

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Agulhas Aquatics-OB****1 Matthee, Burger P - Male - Age: 12 - Ind/Rel: 5 / 0**

#201 Men 19&U 100 Free Prelims	1:08.30	#209 Men 99&U 50 Back Para Prelims	34.61
#305 Men 19&U 50 Breast Prelims	45.53	#309 Men 19&U 100 Back Prelims	1:19.05
#401 Men 19&U 50 Free Prelims	30.21		

**2 Naude, AJ J - Male - Age: 12 - Ind/Rel: 7 / 0**

#207 Men 19&U 200 Back Prelims	3:01.69	#301 Men 19&U 200 Free Prelims	3:13.24
#309 Men 19&U 100 Back Prelims	1:28.67	#313 Men 19&U 200 IM Prelims	3:23.03
#401 Men 19&U 50 Free Prelims	38.16	#405 Men 19&U 200 Breast	4:10.78
#409 Men 19&U 50 Back Prelims	40.85		

**Agulhas Aquatics-OB Total Individual Entries: 12 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Aqua Dolphin Swimming Club-CP****1 Daniels, Tylan H - Male - Age: 11 - Ind/Rel: 6 / 0**

#101 Men 11&U 400 Free	6:13.66	#301 Men 19&U 200 Free Prelims	2:52.11
#303 Men 99&U 100 Free Para Prelims	1:18.98	#313 Men 19&U 200 IM Prelims	3:27.56
#401 Men 19&U 50 Free Prelims	44.43	#405 Men 19&U 200 Breast	3:42.48

**2 Els, Jamie - Female - Age: 11 - Ind/Rel: 6 / 0**

#102 Women 11&U 400 Free	5:37.53	#202 Women 19&U 100 Free Prelims	1:18.24
#206 Women 19&U 100 Breast Prelims	1:51.47	#302 Women 19&U 200 Free Prelims	2:45.80
#314 Women 19&U 200 IM Prelims	3:27.06	#402 Women 19&U 50 Free Prelims	37.49

**3 Harper, Zachary - Male - Age: 13 - Ind/Rel: 7 / 0**

#105 Men 13 400 Free	5:40.18	#201 Men 19&U 100 Free Prelims	1:10.65
#205 Men 19&U 100 Breast Prelims	1:35.53	#209 Men 99&U 50 Back Para Prelims	39.41
#301 Men 19&U 200 Free Prelims	2:37.94	#311 Men 99&U 100 Back Para Prelims	1:23.61
#405 Men 19&U 200 Breast	3:28.71		

**4 Mccollum, Aiden I - Male - Age: 12 - Ind/Rel: 6 / 0**

#103 Men 12 400 Free	5:33.64	#201 Men 19&U 100 Free Prelims	1:15.41
#211 Men 19&U 100 Fly Prelims	1:22.33	#301 Men 19&U 200 Free Prelims	2:40.44
#313 Men 19&U 200 IM Prelims	3:14.38	#407 Men 99&U 100 Breast Para Prelims	1:53.45

**5 Nagelgaard, Andreas - Male - Age: 14 - Ind/Rel: 6 / 0**

#107 Men 14 400 Free	5:07.28	#201 Men 19&U 100 Free Prelims	1:07.40
#205 Men 19&U 100 Breast Prelims	1:28.38	#301 Men 19&U 200 Free Prelims	2:26.87
#313 Men 19&U 200 IM Prelims	2:56.13	#405 Men 19&U 200 Breast	3:10.22

**6 Vd Westhuizen, Joy - Female - Age: 16 - Ind/Rel: 5 / 0**

#112 Women 16 400 Free	5:03.62	#202 Women 19&U 100 Free Prelims	1:08.23
#212 Women 19&U 100 Fly Prelims	1:14.20	#302 Women 19&U 200 Free Prelims	2:25.96
#310 Women 19&U 100 Back Prelims	1:16.27		

**7 Witten, Hannah - Female - Age: 16 - Ind/Rel: 6 / 0**

#112 Women 16 400 Free	5:29.32	#202 Women 19&U 100 Free Prelims	1:10.27
#206 Women 19&U 100 Breast Prelims	1:25.03	#302 Women 19&U 200 Free Prelims	2:33.13
#314 Women 19&U 200 IM Prelims	2:47.40	#406 Women 19&U 200 Breast	2:58.29

**Aqua Dolphin Swimming Club-CP Total Individual Entries: 42 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Aqua Sharks Academy-CP****1 De Bruyn, Cornè C - Male - Age: 15 - Ind/Rel: 8 / 3**

#201 Men 19&U 100 Free Prelims	1:02.97	#207 Men 19&U 200 Back Prelims	2:37.88
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:24.36	#305 Men 19&U 50 Breast Prelims	36.55
#309 Men 19&U 100 Back Prelims	1:13.11	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.10
#401 Men 19&U 50 Free Prelims	28.83	#405 Men 19&U 200 Breast	3:04.25
#409 Men 19&U 50 Back Prelims	33.45	#411 Men 19&U 50 Fly Prelims	31.48
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.65		

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

#206 Women 19&U 100 Breast Prelims	1:33.54	#406 Women 19&U 200 Breast	3:19.13
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**3 Heyes, Garrick T - Male - Age: 15 - Ind/Rel: 6 / 3**

#201 Men 19&U 100 Free Prelims	58.69	#211 Men 19&U 100 Fly Prelims	1:06.94
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:24.36	#301 Men 19&U 200 Free Prelims	2:12.61
#313 Men 19&U 200 IM Prelims	2:41.57	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.10
#401 Men 19&U 50 Free Prelims	26.26	#411 Men 19&U 50 Fly Prelims	29.24
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.65		

**4 Laubscher, Mikalla I - Female - Age: 13 - Ind/Rel: 10 / 0**

#106 Women 13 400 Free	5:19.90	#202 Women 19&U 100 Free Prelims	1:09.26
#208 Women 19&U 200 Back Prelims	2:50.43	#302 Women 19&U 200 Free Prelims	2:31.83
#310 Women 19&U 100 Back Prelims	1:20.93	#314 Women 19&U 200 IM Prelims	3:01.52
#402 Women 19&U 50 Free Prelims	31.29	#406 Women 19&U 200 Breast	3:16.55
#410 Women 19&U 50 Back	37.80	#412 Women 19&U 50 Fly Prelims	38.01

**5 Stenekamp, Keanu - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:23.28	#207 Men 19&U 200 Back Prelims	3:20.41
#305 Men 19&U 50 Breast Prelims	49.79	#309 Men 19&U 100 Back Prelims	1:34.59
#401 Men 19&U 50 Free Prelims	39.20	#405 Men 19&U 200 Breast	3:39.06
#409 Men 19&U 50 Back Prelims	43.16		

**6 Torbochkin, Daniel S - Male - Age: 12 - Ind/Rel: 2 / 0**

#205 Men 19&U 100 Breast Prelims	1:30.24	#305 Men 19&U 50 Breast Prelims	38.23
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**7 Torbochkin, David S - Male - Age: 15 - Ind/Rel: 3 / 0**

#205 Men 19&U 100 Breast Prelims	1:14.11	#305 Men 19&U 50 Breast Prelims	34.49
#405 Men 19&U 200 Breast	2:45.61		

**8 Van Helden, Ethan C - Male - Age: 15 - Ind/Rel: 8 / 3**

#201 Men 19&U 100 Free Prelims	1:00.76	#207 Men 19&U 200 Back Prelims	2:24.16
#211 Men 19&U 100 Fly Prelims	1:06.12	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:24.36
#309 Men 19&U 100 Back Prelims	1:06.20	#313 Men 19&U 200 IM Prelims	2:28.75
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.10	#401 Men 19&U 50 Free Prelims	27.72
#409 Men 19&U 50 Back Prelims	31.11	#411 Men 19&U 50 Fly Prelims	28.93
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.65		

**9 Viljoen, Jaden R - Male - Age: 15 - Ind/Rel: 7 / 3**

#201 Men 19&U 100 Free Prelims	59.89	#207 Men 19&U 200 Back Prelims	2:30.52
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:24.36	#301 Men 19&U 200 Free Prelims	2:16.98
#309 Men 19&U 100 Back Prelims	1:11.05	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.10
#401 Men 19&U 50 Free Prelims	27.17	#409 Men 19&U 50 Back Prelims	32.17
#411 Men 19&U 50 Fly Prelims	30.22	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.65

**10 Viljoen, Jagger F - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:20.74	#207 Men 19&U 200 Back Prelims	3:00.43
#301 Men 19&U 200 Free Prelims	2:57.54	#309 Men 19&U 100 Back Prelims	1:28.40
#313 Men 19&U 200 IM Prelims	3:20.89	#409 Men 19&U 50 Back Prelims	39.60
#411 Men 19&U 50 Fly Prelims	38.61		

**Aqua Sharks Academy-CP Total Individual Entries: 60 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Aquanova Aquatics Club-BU****1 Barnard, Adam J - Male - Age: 18 - Ind/Rel: 9 / 0**

#113 Men 17-19 400 Free	4:57.36	#201 Men 19&U 100 Free Prelims	57.47
#207 Men 19&U 200 Back Prelims	2:25.30	#301 Men 19&U 200 Free Prelims	2:13.80
#309 Men 19&U 100 Back Prelims	1:04.83	#313 Men 19&U 200 IM Prelims	2:32.81
#401 Men 19&U 50 Free Prelims	26.38	#409 Men 19&U 50 Back Prelims	29.97
#411 Men 19&U 50 Fly Prelims	31.17		

**2 Kok, Henri W - Male - Age: 10 - Ind/Rel: 5 / 0**

#101 Men 11&U 400 Free	6:27.84	#201 Men 19&U 100 Free Prelims	1:18.21
#211 Men 19&U 100 Fly Prelims	1:43.69	#301 Men 19&U 200 Free Prelims	2:57.99
#313 Men 19&U 200 IM Prelims	3:20.72		

**3 Smit, Miela - Female - Age: 15 - Ind/Rel: 6 / 0**

#110 Women 15 400 Free	5:25.29	#202 Women 19&U 100 Free Prelims	1:13.93
#212 Women 19&U 100 Fly Prelims	1:32.54	#302 Women 19&U 200 Free Prelims	2:36.68
#402 Women 19&U 50 Free Prelims	35.05	#412 Women 19&U 50 Fly Prelims	39.08

**Aquanova Aquatics Club-BU Total Individual Entries: 20 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Aquasharks Winelands-CE****1 Boonzaaier, Simon F - Male - Age: 17 - Ind/Rel: 5 / 0**

#113 Men 17-19 400 Free	4:47.63	#201 Men 19&U 100 Free Prelims	1:03.61
#301 Men 19&U 200 Free Prelims	2:15.09	#305 Men 19&U 50 Breast Prelims	43.31
#401 Men 19&U 50 Free Prelims	29.68		

**2 Conradie, D'Niel - Male - Age: 12 - Ind/Rel: 4 / 0**

#201 Men 19&U 100 Free Prelims	1:15.85	#207 Men 19&U 200 Back Prelims	2:58.37
#301 Men 19&U 200 Free Prelims	2:43.99	#309 Men 19&U 100 Back Prelims	1:26.44

**3 Schreuder, Steffen - Male - Age: 16 - Ind/Rel: 7 / 0**

#111 Men 16 400 Free	4:50.31	#201 Men 19&U 100 Free Prelims	1:01.61
#211 Men 19&U 100 Fly Prelims	1:07.49	#301 Men 19&U 200 Free Prelims	2:14.80
#401 Men 19&U 50 Free Prelims	27.79	#409 Men 19&U 50 Back Prelims	36.02
#411 Men 19&U 50 Fly Prelims	29.09		

**4 Stander, Christiaan L - Male - Age: 11 - Ind/Rel: 6 / 0**

#101 Men 11&U 400 Free	5:32.00	#201 Men 19&U 100 Free Prelims	1:11.84
#205 Men 19&U 100 Breast Prelims	1:38.03	#301 Men 19&U 200 Free Prelims	2:33.38
#305 Men 19&U 50 Breast Prelims	44.64	#313 Men 19&U 200 IM Prelims	3:07.61

**5 Wagener, Tiaan H - Male - Age: 11 - Ind/Rel: 11 / 0**

#101 Men 11&U 400 Free	5:27.78	#201 Men 19&U 100 Free Prelims	1:13.21
#205 Men 19&U 100 Breast Prelims	1:37.19	#301 Men 19&U 200 Free Prelims	2:32.58
#305 Men 19&U 50 Breast Prelims	49.96	#309 Men 19&U 100 Back Prelims	1:28.66
#313 Men 19&U 200 IM Prelims	3:00.73	#401 Men 19&U 50 Free Prelims	32.54
#405 Men 19&U 200 Breast	3:19.99	#409 Men 19&U 50 Back Prelims	41.12
#411 Men 19&U 50 Fly Prelims	37.46		

**Aquasharks Winelands-CE Total Individual Entries: 33 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Barracudas Aquarama SC-CP****1 Fabricius, Kaylin - Female - Age: 14 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:07.25	#206 Women 19&U 100 Breast Prelims	1:25.29
#212 Women 19&U 100 Fly Prelims	1:19.98	#302 Women 19&U 200 Free Prelims	2:35.77
#402 Women 19&U 50 Free Prelims	31.83	#410 Women 19&U 50 Back	39.28
#412 Women 19&U 50 Fly Prelims	33.61		

**2 van Wyk, Tariq K - Male - Age: 13 - Ind/Rel: 11 / 0**

#105 Men 13 400 Free	5:12.26	#201 Men 19&U 100 Free Prelims	1:06.50
#207 Men 19&U 200 Back Prelims	2:46.97	#211 Men 19&U 100 Fly Prelims	1:18.13
#301 Men 19&U 200 Free Prelims	2:26.34	#305 Men 19&U 50 Breast Prelims	45.76
#309 Men 19&U 100 Back Prelims	1:16.69	#313 Men 19&U 200 IM Prelims	2:49.36
#401 Men 19&U 50 Free Prelims	30.63	#409 Men 19&U 50 Back Prelims	35.10
#411 Men 19&U 50 Fly Prelims	32.22		

**3 Vlegaar, Daniel - Male - Age: 11 - Ind/Rel: 5 / 0**

#201 Men 19&U 100 Free Prelims	1:32.63	#205 Men 19&U 100 Breast Prelims	1:47.00
#301 Men 19&U 200 Free Prelims	3:21.54	#305 Men 19&U 50 Breast Prelims	50.08
#405 Men 19&U 200 Breast	3:44.18		

**Barracudas Aquarama SC-CP Total Individual Entries: 23 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Bay Eagle Swim Team-NM****1 Green, Aiden J - Male - Age: 11 - Ind/Rel: 11 / 5**

#101 Men 11&U 400 Free	5:02.70	#201 Men 19&U 100 Free Prelims	1:07.24
#205 Men 19&U 100 Breast Prelims	1:32.12	#207 Men 19&U 200 Back Prelims	2:39.83
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.42	#301 Men 19&U 200 Free Prelims	2:23.86
#305 Men 19&U 50 Breast Prelims	42.22	#309 Men 19&U 100 Back Prelims	1:16.13
#313 Men 19&U 200 IM Prelims	2:48.42	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.70
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.20	#401 Men 19&U 50 Free Prelims	30.35
#405 Men 19&U 200 Breast	3:15.71	#409 Men 19&U 50 Back Prelims	35.97
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:26.45	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:30.43

**2 Hamilton, Shalea M - Female - Age: 11 - Ind/Rel: 13 / 2**

#102 Women 11&U 400 Free	5:10.41	#202 Women 19&U 100 Free Prelims	1:05.89
#206 Women 19&U 100 Breast Prelims	1:33.94	#208 Women 19&U 200 Back Prelims	2:43.04
#212 Women 19&U 100 Fly Prelims	1:17.57	#302 Women 19&U 200 Free Prelims	2:25.24
#306 Women 19&U 50 Breast Prelims	42.84	#310 Women 19&U 100 Back Prelims	1:15.41
#314 Women 19&U 200 IM Prelims	2:47.53	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.20
#402 Women 19&U 50 Free Prelims	29.50	#406 Women 19&U 200 Breast	3:24.76
#410 Women 19&U 50 Back	34.34	#412 Women 19&U 50 Fly Prelims	33.14
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:30.43		

**3 Jooman, April R - Female - Age: 12 - Ind/Rel: 11 / 2**

#104 Women 12 400 Free	5:35.70	#202 Women 19&U 100 Free Prelims	1:10.84
#206 Women 19&U 100 Breast Prelims	1:41.82	#212 Women 19&U 100 Fly Prelims	1:26.48
#302 Women 19&U 200 Free Prelims	2:39.63	#306 Women 19&U 50 Breast Prelims	48.72
#310 Women 19&U 100 Back Prelims	1:26.06	#314 Women 19&U 200 IM Prelims	3:00.34
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.20	#402 Women 19&U 50 Free Prelims	34.17
#410 Women 19&U 50 Back	41.57	#412 Women 19&U 50 Fly Prelims	39.48
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:30.43		

**4 Kannemeyer, Eli E - Male - Age: 11 - Ind/Rel: 12 / 5**

#101 Men 11&U 400 Free	5:19.16	#201 Men 19&U 100 Free Prelims	1:06.46
#205 Men 19&U 100 Breast Prelims	1:36.23	#211 Men 19&U 100 Fly Prelims	1:21.46
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.42	#301 Men 19&U 200 Free Prelims	2:30.53
#305 Men 19&U 50 Breast Prelims	41.92	#309 Men 19&U 100 Back Prelims	1:22.53
#313 Men 19&U 200 IM Prelims	2:55.03	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.70
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.20	#401 Men 19&U 50 Free Prelims	29.67
#405 Men 19&U 200 Breast	3:24.86	#409 Men 19&U 50 Back Prelims	37.81
#411 Men 19&U 50 Fly Prelims	33.83	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:26.45
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:30.43		

**5 Nash, Daniel A - Male - Age: 16 - Ind/Rel: 4 / 0**

#201 Men 19&U 100 Free Prelims	1:04.14	#205 Men 19&U 100 Breast Prelims	1:16.42
#305 Men 19&U 50 Breast Prelims	35.18	#405 Men 19&U 200 Breast	2:52.10

**6 Strydom, Andre N - Male - Age: 12 - Ind/Rel: 10 / 3**

#103 Men 12 400 Free	5:31.47	#201 Men 19&U 100 Free Prelims	1:11.89
#205 Men 19&U 100 Breast Prelims	1:39.83	#211 Men 19&U 100 Fly Prelims	1:31.15
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.42	#301 Men 19&U 200 Free Prelims	2:40.24
#305 Men 19&U 50 Breast Prelims	44.22	#309 Men 19&U 100 Back Prelims	1:26.07
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.70	#401 Men 19&U 50 Free Prelims	31.40
#405 Men 19&U 200 Breast	3:42.07	#411 Men 19&U 50 Fly Prelims	36.47
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:26.45		

**7 Welsh, Stacey A - Female - Age: 13 - Ind/Rel: 9 / 0**

#106 Women 13 400 Free	5:29.02	#202 Women 19&U 100 Free Prelims	1:10.83
#208 Women 19&U 200 Back Prelims	2:58.82	#302 Women 19&U 200 Free Prelims	2:32.30
#306 Women 19&U 50 Breast Prelims	45.23	#310 Women 19&U 100 Back Prelims	1:23.81
#314 Women 19&U 200 IM Prelims	3:01.41	#402 Women 19&U 50 Free Prelims	31.29
#410 Women 19&U 50 Back	38.66		

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Bay Eagle Swim Team-NM****8 Williams, Dante E - Male - Age: 12 - Ind/Rel: 12 / 3**

#103 Men 12 400 Free	5:43.97	#201 Men 19&U 100 Free Prelims	1:14.83
#205 Men 19&U 100 Breast Prelims	1:41.78	#207 Men 19&U 200 Back Prelims	2:57.51
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.42	#301 Men 19&U 200 Free Prelims	2:41.88
#305 Men 19&U 50 Breast Prelims	48.56	#309 Men 19&U 100 Back Prelims	1:23.74
#313 Men 19&U 200 IM Prelims	3:06.76	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.70
#401 Men 19&U 50 Free Prelims	34.34	#405 Men 19&U 200 Breast	3:56.48
#409 Men 19&U 50 Back Prelims	39.00	#411 Men 19&U 50 Fly Prelims	42.98
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:26.45		

**Bay Eagle Swim Team-NM Total Individual Entries: 82 - Total Relays: 0**



## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Blouberg Marlins-CP

## 1 Coleman, Travis - Male - Age: 12 - Ind/Rel: 13 / 0

#103 Men 12 400 Free	5:22.29	#201 Men 19&U 100 Free Prelims	1:07.04
#205 Men 19&U 100 Breast Prelims	1:26.83	#207 Men 19&U 200 Back Prelims	2:51.76
#211 Men 19&U 100 Fly Prelims	1:23.65	#301 Men 19&U 200 Free Prelims	2:28.61
#305 Men 19&U 50 Breast Prelims	40.54	#309 Men 19&U 100 Back Prelims	1:21.48
#313 Men 19&U 200 IM Prelims	2:52.15	#401 Men 19&U 50 Free Prelims	30.68
#405 Men 19&U 200 Breast	3:11.12	#409 Men 19&U 50 Back Prelims	36.66
#411 Men 19&U 50 Fly Prelims	34.66		

