

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Action Aquatics-CC****1 Du Toit, Lerize - Female - Age: 16 - Ind/Rel: 7 / 0**

#112 Women 16 400 Free	5:28.44	#202 Women 19&U 100 Free Prelims	1:10.60
#206 Women 19&U 100 Breast Prelims	1:26.83	#302 Women 19&U 200 Free Prelims	2:35.27
#306 Women 19&U 50 Breast Prelims	39.94	#402 Women 19&U 50 Free Prelims	32.33
#406 Women 19&U 200 Breast Prelims	3:08.71		

2 Geldenhuys, Mila - Female - Age: 11 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	6:01.85	#202 Women 19&U 100 Free Prelims	1:17.05
#208 Women 19&U 200 Back Prelims	3:13.96	#212 Women 19&U 100 Fly Prelims	1:34.51
#302 Women 19&U 200 Free Prelims	2:47.06	#310 Women 19&U 100 Back Prelims	1:27.12
#314 Women 19&U 200 IM Prelims	3:13.29	#402 Women 19&U 50 Free Prelims	33.72
#410 Women 19&U 50 Back Prelims	40.16	#412 Women 19&U 50 Fly Prelims	36.41

3 Korff, Rozaan - Female - Age: 15 - Ind/Rel: 4 / 0

#110 Women 15 400 Free	5:11.10	#202 Women 19&U 100 Free Prelims	1:08.73
#302 Women 19&U 200 Free Prelims	2:25.69	#314 Women 19&U 200 IM Prelims	2:50.31

4 Prinsloo, Miané - Female - Age: 11 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	6:12.35	#202 Women 19&U 100 Free Prelims	1:27.32
#206 Women 19&U 100 Breast Prelims	1:43.24	#302 Women 19&U 200 Free Prelims	3:01.89
#306 Women 19&U 50 Breast Prelims	47.53	#310 Women 19&U 100 Back Prelims	1:32.74
#314 Women 19&U 200 IM Prelims	3:18.86	#402 Women 19&U 50 Free Prelims	37.33
#406 Women 19&U 200 Breast Prelims	3:38.34	#410 Women 19&U 50 Back Prelims	44.22

5 Swartz, Jean Marie - Female - Age: 17 - Ind/Rel: 4 / 0

#114 Women 17-19 400 Free	5:16.69	#202 Women 19&U 100 Free Prelims	1:08.91
#208 Women 19&U 200 Back Prelims	2:51.20	#302 Women 19&U 200 Free Prelims	2:31.10

6 Van Maarleveld, Ineke - Female - Age: 12 - Ind/Rel: 12 / 0

#104 Women 12 400 Free	5:43.81	#202 Women 19&U 100 Free Prelims	1:14.64
#206 Women 19&U 100 Breast Prelims	1:30.06	#208 Women 19&U 200 Back Prelims	2:53.48
#302 Women 19&U 200 Free Prelims	2:44.37	#306 Women 19&U 50 Breast Prelims	40.90
#310 Women 19&U 100 Back Prelims	1:18.94	#314 Women 19&U 200 IM Prelims	3:03.40
#402 Women 19&U 50 Free Prelims	32.78	#406 Women 19&U 200 Breast Prelims	3:17.67
#410 Women 19&U 50 Back Prelims	35.67	#412 Women 19&U 50 Fly Prelims	38.61

Action Aquatics-CC Total Individual Entries: 47 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Alcatraz Swimming Club-TS****1 Brink, Robert - Male - Age: 15 - Ind/Rel: 5 / 0**

#109 Men 15 400 Free	4:50.71	#207 Men 19&U 200 Back Prelims	2:23.68
#301 Men 19&U 200 Free Prelims	2:11.57	#309 Men 19&U 100 Back Prelims	1:05.21
#411 Men 19&U 50 Fly Prelims	29.70		

2 du Plessis, Jean-Luc - Male - Age: 12 - Ind/Rel: 5 / 0

#103 Men 12 400 Free	5:53.80	#205 Men 19&U 100 Breast Prelims	1:31.85
#301 Men 19&U 200 Free Prelims	2:37.22	#305 Men 19&U 50 Breast Prelims	41.92
#405 Men 19&U 200 Breast Prelims	3:12.80		

3 Fourie, Ava - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:03.49	#212 Women 19&U 100 Fly Prelims	1:10.80
#310 Women 19&U 100 Back Prelims	1:12.60	#402 Women 19&U 50 Free Prelims	28.03
#410 Women 19&U 50 Back Prelims	34.36	#412 Women 19&U 50 Fly Prelims	30.44

4 Govind, Nikita - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:06.42	#212 Women 19&U 100 Fly Prelims	1:18.01
#302 Women 19&U 200 Free Prelims	2:24.54	#310 Women 19&U 100 Back Prelims	1:15.18
#402 Women 19&U 50 Free Prelims	30.70	#410 Women 19&U 50 Back Prelims	34.75

5 Heitmuller, Quade - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:08.68	#207 Men 19&U 200 Back Prelims	2:51.08
#305 Men 19&U 50 Breast Prelims	42.70	#309 Men 19&U 100 Back Prelims	1:18.06
#313 Men 19&U 200 IM Prelims	3:04.93	#401 Men 19&U 50 Free Prelims	30.82
#409 Men 19&U 50 Back Prelims	35.73		

6 Lombard, Sienna T - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:09.19	#206 Women 19&U 100 Breast Prelims	1:25.32
#302 Women 19&U 200 Free Prelims	2:48.47	#314 Women 19&U 200 IM Prelims	2:52.25
#406 Women 19&U 200 Breast Prelims	3:06.85	#410 Women 19&U 50 Back Prelims	39.30

7 Perumal, Skyla O - Female - Age: 16 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:05.53	#206 Women 19&U 100 Breast Prelims	1:34.52
#302 Women 19&U 200 Free Prelims	2:26.01	#310 Women 19&U 100 Back Prelims	1:16.00
#314 Women 19&U 200 IM Prelims	2:49.82	#402 Women 19&U 50 Free Prelims	30.50
#410 Women 19&U 50 Back Prelims	34.88	#412 Women 19&U 50 Fly Prelims	33.82

8 Putter, Chris J - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:02.94	#207 Men 19&U 200 Back Prelims	2:33.45
#309 Men 19&U 100 Back Prelims	1:10.39	#401 Men 19&U 50 Free Prelims	28.68
#409 Men 19&U 50 Back Prelims	31.88		

9 Rautenbach, Roarke D - Male - Age: 17 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:13.10	#211 Men 19&U 100 Fly Prelims	1:04.25
#305 Men 19&U 50 Breast Prelims	34.25	#313 Men 19&U 200 IM Prelims	2:27.86
#405 Men 19&U 200 Breast Prelims	2:43.10	#411 Men 19&U 50 Fly Prelims	28.49

10 Roos, Kristen P - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:34.20	#202 Women 19&U 100 Free Prelims	1:10.40
#206 Women 19&U 100 Breast Prelims	1:31.45	#212 Women 19&U 100 Fly Prelims	1:20.95
#310 Women 19&U 100 Back Prelims	1:18.19	#402 Women 19&U 50 Free Prelims	31.69
#410 Women 19&U 50 Back Prelims	36.53		

11 Stadler, Clarise - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:13.23	#206 Women 19&U 100 Breast Prelims	1:29.73
#306 Women 19&U 50 Breast Prelims	40.92	#402 Women 19&U 50 Free Prelims	31.85
#406 Women 19&U 200 Breast Prelims	3:20.03	#410 Women 19&U 50 Back Prelims	37.84
#412 Women 19&U 50 Fly Prelims	36.27		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Alcatraz Swimming Club-TS**12 Van Reenen, Callum J - Male - Age: 12 - Ind/Rel: 6 / 0**

#201 Men 19&U 100 Free Prelims	1:14.77	#205 Men 19&U 100 Breast Prelims	1:32.09
#305 Men 19&U 50 Breast Prelims	39.39	#313 Men 19&U 200 IM Prelims	3:31.34
#405 Men 19&U 200 Breast Prelims	3:27.02	#411 Men 19&U 50 Fly Prelims	36.39

13 Vesely, Matej E - Male - Age: 15 - Ind/Rel: 1 / 0

#109 Men 15 400 Free 4:46.46

Alcatraz Swimming Club-TS Total Individual Entries: 75 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

Aqua Athlete-JH

1 April, Zach L - Male - Age: 11 - Ind/Rel: 7 / 2

#201 Men 19&U 100 Free Prelims	1:27.89
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	NT
#305 Men 19&U 50 Breast Prelims	42.19
#401 Men 19&U 50 Free Prelims	35.42
#409 Men 19&U 50 Back Prelims	45.72

#205 Men 19&U 100 Breast Prelims	1:46.08
#301 Men 19&U 200 Free Prelims	3:14.10
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	NT
#405 Men 19&U 200 Breast Prelims	3:39.08

2 Clancy, Cayden - Male - Age: 14 - Ind/Rel: 9 / 3

#107 Men 14 400 Free	5:26.92
#205 Men 19&U 100 Breast Prelims	1:21.31
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT
#305 Men 19&U 50 Breast Prelims	37.43
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#411 Men 19&U 50 Fly Prelims	34.13

#201 Men 19&U 100 Free Prelims	1:10.46
#211 Men 19&U 100 Fly Prelims	1:26.58
#301 Men 19&U 200 Free Prelims	2:38.05
#313 Men 19&U 200 IM Prelims	2:57.68
#405 Men 19&U 200 Breast Prelims	3:01.38
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.85

3 Dal Cin, Eva - Female - Age: 15 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:07.63
#302 Women 19&U 200 Free Prelims	2:27.78
#314 Women 19&U 200 IM Prelims	2:44.47
#406 Women 19&U 200 Breast Prelims	3:03.57

#206 Women 19&U 100 Breast Prelims	1:25.36
#310 Women 19&U 100 Back Prelims	1:18.16
#402 Women 19&U 50 Free Prelims	30.38
#410 Women 19&U 50 Back Prelims	35.25

4 Doolan, Addison J - Female - Age: 15 - Ind/Rel: 7 / 1

#208 Women 19&U 200 Back Prelims	2:44.65
#310 Women 19&U 100 Back Prelims	1:16.13
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
#410 Women 19&U 50 Back Prelims	35.08

#302 Women 19&U 200 Free Prelims	2:36.49
#314 Women 19&U 200 IM Prelims	2:58.22
#402 Women 19&U 50 Free Prelims	29.97
#412 Women 19&U 50 Fly Prelims	32.92

5 Eckersley, Lara J - Female - Age: 15 - Ind/Rel: 9 / 1

#202 Women 19&U 100 Free Prelims	1:07.76
#208 Women 19&U 200 Back Prelims	2:45.23
#310 Women 19&U 100 Back Prelims	1:15.72
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	NT
#410 Women 19&U 50 Back Prelims	36.36

#206 Women 19&U 100 Breast Prelims	1:29.36
#306 Women 19&U 50 Breast Prelims	40.84
#314 Women 19&U 200 IM Prelims	2:51.05
#402 Women 19&U 50 Free Prelims	30.77
#412 Women 19&U 50 Fly Prelims	35.54

6 Erasmus, Annika K - Female - Age: 18 - Ind/Rel: 9 / 0

#114 Women 17-19 400 Free	5:14.49
#212 Women 19&U 100 Fly Prelims	1:21.28
#306 Women 19&U 50 Breast Prelims	42.78
#402 Women 19&U 50 Free Prelims	31.99
#412 Women 19&U 50 Fly Prelims	34.54

#202 Women 19&U 100 Free Prelims	1:09.78
#302 Women 19&U 200 Free Prelims	2:26.80
#314 Women 19&U 200 IM Prelims	2:52.13
#410 Women 19&U 50 Back Prelims	37.64

7 Funnell, Jaiden R - Female - Age: 17 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:10.42
#302 Women 19&U 200 Free Prelims	2:40.15
#402 Women 19&U 50 Free Prelims	32.83
#412 Women 19&U 50 Fly Prelims	36.42

#208 Women 19&U 200 Back Prelims	2:51.77
#310 Women 19&U 100 Back Prelims	1:19.20
#410 Women 19&U 50 Back Prelims	36.88

8 Hodgson-Jervis, Tim C - Male - Age: 11 - Ind/Rel: 11 / 2

#201 Men 19&U 100 Free Prelims	1:12.24
#207 Men 19&U 200 Back Prelims	2:55.37
#301 Men 19&U 200 Free Prelims	2:37.88
#309 Men 19&U 100 Back Prelims	1:20.96
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	NT
#405 Men 19&U 200 Breast Prelims	3:18.87
#411 Men 19&U 50 Fly Prelims	37.47

#205 Men 19&U 100 Breast Prelims	1:31.86
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	NT
#305 Men 19&U 50 Breast Prelims	40.50
#313 Men 19&U 200 IM Prelims	3:00.42
#401 Men 19&U 50 Free Prelims	33.42
#409 Men 19&U 50 Back Prelims	37.67

9 John, Josh A - Male - Age: 13 - Ind/Rel: 6 / 2

#201 Men 19&U 100 Free Prelims	1:05.03
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT
#305 Men 19&U 50 Breast Prelims	39.24
#401 Men 19&U 50 Free Prelims	29.08

#205 Men 19&U 100 Breast Prelims	1:28.66
#301 Men 19&U 200 Free Prelims	2:29.31
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#411 Men 19&U 50 Fly Prelims	33.00

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aqua Athlete-JH****10 Kneubuhler, Luca J - Male - Age: 12 - Ind/Rel: 6 / 4**

#201 Men 19&U 100 Free Prelims	1:09.63	#207 Men 19&U 200 Back Prelims	2:51.32
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	NT	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 19&U 200 Free Prelims	2:41.65	#309 Men 19&U 100 Back Prelims	1:16.88
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	NT	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#401 Men 19&U 50 Free Prelims	30.90	#409 Men 19&U 50 Back Prelims	36.08

11 Langenhoven, Francois-Daniel - Male - Age: 13 - Ind/Rel: 7 / 2

#201 Men 19&U 100 Free Prelims	1:05.19	#205 Men 19&U 100 Breast Prelims	1:24.25
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 19&U 200 Free Prelims	2:26.28
#305 Men 19&U 50 Breast Prelims	38.54	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#401 Men 19&U 50 Free Prelims	29.85	#405 Men 19&U 200 Breast Prelims	3:09.41
#411 Men 19&U 50 Fly Prelims	34.65		

12 Mujati, Tatenda C - Male - Age: 12 - Ind/Rel: 8 / 4

#201 Men 19&U 100 Free Prelims	1:13.96	#205 Men 19&U 100 Breast Prelims	1:26.01
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	NT	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 19&U 200 Free Prelims	2:42.01	#305 Men 19&U 50 Breast Prelims	38.90
#313 Men 19&U 200 IM Prelims	3:07.40	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	NT
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT	#401 Men 19&U 50 Free Prelims	33.34
#405 Men 19&U 200 Breast Prelims	3:09.08	#411 Men 19&U 50 Fly Prelims	37.72

13 Muller, Blake M - Male - Age: 14 - Ind/Rel: 6 / 3

#205 Men 19&U 100 Breast Prelims	1:22.88	#211 Men 19&U 100 Fly Prelims	1:12.71
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT	#305 Men 19&U 50 Breast Prelims	39.08
#313 Men 19&U 200 IM Prelims	2:43.57	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#405 Men 19&U 200 Breast Prelims	3:01.60	#411 Men 19&U 50 Fly Prelims	29.90
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.85		

14 van Zyl, Michael M - Male - Age: 17 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	57.20	#205 Men 19&U 100 Breast Prelims	1:13.90
#305 Men 19&U 50 Breast Prelims	32.59	#401 Men 19&U 50 Free Prelims	25.57

15 Webb, Mason M - Male - Age: 12 - Ind/Rel: 9 / 3

#103 Men 12 400 Free	5:53.93	#201 Men 19&U 100 Free Prelims	1:16.54
#205 Men 19&U 100 Breast Prelims	1:35.89	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT
#301 Men 19&U 200 Free Prelims	2:42.17	#305 Men 19&U 50 Breast Prelims	44.54
#313 Men 19&U 200 IM Prelims	3:14.26	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#401 Men 19&U 50 Free Prelims	34.69	#405 Men 19&U 200 Breast Prelims	3:31.09
#409 Men 19&U 50 Back Prelims	42.02	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.85

16 Weber, Alexander R - Male - Age: 13 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:06.72	#205 Men 19&U 100 Breast Prelims	1:30.31
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	NT	#301 Men 19&U 200 Free Prelims	2:46.17
#305 Men 19&U 50 Breast Prelims	41.22	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	NT
#401 Men 19&U 50 Free Prelims	30.49	#405 Men 19&U 200 Breast Prelims	3:24.93
#411 Men 19&U 50 Fly Prelims	33.52	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.85

Aqua Athlete-JH Total Individual Entries: 120 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Aquafin Swimming Club-UT**1 Meineke, Abigale M - Female - Age: 17 - Ind/Rel: 4 / 0**

#114 Women 17-19 400 Free	5:15.22	#202 Women 19&U 100 Free Prelims	1:10.84
#302 Women 19&U 200 Free Prelims	2:33.50	#314 Women 19&U 200 IM Prelims	2:49.89

2 Neethling, Zak - Male - Age: 18 - Ind/Rel: 7 / 0

#205 Men 19&U 100 Breast Prelims	1:19.36	#207 Men 19&U 200 Back Prelims	2:42.50
#211 Men 19&U 100 Fly Prelims	1:14.20	#305 Men 19&U 50 Breast Prelims	35.67
#309 Men 19&U 100 Back Prelims	1:11.92	#405 Men 19&U 200 Breast Prelims	2:49.45
#411 Men 19&U 50 Fly Prelims	30.76		

3 White, Suhanna - Female - Age: 11 - Ind/Rel: 5 / 0

#206 Women 19&U 100 Breast Prelims	1:40.24	#306 Women 19&U 50 Breast Prelims	44.38
#402 Women 19&U 50 Free Prelims	35.15	#406 Women 19&U 200 Breast Prelims	3:42.12
#412 Women 19&U 50 Fly Prelims	42.26		

Aquafin Swimming Club-UT Total Individual Entries: 16 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aquafins Swimming-JH****1 Hodnett, Hayley M - Female - Age: 13 - Ind/Rel: 7 / 0**

#106 Women 13 400 Free	6:03.28	#206 Women 19&U 100 Breast Prelims	1:31.55
#208 Women 19&U 200 Back Prelims	2:52.10	#310 Women 19&U 100 Back Prelims	1:22.49
#314 Women 19&U 200 IM Prelims	3:03.02	#406 Women 19&U 200 Breast Prelims	3:11.65
#412 Women 19&U 50 Fly Prelims	37.19		

2 Kennedy, Caitlin - Female - Age: 17 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:10.77	#208 Women 19&U 200 Back Prelims	2:46.66
#310 Women 19&U 100 Back Prelims	1:15.54	#402 Women 19&U 50 Free Prelims	31.86
#410 Women 19&U 50 Back Prelims	34.31		

3 Nkabinde, Kutloana U - Male - Age: 16 - Ind/Rel: 7 / 0

#207 Men 19&U 200 Back Prelims	2:35.21	#211 Men 19&U 100 Fly Prelims	1:05.95
#309 Men 19&U 100 Back Prelims	1:08.90	#313 Men 19&U 200 IM Prelims	2:34.93
#401 Men 19&U 50 Free Prelims	28.32	#409 Men 19&U 50 Back Prelims	31.40
#411 Men 19&U 50 Fly Prelims	28.86		

4 Palmer, Megan - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:15.09	#208 Women 19&U 200 Back Prelims	3:26.56
#302 Women 19&U 200 Free Prelims	2:56.11	#310 Women 19&U 100 Back Prelims	1:24.79
#402 Women 19&U 50 Free Prelims	33.11	#410 Women 19&U 50 Back Prelims	36.85
#412 Women 19&U 50 Fly Prelims	46.17		

5 Shiwundlana, Paris - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:11.53	#206 Women 19&U 100 Breast Prelims	1:26.91
#302 Women 19&U 200 Free Prelims	2:55.37	#306 Women 19&U 50 Breast Prelims	40.09
#402 Women 19&U 50 Free Prelims	30.83	#412 Women 19&U 50 Fly Prelims	35.91

Aquafins Swimming-JH Total Individual Entries: 32 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Aquarius Aquatics Swimming Clu-JH**1 Banks, Tristan D - Male - Age: 10 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:14.10	#207 Men 19&U 200 Back Prelims	3:03.68
#301 Men 19&U 200 Free Prelims	2:42.90	#309 Men 19&U 100 Back Prelims	1:20.16
#313 Men 19&U 200 IM Prelims	3:12.76	#401 Men 19&U 50 Free Prelims	33.50
#409 Men 19&U 50 Back Prelims	37.17	#411 Men 19&U 50 Fly Prelims	37.38

Aquarius Aquatics Swimming Clu-JH Total Individual Entries: 8 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aquatic Wings Swim Club-TS****1 Drenth, Ziane - Female - Age: 12 - Ind/Rel: 8 / 0**

#104 Women 12 400 Free	5:56.75	#208 Women 19&U 200 Back Prelims	3:11.23
#212 Women 19&U 100 Fly Prelims	1:35.52	#302 Women 19&U 200 Free Prelims	2:49.52
#314 Women 19&U 200 IM Prelims	3:19.23	#402 Women 19&U 50 Free Prelims	35.96
#410 Women 19&U 50 Back Prelims	43.42	#412 Women 19&U 50 Fly Prelims	44.94

2 Jooste, Justin X - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	4:44.72	#201 Men 19&U 100 Free Prelims	1:00.50
#211 Men 19&U 100 Fly Prelims	1:05.33	#301 Men 19&U 200 Free Prelims	2:11.02
#305 Men 19&U 50 Breast Prelims	35.07	#313 Men 19&U 200 IM Prelims	2:30.26
#411 Men 19&U 50 Fly Prelims	29.32		

3 Le Roux, Juan - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:08.83	#205 Men 19&U 100 Breast Prelims	1:32.24
#301 Men 19&U 200 Free Prelims	2:34.33	#305 Men 19&U 50 Breast Prelims	42.22
#309 Men 19&U 100 Back Prelims	1:21.07	#313 Men 19&U 200 IM Prelims	3:01.10
#409 Men 19&U 50 Back Prelims	39.68	#411 Men 19&U 50 Fly Prelims	34.90

4 Mostert, Abby J - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:14.04	#208 Women 19&U 200 Back Prelims	3:01.28
#310 Women 19&U 100 Back Prelims	1:21.89	#314 Women 19&U 200 IM Prelims	3:10.29
#402 Women 19&U 50 Free Prelims	33.00	#410 Women 19&U 50 Back Prelims	39.03
#412 Women 19&U 50 Fly Prelims	39.27		

5 Seymore, Michael D - Male - Age: 12 - Ind/Rel: 7 / 0

#103 Men 12 400 Free	5:43.29	#201 Men 19&U 100 Free Prelims	1:18.06
#211 Men 19&U 100 Fly Prelims	1:24.14	#301 Men 19&U 200 Free Prelims	2:41.59
#313 Men 19&U 200 IM Prelims	3:13.45	#401 Men 19&U 50 Free Prelims	34.94
#411 Men 19&U 50 Fly Prelims	37.78		

Aquatic Wings Swim Club-TS Total Individual Entries: 37 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Atlantis Swimming Club-JH**1 Essack, Zahraa - Female - Age: 12 - Ind/Rel: 9 / 0**

#202 Women 19&U 100 Free Prelims	1:31.31	#206 Women 19&U 100 Breast Prelims	1:45.62
#212 Women 19&U 100 Fly Prelims	1:31.27	#306 Women 19&U 50 Breast Prelims	48.46
#310 Women 19&U 100 Back Prelims	1:39.78	#314 Women 19&U 200 IM Prelims	3:28.49
#402 Women 19&U 50 Free Prelims	39.35	#410 Women 19&U 50 Back Prelims	45.18
#412 Women 19&U 50 Fly Prelims	38.43		

2 Gibbs, Alleclaytheo - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:04.04	#205 Men 19&U 100 Breast Prelims	1:15.32
#301 Men 19&U 200 Free Prelims	2:23.60	#305 Men 19&U 50 Breast Prelims	32.74
#313 Men 19&U 200 IM Prelims	2:48.09	#401 Men 19&U 50 Free Prelims	29.72
#405 Men 19&U 200 Breast Prelims	2:54.25	#411 Men 19&U 50 Fly Prelims	33.12

Atlantis Swimming Club-JH Total Individual Entries: 17 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Baracuda Swim Club-EK****1 Dippenaar Safi, Ethan - Male - Age: 11 - Ind/Rel: 13 / 0**

#101 Men 11&U 400 Free	6:38.17	#201 Men 19&U 100 Free Prelims	1:21.50
#205 Men 19&U 100 Breast Prelims	1:38.11	#207 Men 19&U 200 Back Prelims	3:37.79
#211 Men 19&U 100 Fly Prelims	1:35.21	#301 Men 19&U 200 Free Prelims	3:04.98
#305 Men 19&U 50 Breast Prelims	42.84	#309 Men 19&U 100 Back Prelims	1:36.15
#313 Men 19&U 200 IM Prelims	3:20.08	#401 Men 19&U 50 Free Prelims	34.82
#405 Men 19&U 200 Breast Prelims	3:47.58	#409 Men 19&U 50 Back Prelims	45.61
#411 Men 19&U 50 Fly Prelims	38.55		

2 Machill, Cayleigh J - Female - Age: 12 - Ind/Rel: 13 / 0

#104 Women 12 400 Free	6:08.91	#202 Women 19&U 100 Free Prelims	1:16.05
#206 Women 19&U 100 Breast Prelims	1:41.08	#208 Women 19&U 200 Back Prelims	3:14.34
#212 Women 19&U 100 Fly Prelims	1:32.06	#302 Women 19&U 200 Free Prelims	2:50.32
#306 Women 19&U 50 Breast Prelims	45.64	#310 Women 19&U 100 Back Prelims	1:30.13
#314 Women 19&U 200 IM Prelims	3:14.55	#402 Women 19&U 50 Free Prelims	34.84
#406 Women 19&U 200 Breast Prelims	3:40.10	#410 Women 19&U 50 Back Prelims	40.80
#412 Women 19&U 50 Fly Prelims	38.63		

Baracuda Swim Club-EK Total Individual Entries: 26 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Bloemfontein Otters-MA****1 Balmer, Lindsay - Female - Age: 14 - Ind/Rel: 5 / 1**

#202 Women 19&U 100 Free Prelims	1:18.22	#206 Women 19&U 100 Breast Prelims	1:32.93
#302 Women 19&U 200 Free Prelims	2:49.05	#306 Women 19&U 50 Breast Prelims	41.20
#406 Women 19&U 200 Breast Prelims	3:17.33	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.00

2 Bezuidenhoud, Kaylin - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:09.25	#208 Women 19&U 200 Back Prelims	2:54.63
#310 Women 19&U 100 Back Prelims	1:18.01	#402 Women 19&U 50 Free Prelims	30.25
#410 Women 19&U 50 Back Prelims	35.43	#412 Women 19&U 50 Fly Prelims	35.58

3 Cilliers, Christopher J - Male - Age: 17 - Ind/Rel: 7 / 0

#205 Men 19&U 100 Breast Prelims	1:16.66	#207 Men 19&U 200 Back Prelims	2:26.50
#305 Men 19&U 50 Breast Prelims	33.77	#309 Men 19&U 100 Back Prelims	1:05.09
#401 Men 19&U 50 Free Prelims	26.37	#409 Men 19&U 50 Back Prelims	29.72
#411 Men 19&U 50 Fly Prelims	28.82		

4 Coetzer, Jacques - Male - Age: 12 - Ind/Rel: 6 / 1

#103 Men 12 400 Free	6:00.70	#201 Men 19&U 100 Free Prelims	1:14.89
#211 Men 19&U 100 Fly Prelims	1:40.79	#301 Men 19&U 200 Free Prelims	2:39.48
#401 Men 19&U 50 Free Prelims	35.66	#411 Men 19&U 50 Fly Prelims	40.85
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.70		

5 de Jager, Ashleigh - Female - Age: 13 - Ind/Rel: 6 / 4

#106 Women 13 400 Free	5:23.05	#202 Women 19&U 100 Free Prelims	1:07.17
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:34.59	#302 Women 19&U 200 Free Prelims	2:25.43
#306 Women 19&U 50 Breast Prelims	43.88	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.11
#402 Women 19&U 50 Free Prelims	29.62	#410 Women 19&U 50 Back Prelims	35.27
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.00	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT

6 de Vries, Jan-Hendrik - Male - Age: 11 - Ind/Rel: 6 / 1

#101 Men 11&U 400 Free	6:15.50	#201 Men 19&U 100 Free Prelims	1:17.56
#301 Men 19&U 200 Free Prelims	2:54.27	#309 Men 19&U 100 Back Prelims	1:35.52
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.16	#401 Men 19&U 50 Free Prelims	33.71
#409 Men 19&U 50 Back Prelims	43.39		

7 Els, Nicolai - Male - Age: 13 - Ind/Rel: 6 / 1

#201 Men 19&U 100 Free Prelims	1:07.45	#205 Men 19&U 100 Breast Prelims	1:31.37
#301 Men 19&U 200 Free Prelims	2:31.91	#305 Men 19&U 50 Breast Prelims	38.73
#401 Men 19&U 50 Free Prelims	29.79	#411 Men 19&U 50 Fly Prelims	34.47
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT		

8 Figueira, Miguel R - Male - Age: 15 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:18.08	#207 Men 19&U 200 Back Prelims	2:42.70
#305 Men 19&U 50 Breast Prelims	35.93	#309 Men 19&U 100 Back Prelims	1:14.02
#405 Men 19&U 200 Breast Prelims	2:51.07	#409 Men 19&U 50 Back Prelims	34.22

9 Gutter, Livia - Female - Age: 13 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:08.99	#206 Women 19&U 100 Breast Prelims	1:28.16
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:34.59	#302 Women 19&U 200 Free Prelims	2:34.11
#306 Women 19&U 50 Breast Prelims	41.18	#314 Women 19&U 200 IM Prelims	2:53.25
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.11	#402 Women 19&U 50 Free Prelims	31.48
#406 Women 19&U 200 Breast Prelims	3:15.28	#410 Women 19&U 50 Back Prelims	39.80
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.00		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Bloemfontein Otters-MA****10 Harbron, Danielle - Female - Age: 15 - Ind/Rel: 9 / 4**

#110 Women 15 400 Free	5:05.14	#202 Women 19&U 100 Free Prelims	1:04.35
#206 Women 19&U 100 Breast Prelims	1:23.81	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:34.59
#302 Women 19&U 200 Free Prelims	2:23.64	#306 Women 19&U 50 Breast Prelims	37.52
#314 Women 19&U 200 IM Prelims	2:45.05	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.11
#402 Women 19&U 50 Free Prelims	29.32	#410 Women 19&U 50 Back Prelims	37.48
#412 Women 19&U 50 Fly Prelims	33.74	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.00
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	NT		

11 Le Roux, Lisa - Female - Age: 10 - Ind/Rel: 9 / 2

#202 Women 19&U 100 Free Prelims	1:14.11	#208 Women 19&U 200 Back Prelims	3:07.56
#302 Women 19&U 200 Free Prelims	2:47.16	#306 Women 19&U 50 Breast Prelims	44.44
#310 Women 19&U 100 Back Prelims	1:27.42	#314 Women 19&U 200 IM Prelims	3:11.82
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.16	#402 Women 19&U 50 Free Prelims	33.68
#410 Women 19&U 50 Back Prelims	40.93	#412 Women 19&U 50 Fly Prelims	39.49
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.70		

12 Opperman, Inge - Female - Age: 12 - Ind/Rel: 8 / 2

#104 Women 12 400 Free	5:26.37	#202 Women 19&U 100 Free Prelims	1:11.23
#212 Women 19&U 100 Fly Prelims	1:27.52	#302 Women 19&U 200 Free Prelims	2:36.46
#310 Women 19&U 100 Back Prelims	1:23.16	#314 Women 19&U 200 IM Prelims	2:58.79
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.16	#402 Women 19&U 50 Free Prelims	32.02
#412 Women 19&U 50 Fly Prelims	37.40	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.70

13 Saunderson, Enrique C - Male - Age: 11 - Ind/Rel: 9 / 2

#101 Men 11&U 400 Free	6:20.35	#201 Men 19&U 100 Free Prelims	1:16.47
#207 Men 19&U 200 Back Prelims	3:17.70	#211 Men 19&U 100 Fly Prelims	1:41.07
#301 Men 19&U 200 Free Prelims	3:05.03	#309 Men 19&U 100 Back Prelims	1:31.47
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.16	#401 Men 19&U 50 Free Prelims	33.68
#409 Men 19&U 50 Back Prelims	42.56	#411 Men 19&U 50 Fly Prelims	40.02
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.70		

14 van Biljon, Aila - Female - Age: 13 - Ind/Rel: 6 / 2

#106 Women 13 400 Free	5:27.70	#202 Women 19&U 100 Free Prelims	1:13.68
#206 Women 19&U 100 Breast Prelims	1:42.64	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:34.59
#302 Women 19&U 200 Free Prelims	2:37.81	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.11
#406 Women 19&U 200 Breast Prelims	3:41.85	#410 Women 19&U 50 Back Prelims	43.88

15 Vosloo, Kayla - Female - Age: 16 - Ind/Rel: 5 / 0

#206 Women 19&U 100 Breast Prelims	1:25.67	#212 Women 19&U 100 Fly Prelims	1:17.61
#306 Women 19&U 50 Breast Prelims	36.56	#314 Women 19&U 200 IM Prelims	2:51.05
#412 Women 19&U 50 Fly Prelims	33.65		

16 Whelan, Francis - Female - Age: 17 - Ind/Rel: 3 / 0

#114 Women 17-19 400 Free	4:56.48	#302 Women 19&U 200 Free Prelims	2:20.12
#310 Women 19&U 100 Back Prelims	1:13.48		

Bloemfontein Otters-MA Total Individual Entries: 105 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Boksburg Aquatic Saints-EK****1 Els, Megan A - Female - Age: 13 - Ind/Rel: 9 / 2**

#202 Women 19&U 100 Free Prelims	1:12.72	#206 Women 19&U 100 Breast Prelims	1:37.37
#208 Women 19&U 200 Back Prelims	2:47.94	#302 Women 19&U 200 Free Prelims	2:37.26
#310 Women 19&U 100 Back Prelims	1:21.72	#314 Women 19&U 200 IM Prelims	2:53.78
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.14	#402 Women 19&U 50 Free Prelims	34.81
#410 Women 19&U 50 Back Prelims	37.79	#412 Women 19&U 50 Fly Prelims	36.40
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:44.33		

2 Le Roux, Terrick C - Male - Age: 13 - Ind/Rel: 11 / 3

#105 Men 13 400 Free	5:05.70	#201 Men 19&U 100 Free Prelims	1:02.59
#205 Men 19&U 100 Breast Prelims	1:22.47	#207 Men 19&U 200 Back Prelims	2:46.97
#211 Men 19&U 100 Fly Prelims	1:22.56	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:17.35
#301 Men 19&U 200 Free Prelims	2:19.59	#309 Men 19&U 100 Back Prelims	1:17.61
#313 Men 19&U 200 IM Prelims	2:42.32	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.14
#401 Men 19&U 50 Free Prelims	29.16	#405 Men 19&U 200 Breast Prelims	3:01.72
#411 Men 19&U 50 Fly Prelims	32.52	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:44.33

3 Letsoalo, Tetelo C - Male - Age: 13 - Ind/Rel: 9 / 3

#105 Men 13 400 Free	5:20.95	#201 Men 19&U 100 Free Prelims	1:06.45
#205 Men 19&U 100 Breast Prelims	1:25.94	#211 Men 19&U 100 Fly Prelims	1:17.18
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:17.35	#301 Men 19&U 200 Free Prelims	2:29.36
#305 Men 19&U 50 Breast Prelims	38.44	#313 Men 19&U 200 IM Prelims	2:46.72
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.14	#409 Men 19&U 50 Back Prelims	37.84
#411 Men 19&U 50 Fly Prelims	34.00	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:44.33

4 Moabelo, Fatso J - Female - Age: 11 - Ind/Rel: 8 / 2

#202 Women 19&U 100 Free Prelims	1:21.63	#206 Women 19&U 100 Breast Prelims	1:41.17
#208 Women 19&U 200 Back Prelims	3:21.33	#306 Women 19&U 50 Breast Prelims	46.38
#310 Women 19&U 100 Back Prelims	1:33.15	#314 Women 19&U 200 IM Prelims	3:21.78
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.14	#406 Women 19&U 200 Breast Prelims	3:36.91
#412 Women 19&U 50 Fly Prelims	45.17	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:44.33

5 Mofokeng, Musa B - Male - Age: 17 - Ind/Rel: 8 / 1

#201 Men 19&U 100 Free Prelims	1:02.74	#205 Men 19&U 100 Breast Prelims	1:16.52
#207 Men 19&U 200 Back Prelims	2:31.15	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:17.35
#301 Men 19&U 200 Free Prelims	2:22.03	#305 Men 19&U 50 Breast Prelims	34.63
#309 Men 19&U 100 Back Prelims	1:09.19	#313 Men 19&U 200 IM Prelims	2:35.76
#409 Men 19&U 50 Back Prelims	32.73		

6 Peer, Amr - Male - Age: 15 - Ind/Rel: 9 / 1

#109 Men 15 400 Free	5:07.72	#201 Men 19&U 100 Free Prelims	1:03.71
#205 Men 19&U 100 Breast Prelims	1:22.93	#207 Men 19&U 200 Back Prelims	2:36.89
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:17.35	#301 Men 19&U 200 Free Prelims	2:25.63
#309 Men 19&U 100 Back Prelims	1:12.98	#313 Men 19&U 200 IM Prelims	2:44.86
#405 Men 19&U 200 Breast Prelims	3:05.11	#409 Men 19&U 50 Back Prelims	33.06

Boksburg Aquatic Saints-EK Total Individual Entries: 54 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Bull Sharks-MA****1 Carson, Cayden J - Male - Age: 12 - Ind/Rel: 13 / 0**

#103 Men 12 400 Free	5:35.81	#201 Men 19&U 100 Free Prelims	1:08.27
#205 Men 19&U 100 Breast Prelims	1:35.25	#207 Men 19&U 200 Back Prelims	3:01.77
#211 Men 19&U 100 Fly Prelims	1:22.83	#301 Men 19&U 200 Free Prelims	2:35.19
#305 Men 19&U 50 Breast Prelims	41.82	#309 Men 19&U 100 Back Prelims	1:23.82
#313 Men 19&U 200 IM Prelims	2:55.91	#401 Men 19&U 50 Free Prelims	29.93
#405 Men 19&U 200 Breast Prelims	3:34.98	#409 Men 19&U 50 Back Prelims	37.98
#411 Men 19&U 50 Fly Prelims	33.46		

2 Jacobs, Levi - Male - Age: 14 - Ind/Rel: 11 / 0

#107 Men 14 400 Free	5:09.51	#201 Men 19&U 100 Free Prelims	59.43
#205 Men 19&U 100 Breast Prelims	1:22.50	#211 Men 19&U 100 Fly Prelims	1:08.05
#301 Men 19&U 200 Free Prelims	2:19.43	#305 Men 19&U 50 Breast Prelims	36.32
#309 Men 19&U 100 Back Prelims	1:10.81	#313 Men 19&U 200 IM Prelims	2:38.74
#401 Men 19&U 50 Free Prelims	26.61	#409 Men 19&U 50 Back Prelims	31.96
#411 Men 19&U 50 Fly Prelims	29.92		

3 Meyer, Maya - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:11.19	#212 Women 19&U 100 Fly Prelims	1:19.68
#302 Women 19&U 200 Free Prelims	2:37.56	#306 Women 19&U 50 Breast Prelims	44.62
#314 Women 19&U 200 IM Prelims	2:54.30	#402 Women 19&U 50 Free Prelims	31.48
#410 Women 19&U 50 Back Prelims	36.08	#412 Women 19&U 50 Fly Prelims	33.93

Bull Sharks-MA Total Individual Entries: 32 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Bulties Swimming Club-LL****1 Barnard, Chrisley - Female - Age: 16 - Ind/Rel: 11 / 0**

#112 Women 16 400 Free	5:23.77	#202 Women 19&U 100 Free Prelims	1:08.17
#206 Women 19&U 100 Breast Prelims	1:35.24	#208 Women 19&U 200 Back Prelims	2:51.36
#302 Women 19&U 200 Free Prelims	2:32.86	#306 Women 19&U 50 Breast Prelims	40.26
#310 Women 19&U 100 Back Prelims	1:19.44	#314 Women 19&U 200 IM Prelims	2:59.55
#402 Women 19&U 50 Free Prelims	30.98	#406 Women 19&U 200 Breast Prelims	3:41.48
#410 Women 19&U 50 Back Prelims	37.19		

2 Bredenkamp, Milne M - Male - Age: 12 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:15.64	#205 Men 19&U 100 Breast Prelims	1:54.15
#207 Men 19&U 200 Back Prelims	3:19.83	#301 Men 19&U 200 Free Prelims	2:45.38
#305 Men 19&U 50 Breast Prelims	51.04	#309 Men 19&U 100 Back Prelims	1:31.14
#313 Men 19&U 200 IM Prelims	3:23.69	#401 Men 19&U 50 Free Prelims	32.86
#409 Men 19&U 50 Back Prelims	40.65	#411 Men 19&U 50 Fly Prelims	37.88

3 van Zyl, Hanco - Male - Age: 12 - Ind/Rel: 13 / 0

#103 Men 12 400 Free	6:18.40	#201 Men 19&U 100 Free Prelims	1:15.35
#205 Men 19&U 100 Breast Prelims	1:47.55	#207 Men 19&U 200 Back Prelims	3:06.75
#211 Men 19&U 100 Fly Prelims	1:48.66	#301 Men 19&U 200 Free Prelims	2:45.89
#305 Men 19&U 50 Breast Prelims	50.33	#309 Men 19&U 100 Back Prelims	1:26.53
#313 Men 19&U 200 IM Prelims	3:36.17	#401 Men 19&U 50 Free Prelims	33.94
#405 Men 19&U 200 Breast Prelims	3:52.44	#409 Men 19&U 50 Back Prelims	39.59
#411 Men 19&U 50 Fly Prelims	37.66		

Bulties Swimming Club-LL Total Individual Entries: 34 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

Cardinal Aquatics-EK

1 Andrews, Lincoln - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:16.76	#205 Men 19&U 100 Breast Prelims	1:42.02
#401 Men 19&U 50 Free Prelims	33.96	#405 Men 19&U 200 Breast Prelims	3:37.95
#409 Men 19&U 50 Back Prelims	42.69	#411 Men 19&U 50 Fly Prelims	41.38

2 Baker, Benjamin - Male - Age: 15 - Ind/Rel: 8 / 4

#109 Men 15 400 Free	4:54.07	#201 Men 19&U 100 Free Prelims	1:03.86
#207 Men 19&U 200 Back Prelims	2:34.44	#301 Men 19&U 200 Free Prelims	2:18.90
#305 Men 19&U 50 Breast Prelims	42.08	#309 Men 19&U 100 Back Prelims	1:12.57
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:59.19	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.76
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.74	#401 Men 19&U 50 Free Prelims	28.72
#409 Men 19&U 50 Back Prelims	33.75	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:09.17

3 Beling, Justin B - Male - Age: 14 - Ind/Rel: 7 / 0

#107 Men 14 400 Free	5:07.75	#201 Men 19&U 100 Free Prelims	1:05.32
#207 Men 19&U 200 Back Prelims	2:39.11	#301 Men 19&U 200 Free Prelims	2:22.87
#309 Men 19&U 100 Back Prelims	1:16.10	#401 Men 19&U 50 Free Prelims	29.91
#409 Men 19&U 50 Back Prelims	35.55		

4 Boardman, Leah C - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:11.22	#206 Women 19&U 100 Breast Prelims	1:30.26
#302 Women 19&U 200 Free Prelims	2:39.54	#306 Women 19&U 50 Breast Prelims	40.88
#314 Women 19&U 200 IM Prelims	3:01.15	#402 Women 19&U 50 Free Prelims	32.54
#406 Women 19&U 200 Breast Prelims	3:18.39	#412 Women 19&U 50 Fly Prelims	35.11

5 Botes, Taylor-Rose - Female - Age: 11 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:14.68	#206 Women 19&U 100 Breast Prelims	1:36.23
#302 Women 19&U 200 Free Prelims	2:48.84	#306 Women 19&U 50 Breast Prelims	44.75
#310 Women 19&U 100 Back Prelims	1:30.85	#314 Women 19&U 200 IM Prelims	3:09.90
#402 Women 19&U 50 Free Prelims	37.82	#406 Women 19&U 200 Breast Prelims	3:32.56
#410 Women 19&U 50 Back Prelims	40.92	#412 Women 19&U 50 Fly Prelims	39.73

6 Carpinteiro, Diego - Male - Age: 12 - Ind/Rel: 10 / 2

#103 Men 12 400 Free	5:23.50	#201 Men 19&U 100 Free Prelims	1:09.50
#207 Men 19&U 200 Back Prelims	3:08.80	#301 Men 19&U 200 Free Prelims	2:33.88
#305 Men 19&U 50 Breast Prelims	44.16	#309 Men 19&U 100 Back Prelims	1:31.43
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:03.12	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:59.19
#401 Men 19&U 50 Free Prelims	30.95	#405 Men 19&U 200 Breast Prelims	3:32.81
#409 Men 19&U 50 Back Prelims	38.89	#411 Men 19&U 50 Fly Prelims	35.65

