

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Action Swim Academy-ET****1 Reddhi, Viashen - Male - Age: 13 - Ind/Rel: 8 / 0**

#105 Men 13 400 Free	5:08.75	#201 Men 19&U 100 Free Prelims	1:08.11
#205 Men 19&U 100 Breast Prelims	1:38.02	#301 Men 19&U 200 Free Prelims	2:27.49
#305 Men 19&U 50 Breast Prelims	43.06	#313 Men 19&U 200 IM Prelims	3:09.23
#401 Men 19&U 50 Free Prelims	32.31	#405 Men 19&U 200 Breast	3:32.85

Action Swim Academy-ET Total Individual Entries: 8 - Total Relays: 0**Aquazone Swim Club-ET****1 Allison, Holly T - Female - Age: 15 - Ind/Rel: 6 / 5**

#202 Women 19&U 100 Free Prelims	1:07.36	#208 Women 19&U 200 Back Prelims	2:52.10
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:41.32	#310 Women 19&U 100 Back Prelims	1:19.00
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:06.87	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85
#402 Women 19&U 50 Free Prelims	30.91	#410 Women 19&U 50 Back	35.52
#412 Women 19&U 50 Fly Prelims	34.67	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.04
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:27.56		

2 Allison, Troy G - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:09.80	#205 Men 19&U 100 Breast Prelims	1:30.53
#305 Men 19&U 50 Breast Prelims	40.47	#309 Men 19&U 100 Back Prelims	1:17.33
#313 Men 19&U 200 IM Prelims	2:56.83	#401 Men 19&U 50 Free Prelims	30.53
#409 Men 19&U 50 Back Prelims	34.87		

3 Borrageiro, Nirvana L - Female - Age: 17 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:05.38	#212 Women 19&U 100 Fly Prelims	1:09.82
#306 Women 19&U 50 Breast Prelims	38.90	#310 Women 19&U 100 Back Prelims	1:11.77
#314 Women 19&U 200 IM Prelims	2:40.26	#402 Women 19&U 50 Free Prelims	29.62
#410 Women 19&U 50 Back	33.12	#412 Women 19&U 50 Fly Prelims	30.78

4 Evans, Carter - Male - Age: 14 - Ind/Rel: 6 / 3

#205 Men 19&U 100 Breast Prelims	1:23.45	#211 Men 19&U 100 Fly Prelims	1:16.55
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.96	#305 Men 19&U 50 Breast Prelims	37.90
#313 Men 19&U 200 IM Prelims	2:47.44	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:06.00
#405 Men 19&U 200 Breast	3:00.66	#411 Men 19&U 50 Fly Prelims	31.94
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.58		

5 Filday, Deryn S - Female - Age: 13 - Ind/Rel: 7 / 4

#202 Women 19&U 100 Free Prelims	1:09.44	#208 Women 19&U 200 Back Prelims	3:05.16
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:41.32	#310 Women 19&U 100 Back Prelims	1:22.47
#314 Women 19&U 200 IM Prelims	3:02.69	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:06.87
#402 Women 19&U 50 Free Prelims	32.02	#410 Women 19&U 50 Back	38.46
#412 Women 19&U 50 Fly Prelims	35.54	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.04
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:27.56		

6 Grobbelaar, Jamey L - Male - Age: 14 - Ind/Rel: 7 / 0

#205 Men 19&U 100 Breast Prelims	1:21.60	#211 Men 19&U 100 Fly Prelims	1:13.04
#305 Men 19&U 50 Breast Prelims	36.69	#313 Men 19&U 200 IM Prelims	2:46.64
#405 Men 19&U 200 Breast	3:02.54	#409 Men 19&U 50 Back Prelims	34.60
#411 Men 19&U 50 Fly Prelims	32.72		

7 Joubert, Owen C - Male - Age: 14 - Ind/Rel: 7 / 5

#107 Men 14 400 Free	5:07.51	#201 Men 19&U 100 Free Prelims	1:07.77
#207 Men 19&U 200 Back Prelims	2:43.03	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.96
#301 Men 19&U 200 Free Prelims	2:25.54	#309 Men 19&U 100 Back Prelims	1:15.82
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:06.00	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85
#409 Men 19&U 50 Back Prelims	36.04	#411 Men 19&U 50 Fly Prelims	34.65
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.58	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:27.56

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

Team Entries - All Events

Aquazone Swim Club-ET

8 Le Roux, Cuan B - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	59.90	#207 Men 19&U 200 Back Prelims	2:29.19
#305 Men 19&U 50 Breast Prelims	36.92	#309 Men 19&U 100 Back Prelims	1:07.28
#313 Men 19&U 200 IM Prelims	2:36.74	#401 Men 19&U 50 Free Prelims	27.59
#409 Men 19&U 50 Back Prelims	31.94	#411 Men 19&U 50 Fly Prelims	29.55

9 Leppan, Bradley D - Male - Age: 13 - Ind/Rel: 7 / 3

#105 Men 13 400 Free	5:15.79	#201 Men 19&U 100 Free Prelims	1:11.16
#207 Men 19&U 200 Back Prelims	3:05.52	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.96
#301 Men 19&U 200 Free Prelims	2:32.70	#309 Men 19&U 100 Back Prelims	1:27.05
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:06.00	#401 Men 19&U 50 Free Prelims	32.35
#405 Men 19&U 200 Breast	3:40.99	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.58

10 Muller, Alexis S - Female - Age: 13 - Ind/Rel: 8 / 3

#106 Women 13 400 Free	5:45.19	#208 Women 19&U 200 Back Prelims	2:50.69
#212 Women 19&U 100 Fly Prelims	1:23.55	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:41.32
#310 Women 19&U 100 Back Prelims	1:18.44	#314 Women 19&U 200 IM Prelims	2:56.90
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:06.87	#402 Women 19&U 50 Free Prelims	31.37
#410 Women 19&U 50 Back	36.18	#412 Women 19&U 50 Fly Prelims	33.85
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.04		

11 Walton, Amy L - Female - Age: 14 - Ind/Rel: 7 / 4

#206 Women 19&U 100 Breast Prelims	1:29.51	#212 Women 19&U 100 Fly Prelims	1:26.50
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:41.32	#306 Women 19&U 50 Breast Prelims	40.65
#314 Women 19&U 200 IM Prelims	2:54.78	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:06.87
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85	#406 Women 19&U 200 Breast	3:14.18
#410 Women 19&U 50 Back	37.98	#412 Women 19&U 50 Fly Prelims	34.81
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.04		

12 Watt, Alexander C - Male - Age: 16 - Ind/Rel: 6 / 0

#111 Men 16 400 Free	4:39.42	#201 Men 19&U 100 Free Prelims	57.65
#301 Men 19&U 200 Free Prelims	2:10.30	#309 Men 19&U 100 Back Prelims	1:10.31
#401 Men 19&U 50 Free Prelims	26.72	#411 Men 19&U 50 Fly Prelims	29.97

13 Watt, Cameron B - Male - Age: 13 - Ind/Rel: 8 / 5

#105 Men 13 400 Free	5:31.46	#201 Men 19&U 100 Free Prelims	1:05.81
#207 Men 19&U 200 Back Prelims	2:51.92	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:35.96
#301 Men 19&U 200 Free Prelims	2:32.87	#309 Men 19&U 100 Back Prelims	1:20.51
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:06.00	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85
#401 Men 19&U 50 Free Prelims	29.15	#409 Men 19&U 50 Back Prelims	36.35
#411 Men 19&U 50 Fly Prelims	38.04	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.58
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:27.56		

Aquazone Swim Club-ET Total Individual Entries: 92 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Ashton Swimming Academy-IL****1 Bezuidenhout, Levi J - Male - Age: 11 - Ind/Rel: 11 / 0**

#101 Men 11&U 400 Free	5:17.69	#201 Men 19&U 100 Free Prelims	1:08.70
#207 Men 19&U 200 Back Prelims	2:45.74	#211 Men 19&U 100 Fly Prelims	1:19.02
#301 Men 19&U 200 Free Prelims	2:28.99	#305 Men 19&U 50 Breast Prelims	44.89
#309 Men 19&U 100 Back Prelims	1:15.55	#313 Men 19&U 200 IM Prelims	2:55.99
#401 Men 19&U 50 Free Prelims	30.69	#409 Men 19&U 50 Back Prelims	34.48
#411 Men 19&U 50 Fly Prelims	34.86		

2 Gouws, Riley - Female - Age: 13 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:09.33	#206 Women 19&U 100 Breast Prelims	1:37.63
#302 Women 19&U 200 Free Prelims	2:35.85	#306 Women 19&U 50 Breast Prelims	44.82
#310 Women 19&U 100 Back Prelims	1:25.99	#402 Women 19&U 50 Free Prelims	31.59
#410 Women 19&U 50 Back	38.91	#412 Women 19&U 50 Fly Prelims	37.10

3 Kalil, Greg P - Male - Age: 14 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	59.77	#205 Men 19&U 100 Breast Prelims	1:21.88
#211 Men 19&U 100 Fly Prelims	1:11.02	#305 Men 19&U 50 Breast Prelims	35.39
#309 Men 19&U 100 Back Prelims	1:09.11	#401 Men 19&U 50 Free Prelims	26.56
#409 Men 19&U 50 Back Prelims	30.90	#411 Men 19&U 50 Fly Prelims	28.89

4 Naidoo, Kurik - Male - Age: 12 - Ind/Rel: 11 / 0

#201 Men 19&U 100 Free Prelims	1:16.34	#205 Men 19&U 100 Breast Prelims	1:38.09
#207 Men 19&U 200 Back Prelims	3:06.35	#211 Men 19&U 100 Fly Prelims	1:32.96
#301 Men 19&U 200 Free Prelims	2:44.70	#305 Men 19&U 50 Breast Prelims	45.23
#309 Men 19&U 100 Back Prelims	1:21.82	#313 Men 19&U 200 IM Prelims	3:07.01
#401 Men 19&U 50 Free Prelims	33.83	#409 Men 19&U 50 Back Prelims	37.98
#411 Men 19&U 50 Fly Prelims	39.21		

5 Seppings, Malakai J - Male - Age: 10 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:12.27	#205 Men 19&U 100 Breast Prelims	1:34.42
#209 Men 99&U 50 Back Para Prelims	39.33	#211 Men 19&U 100 Fly Prelims	1:27.38
#305 Men 19&U 50 Breast Prelims	44.58	#313 Men 19&U 200 IM Prelims	3:03.29
#401 Men 19&U 50 Free Prelims	31.90	#411 Men 19&U 50 Fly Prelims	35.37

6 Spoors, St John S - Male - Age: 16 - Ind/Rel: 7 / 0

#111 Men 16 400 Free	4:43.59	#201 Men 19&U 100 Free Prelims	1:01.24
#205 Men 19&U 100 Breast Prelims	1:18.48	#301 Men 19&U 200 Free Prelims	2:13.91
#305 Men 19&U 50 Breast Prelims	36.02	#401 Men 19&U 50 Free Prelims	28.16
#405 Men 19&U 200 Breast	2:51.17		

7 Van Schalkwyk, Mayli - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:06.83	#208 Women 19&U 200 Back Prelims	2:57.18
#302 Women 19&U 200 Free Prelims	2:31.46	#310 Women 19&U 100 Back Prelims	1:20.72
#314 Women 19&U 200 IM Prelims	3:04.15	#402 Women 19&U 50 Free Prelims	31.14
#410 Women 19&U 50 Back	36.26		

8 Winterbach, Sophia L - Female - Age: 11 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:23.10	#206 Women 19&U 100 Breast Prelims	1:34.55
#302 Women 19&U 200 Free Prelims	3:01.32	#306 Women 19&U 50 Breast Prelims	43.80
#310 Women 19&U 100 Back Prelims	1:34.16	#314 Women 19&U 200 IM Prelims	3:15.53
#402 Women 19&U 50 Free Prelims	35.34	#406 Women 19&U 200 Breast	3:29.54
#410 Women 19&U 50 Back	41.08	#412 Women 19&U 50 Fly Prelims	40.29

Ashton Swimming Academy-IL Total Individual Entries: 70 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Beavers Swim Club-ET****1 Hopper, Lincoln A - Male - Age: 14 - Ind/Rel: 10 / 0**

#107 Men 14 400 Free	5:18.75	#201 Men 19&U 100 Free Prelims	1:06.14
#207 Men 19&U 200 Back Prelims	2:50.12	#211 Men 19&U 100 Fly Prelims	1:13.79
#301 Men 19&U 200 Free Prelims	2:30.46	#309 Men 19&U 100 Back Prelims	1:18.91
#313 Men 19&U 200 IM Prelims	2:48.05	#401 Men 19&U 50 Free Prelims	30.63
#409 Men 19&U 50 Back Prelims	34.60	#411 Men 19&U 50 Fly Prelims	32.19

2 Lally, Jenna-Mae - Female - Age: 15 - Ind/Rel: 7 / 0

#110 Women 15 400 Free	5:11.91	#202 Women 19&U 100 Free Prelims	1:12.53
#208 Women 19&U 200 Back Prelims	2:45.10	#302 Women 19&U 200 Free Prelims	2:30.90
#306 Women 19&U 50 Breast Prelims	43.98	#310 Women 19&U 100 Back Prelims	1:17.90
#314 Women 19&U 200 IM Prelims	2:54.44		

3 Naidoo, Saieshan N - Male - Age: 14 - Ind/Rel: 10 / 0

#107 Men 14 400 Free	5:04.95	#201 Men 19&U 100 Free Prelims	1:01.15
#205 Men 19&U 100 Breast Prelims	1:20.39	#211 Men 19&U 100 Fly Prelims	1:06.01
#301 Men 19&U 200 Free Prelims	2:16.67	#305 Men 19&U 50 Breast Prelims	36.50
#313 Men 19&U 200 IM Prelims	2:33.43	#401 Men 19&U 50 Free Prelims	28.15
#405 Men 19&U 200 Breast	2:51.21	#409 Men 19&U 50 Back Prelims	32.91

