

Winelands SL4 - 2023/11/11

Meet Program - SESSION 2

#12 Mixed 50 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 20 Finals Starts at 11:30 AM

| | | | | |
|---|----------------|-----|---------|----|
| 0 | | | | |
| 1 | | | | |
| 2 | | | | |
| 3 | Kruger, Zander | M9 | LALE-CE | NT |
| 4 | Nel, Maia | W10 | LALE-CE | NT |
| 5 | Fouche, Libe B | W9 | LALE-CE | NT |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |

Heat 2 of 20 Finals Starts at 11:32 AM

| | | | | |
|---|--------------------|-----|---------|-------|
| 0 | Botha, Stiwán S | M11 | LALE-CE | NT |
| 1 | Nel, Ayden L | M12 | LALE-CE | NT |
| 2 | Van Vondel, Roland | M12 | TYGE-CP | NT |
| 3 | Hodge, Cameron P | M13 | LALE-CE | NT |
| 4 | Jin, Jessie | W10 | TYGE-CP | 46,90 |
| 5 | Neilson, Hannah K | W18 | UWCA-CP | NT |
| 6 | Kruger, Isla | W12 | QSAW-CE | NT |
| 7 | Kemp, Hannah A | W12 | LALE-CE | NT |
| 8 | Kruger, Zoe | W11 | LALE-CE | NT |
| 9 | Knott, Cayleigh | W10 | GSA-CP | NT |

Heat 3 of 20 Finals Starts at 11:34 AM

| | | | | |
|---|--------------------|-----|---------|-------|
| 0 | Salie, Lulu | W12 | LALE-CE | 45,17 |
| 1 | Wiener, Will D | M9 | TYGE-CP | 44,89 |
| 2 | Wing, Megan K | W11 | GREY-CP | 44,40 |
| 3 | Bouwer, Juno | W11 | TYGE-CP | 42,86 |
| 4 | Brink, Anye | W11 | QSAW-CE | 41,32 |
| 5 | Kukard, Dean | M12 | STAQ-CE | 42,22 |
| 6 | Breytenbach, Amore | W11 | QSAW-CE | 44,34 |
| 7 | Pijl, Nika | W11 | LALE-CE | 44,55 |
| 8 | Rossouw, Lienke | W9 | LALE-CE | 45,13 |
| 9 | Buys, Barend R | M10 | STAQ-CE | 45,62 |

Heat 4 of 20 Finals Starts at 11:35 AM

| | | | | |
|---|-----------------------|-----|---------|-------|
| 0 | De Jongh, Deacon | M11 | LALE-CE | 41,13 |
| 1 | Oliver, Luca | M10 | QSAW-CE | 41,06 |
| 2 | Van der Merwe, Dandre | M11 | STAQ-CE | 40,54 |
| 3 | Newkirk, Gia | W10 | TYGE-CP | 40,28 |
| 4 | Adams, Ella | W10 | TYGE-CP | 39,99 |
| 5 | Mare, Isabella | W12 | GREY-CP | 40,26 |
| 6 | Jordaan, Mikayla E | W11 | GREY-CP | 40,33 |
| 7 | Swartz, Seth J | M9 | TYGE-CP | 40,65 |
| 8 | Van Zyl, Coreta A | W13 | LALE-CE | 41,09 |
| 9 | Olivier, Gianna G | W10 | PAQU-CE | 41,24 |

Heat 5 of 20 Finals Starts at 11:36 AM

| | | | | |
|---|--------------------|-----|----------|-------|
| 0 | Fouche, Xander M | M11 | LALE-CE | 39,54 |
| 1 | Wagner, Gabi M | W13 | SSISA-CP | 39,39 |
| 2 | Baadjes, Cruden H | M11 | PAQU-CE | 38,67 |
| 3 | Retief, Jane | W11 | LALE-CE | 38,37 |
| 4 | Fouche, Ryan | M9 | TYGE-CP | 37,90 |
| 5 | Lewis, Amaru C | M11 | PAQU-CE | 38,05 |
| 6 | Van Dyk, Adriaan J | M9 | GSA-CP | 38,58 |
| 7 | Anthony, Jazmin A | W11 | PAQU-CE | 39,07 |
| 8 | Ellis, Alec C | M11 | LALE-CE | 39,45 |
| 9 | Kruger, Livvy | W10 | QSAW-CE | 39,90 |

Heat 6 of 20 Finals Starts at 11:38 AM

| | | | | |
|---|----------------------|-----|---------|-------|
| 0 | Van Wyk, Josie | W11 | LALE-CE | 37,67 |
| 1 | Kotze, Christian S | M10 | STAQ-CE | 37,42 |
| 2 | Cleophas, Lee L | M11 | PAQU-CE | 37,17 |
| 3 | Chibharo, Lethabo L | W11 | TYGE-CP | 36,98 |
| 4 | Gerischer, Leah E | W12 | STAQ-CE | 36,83 |
| 5 | Badenhorst, Nolene | W13 | STAQ-CE | 36,91 |
| 6 | Cillie, Evan J | M12 | STAQ-CE | 37,07 |
| 7 | Breebaart, Matthew | M8 | GSA-CP | 37,36 |
| 8 | Ntshona, Iminathi A | M12 | TYGE-CP | 37,58 |
| 9 | Pieterse, Nicholas N | M10 | STAQ-CE | 37,81 |

Heat 7 of 20 Finals Starts at 11:39 AM

| | | | | |
|---|----------------------------|-----|---------|-------|
| 0 | Van den Berg, Nika | W12 | QSAW-CE | 36,83 |
| 1 | Krauss, Kiara J | W15 | GREY-CP | 36,58 |
| 2 | De Beer, Isabella C | W12 | QSAW-CE | 36,50 |
| 3 | Bosch, Ewan Y | M11 | TYGE-CP | 36,12 |
| 4 | Theron, Oloff A | M13 | VINE-CP | 36,01 |
| 5 | Van Galen, Rijk M | M11 | STAQ-CE | 36,06 |
| 6 | Erasmus, Carla | W13 | TYGE-CP | 36,14 |
| 7 | Thirsk, Savannah | W11 | TYGE-CP | 36,52 |
| 8 | Basson, Henk | M11 | LALE-CE | 36,64 |
| 9 | Jansen van Rensburg, Erwin | W14 | QSAW-CE | 36,83 |

