

## SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025

## Team Entries - All Events

## Aquazone Swim Club-ET

1	Aquazone Swim Club - 'A'	#213 Men 12 & Under 4x100 Freestyle Relay 4 X :	4:57.80
	Dlamini, Nchubeko M; Bann, Rourke D; Smuts, Conor J; Rohde, Kade E		
2	Aquazone Swim Club - 'A'	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:09.32
	Drummond, Matthew C; Watt, Cameron B; Schroeder, Andre M; Joubert, Owen C		
3	Aquazone Swim Club - 'A'	#216 Women 13-15 4x100 Freestyle Relay 4 X 10	4:30.37
	Filday, Deryn S; Van De Ruit, Carly A; Dutton, Katelyn P; Hulse, Milla C		
4	Aquazone Swim Club - 'B'	#216 Women 13-15 4x100 Freestyle Relay 4 X 10	4:48.51
	Kidgell, Sienna M; Filday, Ziva L; Walton, Amy L; Muller, Alexis S		
5	Aquazone Swim Club - 'A'	#315 Men 12 & Under 4x50 Freestyle Relay 4 x 50	2:16.90
	Dlamini, Nchubeko M; Bann, Rourke D; Smuts, Conor J; Rohde, Kade E		
6	Aquazone Swim Club - 'A'	#316 Women 12 & Under 4x50 Freestyle Relay 4 :	2:22.17
	_____;		
7	Aquazone Swim Club - 'A'	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	1:55.25
	Watt, Cameron B; Fernandes, Luca A; Schroeder, Andre M; Joubert, Owen C		
8	Aquazone Swim Club - 'A'	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:01.88
	Van De Ruit, Carly A; Muller, Alexis S; Filday, Deryn S; Hulse, Milla C		
9	Aquazone Swim Club - 'B'	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:11.18
	Kidgell, Sienna M; Filday, Ziva L; Walton, Amy L; Dutton, Katelyn P		
10	Aquazone Swim Club - 'A'	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:37.42
	Rohde, Kade E; Fowler, Tenley P; Kalp, Ella A; Smuts, Conor J		
11	Aquazone Swim Club - 'A'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.29
	Allison, Troy G; Dutton, Katelyn P; Schroeder, Andre M; Hulse, Milla C		
12	Aquazone Swim Club - 'B'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.89
	_____;		
13	Aquazone Swim Club - 'C'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:17.79
	_____;		
14	Aquazone Swim Club - 'D'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.14
	Joubert, Owen C; Walton, Amy L; Muller, Alexis S; Watt, Cameron B		
15	Aquazone Swim Club - 'A'	#415 Men 12 & Under 4x50 Medley Relay 4 x 50 M	2:34.19
	Bann, Rourke D; Smuts, Conor J; Rohde, Kade E; Dlamini, Nchubeko M		
16	Aquazone Swim Club - 'A'	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:10.94
	Joubert, Owen C; Drummond, Matthew C; Schroeder, Andre M; Watt, Cameron B		
17	Aquazone Swim Club - 'B'	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:28.86
	_____;		
18	Aquazone Swim Club - 'A'	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:16.17
	Muller, Alexis S; Walton, Amy L; Hulse, Milla C; Van De Ruit, Carly A		
19	Aquazone Swim Club - 'B'	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.72
	Van den Heever, Liv M; Dutton, Katelyn P; Kidgell, Sienna M; Filday, Deryn S		
20	Aquazone Swim Club - 'A'	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x	5:07.93
	Rohde, Kade E; Dlamini, Nchubeko M; Kalp, Ella A; Coetzer, Alyssa M		
21	Aquazone Swim Club - 'A'	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:14.78
	Joubert, Owen C; Drummond, Matthew C; Hulse, Milla C; Fernandes, Luca A		
22	Aquazone Swim Club - 'B'	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:22.30
	Schroeder, Andre M; Watt, Cameron B; Filday, Deryn S; Dutton, Katelyn P		
23	Aquazone Swim Club - 'C'	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	5:14.12
	_____;		

**Aquazone Swim Club-ET Total Individual Entries: 0 - Total Relays: 23**

**SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025****Team Entries - All Events****C. Natação Golfinhos de Maputo**

