

S A SHORT COURSE SWIMMING CHAMPIONSHIPS

DAY 3 FINALS SCHEDULE

- 301 Women 50 Freestyle
302 Men 50 Freestyle
303 Women 100 Breaststroke Multi-Class SB1 – 15
304 Men 100 Breaststroke Multi-Class SB1 – 15

MEDALS Events 317 & 318

- 305 Women 50 Breaststroke
306 Men 50 Breaststroke

MEDALS Events 301 & 302, 303, 304

- 307 Women 100 Backstroke
308 Men 100 Backstroke

MEDALS Events 305 & 306

- 309 Women 100 Butterfly Multi-Class S1 – 15
310 Men 100 Butterfly Multi-Class S1 – 15

MEDALS Events 307 & 308

- 311 Women 200 IM
312 Men 200 IM
313 Women 50 Freestyle Multi-Class S1 – 15
314 Men 50 Freestyle Multi-Class S1 – 15

MEDALS Events 311 & 312

- 315 Women 400 Freestyle
316 Men 400 Freestyle

MEDALS Events 309,310,313,314,315,316

SA National SC Champs KZN(25M)-Sept 24 - 2024/09/26 to 2024/09/29

Meet Program - Day 3 Saturday Afternoon 28/09/2024

#301 Women 50 SC Meter Freestyle

2024Africa-S: 24.33 2022 Caitlin de Lange-W
 202SA-Short: 24.33 2022 Caitlin de Lange-W
 24.44 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 C - Final

1	Wessels, Christine	18	TUKS-TS	27.26
2	Yazbek, Leila	15	BLNE-MA	27.14
3	Meikle, Carla C	22	SEAL-UM	27.11
4	Lindsay, Tannah K	17	CA-EK	27.09
5	Kotze, Abigail	15	TYGE-CP	27.07
6	Robinson, Daena M	16	SEAL-UM	27.08
7	Baptiste, Taneal A	25	TUKS-TS	27.11
8	Fury, Rebecca G	16	VINE-CP	27.13
9	Landmann, Julie	17	PSC-TS	27.23
10	Meier, Marné	25	CASC-CP	27.39

Heat 2 B - Final

1	Maritz, Gizelle G	15	WATR-JH	27.03
2	Christie, Leah E	19	TGA-WC	27.02
3	Stewart, Megan	18	AZON-ET	26.98
4	Cloete, Genna A	18	PSC-TS	26.93
5	Groepes, Rachel L	18	TUKS-TS	26.76
6	De Villers, Indiana S	17	SEAL-UM	26.82
7	Straw, Sam	23	TUKS-TS	26.97
8	Claassen, Ella-May	17	PAC-TS	26.98
9	Davidson, Lize-Marie	20	KOVS-MA	27.03
10	Knoblauch, Cara	17	LALE-CE	27.06

Heat 3 A - Final

1	Vyncke, Giuliana	14	DRGN-JH	26.68
2	Meyer, Kate J	21	TUKS-TS	26.41
3	Helmand, Anieke	19	KOVS-MA	26.17
4	Buys, Johanna J	24	VRC-TS	25.52
5	Thompson, Jessica L	17	AA-JH	24.96
6	De Lange, Caitlin A	20	TUKS-TS	25.12
7	Venter, Kendra	18	INFA-NM	26.05
8	Carmody, Jessica M	16	AZON-ET	26.30
9	Morris, Grace	16	LALE-CE	26.61
10	Fourie, Xandri	17	TRAZ-TS	26.75

Alternates

1	Laderach, Jesse-Leah	15	PEAS-NM	27.41
2	van Schalkwyk, Corné	18	AA-JH	27.54

#302 Men 50 SC Meter Freestyle

2024Africa-S: 20.30 2009 ROLAND M. SCHOE
 202SA-Short: 20.30 2009 ROLAND M. SCHOE
 21.40 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 C - Final

1	Loom, Bryce P	18	SEAL-UM	24.12
2	Van Heerden, Michae	17	VASA-EK	24.02
3	Nortje, Gabriel P	23	SGUL-ET	23.99
4	Kriegler, Christiaan C	19	LALE-CE	23.92
5	Burger, Neil	17	UNI-EZ	23.86
6	Bradshaw, Jordan D	23	CRSC-JH	23.88
7	Cleator, Clayton J	17	AZON-ET	23.93
8	Binsbergen, Kai	19	TUKS-TS	24.02
9	Pretorius, Dandré P	19	CA-EK	24.08
10	Landmann, Armand J	16	PSC-TS	24.12