Heat 8 of 20 Finals Starts at 11:41 AM

| | | | | |
|---|----------------------|-----|----------|-------|
| 0 | Dreyer, Sadie | W13 | STAQ-CE | 35,78 |
| 1 | Rooker-Smith, Helena | W13 | LALE-CE | 35,48 |
| 2 | Sabbagha, Georgia | W11 | PAQU-CE | 35,33 |
| 3 | Sonnekus, Anya | W12 | TYGE-CP | 35,15 |
| 4 | Pretorius, Lana G | W14 | LALE-CE | 34,80 |
| 5 | Fouche, Jack | M11 | TYGE-CP | 35,08 |
| 6 | Edwards, Reese J | W14 | SSISA-CP | 35,20 |
| 7 | Coolen, Nicolas D | M11 | STAQ-CE | 35,43 |
| 8 | Odendaal, Francois P | M14 | LALE-CE | 35,55 |
| 9 | Coetzee, Marli | W11 | GSA-CP | 35,82 |

Heat 9 of 20 Finals Starts at 11:42 AM

| | | | | |
|---|-----------------------|-----|----------|-------|
| 0 | Mason, Phoebe M | W13 | STAQ-CE | 34,65 |
| 1 | Blake, Abi E | W13 | GREY-CP | 34,52 |
| 2 | Conradie, D'Niel | M11 | ASAW-CE | 34,46 |
| 3 | Van Onselen, Pierre S | M10 | TYGE-CP | 34,30 |
| 4 | Van Zyl, Teyna C | W15 | LALE-CE | 34,18 |
| 5 | Damons, Ezra C | M13 | SSISA-CP | 34,29 |
| 6 | Vd Watt, Earle | M11 | GSA-CP | 34,35 |
| 7 | Olivier, Julie M | W11 | TYGE-CP | 34,46 |
| 8 | Hager, Carle | W13 | LALE-CE | 34,65 |
| 9 | Henry, Kirsten | W22 | MATI-CE | 34,71 |

Heat 10 of 20 Finals Starts at 11:43 AM

| | | | | |
|---|-------------------------|-----|----------|-------|
| 0 | Van Tonder, Nina L | W14 | LALE-CE | 34,09 |
| 1 | Hagglund, Emma H | W14 | SSISA-CP | 33,91 |
| 2 | VerLoren Van Themaat, M | M11 | LALE-CE | 33,81 |
| 3 | Slatter, Mila-Belle | W11 | SSISA-CP | 33,61 |
| 4 | Scherrer, Matheus L | M14 | GREY-CP | 33,49 |
| 5 | Oliver, Isabella | W12 | QSAW-CE | 33,54 |
| 6 | Kleu, Wian M | M10 | STAQ-CE | 33,79 |
| 7 | Patel, Disha | W12 | LALE-CE | 33,88 |
| 8 | van Rensburg, Tristan | M11 | GSA-CP | 33,91 |
| 9 | Stander, Christiaan L | M11 | ASAW-CE | 34,11 |

Heat 11 of 20 Finals Starts at 11:45 AM

| | | | | |
|---|-------------------|-----|----------|-------|
| 0 | Strydom, Benrich | M14 | LALE-CE | 33,40 |
| 1 | Bayly, Arabella | W12 | VINE-CP | 32,93 |
| 2 | Breebaart, Joshua | M11 | GSA-CP | 32,89 |
| 3 | Myers, Kirsten E | W13 | SSISA-CP | 32,84 |
| 4 | O'Carroll, Nia E | W13 | STAQ-CE | 32,59 |
| 5 | White, Rebecca M | W14 | SSISA-CP | 32,75 |
| 6 | Jacobs, Zoon S | M14 | LALE-CE | 32,88 |
| 7 | Terblanche, Essie | W14 | LALE-CE | 32,90 |
| 8 | Van Dyk, Zani | W11 | GSA-CP | 33,20 |
| 9 | Steyn, Harry | M10 | GREY-CP | 33,40 |

Heat 12 of 20 Finals Starts at 11:46 AM

| | | | | |
|---|------------------|-----|---------|-------|
| 0 | Dreyer, Arne' | W13 | STAQ-CE | 32,48 |
| 1 | Samuels, Londyn | W12 | PAQU-CE | 32,22 |
| 2 | Vd Berg, Talia | W17 | QSAW-CE | 32,15 |
| 3 | Vd Merwe, Mi-Ly | W14 | LALE-CE | 32,05 |
| 4 | Gerber, Mia | W15 | LALE-CE | 31,84 |
| 5 | Minnaar, Nicolas | M13 | TYGE-CP | 31,94 |
| 6 | Sabbagha, Annè | W17 | PAQU-CE | 32,09 |
| 7 | Visagie, Larissa | W14 | LALE-CE | 32,21 |
| 8 | Fury, Amelia J | W12 | VINE-CP | 32,23 |
| 9 | Gerber, Simonè M | W13 | GREY-CP | 32,49 |

Heat 13 of 20 Finals Starts at 11:47 AM

| | | | | |
|---|---------------------|-----|----------|-------|
| 0 | Briggs, Rebecca | W13 | LALE-CE | 31,63 |
| 1 | Raimond, Marike M | W14 | TYGE-CP | 31,47 |
| 2 | Glover, Erin K | W15 | TYGE-CP | 31,12 |
| 3 | Smith, Lara E | W15 | TYGE-CP | 30,96 |
| 4 | Dlamini, Thembela S | M21 | MATI-CE | 30,90 |
| 5 | Bouwer, Jason | M13 | TYGE-CP | 30,92 |
| 6 | Viviers, Wiaan A | M15 | ASAW-CE | 31,09 |
| 7 | Evans, Caitlin N | W13 | TYGE-CP | 31,19 |
| 8 | Ward, Tanith A | W17 | SSISA-CP | 31,49 |
| 9 | Van den Berg, Ruan | M14 | QSAW-CE | 31,69 |

Heat 14 of 20 Finals Starts at 11:49 AM

| | | | | |
|---|------------------------|-----|----------|-------|
| 0 | De Roubaix, Maric M | W16 | LALE-CE | 30,71 |
| 1 | Van Den Berg, Lune | W16 | QSAW-CE | 30,60 |
| 2 | Geyser, Almi | W14 | LALE-CE | 30,52 |
| 3 | Novello, Rayden S | M16 | VINE-CP | 30,48 |
| 4 | Williams, Evan B | M13 | SSISA-CP | 30,35 |
| 5 | Hebler, Lily M | W14 | QSAW-CE | 30,46 |
| 6 | Fourie, Juvan | M14 | QSAW-CE | 30,52 |
| 7 | Trout, Sophia L | W14 | VINE-CP | 30,57 |
| 8 | Holthuis, Keilah-Naomi | W14 | QSAW-CE | 30,63 |
| 9 | Booth, Jess H | W20 | MATI-CE | 30,79 |

