207 Men 24&U 50 Back Prelims                   | 31.67   | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:08.81 |
| #301 Men 24&U 100 Free Prelims                  | 59.69   | #309 Men 24&U 100 Back Prelims                 | 1:07.78 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:54.64 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:11.44 |
| #409 Men 24&U 200 Back Prelims                  | 2:34.24 | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle  | 2:06.66 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe  | 4:09.98 |  |         |

**11 Roth, Elle - Female - Age: 10 - Ind/Rel: 9 / 0**

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #102 Women 11&U 400 Free           | 6:12.11 | #202 Women 24&U 200 Free Prelims | 3:05.70 |
| #206 Women 24&U 100 Breast Prelims | 1:48.75 | #208 Women 24&U 50 Back Prelims  | 40.41   |
| #306 Women 24&U 50 Breast Prelims  | 50.00   | #310 Women 24&U 100 Back Prelims | 1:30.77 |
| #314 Women 24&U 200 IM Prelims     | 3:23.80 | #402 Women 24&U 50 Free Prelims  | 36.16   |
| #410 Women 24&U 200 Back Prelims   | 3:13.66 |                                  |         |

**12 Strong, Ava J - Female - Age: 13 - Ind/Rel: 10 / 2**

|   |         |  |         |
|---|---------|--|---------|
| #106 Women 13 400 Free                        | 5:48.14 | #202 Women 24&U 200 Free Prelims             | 2:39.39 |
| #208 Women 24&U 50 Back Prelims               | 36.48   | #212 Women 24&U 100 Fly Prelims              | 1:22.17 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:45.23 | #302 Women 24&U 100 Free Prelims             | 1:14.11 |
| #310 Women 24&U 100 Back Prelims              | 1:17.70 | #314 Women 24&U 200 IM Prelims               | 2:55.59 |
| #402 Women 24&U 50 Free Prelims               | 34.25   | #410 Women 24&U 200 Back Prelims             | 2:47.48 |
| #412 Women 24&U 50 Fly Prelims                | 35.31   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:21.55 |

**13 Van Eeden, Alne - Female - Age: 16 - Ind/Rel: 5 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #112 Women 16 400 Free                         | 5:05.31 | #206 Women 24&U 100 Breast Prelims             | 1:31.16 |
| #212 Women 24&U 100 Fly Prelims                | 1:16.47 | #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:35.58 |
| #314 Women 24&U 200 IM Prelims                 | 2:51.70 | #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:06.21 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:11.44 | #406 Women 24&U 200 Breast Prelims             | 3:10.92 |
| #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 5:09.96 |  |         |

**Port Elizabeth Amateur Swimmin-NM Total Individual Entries: 91 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Potchefstroom Swimming Club-KK****1 Palmer, Xandri - Female - Age: 16 - Ind/Rel: 9 / 0**

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #112 Women 16 400 Free             | 5:08.32 | #302 Women 24&U 100 Free Prelims | 1:03.90 |
| #306 Women 24&U 50 Breast Prelims  | 38.75   | #310 Women 24&U 100 Back Prelims | 1:15.24 |
| #314 Women 24&U 200 IM Prelims     | 2:44.93 | #402 Women 24&U 50 Free Prelims  | 29.79   |
| #406 Women 24&U 200 Breast Prelims | 3:13.95 | #410 Women 24&U 200 Back Prelims | 2:45.83 |
| #412 Women 24&U 50 Fly Prelims     | 33.64   |                                  |         |

**Potchefstroom Swimming Club-KK Total Individual Entries: 9 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Quick Silver Swimming Academy-CP

## 1 Afonso, Aragon G - Male - Age: 12 - Ind/Rel: 11 / 2

|   |         |                                  |         |
|---|---------|----------------------------------|---------|
| #103 Men 12 400 Free                          | 5:41.49 | #201 Men 24&U 200 Free Prelims   | 2:37.72 |
| #207 Men 24&U 50 Back Prelims                 | 39.43   | #211 Men 24&U 100 Fly Prelims    | 1:19.51 |
| #301 Men 24&U 100 Free Prelims                | 1:13.00 | #305 Men 24&U 50 Breast Prelims  | 45.16   |
| #309 Men 24&U 100 Back Prelims                | 1:23.54 | #313 Men 24&U 200 IM Prelims     | 2:55.97 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel | 2:13.80 | #405 Men 35&U 200 Breast Prelims | 3:32.33 |
| #409 Men 24&U 200 Back Prelims                | 2:57.36 | #411 Men 24&U 50 Fly Prelims     | 35.21   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:32.49 |                                  |         |

## 2 Bailes, Troy - Male - Age: 16 - Ind/Rel: 6 / 2

|                                |         |  |         |
|--------------------------------|---------|--|---------|
| #201 Men 24&U 200 Free Prelims | 2:24.46 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:16.70 |
| #301 Men 24&U 100 Free Prelims | 1:08.32 | #309 Men 24&U 100 Back Prelims                 | 1:13.35 |
| #313 Men 24&U 200 IM Prelims   | 2:42.55 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rel | 1:56.83 |
| #401 Men 24&U 50 Free Prelims  | 30.55   | #409 Men 24&U 200 Back Prelims                 | 2:35.15 |

## 3 Bulose, Megan - Female - Age: 18 - Ind/Rel: 6 / 3

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:27.14 | #208 Women 24&U 50 Back Prelims                | 34.08   |
| #302 Women 24&U 100 Free Prelims               | 1:08.34 | #310 Women 24&U 100 Back Prelims               | 1:13.64 |
| #314 Women 24&U 200 IM Prelims                 | 2:56.62 | #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:05.17 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.68 | #410 Women 24&U 200 Back Prelims               | 2:54.58 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.81 |  |         |

## 4 Coetzee, Sion M - Male - Age: 12 - Ind/Rel: 5 / 0

|                               |         |                                |         |
|-------------------------------|---------|--------------------------------|---------|
| #103 Men 12 400 Free          | 6:08.57 | #201 Men 24&U 200 Free Prelims | 2:48.50 |
| #207 Men 24&U 50 Back Prelims | 40.93   | #309 Men 24&U 100 Back Prelims | 1:29.68 |
| #401 Men 24&U 50 Free Prelims | 35.11   |                                |         |

## 5 Conradie, Niel - Male - Age: 13 - Ind/Rel: 6 / 1

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:35.89 | #207 Men 24&U 50 Back Prelims    | 38.70   |
| #305 Men 24&U 50 Breast Prelims                | 45.29   | #309 Men 24&U 100 Back Prelims   | 1:24.62 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rel | 2:07.35 | #405 Men 35&U 200 Breast Prelims | 3:31.92 |
| #409 Men 24&U 200 Back Prelims                 | 2:57.49 |                                  |         |

## 6 Den Haan, Stèfan - Male - Age: 16 - Ind/Rel: 6 / 2

|  |         |  |         |
|--|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:24.07 | #207 Men 24&U 50 Back Prelims                  | 33.36   |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:16.70 | #309 Men 24&U 100 Back Prelims                 | 1:11.04 |
| #313 Men 24&U 200 IM Prelims                   | 2:35.62 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rel | 1:56.83 |
| #405 Men 35&U 200 Breast Prelims               | 2:58.22 | #409 Men 24&U 200 Back Prelims                 | 2:31.88 |

## 7 Jantzen, Zianè - Female - Age: 14 - Ind/Rel: 8 / 3

|   |         |  |         |
|---|---------|--|---------|
| #108 Women 14 400 Free                        | 5:35.04 | #206 Women 24&U 100 Breast Prelims             | 1:35.59 |
| #208 Women 24&U 50 Back Prelims               | 38.28   | #212 Women 24&U 100 Fly Prelims                | 1:18.39 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:51.09 | #310 Women 24&U 100 Back Prelims               | 1:20.83 |
| #314 Women 24&U 200 IM Prelims                | 2:56.20 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:21.89 |
| #410 Women 24&U 200 Back Prelims              | 2:51.10 | #412 Women 24&U 50 Fly Prelims                 | 34.90   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:28.38 |  |         |

## 8 Joubert, Wian - Male - Age: 11 - Ind/Rel: 5 / 0

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #101 Men 11&U 400 Free         | 6:14.27 | #305 Men 24&U 50 Breast Prelims  | 47.94   |
| #309 Men 24&U 100 Back Prelims | 1:32.33 | #405 Men 35&U 200 Breast Prelims | 3:47.43 |
| #409 Men 24&U 200 Back Prelims | 3:12.43 |                                  |         |

## 9 Lee, Luka V - Male - Age: 12 - Ind/Rel: 7 / 3

|   |         |  |         |
|---|---------|--|---------|
| #207 Men 24&U 50 Back Prelims                 | 38.63   | #211 Men 24&U 100 Fly Prelims                  | 1:25.20 |
| #301 Men 24&U 100 Free Prelims                | 1:15.48 | #309 Men 24&U 100 Back Prelims                 | 1:25.52 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel | 2:13.80 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rel | 2:07.35 |
| #401 Men 24&U 50 Free Prelims                 | 33.02   | #409 Men 24&U 200 Back Prelims                 | 3:02.96 |
| #411 Men 24&U 50 Fly Prelims                  | 35.56   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle   | 2:32.49 |

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Quick Silver Swimming Academy-CP

## 10 Rossouw, Emma M - Female - Age: 14 - Ind/Rel: 7 / 4

|  |         |  |         |
|--|---------|--|---------|
| #108 Women 14 400 Free                         | 5:27.40 | #206 Women 24&U 100 Breast Prelims             | 1:31.66 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:51.09 | #310 Women 24&U 100 Back Prelims               | 1:13.86 |
| #314 Women 24&U 200 IM Prelims                 | 2:53.96 | #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:05.17 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:21.89 | #402 Women 24&U 50 Free Prelims                | 31.75   |
| #410 Women 24&U 200 Back Prelims               | 2:40.61 | #412 Women 24&U 50 Fly Prelims                 | 34.65   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:28.38 |  |         |

## 11 Serfontein, Christi - Female - Age: 14 - Ind/Rel: 7 / 2

|   |         |                                   |         |
|---|---------|-----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims            | 1:29.64 | #208 Women 24&U 50 Back Prelims   | 39.47   |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:51.09 | #306 Women 24&U 50 Breast Prelims | 45.36   |
| #310 Women 24&U 100 Back Prelims              | 1:21.50 | #314 Women 24&U 200 IM Prelims    | 2:59.16 |
| #406 Women 24&U 200 Breast Prelims            | 3:22.67 | #410 Women 24&U 200 Back Prelims  | 2:56.74 |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:28.38 |                                   |         |

## 12 Stander, Ben U - Male - Age: 18 - Ind/Rel: 6 / 4

|   |         |  |         |
|---|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                  | 2:20.21 | #211 Men 24&U 100 Fly Prelims                  | 1:05.44 |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 4:16.70 | #313 Men 24&U 200 IM Prelims                   | 2:35.53 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:56.83 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.68 |
| #401 Men 24&U 50 Free Prelims                   | 28.11   | #409 Men 24&U 200 Back Prelims                 | 2:36.90 |
| #411 Men 24&U 50 Fly Prelims                    | 29.08   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.81 |

## 13 Stevens, Judy C - Female - Age: 14 - Ind/Rel: 7 / 2

|   |         |                                   |         |
|---|---------|-----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims            | 1:29.84 | #208 Women 24&U 50 Back Prelims   | 40.90   |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:51.09 | #306 Women 24&U 50 Breast Prelims | 41.54   |
| #310 Women 24&U 100 Back Prelims              | 1:22.91 | #402 Women 24&U 50 Free Prelims   | 33.52   |
| #406 Women 24&U 200 Breast Prelims            | 3:22.36 | #410 Women 24&U 200 Back Prelims  | 3:00.92 |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:28.38 |                                   |         |

## 14 Taljaard, Jason - Male - Age: 13 - Ind/Rel: 5 / 2

|  |         |   |         |
|--|---------|---|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:34.71 | #305 Men 24&U 50 Breast Prelims                 | 43.68   |
| #309 Men 24&U 100 Back Prelims                 | 1:29.62 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 2:07.35 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:21.89 | #405 Men 35&U 200 Breast Prelims                | 3:25.09 |
| #411 Men 24&U 50 Fly Prelims                   | 37.17   |   |         |

## 15 Thomatos, Tatiana C - Female - Age: 13 - Ind/Rel: 3 / 0

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #302 Women 24&U 100 Free Prelims   | 1:15.62 | #310 Women 24&U 100 Back Prelims | 1:24.34 |
| #406 Women 24&U 200 Breast Prelims | 3:26.59 |                                  |         |

## 16 Troskie, Jean - Male - Age: 11 - Ind/Rel: 6 / 2

|  |         |   |         |
|--|---------|---|---------|
| #101 Men 11&U 400 Free                         | 6:04.45 | #301 Men 24&U 100 Free Prelims                | 1:11.56 |
| #305 Men 24&U 50 Breast Prelims                | 45.02   | #309 Men 24&U 100 Back Prelims                | 1:32.25 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.80 | #401 Men 24&U 50 Free Prelims                 | 33.34   |
| #405 Men 35&U 200 Breast Prelims               | 3:37.38 | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:32.49 |

## 17 Troskie, Roean - Male - Age: 11 - Ind/Rel: 9 / 2

|   |         |  |         |
|---|---------|--|---------|
| #101 Men 11&U 400 Free                        | 6:00.80 | #201 Men 24&U 200 Free Prelims                 | 2:47.35 |
| #207 Men 24&U 50 Back Prelims                 | 39.24   | #301 Men 24&U 100 Free Prelims                 | 1:13.15 |
| #305 Men 24&U 50 Breast Prelims               | 48.66   | #309 Men 24&U 100 Back Prelims                 | 1:19.96 |
| #313 Men 24&U 200 IM Prelims                  | 3:18.81 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:13.80 |
| #401 Men 24&U 50 Free Prelims                 | 34.16   | #405 Men 35&U 200 Breast Prelims               | 3:39.98 |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:32.49 |  |         |