1	C. Natação Golfinhos de Maputo - 'A' _____ ; _____ ; Nhampossa, Tonio; _____	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:03.80
2	C. Natação Golfinhos de Maputo - 'B' _____ ; _____ ; _____ ; _____	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	NT
3	C. Natação Golfinhos de Maputo - 'A' _____ ; _____ ; _____ ; _____	#217 Men 16-19 4x100 Freestyle Relay 4 X 100 F	3:44.95
4	C. Natação Golfinhos de Maputo - 'A' Cohen, Mason; Khosa, Yanni B; Nhampossa, Tonio; Menete, Lazaro	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	1:49.44
5	C. Natação Golfinhos de Maputo - 'A' Albino, Nemzi L; Massingue, Estela B; _____ ; Mpfumo, Marta	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:05.31
6	C. Natação Golfinhos de Maputo - 'A' _____ ; _____ ; _____ ; _____	#319 Men 16-19 4x50 Freestyle Relay 4 x 50 Free	1:40.39
7	C. Natação Golfinhos de Maputo - 'A' Branquinho, Voiky M; Cohen, Mason; Khosa, Yanni B; Menete, Lazaro	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:03.06
8	C. Natação Golfinhos de Maputo - 'A' _____ ; Albino, Nemzi L; Mpfumo, Marta; Massingue, Estela B	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:18.97
9	C. Natação Golfinhos de Maputo - 'A' _____ ; _____ ; _____ ; _____	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	1:52.30

**C. Natação Golfinhos de Maputo Total Individual Entries: 0 - Total Relays: 9**

**SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025****Team Entries - All Events**

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**Froggies-KC**

1	Froggies - 'A' Stead, Owen B; Hughes, Cara; Ngema, Olwe S; Myeza, Ronewa	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:29.16
2	Froggies - 'A' Myeza, Ronewa; Ngema, Olwe S; Hughes, Cara; Stead, Owen B	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:47.48

**Froggies-KC Total Individual Entries: 0 - Total Relays: 2**

**SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025****Team Entries - All Events****Kloof Asc-ET**

1	Kloof Asc - 'A'	#216 Women 13-15 4x100 Freestyle Relay 4 X 10	4:22.49
	_____;	_____;	_____;
2	Kloof Asc - 'A'	#218 Women 16-19 4x100 Freestyle Relay 4 X 10	4:24.01
	_____;	_____;	_____;
3	Kloof Asc - 'A'	#316 Women 12 & Under 4x50 Freestyle Relay 4 :	2:13.54
	Hoar, Lily; Tait, Holli; Marrier D'Unienville, Danica B; Pabalinga, Reabetswe T		
4	Kloof Asc - 'A'	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:02.97
	_____;	_____;	_____;
5	Kloof Asc - 'A'	#320 Women 16-19 4x50 Freestyle Relay 4 x 50 F	2:02.68
	_____;	_____;	_____;
6	Kloof Asc - 'A'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:17.34
	_____;	_____;	_____;
7	Kloof Asc - 'A'	#416 Women 12 & Under 4x50 Medley Relay 4 x 50	2:31.83
	Marrier D'Unienville, Danica B; Tait, Holli; Pabalinga, Reabetswe T; Hoar, Lily		
8	Kloof Asc - 'A'	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:16.07
	_____;	_____;	_____;
9	Kloof Asc - 'A'	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.73
	_____;	_____;	_____;
10	Kloof Asc - 'A'	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:22.17
	_____;	_____;	_____;

**Kloof Asc-ET Total Individual Entries: 0 - Total Relays: 10**

## SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025

## Team Entries - All Events

**Penguins Swimming Club-UM**

1	Penguins Swimming Club - 'A' _____;	#214 Women 12 & Under 4x100 Freestyle Relay 4	5:04.89
2	Penguins Swimming Club - 'A' _____;	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:24.11
3	Penguins Swimming Club - 'A' _____;	#218 Women 16-19 4x100 Freestyle Relay 4 X 10	5:08.33
4	Penguins Swimming Club - 'A' _____;	#316 Women 12 & Under 4x50 Freestyle Relay 4 :	2:13.13
5	Penguins Swimming Club - 'A' _____;	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	1:58.46
6	Penguins Swimming Club - 'A' _____;	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	1:59.43
7	Penguins Swimming Club - 'A' _____;	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:45.98
8	Penguins Swimming Club - 'A' _____;	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:18.64
9	Penguins Swimming Club - 'A' _____;	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:25.66
10	Penguins Swimming Club - 'A' _____;	#416 Women 12 & Under 4x50 Medley Relay 4 x 5	2:31.71
11	Penguins Swimming Club - 'A' _____;	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:06.32

**Penguins Swimming Club-UM Total Individual Entries: 0 - Total Relays: 11**

**SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025****Team Entries - All Events****Seals Asc-UM**

1	Seals Asc - 'A'	#316 Women 12 & Under 4x50 Freestyle Relay 4 :	2:06.21
	_____;	_____;	_____;
2	Seals Asc - 'A'	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	1:52.53
	_____;	_____;	_____;
3	Seals Asc - 'A'	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	1:55.49
	_____;	_____;	_____;
4	Seals Asc - 'A'	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:31.30
	_____;	_____;	_____;
5	Seals Asc - 'A'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.57
	_____;	_____;	_____;
6	Seals Asc - 'A'	#416 Women 12 & Under 4x50 Medley Relay 4 x 50	2:23.84
	_____;	_____;	_____;
7	Seals Asc - 'A'	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:04.93
	_____;	_____;	_____;
8	Seals Asc - 'A'	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:06.82
	_____;	_____;	_____;