7 Cockcroft, Connor M - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:01.72	#205 Men 19&U 100 Breast Prelims	1:21.67
#207 Men 19&U 200 Back Prelims	2:36.68	#211 Men 19&U 100 Fly Prelims	1:13.29
#301 Men 19&U 200 Free Prelims	2:18.00	#309 Men 19&U 100 Back Prelims	1:11.18
#313 Men 19&U 200 IM Prelims	2:37.01	#405 Men 19&U 200 Breast Prelims	2:58.77

8 Constantinides, Ava - Female - Age: 13 - Ind/Rel: 9 / 0

#106 Women 13 400 Free	5:28.33	#206 Women 19&U 100 Breast Prelims	1:25.86
#302 Women 19&U 200 Free Prelims	2:38.01	#306 Women 19&U 50 Breast Prelims	39.61
#310 Women 19&U 100 Back Prelims	1:23.02	#314 Women 19&U 200 IM Prelims	2:49.17
#402 Women 19&U 50 Free Prelims	31.35	#406 Women 19&U 200 Breast Prelims	3:07.18
#412 Women 19&U 50 Fly Prelims	36.15		

9 Da Cunha, Jorja - Female - Age: 17 - Ind/Rel: 6 / 2

#114 Women 17-19 400 Free	5:09.64	#202 Women 19&U 100 Free Prelims	1:08.31
#204 Women 99&U 200 IM Para Prelims	2:49.35	#302 Women 19&U 200 Free Prelims	2:25.62
#306 Women 19&U 50 Breast Prelims	40.16	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:02.43
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.87	#402 Women 19&U 50 Free Prelims	30.42

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Cardinal Aquatics-EK****10 Dandoulakis, Alexi - Female - Age: 11 - Ind/Rel: 7 / 0**

#102 Women 11&U 400 Free	5:59.16	#202 Women 19&U 100 Free Prelims	1:16.58
#206 Women 19&U 100 Breast Prelims	1:46.42	#302 Women 19&U 200 Free Prelims	2:48.27
#306 Women 19&U 50 Breast Prelims	48.63	#402 Women 19&U 50 Free Prelims	35.33
#406 Women 19&U 200 Breast Prelims	3:48.92		

11 De Montille, Erin G - Female - Age: 17 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:09.53	#208 Women 19&U 200 Back Prelims	2:42.67
#310 Women 19&U 100 Back Prelims	1:15.01	#402 Women 19&U 50 Free Prelims	31.67
#410 Women 19&U 50 Back Prelims	35.69		

12 Del Grosso, Gianluca G - Male - Age: 16 - Ind/Rel: 7 / 3

#111 Men 16 400 Free	5:03.25	#201 Men 19&U 100 Free Prelims	1:03.48
#205 Men 19&U 100 Breast Prelims	1:30.59	#301 Men 19&U 200 Free Prelims	2:20.02
#305 Men 19&U 50 Breast Prelims	40.80	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.76
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.87	#401 Men 19&U 50 Free Prelims	28.50
#405 Men 19&U 200 Breast Prelims	3:19.01	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:05.53

13 Dowling, Landon G - Male - Age: 15 - Ind/Rel: 5 / 4

#201 Men 19&U 100 Free Prelims	1:01.36	#205 Men 19&U 100 Breast Prelims	1:21.00
#305 Men 19&U 50 Breast Prelims	35.14	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:59.19
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.76	#401 Men 19&U 50 Free Prelims	28.25
#405 Men 19&U 200 Breast Prelims	3:00.26	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:09.17
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:05.53		

14 Dukoff - Gordon, Kyle - Male - Age: 12 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:32.35	#207 Men 19&U 200 Back Prelims	3:04.24
#305 Men 19&U 50 Breast Prelims	43.35	#313 Men 19&U 200 IM Prelims	3:04.39
#405 Men 19&U 200 Breast Prelims	3:16.07	#409 Men 19&U 50 Back Prelims	41.67

15 He, Henry - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	5:17.82	#201 Men 19&U 100 Free Prelims	1:06.17
#205 Men 19&U 100 Breast Prelims	1:33.35	#301 Men 19&U 200 Free Prelims	2:27.85
#305 Men 19&U 50 Breast Prelims	41.24	#313 Men 19&U 200 IM Prelims	3:06.97
#401 Men 19&U 50 Free Prelims	30.33	#405 Men 19&U 200 Breast Prelims	3:24.56
#411 Men 19&U 50 Fly Prelims	35.37		

16 Hinteregger, Mila M - Female - Age: 12 - Ind/Rel: 6 / 3

#202 Women 19&U 100 Free Prelims	1:17.39	#206 Women 19&U 100 Breast Prelims	1:30.99
#306 Women 19&U 50 Breast Prelims	41.85	#314 Women 19&U 200 IM Prelims	3:21.68
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:09.21	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:22.58
#402 Women 19&U 50 Free Prelims	34.45	#406 Women 19&U 200 Breast Prelims	3:19.40
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.02		

17 Hu, Kevin - Male - Age: 13 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:13.01	#205 Men 19&U 100 Breast Prelims	1:29.88
#305 Men 19&U 50 Breast Prelims	40.57	#401 Men 19&U 50 Free Prelims	31.99

18 Huang, Sunny - Female - Age: 16 - Ind/Rel: 7 / 1

#202 Women 19&U 100 Free Prelims	1:09.04	#212 Women 19&U 100 Fly Prelims	1:18.88
#302 Women 19&U 200 Free Prelims	2:28.52	#310 Women 19&U 100 Back Prelims	1:21.47
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.87	#402 Women 19&U 50 Free Prelims	31.61
#410 Women 19&U 50 Back Prelims	37.91	#412 Women 19&U 50 Fly Prelims	33.92

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Cardinal Aquatics-EK****19 Koegelenberg, Ruben - Male - Age: 14 - Ind/Rel: 10 / 3**

#107 Men 14 400 Free	5:07.14
#205 Men 19&U 100 Breast Prelims	1:31.06
#301 Men 19&U 200 Free Prelims	2:22.43
#309 Men 19&U 100 Back Prelims	1:14.88
#401 Men 19&U 50 Free Prelims	28.86
#411 Men 19&U 50 Fly Prelims	31.16
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:05.53

#201 Men 19&U 100 Free Prelims	1:02.11
#207 Men 19&U 200 Back Prelims	2:46.68
#305 Men 19&U 50 Breast Prelims	40.60
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.74
#409 Men 19&U 50 Back Prelims	34.03
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:09.17

20 Kulynych, Abbigail - Female - Age: 15 - Ind/Rel: 8 / 4

#202 Women 19&U 100 Free Prelims	1:06.66
#302 Women 19&U 200 Free Prelims	2:23.78
#310 Women 19&U 100 Back Prelims	1:20.71
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:02.43
#406 Women 19&U 200 Breast Prelims	3:17.90
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.07

#206 Women 19&U 100 Breast Prelims	1:29.79
#306 Women 19&U 50 Breast Prelims	40.83
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:03.77
#402 Women 19&U 50 Free Prelims	30.41
#410 Women 19&U 50 Back Prelims	38.03
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:18.78

21 Lamprecht, Macayla A - Female - Age: 14 - Ind/Rel: 8 / 2

#108 Women 14 400 Free	5:23.14
#212 Women 19&U 100 Fly Prelims	1:20.30
#306 Women 19&U 50 Breast Prelims	41.78
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:03.77
#402 Women 19&U 50 Free Prelims	30.77

#202 Women 19&U 100 Free Prelims	1:06.97
#302 Women 19&U 200 Free Prelims	2:25.69
#314 Women 19&U 200 IM Prelims	2:54.53
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:02.43
#412 Women 19&U 50 Fly Prelims	34.93

22 Lazaridis, Leo P - Male - Age: 12 - Ind/Rel: 8 / 0

#103 Men 12 400 Free	5:41.03
#205 Men 19&U 100 Breast Prelims	1:39.11
#313 Men 19&U 200 IM Prelims	3:24.52
#405 Men 19&U 200 Breast Prelims	3:50.43

#201 Men 19&U 100 Free Prelims	1:16.34
#301 Men 19&U 200 Free Prelims	2:45.04
#401 Men 19&U 50 Free Prelims	35.33
#411 Men 19&U 50 Fly Prelims	40.96

23 Lindsay, Sage M - Female - Age: 11 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:10.79
#302 Women 19&U 200 Free Prelims	2:33.87
#314 Women 19&U 200 IM Prelims	3:02.37
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:22.58
#410 Women 19&U 50 Back Prelims	36.53
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.02

#208 Women 19&U 200 Back Prelims	2:45.73
#310 Women 19&U 100 Back Prelims	1:17.24
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:09.21
#402 Women 19&U 50 Free Prelims	31.90
#412 Women 19&U 50 Fly Prelims	35.80

24 Luhabe, Bandile L - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:19.78
#301 Men 19&U 200 Free Prelims	2:55.99
#313 Men 19&U 200 IM Prelims	3:43.03
#405 Men 19&U 200 Breast Prelims	3:39.28

#205 Men 19&U 100 Breast Prelims	1:40.96
#305 Men 19&U 50 Breast Prelims	44.68
#401 Men 19&U 50 Free Prelims	36.05
#411 Men 19&U 50 Fly Prelims	53.91

25 Luhabe, Fezile Z - Male - Age: 13 - Ind/Rel: 8 / 1

#105 Men 13 400 Free	5:34.50
#207 Men 19&U 200 Back Prelims	3:03.21
#309 Men 19&U 100 Back Prelims	1:28.08
#401 Men 19&U 50 Free Prelims	31.75
#411 Men 19&U 50 Fly Prelims	39.75

#201 Men 19&U 100 Free Prelims	1:10.56
#301 Men 19&U 200 Free Prelims	2:32.09
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:59.19
#409 Men 19&U 50 Back Prelims	39.73

26 Mapulane, Amaru T - Female - Age: 12 - Ind/Rel: 9 / 5

#104 Women 12 400 Free	5:27.37
#206 Women 19&U 100 Breast Prelims	1:33.39
#306 Women 19&U 50 Breast Prelims	39.56
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:09.21
#402 Women 19&U 50 Free Prelims	30.83
#412 Women 19&U 50 Fly Prelims	35.66
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.07

#202 Women 19&U 100 Free Prelims	1:08.57
#302 Women 19&U 200 Free Prelims	2:31.66
#314 Women 19&U 200 IM Prelims	3:03.54
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:02.43
#406 Women 19&U 200 Breast Prelims	3:26.94
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.02
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:18.78

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Cardinal Aquatics-EK****27 Meyburgh, Olivia C - Female - Age: 12 - Ind/Rel: 8 / 4**

#104 Women 12 400 Free	5:43.48	#202 Women 19&U 100 Free Prelims	1:12.66
#212 Women 19&U 100 Fly Prelims	1:27.57	#302 Women 19&U 200 Free Prelims	2:39.42
#310 Women 19&U 100 Back Prelims	1:23.57	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:09.21
#402 Women 19&U 50 Free Prelims	32.03	#410 Women 19&U 50 Back Prelims	39.70
#412 Women 19&U 50 Fly Prelims	33.81	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.02
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.07	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:18.78

28 Morel, Mattae F - Female - Age: 12 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:16.94	#206 Women 19&U 100 Breast Prelims	1:38.51
#208 Women 19&U 200 Back Prelims	3:03.65	#306 Women 19&U 50 Breast Prelims	44.63
#310 Women 19&U 100 Back Prelims	1:27.84	#314 Women 19&U 200 IM Prelims	3:12.99
#402 Women 19&U 50 Free Prelims	35.63	#406 Women 19&U 200 Breast Prelims	3:34.27
#410 Women 19&U 50 Back Prelims	40.60		

29 Nellmapius, Keegan D - Male - Age: 18 - Ind/Rel: 6 / 3

#113 Men 17-19 400 Free	4:53.73	#201 Men 19&U 100 Free Prelims	59.78
#207 Men 19&U 200 Back Prelims	2:22.43	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.76
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.87	#401 Men 19&U 50 Free Prelims	27.77
#409 Men 19&U 50 Back Prelims	30.73	#411 Men 19&U 50 Fly Prelims	30.43
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:05.53		

30 Ngulube, Amahle M - Male - Age: 13 - Ind/Rel: 4 / 0

#305 Men 19&U 50 Breast Prelims	39.35	#401 Men 19&U 50 Free Prelims	31.68
#405 Men 19&U 200 Breast Prelims	3:28.37	#411 Men 19&U 50 Fly Prelims	38.83

31 Quagraine, Ekow A - Male - Age: 11 - Ind/Rel: 9 / 1

#201 Men 19&U 100 Free Prelims	1:22.10	#205 Men 19&U 100 Breast Prelims	1:35.11
#207 Men 19&U 200 Back Prelims	3:07.46	#301 Men 19&U 200 Free Prelims	2:52.71
#305 Men 19&U 50 Breast Prelims	40.66	#309 Men 19&U 100 Back Prelims	1:26.07
#313 Men 19&U 200 IM Prelims	3:13.44	#405 Men 19&U 200 Breast Prelims	3:19.71
#409 Men 19&U 50 Back Prelims	39.86	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:20.58

32 Raffle, Liam - Male - Age: 10 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:21.89	#205 Men 19&U 100 Breast Prelims	1:42.99
#305 Men 19&U 50 Breast Prelims	46.05	#313 Men 19&U 200 IM Prelims	3:32.36
#401 Men 19&U 50 Free Prelims	37.53	#405 Men 19&U 200 Breast Prelims	3:38.61
#409 Men 19&U 50 Back Prelims	44.28		

33 Rondel, Mikayla J - Female - Age: 13 - Ind/Rel: 10 / 2

#106 Women 13 400 Free	5:10.43	#202 Women 19&U 100 Free Prelims	1:07.78
#208 Women 19&U 200 Back Prelims	2:48.96	#302 Women 19&U 200 Free Prelims	2:26.45
#306 Women 19&U 50 Breast Prelims	43.37	#310 Women 19&U 100 Back Prelims	1:16.74
#314 Women 19&U 200 IM Prelims	2:58.95	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:03.77
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.74	#402 Women 19&U 50 Free Prelims	31.25
#410 Women 19&U 50 Back Prelims	36.69	#412 Women 19&U 50 Fly Prelims	36.38

34 Schoeman, Shelby L - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	6:05.14	#202 Women 19&U 100 Free Prelims	1:19.84
#208 Women 19&U 200 Back Prelims	3:12.20	#302 Women 19&U 200 Free Prelims	2:46.30
#310 Women 19&U 100 Back Prelims	1:26.32	#314 Women 19&U 200 IM Prelims	3:18.15
#402 Women 19&U 50 Free Prelims	33.81	#410 Women 19&U 50 Back Prelims	39.08
#412 Women 19&U 50 Fly Prelims	40.77		

35 Sequeira, Alex M - Male - Age: 13 - Ind/Rel: 8 / 0

#205 Men 19&U 100 Breast Prelims	1:34.12	#207 Men 19&U 200 Back Prelims	3:08.59
#305 Men 19&U 50 Breast Prelims	43.59	#309 Men 19&U 100 Back Prelims	1:30.38
#313 Men 19&U 200 IM Prelims	3:04.24	#401 Men 19&U 50 Free Prelims	36.07
#405 Men 19&U 200 Breast Prelims	3:14.51	#409 Men 19&U 50 Back Prelims	41.38

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Cardinal Aquatics-EK****36 Smith, Madison M - Female - Age: 15 - Ind/Rel: 9 / 3**

#202 Women 19&U 100 Free Prelims	1:08.59
#212 Women 19&U 100 Fly Prelims	1:19.65
#310 Women 19&U 100 Back Prelims	1:19.29
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:03.77
#402 Women 19&U 50 Free Prelims	31.34
#410 Women 19&U 50 Back Prelims	36.29

#206 Women 19&U 100 Breast Prelims	1:25.87
#306 Women 19&U 50 Breast Prelims	39.75
#314 Women 19&U 200 IM Prelims	2:51.85
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.74
#406 Women 19&U 200 Breast Prelims	3:00.74
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:20.07

37 Sophocleous, Cassandra A - Female - Age: 16 - Ind/Rel: 2 / 1

#208 Women 19&U 200 Back Prelims	2:43.69
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:18.78

#310 Women 19&U 100 Back Prelims	1:15.00
----------------------------------	---------

38 Sutherland, Cayleb - Male - Age: 12 - Ind/Rel: 8 / 1

#201 Men 19&U 100 Free Prelims	1:15.53
#301 Men 19&U 200 Free Prelims	2:49.25
#401 Men 19&U 50 Free Prelims	32.86
#409 Men 19&U 50 Back Prelims	36.28
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:20.58

#205 Men 19&U 100 Breast Prelims	1:37.56
#305 Men 19&U 50 Breast Prelims	44.80
#405 Men 19&U 200 Breast Prelims	3:27.60
#411 Men 19&U 50 Fly Prelims	38.51

39 Swarts, Brendan - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:18.41
#301 Men 19&U 200 Free Prelims	2:46.46
#401 Men 19&U 50 Free Prelims	34.22

#207 Men 19&U 200 Back Prelims	3:05.72
#309 Men 19&U 100 Back Prelims	1:28.23
#409 Men 19&U 50 Back Prelims	42.09

40 Thurlow, Codie A - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	6:02.95
#207 Men 19&U 200 Back Prelims	3:14.40
#313 Men 19&U 200 IM Prelims	3:11.88
#409 Men 19&U 50 Back Prelims	41.58

#201 Men 19&U 100 Free Prelims	1:16.06
#309 Men 19&U 100 Back Prelims	1:30.16
#401 Men 19&U 50 Free Prelims	35.27
#411 Men 19&U 50 Fly Prelims	39.30

41 Topliss, Tatum - Female - Age: 15 - Ind/Rel: 6 / 0

#110 Women 15 400 Free	5:15.58
#302 Women 19&U 200 Free Prelims	2:27.18
#402 Women 19&U 50 Free Prelims	32.10

#202 Women 19&U 100 Free Prelims	1:08.33
#310 Women 19&U 100 Back Prelims	1:24.95
#410 Women 19&U 50 Back Prelims	39.63

42 Van Der Merwe, Paiton R - Female - Age: 12 - Ind/Rel: 6 / 0

#104 Women 12 400 Free	5:45.03
#208 Women 19&U 200 Back Prelims	3:06.79
#310 Women 19&U 100 Back Prelims	1:28.52

#206 Women 19&U 100 Breast Prelims	1:40.12
#302 Women 19&U 200 Free Prelims	2:46.63
#314 Women 19&U 200 IM Prelims	3:12.85

43 van Zyl, Matheo - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:21.50
#301 Men 19&U 200 Free Prelims	2:58.08
#313 Men 19&U 200 IM Prelims	3:34.23
#405 Men 19&U 200 Breast Prelims	3:34.79
#411 Men 19&U 50 Fly Prelims	49.02

#205 Men 19&U 100 Breast Prelims	1:41.52
#305 Men 19&U 50 Breast Prelims	44.47
#401 Men 19&U 50 Free Prelims	37.32
#409 Men 19&U 50 Back Prelims	43.81

44 Wright, Hannah C - Female - Age: 13 - Ind/Rel: 9 / 0

#106 Women 13 400 Free	5:24.13
#208 Women 19&U 200 Back Prelims	2:55.21
#310 Women 19&U 100 Back Prelims	1:20.10
#402 Women 19&U 50 Free Prelims	31.53
#412 Women 19&U 50 Fly Prelims	35.67

#202 Women 19&U 100 Free Prelims	1:08.86
#302 Women 19&U 200 Free Prelims	2:32.43
#314 Women 19&U 200 IM Prelims	2:57.33
#410 Women 19&U 50 Back Prelims	37.11

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Cardinal Aquatics-EK****45 Zondo, Nkosana K - Male - Age: 10 - Ind/Rel: 13 / 2**

#101 Men 11&U 400 Free	6:02.46	#201 Men 19&U 100 Free Prelims	1:12.42
#205 Men 19&U 100 Breast Prelims	1:36.40	#207 Men 19&U 200 Back Prelims	3:07.52
#211 Men 19&U 100 Fly Prelims	1:27.33	#301 Men 19&U 200 Free Prelims	2:41.72
#305 Men 19&U 50 Breast Prelims	43.70	#309 Men 19&U 100 Back Prelims	1:23.58
#313 Men 19&U 200 IM Prelims	3:05.38	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:03.12
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:22.58	#401 Men 19&U 50 Free Prelims	31.56
#405 Men 19&U 200 Breast Prelims	3:30.68	#409 Men 19&U 50 Back Prelims	37.81
#411 Men 19&U 50 Fly Prelims	35.08		

Cardinal Aquatics-EK Total Individual Entries: 341 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Champion Swimming Club-TS****1 Bezuidenhout, Joha J - Male - Age: 14 - Ind/Rel: 6 / 0**

#205 Men 19&U 100 Breast Prelims	1:27.43	#207 Men 19&U 200 Back Prelims	3:08.35
#301 Men 19&U 200 Free Prelims	2:55.08	#309 Men 19&U 100 Back Prelims	1:22.20
#313 Men 19&U 200 IM Prelims	3:16.05	#405 Men 19&U 200 Breast Prelims	3:09.24

2 Cowley, Robyn - Female - Age: 18 - Ind/Rel: 7 / 0

#114 Women 17-19 400 Free	5:12.21	#202 Women 19&U 100 Free Prelims	1:07.58
#208 Women 19&U 200 Back Prelims	2:40.88	#310 Women 19&U 100 Back Prelims	1:14.64
#314 Women 19&U 200 IM Prelims	2:46.71	#406 Women 19&U 200 Breast Prelims	3:15.91
#410 Women 19&U 50 Back Prelims	34.87		

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

#202 Women 19&U 100 Free Prelims	1:10.71	#206 Women 19&U 100 Breast Prelims	1:28.42
#306 Women 19&U 50 Breast Prelims	42.42	#310 Women 19&U 100 Back Prelims	1:18.83
#402 Women 19&U 50 Free Prelims	32.99	#410 Women 19&U 50 Back Prelims	39.08

Champion Swimming Club-TS Total Individual Entries: 19 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Complete Swimming Club-TS**1 Cronje, Jaimee E - Female - Age: 13 - Ind/Rel: 9 / 0**

#202 Women 19&U 100 Free Prelims	1:11.80	#206 Women 19&U 100 Breast Prelims	1:33.21
#212 Women 19&U 100 Fly Prelims	1:16.82	#302 Women 19&U 200 Free Prelims	2:40.65
#306 Women 19&U 50 Breast Prelims	47.97	#314 Women 19&U 200 IM Prelims	2:58.45
#402 Women 19&U 50 Free Prelims	32.32	#406 Women 19&U 200 Breast Prelims	3:15.61
#412 Women 19&U 50 Fly Prelims	34.30		

Complete Swimming Club-TS Total Individual Entries: 9 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Crusaders Swimming Club-JH****1 Arangies, Leon H - Male - Age: 12 - Ind/Rel: 8 / 0**

#205 Men 19&U 100 Breast Prelims	1:29.40	#207 Men 19&U 200 Back Prelims	3:08.52
#305 Men 19&U 50 Breast Prelims	39.89	#313 Men 19&U 200 IM Prelims	3:03.63
#401 Men 19&U 50 Free Prelims	32.63	#405 Men 19&U 200 Breast Prelims	3:16.58
#409 Men 19&U 50 Back Prelims	37.48	#411 Men 19&U 50 Fly Prelims	35.13

2 Badsha-Eybers, Riley M - Male - Age: 11 - Ind/Rel: 11 / 0

#201 Men 19&U 100 Free Prelims	1:20.31	#205 Men 19&U 100 Breast Prelims	1:34.91
#211 Men 19&U 100 Fly Prelims	1:30.18	#301 Men 19&U 200 Free Prelims	2:52.38
#305 Men 19&U 50 Breast Prelims	43.73	#309 Men 19&U 100 Back Prelims	1:34.98
#313 Men 19&U 200 IM Prelims	3:25.22	#401 Men 19&U 50 Free Prelims	36.66
#405 Men 19&U 200 Breast Prelims	3:39.83	#409 Men 19&U 50 Back Prelims	42.30
#411 Men 19&U 50 Fly Prelims	37.05		

3 Caldeira, Jessica S - Female - Age: 11 - Ind/Rel: 8 / 0

#102 Women 11&U 400 Free	5:50.23	#202 Women 19&U 100 Free Prelims	1:15.24
#208 Women 19&U 200 Back Prelims	2:58.23	#306 Women 19&U 50 Breast Prelims	46.85
#310 Women 19&U 100 Back Prelims	1:25.03	#314 Women 19&U 200 IM Prelims	3:11.67
#402 Women 19&U 50 Free Prelims	34.79	#410 Women 19&U 50 Back Prelims	38.27

4 Cochrane, Colby - Female - Age: 16 - Ind/Rel: 8 / 0

#112 Women 16 400 Free	5:37.03	#202 Women 19&U 100 Free Prelims	1:05.61
#206 Women 19&U 100 Breast Prelims	1:31.95	#302 Women 19&U 200 Free Prelims	2:31.83
#306 Women 19&U 50 Breast Prelims	41.46	#314 Women 19&U 200 IM Prelims	2:56.90
#402 Women 19&U 50 Free Prelims	29.95	#412 Women 19&U 50 Fly Prelims	34.18

5 De Sousa, Nicholas J - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:10.30	#207 Men 19&U 200 Back Prelims	2:46.06
#211 Men 19&U 100 Fly Prelims	1:21.73	#301 Men 19&U 200 Free Prelims	2:36.60
#309 Men 19&U 100 Back Prelims	1:18.09	#313 Men 19&U 200 IM Prelims	2:57.91

6 Durig, Leah N - Female - Age: 18 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:05.81	#212 Women 19&U 100 Fly Prelims	1:14.58
#302 Women 19&U 200 Free Prelims	2:22.60	#314 Women 19&U 200 IM Prelims	2:43.12
#402 Women 19&U 50 Free Prelims	30.39	#410 Women 19&U 50 Back Prelims	36.16
#412 Women 19&U 50 Fly Prelims	33.35		

7 Harris, Surayia - Female - Age: 13 - Ind/Rel: 2 / 0

#306 Women 19&U 50 Breast Prelims	39.77	#314 Women 19&U 200 IM Prelims	3:00.70
-----------------------------------	-------	--------------------------------	---------

8 Hattingh, Jude - Male - Age: 15 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:01.58	#207 Men 19&U 200 Back Prelims	2:35.43
#211 Men 19&U 100 Fly Prelims	1:08.51	#301 Men 19&U 200 Free Prelims	2:19.10
#309 Men 19&U 100 Back Prelims	1:10.35	#313 Men 19&U 200 IM Prelims	2:39.60
#401 Men 19&U 50 Free Prelims	28.42	#409 Men 19&U 50 Back Prelims	33.32
#411 Men 19&U 50 Fly Prelims	30.11		

9 Holland, Keira E - Female - Age: 16 - Ind/Rel: 8 / 0

#112 Women 16 400 Free	4:57.52	#202 Women 19&U 100 Free Prelims	1:04.13
#212 Women 19&U 100 Fly Prelims	1:10.43	#302 Women 19&U 200 Free Prelims	2:19.81
#314 Women 19&U 200 IM Prelims	2:41.01	#402 Women 19&U 50 Free Prelims	29.78
#410 Women 19&U 50 Back Prelims	36.04	#412 Women 19&U 50 Fly Prelims	31.54

10 Leary, Darren J - Male - Age: 19 - Ind/Rel: 8 / 0

#113 Men 17-19 400 Free	4:43.81	#201 Men 19&U 100 Free Prelims	1:00.90
#301 Men 19&U 200 Free Prelims	2:17.87	#305 Men 19&U 50 Breast Prelims	39.41
#313 Men 19&U 200 IM Prelims	2:39.46	#401 Men 19&U 50 Free Prelims	28.18
#409 Men 19&U 50 Back Prelims	36.29	#411 Men 19&U 50 Fly Prelims	32.30

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Crusaders Swimming Club-JH****11 Marite, Mmathabo M - Female - Age: 17 - Ind/Rel: 6 / 0**

#206 Women 19&U 100 Breast Prelims	1:26.14	#212 Women 19&U 100 Fly Prelims	1:18.58
#306 Women 19&U 50 Breast Prelims	39.68	#314 Women 19&U 200 IM Prelims	2:53.46
#406 Women 19&U 200 Breast Prelims	3:10.47	#412 Women 19&U 50 Fly Prelims	34.40

12 Marite, Precious T - Female - Age: 14 - Ind/Rel: 7 / 0

#208 Women 19&U 200 Back Prelims	2:54.08	#212 Women 19&U 100 Fly Prelims	1:25.33
#306 Women 19&U 50 Breast Prelims	44.09	#310 Women 19&U 100 Back Prelims	1:20.72
#402 Women 19&U 50 Free Prelims	33.26	#410 Women 19&U 50 Back Prelims	37.46
#412 Women 19&U 50 Fly Prelims	36.75		

13 Miller, Kayla M - Female - Age: 17 - Ind/Rel: 4 / 0

#114 Women 17-19 400 Free	5:27.05	#208 Women 19&U 200 Back Prelims	2:41.74
#302 Women 19&U 200 Free Prelims	2:38.60	#310 Women 19&U 100 Back Prelims	1:16.94

14 Nel, Livie K - Female - Age: 11 - Ind/Rel: 8 / 0

#206 Women 19&U 100 Breast Prelims	1:36.85	#208 Women 19&U 200 Back Prelims	3:07.91
#212 Women 19&U 100 Fly Prelims	1:23.23	#302 Women 19&U 200 Free Prelims	2:47.60
#310 Women 19&U 100 Back Prelims	1:32.22	#314 Women 19&U 200 IM Prelims	2:58.40
#406 Women 19&U 200 Breast Prelims	3:21.26	#412 Women 19&U 50 Fly Prelims	38.15

15 Nell, Luca - Male - Age: 14 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:07.32	#205 Men 19&U 100 Breast Prelims	1:27.03
#301 Men 19&U 200 Free Prelims	2:32.50	#309 Men 19&U 100 Back Prelims	1:21.14
#405 Men 19&U 200 Breast Prelims	3:10.56		

16 Nell, Matteo - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:21.25	#205 Men 19&U 100 Breast Prelims	1:44.65
#207 Men 19&U 200 Back Prelims	3:21.06	#301 Men 19&U 200 Free Prelims	2:55.77
#309 Men 19&U 100 Back Prelims	1:33.21	#401 Men 19&U 50 Free Prelims	36.64
#405 Men 19&U 200 Breast Prelims	3:39.20		

17 Oswald, Bella D - Female - Age: 13 - Ind/Rel: 10 / 0

#106 Women 13 400 Free	5:18.20	#202 Women 19&U 100 Free Prelims	1:09.03
#206 Women 19&U 100 Breast Prelims	1:33.97	#212 Women 19&U 100 Fly Prelims	1:23.01
#302 Women 19&U 200 Free Prelims	2:27.88	#306 Women 19&U 50 Breast Prelims	42.98
#314 Women 19&U 200 IM Prelims	2:54.73	#402 Women 19&U 50 Free Prelims	31.74
#410 Women 19&U 50 Back Prelims	37.90	#412 Women 19&U 50 Fly Prelims	35.05

18 Palmer, Keira L - Female - Age: 14 - Ind/Rel: 10 / 0

#108 Women 14 400 Free	5:44.73	#202 Women 19&U 100 Free Prelims	1:11.55
#206 Women 19&U 100 Breast Prelims	1:30.44	#302 Women 19&U 200 Free Prelims	2:36.51
#306 Women 19&U 50 Breast Prelims	41.98	#310 Women 19&U 100 Back Prelims	1:25.78
#314 Women 19&U 200 IM Prelims	3:04.72	#402 Women 19&U 50 Free Prelims	33.03
#406 Women 19&U 200 Breast Prelims	3:16.87	#410 Women 19&U 50 Back Prelims	41.08

19 Potgieter, Chris J - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	59.97	#211 Men 19&U 100 Fly Prelims	1:04.67
#301 Men 19&U 200 Free Prelims	2:12.73	#401 Men 19&U 50 Free Prelims	27.25
#409 Men 19&U 50 Back Prelims	33.07	#411 Men 19&U 50 Fly Prelims	28.20

20 Potgieter, Ruan P - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:13.12	#205 Men 19&U 100 Breast Prelims	1:29.82
#301 Men 19&U 200 Free Prelims	2:45.21	#305 Men 19&U 50 Breast Prelims	41.86
#309 Men 19&U 100 Back Prelims	1:26.61	#313 Men 19&U 200 IM Prelims	3:05.81
#401 Men 19&U 50 Free Prelims	32.44	#409 Men 19&U 50 Back Prelims	39.59
#411 Men 19&U 50 Fly Prelims	36.55		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Crusaders Swimming Club-JH****21 Steyn, Zoe - Female - Age: 15 - Ind/Rel: 9 / 0**

#110 Women 15 400 Free	5:46.81	#202 Women 19&U 100 Free Prelims	1:06.21
#208 Women 19&U 200 Back Prelims	2:56.49	#302 Women 19&U 200 Free Prelims	2:29.30
#310 Women 19&U 100 Back Prelims	1:16.47	#314 Women 19&U 200 IM Prelims	3:04.17
#402 Women 19&U 50 Free Prelims	30.66	#410 Women 19&U 50 Back Prelims	34.30
#412 Women 19&U 50 Fly Prelims	35.51		

22 Van den Berg, Therese - Female - Age: 14 - Ind/Rel: 6 / 0

#108 Women 14 400 Free	5:37.27	#202 Women 19&U 100 Free Prelims	1:08.31
#302 Women 19&U 200 Free Prelims	2:30.84	#310 Women 19&U 100 Back Prelims	1:21.27
#314 Women 19&U 200 IM Prelims	3:09.93	#402 Women 19&U 50 Free Prelims	31.75

23 Von Brandis, Carl C - Male - Age: 14 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:05.98	#205 Men 19&U 100 Breast Prelims	1:25.85
#211 Men 19&U 100 Fly Prelims	1:16.98	#301 Men 19&U 200 Free Prelims	2:28.27
#305 Men 19&U 50 Breast Prelims	40.25	#313 Men 19&U 200 IM Prelims	2:49.44
#401 Men 19&U 50 Free Prelims	29.16	#411 Men 19&U 50 Fly Prelims	31.77

24 Vreenegoor, Isabella - Female - Age: 12 - Ind/Rel: 10 / 0

#104 Women 12 400 Free	5:57.25	#202 Women 19&U 100 Free Prelims	1:16.94
#206 Women 19&U 100 Breast Prelims	1:31.78	#302 Women 19&U 200 Free Prelims	2:48.03
#306 Women 19&U 50 Breast Prelims	42.16	#310 Women 19&U 100 Back Prelims	1:31.47
#314 Women 19&U 200 IM Prelims	3:06.69	#402 Women 19&U 50 Free Prelims	35.76
#406 Women 19&U 200 Breast Prelims	3:18.33	#412 Women 19&U 50 Fly Prelims	39.75

25 Wellsted, Mia E - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:06.14	#208 Women 19&U 200 Back Prelims	2:40.16
#302 Women 19&U 200 Free Prelims	2:22.60	#310 Women 19&U 100 Back Prelims	1:12.81
#402 Women 19&U 50 Free Prelims	30.38	#410 Women 19&U 50 Back Prelims	33.86

26 Yeates, Matthew A - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:08.14	#205 Men 19&U 100 Breast Prelims	1:26.83
#207 Men 19&U 200 Back Prelims	2:48.89	#301 Men 19&U 200 Free Prelims	2:36.24
#305 Men 19&U 50 Breast Prelims	37.94	#309 Men 19&U 100 Back Prelims	1:14.05
#401 Men 19&U 50 Free Prelims	29.31		

Crusaders Swimming Club-JH Total Individual Entries: 193 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Swimming Academy-EZ****1 Bruyns, Andrew T - Male - Age: 12 - Ind/Rel: 10 / 0**

#103 Men 12 400 Free	5:49.69	#205 Men 19&U 100 Breast Prelims	1:33.92
#207 Men 19&U 200 Back Prelims	2:59.21	#211 Men 19&U 100 Fly Prelims	1:20.79
#301 Men 19&U 200 Free Prelims	2:44.81	#309 Men 19&U 100 Back Prelims	1:22.70
#313 Men 19&U 200 IM Prelims	2:53.85	#405 Men 19&U 200 Breast Prelims	3:28.47
#409 Men 19&U 50 Back Prelims	38.30	#411 Men 19&U 50 Fly Prelims	35.78

2 Glorioso, Zayne - Male - Age: 11 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	6:13.85	#201 Men 19&U 100 Free Prelims	1:23.16
#207 Men 19&U 200 Back Prelims	3:15.11	#301 Men 19&U 200 Free Prelims	2:49.25
#305 Men 19&U 50 Breast Prelims	51.50	#309 Men 19&U 100 Back Prelims	1:32.81
#313 Men 19&U 200 IM Prelims	3:17.69	#401 Men 19&U 50 Free Prelims	37.29
#409 Men 19&U 50 Back Prelims	41.97	#411 Men 19&U 50 Fly Prelims	46.27

3 Janse van Rensburg, Lara - Female - Age: 15 - Ind/Rel: 8 / 0

#110 Women 15 400 Free	5:12.70	#202 Women 19&U 100 Free Prelims	1:09.77
#208 Women 19&U 200 Back Prelims	2:44.43	#302 Women 19&U 200 Free Prelims	2:29.06
#310 Women 19&U 100 Back Prelims	1:16.17	#402 Women 19&U 50 Free Prelims	33.26
#410 Women 19&U 50 Back Prelims	35.95	#412 Women 19&U 50 Fly Prelims	36.84

4 Oosthuizen, Amore - Female - Age: 14 - Ind/Rel: 9 / 0

#108 Women 14 400 Free	5:24.23	#202 Women 19&U 100 Free Prelims	1:07.08
#208 Women 19&U 200 Back Prelims	2:51.31	#302 Women 19&U 200 Free Prelims	2:31.54
#310 Women 19&U 100 Back Prelims	1:18.62	#314 Women 19&U 200 IM Prelims	2:57.49
#402 Women 19&U 50 Free Prelims	30.23	#410 Women 19&U 50 Back Prelims	34.35
#412 Women 19&U 50 Fly Prelims	34.16		

Curro Swimming Academy-EZ Total Individual Entries: 37 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Diadora Aquatics-TS****1 Keet, Marlouise - Female - Age: 18 - Ind/Rel: 10 / 0**

#202 Women 19&U 100 Free Prelims	1:06.87	#206 Women 19&U 100 Breast Prelims	1:29.75
#208 Women 19&U 200 Back Prelims	2:47.76	#302 Women 19&U 200 Free Prelims	2:24.75
#306 Women 19&U 50 Breast Prelims	40.73	#310 Women 19&U 100 Back Prelims	1:16.54
#314 Women 19&U 200 IM Prelims	2:48.65	#402 Women 19&U 50 Free Prelims	31.19
#410 Women 19&U 50 Back Prelims	35.95	#412 Women 19&U 50 Fly Prelims	33.71

2 Tesfay, Abi A - Male - Age: 15 - Ind/Rel: 10 / 0

#109 Men 15 400 Free	4:55.71	#201 Men 19&U 100 Free Prelims	1:01.51
#207 Men 19&U 200 Back Prelims	2:42.45	#211 Men 19&U 100 Fly Prelims	1:16.48
#301 Men 19&U 200 Free Prelims	2:17.08	#309 Men 19&U 100 Back Prelims	1:17.82
#313 Men 19&U 200 IM Prelims	2:48.12	#401 Men 19&U 50 Free Prelims	28.41
#405 Men 19&U 200 Breast Prelims	3:05.88	#411 Men 19&U 50 Fly Prelims	33.24

3 Vosloo, Matthys - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:50.42	#201 Men 19&U 100 Free Prelims	1:10.05
#207 Men 19&U 200 Back Prelims	2:52.81	#301 Men 19&U 200 Free Prelims	2:35.24
#305 Men 19&U 50 Breast Prelims	44.39	#309 Men 19&U 100 Back Prelims	1:20.21
#405 Men 19&U 200 Breast Prelims	3:28.97	#409 Men 19&U 50 Back Prelims	38.73
#411 Men 19&U 50 Fly Prelims	40.03		

Diadora Aquatics-TS Total Individual Entries: 29 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Doreys Swim Club-JH****1 Bosman, Aiden - Male - Age: 14 - Ind/Rel: 6 / 0**

#205 Men 19&U 100 Breast Prelims	1:27.53	#207 Men 19&U 200 Back Prelims	2:46.61
#309 Men 19&U 100 Back Prelims	1:17.01	#313 Men 19&U 200 IM Prelims	2:49.27
#401 Men 19&U 50 Free Prelims	32.77	#405 Men 19&U 200 Breast Prelims	3:05.45

2 Chaplin, Robert C - Male - Age: 14 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:27.73	#207 Men 19&U 200 Back Prelims	2:58.42
#305 Men 19&U 50 Breast Prelims	39.79	#309 Men 19&U 100 Back Prelims	1:21.37
#405 Men 19&U 200 Breast Prelims	3:07.11	#409 Men 19&U 50 Back Prelims	38.76

3 Chauke, Rhandzu X - Female - Age: 12 - Ind/Rel: 11 / 0

#202 Women 19&U 100 Free Prelims	1:16.56	#206 Women 19&U 100 Breast Prelims	1:36.20
#208 Women 19&U 200 Back Prelims	2:58.13	#302 Women 19&U 200 Free Prelims	2:53.05
#306 Women 19&U 50 Breast Prelims	47.68	#310 Women 19&U 100 Back Prelims	1:21.60
#314 Women 19&U 200 IM Prelims	3:06.68	#402 Women 19&U 50 Free Prelims	34.79
#406 Women 19&U 200 Breast Prelims	3:33.88	#410 Women 19&U 50 Back Prelims	37.42
#412 Women 19&U 50 Fly Prelims	41.47		

4 Chen, Ing - Female - Age: 15 - Ind/Rel: 5 / 0

#208 Women 19&U 200 Back Prelims	2:51.49	#310 Women 19&U 100 Back Prelims	1:20.69
#314 Women 19&U 200 IM Prelims	3:00.90	#410 Women 19&U 50 Back Prelims	37.74
#412 Women 19&U 50 Fly Prelims	35.82		

5 Close, Thomas V - Male - Age: 12 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:23.37	#207 Men 19&U 200 Back Prelims	3:03.38
#309 Men 19&U 100 Back Prelims	1:27.55	#313 Men 19&U 200 IM Prelims	3:16.57

6 Dayaram, Sahana - Female - Age: 15 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:34.22	#208 Women 19&U 200 Back Prelims	2:50.74
#306 Women 19&U 50 Breast Prelims	43.25	#310 Women 19&U 100 Back Prelims	1:20.69
#406 Women 19&U 200 Breast Prelims	3:24.73	#410 Women 19&U 50 Back Prelims	36.55

7 Pretorius, Thomas S - Male - Age: 16 - Ind/Rel: 9 / 0

#111 Men 16 400 Free	5:02.01	#201 Men 19&U 100 Free Prelims	1:04.00
#205 Men 19&U 100 Breast Prelims	1:14.23	#211 Men 19&U 100 Fly Prelims	1:11.17
#301 Men 19&U 200 Free Prelims	2:18.51	#305 Men 19&U 50 Breast Prelims	34.97
#313 Men 19&U 200 IM Prelims	2:29.22	#405 Men 19&U 200 Breast Prelims	2:45.22
#411 Men 19&U 50 Fly Prelims	32.25		

8 Van Aswegen, Jan-Johan - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:03.96	#207 Men 19&U 200 Back Prelims	2:31.36
#211 Men 19&U 100 Fly Prelims	1:16.00	#309 Men 19&U 100 Back Prelims	1:09.38
#313 Men 19&U 200 IM Prelims	2:38.94		

9 Van Der Kooij, Kian D - Male - Age: 12 - Ind/Rel: 4 / 0

#401 Men 19&U 50 Free Prelims	36.37	#405 Men 19&U 200 Breast Prelims	3:41.34
#409 Men 19&U 50 Back Prelims	37.47	#411 Men 19&U 50 Fly Prelims	36.40

10 Van Niekerk, Andre P - Male - Age: 18 - Ind/Rel: 3 / 0

#113 Men 17-19 400 Free	4:55.58	#301 Men 19&U 200 Free Prelims	2:20.42
#309 Men 19&U 100 Back Prelims	1:14.34		

Doreys Swim Club-JH Total Individual Entries: 59 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Dragons Swimming Club-JH****1 Cockeran, Marguerite L - Female - Age: 14 - Ind/Rel: 10 / 2**

#108 Women 14 400 Free	5:38.08	#202 Women 19&U 100 Free Prelims	1:10.80
#206 Women 19&U 100 Breast Prelims	1:30.47	#302 Women 19&U 200 Free Prelims	2:35.06
#306 Women 19&U 50 Breast Prelims	40.72	#314 Women 19&U 200 IM Prelims	2:58.70
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.01	#402 Women 19&U 50 Free Prelims	32.05
#406 Women 19&U 200 Breast Prelims	3:18.84	#410 Women 19&U 50 Back Prelims	37.94
#412 Women 19&U 50 Fly Prelims	34.61	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.80

2 Katz, Ethan N - Male - Age: 16 - Ind/Rel: 4 / 0

#205 Men 19&U 100 Breast Prelims	1:16.76	#305 Men 19&U 50 Breast Prelims	35.53
#405 Men 19&U 200 Breast Prelims	2:53.50	#411 Men 19&U 50 Fly Prelims	31.16

