

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#101 Boys 11&U 400 Meter Free				#103 Men 12 400 Meter Free				#105 Men 13 400 Meter Free			
Name	Age	Team	Finals Time	Name	Age	Team	Finals Time	Name	Age	Team	Finals Time
1 Spoor, St John S	11	NCDST-ET	5:16.76	1 Eilers, De-Anzo C	12	KALA-JT	5:20.58	1 Coetzer, Zander	13	USH-UH	5:25.64
35.63	1:14.72	1:54.89	2:35.69	35.75	1:14.91	1:57.17	2:38.90	35.92	1:16.29	1:57.44	2:39.27
3:16.23	3:57.29	4:36.93	5:16.76	3:19.90	3:59.80	4:41.80	5:20.58	3:20.46	4:02.77	4:44.52	5:25.64
2 Linde, El-Jay	11	BLSS-MA	5:24.55	2 Terblanche, Eben C	12	CSA-EP	5:24.99	2 Rankin, Jack K	13	ASA-IL	5:48.31
37.17	1:16.72	1:58.75	2:39.58	34.92	1:13.77	1:54.16	2:37.09	37.14	1:18.25	2:00.21	2:42.93
3:21.84	4:02.63	4:44.90	5:24.55	3:19.09	4:02.40	4:44.22	5:24.99	3:27.79	4:14.04	5:01.59	5:48.31
3 Gibson, Sean	11	ACSA-ET	5:30.11	3 Weenink, Wian J	12	FAAC-FB	5:27.49	#106 Women 13 400 Meter Free			
37.09	1:17.36	1:59.76	2:41.41	34.81	1:14.90	1:56.29	2:37.86	Name	Age	Team	Finals Time
3:24.33	4:07.42	4:50.40	5:30.11	3:20.02	4:02.03	4:45.42	5:27.49	1 Cottrell, Kirsten I	13	AZON-ET	5:03.48
4 De Vos, Juan-dre	11	KALA-JT	5:34.04	4 Du Plessis, Kenn R	12	MWU-NG	5:32.98	33.19	1:09.61	1:48.67	2:28.04
36.10	1:17.78	2:00.06	2:44.06	34.72	1:15.52	1:58.59	2:41.78	3:07.94	3:47.66	4:26.47	5:03.48
3:27.07	4:10.16	4:52.85	5:34.04	3:24.76	4:09.74	4:51.14	5:32.98	2 Joubert, Jady			
5 Mpungose, Art N	10	SGUL-ET	5:35.46	5 Remley, Kaden J	12	SGUL-ET	5:34.39	33.88	1:11.48	1:51.34	2:30.99
35.18	1:16.29	1:57.86	2:41.79	35.65	1:16.18	1:58.08	2:41.38	3:11.48	3:52.25	4:34.38	5:14.34
3:25.68	4:10.40	4:53.76	5:35.46	3:24.13	4:08.00	4:51.79	5:34.39	3 Brijlal, Sherisha			
6 Forrest, Kai A	10	NCDST-ET	5:44.29	6 Moodley, Kivesh	12	BAYV-ET	5:35.88	32.71	1:09.60	1:49.46	2:31.03
37.62	1:18.88	2:03.52	2:47.75	35.79	1:14.39	1:56.69	2:39.31	3:13.92	3:56.83	4:39.84	5:20.92
3:32.89	4:16.89	5:01.25	5:44.29	3:23.67	4:09.43	4:53.93	5:35.88	4 Groenewald, Lara			
7 Nkgapele, Junior M	11	MWU-NG	5:44.68	7 Maree, Matthew	12	AQSA-ET	5:36.43	34.93	1:13.58	1:54.12	2:35.99
39.73	1:20.98	2:05.06	2:48.04	34.72	1:15.47	1:57.62	2:40.39	3:17.98	4:00.44	4:42.71	5:23.76
3:32.77	4:16.63	5:01.48	5:44.68	3:24.08	4:08.83	4:52.54	5:36.43	5 Jansen Van Vuuren, Ashl			
8 Emond, Jed D	11	NCDST-ET	5:49.99	8 Du Preez, Ewan	12	USH-UH	5:42.55	33.62	1:11.77	1:52.63	2:34.82
37.14	1:19.66	2:03.96	2:49.80	35.26	1:15.58	1:58.60	2:42.95	3:20.41	4:05.33	4:49.39	5:30.98
3:35.08	4:21.77	5:06.30	5:49.99	3:27.84	4:13.81	4:59.34	5:42.55	6 Kirsten, Gemma			
9 Gander, Dylan C	11	AQSA-ET	5:50.71	#104 Women 12 400 Meter Free				Name	Age	Team	Finals Time
36.53	1:19.23	2:03.68	2:50.76	1 Davel, Annabelle E	12	MWU-NG	5:09.55	34.23	1:14.02	1:55.68	2:39.14
3:36.94	4:23.37	5:07.64	5:50.71	34.99	1:13.40	1:51.96	2:31.24	3:22.99	4:07.66	4:52.54	5:31.40
10 Le Roux, Tiaan	11	KALA-JT	6:01.93	3:10.77	3:50.87	4:30.05	5:09.55	7 Van Der Bijl, Cara			
39.16	1:24.53	2:11.49	2:58.90	2 Forrest, Bailey R	12	NCDST-ET	5:12.35	35.62	1:15.27	1:57.87	2:40.88
3:45.03	4:32.11	5:17.82	6:01.93	33.84	1:11.60	1:51.73	2:32.18	3:25.43	4:09.26	4:52.73	5:34.02
11 Radley, Henning J	11	NSAD-EZ	6:06.10	3:11.43	3:52.96	4:34.04	5:12.35	8 Van Rensburg, Melindie			
38.56	1:21.28	2:08.65	2:55.38	3 Olivier, Rebekah B	12	ACSA-ET	5:12.53	35.49	1:15.35	1:57.67	2:41.12
3:45.06	4:32.12	5:19.69	6:06.10	34.16	1:12.19	1:52.52	2:32.65	3:26.00	4:10.25	4:56.10	5:38.52
12 Naidoo, Thiren	11	BAYV-ET	6:14.04	3:13.47	3:54.29	4:35.37	5:12.53	9 Joubert, Danielle			
39.31	1:26.58	2:12.67	3:01.07	4 Friedenthal, Lucy	12	UNIN-MP	5:19.94	35.96	1:16.35	1:59.52	2:43.20
3:49.76	4:39.56	5:27.73	6:14.04	34.88	1:13.83	1:53.14	2:34.15	3:27.86	4:13.08	4:56.88	5:39.57
#102 Girls 11&U 400 Meter Free				3:15.20	3:57.40	4:39.02	5:19.94	10 Hamman, Emma J			
Name	Age	Team	Finals Time	5 Leonard, Mieke	12	MWU-NG	5:25.75	36.10	1:17.10	1:59.74	2:42.96
1 Carmody, Jessica M	11	SGUL-ET	5:14.44	35.67	1:14.44	1:55.91	2:37.24	3:28.39	4:14.36	4:58.59	5:39.97
31.81	1:09.36	1:49.80	2:31.15	3:19.80	4:01.70	4:44.55	5:25.75	11 Banza, Matundu I			
3:12.15	3:53.26	4:34.85	5:14.44	6 Borrageiro, Nirvana L	12	SGUL-ET	5:29.34	37.20	1:17.23	1:59.52	2:42.70
2 Matthews, Megan K	11	NCDST-ET	5:24.55	33.48	1:11.75	1:52.61	2:35.03	3:26.72	4:11.22	4:57.09	5:40.60
35.11	1:14.60	1:56.62	2:38.86	3:18.59	4:02.90	4:46.03	5:29.34	#107 Men 14 400 Meter Free			
3:20.89	4:03.11	4:45.27	5:24.55	7 Naude, Jana B	12	USH-UH	5:31.91	Name	Age	Team	Finals Time
3 Marcelino, Katie	11	SGUL-ET	5:26.51	35.49	1:16.37	1:59.14	2:43.42	1 Hannay, Dean C	14	MWU-NG	4:53.70
36.45	1:17.44	1:59.79	2:41.83	3:27.18	4:10.34	4:52.32	5:31.91	32.01	1:08.19	1:45.51	2:23.62
3:24.53	4:06.90	4:47.01	5:26.51	8 Bruce, Tayla	12	BEAV-ET	5:33.63	3:01.46	3:39.75	4:18.00	4:53.70
4 Oelofse, Bay-Linn	11	SASOL-FD	5:27.43	36.59	1:17.16	1:59.36	2:41.84	2 Le Gassick, Liam R			
34.90	1:14.99	1:57.66	2:39.79	3:25.84	4:09.33	4:53.04	5:33.63	32.02	1:07.47	1:44.15	2:21.44
3:22.38	4:05.11	4:47.33	5:27.43	9 Andersson, Kate B	12	AQSA-ET	5:36.63	2:59.83	3:38.80	4:17.57	4:53.84
5 Prinsloo, Cher H	11	KLOO-ET	5:43.60	34.69	1:15.11	1:57.68	2:41.37	3 Perold, Joshua			
36.15	1:17.56	2:02.28	2:46.66	3:25.75	4:09.38	4:53.26	5:36.63	32.05	1:08.94	1:46.67	2:24.46
3:31.95	4:17.37	5:02.85	5:43.60	10 Rowan, Catherine L	12	SGUL-ET	5:36.94	3:03.81	3:41.95	4:22.09	4:58.36
6 Dixon, Poppy	11	NCDST-ET	5:45.22	35.45	1:15.19	1:57.75	2:41.76	#107 Men 14 400 Meter Free			
36.57	1:17.59	2:01.78	2:45.15	3:25.60	4:10.23	4:53.83	5:36.94	Name	Age	Team	Finals Time
3:31.81	4:17.48	5:02.62	5:45.22	#101 Boys 11&U 400 Meter Free				1 Smook, Cara	12	BLNE-MA	6:30.06
7 Oosthuizen, Monique	11	BLOT-MA	5:50.91	8 Banza, Lys L	11	UNIN-MP	5:59.21	39.13	1:26.18	2:17.35	3:07.41
37.91	1:21.31	2:05.28	2:50.62	38.86	1:22.96	2:08.15	2:54.29	3:59.85	4:49.78	5:41.26	6:30.06
3:35.23	4:21.03	5:06.15	5:50.91	3:38.82	4:26.01	5:12.55	5:59.21	#102 Girls 11&U 400 Meter Free			



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## Results

Preliminaries ... (#201 Boys 12 200 Meter Free)				
9 Strydom, Rogan	12	ASA-IL		2:42.56
	36.10	1:19.30	2:02.62	2:42.56
10 Maree, Matthew	12	AQSA-ET		2:42.60
	34.43	1:15.06	2:00.07	2:42.60
11 Du Preez, Ewan	12	USH-UH		2:44.49
	36.16	1:17.98	2:02.71	2:44.49
#201 Boys 13 200 Meter Free				
Name	Age	Team		Finals Time
Finals				
1 Davies, Tristan J	13	WELA-FD		2:22.18
	32.29	1:08.82	1:46.20	2:22.18
2 De Beer, Zion	13	MWU-NG		2:22.72
	32.47	1:09.61	1:46.38	2:22.72
3 Mc Carthy, Taegen J	13	BEAV-ET		2:23.89
	32.77	1:09.88	1:47.97	2:23.89
4 Coetzer, Zander	13	USH-UH		2:26.98
	33.55	1:11.40	1:49.53	2:26.98
5 Holton, Jaryd	13	ASA-IL		2:28.30
	33.10	1:11.25	1:50.46	2:28.30
6 Du Preez, Handre	13	AQU-AD		2:29.29
		1:13.24	2:29.29	
7 Janson, Rossouw P	13	NSAD-EZ		2:32.33
	32.26	1:11.61	1:52.76	2:32.33
8 Vorwerk, Channing J	13	PSCP-UM		2:32.34
	34.79	1:13.37	1:53.50	2:32.34
9 Rankin, Jack K	13	ASA-IL		2:32.42
	35.30	1:13.86	1:54.06	2:32.42
10 Van Rooyen, Jayden	13	FAAC-FB		2:34.65
	33.69	1:13.47	1:54.13	2:34.65
#201 Boys 13 200 Meter Free				
Name	Age	Team		Prelim Time
Preliminaries				
1 Davies, Tristan J	13	WELA-FD		2:24.14
	32.07	1:08.36	1:46.60	2:24.14
2 De Beer, Zion	13	MWU-NG		2:26.18
		1:09.19	2:26.18	
3 Mc Carthy, Taegen J	13	BEAV-ET		2:27.08
	31.94	1:09.60	1:49.53	2:27.08
4 Coetzer, Zander	13	USH-UH		2:29.57
	34.49	1:12.38	1:51.30	2:29.57
5 Holton, Jaryd	13	ASA-IL		2:32.21
		1:13.49	2:32.21	
6 Vorwerk, Channing J	13	PSCP-UM		2:32.65
	34.73	1:14.52	1:56.03	2:32.65
7 Janson, Rossouw P	13	NSAD-EZ		2:33.03
	33.66	1:12.65	1:53.22	2:33.03
8 Van Rooyen, Jayden	13	FAAC-FB		2:33.12
	33.63	1:11.35	1:51.68	2:33.12
9 Rankin, Jack K	13	ASA-IL		2:33.81
		1:11.02	2:33.81	
10 Du Preez, Handre	13	AQU-AD		2:34.99
	33.35	1:12.45	1:53.71	2:34.99
11 Moolman, Heindru	13	MWU-NG		2:36.26
	33.48	1:11.59	1:53.97	2:36.26
12 Hinze, Sven F	13	USH-UH		2:36.70
	35.54	1:14.29	1:55.91	2:36.70
#201 Boys 14 200 Meter Free				
Name	Age	Team		Finals Time
Finals				
1 Sutherland, Eben	14	BULS-MA		2:14.27
	30.62	1:06.09	1:39.78	2:14.27
2 Le Gassick, Liam R	14	BLSS-MA		2:17.13
	31.60	1:06.74	1:42.30	2:17.13
3 Perold, Joshua	14	ASA-IL		2:19.11
	31.40	1:06.35	1:42.60	2:19.11
4 Hannay, Dean C	14	MWU-NG		2:21.59
	31.74	1:08.34	1:45.23	2:21.59
5 van Niekerk, Junior S	14	GHSK-FB		2:22.18
	32.47	1:07.92	1:46.00	2:22.18
6 Brewis, Marais L	14	GHSK-FB		2:31.25
	32.98	1:10.90	1:50.79	2:31.25
#201 Boys 14 200 Meter Free				
Name	Age	Team		Prelim Time
Preliminaries				
1 Sutherland, Eben	14	BULS-MA		2:15.97
	28.89	1:02.20	1:39.03	2:15.97
2 Le Gassick, Liam R	14	BLSS-MA		2:17.00
	31.18	1:06.11	1:41.53	2:17.00
3 Perold, Joshua	14	ASA-IL		2:20.16
	32.02	1:08.24	1:45.45	2:20.16
4 Hannay, Dean C	14	MWU-NG		2:23.68
	31.40	1:07.91	1:46.25	2:23.68
5 van Niekerk, Junior S	14	GHSK-FB		2:24.20
	32.27	1:08.85	1:47.97	2:24.20
6 Brewis, Marais L	14	GHSK-FB		2:29.34
	31.90	1:08.54	1:48.96	2:29.34
7 Nel, Jaden	14	SASOL-FD		2:30.81
	31.76	1:09.43	1:49.72	2:30.81
#201 Men 15 200 Meter Free				
Name	Age	Team		Finals Time
Finals				
1 Beukes, Xavier T	15	PISC-ET		2:09.99
	29.40	1:01.97	1:35.63	2:09.99
2 Gibson, Nathen	15	ACSA-ET		2:13.25
	29.54	1:02.90	1:38.09	2:13.25
3 Van der Walt, Ryno	15	PSA-ZL		2:17.20
	29.40	1:02.68	1:39.16	2:17.20
4 Barker, Cameron D	15	PSCP-UM		2:22.22
	31.51	1:07.78	1:45.19	2:22.22
#201 Men 15 200 Meter Free				
Name	Age	Team		Prelim Time
Preliminaries				
1 Beukes, Xavier T	15	PISC-ET		2:10.29
	29.70	1:02.19	1:36.27	2:10.29
2 Gibson, Nathen	15	ACSA-ET		2:14.12
	29.37	1:03.27	1:39.27	2:14.12
3 Van der Walt, Ryno	15	PSA-ZL		2:21.46
	29.55	1:04.37	1:43.04	2:21.46
4 Barker, Cameron D	15	PSCP-UM		2:23.47
	32.20	1:08.76	1:46.94	2:23.47
#201 Men 16-18 200 Meter Free				
Name	Age	Team		Finals Time
Finals				
1 Roberts, Joshua S	18	PSCP-UM		2:05.45
	28.83	1:00.30	1:33.00	2:05.45
2 Leukes, David J	17	BLSS-MA		2:08.14
	29.25	1:01.65	1:35.50	2:08.14
3 Smith, Michael G	16	USH-UH		2:08.52
	29.73	1:02.54	1:35.94	2:08.52
4 Swanepoel, Hanno	17	SASOL-FD		2:09.45
	29.99	1:02.80	1:36.32	2:09.45
5 Jansen van Vuuren, Ruari	18	AQU-AD		2:10.36
	28.78	1:02.10	1:37.20	2:10.36
6 Heymans, Henk J	17	ASA-IL		2:10.69
	30.03	1:03.18	1:37.12	2:10.69
7 Green, Jarred	17	FAAC-FB		2:10.83
	29.46	1:02.47	1:36.61	2:10.83
8 Mellors, David R	17	ASA-IL		2:15.88
	31.49	1:07.39	1:42.53	2:15.88
9 Jansen van Vuuren, Andi	16	BLSS-MA		2:16.67
	30.51	1:04.37	1:41.34	2:16.67
10 Joubert, Gary L	17	PSCP-UM		2:18.88
		1:06.72	2:18.88	
#201 Men 16-18 200 Meter Free				
Name	Age	Team		Prelim Time
Preliminaries				
1 Smith, Michael G	16	USH-UH		2:08.60
	29.70	1:02.68	1:35.96	2:08.60
2 Roberts, Joshua S	18	PSCP-UM		2:09.76
	29.20	1:02.21	1:35.92	2:09.76
3 Swanepoel, Hanno	17	SASOL-FD		2:10.53
	29.84	1:03.28	1:37.28	2:10.53
4 Green, Jarred	17	FAAC-FB		2:10.66
	29.92	1:03.47	1:37.65	2:10.66
5 Leukes, David J	17	BLSS-MA		2:10.92
	29.37	1:02.27	1:36.75	2:10.92
6 Jansen van Vuuren, Ruari	18	AQU-AD		2:11.03
	29.26	1:03.27	1:38.04	2:11.03
7 Heymans, Henk J	17	ASA-IL		2:12.13
	28.97	1:01.78	1:36.70	2:12.13
8 Mellors, David R	17	ASA-IL		2:14.02
	31.13	1:06.25	1:40.19	2:14.02
9 Jansen van Vuuren, Andi	16	BLSS-MA		2:17.45
	30.79	1:04.84	1:41.61	2:17.45
10 Joubert, Gary L	17	PSCP-UM		2:18.26
	29.75	1:04.99	1:43.04	2:18.26
11 Joubert, Jeandre'	17	MGSC-UG		2:18.93
	30.45	1:04.64	1:41.86	2:18.93
12 Kleynhans, Jan-Ebert	18	GHSK-FB		2:19.90
	29.67	1:04.35	1:41.35	2:19.90
13 Vlassides, Alexi J	17	SGUL-ET		2:21.05
	29.70	1:04.57	1:42.25	2:21.05
14 Nieuwoudt, Benjamin	17	BLOT-MA		2:21.23
	30.89	1:06.34	1:43.79	2:21.23
15 Nel, Nicholas	16	TOTIS-ET		2:28.90
	30.67	1:08.66	1:51.15	2:28.90
#202 Girls 11&U 200 Meter Free				
Name	Age	Team		Finals Time
Finals				
1 Carmody, Jessica M	11	SGUL-ET		2:26.20
	32.16	1:10.00	1:48.71	2:26.20
2 Matthews, Megan K	11	NCDST-ET		2:29.97
	35.14	1:13.16	1:51.55	2:29.97
3 Mayoss, Erin L	11	KLOO-ET		2:30.59
	35.72	1:13.94	1:52.60	2:30.59





## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#205 Boys 12 100 Meter Breast				#205 Boys 14 100 Meter Breast				5 Landmann, Ramon 15 SASOL-FD 1:19.76			
Name	Age	Team	Prelim Time	Name	Age	Team	Finals Time				
<b>Preliminaries</b>				<b>Finals</b>				37.06 1:19.76			
1 Fisher, Daniel N	12	BLUO-UG	1:28.68	1 Zwane, Lehakwe M	14	SASOL-FD	1:15.80	6 Van der Walt, Ryno 15 PSA-ZL 1:24.38			
								40.09 1:24.38			
				<b>#205 Men 15 100 Meter Breast</b>				<b>Name Age Team Prelim Time</b>			
2 Terblanche, Eben C	12	CSA-EP	1:29.41	2 Faber, Conrad	14	GHSK-FB	1:15.86	<b>Preliminaries</b>			
								1 Moolman, Cobus 15 BULS-MA 1:13.59			
								34.57 1:13.59			
3 Lancaster, Murray S	12	SEAL-UM	1:33.70	3 Van Heerden, Tian	14	SEAL-UM	1:15.92	2 Du Toit, Thian 15 BLSS-MA 1:18.91			
								36.82 1:18.91			
								3 Landmann, Ramon 15 SASOL-FD 1:19.39			
4 Strydom, Rogan	12	ASA-IL	1:37.04	4 Moonsamy, Zaid	14	BLSS-MA	1:16.34	36.09 1:19.39			
								4 Barker, Cameron D 15 PSCP-UM 1:21.11			
								38.27 1:21.11			
5 Naidoo, Ethan R	12	WVAQ-ET	1:37.09	5 Reddhi, Trevin	14	ACSA-ET	1:18.36	5 Beukes, Xavier T 15 PISC-ET 1:21.53			
								38.31 1:21.53			
								6 Van der Walt, Ryno 15 PSA-ZL 1:25.81			
6 Zungu, Bongumusa M	12	UMSH-ET	1:37.52	*6 Nel, Jaden	14	SASOL-FD	1:19.11	<b>#205 Men 16-18 100 Meter Breast</b>			
								<b>Name Age Team Finals Time</b>			
7 Du Preez, Ewan	12	USH-UH	1:41.48	*6 Le Roux, Adrian D	14	VALS-FD	1:19.11	<b>Finals</b>			
								1 Leukes, David J 17 BLSS-MA 1:12.50			
								34.33 1:12.50			
8 Remley, Kaden J	12	SGUL-ET	1:43.50	8 Fourie, Ruben	14	KLOO-ET	1:20.04	2 Roberts, Joshua S 18 PSCP-UM 1:13.24			
								34.61 1:13.24			
								3 Barnes, Henru H 17 BLSS-MA 1:14.86			
								34.64 1:14.86			
								4 Joubert, Jeandre' 17 MGSC-UG 1:15.02			
								35.35 1:15.02			
								5 Nieuwoudt, Benjamin 17 BLOT-MA 1:18.29			
								35.89 1:18.29			
								6 Xulu, Mhlengi B 16 UMSH-ET 1:21.38			
								36.67 1:21.38			
								7 Vlassides, Alexi J 17 SGUL-ET 1:21.93			
								36.65 1:21.93			
								8 Smith, Michael G 16 USH-UH 1:21.99			
								38.02 1:21.99			
								9 Scholtz, Francois C 16 AQU-AD 1:26.01			
								38.82 1:26.01			
								10 Joubert, Gary L 17 PSCP-UM 1:31.50			
								38.64 1:20.94			
								<b>#205 Men 16-18 100 Meter Breast</b>			
								<b>Name Age Team Prelim Time</b>			
								<b>Preliminaries</b>			
								1 Leukes, David J 17 BLSS-MA 1:13.87			
								35.69 1:13.87			
								2 Roberts, Joshua S 18 PSCP-UM 1:15.00			
								34.96 1:15.00			
								3 Barnes, Henru H 17 BLSS-MA 1:15.08			
								35.57 1:15.08			
								4 Jansen van Vuuren, Ruai 18 AQU-AD 1:16.39			
								35.38 1:16.39			
								5 Joubert, Jeandre' 17 MGSC-UG 1:16.98			
								35.91 1:16.98			
								6 Nieuwoudt, Benjamin 17 BLOT-MA 1:20.40			
								36.94 1:20.40			
								7 Smith, Michael G 16 USH-UH 1:21.79			
								37.88 1:21.79			
								8 Vlassides, Alexi J 17 SGUL-ET 1:23.08			
								38.38 1:23.08			
								9 Xulu, Mhlengi B 16 UMSH-ET 1:23.66			
								37.82 1:23.66			
								<b>#205 Men 15 100 Meter Breast</b>			
								<b>Name Age Team Finals Time</b>			
								<b>Finals</b>			
								1 Moolman, Cobus 15 BULS-MA 1:12.29			
								33.58 1:12.29			
								2 Du Toit, Thian 15 BLSS-MA 1:17.66			
								35.89 1:17.66			
								3 Beukes, Xavier T 15 PISC-ET 1:17.94			
								37.17 1:17.94			
								4 Barker, Cameron D 15 PSCP-UM 1:18.25			
								37.33 1:18.25			

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

Preliminaries ... (#205 Men 16-18 100 Meter Breast)			
Name	Age	Team	Time
10 Scholtz, Francois C	16	AQU-AD	1:26.18
	39.22	1:26.18	
11 Joubert, Gary L	17	PSCP-UM	1:27.44
	38.89	1:27.44	
12 Nel, Nicholas	16	TOTIS-ET	1:28.41
	41.40	1:28.41	
13 le Roux, Ruan	17	UPTS-ZM	1:29.08
	41.36	1:29.08	

## #206 Girls 11&amp;U 100 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Oosthuizen, Monique	11	BLOT-MA	1:24.49
	39.56	1:24.49	
2 Allchin, Gemma L	11	BLUO-UG	1:25.72
	39.66	1:25.72	
3 Oelofse, Bay-Linn	11	SASOL-FD	1:28.75
	43.48	1:28.75	
4 DU Plessis, Charlize	11	SEAL-UM	1:29.32
	41.82	1:29.32	
5 Robinson, Daena M	11	BLUO-UG	1:31.24
	42.74	1:31.24	
6 Kambanis, Georgia	11	BLSS-MA	1:33.32
	42.77	1:33.32	
7 Banza, Lys L	11	UNIN-MP	1:34.16
	43.70	1:34.16	
8 Mansil, Gemma	11	WELA-FD	1:34.56
	44.60	1:34.56	
9 Perumal, Elisha L	10	BAYV-ET	1:34.96
	45.76	1:34.96	
10 Mayoss, Erin L	11	KLOO-ET	1:36.79

## #206 Girls 11&amp;U 100 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Allchin, Gemma L	11	BLUO-UG	1:27.68
	42.12	1:27.68	
2 Oosthuizen, Monique	11	BLOT-MA	1:28.04
	41.43	1:28.04	
3 Oelofse, Bay-Linn	11	SASOL-FD	1:29.66
	43.78	1:29.66	
4 DU Plessis, Charlize	11	SEAL-UM	1:30.96
	42.91	1:30.96	
*5 Perumal, Elisha L	10	BAYV-ET	1:32.09
	45.73	1:32.09	
*5 Kambanis, Georgia	11	BLSS-MA	1:32.09
	42.67	1:32.09	
7 Sates, Caitlyn B	11	SEAL-UM	1:32.86
	43.64	1:32.86	
8 Banza, Lys L	11	UNIN-MP	1:33.65
	44.30	1:33.65	
9 Robinson, Daena M	11	BLUO-UG	1:33.78
	43.42	1:33.78	
10 Mansil, Gemma	11	WELA-FD	1:34.28
	45.12	1:34.28	
11 Mayoss, Erin L	11	KLOO-ET	1:35.98
	44.58	1:35.98	
12 Beyers, Erin A	11	UNIN-MP	1:36.59
	45.69	1:36.59	

13 Tshikhudo, Mphoentle M	11	MWU-NG	1:36.63
	46.75	1:36.63	
14 Prinsloo, Cher H	11	KLOO-ET	1:36.86
	47.15	1:36.86	
15 Vincent, Amelia	10	BLSS-MA	1:38.70
	47.36	1:38.70	
16 Jordaan, Nanette	11	BLOT-MA	1:39.61
	47.91	1:39.61	
17 Potgieter, Cale	11	BLSS-MA	1:40.84
	46.71	1:40.84	
18 Dixon, Poppy	11	NCDST-ET	1:41.75
	49.59	1:41.75	
19 Brijlal, Kirisha	11	VAC-ET	1:43.22
	49.65	1:43.22	
20 Luckfiel, Isabella	11	TOTIS-ET	1:44.01
	49.17	1:44.01	

## #206 Girls 12 100 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Stewart, Megan	12	AZON-ET	1:27.73
	41.09	1:27.73	
2 Friedenthal, Lucy	12	UNIN-MP	1:27.78
	41.83	1:27.78	
3 Terblanche, Emma E	12	PRKA-PS	1:29.98
	41.51	1:29.98	
4 Vorster, Amber J	12	BLUO-UG	1:31.05
	41.36	1:31.05	
5 Bruce, Tayla	12	BEAV-ET	1:31.41
	43.81	1:31.41	
6 Goss, Kelsey	12	ASA-IL	1:31.87
	42.20	1:31.87	
7 Willoughby, Cassidy	12	SEAL-UM	1:32.67
	44.15	1:32.67	
8 Nortje, Mari	12	BULS-MA	1:33.84
	43.78	1:33.84	
9 Scheepers, Izaan	12	USH-UH	1:37.31
	43.01	1:37.31	
10 Davel, Annabelle E	12	MWU-NG	1:38.71

## #206 Girls 12 100 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Stewart, Megan	12	AZON-ET	1:29.26
	40.48	1:29.26	
2 Friedenthal, Lucy	12	UNIN-MP	1:30.52
	43.74	1:31.76	
3 Bruce, Tayla	12	BEAV-ET	1:31.76
	43.74	1:31.76	
4 Terblanche, Emma E	12	PRKA-PS	1:32.23
	43.74	1:32.23	
5 Goss, Kelsey	12	ASA-IL	1:32.46
	43.74	1:32.46	
6 Willoughby, Cassidy	12	SEAL-UM	1:32.84
	44.38	1:32.84	
7 Nortje, Mari	12	BULS-MA	1:33.83
	42.84	1:33.83	
8 Vorster, Amber J	12	BLUO-UG	1:33.93
	44.56	1:34.57	
9 Scheepers, Izaan	12	USH-UH	1:34.57
	44.56	1:34.57	
10 Davel, Annabelle E	12	MWU-NG	1:38.35
	47.12	1:38.35	
11 Warr, Amber L	12	SEAL-UM	1:39.72
	46.17	1:39.72	
12 Karpakis, Cayley G	12	BLSS-MA	1:40.05
	46.16	1:40.05	

13 Forrest, Bailey R	12	NCDST-ET	1:43.37
	49.70	1:43.62	
14 Van Der Merwe, Amy L	12	SGUL-ET	1:43.62

## #206 Girls 13 100 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Martens, Melissa	13	PSCP-UM	1:24.97
	41.15	1:24.97	
2 Banza, Matundu I	13	UNIN-MP	1:25.50
	40.72	1:25.50	
3 Cross, Rachel J	13	SGUL-ET	1:26.32
	40.55	1:26.32	
4 Frank, Gemma	13	ASA-IL	1:27.23
	40.97	1:27.23	
5 Green, Christy S	13	KLOO-ET	1:28.45
	43.05	1:28.45	
6 Richards, Zoe M	13	VRY-ZL	1:28.49
	41.04	1:28.49	
7 Hamman, Emma J	13	FAAC-FB	1:31.85
	43.49	1:31.85	
8 Joubert, Danielle	13	BLNE-MA	1:32.27
	44.98	1:32.27	

## #206 Girls 13 100 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Martens, Melissa	13	PSCP-UM	1:27.99
	41.96	1:27.99	
2 Frank, Gemma	13	ASA-IL	1:28.55
	42.35	1:28.55	
3 Cross, Rachel J	13	SGUL-ET	1:28.98
	41.81	1:28.98	
4 Banza, Matundu I	13	UNIN-MP	1:29.41
	42.37	1:29.41	
5 Richards, Zoe M	13	VRY-ZL	1:29.45
	40.86	1:29.45	
6 Green, Christy S	13	KLOO-ET	1:30.26
	43.37	1:30.26	
7 Joubert, Danielle	13	BLNE-MA	1:31.26
	44.14	1:31.26	
8 Hamman, Emma J	13	FAAC-FB	1:34.39
	44.56	1:34.39	

## #206 Girls 14 100 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Moss, Emma G	14	ASA-IL	1:22.59
	39.55	1:22.59	
2 Joubert, Elizabeth	14	BULS-MA	1:23.33
	38.69	1:23.33	
3 Tlali, Warona W	14	BLSS-MA	1:25.57
	39.21	1:25.57	
4 Gous, Caylin	14	FAAC-FB	1:26.38
	40.41	1:26.38	
5 Truter, Alex J	14	BEAV-ET	1:26.77
	41.14	1:26.77	
6 Helmand, Anieke	14	BLOT-MA	1:28.36
	42.06	1:28.36	
7 Vorster, Johlizze	14	SASOL-FD	1:33.90
	43.99	1:33.90	

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#206 Girls 14 100 Meter Breast				#206 Women 16-18 100 Meter Breast				#207 Boys 12 50 Meter Back			
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time
<b>Preliminaries</b>				<b>Preliminaries</b>				<b>Preliminaries</b>			
1 Joubert, Elizabeth	14	BULS-MA	1:22.72	1 Ontong, Danielle C	16	BLSS-MA	1:24.50	1 Lancaster, Murray S	12	SEAL-UM	36.14
	38.35	1:22.72			39.32	1:24.50		2 Sutcliffe, Ayrton K	12	WSTV-ET	36.38
2 Moss, Emma G	14	ASA-IL	1:24.31	<b>#207 Boys 11&amp;U 50 Meter Back</b>				3 Pretorius, Delarey	12	BLOT-MA	36.40
	39.74	1:24.31		<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	4 Harvey, Cameron J	12	AZON-ET	37.38
3 Tlali, Warona W	14	BLSS-MA	1:26.75	<b>Finals</b>				5 Schweitzer, Liam	12	BLOT-MA	37.49
	41.19	1:26.75		1 Landmann, Armand	10	SASOL-FD	38.28	6 Moodley, Kivesh	12	BAYV-ET	38.07
4 Helmand, Anieke	14	BLOT-MA	1:27.90	2 Mpungose, Art N	10	SGUL-ET	38.37	7 Weenink, Wian J	12	FAAC-FB	38.62
	40.48	1:27.90		3 Basson, Roald R	11	BLSS-MA	38.52	8 Maree, Matthew	12	AQSA-ET	39.07
*5 Gous, Caylin	14	FAAC-FB	1:28.21	4 Gibson, Sean	11	ACSA-ET	38.86	9 Eilers, De-Anzo C	12	KALA-JT	39.60
	41.16	1:28.21		5 Linde, El-Jay	11	BLSS-MA	39.28	10 Naidoo, Ethan R	12	WVAQ-ET	40.79
*5 Truter, Alex J	14	BEAV-ET	1:28.21	6 September, Dominic J	11	PISC-ET	39.51	11 Fisher, Daniel N	12	BLUO-UG	41.08
	41.02	1:28.21		7 Swart, Tristan N	11	TOTIS-ET	39.70	12 Strydrom, Rogan	12	ASA-IL	43.19
7 Peters, Reese H	14	PSCP-UM	1:32.31	8 Spoor, St John S	11	NCST-ET	40.49	--- Fourie, Heinrich N	12	USH-UH	DQ
	43.97	1:32.31		9 Nkgapele, Junior M	11	MWU-NG	40.69	<b>#207 Boys 13 50 Meter Back</b>			
8 Vorster, Johlyze	14	SASOL-FD	1:36.80	10 Swanepoel, Michael	11	GTC-MP	41.02	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>
	45.05	1:36.80		<b>#207 Boys 11&amp;U 50 Meter Back</b>				<b>Finals</b>			
<b>#206 Women 15 100 Meter Breast</b>				<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	1 Cilliers, Jacques	13	BLSS-MA	33.14
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Preliminaries</b>				2 Moolman, Heindru	13	MWU-NG	33.88
1 Van Der Merwe, Izani	15	CSA-EP	1:22.58	1 Landmann, Armand	10	SASOL-FD	38.44	3 Davies, Tristan J	13	WELA-FD	34.16
	36.88	1:22.58		2 Mpungose, Art N	10	SGUL-ET	39.51	4 Mc Carthy, Taegen J	13	BEAV-ET	34.93
2 Huyzer, Megan	15	SGUL-ET	1:24.47	3 Linde, El-Jay	11	BLSS-MA	39.60	5 Rankin, Jack K	13	ASA-IL	35.68
	38.04	1:24.47		4 September, Dominic J	11	PISC-ET	39.62	6 Coetzer, Zander	13	USH-UH	36.23
3 Walden, Chelsea	15	PSCP-UM	1:26.47	5 Swart, Tristan N	11	TOTIS-ET	40.00	7 Vorwerk, Channing J	13	PSCP-UM	36.32
	39.77	1:26.47		6 Spoor, St John S	11	NCST-ET	40.21	8 Hair, Leith E	13	AZON-ET	36.82
4 Daniel, Melanie P	15	AZON-ET	1:26.68	7 Gibson, Sean	11	ACSA-ET	40.26	9 Hinze, Sven F	13	USH-UH	36.97
	39.14	1:26.68		8 Basson, Roald R	11	BLSS-MA	40.48	10 De Beer, Zion	13	MWU-NG	38.35
5 Bowmaker, Katherine R	15	PSCP-UM	1:30.18	9 Nkgapele, Junior M	11	MWU-NG	40.95	<b>#207 Boys 13 50 Meter Back</b>			
	42.64	1:30.18		10 Swanepoel, Michael	11	GTC-MP	40.96	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>
6 Pillay, Trinity J	15	SGUL-ET	1:30.42	11 Radley, Henning J	11	NSAD-EZ	40.99	<b>Preliminaries</b>			
	42.26	1:30.42		12 Holton, Riley	11	ASA-IL	41.28	1 Cilliers, Jacques	13	BLSS-MA	33.83
7 Scott, Hannah E	15	BLUO-UG	1:30.90	13 Kotze, Derick F	11	BLSS-MA	41.31	2 Davies, Tristan J	13	WELA-FD	34.46
	41.94	1:30.90		14 Cilliers, Christopher J	11	BLSS-MA	41.51	3 Mc Carthy, Taegen J	13	BEAV-ET	35.22
<b>#206 Women 15 100 Meter Breast</b>				15 Geyser, Jacobus	11	USH-UH	41.65	4 Moolman, Heindru	13	MWU-NG	35.67
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	16 Emond, Jed D	11	NCST-ET	41.68	5 Hair, Leith E	13	AZON-ET	36.26
1 Van Der Merwe, Izani	15	CSA-EP	1:23.64	17 Van Viegen, Peter D	11	BLSS-MA	41.71	6 Rankin, Jack K	13	ASA-IL	36.37
	38.08	1:23.64		18 Van Rensburg, Ernst	11	BLSS-MA	41.80	7 Coetzer, Zander	13	USH-UH	36.81
2 Huyzer, Megan	15	SGUL-ET	1:25.40	19 Gander, Dylan C	11	AQSA-ET	41.90	8 Hinze, Sven F	13	USH-UH	37.09
	38.36	1:25.40		20 De Vos, Juan-dre	11	KALA-JT	42.90	9 Vorwerk, Channing J	13	PSCP-UM	37.16
3 Daniel, Melanie P	15	AZON-ET	1:28.51	21 Durocher-Yvon, Raphael	11	NCST-ET	43.47	10 De Beer, Zion	13	MWU-NG	38.12
	40.31	1:28.51		22 Naidoo, Shiven	11	BEAV-ET	44.23	11 Van Rooyen, Jayden	13	FAAC-FB	38.76
4 Pillay, Trinity J	15	SGUL-ET	1:28.85	23 Le Roux, Tiaan	11	KALA-JT	44.63	12 Holton, Jaryd	13	ASA-IL	39.07
	41.92	1:28.85		24 Forrest, Kai A	10	NCST-ET	44.76	13 Govender, Sivash	13	SGUL-ET	43.04
5 Walden, Chelsea	15	PSCP-UM	1:31.03	<b>#207 Boys 12 50 Meter Back</b>				<b>#207 Boys 14 50 Meter Back</b>			
	41.96	1:31.03		<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>
6 Bowmaker, Katherine R	15	PSCP-UM	1:31.55	<b>Finals</b>				<b>Finals</b>			
	43.91	1:31.55		1 Sutcliffe, Ayrton K	12	WSTV-ET	35.25	1 Sutherland, Eben	14	BULS-MA	32.02
7 Scott, Hannah E	15	BLUO-UG	1:32.08	2 Lancaster, Murray S	12	SEAL-UM	35.39	2 Faber, Conrad	14	GHSK-FB	32.34
	42.21	1:32.08		3 Pretorius, Delarey	12	BLOT-MA	35.74	3 Le Gassick, Liam R	14	BLSS-MA	33.13
<b>#206 Women 16-18 100 Meter Breast</b>				4 Maree, Matthew	12	AQSA-ET	36.74	4 Naude, Stephan	14	BLOT-MA	33.33
<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Finals Time</b>	5 Moodley, Kivesh	12	BAYV-ET	37.01	5 Brewis, Marais L	14	GHSK-FB	33.50
1 Ontong, Danielle C	16	BLSS-MA	1:23.29	6 Harvey, Cameron J	12	AZON-ET	37.37	6 Kemp, Brent	14	APEX-SS	33.66
	38.47	1:23.29		7 Schweitzer, Liam	12	BLOT-MA	37.57	7 Zwane, Lehakwe M	14	SASOL-FD	34.13
<b>Finals</b>				8 Weenink, Wian J	12	FAAC-FB	38.70	8 Moonsamy, Zaid	14	BLSS-MA	35.55
				9 Eilers, De-Anzo C	12	KALA-JT	39.97	9 Hannay, Dean C	14	MWU-NG	35.96
				10 Naidoo, Ethan R	12	WVAQ-ET	41.30	10 van Niekerk, Junior S	14	GHSK-FB	37.92



## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#207 Boys 14 50 Meter Back				#208 Girls 11&U 50 Meter Back				#208 Girls 13 50 Meter Back			
Name	Age	Team	Prelim Time	Name	Age	Team	Finals Time	Name	Age	Team	Finals Time
<b>Preliminaries</b>				<b>Finals</b>				<b>Finals</b>			
1 Sutherland, Eben	14	BULS-MA	32.32	1 Carmody, Jessica M	11	SGUL-ET	35.42	1 Irvine, Rachel K	13	SEAL-UM	34.76
2 Faber, Conrad	14	GHSK-FB	33.07	2 Baenhoff, Chanel	11	BLSS-MA	36.67	2 Cottrell, Kirsten I	13	AZON-ET	35.37
3 Le Gassick, Liam R	14	BLSS-MA	33.12	3 Matthews, Megan K	11	NCST-ET	37.29	3 Frank, Gemma	13	ASA-IL	36.02
4 Naude, Stephan	14	BLOT-MA	33.55	4 Sates, Caitlyn B	11	SEAL-UM	37.51	4 Hamman, Emma J	13	FAAC-FB	36.41
5 Kemp, Brent	14	APEX-SS	33.71	5 Potgieter, Cale	11	BLSS-MA	37.88	5 Martens, Melissa	13	PSCP-UM	37.02
6 Brewis, Marais L	14	GHSK-FB	33.91	6 Prinsloo, Cher H	11	KLOO-ET	37.98	6 Brijljal, Sherisha	13	VAC-ET	37.12
7 Zwane, Lehakwe M	14	SASOL-FD	34.12	7 Oelofse, Bay-Linn	11	SASOL-FD	39.09	7 Kirsten, Gemma	13	BLNE-MA	37.20
8 van Niekerk, Junior S	14	GHSK-FB	35.10	8 Vincent, Amelia	10	BLSS-MA	39.40	8 Vorwerk, Alexis M	13	PSCP-UM	37.84
9 Hannay, Dean C	14	MWU-NG	35.51	9 Mohamed, Ilhaam	11	FAAC-FB	39.54	9 Zwart, Jordan A	13	SEAL-UM	37.89
10 Moonsamy, Zaid	14	BLSS-MA	35.83	10 Dixon, Poppy	11	NCST-ET	40.67	10 Cross, Rachel J	13	SGUL-ET	38.50
11 Nel, Jaden	14	SASOL-FD	36.59	<b>#208 Girls 11&amp;U 50 Meter Back</b>				<b>#208 Girls 13 50 Meter Back</b>			
12 Le Roux, Adrian D	14	VALS-FD	37.52	<b>Finals</b>				<b>Finals</b>			
<b>#207 Men 15 50 Meter Back</b>				<b>Preliminaries</b>				<b>Preliminaries</b>			
Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time
1 Landmann, Ramon	15	SASOL-FD	30.22	1 Carmody, Jessica M	11	SGUL-ET	35.74	1 Irvine, Rachel K	13	SEAL-UM	35.26
2 de Beer, Aydan	15	WELA-FD	31.25	2 Baenhoff, Chanel	11	BLSS-MA	37.86	2 Cottrell, Kirsten I	13	AZON-ET	36.51
3 Beukes, Xavier T	15	PISC-ET	31.94	3 Matthews, Megan K	11	NCST-ET	38.09	3 Frank, Gemma	13	ASA-IL	36.80
4 Gibson, Nathen	15	ACSA-ET	31.95	4 Sates, Caitlyn B	11	SEAL-UM	38.57	4 Hamman, Emma J	13	FAAC-FB	37.27
5 Van der Walt, Ryno	15	PSA-ZL	32.17	5 Oelofse, Bay-Linn	11	SASOL-FD	39.48	5 Martens, Melissa	13	PSCP-UM	37.34
6 Bruce, Liam	15	BEAV-ET	33.39	6 Potgieter, Cale	11	BLSS-MA	39.79	6 Kirsten, Gemma	13	BLNE-MA	37.68
7 Du Toit, Thian	15	BLSS-MA	34.21	7 Mohamed, Ilhaam	11	FAAC-FB	40.34	7 Vorwerk, Alexis M	13	PSCP-UM	37.78
<b>#207 Men 15 50 Meter Back</b>				<b>#208 Girls 12 50 Meter Back</b>				<b>#208 Girls 13 50 Meter Back</b>			
Name	Age	Team	Prelim Time	<b>Finals</b>				<b>Finals</b>			
1 Landmann, Ramon	15	SASOL-FD	30.58	1 Olivier, Rebekah B	12	ACSA-ET	35.07	11 Van Rensburg, Melindie	13	UNIN-MP	38.34
2 de Beer, Aydan	15	WELA-FD	31.38	2 Petzer, Kayci	12	AZON-ET	35.65	12 Jansen Van Vuuren, Ashl	13	CSA-EP	39.89
3 Gibson, Nathen	15	ACSA-ET	32.37	3 Omar, Manaal	12	SGUL-ET	35.95	13 Joubert, Danielle	13	BLNE-MA	39.96
4 Beukes, Xavier T	15	PISC-ET	32.40	4 Sivier, Jade	12	ACSA-ET	36.14	14 Joubert, Jady	13	AZON-ET	41.41
5 Van der Walt, Ryno	15	PSA-ZL	33.27	5 Borrageiro, Nirvana L	12	SGUL-ET	36.60	<b>#208 Girls 14 50 Meter Back</b>			
6 Bruce, Liam	15	BEAV-ET	34.10	6 Stewart, Megan	12	AZON-ET	37.53	<b>Finals</b>			
7 Du Toit, Thian	15	BLSS-MA	34.16	7 Nortje, Mari	12	BULS-MA	37.83	1 Botha, Anandi	14	BLNE-MA	35.05
<b>#207 Men 16-18 50 Meter Back</b>				<b>#208 Girls 12 50 Meter Back</b>				<b>Preliminaries</b>			
Name	Age	Team	Finals Time	<b>Finals</b>				<b>Finals</b>			
1 Remley, Breydon L	16	SGUL-ET	29.85	1 Olivier, Rebekah B	12	ACSA-ET	36.00	1 Remley, Breydon L	16	SGUL-ET	29.71
2 Leukes, David J	17	BLSS-MA	30.59	2 Petzer, Kayci	12	AZON-ET	36.40	2 Leukes, David J	17	BLSS-MA	30.69
3 Heymans, Henk J	17	ASA-IL	30.89	3 Borrageiro, Nirvana L	12	SGUL-ET	37.39	3 Heymans, Henk J	17	ASA-IL	31.92
4 Green, Jarred	17	FAAC-FB	31.96	4 Sivier, Jade	12	ACSA-ET	37.42	4 Green, Jarred	17	FAAC-FB	32.74
5 Smith, Michael G	16	USH-UH	32.30	5 Omar, Manaal	12	SGUL-ET	37.45	5 Smith, Michael G	16	USH-UH	32.75
6 Kleynhans, Jan-Ebert	18	GHSK-FB	33.23	<b>Preliminaries</b>				6 Du Toit, Arista J	14	BLSS-MA	36.88
7 Joubert, Jeandre'	17	MGSC-UG	33.54	1 Olivier, Rebekah B	12	ACSA-ET	36.00	7 Truter, Alex J	14	BEAV-ET	38.98
8 Nieuwoudt, Benjamin	17	BLOT-MA	33.70	2 Petzer, Kayci	12	AZON-ET	36.40	8 Joubert, Elizabeth	14	BULS-MA	39.05
9 Jansen van Vuuren, Andi	16	BLSS-MA	33.83	3 Borrageiro, Nirvana L	12	SGUL-ET	37.39	<b>#208 Girls 14 50 Meter Back</b>			
10 Booysen, Darian M	16	BLOT-MA	35.01	4 Sivier, Jade	12	ACSA-ET	37.42	<b>Finals</b>			
<b>#207 Men 16-18 50 Meter Back</b>				5 Omar, Manaal	12	SGUL-ET	37.45	1 Botha, Anandi	14	BLNE-MA	35.05
Name	Age	Team	Prelim Time	<b>#208 Girls 12 50 Meter Back</b>				2 Helmand, Anieke	14	BLOT-MA	35.20
1 Remley, Breydon L	16	SGUL-ET	29.71	<b>Finals</b>				3 Peters, Reese H	14	PSCP-UM	35.65
2 Leukes, David J	17	BLSS-MA	30.69	1 Olivier, Rebekah B	12	ACSA-ET	36.00	4 Mulder, Milche	14	UNIN-MP	35.95
3 Heymans, Henk J	17	ASA-IL	31.92	2 Petzer, Kayci	12	AZON-ET	36.40	5 Fourie, Kara	14	LAD-UT	36.69
4 Green, Jarred	17	FAAC-FB	32.74	3 Borrageiro, Nirvana L	12	SGUL-ET	37.39	6 Du Toit, Arista J	14	BLSS-MA	36.88
5 Smith, Michael G	16	USH-UH	32.75	4 Sivier, Jade	12	ACSA-ET	37.42	7 Truter, Alex J	14	BEAV-ET	38.98
6 Joubert, Jeandre'	17	MGSC-UG	33.32	5 Omar, Manaal	12	SGUL-ET	37.45	8 Joubert, Elizabeth	14	BULS-MA	39.05
7 Kleynhans, Jan-Ebert	18	GHSK-FB	33.42	<b>#208 Girls 12 50 Meter Back</b>				<b>#208 Girls 14 50 Meter Back</b>			
8 Dooling, Ethan W	17	FAAC-FB	33.64	<b>Finals</b>				<b>Finals</b>			

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#208 Girls 14 50 Meter Back				#211 Boys 11&U 100 Meter Fly				6 Du Plessis, Kenn R 12 MWU-NG 1:27.57				
Name	Age	Team	Prelim Time	Name	Age	Team	Finals Time	39.09	1:27.57	7 Eilers, De-Anzo C 12 KALA-JT 1:32.05	42.20	1:32.05
<b>Preliminaries</b>				<b>Finals</b>								
1 Botha, Anandi	14	BLNE-MA	35.46	1 Swart, Tristan N	11	TOTIS-ET	1:20.19			8 Du Preez, Ewan 12 USH-UH 1:32.85	37.97	1:32.85
2 Helmand, Anieke	14	BLOT-MA	35.67	36.55	1:20.19			<b>#211 Boys 12 100 Meter Fly</b>				
3 Mulder, Milche	14	UNIN-MP	36.28	2 Mpungose, Art N	10	SGUL-ET	1:22.71	<b>Name Age Team Prelim Time</b>				
*4 Du Toit, Arista J	14	BLSS-MA	37.00	37.25	1:22.71			<b>Preliminaries</b>				
*4 Peters, Reese H	14	PSCP-UM	37.00	3 Bekker, Bjorn	11	KLOO-ET	1:22.87	1 Maree, Matthew	12	AQSA-ET	1:17.01	
6 Fourie, Kara	14	LAD-UT	37.68	36.89	1:22.87			2 Sutcliffe, Ayrton K	12	WSTV-ET	1:17.71	
7 Truter, Alex J	14	BEAV-ET	38.91	4 Scheepers, Jared	11	ASA-IL	1:24.72	34.53	1:17.71			
8 Joubert, Elizabeth	14	BULS-MA	39.69	38.29	1:24.72			3 Harvey, Cameron J	12	AZON-ET	1:19.35	
--- Scorer, Scarlet O	14	MGSC-UG	DQ	5 Linde, El-Jay	11	BLSS-MA	1:26.17	38.27	1:19.35			
				39.12	1:26.17			4 Weenink, Wian J	12	FAAC-FB	1:19.76	
<b>#208 Women 15 50 Meter Back</b>				6 Hartmann, Dihandr�e	10	SASOL-FD	1:26.27	38.29	1:19.76			
<b>Name Age Team Finals Time</b>				7 Forrest, Kai A	10	NCDST-ET	1:26.30	5 Schweitzer, Liam	12	BLOT-MA	1:24.77	
1 van der Merwe, Laura	15	NSA-EZ	34.97	40.42	1:26.30			38.83	1:24.77			
2 Pillay, Trinity J	15	SGUL-ET	35.13	8 Durocher-Yvon, Raphael	11	NCDST-ET	1:28.79	6 Du Plessis, Kenn R	12	MWU-NG	1:27.40	
3 Daniel, Melanie P	15	AZON-ET	35.53	43.31	1:28.79			7 Eilers, De-Anzo C	12	KALA-JT	1:27.82	
4 Uys, Danika	15	PSA-ZL	35.80	9 Gander, Dylan C	11	AQSA-ET	1:29.70	44.00	1:27.82			
5 Bowmaker, Katherine R	15	PSCP-UM	36.09	39.98	1:29.70			8 Du Preez, Ewan	12	USH-UH	1:35.38	
6 Huyzer, Megan	15	SGUL-ET	36.61	10 Spoor, St John S	11	NCDST-ET	1:36.52	40.48	1:35.38			
7 De Wet, Megan	15	MWU-NG	36.64	<b>#211 Boys 11&amp;U 100 Meter Fly</b>				<b>#211 Boys 13 100 Meter Fly</b>				
8 Lombard, Carmel	15	SEAL-UM	36.75	<b>Name Age Team Prelim Time</b>				<b>Name Age Team Finals Time</b>				
9 Immelman, Danielle	15	FAAC-FB	37.34	1 Swart, Tristan N	11	TOTIS-ET	1:21.51	<b>Finals</b>				
10 Scott, Hannah E	15	BLUO-UG	38.00	37.57	1:21.51			1 Du Preez, Handre	13	AQU-AD	1:11.12	
				2 Mpungose, Art N	10	SGUL-ET	1:23.54	33.91	1:11.12			
<b>#208 Women 15 50 Meter Back</b>				3 Bekker, Bjorn	11	KLOO-ET	1:24.82	2 Janson, Rossouw P	13	NSAD-EZ	1:11.16	
<b>Name Age Team Prelim Time</b>				37.95	1:24.82			32.95	1:11.16			
1 van der Merwe, Laura	15	NSA-EZ	35.17	4 Linde, El-Jay	11	BLSS-MA	1:26.27	3 Mc Carthy, Taegen J	13	BEAV-ET	1:16.53	
2 Pillay, Trinity J	15	SGUL-ET	35.86	38.91	1:26.27			35.52	1:16.53			
3 Daniel, Melanie P	15	AZON-ET	35.92	5 Scheepers, Jared	11	ASA-IL	1:26.63	4 Holton, Jaryd	13	ASA-IL	1:20.64	
4 Uys, Danika	15	PSA-ZL	36.06	39.96	1:26.63			38.46	1:20.64			
5 De Wet, Megan	15	MWU-NG	36.55	6 Gander, Dylan C	11	AQSA-ET	1:28.32	5 Govender, Sivash	13	SGUL-ET	1:23.65	
6 Bowmaker, Katherine R	15	PSCP-UM	36.81	40.57	1:28.32			38.05	1:23.65			
7 Huyzer, Megan	15	SGUL-ET	37.21	7 Hartmann, Dihandr�e	10	SASOL-FD	1:28.51	<b>#211 Boys 13 100 Meter Fly</b>				
8 Lombard, Carmel	15	SEAL-UM	37.59	42.05	1:28.51			<b>Name Age Team Prelim Time</b>				
9 Immelman, Danielle	15	FAAC-FB	37.78	8 Durocher-Yvon, Raphael	11	NCDST-ET	1:29.53	<b>Preliminaries</b>				
10 Scott, Hannah E	15	BLUO-UG	37.98	42.03	1:29.53			1 Janson, Rossouw P	13	NSAD-EZ	1:13.21	
11 Joubert, Tanya A	15	PSCP-UM	38.80	9 Forrest, Kai A	10	NCDST-ET	1:32.54	33.56	1:13.21			
12 Walden, Chelsea	15	PSCP-UM	39.84	42.07	1:32.54			2 Du Preez, Handre	13	AQU-AD	1:15.66	
				10 Gibson, Sean	11	ACSA-ET	1:36.22	35.46	1:15.92			
<b>#208 Women 16-18 50 Meter Back</b>				41.57	1:36.22			3 Mc Carthy, Taegen J	13	BEAV-ET	1:15.92	
<b>Name Age Team Finals Time</b>				11 Spoor, St John S	11	NCDST-ET	1:38.39	37.28	1:24.06			
1 Fourie, Anke	16	LAD-UT	34.59	<b>#211 Boys 12 100 Meter Fly</b>				<b>#211 Boys 14 100 Meter Fly</b>				
2 Ontong, Danielle C	16	BLSS-MA	36.17	<b>Name Age Team Finals Time</b>				<b>Name Age Team Finals Time</b>				
3 Bodington, Jemma	18	PSA-ZL	36.72	1 Maree, Matthew	12	AQSA-ET	1:14.53	<b>Finals</b>				
				34.14	1:14.53			1 Ramoholi, Thapelo R	14	ACSA-ET	1:05.39	
<b>#208 Women 16-18 50 Meter Back</b>				2 Sutcliffe, Ayrton K	12	WSTV-ET	1:18.02	30.26	1:05.39			
<b>Name Age Team Prelim Time</b>				34.97	1:18.02			2 Faber, Conrad	14	GHSK-FB	1:05.67	
1 Fourie, Anke	16	LAD-UT	34.78	3 Harvey, Cameron J	12	AZON-ET	1:18.54	30.37	1:05.67			
2 Ontong, Danielle C	16	BLSS-MA	37.19	37.84	1:18.54			3 van Niekerk, Junior S	14	GHSK-FB	1:07.05	
3 Bodington, Jemma	18	PSA-ZL	37.55	4 Weenink, Wian J	12	FAAC-FB	1:20.52	31.25	1:07.05			
				37.96	1:20.52			4 Le Gassick, Liam R	14	BLSS-MA	1:07.71	
<b>#210 Girls 14&amp;U 50 Meter Back Multi-Class</b>				5 Schweitzer, Liam	12	BLOT-MA	1:22.96	31.24	1:07.71			
<b>Name Age Team Finals Time</b>				38.43	1:22.96							
1 Everson, Melisca S10	12	NEWS-ADJ	51.30									

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## Finals ... (#211 Boys 14 100 Meter Fly)

5 Nel, Jaden	14	SASOL-FD	1:09.21
	31.36	1:09.21	
6 Zwane, Lehakwe M	14	SASOL-FD	1:13.10
	34.63	1:13.10	

## #211 Boys 14 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Ramoholi, Thapelo R	14	ACSA-ET	1:06.97
	30.94	1:06.97	
2 Faber, Conrad	14	GHSK-FB	1:07.91
	31.57	1:07.91	
3 van Niekerk, Junior S	14	GHSK-FB	1:08.42
	31.65	1:08.42	
4 Le Gassick, Liam R	14	BLSS-MA	1:10.10
	32.19	1:10.10	
5 Nel, Jaden	14	SASOL-FD	1:12.43
6 Zwane, Lehakwe M	14	SASOL-FD	1:13.17
	33.26	1:13.17	

## #211 Men 15 100 Meter Fly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Moolman, Cobus	15	BULS-MA	1:04.01
	29.91	1:04.01	
2 Van der Walt, Ryno	15	PSA-ZL	1:04.02
	29.93	1:04.02	
3 Beukes, Xavier T	15	PISC-ET	1:04.37
	30.82	1:04.37	
4 Du Toit, Thian	15	BLSS-MA	1:07.43
	30.90	1:07.43	
5 Barker, Cameron D	15	PSCP-UM	1:07.50
	30.43	1:07.50	
6 Bruce, Liam	15	BEAV-ET	1:10.44
	32.29	1:10.44	

## #211 Men 15 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Beukes, Xavier T	15	PISC-ET	1:05.39
	31.65	1:05.39	
2 Moolman, Cobus	15	BULS-MA	1:05.93
	30.94	1:05.93	
3 Du Toit, Thian	15	BLSS-MA	1:07.62
	31.35	1:07.62	
*4 Barker, Cameron D	15	PSCP-UM	1:08.78
	31.24	1:08.78	
*4 Van der Walt, Ryno	15	PSA-ZL	1:08.78
	31.18	1:08.78	
6 Bruce, Liam	15	BEAV-ET	1:10.21
	32.55	1:10.21	
7 Gibson, Nathen	15	ACSA-ET	1:12.94
	34.43	1:12.94	

## #211 Men 16-18 100 Meter Fly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Jansen van Vuuren, Ruar	18	AQU-AD	1:00.81
	28.03	1:00.81	
2 Roberts, Joshua S	18	PSCP-UM	1:02.62
	29.53	1:02.62	

3 Remley, Breydon L	16	SGUL-ET	1:03.24
	29.34	1:03.24	
4 Dooling, Ethan W	17	FAAC-FB	1:03.80
	29.58	1:03.80	
5 Swanepoel, Hanno	17	SASOL-FD	1:04.26
	29.12	1:04.26	
6 Leukes, David J	17	BLSS-MA	1:05.26
	30.56	1:05.26	
7 Nel, Nicholas	16	TOTIS-ET	1:05.36
	30.36	1:05.36	
8 Barnes, Henru H	17	BLSS-MA	1:05.91
	29.97	1:05.91	
9 Joubert, Gary L	17	PSCP-UM	1:07.44
	30.50	1:07.44	
10 Green, Jarred	17	FAAC-FB	1:09.49

## #211 Men 16-18 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Jansen van Vuuren, Ruar	18	AQU-AD	1:02.33
	28.89	1:02.33	
2 Remley, Breydon L	16	SGUL-ET	1:03.56
	29.73	1:03.56	
3 Swanepoel, Hanno	17	SASOL-FD	1:04.20
	29.28	1:04.20	
4 Roberts, Joshua S	18	PSCP-UM	1:05.46
	30.46	1:05.46	
5 Dooling, Ethan W	17	FAAC-FB	1:05.60
	30.79	1:05.60	
6 Barnes, Henru H	17	BLSS-MA	1:05.73
	29.64	1:05.73	
7 Nel, Nicholas	16	TOTIS-ET	1:06.44
	31.54	1:06.44	
8 Leukes, David J	17	BLSS-MA	1:06.77
	30.98	1:06.77	
9 Joubert, Gary L	17	PSCP-UM	1:06.86
	30.67	1:06.86	
10 Green, Jarred	17	FAAC-FB	1:07.07
	30.80	1:07.07	
11 Xulu, Mhlengi B	16	UMSH-ET	1:07.73
	31.40	1:07.73	
12 Smith, Michael G	16	USH-UH	1:07.95
	31.93	1:07.95	
13 Mellors, David R	17	ASA-IL	1:09.16
	33.64	1:09.16	
14 Booysen, Darian M	16	BLOT-MA	1:11.78
	32.73	1:11.78	
15 Heymans, Henk J	17	ASA-IL	1:12.07
	31.96	1:12.07	
--- le Roux, Ruan	17	UPTS-ZM	DQ
	37.11	DQ	
<b>#212 Girls 11&amp;U 100 Meter Fly</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Baenhoff, Chanel	11	BLSS-MA	1:17.44
	36.96	1:17.44	
2 Sates, Caitlyn B	11	SEAL-UM	1:18.63
	38.33	1:18.63	
3 Matthews, Megan K	11	NCDST-ET	1:23.48
	37.46	1:23.48	
4 Dixon, Poppy	11	NCDST-ET	1:28.14
	39.29	1:28.14	