4 Pillay, Terrian - Male - Age: 11 - Ind/Rel: 11 / 0

#101 Men 11&U 400 Free	5:32.26	#201 Men 19&U 100 Free Prelims	1:10.99
#205 Men 19&U 100 Breast Prelims	1:38.64	#211 Men 19&U 100 Fly Prelims	1:19.88
#301 Men 19&U 200 Free Prelims	2:37.83	#305 Men 19&U 50 Breast Prelims	44.49
#309 Men 19&U 100 Back Prelims	1:26.66	#313 Men 19&U 200 IM Prelims	2:56.79
#401 Men 19&U 50 Free Prelims	32.43	#405 Men 19&U 200 Breast	3:26.45
#411 Men 19&U 50 Fly Prelims	34.97		

5 Ten Napel, Taylor E - Female - Age: 11 - Ind/Rel: 9 / 0

#206 Women 19&U 100 Breast Prelims	1:31.21	#208 Women 19&U 200 Back Prelims	3:09.36
#212 Women 19&U 100 Fly Prelims	1:37.60	#306 Women 19&U 50 Breast Prelims	40.91
#310 Women 19&U 100 Back Prelims	1:28.32	#314 Women 19&U 200 IM Prelims	3:06.78
#406 Women 19&U 200 Breast	3:19.04	#410 Women 19&U 50 Back	39.67
#412 Women 19&U 50 Fly Prelims	41.10		

Beavers Swim Club-ET Total Individual Entries: 47 - Total Relays: 0**Bethseals-FD****1 Maritz, Jaden D - Male - Age: 17 - Ind/Rel: 12 / 0**

#201 Men 19&U 100 Free Prelims	58.82	#203 Men 99&U 200 IM Para Prelims	2:35.21
#209 Men 99&U 50 Back Para Prelims	32.04	#211 Men 19&U 100 Fly Prelims	1:02.82
#303 Men 99&U 100 Free Para Prelims	58.82	#305 Men 19&U 50 Breast Prelims	39.77
#311 Men 99&U 100 Back Para Prelims	1:07.96	#401 Men 19&U 50 Free Prelims	26.67
#407 Men 99&U 100 Breast Para Prelims	1:25.30	#409 Men 19&U 50 Back Prelims	32.04
#411 Men 19&U 50 Fly Prelims	28.30	#413 Men 99&U 50 Fly Para Prelims	28.30

2 Zietsman, Lika - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	6:02.32	#204 Women 99&U 200 IM Para Prelims	3:14.42
#210 Women 99&U 50 Back Para Prelims	37.85	#212 Women 19&U 100 Fly Prelims	1:35.21
#302 Women 19&U 200 Free Prelims	2:43.77	#304 Women 99&U 100 Free Para Prelims	1:15.49
#306 Women 19&U 50 Breast Prelims	49.41	#402 Women 19&U 50 Free Prelims	33.75
#412 Women 19&U 50 Fly Prelims	36.95		

Bethseals-FD Total Individual Entries: 21 - Total Relays: 0

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

Team Entries - All Events

Bloemfontein Otters-MA

1 Cilliers, Christopher J - Male - Age: 16 - Ind/Rel: 10 / 4

#201 Men 19&U 100 Free Prelims	58.76	#205 Men 19&U 100 Breast Prelims	1:19.73
#207 Men 19&U 200 Back Prelims	2:24.26	#211 Men 19&U 100 Fly Prelims	1:06.91
#305 Men 19&U 50 Breast Prelims	33.59	#309 Men 19&U 100 Back Prelims	1:04.41
#313 Men 19&U 200 IM Prelims	2:37.13	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	NT
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	NT	#401 Men 19&U 50 Free Prelims	26.41
#409 Men 19&U 50 Back Prelims	29.46	#411 Men 19&U 50 Fly Prelims	28.61
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	NT	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	NT

2 Coetzer, Jacques - Male - Age: 11 - Ind/Rel: 0 / 1

#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT
---	----

3 Coetzer, JC C - Male - Age: 15 - Ind/Rel: 5 / 4

#201 Men 19&U 100 Free Prelims	58.27	#211 Men 19&U 100 Fly Prelims	1:02.49
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 19&U 200 Free Prelims	2:09.36
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:08.91
#401 Men 19&U 50 Free Prelims	26.19	#411 Men 19&U 50 Fly Prelims	27.68
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.21		

4 De Vos, Juan-dre - Male - Age: 16 - Ind/Rel: 8 / 4

#111 Men 16 400 Free	4:35.81	#201 Men 19&U 100 Free Prelims	57.95
#205 Men 19&U 100 Breast Prelims	1:11.75	#301 Men 19&U 200 Free Prelims	2:09.74
#305 Men 19&U 50 Breast Prelims	33.82	#313 Men 19&U 200 IM Prelims	2:22.63
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	NT	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	NT
#401 Men 19&U 50 Free Prelims	26.22	#405 Men 19&U 200 Breast	2:36.98
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	NT	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	NT

5 du Plessis, Evie - Female - Age: 11 - Ind/Rel: 8 / 4

#102 Women 11&U 400 Free	5:16.78	#202 Women 19&U 100 Free Prelims	1:10.64
#206 Women 19&U 100 Breast Prelims	1:30.54	#208 Women 19&U 200 Back Prelims	2:53.27
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 19&U 200 Free Prelims	2:31.75
#314 Women 19&U 200 IM Prelims	2:53.36	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT
#402 Women 19&U 50 Free Prelims	32.91	#406 Women 19&U 200 Breast	3:15.50
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT

6 Els, Nicolai - Male - Age: 12 - Ind/Rel: 6 / 5

#201 Men 19&U 100 Free Prelims	1:12.54	#205 Men 19&U 100 Breast Prelims	1:38.46
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 19&U 200 Free Prelims	2:44.87
#305 Men 19&U 50 Breast Prelims	44.07	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT	#401 Men 19&U 50 Free Prelims	32.57
#411 Men 19&U 50 Fly Prelims	38.53	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	NT
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT		

7 Figueira, Miguel R - Male - Age: 14 - Ind/Rel: 12 / 2

#201 Men 19&U 100 Free Prelims	1:15.36	#205 Men 19&U 100 Breast Prelims	1:26.49
#207 Men 19&U 200 Back Prelims	2:49.68	#211 Men 19&U 100 Fly Prelims	1:27.17
#301 Men 19&U 200 Free Prelims	2:48.62	#305 Men 19&U 50 Breast Prelims	36.83
#309 Men 19&U 100 Back Prelims	1:19.49	#313 Men 19&U 200 IM Prelims	2:55.22
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	NT	#401 Men 19&U 50 Free Prelims	33.95
#405 Men 19&U 200 Breast	3:08.29	#409 Men 19&U 50 Back Prelims	37.69
#411 Men 19&U 50 Fly Prelims	36.60	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT

8 Grobler, Danielle - Female - Age: 14 - Ind/Rel: 8 / 4

#108 Women 14 400 Free	5:19.64	#202 Women 19&U 100 Free Prelims	1:08.35
#212 Women 19&U 100 Fly Prelims	1:18.48	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 19&U 200 Free Prelims	2:25.10	#306 Women 19&U 50 Breast Prelims	39.49
#314 Women 19&U 200 IM Prelims	2:47.53	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	NT
#402 Women 19&U 50 Free Prelims	30.14	#412 Women 19&U 50 Fly Prelims	33.24
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	NT	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.21

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

Team Entries - All Events

Bloemfontein Otters-MA

9 Gutter, Livia - Female - Age: 12 - Ind/Rel: 8 / 4

#202 Women 19&U 100 Free Prelims	1:11.91	#206 Women 19&U 100 Breast Prelims	1:29.83
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 19&U 200 Free Prelims	2:38.21
#306 Women 19&U 50 Breast Prelims	40.62	#314 Women 19&U 200 IM Prelims	3:05.16
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT
#402 Women 19&U 50 Free Prelims	32.85	#406 Women 19&U 200 Breast	3:15.51
#410 Women 19&U 50 Back	40.87	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT

10 Gutter, Markus J - Male - Age: 8 - Ind/Rel: 0 / 1

#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT
---	----

11 Harbron, Danielle - Female - Age: 14 - Ind/Rel: 9 / 5

#108 Women 14 400 Free	5:12.47	#202 Women 19&U 100 Free Prelims	1:06.11
#206 Women 19&U 100 Breast Prelims	1:25.27	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 19&U 200 Free Prelims	2:25.94	#306 Women 19&U 50 Breast Prelims	39.22
#314 Women 19&U 200 IM Prelims	2:47.69	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	NT
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:08.91	#402 Women 19&U 50 Free Prelims	29.82
#406 Women 19&U 200 Breast	3:08.75	#412 Women 19&U 50 Fly Prelims	33.33
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	NT	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.21

12 Helmand, Jana - Female - Age: 16 - Ind/Rel: 7 / 3

#202 Women 19&U 100 Free Prelims	1:04.83	#208 Women 19&U 200 Back Prelims	2:42.65
#302 Women 19&U 200 Free Prelims	2:20.95	#310 Women 19&U 100 Back Prelims	1:15.20
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT	#402 Women 19&U 50 Free Prelims	29.66
#410 Women 19&U 50 Back	34.56	#412 Women 19&U 50 Fly Prelims	33.13
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	NT

13 Jordaan, Nanette - Female - Age: 16 - Ind/Rel: 7 / 3

#112 Women 16 400 Free	5:27.68	#206 Women 19&U 100 Breast Prelims	1:23.22
#212 Women 19&U 100 Fly Prelims	1:09.76	#306 Women 19&U 50 Breast Prelims	38.52
#314 Women 19&U 200 IM Prelims	2:42.59	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	NT	#406 Women 19&U 200 Breast	2:58.90
#412 Women 19&U 50 Fly Prelims	31.31	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT

14 Louw, Dirka A - Male - Age: 14 - Ind/Rel: 10 / 4

#107 Men 14 400 Free	5:28.49	#201 Men 19&U 100 Free Prelims	1:05.58
#207 Men 19&U 200 Back Prelims	2:43.57	#211 Men 19&U 100 Fly Prelims	1:25.77
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 19&U 200 Free Prelims	2:29.05
#309 Men 19&U 100 Back Prelims	1:15.01	#313 Men 19&U 200 IM Prelims	2:56.05
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:08.91
#401 Men 19&U 50 Free Prelims	29.57	#409 Men 19&U 50 Back Prelims	34.55
#411 Men 19&U 50 Fly Prelims	33.06	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT

15 Oosthuizen, Austin - Male - Age: 12 - Ind/Rel: 8 / 4

#103 Men 12 400 Free	5:52.07	#201 Men 19&U 100 Free Prelims	1:18.42
#207 Men 19&U 200 Back Prelims	3:07.07	#301 Men 19&U 200 Free Prelims	2:46.27
#309 Men 19&U 100 Back Prelims	1:25.96	#313 Men 19&U 200 IM Prelims	3:20.18
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	NT	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT
#401 Men 19&U 50 Free Prelims	35.92	#409 Men 19&U 50 Back Prelims	41.31
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	NT	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT

16 Opperman, Inge - Female - Age: 11 - Ind/Rel: 8 / 2

#202 Women 19&U 100 Free Prelims	1:16.70	#206 Women 19&U 100 Breast Prelims	1:45.14
#302 Women 19&U 200 Free Prelims	2:47.91	#310 Women 19&U 100 Back Prelims	1:31.08
#314 Women 19&U 200 IM Prelims	3:18.77	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
#402 Women 19&U 50 Free Prelims	35.56	#410 Women 19&U 50 Back	45.68
#412 Women 19&U 50 Fly Prelims	40.62	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT

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

Team Entries - All Events

Bloemfontein Otters-MA

17 Pretorius, Emma E - Female - Age: 13 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:06.04
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT
#310 Women 19&U 100 Back Prelims	1:21.97
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	NT
#410 Women 19&U 50 Back	35.61
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	NT

#212 Women 19&U 100 Fly Prelims	1:26.71
#302 Women 19&U 200 Free Prelims	2:31.36
#314 Women 19&U 200 IM Prelims	2:58.38
#402 Women 19&U 50 Free Prelims	29.57
#412 Women 19&U 50 Fly Prelims	33.34

18 Reinders, Devon - Male - Age: 13 - Ind/Rel: 10 / 4

#201 Men 19&U 100 Free Prelims	1:03.08
#211 Men 19&U 100 Fly Prelims	1:15.32
#301 Men 19&U 200 Free Prelims	2:20.84
#309 Men 19&U 100 Back Prelims	1:18.10
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#409 Men 19&U 50 Back Prelims	35.07
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT

#205 Men 19&U 100 Breast Prelims	1:30.76
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT
#305 Men 19&U 50 Breast Prelims	38.99
#313 Men 19&U 200 IM Prelims	2:41.63
#401 Men 19&U 50 Free Prelims	28.66
#411 Men 19&U 50 Fly Prelims	32.14
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.21

19 van Biljon, Aila - Female - Age: 12 - Ind/Rel: 7 / 0

#104 Women 12 400 Free	5:47.38
#206 Women 19&U 100 Breast Prelims	1:46.33
#310 Women 19&U 100 Back Prelims	1:36.12
#406 Women 19&U 200 Breast	3:43.76

#202 Women 19&U 100 Free Prelims	1:16.12
#302 Women 19&U 200 Free Prelims	2:44.62
#402 Women 19&U 50 Free Prelims	36.04

20 van der Spuy, Melan - Female - Age: 12 - Ind/Rel: 5 / 3

#206 Women 19&U 100 Breast Prelims	1:30.90
#306 Women 19&U 50 Breast Prelims	41.29
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT
#410 Women 19&U 50 Back	38.14

#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT
#314 Women 19&U 200 IM Prelims	3:02.60
#406 Women 19&U 200 Breast	3:19.31
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT

21 Vosloo, Kayla - Female - Age: 15 - Ind/Rel: 6 / 4

#206 Women 19&U 100 Breast Prelims	1:27.17
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT
#314 Women 19&U 200 IM Prelims	2:53.30
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:08.91
#412 Women 19&U 50 Fly Prelims	33.36

#212 Women 19&U 100 Fly Prelims	1:17.23
#306 Women 19&U 50 Breast Prelims	36.86
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	NT
#406 Women 19&U 200 Breast	3:20.96
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	NT

22 Wessels, Carinke - Female - Age: 11 - Ind/Rel: 9 / 4

#202 Women 19&U 100 Free Prelims	1:14.42
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT
#310 Women 19&U 100 Back Prelims	1:26.08
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT
#402 Women 19&U 50 Free Prelims	31.94
#410 Women 19&U 50 Back	38.44
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT

#212 Women 19&U 100 Fly Prelims	1:28.92
#306 Women 19&U 50 Breast Prelims	42.30
#314 Women 19&U 200 IM Prelims	3:07.23
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT
#408 Women 99&U 100 Breast Para Prelims	1:35.84
#412 Women 19&U 50 Fly Prelims	34.76

23 Whelan, Francis - Female - Age: 16 - Ind/Rel: 10 / 4

#112 Women 16 400 Free	4:58.43
#208 Women 19&U 200 Back Prelims	2:40.50
#302 Women 19&U 200 Free Prelims	2:19.07
#314 Women 19&U 200 IM Prelims	2:47.75
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	NT
#410 Women 19&U 50 Back	33.66
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT

#202 Women 19&U 100 Free Prelims	1:04.47
#212 Women 19&U 100 Fly Prelims	1:15.12
#310 Women 19&U 100 Back Prelims	1:12.89
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
#402 Women 19&U 50 Free Prelims	29.59
#412 Women 19&U 50 Fly Prelims	32.94
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	NT

Bloemfontein Otters-MA Total Individual Entries: 169 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Blue Ocean AquaticsSwim Club-UG****1 Hartman, Nathan S - Male - Age: 15 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:02.77	#207 Men 19&U 200 Back Prelims	2:30.33
#301 Men 19&U 200 Free Prelims	2:21.68	#309 Men 19&U 100 Back Prelims	1:07.36
#313 Men 19&U 200 IM Prelims	2:42.94	#401 Men 19&U 50 Free Prelims	28.13
#409 Men 19&U 50 Back Prelims	30.51	#411 Men 19&U 50 Fly Prelims	33.67

2 Koegelenberg, Kirsty - Female - Age: 13 - Ind/Rel: 11 / 0

#106 Women 13 400 Free	5:08.89	#202 Women 19&U 100 Free Prelims	1:08.45
#206 Women 19&U 100 Breast Prelims	1:28.00	#208 Women 19&U 200 Back Prelims	2:57.86
#302 Women 19&U 200 Free Prelims	2:29.70	#306 Women 19&U 50 Breast Prelims	41.83
#310 Women 19&U 100 Back Prelims	1:20.89	#314 Women 19&U 200 IM Prelims	2:49.82
#402 Women 19&U 50 Free Prelims	31.71	#406 Women 19&U 200 Breast	3:07.64
#412 Women 19&U 50 Fly Prelims	36.99		

3 Koegelenberg, Peter - Male - Age: 11 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	6:06.90	#201 Men 19&U 100 Free Prelims	1:15.96
#205 Men 19&U 100 Breast Prelims	1:48.48	#301 Men 19&U 200 Free Prelims	2:46.62
#305 Men 19&U 50 Breast Prelims	48.39	#313 Men 19&U 200 IM Prelims	3:10.26
#401 Men 19&U 50 Free Prelims	36.44	#405 Men 19&U 200 Breast	3:39.70
#411 Men 19&U 50 Fly Prelims	44.87		

4 Venter, Liam - Male - Age: 12 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:17.69	#205 Men 19&U 100 Breast Prelims	1:39.81
#211 Men 19&U 100 Fly Prelims	1:33.28	#301 Men 19&U 200 Free Prelims	2:46.33
#305 Men 19&U 50 Breast Prelims	43.43	#313 Men 19&U 200 IM Prelims	3:12.09
#401 Men 19&U 50 Free Prelims	33.75	#405 Men 19&U 200 Breast	3:23.05
#411 Men 19&U 50 Fly Prelims	36.37		

Blue Ocean AquaticsSwim Club-UG Total Individual Entries: 37 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Bull Sharks-MA****1 Carson, Cayden J - Male - Age: 11 - Ind/Rel: 10 / 0**

#201 Men 19&U 100 Free Prelims	1:17.88	#205 Men 19&U 100 Breast Prelims	1:48.28
#209 Men 99&U 50 Back Para Prelims	45.03	#301 Men 19&U 200 Free Prelims	2:52.26
#305 Men 19&U 50 Breast Prelims	49.20	#309 Men 19&U 100 Back Prelims	1:38.53
#313 Men 19&U 200 IM Prelims	3:23.33	#403 Men 99&U 50 Free Para Prelims	34.62
#405 Men 19&U 200 Breast	3:47.32	#411 Men 19&U 50 Fly Prelims	43.71

2 Jacobs, Levi - Male - Age: 13 - Ind/Rel: 10 / 2

#201 Men 19&U 100 Free Prelims	1:08.86	#205 Men 19&U 100 Breast Prelims	1:32.32
#211 Men 19&U 100 Fly Prelims	1:18.85	#301 Men 19&U 200 Free Prelims	2:38.73
#305 Men 19&U 50 Breast Prelims	39.47	#309 Men 19&U 100 Back Prelims	1:19.52
#313 Men 19&U 200 IM Prelims	2:51.07	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.74
#401 Men 19&U 50 Free Prelims	29.20	#409 Men 19&U 50 Back Prelims	36.68
#411 Men 19&U 50 Fly Prelims	32.56	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT

3 Le Breton, Damian - Male - Age: 12 - Ind/Rel: 11 / 0

#201 Men 19&U 100 Free Prelims	1:14.17	#205 Men 19&U 100 Breast Prelims	1:44.11
#211 Men 19&U 100 Fly Prelims	1:24.53	#301 Men 19&U 200 Free Prelims	2:45.78
#305 Men 19&U 50 Breast Prelims	41.54	#309 Men 19&U 100 Back Prelims	1:26.84
#313 Men 19&U 200 IM Prelims	3:08.69	#401 Men 19&U 50 Free Prelims	33.78
#405 Men 19&U 200 Breast	3:51.02	#409 Men 19&U 50 Back Prelims	40.08
#411 Men 19&U 50 Fly Prelims	34.63		

4 Meyer, Annabel - Female - Age: 11 - Ind/Rel: 10 / 2

#202 Women 19&U 100 Free Prelims	1:17.38	#206 Women 19&U 100 Breast Prelims	1:38.63
#302 Women 19&U 200 Free Prelims	2:53.27	#306 Women 19&U 50 Breast Prelims	44.82
#310 Women 19&U 100 Back Prelims	1:24.11	#314 Women 19&U 200 IM Prelims	3:03.24
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.74	#402 Women 19&U 50 Free Prelims	33.49
#406 Women 19&U 200 Breast	3:30.21	#410 Women 19&U 50 Back	39.34
#412 Women 19&U 50 Fly Prelims	38.44	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT

5 Meyer, Maya - Female - Age: 13 - Ind/Rel: 9 / 2

#202 Women 19&U 100 Free Prelims	1:13.24	#206 Women 19&U 100 Breast Prelims	1:48.72
#212 Women 19&U 100 Fly Prelims	1:22.58	#302 Women 19&U 200 Free Prelims	2:38.69
#306 Women 19&U 50 Breast Prelims	46.73	#314 Women 19&U 200 IM Prelims	3:00.02
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.74	#402 Women 19&U 50 Free Prelims	33.57
#410 Women 19&U 50 Back	39.22	#412 Women 19&U 50 Fly Prelims	35.44
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT		

6 Sorour, Micheal - Male - Age: 14 - Ind/Rel: 9 / 2

#201 Men 19&U 100 Free Prelims	1:01.24	#207 Men 19&U 200 Back Prelims	2:40.86
#301 Men 19&U 200 Free Prelims	2:20.85	#305 Men 19&U 50 Breast Prelims	41.93
#309 Men 19&U 100 Back Prelims	1:12.40	#313 Men 19&U 200 IM Prelims	2:50.13
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.74	#401 Men 19&U 50 Free Prelims	27.14
#409 Men 19&U 50 Back Prelims	33.31	#411 Men 19&U 50 Fly Prelims	34.79
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT		

7 Viviers, Pieter - Male - Age: 12 - Ind/Rel: 1 / 0

#103 Men 12 400 Free	6:03.10		
----------------------	---------	--	--

Bull Sharks-MA Total Individual Entries: 60 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Bulties Swimming Club-LL****1 Barnard, Chrisley - Female - Age: 15 - Ind/Rel: 11 / 0**

#110 Women 15 400 Free	5:31.87	#202 Women 19&U 100 Free Prelims	1:08.83
#206 Women 19&U 100 Breast Prelims	1:34.97	#208 Women 19&U 200 Back Prelims	2:51.80
#302 Women 19&U 200 Free Prelims	2:32.35	#306 Women 19&U 50 Breast Prelims	40.20
#310 Women 19&U 100 Back Prelims	1:20.43	#314 Women 19&U 200 IM Prelims	3:07.48
#402 Women 19&U 50 Free Prelims	32.16	#410 Women 19&U 50 Back	37.91
#412 Women 19&U 50 Fly Prelims	40.61		

Bulties Swimming Club-LL Total Individual Entries: 11 - Total Relays: 0**Curro Swimming Academy-EZ****1 Goelst, Gemma J - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:11.69	#208 Women 19&U 200 Back Prelims	3:01.06
#302 Women 19&U 200 Free Prelims	2:39.25	#310 Women 19&U 100 Back Prelims	1:22.57
#402 Women 19&U 50 Free Prelims	31.29	#410 Women 19&U 50 Back	36.05
#412 Women 19&U 50 Fly Prelims	36.36		

Curro Swimming Academy-EZ Total Individual Entries: 7 - Total Relays: 0**Flamingo Aquatics Academy- Fbd-FB****1 Crozier, Emily N - Female - Age: 13 - Ind/Rel: 7 / 0**

#106 Women 13 400 Free	5:41.07	#202 Women 19&U 100 Free Prelims	1:21.45
#206 Women 19&U 100 Breast Prelims	1:36.82	#302 Women 19&U 200 Free Prelims	2:45.85
#306 Women 19&U 50 Breast Prelims	44.65	#406 Women 19&U 200 Breast	3:21.60
#412 Women 19&U 50 Fly Prelims	44.77		

2 Harbron, Nicholas - Male - Age: 12 - Ind/Rel: 8 / 0

#103 Men 12 400 Free	5:58.77	#201 Men 19&U 100 Free Prelims	1:14.46
#205 Men 19&U 100 Breast Prelims	1:33.09	#301 Men 19&U 200 Free Prelims	2:45.25
#305 Men 19&U 50 Breast Prelims	43.72	#401 Men 19&U 50 Free Prelims	31.93
#405 Men 19&U 200 Breast	3:31.24	#411 Men 19&U 50 Fly Prelims	41.90

3 Hutchison, Sophia - Female - Age: 11 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:39.18	#306 Women 19&U 50 Breast Prelims	42.98
#310 Women 19&U 100 Back Prelims	1:35.51	#402 Women 19&U 50 Free Prelims	38.63
#410 Women 19&U 50 Back	43.31	#412 Women 19&U 50 Fly Prelims	49.32

4 Lategan, Lehane - Female - Age: 14 - Ind/Rel: 5 / 0

#108 Women 14 400 Free	5:19.46	#202 Women 19&U 100 Free Prelims	1:06.22
#302 Women 19&U 200 Free Prelims	2:29.04	#402 Women 19&U 50 Free Prelims	31.15
#406 Women 19&U 200 Breast	3:23.57		

5 Lategan, Louis H - Male - Age: 11 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:18.62	#205 Men 19&U 100 Breast Prelims	1:46.57
#301 Men 19&U 200 Free Prelims	2:50.90	#401 Men 19&U 50 Free Prelims	35.26
#405 Men 19&U 200 Breast	3:44.11	#409 Men 19&U 50 Back Prelims	42.78

6 Middleton, Josh C - Male - Age: 12 - Ind/Rel: 10 / 0

#103 Men 12 400 Free	5:12.06	#201 Men 19&U 100 Free Prelims	1:08.96
#207 Men 19&U 200 Back Prelims	2:50.97	#211 Men 19&U 100 Fly Prelims	1:19.41
#301 Men 19&U 200 Free Prelims	2:28.28	#309 Men 19&U 100 Back Prelims	1:17.16
#313 Men 19&U 200 IM Prelims	2:48.76	#401 Men 19&U 50 Free Prelims	31.23
#409 Men 19&U 50 Back Prelims	35.73	#411 Men 19&U 50 Fly Prelims	33.88

Flamingo Aquatics Academy- Fbd-FB Total Individual Entries: 42 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Kalahari Aquatics- Jtg-JT****1 Pretorius, Mienke - Female - Age: 11 - Ind/Rel: 9 / 0**

#202 Women 19&U 100 Free Prelims	1:25.02	#206 Women 19&U 100 Breast Prelims	1:48.82
#302 Women 19&U 200 Free Prelims	3:05.35	#306 Women 19&U 50 Breast Prelims	50.86
#310 Women 19&U 100 Back Prelims	1:41.98	#314 Women 19&U 200 IM Prelims	3:54.57
#402 Women 19&U 50 Free Prelims	37.05	#406 Women 19&U 200 Breast	3:42.84
#410 Women 19&U 50 Back	47.16		

