

CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Psych Sheet****Event 1 Women 14 & Under 800 LC Meter Freestyle****RECORD: 9:37,40 16-02-2017****Tori C Oliver****RSA**

	Name	Age	Team	Seed Time
1	Finnis, Tiara L	14	Republic Of South Africa	10:16,80
2	Mahobebe, Mkhusele	14	Zimbabwe	10:24,40
3	Ramgoolam, Jamie Prishika	14	Mauritius	10:24,78
4	Beyers, Emma P	14	Republic Of South Africa	10:25,75
5	Ingwe, Kimberly	14	Botswana	10:33,68
6	Mutie, Mutinda	14	Botswana	10:44,98
7	Mason, Lilianna D	13	Seychelles	11:03,00
8	Schultz, Timea	14	Zimbabwe	11:06,35
9	Naukosho, Ariana	12	Namibia	11:07,45
10	Phiri, Jade A	13	Zambia	11:10,51
11	Fernandes, Sophie	13	Mozambique	11:12,10
12	Stange, Maya A	14	Namibia	11:12,72
13	Kerai, Tejasvi	13	Seychelles	11:25,00
14	Banona, Marry G	14	Uganda	12:00,50
15	Mosho, Chisanga	12	Zambia	12:11,35

Event 2 Men 14 & Under 800 LC Meter Freestyle**RECORD: 9:31,54 16-02-2017****Hayden Ahwan****SEY**

	Name	Age	Team	Seed Time
1	Freitas, Filipe Simoes	14	Angola	9:49,93
2	Faftine, Kaio	13	Mozambique	9:51,87
3	Visagie, Leson G	14	Republic Of South Africa	10:11,01
4	Ohm, Oliver	14	Namibia	10:13,60
5	Esslinger, Nico	14	Namibia	10:14,59
6	Makaya, Tichatonga	13	Zimbabwe	10:42,69
7	Ngwenya, Onesimus	13	Zimbabwe	10:43,32
8	LI Hing Duen, Shawn	13	Mauritius	10:45,78
9	Mokobi, Kgotla	13	Botswana	11:18,32
10	Cooney, Zoah	12	Zambia	12:04,39
11	Coombs Tembo, Nkhosi J	12	Zambia	12:22,07
12	Molefe, Lerako	14	Botswana	12:27,27
13	Kyabayinze, Zaabu D	12	Uganda	NT

Event 3 Women 15 & Over 800 LC Meter Freestyle**RECORD: 9:35,85 16-02-2017****Christin Mundell****RSA**

	Name	Age	Team	Seed Time
1	Stergiadis, Heleni	17	Namibia	9:43,60
2	Van Jaarsveld, Danica C	16	Republic Of South Africa	9:52,07
3	Egner, Maxine	15	Botswana	10:13,12
4	Mbite, Christine R	16	Republic Of South Africa	10:16,94
5	Botha, Vicky A	18	Namibia	10:19,61
6	Mateus, Alicia	15	Mozambique	10:35,39
7	Rollo, Riana	16	Zimbabwe	10:42,85
8	Santo, Rafaela Espirito	15	Angola	10:51,06
9	Pinto, Ammara	22	Malawi	11:09,00
10	Schonken, Gemma	17	Zimbabwe	11:18,92
11	Santos, Barbara	17	Angola	11:48,19
12	Loo, Caitlin	15	Botswana	NT



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Event 4 Men 15 & Over 800 LC Meter Freestyle

RECORD: 8:34,68 20-04-2016 PINOTES Pedro ANG
Name Age Team Seed Time

	Name	Age	Team	Seed Time
1	Freeman, James S	18	Botswana	8:07,67
2	Payet, Damien	16	Seychelles	9:00,87
3	Bekker, Andile	16	Botswana	9:10,03
4	Rakotomavo, Herinirina J	23	Republic of Madagascar	9:12,00
5	AH Yong, Victor	15	Mauritius	9:15,00
6	Cyprianos, Denilson	17	Zimbabwe	9:19,82
7	Pale, Justino	16	Mozambique	9:30,22
8	Andrianirina, Lalanomena A	21	Republic of Madagascar	9:30,42
9	Chonguiça, Yannis	16	Mozambique	9:42,66
10	Le Roux, Corné	17	Namibia	9:49,06
11	Franceys, Ryan	15	Zimbabwe	10:12,27
12	Mwamba, Wina M	16	Zambia	12:38,32

Event 5 Women 12 & Under 50 LC Meter Breaststroke

RECORD: 35,80 16-02-2017 Alicia Kok Shun MRI
Name Age Team Seed Time

	Name	Age	Team	Seed Time
1	Muslun, Alina	12	Mauritius	40,00
2	Ramdhun, Eunnice	12	Mauritius	40,23
3	Mudanye, Amelia	11	Uganda	40,55
4	Makwabarara, Mikayla	11	Zimbabwe	41,10
5	Wishart, Peyton	11	Zimbabwe	41,16
6	Chang, Ji-eun	12	Botswana	41,31
7	Naukosho, Ariana	12	Namibia	41,75
8	Mosho, Chisanga	12	Zambia	42,52
9	Hoy, Hayley	11	Eswatini	42,94
10	Mulenga, Mutale M	11	Zambia	42,97
11	Lutalo, Natalie	11	Uganda	43,34
12	Chang, Yun-suh	11	Botswana	44,09
13	Westerduin, Reza	12	Namibia	44,11
14	Pereira, Kelly	10	Mozambique	44,12
15	Losacco, Olivia	11	Malawi	45,77
16	Mkavea, Tujawile	12	Malawi	45,89
17	Santos, Inara	11	Angola	49,32
18	Tati, Nelja	11	Angola	54,54
19	Barbosa, Tianna	11	Eswatini	NT

Event 6 Men 12 & Under 50 LC Meter Breaststroke

RECORD: 34,37 16-02-2017 Mikah K Burger NAM
Name Age Team Seed Time

	Name	Age	Team	Seed Time
1	Vimba, Khaya	12	Zimbabwe	37,12
2	Payet, Alexander	12	Seychelles	38,00
3	Leung Hing Wah, Timothy	12	Mauritius	38,00
4	Durand, Oliver B	12	Namibia	38,41
5	Kalipengule, Limbikani	11	Zimbabwe	38,67
6	Nuwagaba, Daniel R	11	Uganda	39,02
7	Peterson, Inhyensiko S	11	Uganda	39,10
8	Zeravica, Jack	11	Zambia	40,60
9	Hekandjo, Kgosana O	12	Namibia	41,85
10	Sethi, Khalil	12	Botswana	41,93
11	Prieur, Ethan	12	Malawi	42,01
12	Haskins, Ethan	12	Botswana	42,46



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13	Cochofel, Jose	12	Angola	42,94
14	Cataldi, Giacinto	11	Zambia	43,19
15	Barradas, Hugo	12	Mozambique	44,86
16	Fraser, Luca	9	Eswatini	45,54
17	Taborda, Helio	12	Angola	47,64
18	Fraser, Tiano	11	Eswatini	47,72
19	Mkavea, Tasunje	9	Malawi	51,82

Event 7 Women 13-14 50 LC Meter Breaststroke**RECORD:** 34,48 16-02-2017**Paige F Brombacher****RSA**

	Name	Age	Team	Seed Time
1	Banza, Ingrid I	14	Republic Of South Africa	36,36
2	Liacopoulos, Antonia	14	Zambia	37,31
3	Dhemba, Vhenekai	13	Zimbabwe	37,47
4	Goodinson, Kiara	14	Zimbabwe	38,26
5	Mason, Lilianna D	13	Seychelles	38,85
6	Phiri, Jade A	13	Zambia	38,92
7	Nsereko, Nanette	13	Uganda	39,10
8	Stange, Maya A	14	Namibia	39,47
9	Labuschagne, Abigail	14	Seychelles	39,61
10	Dithogo, Amaru	13	Botswana	40,10
11	Harry, Kyra	13	Botswana	40,98
12	Makwenda, Jessica	14	Malawi	41,50
13	Banona, Marry G	14	Uganda	41,90
14	Armour, Kaeli-Peace	13	Republic Of South Africa	42,02
15	Fernandes, Nhara	13	Angola	42,28
16	Fernandes, Sophie	13	Mozambique	44,20
17	Chizonda, Tracy	14	Malawi	44,32
18	Rey, Salome M	13	Namibia	44,70
19	Dlamini, Siwakhile T	14	Eswatini	49,41
20	Young, Lauren	14	Eswatini	NT

Event 8 Men 13-14 50 LC Meter Breaststroke**RECORD:** 31,62 16-02-2017**Oliver Wong Chap Lan****MRI**

	Name	Age	Team	Seed Time
1	Lobo, Caio	14	Mozambique	33,77
2	Nagapin, Nathan	14	Seychelles	34,05
3	Thompson, Clayton E	14	Republic Of South Africa	34,24
4	Kgomogadio, Yande Y	13	Republic Of South Africa	34,93
5	Fernando, Khushal J	14	Zambia	35,45
6	Chisungo, Tawanda	14	Zimbabwe	35,62
7	Birungi, Shane F	13	Uganda	35,66
8	Mokobi, Kgotla	13	Botswana	35,78
9	Matthews, Mmusi	13	Botswana	36,56
10	Makaya, Tichatonga	13	Zimbabwe	36,62
11	Mulenga, Ndabila B	14	Zambia	36,63
12	Ellis, Quinn	13	Namibia	36,73
13	Faftine, Kaio	13	Mozambique	38,05
14	Kyabayinze, Daniel T	14	Uganda	39,43
15	Magongo, Brave	14	Namibia	40,12
16	Banda, Asher	14	Malawi	40,75
17	Moosa, Muhammad Ali	14	Malawi	41,80


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Event 8 ... (Men 13-14 50 LC Meter Breaststroke)

18	Tati, Janel	13	Angola	42,14
19	De Sousa, Damien	13	Eswatini	42,50
20	Augusto, Armando	13	Angola	43,08

Event 9 Women 15-16 50 LC Meter Breaststroke

RECORD:	33,75	16-02-2017	Christin Mundell	RSA
Name	Age	Team	Seed Time	
1	Kok Shun, Alicia	15	Mauritius	34,00
2	van der Westhuizen, Paige	16	Zimbabwe	34,40
3	Namutebi, Kirabo C	15	Uganda	34,79
4	Fawaz, Yasmina	15	Zambia	36,09
5	Chinyani, Nyasha	15	Zimbabwe	36,22
6	Matonhodze, Shamiso	15	Botswana	36,41
7	Mbite, Christine R	16	Republic Of South Africa	36,58
8	Jose, Teagan N	16	Republic Of South Africa	37,39
9	Matthews, Tselane	16	Botswana	38,15
10	Redecker, Nicole	16	Namibia	38,61
11	Chibiya, Temwani A	16	Zambia	39,11
12	Mutumbulua, Trisha	15	Namibia	39,22
13	Dlamini, Senamile	16	Eswatini	44,74

Event 10 Men 15-16 50 LC Meter Breaststroke

RECORD:	30,69	16-02-2017	Liam O'Hara	ZIM
Name	Age	Team	Seed Time	
1	Lawrence, Matthew	16	Mozambique	29,89
2	Werrett, Cory	15	Zimbabwe	31,49
3	Miller, Joshua	15	Seychelles	31,79
4	Santos, Fabio A	16	Republic Of South Africa	32,10
5	Burger, Mikah K	15	Namibia	32,44
6	Rouse, Brandon	16	Botswana	32,65
7	Shamambo, Damien	16	Zambia	32,80
8	Catillaz, Jeanre P	16	Republic Of South Africa	33,17
9	Liakopoulos, Theodoros E	15	Zambia	33,38
10	Vidot, Alain	15	Seychelles	33,50
11	Oostindien, Jake	16	Zimbabwe	33,66
12	Rathenam, Keanet-Peter	15	Namibia	34,57
13	Gondo, Takundanashe	15	Botswana	34,84
14	Pires, Djamel	16	Angola	34,99
15	Furtado, Yussen	15	Angola	36,36
16	Musoke, Raphael	16	Uganda	37,29
17	Ocheng, Daudi	16	Uganda	37,37

Event 11 Women 17 & Over 50 LC Meter Breaststroke

RECORD:	33,57	16-02-2017	Tilka Paljk	Zambia 2017
Name	Age	Team	Seed Time	
1	Paljk, Tilka	23	Zambia	32,05
2	Mjimba, Nomvula B	17	Zimbabwe	36,25
3	Gondo, Ruvarashe	17	Botswana	37,65
4	Naidu, Harleena	18	Zambia	38,21
5	Vos, Tayla S	17	Botswana	38,41
6	Freitas, Maria Lopes	22	Angola	38,55
7	Cahombo, Melvire	17	Angola	39,03
8	Jones, Siobhan	17	Zimbabwe	41,51



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Event 12 Men 17 & Over 50 LC Meter Breaststroke

RECORD: 29,92 08-01-2009		DAVID MARAIS		RSA
Name	Age	Team	Seed Time	
1	Goveia, Ralph W	23	Zambia	29,26
2	Gomes, Filipe	22	Malawi	30,54
3	Naidu, Kumaren M	22	Zambia	30,61
4	Bachmann, Mathieu	23	Seychelles	30,90
5	Mukalazi, Tendo	17	Uganda	31,03
6	Fischer, Ethan	17	Botswana	31,67
7	Cyprianos, Denilson	17	Zimbabwe	31,73
8	Mills, Tait	17	Zimbabwe	31,79
9	Dlamini, Simanga	22	Eswatini	32,05
10	Adnan, Kabuye A	17	Uganda	32,29
11	Silva, Lucas	18	Angola	34,47
12	Xavier, Kelsey	17	Mozambique	35,43
13	Wellmann, Arkell J	17	Namibia	36,72
14	Gertze, Matthew R	17	Namibia	37,81
15	Sebikiri, Maemo	20	Botswana	38,10

Event 13 Women 12 & Under 100 LC Meter Backstroke

RECORD: 1:11,95 20-04-2016		PHIRI Mia		ZAM
Name	Age	Team	Seed Time	
1	Labuschagne, Isabelle	12	Seychelles	1:13,00
2	Westerduin, Reza	12	Namibia	1:19,72
3	Miti, Tamenji	12	Zambia	1:20,43
4	Hoy, Hayley	11	Eswatini	1:21,09
5	Naukosho, Ariana	12	Namibia	1:21,38
6	Dawe, Tori	12	Zimbabwe	1:21,58
7	Sine, Michelle K	12	Uganda	1:22,99
8	Lutalo, Natalie	11	Uganda	1:23,83
9	Domingues, Ana Beatriz	12	Mozambique	1:23,87
10	Ramdhun, Eunnice	12	Mauritius	1:24,45
11	Wishart, Peyton	11	Zimbabwe	1:26,81
12	Pereira, Kelly	10	Mozambique	1:27,15
13	Silva, Welwitschia	12	Angola	1:28,79
14	Moyo, Zoe	11	Zambia	1:30,33
15	Morais, Nyriam	11	Angola	1:30,68
16	Losacco, Olivia	11	Malawi	1:31,59
17	Ramakoloi, Thata	12	Botswana	1:33,79
18	Merafhe, Naledi	11	Botswana	1:35,06
19	Mkavea, Tujawile	12	Malawi	1:48,34
20	Barbosa, Tianna	11	Eswatini	NT

Event 14 Men 12 & Under 100 LC Meter Backstroke

RECORD: 1:10,43 16-02-2017		Victor AH Yong		MRI
Name	Age	Team	Seed Time	
1	Durand, Oliver B	12	Namibia	1:13,70
2	Hekandjo, Kgosana O	12	Namibia	1:17,81
3	Kyabayinze, Zaabu D	12	Uganda	1:19,22
4	Barradas, Hugo	12	Mozambique	1:20,84
5	Kalipengule, Limbikani	11	Zimbabwe	1:20,94
6	Nuwagaba, Daniel R	11	Uganda	1:22,35
7	Reilly, Sean	11	Zimbabwe	1:22,51
8	Zeravica, Jack	11	Zambia	1:22,70



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9	Haskins, Ethan	12	Botswana	1:23,70
10	Bredel, Rafael	12	Angola	1:23,70
11	Coombs Tembo, Nkhosi J	12	Zambia	1:23,92
12	Payet, Thierry	12	Seychelles	1:24,48
13	Mmelesi, Abaleng	12	Botswana	1:26,67
14	Cooney, Zoah	12	Zambia	1:32,00
15	Elias, Yano	12	Angola	1:32,17
16	Makwenda, Jeremiah	9	Malawi	1:42,32
17	Mkavea, Tasunje	9	Malawi	1:48,93
18	Fraser, Luca	9	Eswatini	NT

Event 15 Women 13-14 100 LC Meter Backstroke**RECORD: 1:09,70 16-02-2017****Tailyn Seyffert****RSA**

	Name	Age	Team	Seed Time
1	Schultz, Timea	14	Zimbabwe	1:11,18
2	Ramajan, Saira	14	Zimbabwe	1:13,59
3	Smidt, Clio J	13	Republic Of South Africa	1:14,27
4	Jack, Michelle	14	Botswana	1:14,78
5	Armour, Kaeli-Peace	13	Republic Of South Africa	1:15,25
6	Ingwe, Kimberly	14	Botswana	1:16,53
7	Stange, Maya A	14	Namibia	1:17,74
8	Coates, Johanna K	13	Zambia	1:17,86
9	Phiri, Jade A	13	Zambia	1:18,57
10	Fernandes, Sophie	13	Mozambique	1:20,74
11	Nagayi, Sophia A	13	Uganda	1:21,47
12	Rey, Salome M	13	Namibia	1:23,33
13	Young, Raya	14	Eswatini	1:27,21
14	Dlamini, Siwakhile T	14	Eswatini	1:32,51
15	Nsereko, Nanette	13	Uganda	NT

Event 16 Men 13-14 100 LC Meter Backstroke**RECORD: 1:03,24 16-02-2017****Ethan R Spieker****RSA**