Heat 15 of 20 Finals Starts at 11:50 AM

| | | | | |
|---|-----------------------|-----|---------|-------|
| 0 | Fourie, Lieben | M16 | QSAW-CE | 30,19 |
| 1 | Theron, Jady | W16 | ASAW-CE | 29,91 |
| 2 | Van Graan, Matthew D | M13 | STAQ-CE | 29,89 |
| 3 | Van der Sandt, Joah N | M16 | LALE-CE | 29,44 |
| 4 | Möller, FC C | M16 | TYGE-CP | 29,41 |
| 5 | Ricco, Lilly C | W20 | MATI-CE | 29,42 |
| 6 | Cleophas, Kyle | M14 | PAQU-CE | 29,84 |
| 7 | Waters, Steven G | M14 | LALE-CE | 29,90 |
| 8 | Vd Merwe, Simone | W15 | LALE-CE | 29,98 |
| 9 | Hugo, Anika S | W17 | QSAW-CE | 30,23 |



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Winelands SL4 - 2023/11/11

Meet Program - SESSION 2

Heat 16 (#12 Mixed 50 LC Meter Freestyle)

| | | | | |
|---|-------------------------|-----|---------|-------|
| 0 | Kirsten, John-William R | M15 | LALE-CE | 29,30 |
| 1 | Prinsloo, Mila | W16 | ASAW-CE | 29,12 |
| 2 | Daffarn, Eri J | W19 | VINE-CP | 28,85 |
| 3 | Witbooi, Michael S | M21 | MATI-CE | 28,69 |
| 4 | De Jongh, Grace | W17 | LALE-CE | 28,62 |
| 5 | Williams, Luca | M15 | VINE-CP | 28,63 |
| 6 | Orchard, Milan M | W13 | VINE-CP | 28,83 |
| 7 | Vermeulen, Hanco | M14 | ASAW-CE | 29,04 |
| 8 | Cromhout, Hannah E | W19 | SAAW-CP | 29,14 |
| 9 | De Villiers, Lezanne | W19 | LALE-CE | 29,35 |

Heat 17 of 20 Finals Starts at 11:52 AM

| | | | | |
|---|---------------------|-----|---------|-------|
| 0 | Smith, Sebastian N | M14 | TYGE-CP | 28,51 |
| 1 | Landi, Tristan | M14 | VINE-CP | 28,31 |
| 2 | Paljk, Tilka | W26 | MATI-CE | 27,96 |
| 3 | Burgess, Cassidy S | W15 | VINE-CP | 27,88 |
| 4 | Nieuwstad, Michelle | W29 | LALE-CE | 27,75 |
| 5 | Schultz, Heinrich W | M14 | LALE-CE | 27,82 |
| 6 | Clayton, Antony L | M15 | LALE-CE | 27,93 |
| 7 | Ribeiro, Nuria A | W21 | MATI-CE | 28,27 |
| 8 | Williams, Jayden J | M14 | PAQU-CE | 28,39 |
| 9 | Combrink, Amy | W14 | VINE-CP | 28,55 |

Heat 18 of 20 Finals Starts at 11:54 AM

| | | | | |
|---|----------------------|-----|---------|-------|
| 0 | Barnard, Rohan C | M19 | LALE-CE | 27,64 |
| 1 | Bester, Eben | M15 | TYGE-CP | 27,57 |
| 2 | Van Wyk, Wayne E | M15 | GSA-CP | 26,92 |
| 3 | Forbes, Thomas P | M19 | LALE-CE | 26,66 |
| 4 | Lotriet, Roelof F | M37 | CPTM-CP | 26,50 |
| 5 | Hugo, Retief R | M17 | ASAW-CE | 26,52 |
| 6 | Smit, MJ M | M15 | SAAW-CP | 26,67 |
| 7 | Fury, Rebecca G | W15 | VINE-CP | 27,04 |
| 8 | Witbooi, Reinhardt J | M16 | STAQ-CE | 27,62 |
| 9 | Haupt, Rhys A | M14 | VINE-CP | 27,71 |

Heat 19 of 20 Finals Starts at 11:55 AM

| | | | | |
|---|----------------------|-----|---------|-------|
| 0 | Wright, Keegan | M17 | TYGE-CP | 26,37 |
| 1 | Kleynhans, Ian | M16 | GSA-CP | 25,81 |
| 2 | Louw, Andro | M19 | MATI-CE | 25,75 |
| 3 | Kotze, Eric B | M13 | STAQ-CE | 25,71 |
| 4 | Basson, Wilan | M17 | ASAC-CP | 25,38 |
| 5 | Bromfield, Michael V | M22 | MATI-CE | 25,54 |
| 6 | Trower, Nic T | M14 | TYGE-CP | 25,73 |
| 7 | Van Vondel, Anton J | M16 | TYGE-CP | 25,80 |
| 8 | Van Wyk, Wesley R | M17 | ASAC-CP | 26,33 |
| 9 | Le Roux, Corne | M21 | MATI-CE | 26,41 |

Heat 20 of 20 Finals Starts at 11:56 AM

| | | | | |
|---|-----------------------|-----|---------|-------|
| 0 | West, Gabriel | M18 | TYGE-CP | 25,19 |
| 1 | Emslie, Joshua D | M21 | MATI-CE | 24,54 |
| 2 | Truter, Petrus C | M20 | MATI-CE | 24,16 |
| 3 | Van Heerden, Stefan F | M17 | LALE-CE | 23,93 |
| 4 | Luck, Taylor R | M18 | VINE-CP | 23,42 |
| 5 | Esterhuysen, Joshua N | M16 | TYGE-CP | 23,89 |
| 6 | Pool-Jones, Jonah B | M21 | MATI-CE | 24,01 |
| 7 | Moncherry, Adam J | M25 | LALE-CE | 24,48 |
| 8 | Etzold, Peter S | M18 | VINE-CP | 25,01 |
| 9 | Clarke, Liam | M16 | LALE-CE | 25,24 |

#13 Mixed 400 LC Meter IM

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 1 Finals Starts at 11:57 AM

| | | | | |
|---|---------------------|-----|----------|---------|
| 0 | | | | |
| 1 | Trower, Michael | M12 | TYGE-CP | NT |
| 2 | Senekal, Margo | W14 | TYGE-CP | NT |
| 3 | Durandt, Sharli | W12 | SSISA-CP | 6:02,93 |
| 4 | Trower, Nic T | M14 | TYGE-CP | 4:53,91 |
| 5 | Burger, Rosseau | M14 | LALE-CE | 5:39,37 |
| 6 | Hendricks, Joshua | M16 | LALE-CE | NT |
| 7 | De Oliveira, Aliyah | W13 | TYGE-CP | NT |
| 8 | | | | |
| 9 | | | | |