## 2 Fourie, Emma - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:14.63	#302 Women 19&U 200 Free Prelims	2:49.79
#306 Women 19&U 50 Breast Prelims	48.18	#310 Women 19&U 100 Back Prelims	1:23.84
#314 Women 19&U 200 IM Prelims	3:10.59	#402 Women 19&U 50 Free Prelims	33.93
#410 Women 19&U 50 Back	NT		

## 3 Kalapac, Lexi - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:27.15	#206 Women 19&U 100 Breast Prelims	1:41.91
#306 Women 19&U 50 Breast Prelims	46.11	#314 Women 19&U 200 IM Prelims	3:45.47
#402 Women 19&U 50 Free Prelims	37.61	#406 Women 19&U 200 Breast	3:43.16
#410 Women 19&U 50 Back	42.99	#412 Women 19&U 50 Fly Prelims	43.74

## 4 Kalapac, Joshua - Male - Age: 15 - Ind/Rel: 13 / 0

#109 Men 15 400 Free	4:47.31	#201 Men 19&U 100 Free Prelims	59.04
#205 Men 19&U 100 Breast Prelims	1:20.22	#207 Men 19&U 200 Back Prelims	2:39.47
#211 Men 19&U 100 Fly Prelims	1:05.88	#301 Men 19&U 200 Free Prelims	2:12.53
#305 Men 19&U 50 Breast Prelims	34.71	#309 Men 19&U 100 Back Prelims	1:08.81
#313 Men 19&U 200 IM Prelims	2:30.00	#401 Men 19&U 50 Free Prelims	26.15
#405 Men 19&U 200 Breast	3:01.10	#409 Men 19&U 50 Back Prelims	31.76
#411 Men 19&U 50 Fly Prelims	29.07		

## 5 Karsten, Jody - Male - Age: 16 - Ind/Rel: 13 / 0

#111 Men 16 400 Free	4:46.33	#201 Men 19&U 100 Free Prelims	59.44
#205 Men 19&U 100 Breast Prelims	1:14.10	#207 Men 19&U 200 Back Prelims	2:28.65
#211 Men 19&U 100 Fly Prelims	1:08.32	#301 Men 19&U 200 Free Prelims	2:12.74
#305 Men 19&U 50 Breast Prelims	34.82	#309 Men 19&U 100 Back Prelims	1:07.84
#313 Men 19&U 200 IM Prelims	2:28.68	#401 Men 19&U 50 Free Prelims	28.19
#405 Men 19&U 200 Breast	2:46.23	#409 Men 19&U 50 Back Prelims	34.07
#411 Men 19&U 50 Fly Prelims	30.28		

## 6 Kotzè, Max M - Male - Age: 14 - Ind/Rel: 10 / 0

#107 Men 14 400 Free	4:52.53	#201 Men 19&U 100 Free Prelims	1:01.30
#207 Men 19&U 200 Back Prelims	2:35.09	#211 Men 19&U 100 Fly Prelims	1:16.50
#301 Men 19&U 200 Free Prelims	2:15.85	#309 Men 19&U 100 Back Prelims	1:12.43
#313 Men 19&U 200 IM Prelims	2:38.25	#401 Men 19&U 50 Free Prelims	27.49
#409 Men 19&U 50 Back Prelims	33.94	#411 Men 19&U 50 Fly Prelims	31.83

## 7 Myburgh, Ruan - Male - Age: 15 - Ind/Rel: 12 / 0

#109 Men 15 400 Free	4:55.39	#201 Men 19&U 100 Free Prelims	1:03.76
#205 Men 19&U 100 Breast Prelims	1:20.24	#207 Men 19&U 200 Back Prelims	2:33.82
#301 Men 19&U 200 Free Prelims	2:21.14	#305 Men 19&U 50 Breast Prelims	36.39
#309 Men 19&U 100 Back Prelims	1:10.90	#313 Men 19&U 200 IM Prelims	2:34.91
#401 Men 19&U 50 Free Prelims	29.60	#405 Men 19&U 200 Breast	2:55.97
#409 Men 19&U 50 Back Prelims	33.49	#411 Men 19&U 50 Fly Prelims	31.80

## 8 Pautz, Nathan M - Male - Age: 15 - Ind/Rel: 11 / 0

#109 Men 15 400 Free	4:43.18	#201 Men 19&U 100 Free Prelims	1:01.28
#205 Men 19&U 100 Breast Prelims	1:19.11	#211 Men 19&U 100 Fly Prelims	1:11.48
#301 Men 19&U 200 Free Prelims	2:13.93	#305 Men 19&U 50 Breast Prelims	35.53
#313 Men 19&U 200 IM Prelims	2:30.57	#401 Men 19&U 50 Free Prelims	27.64
#405 Men 19&U 200 Breast	2:49.20	#409 Men 19&U 50 Back Prelims	32.26
#411 Men 19&U 50 Fly Prelims	31.15		

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Blouberg Marlins-CP****9 Van Dyk, Stephaan - Male - Age: 13 - Ind/Rel: 11 / 0**

#105 Men 13 400 Free	5:36.22	#201 Men 19&U 100 Free Prelims	1:09.87
#205 Men 19&U 100 Breast Prelims	1:30.93	#301 Men 19&U 200 Free Prelims	2:37.60
#305 Men 19&U 50 Breast Prelims	41.93	#309 Men 19&U 100 Back Prelims	1:28.13
#313 Men 19&U 200 IM Prelims	2:58.96	#401 Men 19&U 50 Free Prelims	31.38
#405 Men 19&U 200 Breast	3:23.33	#409 Men 19&U 50 Back Prelims	40.21
#411 Men 19&U 50 Fly Prelims	36.85		

**10 Van Wyk, Katie R - Female - Age: 13 - Ind/Rel: 12 / 0**

#202 Women 19&U 100 Free Prelims	1:12.25	#206 Women 19&U 100 Breast Prelims	1:33.00
#208 Women 19&U 200 Back Prelims	2:48.31	#302 Women 19&U 200 Free Prelims	2:34.95
#304 Women 99&U 100 Free Para Prelims	1:12.25	#306 Women 19&U 50 Breast Prelims	42.69
#310 Women 19&U 100 Back Prelims	1:18.70	#314 Women 19&U 200 IM Prelims	2:55.91
#402 Women 19&U 50 Free Prelims	34.38	#406 Women 19&U 200 Breast	3:16.77
#410 Women 19&U 50 Back	35.81	#412 Women 19&U 50 Fly Prelims	40.04

**11 Watson, Caitlin C - Female - Age: 16 - Ind/Rel: 9 / 0**

#202 Women 19&U 100 Free Prelims	1:04.90	#208 Women 19&U 200 Back Prelims	2:44.49
#302 Women 19&U 200 Free Prelims	2:22.10	#306 Women 19&U 50 Breast Prelims	46.57
#310 Women 19&U 100 Back Prelims	1:14.58	#314 Women 19&U 200 IM Prelims	2:52.70
#402 Women 19&U 50 Free Prelims	30.48	#410 Women 19&U 50 Back	33.81
#412 Women 19&U 50 Fly Prelims	31.74		

**12 Zhou, WanRu - Female - Age: 15 - Ind/Rel: 10 / 0**

#110 Women 15 400 Free	5:24.57	#202 Women 19&U 100 Free Prelims	1:10.61
#208 Women 19&U 200 Back Prelims	2:48.79	#302 Women 19&U 200 Free Prelims	2:31.99
#306 Women 19&U 50 Breast Prelims	48.85	#310 Women 19&U 100 Back Prelims	1:19.85
#314 Women 19&U 200 IM Prelims	2:58.41	#402 Women 19&U 50 Free Prelims	33.45
#410 Women 19&U 50 Back	38.40	#412 Women 19&U 50 Fly Prelims	40.23

**Blouberg Marlins-CP Total Individual Entries: 129 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Curro Aquatic Swim Club-CP****1 Billson, Amelie - Female - Age: 11 - Ind/Rel: 10 / 3**

#102 Women 11&U 400 Free	5:42.44	#202 Women 19&U 100 Free Prelims	1:16.79
#208 Women 19&U 200 Back Prelims	3:09.45	#212 Women 19&U 100 Fly Prelims	1:32.72
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:50.17	#302 Women 19&U 200 Free Prelims	2:41.46
#310 Women 19&U 100 Back Prelims	1:30.38	#314 Women 19&U 200 IM Prelims	3:15.37
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:23.59	#402 Women 19&U 50 Free Prelims	34.78
#410 Women 19&U 50 Back	41.47	#412 Women 19&U 50 Fly Prelims	40.75
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.85		

**2 Botha, Chelsea - Female - Age: 13 - Ind/Rel: 12 / 5**

#106 Women 13 400 Free	5:30.53	#202 Women 19&U 100 Free Prelims	1:09.71
#206 Women 19&U 100 Breast Prelims	1:32.76	#208 Women 19&U 200 Back Prelims	2:55.51
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:50.17	#302 Women 19&U 200 Free Prelims	2:34.13
#306 Women 19&U 50 Breast Prelims	40.44	#310 Women 19&U 100 Back Prelims	1:20.43
#314 Women 19&U 200 IM Prelims	2:56.55	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.91
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.05	#402 Women 19&U 50 Free Prelims	31.44
#406 Women 19&U 200 Breast	3:17.17	#410 Women 19&U 50 Back	38.93
#412 Women 19&U 50 Fly Prelims	38.35	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.56
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:35.92		

**3 Bright, Michael C - Male - Age: 11 - Ind/Rel: 13 / 7**

#101 Men 11&U 400 Free	5:21.27	#201 Men 19&U 100 Free Prelims	1:08.09
#205 Men 19&U 100 Breast Prelims	1:33.19	#207 Men 19&U 200 Back Prelims	2:47.20
#211 Men 19&U 100 Fly Prelims	1:16.39	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:07.62
#301 Men 19&U 200 Free Prelims	2:31.86	#305 Men 19&U 50 Breast Prelims	40.72
#309 Men 19&U 100 Back Prelims	1:16.28	#313 Men 19&U 200 IM Prelims	2:46.81
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.56	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.11
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:23.59	#401 Men 19&U 50 Free Prelims	31.23
#405 Men 19&U 200 Breast	3:21.07	#409 Men 19&U 50 Back Prelims	34.90
#411 Men 19&U 50 Fly Prelims	33.78	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:22.39
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:59.50	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.85

**4 De Jager, Sophia - Female - Age: 13 - Ind/Rel: 11 / 4**

#106 Women 13 400 Free	5:37.99	#202 Women 19&U 100 Free Prelims	1:14.14
#206 Women 19&U 100 Breast Prelims	1:28.31	#208 Women 19&U 200 Back Prelims	2:57.48
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:50.17	#302 Women 19&U 200 Free Prelims	2:45.32
#306 Women 19&U 50 Breast Prelims	41.90	#310 Women 19&U 100 Back Prelims	1:22.97
#314 Women 19&U 200 IM Prelims	2:57.78	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.91
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.40	#402 Women 19&U 50 Free Prelims	33.99
#406 Women 19&U 200 Breast	3:09.35	#412 Women 19&U 50 Fly Prelims	37.69
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.56		

**5 Douries, Ean - Male - Age: 12 - Ind/Rel: 10 / 4**

#201 Men 19&U 100 Free Prelims	1:21.62	#205 Men 19&U 100 Breast Prelims	1:36.62
#209 Men 99&U 50 Back Para Prelims	44.38	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:07.62
#301 Men 19&U 200 Free Prelims	2:54.42	#305 Men 19&U 50 Breast Prelims	42.84
#309 Men 19&U 100 Back Prelims	1:37.38	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.56
#401 Men 19&U 50 Free Prelims	35.52	#405 Men 19&U 200 Breast	3:23.92
#409 Men 19&U 50 Back Prelims	44.38	#411 Men 19&U 50 Fly Prelims	40.44
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:22.39	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:59.50

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Curro Aquatic Swim Club-CP****6 February, Dillon S - Male - Age: 11 - Ind/Rel: 13 / 6**

#101 Men 11&U 400 Free	5:40.50	#201 Men 19&U 100 Free Prelims	1:15.23
#205 Men 19&U 100 Breast Prelims	1:40.55	#207 Men 19&U 200 Back Prelims	2:56.53
#211 Men 19&U 100 Fly Prelims	1:33.04	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:07.62
#301 Men 19&U 200 Free Prelims	2:44.22	#305 Men 19&U 50 Breast Prelims	45.46
#309 Men 19&U 100 Back Prelims	1:22.59	#313 Men 19&U 200 IM Prelims	3:03.69
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.56	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:23.59
#401 Men 19&U 50 Free Prelims	33.56	#405 Men 19&U 200 Breast	3:34.64
#409 Men 19&U 50 Back Prelims	36.63	#411 Men 19&U 50 Fly Prelims	37.94
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:22.39	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:59.50
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.85		

**7 Gerber, Luke M - Male - Age: 10 - Ind/Rel: 8 / 0**

#101 Men 11&U 400 Free	6:11.25	#201 Men 19&U 100 Free Prelims	1:22.82
#207 Men 19&U 200 Back Prelims	3:08.82	#301 Men 19&U 200 Free Prelims	3:00.82
#309 Men 19&U 100 Back Prelims	1:29.22	#401 Men 19&U 50 Free Prelims	36.74
#409 Men 19&U 50 Back Prelims	41.42	#411 Men 19&U 50 Fly Prelims	41.15

**8 Grobler, Chris I - Male - Age: 13 - Ind/Rel: 8 / 3**

#105 Men 13 400 Free	5:58.55	#201 Men 19&U 100 Free Prelims	1:09.39
#207 Men 19&U 200 Back Prelims	2:51.85	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.52
#301 Men 19&U 200 Free Prelims	2:39.92	#309 Men 19&U 100 Back Prelims	1:20.75
#313 Men 19&U 200 IM Prelims	3:02.48	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.40
#401 Men 19&U 50 Free Prelims	34.05	#409 Men 19&U 50 Back Prelims	36.90
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:35.35		

**9 Joyce, Guy - Male - Age: 10 - Ind/Rel: 7 / 3**

#101 Men 11&U 400 Free	6:22.97	#201 Men 19&U 100 Free Prelims	1:16.48
#205 Men 19&U 100 Breast Prelims	1:48.22	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:07.62
#301 Men 19&U 200 Free Prelims	2:54.33	#313 Men 19&U 200 IM Prelims	3:14.15
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.56	#401 Men 19&U 50 Free Prelims	36.25
#411 Men 19&U 50 Fly Prelims	45.50	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:59.50

**10 Joyce, Jenna - Female - Age: 11 - Ind/Rel: 13 / 4**

#102 Women 11&U 400 Free	5:38.50	#202 Women 19&U 100 Free Prelims	1:17.74
#206 Women 19&U 100 Breast Prelims	1:27.26	#208 Women 19&U 200 Back Prelims	3:05.84
#212 Women 19&U 100 Fly Prelims	1:30.80	#302 Women 19&U 200 Free Prelims	2:40.51
#306 Women 19&U 50 Breast Prelims	38.40	#310 Women 19&U 100 Back Prelims	1:30.43
#314 Women 19&U 200 IM Prelims	2:56.06	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.91
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:23.59	#402 Women 19&U 50 Free Prelims	32.57
#406 Women 19&U 200 Breast	3:10.03	#410 Women 19&U 50 Back	38.89
#412 Women 19&U 50 Fly Prelims	35.34	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.56
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.85		

**11 Krause, Luke - Male - Age: 13 - Ind/Rel: 8 / 4**

#201 Men 19&U 100 Free Prelims	1:09.45	#205 Men 19&U 100 Breast Prelims	1:32.78
#211 Men 19&U 100 Fly Prelims	1:29.58	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.52
#301 Men 19&U 200 Free Prelims	2:39.62	#305 Men 19&U 50 Breast Prelims	41.63
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.11	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.40
#401 Men 19&U 50 Free Prelims	30.90	#405 Men 19&U 200 Breast	3:21.37
#411 Men 19&U 50 Fly Prelims	35.71	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:35.35

**12 McGluwa, Jovanah N - Female - Age: 11 - Ind/Rel: 8 / 1**

#102 Women 11&U 400 Free	6:26.68	#202 Women 19&U 100 Free Prelims	1:20.72
#208 Women 19&U 200 Back Prelims	3:12.41	#302 Women 19&U 200 Free Prelims	2:55.78
#310 Women 19&U 100 Back Prelims	1:29.95	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.40
#402 Women 19&U 50 Free Prelims	36.24	#410 Women 19&U 50 Back	40.86
#412 Women 19&U 50 Fly Prelims	45.74		

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Curro Aquatic Swim Club-CP****13 Njoroge, Alphonse - Male - Age: 14 - Ind/Rel: 13 / 5**

#107 Men 14 400 Free	5:22.71	#201 Men 19&U 100 Free Prelims	1:08.43
#205 Men 19&U 100 Breast Prelims	1:43.54	#207 Men 19&U 200 Back Prelims	2:34.48
#211 Men 19&U 100 Fly Prelims	1:28.93	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.52
#301 Men 19&U 200 Free Prelims	2:34.48	#305 Men 19&U 50 Breast Prelims	44.94
#309 Men 19&U 100 Back Prelims	1:12.81	#313 Men 19&U 200 IM Prelims	2:49.91
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.11	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.05
#401 Men 19&U 50 Free Prelims	30.12	#405 Men 19&U 200 Breast	3:28.74
#409 Men 19&U 50 Back Prelims	33.18	#411 Men 19&U 50 Fly Prelims	35.69
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:35.35	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:35.92

**14 Riley, Logan - Female - Age: 13 - Ind/Rel: 9 / 5**

#202 Women 19&U 100 Free Prelims	1:09.53	#208 Women 19&U 200 Back Prelims	2:48.81
#212 Women 19&U 100 Fly Prelims	1:27.97	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:50.17
#302 Women 19&U 200 Free Prelims	2:38.35	#310 Women 19&U 100 Back Prelims	1:16.43
#314 Women 19&U 200 IM Prelims	3:04.91	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.91
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.05	#402 Women 19&U 50 Free Prelims	30.91
#410 Women 19&U 50 Back	34.78	#412 Women 19&U 50 Fly Prelims	34.57
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.56	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:35.92

**15 Van Wyk, Jack R - Male - Age: 13 - Ind/Rel: 10 / 5**

#105 Men 13 400 Free	5:09.70	#201 Men 19&U 100 Free Prelims	1:08.25
#205 Men 19&U 100 Breast Prelims	1:27.53	#207 Men 19&U 200 Back Prelims	2:43.76
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.52	#301 Men 19&U 200 Free Prelims	2:26.77
#305 Men 19&U 50 Breast Prelims	40.62	#309 Men 19&U 100 Back Prelims	1:16.99
#313 Men 19&U 200 IM Prelims	2:51.12	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.11
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.05	#401 Men 19&U 50 Free Prelims	30.86
#405 Men 19&U 200 Breast	3:08.27	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:35.35
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:35.92		

**16 Verbeek, Pierre O - Male - Age: 12 - Ind/Rel: 0 / 1**

#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:22.39
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**Curro Aquatic Swim Club-CP Total Individual Entries: 153 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Curro Hermanus Aquatics-OB****1 Grebe, Ava - Female - Age: 11 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:26.54	#206 Women 19&U 100 Breast Prelims	1:39.89
#302 Women 19&U 200 Free Prelims	3:07.29	#306 Women 19&U 50 Breast Prelims	44.90
#402 Women 19&U 50 Free Prelims	38.67	#406 Women 19&U 200 Breast	3:36.23

**2 Pullock, Sam J - Male - Age: 14 - Ind/Rel: 8 / 0**

#107 Men 14 400 Free	5:08.93	#201 Men 19&U 100 Free Prelims	1:02.98
#211 Men 19&U 100 Fly Prelims	1:16.11	#301 Men 19&U 200 Free Prelims	2:24.38
#309 Men 19&U 100 Back Prelims	1:21.41	#313 Men 19&U 200 IM Prelims	2:48.61
#401 Men 19&U 50 Free Prelims	28.44	#411 Men 19&U 50 Fly Prelims	31.85

**Curro Hermanus Aquatics-OB Total Individual Entries: 14 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Curro Langebaan Swim Club-WC****1 Basson, Lenè - Female - Age: 13 - Ind/Rel: 9 / 0**

#202 Women 19&U 100 Free Prelims	1:10.10	#208 Women 19&U 200 Back Prelims	2:44.52
#212 Women 19&U 100 Fly Prelims	1:22.56	#302 Women 19&U 200 Free Prelims	2:31.29
#310 Women 19&U 100 Back Prelims	1:15.60	#314 Women 19&U 200 IM Prelims	2:54.04
#402 Women 19&U 50 Free Prelims	32.57	#410 Women 19&U 50 Back	36.13
#412 Women 19&U 50 Fly Prelims	35.84		

**2 Flack, Francesca - Female - Age: 12 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:14.17	#208 Women 19&U 200 Back Prelims	3:00.37
#302 Women 19&U 200 Free Prelims	2:44.66	#310 Women 19&U 100 Back Prelims	1:26.15
#402 Women 19&U 50 Free Prelims	34.09	#410 Women 19&U 50 Back	39.95
#412 Women 19&U 50 Fly Prelims	39.84		