2 Stone, Janica - Female - Age: 17 - Ind/Rel: 10 / 0

#114 Women 17-19 400 Free	5:18.21	#202 Women 19&U 100 Free Prelims	1:11.01
#208 Women 19&U 200 Back Prelims	3:03.36	#212 Women 19&U 100 Fly Prelims	1:21.90
#302 Women 19&U 200 Free Prelims	2:33.75	#310 Women 19&U 100 Back Prelims	1:22.86
#314 Women 19&U 200 IM Prelims	2:48.90	#402 Women 19&U 50 Free Prelims	32.60
#410 Women 19&U 50 Back	38.13	#412 Women 19&U 50 Fly Prelims	36.99

3 Van Vuuren, SJ J - Male - Age: 18 - Ind/Rel: 10 / 0

#113 Men 17-19 400 Free	4:50.13	#201 Men 19&U 100 Free Prelims	1:01.68
#207 Men 19&U 200 Back Prelims	2:48.12	#211 Men 19&U 100 Fly Prelims	1:18.78
#301 Men 19&U 200 Free Prelims	2:14.92	#309 Men 19&U 100 Back Prelims	1:13.43
#313 Men 19&U 200 IM Prelims	2:49.34	#401 Men 19&U 50 Free Prelims	28.36
#409 Men 19&U 50 Back Prelims	34.36	#411 Men 19&U 50 Fly Prelims	32.52

Kalahari Aquatics- Jtg-JT Total Individual Entries: 29 - Total Relays: 0**Kathu Tweekamp & Swem - Jtg-JT****1 Groenewald, Emma A - Female - Age: 12 - Ind/Rel: 5 / 0**

#202 Women 19&U 100 Free Prelims	1:14.60	#208 Women 19&U 200 Back Prelims	3:03.57
#302 Women 19&U 200 Free Prelims	2:49.48	#310 Women 19&U 100 Back Prelims	1:24.55
#314 Women 19&U 200 IM Prelims	3:13.41		

2 Groenewald, Mia T - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:06.14	#208 Women 19&U 200 Back Prelims	2:39.72
#212 Women 19&U 100 Fly Prelims	1:25.36	#302 Women 19&U 200 Free Prelims	2:24.15
#310 Women 19&U 100 Back Prelims	1:14.65	#314 Women 19&U 200 IM Prelims	2:48.66

3 Jacobs, Jossie J - Male - Age: 14 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:07.29	#205 Men 19&U 100 Breast Prelims	1:27.30
#211 Men 19&U 100 Fly Prelims	1:19.01	#301 Men 19&U 200 Free Prelims	2:33.23
#313 Men 19&U 200 IM Prelims	3:03.42	#401 Men 19&U 50 Free Prelims	31.16
#405 Men 19&U 200 Breast	3:14.01	#411 Men 19&U 50 Fly Prelims	36.15

4 Opperman, Theodore S - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:18.42	#205 Men 19&U 100 Breast Prelims	1:50.64
#301 Men 19&U 200 Free Prelims	2:48.36	#309 Men 19&U 100 Back Prelims	1:31.13
#401 Men 19&U 50 Free Prelims	33.45	#409 Men 19&U 50 Back Prelims	41.53
#411 Men 19&U 50 Fly Prelims	41.88		

5 van Rensburg, Alienne - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:09.83	#208 Women 19&U 200 Back Prelims	2:50.30
#302 Women 19&U 200 Free Prelims	2:34.23	#310 Women 19&U 100 Back Prelims	1:19.05
#402 Women 19&U 50 Free Prelims	31.12	#410 Women 19&U 50 Back	36.99

Kathu Tweekamp & Swem - Jtg-JT Total Individual Entries: 32 - Total Relays: 0

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

Team Entries - All Events

Kloof Asc-ET

1 Azran, Jordana K - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:04.80	#208 Women 19&U 200 Back Prelims	2:49.17
#302 Women 19&U 200 Free Prelims	2:26.84	#310 Women 19&U 100 Back Prelims	1:16.18
#402 Women 19&U 50 Free Prelims	30.04	#410 Women 19&U 50 Back	34.52

2 Haslam, Seth J - Male - Age: 10 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	5:55.77	#201 Men 19&U 100 Free Prelims	1:17.38
#205 Men 19&U 100 Breast Prelims	1:44.54	#301 Men 19&U 200 Free Prelims	2:46.92
#305 Men 19&U 50 Breast Prelims	49.70	#401 Men 19&U 50 Free Prelims	33.44
#405 Men 19&U 200 Breast	4:00.02	#409 Men 19&U 50 Back Prelims	41.58
#411 Men 19&U 50 Fly Prelims	47.38		

3 Hoar, Lily - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	6:44.44	#202 Women 19&U 100 Free Prelims	1:17.87
#208 Women 19&U 200 Back Prelims	3:16.23	#212 Women 19&U 100 Fly Prelims	1:29.12
#302 Women 19&U 200 Free Prelims	2:52.11	#310 Women 19&U 100 Back Prelims	1:31.39
#402 Women 19&U 50 Free Prelims	37.44	#410 Women 19&U 50 Back	45.17
#412 Women 19&U 50 Fly Prelims	38.01		

4 Hughes, Bailey C - Female - Age: 16 - Ind/Rel: 7 / 0

#112 Women 16 400 Free	5:18.88	#208 Women 19&U 200 Back Prelims	2:37.75
#212 Women 19&U 100 Fly Prelims	1:15.16	#310 Women 19&U 100 Back Prelims	1:13.52
#314 Women 19&U 200 IM Prelims	2:43.69	#410 Women 19&U 50 Back	34.19
#412 Women 19&U 50 Fly Prelims	32.56		

5 Hulse, Milla C - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:07.05	#208 Women 19&U 200 Back Prelims	2:51.15
#310 Women 19&U 100 Back Prelims	1:14.18	#402 Women 19&U 50 Free Prelims	30.32
#410 Women 19&U 50 Back	34.14	#412 Women 19&U 50 Fly Prelims	32.56

6 Raynard, Enzo N - Male - Age: 12 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:12.61	#205 Men 19&U 100 Breast Prelims	1:33.86
#211 Men 19&U 100 Fly Prelims	1:32.63	#301 Men 19&U 200 Free Prelims	2:43.89
#305 Men 19&U 50 Breast Prelims	43.42	#313 Men 19&U 200 IM Prelims	3:00.19
#401 Men 19&U 50 Free Prelims	33.49	#405 Men 19&U 200 Breast	3:19.24
#411 Men 19&U 50 Fly Prelims	36.02		

7 Verbaan, Kayla A - Female - Age: 15 - Ind/Rel: 7 / 0

#206 Women 19&U 100 Breast Prelims	1:24.07	#208 Women 19&U 200 Back Prelims	2:38.90
#306 Women 19&U 50 Breast Prelims	39.27	#310 Women 19&U 100 Back Prelims	1:13.14
#314 Women 19&U 200 IM Prelims	2:38.97	#406 Women 19&U 200 Breast	3:01.80
#410 Women 19&U 50 Back	35.33		

8 Yende, Akwande - Male - Age: 11 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	6:01.35	#201 Men 19&U 100 Free Prelims	1:19.60
#205 Men 19&U 100 Breast Prelims	1:43.38	#301 Men 19&U 200 Free Prelims	2:52.07
#305 Men 19&U 50 Breast Prelims	47.71	#313 Men 19&U 200 IM Prelims	3:10.86
#401 Men 19&U 50 Free Prelims	35.72	#405 Men 19&U 200 Breast	3:40.62
#411 Men 19&U 50 Fly Prelims	37.16		

Kloof Asc-ET Total Individual Entries: 62 - Total Relays: 0

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

Legacy Swimming Club-ET**1 Brown, Evalyn - Female - Age: 13 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:10.23	#208 Women 19&U 200 Back Prelims	2:51.88
#310 Women 19&U 100 Back Prelims	1:18.85	#314 Women 19&U 200 IM Prelims	3:02.76
#402 Women 19&U 50 Free Prelims	31.96	#410 Women 19&U 50 Back	35.36

2 Le Roux, Caden - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:00.80	#301 Men 19&U 200 Free Prelims	2:26.17
#309 Men 19&U 100 Back Prelims	1:13.91	#313 Men 19&U 200 IM Prelims	2:39.70
#401 Men 19&U 50 Free Prelims	27.78	#409 Men 19&U 50 Back Prelims	33.25
#411 Men 19&U 50 Fly Prelims	30.96		

3 Schuch, Talitha - Female - Age: 14 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:30.27	#302 Women 19&U 200 Free Prelims	2:52.82
#306 Women 19&U 50 Breast Prelims	40.16	#406 Women 19&U 200 Breast	3:17.83
#410 Women 19&U 50 Back	39.50	#412 Women 19&U 50 Fly Prelims	39.74

Legacy Swimming Club-ET Total Individual Entries: 19 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Namibia Swimming Federation****1 Badenhorst, Oelof O - Male - Age: 10 - Ind/Rel: 13 / 5**

#101 Men 11&U 400 Free	5:59.22	#201 Men 19&U 100 Free Prelims	1:14.34
#205 Men 19&U 100 Breast Prelims	1:32.60	#207 Men 19&U 200 Back Prelims	3:07.33
#211 Men 19&U 100 Fly Prelims	1:30.32	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.83
#301 Men 19&U 200 Free Prelims	2:44.73	#305 Men 19&U 50 Breast Prelims	41.52
#309 Men 19&U 100 Back Prelims	1:26.26	#313 Men 19&U 200 IM Prelims	3:00.09
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:18.06	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.88
#401 Men 19&U 50 Free Prelims	34.46	#405 Men 19&U 200 Breast	3:18.57
#409 Men 19&U 50 Back Prelims	39.37	#411 Men 19&U 50 Fly Prelims	38.58
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:29.75	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.55

2 Bauernschmitt, Michael B - Male - Age: 16 - Ind/Rel: 13 / 5

#111 Men 16 400 Free	5:05.40	#201 Men 19&U 100 Free Prelims	58.68
#205 Men 19&U 100 Breast Prelims	1:21.96	#207 Men 19&U 200 Back Prelims	2:35.03
#211 Men 19&U 100 Fly Prelims	1:04.61	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:12.77
#301 Men 19&U 200 Free Prelims	2:15.97	#305 Men 19&U 50 Breast Prelims	35.54
#309 Men 19&U 100 Back Prelims	1:09.73	#313 Men 19&U 200 IM Prelims	2:30.51
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.14	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:14.60
#401 Men 19&U 50 Free Prelims	26.28	#405 Men 19&U 200 Breast	2:59.30
#409 Men 19&U 50 Back Prelims	31.92	#411 Men 19&U 50 Fly Prelims	28.37
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.68	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:21.92

3 Bergh, Riley R - Male - Age: 12 - Ind/Rel: 13 / 5

#103 Men 12 400 Free	5:55.22	#201 Men 19&U 100 Free Prelims	1:16.81
#205 Men 19&U 100 Breast Prelims	1:32.02	#207 Men 19&U 200 Back Prelims	2:52.17
#211 Men 19&U 100 Fly Prelims	1:26.41	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.83
#301 Men 19&U 200 Free Prelims	2:44.93	#305 Men 19&U 50 Breast Prelims	42.09
#309 Men 19&U 100 Back Prelims	1:20.96	#313 Men 19&U 200 IM Prelims	2:55.26
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:18.06	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.88
#401 Men 19&U 50 Free Prelims	34.89	#405 Men 19&U 200 Breast	3:22.31
#409 Men 19&U 50 Back Prelims	37.50	#411 Men 19&U 50 Fly Prelims	36.51
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:29.75	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:01.58

4 Cowley, Dylan - Male - Age: 11 - Ind/Rel: 12 / 5

#101 Men 11&U 400 Free	6:13.85	#201 Men 19&U 100 Free Prelims	1:19.31
#205 Men 19&U 100 Breast Prelims	1:45.70	#211 Men 19&U 100 Fly Prelims	1:34.63
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.83	#301 Men 19&U 200 Free Prelims	2:52.68
#305 Men 19&U 50 Breast Prelims	47.98	#309 Men 19&U 100 Back Prelims	1:32.18
#313 Men 19&U 200 IM Prelims	3:12.89	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.14
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:35.13	#401 Men 19&U 50 Free Prelims	37.79
#405 Men 19&U 200 Breast	3:46.10	#409 Men 19&U 50 Back Prelims	43.11
#411 Men 19&U 50 Fly Prelims	43.14	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.68
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	5:03.71		

5 De Sousa, Vitoria J - Female - Age: 13 - Ind/Rel: 9 / 3

#202 Women 19&U 100 Free Prelims	1:09.83	#212 Women 19&U 100 Fly Prelims	1:20.81
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:39.63	#302 Women 19&U 200 Free Prelims	2:34.52
#306 Women 19&U 50 Breast Prelims	44.12	#310 Women 19&U 100 Back Prelims	1:24.49
#314 Women 19&U 200 IM Prelims	2:58.27	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:14.60
#406 Women 19&U 200 Breast	3:12.06	#410 Women 19&U 50 Back	38.12
#412 Women 19&U 50 Fly Prelims	35.53	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.55

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

Team Entries - All Events

Namibia Swimming Federation

6 Diehl, Aiden P - Male - Age: 10 - Ind/Rel: 13 / 5

#101 Men 11&U 400 Free	6:01.84	#201 Men 19&U 100 Free Prelims	1:17.41
#205 Men 19&U 100 Breast Prelims	1:48.19	#207 Men 19&U 200 Back Prelims	3:03.47
#211 Men 19&U 100 Fly Prelims	1:34.07	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.83
#301 Men 19&U 200 Free Prelims	2:47.55	#305 Men 19&U 50 Breast Prelims	49.03
#309 Men 19&U 100 Back Prelims	1:23.05	#313 Men 19&U 200 IM Prelims	3:06.50
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:18.06	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:35.13
#401 Men 19&U 50 Free Prelims	34.79	#405 Men 19&U 200 Breast	3:45.06
#409 Men 19&U 50 Back Prelims	39.09	#411 Men 19&U 50 Fly Prelims	40.75
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:29.75	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	5:03.71