	Name	Age	Team	Seed Time
1	Lobo, Caio	14	Mozambique	1:06,83
2	Visagie, Leson G	14	Republic Of South Africa	1:10,36
3	Faftine, Kaio	13	Mozambique	1:10,44
4	Ellis, Quinn	13	Namibia	1:12,37
5	Ohm, Oliver	14	Namibia	1:13,22
6	Makaya, Tichatonga	13	Zimbabwe	1:13,46
7	Fernando, Khushal J	14	Zambia	1:13,86
8	Freitas, Filipe Simoes	14	Angola	1:14,89
9	Chisungo, Tawanda	14	Zimbabwe	1:16,29
10	Li Hing Duen, Shawn	13	Mauritius	1:17,56
11	Nagapin, Nathan	14	Seychelles	1:18,00
12	Matthews, Mmusi	13	Botswana	1:19,21
13	Fortes, Alex	14	Angola	1:20,30
14	Kgomogadio, Yande Y	13	Republic Of South Africa	1:20,40
15	Mokobi, Kgotla	13	Botswana	1:20,78
16	Mulenga, Mwenya	13	Zambia	1:21,40
17	Kumbatira, Tsinde	14	Malawi	1:26,42
18	De Sousa, Damien	13	Eswatini	1:30,57
19	Moosa, Muhammad Ali	14	Malawi	1:30,83


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Event 17 Women 15-16 100 LC Meter Backstroke

RECORD: 1:09,90 08-01-2009		HAYLEY P PLUMPSTEAD		RSA
Name	Age	Team	Seed Time	
1	Tendriavalona, Idealy D	15	Republic of Madagascar	1:07,15
2	Phiri, Mia A	16	Zambia	1:08,53
3	Esslinger, Tiana	16	Namibia	1:09,27
4	van der Westhuizen, Paige	16	Zimbabwe	1:10,15
5	Gebert, Ines	15	Mauritius	1:11,80
6	Matthews, Tselane	16	Botswana	1:12,39
7	Swanepoel, Abigail	16	Republic Of South Africa	1:13,03
8	Mutumbulua, Trisha	15	Namibia	1:13,43
9	Rollo, Riana	16	Zimbabwe	1:13,68
10	Vahed, Layla T	16	Republic Of South Africa	1:15,87
11	Hughes, Naya	15	Botswana	1:16,46
12	Elizabeth, Khema	15	Seychelles	1:20,57
13	Santo, Rafaela Espirito	15	Angola	1:21,14
14	Chibiya, Temwani A	16	Zambia	1:22,26

Event 18 Men 15-16 100 LC Meter Backstroke

RECORD: 1:00,95 16-02-2017		Ronan Z Wantenaar		NAM
Name	Age	Team	Seed Time	
1	AH Yong, Victor	15	Mauritius	1:02,00
2	Bekker, Andile	16	Botswana	1:02,37
3	Burger, Mikah K	15	Namibia	1:03,12
4	Landmann, Ramon	16	Republic Of South Africa	1:04,05
5	Pale, Justino	16	Mozambique	1:04,12
6	Verster, Dewie	16	Republic Of South Africa	1:05,40
7	Kaganda, Ben	16	Uganda	1:05,72
8	Mpofu, Jasper	16	Zimbabwe	1:07,99
9	Setzkorn, Friedrich	16	Namibia	1:08,77
10	Werrett, Cory	15	Zimbabwe	1:08,89
11	Sepetu, Isam A	15	Tanzania	1:09,10
12	Ciceron, Adrien	16	Mauritius	1:09,46
13	Gondo, Takundanashe	15	Botswana	1:11,72
14	Furtado, Yussen	15	Angola	1:12,98
15	Francisco, Alexandre	15	Angola	1:14,86
16	Liakopoulos, Theodoros E	15	Zambia	1:15,51
17	Shamambo, Damien	16	Zambia	1:33,70
18	Mwamba, Wina M	16	Zambia	1:41,86

Event 19 Women 17 & Over 100 LC Meter Backstroke

RECORD: 1:06,07 16-02-2017		Robyn Lee		ZIM
Name	Age	Team	Seed Time	
1	Stergiadis, Heleni	17	Namibia	1:07,87
2	Botha, Vicky A	18	Namibia	1:12,46
3	Young, Robyn	19	Eswatini	1:13,97
4	Freitas, Maria Lopes	22	Angola	1:16,17
5	Pinto, Ammara	22	Malawi	1:16,78
6	Ruele, Bupe B	16	Botswana	1:16,99
7	Jones, Siobhan	17	Zimbabwe	1:17,65
8	Schonken, Gemma	17	Zimbabwe	1:20,27
9	Chang'anamuno, Tayamika	19	Malawi	1:21,79
10	van Rooyen, Leone	17	Botswana	1:22,19
11	Naidu, Harleena	18	Zambia	1:25,06



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Event 19 ... (Women 17 & Over 100 LC Meter Backstroke)

12	Santos, Barbara	17	Angola	1:29,75
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Event 20 Men 17 & Over 100 LC Meter Backstroke

RECORD: 58,66 16-02-2017		DONKER Tom		ZAM
Name	Age	Team		Seed Time
1	Cyprianos, Denilson	17	Zimbabwe	57,60
2	Freeman, James S	18	Botswana	1:00,70
3	Andrianirina, Lalanomena A	21	Republic of Madagascar	1:02,24
4	Mukalazi, Tendo	17	Uganda	1:02,84
5	Adnan, Kabuye A	17	Uganda	1:03,34
6	Tayali, Quintin T	18	Zimbabwe	1:03,43
7	Fred, Tyler	17	Seychelles	1:04,70
8	Wellmann, Arkell J	17	Namibia	1:08,03
9	Moosa, Shaquille D	17	Zambia	1:09,55
10	Gertze, Matthew R	17	Namibia	1:09,61
11	Silva, Lucas	18	Angola	1:11,66
12	Dzingai, Solomon	19	Botswana	1:12,13

Event 21 Women 14 & Under 200 LC Meter Medley Relay

RECORD: 1:58,98 20-04-2016		SOUTH AFRICA		RSA
Team	Relay			Seed Time
1	Zimbabwe	A		2:11,51
	1) Schultz, Timea 14	2) Dhemba, Vhenekai 13	3) Ramajan, Saira 14	4) Goodinson, Kiara 14
2	Republic Of South Africa	A		2:12,36
3	Botswana	A		2:18,73
	1) Jack, Michelle 14	2) Dithlogo, Amaru 13	3) Mutie, Mutinda 14	4) Harry, Kyra 13
4	Uganda	A		2:20,65
5	Namibia	A		2:21,96
	1) Ohm, Michaela 12	2) Stange, Maya A 14	3) Westerduin, Reza 12	4) Spath, Mackenzie 14
6	Zambia	A		NT
	1) Coates, Johanna K 13	2) Liacopoulos, Antonia 14	3) Phiri, Jade A 13	4) Miti, Tamenji 12
7	Angola	A		NT
	1) Fernandes, Nhara 13	2) Tati, Nelja 11	3) Silva, Welwitschia 12	4) Santos, Inara 11

Event 22 Men 14 & Under 200 LC Meter Medley Relay

RECORD: 1:58,49 16-02-2017		Republic of South Africa		RSA
Team	Relay			Seed Time
1	Zimbabwe	A		2:05,24
	1) Makaya, Tichatonga 13	2) Vimba, Khaya 12	3) Chisungo, Tawanda 14	4) Mhlanga, Bjorn N 13
2	Republic Of South Africa	A		2:05,42
3	Uganda	A		2:08,72
4	Botswana	A		2:09,28
	1) Matthews, Mmusi 13	2) Mokobi, Kgotla 13	3) Keitsile, Junior 12	4) Molefe, Lerako 14
5	Namibia	A		2:12,14
	1) Durand, Oliver B 12	2) Ellis, Quinn 13	3) Magongo, Brave 14	4) Ohm, Oliver 14
6	Malawi	A		2:24,72
	1) Moosa, Muhammad Ali 14	2) Prieur, Ethan 12	3) Kumbatira, Tsinde 14	4) Banda, Asher 14
7	Zambia	A		NT
	1) Fernando, Khushal J 14	2) Mulenga, Ndabila B 14	3) Mulenga, Mwenya 13	4) Zeravica, Jack 11
8	Angola	A		NT
	1) Bredel, Rafael 12	2) Freitas, Filipe Simoes 14	3) Fortes, Alex 14	4) Tati, Janel 13



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Event 23 Women 15 & Over 200 LC Meter Medley Relay**RECORD: 2:04,40 16-02-2017****Republic of South Africa****RSA****E Hartzenberg, C Mundell, L Blignaut, L Smith**

	Team	Relay	Seed Time
1	Zimbabwe	A	2:04,68
	1) Rollo, Riana 16	2) van der Westhuizen, Paige 16	3) Mjimba, Nomvula B 17
	4) Brown, Courtney 17		
2	Botswana	A	2:09,74
	1) Matthews, Tselane 16	2) Matonhodze, Shamiso 15	3) Loo, Caitlin 15
	4) Egner, Maxine 15		
3	Republic Of South Africa	A	2:10,35
4	Namibia	A	2:11,48
	1) Esslinger, Tiana 16	2) Redecker, Nicole 16	3) Stergiadis, Heleni 17
	4) Mutumbulua, Trisha 15		
5	Mauritius	A	2:13,54
	1) Ramgoolam, Jamie Prishika 14	2) Kok Shun, Alicia 15	3) Gebert, Ines 15
	4) Ramdhun, Eunnice 12		
6	Mozambique	A	2:21,73
	1) Fernandes, Sophie 13	2) Pereira, Kelly 10	3) Mateus, Alicia 15
	4) Domingues, Ana Beatriz 12		
7	Malawi	A	2:22,01
	1) Pinto, Ammara 22	2) Makwenda, Jessica 14	3) Chang'anamuno, Tayamika 14
	4) Chizonda, Tracy 14		
8	Angola	A	NT
	1) Santo, Rafaela Espirito 15	2) Santos, Barbara 17	3) Cahombo, Melvire 17
	4) Freitas, Maria Lopes 22		

Event 24 Men 15 & Over 200 LC Meter Medley Relay**RECORD: 1:48,03 20-04-2016****ZAMBIA****ZAM**

	Team	Relay	Seed Time
1	Zimbabwe	A	1:49,80
	1) Cyprianos, Denilson 17	2) Werrett, Cory 15	3) McKonie, Joash 17
	4) Jones, Brett 17		
2	Botswana	A	1:52,05
	1) Bekker, Andile 16	2) Fischer, Ethan 17	3) Freeman, James S 18
	4) Dzingai, Solomon 19		
3	Mozambique	A	1:52,63
	1) Pale, Justino 16	2) Lawrence, Matthew 16	3) Lobo, Caio 14
	4) Xavier, Kelsey 17		
4	Republic Of South Africa	A	1:55,09
5	Namibia	A	1:57,55
	1) Burger, Mikah K 15	2) Rathenam, Keanet-Peter 15	3) Le Roux, Corné 17
	4) Wellmann, Arkell J 17		
6	Mauritius	A	1:59,84
	1) AH Yong, Victor 15	2) Leung Hing Wah, Timothy 12	3) Ciceron, Adrien 16
	4) LI Hing Duen, Shawn 13		
7	Zambia	A	NT
	1) Goveia, Ralph W 23	2) Naidu, Kumaren M 22	3) Mwamba, Wina M 16
	4) Moosa, Shaquille D 17		
8	Uganda	A	NT
9	Angola	A	NT
	1) Furtado, Yussen 15	2) Pires, Djamel 16	3) Silva, Lucas 18
	4) Silva, Gilberto 16		

Event 25 Women 12 & Under 200 LC Meter Breaststroke**RECORD: 2:59,22 17-02-2017****Alicia Kok Shun****MRI**

	Name	Age	Team	Seed Time
1	Muslun, Alina	12	Mauritius	3:08,00
2	Naukosho, Ariana	12	Namibia	3:13,20
3	Mudanye, Amelia	11	Uganda	3:21,72
4	Hoy, Hayley	11	Eswatini	3:22,63
5	Mahobebe, Loyiso	11	Zimbabwe	3:24,97
6	Wishart, Peyton	11	Zimbabwe	3:26,28
7	Pereira, Kelly	10	Mozambique	3:27,50
8	Mulenga, Mutale M	11	Zambia	3:27,86
9	Chang, Ji-eun	12	Botswana	3:38,29
10	Nakasule, Rahmah K	11	Uganda	3:48,99
11	Santos, Inara	11	Angola	3:51,06
12	Mkavea, Tujawile	12	Malawi	3:58,22



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Event 25 ... (Women 12 & Under 200 LC Meter Breaststroke)

13	Tati, Nelja	11	Angola	3:58,62
14	Mosho, Chisanga	12	Zambia	NT
15	Barbosa, Tianna	11	Eswatini	NT
16	Chang, Yun-suh	11	Botswana	NT

Event 26 Men 12 & Under 200 LC Meter Breaststroke

RECORD: 2:48,29 17-02-2017

Mikah K Burger

NAM

Name	Age	Team	Seed Time
1 Leung Hing Wah, Timothy	12	Mauritius	2:55,00
2 Durand, Oliver B	12	Namibia	2:59,00
3 Kalipengule, Limbikani	11	Zimbabwe	3:09,92
4 Vimba, Khaya	12	Zimbabwe	3:09,97
5 Nuwagaba, Daniel R	11	Uganda	3:11,03
6 Sethi, Khalil	12	Botswana	3:23,30
7 Cooney, Zoah	12	Zambia	3:23,43
8 Hekandjo, Kgosana O	12	Namibia	3:24,82
9 Keitsile, Junior	12	Botswana	3:25,23
10 Barradas, Hugo	12	Mozambique	3:27,09
11 Fraser, Luca	9	Eswatini	3:37,16
12 Cataldi, Giacinto	11	Zambia	3:41,72
13 Fraser, Tiano	11	Eswatini	3:51,94
14 Prieur, Ethan	12	Malawi	4:00,03
15 Mkavea, Tasunje	9	Malawi	NT

Event 27 Women 13-14 200 LC Meter Breaststroke

RECORD: 2:41,59 17-02-2017

Taily Seyffert

RSA

Name	Age	Team	Seed Time
1 Banza, Ingrid I	14	Republic Of South Africa	3:01,63
2 Ramgoolam, Jamie Prishika	14	Mauritius	3:03,70
3 Mason, Lilianna D	13	Seychelles	3:04,00
4 Stange, Maya A	14	Namibia	3:09,07
5 Liacopoulos, Antonia	14	Zambia	3:10,56
6 Schultz, Timea	14	Zimbabwe	3:10,74
7 Dithogo, Amaru	13	Botswana	3:11,84
8 Ingwe, Kimberly	14	Botswana	3:12,24
9 Dhemba, Vhenekai	13	Zimbabwe	3:12,42
10 Coates, Johanna K	13	Zambia	3:24,23
11 Rey, Salome M	13	Namibia	3:28,76
12 Chizonda, Tracy	14	Malawi	3:33,84
13 Fernandes, Nhara	13	Angola	3:37,69
14 Dlamini, Siwakhile T	14	Eswatini	NT

Event 28 Men 13-14 200 LC Meter Breaststroke

RECORD: 2:32,09 17-02-2017

Oliver Wong Chap Lan

MRI

Name	Age	Team	Seed Time
1 Lobo, Caio	14	Mozambique	2:38,35
2 Freitas, Filipe Simoes	14	Angola	2:40,03
3 Nagapin, Nathan	14	Seychelles	2:44,46
4 Thompson, Clayton E	14	Republic Of South Africa	2:54,16
5 Ngwenya, Onesimus	13	Zimbabwe	2:59,82
6 Faftine, Kaio	13	Mozambique	3:01,04
7 Ellis, Quinn	13	Namibia	3:01,99
8 Chisungo, Tawanda	14	Zimbabwe	3:02,02



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9	Birungi, Shane F	13	Uganda	3:03,70
10	Mwamba, Mutale	13	Zambia	3:03,91
11	Mokobi, Kgotla	13	Botswana	3:05,72
12	Kgomogadio, Yande Y	13	Republic Of South Africa	3:05,98
13	Matthews, Mmusi	13	Botswana	3:06,05
14	Esslinger, Nico	14	Namibia	3:13,58
15	Agaba, Lionel	13	Uganda	3:17,13
16	Banda, Asher	14	Malawi	3:27,74
17	Tati, Janel	13	Angola	3:30,17
18	Mulenga, Ndabila B	14	Zambia	4:16,21
19	De Sousa, Damien	13	Eswatini	NT

Event 29 Women 15-16 200 LC Meter Breaststroke

RECORD: 2:39,44 17-02-2017 **Christin Mundell** **RSA**

	Name	Age	Team	Seed Time
1	Kok Shun, Alicia	15	Mauritius	2:50,00
2	Jose, Teagan N	16	Republic Of South Africa	2:52,86
3	Mbite, Christine R	16	Republic Of South Africa	2:53,43
4	Redecker, Nicole	16	Namibia	2:57,16
5	Rollo, Riana	16	Zimbabwe	2:58,74
6	Matonhodze, Shamiso	15	Botswana	3:04,38
7	Chinyani, Nyasha	15	Zimbabwe	3:05,33
8	Fawaz, Yasmina	15	Zambia	3:07,07
9	Mutumbulua, Trisha	15	Namibia	3:10,90
10	Chibiya, Temwani A	16	Zambia	3:27,88
11	Loo, Caitlin	15	Botswana	NT

Event 30 Men 15-16 200 LC Meter Breaststroke

RECORD: 2:27,49 21-04-2016 **DAVIS Liam** **ZAM**

	Name	Age	Team	Seed Time
1	Miller, Joshua	15	Seychelles	2:34,01
2	Lawrence, Matthew	16	Mozambique	2:35,21
3	Werrett, Cory	15	Zimbabwe	2:36,45
4	Santos, Fabio A	16	Republic Of South Africa	2:40,18
5	Catillaz, Jeanre P	16	Republic Of South Africa	2:41,94
6	Oostindien, Jake	16	Zimbabwe	2:43,94
7	Rouse, Brandon	16	Botswana	2:50,44
8	Chonguiça, Yannis	16	Mozambique	2:52,94
9	Shamambo, Damien	16	Zambia	2:53,49
10	Rathenam, Keanet-Peter	15	Namibia	2:58,98
11	Pires, Djamel	16	Angola	2:59,87
12	Harry, Ethan	16	Botswana	3:08,60
13	Liakopoulos, Theodoros E	15	Zambia	3:09,76
14	Kisitu, Hayyan	15	Uganda	3:09,90
15	Silva, Gilberto	16	Angola	3:12,12

Event 31 Women 17 & Over 200 LC Meter Breaststroke

RECORD: 2:43,38 09-01-2009 **KERI J PLUMSTEAD** **RSA**

	Name	Age	Team	Seed Time
1	Paljk, Tilka	23	Zambia	2:45,85
2	Freitas, Maria Lopes	22	Angola	3:03,85
3	Naidu, Harleena	18	Zambia	3:06,80
4	Brown, Courtney	17	Zimbabwe	3:10,53