5 Oelofse, Bay-Linn	11	SASOL-FD	1:30.11
	40.73	1:30.11	
6 Brijlal, Kirisha	11	VAC-ET	1:32.87
	44.41	1:32.87	
7 Tshikhudo, Mphoentle M	11	MWU-NG	1:36.94
	43.43	1:36.94	

## #212 Girls 11&amp;U 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Baenhoff, Chanel	11	BLSS-MA	1:21.50
	39.76	1:21.50	
2 Sates, Caitlyn B	11	SEAL-UM	1:23.28
	39.16	1:23.28	
3 Matthews, Megan K	11	NCDST-ET	1:24.73
	38.59	1:24.73	
4 Carmody, Jessica M	11	SGUL-ET	1:24.79
	37.19	1:24.79	
5 Oelofse, Bay-Linn	11	SASOL-FD	1:30.09
	41.23	1:30.09	
6 Dixon, Poppy	11	NCDST-ET	1:31.82
	41.75	1:31.82	
7 Brijlal, Kirisha	11	VAC-ET	1:37.54
	46.34	1:37.54	
8 Tshikhudo, Mphoentle M	11	MWU-NG	1:40.31
	46.15	1:40.31	

## #212 Girls 12 100 Meter Fly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Borrageiro, Nirvana L	12	SGUL-ET	1:19.28
	36.44	1:19.28	
2 Andersson, Kate B	12	AQSA-ET	1:19.95
	37.00	1:19.95	
3 Olivier, Rebekah B	12	ACSA-ET	1:20.22
	36.81	1:20.22	
4 Bates, Lauren A	12	NCDST-ET	1:20.69
	35.43	1:20.69	
5 Rowan, Catherine L	12	SGUL-ET	1:21.08
	36.57	1:21.08	
6 Forrest, Bailey R	12	NCDST-ET	1:22.08
	37.06	1:22.08	
7 Friedenthal, Lucy	12	UNIN-MP	1:22.67
	37.50	1:22.67	
8 Sivier, Jade	12	ACSA-ET	1:26.75
	38.03	1:26.75	
--- Du Plessis, Bianca	12	AQU-AD	DQ
	38.72	DQ	

## #212 Girls 12 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Olivier, Rebekah B	12	ACSA-ET	1:19.04
	36.40	1:19.04	
2 Borrageiro, Nirvana L	12	SGUL-ET	1:20.40
	36.74	1:20.40	
3 Andersson, Kate B	12	AQSA-ET	1:21.32
	36.65	1:21.32	
4 Friedenthal, Lucy	12	UNIN-MP	1:22.67
	37.99	1:22.67	
5 Rowan, Catherine L	12	SGUL-ET	1:23.32
	37.42	1:23.32	
6 Bates, Lauren A	12	NCDST-ET	1:23.34
	37.42	1:23.34	

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## #212 Girls 12 100 Meter Fly

Name	Age	Team	Finals Time
7 Sivier, Jade	12	ACSA-ET	1:25.75
37.90	1:25.75		
8 Forrest, Bailey R	12	NCDST-ET	1:27.26
9 Stewart, Megan	12	AZON-ET	1:28.60
38.84	1:28.60		
10 Du Plessis, Bianca	12	AQU-AD	1:29.04
40.59	1:29.04		

## #212 Girls 13 100 Meter Fly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Zwart, Jordan A	13	SEAL-UM	1:17.43
35.81	1:17.43		
2 Brijlal, Sherisha	13	VAC-ET	1:17.58
35.94	1:17.58		
3 Groenewald, Lara	13	AQU-AD	1:18.29
36.42	1:18.29		
4 Joubert, Danielle	13	BLNE-MA	1:21.17
38.49	1:21.17		
5 Hamman, Emma J	13	FAAC-FB	1:22.71
37.84	1:22.71		
6 Green, Christy S	13	KLOO-ET	1:23.41
38.51	1:23.41		

## #212 Girls 13 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Brijlal, Sherisha	13	VAC-ET	1:20.55
36.97	1:20.55		
2 Groenewald, Lara	13	AQU-AD	1:20.69
38.44	1:20.69		
3 Zwart, Jordan A	13	SEAL-UM	1:22.48
37.41	1:22.48		
4 Joubert, Danielle	13	BLNE-MA	1:25.27
40.16	1:25.27		
5 Green, Christy S	13	KLOO-ET	1:25.48
39.09	1:25.48		
6 Hamman, Emma J	13	FAAC-FB	1:34.03

## #212 Girls 14 100 Meter Fly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Gous, Caylin	14	FAAC-FB	1:14.55
33.92	1:14.55		
2 Moss, Emma G	14	ASA-IL	1:17.60
36.70	1:17.60		
3 Vorster, Johlize	14	SASOL-FD	1:22.09
38.72	1:22.09		
4 Tlali, Warona W	14	BLSS-MA	1:22.17
38.01	1:22.17		

## #212 Girls 14 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Gous, Caylin	14	FAAC-FB	1:15.65
35.94	1:15.65		
2 Moss, Emma G	14	ASA-IL	1:20.00
36.03	1:20.00		
3 Tlali, Warona W	14	BLSS-MA	1:21.53
38.44	1:21.53		
4 Vorster, Johlize	14	SASOL-FD	1:24.70
38.14	1:24.70		

## #212 Women 15 100 Meter Fly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Joubert, Tanya A	15	PSCP-UM	1:12.71
33.35	1:12.71		
2 Branco-Lizen, Emma	15	AQU-AD	1:13.25
33.56	1:13.25		
3 Daniel, Melanie P	15	AZON-ET	1:18.38
34.57	1:18.38		
4 Immelman, Danielle	15	FAAC-FB	1:23.61
35.94	1:23.61		
5 Pillay, Trinity J	15	SGUL-ET	1:26.32
36.55	1:26.32		

## #212 Women 15 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Branco-Lizen, Emma	15	AQU-AD	1:13.56
33.47	1:13.56		
2 Joubert, Tanya A	15	PSCP-UM	1:15.04
35.35	1:15.04		
3 Daniel, Melanie P	15	AZON-ET	1:19.11
34.61	1:19.11		
4 Immelman, Danielle	15	FAAC-FB	1:26.21
40.07	1:26.21		
5 Pillay, Trinity J	15	SGUL-ET	1:31.64
39.43	1:31.64		

## #212 Women 16-18 100 Meter Fly

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Ontong, Danielle C	16	BLSS-MA	1:12.55
33.28	1:12.55		
2 Fourie, Anke	16	LAD-UT	1:14.59
33.34	1:14.59		
3 Bodington, Jemma	18	PSA-ZL	1:15.88
34.78	1:15.88		

## #212 Women 16-18 100 Meter Fly

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Ontong, Danielle C	16	BLSS-MA	1:11.64
33.33	1:11.64		
2 Fourie, Anke	16	LAD-UT	1:15.61
34.62	1:15.61		
3 Bodington, Jemma	18	PSA-ZL	1:22.85
37.41	1:22.85		

## #213 Men 13&amp;U 4x100 Meter Free Relay

Team	Relay	Finals Time
1 USH-UH	A	4:35.94
Hinze, Sven F 13	Coetzer, Zander 13	
Du Preez, Ewan 12	Fourie, Heinrich N 12	
32.05	1:08.18	1:40.65
2:50.05	3:29.17	4:00.20
4:35.94		
2 MWU-NG	A	4:43.04
De Beer, Zion 13	Nkgapele, Junior M 11	
Du Plessis, Kenn R 12	Moolman, Heindru 13	
32.27	1:08.30	1:44.21
2:41.85	2:57.61	4:43.04

3 ASA-IL	A	4:52.61
Scheepers, Jared 11	Holton, Riley 11	
Strydom, Rogan 12	Holton, Jaryd 13	
35.61	1:15.02	1:50.60
3:06.57	3:45.77	4:18.05
4:52.61		
4 BLSS-MA	A	4:53.00
Cilliers, Jacques 13	Linde, El-Jay 11	
Van Rensburg, Ernst 11	Kotze, Derick F 11	
31.51	1:07.18	1:44.36
2:58.72	3:38.83	4:14.03
4:53.00		
5 NCDST-ET	A	5:13.69
Durocher-Yvon, Raphael B	Emond, Jed D 11	
Spoors, St John S 11	Forrest, Kai A 10	
38.26	1:20.63	1:57.18
3:15.74	3:55.00	4:32.61
5:13.69		

## #214 Men 14-18 4x100 Meter Free Relay

Team	Relay	Finals Time
1 BLSS-MA	A	3:57.33
Leukes, David J 17	Jansen van Vuuren, Andries	
Le Gassick, Liam R 14	Barnes, Henru H 17	
27.81	58.30	1:26.51
2:26.15	2:58.38	3:25.71
3:57.33		
2 ASA-IL	A	4:05.47
Mellors, David R 17	Rankin, Jack K 13	
Perold, Joshua 14	Heymans, Henk J 17	
27.61	57.99	1:28.15
2:33.19	3:06.68	3:34.79
4:05.47		
3 SASOL-FD	A	4:09.63
Nel, Jaden 14	Landmann, Ramon 15	
Zwane, Lehakwe M 14	Swanepoel, Hanno 17	
30.72	1:06.28	1:34.26
2:37.05	3:12.17	3:39.44
4:09.63		
4 PSCP-UM	A	4:12.95
Vorwerk, Channing J 13	Barker, Cameron D 15	
Joubert, Gary L 17	Roberts, Joshua S 18	
32.01	1:08.01	1:38.91
2:43.07	3:16.66	3:43.56
4:12.95		
5 GHSK-FB	A	4:13.22
Kleynhans, Jan-Ebert 18	Brewis, Marais L 14	
van Niekerk, Junior S 14	Faber, Conrad 14	
28.32	59.89	1:31.71
2:37.50	3:10.59	3:40.59
4:13.22		

## #215 Women 13&amp;U 4x100 Meter Free Relay

Team	Relay	Finals Time
1 AZON-ET	A	4:36.98
Stewart, Megan 12	Petzer, Kayci 12	
Joubert, Jady N 13	Cottrell, Kirsten I 13	
34.49	1:13.48	1:46.92
2:56.61	3:32.52	4:02.59
4:36.98		
2 SEAL-UM	A	4:39.33
Naidoo, Keira D 12	Zwart, Jordan A 13	
Van Der Merwe, Annalene	Irvine, Rachel K 13	
33.93	1:10.49	1:44.23
2:55.80	3:32.93	4:03.99
4:39.33		
3 SGUL-ET	A	4:40.21
Omar, Manaal 12	Cross, Rachel J 13	
Carmody, Jessica M 11	Borrageiro, Nirvana L 12	
32.14	1:09.18	1:42.60
2:52.43	3:29.62	4:01.47
4:40.21		

**SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31****Results****#215 Women 13&U 4x100 Meter Free Relay**

4 NCDST-ET	A	4:49.30
Matthews, Megan K 11	Dixon, Poppy 11	
Forrest, Bailey R 12	Bates, Lauren A 12	
34.52	1:12.32	1:47.46 2:26.78
3:00.10	3:37.90	4:10.53 4:49.30
5 BLSS-MA	A	5:13.42
Vincent, Amelia 10	Karpakis, Cayley G 12	
Baenhoff, Chanel 11	Potgieter, Cale 11	
37.28	1:18.75	1:56.85 2:41.69
3:16.65	3:56.07	4:31.66 5:13.42

**#216 Women 14-18 4x100 Meter Free Relay**

Team	Relay	Finals Time
1 AQU-AD	A	4:33.59
Branco-Lizen, Emma 15	Du Plessis, Bianca 12	
Groenewald, Lara 13	Groenewald, Ingrid 17	
31.60	1:05.51	1:38.99 2:18.34
2:51.14	3:26.00	3:57.44 4:33.59
2 PSCP-UM	A	4:43.94
Martens, Melissa 13	Peters, Reese H 14	
Joubert, Tanya A 15	Bowmaker, Katherine R 15	
33.88	1:12.00	1:45.26 2:23.00
2:57.73	3:36.63	4:08.34 4:43.94
3 FAAC-FB	A	4:46.82
Mohamed, Ilhaam 11	Gous, Caylin 14	
Hamman, Emma J 13	Immelman, Danielle 15	
36.84	1:51.12	2:26.84
3:00.51	3:38.16	4:10.80 4:46.82
4 BLSS-MA	A	4:57.03
Ontong, Danielle C 16	Tlali, Warona W 14	
Kambanis, Georgia 11	Du Toit, Arista J 14	
32.35	1:06.99	1:41.15 2:20.41
2:57.15	3:43.72	4:57.03

**#301 Boys 11&U 100 Meter Free**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Mpungose, Art N	10	SGUL-ET	1:10.11
34.45	1:10.11		
2 Spoor, St John S	11	NCDST-ET	1:10.19
34.63	1:10.19		
3 Landmann, Armand	10	SASOL-FD	1:12.38
34.02	1:12.38		
4 Radley, Henning J	11	NSAD-EZ	1:12.98
34.96	1:12.98		
5 Scheepers, Jared	11	ASA-IL	1:13.20
35.03	1:13.20		
6 Hartmann, Dihandré	10	SASOL-FD	1:13.36
36.35	1:13.36		
7 De Vos, Juan-dre	11	KALA-JT	1:13.37
35.63	1:14.00		
8 Geysler, Jacobus	11	USH-UH	1:14.00
35.63	1:14.00		
9 Swart, Tristan N	11	TOTIS-ET	1:14.32
35.43	1:14.32		
10 Gander, Dylan C	11	AQSA-ET	1:14.88
36.72	1:14.88		

**#301 Boys 11&U 100 Meter Free**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Mpungose, Art N	10	SGUL-ET	1:12.11
35.14	1:12.11		
2 Spoor, St John S	11	NCDST-ET	1:12.56

3 Landmann, Armand	10	SASOL-FD	1:12.91
34.13	1:12.91		
4 Radley, Henning J	11	NSAD-EZ	1:13.03
35.38	1:13.25		
5 Swart, Tristan N	11	TOTIS-ET	1:13.25
35.38	1:13.25		
6 Gibson, Sean	11	ACSA-ET	1:13.51
35.13	1:13.51		
7 Geysler, Jacobus	11	USH-UH	1:13.85
34.83	1:13.85		
8 Scheepers, Jared	11	ASA-IL	1:13.87
34.77	1:13.87		
9 Hartmann, Dihandré	10	SASOL-FD	1:13.92
35.69	1:13.92		
10 Gander, Dylan C	11	AQSA-ET	1:13.94
11 De Vos, Juan-dre	11	KALA-JT	1:14.05
35.44	1:14.05		
12 Naidoo, Shiven	11	BEAV-ET	1:14.64
35.72	1:14.64		
13 Emond, Jed D	11	NCDST-ET	1:14.83
14 Kotze, Derick F	11	BLSS-MA	1:14.86
36.31	1:14.86		
15 Labuschagne, Henro	11	BLOT-MA	1:15.86
36.02	1:15.86		
16 Linde, El-Jay	11	BLSS-MA	1:16.13
17 September, Dominic J	11	PISC-ET	1:16.34
35.68	1:16.34		
18 Nkgapele, Junior M	11	MWU-NG	1:16.54
36.69	1:16.54		
19 Van Rensburg, Ernst	11	BLSS-MA	1:16.83
36.24	1:16.83		
20 Cibane, Zakhe	11	UMSH-ET	1:17.13
37.91	1:17.13		
21 Le Roux, Tiaan	11	KALA-JT	1:17.61
37.37	1:17.61		
22 Van Viegen, Peter D	11	BLSS-MA	1:18.01
36.94	1:18.01		
23 Naidoo, Thiren	11	BAYV-ET	1:18.04
37.69	1:18.04		
24 Holton, Riley	11	ASA-IL	1:18.15
25 Swanepoel, Michael	11	GTC-MP	1:18.51
38.23	1:18.51		
26 Forrest, Kai A	10	NCDST-ET	1:18.58
38.25	1:18.58		
27 Cilliers, Christopher J	11	BLSS-MA	1:19.00
37.77	1:19.00		
28 Durocher-Yvon, Raphael	11	NCDST-ET	1:19.49
37.84	1:19.49		
29 Kuboni, Mhlengi	11	UMSH-ET	1:19.53
37.24	1:19.53		
--- Basson, Roald R	11	BLSS-MA	DQ
36.66	DQ		

**#301 Boys 12 100 Meter Free**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Sutcliffe, Ayrton K	12	WSTV-ET	1:04.95
31.80	1:04.95		
2 Fourie, Heinrich N	12	USH-UH	1:05.18
31.81	1:05.18		
3 Lancaster, Murray S	12	SEAL-UM	1:07.05
32.61	1:07.05		
4 Zungu, Bongumusa M	12	UMSH-ET	1:08.42
32.29	1:08.42		

5 Eilers, De-Anzo C	12	KALA-JT	1:08.54
33.15	1:08.54		
6 Maree, Matthew	12	AQSA-ET	1:09.63
33.71	1:09.63		
7 Terblanche, Eben C	12	CSA-EP	1:11.18
33.75	1:11.18		
8 Weenink, Wian J	12	FAAC-FB	1:12.48
34.48	1:12.48		
9 Remley, Kaden J	12	SGUL-ET	1:13.17
--- Moodley, Kivesh	12	BAYV-ET	DQ
33.45	DQ		

**#301 Boys 12 100 Meter Free**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Sutcliffe, Ayrton K	12	WSTV-ET	1:05.32
31.62	1:05.32		
2 Fourie, Heinrich N	12	USH-UH	1:05.72
3 Zungu, Bongumusa M	12	UMSH-ET	1:08.49
32.70	1:08.49		
4 Eilers, De-Anzo C	12	KALA-JT	1:08.76
33.24	1:08.76		
5 Lancaster, Murray S	12	SEAL-UM	1:09.11
33.03	1:09.11		
6 Terblanche, Eben C	12	CSA-EP	1:10.71
34.23	1:10.71		
7 Weenink, Wian J	12	FAAC-FB	1:10.98
33.53	1:10.98		
8 Moodley, Kivesh	12	BAYV-ET	1:11.30
34.91	1:11.30		
9 Maree, Matthew	12	AQSA-ET	1:11.42
33.48	1:11.42		
10 Remley, Kaden J	12	SGUL-ET	1:11.72
35.01	1:11.72		
11 Du Plessis, Kenn R	12	MWU-NG	1:12.13
12 Pretorius, Delarey	12	BLOT-MA	1:12.31
35.51	1:12.31		
13 Strydom, Rogan	12	ASA-IL	1:12.74
14 Naidoo, Ethan R	12	WVAQ-ET	1:13.05
35.25	1:13.05		
15 Du Preez, Ewan	12	USH-UH	1:13.82
16 Fisher, Daniel N	12	BLUO-UG	1:14.20
35.01	1:14.20		

**#301 Boys 13 100 Meter Free**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Davies, Tristan J	13	WELA-FD	1:03.50
30.63	1:03.50		
2 Rankin, Jack K	13	ASA-IL	1:04.52
31.17	1:04.52		
3 Coetzer, Zander	13	USH-UH	1:04.62
31.45	1:04.62		
4 Mc Carthy, Taegen J	13	BEAV-ET	1:04.63
30.94	1:04.63		
5 Hair, Leith E	13	AZON-ET	1:06.36
31.71	1:06.36		
6 De Beer, Zion	13	MWU-NG	1:07.33
32.24	1:07.33		
7 Van Rooyen, Jayden	13	FAAC-FB	1:07.71
32.14	1:07.71		
8 Janson, Rossouw P	13	NSAD-EZ	1:09.04
32.79	1:09.04		

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## Finals ... (#301 Boys 13 100 Meter Free)

9 Vorwerk, Channing J	13	PSCP-UM	1:09.33
10 Moolman, Heindru	13	MWU-NG	1:10.97
33.18	1:10.97		

## #301 Boys 13 100 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Davies, Tristan J	13	WELA-FD	1:03.92
30.87	1:03.92		
2 Rankin, Jack K	13	ASA-IL	1:05.28
3 Mc Carthy, Taegen J	13	BEAV-ET	1:05.50
31.35	1:05.50		
4 Coetzer, Zander	13	USH-UH	1:06.09
32.08	1:06.09		
5 Hair, Leith E	13	AZON-ET	1:06.46
6 Van Rooyen, Jayden	13	FAAC-FB	1:07.06
31.80	1:07.06		
7 De Beer, Zion	13	MWU-NG	1:08.17
32.36	1:08.17		
8 Moolman, Heindru	13	MWU-NG	1:08.56
32.14	1:08.56		
9 Janson, Rossouw P	13	NSAD-EZ	1:08.88
32.20	1:08.88		
10 Vorwerk, Channing J	13	PSCP-UM	1:09.18
33.64	1:09.18		
11 Hinze, Sven F	13	USH-UH	1:09.25
12 Govender, Kaylan	13	SGUL-ET	1:12.13
13 Holton, Jaryd	13	ASA-IL	1:12.25
35.02	1:12.25		
14 Govender, Sivash	13	SGUL-ET	1:16.83
36.58	1:16.83		

