

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

Agulhas Aquatics-OB**1 Beyers, Lize M - Female - Age: 11 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:15.95	#206 Women 19&U 100 Breast Prelims	1:46.68
#208 Women 19&U 200 Back Prelims	3:11.06	#402 Women 19&U 50 Free Prelims	34.17
#406 Women 19&U 200 Breast Prelims	3:38.92	#410 Women 19&U 50 Back Prelims	39.84
#412 Women 19&U 50 Fly Prelims	39.28		

2 Naude, Niel P - Male - Age: 10 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:18.98	#207 Men 19&U 200 Back Prelims	3:13.25
#401 Men 19&U 50 Free Prelims	36.29	#409 Men 19&U 50 Back Prelims	42.16
#411 Men 19&U 50 Fly Prelims	40.63		

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

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

Anax Swim Academy Swim Club-CP**1 Madeley, Amy O - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:11.05	#208 Women 19&U 200 Back Prelims	2:49.27
#212 Women 19&U 100 Fly Prelims	1:25.15	#302 Women 19&U 200 Free Prelims	2:34.15
#310 Women 19&U 100 Back Prelims	1:21.43	#314 Women 19&U 200 IM Prelims	3:02.96
#412 Women 19&U 50 Fly Prelims	36.53		

2 Raath, Jaedyn K - Male - Age: 17 - Ind/Rel: 7 / 0

#207 Men 19&U 200 Back Prelims	2:32.20	#305 Men 19&U 50 Breast Prelims	39.52
#309 Men 19&U 100 Back Prelims	1:09.99	#313 Men 19&U 200 IM Prelims	2:45.18
#401 Men 19&U 50 Free Prelims	29.40	#409 Men 19&U 50 Back Prelims	32.87
#411 Men 19&U 50 Fly Prelims	32.08		

Anax Swim Academy Swim Club-CP Total Individual Entries: 14 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aqua Athlete Cta-CP****1 Allott, Jack R - Male - Age: 16 - Ind/Rel: 5 / 0**

#111 Men 16 400 Free	4:37.00	#201 Men 19&U 100 Free Prelims	1:01.14
#211 Men 19&U 100 Fly Prelims	1:08.28	#301 Men 19&U 200 Free Prelims	2:11.28
#313 Men 19&U 200 IM Prelims	2:28.33		

2 Brooker, Isabella J - Female - Age: 13 - Ind/Rel: 4 / 0

#106 Women 13 400 Free	5:22.12	#202 Women 19&U 100 Free Prelims	1:09.70
#302 Women 19&U 200 Free Prelims	2:30.00	#402 Women 19&U 50 Free Prelims	32.00

3 Brooker, Matthew W - Male - Age: 17 - Ind/Rel: 8 / 0

#113 Men 17-19 400 Free	4:34.42	#201 Men 19&U 100 Free Prelims	57.62
#205 Men 19&U 100 Breast Prelims	1:15.96	#301 Men 19&U 200 Free Prelims	2:07.01
#313 Men 19&U 200 IM Prelims	2:25.97	#401 Men 19&U 50 Free Prelims	26.28
#405 Men 19&U 200 Breast Prelims	2:47.72	#411 Men 19&U 50 Fly Prelims	31.71

4 Bruwer, Casey - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:06.45	#314 Women 19&U 200 IM Prelims	2:46.94
#402 Women 19&U 50 Free Prelims	29.67	#410 Women 19&U 50 Back Prelims	34.87
#412 Women 19&U 50 Fly Prelims	31.16		

Aqua Athlete Cta-CP Total Individual Entries: 22 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aqua Dolphin Swimming Club-CP****1 Els, Jamie - Female - Age: 12 - Ind/Rel: 4 / 0**

#104 Women 12 400 Free	5:22.01	#202 Women 19&U 100 Free Prelims	1:12.80
#302 Women 19&U 200 Free Prelims	2:35.88	#402 Women 19&U 50 Free Prelims	33.88

2 Skordis, Boyd A - Male - Age: 11 - Ind/Rel: 4 / 0

#101 Men 11&U 400 Free	5:39.66	#201 Men 19&U 100 Free Prelims	1:15.42
#301 Men 19&U 200 Free Prelims	2:38.14	#401 Men 19&U 50 Free Prelims	34.62

3 Solomon, Ethan - Male - Age: 16 - Ind/Rel: 7 / 0

#111 Men 16 400 Free	4:31.32	#201 Men 19&U 100 Free Prelims	59.37
#211 Men 19&U 100 Fly Prelims	1:05.33	#301 Men 19&U 200 Free Prelims	2:09.08
#313 Men 19&U 200 IM Prelims	2:27.76	#401 Men 19&U 50 Free Prelims	27.25
#411 Men 19&U 50 Fly Prelims	28.47		

4 Southey, Jamie - Male - Age: 16 - Ind/Rel: 6 / 0

#111 Men 16 400 Free	4:44.54	#201 Men 19&U 100 Free Prelims	1:03.64
#207 Men 19&U 200 Back Prelims	2:33.89	#301 Men 19&U 200 Free Prelims	2:17.79
#401 Men 19&U 50 Free Prelims	30.36	#409 Men 19&U 50 Back Prelims	33.44

5 Vd Westhuizen, Joy - Female - Age: 17 - Ind/Rel: 8 / 0

#114 Women 17-19 400 Free	5:13.32	#202 Women 19&U 100 Free Prelims	1:09.42
#208 Women 19&U 200 Back Prelims	2:51.62	#212 Women 19&U 100 Fly Prelims	1:15.70
#302 Women 19&U 200 Free Prelims	2:29.55	#310 Women 19&U 100 Back Prelims	1:18.68
#410 Women 19&U 50 Back Prelims	37.85	#412 Women 19&U 50 Fly Prelims	33.58

Aqua Dolphin Swimming Club-CP Total Individual Entries: 29 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aqua Sharks Academy-CP****1 Arnott, Carter J - Male - Age: 16 - Ind/Rel: 7 / 3**

#111 Men 16 400 Free	4:43.48	#201 Men 19&U 100 Free Prelims	57.86
#207 Men 19&U 200 Back Prelims	2:30.55	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:53.79
#301 Men 19&U 200 Free Prelims	2:11.03	#309 Men 19&U 100 Back Prelims	1:07.57
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.28	#401 Men 19&U 50 Free Prelims	26.61
#411 Men 19&U 50 Fly Prelims	29.52	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.50

2 De Bruyn, Cornè C - Male - Age: 16 - Ind/Rel: 6 / 2

#201 Men 19&U 100 Free Prelims	59.78	#207 Men 19&U 200 Back Prelims	2:34.30
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:53.79	#301 Men 19&U 200 Free Prelims	2:17.19
#309 Men 19&U 100 Back Prelims	1:09.70	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.28
#401 Men 19&U 50 Free Prelims	27.31	#409 Men 19&U 50 Back Prelims	32.36

3 De Jager, Nathan B - Male - Age: 16 - Ind/Rel: 6 / 3

#201 Men 19&U 100 Free Prelims	58.48	#207 Men 19&U 200 Back Prelims	2:37.11
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:53.79	#301 Men 19&U 200 Free Prelims	2:17.31
#309 Men 19&U 100 Back Prelims	1:09.68	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.28
#401 Men 19&U 50 Free Prelims	27.26	#409 Men 19&U 50 Back Prelims	31.43
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.50		

4 Goodall, Aaron - Male - Age: 12 - Ind/Rel: 4 / 1

#201 Men 19&U 100 Free Prelims	1:11.84	#301 Men 19&U 200 Free Prelims	2:49.33
#401 Men 19&U 50 Free Prelims	31.77	#411 Men 19&U 50 Fly Prelims	35.37
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.61		

5 Havemann, Bella - Female - Age: 16 - Ind/Rel: 3 / 0

#202 Women 19&U 100 Free Prelims	1:04.24	#402 Women 19&U 50 Free Prelims	28.66
#412 Women 19&U 50 Fly Prelims	32.06		

6 Hofinger, Charlotte M - Female - Age: 11 - Ind/Rel: 5 / 0

#102 Women 11&U 400 Free	5:37.85	#202 Women 19&U 100 Free Prelims	1:14.55
#302 Women 19&U 200 Free Prelims	2:39.37	#402 Women 19&U 50 Free Prelims	34.30
#412 Women 19&U 50 Fly Prelims	40.43		

7 Knott, Cayleigh - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:26.06	#208 Women 19&U 200 Back Prelims	2:44.59
#310 Women 19&U 100 Back Prelims	1:27.54	#402 Women 19&U 50 Free Prelims	38.83
#406 Women 19&U 200 Breast Prelims	3:38.93	#410 Women 19&U 50 Back Prelims	39.08

8 Longueira, Ava L - Female - Age: 12 - Ind/Rel: 4 / 3

#202 Women 19&U 100 Free Prelims	1:09.70	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.68
#306 Women 19&U 50 Breast Prelims	42.84	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06
#402 Women 19&U 50 Free Prelims	32.09	#412 Women 19&U 50 Fly Prelims	35.82
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.11		

9 Lubbe, Mikael B - Male - Age: 12 - Ind/Rel: 8 / 1

#201 Men 19&U 100 Free Prelims	1:22.66	#207 Men 19&U 200 Back Prelims	3:04.09
#211 Men 19&U 100 Fly Prelims	1:43.02	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.95
#305 Men 19&U 50 Breast Prelims	48.11	#309 Men 19&U 100 Back Prelims	1:24.76
#401 Men 19&U 50 Free Prelims	35.60	#409 Men 19&U 50 Back Prelims	40.60
#411 Men 19&U 50 Fly Prelims	39.03		

10 Makore, Bona M - Female - Age: 11 - Ind/Rel: 6 / 4

#202 Women 19&U 100 Free Prelims	1:14.73	#206 Women 19&U 100 Breast Prelims	1:52.38
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:11.66	#302 Women 19&U 200 Free Prelims	2:47.41
#314 Women 19&U 200 IM Prelims	3:12.61	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.21
#402 Women 19&U 50 Free Prelims	34.44	#412 Women 19&U 50 Fly Prelims	38.39
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:44.70	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.61

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aqua Sharks Academy-CP****11 Maughan, Patrick F - Male - Age: 12 - Ind/Rel: 4 / 3**

#201 Men 19&U 100 Free Prelims	1:15.16
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.95
#401 Men 19&U 50 Free Prelims	36.21
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.61

#205 Men 19&U 100 Breast Prelims	1:32.31
#305 Men 19&U 50 Breast Prelims	39.83
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.81

12 Melnik, Yonatan - Male - Age: 12 - Ind/Rel: 3 / 0

#205 Men 19&U 100 Breast Prelims	1:32.03
#405 Men 19&U 200 Breast Prelims	3:12.04

#305 Men 19&U 50 Breast Prelims	47.37
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13 Pitout, Addison P - Female - Age: 10 - Ind/Rel: 6 / 4

#202 Women 19&U 100 Free Prelims	1:17.88
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:11.66
#314 Women 19&U 200 IM Prelims	3:20.35
#402 Women 19&U 50 Free Prelims	34.29
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:44.70

#212 Women 19&U 100 Fly Prelims	1:35.04
#302 Women 19&U 200 Free Prelims	2:56.33
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.21
#412 Women 19&U 50 Fly Prelims	39.22
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:59.61

14 Pitout, Zachary J - Male - Age: 13 - Ind/Rel: 8 / 5

#201 Men 19&U 100 Free Prelims	1:08.40
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.95
#305 Men 19&U 50 Breast Prelims	42.07
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.97
#401 Men 19&U 50 Free Prelims	30.87
#411 Men 19&U 50 Fly Prelims	36.19
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:33.66

#205 Men 19&U 100 Breast Prelims	1:31.62
#301 Men 19&U 200 Free Prelims	2:36.34
#313 Men 19&U 200 IM Prelims	2:55.07
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:17.84
#405 Men 19&U 200 Breast Prelims	3:17.26
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.81

15 Rayne, Leo - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	58.77
#301 Men 19&U 200 Free Prelims	2:14.44
#401 Men 19&U 50 Free Prelims	26.17

#207 Men 19&U 200 Back Prelims	2:34.54
#309 Men 19&U 100 Back Prelims	1:05.53

16 Sprong, Jaime M - Female - Age: 11 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:19.39
#212 Women 19&U 100 Fly Prelims	1:31.79
#302 Women 19&U 200 Free Prelims	3:05.10
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.21
#410 Women 19&U 50 Back Prelims	39.66
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:44.70

#208 Women 19&U 200 Back Prelims	3:13.02
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:11.66
#314 Women 19&U 200 IM Prelims	3:14.23
#402 Women 19&U 50 Free Prelims	34.27
#412 Women 19&U 50 Fly Prelims	39.04

17 Stenekamp, Keanu - Male - Age: 12 - Ind/Rel: 7 / 1

#201 Men 19&U 100 Free Prelims	1:25.95
#207 Men 19&U 200 Back Prelims	3:05.46
#309 Men 19&U 100 Back Prelims	1:26.23
#405 Men 19&U 200 Breast Prelims	3:21.03

#205 Men 19&U 100 Breast Prelims	1:36.52
#305 Men 19&U 50 Breast Prelims	44.72
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.97
#411 Men 19&U 50 Fly Prelims	43.90

18 Swanepoel, Pia Q - Female - Age: 11 - Ind/Rel: 7 / 3

#102 Women 11&U 400 Free	6:13.25
#212 Women 19&U 100 Fly Prelims	1:34.14
#302 Women 19&U 200 Free Prelims	2:55.72
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.21
#412 Women 19&U 50 Fly Prelims	39.19

#202 Women 19&U 100 Free Prelims	1:19.66
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:11.66
#314 Women 19&U 200 IM Prelims	3:11.69
#406 Women 19&U 200 Breast Prelims	3:40.47
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:44.70

19 Townsend, Lucan D - Male - Age: 16 - Ind/Rel: 7 / 1

#205 Men 19&U 100 Breast Prelims	1:19.85
#305 Men 19&U 50 Breast Prelims	34.79
#401 Men 19&U 50 Free Prelims	28.76
#411 Men 19&U 50 Fly Prelims	32.68

#211 Men 19&U 100 Fly Prelims	1:17.04
#313 Men 19&U 200 IM Prelims	2:48.51
#405 Men 19&U 200 Breast Prelims	3:05.49
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.50

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aqua Sharks Academy-CP****20 Van Dyk, Zani - Female - Age: 13 - Ind/Rel: 8 / 5**

#106 Women 13 400 Free	5:35.03	#202 Women 19&U 100 Free Prelims	1:11.19
#208 Women 19&U 200 Back Prelims	2:53.56	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.68
#306 Women 19&U 50 Breast Prelims	40.32	#310 Women 19&U 100 Back Prelims	1:20.82
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:17.84
#402 Women 19&U 50 Free Prelims	31.23	#410 Women 19&U 50 Back Prelims	36.21
#412 Women 19&U 50 Fly Prelims	37.31	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.11
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:33.66		

21 Vd Merwe, Mia - Female - Age: 15 - Ind/Rel: 7 / 5

#202 Women 19&U 100 Free Prelims	1:08.50	#208 Women 19&U 200 Back Prelims	2:43.35
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.68	#302 Women 19&U 200 Free Prelims	2:29.60
#310 Women 19&U 100 Back Prelims	1:16.34	#314 Women 19&U 200 IM Prelims	2:48.96
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:17.84
#402 Women 19&U 50 Free Prelims	31.17	#412 Women 19&U 50 Fly Prelims	33.62
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.11	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:33.66

22 Viljoen, Jaden R - Male - Age: 16 - Ind/Rel: 6 / 3

#201 Men 19&U 100 Free Prelims	57.67	#207 Men 19&U 200 Back Prelims	2:28.48
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:53.79	#301 Men 19&U 200 Free Prelims	2:14.63
#309 Men 19&U 100 Back Prelims	1:07.72	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:47.28
#401 Men 19&U 50 Free Prelims	26.10	#409 Men 19&U 50 Back Prelims	31.26
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.50		

23 Viljoen, Jagger F - Male - Age: 12 - Ind/Rel: 6 / 3

#201 Men 19&U 100 Free Prelims	1:12.73	#211 Men 19&U 100 Fly Prelims	1:17.17
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:58.95	#301 Men 19&U 200 Free Prelims	2:41.03
#309 Men 19&U 100 Back Prelims	1:21.51	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.97
#401 Men 19&U 50 Free Prelims	31.96	#411 Men 19&U 50 Fly Prelims	33.99
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.81		

24 Walther-Kotzè, Leon C - Male - Age: 14 - Ind/Rel: 4 / 0

#107 Men 14 400 Free	5:04.81	#201 Men 19&U 100 Free Prelims	1:08.71
#211 Men 19&U 100 Fly Prelims	1:15.04	#301 Men 19&U 200 Free Prelims	2:24.17

25 Wenn, Josiah - Male - Age: 14 - Ind/Rel: 8 / 4

#107 Men 14 400 Free	5:09.51	#201 Men 19&U 100 Free Prelims	1:05.57
#207 Men 19&U 200 Back Prelims	2:46.09	#301 Men 19&U 200 Free Prelims	2:27.30
#305 Men 19&U 50 Breast Prelims	37.14	#313 Men 19&U 200 IM Prelims	2:44.46
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:07.97	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:17.84
#405 Men 19&U 200 Breast Prelims	3:02.71	#411 Men 19&U 50 Fly Prelims	33.57
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:18.81	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:33.66

26 Wilensky, Mikayla - Female - Age: 11 - Ind/Rel: 5 / 3

#202 Women 19&U 100 Free Prelims	1:11.29	#212 Women 19&U 100 Fly Prelims	1:22.13
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:40.68	#314 Women 19&U 200 IM Prelims	3:05.79
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06	#402 Women 19&U 50 Free Prelims	33.57
#412 Women 19&U 50 Fly Prelims	38.05	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.11

Aqua Sharks Academy-CP Total Individual Entries: 154 - Total Relays: 0

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

Aquanova Aquatics Club-BU**1 van Staden, Mika L - Male - Age: 15 - Ind/Rel: 7 / 0**

#109 Men 15 400 Free	5:29.51	#201 Men 19&U 100 Free Prelims	59.69
#211 Men 19&U 100 Fly Prelims	1:07.66	#301 Men 19&U 200 Free Prelims	2:22.20
#313 Men 19&U 200 IM Prelims	2:35.98	#401 Men 19&U 50 Free Prelims	27.03
#411 Men 19&U 50 Fly Prelims	28.15		

Aquanova Aquatics Club-BU Total Individual Entries: 7 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Aquasharks Winelands-CE****1 Boonzaaier, Simon F - Male - Age: 18 - Ind/Rel: 6 / 2**

#113 Men 17-19 400 Free	4:39.62
#301 Men 19&U 200 Free Prelims	2:13.06
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.31
#411 Men 19&U 50 Fly Prelims	30.89

#201 Men 19&U 100 Free Prelims	1:01.40
#309 Men 19&U 100 Back Prelims	1:17.04
#401 Men 19&U 50 Free Prelims	28.49
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.61

2 Conradie, D'Niel - Male - Age: 13 - Ind/Rel: 6 / 0

#105 Men 13 400 Free	5:41.87
#301 Men 19&U 200 Free Prelims	2:36.92
#401 Men 19&U 50 Free Prelims	30.97

#207 Men 19&U 200 Back Prelims	2:56.43
#309 Men 19&U 100 Back Prelims	1:20.28
#409 Men 19&U 50 Back Prelims	42.13

3 Hager, Carle - Female - Age: 15 - Ind/Rel: 7 / 2

#110 Women 15 400 Free	5:37.96
#310 Women 19&U 100 Back Prelims	1:17.77
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.31
#410 Women 19&U 50 Back Prelims	36.05
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.61

#202 Women 19&U 100 Free Prelims	1:07.99
#314 Women 19&U 200 IM Prelims	2:55.85
#402 Women 19&U 50 Free Prelims	30.72
#412 Women 19&U 50 Fly Prelims	33.12

4 Röntgen, Carine - Female - Age: 16 - Ind/Rel: 6 / 2

#112 Women 16 400 Free	5:10.19
#206 Women 19&U 100 Breast Prelims	1:31.78
#306 Women 19&U 50 Breast Prelims	42.55
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.31

#202 Women 19&U 100 Free Prelims	1:07.15
#302 Women 19&U 200 Free Prelims	2:26.28
#314 Women 19&U 200 IM Prelims	2:53.64
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.61

5 Schreuder, Steffen - Male - Age: 17 - Ind/Rel: 7 / 2

#113 Men 17-19 400 Free	4:52.44
#211 Men 19&U 100 Fly Prelims	1:06.48
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:15.31
#409 Men 19&U 50 Back Prelims	34.03
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:17.61

#201 Men 19&U 100 Free Prelims	1:01.07
#301 Men 19&U 200 Free Prelims	2:16.27
#401 Men 19&U 50 Free Prelims	27.59
#411 Men 19&U 50 Fly Prelims	28.22

6 Stander, Christiaan L - Male - Age: 12 - Ind/Rel: 9 / 0

#103 Men 12 400 Free	5:21.37
#205 Men 19&U 100 Breast Prelims	1:38.95
#301 Men 19&U 200 Free Prelims	2:33.22
#313 Men 19&U 200 IM Prelims	3:04.00
#411 Men 19&U 50 Fly Prelims	36.41

#201 Men 19&U 100 Free Prelims	1:09.41
#211 Men 19&U 100 Fly Prelims	1:21.35
#305 Men 19&U 50 Breast Prelims	42.98
#401 Men 19&U 50 Free Prelims	31.75

Aquasharks Winelands-CE Total Individual Entries: 41 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Associação Provincial de Nataç****1 Body, Alice Celeste - Female - Age: 14 - Ind/Rel: 6 / 2**

#202 Women 19&U 100 Free Prelims	1:04.18	#212 Women 19&U 100 Fly Prelims	1:18.38
#302 Women 19&U 200 Free Prelims	2:24.28	#314 Women 19&U 200 IM Prelims	2:44.88
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:01.59	#402 Women 19&U 50 Free Prelims	29.08
#412 Women 19&U 50 Fly Prelims	32.20	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:17.02

2 Comotti, Leonardo - Male - Age: 10 - Ind/Rel: 6 / 1

#201 Men 19&U 100 Free Prelims	1:14.30	#207 Men 19&U 200 Back Prelims	3:07.89
#301 Men 19&U 200 Free Prelims	2:39.73	#309 Men 19&U 100 Back Prelims	1:29.13
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.00	#401 Men 19&U 50 Free Prelims	33.33
#409 Men 19&U 50 Back Prelims	41.34		

3 Dode, Davi Lucas - Male - Age: 14 - Ind/Rel: 0 / 1

#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.00
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4 Fernandes, Carlos Daniel - Male - Age: 15 - Ind/Rel: 6 / 2

#109 Men 15 400 Free	4:54.07	#201 Men 19&U 100 Free Prelims	58.60
#205 Men 19&U 100 Breast Prelims	1:18.05	#305 Men 19&U 50 Breast Prelims	33.67
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.22	#401 Men 19&U 50 Free Prelims	26.02
#411 Men 19&U 50 Fly Prelims	29.41	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.30

5 Guimaraes, Carolina Rocha - Female - Age: 12 - Ind/Rel: 4 / 1

#206 Women 19&U 100 Breast Prelims	1:37.20	#302 Women 19&U 200 Free Prelims	2:40.29
#306 Women 19&U 50 Breast Prelims	45.55	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.00
#406 Women 19&U 200 Breast Prelims	3:29.96		

6 Kempson, Savannah - Female - Age: 11 - Ind/Rel: 4 / 1

#206 Women 19&U 100 Breast Prelims	1:37.91	#306 Women 19&U 50 Breast Prelims	46.27
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.00	#406 Women 19&U 200 Breast Prelims	3:29.29
#412 Women 19&U 50 Fly Prelims	38.41		

7 Manuel, Silverio Fernando - Male - Age: 16 - Ind/Rel: 5 / 2

#205 Men 19&U 100 Breast Prelims	1:16.01	#211 Men 19&U 100 Fly Prelims	1:09.15
#305 Men 19&U 50 Breast Prelims	33.26	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.22
#405 Men 19&U 200 Breast Prelims	2:46.11	#411 Men 19&U 50 Fly Prelims	29.60
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.30		

8 Palha, Isis Gabriela - Female - Age: 13 - Ind/Rel: 5 / 1

#106 Women 13 400 Free	5:32.35	#206 Women 19&U 100 Breast Prelims	1:34.45
#306 Women 19&U 50 Breast Prelims	43.89	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:01.59
#402 Women 19&U 50 Free Prelims	32.25	#412 Women 19&U 50 Fly Prelims	39.06

9 Parimbelli, Maria Teresa - Female - Age: 14 - Ind/Rel: 7 / 1

#108 Women 14 400 Free	5:06.98	#202 Women 19&U 100 Free Prelims	1:05.59
#206 Women 19&U 100 Breast Prelims	1:30.52	#302 Women 19&U 200 Free Prelims	2:23.55
#314 Women 19&U 200 IM Prelims	2:48.57	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:01.59
#402 Women 19&U 50 Free Prelims	29.64	#412 Women 19&U 50 Fly Prelims	33.34

10 Santo, Rhanya Espirito - Female - Age: 15 - Ind/Rel: 7 / 1

#110 Women 15 400 Free	5:01.87	#202 Women 19&U 100 Free Prelims	1:05.25
#208 Women 19&U 200 Back Prelims	2:41.80	#302 Women 19&U 200 Free Prelims	2:21.93
#310 Women 19&U 100 Back Prelims	1:15.75	#402 Women 19&U 50 Free Prelims	29.39
#410 Women 19&U 50 Back Prelims	35.52	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:17.02

11 Santos, Neizla Miguela - Female - Age: 16 - Ind/Rel: 4 / 1

#206 Women 19&U 100 Breast Prelims	1:26.91	#306 Women 19&U 50 Breast Prelims	38.33
#406 Women 19&U 200 Breast Prelims	3:09.40	#412 Women 19&U 50 Fly Prelims	33.52
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:17.02		

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Associação Provincial de Nataç****12 Sousa, Guilherme Machado - Male - Age: 16 - Ind/Rel: 6 / 2**

#111 Men 16 400 Free	4:51.52	#201 Men 19&U 100 Free Prelims	58.67
#211 Men 19&U 100 Fly Prelims	1:06.80	#301 Men 19&U 200 Free Prelims	2:09.68
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.22	#401 Men 19&U 50 Free Prelims	26.78
#411 Men 19&U 50 Fly Prelims	29.19	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.30

13 Vunge, Chelsea Idalina - Female - Age: 14 - Ind/Rel: 4 / 1

#202 Women 19&U 100 Free Prelims	1:08.49	#302 Women 19&U 200 Free Prelims	2:32.79
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:01.59	#402 Women 19&U 50 Free Prelims	30.62
#412 Women 19&U 50 Fly Prelims	33.91		

14 Zhukov, Aleksandra Larissa - Female - Age: 17 - Ind/Rel: 5 / 1

#206 Women 19&U 100 Breast Prelims	1:28.65	#306 Women 19&U 50 Breast Prelims	39.67
#314 Women 19&U 200 IM Prelims	2:46.78	#406 Women 19&U 200 Breast Prelims	3:11.15
#412 Women 19&U 50 Fly Prelims	35.71	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:17.02

15 Zhukov, Oleksander Mario - Male - Age: 15 - Ind/Rel: 4 / 2

#205 Men 19&U 100 Breast Prelims	1:21.08	#207 Men 19&U 200 Back Prelims	2:34.15
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:48.22	#401 Men 19&U 50 Free Prelims	28.05
#409 Men 19&U 50 Back Prelims	32.83	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:01.30

Associação Provincial de Nataç Total Individual Entries: 73 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Barracudas Aquarama SC-CP****1 Heunis, Johan C - Male - Age: 11 - Ind/Rel: 10 / 3**

#101 Men 11&U 400 Free	5:58.11	#201 Men 19&U 100 Free Prelims	1:19.33
#207 Men 19&U 200 Back Prelims	3:02.75	#211 Men 19&U 100 Fly Prelims	1:34.82
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	5:05.48	#301 Men 19&U 200 Free Prelims	2:50.61
#309 Men 19&U 100 Back Prelims	1:25.72	#313 Men 19&U 200 IM Prelims	3:18.75
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.41	#401 Men 19&U 50 Free Prelims	35.10
#409 Men 19&U 50 Back Prelims	38.70	#411 Men 19&U 50 Fly Prelims	38.65
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:34.95		

2 Janse van Rensburg, Daniël P - Male - Age: 13 - Ind/Rel: 5 / 3

#211 Men 19&U 100 Fly Prelims	1:19.00	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	5:05.48
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.41	#401 Men 19&U 50 Free Prelims	30.82
#405 Men 19&U 200 Breast Prelims	3:31.44	#409 Men 19&U 50 Back Prelims	37.04
#411 Men 19&U 50 Fly Prelims	33.13	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:34.95

3 Kleynhans, Michael - Male - Age: 10 - Ind/Rel: 6 / 2

#205 Men 19&U 100 Breast Prelims	1:35.60	#305 Men 19&U 50 Breast Prelims	44.37
#313 Men 19&U 200 IM Prelims	3:13.18	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.41
#401 Men 19&U 50 Free Prelims	34.60	#405 Men 19&U 200 Breast Prelims	3:27.89
#411 Men 19&U 50 Fly Prelims	40.67	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:34.95

4 Kröger, Sammy - Female - Age: 13 - Ind/Rel: 5 / 0

#106 Women 13 400 Free	6:08.45	#208 Women 19&U 200 Back Prelims	2:55.80
#302 Women 19&U 200 Free Prelims	2:48.38	#310 Women 19&U 100 Back Prelims	1:22.43
#406 Women 19&U 200 Breast Prelims	3:32.73		