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Event 31 ... (Women 17 & Over 200 LC Meter Breaststroke)

5	Vos, Tayla S	17	Botswana	3:17,32
6	Gondo, Ruvarashe	17	Botswana	3:28,54
7	Schonken, Gemma	17	Zimbabwe	3:33,56

Event 32 Men 17 & Over 200 LC Meter Breaststroke

RECORD: 2:23,31 21-04-2016		Pedro Pinotes		ANG
Name	Age	Team	Seed Time	
1	Gomes, Filipe	22	Malawi	2:29,75
2	Fischer, Ethan	17	Botswana	2:36,13
3	Naidu, Kumaren M	22	Zambia	2:42,65
4	Mills, Tait	17	Zimbabwe	2:43,79
5	Wellmann, Arkell J	17	Namibia	2:53,99
6	Gertze, Matthew R	17	Namibia	3:03,09
7	Jones, Brett	17	Zimbabwe	3:42,72

Event 33 Women 12 & Under 50 LC Meter Backstroke

RECORD: 33,07 21-04-2016		PHIRI Mia		ZAM
Name	Age	Team	Seed Time	
1	Labuschagne, Isabelle	12	Seychelles	33,22
2	Miti, Tamenji	12	Zambia	36,13
3	Ohm, Michaela	12	Namibia	36,92
4	Westerduin, Reza	12	Namibia	37,46
5	Dawe, Tori	12	Zimbabwe	37,92
6	Hoy, Hayley	11	Eswatini	38,00
7	Domingues, Ana Beatriz	12	Mozambique	38,28
8	Wishart, Peyton	11	Zimbabwe	39,17
9	Sine, Gabriella N	12	Uganda	39,30
10	Mudanye, Amelia	11	Uganda	39,48
11	Moyo, Zoe	11	Zambia	39,83
12	Silva, Welwitschia	12	Angola	39,93
13	Ramdhun, Eunnice	12	Mauritius	40,76
14	Merafhe, Naledi	11	Botswana	40,85
15	Losacco, Olivia	11	Malawi	40,97
16	Oagile-Motso, Renee	12	Botswana	41,22
17	Morais, Nyriam	11	Angola	42,77
18	Mkavea, Tujawile	12	Malawi	45,90
19	Barbosa, Tianna	11	Eswatini	55,41

Event 34 Men 12 & Under 50 LC Meter Backstroke

RECORD: 32,76 17-02-2017		Victor AH Yong		MRI
Name	Age	Team	Seed Time	
1	Durand, Oliver B	12	Namibia	34,50
2	Payet, Alexander	12	Seychelles	35,00
3	Kalipengule, Limbikani	11	Zimbabwe	35,85
4	Kyabayinze, Zaabu D	12	Uganda	35,97
5	Zeravica, Jack	11	Zambia	36,42
6	Reilly, Sean	11	Zimbabwe	36,64
7	Barradas, Hugo	12	Mozambique	36,75
8	Coombs Tembo, Nkhosi J	12	Zambia	36,96
9	Hekandjo, Kgosana O	12	Namibia	37,43
10	Haskins, Ethan	12	Botswana	37,65
11	Nuwagaba, Daniel R	11	Uganda	37,96
12	Bredel, Rafael	12	Angola	38,92



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13	Keitsile, Junior	12	Botswana	39,58
14	Elias, Yano	12	Angola	41,66
15	Mkavea, Tasunje	9	Malawi	43,23
16	Prieur, Ethan	12	Malawi	44,43
17	Fraser, Luca	9	Eswatini	NT
18	Fraser, Tiano	11	Eswatini	NT

Event 35 Women 13-14 50 LC Meter Backstroke

RECORD: 31,85 21-04-2016 **KOENIG Camille** **MRI**

	Name	Age	Team	Seed Time
1	Schultz, Timea	14	Zimbabwe	32,79
2	Ramajan, Saira	14	Zimbabwe	33,59
3	Smidt, Clio J	13	Republic Of South Africa	34,25
4	Jack, Michelle	14	Botswana	34,35
5	Armour, Kaeli-Peace	13	Republic Of South Africa	34,99
6	Phiri, Jade A	13	Zambia	35,13
7	Labuschagne, Abigail	14	Seychelles	35,69
8	Coates, Johanna K	13	Zambia	35,75
9	Stange, Maya A	14	Namibia	35,92
10	Mutie, Mutinda	14	Botswana	36,16
11	Banona, Marry G	14	Uganda	36,85
12	Fernandes, Sophie	13	Mozambique	37,43
13	Nagayi, Sophia A	13	Uganda	37,84
14	Spath, Mackenzie	14	Namibia	38,33
15	Young, Raya	14	Eswatini	39,87
16	Makwenda, Jessica	14	Malawi	40,16
17	Chizonda, Tracy	14	Malawi	42,10
18	Young, Lauren	14	Eswatini	44,18

Event 36 Men 13-14 50 LC Meter Backstroke

RECORD: 29,81 07-05-2015 **Érico M Cuna** **MOZ**

	Name	Age	Team	Seed Time
1	Lobo, Caio	14	Mozambique	31,18
2	Makaya, Tichatonga	13	Zimbabwe	31,49
3	Ellis, Quinn	13	Namibia	33,06
4	Visagie, Leson G	14	Republic Of South Africa	33,15
5	Fernando, Khushal J	14	Zambia	33,31
6	Chisungo, Tawanda	14	Zimbabwe	33,43
7	Matthews, Mmusi	13	Botswana	33,74
8	Magongo, Brave	14	Namibia	35,09
9	Kgomogadio, Yande Y	13	Republic Of South Africa	35,09
10	Li Hing Duen, Shawn	13	Mauritius	35,98
11	Nagapin, Nathan	14	Seychelles	36,06
12	Mulenga, Ndabila B	14	Zambia	36,15
13	Fortes, Alex	14	Angola	36,16
14	Garmroudi, Yusurf	13	Botswana	36,57
15	Moosa, Muhammad Ali	14	Malawi	36,71
16	Kumbatira, Tsinde	14	Malawi	38,08
17	Kyabayinze, Daniel T	14	Uganda	39,24
18	De Sousa, Damien	13	Eswatini	39,74
19	Augusto, Armando	13	Angola	45,57



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Event 37 Women 15-16 50 LC Meter Backstroke

RECORD: 32,35 09-01-2009		HAYLEY P PLUMSTEAD		RSA
Name	Age	Team	Seed	Time
1	Phiri, Mia A	16	Zambia	30,89
2	Tendrinaivalona, Idealy D	15	Republic of Madagascar	31,10
3	van der Westhuizen, Paige	16	Zimbabwe	32,08
4	Rollo, Riana	16	Zimbabwe	32,21
5	Namutebi, Kirabo C	15	Uganda	32,93
6	Gebert, Ines	15	Mauritius	32,98
7	Esslinger, Tiana	16	Namibia	33,28
8	Vahed, Layla T	16	Republic Of South Africa	33,47
9	Matthews, Tselane	16	Botswana	33,78
10	Mutumbulua, Trisha	15	Namibia	33,87
11	Loo, Caitlin	15	Botswana	34,86
12	Elizabeth, Khema	15	Seychelles	34,87
13	Swanepoel, Abigail	16	Republic Of South Africa	36,21
14	Chibiya, Temwani A	16	Zambia	36,91
15	Santo, Rafaela Espirito	15	Angola	37,73
16	Dlamini, Senamile	16	Eswatini	40,01

Event 38 Men 15-16 50 LC Meter Backstroke

RECORD: 28,88 17-02-2017		Ronan Z Wantenaar		NAM
Name	Age	Team	Seed	Time
1	Burger, Mikah K	15	Namibia	28,82
2	AH Yong, Victor	15	Mauritius	29,00
3	Bekker, Andile	16	Botswana	29,13
4	Landmann, Ramon	16	Republic Of South Africa	29,59
5	Pale, Justino	16	Mozambique	29,69
6	Kaganda, Ben	16	Uganda	30,08
7	Verster, Dewie	16	Republic Of South Africa	30,47
8	Rouse, Brandon	16	Botswana	30,62
9	Ciceron, Adrien	16	Mauritius	30,75
10	Werrett, Cory	15	Zimbabwe	31,13
11	Mpofu, Jasper	16	Zimbabwe	31,39
12	Furtado, Yussen	15	Angola	31,46
13	Shamambo, Damien	16	Zambia	31,51
14	Sepetu, Isam A	15	Tanzania	31,97
15	Setzkorn, Friedrich	16	Namibia	32,29
16	Francisco, Alexandre	15	Angola	33,11
17	Musoke, Raphael	16	Uganda	33,91
18	Liakopoulos, Theodoros E	15	Zambia	35,15

Event 39 Women 17 & Over 50 LC Meter Backstroke

RECORD: 30,96 17-02-2017		Alexus Laird		SEY
Name	Age	Team	Seed	Time
1	Stergiadis, Heleni	17	Namibia	31,57
2	Rabejaona, Holy A	17	Republic of Madagascar	32,80
3	Ruele, Bupe B	16	Botswana	33,28
4	Young, Robyn	19	Eswatini	33,54
5	Botha, Vicky A	18	Namibia	34,31
6	Pinto, Ammara	22	Malawi	34,46
7	Jones, Siobhan	17	Zimbabwe	35,31
8	Mjimba, Nomvula B	17	Zimbabwe	35,66
9	Jobe, Hannah	16	Botswana	36,20



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Event 39 ... (Women 17 & Over 50 LC Meter Backstroke)

10	Chang'anamuno, Tayamika	19	Malawi	37,49
11	Naidu, Harleena	18	Zambia	38,70
12	Freitas, Maria Lopes	22	Angola	NT

Event 40 Men 17 & Over 50 LC Meter Backstroke

RECORD: 27,40 21-04-2016		DONKER Tom		ZAM
Name	Age	Team		Seed Time
1	Cyprianos, Denilson	17	Zimbabwe	27,74
2	Adnan, Kabuye A	17	Uganda	28,40
3	Mukalazi, Tendo	17	Uganda	28,40
4	Andrianirina, Lalanomena A	21	Republic of Madagascar	28,44
5	Fred, Tyler	17	Seychelles	28,68
6	Tayali, Quintin T	18	Zimbabwe	28,79
7	Bachmann, Mathieu	23	Seychelles	28,90
8	Freeman, James S	18	Botswana	29,07
9	Naidu, Kumaren M	22	Zambia	30,23
10	Moosa, Shaquille D	17	Zambia	31,93
11	Wellmann, Arkell J	17	Namibia	32,26
12	Kgang, Lefa	17	Botswana	32,35
13	Gertze, Matthew R	17	Namibia	32,98

Event 41 Women 12 & Under 200 LC Meter Freestyle

RECORD: 2:18,99 21-04-2016		VAN DER WESTHUIZEN Paige		ZIM
Name	Age	Team		Seed Time
1	Ohm, Michaela	12	Namibia	2:34,63
2	Naukosho, Ariana	12	Namibia	2:34,70
3	Hoy, Hayley	11	Eswatini	2:34,99
4	Ramdhun, Eunnice	12	Mauritius	2:35,20
5	Mahobebe, Loyiso	11	Zimbabwe	2:35,71
6	Lutalo, Natalie	11	Uganda	2:36,63
7	Dawe, Tori	12	Zimbabwe	2:36,77
8	Pereira, Kelly	10	Mozambique	2:37,26
9	Domingues, Ana Beatriz	12	Mozambique	2:38,64
10	Mosho, Chisanga	12	Zambia	2:40,42
11	Sine, Michelle K	12	Uganda	2:40,83
12	Moyo, Zoe	11	Zambia	2:52,23
13	Losacco, Olivia	11	Malawi	2:58,44
14	Chang, Ji-eun	12	Botswana	2:58,74
15	Ramakoloi, Thata	12	Botswana	2:58,86
16	Santos, Inara	11	Angola	3:04,44
17	Morais, Nyriam	11	Angola	3:11,48
18	Mkavea, Tujawile	12	Malawi	3:25,87

Event 42 Men 12 & Under 200 LC Meter Freestyle

RECORD: 2:18,93 21-04-2016		RUMBALL Brandon		ZAM
Name	Age	Team		Seed Time
1	Payet, Alexander	12	Seychelles	2:23,00
2	Barradas, Hugo	12	Mozambique	2:24,58
3	Heyns, Kyle	12	Zimbabwe	2:25,57
4	Durand, Oliver B	12	Namibia	2:28,05
5	Hekandjo, Kgosana O	12	Namibia	2:28,66
6	Payet, Thierry	12	Seychelles	2:30,12
7	Coombs Tembo, Nkhosi J	12	Zambia	2:37,04



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Event 42 ... (Men 12 & Under 200 LC Meter Freestyle)

8	Vimba, Khaya	12	Zimbabwe	2:38,98
9	Kyabayinze, Zaabu D	12	Uganda	2:39,12
10	Keitsile, Junior	12	Botswana	2:40,44
11	Cooney, Zoah	12	Zambia	2:41,04
12	Seetso, Nathan	12	Botswana	2:43,34
13	Elias, Yano	12	Angola	2:59,99
14	Makwenda, Jeremiah	9	Malawi	3:08,08
15	Mkavea, Tasunje	9	Malawi	3:19,87
16	Cochofel, Jose	12	Angola	3:29,86

Event 43 Women 13-14 200 LC Meter Freestyle

RECORD: 2:15,09 21-04-2016		LIM AH TOCK Layne		MRI
Name	Age	Team	Seed Time	
1	Beyers, Emma P	14	Republic Of South Africa	2:18,43
2	Finnis, Tiara L	14	Republic Of South Africa	2:19,55
3	Mahobele, Mkhusele	14	Zimbabwe	2:22,73
4	Schultz, Timea	14	Zimbabwe	2:23,39
5	Ramgoolam, Jamie Prishika	14	Mauritius	2:24,00
6	Ingwe, Kimberly	14	Botswana	2:26,64
7	Jack, Michelle	14	Botswana	2:27,65
8	Phiri, Jade A	13	Zambia	2:27,89
9	Mason, Lilianna D	13	Seychelles	2:30,00
10	Spath, Mackenzie	14	Namibia	2:30,49
11	Makwenda, Jessica	14	Malawi	2:31,20
12	Stange, Maya A	14	Namibia	2:31,69
13	Fernandes, Sophie	13	Mozambique	2:35,62
14	Kerai, Tejasvi	13	Seychelles	2:37,00
15	Coates, Johanna K	13	Zambia	2:38,50
16	Fernandes, Nhara	13	Angola	2:41,08
17	Nsereko, Nanette	13	Uganda	2:42,11
18	Young, Lauren	14	Eswatini	3:02,24
19	Chizonda, Tracy	14	Malawi	3:02,64
20	Young, Raya	14	Eswatini	NT
21	Nagayi, Sophia A	13	Uganda	NT

Event 44 Men 13-14 200 LC Meter Freestyle

RECORD: 2:02,48 17-02-2017		Ethan R Spieker		RSA
Name	Age	Team	Seed Time	
1	Freitas, Filipe Simoes	14	Angola	2:12,12
2	Makaya, Tichatonga	13	Zimbabwe	2:12,14
3	Visagie, Leson G	14	Republic Of South Africa	2:14,37
4	LI Hing Duen, Shawn	13	Mauritius	2:15,58
5	Ohm, Oliver	14	Namibia	2:15,61
6	Faftine, Kaio	13	Mozambique	2:16,47
7	Lobo, Caio	14	Mozambique	2:19,05
8	Fernando, Khushal J	14	Zambia	2:19,90
9	Mhlanga, Bjorn N	13	Zimbabwe	2:20,63
10	Pheeha, Junior J	14	Republic Of South Africa	2:21,70
11	Ellis, Quinn	13	Namibia	2:22,69
12	Birungi, Shane F	13	Uganda	2:23,34
13	Mokobi, Kgotla	13	Botswana	2:25,34
14	Fortes, Alex	14	Angola	2:26,96



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Event 44 ... (Men 13-14 200 LC Meter Freestyle)

15	Molefe, Lerako	14	Botswana	2:31,90
16	Moosa, Muhammad Ali	14	Malawi	2:35,57
17	Mulenga, Mwenya	13	Zambia	2:36,07
18	Banda, Asher	14	Malawi	2:36,29
19	De Sousa, Damien	13	Eswatini	2:51,51

Event 45 Women 15-16 200 LC Meter Freestyle

RECORD: 2:13,95 21-04-2016		SCHATZ Kiara		NAM
Name	Age	Team	Seed Time	
1	van der Westhuizen, Paige	16	Zimbabwe	2:07,69
2	Van Jaarsveld, Danica C	16	Republic Of South Africa	2:16,27
3	Egner, Maxine	15	Botswana	2:16,62
4	Esslinger, Tiana	16	Namibia	2:16,70
5	Gebert, Ines	15	Mauritius	2:17,00
6	Kok Shun, Alicia	15	Mauritius	2:18,00
7	Elizabeth, Khema	15	Seychelles	2:20,20
8	Mbite, Christine R	16	Republic Of South Africa	2:20,22
9	Rollo, Riana	16	Zimbabwe	2:21,25
10	Mateus, Alicia	15	Mozambique	2:22,56
11	Loo, Caitlin	15	Botswana	2:23,08
12	Mutumbulua, Trisha	15	Namibia	2:24,99
13	Santo, Rafaela Espirito	15	Angola	2:24,99
14	Dlamini, Senamile	16	Eswatini	NT

Event 46 Men 15-16 200 LC Meter Freestyle

RECORD: 1:58,34 17-02-2017		James S Freeman		BOTS
Name	Age	Team	Seed Time	
1	Bekker, Andile	16	Botswana	1:59,17
2	AH Yong, Victor	15	Mauritius	2:02,00
3	Pale, Justino	16	Mozambique	2:04,54
4	Payet, Damien	16	Seychelles	2:05,00
5	Verster, Dewie	16	Republic Of South Africa	2:06,07
6	vd Westhuizen, Wietske	16	Republic Of South Africa	2:07,05
7	Franceys, Ryan	15	Zimbabwe	2:08,83
8	Vidot, Alain	15	Seychelles	2:08,87
9	Burger, Mikah K	15	Namibia	2:10,66
10	Werrett, Cory	15	Zimbabwe	2:11,10
11	Sepetu, Isam A	15	Tanzania	2:14,00
12	van Rooyen, Benco	15	Botswana	2:14,44
13	Mwamba, Wina M	16	Zambia	2:14,63
14	Chonguiça, Yannis	16	Mozambique	2:14,75
15	Setzkorn, Friedrich	16	Namibia	2:19,37
16	Francisco, Alexandre	15	Angola	2:22,49
17	Silva, Gilberto	16	Angola	2:28,08
18	Liakopoulos, Theodoros E	15	Zambia	2:32,42