#14 Mixed 50 LC Meter Breaststroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 11 Finals Starts at 12:04 PM

| | | | | |
|---|-----------------|-----|---------|---------|
| 0 | | | | |
| 1 | Rossouw, Lienke | W9 | LALE-CE | NT |
| 2 | Pijl, Nika | W11 | LALE-CE | NT |
| 3 | Fourie, Juvan | M14 | QSAW-CE | NT |
| 4 | Swartz, Seth J | M9 | TYGE-CP | 1:08,67 |
| 5 | Henry, Kirsten | W22 | MATI-CE | NT |
| 6 | Nel, Ayden L | M12 | LALE-CE | NT |
| 7 | Nel, Maia | W10 | LALE-CE | NT |
| 8 | | | | |
| 9 | | | | |

Heat 2 of 11 Finals Starts at 12:06 PM

| | | | | |
|---|-------------------|-----|---------|---------|
| 0 | Jin, Jessie | W10 | TYGE-CP | 1:01,67 |
| 1 | Kruger, Zander | M9 | LALE-CE | 58,31 |
| 2 | Fouche, Ryan | M9 | TYGE-CP | 57,02 |
| 3 | Calitz, Helena | W10 | LALE-CE | 56,13 |
| 4 | Fouche, Xander M | M11 | LALE-CE | 55,81 |
| 5 | Els, Lika | W11 | QSAW-CE | 56,01 |
| 6 | Wing, Megan K | W11 | GREY-CP | 56,18 |
| 7 | Olivier, Gianna G | W10 | PAQU-CE | 57,48 |
| 8 | Wiener, Will D | M9 | TYGE-CP | 58,88 |
| 9 | Adams, Ella | W10 | TYGE-CP | 1:07,82 |

Heat 3 of 11 Finals Starts at 12:08 PM

| | | | | |
|---|----------------------|-----|---------|-------|
| 0 | De Jongh, Deacon | M11 | LALE-CE | 55,36 |
| 1 | Bosch, Ewan Y | M11 | TYGE-CP | 53,50 |
| 2 | Breebaart, Matthew | M8 | GSA-CP | 53,18 |
| 3 | Kukard, Dean | M12 | STAQ-CE | 52,93 |
| 4 | Van Wyk, Josie | W11 | LALE-CE | 52,08 |
| 5 | Van Dyk, Adriaan J | M9 | GSA-CP | 52,33 |
| 6 | Kruger, Zoe | W11 | LALE-CE | 53,03 |
| 7 | Kemp, Hannah A | W12 | LALE-CE | 53,47 |
| 8 | Bouwer, Juno | W11 | TYGE-CP | 54,93 |
| 9 | Pieterse, Nicholas N | M10 | STAQ-CE | 55,66 |

Heat 4 of 11 Finals Starts at 12:09 PM

| | | | | |
|---|-----------------------|-----|---------|-------|
| 0 | Breytenbach, Amore | W11 | QSAW-CE | 51,59 |
| 1 | De Beer, Isabella C | W12 | QSAW-CE | 51,20 |
| 2 | Castleden, Sophia K | W11 | STAQ-CE | 50,42 |
| 3 | Strydom, Benrich | M14 | LALE-CE | 50,17 |
| 4 | Oliver, Luca | M10 | QSAW-CE | 49,38 |
| 5 | Ellis, Alec C | M11 | LALE-CE | 49,85 |
| 6 | Brink, Anye | W11 | QSAW-CE | 50,23 |
| 7 | Van Onselen, Pierre S | M10 | TYGE-CP | 50,69 |
| 8 | Van den Berg, Nika | W12 | QSAW-CE | 51,50 |
| 9 | Gerischer, Leah E | W12 | STAQ-CE | 51,61 |

Heat 5 of 11 Finals Starts at 12:11 PM

| | | | | |
|---|----------------------|------|----------|-------|
| 0 | Myers, Kirsten E | W13 | SSISA-CP | 49,27 |
| 1 | Odendaal, Francois P | M14 | LALE-CE | 48,96 |
| 2 | Steenkamp, Ella | W12 | VINE-CP | 48,71 |
| 3 | Anthony, Jazmin A | W11 | PAQU-CE | 48,38 |
| 4 | Yeowart, Seth W | M13 | GREY-CP | 47,87 |
| 5 | Coolen, Nicolas D | M11 | STAQ-CE | 48,32 |
| 6 | Olivier, Julie M | W11 | TYGE-CP | 48,66 |
| 7 | Rooker-Smith, Helena | BW13 | LALE-CE | 48,78 |
| 8 | Hansen, Margelie | W12 | QSAW-CE | 49,00 |
| 9 | Salie, Lulu | W12 | LALE-CE | 49,37 |

Heat 6 of 11 Finals Starts at 12:13 PM

| | | | | |
|---|---------------------------|-----|----------|-------|
| 0 | Retief, Jane | W11 | LALE-CE | 47,20 |
| 1 | Breebaart, Joshua | M11 | GSA-CP | 47,11 |
| 2 | Damons, Ezra C | M13 | SSISA-CP | 46,32 |
| 3 | O'Carroll, Nia E | W13 | STAQ-CE | 45,58 |
| 4 | Jansen van Rensburg, Erin | W14 | QSAW-CE | 45,40 |
| 5 | Mare, Isabella | W12 | GREY-CP | 45,53 |
| 6 | Fouche, Jack | M11 | TYGE-CP | 45,97 |
| 7 | Wagner, Gabi M | W13 | SSISA-CP | 46,33 |
| 8 | Chibharo, Lethabo L | W11 | TYGE-CP | 47,16 |
| 9 | Brink, Jani | W12 | QSAW-CE | 47,41 |

Heat 7 of 11 Finals Starts at 12:14 PM

| | | | | |
|---|-----------------------|-----|----------|-------|
| 0 | Stilwaney, Mia C | W11 | PAQU-CE | 45,15 |
| 1 | Baadjies, Cruden H | M11 | PAQU-CE | 44,81 |
| 2 | Slatter, Mila-Belle | W11 | SSISA-CP | 43,51 |
| 3 | Oliver, Isabella | W12 | QSAW-CE | 43,10 |
| 4 | Coolen, Jonathan T | M13 | STAQ-CE | 42,84 |
| 5 | Van der Sandt, Joah N | M16 | LALE-CE | 42,96 |
| 6 | Edwards, Reese J | W14 | SSISA-CP | 43,12 |
| 7 | Pretorius, Lana G | W14 | LALE-CE | 44,43 |
| 8 | Sonnekus, Anya | W12 | TYGE-CP | 44,89 |
| 9 | van Rensburg, Tristan | M11 | GSA-CP | 45,31 |