3 Maree, Morgan - Female - Age: 13 - Ind/Rel: 6 / 2

#106 Women 13 400 Free	5:26.60	#206 Women 19&U 100 Breast Prelims	1:26.76
#302 Women 19&U 200 Free Prelims	2:35.44	#306 Women 19&U 50 Breast Prelims	38.89
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.01	#406 Women 19&U 200 Breast Prelims	3:17.19
#412 Women 19&U 50 Fly Prelims	37.79	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.80

4 Mmatli, Onthatile D - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	5:19.09	#201 Men 19&U 100 Free Prelims	1:11.30
#205 Men 19&U 100 Breast Prelims	1:34.29	#211 Men 19&U 100 Fly Prelims	1:26.63
#301 Men 19&U 200 Free Prelims	2:33.44	#305 Men 19&U 50 Breast Prelims	42.23
#313 Men 19&U 200 IM Prelims	3:01.92	#401 Men 19&U 50 Free Prelims	31.42
#411 Men 19&U 50 Fly Prelims	35.03		

5 Uys, Nicole - Female - Age: 13 - Ind/Rel: 5 / 2

#206 Women 19&U 100 Breast Prelims	1:26.36	#306 Women 19&U 50 Breast Prelims	37.77
#314 Women 19&U 200 IM Prelims	2:57.61	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.01
#406 Women 19&U 200 Breast Prelims	3:13.89	#412 Women 19&U 50 Fly Prelims	35.56
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.80		

6 Weber, Abigail M - Female - Age: 13 - Ind/Rel: 6 / 2

#202 Women 19&U 100 Free Prelims	1:10.41	#212 Women 19&U 100 Fly Prelims	1:18.67
#302 Women 19&U 200 Free Prelims	2:39.03	#314 Women 19&U 200 IM Prelims	3:01.12
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.01	#402 Women 19&U 50 Free Prelims	32.12
#412 Women 19&U 50 Fly Prelims	33.34	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.80

Dragons Swimming Club-JH Total Individual Entries: 40 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

Electric Eels Swimming Club-TS**1 Ague, Arnold G - Male - Age: 17 - Ind/Rel: 5 / 0**

#201 Men 19&U 100 Free Prelims	1:03.70
#301 Men 19&U 200 Free Prelims	2:26.43
#411 Men 19&U 50 Fly Prelims	31.14

#211 Men 19&U 100 Fly Prelims	1:11.44
#401 Men 19&U 50 Free Prelims	28.29

2 Alley, Luke - Male - Age: 11 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:20.61
#301 Men 19&U 200 Free Prelims	2:57.17

#205 Men 19&U 100 Breast Prelims	1:37.11
#305 Men 19&U 50 Breast Prelims	45.19

3 Bakos, Nicholas M - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:10.65
#305 Men 19&U 50 Breast Prelims	41.26
#401 Men 19&U 50 Free Prelims	32.33

#205 Men 19&U 100 Breast Prelims	1:29.55
#309 Men 19&U 100 Back Prelims	1:24.01
#409 Men 19&U 50 Back Prelims	38.88

4 Barreiros, Maria A - Female - Age: 14 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:09.36
#212 Women 19&U 100 Fly Prelims	1:18.68
#310 Women 19&U 100 Back Prelims	1:19.22
#412 Women 19&U 50 Fly Prelims	32.65

#206 Women 19&U 100 Breast Prelims	1:29.50
#302 Women 19&U 200 Free Prelims	2:30.45
#402 Women 19&U 50 Free Prelims	31.98

5 Billett, Kristen - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:05.44
#212 Women 19&U 100 Fly Prelims	1:22.74
#310 Women 19&U 100 Back Prelims	1:16.29
#402 Women 19&U 50 Free Prelims	29.66

#208 Women 19&U 200 Back Prelims	2:45.00
#302 Women 19&U 200 Free Prelims	2:25.11
#314 Women 19&U 200 IM Prelims	2:45.47
#412 Women 19&U 50 Fly Prelims	33.63

6 Carver, Nicola S - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:09.68
#306 Women 19&U 50 Breast Prelims	37.66
#406 Women 19&U 200 Breast Prelims	3:08.29

#206 Women 19&U 100 Breast Prelims	1:26.50
#402 Women 19&U 50 Free Prelims	31.37

7 Connellan, Matthew - Male - Age: 11 - Ind/Rel: 5 / 0

#205 Men 19&U 100 Breast Prelims	1:43.48
#301 Men 19&U 200 Free Prelims	3:08.40
#405 Men 19&U 200 Breast Prelims	3:40.78

#207 Men 19&U 200 Back Prelims	3:29.34
#309 Men 19&U 100 Back Prelims	1:37.61

8 Davias, Alex - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:12.67
#301 Men 19&U 200 Free Prelims	2:40.35
#401 Men 19&U 50 Free Prelims	31.83
#411 Men 19&U 50 Fly Prelims	36.29

#207 Men 19&U 200 Back Prelims	3:10.27
#309 Men 19&U 100 Back Prelims	1:26.46
#409 Men 19&U 50 Back Prelims	38.05

9 De Lange, Jovan T - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:01.62
#309 Men 19&U 100 Back Prelims	1:07.53
#409 Men 19&U 50 Back Prelims	31.33

#207 Men 19&U 200 Back Prelims	2:32.12
#401 Men 19&U 50 Free Prelims	27.13

10 Dorrestein-Rowley, Bart G - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	57.27
#305 Men 19&U 50 Breast Prelims	33.11
#401 Men 19&U 50 Free Prelims	25.56
#411 Men 19&U 50 Fly Prelims	30.52

#301 Men 19&U 200 Free Prelims	2:08.42
#309 Men 19&U 100 Back Prelims	1:08.38
#409 Men 19&U 50 Back Prelims	31.36

11 Dorrestein-Rowley, Holly C - Female - Age: 13 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:11.02
#302 Women 19&U 200 Free Prelims	2:38.14
#402 Women 19&U 50 Free Prelims	32.48

#206 Women 19&U 100 Breast Prelims	1:33.25
#314 Women 19&U 200 IM Prelims	2:59.13

12 Du Toit, Hannah C - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:11.97
#310 Women 19&U 100 Back Prelims	1:17.19
#410 Women 19&U 50 Back Prelims	35.45

#302 Women 19&U 200 Free Prelims	2:42.82
#402 Women 19&U 50 Free Prelims	31.42

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Electric Eels Swimming Club-TS****13 Govindasamy, Gerrard E - Male - Age: 14 - Ind/Rel: 6 / 0**

#201 Men 19&U 100 Free Prelims	1:09.48
#301 Men 19&U 200 Free Prelims	2:41.22
#401 Men 19&U 50 Free Prelims	30.28

#205 Men 19&U 100 Breast Prelims	1:23.54
#305 Men 19&U 50 Breast Prelims	37.21
#405 Men 19&U 200 Breast Prelims	3:05.23

14 Johst, Mikaela - Female - Age: 14 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:18.93
#306 Women 19&U 50 Breast Prelims	39.80
#406 Women 19&U 200 Breast Prelims	3:19.16

#206 Women 19&U 100 Breast Prelims	1:29.07
#402 Women 19&U 50 Free Prelims	35.36

15 Komakech, Natania A - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:05.75
#310 Women 19&U 100 Back Prelims	1:13.42
#410 Women 19&U 50 Back Prelims	34.67

#302 Women 19&U 200 Free Prelims	2:27.11
#402 Women 19&U 50 Free Prelims	29.36

16 Macaskill, David P - Male - Age: 12 - Ind/Rel: 6 / 0

#309 Men 19&U 100 Back Prelims	1:26.91
#401 Men 19&U 50 Free Prelims	33.41
#409 Men 19&U 50 Back Prelims	38.89

#313 Men 19&U 200 IM Prelims	3:02.33
#405 Men 19&U 200 Breast Prelims	3:31.89
#411 Men 19&U 50 Fly Prelims	36.61

17 Masemene, Puleng - Female - Age: 11 - Ind/Rel: 4 / 0

#302 Women 19&U 200 Free Prelims	2:51.10
#406 Women 19&U 200 Breast Prelims	3:41.68

#310 Women 19&U 100 Back Prelims	1:34.74
#412 Women 19&U 50 Fly Prelims	44.96

18 Mutooni, Leo K - Male - Age: 13 - Ind/Rel: 6 / 0

#105 Men 13 400 Free	5:39.87
#211 Men 19&U 100 Fly Prelims	1:24.11
#401 Men 19&U 50 Free Prelims	31.94

#201 Men 19&U 100 Free Prelims	1:10.95
#301 Men 19&U 200 Free Prelims	2:37.58
#411 Men 19&U 50 Fly Prelims	36.85

19 Otto, Amir - Male - Age: 13 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:04.88
#301 Men 19&U 200 Free Prelims	2:21.22
#313 Men 19&U 200 IM Prelims	2:48.84
#409 Men 19&U 50 Back Prelims	38.36

#207 Men 19&U 200 Back Prelims	2:52.70
#309 Men 19&U 100 Back Prelims	1:18.62
#401 Men 19&U 50 Free Prelims	30.07

20 Otto, Gabriella - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:09.81
#310 Women 19&U 100 Back Prelims	1:17.25
#410 Women 19&U 50 Back Prelims	36.14

#208 Women 19&U 200 Back Prelims	2:50.81
#402 Women 19&U 50 Free Prelims	31.48

21 Otto, Jo - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:12.18
#306 Women 19&U 50 Breast Prelims	40.72
#402 Women 19&U 50 Free Prelims	32.47

#206 Women 19&U 100 Breast Prelims	1:29.68
#310 Women 19&U 100 Back Prelims	1:20.24
#410 Women 19&U 50 Back Prelims	36.44

22 Petrak, Joshua H - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:10.12
#305 Men 19&U 50 Breast Prelims	41.96
#401 Men 19&U 50 Free Prelims	32.53

#205 Men 19&U 100 Breast Prelims	1:32.76
#309 Men 19&U 100 Back Prelims	1:26.93
#409 Men 19&U 50 Back Prelims	38.85

23 Petrak, Mila - Female - Age: 16 - Ind/Rel: 3 / 0

#206 Women 19&U 100 Breast Prelims	1:29.73
#402 Women 19&U 50 Free Prelims	32.94

#314 Women 19&U 200 IM Prelims	2:52.23
--------------------------------	---------

24 Pocock, Benjamin R - Male - Age: 11 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:23.78
#301 Men 19&U 200 Free Prelims	2:59.15

#205 Men 19&U 100 Breast Prelims	1:32.01
#305 Men 19&U 50 Breast Prelims	41.58

25 Ramguthy, Keyur - Male - Age: 14 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:12.32
#305 Men 19&U 50 Breast Prelims	39.59
#405 Men 19&U 200 Breast Prelims	3:04.30

#205 Men 19&U 100 Breast Prelims	1:27.78
#401 Men 19&U 50 Free Prelims	33.16

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Electric Eels Swimming Club-TS****26 Spence, Amber G - Female - Age: 11 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:13.63	#208 Women 19&U 200 Back Prelims	3:04.41
#302 Women 19&U 200 Free Prelims	2:43.78	#310 Women 19&U 100 Back Prelims	1:26.21
#314 Women 19&U 200 IM Prelims	3:02.41	#402 Women 19&U 50 Free Prelims	32.20
#410 Women 19&U 50 Back Prelims	43.53		

27 Van Der Merwe, Jemma L - Female - Age: 13 - Ind/Rel: 4 / 0

#302 Women 19&U 200 Free Prelims	2:47.20	#310 Women 19&U 100 Back Prelims	1:23.78
#402 Women 19&U 50 Free Prelims	33.20	#406 Women 19&U 200 Breast Prelims	3:21.02

28 Watson, Emily R - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:07.02	#208 Women 19&U 200 Back Prelims	2:46.41
#302 Women 19&U 200 Free Prelims	2:26.92	#310 Women 19&U 100 Back Prelims	1:18.77
#402 Women 19&U 50 Free Prelims	30.48	#410 Women 19&U 50 Back Prelims	34.23

29 Wessels, Troy J - Male - Age: 15 - Ind/Rel: 8 / 0

#109 Men 15 400 Free	4:43.18	#201 Men 19&U 100 Free Prelims	1:00.48
#207 Men 19&U 200 Back Prelims	2:31.07	#301 Men 19&U 200 Free Prelims	2:13.17
#309 Men 19&U 100 Back Prelims	1:08.81	#313 Men 19&U 200 IM Prelims	2:30.94
#401 Men 19&U 50 Free Prelims	28.35	#409 Men 19&U 50 Back Prelims	32.23

30 Wilson, Keira - Female - Age: 13 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:12.01	#206 Women 19&U 100 Breast Prelims	1:26.83
#306 Women 19&U 50 Breast Prelims	39.31	#310 Women 19&U 100 Back Prelims	1:25.75
#402 Women 19&U 50 Free Prelims	31.95	#406 Women 19&U 200 Breast Prelims	3:14.56

31 Xie, Felix - Male - Age: 15 - Ind/Rel: 6 / 0

#109 Men 15 400 Free	5:04.27	#201 Men 19&U 100 Free Prelims	1:01.87
#211 Men 19&U 100 Fly Prelims	1:11.75	#301 Men 19&U 200 Free Prelims	2:17.68
#401 Men 19&U 50 Free Prelims	28.04	#411 Men 19&U 50 Fly Prelims	30.75

Electric Eels Swimming Club-TS Total Individual Entries: 174 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Ellisras Aquatics-WB****1 Marais, Jaimee - Female - Age: 16 - Ind/Rel: 9 / 0**

#112 Women 16 400 Free	5:34.51	#202 Women 19&U 100 Free Prelims	1:07.97
#208 Women 19&U 200 Back Prelims	2:55.43	#302 Women 19&U 200 Free Prelims	2:33.43
#310 Women 19&U 100 Back Prelims	1:19.56	#314 Women 19&U 200 IM Prelims	2:53.12
#402 Women 19&U 50 Free Prelims	31.58	#410 Women 19&U 50 Back Prelims	36.34
#412 Women 19&U 50 Fly Prelims	34.71		

2 Marais, Mason P - Male - Age: 13 - Ind/Rel: 11 / 0

#105 Men 13 400 Free	5:45.23	#201 Men 19&U 100 Free Prelims	1:06.74
#205 Men 19&U 100 Breast Prelims	1:34.30	#211 Men 19&U 100 Fly Prelims	1:19.33
#301 Men 19&U 200 Free Prelims	2:36.54	#305 Men 19&U 50 Breast Prelims	39.24
#309 Men 19&U 100 Back Prelims	1:21.66	#313 Men 19&U 200 IM Prelims	2:55.13
#401 Men 19&U 50 Free Prelims	28.99	#409 Men 19&U 50 Back Prelims	36.45
#411 Men 19&U 50 Fly Prelims	33.74		

3 Vd Schyff, Talitha - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:33.23	#202 Women 19&U 100 Free Prelims	1:09.61
#208 Women 19&U 200 Back Prelims	2:48.59	#212 Women 19&U 100 Fly Prelims	1:26.41
#302 Women 19&U 200 Free Prelims	2:31.05	#310 Women 19&U 100 Back Prelims	1:17.95
#314 Women 19&U 200 IM Prelims	2:54.62		

Ellisras Aquatics-WB Total Individual Entries: 27 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Esp Kempton Park-EK****1 Bertamini, Nathan - Male - Age: 11 - Ind/Rel: 12 / 0**

#201 Men 19&U 100 Free Prelims	1:23.56	#205 Men 19&U 100 Breast Prelims	1:49.14
#207 Men 19&U 200 Back Prelims	3:08.74	#211 Men 19&U 100 Fly Prelims	1:32.99
#301 Men 19&U 200 Free Prelims	2:58.88	#305 Men 19&U 50 Breast Prelims	47.17
#309 Men 19&U 100 Back Prelims	1:28.33	#313 Men 19&U 200 IM Prelims	3:15.10
#401 Men 19&U 50 Free Prelims	36.77	#405 Men 19&U 200 Breast Prelims	3:47.70
#409 Men 19&U 50 Back Prelims	41.68	#411 Men 19&U 50 Fly Prelims	39.86

2 McDowell, Caitlin L - Female - Age: 12 - Ind/Rel: 12 / 0

#202 Women 19&U 100 Free Prelims	1:25.51	#206 Women 19&U 100 Breast Prelims	1:37.67
#208 Women 19&U 200 Back Prelims	3:22.50	#212 Women 19&U 100 Fly Prelims	1:40.31
#302 Women 19&U 200 Free Prelims	3:03.06	#306 Women 19&U 50 Breast Prelims	44.29
#310 Women 19&U 100 Back Prelims	1:36.52	#314 Women 19&U 200 IM Prelims	3:17.80
#402 Women 19&U 50 Free Prelims	37.51	#406 Women 19&U 200 Breast Prelims	3:34.27
#410 Women 19&U 50 Back Prelims	42.87	#412 Women 19&U 50 Fly Prelims	41.54

3 Mwanza, Bukata - Female - Age: 11 - Ind/Rel: 12 / 0

#202 Women 19&U 100 Free Prelims	1:24.19	#206 Women 19&U 100 Breast Prelims	1:46.12
#208 Women 19&U 200 Back Prelims	3:15.38	#212 Women 19&U 100 Fly Prelims	1:49.38
#302 Women 19&U 200 Free Prelims	3:08.21	#306 Women 19&U 50 Breast Prelims	46.23
#310 Women 19&U 100 Back Prelims	1:32.08	#314 Women 19&U 200 IM Prelims	3:34.30
#402 Women 19&U 50 Free Prelims	33.77	#406 Women 19&U 200 Breast Prelims	3:53.21
#410 Women 19&U 50 Back Prelims	42.61	#412 Women 19&U 50 Fly Prelims	44.18

4 Ratlhogo, Khalalelo - Female - Age: 12 - Ind/Rel: 12 / 0

#202 Women 19&U 100 Free Prelims	1:22.46	#206 Women 19&U 100 Breast Prelims	1:41.56
#208 Women 19&U 200 Back Prelims	3:16.05	#212 Women 19&U 100 Fly Prelims	1:30.19
#302 Women 19&U 200 Free Prelims	3:09.17	#306 Women 19&U 50 Breast Prelims	44.72
#310 Women 19&U 100 Back Prelims	1:30.02	#314 Women 19&U 200 IM Prelims	3:16.20
#402 Women 19&U 50 Free Prelims	35.40	#406 Women 19&U 200 Breast Prelims	3:35.34
#410 Women 19&U 50 Back Prelims	40.98	#412 Women 19&U 50 Fly Prelims	39.35

5 Siziba, Khanya - Male - Age: 12 - Ind/Rel: 12 / 0

#201 Men 19&U 100 Free Prelims	1:13.63	#205 Men 19&U 100 Breast Prelims	1:38.93
#207 Men 19&U 200 Back Prelims	3:15.24	#211 Men 19&U 100 Fly Prelims	1:26.94
#301 Men 19&U 200 Free Prelims	2:47.21	#305 Men 19&U 50 Breast Prelims	44.42
#309 Men 19&U 100 Back Prelims	1:30.04	#313 Men 19&U 200 IM Prelims	3:06.89
#401 Men 19&U 50 Free Prelims	32.25	#405 Men 19&U 200 Breast Prelims	3:44.37
#409 Men 19&U 50 Back Prelims	40.94	#411 Men 19&U 50 Fly Prelims	34.60

Esp Kempton Park-EK Total Individual Entries: 60 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Expression Swimmers-TS****1 Bloem, Reinhardt - Male - Age: 14 - Ind/Rel: 10 / 0**

#107 Men 14 400 Free	5:13.22	#201 Men 19&U 100 Free Prelims	1:02.04
#207 Men 19&U 200 Back Prelims	2:38.79	#301 Men 19&U 200 Free Prelims	2:18.44
#305 Men 19&U 50 Breast Prelims	39.10	#309 Men 19&U 100 Back Prelims	1:10.59
#313 Men 19&U 200 IM Prelims	2:40.56	#401 Men 19&U 50 Free Prelims	27.76
#409 Men 19&U 50 Back Prelims	32.64	#411 Men 19&U 50 Fly Prelims	33.96

2 De Souza, Mila - Female - Age: 15 - Ind/Rel: 4 / 0

#110 Women 15 400 Free	5:06.82	#202 Women 19&U 100 Free Prelims	1:06.27
#302 Women 19&U 200 Free Prelims	2:25.41	#402 Women 19&U 50 Free Prelims	30.88

3 Nel, Leane - Female - Age: 12 - Ind/Rel: 7 / 0

#104 Women 12 400 Free	6:11.80	#202 Women 19&U 100 Free Prelims	1:16.24
#208 Women 19&U 200 Back Prelims	3:03.96	#302 Women 19&U 200 Free Prelims	2:50.21
#310 Women 19&U 100 Back Prelims	1:27.30	#402 Women 19&U 50 Free Prelims	36.20
#410 Women 19&U 50 Back Prelims	41.81		

4 Prinsloo, Christiaan J - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:03.14	#211 Men 19&U 100 Fly Prelims	1:11.71
#301 Men 19&U 200 Free Prelims	2:24.13	#309 Men 19&U 100 Back Prelims	1:16.11
#401 Men 19&U 50 Free Prelims	28.89	#411 Men 19&U 50 Fly Prelims	30.69

5 Van Schalkwyk, Tiaan - Male - Age: 18 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:03.55	#205 Men 19&U 100 Breast Prelims	1:15.65
#305 Men 19&U 50 Breast Prelims	34.46	#309 Men 19&U 100 Back Prelims	1:18.20
#401 Men 19&U 50 Free Prelims	28.45	#405 Men 19&U 200 Breast Prelims	2:48.69
#411 Men 19&U 50 Fly Prelims	31.19		

6 Vermeulen, Ben J - Male - Age: 11 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:22.11	#207 Men 19&U 200 Back Prelims	3:21.11
#309 Men 19&U 100 Back Prelims	1:28.92	#313 Men 19&U 200 IM Prelims	3:22.81
#405 Men 19&U 200 Breast Prelims	3:53.51	#409 Men 19&U 50 Back Prelims	44.12

Expression Swimmers-TS Total Individual Entries: 40 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Falcon Aquaitc Club-EK**1 Mokoena, Bokamoso - Male - Age: 13 - Ind/Rel: 10 / 0**

#201 Men 19&U 100 Free Prelims	1:09.32	#207 Men 19&U 200 Back Prelims	2:59.90
#211 Men 19&U 100 Fly Prelims	1:25.58	#301 Men 19&U 200 Free Prelims	2:45.95
#309 Men 19&U 100 Back Prelims	1:19.96	#313 Men 19&U 200 IM Prelims	3:10.79
#401 Men 19&U 50 Free Prelims	31.61	#405 Men 19&U 200 Breast Prelims	3:48.87
#409 Men 19&U 50 Back Prelims	36.60	#411 Men 19&U 50 Fly Prelims	34.34

Falcon Aquaitc Club-EK Total Individual Entries: 10 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Harare Province-MS****1 Balzer, Klaus - Male - Age: 11 - Ind/Rel: 7 / 3**

#101 Men 11&U 400 Free	5:35.90
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.46
#309 Men 19&U 100 Back Prelims	1:32.55
#401 Men 19&U 50 Free Prelims	33.21
#411 Men 19&U 50 Fly Prelims	38.17

#201 Men 19&U 100 Free Prelims	1:14.46
#301 Men 19&U 200 Free Prelims	2:40.44
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.79
#409 Men 19&U 50 Back Prelims	41.93
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:33.44

2 Bowl, Dominic - Male - Age: 11 - Ind/Rel: 9 / 3

#201 Men 19&U 100 Free Prelims	1:17.73
#211 Men 19&U 100 Fly Prelims	1:42.90
#301 Men 19&U 200 Free Prelims	2:49.66
#313 Men 19&U 200 IM Prelims	3:11.31
#401 Men 19&U 50 Free Prelims	34.57
#411 Men 19&U 50 Fly Prelims	40.88

#205 Men 19&U 100 Breast Prelims	1:41.55
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.46
#305 Men 19&U 50 Breast Prelims	45.51
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.79
#405 Men 19&U 200 Breast Prelims	3:33.63
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:33.44

3 Chiviya, David - Male - Age: 11 - Ind/Rel: 7 / 5

#201 Men 19&U 100 Free Prelims	1:09.57
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.00
#313 Men 19&U 200 IM Prelims	2:59.21
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:19.57
#405 Men 19&U 200 Breast Prelims	3:18.15
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:20.79

#205 Men 19&U 100 Breast Prelims	1:29.13
#305 Men 19&U 50 Breast Prelims	38.47
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:04.67
#401 Men 19&U 50 Free Prelims	31.30
#411 Men 19&U 50 Fly Prelims	38.40
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:39.39

4 Dombodzvuku, Ruvarashe - Female - Age: 12 - Ind/Rel: 6 / 2

#202 Women 19&U 100 Free Prelims	1:25.12
#306 Women 19&U 50 Breast Prelims	40.35
#402 Women 19&U 50 Free Prelims	36.02
#412 Women 19&U 50 Fly Prelims	42.45

#206 Women 19&U 100 Breast Prelims	1:32.54
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.42
#410 Women 19&U 50 Back Prelims	48.61
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.80

5 Goddard, John - Male - Age: 13 - Ind/Rel: 5 / 1

#105 Men 13 400 Free	5:34.01
#301 Men 19&U 200 Free Prelims	2:35.84
#405 Men 19&U 200 Breast Prelims	3:08.27

#205 Men 19&U 100 Breast Prelims	1:22.44
#305 Men 19&U 50 Breast Prelims	36.24
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medley	2:11.59

6 Guo, Mohan - Male - Age: 11 - Ind/Rel: 7 / 3

#101 Men 11&U 400 Free	5:43.81
#207 Men 19&U 200 Back Prelims	3:02.37
#301 Men 19&U 200 Free Prelims	2:41.22
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.79
#409 Men 19&U 50 Back Prelims	37.47

#201 Men 19&U 100 Free Prelims	1:13.36
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.46
#309 Men 19&U 100 Back Prelims	1:21.80
#401 Men 19&U 50 Free Prelims	33.16
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:20.79

7 Hendrickse, Taylor - Male - Age: 12 - Ind/Rel: 9 / 5

#201 Men 19&U 100 Free Prelims	1:10.97
#211 Men 19&U 100 Fly Prelims	1:17.87
#301 Men 19&U 200 Free Prelims	2:38.28
#313 Men 19&U 200 IM Prelims	3:03.91
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.04
#405 Men 19&U 200 Breast Prelims	3:17.14
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:33.44

#205 Men 19&U 100 Breast Prelims	1:30.07
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.00
#305 Men 19&U 50 Breast Prelims	39.49
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:04.67
#401 Men 19&U 50 Free Prelims	31.14
#411 Men 19&U 50 Fly Prelims	34.49
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:53.34

8 Maboreke, Tamiranashe - Female - Age: 12 - Ind/Rel: 6 / 5

#202 Women 19&U 100 Free Prelims	1:10.55
#302 Women 19&U 200 Free Prelims	2:46.00
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:08.35
#402 Women 19&U 50 Free Prelims	31.06
#412 Women 19&U 50 Fly Prelims	38.42
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:39.39

#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:51.61
#306 Women 19&U 50 Breast Prelims	50.76
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:19.57
#410 Women 19&U 50 Back Prelims	41.00
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.80

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Harare Province-MS****9 Maboreke, Tendekayi - Male - Age: 14 - Ind/Rel: 8 / 4**

#201 Men 19&U 100 Free Prelims	1:09.66
#211 Men 19&U 100 Fly Prelims	1:17.42
#305 Men 19&U 50 Breast Prelims	37.31
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.75
#401 Men 19&U 50 Free Prelims	29.71
#411 Men 19&U 50 Fly Prelims	31.92

#205 Men 19&U 100 Breast Prelims	1:24.57
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.73
#313 Men 19&U 200 IM Prelims	2:55.86
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.42
#405 Men 19&U 200 Breast Prelims	3:08.97
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.59

10 Matema, Kudzaishe - Male - Age: 14 - Ind/Rel: 5 / 3

#205 Men 19&U 100 Breast Prelims	1:23.81
#305 Men 19&U 50 Breast Prelims	36.16
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.75
#411 Men 19&U 50 Fly Prelims	32.87

#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.73
#313 Men 19&U 200 IM Prelims	2:54.80
#405 Men 19&U 200 Breast Prelims	3:16.42
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.59

11 Maunganidze, Tawananyasha - Female - Age: 12 - Ind/Rel: 8 / 5

#202 Women 19&U 100 Free Prelims	1:10.35
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:51.61
#310 Women 19&U 100 Back Prelims	1:24.50
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:08.35
#402 Women 19&U 50 Free Prelims	30.75
#412 Women 19&U 50 Fly Prelims	33.42
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:39.39

#212 Women 19&U 100 Fly Prelims	1:22.40
#306 Women 19&U 50 Breast Prelims	44.06
#314 Women 19&U 200 IM Prelims	3:08.43
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:19.57
#410 Women 19&U 50 Back Prelims	35.99
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.80

12 Mead, Ela - Female - Age: 12 - Ind/Rel: 6 / 2

#202 Women 19&U 100 Free Prelims	1:17.84
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:51.61
#314 Women 19&U 200 IM Prelims	3:15.43
#412 Women 19&U 50 Fly Prelims	38.54

#212 Women 19&U 100 Fly Prelims	1:31.18
#302 Women 19&U 200 Free Prelims	3:01.72
#402 Women 19&U 50 Free Prelims	36.27
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.57

13 Mnangagwa, Bethany - Female - Age: 11 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:18.96
#302 Women 19&U 200 Free Prelims	3:27.92
#314 Women 19&U 200 IM Prelims	3:26.64
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.04
#406 Women 19&U 200 Breast Prelims	3:40.52
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:53.34

#206 Women 19&U 100 Breast Prelims	1:37.04
#306 Women 19&U 50 Breast Prelims	43.79
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:08.35
#402 Women 19&U 50 Free Prelims	33.59
#412 Women 19&U 50 Fly Prelims	39.41

14 Msipa, Mupindiishe - Female - Age: 12 - Ind/Rel: 8 / 2

#202 Women 19&U 100 Free Prelims	1:20.31
#212 Women 19&U 100 Fly Prelims	1:32.27
#314 Women 19&U 200 IM Prelims	3:17.07
#402 Women 19&U 50 Free Prelims	35.60
#412 Women 19&U 50 Fly Prelims	40.07

#206 Women 19&U 100 Breast Prelims	1:46.87
#302 Women 19&U 200 Free Prelims	2:53.71
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.42
#406 Women 19&U 200 Breast Prelims	3:45.20
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.57

15 Munengwa, Gabriel - Male - Age: 11 - Ind/Rel: 9 / 5

#101 Men 11&U 400 Free	5:56.88
#211 Men 19&U 100 Fly Prelims	1:20.73
#301 Men 19&U 200 Free Prelims	2:35.64
#313 Men 19&U 200 IM Prelims	3:11.73
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:19.57
#409 Men 19&U 50 Back Prelims	39.79
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:20.79

#201 Men 19&U 100 Free Prelims	1:08.92
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.00
#305 Men 19&U 50 Breast Prelims	46.57
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:04.67
#401 Men 19&U 50 Free Prelims	31.43
#411 Men 19&U 50 Fly Prelims	34.05
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:39.39

16 Munengwa, George E - Male - Age: 15 - Ind/Rel: 8 / 5

#109 Men 15 400 Free	5:30.54
#211 Men 19&U 100 Fly Prelims	1:07.75
#301 Men 19&U 200 Free Prelims	2:22.34
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.75
#401 Men 19&U 50 Free Prelims	27.23
#411 Men 19&U 50 Fly Prelims	30.73
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.57

#201 Men 19&U 100 Free Prelims	1:01.36
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.73
#313 Men 19&U 200 IM Prelims	2:54.96
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.42
#409 Men 19&U 50 Back Prelims	34.55
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.59

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Harare Province-MS****17 Nyamapfene, Vincent - Male - Age: 11 - Ind/Rel: 10 / 5**

#201 Men 19&U 100 Free Prelims	1:10.54
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:40.00
#305 Men 19&U 50 Breast Prelims	39.99
#313 Men 19&U 200 IM Prelims	3:07.59
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.04
#405 Men 19&U 200 Breast Prelims	3:26.00
#411 Men 19&U 50 Fly Prelims	35.61
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:53.34

#205 Men 19&U 100 Breast Prelims	1:30.85
#301 Men 19&U 200 Free Prelims	2:41.63
#309 Men 19&U 100 Back Prelims	1:27.86
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:04.67
#401 Men 19&U 50 Free Prelims	30.80
#409 Men 19&U 50 Back Prelims	37.65
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:20.79

18 Ranken, Nathaniel - Male - Age: 13 - Ind/Rel: 9 / 3

#105 Men 13 400 Free	5:22.90
#205 Men 19&U 100 Breast Prelims	1:25.73
#301 Men 19&U 200 Free Prelims	2:28.70
#313 Men 19&U 200 IM Prelims	3:02.59
#401 Men 19&U 50 Free Prelims	31.03
#411 Men 19&U 50 Fly Prelims	33.31

#201 Men 19&U 100 Free Prelims	1:08.06
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.73
#305 Men 19&U 50 Breast Prelims	39.08
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.75
#405 Men 19&U 200 Breast Prelims	3:14.25
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:47.57

19 Savory, Ethan - Male - Age: 11 - Ind/Rel: 8 / 3

#101 Men 11&U 400 Free	5:58.99
#211 Men 19&U 100 Fly Prelims	1:34.16
#309 Men 19&U 100 Back Prelims	1:28.66
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.79
#409 Men 19&U 50 Back Prelims	40.23
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:33.44

#207 Men 19&U 200 Back Prelims	3:08.81
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.46
#313 Men 19&U 200 IM Prelims	3:13.59
#401 Men 19&U 50 Free Prelims	34.85
#411 Men 19&U 50 Fly Prelims	38.68

20 Xie, Ruotong - Female - Age: 11 - Ind/Rel: 10 / 5

#102 Women 11&U 400 Free	5:53.70
#208 Women 19&U 200 Back Prelims	3:08.29
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:51.61
#306 Women 19&U 50 Breast Prelims	45.91
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:08.35
#402 Women 19&U 50 Free Prelims	32.95
#412 Women 19&U 50 Fly Prelims	37.15
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:53.34

#202 Women 19&U 100 Free Prelims	1:12.87
#212 Women 19&U 100 Fly Prelims	1:28.00
#302 Women 19&U 200 Free Prelims	2:45.16
#310 Women 19&U 100 Back Prelims	1:27.96
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.04
#410 Women 19&U 50 Back Prelims	38.97
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:23.80

Harare Province-MS Total Individual Entries: 153 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Harties Reflections-BP****1 Bester, Lienke - Female - Age: 11 - Ind/Rel: 11 / 0**

#202 Women 19&U 100 Free Prelims	1:17.52	#206 Women 19&U 100 Breast Prelims	1:40.69
#208 Women 19&U 200 Back Prelims	3:05.65	#302 Women 19&U 200 Free Prelims	2:55.22
#306 Women 19&U 50 Breast Prelims	46.39	#310 Women 19&U 100 Back Prelims	1:28.98
#314 Women 19&U 200 IM Prelims	3:12.38	#402 Women 19&U 50 Free Prelims	37.83
#406 Women 19&U 200 Breast Prelims	3:39.93	#410 Women 19&U 50 Back Prelims	40.03
#412 Women 19&U 50 Fly Prelims	45.84		

2 Bester, Wian - Male - Age: 13 - Ind/Rel: 11 / 0

#105 Men 13 400 Free	5:31.63	#201 Men 19&U 100 Free Prelims	1:09.69
#207 Men 19&U 200 Back Prelims	2:48.47	#301 Men 19&U 200 Free Prelims	2:29.09
#305 Men 19&U 50 Breast Prelims	46.31	#309 Men 19&U 100 Back Prelims	1:17.82
#313 Men 19&U 200 IM Prelims	2:52.97	#401 Men 19&U 50 Free Prelims	31.27
#405 Men 19&U 200 Breast Prelims	3:47.66	#409 Men 19&U 50 Back Prelims	37.27
#411 Men 19&U 50 Fly Prelims	35.81		

3 Holtzhausen, Ruan - Male - Age: 16 - Ind/Rel: 11 / 0

#111 Men 16 400 Free	5:00.80	#201 Men 19&U 100 Free Prelims	1:01.86
#205 Men 19&U 100 Breast Prelims	1:14.70	#211 Men 19&U 100 Fly Prelims	1:10.79
#301 Men 19&U 200 Free Prelims	2:18.98	#305 Men 19&U 50 Breast Prelims	33.44
#313 Men 19&U 200 IM Prelims	2:33.59	#401 Men 19&U 50 Free Prelims	28.74
#405 Men 19&U 200 Breast Prelims	2:42.04	#409 Men 19&U 50 Back Prelims	36.52
#411 Men 19&U 50 Fly Prelims	30.58		

4 Moloby, Lerato G - Female - Age: 17 - Ind/Rel: 11 / 0

#114 Women 17-19 400 Free	5:45.21	#202 Women 19&U 100 Free Prelims	1:13.37
#206 Women 19&U 100 Breast Prelims	1:27.42	#212 Women 19&U 100 Fly Prelims	1:32.06
#302 Women 19&U 200 Free Prelims	2:41.57	#306 Women 19&U 50 Breast Prelims	39.95
#314 Women 19&U 200 IM Prelims	3:01.20	#402 Women 19&U 50 Free Prelims	32.98
#406 Women 19&U 200 Breast Prelims	3:12.12	#410 Women 19&U 50 Back Prelims	38.67
#412 Women 19&U 50 Fly Prelims	38.07		

5 Pebane, Tshepi S - Male - Age: 14 - Ind/Rel: 12 / 0

#107 Men 14 400 Free	5:43.82	#201 Men 19&U 100 Free Prelims	1:03.74
#205 Men 19&U 100 Breast Prelims	1:25.10	#211 Men 19&U 100 Fly Prelims	1:15.25
#301 Men 19&U 200 Free Prelims	2:28.65	#305 Men 19&U 50 Breast Prelims	37.15
#309 Men 19&U 100 Back Prelims	1:17.95	#313 Men 19&U 200 IM Prelims	2:45.33
#401 Men 19&U 50 Free Prelims	29.35	#405 Men 19&U 200 Breast Prelims	3:20.41
#409 Men 19&U 50 Back Prelims	37.06	#411 Men 19&U 50 Fly Prelims	32.18

6 vd Merwe, Migaël-Reuven - Male - Age: 13 - Ind/Rel: 12 / 0

#105 Men 13 400 Free	5:29.46	#201 Men 19&U 100 Free Prelims	1:06.54
#205 Men 19&U 100 Breast Prelims	1:28.83	#207 Men 19&U 200 Back Prelims	2:53.60
#301 Men 19&U 200 Free Prelims	2:28.87	#305 Men 19&U 50 Breast Prelims	41.39
#309 Men 19&U 100 Back Prelims	1:19.89	#313 Men 19&U 200 IM Prelims	3:00.02
#401 Men 19&U 50 Free Prelims	29.23	#405 Men 19&U 200 Breast Prelims	3:25.01
#409 Men 19&U 50 Back Prelims	37.44	#411 Men 19&U 50 Fly Prelims	37.11

7 Zamisa, Lumka K - Female - Age: 12 - Ind/Rel: 13 / 0

#104 Women 12 400 Free	5:59.04	#202 Women 19&U 100 Free Prelims	1:11.16
#206 Women 19&U 100 Breast Prelims	1:34.75	#208 Women 19&U 200 Back Prelims	3:01.28
#212 Women 19&U 100 Fly Prelims	1:26.05	#302 Women 19&U 200 Free Prelims	2:43.77
#306 Women 19&U 50 Breast Prelims	42.56	#310 Women 19&U 100 Back Prelims	1:21.91
#314 Women 19&U 200 IM Prelims	3:03.80	#402 Women 19&U 50 Free Prelims	31.43
#406 Women 19&U 200 Breast Prelims	3:33.48	#410 Women 19&U 50 Back Prelims	37.58
#412 Women 19&U 50 Fly Prelims	35.19		

Harties Reflections-BP Total Individual Entries: 81 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Hps Rebels-TS****1 Motheohane, Tshimo O - Male - Age: 16 - Ind/Rel: 6 / 0**

#201 Men 19&U 100 Free Prelims	57.49
#301 Men 19&U 200 Free Prelims	2:21.33
#401 Men 19&U 50 Free Prelims	26.31

#205 Men 19&U 100 Breast Prelims	1:17.97
#309 Men 19&U 100 Back Prelims	1:07.78
#411 Men 19&U 50 Fly Prelims	29.96

2 Odendaal, Olivia L - Female - Age: 11 - Ind/Rel: 6 / 0

#102 Women 11&U 400 Free	6:04.84
#302 Women 19&U 200 Free Prelims	3:11.10
#402 Women 19&U 50 Free Prelims	37.00

#208 Women 19&U 200 Back Prelims	3:16.48
#310 Women 19&U 100 Back Prelims	1:34.82
#410 Women 19&U 50 Back Prelims	42.49

3 Pretorius, Sinoah - Female - Age: 16 - Ind/Rel: 5 / 0

#206 Women 19&U 100 Breast Prelims	1:28.95
#314 Women 19&U 200 IM Prelims	3:00.00
#406 Women 19&U 200 Breast Prelims	3:12.00

#306 Women 19&U 50 Breast Prelims	40.43
#402 Women 19&U 50 Free Prelims	32.18

4 Sanders, Riley M - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:14.50
#310 Women 19&U 100 Back Prelims	1:26.36
#402 Women 19&U 50 Free Prelims	34.04

#208 Women 19&U 200 Back Prelims	3:07.45
#314 Women 19&U 200 IM Prelims	3:35.96
#410 Women 19&U 50 Back Prelims	39.34

5 Tomlinson, Andrew J - Male - Age: 13 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:24.90
#305 Men 19&U 50 Breast Prelims	38.17
#409 Men 19&U 50 Back Prelims	33.72

#211 Men 19&U 100 Fly Prelims	1:35.56
#405 Men 19&U 200 Breast Prelims	3:10.87
#411 Men 19&U 50 Fly Prelims	31.70

6 Watson, Sharni-Marie - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:05.18
#302 Women 19&U 200 Free Prelims	2:28.23
#402 Women 19&U 50 Free Prelims	30.07

#212 Women 19&U 100 Fly Prelims	1:16.94
#310 Women 19&U 100 Back Prelims	1:17.26
#412 Women 19&U 50 Fly Prelims	32.53

7 Wedge, Ayden O - Male - Age: 11 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:15.40
#301 Men 19&U 200 Free Prelims	2:53.34
#405 Men 19&U 200 Breast Prelims	3:47.97

#205 Men 19&U 100 Breast Prelims	1:46.69
#305 Men 19&U 50 Breast Prelims	48.50

8 Wilkins, Max C - Male - Age: 13 - Ind/Rel: 7 / 0

#105 Men 13 400 Free	5:29.75
#205 Men 19&U 100 Breast Prelims	1:44.17
#309 Men 19&U 100 Back Prelims	1:25.48
#409 Men 19&U 50 Back Prelims	38.67

#201 Men 19&U 100 Free Prelims	1:13.21
#301 Men 19&U 200 Free Prelims	2:36.92
#401 Men 19&U 50 Free Prelims	33.17

Hps Rebels-TS Total Individual Entries: 47 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****J's Aqua Swimming Club-EK****1 De Milander, Evan - Male - Age: 14 - Ind/Rel: 12 / 2**

#107 Men 14 400 Free	5:13.04	#201 Men 19&U 100 Free Prelims	1:08.56
#205 Men 19&U 100 Breast Prelims	1:29.77	#211 Men 19&U 100 Fly Prelims	1:15.73
#301 Men 19&U 200 Free Prelims	2:26.72	#305 Men 19&U 50 Breast Prelims	41.06
#309 Men 19&U 100 Back Prelims	1:24.33	#313 Men 19&U 200 IM Prelims	2:49.48
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.77	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.46
#401 Men 19&U 50 Free Prelims	31.12	#405 Men 19&U 200 Breast Prelims	3:15.84
#409 Men 19&U 50 Back Prelims	37.88	#411 Men 19&U 50 Fly Prelims	34.41

2 Knoetze, Dryden - Male - Age: 13 - Ind/Rel: 11 / 2

#201 Men 19&U 100 Free Prelims	1:19.39	#205 Men 19&U 100 Breast Prelims	1:26.86
#207 Men 19&U 200 Back Prelims	3:00.84	#301 Men 19&U 200 Free Prelims	2:52.36
#305 Men 19&U 50 Breast Prelims	37.21	#309 Men 19&U 100 Back Prelims	1:23.19
#313 Men 19&U 200 IM Prelims	3:07.27	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.77
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.46	#401 Men 19&U 50 Free Prelims	33.30
#405 Men 19&U 200 Breast Prelims	3:12.59	#409 Men 19&U 50 Back Prelims	39.86
#411 Men 19&U 50 Fly Prelims	40.92		

3 Knoetze, Garrick - Male - Age: 15 - Ind/Rel: 6 / 2

#205 Men 19&U 100 Breast Prelims	1:21.71	#211 Men 19&U 100 Fly Prelims	1:12.79
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.77	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.46
#401 Men 19&U 50 Free Prelims	29.35	#405 Men 19&U 200 Breast Prelims	3:00.84
#409 Men 19&U 50 Back Prelims	34.94	#411 Men 19&U 50 Fly Prelims	31.12