## #301 Boys 14 100 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Sutherland, Eben	14	BULS-MA	58.41
27.31	58.41		
2 Faber, Conrad	14	GHSK-FB	59.22
28.79	59.22		
3 Ramoholi, Thapelo R	14	ACSA-ET	59.48
28.51	59.48		
4 Fourie, Ruben	14	KLOO-ET	1:00.39
28.47	1:00.39		
5 Van Heerden, Tian	14	SEAL-UM	1:00.73
29.04	1:00.73		
6 Kemp, Brent	14	APEX-SS	1:01.33
29.60	1:01.33		
7 Le Gassick, Liam R	14	BLSS-MA	1:01.44
29.53	1:01.44		
8 van Niekerk, Junior S	14	GHSK-FB	1:04.14
30.36	1:04.14		
9 Zwane, Lehakwe M	14	SASOL-FD	1:04.80
10 Perold, Joshua	14	ASA-IL	1:04.81
31.23	1:04.81		

## #301 Boys 14 100 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Sutherland, Eben	14	BULS-MA	58.89
27.83	58.89		
2 Ramoholi, Thapelo R	14	ACSA-ET	1:00.03

3 Faber, Conrad	14	GHSK-FB	1:00.28
4 Van Heerden, Tian	14	SEAL-UM	1:00.80
29.71	1:00.80		
5 Fourie, Ruben	14	KLOO-ET	1:01.70
30.14	1:01.70		
6 Le Gassick, Liam R	14	BLSS-MA	1:02.15
30.18	1:02.15		
7 Naude, Stephan	14	BLOT-MA	1:02.90
29.88	1:02.90		
8 Kemp, Brent	14	APEX-SS	1:03.05
9 van Niekerk, Junior S	14	GHSK-FB	1:04.16
30.68	1:04.16		
10 Perold, Joshua	14	ASA-IL	1:04.98
31.74	1:04.98		
11 Zwane, Lehakwe M	14	SASOL-FD	1:05.31
31.32	1:05.31		
12 Brewis, Marais L	14	GHSK-FB	1:05.86
31.36	1:05.86		
13 Nel, Jaden	14	SASOL-FD	1:06.71
32.03	1:06.71		
14 Le Roux, Adrian D	14	VALS-FD	1:06.78
32.26	1:06.78		
15 Hannay, Dean C	14	MWU-NG	1:06.79
31.75	1:06.79		
16 Moonsamy, Zaid	14	BLSS-MA	1:07.55
31.42	1:07.55		

## #301 Men 15 100 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Landmann, Ramon	15	SASOL-FD	58.08
27.39	58.08		
2 Beukes, Xavier T	15	PISC-ET	58.83
28.19	58.83		
3 de Beer, Aydan	15	WELA-FD	59.33
28.26	59.33		
4 Gibson, Nathen	15	ACSA-ET	59.59
28.29	59.59		
5 Van der Walt, Ryno	15	PSA-ZL	1:01.50
29.01	1:01.50		
6 Du Toit, Thian	15	BLSS-MA	1:02.15
29.25	1:02.15		
7 Barker, Cameron D	15	PSCP-UM	1:02.45
30.34	1:02.45		

## #301 Men 15 100 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Gibson, Nathen	15	ACSA-ET	59.39
28.17	59.39		
2 Landmann, Ramon	15	SASOL-FD	59.45
27.93	59.45		
3 Beukes, Xavier T	15	PISC-ET	59.47
28.11	59.47		
4 de Beer, Aydan	15	WELA-FD	59.92
28.75	59.92		
5 Van der Walt, Ryno	15	PSA-ZL	1:01.65
6 Barker, Cameron D	15	PSCP-UM	1:04.20
30.84	1:04.20		
7 Du Toit, Thian	15	BLSS-MA	1:04.23
30.34	1:04.23		

## #301 Men 16-18 100 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Swanepoel, Hanno	17	SASOL-FD	56.12
27.29	56.12		
2 Roberts, Joshua S	18	PSCP-UM	56.36
27.51	56.36		
3 Jansen van Vuuren, Ruar	18	AQU-AD	56.99
27.58	56.99		
4 Leukes, David J	17	BLSS-MA	57.34
27.86	57.34		
5 Remley, Breydon L	16	SGUL-ET	57.71
27.59	57.71		
6 Barnes, Henru H	17	BLSS-MA	58.75
27.93	58.75		
7 Heymans, Henk J	17	ASA-IL	59.27
28.53	59.27		
8 Joubert, Jeandre'	17	MGSC-UG	59.65
28.62	59.65		
9 Smith, Michael G	16	USH-UH	59.82
29.05	59.82		
10 Green, Jarred	17	FAAC-FB	1:00.17

## #301 Men 16-18 100 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Roberts, Joshua S	18	PSCP-UM	56.36
27.49	56.36		
2 Swanepoel, Hanno	17	SASOL-FD	56.86
27.42	56.86		
3 Jansen van Vuuren, Ruar	18	AQU-AD	57.11
27.48	57.11		
4 Leukes, David J	17	BLSS-MA	57.63
27.84	57.63		
5 Remley, Breydon L	16	SGUL-ET	58.19
27.40	58.19		
6 Smith, Michael G	16	USH-UH	58.33
28.34	58.33		
7 Barnes, Henru H	17	BLSS-MA	58.54
27.80	58.54		
8 Heymans, Henk J	17	ASA-IL	59.26
28.12	59.26		
9 Joubert, Jeandre'	17	MGSC-UG	59.40
28.22	59.40		
10 Green, Jarred	17	FAAC-FB	59.43
28.76	59.43		

11 Dooling, Ethan W	17	FAAC-FB	59.87
28.54	59.87		
12 Scholtz, Francois C	16	AQU-AD	1:00.08
28.95	1:00.08		
13 Jansen van Vuuren, And	16	BLSS-MA	1:00.18
28.84	1:00.18		
14 Mellors, David R	17	ASA-IL	1:00.21
15 Nieuwoudt, Benjamin	17	BLOT-MA	1:01.35
29.27	1:01.35		
16 Kleynhans, Jan-Ebert	18	GHSK-FB	1:01.91
28.93	1:01.91		
17 le Roux, Ruan	17	UPTS-ZM	1:02.02
29.29	1:02.02		
18 Govender, Byron N	18	BEAV-ET	1:02.55
19 Booyesen, Darian M	16	BLOT-MA	1:02.75

**SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31****Results****Preliminaries ... (#301 Men 16-18 100 Meter Free)**

Name	Age	Team	Time
20 Xulu, Mhlengi B	16	UMSH-ET	1:03.59
	29.61	1:03.59	
21 Joubert, Gary L	17	PSCP-UM	1:03.75
	30.26	1:03.75	
22 Nel, Nicholas	16	TOTIS-ET	1:04.27
	30.31	1:04.27	

**#302 Girls 11&U 100 Meter Free**

Name	Age	Team	Finals Time
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**Finals**

1 Carmody, Jessica M	11	SGUL-ET	1:07.60
	31.88	1:07.60	
2 Matthews, Megan K	11	NCDST-ET	1:08.52
	32.97	1:08.52	
3 Perumal, Elisha L	10	BAYV-ET	1:10.82
	35.09	1:10.82	
4 Mayoss, Erin L	11	KLOO-ET	1:11.00
	33.90	1:11.00	
5 Oelofse, Bay-Linn	11	SASOL-FD	1:12.53
	34.70	1:12.53	
6 Sates, Caitlyn B	11	SEAL-UM	1:12.54
	34.38	1:12.54	
7 Dixon, Poppy	11	NCDST-ET	1:12.99
	35.81	1:12.99	
8 Potgieter, Cale	11	BLSS-MA	1:14.38
	34.98	1:14.38	
9 Prinsloo, Cher H	11	KLOO-ET	1:14.72
	35.87	1:14.72	
10 Robinson, Daena M	11	BLUO-UG	1:18.59

**#302 Girls 11&U 100 Meter Free**

Name	Age	Team	Prelim Time
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**Preliminaries**

1 Carmody, Jessica M	11	SGUL-ET	1:07.23
	31.62	1:07.23	
2 Matthews, Megan K	11	NCDST-ET	1:10.67
	33.92	1:10.67	
3 Mayoss, Erin L	11	KLOO-ET	1:11.17
	33.58	1:11.17	
4 Oelofse, Bay-Linn	11	SASOL-FD	1:11.35
	35.20	1:11.35	
5 Perumal, Elisha L	10	BAYV-ET	1:13.02
	35.56	1:13.02	
6 Sates, Caitlyn B	11	SEAL-UM	1:13.08
	34.99	1:13.08	
7 Dixon, Poppy	11	NCDST-ET	1:13.43
	34.68	1:13.76	
8 Potgieter, Cale	11	BLSS-MA	1:13.76
	34.68	1:13.76	
9 Prinsloo, Cher H	11	KLOO-ET	1:15.25
	35.54	1:15.25	
10 Robinson, Daena M	11	BLUO-UG	1:15.41
	35.95	1:15.41	
11 Banza, Lys L	11	UNIN-MP	1:15.98
	35.72	1:15.98	
12 Vincent, Amelia	10	BLSS-MA	1:16.34
	36.94	1:16.34	
13 Marcelino, Katie	11	SGUL-ET	1:16.82
	37.26	1:16.90	
14 Baenhoff, Chanel	11	BLSS-MA	1:16.90
	37.26	1:16.90	
15 Beyers, Erin A	11	UNIN-MP	1:18.01
	37.25	1:18.01	

16 Mohamed, Ilhaam	11	FAAC-FB	1:18.42
	37.11	1:18.42	
17 Oosthuizen, Monique	11	BLOT-MA	1:18.45
	37.05	1:18.45	
18 Mansil, Gemma	11	WELA-FD	1:19.70
19 Price, Cailyn	11	AZON-ET	1:19.76
	38.26	1:19.76	
20 Luckfiel, Isabella	11	TOTIS-ET	1:34.86

**#302 Girls 12 100 Meter Free**

Name	Age	Team	Finals Time
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**Finals**

1 Andersson, Kate B	12	AQSA-ET	1:07.93
	32.81	1:07.93	
2 Omar, Manaal	12	SGUL-ET	1:08.20
	31.19	1:08.20	
3 Olivier, Rebekah B	12	ACSA-ET	1:08.49
	32.77	1:08.49	
4 Borrageiro, Nirvana L	12	SGUL-ET	1:08.67
	32.91	1:08.67	
5 Armour, Kaeli-Peace	12	BLSS-MA	1:09.42
	33.69	1:09.42	
6 Petzer, Kayci	12	AZON-ET	1:09.57
	33.24	1:09.57	
7 Bates, Lauren A	12	NCDST-ET	1:10.12
	33.54	1:10.12	
8 Leonard, Mieke	12	MWU-NG	1:11.58
	34.27	1:11.58	
9 Du Plessis, Bianca	12	AQU-AD	1:11.81
	34.03	1:11.81	
10 Sivier, Jade	12	ACSA-ET	1:13.53

**#302 Girls 12 100 Meter Free**

Name	Age	Team	Prelim Time
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**Preliminaries**

1 Omar, Manaal	12	SGUL-ET	1:08.01
2 Olivier, Rebekah B	12	ACSA-ET	1:08.91
	33.10	1:08.91	
3 Andersson, Kate B	12	AQSA-ET	1:09.05
	33.42	1:09.05	
4 Borrageiro, Nirvana L	12	SGUL-ET	1:09.07
	32.81	1:09.07	
5 Bates, Lauren A	12	NCDST-ET	1:09.08
	32.47	1:09.08	
6 Armour, Kaeli-Peace	12	BLSS-MA	1:09.68
	34.00	1:09.68	
7 Leonard, Mieke	12	MWU-NG	1:10.37
	33.84	1:10.37	
8 Petzer, Kayci	12	AZON-ET	1:10.57
9 Du Plessis, Bianca	12	AQU-AD	1:11.16
10 Sivier, Jade	12	ACSA-ET	1:11.40
	33.81	1:11.40	
11 Van Der Merwe, Amy L	12	SGUL-ET	1:11.47
12 Forrest, Bailey R	12	NCDST-ET	1:11.60
13 Naidoo, Keira D	12	SEAL-UM	1:11.91
	34.81	1:11.91	
14 Naude, Jana B	12	USH-UH	1:12.06
	34.19	1:12.06	
15 Terblanche, Emma E	12	PRKA-PS	1:12.40
	34.27	1:12.40	
16 Davel, Annabelle E	12	MWU-NG	1:12.54
	35.54	1:12.54	

17 Rowan, Catherine L	12	SGUL-ET	1:12.63
	34.74	1:12.63	
18 Vorster, Amber J	12	BLUO-UG	1:12.70
	34.31	1:12.70	
19 Warr, Amber L	12	SEAL-UM	1:13.04
	35.11	1:13.04	
20 Bruce, Tayla	12	BEAV-ET	1:13.17
	35.62	1:13.17	
21 Van Der Merwe, Annalee	12	SEAL-UM	1:13.56
22 Breytenbach, Aneme'	12	PSA-ZL	1:13.66
	34.49	1:13.66	
23 Scheepers, Izaan	12	USH-UH	1:13.98
	34.36	1:13.98	
24 Goss, Kelsey	12	ASA-IL	1:14.27
25 Willoughby, Cassidy	12	SEAL-UM	1:15.07
	36.36	1:15.07	

**#302 Girls 13 100 Meter Free**

Name	Age	Team	Finals Time
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**Finals**

1 Groenewald, Lara	13	AQU-AD	1:04.50
	31.71	1:04.50	
2 Cottrell, Kirsten I	13	AZON-ET	1:04.52
	31.63	1:04.52	
3 Irvine, Rachel K	13	SEAL-UM	1:07.10
	32.47	1:07.10	
4 Brijlal, Sherisha	13	VAC-ET	1:07.43
	33.00	1:07.43	
5 Van Rensburg, Melindie	13	UNIN-MP	1:08.14
	32.38	1:08.14	
6 Zwart, Jordan A	13	SEAL-UM	1:08.80
	33.05	1:08.80	
7 Frank, Gemma	13	ASA-IL	1:08.81
	33.17	1:08.81	
8 Joubert, Danielle	13	BLNE-MA	1:10.48
	34.62	1:10.48	
9 Jansen Van Vuuren, Ashl	13	CSA-EP	1:10.88
	34.34	1:10.88	
10 Green, Christy S	13	KLOO-ET	1:15.03

**#302 Girls 13 100 Meter Free**

Name	Age	Team	Prelim Time
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**Preliminaries**

1 Groenewald, Lara	13	AQU-AD	1:05.85
	31.81	1:05.85	
2 Cottrell, Kirsten I	13	AZON-ET	1:07.67
	32.10	1:07.67	
3 Brijlal, Sherisha	13	VAC-ET	1:07.76
4 Van Rensburg, Melindie	13	UNIN-MP	1:08.36
	32.43	1:08.36	
5 Irvine, Rachel K	13	SEAL-UM	1:09.10
	33.41	1:09.10	
6 Zwart, Jordan A	13	SEAL-UM	1:09.14
	32.70	1:09.14	
7 Jansen Van Vuuren, Ashl	13	CSA-EP	1:10.12
	34.18	1:10.12	
8 Frank, Gemma	13	ASA-IL	1:10.26
9 Cross, Rachel J	13	SGUL-ET	1:10.36
	33.86	1:10.36	
10 Joubert, Danielle	13	BLNE-MA	1:10.37
	33.88	1:10.37	
11 Martens, Melissa	13	PSCP-UM	1:10.67
	33.95	1:10.67	

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

**Preliminaries ... (#302 Girls 13 100 Meter Free)**

12 Green, Christy S	13 KLOO-ET	1:11.22
34.29	1:11.22	
13 Joubert, Jadyne	13 AZON-ET	1:12.00
34.07	1:12.00	
14 Vorwerk, Alexis M	13 PSCP-UM	1:13.28
35.41	1:13.28	
--- Kirsten, Gemma	13 BLNE-MA	DQ
32.92	DQ	

**#302 Girls 14 100 Meter Free**

Name	Age	Team	Finals Time
1 Helmand, Anieke	14 BLOT-MA	1:05.32	
31.14	1:05.32		
2 Mulder, Milche	14 UNIN-MP	1:06.48	
31.91	1:06.48		
3 Joubert, Elizabeth	14 BULS-MA	1:07.97	
32.49	1:07.97		
4 Scorer, Scarlet O	14 MGSC-UG	1:08.23	
33.23	1:08.23		
5 Botha, Anandi	14 BLNE-MA	1:08.57	
32.93	1:08.57		
6 Truter, Alex J	14 BEAV-ET	1:08.94	
33.27	1:08.94		
7 Peters, Reese H	14 PSCP-UM	1:09.62	
34.16	1:09.62		
8 Du Toit, Arista J	14 BLSS-MA	1:10.13	
33.53	1:10.13		
9 Tlali, Warona W	14 BLSS-MA	1:10.91	
34.41	1:10.91		

**#302 Girls 14 100 Meter Free**

Name	Age	Team	Prelim Time
1 Helmand, Anieke	14 BLOT-MA	1:06.52	
31.77	1:06.52		
2 Joubert, Elizabeth	14 BULS-MA	1:08.13	
32.47	1:08.13		
3 Botha, Anandi	14 BLNE-MA	1:09.02	
33.36	1:09.02		
4 Mulder, Milche	14 UNIN-MP	1:09.15	
33.29	1:09.15		
5 Peters, Reese H	14 PSCP-UM	1:10.14	
33.29	1:10.14		
6 Scorer, Scarlet O	14 MGSC-UG	1:10.43	
33.20	1:10.43		
7 Truter, Alex J	14 BEAV-ET	1:11.02	
33.34	1:11.02		
8 Du Toit, Arista J	14 BLSS-MA	1:11.22	
34.02	1:11.22		
9 Tlali, Warona W	14 BLSS-MA	1:12.32	
34.30	1:12.32		

**#302 Women 15 100 Meter Free**

Name	Age	Team	Finals Time
1 Lombard, Carmel	15 SEAL-UM	1:04.03	
30.97	1:04.03		
2 Immelman, Danielle	15 FAAC-FB	1:04.83	
31.11	1:04.83		
3 Branco-Lizen, Emma	15 AQU-AD	1:05.34	
31.49	1:05.34		

4 Bowmaker, Katherine R	15 PSCP-UM	1:06.25
32.10	1:06.25	
5 Daniel, Melanie P	15 AZON-ET	1:06.98
32.08	1:06.98	
6 van der Merwe, Laura	15 NSA-EZ	1:08.12
32.45	1:08.12	
7 De Wet, Megan	15 MWU-NG	1:08.22
32.68	1:08.22	
8 Uys, Danika	15 PSA-ZL	1:08.74
32.12	1:08.74	
9 Pillay, Trinity J	15 SGUL-ET	1:09.25
32.81	1:09.25	
10 Huyzer, Megan	15 SGUL-ET	1:09.43

**#302 Women 15 100 Meter Free**

Name	Age	Team	Prelim Time
1 Immelman, Danielle	15 FAAC-FB	1:05.21	
31.41	1:05.21		
2 Branco-Lizen, Emma	15 AQU-AD	1:05.35	
31.61	1:05.35		
3 Lombard, Carmel	15 SEAL-UM	1:05.60	
31.43	1:05.60		
4 Bowmaker, Katherine R	15 PSCP-UM	1:06.40	
31.60	1:06.40		
5 Daniel, Melanie P	15 AZON-ET	1:07.35	
31.86	1:07.35		
6 van der Merwe, Laura	15 NSA-EZ	1:09.29	
32.55	1:09.29		
7 De Wet, Megan	15 MWU-NG	1:09.95	
32.55	1:09.95		
8 Pillay, Trinity J	15 SGUL-ET	1:10.61	
32.99	1:10.61		
9 Uys, Danika	15 PSA-ZL	1:10.87	
32.96	1:10.87		
10 Huyzer, Megan	15 SGUL-ET	1:11.58	

**#302 Women 16-18 100 Meter Free**

Name	Age	Team	Finals Time
1 Bodington, Jemma	18 PSA-ZL	1:04.15	
30.49	1:04.15		
2 Fourie, Anke	16 LAD-UT	1:05.28	
31.61	1:05.28		
3 Ontong, Danielle C	16 BLSS-MA	1:05.57	
31.85	1:05.57		
4 Asgeir-nielsen, Kaylyn	17 SGUL-ET	1:06.77	
32.22	1:06.77		
5 Groenewald, Ingrid	17 AQU-AD	1:08.62	
32.70	1:08.62		
6 Rossenroda, Elizabeth	17 SGUL-ET	1:08.99	
33.21	1:08.99		

**#302 Women 16-18 100 Meter Free**

Name	Age	Team	Prelim Time
1 Ontong, Danielle C	16 BLSS-MA	1:06.83	
32.45	1:06.83		
2 Bodington, Jemma	18 PSA-ZL	1:06.97	
32.11	1:06.97		
3 Fourie, Anke	16 LAD-UT	1:06.99	
32.32	1:06.99		
4 Groenewald, Ingrid	17 AQU-AD	1:08.58	
32.07	1:08.58		

5 Asgeir-nielsen, Kaylyn	17 SGUL-ET	1:08.77
32.57	1:08.77	
6 Rossenroda, Elizabeth	17 SGUL-ET	1:14.52
35.22	1:14.52	

**#304 Girls 14&U 100 Meter Free Multi-Class**

Name	Age	Team	Finals Time
1 Everson, Melisca S10	12 NEWS-ADJ	1:32.56	
42.77	1:32.56		