Heat 8 of 11 Finals Starts at 12:16 PM

| | | | | |
|---|------------------|-----|----------|-------|
| 0 | Van Dyk, Zani | W11 | GSA-CP | 42,39 |
| 1 | Jacobs, Zoon S | M14 | LALE-CE | 41,44 |
| 2 | Vermeulen, Hanco | M14 | ASAW-CE | 40,41 |
| 3 | Herbst, Mienke | W17 | SSISA-CP | 39,86 |
| 4 | Gerber, Simonè M | W13 | GREY-CP | 39,70 |
| 5 | Immelman, Max B | M13 | GREY-CP | 39,72 |
| 6 | Orchard, Milan M | W13 | VINE-CP | 39,90 |
| 7 | Glover, Erin K | W15 | TYGE-CP | 41,15 |
| 8 | Vd Berg, Talia | W17 | QSAW-CE | 41,78 |
| 9 | Fury, Amelia J | W12 | VINE-CP | 42,71 |



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Winelands SL4 - 2023/11/11

Meet Program - SESSION 2

Heat 9 (#14 Mixed 50 LC Meter Breaststroke)

| | | | | |
|---|----------------------|-----|---------|-------|
| 0 | Hebler, Lily M | W14 | QSAW-CE | 38,72 |
| 1 | Schultz, Heinrich W | M14 | LALE-CE | 38,20 |
| 2 | Gerber, Mia | W15 | LALE-CE | 37,43 |
| 3 | Sabbagha, Annè | W17 | PAQU-CE | 37,10 |
| 4 | Van Galen, Ava-Loren | W14 | STAQ-CE | 36,97 |
| 5 | Hugo, Anika S | W17 | QSAW-CE | 37,01 |
| 6 | Bannister, Joshua G | M15 | TYGE-CP | 37,20 |
| 7 | Booth, Jess H | W20 | MATI-CE | 37,79 |
| 8 | Dreyer, Arne' | W13 | STAQ-CE | 38,62 |
| 9 | Kriek, Mila | W16 | QSAW-CE | 38,85 |

Heat 10 of 11 Finals Starts at 12:19 PM

| | | | | |
|---|---------------------|-----|---------|-------|
| 0 | Putter, Tanè | W16 | TYGE-CP | 36,20 |
| 1 | Smith, Sebastian N | M14 | TYGE-CP | 36,18 |
| 2 | Stanfliet, Nicholas | M13 | VINE-CP | 36,11 |
| 3 | Van Vondel, Anton J | M16 | TYGE-CP | 35,56 |
| 4 | Bester, Eben | M15 | TYGE-CP | 34,76 |
| 5 | Fury, Rebecca G | W15 | VINE-CP | 34,81 |
| 6 | Williams, Luca | M15 | VINE-CP | 35,57 |
| 7 | Combrink, Amy | W14 | VINE-CP | 36,15 |
| 8 | Forbes, Thomas P | M19 | LALE-CE | 36,19 |
| 9 | Haupt, Rhys A | M14 | VINE-CP | 36,32 |

Heat 11 of 11 Finals Starts at 12:20 PM

| | | | | |
|---|--------------------|-----|---------|-------|
| 0 | Kinnear, Connor | M15 | TYGE-CP | 34,50 |
| 1 | Witbooi, Michael S | M21 | MATI-CE | 34,15 |
| 2 | Stander, Daniel E | M17 | LALE-CE | 33,38 |
| 3 | Clayton, Franco P | M17 | LALE-CE | 31,02 |
| 4 | Emslie, Joshua D | M21 | MATI-CE | 29,06 |
| 5 | Louw, Andro | M19 | MATI-CE | 30,60 |
| 6 | Field, Luke D | M17 | VINE-CP | 31,13 |
| 7 | Wessels, Armin L | M16 | LALE-CE | 33,93 |
| 8 | Theron, Luca D | M15 | VINE-CP | 34,26 |
| 9 | Williams, Jayden J | M14 | PAQU-CE | 34,62 |

#15 Mixed 200 LC Meter Butterfly

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 1 Finals Starts at 12:21 PM

| | | | | |
|---|--------------------|-----|---------|---------|
| 0 | Magotsi, Riziki A | W13 | VINE-CP | NT |
| 1 | Bouwer, Jason | M13 | TYGE-CP | 2:46,05 |
| 2 | Waters, Steven G | M14 | LALE-CE | 2:35,58 |
| 3 | Terblanche, Luan L | M15 | TYGE-CP | 2:27,69 |
| 4 | West, Gabriel | M18 | TYGE-CP | 2:11,87 |
| 5 | Le Roux, Corne | M21 | MATI-CE | 2:18,54 |
| 6 | Prinsloo, Mila | W16 | ASAW-CE | 2:33,36 |
| 7 | Szapira, Saul | M17 | TYGE-CP | 2:38,87 |
| 8 | Kotzè, Arden C | M13 | ASAW-CE | 2:56,58 |
| 9 | Evans, Caitlin N | W13 | TYGE-CP | NT |

#16 Mixed 100 LC Meter Backstroke

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 11 Finals Starts at 12:25 PM

| | | | | |
|---|--------------------|-----|---------|----|
| 0 | | | | |
| 1 | Knott, Cayleigh | W10 | GSA-CP | NT |
| 2 | Pieterse, Owen | M11 | GSA-CP | NT |
| 3 | Breytenbach, Amore | W11 | QSAW-CE | NT |
| 4 | Nel, Ayden L | M12 | LALE-CE | NT |
| 5 | Cillie, Evan J | M12 | STAQ-CE | NT |
| 6 | Kruger, Zoe | W11 | LALE-CE | NT |
| 7 | Kruger, Livvy | W10 | QSAW-CE | NT |
| 8 | | | | |
| 9 | | | | |

Heat 2 of 11 Finals Starts at 12:28 PM

| | | | | |
|---|---------------------|-----|---------|---------|
| 0 | Dreyer, Arne' | W13 | STAQ-CE | NT |
| 1 | Vd Merwe, Thomas | M14 | LALE-CE | NT |
| 2 | Wiener, Will D | M9 | TYGE-CP | 1:55,83 |
| 3 | Swartz, Seth J | M9 | TYGE-CP | 1:53,86 |
| 4 | Fouche, Libe B | W9 | LALE-CE | 1:51,92 |
| 5 | Titus, Brody | M10 | PAQU-CE | 1:52,32 |
| 6 | Buys, Barend R | M10 | STAQ-CE | 1:54,45 |
| 7 | Weber, Michelle | W27 | MATI-CE | NT |
| 8 | Koegelenberg, Riley | W14 | LALE-CE | NT |
| 9 | Mason, Phoebe M | W13 | STAQ-CE | NT |