4 Liebenberg, Troy - Male - Age: 12 - Ind/Rel: 9 / 2

#201 Men 19&U 100 Free Prelims	1:11.20	#207 Men 19&U 200 Back Prelims	2:58.61
#301 Men 19&U 200 Free Prelims	2:44.76	#305 Men 19&U 50 Breast Prelims	47.93
#309 Men 19&U 100 Back Prelims	1:23.82	#313 Men 19&U 200 IM Prelims	3:12.73
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.77	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.46
#401 Men 19&U 50 Free Prelims	34.00	#409 Men 19&U 50 Back Prelims	38.72
#411 Men 19&U 50 Fly Prelims	39.94		

J's Aqua Swimming Club-EK Total Individual Entries: 38 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Kathu Tweekamp & Swem - Jtg**1 van Zyl, Jaden G - Male - Age: 15 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:03.94	#205 Men 19&U 100 Breast Prelims	1:15.37
#301 Men 19&U 200 Free Prelims	2:28.44	#305 Men 19&U 50 Breast Prelims	33.47
#401 Men 19&U 50 Free Prelims	28.05	#405 Men 19&U 200 Breast Prelims	2:47.93
#411 Men 19&U 50 Fly Prelims	34.68		

Kathu Tweekamp & Swem - Jtg Total Individual Entries: 7 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Komatipoort Swimming Club-EZ**1 Steyn, Danika - Female - Age: 11 - Ind/Rel: 8 / 0**

#202 Women 19&U 100 Free Prelims	1:17.71	#208 Women 19&U 200 Back Prelims	3:11.55
#212 Women 19&U 100 Fly Prelims	1:32.07	#310 Women 19&U 100 Back Prelims	1:25.41
#314 Women 19&U 200 IM Prelims	3:19.14	#402 Women 19&U 50 Free Prelims	34.79
#410 Women 19&U 50 Back Prelims	38.48	#412 Women 19&U 50 Fly Prelims	38.26

Komatipoort Swimming Club-EZ Total Individual Entries: 8 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Kovsies Swimming Club Bfn-MA**1 Van Vuuren, SJ J - Male - Age: 19 - Ind/Rel: 9 / 0**

#113 Men 17-19 400 Free	5:05.78	#201 Men 19&U 100 Free Prelims	1:01.04
#207 Men 19&U 200 Back Prelims	2:46.52	#301 Men 19&U 200 Free Prelims	2:16.95
#305 Men 19&U 50 Breast Prelims	42.19	#309 Men 19&U 100 Back Prelims	1:17.05
#401 Men 19&U 50 Free Prelims	27.71	#409 Men 19&U 50 Back Prelims	33.66
#411 Men 19&U 50 Fly Prelims	31.80		

Kovsies Swimming Club Bfn-MA Total Individual Entries: 9 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

Limpopo Tuksswimming Club-WB

1 Dannhauser, Carla - Female - Age: 15 - Ind/Rel: 9 / 0

#110 Women 15 400 Free	5:16.80	#202 Women 19&U 100 Free Prelims	1:05.14
#208 Women 19&U 200 Back Prelims	2:38.41	#212 Women 19&U 100 Fly Prelims	1:13.07
#302 Women 19&U 200 Free Prelims	2:26.23	#310 Women 19&U 100 Back Prelims	1:12.62
#402 Women 19&U 50 Free Prelims	29.89	#410 Women 19&U 50 Back Prelims	33.42
#412 Women 19&U 50 Fly Prelims	31.81		

2 Grobler, Jadine - Female - Age: 12 - Ind/Rel: 6 / 2

#202 Women 19&U 100 Free Prelims	1:12.19	#212 Women 19&U 100 Fly Prelims	1:22.25
#302 Women 19&U 200 Free Prelims	2:40.54	#314 Women 19&U 200 IM Prelims	3:01.02
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99	#402 Women 19&U 50 Free Prelims	32.50
#412 Women 19&U 50 Fly Prelims	34.86	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.23

3 Potgieter, Evan P - Male - Age: 12 - Ind/Rel: 8 / 5

#103 Men 12 400 Free	5:53.09	#201 Men 19&U 100 Free Prelims	1:15.56
#205 Men 19&U 100 Breast Prelims	1:37.07	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:09.24
#301 Men 19&U 200 Free Prelims	2:47.25	#305 Men 19&U 50 Breast Prelims	43.16
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:17.33	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99
#401 Men 19&U 50 Free Prelims	34.65	#405 Men 19&U 200 Breast Prelims	3:22.09
#409 Men 19&U 50 Back Prelims	38.00	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:34.06
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.23		

4 Stols, Kinique E - Female - Age: 12 - Ind/Rel: 0 / 2

#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.23
---	---------	---	---------

5 Teich, Shaun - Male - Age: 12 - Ind/Rel: 9 / 5

#103 Men 12 400 Free	5:37.62	#201 Men 19&U 100 Free Prelims	1:13.03
#207 Men 19&U 200 Back Prelims	2:59.03	#211 Men 19&U 100 Fly Prelims	1:23.91
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:09.24	#301 Men 19&U 200 Free Prelims	2:35.33
#309 Men 19&U 100 Back Prelims	1:26.24	#313 Men 19&U 200 IM Prelims	2:57.34
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:17.33	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99
#405 Men 19&U 200 Breast Prelims	3:22.94	#411 Men 19&U 50 Fly Prelims	36.20
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:34.06	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.23

6 Turvey, Ruan - Male - Age: 13 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:11.40	#205 Men 19&U 100 Breast Prelims	1:36.63
#207 Men 19&U 200 Back Prelims	2:53.17	#301 Men 19&U 200 Free Prelims	2:42.98
#305 Men 19&U 50 Breast Prelims	43.69	#309 Men 19&U 100 Back Prelims	1:19.38
#313 Men 19&U 200 IM Prelims	3:05.64	#401 Men 19&U 50 Free Prelims	31.83
#409 Men 19&U 50 Back Prelims	35.89	#411 Men 19&U 50 Fly Prelims	36.29

7 Upton, Odette - Female - Age: 15 - Ind/Rel: 10 / 0

#110 Women 15 400 Free	5:10.10	#202 Women 19&U 100 Free Prelims	1:05.83
#206 Women 19&U 100 Breast Prelims	1:27.72	#208 Women 19&U 200 Back Prelims	2:46.33
#302 Women 19&U 200 Free Prelims	2:23.48	#310 Women 19&U 100 Back Prelims	1:14.83
#314 Women 19&U 200 IM Prelims	2:45.27	#402 Women 19&U 50 Free Prelims	29.83
#410 Women 19&U 50 Back Prelims	34.56	#412 Women 19&U 50 Fly Prelims	32.94

8 Vd Berg, Wihan - Male - Age: 11 - Ind/Rel: 6 / 3

#201 Men 19&U 100 Free Prelims	1:18.09	#207 Men 19&U 200 Back Prelims	3:07.09
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:09.24	#305 Men 19&U 50 Breast Prelims	47.06
#309 Men 19&U 100 Back Prelims	1:28.86	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:17.33
#401 Men 19&U 50 Free Prelims	34.63	#409 Men 19&U 50 Back Prelims	40.20
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:34.06		

9 Venter, Luan A - Male - Age: 11 - Ind/Rel: 7 / 3

#205 Men 19&U 100 Breast Prelims	1:37.96	#211 Men 19&U 100 Fly Prelims	1:35.21
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:09.24	#305 Men 19&U 50 Breast Prelims	44.12
#313 Men 19&U 200 IM Prelims	3:16.30	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:17.33
#401 Men 19&U 50 Free Prelims	34.38	#405 Men 19&U 200 Breast Prelims	3:36.52
#411 Men 19&U 50 Fly Prelims	37.05	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:34.06

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Limpopo Tuksswimming Club-WB10 **Venter, Wouter V - Male - Age: 11 - Ind/Rel: 9 / 0**

#205 Men 19&U 100 Breast Prelims	1:44.81	#207 Men 19&U 200 Back Prelims	3:15.61
#305 Men 19&U 50 Breast Prelims	46.79	#309 Men 19&U 100 Back Prelims	1:33.57
#313 Men 19&U 200 IM Prelims	3:27.17	#401 Men 19&U 50 Free Prelims	37.74
#405 Men 19&U 200 Breast Prelims	3:42.13	#409 Men 19&U 50 Back Prelims	41.47
#411 Men 19&U 50 Fly Prelims	45.87		

Limpopo Tuksswimming Club-WB Total Individual Entries: 74 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Linrand Swimming Club-JH****1 De Bruyn, Phoenix - Male - Age: 15 - Ind/Rel: 9 / 0**

#109 Men 15 400 Free	4:33.83	#201 Men 19&U 100 Free Prelims	1:00.73
#205 Men 19&U 100 Breast Prelims	1:21.15	#207 Men 19&U 200 Back Prelims	2:25.89
#301 Men 19&U 200 Free Prelims	2:11.94	#309 Men 19&U 100 Back Prelims	1:09.80
#313 Men 19&U 200 IM Prelims	2:32.37	#401 Men 19&U 50 Free Prelims	28.54
#409 Men 19&U 50 Back Prelims	32.17		

2 Griffioen, Ingamarie - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:14.41	#208 Women 19&U 200 Back Prelims	3:14.16
#302 Women 19&U 200 Free Prelims	2:49.97	#310 Women 19&U 100 Back Prelims	1:25.70
#314 Women 19&U 200 IM Prelims	3:20.97		

3 Krog, Matteo E - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:07.34	#205 Men 19&U 100 Breast Prelims	1:21.65
#305 Men 19&U 50 Breast Prelims	37.85	#313 Men 19&U 200 IM Prelims	2:43.84
#401 Men 19&U 50 Free Prelims	30.38	#405 Men 19&U 200 Breast Prelims	3:04.87
#409 Men 19&U 50 Back Prelims	37.29		

4 Marnewick, Rania - Female - Age: 13 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:30.81	#306 Women 19&U 50 Breast Prelims	39.98
#314 Women 19&U 200 IM Prelims	3:09.53	#402 Women 19&U 50 Free Prelims	34.30
#406 Women 19&U 200 Breast Prelims	3:20.39	#412 Women 19&U 50 Fly Prelims	39.35

5 Maruping, Bokkie M - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:24.16	#202 Women 19&U 100 Free Prelims	1:11.81
#212 Women 19&U 100 Fly Prelims	1:24.91	#302 Women 19&U 200 Free Prelims	2:34.66
#314 Women 19&U 200 IM Prelims	3:00.06	#402 Women 19&U 50 Free Prelims	33.86
#412 Women 19&U 50 Fly Prelims	37.44		

6 Snyders, Cole A - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:13.24	#301 Men 19&U 200 Free Prelims	2:46.17
#309 Men 19&U 100 Back Prelims	1:24.60	#313 Men 19&U 200 IM Prelims	3:10.01
#401 Men 19&U 50 Free Prelims	31.18	#409 Men 19&U 50 Back Prelims	37.46
#411 Men 19&U 50 Fly Prelims	38.19		

7 Viljoen, Leander - Male - Age: 14 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:01.19	#205 Men 19&U 100 Breast Prelims	1:18.31
#207 Men 19&U 200 Back Prelims	2:45.43	#301 Men 19&U 200 Free Prelims	2:21.32
#305 Men 19&U 50 Breast Prelims	35.01	#309 Men 19&U 100 Back Prelims	1:14.31
#401 Men 19&U 50 Free Prelims	27.82	#405 Men 19&U 200 Breast Prelims	3:03.23
#409 Men 19&U 50 Back Prelims	33.29	#411 Men 19&U 50 Fly Prelims	32.50

8 Vlok, Isobelle E - Female - Age: 13 - Ind/Rel: 6 / 0

#106 Women 13 400 Free	5:17.21	#202 Women 19&U 100 Free Prelims	1:11.34
#206 Women 19&U 100 Breast Prelims	1:29.87	#302 Women 19&U 200 Free Prelims	2:31.93
#314 Women 19&U 200 IM Prelims	2:50.05	#406 Women 19&U 200 Breast Prelims	3:09.18

Linrand Swimming Club-JH Total Individual Entries: 57 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Mahikeng Dolphins-NM**1 Nsereko, Nathan - Male - Age: 16 - Ind/Rel: 7 / 0**

#205 Men 19&U 100 Breast Prelims	1:17.76	#305 Men 19&U 50 Breast Prelims	32.30
#313 Men 19&U 200 IM Prelims	2:45.13	#401 Men 19&U 50 Free Prelims	27.02
#405 Men 19&U 200 Breast Prelims	3:05.74	#409 Men 19&U 50 Back Prelims	34.30
#411 Men 19&U 50 Fly Prelims	29.76		

Mahikeng Dolphins-NM Total Individual Entries: 7 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Mako Aquatics-EK****1 Allen, Zander K - Male - Age: 14 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	1:02.20
#211 Men 19&U 100 Fly Prelims	1:14.59
#305 Men 19&U 50 Breast Prelims	38.86
#401 Men 19&U 50 Free Prelims	26.77
#411 Men 19&U 50 Fly Prelims	31.22

#205 Men 19&U 100 Breast Prelims	1:28.66
#301 Men 19&U 200 Free Prelims	2:19.29
#313 Men 19&U 200 IM Prelims	2:42.88
#409 Men 19&U 50 Back Prelims	34.81

2 Britz, Jonathan O - Male - Age: 11 - Ind/Rel: 13 / 1

#101 Men 11&U 400 Free	5:54.20
#205 Men 19&U 100 Breast Prelims	1:42.80
#211 Men 19&U 100 Fly Prelims	1:27.63
#301 Men 19&U 200 Free Prelims	2:45.22
#309 Men 19&U 100 Back Prelims	1:28.77
#401 Men 19&U 50 Free Prelims	33.94
#409 Men 19&U 50 Back Prelims	40.63

#201 Men 19&U 100 Free Prelims	1:13.44
#207 Men 19&U 200 Back Prelims	3:17.82
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.80
#305 Men 19&U 50 Breast Prelims	47.80
#313 Men 19&U 200 IM Prelims	3:08.13
#405 Men 19&U 200 Breast Prelims	3:39.57
#411 Men 19&U 50 Fly Prelims	35.54

3 De Vernon, Dawson - Male - Age: 18 - Ind/Rel: 13 / 2

#113 Men 17-19 400 Free	4:58.46
#205 Men 19&U 100 Breast Prelims	1:19.41
#211 Men 19&U 100 Fly Prelims	1:06.57
#301 Men 19&U 200 Free Prelims	2:12.75
#309 Men 19&U 100 Back Prelims	1:06.02
#401 Men 19&U 50 Free Prelims	26.87
#409 Men 19&U 50 Back Prelims	31.48
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.58

#201 Men 19&U 100 Free Prelims	59.12
#207 Men 19&U 200 Back Prelims	2:26.51
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:27.05
#305 Men 19&U 50 Breast Prelims	34.01
#313 Men 19&U 200 IM Prelims	2:31.55
#405 Men 19&U 200 Breast Prelims	2:51.00
#411 Men 19&U 50 Fly Prelims	28.56

4 Hawkins, Cole D - Male - Age: 12 - Ind/Rel: 8 / 5

#205 Men 19&U 100 Breast Prelims	1:27.66
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:27.05
#309 Men 19&U 100 Back Prelims	1:22.04
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:11.28
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:21.62
#405 Men 19&U 200 Breast Prelims	3:09.41
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.58

#211 Men 19&U 100 Fly Prelims	1:35.05
#305 Men 19&U 50 Breast Prelims	39.02
#313 Men 19&U 200 IM Prelims	3:06.25
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.68
#401 Men 19&U 50 Free Prelims	31.77
#411 Men 19&U 50 Fly Prelims	38.97

5 Hood, Kaylin C - Male - Age: 11 - Ind/Rel: 11 / 0

#201 Men 19&U 100 Free Prelims	1:20.83
#211 Men 19&U 100 Fly Prelims	1:27.57
#305 Men 19&U 50 Breast Prelims	49.51
#313 Men 19&U 200 IM Prelims	3:16.36
#405 Men 19&U 200 Breast Prelims	3:45.81
#411 Men 19&U 50 Fly Prelims	39.26

#205 Men 19&U 100 Breast Prelims	1:45.39
#301 Men 19&U 200 Free Prelims	2:54.05
#309 Men 19&U 100 Back Prelims	1:32.42
#401 Men 19&U 50 Free Prelims	35.22
#409 Men 19&U 50 Back Prelims	44.52

6 Jansen van Vuuren, Conrad - Male - Age: 14 - Ind/Rel: 10 / 4

#107 Men 14 400 Free	5:10.74
#205 Men 19&U 100 Breast Prelims	1:28.60
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:27.05
#309 Men 19&U 100 Back Prelims	1:19.51
#401 Men 19&U 50 Free Prelims	29.52
#409 Men 19&U 50 Back Prelims	35.81
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.58

#201 Men 19&U 100 Free Prelims	1:04.65
#207 Men 19&U 200 Back Prelims	2:52.41
#301 Men 19&U 200 Free Prelims	2:24.59
#313 Men 19&U 200 IM Prelims	2:51.61
#405 Men 19&U 200 Breast Prelims	3:16.47
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:25.03
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:32.84

7 Kyster, Daylen R - Male - Age: 12 - Ind/Rel: 12 / 4

#103 Men 12 400 Free	5:32.42
#205 Men 19&U 100 Breast Prelims	1:34.13
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.80
#305 Men 19&U 50 Breast Prelims	44.28
#313 Men 19&U 200 IM Prelims	2:52.93
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.68
#401 Men 19&U 50 Free Prelims	32.92
#409 Men 19&U 50 Back Prelims	39.75

#201 Men 19&U 100 Free Prelims	1:11.25
#211 Men 19&U 100 Fly Prelims	1:21.98
#301 Men 19&U 200 Free Prelims	2:30.20
#309 Men 19&U 100 Back Prelims	1:22.37
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:11.28
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:21.62
#405 Men 19&U 200 Breast Prelims	3:23.55
#411 Men 19&U 50 Fly Prelims	35.70

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Mako Aquatics-EK****8 Lloyd-Swanepoel, Ella - Female - Age: 13 - Ind/Rel: 9 / 4**

#202 Women 19&U 100 Free Prelims	1:10.21	#206 Women 19&U 100 Breast Prelims	1:39.32
#208 Women 19&U 200 Back Prelims	2:58.02	#302 Women 19&U 200 Free Prelims	2:38.31
#310 Women 19&U 100 Back Prelims	1:17.62	#314 Women 19&U 200 IM Prelims	3:01.48
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.68	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:21.62
#402 Women 19&U 50 Free Prelims	31.16	#410 Women 19&U 50 Back Prelims	35.98
#412 Women 19&U 50 Fly Prelims	36.65	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:25.03
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:32.84		

9 Plint, Connor J - Male - Age: 12 - Ind/Rel: 11 / 2

#103 Men 12 400 Free	5:54.54	#201 Men 19&U 100 Free Prelims	1:13.40
#207 Men 19&U 200 Back Prelims	2:54.46	#211 Men 19&U 100 Fly Prelims	1:28.45
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.80	#301 Men 19&U 200 Free Prelims	2:40.68
#305 Men 19&U 50 Breast Prelims	54.48	#309 Men 19&U 100 Back Prelims	1:21.27
#313 Men 19&U 200 IM Prelims	3:08.93	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:11.28
#401 Men 19&U 50 Free Prelims	34.39	#409 Men 19&U 50 Back Prelims	38.12
#411 Men 19&U 50 Fly Prelims	37.36		

10 Plint, Matthew J - Male - Age: 12 - Ind/Rel: 11 / 2

#103 Men 12 400 Free	5:59.21	#201 Men 19&U 100 Free Prelims	1:12.71
#205 Men 19&U 100 Breast Prelims	1:47.95	#207 Men 19&U 200 Back Prelims	2:55.58
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.80	#301 Men 19&U 200 Free Prelims	2:42.76
#305 Men 19&U 50 Breast Prelims	52.38	#309 Men 19&U 100 Back Prelims	1:20.38
#313 Men 19&U 200 IM Prelims	3:04.74	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:11.28
#401 Men 19&U 50 Free Prelims	33.57	#409 Men 19&U 50 Back Prelims	38.05
#411 Men 19&U 50 Fly Prelims	37.81		

11 Tallarico, Marcello F - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:10.86	#205 Men 19&U 100 Breast Prelims	1:20.07
#305 Men 19&U 50 Breast Prelims	35.21	#401 Men 19&U 50 Free Prelims	33.13
#405 Men 19&U 200 Breast Prelims	3:01.17		

12 Vermeulen, Joshua - Male - Age: 13 - Ind/Rel: 11 / 4

#105 Men 13 400 Free	5:17.36	#201 Men 19&U 100 Free Prelims	1:08.34
#207 Men 19&U 200 Back Prelims	2:45.32	#211 Men 19&U 100 Fly Prelims	1:29.09
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:27.05	#301 Men 19&U 200 Free Prelims	2:29.60
#305 Men 19&U 50 Breast Prelims	45.68	#309 Men 19&U 100 Back Prelims	1:17.13
#313 Men 19&U 200 IM Prelims	2:58.15	#401 Men 19&U 50 Free Prelims	32.32
#409 Men 19&U 50 Back Prelims	36.47	#411 Men 19&U 50 Fly Prelims	36.44
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:25.03	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medley	2:32.58
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:32.84		

13 Visser, Alexis - Female - Age: 12 - Ind/Rel: 10 / 4

#104 Women 12 400 Free	5:30.77	#202 Women 19&U 100 Free Prelims	1:09.64
#212 Women 19&U 100 Fly Prelims	1:18.61	#302 Women 19&U 200 Free Prelims	2:32.01
#306 Women 19&U 50 Breast Prelims	43.33	#310 Women 19&U 100 Back Prelims	1:25.15
#314 Women 19&U 200 IM Prelims	2:54.41	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.68
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:21.62	#406 Women 19&U 200 Breast Prelims	3:30.37
#410 Women 19&U 50 Back Prelims	39.57	#412 Women 19&U 50 Fly Prelims	34.13
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:25.03	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:32.84

Mako Aquatics-EK Total Individual Entries: 133 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Mandeville Dolphins-JH****1 Abell, Acacia-Cailyn - Female - Age: 17 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:10.34	#206 Women 19&U 100 Breast Prelims	1:25.09
#302 Women 19&U 200 Free Prelims	2:35.41	#314 Women 19&U 200 IM Prelims	2:57.71
#402 Women 19&U 50 Free Prelims	31.86	#406 Women 19&U 200 Breast Prelims	3:02.53

2 Ashworth, Ryan R - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	5:46.98	#201 Men 19&U 100 Free Prelims	1:15.58
#211 Men 19&U 100 Fly Prelims	1:39.75	#301 Men 19&U 200 Free Prelims	2:42.12
#309 Men 19&U 100 Back Prelims	1:28.71	#313 Men 19&U 200 IM Prelims	3:10.45
#401 Men 19&U 50 Free Prelims	34.98	#411 Men 19&U 50 Fly Prelims	43.23

3 Barber-Luna, Xavi C - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:23.40	#205 Men 19&U 100 Breast Prelims	2:02.95
#207 Men 19&U 200 Back Prelims	3:14.16	#301 Men 19&U 200 Free Prelims	3:00.25
#305 Men 19&U 50 Breast Prelims	54.26	#309 Men 19&U 100 Back Prelims	1:28.94
#401 Men 19&U 50 Free Prelims	35.51	#409 Men 19&U 50 Back Prelims	43.82

4 Barbour, Karl D - Male - Age: 18 - Ind/Rel: 12 / 0

#113 Men 17-19 400 Free	4:50.14	#205 Men 19&U 100 Breast Prelims	1:16.20
#207 Men 19&U 200 Back Prelims	2:36.29	#211 Men 19&U 100 Fly Prelims	1:08.60
#301 Men 19&U 200 Free Prelims	2:15.13	#305 Men 19&U 50 Breast Prelims	33.14
#309 Men 19&U 100 Back Prelims	1:10.01	#313 Men 19&U 200 IM Prelims	2:30.44
#401 Men 19&U 50 Free Prelims	28.55	#405 Men 19&U 200 Breast Prelims	2:54.64
#409 Men 19&U 50 Back Prelims	31.76	#411 Men 19&U 50 Fly Prelims	28.58

5 Bhabha, Aisha - Female - Age: 12 - Ind/Rel: 12 / 0

#104 Women 12 400 Free	6:01.57	#202 Women 19&U 100 Free Prelims	1:16.59
#206 Women 19&U 100 Breast Prelims	1:42.43	#208 Women 19&U 200 Back Prelims	3:15.97
#302 Women 19&U 200 Free Prelims	2:48.58	#306 Women 19&U 50 Breast Prelims	47.53
#310 Women 19&U 100 Back Prelims	1:32.85	#314 Women 19&U 200 IM Prelims	3:17.66
#402 Women 19&U 50 Free Prelims	34.10	#406 Women 19&U 200 Breast Prelims	3:48.53
#410 Women 19&U 50 Back Prelims	42.83	#412 Women 19&U 50 Fly Prelims	41.90

6 Bhana, Aditya S - Male - Age: 14 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:08.36	#205 Men 19&U 100 Breast Prelims	1:24.07
#301 Men 19&U 200 Free Prelims	2:36.35	#305 Men 19&U 50 Breast Prelims	36.34
#309 Men 19&U 100 Back Prelims	1:21.46	#313 Men 19&U 200 IM Prelims	3:09.16
#401 Men 19&U 50 Free Prelims	29.98	#405 Men 19&U 200 Breast Prelims	3:08.73
#409 Men 19&U 50 Back Prelims	37.26		

7 Bloch, Dylan A - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	59.05	#211 Men 19&U 100 Fly Prelims	1:04.16
#301 Men 19&U 200 Free Prelims	2:10.34	#305 Men 19&U 50 Breast Prelims	36.27
#313 Men 19&U 200 IM Prelims	2:27.53	#401 Men 19&U 50 Free Prelims	26.74
#409 Men 19&U 50 Back Prelims	32.71	#411 Men 19&U 50 Fly Prelims	27.94

8 Cazzavillan, Lorenzo L - Male - Age: 19 - Ind/Rel: 4 / 0

#209 Men 99&U 50 Back Para Prelims	53.87	#303 Men 99&U 100 Free Para Prelims	1:40.61
#311 Men 99&U 100 Back Para Prelims	2:06.28	#403 Men 99&U 50 Free Para Prelims	42.15

9 Cheshire, Kate E - Female - Age: 12 - Ind/Rel: 13 / 0

#104 Women 12 400 Free	5:39.91	#202 Women 19&U 100 Free Prelims	1:14.89
#206 Women 19&U 100 Breast Prelims	1:47.79	#208 Women 19&U 200 Back Prelims	3:06.57
#212 Women 19&U 100 Fly Prelims	1:39.34	#302 Women 19&U 200 Free Prelims	2:45.05
#306 Women 19&U 50 Breast Prelims	49.74	#310 Women 19&U 100 Back Prelims	1:28.12
#314 Women 19&U 200 IM Prelims	3:16.21	#402 Women 19&U 50 Free Prelims	33.76
#406 Women 19&U 200 Breast Prelims	3:53.50	#410 Women 19&U 50 Back Prelims	40.62
#412 Women 19&U 50 Fly Prelims	41.58		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

Mandeville Dolphins-JH

10 Eifler, Oliver J - Male - Age: 11 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	7:03.81	#201 Men 19&U 100 Free Prelims	1:20.09
#205 Men 19&U 100 Breast Prelims	1:41.26	#207 Men 19&U 200 Back Prelims	3:22.69
#305 Men 19&U 50 Breast Prelims	44.28	#309 Men 19&U 100 Back Prelims	1:32.60
#313 Men 19&U 200 IM Prelims	3:20.42	#401 Men 19&U 50 Free Prelims	34.73
#405 Men 19&U 200 Breast Prelims	3:58.08	#411 Men 19&U 50 Fly Prelims	40.24

11 Ellis, Joseph G - Male - Age: 11 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:41.02	#211 Men 19&U 100 Fly Prelims	1:42.85
#305 Men 19&U 50 Breast Prelims	49.86	#313 Men 19&U 200 IM Prelims	3:24.38
#401 Men 19&U 50 Free Prelims	36.12	#411 Men 19&U 50 Fly Prelims	37.85

12 Gray, Lance G - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:12.11	#301 Men 19&U 200 Free Prelims	2:38.33
#305 Men 19&U 50 Breast Prelims	45.85	#313 Men 19&U 200 IM Prelims	3:13.60
#401 Men 19&U 50 Free Prelims	33.83	#409 Men 19&U 50 Back Prelims	39.42
#411 Men 19&U 50 Fly Prelims	38.22		

13 Habib, Zia - Female - Age: 11 - Ind/Rel: 12 / 0

#102 Women 11&U 400 Free	6:04.09	#202 Women 19&U 100 Free Prelims	1:16.98
#206 Women 19&U 100 Breast Prelims	1:38.68	#208 Women 19&U 200 Back Prelims	3:22.84
#302 Women 19&U 200 Free Prelims	2:50.41	#306 Women 19&U 50 Breast Prelims	49.29
#310 Women 19&U 100 Back Prelims	1:33.87	#314 Women 19&U 200 IM Prelims	3:13.86
#402 Women 19&U 50 Free Prelims	35.61	#406 Women 19&U 200 Breast Prelims	3:28.20
#410 Women 19&U 50 Back Prelims	42.19	#412 Women 19&U 50 Fly Prelims	44.84

14 Helberg, Isabel T - Female - Age: 11 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:16.91	#208 Women 19&U 200 Back Prelims	3:15.88
#212 Women 19&U 100 Fly Prelims	1:35.83	#302 Women 19&U 200 Free Prelims	2:56.61
#306 Women 19&U 50 Breast Prelims	49.20	#310 Women 19&U 100 Back Prelims	1:28.66
#402 Women 19&U 50 Free Prelims	33.92	#410 Women 19&U 50 Back Prelims	43.82
#412 Women 19&U 50 Fly Prelims	40.21		

15 Janse v Rensburg, Juan - Male - Age: 16 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:04.81	#205 Men 19&U 100 Breast Prelims	1:15.99
#301 Men 19&U 200 Free Prelims	2:23.55	#305 Men 19&U 50 Breast Prelims	35.30
#313 Men 19&U 200 IM Prelims	2:42.07	#401 Men 19&U 50 Free Prelims	28.87
#405 Men 19&U 200 Breast Prelims	2:49.28		

16 Lauf, Whitney G - Female - Age: 15 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:17.18	#206 Women 19&U 100 Breast Prelims	1:25.68
#402 Women 19&U 50 Free Prelims	34.38	#406 Women 19&U 200 Breast Prelims	3:13.26

17 Love, Emma G - Female - Age: 13 - Ind/Rel: 12 / 0

#106 Women 13 400 Free	6:29.99	#202 Women 19&U 100 Free Prelims	1:16.54
#206 Women 19&U 100 Breast Prelims	1:30.44	#208 Women 19&U 200 Back Prelims	3:14.38
#302 Women 19&U 200 Free Prelims	2:54.94	#306 Women 19&U 50 Breast Prelims	42.11
#310 Women 19&U 100 Back Prelims	1:31.73	#314 Women 19&U 200 IM Prelims	3:11.08
#402 Women 19&U 50 Free Prelims	33.10	#406 Women 19&U 200 Breast Prelims	3:23.69
#410 Women 19&U 50 Back Prelims	41.07	#412 Women 19&U 50 Fly Prelims	39.42

18 Mülder, Eli-Ray - Male - Age: 12 - Ind/Rel: 13 / 0

#103 Men 12 400 Free	5:51.20	#201 Men 19&U 100 Free Prelims	1:15.27
#205 Men 19&U 100 Breast Prelims	1:38.74	#207 Men 19&U 200 Back Prelims	2:57.55
#211 Men 19&U 100 Fly Prelims	1:44.94	#301 Men 19&U 200 Free Prelims	2:43.80
#305 Men 19&U 50 Breast Prelims	44.89	#309 Men 19&U 100 Back Prelims	1:19.50
#313 Men 19&U 200 IM Prelims	3:06.26	#401 Men 19&U 50 Free Prelims	33.14
#405 Men 19&U 200 Breast Prelims	3:32.80	#409 Men 19&U 50 Back Prelims	35.99
#411 Men 19&U 50 Fly Prelims	38.44		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Mandeville Dolphins-JH****19 Nolan, Emma M - Female - Age: 14 - Ind/Rel: 8 / 0**

#302 Women 19&U 200 Free Prelims	2:33.65	#306 Women 19&U 50 Breast Prelims	40.52
#310 Women 19&U 100 Back Prelims	1:20.10	#314 Women 19&U 200 IM Prelims	2:52.08
#402 Women 19&U 50 Free Prelims	31.57	#406 Women 19&U 200 Breast Prelims	3:17.82
#410 Women 19&U 50 Back Prelims	36.60	#412 Women 19&U 50 Fly Prelims	33.71

20 Nolan, Kathryn A - Female - Age: 12 - Ind/Rel: 12 / 0

#202 Women 19&U 100 Free Prelims	1:14.25	#206 Women 19&U 100 Breast Prelims	1:30.93
#208 Women 19&U 200 Back Prelims	2:59.22	#212 Women 19&U 100 Fly Prelims	1:30.25
#302 Women 19&U 200 Free Prelims	2:38.52	#306 Women 19&U 50 Breast Prelims	42.05
#310 Women 19&U 100 Back Prelims	1:25.80	#314 Women 19&U 200 IM Prelims	2:57.87
#402 Women 19&U 50 Free Prelims	33.37	#406 Women 19&U 200 Breast Prelims	3:15.26
#410 Women 19&U 50 Back Prelims	39.99	#412 Women 19&U 50 Fly Prelims	38.05

21 O'Brien, Chris G - Male - Age: 14 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:07.96	#205 Men 19&U 100 Breast Prelims	1:21.96
#401 Men 19&U 50 Free Prelims	29.85	#405 Men 19&U 200 Breast Prelims	2:55.99

22 O'Brien, Katya - Female - Age: 14 - Ind/Rel: 2 / 0

#108 Women 14 400 Free	5:19.21	#202 Women 19&U 100 Free Prelims	1:05.99
------------------------	---------	----------------------------------	---------

23 Phalafala, Tshepi M - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:27.81	#208 Women 19&U 200 Back Prelims	3:33.50
#302 Women 19&U 200 Free Prelims	3:27.92	#306 Women 19&U 50 Breast Prelims	58.00
#310 Women 19&U 100 Back Prelims	1:29.08	#402 Women 19&U 50 Free Prelims	37.75
#410 Women 19&U 50 Back Prelims	39.43	#412 Women 19&U 50 Fly Prelims	53.98

24 Pillay, Darshana - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:21.29	#206 Women 19&U 100 Breast Prelims	1:52.64
#302 Women 19&U 200 Free Prelims	3:02.15	#306 Women 19&U 50 Breast Prelims	49.56
#310 Women 19&U 100 Back Prelims	1:27.69	#402 Women 19&U 50 Free Prelims	35.55
#406 Women 19&U 200 Breast Prelims	4:00.78	#410 Women 19&U 50 Back Prelims	42.44

25 Schutze-Langston, Paige L - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:13.41	#206 Women 19&U 100 Breast Prelims	1:31.38
#306 Women 19&U 50 Breast Prelims	41.66	#310 Women 19&U 100 Back Prelims	1:29.77
#402 Women 19&U 50 Free Prelims	32.47	#406 Women 19&U 200 Breast Prelims	3:30.54
#412 Women 19&U 50 Fly Prelims	36.12		

26 Short, Kyla J - Female - Age: 11 - Ind/Rel: 12 / 0

#102 Women 11&U 400 Free	6:12.70	#202 Women 19&U 100 Free Prelims	1:18.48
#206 Women 19&U 100 Breast Prelims	1:48.41	#208 Women 19&U 200 Back Prelims	2:58.02
#302 Women 19&U 200 Free Prelims	2:48.66	#306 Women 19&U 50 Breast Prelims	49.76
#310 Women 19&U 100 Back Prelims	1:25.82	#314 Women 19&U 200 IM Prelims	3:14.65
#402 Women 19&U 50 Free Prelims	36.36	#406 Women 19&U 200 Breast Prelims	3:56.39
#410 Women 19&U 50 Back Prelims	41.07	#412 Women 19&U 50 Fly Prelims	47.30

27 Smith, Gabriella S - Female - Age: 17 - Ind/Rel: 4 / 0

#208 Women 19&U 200 Back Prelims	2:42.24	#302 Women 19&U 200 Free Prelims	2:26.45
#310 Women 19&U 100 Back Prelims	1:15.51	#410 Women 19&U 50 Back Prelims	35.33

28 Smith, Isaiah S - Male - Age: 13 - Ind/Rel: 12 / 0

#105 Men 13 400 Free	5:22.06	#201 Men 19&U 100 Free Prelims	1:05.71
#205 Men 19&U 100 Breast Prelims	1:38.79	#207 Men 19&U 200 Back Prelims	3:03.75
#211 Men 19&U 100 Fly Prelims	1:29.70	#301 Men 19&U 200 Free Prelims	2:27.88
#305 Men 19&U 50 Breast Prelims	44.94	#309 Men 19&U 100 Back Prelims	1:24.14
#313 Men 19&U 200 IM Prelims	2:59.62	#401 Men 19&U 50 Free Prelims	29.65
#409 Men 19&U 50 Back Prelims	37.03	#411 Men 19&U 50 Fly Prelims	34.98

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Mandeville Dolphins-JH****29 Stonefield, Alex N - Male - Age: 14 - Ind/Rel: 3 / 0**

#107 Men 14 400 Free	5:14.20	#201 Men 19&U 100 Free Prelims	1:06.18
#301 Men 19&U 200 Free Prelims	2:27.12		

30 Sun, Berre - Female - Age: 10 - Ind/Rel: 11 / 0

#202 Women 19&U 100 Free Prelims	1:23.19	#206 Women 19&U 100 Breast Prelims	1:46.50
#208 Women 19&U 200 Back Prelims	3:23.19	#302 Women 19&U 200 Free Prelims	3:02.78
#306 Women 19&U 50 Breast Prelims	51.41	#310 Women 19&U 100 Back Prelims	1:27.27
#314 Women 19&U 200 IM Prelims	3:15.40	#402 Women 19&U 50 Free Prelims	35.70
#406 Women 19&U 200 Breast Prelims	3:57.68	#410 Women 19&U 50 Back Prelims	40.44
#412 Women 19&U 50 Fly Prelims	39.53		

31 van de Wouw, Joshua B - Male - Age: 15 - Ind/Rel: 10 / 0

#109 Men 15 400 Free	5:02.96	#201 Men 19&U 100 Free Prelims	1:03.90
#205 Men 19&U 100 Breast Prelims	1:15.44	#211 Men 19&U 100 Fly Prelims	1:21.68
#301 Men 19&U 200 Free Prelims	2:20.24	#305 Men 19&U 50 Breast Prelims	35.05
#313 Men 19&U 200 IM Prelims	2:36.27	#401 Men 19&U 50 Free Prelims	29.47
#405 Men 19&U 200 Breast Prelims	2:45.86	#411 Men 19&U 50 Fly Prelims	34.19

32 van der Walt, Conrad - Male - Age: 13 - Ind/Rel: 13 / 0

#105 Men 13 400 Free	5:39.96	#201 Men 19&U 100 Free Prelims	1:14.43
#205 Men 19&U 100 Breast Prelims	1:30.69	#207 Men 19&U 200 Back Prelims	3:07.84
#211 Men 19&U 100 Fly Prelims	1:17.58	#301 Men 19&U 200 Free Prelims	2:46.15
#305 Men 19&U 50 Breast Prelims	43.49	#309 Men 19&U 100 Back Prelims	1:26.33
#313 Men 19&U 200 IM Prelims	3:01.16	#401 Men 19&U 50 Free Prelims	33.66
#405 Men 19&U 200 Breast Prelims	3:16.52	#409 Men 19&U 50 Back Prelims	41.28
#411 Men 19&U 50 Fly Prelims	35.30		

33 Wheeler, Jaxon - Male - Age: 11 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	6:15.54	#201 Men 19&U 100 Free Prelims	1:21.91
#205 Men 19&U 100 Breast Prelims	1:45.27	#301 Men 19&U 200 Free Prelims	2:59.37
#305 Men 19&U 50 Breast Prelims	48.26	#313 Men 19&U 200 IM Prelims	3:23.26
#401 Men 19&U 50 Free Prelims	37.95	#405 Men 19&U 200 Breast Prelims	3:39.33
#409 Men 19&U 50 Back Prelims	45.56		

34 Wheeler, Maike S - Female - Age: 13 - Ind/Rel: 9 / 0

#106 Women 13 400 Free	5:44.41	#202 Women 19&U 100 Free Prelims	1:13.71
#208 Women 19&U 200 Back Prelims	3:04.18	#302 Women 19&U 200 Free Prelims	2:47.47
#310 Women 19&U 100 Back Prelims	1:29.59	#314 Women 19&U 200 IM Prelims	3:04.29
#402 Women 19&U 50 Free Prelims	33.98	#406 Women 19&U 200 Breast Prelims	3:36.06
#410 Women 19&U 50 Back Prelims	42.82		

35 Woodburn, Jasmine S - Female - Age: 12 - Ind/Rel: 13 / 0

#104 Women 12 400 Free	5:44.37	#202 Women 19&U 100 Free Prelims	1:13.57
#206 Women 19&U 100 Breast Prelims	1:35.16	#208 Women 19&U 200 Back Prelims	3:01.82
#212 Women 19&U 100 Fly Prelims	1:23.82	#302 Women 19&U 200 Free Prelims	2:39.77
#306 Women 19&U 50 Breast Prelims	44.07	#310 Women 19&U 100 Back Prelims	1:27.17
#314 Women 19&U 200 IM Prelims	2:57.91	#402 Women 19&U 50 Free Prelims	31.87
#406 Women 19&U 200 Breast Prelims	3:23.50	#410 Women 19&U 50 Back Prelims	39.58
#412 Women 19&U 50 Fly Prelims	39.40		

Mandeville Dolphins-JH Total Individual Entries: 305 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Mandeville Para Swimming Club-JH****1 Adams, Moeketsi - Male - Age: 18 - Ind/Rel: 3 / 0**

#209 Men 99&U 50 Back Para Prelims	51.35	#403 Men 99&U 50 Free Para Prelims	49.38
#413 Men 99&U 50 Fly Para Prelims	47.54		

2 Chibure, Kgopolo O - Male - Age: 16 - Ind/Rel: 4 / 0

#209 Men 99&U 50 Back Para Prelims	1:24.55	#303 Men 99&U 100 Free Para Prelims	3:03.64
#307 Men 99&U 50 Breast Para Prelims	1:22.83	#403 Men 99&U 50 Free Para Prelims	1:21.70

3 Gininda, Thokozane - Male - Age: 19 - Ind/Rel: 4 / 0

#209 Men 99&U 50 Back Para Prelims	51.55	#301 Men 19&U 200 Free Prelims	3:05.23
#303 Men 99&U 100 Free Para Prelims	1:21.50	#403 Men 99&U 50 Free Para Prelims	34.39

4 Hlaka, Merapelo S - Female - Age: 14 - Ind/Rel: 2 / 0

#210 Women 99&U 50 Back Para Prelims	1:34.30	#404 Women 99&U 50 Free Para Prelims	1:41.57
--------------------------------------	---------	--------------------------------------	---------

5 Khumalo, Londiwe - Female - Age: 13 - Ind/Rel: 4 / 0

#210 Women 99&U 50 Back Para Prelims	1:03.57	#304 Women 99&U 100 Free Para Prelims	2:22.90
#312 Women 99&U 100 Back Para Prelims	2:10.13	#404 Women 99&U 50 Free Para Prelims	54.05

6 Mabaso, Nhlakanipho T - Male - Age: 12 - Ind/Rel: 7 / 0

#209 Men 99&U 50 Back Para Prelims	49.49	#301 Men 19&U 200 Free Prelims	3:25.65
#303 Men 99&U 100 Free Para Prelims	1:37.69	#307 Men 99&U 50 Breast Para Prelims	1:11.84
#311 Men 99&U 100 Back Para Prelims	1:42.96	#403 Men 99&U 50 Free Para Prelims	45.46
#413 Men 99&U 50 Fly Para Prelims	1:16.35		

7 Mosime, Kamohelo S - Male - Age: 19 - Ind/Rel: 6 / 0

#209 Men 99&U 50 Back Para Prelims	46.85	#303 Men 99&U 100 Free Para Prelims	1:51.61
#307 Men 99&U 50 Breast Para Prelims	49.45	#311 Men 99&U 100 Back Para Prelims	1:48.61
#403 Men 99&U 50 Free Para Prelims	47.08	#407 Men 99&U 100 Breast Para Prelims	1:57.52

8 Sarelwa, Lerato O - Male - Age: 13 - Ind/Rel: 6 / 0

#301 Men 19&U 200 Free Prelims	3:24.82	#303 Men 99&U 100 Free Para Prelims	1:27.33
#307 Men 99&U 50 Breast Para Prelims	57.97	#403 Men 99&U 50 Free Para Prelims	37.82
#407 Men 99&U 100 Breast Para Prelims	1:58.60	#413 Men 99&U 50 Fly Para Prelims	50.35

9 Willers, James W - Male - Age: 19 - Ind/Rel: 5 / 0

#211 Men 19&U 100 Fly Prelims	1:08.89	#301 Men 19&U 200 Free Prelims	2:31.71
#303 Men 99&U 100 Free Para Prelims	1:08.31	#403 Men 99&U 50 Free Para Prelims	30.81
#413 Men 99&U 50 Fly Para Prelims	31.24		

Mandeville Para Swimming Club-JH Total Individual Entries: 41 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Namibia Swimming Federation****1 Armstrong, Jeandre - Male - Age: 10 - Ind/Rel: 12 / 4**