Event 47 Women 17 & Over 200 LC Meter Freestyle

RECORD: 2:11,26 17-02-2017		Alexus Laird		SEY
Name	Age	Team	Seed Time	
1	Stergiadis, Heleni	17	Namibia	2:11,21
2	Mjimba, Nomvula B	17	Zimbabwe	2:18,47
3	Botha, Vicky A	18	Namibia	2:20,15
4	Brown, Courtney	17	Zimbabwe	2:21,10



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Event 47 ... (Women 17 & Over 200 LC Meter Freestyle)

5	Ruele, Bupe B	16	Botswana	2:30,63
6	Jobe, Hannah	16	Botswana	2:33,76
7	Pinto, Ammara	22	Malawi	2:34,56
8	Santos, Barbara	17	Angola	2:44,60

Event 48 Men 17 & Over 200 LC Meter Freestyle

RECORD: 1:54,23 07-05-2015

Pedro Pinotes

ANG

Name	Age	Team	Seed Time
1 Freeman, James S	18	Botswana	1:52,11
2 Gomes, Filipe	22	Malawi	2:00,67
3 Le Roux, Corné	17	Namibia	2:00,83
4 Cyprianos, Denilson	17	Zimbabwe	2:01,43
5 Payet, Bertrand	17	Seychelles	2:06,00
6 Jones, Brett	17	Zimbabwe	2:06,09
7 Xavier, Kelsey	17	Mozambique	2:07,35
8 Wellmann, Arkell J	17	Namibia	2:13,28
9 Silva, Lucas	18	Angola	2:17,75
10 Dzingai, Solomon	19	Botswana	2:19,05

Event 49 Women 12 & Under 50 LC Meter Butterfly

RECORD: 31,07 21-04-2016

PHIRI Mia

ZAM

Name	Age	Team	Seed Time
1 Miti, Tamenji	12	Zambia	31,77
2 Makwabarara, Mikayla	11	Zimbabwe	33,71
3 Hoy, Hayley	11	Eswatini	33,90
4 Ramdhun, Eunnice	12	Mauritius	34,08
5 Westerduin, Reza	12	Namibia	34,41
6 Labuschagne, Isabelle	12	Seychelles	34,60
7 Muslun, Alina	12	Mauritius	35,00
8 Mosho, Chisanga	12	Zambia	35,02
9 Naukosho, Ariana	12	Namibia	35,19
10 Silva, Welwitschia	12	Angola	35,33
11 Dawe, Tori	12	Zimbabwe	35,59
12 Nakasule, Rahmah K	11	Uganda	35,69
13 Pereira, Kelly	10	Mozambique	36,29
14 Domingues, Ana Beatriz	12	Mozambique	36,75
15 Mudanye, Amelia	11	Uganda	38,00
16 Chang, Ji-eun	12	Botswana	38,34
17 Losacco, Olivia	11	Malawi	38,92
18 Morais, Nyriam	11	Angola	39,60
19 Oagile-Motso, Renee	12	Botswana	44,06
20 Haiya, Chisomo	12	Malawi	47,80
21 Barbosa, Tianna	11	Eswatini	NT

Event 50 Men 12 & Under 50 LC Meter Butterfly

RECORD: 30,12 17-02-2017

Mikah K Burger

NAM

Name	Age	Team	Seed Time
1 Keitsile, Junior	12	Botswana	30,81
2 Payet, Alexander	12	Seychelles	32,00
3 Bredel, Rafael	12	Angola	32,63
4 Durand, Oliver B	12	Namibia	32,80
5 Vimba, Khaya	12	Zimbabwe	33,09
6 Heyns, Kyle	12	Zimbabwe	33,24



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Event 50 ... (Men 12 & Under 50 LC Meter Butterfly)

7	Barradas, Hugo	12	Mozambique	33,67
8	Ssengooba, Ethan M	11	Uganda	33,88
9	Peterson, Inhyensiko S	11	Uganda	34,45
10	Zeravica, Jack	11	Zambia	34,70
11	Payet, Thierry	12	Seychelles	35,12
12	Haskins, Ethan	12	Botswana	35,28
13	Hekandjo, Kgosana O	12	Namibia	35,99
14	Coombs Tembo, Nkhosi J	12	Zambia	38,36
15	Furtado, Marco	10	Angola	38,87
16	Prieur, Ethan	12	Malawi	40,88
17	Fraser, Luca	9	Eswatini	41,58
18	Mkavea, Tasunje	9	Malawi	47,90

Event 51 Women 13-14 50 LC Meter Butterfly

RECORD: 30,08 21-04-2016		KOENIG Camille		MRI
Name	Age	Team	Seed Time	
1	Phiri, Jade A	13	Zambia	30,78
2	Goodinson, Kiara	14	Zimbabwe	31,71
3	Dhemba, Vhenekai	13	Zimbabwe	31,84
4	Beyers, Emma P	14	Republic Of South Africa	31,85
5	Labuschagne, Abigail	14	Seychelles	33,25
6	Ingwe, Kimberly	14	Botswana	33,31
7	Smidt, Clio J	13	Republic Of South Africa	33,55
8	Fernandes, Sophie	13	Mozambique	33,59
9	Mutie, Mutinda	14	Botswana	33,69
10	Vidmar, Julijana	13	Zambia	34,32
11	Mason, Lilianna D	13	Seychelles	35,00
12	Stange, Maya A	14	Namibia	35,01
13	Nagayi, Sophia A	13	Uganda	35,03
14	Spath, Mackenzie	14	Namibia	36,85
15	Makwenda, Jessica	14	Malawi	37,09
16	Dlamini, Siwakhile T	14	Eswatini	37,40
17	Banona, Marry G	14	Uganda	37,75
18	Young, Raya	14	Eswatini	39,59
19	Chizonda, Tracy	14	Malawi	40,43

Event 52 Men 13-14 50 LC Meter Butterfly

RECORD: 27,18 07-05-2015		Érico M Cuna		MOZ
Name	Age	Team	Seed Time	
1	Makaya, Tichatonga	13	Zimbabwe	27,96
2	Lobo, Caio	14	Mozambique	28,38
3	Kotze, Pierce	14	Republic Of South Africa	29,06
4	Nagapin, Nathan	14	Seychelles	29,21
5	Chisungo, Tawanda	14	Zimbabwe	29,76
6	Fernando, Khushal J	14	Zambia	31,71
7	Ohm, Oliver	14	Namibia	32,27
8	Mulenga, Ndabila B	14	Zambia	32,29
9	Ellis, Quinn	13	Namibia	32,35
10	Seetso, Thabang	14	Botswana	32,87
11	Matthews, Mmusi	13	Botswana	33,14
12	Devan, Darshan	14	Republic Of South Africa	33,22
13	Kumbatira, Tsinde	14	Malawi	34,31



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CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Psych Sheet****Event 52 ... (Men 13-14 50 LC Meter Butterfly)**

14	LI Hing Duen, Shawn	13	Mauritius	34,78
15	Banda, Asher	14	Malawi	35,65
16	Kyabayinze, Daniel T	14	Uganda	36,14
17	De Sousa, Damien	13	Eswatini	39,07
18	Augusto, Armando	13	Angola	39,78
19	Tati, Janel	13	Angola	45,70

Event 53 Women 15-16 50 LC Meter Butterfly**RECORD: 29,35 17-02-2017****Lesley C Blignaut****RSA**

	Name	Age	Team	Seed Time
1	Phiri, Mia A	16	Zambia	29,22
2	van der Westhuizen, Paige	16	Zimbabwe	29,91
3	Tendrinavalona, Idealy D	15	Republic of Madagascar	30,18
4	Young, Alexia	16	Republic Of South Africa	30,33
5	Egner, Maxine	15	Botswana	30,63
6	Namutebi, Kirabo C	15	Uganda	30,65
7	Mateus, Alicia	15	Mozambique	31,28
8	Loo, Caitlin	15	Botswana	31,48
9	Rollo, Riana	16	Zimbabwe	31,49
10	Elizabeth, Khema	15	Seychelles	31,50
11	Mutumbulua, Trisha	15	Namibia	32,34
12	Mbite, Christine R	16	Republic Of South Africa	32,96
13	Redecker, Nicole	16	Namibia	34,54
14	Fawaz, Yasmina	15	Zambia	35,03
15	Chibiya, Temwani A	16	Zambia	36,06
16	Dlamini, Senamile	16	Eswatini	36,98

Event 54 Men 15-16 50 LC Meter Butterfly**RECORD: 26,63 07-05-2015****Junaid A Scheepers****RSA**

	Name	Age	Team	Seed Time
1	Lawrence, Matthew	16	Mozambique	26,07
2	AH Yong, Victor	15	Mauritius	27,00
3	Ciceron, Adrien	16	Mauritius	27,27
4	Pires, Djamel	16	Angola	27,64
5	Burger, Mikah K	15	Namibia	27,77
6	Mwamba, Wina M	16	Zambia	27,77
7	Correia, Gabriel L	16	Republic Of South Africa	27,84
8	Kaganda, Ben	16	Uganda	27,88
9	Shamambo, Damien	16	Zambia	28,20
10	Miller, Joshua	15	Seychelles	28,20
11	Furtado, Yussen	15	Angola	28,25
12	Rouse, Brandon	16	Botswana	28,31
13	vd Westhuizen, Wietske	16	Republic Of South Africa	28,75
14	Harry, Ethan	16	Botswana	28,93
15	Ngwenya, Nathan	15	Zimbabwe	29,02
16	Vidot, Alain	15	Seychelles	29,06
17	Musoke, Raphael	16	Uganda	29,08
18	Oostindien, Jake	16	Zimbabwe	29,28
19	Sepetu, Isam A	15	Tanzania	30,27
20	Setzkorn, Friedrich	16	Namibia	30,29


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Event 55 Women 17 & Over 50 LC Meter Butterfly

RECORD: 28,65 17-02-2017		Robyn Lee		ZIM
Name	Age	Team		Seed Time
1	Rabejaona, Holy A	17	Republic of Madagascar	29,57
2	Mjimba, Nomvula B	17	Zimbabwe	29,91
3	Stergiadis, Heleni	17	Namibia	30,60
4	Mogara, Amantle	20	Botswana	31,83
5	Gondo, Ruvarashe	17	Botswana	32,16
6	Jones, Siobhan	17	Zimbabwe	32,39
7	Paljk, Tilka	23	Zambia	33,12
8	Botha, Vicky A	18	Namibia	33,53
9	Cahombo, Melvire	17	Angola	33,67
10	Chang'anamuno, Tayamika	19	Malawi	34,34
11	Pinto, Ammara	22	Malawi	34,76
12	Naidu, Harleena	18	Zambia	35,09
13	Young, Robyn	19	Eswatini	NT

Event 56 Men 17 & Over 50 LC Meter Butterfly

RECORD: 25,11 21-04-2016		GOVEIA Ralph		ZAM
Name	Age	Team		Seed Time
1	Goveia, Ralph W	23	Zambia	24,33
2	Freeman, James S	18	Botswana	25,50
3	McKonie, Joash	17	Zimbabwe	25,65
4	Bachmann, Mathieu	23	Seychelles	25,80
5	Gomes, Filipe	22	Malawi	26,29
6	Rakotomavo, Herinirina J	23	Republic of Madagascar	26,30
7	Fred, Tyler	17	Seychelles	26,42
8	Tayali, Quintin T	18	Zimbabwe	26,72
9	Andrianirina, Lalanomena A	21	Republic of Madagascar	26,97
10	Le Roux, Corné	17	Namibia	27,38
11	Adnan, Kabuye A	17	Uganda	27,58
12	Xavier, Kelsey	17	Mozambique	27,66
13	Naidu, Kumaren M	22	Zambia	27,75
14	Mukalazi, Tendo	17	Uganda	27,80
15	Sebikiri, Maemo	20	Botswana	28,62
16	Dlamini, Simanga	22	Eswatini	28,64
17	Silva, Lucas	18	Angola	28,99
18	Wellmann, Arkell J	17	Namibia	29,22

Event 57 Women 14 & Under 400 LC Meter Freestyle Relay

RECORD: 4:13,21 21-04-2016		MAURITIUS		MRI
Team	Relay			Seed Time
1	Republic Of South Africa	A		4:22,45
2	Zimbabwe	A		4:22,55
3	1) Goodinson, Kiara 14 Botswana	2) Ramajan, Saira 14 A	3) Dhemba, Vhenekai 13	4) Schultz, Timea 14 4:32,43
4	1) Dithogo, Amaru 13 Namibia	2) Ingwe, Kimberly 14 A	3) Mutie, Mutinda 14	4) Jack, Michelle 14 4:34,90
5	1) Spath, Mackenzie 14 Uganda	2) Naukosho, Ariana 12 A	3) Ohm, Michaela 12	4) Stange, Maya A 14 4:55,31
6	1) Phiri, Jade A 13 Zambia	2) Miti, Tamenji 12 A	3) Coates, Johanna K 13	4) Mosho, Chisanga 12 NT
7	1) Fernandes, Nhara 13 Angola	2) Silva, Welwitschia 12 A	3) Morais, Nyriam 11	4) Santos, Inara 11 NT



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Event 58 Men 14 & Under 400 LC Meter Freestyle Relay

RECORD: 3:53,33 17-02-2017

Republic of South Africa

RSA

E Spieker, S Maseko, B Remley, L Taukobong

Team	Relay	Seed Time	
1 Zimbabwe	A	4:06,14	
1) Mhlanga, Bjorn N 13	2) Ngwenya, Onesimus 13	3) Chisungo, Tawanda 14	4) Makaya, Tichatonga 13
2 Republic Of South Africa	A	4:08,18	
3 Namibia	A	4:17,47	
1) Ellis, Quinn 13	2) Magongo, Brave 14	3) Esslinger, Nico 14	4) Ohm, Oliver 14
4 Uganda	A	4:20,10	
5 Botswana	A	4:24,27	
1) Mokobi, Kgotla 13	2) Matthews, Mmusi 13	3) Keitsile, Junior 12	4) Molefe, Lerako 14
6 Malawi	A	4:59,72	
1) Banda, Asher 14	2) Makwenda, Jeremiah 9	3) Kumbatira, Tsinde 14	4) Moosa, Muhammad Ali 14
7 Zambia	A	NT	
1) Fernando, Khushal J 14	2) Mulenga, Mwenya 13	3) Coombs Tembo, Nkhosi J 12	4) Zeravica, Jack 11
8 Angola	A	NT	
1) Freitas, Filipe Simoes 14	2) Bredel, Rafael 12	3) Fortes, Alex 14	4) Tati, Janel 13

Event 59 Women 15 & Over 400 LC Meter Freestyle Relay

RECORD: 4:10,28 17-02-2017

ZIM A cana 17

ZIM

D Leask, N Mukonoweshuro, M Koen, R Lee

Team	Relay	Seed Time	
1 Zimbabwe	A	4:06,23	
1) Mjimba, Nomvula B 17	2) Rollo, Riana 16	3) Brown, Courtney 17	4) van der Westhuizen, Paige 16
2 Namibia	A	4:15,12	
1) Esslinger, Tiana 16	2) Botha, Vicky A 18	3) Mutumbulua, Trisha 15	4) Stergiadis, Heleni 17
3 Republic Of South Africa	A	4:15,15	
4 Botswana	A	4:16,70	
1) Loo, Caitlin 15	2) Matthews, Tselane 16	3) Ruele, Bupe B 16	4) Egner, Maxine 15
5 Mauritius	A	4:19,74	
1) Ramgoolam, Jamie Prishika 14	2) Kok Shun, Alicia 15	3) Gebert, Ines 15	4) Ramdhun, Eunnice 12
6 Mozambique	A	4:33,97	
1) Domingues, Ana Beatriz 12	2) Fernandes, Sophie 13	3) Pereira, Kelly 10	4) Mateus, Alicia 15
7 Malawi	A	4:48,46	
1) Chizonda, Tracy 14	2) Chang'anamuno, Tayamika 19	3) Makwenda, Jessica 14	4) Pinto, Ammara 22
8 Angola	A	NT	
1) Santo, Rafaela Espirito 15	2) Freitas, Maria Lopes 22	3) Cahombo, Melvire 17	4) Santos, Barbara 17

Event 60 Men 15 & Over 400 LC Meter Freestyle Relay

RECORD: 3:37,94 21-04-2016

MAURITIUS

MRI

Team	Relay	Seed Time	
1 Zimbabwe	A	3:41,59	
1) Cyprianos, Denilson 17	2) Tayali, Quintin T 18	3) Jones, Brett 17	4) McKonie, Joash 17
2 Botswana	A	3:42,03	
1) Bekker, Andile 16	2) Dzingai, Solomon 19	3) Rouse, Brandon 16	4) Freeman, James S 18
3 Mauritius	A	3:45,87	
1) AH Yong, Victor 15	2) Leung Hing Wah, Timothy 12	3) Ciceron, Adrien 16	4) LI Hing Duen, Shawn 13
4 Republic Of South Africa	A	3:47,91	
5 Mozambique	A	3:48,08	
1) Pale, Justino 16	2) Lobo, Caio 14	3) Xavier, Kelsey 17	4) Lawrence, Matthew 16
6 Namibia	A	3:52,43	
1) Burger, Mikah K 15	2) Gertze, Matthew R 17	3) Wellmann, Arkell J 17	4) Le Roux, Corné 17
7 Zambia	A	NT	
1) Goveia, Ralph W 23	2) Moosa, Shaquille D 17	3) Mwamba, Wina M 16	4) Shamambo, Damien 16



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Event 60 ... (Men 15 & Over 400 LC Meter Freestyle Relay)