Heat 3 of 11 Finals Starts at 12:30 PM

| | | | | |
|---|---------------------|-----|----------|---------|
| 0 | Adams, Ella | W10 | TYGE-CP | 1:47,03 |
| 1 | Chibharo, Lethabo L | W11 | TYGE-CP | 1:43,27 |
| 2 | Van Galen, Rijk M | M11 | STAQ-CE | 1:42,00 |
| 3 | Badenhorst, Nolene | W13 | STAQ-CE | 1:40,39 |
| 4 | Jordaan, Mikayla E | W11 | GREY-CP | 1:39,11 |
| 5 | Newkirk, Gia | W10 | TYGE-CP | 1:39,31 |
| 6 | Jin, Jessie | W10 | TYGE-CP | 1:41,95 |
| 7 | Van Zyl, Teyna C | W15 | LALE-CE | 1:42,05 |
| 8 | Damons, Chloe E | W13 | SSISA-CP | 1:45,16 |
| 9 | Bouwer, Juno | W11 | TYGE-CP | 1:48,09 |

Heat 4 of 11 Finals Starts at 12:33 PM

| | | | | |
|---|---------------------|-----|---------|---------|
| 0 | Fouche, Ryan | M9 | TYGE-CP | 1:36,03 |
| 1 | Van Tonder, Nina L | W14 | LALE-CE | 1:33,29 |
| 2 | Brink, Jani | W12 | QSAW-CE | 1:32,95 |
| 3 | Fouche, Jack | M11 | TYGE-CP | 1:31,99 |
| 4 | Lewis, Amaru C | M11 | PAQU-CE | 1:31,59 |
| 5 | Coetzee, Marli | W11 | GSA-CP | 1:31,99 |
| 6 | Cleophas, Lee L | M11 | PAQU-CE | 1:32,53 |
| 7 | Castleden, Sophia K | W11 | STAQ-CE | 1:33,14 |
| 8 | Ntshona, Iminathi A | M12 | TYGE-CP | 1:34,68 |
| 9 | Wallis, Juliette | W12 | GREY-CP | 1:38,93 |

Heat 5 of 11 Finals Starts at 12:36 PM

| | | | | |
|---|-------------------------|-----|---------|---------|
| 0 | Bosch, Ewan Y | M11 | TYGE-CP | 1:31,17 |
| 1 | Dreyer, Sadie | W13 | STAQ-CE | 1:30,61 |
| 2 | Jansen van Rensburg, En | W14 | QSAW-CE | 1:29,75 |
| 3 | De Beer, Isabella C | W12 | QSAW-CE | 1:27,98 |
| 4 | Terblanche, Essie | W14 | LALE-CE | 1:26,42 |
| 5 | Thirsk, Madison | W13 | TYGE-CP | 1:27,32 |
| 6 | Steenkamp, Ella | W12 | VINE-CP | 1:28,31 |
| 7 | Lewis, Callum R | M12 | GREY-CP | 1:30,08 |
| 8 | Wagener, Tiaan H | M11 | ASAW-CE | 1:31,03 |
| 9 | Pardoe, James N | M12 | GREY-CP | 1:31,41 |

Heat 6 of 11 Finals Starts at 12:38 PM

| | | | | |
|---|-----------------------|-----|---------|---------|
| 0 | Van den Berg, Nika | W12 | QSAW-CE | 1:26,39 |
| 1 | Samuels, Londyn | W12 | PAQU-CE | 1:25,66 |
| 2 | Van Onselen, Pierre S | M10 | TYGE-CP | 1:24,98 |
| 3 | Van Dyk, Zani | W11 | GSA-CP | 1:22,73 |
| 4 | Hodge, Cameron P | M13 | LALE-CE | 1:22,43 |
| 5 | Steyn, Harry | M10 | GREY-CP | 1:22,65 |
| 6 | Blake, Abi E | W13 | GREY-CP | 1:23,59 |
| 7 | Olivier, Julie M | W11 | TYGE-CP | 1:25,16 |
| 8 | Sonnekus, Anya | W12 | TYGE-CP | 1:25,90 |
| 9 | Thirsk, Savannah | W11 | TYGE-CP | 1:26,41 |

Heat 7 of 11 Finals Starts at 12:41 PM

| | | | | |
|---|--------------------|-----|----------|---------|
| 0 | Roberts, Annabelle | W16 | LALE-CE | 1:22,22 |
| 1 | Vd Watt, Earle | M11 | GSA-CP | 1:20,98 |
| 2 | Van den Berg, Ruan | M14 | QSAW-CE | 1:20,83 |
| 3 | Visagie, Larissa | W14 | LALE-CE | 1:20,03 |
| 4 | Van Vondel, Roland | M12 | TYGE-CP | 1:18,70 |
| 5 | Rheeder, Liam M | M13 | PAQU-CE | 1:19,91 |
| 6 | Kriek, Mila | W16 | QSAW-CE | 1:20,08 |
| 7 | Trower, Michael | M12 | TYGE-CP | 1:20,89 |
| 8 | Myers, Kirsten E | W13 | SSISA-CP | 1:21,30 |
| 9 | Bayly, Arabella | W12 | VINE-CP | 1:22,42 |

Heat 8 of 11 Finals Starts at 12:43 PM

| | | | | |
|---|----------------------|-----|---------|---------|
| 0 | Vd Merwe, Mi-Ly | W14 | LALE-CE | 1:17,32 |
| 1 | Cleophas, Kyle | M14 | PAQU-CE | 1:16,07 |
| 2 | Witbooi, Michael S | M21 | MATI-CE | 1:15,79 |
| 3 | Morris, Jenna | W14 | VINE-CP | 1:15,51 |
| 4 | Van Galen, Ava-Loren | W14 | STAQ-CE | 1:14,66 |
| 5 | Van Graan, Matthew D | M13 | STAQ-CE | 1:14,83 |
| 6 | Vd Merwe, Simone | W15 | LALE-CE | 1:15,62 |
| 7 | Smith, Lara E | W15 | TYGE-CP | 1:16,06 |
| 8 | Raimond, Marike M | W14 | TYGE-CP | 1:17,02 |
| 9 | De Oliveira, Aliyah | W13 | TYGE-CP | 1:17,84 |

Heat 9 of 11 Finals Starts at 12:46 PM

| | | | | |
|---|-------------------------|-----|----------|---------|
| 0 | Novello, Rayden S | M16 | VINE-CP | 1:14,38 |
| 1 | Trout, Sophia L | W14 | VINE-CP | 1:12,29 |
| 2 | Daffarn, Eri J | W19 | VINE-CP | 1:10,87 |
| 3 | Walker, Yohan G | M15 | VINE-CP | 1:09,77 |
| 4 | Williams, Jayden J | M14 | PAQU-CE | 1:09,03 |
| 5 | Hebler, Lily M | W14 | QSAW-CE | 1:09,34 |
| 6 | Ward, Tanith A | W17 | SSISA-CP | 1:10,76 |
| 7 | Hendricks, Joshua | M16 | LALE-CE | 1:11,84 |
| 8 | Glover, Erin K | W15 | TYGE-CP | 1:13,37 |
| 9 | Kirsten, John-William R | M15 | LALE-CE | 1:14,64 |