5 Odendaal, Riko - Male - Age: 12 - Ind/Rel: 11 / 1

#103 Men 12 400 Free	6:29.95	#201 Men 19&U 100 Free Prelims	1:20.21
#207 Men 19&U 200 Back Prelims	3:00.43	#211 Men 19&U 100 Fly Prelims	1:33.97
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	5:05.48	#301 Men 19&U 200 Free Prelims	3:02.92
#305 Men 19&U 50 Breast Prelims	46.57	#309 Men 19&U 100 Back Prelims	1:23.12
#313 Men 19&U 200 IM Prelims	3:13.19	#401 Men 19&U 50 Free Prelims	35.86
#409 Men 19&U 50 Back Prelims	39.79	#411 Men 19&U 50 Fly Prelims	42.78

6 Swanepoel, Roehan J - Male - Age: 11 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:16.66	#205 Men 19&U 100 Breast Prelims	1:40.85
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	5:05.48	#305 Men 19&U 50 Breast Prelims	45.61
#309 Men 19&U 100 Back Prelims	1:26.12	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.41
#401 Men 19&U 50 Free Prelims	34.89	#405 Men 19&U 200 Breast Prelims	3:38.93
#409 Men 19&U 50 Back Prelims	41.69	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:34.95

Barracudas Aquarama SC-CP Total Individual Entries: 44 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Bay Eagle Swim Team-NM****1 Butau, Mila T - Female - Age: 11 - Ind/Rel: 13 / 0**

#102 Women 11&U 400 Free	5:35.80	#202 Women 19&U 100 Free Prelims	1:12.12
#206 Women 19&U 100 Breast Prelims	1:38.22	#208 Women 19&U 200 Back Prelims	3:03.49
#212 Women 19&U 100 Fly Prelims	1:29.63	#302 Women 19&U 200 Free Prelims	2:41.25
#306 Women 19&U 50 Breast Prelims	44.11	#310 Women 19&U 100 Back Prelims	1:21.95
#314 Women 19&U 200 IM Prelims	3:01.23	#402 Women 19&U 50 Free Prelims	31.55
#406 Women 19&U 200 Breast Prelims	3:37.03	#410 Women 19&U 50 Back Prelims	37.22
#412 Women 19&U 50 Fly Prelims	35.64		

2 Delpont, Reynard - Male - Age: 11 - Ind/Rel: 11 / 0

#101 Men 11&U 400 Free	5:34.46	#201 Men 19&U 100 Free Prelims	1:16.44
#205 Men 19&U 100 Breast Prelims	1:55.38	#207 Men 19&U 200 Back Prelims	3:03.63
#301 Men 19&U 200 Free Prelims	2:42.74	#305 Men 19&U 50 Breast Prelims	51.29
#309 Men 19&U 100 Back Prelims	1:27.16	#401 Men 19&U 50 Free Prelims	33.17
#405 Men 19&U 200 Breast Prelims	4:07.16	#409 Men 19&U 50 Back Prelims	41.87
#411 Men 19&U 50 Fly Prelims	43.82		

3 Pohlmann, Sarah - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:11.15	#206 Women 19&U 100 Breast Prelims	1:26.11
#302 Women 19&U 200 Free Prelims	2:35.33	#306 Women 19&U 50 Breast Prelims	39.16
#314 Women 19&U 200 IM Prelims	2:59.74	#402 Women 19&U 50 Free Prelims	31.85
#406 Women 19&U 200 Breast Prelims	3:08.51	#410 Women 19&U 50 Back Prelims	39.14

4 Prince, Caleb T - Male - Age: 14 - Ind/Rel: 7 / 0

#107 Men 14 400 Free	5:18.40	#201 Men 19&U 100 Free Prelims	1:04.93
#205 Men 19&U 100 Breast Prelims	1:26.89	#211 Men 19&U 100 Fly Prelims	1:20.04
#301 Men 19&U 200 Free Prelims	2:28.62	#309 Men 19&U 100 Back Prelims	1:19.35
#313 Men 19&U 200 IM Prelims	2:47.98		

5 Richter, Joshua C - Male - Age: 11 - Ind/Rel: 12 / 0

#101 Men 11&U 400 Free	5:15.85	#201 Men 19&U 100 Free Prelims	1:10.45
#205 Men 19&U 100 Breast Prelims	1:39.80	#207 Men 19&U 200 Back Prelims	2:53.80
#211 Men 19&U 100 Fly Prelims	1:25.16	#301 Men 19&U 200 Free Prelims	2:31.89
#305 Men 19&U 50 Breast Prelims	46.04	#309 Men 19&U 100 Back Prelims	1:21.73
#313 Men 19&U 200 IM Prelims	2:54.14	#401 Men 19&U 50 Free Prelims	31.82
#409 Men 19&U 50 Back Prelims	39.01	#411 Men 19&U 50 Fly Prelims	37.33

6 Strydom, Andre N - Male - Age: 13 - Ind/Rel: 12 / 0

#105 Men 13 400 Free	5:09.45	#201 Men 19&U 100 Free Prelims	1:07.28
#205 Men 19&U 100 Breast Prelims	1:25.71	#211 Men 19&U 100 Fly Prelims	1:20.02
#301 Men 19&U 200 Free Prelims	2:27.57	#305 Men 19&U 50 Breast Prelims	38.77
#309 Men 19&U 100 Back Prelims	1:18.23	#313 Men 19&U 200 IM Prelims	2:47.95
#401 Men 19&U 50 Free Prelims	29.86	#405 Men 19&U 200 Breast Prelims	3:06.60
#409 Men 19&U 50 Back Prelims	35.79	#411 Men 19&U 50 Fly Prelims	33.59

7 Theunissen, Jude E - Male - Age: 12 - Ind/Rel: 9 / 0

#103 Men 12 400 Free	5:43.66	#201 Men 19&U 100 Free Prelims	1:13.69
#211 Men 19&U 100 Fly Prelims	1:24.01	#301 Men 19&U 200 Free Prelims	2:43.29
#305 Men 19&U 50 Breast Prelims	48.95	#313 Men 19&U 200 IM Prelims	3:03.01
#401 Men 19&U 50 Free Prelims	33.06	#409 Men 19&U 50 Back Prelims	41.61
#411 Men 19&U 50 Fly Prelims	37.15		

8 Welsh, Stacey A - Female - Age: 14 - Ind/Rel: 9 / 0

#108 Women 14 400 Free	5:11.03	#202 Women 19&U 100 Free Prelims	1:08.12
#206 Women 19&U 100 Breast Prelims	1:35.95	#208 Women 19&U 200 Back Prelims	2:52.52
#302 Women 19&U 200 Free Prelims	2:28.33	#306 Women 19&U 50 Breast Prelims	43.66
#310 Women 19&U 100 Back Prelims	1:21.24	#314 Women 19&U 200 IM Prelims	2:51.97
#402 Women 19&U 50 Free Prelims	30.96		

Bay Eagle Swim Team-NM Total Individual Entries: 81 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Blouberg Marlins-CP****1 Coleman, Travis - Male - Age: 13 - Ind/Rel: 9 / 4**

#201 Men 19&U 100 Free Prelims	1:03.34
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.10
#305 Men 19&U 50 Breast Prelims	37.20
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.49
#401 Men 19&U 50 Free Prelims	28.82
#409 Men 19&U 50 Back Prelims	34.84
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.12

#205 Men 19&U 100 Breast Prelims	1:22.54
#301 Men 19&U 200 Free Prelims	2:22.26
#313 Men 19&U 200 IM Prelims	2:41.36
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:06.94
#405 Men 19&U 200 Breast Prelims	3:02.70
#411 Men 19&U 50 Fly Prelims	33.43

2 Dabrowski, Leah A - Female - Age: 11 - Ind/Rel: 12 / 4

#102 Women 11&U 400 Free	5:23.28
#206 Women 19&U 100 Breast Prelims	1:35.21
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.66
#306 Women 19&U 50 Breast Prelims	43.47
#314 Women 19&U 200 IM Prelims	2:54.51
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:06.94
#406 Women 19&U 200 Breast Prelims	3:24.03
#412 Women 19&U 50 Fly Prelims	36.15

#202 Women 19&U 100 Free Prelims	1:08.47
#208 Women 19&U 200 Back Prelims	2:44.75
#302 Women 19&U 200 Free Prelims	2:33.98
#310 Women 19&U 100 Back Prelims	1:17.14
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:03.65
#402 Women 19&U 50 Free Prelims	30.60
#410 Women 19&U 50 Back Prelims	22.79
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:21.57

3 Froneman, Dylan R - Male - Age: 13 - Ind/Rel: 8 / 1

#105 Men 13 400 Free	5:22.21
#207 Men 19&U 200 Back Prelims	2:56.76
#301 Men 19&U 200 Free Prelims	2:31.94
#401 Men 19&U 50 Free Prelims	31.13
#411 Men 19&U 50 Fly Prelims	37.68

#201 Men 19&U 100 Free Prelims	1:08.76
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.10
#309 Men 19&U 100 Back Prelims	1:20.82
#409 Men 19&U 50 Back Prelims	38.51

4 Gilligan, Saskia - Female - Age: 11 - Ind/Rel: 5 / 1

#102 Women 11&U 400 Free	5:45.79
#402 Women 19&U 50 Free Prelims	34.19
#410 Women 19&U 50 Back Prelims	38.23

#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:06.94
#406 Women 19&U 200 Breast Prelims	3:36.86
#412 Women 19&U 50 Fly Prelims	38.94

5 Louw, Alexa - Female - Age: 17 - Ind/Rel: 4 / 4

#202 Women 19&U 100 Free Prelims	1:08.93
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.66
#310 Women 19&U 100 Back Prelims	1:16.95
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:21.57

#208 Women 19&U 200 Back Prelims	2:46.57
#302 Women 19&U 200 Free Prelims	2:33.97
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:03.65
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.12

6 Mahlangu, Ndalo - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:21.34
#302 Women 19&U 200 Free Prelims	2:58.85
#402 Women 19&U 50 Free Prelims	35.63
#410 Women 19&U 50 Back Prelims	41.73

#206 Women 19&U 100 Breast Prelims	1:43.72
#306 Women 19&U 50 Breast Prelims	47.28
#406 Women 19&U 200 Breast Prelims	3:34.11
#412 Women 19&U 50 Fly Prelims	44.78

7 Moodie, Zak - Male - Age: 14 - Ind/Rel: 7 / 1

#201 Men 19&U 100 Free Prelims	1:09.36
#301 Men 19&U 200 Free Prelims	2:36.23
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.49
#405 Men 19&U 200 Breast Prelims	3:00.11

#205 Men 19&U 100 Breast Prelims	1:25.08
#305 Men 19&U 50 Breast Prelims	39.07
#401 Men 19&U 50 Free Prelims	32.73
#409 Men 19&U 50 Back Prelims	38.50

8 Tsai, Emily A - Female - Age: 16 - Ind/Rel: 5 / 1

#202 Women 19&U 100 Free Prelims	1:12.11
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.66
#306 Women 19&U 50 Breast Prelims	39.77

#206 Women 19&U 100 Breast Prelims	1:28.41
#302 Women 19&U 200 Free Prelims	2:40.32
#406 Women 19&U 200 Breast Prelims	3:18.50

9 Van Dyk, Stephaan - Male - Age: 14 - Ind/Rel: 9 / 3

#107 Men 14 400 Free	5:25.42
#205 Men 19&U 100 Breast Prelims	1:26.71
#301 Men 19&U 200 Free Prelims	2:23.71
#313 Men 19&U 200 IM Prelims	2:46.74
#405 Men 19&U 200 Breast Prelims	3:10.60
#411 Men 19&U 50 Fly Prelims	33.20

#201 Men 19&U 100 Free Prelims	1:04.70
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.10
#305 Men 19&U 50 Breast Prelims	38.53
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.49
#409 Men 19&U 50 Back Prelims	37.49
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.12

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Blouberg Marlins-CP****10 Watson, Caitlin C - Female - Age: 17 - Ind/Rel: 7 / 2**

#202 Women 19&U 100 Free Prelims	1:06.94	#302 Women 19&U 200 Free Prelims	2:26.92
#310 Women 19&U 100 Back Prelims	1:14.98	#314 Women 19&U 200 IM Prelims	2:57.61
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:03.65	#402 Women 19&U 50 Free Prelims	30.75
#410 Women 19&U 50 Back Prelims	34.02	#412 Women 19&U 50 Fly Prelims	32.84
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:21.57		

11 Wessels, Connor M - Male - Age: 14 - Ind/Rel: 8 / 3

#107 Men 14 400 Free	5:19.01	#201 Men 19&U 100 Free Prelims	1:06.30
#207 Men 19&U 200 Back Prelims	2:51.39	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:23.10
#301 Men 19&U 200 Free Prelims	2:28.38	#309 Men 19&U 100 Back Prelims	1:17.10
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.49	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:06.94
#401 Men 19&U 50 Free Prelims	30.66	#409 Men 19&U 50 Back Prelims	35.27
#411 Men 19&U 50 Fly Prelims	32.76		

12 Zeelie, Shanna-Leigh - Female - Age: 16 - Ind/Rel: 9 / 4

#112 Women 16 400 Free	4:58.96	#202 Women 19&U 100 Free Prelims	1:06.15
#208 Women 19&U 200 Back Prelims	2:38.29	#212 Women 19&U 100 Fly Prelims	1:17.34
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:35.66	#302 Women 19&U 200 Free Prelims	2:21.94
#310 Women 19&U 100 Back Prelims	1:13.74	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:03.65
#402 Women 19&U 50 Free Prelims	30.40	#410 Women 19&U 50 Back Prelims	34.71
#412 Women 19&U 50 Fly Prelims	32.37	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:21.57
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.12		

Blouberg Marlins-CP Total Individual Entries: 91 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Aquatic Swim Club-CP****1 Blake, Abi E - Female - Age: 15 - Ind/Rel: 9 / 4**

#110 Women 15 400 Free	5:04.66	#202 Women 19&U 100 Free Prelims	1:08.60
#208 Women 19&U 200 Back Prelims	2:47.45	#212 Women 19&U 100 Fly Prelims	1:16.55
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:28.93	#302 Women 19&U 200 Free Prelims	2:23.17
#310 Women 19&U 100 Back Prelims	1:18.03	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.13
#402 Women 19&U 50 Free Prelims	32.54	#410 Women 19&U 50 Back Prelims	37.08
#412 Women 19&U 50 Fly Prelims	34.77	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:17.02
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:13.76		

2 Botha, Rebecca P - Female - Age: 13 - Ind/Rel: 10 / 4

#106 Women 13 400 Free	5:58.02	#202 Women 19&U 100 Free Prelims	1:07.66
#206 Women 19&U 100 Breast Prelims	1:39.51	#208 Women 19&U 200 Back Prelims	3:14.09
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:28.93	#302 Women 19&U 200 Free Prelims	2:33.93
#306 Women 19&U 50 Breast Prelims	46.79	#310 Women 19&U 100 Back Prelims	1:32.08
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.13	#402 Women 19&U 50 Free Prelims	30.24
#410 Women 19&U 50 Back Prelims	39.97	#412 Women 19&U 50 Fly Prelims	37.18
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:17.02	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:20.53

3 Breebaart, Matthew - Male - Age: 10 - Ind/Rel: 9 / 2

#101 Men 11&U 400 Free	5:30.63	#201 Men 19&U 100 Free Prelims	1:13.33
#207 Men 19&U 200 Back Prelims	2:53.24	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:46.77
#301 Men 19&U 200 Free Prelims	2:36.10	#305 Men 19&U 50 Breast Prelims	43.94
#309 Men 19&U 100 Back Prelims	1:22.66	#401 Men 19&U 50 Free Prelims	33.53
#409 Men 19&U 50 Back Prelims	36.75	#411 Men 19&U 50 Fly Prelims	38.40
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:28.97		

4 Coetzee, Marli - Female - Age: 13 - Ind/Rel: 8 / 0

#106 Women 13 400 Free	5:44.06	#202 Women 19&U 100 Free Prelims	1:14.25
#208 Women 19&U 200 Back Prelims	2:55.64	#302 Women 19&U 200 Free Prelims	2:44.60
#306 Women 19&U 50 Breast Prelims	47.39	#310 Women 19&U 100 Back Prelims	1:23.16
#402 Women 19&U 50 Free Prelims	32.97	#410 Women 19&U 50 Back Prelims	37.61

5 Fabricius, Kaylin - Female - Age: 15 - Ind/Rel: 10 / 4

#202 Women 19&U 100 Free Prelims	1:05.48	#206 Women 19&U 100 Breast Prelims	1:24.96
#212 Women 19&U 100 Fly Prelims	1:21.30	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:28.93
#302 Women 19&U 200 Free Prelims	2:30.95	#306 Women 19&U 50 Breast Prelims	38.39
#310 Women 19&U 100 Back Prelims	1:18.70	#314 Women 19&U 200 IM Prelims	2:49.13
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.16	#402 Women 19&U 50 Free Prelims	29.06
#410 Women 19&U 50 Back Prelims	35.27	#412 Women 19&U 50 Fly Prelims	32.52
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:17.02	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:20.53

6 February, Dillon S - Male - Age: 12 - Ind/Rel: 13 / 5

#103 Men 12 400 Free	5:17.65	#201 Men 19&U 100 Free Prelims	1:12.29
#205 Men 19&U 100 Breast Prelims	1:35.69	#207 Men 19&U 200 Back Prelims	2:47.09
#211 Men 19&U 100 Fly Prelims	1:22.87	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:46.77
#301 Men 19&U 200 Free Prelims	2:33.85	#305 Men 19&U 50 Breast Prelims	43.86
#309 Men 19&U 100 Back Prelims	1:18.86	#313 Men 19&U 200 IM Prelims	2:51.43
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Relay	2:09.69	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99
#401 Men 19&U 50 Free Prelims	32.18	#405 Men 19&U 200 Breast Prelims	3:21.07
#409 Men 19&U 50 Back Prelims	36.22	#411 Men 19&U 50 Fly Prelims	36.08
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:28.97	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.28

7 Fouche, Jack - Male - Age: 13 - Ind/Rel: 11 / 0

#105 Men 13 400 Free	5:36.26	#201 Men 19&U 100 Free Prelims	1:14.38
#205 Men 19&U 100 Breast Prelims	1:38.20	#207 Men 19&U 200 Back Prelims	3:05.66
#301 Men 19&U 200 Free Prelims	2:42.50	#305 Men 19&U 50 Breast Prelims	45.66
#313 Men 19&U 200 IM Prelims	3:06.63	#401 Men 19&U 50 Free Prelims	34.50
#405 Men 19&U 200 Breast Prelims	3:27.81	#409 Men 19&U 50 Back Prelims	42.36
#411 Men 19&U 50 Fly Prelims	41.97		

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Aquatic Swim Club-CP****8 Fouche, Ryan - Male - Age: 10 - Ind/Rel: 10 / 0**

#101 Men 11&U 400 Free	5:51.14	#201 Men 19&U 100 Free Prelims	1:17.10
#207 Men 19&U 200 Back Prelims	3:11.77	#211 Men 19&U 100 Fly Prelims	1:40.53
#301 Men 19&U 200 Free Prelims	2:50.06	#309 Men 19&U 100 Back Prelims	1:30.78
#313 Men 19&U 200 IM Prelims	3:19.25	#401 Men 19&U 50 Free Prelims	35.55
#409 Men 19&U 50 Back Prelims	40.71	#411 Men 19&U 50 Fly Prelims	41.61

9 Gerber, Luke M - Male - Age: 11 - Ind/Rel: 10 / 2

#101 Men 11&U 400 Free	5:51.15	#201 Men 19&U 100 Free Prelims	1:15.40
#207 Men 19&U 200 Back Prelims	2:58.32	#211 Men 19&U 100 Fly Prelims	1:36.70
#301 Men 19&U 200 Free Prelims	2:44.47	#309 Men 19&U 100 Back Prelims	1:25.02
#313 Men 19&U 200 IM Prelims	3:16.07	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:09.69
#401 Men 19&U 50 Free Prelims	33.11	#409 Men 19&U 50 Back Prelims	39.93
#411 Men 19&U 50 Fly Prelims	39.74	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:28.97

10 Grobler, Chris I - Male - Age: 14 - Ind/Rel: 9 / 4

#107 Men 14 400 Free	5:02.39	#201 Men 19&U 100 Free Prelims	1:03.60
#207 Men 19&U 200 Back Prelims	2:33.16	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:16.69
#301 Men 19&U 200 Free Prelims	2:22.34	#309 Men 19&U 100 Back Prelims	1:10.32
#313 Men 19&U 200 IM Prelims	2:45.48	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:53.80
#401 Men 19&U 50 Free Prelims	28.09	#409 Men 19&U 50 Back Prelims	32.71
#411 Men 19&U 50 Fly Prelims	34.28	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medley	2:06.42
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:20.53		

11 Hendricks, Joshua - Male - Age: 18 - Ind/Rel: 6 / 5

#205 Men 19&U 100 Breast Prelims	1:10.61	#211 Men 19&U 100 Fly Prelims	1:06.47
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:15.55	#305 Men 19&U 50 Breast Prelims	31.34
#313 Men 19&U 200 IM Prelims	2:29.52	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.75
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.13	#401 Men 19&U 50 Free Prelims	26.37
#405 Men 19&U 200 Breast Prelims	2:38.67	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medley	2:04.59
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:13.76		

12 Hengst, Emily A - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:19.82	#208 Women 19&U 200 Back Prelims	3:09.49
#302 Women 19&U 200 Free Prelims	2:49.82	#310 Women 19&U 100 Back Prelims	1:28.35
#314 Women 19&U 200 IM Prelims	3:19.72	#402 Women 19&U 50 Free Prelims	35.99
#410 Women 19&U 50 Back Prelims	40.37	#412 Women 19&U 50 Fly Prelims	40.69

13 Jordaan, Mikayla E - Female - Age: 12 - Ind/Rel: 9 / 4

#104 Women 12 400 Free	5:30.70	#202 Women 19&U 100 Free Prelims	1:18.09
#208 Women 19&U 200 Back Prelims	3:00.87	#212 Women 19&U 100 Fly Prelims	1:20.95
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.71	#302 Women 19&U 200 Free Prelims	2:41.27
#310 Women 19&U 100 Back Prelims	1:28.36	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:15.69
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99	#402 Women 19&U 50 Free Prelims	34.98
#410 Women 19&U 50 Back Prelims	40.53	#412 Women 19&U 50 Fly Prelims	35.90
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:35.61		

14 Joyce, Guy - Male - Age: 11 - Ind/Rel: 9 / 2

#101 Men 11&U 400 Free	5:42.38	#201 Men 19&U 100 Free Prelims	1:13.31
#207 Men 19&U 200 Back Prelims	2:56.86	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:46.77
#301 Men 19&U 200 Free Prelims	2:41.67	#309 Men 19&U 100 Back Prelims	1:25.67
#313 Men 19&U 200 IM Prelims	2:58.59	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:09.69
#401 Men 19&U 50 Free Prelims	33.38	#409 Men 19&U 50 Back Prelims	39.03
#411 Men 19&U 50 Fly Prelims	38.81		

15 King, Aidan J - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:15.73	#207 Men 19&U 200 Back Prelims	3:02.93
#301 Men 19&U 200 Free Prelims	2:50.27	#309 Men 19&U 100 Back Prelims	1:24.51
#401 Men 19&U 50 Free Prelims	33.72	#409 Men 19&U 50 Back Prelims	38.45
#411 Men 19&U 50 Fly Prelims	40.02		

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Aquatic Swim Club-CP****16 Kleinsmith, David - Male - Age: 13 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:14.00	#205 Men 19&U 100 Breast Prelims	1:32.03
#211 Men 19&U 100 Fly Prelims	1:21.23	#305 Men 19&U 50 Breast Prelims	42.56
#313 Men 19&U 200 IM Prelims	3:01.23	#401 Men 19&U 50 Free Prelims	33.12
#405 Men 19&U 200 Breast Prelims	3:23.18	#411 Men 19&U 50 Fly Prelims	33.58

17 Krause, Luke - Male - Age: 14 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:05.13	#205 Men 19&U 100 Breast Prelims	1:25.58
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:16.69	#301 Men 19&U 200 Free Prelims	2:27.47
#305 Men 19&U 50 Breast Prelims	38.53	#313 Men 19&U 200 IM Prelims	2:47.02
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:53.80	#401 Men 19&U 50 Free Prelims	28.56
#405 Men 19&U 200 Breast Prelims	3:06.06	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:04.59

18 Kuhn, Adrian-Brand - Male - Age: 10 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	6:10.38	#201 Men 19&U 100 Free Prelims	1:17.46
#207 Men 19&U 200 Back Prelims	3:00.21	#211 Men 19&U 100 Fly Prelims	1:41.71
#301 Men 19&U 200 Free Prelims	2:56.32	#309 Men 19&U 100 Back Prelims	1:25.51
#313 Men 19&U 200 IM Prelims	3:17.76	#401 Men 19&U 50 Free Prelims	33.55
#409 Men 19&U 50 Back Prelims	39.27	#411 Men 19&U 50 Fly Prelims	41.40

19 Kuhn, Alexa J - Female - Age: 11 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	6:10.83	#202 Women 19&U 100 Free Prelims	1:20.35
#208 Women 19&U 200 Back Prelims	3:16.27	#212 Women 19&U 100 Fly Prelims	1:29.08
#302 Women 19&U 200 Free Prelims	2:56.48	#310 Women 19&U 100 Back Prelims	1:31.42
#314 Women 19&U 200 IM Prelims	3:16.24	#402 Women 19&U 50 Free Prelims	36.34
#410 Women 19&U 50 Back Prelims	42.73	#412 Women 19&U 50 Fly Prelims	39.86

20 Lewis, Callum R - Male - Age: 14 - Ind/Rel: 8 / 0

#107 Men 14 400 Free	5:09.54	#201 Men 19&U 100 Free Prelims	1:10.33
#207 Men 19&U 200 Back Prelims	2:40.51	#301 Men 19&U 200 Free Prelims	2:26.45
#309 Men 19&U 100 Back Prelims	1:14.44	#313 Men 19&U 200 IM Prelims	2:55.17
#401 Men 19&U 50 Free Prelims	31.88	#409 Men 19&U 50 Back Prelims	36.03

21 Lombard, Kyle M - Male - Age: 17 - Ind/Rel: 11 / 5

#113 Men 17-19 400 Free	4:46.76	#201 Men 19&U 100 Free Prelims	58.55
#205 Men 19&U 100 Breast Prelims	1:19.23	#207 Men 19&U 200 Back Prelims	2:27.23
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:15.55	#301 Men 19&U 200 Free Prelims	2:12.25
#305 Men 19&U 50 Breast Prelims	35.52	#309 Men 19&U 100 Back Prelims	1:07.97
#313 Men 19&U 200 IM Prelims	2:31.88	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.75
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:08.13	#401 Men 19&U 50 Free Prelims	26.59
#409 Men 19&U 50 Back Prelims	31.78	#411 Men 19&U 50 Fly Prelims	31.50
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:04.59	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:13.76

22 Lourens, Mia - Female - Age: 13 - Ind/Rel: 10 / 0

#106 Women 13 400 Free	5:41.89	#202 Women 19&U 100 Free Prelims	1:14.37
#208 Women 19&U 200 Back Prelims	2:59.30	#212 Women 19&U 100 Fly Prelims	1:32.10
#302 Women 19&U 200 Free Prelims	2:38.48	#310 Women 19&U 100 Back Prelims	1:23.24
#314 Women 19&U 200 IM Prelims	3:03.63	#402 Women 19&U 50 Free Prelims	34.12
#406 Women 19&U 200 Breast Prelims	3:42.34	#412 Women 19&U 50 Fly Prelims	36.16

23 McGluwa, Jovanah N - Female - Age: 12 - Ind/Rel: 9 / 5

#104 Women 12 400 Free	5:37.62	#202 Women 19&U 100 Free Prelims	1:11.39
#208 Women 19&U 200 Back Prelims	2:59.02	#212 Women 19&U 100 Fly Prelims	1:25.89
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.71	#302 Women 19&U 200 Free Prelims	2:39.26
#310 Women 19&U 100 Back Prelims	1:21.29	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:15.69
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99	#402 Women 19&U 50 Free Prelims	32.17
#410 Women 19&U 50 Back Prelims	36.14	#412 Women 19&U 50 Fly Prelims	35.67
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:35.61	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.28

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Aquatic Swim Club-CP****24 Njoroge, Alphonse - Male - Age: 15 - Ind/Rel: 11 / 5**

#109 Men 15 400 Free	4:53.97	#201 Men 19&U 100 Free Prelims	1:03.79
#207 Men 19&U 200 Back Prelims	2:22.37	#211 Men 19&U 100 Fly Prelims	1:14.32
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:16.69	#301 Men 19&U 200 Free Prelims	2:19.54
#309 Men 19&U 100 Back Prelims	1:06.23	#313 Men 19&U 200 IM Prelims	2:35.48
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:53.80	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.16
#401 Men 19&U 50 Free Prelims	28.37	#405 Men 19&U 200 Breast Prelims	3:06.73
#409 Men 19&U 50 Back Prelims	31.19	#411 Men 19&U 50 Fly Prelims	31.49
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:06.42	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:20.53

25 Poultney, Daniel - Male - Age: 9 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	5:51.06	#201 Men 19&U 100 Free Prelims	1:16.54
#205 Men 19&U 100 Breast Prelims	1:42.78	#207 Men 19&U 200 Back Prelims	3:04.99
#301 Men 19&U 200 Free Prelims	2:47.04	#305 Men 19&U 50 Breast Prelims	47.27
#309 Men 19&U 100 Back Prelims	1:29.13	#401 Men 19&U 50 Free Prelims	34.00
#409 Men 19&U 50 Back Prelims	41.83	#411 Men 19&U 50 Fly Prelims	45.24

26 Riley, Logan - Female - Age: 14 - Ind/Rel: 10 / 4

#108 Women 14 400 Free	5:17.42	#202 Women 19&U 100 Free Prelims	1:07.19
#208 Women 19&U 200 Back Prelims	2:39.34	#212 Women 19&U 100 Fly Prelims	1:22.44
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:28.93	#302 Women 19&U 200 Free Prelims	2:31.38
#306 Women 19&U 50 Breast Prelims	41.25	#310 Women 19&U 100 Back Prelims	1:13.52
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.16	#402 Women 19&U 50 Free Prelims	30.61
#410 Women 19&U 50 Back Prelims	33.62	#412 Women 19&U 50 Fly Prelims	32.66
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:17.02	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:13.76