8	Uganda	A	NT
9	Angola	A	NT
	1) Furtado, Yussen 15	2) Pires, Djamel 16	3) Silva, Lucas 18
			4) Francisco, Alexandre 15

Event 61 Women 14 & Under 400 LC Meter Freestyle

RECORD: 4:42,99 18-02-2017

Tori C Oliver

RSA

Name	Age	Team	Seed Time
1	Beyers, Emma P	14 Republic Of South Africa	4:51,71
2	Finnis, Tiara L	14 Republic Of South Africa	4:56,55
3	Ramgoolam, Jamie Prishika	14 Mauritius	5:07,08
4	Mahobebe, Mkhusele	14 Zimbabwe	5:10,56
5	Mutie, Mutinda	14 Botswana	5:11,52
6	Schultz, Timea	14 Zimbabwe	5:13,62
7	Jack, Michelle	14 Botswana	5:14,56
8	Mason, Lilianna D	13 Seychelles	5:15,00
9	Fernandes, Sophie	13 Mozambique	5:20,66
10	Phiri, Jade A	13 Zambia	5:22,22
11	Naukosho, Ariana	12 Namibia	5:27,21
12	Sine, Gabriella N	12 Uganda	5:35,84
13	Kerai, Tejasvi	13 Seychelles	5:36,00
14	Sine, Michelle K	12 Uganda	5:36,40
15	Spath, Mackenzie	14 Namibia	5:36,57
16	Vidmar, Julijana	13 Zambia	5:43,38
17	Nagayi, Sophia A	13 Uganda	5:45,68

Event 62 Men 14 & Under 400 LC Meter Freestyle

RECORD: 4:27,15 18-02-2017

Ethan R Spieker

RSA

Name	Age	Team	Seed Time
1	Freitas, Filipe Simoes	14 Angola	4:41,47
2	Visagie, Leson G	14 Republic Of South Africa	4:46,77
3	Faftine, Kaio	13 Mozambique	4:47,35
4	Li Hing Duen, Shawn	13 Mauritius	5:00,20
5	Makaya, Tichatonga	13 Zimbabwe	5:00,75
6	Ohm, Oliver	14 Namibia	5:01,71
7	Esslinger, Nico	14 Namibia	5:06,99
8	Ngwenya, Onesimus	13 Zimbabwe	5:08,47
9	Fortes, Alex	14 Angola	5:19,30
10	Leung Hing Wah, Timothy	12 Mauritius	5:20,00
11	Fernando, Khushal J	14 Zambia	5:22,02
12	Mokobi, Kgotla	13 Botswana	5:22,40
13	Thompson, Clayton E	14 Republic Of South Africa	5:23,04
14	Kyabayinze, Zaabu D	12 Uganda	5:24,59
15	Cooney, Zoah	12 Zambia	5:35,16
16	Matthews, Mmusi	13 Botswana	5:46,35
17	Banda, Asher	14 Malawi	5:56,87

Event 63 Women 15 & Over 400 LC Meter Freestyle

RECORD: 4:04,44 22-04-2016

MOGNE Igor

MOZ

Name	Age	Team	Seed Time
1	Stergiadis, Heleni	17 Namibia	4:35,58
2	Esslinger, Tiana	16 Namibia	4:45,92
3	van der Westhuizen, Paige	16 Zimbabwe	4:46,03
4	Van Jaarsveld, Danica C	16 Republic Of South Africa	4:48,18



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CANA Zone IV Championships - 20-02-2020 to 23-02-2020**Psych Sheet****Event 63 ... (Women 15 & Over 400 LC Meter Freestyle)**

5	Egner, Maxine	15	Botswana	4:48,22
6	Swanepoel, Abigail	16	Republic Of South Africa	5:00,14
7	Matthews, Tselane	16	Botswana	5:00,34
8	Rollo, Riana	16	Zimbabwe	5:06,47
9	Mateus, Alicia	15	Mozambique	5:07,75
10	Santo, Rafaela Espirito	15	Angola	5:16,13
11	Ruele, Bupe B	16	Botswana	5:19,10
12	Pinto, Ammara	22	Malawi	5:20,00
13	van Rooyen, Leone	17	Botswana	5:33,20
14	Santos, Barbara	17	Angola	5:46,57

Event 64 Men 15 & Over 400 LC Meter Freestyle**RECORD: 4:07,15 08-05-2015****Pedro Pinotes****ANG**

	Name	Age	Team	Seed Time
1	Freeman, James S	18	Botswana	3:53,18
2	Bekker, Andile	16	Botswana	4:14,98
3	Payet, Damien	16	Seychelles	4:18,28
4	AH Yong, Victor	15	Mauritius	4:20,00
5	Cyprianos, Denilson	17	Zimbabwe	4:22,49
6	Gomes, Filipe	22	Malawi	4:24,35
7	Payet, Bertrand	17	Seychelles	4:25,00
8	Pale, Justino	16	Mozambique	4:31,52
9	vd Westhuizen, Wietske	16	Republic Of South Africa	4:31,65
10	Wellmann, Arkell J	17	Namibia	4:39,78
11	Catillaz, Jeanre P	16	Republic Of South Africa	4:40,63
12	Franceys, Ryan	15	Zimbabwe	4:43,28
13	Gertze, Matthew R	17	Namibia	4:44,81
14	Chonguiça, Yannis	16	Mozambique	4:46,47
15	van Rooyen, Benco	15	Botswana	4:51,58
16	Fischer, Ethan	17	Botswana	4:51,80
17	Musoke, Raphael	16	Uganda	5:01,37
18	Silva, Gilberto	16	Angola	5:19,37

Event 65 Women 12 & Under 100 LC Meter Butterfly**RECORD: 1:12,77 22-04-2016****PHIRI Mia****ZAM**

	Name	Age	Team	Seed Time
1	Miti, Tamenji	12	Zambia	1:16,94
2	Naukosho, Ariana	12	Namibia	1:18,57
3	Hoy, Hayley	11	Eswatini	1:20,78
4	Mosho, Chisanga	12	Zambia	1:22,12
5	Dawe, Tori	12	Zimbabwe	1:24,01
6	Ohm, Michaela	12	Namibia	1:24,18
7	Domingues, Ana Beatriz	12	Mozambique	1:24,29
8	Pereira, Kelly	10	Mozambique	1:26,43
9	Mudanye, Amelia	11	Uganda	1:26,90
10	Silva, Welwitschia	12	Angola	1:28,05
11	Nakasule, Rahmah K	11	Uganda	1:33,31
12	Ramdhun, Eunnice	12	Mauritius	1:33,45
13	Losacco, Olivia	11	Malawi	1:37,03
14	Morais, Nyriam	11	Angola	1:43,76
15	Haiya, Chisomo	12	Malawi	2:18,00
16	Chang, Ji-eun	12	Botswana	NT



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Event 65 ... (Women 12 & Under 100 LC Meter Butterfly)

17 Merafhe, Naledi 11 Botswana NT

Event 66 Men 12 & Under 100 LC Meter Butterfly

RECORD: 1:06,20 18-02-2017 Mikah K Burger NAM
Name Age Team Seed Time

1	Durand, Oliver B	12	Namibia	1:12,77
2	Payet, Alexander	12	Seychelles	1:15,00
3	Keitsile, Junior	12	Botswana	1:15,18
4	Kalipengule, Limbikani	11	Zimbabwe	1:17,68
5	Hekandjo, Kgosana O	12	Namibia	1:18,01
6	Vimba, Khaya	12	Zimbabwe	1:25,06
7	Coombs Tembo, Nkhosi J	12	Zambia	1:25,09
8	Kyabayinze, Zaabu D	12	Uganda	1:27,28
9	Seetso, Nathan	12	Botswana	1:29,74
10	Zeravica, Jack	11	Zambia	1:29,96
11	Furtado, Marco	10	Angola	1:42,67
12	Taborda, Helio	12	Angola	1:42,88
13	Mkavea, Tasunje	9	Malawi	1:50,80
14	Ssengooba, Ethan M	11	Uganda	NT

Event 67 Women 13-14 100 LC Meter Butterfly

RECORD: 1:07,40 18-02-2017 Tori C Oliver RSA
Name Age Team Seed Time

1	Dhemba, Vhenekai	13	Zimbabwe	1:11,49
2	Mahobebe, Mkhusele	14	Zimbabwe	1:11,89
3	Beyers, Emma P	14	Republic Of South Africa	1:12,72
4	Ingwe, Kimberly	14	Botswana	1:14,83
5	Mutie, Mutinda	14	Botswana	1:15,47
6	Smidt, Clio J	13	Republic Of South Africa	1:15,75
7	Vidmar, Julijana	13	Zambia	1:19,15
8	Kerai, Tejasvi	13	Seychelles	1:20,00
9	Fernandes, Sophie	13	Mozambique	1:20,86
10	Makwenda, Jessica	14	Malawi	X1:36,49
11	Dlamini, Siwakhile T	14	Eswatini	1:37,65
12	Young, Raya	14	Eswatini	1:46,00

Event 68 Men 13-14 100 LC Meter Butterfly

RECORD: 1:01,06 18-02-2017 Salvador Gordo ANG
Name Age Team Seed Time

1	Makaya, Tichatonga	13	Zimbabwe	1:04,08
2	Lobo, Caio	14	Mozambique	1:04,36
3	Freitas, Filipe Simoes	14	Angola	1:05,25
4	Nagapin, Nathan	14	Seychelles	1:06,86
5	Kotze, Pierce	14	Republic Of South Africa	1:06,91
6	Chisungo, Tawanda	14	Zimbabwe	1:07,43
7	Faftine, Kaio	13	Mozambique	1:09,04
8	Devan, Darshan	14	Republic Of South Africa	1:14,12
9	Ellis, Quinn	13	Namibia	1:17,04
10	Magongo, Brave	14	Namibia	1:18,57
11	Mulenga, Mwenya	13	Zambia	1:25,04
12	Moosa, Muhammad Ali	14	Malawi	1:25,08
13	Kumbatira, Tsinde	14	Malawi	1:26,93
14	Garmroudi, Yusurf	13	Botswana	1:28,98



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Event 68 ... (Men 13-14 100 LC Meter Butterfly)

15	Molefe, Lerako	14	Botswana	1:30,44
16	De Sousa, Damien	13	Eswatini	1:33,58
17	Augusto, Armando	13	Angola	2:18,63

Event 69 Women 15-16 100 LC Meter Butterfly

RECORD: 1:06,62 22-04-2016

WONG Elodie

MRI

Name	Age	Team	Seed Time
1 van der Westhuizen, Paige	16	Zimbabwe	1:06,76
2 Tendriavalona, Idealy D	15	Republic of Madagascar	1:07,31
3 Gebert, Ines	15	Mauritius	1:07,70
4 Young, Alexia	16	Republic Of South Africa	1:09,12
5 Phiri, Mia A	16	Zambia	1:09,62
6 Loo, Caitlin	15	Botswana	1:11,04
7 Mateus, Alicia	15	Mozambique	1:11,63
8 Egner, Maxine	15	Botswana	1:11,64
9 Mbite, Christine R	16	Republic Of South Africa	1:11,68
10 Redecker, Nicole	16	Namibia	1:16,96
11 Elizabeth, Khema	15	Seychelles	1:18,00
12 Rollo, Riana	16	Zimbabwe	1:20,78
13 Mutumbulua, Trisha	15	Namibia	1:23,13
14 Dlamini, Senamile	16	Eswatini	NT

Event 70 Men 15-16 100 LC Meter Butterfly

RECORD: 59,00 18-02-2017

Jandre J Moll

RSA

Name	Age	Team	Seed Time
1 AH Yong, Victor	15	Mauritius	57,50
2 Lawrence, Matthew	16	Mozambique	58,96
3 Burger, Mikah K	15	Namibia	59,44
4 Ciceron, Adrien	16	Mauritius	1:00,87
5 Correia, Gabriel L	16	Republic Of South Africa	1:02,46
6 Mwamba, Wina M	16	Zambia	1:02,93
7 Pires, Djamel	16	Angola	1:02,97
8 vd Westhuizen, Wietske	16	Republic Of South Africa	1:03,58
9 Oostindien, Jake	16	Zimbabwe	1:03,93
10 Bekker, Andile	16	Botswana	1:04,64
11 Vidot, Alain	15	Seychelles	1:04,67
12 Kaganda, Ben	16	Uganda	1:04,99
13 Ngwenya, Nathan	15	Zimbabwe	1:06,08
14 Chonguiça, Yannis	16	Mozambique	1:06,61
15 Rouse, Brandon	16	Botswana	1:06,89
16 Shamambo, Damien	16	Zambia	1:07,48
17 Furtado, Yusseni	15	Angola	1:07,48
18 Sepetu, Isam A	15	Tanzania	1:07,53
19 Setzkorn, Friedrich	16	Namibia	1:09,71
20 Ocheng, Daudi	16	Uganda	1:18,01

Event 71 Women 17 & Over 100 LC Meter Butterfly

RECORD: 1:04,43 18-02-2017

Robyn Lee

ZIM

Name	Age	Team	Seed Time
1 Stergiadis, Heleni	17	Namibia	1:06,23
2 Mjimba, Nomvula B	17	Zimbabwe	1:07,72
3 Rabejaona, Holy A	17	Republic of Madagascar	1:09,17
4 Mogara, Amantle	20	Botswana	1:14,93



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Event 71 ... (Women 17 & Over 100 LC Meter Butterfly)

5	Jones, Siobhan	17	Zimbabwe	1:16,24
6	Ruele, Bupe B	16	Botswana	1:16,69

Event 72 Men 17 & Over 100 LC Meter Butterfly

RECORD: 56,34 22-04-2016		GOVEIA Ralph		ZAM
Name	Age	Team	Seed Time	
1	Goveia, Ralph W	23	Zambia	54,10
2	Freeman, James S	18	Botswana	56,24
3	McKonie, Joash	17	Zimbabwe	57,52
4	Tayali, Quintin T	18	Zimbabwe	58,01
5	Rakotomavo, Herinirina J	23	Republic of Madagascar	58,50
6	Le Roux, Corné	17	Namibia	58,61
7	Bachmann, Mathieu	23	Seychelles	59,00
8	Andrianirina, Lalanomena A	21	Republic of Madagascar	1:01,14
9	Dlamini, Simanga	22	Eswatini	1:02,39
10	Xavier, Kelsey	17	Mozambique	1:03,98
11	Adnan, Kabuye A	17	Uganda	1:04,72
12	Silva, Lucas	18	Angola	1:04,77
13	Wellmann, Arkell J	17	Namibia	1:05,51
14	Kgang, Lefa	17	Botswana	1:06,74
15	Gomes, Filipe	22	Malawi	1:07,00
16	Moosa, Shaquille D	17	Zambia	1:12,48

Event 73 Women 12 & Under 200 LC Meter Backstroke

RECORD: 2:38,99 22-04-2016		PHIRI Mia		ZAM
Name	Age	Team	Seed Time	
1	Naukosho, Ariana	12	Namibia	2:51,01
2	Westerduin, Reza	12	Namibia	2:52,80
3	Hoy, Hayley	11	Eswatini	2:53,06
4	Lutalo, Natalie	11	Uganda	2:55,88
5	Miti, Tamenji	12	Zambia	3:02,57
6	Silva, Welwitschia	12	Angola	3:02,82
7	Dawe, Tori	12	Zimbabwe	3:06,32
8	Domingues, Ana Beatriz	12	Mozambique	3:14,75
9	Ramakoloi, Thata	12	Botswana	3:15,22
10	Moyo, Zoe	11	Zambia	3:19,02
11	Oagile-Motso, Renee	12	Botswana	3:19,79
12	Mahobebe, Loyiso	11	Zimbabwe	3:23,29
13	Losacco, Olivia	11	Malawi	3:25,14

Event 74 Men 12 & Under 200 LC Meter Backstroke

RECORD: 2:34,33 18-02-2017		Victor AH Yong		MRI
Name	Age	Team	Seed Time	
1	Durand, Oliver B	12	Namibia	2:42,22
2	Barradas, Hugo	12	Mozambique	2:49,44
3	Hekandjo, Kgosana O	12	Namibia	2:50,00
4	Payet, Thierry	12	Seychelles	2:53,53
5	Heyns, Kyle	12	Zimbabwe	2:54,69
6	Reilly, Sean	11	Zimbabwe	2:57,75
7	Zeravica, Jack	11	Zambia	2:58,77
8	Coombs Tembo, Nkhosi J	12	Zambia	3:01,45
9	Seetso, Nathan	12	Botswana	3:09,08
10	Mmelesi, Abaleng	12	Botswana	3:12,33



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Event 74 ... (Men 12 & Under 200 LC Meter Backstroke)

11	Elias, Yano	12	Angola	3:12,99
12	Bredel, Rafael	12	Angola	NT

Event 75 Women 13-14 200 LC Meter Backstroke

RECORD: 2:29,03 22-04-2016

KOENIG Camille

MRI

Name	Age	Team	Seed Time
1 Schultz, Timea	14	Zimbabwe	2:35,63
2 Armour, Kaeli-Peace	13	Republic Of South Africa	2:37,75
3 Smidt, Clio J	13	Republic Of South Africa	2:43,52
4 Ingwe, Kimberly	14	Botswana	2:45,15
5 Coates, Johanna K	13	Zambia	2:46,40
6 Mutie, Mutinda	14	Botswana	2:47,24
7 Phiri, Jade A	13	Zambia	2:49,17
8 Fernandes, Sophie	13	Mozambique	2:53,09
9 Ramajan, Saira	14	Zimbabwe	2:55,12
10 Nagayi, Sophia A	13	Uganda	2:57,16
11 Banona, Marry G	14	Uganda	3:01,23
12 Spath, Mackenzie	14	Namibia	3:04,67
13 Young, Raya	14	Eswatini	3:09,80
14 Stange, Maya A	14	Namibia	3:10,36
15 Young, Lauren	14	Eswatini	NT

Event 76 Men 13-14 200 LC Meter Backstroke

RECORD: 2:16,91 18-02-2017

Ethan R Spieker

RSA

Name	Age	Team	Seed Time
1 Lobo, Caio	14	Mozambique	2:24,67
2 Visagie, Leson G	14	Republic Of South Africa	2:31,97
3 Faftine, Kaio	13	Mozambique	2:33,59
4 Freitas, Filipe Simoes	14	Angola	2:35,98
5 Ohm, Oliver	14	Namibia	2:43,77
6 Esslinger, Nico	14	Namibia	2:43,80
7 Makaya, Tichatonga	13	Zimbabwe	2:50,03
8 Devan, Darshan	14	Republic Of South Africa	2:50,36
9 Ngwenya, Onesimus	13	Zimbabwe	2:51,31
10 Mokobi, Kgotla	13	Botswana	2:53,90
11 Matthews, Mmusi	13	Botswana	3:00,07
12 LI Hing Duen, Shawn	13	Mauritius	3:01,87
13 Mwamba, Mutale	13	Zambia	3:01,90
14 Mulenga, Mwenya	13	Zambia	3:31,48
15 Kumbatira, Tsinde	14	Malawi	3:36,06
16 Tati, Janel	13	Angola	NT