Heat 2 B - Final

1	Schlechter, Gustav	22	FISH-ED	23.56
2	Dos Santos, Giano	22	TUKS-TS	23.53
3	Lotter, Jordan B	22	VASA-EK	23.52
4	Turpin, Nathan	20	AA-JH	23.42
5	Nel, Edmund A	18	HARB-BP	23.30
6	Maritz, Armand	27	TUKS-TS	23.37
7	Landmann, Ramon J	21	PSC-TS	23.46
8	Egger, Declan C	19	AA-JH	23.53
9	Pretorius, Matthew J	17	USC-BU	23.54
10	Loots, Andre S	16	LALE-CE	23.74

Heat 3 A - Final

1	Bornman, Aiden	19	TUKS-TS	23.22
2	Van Rensburg, Anand	25	TUKS-TS	23.13
3	Esterhuysen, Joshua	17	TYGE-CP	23.08
4	Godfrey, Blake B	21	TUKS-TS	22.84
5	Eaton, Renen, Ruard	21	LALE-CE	22.12
6	Eaton, Jarden D	19	CRSC-JH	22.66
7	Mahan, Owethu S	20	TUKS-TS	22.86
8	Van Heerden, Stefan I	18	LALE-CE	23.12
9	Moncherry, Adam J	26	LALE-CE	23.16
10	Godfrey, Aiden C	18	TUKS-TS	23.24

Alternates

1	Frew, Tristan M	18	SEAL-UM	24.14
2	Gibson, Sean	16	SGUL-ET	24.17

#303 Women 100 SC Meter Breaststroke Multi-Cl

2024Africa-S: 1:03.89 2020 Tatjana R. Schoenn
 202SA-Short: 1:03.89 2020 Tatjana R. Schoenn
 1:05.28 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 Finals Finals

4	Fowler, Cornelia J SB	44	KLOO-ET	2:04.07
5	Vyncke, Danika SB13	17	DRGN-JH	1:23.36
6	Vyncke, Ivana SB13	16	DRGN-JH	1:37.31
7	Vd Merwe, Mia SB14	25	CASC-CP	2:07.50

#304 Men 100 SC Meter Breaststroke Multi-Class

2024Africa-S: 55.61 2009 CAMERON VD BUR
 202SA-Short: 55.61 2009 CAMERON VD BUR
 57.63 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 Finals Finals

4	Coetzer, Leon M SB9	13	SEAL-UM	1:31.02
5	Putz, Aaron A SB14	28	WSTV-ET	1:20.66
6	Vergotine, Valentino	137	VINE-CP	1:25.72
7	Lawrence, Elih SB14	22	BLNE-MA	1:39.91

#305 Women 50 SC Meter Breaststroke

2024Africa-S: 29.09 2022 Lara Van Niekerk -
 202SA-Short: 29.09 2022 Lara Van Niekerk -
 30.45 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 C - Final

1	Jackson, Christine D	17	ELEC-TS	35.00
2	Gray, Lohan A	17	MDOL-JH	34.92
3	Cornelius, Jolene	20	TUKS-TS	34.68
4	Fury, Rebecca G	16	VINE-CP	34.57
5	Storm, Kirsten	18	CRSC-JH	34.41
6	Dal Medico, Michaela	19	TUKS-TS	34.45
7	Begley, Kendra	16	INFA-NM	34.64
8	Kruger, Lize-Marie	15	BLNE-MA	34.89
9	Ralfe, Cara L	19	TUKS-TS	34.94
10	Van Jaarsveld, Sune	23	TUKS-TS	35.11

Heat 2 B - Final

1	Penn, Tyra	15	WATR-JH	34.24
2	Giraudeau, Melina	21	LALE-CE	34.12
3	Meier, Marné	25	CASC-CP	34.07
4	Combrink, Amy	15	VINE-CP	33.84
5	Straszacker, Kristen	24	CASC-CP	33.71
6	Taylor, Helen J	26	AZON-ET	33.80
7	Kuhn, Rebecca L	16	CA-EK	33.95
8	Gouws, Lara W	15	TUKS-TS	34.07
9	Ferreira, Q-Rize	20	TUKS-TS	34.14
10	Sikiotis, Cassandra H	17	MDOL-JH	34.32