## 18 Van Schalkwyk, Janco - Male - Age: 15 - Ind/Rel: 5 / 3

|   |         |  |         |
|---|---------|--|---------|
| #207 Men 24&U 50 Back Prelims                   | 32.24   | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 4:16.70 |
| #301 Men 24&U 100 Free Prelims                  | 1:01.55 | #309 Men 24&U 100 Back Prelims                 | 1:09.01 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 2:07.35 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:21.89 |
| #401 Men 24&U 50 Free Prelims                   | 28.71   | #409 Men 24&U 200 Back Prelims                 | 2:26.42 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Quick Silver Swimming Academy-CP****19 Vd Merwe, Haylee - Female - Age: 17 - Ind/Rel: 9 / 3**

|  |         |  |         |
|--|---------|--|---------|
| #114 Women 17-24 400 Free                      | 5:04.79 | #202 Women 24&U 200 Free Prelims               | 2:23.70 |
| #206 Women 24&U 100 Breast Prelims             | 1:23.78 | #302 Women 24&U 100 Free Prelims               | 1:08.22 |
| #306 Women 24&U 50 Breast Prelims              | 38.18   | #314 Women 24&U 200 IM Prelims                 | 2:39.97 |
| #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:05.17 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.68 |
| #406 Women 24&U 200 Breast Prelims             | 2:56.69 | #410 Women 24&U 200 Back Prelims               | 2:46.56 |
| #412 Women 24&U 50 Fly Prelims                 | 32.40   | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.81 |

**20 Vd Merwe, Michael D - Male - Age: 16 - Ind/Rel: 5 / 3**

|   |         |  |         |
|---|---------|--|---------|
| #305 Men 24&U 50 Breast Prelims                 | 36.86   | #309 Men 24&U 100 Back Prelims                 | 1:09.63 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:56.83 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:10.68 |
| #401 Men 24&U 50 Free Prelims                   | 29.02   | #405 Men 35&U 200 Breast Prelims               | 2:54.57 |
| #409 Men 24&U 200 Back Prelims                  | 2:44.02 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:21.81 |

**21 West, Sarah C - Female - Age: 17 - Ind/Rel: 8 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #114 Women 17-24 400 Free          | 5:11.17 | #206 Women 24&U 100 Breast Prelims | 1:24.64 |
| #208 Women 24&U 50 Back Prelims    | 36.33   | #306 Women 24&U 50 Breast Prelims  | 38.66   |
| #310 Women 24&U 100 Back Prelims   | 1:17.59 | #314 Women 24&U 200 IM Prelims     | 2:42.19 |
| #406 Women 24&U 200 Breast Prelims | 2:55.16 | #410 Women 24&U 200 Back Prelims   | 2:43.98 |

**22 Wyngaard, Dakota J - Female - Age: 16 - Ind/Rel: 4 / 1**

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #208 Women 24&U 50 Back Prelims                | 38.54   | #310 Women 24&U 100 Back Prelims | 1:20.20 |
| #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:05.17 | #402 Women 24&U 50 Free Prelims  | 31.67   |
| #410 Women 24&U 200 Back Prelims               | 2:51.65 |                                  |         |

**Quick Silver Swimming Academy-CP Total Individual Entries: 141 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Quicksilver Aquatics Winelands-CE

|  |         |                                    |         |
|--|---------|------------------------------------|---------|
| <b>1 De Beer, Isabella C - Female - Age: 11 - Ind/Rel: 5 / 0</b> |         |                                    |         |
| #202 Women 24&U 200 Free Prelims                                 | 3:18.00 | #208 Women 24&U 50 Back Prelims    | 41.01   |
| #310 Women 24&U 100 Back Prelims                                 | 1:32.40 | #314 Women 24&U 200 IM Prelims     | 3:38.56 |
| #410 Women 24&U 200 Back Prelims                                 | 3:16.11 |                                    |         |
| <b>2 Els, Lika - Female - Age: 11 - Ind/Rel: 5 / 0</b>           |         |                                    |         |
| #206 Women 24&U 100 Breast Prelims                               | 2:08.24 | #208 Women 24&U 50 Back Prelims    | 57.00   |
| #306 Women 24&U 50 Breast Prelims                                | 56.01   | #402 Women 24&U 50 Free Prelims    | 48.31   |
| #406 Women 24&U 200 Breast Prelims                               | 4:22.66 |                                    |         |
| <b>3 Faul, Ellen J - Female - Age: 12 - Ind/Rel: 8 / 0</b>       |         |                                    |         |
| #202 Women 24&U 200 Free Prelims                                 | 2:44.56 | #206 Women 24&U 100 Breast Prelims | 1:39.65 |
| #212 Women 24&U 100 Fly Prelims                                  | 1:29.11 | #302 Women 24&U 100 Free Prelims   | 1:19.48 |
| #306 Women 24&U 50 Breast Prelims                                | 45.13   | #402 Women 24&U 50 Free Prelims    | 31.48   |
| #406 Women 24&U 200 Breast Prelims                               | 3:35.62 | #412 Women 24&U 50 Fly Prelims     | 36.50   |
| <b>4 Fenner, Jenson V - Male - Age: 10 - Ind/Rel: 4 / 0</b>      |         |                                    |         |
| #205 Men 24&U 100 Breast Prelims                                 | 1:43.15 | #207 Men 24&U 50 Back Prelims      | 41.84   |
| #305 Men 24&U 50 Breast Prelims                                  | 47.68   | #401 Men 24&U 50 Free Prelims      | 37.28   |
| <b>5 Fenner, Olivia M - Female - Age: 12 - Ind/Rel: 4 / 0</b>    |         |                                    |         |
| #208 Women 24&U 50 Back Prelims                                  | 40.63   | #302 Women 24&U 100 Free Prelims   | 1:17.76 |
| #310 Women 24&U 100 Back Prelims                                 | 1:30.99 | #402 Women 24&U 50 Free Prelims    | 33.56   |
| <b>6 Jonas, Leonardo - Male - Age: 11 - Ind/Rel: 6 / 0</b>       |         |                                    |         |
| #205 Men 24&U 100 Breast Prelims                                 | 1:42.04 | #301 Men 24&U 100 Free Prelims     | 1:17.54 |
| #305 Men 24&U 50 Breast Prelims                                  | 46.02   | #401 Men 24&U 50 Free Prelims      | 34.53   |
| #405 Men 35&U 200 Breast Prelims                                 | 3:36.95 | #411 Men 24&U 50 Fly Prelims       | 38.69   |
| <b>7 Kriek, Mila - Female - Age: 16 - Ind/Rel: 5 / 0</b>         |         |                                    |         |
| #206 Women 24&U 100 Breast Prelims                               | 1:25.33 | #208 Women 24&U 50 Back Prelims    | 36.70   |
| #306 Women 24&U 50 Breast Prelims                                | 40.33   | #310 Women 24&U 100 Back Prelims   | 1:20.08 |
| #406 Women 24&U 200 Breast Prelims                               | 3:09.12 |                                    |         |
| <b>8 Kruger, Isla - Female - Age: 12 - Ind/Rel: 3 / 0</b>        |         |                                    |         |
| #206 Women 24&U 100 Breast Prelims                               | 1:40.03 | #306 Women 24&U 50 Breast Prelims  | 44.07   |
| #406 Women 24&U 200 Breast Prelims                               | 3:34.88 |                                    |         |
| <b>9 La Grange, Emma - Female - Age: 15 - Ind/Rel: 4 / 0</b>     |         |                                    |         |
| #212 Women 24&U 100 Fly Prelims                                  | 1:14.75 | #302 Women 24&U 100 Free Prelims   | 1:08.85 |
| #310 Women 24&U 100 Back Prelims                                 | 1:14.41 | #412 Women 24&U 50 Fly Prelims     | 32.27   |
| <b>10 Nienaber, Mila J - Female - Age: 11 - Ind/Rel: 6 / 0</b>   |         |                                    |         |
| #102 Women 11&U 400 Free   | 6:10.75 | #202 Women 24&U 200 Free Prelims   | 2:57.43 |
| #302 Women 24&U 100 Free Prelims                                 | 1:20.68 | #310 Women 24&U 100 Back Prelims   | 1:34.78 |
| #402 Women 24&U 50 Free Prelims                                  | 35.17   | #410 Women 24&U 200 Back Prelims   | 3:17.70 |
| <b>11 Schaefer, Daniel C - Male - Age: 10 - Ind/Rel: 7 / 0</b>   |         |                                    |         |
| #101 Men 11&U 400 Free   | 5:32.13 | #201 Men 24&U 200 Free Prelims     | 2:35.96 |
| #301 Men 24&U 100 Free Prelims                                   | 1:11.88 | #309 Men 24&U 100 Back Prelims     | 1:24.46 |
| #401 Men 24&U 50 Free Prelims                                    | 34.05   | #409 Men 24&U 200 Back Prelims     | 3:03.22 |
| #411 Men 24&U 50 Fly Prelims                                     | 39.47   |                                    |         |
| <b>12 Van Den Berg, Lune - Female - Age: 16 - Ind/Rel: 6 / 0</b> |         |                                    |         |
| #202 Women 24&U 200 Free Prelims                                 | 2:32.86 | #208 Women 24&U 50 Back Prelims    | 35.30   |
| #302 Women 24&U 100 Free Prelims                                 | 1:06.98 | #310 Women 24&U 100 Back Prelims   | 1:19.82 |
| #402 Women 24&U 50 Free Prelims                                  | 30.60   | #412 Women 24&U 50 Fly Prelims     | 34.12   |
| <b>13 Van Zyl, Wian - Male - Age: 14 - Ind/Rel: 5 / 0</b>        |         |                                    |         |
| #205 Men 24&U 100 Breast Prelims                                 | 1:25.91 | #211 Men 24&U 100 Fly Prelims      | 1:19.51 |
| #305 Men 24&U 50 Breast Prelims                                  | 38.49   | #405 Men 35&U 200 Breast Prelims   | 3:08.11 |
| #411 Men 24&U 50 Fly Prelims                                     | 34.11   |                                    |         |



**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Quicksilver Aquatics Winelands-CE****14 Wium, Mari - Female - Age: 14 - Ind/Rel: 7 / 0**

|  |         |   |         |
|--|---------|---|---------|
| #212 Women 24&U 100 Fly Prelims        | 1:14.97 | #304 Women 24&U 100 Free Para Prelims   | 1:09.62 |
| #308 Women 24&U 50 Breast Para Prelims | 45.53   | #314 Women 24&U 200 IM Prelims          | 2:55.55 |
| #404 Women 24&U 50 Free Para Prelims   | 30.53   | #408 Women 24&U 100 Breast Para Prelims | 1:39.30 |
| #414 Women 24&U 50 Fly Para Prelims    | 32.00   |   |         |

**15 Wium, Sophia - Female - Age: 16 - Ind/Rel: 6 / 0**

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:29.35 | #302 Women 24&U 100 Free Prelims | 1:11.26 |
| #306 Women 24&U 50 Breast Prelims  | 40.17   | #402 Women 24&U 50 Free Prelims  | 30.33   |
| #406 Women 24&U 200 Breast Prelims | 3:17.18 | #412 Women 24&U 50 Fly Prelims   | 34.25   |

**Quicksilver Aquatics Winelands-CE Total Individual Entries: 81 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Royal Swimming Academy-ED

## 1 Baillie, Gabi J - Female - Age: 13 - Ind/Rel: 9 / 0

|                                  |         |                                    |         |
|----------------------------------|---------|------------------------------------|---------|
| #106 Women 13 400 Free           | 6:07.40 | #206 Women 24&U 100 Breast Prelims | 1:41.63 |
| #208 Women 24&U 50 Back Prelims  | 38.46   | #306 Women 24&U 50 Breast Prelims  | 44.88   |
| #310 Women 24&U 100 Back Prelims | 1:23.10 | #314 Women 24&U 200 IM Prelims     | 3:13.09 |
| #402 Women 24&U 50 Free Prelims  | 35.26   | #406 Women 24&U 200 Breast Prelims | 3:33.65 |
| #410 Women 24&U 200 Back Prelims | 2:56.56 |                                    |         |

## 2 Cronje, Miané - Female - Age: 12 - Ind/Rel: 10 / 0

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #104 Women 12 400 Free             | 6:01.96 | #202 Women 24&U 200 Free Prelims   | 2:56.84 |
| #206 Women 24&U 100 Breast Prelims | 1:44.27 | #208 Women 24&U 50 Back Prelims    | 43.77   |
| #302 Women 24&U 100 Free Prelims   | 1:26.18 | #306 Women 24&U 50 Breast Prelims  | 47.31   |
| #310 Women 24&U 100 Back Prelims   | 1:30.32 | #314 Women 24&U 200 IM Prelims     | 3:19.29 |
| #402 Women 24&U 50 Free Prelims    | 37.59   | #406 Women 24&U 200 Breast Prelims | 3:30.88 |

## 3 Dimatellis, Zoi - Female - Age: 11 - Ind/Rel: 13 / 0

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #102 Women 11&U 400 Free           | 6:20.38 | #202 Women 24&U 200 Free Prelims | 2:56.67 |
| #206 Women 24&U 100 Breast Prelims | 1:39.80 | #208 Women 24&U 50 Back Prelims  | 40.52   |
| #212 Women 24&U 100 Fly Prelims    | 1:34.98 | #302 Women 24&U 100 Free Prelims | 1:22.25 |
| #306 Women 24&U 50 Breast Prelims  | 44.48   | #310 Women 24&U 100 Back Prelims | 1:34.38 |
| #314 Women 24&U 200 IM Prelims     | 3:15.62 | #402 Women 24&U 50 Free Prelims  | 35.63   |
| #406 Women 24&U 200 Breast Prelims | 3:32.83 | #410 Women 24&U 200 Back Prelims | 3:13.76 |
| #412 Women 24&U 50 Fly Prelims     | 39.11   |                                  |         |