27 Scheffer, Shaylee C - Female - Age: 10 - Ind/Rel: 9 / 2

#202 Women 19&U 100 Free Prelims	1:17.47	#208 Women 19&U 200 Back Prelims	3:11.30
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.71	#302 Women 19&U 200 Free Prelims	2:45.75
#306 Women 19&U 50 Breast Prelims	49.93	#310 Women 19&U 100 Back Prelims	1:31.40
#314 Women 19&U 200 IM Prelims	3:21.29	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:15.69
#402 Women 19&U 50 Free Prelims	34.79	#410 Women 19&U 50 Back Prelims	42.11
#412 Women 19&U 50 Fly Prelims	43.73		

28 Simpson, Jesse - Male - Age: 16 - Ind/Rel: 8 / 3

#205 Men 19&U 100 Breast Prelims	1:14.96	#211 Men 19&U 100 Fly Prelims	1:22.57
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:15.55	#301 Men 19&U 200 Free Prelims	2:34.51
#305 Men 19&U 50 Breast Prelims	34.42	#313 Men 19&U 200 IM Prelims	2:55.68
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.75	#401 Men 19&U 50 Free Prelims	29.05
#405 Men 19&U 200 Breast Prelims	2:47.42	#411 Men 19&U 50 Fly Prelims	32.91
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:04.59		

29 Smit, Dione - Female - Age: 11 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:20.91	#208 Women 19&U 200 Back Prelims	3:08.83
#302 Women 19&U 200 Free Prelims	2:52.83	#310 Women 19&U 100 Back Prelims	1:31.06
#402 Women 19&U 50 Free Prelims	35.58	#410 Women 19&U 50 Back Prelims	41.58
#412 Women 19&U 50 Fly Prelims	39.95		

30 Smith, Tristan A - Male - Age: 15 - Ind/Rel: 7 / 4

#201 Men 19&U 100 Free Prelims	1:07.48	#205 Men 19&U 100 Breast Prelims	1:18.83
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:15.55	#301 Men 19&U 200 Free Prelims	2:26.43
#305 Men 19&U 50 Breast Prelims	36.25	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.75
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.16	#401 Men 19&U 50 Free Prelims	29.74
#405 Men 19&U 200 Breast Prelims	2:51.61	#411 Men 19&U 50 Fly Prelims	38.41
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:06.42		

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Aquatic Swim Club-CP****31 Steyn, Harry - Male - Age: 11 - Ind/Rel: 10 / 5**

#101 Men 11&U 400 Free	5:10.84
#207 Men 19&U 200 Back Prelims	2:43.92
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:46.77
#309 Men 19&U 100 Back Prelims	1:17.76
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:09.69
#401 Men 19&U 50 Free Prelims	31.02
#411 Men 19&U 50 Fly Prelims	35.25
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.28

#201 Men 19&U 100 Free Prelims	1:07.84
#211 Men 19&U 100 Fly Prelims	1:21.00
#301 Men 19&U 200 Free Prelims	2:28.91
#313 Men 19&U 200 IM Prelims	2:52.70
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.99
#409 Men 19&U 50 Back Prelims	36.21
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:28.97

32 Theron, Alex - Female - Age: 12 - Ind/Rel: 6 / 4

#104 Women 12 400 Free	5:49.41
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:03.71
#314 Women 19&U 200 IM Prelims	3:12.19
#402 Women 19&U 50 Free Prelims	33.75
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:35.61

#202 Women 19&U 100 Free Prelims	1:16.76
#302 Women 19&U 200 Free Prelims	2:48.91
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:15.69
#410 Women 19&U 50 Back Prelims	42.05
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.28

33 van Wyk, Tariq K - Male - Age: 14 - Ind/Rel: 10 / 3

#107 Men 14 400 Free	5:10.23
#207 Men 19&U 200 Back Prelims	2:40.67
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:16.69
#309 Men 19&U 100 Back Prelims	1:14.51
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:53.80
#409 Men 19&U 50 Back Prelims	33.51
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:06.42

#201 Men 19&U 100 Free Prelims	1:04.17
#211 Men 19&U 100 Fly Prelims	1:11.17
#301 Men 19&U 200 Free Prelims	2:24.32
#313 Men 19&U 200 IM Prelims	2:40.77
#401 Men 19&U 50 Free Prelims	28.78
#411 Men 19&U 50 Fly Prelims	30.89

34 Vd Wal, Kaylee - Female - Age: 11 - Ind/Rel: 9 / 1

#102 Women 11&U 400 Free	6:34.19
#208 Women 19&U 200 Back Prelims	3:14.82
#310 Women 19&U 100 Back Prelims	1:33.72
#402 Women 19&U 50 Free Prelims	37.12
#412 Women 19&U 50 Fly Prelims	42.37

#202 Women 19&U 100 Free Prelims	1:25.34
#302 Women 19&U 200 Free Prelims	3:09.66
#314 Women 19&U 200 IM Prelims	3:22.13
#410 Women 19&U 50 Back Prelims	41.98
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:35.61

Curro Aquatic Swim Club-CP Total Individual Entries: 308 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Hermanus Aquatics-OB****1 Abrie, Ryn J - Male - Age: 13 - Ind/Rel: 11 / 0**

#105 Men 13 400 Free	6:09.49
#205 Men 19&U 100 Breast Prelims	1:34.00
#301 Men 19&U 200 Free Prelims	2:49.69
#309 Men 19&U 100 Back Prelims	1:29.11
#401 Men 19&U 50 Free Prelims	32.71
#409 Men 19&U 50 Back Prelims	38.45

#201 Men 19&U 100 Free Prelims	1:13.99
#207 Men 19&U 200 Back Prelims	3:07.83
#305 Men 19&U 50 Breast Prelims	43.27
#313 Men 19&U 200 IM Prelims	3:07.07
#405 Men 19&U 200 Breast Prelims	3:20.54

2 Grebe, Ava - Female - Age: 12 - Ind/Rel: 7 / 0

#104 Women 12 400 Free	5:47.64
#206 Women 19&U 100 Breast Prelims	1:32.20
#306 Women 19&U 50 Breast Prelims	42.10
#406 Women 19&U 200 Breast Prelims	3:14.18

#202 Women 19&U 100 Free Prelims	1:14.25
#302 Women 19&U 200 Free Prelims	2:44.12
#402 Women 19&U 50 Free Prelims	33.62

3 Grovè, Daniël - Male - Age: 15 - Ind/Rel: 2 / 0

#201 Men 19&U 100 Free Prelims	1:01.28
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#207 Men 19&U 200 Back Prelims	2:30.31
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4 Jooste, Ben D - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:36.00
#211 Men 19&U 100 Fly Prelims	1:15.54
#309 Men 19&U 100 Back Prelims	1:15.02
#401 Men 19&U 50 Free Prelims	29.80
#411 Men 19&U 50 Fly Prelims	33.06

#207 Men 19&U 200 Back Prelims	2:44.45
#301 Men 19&U 200 Free Prelims	2:28.55
#313 Men 19&U 200 IM Prelims	2:46.92
#409 Men 19&U 50 Back Prelims	34.72

5 Pullock, Sam J - Male - Age: 15 - Ind/Rel: 9 / 0

#109 Men 15 400 Free	4:51.10
#211 Men 19&U 100 Fly Prelims	1:05.40
#309 Men 19&U 100 Back Prelims	1:13.68
#401 Men 19&U 50 Free Prelims	25.83
#411 Men 19&U 50 Fly Prelims	27.99

#201 Men 19&U 100 Free Prelims	58.20
#301 Men 19&U 200 Free Prelims	2:13.49
#313 Men 19&U 200 IM Prelims	2:29.00
#409 Men 19&U 50 Back Prelims	31.65

Curro Hermanus Aquatics-OB Total Individual Entries: 38 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Curro Langebaan Aquatics-WC****1 Basson, Lenè - Female - Age: 14 - Ind/Rel: 8 / 0**

#108 Women 14 400 Free	5:28.53	#202 Women 19&U 100 Free Prelims	1:09.03
#208 Women 19&U 200 Back Prelims	2:46.71	#302 Women 19&U 200 Free Prelims	2:31.71
#310 Women 19&U 100 Back Prelims	1:16.89	#402 Women 19&U 50 Free Prelims	31.34
#410 Women 19&U 50 Back Prelims	35.29	#412 Women 19&U 50 Fly Prelims	35.04

2 Gounden, Mikhael A - Male - Age: 19 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:00.39	#309 Men 19&U 100 Back Prelims	1:05.41
#401 Men 19&U 50 Free Prelims	27.61	#409 Men 19&U 50 Back Prelims	30.91
#411 Men 19&U 50 Fly Prelims	29.58		

3 Lamminga, Jack - Male - Age: 13 - Ind/Rel: 6 / 0

#105 Men 13 400 Free	5:33.16	#207 Men 19&U 200 Back Prelims	2:59.25
#301 Men 19&U 200 Free Prelims	2:40.65	#309 Men 19&U 100 Back Prelims	1:25.88
#401 Men 19&U 50 Free Prelims	36.61	#409 Men 19&U 50 Back Prelims	40.48

4 Nel, Olivia - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:39.00	#202 Women 19&U 100 Free Prelims	1:14.97
#208 Women 19&U 200 Back Prelims	2:56.35	#302 Women 19&U 200 Free Prelims	2:42.74
#310 Women 19&U 100 Back Prelims	1:23.29	#314 Women 19&U 200 IM Prelims	3:07.08
#402 Women 19&U 50 Free Prelims	35.53	#406 Women 19&U 200 Breast Prelims	3:39.69
#410 Women 19&U 50 Back Prelims	39.60		

5 Pienaar, Carli - Female - Age: 11 - Ind/Rel: 4 / 0

#210 Women 99&U 50 Back Para Prelims	1:08.41	#302 Women 19&U 200 Free Prelims	4:22.13
#304 Women 99&U 100 Free Para Prelims	2:01.40	#404 Women 99&U 50 Free Para Prelims	55.77

6 Thiart, Annelie - Female - Age: 13 - Ind/Rel: 6 / 0

#204 Women 99&U 200 IM Para Prelims	3:09.90	#304 Women 99&U 100 Free Para Prelims	1:13.02
#308 Women 99&U 50 Breast Para Prelims	41.12	#404 Women 99&U 50 Free Para Prelims	31.91
#406 Women 19&U 200 Breast Prelims	3:23.17	#408 Women 99&U 100 Breast Para Prelims	1:33.11

Curro Langebaan Aquatics-WC Total Individual Entries: 38 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Cybersmart Aquatics-CP****1 Cupido, Kirsten - Female - Age: 12 - Ind/Rel: 7 / 2**

#104 Women 12 400 Free	5:57.83	#202 Women 19&U 100 Free Prelims	1:14.45
#212 Women 19&U 100 Fly Prelims	1:37.42	#302 Women 19&U 200 Free Prelims	2:43.21
#314 Women 19&U 200 IM Prelims	3:14.58	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.00
#402 Women 19&U 50 Free Prelims	34.32	#412 Women 19&U 50 Fly Prelims	37.02
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:42.00		

2 Harvey, Waylon - Male - Age: 13 - Ind/Rel: 8 / 1

#105 Men 13 400 Free	5:40.03	#201 Men 19&U 100 Free Prelims	1:12.50
#207 Men 19&U 200 Back Prelims	2:47.88	#301 Men 19&U 200 Free Prelims	2:41.61
#309 Men 19&U 100 Back Prelims	1:18.48	#401 Men 19&U 50 Free Prelims	32.08
#405 Men 19&U 200 Breast Prelims	3:45.71	#409 Men 19&U 50 Back Prelims	35.21
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.50		

3 Niemand, Leo - Male - Age: 13 - Ind/Rel: 7 / 3

#105 Men 13 400 Free	5:36.73	#201 Men 19&U 100 Free Prelims	1:07.73
#211 Men 19&U 100 Fly Prelims	1:16.40	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:30.00
#301 Men 19&U 200 Free Prelims	2:33.29	#313 Men 19&U 200 IM Prelims	3:07.08
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.72	#401 Men 19&U 50 Free Prelims	30.18
#411 Men 19&U 50 Fly Prelims	33.86	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.50

4 Sampson, Zac - Male - Age: 13 - Ind/Rel: 2 / 2

#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:30.00	#301 Men 19&U 200 Free Prelims	2:31.82
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.72	#401 Men 19&U 50 Free Prelims	29.32

5 Spencer, Charles A - Male - Age: 15 - Ind/Rel: 8 / 5

#109 Men 15 400 Free	4:47.42	#201 Men 19&U 100 Free Prelims	59.83
#205 Men 19&U 100 Breast Prelims	1:20.65	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:30.00
#301 Men 19&U 200 Free Prelims	2:11.32	#305 Men 19&U 50 Breast Prelims	35.87
#313 Men 19&U 200 IM Prelims	2:33.73	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.72
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.00	#401 Men 19&U 50 Free Prelims	27.16
#411 Men 19&U 50 Fly Prelims	29.80	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.50
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:42.00		

6 Spencer, Marcus W - Male - Age: 13 - Ind/Rel: 10 / 5

#105 Men 13 400 Free	5:05.72	#201 Men 19&U 100 Free Prelims	1:05.42
#205 Men 19&U 100 Breast Prelims	1:24.64	#211 Men 19&U 100 Fly Prelims	1:13.79
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:30.00	#301 Men 19&U 200 Free Prelims	2:26.49
#305 Men 19&U 50 Breast Prelims	38.14	#313 Men 19&U 200 IM Prelims	2:43.18
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:57.72	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.00
#401 Men 19&U 50 Free Prelims	31.06	#405 Men 19&U 200 Breast Prelims	3:05.03
#411 Men 19&U 50 Fly Prelims	32.24	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.50
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:42.00		

7 Walker, Kayla-Anne - Female - Age: 11 - Ind/Rel: 7 / 2

#102 Women 11&U 400 Free	5:58.34	#202 Women 19&U 100 Free Prelims	1:22.30
#212 Women 19&U 100 Fly Prelims	1:44.00	#302 Women 19&U 200 Free Prelims	2:51.86
#314 Women 19&U 200 IM Prelims	3:22.69	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:20.00
#402 Women 19&U 50 Free Prelims	37.55	#412 Women 19&U 50 Fly Prelims	43.23
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:42.00		

Cybersmart Aquatics-CP Total Individual Entries: 49 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Destiny Swimming Academy-NM****1 Davenport, Daniel J - Male - Age: 11 - Ind/Rel: 11 / 0**

#101 Men 11&U 400 Free	6:10.94	#201 Men 19&U 100 Free Prelims	1:17.28
#205 Men 19&U 100 Breast Prelims	1:47.08	#211 Men 19&U 100 Fly Prelims	1:41.23
#301 Men 19&U 200 Free Prelims	2:55.32	#305 Men 19&U 50 Breast Prelims	48.55
#313 Men 19&U 200 IM Prelims	3:16.49	#401 Men 19&U 50 Free Prelims	36.13
#405 Men 19&U 200 Breast Prelims	3:46.42	#409 Men 19&U 50 Back Prelims	41.70
#411 Men 19&U 50 Fly Prelims	41.66		

2 Lötter, Daniel - Male - Age: 11 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:22.70	#205 Men 19&U 100 Breast Prelims	1:47.73
#207 Men 19&U 200 Back Prelims	3:10.67	#305 Men 19&U 50 Breast Prelims	49.37
#309 Men 19&U 100 Back Prelims	1:29.47	#313 Men 19&U 200 IM Prelims	3:21.41
#401 Men 19&U 50 Free Prelims	35.57	#405 Men 19&U 200 Breast Prelims	3:45.13
#409 Men 19&U 50 Back Prelims	40.94	#411 Men 19&U 50 Fly Prelims	43.67

3 Lötter, Reuben - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:11.71	#205 Men 19&U 100 Breast Prelims	1:39.40
#207 Men 19&U 200 Back Prelims	2:50.19	#305 Men 19&U 50 Breast Prelims	45.49
#309 Men 19&U 100 Back Prelims	1:16.99	#313 Men 19&U 200 IM Prelims	2:59.29
#401 Men 19&U 50 Free Prelims	32.00	#409 Men 19&U 50 Back Prelims	35.40
#411 Men 19&U 50 Fly Prelims	33.89		

4 Pieterse, Adriaan - Male - Age: 10 - Ind/Rel: 11 / 0

#101 Men 11&U 400 Free	5:37.38	#201 Men 19&U 100 Free Prelims	1:17.33
#207 Men 19&U 200 Back Prelims	2:57.23	#211 Men 19&U 100 Fly Prelims	1:32.12
#301 Men 19&U 200 Free Prelims	2:40.85	#309 Men 19&U 100 Back Prelims	1:23.10
#313 Men 19&U 200 IM Prelims	3:01.67	#401 Men 19&U 50 Free Prelims	35.66
#405 Men 19&U 200 Breast Prelims	3:55.82	#409 Men 19&U 50 Back Prelims	40.81
#411 Men 19&U 50 Fly Prelims	40.79		

5 van der Merwe, Naude - Male - Age: 11 - Ind/Rel: 9 / 0

#205 Men 19&U 100 Breast Prelims	1:53.16	#207 Men 19&U 200 Back Prelims	3:15.17
#305 Men 19&U 50 Breast Prelims	52.54	#309 Men 19&U 100 Back Prelims	1:30.11
#313 Men 19&U 200 IM Prelims	3:31.69	#401 Men 19&U 50 Free Prelims	37.36
#405 Men 19&U 200 Breast Prelims	4:02.40	#409 Men 19&U 50 Back Prelims	42.20
#411 Men 19&U 50 Fly Prelims	46.64		

6 van der Mescht, Ava - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:52.69	#202 Women 19&U 100 Free Prelims	1:22.20
#208 Women 19&U 200 Back Prelims	3:19.35	#302 Women 19&U 200 Free Prelims	2:53.15
#310 Women 19&U 100 Back Prelims	1:35.88	#314 Women 19&U 200 IM Prelims	3:32.61
#402 Women 19&U 50 Free Prelims	38.30	#410 Women 19&U 50 Back Prelims	46.26
#412 Women 19&U 50 Fly Prelims	52.21		

Destiny Swimming Academy-NM Total Individual Entries: 59 - Total Relays: 0

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

Evolution Aquatics-CP**1 Van der Westhuizen, Lukas - Male - Age: 14 - Ind/Rel: 6 / 0**

#107 Men 14 400 Free	5:19.78	#201 Men 19&U 100 Free Prelims	1:05.89
#205 Men 19&U 100 Breast Prelims	1:29.72	#207 Men 19&U 200 Back Prelims	2:43.28
#313 Men 19&U 200 IM Prelims	2:39.75	#409 Men 19&U 50 Back Prelims	34.70

Evolution Aquatics-CP Total Individual Entries: 6 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Fish Eagle Aquatics-ED****1 Coates, Caleb - Male - Age: 13 - Ind/Rel: 9 / 0**

#105 Men 13 400 Free	5:28.56
#205 Men 19&U 100 Breast Prelims	1:27.69
#301 Men 19&U 200 Free Prelims	2:34.24
#313 Men 19&U 200 IM Prelims	2:50.04
#411 Men 19&U 50 Fly Prelims	31.35

#201 Men 19&U 100 Free Prelims	1:06.59
#211 Men 19&U 100 Fly Prelims	1:13.79
#305 Men 19&U 50 Breast Prelims	39.10
#401 Men 19&U 50 Free Prelims	30.00

2 Coetsee, Elke M - Female - Age: 10 - Ind/Rel: 8 / 5

#202 Women 19&U 100 Free Prelims	1:09.99
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:13.38
#310 Women 19&U 100 Back Prelims	1:18.55
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.12
#402 Women 19&U 50 Free Prelims	31.70
#412 Women 19&U 50 Fly Prelims	36.98
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:04.96

#206 Women 19&U 100 Breast Prelims	1:32.65
#306 Women 19&U 50 Breast Prelims	41.69
#314 Women 19&U 200 IM Prelims	3:02.24
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:38.86
#410 Women 19&U 50 Back Prelims	36.75
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.79

3 Coetzee, Tristan R - Male - Age: 11 - Ind/Rel: 9 / 2

#101 Men 11&U 400 Free	5:52.34
#205 Men 19&U 100 Breast Prelims	1:45.46
#305 Men 19&U 50 Breast Prelims	49.26
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:38.86
#405 Men 19&U 200 Breast Prelims	3:44.05
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:04.96

#201 Men 19&U 100 Free Prelims	1:16.13
#301 Men 19&U 200 Free Prelims	2:47.35
#313 Men 19&U 200 IM Prelims	3:15.88
#401 Men 19&U 50 Free Prelims	33.86
#411 Men 19&U 50 Fly Prelims	42.97

4 Corrigan, Cara J - Female - Age: 17 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:09.50
#306 Women 19&U 50 Breast Prelims	38.42
#402 Women 19&U 50 Free Prelims	30.44
#412 Women 19&U 50 Fly Prelims	33.24

#206 Women 19&U 100 Breast Prelims	1:26.61
#314 Women 19&U 200 IM Prelims	2:58.77
#406 Women 19&U 200 Breast Prelims	3:08.39

5 Cronjé, Miané - Female - Age: 14 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:15.90
#302 Women 19&U 200 Free Prelims	2:43.77
#314 Women 19&U 200 IM Prelims	2:58.51
#406 Women 19&U 200 Breast Prelims	3:20.01

#208 Women 19&U 200 Back Prelims	2:48.18
#310 Women 19&U 100 Back Prelims	1:20.07
#402 Women 19&U 50 Free Prelims	33.74

6 DU Plessis, Lheané - Female - Age: 11 - Ind/Rel: 11 / 3

#202 Women 19&U 100 Free Prelims	1:21.81
#208 Women 19&U 200 Back Prelims	3:54.11
#302 Women 19&U 200 Free Prelims	3:02.45
#310 Women 19&U 100 Back Prelims	1:46.27
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.12
#406 Women 19&U 200 Breast Prelims	3:42.13
#412 Women 19&U 50 Fly Prelims	43.45

#206 Women 19&U 100 Breast Prelims	1:36.77
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:13.38
#306 Women 19&U 50 Breast Prelims	46.38
#314 Women 19&U 200 IM Prelims	3:26.18
#402 Women 19&U 50 Free Prelims	36.64
#410 Women 19&U 50 Back Prelims	48.31
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.79

7 Haldane, Bella - Female - Age: 12 - Ind/Rel: 8 / 5

#104 Women 12 400 Free	6:27.93
#206 Women 19&U 100 Breast Prelims	1:38.53
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:13.38
#306 Women 19&U 50 Breast Prelims	44.92
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.12
#402 Women 19&U 50 Free Prelims	36.89
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:04.96

#202 Women 19&U 100 Free Prelims	1:19.53
#208 Women 19&U 200 Back Prelims	2:59.47
#302 Women 19&U 200 Free Prelims	2:54.05
#310 Women 19&U 100 Back Prelims	1:23.18
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:38.86
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.79

8 Kleynhans, Sian - Female - Age: 15 - Ind/Rel: 8 / 0

#110 Women 15 400 Free	5:22.55
#208 Women 19&U 200 Back Prelims	2:47.46
#310 Women 19&U 100 Back Prelims	1:20.83
#402 Women 19&U 50 Free Prelims	34.45

#202 Women 19&U 100 Free Prelims	1:13.27
#302 Women 19&U 200 Free Prelims	2:36.96
#314 Women 19&U 200 IM Prelims	2:56.77
#410 Women 19&U 50 Back Prelims	39.30

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Fish Eagle Aquatics-ED****9 McAfee, Holly B - Female - Age: 14 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:14.92
#306 Women 19&U 50 Breast Prelims	42.78
#402 Women 19&U 50 Free Prelims	32.84
#410 Women 19&U 50 Back Prelims	38.69

#206 Women 19&U 100 Breast Prelims	1:32.32
#314 Women 19&U 200 IM Prelims	3:01.90
#406 Women 19&U 200 Breast Prelims	3:14.74

10 Van Heerden, Emile L - Male - Age: 11 - Ind/Rel: 9 / 2

#201 Men 19&U 100 Free Prelims	1:19.31
#301 Men 19&U 200 Free Prelims	3:04.02
#313 Men 19&U 200 IM Prelims	3:05.54
#401 Men 19&U 50 Free Prelims	35.83
#409 Men 19&U 50 Back Prelims	43.10
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:04.96

#205 Men 19&U 100 Breast Prelims	1:38.93
#305 Men 19&U 50 Breast Prelims	45.45
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:38.86
#405 Men 19&U 200 Breast Prelims	3:34.71
#411 Men 19&U 50 Fly Prelims	42.54

11 Van Niekerk, Ona - Female - Age: 15 - Ind/Rel: 3 / 0

#402 Women 19&U 50 Free Prelims	30.42
#412 Women 19&U 50 Fly Prelims	34.46

#406 Women 19&U 200 Breast Prelims	3:03.23
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12 Van Rooyen, Louis B - Male - Age: 15 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:13.34
#301 Men 19&U 200 Free Prelims	2:35.00
#313 Men 19&U 200 IM Prelims	2:54.01
#405 Men 19&U 200 Breast Prelims	2:58.94

#205 Men 19&U 100 Breast Prelims	1:21.52
#305 Men 19&U 50 Breast Prelims	37.63
#401 Men 19&U 50 Free Prelims	32.66
#411 Men 19&U 50 Fly Prelims	36.73

13 Venter, Ané - Female - Age: 11 - Ind/Rel: 9 / 3

#206 Women 19&U 100 Breast Prelims	1:36.14
#212 Women 19&U 100 Fly Prelims	1:40.92
#306 Women 19&U 50 Breast Prelims	45.23
#314 Women 19&U 200 IM Prelims	3:14.87
#406 Women 19&U 200 Breast Prelims	3:28.22
#412 Women 19&U 50 Fly Prelims	37.76

#208 Women 19&U 200 Back Prelims	3:09.68
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:13.38
#310 Women 19&U 100 Back Prelims	1:25.96
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.12
#410 Women 19&U 50 Back Prelims	39.72
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.79

Fish Eagle Aquatics-ED Total Individual Entries: 103 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Flamingo Aquatics Academy- Fbd****1 Crozier, Emily N - Female - Age: 14 - Ind/Rel: 5 / 0**

#108 Women 14 400 Free	5:20.86	#206 Women 19&U 100 Breast Prelims	1:33.73
#302 Women 19&U 200 Free Prelims	2:37.47	#306 Women 19&U 50 Breast Prelims	43.69
#406 Women 19&U 200 Breast Prelims	3:11.63		

2 Harbron, Nicholas - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:32.85	#201 Men 19&U 100 Free Prelims	1:10.54
#205 Men 19&U 100 Breast Prelims	1:30.28	#301 Men 19&U 200 Free Prelims	2:36.79
#305 Men 19&U 50 Breast Prelims	40.76	#313 Men 19&U 200 IM Prelims	2:59.49
#401 Men 19&U 50 Free Prelims	31.39	#405 Men 19&U 200 Breast Prelims	3:13.76
#409 Men 19&U 50 Back Prelims	40.23		

3 Hattingh, Ben - Male - Age: 14 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:07.23	#205 Men 19&U 100 Breast Prelims	1:27.82
#207 Men 19&U 200 Back Prelims	2:56.91	#211 Men 19&U 100 Fly Prelims	1:17.04
#305 Men 19&U 50 Breast Prelims	38.12	#313 Men 19&U 200 IM Prelims	2:50.88
#401 Men 19&U 50 Free Prelims	30.04	#405 Men 19&U 200 Breast Prelims	3:11.64
#409 Men 19&U 50 Back Prelims	37.03	#411 Men 19&U 50 Fly Prelims	33.49

4 Hattingh, Theodor S - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:18.57	#207 Men 19&U 200 Back Prelims	3:08.90
#301 Men 19&U 200 Free Prelims	2:52.60	#313 Men 19&U 200 IM Prelims	3:31.79
#401 Men 19&U 50 Free Prelims	35.97	#409 Men 19&U 50 Back Prelims	40.34
#411 Men 19&U 50 Fly Prelims	40.39		

5 Mostert, Stian - Male - Age: 13 - Ind/Rel: 5 / 0

#205 Men 19&U 100 Breast Prelims	1:26.47	#305 Men 19&U 50 Breast Prelims	37.89
#313 Men 19&U 200 IM Prelims	3:09.23	#405 Men 19&U 200 Breast Prelims	3:06.41
#411 Men 19&U 50 Fly Prelims	32.56		

Flamingo Aquatics Academy- Fbd Total Individual Entries: 36 - Total Relays: 0

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

Greydogs Swimming Club-CP**1 Marais, Ewan E - Male - Age: 11 - Ind/Rel: 4 / 0**

#101 Men 11&U 400 Free	6:32.07	#205 Men 19&U 100 Breast Prelims	1:42.83
#207 Men 19&U 200 Back Prelims	3:12.44	#211 Men 19&U 100 Fly Prelims	1:32.59

2 Perrins, Hayden - Female - Age: 11 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	6:10.74	#202 Women 19&U 100 Free Prelims	1:14.97
#212 Women 19&U 100 Fly Prelims	1:35.34	#306 Women 19&U 50 Breast Prelims	48.25
#310 Women 19&U 100 Back Prelims	1:32.40	#314 Women 19&U 200 IM Prelims	3:15.18
#402 Women 19&U 50 Free Prelims	32.66	#406 Women 19&U 200 Breast Prelims	3:46.66
#410 Women 19&U 50 Back Prelims	42.33	#412 Women 19&U 50 Fly Prelims	39.42

3 Van Zyl, Nèanè - Female - Age: 12 - Ind/Rel: 2 / 0

#202 Women 19&U 100 Free Prelims	1:21.46	#206 Women 19&U 100 Breast Prelims	1:37.66
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Greydogs Swimming Club-CP Total Individual Entries: 16 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Harlequins Aquatic Club-BU****1 Hartwig, Connor M - Male - Age: 13 - Ind/Rel: 6 / 0**