**3 Hough, Caleb - Male - Age: 13 - Ind/Rel: 7 / 0**

#105 Men 13 400 Free	5:31.38	#201 Men 19&U 100 Free Prelims	1:08.58
#205 Men 19&U 100 Breast Prelims	1:48.21	#301 Men 19&U 200 Free Prelims	2:32.28
#305 Men 19&U 50 Breast Prelims	47.82	#313 Men 19&U 200 IM Prelims	3:14.86
#401 Men 19&U 50 Free Prelims	31.15		

**4 Nel, Olivia - Female - Age: 11 - Ind/Rel: 8 / 0**

#202 Women 19&U 100 Free Prelims	1:23.33	#208 Women 19&U 200 Back Prelims	3:14.25
#302 Women 19&U 200 Free Prelims	2:59.11	#310 Women 19&U 100 Back Prelims	1:30.43
#314 Women 19&U 200 IM Prelims	3:19.86	#402 Women 19&U 50 Free Prelims	38.12
#406 Women 19&U 200 Breast	4:15.17	#410 Women 19&U 50 Back	43.02

**Curro Langebaan Swim Club-WC Total Individual Entries: 31 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Cybersmart Aquatics-CP****1 Lockitch, Zara - Female - Age: 11 - Ind/Rel: 8 / 0**

#102 Women 11&U 400 Free	5:34.48	#202 Women 19&U 100 Free Prelims	1:14.25
#212 Women 19&U 100 Fly Prelims	1:23.82	#302 Women 19&U 200 Free Prelims	2:38.29
#310 Women 19&U 100 Back Prelims	1:25.84	#314 Women 19&U 200 IM Prelims	3:04.26
#402 Women 19&U 50 Free Prelims	34.75	#412 Women 19&U 50 Fly Prelims	38.36

**Cybersmart Aquatics-CP Total Individual Entries: 8 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Destiny Swimming Academy-NM****1 Kruger, Kate-Lynn M - Female - Age: 14 - Ind/Rel: 8 / 0**

#202 Women 19&U 100 Free Prelims	1:12.23	#206 Women 19&U 100 Breast Prelims	1:25.56
#208 Women 19&U 200 Back Prelims	2:44.05	#306 Women 19&U 50 Breast Prelims	41.23
#310 Women 19&U 100 Back Prelims	1:15.31	#314 Women 19&U 200 IM Prelims	2:47.93
#406 Women 19&U 200 Breast	3:07.12	#410 Women 19&U 50 Back	35.04

**2 Pieterse, Nina - Female - Age: 11 - Ind/Rel: 8 / 0**

#102 Women 11&U 400 Free	5:36.23	#206 Women 19&U 100 Breast Prelims	1:40.66
#208 Women 19&U 200 Back Prelims	3:11.38	#302 Women 19&U 200 Free Prelims	2:45.38
#310 Women 19&U 100 Back Prelims	1:29.15	#314 Women 19&U 200 IM Prelims	3:19.23
#406 Women 19&U 200 Breast	3:29.32	#410 Women 19&U 50 Back	42.24

**3 Schoeman, Mateo J - Male - Age: 10 - Ind/Rel: 8 / 0**

#205 Men 19&U 100 Breast Prelims	1:39.33	#207 Men 19&U 200 Back Prelims	2:58.56
#211 Men 19&U 100 Fly Prelims	1:48.24	#305 Men 19&U 50 Breast Prelims	44.17
#309 Men 19&U 100 Back Prelims	1:23.54	#313 Men 19&U 200 IM Prelims	3:06.38
#405 Men 19&U 200 Breast	3:32.36	#409 Men 19&U 50 Back Prelims	39.72

**Destiny Swimming Academy-NM Total Individual Entries: 24 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Fish Eagle Aquatics-ED****1 Coates, Caleb - Male - Age: 12 - Ind/Rel: 12 / 0**

#103 Men 12 400 Free	5:53.20	#201 Men 19&U 100 Free Prelims	1:11.67
#205 Men 19&U 100 Breast Prelims	1:32.31	#211 Men 19&U 100 Fly Prelims	1:27.09
#301 Men 19&U 200 Free Prelims	2:42.58	#305 Men 19&U 50 Breast Prelims	43.16
#309 Men 19&U 100 Back Prelims	1:29.44	#313 Men 19&U 200 IM Prelims	3:08.78
#401 Men 19&U 50 Free Prelims	32.15	#405 Men 19&U 200 Breast	3:36.81
#409 Men 19&U 50 Back Prelims	41.00	#411 Men 19&U 50 Fly Prelims	34.10

**2 Fletcher, Tyler D - Male - Age: 12 - Ind/Rel: 5 / 0**

#103 Men 12 400 Free	5:48.85	#201 Men 19&U 100 Free Prelims	1:12.19
#301 Men 19&U 200 Free Prelims	2:47.45	#305 Men 19&U 50 Breast Prelims	46.21
#401 Men 19&U 50 Free Prelims	31.82		

**3 Lodewyks, Jeandr  - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:18.11	#206 Women 19&U 100 Breast Prelims	1:31.17
#302 Women 19&U 200 Free Prelims	2:50.50	#306 Women 19&U 50 Breast Prelims	40.83
#402 Women 19&U 50 Free Prelims	34.42	#406 Women 19&U 200 Breast	3:15.50
#410 Women 19&U 50 Back	41.91		

**4 McAfee, Holly B - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:14.66	#206 Women 19&U 100 Breast Prelims	1:33.18
#306 Women 19&U 50 Breast Prelims	43.35	#310 Women 19&U 100 Back Prelims	1:26.59
#402 Women 19&U 50 Free Prelims	33.77	#406 Women 19&U 200 Breast	3:28.74
#410 Women 19&U 50 Back	39.62		

**5 McAfee, Max L - Male - Age: 10 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:19.26	#205 Men 19&U 100 Breast Prelims	1:59.58
#207 Men 19&U 200 Back Prelims	3:23.53	#301 Men 19&U 200 Free Prelims	2:59.00
#305 Men 19&U 50 Breast Prelims	52.01	#309 Men 19&U 100 Back Prelims	1:30.84
#401 Men 19&U 50 Free Prelims	37.26	#409 Men 19&U 50 Back Prelims	42.11

**6 Swanepoel, Ewald - Male - Age: 13 - Ind/Rel: 7 / 0**

#105 Men 13 400 Free	5:02.25	#201 Men 19&U 100 Free Prelims	1:06.24
#211 Men 19&U 100 Fly Prelims	1:19.62	#301 Men 19&U 200 Free Prelims	2:26.21
#313 Men 19&U 200 IM Prelims	2:45.66	#401 Men 19&U 50 Free Prelims	29.75
#411 Men 19&U 50 Fly Prelims	33.50		

**Fish Eagle Aquatics-ED Total Individual Entries: 46 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Flamingo Aquatics Academy- Fbd****1 Cilliers, Jannis N - Male - Age: 14 - Ind/Rel: 11 / 0**

#107 Men 14 400 Free	5:42.37	#201 Men 19&U 100 Free Prelims	1:01.15
#205 Men 19&U 100 Breast Prelims	1:25.09	#211 Men 19&U 100 Fly Prelims	1:12.48
#301 Men 19&U 200 Free Prelims	2:18.69	#305 Men 19&U 50 Breast Prelims	38.21
#309 Men 19&U 100 Back Prelims	1:17.02	#313 Men 19&U 200 IM Prelims	2:39.44
#401 Men 19&U 50 Free Prelims	28.17	#409 Men 19&U 50 Back Prelims	36.21
#411 Men 19&U 50 Fly Prelims	30.44		

**Flamingo Aquatics Academy- Fbd Total Individual Entries: 11 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Greydogs Swimming Club-CP

## 1 Blake, Abi E - Female - Age: 14 - Ind/Rel: 7 / 1

#108 Women 14 400 Free	5:25.05	#202 Women 19&U 100 Free Prelims	1:10.41
#208 Women 19&U 200 Back Prelims	2:50.10	#302 Women 19&U 200 Free Prelims	2:32.27
#310 Women 19&U 100 Back Prelims	1:21.16	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:24.98
#402 Women 19&U 50 Free Prelims	33.26	#410 Women 19&U 50 Back	38.04

## 2 Jordaan, Mikayla E - Female - Age: 11 - Ind/Rel: 5 / 1

#202 Women 19&U 100 Free Prelims	1:21.44	#208 Women 19&U 200 Back Prelims	3:19.15
#302 Women 19&U 200 Free Prelims	2:53.42	#310 Women 19&U 100 Back Prelims	1:34.19
#314 Women 19&U 200 IM Prelims	3:19.48	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:24.98

## 3 Mare, Isabella - Female - Age: 12 - Ind/Rel: 7 / 2

#202 Women 19&U 100 Free Prelims	1:17.62	#206 Women 19&U 100 Breast Prelims	1:32.80
#302 Women 19&U 200 Free Prelims	2:59.45	#306 Women 19&U 50 Breast Prelims	42.75
#314 Women 19&U 200 IM Prelims	3:14.67	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.78
#406 Women 19&U 200 Breast	3:24.19	#410 Women 19&U 50 Back	43.56
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:11.38		

## 4 Pardoe, James N - Male - Age: 12 - Ind/Rel: 8 / 0

#203 Men 99&U 200 IM Para Prelims	3:32.73	#209 Men 99&U 50 Back Para Prelims	42.20
#303 Men 99&U 100 Free Para Prelims	1:20.65	#307 Men 99&U 50 Breast Para Prelims	52.28
#311 Men 99&U 100 Back Para Prelims	1:30.00	#403 Men 99&U 50 Free Para Prelims	38.93
#407 Men 99&U 100 Breast Para Prelims	2:02.20	#413 Men 99&U 50 Fly Para Prelims	49.79

## 5 Smith, Tristan A - Male - Age: 14 - Ind/Rel: 6 / 1

#201 Men 19&U 100 Free Prelims	1:19.11	#205 Men 19&U 100 Breast Prelims	1:30.27
#301 Men 19&U 200 Free Prelims	2:59.78	#305 Men 19&U 50 Breast Prelims	40.66
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:24.98	#401 Men 19&U 50 Free Prelims	35.04
#405 Men 19&U 200 Breast	3:06.72		

## 6 Van Dyk, Zani - Female - Age: 12 - Ind/Rel: 7 / 2

#302 Women 19&U 200 Free Prelims	2:41.11	#306 Women 19&U 50 Breast Prelims	42.44
#310 Women 19&U 100 Back Prelims	1:21.35	#314 Women 19&U 200 IM Prelims	3:07.82
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.78	#402 Women 19&U 50 Free Prelims	32.59
#410 Women 19&U 50 Back	36.02	#412 Women 19&U 50 Fly Prelims	36.74
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:11.38		

## 7 van Rensburg, Tristan - Male - Age: 11 - Ind/Rel: 9 / 2

#101 Men 11&U 400 Free	5:41.78	#205 Men 19&U 100 Breast Prelims	1:30.16
#301 Men 19&U 200 Free Prelims	2:37.62	#305 Men 19&U 50 Breast Prelims	41.49
#309 Men 19&U 100 Back Prelims	1:26.06	#313 Men 19&U 200 IM Prelims	2:56.42
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.78	#401 Men 19&U 50 Free Prelims	31.21
#405 Men 19&U 200 Breast	3:15.67	#409 Men 19&U 50 Back Prelims	38.14
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:11.38		

## 8 Vd Watt, Earle - Male - Age: 11 - Ind/Rel: 10 / 2

#101 Men 11&U 400 Free	5:43.53	#201 Men 19&U 100 Free Prelims	1:13.92
#207 Men 19&U 200 Back Prelims	2:49.89	#211 Men 19&U 100 Fly Prelims	1:31.88
#301 Men 19&U 200 Free Prelims	2:40.84	#309 Men 19&U 100 Back Prelims	1:20.56
#313 Men 19&U 200 IM Prelims	3:00.56	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.78
#401 Men 19&U 50 Free Prelims	33.54	#409 Men 19&U 50 Back Prelims	37.33
#411 Men 19&U 50 Fly Prelims	34.41	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:11.38

## 9 Yeowart, Seth W - Male - Age: 14 - Ind/Rel: 8 / 1

#107 Men 14 400 Free	4:56.97	#201 Men 19&U 100 Free Prelims	1:05.59
#207 Men 19&U 200 Back Prelims	2:36.29	#301 Men 19&U 200 Free Prelims	2:22.07
#309 Men 19&U 100 Back Prelims	1:13.24	#313 Men 19&U 200 IM Prelims	2:41.68
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:24.98	#401 Men 19&U 50 Free Prelims	30.50
#409 Men 19&U 50 Back Prelims	34.18		

Greydogs Swimming Club-CP Total Individual Entries: 67 - Total Relays: 0

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Harlequins Aquatic Club-BU

## 1 Clifford, Jack K - Male - Age: 11 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:16.44	#205 Men 19&U 100 Breast Prelims	1:50.94
#301 Men 19&U 200 Free Prelims	3:15.86	#305 Men 19&U 50 Breast Prelims	49.03
#401 Men 19&U 50 Free Prelims	36.57		

## 2 Hartwig, Connor M - Male - Age: 12 - Ind/Rel: 5 / 0

#209 Men 99&U 50 Back Para Prelims	1:05.61	#303 Men 99&U 100 Free Para Prelims	2:14.51
#311 Men 99&U 100 Back Para Prelims	2:29.08	#403 Men 99&U 50 Free Para Prelims	1:01.09
#413 Men 99&U 50 Fly Para Prelims	1:14.76		

## 3 Lindstrom, Jorja P - Female - Age: 17 - Ind/Rel: 7 / 0

#114 Women 17-19 400 Free	5:35.78	#206 Women 19&U 100 Breast Prelims	1:23.47
#212 Women 19&U 100 Fly Prelims	1:15.23	#306 Women 19&U 50 Breast Prelims	38.29
#314 Women 19&U 200 IM Prelims	2:46.93	#406 Women 19&U 200 Breast	2:58.75
#412 Women 19&U 50 Fly Prelims	33.29		

## 4 Lombard, Mia - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:15.16	#206 Women 19&U 100 Breast Prelims	1:46.00
#302 Women 19&U 200 Free Prelims	2:52.20	#306 Women 19&U 50 Breast Prelims	45.78
#310 Women 19&U 100 Back Prelims	1:25.74	#402 Women 19&U 50 Free Prelims	34.00
#410 Women 19&U 50 Back	38.76		

## 5 Murray, Demi J - Female - Age: 13 - Ind/Rel: 8 / 0

#206 Women 19&U 100 Breast Prelims	1:40.65	#208 Women 19&U 200 Back Prelims	2:51.18
#306 Women 19&U 50 Breast Prelims	46.03	#310 Women 19&U 100 Back Prelims	1:18.71
#314 Women 19&U 200 IM Prelims	3:05.14	#406 Women 19&U 200 Breast	3:31.15
#410 Women 19&U 50 Back	36.06	#412 Women 19&U 50 Fly Prelims	36.43

## 6 Murray, Rachel T - Female - Age: 17 - Ind/Rel: 5 / 0

#114 Women 17-19 400 Free	5:13.29	#208 Women 19&U 200 Back Prelims	2:40.15
#212 Women 19&U 100 Fly Prelims	1:16.33	#310 Women 19&U 100 Back Prelims	1:13.39
#314 Women 19&U 200 IM Prelims	2:44.89		

## 7 Ramashamole, Junior V - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:48.18	#201 Men 19&U 100 Free Prelims	1:05.65
#205 Men 19&U 100 Breast Prelims	1:28.52	#301 Men 19&U 200 Free Prelims	2:39.16
#305 Men 19&U 50 Breast Prelims	39.69	#313 Men 19&U 200 IM Prelims	2:55.37
#401 Men 19&U 50 Free Prelims	30.16	#405 Men 19&U 200 Breast	3:14.73

## 8 Schemel, Brody L - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:12.61	#207 Men 19&U 200 Back Prelims	3:01.30
#305 Men 19&U 50 Breast Prelims	43.25	#309 Men 19&U 100 Back Prelims	1:23.64
#313 Men 19&U 200 IM Prelims	3:01.35	#401 Men 19&U 50 Free Prelims	33.16
#411 Men 19&U 50 Fly Prelims	37.38		

## 9 Stead, Nathan J - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:15.13	#205 Men 19&U 100 Breast Prelims	1:37.15
#305 Men 19&U 50 Breast Prelims	42.56	#313 Men 19&U 200 IM Prelims	3:13.20
#405 Men 19&U 200 Breast	3:23.28	#411 Men 19&U 50 Fly Prelims	40.79

Harlequins Aquatic Club-BU Total Individual Entries: 58 - Total Relays: 0

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Helderberg Titans Swimming Aca-CP****1 Rosenstrauch, Lara - Female - Age: 11 - Ind/Rel: 10 / 0**

#102 Women 11&U 400 Free	6:50.38	#202 Women 19&U 100 Free Prelims	1:23.49
#206 Women 19&U 100 Breast Prelims	1:43.86	#302 Women 19&U 200 Free Prelims	3:08.20
#306 Women 19&U 50 Breast Prelims	46.64	#310 Women 19&U 100 Back Prelims	1:38.54
#402 Women 19&U 50 Free Prelims	36.00	#406 Women 19&U 200 Breast	3:40.85
#410 Women 19&U 50 Back	42.23	#412 Women 19&U 50 Fly Prelims	40.76

**Helderberg Titans Swimming Aca-CP Total Individual Entries: 10 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Hurricane Aquatic Club-CP****1 Cornish, Jeyaad - Male - Age: 18 - Ind/Rel: 4 / 0**

#201 Men 19&U 100 Free Prelims	58.62	#211 Men 19&U 100 Fly Prelims	1:06.93
#401 Men 19&U 50 Free Prelims	26.25	#411 Men 19&U 50 Fly Prelims	28.57

**Hurricane Aquatic Club-CP Total Individual Entries: 4 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Infinity Swimming Academy-NM

## 1 Chree, Erin E - Female - Age: 12 - Ind/Rel: 0 / 3

#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.83	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.58
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.51		

## 2 De Beer, Anri - Female - Age: 16 - Ind/Rel: 9 / 0

#112 Women 16 400 Free	5:10.89	#202 Women 19&U 100 Free Prelims	1:09.01
#208 Women 19&U 200 Back Prelims	2:43.10	#212 Women 19&U 100 Fly Prelims	1:16.18
#302 Women 19&U 200 Free Prelims	2:28.84	#310 Women 19&U 100 Back Prelims	1:14.83
#402 Women 19&U 50 Free Prelims	30.80	#410 Women 19&U 50 Back	35.52
#412 Women 19&U 50 Fly Prelims	34.81		

## 3 Govender, Gabi R - Female - Age: 12 - Ind/Rel: 6 / 3

#202 Women 19&U 100 Free Prelims	1:17.61	#206 Women 19&U 100 Breast Prelims	1:42.10
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.83	#306 Women 19&U 50 Breast Prelims	46.58
#314 Women 19&U 200 IM Prelims	3:06.30	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.58
#406 Women 19&U 200 Breast	3:39.65	#412 Women 19&U 50 Fly Prelims	38.93
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.92		

## 4 Janse van Rensburg, Milan - Female - Age: 13 - Ind/Rel: 5 / 4

#202 Women 19&U 100 Free Prelims	1:16.15	#206 Women 19&U 100 Breast Prelims	1:32.39
#208 Women 19&U 200 Back Prelims	3:04.95	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.83
#306 Women 19&U 50 Breast Prelims	42.69	#310 Women 19&U 100 Back Prelims	1:26.52
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:37.31	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.51
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.73		

## 5 Landsberg, Katryn L - Female - Age: 11 - Ind/Rel: 4 / 2

#202 Women 19&U 100 Free Prelims	1:18.36	#310 Women 19&U 100 Back Prelims	1:30.39
#402 Women 19&U 50 Free Prelims	33.43	#410 Women 19&U 50 Back	40.50
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.51	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.92

## 6 Markotter, D-J R - Male - Age: 13 - Ind/Rel: 8 / 5

#105 Men 13 400 Free	5:18.92	#201 Men 19&U 100 Free Prelims	1:09.50
#205 Men 19&U 100 Breast Prelims	1:36.43	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.39
#301 Men 19&U 200 Free Prelims	2:31.39	#305 Men 19&U 50 Breast Prelims	43.81
#313 Men 19&U 200 IM Prelims	3:03.78	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:14.28
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:37.31	#401 Men 19&U 50 Free Prelims	31.20
#411 Men 19&U 50 Fly Prelims	38.02	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:36.34
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.73		

## 7 Rosser, Kyle H - Male - Age: 13 - Ind/Rel: 5 / 5

#105 Men 13 400 Free	5:38.28	#201 Men 19&U 100 Free Prelims	1:14.40
#205 Men 19&U 100 Breast Prelims	1:41.53	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.39
#301 Men 19&U 200 Free Prelims	2:41.25	#313 Men 19&U 200 IM Prelims	3:10.39
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:14.28	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:37.31
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:36.34	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.73

## 8 Rosser, Mark J - Male - Age: 11 - Ind/Rel: 7 / 5

#201 Men 19&U 100 Free Prelims	1:20.59	#205 Men 19&U 100 Breast Prelims	1:43.99
#207 Men 19&U 200 Back Prelims	3:14.10	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.39
#309 Men 19&U 100 Back Prelims	1:31.14	#313 Men 19&U 200 IM Prelims	3:13.56
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:14.28	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.58
#405 Men 19&U 200 Breast	3:38.43	#411 Men 19&U 50 Fly Prelims	42.55
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:36.34	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.92