## 4 Grobler, Ewandre - Male - Age: 15 - Ind/Rel: 8 / 0

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #109 Men 15 400 Free             | 5:21.27 | #201 Men 24&U 200 Free Prelims | 2:28.79 |
| #205 Men 24&U 100 Breast Prelims | 1:15.58 | #301 Men 24&U 100 Free Prelims | 1:03.75 |
| #305 Men 24&U 50 Breast Prelims  | 33.85   | #401 Men 24&U 50 Free Prelims  | 27.59   |
| #405 Men 35&U 200 Breast Prelims | 2:48.15 | #411 Men 24&U 50 Fly Prelims   | 30.43   |

## 5 Grobler, Zané - Female - Age: 12 - Ind/Rel: 10 / 0

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #104 Women 12 400 Free             | 6:14.90 | #202 Women 24&U 200 Free Prelims   | 2:43.17 |
| #206 Women 24&U 100 Breast Prelims | 1:41.62 | #208 Women 24&U 50 Back Prelims    | 44.10   |
| #302 Women 24&U 100 Free Prelims   | 1:14.64 | #306 Women 24&U 50 Breast Prelims  | 44.87   |
| #310 Women 24&U 100 Back Prelims   | 1:36.58 | #314 Women 24&U 200 IM Prelims     | 3:21.81 |
| #402 Women 24&U 50 Free Prelims    | 33.03   | #406 Women 24&U 200 Breast Prelims | 3:48.54 |

## 6 Hahn, Kayleigh K - Female - Age: 14 - Ind/Rel: 10 / 0

|                                    |         |                                   |         |
|------------------------------------|---------|-----------------------------------|---------|
| #108 Women 14 400 Free             | 5:12.38 | #202 Women 24&U 200 Free Prelims  | 2:25.25 |
| #206 Women 24&U 100 Breast Prelims | 1:28.71 | #212 Women 24&U 100 Fly Prelims   | 1:20.97 |
| #302 Women 24&U 100 Free Prelims   | 1:06.99 | #306 Women 24&U 50 Breast Prelims | 40.85   |
| #314 Women 24&U 200 IM Prelims     | 2:47.04 | #402 Women 24&U 50 Free Prelims   | 31.11   |
| #406 Women 24&U 200 Breast Prelims | 3:12.01 | #412 Women 24&U 50 Fly Prelims    | 34.84   |

## 7 Hahn, Kyle - Male - Age: 11 - Ind/Rel: 12 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #101 Men 11&U 400 Free           | 5:25.89 | #201 Men 24&U 200 Free Prelims   | 2:35.39 |
| #205 Men 24&U 100 Breast Prelims | 1:33.92 | #207 Men 24&U 50 Back Prelims    | 37.30   |
| #301 Men 24&U 100 Free Prelims   | 1:11.77 | #305 Men 24&U 50 Breast Prelims  | 41.72   |
| #309 Men 24&U 100 Back Prelims   | 1:22.13 | #313 Men 24&U 200 IM Prelims     | 2:52.03 |
| #401 Men 24&U 50 Free Prelims    | 31.34   | #405 Men 35&U 200 Breast Prelims | 3:18.83 |
| #409 Men 24&U 200 Back Prelims   | 2:51.01 | #411 Men 24&U 50 Fly Prelims     | 35.90   |

## 8 Simpson, Rhoderick M - Male - Age: 10 - Ind/Rel: 6 / 0

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:50.39 | #207 Men 24&U 50 Back Prelims  | 40.27   |
| #301 Men 24&U 100 Free Prelims | 1:19.50 | #309 Men 24&U 100 Back Prelims | 1:28.65 |
| #401 Men 24&U 50 Free Prelims  | 36.07   | #409 Men 24&U 200 Back Prelims | 3:09.71 |

## 9 Van Heerden, Hendré B - Male - Age: 13 - Ind/Rel: 6 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:31.83 | #207 Men 24&U 50 Back Prelims    | 39.07   |
| #305 Men 24&U 50 Breast Prelims  | 38.14   | #309 Men 24&U 100 Back Prelims   | 1:21.70 |
| #401 Men 24&U 50 Free Prelims    | 32.58   | #405 Men 35&U 200 Breast Prelims | 3:13.44 |

Royal Swimming Academy-ED Total Individual Entries: 84 - Total Relays: 0

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Sport Science Institute of SA-CP

## 1 Abrahams, Tahnah - Female - Age: 15 - Ind/Rel: 6 / 2

|   |         |  |         |
|---|---------|--|---------|
| #202 Women 24&U 200 Free Prelims              | 2:35.14 | #206 Women 24&U 100 Breast Prelims           | 1:30.60 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:27.35 | #302 Women 24&U 100 Free Prelims             | 1:06.68 |
| #310 Women 24&U 100 Back Prelims              | 1:20.67 | #402 Women 24&U 50 Free Prelims              | 30.87   |
| #412 Women 24&U 50 Fly Prelims                | 35.61   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:17.41 |

## 2 Cloete-Hopkins, Aryana A - Female - Age: 13 - Ind/Rel: 4 / 2

|   |         |  |         |
|---|---------|--|---------|
| #202 Women 24&U 200 Free Prelims              | 2:29.86 | #208 Women 24&U 50 Back Prelims              | 38.47   |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:27.35 | #302 Women 24&U 100 Free Prelims             | 1:08.90 |
| #310 Women 24&U 100 Back Prelims              | 1:22.89 | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:17.41 |

## 3 Durandt, Sharli - Female - Age: 11 - Ind/Rel: 8 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #102 Women 11&U 400 Free         | 5:20.69 | #202 Women 24&U 200 Free Prelims | 2:33.57 |
| #212 Women 24&U 100 Fly Prelims  | 1:24.09 | #302 Women 24&U 100 Free Prelims | 1:10.78 |
| #310 Women 24&U 100 Back Prelims | 1:20.60 | #314 Women 24&U 200 IM Prelims   | 3:02.26 |
| #402 Women 24&U 50 Free Prelims  | 33.33   | #410 Women 24&U 200 Back Prelims | 2:51.93 |

## 4 Franks, Madison M - Female - Age: 15 - Ind/Rel: 7 / 2

|  |         |   |         |
|--|---------|---|---------|
| #110 Women 15 400 Free                       | 4:58.51 | #202 Women 24&U 200 Free Prelims              | 2:22.08 |
| #208 Women 24&U 50 Back Prelims              | 34.99   | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:27.35 |
| #302 Women 24&U 100 Free Prelims             | 1:05.60 | #310 Women 24&U 100 Back Prelims              | 1:14.68 |
| #402 Women 24&U 50 Free Prelims              | 30.01   | #412 Women 24&U 50 Fly Prelims                | 33.81   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:17.41 |   |         |

## 5 Herbst, Mienke - Female - Age: 16 - Ind/Rel: 7 / 0

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #112 Women 16 400 Free             | 5:15.78 | #202 Women 24&U 200 Free Prelims | 2:33.63 |
| #206 Women 24&U 100 Breast Prelims | 1:29.05 | #302 Women 24&U 100 Free Prelims | 1:10.73 |
| #306 Women 24&U 50 Breast Prelims  | 40.55   | #402 Women 24&U 50 Free Prelims  | 33.14   |
| #406 Women 24&U 200 Breast Prelims | 3:06.99 |                                  |         |

## 6 Jurado, Stephanie C - Female - Age: 14 - Ind/Rel: 8 / 2

|   |         |  |         |
|---|---------|--|---------|
| #202 Women 24&U 200 Free Prelims              | 2:31.85 | #208 Women 24&U 50 Back Prelims              | 34.70   |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:27.35 | #302 Women 24&U 100 Free Prelims             | 1:06.17 |
| #306 Women 24&U 50 Breast Prelims             | 38.51   | #310 Women 24&U 100 Back Prelims             | 1:15.03 |
| #402 Women 24&U 50 Free Prelims               | 29.70   | #410 Women 24&U 200 Back Prelims             | 2:48.10 |
| #412 Women 24&U 50 Fly Prelims                | 31.65   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:17.41 |

## 7 Kleinhans, Kyle - Male - Age: 16 - Ind/Rel: 7 / 0

|                                |         |                                |       |
|--------------------------------|---------|--------------------------------|-------|
| #201 Men 24&U 200 Free Prelims | 2:17.57 | #207 Men 24&U 50 Back Prelims  | 30.34 |
| #211 Men 24&U 100 Fly Prelims  | 1:07.75 | #301 Men 24&U 100 Free Prelims | 57.42 |
| #309 Men 24&U 100 Back Prelims | 1:04.68 | #401 Men 24&U 50 Free Prelims  | 26.05 |
| #411 Men 24&U 50 Fly Prelims   | 27.77   |                                |       |

## 8 Nel, Ashlin - Female - Age: 13 - Ind/Rel: 3 / 0

|                                    |         |                                   |       |
|------------------------------------|---------|-----------------------------------|-------|
| #206 Women 24&U 100 Breast Prelims | 1:30.11 | #306 Women 24&U 50 Breast Prelims | 41.18 |
| #406 Women 24&U 200 Breast Prelims | 3:17.83 |                                   |       |

## 9 Ribeiro, Bianca N - Female - Age: 16 - Ind/Rel: 5 / 0

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:22.81 | #302 Women 24&U 100 Free Prelims | 1:13.25 |
| #306 Women 24&U 50 Breast Prelims  | 37.48   | #402 Women 24&U 50 Free Prelims  | 30.80   |
| #406 Women 24&U 200 Breast Prelims | 3:09.03 |                                  |         |

## 10 Slatter, Mila-Belle - Female - Age: 11 - Ind/Rel: 6 / 0

|                                    |         |                                   |       |
|------------------------------------|---------|-----------------------------------|-------|
| #206 Women 24&U 100 Breast Prelims | 1:43.09 | #208 Women 24&U 50 Back Prelims   | 43.54 |
| #302 Women 24&U 100 Free Prelims   | 1:14.62 | #306 Women 24&U 50 Breast Prelims | 47.13 |
| #402 Women 24&U 50 Free Prelims    | 37.64   | #412 Women 24&U 50 Fly Prelims    | 41.04 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Sport Science Institute of SA-CP****11 Williams, Evan B - Male - Age: 13 - Ind/Rel: 9 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #105 Men 13 400 Free           | 5:09.08 | #201 Men 24&U 200 Free Prelims | 2:25.20 |
| #207 Men 24&U 50 Back Prelims  | 35.60   | #301 Men 24&U 100 Free Prelims | 1:07.69 |
| #309 Men 24&U 100 Back Prelims | 1:17.07 | #313 Men 24&U 200 IM Prelims   | 2:43.70 |
| #401 Men 24&U 50 Free Prelims  | 30.35   | #409 Men 24&U 200 Back Prelims | 2:44.24 |
| #411 Men 24&U 50 Fly Prelims   | 33.17   |                                |         |

**Sport Science Institute of SA-CP Total Individual Entries: 70 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Super Seals-MA****1 Prinsloo, Mine - Female - Age: 13 - Ind/Rel: 7 / 0**

|                                  |         |                                    |         |
|----------------------------------|---------|------------------------------------|---------|
| #302 Women 24&U 100 Free Prelims | 1:10.75 | #306 Women 24&U 50 Breast Prelims  | 40.78   |
| #310 Women 24&U 100 Back Prelims | 1:24.29 | #314 Women 24&U 200 IM Prelims     | 2:55.88 |
| #402 Women 24&U 50 Free Prelims  | 32.05   | #406 Women 24&U 200 Breast Prelims | 3:09.01 |
| #410 Women 24&U 200 Back Prelims | 3:01.09 |                                    |         |

**2 Snyders, Ane - Female - Age: 13 - Ind/Rel: 4 / 0**

|                                  |         |                                    |         |
|----------------------------------|---------|------------------------------------|---------|
| #302 Women 24&U 100 Free Prelims | 1:12.74 | #306 Women 24&U 50 Breast Prelims  | 41.31   |
| #314 Women 24&U 200 IM Prelims   | 2:56.12 | #406 Women 24&U 200 Breast Prelims | 3:10.49 |

**Super Seals-MA Total Individual Entries: 11 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Swartland Swim Club-WC

## 1 Atkinson, Anouk E - Female - Age: 12 - Ind/Rel: 6 / 0

|                                    |         |                                 |         |
|------------------------------------|---------|---------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:33.47 | #212 Women 24&U 100 Fly Prelims | 1:34.12 |
| #306 Women 24&U 50 Breast Prelims  | 43.59   | #314 Women 24&U 200 IM Prelims  | 3:10.93 |
| #406 Women 24&U 200 Breast Prelims | 3:14.69 | #412 Women 24&U 50 Fly Prelims  | 40.87   |

## 2 Atkinson, Samuel A - Male - Age: 14 - Ind/Rel: 7 / 2

|  |         |  |         |
|--|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:17.75 | #205 Men 24&U 100 Breast Prelims               | 1:22.81 |
| #301 Men 24&U 100 Free Prelims                 | 1:01.50 | #305 Men 24&U 50 Breast Prelims                | 37.82   |
| #313 Men 24&U 200 IM Prelims                   | 2:39.09 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:12.00 |
| #401 Men 24&U 50 Free Prelims                  | 28.95   | #405 Men 35&U 200 Breast Prelims               | 2:59.46 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.98 |  |         |

## 3 Barnard, Theo J - Male - Age: 10 - Ind/Rel: 9 / 2

|  |         |                                |         |
|--|---------|--------------------------------|---------|
| #101 Men 11&U 400 Free                         | 6:00.06 | #201 Men 24&U 200 Free Prelims | 2:45.80 |
| #207 Men 24&U 50 Back Prelims                  | 42.30   | #211 Men 24&U 100 Fly Prelims  | 1:26.59 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:21.38 | #301 Men 24&U 100 Free Prelims | 1:13.19 |
| #309 Men 24&U 100 Back Prelims                 | 1:30.86 | #313 Men 24&U 200 IM Prelims   | 3:12.08 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:25.51 | #401 Men 24&U 50 Free Prelims  | 33.63   |
| #411 Men 24&U 50 Fly Prelims                   | 36.78   |                                |         |