7 Durand, Patrick - Male - Age: 10 - Ind/Rel: 13 / 5

#101 Men 11&U 400 Free	5:41.35	#201 Men 19&U 100 Free Prelims	1:13.27
#205 Men 19&U 100 Breast Prelims	1:35.73	#207 Men 19&U 200 Back Prelims	2:52.89
#211 Men 19&U 100 Fly Prelims	1:20.97	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:12.77
#301 Men 19&U 200 Free Prelims	2:37.22	#305 Men 19&U 50 Breast Prelims	44.52
#309 Men 19&U 100 Back Prelims	1:22.05	#313 Men 19&U 200 IM Prelims	2:53.06
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:18.06	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.57
#401 Men 19&U 50 Free Prelims	33.92	#405 Men 19&U 200 Breast	3:22.31
#409 Men 19&U 50 Back Prelims	38.28	#411 Men 19&U 50 Fly Prelims	35.94
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:29.75	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:01.58

8 Geysler, Brett A - Male - Age: 17 - Ind/Rel: 13 / 5

#113 Men 17-19 400 Free	4:54.60	#201 Men 19&U 100 Free Prelims	59.87
#205 Men 19&U 100 Breast Prelims	1:17.86	#207 Men 19&U 200 Back Prelims	2:29.29
#211 Men 19&U 100 Fly Prelims	1:04.40	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:12.77
#301 Men 19&U 200 Free Prelims	2:10.16	#305 Men 19&U 50 Breast Prelims	34.40
#309 Men 19&U 100 Back Prelims	1:04.62	#313 Men 19&U 200 IM Prelims	2:23.58
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.14	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:14.60
#401 Men 19&U 50 Free Prelims	26.97	#405 Men 19&U 200 Breast	2:44.74
#409 Men 19&U 50 Back Prelims	31.44	#411 Men 19&U 50 Fly Prelims	27.73
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.68	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:21.92

9 Huang, Xinyue - Female - Age: 10 - Ind/Rel: 13 / 4

#102 Women 11&U 400 Free	6:19.08	#202 Women 19&U 100 Free Prelims	1:16.93
#206 Women 19&U 100 Breast Prelims	1:42.57	#208 Women 19&U 200 Back Prelims	3:03.47
#212 Women 19&U 100 Fly Prelims	1:19.57	#302 Women 19&U 200 Free Prelims	2:55.80
#306 Women 19&U 50 Breast Prelims	45.31	#310 Women 19&U 100 Back Prelims	1:26.94
#314 Women 19&U 200 IM Prelims	3:02.20	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.62
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.88	#402 Women 19&U 50 Free Prelims	34.48
#406 Women 19&U 200 Breast	3:39.76	#410 Women 19&U 50 Back	39.32
#412 Women 19&U 50 Fly Prelims	35.25	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:27.72
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:01.58		

10 Meyer, Cara - Female - Age: 13 - Ind/Rel: 13 / 5

#106 Women 13 400 Free	5:55.76	#202 Women 19&U 100 Free Prelims	1:13.40
#206 Women 19&U 100 Breast Prelims	1:31.20	#208 Women 19&U 200 Back Prelims	2:57.25
#212 Women 19&U 100 Fly Prelims	1:20.10	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:58.49
#302 Women 19&U 200 Free Prelims	2:41.78	#306 Women 19&U 50 Breast Prelims	41.64
#310 Women 19&U 100 Back Prelims	1:22.93	#314 Women 19&U 200 IM Prelims	2:51.91
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.62	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.57
#402 Women 19&U 50 Free Prelims	33.54	#406 Women 19&U 200 Breast	3:12.86
#410 Women 19&U 50 Back	38.71	#412 Women 19&U 50 Fly Prelims	34.66
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.18	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	5:03.71

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Namibia Swimming Federation****11 Nell, Tristan T - Male - Age: 15 - Ind/Rel: 9 / 5**

#109 Men 15 400 Free	4:45.43	#201 Men 19&U 100 Free Prelims	1:00.95
#207 Men 19&U 200 Back Prelims	2:33.61	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:12.77
#305 Men 19&U 50 Breast Prelims	37.22	#309 Men 19&U 100 Back Prelims	1:10.31
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:55.14	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.57
#401 Men 19&U 50 Free Prelims	27.97	#405 Men 19&U 200 Breast	2:53.31
#409 Men 19&U 50 Back Prelims	32.15	#411 Men 19&U 50 Fly Prelims	29.74
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.68	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.55

12 Schlabitz, Nora L - Female - Age: 14 - Ind/Rel: 13 / 5

#108 Women 14 400 Free	5:37.21	#202 Women 19&U 100 Free Prelims	1:12.58
#206 Women 19&U 100 Breast Prelims	1:33.16	#208 Women 19&U 200 Back Prelims	2:50.91
#212 Women 19&U 100 Fly Prelims	1:22.29	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:39.63
#302 Women 19&U 200 Free Prelims	2:38.04	#306 Women 19&U 50 Breast Prelims	41.77
#310 Women 19&U 100 Back Prelims	1:20.66	#314 Women 19&U 200 IM Prelims	2:53.04
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.52	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:35.13
#402 Women 19&U 50 Free Prelims	32.60	#406 Women 19&U 200 Breast	3:23.59
#410 Women 19&U 50 Back	36.31	#412 Women 19&U 50 Fly Prelims	35.64
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.18	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:21.92

13 Schnebel, Sandra - Female - Age: 12 - Ind/Rel: 13 / 5

#104 Women 12 400 Free	5:39.69	#202 Women 19&U 100 Free Prelims	1:14.50
#206 Women 19&U 100 Breast Prelims	1:38.92	#208 Women 19&U 200 Back Prelims	2:49.68
#212 Women 19&U 100 Fly Prelims	1:31.18	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:58.49
#302 Women 19&U 200 Free Prelims	2:42.15	#306 Women 19&U 50 Breast Prelims	44.36
#310 Women 19&U 100 Back Prelims	1:18.56	#314 Women 19&U 200 IM Prelims	2:57.32
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.52	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.88
#402 Women 19&U 50 Free Prelims	33.38	#406 Women 19&U 200 Breast	3:23.08
#410 Women 19&U 50 Back	36.84	#412 Women 19&U 50 Fly Prelims	38.39
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:27.72	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:01.58

14 Slinger, Gizelle - Female - Age: 14 - Ind/Rel: 11 / 5

#108 Women 14 400 Free	5:20.00	#202 Women 19&U 100 Free Prelims	1:06.43
#208 Women 19&U 200 Back Prelims	2:43.29	#212 Women 19&U 100 Fly Prelims	1:16.80
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:39.63	#302 Women 19&U 200 Free Prelims	2:27.85
#306 Women 19&U 50 Breast Prelims	44.09	#310 Women 19&U 100 Back Prelims	1:17.15
#314 Women 19&U 200 IM Prelims	2:51.04	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.52
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.57	#402 Women 19&U 50 Free Prelims	30.33
#410 Women 19&U 50 Back	35.27	#412 Women 19&U 50 Fly Prelims	33.11
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.18	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:31.55

15 Steyn, Lara - Female - Age: 14 - Ind/Rel: 13 / 5

#108 Women 14 400 Free	5:17.59	#202 Women 19&U 100 Free Prelims	1:10.79
#206 Women 19&U 100 Breast Prelims	1:46.15	#208 Women 19&U 200 Back Prelims	2:57.37
#212 Women 19&U 100 Fly Prelims	1:34.98	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:39.63
#302 Women 19&U 200 Free Prelims	2:32.22	#306 Women 19&U 50 Breast Prelims	50.18
#310 Women 19&U 100 Back Prelims	1:25.30	#314 Women 19&U 200 IM Prelims	3:04.64
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.52	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:14.60
#402 Women 19&U 50 Free Prelims	33.21	#406 Women 19&U 200 Breast	3:39.42
#410 Women 19&U 50 Back	40.02	#412 Women 19&U 50 Fly Prelims	42.12
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:27.72	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:21.92

16 Van Wyk, Roze - Female - Age: 11 - Ind/Rel: 9 / 4

#102 Women 11&U 400 Free	6:05.91	#202 Women 19&U 100 Free Prelims	1:17.00
#206 Women 19&U 100 Breast Prelims	1:36.04	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:58.49
#302 Women 19&U 200 Free Prelims	2:44.07	#306 Women 19&U 50 Breast Prelims	42.42
#314 Women 19&U 200 IM Prelims	3:02.60	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.62
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:35.13	#406 Women 19&U 200 Breast	3:25.04
#410 Women 19&U 50 Back	40.57	#412 Women 19&U 50 Fly Prelims	36.48
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:27.72		

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

Namibia Swimming Federation**17 Zeidler, Zafari N - Female - Age: 13 - Ind/Rel: 13 / 4**

#106 Women 13 400 Free	5:47.31	#202 Women 19&U 100 Free Prelims	1:13.59
#206 Women 19&U 100 Breast Prelims	1:36.38	#208 Women 19&U 200 Back Prelims	2:56.05
#212 Women 19&U 100 Fly Prelims	1:32.46	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:58.49
#302 Women 19&U 200 Free Prelims	2:42.39	#306 Women 19&U 50 Breast Prelims	41.88
#310 Women 19&U 100 Back Prelims	1:23.91	#314 Women 19&U 200 IM Prelims	3:07.75
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:16.62	#402 Women 19&U 50 Free Prelims	33.55
#406 Women 19&U 200 Breast	3:26.93	#410 Women 19&U 50 Back	38.50
#412 Women 19&U 50 Fly Prelims	41.14	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.18
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	5:03.71		

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

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Neptune's Aquatics-MA****1 Badenhorst, Jandre - Male - Age: 14 - Ind/Rel: 14 / 2**

#107 Men 14 400 Free	5:48.32	#201 Men 19&U 100 Free Prelims	1:07.90
#205 Men 19&U 100 Breast Prelims	1:25.17	#207 Men 19&U 200 Back Prelims	2:55.34
#209 Men 9&U 50 Back Para Prelims	37.65	#211 Men 19&U 100 Fly Prelims	1:24.00
#301 Men 19&U 200 Free Prelims	2:37.00	#305 Men 19&U 50 Breast Prelims	41.86
#309 Men 19&U 100 Back Prelims	1:20.76	#313 Men 19&U 200 IM Prelims	2:54.81
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.24	#401 Men 19&U 50 Free Prelims	31.07
#405 Men 19&U 200 Breast	3:04.35	#409 Men 19&U 50 Back Prelims	37.65
#411 Men 19&U 50 Fly Prelims	34.70	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:49.67

2 Cupido, Donyelle - Female - Age: 12 - Ind/Rel: 13 / 2

#104 Women 12 400 Free	5:44.21	#202 Women 19&U 100 Free Prelims	1:11.47
#206 Women 19&U 100 Breast Prelims	1:40.68	#208 Women 19&U 200 Back Prelims	3:05.80
#212 Women 19&U 100 Fly Prelims	1:26.41	#302 Women 19&U 200 Free Prelims	2:40.40
#306 Women 19&U 50 Breast Prelims	46.58	#310 Women 19&U 100 Back Prelims	1:27.04
#314 Women 19&U 200 IM Prelims	3:02.29	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.24
#402 Women 19&U 50 Free Prelims	33.13	#406 Women 19&U 200 Breast	3:48.49
#410 Women 19&U 50 Back	39.94	#412 Women 19&U 50 Fly Prelims	36.38
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:49.67		

3 Lindeboom, Douglas G - Male - Age: 12 - Ind/Rel: 12 / 2

#201 Men 19&U 100 Free Prelims	1:12.41	#205 Men 19&U 100 Breast Prelims	1:46.59
#207 Men 19&U 200 Back Prelims	3:06.54	#211 Men 19&U 100 Fly Prelims	1:19.96
#301 Men 19&U 200 Free Prelims	2:42.89	#305 Men 19&U 50 Breast Prelims	50.68
#309 Men 19&U 100 Back Prelims	1:27.97	#313 Men 19&U 200 IM Prelims	3:07.51
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.24	#401 Men 19&U 50 Free Prelims	31.92
#405 Men 19&U 200 Breast	3:51.39	#409 Men 19&U 50 Back Prelims	39.21
#411 Men 19&U 50 Fly Prelims	35.52	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:49.67

4 Van Den Heever, MJ - Male - Age: 17 - Ind/Rel: 10 / 0

#113 Men 17-19 400 Free	5:04.22	#201 Men 19&U 100 Free Prelims	57.36
#207 Men 19&U 200 Back Prelims	NT	#211 Men 19&U 100 Fly Prelims	1:01.91
#301 Men 19&U 200 Free Prelims	2:12.48	#309 Men 19&U 100 Back Prelims	1:06.60
#313 Men 19&U 200 IM Prelims	2:29.81	#401 Men 19&U 50 Free Prelims	26.21
#409 Men 19&U 50 Back Prelims	30.72	#411 Men 19&U 50 Fly Prelims	27.59

5 Vorster, Isabel - Female - Age: 16 - Ind/Rel: 13 / 0

#112 Women 16 400 Free	5:29.45	#202 Women 19&U 100 Free Prelims	1:03.89
#206 Women 19&U 100 Breast Prelims	1:31.58	#208 Women 19&U 200 Back Prelims	2:59.86
#212 Women 19&U 100 Fly Prelims	1:08.74	#302 Women 19&U 200 Free Prelims	2:27.73
#306 Women 19&U 50 Breast Prelims	40.43	#310 Women 19&U 100 Back Prelims	1:19.02
#314 Women 19&U 200 IM Prelims	2:51.96	#402 Women 19&U 50 Free Prelims	29.46
#406 Women 19&U 200 Breast	3:36.43	#410 Women 19&U 50 Back	35.83
#412 Women 19&U 50 Fly Prelims	30.62		