#101 Men 11&U 400 Free	6:05.56
#205 Men 19&U 100 Breast Prelims	1:35.09
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.96
#305 Men 19&U 50 Breast Prelims	44.09
#313 Men 19&U 200 IM Prelims	3:12.32
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.25
#405 Men 19&U 200 Breast Prelims	3:24.57
#411 Men 19&U 50 Fly Prelims	42.93

#201 Men 19&U 100 Free Prelims	1:19.42
#207 Men 19&U 200 Back Prelims	3:07.45
#301 Men 19&U 200 Free Prelims	2:50.97
#309 Men 19&U 100 Back Prelims	1:27.53
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.69
#401 Men 19&U 50 Free Prelims	34.68
#409 Men 19&U 50 Back Prelims	40.87
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:33.59

2 Ashikoto, Suraya A - Female - Age: 12 - Ind/Rel: 7 / 5

#202 Women 19&U 100 Free Prelims	1:15.45
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:59.03
#314 Women 19&U 200 IM Prelims	3:13.51
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:26.64
#410 Women 19&U 50 Back Prelims	38.19
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.25

#212 Women 19&U 100 Fly Prelims	1:24.22
#306 Women 19&U 50 Breast Prelims	45.93
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.47
#402 Women 19&U 50 Free Prelims	31.69
#412 Women 19&U 50 Fly Prelims	34.25
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.77

3 Bergh, Riley R - Male - Age: 13 - Ind/Rel: 13 / 4

#105 Men 13 400 Free	5:23.91
#205 Men 19&U 100 Breast Prelims	1:26.88
#211 Men 19&U 100 Fly Prelims	1:22.73
#301 Men 19&U 200 Free Prelims	2:33.21
#309 Men 19&U 100 Back Prelims	1:17.43
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.49
#401 Men 19&U 50 Free Prelims	32.55
#409 Men 19&U 50 Back Prelims	35.36
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.89

#201 Men 19&U 100 Free Prelims	1:11.74
#207 Men 19&U 200 Back Prelims	2:43.09
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:05.27
#305 Men 19&U 50 Breast Prelims	40.36
#313 Men 19&U 200 IM Prelims	2:45.00
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.25
#405 Men 19&U 200 Breast Prelims	3:05.95
#411 Men 19&U 50 Fly Prelims	35.32

4 Diehl, Aiden P - Male - Age: 11 - Ind/Rel: 13 / 5

#101 Men 11&U 400 Free	5:23.70
#205 Men 19&U 100 Breast Prelims	1:43.49
#211 Men 19&U 100 Fly Prelims	1:24.56
#301 Men 19&U 200 Free Prelims	2:33.87
#309 Men 19&U 100 Back Prelims	1:20.31
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.69
#401 Men 19&U 50 Free Prelims	32.72
#409 Men 19&U 50 Back Prelims	36.43
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:33.59

#201 Men 19&U 100 Free Prelims	1:12.71
#207 Men 19&U 200 Back Prelims	2:45.73
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.96
#305 Men 19&U 50 Breast Prelims	45.72
#313 Men 19&U 200 IM Prelims	2:57.09
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:26.64
#405 Men 19&U 200 Breast Prelims	3:37.04
#411 Men 19&U 50 Fly Prelims	37.41
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.77

5 Dippenaar, Katja R - Female - Age: 12 - Ind/Rel: 13 / 3

#104 Women 12 400 Free	5:59.14
#206 Women 19&U 100 Breast Prelims	1:49.16
#212 Women 19&U 100 Fly Prelims	1:37.27
#302 Women 19&U 200 Free Prelims	2:48.48
#310 Women 19&U 100 Back Prelims	1:22.64
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.47
#406 Women 19&U 200 Breast Prelims	3:54.37
#412 Women 19&U 50 Fly Prelims	39.61

#202 Women 19&U 100 Free Prelims	1:15.65
#208 Women 19&U 200 Back Prelims	3:04.92
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:59.03
#306 Women 19&U 50 Breast Prelims	50.59
#314 Women 19&U 200 IM Prelims	3:13.36
#402 Women 19&U 50 Free Prelims	34.46
#410 Women 19&U 50 Back Prelims	37.88
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.25

6 Erni, Julian M - Male - Age: 11 - Ind/Rel: 13 / 4

#101 Men 11&U 400 Free	5:37.78
#205 Men 19&U 100 Breast Prelims	1:39.83
#211 Men 19&U 100 Fly Prelims	1:31.12
#301 Men 19&U 200 Free Prelims	2:44.93
#309 Men 19&U 100 Back Prelims	1:24.19
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.69
#405 Men 19&U 200 Breast Prelims	3:41.54
#411 Men 19&U 50 Fly Prelims	38.66
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.77

#201 Men 19&U 100 Free Prelims	1:16.57
#207 Men 19&U 200 Back Prelims	2:57.92
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.96
#305 Men 19&U 50 Breast Prelims	46.01
#313 Men 19&U 200 IM Prelims	3:01.12
#401 Men 19&U 50 Free Prelims	34.52
#409 Men 19&U 50 Back Prelims	39.57
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:33.59

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Namibia Swimming Federation****7 Glen-Spyron, Sofia B - Female - Age: 10 - Ind/Rel: 13 / 2**

#102 Women 11&U 400 Free	6:03.63	#202 Women 19&U 100 Free Prelims	1:16.89
#206 Women 19&U 100 Breast Prelims	1:37.43	#208 Women 19&U 200 Back Prelims	3:06.69
#212 Women 19&U 100 Fly Prelims	1:26.96	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:59.03
#302 Women 19&U 200 Free Prelims	2:45.43	#306 Women 19&U 50 Breast Prelims	45.98
#310 Women 19&U 100 Back Prelims	1:27.72	#314 Women 19&U 200 IM Prelims	3:02.68
#402 Women 19&U 50 Free Prelims	35.20	#406 Women 19&U 200 Breast Prelims	3:29.52
#410 Women 19&U 50 Back Prelims	39.97	#412 Women 19&U 50 Fly Prelims	38.97
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.25		

8 Hoffmann, Hoandi - Male - Age: 16 - Ind/Rel: 8 / 4

#201 Men 19&U 100 Free Prelims	1:02.77	#205 Men 19&U 100 Breast Prelims	1:20.77
#211 Men 19&U 100 Fly Prelims	1:12.76	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:05.27
#301 Men 19&U 200 Free Prelims	2:29.32	#305 Men 19&U 50 Breast Prelims	36.00
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.49	#401 Men 19&U 50 Free Prelims	28.63
#409 Men 19&U 50 Back Prelims	32.28	#411 Men 19&U 50 Fly Prelims	30.33
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.89	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:15.79

9 Huang, Guoxuan - Male - Age: 9 - Ind/Rel: 13 / 2

#101 Men 11&U 400 Free	5:55.81	#201 Men 19&U 100 Free Prelims	1:17.26
#205 Men 19&U 100 Breast Prelims	1:44.92	#207 Men 19&U 200 Back Prelims	2:59.95
#211 Men 19&U 100 Fly Prelims	1:33.55	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:05.96
#301 Men 19&U 200 Free Prelims	2:48.18	#305 Men 19&U 50 Breast Prelims	49.16
#309 Men 19&U 100 Back Prelims	1:25.42	#313 Men 19&U 200 IM Prelims	3:09.62
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.69	#401 Men 19&U 50 Free Prelims	34.77
#405 Men 19&U 200 Breast Prelims	3:43.56	#409 Men 19&U 50 Back Prelims	40.01
#411 Men 19&U 50 Fly Prelims	40.40		

10 Joubert, Laila - Female - Age: 12 - Ind/Rel: 10 / 5

#104 Women 12 400 Free	5:22.17	#202 Women 19&U 100 Free Prelims	1:11.04
#208 Women 19&U 200 Back Prelims	2:49.02	#212 Women 19&U 100 Fly Prelims	1:28.83
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:59.03	#302 Women 19&U 200 Free Prelims	2:34.62
#310 Women 19&U 100 Back Prelims	1:19.67	#314 Women 19&U 200 IM Prelims	3:08.87
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.47	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:26.64
#402 Women 19&U 50 Free Prelims	32.14	#410 Women 19&U 50 Back Prelims	38.25
#412 Women 19&U 50 Fly Prelims	37.26	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.25
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.77		

11 Knoetze, Niels - Male - Age: 17 - Ind/Rel: 12 / 3

#113 Men 17-19 400 Free	5:08.17	#201 Men 19&U 100 Free Prelims	1:03.07
#205 Men 19&U 100 Breast Prelims	1:29.01	#207 Men 19&U 200 Back Prelims	2:38.65
#211 Men 19&U 100 Fly Prelims	1:15.75	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:05.27
#301 Men 19&U 200 Free Prelims	2:18.59	#305 Men 19&U 50 Breast Prelims	39.90
#309 Men 19&U 100 Back Prelims	1:12.29	#313 Men 19&U 200 IM Prelims	2:45.44
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.49	#401 Men 19&U 50 Free Prelims	27.45
#409 Men 19&U 50 Back Prelims	33.45	#411 Men 19&U 50 Fly Prelims	29.54
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.89		

12 Losper, Aaliyah J - Female - Age: 11 - Ind/Rel: 11 / 1

#102 Women 11&U 400 Free	5:58.47	#208 Women 19&U 200 Back Prelims	3:00.97
#212 Women 19&U 100 Fly Prelims	1:39.49	#302 Women 19&U 200 Free Prelims	2:50.38
#306 Women 19&U 50 Breast Prelims	50.64	#310 Women 19&U 100 Back Prelims	1:27.50
#314 Women 19&U 200 IM Prelims	3:13.37	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.47
#402 Women 19&U 50 Free Prelims	35.18	#406 Women 19&U 200 Breast Prelims	4:09.70
#410 Women 19&U 50 Back Prelims	39.95	#412 Women 19&U 50 Fly Prelims	42.10

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Namibia Swimming Federation****13 Marggraff, Alex W - Male - Age: 17 - Ind/Rel: 11 / 4**

#113 Men 17-19 400 Free	4:51.85	#201 Men 19&U 100 Free Prelims	1:01.65
#205 Men 19&U 100 Breast Prelims	1:21.74	#211 Men 19&U 100 Fly Prelims	1:09.76
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:05.27	#301 Men 19&U 200 Free Prelims	2:15.21
#305 Men 19&U 50 Breast Prelims	37.05	#313 Men 19&U 200 IM Prelims	2:33.09
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.49	#401 Men 19&U 50 Free Prelims	28.13
#405 Men 19&U 200 Breast Prelims	2:57.07	#409 Men 19&U 50 Back Prelims	32.94
#411 Men 19&U 50 Fly Prelims	29.76	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.89
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:15.79		

14 Schlabitz, Nora L - Female - Age: 15 - Ind/Rel: 13 / 2

#110 Women 15 400 Free	5:08.99	#202 Women 19&U 100 Free Prelims	1:07.16
#206 Women 19&U 100 Breast Prelims	1:28.71	#208 Women 19&U 200 Back Prelims	2:40.71
#212 Women 19&U 100 Fly Prelims	1:16.26	#302 Women 19&U 200 Free Prelims	2:26.80
#306 Women 19&U 50 Breast Prelims	39.40	#310 Women 19&U 100 Back Prelims	1:15.86
#314 Women 19&U 200 IM Prelims	2:45.69	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.25
#402 Women 19&U 50 Free Prelims	31.50	#406 Women 19&U 200 Breast Prelims	3:11.06
#410 Women 19&U 50 Back Prelims	35.21	#412 Women 19&U 50 Fly Prelims	33.68
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:15.79		

15 Steyn, Lara - Female - Age: 15 - Ind/Rel: 13 / 2

#110 Women 15 400 Free	5:10.54	#202 Women 19&U 100 Free Prelims	1:09.20
#206 Women 19&U 100 Breast Prelims	1:42.42	#208 Women 19&U 200 Back Prelims	2:51.99
#212 Women 19&U 100 Fly Prelims	1:24.07	#302 Women 19&U 200 Free Prelims	2:33.92
#306 Women 19&U 50 Breast Prelims	47.43	#310 Women 19&U 100 Back Prelims	1:19.77
#314 Women 19&U 200 IM Prelims	2:55.24	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.25
#402 Women 19&U 50 Free Prelims	32.12	#406 Women 19&U 200 Breast Prelims	3:34.88
#410 Women 19&U 50 Back Prelims	37.64	#412 Women 19&U 50 Fly Prelims	38.08
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:15.79		

16 Stoffberg, Alexis - Female - Age: 11 - Ind/Rel: 13 / 0

#102 Women 11&U 400 Free	6:26.77	#202 Women 19&U 100 Free Prelims	1:23.92
#206 Women 19&U 100 Breast Prelims	1:45.37	#208 Women 19&U 200 Back Prelims	3:11.02
#212 Women 19&U 100 Fly Prelims	1:47.94	#302 Women 19&U 200 Free Prelims	3:01.09
#306 Women 19&U 50 Breast Prelims	47.06	#310 Women 19&U 100 Back Prelims	1:33.20
#314 Women 19&U 200 IM Prelims	3:20.27	#402 Women 19&U 50 Free Prelims	36.17
#406 Women 19&U 200 Breast Prelims	3:46.11	#410 Women 19&U 50 Back Prelims	42.47
#412 Women 19&U 50 Fly Prelims	43.46		

17 Swartz, Caleb - Male - Age: 11 - Ind/Rel: 13 / 2

#101 Men 11&U 400 Free	6:06.98	#201 Men 19&U 100 Free Prelims	1:20.11
#205 Men 19&U 100 Breast Prelims	1:40.46	#207 Men 19&U 200 Back Prelims	3:01.82
#211 Men 19&U 100 Fly Prelims	1:48.84	#301 Men 19&U 200 Free Prelims	2:51.12
#305 Men 19&U 50 Breast Prelims	43.82	#309 Men 19&U 100 Back Prelims	1:26.14
#313 Men 19&U 200 IM Prelims	3:15.41	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:26.64
#401 Men 19&U 50 Free Prelims	35.58	#405 Men 19&U 200 Breast Prelims	3:35.86
#409 Men 19&U 50 Back Prelims	41.13	#411 Men 19&U 50 Fly Prelims	44.98
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:33.59		

18 Thirion, Zandro - Male - Age: 10 - Ind/Rel: 13 / 0

#101 Men 11&U 400 Free	6:23.64	#201 Men 19&U 100 Free Prelims	1:23.75
#205 Men 19&U 100 Breast Prelims	1:47.07	#207 Men 19&U 200 Back Prelims	3:07.00
#211 Men 19&U 100 Fly Prelims	1:42.22	#301 Men 19&U 200 Free Prelims	2:55.51
#305 Men 19&U 50 Breast Prelims	49.52	#309 Men 19&U 100 Back Prelims	1:26.03
#313 Men 19&U 200 IM Prelims	3:12.21	#401 Men 19&U 50 Free Prelims	36.23
#405 Men 19&U 200 Breast Prelims	3:50.27	#409 Men 19&U 50 Back Prelims	41.44
#411 Men 19&U 50 Fly Prelims	41.24		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Namibia Swimming Federation

19 van der Linden, Namasiku K - Female - Age: 17 - Ind/Rel: 8 / 0

#204 Women 99&U 200 IM Para Prelims	4:05.67	#210 Women 99&U 50 Back Para Prelims	57.04
#304 Women 99&U 100 Free Para Prelims	1:41.83	#308 Women 99&U 50 Breast Para Prelims	1:02.05
#312 Women 99&U 100 Back Para Prelims	2:06.56	#404 Women 99&U 50 Free Para Prelims	46.86
#408 Women 99&U 100 Breast Para Prelims	2:13.07	#414 Women 99&U 50 Fly Para Prelims	49.24

Namibia Swimming Federation Total Individual Entries: 222 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Nelspruit Swimming-EZD****1 Bosman, Daniel - Male - Age: 14 - Ind/Rel: 10 / 0**

#107 Men 14 400 Free	5:23.40	#201 Men 19&U 100 Free Prelims	1:06.71
#207 Men 19&U 200 Back Prelims	2:50.86	#211 Men 19&U 100 Fly Prelims	1:24.33
#301 Men 19&U 200 Free Prelims	2:29.17	#305 Men 19&U 50 Breast Prelims	42.47
#309 Men 19&U 100 Back Prelims	1:18.65	#401 Men 19&U 50 Free Prelims	30.39
#409 Men 19&U 50 Back Prelims	35.69	#411 Men 19&U 50 Fly Prelims	33.41

2 Oosthuizen, Nina - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:42.87	#202 Women 19&U 100 Free Prelims	1:11.09
#208 Women 19&U 200 Back Prelims	3:03.57	#302 Women 19&U 200 Free Prelims	2:37.88
#310 Women 19&U 100 Back Prelims	1:26.37	#314 Women 19&U 200 IM Prelims	3:06.96
#402 Women 19&U 50 Free Prelims	32.25	#410 Women 19&U 50 Back Prelims	38.80
#412 Women 19&U 50 Fly Prelims	36.91		

Nelspruit Swimming-EZD Total Individual Entries: 19 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Neptune's Aquatics-MA****1 Badenhorst, Jandre - Male - Age: 15 - Ind/Rel: 12 / 4**

#109 Men 15 400 Free	4:53.99
#205 Men 19&U 100 Breast Prelims	1:19.08
#301 Men 19&U 200 Free Prelims	2:15.31
#309 Men 19&U 100 Back Prelims	1:13.56
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:56.21
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.42
#405 Men 19&U 200 Breast Prelims	2:51.96
#411 Men 19&U 50 Fly Prelims	30.60

#201 Men 19&U 100 Free Prelims	1:01.22
#207 Men 19&U 200 Back Prelims	2:42.39
#305 Men 19&U 50 Breast Prelims	36.11
#313 Men 19&U 200 IM Prelims	2:36.66
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:27.04
#401 Men 19&U 50 Free Prelims	28.60
#409 Men 19&U 50 Back Prelims	33.19
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.62

2 Cupido, Donyelle - Female - Age: 13 - Ind/Rel: 12 / 3

#106 Women 13 400 Free	5:40.04
#206 Women 19&U 100 Breast Prelims	1:37.25
#302 Women 19&U 200 Free Prelims	2:37.06
#310 Women 19&U 100 Back Prelims	1:25.78
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.42
#402 Women 19&U 50 Free Prelims	32.33
#410 Women 19&U 50 Back Prelims	40.93
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.62

#202 Women 19&U 100 Free Prelims	1:10.82
#212 Women 19&U 100 Fly Prelims	1:22.96
#306 Women 19&U 50 Breast Prelims	41.92
#314 Women 19&U 200 IM Prelims	2:56.89
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:27.04
#406 Women 19&U 200 Breast Prelims	3:35.18
#412 Women 19&U 50 Fly Prelims	35.98

3 Geyser, Heinrich - Male - Age: 17 - Ind/Rel: 12 / 1

#113 Men 17-19 400 Free	5:26.59
#205 Men 19&U 100 Breast Prelims	1:35.36
#211 Men 19&U 100 Fly Prelims	1:09.93
#305 Men 19&U 50 Breast Prelims	41.20
#313 Men 19&U 200 IM Prelims	2:45.65
#401 Men 19&U 50 Free Prelims	29.01
#411 Men 19&U 50 Fly Prelims	30.68

#201 Men 19&U 100 Free Prelims	1:04.90
#207 Men 19&U 200 Back Prelims	2:59.16
#301 Men 19&U 200 Free Prelims	2:30.35
#309 Men 19&U 100 Back Prelims	1:19.08
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:56.21
#409 Men 19&U 50 Back Prelims	34.79

4 Lindeboom, Douglas G - Male - Age: 13 - Ind/Rel: 13 / 0

#105 Men 13 400 Free	5:17.82
#205 Men 19&U 100 Breast Prelims	1:33.49
#211 Men 19&U 100 Fly Prelims	1:15.34
#305 Men 19&U 50 Breast Prelims	45.16
#313 Men 19&U 200 IM Prelims	2:52.88
#405 Men 19&U 200 Breast Prelims	3:37.76
#411 Men 19&U 50 Fly Prelims	33.71

#201 Men 19&U 100 Free Prelims	1:06.66
#207 Men 19&U 200 Back Prelims	3:02.87
#301 Men 19&U 200 Free Prelims	2:28.78
#309 Men 19&U 100 Back Prelims	1:21.55
#401 Men 19&U 50 Free Prelims	29.60
#409 Men 19&U 50 Back Prelims	36.31

5 Rossouw, Lechelle - Female - Age: 14 - Ind/Rel: 11 / 2

#108 Women 14 400 Free	5:19.98
#206 Women 19&U 100 Breast Prelims	1:34.82
#212 Women 19&U 100 Fly Prelims	1:22.74
#306 Women 19&U 50 Breast Prelims	46.18
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.42
#406 Women 19&U 200 Breast Prelims	3:26.96
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.62

#202 Women 19&U 100 Free Prelims	1:09.88
#208 Women 19&U 200 Back Prelims	3:17.86
#302 Women 19&U 200 Free Prelims	2:31.77
#314 Women 19&U 200 IM Prelims	2:58.97
#402 Women 19&U 50 Free Prelims	33.09
#412 Women 19&U 50 Fly Prelims	37.47

6 Segone, Oteng - Male - Age: 16 - Ind/Rel: 10 / 1

#201 Men 19&U 100 Free Prelims	1:07.73
#211 Men 19&U 100 Fly Prelims	1:11.18
#305 Men 19&U 50 Breast Prelims	36.44
#313 Men 19&U 200 IM Prelims	3:00.03
#401 Men 19&U 50 Free Prelims	29.32
#411 Men 19&U 50 Fly Prelims	30.32

#205 Men 19&U 100 Breast Prelims	1:25.83
#301 Men 19&U 200 Free Prelims	2:38.15
#309 Men 19&U 100 Back Prelims	1:17.65
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:56.21
#409 Men 19&U 50 Back Prelims	33.35

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Neptune's Aquatics-MA****7 Van der Bijl, Almero - Male - Age: 14 - Ind/Rel: 12 / 4**

#107 Men 14 400 Free	5:06.60	#201 Men 19&U 100 Free Prelims	1:02.70
#205 Men 19&U 100 Breast Prelims	1:23.76	#211 Men 19&U 100 Fly Prelims	1:17.04
#301 Men 19&U 200 Free Prelims	2:21.17	#305 Men 19&U 50 Breast Prelims	35.96
#309 Men 19&U 100 Back Prelims	1:13.02	#313 Men 19&U 200 IM Prelims	2:42.76
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:56.21	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:27.04
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.42	#401 Men 19&U 50 Free Prelims	29.28
#405 Men 19&U 200 Breast Prelims	2:51.42	#409 Men 19&U 50 Back Prelims	34.01
#411 Men 19&U 50 Fly Prelims	31.71	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:24.62

8 Williams, Ashley - Female - Age: 13 - Ind/Rel: 11 / 1

#106 Women 13 400 Free	5:40.93	#202 Women 19&U 100 Free Prelims	1:12.59
#206 Women 19&U 100 Breast Prelims	1:38.94	#208 Women 19&U 200 Back Prelims	2:58.90
#302 Women 19&U 200 Free Prelims	2:38.07	#306 Women 19&U 50 Breast Prelims	48.59
#310 Women 19&U 100 Back Prelims	1:24.39	#314 Women 19&U 200 IM Prelims	3:11.48
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:27.04	#406 Women 19&U 200 Breast Prelims	3:33.13
#410 Women 19&U 50 Back Prelims	40.69	#412 Women 19&U 50 Fly Prelims	41.15

Neptune's Aquatics-MA Total Individual Entries: 93 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****North West University Swim Clu-KK****1 Du Preez, Nicoline - Female - Age: 12 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:15.01	#208 Women 19&U 200 Back Prelims	3:07.86
#302 Women 19&U 200 Free Prelims	2:40.79	#314 Women 19&U 200 IM Prelims	3:13.86
#402 Women 19&U 50 Free Prelims	32.95	#410 Women 19&U 50 Back Prelims	38.38
#412 Women 19&U 50 Fly Prelims	38.49		

2 Jacobs, Willem - Male - Age: 11 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:17.84	#301 Men 19&U 200 Free Prelims	2:52.19
#305 Men 19&U 50 Breast Prelims	50.97	#309 Men 19&U 100 Back Prelims	1:27.02

3 Janse van Rensburg, Zandri E - Female - Age: 11 - Ind/Rel: 8 / 0

#206 Women 19&U 100 Breast Prelims	1:44.29	#212 Women 19&U 100 Fly Prelims	1:47.90
#306 Women 19&U 50 Breast Prelims	45.18	#314 Women 19&U 200 IM Prelims	3:29.51
#402 Women 19&U 50 Free Prelims	35.98	#406 Women 19&U 200 Breast Prelims	3:42.29
#410 Women 19&U 50 Back Prelims	46.95	#412 Women 19&U 50 Fly Prelims	44.86

4 Steinbach, Mieke - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	6:04.47	#206 Women 19&U 100 Breast Prelims	1:52.47
#208 Women 19&U 200 Back Prelims	3:21.18	#212 Women 19&U 100 Fly Prelims	1:36.89
#310 Women 19&U 100 Back Prelims	1:31.86	#314 Women 19&U 200 IM Prelims	3:15.31
#402 Women 19&U 50 Free Prelims	36.50	#410 Women 19&U 50 Back Prelims	42.99
#412 Women 19&U 50 Fly Prelims	39.75		

5 Stieger, Kaylin - Female - Age: 17 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:06.91	#310 Women 19&U 100 Back Prelims	1:16.87
#402 Women 19&U 50 Free Prelims	29.98	#410 Women 19&U 50 Back Prelims	34.09
#412 Women 19&U 50 Fly Prelims	33.80		

6 Tredoux, Keegan C - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	5:25.83	#201 Men 19&U 100 Free Prelims	1:05.86
#205 Men 19&U 100 Breast Prelims	1:21.28	#211 Men 19&U 100 Fly Prelims	1:21.91
#301 Men 19&U 200 Free Prelims	2:28.36	#305 Men 19&U 50 Breast Prelims	36.24
#313 Men 19&U 200 IM Prelims	2:47.15	#401 Men 19&U 50 Free Prelims	30.73
#405 Men 19&U 200 Breast Prelims	2:55.09		

North West University Swim Clu-KK Total Individual Entries: 42 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Old Edwardian Swimming Club-JH**1 Mothusiemang, Junior J - Male - Age: 14 - Ind/Rel: 11 / 0**

#201 Men 19&U 100 Free Prelims	1:06.87	#205 Men 19&U 100 Breast Prelims	1:26.03
#211 Men 19&U 100 Fly Prelims	1:14.39	#301 Men 19&U 200 Free Prelims	2:25.76
#305 Men 19&U 50 Breast Prelims	39.32	#309 Men 19&U 100 Back Prelims	1:15.67
#313 Men 19&U 200 IM Prelims	2:45.03	#401 Men 19&U 50 Free Prelims	29.79
#405 Men 19&U 200 Breast Prelims	3:08.39	#409 Men 19&U 50 Back Prelims	35.54
#411 Men 19&U 50 Fly Prelims	31.72		

Old Edwardian Swimming Club-JH Total Individual Entries: 11 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Otters Rustenburg-BP****1 Basson, Riandu A - Male - Age: 12 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:06.45	#211 Men 19&U 100 Fly Prelims	1:22.17
#301 Men 19&U 200 Free Prelims	2:30.89	#309 Men 19&U 100 Back Prelims	1:17.66
#313 Men 19&U 200 IM Prelims	2:55.99	#401 Men 19&U 50 Free Prelims	29.95
#409 Men 19&U 50 Back Prelims	35.92	#411 Men 19&U 50 Fly Prelims	32.37

2 Damoense, Jevan A - Male - Age: 16 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	58.98	#207 Men 19&U 200 Back Prelims	2:24.34
#309 Men 19&U 100 Back Prelims	1:04.57	#313 Men 19&U 200 IM Prelims	2:28.08
#401 Men 19&U 50 Free Prelims	26.53	#409 Men 19&U 50 Back Prelims	30.58
#411 Men 19&U 50 Fly Prelims	28.13		

3 Le Roux, Marthinus H - Male - Age: 12 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:16.16	#205 Men 19&U 100 Breast Prelims	1:31.66
#207 Men 19&U 200 Back Prelims	3:17.05	#301 Men 19&U 200 Free Prelims	2:51.31
#305 Men 19&U 50 Breast Prelims	38.51	#309 Men 19&U 100 Back Prelims	1:27.77
#313 Men 19&U 200 IM Prelims	3:33.33	#401 Men 19&U 50 Free Prelims	31.76
#405 Men 19&U 200 Breast Prelims	3:24.20	#409 Men 19&U 50 Back Prelims	38.79

4 Louw, Cara - Female - Age: 13 - Ind/Rel: 6 / 0

#106 Women 13 400 Free	5:45.31	#202 Women 19&U 100 Free Prelims	1:10.68
#206 Women 19&U 100 Breast Prelims	1:32.60	#302 Women 19&U 200 Free Prelims	2:37.95
#314 Women 19&U 200 IM Prelims	3:00.79	#406 Women 19&U 200 Breast Prelims	3:24.42

5 Van Niekerk, Michael M - Male - Age: 13 - Ind/Rel: 4 / 0

#205 Men 19&U 100 Breast Prelims	1:33.10	#305 Men 19&U 50 Breast Prelims	44.17
#313 Men 19&U 200 IM Prelims	3:06.81	#405 Men 19&U 200 Breast Prelims	3:24.62

6 Zoutendyk, Simone - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:16.20	#212 Women 19&U 100 Fly Prelims	1:30.27
#302 Women 19&U 200 Free Prelims	2:49.40	#314 Women 19&U 200 IM Prelims	3:10.82
#406 Women 19&U 200 Breast Prelims	3:35.22	#412 Women 19&U 50 Fly Prelims	38.97

Otters Rustenburg-BP Total Individual Entries: 41 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Perfect Stroke Swimming Club-JH****1 Botha, Annebelle - Female - Age: 11 - Ind/Rel: 9 / 0**

#102 Women 11&U 400 Free	5:47.10	#202 Women 19&U 100 Free Prelims	1:12.31
#206 Women 19&U 100 Breast Prelims	1:33.90	#208 Women 19&U 200 Back Prelims	3:06.79
#302 Women 19&U 200 Free Prelims	2:37.04	#310 Women 19&U 100 Back Prelims	1:22.44
#314 Women 19&U 200 IM Prelims	3:11.30	#406 Women 19&U 200 Breast Prelims	3:21.37
#412 Women 19&U 50 Fly Prelims	41.74		

2 Chetty, Viknesh - Male - Age: 14 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:08.65	#205 Men 19&U 100 Breast Prelims	1:17.68
#305 Men 19&U 50 Breast Prelims	35.81	#313 Men 19&U 200 IM Prelims	2:48.16
#405 Men 19&U 200 Breast Prelims	2:51.81		

3 De Amorim, Connor M - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:15.24	#205 Men 19&U 100 Breast Prelims	1:31.21
#301 Men 19&U 200 Free Prelims	2:40.09	#305 Men 19&U 50 Breast Prelims	43.00
#401 Men 19&U 50 Free Prelims	32.25	#405 Men 19&U 200 Breast Prelims	3:36.73

4 de Fleuriot, Ryan - Male - Age: 16 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:00.48	#205 Men 19&U 100 Breast Prelims	1:15.20
#211 Men 19&U 100 Fly Prelims	1:11.53	#301 Men 19&U 200 Free Prelims	2:23.32
#305 Men 19&U 50 Breast Prelims	33.74	#313 Men 19&U 200 IM Prelims	2:38.64
#401 Men 19&U 50 Free Prelims	27.15	#405 Men 19&U 200 Breast Prelims	2:44.52
#411 Men 19&U 50 Fly Prelims	31.62		

5 Erasmus, Hayden - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:00.29	#207 Men 19&U 200 Back Prelims	2:29.60
#301 Men 19&U 200 Free Prelims	2:14.34	#309 Men 19&U 100 Back Prelims	1:06.71
#401 Men 19&U 50 Free Prelims	28.02	#409 Men 19&U 50 Back Prelims	31.63

6 Evans, Kyle N - Male - Age: 17 - Ind/Rel: 8 / 0

#113 Men 17-19 400 Free	4:45.11	#201 Men 19&U 100 Free Prelims	57.14
#205 Men 19&U 100 Breast Prelims	1:15.70	#211 Men 19&U 100 Fly Prelims	1:08.16
#301 Men 19&U 200 Free Prelims	2:08.38	#313 Men 19&U 200 IM Prelims	2:25.37
#401 Men 19&U 50 Free Prelims	26.18	#411 Men 19&U 50 Fly Prelims	28.95

7 Evans, Ryan - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:09.06	#211 Men 19&U 100 Fly Prelims	1:14.48
#301 Men 19&U 200 Free Prelims	2:30.48	#305 Men 19&U 50 Breast Prelims	45.54
#309 Men 19&U 100 Back Prelims	1:18.35	#313 Men 19&U 200 IM Prelims	2:49.51
#401 Men 19&U 50 Free Prelims	31.22	#409 Men 19&U 50 Back Prelims	36.38
#411 Men 19&U 50 Fly Prelims	32.39		

8 Hinkley, Mikayla J - Female - Age: 15 - Ind/Rel: 7 / 0

#110 Women 15 400 Free	5:17.48	#202 Women 19&U 100 Free Prelims	1:06.76
#302 Women 19&U 200 Free Prelims	2:26.27	#310 Women 19&U 100 Back Prelims	1:15.62
#402 Women 19&U 50 Free Prelims	30.10	#410 Women 19&U 50 Back Prelims	34.30
#412 Women 19&U 50 Fly Prelims	33.64		

9 Katzke, Daniel - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:04.04	#207 Men 19&U 200 Back Prelims	2:31.23
#309 Men 19&U 100 Back Prelims	1:11.34	#401 Men 19&U 50 Free Prelims	29.30
#409 Men 19&U 50 Back Prelims	33.58		

10 Meades, Aidan - Male - Age: 18 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:00.85	#207 Men 19&U 200 Back Prelims	2:33.22
#401 Men 19&U 50 Free Prelims	27.44	#409 Men 19&U 50 Back Prelims	31.60

11 Sanan, Madison L - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:21.50	#206 Women 19&U 100 Breast Prelims	1:35.54
#306 Women 19&U 50 Breast Prelims	42.34	#310 Women 19&U 100 Back Prelims	1:36.95
#402 Women 19&U 50 Free Prelims	36.73	#406 Women 19&U 200 Breast Prelims	3:33.74

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Perfect Stroke Swimming Club-JH**12 Stoltz, Makayla E - Female - Age: 11 - Ind/Rel: 10 / 0**

#202 Women 19&U 100 Free Prelims	1:22.52	#206 Women 19&U 100 Breast Prelims	1:38.49
#208 Women 19&U 200 Back Prelims	3:23.36	#302 Women 19&U 200 Free Prelims	3:03.61
#306 Women 19&U 50 Breast Prelims	43.63	#310 Women 19&U 100 Back Prelims	1:31.88
#314 Women 19&U 200 IM Prelims	3:27.21	#402 Women 19&U 50 Free Prelims	37.49
#406 Women 19&U 200 Breast Prelims	3:38.62	#410 Women 19&U 50 Back Prelims	41.70

Perfect Stroke Swimming Club-JH Total Individual Entries: 84 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Phoenix Swimming****1 Donnell, Tobias - Male - Age: 16 - Ind/Rel: 5 / 0**

#205 Men 19&U 100 Breast Prelims	1:14.02
#305 Men 19&U 50 Breast Prelims	33.92
#405 Men 19&U 200 Breast Prelims	2:45.04

#207 Men 19&U 200 Back Prelims	2:38.22
#309 Men 19&U 100 Back Prelims	1:11.29

2 Harry, Kyra - Female - Age: 18 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:03.76
#302 Women 19&U 200 Free Prelims	2:25.99
#412 Women 19&U 50 Fly Prelims	30.79

#212 Women 19&U 100 Fly Prelims	1:10.25
#402 Women 19&U 50 Free Prelims	28.54

3 Ingwe, Kimberly N - Female - Age: 19 - Ind/Rel: 6 / 0

#208 Women 19&U 200 Back Prelims	2:39.36
#310 Women 19&U 100 Back Prelims	1:11.01
#410 Women 19&U 50 Back Prelims	33.14

#212 Women 19&U 100 Fly Prelims	1:10.63
#314 Women 19&U 200 IM Prelims	2:40.99
#412 Women 19&U 50 Fly Prelims	30.71

4 Kamutati, Oputjo - Male - Age: 17 - Ind/Rel: 5 / 0

#205 Men 19&U 100 Breast Prelims	1:17.96
#305 Men 19&U 50 Breast Prelims	34.39
#411 Men 19&U 50 Fly Prelims	29.66

#211 Men 19&U 100 Fly Prelims	1:14.40
#313 Men 19&U 200 IM Prelims	2:42.52

5 Mothibatsela, Ntsika - Male - Age: 17 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	58.40
#309 Men 19&U 100 Back Prelims	1:05.76
#411 Men 19&U 50 Fly Prelims	27.74

#211 Men 19&U 100 Fly Prelims	1:02.15
#409 Men 19&U 50 Back Prelims	29.08

6 Numada, Mahiro - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	59.18
#211 Men 19&U 100 Fly Prelims	1:12.66
#309 Men 19&U 100 Back Prelims	1:08.04
#409 Men 19&U 50 Back Prelims	31.56

#207 Men 19&U 200 Back Prelims	2:35.40
#301 Men 19&U 200 Free Prelims	2:17.78
#313 Men 19&U 200 IM Prelims	2:33.68

7 Sohoni, Aahana - Female - Age: 11 - Ind/Rel: 5 / 0

#102 Women 11&U 400 Free	5:49.44
#302 Women 19&U 200 Free Prelims	2:47.46
#406 Women 19&U 200 Breast Prelims	3:52.18

#206 Women 19&U 100 Breast Prelims	1:47.73
#306 Women 19&U 50 Breast Prelims	49.56

Phoenix Swimming Total Individual Entries: 38 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Players Swimming Club-TS****1 Balt, Christiaan O - Male - Age: 14 - Ind/Rel: 7 / 0**

#107 Men 14 400 Free	5:14.19	#201 Men 19&U 100 Free Prelims	1:02.96
#211 Men 19&U 100 Fly Prelims	1:11.10	#301 Men 19&U 200 Free Prelims	2:20.83
#401 Men 19&U 50 Free Prelims	28.36	#409 Men 19&U 50 Back Prelims	34.18
#411 Men 19&U 50 Fly Prelims	30.42		

2 Engelbrecht, Jannie J - Male - Age: 14 - Ind/Rel: 3 / 0

#201 Men 19&U 100 Free Prelims	1:03.66	#401 Men 19&U 50 Free Prelims	28.29
#411 Men 19&U 50 Fly Prelims	31.41		

3 Heyneke, Stephan S - Male - Age: 14 - Ind/Rel: 5 / 0

#211 Men 19&U 100 Fly Prelims	1:12.33	#301 Men 19&U 200 Free Prelims	2:31.62
#313 Men 19&U 200 IM Prelims	2:59.84	#401 Men 19&U 50 Free Prelims	31.01
#411 Men 19&U 50 Fly Prelims	32.91		

4 Opper, Luke - Male - Age: 12 - Ind/Rel: 2 / 0

#103 Men 12 400 Free	6:00.85	#207 Men 19&U 200 Back Prelims	3:00.63
----------------------	---------	--------------------------------	---------

5 Thompson, Rachel H - Female - Age: 11 - Ind/Rel: 4 / 0

#206 Women 19&U 100 Breast Prelims	1:45.59	#302 Women 19&U 200 Free Prelims	3:10.81
#306 Women 19&U 50 Breast Prelims	47.60	#406 Women 19&U 200 Breast Prelims	3:40.11

Players Swimming Club-TS Total Individual Entries: 21 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Polokwane Swimming Club-CC**1 Gutsche, Emma - Female - Age: 11 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:24.79	#206 Women 19&U 100 Breast Prelims	1:42.93
#306 Women 19&U 50 Breast Prelims	46.11	#314 Women 19&U 200 IM Prelims	3:24.70
#402 Women 19&U 50 Free Prelims	38.42	#406 Women 19&U 200 Breast Prelims	3:36.97

Polokwane Swimming Club-CC Total Individual Entries: 6 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Potchefstroom Swimming Club-KK****1 Borstlap, Kiana - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:08.41	#206 Women 19&U 100 Breast Prelims	1:26.42
#306 Women 19&U 50 Breast Prelims	40.21	#310 Women 19&U 100 Back Prelims	1:18.60
#314 Women 19&U 200 IM Prelims	2:48.61	#406 Women 19&U 200 Breast Prelims	3:07.62
#410 Women 19&U 50 Back Prelims	37.54		

2 Erasmus, Nieki - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	5:13.28	#201 Men 19&U 100 Free Prelims	1:01.03
#207 Men 19&U 200 Back Prelims	2:34.40	#301 Men 19&U 200 Free Prelims	2:19.84
#305 Men 19&U 50 Breast Prelims	35.40	#309 Men 19&U 100 Back Prelims	1:11.21
#401 Men 19&U 50 Free Prelims	27.92	#409 Men 19&U 50 Back Prelims	32.80

3 Hooghiemstra, Jacques - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:15.47	#207 Men 19&U 200 Back Prelims	2:53.28
#301 Men 19&U 200 Free Prelims	2:46.22	#309 Men 19&U 100 Back Prelims	1:25.31
#313 Men 19&U 200 IM Prelims	3:19.34	#401 Men 19&U 50 Free Prelims	33.85
#409 Men 19&U 50 Back Prelims	38.15	#411 Men 19&U 50 Fly Prelims	42.79

4 Jonker, Jua - Female - Age: 12 - Ind/Rel: 2 / 0

#202 Women 19&U 100 Free Prelims	1:11.55	#206 Women 19&U 100 Breast Prelims	1:33.05
----------------------------------	---------	------------------------------------	---------

5 Nel, Christiaan - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:04.58	#207 Men 19&U 200 Back Prelims	2:44.56
#305 Men 19&U 50 Breast Prelims	38.74	#309 Men 19&U 100 Back Prelims	1:14.29
#313 Men 19&U 200 IM Prelims	2:47.05	#401 Men 19&U 50 Free Prelims	30.03
#411 Men 19&U 50 Fly Prelims	31.86		

6 Taute, Skye - Female - Age: 10 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:08.47	#208 Women 19&U 200 Back Prelims	2:49.01
#212 Women 19&U 100 Fly Prelims	1:21.84	#302 Women 19&U 200 Free Prelims	2:38.82
#306 Women 19&U 50 Breast Prelims	44.37	#310 Women 19&U 100 Back Prelims	1:16.20
#314 Women 19&U 200 IM Prelims	2:56.52	#402 Women 19&U 50 Free Prelims	31.44
#410 Women 19&U 50 Back Prelims	36.57	#412 Women 19&U 50 Fly Prelims	34.71

Potchefstroom Swimming Club-KK Total Individual Entries: 42 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Pretoria Aquatic Club-TS****1 De Lange, Roxy - Female - Age: 13 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:06.24	#212 Women 19&U 100 Fly Prelims	1:15.31
#302 Women 19&U 200 Free Prelims	2:27.20	#314 Women 19&U 200 IM Prelims	2:48.61
#402 Women 19&U 50 Free Prelims	30.38	#412 Women 19&U 50 Fly Prelims	32.88

2 Engelbrecht, Alexi - Female - Age: 13 - Ind/Rel: 5 / 0

#206 Women 19&U 100 Breast Prelims	1:29.39	#306 Women 19&U 50 Breast Prelims	40.94
#310 Women 19&U 100 Back Prelims	1:18.75	#402 Women 19&U 50 Free Prelims	32.39
#410 Women 19&U 50 Back Prelims	37.50		

3 Fourie, Liam - Male - Age: 11 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:18.09	#205 Men 19&U 100 Breast Prelims	1:31.58
#305 Men 19&U 50 Breast Prelims	42.16	#313 Men 19&U 200 IM Prelims	3:24.46
#401 Men 19&U 50 Free Prelims	35.44	#405 Men 19&U 200 Breast Prelims	3:15.79

4 Liebenberg, Hannah L - Female - Age: 17 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:04.31	#310 Women 19&U 100 Back Prelims	1:11.65
#402 Women 19&U 50 Free Prelims	29.80	#410 Women 19&U 50 Back Prelims	33.44

5 Mayhew, Franko - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:15.14	#207 Men 19&U 200 Back Prelims	2:50.08
#309 Men 19&U 100 Back Prelims	1:18.49	#313 Men 19&U 200 IM Prelims	3:02.02
#401 Men 19&U 50 Free Prelims	32.80	#409 Men 19&U 50 Back Prelims	37.55

6 Mtetwa, Zama U - Female - Age: 13 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:30.79	#208 Women 19&U 200 Back Prelims	2:56.66
#306 Women 19&U 50 Breast Prelims	41.71	#310 Women 19&U 100 Back Prelims	1:22.40
#406 Women 19&U 200 Breast Prelims	3:24.02	#410 Women 19&U 50 Back Prelims	37.07

7 Oliphant, Paige A - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:19.51	#206 Women 19&U 100 Breast Prelims	1:56.68
#306 Women 19&U 50 Breast Prelims	52.45	#310 Women 19&U 100 Back Prelims	1:28.96
#402 Women 19&U 50 Free Prelims	37.28	#410 Women 19&U 50 Back Prelims	43.22

8 Oosthuizen, Mia - Female - Age: 10 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:21.00	#206 Women 19&U 100 Breast Prelims	1:38.24
#302 Women 19&U 200 Free Prelims	2:50.51	#306 Women 19&U 50 Breast Prelims	45.48
#314 Women 19&U 200 IM Prelims	3:15.04	#406 Women 19&U 200 Breast Prelims	3:29.07
#412 Women 19&U 50 Fly Prelims	41.95		