Heat 3 A - Final

1	Viduya, Myra K	17	INFA-NM	33.23
2	Robinson, Daena M	16	SEAL-UM	32.97
3	Meyer, Kate J	21	TUKS-TS	32.33
4	Cope, Morgan M	18	LALE-CE	31.76
5	Van Niekerk, Lara	21	PAC-TS	31.42
6	Els, Georgia C	18	TUKS-TS	31.64
7	Van Heerden, Keira	17	INFA-NM	32.29
8	Van Den Berg, Gabrie	15	ELEC-TS	32.43
9	Petersen, Kayla M	16	USC-BU	33.23
10	Cloete, Kiera V	18	SASE-JH	33.34

Alternates

1	French, Sofia D	17	TUKS-TS	35.11
2	Vd Wal, Mieke	16	CASC-CP	35.12

#306 Men 50 SC Meter Breaststroke

2024Africa-S: 25.25 2009 CAMERON VD BUR
 202SA-Short: 25.25 2009 CAMERON VD BUR
 26.57 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 C - Final

1	Klein, Adam J	18	SEAL-UM	30.51
2	Malan, Johan S	17	CASC-CP	30.46
3	Theron, Francois F	29	FAAC	30.37
4	Pretorius, Matthew J	17	USC-BU	30.24
5	Heslop, Jonathan V	21	TUKS-TS	30.14
6	Godfrey, Blake B	21	TUKS-TS	30.24
7	Bester, Francois A	17	QSAW-CE	30.33
8	Holtzhausen, Neil	17	HREF-BP	30.42
9	Cloete, Scott X	19	LINR-JH	30.51
10	Arwidi, Anton A	18	VASA-EK	30.55

Heat 2 B - Final

1	Phillips, Haytham	18	ELEC-TS	30.03
2	Cleator, Clayton J	17	AZON-ET	29.87
3	Kinsey, Callyn L	18	LEGC-ET	29.68
4	Niemand, Zaine	16	TUKS-TS	29.46
5	Gilbert, Andrew A	15	SAAW-CP	29.40
6	Fisher, Daniel N	17	KLOO-ET	29.41
7	Clayton, Franco P	18	LALE-CE	29.52
8	Egger, Declan C	19	AA-JH	29.77
9	Botha, Dylan	21	NMU-NM	29.92
10	Malherbe, Nicholas N	17	LALE-CE	30.04

Heat 3 A - Final

1	Thomas, Shaun M	19	INFA-NM	28.97
2	Lange, Oliva N	20	TUKS-TS	28.73
3	Friend, Nathanael	20	PSC-TS	28.33
4	Truter, Petrus C	21	LALE-CE	27.75
5	Smith, Chris F	18	TRAZ-TS	26.92
6	Randle, Matthew J	21	TUKS-TS	27.43
7	Smit, Ruben F	18	TUKS-TS	28.26
8	Keylock, Kian C	19	TUKS-TS	28.52
9	Van Greunen, Renier	17	FISH-ED	28.81
10	Van Rensburg, Anand	25	TUKS-TS	29.19

SA National SC Champs KZN(25M)-Sept 24 - 2024/09/26 to 2024/09/29

Meet Program - Day 3 Saturday Afternoon 28/09/2024

Alternates...(#306 Men 50 SC Meter Breaststroke)

1	Maclou, Chase J	18	PSCP-UM	30.56
2	Drury, Joshua	14	AA-JH	30.62

#307 Women 100 SC Meter Backstroke

2024Africa-S:	56.56	2009	Chanelle Van Wyk
202SA-Short:	56.56	2009	Chanelle Van Wyk
	58.08		WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 C - Final

1	Smit, Jenna	17	CASC-CP	1:06.55
2	O'Connor, Amy	15	CRSC-JH	1:06.44
3	Olivier, Chloe	15	CA-EK	1:06.37
4	Mbatha, Lwethu T	21	TUKS-TS	1:06.27
5	Ebing, Ashley	19	TUKS-TS	1:05.89
6	Macqueen, Emily K	15	SEAL-UM	1:06.20
7	Coetzee, Jenna	16	INFA-NM	1:06.36
8	Le Roux, Scarlett	16	CA-EK	1:06.37
9	Andraos, Hannah	21	TUKS-TS	1:06.50
10	Thormahlen, Heike	25	TUKS-TS	1:06.75