6 Williams, Ashley - Female - Age: 12 - Ind/Rel: 11 / 2

#202 Women 19&U 100 Free Prelims	1:17.89	#206 Women 19&U 100 Breast Prelims	1:41.35
#208 Women 19&U 200 Back Prelims	3:03.83	#302 Women 19&U 200 Free Prelims	2:49.90
#306 Women 19&U 50 Breast Prelims	43.40	#310 Women 19&U 100 Back Prelims	1:26.74
#314 Women 19&U 200 IM Prelims	3:07.68	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.24
#402 Women 19&U 50 Free Prelims	33.79	#406 Women 19&U 200 Breast	3:32.63
#410 Women 19&U 50 Back	39.81	#412 Women 19&U 50 Fly Prelims	42.84
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:49.67		

Neptune's Aquatics-MA Total Individual Entries: 73 - Total Relays: 0

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

Team Entries - All Events

Penguins Swimming Club-UM

1 Bloxham, Carter R - Male - Age: 12 - Ind/Rel: 7 / 0

#207 Men 19&U 200 Back Prelims	2:58.79
#309 Men 19&U 100 Back Prelims	1:19.42
#401 Men 19&U 50 Free Prelims	32.31
#411 Men 19&U 50 Fly Prelims	34.66

#211 Men 19&U 100 Fly Prelims	1:23.87
#313 Men 19&U 200 IM Prelims	2:56.69
#409 Men 19&U 50 Back Prelims	36.18

2 Clowes, Cailyn - Female - Age: 13 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:15.89
#212 Women 19&U 100 Fly Prelims	1:24.74
#314 Women 19&U 200 IM Prelims	2:57.80
#410 Women 19&U 50 Back	41.32

#206 Women 19&U 100 Breast Prelims	1:30.03
#302 Women 19&U 200 Free Prelims	2:42.84
#406 Women 19&U 200 Breast	3:15.66
#412 Women 19&U 50 Fly Prelims	36.45

3 Mbambo, Zetty N - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:19.07
#302 Women 19&U 200 Free Prelims	3:03.41
#402 Women 19&U 50 Free Prelims	33.78

#206 Women 19&U 100 Breast Prelims	1:43.88
#306 Women 19&U 50 Breast Prelims	48.70
#412 Women 19&U 50 Fly Prelims	41.23

4 Mhlongo, Aphelele A - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:15.26
#306 Women 19&U 50 Breast Prelims	39.99
#402 Women 19&U 50 Free Prelims	31.58
#412 Women 19&U 50 Fly Prelims	38.36

#206 Women 19&U 100 Breast Prelims	1:28.59
#314 Women 19&U 200 IM Prelims	3:09.04
#406 Women 19&U 200 Breast	3:25.20

5 Moodley, Abigail C - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:13.34
#306 Women 19&U 50 Breast Prelims	40.76
#402 Women 19&U 50 Free Prelims	32.76

#206 Women 19&U 100 Breast Prelims	1:30.13
#314 Women 19&U 200 IM Prelims	3:04.50
#406 Women 19&U 200 Breast	3:16.27

6 Mumford, Jordan J - Male - Age: 18 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	57.11
#301 Men 19&U 200 Free Prelims	2:09.50
#411 Men 19&U 50 Fly Prelims	27.90

#211 Men 19&U 100 Fly Prelims	1:01.45
#401 Men 19&U 50 Free Prelims	26.41

7 Neizel, Megan J - Female - Age: 15 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:10.11
#302 Women 19&U 200 Free Prelims	2:33.42
#310 Women 19&U 100 Back Prelims	1:15.47
#410 Women 19&U 50 Back	36.07

#208 Women 19&U 200 Back Prelims	2:44.15
#306 Women 19&U 50 Breast Prelims	44.22
#402 Women 19&U 50 Free Prelims	30.96
#412 Women 19&U 50 Fly Prelims	36.07

8 Parsons, Jorja T - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:07.42
#310 Women 19&U 100 Back Prelims	1:13.38
#410 Women 19&U 50 Back	33.23

#208 Women 19&U 200 Back Prelims	2:44.72
#402 Women 19&U 50 Free Prelims	30.35

9 Potgieter, Cody B - Male - Age: 15 - Ind/Rel: 9 / 0

#109 Men 15 400 Free	4:56.72
#207 Men 19&U 200 Back Prelims	2:29.16
#309 Men 19&U 100 Back Prelims	1:06.94
#401 Men 19&U 50 Free Prelims	26.47
#411 Men 19&U 50 Fly Prelims	27.91

#201 Men 19&U 100 Free Prelims	58.05
#305 Men 19&U 50 Breast Prelims	34.32
#313 Men 19&U 200 IM Prelims	2:33.50
#409 Men 19&U 50 Back Prelims	29.89

10 Purdon, Robyn-Rae T - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:23.12
#306 Women 19&U 50 Breast Prelims	41.80
#402 Women 19&U 50 Free Prelims	34.27

#206 Women 19&U 100 Breast Prelims	1:29.78
#314 Women 19&U 200 IM Prelims	3:16.53
#406 Women 19&U 200 Breast	3:14.67

11 Roberts, Catherine - Female - Age: 13 - Ind/Rel: 5 / 0

#302 Women 19&U 200 Free Prelims	2:38.28
#314 Women 19&U 200 IM Prelims	3:02.23
#410 Women 19&U 50 Back	34.46

#310 Women 19&U 100 Back Prelims	1:19.63
#402 Women 19&U 50 Free Prelims	31.24

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Penguins Swimming Club-UM****12 Stewart, Leah K - Female - Age: 17 - Ind/Rel: 4 / 0**

#306 Women 19&U 50 Breast Prelims	39.94	#314 Women 19&U 200 IM Prelims	2:50.04
#406 Women 19&U 200 Breast	3:07.43	#412 Women 19&U 50 Fly Prelims	35.02

13 Sykes, Sarah J - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:28.43	#206 Women 19&U 100 Breast Prelims	1:32.61
#302 Women 19&U 200 Free Prelims	3:07.21	#306 Women 19&U 50 Breast Prelims	43.65
#314 Women 19&U 200 IM Prelims	3:35.00	#402 Women 19&U 50 Free Prelims	35.32
#406 Women 19&U 200 Breast	3:15.34		

14 Thompson, Kingsley D - Male - Age: 18 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	57.55	#207 Men 19&U 200 Back Prelims	2:37.64
#211 Men 19&U 100 Fly Prelims	1:06.44	#309 Men 19&U 100 Back Prelims	1:07.04
#313 Men 19&U 200 IM Prelims	2:35.58	#401 Men 19&U 50 Free Prelims	25.03
#409 Men 19&U 50 Back Prelims	30.34	#411 Men 19&U 50 Fly Prelims	28.01

Penguins Swimming Club-UM Total Individual Entries: 91 - Total Relays: 0**Prieska Aquatics - Pks-PS****1 De Villiers, Charlize A - Female - Age: 18 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:14.99	#206 Women 19&U 100 Breast Prelims	1:27.43
#212 Women 19&U 100 Fly Prelims	1:18.41	#306 Women 19&U 50 Breast Prelims	40.32
#406 Women 19&U 200 Breast	3:08.55	#412 Women 19&U 50 Fly Prelims	34.93

Prieska Aquatics - Pks-PS Total Individual Entries: 6 - Total Relays: 0

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

Team Entries - All Events

Seagulls SC-ET

1 Baqwa, Oyama K - Female - Age: 11 - Ind/Rel: 7 / 0

#102 Women 11&U 400 Free	5:57.65	#202 Women 19&U 100 Free Prelims	1:15.67
#212 Women 19&U 100 Fly Prelims	1:35.60	#302 Women 19&U 200 Free Prelims	2:59.31
#314 Women 19&U 200 IM Prelims	3:14.70	#402 Women 19&U 50 Free Prelims	36.13
#412 Women 19&U 50 Fly Prelims	40.13		

2 Couzens, Jake - Male - Age: 11 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	5:49.59	#205 Men 19&U 100 Breast Prelims	1:37.35
#207 Men 19&U 200 Back Prelims	2:53.35	#211 Men 19&U 100 Fly Prelims	1:27.63
#305 Men 19&U 50 Breast Prelims	46.51	#309 Men 19&U 100 Back Prelims	1:19.30
#313 Men 19&U 200 IM Prelims	2:59.15	#405 Men 19&U 200 Breast	3:29.11
#409 Men 19&U 50 Back Prelims	36.64	#411 Men 19&U 50 Fly Prelims	37.74

3 de Wit, Damien J - Male - Age: 11 - Ind/Rel: 12 / 0

#101 Men 11&U 400 Free	5:13.50	#201 Men 19&U 100 Free Prelims	1:05.30
#205 Men 19&U 100 Breast Prelims	1:32.81	#211 Men 19&U 100 Fly Prelims	1:18.06
#301 Men 19&U 200 Free Prelims	2:25.77	#305 Men 19&U 50 Breast Prelims	42.68
#309 Men 19&U 100 Back Prelims	1:18.31	#313 Men 19&U 200 IM Prelims	2:50.21
#401 Men 19&U 50 Free Prelims	30.06	#405 Men 19&U 200 Breast	3:30.32
#409 Men 19&U 50 Back Prelims	35.97	#413 Men 99&U 50 Fly Para Prelims	34.16

4 Govender, Dhilan - Male - Age: 17 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	56.81	#205 Men 19&U 100 Breast Prelims	1:15.20
#305 Men 19&U 50 Breast Prelims	32.98	#313 Men 19&U 200 IM Prelims	2:36.50
#401 Men 19&U 50 Free Prelims	25.59	#411 Men 19&U 50 Fly Prelims	27.72

5 Huang, Evan - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:09.77	#205 Men 19&U 100 Breast Prelims	1:22.88
#301 Men 19&U 200 Free Prelims	3:03.56	#305 Men 19&U 50 Breast Prelims	39.74
#309 Men 19&U 100 Back Prelims	1:23.48	#401 Men 19&U 50 Free Prelims	30.86
#405 Men 19&U 200 Breast	3:06.87	#409 Men 19&U 50 Back Prelims	36.30
#411 Men 19&U 50 Fly Prelims	35.81		

6 Scheepers, Janneke - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:40.74	#202 Women 19&U 100 Free Prelims	1:13.00
#206 Women 19&U 100 Breast Prelims	1:44.17	#302 Women 19&U 200 Free Prelims	2:39.68
#310 Women 19&U 100 Back Prelims	1:27.50	#402 Women 19&U 50 Free Prelims	34.68
#410 Women 19&U 50 Back	41.98		

7 Smuts, Conor J - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:20.25	#205 Men 19&U 100 Breast Prelims	1:43.51
#301 Men 19&U 200 Free Prelims	2:53.85	#305 Men 19&U 50 Breast Prelims	45.52
#313 Men 19&U 200 IM Prelims	3:13.61	#401 Men 19&U 50 Free Prelims	34.68
#405 Men 19&U 200 Breast	3:42.26	#411 Men 19&U 50 Fly Prelims	43.83

8 Snyman, Kian - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:09.23	#205 Men 19&U 100 Breast Prelims	1:37.17
#301 Men 19&U 200 Free Prelims	2:37.34	#305 Men 19&U 50 Breast Prelims	44.73
#313 Men 19&U 200 IM Prelims	3:06.16	#401 Men 19&U 50 Free Prelims	31.43
#405 Men 19&U 200 Breast	3:29.02	#409 Men 19&U 50 Back Prelims	38.60
#411 Men 19&U 50 Fly Prelims	38.00		

9 Van Deventer, Emma - Female - Age: 11 - Ind/Rel: 7 / 0

#206 Women 19&U 100 Breast Prelims	1:40.41	#212 Women 19&U 100 Fly Prelims	1:21.17
#302 Women 19&U 200 Free Prelims	2:44.60	#306 Women 19&U 50 Breast Prelims	46.11
#314 Women 19&U 200 IM Prelims	3:05.91	#410 Women 19&U 50 Back	44.51
#412 Women 19&U 50 Fly Prelims	35.58		

Seagulls SC-ET Total Individual Entries: 75 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Seals Asc-UM****1 Botha, Julian E - Male - Age: 17 - Ind/Rel: 6 / 0**

#113 Men 17-19 400 Free	4:27.07	#201 Men 19&U 100 Free Prelims	59.86
#211 Men 19&U 100 Fly Prelims	1:01.83	#301 Men 19&U 200 Free Prelims	2:07.08
#313 Men 19&U 200 IM Prelims	2:27.59	#411 Men 19&U 50 Fly Prelims	28.93

2 Cruywagen, Shiloh R - Female - Age: 11 - Ind/Rel: 8 / 0

#102 Women 11&U 400 Free	5:21.62	#202 Women 19&U 100 Free Prelims	1:11.84
#212 Women 19&U 100 Fly Prelims	1:22.19	#302 Women 19&U 200 Free Prelims	2:32.00
#310 Women 19&U 100 Back Prelims	1:24.33	#402 Women 19&U 50 Free Prelims	32.26
#410 Women 19&U 50 Back	38.69	#412 Women 19&U 50 Fly Prelims	37.43

3 De Haas, Hayley - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:09.75	#208 Women 19&U 200 Back Prelims	2:57.99
#306 Women 19&U 50 Breast Prelims	41.28	#310 Women 19&U 100 Back Prelims	1:19.09
#402 Women 19&U 50 Free Prelims	31.61	#410 Women 19&U 50 Back	35.09

4 Jansen van Vuuren, Jess - Female - Age: 11 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:12.86	#206 Women 19&U 100 Breast Prelims	1:33.03
#208 Women 19&U 200 Back Prelims	3:07.44	#302 Women 19&U 200 Free Prelims	2:43.83
#306 Women 19&U 50 Breast Prelims	42.40	#314 Women 19&U 200 IM Prelims	3:01.62
#402 Women 19&U 50 Free Prelims	32.62	#406 Women 19&U 200 Breast	3:26.05
#410 Women 19&U 50 Back	38.27	#412 Women 19&U 50 Fly Prelims	41.35