**Seals Asc-UM Total Individual Entries: 0 - Total Relays: 8**

**SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025****Team Entries - All Events**

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**Stingrays Swimming Club-KC**

1	Stingrays Swimming Club - 'A' Coetzer, Clarise; Coetzer, Cherise; Prinsloo, Joshua M; Van Der Westhuizen, Janu	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	3:27.79
2	Stingrays Swimming Club - 'A' Coetzer, Clarise; Coetzer, Cherise; Van Der Westhuizen, Janu; Prinsloo, Joshua M	#423 Mixed 16-19 4x100 Freestyle Relay 4 x 100	4:24.49

**Stingrays Swimming Club-KC Total Individual Entries: 0 - Total Relays: 2**

**SA Level 3 Regional Age Group Champs 2024-KZ - 26/03/2025 to 29/03/2025****Team Entries - All Events****Super Seals-MA**

1	Super Seals - 'A' Swart, Petrus J; Nagel, Gideon P; Wessels, Charl J; Scott, Logan W	#213 Men 12 & Under 4x100 Freestyle Relay 4 X 100	NT
2	Super Seals - 'A' Annandale, Lili; Zietsman, Lika; Vorster, Arinda; Van Viegen, Ella A	#216 Women 13-15 4x100 Freestyle Relay 4 X 100	NT
3	Super Seals - 'B' Azar, Caylie S; Crossman, Chelsey M; McQueen, Leanne C; Pool, Johandri	#216 Women 13-15 4x100 Freestyle Relay 4 X 100	NT
4	Super Seals - 'A' Frylinck, Mareze; Volschenk, Anja; Welgemoed, Isabelle; Van Rensburg, Marne'	#218 Women 16-19 4x100 Freestyle Relay 4 X 100	NT
5	Super Seals - 'A' Swart, Petrus J; Wessels, Charl J; Nagel, Gideon P; Scott, Logan W	#315 Men 12 & Under 4x50 Freestyle Relay 4 x 50	NT
6	Super Seals - 'A' Volschenk, Anja; Van Viegen, Ella A; Azar, Caylie S; Vorster, Arinda	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	NT
7	Super Seals - 'B' Zietsman, Lika; Pool, Johandri; Crossman, Chelsey M; McQueen, Leanne C	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	NT
8	Super Seals - 'A' Frylinck, Mareze; Van Rensburg, Marne'; Annandale, Lili; Welgemoed, Isabelle	#320 Women 16-19 4x50 Freestyle Relay 4 x 50 F	NT
9	Super Seals - 'A' Scott, Logan W; McQueen, Leanne C; Crossman, Chelsey M; Swart, Petrus J	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	NT
10	Super Seals - 'A' Volschenk, Anja; Nagel, Gideon P; Wessels, Charl J; Welgemoed, Isabelle	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	NT
11	Super Seals - 'A' Liversage, Liam W; Smit, Jaques; Frylinck, Mareze; Van Rensburg, Marne'	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	NT
12	Super Seals - 'A' Scott, Logan W; Nagel, Gideon P; Wessels, Charl J; Swart, Petrus J	#415 Men 12 & Under 4x50 Medley Relay 4 x 50 M	NT
13	Super Seals - 'A' Annandale, Lili; Vorster, Arinda; Zietsman, Lika; Welgemoed, Isabelle	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	NT
14	Super Seals - 'B' Van Viegen, Ella A; McQueen, Leanne C; Crossman, Chelsey M; Azar, Caylie S	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	NT
15	Super Seals - 'A' Volschenk, Anja; Pool, Johandri; Frylinck, Mareze; Van Rensburg, Marne'	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	NT
16	Super Seals - 'A' Swart, Petrus J; Crossman, Chelsey M; McQueen, Leanne C; Scott, Logan W	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x 100	NT
17	Super Seals - 'A' Volschenk, Anja; Nagel, Gideon P; Wessels, Charl J; Welgemoed, Isabelle	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	NT
18	Super Seals - 'A' Smit, Jaques; Frylinck, Mareze; Van Rensburg, Marne'; Liversage, Liam W	#423 Mixed 16-19 4x100 Freestyle Relay 4 x 100	NT

**Super Seals-MA Total Individual Entries: 0 - Total Relays: 18**