#203 Men 99&U 200 IM Para Prelims	4:53.30
#303 Men 99&U 100 Free Para Prelims	1:55.49
#403 Men 99&U 50 Free Para Prelims	51.47

#209 Men 99&U 50 Back Para Prelims	54.74
#311 Men 99&U 100 Back Para Prelims	2:04.35
#413 Men 99&U 50 Fly Para Prelims	1:04.37

2 Schemel, Brody L - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:11.66
#301 Men 19&U 200 Free Prelims	2:43.79
#313 Men 19&U 200 IM Prelims	2:56.60
#409 Men 19&U 50 Back Prelims	36.37

#207 Men 19&U 200 Back Prelims	2:55.24
#309 Men 19&U 100 Back Prelims	1:20.66
#401 Men 19&U 50 Free Prelims	31.97
#411 Men 19&U 50 Fly Prelims	35.39

3 Schemel, Leah I - Female - Age: 11 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:26.49
#302 Women 19&U 200 Free Prelims	3:13.52
#314 Women 19&U 200 IM Prelims	3:25.82
#410 Women 19&U 50 Back Prelims	44.41

#206 Women 19&U 100 Breast Prelims	1:39.59
#306 Women 19&U 50 Breast Prelims	45.81
#406 Women 19&U 200 Breast Prelims	3:30.63

4 Smith, Isabel H - Female - Age: 11 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:26.01
#306 Women 19&U 50 Breast Prelims	46.05
#406 Women 19&U 200 Breast Prelims	3:32.51

#206 Women 19&U 100 Breast Prelims	1:37.51
#310 Women 19&U 100 Back Prelims	1:37.35

5 Thompson, Cameron G - Male - Age: 16 - Ind/Rel: 7 / 0

#111 Men 16 400 Free	4:52.72
#211 Men 19&U 100 Fly Prelims	1:08.42
#313 Men 19&U 200 IM Prelims	2:38.46
#411 Men 19&U 50 Fly Prelims	31.15

#201 Men 19&U 100 Free Prelims	1:02.35
#301 Men 19&U 200 Free Prelims	2:17.58
#401 Men 19&U 50 Free Prelims	29.27

6 Thompson, Riley - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:21.12
#302 Women 19&U 200 Free Prelims	2:52.43
#412 Women 19&U 50 Fly Prelims	44.58

#212 Women 19&U 100 Fly Prelims	1:32.58
#314 Women 19&U 200 IM Prelims	3:19.55

Harlequins Aquatic Club-BU Total Individual Entries: 38 - Total Relays: 0

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

Helderberg Titans Swimming Aca-CP**1 Engelbrecht, Zia-Bella L - Female - Age: 11 - Ind/Rel: 9 / 0**

#102 Women 11&U 400 Free	6:37.63	#206 Women 19&U 100 Breast Prelims	1:43.47
#208 Women 19&U 200 Back Prelims	3:18.29	#306 Women 19&U 50 Breast Prelims	48.40
#314 Women 19&U 200 IM Prelims	3:23.17	#402 Women 19&U 50 Free Prelims	38.56
#406 Women 19&U 200 Breast Prelims	3:37.71	#410 Women 19&U 50 Back Prelims	43.47
#412 Women 19&U 50 Fly Prelims	41.84		

Helderberg Titans Swimming Aca-CP Total Individual Entries: 9 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Infinity Swimming Academy-NM****1 Dupper, Leon H - Male - Age: 16 - Ind/Rel: 7 / 1**

#201 Men 19&U 100 Free Prelims	57.62	#211 Men 19&U 100 Fly Prelims	1:05.69
#301 Men 19&U 200 Free Prelims	2:09.59	#305 Men 19&U 50 Breast Prelims	34.50
#313 Men 19&U 200 IM Prelims	2:26.35	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:12.60
#401 Men 19&U 50 Free Prelims	26.22	#411 Men 19&U 50 Fly Prelims	28.56

2 Forsythe, Declan J - Male - Age: 11 - Ind/Rel: 8 / 3

#101 Men 11&U 400 Free	6:06.39	#205 Men 19&U 100 Breast Prelims	1:32.81
#211 Men 19&U 100 Fly Prelims	1:29.50	#305 Men 19&U 50 Breast Prelims	40.13
#313 Men 19&U 200 IM Prelims	3:02.09	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:13.46
#405 Men 19&U 200 Breast Prelims	3:22.37	#409 Men 19&U 50 Back Prelims	27.63
#411 Men 19&U 50 Fly Prelims	37.97	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:27.43
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:10.07		

3 Geldart, Olivia L - Female - Age: 11 - Ind/Rel: 9 / 5

#202 Women 19&U 100 Free Prelims	1:07.51	#206 Women 19&U 100 Breast Prelims	1:30.97
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:42.28	#302 Women 19&U 200 Free Prelims	2:30.97
#306 Women 19&U 50 Breast Prelims	38.80	#310 Women 19&U 100 Back Prelims	1:20.02
#314 Women 19&U 200 IM Prelims	2:51.74	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:07.60
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:13.46	#402 Women 19&U 50 Free Prelims	30.93
#410 Women 19&U 50 Back Prelims	36.17	#412 Women 19&U 50 Fly Prelims	34.83
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:25.23	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.24

4 Loni, Yama - Female - Age: 11 - Ind/Rel: 7 / 0

#102 Women 11&U 400 Free	6:07.01	#202 Women 19&U 100 Free Prelims	1:17.06
#212 Women 19&U 100 Fly Prelims	1:44.40	#302 Women 19&U 200 Free Prelims	2:56.09
#314 Women 19&U 200 IM Prelims	3:24.75	#402 Women 19&U 50 Free Prelims	34.94
#412 Women 19&U 50 Fly Prelims	42.29		

5 Pieterse, Abby L - Female - Age: 15 - Ind/Rel: 7 / 1

#202 Women 19&U 100 Free Prelims	1:07.57	#208 Women 19&U 200 Back Prelims	2:51.83
#302 Women 19&U 200 Free Prelims	2:27.79	#310 Women 19&U 100 Back Prelims	1:16.90
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:12.60	#402 Women 19&U 50 Free Prelims	30.66
#410 Women 19&U 50 Back Prelims	34.76	#412 Women 19&U 50 Fly Prelims	33.68

6 Pieterse, Haley - Female - Age: 10 - Ind/Rel: 10 / 4

#102 Women 11&U 400 Free	5:14.06	#202 Women 19&U 100 Free Prelims	1:08.76
#206 Women 19&U 100 Breast Prelims	1:30.67	#212 Women 19&U 100 Fly Prelims	1:24.41
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:42.28	#302 Women 19&U 200 Free Prelims	2:32.26
#306 Women 19&U 50 Breast Prelims	40.74	#314 Women 19&U 200 IM Prelims	2:53.76
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:07.60	#402 Women 19&U 50 Free Prelims	31.46
#406 Women 19&U 200 Breast Prelims	3:19.19	#412 Women 19&U 50 Fly Prelims	36.54
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:25.23	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.24

7 Stearn, Hannah - Female - Age: 11 - Ind/Rel: 8 / 4

#202 Women 19&U 100 Free Prelims	1:16.57	#206 Women 19&U 100 Breast Prelims	1:37.59
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:42.28	#306 Women 19&U 50 Breast Prelims	43.43
#310 Women 19&U 100 Back Prelims	1:38.49	#314 Women 19&U 200 IM Prelims	3:26.38
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:07.60	#402 Women 19&U 50 Free Prelims	34.02
#410 Women 19&U 50 Back Prelims	41.45	#412 Women 19&U 50 Fly Prelims	42.49
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:25.23	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:10.07

8 Stow, David-John - Male - Age: 11 - Ind/Rel: 6 / 3

#201 Men 19&U 100 Free Prelims	1:15.85	#211 Men 19&U 100 Fly Prelims	1:35.93
#301 Men 19&U 200 Free Prelims	2:47.66	#313 Men 19&U 200 IM Prelims	3:18.32
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:13.46	#401 Men 19&U 50 Free Prelims	32.73
#411 Men 19&U 50 Fly Prelims	37.93	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:27.43
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.24		

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Infinity Swimming Academy-NM****9 Strydom, Mia - Female - Age: 13 - Ind/Rel: 10 / 1**

#106 Women 13 400 Free	5:21.99	#202 Women 19&U 100 Free Prelims	1:11.21
#206 Women 19&U 100 Breast Prelims	1:37.70	#212 Women 19&U 100 Fly Prelims	1:28.46
#302 Women 19&U 200 Free Prelims	2:32.22	#306 Women 19&U 50 Breast Prelims	45.36
#314 Women 19&U 200 IM Prelims	3:01.57	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:12.60
#402 Women 19&U 50 Free Prelims	33.16	#410 Women 19&U 50 Back Prelims	39.60
#412 Women 19&U 50 Fly Prelims	37.24		

10 van der Westhuizen, Anrich C - Male - Age: 11 - Ind/Rel: 9 / 2

#101 Men 11&U 400 Free	6:19.00	#201 Men 19&U 100 Free Prelims	1:16.12
#207 Men 19&U 200 Back Prelims	3:10.23	#301 Men 19&U 200 Free Prelims	2:50.05
#309 Men 19&U 100 Back Prelims	1:29.47	#313 Men 19&U 200 IM Prelims	3:20.26
#401 Men 19&U 50 Free Prelims	34.36	#409 Men 19&U 50 Back Prelims	41.00
#411 Men 19&U 50 Fly Prelims	38.10	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:27.43
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.24		

11 Van Zyl, Reghardt D - Male - Age: 11 - Ind/Rel: 3 / 2

#401 Men 19&U 50 Free Prelims	38.27	#405 Men 19&U 200 Breast Prelims	3:46.34
#411 Men 19&U 50 Fly Prelims	48.66	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:27.43
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:10.07		

12 Wedderburn, Liam - Male - Age: 16 - Ind/Rel: 6 / 1

#201 Men 19&U 100 Free Prelims	58.12	#205 Men 19&U 100 Breast Prelims	1:16.08
#305 Men 19&U 50 Breast Prelims	34.36	#313 Men 19&U 200 IM Prelims	2:37.96
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:12.60	#401 Men 19&U 50 Free Prelims	26.50
#411 Men 19&U 50 Fly Prelims	29.47		

13 Wilson, Samantha - Female - Age: 11 - Ind/Rel: 6 / 5

#202 Women 19&U 100 Free Prelims	1:09.44	#212 Women 19&U 100 Fly Prelims	1:21.32
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:42.28	#302 Women 19&U 200 Free Prelims	2:39.89
#314 Women 19&U 200 IM Prelims	2:59.48	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:07.60
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:13.46	#402 Women 19&U 50 Free Prelims	31.19
#412 Women 19&U 50 Fly Prelims	34.30	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:25.23
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:10.07		

Infinity Swimming Academy-NM Total Individual Entries: 96 - Total Relays: 0

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

Kalahari Aquatics- Jtg**1 Eilers, De-Anzo C - Male - Age: 18 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	57.08	#301 Men 19&U 200 Free Prelims	2:13.31
#305 Men 19&U 50 Breast Prelims	34.37	#309 Men 19&U 100 Back Prelims	1:09.21
#401 Men 19&U 50 Free Prelims	25.28	#409 Men 19&U 50 Back Prelims	31.04
#411 Men 19&U 50 Fly Prelims	27.34		

2 Louw, André J - Male - Age: 11 - Ind/Rel: 7 / 0

#101 Men 11&U 400 Free	6:04.69	#201 Men 19&U 100 Free Prelims	1:21.70
#301 Men 19&U 200 Free Prelims	2:54.77	#305 Men 19&U 50 Breast Prelims	1:00.87
#309 Men 19&U 100 Back Prelims	1:50.94	#401 Men 19&U 50 Free Prelims	37.21
#409 Men 19&U 50 Back Prelims	49.95		

Kalahari Aquatics- Jtg Total Individual Entries: 14 - Total Relays: 0

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

Karoo Stars-ED**1 Bothma, Ryan - Male - Age: 13 - Ind/Rel: 10 / 0**

#201 Men 19&U 100 Free Prelims	1:08.41	#205 Men 19&U 100 Breast Prelims	1:30.61
#211 Men 19&U 100 Fly Prelims	1:13.53	#301 Men 19&U 200 Free Prelims	2:35.72
#305 Men 19&U 50 Breast Prelims	39.81	#309 Men 19&U 100 Back Prelims	1:15.95
#313 Men 19&U 200 IM Prelims	2:52.62	#401 Men 19&U 50 Free Prelims	30.48
#409 Men 19&U 50 Back Prelims	35.65	#411 Men 19&U 50 Fly Prelims	31.08

Karoo Stars-ED Total Individual Entries: 10 - Total Relays: 0

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

Kathu Tweekamp & Swem - Jtg**1 Ludik, Stephan E - Male - Age: 17 - Ind/Rel: 2 / 0**

#113 Men 17-19 400 Free	5:24.38	#201 Men 19&U 100 Free Prelims	59.00
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2 Opperman, Theodore S - Male - Age: 12 - Ind/Rel: 3 / 0

#201 Men 19&U 100 Free Prelims	1:12.93	#207 Men 19&U 200 Back Prelims	3:00.78
#211 Men 19&U 100 Fly Prelims	1:34.00		

3 Prins, Tiffany C - Female - Age: 14 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:10.59	#208 Women 19&U 200 Back Prelims	2:55.31
#302 Women 19&U 200 Free Prelims	2:35.91	#310 Women 19&U 100 Back Prelims	1:19.65
#402 Women 19&U 50 Free Prelims	32.04	#410 Women 19&U 50 Back Prelims	37.25
#412 Women 19&U 50 Fly Prelims	34.98		

Kathu Tweekamp & Swem - Jtg Total Individual Entries: 12 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Knysna Aquatics-ED****1 Harper, Maddie I - Female - Age: 14 - Ind/Rel: 7 / 2**

#108 Women 14 400 Free	5:43.27
#208 Women 19&U 200 Back Prelims	3:10.44
#310 Women 19&U 100 Back Prelims	1:24.16
#406 Women 19&U 200 Breast Prelims	3:20.56
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:56.73

#206 Women 19&U 100 Breast Prelims	1:28.32
#306 Women 19&U 50 Breast Prelims	38.82
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:44.58
#410 Women 19&U 50 Back Prelims	39.41

2 Parr, Riley C - Male - Age: 11 - Ind/Rel: 8 / 2

#101 Men 11&U 400 Free	5:55.90
#205 Men 19&U 100 Breast Prelims	1:45.56
#309 Men 19&U 100 Back Prelims	1:34.33
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:44.58
#409 Men 19&U 50 Back Prelims	41.68

#201 Men 19&U 100 Free Prelims	1:20.47
#301 Men 19&U 200 Free Prelims	2:50.44
#313 Men 19&U 200 IM Prelims	3:25.40
#401 Men 19&U 50 Free Prelims	34.78
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:56.73

3 Swanepoel, Hallett J - Male - Age: 12 - Ind/Rel: 5 / 2

#201 Men 19&U 100 Free Prelims	1:11.69
#301 Men 19&U 200 Free Prelims	2:41.39
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:44.58
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:56.73

#205 Men 19&U 100 Breast Prelims	1:32.74
#305 Men 19&U 50 Breast Prelims	41.46
#401 Men 19&U 50 Free Prelims	32.82

4 Tembo, Noku L - Female - Age: 12 - Ind/Rel: 9 / 2

#104 Women 12 400 Free	5:53.04
#208 Women 19&U 200 Back Prelims	3:05.29
#302 Women 19&U 200 Free Prelims	2:40.05
#314 Women 19&U 200 IM Prelims	3:15.13
#402 Women 19&U 50 Free Prelims	32.80
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:56.73

#202 Women 19&U 100 Free Prelims	1:13.53
#212 Women 19&U 100 Fly Prelims	1:35.83
#310 Women 19&U 100 Back Prelims	1:26.53
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:44.58
#410 Women 19&U 50 Back Prelims	38.79

5 Van Der Merwe, Ula W - Male - Age: 17 - Ind/Rel: 7 / 0

#113 Men 17-19 400 Free	4:42.68
#211 Men 19&U 100 Fly Prelims	1:07.09
#313 Men 19&U 200 IM Prelims	2:34.66
#411 Men 19&U 50 Fly Prelims	27.75

#201 Men 19&U 100 Free Prelims	56.76
#301 Men 19&U 200 Free Prelims	2:09.15
#401 Men 19&U 50 Free Prelims	25.70

Knysna Aquatics-ED Total Individual Entries: 36 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Lane Leader Stellenbosch-CE****1 Baillie, Gabi J - Female - Age: 15 - Ind/Rel: 7 / 2**

#206 Women 19&U 100 Breast Prelims	1:32.40
#306 Women 19&U 50 Breast Prelims	41.50
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:15.23
#406 Women 19&U 200 Breast Prelims	3:15.81
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.78

#208 Women 19&U 200 Back Prelims	2:48.18
#310 Women 19&U 100 Back Prelims	1:20.27
#402 Women 19&U 50 Free Prelims	34.10
#410 Women 19&U 50 Back Prelims	38.15

2 Beetge, Amy - Female - Age: 17 - Ind/Rel: 3 / 0

#202 Women 19&U 100 Free Prelims	1:07.26
#406 Women 19&U 200 Breast Prelims	3:08.03

#206 Women 19&U 100 Breast Prelims	1:25.80
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3 Bircher, Storm Z - Female - Age: 13 - Ind/Rel: 4 / 3

#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:36.05
#306 Women 19&U 50 Breast Prelims	44.91
#314 Women 19&U 200 IM Prelims	2:55.23
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.78

#302 Women 19&U 200 Free Prelims	2:34.57
#310 Women 19&U 100 Back Prelims	1:18.99
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.31

4 Ellis, Alec C - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:15.55
#301 Men 19&U 200 Free Prelims	2:49.24
#401 Men 19&U 50 Free Prelims	33.17

#205 Men 19&U 100 Breast Prelims	1:33.51
#313 Men 19&U 200 IM Prelims	3:11.77
#411 Men 19&U 50 Fly Prelims	36.62

5 Fourie, Petro Marié - Female - Age: 19 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:06.40
#310 Women 19&U 100 Back Prelims	1:13.60

#208 Women 19&U 200 Back Prelims	2:40.32
#314 Women 19&U 200 IM Prelims	2:51.60

6 Hodge, Cameron P - Male - Age: 14 - Ind/Rel: 7 / 3

#107 Men 14 400 Free	5:16.50
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.21
#309 Men 19&U 100 Back Prelims	1:13.97
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.89
#409 Men 19&U 50 Back Prelims	35.42

#207 Men 19&U 200 Back Prelims	2:39.53
#301 Men 19&U 200 Free Prelims	2:24.41
#313 Men 19&U 200 IM Prelims	2:48.31
#401 Men 19&U 50 Free Prelims	32.12
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:15.50

7 Muller, Lukas D - Male - Age: 13 - Ind/Rel: 7 / 4

#201 Men 19&U 100 Free Prelims	1:03.98
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.21
#313 Men 19&U 200 IM Prelims	2:57.97
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:15.23
#409 Men 19&U 50 Back Prelims	33.37
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:15.50

#205 Men 19&U 100 Breast Prelims	1:26.10
#309 Men 19&U 100 Back Prelims	1:15.03
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.89
#401 Men 19&U 50 Free Prelims	29.42
#411 Men 19&U 50 Fly Prelims	30.81

8 Retief, Jane - Female - Age: 13 - Ind/Rel: 4 / 2

#106 Women 13 400 Free	5:27.17
#206 Women 19&U 100 Breast Prelims	1:31.16
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.31

#202 Women 19&U 100 Free Prelims	1:11.72
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:36.05
#406 Women 19&U 200 Breast Prelims	3:15.72

9 Shaw, Inge - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims	1:15.71
#310 Women 19&U 100 Back Prelims	1:26.72
#410 Women 19&U 50 Back Prelims	40.31

#302 Women 19&U 200 Free Prelims	2:52.51
#402 Women 19&U 50 Free Prelims	34.80

10 Van Tromp, Seruby - Female - Age: 14 - Ind/Rel: 10 / 5

#108 Women 14 400 Free	5:31.86
#206 Women 19&U 100 Breast Prelims	1:33.33
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:36.05
#310 Women 19&U 100 Back Prelims	1:24.29
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.31
#402 Women 19&U 50 Free Prelims	30.39
#410 Women 19&U 50 Back Prelims	37.03
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.64

#202 Women 19&U 100 Free Prelims	1:06.16
#208 Women 19&U 200 Back Prelims	2:57.89
#302 Women 19&U 200 Free Prelims	2:28.99
#314 Women 19&U 200 IM Prelims	3:00.93
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:15.23
#406 Women 19&U 200 Breast Prelims	3:18.50
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.78

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Lane Leader Stellenbosch-CE****11 Van Wyk, Josie - Female - Age: 13 - Ind/Rel: 7 / 4**

#202 Women 19&U 100 Free Prelims	1:09.05	#206 Women 19&U 100 Breast Prelims	1:31.50
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:36.05	#302 Women 19&U 200 Free Prelims	2:31.48
#306 Women 19&U 50 Breast Prelims	42.99	#314 Women 19&U 200 IM Prelims	3:00.91
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.31	#402 Women 19&U 50 Free Prelims	31.30
#406 Women 19&U 200 Breast Prelims	3:11.13	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:25.78
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.64		

12 Vd Merwe, Thomas - Male - Age: 15 - Ind/Rel: 8 / 5

#201 Men 19&U 100 Free Prelims	58.95	#207 Men 19&U 200 Back Prelims	2:40.36
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.21	#301 Men 19&U 200 Free Prelims	2:12.65
#309 Men 19&U 100 Back Prelims	1:10.27	#313 Men 19&U 200 IM Prelims	2:35.96
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.89	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:15.23
#401 Men 19&U 50 Free Prelims	27.46	#409 Men 19&U 50 Back Prelims	32.53
#411 Men 19&U 50 Fly Prelims	30.97	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:15.50
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.64		

13 VerLoren Van Themaat, Hein M - Male - Age: 13 - Ind/Rel: 8 / 4

#105 Men 13 400 Free	5:20.05	#201 Men 19&U 100 Free Prelims	1:03.27
#207 Men 19&U 200 Back Prelims	2:52.17	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:13.21
#301 Men 19&U 200 Free Prelims	2:27.03	#309 Men 19&U 100 Back Prelims	1:17.01
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.89	#401 Men 19&U 50 Free Prelims	29.89
#409 Men 19&U 50 Back Prelims	34.73	#411 Men 19&U 50 Fly Prelims	33.47
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:15.50	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:17.64

Lane Leader Stellenbosch-CE Total Individual Entries: 80 - Total Relays: 0

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

Legacy Swimming Club-ET**1 Sadler, Arabella J - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:11.30	#206 Women 19&U 100 Breast Prelims	1:32.69
#306 Women 19&U 50 Breast Prelims	41.22	#314 Women 19&U 200 IM Prelims	2:56.86
#402 Women 19&U 50 Free Prelims	32.20	#406 Women 19&U 200 Breast Prelims	3:17.28
#412 Women 19&U 50 Fly Prelims	37.02		

Legacy Swimming Club-ET Total Individual Entries: 7 - Total Relays: 0

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

Mahe Skimmers Sports Club**1 Opperman, Conrad Willem - Male - Age: 10 - Ind/Rel: 11 / 0**

#101 Men 11&U 400 Free	5:28.00	#201 Men 19&U 100 Free Prelims	1:08.12
#205 Men 19&U 100 Breast Prelims	1:27.27	#207 Men 19&U 200 Back Prelims	2:53.19
#301 Men 19&U 200 Free Prelims	2:25.60	#305 Men 19&U 50 Breast Prelims	40.43
#313 Men 19&U 200 IM Prelims	2:45.63	#401 Men 19&U 50 Free Prelims	30.59
#405 Men 19&U 200 Breast Prelims	3:06.83	#409 Men 19&U 50 Back Prelims	37.30
#411 Men 19&U 50 Fly Prelims	33.81		

2 Opperman, Cornelius Johannes - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:11.04	#201 Men 19&U 100 Free Prelims	1:06.71
#207 Men 19&U 200 Back Prelims	2:35.38	#301 Men 19&U 200 Free Prelims	2:26.60
#309 Men 19&U 100 Back Prelims	1:13.09	#313 Men 19&U 200 IM Prelims	2:42.13
#401 Men 19&U 50 Free Prelims	30.81	#409 Men 19&U 50 Back Prelims	34.97
#411 Men 19&U 50 Fly Prelims	32.81		

Mahe Skimmers Sports Club Total Individual Entries: 20 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Manta SC-CP****1 Addinall, Ethan - Male - Age: 14 - Ind/Rel: 8 / 3**

#107 Men 14 400 Free	5:11.44
#205 Men 19&U 100 Breast Prelims	1:26.84
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:44.73
#305 Men 19&U 50 Breast Prelims	38.76
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:00.00
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

#201 Men 19&U 100 Free Prelims	1:04.87
#207 Men 19&U 200 Back Prelims	2:47.46
#301 Men 19&U 200 Free Prelims	2:28.07
#313 Men 19&U 200 IM Prelims	2:42.84
#405 Men 19&U 200 Breast Prelims	3:12.03

2 Barthus, Alessia - Female - Age: 12 - Ind/Rel: 8 / 2

#202 Women 19&U 100 Free Prelims	1:23.37
#208 Women 19&U 200 Back Prelims	3:09.81
#310 Women 19&U 100 Back Prelims	1:26.33
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:33.71
#410 Women 19&U 50 Back Prelims	38.00

#206 Women 19&U 100 Breast Prelims	1:50.91
#302 Women 19&U 200 Free Prelims	3:06.74
#314 Women 19&U 200 IM Prelims	3:18.36
#402 Women 19&U 50 Free Prelims	35.26
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.56

3 Fortune, Hakeem - Male - Age: 13 - Ind/Rel: 6 / 3

#205 Men 19&U 100 Breast Prelims	1:28.06
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:44.73
#309 Men 19&U 100 Back Prelims	1:20.68
#405 Men 19&U 200 Breast Prelims	3:06.35
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

#207 Men 19&U 200 Back Prelims	2:54.00
#305 Men 19&U 50 Breast Prelims	40.92
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:00.00
#409 Men 19&U 50 Back Prelims	39.51

4 Fortune, Yaseen - Male - Age: 14 - Ind/Rel: 9 / 3

#107 Men 14 400 Free	5:44.94
#207 Men 19&U 200 Back Prelims	2:39.80
#301 Men 19&U 200 Free Prelims	2:43.06
#309 Men 19&U 100 Back Prelims	1:15.60
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:00.00
#409 Men 19&U 50 Back Prelims	35.81

#205 Men 19&U 100 Breast Prelims	1:33.56
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:44.73
#305 Men 19&U 50 Breast Prelims	42.20
#313 Men 19&U 200 IM Prelims	2:52.65
#405 Men 19&U 200 Breast Prelims	3:15.41
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

5 Halford, Harper C - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:12.17
#306 Women 19&U 50 Breast Prelims	41.31
#402 Women 19&U 50 Free Prelims	31.82
#412 Women 19&U 50 Fly Prelims	37.86

#206 Women 19&U 100 Breast Prelims	1:31.19
#314 Women 19&U 200 IM Prelims	3:12.41
#406 Women 19&U 200 Breast Prelims	3:26.05

6 Jacobs, Seth G - Male - Age: 12 - Ind/Rel: 8 / 5

#201 Men 19&U 100 Free Prelims	1:08.30
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:44.73
#309 Men 19&U 100 Back Prelims	1:21.90
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:00.00
#401 Men 19&U 50 Free Prelims	31.15
#411 Men 19&U 50 Fly Prelims	34.28
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.56

#211 Men 19&U 100 Fly Prelims	1:23.97
#301 Men 19&U 200 Free Prelims	2:35.81
#313 Men 19&U 200 IM Prelims	2:48.81
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:33.71
#405 Men 19&U 200 Breast Prelims	3:28.39
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

7 Jurgens, Chloe-Leigh - Female - Age: 12 - Ind/Rel: 7 / 2

#104 Women 12 400 Free	5:52.52
#206 Women 19&U 100 Breast Prelims	1:28.76
#314 Women 19&U 200 IM Prelims	3:03.60
#406 Women 19&U 200 Breast Prelims	3:13.73
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.56

#202 Women 19&U 100 Free Prelims	1:16.07
#306 Women 19&U 50 Breast Prelims	41.50
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:33.71
#412 Women 19&U 50 Fly Prelims	38.37

8 Jurgens, Ezra J - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	1:05.94
#305 Men 19&U 50 Breast Prelims	34.92
#405 Men 19&U 200 Breast Prelims	2:52.79

#205 Men 19&U 100 Breast Prelims	1:18.17
#313 Men 19&U 200 IM Prelims	2:50.24

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Manta SC-CP****9 Moolman, Carter S - Male - Age: 16 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:00.13	#207 Men 19&U 200 Back Prelims	2:30.09
#211 Men 19&U 100 Fly Prelims	1:02.72	#309 Men 19&U 100 Back Prelims	1:05.98
#313 Men 19&U 200 IM Prelims	2:32.23	#409 Men 19&U 50 Back Prelims	30.24
#411 Men 19&U 50 Fly Prelims	27.36		

10 Sebastian, Alexander - Male - Age: 11 - Ind/Rel: 10 / 2

#101 Men 11&U 400 Free	6:04.76	#201 Men 19&U 100 Free Prelims	1:14.82
#205 Men 19&U 100 Breast Prelims	1:45.86	#207 Men 19&U 200 Back Prelims	3:11.78
#301 Men 19&U 200 Free Prelims	2:46.87	#309 Men 19&U 100 Back Prelims	1:29.36
#313 Men 19&U 200 IM Prelims	3:16.44	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:33.71
#401 Men 19&U 50 Free Prelims	33.70	#405 Men 19&U 200 Breast Prelims	3:45.05
#409 Men 19&U 50 Back Prelims	42.67	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.56