Heat 10 of 11 Finals Starts at 12:48 PM

| | | | | |
|---|----------------------|-----|---------|---------|
| 0 | Combrink, Amy | W14 | VINE-CP | 1:08,75 |
| 1 | Sirin, Ben | M14 | VINE-CP | 1:06,86 |
| 2 | Schultz, Heinrich W | M14 | LALE-CE | 1:06,50 |
| 3 | Landi, Tristan | M14 | VINE-CP | 1:06,05 |
| 4 | De Kock, John P | M14 | LALE-CE | 1:06,04 |
| 5 | De Villiers, Lezanne | W19 | LALE-CE | 1:06,04 |
| 6 | Orchard, Milan M | W13 | VINE-CP | 1:06,28 |
| 7 | Peceur, Mark D | M19 | PAQU-CE | 1:06,70 |
| 8 | Bester, Eben | M15 | TYGE-CP | 1:07,11 |
| 9 | Putter, Tanè | W16 | TYGE-CP | 1:08,89 |

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Winelands SL4 - 2023/11/11

Meet Program - SESSION 2

Heat 11 (#16 Mixed 100 LC Meter Backstroke)

| | | | | |
|---|---------------------|-----|---------|---------|
| 0 | Bester, Francois A | M16 | QSAW-CE | 1:05,05 |
| 1 | Burgess, Cassidy S | W15 | VINE-CP | 1:04,22 |
| 2 | Flanagan, Nic P | M20 | MATI-CE | 1:01,67 |
| 3 | Kotze, Eric B | M13 | STAQ-CE | 59,63 |
| 4 | Pool-Jones, Jonah B | M21 | MATI-CE | 56,99 |
| 5 | Van Vondel, Anton J | M16 | TYGE-CP | 58,63 |
| 6 | Trower, Nic T | M14 | TYGE-CP | 1:00,08 |
| 7 | Smit, MJ M | M15 | SAAW-CP | 1:03,74 |
| 8 | Field, Luke D | M17 | VINE-CP | 1:04,90 |
| 9 | De Jongh, Grace | W17 | LALE-CE | 1:05,13 |

#17 Mixed 200 LC Meter Freestyle

| Lane | Name | Age | Team | Seed Time |
|------|------|-----|------|-----------|
|------|------|-----|------|-----------|

Heat 1 of 11 Finals Starts at 12:52 PM

| | | | | |
|---|----------------------|-----|---------|----|
| 0 | Olivier, Gianna G | W10 | PAQU-CE | NT |
| 1 | Titus, Brody | M10 | PAQU-CE | NT |
| 2 | Kruger, Zoe | W11 | LALE-CE | NT |
| 3 | Kirsten, Jan-Dawid E | M12 | QSAW-CE | NT |
| 4 | Van Zyl, Coreta A | W13 | LALE-CE | NT |
| 5 | Mare, Isabella | W12 | GREY-CP | NT |
| 6 | Pieterse, Owen | M11 | GSA-CP | NT |
| 7 | Knott, Cayleigh | W10 | GSA-CP | NT |
| 8 | Jin, Jessie | W10 | TYGE-CP | NT |
| 9 | Kotze, Christian S | M10 | STAQ-CE | NT |

Heat 2 of 11 Finals Starts at 12:56 PM

| | | | | |
|---|------------------|-----|----------|---------|
| 0 | Edwards, Reese J | W14 | SSISA-CP | NT |
| 1 | Krauss, Kiara J | W15 | GREY-CP | NT |
| 2 | Liebenberg, Josi | W17 | LALE-CE | NT |
| 3 | Els, Lika | W11 | QSAW-CE | 4:12,93 |
| 4 | Bouwer, Juno | W11 | TYGE-CP | 3:38,37 |
| 5 | Wiener, Will D | M9 | TYGE-CP | 3:54,05 |
| 6 | Weber, Michelle | W27 | MATI-CE | NT |
| 7 | Sabbagha, Annè | W17 | PAQU-CE | NT |
| 8 | White, Rebecca M | W14 | SSISA-CP | NT |
| 9 | Wagner, Gabi M | W13 | SSISA-CP | NT |

Heat 3 of 11 Finals Starts at 01:01 PM

| | | | | |
|---|-----------------------|-----|---------|---------|
| 0 | Lewis, Callum R | M12 | GREY-CP | 3:33,67 |
| 1 | Swartz, Seth J | M9 | TYGE-CP | 3:29,65 |
| 2 | Adams, Ella | W10 | TYGE-CP | 3:23,26 |
| 3 | Oliver, Luca | M10 | QSAW-CE | 3:20,30 |
| 4 | Kruger, Livvy | W10 | QSAW-CE | 3:18,17 |
| 5 | Pieterse, Nicholas N | M10 | STAQ-CE | 3:19,66 |
| 6 | Van Dyk, Adriaan J | M9 | GSA-CP | 3:22,22 |
| 7 | Hirshovitz, Jasmine J | W13 | GREY-CP | 3:24,39 |
| 8 | Hansen, Margelie | W12 | QSAW-CE | 3:30,99 |
| 9 | Whitehead, Charl H | M11 | STAQ-CE | 3:36,53 |

Heat 4 of 11 Finals Starts at 01:05 PM

| | | | | |
|---|-------------------------|-----|---------|---------|
| 0 | Van der Merwe, Dandre M | W11 | STAQ-CE | 3:14,92 |
| 1 | Badenhorst, Nolene | W13 | STAQ-CE | 3:12,47 |
| 2 | Van de Vyver, Mia | W11 | QSAW-CE | 3:07,48 |
| 3 | Anthony, Jazmin A | W11 | PAQU-CE | 3:06,96 |
| 4 | Cleophas, Lee L | M11 | PAQU-CE | 3:04,40 |
| 5 | Scherrer, Matheus L | M14 | GREY-CP | 3:04,80 |
| 6 | De Beer, Isabella C | W12 | QSAW-CE | 3:07,04 |
| 7 | Van Galen, Rijk M | M11 | STAQ-CE | 3:07,61 |
| 8 | Fouche, Xander M | M11 | LALE-CE | 3:14,56 |
| 9 | Van den Berg, Nika | W12 | QSAW-CE | 3:17,94 |