## 9 Van Zyl, Minette M - Female - Age: 13 - Ind/Rel: 8 / 4

#202 Women 19&U 100 Free Prelims	1:07.68	#206 Women 19&U 100 Breast Prelims	1:34.56
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.83	#302 Women 19&U 200 Free Prelims	2:44.42
#306 Women 19&U 50 Breast Prelims	43.38	#314 Women 19&U 200 IM Prelims	2:58.39
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:37.31	#402 Women 19&U 50 Free Prelims	30.91
#410 Women 19&U 50 Back	37.56	#412 Women 19&U 50 Fly Prelims	34.65
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.51	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.73



**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Infinity Swimming Academy-NM****10 Verdon, Daniel E - Male - Age: 11 - Ind/Rel: 8 / 4**

#101 Men 11&U 400 Free	5:39.06	#201 Men 19&U 100 Free Prelims	1:12.56
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.39	#301 Men 19&U 200 Free Prelims	2:40.45
#309 Men 19&U 100 Back Prelims	1:26.92	#313 Men 19&U 200 IM Prelims	3:04.72
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:14.28	#401 Men 19&U 50 Free Prelims	33.81
#409 Men 19&U 50 Back Prelims	37.95	#411 Men 19&U 50 Fly Prelims	36.82
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:36.34	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.92

**11 Verdon, Leah L - Female - Age: 9 - Ind/Rel: 0 / 1**

#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.58
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**12 Wolfe, Matthew L - Male - Age: 18 - Ind/Rel: 9 / 0**

#113 Men 17-19 400 Free	4:35.16	#201 Men 19&U 100 Free Prelims	57.92
#207 Men 19&U 200 Back Prelims	2:27.93	#211 Men 19&U 100 Fly Prelims	1:08.64
#301 Men 19&U 200 Free Prelims	2:06.81	#309 Men 19&U 100 Back Prelims	1:06.05
#401 Men 19&U 50 Free Prelims	26.39	#409 Men 19&U 50 Back Prelims	29.97
#411 Men 19&U 50 Fly Prelims	28.90		

**Infinity Swimming Academy-NM Total Individual Entries: 69 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Knysna Aquatics-ED****1 Boshoff, Mickayle C - Male - Age: 11 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	1:10.52	#207 Men 19&U 200 Back Prelims	3:21.78
#211 Men 19&U 100 Fly Prelims	1:26.66	#301 Men 19&U 200 Free Prelims	2:39.88
#309 Men 19&U 100 Back Prelims	1:29.41	#313 Men 19&U 200 IM Prelims	3:10.34
#401 Men 19&U 50 Free Prelims	32.60	#409 Men 19&U 50 Back Prelims	39.03
#411 Men 19&U 50 Fly Prelims	37.23		

**2 Botha, Rebecca P - Female - Age: 12 - Ind/Rel: 5 / 0**

#202 Women 19&U 100 Free Prelims	1:12.03	#302 Women 19&U 200 Free Prelims	2:50.09
#314 Women 19&U 200 IM Prelims	3:18.91	#402 Women 19&U 50 Free Prelims	31.88
#412 Women 19&U 50 Fly Prelims	41.04		

**3 Harper, Maddie I - Female - Age: 13 - Ind/Rel: 8 / 3**

#202 Women 19&U 100 Free Prelims	1:12.92	#206 Women 19&U 100 Breast Prelims	1:32.40
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:43.46	#302 Women 19&U 200 Free Prelims	2:44.06
#306 Women 19&U 50 Breast Prelims	42.12	#310 Women 19&U 100 Back Prelims	1:30.72
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.11	#402 Women 19&U 50 Free Prelims	32.91
#406 Women 19&U 200 Breast	3:23.37	#410 Women 19&U 50 Back	39.07
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.75		

**4 Parr, Colby S - Male - Age: 12 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	1:08.42	#205 Men 19&U 100 Breast Prelims	1:30.33
#207 Men 19&U 200 Back Prelims	2:47.47	#301 Men 19&U 200 Free Prelims	2:32.94
#305 Men 19&U 50 Breast Prelims	40.62	#309 Men 19&U 100 Back Prelims	1:16.77
#401 Men 19&U 50 Free Prelims	31.00	#409 Men 19&U 50 Back Prelims	36.29
#411 Men 19&U 50 Fly Prelims	34.86		

**5 Schäfer, Kyla - Female - Age: 13 - Ind/Rel: 10 / 3**

#202 Women 19&U 100 Free Prelims	1:14.73	#206 Women 19&U 100 Breast Prelims	1:37.43
#208 Women 19&U 200 Back Prelims	2:56.10	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:43.46
#302 Women 19&U 200 Free Prelims	2:40.54	#306 Women 19&U 50 Breast Prelims	45.48
#310 Women 19&U 100 Back Prelims	1:24.01	#314 Women 19&U 200 IM Prelims	2:58.25
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.11	#402 Women 19&U 50 Free Prelims	33.01
#410 Women 19&U 50 Back	38.72	#412 Women 19&U 50 Fly Prelims	36.80
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.75		

**6 Van Der Wath, Izi - Female - Age: 13 - Ind/Rel: 8 / 3**

#106 Women 13 400 Free	5:09.41	#202 Women 19&U 100 Free Prelims	1:06.45
#206 Women 19&U 100 Breast Prelims	1:25.96	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:43.46
#302 Women 19&U 200 Free Prelims	2:26.44	#306 Women 19&U 50 Breast Prelims	37.27
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.11	#402 Women 19&U 50 Free Prelims	29.69
#406 Women 19&U 200 Breast	3:11.61	#412 Women 19&U 50 Fly Prelims	33.23
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.75		

**7 Van Niekerk, Ona - Female - Age: 14 - Ind/Rel: 7 / 3**

#206 Women 19&U 100 Breast Prelims	1:28.26	#212 Women 19&U 100 Fly Prelims	1:25.46
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:43.46	#306 Women 19&U 50 Breast Prelims	39.74
#314 Women 19&U 200 IM Prelims	2:54.89	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.11
#402 Women 19&U 50 Free Prelims	32.50	#406 Women 19&U 200 Breast	3:13.84
#412 Women 19&U 50 Fly Prelims	33.85	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.75

**Knysna Aquatics-ED Total Individual Entries: 56 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Lane Leader Stellenbosch-CE

## 1 Basson, Henk - Male - Age: 11 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:15.96
#309 Men 19&U 100 Back Prelims	1:35.79
#409 Men 19&U 50 Back Prelims	41.47

#301 Men 19&U 200 Free Prelims	3:14.76
#401 Men 19&U 50 Free Prelims	34.26

## 2 Beetge, Amy - Female - Age: 16 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:07.29
#306 Women 19&U 50 Breast Prelims	40.51

#206 Women 19&U 100 Breast Prelims	1:26.33
#406 Women 19&U 200 Breast	3:06.93

## 3 Burger, Rosseau - Male - Age: 15 - Ind/Rel: 6 / 4

#205 Men 19&U 100 Breast Prelims	1:17.03
#305 Men 19&U 50 Breast Prelims	35.56
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.73
#405 Men 19&U 200 Breast	2:42.57
#411 Men 19&U 50 Fly Prelims	30.67

#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	3:59.41
#313 Men 19&U 200 IM Prelims	2:33.92
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.47
#409 Men 19&U 50 Back Prelims	33.15
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.68

## 4 Geysler, Almi - Female - Age: 14 - Ind/Rel: 8 / 2

#108 Women 14 400 Free	5:19.39
#206 Women 19&U 100 Breast Prelims	1:30.34
#306 Women 19&U 50 Breast Prelims	40.69
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.47
#406 Women 19&U 200 Breast	3:11.03

#202 Women 19&U 100 Free Prelims	1:07.43
#302 Women 19&U 200 Free Prelims	2:29.35
#314 Women 19&U 200 IM Prelims	2:51.64
#402 Women 19&U 50 Free Prelims	30.06
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.05

## 5 Geysler, Jacques M - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	58.28
#305 Men 19&U 50 Breast Prelims	35.70
#401 Men 19&U 50 Free Prelims	25.81

#211 Men 19&U 100 Fly Prelims	1:02.56
#309 Men 19&U 100 Back Prelims	1:06.89
#411 Men 19&U 50 Fly Prelims	27.71

## 6 Hodge, Cameron P - Male - Age: 13 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:10.74
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	3:59.41
#309 Men 19&U 100 Back Prelims	1:18.38
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.73
#411 Men 19&U 50 Fly Prelims	39.42

#207 Men 19&U 200 Back Prelims	2:48.13
#301 Men 19&U 200 Free Prelims	2:36.55
#313 Men 19&U 200 IM Prelims	2:58.63
#409 Men 19&U 50 Back Prelims	37.01
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.68

## 7 Malherbe, Nicholas N - Male - Age: 17 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	56.80
#301 Men 19&U 200 Free Prelims	2:04.95
#401 Men 19&U 50 Free Prelims	25.95

#205 Men 19&U 100 Breast Prelims	1:11.09
#305 Men 19&U 50 Breast Prelims	32.09

## 8 Vd Merwe, Mi-Ly - Female - Age: 14 - Ind/Rel: 5 / 2

#202 Women 19&U 100 Free Prelims	1:10.99
#302 Women 19&U 200 Free Prelims	2:35.38
#314 Women 19&U 200 IM Prelims	2:55.70
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.05

#208 Women 19&U 200 Back Prelims	2:41.98
#310 Women 19&U 100 Back Prelims	1:14.69
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.47

## 9 Vd Merwe, Thomas - Male - Age: 14 - Ind/Rel: 8 / 4

#201 Men 19&U 100 Free Prelims	1:03.12
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	3:59.41
#309 Men 19&U 100 Back Prelims	1:15.30
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.73
#409 Men 19&U 50 Back Prelims	34.67
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.68

#207 Men 19&U 200 Back Prelims	2:47.44
#301 Men 19&U 200 Free Prelims	2:30.98
#313 Men 19&U 200 IM Prelims	2:50.52
#401 Men 19&U 50 Free Prelims	29.11
#411 Men 19&U 50 Fly Prelims	33.50
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.05

## 10 VerLoren Van Themaat, Hein M - Male - Age: 12 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:12.47
#401 Men 19&U 50 Free Prelims	31.98
#411 Men 19&U 50 Fly Prelims	44.25

#301 Men 19&U 200 Free Prelims	2:48.76
#409 Men 19&U 50 Back Prelims	47.19

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Lane Leader Stellenbosch-CE****11 Visagie, Larissa - Female - Age: 14 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:11.51	#208 Women 19&U 200 Back Prelims	2:51.99
#310 Women 19&U 100 Back Prelims	1:19.08	#314 Women 19&U 200 IM Prelims	3:02.43
#402 Women 19&U 50 Free Prelims	32.22	#410 Women 19&U 50 Back	36.04
#412 Women 19&U 50 Fly Prelims	38.42		

**12 Waters, Steven G - Male - Age: 14 - Ind/Rel: 4 / 5**

#201 Men 19&U 100 Free Prelims	1:02.51	#211 Men 19&U 100 Fly Prelims	1:06.84
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	3:59.41	#301 Men 19&U 200 Free Prelims	2:22.23
#313 Men 19&U 200 IM Prelims	2:36.37	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.73
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.47	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.68
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.05		

**Lane Leader Stellenbosch-CE Total Individual Entries: 70 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Manta SC-CP****1 Addinall, Ethan - Male - Age: 13 - Ind/Rel: 9 / 0**

#105 Men 13 400 Free	5:23.71	#201 Men 19&U 100 Free Prelims	1:11.70
#209 Men 99&U 50 Back Para Prelims	41.15	#211 Men 19&U 100 Fly Prelims	1:31.13
#301 Men 19&U 200 Free Prelims	2:32.04	#309 Men 19&U 100 Back Prelims	1:24.72
#313 Men 19&U 200 IM Prelims	3:01.20	#401 Men 19&U 50 Free Prelims	32.85
#411 Men 19&U 50 Fly Prelims	39.18		

**2 Fortune, Hakeem - Male - Age: 12 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	1:26.76	#205 Men 19&U 100 Breast Prelims	1:36.28
#207 Men 19&U 200 Back Prelims	3:13.03	#209 Men 99&U 50 Back Para Prelims	45.60
#305 Men 19&U 50 Breast Prelims	44.98	#311 Men 99&U 100 Back Para Prelims	1:34.90
#313 Men 19&U 200 IM Prelims	3:28.84	#401 Men 19&U 50 Free Prelims	38.05
#405 Men 19&U 200 Breast	3:24.40		

**3 Fortune, Yaseen - Male - Age: 13 - Ind/Rel: 11 / 0**

#201 Men 19&U 100 Free Prelims	1:14.49	#205 Men 19&U 100 Breast Prelims	1:41.41
#207 Men 19&U 200 Back Prelims	2:56.18	#209 Men 99&U 50 Back Para Prelims	39.73
#301 Men 19&U 200 Free Prelims	2:43.63	#305 Men 19&U 50 Breast Prelims	45.11
#309 Men 19&U 100 Back Prelims	1:23.91	#311 Men 99&U 100 Back Para Prelims	1:23.91
#313 Men 19&U 200 IM Prelims	3:23.48	#401 Men 19&U 50 Free Prelims	32.61
#405 Men 19&U 200 Breast	3:39.60		

**4 Jacobs, Seth G - Male - Age: 12 - Ind/Rel: 11 / 0**

#101 Men 11&U 400 Free	6:17.73	#201 Men 19&U 100 Free Prelims	1:16.84
#205 Men 19&U 100 Breast Prelims	1:41.79	#301 Men 19&U 200 Free Prelims	2:52.48
#305 Men 19&U 50 Breast Prelims	48.76	#309 Men 19&U 100 Back Prelims	1:35.63
#313 Men 19&U 200 IM Prelims	3:18.98	#401 Men 19&U 50 Free Prelims	34.28
#405 Men 19&U 200 Breast	3:43.19	#409 Men 19&U 50 Back Prelims	43.32
#411 Men 19&U 50 Fly Prelims	38.81		

**5 Jantjies, Zara - Female - Age: 11 - Ind/Rel: 11 / 0**

#102 Women 11&U 400 Free	6:08.56	#202 Women 19&U 100 Free Prelims	1:15.23
#208 Women 19&U 200 Back Prelims	3:08.49	#210 Women 99&U 50 Back Para Prelims	41.04
#212 Women 19&U 100 Fly Prelims	1:41.82	#302 Women 19&U 200 Free Prelims	2:45.43
#306 Women 19&U 50 Breast Prelims	49.49	#310 Women 19&U 100 Back Prelims	1:27.81
#314 Women 19&U 200 IM Prelims	3:11.24	#402 Women 19&U 50 Free Prelims	34.32
#412 Women 19&U 50 Fly Prelims	40.62		

**6 Jurgens, Chloe-Leigh - Female - Age: 11 - Ind/Rel: 10 / 0**

#102 Women 11&U 400 Free	6:17.71	#202 Women 19&U 100 Free Prelims	1:21.72
#206 Women 19&U 100 Breast Prelims	1:42.67	#302 Women 19&U 200 Free Prelims	3:05.98
#306 Women 19&U 50 Breast Prelims	47.13	#310 Women 19&U 100 Back Prelims	1:39.10
#314 Women 19&U 200 IM Prelims	3:18.06	#402 Women 19&U 50 Free Prelims	37.04
#406 Women 19&U 200 Breast	3:40.74	#412 Women 19&U 50 Fly Prelims	42.84

**7 McPetrie, James L - Male - Age: 16 - Ind/Rel: 10 / 0**

#111 Men 16 400 Free	4:41.82	#201 Men 19&U 100 Free Prelims	1:00.04
#207 Men 19&U 200 Back Prelims	2:28.39	#209 Men 99&U 50 Back Para Prelims	31.41
#211 Men 19&U 100 Fly Prelims	1:05.36	#301 Men 19&U 200 Free Prelims	2:10.42
#309 Men 19&U 100 Back Prelims	1:07.40	#313 Men 19&U 200 IM Prelims	2:29.71
#401 Men 19&U 50 Free Prelims	27.29	#411 Men 19&U 50 Fly Prelims	29.77

**8 Moolman, Carter S - Male - Age: 15 - Ind/Rel: 12 / 0**

#201 Men 19&U 100 Free Prelims	1:07.77	#205 Men 19&U 100 Breast Prelims	1:21.00
#207 Men 19&U 200 Back Prelims	2:34.57	#209 Men 99&U 50 Back Para Prelims	34.80
#211 Men 19&U 100 Fly Prelims	1:09.42	#305 Men 19&U 50 Breast Prelims	35.79
#309 Men 19&U 100 Back Prelims	1:12.68	#311 Men 99&U 100 Back Para Prelims	1:12.68
#313 Men 19&U 200 IM Prelims	2:40.76	#401 Men 19&U 50 Free Prelims	29.96
#405 Men 19&U 200 Breast	2:59.87	#411 Men 19&U 50 Fly Prelims	30.09

**Manta SC-CP Total Individual Entries: 83 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Marlin Swimming Club-CP****1 Alexander, Ammaar - Male - Age: 16 - Ind/Rel: 8 / 2**

#201 Men 19&U 100 Free Prelims	57.34
#211 Men 19&U 100 Fly Prelims	1:06.11
#309 Men 19&U 100 Back Prelims	1:08.01
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:22.94
#411 Men 19&U 50 Fly Prelims	28.42

#205 Men 19&U 100 Breast Prelims	1:14.80
#305 Men 19&U 50 Breast Prelims	33.42
#313 Men 19&U 200 IM Prelims	2:26.44
#405 Men 19&U 200 Breast	2:45.51
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:32.21

**2 Basson, Trishaun T - Male - Age: 14 - Ind/Rel: 7 / 1**

#201 Men 19&U 100 Free Prelims	1:14.21
#211 Men 19&U 100 Fly Prelims	1:48.52
#313 Men 19&U 200 IM Prelims	3:06.56
#405 Men 19&U 200 Breast	3:13.87

#205 Men 19&U 100 Breast Prelims	1:26.01
#305 Men 19&U 50 Breast Prelims	38.27
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:22.94
#411 Men 19&U 50 Fly Prelims	41.42

**3 Gomez, Alex W - Male - Age: 13 - Ind/Rel: 7 / 1**

#201 Men 19&U 100 Free Prelims	1:14.91
#305 Men 19&U 50 Breast Prelims	41.22
#401 Men 19&U 50 Free Prelims	34.14
#411 Men 19&U 50 Fly Prelims	43.64

#205 Men 19&U 100 Breast Prelims	1:30.33
#313 Men 19&U 200 IM Prelims	3:22.55
#405 Men 19&U 200 Breast	3:17.33
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:32.21

**4 Jeftha, Zara L - Female - Age: 16 - Ind/Rel: 6 / 2**

#202 Women 19&U 100 Free Prelims	1:11.02
#306 Women 19&U 50 Breast Prelims	37.23
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:22.94
#412 Women 19&U 50 Fly Prelims	37.58

#206 Women 19&U 100 Breast Prelims	1:22.50
#310 Women 19&U 100 Back Prelims	1:29.80
#406 Women 19&U 200 Breast	3:04.62
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:32.21

**5 Rinquest, Aqeelah - Female - Age: 17 - Ind/Rel: 7 / 2**

#202 Women 19&U 100 Free Prelims	1:08.94
#302 Women 19&U 200 Free Prelims	2:30.91
#314 Women 19&U 200 IM Prelims	2:56.00
#406 Women 19&U 200 Breast	3:12.82
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:32.21

#206 Women 19&U 100 Breast Prelims	1:28.11
#306 Women 19&U 50 Breast Prelims	39.88
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:22.94
#412 Women 19&U 50 Fly Prelims	39.35

**Marlin Swimming Club-CP Total Individual Entries: 35 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Paarl Aquarius SC-CE****1 Anthony, Jazmin A - Female - Age: 11 - Ind/Rel: 8 / 2**

#102 Women 11&U 400 Free	5:58.16	#202 Women 19&U 100 Free Prelims	1:18.48
#206 Women 19&U 100 Breast Prelims	1:38.63	#212 Women 19&U 100 Fly Prelims	1:44.11
#306 Women 19&U 50 Breast Prelims	45.13	#314 Women 19&U 200 IM Prelims	3:15.96
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.33	#406 Women 19&U 200 Breast	3:29.08
#412 Women 19&U 50 Fly Prelims	40.13	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.42

**2 Baadjies, Cruden H - Male - Age: 12 - Ind/Rel: 8 / 3**

#103 Men 12 400 Free	6:01.28	#201 Men 19&U 100 Free Prelims	1:21.42
#205 Men 19&U 100 Breast Prelims	1:35.63	#301 Men 19&U 200 Free Prelims	2:51.24
#305 Men 19&U 50 Breast Prelims	42.96	#313 Men 19&U 200 IM Prelims	3:22.79
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:24.73	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.32
#405 Men 19&U 200 Breast	3:24.20	#409 Men 19&U 50 Back Prelims	44.91
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:39.85		