Event 77 Women 15-16 200 LC Meter Backstroke

RECORD: 2:31,78 22-04-2016

DONKER Fleur

ZAM

Name	Age	Team	Seed Time
1 Esslinger, Tiana	16	Namibia	2:25,93
2 Tendriavalona, Idealy D	15	Republic of Madagascar	2:26,24
3 Matthews, Tselane	16	Botswana	2:36,20
4 Phiri, Mia A	16	Zambia	2:36,99
5 Swanepoel, Abigail	16	Republic Of South Africa	2:38,04
6 Rollo, Riana	16	Zimbabwe	2:40,86
7 Jose, Teagan N	16	Republic Of South Africa	2:42,43
8 Mutumbulua, Trisha	15	Namibia	2:44,47



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Event 77 ... (Women 15-16 200 LC Meter Backstroke)

9	Hughes, Naya	15	Botswana	2:46,54
10	Chibiya, Temwani A	16	Zambia	2:58,44
11	Chinyani, Nyasha	15	Zimbabwe	3:15,07

Event 78 Men 15-16 200 LC Meter Backstroke

RECORD: 2:15,28 18-02-2017

Ronan Z Wantenaar

NAM

Name	Age	Team	Seed Time
1 Bekker, Andile	16	Botswana	2:16,16
2 AH Yong, Victor	15	Mauritius	2:19,00
3 Pale, Justino	16	Mozambique	2:23,00
4 Landmann, Ramon	16	Republic Of South Africa	2:25,84
5 Verster, Dewie	16	Republic Of South Africa	2:29,90
6 Setzkorn, Friedrich	16	Namibia	2:30,86
7 Mpofu, Jasper	16	Zimbabwe	2:33,22
8 Werrett, Cory	15	Zimbabwe	2:34,64
9 Silva, Gilberto	16	Angola	2:35,38
10 Kisitu, Hayyan	15	Uganda	2:38,39
11 van Rooyen, Benco	15	Botswana	2:41,45
12 Liakopoulos, Theodoros E	15	Zambia	2:42,67
13 Francisco, Alexandre	15	Angola	2:47,12

Event 79 Women 17 & Over 200 LC Meter Backstroke

RECORD: 2:23,81 18-02-2017

Robyn Lee

ZIM

Name	Age	Team	Seed Time
1 Stergiadis, Heleni	17	Namibia	2:23,03
2 Botha, Vicky A	18	Namibia	2:32,04
3 Freitas, Maria Lopes	22	Angola	2:47,83
4 Jobe, Hannah	16	Botswana	2:56,99
5 van Rooyen, Leone	17	Botswana	2:58,17
6 Jones, Siobhan	17	Zimbabwe	2:58,60
7 Santos, Barbara	17	Angola	3:09,72
8 Schonken, Gemma	17	Zimbabwe	3:15,50
9 Young, Robyn	19	Eswatini	NT

Event 80 Men 17 & Over 200 LC Meter Backstroke

RECORD: 2:12,34 22-04-2016

DONKET Tom

ZAM

Name	Age	Team	Seed Time
1 Cyprianos, Denilson	17	Zimbabwe	2:05,62
2 Andrianirina, Lalanomena A	21	Republic of Madagascar	2:15,20
3 Freeman, James S	18	Botswana	2:18,26
4 Adnan, Kabuye A	17	Uganda	2:20,83
5 Fred, Tyler	17	Seychelles	2:28,51
6 Gertze, Matthew R	17	Namibia	2:29,70
7 Tayali, Quintin T	18	Zimbabwe	2:34,83
8 Wellmann, Arkell J	17	Namibia	2:37,39
9 Sebikiri, Maemo	20	Botswana	2:52,86
10 Silva, Lucas	18	Angola	2:53,41

Event 81 Women 12 & Under 100 LC Meter Breaststroke

RECORD: 1:19,92 18-02-2017

Alicia Kok Shun

MRI

Name	Age	Team	Seed Time
1 Muslun, Alina	12	Mauritius	1:28,00
2 Naukosho, Ariana	12	Namibia	1:31,10
3 Chang, Ji-eun	12	Botswana	1:32,00



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Event 81 ... (Women 12 & Under 100 LC Meter Breaststroke)

4	Mudanye, Amelia	11	Uganda	1:32,11
5	Ramdhun, Eunnice	12	Mauritius	1:32,21
6	Hoy, Hayley	11	Eswatini	1:32,37
7	Sine, Michelle K	12	Uganda	1:32,79
8	Wishart, Peyton	11	Zimbabwe	1:33,37
9	Mahobebe, Loyiso	11	Zimbabwe	1:35,66
10	Pereira, Kelly	10	Mozambique	1:35,76
11	Mosho, Chisanga	12	Zambia	1:37,00
12	Mulenga, Mutale M	11	Zambia	1:37,15
13	Westerduin, Reza	12	Namibia	1:38,57
14	Chang, Yun-suh	11	Botswana	1:39,08
15	Mkavea, Tujawile	12	Malawi	1:45,59
16	Morais, Nyriam	11	Angola	1:50,00
17	Losacco, Olivia	11	Malawi	1:54,05
18	Tati, Nelja	11	Angola	2:00,82
19	Barbosa, Tianna	11	Eswatini	NT

Event 82 Men 12 & Under 100 LC Meter Breaststroke

RECORD: 1:16,36 18-02-2017 Mikah K Burger

NAM

Name	Age	Team	Seed Time
1	Durand, Oliver B	12 Namibia	1:23,94
2	Leung Hing Wah, Timothy	12 Mauritius	1:24,00
3	Kalipengule, Limbikani	11 Zimbabwe	1:28,27
4	Nuwagaba, Daniel R	11 Uganda	1:30,54
5	Hekandjo, Kgosana O	12 Namibia	1:32,65
6	Sethi, Khalil	12 Botswana	1:33,90
7	Ssengooba, Ethan M	11 Uganda	1:34,88
8	Cochofel, Jose	12 Angola	1:34,98
9	Cooney, Zoah	12 Zambia	1:35,33
10	Haskins, Ethan	12 Botswana	1:35,88
11	Prieur, Ethan	12 Malawi	1:37,76
12	Fraser, Luca	9 Eswatini	1:38,44
13	Barradas, Hugo	12 Mozambique	1:40,73
14	Cataldi, Giacinto	11 Zambia	1:40,96
15	Taborda, Helio	12 Angola	1:41,02
16	Heyns, Kyle	12 Zimbabwe	1:41,31
17	Fraser, Tiano	11 Eswatini	1:47,69
18	Mkavea, Tasunje	9 Malawi	1:52,98

Event 83 Women 13-14 100 LC Meter Breaststroke

RECORD: 1:14,01 18-02-2017 Tailyn Seffert

RSA

Name	Age	Team	Seed Time
1	Banza, Ingrid I	14 Republic Of South Africa	1:22,31
2	Ramgoolam, Jamie Prishika	14 Mauritius	1:23,15
3	Mason, Lilianna D	13 Seychelles	1:24,00
4	Labuschagne, Abigail	14 Seychelles	1:24,00
5	Dhemba, Vhenekai	13 Zimbabwe	1:25,36
6	Liacopoulos, Antonia	14 Zambia	1:26,10
7	Nsereko, Nanette	13 Uganda	1:27,74
8	Goodinson, Kiara	14 Zimbabwe	1:27,76
9	Ditlhogo, Amaru	13 Botswana	1:28,35
10	Stange, Maya A	14 Namibia	1:28,70



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11	Harry, Kyra	13	Botswana	1:31,26
12	Vidmar, Julijana	13	Zambia	1:32,34
13	Armour, Kaeli-Peace	13	Republic Of South Africa	1:32,86
14	Chizonda, Tracy	14	Malawi	1:34,91
15	Rey, Salome M	13	Namibia	1:37,01
16	Fernandes, Nhara	13	Angola	1:37,74
17	Makwenda, Jessica	14	Malawi	1:42,38
18	Dlamini, Siwakhile T	14	Eswatini	NT
19	Young, Raya	14	Eswatini	NT

Event 84 Men 13-14 100 LC Meter Breaststroke**RECORD: 1:08,64 18-02-2017****Oliver Wong Chap Lan****MRI**

	Name	Age	Team	Seed Time
1	Lobo, Caio	14	Mozambique	1:12,72
2	Nagapin, Nathan	14	Seychelles	1:14,03
3	Freitas, Filipe Simoes	14	Angola	1:15,71
4	Thompson, Clayton E	14	Republic Of South Africa	1:17,37
5	Chisungo, Tawanda	14	Zimbabwe	1:18,20
6	Mokobi, Kgotla	13	Botswana	1:20,35
7	Kgomogadio, Yande Y	13	Republic Of South Africa	1:21,39
8	Fernando, Khushal J	14	Zambia	1:21,60
9	Matthews, Mmusi	13	Botswana	1:21,66
10	Birungi, Shane F	13	Uganda	1:22,93
11	Ngwenya, Onesimus	13	Zimbabwe	1:23,28
12	Ellis, Quinn	13	Namibia	1:23,58
13	Faftine, Kaio	13	Mozambique	1:24,06
14	Mwamba, Mutale	13	Zambia	1:24,37
15	Agaba, Lionel	13	Uganda	1:26,98
16	Magongo, Brave	14	Namibia	1:31,64
17	Banda, Asher	14	Malawi	1:33,59
18	De Sousa, Damien	13	Eswatini	1:37,17

Event 85 Women 15-16 100 LC Meter Breaststroke**RECORD: 1:14,23 18-02-2017****Christin Mundell****RSA**

	Name	Age	Team	Seed Time
1	Kok Shun, Alicia	15	Mauritius	1:14,00
2	van der Westhuizen, Paige	16	Zimbabwe	1:18,39
3	Jose, Teagan N	16	Republic Of South Africa	1:18,71
4	Mbite, Christine R	16	Republic Of South Africa	1:20,36
5	Matonhodze, Shamiso	15	Botswana	1:21,09
6	Chinyani, Nyasha	15	Zimbabwe	1:22,61
7	Namutebi, Kirabo C	15	Uganda	1:22,71
8	Fawaz, Yasmina	15	Zambia	1:25,73
9	Mutumbulua, Trisha	15	Namibia	1:26,31
10	Redecker, Nicole	16	Namibia	1:26,38
11	Hughes, Naya	15	Botswana	1:30,16
12	Chibiya, Temwani A	16	Zambia	1:30,77

Event 86 Men 15-16 100 LC Meter Breaststroke**RECORD: 1:07,47 18-02-2017****Liam O'Hara****ZIM**

	Name	Age	Team	Seed Time
1	Lawrence, Matthew	16	Mozambique	1:07,99
2	Werrett, Cory	15	Zimbabwe	1:09,22



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3	Miller, Joshua	15	Seychelles	1:09,86
4	Burger, Mikah K	15	Namibia	1:11,14
5	Santos, Fabio A	16	Republic Of South Africa	1:11,47
6	Shamambo, Damien	16	Zambia	1:13,95
7	Catillaz, Jeanre P	16	Republic Of South Africa	1:14,65
8	Rouse, Brandon	16	Botswana	1:15,17
9	Oostindien, Jake	16	Zimbabwe	1:16,64
10	Rathenam, Keanet-Peter	15	Namibia	1:17,05
11	Liakopoulos, Theodoros E	15	Zambia	1:19,58
12	Pires, Djamel	16	Angola	1:19,59
13	Ocheng, Daudi	16	Uganda	1:21,16
14	Harry, Ethan	16	Botswana	1:21,95
15	Kisitu, Hayyan	15	Uganda	1:23,11
16	Francisco, Alexandre	15	Angola	1:26,77

Event 87 Women 17 & Over 100 LC Meter Breaststroke**RECORD: 1:16,37 18-02-2017 Tilka Paljk Zambia 2017**

	Name	Age	Team	Seed Time
1	Paljk, Tilka	23	Zambia	1:12,01
2	Naidu, Harleena	18	Zambia	1:24,45
3	Freitas, Maria Lopes	22	Angola	1:26,22
4	Brown, Courtney	17	Zimbabwe	1:28,25
5	Vos, Tayla S	17	Botswana	1:28,76
6	Cahombo, Melvire	17	Angola	1:28,98
7	Gondo, Ruvarashe	17	Botswana	1:31,69
8	Schonken, Gemma	17	Zimbabwe	1:37,09

Event 88 Men 17 & Over 100 LC Meter Breaststroke**RECORD: 1:05,07 22-04-2016 LAWSON James ZIM**

	Name	Age	Team	Seed Time
1	Gomes, Filipe	22	Malawi	1:07,66
2	Fischer, Ethan	17	Botswana	1:08,72
3	Naidu, Kumaren M	22	Zambia	1:10,13
4	Mills, Tait	17	Zimbabwe	1:12,17
5	Tayali, Quintin T	18	Zimbabwe	1:13,26
6	Dlamini, Simanga	22	Eswatini	1:14,83
7	Xavier, Kelsey	17	Mozambique	1:20,84
8	Gertze, Matthew R	17	Namibia	1:23,52
9	Dzingai, Solomon	19	Botswana	1:29,18

Event 89 Women 12 & Under 50 LC Meter Freestyle**RECORD: 28,85 22-04-2016 VAN DER WESTHUIZEN Paige ZIM**

	Name	Age	Team	Seed Time
1	Labuschagne, Isabelle	12	Seychelles	29,99
2	Miti, Tamenji	12	Zambia	30,28
3	Makwabarara, Mikayla	11	Zimbabwe	30,83
4	Dawe, Tori	12	Zimbabwe	30,87
5	Sine, Michelle K	12	Uganda	30,99
6	Hoy, Hayley	11	Eswatini	31,26
7	Ramdhun, Eunnice	12	Mauritius	31,34
8	Ohm, Michaela	12	Namibia	31,66
9	Pereira, Kelly	10	Mozambique	32,05
10	Lutalo, Natalie	11	Uganda	32,09



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Event 89 ... (Women 12 & Under 50 LC Meter Freestyle)

11	Naukosho, Ariana	12	Namibia	32,23
12	Silva, Welwitschia	12	Angola	32,56
13	Chang, Ji-eun	12	Botswana	32,89
14	Domingues, Ana Beatriz	12	Mozambique	33,40
15	Morais, Nyriam	11	Angola	33,60
16	Moyo, Zoe	11	Zambia	34,42
17	Losacco, Olivia	11	Malawi	34,76
18	Haiya, Chisomo	12	Malawi	35,32
19	Ramakoloi, Thata	12	Botswana	35,66
20	Barbosa, Tianna	11	Eswatini	37,53

Event 90 Men 12 & Under 50 LC Meter Freestyle

RECORD: 27,46 18-02-2017		Mikah K Burger		NAM
Name	Age	Team	Seed	Time
1	Payet, Alexander	12	Seychelles	28,90
2	Heyns, Kyle	12	Zimbabwe	29,37
3	Keitsile, Junior	12	Botswana	29,41
4	Ssengooba, Ethan M	11	Uganda	29,92
5	Kalipengule, Limbikani	11	Zimbabwe	30,06
6	Kyabayinze, Zaabu D	12	Uganda	30,81
7	Bredel, Rafael	12	Angola	30,85
8	Barradas, Hugo	12	Mozambique	31,30
9	Hekandjo, Kgosana O	12	Namibia	31,32
10	Zeravica, Jack	11	Zambia	31,48
11	Mmelesi, Abaleng	12	Botswana	31,80
12	Coombs Tembo, Nkhosi J	12	Zambia	32,61
13	Fraser, Tiano	11	Eswatini	34,68
14	Furtado, Marco	10	Angola	35,06
15	Fraser, Luca	9	Eswatini	35,08
16	Prieur, Ethan	12	Malawi	35,41
17	Makwenda, Jeremiah	9	Malawi	35,96

Event 91 Women 13-14 50 LC Meter Freestyle

RECORD: 28,42 18-02-2017		Paige van der Westhuizen		ZIM
Name	Age	Team	Seed	Time
1	Dhemba, Vhenekai	13	Zimbabwe	28,89
2	Goodinson, Kiara	14	Zimbabwe	29,02
3	Phiri, Jade A	13	Zambia	29,43
4	Labuschagne, Abigail	14	Seychelles	29,50
5	Stange, Maya A	14	Namibia	29,63
6	Beyers, Emma P	14	Republic Of South Africa	29,73
7	Makwenda, Jessica	14	Malawi	30,31
8	Jack, Michelle	14	Botswana	30,32
9	Finnis, Tiara L	14	Republic Of South Africa	30,47
10	Ramgoolam, Jamie Prishika	14	Mauritius	30,58
11	Harry, Kyra	13	Botswana	30,59
12	Spath, Mackenzie	14	Namibia	31,16
13	Chizonda, Tracy	14	Malawi	31,71
14	Fernandes, Nhara	13	Angola	31,74
15	Nsereko, Nanette	13	Uganda	31,92
16	Banona, Marry G	14	Uganda	32,01
17	Vidmar, Julijana	13	Zambia	32,35



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Event 91 ... (Women 13-14 50 LC Meter Freestyle)

18	Kerai, Tejasvi	13	Seychelles	32,60
19	Dlamini, Siwakhile T	14	Eswatini	33,64
20	Young, Lauren	14	Eswatini	35,97

Event 92 Men 13-14 50 LC Meter Freestyle

RECORD: 24,79 18-02-2017

Ethan R Spieker

RSA

Name	Age	Team	Seed Time
1 Fernando, Khushal J	14	Zambia	26,86
2 Mhlanga, Bjorn N	13	Zimbabwe	26,87
3 Makaya, Tichatonga	13	Zimbabwe	27,04
4 Nagapin, Nathan	14	Seychelles	27,50
5 Kotze, Pierce	14	Republic Of South Africa	27,52
6 Ohm, Oliver	14	Namibia	27,96
7 Ellis, Quinn	13	Namibia	28,25
8 Mulenga, Ndabila B	14	Zambia	28,93
9 Molefe, Lerako	14	Botswana	28,95
10 Fortes, Alex	14	Angola	29,18
11 Pheeha, Junior J	14	Republic Of South Africa	29,31
12 Seetso, Thabang	14	Botswana	29,48
13 Birungi, Shane F	13	Uganda	29,67
14 LI Hing Duen, Shawn	13	Mauritius	29,89
15 Moosa, Muhammad Ali	14	Malawi	30,31
16 Banda, Asher	14	Malawi	31,69
17 Kyabayinze, Daniel T	14	Uganda	32,16
18 De Sousa, Damien	13	Eswatini	32,20
19 Augusto, Armando	13	Angola	34,59