Heat 5 of 11 Finals Starts at 01:09 PM

| | | | | |
|---|-------------------------|-----|---------|---------|
| 0 | Ntshona, Iminathi A | M12 | TYGE-CP | 3:02,94 |
| 1 | Fouche, Ryan | M9 | TYGE-CP | 3:00,27 |
| 2 | Brink, Jani | W12 | QSAW-CE | 2:59,67 |
| 3 | Pardoe, James N | M12 | GREY-CP | 2:58,99 |
| 4 | Chibharo, Lethabo L | W11 | TYGE-CP | 2:57,66 |
| 5 | Thirsk, Savannah | W11 | TYGE-CP | 2:58,75 |
| 6 | Oliver, Isabella | W12 | QSAW-CE | 2:59,60 |
| 7 | Coetzee, Marli | W11 | GSA-CP | 3:00,11 |
| 8 | Kruger, Isla | W12 | QSAW-CE | 3:00,37 |
| 9 | VerLoren Van Themaat, M | M11 | LALE-CE | 3:03,63 |

Heat 6 of 11 Finals Starts at 01:13 PM

| | | | | |
|---|-------------------------|-----|---------|---------|
| 0 | Bosch, Ewan Y | M11 | TYGE-CP | 2:53,40 |
| 1 | Fouche, Jack | M11 | TYGE-CP | 2:52,64 |
| 2 | Rookan-Smith, Helena BW | W13 | LALE-CE | 2:49,44 |
| 3 | Sabbagha, Georgia | W11 | PAQU-CE | 2:45,43 |
| 4 | Sonnekus, Anya | W12 | TYGE-CP | 2:44,24 |
| 5 | van Rensburg, Tristan | M11 | GSA-CP | 2:44,98 |
| 6 | Olivier, Julie M | W11 | TYGE-CP | 2:46,53 |
| 7 | Hendricks, Jemma | W14 | LALE-CE | 2:51,19 |
| 8 | Kleu, Wian M | M10 | STAQ-CE | 2:52,93 |
| 9 | Arangies, Hannah S | W13 | STAQ-CE | 2:55,32 |

Heat 7 of 11 Finals Starts at 01:17 PM

| | | | | |
|---|----------------------|-----|----------|---------|
| 0 | Conradie, D'Niel | M11 | ASAW-CE | 2:43,64 |
| 1 | Yeowart, Seth W | M13 | GREY-CP | 2:40,01 |
| 2 | Roberts, Annabelle | W16 | LALE-CE | 2:38,71 |
| 3 | O'Carroll, Nia E | W13 | STAQ-CE | 2:37,53 |
| 4 | Vd Merwe, Thomas | M14 | LALE-CE | 2:36,03 |
| 5 | Hagglund, Emma H | W14 | SSISA-CP | 2:36,94 |
| 6 | Slatteer, Mila-Belle | W11 | SSISA-CP | 2:37,56 |
| 7 | Yeowart, Luke D | M13 | GREY-CP | 2:39,15 |
| 8 | Van Dyk, Zani | W11 | GSA-CP | 2:41,11 |
| 9 | Thirsk, Madison | W13 | TYGE-CP | 2:44,18 |

Heat 8 of 11 Finals Starts at 01:20 PM

| | | | | |
|---|----------------------|-----|----------|---------|
| 0 | Herbst, Mienke | W17 | SSISA-CP | 2:33,63 |
| 1 | De Oliveira, Aliyah | W13 | TYGE-CP | 2:32,85 |
| 2 | Van Graan, Matthew D | M13 | STAQ-CE | 2:31,88 |
| 3 | Breebaart, Joshua | M11 | GSA-CP | 2:30,84 |
| 4 | Minnaar, Nicolas | M13 | TYGE-CP | 2:30,01 |
| 5 | Trower, Michael | M12 | TYGE-CP | 2:30,52 |
| 6 | Wing, James L | M13 | GREY-CP | 2:31,33 |
| 7 | Kriek, Mila | W16 | QSAW-CE | 2:31,95 |
| 8 | Viviers, Wiaan A | M15 | ASAW-CE | 2:33,02 |
| 9 | Fury, Amelia J | W12 | VINE-CP | 2:35,85 |

Heat 9 of 11 Finals Starts at 01:24 PM

| | | | | |
|---|--------------------|-----|----------|---------|
| 0 | Bouwer, Jason | M13 | TYGE-CP | 2:29,48 |
| 1 | Raimond, Marike M | W14 | TYGE-CP | 2:26,02 |
| 2 | Williams, Evan B | M13 | SSISA-CP | 2:24,28 |
| 3 | Senekal, Margo | W14 | TYGE-CP | 2:23,41 |
| 4 | Walker, Yohan G | M15 | VINE-CP | 2:22,29 |
| 5 | Poggenpoel, Troy J | M14 | SSISA-CP | 2:22,60 |
| 6 | Goussard, Henry | M13 | GREY-CP | 2:23,84 |
| 7 | Cleophas, Kyle | M14 | PAQU-CE | 2:25,58 |
| 8 | Magotsi, Riziki A | W13 | VINE-CP | 2:27,59 |
| 9 | Dowdle, Kalynne | W16 | ASAW-CE | 2:29,53 |

Heat 10 of 11 Finals Starts at 01:27 PM

| | | | | |
|---|----------------------|-----|---------|---------|
| 0 | Evans, Caitlin N | W13 | TYGE-CP | 2:21,20 |
| 1 | Boonzaaier, Simon F | M16 | ASAW-CE | 2:19,07 |
| 2 | Witbooi, Reinhardt J | M16 | STAQ-CE | 2:17,88 |
| 3 | Terblanche, Luan L | M15 | TYGE-CP | 2:15,13 |
| 4 | Kinnear, Connor | M15 | TYGE-CP | 2:13,35 |
| 5 | Neilson, Hannah K | W18 | UWCA-CP | 2:14,12 |
| 6 | De Kock, John P | M14 | LALE-CE | 2:15,85 |
| 7 | Ribeiro, Nuria A | W21 | MATI-CE | 2:19,03 |
| 8 | Combrink, Amy | W14 | VINE-CP | 2:19,97 |
| 9 | Vermeulen, Hanco | M14 | ASAW-CE | 2:22,13 |

Heat 11 of 11 Finals Starts at 01:30 PM

| | | | | |
|---|-----------------------|-----|---------|---------|
| 0 | Malherbe, Nicholas N | M16 | LALE-CE | 2:12,31 |
| 1 | Smith, Sebastian N | M14 | TYGE-CP | 2:11,21 |
| 2 | Clayton, Antony L | M15 | LALE-CE | 2:07,83 |
| 3 | Clarke, Liam | M16 | LALE-CE | 2:01,68 |
| 4 | Esterhuysen, Joshua N | M16 | TYGE-CP | 1:56,13 |
| 5 | Wright, Keegan | M17 | TYGE-CP | 1:58,59 |
| 6 | Forbes, Thomas P | M19 | LALE-CE | 2:02,66 |
| 7 | Bannister, Joshua G | M15 | TYGE-CP | 2:08,13 |
| 8 | Le Roux, Corne | M21 | MATI-CE | 2:12,06 |
| 9 | Möller, FC C | M16 | TYGE-CP | 2:12,79 |

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