**3 Cleophas, Kyle - Male - Age: 14 - Ind/Rel: 9 / 0**

#107 Men 14 400 Free	5:12.26	#201 Men 19&U 100 Free Prelims	1:04.66
#211 Men 19&U 100 Fly Prelims	1:12.03	#305 Men 19&U 50 Breast Prelims	41.41
#309 Men 19&U 100 Back Prelims	1:15.61	#313 Men 19&U 200 IM Prelims	2:45.29
#401 Men 19&U 50 Free Prelims	28.26	#409 Men 19&U 50 Back Prelims	33.91
#411 Men 19&U 50 Fly Prelims	31.67		

**4 Cleophas, Lee L - Male - Age: 12 - Ind/Rel: 8 / 3**

#205 Men 19&U 100 Breast Prelims	1:48.13	#211 Men 19&U 100 Fly Prelims	1:38.11
#305 Men 19&U 50 Breast Prelims	50.62	#309 Men 19&U 100 Back Prelims	1:30.43
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:24.73	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.32
#401 Men 19&U 50 Free Prelims	35.13	#405 Men 19&U 200 Breast	3:51.43
#409 Men 19&U 50 Back Prelims	41.01	#411 Men 19&U 50 Fly Prelims	39.37
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:39.85		

**5 Lewis, Amaru C - Male - Age: 11 - Ind/Rel: 9 / 2**

#101 Men 11&U 400 Free	6:02.59	#201 Men 19&U 100 Free Prelims	1:21.04
#207 Men 19&U 200 Back Prelims	3:05.79	#301 Men 19&U 200 Free Prelims	2:53.41
#309 Men 19&U 100 Back Prelims	1:27.19	#313 Men 19&U 200 IM Prelims	3:28.55
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:24.73	#401 Men 19&U 50 Free Prelims	36.75
#409 Men 19&U 50 Back Prelims	40.27	#411 Men 19&U 50 Fly Prelims	44.41
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:39.85		

**6 Peceur, Mark D - Male - Age: 19 - Ind/Rel: 7 / 0**

#113 Men 17-19 400 Free	4:46.18	#201 Men 19&U 100 Free Prelims	59.83
#211 Men 19&U 100 Fly Prelims	1:01.92	#309 Men 19&U 100 Back Prelims	1:06.81
#401 Men 19&U 50 Free Prelims	26.78	#409 Men 19&U 50 Back Prelims	30.83
#411 Men 19&U 50 Fly Prelims	28.40		

**7 Rheeder, Liam M - Male - Age: 13 - Ind/Rel: 11 / 0**

#105 Men 13 400 Free	5:16.91	#201 Men 19&U 100 Free Prelims	1:07.31
#207 Men 19&U 200 Back Prelims	2:43.74	#211 Men 19&U 100 Fly Prelims	1:18.33
#301 Men 19&U 200 Free Prelims	2:28.25	#305 Men 19&U 50 Breast Prelims	45.11
#309 Men 19&U 100 Back Prelims	1:17.10	#313 Men 19&U 200 IM Prelims	2:50.28
#401 Men 19&U 50 Free Prelims	31.43	#409 Men 19&U 50 Back Prelims	36.36
#411 Men 19&U 50 Fly Prelims	36.02		

**8 Sabbagha, Annè - Female - Age: 18 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:08.36	#206 Women 19&U 100 Breast Prelims	1:23.24
#306 Women 19&U 50 Breast Prelims	36.83	#314 Women 19&U 200 IM Prelims	2:50.01
#402 Women 19&U 50 Free Prelims	32.16	#406 Women 19&U 200 Breast	3:05.58
#412 Women 19&U 50 Fly Prelims	35.06		

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Paarl Aquarius SC-CE****9 Sabbagha, Georgia - Female - Age: 11 - Ind/Rel: 9 / 3**

#102 Women 11&U 400 Free	5:38.24	#202 Women 19&U 100 Free Prelims	1:12.61
#208 Women 19&U 200 Back Prelims	3:07.82	#212 Women 19&U 100 Fly Prelims	1:28.04
#302 Women 19&U 200 Free Prelims	2:37.46	#310 Women 19&U 100 Back Prelims	1:25.37
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.33	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.32
#402 Women 19&U 50 Free Prelims	34.24	#410 Women 19&U 50 Back	40.03
#412 Women 19&U 50 Fly Prelims	39.47	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.42

**10 Samuels, Londyn - Female - Age: 13 - Ind/Rel: 6 / 2**

#202 Women 19&U 100 Free Prelims	1:09.82	#302 Women 19&U 200 Free Prelims	2:45.34
#310 Women 19&U 100 Back Prelims	1:25.63	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.33
#402 Women 19&U 50 Free Prelims	31.48	#410 Women 19&U 50 Back	37.91
#412 Women 19&U 50 Fly Prelims	39.23	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.42

**11 Stilwaney, Mia C - Female - Age: 12 - Ind/Rel: 8 / 3**

#202 Women 19&U 100 Free Prelims	1:20.30	#206 Women 19&U 100 Breast Prelims	1:31.99
#212 Women 19&U 100 Fly Prelims	1:24.34	#306 Women 19&U 50 Breast Prelims	40.46
#314 Women 19&U 200 IM Prelims	3:04.80	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.33
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.32	#402 Women 19&U 50 Free Prelims	34.01
#406 Women 19&U 200 Breast	3:19.39	#412 Women 19&U 50 Fly Prelims	36.14
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.42		

**12 Titus, Brody - Male - Age: 11 - Ind/Rel: 8 / 2**

#201 Men 19&U 100 Free Prelims	1:26.72	#211 Men 19&U 100 Fly Prelims	1:28.25
#301 Men 19&U 200 Free Prelims	3:21.76	#305 Men 19&U 50 Breast Prelims	51.11
#313 Men 19&U 200 IM Prelims	3:20.46	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:24.73
#401 Men 19&U 50 Free Prelims	36.39	#409 Men 19&U 50 Back Prelims	45.63
#411 Men 19&U 50 Fly Prelims	39.13	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:39.85

**Paarl Aquarius SC-CE Total Individual Entries: 98 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Players-CE****1 Engelbrecht, Ruben J - Male - Age: 16 - Ind/Rel: 6 / 0**

#201 Men 19&U 100 Free Prelims	59.15	#305 Men 19&U 50 Breast Prelims	33.58
#309 Men 19&U 100 Back Prelims	1:06.54	#313 Men 19&U 200 IM Prelims	2:39.47
#401 Men 19&U 50 Free Prelims	NT	#411 Men 19&U 50 Fly Prelims	27.15

**2 Fenner, Jenson V - Male - Age: 11 - Ind/Rel: 5 / 0**

#201 Men 19&U 100 Free Prelims	1:16.43	#205 Men 19&U 100 Breast Prelims	1:38.75
#305 Men 19&U 50 Breast Prelims	43.57	#401 Men 19&U 50 Free Prelims	34.01
#405 Men 19&U 200 Breast	3:27.94		

**3 Fenner, Olivia M - Female - Age: 13 - Ind/Rel: 5 / 0**

#202 Women 19&U 100 Free Prelims	1:08.87	#310 Women 19&U 100 Back Prelims	1:21.58
#402 Women 19&U 50 Free Prelims	30.38	#410 Women 19&U 50 Back	35.96
#412 Women 19&U 50 Fly Prelims	34.65		

**4 Jonas, Leonardo - Male - Age: 12 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:09.72	#205 Men 19&U 100 Breast Prelims	1:31.22
#301 Men 19&U 200 Free Prelims	2:36.13	#305 Men 19&U 50 Breast Prelims	42.59
#401 Men 19&U 50 Free Prelims	32.38	#405 Men 19&U 200 Breast	3:22.64
#411 Men 19&U 50 Fly Prelims	36.04		

**5 Meintjes, Christiaan - Male - Age: 14 - Ind/Rel: 5 / 0**

#205 Men 19&U 100 Breast Prelims	1:26.95	#301 Men 19&U 200 Free Prelims	2:52.68
#305 Men 19&U 50 Breast Prelims	39.86	#309 Men 19&U 100 Back Prelims	1:33.30
#405 Men 19&U 200 Breast	3:08.92		

**6 Schaefer, Daniel C - Male - Age: 11 - Ind/Rel: 9 / 0**

#101 Men 11&U 400 Free	5:19.16	#201 Men 19&U 100 Free Prelims	1:09.96
#205 Men 19&U 100 Breast Prelims	1:34.30	#207 Men 19&U 200 Back Prelims	2:51.05
#211 Men 19&U 100 Fly Prelims	1:18.46	#301 Men 19&U 200 Free Prelims	2:29.36
#309 Men 19&U 100 Back Prelims	1:19.00	#313 Men 19&U 200 IM Prelims	2:52.88
#405 Men 19&U 200 Breast	3:18.26		

**7 Visser, Sandri - Female - Age: 15 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:13.73	#206 Women 19&U 100 Breast Prelims	1:26.73
#306 Women 19&U 50 Breast Prelims	39.34	#310 Women 19&U 100 Back Prelims	1:24.64
#402 Women 19&U 50 Free Prelims	32.64	#406 Women 19&U 200 Breast	3:11.41
#410 Women 19&U 50 Back	38.03		

**8 Weber, Daniel - Male - Age: 12 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	1:09.00	#205 Men 19&U 100 Breast Prelims	1:43.52
#211 Men 19&U 100 Fly Prelims	1:21.07	#305 Men 19&U 50 Breast Prelims	44.60
#309 Men 19&U 100 Back Prelims	1:27.69	#313 Men 19&U 200 IM Prelims	2:59.20
#401 Men 19&U 50 Free Prelims	31.09	#409 Men 19&U 50 Back Prelims	38.37
#411 Men 19&U 50 Fly Prelims	33.92		

**Players-CE Total Individual Entries: 53 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Port Elizabeth Amateur Swimmin-NM

## 1 Andrews, Carl R - Male - Age: 14 - Ind/Rel: 8 / 5

#107 Men 14 400 Free	5:18.28	#201 Men 19&U 100 Free Prelims	1:04.89
#207 Men 19&U 200 Back Prelims	2:41.58	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.06
#301 Men 19&U 200 Free Prelims	2:29.04	#309 Men 19&U 100 Back Prelims	1:14.05
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.05	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.42
#401 Men 19&U 50 Free Prelims	29.40	#409 Men 19&U 50 Back Prelims	33.54
#411 Men 19&U 50 Fly Prelims	32.56	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.44
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.16		

## 2 Basson, Zethan L - Male - Age: 13 - Ind/Rel: 5 / 1

#205 Men 19&U 100 Breast Prelims	1:27.49	#305 Men 19&U 50 Breast Prelims	38.82
#401 Men 19&U 50 Free Prelims	32.58	#405 Men 19&U 200 Breast	3:17.02
#411 Men 19&U 50 Fly Prelims	37.90	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.44

## 3 Beatt, Emily R - Female - Age: 17 - Ind/Rel: 6 / 5

#202 Women 19&U 100 Free Prelims	1:04.57	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.41
#302 Women 19&U 200 Free Prelims	2:23.62	#310 Women 19&U 100 Back Prelims	1:14.48
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:02.86
#402 Women 19&U 50 Free Prelims	28.68	#410 Women 19&U 50 Back	33.37
#412 Women 19&U 50 Fly Prelims	32.46	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.98
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:08.12		

## 4 Fang, Ethan Y - Male - Age: 13 - Ind/Rel: 4 / 1

#105 Men 13 400 Free	5:33.18	#201 Men 19&U 100 Free Prelims	1:10.74
#205 Men 19&U 100 Breast Prelims	1:39.95	#301 Men 19&U 200 Free Prelims	2:38.44
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.05		

## 5 Heine, Jett C - Male - Age: 14 - Ind/Rel: 7 / 4

#201 Men 19&U 100 Free Prelims	59.54	#205 Men 19&U 100 Breast Prelims	1:20.69
#211 Men 19&U 100 Fly Prelims	1:12.66	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.06
#301 Men 19&U 200 Free Prelims	2:38.12	#305 Men 19&U 50 Breast Prelims	35.22
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.70	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.42
#401 Men 19&U 50 Free Prelims	26.41	#411 Men 19&U 50 Fly Prelims	28.26
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:08.12		

## 6 Hiten, Darius - Male - Age: 18 - Ind/Rel: 3 / 2

#201 Men 19&U 100 Free Prelims	56.84	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.70
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:02.86	#401 Men 19&U 50 Free Prelims	25.63
#411 Men 19&U 50 Fly Prelims	27.27		

## 7 Hlangothi, Munguni S - Male - Age: 16 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:00.36	#205 Men 19&U 100 Breast Prelims	1:14.47
#211 Men 19&U 100 Fly Prelims	1:08.84	#305 Men 19&U 50 Breast Prelims	32.57
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.70	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:02.86
#401 Men 19&U 50 Free Prelims	27.03	#405 Men 19&U 200 Breast	2:49.04
#411 Men 19&U 50 Fly Prelims	29.79	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:08.12

## 8 O'Connor, Kayden C - Female - Age: 13 - Ind/Rel: 6 / 3

#206 Women 19&U 100 Breast Prelims	1:25.98	#212 Women 19&U 100 Fly Prelims	1:23.47
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:46.56	#306 Women 19&U 50 Breast Prelims	37.93
#310 Women 19&U 100 Back Prelims	1:19.46	#314 Women 19&U 200 IM Prelims	2:51.04
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.30	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.42
#406 Women 19&U 200 Breast	3:06.17		

## 9 Ogden, Amber - Female - Age: 17 - Ind/Rel: 6 / 5

#114 Women 17-19 400 Free	5:18.64	#202 Women 19&U 100 Free Prelims	1:06.35
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.41	#302 Women 19&U 200 Free Prelims	2:31.27
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:02.86
#402 Women 19&U 50 Free Prelims	29.65	#410 Women 19&U 50 Back	36.92
#412 Women 19&U 50 Fly Prelims	32.90	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.98
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:08.12		

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Port Elizabeth Amateur Swimmin-NM****10 Ogden, Lily - Female - Age: 15 - Ind/Rel: 5 / 3**

#202 Women 19&U 100 Free Prelims	1:08.53	#208 Women 19&U 200 Back Prelims	2:47.42
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:46.56	#310 Women 19&U 100 Back Prelims	1:16.89
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.30	#402 Women 19&U 50 Free Prelims	31.42
#410 Women 19&U 50 Back	35.33	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.16

**11 O'Neill, Teagan J - Male - Age: 13 - Ind/Rel: 7 / 3**

#201 Men 19&U 100 Free Prelims	1:10.59	#205 Men 19&U 100 Breast Prelims	1:30.54
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.06	#305 Men 19&U 50 Breast Prelims	41.53
#309 Men 19&U 100 Back Prelims	1:22.03	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.05
#401 Men 19&U 50 Free Prelims	31.34	#409 Men 19&U 50 Back Prelims	38.47
#411 Men 19&U 50 Fly Prelims	34.52	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.44

**12 Palmer, Travis I - Male - Age: 13 - Ind/Rel: 7 / 4**

#105 Men 13 400 Free	5:17.72	#201 Men 19&U 100 Free Prelims	1:08.04
#211 Men 19&U 100 Fly Prelims	1:16.38	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.06
#301 Men 19&U 200 Free Prelims	2:28.46	#313 Men 19&U 200 IM Prelims	2:51.89
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.05	#401 Men 19&U 50 Free Prelims	30.90
#411 Men 19&U 50 Fly Prelims	33.87	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.44
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.16		

**13 Roth, Elle - Female - Age: 11 - Ind/Rel: 9 / 2**

#102 Women 11&U 400 Free	5:40.34	#202 Women 19&U 100 Free Prelims	1:14.22
#208 Women 19&U 200 Back Prelims	3:02.38	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:46.56
#302 Women 19&U 200 Free Prelims	2:40.42	#310 Women 19&U 100 Back Prelims	1:23.43
#314 Women 19&U 200 IM Prelims	3:10.05	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.30
#402 Women 19&U 50 Free Prelims	33.60	#410 Women 19&U 50 Back	37.83
#412 Women 19&U 50 Fly Prelims	37.81		

**14 Sheard, Dylan J - Male - Age: 16 - Ind/Rel: 8 / 1**

#111 Men 16 400 Free	4:54.47	#201 Men 19&U 100 Free Prelims	1:03.64
#207 Men 19&U 200 Back Prelims	2:34.41	#301 Men 19&U 200 Free Prelims	2:19.76
#309 Men 19&U 100 Back Prelims	1:10.99	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.70
#401 Men 19&U 50 Free Prelims	28.63	#409 Men 19&U 50 Back Prelims	32.86
#411 Men 19&U 50 Fly Prelims	31.37		

**15 Strong, Ava J - Female - Age: 14 - Ind/Rel: 6 / 4**

#208 Women 19&U 200 Back Prelims	2:46.19	#212 Women 19&U 100 Fly Prelims	1:16.78
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:46.56	#310 Women 19&U 100 Back Prelims	1:15.89
#314 Women 19&U 200 IM Prelims	2:50.39	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:11.30
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.42	#410 Women 19&U 50 Back	36.23
#412 Women 19&U 50 Fly Prelims	33.95	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.16

**16 Tweedie, Scarlet S - Female - Age: 16 - Ind/Rel: 7 / 3**

#202 Women 19&U 100 Free Prelims	1:11.17	#206 Women 19&U 100 Breast Prelims	1:27.74
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.41	#302 Women 19&U 200 Free Prelims	2:41.68
#306 Women 19&U 50 Breast Prelims	39.65	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
#402 Women 19&U 50 Free Prelims	31.45	#406 Women 19&U 200 Breast	3:14.72
#412 Women 19&U 50 Fly Prelims	34.67	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.98

**17 Van Eeden, Alne - Female - Age: 17 - Ind/Rel: 6 / 3**

#114 Women 17-19 400 Free	5:01.59	#206 Women 19&U 100 Breast Prelims	1:30.14
#212 Women 19&U 100 Fly Prelims	1:22.46	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.41
#302 Women 19&U 200 Free Prelims	2:27.84	#314 Women 19&U 200 IM Prelims	2:50.23
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT	#406 Women 19&U 200 Breast	3:12.63
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.98		

**Port Elizabeth Amateur Swimmin-NM Total Individual Entries: 107 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Quick Silver Swimming Academy-CP

## 1 Afonso, Aragon G - Male - Age: 13 - Ind/Rel: 6 / 3

#105 Men 13 400 Free	5:10.59	#201 Men 19&U 100 Free Prelims	1:09.21
#211 Men 19&U 100 Fly Prelims	1:16.76	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:47.44
#301 Men 19&U 200 Free Prelims	2:28.55	#313 Men 19&U 200 IM Prelims	2:48.30
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:13.02	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.14
#411 Men 19&U 50 Fly Prelims	33.05		

## 2 Barnard, Daniël B - Male - Age: 11 - Ind/Rel: 5 / 1

#207 Men 19&U 200 Back Prelims	3:09.11	#301 Men 19&U 200 Free Prelims	2:49.53
#313 Men 19&U 200 IM Prelims	3:10.13	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:49.41
#405 Men 19&U 200 Breast	3:49.50	#411 Men 19&U 50 Fly Prelims	38.93

## 3 Bosman, Jessica A - Female - Age: 15 - Ind/Rel: 7 / 2

#110 Women 15 400 Free	5:24.81	#202 Women 19&U 100 Free Prelims	1:13.91
#206 Women 19&U 100 Breast Prelims	1:30.13	#208 Women 19&U 200 Back Prelims	2:53.23
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.05	#302 Women 19&U 200 Free Prelims	2:35.34
#310 Women 19&U 100 Back Prelims	1:21.12	#314 Women 19&U 200 IM Prelims	2:52.45
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:18.98		

## 4 Coetzee, Sion M - Male - Age: 13 - Ind/Rel: 7 / 2

#105 Men 13 400 Free	5:35.50	#201 Men 19&U 100 Free Prelims	1:10.34
#207 Men 19&U 200 Back Prelims	2:50.75	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:47.44
#301 Men 19&U 200 Free Prelims	2:35.34	#305 Men 19&U 50 Breast Prelims	44.00
#309 Men 19&U 100 Back Prelims	1:19.35	#313 Men 19&U 200 IM Prelims	3:07.86
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:13.02		

## 5 Den Haan, Stèfan - Male - Age: 17 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:04.54	#205 Men 19&U 100 Breast Prelims	1:20.13
#207 Men 19&U 200 Back Prelims	2:34.24	#301 Men 19&U 200 Free Prelims	2:19.06
#305 Men 19&U 50 Breast Prelims	35.51	#309 Men 19&U 100 Back Prelims	1:11.42
#313 Men 19&U 200 IM Prelims	2:34.36		

## 6 Joubert, Wian - Male - Age: 12 - Ind/Rel: 6 / 3

#207 Men 19&U 200 Back Prelims	3:00.14	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:47.44
#301 Men 19&U 200 Free Prelims	2:47.50	#305 Men 19&U 50 Breast Prelims	49.55
#309 Men 19&U 100 Back Prelims	1:26.04	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:13.02
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:49.41	#401 Men 19&U 50 Free Prelims	36.41
#405 Men 19&U 200 Breast	3:44.57		