Event 93 Women 15-16 50 LC Meter Freestyle

RECORD: 27,83 22-04-2016

WEBER Zune

NAM

Name	Age	Team	Seed Time
1 Namutebi, Kirabo C	15	Uganda	26,90
2 van der Westhuizen, Paige	16	Zimbabwe	27,40
3 Phiri, Mia A	16	Zambia	27,62
4 Kok Shun, Alicia	15	Mauritius	27,88
5 Gebert, Ines	15	Mauritius	27,89
6 Egnier, Maxine	15	Botswana	28,07
7 Rollo, Riana	16	Zimbabwe	28,63
8 Mutumbulua, Trisha	15	Namibia	28,99
9 Elizabeth, Khema	15	Seychelles	29,13
10 Mateus, Alicia	15	Mozambique	29,28
11 Esslinger, Tiana	16	Namibia	29,49
12 Vahed, Layla T	16	Republic Of South Africa	29,54
13 Loo, Caitlin	15	Botswana	29,63
14 Santo, Rafaela Espirito	15	Angola	30,25
15 Jose, Teagan N	16	Republic Of South Africa	30,30
16 Fawaz, Yasmina	15	Zambia	30,66
17 Dlamini, Senamile	16	Eswatini	32,35
18 Chibiya, Temwani A	16	Zambia	32,55

Event 94 Men 15-16 50 LC Meter Freestyle

RECORD: 24,25 18-02-2017

Jandre J Moll

RSA

Name	Age	Team	Seed Time
1 Lawrence, Matthew	16	Mozambique	24,98



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Event 94 ... (Men 15-16 50 LC Meter Freestyle)

2	Werrett, Cory	15	Zimbabwe	25,49
3	AH Yong, Victor	15	Mauritius	25,50
4	Kaganda, Ben	16	Uganda	26,02
5	Mwamba, Wina M	16	Zambia	26,03
6	Burger, Mikah K	15	Namibia	26,10
7	Shamambo, Damien	16	Zambia	26,11
8	Rouse, Brandon	16	Botswana	26,23
9	Vidot, Alain	15	Seychelles	26,26
10	Miller, Joshua	15	Seychelles	26,28
11	Pires, Djamel	16	Angola	26,30
12	Ciceron, Adrien	16	Mauritius	26,32
13	Catillaz, Jeanre P	16	Republic Of South Africa	26,37
14	Verster, Dewie	16	Republic Of South Africa	26,38
15	Harry, Ethan	16	Botswana	26,53
16	Oostindien, Jake	16	Zimbabwe	26,92
17	Musoke, Raphael	16	Uganda	27,00
18	Furtado, Yusseni	15	Angola	27,46
19	Sepetu, Isam A	15	Tanzania	27,81
20	Setzkorn, Friedrich	16	Namibia	27,84

Event 95 Women 17 & Over 50 LC Meter Freestyle

RECORD: 27,05 18-02-2017

Alexus Laird

SEY

Name	Age	Team	Seed Time
1	Paljk, Tilka	23 Zambia	27,36
2	Mjimba, Nomvula B	17 Zimbabwe	27,88
3	Brown, Courtney	17 Zimbabwe	28,16
4	Rabejaona, Holy A	17 Republic of Madagascar	28,20
5	Freitas, Maria Lopes	22 Angola	29,95
6	Mogara, Amantle	20 Botswana	29,96
7	Pinto, Ammara	22 Malawi	29,98
8	Chang'anamuno, Tayamika	19 Malawi	30,15
9	Gondo, Ruvarashe	17 Botswana	30,44
10	Cahombo, Melvire	17 Angola	30,70
11	Botha, Vicky A	18 Namibia	30,77
12	Naidu, Harleena	18 Zambia	32,19
13	Young, Robyn	19 Eswatini	NT

Event 96 Men 17 & Over 50 LC Meter Freestyle

RECORD: 23,78 18-02-2017

Donker Tom

ZAM

Name	Age	Team	Seed Time
1	McKonie, Joash	17 Zimbabwe	23,95
2	Freeman, James S	18 Botswana	23,98
3	Gomes, Filipe	22 Malawi	24,16
4	Goveia, Ralph W	23 Zambia	24,17
5	Jones, Brett	17 Zimbabwe	24,53
6	Bachmann, Mathieu	23 Seychelles	24,90
7	Adnan, Kabuye A	17 Uganda	25,04
8	Fred, Tyler	17 Seychelles	25,12
9	Rakotomavo, Herinirina J	23 Republic of Madagascar	25,15
10	Moosa, Shaquille D	17 Zambia	25,30
11	Dzingai, Solomon	19 Botswana	25,75
12	Xavier, Kelsey	17 Mozambique	25,81



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Event 96 ... (Men 17 & Over 50 LC Meter Freestyle)

13	Mukalazi, Tendo	17	Uganda	25,92
14	Le Roux, Corné	17	Namibia	26,23
15	Dlamini, Simanga	22	Eswatini	26,90
16	Wellmann, Arkell J	17	Namibia	27,39
17	Silva, Lucas	18	Angola	27,60

Event 97 Mixed 14 & Under 400 LC Meter Medley Relay

RECORD: 4:29,95 19-02-2017

MAURITIUS

MRI

FOO SEM FAH, WONG CHAP LAN, KOK SHUN, LIM KIAN SIA

Team	Relay	Seed Time
1 Mauritius	A	4:35,76
2 Zimbabwe	A	4:40,67
3 Republic Of South Africa	A	4:45,59
4 Mozambique	A	4:53,63
5 Botswana	A	4:54,48
6 Namibia	A	5:00,31
7 Uganda	A	5:03,41
8 Zambia	A	NT
9 Angola	A	NT

Event 98 Mixed 15 & Over 400 LC Meter Medley Relay

RECORD: 4:19,77 19-02-2017

ZIM A cana 17

ZIM

R Lee, L O'Hara, B Cyprianos, D Leask

Team	Relay	Seed Time
1 Zimbabwe	A	4:14,07
2 Mauritius	A	4:20,67
3 Namibia	A	4:21,62
4 Botswana	A	4:23,30
5 Republic Of South Africa	A	4:27,85
6 Malawi	A	5:01,87
7 Zambia	A	NT
8 Uganda	A	NT
9 Mozambique	A	NT
10 Angola	A	NT

Event 99 Women 14 & Under 200 LC Meter Butterfly

RECORD: 2:28,01 19-02-2017

Tori C Oliver

RSA

Name Age Team

Seed Time

1	Mahobebe, Mkhusele	14	Zimbabwe	2:45,00
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Event 99 ... (Women 14 & Under 200 LC Meter Butterfly)

2	Mutie, Mutinda	14	Botswana	2:47,95
3	Dhemba, Vhenekai	13	Zimbabwe	2:53,67
4	Fernandes, Sophie	13	Mozambique	2:56,56
5	Vidmar, Julijana	13	Zambia	3:00,14
6	Ingwe, Kimberly	14	Botswana	3:00,67
7	Kerai, Tejasvi	13	Seychelles	3:05,00
8	Mosho, Chisanga	12	Zambia	3:12,92

Event 100 Men 14 & Under 200 LC Meter Butterfly

RECORD: 2:25,27 19-02-2017

Joe H Botha

RSA

Name	Age	Team	Seed Time
1 Faftine, Kaio	13	Mozambique	2:33,09
2 LI Hing Duen, Shawn	13	Mauritius	2:37,40
3 Devan, Darshan	14	Republic Of South Africa	2:45,38
4 Chisungo, Tawanda	14	Zimbabwe	2:51,68
5 Ngwenya, Onesimus	13	Zimbabwe	2:56,78
6 Augusto, Armando	13	Angola	3:52,10
7 Coombs Tembo, Nkhosi J	12	Zambia	3:59,05
8 Garmroudi, Yusurf	13	Botswana	NT

Event 101 Women 15-16 200 LC Meter Butterfly

RECORD: 2:32,21 19-02-2017

MOIRA FRASER

ZIM

Name	Age	Team	Seed Time
1 Gebert, Ines	15	Mauritius	2:26,56
2 Swanepoel, Abigail	16	Republic Of South Africa	2:41,72
3 Mbite, Christine R	16	Republic Of South Africa	2:41,82
4 Loo, Caitlin	15	Botswana	2:47,51
5 Egner, Maxine	15	Botswana	2:58,35
6 Rollo, Riana	16	Zimbabwe	3:11,65
7 Dlamini, Senamile	16	Eswatini	NT

Event 102 Men 15-16 200 LC Meter Butterfly

RECORD: 2:13,68 19-02-2017

James S Freeman

BOTS

Name	Age	Team	Seed Time
1 AH Yong, Victor	15	Mauritius	2:08,00
2 Burger, Mikah K	15	Namibia	2:14,13
3 Payet, Damien	16	Seychelles	2:20,00
4 Pires, Djamel	16	Angola	2:28,84
5 Mwamba, Wina M	16	Zambia	2:29,67
6 van Rooyen, Benco	15	Botswana	2:36,87
7 Oostindien, Jake	16	Zimbabwe	2:43,14
8 Francisco, Alexandre	15	Angola	2:44,42
9 Ngwenya, Nathan	15	Zimbabwe	2:47,42
10 Kisitu, Hayyan	15	Uganda	2:47,96

Event 103 Women 17 & Over 200 LC Meter Butterfly

RECORD: 2:24,51 10-01-2009

SARAH KAY

RSA

Name	Age	Team	Seed Time
1 Stergiadis, Heleni	17	Namibia	2:29,40
2 van Rooyen, Leone	17	Botswana	2:59,26
3 Gondo, Ruvarashe	17	Botswana	3:33,21



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Event 104 Men 17 & Over 200 LC Meter Butterfly

RECORD: 2:06,14 23-04-2016		PINOTES Pedro		ANG
Name	Age	Team	Seed Time	
1	Le Roux, Corné	17	Namibia	2:11,69
2	Rakotomavo, Herinirina J	23	Republic of Madagascar	2:15,13
3	Tayali, Quintin T	18	Zimbabwe	2:19,35
4	Cyprianos, Denilson	17	Zimbabwe	2:22,79
5	Payet, Bertrand	17	Seychelles	2:24,00
6	Silva, Lucas	18	Angola	2:24,02
7	Dlamini, Simanga	22	Eswatini	2:31,09
8	Fischer, Ethan	17	Botswana	2:36,80
9	Gertze, Matthew R	17	Namibia	2:41,97

Event 105 Women 12 & Under 100 LC Meter Freestyle

RECORD: 1:03,80 23-04-2016		JVAN DER WESTHUIZEN Paige		ZIM
Name	Age	Team	Seed Time	
1	Labuschagne, Isabelle	12	Seychelles	1:06,03
2	Hoy, Hayley	11	Eswatini	1:07,81
3	Ramdhun, Eunnice	12	Mauritius	1:08,41
4	Ohm, Michaela	12	Namibia	1:09,13
5	Miti, Tamenji	12	Zambia	1:09,40
6	Makwabarara, Mikayla	11	Zimbabwe	1:09,40
7	Dawe, Tori	12	Zimbabwe	1:09,41
8	Naukosho, Ariana	12	Namibia	1:10,91
9	Pereira, Kelly	10	Mozambique	1:11,23
10	Lutalo, Natalie	11	Uganda	1:11,89
11	Domingues, Ana Beatriz	12	Mozambique	1:12,27
12	Mosho, Chisanga	12	Zambia	1:13,36
13	Silva, Welwitschia	12	Angola	1:14,73
14	Sine, Gabriella N	12	Uganda	1:15,14
15	Chang, Ji-eun	12	Botswana	1:15,54
16	Morais, Nyriam	11	Angola	1:16,77
17	Losacco, Olivia	11	Malawi	1:18,69
18	Chang, Yun-suh	11	Botswana	1:19,22
19	Haiya, Chisomo	12	Malawi	1:25,90
20	Barbosa, Tianna	11	Eswatini	1:31,94

Event 106 Men 12 & Under 100 LC Meter Freestyle

RECORD: 1:00,69 19-02-2017		Mikah K Burger		NAM
Name	Age	Team	Seed Time	
1	Payet, Alexander	12	Seychelles	1:02,50
2	Heyns, Kyle	12	Zimbabwe	1:05,93
3	Leung Hing Wah, Timothy	12	Mauritius	1:06,00
4	Durand, Oliver B	12	Namibia	1:07,56
5	Keitsile, Junior	12	Botswana	1:07,83
6	Hekandjo, Kgosana O	12	Namibia	1:08,48
7	Barradas, Hugo	12	Mozambique	1:09,41
8	Bredel, Rafael	12	Angola	1:09,61
9	Mmelesi, Abaleng	12	Botswana	1:09,70
10	Coombs Tembo, Nkhosi J	12	Zambia	1:10,05
11	Kyabayinze, Zaabu D	12	Uganda	1:10,27
12	Vimba, Khaya	12	Zimbabwe	1:10,44
13	Zeravica, Jack	11	Zambia	1:10,79
14	Peterson, Inhyensiko S	11	Uganda	1:13,40



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Event 106 ... (Men 12 & Under 100 LC Meter Freestyle)

15	Cochofel, Jose	12	Angola	1:19,74
16	Fraser, Luca	9	Eswatini	1:19,89
17	Fraser, Tiano	11	Eswatini	1:20,40
18	Makwenda, Jeremiah	9	Malawi	1:25,95
19	Mkavea, Tasunje	9	Malawi	1:30,71

Event 107 Women 13-14 100 LC Meter Freestyle

RECORD: 1:01,85 19-02-2017 **Tailyn Seyffert** **RSA**

	Name	Age	Team	Seed Time
1	Schultz, Timea	14	Zimbabwe	1:03,96
2	Goodinson, Kiara	14	Zimbabwe	1:04,04
3	Beyers, Emma P	14	Republic Of South Africa	1:04,22
4	Ramgoolam, Jamie Prishika	14	Mauritius	1:05,00
5	Finnis, Tiara L	14	Republic Of South Africa	1:06,00
6	Stange, Maya A	14	Namibia	1:06,06
7	Labuschagne, Abigail	14	Seychelles	1:06,21
8	Phiri, Jade A	13	Zambia	1:06,29
9	Jack, Michelle	14	Botswana	1:06,63
10	Dithogo, Amaru	13	Botswana	1:07,85
11	Spath, Mackenzie	14	Namibia	1:08,80
12	Fernandes, Sophie	13	Mozambique	1:11,09
13	Coates, Johanna K	13	Zambia	1:11,21
14	Makwenda, Jessica	14	Malawi	1:12,35
15	Fernandes, Nhara	13	Angola	1:13,86
16	Nsereko, Nanette	13	Uganda	1:14,90
17	Dlamini, Siwakhile T	14	Eswatini	1:15,68
18	Chizonda, Tracy	14	Malawi	1:15,88
19	Young, Lauren	14	Eswatini	1:20,38

Event 108 Men 13-14 100 LC Meter Freestyle

RECORD: 54,81 19-02-2017 **Ethan R Spieker** **RSA**

	Name	Age	Team	Seed Time
1	Makaya, Tichatonga	13	Zimbabwe	59,26
2	Kotze, Pierce	14	Republic Of South Africa	1:00,00
3	Lobo, Caio	14	Mozambique	1:00,04
4	Mhlanga, Bjorn N	13	Zimbabwe	1:00,14
5	Fernando, Khushal J	14	Zambia	1:00,40
6	Nagapin, Nathan	14	Seychelles	1:00,68
7	Freitas, Filipe Simoes	14	Angola	1:01,16
8	Ohm, Oliver	14	Namibia	1:01,38
9	Ellis, Quinn	13	Namibia	1:02,12
10	Pheeha, Junior J	14	Republic Of South Africa	1:03,43
11	Li Hing Duen, Shawn	13	Mauritius	1:03,78
12	Molefe, Lerako	14	Botswana	1:04,52
13	Mokobi, Kgotla	13	Botswana	1:04,65
14	Mulenga, Mwenya	13	Zambia	1:05,34
15	Fortes, Alex	14	Angola	1:06,14
16	Birungi, Shane F	13	Uganda	1:06,61
17	Moosa, Muhammad Ali	14	Malawi	1:08,41
18	Banda, Asher	14	Malawi	1:09,21
19	Kyabayinze, Daniel T	14	Uganda	1:12,78
20	De Sousa, Damien	13	Eswatini	1:15,15



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Event 109 Women 15-16 100 LC Meter Freestyle

RECORD: 1:00,58 19-02-2017		Lesley C Blignaut		RSA
Name	Age	Team	Seed Time	
1	van der Westhuizen, Paige	16	Zimbabwe	59,53
2	Kok Shun, Alicia	15	Mauritius	1:01,00
3	Egner, Maxine	15	Botswana	1:01,17
4	Namutebi, Kirabo C	15	Uganda	1:01,50
5	Phiri, Mia A	16	Zambia	1:01,74
6	Rollo, Riana	16	Zimbabwe	1:02,57
7	Jose, Teagan N	16	Republic Of South Africa	1:02,95
8	Esslinger, Tiana	16	Namibia	1:03,29
9	Mutumbulua, Trisha	15	Namibia	1:04,00
10	Tendrina Valona, Idealy D	15	Republic of Madagascar	1:04,17
11	Mateus, Alicia	15	Mozambique	1:04,26
12	Matthews, Tselane	16	Botswana	1:04,56
13	Elizabeth, Khema	15	Seychelles	1:04,68
14	Vahed, Layla T	16	Republic Of South Africa	1:05,08
15	Santo, Rafaela Espirito	15	Angola	1:07,12
16	Fawaz, Yasmina	15	Zambia	1:09,32
17	Dlamini, Senamile	16	Eswatini	1:10,02
18	Chibiya, Temwani A	16	Zambia	1:14,65