9 Roets, Le Roux - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:11.17	#207 Men 19&U 200 Back Prelims	2:50.38
#301 Men 19&U 200 Free Prelims	2:30.66	#309 Men 19&U 100 Back Prelims	1:20.52
#401 Men 19&U 50 Free Prelims	32.35	#409 Men 19&U 50 Back Prelims	37.39

10 Shaw, Ashlynn - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:23.94	#206 Women 19&U 100 Breast Prelims	1:38.92
#306 Women 19&U 50 Breast Prelims	46.29	#314 Women 19&U 200 IM Prelims	3:29.79
#402 Women 19&U 50 Free Prelims	37.34	#406 Women 19&U 200 Breast Prelims	3:27.04

11 Storm, Troy N - Male - Age: 15 - Ind/Rel: 6 / 0

#109 Men 15 400 Free	4:34.01	#201 Men 19&U 100 Free Prelims	59.86
#211 Men 19&U 100 Fly Prelims	1:06.59	#301 Men 19&U 200 Free Prelims	2:08.86
#401 Men 19&U 50 Free Prelims	27.49	#409 Men 19&U 50 Back Prelims	35.54

Pretoria Aquatic Club-TS Total Individual Entries: 64 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Quest Swim Club-JH****1 Caroto, Konrad J - Male - Age: 16 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:02.45
#211 Men 19&U 100 Fly Prelims	1:14.65
#305 Men 19&U 50 Breast Prelims	34.10
#401 Men 19&U 50 Free Prelims	27.48

#205 Men 19&U 100 Breast Prelims	1:19.46
#301 Men 19&U 200 Free Prelims	2:30.89
#309 Men 19&U 100 Back Prelims	1:15.79
#411 Men 19&U 50 Fly Prelims	28.56

2 Couch, Catherine L - Female - Age: 11 - Ind/Rel: 7 / 0

#206 Women 19&U 100 Breast Prelims	1:44.12
#302 Women 19&U 200 Free Prelims	3:01.88
#314 Women 19&U 200 IM Prelims	3:23.06
#412 Women 19&U 50 Fly Prelims	45.46

#208 Women 19&U 200 Back Prelims	3:15.18
#310 Women 19&U 100 Back Prelims	1:42.32
#406 Women 19&U 200 Breast Prelims	3:50.13

3 Dowie, Tayla M - Female - Age: 16 - Ind/Rel: 7 / 0

#112 Women 16 400 Free	5:22.49
#212 Women 19&U 100 Fly Prelims	1:18.03
#314 Women 19&U 200 IM Prelims	2:48.59
#412 Women 19&U 50 Fly Prelims	34.73

#202 Women 19&U 100 Free Prelims	1:08.20
#302 Women 19&U 200 Free Prelims	2:30.62
#406 Women 19&U 200 Breast Prelims	3:21.16

4 Muthaphuli, Muks - Male - Age: 17 - Ind/Rel: 4 / 0

#205 Men 19&U 100 Breast Prelims	1:17.81
#305 Men 19&U 50 Breast Prelims	35.44

#211 Men 19&U 100 Fly Prelims	1:13.82
#313 Men 19&U 200 IM Prelims	2:44.47

5 Neilson, Evan J - Male - Age: 15 - Ind/Rel: 9 / 0

#109 Men 15 400 Free	4:53.47
#205 Men 19&U 100 Breast Prelims	1:25.52
#301 Men 19&U 200 Free Prelims	2:21.44
#401 Men 19&U 50 Free Prelims	28.67
#411 Men 19&U 50 Fly Prelims	31.75

#201 Men 19&U 100 Free Prelims	1:03.45
#211 Men 19&U 100 Fly Prelims	1:18.32
#313 Men 19&U 200 IM Prelims	2:44.52
#405 Men 19&U 200 Breast Prelims	3:13.20

6 Searle, Cyan C - Male - Age: 17 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	58.59
#301 Men 19&U 200 Free Prelims	2:18.10
#401 Men 19&U 50 Free Prelims	25.69
#411 Men 19&U 50 Fly Prelims	28.13

#205 Men 19&U 100 Breast Prelims	1:19.95
#305 Men 19&U 50 Breast Prelims	34.07
#409 Men 19&U 50 Back Prelims	30.86

Quest Swim Club-JH Total Individual Entries: 42 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Reds Centre of Aquatice Excell-JH****1 Bailey, Sasha M - Female - Age: 13 - Ind/Rel: 10 / 0**

#106 Women 13 400 Free	5:44.82	#202 Women 19&U 100 Free Prelims	1:12.10
#206 Women 19&U 100 Breast Prelims	1:34.22	#212 Women 19&U 100 Fly Prelims	1:29.83
#302 Women 19&U 200 Free Prelims	2:42.20	#306 Women 19&U 50 Breast Prelims	43.03
#314 Women 19&U 200 IM Prelims	3:05.91	#402 Women 19&U 50 Free Prelims	32.57
#406 Women 19&U 200 Breast Prelims	3:29.35	#412 Women 19&U 50 Fly Prelims	36.31

2 Booyesen, Chris D - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	4:58.25	#201 Men 19&U 100 Free Prelims	59.71
#205 Men 19&U 100 Breast Prelims	1:27.62	#211 Men 19&U 100 Fly Prelims	1:08.08
#301 Men 19&U 200 Free Prelims	2:15.13	#313 Men 19&U 200 IM Prelims	2:37.88
#401 Men 19&U 50 Free Prelims	28.05	#409 Men 19&U 50 Back Prelims	33.52
#411 Men 19&U 50 Fly Prelims	29.36		

3 Evans, Lillee P - Female - Age: 14 - Ind/Rel: 11 / 0

#108 Women 14 400 Free	5:28.43	#202 Women 19&U 100 Free Prelims	1:09.13
#208 Women 19&U 200 Back Prelims	2:54.54	#212 Women 19&U 100 Fly Prelims	1:19.16
#302 Women 19&U 200 Free Prelims	2:33.98	#310 Women 19&U 100 Back Prelims	1:18.53
#314 Women 19&U 200 IM Prelims	2:51.82	#402 Women 19&U 50 Free Prelims	32.13
#406 Women 19&U 200 Breast Prelims	3:29.13	#410 Women 19&U 50 Back Prelims	37.03
#412 Women 19&U 50 Fly Prelims	35.89		

4 Fouche, Jack G - Male - Age: 14 - Ind/Rel: 8 / 0

#107 Men 14 400 Free	5:23.25	#201 Men 19&U 100 Free Prelims	1:07.60
#205 Men 19&U 100 Breast Prelims	1:43.55	#211 Men 19&U 100 Fly Prelims	1:20.41
#301 Men 19&U 200 Free Prelims	2:29.18	#313 Men 19&U 200 IM Prelims	2:49.94
#401 Men 19&U 50 Free Prelims	31.64	#405 Men 19&U 200 Breast Prelims	3:31.68

5 Jacob, Ayvah M - Female - Age: 12 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:14.39	#206 Women 19&U 100 Breast Prelims	1:32.92
#212 Women 19&U 100 Fly Prelims	1:26.02	#302 Women 19&U 200 Free Prelims	2:45.23
#310 Women 19&U 100 Back Prelims	1:36.02	#314 Women 19&U 200 IM Prelims	3:05.65
#402 Women 19&U 50 Free Prelims	34.57	#406 Women 19&U 200 Breast Prelims	3:29.87
#410 Women 19&U 50 Back Prelims	39.58	#412 Women 19&U 50 Fly Prelims	36.75

Reds Centre of Aquatice Excell-JH Total Individual Entries: 48 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Rivonia Elite Swimming Club-JH**1 Hinchcliff, Drew B - Male - Age: 14 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:08.88	#207 Men 19&U 200 Back Prelims	2:44.34
#301 Men 19&U 200 Free Prelims	2:28.67	#309 Men 19&U 100 Back Prelims	1:13.97
#401 Men 19&U 50 Free Prelims	32.53	#409 Men 19&U 50 Back Prelims	35.70
#411 Men 19&U 50 Fly Prelims	36.56		

2 Van Buren, Kian S - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:15.94	#207 Men 19&U 200 Back Prelims	2:56.72
#301 Men 19&U 200 Free Prelims	2:42.62	#309 Men 19&U 100 Back Prelims	1:21.46
#401 Men 19&U 50 Free Prelims	33.62	#409 Men 19&U 50 Back Prelims	36.93
#411 Men 19&U 50 Fly Prelims	40.00		

Rivonia Elite Swimming Club-JH Total Individual Entries: 14 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Rivonia Raptors Swim School-JH**1 Garrett, Blake - Male - Age: 13 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:11.39	#205 Men 19&U 100 Breast Prelims	1:22.96
#305 Men 19&U 50 Breast Prelims	36.46	#313 Men 19&U 200 IM Prelims	3:00.56
#401 Men 19&U 50 Free Prelims	30.93	#405 Men 19&U 200 Breast Prelims	3:27.50
#409 Men 19&U 50 Back Prelims	35.57	#411 Men 19&U 50 Fly Prelims	33.90

2 Jacobs, Faez - Male - Age: 14 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:18.09	#205 Men 19&U 100 Breast Prelims	1:23.63
#305 Men 19&U 50 Breast Prelims	37.66	#313 Men 19&U 200 IM Prelims	3:08.03
#401 Men 19&U 50 Free Prelims	34.11	#405 Men 19&U 200 Breast Prelims	3:13.50
#409 Men 19&U 50 Back Prelims	40.82	#411 Men 19&U 50 Fly Prelims	38.92

Rivonia Raptors Swim School-JH Total Individual Entries: 16 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Royal Fins Aquatics-TS****1 Alton, Madison R - Female - Age: 13 - Ind/Rel: 8 / 5**

#106 Women 13 400 Free	5:29.70	#202 Women 19&U 100 Free Prelims	1:12.73
#208 Women 19&U 200 Back Prelims	2:54.80	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:47.52
#302 Women 19&U 200 Free Prelims	2:36.42	#310 Women 19&U 100 Back Prelims	1:20.70
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.73	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.66
#402 Women 19&U 50 Free Prelims	32.67	#410 Women 19&U 50 Back Prelims	38.60
#412 Women 19&U 50 Fly Prelims	37.51	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.28
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.54		

2 Booysen, James C - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:33.84	#205 Men 19&U 100 Breast Prelims	1:26.55
#207 Men 19&U 200 Back Prelims	2:41.36	#305 Men 19&U 50 Breast Prelims	39.59
#309 Men 19&U 100 Back Prelims	1:14.99	#401 Men 19&U 50 Free Prelims	32.22
#405 Men 19&U 200 Breast Prelims	3:10.25	#409 Men 19&U 50 Back Prelims	36.37
#411 Men 19&U 50 Fly Prelims	35.92		

3 Bukes, Xander - Male - Age: 15 - Ind/Rel: 6 / 2

#201 Men 19&U 100 Free Prelims	1:08.43	#205 Men 19&U 100 Breast Prelims	1:20.95
#305 Men 19&U 50 Breast Prelims	39.17	#313 Men 19&U 200 IM Prelims	2:42.32
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:54.50	#405 Men 19&U 200 Breast Prelims	3:04.67
#411 Men 19&U 50 Fly Prelims	31.30	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:09.56

4 Clarke, Alessio W - Male - Age: 15 - Ind/Rel: 6 / 5

#201 Men 19&U 100 Free Prelims	1:00.11	#207 Men 19&U 200 Back Prelims	2:28.01
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.54	#309 Men 19&U 100 Back Prelims	1:05.24
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:54.50	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.66
#401 Men 19&U 50 Free Prelims	26.91	#409 Men 19&U 50 Back Prelims	30.39
#411 Men 19&U 50 Fly Prelims	29.69	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:09.56
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.54		

5 Cloete, Kai - Male - Age: 12 - Ind/Rel: 6 / 2

#201 Men 19&U 100 Free Prelims	1:06.00	#207 Men 19&U 200 Back Prelims	3:10.90
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.54	#301 Men 19&U 200 Free Prelims	2:28.71
#309 Men 19&U 100 Back Prelims	1:24.75	#401 Men 19&U 50 Free Prelims	29.57
#409 Men 19&U 50 Back Prelims	38.53	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.75

6 Cloete, Suri S - Female - Age: 14 - Ind/Rel: 7 / 5

#202 Women 19&U 100 Free Prelims	1:07.85	#208 Women 19&U 200 Back Prelims	3:00.43
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:47.52	#302 Women 19&U 200 Free Prelims	2:31.60
#310 Women 19&U 100 Back Prelims	1:21.81	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.73
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.66	#402 Women 19&U 50 Free Prelims	31.25
#410 Women 19&U 50 Back Prelims	37.01	#412 Women 19&U 50 Fly Prelims	34.90
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.28	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.54

7 Davis, Harry S - Male - Age: 13 - Ind/Rel: 8 / 0

#205 Men 19&U 100 Breast Prelims	1:28.02	#305 Men 19&U 50 Breast Prelims	37.95
#309 Men 19&U 100 Back Prelims	1:21.47	#313 Men 19&U 200 IM Prelims	3:06.38
#401 Men 19&U 50 Free Prelims	35.44	#405 Men 19&U 200 Breast Prelims	3:09.98
#409 Men 19&U 50 Back Prelims	39.99	#411 Men 19&U 50 Fly Prelims	37.66

8 De Bruyn, Marcus - Male - Age: 16 - Ind/Rel: 7 / 4

#201 Men 19&U 100 Free Prelims	59.52	#207 Men 19&U 200 Back Prelims	2:34.03
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:00.88	#301 Men 19&U 200 Free Prelims	2:12.63
#309 Men 19&U 100 Back Prelims	1:08.16	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.36
#401 Men 19&U 50 Free Prelims	27.20	#409 Men 19&U 50 Back Prelims	32.65
#411 Men 19&U 50 Fly Prelims	31.43	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.49
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:18.51		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Royal Fins Aquatics-TS****9 De Wit, Ben D - Male - Age: 11 - Ind/Rel: 7 / 1**

#201 Men 19&U 100 Free Prelims	1:23.01	#207 Men 19&U 200 Back Prelims	3:21.87
#301 Men 19&U 200 Free Prelims	2:56.99	#309 Men 19&U 100 Back Prelims	1:27.98
#401 Men 19&U 50 Free Prelims	35.80	#409 Men 19&U 50 Back Prelims	42.49
#411 Men 19&U 50 Fly Prelims	43.71	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.75

10 Gauldie, Josslyn M - Female - Age: 17 - Ind/Rel: 7 / 3

#114 Women 17-19 400 Free	6:35.47	#206 Women 19&U 100 Breast Prelims	1:27.75
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:49.23	#302 Women 19&U 200 Free Prelims	2:47.83
#306 Women 19&U 50 Breast Prelims	38.68	#314 Women 19&U 200 IM Prelims	3:17.19
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:12.20	#406 Women 19&U 200 Breast Prelims	3:17.19
#412 Women 19&U 50 Fly Prelims	37.16	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:27.35

11 Le Roux, William - Male - Age: 14 - Ind/Rel: 3 / 0

#209 Men 99&U 50 Back Para Prelims	43.76	#303 Men 99&U 100 Free Para Prelims	1:12.47
#403 Men 99&U 50 Free Para Prelims	33.53		

12 Lee, Nathan - Male - Age: 14 - Ind/Rel: 6 / 3

#201 Men 19&U 100 Free Prelims	1:04.58	#205 Men 19&U 100 Breast Prelims	1:24.63
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.54	#301 Men 19&U 200 Free Prelims	2:27.57
#305 Men 19&U 50 Breast Prelims	37.52	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:54.50
#401 Men 19&U 50 Free Prelims	29.17	#405 Men 19&U 200 Breast Prelims	3:10.88
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:09.56		

13 Matthasen, Caitlin - Female - Age: 13 - Ind/Rel: 9 / 3

#202 Women 19&U 100 Free Prelims	1:14.70	#206 Women 19&U 100 Breast Prelims	1:33.40
#208 Women 19&U 200 Back Prelims	2:53.85	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:47.52
#302 Women 19&U 200 Free Prelims	2:44.31	#306 Women 19&U 50 Breast Prelims	43.11
#310 Women 19&U 100 Back Prelims	1:22.30	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.73
#402 Women 19&U 50 Free Prelims	33.11	#410 Women 19&U 50 Back Prelims	38.53
#412 Women 19&U 50 Fly Prelims	36.84	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.28

14 Michael, Gabriel R - Male - Age: 15 - Ind/Rel: 5 / 0

#209 Men 99&U 50 Back Para Prelims	41.14	#303 Men 99&U 100 Free Para Prelims	1:12.57
#307 Men 99&U 50 Breast Para Prelims	1:00.66	#403 Men 99&U 50 Free Para Prelims	32.51
#413 Men 99&U 50 Fly Para Prelims	36.53		

15 Potgieter, Elnye - Female - Age: 13 - Ind/Rel: 6 / 2

#204 Women 99&U 200 IM Para Prelims	3:47.26	#210 Women 99&U 50 Back Para Prelims	44.66
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:49.23	#304 Women 99&U 100 Free Para Prelims	1:21.24
#308 Women 99&U 50 Breast Para Prelims	1:00.19	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:12.20
#404 Women 99&U 50 Free Para Prelims	37.95	#414 Women 99&U 50 Fly Para Prelims	41.64

16 Prinsloo, Stefan - Male - Age: 15 - Ind/Rel: 9 / 5

#109 Men 15 400 Free	5:13.35	#201 Men 19&U 100 Free Prelims	1:02.85
#205 Men 19&U 100 Breast Prelims	1:20.24	#211 Men 19&U 100 Fly Prelims	1:10.26
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.54	#301 Men 19&U 200 Free Prelims	2:28.20
#305 Men 19&U 50 Breast Prelims	35.70	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:54.50
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.66	#401 Men 19&U 50 Free Prelims	28.85
#405 Men 19&U 200 Breast Prelims	2:54.11	#411 Men 19&U 50 Fly Prelims	31.18
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:09.56	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:23.54

17 Rischmuller, Tischke - Female - Age: 12 - Ind/Rel: 7 / 4

#104 Women 12 400 Free	5:39.11	#202 Women 19&U 100 Free Prelims	1:12.24
#208 Women 19&U 200 Back Prelims	2:53.96	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:47.52
#302 Women 19&U 200 Free Prelims	2:36.33	#310 Women 19&U 100 Back Prelims	1:20.00
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:09.73	#402 Women 19&U 50 Free Prelims	32.70
#410 Women 19&U 50 Back Prelims	38.60	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.28
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.75		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Royal Fins Aquatics-TS****18 Scheepers, Tayla - Female - Age: 12 - Ind/Rel: 1 / 2**

#402 Women 19&U 50 Free Prelims	35.77	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:27.35
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.75		

19 Smit, Armand P - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	4:51.06	#201 Men 19&U 100 Free Prelims	1:03.32
#205 Men 19&U 100 Breast Prelims	1:24.35	#207 Men 19&U 200 Back Prelims	2:37.04
#301 Men 19&U 200 Free Prelims	2:17.19	#309 Men 19&U 100 Back Prelims	1:13.61
#313 Men 19&U 200 IM Prelims	2:37.43	#411 Men 19&U 50 Fly Prelims	32.65

20 Smit, Martin G - Male - Age: 19 - Ind/Rel: 8 / 3

#113 Men 17-19 400 Free	4:50.56	#201 Men 19&U 100 Free Prelims	1:01.54
#207 Men 19&U 200 Back Prelims	2:35.30	#211 Men 19&U 100 Fly Prelims	1:08.68
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:00.88	#301 Men 19&U 200 Free Prelims	2:24.19
#313 Men 19&U 200 IM Prelims	2:55.69	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.36
#401 Men 19&U 50 Free Prelims	27.22	#411 Men 19&U 50 Fly Prelims	29.21
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.49		

21 Swanepoel, Danaleigh - Female - Age: 16 - Ind/Rel: 7 / 5

#202 Women 19&U 100 Free Prelims	1:06.97	#208 Women 19&U 200 Back Prelims	2:37.45
#212 Women 19&U 100 Fly Prelims	1:17.41	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:49.23
#310 Women 19&U 100 Back Prelims	1:12.33	#314 Women 19&U 200 IM Prelims	2:44.66
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:12.20	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.55
#402 Women 19&U 50 Free Prelims	30.63	#410 Women 19&U 50 Back Prelims	34.56
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:27.35	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:18.51

22 Van Rooyen, Colby H - Male - Age: 19 - Ind/Rel: 7 / 5

#201 Men 19&U 100 Free Prelims	58.85	#205 Men 19&U 100 Breast Prelims	1:15.69
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:00.88	#305 Men 19&U 50 Breast Prelims	33.47
#309 Men 19&U 100 Back Prelims	1:07.84	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.36
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.55	#401 Men 19&U 50 Free Prelims	26.53
#409 Men 19&U 50 Back Prelims	30.83	#411 Men 19&U 50 Fly Prelims	27.86
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.49	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:18.51

23 Vasconcellos, Liam - Male - Age: 17 - Ind/Rel: 6 / 4

#201 Men 19&U 100 Free Prelims	1:00.97	#205 Men 19&U 100 Breast Prelims	1:17.64
#211 Men 19&U 100 Fly Prelims	1:06.89	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:00.88
#305 Men 19&U 50 Breast Prelims	35.30	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.36
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.55	#401 Men 19&U 50 Free Prelims	27.41
#411 Men 19&U 50 Fly Prelims	28.15	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.49

24 Webster, Megan - Female - Age: 16 - Ind/Rel: 6 / 5

#202 Women 19&U 100 Free Prelims	1:13.17	#206 Women 19&U 100 Breast Prelims	1:30.01
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:49.23	#306 Women 19&U 50 Breast Prelims	40.37
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:12.20	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.55
#402 Women 19&U 50 Free Prelims	32.37	#406 Women 19&U 200 Breast Prelims	3:13.80
#412 Women 19&U 50 Fly Prelims	38.34	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:27.35
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:18.51		

25 Zeeman, Jason - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	5:02.29	#201 Men 19&U 100 Free Prelims	1:02.37
#207 Men 19&U 200 Back Prelims	2:41.04	#301 Men 19&U 200 Free Prelims	2:20.57
#309 Men 19&U 100 Back Prelims	1:15.22	#401 Men 19&U 50 Free Prelims	28.32
#409 Men 19&U 50 Back Prelims	34.26	#411 Men 19&U 50 Fly Prelims	31.87

Royal Fins Aquatics-TS Total Individual Entries: 167 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Rustenburg Swimming Club-BP****1 Coetzee, Nick S - Male - Age: 15 - Ind/Rel: 10 / 0**

#109 Men 15 400 Free	5:48.24	#201 Men 19&U 100 Free Prelims	1:06.00
#207 Men 19&U 200 Back Prelims	2:38.55	#211 Men 19&U 100 Fly Prelims	1:16.91
#301 Men 19&U 200 Free Prelims	2:33.85	#305 Men 19&U 50 Breast Prelims	41.02
#309 Men 19&U 100 Back Prelims	1:10.66	#401 Men 19&U 50 Free Prelims	28.84
#409 Men 19&U 50 Back Prelims	33.02	#411 Men 19&U 50 Fly Prelims	31.33

2 Kock, Naldo A - Male - Age: 17 - Ind/Rel: 4 / 0

#211 Men 19&U 100 Fly Prelims	1:02.16	#401 Men 19&U 50 Free Prelims	26.13
#409 Men 19&U 50 Back Prelims	30.11	#411 Men 19&U 50 Fly Prelims	26.62

3 Oberholzer, Mynhardt C - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:25.35	#205 Men 19&U 100 Breast Prelims	1:42.94
#301 Men 19&U 200 Free Prelims	3:14.03	#305 Men 19&U 50 Breast Prelims	46.99
#309 Men 19&U 100 Back Prelims	1:30.44	#401 Men 19&U 50 Free Prelims	36.17
#405 Men 19&U 200 Breast Prelims	4:07.44	#409 Men 19&U 50 Back Prelims	41.48
#411 Men 19&U 50 Fly Prelims	44.70		

Rustenburg Swimming Club-BP Total Individual Entries: 23 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Sandton Seals-JH****1 Alston, Georgia S - Female - Age: 16 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:08.74	#208 Women 19&U 200 Back Prelims	2:39.62
#306 Women 19&U 50 Breast Prelims	40.92	#310 Women 19&U 100 Back Prelims	1:14.38
#402 Women 19&U 50 Free Prelims	31.86	#410 Women 19&U 50 Back Prelims	34.50

2 Biggs, Courtney C - Female - Age: 13 - Ind/Rel: 10 / 0

#106 Women 13 400 Free	5:39.35	#206 Women 19&U 100 Breast Prelims	1:33.04
#208 Women 19&U 200 Back Prelims	3:00.45	#306 Women 19&U 50 Breast Prelims	43.33
#310 Women 19&U 100 Back Prelims	1:26.61	#314 Women 19&U 200 IM Prelims	3:05.65
#402 Women 19&U 50 Free Prelims	34.85	#406 Women 19&U 200 Breast Prelims	3:19.39
#410 Women 19&U 50 Back Prelims	40.38	#412 Women 19&U 50 Fly Prelims	38.62

3 Desilla, Catherine R - Female - Age: 16 - Ind/Rel: 8 / 0

#112 Women 16 400 Free	5:33.18	#202 Women 19&U 100 Free Prelims	1:09.45
#212 Women 19&U 100 Fly Prelims	1:13.84	#302 Women 19&U 200 Free Prelims	2:33.11
#314 Women 19&U 200 IM Prelims	2:48.74	#402 Women 19&U 50 Free Prelims	31.82
#410 Women 19&U 50 Back Prelims	35.95	#412 Women 19&U 50 Fly Prelims	32.81

4 Koller, Zac O - Male - Age: 11 - Ind/Rel: 10 / 0

#205 Men 19&U 100 Breast Prelims	1:35.51	#207 Men 19&U 200 Back Prelims	3:06.76
#211 Men 19&U 100 Fly Prelims	1:33.95	#305 Men 19&U 50 Breast Prelims	44.47
#309 Men 19&U 100 Back Prelims	1:27.91	#313 Men 19&U 200 IM Prelims	3:05.88
#401 Men 19&U 50 Free Prelims	36.04	#405 Men 19&U 200 Breast Prelims	3:19.33
#409 Men 19&U 50 Back Prelims	42.44	#411 Men 19&U 50 Fly Prelims	40.25

5 Pearse, Gabriella J - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:19.37	#206 Women 19&U 100 Breast Prelims	1:38.41
#306 Women 19&U 50 Breast Prelims	46.02	#314 Women 19&U 200 IM Prelims	3:24.56
#402 Women 19&U 50 Free Prelims	35.60	#406 Women 19&U 200 Breast Prelims	3:39.12
#412 Women 19&U 50 Fly Prelims	39.11		

6 Phillips, Abigail - Female - Age: 17 - Ind/Rel: 9 / 0

#114 Women 17-19 400 Free	5:11.11	#202 Women 19&U 100 Free Prelims	1:08.47
#206 Women 19&U 100 Breast Prelims	1:29.51	#302 Women 19&U 200 Free Prelims	2:25.88
#306 Women 19&U 50 Breast Prelims	39.22	#310 Women 19&U 100 Back Prelims	1:17.43
#402 Women 19&U 50 Free Prelims	31.31	#406 Women 19&U 200 Breast Prelims	3:00.19
#410 Women 19&U 50 Back Prelims	36.59		

7 Xaba, Kapitolina O - Female - Age: 14 - Ind/Rel: 9 / 0

#108 Women 14 400 Free	5:26.06	#202 Women 19&U 100 Free Prelims	1:07.96
#206 Women 19&U 100 Breast Prelims	1:30.03	#302 Women 19&U 200 Free Prelims	2:31.66
#306 Women 19&U 50 Breast Prelims	42.13	#314 Women 19&U 200 IM Prelims	2:56.89
#402 Women 19&U 50 Free Prelims	30.84	#410 Women 19&U 50 Back Prelims	36.20
#412 Women 19&U 50 Fly Prelims	36.27		

Sandton Seals-JH Total Individual Entries: 59 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Seagulls SC-ET****1 de Wit, Keaton L - Male - Age: 11 - Ind/Rel: 12 / 0**

#101 Men 11&U 400 Free	5:29.47	#201 Men 19&U 100 Free Prelims	1:12.60
#205 Men 19&U 100 Breast Prelims	1:31.28	#211 Men 19&U 100 Fly Prelims	1:29.29
#301 Men 19&U 200 Free Prelims	2:36.61	#305 Men 19&U 50 Breast Prelims	40.91
#309 Men 19&U 100 Back Prelims	1:28.89	#313 Men 19&U 200 IM Prelims	3:02.13
#401 Men 19&U 50 Free Prelims	35.11	#405 Men 19&U 200 Breast Prelims	3:18.73
#409 Men 19&U 50 Back Prelims	41.12	#411 Men 19&U 50 Fly Prelims	38.04

2 Scheepers, Janneke - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:15.13	#202 Women 19&U 100 Free Prelims	1:08.85
#206 Women 19&U 100 Breast Prelims	1:39.60	#302 Women 19&U 200 Free Prelims	2:27.05
#310 Women 19&U 100 Back Prelims	1:24.58	#402 Women 19&U 50 Free Prelims	32.37
#410 Women 19&U 50 Back Prelims	39.16		

3 Snyman, Kaiden - Male - Age: 11 - Ind/Rel: 13 / 0

#101 Men 11&U 400 Free	5:33.24	#201 Men 19&U 100 Free Prelims	1:13.16
#205 Men 19&U 100 Breast Prelims	1:36.14	#207 Men 19&U 200 Back Prelims	3:06.58
#211 Men 19&U 100 Fly Prelims	1:21.13	#301 Men 19&U 200 Free Prelims	2:35.60
#305 Men 19&U 50 Breast Prelims	45.01	#309 Men 19&U 100 Back Prelims	1:26.78
#313 Men 19&U 200 IM Prelims	2:54.92	#401 Men 19&U 50 Free Prelims	34.14
#405 Men 19&U 200 Breast Prelims	3:24.71	#409 Men 19&U 50 Back Prelims	41.64
#411 Men 19&U 50 Fly Prelims	35.93		

Seagulls SC-ET Total Individual Entries: 32 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Seals Asc-UM**1 Sauerman, Rene C - Female - Age: 17 - Ind/Rel: 6 / 0**

#114 Women 17-19 400 Free	5:16.12	#202 Women 19&U 100 Free Prelims	1:06.51
#302 Women 19&U 200 Free Prelims	2:29.01	#306 Women 19&U 50 Breast Prelims	43.16
#314 Women 19&U 200 IM Prelims	2:58.35	#410 Women 19&U 50 Back Prelims	37.26

Seals Asc-UM Total Individual Entries: 6 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Shamu Swimming Club-MP****1 Bekker, Joshua D - Male - Age: 12 - Ind/Rel: 10 / 0**

#103 Men 12 400 Free	5:39.11	#201 Men 19&U 100 Free Prelims	1:13.38
#207 Men 19&U 200 Back Prelims	3:04.75	#211 Men 19&U 100 Fly Prelims	1:37.50
#301 Men 19&U 200 Free Prelims	2:37.60	#309 Men 19&U 100 Back Prelims	1:24.19
#313 Men 19&U 200 IM Prelims	3:06.42	#401 Men 19&U 50 Free Prelims	32.64
#409 Men 19&U 50 Back Prelims	36.78	#411 Men 19&U 50 Fly Prelims	39.40

2 Bendeman, Miane - Female - Age: 11 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:24.58	#206 Women 19&U 100 Breast Prelims	1:39.58
#306 Women 19&U 50 Breast Prelims	48.35	#402 Women 19&U 50 Free Prelims	38.13
#406 Women 19&U 200 Breast Prelims	3:32.69	#410 Women 19&U 50 Back Prelims	44.27
#412 Women 19&U 50 Fly Prelims	42.35		

3 Breetzke, Luke B - Male - Age: 14 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:04.42	#207 Men 19&U 200 Back Prelims	2:39.43
#211 Men 19&U 100 Fly Prelims	1:18.81	#301 Men 19&U 200 Free Prelims	2:22.61
#305 Men 19&U 50 Breast Prelims	41.11	#309 Men 19&U 100 Back Prelims	1:11.96
#313 Men 19&U 200 IM Prelims	2:48.36	#401 Men 19&U 50 Free Prelims	29.08
#409 Men 19&U 50 Back Prelims	33.05	#411 Men 19&U 50 Fly Prelims	32.72

4 Du Plessis, Inge - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:12.25	#212 Women 19&U 100 Fly Prelims	1:33.85
#302 Women 19&U 200 Free Prelims	2:39.95	#310 Women 19&U 100 Back Prelims	1:25.37
#314 Women 19&U 200 IM Prelims	3:04.03	#402 Women 19&U 50 Free Prelims	32.46
#410 Women 19&U 50 Back Prelims	37.77	#412 Women 19&U 50 Fly Prelims	37.31

5 Du Plessis, Marny - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:12.06	#212 Women 19&U 100 Fly Prelims	1:16.00
#302 Women 19&U 200 Free Prelims	2:33.22	#310 Women 19&U 100 Back Prelims	1:16.61
#314 Women 19&U 200 IM Prelims	2:52.30	#402 Women 19&U 50 Free Prelims	31.53
#410 Women 19&U 50 Back Prelims	34.39	#412 Women 19&U 50 Fly Prelims	32.45

6 Joubert, Luhann - Male - Age: 11 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	5:32.44	#201 Men 19&U 100 Free Prelims	1:09.71
#207 Men 19&U 200 Back Prelims	2:57.16	#301 Men 19&U 200 Free Prelims	2:31.14
#309 Men 19&U 100 Back Prelims	1:21.08	#313 Men 19&U 200 IM Prelims	2:58.19
#401 Men 19&U 50 Free Prelims	31.65	#409 Men 19&U 50 Back Prelims	37.45
#411 Men 19&U 50 Fly Prelims	36.93		

7 Liebenberg, Jacques P - Male - Age: 10 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	6:50.87	#201 Men 19&U 100 Free Prelims	1:20.93
#205 Men 19&U 100 Breast Prelims	1:44.89	#301 Men 19&U 200 Free Prelims	2:58.94
#305 Men 19&U 50 Breast Prelims	46.16	#313 Men 19&U 200 IM Prelims	3:22.35
#401 Men 19&U 50 Free Prelims	36.42	#405 Men 19&U 200 Breast Prelims	3:41.05

8 Liebenberg, Leandi - Female - Age: 11 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:39.21	#212 Women 19&U 100 Fly Prelims	1:36.22
#306 Women 19&U 50 Breast Prelims	44.05	#314 Women 19&U 200 IM Prelims	3:23.72
#406 Women 19&U 200 Breast Prelims	3:35.45	#412 Women 19&U 50 Fly Prelims	42.85

9 Pohl, MJJ - Male - Age: 15 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	59.96	#205 Men 19&U 100 Breast Prelims	1:19.76
#301 Men 19&U 200 Free Prelims	2:19.02	#305 Men 19&U 50 Breast Prelims	35.37
#401 Men 19&U 50 Free Prelims	27.11	#405 Men 19&U 200 Breast Prelims	2:59.44

10 Schaap, Phillip - Male - Age: 17 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	59.98	#205 Men 19&U 100 Breast Prelims	1:17.25
#305 Men 19&U 50 Breast Prelims	34.24	#313 Men 19&U 200 IM Prelims	2:34.66
#401 Men 19&U 50 Free Prelims	26.70	#405 Men 19&U 200 Breast Prelims	2:52.91
#409 Men 19&U 50 Back Prelims	31.44	#411 Men 19&U 50 Fly Prelims	29.73

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Shamu Swimming Club-MP****11 Smit, Donia C - Female - Age: 19 - Ind/Rel: 3 / 0**

#206 Women 19&U 100 Breast Prelims	1:31.74	#208 Women 19&U 200 Back Prelims	2:45.01
#306 Women 19&U 50 Breast Prelims	40.76		

12 Smit, Mignon T - Female - Age: 17 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:09.58	#208 Women 19&U 200 Back Prelims	2:44.16
#302 Women 19&U 200 Free Prelims	2:32.00	#310 Women 19&U 100 Back Prelims	1:15.62
#402 Women 19&U 50 Free Prelims	31.92	#410 Women 19&U 50 Back Prelims	36.52
#412 Women 19&U 50 Fly Prelims	36.77		

13 Terblanche, Liandri - Female - Age: 13 - Ind/Rel: 4 / 0

#306 Women 19&U 50 Breast Prelims	42.96	#310 Women 19&U 100 Back Prelims	1:26.06
#406 Women 19&U 200 Breast Prelims	3:18.79	#410 Women 19&U 50 Back Prelims	38.46

14 Wasley, Dario A - Male - Age: 15 - Ind/Rel: 3 / 0

#205 Men 19&U 100 Breast Prelims	1:16.60	#305 Men 19&U 50 Breast Prelims	34.35
#405 Men 19&U 200 Breast Prelims	2:58.11		

Shamu Swimming Club-MP Total Individual Entries: 97 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Soul Swimming Club-EK****1 Erasmus, Amelie - Female - Age: 13 - Ind/Rel: 5 / 0**

#202 Women 19&U 100 Free Prelims	1:09.50	#302 Women 19&U 200 Free Prelims	2:38.13
#310 Women 19&U 100 Back Prelims	1:22.50	#402 Women 19&U 50 Free Prelims	31.73
#410 Women 19&U 50 Back Prelims	38.29		

2 Ferreira, Reid A - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:32.26	#201 Men 19&U 100 Free Prelims	1:11.68
#207 Men 19&U 200 Back Prelims	2:53.56	#301 Men 19&U 200 Free Prelims	2:38.59
#309 Men 19&U 100 Back Prelims	1:20.36	#401 Men 19&U 50 Free Prelims	32.50
#409 Men 19&U 50 Back Prelims	38.62	#411 Men 19&U 50 Fly Prelims	35.82

3 Goncalves, Isabella - Female - Age: 12 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:11.99	#206 Women 19&U 100 Breast Prelims	1:33.39
#208 Women 19&U 200 Back Prelims	2:52.76	#306 Women 19&U 50 Breast Prelims	37.61
#310 Women 19&U 100 Back Prelims	1:18.37	#314 Women 19&U 200 IM Prelims	3:15.17
#402 Women 19&U 50 Free Prelims	30.63	#406 Women 19&U 200 Breast Prelims	3:30.47
#410 Women 19&U 50 Back Prelims	34.30	#412 Women 19&U 50 Fly Prelims	33.97

4 Gouveia, Daniel I - Male - Age: 12 - Ind/Rel: 6 / 0

#301 Men 19&U 200 Free Prelims	2:42.53	#305 Men 19&U 50 Breast Prelims	45.27
#309 Men 19&U 100 Back Prelims	1:29.04	#401 Men 19&U 50 Free Prelims	32.65
#409 Men 19&U 50 Back Prelims	38.28	#411 Men 19&U 50 Fly Prelims	38.22

5 Hattingh-Steyn, Riley - Female - Age: 17 - Ind/Rel: 4 / 0

#206 Women 19&U 100 Breast Prelims	1:28.07	#306 Women 19&U 50 Breast Prelims	40.46
#314 Women 19&U 200 IM Prelims	2:56.50	#406 Women 19&U 200 Breast Prelims	3:15.80

6 Houghton, Ronin D - Male - Age: 12 - Ind/Rel: 5 / 0

#301 Men 19&U 200 Free Prelims	2:42.64	#305 Men 19&U 50 Breast Prelims	41.99
#401 Men 19&U 50 Free Prelims	33.26	#405 Men 19&U 200 Breast Prelims	3:27.98
#409 Men 19&U 50 Back Prelims	43.95		

7 Jackson, Victoria J - Female - Age: 13 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:09.30	#208 Women 19&U 200 Back Prelims	3:05.49
#302 Women 19&U 200 Free Prelims	2:38.57	#310 Women 19&U 100 Back Prelims	1:27.04
#402 Women 19&U 50 Free Prelims	30.83	#410 Women 19&U 50 Back Prelims	39.28

8 Jahnel, Garrick M - Male - Age: 12 - Ind/Rel: 7 / 0

#205 Men 19&U 100 Breast Prelims	1:33.54	#211 Men 19&U 100 Fly Prelims	1:29.37
#301 Men 19&U 200 Free Prelims	2:38.91	#309 Men 19&U 100 Back Prelims	1:23.25
#313 Men 19&U 200 IM Prelims	3:00.91	#405 Men 19&U 200 Breast Prelims	3:15.87
#411 Men 19&U 50 Fly Prelims	39.20		

9 Jardim, Miki A - Male - Age: 17 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	59.08	#207 Men 19&U 200 Back Prelims	2:31.10
#301 Men 19&U 200 Free Prelims	2:09.95	#309 Men 19&U 100 Back Prelims	1:08.54
#401 Men 19&U 50 Free Prelims	27.01	#409 Men 19&U 50 Back Prelims	31.52

10 Luz, Levi S - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:17.28	#205 Men 19&U 100 Breast Prelims	1:36.55
#305 Men 19&U 50 Breast Prelims	43.90	#313 Men 19&U 200 IM Prelims	3:16.47
#401 Men 19&U 50 Free Prelims	34.23	#405 Men 19&U 200 Breast Prelims	3:29.20
#411 Men 19&U 50 Fly Prelims	45.88		

11 Nel, Gerhard - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:28.34	#201 Men 19&U 100 Free Prelims	1:06.07
#205 Men 19&U 100 Breast Prelims	1:32.26	#301 Men 19&U 200 Free Prelims	2:29.07
#305 Men 19&U 50 Breast Prelims	41.77	#313 Men 19&U 200 IM Prelims	2:58.36
#401 Men 19&U 50 Free Prelims	30.21	#405 Men 19&U 200 Breast Prelims	3:19.35
#411 Men 19&U 50 Fly Prelims	37.58		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Soul Swimming Club-EK****12 Nel, Katey - Female - Age: 16 - Ind/Rel: 3 / 0**

#206 Women 19&U 100 Breast Prelims	1:29.09	#306 Women 19&U 50 Breast Prelims	41.52
#406 Women 19&U 200 Breast Prelims	3:08.68		

13 Oosthuizen, Nathan - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:36.51	#201 Men 19&U 100 Free Prelims	1:14.05
#207 Men 19&U 200 Back Prelims	2:57.88	#301 Men 19&U 200 Free Prelims	2:37.90
#309 Men 19&U 100 Back Prelims	1:25.06	#313 Men 19&U 200 IM Prelims	3:09.99
#401 Men 19&U 50 Free Prelims	34.34	#409 Men 19&U 50 Back Prelims	39.09
#411 Men 19&U 50 Fly Prelims	42.06		

14 Ramotlou, Mlebo L - Male - Age: 15 - Ind/Rel: 4 / 0

#205 Men 19&U 100 Breast Prelims	1:15.84	#305 Men 19&U 50 Breast Prelims	34.15
#401 Men 19&U 50 Free Prelims	26.85	#405 Men 19&U 200 Breast Prelims	2:52.01

15 Roberts, Logan T - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:17.04	#205 Men 19&U 100 Breast Prelims	1:35.71
#305 Men 19&U 50 Breast Prelims	44.56	#313 Men 19&U 200 IM Prelims	3:08.77
#401 Men 19&U 50 Free Prelims	35.10	#405 Men 19&U 200 Breast Prelims	3:26.21
#411 Men 19&U 50 Fly Prelims	42.21		

16 Taylor, Declan J - Male - Age: 19 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	59.66	#205 Men 19&U 100 Breast Prelims	1:12.32
#211 Men 19&U 100 Fly Prelims	1:05.83	#305 Men 19&U 50 Breast Prelims	33.52
#313 Men 19&U 200 IM Prelims	2:28.64	#401 Men 19&U 50 Free Prelims	26.77
#405 Men 19&U 200 Breast Prelims	2:40.84	#411 Men 19&U 50 Fly Prelims	28.44

17 Vicente, Isabella - Female - Age: 17 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:10.80	#208 Women 19&U 200 Back Prelims	2:48.76
#302 Women 19&U 200 Free Prelims	2:35.62	#310 Women 19&U 100 Back Prelims	1:18.14
#402 Women 19&U 50 Free Prelims	31.23	#410 Women 19&U 50 Back Prelims	35.91

18 Williams, Phillipa M - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:14.57	#208 Women 19&U 200 Back Prelims	3:09.89
#302 Women 19&U 200 Free Prelims	2:48.47	#310 Women 19&U 100 Back Prelims	1:26.63
#314 Women 19&U 200 IM Prelims	3:10.27	#402 Women 19&U 50 Free Prelims	33.44
#410 Women 19&U 50 Back Prelims	39.38		

19 Williams, Trent J - Male - Age: 15 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:04.73	#205 Men 19&U 100 Breast Prelims	1:20.98
#301 Men 19&U 200 Free Prelims	2:22.82	#305 Men 19&U 50 Breast Prelims	36.12
#401 Men 19&U 50 Free Prelims	29.08	#405 Men 19&U 200 Breast Prelims	2:58.26

Soul Swimming Club-EK Total Individual Entries: 123 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Superfins-JH**1 Goondie, Asif - Male - Age: 15 - Ind/Rel: 6 / 0**

#201 Men 19&U 100 Free Prelims	1:01.13	#205 Men 19&U 100 Breast Prelims	1:20.38
#301 Men 19&U 200 Free Prelims	2:22.25	#305 Men 19&U 50 Breast Prelims	34.07
#313 Men 19&U 200 IM Prelims	2:34.39	#401 Men 19&U 50 Free Prelims	28.01