## 7 Odendaal, Sarah-Kate - Female - Age: 11 - Ind/Rel: 10 / 2

#202 Women 19&U 100 Free Prelims	1:20.91	#208 Women 19&U 200 Back Prelims	3:07.74
#302 Women 19&U 200 Free Prelims	3:05.61	#306 Women 19&U 50 Breast Prelims	50.81
#310 Women 19&U 100 Back Prelims	1:26.14	#314 Women 19&U 200 IM Prelims	3:34.44
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:18.98	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:49.41
#402 Women 19&U 50 Free Prelims	35.30	#406 Women 19&U 200 Breast	3:50.43
#410 Women 19&U 50 Back	42.22	#412 Women 19&U 50 Fly Prelims	42.16

## 8 Serfontein, Christi - Female - Age: 15 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:08.58	#206 Women 19&U 100 Breast Prelims	1:28.10
#212 Women 19&U 100 Fly Prelims	1:26.71	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.05
#302 Women 19&U 200 Free Prelims	2:34.22	#306 Women 19&U 50 Breast Prelims	40.13
#310 Women 19&U 100 Back Prelims	1:19.89	#314 Women 19&U 200 IM Prelims	2:50.30
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:18.98	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.14
#406 Women 19&U 200 Breast	3:12.53		

## 9 Stevens, Judy C - Female - Age: 15 - Ind/Rel: 7 / 3

#206 Women 19&U 100 Breast Prelims	1:29.88	#208 Women 19&U 200 Back Prelims	2:50.78
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.05	#302 Women 19&U 200 Free Prelims	2:40.76
#306 Women 19&U 50 Breast Prelims	40.84	#310 Women 19&U 100 Back Prelims	1:20.04
#314 Women 19&U 200 IM Prelims	3:03.41	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:18.98
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.14	#406 Women 19&U 200 Breast	3:16.70

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Quick Silver Swimming Academy-CP****10 Stevenson, Mikayla - Female - Age: 11 - Ind/Rel: 12 / 2**

#102 Women 11&U 400 Free	6:56.44	#202 Women 19&U 100 Free Prelims	1:25.46
#206 Women 19&U 100 Breast Prelims	1:43.06	#208 Women 19&U 200 Back Prelims	3:05.46
#212 Women 19&U 100 Fly Prelims	1:41.35	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.05
#302 Women 19&U 200 Free Prelims	2:57.48	#306 Women 19&U 50 Breast Prelims	51.53
#310 Women 19&U 100 Back Prelims	1:25.97	#314 Women 19&U 200 IM Prelims	3:22.90
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:49.41	#406 Women 19&U 200 Breast	3:46.22
#410 Women 19&U 50 Back	41.79	#412 Women 19&U 50 Fly Prelims	43.32

**11 Taljaard, Jason - Male - Age: 14 - Ind/Rel: 6 / 3**

#205 Men 19&U 100 Breast Prelims	1:26.78	#207 Men 19&U 200 Back Prelims	2:51.85
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:47.44	#301 Men 19&U 200 Free Prelims	2:35.16
#305 Men 19&U 50 Breast Prelims	40.31	#309 Men 19&U 100 Back Prelims	1:15.80
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:13.02	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.14
#405 Men 19&U 200 Breast	3:08.82		

**12 Troskie, Jean - Male - Age: 12 - Ind/Rel: 8 / 0**

#103 Men 12 400 Free	5:51.10	#201 Men 19&U 100 Free Prelims	1:10.67
#205 Men 19&U 100 Breast Prelims	1:32.50	#301 Men 19&U 200 Free Prelims	2:34.10
#305 Men 19&U 50 Breast Prelims	40.86	#401 Men 19&U 50 Free Prelims	30.61
#405 Men 19&U 200 Breast	3:27.68	#411 Men 19&U 50 Fly Prelims	41.58

**13 Troskie, Roean - Male - Age: 12 - Ind/Rel: 7 / 0**

#207 Men 19&U 200 Back Prelims	2:45.42	#301 Men 19&U 200 Free Prelims	2:40.22
#305 Men 19&U 50 Breast Prelims	47.30	#309 Men 19&U 100 Back Prelims	1:15.65
#313 Men 19&U 200 IM Prelims	3:03.11	#401 Men 19&U 50 Free Prelims	31.63
#411 Men 19&U 50 Fly Prelims	38.18		

**14 Vd Merwe, Zander - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:25.78	#205 Men 19&U 100 Breast Prelims	1:48.67
#301 Men 19&U 200 Free Prelims	3:07.89	#305 Men 19&U 50 Breast Prelims	52.54
#309 Men 19&U 100 Back Prelims	1:43.24	#401 Men 19&U 50 Free Prelims	38.58
#405 Men 19&U 200 Breast	3:46.77		

**15 Voges, Jhoanè E - Female - Age: 16 - Ind/Rel: 6 / 0**

#212 Women 19&U 100 Fly Prelims	1:13.00	#302 Women 19&U 200 Free Prelims	2:26.01
#310 Women 19&U 100 Back Prelims	1:17.81	#314 Women 19&U 200 IM Prelims	2:44.15
#410 Women 19&U 50 Back	36.57	#412 Women 19&U 50 Fly Prelims	34.18

**16 Wyngaard, Dakota J - Female - Age: 17 - Ind/Rel: 4 / 0**

#206 Women 19&U 100 Breast Prelims	1:41.95	#208 Women 19&U 200 Back Prelims	2:48.22
#302 Women 19&U 200 Free Prelims	2:36.92	#310 Women 19&U 100 Back Prelims	1:19.54

**Quick Silver Swimming Academy-CP Total Individual Entries: 113 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Quicksilver Aquatics Winelands-CE****1 De Beer, Isabella C - Female - Age: 12 - Ind/Rel: 9 / 0**

#202 Women 19&U 100 Free Prelims	1:19.87	#206 Women 19&U 100 Breast Prelims	1:55.36
#208 Women 19&U 200 Back Prelims	2:59.76	#302 Women 19&U 200 Free Prelims	3:10.18
#306 Women 19&U 50 Breast Prelims	47.77	#310 Women 19&U 100 Back Prelims	1:23.30
#314 Women 19&U 200 IM Prelims	3:06.26	#402 Women 19&U 50 Free Prelims	34.52
#410 Women 19&U 50 Back	36.05		

**2 Holthuis, Keilah-Naomi - Female - Age: 14 - Ind/Rel: 9 / 0**

#108 Women 14 400 Free	5:09.50	#202 Women 19&U 100 Free Prelims	1:04.86
#206 Women 19&U 100 Breast Prelims	1:30.19	#302 Women 19&U 200 Free Prelims	2:25.16
#310 Women 19&U 100 Back Prelims	1:16.64	#314 Women 19&U 200 IM Prelims	2:54.77
#402 Women 19&U 50 Free Prelims	30.25	#406 Women 19&U 200 Breast	3:16.06
#410 Women 19&U 50 Back	36.45		

**3 Kirsten, Jan-Dawid E - Male - Age: 12 - Ind/Rel: 4 / 0**

#201 Men 19&U 100 Free Prelims	1:11.37	#205 Men 19&U 100 Breast Prelims	1:44.50
#309 Men 19&U 100 Back Prelims	1:26.98	#401 Men 19&U 50 Free Prelims	32.22

**4 Nienaber, Mila J - Female - Age: 12 - Ind/Rel: 12 / 0**

#104 Women 12 400 Free	5:34.56	#202 Women 19&U 100 Free Prelims	1:12.89
#206 Women 19&U 100 Breast Prelims	1:40.27	#208 Women 19&U 200 Back Prelims	2:55.41
#302 Women 19&U 200 Free Prelims	2:35.16	#306 Women 19&U 50 Breast Prelims	42.06
#310 Women 19&U 100 Back Prelims	1:30.40	#314 Women 19&U 200 IM Prelims	3:15.40
#402 Women 19&U 50 Free Prelims	32.65	#406 Women 19&U 200 Breast	3:29.94
#410 Women 19&U 50 Back	38.25	#412 Women 19&U 50 Fly Prelims	42.51

**5 Rosslee, Christian F - Male - Age: 14 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:02.52	#205 Men 19&U 100 Breast Prelims	1:18.19
#211 Men 19&U 100 Fly Prelims	1:06.22	#305 Men 19&U 50 Breast Prelims	35.78
#313 Men 19&U 200 IM Prelims	2:39.29	#401 Men 19&U 50 Free Prelims	28.19
#405 Men 19&U 200 Breast	2:54.15	#411 Men 19&U 50 Fly Prelims	29.64

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

#202 Women 19&U 100 Free Prelims	1:05.78	#212 Women 19&U 100 Fly Prelims	1:11.48
#310 Women 19&U 100 Back Prelims	1:13.34	#314 Women 19&U 200 IM Prelims	2:42.45
#410 Women 19&U 50 Back	33.19	#412 Women 19&U 50 Fly Prelims	30.76

**Quicksilver Aquatics Winelands-CE Total Individual Entries: 48 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Royal Swimming Academy-ED****1 Baillie, Gabi J - Female - Age: 14 - Ind/Rel: 7 / 0**

#206 Women 19&U 100 Breast Prelims	1:33.26	#208 Women 19&U 200 Back Prelims	2:46.45
#306 Women 19&U 50 Breast Prelims	42.50	#310 Women 19&U 100 Back Prelims	1:19.02
#314 Women 19&U 200 IM Prelims	3:02.61	#406 Women 19&U 200 Breast	3:17.63
#410 Women 19&U 50 Back	37.42		

**2 Burger, Johané - Female - Age: 11 - Ind/Rel: 9 / 0**

#102 Women 11&U 400 Free	5:38.24	#202 Women 19&U 100 Free Prelims	1:11.45
#208 Women 19&U 200 Back Prelims	2:59.19	#302 Women 19&U 200 Free Prelims	2:39.61
#310 Women 19&U 100 Back Prelims	1:26.34	#314 Women 19&U 200 IM Prelims	3:28.56
#402 Women 19&U 50 Free Prelims	34.33	#410 Women 19&U 50 Back	39.74
#412 Women 19&U 50 Fly Prelims	45.28		

**3 Kleynhans, Sian - Female - Age: 14 - Ind/Rel: 10 / 0**

#108 Women 14 400 Free	5:20.11	#202 Women 19&U 100 Free Prelims	1:13.53
#208 Women 19&U 200 Back Prelims	2:50.26	#302 Women 19&U 200 Free Prelims	2:36.48
#310 Women 19&U 100 Back Prelims	1:22.12	#314 Women 19&U 200 IM Prelims	2:55.08
#402 Women 19&U 50 Free Prelims	34.07	#406 Women 19&U 200 Breast	3:28.61
#410 Women 19&U 50 Back	38.49	#412 Women 19&U 50 Fly Prelims	40.35

**4 Roff, Mikaela - Female - Age: 11 - Ind/Rel: 10 / 0**

#102 Women 11&U 400 Free	5:26.32	#202 Women 19&U 100 Free Prelims	1:10.87
#208 Women 19&U 200 Back Prelims	2:57.82	#302 Women 19&U 200 Free Prelims	2:34.51
#310 Women 19&U 100 Back Prelims	1:24.52	#314 Women 19&U 200 IM Prelims	3:11.48
#402 Women 19&U 50 Free Prelims	32.85	#406 Women 19&U 200 Breast	3:59.58
#410 Women 19&U 50 Back	39.52	#412 Women 19&U 50 Fly Prelims	40.21

**5 Smit, Christian F - Male - Age: 12 - Ind/Rel: 9 / 0**

#103 Men 12 400 Free	6:16.31	#201 Men 19&U 100 Free Prelims	1:17.13
#205 Men 19&U 100 Breast Prelims	1:36.18	#301 Men 19&U 200 Free Prelims	2:47.62
#305 Men 19&U 50 Breast Prelims	44.76	#313 Men 19&U 200 IM Prelims	3:10.28
#401 Men 19&U 50 Free Prelims	34.27	#405 Men 19&U 200 Breast	3:23.66
#411 Men 19&U 50 Fly Prelims	43.26		

**6 Theron, Yedidah - Female - Age: 18 - Ind/Rel: 8 / 0**

#114 Women 17-19 400 Free	5:14.76	#202 Women 19&U 100 Free Prelims	1:06.85
#208 Women 19&U 200 Back Prelims	2:58.79	#302 Women 19&U 200 Free Prelims	2:29.43
#314 Women 19&U 200 IM Prelims	2:50.45	#402 Women 19&U 50 Free Prelims	30.78
#410 Women 19&U 50 Back	38.52	#412 Women 19&U 50 Fly Prelims	36.50

**Royal Swimming Academy-ED Total Individual Entries: 53 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Silver Fins Swimming Club-CP****1 Smit, Reynard-Gray - Male - Age: 13 - Ind/Rel: 9 / 0**

#105 Men 13 400 Free	5:09.97	#201 Men 19&U 100 Free Prelims	1:07.25
#211 Men 19&U 100 Fly Prelims	1:21.34	#301 Men 19&U 200 Free Prelims	2:27.55
#309 Men 19&U 100 Back Prelims	1:22.62	#313 Men 19&U 200 IM Prelims	2:51.82
#401 Men 19&U 50 Free Prelims	30.41	#409 Men 19&U 50 Back Prelims	36.45
#411 Men 19&U 50 Fly Prelims	33.93		

**2 Willenburg, Elijah K - Male - Age: 13 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:06.43	#205 Men 19&U 100 Breast Prelims	1:30.57
#305 Men 19&U 50 Breast Prelims	39.35	#309 Men 19&U 100 Back Prelims	1:18.06
#401 Men 19&U 50 Free Prelims	30.09	#409 Men 19&U 50 Back Prelims	34.58
#411 Men 19&U 50 Fly Prelims	33.14		

**Silver Fins Swimming Club-CP Total Individual Entries: 16 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Sport Science Institute of SA-CP****1 Hagglund, Emma H - Female - Age: 14 - Ind/Rel: 8 / 1**

#202 Women 19&U 100 Free Prelims	1:10.35	#208 Women 19&U 200 Back Prelims	2:53.71
#302 Women 19&U 200 Free Prelims	2:35.92	#310 Women 19&U 100 Back Prelims	1:20.72
#314 Women 19&U 200 IM Prelims	2:55.26	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.49
#402 Women 19&U 50 Free Prelims	32.14	#410 Women 19&U 50 Back	38.45
#412 Women 19&U 50 Fly Prelims	36.03		

**2 Herbst, Mienke - Female - Age: 17 - Ind/Rel: 6 / 0**

#114 Women 17-19 400 Free	5:12.92	#206 Women 19&U 100 Breast Prelims	1:24.08
#306 Women 19&U 50 Breast Prelims	38.60	#314 Women 19&U 200 IM Prelims	2:47.65
#402 Women 19&U 50 Free Prelims	33.03	#406 Women 19&U 200 Breast	2:59.66

**3 Micklethwaite, Skye T - Female - Age: 17 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:07.10	#208 Women 19&U 200 Back Prelims	2:36.42
#302 Women 19&U 200 Free Prelims	2:23.68	#310 Women 19&U 100 Back Prelims	1:14.51
#314 Women 19&U 200 IM Prelims	2:43.81	#402 Women 19&U 50 Free Prelims	31.31
#412 Women 19&U 50 Fly Prelims	34.39		

**4 Myers, Kirsten E - Female - Age: 13 - Ind/Rel: 6 / 1**

#202 Women 19&U 100 Free Prelims	1:11.65	#208 Women 19&U 200 Back Prelims	2:57.68
#302 Women 19&U 200 Free Prelims	2:38.87	#310 Women 19&U 100 Back Prelims	1:21.30
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.49	#402 Women 19&U 50 Free Prelims	32.29
#410 Women 19&U 50 Back	36.95		

**5 Poggenpoel, Troy J - Male - Age: 14 - Ind/Rel: 10 / 1**

#107 Men 14 400 Free	4:56.47	#201 Men 19&U 100 Free Prelims	1:04.34
#207 Men 19&U 200 Back Prelims	2:42.34	#211 Men 19&U 100 Fly Prelims	1:13.82
#301 Men 19&U 200 Free Prelims	2:18.62	#309 Men 19&U 100 Back Prelims	1:14.96
#313 Men 19&U 200 IM Prelims	2:37.02	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.49
#401 Men 19&U 50 Free Prelims	29.85	#409 Men 19&U 50 Back Prelims	36.96
#411 Men 19&U 50 Fly Prelims	32.28		

**6 Williams, Evan B - Male - Age: 14 - Ind/Rel: 10 / 1**

#107 Men 14 400 Free	4:54.39	#201 Men 19&U 100 Free Prelims	1:05.07
#205 Men 19&U 100 Breast Prelims	1:21.74	#207 Men 19&U 200 Back Prelims	2:33.27
#301 Men 19&U 200 Free Prelims	2:17.74	#309 Men 19&U 100 Back Prelims	1:12.65
#313 Men 19&U 200 IM Prelims	2:37.19	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.49
#401 Men 19&U 50 Free Prelims	28.80	#405 Men 19&U 200 Breast	2:59.87
#409 Men 19&U 50 Back Prelims	34.36		

**Sport Science Institute of SA-CP Total Individual Entries: 47 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Stellenbosch Aquatics-CE****1 O'Carroll, Nia E - Female - Age: 13 - Ind/Rel: 8 / 0**

#106 Women 13 400 Free	5:20.14	#202 Women 19&U 100 Free Prelims	1:06.64
#206 Women 19&U 100 Breast Prelims	1:42.03	#208 Women 19&U 200 Back Prelims	2:51.46
#302 Women 19&U 200 Free Prelims	2:31.40	#306 Women 19&U 50 Breast Prelims	45.58
#310 Women 19&U 100 Back Prelims	1:18.74	#314 Women 19&U 200 IM Prelims	2:54.51

**2 Van der Merwe, Dandre J - Male - Age: 11 - Ind/Rel: 3 / 0**

#205 Men 19&U 100 Breast Prelims	1:38.80	#305 Men 19&U 50 Breast Prelims	45.55
#309 Men 19&U 100 Back Prelims	1:36.56		

**Stellenbosch Aquatics-CE Total Individual Entries: 11 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Swartland Swim Club-WC

## 1 Atkinson, Anouk E - Female - Age: 13 - Ind/Rel: 6 / 2

#202 Women 19&U 100 Free Prelims	1:20.36	#206 Women 19&U 100 Breast Prelims	1:36.25
#306 Women 19&U 50 Breast Prelims	44.68	#314 Women 19&U 200 IM Prelims	3:15.13
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.85	#406 Women 19&U 200 Breast	3:20.82
#412 Women 19&U 50 Fly Prelims	38.84	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.07

## 2 Atkinson, Samuel A - Male - Age: 15 - Ind/Rel: 8 / 5

#109 Men 15 400 Free	4:49.56	#201 Men 19&U 100 Free Prelims	1:00.86
#205 Men 19&U 100 Breast Prelims	1:19.47	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:11.80
#301 Men 19&U 200 Free Prelims	2:13.42	#305 Men 19&U 50 Breast Prelims	36.44
#313 Men 19&U 200 IM Prelims	2:33.69	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.60
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.20	#401 Men 19&U 50 Free Prelims	27.78
#405 Men 19&U 200 Breast	3:02.24	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:09.54
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.63		

## 3 Barnard, Adelmari D - Female - Age: 14 - Ind/Rel: 6 / 2

#202 Women 19&U 100 Free Prelims	1:13.27	#206 Women 19&U 100 Breast Prelims	1:31.20
#302 Women 19&U 200 Free Prelims	2:40.19	#306 Women 19&U 50 Breast Prelims	39.96
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.85	#402 Women 19&U 50 Free Prelims	32.55
#406 Women 19&U 200 Breast	3:17.31	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.07

## 4 Barnard, Theo J - Male - Age: 11 - Ind/Rel: 7 / 0

#101 Men 11&U 400 Free	5:28.23	#201 Men 19&U 100 Free Prelims	1:10.80
#211 Men 19&U 100 Fly Prelims	1:19.23	#301 Men 19&U 200 Free Prelims	2:35.05
#313 Men 19&U 200 IM Prelims	2:58.77	#401 Men 19&U 50 Free Prelims	32.96
#411 Men 19&U 50 Fly Prelims	34.69		

## 5 Borman, Jani - Female - Age: 15 - Ind/Rel: 7 / 4

#206 Women 19&U 100 Breast Prelims	1:24.17	#208 Women 19&U 200 Back Prelims	2:43.43
#306 Women 19&U 50 Breast Prelims	39.42	#310 Women 19&U 100 Back Prelims	1:13.97
#314 Women 19&U 200 IM Prelims	2:45.48	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.85
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.20	#406 Women 19&U 200 Breast	2:59.55
#410 Women 19&U 50 Back	34.92	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.07
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.63		

## 6 Hewitt-Smook, Kristian - Male - Age: 16 - Ind/Rel: 8 / 4

#201 Men 19&U 100 Free Prelims	1:00.39	#207 Men 19&U 200 Back Prelims	2:36.15
#211 Men 19&U 100 Fly Prelims	1:11.57	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:11.80
#309 Men 19&U 100 Back Prelims	1:10.79	#313 Men 19&U 200 IM Prelims	2:40.26
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.60	#401 Men 19&U 50 Free Prelims	27.07
#409 Men 19&U 50 Back Prelims	33.25	#411 Men 19&U 50 Fly Prelims	30.49
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:09.54	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.63