## 4 Borman, Jani - Female - Age: 14 - Ind/Rel: 6 / 5

|  |         |  |         |
|--|---------|--|---------|
| #108 Women 14 400 Free                         | 5:13.49 | #202 Women 24&U 200 Free Prelims               | 2:36.22 |
| #206 Women 24&U 100 Breast Prelims             | 1:24.79 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:41.52 |
| #302 Women 24&U 100 Free Prelims               | 1:11.02 | #314 Women 24&U 200 IM Prelims                 | 2:49.42 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:12.27 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:12.00 |
| #406 Women 24&U 200 Breast Prelims             | 3:01.72 | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:23.58 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.98 |  |         |

## 5 Brand, Emsie - Female - Age: 14 - Ind/Rel: 7 / 1

|                                  |         |  |         |
|----------------------------------|---------|--|---------|
| #108 Women 14 400 Free           | 5:56.59 | #202 Women 24&U 200 Free Prelims               | 2:42.62 |
| #208 Women 24&U 50 Back Prelims  | 39.68   | #302 Women 24&U 100 Free Prelims               | 1:16.87 |
| #310 Women 24&U 100 Back Prelims | 1:22.32 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:12.27 |
| #402 Women 24&U 50 Free Prelims  | 36.23   | #410 Women 24&U 200 Back Prelims               | 2:52.90 |

## 6 Buhr, Lelanie - Female - Age: 14 - Ind/Rel: 7 / 3

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:39.16 | #206 Women 24&U 100 Breast Prelims           | 1:31.40 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:41.52 | #302 Women 24&U 100 Free Prelims             | 1:13.67 |
| #306 Women 24&U 50 Breast Prelims              | 42.81   | #310 Women 24&U 100 Back Prelims             | 1:23.80 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:12.27 | #402 Women 24&U 50 Free Prelims              | 33.83   |
| #410 Women 24&U 200 Back Prelims               | 2:55.69 | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:23.58 |

## 7 Lategan, Wessel W - Male - Age: 10 - Ind/Rel: 7 / 2

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims                 | 3:11.78 | #205 Men 24&U 100 Breast Prelims | 1:49.75 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:21.38 | #301 Men 24&U 100 Free Prelims   | 1:30.50 |
| #305 Men 24&U 50 Breast Prelims                | 49.53   | #313 Men 24&U 200 IM Prelims     | 3:47.42 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:25.51 | #401 Men 24&U 50 Free Prelims    | 40.17   |
| #405 Men 35&U 200 Breast Prelims               | 3:43.68 |                                  |         |

## 8 Liebenberg, Emily M - Female - Age: 14 - Ind/Rel: 7 / 5

|  |         |  |         |
|--|---------|--|---------|
| #108 Women 14 400 Free                         | 5:16.70 | #202 Women 24&U 200 Free Prelims               | 2:25.63 |
| #212 Women 24&U 100 Fly Prelims                | 1:13.45 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:41.52 |
| #302 Women 24&U 100 Free Prelims               | 1:06.20 | #314 Women 24&U 200 IM Prelims                 | 2:54.68 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:12.27 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:12.00 |
| #402 Women 24&U 50 Free Prelims                | 31.19   | #412 Women 24&U 50 Fly Prelims                 | 32.85   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:23.58 | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.98 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Swartland Swim Club-WC****9 Liedeman, Mark - Male - Age: 13 - Ind/Rel: 8 / 2**

|  |         |  |         |
|--|---------|--|---------|
| #105 Men 13 400 Free                           | 5:25.28 | #201 Men 24&U 200 Free Prelims                 | 2:35.59 |
| #205 Men 24&U 100 Breast Prelims               | 1:29.15 | #301 Men 24&U 100 Free Prelims                 | 1:11.26 |
| #305 Men 24&U 50 Breast Prelims                | 40.83   | #313 Men 24&U 200 IM Prelims                   | 2:54.80 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:12.00 | #405 Men 35&U 200 Breast Prelims               | 3:07.04 |
| #411 Men 24&U 50 Fly Prelims                   | 37.29   | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:29.98 |

**10 Mouton, Kay-Lee - Female - Age: 13 - Ind/Rel: 6 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:48.96 | #302 Women 24&U 100 Free Prelims | 1:16.09 |
| #310 Women 24&U 100 Back Prelims | 1:22.95 | #314 Women 24&U 200 IM Prelims   | 3:14.00 |
| #402 Women 24&U 50 Free Prelims  | 36.24   | #410 Women 24&U 200 Back Prelims | 2:55.77 |

**11 Pretorius, Hennie H - Male - Age: 11 - Ind/Rel: 6 / 2**

|   |         |  |         |
|---|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                | 2:56.97 | #205 Men 24&U 100 Breast Prelims               | 1:45.21 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 5:21.38 | #301 Men 24&U 100 Free Prelims                 | 1:18.35 |
| #305 Men 24&U 50 Breast Prelims               | 47.93   | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:25.51 |
| #401 Men 24&U 50 Free Prelims                 | 34.74   | #405 Men 35&U 200 Breast Prelims               | 3:43.84 |

**12 Schreve, Lehan - Male - Age: 11 - Ind/Rel: 6 / 2**

|                                |         |  |         |
|--------------------------------|---------|--|---------|
| #101 Men 11&U 400 Free         | 6:14.21 | #201 Men 24&U 200 Free Prelims                 | 2:56.60 |
| #211 Men 24&U 100 Fly Prelims  | 1:47.13 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R  | 5:21.38 |
| #301 Men 24&U 100 Free Prelims | 1:19.34 | #305 Men 24&U 50 Breast Prelims                | 52.21   |
| #313 Men 24&U 200 IM Prelims   | 3:23.53 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:25.51 |

**13 Visagie, Jani - Female - Age: 13 - Ind/Rel: 8 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #202 Women 24&U 200 Free Prelims   | 2:46.99 | #206 Women 24&U 100 Breast Prelims | 1:40.18 |
| #208 Women 24&U 50 Back Prelims    | 39.38   | #302 Women 24&U 100 Free Prelims   | 1:18.66 |
| #306 Women 24&U 50 Breast Prelims  | 45.72   | #310 Women 24&U 100 Back Prelims   | 1:23.06 |
| #406 Women 24&U 200 Breast Prelims | 3:30.74 | #410 Women 24&U 200 Back Prelims   | 2:54.55 |

**14 Vorster, Carli - Female - Age: 16 - Ind/Rel: 6 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:24.01 | #212 Women 24&U 100 Fly Prelims  | 1:14.09 |
| #302 Women 24&U 100 Free Prelims | 1:05.08 | #310 Women 24&U 100 Back Prelims | 1:20.84 |
| #402 Women 24&U 50 Free Prelims  | 30.65   | #412 Women 24&U 50 Fly Prelims   | 31.12   |

**15 Vorster, Mia - Female - Age: 13 - Ind/Rel: 8 / 2**

|   |         |  |         |
|---|---------|--|---------|
| #202 Women 24&U 200 Free Prelims              | 2:33.07 | #208 Women 24&U 50 Back Prelims              | 35.84   |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:41.52 | #302 Women 24&U 100 Free Prelims             | 1:10.63 |
| #310 Women 24&U 100 Back Prelims              | 1:19.09 | #314 Women 24&U 200 IM Prelims               | 2:55.54 |
| #402 Women 24&U 50 Free Prelims               | 32.05   | #410 Women 24&U 200 Back Prelims             | 2:48.70 |
| #412 Women 24&U 50 Fly Prelims                | 34.77   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:23.58 |

**Swartland Swim Club-WC Total Individual Entries: 104 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Swimlab Aquatic Academ-CP****1 Barge, Zac - Male - Age: 13 - Ind/Rel: 6 / 0**

|                                |         |                                 |         |
|--------------------------------|---------|---------------------------------|---------|
| #105 Men 13 400 Free           | 5:38.16 | #201 Men 24&U 200 Free Prelims  | 2:31.88 |
| #301 Men 24&U 100 Free Prelims | 1:05.38 | #305 Men 24&U 50 Breast Prelims | 41.07   |
| #401 Men 24&U 50 Free Prelims  | 28.48   | #411 Men 24&U 50 Fly Prelims    | 34.70   |

**2 Gilbert, Andrew A - Male - Age: 14 - Ind/Rel: 7 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #107 Men 14 400 Free           | 5:11.21 | #205 Men 24&U 100 Breast Prelims | 1:19.04 |
| #301 Men 24&U 100 Free Prelims | 1:04.21 | #305 Men 24&U 50 Breast Prelims  | 34.50   |
| #313 Men 24&U 200 IM Prelims   | 2:43.33 | #405 Men 35&U 200 Breast Prelims | 2:52.92 |
| #411 Men 24&U 50 Fly Prelims   | 30.85   |                                  |         |

**3 La Grange, Sophia E - Female - Age: 12 - Ind/Rel: 6 / 0**

|                                    |         |                                   |         |
|------------------------------------|---------|-----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:40.30 | #306 Women 24&U 50 Breast Prelims | 50.35   |
| #310 Women 24&U 100 Back Prelims   | 1:30.66 | #314 Women 24&U 200 IM Prelims    | 3:16.58 |
| #406 Women 24&U 200 Breast Prelims | 3:29.14 | #410 Women 24&U 200 Back Prelims  | 3:16.40 |

**4 Schreuder, Hannah G - Female - Age: 14 - Ind/Rel: 6 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:27.03 | #302 Women 24&U 100 Free Prelims   | 1:12.81 |
| #306 Women 24&U 50 Breast Prelims  | 38.71   | #314 Women 24&U 200 IM Prelims     | 3:27.33 |
| #402 Women 24&U 50 Free Prelims    | 33.26   | #406 Women 24&U 200 Breast Prelims | 3:13.67 |

**5 Thomason, Jamie P - Male - Age: 12 - Ind/Rel: 3 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:40.44 | #205 Men 24&U 100 Breast Prelims | 1:42.72 |
| #207 Men 24&U 50 Back Prelims  | 40.99   |                                  |         |

**6 Tjallingii, Nina E - Female - Age: 11 - Ind/Rel: 6 / 0**

|                                    |         |                                   |       |
|------------------------------------|---------|-----------------------------------|-------|
| #302 Women 24&U 100 Free Prelims   | 1:31.67 | #306 Women 24&U 50 Breast Prelims | 47.48 |
| #314 Women 24&U 200 IM Prelims     | 3:43.48 | #402 Women 24&U 50 Free Prelims   | 38.20 |
| #406 Women 24&U 200 Breast Prelims | 3:40.10 | #412 Women 24&U 50 Fly Prelims    | 52.12 |

**Swimlab Aquatic Academ-CP Total Individual Entries: 34 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****The Well-CE****1 Bester, Lisa - Female - Age: 16 - Ind/Rel: 3 / 0**

|                                 |       |                                  |         |
|---------------------------------|-------|----------------------------------|---------|
| #208 Women 24&U 50 Back Prelims | 35.19 | #310 Women 24&U 100 Back Prelims | 1:15.37 |
| #412 Women 24&U 50 Fly Prelims  | 35.50 |                                  |         |

**2 Coetzee, Liane - Female - Age: 11 - Ind/Rel: 7 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 3:00.22 | #208 Women 24&U 50 Back Prelims  | 38.65   |
| #302 Women 24&U 100 Free Prelims | 1:18.56 | #310 Women 24&U 100 Back Prelims | 1:28.08 |
| #314 Women 24&U 200 IM Prelims   | 3:21.81 | #402 Women 24&U 50 Free Prelims  | 32.34   |
| #412 Women 24&U 50 Fly Prelims   | 38.53   |                                  |         |

**3 Olivier, Shani - Female - Age: 15 - Ind/Rel: 6 / 0**

|                                    |         |                                    |         |
|------------------------------------|---------|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:23.95 | #302 Women 24&U 100 Free Prelims   | 1:11.57 |
| #306 Women 24&U 50 Breast Prelims  | 38.87   | #314 Women 24&U 200 IM Prelims     | 2:53.73 |
| #402 Women 24&U 50 Free Prelims    | 33.42   | #406 Women 24&U 200 Breast Prelims | 2:59.83 |

**The Well-CE Total Individual Entries: 16 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Torpedo Swim Club****1 Findlay, Marlise R - Female - Age: 15 - Ind/Rel: 6 / 0**

|                                 |         |                                  |         |
|---------------------------------|---------|----------------------------------|---------|
| #110 Women 15 400 Free          | 5:13.69 | #202 Women 24&U 200 Free Prelims | 2:24.28 |
| #208 Women 24&U 50 Back Prelims | 32.96   | #314 Women 24&U 200 IM Prelims   | 2:45.31 |
| #402 Women 24&U 50 Free Prelims | 29.00   | #410 Women 24&U 200 Back Prelims | 2:37.46 |

**2 Lastroni, Giuliano - Male - Age: 16 - Ind/Rel: 6 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #111 Men 16 400 Free           | 4:38.88 | #201 Men 24&U 200 Free Prelims | 2:09.06 |
| #301 Men 24&U 100 Free Prelims | 58.95   | #313 Men 24&U 200 IM Prelims   | 2:32.45 |
| #401 Men 24&U 50 Free Prelims  | 27.70   | #411 Men 24&U 50 Fly Prelims   | 29.81   |

**Torpedo Swim Club Total Individual Entries: 12 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Tygerberg Aquatics-CP

## 1 Aucamp, Larah - Female - Age: 13 - Ind/Rel: 5 / 1

|                                  |         |  |         |
|----------------------------------|---------|--|---------|
| #302 Women 24&U 100 Free Prelims | 1:17.48 | #306 Women 24&U 50 Breast Prelims            | 43.12   |
| #402 Women 24&U 50 Free Prelims  | 34.15   | #406 Women 24&U 200 Breast Prelims           | 3:21.94 |
| #412 Women 24&U 50 Fly Prelims   | 38.88   | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me | 2:15.66 |