Manta SC-CP Total Individual Entries: 75 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Marlin Swimming Club-CP****1 Alexander, Ammaar - Male - Age: 17 - Ind/Rel: 6 / 0**

#201 Men 19&U 100 Free Prelims	57.47
#305 Men 19&U 50 Breast Prelims	33.32
#405 Men 19&U 200 Breast Prelims	2:51.16

#211 Men 19&U 100 Fly Prelims	1:03.73
#313 Men 19&U 200 IM Prelims	2:26.33
#411 Men 19&U 50 Fly Prelims	27.89

2 Basson, Trishaun T - Male - Age: 15 - Ind/Rel: 5 / 2

#205 Men 19&U 100 Breast Prelims	1:19.26
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.13
#409 Men 19&U 50 Back Prelims	40.21
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.45

#305 Men 19&U 50 Breast Prelims	35.19
#405 Men 19&U 200 Breast Prelims	2:59.16
#411 Men 19&U 50 Fly Prelims	37.17

3 Francis, Ethan - Male - Age: 13 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:05.83
#211 Men 19&U 100 Fly Prelims	1:13.19
#309 Men 19&U 100 Back Prelims	1:15.77
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.13
#411 Men 19&U 50 Fly Prelims	33.08

#205 Men 19&U 100 Breast Prelims	1:30.41
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.54
#313 Men 19&U 200 IM Prelims	2:43.28
#405 Men 19&U 200 Breast Prelims	3:25.88
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.45

4 Gamieldien, Idreess - Male - Age: 14 - Ind/Rel: 6 / 3

#107 Men 14 400 Free	5:26.88
#207 Men 19&U 200 Back Prelims	2:54.00
#305 Men 19&U 50 Breast Prelims	37.93
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.13
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.45

#205 Men 19&U 100 Breast Prelims	1:24.56
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.54
#309 Men 19&U 100 Back Prelims	1:20.66
#405 Men 19&U 200 Breast Prelims	3:04.82

5 Gomez, Alex W - Male - Age: 14 - Ind/Rel: 7 / 1

#201 Men 19&U 100 Free Prelims	1:07.86
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.54
#313 Men 19&U 200 IM Prelims	2:46.33
#405 Men 19&U 200 Breast Prelims	3:01.36

#205 Men 19&U 100 Breast Prelims	1:22.23
#305 Men 19&U 50 Breast Prelims	39.91
#401 Men 19&U 50 Free Prelims	30.75
#411 Men 19&U 50 Fly Prelims	36.30

6 Rinquest, Taaliah - Female - Age: 17 - Ind/Rel: 6 / 0

#208 Women 19&U 200 Back Prelims	2:51.81
#302 Women 19&U 200 Free Prelims	2:34.35
#410 Women 19&U 50 Back Prelims	1:15.63

#212 Women 19&U 100 Fly Prelims	1:20.39
#314 Women 19&U 200 IM Prelims	2:50.19
#412 Women 19&U 50 Fly Prelims	38.12

7 Samsodien, Saaligh S - Male - Age: 14 - Ind/Rel: 6 / 3

#201 Men 19&U 100 Free Prelims	1:01.61
#211 Men 19&U 100 Fly Prelims	1:15.03
#301 Men 19&U 200 Free Prelims	2:22.99
#401 Men 19&U 50 Free Prelims	28.78
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:13.45

#205 Men 19&U 100 Breast Prelims	1:23.95
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:27.54
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:01.13
#411 Men 19&U 50 Fly Prelims	32.09

Marlin Swimming Club-CP Total Individual Entries: 43 - Total Relays: 0

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

Otters Rustenburg-BP**1 Kasselmann, Juan - Male - Age: 13 - Ind/Rel: 8 / 0**

#105 Men 13 400 Free	5:27.86	#201 Men 19&U 100 Free Prelims	1:09.01
#205 Men 19&U 100 Breast Prelims	1:34.46	#207 Men 19&U 200 Back Prelims	2:46.65
#301 Men 19&U 200 Free Prelims	2:29.03	#309 Men 19&U 100 Back Prelims	1:18.17
#313 Men 19&U 200 IM Prelims	2:52.91	#405 Men 19&U 200 Breast Prelims	3:24.12

Otters Rustenburg-BP Total Individual Entries: 8 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Paarl Aquarius SC-CE****1 Adams, Tatum - Female - Age: 11 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:16.23	#212 Women 19&U 100 Fly Prelims	1:31.36
#302 Women 19&U 200 Free Prelims	2:48.46	#306 Women 19&U 50 Breast Prelims	54.41
#314 Women 19&U 200 IM Prelims	3:08.25	#402 Women 19&U 50 Free Prelims	35.61
#412 Women 19&U 50 Fly Prelims	40.03		

2 Anthony, Jazmin A - Female - Age: 12 - Ind/Rel: 6 / 1

#104 Women 12 400 Free	5:49.93	#206 Women 19&U 100 Breast Prelims	1:35.47
#212 Women 19&U 100 Fly Prelims	1:25.58	#302 Women 19&U 200 Free Prelims	2:47.11
#314 Women 19&U 200 IM Prelims	3:10.06	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.58
#406 Women 19&U 200 Breast Prelims	3:25.52		

3 Baadjies, Cruden H - Male - Age: 13 - Ind/Rel: 7 / 0

#105 Men 13 400 Free	6:09.77	#205 Men 19&U 100 Breast Prelims	1:36.73
#305 Men 19&U 50 Breast Prelims	44.06	#313 Men 19&U 200 IM Prelims	3:16.41
#401 Men 19&U 50 Free Prelims	36.84	#405 Men 19&U 200 Breast Prelims	3:23.08
#409 Men 19&U 50 Back Prelims	44.18		

4 Lewis, Amaru C - Male - Age: 12 - Ind/Rel: 9 / 1

#201 Men 19&U 100 Free Prelims	1:17.97	#207 Men 19&U 200 Back Prelims	2:55.71
#211 Men 19&U 100 Fly Prelims	1:29.59	#301 Men 19&U 200 Free Prelims	2:46.13
#309 Men 19&U 100 Back Prelims	1:22.75	#313 Men 19&U 200 IM Prelims	3:06.90
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.58	#401 Men 19&U 50 Free Prelims	34.63
#409 Men 19&U 50 Back Prelims	38.05	#411 Men 19&U 50 Fly Prelims	37.85

5 Olivier, Gianna G - Female - Age: 11 - Ind/Rel: 11 / 1

#102 Women 11&U 400 Free	5:38.03	#202 Women 19&U 100 Free Prelims	1:15.30
#206 Women 19&U 100 Breast Prelims	1:39.79	#208 Women 19&U 200 Back Prelims	2:50.42
#212 Women 19&U 100 Fly Prelims	1:34.38	#302 Women 19&U 200 Free Prelims	2:44.80
#306 Women 19&U 50 Breast Prelims	43.77	#314 Women 19&U 200 IM Prelims	3:03.16
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.58	#402 Women 19&U 50 Free Prelims	34.77
#406 Women 19&U 200 Breast Prelims	3:16.91	#410 Women 19&U 50 Back Prelims	43.54

6 Olivier, Simeon - Male - Age: 10 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:25.33	#205 Men 19&U 100 Breast Prelims	1:43.84
#301 Men 19&U 200 Free Prelims	3:02.36	#305 Men 19&U 50 Breast Prelims	46.51
#401 Men 19&U 50 Free Prelims	38.63	#405 Men 19&U 200 Breast Prelims	3:35.73

7 Sabbagha, Georgia - Female - Age: 12 - Ind/Rel: 1 / 0

#104 Women 12 400 Free	5:22.34
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8 Titus, Brody - Male - Age: 12 - Ind/Rel: 10 / 1

#201 Men 19&U 100 Free Prelims	1:18.46	#205 Men 19&U 100 Breast Prelims	1:34.93
#211 Men 19&U 100 Fly Prelims	1:17.90	#305 Men 19&U 50 Breast Prelims	44.64
#309 Men 19&U 100 Back Prelims	1:28.24	#313 Men 19&U 200 IM Prelims	3:08.07
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:41.58	#401 Men 19&U 50 Free Prelims	34.19
#405 Men 19&U 200 Breast Prelims	3:24.19	#409 Men 19&U 50 Back Prelims	40.45
#411 Men 19&U 50 Fly Prelims	36.88		

Paarl Aquarius SC-CE Total Individual Entries: 57 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Players-CE****1 Breet, Dawie-Louw L - Male - Age: 17 - Ind/Rel: 5 / 0**

#207 Men 19&U 200 Back Prelims	2:22.86
#309 Men 19&U 100 Back Prelims	1:05.60
#411 Men 19&U 50 Fly Prelims	28.43

#211 Men 19&U 100 Fly Prelims	1:04.48
#409 Men 19&U 50 Back Prelims	29.42

2 Engelbrecht, Ruben J - Male - Age: 17 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	59.42
#305 Men 19&U 50 Breast Prelims	34.57
#313 Men 19&U 200 IM Prelims	2:29.27
#409 Men 19&U 50 Back Prelims	30.15

#211 Men 19&U 100 Fly Prelims	1:03.49
#309 Men 19&U 100 Back Prelims	1:06.96
#401 Men 19&U 50 Free Prelims	26.67
#411 Men 19&U 50 Fly Prelims	28.18

3 Hawley, Nicola - Female - Age: 14 - Ind/Rel: 1 / 0

#108 Women 14 400 Free	5:35.18
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4 Jonas, Leonardo - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:08.30
#305 Men 19&U 50 Breast Prelims	42.39
#401 Men 19&U 50 Free Prelims	31.94
#409 Men 19&U 50 Back Prelims	37.18

#205 Men 19&U 100 Breast Prelims	1:31.80
#313 Men 19&U 200 IM Prelims	2:55.04
#405 Men 19&U 200 Breast Prelims	3:18.25
#411 Men 19&U 50 Fly Prelims	35.48

5 Kruger, Livvy - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:11.87
#302 Women 19&U 200 Free Prelims	2:39.07
#402 Women 19&U 50 Free Prelims	31.99

#208 Women 19&U 200 Back Prelims	2:57.57
#310 Women 19&U 100 Back Prelims	1:21.08
#410 Women 19&U 50 Back Prelims	37.07

6 Saayman, Dehan - Male - Age: 17 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:01.16
#305 Men 19&U 50 Breast Prelims	33.38
#409 Men 19&U 50 Back Prelims	32.17

#205 Men 19&U 100 Breast Prelims	1:14.73
#405 Men 19&U 200 Breast Prelims	2:42.05
#411 Men 19&U 50 Fly Prelims	29.94

7 Saayman, Nika D - Female - Age: 14 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:10.31
#310 Women 19&U 100 Back Prelims	1:18.58

#208 Women 19&U 200 Back Prelims	2:51.49
#410 Women 19&U 50 Back Prelims	35.09

8 Theron, Jady - Female - Age: 18 - Ind/Rel: 4 / 0

#114 Women 17-19 400 Free	5:01.39
#302 Women 19&U 200 Free Prelims	2:19.46

#202 Women 19&U 100 Free Prelims	1:04.65
#412 Women 19&U 50 Fly Prelims	33.54

9 Van der Watt, Alpheus J - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:03.77
#305 Men 19&U 50 Breast Prelims	33.81
#401 Men 19&U 50 Free Prelims	28.10

#205 Men 19&U 100 Breast Prelims	1:17.79
#309 Men 19&U 100 Back Prelims	1:12.07
#409 Men 19&U 50 Back Prelims	32.55

10 Visser, Sandri - Female - Age: 16 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:12.38
#306 Women 19&U 50 Breast Prelims	38.72
#314 Women 19&U 200 IM Prelims	2:57.82
#406 Women 19&U 200 Breast Prelims	3:08.87
#412 Women 19&U 50 Fly Prelims	34.67

#206 Women 19&U 100 Breast Prelims	1:26.47
#310 Women 19&U 100 Back Prelims	1:21.04
#402 Women 19&U 50 Free Prelims	32.49
#410 Women 19&U 50 Back Prelims	37.29

11 Weber, Daniel - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:16.36
#205 Men 19&U 100 Breast Prelims	1:35.32
#301 Men 19&U 200 Free Prelims	2:30.74
#401 Men 19&U 50 Free Prelims	29.04
#411 Men 19&U 50 Fly Prelims	31.93

#201 Men 19&U 100 Free Prelims	1:05.09
#211 Men 19&U 100 Fly Prelims	1:13.64
#313 Men 19&U 200 IM Prelims	2:53.95
#409 Men 19&U 50 Back Prelims	35.60

Players-CE Total Individual Entries: 66 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Port Elizabeth Amateur Swimmin-NM****1 Andrews, Carl R - Male - Age: 15 - Ind/Rel: 7 / 2**

#201 Men 19&U 100 Free Prelims	1:00.16
#309 Men 19&U 100 Back Prelims	1:07.38
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.39
#409 Men 19&U 50 Back Prelims	30.08
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:22.29

#207 Men 19&U 200 Back Prelims	2:31.85
#313 Men 19&U 200 IM Prelims	2:31.64
#401 Men 19&U 50 Free Prelims	27.37
#411 Men 19&U 50 Fly Prelims	28.73

2 Basson, Zethan L - Male - Age: 14 - Ind/Rel: 6 / 1

#205 Men 19&U 100 Breast Prelims	1:17.61
#313 Men 19&U 200 IM Prelims	2:52.89
#405 Men 19&U 200 Breast Prelims	2:52.22
#411 Men 19&U 50 Fly Prelims	35.21

#305 Men 19&U 50 Breast Prelims	34.36
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.39
#409 Men 19&U 50 Back Prelims	37.43

3 Copteros, Ilyo B - Male - Age: 17 - Ind/Rel: 8 / 5

#113 Men 17-19 400 Free	4:58.02
#211 Men 19&U 100 Fly Prelims	1:05.41
#301 Men 19&U 200 Free Prelims	2:17.41
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.79
#401 Men 19&U 50 Free Prelims	27.91
#411 Men 19&U 50 Fly Prelims	29.58
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.43

#201 Men 19&U 100 Free Prelims	1:01.45
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.12
#313 Men 19&U 200 IM Prelims	2:45.02
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.88
#409 Men 19&U 50 Back Prelims	35.46
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.54

4 Delport, Milla - Female - Age: 16 - Ind/Rel: 7 / 2

#112 Women 16 400 Free	5:17.36
#208 Women 19&U 200 Back Prelims	2:53.71
#310 Women 19&U 100 Back Prelims	1:23.58
#402 Women 19&U 50 Free Prelims	32.44
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.43

#202 Women 19&U 100 Free Prelims	1:08.00
#302 Women 19&U 200 Free Prelims	2:28.05
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.88
#410 Women 19&U 50 Back Prelims	36.92

5 Du Plessis, Leah - Female - Age: 12 - Ind/Rel: 9 / 0

#202 Women 19&U 100 Free Prelims	1:16.56
#302 Women 19&U 200 Free Prelims	2:53.05
#310 Women 19&U 100 Back Prelims	1:30.46
#406 Women 19&U 200 Breast Prelims	3:32.00
#412 Women 19&U 50 Fly Prelims	37.92

#206 Women 19&U 100 Breast Prelims	1:38.90
#306 Women 19&U 50 Breast Prelims	44.24
#402 Women 19&U 50 Free Prelims	33.45
#410 Women 19&U 50 Back Prelims	40.57

6 Hlangothi, Munguni S - Male - Age: 17 - Ind/Rel: 6 / 5

#201 Men 19&U 100 Free Prelims	59.71
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.12
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.79
#401 Men 19&U 50 Free Prelims	26.55
#411 Men 19&U 50 Fly Prelims	28.54
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.43

#205 Men 19&U 100 Breast Prelims	1:12.71
#305 Men 19&U 50 Breast Prelims	31.62
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.88
#405 Men 19&U 200 Breast Prelims	2:46.82
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.54

7 Jenkins, Finn R - Male - Age: 15 - Ind/Rel: 8 / 1

#109 Men 15 400 Free	4:52.94
#211 Men 19&U 100 Fly Prelims	1:06.86
#305 Men 19&U 50 Breast Prelims	36.69
#401 Men 19&U 50 Free Prelims	28.75
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:22.29

#201 Men 19&U 100 Free Prelims	1:01.20
#301 Men 19&U 200 Free Prelims	2:03.78
#313 Men 19&U 200 IM Prelims	2:35.66
#411 Men 19&U 50 Fly Prelims	29.38

8 Jewell, Chloe I - Female - Age: 16 - Ind/Rel: 7 / 2

#112 Women 16 400 Free	5:21.12
#306 Women 19&U 50 Breast Prelims	39.19
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.88
#406 Women 19&U 200 Breast Prelims	3:11.40
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:23.43

#206 Women 19&U 100 Breast Prelims	1:26.73
#314 Women 19&U 200 IM Prelims	2:57.19
#402 Women 19&U 50 Free Prelims	32.74
#412 Women 19&U 50 Fly Prelims	36.50

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Port Elizabeth Amateur Swimmin-NM****9 Mack, Kyrah E - Female - Age: 15 - Ind/Rel: 6 / 3**

#206 Women 19&U 100 Breast Prelims	1:29.05
#306 Women 19&U 50 Breast Prelims	39.84
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06
#406 Women 19&U 200 Breast Prelims	3:23.78
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:19.12

#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.57
#314 Women 19&U 200 IM Prelims	3:05.58
#402 Women 19&U 50 Free Prelims	32.06
#412 Women 19&U 50 Fly Prelims	35.06

10 McLean, Daniella L - Female - Age: 13 - Ind/Rel: 9 / 4

#106 Women 13 400 Free	5:40.95
#206 Women 19&U 100 Breast Prelims	1:34.29
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.57
#310 Women 19&U 100 Back Prelims	1:20.93
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06
#402 Women 19&U 50 Free Prelims	31.60
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:19.12

#202 Women 19&U 100 Free Prelims	1:11.35
#208 Women 19&U 200 Back Prelims	2:58.27
#302 Women 19&U 200 Free Prelims	2:39.24
#314 Women 19&U 200 IM Prelims	2:54.93
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.39
#410 Women 19&U 50 Back Prelims	36.40

11 Nash, Daniel A - Male - Age: 17 - Ind/Rel: 5 / 3

#201 Men 19&U 100 Free Prelims	1:05.27
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.12
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.79
#405 Men 19&U 200 Breast Prelims	2:49.60

#205 Men 19&U 100 Breast Prelims	1:16.81
#305 Men 19&U 50 Breast Prelims	34.83
#401 Men 19&U 50 Free Prelims	29.17
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.54

12 O'Connor, Cohen T - Male - Age: 17 - Ind/Rel: 4 / 0

#113 Men 17-19 400 Free	4:52.27
#301 Men 19&U 200 Free Prelims	2:20.82

#201 Men 19&U 100 Free Prelims	1:06.45
#309 Men 19&U 100 Back Prelims	1:14.59

13 O'Connor, Kayden C - Female - Age: 14 - Ind/Rel: 6 / 4

#206 Women 19&U 100 Breast Prelims	1:25.67
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.57
#314 Women 19&U 200 IM Prelims	2:47.98
#406 Women 19&U 200 Breast Prelims	3:11.30
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:19.12

#212 Women 19&U 100 Fly Prelims	1:24.47
#306 Women 19&U 50 Breast Prelims	38.30
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06
#412 Women 19&U 50 Fly Prelims	34.09
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:22.29

14 Sheard, Dylan J - Male - Age: 17 - Ind/Rel: 9 / 3

#113 Men 17-19 400 Free	4:48.29
#207 Men 19&U 200 Back Prelims	2:31.06
#301 Men 19&U 200 Free Prelims	2:17.97
#313 Men 19&U 200 IM Prelims	2:44.07
#401 Men 19&U 50 Free Prelims	27.99
#411 Men 19&U 50 Fly Prelims	30.84

#201 Men 19&U 100 Free Prelims	1:02.15
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.12
#309 Men 19&U 100 Back Prelims	1:09.67
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:51.79
#409 Men 19&U 50 Back Prelims	32.15
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:02.54

15 Strong, Ava J - Female - Age: 15 - Ind/Rel: 0 / 5

#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:59.57
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:09.39
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:22.29

#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:08.06
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:19.12

Port Elizabeth Amateur Swimmin-NM Total Individual Entries: 97 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Quick Silver Swimming Academy-CP****1 Bosman, Jessica A - Female - Age: 16 - Ind/Rel: 5 / 1**

#112 Women 16 400 Free	5:27.15
#208 Women 19&U 200 Back Prelims	2:53.92
#314 Women 19&U 200 IM Prelims	2:51.90

#206 Women 19&U 100 Breast Prelims	1:32.07
#310 Women 19&U 100 Back Prelims	1:20.25
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:24.96

2 Coetzee, Sion M - Male - Age: 14 - Ind/Rel: 8 / 3

#107 Men 14 400 Free	5:00.21
#207 Men 19&U 200 Back Prelims	2:31.51
#309 Men 19&U 100 Back Prelims	1:08.92
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.26
#409 Men 19&U 50 Back Prelims	33.43
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:17.33

#201 Men 19&U 100 Free Prelims	1:03.01
#301 Men 19&U 200 Free Prelims	2:24.69
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.52
#401 Men 19&U 50 Free Prelims	29.07
#411 Men 19&U 50 Fly Prelims	32.33

3 Den Haan, Stèfan - Male - Age: 18 - Ind/Rel: 3 / 0

#207 Men 19&U 200 Back Prelims	2:30.62
#313 Men 19&U 200 IM Prelims	2:38.59

#309 Men 19&U 100 Back Prelims	1:10.09
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4 Jantzen, Zianè - Female - Age: 15 - Ind/Rel: 7 / 2

#202 Women 19&U 100 Free Prelims	1:08.94
#212 Women 19&U 100 Fly Prelims	1:13.58
#310 Women 19&U 100 Back Prelims	1:14.00
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.12
#412 Women 19&U 50 Fly Prelims	34.35

#208 Women 19&U 200 Back Prelims	2:40.31
#302 Women 19&U 200 Free Prelims	2:28.67
#314 Women 19&U 200 IM Prelims	2:44.41
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.26

5 Joubert, Wian - Male - Age: 13 - Ind/Rel: 2 / 0

#105 Men 13 400 Free	5:40.93
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#207 Men 19&U 200 Back Prelims	2:53.65
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6 Kannemeyer, Luan - Male - Age: 11 - Ind/Rel: 9 / 1

#201 Men 19&U 100 Free Prelims	1:18.39
#207 Men 19&U 200 Back Prelims	3:13.53
#305 Men 19&U 50 Breast Prelims	44.96
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.65
#405 Men 19&U 200 Breast Prelims	3:38.12

#205 Men 19&U 100 Breast Prelims	1:40.97
#301 Men 19&U 200 Free Prelims	3:02.62
#309 Men 19&U 100 Back Prelims	1:27.51
#401 Men 19&U 50 Free Prelims	34.25
#409 Men 19&U 50 Back Prelims	11.47

7 Kriel, Ewan - Male - Age: 11 - Ind/Rel: 4 / 0

#101 Men 11&U 400 Free	6:15.24
#405 Men 19&U 200 Breast Prelims	3:59.98

#401 Men 19&U 50 Free Prelims	40.79
#409 Men 19&U 50 Back Prelims	44.55

8 Lichthart, Nicus - Male - Age: 14 - Ind/Rel: 9 / 3

#107 Men 14 400 Free	5:04.03
#207 Men 19&U 200 Back Prelims	2:35.82
#301 Men 19&U 200 Free Prelims	2:19.83
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.52
#401 Men 19&U 50 Free Prelims	29.17
#411 Men 19&U 50 Fly Prelims	31.87

#201 Men 19&U 100 Free Prelims	1:05.96
#211 Men 19&U 100 Fly Prelims	1:15.68
#309 Men 19&U 100 Back Prelims	1:12.00
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.26
#409 Men 19&U 50 Back Prelims	32.92
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:17.33

9 Pahl, Shelly F - Female - Age: 13 - Ind/Rel: 5 / 2

#202 Women 19&U 100 Free Prelims	1:11.11
#302 Women 19&U 200 Free Prelims	2:35.35
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.26
#412 Women 19&U 50 Fly Prelims	34.31

#212 Women 19&U 100 Fly Prelims	1:24.15
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.12
#402 Women 19&U 50 Free Prelims	31.22

10 Ras, Annabelle - Female - Age: 11 - Ind/Rel: 7 / 0

#206 Women 19&U 100 Breast Prelims	1:41.05
#306 Women 19&U 50 Breast Prelims	46.76
#314 Women 19&U 200 IM Prelims	3:33.89
#410 Women 19&U 50 Back Prelims	43.56

#208 Women 19&U 200 Back Prelims	3:18.55
#310 Women 19&U 100 Back Prelims	1:36.58
#406 Women 19&U 200 Breast Prelims	3:30.86

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Quick Silver Swimming Academy-CP****11 Rossouw, Marais - Male - Age: 11 - Ind/Rel: 5 / 1**

#201 Men 19&U 100 Free Prelims	1:20.76
#309 Men 19&U 100 Back Prelims	1:26.00
#401 Men 19&U 50 Free Prelims	36.32

#207 Men 19&U 200 Back Prelims	3:08.91
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.65
#409 Men 19&U 50 Back Prelims	38.32

12 Serfontein, Christi - Female - Age: 16 - Ind/Rel: 6 / 1

#202 Women 19&U 100 Free Prelims	1:11.11
#302 Women 19&U 200 Free Prelims	2:35.15
#314 Women 19&U 200 IM Prelims	2:50.44
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:24.96

#206 Women 19&U 100 Breast Prelims	1:24.98
#306 Women 19&U 50 Breast Prelims	40.12
#406 Women 19&U 200 Breast Prelims	3:07.60

13 Shipton, Christopher J - Male - Age: 13 - Ind/Rel: 5 / 1

#105 Men 13 400 Free	5:50.25
#207 Men 19&U 200 Back Prelims	2:50.76
#309 Men 19&U 100 Back Prelims	1:20.99

#201 Men 19&U 100 Free Prelims	1:14.10
#301 Men 19&U 200 Free Prelims	2:41.97
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.52

14 Stevens, Judy C - Female - Age: 16 - Ind/Rel: 7 / 1

#202 Women 19&U 100 Free Prelims	1:10.13
#208 Women 19&U 200 Back Prelims	2:45.63
#310 Women 19&U 100 Back Prelims	1:19.71
#402 Women 19&U 50 Free Prelims	32.17

#206 Women 19&U 100 Breast Prelims	1:28.13
#302 Women 19&U 200 Free Prelims	2:37.44
#314 Women 19&U 200 IM Prelims	2:48.93
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:24.96

15 Stevenson, Mikayla - Female - Age: 12 - Ind/Rel: 8 / 2

#202 Women 19&U 100 Free Prelims	1:15.35
#306 Women 19&U 50 Breast Prelims	43.95
#314 Women 19&U 200 IM Prelims	3:05.54
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.65
#410 Women 19&U 50 Back Prelims	38.80

#208 Women 19&U 200 Back Prelims	2:51.62
#310 Women 19&U 100 Back Prelims	1:19.90
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.12
#406 Women 19&U 200 Breast Prelims	3:29.40
#412 Women 19&U 50 Fly Prelims	36.35

16 Strydom, Marli - Female - Age: 11 - Ind/Rel: 13 / 2

#102 Women 11&U 400 Free	6:08.57
#206 Women 19&U 100 Breast Prelims	1:37.40
#212 Women 19&U 100 Fly Prelims	1:38.68
#306 Women 19&U 50 Breast Prelims	43.73
#314 Women 19&U 200 IM Prelims	3:33.73
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.65
#406 Women 19&U 200 Breast Prelims	3:30.42
#412 Women 19&U 50 Fly Prelims	44.60

#202 Women 19&U 100 Free Prelims	1:18.44
#208 Women 19&U 200 Back Prelims	3:10.77
#302 Women 19&U 200 Free Prelims	3:12.95
#310 Women 19&U 100 Back Prelims	1:29.18
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.12
#402 Women 19&U 50 Free Prelims	37.11
#410 Women 19&U 50 Back Prelims	42.79

17 Troskie, Jean - Male - Age: 13 - Ind/Rel: 5 / 1

#201 Men 19&U 100 Free Prelims	1:07.98
#401 Men 19&U 50 Free Prelims	30.42
#411 Men 19&U 50 Fly Prelims	37.56

#205 Men 19&U 100 Breast Prelims	1:35.53
#405 Men 19&U 200 Breast Prelims	3:21.59
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:17.33

18 Troskie, Roean - Male - Age: 13 - Ind/Rel: 6 / 2

#201 Men 19&U 100 Free Prelims	1:10.73
#309 Men 19&U 100 Back Prelims	1:18.00
#401 Men 19&U 50 Free Prelims	31.65
#411 Men 19&U 50 Fly Prelims	36.97

#207 Men 19&U 200 Back Prelims	2:49.62
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:03.52
#409 Men 19&U 50 Back Prelims	35.07
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:17.33

19 Wyngaard, Dakota J - Female - Age: 18 - Ind/Rel: 6 / 1

#202 Women 19&U 100 Free Prelims	1:10.17
#310 Women 19&U 100 Back Prelims	1:18.50
#410 Women 19&U 50 Back Prelims	37.00
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:24.96

#306 Women 19&U 50 Breast Prelims	43.66
#402 Women 19&U 50 Free Prelims	31.43
#412 Women 19&U 50 Fly Prelims	38.51

Quick Silver Swimming Academy-CP Total Individual Entries: 120 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Quicksilver Aquatics Winelands-CE****1 De Beer, Isabella C - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 19&U 100 Free Prelims	1:10.47
#302 Women 19&U 200 Free Prelims	2:38.94
#310 Women 19&U 100 Back Prelims	1:17.06
#410 Women 19&U 50 Back Prelims	35.31

#208 Women 19&U 200 Back Prelims	2:48.54
#306 Women 19&U 50 Breast Prelims	43.40
#402 Women 19&U 50 Free Prelims	31.62

2 De Jager, Eben - Male - Age: 13 - Ind/Rel: 6 / 0

#205 Men 19&U 100 Breast Prelims	1:25.22
#305 Men 19&U 50 Breast Prelims	38.77
#405 Men 19&U 200 Breast Prelims	3:07.20