## 7 Kruger, Zachary C - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:13.29	#205 Men 19&U 100 Breast Prelims	1:40.32
#207 Men 19&U 200 Back Prelims	2:58.27	#301 Men 19&U 200 Free Prelims	2:40.49
#309 Men 19&U 100 Back Prelims	1:23.26	#313 Men 19&U 200 IM Prelims	3:05.44
#401 Men 19&U 50 Free Prelims	35.27	#405 Men 19&U 200 Breast	3:33.48
#409 Men 19&U 50 Back Prelims	40.10		

## 8 Lategan, Nicky N - Male - Age: 14 - Ind/Rel: 9 / 3

#107 Men 14 400 Free	5:00.51	#207 Men 19&U 200 Back Prelims	2:35.13
#211 Men 19&U 100 Fly Prelims	1:13.52	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:11.80
#301 Men 19&U 200 Free Prelims	2:22.13	#309 Men 19&U 100 Back Prelims	1:12.91
#313 Men 19&U 200 IM Prelims	2:37.82	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.60
#401 Men 19&U 50 Free Prelims	30.31	#409 Men 19&U 50 Back Prelims	33.49
#411 Men 19&U 50 Fly Prelims	31.67	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:09.54

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Swartland Swim Club-WC****9 Lategan, Wessel W - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:21.27	#205 Men 19&U 100 Breast Prelims	1:40.34
#301 Men 19&U 200 Free Prelims	3:06.29	#305 Men 19&U 50 Breast Prelims	44.87
#313 Men 19&U 200 IM Prelims	3:20.12	#401 Men 19&U 50 Free Prelims	35.60
#405 Men 19&U 200 Breast	3:30.37		

**10 Liebenberg, Aimee L - Female - Age: 12 - Ind/Rel: 8 / 0**

#104 Women 12 400 Free	6:03.29	#202 Women 19&U 100 Free Prelims	1:18.95
#208 Women 19&U 200 Back Prelims	3:12.25	#302 Women 19&U 200 Free Prelims	2:53.02
#310 Women 19&U 100 Back Prelims	1:32.57	#314 Women 19&U 200 IM Prelims	3:28.04
#402 Women 19&U 50 Free Prelims	35.54	#410 Women 19&U 50 Back	43.27

**11 Liebenberg, Emily M - Female - Age: 15 - Ind/Rel: 6 / 4**

#202 Women 19&U 100 Free Prelims	1:04.78	#212 Women 19&U 100 Fly Prelims	1:11.08
#302 Women 19&U 200 Free Prelims	2:20.84	#314 Women 19&U 200 IM Prelims	2:45.44
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.85	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.20
#402 Women 19&U 50 Free Prelims	29.75	#412 Women 19&U 50 Fly Prelims	31.92
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.07	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.63

**12 Liedeman, Mark - Male - Age: 14 - Ind/Rel: 8 / 4**

#107 Men 14 400 Free	5:12.63	#201 Men 19&U 100 Free Prelims	1:04.51
#205 Men 19&U 100 Breast Prelims	1:22.60	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:11.80
#301 Men 19&U 200 Free Prelims	2:23.65	#305 Men 19&U 50 Breast Prelims	39.58
#313 Men 19&U 200 IM Prelims	2:40.97	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.60
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.20	#405 Men 19&U 200 Breast	2:58.34
#411 Men 19&U 50 Fly Prelims	32.54	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:09.54

**Swartland Swim Club-WC Total Individual Entries: 89 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Swimlab Aquatic Academ-CP****1 Blake, Jeremy - Male - Age: 12 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:14.44	#205 Men 19&U 100 Breast Prelims	1:40.45
#301 Men 19&U 200 Free Prelims	2:31.62	#305 Men 19&U 50 Breast Prelims	46.43
#313 Men 19&U 200 IM Prelims	3:02.26	#401 Men 19&U 50 Free Prelims	32.87
#409 Men 19&U 50 Back Prelims	41.62	#411 Men 19&U 50 Fly Prelims	36.79

**2 Ramorwesi, Oratilwe M - Male - Age: 12 - Ind/Rel: 11 / 0**

#103 Men 12 400 Free	6:11.62	#201 Men 19&U 100 Free Prelims	1:12.93
#207 Men 19&U 200 Back Prelims	3:03.35	#211 Men 19&U 100 Fly Prelims	1:23.75
#301 Men 19&U 200 Free Prelims	2:43.16	#305 Men 19&U 50 Breast Prelims	58.37
#309 Men 19&U 100 Back Prelims	1:26.03	#313 Men 19&U 200 IM Prelims	3:13.85
#401 Men 19&U 50 Free Prelims	33.25	#409 Men 19&U 50 Back Prelims	38.16
#411 Men 19&U 50 Fly Prelims	37.02		

**3 Schreuder, Hannah G - Female - Age: 15 - Ind/Rel: 8 / 0**

#202 Women 19&U 100 Free Prelims	1:10.46	#206 Women 19&U 100 Breast Prelims	1:21.99
#302 Women 19&U 200 Free Prelims	2:31.78	#306 Women 19&U 50 Breast Prelims	38.93
#314 Women 19&U 200 IM Prelims	3:01.99	#402 Women 19&U 50 Free Prelims	31.84
#406 Women 19&U 200 Breast	3:03.55	#412 Women 19&U 50 Fly Prelims	37.11

**4 Smit, MJ M - Male - Age: 16 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	58.66	#207 Men 19&U 200 Back Prelims	2:21.05
#211 Men 19&U 100 Fly Prelims	1:05.96	#301 Men 19&U 200 Free Prelims	2:09.99
#305 Men 19&U 50 Breast Prelims	35.10	#309 Men 19&U 100 Back Prelims	1:03.74
#401 Men 19&U 50 Free Prelims	26.51	#409 Men 19&U 50 Back Prelims	28.84
#411 Men 19&U 50 Fly Prelims	28.17		

**5 Zellie, Thomas J - Male - Age: 16 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	59.47	#205 Men 19&U 100 Breast Prelims	1:17.05
#301 Men 19&U 200 Free Prelims	2:14.38	#305 Men 19&U 50 Breast Prelims	34.59
#313 Men 19&U 200 IM Prelims	2:35.73	#401 Men 19&U 50 Free Prelims	27.34
#405 Men 19&U 200 Breast	2:49.67	#411 Men 19&U 50 Fly Prelims	31.68

**Swimlab Aquatic Academ-CP Total Individual Entries: 44 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**The Well-CE****1 Louw, Mali R - Female - Age: 11 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:28.86	#206 Women 19&U 100 Breast Prelims	1:43.03
#302 Women 19&U 200 Free Prelims	3:31.32	#306 Women 19&U 50 Breast Prelims	46.59
#314 Women 19&U 200 IM Prelims	3:51.00	#412 Women 19&U 50 Fly Prelims	47.87

**2 Olivier, Shani - Female - Age: 16 - Ind/Rel: 7 / 0**

#112 Women 16 400 Free	5:20.17	#202 Women 19&U 100 Free Prelims	1:11.50
#206 Women 19&U 100 Breast Prelims	1:22.09	#302 Women 19&U 200 Free Prelims	2:30.04
#306 Women 19&U 50 Breast Prelims	38.36	#402 Women 19&U 50 Free Prelims	32.62
#406 Women 19&U 200 Breast	2:58.18		

**The Well-CE Total Individual Entries: 13 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Tygerberg Aquatics-CP

## 1 Bester, Eben - Male - Age: 16 - Ind/Rel: 9 / 2

#111 Men 16 400 Free	4:47.27	#201 Men 19&U 100 Free Prelims	59.97
#205 Men 19&U 100 Breast Prelims	1:16.64	#207 Men 19&U 200 Back Prelims	2:22.54
#211 Men 19&U 100 Fly Prelims	1:12.65	#301 Men 19&U 200 Free Prelims	2:14.41
#305 Men 19&U 50 Breast Prelims	33.80	#309 Men 19&U 100 Back Prelims	1:07.11
#313 Men 19&U 200 IM Prelims	2:29.06	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:09.26
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:12.69		

## 2 Bosch, Ewan Y - Male - Age: 11 - Ind/Rel: 11 / 5

#101 Men 11&U 400 Free	5:58.77	#201 Men 19&U 100 Free Prelims	1:14.42
#205 Men 19&U 100 Breast Prelims	1:41.56	#207 Men 19&U 200 Back Prelims	3:05.96
#211 Men 19&U 100 Fly Prelims	1:20.93	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.45
#301 Men 19&U 200 Free Prelims	2:44.12	#309 Men 19&U 100 Back Prelims	1:25.86
#313 Men 19&U 200 IM Prelims	3:02.19	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:14.79
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.81	#401 Men 19&U 50 Free Prelims	33.19
#409 Men 19&U 50 Back Prelims	40.61	#411 Men 19&U 50 Fly Prelims	35.22
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:31.89	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.76

## 3 Boshoff, Anja - Female - Age: 11 - Ind/Rel: 6 / 4

#208 Women 19&U 200 Back Prelims	2:50.36	#212 Women 19&U 100 Fly Prelims	1:31.00
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.69	#310 Women 19&U 100 Back Prelims	1:19.52
#314 Women 19&U 200 IM Prelims	3:07.71	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.96
#410 Women 19&U 50 Back	37.27	#412 Women 19&U 50 Fly Prelims	39.58
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.27	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.76

## 4 Burger, Juanè - Female - Age: 13 - Ind/Rel: 12 / 3

#106 Women 13 400 Free	5:28.21	#202 Women 19&U 100 Free Prelims	1:13.10
#206 Women 19&U 100 Breast Prelims	1:38.27	#208 Women 19&U 200 Back Prelims	2:59.56
#212 Women 19&U 100 Fly Prelims	1:25.89	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:27.30
#302 Women 19&U 200 Free Prelims	2:36.14	#306 Women 19&U 50 Breast Prelims	45.65
#310 Women 19&U 100 Back Prelims	1:24.91	#314 Women 19&U 200 IM Prelims	2:56.43
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.55	#402 Women 19&U 50 Free Prelims	33.88
#410 Women 19&U 50 Back	39.59	#412 Women 19&U 50 Fly Prelims	36.25
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.62		

## 5 Chibharo, Lethabo L - Female - Age: 11 - Ind/Rel: 11 / 1

#102 Women 11&U 400 Free	6:10.39	#202 Women 19&U 100 Free Prelims	1:18.70
#206 Women 19&U 100 Breast Prelims	1:40.62	#212 Women 19&U 100 Fly Prelims	1:41.61
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.69	#302 Women 19&U 200 Free Prelims	2:49.90
#306 Women 19&U 50 Breast Prelims	47.23	#314 Women 19&U 200 IM Prelims	3:17.93
#402 Women 19&U 50 Free Prelims	35.51	#406 Women 19&U 200 Breast	3:37.56
#410 Women 19&U 50 Back	45.30	#412 Women 19&U 50 Fly Prelims	43.55

## 6 De Oliveira, Aliyah - Female - Age: 14 - Ind/Rel: 10 / 3

#206 Women 19&U 100 Breast Prelims	1:31.25	#208 Women 19&U 200 Back Prelims	2:44.52
#212 Women 19&U 100 Fly Prelims	1:25.27	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:37.10
#306 Women 19&U 50 Breast Prelims	41.91	#310 Women 19&U 100 Back Prelims	1:17.84
#314 Women 19&U 200 IM Prelims	2:52.08	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.55
#402 Women 19&U 50 Free Prelims	31.90	#406 Women 19&U 200 Breast	3:14.70
#410 Women 19&U 50 Back	36.55	#412 Women 19&U 50 Fly Prelims	35.05
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.91		

## 7 Fouche, Jack - Male - Age: 12 - Ind/Rel: 5 / 4

#103 Men 12 400 Free	5:51.98	#201 Men 19&U 100 Free Prelims	1:14.70
#205 Men 19&U 100 Breast Prelims	1:40.32	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.45
#301 Men 19&U 200 Free Prelims	2:47.17	#305 Men 19&U 50 Breast Prelims	44.32
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:14.79	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:31.89
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.76		

## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Tygerberg Aquatics-CP

## 8 Fouche, Ryan - Male - Age: 9 - Ind/Rel: 5 / 0

#101 Men 11&U 400 Free	6:17.79	#201 Men 19&U 100 Free Prelims	1:21.97
#205 Men 19&U 100 Breast Prelims	1:57.05	#301 Men 19&U 200 Free Prelims	2:58.44
#305 Men 19&U 50 Breast Prelims	57.02		

## 9 Heunis, Le Roux - Male - Age: 12 - Ind/Rel: 7 / 3

#103 Men 12 400 Free	6:07.74	#201 Men 19&U 100 Free Prelims	1:20.91
#207 Men 19&U 200 Back Prelims	3:05.82	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.45
#301 Men 19&U 200 Free Prelims	2:57.17	#305 Men 19&U 50 Breast Prelims	47.89
#309 Men 19&U 100 Back Prelims	1:27.32	#313 Men 19&U 200 IM Prelims	3:10.60
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:14.79	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:31.89

## 10 Minnaar, Nicolas - Male - Age: 14 - Ind/Rel: 8 / 2

#107 Men 14 400 Free	5:02.20	#201 Men 19&U 100 Free Prelims	1:04.06
#205 Men 19&U 100 Breast Prelims	1:26.51	#301 Men 19&U 200 Free Prelims	2:22.01
#313 Men 19&U 200 IM Prelims	2:42.23	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.36
#401 Men 19&U 50 Free Prelims	29.80	#405 Men 19&U 200 Breast	3:12.76
#411 Men 19&U 50 Fly Prelims	32.46	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.90

## 11 Möller, FC C - Male - Age: 16 - Ind/Rel: 8 / 2

#111 Men 16 400 Free	4:36.38	#201 Men 19&U 100 Free Prelims	1:00.81
#207 Men 19&U 200 Back Prelims	2:20.52	#301 Men 19&U 200 Free Prelims	2:12.79
#309 Men 19&U 100 Back Prelims	1:06.49	#313 Men 19&U 200 IM Prelims	2:29.02
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:09.26	#405 Men 19&U 200 Breast	2:52.29
#409 Men 19&U 50 Back Prelims	33.11	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:12.69

## 12 Olivier, Julie M - Female - Age: 11 - Ind/Rel: 10 / 5

#102 Women 11&U 400 Free	5:31.78	#202 Women 19&U 100 Free Prelims	1:13.13
#208 Women 19&U 200 Back Prelims	2:48.90	#212 Women 19&U 100 Fly Prelims	1:32.90
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.69	#302 Women 19&U 200 Free Prelims	2:35.45
#310 Women 19&U 100 Back Prelims	1:21.01	#314 Women 19&U 200 IM Prelims	2:57.05
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.96	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.81
#402 Women 19&U 50 Free Prelims	33.73	#410 Women 19&U 50 Back	37.77
#412 Women 19&U 50 Fly Prelims	35.74	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.27
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:57.76		

## 13 Rossouw, Cara - Female - Age: 14 - Ind/Rel: 10 / 2

#108 Women 14 400 Free	5:30.45	#202 Women 19&U 100 Free Prelims	1:10.19
#206 Women 19&U 100 Breast Prelims	1:31.76	#208 Women 19&U 200 Back Prelims	2:48.04
#212 Women 19&U 100 Fly Prelims	1:19.04	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:37.10
#302 Women 19&U 200 Free Prelims	2:39.10	#306 Women 19&U 50 Breast Prelims	43.17
#310 Women 19&U 100 Back Prelims	1:20.85	#314 Women 19&U 200 IM Prelims	3:00.52
#412 Women 19&U 50 Fly Prelims	33.71	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.62

## 14 Rossouw, Emma M - Female - Age: 15 - Ind/Rel: 5 / 3

#206 Women 19&U 100 Breast Prelims	1:32.01	#208 Women 19&U 200 Back Prelims	2:40.25
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:27.30	#302 Women 19&U 200 Free Prelims	2:30.00
#310 Women 19&U 100 Back Prelims	1:13.22	#314 Women 19&U 200 IM Prelims	2:47.20
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:01.15	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.91

## 15 Rossouw, Nadia - Female - Age: 17 - Ind/Rel: 10 / 5

#114 Women 17-19 400 Free	5:12.20	#202 Women 19&U 100 Free Prelims	1:06.40
#206 Women 19&U 100 Breast Prelims	1:28.93	#208 Women 19&U 200 Back Prelims	2:39.43
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:27.30	#302 Women 19&U 200 Free Prelims	2:25.62
#306 Women 19&U 50 Breast Prelims	39.40	#310 Women 19&U 100 Back Prelims	1:14.67
#314 Women 19&U 200 IM Prelims	2:47.10	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:01.15
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:09.26	#402 Women 19&U 50 Free Prelims	NT
#410 Women 19&U 50 Back	34.94	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.62
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:12.69		



## SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

## Team Entries - All Events

## Tygerberg Aquatics-CP

## 16 Ryser, Aurora - Female - Age: 16 - Ind/Rel: 9 / 5

#202 Women 19&U 100 Free Prelims	1:06.39	#208 Women 19&U 200 Back Prelims	2:35.76
#212 Women 19&U 100 Fly Prelims	1:13.83	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:27.30
#302 Women 19&U 200 Free Prelims	2:24.99	#310 Women 19&U 100 Back Prelims	1:11.56
#314 Women 19&U 200 IM Prelims	2:39.90	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:01.15
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:09.26	#402 Women 19&U 50 Free Prelims	30.04
#410 Women 19&U 50 Back	33.63	#412 Women 19&U 50 Fly Prelims	33.01
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.62	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:12.69

## 17 Senekal, Margo - Female - Age: 14 - Ind/Rel: 7 / 5

#108 Women 14 400 Free	4:58.21	#202 Women 19&U 100 Free Prelims	1:07.05
#208 Women 19&U 200 Back Prelims	2:49.59	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:37.10
#302 Women 19&U 200 Free Prelims	2:23.41	#314 Women 19&U 200 IM Prelims	2:42.62
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.55	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.36
#402 Women 19&U 50 Free Prelims	31.04	#410 Women 19&U 50 Back	37.46
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.91	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.90

## 18 Smith, Lara E - Female - Age: 15 - Ind/Rel: 5 / 5

#202 Women 19&U 100 Free Prelims	1:08.34	#212 Women 19&U 100 Fly Prelims	1:17.46
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:37.10	#310 Women 19&U 100 Back Prelims	1:16.55
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.55	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.36
#402 Women 19&U 50 Free Prelims	30.73	#412 Women 19&U 50 Fly Prelims	33.11
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.91	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.90

## 19 Sonnekus, Anya - Female - Age: 12 - Ind/Rel: 11 / 4

#104 Women 12 400 Free	5:54.81	#202 Women 19&U 100 Free Prelims	1:16.35
#206 Women 19&U 100 Breast Prelims	1:39.92	#208 Women 19&U 200 Back Prelims	3:00.70
#212 Women 19&U 100 Fly Prelims	1:31.54	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.69
#302 Women 19&U 200 Free Prelims	2:38.16	#306 Women 19&U 50 Breast Prelims	45.27
#314 Women 19&U 200 IM Prelims	3:01.45	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.96
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.81	#402 Women 19&U 50 Free Prelims	33.84
#406 Women 19&U 200 Breast	3:30.61	#412 Women 19&U 50 Fly Prelims	37.72
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.27		

## 20 Thirsk, Madison - Female - Age: 13 - Ind/Rel: 9 / 1

#106 Women 13 400 Free	5:33.39	#202 Women 19&U 100 Free Prelims	1:14.08
#208 Women 19&U 200 Back Prelims	2:57.49	#302 Women 19&U 200 Free Prelims	2:40.10
#310 Women 19&U 100 Back Prelims	1:25.74	#314 Women 19&U 200 IM Prelims	3:01.60
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:01.15	#402 Women 19&U 50 Free Prelims	34.76
#410 Women 19&U 50 Back	39.74	#412 Women 19&U 50 Fly Prelims	40.53

## 21 Thirsk, Savannah - Female - Age: 12 - Ind/Rel: 9 / 2

#104 Women 12 400 Free	6:30.00	#202 Women 19&U 100 Free Prelims	1:22.51
#208 Women 19&U 200 Back Prelims	3:02.81	#302 Women 19&U 200 Free Prelims	2:56.86
#310 Women 19&U 100 Back Prelims	1:26.41	#314 Women 19&U 200 IM Prelims	3:19.42
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.96	#402 Women 19&U 50 Free Prelims	34.99
#410 Women 19&U 50 Back	38.55	#412 Women 19&U 50 Fly Prelims	40.95
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.27		

## 22 Van Onselen, Pierre S - Male - Age: 11 - Ind/Rel: 10 / 4

#101 Men 11&U 400 Free	5:58.06	#201 Men 19&U 100 Free Prelims	1:15.42
#205 Men 19&U 100 Breast Prelims	1:40.17	#207 Men 19&U 200 Back Prelims	2:59.49
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.45	#301 Men 19&U 200 Free Prelims	2:53.59
#309 Men 19&U 100 Back Prelims	1:24.42	#313 Men 19&U 200 IM Prelims	3:01.91
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:14.79	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.81
#401 Men 19&U 50 Free Prelims	34.30	#405 Men 19&U 200 Breast	3:47.97
#411 Men 19&U 50 Fly Prelims	38.04	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:31.89

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events**

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**Tygerberg Aquatics-CP**23 **Wright, Jonah S - Male - Age: 13 - Ind/Rel: 5 / 2**