Heat 2 B - Final

1	Matthews, Megan K	17	ASA-IL	1:05.33
2	Orchard, Milan M	14	VINE-CP	1:04.83
3	De Jongh, Grace	18	LALE-CE	1:04.69
4	Lindsay, Tannah K	17	CA-EK	1:04.60
5	Davidson, Lize-Marie	20	KOVV-MA	1:04.30
6	Venter, Kendra	18	INFA-NM	1:04.50
7	Vd Linde, Mila C	15	TUKS-TS	1:04.69
8	Baptiste, Taneal A	25	TUKS-TS	1:04.78
9	Wessels, Christine	18	TUKS-TS	1:05.30
10	Hebler, Lily M	15	QSAW-CE	1:05.88

Heat 3 A - Final

1	Straw, Sam	23	TUKS-TS	1:03.52
2	Maritz, Gizelle G	15	WATR-JH	1:03.04
3	De Villers, Indiana S	17	SEAL-UM	1:02.52
4	Pearse, Hannah C	21	TUKS-TS	1:00.65
5	Thompson, Jessica L	17	AA-JH	59.73
6	Herbst, Kerryn L	21	TUKS-TS	59.82
7	Drakopoulos, Milla A	18	SEAL-UM	1:01.18
8	Burgess, Cassidy S	16	VINE-CP	1:02.77
9	Morris, Grace	16	LALE-CE	1:03.13
10	Lambert, Bailey G	15	SEAL-UM	1:03.89

Alternates

1	Claassen, Ella-May	17	PAC-TS	1:06.90
2	Spies, Gemma T	12	INFA-NM	1:06.92

#308 Men 100 SC Meter Backstroke

2024Africa-S:	49.60	2022	Pieter Coetzee-Worl
202SA-Short:	49.60	2022	Pieter Coetzé at 16
	51.30		WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 C - Final

1	Burger, Neil	17	UNI-EZ	59.63
2	Vorster, Wiaan	17	RBOT-BP	59.50
3	De Wit, Luan W	16	TUKS-TS	59.43
4	Esterhuysen, Joshua	17	TYGE-CP	59.18
5	Mann, Matthew A	16	CA-EK	58.24
6	Pretorius, Luuk E	16	KNYA-ED	58.41
7	O'Connor, Matt	18	CRSC-JH	59.21
8	Norton, Trent A	18	CA-EK	59.48
9	Deng, Ting Wei	17	CA-EK	59.51
10	Lamb, Patrick R	17	SEAL-UM	59.65

Heat 2 B - Final

1	Loom, Bryce P	18	SEAL-UM	58.11
2	Gibson, Sean	16	SGUL-ET	57.70
3	Van Heerden, Michae	17	VASA-EK	57.43
4	Wimble, Callum A	21	SEAL-UM	57.08
5	Cromhout, Lance	17	TUKS-TS	56.47
6	Kriegler, Christiaan C	19	LALE-CE	56.72
7	van Eeden, Christiaan	17	HREF-BP	57.12
8	Louw, Adriaan B	18	TUKS-TS	57.57
9	Dredge, Elijah E	19	BAS-EK	57.82
10	Minderon, Bryce	17	PEAS-NM	58.16

Heat 3 A - Final

1	Esterhuysen, Christia	17	TUKS-TS	56.22
2	Van Wyk, Adrian R	16	TUKS-TS	56.10
3	Theron, Ronan	21	TUKS-TS	55.50
4	Dos Santos, Giano	22	TUKS-TS	54.85
5	Van Renen, Ruard	21	LALE-CE	50.64
6	Pool-Jones, Jonah B	21	LALE-CE	53.90
7	Oliver, Cameron M	28	CA-EK	55.34
8	Muller, Helgaard W	16	TUKS-TS	55.62
9	Vd Merwe, Darno	20	TUKS-TS	56.22
10	Naidoo, Kaydn K	21	BEAV-ET	56.42

Alternates

1	Labuschagne, Jeremy	18	SSISA-CP	59.84
2	Cooks, Chakota	19	CA-EK	59.88

#310 Men 100 SC Meter Butterfly Multi-Class S1 -

2024Africa-S:	48.08	2016	Chad G. Le Clos at 1
202SA-Short:	48.08	2016	Chad G. Le Clos at -
	50.57		WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 Finals Finals