5 Maritz, Violet T - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:10.89	#206 Women 19&U 100 Breast Prelims	1:33.76
#302 Women 19&U 200 Free Prelims	2:42.77	#306 Women 19&U 50 Breast Prelims	39.65
#402 Women 19&U 50 Free Prelims	31.30	#410 Women 19&U 50 Back	40.34
#412 Women 19&U 50 Fly Prelims	43.21		

6 Palframan, Sisanda - Female - Age: 11 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:13.90	#206 Women 19&U 100 Breast Prelims	1:39.54
#212 Women 19&U 100 Fly Prelims	1:32.52	#302 Women 19&U 200 Free Prelims	2:55.43
#306 Women 19&U 50 Breast Prelims	44.83	#310 Women 19&U 100 Back Prelims	1:33.21
#314 Women 19&U 200 IM Prelims	3:15.65	#402 Women 19&U 50 Free Prelims	32.64
#410 Women 19&U 50 Back	41.41	#412 Women 19&U 50 Fly Prelims	37.26

7 Pillay, Jasmine E - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:08.11	#206 Women 19&U 100 Breast Prelims	1:27.92
#306 Women 19&U 50 Breast Prelims	38.98	#402 Women 19&U 50 Free Prelims	30.19
#412 Women 19&U 50 Fly Prelims	33.13		

8 Potgieter, Chloe F - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	6:00.55	#202 Women 19&U 100 Free Prelims	1:15.76
#208 Women 19&U 200 Back Prelims	2:54.89	#302 Women 19&U 200 Free Prelims	2:53.51
#310 Women 19&U 100 Back Prelims	1:22.00	#314 Women 19&U 200 IM Prelims	3:10.37
#402 Women 19&U 50 Free Prelims	34.11	#410 Women 19&U 50 Back	37.95
#414 Women 99&U 50 Fly Para Prelims	38.75		

9 Sauerman, Rene C - Female - Age: 16 - Ind/Rel: 7 / 0

#112 Women 16 400 Free	5:22.22	#202 Women 19&U 100 Free Prelims	1:08.71
#206 Women 19&U 100 Breast Prelims	1:35.36	#302 Women 19&U 200 Free Prelims	2:32.52
#306 Women 19&U 50 Breast Prelims	41.29	#402 Women 19&U 50 Free Prelims	31.37
#412 Women 19&U 50 Fly Prelims	35.22		

10 Sheard, Rachel J - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:07.68	#208 Women 19&U 200 Back Prelims	2:49.44
#310 Women 19&U 100 Back Prelims	1:19.23	#314 Women 19&U 200 IM Prelims	2:53.32
#402 Women 19&U 50 Free Prelims	31.08	#410 Women 19&U 50 Back	35.82
#412 Women 19&U 50 Fly Prelims	35.37		

Seals Asc-UM Total Individual Entries: 75 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Seals Ethekwini-ET****1 Crutchley, Connor M - Male - Age: 12 - Ind/Rel: 11 / 0**

#103 Men 12 400 Free	5:16.28	#201 Men 19&U 100 Free Prelims	1:06.85
#205 Men 19&U 100 Breast Prelims	1:33.79	#211 Men 19&U 100 Fly Prelims	1:22.29
#301 Men 19&U 200 Free Prelims	2:33.47	#305 Men 19&U 50 Breast Prelims	42.33
#309 Men 19&U 100 Back Prelims	1:26.64	#313 Men 19&U 200 IM Prelims	2:55.73
#401 Men 19&U 50 Free Prelims	30.64	#409 Men 19&U 50 Back Prelims	39.35
#411 Men 19&U 50 Fly Prelims	34.10		

2 Geldenhuys, Chloe - Female - Age: 15 - Ind/Rel: 5 / 0

#110 Women 15 400 Free	5:26.85	#302 Women 19&U 200 Free Prelims	2:29.63
#304 Women 99&U 100 Free Para Prelims	1:07.01	#402 Women 19&U 50 Free Prelims	30.62
#412 Women 19&U 50 Fly Prelims	37.44		

3 Hemphill, Taylor - Female - Age: 16 - Ind/Rel: 5 / 0

#206 Women 19&U 100 Breast Prelims	1:23.96	#306 Women 19&U 50 Breast Prelims	37.88
#314 Women 19&U 200 IM Prelims	2:49.03	#402 Women 19&U 50 Free Prelims	29.61
#406 Women 19&U 200 Breast	3:06.49		

4 Lachman, Leah - Female - Age: 17 - Ind/Rel: 1 / 0

#206 Women 19&U 100 Breast Prelims	1:24.33		
------------------------------------	---------	--	--

Seals Ethekwini-ET Total Individual Entries: 22 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Super Seals-MA****1 Azar, Caylie S - Female - Age: 12 - Ind/Rel: 9 / 4**

#202 Women 19&U 100 Free Prelims	1:15.21	#208 Women 19&U 200 Back Prelims	3:12.04
#212 Women 19&U 100 Fly Prelims	1:30.37	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 19&U 200 Free Prelims	2:47.37	#310 Women 19&U 100 Back Prelims	1:27.68
#314 Women 19&U 200 IM Prelims	3:07.50	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT	#402 Women 19&U 50 Free Prelims	33.10
#410 Women 19&U 50 Back	38.92	#412 Women 19&U 50 Fly Prelims	36.78
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT		

2 Bouwer, Levi G - Male - Age: 11 - Ind/Rel: 9 / 5

#101 Men 11&U 400 Free	6:01.05	#201 Men 19&U 100 Free Prelims	1:16.52
#205 Men 19&U 100 Breast Prelims	1:41.57	#207 Men 19&U 200 Back Prelims	3:08.41
#211 Men 19&U 100 Fly Prelims	1:28.18	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 19&U 200 Free Prelims	2:46.86	#309 Men 19&U 100 Back Prelims	1:27.77
#313 Men 19&U 200 IM Prelims	3:00.42	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT	#405 Men 19&U 200 Breast	3:34.85
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT

3 Chen, Orion - Male - Age: 12 - Ind/Rel: 9 / 5

#201 Men 19&U 100 Free Prelims	1:20.22	#205 Men 19&U 100 Breast Prelims	1:30.71
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 19&U 200 Free Prelims	2:59.08
#305 Men 19&U 50 Breast Prelims	42.14	#313 Men 19&U 200 IM Prelims	3:06.33
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	NT	#401 Men 19&U 50 Free Prelims	33.62
#405 Men 19&U 200 Breast	3:29.87	#409 Men 19&U 50 Back Prelims	41.37
#411 Men 19&U 50 Fly Prelims	38.46	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT

4 De Beer, Stephan - Male - Age: 17 - Ind/Rel: 7 / 0

#205 Men 19&U 100 Breast Prelims	1:15.15	#305 Men 19&U 50 Breast Prelims	32.95
#313 Men 19&U 200 IM Prelims	2:35.18	#401 Men 19&U 50 Free Prelims	27.70
#405 Men 19&U 200 Breast	2:48.27	#409 Men 19&U 50 Back Prelims	32.95
#411 Men 19&U 50 Fly Prelims	31.58		

5 DU Plessis, Mark - Male - Age: 14 - Ind/Rel: 11 / 5

#201 Men 19&U 100 Free Prelims	1:13.70	#205 Men 19&U 100 Breast Prelims	1:25.87
#207 Men 19&U 200 Back Prelims	3:10.96	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 19&U 200 Free Prelims	2:44.04	#305 Men 19&U 50 Breast Prelims	38.20
#309 Men 19&U 100 Back Prelims	1:24.00	#313 Men 19&U 200 IM Prelims	2:53.50
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	NT
#401 Men 19&U 50 Free Prelims	32.32	#405 Men 19&U 200 Breast	3:07.27
#409 Men 19&U 50 Back Prelims	35.37	#411 Men 19&U 50 Fly Prelims	34.88
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT

6 Gasson, Elle R - Female - Age: 12 - Ind/Rel: 9 / 3

#202 Women 19&U 100 Free Prelims	1:14.67	#206 Women 19&U 100 Breast Prelims	1:33.50
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#306 Women 19&U 50 Breast Prelims	43.13
#310 Women 19&U 100 Back Prelims	1:26.78	#314 Women 19&U 200 IM Prelims	3:08.87
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT	#402 Women 19&U 50 Free Prelims	34.30
#406 Women 19&U 200 Breast	3:25.66	#410 Women 19&U 50 Back	39.04
#412 Women 19&U 50 Fly Prelims	38.73	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT

7 Johns, Miche - Female - Age: 18 - Ind/Rel: 10 / 4

#114 Women 17-19 400 Free	5:00.81	#202 Women 19&U 100 Free Prelims	1:11.50
#208 Women 19&U 200 Back Prelims	2:43.20	#212 Women 19&U 100 Fly Prelims	1:12.93
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 19&U 200 Free Prelims	2:20.04
#310 Women 19&U 100 Back Prelims	1:18.02	#314 Women 19&U 200 IM Prelims	2:41.27
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.82	#402 Women 19&U 50 Free Prelims	30.94
#410 Women 19&U 50 Back	34.88	#412 Women 19&U 50 Fly Prelims	31.24
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	NT

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Super Seals-MA****8 Leech, Kelci - Female - Age: 15 - Ind/Rel: 7 / 6**

#202 Women 19&U 100 Free Prelims	1:05.26	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 19&U 200 Free Prelims	2:36.11
#306 Women 19&U 50 Breast Prelims	41.22	#314 Women 19&U 200 IM Prelims	2:59.11
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	NT
#402 Women 19&U 50 Free Prelims	29.16	#410 Women 19&U 50 Back	35.88
#412 Women 19&U 50 Fly Prelims	33.81	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	NT		

9 Liversage, Liam W - Male - Age: 16 - Ind/Rel: 11 / 2

#111 Men 16 400 Free	5:02.70	#201 Men 19&U 100 Free Prelims	1:03.03
#207 Men 19&U 200 Back Prelims	2:33.86	#301 Men 19&U 200 Free Prelims	2:21.54
#305 Men 19&U 50 Breast Prelims	35.76	#309 Men 19&U 100 Back Prelims	1:10.19
#313 Men 19&U 200 IM Prelims	2:35.44	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.82
#401 Men 19&U 50 Free Prelims	29.29	#405 Men 19&U 200 Breast	2:57.69
#409 Men 19&U 50 Back Prelims	32.11	#411 Men 19&U 50 Fly Prelims	32.33
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	NT		

10 Maritz, Sami L - Female - Age: 16 - Ind/Rel: 0 / 1

#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
--	----

11 Munro, Diane - Female - Age: 14 - Ind/Rel: 9 / 1

#202 Women 19&U 100 Free Prelims	1:13.52	#206 Women 19&U 100 Breast Prelims	1:24.07
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 19&U 200 Free Prelims	2:42.66
#306 Women 19&U 50 Breast Prelims	37.81	#314 Women 19&U 200 IM Prelims	3:00.97
#402 Women 19&U 50 Free Prelims	33.72	#406 Women 19&U 200 Breast	3:06.99
#410 Women 19&U 50 Back	39.68	#412 Women 19&U 50 Fly Prelims	38.53

12 Prinsloo, Mine - Female - Age: 14 - Ind/Rel: 12 / 1

#108 Women 14 400 Free	5:41.45	#202 Women 19&U 100 Free Prelims	1:09.23
#206 Women 19&U 100 Breast Prelims	1:27.64	#208 Women 19&U 200 Back Prelims	3:03.49
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 19&U 200 Free Prelims	2:34.88
#306 Women 19&U 50 Breast Prelims	38.67	#310 Women 19&U 100 Back Prelims	1:22.04
#314 Women 19&U 200 IM Prelims	2:56.66	#402 Women 19&U 50 Free Prelims	31.75
#406 Women 19&U 200 Breast	3:10.35	#410 Women 19&U 50 Back	37.08
#412 Women 19&U 50 Fly Prelims	37.74		

13 Smit, Jaques - Male - Age: 15 - Ind/Rel: 11 / 4

#109 Men 15 400 Free	4:48.07	#201 Men 19&U 100 Free Prelims	1:01.61
#205 Men 19&U 100 Breast Prelims	1:19.60	#209 Men 99&U 50 Back Para Prelims	34.98
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 19&U 200 Free Prelims	2:17.36
#305 Men 19&U 50 Breast Prelims	35.20	#309 Men 19&U 100 Back Prelims	1:13.95
#313 Men 19&U 200 IM Prelims	2:38.15	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.82	#401 Men 19&U 50 Free Prelims	28.42
#405 Men 19&U 200 Breast	2:59.59	#411 Men 19&U 50 Fly Prelims	32.54
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	NT		

14 Steyn, Lisa M - Female - Age: 15 - Ind/Rel: 13 / 3

#110 Women 15 400 Free	5:03.84	#202 Women 19&U 100 Free Prelims	1:05.44
#206 Women 19&U 100 Breast Prelims	1:25.16	#208 Women 19&U 200 Back Prelims	2:57.48
#212 Women 19&U 100 Fly Prelims	1:14.20	#302 Women 19&U 200 Free Prelims	2:21.22
#306 Women 19&U 50 Breast Prelims	39.07	#310 Women 19&U 100 Back Prelims	1:20.07
#314 Women 19&U 200 IM Prelims	2:43.15	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.82	#402 Women 19&U 50 Free Prelims	32.27
#406 Women 19&U 200 Breast	3:04.19	#410 Women 19&U 50 Back	40.08
#412 Women 19&U 50 Fly Prelims	32.17	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Super Seals-MA****15 Steyn, Nina H - Female - Age: 12 - Ind/Rel: 12 / 4**

#202 Women 19&U 100 Free Prelims	1:19.69	#206 Women 19&U 100 Breast Prelims	1:47.96
#208 Women 19&U 200 Back Prelims	3:21.96	#212 Women 19&U 100 Fly Prelims	1:30.33
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 19&U 200 Free Prelims	2:52.78	#306 Women 19&U 50 Breast Prelims	49.41
#310 Women 19&U 100 Back Prelims	1:26.67	#314 Women 19&U 200 IM Prelims	3:17.35
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT	#402 Women 19&U 50 Free Prelims	35.67
#406 Women 19&U 200 Breast	3:44.80	#410 Women 19&U 50 Back	41.72
#412 Women 19&U 50 Fly Prelims	37.44	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT

16 Van Rensburg, Marne' - Female - Age: 14 - Ind/Rel: 13 / 2

#108 Women 14 400 Free	5:26.13	#202 Women 19&U 100 Free Prelims	1:09.13
#206 Women 19&U 100 Breast Prelims	1:36.19	#208 Women 19&U 200 Back Prelims	2:50.20
#212 Women 19&U 100 Fly Prelims	1:29.21	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 19&U 200 Free Prelims	2:37.73	#306 Women 19&U 50 Breast Prelims	43.46
#310 Women 19&U 100 Back Prelims	1:19.47	#314 Women 19&U 200 IM Prelims	2:53.21
#402 Women 19&U 50 Free Prelims	31.77	#406 Women 19&U 200 Breast	3:23.76
#410 Women 19&U 50 Back	36.84	#412 Women 19&U 50 Fly Prelims	34.77
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT		

17 Van Viegen, Ella A - Female - Age: 12 - Ind/Rel: 12 / 4

#104 Women 12 400 Free	5:58.11	#202 Women 19&U 100 Free Prelims	1:16.53
#206 Women 19&U 100 Breast Prelims	1:43.23	#208 Women 19&U 200 Back Prelims	3:05.35
#212 Women 19&U 100 Fly Prelims	1:38.18	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 19&U 200 Free Prelims	2:44.71	#310 Women 19&U 100 Back Prelims	1:26.40
#314 Women 19&U 200 IM Prelims	3:09.46	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	NT
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT	#402 Women 19&U 50 Free Prelims	32.85
#406 Women 19&U 200 Breast	3:47.32	#410 Women 19&U 50 Back	40.87
#412 Women 19&U 50 Fly Prelims	37.97	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT

18 Vincent, Amelia - Female - Age: 15 - Ind/Rel: 11 / 4

#202 Women 19&U 100 Free Prelims	1:09.56	#206 Women 19&U 100 Breast Prelims	1:24.19
#208 Women 19&U 200 Back Prelims	2:46.05	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 19&U 200 Free Prelims	2:37.74	#306 Women 19&U 50 Breast Prelims	39.22
#310 Women 19&U 100 Back Prelims	1:17.68	#314 Women 19&U 200 IM Prelims	2:48.27
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	NT
#402 Women 19&U 50 Free Prelims	31.55	#406 Women 19&U 200 Breast	3:05.61
#410 Women 19&U 50 Back	34.79	#412 Women 19&U 50 Fly Prelims	NT
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT		

19 Wessels, Charl J - Male - Age: 11 - Ind/Rel: 11 / 0

#201 Men 19&U 100 Free Prelims	1:25.36	#205 Men 19&U 100 Breast Prelims	1:44.98
#207 Men 19&U 200 Back Prelims	3:29.44	#301 Men 19&U 200 Free Prelims	3:01.44
#305 Men 19&U 50 Breast Prelims	46.76	#309 Men 19&U 100 Back Prelims	1:36.51
#313 Men 19&U 200 IM Prelims	3:27.91	#401 Men 19&U 50 Free Prelims	37.13
#405 Men 19&U 200 Breast	3:37.81	#409 Men 19&U 50 Back Prelims	42.14
#411 Men 19&U 50 Fly Prelims	40.46		

Super Seals-MA Total Individual Entries: 186 - Total Relays: 0**Thunder Aquatics-FD****1 Oelofse, Cay-Din - Male - Age: 14 - Ind/Rel: 10 / 0**

#107 Men 14 400 Free	5:00.18	#201 Men 19&U 100 Free Prelims	1:03.47
#205 Men 19&U 100 Breast Prelims	1:17.34	#301 Men 19&U 200 Free Prelims	2:20.33
#305 Men 19&U 50 Breast Prelims	33.92	#313 Men 19&U 200 IM Prelims	2:37.43
#401 Men 19&U 50 Free Prelims	28.19	#405 Men 19&U 200 Breast	2:51.83
#409 Men 19&U 50 Back Prelims	34.34	#411 Men 19&U 50 Fly Prelims	29.95

Thunder Aquatics-FD Total Individual Entries: 10 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2024-FS - 21/03/2024 to 24/03/2024**Team Entries - All Events****Upington Swemklub -zf McGawi-ZM****1 March, Gea A - Female - Age: 11 - Ind/Rel: 11 / 2**

#102 Women 11&U 400 Free	6:27.29	#202 Women 19&U 100 Free Prelims	1:17.57
#208 Women 19&U 200 Back Prelims	3:24.15	#212 Women 19&U 100 Fly Prelims	1:32.09
#302 Women 19&U 200 Free Prelims	2:52.21	#306 Women 19&U 50 Breast Prelims	49.80
#310 Women 19&U 100 Back Prelims	1:35.29	#314 Women 19&U 200 IM Prelims	3:18.65
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:30.99	#402 Women 19&U 50 Free Prelims	34.43
#410 Women 19&U 50 Back	44.01	#412 Women 19&U 50 Fly Prelims	37.75
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:46.83		

2 Orffer, Llwellyn F - Male - Age: 11 - Ind/Rel: 12 / 2

#101 Men 11&U 400 Free	6:22.03	#201 Men 19&U 100 Free Prelims	1:14.83
#207 Men 19&U 200 Back Prelims	3:22.14	#211 Men 19&U 100 Fly Prelims	2:04.89
#301 Men 19&U 200 Free Prelims	2:51.47	#305 Men 19&U 50 Breast Prelims	47.33
#309 Men 19&U 100 Back Prelims	1:34.87	#313 Men 19&U 200 IM Prelims	3:35.99
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:30.99	#401 Men 19&U 50 Free Prelims	34.01
#405 Men 19&U 200 Breast	4:00.67	#409 Men 19&U 50 Back Prelims	40.84
#411 Men 19&U 50 Fly Prelims	44.74	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:46.83

3 Pretorius, Mariné - Female - Age: 13 - Ind/Rel: 11 / 2

#106 Women 13 400 Free	5:25.12	#202 Women 19&U 100 Free Prelims	1:14.38
#206 Women 19&U 100 Breast Prelims	1:43.19	#208 Women 19&U 200 Back Prelims	3:19.45
#302 Women 19&U 200 Free Prelims	2:36.14	#306 Women 19&U 50 Breast Prelims	46.99
#310 Women 19&U 100 Back Prelims	1:34.75	#314 Women 19&U 200 IM Prelims	3:12.16
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:30.99	#402 Women 19&U 50 Free Prelims	34.01
#406 Women 19&U 200 Breast	3:33.24	#410 Women 19&U 50 Back	44.72
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:46.83		

4 Vries, Jayden J - Male - Age: 17 - Ind/Rel: 13 / 2

#113 Men 17-19 400 Free	4:55.69	#201 Men 19&U 100 Free Prelims	1:00.05
#205 Men 19&U 100 Breast Prelims	1:19.89	#207 Men 19&U 200 Back Prelims	2:38.31
#211 Men 19&U 100 Fly Prelims	1:02.10	#301 Men 19&U 200 Free Prelims	2:14.10
#305 Men 19&U 50 Breast Prelims	33.42	#309 Men 19&U 100 Back Prelims	1:12.82
#313 Men 19&U 200 IM Prelims	2:32.45	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:30.99
#401 Men 19&U 50 Free Prelims	27.12	#405 Men 19&U 200 Breast	3:04.50
#409 Men 19&U 50 Back Prelims	31.13	#411 Men 19&U 50 Fly Prelims	28.73
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:46.83		

Upington Swemklub -zf McGawi-ZM Total Individual Entries: 47 - Total Relays: 0**Valsrivier Swimming Club-FD****1 Coetzee, Burhan - Male - Age: 11 - Ind/Rel: 4 / 0**

#205 Men 19&U 100 Breast Prelims	1:28.72	#211 Men 19&U 100 Fly Prelims	1:39.41
#305 Men 19&U 50 Breast Prelims	40.20	#405 Men 19&U 200 Breast	3:12.97

2 Coetzee, Kayla C - Female - Age: 10 - Ind/Rel: 4 / 0

#206 Women 19&U 100 Breast Prelims	1:42.99	#212 Women 19&U 100 Fly Prelims	2:14.17
#306 Women 19&U 50 Breast Prelims	47.06	#406 Women 19&U 200 Breast	3:48.82

3 Snyders, Christie - Female - Age: 11 - Ind/Rel: 7 / 0

#206 Women 19&U 100 Breast Prelims	1:43.63	#212 Women 19&U 100 Fly Prelims	1:29.45
#306 Women 19&U 50 Breast Prelims	45.70	#314 Women 19&U 200 IM Prelims	3:10.96
#402 Women 19&U 50 Free Prelims	33.81	#410 Women 19&U 50 Back	40.98
#412 Women 19&U 50 Fly Prelims	36.45		

4 Van Schalkwyk, Christoff - Male - Age: 14 - Ind/Rel: 3 / 0

#201 Men 19&U 100 Free Prelims	1:04.54	#205 Men 19&U 100 Breast Prelims	1:26.10
#207 Men 19&U 200 Back Prelims	2:58.89		

Valsrivier Swimming Club-FD Total Individual Entries: 18 - Total Relays: 0

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

Team Entries - All Events

Welkom Aquatics-LL

1 Cronje, Edrich - Male - Age: 17 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	58.71	#205 Men 19&U 100 Breast Prelims	1:16.58
#305 Men 19&U 50 Breast Prelims	33.84	#401 Men 19&U 50 Free Prelims	26.70
#409 Men 19&U 50 Back Prelims	NT	#411 Men 19&U 50 Fly Prelims	28.94

2 Nel, SJJ - Male - Age: 15 - Ind/Rel: 10 / 0

#109 Men 15 400 Free	4:48.08	#201 Men 19&U 100 Free Prelims	1:01.02
#207 Men 19&U 200 Back Prelims	2:43.17	#211 Men 19&U 100 Fly Prelims	1:08.60
#301 Men 19&U 200 Free Prelims	2:17.42	#305 Men 19&U 50 Breast Prelims	35.99
#313 Men 19&U 200 IM Prelims	2:40.47	#401 Men 19&U 50 Free Prelims	28.80
#409 Men 19&U 50 Back Prelims	34.48	#411 Men 19&U 50 Fly Prelims	30.89

Welkom Aquatics-LL Total Individual Entries: 16 - Total Relays: 0

Welkom Super Seals-LL

1 Venter, Tatum M - Female - Age: 12 - Ind/Rel: 12 / 0

#202 Women 19&U 100 Free Prelims	1:15.74	#206 Women 19&U 100 Breast Prelims	1:38.21
#208 Women 19&U 200 Back Prelims	3:29.38	#212 Women 19&U 100 Fly Prelims	1:51.69
#302 Women 19&U 200 Free Prelims	2:48.71	#306 Women 19&U 50 Breast Prelims	45.82
#310 Women 19&U 100 Back Prelims	1:34.17	#314 Women 19&U 200 IM Prelims	3:21.16
#402 Women 19&U 50 Free Prelims	33.47	#406 Women 19&U 200 Breast	3:35.88
#410 Women 19&U 50 Back	44.66	#412 Women 19&U 50 Fly Prelims	47.09

2 Venter, Tristan - Male - Age: 16 - Ind/Rel: 12 / 0

#201 Men 19&U 100 Free Prelims	1:00.38	#205 Men 19&U 100 Breast Prelims	1:16.80
#207 Men 19&U 200 Back Prelims	2:46.71	#211 Men 19&U 100 Fly Prelims	1:13.11
#301 Men 19&U 200 Free Prelims	2:21.53	#305 Men 19&U 50 Breast Prelims	33.60
#309 Men 19&U 100 Back Prelims	1:13.30	#313 Men 19&U 200 IM Prelims	2:39.35
#401 Men 19&U 50 Free Prelims	27.17	#405 Men 19&U 200 Breast	2:54.70
#409 Men 19&U 50 Back Prelims	31.92	#411 Men 19&U 50 Fly Prelims	29.79

3 Wiesner, Jordan - Male - Age: 11 - Ind/Rel: 12 / 0

#201 Men 19&U 100 Free Prelims	1:22.81	#205 Men 19&U 100 Breast Prelims	1:44.40
#207 Men 19&U 200 Back Prelims	3:26.22	#211 Men 19&U 100 Fly Prelims	1:43.22
#301 Men 19&U 200 Free Prelims	3:07.69	#305 Men 19&U 50 Breast Prelims	47.02
#309 Men 19&U 100 Back Prelims	1:34.01	#313 Men 19&U 200 IM Prelims	3:22.11
#401 Men 19&U 50 Free Prelims	36.59	#405 Men 19&U 200 Breast	3:46.67
#409 Men 19&U 50 Back Prelims	41.59	#411 Men 19&U 50 Fly Prelims	42.85

Welkom Super Seals-LL Total Individual Entries: 36 - Total Relays: 0

Westville Swimming Club-ET

1 Henze, Anakin - Male - Age: 11 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	5:42.11	#207 Men 19&U 200 Back Prelims	2:48.18
#211 Men 19&U 100 Fly Prelims	1:32.41	#301 Men 19&U 200 Free Prelims	2:41.49
#309 Men 19&U 100 Back Prelims	1:20.49	#401 Men 19&U 50 Free Prelims	34.63
#405 Men 19&U 200 Breast	3:44.03	#409 Men 19&U 50 Back Prelims	37.20
#411 Men 19&U 50 Fly Prelims	39.90		

2 Huntley, Casia K - Female - Age: 12 - Ind/Rel: 2 / 0

#206 Women 19&U 100 Breast Prelims	1:35.78	#306 Women 19&U 50 Breast Prelims	43.63
------------------------------------	---------	-----------------------------------	-------

Westville Swimming Club-ET Total Individual Entries: 11 - Total Relays: 0