## 2 Bannister, Joshua G - Male - Age: 15 - Ind/Rel: 8 / 5

|   |         |  |         |
|---|---------|--|---------|
| #109 Men 15 400 Free                            | 4:38.26 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:58.29 |
| #301 Men 24&U 100 Free Prelims                  | 1:01.51 | #305 Men 24&U 50 Breast Prelims                | 38.76   |
| #309 Men 24&U 100 Back Prelims                  | 1:10.72 | #313 Men 24&U 200 IM Prelims                   | 2:34.22 |
| #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:48.47 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.33 |
| #401 Men 24&U 50 Free Prelims                   | 28.52   | #409 Men 24&U 200 Back Prelims                 | 2:31.64 |
| #411 Men 24&U 50 Fly Prelims                    | 33.10   | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle  | 2:03.51 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed  | 4:18.71 |  |         |

## 3 Bester, Eben - Male - Age: 15 - Ind/Rel: 12 / 5

|  |         |   |         |
|--|---------|---|---------|
| #109 Men 15 400 Free                           | 4:55.31 | #201 Men 24&U 200 Free Prelims                  | 2:18.27 |
| #205 Men 24&U 100 Breast Prelims               | 1:18.69 | #207 Men 24&U 50 Back Prelims                   | 32.52   |
| #217 Men 16-24 4x100 Free Relay 4 X 100 Free R | 3:58.29 | #301 Men 24&U 100 Free Prelims                  | 1:01.02 |
| #305 Men 24&U 50 Breast Prelims                | 35.58   | #309 Men 24&U 100 Back Prelims                  | 1:09.11 |
| #313 Men 24&U 200 IM Prelims                   | 2:31.15 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:48.47 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.33 | #401 Men 24&U 50 Free Prelims                   | 27.57   |
| #405 Men 35&U 200 Breast Prelims               | 2:55.58 | #409 Men 24&U 200 Back Prelims                  | 2:27.47 |
| #411 Men 24&U 50 Fly Prelims                   | 31.61   | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 2:03.51 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:18.71 |   |         |

## 4 Boshoff, Anja - Female - Age: 10 - Ind/Rel: 7 / 3

|   |         |   |         |
|---|---------|---|---------|
| #208 Women 24&U 50 Back Prelims               | 38.55   | #212 Women 24&U 100 Fly Prelims             | 1:36.26 |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 5:14.94 | #302 Women 24&U 100 Free Prelims            | 1:21.45 |
| #310 Women 24&U 100 Back Prelims              | 1:25.11 | #314 Women 24&U 200 IM Prelims              | 3:17.78 |
| #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:21.53 | #402 Women 24&U 50 Free Prelims             | 36.27   |
| #410 Women 24&U 200 Back Prelims              | 3:02.75 | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me | 2:39.10 |

## 5 Burger, Juanè - Female - Age: 12 - Ind/Rel: 10 / 5

|   |         |   |         |
|---|---------|---|---------|
| #104 Women 12 400 Free                        | 5:36.28 | #202 Women 24&U 200 Free Prelims              | 2:37.05 |
| #206 Women 24&U 100 Breast Prelims            | 1:45.69 | #208 Women 24&U 50 Back Prelims               | 41.02   |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:46.37 | #302 Women 24&U 100 Free Prelims              | 1:12.65 |
| #310 Women 24&U 100 Back Prelims              | 1:27.04 | #314 Women 24&U 200 IM Prelims                | 3:09.83 |
| #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:10.14 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.39 |
| #402 Women 24&U 50 Free Prelims               | 33.26   | #410 Women 24&U 200 Back Prelims              | 3:03.07 |
| #412 Women 24&U 50 Fly Prelims                | 37.98   | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:27.54 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:06.27 |   |         |

## 6 Chibharo, Lethabo L - Female - Age: 10 - Ind/Rel: 9 / 1

|                                   |         |   |         |
|-----------------------------------|---------|---|---------|
| #202 Women 24&U 200 Free Prelims  | 3:19.59 | #206 Women 24&U 100 Breast Prelims          | 1:43.27 |
| #208 Women 24&U 50 Back Prelims   | 50.71   | #302 Women 24&U 100 Free Prelims            | 1:32.37 |
| #306 Women 24&U 50 Breast Prelims | 47.16   | #314 Women 24&U 200 IM Prelims              | 3:33.23 |
| #402 Women 24&U 50 Free Prelims   | 39.31   | #406 Women 24&U 200 Breast Prelims          | 3:44.06 |
| #412 Women 24&U 50 Fly Prelims    | 44.80   | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me | 2:39.10 |

## 7 De Oliveira, Aliyah - Female - Age: 13 - Ind/Rel: 10 / 2

|  |         |                                  |         |
|--|---------|----------------------------------|---------|
| #106 Women 13 400 Free                         | 5:30.00 | #202 Women 24&U 200 Free Prelims | 2:33.86 |
| #208 Women 24&U 50 Back Prelims                | 38.05   | #212 Women 24&U 100 Fly Prelims  | 1:30.04 |
| #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:44.88 | #302 Women 24&U 100 Free Prelims | 1:12.24 |
| #310 Women 24&U 100 Back Prelims               | 1:22.36 | #314 Women 24&U 200 IM Prelims   | 2:51.81 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:05.45 | #402 Women 24&U 50 Free Prelims  | 32.11   |
| #410 Women 24&U 200 Back Prelims               | 2:53.76 | #412 Women 24&U 50 Fly Prelims   | 37.17   |

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Tygerberg Aquatics-CP

## 8 De Villiers, Anja - Female - Age: 12 - Ind/Rel: 12 / 5

|   |         |   |         |
|---|---------|---|---------|
| #104 Women 12 400 Free                        | 5:31.02 | #202 Women 24&U 200 Free Prelims              | 2:34.75 |
| #206 Women 24&U 100 Breast Prelims            | 1:37.52 | #208 Women 24&U 50 Back Prelims               | 36.96   |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:46.37 | #302 Women 24&U 100 Free Prelims              | 1:10.84 |
| #306 Women 24&U 50 Breast Prelims             | 42.62   | #310 Women 24&U 100 Back Prelims              | 1:20.22 |
| #314 Women 24&U 200 IM Prelims                | 2:57.10 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:10.14 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.39 | #402 Women 24&U 50 Free Prelims               | 31.62   |
| #406 Women 24&U 200 Breast Prelims            | 3:25.42 | #410 Women 24&U 200 Back Prelims              | 2:53.01 |
| #412 Women 24&U 50 Fly Prelims                | 35.83   | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:27.54 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:38.03 |   |         |

## 9 De Vries, Jordan - Male - Age: 14 - Ind/Rel: 10 / 0

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #205 Men 24&U 100 Breast Prelims | 1:25.63 | #207 Men 24&U 50 Back Prelims  | 34.18   |
| #211 Men 24&U 100 Fly Prelims    | 1:16.22 | #301 Men 24&U 100 Free Prelims | 1:05.22 |
| #305 Men 24&U 50 Breast Prelims  | 38.74   | #309 Men 24&U 100 Back Prelims | 1:19.57 |
| #313 Men 24&U 200 IM Prelims     | 2:55.72 | #401 Men 24&U 50 Free Prelims  | 29.33   |
| #405 Men 35&U 200 Breast Prelims | 3:00.83 | #411 Men 24&U 50 Fly Prelims   | 31.40   |

## 10 Möller, Van Zyl V - Male - Age: 12 - Ind/Rel: 6 / 5

|   |         |   |         |
|---|---------|---|---------|
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:57.93 | #301 Men 24&U 100 Free Prelims                | 1:15.16 |
| #309 Men 24&U 100 Back Prelims                | 1:25.06 | #313 Men 24&U 200 IM Prelims                  | 3:07.22 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel | 2:16.00 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.39 |
| #405 Men 35&U 200 Breast Prelims              | 3:40.49 | #409 Men 24&U 200 Back Prelims                | 2:54.34 |
| #411 Men 24&U 50 Fly Prelims                  | 39.06   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:33.95 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:06.27 |   |         |

## 11 Muller, Alice - Female - Age: 12 - Ind/Rel: 8 / 2

|   |         |  |         |
|---|---------|--|---------|
| #104 Women 12 400 Free                        | 5:49.48 | #202 Women 24&U 200 Free Prelims             | 2:47.19 |
| #208 Women 24&U 50 Back Prelims               | 43.19   | #214 Women 12&U 4x100 Free Relay 4 X 100 Fre | 5:14.94 |
| #306 Women 24&U 50 Breast Prelims             | 49.84   | #314 Women 24&U 200 IM Prelims               | 3:10.78 |
| #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:21.53 | #402 Women 24&U 50 Free Prelims              | 36.46   |
| #410 Women 24&U 200 Back Prelims              | 3:13.01 | #412 Women 24&U 50 Fly Prelims               | 41.91   |

## 12 Nilsson, Rebecca B - Female - Age: 11 - Ind/Rel: 9 / 5

|   |         |   |         |
|---|---------|---|---------|
| #102 Women 11&U 400 Free                      | 5:46.47 | #202 Women 24&U 200 Free Prelims              | 2:43.96 |
| #206 Women 24&U 100 Breast Prelims            | 1:35.36 | #212 Women 24&U 100 Fly Prelims               | 1:22.68 |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:46.37 | #302 Women 24&U 100 Free Prelims              | 1:14.46 |
| #306 Women 24&U 50 Breast Prelims             | 42.75   | #310 Women 24&U 100 Back Prelims              | 1:26.07 |
| #314 Women 24&U 200 IM Prelims                | 3:04.13 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:21.53 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:26.87 | #406 Women 24&U 200 Breast Prelims            | 3:17.63 |
| #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:27.54 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:06.27 |

## 13 Olivier, Julie M - Female - Age: 10 - Ind/Rel: 10 / 3

|   |         |                                  |         |
|---|---------|----------------------------------|---------|
| #102 Women 11&U 400 Free                      | 5:55.73 | #202 Women 24&U 200 Free Prelims | 2:49.41 |
| #206 Women 24&U 100 Breast Prelims            | 1:46.96 | #208 Women 24&U 50 Back Prelims  | 40.66   |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 5:14.94 | #302 Women 24&U 100 Free Prelims | 1:18.39 |
| #310 Women 24&U 100 Back Prelims              | 1:29.59 | #314 Women 24&U 200 IM Prelims   | 3:08.33 |
| #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:21.53 | #402 Women 24&U 50 Free Prelims  | 34.46   |
| #410 Women 24&U 200 Back Prelims              | 3:05.18 | #412 Women 24&U 50 Fly Prelims   | 39.95   |
| #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:39.10 |                                  |         |

## 14 Otterbach, Lily - Female - Age: 12 - Ind/Rel: 7 / 5

|   |         |   |         |
|---|---------|---|---------|
| #202 Women 24&U 200 Free Prelims              | 2:35.59 | #208 Women 24&U 50 Back Prelims               | 35.70   |
| #212 Women 24&U 100 Fly Prelims               | 1:21.19 | #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:46.37 |
| #302 Women 24&U 100 Free Prelims              | 1:08.42 | #310 Women 24&U 100 Back Prelims              | 1:24.10 |
| #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:10.14 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:26.87 |
| #402 Women 24&U 50 Free Prelims               | 31.82   | #412 Women 24&U 50 Fly Prelims                | 34.83   |
| #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:27.54 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:38.03 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Tygerberg Aquatics-CP****15 Raimond, Marike M - Female - Age: 13 - Ind/Rel: 9 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #106 Women 13 400 Free                         | 5:18.51 | #202 Women 24&U 200 Free Prelims               | 2:33.17 |
| #208 Women 24&U 50 Back Prelims                | 37.96   | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.80 |
| #302 Women 24&U 100 Free Prelims               | 1:09.01 | #310 Women 24&U 100 Back Prelims               | 1:21.75 |
| #314 Women 24&U 200 IM Prelims                 | 2:59.50 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:05.45 |
| #402 Women 24&U 50 Free Prelims                | 32.16   | #410 Women 24&U 200 Back Prelims               | 2:52.92 |
| #412 Women 24&U 50 Fly Prelims                 | 36.33   | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 2:15.66 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:18.71 |  |         |

**16 Rossouw, Cara - Female - Age: 13 - Ind/Rel: 4 / 3**

|   |         |  |         |
|---|---------|--|---------|
| #218 Women 16-24 4x100 Free Relay 4 X 100 Fre | 4:44.88 | #310 Women 24&U 100 Back Prelims               | 1:25.45 |
| #314 Women 24&U 200 IM Prelims                | 2:58.82 | #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:12.00 |
| #410 Women 24&U 200 Back Prelims              | 2:53.63 | #412 Women 24&U 50 Fly Prelims                 | 34.35   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me  | 2:20.24 |  |         |

**17 Rossouw, Nadia - Female - Age: 16 - Ind/Rel: 4 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:44.88 | #302 Women 24&U 100 Free Prelims               | 1:06.43 |
| #310 Women 24&U 100 Back Prelims               | 1:15.20 | #314 Women 24&U 200 IM Prelims                 | 2:47.42 |
| #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:12.00 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.95 |
| #410 Women 24&U 200 Back Prelims               | 2:42.28 | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 2:15.66 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:11.98 |  |         |

**18 Ryser, Aurora - Female - Age: 15 - Ind/Rel: 12 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #110 Women 15 400 Free                         | 5:11.64 | #202 Women 24&U 200 Free Prelims               | 2:27.33 |
| #206 Women 24&U 100 Breast Prelims             | 1:24.49 | #208 Women 24&U 50 Back Prelims                | 34.73   |
| #212 Women 24&U 100 Fly Prelims                | 1:14.47 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.80 |
| #302 Women 24&U 100 Free Prelims               | 1:07.17 | #306 Women 24&U 50 Breast Prelims              | 39.17   |
| #310 Women 24&U 100 Back Prelims               | 1:13.45 | #314 Women 24&U 200 IM Prelims                 | 2:40.83 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:05.45 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.33 |
| #402 Women 24&U 50 Free Prelims                | 30.22   | #410 Women 24&U 200 Back Prelims               | 2:38.32 |
| #412 Women 24&U 50 Fly Prelims                 | 33.22   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:20.24 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:18.71 |  |         |