Event 110 Men 15-16 100 LC Meter Freestyle

RECORD: 53,39 19-02-2017		Matthew Bosch		RSA
Name	Age	Team	Seed Time	
1	Lawrence, Matthew	16	Mozambique	54,07
2	Bekker, Andile	16	Botswana	55,00
3	Pale, Justino	16	Mozambique	56,03
4	Verster, Dewie	16	Republic Of South Africa	56,28
5	Ciceron, Adrien	16	Mauritius	57,02
6	Catillaz, Jeanre P	16	Republic Of South Africa	57,71
7	Rouse, Brandon	16	Botswana	57,73
8	Kaganda, Ben	16	Uganda	57,81
9	Werrett, Cory	15	Zimbabwe	57,84
10	Vidot, Alain	15	Seychelles	58,30
11	Mwamba, Wina M	16	Zambia	58,76
12	Oostindien, Jake	16	Zimbabwe	59,22
13	Musoke, Raphael	16	Uganda	59,36
14	Shamambo, Damien	16	Zambia	1:01,22
15	Sepetu, Isam A	15	Tanzania	1:01,38
16	Furtado, Yusseni	15	Angola	1:01,52
17	Setzkorn, Friedrich	16	Namibia	1:01,65
18	Rathenam, Keanet-Peter	15	Namibia	1:02,41
19	Lutango, Emanuel	15	Angola	1:13,61

Event 111 Women 17 & Over 100 LC Meter Freestyle

RECORD: 59,64 19-02-2017		Alexus Laird		SEY
Name	Age	Team	Seed Time	
1	Paljk, Tilka	23	Zambia	1:01,97
2	Brown, Courtney	17	Zimbabwe	1:02,44
3	Rabejaona, Holy A	17	Republic of Madagascar	1:03,20
4	Schonken, Gemma	17	Zimbabwe	1:05,33
5	Ruele, Bupe B	16	Botswana	1:05,46
6	Freitas, Maria Lopes	22	Angola	1:05,56



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Event 111 ... (Women 17 & Over 100 LC Meter Freestyle)

7	Botha, Vicky A	18	Namibia	1:06,36
8	Pinto, Ammara	22	Malawi	1:07,77
9	Young, Robyn	19	Eswatini	1:08,14
10	Mogara, Amantle	20	Botswana	1:08,85
11	Cahombo, Melvire	17	Angola	1:12,31
12	Chang'anamuno, Tayamika	19	Malawi	1:13,00

Event 112 Men 17 & Over 100 LC Meter Freestyle

RECORD: 51,52 23-04-2016

VINCENT Bradley

MRI

	Name	Age	Team	Seed Time
1	Freeman, James S	18	Botswana	51,74
2	Gomes, Filipe	22	Malawi	53,89
3	McKonie, Joash	17	Zimbabwe	54,11
4	Cyprianos, Denilson	17	Zimbabwe	54,59
5	Fred, Tyler	17	Seychelles	54,66
6	Mukalazi, Tendo	17	Uganda	56,78
7	Dzingai, Solomon	19	Botswana	57,56
8	Xavier, Kelsey	17	Mozambique	57,70
9	Adnan, Kabuye A	17	Uganda	57,76
10	Dlamini, Simanga	22	Eswatini	59,63
11	Wellmann, Arkell J	17	Namibia	59,70
12	Moosa, Shaquille D	17	Zambia	1:00,02
13	Gertze, Matthew R	17	Namibia	1:01,09

Event 113 Women 12 & Under 200 LC Meter IM

RECORD: 2:41,25 09-05-2015

Tailyn Seyffert

RSA

	Name	Age	Team	Seed Time
1	Naukosho, Ariana	12	Namibia	2:49,72
2	Hoy, Hayley	11	Eswatini	2:51,85
3	Muslun, Alina	12	Mauritius	2:56,00
4	Lutalo, Natalie	11	Uganda	2:58,93
5	Miti, Tamenji	12	Zambia	2:59,09
6	Ramdhun, Eunnice	12	Mauritius	2:59,65
7	Ohm, Michaela	12	Namibia	3:00,69
8	Mahobebe, Loyiso	11	Zimbabwe	3:00,97
9	Mosho, Chisanga	12	Zambia	3:02,20
10	Pereira, Kelly	10	Mozambique	3:02,34
11	Dawe, Tori	12	Zimbabwe	3:03,31
12	Silva, Welwitschia	12	Angola	3:03,54
13	Sine, Gabriella N	12	Uganda	3:06,95
14	Chang, Ji-eun	12	Botswana	3:17,79
15	Losacco, Olivia	11	Malawi	3:21,89
16	Ramakoloi, Thata	12	Botswana	3:35,46
17	Tati, Nelja	11	Angola	4:12,63

Event 114 Men 12 & Under 200 LC Meter IM

RECORD: 2:31,82 19-02-2017

Mikah K Burger

NAM

	Name	Age	Team	Seed Time
1	Durand, Oliver B	12	Namibia	2:37,63
2	Hekandjo, Kgosana O	12	Namibia	2:44,63
3	Heyns, Kyle	12	Zimbabwe	2:46,88
4	Barradas, Hugo	12	Mozambique	2:47,55
5	Payet, Alexander	12	Seychelles	2:50,00



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6	Leung Hing Wah, Timothy	12	Mauritius	2:50,00
7	Kalipengule, Limbikani	11	Zimbabwe	2:52,41
8	Bredel, Rafael	12	Angola	2:52,54
9	Haskins, Ethan	12	Botswana	2:55,59
10	Keitsile, Junior	12	Botswana	2:56,57
11	Payet, Thierry	12	Seychelles	2:58,03
12	Ssengooba, Ethan M	11	Uganda	2:59,16
13	Cooney, Zoah	12	Zambia	3:04,78
14	Zeravica, Jack	11	Zambia	3:05,39
15	Taborda, Helio	12	Angola	3:26,26

Event 115 Women 13-14 200 LC Meter IM**RECORD: 2:34,16 09-05-2015****Tessa IP Hen Cheung****MAU**

	Name	Age	Team	Seed Time
1	Schultz, Timea	14	Zimbabwe	2:39,58
2	Beyers, Emma P	14	Republic Of South Africa	2:39,71
3	Armour, Kaeli-Peace	13	Republic Of South Africa	2:40,74
4	Ingwe, Kimberly	14	Botswana	2:44,00
5	Mahobebe, Mkhusele	14	Zimbabwe	2:44,63
6	Mutie, Mutinda	14	Botswana	2:47,14
7	Phiri, Jade A	13	Zambia	2:49,48
8	Stange, Maya A	14	Namibia	2:50,96
9	Fernandes, Sophie	13	Mozambique	2:51,90
10	Mason, Lilianna D	13	Seychelles	2:52,00
11	Vidmar, Julijana	13	Zambia	2:56,85
12	Banona, Marry G	14	Uganda	2:59,72
13	Fernandes, Nhara	13	Angola	3:02,13
14	Nagayi, Sophia A	13	Uganda	3:05,60
15	Spath, Mackenzie	14	Namibia	3:06,39
16	Dlamini, Siwakhile T	14	Eswatini	3:17,72
17	Chizonda, Tracy	14	Malawi	3:19,94
18	Young, Raya	14	Eswatini	NT

Event 116 Men 13-14 200 LC Meter IM**RECORD: 2:20,05 19-02-2017****Ethan R Spieker****RSA**

	Name	Age	Team	Seed Time
1	Lobo, Caio	14	Mozambique	2:22,71
2	Freitas, Filipe Simoes	14	Angola	2:26,59
3	Kotze, Pierce	14	Republic Of South Africa	2:31,08
4	Faftine, Kaio	13	Mozambique	2:32,33
5	Nagapin, Nathan	14	Seychelles	2:32,90
6	Makaya, Tichatonga	13	Zimbabwe	2:33,89
7	Visagie, Leson G	14	Republic Of South Africa	2:34,62
8	Ellis, Quinn	13	Namibia	2:35,72
9	Mhlanga, Bjorn N	13	Zimbabwe	2:43,13
10	Fernando, Khushal J	14	Zambia	2:45,97
11	Matthews, Mmusi	13	Botswana	2:48,14
12	Esslinger, Nico	14	Namibia	2:49,35
13	Kyabayinze, Daniel T	14	Uganda	2:53,50
14	Fortes, Alex	14	Angola	2:54,46
15	Moosa, Muhammad Ali	14	Malawi	2:57,15
16	Mwamba, Mutale	13	Zambia	2:57,64


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Event 116 ... (Men 13-14 200 LC Meter IM)

17	Molefe, Lerako	14	Botswana	2:57,79
18	Agaba, Lionel	13	Uganda	3:00,97
19	De Sousa, Damien	13	Eswatini	3:07,13
20	Banda, Asher	14	Malawi	3:17,61

Event 117 Women 15-16 200 LC Meter IM

RECORD: 2:26,18 19-02-2017

Christin Mundell

RSA

Name	Age	Team	Seed Time
1 Gebert, Ines	15	Mauritius	2:28,37
2 van der Westhuizen, Paige	16	Zimbabwe	2:32,50
3 Kok Shun, Alicia	15	Mauritius	2:35,00
4 Esslinger, Tiana	16	Namibia	2:35,33
5 Namutebi, Kirabo C	15	Uganda	2:38,78
6 Young, Alexia	16	Republic Of South Africa	2:39,34
7 Mbite, Christine R	16	Republic Of South Africa	2:40,67
8 Matthews, Tselane	16	Botswana	2:41,73
9 Redecker, Nicole	16	Namibia	2:42,23
10 Phiri, Mia A	16	Zambia	2:42,61
11 Rollo, Riana	16	Zimbabwe	2:43,75
12 Loo, Caitlin	15	Botswana	2:44,70
13 Elizabeth, Khema	15	Seychelles	2:51,04
14 Fawaz, Yasmina	15	Zambia	3:01,25
15 Dlamini, Senamile	16	Eswatini	3:05,87
16 Chibiya, Temwani A	16	Zambia	3:12,09

Event 118 Men 15-16 200 LC Meter IM

RECORD: 2:17,97 19-02-2017

James S Freeman

BOTS

Name	Age	Team	Seed Time
1 Burger, Mikah K	15	Namibia	2:16,23
2 Bekker, Andile	16	Botswana	2:17,98
3 AH Yong, Victor	15	Mauritius	2:18,00
4 vd Westhuizen, Wietske	16	Republic Of South Africa	2:20,30
5 Pale, Justino	16	Mozambique	2:21,50
6 Miller, Joshua	15	Seychelles	2:25,56
7 Werrett, Cory	15	Zimbabwe	2:26,59
8 Franceys, Ryan	15	Zimbabwe	2:29,18
9 Rouse, Brandon	16	Botswana	2:30,14
10 Ciceron, Adrien	16	Mauritius	2:30,67
11 Pires, Djamel	16	Angola	2:31,77
12 Chonguiça, Yannis	16	Mozambique	2:31,99
13 Correia, Gabriel L	16	Republic Of South Africa	2:32,17
14 Mwamba, Wina M	16	Zambia	2:33,63
15 Sepetu, Isam A	15	Tanzania	2:34,06
16 Francisco, Alexandre	15	Angola	2:36,83
17 Shamambo, Damien	16	Zambia	2:40,02
18 Kisitu, Hayyan	15	Uganda	2:44,03
19 Rathenam, Keanet-Peter	15	Namibia	2:48,25
20 Musoke, Raphael	16	Uganda	NT

Event 119 Women 17 & Over 200 LC Meter IM

RECORD: 2:28,63 19-02-2017

Robyn Lee

ZIM

Name	Age	Team	Seed Time
1 Stergiadis, Heleni	17	Namibia	2:25,50



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Event 119 ... (Women 17 & Over 200 LC Meter IM)

2	Botha, Vicky A	18	Namibia	2:42,48
3	Brown, Courtney	17	Zimbabwe	2:48,54
4	Ruele, Bupe B	16	Botswana	2:51,40
5	Jones, Siobhan	17	Zimbabwe	2:55,30
6	Naidu, Harleena	18	Zambia	2:58,98
7	van Rooyen, Leone	17	Botswana	2:59,03
8	Young, Robyn	19	Eswatini	3:03,07

Event 120 Men 17 & Over 200 LC Meter IM

RECORD: 2:07,94 09-05-2015

Pedro Pinotes

ANG

Name	Age	Team	Seed Time
1 Freeman, James S	18	Botswana	2:10,82
2 Goveia, Ralph W	23	Zambia	2:13,12
3 Cyprianos, Denilson	17	Zimbabwe	2:15,38
4 Le Roux, Corné	17	Namibia	2:18,49
5 Adnan, Kabuye A	17	Uganda	2:19,91
6 Andrianirina, Lalanomena A	21	Republic of Madagascar	2:20,16
7 Gomes, Filipe	22	Malawi	2:20,20
8 Tayali, Quintin T	18	Zimbabwe	2:22,50
9 Fischer, Ethan	17	Botswana	2:23,52
10 Wellmann, Arkell J	17	Namibia	2:26,93
11 Naidu, Kumaren M	22	Zambia	2:28,18
12 Xavier, Kelsey	17	Mozambique	2:28,44
13 Silva, Lucas	18	Angola	2:30,67

Event 121 Women 14 & Under 200 LC Meter Freestyle Relay

RECORD: 1:55,68 23-04-2016

MAURITIUS

MRI

Team	Relay	Seed Time	
1 Zimbabwe	A	1:58,35	
1) Goodinson, Kiara 14	2) Makwabarara, Mikayla 11	3) Schultz, Timea 14	4) Dhemba, Vhenekai 13
2 Republic Of South Africa	A	2:01,29	
3 Uganda	A	2:02,26	
4 Botswana	A	2:03,91	
1) Harry, Kyra 13	2) Ingwe, Kimberly 14	3) Dithlogo, Amaru 13	4) Jack, Michelle 14
5 Namibia	A	2:04,68	
1) Spath, Mackenzie 14	2) Naukosho, Ariana 12	3) Ohm, Michaela 12	4) Stange, Maya A 14
6 Zambia	A	NT	
1) Phiri, Jade A 13	2) Miti, Tamenji 12	3) Vidmar, Julijana 13	4) Coates, Johanna K 13
7 Angola	A	NT	
1) Fernandes, Nhara 13	2) Morais, Nyriam 11	3) Santos, Inara 11	4) Silva, Welwitschia 12

Event 122 Men 14 & Under 200 LC Meter Freestyle Relay

RECORD: 1:46,02 19-02-2017

Republic of South Africa

RSA

E Spieker, B Remley, L Taukobong, J Botha

Team	Relay	Seed Time	
1 Zimbabwe	A	1:50,65	
1) Makaya, Tichatonga 13	2) Heyns, Kyle 12	3) Chisungo, Tawanda 14	4) Mhlanga, Bjorn N 13
2 Republic Of South Africa	A	1:53,66	
3 Uganda	A	1:56,64	
4 Botswana	A	1:56,65	
1) Matthews, Mmusi 13	2) Mokobi, Kgotla 13	3) Keitsile, Junior 12	4) Molefe, Lerako 14
5 Namibia	A	1:56,75	
1) Ellis, Quinn 13	2) Esslinger, Nico 14	3) Magongo, Brave 14	4) Ohm, Oliver 14



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6	Malawi	A	2:09,77
	1) Kumbatira, Tsinde 14	2) Prieur, Ethan 12	3) Banda, Asher 14
	4) Moosa, Muhammad Ali 14		
7	Zambia	A	NT
	1) Fernando, Khushal J 14	2) Mulenga, Ndabila B 14	3) Mulenga, Mwenya 13
	4) Zeravica, Jack 11		
8	Angola	A	NT
	1) Freitas, Filipe Simoes 14	2) Bredel, Rafael 12	3) Fortes, Alex 14
	4) Tati, Janel 13		

Event 123 Women 15 & Over 200 LC Meter Freestyle Relay**RECORD: 1:52,87 19-02-2017 ZIM A cana 17****ZIM****N Mukonoweshuro, D Leask, M Koen, R Lee**

	Team	Relay	Seed Time
1	Zimbabwe	A	1:52,07
	1) Mjimba, Nomvula B 17	2) Rollo, Riana 16	3) Brown, Courtney 17
	4) van der Westhuizen, Paige 16		
2	Namibia	A	1:58,50
	1) Stergiadis, Heleni 17	2) Botha, Vicky A 18	3) Esslinger, Tiana 16
	4) Mutumbulua, Trisha 15		
3	Botswana	A	1:58,67
	1) Loo, Caitlin 15	2) Matthews, Tselane 16	3) Ruele, Bupe B 16
	4) Egner, Maxine 15		
4	Republic Of South Africa	A	1:59,05
5	Mauritius	A	2:00,56
	1) Ramgoolam, Jamie Prishika 14	2) Kok Shun, Alicia 15	3) Gebert, Ines 15
	4) Ramdhun, Eunnice 12		
6	Mozambique	A	2:01,70
	1) Domingues, Ana Beatriz 12	2) Pereira, Kelly 10	3) Fernandes, Sophie 13
	4) Mateus, Alicia 15		
7	Malawi	A	2:02,15
	1) Chang'anamuno, Tayamika 19	2) Chizonda, Tracy 14	3) Makwenda, Jessica 14
	4) Pinto, Ammara 22		
8	Angola	A	NT
	1) Santo, Rafaela Espirito 15	2) Freitas, Maria Lopes 22	3) Cahombo, Melvire 17
	4) Santos, Barbara 17		

Event 124 Men 15 & Over 200 LC Meter Freestyle Relay**RECORD: 1:37,82 23-04-2016 MAURITIUS****MRI**

	Team	Relay	Seed Time
1	Zimbabwe	A	1:39,89
	1) Jones, Brett 17	2) Tayali, Quintin T 18	3) Cyprianos, Denilson 17
	4) McKonie, Joash 17		
2	Botswana	A	1:41,55
	1) Bekker, Andile 16	2) Dzingai, Solomon 19	3) Rouse, Brandon 16
	4) Freeman, James S 18		
3	Mozambique	A	1:44,19
	1) Pale, Justino 16	2) Xavier, Kelsey 17	3) Chonguiça, Yannis 16
	4) Lawrence, Matthew 16		
4	Republic Of South Africa	A	1:44,80
5	Mauritius	A	1:45,03
	1) AH Yong, Victor 15	2) Leung Hing Wah, Timothy 12	3) Ciceron, Adrien 16
	4) LI Hing Duen, Shawn 13		
6	Namibia	A	1:46,50
	1) Le Roux, Corné 17	2) Gertze, Matthew R 17	3) Wellmann, Arkell J 17
	4) Burger, Mikah K 15		
7	Zambia	A	NT
	1) Goveia, Ralph W 23	2) Moosa, Shaquille D 17	3) Shamambo, Damien 16
	4) Naidu, Kumaren M 22		
8	Uganda	A	NT
9	Angola	A	NT
	1) Furtado, Yusseni 15	2) Pires, Djamel 16	3) Silva, Lucas 18
	4) Silva, Gilberto 16		


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