Superfins-JH Total Individual Entries: 6 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Swift Aquatics-EK****1 Botha, Trevor J - Male - Age: 15 - Ind/Rel: 12 / 0**

#109 Men 15 400 Free	4:57.90	#201 Men 19&U 100 Free Prelims	1:00.56
#205 Men 19&U 100 Breast Prelims	1:21.35	#207 Men 19&U 200 Back Prelims	2:39.63
#211 Men 19&U 100 Fly Prelims	1:11.34	#301 Men 19&U 200 Free Prelims	2:11.48
#309 Men 19&U 100 Back Prelims	1:11.12	#313 Men 19&U 200 IM Prelims	2:35.08
#401 Men 19&U 50 Free Prelims	28.61	#405 Men 19&U 200 Breast Prelims	2:54.49
#409 Men 19&U 50 Back Prelims	32.69	#411 Men 19&U 50 Fly Prelims	30.59

2 Bulhakova, Victoria - Female - Age: 14 - Ind/Rel: 11 / 0

#202 Women 19&U 100 Free Prelims	1:12.30	#206 Women 19&U 100 Breast Prelims	1:30.57
#208 Women 19&U 200 Back Prelims	3:09.71	#302 Women 19&U 200 Free Prelims	2:40.88
#306 Women 19&U 50 Breast Prelims	42.20	#310 Women 19&U 100 Back Prelims	1:25.66
#314 Women 19&U 200 IM Prelims	3:00.48	#402 Women 19&U 50 Free Prelims	32.72
#406 Women 19&U 200 Breast Prelims	3:16.55	#410 Women 19&U 50 Back Prelims	41.18
#412 Women 19&U 50 Fly Prelims	38.64		

Swift Aquatics-EK Total Individual Entries: 23 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Swim 1st-JH**1 Borges, Anabella M - Female - Age: 14 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:10.17	#206 Women 19&U 100 Breast Prelims	1:27.93
#302 Women 19&U 200 Free Prelims	2:35.35	#306 Women 19&U 50 Breast Prelims	38.61
#402 Women 19&U 50 Free Prelims	31.91	#406 Women 19&U 200 Breast Prelims	3:20.05

2 Smith, Aidan J - Male - Age: 18 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:00.89	#205 Men 19&U 100 Breast Prelims	1:15.83
#305 Men 19&U 50 Breast Prelims	34.41	#401 Men 19&U 50 Free Prelims	27.21
#411 Men 19&U 50 Fly Prelims	29.66		

3 Timberlake, Cael J - Male - Age: 14 - Ind/Rel: 5 / 0

#205 Men 19&U 100 Breast Prelims	1:26.27	#211 Men 19&U 100 Fly Prelims	1:19.43
#301 Men 19&U 200 Free Prelims	2:35.34	#313 Men 19&U 200 IM Prelims	2:56.02
#405 Men 19&U 200 Breast Prelims	3:12.95		

Swim 1st-JH Total Individual Entries: 16 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Swim Star Aquatics Rtb-BP****1 Faber, Ruan - Male - Age: 16 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	59.09	#207 Men 19&U 200 Back Prelims	2:32.44
#211 Men 19&U 100 Fly Prelims	1:05.51	#301 Men 19&U 200 Free Prelims	2:15.36
#305 Men 19&U 50 Breast Prelims	35.09	#309 Men 19&U 100 Back Prelims	1:07.06
#401 Men 19&U 50 Free Prelims	27.28	#409 Men 19&U 50 Back Prelims	30.75
#411 Men 19&U 50 Fly Prelims	28.28		

2 Huisamen, Luan - Male - Age: 10 - Ind/Rel: 2 / 0

#205 Men 19&U 100 Breast Prelims	1:41.50	#405 Men 19&U 200 Breast Prelims	3:48.14
----------------------------------	---------	----------------------------------	---------

3 Nel, Deon D - Male - Age: 17 - Ind/Rel: 4 / 0

#303 Men 99&U 100 Free Para Prelims	1:50.72	#307 Men 99&U 50 Breast Para Prelims	52.84
#403 Men 99&U 50 Free Para Prelims	43.42	#407 Men 99&U 100 Breast Para Prelims	2:04.77

4 Rentzke, Jacques B - Male - Age: 10 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:18.65	#205 Men 19&U 100 Breast Prelims	1:43.59
#207 Men 19&U 200 Back Prelims	3:21.69	#305 Men 19&U 50 Breast Prelims	45.47
#401 Men 19&U 50 Free Prelims	34.77	#405 Men 19&U 200 Breast Prelims	3:46.73

5 Visser, Marcus P - Male - Age: 11 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:15.03	#205 Men 19&U 100 Breast Prelims	1:45.83
#211 Men 19&U 100 Fly Prelims	1:27.45	#309 Men 19&U 100 Back Prelims	1:28.06
#313 Men 19&U 200 IM Prelims	3:08.77		

Swim Star Aquatics Rtb-BP Total Individual Entries: 26 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****TC Aquatics-EK****1 Coleman, Mikayla A - Female - Age: 12 - Ind/Rel: 8 / 0**

#202 Women 19&U 100 Free Prelims	1:22.19	#206 Women 19&U 100 Breast Prelims	1:43.63
#208 Women 19&U 200 Back Prelims	3:04.96	#306 Women 19&U 50 Breast Prelims	47.44
#310 Women 19&U 100 Back Prelims	1:29.08	#314 Women 19&U 200 IM Prelims	3:17.83
#402 Women 19&U 50 Free Prelims	38.10	#410 Women 19&U 50 Back Prelims	40.88

2 Douglas, William M - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:39.43	#201 Men 19&U 100 Free Prelims	1:10.58
#211 Men 19&U 100 Fly Prelims	1:19.49	#301 Men 19&U 200 Free Prelims	2:39.09
#313 Men 19&U 200 IM Prelims	3:08.15	#401 Men 19&U 50 Free Prelims	31.43
#409 Men 19&U 50 Back Prelims	38.48	#411 Men 19&U 50 Fly Prelims	34.40

3 Janse van Rensburg, Noa-Grace - Female - Age: 10 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:20.16	#208 Women 19&U 200 Back Prelims	3:11.55
#310 Women 19&U 100 Back Prelims	1:29.91	#314 Women 19&U 200 IM Prelims	3:30.90
#402 Women 19&U 50 Free Prelims	35.63	#410 Women 19&U 50 Back Prelims	40.11

4 Kavanagh, Trinity - Female - Age: 13 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:16.87	#206 Women 19&U 100 Breast Prelims	1:41.07
#208 Women 19&U 200 Back Prelims	2:56.61	#302 Women 19&U 200 Free Prelims	2:49.80
#310 Women 19&U 100 Back Prelims	1:23.69	#314 Women 19&U 200 IM Prelims	3:04.95
#402 Women 19&U 50 Free Prelims	34.06	#410 Women 19&U 50 Back Prelims	39.10
#412 Women 19&U 50 Fly Prelims	39.45		

5 Maponyane, Mary - Female - Age: 13 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:10.50	#206 Women 19&U 100 Breast Prelims	1:33.11
#212 Women 19&U 100 Fly Prelims	1:21.16	#302 Women 19&U 200 Free Prelims	2:31.61
#306 Women 19&U 50 Breast Prelims	42.58	#314 Women 19&U 200 IM Prelims	2:51.83
#402 Women 19&U 50 Free Prelims	32.14	#406 Women 19&U 200 Breast Prelims	3:21.47
#412 Women 19&U 50 Fly Prelims	35.18		

6 Van Breda, Paige - Female - Age: 10 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:29.37	#206 Women 19&U 100 Breast Prelims	1:42.58
#302 Women 19&U 200 Free Prelims	3:16.77	#306 Women 19&U 50 Breast Prelims	46.71
#314 Women 19&U 200 IM Prelims	3:36.36	#402 Women 19&U 50 Free Prelims	38.55
#406 Women 19&U 200 Breast Prelims	3:41.99		

7 Wilkes, Kieran-Dante K - Male - Age: 15 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:01.04	#205 Men 19&U 100 Breast Prelims	1:15.46
#211 Men 19&U 100 Fly Prelims	1:07.84	#305 Men 19&U 50 Breast Prelims	35.24
#313 Men 19&U 200 IM Prelims	2:33.53	#401 Men 19&U 50 Free Prelims	27.87
#405 Men 19&U 200 Breast Prelims	2:47.83	#411 Men 19&U 50 Fly Prelims	30.04

8 Wood, Amy-Lee - Female - Age: 11 - Ind/Rel: 7 / 0

#102 Women 11&U 400 Free	6:01.28	#202 Women 19&U 100 Free Prelims	1:18.17
#212 Women 19&U 100 Fly Prelims	1:38.77	#302 Women 19&U 200 Free Prelims	2:47.78
#314 Women 19&U 200 IM Prelims	3:32.79	#402 Women 19&U 50 Free Prelims	34.77
#412 Women 19&U 50 Fly Prelims	42.65		

9 Wood, Jessica - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:18.39	#202 Women 19&U 100 Free Prelims	1:10.28
#212 Women 19&U 100 Fly Prelims	1:23.52	#302 Women 19&U 200 Free Prelims	2:29.84
#314 Women 19&U 200 IM Prelims	2:57.49	#402 Women 19&U 50 Free Prelims	31.55
#412 Women 19&U 50 Fly Prelims	35.37		

TC Aquatics-EK Total Individual Entries: 69 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Team H2o-EK**1 Martins, Keira - Female - Age: 15 - Ind/Rel: 10 / 0**

#202 Women 19&U 100 Free Prelims	1:14.90	#206 Women 19&U 100 Breast Prelims	1:24.97
#212 Women 19&U 100 Fly Prelims	1:21.64	#302 Women 19&U 200 Free Prelims	2:47.60
#306 Women 19&U 50 Breast Prelims	38.81	#314 Women 19&U 200 IM Prelims	3:00.68
#402 Women 19&U 50 Free Prelims	32.77	#406 Women 19&U 200 Breast Prelims	3:02.27
#410 Women 19&U 50 Back Prelims	41.08	#412 Women 19&U 50 Fly Prelims	35.82

Team H2o-EK Total Individual Entries: 10 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Thunder Aquatics-FD****1 Greyling, ara - Female - Age: 12 - Ind/Rel: 6 / 0**

#202 Women 19&U 100 Free Prelims	1:12.19	#206 Women 19&U 100 Breast Prelims	1:42.95
#302 Women 19&U 200 Free Prelims	2:40.17	#306 Women 19&U 50 Breast Prelims	43.19
#402 Women 19&U 50 Free Prelims	34.03	#406 Women 19&U 200 Breast Prelims	3:45.80

2 Lombard, Ella D - Female - Age: 15 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:06.64	#302 Women 19&U 200 Free Prelims	2:26.14
#402 Women 19&U 50 Free Prelims	29.95	#410 Women 19&U 50 Back Prelims	38.87

3 Oelofse, Cay-Din - Male - Age: 15 - Ind/Rel: 8 / 0

#109 Men 15 400 Free	4:48.61	#201 Men 19&U 100 Free Prelims	1:00.39
#205 Men 19&U 100 Breast Prelims	1:16.72	#211 Men 19&U 100 Fly Prelims	1:07.33
#301 Men 19&U 200 Free Prelims	2:13.83	#305 Men 19&U 50 Breast Prelims	33.22
#405 Men 19&U 200 Breast Prelims	2:51.09	#411 Men 19&U 50 Fly Prelims	28.06

Thunder Aquatics-FD Total Individual Entries: 18 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Tinco Swem-TS**1 Du Plessis, Tiaan D - Male - Age: 16 - Ind/Rel: 8 / 0**

#111 Men 16 400 Free	5:03.28	#201 Men 19&U 100 Free Prelims	59.91
#207 Men 19&U 200 Back Prelims	2:38.39	#305 Men 19&U 50 Breast Prelims	34.33
#309 Men 19&U 100 Back Prelims	1:10.64	#401 Men 19&U 50 Free Prelims	26.73
#405 Men 19&U 200 Breast Prelims	3:03.97	#411 Men 19&U 50 Fly Prelims	30.50
Tinco Swem-TS Total Individual Entries: 8 - Total Relays: 0			

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

TuksSwimming Club-TS

1 Alala, Marion J - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:08.24	#206 Women 19&U 100 Breast Prelims	1:27.01
#212 Women 19&U 100 Fly Prelims	1:14.53	#310 Women 19&U 100 Back Prelims	1:16.95
#402 Women 19&U 50 Free Prelims	31.01	#412 Women 19&U 50 Fly Prelims	32.17

2 Battheu, Annik S - Female - Age: 18 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:05.15	#212 Women 19&U 100 Fly Prelims	1:15.48
#302 Women 19&U 200 Free Prelims	2:24.35	#402 Women 19&U 50 Free Prelims	30.31
#412 Women 19&U 50 Fly Prelims	31.96		

3 Bezuidenhout, Anè - Female - Age: 10 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:13.31	#206 Women 19&U 100 Breast Prelims	1:33.29
#302 Women 19&U 200 Free Prelims	2:43.40	#306 Women 19&U 50 Breast Prelims	44.59
#402 Women 19&U 50 Free Prelims	34.78	#412 Women 19&U 50 Fly Prelims	39.75

4 Bezuidenhout, Martinet - Female - Age: 13 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:07.41	#208 Women 19&U 200 Back Prelims	2:50.67
#302 Women 19&U 200 Free Prelims	2:34.65	#310 Women 19&U 100 Back Prelims	1:19.14
#314 Women 19&U 200 IM Prelims	2:51.71	#412 Women 19&U 50 Fly Prelims	34.99

5 Bornman, Christiaan - Male - Age: 15 - Ind/Rel: 5 / 0

#109 Men 15 400 Free	4:36.48	#201 Men 19&U 100 Free Prelims	1:01.92
#301 Men 19&U 200 Free Prelims	2:13.88	#309 Men 19&U 100 Back Prelims	1:14.92
#401 Men 19&U 50 Free Prelims	29.01		

6 Bourbon, Noah - Male - Age: 15 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	58.02	#211 Men 19&U 100 Fly Prelims	1:05.66
#301 Men 19&U 200 Free Prelims	2:14.31	#309 Men 19&U 100 Back Prelims	1:06.23
#401 Men 19&U 50 Free Prelims	27.34	#409 Men 19&U 50 Back Prelims	30.80

7 Bresler, Jaydin - Male - Age: 14 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:02.89	#301 Men 19&U 200 Free Prelims	2:18.84
#309 Men 19&U 100 Back Prelims	1:18.52	#409 Men 19&U 50 Back Prelims	34.87

8 Burstein, Gavin R - Male - Age: 12 - Ind/Rel: 8 / 0

#103 Men 12 400 Free	5:36.96	#201 Men 19&U 100 Free Prelims	1:14.59
#207 Men 19&U 200 Back Prelims	2:56.16	#301 Men 19&U 200 Free Prelims	2:40.44
#309 Men 19&U 100 Back Prelims	1:22.29	#313 Men 19&U 200 IM Prelims	3:11.74
#401 Men 19&U 50 Free Prelims	34.44	#409 Men 19&U 50 Back Prelims	37.76

9 Burstein, Morgan R - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	6:06.17	#202 Women 19&U 100 Free Prelims	1:22.18
#208 Women 19&U 200 Back Prelims	3:15.32	#302 Women 19&U 200 Free Prelims	2:51.74
#306 Women 19&U 50 Breast Prelims	53.83	#310 Women 19&U 100 Back Prelims	1:31.17
#314 Women 19&U 200 IM Prelims	3:26.66	#402 Women 19&U 50 Free Prelims	36.92
#410 Women 19&U 50 Back Prelims	43.52		

10 Buys, Ruhan - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:16.77	#205 Men 19&U 100 Breast Prelims	1:31.89
#301 Men 19&U 200 Free Prelims	2:42.31	#305 Men 19&U 50 Breast Prelims	41.10
#313 Men 19&U 200 IM Prelims	3:07.03	#401 Men 19&U 50 Free Prelims	34.02
#405 Men 19&U 200 Breast Prelims	3:16.39	#409 Men 19&U 50 Back Prelims	41.33

11 Camacho, Caitlin J - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:07.73	#212 Women 19&U 100 Fly Prelims	1:20.31
#302 Women 19&U 200 Free Prelims	2:26.75	#402 Women 19&U 50 Free Prelims	31.96
#412 Women 19&U 50 Fly Prelims	34.76		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****TuksSwimming Club-TS****12 Claassen, Alexi - Female - Age: 11 - Ind/Rel: 10 / 0**

#102 Women 11&U 400 Free	5:36.64	#202 Women 19&U 100 Free Prelims	1:18.14
#208 Women 19&U 200 Back Prelims	2:51.32	#212 Women 19&U 100 Fly Prelims	1:27.96
#302 Women 19&U 200 Free Prelims	2:43.52	#310 Women 19&U 100 Back Prelims	1:21.13
#314 Women 19&U 200 IM Prelims	3:02.05	#402 Women 19&U 50 Free Prelims	35.42
#410 Women 19&U 50 Back Prelims	38.64	#412 Women 19&U 50 Fly Prelims	38.81

13 Coetzee, Kyla A - Female - Age: 11 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:26.34	#208 Women 19&U 200 Back Prelims	3:17.23
#302 Women 19&U 200 Free Prelims	3:10.81	#306 Women 19&U 50 Breast Prelims	49.38
#310 Women 19&U 100 Back Prelims	1:31.09	#402 Women 19&U 50 Free Prelims	38.39
#410 Women 19&U 50 Back Prelims	40.86		

14 Collett, Jayda J - Female - Age: 19 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:04.54	#206 Women 19&U 100 Breast Prelims	1:24.42
#212 Women 19&U 100 Fly Prelims	1:15.90	#302 Women 19&U 200 Free Prelims	2:21.38
#310 Women 19&U 100 Back Prelims	1:17.60	#314 Women 19&U 200 IM Prelims	2:50.32
#402 Women 19&U 50 Free Prelims	29.36		

15 Cownie, Isabella E - Female - Age: 13 - Ind/Rel: 6 / 0

#106 Women 13 400 Free	5:38.33	#202 Women 19&U 100 Free Prelims	1:11.95
#302 Women 19&U 200 Free Prelims	2:37.50	#402 Women 19&U 50 Free Prelims	32.33
#410 Women 19&U 50 Back Prelims	39.68	#412 Women 19&U 50 Fly Prelims	41.29

16 Cownie, Nicholas A - Male - Age: 15 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:03.77	#205 Men 19&U 100 Breast Prelims	1:18.21
#305 Men 19&U 50 Breast Prelims	36.04	#313 Men 19&U 200 IM Prelims	2:39.77
#405 Men 19&U 200 Breast Prelims	2:48.16	#411 Men 19&U 50 Fly Prelims	34.66

17 Crowther, Milan R - Male - Age: 16 - Ind/Rel: 6 / 0

#111 Men 16 400 Free	5:02.01	#201 Men 19&U 100 Free Prelims	58.36
#301 Men 19&U 200 Free Prelims	2:10.74	#309 Men 19&U 100 Back Prelims	1:11.24
#401 Men 19&U 50 Free Prelims	26.97	#409 Men 19&U 50 Back Prelims	31.72

18 Da Silva, Abigail Z - Female - Age: 13 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:06.19	#302 Women 19&U 200 Free Prelims	2:35.59
#310 Women 19&U 100 Back Prelims	1:18.81	#402 Women 19&U 50 Free Prelims	30.79
#410 Women 19&U 50 Back Prelims	37.64	#412 Women 19&U 50 Fly Prelims	35.19

19 De Bruin, Charné - Female - Age: 11 - Ind/Rel: 7 / 0

#102 Women 11&U 400 Free	5:57.69	#206 Women 19&U 100 Breast Prelims	1:43.06
#208 Women 19&U 200 Back Prelims	3:07.68	#302 Women 19&U 200 Free Prelims	2:51.12
#314 Women 19&U 200 IM Prelims	3:18.21	#402 Women 19&U 50 Free Prelims	38.65
#406 Women 19&U 200 Breast Prelims	3:47.65		

20 De Bruyn, Kasey L - Female - Age: 10 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	5:17.02	#206 Women 19&U 100 Breast Prelims	1:35.24
#208 Women 19&U 200 Back Prelims	2:46.78	#302 Women 19&U 200 Free Prelims	2:32.74
#310 Women 19&U 100 Back Prelims	1:17.88	#314 Women 19&U 200 IM Prelims	2:51.01
#402 Women 19&U 50 Free Prelims	33.04	#406 Women 19&U 200 Breast Prelims	3:26.91
#410 Women 19&U 50 Back Prelims	36.48	#412 Women 19&U 50 Fly Prelims	37.17

21 Del Fabbro, Antonella - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:05.87	#212 Women 19&U 100 Fly Prelims	1:13.88
#302 Women 19&U 200 Free Prelims	2:24.37	#402 Women 19&U 50 Free Prelims	30.16
#412 Women 19&U 50 Fly Prelims	32.76		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

TuksSwimming Club-TS

22 Eldar, Eitan - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:07.97	#201 Men 19&U 100 Free Prelims	1:08.42
#207 Men 19&U 200 Back Prelims	2:46.24	#301 Men 19&U 200 Free Prelims	2:27.10
#309 Men 19&U 100 Back Prelims	1:17.72	#313 Men 19&U 200 IM Prelims	2:53.90
#401 Men 19&U 50 Free Prelims	32.52	#409 Men 19&U 50 Back Prelims	36.43
#411 Men 19&U 50 Fly Prelims	35.58		

23 Ferreira, Johan O - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	6:40.93	#201 Men 19&U 100 Free Prelims	1:24.32
#207 Men 19&U 200 Back Prelims	3:12.32	#301 Men 19&U 200 Free Prelims	3:06.39
#309 Men 19&U 100 Back Prelims	1:32.42	#313 Men 19&U 200 IM Prelims	3:35.33
#401 Men 19&U 50 Free Prelims	36.81	#409 Men 19&U 50 Back Prelims	41.77

24 Fourie, Tyler M - Male - Age: 11 - Ind/Rel: 7 / 0

#205 Men 19&U 100 Breast Prelims	1:45.95	#207 Men 19&U 200 Back Prelims	3:39.10
#305 Men 19&U 50 Breast Prelims	49.17	#309 Men 19&U 100 Back Prelims	1:33.35
#401 Men 19&U 50 Free Prelims	39.77	#405 Men 19&U 200 Breast Prelims	3:45.34
#409 Men 19&U 50 Back Prelims	42.59		

25 Gomes, Tiago J - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	4:51.79	#201 Men 19&U 100 Free Prelims	1:00.80
#301 Men 19&U 200 Free Prelims	2:15.20	#305 Men 19&U 50 Breast Prelims	35.93
#313 Men 19&U 200 IM Prelims	2:31.23	#401 Men 19&U 50 Free Prelims	27.78
#411 Men 19&U 50 Fly Prelims	30.34		

26 Goodchild, Abigail - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:17.12	#206 Women 19&U 100 Breast Prelims	1:37.07
#306 Women 19&U 50 Breast Prelims	41.68	#314 Women 19&U 200 IM Prelims	3:15.56
#402 Women 19&U 50 Free Prelims	35.80	#406 Women 19&U 200 Breast Prelims	3:15.15
#412 Women 19&U 50 Fly Prelims	40.53		

27 Jonker, Anri - Female - Age: 13 - Ind/Rel: 3 / 0

#206 Women 19&U 100 Breast Prelims	1:28.73	#306 Women 19&U 50 Breast Prelims	39.49
#406 Women 19&U 200 Breast Prelims	3:17.56		

28 Jv Rensburg, Ben B - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	6:42.09	#201 Men 19&U 100 Free Prelims	1:22.92
#205 Men 19&U 100 Breast Prelims	1:44.28	#207 Men 19&U 200 Back Prelims	3:14.18
#301 Men 19&U 200 Free Prelims	2:57.10	#309 Men 19&U 100 Back Prelims	1:31.44
#405 Men 19&U 200 Breast Prelims	3:43.10	#409 Men 19&U 50 Back Prelims	43.15

29 Jv Rensburg, Johané - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:09.88	#208 Women 19&U 200 Back Prelims	2:46.90
#302 Women 19&U 200 Free Prelims	2:37.83	#310 Women 19&U 100 Back Prelims	1:17.60
#412 Women 19&U 50 Fly Prelims	35.14		

30 Koen, Ethan - Male - Age: 17 - Ind/Rel: 4 / 0

#113 Men 17-19 400 Free	4:45.75	#201 Men 19&U 100 Free Prelims	1:00.46
#211 Men 19&U 100 Fly Prelims	1:06.58	#301 Men 19&U 200 Free Prelims	2:11.57

31 Köpplinger, Axel F - Male - Age: 11 - Ind/Rel: 7 / 0

#101 Men 11&U 400 Free	6:01.45	#201 Men 19&U 100 Free Prelims	1:17.13
#205 Men 19&U 100 Breast Prelims	1:44.80	#301 Men 19&U 200 Free Prelims	2:52.24
#305 Men 19&U 50 Breast Prelims	48.03	#405 Men 19&U 200 Breast Prelims	3:43.31
#411 Men 19&U 50 Fly Prelims	49.43		

32 Köpplinger, Elara C - Female - Age: 14 - Ind/Rel: 5 / 0

#108 Women 14 400 Free	5:21.39	#202 Women 19&U 100 Free Prelims	1:08.49
#212 Women 19&U 100 Fly Prelims	1:17.21	#302 Women 19&U 200 Free Prelims	2:27.56
#314 Women 19&U 200 IM Prelims	2:55.17		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****TuksSwimming Club-TS****33 Kyndell, Henry D - Male - Age: 13 - Ind/Rel: 7 / 0**

#105 Men 13 400 Free	5:00.48	#201 Men 19&U 100 Free Prelims	1:04.82
#211 Men 19&U 100 Fly Prelims	1:16.70	#301 Men 19&U 200 Free Prelims	2:31.91
#313 Men 19&U 200 IM Prelims	2:45.22	#401 Men 19&U 50 Free Prelims	31.66
#405 Men 19&U 200 Breast Prelims	3:08.59		

34 Kyndell, Ivan J - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	4:55.63	#201 Men 19&U 100 Free Prelims	1:01.71
#207 Men 19&U 200 Back Prelims	2:39.73	#301 Men 19&U 200 Free Prelims	2:18.03
#309 Men 19&U 100 Back Prelims	1:14.61	#401 Men 19&U 50 Free Prelims	28.95
#409 Men 19&U 50 Back Prelims	34.10		

35 Loubser, Jacobus - Male - Age: 13 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:06.22	#211 Men 19&U 100 Fly Prelims	1:15.88
#301 Men 19&U 200 Free Prelims	2:24.65	#411 Men 19&U 50 Fly Prelims	32.62

36 Mans, Kristen - Female - Age: 14 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:10.81	#208 Women 19&U 200 Back Prelims	2:50.65
#302 Women 19&U 200 Free Prelims	2:29.15	#310 Women 19&U 100 Back Prelims	1:17.04
#402 Women 19&U 50 Free Prelims	32.01	#410 Women 19&U 50 Back Prelims	38.46
#412 Women 19&U 50 Fly Prelims	36.35		

37 Minnie, Michael C - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	5:32.54	#201 Men 19&U 100 Free Prelims	1:12.23
#207 Men 19&U 200 Back Prelims	2:50.94	#309 Men 19&U 100 Back Prelims	1:17.13
#313 Men 19&U 200 IM Prelims	3:10.89	#401 Men 19&U 50 Free Prelims	32.73
#409 Men 19&U 50 Back Prelims	34.99	#411 Men 19&U 50 Fly Prelims	35.85

38 Modena, Eli L - Male - Age: 10 - Ind/Rel: 6 / 0

#101 Men 11&U 400 Free	6:19.93	#205 Men 19&U 100 Breast Prelims	1:43.85
#207 Men 19&U 200 Back Prelims	3:13.84	#301 Men 19&U 200 Free Prelims	2:55.88
#309 Men 19&U 100 Back Prelims	1:32.16	#405 Men 19&U 200 Breast Prelims	3:44.69

39 Müller, Dawid H - Male - Age: 12 - Ind/Rel: 6 / 0

#103 Men 12 400 Free	5:45.33	#201 Men 19&U 100 Free Prelims	1:19.89
#205 Men 19&U 100 Breast Prelims	1:44.44	#301 Men 19&U 200 Free Prelims	2:44.68
#309 Men 19&U 100 Back Prelims	1:31.59	#405 Men 19&U 200 Breast Prelims	3:35.23

40 Naude, Mitchell - Male - Age: 12 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:14.95	#205 Men 19&U 100 Breast Prelims	1:36.22
#211 Men 19&U 100 Fly Prelims	1:28.13	#301 Men 19&U 200 Free Prelims	2:40.32
#305 Men 19&U 50 Breast Prelims	44.95	#313 Men 19&U 200 IM Prelims	2:56.60
#401 Men 19&U 50 Free Prelims	32.56	#405 Men 19&U 200 Breast Prelims	3:19.34
#411 Men 19&U 50 Fly Prelims	36.86		

41 Nel, Mila M - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	6:00.25	#202 Women 19&U 100 Free Prelims	1:16.89
#208 Women 19&U 200 Back Prelims	3:08.02	#302 Women 19&U 200 Free Prelims	2:43.42
#310 Women 19&U 100 Back Prelims	1:29.14	#314 Women 19&U 200 IM Prelims	3:10.11
#402 Women 19&U 50 Free Prelims	35.90	#410 Women 19&U 50 Back Prelims	41.06
#412 Women 19&U 50 Fly Prelims	41.76		

42 Nicholson, Adam M - Male - Age: 15 - Ind/Rel: 5 / 0

#109 Men 15 400 Free	5:00.11	#205 Men 19&U 100 Breast Prelims	1:19.54
#305 Men 19&U 50 Breast Prelims	36.07	#405 Men 19&U 200 Breast Prelims	3:01.68
#411 Men 19&U 50 Fly Prelims	31.44		

43 Ntsie, Tshenolo - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:11.64	#206 Women 19&U 100 Breast Prelims	1:22.51
#306 Women 19&U 50 Breast Prelims	38.65	#406 Women 19&U 200 Breast Prelims	3:02.85
#412 Women 19&U 50 Fly Prelims	35.81		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****TuksSwimming Club-TS****44 O'Connor, Jade - Female - Age: 16 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:07.16	#206 Women 19&U 100 Breast Prelims	1:29.90
#212 Women 19&U 100 Fly Prelims	1:21.12	#302 Women 19&U 200 Free Prelims	2:29.87
#306 Women 19&U 50 Breast Prelims	41.52	#314 Women 19&U 200 IM Prelims	2:47.91
#412 Women 19&U 50 Fly Prelims	33.83		

45 Ongley, Alex J - Male - Age: 17 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	58.66	#211 Men 19&U 100 Fly Prelims	1:02.70
#301 Men 19&U 200 Free Prelims	2:09.12	#401 Men 19&U 50 Free Prelims	26.97
#411 Men 19&U 50 Fly Prelims	28.38		

46 Oosthuizen, Xander - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	58.62	#205 Men 19&U 100 Breast Prelims	1:14.68
#305 Men 19&U 50 Breast Prelims	34.06	#401 Men 19&U 50 Free Prelims	26.45
#411 Men 19&U 50 Fly Prelims	29.41		

47 Pansegrouw, Rudolph - Male - Age: 12 - Ind/Rel: 6 / 0

#103 Men 12 400 Free	5:18.08	#207 Men 19&U 200 Back Prelims	2:48.46
#301 Men 19&U 200 Free Prelims	2:30.59	#313 Men 19&U 200 IM Prelims	2:54.36
#405 Men 19&U 200 Breast Prelims	3:17.90	#411 Men 19&U 50 Fly Prelims	38.93

48 Potgieter, Brendan - Male - Age: 15 - Ind/Rel: 12 / 0

#201 Men 19&U 100 Free Prelims	1:00.93	#205 Men 19&U 100 Breast Prelims	1:21.05
#207 Men 19&U 200 Back Prelims	2:36.84	#211 Men 19&U 100 Fly Prelims	1:09.73
#301 Men 19&U 200 Free Prelims	2:22.24	#305 Men 19&U 50 Breast Prelims	36.34
#309 Men 19&U 100 Back Prelims	1:09.84	#313 Men 19&U 200 IM Prelims	2:34.97
#401 Men 19&U 50 Free Prelims	27.59	#405 Men 19&U 200 Breast Prelims	3:06.16
#409 Men 19&U 50 Back Prelims	31.24	#411 Men 19&U 50 Fly Prelims	31.07

49 Pretorius, Elandre - Male - Age: 18 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:00.36	#207 Men 19&U 200 Back Prelims	2:30.41
#309 Men 19&U 100 Back Prelims	1:08.71	#401 Men 19&U 50 Free Prelims	27.03
#409 Men 19&U 50 Back Prelims	31.08	#411 Men 19&U 50 Fly Prelims	29.24

50 Pretorius, Ivan L - Male - Age: 12 - Ind/Rel: 6 / 0

#103 Men 12 400 Free	5:39.94	#201 Men 19&U 100 Free Prelims	1:13.33
#207 Men 19&U 200 Back Prelims	3:00.18	#301 Men 19&U 200 Free Prelims	2:37.38
#309 Men 19&U 100 Back Prelims	1:23.66	#401 Men 19&U 50 Free Prelims	32.35

51 Prinsloo, Benjamin - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:01.98	#205 Men 19&U 100 Breast Prelims	1:14.78
#305 Men 19&U 50 Breast Prelims	34.40	#401 Men 19&U 50 Free Prelims	28.65
#405 Men 19&U 200 Breast Prelims	2:47.40		

52 Prinsloo, Chloe - Female - Age: 14 - Ind/Rel: 3 / 0

#206 Women 19&U 100 Breast Prelims	1:30.56	#306 Women 19&U 50 Breast Prelims	41.37
#406 Women 19&U 200 Breast Prelims	3:23.55		

53 Prinsloo, James P - Male - Age: 10 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:15.92	#207 Men 19&U 200 Back Prelims	2:58.08
#301 Men 19&U 200 Free Prelims	2:41.79	#309 Men 19&U 100 Back Prelims	1:21.87
#313 Men 19&U 200 IM Prelims	3:07.40	#401 Men 19&U 50 Free Prelims	32.75
#409 Men 19&U 50 Back Prelims	37.08	#411 Men 19&U 50 Fly Prelims	36.06

54 Rabie, Morgan - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:04.35	#208 Women 19&U 200 Back Prelims	2:41.05
#310 Women 19&U 100 Back Prelims	1:12.07	#402 Women 19&U 50 Free Prelims	28.97
#410 Women 19&U 50 Back Prelims	32.90	#412 Women 19&U 50 Fly Prelims	31.50

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****TuksSwimming Club-TS****55 Robertson, Ardan P - Male - Age: 16 - Ind/Rel: 5 / 0**

#201 Men 19&U 100 Free Prelims	58.84	#211 Men 19&U 100 Fly Prelims	1:04.93
#309 Men 19&U 100 Back Prelims	1:06.70	#401 Men 19&U 50 Free Prelims	26.79
#411 Men 19&U 50 Fly Prelims	29.87		

56 Roets, Emma - Female - Age: 11 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	6:23.43	#202 Women 19&U 100 Free Prelims	1:22.99
#208 Women 19&U 200 Back Prelims	3:10.13	#302 Women 19&U 200 Free Prelims	3:02.94
#310 Women 19&U 100 Back Prelims	1:26.34	#314 Women 19&U 200 IM Prelims	3:26.25
#402 Women 19&U 50 Free Prelims	36.92	#406 Women 19&U 200 Breast Prelims	3:57.24
#410 Women 19&U 50 Back Prelims	40.82	#412 Women 19&U 50 Fly Prelims	44.13

57 Roodt, Adam A - Male - Age: 11 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:16.07	#205 Men 19&U 100 Breast Prelims	1:37.85
#301 Men 19&U 200 Free Prelims	2:59.24	#309 Men 19&U 100 Back Prelims	1:26.15
#405 Men 19&U 200 Breast Prelims	3:46.52	#411 Men 19&U 50 Fly Prelims	40.87

58 Roome, Jaime L - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:04.22	#212 Women 19&U 100 Fly Prelims	1:12.17
#302 Women 19&U 200 Free Prelims	2:22.48	#402 Women 19&U 50 Free Prelims	29.55
#410 Women 19&U 50 Back Prelims	33.92	#412 Women 19&U 50 Fly Prelims	31.65

59 Scott, Gabriella - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	6:11.28	#202 Women 19&U 100 Free Prelims	1:19.84
#206 Women 19&U 100 Breast Prelims	1:47.45	#302 Women 19&U 200 Free Prelims	2:54.17
#310 Women 19&U 100 Back Prelims	1:39.31	#314 Women 19&U 200 IM Prelims	3:35.28
#402 Women 19&U 50 Free Prelims	36.40	#406 Women 19&U 200 Breast Prelims	4:05.61
#412 Women 19&U 50 Fly Prelims	48.84		

60 Sebastiao, Noa - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:11.88	#208 Women 19&U 200 Back Prelims	3:09.04
#302 Women 19&U 200 Free Prelims	2:38.26	#310 Women 19&U 100 Back Prelims	1:28.20
#314 Women 19&U 200 IM Prelims	3:04.95	#402 Women 19&U 50 Free Prelims	31.96

61 September, Isabella J - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:16.95	#208 Women 19&U 200 Back Prelims	2:54.05
#302 Women 19&U 200 Free Prelims	2:46.14	#310 Women 19&U 100 Back Prelims	1:24.03
#402 Women 19&U 50 Free Prelims	34.67	#410 Women 19&U 50 Back Prelims	38.95

62 Sheldon, Joshua C - Male - Age: 15 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:25.08	#207 Men 19&U 200 Back Prelims	2:23.93
#305 Men 19&U 50 Breast Prelims	40.60	#309 Men 19&U 100 Back Prelims	1:05.48
#313 Men 19&U 200 IM Prelims	2:33.83	#409 Men 19&U 50 Back Prelims	29.91

63 Sirrals, Annabell M - Female - Age: 15 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:06.54	#212 Women 19&U 100 Fly Prelims	1:21.86
#402 Women 19&U 50 Free Prelims	29.75	#412 Women 19&U 50 Fly Prelims	32.18

64 Smit, Christiaan - Male - Age: 13 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:10.49	#205 Men 19&U 100 Breast Prelims	1:33.77
#207 Men 19&U 200 Back Prelims	2:50.68	#301 Men 19&U 200 Free Prelims	2:33.45
#309 Men 19&U 100 Back Prelims	1:21.72		

65 Spoelstra, Rii - Female - Age: 16 - Ind/Rel: 6 / 0

#112 Women 16 400 Free	5:06.39	#202 Women 19&U 100 Free Prelims	1:08.17
#212 Women 19&U 100 Fly Prelims	1:23.06	#302 Women 19&U 200 Free Prelims	2:26.07
#402 Women 19&U 50 Free Prelims	31.05	#412 Women 19&U 50 Fly Prelims	34.93

66 Struwig, Leah - Female - Age: 12 - Ind/Rel: 4 / 0

#206 Women 19&U 100 Breast Prelims	1:36.55	#306 Women 19&U 50 Breast Prelims	46.71
#406 Women 19&U 200 Breast Prelims	3:25.85	#410 Women 19&U 50 Back Prelims	41.59

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****TuksSwimming Club-TS****67 Struwig, Sebastiaan - Male - Age: 14 - Ind/Rel: 4 / 0**

#205 Men 19&U 100 Breast Prelims	1:21.72	#309 Men 19&U 100 Back Prelims	1:11.89
#313 Men 19&U 200 IM Prelims	2:42.28	#405 Men 19&U 200 Breast Prelims	2:51.53

68 Suliman, Tazmin - Female - Age: 17 - Ind/Rel: 2 / 0

#206 Women 19&U 100 Breast Prelims	1:24.69	#310 Women 19&U 100 Back Prelims	1:14.23
------------------------------------	---------	----------------------------------	---------

69 Taylor, Keira - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:08.60	#208 Women 19&U 200 Back Prelims	2:48.49
#310 Women 19&U 100 Back Prelims	1:12.66	#402 Women 19&U 50 Free Prelims	30.33
#410 Women 19&U 50 Back Prelims	33.81		

70 Van Dyk, Abigail - Female - Age: 17 - Ind/Rel: 2 / 0

#310 Women 19&U 100 Back Prelims	1:18.90	#410 Women 19&U 50 Back Prelims	34.96
----------------------------------	---------	---------------------------------	-------

71 Vd Linde, Nolan - Male - Age: 17 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	58.04	#205 Men 19&U 100 Breast Prelims	1:14.93
#301 Men 19&U 200 Free Prelims	2:08.44	#305 Men 19&U 50 Breast Prelims	34.75
#401 Men 19&U 50 Free Prelims	26.11	#405 Men 19&U 200 Breast Prelims	2:50.99

72 vd Merwe, Eleni D - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:19.70	#202 Women 19&U 100 Free Prelims	1:04.41
#212 Women 19&U 100 Fly Prelims	1:20.85	#302 Women 19&U 200 Free Prelims	2:24.73
#310 Women 19&U 100 Back Prelims	1:17.33	#402 Women 19&U 50 Free Prelims	30.66
#412 Women 19&U 50 Fly Prelims	34.90		

73 Vd Merwe, Elmiah - Female - Age: 13 - Ind/Rel: 7 / 0

#206 Women 19&U 100 Breast Prelims	1:30.51	#208 Women 19&U 200 Back Prelims	2:50.32
#306 Women 19&U 50 Breast Prelims	43.26	#310 Women 19&U 100 Back Prelims	1:20.96
#314 Women 19&U 200 IM Prelims	3:09.27	#406 Women 19&U 200 Breast Prelims	3:18.27
#412 Women 19&U 50 Fly Prelims	36.49		

74 Vd Walt, Christiaan - Male - Age: 15 - Ind/Rel: 4 / 0

#109 Men 15 400 Free	4:56.92	#211 Men 19&U 100 Fly Prelims	1:13.46
#309 Men 19&U 100 Back Prelims	1:08.36	#313 Men 19&U 200 IM Prelims	2:37.46

75 Venter, Lizelle - Female - Age: 14 - Ind/Rel: 6 / 0

#108 Women 14 400 Free	5:22.80	#202 Women 19&U 100 Free Prelims	1:06.22
#208 Women 19&U 200 Back Prelims	2:45.78	#302 Women 19&U 200 Free Prelims	2:26.40
#310 Women 19&U 100 Back Prelims	1:21.29	#402 Women 19&U 50 Free Prelims	30.78

76 Viljoen, Elizabeth - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:04.65	#212 Women 19&U 100 Fly Prelims	1:19.17
#302 Women 19&U 200 Free Prelims	2:36.03	#306 Women 19&U 50 Breast Prelims	37.38
#310 Women 19&U 100 Back Prelims	1:14.52	#402 Women 19&U 50 Free Prelims	29.74

77 Vorster, Demi - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	5:14.58	#202 Women 19&U 100 Free Prelims	1:09.73
#208 Women 19&U 200 Back Prelims	2:54.96	#302 Women 19&U 200 Free Prelims	2:28.81
#310 Women 19&U 100 Back Prelims	1:24.73	#314 Women 19&U 200 IM Prelims	3:03.49
#402 Women 19&U 50 Free Prelims	32.45	#410 Women 19&U 50 Back Prelims	38.30
#412 Women 19&U 50 Fly Prelims	39.46		

78 Ward, Marlene - Female - Age: 16 - Ind/Rel: 3 / 0

#202 Women 19&U 100 Free Prelims	1:03.54	#302 Women 19&U 200 Free Prelims	2:19.38
#402 Women 19&U 50 Free Prelims	29.90		

TuksSwimming Club-TS Total Individual Entries: 484 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Tzaneen Amateur Swimming Club-MP****1 Ferreira, Milan - Female - Age: 15 - Ind/Rel: 10 / 0**

#202 Women 19&U 100 Free Prelims	1:05.66	#206 Women 19&U 100 Breast Prelims	1:29.34
#208 Women 19&U 200 Back Prelims	2:44.29	#302 Women 19&U 200 Free Prelims	2:28.22
#306 Women 19&U 50 Breast Prelims	41.24	#310 Women 19&U 100 Back Prelims	1:14.91
#314 Women 19&U 200 IM Prelims	2:46.32	#402 Women 19&U 50 Free Prelims	29.73
#410 Women 19&U 50 Back Prelims	34.09	#412 Women 19&U 50 Fly Prelims	32.51

2 Leykauf, Ruan - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	4:58.71	#201 Men 19&U 100 Free Prelims	58.51
#211 Men 19&U 100 Fly Prelims	1:07.05	#301 Men 19&U 200 Free Prelims	2:12.93
#401 Men 19&U 50 Free Prelims	26.68	#409 Men 19&U 50 Back Prelims	33.59
#411 Men 19&U 50 Fly Prelims	28.40		

3 Louw, Carme - Female - Age: 16 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:11.48	#206 Women 19&U 100 Breast Prelims	1:23.47
#306 Women 19&U 50 Breast Prelims	38.27	#310 Women 19&U 100 Back Prelims	1:22.34
#402 Women 19&U 50 Free Prelims	30.77	#406 Women 19&U 200 Breast Prelims	3:04.28
#412 Women 19&U 50 Fly Prelims	35.89		

4 Perold, MJ J - Male - Age: 13 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:31.97	#305 Men 19&U 50 Breast Prelims	40.42
#309 Men 19&U 100 Back Prelims	1:26.61	#405 Men 19&U 200 Breast Prelims	3:18.69
#409 Men 19&U 50 Back Prelims	37.51	#411 Men 19&U 50 Fly Prelims	37.53