**#305 Boys 11&U 50 Meter Breast**

Name	Age	Team	Finals Time
1 Bekker, Bjorn	11 KLOO-ET	39.99	
2 Gibson, Sean	11 ACSA-ET	41.33	
3 Mpungose, Art N	10 SGUL-ET	41.64	
4 Van Rensburg, Ernst	11 BLSS-MA	41.79	
5 Geyser, Jacobus	11 USH-UH	42.80	
6 Spoor, St John S	11 NCDST-ET	43.02	
7 Scheepers, Jared	11 ASA-IL	43.33	
8 Basson, Roald R	11 BLSS-MA	43.58	
9 Naidoo, Shiven	11 BEAV-ET	44.48	
10 Kotze, Derick F	11 BLSS-MA	47.51	

**#305 Boys 11&U 50 Meter Breast**

Name	Age	Team	Prelim Time
1 Bekker, Bjorn	11 KLOO-ET	40.83	
2 Van Rensburg, Ernst	11 BLSS-MA	43.17	
3 Gibson, Sean	11 ACSA-ET	43.26	
4 Basson, Roald R	11 BLSS-MA	43.32	
5 Mpungose, Art N	10 SGUL-ET	43.70	
6 Scheepers, Jared	11 ASA-IL	44.14	
7 Geyser, Jacobus	11 USH-UH	44.87	
8 Spoor, St John S	11 NCDST-ET	45.39	
9 Kotze, Derick F	11 BLSS-MA	45.96	
10 Naidoo, Shiven	11 BEAV-ET	46.10	

11 Swart, Tristan N	11 TOTIS-ET	46.16
12 Labuschagne, Henro	11 BLOT-MA	46.37
13 Naidoo, Thiren	11 BAYV-ET	46.50
14 Cibane, Zakhe	11 UMSH-ET	46.73
15 Kuboni, Mhlengi	11 UMSH-ET	46.91
16 September, Dominic J	11 PISC-ET	47.05
17 Cilliers, Christopher J	11 BLSS-MA	47.57
18 Landmann, Armand	10 SASOL-FD	47.78
19 Durocher-Yvon, Raphael	11 NCDST-ET	48.34
20 De Vos, Juan-dre	11 KALA-JT	48.39
21 Gander, Dylan C	11 AQSA-ET	48.73
22 Forrest, Kai A	10 NCDST-ET	49.00
23 Emond, Jed D	11 NCDST-ET	50.30
24 Le Roux, Tiaan	11 KALA-JT	51.80
25 Holton, Riley	11 ASA-IL	52.65

**#305 Boys 12 50 Meter Breast**

Name	Age	Team	Finals Time
1 Fisher, Daniel N	12 BLUO-UG	38.23	
2 Sutcliffe, Ayrton K	12 WSTV-ET	39.94	
3 Fourie, Heinrich N	12 USH-UH	40.10	
4 Strydom, Rogan	12 ASA-IL	40.42	
5 Terblanche, Eben C	12 CSA-EP	40.94	
6 Du Preez, Ewan	12 USH-UH	41.57	
7 Zungu, Bongumusa M	12 UMSH-ET	42.67	



## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## Finals ... (#305 Boys 12 50 Meter Breast)

8 Naidoo, Ethan R	12	WVAQ-ET	43.33
9 Schweitzer, Liam	12	BLOT-MA	44.59
10 Remley, Kaden J	12	SGUL-ET	47.41

## #305 Boys 12 50 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Fisher, Daniel N	12	BLUO-UG	39.76
2 Fourie, Heinrich N	12	USH-UH	40.26
3 Sutcliffe, Ayrton K	12	WSTV-ET	41.03
4 Terblanche, Eben C	12	CSA-EP	41.88
5 Strydom, Rogan	12	ASA-IL	42.77
6 Zungu, Bongumusa M	12	UMSH-ET	43.40
7 Schweitzer, Liam	12	BLOT-MA	44.03
8 Naidoo, Ethan R	12	WVAQ-ET	44.46
9 Du Preez, Ewan	12	USH-UH	44.54
10 Remley, Kaden J	12	SGUL-ET	45.20
11 Eilers, De-Anzo C	12	KALA-JT	45.31

## #305 Boys 13 50 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Hair, Leith E	13	AZON-ET	36.43
2 Cilliers, Jacques	13	BLSS-MA	36.53
3 Coetzer, Zander	13	USH-UH	36.84
4 Van Rooyen, Jayden	13	FAAC-FB	36.93
5 Knepscheld, HJ	13	BULS-MA	38.50
6 Govender, Sivash	13	SGUL-ET	39.00
7 Hinze, Sven F	13	USH-UH	40.41
8 Holton, Jaryd	13	ASA-IL	40.61
9 Govender, Kaylan	13	SGUL-ET	41.89
10 Mc Carthy, Taegen J	13	BEAV-ET	43.89

## #305 Boys 13 50 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Hair, Leith E	13	AZON-ET	36.63
2 Van Rooyen, Jayden	13	FAAC-FB	36.92
3 Cilliers, Jacques	13	BLSS-MA	37.28
4 Coetzer, Zander	13	USH-UH	37.97
5 Govender, Sivash	13	SGUL-ET	38.47
6 Knepscheld, HJ	13	BULS-MA	39.43
7 Hinze, Sven F	13	USH-UH	40.88
8 Govender, Kaylan	13	SGUL-ET	41.37
9 Holton, Jaryd	13	ASA-IL	41.56
10 Mc Carthy, Taegen J	13	BEAV-ET	42.40
11 Janson, Rossouw P	13	NSAD-EZ	43.32

## #305 Boys 14 50 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Zwane, Lehakwe M	14	SASOL-FD	33.84
2 Van Heerden, Tian	14	SEAL-UM	33.91
3 Fourie, Ruben	14	KLOO-ET	34.20
4 Nel, Jaden	14	SASOL-FD	34.39
5 Moonsamy, Zaid	14	BLSS-MA	34.71
6 Le Roux, Adrian D	14	VALS-FD	34.84
7 Faber, Conrad	14	GHSK-FB	35.15
8 Reddhi, Trevin	14	ACSA-ET	36.16
9 Ramoholi, Thapelo R	14	ACSA-ET	36.73
10 Naude, Stephan	14	BLOT-MA	36.89

## #305 Boys 14 50 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Van Heerden, Tian	14	SEAL-UM	34.26
2 Fourie, Ruben	14	KLOO-ET	34.44
3 Zwane, Lehakwe M	14	SASOL-FD	34.46
4 Faber, Conrad	14	GHSK-FB	34.99
5 Moonsamy, Zaid	14	BLSS-MA	35.53
6 Le Roux, Adrian D	14	VALS-FD	35.58
7 Nel, Jaden	14	SASOL-FD	35.70
8 Reddhi, Trevin	14	ACSA-ET	36.20
9 Ramoholi, Thapelo R	14	ACSA-ET	37.07
10 Naude, Stephan	14	BLOT-MA	37.55
11 Le Gassick, Liam R	14	BLSS-MA	38.31
12 van Niekerk, Junior S	14	GHSK-FB	40.44

## #305 Men 15 50 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Moolman, Cobus	15	BULS-MA	32.72
2 Barker, Cameron D	15	PSCP-UM	33.82
3 Bruce, Liam	15	BEAV-ET	35.43
4 Du Toit, Thian	15	BLSS-MA	35.57
5 Van der Walt, Ryno	15	PSA-ZL	37.76

## #305 Men 15 50 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Moolman, Cobus	15	BULS-MA	32.70
2 Barker, Cameron D	15	PSCP-UM	35.56
3 Bruce, Liam	15	BEAV-ET	36.02
4 Du Toit, Thian	15	BLSS-MA	36.49
5 Van der Walt, Ryno	15	PSA-ZL	38.23

## #305 Men 16-18 50 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Roberts, Joshua S	18	PSCP-UM	32.03
2 Leukes, David J	17	BLSS-MA	32.33
3 Swanepoel, Hanno	17	SASOL-FD	33.55
4 Joubert, Jeandre'	17	MGSC-UG	34.10
5 Nieuwoudt, Benjamin	17	BLOT-MA	34.16
6 Dooling, Ethan W	17	FAAC-FB	34.69
7 Jansen van Vuuren, Andi	16	BLSS-MA	35.15
8 Green, Jarred	17	FAAC-FB	36.35
9 Vlassides, Alexi J	17	SGUL-ET	36.57
10 Kleynhans, Jan-Ebert	18	GHSK-FB	37.25

## #305 Men 16-18 50 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Roberts, Joshua S	18	PSCP-UM	32.79
2 Leukes, David J	17	BLSS-MA	33.46
3 Swanepoel, Hanno	17	SASOL-FD	34.18
4 Joubert, Jeandre'	17	MGSC-UG	34.53
5 Nieuwoudt, Benjamin	17	BLOT-MA	35.49
6 Jansen van Vuuren, Andi	16	BLSS-MA	35.54
7 Dooling, Ethan W	17	FAAC-FB	35.66
8 Vlassides, Alexi J	17	SGUL-ET	36.14
9 Green, Jarred	17	FAAC-FB	36.16
10 Kleynhans, Jan-Ebert	18	GHSK-FB	37.25
11 Smith, Michael G	16	USH-UH	37.89

12 Booyesen, Darian M	16	BLOT-MA	38.13
13 le Roux, Ruan	17	UPTS-ZM	39.72
14 Nel, Nicholas	16	TOTIS-ET	40.23
15 Joubert, Gary L	17	PSCP-UM	41.69

## #306 Girls 11&amp;U 50 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Allchin, Gemma L	11	BLUO-UG	39.31
2 DU Plessis, Charlize	11	SEAL-UM	39.33
3 Robinson, Daena M	11	BLUO-UG	39.85
4 Banza, Lys L	11	UNIN-MP	40.67
5 Perumal, Elisha L	10	BAYV-ET	40.78
6 Oosthuizen, Monique	11	BLOT-MA	40.93
7 Kambanis, Georgia	11	BLSS-MA	40.95
8 Oelofse, Bay-Linn	11	SASOL-FD	41.10
9 Sates, Caitlyn B	11	SEAL-UM	42.68
10 Mayoss, Erin L	11	KLOO-ET	43.77

## #306 Girls 11&amp;U 50 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Allchin, Gemma L	11	BLUO-UG	40.59
2 Robinson, Daena M	11	BLUO-UG	40.61
3 DU Plessis, Charlize	11	SEAL-UM	40.85
4 Oosthuizen, Monique	11	BLOT-MA	40.86
5 Banza, Lys L	11	UNIN-MP	41.14
6 Kambanis, Georgia	11	BLSS-MA	41.67
7 Oelofse, Bay-Linn	11	SASOL-FD	41.76
8 Perumal, Elisha L	10	BAYV-ET	42.31
9 Sates, Caitlyn B	11	SEAL-UM	42.60
10 Mayoss, Erin L	11	KLOO-ET	42.71
11 Tshikhudo, Mphoentle M	11	MWU-NG	43.90
12 Vincent, Amelia	10	BLSS-MA	44.74
13 Mansil, Gemma	11	WELA-FD	45.22
14 Dixon, Poppy	11	NCDST-ET	45.63
15 Luckfiel, Isabella	11	TOTIS-ET	46.64
16 Mohamed, Ilhaam	11	FAAC-FB	52.04
--- Potgieter, Cale	11	BLSS-MA	DQ
--- Beyers, Erin A	11	UNIN-MP	DQ

## #306 Girls 12 50 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Stewart, Megan	12	AZON-ET	39.44
2 Friedenthal, Lucy	12	UNIN-MP	40.13
3 Goss, Kelsey	12	ASA-IL	40.60
4 Scheepers, Izaan	12	USH-UH	41.94
5 Nortje, Mari	12	BULS-MA	42.09
*6 Terblanche, Emma E	12	PRKA-PS	42.14
*6 Omar, Manaal	12	SGUL-ET	42.14
8 Vorster, Amber J	12	BLUO-UG	42.26
9 Willoughby, Cassidy	12	SEAL-UM	42.55
10 Borrageiro, Nirvana L	12	SGUL-ET	42.70

## #306 Girls 12 50 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Stewart, Megan	12	AZON-ET	39.60
2 Friedenthal, Lucy	12	UNIN-MP	40.08
3 Goss, Kelsey	12	ASA-IL	41.59
4 Nortje, Mari	12	BULS-MA	42.30
5 Terblanche, Emma E	12	PRKA-PS	42.56

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

Preliminaries ... (#306 Girls 12 50 Meter Breast)				6 Helmand, Anieke 14 BLOT-MA 40.90				9 Kotze, Derick F 11 BLSS-MA 1:28.20					
6 Vorster, Amber J	12	BLUO-UG	42.74	7 Peters, Reese H	14	PSCP-UM	42.16	43.90	1:28.20	10 Holton, Riley	11	ASA-IL	1:32.64
7 Scheepers, Izaan	12	USH-UH	42.91	8 Scorer, Scarlet O	14	MGSC-UG	43.68	45.52	1:32.64				
8 Borrageiro, Nirvana L	12	SGUL-ET	43.02	9 Du Toit, Arista J	14	BLSS-MA	47.63						
9 Omar, Manaal	12	SGUL-ET	43.22	10 Botha, Anandi	14	BLNE-MA	48.00						
10 Willoughby, Cassidy	12	SEAL-UM	43.32										
11 Karpakis, Cayley G	12	BLSS-MA	43.87	<b>#306 Women 15 50 Meter Breast</b>				<b>#309 Boys 11&amp;U 100 Meter Back</b>					
12 Van Der Merwe, Amy L	12	SGUL-ET	45.62	<b>Name Age Team Finals Time</b>				<b>Name Age Team Prelim Time</b>					
13 Davel, Annabelle E	12	MWU-NG	46.01	<b>Finals</b>				<b>Preliminaries</b>					
14 Rowan, Catherine L	12	SGUL-ET	46.39	1 Van Der Merwe, Izani	15	CSA-EP	36.40	1 Linde, El-Jay	11	BLSS-MA	1:23.46		
15 Smook, Cara	12	BLNE-MA	46.41	2 Walden, Chelsea	15	PSCP-UM	37.18	40.79	1:23.46	2 Mpungose, Art N	10	SGUL-ET	1:25.23
16 Forrest, Bailey R	12	NCDST-ET	46.75	3 Huyzer, Megan	15	SGUL-ET	37.63	41.47	1:25.23	3 Basson, Roald R	11	BLSS-MA	1:26.34
17 Naude, Jana B	12	USH-UH	49.41	4 Pillay, Trinity J	15	SGUL-ET	40.63	41.74	1:26.34	4 Landmann, Armand	10	SASOL-FD	1:26.72
				5 Uys, Danika	15	PSA-ZL	48.02	41.32	1:26.72	5 Hartmann, Dihandré	10	SASOL-FD	1:26.88
								43.10	1:26.88	6 Swanepoel, Michael	11	GTC-MP	1:27.07
				<b>#306 Women 15 50 Meter Breast</b>				<b>#306 Women 16-18 50 Meter Breast</b>					
				<b>Name Age Team Prelim Time</b>				<b>Name Age Team Finals Time</b>					
				<b>Preliminaries</b>				<b>Finals</b>					
				1 Van Der Merwe, Izani	15	CSA-EP	36.48	1 Ontong, Danielle C	16	BLSS-MA	38.59		
				2 Walden, Chelsea	15	PSCP-UM	37.84	2 Rossenroda, Elizabeth	17	SGUL-ET	41.44		
				3 Huyzer, Megan	15	SGUL-ET	39.08	3 Asgeir-nielsen, Kaylyn	17	SGUL-ET	42.86		
				4 Daniel, Melanie P	15	AZON-ET	40.03	4 Bodington, Jemma	18	PSA-ZL	43.87		
				5 Pillay, Trinity J	15	SGUL-ET	41.49						
				6 Uys, Danika	15	PSA-ZL	41.61	<b>#306 Women 16-18 50 Meter Breast</b>					
								<b>Name Age Team Prelim Time</b>					
								<b>Preliminaries</b>					
								1 Ontong, Danielle C	16	BLSS-MA	38.16		
								2 Asgeir-nielsen, Kaylyn	17	SGUL-ET	43.67		
								3 Rossenroda, Elizabeth	17	SGUL-ET	44.66		
								4 Bodington, Jemma	18	PSA-ZL	45.01		
				<b>#306 Women 16-18 50 Meter Breast</b>				<b>#308 Girls 14&amp;U 50 Meter Breast Multi-Class</b>					
				<b>Name Age Team Prelim Time</b>				<b>Name Age Team Finals Time</b>					
								--- Everson, Melisca SB9	12	NEWS-ADJ	DQ		
				<b>#309 Boys 11&amp;U 100 Meter Back</b>				<b>#309 Boys 12 100 Meter Back</b>					
				<b>Name Age Team Finals Time</b>				<b>Name Age Team Finals Time</b>					
				<b>Finals</b>				<b>Finals</b>					
				1 Linde, El-Jay	11	BLSS-MA	1:22.60	1 Fourie, Heinrich N	12	USH-UH	1:19.54		
				40.74	1:22.60			39.14	1:19.54	2 Maree, Matthew	12	AQSA-ET	1:19.82
				2 Mpungose, Art N	10	SGUL-ET	1:23.73	38.82	1:19.82	3 Lancaster, Murray S	12	SEAL-UM	1:20.60
				41.63	1:23.73			40.42	1:20.60	4 Weenink, Wian J	12	FAAC-FB	1:20.88
				3 Landmann, Armand	10	SASOL-FD	1:25.57	39.74	1:20.88	5 Schweitzer, Liam	12	BLOT-MA	1:21.09
				41.39	1:25.57			40.56	1:21.09	6 Pretorius, Delarey	12	BLOT-MA	1:22.80
				4 Hartmann, Dihandré	10	SASOL-FD	1:25.62	40.25	1:22.80				
				43.57	1:25.62								
				5 Basson, Roald R	11	BLSS-MA	1:25.81						
				41.61	1:25.81								
				6 Swanepoel, Michael	11	GTC-MP	1:26.73						
				43.31	1:26.73								
				7 Radley, Henning J	11	NSAD-EZ	1:26.88						
				8 September, Dominic J	11	PISC-ET	1:27.42						
				42.14	1:27.42								

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## Finals ... (#309 Boys 12 100 Meter Back)

7 Moodley, Kivesh	12	BAYV-ET	1:23.70
41.64	1:23.70		
8 Harvey, Cameron J	12	AZON-ET	1:23.79
40.88	1:23.79		
--- Eilers, De-Anzo C	12	KALA-JT	DQ
44.13	DQ		

## #309 Boys 12 100 Meter Back

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Weenink, Wian J	12	FAAC-FB	1:21.11
39.74	1:21.11		
2 Lancaster, Murray S	12	SEAL-UM	1:21.72
40.32	1:21.72		
3 Fourie, Heinrich N	12	USH-UH	1:22.10
41.24	1:22.10		
4 Pretorius, Delarey	12	BLOT-MA	1:22.12
40.16	1:22.12		
5 Schweitzer, Liam	12	BLOT-MA	1:22.14
41.24	1:22.14		
6 Moodley, Kivesh	12	BAYV-ET	1:24.51
41.30	1:24.51		
7 Harvey, Cameron J	12	AZON-ET	1:25.02
39.83	1:25.02		
8 Maree, Matthew	12	AQSA-ET	1:25.64
9 Eilers, De-Anzo C	12	KALA-JT	1:28.33
43.83	1:28.33		

## #309 Boys 13 100 Meter Back

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Cilliers, Jacques	13	BLSS-MA	1:11.14
34.50	1:11.14		
2 Davies, Tristan J	13	WELA-FD	1:12.62
34.99	1:12.62		
3 Moolman, Heindru	13	MWU-NG	1:16.26
36.36	1:16.26		
4 Vorwerk, Channing J	13	PSCP-UM	1:17.53
37.73	1:17.53		
5 Mc Carthy, Taegen J	13	BEAV-ET	1:18.19
38.51	1:18.19		
6 De Beer, Zion	13	MWU-NG	1:19.97
39.16	1:19.97		
7 Hinze, Sven F	13	USH-UH	1:20.86
38.90	1:20.86		
8 Rankin, Jack K	13	ASA-IL	1:22.83
39.66	1:22.83		
9 Du Preez, Handre	13	AQU-AD	1:27.17
42.31	1:27.17		

## #309 Boys 13 100 Meter Back

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Cilliers, Jacques	13	BLSS-MA	1:12.39
35.00	1:12.39		
2 Davies, Tristan J	13	WELA-FD	1:13.18
34.88	1:13.18		
3 Mc Carthy, Taegen J	13	BEAV-ET	1:19.22
38.65	1:19.22		
4 Moolman, Heindru	13	MWU-NG	1:19.41
37.99	1:19.41		
5 Vorwerk, Channing J	13	PSCP-UM	1:19.98

6 Rankin, Jack K	13	ASA-IL	1:20.73
38.34	1:20.73		
7 De Beer, Zion	13	MWU-NG	1:20.86
40.14	1:20.86		
8 Hinze, Sven F	13	USH-UH	1:23.61
9 Du Preez, Handre	13	AQU-AD	1:28.31
42.77	1:28.31		

## #309 Boys 14 100 Meter Back

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Sutherland, Eben	14	BULS-MA	1:08.22
33.07	1:08.22		
2 Le Gassick, Liam R	14	BLSS-MA	1:10.94
34.59	1:10.94		
3 Kemp, Brent	14	APEX-SS	1:13.87
35.80	1:13.87		
4 Hannay, Dean C	14	MWU-NG	1:14.33
36.31	1:14.33		
5 Brewis, Marais L	14	GHSK-FB	1:14.89
36.68	1:14.89		
6 Nel, Jaden	14	SASOL-FD	1:21.74
40.08	1:21.74		