#211 Men 19&U 100 Fly Prelims	1:20.38
#309 Men 19&U 100 Back Prelims	1:25.35
#411 Men 19&U 50 Fly Prelims	33.95

3 De Jager, Isabella - Female - Age: 10 - Ind/Rel: 6 / 0

#202 Women 19&U 100 Free Prelims	1:38.80
#302 Women 19&U 200 Free Prelims	3:18.31
#402 Women 19&U 50 Free Prelims	41.09

#206 Women 19&U 100 Breast Prelims	1:45.91
#306 Women 19&U 50 Breast Prelims	51.23
#406 Women 19&U 200 Breast Prelims	3:39.24

4 Faul, Ellen J - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:05.65
#302 Women 19&U 200 Free Prelims	2:31.08
#314 Women 19&U 200 IM Prelims	3:01.29
#410 Women 19&U 50 Back Prelims	35.97

#212 Women 19&U 100 Fly Prelims	1:16.45
#306 Women 19&U 50 Breast Prelims	41.38
#402 Women 19&U 50 Free Prelims	29.58
#412 Women 19&U 50 Fly Prelims	32.06

5 Germishuys, Liam J - Male - Age: 15 - Ind/Rel: 4 / 0

#201 Men 19&U 100 Free Prelims	59.92
#401 Men 19&U 50 Free Prelims	27.35

#211 Men 19&U 100 Fly Prelims	1:03.00
#411 Men 19&U 50 Fly Prelims	28.65

6 Holthuis, Keilah-Naomi - Female - Age: 15 - Ind/Rel: 7 / 0

#110 Women 15 400 Free	5:14.58
#302 Women 19&U 200 Free Prelims	2:20.50
#314 Women 19&U 200 IM Prelims	2:45.87
#410 Women 19&U 50 Back Prelims	33.94

#202 Women 19&U 100 Free Prelims	1:04.95
#310 Women 19&U 100 Back Prelims	1:15.92
#402 Women 19&U 50 Free Prelims	30.20

7 Kriek, Mila - Female - Age: 18 - Ind/Rel: 2 / 0

#206 Women 19&U 100 Breast Prelims	1:27.82
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#306 Women 19&U 50 Breast Prelims	39.70
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8 Nienaber, Mila J - Female - Age: 13 - Ind/Rel: 11 / 0

#106 Women 13 400 Free	5:20.60
#208 Women 19&U 200 Back Prelims	2:45.14
#302 Women 19&U 200 Free Prelims	2:29.11
#310 Women 19&U 100 Back Prelims	1:21.17
#402 Women 19&U 50 Free Prelims	31.97
#412 Women 19&U 50 Fly Prelims	34.91

#202 Women 19&U 100 Free Prelims	1:09.81
#212 Women 19&U 100 Fly Prelims	1:26.84
#306 Women 19&U 50 Breast Prelims	42.68
#314 Women 19&U 200 IM Prelims	2:56.53
#410 Women 19&U 50 Back Prelims	37.59

9 Oliver, Isabella - Female - Age: 14 - Ind/Rel: 2 / 0

#202 Women 19&U 100 Free Prelims	1:12.47
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#206 Women 19&U 100 Breast Prelims	1:27.26
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10 Schabort, Lowen - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 19&U 100 Free Prelims	1:11.53
#211 Men 19&U 100 Fly Prelims	1:18.58
#309 Men 19&U 100 Back Prelims	1:18.15
#401 Men 19&U 50 Free Prelims	34.78
#411 Men 19&U 50 Fly Prelims	33.55

#207 Men 19&U 200 Back Prelims	2:47.52
#305 Men 19&U 50 Breast Prelims	45.82
#313 Men 19&U 200 IM Prelims	2:52.73
#409 Men 19&U 50 Back Prelims	35.08

11 Schoeman, Mateo J - Male - Age: 11 - Ind/Rel: 10 / 0

#201 Men 19&U 100 Free Prelims	1:11.08
#207 Men 19&U 200 Back Prelims	2:51.16
#309 Men 19&U 100 Back Prelims	1:21.05
#401 Men 19&U 50 Free Prelims	32.00
#409 Men 19&U 50 Back Prelims	37.27

#205 Men 19&U 100 Breast Prelims	1:30.91
#305 Men 19&U 50 Breast Prelims	42.35
#313 Men 19&U 200 IM Prelims	2:58.40
#405 Men 19&U 200 Breast Prelims	3:20.10
#411 Men 19&U 50 Fly Prelims	36.28

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

Quicksilver Aquatics Winelands-CE**12 Van de Vyver, Mia - Female - Age: 12 - Ind/Rel: 4 / 0**

#104 Women 12 400 Free	6:00.54	#202 Women 19&U 100 Free Prelims	1:20.64
#212 Women 19&U 100 Fly Prelims	1:30.93	#412 Women 19&U 50 Fly Prelims	38.75

13 Van den Berg, Nika - Female - Age: 13 - Ind/Rel: 4 / 0

#306 Women 19&U 50 Breast Prelims	43.87	#310 Women 19&U 100 Back Prelims	1:21.33
#402 Women 19&U 50 Free Prelims	33.70	#410 Women 19&U 50 Back Prelims	36.24

14 Van der Walt, Lourens M - Male - Age: 17 - Ind/Rel: 1 / 0

#201 Men 19&U 100 Free Prelims	57.77
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Quicksilver Aquatics Winelands-CE Total Individual Entries: 81 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Royal Swimming Academy-ED****1 Bond, Ben L - Male - Age: 11 - Ind/Rel: 11 / 3**

#101 Men 11&U 400 Free	5:33.16
#205 Men 19&U 100 Breast Prelims	1:39.34
#301 Men 19&U 200 Free Prelims	2:39.78
#309 Men 19&U 100 Back Prelims	1:23.60
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:14.02
#405 Men 19&U 200 Breast Prelims	3:33.49
#411 Men 19&U 50 Fly Prelims	36.44

#201 Men 19&U 100 Free Prelims	1:15.31
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.49
#305 Men 19&U 50 Breast Prelims	45.62
#313 Men 19&U 200 IM Prelims	2:59.64
#401 Men 19&U 50 Free Prelims	32.76
#409 Men 19&U 50 Back Prelims	38.52
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:33.29

2 Douglas, Keyla - Female - Age: 11 - Ind/Rel: 4 / 0

#202 Women 19&U 100 Free Prelims	1:12.19
#410 Women 19&U 50 Back Prelims	40.07

#402 Women 19&U 50 Free Prelims	32.34
#412 Women 19&U 50 Fly Prelims	35.39

3 Joubert, Iane - Female - Age: 13 - Ind/Rel: 3 / 0

#202 Women 19&U 100 Free Prelims	1:16.52
#208 Women 19&U 200 Back Prelims	2:57.57

#206 Women 19&U 100 Breast Prelims	1:41.62
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4 Kleynhans, Kayla - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:14.73
#302 Women 19&U 200 Free Prelims	2:46.29
#310 Women 19&U 100 Back Prelims	1:29.71
#402 Women 19&U 50 Free Prelims	33.79

#208 Women 19&U 200 Back Prelims	3:13.84
#306 Women 19&U 50 Breast Prelims	47.91
#314 Women 19&U 200 IM Prelims	3:19.04

5 Knoetze, Ruben - Male - Age: 11 - Ind/Rel: 12 / 3

#101 Men 11&U 400 Free	5:49.38
#205 Men 19&U 100 Breast Prelims	1:43.60
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.49
#305 Men 19&U 50 Breast Prelims	48.72
#313 Men 19&U 200 IM Prelims	3:05.26
#401 Men 19&U 50 Free Prelims	33.64
#409 Men 19&U 50 Back Prelims	39.68
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:33.29

#201 Men 19&U 100 Free Prelims	1:14.83
#207 Men 19&U 200 Back Prelims	3:00.87
#301 Men 19&U 200 Free Prelims	2:43.07
#309 Men 19&U 100 Back Prelims	1:23.24
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:14.02
#405 Men 19&U 200 Breast Prelims	3:37.39
#411 Men 19&U 50 Fly Prelims	41.90

6 Serfontein, John-Lourens - Male - Age: 11 - Ind/Rel: 12 / 3

#101 Men 11&U 400 Free	6:22.15
#205 Men 19&U 100 Breast Prelims	1:37.94
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.49
#305 Men 19&U 50 Breast Prelims	41.71
#313 Men 19&U 200 IM Prelims	3:04.82
#401 Men 19&U 50 Free Prelims	32.06
#409 Men 19&U 50 Back Prelims	36.06
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:33.29

#201 Men 19&U 100 Free Prelims	1:11.43
#207 Men 19&U 200 Back Prelims	2:56.37
#301 Men 19&U 200 Free Prelims	2:43.16
#309 Men 19&U 100 Back Prelims	1:21.63
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:14.02
#405 Men 19&U 200 Breast Prelims	3:25.00
#411 Men 19&U 50 Fly Prelims	34.60

7 Smit, Christian F - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:41.49
#205 Men 19&U 100 Breast Prelims	1:31.22
#305 Men 19&U 50 Breast Prelims	41.63
#401 Men 19&U 50 Free Prelims	33.12

#201 Men 19&U 100 Free Prelims	1:12.80
#301 Men 19&U 200 Free Prelims	2:40.13
#313 Men 19&U 200 IM Prelims	2:57.71
#405 Men 19&U 200 Breast Prelims	3:19.00

8 Van Wyngaard, Daniël C - Male - Age: 11 - Ind/Rel: 7 / 3

#101 Men 11&U 400 Free	5:42.90
#205 Men 19&U 100 Breast Prelims	1:38.21
#301 Men 19&U 200 Free Prelims	2:45.77
#313 Men 19&U 200 IM Prelims	3:06.72
#405 Men 19&U 200 Breast Prelims	3:29.42

#201 Men 19&U 100 Free Prelims	1:16.92
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:58.49
#309 Men 19&U 100 Back Prelims	1:28.88
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:14.02
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:33.29

Royal Swimming Academy-ED Total Individual Entries: 64 - Total Relays: 0

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

Silver Fins Swimming Club-CP**1 Basson, Lucca N - Male - Age: 15 - Ind/Rel: 9 / 0**

#109 Men 15 400 Free	4:44.24	#201 Men 19&U 100 Free Prelims	58.19
#211 Men 19&U 100 Fly Prelims	1:03.77	#301 Men 19&U 200 Free Prelims	2:09.15
#305 Men 19&U 50 Breast Prelims	36.15	#313 Men 19&U 200 IM Prelims	2:26.50
#401 Men 19&U 50 Free Prelims	27.92	#409 Men 19&U 50 Back Prelims	30.73
#411 Men 19&U 50 Fly Prelims	28.61		

2 Schou, Lexi - Female - Age: 14 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:10.09	#206 Women 19&U 100 Breast Prelims	1:30.99
#302 Women 19&U 200 Free Prelims	3:03.30	#306 Women 19&U 50 Breast Prelims	42.66
#402 Women 19&U 50 Free Prelims	31.26	#406 Women 19&U 200 Breast Prelims	3:29.75
#412 Women 19&U 50 Fly Prelims	37.37		

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

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Sport Science Institute of SA-CP****1 Edwards, Reese J - Female - Age: 16 - Ind/Rel: 5 / 3**

#206 Women 19&U 100 Breast Prelims	1:27.10
#314 Women 19&U 200 IM Prelims	2:58.38
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.01
#406 Women 19&U 200 Breast Prelims	3:04.88

#306 Women 19&U 50 Breast Prelims	39.51
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.00
#402 Women 19&U 50 Free Prelims	32.65
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	4:25.00

2 Heldsinger, Alexa L - Female - Age: 14 - Ind/Rel: 5 / 3

#108 Women 14 400 Free	5:30.57
#306 Women 19&U 50 Breast Prelims	37.54
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.00
#406 Women 19&U 200 Breast Prelims	3:08.18

#206 Women 19&U 100 Breast Prelims	1:25.11
#314 Women 19&U 200 IM Prelims	2:53.59
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:16.73
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	4:25.00

3 Heldsinger, Gia - Female - Age: 12 - Ind/Rel: 5 / 3

#202 Women 19&U 100 Free Prelims	1:10.65
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:08.51
#314 Women 19&U 200 IM Prelims	2:56.95
#402 Women 19&U 50 Free Prelims	31.11

#206 Women 19&U 100 Breast Prelims	1:34.94
#302 Women 19&U 200 Free Prelims	2:39.19
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.91
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:31.55

4 Hodgskiss, Fin J - Male - Age: 14 - Ind/Rel: 1 / 0

#107 Men 14 400 Free	5:06.85
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5 Kleinhans, Kyle - Male - Age: 18 - Ind/Rel: 6 / 4

#201 Men 19&U 100 Free Prelims	57.80
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:14.03
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.00
#401 Men 19&U 50 Free Prelims	26.36
#411 Men 19&U 50 Fly Prelims	27.76

#211 Men 19&U 100 Fly Prelims	1:04.47
#309 Men 19&U 100 Back Prelims	1:03.50
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.01
#409 Men 19&U 50 Back Prelims	29.33
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:08.27

6 Myers, Kirsten E - Female - Age: 14 - Ind/Rel: 6 / 3

#202 Women 19&U 100 Free Prelims	1:09.80
#302 Women 19&U 200 Free Prelims	2:35.00
#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.00
#402 Women 19&U 50 Free Prelims	31.98
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	4:25.00

#208 Women 19&U 200 Back Prelims	2:52.22
#310 Women 19&U 100 Back Prelims	1:19.65
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:16.73
#410 Women 19&U 50 Back Prelims	36.41

7 Pardoe, James N - Male - Age: 13 - Ind/Rel: 8 / 4

#203 Men 99&U 200 IM Para Prelims	3:03.86
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:14.03
#307 Men 99&U 50 Breast Para Prelims	45.69
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.00
#403 Men 99&U 50 Free Para Prelims	31.84
#413 Men 99&U 50 Fly Para Prelims	41.23

#209 Men 99&U 50 Back Para Prelims	36.63
#303 Men 99&U 100 Free Para Prelims	1:11.01
#311 Men 99&U 100 Back Para Prelims	1:21.35
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:16.73
#407 Men 99&U 100 Breast Para Prelims	1:39.40
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:08.27

8 Parker, Leila E - Female - Age: 12 - Ind/Rel: 6 / 3

#202 Women 19&U 100 Free Prelims	1:20.64
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:08.51
#310 Women 19&U 100 Back Prelims	1:26.63
#402 Women 19&U 50 Free Prelims	36.52
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:31.55

#208 Women 19&U 200 Back Prelims	3:09.15
#302 Women 19&U 200 Free Prelims	2:56.05
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.91
#410 Women 19&U 50 Back Prelims	40.37

9 Poggenpoel, Troy J - Male - Age: 15 - Ind/Rel: 7 / 4

#109 Men 15 400 Free	4:54.25
#207 Men 19&U 200 Back Prelims	2:35.51
#301 Men 19&U 200 Free Prelims	2:20.62
#313 Men 19&U 200 IM Prelims	2:38.77
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:16.73
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:08.27

#201 Men 19&U 100 Free Prelims	1:03.23
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:14.03
#305 Men 19&U 50 Breast Prelims	36.49
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.00
#411 Men 19&U 50 Fly Prelims	30.94

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Sport Science Institute of SA-CP****10 Pretorius, Kara - Female - Age: 12 - Ind/Rel: 6 / 3**

#206 Women 19&U 100 Breast Prelims	1:28.32	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:08.51
#306 Women 19&U 50 Breast Prelims	38.86	#314 Women 19&U 200 IM Prelims	3:05.48
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.91	#402 Women 19&U 50 Free Prelims	32.87
#406 Women 19&U 200 Breast Prelims	3:16.12	#412 Women 19&U 50 Fly Prelims	37.31
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:31.55		

11 Tranter, Alexia R - Female - Age: 11 - Ind/Rel: 3 / 3

#202 Women 19&U 100 Free Prelims	1:22.44	#208 Women 19&U 200 Back Prelims	3:02.18
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:08.51	#310 Women 19&U 100 Back Prelims	1:34.04
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.91	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:31.55

12 White, Rebecca M - Female - Age: 16 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:09.73	#212 Women 19&U 100 Fly Prelims	1:21.92
#302 Women 19&U 200 Free Prelims	2:27.48	#310 Women 19&U 100 Back Prelims	1:18.79
#314 Women 19&U 200 IM Prelims	2:50.09	#320 Women 16-19 4x50 Free Relay 4 x 50 Free F	2:04.00
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.01	#402 Women 19&U 50 Free Prelims	30.56
#410 Women 19&U 50 Back Prelims	34.57	#412 Women 19&U 50 Fly Prelims	33.81
#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	4:25.00		

13 Williams, Evan B - Male - Age: 15 - Ind/Rel: 8 / 4

#109 Men 15 400 Free	4:49.16	#201 Men 19&U 100 Free Prelims	1:01.99
#207 Men 19&U 200 Back Prelims	2:29.17	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:14.03
#301 Men 19&U 200 Free Prelims	2:15.00	#309 Men 19&U 100 Back Prelims	1:09.79
#313 Men 19&U 200 IM Prelims	2:35.91	#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:50.00
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:10.01	#401 Men 19&U 50 Free Prelims	28.71
#411 Men 19&U 50 Fly Prelims	30.61	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:08.27

Sport Science Institute of SA-CP Total Individual Entries: 74 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Stellenbosch Aquatics-CE****1 Castleden, Sophia K - Female - Age: 12 - Ind/Rel: 5 / 0**

#202 Women 19&U 100 Free Prelims	1:16.74
#310 Women 19&U 100 Back Prelims	1:28.14
#412 Women 19&U 50 Fly Prelims	34.98

#206 Women 19&U 100 Breast Prelims	1:35.08
#402 Women 19&U 50 Free Prelims	33.28

2 Coolen, Nicolas D - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:14.73
#313 Men 19&U 200 IM Prelims	3:04.62
#409 Men 19&U 50 Back Prelims	37.62

#309 Men 19&U 100 Back Prelims	1:21.01
#401 Men 19&U 50 Free Prelims	33.25
#411 Men 19&U 50 Fly Prelims	36.91

3 Gerber, Kayla M - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:13.70
#306 Women 19&U 50 Breast Prelims	41.45
#402 Women 19&U 50 Free Prelims	31.48
#412 Women 19&U 50 Fly Prelims	37.32

#206 Women 19&U 100 Breast Prelims	1:38.33
#310 Women 19&U 100 Back Prelims	1:22.24
#410 Women 19&U 50 Back Prelims	36.65

4 Kleu, Wian M - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:06.44
#301 Men 19&U 200 Free Prelims	2:34.12
#309 Men 19&U 100 Back Prelims	1:21.34
#409 Men 19&U 50 Back Prelims	34.72

#205 Men 19&U 100 Breast Prelims	1:26.62
#305 Men 19&U 50 Breast Prelims	38.50
#401 Men 19&U 50 Free Prelims	30.10
#411 Men 19&U 50 Fly Prelims	36.47

5 Mansfield, Luke T - Male - Age: 15 - Ind/Rel: 8 / 0

#109 Men 15 400 Free	4:55.85
#205 Men 19&U 100 Breast Prelims	1:16.48
#305 Men 19&U 50 Breast Prelims	35.51
#405 Men 19&U 200 Breast Prelims	2:46.27

#201 Men 19&U 100 Free Prelims	1:01.12
#301 Men 19&U 200 Free Prelims	2:17.35
#401 Men 19&U 50 Free Prelims	28.16
#411 Men 19&U 50 Fly Prelims	33.04

6 O'Carroll, Nia E - Female - Age: 14 - Ind/Rel: 10 / 0

#108 Women 14 400 Free	5:17.27
#208 Women 19&U 200 Back Prelims	2:45.76
#306 Women 19&U 50 Breast Prelims	43.05
#314 Women 19&U 200 IM Prelims	2:48.37
#410 Women 19&U 50 Back Prelims	36.14

#202 Women 19&U 100 Free Prelims	1:07.20
#302 Women 19&U 200 Free Prelims	2:25.41
#310 Women 19&U 100 Back Prelims	1:16.56
#402 Women 19&U 50 Free Prelims	31.67
#412 Women 19&U 50 Fly Prelims	34.10

7 Pieterse, Nicholas N - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:14.58
#301 Men 19&U 200 Free Prelims	2:41.16
#309 Men 19&U 100 Back Prelims	1:25.09
#409 Men 19&U 50 Back Prelims	38.38

#207 Men 19&U 200 Back Prelims	2:59.59
#305 Men 19&U 50 Breast Prelims	47.88
#401 Men 19&U 50 Free Prelims	33.58
#411 Men 19&U 50 Fly Prelims	38.62

8 Van der Merwe, Dandre J - Male - Age: 12 - Ind/Rel: 3 / 0

#205 Men 19&U 100 Breast Prelims	1:31.87
#409 Men 19&U 50 Back Prelims	41.20

#405 Men 19&U 200 Breast Prelims	3:15.58
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9 Wetzl, Alex J - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:16.85
#305 Men 19&U 50 Breast Prelims	45.87
#401 Men 19&U 50 Free Prelims	33.75
#411 Men 19&U 50 Fly Prelims	37.19

#205 Men 19&U 100 Breast Prelims	1:42.28
#313 Men 19&U 200 IM Prelims	3:08.74
#409 Men 19&U 50 Back Prelims	38.61

10 Witbooi, Reinhardt J - Male - Age: 18 - Ind/Rel: 5 / 0

#201 Men 19&U 100 Free Prelims	58.49
#301 Men 19&U 200 Free Prelims	2:15.94
#401 Men 19&U 50 Free Prelims	26.25

#205 Men 19&U 100 Breast Prelims	1:19.68
#305 Men 19&U 50 Breast Prelims	35.03

Stellenbosch Aquatics-CE Total Individual Entries: 67 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Streamline Aquatics-CP****1 Daniels, Joshua D - Male - Age: 14 - Ind/Rel: 7 / 5**

#201 Men 19&U 100 Free Prelims	1:02.44
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:10.17
#305 Men 19&U 50 Breast Prelims	37.45
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85
#409 Men 19&U 50 Back Prelims	33.26
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.11

#205 Men 19&U 100 Breast Prelims	1:27.34
#301 Men 19&U 200 Free Prelims	2:27.86
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.40
#401 Men 19&U 50 Free Prelims	27.78
#411 Men 19&U 50 Fly Prelims	32.86
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.01

2 Kalapac, Lexi - Female - Age: 12 - Ind/Rel: 7 / 2

#202 Women 19&U 100 Free Prelims	1:20.58
#306 Women 19&U 50 Breast Prelims	40.55
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85
#406 Women 19&U 200 Breast Prelims	3:21.76
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.01

#206 Women 19&U 100 Breast Prelims	1:30.93
#314 Women 19&U 200 IM Prelims	3:08.44
#402 Women 19&U 50 Free Prelims	35.71
#412 Women 19&U 50 Fly Prelims	39.18

3 Kalapac, Joshua - Male - Age: 16 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	57.33
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:10.17
#305 Men 19&U 50 Breast Prelims	33.52
#401 Men 19&U 50 Free Prelims	26.03
#411 Men 19&U 50 Fly Prelims	27.51

#211 Men 19&U 100 Fly Prelims	1:03.68
#301 Men 19&U 200 Free Prelims	2:09.39
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.40
#409 Men 19&U 50 Back Prelims	30.58
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.11

4 Loubser, Jenna L - Female - Age: 17 - Ind/Rel: 8 / 0

#114 Women 17-19 400 Free	5:04.28
#206 Women 19&U 100 Breast Prelims	1:33.41
#306 Women 19&U 50 Breast Prelims	41.45
#402 Women 19&U 50 Free Prelims	32.24

#202 Women 19&U 100 Free Prelims	1:08.67
#302 Women 19&U 200 Free Prelims	2:28.96
#314 Women 19&U 200 IM Prelims	2:48.96
#412 Women 19&U 50 Fly Prelims	34.67

5 Messiter-Tooze, Luna S - Female - Age: 14 - Ind/Rel: 6 / 2

#108 Women 14 400 Free	5:24.90
#208 Women 19&U 200 Back Prelims	2:55.16
#310 Women 19&U 100 Back Prelims	1:17.08
#402 Women 19&U 50 Free Prelims	33.52

#202 Women 19&U 100 Free Prelims	1:10.30
#302 Women 19&U 200 Free Prelims	2:29.45
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.01

6 Nagendrakumar, Puneet - Male - Age: 14 - Ind/Rel: 7 / 5

#107 Men 14 400 Free	5:05.22
#207 Men 19&U 200 Back Prelims	2:35.99
#301 Men 19&U 200 Free Prelims	2:24.27
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.40
#401 Men 19&U 50 Free Prelims	28.77
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.11

#201 Men 19&U 100 Free Prelims	1:03.69
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:10.17
#309 Men 19&U 100 Back Prelims	1:11.59
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.85
#409 Men 19&U 50 Back Prelims	32.92
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:37.01

7 Willenburg, Elijah K - Male - Age: 14 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:06.71
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:10.17
#309 Men 19&U 100 Back Prelims	1:17.01
#401 Men 19&U 50 Free Prelims	29.82
#411 Men 19&U 50 Fly Prelims	32.49

#205 Men 19&U 100 Breast Prelims	1:27.26
#305 Men 19&U 50 Breast Prelims	38.90
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:52.40
#409 Men 19&U 50 Back Prelims	34.18
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:07.11

Streamline Aquatics-CP Total Individual Entries: 49 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Swartland Aquatics-WC****1 Atkinson, Samuel A - Male - Age: 16 - Ind/Rel: 6 / 0**

#111 Men 16 400 Free	4:45.16
#205 Men 19&U 100 Breast Prelims	1:19.22
#305 Men 19&U 50 Breast Prelims	35.24

#201 Men 19&U 100 Free Prelims	59.13
#301 Men 19&U 200 Free Prelims	2:12.43
#313 Men 19&U 200 IM Prelims	2:31.74

2 Barnard, Adelmari D - Female - Age: 15 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:10.72
#302 Women 19&U 200 Free Prelims	2:35.91
#314 Women 19&U 200 IM Prelims	2:53.82
#406 Women 19&U 200 Breast Prelims	3:05.18

#206 Women 19&U 100 Breast Prelims	1:27.41
#306 Women 19&U 50 Breast Prelims	39.53
#402 Women 19&U 50 Free Prelims	31.84

3 Hewitt-Smook, Kristian - Male - Age: 17 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:00.47
#309 Men 19&U 100 Back Prelims	1:12.35
#401 Men 19&U 50 Free Prelims	26.32

#207 Men 19&U 200 Back Prelims	2:38.07
#313 Men 19&U 200 IM Prelims	2:40.71
#411 Men 19&U 50 Fly Prelims	29.45

4 Kruger, Blake R - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:24.11
#301 Men 19&U 200 Free Prelims	3:06.05
#401 Men 19&U 50 Free Prelims	37.31
#409 Men 19&U 50 Back Prelims	42.92

#207 Men 19&U 200 Back Prelims	3:15.27
#309 Men 19&U 100 Back Prelims	1:32.40
#405 Men 19&U 200 Breast Prelims	3:54.15

5 Lategan, Wessel W - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	1:15.16
#301 Men 19&U 200 Free Prelims	2:45.51
#313 Men 19&U 200 IM Prelims	3:06.54
#405 Men 19&U 200 Breast Prelims	3:18.61

#205 Men 19&U 100 Breast Prelims	1:35.08
#305 Men 19&U 50 Breast Prelims	43.28
#401 Men 19&U 50 Free Prelims	34.53
#409 Men 19&U 50 Back Prelims	39.43

6 Liedeman, Mark - Male - Age: 15 - Ind/Rel: 9 / 0

#109 Men 15 400 Free	5:00.11
#205 Men 19&U 100 Breast Prelims	1:16.97
#305 Men 19&U 50 Breast Prelims	35.74
#401 Men 19&U 50 Free Prelims	28.15
#411 Men 19&U 50 Fly Prelims	29.83

#201 Men 19&U 100 Free Prelims	1:00.82
#211 Men 19&U 100 Fly Prelims	1:05.72
#313 Men 19&U 200 IM Prelims	2:32.99
#405 Men 19&U 200 Breast Prelims	2:48.41

7 Nieuwoudt, Jenna M - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 19&U 100 Free Prelims	1:17.61
#302 Women 19&U 200 Free Prelims	2:51.03
#402 Women 19&U 50 Free Prelims	34.37
#412 Women 19&U 50 Fly Prelims	40.37

#208 Women 19&U 200 Back Prelims	3:10.78
#310 Women 19&U 100 Back Prelims	1:25.07
#410 Women 19&U 50 Back Prelims	38.03

Swartland Aquatics-WC Total Individual Entries: 50 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Swimlab Aquatic Academ-CP****1 Barnes, Caitlin M - Female - Age: 12 - Ind/Rel: 9 / 5**

#104 Women 12 400 Free	5:31.41
#208 Women 19&U 200 Back Prelims	3:02.40
#302 Women 19&U 200 Free Prelims	2:41.10
#314 Women 19&U 200 IM Prelims	2:57.05
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.23
#410 Women 19&U 50 Back Prelims	38.58
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.73

#202 Women 19&U 100 Free Prelims	1:13.86
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:47.34
#310 Women 19&U 100 Back Prelims	1:23.31
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.09
#402 Women 19&U 50 Free Prelims	33.72
#412 Women 19&U 50 Fly Prelims	38.35
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:43.29

2 Benade, Aria - Female - Age: 10 - Ind/Rel: 8 / 3

#202 Women 19&U 100 Free Prelims	1:27.61
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.08
#306 Women 19&U 50 Breast Prelims	46.24
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.46
#406 Women 19&U 200 Breast Prelims	3:32.62
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.50

#206 Women 19&U 100 Breast Prelims	1:42.70
#302 Women 19&U 200 Free Prelims	3:10.82
#310 Women 19&U 100 Back Prelims	1:38.31
#402 Women 19&U 50 Free Prelims	39.20
#410 Women 19&U 50 Back Prelims	44.80