5 Schalekamp, Anru - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:13.44	#205 Men 19&U 100 Breast Prelims	1:35.96
#301 Men 19&U 200 Free Prelims	2:38.55	#305 Men 19&U 50 Breast Prelims	41.68
#309 Men 19&U 100 Back Prelims	1:21.97	#401 Men 19&U 50 Free Prelims	32.88
#405 Men 19&U 200 Breast Prelims	3:24.75	#409 Men 19&U 50 Back Prelims	38.70

6 Stewart, Leah - Female - Age: 13 - Ind/Rel: 6 / 0

#106 Women 13 400 Free	5:46.58	#212 Women 19&U 100 Fly Prelims	1:31.51
#302 Women 19&U 200 Free Prelims	2:42.13	#314 Women 19&U 200 IM Prelims	3:05.29
#406 Women 19&U 200 Breast Prelims	3:36.79	#412 Women 19&U 50 Fly Prelims	39.14

7 Van Veelen, Lara L - Female - Age: 11 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:32.69	#306 Women 19&U 50 Breast Prelims	41.98
#314 Women 19&U 200 IM Prelims	3:30.58	#402 Women 19&U 50 Free Prelims	34.62
#406 Women 19&U 200 Breast Prelims	3:17.05	#412 Women 19&U 50 Fly Prelims	45.60

8 Van Veelen, Miane A - Female - Age: 14 - Ind/Rel: 5 / 0

#206 Women 19&U 100 Breast Prelims	1:29.23	#306 Women 19&U 50 Breast Prelims	40.17
#402 Women 19&U 50 Free Prelims	34.67	#406 Women 19&U 200 Breast Prelims	3:17.35
#410 Women 19&U 50 Back Prelims	40.79		

Tzaneen Amateur Swimming Club-MP Total Individual Entries: 55 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Uniswim Uplands Swimming Club-EZ****1 Jansen, Megan M - Female - Age: 15 - Ind/Rel: 7 / 5**

#202 Women 19&U 100 Free Prelims	1:06.36	#206 Women 19&U 100 Breast Prelims	1:37.82
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.71	#306 Women 19&U 50 Breast Prelims	43.01
#310 Women 19&U 100 Back Prelims	1:20.68	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.49
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.48	#402 Women 19&U 50 Free Prelims	30.23
#410 Women 19&U 50 Back Prelims	35.19	#412 Women 19&U 50 Fly Prelims	34.95
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.56	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:40.75

2 Mills, Cara J - Female - Age: 12 - Ind/Rel: 7 / 4

#202 Women 19&U 100 Free Prelims	1:13.48	#212 Women 19&U 100 Fly Prelims	1:19.03
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.71	#302 Women 19&U 200 Free Prelims	2:48.98
#310 Women 19&U 100 Back Prelims	1:23.14	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.49
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.48	#402 Women 19&U 50 Free Prelims	33.46
#410 Women 19&U 50 Back Prelims	37.62	#412 Women 19&U 50 Fly Prelims	34.42
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.56		

3 Rautenbach, Chloe M - Female - Age: 12 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:10.76	#206 Women 19&U 100 Breast Prelims	1:38.10
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.71	#302 Women 19&U 200 Free Prelims	2:45.20
#306 Women 19&U 50 Breast Prelims	43.17	#310 Women 19&U 100 Back Prelims	1:36.75
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.49	#402 Women 19&U 50 Free Prelims	32.22
#410 Women 19&U 50 Back Prelims	42.28	#412 Women 19&U 50 Fly Prelims	39.77
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.56		

4 Roberts, Pippa J - Female - Age: 12 - Ind/Rel: 8 / 4

#202 Women 19&U 100 Free Prelims	1:10.11	#206 Women 19&U 100 Breast Prelims	1:34.71
#212 Women 19&U 100 Fly Prelims	1:24.42	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.71
#306 Women 19&U 50 Breast Prelims	41.73	#314 Women 19&U 200 IM Prelims	3:00.97
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:07.49	#402 Women 19&U 50 Free Prelims	31.58
#406 Women 19&U 200 Breast Prelims	3:25.22	#412 Women 19&U 50 Fly Prelims	34.43
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:23.56	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:40.75

5 Seaman, Maricus - Male - Age: 12 - Ind/Rel: 8 / 2

#205 Men 19&U 100 Breast Prelims	1:30.33	#211 Men 19&U 100 Fly Prelims	1:35.45
#305 Men 19&U 50 Breast Prelims	40.89	#309 Men 19&U 100 Back Prelims	1:22.84
#313 Men 19&U 200 IM Prelims	2:58.18	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.48
#401 Men 19&U 50 Free Prelims	32.16	#405 Men 19&U 200 Breast Prelims	3:14.64
#409 Men 19&U 50 Back Prelims	39.12	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:40.75

6 Van Der Nest, Milan O - Male - Age: 14 - Ind/Rel: 8 / 2

#107 Men 14 400 Free	5:36.77	#205 Men 19&U 100 Breast Prelims	1:25.62
#305 Men 19&U 50 Breast Prelims	39.97	#309 Men 19&U 100 Back Prelims	1:18.93
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.48	#401 Men 19&U 50 Free Prelims	30.33
#405 Men 19&U 200 Breast Prelims	3:07.85	#409 Men 19&U 50 Back Prelims	36.94
#411 Men 19&U 50 Fly Prelims	34.80	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:40.75

Uniswim Uplands Swimming Club-EZ Total Individual Entries: 46 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

Uniswim-EZ

1 Banza, Emmanuela E - Female - Age: 11 - Ind/Rel: 5 / 0

#206 Women 19&U 100 Breast Prelims	1:33.78	#306 Women 19&U 50 Breast Prelims	43.96
#402 Women 19&U 50 Free Prelims	36.33	#406 Women 19&U 200 Breast Prelims	3:35.66
#410 Women 19&U 50 Back Prelims	46.15		

2 Banza, Lys L - Female - Age: 17 - Ind/Rel: 8 / 5

#114 Women 17-19 400 Free	5:15.02	#202 Women 19&U 100 Free Prelims	1:06.41
#208 Women 19&U 200 Back Prelims	2:52.80	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:33.33
#302 Women 19&U 200 Free Prelims	2:28.15	#306 Women 19&U 50 Breast Prelims	37.12
#310 Women 19&U 100 Back Prelims	1:18.99	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.37
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:11.27	#402 Women 19&U 50 Free Prelims	29.92
#410 Women 19&U 50 Back Prelims	35.88	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.89
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:14.48		

3 Boyd, Joshua J - Male - Age: 15 - Ind/Rel: 9 / 5

#109 Men 15 400 Free	4:43.49	#201 Men 19&U 100 Free Prelims	57.54
#207 Men 19&U 200 Back Prelims	2:27.17	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:11.14
#301 Men 19&U 200 Free Prelims	2:08.73	#309 Men 19&U 100 Back Prelims	1:06.07
#313 Men 19&U 200 IM Prelims	2:29.46	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:56.36
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.09	#401 Men 19&U 50 Free Prelims	26.74
#409 Men 19&U 50 Back Prelims	30.06	#411 Men 19&U 50 Fly Prelims	29.09
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:12.55	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:11.86

4 Burger, Marcus P - Male - Age: 13 - Ind/Rel: 8 / 3

#105 Men 13 400 Free	5:31.18	#201 Men 19&U 100 Free Prelims	1:10.79
#207 Men 19&U 200 Back Prelims	2:52.34	#301 Men 19&U 200 Free Prelims	2:34.80
#309 Men 19&U 100 Back Prelims	1:22.11	#313 Men 19&U 200 IM Prelims	3:00.20
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:56.36	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.03
#401 Men 19&U 50 Free Prelims	32.17	#409 Men 19&U 50 Back Prelims	37.88
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:12.55		

5 Cussons, Simone - Female - Age: 16 - Ind/Rel: 6 / 4

#112 Women 16 400 Free	5:14.84	#202 Women 19&U 100 Free Prelims	1:08.92
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:33.33	#302 Women 19&U 200 Free Prelims	2:26.18
#314 Women 19&U 200 IM Prelims	2:50.65	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.37
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:11.27	#402 Women 19&U 50 Free Prelims	30.82
#410 Women 19&U 50 Back Prelims	35.93	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.89

6 De Villiers, Dawid - Male - Age: 14 - Ind/Rel: 7 / 5

#201 Men 19&U 100 Free Prelims	1:00.37	#205 Men 19&U 100 Breast Prelims	1:24.98
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:11.14	#301 Men 19&U 200 Free Prelims	2:21.10
#305 Men 19&U 50 Breast Prelims	37.86	#313 Men 19&U 200 IM Prelims	2:36.58
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:56.36	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.09
#401 Men 19&U 50 Free Prelims	27.91	#411 Men 19&U 50 Fly Prelims	30.74
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:12.55	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:11.86

7 Dlamini, Simo - Male - Age: 17 - Ind/Rel: 7 / 2

#201 Men 19&U 100 Free Prelims	59.07	#205 Men 19&U 100 Breast Prelims	1:29.42
#301 Men 19&U 200 Free Prelims	2:14.63	#305 Men 19&U 50 Breast Prelims	39.23
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:11.27	#401 Men 19&U 50 Free Prelims	26.94
#409 Men 19&U 50 Back Prelims	35.75	#411 Men 19&U 50 Fly Prelims	29.94
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:14.48		

8 Genis, Menincke - Female - Age: 14 - Ind/Rel: 8 / 2

#108 Women 14 400 Free	5:51.02	#202 Women 19&U 100 Free Prelims	1:13.35
#206 Women 19&U 100 Breast Prelims	1:31.06	#208 Women 19&U 200 Back Prelims	2:59.38
#306 Women 19&U 50 Breast Prelims	40.30	#314 Women 19&U 200 IM Prelims	2:56.97
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.03	#402 Women 19&U 50 Free Prelims	32.56
#406 Women 19&U 200 Breast Prelims	3:17.37	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.57

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Uniswim-EZ****9 Harty, Hunter R - Male - Age: 12 - Ind/Rel: 8 / 3**

#103 Men 12 400 Free	5:53.39
#207 Men 19&U 200 Back Prelims	3:01.94
#301 Men 19&U 200 Free Prelims	2:45.10
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:15.81
#409 Men 19&U 50 Back Prelims	38.26
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:38.42

#201 Men 19&U 100 Free Prelims	1:10.39
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.55
#309 Men 19&U 100 Back Prelims	1:22.68
#401 Men 19&U 50 Free Prelims	31.83
#411 Men 19&U 50 Fly Prelims	40.28

10 Hattingh, Janca - Female - Age: 16 - Ind/Rel: 6 / 3

#112 Women 16 400 Free	5:30.03
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:33.33
#306 Women 19&U 50 Breast Prelims	42.00
#402 Women 19&U 50 Free Prelims	33.02
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.89

#206 Women 19&U 100 Breast Prelims	1:30.47
#302 Women 19&U 200 Free Prelims	2:36.03
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.37
#406 Women 19&U 200 Breast Prelims	3:11.45

11 Kalunga, Ted R - Male - Age: 13 - Ind/Rel: 9 / 1

#105 Men 13 400 Free	5:52.99
#207 Men 19&U 200 Back Prelims	2:55.99
#301 Men 19&U 200 Free Prelims	2:39.06
#313 Men 19&U 200 IM Prelims	3:06.81
#409 Men 19&U 50 Back Prelims	35.53

#201 Men 19&U 100 Free Prelims	1:10.10
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:11.14
#309 Men 19&U 100 Back Prelims	1:21.65
#401 Men 19&U 50 Free Prelims	32.22
#411 Men 19&U 50 Fly Prelims	39.59

12 Kruger, Marcus - Male - Age: 18 - Ind/Rel: 9 / 2

#113 Men 17-19 400 Free	5:04.56
#211 Men 19&U 100 Fly Prelims	1:10.51
#305 Men 19&U 50 Breast Prelims	39.99
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:11.27
#409 Men 19&U 50 Back Prelims	33.85
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:14.48

#201 Men 19&U 100 Free Prelims	1:02.32
#301 Men 19&U 200 Free Prelims	2:19.32
#313 Men 19&U 200 IM Prelims	2:41.60
#401 Men 19&U 50 Free Prelims	28.28
#411 Men 19&U 50 Fly Prelims	31.03

13 Lombard, Adriaan - Male - Age: 15 - Ind/Rel: 8 / 4

#109 Men 15 400 Free	5:00.43
#205 Men 19&U 100 Breast Prelims	1:40.93
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:11.14
#309 Men 19&U 100 Back Prelims	1:10.85
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.03
#409 Men 19&U 50 Back Prelims	33.43

#201 Men 19&U 100 Free Prelims	1:03.13
#207 Men 19&U 200 Back Prelims	2:31.92
#301 Men 19&U 200 Free Prelims	2:20.74
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rel	1:56.36
#401 Men 19&U 50 Free Prelims	29.54
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:12.55

14 O'Grady, Catherine - Female - Age: 15 - Ind/Rel: 8 / 5

#110 Women 15 400 Free	5:22.33
#208 Women 19&U 200 Back Prelims	2:55.54
#302 Women 19&U 200 Free Prelims	2:30.56
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.05
#402 Women 19&U 50 Free Prelims	30.76
#412 Women 19&U 50 Fly Prelims	37.37
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:11.86

#202 Women 19&U 100 Free Prelims	1:06.24
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:32.56
#310 Women 19&U 100 Back Prelims	1:22.18
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.09
#410 Women 19&U 50 Back Prelims	37.02
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.57

15 Pretorius, Pieter J - Male - Age: 11 - Ind/Rel: 9 / 3

#101 Men 11&U 400 Free	6:16.13
#207 Men 19&U 200 Back Prelims	3:09.78
#305 Men 19&U 50 Breast Prelims	40.58
#313 Men 19&U 200 IM Prelims	3:03.28
#401 Men 19&U 50 Free Prelims	34.39
#409 Men 19&U 50 Back Prelims	40.76

#205 Men 19&U 100 Breast Prelims	1:29.82
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.55
#309 Men 19&U 100 Back Prelims	1:30.82
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:15.81
#405 Men 19&U 200 Breast Prelims	3:15.23
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:38.42

16 Pretorius, Lene L - Female - Age: 15 - Ind/Rel: 5 / 3

#110 Women 15 400 Free	5:19.55
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:32.56
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.05
#410 Women 19&U 50 Back Prelims	39.76

#202 Women 19&U 100 Free Prelims	1:07.71
#302 Women 19&U 200 Free Prelims	2:28.62
#402 Women 19&U 50 Free Prelims	31.22
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:11.86

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Uniswim-EZ****17 Swanepoel, Lander L - Male - Age: 11 - Ind/Rel: 5 / 3**

#201 Men 19&U 100 Free Prelims	1:20.22
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.55
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.81
#411 Men 19&U 50 Fly Prelims	43.30

#205 Men 19&U 100 Breast Prelims	1:42.22
#305 Men 19&U 50 Breast Prelims	45.49
#405 Men 19&U 200 Breast Prelims	3:41.17
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:38.42

18 Swartz, Minette - Female - Age: 14 - Ind/Rel: 8 / 4

#202 Women 19&U 100 Free Prelims	1:09.87
#212 Women 19&U 100 Fly Prelims	1:22.67
#306 Women 19&U 50 Breast Prelims	39.07
#314 Women 19&U 200 IM Prelims	2:50.81
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.09
#412 Women 19&U 50 Fly Prelims	33.42

#206 Women 19&U 100 Breast Prelims	1:26.74
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:32.56
#310 Women 19&U 100 Back Prelims	1:22.64
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.05
#406 Women 19&U 200 Breast Prelims	3:08.50
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.57

19 Terblanche, Emma L - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:32.81
#208 Women 19&U 200 Back Prelims	2:55.55
#310 Women 19&U 100 Back Prelims	1:20.97
#410 Women 19&U 50 Back Prelims	37.06

#202 Women 19&U 100 Free Prelims	1:12.65
#302 Women 19&U 200 Free Prelims	2:38.99
#402 Women 19&U 50 Free Prelims	33.34

20 Van der Merwe, Leane - Female - Age: 13 - Ind/Rel: 9 / 4

#106 Women 13 400 Free	5:23.73
#206 Women 19&U 100 Breast Prelims	1:31.16
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:32.56
#306 Women 19&U 50 Breast Prelims	41.83
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.03
#406 Women 19&U 200 Breast Prelims	3:20.18
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.57

#202 Women 19&U 100 Free Prelims	1:08.67
#212 Women 19&U 100 Fly Prelims	1:18.40
#302 Women 19&U 200 Free Prelims	2:33.54
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.05
#402 Women 19&U 50 Free Prelims	31.28
#412 Women 19&U 50 Fly Prelims	34.13

21 van Niekerk, Vaughn - Male - Age: 12 - Ind/Rel: 7 / 3

#103 Men 12 400 Free	5:32.85
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.55
#309 Men 19&U 100 Back Prelims	1:27.47
#401 Men 19&U 50 Free Prelims	32.24
#411 Men 19&U 50 Fly Prelims	40.28

#201 Men 19&U 100 Free Prelims	1:09.97
#301 Men 19&U 200 Free Prelims	2:34.81
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.81
#409 Men 19&U 50 Back Prelims	39.23
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:38.42

22 Von Schlichting, Bianke - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:15.09
#306 Women 19&U 50 Breast Prelims	39.24
#402 Women 19&U 50 Free Prelims	33.73

#206 Women 19&U 100 Breast Prelims	1:25.19
#314 Women 19&U 200 IM Prelims	3:14.24
#406 Women 19&U 200 Breast Prelims	3:19.76

23 Weitsz, Esmari - Female - Age: 17 - Ind/Rel: 6 / 4

#202 Women 19&U 100 Free Prelims	1:06.68
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:33.33
#306 Women 19&U 50 Breast Prelims	40.13
#402 Women 19&U 50 Free Prelims	30.61
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.89

#206 Women 19&U 100 Breast Prelims	1:28.98
#302 Women 19&U 200 Free Prelims	2:31.33
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.37
#412 Women 19&U 50 Fly Prelims	34.82
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:14.48

Uniswim-EZ Total Individual Entries: 168 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Upington Swemklub -zf McGawi-ZM**1 Noeth, Beané - Female - Age: 14 - Ind/Rel: 7 / 0**

#108 Women 14 400 Free	5:12.32	#202 Women 19&U 100 Free Prelims	1:04.47
#212 Women 19&U 100 Fly Prelims	1:19.61	#302 Women 19&U 200 Free Prelims	2:23.74
#306 Women 19&U 50 Breast Prelims	48.27	#402 Women 19&U 50 Free Prelims	29.91
#412 Women 19&U 50 Fly Prelims	32.65		

Upington Swemklub -zf McGawi-ZM Total Individual Entries: 7 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Ushaka Aquatics-EK**1 Nondumo, Lizandro - Male - Age: 12 - Ind/Rel: 3 / 0**

#103 Men 12 400 Free	5:55.28	#201 Men 19&U 100 Free Prelims	1:13.31
#301 Men 19&U 200 Free Prelims	2:44.76		

Ushaka Aquatics-EK Total Individual Entries: 3 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Valsrivier Swimming Club-FD**1 Snyders, Christie - Female - Age: 12 - Ind/Rel: 8 / 0**

#206 Women 19&U 100 Breast Prelims	1:29.96	#212 Women 19&U 100 Fly Prelims	1:20.94
#306 Women 19&U 50 Breast Prelims	41.65	#310 Women 19&U 100 Back Prelims	1:23.92
#314 Women 19&U 200 IM Prelims	3:02.92	#402 Women 19&U 50 Free Prelims	32.68
#410 Women 19&U 50 Back Prelims	37.74	#412 Women 19&U 50 Fly Prelims	34.13

2 Van Der Merwe, Barend J - Male - Age: 12 - Ind/Rel: 3 / 0

#205 Men 19&U 100 Breast Prelims	1:33.74	#305 Men 19&U 50 Breast Prelims	42.19
#405 Men 19&U 200 Breast Prelims	3:28.50		

Valsrivier Swimming Club-FD Total Individual Entries: 11 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Vasa Swim-EK****1 Arwidi, Erik M - Male - Age: 17 - Ind/Rel: 9 / 0**

#201 Men 19&U 100 Free Prelims	57.89	#205 Men 19&U 100 Breast Prelims	1:12.83
#301 Men 19&U 200 Free Prelims	2:08.86	#305 Men 19&U 50 Breast Prelims	33.09
#313 Men 19&U 200 IM Prelims	2:24.99	#401 Men 19&U 50 Free Prelims	26.48
#405 Men 19&U 200 Breast Prelims	2:38.11	#409 Men 19&U 50 Back Prelims	29.93
#411 Men 19&U 50 Fly Prelims	29.64		

2 De Angelis, Luca C - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:20.22	#205 Men 19&U 100 Breast Prelims	1:45.08
#207 Men 19&U 200 Back Prelims	3:17.60	#301 Men 19&U 200 Free Prelims	3:04.87
#305 Men 19&U 50 Breast Prelims	47.11	#309 Men 19&U 100 Back Prelims	1:29.97
#401 Men 19&U 50 Free Prelims	36.48	#405 Men 19&U 200 Breast Prelims	3:48.67
#409 Men 19&U 50 Back Prelims	39.37		

3 Harding, Mea - Female - Age: 16 - Ind/Rel: 9 / 0

#112 Women 16 400 Free	5:34.57	#202 Women 19&U 100 Free Prelims	1:08.37
#208 Women 19&U 200 Back Prelims	2:49.40	#302 Women 19&U 200 Free Prelims	2:29.62
#310 Women 19&U 100 Back Prelims	1:20.66	#314 Women 19&U 200 IM Prelims	2:56.58
#402 Women 19&U 50 Free Prelims	31.03	#410 Women 19&U 50 Back Prelims	38.09
#412 Women 19&U 50 Fly Prelims	36.11		

4 Harding, Owen - Male - Age: 15 - Ind/Rel: 10 / 0

#109 Men 15 400 Free	4:49.56	#201 Men 19&U 100 Free Prelims	1:01.98
#205 Men 19&U 100 Breast Prelims	1:19.34	#301 Men 19&U 200 Free Prelims	2:16.87
#305 Men 19&U 50 Breast Prelims	35.27	#313 Men 19&U 200 IM Prelims	2:34.65
#401 Men 19&U 50 Free Prelims	28.24	#405 Men 19&U 200 Breast Prelims	2:51.31
#409 Men 19&U 50 Back Prelims	33.61	#411 Men 19&U 50 Fly Prelims	32.49

5 Walters, Luke - Male - Age: 14 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:05.86	#205 Men 19&U 100 Breast Prelims	1:21.31
#207 Men 19&U 200 Back Prelims	2:46.98	#301 Men 19&U 200 Free Prelims	2:25.31
#305 Men 19&U 50 Breast Prelims	36.88	#309 Men 19&U 100 Back Prelims	1:16.58
#313 Men 19&U 200 IM Prelims	2:45.68	#401 Men 19&U 50 Free Prelims	30.82
#405 Men 19&U 200 Breast Prelims	2:56.99	#409 Men 19&U 50 Back Prelims	35.17

Vasa Swim-EK Total Individual Entries: 47 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Vikings Race Club-TS****1 De Esclana, Aiden - Male - Age: 17 - Ind/Rel: 5 / 0**

#113 Men 17-19 400 Free	4:59.08	#201 Men 19&U 100 Free Prelims	58.85
#211 Men 19&U 100 Fly Prelims	1:07.52	#313 Men 19&U 200 IM Prelims	2:31.73
#411 Men 19&U 50 Fly Prelims	30.45		

2 De Esclana, Keera - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:07.65	#212 Women 19&U 100 Fly Prelims	1:20.03
#310 Women 19&U 100 Back Prelims	1:17.72	#402 Women 19&U 50 Free Prelims	30.98
#412 Women 19&U 50 Fly Prelims	33.44		

3 du Toit, Liam F - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:03.96	#205 Men 19&U 100 Breast Prelims	1:18.98
#305 Men 19&U 50 Breast Prelims	35.00	#401 Men 19&U 50 Free Prelims	28.43
#405 Men 19&U 200 Breast Prelims	3:03.56		

4 Gelderblom, Gert A - Male - Age: 17 - Ind/Rel: 2 / 0

#201 Men 19&U 100 Free Prelims	58.66	#401 Men 19&U 50 Free Prelims	27.00
--------------------------------	-------	-------------------------------	-------

5 Henning, Ella-Mae - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:18.70	#202 Women 19&U 100 Free Prelims	1:06.65
#212 Women 19&U 100 Fly Prelims	1:16.48	#302 Women 19&U 200 Free Prelims	2:26.79
#314 Women 19&U 200 IM Prelims	2:48.58	#402 Women 19&U 50 Free Prelims	29.88
#412 Women 19&U 50 Fly Prelims	33.27		

6 Kahl, Hannes - Male - Age: 12 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	1:13.81	#301 Men 19&U 200 Free Prelims	2:41.52
#309 Men 19&U 100 Back Prelims	1:26.64	#401 Men 19&U 50 Free Prelims	33.89

7 Kahl, Ryno - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:01.10	#207 Men 19&U 200 Back Prelims	2:29.54
#309 Men 19&U 100 Back Prelims	1:06.69	#401 Men 19&U 50 Free Prelims	27.43
#409 Men 19&U 50 Back Prelims	30.82		

8 Kleynhans, Kayla - Female - Age: 15 - Ind/Rel: 8 / 0

#110 Women 15 400 Free	5:11.49	#202 Women 19&U 100 Free Prelims	1:09.96
#212 Women 19&U 100 Fly Prelims	1:18.83	#302 Women 19&U 200 Free Prelims	2:31.47
#314 Women 19&U 200 IM Prelims	2:48.65	#402 Women 19&U 50 Free Prelims	32.00
#410 Women 19&U 50 Back Prelims	35.26	#412 Women 19&U 50 Fly Prelims	33.99

9 Lamprecht, Anika - Female - Age: 13 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:07.22	#302 Women 19&U 200 Free Prelims	2:31.97
#310 Women 19&U 100 Back Prelims	1:17.34	#402 Women 19&U 50 Free Prelims	30.71
#410 Women 19&U 50 Back Prelims	34.86		

10 Muller, Caleb R - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:05.66	#205 Men 19&U 100 Breast Prelims	1:28.70
#301 Men 19&U 200 Free Prelims	2:27.84	#305 Men 19&U 50 Breast Prelims	39.87
#313 Men 19&U 200 IM Prelims	2:45.62	#401 Men 19&U 50 Free Prelims	29.74

11 Smith, Jeane - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:44.97	#202 Women 19&U 100 Free Prelims	1:08.29
#302 Women 19&U 200 Free Prelims	2:32.76	#310 Women 19&U 100 Back Prelims	1:23.56
#402 Women 19&U 50 Free Prelims	31.22	#410 Women 19&U 50 Back Prelims	37.32
#412 Women 19&U 50 Fly Prelims	35.83		

12 Swanepoel, Beane - Female - Age: 17 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:09.65	#310 Women 19&U 100 Back Prelims	1:16.56
#402 Women 19&U 50 Free Prelims	29.53	#410 Women 19&U 50 Back Prelims	32.87
#412 Women 19&U 50 Fly Prelims	31.35		

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Vikings Race Club-TS13 **Willemse, Carl J - Male - Age: 19 - Ind/Rel: 4 / 0**

#201 Men 19&U 100 Free Prelims	59.60	#205 Men 19&U 100 Breast Prelims	1:16.61
#401 Men 19&U 50 Free Prelims	27.43	#411 Men 19&U 50 Fly Prelims	30.51

Vikings Race Club-TS Total Individual Entries: 68 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Vryheid Swimming Club-ZL**1 Meyer, Reinhard A - Male - Age: 14 - Ind/Rel: 3 / 0**

#205 Men 19&U 100 Breast Prelims	1:24.17	#305 Men 19&U 50 Breast Prelims	39.48
#405 Men 19&U 200 Breast Prelims	3:26.46		

Vryheid Swimming Club-ZL Total Individual Entries: 3 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Water Wolves Aquatics-TS**1 Stedall, Gia - Female - Age: 12 - Ind/Rel: 4 / 0**

#206 Women 19&U 100 Breast Prelims	1:35.75	#306 Women 19&U 50 Breast Prelims	42.76
#314 Women 19&U 200 IM Prelims	3:22.72	#406 Women 19&U 200 Breast Prelims	3:33.78

2 Stedall, Jessica - Female - Age: 15 - Ind/Rel: 4 / 0

#206 Women 19&U 100 Breast Prelims	1:22.85	#306 Women 19&U 50 Breast Prelims	37.49
#314 Women 19&U 200 IM Prelims	2:52.61	#412 Women 19&U 50 Fly Prelims	34.51

Water Wolves Aquatics-TS Total Individual Entries: 8 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Waterborn Swimming Club-JH****1 Barradas, Keanu - Male - Age: 16 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	58.08
#301 Men 19&U 200 Free Prelims	2:12.49
#401 Men 19&U 50 Free Prelims	26.59
#411 Men 19&U 50 Fly Prelims	28.90

#211 Men 19&U 100 Fly Prelims	1:09.71
#313 Men 19&U 200 IM Prelims	2:41.26
#409 Men 19&U 50 Back Prelims	37.57

2 Berejena, Ashley C - Male - Age: 17 - Ind/Rel: 9 / 0

#113 Men 17-19 400 Free	4:41.10
#207 Men 19&U 200 Back Prelims	2:37.65
#301 Men 19&U 200 Free Prelims	2:07.82
#401 Men 19&U 50 Free Prelims	26.77
#411 Men 19&U 50 Fly Prelims	29.00

#201 Men 19&U 100 Free Prelims	56.97
#211 Men 19&U 100 Fly Prelims	1:05.09
#309 Men 19&U 100 Back Prelims	1:09.14
#409 Men 19&U 50 Back Prelims	32.41

3 Chiang, Sophie - Female - Age: 11 - Ind/Rel: 11 / 0

#202 Women 19&U 100 Free Prelims	1:16.08
#208 Women 19&U 200 Back Prelims	2:59.99
#306 Women 19&U 50 Breast Prelims	43.00
#314 Women 19&U 200 IM Prelims	3:02.19
#406 Women 19&U 200 Breast Prelims	3:21.82
#412 Women 19&U 50 Fly Prelims	39.66

#206 Women 19&U 100 Breast Prelims	1:34.24
#302 Women 19&U 200 Free Prelims	2:44.60
#310 Women 19&U 100 Back Prelims	1:25.43
#402 Women 19&U 50 Free Prelims	34.02
#410 Women 19&U 50 Back Prelims	39.61

4 Cilliers, Ashley C - Female - Age: 11 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:15.89
#302 Women 19&U 200 Free Prelims	2:45.19
#310 Women 19&U 100 Back Prelims	1:30.38
#402 Women 19&U 50 Free Prelims	36.27
#410 Women 19&U 50 Back Prelims	43.31

#206 Women 19&U 100 Breast Prelims	1:38.40
#306 Women 19&U 50 Breast Prelims	47.78
#314 Women 19&U 200 IM Prelims	3:10.02
#406 Women 19&U 200 Breast Prelims	3:25.16

5 Clark, Logan - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:17.81
#301 Men 19&U 200 Free Prelims	2:52.40
#309 Men 19&U 100 Back Prelims	1:31.92
#405 Men 19&U 200 Breast Prelims	3:26.43

#205 Men 19&U 100 Breast Prelims	1:32.63
#305 Men 19&U 50 Breast Prelims	43.00
#401 Men 19&U 50 Free Prelims	34.31

6 Coetser, Cole G - Male - Age: 12 - Ind/Rel: 8 / 0

#103 Men 12 400 Free	5:52.77
#207 Men 19&U 200 Back Prelims	2:58.08
#309 Men 19&U 100 Back Prelims	1:23.35
#409 Men 19&U 50 Back Prelims	39.16

#201 Men 19&U 100 Free Prelims	1:13.60
#301 Men 19&U 200 Free Prelims	2:44.76
#401 Men 19&U 50 Free Prelims	33.02
#411 Men 19&U 50 Fly Prelims	38.86

7 Durant, Lily A - Female - Age: 16 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:05.81
#212 Women 19&U 100 Fly Prelims	1:16.61
#310 Women 19&U 100 Back Prelims	1:14.31
#402 Women 19&U 50 Free Prelims	30.09
#412 Women 19&U 50 Fly Prelims	32.48

#208 Women 19&U 200 Back Prelims	2:40.20
#302 Women 19&U 200 Free Prelims	2:24.54
#314 Women 19&U 200 IM Prelims	2:44.12
#410 Women 19&U 50 Back Prelims	34.86

8 Fairweather, Rachel H - Female - Age: 15 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:08.20
#310 Women 19&U 100 Back Prelims	1:14.91
#402 Women 19&U 50 Free Prelims	31.63
#412 Women 19&U 50 Fly Prelims	35.75

#208 Women 19&U 200 Back Prelims	2:41.45
#314 Women 19&U 200 IM Prelims	2:56.50
#410 Women 19&U 50 Back Prelims	35.79

9 Felton, Adam M - Male - Age: 10 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:15.06
#301 Men 19&U 200 Free Prelims	2:42.38
#313 Men 19&U 200 IM Prelims	3:19.34
#405 Men 19&U 200 Breast Prelims	3:45.75
#411 Men 19&U 50 Fly Prelims	39.71

#205 Men 19&U 100 Breast Prelims	1:36.80
#305 Men 19&U 50 Breast Prelims	45.00
#401 Men 19&U 50 Free Prelims	33.93
#409 Men 19&U 50 Back Prelims	41.74

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025

Team Entries - All Events

Waterborn Swimming Club-JH

10 Felton, Connor M - Male - Age: 13 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:14.73	#205 Men 19&U 100 Breast Prelims	1:29.84
#207 Men 19&U 200 Back Prelims	3:06.63	#301 Men 19&U 200 Free Prelims	2:45.75
#305 Men 19&U 50 Breast Prelims	40.93	#309 Men 19&U 100 Back Prelims	1:29.98
#313 Men 19&U 200 IM Prelims	3:01.80	#401 Men 19&U 50 Free Prelims	32.57
#405 Men 19&U 200 Breast Prelims	3:13.52	#409 Men 19&U 50 Back Prelims	39.90

11 Gabriels, James N - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:17.43	#207 Men 19&U 200 Back Prelims	3:12.08
#211 Men 19&U 100 Fly Prelims	1:36.42	#301 Men 19&U 200 Free Prelims	2:48.32
#309 Men 19&U 100 Back Prelims	1:29.62	#313 Men 19&U 200 IM Prelims	3:17.35
#411 Men 19&U 50 Fly Prelims	38.78		

12 Human, Ethan - Male - Age: 16 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:00.89	#205 Men 19&U 100 Breast Prelims	1:18.74
#211 Men 19&U 100 Fly Prelims	1:07.54	#301 Men 19&U 200 Free Prelims	2:17.10
#305 Men 19&U 50 Breast Prelims	35.43	#309 Men 19&U 100 Back Prelims	1:13.69
#313 Men 19&U 200 IM Prelims	2:29.96	#401 Men 19&U 50 Free Prelims	28.43
#409 Men 19&U 50 Back Prelims	33.13	#411 Men 19&U 50 Fly Prelims	30.02

13 Kalvachev, Niki P - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:14.78	#205 Men 19&U 100 Breast Prelims	1:42.49
#301 Men 19&U 200 Free Prelims	2:43.47	#305 Men 19&U 50 Breast Prelims	45.92
#309 Men 19&U 100 Back Prelims	1:35.25	#401 Men 19&U 50 Free Prelims	33.18
#409 Men 19&U 50 Back Prelims	41.14		

14 Knight, Caitlin A - Female - Age: 14 - Ind/Rel: 11 / 0

#108 Women 14 400 Free	4:58.09	#202 Women 19&U 100 Free Prelims	1:06.32
#206 Women 19&U 100 Breast Prelims	1:35.60	#208 Women 19&U 200 Back Prelims	2:45.86
#302 Women 19&U 200 Free Prelims	2:24.72	#306 Women 19&U 50 Breast Prelims	42.74
#310 Women 19&U 100 Back Prelims	1:16.24	#314 Women 19&U 200 IM Prelims	2:49.67
#402 Women 19&U 50 Free Prelims	30.22	#410 Women 19&U 50 Back Prelims	35.00
#412 Women 19&U 50 Fly Prelims	36.66		

15 Knight, Isabella M - Female - Age: 11 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:15.41	#206 Women 19&U 100 Breast Prelims	1:32.91
#208 Women 19&U 200 Back Prelims	3:23.84	#302 Women 19&U 200 Free Prelims	2:51.35
#306 Women 19&U 50 Breast Prelims	43.46	#310 Women 19&U 100 Back Prelims	1:38.25
#402 Women 19&U 50 Free Prelims	33.83	#406 Women 19&U 200 Breast Prelims	3:20.45
#410 Women 19&U 50 Back Prelims	45.34		

16 Komani, Zara - Female - Age: 11 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:17.83	#208 Women 19&U 200 Back Prelims	3:10.41
#212 Women 19&U 100 Fly Prelims	1:38.49	#302 Women 19&U 200 Free Prelims	2:58.64
#310 Women 19&U 100 Back Prelims	1:29.13	#314 Women 19&U 200 IM Prelims	3:19.44
#402 Women 19&U 50 Free Prelims	34.50	#410 Women 19&U 50 Back Prelims	42.36
#412 Women 19&U 50 Fly Prelims	38.90		

17 Li, Lefei - Female - Age: 11 - Ind/Rel: 11 / 0

#202 Women 19&U 100 Free Prelims	1:18.12	#206 Women 19&U 100 Breast Prelims	1:36.41
#208 Women 19&U 200 Back Prelims	3:15.73	#302 Women 19&U 200 Free Prelims	2:56.66
#306 Women 19&U 50 Breast Prelims	44.44	#310 Women 19&U 100 Back Prelims	1:26.15
#314 Women 19&U 200 IM Prelims	3:13.57	#402 Women 19&U 50 Free Prelims	35.44
#406 Women 19&U 200 Breast Prelims	3:22.44	#410 Women 19&U 50 Back Prelims	41.57
#412 Women 19&U 50 Fly Prelims	39.50		

18 Mayhew, Megan A - Female - Age: 14 - Ind/Rel: 8 / 0

#108 Women 14 400 Free	5:09.16	#202 Women 19&U 100 Free Prelims	1:09.67
#208 Women 19&U 200 Back Prelims	2:42.61	#302 Women 19&U 200 Free Prelims	2:28.84
#310 Women 19&U 100 Back Prelims	1:18.35	#314 Women 19&U 200 IM Prelims	2:47.13
#402 Women 19&U 50 Free Prelims	32.55	#406 Women 19&U 200 Breast Prelims	3:13.79

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Waterborn Swimming Club-JH****19 Natrass, Corin R - Male - Age: 15 - Ind/Rel: 9 / 0**

#109 Men 15 400 Free	5:04.82	#201 Men 19&U 100 Free Prelims	1:03.21
#205 Men 19&U 100 Breast Prelims	1:19.33	#301 Men 19&U 200 Free Prelims	2:24.66
#309 Men 19&U 100 Back Prelims	1:14.68	#313 Men 19&U 200 IM Prelims	2:39.32
#401 Men 19&U 50 Free Prelims	28.59	#405 Men 19&U 200 Breast Prelims	3:04.75
#411 Men 19&U 50 Fly Prelims	30.44		

20 Rolfe, Taylor K - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	5:04.58	#201 Men 19&U 100 Free Prelims	1:07.49
#207 Men 19&U 200 Back Prelims	2:46.77	#211 Men 19&U 100 Fly Prelims	1:20.58
#301 Men 19&U 200 Free Prelims	2:24.99	#309 Men 19&U 100 Back Prelims	1:18.29
#313 Men 19&U 200 IM Prelims	2:50.69	#409 Men 19&U 50 Back Prelims	36.68
#411 Men 19&U 50 Fly Prelims	35.90		

21 Sher, Damian - Male - Age: 12 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:11.24	#205 Men 19&U 100 Breast Prelims	1:34.02
#207 Men 19&U 200 Back Prelims	2:56.29	#301 Men 19&U 200 Free Prelims	2:34.20
#309 Men 19&U 100 Back Prelims	1:26.43	#313 Men 19&U 200 IM Prelims	3:07.43
#401 Men 19&U 50 Free Prelims	32.70	#409 Men 19&U 50 Back Prelims	37.73
#411 Men 19&U 50 Fly Prelims	41.33		

22 Smith, Lexi J - Female - Age: 12 - Ind/Rel: 10 / 0

#202 Women 19&U 100 Free Prelims	1:20.17	#206 Women 19&U 100 Breast Prelims	1:42.44
#208 Women 19&U 200 Back Prelims	3:15.13	#302 Women 19&U 200 Free Prelims	2:57.05
#306 Women 19&U 50 Breast Prelims	46.94	#310 Women 19&U 100 Back Prelims	1:25.11
#314 Women 19&U 200 IM Prelims	3:15.71	#402 Women 19&U 50 Free Prelims	36.15
#406 Women 19&U 200 Breast Prelims	3:39.75	#410 Women 19&U 50 Back Prelims	40.92

23 Smith, Owen C - Male - Age: 11 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:18.74	#205 Men 19&U 100 Breast Prelims	1:41.93
#207 Men 19&U 200 Back Prelims	3:13.30	#301 Men 19&U 200 Free Prelims	2:49.95
#305 Men 19&U 50 Breast Prelims	44.72	#309 Men 19&U 100 Back Prelims	1:29.01
#313 Men 19&U 200 IM Prelims	3:09.80	#405 Men 19&U 200 Breast Prelims	3:37.22
#409 Men 19&U 50 Back Prelims	41.24	#411 Men 19&U 50 Fly Prelims	37.78

24 Sze, Max P - Male - Age: 16 - Ind/Rel: 7 / 0

#111 Men 16 400 Free	4:37.43	#201 Men 19&U 100 Free Prelims	56.78
#211 Men 19&U 100 Fly Prelims	1:06.25	#301 Men 19&U 200 Free Prelims	2:04.94
#313 Men 19&U 200 IM Prelims	2:29.68	#401 Men 19&U 50 Free Prelims	26.32
#411 Men 19&U 50 Fly Prelims	29.68		

25 Tucker, Timothy D - Male - Age: 15 - Ind/Rel: 13 / 0

#109 Men 15 400 Free	4:49.67	#201 Men 19&U 100 Free Prelims	1:01.31
#205 Men 19&U 100 Breast Prelims	1:19.47	#207 Men 19&U 200 Back Prelims	2:40.34
#211 Men 19&U 100 Fly Prelims	1:16.57	#301 Men 19&U 200 Free Prelims	2:14.75
#305 Men 19&U 50 Breast Prelims	36.95	#309 Men 19&U 100 Back Prelims	1:13.21
#313 Men 19&U 200 IM Prelims	2:32.29	#401 Men 19&U 50 Free Prelims	28.07
#405 Men 19&U 200 Breast Prelims	2:52.24	#409 Men 19&U 50 Back Prelims	35.45
#411 Men 19&U 50 Fly Prelims	33.10		

26 Wood, Callum R - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:11.56	#207 Men 19&U 200 Back Prelims	2:53.97
#301 Men 19&U 200 Free Prelims	2:44.55	#305 Men 19&U 50 Breast Prelims	44.47
#309 Men 19&U 100 Back Prelims	1:20.75	#313 Men 19&U 200 IM Prelims	2:58.71
#401 Men 19&U 50 Free Prelims	31.63	#409 Men 19&U 50 Back Prelims	38.19
#411 Men 19&U 50 Fly Prelims	35.43		

Waterborn Swimming Club-JH Total Individual Entries: 234 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events**

Welkom Aquatics-LL**1 Vorster, Mia - Female - Age: 12 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:13.29	#302 Women 19&U 200 Free Prelims	2:46.60
#306 Women 19&U 50 Breast Prelims	45.06	#310 Women 19&U 100 Back Prelims	1:24.68
#402 Women 19&U 50 Free Prelims	33.32	#410 Women 19&U 50 Back Prelims	38.14
#412 Women 19&U 50 Fly Prelims	35.34		

Welkom Aquatics-LL Total Individual Entries: 7 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-NT - 20/03/2025 to 23/03/2025**Team Entries - All Events****Welkom Super Seals-LL****1 Roper, Elle-Anne - Female - Age: 10 - Ind/Rel: 8 / 0**

#202 Women 19&U 100 Free Prelims	1:14.41	#206 Women 19&U 100 Breast Prelims	1:36.75
#306 Women 19&U 50 Breast Prelims	43.94	#314 Women 19&U 200 IM Prelims	3:15.29
#402 Women 19&U 50 Free Prelims	33.52	#406 Women 19&U 200 Breast Prelims	3:41.81
#410 Women 19&U 50 Back Prelims	42.05	#412 Women 19&U 50 Fly Prelims	42.22

2 Venter, Tristan - Male - Age: 17 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:01.53	#205 Men 19&U 100 Breast Prelims	1:15.91
#305 Men 19&U 50 Breast Prelims	33.25	#313 Men 19&U 200 IM Prelims	2:37.19
#401 Men 19&U 50 Free Prelims	27.41	#405 Men 19&U 200 Breast Prelims	2:52.74
#411 Men 19&U 50 Fly Prelims	28.37		

3 Wiesner, Jordan - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:15.97	#205 Men 19&U 100 Breast Prelims	1:30.44
#305 Men 19&U 50 Breast Prelims	40.18	#313 Men 19&U 200 IM Prelims	3:04.08
#401 Men 19&U 50 Free Prelims	33.81	#405 Men 19&U 200 Breast Prelims	3:20.60
#409 Men 19&U 50 Back Prelims	41.32	#411 Men 19&U 50 Fly Prelims	38.14

Welkom Super Seals-LL Total Individual Entries: 23 - Total Relays: 0