

SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31**Medal Count****Combined: Men + Women**

| Team | Gold | Silver | Bronze | Total |
|--------------------------------|-------------|---------------|---------------|--------------|
| Bloemfontein Seals | 21 | 23 | 13 | 57 |
| Seagulls SC | 18 | 10 | 14 | 42 |
| Aquazone Swim Club | 12 | 7 | 10 | 29 |
| Sasolburg Swemklub | 11 | 4 | 8 | 23 |
| Seals Asc | 10 | 8 | 9 | 27 |
| Bull Sharks | 10 | 4 | 4 | 18 |
| Aqua Adrenalin | 8 | 6 | 10 | 24 |
| Penguins Swimming Club | 7 | 14 | 5 | 26 |
| Flamingo Aquatic Academy | 7 | 5 | 8 | 20 |
| Ushaka Swimming Club | 7 | 5 | 7 | 19 |
| Newcastel Swimming Club | 7 | 0 | 0 | 7 |
| Action Swim Academy | 6 | 5 | 6 | 17 |
| Westville Swimming Club | 6 | 2 | 0 | 8 |
| Welkom Aquatics | 5 | 3 | 3 | 11 |
| North Coast Dolphins Swim Team | 4 | 12 | 4 | 20 |
| Kloof Asc | 4 | 4 | 4 | 12 |
| Curro Swimming Academy | 4 | 1 | 0 | 5 |
| Midwit Uniswim | 3 | 7 | 4 | 14 |
| Ashton Swimming Academy | 3 | 4 | 12 | 19 |
| Pisces Asc | 3 | 3 | 5 | 11 |
| Pongola Swimming Academy | 3 | 3 | 4 | 10 |
| Bloemfontein Otters | 3 | 3 | 4 | 10 |
| Uniswim | 2 | 7 | 2 | 11 |
| Blue Ocean Aquatics | 2 | 4 | 2 | 8 |
| Aqua Swimming Academy | 2 | 4 | 1 | 7 |
| Neptune's Aquatics | 2 | 1 | 3 | 6 |
| Nelspruit Swimming Academy | 2 | 0 | 1 | 3 |
| Ladysmith Marlins Swimming Clu | 1 | 7 | 0 | 8 |
| Good Hope Swem Kimberley | 1 | 5 | 3 | 9 |
| Kalahari Swemklub | 1 | 1 | 1 | 3 |
| Nelspruit Swimming Academy Dev | 1 | 1 | 1 | 3 |
| Toti Titans Swimming Club | 1 | 0 | 0 | 1 |
| Margate Swimming Club | 0 | 1 | 2 | 3 |
| Verulam Aquatic Club | 0 | 1 | 1 | 2 |
| Woodview Aquatics | 0 | 1 | 1 | 2 |
| Beavers Swim Club | 0 | 0 | 8 | 8 |
| Apex H20 | 0 | 0 | 1 | 1 |
| Bayview Swimming Club | 0 | 0 | 1 | 1 |
| Umlazi Sharks Aquatic Club | 0 | 0 | 1 | 1 |
| Vryheid Swimming Club | 0 | 0 | 1 | 1 |
| Prieska Aquatics | 0 | 0 | 1 | 1 |

SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31**Medal Count****Men**

| Team | Gold | Silver | Bronze | Total |
|--------------------------------|-------------|---------------|---------------|--------------|
| Bloemfontein Seals | 12 | 17 | 7 | 36 |
| Sasolburg Swemklub | 10 | 4 | 5 | 19 |
| Bull Sharks | 10 | 1 | 1 | 12 |
| Ushaka Swimming Club | 6 | 5 | 7 | 18 |
| Westville Swimming Club | 6 | 2 | 0 | 8 |
| Seagulls SC | 5 | 5 | 2 | 12 |
| Welkom Aquatics | 5 | 3 | 3 | 11 |
| Penguins Swimming Club | 4 | 5 | 3 | 12 |
| Pisces Asc | 3 | 3 | 5 | 11 |
| North Coast Dolphins Swim Team | 3 | 2 | 2 | 7 |
| Aqua Adrenalin | 3 | 1 | 3 | 7 |
| Action Swim Academy | 2 | 4 | 3 | 9 |
| Kloof Asc | 2 | 4 | 2 | 8 |
| Curro Swimming Academy | 2 | 1 | 0 | 3 |
| Aquazone Swim Club | 2 | 0 | 3 | 5 |
| Good Hope Swem Kimberley | 1 | 5 | 3 | 9 |
| Midwit Uniswim | 1 | 5 | 2 | 8 |
| Aqua Swimming Academy | 1 | 3 | 0 | 4 |
| Blue Ocean Aquatics | 1 | 2 | 0 | 3 |
| Nelspruit Swimming Academy Dev | 1 | 1 | 1 | 3 |
| Kalahari Swemklub | 1 | 1 | 1 | 3 |
| Flamingo Aquatic Academy | 1 | 0 | 2 | 3 |
| Toti Titans Swimming Club | 1 | 0 | 0 | 1 |
| Ashton Swimming Academy | 0 | 3 | 9 | 12 |
| Seals Asc | 0 | 2 | 6 | 8 |
| Pongola Swimming Academy | 0 | 2 | 1 | 3 |
| Bloemfontein Otters | 0 | 1 | 2 | 3 |
| Woodview Aquatics | 0 | 1 | 1 | 2 |
| Beavers Swim Club | 0 | 0 | 5 | 5 |
| Apex H2O | 0 | 0 | 1 | 1 |
| Umlazi Sharks Aquatic Club | 0 | 0 | 1 | 1 |
| Margate Swimming Club | 0 | 0 | 1 | 1 |

SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31**Medal Count****Women**

| Team | Gold | Silver | Bronze | Total |
|--------------------------------|-------------|---------------|---------------|--------------|
| Seagulls SC | 13 | 5 | 12 | 30 |
| Seals Asc | 10 | 6 | 3 | 19 |
| Aquazone Swim Club | 9 | 7 | 7 | 23 |
| Bloemfontein Seals | 9 | 5 | 6 | 20 |
| Newcastel Swimming Club | 7 | 0 | 0 | 7 |
| Flamingo Aquatic Academy | 6 | 4 | 3 | 13 |
| Action Swim Academy | 4 | 1 | 3 | 8 |
| Penguins Swimming Club | 3 | 9 | 2 | 14 |
| Aqua Adrenalin | 3 | 5 | 7 | 15 |
| Bloemfontein Otters | 3 | 2 | 2 | 7 |
| Pongola Swimming Academy | 3 | 1 | 3 | 7 |
| Ashton Swimming Academy | 3 | 1 | 2 | 6 |
| Uniswim | 2 | 7 | 2 | 11 |
| Neptune's Aquatics | 2 | 1 | 3 | 6 |
| Midwit Uniswim | 2 | 1 | 2 | 5 |
| Kloof Asc | 2 | 0 | 2 | 4 |
| Nelspruit Swimming Academy | 2 | 0 | 1 | 3 |
| Curro Swimming Academy | 2 | 0 | 0 | 2 |
| North Coast Dolphins Swim Team | 1 | 10 | 2 | 13 |
| Ladysmith Marlins Swimming Clu | 1 | 7 | 0 | 8 |
| Blue Ocean Aquatics | 1 | 2 | 2 | 5 |
| Aqua Swimming Academy | 1 | 1 | 1 | 3 |
| Sasolburg Swemklub | 1 | 0 | 3 | 4 |
| Bull Sharks | 0 | 2 | 3 | 5 |
| Verulam Aquatic Club | 0 | 1 | 1 | 2 |
| Margate Swimming Club | 0 | 1 | 1 | 2 |
| Beavers Swim Club | 0 | 0 | 3 | 3 |
| Prieska Aquatics | 0 | 0 | 1 | 1 |
| Bayview Swimming Club | 0 | 0 | 1 | 1 |
| Vryheid Swimming Club | 0 | 0 | 1 | 1 |