5	Putz, Aaron A S14	28	WSTV-ET	1:12.54
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#311 Women 200 SC Meter IM

2024Africa-S:	2:06.13	2008	Kirsty Coventry at
202SA-Short:	2:07.47	2022	Rebecca A. Meder :
	2:10.16		WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 B - Final

1	Ferreira, Q-Rize	20	TUKS-TS	2:25.49
2	French, Sofia D	17	TUKS-TS	2:25.35
3	De Wet, Emma M	17	CASC-CP	2:25.17
4	Knoblauch, Cara	17	LALE-CE	2:24.64
5	Viduya, Myra K	17	INFA-NM	2:24.40
6	Le Roux, Scarlett	16	CA-EK	2:24.54
7	Shepherd, Megan L	21	TUKS-TS	2:25.05
8	Dal Medico, Michaela	19	TUKS-TS	2:25.29
9	Vyncke, Giuliana	14	DRGN-JH	2:25.42
10	Matthews, Megan K	17	ASA-IL	2:26.04

Heat 2 A - Final

1	Gouws, Lara W	15	TUKS-TS	2:22.86
2	Mote, Jaime L	16	INFA-NM	2:22.49
3	Stewart, Megan	18	AZON-ET	2:20.89
4	Meyer, Kate J	21	TUKS-TS	2:19.04
5	Meder, Rebecca A	22	AZON-ET	2:11.04
6	Els, Georgia C	18	TUKS-TS	2:18.02
7	Van Heerden, Keira	17	INFA-NM	2:19.73
8	Van Den Berg, Gabrie	15	ELEC-TS	2:22.27
9	Gous, Kayla G	15	USC-BU	2:22.67
10	Lambert, Bailey G	15	SEAL-UM	2:23.63

Alternates

1	Begley, Kendra	16	INFA-NM	2:26.47
2	Van Jaarsveld, Sune	23	TUKS-TS	2:26.73

#312 Men 200 SC Meter IM

2024Africa-S:	1:50.15	2022	Matthew Sates-Wo
202SA-Short:	1:50.15	2022	Matt Sates at 16th
	1:55.25		WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 B - Final

1	Gous, Dewet J	16	FAAC	2:10.30
2	Wessels, Guy T	16	TUKS-TS	2:09.85
3	Niemand, Zaine	16	TUKS-TS	2:09.62
4	Arwidi, Anton A	18	VASA-EK	2:09.31
5	Minderon, Bryce	17	PEAS-NM	2:07.80
6	Heslop, Jonathan V	21	TUKS-TS	2:09.16
7	Erasmus, Joshua M	15	WATR-JH	2:09.41
8	Deng, Ting Wei	17	CA-EK	2:09.84
9	Whelan, Kai R	15	CA-EK	2:10.19
10	Harvey, Cameron J	17	AZON-ET	2:11.33

Heat 2 A - Final

1	Beatt, Will D	15	PEAS-NM	2:07.40
2	Pearson, Tai Lee L	17	TUKS-TS	2:06.25
3	Van Rensburg, Anand	25	TUKS-TS	2:04.41
4	Smit, Ruben F	18	TUKS-TS	2:03.90
5	Sates, Matt E	21	SEAL-UM	2:00.82
6	Keylock, Kian C	19	TUKS-TS	2:01.96
7	Vehbi, Liam	20	TUKS-TS	2:03.99
8	Boshoff, Juan C	19	TUKS-TS	2:04.50
9	Domiter, Claudio J	16	CA-EK	2:07.39
10	Els, Johnathan R	19	TUKS-TS	2:07.66

Alternates

1	Rolfe, Kayden J	16	WATR-JH	2:11.99
2	Van Greunen, Renier	17	FISH-ED	2:12.08

#313 Women 50 SC Meter Freestyle Multi-Class S

2024Africa-S:	24.33	2022	Caitlin de Lange-W
202SA-Short:	24.33	2022	Caitlin de Lange-W
	24.44		WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 Finals Finals

4	Vd Merwe, Mia S14	25	CASC-CP	39.77
5	Vyncke, Danika S13	17	DRGN-JH	30.39
6	Vyncke, Ivana S13	16	DRGN-JH	32.69
7	Fowler, Cornelia J S14	44	KLOO-ET	44.35

#314 Men 50 SC Meter Freestyle Multi-Class S1 -

2024Africa-S:	20.30	2009	ROLAND M. SCHOE
202SA-Short:	20.30	2009	ROLAND M. SCHOE
	21.40		WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 Finals Finals