## #309 Boys 14 100 Meter Back

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Sutherland, Eben	14	BULS-MA	1:09.40
33.62	1:09.40		
2 Le Gassick, Liam R	14	BLSS-MA	1:12.07
34.89	1:12.07		
3 Hannay, Dean C	14	MWU-NG	1:16.28
4 Brewis, Marais L	14	GHSK-FB	1:16.65
36.44	1:16.65		
5 Kemp, Brent	14	APEX-SS	1:17.37
37.20	1:17.37		
6 Nel, Jaden	14	SASOL-FD	1:22.71
40.72	1:22.71		
--- Naude, Stephan	14	BLOT-MA	DQ
36.20	DQ		

## #309 Men 15 100 Meter Back

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Landmann, Ramon	15	SASOL-FD	1:04.61
31.03	1:04.61		
2 Beukes, Xavier T	15	PISC-ET	1:10.19
33.12	1:10.19		
3 Bruce, Liam	15	BEAV-ET	1:10.82
34.51	1:10.82		
4 Van der Walt, Ryno	15	PSA-ZL	1:12.58
35.05	1:12.58		
5 Gibson, Nathen	15	ACSA-ET	1:16.56
38.29	1:16.56		
--- de Beer, Aydan	15	WELA-FD	DQ
33.30	DQ		

## #309 Men 15 100 Meter Back

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Landmann, Ramon	15	SASOL-FD	1:06.44
31.37	1:06.44		
2 de Beer, Aydan	15	WELA-FD	1:08.07
33.50	1:08.07		

3 Beukes, Xavier T	15	PISC-ET	1:08.13
33.21	1:08.13		
4 Bruce, Liam	15	BEAV-ET	1:11.33
34.65	1:11.33		
5 Gibson, Nathen	15	ACSA-ET	1:13.10
35.33	1:13.10		
6 Van der Walt, Ryno	15	PSA-ZL	1:14.40
35.42	1:14.40		

## #309 Men 16-18 100 Meter Back

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Remley, Breydon L	16	SGUL-ET	1:03.95
31.30	1:03.95		
2 Leukes, David J	17	BLSS-MA	1:06.85
32.31	1:06.85		
3 Barnes, Henru H	17	BLSS-MA	1:08.90
33.00	1:08.90		
4 Heymans, Henk J	17	ASA-IL	1:08.93
33.03	1:08.93		
5 Green, Jarred	17	FAAC-FB	1:09.62
34.02	1:09.62		
6 Smith, Michael G	16	USH-UH	1:10.84
34.13	1:10.84		
7 Joubert, Jeandre'	17	MGSC-UG	1:11.86
34.22	1:11.86		
8 Nieuwoudt, Benjamin	17	BLOT-MA	1:13.45
9 Jansen van Vuuren, And	16	BLSS-MA	1:13.67
36.83	1:13.67		
10 Govender, Byron N	18	BEAV-ET	1:14.73
35.75	1:14.73		

## #309 Men 16-18 100 Meter Back

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Leukes, David J	17	BLSS-MA	1:07.61
32.66	1:07.61		
2 Remley, Breydon L	16	SGUL-ET	1:07.89
33.48	1:07.89		
3 Barnes, Henru H	17	BLSS-MA	1:09.24
33.55	1:09.24		
4 Smith, Michael G	16	USH-UH	1:10.02
34.29	1:10.02		
5 Heymans, Henk J	17	ASA-IL	1:10.72
34.58	1:10.72		
6 Green, Jarred	17	FAAC-FB	1:10.82
34.28	1:10.82		
7 Joubert, Jeandre'	17	MGSC-UG	1:11.67
34.09	1:11.67		
8 Jansen van Vuuren, And	16	BLSS-MA	1:14.91
37.09	1:14.91		
9 Govender, Byron N	18	BEAV-ET	1:15.21
36.13	1:15.21		
10 Nieuwoudt, Benjamin	17	BLOT-MA	1:15.87
37.19	1:15.87		
11 Vlassides, Alexi J	17	SGUL-ET	1:17.76
36.84	1:17.76		

## #310 Girls 11&amp;U 100 Meter Back

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Carmody, Jessica M	11	SGUL-ET	1:18.03
37.59	1:18.03		

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

**Results**

**Finals ... (#310 Girls 11&U 100 Meter Back)**

2 Matthews, Megan K	11	NCDST-ET	1:18.31
38.60	1:18.31		
3 Baenhoff, Chanel	11	BLSS-MA	1:19.43
39.87	1:19.43		
4 Prinsloo, Cher H	11	KLOO-ET	1:21.66
39.14	1:21.66		
5 Potgieter, Cale	11	BLSS-MA	1:23.77
40.21	1:23.77		
6 Price, Cailyn	11	AZON-ET	1:24.22
41.53	1:24.22		
7 Marcelino, Katie	11	SGUL-ET	1:24.55
40.39	1:24.55		
8 Oelofse, Bay-Linn	11	SASOL-FD	1:24.76
41.53	1:24.76		
9 Dixon, Poppy	11	NCDST-ET	1:25.92
41.89	1:25.92		
10 Vincent, Amelia	10	BLSS-MA	1:26.64

**#310 Girls 11&U 100 Meter Back**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Carmody, Jessica M	11	SGUL-ET	1:17.78
37.01	1:17.78		
2 Matthews, Megan K	11	NCDST-ET	1:20.63
39.08	1:20.63		
3 Baenhoff, Chanel	11	BLSS-MA	1:21.09
40.10	1:21.09		
4 Potgieter, Cale	11	BLSS-MA	1:24.02
41.60	1:24.02		
5 Oelofse, Bay-Linn	11	SASOL-FD	1:25.09
41.79	1:25.09		
6 Prinsloo, Cher H	11	KLOO-ET	1:25.98
41.53	1:25.98		
7 Price, Cailyn	11	AZON-ET	1:26.02
42.09	1:26.02		
8 Marcelino, Katie	11	SGUL-ET	1:26.22
41.52	1:26.22		
9 Dixon, Poppy	11	NCDST-ET	1:26.44
42.06	1:26.44		
10 Vincent, Amelia	10	BLSS-MA	1:27.76
42.23	1:28.00		
12 Mansil, Gemma	11	WELA-FD	1:29.06
44.00	1:29.06		
13 Mohamed, Ilhaam	11	FAAC-FB	1:32.04
44.39	1:32.04		
14 Luckfiel, Isabella	11	TOTIS-ET	1:38.03
46.78	1:38.03		

**#310 Girls 12 100 Meter Back**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Olivier, Rebekah B	12	ACSA-ET	1:15.14
36.27	1:15.14		
2 Bates, Lauren A	12	NCDST-ET	1:19.55
38.30	1:19.55		
3 Borrageiro, Nirvana L	12	SGUL-ET	1:19.69
38.51	1:19.69		
4 Armour, Kaeli-Peace	12	BLSS-MA	1:20.41
39.78	1:20.41		

5 Stewart, Megan	12	AZON-ET	1:20.46
38.84	1:20.46		
6 Petzer, Kayci	12	AZON-ET	1:21.49
38.07	1:21.49		
7 Bruce, Tayla	12	BEAV-ET	1:21.69
40.35	1:21.69		
8 Leonard, Mieke	12	MWU-NG	1:23.55
41.16	1:23.55		
9 Warr, Amber L	12	SEAL-UM	1:23.89
40.31	1:23.89		
10 Smook, Cara	12	BLNE-MA	1:28.04

**#310 Girls 12 100 Meter Back**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Olivier, Rebekah B	12	ACSA-ET	1:16.37
37.66	1:16.37		
2 Petzer, Kayci	12	AZON-ET	1:19.58
38.23	1:19.58		
3 Bates, Lauren A	12	NCDST-ET	1:19.86
38.41	1:19.86		
4 Borrageiro, Nirvana L	12	SGUL-ET	1:20.42
39.71	1:20.42		
5 Armour, Kaeli-Peace	12	BLSS-MA	1:20.95
39.47	1:20.95		
6 Stewart, Megan	12	AZON-ET	1:21.78
39.28	1:21.78		
7 Bruce, Tayla	12	BEAV-ET	1:22.29
40.72	1:22.29		
8 Leonard, Mieke	12	MWU-NG	1:22.45
40.64	1:22.45		
9 Warr, Amber L	12	SEAL-UM	1:23.57
40.25	1:24.51		

11 Sivier, Jade	12	ACSA-ET	1:25.25
42.52	1:26.13		
12 Breytenbach, Aneme'	12	PSA-ZL	1:26.13
42.52	1:26.13		
13 Omar, Manaal	12	SGUL-ET	1:26.45
42.71	1:26.83		
14 Nortje, Mari	12	BULS-MA	1:26.83
42.71	1:26.83		
15 Scheepers, Izaan	12	USH-UH	1:26.87
42.70	1:26.87		
16 Rowan, Catherine L	12	SGUL-ET	1:27.22
42.29	1:27.22		
17 Van Der Merwe, Annalee	12	SEAL-UM	1:27.87
42.17	1:27.87		
18 Karpakis, Cayley G	12	BLSS-MA	1:28.01
43.01	1:28.01		
19 Naidoo, Keira D	12	SEAL-UM	1:28.33
43.60	1:28.33		
20 Van Der Merwe, Amy L	12	SGUL-ET	1:29.84
44.59	1:29.84		

**#310 Girls 13 100 Meter Back**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Irvine, Rachel K	13	SEAL-UM	1:15.12
36.97	1:15.12		
2 Cottrell, Kirsten I	13	AZON-ET	1:15.45
36.33	1:15.45		
3 Kirsten, Gemma	13	BLNE-MA	1:19.14
38.51	1:19.14		

4 Hamman, Emma J	13	FAAC-FB	1:20.00
39.29	1:20.00		
5 Brijlal, Sherisha	13	VAC-ET	1:20.48
39.59	1:20.48		
6 Vorwerk, Alexis M	13	PSCP-UM	1:21.12
38.71	1:21.12		
7 Martens, Melissa	13	PSCP-UM	1:21.62
40.26	1:21.62		
8 Van Rensburg, Melindie	13	UNIN-MP	1:22.12
39.56	1:22.12		
9 Joubert, Danielle	13	BLNE-MA	1:24.97
41.23	1:24.97		
10 Joubert, Jadyn	13	AZON-ET	1:27.19

**#310 Girls 13 100 Meter Back**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Irvine, Rachel K	13	SEAL-UM	1:17.47
37.67	1:17.47		
2 Cottrell, Kirsten I	13	AZON-ET	1:19.33
38.20	1:19.33		
3 Kirsten, Gemma	13	BLNE-MA	1:19.78
39.45	1:19.78		
4 Vorwerk, Alexis M	13	PSCP-UM	1:20.22
38.43	1:20.22		
5 Brijlal, Sherisha	13	VAC-ET	1:21.35
39.75	1:21.35		
6 Van Rensburg, Melindie	13	UNIN-MP	1:21.79
39.60	1:21.79		
7 Hamman, Emma J	13	FAAC-FB	1:22.68
39.78	1:22.68		
8 Martens, Melissa	13	PSCP-UM	1:22.95
40.24	1:22.95		
9 Joubert, Danielle	13	BLNE-MA	1:25.14
41.47	1:25.14		
10 Cross, Rachel J	13	SGUL-ET	1:25.18
41.30	1:25.18		

**#310 Girls 14 100 Meter Back**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Botha, Anandi	14	BLNE-MA	1:15.26
36.83	1:15.26		
2 Gous, Caylin	14	FAAC-FB	1:17.00
37.91	1:17.00		
3 Helmand, Anieke	14	BLOT-MA	1:18.30
37.81	1:18.30		
4 Mulder, Milche	14	UNIN-MP	1:18.57
38.08	1:18.57		
5 Peters, Reese H	14	PSCP-UM	1:21.77
39.81	1:21.77		
6 Scorer, Scarlet O	14	MGSC-UG	1:22.05
39.84	1:22.05		
7 Du Toit, Arista J	14	BLSS-MA	1:22.14
39.51	1:22.14		
8 Vorster, Johlizze	14	SASOL-FD	1:28.20
41.82	1:28.20		

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#310 Girls 14 100 Meter Back				#310 Women 16-18 100 Meter Back				4 Spoons, St John S			
Name	Age	Team	Prelim Time	Name	Age	Team	Finals Time				
<b>Preliminaries</b>				<b>Finals</b>							
1 Botha, Anandi	14	BLNE-MA	1:16.61	1 Ontong, Danielle C	16	BLSS-MA	1:18.58				
	37.66	1:16.61			38.87	1:18.58					
2 Gous, Caylin	14	FAAC-FB	1:17.31	2 Bodington, Jemma	18	PSA-ZL	1:23.61				
	38.12	1:17.31			39.94	1:23.61					
3 Helmand, Anieke	14	BLOT-MA	1:18.62	3 Rossenroda, Elizabeth	17	SGUL-ET	1:28.92				
	38.29	1:18.62			42.79	1:28.92					
4 Mulder, Milche	14	UNIN-MP	1:19.41	<b>#310 Women 16-18 100 Meter Back</b>							
	38.30	1:19.41		<b>Name Age Team Prelim Time</b>							
5 Peters, Reese H	14	PSCP-UM	1:21.44	<b>Preliminaries</b>							
	38.34	1:21.44		1 Ontong, Danielle C	16	BLSS-MA	1:20.24				
6 Du Toit, Arista J	14	BLSS-MA	1:24.29		39.49	1:20.24					
7 Scorer, Scarlet O	14	MGSC-UG	1:24.74	2 Bodington, Jemma	18	PSA-ZL	1:27.11				
	40.08	1:24.74			41.22	1:27.11					
8 Vorster, Johlyze	14	SASOL-FD	1:29.94	3 Rossenroda, Elizabeth	17	SGUL-ET	1:32.14				
	43.18	1:29.94		<b>#312 Girls 14&amp;U 100 Meter Back Multi-Class</b>							
<b>#310 Women 15 100 Meter Back</b>				<b>Name Age Team Finals Time</b>							
<b>Finals</b>				<b>Finals</b>							
1 van der Merwe, Laura	15	NSA-EZ	1:14.75	1 Everson, Melisca S10	12	NEWS-ADJ	1:56.94				
	36.29	1:14.75			56.64	1:56.94					
2 Scott, Hannah E	15	BLUO-UG	1:14.90	<b>#312 Girls 14&amp;U 100 Meter Back Multi-Class</b>							
	36.87	1:14.90		<b>Name Age Team Prelim Time</b>							
3 Lombard, Carmel	15	SEAL-UM	1:16.55	<b>Preliminaries</b>							
	37.33	1:16.55		1 Everson, Melisca S10	12	NEWS-ADJ	1:56.50				
4 De Wet, Megan	15	MWU-NG	1:16.74	<b>#313 Boys 11&amp;U 200 Meter IM</b>							
	37.83	1:16.74		<b>Name Age Team Finals Time</b>							
5 Joubert, Tanya A	15	PSCP-UM	1:18.85	<b>Finals</b>							
	38.71	1:18.85		1 Spoons, St John S	11	NCDST-ET	2:53.05				
6 Bowmaker, Katherine R	15	PSCP-UM	1:19.23		39.42	1:25.79	2:16.07	2:53.05			
	38.04	1:19.23		2 Bekker, Bjorn	11	KLOO-ET	2:54.21				
7 Pillay, Trinity J	15	SGUL-ET	1:19.31		37.35	1:22.86	2:14.47	2:54.21			
	37.83	1:19.31		3 Van Rensburg, Ernst	11	BLSS-MA	2:58.51				
8 Immelman, Danielle	15	FAAC-FB	1:24.82		41.51	1:30.05	2:19.65	2:58.51			
	40.44	1:24.82		4 Hartmann, Dihandré	10	SASOL-FD	2:58.74				
<b>#310 Women 15 100 Meter Back</b>					39.31	1:25.98	2:20.87	2:58.74			
<b>Name Age Team Prelim Time</b>					5 Linde, El-Jay	11	BLSS-MA	2:59.55			
<b>Preliminaries</b>					41.31	1:25.13	2:18.66	2:59.55			
1 van der Merwe, Laura	15	NSA-EZ	1:17.52	6 Mpungose, Art N	10	SGUL-ET	3:03.61				
	37.73	1:17.52			39.91	1:28.08	2:24.46	3:03.61			
2 Scott, Hannah E	15	BLUO-UG	1:18.22	7 Basson, Roald R	11	BLSS-MA	3:05.21				
	38.28	1:18.22			40.24	1:27.16	2:22.82	3:05.21			
3 Lombard, Carmel	15	SEAL-UM	1:18.60	8 Geyser, Jacobus	11	USH-UH	3:05.76				
	38.16	1:18.60			39.18	1:27.56	2:24.59	3:05.76			
4 Bowmaker, Katherine R	15	PSCP-UM	1:19.18	9 Forrest, Kai A	10	NCDST-ET	3:06.14				
	38.43	1:19.18				1:27.94	3:06.14				
5 Pillay, Trinity J	15	SGUL-ET	1:19.31	10 Gander, Dylan C	11	AQSA-ET	3:08.31				
	37.62	1:19.31			41.36	1:29.47	2:30.19	3:08.31			
6 De Wet, Megan	15	MWU-NG	1:20.04	<b>#313 Boys 11&amp;U 200 Meter IM</b>							
	38.32	1:20.04		<b>Name Age Team Prelim Time</b>							
7 Immelman, Danielle	15	FAAC-FB	1:21.13	<b>Preliminaries</b>							
	39.17	1:21.13		1 Linde, El-Jay	11	BLSS-MA	2:58.76				
8 Joubert, Tanya A	15	PSCP-UM	1:25.37		39.60	1:24.17	2:18.09	2:58.76			
	41.63	1:25.37		2 Bekker, Bjorn	11	KLOO-ET	2:59.83				
<b>#310 Women 15 100 Meter Back</b>					37.55	1:25.29	2:17.27	2:59.83			
<b>Name Age Team Prelim Time</b>					3 Hartmann, Dihandré	10	SASOL-FD	3:01.70			
<b>Preliminaries</b>					39.75	1:26.91	2:21.91	3:01.70			
<b>Finals</b>					<b>#313 Boys 12 200 Meter IM</b>						
<b>Name Age Team Prelim Time</b>				<b>Name Age Team Finals Time</b>							
<b>Finals</b>				<b>Finals</b>							
<b>1 Sutcliffe, Ayrton K</b>				<b>12 WSTV-ET 2:50.01</b>							
<b>36.16 1:22.88 2:12.72 2:50.01</b>				<b>2 Fourie, Heinrich N</b>							
<b>2 Fourie, Heinrich N</b>				<b>12 USH-UH 2:51.99</b>							
<b>36.63 1:22.86 2:13.77 2:51.99</b>				<b>3 Pretorius, Delarey</b>							
<b>3 Pretorius, Delarey</b>				<b>12 BLOT-MA 2:54.13</b>							
<b>39.93 1:23.14 2:15.98 2:54.13</b>				<b>4 Moodley, Kivesh</b>							
<b>4 Moodley, Kivesh</b>				<b>12 BAVV-ET 2:54.15</b>							
<b>40.13 1:23.77 2:17.54 2:54.15</b>				<b>5 Weenink, Wian J</b>							
<b>5 Weenink, Wian J</b>				<b>12 FAAC-FB 2:57.61</b>							
<b>39.05 1:24.68 2:19.07 2:57.61</b>				<b>6 Zungu, Bongumusa M</b>							
<b>6 Zungu, Bongumusa M</b>				<b>12 UMSH-ET 2:58.05</b>							
<b>39.18 1:26.91 2:18.17 2:58.05</b>				<b>7 Schweitzer, Liam</b>							
<b>7 Schweitzer, Liam</b>				<b>12 BLOT-MA 2:58.56</b>							
<b>38.15 1:21.92 2:18.38 2:58.56</b>				<b>8 Lancaster, Murray S</b>							
<b>8 Lancaster, Murray S</b>				<b>12 SEAL-UM 3:01.64</b>							
<b>38.49 1:27.13 2:23.46 3:01.64</b>				<b>9 Harvey, Cameron J</b>							
<b>9 Harvey, Cameron J</b>				<b>12 AZON-ET 3:02.40</b>							
<b>38.79 1:23.40 2:21.90 3:02.40</b>				<b>10 Eilers, De-Anzo C</b>							
<b>10 Eilers, De-Anzo C</b>				<b>12 KALA-JT 3:05.99</b>							
<b>1:30.70 3:05.99</b>				<b>#313 Boys 12 200 Meter IM</b>							
<b>Name Age Team Prelim Time</b>				<b>Name Age Team Prelim Time</b>							
<b>Preliminaries</b>				<b>Preliminaries</b>							
<b>1 Sutcliffe, Ayrton K</b>				<b>12 WSTV-ET 2:52.89</b>							
<b>36.74 1:23.83 2:15.62 2:52.89</b>				<b>36.74 1:23.83 2:15.62 2:52.89</b>							

SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

Results

<b>Preliminaries ... (#313 Boys 12 200 Meter IM)</b>			
Name	Age	Team	Time
2 Fourie, Heinrich N	12	USH-UH	2:54.40
36.12	2:13.31		2:54.40
3 Pretorius, Delarey	12	BLOT-MA	2:57.59
42.28	1:27.79	2:18.28	2:57.59
4 Moodley, Kivesh	12	BAYV-ET	2:59.72
42.54	1:29.66	2:23.88	2:59.72
5 Weenink, Wian J	12	FAAC-FB	2:59.82
38.51	1:26.87	2:21.47	2:59.82
6 Zungu, Bongumusa M	12	UMSH-ET	3:00.12
37.75	1:25.32	2:20.37	3:00.12
7 Schweitzer, Liam	12	BLOT-MA	3:01.09
38.16	1:22.35	2:19.48	3:01.09
8 Lancaster, Murray S	12	SEAL-UM	3:01.12
	1:27.94	3:01.12	
9 Harvey, Cameron J	12	AZON-ET	3:04.72
39.44	1:27.13	2:23.10	3:04.72
10 Eilers, De-Anzo C	12	KALA-JT	3:05.17
44.03	1:32.83	2:28.69	3:05.17
11 Fisher, Daniel N	12	BLUO-UG	3:07.57
41.33	1:31.92	2:26.51	3:07.57
12 Remley, Kaden J	12	SGUL-ET	3:07.63
42.45	1:31.05	2:26.52	3:07.63
13 Du Plessis, Kenn R	12	MWU-NG	3:07.98
	1:29.08	3:07.98	
14 Du Preez, Ewan	12	USH-UH	3:08.26
41.53	1:33.99	2:29.13	3:08.26
15 Strydom, Rogan	12	ASA-IL	3:10.26
16 Naidoo, Ethan R	12	WVAQ-ET	3:17.96