3 Bendixen, Vidar R - Male - Age: 12 - Ind/Rel: 7 / 4

#103 Men 12 400 Free	5:31.76
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:48.87
#309 Men 19&U 100 Back Prelims	1:37.06
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:12.06
#409 Men 19&U 50 Back Prelims	45.78
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

#201 Men 19&U 100 Free Prelims	1:20.61
#301 Men 19&U 200 Free Prelims	2:40.47
#313 Men 19&U 200 IM Prelims	3:29.17
#401 Men 19&U 50 Free Prelims	34.47
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:32.64

4 Desai, Rohin T - Male - Age: 11 - Ind/Rel: 9 / 5

#101 Men 11&U 400 Free	5:45.68
#205 Men 19&U 100 Breast Prelims	1:36.83
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:47.68
#305 Men 19&U 50 Breast Prelims	43.57
#313 Men 19&U 200 IM Prelims	3:03.71
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:09.48
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:32.64

#201 Men 19&U 100 Free Prelims	1:14.75
#207 Men 19&U 200 Back Prelims	3:14.94
#301 Men 19&U 200 Free Prelims	2:43.93
#309 Men 19&U 100 Back Prelims	1:26.84
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:12.06
#401 Men 19&U 50 Free Prelims	34.34
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:43.29

5 Emjedi, Saffiya - Female - Age: 12 - Ind/Rel: 9 / 4

#104 Women 12 400 Free	5:48.11
#206 Women 19&U 100 Breast Prelims	1:44.16
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:47.34
#306 Women 19&U 50 Breast Prelims	47.23
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.23
#406 Women 19&U 200 Breast Prelims	3:30.70
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.73

#202 Women 19&U 100 Free Prelims	1:10.38
#208 Women 19&U 200 Back Prelims	3:04.21
#302 Women 19&U 200 Free Prelims	2:47.43
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.09
#402 Women 19&U 50 Free Prelims	34.11
#412 Women 19&U 50 Fly Prelims	39.05

6 Field, Joshua J - Male - Age: 15 - Ind/Rel: 6 / 5

#109 Men 15 400 Free	5:29.04
#207 Men 19&U 200 Back Prelims	2:36.53
#301 Men 19&U 200 Free Prelims	2:27.02
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:09.48
#401 Men 19&U 50 Free Prelims	30.32
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:34.50

#201 Men 19&U 100 Free Prelims	1:05.43
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:48.87
#309 Men 19&U 100 Back Prelims	1:12.04
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.10
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

7 Fraser, Luke - Male - Age: 11 - Ind/Rel: 3 / 0

#101 Men 11&U 400 Free	6:17.82
#309 Men 19&U 100 Back Prelims	1:46.54

#301 Men 19&U 200 Free Prelims	3:23.30
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8 Gilbert, Thomas O - Male - Age: 17 - Ind/Rel: 7 / 3

#201 Men 19&U 100 Free Prelims	1:00.78
#211 Men 19&U 100 Fly Prelims	1:05.31
#309 Men 19&U 100 Back Prelims	1:09.07
#401 Men 19&U 50 Free Prelims	27.87
#411 Men 19&U 50 Fly Prelims	28.80

#207 Men 19&U 200 Back Prelims	2:33.01
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:54.49
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:45.68
#409 Men 19&U 50 Back Prelims	31.86
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	1:58.87

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Swimlab Aquatic Academ-CP****9 Hucke, Tegan - Male - Age: 13 - Ind/Rel: 9 / 3**

#105 Men 13 400 Free	5:33.36	#201 Men 19&U 100 Free Prelims	1:13.02
#207 Men 19&U 200 Back Prelims	2:57.22	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:48.87
#301 Men 19&U 200 Free Prelims	2:36.48	#309 Men 19&U 100 Back Prelims	1:20.35
#313 Men 19&U 200 IM Prelims	3:03.90	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:09.48
#401 Men 19&U 50 Free Prelims	33.83	#409 Men 19&U 50 Back Prelims	42.06
#411 Men 19&U 50 Fly Prelims	44.23	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

10 Jarvis, Jade - Female - Age: 17 - Ind/Rel: 5 / 2

#202 Women 19&U 100 Free Prelims	1:06.15	#212 Women 19&U 100 Fly Prelims	1:16.53
#302 Women 19&U 200 Free Prelims	2:24.26	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:06.57
#402 Women 19&U 50 Free Prelims	30.29	#412 Women 19&U 50 Fly Prelims	32.49
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:11.46		

11 Johnson, Ella J - Female - Age: 11 - Ind/Rel: 8 / 4

#102 Women 11&U 400 Free	5:17.34	#202 Women 19&U 100 Free Prelims	1:10.08
#208 Women 19&U 200 Back Prelims	2:57.62	#212 Women 19&U 100 Fly Prelims	1:20.59
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:47.34	#302 Women 19&U 200 Free Prelims	2:28.57
#314 Women 19&U 200 IM Prelims	2:49.65	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.09
#406 Women 19&U 200 Breast Prelims	3:09.34	#412 Women 19&U 50 Fly Prelims	42.48
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.73	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:43.29

12 Kuhn, Tamzyn J - Female - Age: 15 - Ind/Rel: 9 / 5

#110 Women 15 400 Free	5:09.77	#202 Women 19&U 100 Free Prelims	1:06.24
#208 Women 19&U 200 Back Prelims	2:45.29	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.08
#302 Women 19&U 200 Free Prelims	2:22.46	#310 Women 19&U 100 Back Prelims	1:15.48
#314 Women 19&U 200 IM Prelims	2:50.17	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.46
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.10	#402 Women 19&U 50 Free Prelims	30.96
#410 Women 19&U 50 Back Prelims	35.58	#412 Women 19&U 50 Fly Prelims	34.00
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.50	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:34.50

13 Latimer, Olivia H - Female - Age: 13 - Ind/Rel: 7 / 5

#202 Women 19&U 100 Free Prelims	1:10.19	#206 Women 19&U 100 Breast Prelims	1:26.73
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.08	#306 Women 19&U 50 Breast Prelims	37.74
#310 Women 19&U 100 Back Prelims	1:25.92	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.46
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:06.57	#402 Women 19&U 50 Free Prelims	31.65
#406 Women 19&U 200 Breast Prelims	3:25.08	#410 Women 19&U 50 Back Prelims	37.97
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.50	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:11.46

14 Laufs, Connor R - Male - Age: 12 - Ind/Rel: 9 / 3

#103 Men 12 400 Free	5:39.04	#201 Men 19&U 100 Free Prelims	1:11.52
#205 Men 19&U 100 Breast Prelims	1:29.67	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:47.68
#301 Men 19&U 200 Free Prelims	2:39.77	#305 Men 19&U 50 Breast Prelims	45.33
#313 Men 19&U 200 IM Prelims	3:03.89	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:12.06
#401 Men 19&U 50 Free Prelims	33.52	#405 Men 19&U 200 Breast Prelims	3:21.20
#411 Men 19&U 50 Fly Prelims	40.78	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:32.64

15 Law Hing Choy, Flynn M - Male - Age: 11 - Ind/Rel: 9 / 2

#101 Men 11&U 400 Free	5:24.95	#201 Men 19&U 100 Free Prelims	1:16.81
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:47.68	#301 Men 19&U 200 Free Prelims	2:37.03
#305 Men 19&U 50 Breast Prelims	46.04	#309 Men 19&U 100 Back Prelims	1:33.66
#313 Men 19&U 200 IM Prelims	3:05.49	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.23
#401 Men 19&U 50 Free Prelims	35.66	#409 Men 19&U 50 Back Prelims	43.22
#411 Men 19&U 50 Fly Prelims	42.82		

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Swimlab Aquatic Academ-CP****16 Mallin, Lukas - Male - Age: 11 - Ind/Rel: 10 / 5**

#101 Men 11&U 400 Free	5:12.80
#207 Men 19&U 200 Back Prelims	2:44.37
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:47.68
#309 Men 19&U 100 Back Prelims	1:14.60
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:12.06
#401 Men 19&U 50 Free Prelims	29.73
#411 Men 19&U 50 Fly Prelims	32.76
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:43.29

#201 Men 19&U 100 Free Prelims	1:04.60
#211 Men 19&U 100 Fly Prelims	1:20.70
#301 Men 19&U 200 Free Prelims	2:23.92
#313 Men 19&U 200 IM Prelims	2:48.04
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.23
#409 Men 19&U 50 Back Prelims	35.12
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:32.64

17 Pearson-Adams, Oshun O - Female - Age: 12 - Ind/Rel: 7 / 5

#202 Women 19&U 100 Free Prelims	1:13.02
#208 Women 19&U 200 Back Prelims	2:57.61
#302 Women 19&U 200 Free Prelims	2:47.83
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:16.09
#402 Women 19&U 50 Free Prelims	32.85
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:36.73

#206 Women 19&U 100 Breast Prelims	1:35.95
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:47.34
#310 Women 19&U 100 Back Prelims	1:20.39
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.10
#410 Women 19&U 50 Back Prelims	36.60
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:34.50

18 Pincente, Matthew - Male - Age: 17 - Ind/Rel: 6 / 5

#201 Men 19&U 100 Free Prelims	57.97
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:54.49
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:45.68
#401 Men 19&U 50 Free Prelims	25.41
#411 Men 19&U 50 Fly Prelims	27.85
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:11.46

#211 Men 19&U 100 Fly Prelims	1:04.44
#309 Men 19&U 100 Back Prelims	1:08.55
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:06.57
#409 Men 19&U 50 Back Prelims	31.08
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	1:58.87

19 Ramorwesi, Oratilwe M - Male - Age: 13 - Ind/Rel: 9 / 5

#105 Men 13 400 Free	5:32.30
#207 Men 19&U 200 Back Prelims	2:47.67
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:48.87
#309 Men 19&U 100 Back Prelims	1:17.54
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:22.10
#409 Men 19&U 50 Back Prelims	35.98
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:20.00

#201 Men 19&U 100 Free Prelims	1:09.81
#211 Men 19&U 100 Fly Prelims	1:18.05
#301 Men 19&U 200 Free Prelims	2:32.97
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:09.48
#401 Men 19&U 50 Free Prelims	30.99
#411 Men 19&U 50 Fly Prelims	35.23
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:34.50

20 Robinson, Alana - Female - Age: 14 - Ind/Rel: 9 / 3

#108 Women 14 400 Free	5:24.46
#206 Women 19&U 100 Breast Prelims	1:32.83
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:55.08
#306 Women 19&U 50 Breast Prelims	44.73
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:14.46
#406 Women 19&U 200 Breast Prelims	3:13.18

#202 Women 19&U 100 Free Prelims	1:11.04
#208 Women 19&U 200 Back Prelims	2:52.21
#302 Women 19&U 200 Free Prelims	2:34.93
#310 Women 19&U 100 Back Prelims	1:21.82
#402 Women 19&U 50 Free Prelims	32.65
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:29.50

21 Van der Merwe, Josh E - Male - Age: 16 - Ind/Rel: 7 / 4

#201 Men 19&U 100 Free Prelims	58.59
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:54.49
#309 Men 19&U 100 Back Prelims	1:07.19
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:06.57
#409 Men 19&U 50 Back Prelims	30.93
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	1:58.87

#207 Men 19&U 200 Back Prelims	2:31.96
#301 Men 19&U 200 Free Prelims	2:19.99
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:45.68
#401 Men 19&U 50 Free Prelims	26.00
#411 Men 19&U 50 Fly Prelims	28.07

22 Zellie, Thomas J - Male - Age: 17 - Ind/Rel: 9 / 4

#113 Men 17-19 400 Free	4:52.12
#205 Men 19&U 100 Breast Prelims	1:15.23
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	3:54.49
#305 Men 19&U 50 Breast Prelims	33.73
#401 Men 19&U 50 Free Prelims	26.40
#411 Men 19&U 50 Fly Prelims	30.03
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:11.46

#201 Men 19&U 100 Free Prelims	57.15
#211 Men 19&U 100 Fly Prelims	1:08.39
#301 Men 19&U 200 Free Prelims	2:06.80
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:45.68
#405 Men 19&U 200 Breast Prelims	2:42.72
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	1:58.87

Swimlab Aquatic Academ-CP Total Individual Entries: 171 - Total Relays: 0

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

The Well-CE**1 Bester, Lisa - Female - Age: 18 - Ind/Rel: 1 / 0**

#310 Women 19&U 100 Back Prelims 1:13.25

2 Christensen, Milla M - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 19&U 100 Free Prelims 1:14.20

#302 Women 19&U 200 Free Prelims 3:16.86

#402 Women 19&U 50 Free Prelims 33.34

#206 Women 19&U 100 Breast Prelims 1:35.24

#306 Women 19&U 50 Breast Prelims 41.96

3 Louw, Mali R - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims 1:14.53

#212 Women 19&U 100 Fly Prelims 1:41.95

#306 Women 19&U 50 Breast Prelims 40.41

#406 Women 19&U 200 Breast Prelims 3:14.56

#206 Women 19&U 100 Breast Prelims 1:30.45

#302 Women 19&U 200 Free Prelims 2:49.42

#402 Women 19&U 50 Free Prelims 32.63

#412 Women 19&U 50 Fly Prelims 37.80

4 Malan, Lua B - Female - Age: 12 - Ind/Rel: 4 / 0

#208 Women 19&U 200 Back Prelims 3:02.64

#314 Women 19&U 200 IM Prelims 3:07.93

#310 Women 19&U 100 Back Prelims 1:25.40

#410 Women 19&U 50 Back Prelims 39.47

The Well-CE Total Individual Entries: 18 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Tygerberg Aquatics-CP****1 Adams, Ella - Female - Age: 12 - Ind/Rel: 8 / 4**

#104 Women 12 400 Free	5:53.52	#202 Women 19&U 100 Free Prelims	1:15.92
#208 Women 19&U 200 Back Prelims	3:29.50	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:10.86
#302 Women 19&U 200 Free Prelims	2:43.65	#310 Women 19&U 100 Back Prelims	1:37.05
#314 Women 19&U 200 IM Prelims	3:33.77	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.60
#402 Women 19&U 50 Free Prelims	35.44	#412 Women 19&U 50 Fly Prelims	43.35
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:38.08	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.07

2 Blauw, Tyriq D - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 19&U 100 Free Prelims	59.07	#207 Men 19&U 200 Back Prelims	2:22.66
#211 Men 19&U 100 Fly Prelims	1:08.51	#301 Men 19&U 200 Free Prelims	2:21.45
#309 Men 19&U 100 Back Prelims	1:04.96	#313 Men 19&U 200 IM Prelims	2:41.30
#401 Men 19&U 50 Free Prelims	26.92	#409 Men 19&U 50 Back Prelims	30.42

3 Burger, Juanè - Female - Age: 14 - Ind/Rel: 9 / 4

#202 Women 19&U 100 Free Prelims	1:08.73	#208 Women 19&U 200 Back Prelims	2:44.73
#212 Women 19&U 100 Fly Prelims	1:18.74	#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:33.90
#302 Women 19&U 200 Free Prelims	2:28.74	#310 Women 19&U 100 Back Prelims	1:19.57
#314 Women 19&U 200 IM Prelims	2:45.88	#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.60
#402 Women 19&U 50 Free Prelims	30.58	#410 Women 19&U 50 Back Prelims	36.91
#412 Women 19&U 50 Fly Prelims	33.29	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.12
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:14.88		

4 Das Neves, Lucas P - Male - Age: 15 - Ind/Rel: 6 / 5

#201 Men 19&U 100 Free Prelims	58.99	#211 Men 19&U 100 Fly Prelims	1:02.89
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:20.16	#301 Men 19&U 200 Free Prelims	2:14.35
#309 Men 19&U 100 Back Prelims	1:09.84	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.47
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.46	#401 Men 19&U 50 Free Prelims	27.84
#411 Men 19&U 50 Fly Prelims	28.37	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:10.94
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:14.88		

5 De Oliveira, Aliyah - Female - Age: 15 - Ind/Rel: 6 / 3

#206 Women 19&U 100 Breast Prelims	1:27.31	#208 Women 19&U 200 Back Prelims	2:45.60
#306 Women 19&U 50 Breast Prelims	39.91	#314 Women 19&U 200 IM Prelims	2:45.34
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.60	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.46
#406 Women 19&U 200 Breast Prelims	3:03.20	#412 Women 19&U 50 Fly Prelims	34.79
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.12		

6 Du Randt, Zack S - Male - Age: 13 - Ind/Rel: 9 / 2

#105 Men 13 400 Free	5:28.46	#201 Men 19&U 100 Free Prelims	1:09.86
#207 Men 19&U 200 Back Prelims	2:54.17	#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:20.16
#301 Men 19&U 200 Free Prelims	2:33.49	#305 Men 19&U 50 Breast Prelims	44.47
#309 Men 19&U 100 Back Prelims	1:21.72	#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.47
#401 Men 19&U 50 Free Prelims	30.94	#409 Men 19&U 50 Back Prelims	37.02
#411 Men 19&U 50 Fly Prelims	39.21		

7 Hendricks, Jada - Female - Age: 12 - Ind/Rel: 11 / 5

#104 Women 12 400 Free	6:03.40	#202 Women 19&U 100 Free Prelims	1:15.45
#206 Women 19&U 100 Breast Prelims	1:36.98	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:10.86
#302 Women 19&U 200 Free Prelims	2:49.78	#306 Women 19&U 50 Breast Prelims	46.76
#310 Women 19&U 100 Back Prelims	1:27.21	#314 Women 19&U 200 IM Prelims	3:06.86
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.60	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.91
#402 Women 19&U 50 Free Prelims	34.12	#406 Women 19&U 200 Breast Prelims	3:30.09
#410 Women 19&U 50 Back Prelims	40.51	#412 Women 19&U 50 Fly Prelims	35.27
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:38.08	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.07

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Tygerberg Aquatics-CP****8 Heunis, Le Roux - Male - Age: 13 - Ind/Rel: 10 / 3**

#105 Men 13 400 Free	5:24.21
#207 Men 19&U 200 Back Prelims	2:43.01
#301 Men 19&U 200 Free Prelims	2:34.99
#309 Men 19&U 100 Back Prelims	1:16.42
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.47
#409 Men 19&U 50 Back Prelims	35.07
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:10.94

#201 Men 19&U 100 Free Prelims	1:10.03
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:20.16
#305 Men 19&U 50 Breast Prelims	41.81
#313 Men 19&U 200 IM Prelims	2:48.46
#401 Men 19&U 50 Free Prelims	31.62
#411 Men 19&U 50 Fly Prelims	34.24

9 Louw, Yvette H - Female - Age: 12 - Ind/Rel: 3 / 0

#202 Women 19&U 100 Free Prelims	1:18.20
#310 Women 19&U 100 Back Prelims	1:26.68

#206 Women 19&U 100 Breast Prelims	1:43.05
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10 Newkirk, Gia - Female - Age: 12 - Ind/Rel: 11 / 4

#202 Women 19&U 100 Free Prelims	1:16.18
#212 Women 19&U 100 Fly Prelims	1:37.64
#302 Women 19&U 200 Free Prelims	2:51.32
#310 Women 19&U 100 Back Prelims	1:29.38
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.60
#402 Women 19&U 50 Free Prelims	34.46
#410 Women 19&U 50 Back Prelims	41.20
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:38.08

#206 Women 19&U 100 Breast Prelims	1:32.31
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:10.86
#306 Women 19&U 50 Breast Prelims	44.88
#314 Women 19&U 200 IM Prelims	3:11.35
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.91
#406 Women 19&U 200 Breast Prelims	3:17.59
#412 Women 19&U 50 Fly Prelims	38.09

11 Otterbach, Lily - Female - Age: 14 - Ind/Rel: 6 / 3

#108 Women 14 400 Free	5:31.46
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:33.90
#310 Women 19&U 100 Back Prelims	1:21.20
#402 Women 19&U 50 Free Prelims	31.91
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.12

#202 Women 19&U 100 Free Prelims	1:08.79
#302 Women 19&U 200 Free Prelims	2:31.08
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.60
#412 Women 19&U 50 Fly Prelims	34.88

12 Perez Castellano, Emilio - Male - Age: 11 - Ind/Rel: 9 / 5

#201 Men 19&U 100 Free Prelims	1:16.79
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.32
#305 Men 19&U 50 Breast Prelims	45.06
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.10
#401 Men 19&U 50 Free Prelims	34.33
#409 Men 19&U 50 Back Prelims	43.77
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:36.23

#205 Men 19&U 100 Breast Prelims	1:40.26
#301 Men 19&U 200 Free Prelims	2:56.32
#313 Men 19&U 200 IM Prelims	3:11.04
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.91
#405 Men 19&U 200 Breast Prelims	3:38.17
#411 Men 19&U 50 Fly Prelims	41.37
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.07

13 Rossouw, Emma M - Female - Age: 16 - Ind/Rel: 7 / 0

#112 Women 16 400 Free	5:08.37
#302 Women 19&U 200 Free Prelims	2:30.62
#314 Women 19&U 200 IM Prelims	2:43.03
#412 Women 19&U 50 Fly Prelims	35.47

#208 Women 19&U 200 Back Prelims	2:36.63
#310 Women 19&U 100 Back Prelims	1:12.12
#410 Women 19&U 50 Back Prelims	33.98

14 Senekal, Margo - Female - Age: 15 - Ind/Rel: 7 / 5

#110 Women 15 400 Free	5:01.08
#208 Women 19&U 200 Back Prelims	2:43.92
#302 Women 19&U 200 Free Prelims	2:23.70
#314 Women 19&U 200 IM Prelims	2:46.63
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.46
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.12

#202 Women 19&U 100 Free Prelims	1:05.88
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:33.90
#310 Women 19&U 100 Back Prelims	1:17.47
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:05.60
#402 Women 19&U 50 Free Prelims	30.42
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:14.88

15 Sonnekus, Anya - Female - Age: 13 - Ind/Rel: 10 / 1

#106 Women 13 400 Free	5:17.40
#208 Women 19&U 200 Back Prelims	2:58.01
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:33.90
#306 Women 19&U 50 Breast Prelims	43.70
#402 Women 19&U 50 Free Prelims	32.25
#412 Women 19&U 50 Fly Prelims	36.84

#202 Women 19&U 100 Free Prelims	1:10.50
#212 Women 19&U 100 Fly Prelims	1:24.19
#302 Women 19&U 200 Free Prelims	2:33.34
#314 Women 19&U 200 IM Prelims	2:53.90
#410 Women 19&U 50 Back Prelims	39.61

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Tygerberg Aquatics-CP****16 Strydom, Luan - Male - Age: 16 - Ind/Rel: 10 / 0**

#111 Men 16 400 Free	5:05.27	#201 Men 19&U 100 Free Prelims	1:04.35
#205 Men 19&U 100 Breast Prelims	1:22.04	#207 Men 19&U 200 Back Prelims	2:39.24
#301 Men 19&U 200 Free Prelims	2:22.35	#305 Men 19&U 50 Breast Prelims	36.91
#309 Men 19&U 100 Back Prelims	1:15.58	#313 Men 19&U 200 IM Prelims	2:43.39
#401 Men 19&U 50 Free Prelims	29.12	#405 Men 19&U 200 Breast Prelims	3:02.38

17 Swartz, Seth J - Male - Age: 11 - Ind/Rel: 9 / 3

#101 Men 11&U 400 Free	6:07.86	#201 Men 19&U 100 Free Prelims	1:18.67
#207 Men 19&U 200 Back Prelims	3:12.20	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.32
#301 Men 19&U 200 Free Prelims	2:55.37	#309 Men 19&U 100 Back Prelims	1:29.48
#313 Men 19&U 200 IM Prelims	3:24.96	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.10
#401 Men 19&U 50 Free Prelims	35.94	#409 Men 19&U 50 Back Prelims	42.31
#411 Men 19&U 50 Fly Prelims	42.10	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:36.23

18 Thirsk, Savannah - Female - Age: 13 - Ind/Rel: 9 / 0

#106 Women 13 400 Free	5:54.60	#202 Women 19&U 100 Free Prelims	1:15.39
#208 Women 19&U 200 Back Prelims	2:48.47	#302 Women 19&U 200 Free Prelims	2:44.40
#310 Women 19&U 100 Back Prelims	1:18.71	#314 Women 19&U 200 IM Prelims	2:57.10
#402 Women 19&U 50 Free Prelims	35.47	#410 Women 19&U 50 Back Prelims	36.76
#412 Women 19&U 50 Fly Prelims	42.24		

19 Van der Merwe, Logan - Male - Age: 11 - Ind/Rel: 10 / 3

#101 Men 11&U 400 Free	6:04.16	#201 Men 19&U 100 Free Prelims	1:17.95
#205 Men 19&U 100 Breast Prelims	1:48.08	#207 Men 19&U 200 Back Prelims	3:02.87
#211 Men 19&U 100 Fly Prelims	1:26.09	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.32
#301 Men 19&U 200 Free Prelims	2:51.44	#305 Men 19&U 50 Breast Prelims	54.12
#309 Men 19&U 100 Back Prelims	1:28.44	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.10
#405 Men 19&U 200 Breast Prelims	3:45.18	#411 Men 19&U 50 Fly Prelims	43.16
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:36.23		

20 Van Jaarsveld, Bianca I - Female - Age: 10 - Ind/Rel: 9 / 3

#202 Women 19&U 100 Free Prelims	1:23.31	#208 Women 19&U 200 Back Prelims	3:15.08
#212 Women 19&U 100 Fly Prelims	1:43.14	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:10.86
#302 Women 19&U 200 Free Prelims	3:02.08	#310 Women 19&U 100 Back Prelims	1:33.30
#314 Women 19&U 200 IM Prelims	3:19.70	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:20.60
#402 Women 19&U 50 Free Prelims	36.58	#410 Women 19&U 50 Back Prelims	42.49
#412 Women 19&U 50 Fly Prelims	44.31	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:38.08

21 Van Onselen, Pierre S - Male - Age: 12 - Ind/Rel: 9 / 5

#103 Men 12 400 Free	5:23.82	#201 Men 19&U 100 Free Prelims	1:07.91
#207 Men 19&U 200 Back Prelims	2:42.85	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:01.32
#301 Men 19&U 200 Free Prelims	2:31.79	#309 Men 19&U 100 Back Prelims	1:17.70
#313 Men 19&U 200 IM Prelims	2:49.62	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:16.10
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.91	#405 Men 19&U 200 Breast Prelims	3:26.68
#409 Men 19&U 50 Back Prelims	36.12	#411 Men 19&U 50 Fly Prelims	34.74
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:36.23	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:56.07

22 Van Rensburg, Janco - Male - Age: 14 - Ind/Rel: 5 / 1

#201 Men 19&U 100 Free Prelims	1:13.80	#205 Men 19&U 100 Breast Prelims	1:26.18
#401 Men 19&U 50 Free Prelims	33.38	#405 Men 19&U 200 Breast Prelims	3:14.64
#411 Men 19&U 50 Fly Prelims	35.38	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medley	2:10.94

23 Wiener, Will D - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 19&U 100 Free Prelims	1:36.37	#205 Men 19&U 100 Breast Prelims	1:48.36
#305 Men 19&U 50 Breast Prelims	51.55	#313 Men 19&U 200 IM Prelims	3:36.69
#401 Men 19&U 50 Free Prelims	41.81	#405 Men 19&U 200 Breast Prelims	3:44.52
#409 Men 19&U 50 Back Prelims	45.84		

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

Tygerberg Aquatics-CP**24 Wright, Jonah S - Male - Age: 14 - Ind/Rel: 7 / 5**

#201 Men 19&U 100 Free Prelims	1:01.28	#207 Men 19&U 200 Back Prelims	2:34.43
#215 Men 13-15 4x100 Free Relay 4 X 100 Free R	4:20.16	#301 Men 19&U 200 Free Prelims	2:16.08
#309 Men 19&U 100 Back Prelims	1:12.12	#313 Men 19&U 200 IM Prelims	2:39.01
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	1:58.47	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:12.46
#401 Men 19&U 50 Free Prelims	28.07	#409 Men 19&U 50 Back Prelims	33.76
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:10.94	#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:14.88

Tygerberg Aquatics-CP Total Individual Entries: 195 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Ultimate Swim Club-BU****1 Christie, Laila A - Female - Age: 12 - Ind/Rel: 8 / 2**

#104 Women 12 400 Free	5:33.61	#202 Women 19&U 100 Free Prelims	1:08.78
#208 Women 19&U 200 Back Prelims	2:47.85	#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.98
#302 Women 19&U 200 Free Prelims	2:36.48	#310 Women 19&U 100 Back Prelims	1:19.69
#314 Women 19&U 200 IM Prelims	2:53.54	#402 Women 19&U 50 Free Prelims	31.70
#410 Women 19&U 50 Back Prelims	37.28	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.18

2 Cook, Jedd R - Male - Age: 14 - Ind/Rel: 9 / 1

#107 Men 14 400 Free	5:15.03	#201 Men 19&U 100 Free Prelims	1:07.61
#207 Men 19&U 200 Back Prelims	2:47.03	#211 Men 19&U 100 Fly Prelims	1:23.78
#301 Men 19&U 200 Free Prelims	2:27.70	#309 Men 19&U 100 Back Prelims	1:16.67
#401 Men 19&U 50 Free Prelims	31.85	#409 Men 19&U 50 Back Prelims	34.64
#411 Men 19&U 50 Fly Prelims	34.22	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:25.83

3 Du Preez, Kyra J - Female - Age: 11 - Ind/Rel: 8 / 1

#102 Women 11&U 400 Free	6:08.82	#206 Women 19&U 100 Breast Prelims	1:41.25
#212 Women 19&U 100 Fly Prelims	1:33.28	#302 Women 19&U 200 Free Prelims	2:59.35
#306 Women 19&U 50 Breast Prelims	45.57	#314 Women 19&U 200 IM Prelims	3:07.69
#406 Women 19&U 200 Breast Prelims	3:37.74	#412 Women 19&U 50 Fly Prelims	40.17
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.03		