3	Cazzavillan, Lorenzo	19	MDOL-JH	42.56
4	Vergotine, Valentino	137	VINE-CP	31.71
5	Putz, Aaron A S14	28	WSTV-ET	28.90
6	Coetzer, Leon M S10	13	SEAL-UM	31.39
7	Lawrence, Elih S14	22	BLNE-MA	33.90

SA National SC Champs KZN(25M)-Sept 24 - 2024/09/26 to 2024/09/29

Meet Program - Day 3 Saturday Afternoon 28/09/2024

#315 Women 400 SC Meter Freestyle

2024Africa-S: 4:03.50 2008 Melissa J. Corfe at'

202SA-Short: 4:03.50 2008 Melissa J. Corfe at'

4:06.95 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 B - Final

1	Davidson, Lize-Marie	20	KOVS-MA	4:36.37
2	Meter, Jess L	19	TUKS-TS	4:35.42
3	Gous, Sienna R	14	INFA-NM	4:33.86
4	De Bruyn, Kylie E	14	TUKS-TS	4:31.77
5	Markgraaff, Leah	15	TUKS-TS	4:29.46
6	Myburgh, Karla	16	TUKS-TS	4:30.07
7	Buitendach, Anja M	14	UNI-EZ	4:32.76
8	Venter, Zuria I	14	CA-EK	4:34.79
9	Sinclair, Cassidy L	17	DRGN-JH	4:35.75
10	Morris, Blake P	15	LINR-JH	4:36.45

Heat 2 A - Final

1	Griffiths, Zoe	17	TUKS-TS	4:25.96
2	Mouton, Hannah L	17	TUKS-TS	4:22.41
3	Antonopoulos, Carli	23	TUKS-TS	4:21.05
4	Van Rensburg, Cather	20	TUKS-TS	4:18.92
5	Robertson, Hannah K	19	TUKS-TS	4:18.41
6	Lötter, Callan M	18	TUKS-TS	4:18.56
7	van Schalkwyk, Corn	18	AA-JH	4:20.48
8	Kleine, Amelie	14	TUKS-TS	4:22.34
9	Horne, Kaitlynne D	17	PEAS-NM	4:22.57
10	Earle, Tory L	22	TUKS-TS	4:26.71

Alternates

1	Scholtz, Ashley` K	16	CA-EK	4:36.54
2	Bosman, Thandi R	13	USC-BU	4:37.37

#316 Men 400 SC Meter Freestyle

2024Africa-S: 3:36.30 2022 Matthews Sates FII

202SA-Short: 3:36.30 2022 Matt Sates at FINA

3:42.50 WAQT World Aquatic QT-

Lane	Name	Age	Team	Prelims
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Heat 1 B - Final

1	Rolfe, Kayden J	16	WATR-JH	4:05.31
2	Wolson, Daniel A	17	SAAW-CP	4:04.45
3	Kewley, James R	19	TUKS-TS	4:02.30
4	Steyn, Stefan A	18	KNYA-ED	4:00.33
5	Wolfaardt, Bernard	22	TUKS-TS	3:59.83
6	Paterson, Ross C	19	ACSA-ET	4:00.21
7	Billings, Daniel R	17	AA-JH	4:01.68
8	Mann, Matthew A	16	CA-EK	4:04.04
9	Alevras, George M	17	CRSC-JH	4:04.71
10	Van der Linde, Shane	16	SEAL-UM	4:08.48

Heat 2 A - Final

1	Albertyn, Connor S	20	TUKS-TS	3:59.13
2	Vd Linde, Sven C	19	TUKS-TS	3:57.25
3	Muller, Righardt	22	LALE-CE	3:56.64
4	Louw, Henre J	22	TUKS-TS	3:55.49
5	Lottering, Ricky M	18	SEAL-UM	3:49.67
6	Caldwell, Matthew D	18	CA-EK	3:50.41
7	Van Wyk, Adrian R	16	TUKS-TS	3:55.95
8	Mihaylov, Kris S	16	BAS-EK	3:56.96
9	Krüger, Arno S	22	TUKS-TS	3:57.28
10	Engelbrecht, Stephan	16	WATR-JH	3:59.23

Alternates

1	Han, Gabriel	16	TUKS-TS	4:09.64
2	Levey, Chad	18	LALE-CE	4:09.80