**19 Senekal, Margo - Female - Age: 13 - Ind/Rel: 9 / 3**

|  |         |  |         |
|--|---------|--|---------|
| #106 Women 13 400 Free                         | 5:18.33 | #202 Women 24&U 200 Free Prelims             | 2:32.62 |
| #206 Women 24&U 100 Breast Prelims             | 1:33.39 | #212 Women 24&U 100 Fly Prelims              | 1:26.01 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.80 | #302 Women 24&U 100 Free Prelims             | 1:10.41 |
| #306 Women 24&U 50 Breast Prelims              | 40.98   | #314 Women 24&U 200 IM Prelims               | 2:53.05 |
| #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:12.00 | #402 Women 24&U 50 Free Prelims              | 32.36   |
| #412 Women 24&U 50 Fly Prelims                 | 38.11   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:20.24 |

**20 Smith, Courtney E - Female - Age: 17 - Ind/Rel: 8 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #114 Women 17-24 400 Free                      | 5:18.05 | #212 Women 24&U 100 Fly Prelims                | 1:20.11 |
| #218 Women 16-24 4x100 Free Relay 4 X 100 Fre  | 4:44.88 | #302 Women 24&U 100 Free Prelims               | 1:09.79 |
| #310 Women 24&U 100 Back Prelims               | 1:15.51 | #314 Women 24&U 200 IM Prelims                 | 2:44.38 |
| #320 Women 16-24 4x50 Free Relay 4 x 50 Free F | 2:12.00 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.95 |
| #406 Women 24&U 200 Breast Prelims             | 3:10.81 | #410 Women 24&U 200 Back Prelims               | 2:45.81 |
| #412 Women 24&U 50 Fly Prelims                 | 36.32   | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 2:15.66 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:11.98 |  |         |

**21 Smith, Lara E - Female - Age: 14 - Ind/Rel: 7 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #208 Women 24&U 50 Back Prelims                | 34.69   | #212 Women 24&U 100 Fly Prelims                | 1:15.49 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:35.80 | #302 Women 24&U 100 Free Prelims               | 1:09.21 |
| #310 Women 24&U 100 Back Prelims               | 1:17.34 | #314 Women 24&U 200 IM Prelims                 | 2:51.41 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:05.45 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:11.33 |
| #410 Women 24&U 200 Back Prelims               | 2:50.97 | #412 Women 24&U 50 Fly Prelims                 | 32.76   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:20.24 |  |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Tygerberg Aquatics-CP****22 Sonnekus, Anya - Female - Age: 11 - Ind/Rel: 8 / 0**

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:45.64 | #208 Women 24&U 50 Back Prelims  | 44.07   |
| #306 Women 24&U 50 Breast Prelims  | 47.64   | #310 Women 24&U 100 Back Prelims | 1:33.71 |
| #314 Women 24&U 200 IM Prelims     | 3:16.73 | #402 Women 24&U 50 Free Prelims  | 36.63   |
| #406 Women 24&U 200 Breast Prelims | 3:45.52 | #412 Women 24&U 50 Fly Prelims   | 43.13   |

**23 Steyn, Lucy S - Female - Age: 12 - Ind/Rel: 4 / 3**

|   |         |   |         |
|---|---------|---|---------|
| #202 Women 24&U 200 Free Prelims            | 2:43.64 | #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 5:14.94 |
| #314 Women 24&U 200 IM Prelims              | 3:06.80 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:10.14 |
| #406 Women 24&U 200 Breast Prelims          | 3:26.82 | #410 Women 24&U 200 Back Prelims              | 3:01.69 |
| #416 Women 12&U 4x50 Medley Relay 4 x 50 Me | 2:39.10 |   |         |

**24 Strydom, Stephan - Male - Age: 17 - Ind/Rel: 6 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #113 Men 17-24 400 Free                        | 4:33.47 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 3:58.29 |
| #301 Men 24&U 100 Free Prelims                 | 58.97   | #309 Men 24&U 100 Back Prelims                  | 1:08.59 |
| #313 Men 24&U 200 IM Prelims                   | 2:30.28 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:48.47 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.95 | #401 Men 24&U 50 Free Prelims                   | 27.09   |
| #409 Men 24&U 200 Back Prelims                 | 2:28.90 | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 2:03.51 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:11.98 |   |         |

**25 Trower, Michael - Male - Age: 12 - Ind/Rel: 12 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #103 Men 12 400 Free                           | 5:21.39 | #201 Men 24&U 200 Free Prelims                | 2:37.34 |
| #205 Men 24&U 100 Breast Prelims               | 1:34.84 | #207 Men 24&U 50 Back Prelims                 | 37.65   |
| #211 Men 24&U 100 Fly Prelims                  | 1:26.34 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:57.93 |
| #301 Men 24&U 100 Free Prelims                 | 1:10.62 | #305 Men 24&U 50 Breast Prelims               | 46.24   |
| #309 Men 24&U 100 Back Prelims                 | 1:22.27 | #313 Men 24&U 200 IM Prelims                  | 2:56.66 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:16.00 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:26.87 |
| #401 Men 24&U 50 Free Prelims                  | 32.11   | #409 Men 24&U 200 Back Prelims                | 2:56.27 |
| #411 Men 24&U 50 Fly Prelims                   | 36.51   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:33.95 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:38.03 |   |         |

**26 Van Vondel, Roland - Male - Age: 11 - Ind/Rel: 8 / 5**

|   |         |  |         |
|---|---------|--|---------|
| #201 Men 24&U 200 Free Prelims                | 3:10.50 | #205 Men 24&U 100 Breast Prelims               | 1:40.76 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:57.93 | #301 Men 24&U 100 Free Prelims                 | 1:24.00 |
| #305 Men 24&U 50 Breast Prelims               | 46.84   | #309 Men 24&U 100 Back Prelims                 | 1:29.65 |
| #313 Men 24&U 200 IM Prelims                  | 3:24.74 | #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:16.00 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:35.39 | #405 Men 35&U 200 Breast Prelims               | 3:36.26 |
| #409 Men 24&U 200 Back Prelims                | 3:04.02 | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle   | 2:33.95 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 5:06.27 |  |         |

**27 Van Zyl, Daniël R - Male - Age: 11 - Ind/Rel: 13 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #101 Men 11&U 400 Free                         | 5:09.30 | #201 Men 24&U 200 Free Prelims                | 2:27.23 |
| #205 Men 24&U 100 Breast Prelims               | 1:35.32 | #207 Men 24&U 50 Back Prelims                 | 36.78   |
| #211 Men 24&U 100 Fly Prelims                  | 1:17.57 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:57.93 |
| #301 Men 24&U 100 Free Prelims                 | 1:08.15 | #305 Men 24&U 50 Breast Prelims               | 47.87   |
| #309 Men 24&U 100 Back Prelims                 | 1:18.86 | #313 Men 24&U 200 IM Prelims                  | 2:50.60 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:16.00 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:26.87 |
| #401 Men 24&U 50 Free Prelims                  | 31.75   | #405 Men 35&U 200 Breast Prelims              | 3:31.08 |
| #409 Men 24&U 200 Back Prelims                 | 2:46.45 | #411 Men 24&U 50 Fly Prelims                  | 35.54   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle   | 2:33.95 | #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:38.03 |

**28 Volschenk, Ben T - Male - Age: 16 - Ind/Rel: 9 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #111 Men 16 400 Free                           | 4:36.14 | #201 Men 24&U 200 Free Prelims                  | 2:06.80 |
| #211 Men 24&U 100 Fly Prelims                  | 1:02.78 | #217 Men 16-24 4x100 Free Relay 4 X 100 Free R  | 3:58.29 |
| #301 Men 24&U 100 Free Prelims                 | 56.79   | #309 Men 24&U 100 Back Prelims                  | 1:05.21 |
| #313 Men 24&U 200 IM Prelims                   | 2:26.49 | #319 Men 16-24 4x50 Free Relay 4 x 50 Free Rela | 1:48.47 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:14.95 | #401 Men 24&U 50 Free Prelims                   | 25.29   |
| #409 Men 24&U 200 Back Prelims                 | 2:24.19 | #411 Men 24&U 50 Fly Prelims                    | 28.07   |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle  | 2:03.51 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe  | 4:11.98 |

**Tygerberg Aquatics-CP Total Individual Entries: 236 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Ultimate Swim Club-BU****1 Boettger, Jodi A - Female - Age: 14 - Ind/Rel: 6 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:24.38 | #212 Women 24&U 100 Fly Prelims                | 1:18.22 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:43.14 | #306 Women 24&U 50 Breast Prelims              | 40.18   |
| #314 Women 24&U 200 IM Prelims                 | 2:45.87 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:08.12 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:18.29 | #406 Women 24&U 200 Breast Prelims             | 3:02.90 |
| #412 Women 24&U 50 Fly Prelims                 | 34.07   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:21.82 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:25.99 |  |         |

**2 Louw, Lume L - Female - Age: 14 - Ind/Rel: 5 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #208 Women 24&U 50 Back Prelims                | 35.12   | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:43.14 |
| #302 Women 24&U 100 Free Prelims               | 1:10.32 | #310 Women 24&U 100 Back Prelims               | 1:18.05 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:08.12 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:18.29 |
| #402 Women 24&U 50 Free Prelims                | 31.68   | #410 Women 24&U 200 Back Prelims               | 3:08.66 |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:21.82 |  |         |

**3 Obaray, Emma J - Female - Age: 12 - Ind/Rel: 8 / 0**

|                                  |         |                                    |         |
|----------------------------------|---------|------------------------------------|---------|
| #104 Women 12 400 Free           | 6:37.02 | #206 Women 24&U 100 Breast Prelims | 1:36.40 |
| #302 Women 24&U 100 Free Prelims | 1:23.93 | #306 Women 24&U 50 Breast Prelims  | 43.73   |
| #310 Women 24&U 100 Back Prelims | 1:40.93 | #314 Women 24&U 200 IM Prelims     | 3:26.74 |
| #402 Women 24&U 50 Free Prelims  | 35.23   | #406 Women 24&U 200 Breast Prelims | 3:31.57 |

**4 Petersen, Kayla M - Female - Age: 15 - Ind/Rel: 6 / 5**

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:27.60 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:43.14 |
| #302 Women 24&U 100 Free Prelims               | 1:07.48 | #306 Women 24&U 50 Breast Prelims              | 40.39   |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:08.12 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:18.29 |
| #402 Women 24&U 50 Free Prelims                | 30.68   | #406 Women 24&U 200 Breast Prelims             | 3:12.72 |
| #412 Women 24&U 50 Fly Prelims                 | 34.48   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:21.82 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:25.99 |  |         |

**5 Weimann, Erin J - Female - Age: 12 - Ind/Rel: 6 / 4**

|  |         |  |         |
|--|---------|--|---------|
| #206 Women 24&U 100 Breast Prelims             | 1:30.11 | #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:43.14 |
| #306 Women 24&U 50 Breast Prelims              | 41.95   | #314 Women 24&U 200 IM Prelims                 | 3:11.22 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:08.12 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:18.29 |
| #402 Women 24&U 50 Free Prelims                | 34.80   | #406 Women 24&U 200 Breast Prelims             | 3:12.54 |
| #412 Women 24&U 50 Fly Prelims                 | 39.27   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:21.82 |

**6 Wessels, Tiaan - Male - Age: 12 - Ind/Rel: 7 / 1**

|                                |         |  |         |
|--------------------------------|---------|--|---------|
| #207 Men 24&U 50 Back Prelims  | 35.02   | #301 Men 24&U 100 Free Prelims                 | 1:08.11 |
| #309 Men 24&U 100 Back Prelims | 1:16.90 | #313 Men 24&U 200 IM Prelims                   | 2:53.60 |
| #401 Men 24&U 50 Free Prelims  | 30.98   | #409 Men 24&U 200 Back Prelims                 | 2:51.20 |
| #411 Men 24&U 50 Fly Prelims   | 33.43   | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:25.99 |

**7 Wright, Wyl - Male - Age: 13 - Ind/Rel: 6 / 1**

|  |         |                                 |       |
|--|---------|---------------------------------|-------|
| #301 Men 24&U 100 Free Prelims                 | 1:03.48 | #305 Men 24&U 50 Breast Prelims | 38.39 |
| #313 Men 24&U 200 IM Prelims                   | 2:42.87 | #401 Men 24&U 50 Free Prelims   | 29.20 |
| #405 Men 35&U 200 Breast Prelims               | 3:06.56 | #411 Men 24&U 50 Fly Prelims    | 32.41 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:25.99 |                                 |       |

**Ultimate Swim Club-BU Total Individual Entries: 44 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Upington Swemklub -zf McGawi****1 Van Zyl, Stephan J - Male - Age: 18 - Ind/Rel: 8 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #301 Men 24&U 100 Free Prelims | 57.00   | #305 Men 24&U 50 Breast Prelims  | 34.20   |
| #309 Men 24&U 100 Back Prelims | 1:11.04 | #313 Men 24&U 200 IM Prelims     | 2:34.99 |
| #401 Men 24&U 50 Free Prelims  | 25.99   | #405 Men 35&U 200 Breast Prelims | 2:51.76 |
| #409 Men 24&U 200 Back Prelims | 2:41.48 | #411 Men 24&U 50 Fly Prelims     | 27.01   |

**2 Vries, Jayden J - Male - Age: 16 - Ind/Rel: 8 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #301 Men 24&U 100 Free Prelims | 59.22   | #305 Men 24&U 50 Breast Prelims  | 34.32   |
| #309 Men 24&U 100 Back Prelims | 1:12.32 | #313 Men 24&U 200 IM Prelims     | 2:31.99 |
| #401 Men 24&U 50 Free Prelims  | 27.31   | #405 Men 35&U 200 Breast Prelims | 2:54.55 |
| #409 Men 24&U 200 Back Prelims | 2:37.08 | #411 Men 24&U 50 Fly Prelims     | 28.98   |