4 Joubert, Liandi - Female - Age: 13 - Ind/Rel: 8 / 1

#106 Women 13 400 Free	5:37.69	#202 Women 19&U 100 Free Prelims	1:12.44
#208 Women 19&U 200 Back Prelims	3:01.81	#302 Women 19&U 200 Free Prelims	2:36.49
#310 Women 19&U 100 Back Prelims	1:29.07	#314 Women 19&U 200 IM Prelims	3:07.08
#402 Women 19&U 50 Free Prelims	33.92	#410 Women 19&U 50 Back Prelims	40.51
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:26.91		

5 Kretzmann, Kaleb B - Male - Age: 14 - Ind/Rel: 8 / 1

#201 Men 19&U 100 Free Prelims	1:11.02	#205 Men 19&U 100 Breast Prelims	1:29.35
#301 Men 19&U 200 Free Prelims	2:39.62	#305 Men 19&U 50 Breast Prelims	40.37
#313 Men 19&U 200 IM Prelims	2:53.49	#401 Men 19&U 50 Free Prelims	30.81
#405 Men 19&U 200 Breast Prelims	3:09.89	#411 Men 19&U 50 Fly Prelims	38.43
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:25.83		

6 Kretzmann, Sophie F - Female - Age: 11 - Ind/Rel: 8 / 1

#102 Women 11&U 400 Free	6:01.85	#202 Women 19&U 100 Free Prelims	1:20.84
#208 Women 19&U 200 Back Prelims	3:02.71	#302 Women 19&U 200 Free Prelims	2:55.37
#310 Women 19&U 100 Back Prelims	1:28.42	#314 Women 19&U 200 IM Prelims	3:17.09
#402 Women 19&U 50 Free Prelims	36.39	#410 Women 19&U 50 Back Prelims	40.84
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.03		

7 Lottering, Eirley - Female - Age: 13 - Ind/Rel: 7 / 1

#202 Women 19&U 100 Free Prelims	1:13.38	#206 Women 19&U 100 Breast Prelims	1:31.50
#306 Women 19&U 50 Breast Prelims	40.63	#314 Women 19&U 200 IM Prelims	3:07.33
#402 Women 19&U 50 Free Prelims	32.27	#406 Women 19&U 200 Breast Prelims	3:15.65
#412 Women 19&U 50 Fly Prelims	36.08	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:26.91

8 Lubbe, Alex C - Male - Age: 13 - Ind/Rel: 8 / 1

#105 Men 13 400 Free	5:36.99	#201 Men 19&U 100 Free Prelims	1:08.06
#205 Men 19&U 100 Breast Prelims	1:33.22	#301 Men 19&U 200 Free Prelims	2:30.56
#305 Men 19&U 50 Breast Prelims	42.33	#401 Men 19&U 50 Free Prelims	30.72
#405 Men 19&U 200 Breast Prelims	3:40.94	#411 Men 19&U 50 Fly Prelims	37.61
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:25.83		

9 Mauer, Kayden - Female - Age: 14 - Ind/Rel: 8 / 1

#206 Women 19&U 100 Breast Prelims	1:30.73	#212 Women 19&U 100 Fly Prelims	1:33.23
#302 Women 19&U 200 Free Prelims	2:47.69	#306 Women 19&U 50 Breast Prelims	41.95
#314 Women 19&U 200 IM Prelims	3:00.42	#402 Women 19&U 50 Free Prelims	33.64
#406 Women 19&U 200 Breast Prelims	3:20.73	#412 Women 19&U 50 Fly Prelims	37.78
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:26.91		

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Ultimate Swim Club-BU****10 Mfabe, Zingce Z - Female - Age: 12 - Ind/Rel: 7 / 2**

#104 Women 12 400 Free	6:01.20
#212 Women 19&U 100 Fly Prelims	1:29.11
#302 Women 19&U 200 Free Prelims	2:46.77
#402 Women 19&U 50 Free Prelims	34.20
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.18

#206 Women 19&U 100 Breast Prelims	1:40.34
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.98
#314 Women 19&U 200 IM Prelims	3:14.36
#412 Women 19&U 50 Fly Prelims	36.77

11 Murray, Demi J - Female - Age: 14 - Ind/Rel: 7 / 1

#202 Women 19&U 100 Free Prelims	1:11.63
#302 Women 19&U 200 Free Prelims	2:33.40
#314 Women 19&U 200 IM Prelims	2:51.82
#410 Women 19&U 50 Back Prelims	34.36

#208 Women 19&U 200 Back Prelims	2:40.67
#310 Women 19&U 100 Back Prelims	1:12.65
#402 Women 19&U 50 Free Prelims	32.97
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:26.91

12 Nolands, Reece T - Male - Age: 14 - Ind/Rel: 8 / 1

#201 Men 19&U 100 Free Prelims	1:14.12
#301 Men 19&U 200 Free Prelims	2:54.54
#313 Men 19&U 200 IM Prelims	3:16.73
#405 Men 19&U 200 Breast Prelims	3:13.73
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:25.83

#205 Men 19&U 100 Breast Prelims	1:28.38
#305 Men 19&U 50 Breast Prelims	40.44
#401 Men 19&U 50 Free Prelims	33.24
#411 Men 19&U 50 Fly Prelims	39.97

13 Ristow, Emma K - Female - Age: 12 - Ind/Rel: 7 / 1

#104 Women 12 400 Free	6:01.19
#212 Women 19&U 100 Fly Prelims	1:32.72
#314 Women 19&U 200 IM Prelims	3:08.68
#412 Women 19&U 50 Fly Prelims	38.36

#206 Women 19&U 100 Breast Prelims	1:34.56
#306 Women 19&U 50 Breast Prelims	43.29
#406 Women 19&U 200 Breast Prelims	3:19.40
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.18

14 Schutzler, Amelia-Rose - Female - Age: 12 - Ind/Rel: 8 / 2

#104 Women 12 400 Free	5:55.65
#206 Women 19&U 100 Breast Prelims	1:38.58
#302 Women 19&U 200 Free Prelims	2:48.16
#314 Women 19&U 200 IM Prelims	3:16.66
#412 Women 19&U 50 Fly Prelims	40.07

#202 Women 19&U 100 Free Prelims	1:20.26
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.98
#306 Women 19&U 50 Breast Prelims	45.75
#406 Women 19&U 200 Breast Prelims	3:28.01
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.03

15 Terwin, Brooklyn - Female - Age: 12 - Ind/Rel: 7 / 2

#104 Women 12 400 Free	5:41.70
#212 Women 19&U 100 Fly Prelims	1:30.82
#302 Women 19&U 200 Free Prelims	2:39.33
#402 Women 19&U 50 Free Prelims	33.68
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:30.18

#202 Women 19&U 100 Free Prelims	1:13.14
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.98
#314 Women 19&U 200 IM Prelims	3:03.69
#412 Women 19&U 50 Fly Prelims	35.41

16 Van Der Byl, Emily - Female - Age: 11 - Ind/Rel: 8 / 1

#102 Women 11&U 400 Free	6:02.87
#212 Women 19&U 100 Fly Prelims	1:34.18
#310 Women 19&U 100 Back Prelims	1:38.15
#402 Women 19&U 50 Free Prelims	38.30
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.03

#202 Women 19&U 100 Free Prelims	1:22.45
#302 Women 19&U 200 Free Prelims	3:06.83
#314 Women 19&U 200 IM Prelims	3:23.30
#412 Women 19&U 50 Fly Prelims	38.79

Ultimate Swim Club-BU Total Individual Entries: 124 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Upington Swemklub -zf McGawi****1 Avenant, Ankia - Female - Age: 14 - Ind/Rel: 9 / 3**

#202 Women 19&U 100 Free Prelims	1:07.67	#208 Women 19&U 200 Back Prelims	2:58.35
#212 Women 19&U 100 Fly Prelims	1:29.68	#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:41.20
#302 Women 19&U 200 Free Prelims	2:31.73	#310 Women 19&U 100 Back Prelims	1:20.47
#314 Women 19&U 200 IM Prelims	3:07.28	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:13.08
#402 Women 19&U 50 Free Prelims	30.96	#410 Women 19&U 50 Back Prelims	37.90
#412 Women 19&U 50 Fly Prelims	34.89	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:25.16

2 Kruger, Rikhardt - Male - Age: 13 - Ind/Rel: 12 / 2

#105 Men 13 400 Free	6:22.99	#201 Men 19&U 100 Free Prelims	1:06.86
#205 Men 19&U 100 Breast Prelims	1:47.20	#211 Men 19&U 100 Fly Prelims	1:23.22
#301 Men 19&U 200 Free Prelims	2:39.68	#305 Men 19&U 50 Breast Prelims	41.89
#309 Men 19&U 100 Back Prelims	1:18.73	#313 Men 19&U 200 IM Prelims	3:01.85
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:13.08	#401 Men 19&U 50 Free Prelims	29.53
#405 Men 19&U 200 Breast Prelims	3:43.69	#409 Men 19&U 50 Back Prelims	36.76
#411 Men 19&U 50 Fly Prelims	31.11	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:25.16

3 March, Gea A - Female - Age: 12 - Ind/Rel: 4 / 1

#104 Women 12 400 Free	6:10.79	#202 Women 19&U 100 Free Prelims	1:09.22
#208 Women 19&U 200 Back Prelims	3:06.56	#212 Women 19&U 100 Fly Prelims	1:18.27
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:41.20		

4 Orffer, Llewellyn - Male - Age: 12 - Ind/Rel: 4 / 0

#103 Men 12 400 Free	5:50.20	#201 Men 19&U 100 Free Prelims	1:08.13
#207 Men 19&U 200 Back Prelims	3:05.52	#211 Men 19&U 100 Fly Prelims	1:25.23

5 Pretorius, Mariné - Female - Age: 14 - Ind/Rel: 4 / 1

#108 Women 14 400 Free	5:19.19	#202 Women 19&U 100 Free Prelims	1:12.85
#206 Women 19&U 100 Breast Prelims	1:40.61	#208 Women 19&U 200 Back Prelims	3:20.26
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:41.20		

6 Steyl, Anne M - Female - Age: 16 - Ind/Rel: 0 / 2

#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:13.08	#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:25.16
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7 Steyl, Douw L - Male - Age: 18 - Ind/Rel: 9 / 2

#201 Men 19&U 100 Free Prelims	59.17	#205 Men 19&U 100 Breast Prelims	1:14.70
#211 Men 19&U 100 Fly Prelims	1:08.30	#301 Men 19&U 200 Free Prelims	2:15.32
#305 Men 19&U 50 Breast Prelims	32.27	#313 Men 19&U 200 IM Prelims	2:35.07
#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:13.08	#401 Men 19&U 50 Free Prelims	26.19
#405 Men 19&U 200 Breast Prelims	2:54.85	#411 Men 19&U 50 Fly Prelims	28.71
#423 Mixed 16-24 4x100 Free Relay 4 x 100 Mixe	4:25.16		

8 Van Zyl, Liane - Female - Age: 12 - Ind/Rel: 10 / 1

#104 Women 12 400 Free	5:55.37	#202 Women 19&U 100 Free Prelims	1:10.33
#208 Women 19&U 200 Back Prelims	3:07.68	#212 Women 19&U 100 Fly Prelims	1:25.67
#218 Women 16-19 4x100 Free Relay 4 X 100 Fre	4:41.20	#302 Women 19&U 200 Free Prelims	2:41.40
#310 Women 19&U 100 Back Prelims	1:26.70	#314 Women 19&U 200 IM Prelims	3:18.48
#402 Women 19&U 50 Free Prelims	33.04	#410 Women 19&U 50 Back Prelims	41.66
#412 Women 19&U 50 Fly Prelims	34.35		

Upington Swemklub -zf McGawi Total Individual Entries: 52 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Uwc Aquatics-CP****1 Clark, Alexander L - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 19&U 100 Free Prelims	1:17.71
#301 Men 19&U 200 Free Prelims	2:56.16
#313 Men 19&U 200 IM Prelims	3:18.14
#411 Men 19&U 50 Fly Prelims	42.35

#205 Men 19&U 100 Breast Prelims	1:41.89
#309 Men 19&U 100 Back Prelims	1:27.38
#401 Men 19&U 50 Free Prelims	33.84

2 Martin, Alzhario - Male - Age: 17 - Ind/Rel: 10 / 0

#113 Men 17-19 400 Free	5:04.02
#205 Men 19&U 100 Breast Prelims	1:19.91
#211 Men 19&U 100 Fly Prelims	1:07.73
#313 Men 19&U 200 IM Prelims	2:36.02
#409 Men 19&U 50 Back Prelims	35.17

#201 Men 19&U 100 Free Prelims	1:02.49
#207 Men 19&U 200 Back Prelims	2:40.73
#305 Men 19&U 50 Breast Prelims	37.76
#401 Men 19&U 50 Free Prelims	29.23
#411 Men 19&U 50 Fly Prelims	31.41

3 Onkruid, Gianna R - Female - Age: 11 - Ind/Rel: 6 / 0

#206 Women 19&U 100 Breast Prelims	1:38.84
#314 Women 19&U 200 IM Prelims	3:20.70
#406 Women 19&U 200 Breast Prelims	3:30.77

#306 Women 19&U 50 Breast Prelims	44.66
#402 Women 19&U 50 Free Prelims	36.86
#412 Women 19&U 50 Fly Prelims	43.11

4 Snyders, Reece - Male - Age: 14 - Ind/Rel: 6 / 0

#107 Men 14 400 Free	5:32.34
#301 Men 19&U 200 Free Prelims	2:42.16
#405 Men 19&U 200 Breast Prelims	3:05.87

#205 Men 19&U 100 Breast Prelims	1:27.40
#309 Men 19&U 100 Back Prelims	1:19.18
#409 Men 19&U 50 Back Prelims	37.54

5 Visser, Wessel M - Male - Age: 14 - Ind/Rel: 12 / 0

#107 Men 14 400 Free	5:10.88
#205 Men 19&U 100 Breast Prelims	1:25.76
#211 Men 19&U 100 Fly Prelims	1:15.95
#305 Men 19&U 50 Breast Prelims	41.66
#401 Men 19&U 50 Free Prelims	31.97
#409 Men 19&U 50 Back Prelims	38.96

#201 Men 19&U 100 Free Prelims	1:06.93
#207 Men 19&U 200 Back Prelims	2:52.66
#301 Men 19&U 200 Free Prelims	2:28.01
#313 Men 19&U 200 IM Prelims	2:47.20
#405 Men 19&U 200 Breast Prelims	3:20.55
#411 Men 19&U 50 Fly Prelims	36.17

Uwc Aquatics-CP Total Individual Entries: 41 - Total Relays: 0

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

Vikings Aquatic Club-BU**1 Booth, Jake J - Male - Age: 14 - Ind/Rel: 8 / 0**

#201 Men 19&U 100 Free Prelims	1:01.12	#205 Men 19&U 100 Breast Prelims	1:19.76
#211 Men 19&U 100 Fly Prelims	1:08.40	#305 Men 19&U 50 Breast Prelims	35.13
#313 Men 19&U 200 IM Prelims	2:36.95	#401 Men 19&U 50 Free Prelims	27.37
#409 Men 19&U 50 Back Prelims	34.34	#411 Men 19&U 50 Fly Prelims	29.99

2 Zungu, Sinothando - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:04.07	#211 Men 19&U 100 Fly Prelims	1:09.52
#313 Men 19&U 200 IM Prelims	2:39.48	#401 Men 19&U 50 Free Prelims	29.07
#409 Men 19&U 50 Back Prelims	33.83	#411 Men 19&U 50 Fly Prelims	30.13

Vikings Aquatic Club-BU Total Individual Entries: 14 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Vineyard SC-CP****1 Adams, Sydni M - Female - Age: 15 - Ind/Rel: 6 / 4**

#202 Women 19&U 100 Free Prelims	1:06.33
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:38.61
#314 Women 19&U 200 IM Prelims	2:53.34
#406 Women 19&U 200 Breast Prelims	3:13.64
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:16.87

#206 Women 19&U 100 Breast Prelims	1:28.02
#306 Women 19&U 50 Breast Prelims	38.99
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:10.00
#412 Women 19&U 50 Fly Prelims	34.68
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:39.34

2 Akinci, Can Batu - Male - Age: 13 - Ind/Rel: 7 / 2

#105 Men 13 400 Free	5:20.16
#207 Men 19&U 200 Back Prelims	2:50.64
#301 Men 19&U 200 Free Prelims	2:33.00
#313 Men 19&U 200 IM Prelims	2:52.11
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:39.34

#201 Men 19&U 100 Free Prelims	1:12.37
#211 Men 19&U 100 Fly Prelims	1:26.89
#309 Men 19&U 100 Back Prelims	1:19.80
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.51

3 Charles, Tyla - Female - Age: 13 - Ind/Rel: 5 / 4

#202 Women 19&U 100 Free Prelims	1:11.63
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:38.61
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.68
#406 Women 19&U 200 Breast Prelims	3:16.08
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:16.87

#206 Women 19&U 100 Breast Prelims	1:28.26
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:10.00
#402 Women 19&U 50 Free Prelims	30.10
#412 Women 19&U 50 Fly Prelims	34.07

4 Endres, Josephine - Female - Age: 14 - Ind/Rel: 5 / 0

#304 Women 99&U 100 Free Para Prelims	1:18.43
#312 Women 99&U 100 Back Para Prelims	1:33.68
#408 Women 99&U 100 Breast Para Prelims	1:41.87

#308 Women 99&U 50 Breast Para Prelims	46.42
#404 Women 99&U 50 Free Para Prelims	34.86

5 Goldman, Jasmine - Female - Age: 14 - Ind/Rel: 4 / 1

#202 Women 19&U 100 Free Prelims	1:12.33
#314 Women 19&U 200 IM Prelims	2:53.54
#412 Women 19&U 50 Fly Prelims	35.37

#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:38.61
#402 Women 19&U 50 Free Prelims	33.45

6 Gullan, Sophia - Female - Age: 12 - Ind/Rel: 7 / 7

#202 Women 19&U 100 Free Prelims	1:09.31
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.03
#310 Women 19&U 100 Back Prelims	1:18.19
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.25
#402 Women 19&U 50 Free Prelims	30.96
#412 Women 19&U 50 Fly Prelims	35.66
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.00

#208 Women 19&U 200 Back Prelims	2:56.34
#302 Women 19&U 200 Free Prelims	2:33.44
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.76
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.68
#410 Women 19&U 50 Back Prelims	35.88
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.13
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:39.34

7 Harder, Callum R - Male - Age: 11 - Ind/Rel: 5 / 3

#207 Men 19&U 200 Back Prelims	3:07.54
#309 Men 19&U 100 Back Prelims	1:27.22
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:21.81
#411 Men 19&U 50 Fly Prelims	48.82

#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:15.22
#313 Men 19&U 200 IM Prelims	3:46.37
#409 Men 19&U 50 Back Prelims	39.83
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:32.78

8 Haynes-Smart, Kaitlyn - Female - Age: 12 - Ind/Rel: 9 / 5

#202 Women 19&U 100 Free Prelims	1:13.31
#208 Women 19&U 200 Back Prelims	3:10.96
#302 Women 19&U 200 Free Prelims	2:44.54
#314 Women 19&U 200 IM Prelims	3:17.81
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.25
#410 Women 19&U 50 Back Prelims	39.85
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.13

#206 Women 19&U 100 Breast Prelims	1:41.13
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.03
#310 Women 19&U 100 Back Prelims	1:29.78
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.76
#406 Women 19&U 200 Breast Prelims	3:32.14
#412 Women 19&U 50 Fly Prelims	45.04
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.00

9 Johannes, Ty - Female - Age: 15 - Ind/Rel: 2 / 2

#310 Women 19&U 100 Back Prelims	1:15.09
#410 Women 19&U 50 Back Prelims	33.86

#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:10.00
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:16.87

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Vineyard SC-CP****10 Kenmuir, Ethan - Male - Age: 12 - Ind/Rel: 5 / 6**

#205 Men 19&U 100 Breast Prelims	1:34.98
#305 Men 19&U 50 Breast Prelims	42.82
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:21.81
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.68
#411 Men 19&U 50 Fly Prelims	38.58
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:27.79

#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:15.22
#313 Men 19&U 200 IM Prelims	3:10.64
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.51
#405 Men 19&U 200 Breast Prelims	3:29.29
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:32.78

11 Lange, Oliver - Male - Age: 11 - Ind/Rel: 6 / 7

#201 Men 19&U 100 Free Prelims	1:14.77
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:15.22
#313 Men 19&U 200 IM Prelims	3:09.87
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.25
#401 Men 19&U 50 Free Prelims	32.81
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:32.78
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.00

#205 Men 19&U 100 Breast Prelims	1:35.79
#305 Men 19&U 50 Breast Prelims	43.33
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:21.81
#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.68
#405 Men 19&U 200 Breast Prelims	3:24.81
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:27.79

12 Lloyd, Jemma A - Female - Age: 12 - Ind/Rel: 5 / 3

#206 Women 19&U 100 Breast Prelims	1:41.05
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.03
#310 Women 19&U 100 Back Prelims	1:27.33
#406 Women 19&U 200 Breast Prelims	3:28.62

#208 Women 19&U 200 Back Prelims	3:01.64
#302 Women 19&U 200 Free Prelims	2:54.30
#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.76
#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.13

13 Louw, James - Male - Age: 12 - Ind/Rel: 7 / 7

#201 Men 19&U 100 Free Prelims	1:10.61
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	5:15.22
#313 Men 19&U 200 IM Prelims	3:03.39
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.51
#401 Men 19&U 50 Free Prelims	33.67
#411 Men 19&U 50 Fly Prelims	37.32
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:27.79

#207 Men 19&U 200 Back Prelims	2:58.03
#309 Men 19&U 100 Back Prelims	1:20.75
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rel	2:21.81
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:30.25
#409 Men 19&U 50 Back Prelims	37.79
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:32.78
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.00

14 Nixon, Sofia - Female - Age: 13 - Ind/Rel: 5 / 3

#202 Women 19&U 100 Free Prelims	1:08.32
#216 Women 13-15 4x100 Free Relay 4 X 100 Fre	4:38.61
#318 Women 13-15 4x50 Free Relay 4 x 50 Free F	2:10.00
#412 Women 19&U 50 Fly Prelims	34.99

#206 Women 19&U 100 Breast Prelims	1:33.49
#306 Women 19&U 50 Breast Prelims	41.45
#402 Women 19&U 50 Free Prelims	30.40
#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:16.87

15 Scarpa, Isabella - Female - Age: 14 - Ind/Rel: 2 / 0

#306 Women 19&U 50 Breast Prelims	44.91
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#310 Women 19&U 100 Back Prelims	1:18.91
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16 Theron, Oloff A - Male - Age: 14 - Ind/Rel: 5 / 3

#205 Men 19&U 100 Breast Prelims	1:22.75
#313 Men 19&U 200 IM Prelims	2:55.30
#401 Men 19&U 50 Free Prelims	32.34
#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:27.79

#305 Men 19&U 50 Breast Prelims	38.61
#317 Men 13-15 4x50 Free Relay 4 x 50 Free Rela	2:15.51
#411 Men 19&U 50 Fly Prelims	35.09
#422 Mixed 13-15 4x100 Free Relay 4 x 100 Mixe	4:39.34

17 Verdon, Leah L - Female - Age: 10 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:22.39
#302 Women 19&U 200 Free Prelims	3:02.32
#314 Women 19&U 200 IM Prelims	3:27.71
#406 Women 19&U 200 Breast Prelims	3:41.72

#206 Women 19&U 100 Breast Prelims	1:42.96
#306 Women 19&U 50 Breast Prelims	48.21
#402 Women 19&U 50 Free Prelims	38.83
#412 Women 19&U 50 Fly Prelims	43.78

18 Vermaak, Bo - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 19&U 100 Free Prelims	1:14.19
#301 Men 19&U 200 Free Prelims	2:46.14
#401 Men 19&U 50 Free Prelims	36.73

#205 Men 19&U 100 Breast Prelims	1:43.70
#305 Men 19&U 50 Breast Prelims	47.17
#409 Men 19&U 50 Back Prelims	41.33

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

Vineyard SC-CP**19 Voysey, Ella N - Female - Age: 12 - Ind/Rel: 5 / 3**

#202 Women 19&U 100 Free Prelims	1:18.87	#206 Women 19&U 100 Breast Prelims	1:38.09
#214 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:58.03	#302 Women 19&U 200 Free Prelims	2:55.35
#314 Women 19&U 200 IM Prelims	3:44.52	#316 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:14.76
#406 Women 19&U 200 Breast Prelims	3:29.70	#416 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:41.13

20 Walker, Yohan G - Male - Age: 16 - Ind/Rel: 3 / 0

#201 Men 19&U 100 Free Prelims	58.24	#301 Men 19&U 200 Free Prelims	2:13.36
#309 Men 19&U 100 Back Prelims	1:05.99		

Vineyard SC-CP Total Individual Entries: 107 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Walmers SC-CP****1 Beukes, Jaden L - Male - Age: 15 - Ind/Rel: 8 / 3**

#201 Men 19&U 100 Free Prelims	1:01.84	#207 Men 19&U 200 Back Prelims	2:36.78
#211 Men 19&U 100 Fly Prelims	1:06.32	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.71
#309 Men 19&U 100 Back Prelims	1:10.13	#313 Men 19&U 200 IM Prelims	2:37.67
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:49.50	#401 Men 19&U 50 Free Prelims	27.88
#409 Men 19&U 50 Back Prelims	32.04	#411 Men 19&U 50 Fly Prelims	29.35
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:06.78		

2 Beukes, Mateo A - Male - Age: 19 - Ind/Rel: 8 / 3

#201 Men 19&U 100 Free Prelims	57.66	#205 Men 19&U 100 Breast Prelims	1:19.62
#211 Men 19&U 100 Fly Prelims	1:01.63	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.71
#301 Men 19&U 200 Free Prelims	2:12.24	#309 Men 19&U 100 Back Prelims	1:09.46
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:49.50	#401 Men 19&U 50 Free Prelims	25.85
#405 Men 19&U 200 Breast Prelims	2:55.89	#411 Men 19&U 50 Fly Prelims	27.66
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:06.78		

3 Pedro, Maahier - Male - Age: 13 - Ind/Rel: 4 / 3

#205 Men 19&U 100 Breast Prelims	1:32.24	#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.71
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:49.50	#401 Men 19&U 50 Free Prelims	29.36
#405 Men 19&U 200 Breast Prelims	3:21.22	#411 Men 19&U 50 Fly Prelims	32.80
#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:06.78		

4 Pedro, Tamkeen - Male - Age: 17 - Ind/Rel: 5 / 3

#201 Men 19&U 100 Free Prelims	59.89	#211 Men 19&U 100 Fly Prelims	1:02.81
#217 Men 16-19 4x100 Free Relay 4 X 100 Free R	4:09.71	#305 Men 19&U 50 Breast Prelims	35.59
#319 Men 16-19 4x50 Free Relay 4 x 50 Free Rela	1:49.50	#401 Men 19&U 50 Free Prelims	26.41
#411 Men 19&U 50 Fly Prelims	27.48	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:06.78

Walmers SC-CP Total Individual Entries: 25 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2025-WC - 20/03/2025 to 23/03/2025**Team Entries - All Events****Xcel Swim Academy-CP****1 Daniels, Emily G - Female - Age: 11 - Ind/Rel: 10 / 0**

#202 Women 19&U 100 Free Prelims	1:21.00	#208 Women 19&U 200 Back Prelims	3:10.19
#212 Women 19&U 100 Fly Prelims	1:56.55	#302 Women 19&U 200 Free Prelims	2:56.34
#306 Women 19&U 50 Breast Prelims	56.47	#310 Women 19&U 100 Back Prelims	1:25.49
#314 Women 19&U 200 IM Prelims	3:23.30	#402 Women 19&U 50 Free Prelims	35.00
#410 Women 19&U 50 Back Prelims	39.61	#412 Women 19&U 50 Fly Prelims	40.98

2 Koegelenberg, Emily - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 19&U 100 Free Prelims	1:16.10	#206 Women 19&U 100 Breast Prelims	1:41.97
#208 Women 19&U 200 Back Prelims	2:59.54	#212 Women 19&U 100 Fly Prelims	1:37.92
#302 Women 19&U 200 Free Prelims	2:35.73	#310 Women 19&U 100 Back Prelims	1:24.15
#314 Women 19&U 200 IM Prelims	2:59.43	#406 Women 19&U 200 Breast Prelims	3:33.57

3 Normington, Olivia - Female - Age: 11 - Ind/Rel: 12 / 0

#102 Women 11&U 400 Free	6:05.30	#202 Women 19&U 100 Free Prelims	1:14.96
#206 Women 19&U 100 Breast Prelims	1:34.96	#208 Women 19&U 200 Back Prelims	2:59.61
#212 Women 19&U 100 Fly Prelims	1:29.31	#302 Women 19&U 200 Free Prelims	2:40.98
#306 Women 19&U 50 Breast Prelims	44.44	#310 Women 19&U 100 Back Prelims	1:26.98
#314 Women 19&U 200 IM Prelims	3:01.63	#402 Women 19&U 50 Free Prelims	35.77
#406 Women 19&U 200 Breast Prelims	3:16.66	#412 Women 19&U 50 Fly Prelims	39.37

4 Spangenberg, Zach A - Male - Age: 12 - Ind/Rel: 12 / 0

#103 Men 12 400 Free	6:05.63	#201 Men 19&U 100 Free Prelims	1:15.43
#207 Men 19&U 200 Back Prelims	3:00.47	#211 Men 19&U 100 Fly Prelims	1:27.54
#301 Men 19&U 200 Free Prelims	2:45.61	#305 Men 19&U 50 Breast Prelims	47.03
#309 Men 19&U 100 Back Prelims	1:26.49	#313 Men 19&U 200 IM Prelims	3:10.25
#401 Men 19&U 50 Free Prelims	34.59	#405 Men 19&U 200 Breast Prelims	3:47.25
#409 Men 19&U 50 Back Prelims	39.56	#411 Men 19&U 50 Fly Prelims	38.15

Xcel Swim Academy-CP Total Individual Entries: 42 - Total Relays: 0