#205 Men 19&U 100 Breast Prelims	1:37.33	#207 Men 19&U 200 Back Prelims	2:56.22
#305 Men 19&U 50 Breast Prelims	43.86	#309 Men 19&U 100 Back Prelims	1:22.50
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.36	#405 Men 19&U 200 Breast	3:33.61
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.90		

**Tygerberg Aquatics-CP Total Individual Entries: 192 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Ultimate Swim Club-BU****1 Christie, Laila A - Female - Age: 11 - Ind/Rel: 8 / 3**

#102 Women 11&U 400 Free	5:47.70	#202 Women 19&U 100 Free Prelims	1:15.74
#208 Women 19&U 200 Back Prelims	3:10.60	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:02.20
#302 Women 19&U 200 Free Prelims	2:48.58	#310 Women 19&U 100 Back Prelims	1:27.54
#314 Women 19&U 200 IM Prelims	3:12.42	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.24
#402 Women 19&U 50 Free Prelims	33.67	#410 Women 19&U 50 Back	41.26
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT		

**2 Cook, Jedd R - Male - Age: 13 - Ind/Rel: 7 / 2**

#105 Men 13 400 Free	5:38.62	#201 Men 19&U 100 Free Prelims	1:16.16
#207 Men 19&U 200 Back Prelims	3:04.89	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:55.03
#301 Men 19&U 200 Free Prelims	2:42.04	#313 Men 19&U 200 IM Prelims	3:12.72
#409 Men 19&U 50 Back Prelims	40.10	#411 Men 19&U 50 Fly Prelims	39.31
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.21		

**3 Goliath, Cooper C - Male - Age: 11 - Ind/Rel: 7 / 3**

#101 Men 11&U 400 Free	6:25.16	#201 Men 19&U 100 Free Prelims	1:16.52
#211 Men 19&U 100 Fly Prelims	1:33.31	#301 Men 19&U 200 Free Prelims	3:00.11
#313 Men 19&U 200 IM Prelims	3:23.86	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:12.35
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.83	#401 Men 19&U 50 Free Prelims	34.29
#411 Men 19&U 50 Fly Prelims	39.53	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT

**4 Greyvenstein, Hayley - Female - Age: 10 - Ind/Rel: 7 / 3**

#202 Women 19&U 100 Free Prelims	1:17.30	#206 Women 19&U 100 Breast Prelims	1:34.74
#212 Women 19&U 100 Fly Prelims	1:33.72	#306 Women 19&U 50 Breast Prelims	43.72
#314 Women 19&U 200 IM Prelims	3:06.45	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.24
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.83	#402 Women 19&U 50 Free Prelims	33.48
#406 Women 19&U 200 Breast	3:20.93	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.77

**5 Liss, Logan A - Male - Age: 13 - Ind/Rel: 9 / 5**

#105 Men 13 400 Free	5:31.55	#201 Men 19&U 100 Free Prelims	1:13.78
#207 Men 19&U 200 Back Prelims	2:57.54	#211 Men 19&U 100 Fly Prelims	1:22.47
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:55.03	#301 Men 19&U 200 Free Prelims	2:37.70
#309 Men 19&U 100 Back Prelims	1:23.29	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:12.35
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.53	#401 Men 19&U 50 Free Prelims	32.14
#409 Men 19&U 50 Back Prelims	37.24	#411 Men 19&U 50 Fly Prelims	35.83
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.21	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.13

**6 Lottering, Eirley - Female - Age: 12 - Ind/Rel: 8 / 5**

#104 Women 12 400 Free	6:09.69	#202 Women 19&U 100 Free Prelims	1:16.25
#208 Women 19&U 200 Back Prelims	3:06.55	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:02.20
#302 Women 19&U 200 Free Prelims	3:03.74	#306 Women 19&U 50 Breast Prelims	43.28
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.24	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.83
#402 Women 19&U 50 Free Prelims	33.28	#410 Women 19&U 50 Back	40.28
#412 Women 19&U 50 Fly Prelims	37.96	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.77
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT		

**7 Louw, Lume L - Female - Age: 15 - Ind/Rel: 7 / 2**

#202 Women 19&U 100 Free Prelims	1:07.58	#208 Women 19&U 200 Back Prelims	2:48.66
#310 Women 19&U 100 Back Prelims	1:15.89	#314 Women 19&U 200 IM Prelims	2:54.94
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.53	#402 Women 19&U 50 Free Prelims	31.59
#410 Women 19&U 50 Back	35.10	#412 Women 19&U 50 Fly Prelims	33.13
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.13		

**8 Lubbe, Alex C - Male - Age: 12 - Ind/Rel: 6 / 5**

#103 Men 12 400 Free	6:05.29	#201 Men 19&U 100 Free Prelims	1:15.15
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:55.03	#301 Men 19&U 200 Free Prelims	2:49.79
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:12.35	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.83
#401 Men 19&U 50 Free Prelims	33.85	#409 Men 19&U 50 Back Prelims	40.33
#411 Men 19&U 50 Fly Prelims	41.07	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.21
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT		

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Ultimate Swim Club-BU****9 Magobongo, Khwezi - Female - Age: 12 - Ind/Rel: 6 / 2**

#104 Women 12 400 Free	6:03.10	#202 Women 19&U 100 Free Prelims	1:13.36
#302 Women 19&U 200 Free Prelims	2:50.28	#306 Women 19&U 50 Breast Prelims	44.96
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.24	#402 Women 19&U 50 Free Prelims	33.05
#406 Women 19&U 200 Breast	3:40.51	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.77

**10 Minnaar, Amelia C - Female - Age: 12 - Ind/Rel: 7 / 2**

#202 Women 19&U 100 Free Prelims	1:16.68	#208 Women 19&U 200 Back Prelims	3:05.27
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:02.20	#302 Women 19&U 200 Free Prelims	2:50.44
#310 Women 19&U 100 Back Prelims	1:28.02	#402 Women 19&U 50 Free Prelims	35.21
#410 Women 19&U 50 Back	41.09	#412 Women 19&U 50 Fly Prelims	42.17
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.77		

**11 Munro, Abigail - Female - Age: 14 - Ind/Rel: 6 / 1**

#202 Women 19&U 100 Free Prelims	1:06.20	#302 Women 19&U 200 Free Prelims	2:27.16
#310 Women 19&U 100 Back Prelims	1:19.28	#314 Women 19&U 200 IM Prelims	2:52.61
#402 Women 19&U 50 Free Prelims	29.59	#410 Women 19&U 50 Back	36.55
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.13		

**12 Peters, Stijn J - Male - Age: 13 - Ind/Rel: 9 / 5**

#105 Men 13 400 Free	5:09.84	#201 Men 19&U 100 Free Prelims	1:09.57
#205 Men 19&U 100 Breast Prelims	1:29.91	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:55.03
#301 Men 19&U 200 Free Prelims	2:27.76	#305 Men 19&U 50 Breast Prelims	42.03
#313 Men 19&U 200 IM Prelims	2:49.19	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:12.35
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.53	#401 Men 19&U 50 Free Prelims	31.67
#405 Men 19&U 200 Breast	3:08.86	#411 Men 19&U 50 Fly Prelims	36.18
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.21	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.13

**13 Prime, Liam - Male - Age: 16 - Ind/Rel: 6 / 0**

#111 Men 16 400 Free	4:42.57	#201 Men 19&U 100 Free Prelims	59.83
#207 Men 19&U 200 Back Prelims	2:40.88	#301 Men 19&U 200 Free Prelims	2:16.73
#313 Men 19&U 200 IM Prelims	2:34.57	#401 Men 19&U 50 Free Prelims	27.24

**14 Ristow, Emma K - Female - Age: 11 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:27.51	#206 Women 19&U 100 Breast Prelims	1:46.45
#306 Women 19&U 50 Breast Prelims	49.06	#314 Women 19&U 200 IM Prelims	3:29.47
#406 Women 19&U 200 Breast	3:44.83	#412 Women 19&U 50 Fly Prelims	46.15

**15 Terwin, Brooklyn - Female - Age: 11 - Ind/Rel: 8 / 1**

#102 Women 11&U 400 Free	6:15.15	#202 Women 19&U 100 Free Prelims	1:23.96
#212 Women 19&U 100 Fly Prelims	1:44.97	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:02.20
#302 Women 19&U 200 Free Prelims	2:57.86	#314 Women 19&U 200 IM Prelims	3:26.52
#402 Women 19&U 50 Free Prelims	36.34	#410 Women 19&U 50 Back	44.82
#412 Women 19&U 50 Fly Prelims	45.47		

**16 Weimann, Erin J - Female - Age: 13 - Ind/Rel: 6 / 1**

#204 Women 99&U 200 IM Para Prelims	3:00.31	#206 Women 19&U 100 Breast Prelims	1:27.67
#212 Women 19&U 100 Fly Prelims	1:24.93	#306 Women 19&U 50 Breast Prelims	40.93
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.53	#406 Women 19&U 200 Breast	3:07.76
#412 Women 19&U 50 Fly Prelims	38.75		

**Ultimate Swim Club-BU Total Individual Entries: 113 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Uwc Aquatics-CP****1 Du Toit, Naseerah - Female - Age: 15 - Ind/Rel: 5 / 0**

#210 Women 99&U 50 Back Para Prelims	49.18	#304 Women 99&U 100 Free Para Prelims	1:41.71
#312 Women 99&U 100 Back Para Prelims	1:53.68	#404 Women 99&U 50 Free Para Prelims	44.78
#414 Women 99&U 50 Fly Para Prelims	59.49		

**2 Du Toit, Yusrah - Female - Age: 16 - Ind/Rel: 8 / 0**

#202 Women 19&U 100 Free Prelims	1:10.32	#206 Women 19&U 100 Breast Prelims	1:27.63
#212 Women 19&U 100 Fly Prelims	1:24.31	#306 Women 19&U 50 Breast Prelims	39.66
#314 Women 19&U 200 IM Prelims	2:57.39	#402 Women 19&U 50 Free Prelims	31.47
#406 Women 19&U 200 Breast	3:13.69	#412 Women 19&U 50 Fly Prelims	34.80

**3 Eilers, Chaden D - Male - Age: 19 - Ind/Rel: 5 / 0**

#201 Men 19&U 100 Free Prelims	59.62	#205 Men 19&U 100 Breast Prelims	1:14.04
#305 Men 19&U 50 Breast Prelims	33.17	#401 Men 19&U 50 Free Prelims	26.15
#405 Men 19&U 200 Breast	2:54.78		

**4 Snyders, Reece - Male - Age: 13 - Ind/Rel: 7 / 0**

#105 Men 13 400 Free	5:54.97	#201 Men 19&U 100 Free Prelims	1:18.38
#205 Men 19&U 100 Breast Prelims	1:33.51	#305 Men 19&U 50 Breast Prelims	44.25
#309 Men 19&U 100 Back Prelims	1:27.01	#405 Men 19&U 200 Breast	3:25.20
#409 Men 19&U 50 Back Prelims	39.62		

**5 Steyn, Nee'lah - Female - Age: 11 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:19.08	#302 Women 19&U 200 Free Prelims	2:50.69
#306 Women 19&U 50 Breast Prelims	49.01	#314 Women 19&U 200 IM Prelims	3:58.44
#402 Women 19&U 50 Free Prelims	36.49	#412 Women 19&U 50 Fly Prelims	47.96

**6 Visser, Wessel M - Male - Age: 13 - Ind/Rel: 5 / 0**

#105 Men 13 400 Free	5:29.69	#211 Men 19&U 100 Fly Prelims	1:31.00
#301 Men 19&U 200 Free Prelims	2:36.73	#303 Men 99&U 100 Free Para Prelims	1:11.33
#313 Men 19&U 200 IM Prelims	3:00.34		

**7 Williams, Aqeelah - Female - Age: 11 - Ind/Rel: 11 / 0**

#102 Women 11&U 400 Free	5:21.48	#202 Women 19&U 100 Free Prelims	1:10.71
#206 Women 19&U 100 Breast Prelims	1:41.46	#212 Women 19&U 100 Fly Prelims	1:18.16
#302 Women 19&U 200 Free Prelims	2:31.53	#306 Women 19&U 50 Breast Prelims	45.34
#310 Women 19&U 100 Back Prelims	1:28.92	#314 Women 19&U 200 IM Prelims	2:53.49
#402 Women 19&U 50 Free Prelims	31.73	#410 Women 19&U 50 Back	42.04
#412 Women 19&U 50 Fly Prelims	34.65		

**Uwc Aquatics-CP Total Individual Entries: 47 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Vikings Aquatic Club-BU****1 Booth, Jake J - Male - Age: 13 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:08.49	#205 Men 19&U 100 Breast Prelims	1:32.41
#301 Men 19&U 200 Free Prelims	NT	#305 Men 19&U 50 Breast Prelims	38.74
#313 Men 19&U 200 IM Prelims	3:00.57	#401 Men 19&U 50 Free Prelims	30.32
#409 Men 19&U 50 Back Prelims	39.25	#411 Men 19&U 50 Fly Prelims	37.47

**2 Booth, Samuel R - Male - Age: 11 - Ind/Rel: 6 / 0**

#201 Men 19&U 100 Free Prelims	1:23.93	#205 Men 19&U 100 Breast Prelims	1:51.69
#301 Men 19&U 200 Free Prelims	3:33.84	#305 Men 19&U 50 Breast Prelims	50.13
#401 Men 19&U 50 Free Prelims	38.01	#405 Men 19&U 200 Breast	3:47.01

**3 Davies, Jessica A - Female - Age: 14 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:14.80	#206 Women 19&U 100 Breast Prelims	1:31.33
#306 Women 19&U 50 Breast Prelims	39.57	#314 Women 19&U 200 IM Prelims	3:21.54
#406 Women 19&U 200 Breast	3:18.04	#412 Women 19&U 50 Fly Prelims	38.99

**Vikings Aquatic Club-BU Total Individual Entries: 20 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Vineyard SC-CP****1 Adams, Sydney M - Female - Age: 14 - Ind/Rel: 6 / 3**

#206 Women 19&U 100 Breast Prelims	1:29.91	#212 Women 19&U 100 Fly Prelims	1:22.57
#306 Women 19&U 50 Breast Prelims	39.97	#310 Women 19&U 100 Back Prelims	1:27.78
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.07	#406 Women 19&U 200 Breast	3:12.65
#412 Women 19&U 50 Fly Prelims	35.03	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.48
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.56		

**2 Charles, Tyla - Female - Age: 12 - Ind/Rel: 5 / 3**

#206 Women 19&U 100 Breast Prelims	1:30.88	#306 Women 19&U 50 Breast Prelims	39.77
#314 Women 19&U 200 IM Prelims	3:13.44	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.07
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.81	#406 Women 19&U 200 Breast	3:21.92
#412 Women 19&U 50 Fly Prelims	39.58	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.48

**3 Haupt, Rhys A - Male - Age: 15 - Ind/Rel: 0 / 1**

#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:08.16
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**4 Jansen van Rensburg, Mia - Female - Age: 11 - Ind/Rel: 9 / 2**

#202 Women 19&U 100 Free Prelims	1:16.12	#208 Women 19&U 200 Back Prelims	2:58.19
#212 Women 19&U 100 Fly Prelims	1:36.99	#302 Women 19&U 200 Free Prelims	2:46.82
#310 Women 19&U 100 Back Prelims	1:25.94	#314 Women 19&U 200 IM Prelims	3:18.67
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.07	#402 Women 19&U 50 Free Prelims	32.93
#410 Women 19&U 50 Back	39.15	#412 Women 19&U 50 Fly Prelims	34.96
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.48		

**5 Mudau, Takalani T - Female - Age: 13 - Ind/Rel: 11 / 4**

#202 Women 19&U 100 Free Prelims	1:10.96	#206 Women 19&U 100 Breast Prelims	1:35.99
#212 Women 19&U 100 Fly Prelims	1:22.81	#302 Women 19&U 200 Free Prelims	2:37.40
#306 Women 19&U 50 Breast Prelims	42.51	#310 Women 19&U 100 Back Prelims	1:23.65
#314 Women 19&U 200 IM Prelims	2:54.84	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.07
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.81	#402 Women 19&U 50 Free Prelims	31.65
#406 Women 19&U 200 Breast	3:24.41	#410 Women 19&U 50 Back	37.80
#412 Women 19&U 50 Fly Prelims	35.11	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.48
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.56		

**6 Spencer, Charles A - Male - Age: 14 - Ind/Rel: 9 / 3**

#201 Men 19&U 100 Free Prelims	1:02.18	#205 Men 19&U 100 Breast Prelims	1:22.05
#301 Men 19&U 200 Free Prelims	2:24.32	#305 Men 19&U 50 Breast Prelims	36.00
#309 Men 19&U 100 Back Prelims	1:22.84	#313 Men 19&U 200 IM Prelims	2:43.90
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.81	#401 Men 19&U 50 Free Prelims	28.75
#405 Men 19&U 200 Breast	3:06.89	#411 Men 19&U 50 Fly Prelims	31.71
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:08.16	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.56

**7 Spencer, Marcus W - Male - Age: 12 - Ind/Rel: 8 / 1**

#201 Men 19&U 100 Free Prelims	1:10.18	#205 Men 19&U 100 Breast Prelims	1:30.37
#211 Men 19&U 100 Fly Prelims	1:21.12	#305 Men 19&U 50 Breast Prelims	40.81
#313 Men 19&U 200 IM Prelims	2:59.63	#401 Men 19&U 50 Free Prelims	31.83
#405 Men 19&U 200 Breast	3:30.44	#411 Men 19&U 50 Fly Prelims	34.45
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:08.16		

**8 Walker, Yohan G - Male - Age: 15 - Ind/Rel: 5 / 3**

#201 Men 19&U 100 Free Prelims	1:00.68	#207 Men 19&U 200 Back Prelims	2:32.69
#309 Men 19&U 100 Back Prelims	1:08.55	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.81
#401 Men 19&U 50 Free Prelims	27.27	#409 Men 19&U 50 Back Prelims	31.18
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:08.16	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.56

**Vineyard SC-CP Total Individual Entries: 53 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Walmers SC-CP****1 Abrahams, Rayhan - Male - Age: 14 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:03.79	#205 Men 19&U 100 Breast Prelims	1:26.90
#305 Men 19&U 50 Breast Prelims	38.76	#309 Men 19&U 100 Back Prelims	1:16.12
#401 Men 19&U 50 Free Prelims	28.33	#405 Men 19&U 200 Breast	3:12.95
#409 Men 19&U 50 Back Prelims	34.26		

**2 Beukes, Jaden L - Male - Age: 14 - Ind/Rel: 8 / 0**

#107 Men 14 400 Free	5:15.87	#201 Men 19&U 100 Free Prelims	1:03.54
#211 Men 19&U 100 Fly Prelims	1:06.74	#309 Men 19&U 100 Back Prelims	1:13.99
#313 Men 19&U 200 IM Prelims	2:46.41	#401 Men 19&U 50 Free Prelims	28.47
#409 Men 19&U 50 Back Prelims	33.33	#411 Men 19&U 50 Fly Prelims	30.01

**3 Beukes, Mateo A - Male - Age: 18 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	57.88	#211 Men 19&U 100 Fly Prelims	1:02.35
#301 Men 19&U 200 Free Prelims	2:14.54	#309 Men 19&U 100 Back Prelims	1:09.01
#401 Men 19&U 50 Free Prelims	26.05	#409 Men 19&U 50 Back Prelims	31.29
#411 Men 19&U 50 Fly Prelims	27.91		

**Walmers SC-CP Total Individual Entries: 22 - Total Relays: 0**



**SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024****Team Entries - All Events****Xcel Swim Academy-CP****1 Horn, Anna - Female - Age: 11 - Ind/Rel: 7 / 0**

#102 Women 11&U 400 Free	6:25.85	#206 Women 19&U 100 Breast Prelims	1:26.28
#208 Women 19&U 200 Back Prelims	3:04.38	#306 Women 19&U 50 Breast Prelims	39.66
#314 Women 19&U 200 IM Prelims	3:04.21	#406 Women 19&U 200 Breast	3:09.79
#412 Women 19&U 50 Fly Prelims	36.75		

**2 Julies, Grace J - Female - Age: 11 - Ind/Rel: 7 / 0**

#102 Women 11&U 400 Free	6:26.94	#206 Women 19&U 100 Breast Prelims	1:33.18
#208 Women 19&U 200 Back Prelims	3:13.32	#306 Women 19&U 50 Breast Prelims	42.48
#314 Women 19&U 200 IM Prelims	3:07.89	#406 Women 19&U 200 Breast	3:16.85
#412 Women 19&U 50 Fly Prelims	38.06		

**3 Pieterse, Marcelle J - Male - Age: 13 - Ind/Rel: 7 / 0**

#105 Men 13 400 Free	5:17.65	#207 Men 19&U 200 Back Prelims	2:38.52
#211 Men 19&U 100 Fly Prelims	1:12.72	#309 Men 19&U 100 Back Prelims	1:14.90
#313 Men 19&U 200 IM Prelims	2:45.94	#409 Men 19&U 50 Back Prelims	34.13
#411 Men 19&U 50 Fly Prelims	32.21		

**Xcel Swim Academy-CP Total Individual Entries: 21 - Total Relays: 0**