**Upington Swemklub -zf McGawi Total Individual Entries: 16 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events**

---

**Uwc Aquatics-CP****1 Eilers, Chaden D - Male - Age: 18 - Ind/Rel: 6 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:23.85 | #205 Men 24&U 100 Breast Prelims | 1:14.80 |
| #301 Men 24&U 100 Free Prelims | 58.34   | #305 Men 24&U 50 Breast Prelims  | 33.43   |
| #401 Men 24&U 50 Free Prelims  | 26.32   | #405 Men 35&U 200 Breast Prelims | 2:46.71 |

**2 Visser, Wessel M - Male - Age: 12 - Ind/Rel: 8 / 0**

|                                  |         |                                |         |
|----------------------------------|---------|--------------------------------|---------|
| #103 Men 12 400 Free             | 6:11.00 | #207 Men 24&U 50 Back Prelims  | 47.83   |
| #211 Men 24&U 100 Fly Prelims    | 1:44.15 | #301 Men 24&U 100 Free Prelims | 1:28.72 |
| #309 Men 24&U 100 Back Prelims   | 1:36.96 | #313 Men 24&U 200 IM Prelims   | 3:21.92 |
| #405 Men 35&U 200 Breast Prelims | 3:50.00 | #409 Men 24&U 200 Back Prelims | 3:26.24 |

**Uwc Aquatics-CP Total Individual Entries: 14 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Vikings Aquatic Club-BU****1 Davies, Jessica A - Female - Age: 13 - Ind/Rel: 5 / 0**

|                                    |         |                                  |         |
|------------------------------------|---------|----------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:32.02 | #302 Women 24&U 100 Free Prelims | 1:21.59 |
| #306 Women 24&U 50 Breast Prelims  | 40.45   | #402 Women 24&U 50 Free Prelims  | 34.12   |
| #406 Women 24&U 200 Breast Prelims | 3:25.90 |                                  |         |

**2 Erasmus, Morgan J - Male - Age: 12 - Ind/Rel: 7 / 0**

|                                |         |                                      |         |
|--------------------------------|---------|--------------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:45.76 | #205 Men 24&U 100 Breast Prelims     | 1:35.59 |
| #301 Men 24&U 100 Free Prelims | 1:15.44 | #307 Men 99&U 50 Breast Para Prelims | 43.57   |
| #401 Men 24&U 50 Free Prelims  | 33.76   | #405 Men 35&U 200 Breast Prelims     | 3:21.60 |
| #411 Men 24&U 50 Fly Prelims   | 38.56   |                                      |         |

**3 Goliath, Madison A - Female - Age: 15 - Ind/Rel: 6 / 0**

|                                  |         |                                 |         |
|----------------------------------|---------|---------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:30.49 | #212 Women 24&U 100 Fly Prelims | 1:18.19 |
| #302 Women 24&U 100 Free Prelims | 1:05.68 | #314 Women 24&U 200 IM Prelims  | 2:53.18 |
| #402 Women 24&U 50 Free Prelims  | 29.46   | #412 Women 24&U 50 Fly Prelims  | 32.57   |

**4 Runqu, Avuzwa - Male - Age: 13 - Ind/Rel: 6 / 0**

|                                |         |                                  |         |
|--------------------------------|---------|----------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:42.38 | #205 Men 24&U 100 Breast Prelims | 1:27.92 |
| #301 Men 24&U 100 Free Prelims | 1:12.09 | #305 Men 24&U 50 Breast Prelims  | 40.20   |
| #401 Men 24&U 50 Free Prelims  | 32.48   | #405 Men 35&U 200 Breast Prelims | 3:24.50 |

**Vikings Aquatic Club-BU Total Individual Entries: 24 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023

## Team Entries - All Events

## Vineyard SC-CP

## 1 Adams, Sydney M - Female - Age: 13 - Ind/Rel: 8 / 2

|  |         |  |         |
|--|---------|--|---------|
| #106 Women 13 400 Free                         | 5:37.39 | #206 Women 24&U 100 Breast Prelims           | 1:32.06 |
| #212 Women 24&U 100 Fly Prelims                | 1:26.52 | #302 Women 24&U 100 Free Prelims             | 1:12.20 |
| #306 Women 24&U 50 Breast Prelims              | 40.84   | #314 Women 24&U 200 IM Prelims               | 2:55.25 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:04.86 | #406 Women 24&U 200 Breast Prelims           | 3:14.51 |
| #412 Women 24&U 50 Fly Prelims                 | 35.61   | #420 Women 16-24 4x50 Medley Relay 4 x 50 Me | 2:16.65 |

## 2 Ahmed, Ayla - Female - Age: 12 - Ind/Rel: 4 / 3

|   |         |   |         |
|---|---------|---|---------|
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:49.95 | #302 Women 24&U 100 Free Prelims              | 1:10.35 |
| #306 Women 24&U 50 Breast Prelims             | 44.35   | #310 Women 24&U 100 Back Prelims              | 1:25.29 |
| #314 Women 24&U 200 IM Prelims                | 3:06.08 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:11.83 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:43.12 |   |         |

## 3 Collett, Kirsty - Female - Age: 12 - Ind/Rel: 4 / 2

|   |         |   |         |
|---|---------|---|---------|
| #206 Women 24&U 100 Breast Prelims            | 1:35.46 | #306 Women 24&U 50 Breast Prelims           | 42.46   |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:24.87 | #406 Women 24&U 200 Breast Prelims          | 3:27.31 |
| #412 Women 24&U 50 Fly Prelims                | 40.38   | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me | 2:26.27 |

## 4 Daffarn, Eri J - Female - Age: 18 - Ind/Rel: 7 / 3

|  |         |  |         |
|--|---------|--|---------|
| #202 Women 24&U 200 Free Prelims             | 2:22.96 | #208 Women 24&U 50 Back Prelims                | 35.01   |
| #302 Women 24&U 100 Free Prelims             | 1:04.81 | #306 Women 24&U 50 Breast Prelims              | 38.02   |
| #310 Women 24&U 100 Back Prelims             | 1:13.57 | #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.47 |
| #402 Women 24&U 50 Free Prelims              | 29.85   | #412 Women 24&U 50 Fly Prelims                 | 31.75   |
| #420 Women 16-24 4x50 Medley Relay 4 x 50 Me | 2:16.65 | #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.49 |

## 5 Erasmus, Chad L - Male - Age: 20 - Ind/Rel: 4 / 3

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:24.00 | #211 Men 24&U 100 Fly Prelims                 | 1:07.92 |
| #301 Men 24&U 100 Free Prelims                 | 58.48   | #305 Men 24&U 50 Breast Prelims               | 36.35   |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.47 | #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle | 2:05.16 |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.49 |   |         |

## 6 Fury, Amelia J - Female - Age: 11 - Ind/Rel: 9 / 3

|                                    |         |   |         |
|------------------------------------|---------|---|---------|
| #102 Women 11&U 400 Free           | 5:52.63 | #202 Women 24&U 200 Free Prelims              | 2:39.58 |
| #206 Women 24&U 100 Breast Prelims | 1:38.21 | #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:49.95 |
| #302 Women 24&U 100 Free Prelims   | 1:12.29 | #306 Women 24&U 50 Breast Prelims             | 43.55   |
| #314 Women 24&U 200 IM Prelims     | 3:12.00 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:11.83 |
| #402 Women 24&U 50 Free Prelims    | 32.41   | #406 Women 24&U 200 Breast Prelims            | 3:41.90 |
| #412 Women 24&U 50 Fly Prelims     | 42.98   | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:26.27 |

## 7 Haupt, Rhys A - Male - Age: 14 - Ind/Rel: 9 / 3

|                                |         |   |         |
|--------------------------------|---------|---|---------|
| #201 Men 24&U 200 Free Prelims | 2:22.63 | #205 Men 24&U 100 Breast Prelims                | 1:25.92 |
| #211 Men 24&U 100 Fly Prelims  | 1:13.88 | #215 Men 13-15 4x100 Free Relay 4 X 100 Free R  | 4:16.23 |
| #301 Men 24&U 100 Free Prelims | 1:01.73 | #305 Men 24&U 50 Breast Prelims                 | 38.78   |
| #313 Men 24&U 200 IM Prelims   | 2:43.50 | #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:58.12 |
| #401 Men 24&U 50 Free Prelims  | 28.57   | #405 Men 35&U 200 Breast Prelims                | 3:07.26 |
| #411 Men 24&U 50 Fly Prelims   | 32.76   | #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed  | 4:17.54 |

## 8 Jansen van Rensburg, Mia - Female - Age: 10 - Ind/Rel: 11 / 0

|                                  |         |                                   |         |
|----------------------------------|---------|-----------------------------------|---------|
| #102 Women 11&U 400 Free         | 6:15.83 | #202 Women 24&U 200 Free Prelims  | 2:55.96 |
| #208 Women 24&U 50 Back Prelims  | 40.45   | #212 Women 24&U 100 Fly Prelims   | 1:36.37 |
| #302 Women 24&U 100 Free Prelims | 1:21.80 | #306 Women 24&U 50 Breast Prelims | 51.80   |
| #310 Women 24&U 100 Back Prelims | 1:28.86 | #314 Women 24&U 200 IM Prelims    | 3:27.70 |
| #402 Women 24&U 50 Free Prelims  | 34.85   | #410 Women 24&U 200 Back Prelims  | 3:17.97 |
| #412 Women 24&U 50 Fly Prelims   | 39.94   |                                   |         |

## 9 Johannes, Ty - Female - Age: 13 - Ind/Rel: 5 / 0

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:45.11 | #208 Women 24&U 50 Back Prelims  | 38.48   |
| #302 Women 24&U 100 Free Prelims | 1:14.03 | #310 Women 24&U 100 Back Prelims | 1:17.56 |
| #410 Women 24&U 200 Back Prelims | 2:56.34 |                                  |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Vineyard SC-CP****10 Jurado, Ondjaki O - Male - Age: 12 - Ind/Rel: 6 / 3**

|   |         |
|---|---------|
| #201 Men 24&U 200 Free Prelims                | 2:48.60 |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:56.37 |
| #305 Men 24&U 50 Breast Prelims               | 44.98   |
| #401 Men 24&U 50 Free Prelims                 | 33.56   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medley | 2:30.10 |

|  |         |
|--|---------|
| #207 Men 24&U 50 Back Prelims                  | 40.94   |
| #301 Men 24&U 100 Free Prelims                 | 1:18.44 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:08.69 |
| #411 Men 24&U 50 Fly Prelims                   | 42.91   |

**11 Jurado, Vanessa C - Female - Age: 10 - Ind/Rel: 6 / 0**

|                                    |         |
|------------------------------------|---------|
| #206 Women 24&U 100 Breast Prelims | 1:39.29 |
| #306 Women 24&U 50 Breast Prelims  | 44.91   |
| #402 Women 24&U 50 Free Prelims    | 36.00   |

|                                 |         |
|---------------------------------|---------|
| #208 Women 24&U 50 Back Prelims | 42.11   |
| #314 Women 24&U 200 IM Prelims  | 3:31.44 |
| #412 Women 24&U 50 Fly Prelims  | 42.03   |

**12 Kranenburg, Ava - Female - Age: 11 - Ind/Rel: 8 / 0**

|                                  |         |
|----------------------------------|---------|
| #102 Women 11&U 400 Free         | 6:10.65 |
| #208 Women 24&U 50 Back Prelims  | 42.22   |
| #310 Women 24&U 100 Back Prelims | 1:27.68 |
| #410 Women 24&U 200 Back Prelims | 3:09.56 |

|                                  |         |
|----------------------------------|---------|
| #202 Women 24&U 200 Free Prelims | 2:53.69 |
| #302 Women 24&U 100 Free Prelims | 1:20.38 |
| #314 Women 24&U 200 IM Prelims   | 3:24.66 |
| #412 Women 24&U 50 Fly Prelims   | 48.36   |

**13 Landi, Tristan - Male - Age: 14 - Ind/Rel: 6 / 4**

|  |         |
|--|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:19.44 |
| #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:16.23 |
| #313 Men 24&U 200 IM Prelims                   | 2:36.26 |
| #411 Men 24&U 50 Fly Prelims                   | 31.81   |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medley | 2:05.16 |

|  |         |
|--|---------|
| #211 Men 24&U 100 Fly Prelims                  | 1:10.24 |
| #301 Men 24&U 100 Free Prelims                 | 1:01.99 |
| #405 Men 35&U 200 Breast Prelims               | 3:00.06 |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medley | 2:09.69 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:17.54 |

**14 Myers, Kirsten E - Female - Age: 12 - Ind/Rel: 7 / 2**

|   |         |
|---|---------|
| #202 Women 24&U 200 Free Prelims              | 2:53.50 |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:49.95 |
| #310 Women 24&U 100 Back Prelims              | 1:25.95 |
| #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:11.83 |
| #410 Women 24&U 200 Back Prelims              | 3:05.67 |

|                                  |         |
|----------------------------------|---------|
| #208 Women 24&U 50 Back Prelims  | 38.80   |
| #302 Women 24&U 100 Free Prelims | 1:17.06 |
| #314 Women 24&U 200 IM Prelims   | 3:16.10 |
| #402 Women 24&U 50 Free Prelims  | 33.11   |

**15 Nimb, Samantha L - Female - Age: 14 - Ind/Rel: 5 / 2**

|  |         |
|--|---------|
| #206 Women 24&U 100 Breast Prelims           | 1:25.99 |
| #306 Women 24&U 50 Breast Prelims            | 40.47   |
| #402 Women 24&U 50 Free Prelims              | 32.68   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me | 2:17.86 |

|   |         |
|---|---------|
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:36.35 |
| #314 Women 24&U 200 IM Prelims                | 2:46.39 |
| #406 Women 24&U 200 Breast Prelims            | 3:03.53 |

**16 Pearse, Jemma S - Female - Age: 14 - Ind/Rel: 7 / 6**

|  |         |
|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:29.23 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:36.35 |
| #310 Women 24&U 100 Back Prelims               | 1:14.12 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:09.80 |
| #410 Women 24&U 200 Back Prelims               | 2:40.14 |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:17.86 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:17.54 |

|  |         |
|--|---------|
| #208 Women 24&U 50 Back Prelims                | 33.99   |
| #302 Women 24&U 100 Free Prelims               | 1:06.98 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:04.86 |
| #402 Women 24&U 50 Free Prelims                | 30.55   |
| #412 Women 24&U 50 Fly Prelims                 | 34.23   |
| #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 2:16.65 |

**17 Renecle, Jen C - Female - Age: 17 - Ind/Rel: 6 / 2**

|  |         |
|--|---------|
| #202 Women 24&U 200 Free Prelims               | 2:28.15 |
| #302 Women 24&U 100 Free Prelims               | 1:06.36 |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.47 |
| #412 Women 24&U 50 Fly Prelims                 | 34.62   |

|  |         |
|--|---------|
| #208 Women 24&U 50 Back Prelims                | 35.31   |
| #310 Women 24&U 100 Back Prelims               | 1:16.69 |
| #402 Women 24&U 50 Free Prelims                | 30.30   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe | 4:15.49 |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Vineyard SC-CP****18 Riley, Logan - Female - Age: 12 - Ind/Rel: 11 / 4**

|   |         |   |         |
|---|---------|---|---------|
| #104 Women 12 400 Free                        | 5:55.77 | #202 Women 24&U 200 Free Prelims              | 2:39.69 |
| #208 Women 24&U 50 Back Prelims               | 36.00   | #212 Women 24&U 100 Fly Prelims               | 1:33.49 |
| #214 Women 12&U 4x100 Free Relay 4 X 100 Fre  | 4:49.95 | #302 Women 24&U 100 Free Prelims              | 1:10.25 |
| #306 Women 24&U 50 Breast Prelims             | 48.94   | #310 Women 24&U 100 Back Prelims              | 1:21.73 |
| #314 Women 24&U 200 IM Prelims                | 3:09.13 | #316 Women 12&U 4x50 Free Relay 4 x 50 Free R | 2:11.83 |
| #402 Women 24&U 50 Free Prelims               | 32.84   | #410 Women 24&U 200 Back Prelims              | 3:03.12 |
| #412 Women 24&U 50 Fly Prelims                | 34.96   | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me   | 2:26.27 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:43.12 |   |         |

**19 Scheepers, Caitlin - Female - Age: 14 - Ind/Rel: 4 / 1**

|   |         |                                  |         |
|---|---------|----------------------------------|---------|
| #108 Women 14 400 Free                        | 5:26.59 | #202 Women 24&U 200 Free Prelims | 2:36.34 |
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre | 4:36.35 | #302 Women 24&U 100 Free Prelims | 1:10.87 |
| #402 Women 24&U 50 Free Prelims               | 32.87   |                                  |         |

**20 Simpson, Jesse - Male - Age: 14 - Ind/Rel: 3 / 4**

|   |         |  |         |
|---|---------|--|---------|
| #205 Men 24&U 100 Breast Prelims                | 1:19.82 | #305 Men 24&U 50 Breast Prelims                | 35.42   |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:58.12 | #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:09.80 |
| #405 Men 35&U 200 Breast Prelims                | 2:56.37 | #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:09.69 |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 2:05.16 |  |         |

**21 Smith, Sophie - Female - Age: 11 - Ind/Rel: 6 / 2**

|   |         |   |         |
|---|---------|---|---------|
| #208 Women 24&U 50 Back Prelims               | 36.44   | #302 Women 24&U 100 Free Prelims            | 1:21.39 |
| #310 Women 24&U 100 Back Prelims              | 1:18.34 | #314 Women 24&U 200 IM Prelims              | 3:12.13 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:24.87 | #402 Women 24&U 50 Free Prelims             | 34.44   |
| #410 Women 24&U 200 Back Prelims              | 2:52.19 | #416 Women 12&U 4x50 Medley Relay 4 x 50 Me | 2:26.27 |

**22 Spencer, Charles A - Male - Age: 13 - Ind/Rel: 9 / 0**

|                                  |         |                                  |         |
|----------------------------------|---------|----------------------------------|---------|
| #105 Men 13 400 Free             | 5:42.97 | #201 Men 24&U 200 Free Prelims   | 2:35.08 |
| #205 Men 24&U 100 Breast Prelims | 1:31.40 | #301 Men 24&U 100 Free Prelims   | 1:10.29 |
| #305 Men 24&U 50 Breast Prelims  | 38.39   | #313 Men 24&U 200 IM Prelims     | 2:58.72 |
| #401 Men 24&U 50 Free Prelims    | 31.51   | #405 Men 35&U 200 Breast Prelims | 3:23.43 |
| #411 Men 24&U 50 Fly Prelims     | 35.76   |                                  |         |

**23 Spencer, Marcus W - Male - Age: 11 - Ind/Rel: 10 / 3**

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:46.06 | #205 Men 24&U 100 Breast Prelims              | 1:39.72 |
| #207 Men 24&U 50 Back Prelims                  | 39.71   | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:56.37 |
| #301 Men 24&U 100 Free Prelims                 | 1:15.41 | #305 Men 24&U 50 Breast Prelims               | 43.44   |
| #309 Men 24&U 100 Back Prelims                 | 1:26.32 | #313 Men 24&U 200 IM Prelims                  | 3:07.86 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:08.69 | #401 Men 24&U 50 Free Prelims                 | 33.43   |
| #405 Men 35&U 200 Breast Prelims               | 3:46.38 | #411 Men 24&U 50 Fly Prelims                  | 38.83   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle   | 2:30.10 |   |         |

**24 Trout, Sophia L - Female - Age: 13 - Ind/Rel: 8 / 2**

|                                  |         |  |         |
|----------------------------------|---------|--|---------|
| #208 Women 24&U 50 Back Prelims  | 35.62   | #212 Women 24&U 100 Fly Prelims                | 1:18.80 |
| #302 Women 24&U 100 Free Prelims | 1:12.97 | #306 Women 24&U 50 Breast Prelims              | 44.00   |
| #310 Women 24&U 100 Back Prelims | 1:17.78 | #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:04.86 |
| #402 Women 24&U 50 Free Prelims  | 31.43   | #410 Women 24&U 200 Back Prelims               | 2:58.42 |
| #412 Women 24&U 50 Fly Prelims   | 33.62   | #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:17.86 |

**25 Van Schaik, Luc - Male - Age: 12 - Ind/Rel: 4 / 5**

|  |         |   |         |
|--|---------|---|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:44.31 | #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:56.37 |
| #301 Men 24&U 100 Free Prelims                 | 1:11.33 | #313 Men 24&U 200 IM Prelims                  | 3:19.82 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:08.69 | #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:24.87 |
| #401 Men 24&U 50 Free Prelims                  | 29.89   | #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle  | 2:30.10 |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe  | 4:43.12 |   |         |

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Vineyard SC-CP****26 Vergotine, Valentino H - Male - Age: 35 - Ind/Rel: 9 / 0**

|                                     |         |
|-------------------------------------|---------|
| #203 Men 99&U 200 IM Para Prelims   | 2:46.41 |
| #303 Men 99&U 100 Free Para Prelims | 1:09.48 |
| #311 Men 99&U 100 Back Para Prelims | 1:21.50 |
| #405 Men 35&U 200 Breast Prelims    | 2:57.24 |
| #413 Men 99&U 50 Fly Para Prelims   | 34.01   |

|                                       |         |
|---------------------------------------|---------|
| #209 Men 99&U 50 Back Para Prelims    | 38.14   |
| #307 Men 99&U 50 Breast Para Prelims  | 38.78   |
| #403 Men 99&U 50 Free Para Prelims    | 31.80   |
| #407 Men 99&U 100 Breast Para Prelims | 1:23.67 |

**27 Walker, Yohan G - Male - Age: 14 - Ind/Rel: 6 / 5**

|   |         |
|---|---------|
| #207 Men 24&U 50 Back Prelims                   | 31.86   |
| #301 Men 24&U 100 Free Prelims                  | 1:05.84 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:58.12 |
| #401 Men 24&U 50 Free Prelims                   | 29.46   |
| #411 Men 24&U 50 Fly Prelims                    | 31.13   |
| #423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe  | 4:15.49 |

|  |         |
|--|---------|
| #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:16.23 |
| #309 Men 24&U 100 Back Prelims                 | 1:10.30 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:09.80 |
| #409 Men 24&U 200 Back Prelims                 | 2:38.76 |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:09.69 |

**28 Webber, Isabella L - Female - Age: 15 - Ind/Rel: 5 / 6**

|  |         |
|--|---------|
| #212 Women 24&U 100 Fly Prelims                | 1:11.86 |
| #302 Women 24&U 100 Free Prelims               | 1:06.84 |
| #318 Women 13-15 4x50 Free Relay 4 x 50 Free F | 2:04.86 |
| #402 Women 24&U 50 Free Prelims                | 30.42   |
| #418 Women 13-15 4x50 Medley Relay 4 x 50 Me   | 2:17.86 |
| #422 Mixed 13-15 4x50 Free Relay 4 x 100 Mixed | 4:17.54 |

|  |         |
|--|---------|
| #216 Women 13-15 4x100 Free Relay 4 X 100 Fre  | 4:36.35 |
| #314 Women 24&U 200 IM Prelims                 | 2:49.52 |
| #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe | 2:09.80 |
| #412 Women 24&U 50 Fly Prelims                 | 31.97   |
| #420 Women 16-24 4x50 Medley Relay 4 x 50 Me   | 2:16.65 |

**29 Williams, Logan - Male - Age: 12 - Ind/Rel: 7 / 5**

|  |         |
|--|---------|
| #201 Men 24&U 200 Free Prelims                 | 2:39.33 |
| #211 Men 24&U 100 Fly Prelims                  | 1:26.05 |
| #301 Men 24&U 100 Free Prelims                 | 1:11.19 |
| #315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela | 2:08.69 |
| #401 Men 24&U 50 Free Prelims                  | 31.81   |
| #415 Men 12&U 4x50 Medley Relay 4 x 50 Medle   | 2:30.10 |

|   |         |
|---|---------|
| #207 Men 24&U 50 Back Prelims                 | 38.36   |
| #213 Men 12&U 4x100 Free Relay 4 X 100 Free R | 4:56.37 |
| #313 Men 24&U 200 IM Prelims                  | 3:08.18 |
| #321 Mixed 12&U 4x50 Medley Relay 4 x 50 Free | 2:24.87 |
| #411 Men 24&U 50 Fly Prelims                  | 36.08   |
| #421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe | 4:43.12 |

**30 Williams, Luca - Male - Age: 14 - Ind/Rel: 5 / 5**

|  |         |
|--|---------|
| #205 Men 24&U 100 Breast Prelims               | 1:21.39 |
| #215 Men 13-15 4x100 Free Relay 4 X 100 Free R | 4:16.23 |
| #305 Men 24&U 50 Breast Prelims                | 37.36   |
| #323 Mixed 16-24 4x50 Medley Relay 4 x 50 Mixe | 2:12.47 |
| #417 Men 13-15 4x50 Medley Relay 4 x 50 Medle  | 2:09.69 |

|   |         |
|---|---------|
| #211 Men 24&U 100 Fly Prelims                   | 1:11.41 |
| #301 Men 24&U 100 Free Prelims                  | 1:06.67 |
| #317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela | 1:58.12 |
| #405 Men 35&U 200 Breast Prelims                | 3:01.25 |
| #419 Men 16-24 4x50 Medley Relay 4 x 50 Medle   | 2:05.16 |

**Vineyard SC-CP Total Individual Entries: 199 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2023-WC - 31/03/2023 to 03/04/2023****Team Entries - All Events****Walmers SC-CP****1 Beukes, Jaden L - Male - Age: 13 - Ind/Rel: 9 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:31.97 | #207 Men 24&U 50 Back Prelims  | 36.02   |
| #211 Men 24&U 100 Fly Prelims  | 1:11.54 | #301 Men 24&U 100 Free Prelims | 1:06.01 |
| #309 Men 24&U 100 Back Prelims | 1:16.70 | #313 Men 24&U 200 IM Prelims   | 2:46.54 |
| #401 Men 24&U 50 Free Prelims  | 29.46   | #409 Men 24&U 200 Back Prelims | 2:52.87 |
| #411 Men 24&U 50 Fly Prelims   | 32.20   |                                |         |

**2 Beukes, Mateo A - Male - Age: 17 - Ind/Rel: 8 / 0**

|                                |         |                                |         |
|--------------------------------|---------|--------------------------------|---------|
| #201 Men 24&U 200 Free Prelims | 2:16.42 | #207 Men 24&U 50 Back Prelims  | 32.55   |
| #211 Men 24&U 100 Fly Prelims  | 1:02.60 | #301 Men 24&U 100 Free Prelims | 58.00   |
| #309 Men 24&U 100 Back Prelims | 1:12.46 | #313 Men 24&U 200 IM Prelims   | 2:34.92 |
| #401 Men 24&U 50 Free Prelims  | 25.67   | #411 Men 24&U 50 Fly Prelims   | 27.63   |

**3 Cicero, Zack - Male - Age: 17 - Ind/Rel: 6 / 0**

|                                |         |                                |       |
|--------------------------------|---------|--------------------------------|-------|
| #201 Men 24&U 200 Free Prelims | 2:13.70 | #207 Men 24&U 50 Back Prelims  | 32.81 |
| #211 Men 24&U 100 Fly Prelims  | 1:04.03 | #301 Men 24&U 100 Free Prelims | 58.98 |
| #401 Men 24&U 50 Free Prelims  | 26.69   | #411 Men 24&U 50 Fly Prelims   | 28.58 |

**Walmers SC-CP Total Individual Entries: 23 - Total Relays: 0**