<b>#313 Boys 13 200 Meter IM</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Davies, Tristan J	13	WELA-FD	2:38.28
34.84	1:14.21	2:00.76	2:38.28
2 Cilliers, Jacques	13	BLSS-MA	2:40.68
33.31	1:13.76	2:00.52	2:40.68
3 Coetzer, Zander	13	USH-UH	2:44.92
36.16	1:20.32	2:07.50	2:44.92
4 Hair, Leith E	13	AZON-ET	2:45.06
35.91	1:19.29	2:07.48	2:45.06
5 Du Preez, Handre	13	AQU-AD	2:49.90
33.35	1:17.87	2:10.42	2:49.90
6 Van Rooyen, Jayden	13	FAAC-FB	2:56.12
37.93	1:26.38	2:18.17	2:56.12
7 Govender, Sivash	13	SGUL-ET	2:59.34
37.16	1:27.25	2:17.15	2:59.34
8 Holton, Jaryd	13	ASA-IL	3:00.32
38.05	1:28.08	2:22.33	3:00.32
9 Govender, Kaylan	13	SGUL-ET	3:06.63
41.78	1:29.62	2:27.55	3:06.63

<b>#313 Boys 13 200 Meter IM</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Cilliers, Jacques	13	BLSS-MA	2:42.94
33.94	1:15.09	2:03.90	2:42.94
2 Davies, Tristan J	13	WELA-FD	2:43.03
34.44	1:15.31	2:03.56	2:43.03
3 Hair, Leith E	13	AZON-ET	2:47.21
36.45	1:21.52	2:10.01	2:47.21

4 Coetzer, Zander	13	USH-UH	2:49.10
	1:22.84	2:49.10	
5 Holton, Jaryd	13	ASA-IL	2:54.55
37.81	1:27.65	2:18.27	2:54.55
6 Du Preez, Handre	13	AQU-AD	2:55.69
35.15	1:19.92	2:14.38	2:55.69
7 Van Rooyen, Jayden	13	FAAC-FB	2:56.85
38.61	1:27.86	2:19.25	2:56.85
8 Govender, Sivash	13	SGUL-ET	3:00.43
38.21	1:27.46	2:18.75	3:00.43
9 Govender, Kaylan	13	SGUL-ET	3:05.03
39.11	1:28.73	2:25.07	3:05.03

<b>#313 Boys 14 200 Meter IM</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Faber, Conrad	14	GHSK-FB	2:31.37
30.58	1:10.28	1:57.38	2:31.37
2 Le Gassick, Liam R	14	BLSS-MA	2:32.43
31.18	1:09.99	1:56.45	2:32.43
3 Van Heerden, Tian	14	SEAL-UM	2:33.31
31.33	1:13.21	1:57.02	2:33.31
4 Perold, Joshua	14	ASA-IL	2:38.08
35.29	1:16.81	2:02.52	2:38.08
5 Nel, Jaden	14	SASOL-FD	2:42.77
30.94	1:16.47	2:03.11	2:42.77
6 Moonsamy, Zaid	14	BLSS-MA	2:43.15
34.32	1:17.64	2:03.63	2:43.15
7 Fourie, Ruben	14	KLOO-ET	2:45.24
33.57	1:16.62	2:04.54	2:45.24
--- van Niekerk, Junior S	14	GHSK-FB	DQ
31.64	1:15.22	2:06.41	DQ

<b>#313 Boys 14 200 Meter IM</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Le Gassick, Liam R	14	BLSS-MA	2:35.66
31.91	1:12.04	1:59.27	2:35.66
2 Faber, Conrad	14	GHSK-FB	2:35.81
31.18	1:13.60	2:00.09	2:35.81
3 Van Heerden, Tian	14	SEAL-UM	2:35.94
31.58	1:13.96	1:58.40	2:35.94
4 Perold, Joshua	14	ASA-IL	2:40.13
35.60	1:17.64	2:03.33	2:40.13
5 Moonsamy, Zaid	14	BLSS-MA	2:43.95
34.89	1:19.66	2:05.26	2:43.95
6 Fourie, Ruben	14	KLOO-ET	2:46.47
	1:16.79	2:46.47	
7 van Niekerk, Junior S	14	GHSK-FB	2:48.84
	1:16.64	2:48.84	
8 Nel, Jaden	14	SASOL-FD	2:50.04
34.29	1:22.50	2:10.00	2:50.04

<b>#313 Men 15 200 Meter IM</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Beukes, Xavier T	15	PISC-ET	2:26.87
30.59	1:09.36	1:54.23	2:26.87
2 Moolman, Cobus	15	BULS-MA	2:30.39
30.69	1:11.76	1:53.77	2:30.39
3 de Beer, Aydan	15	WELA-FD	2:31.75
32.04	1:09.68	1:58.07	2:31.75
4 Du Toit, Thian	15	BLSS-MA	2:33.10
30.99	1:12.24	1:57.10	2:33.10

5 Bruce, Liam	15	BEAV-ET	2:33.38
32.51	1:10.93	1:58.07	2:33.38
6 Van der Walt, Ryno	15	PSA-ZL	2:33.57
31.34	1:10.85	1:58.13	2:33.57
7 Barker, Cameron D	15	PSCP-UM	2:33.90
30.98	1:14.02	1:58.56	2:33.90

<b>#313 Men 15 200 Meter IM</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Beukes, Xavier T	15	PISC-ET	2:28.29
31.43	1:10.02	1:56.77	2:28.29
2 Moolman, Cobus	15	BULS-MA	2:32.23
30.35	1:12.51	1:54.48	2:32.23
3 de Beer, Aydan	15	WELA-FD	2:33.18
33.58	1:12.54	1:59.68	2:33.18
4 Du Toit, Thian	15	BLSS-MA	2:34.71
31.46	1:11.55	1:57.96	2:34.71
5 Van der Walt, Ryno	15	PSA-ZL	2:35.72
31.77	1:13.45	2:02.39	2:35.72
6 Bruce, Liam	15	BEAV-ET	2:35.92
33.21	1:12.71	1:59.55	2:35.92
7 Barker, Cameron D	15	PSCP-UM	2:38.61
31.89	1:16.20	2:02.79	2:38.61

<b>#313 Men 16-18 200 Meter IM</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Roberts, Joshua S	18	PSCP-UM	2:21.32
28.95	1:06.20	1:47.31	2:21.32
2 Leukes, David J	17	BLSS-MA	2:23.32
30.14	1:07.03	1:49.71	2:23.32
3 Jansen van Vuuren, Ruari	18	AQU-AD	2:23.51
28.30	1:07.09	1:49.79	2:23.51
4 Barnes, Henru H	17	BLSS-MA	2:26.50
29.42	1:07.04	1:52.03	2:26.50
5 Swanepoel, Hanno	17	SASOL-FD	2:28.65
29.57	1:09.88	1:52.79	2:28.65
6 Smith, Michael G	16	USH-UH	2:30.37
30.39	1:08.33	1:55.27	2:30.37
7 Green, Jarred	17	FAAC-FB	2:31.39
31.82	1:11.36	1:59.07	2:31.39
8 Xulu, Mhlengi B	16	UMSH-ET	2:35.75
	1:09.10	2:35.75	
9 Dooling, Ethan W	17	FAAC-FB	2:37.35
31.34	1:12.89	2:01.06	2:37.35
10 Kleynhans, Jan-Ebert	18	GHSK-FB	2:38.28
30.97	1:11.76	2:01.92	2:38.28

<b>#313 Men 16-18 200 Meter IM</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Jansen van Vuuren, Ruari	18	AQU-AD	2:24.68
28.32	1:08.62	1:51.63	2:24.68
2 Leukes, David J	17	BLSS-MA	2:26.79
30.94	1:08.75	1:50.20	2:26.79
3 Roberts, Joshua S	18	PSCP-UM	2:27.45
30.33	1:08.78	1:52.27	2:27.45
4 Barnes, Henru H	17	BLSS-MA	2:27.48
30.22	1:08.53	1:54.92	2:27.48
5 Smith, Michael G	16	USH-UH	2:29.32
31.45	1:09.38	1:55.74	2:29.32
6 Green, Jarred	17	FAAC-FB	2:30.56
33.13	1:11.94	1:58.60	2:30.56

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

Preliminaries ... (#313 Men 16-18 200 Meter IM)														
7	Swanepoel, Hanno	17	SASOL-FD	2:30.70	7	Baenhoff, Chanel	11	BLSS-MA	3:03.80	5	Stewart, Megan	12	AZON-ET	2:54.16
	29.83	1:11.71	1:54.60	2:30.70	40.19	1:27.11	2:23.49	3:03.80	37.52	1:23.13	2:15.59	2:54.16		
8	Kleynhans, Jan-Ebert	18	GHSK-FB	2:36.56	8	Marcelino, Katie	11	SGUL-ET	3:03.91	6	Forrest, Bailey R	12	NCDST-ET	2:57.27
	31.76	1:14.38	2:01.77	2:36.56	39.11	1:25.54	2:22.62	3:03.91	37.32	1:23.53	2:18.08	2:57.27		
9	Dooling, Ethan W	17	FAAC-FB	2:38.81	9	Sates, Caitlyn B	11	SEAL-UM	3:04.48	7	Andersson, Kate B	12	AQSA-ET	2:57.61
	30.60	1:12.12	2:00.22	2:38.81	39.45	1:27.86	2:23.48	3:04.48	37.29	1:23.60	2:18.03	2:57.61		
10	Xulu, Mhlengi B	16	UMSH-ET	2:38.98	10	Vincent, Amelia	10	BLSS-MA	3:07.34	8	Leonard, Mieke	12	MWU-NG	2:58.02
	32.42	1:14.87	2:03.05	2:38.98	42.05	1:30.59	2:25.62	3:07.34	40.87	1:25.51	2:20.59	2:58.02		
11	Joubert, Jeandre'	17	MGSC-UG	2:39.65	11	Allchin, Gemma L	11	BLUO-UG	3:08.15	9	Bruce, Tayla	12	BEAV-ET	2:59.93
	32.99	1:14.20	2:01.52	2:39.65	41.80	1:33.24	2:26.06	3:08.15	41.47	1:28.79	2:20.00	2:59.93		
12	Vlassides, Alexi J	17	SGUL-ET	2:39.84	12	Oosthuizen, Monique	11	BLOT-MA	3:08.44	10	Warr, Amber L	12	SEAL-UM	3:02.45
	32.23	1:14.25	2:02.83	2:39.84	42.47	1:34.71	2:24.61	3:08.44	39.26	1:27.29	2:20.31	3:02.45		
13	Joubert, Gary L	17	PSCP-UM	2:40.40	13	Banza, Lys L	11	UNIN-MP	3:11.95	11	Rowan, Catherine L	12	SGUL-ET	3:03.56
	31.96	1:15.72	2:05.63	2:40.40	1:38.25	3:11.95			37.99	1:24.78	2:23.30	3:03.56		
14	Scholtz, Francois C	16	AQU-AD	2:42.09	14	Potgieter, Cale	11	BLSS-MA	3:13.65	12	Davel, Annabelle E	12	MWU-NG	3:03.61
	31.20	1:14.17	2:05.16	2:42.09	42.71	1:33.33	2:30.57	3:13.65	46.73	1:33.28	2:25.10	3:03.61		
15	Booyesen, Darian M	16	BLOT-MA	2:43.57	15	Beyers, Erin A	11	UNIN-MP	3:13.93	13	Goss, Kelsey	12	ASA-IL	3:04.22
	31.77	1:13.72	2:07.21	2:43.57	42.85	1:34.30	2:29.84	3:13.93	39.55	1:29.30	2:21.38	3:04.22		
16	Heymans, Henk J	17	ASA-IL	2:45.88	16	Tshikhudo, Mphoentle M	11	MWU-NG	3:16.45	14	Sivier, Jade	12	ACSA-ET	3:04.60
	33.67	1:16.97	2:08.61	2:45.88	45.27	1:37.23	2:31.80	3:16.45	38.45	1:25.67	2:23.11	3:04.60		
					17	DU Plessis, Charlize	11	SEAL-UM	3:19.69	15	Breytenbach, Aneme'	12	PSA-ZL	3:07.66
					43.59	1:41.00	2:33.49	3:19.69	39.17	1:25.98	2:26.44	3:07.66		
					18	Price, Cailyn	11	AZON-ET	3:19.95	16	Nortje, Mari	12	BULS-MA	3:07.97
					46.47	1:34.44	2:35.12	3:19.95	38.76	1:25.14	2:22.77	3:07.97		
					19	Kambanis, Georgia	11	BLSS-MA	3:27.54	17	Du Plessis, Bianca	12	AQU-AD	3:10.31
					1:35.73	3:27.54			39.78	1:30.53	2:31.34	3:10.31		
#314 Girls 11&U 200 Meter IM				#314 Girls 12 200 Meter IM				#314 Girls 13 200 Meter IM						
Name	Age	Team	Finals Time	Name	Age	Team	Finals Time	Name	Age	Team	Finals Time			
1	Carmody, Jessica M	11	SGUL-ET	2:50.66	1	Olivier, Rebekah B	12	ACSA-ET	2:47.19	1	Green, Christy S	13	KLOO-ET	2:48.80
	34.43	1:18.25	2:13.46	2:50.66	36.39	1:20.84	2:09.81	2:47.19	36.44	1:20.68	2:10.49	2:48.80		
2	Matthews, Megan K	11	NCDST-ET	2:52.75	2	Stewart, Megan	12	AZON-ET	2:50.02	2	Martens, Melissa	13	PSCP-UM	2:50.61
	36.51	1:18.11	2:13.38	2:52.75	36.42	1:19.91	2:11.95	2:50.02	36.98	1:23.09	2:11.66	2:50.61		
3	Oelofse, Bay-Linn	11	SASOL-FD	2:53.66	3	Borrageiro, Nirvana L	12	SGUL-ET	2:50.60	3	Hamman, Emma J	13	FAAC-FB	2:51.59
	39.28	1:23.63	2:16.36	2:53.66	35.12	1:18.26	2:12.51	2:50.60	37.03	1:20.88	2:11.00	2:51.59		
4	Dixon, Poppy	11	NCDST-ET	2:57.53	4	Friedenthal, Lucy	12	UNIN-MP	2:50.97	4	Joubert, Danielle	13	BLNE-MA	2:53.24
	38.02	1:23.03	2:17.19	2:57.53	37.52	1:22.48	2:11.46	2:50.97	35.33	1:22.71	2:13.05	2:53.24		
5	Prinsloo, Cher H	11	KLOO-ET	2:58.29	5	Armour, Kaeli-Peace	12	BLSS-MA	2:51.44	5	Brijlal, Sherisha	13	VAC-ET	2:55.74
	40.48	1:26.26	2:18.32	2:58.29	38.97	1:20.73	2:14.28	2:51.44	36.86	1:18.85	2:15.98	2:55.74		
6	Mayoss, Erin L	11	KLOO-ET	2:59.17	6	Forrest, Bailey R	12	NCDST-ET	2:54.91	6	Zwart, Jordan A	13	SEAL-UM	2:57.77
	35.69	1:22.29	2:15.57	2:59.17	37.43	1:21.70	2:15.37	2:54.91	37.32	1:23.58	2:20.78	2:57.77		
7	Baenhoff, Chanel	11	BLSS-MA	3:01.49	7	Andersson, Kate B	12	AQSA-ET	2:55.59	7	Kirsten, Gemma	13	BLNE-MA	2:59.99
	39.55	1:23.30	2:19.71	3:01.49	36.52	1:21.24	2:16.42	2:55.59	40.43	1:25.60	2:21.28	2:59.99		
8	Marcelino, Katie	11	SGUL-ET	3:05.18	8	Leonard, Mieke	12	MWU-NG	2:57.45	8	Joubert, Jadyne	13	AZON-ET	3:00.64
	40.67	1:26.62	2:24.86	3:05.18	40.52	1:23.69	2:18.59	2:57.45	39.75	1:28.08	2:22.97	3:00.64		
9	Sates, Caitlyn B	11	SEAL-UM	3:05.37	9	Bruce, Tayla	12	BEAV-ET	3:01.25	9	Banza, Matundu I	13	UNIN-MP	3:07.68
	38.82	1:26.75	2:24.89	3:05.37	42.03	1:28.22	2:19.97	3:01.25	42.45	1:31.48	2:24.84	3:07.68		
10	Vincent, Amelia	10	BLSS-MA	3:06.36	10	Warr, Amber L	12	SEAL-UM	3:06.62					
	1:29.16	3:06.36			1:26.76	3:06.62								
#314 Girls 11&U 200 Meter IM				#314 Girls 12 200 Meter IM				#314 Girls 13 200 Meter IM						
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time			
1	Mayoss, Erin L	11	KLOO-ET	2:57.63	1	Olivier, Rebekah B	12	ACSA-ET	2:47.32	1	Martens, Melissa	13	PSCP-UM	2:53.64
	1:24.64	2:57.63			36.78	1:20.85	2:10.01	2:47.32	38.44	1:24.48	2:14.77	2:53.64		
2	Oelofse, Bay-Linn	11	SASOL-FD	2:57.83	2	Friedenthal, Lucy	12	UNIN-MP	2:51.78					
	40.13	1:26.62	2:19.96	2:57.83	37.65	1:22.70	2:11.93	2:51.78						
3	Matthews, Megan K	11	NCDST-ET	2:57.84	3	Armour, Kaeli-Peace	12	BLSS-MA	2:52.22					
	38.84	1:24.49	2:19.20	2:57.84	38.90	1:21.55	2:15.21	2:52.22						
4	Carmody, Jessica M	11	SGUL-ET	2:58.39	4	Borrageiro, Nirvana L	12	SGUL-ET	2:52.56					
	36.65	1:23.57	2:20.89	2:58.39	37.00	1:22.95	2:14.39	2:52.56						
5	Dixon, Poppy	11	NCDST-ET	3:02.64										
	39.78	1:25.29	2:21.65	3:02.64										
6	Prinsloo, Cher H	11	KLOO-ET	3:03.22										
	42.93	1:31.37	2:23.62	3:03.22										





## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## #318 Women 14-18 4x50 Meter Free Relay

Team	Relay	Finals Time
1 SGUL-ET	A	2:02.38
Pillay, Trinity J 15	Huyzer, Megan 15	
Rossenroda, Elizabeth 17	Asgeir-nielsen, Kaylyn 17	
30.25	1:01.47	1:32.15
2 PSCP-UM	A	2:07.14
Walden, Chelsea 15	Joubert, Tanya A 15	
Peters, Reese H 14	Bowmaker, Katherine R 15	
31.24	1:04.06	1:35.84
3 BLSS-MA	A	2:08.22
Ontong, Danielle C 16	Tlali, Warona W 14	
Kambanis, Georgia 11	Du Toit, Arista J 14	
31.13	1:02.90	1:37.23

## #319 Mixed 13&amp;U 4x50 Meter Medley Relay

Team	Relay	Finals Time
1 AZON-ET	A	2:14.81
Petzer, Kayci W12	Hair, Leith E M13	
Harvey, Cameron J M12	Cottrell, Kirsten I W13	
35.27	1:12.13	1:46.12
2 FAAC-FB	A	2:23.89
Mohamed, Ilhaam W11	Van Rooyen, Jayden M13	
Hamman, Emma J W13	Weenink, Wian J M12	
41.56	1:17.00	1:51.60
3 ASA-IL	A	2:24.54
Holton, Jaryd M13	Goss, Kelsey W12	
Rankin, Jack K M13	Frank, Gemma W13	
39.54	1:21.39	1:53.69
4 BLSS-MA	A	2:25.72
Cilliers, Jacques M13	Potgieter, Cale W11	
Basson, Roald R M11	Armour, Kaeli-Peace W12	
33.48	1:15.89	1:53.70
5 SGUL-ET	A	2:27.31
Cross, Rachel J W13	Govender, Sivash M13	
Remley, Kaden J M12	Omar, Manaal W12	
37.55	1:16.99	1:57.25
6 USH-UH	A	2:28.14
Coetzer, Zander M13	Scheepers, Izaan W12	
Fourie, Heinrich N M12	Naude, Jana B W12	
36.95	1:18.95	1:55.95
7 MWU-NG	A	2:29.69
Moolman, Heindru M13	Tshikhudo, Mphoentle M W	
Du Plessis, Kenn R M12	Leonard, Mieke W12	
35.11	1:18.68	1:57.14
8 NCDST-ET	A	2:31.21
Bates, Lauren A W12	Spoors, St John S M11	
Durocher-Yvon, Raphael B	Matthews, Megan K W11	
36.89	1:19.30	1:58.88

## #320 Mixed 14-18 4x50 Meter Medley Relay

Team	Relay	Finals Time
1 AQU-AD	A	2:09.03
Jansen van Vuuren, Ruan M	Scholtz, Francois C M16	
Branco-Lizen, Emma W15	Groenewald, Ingrid W17	
30.93	1:07.45	1:39.70
2 BULS-MA	A	2:09.61
Sutherland, Eben M14	Moolman, Cobus M15	
Joubert, Elizabeth W14	Nortje, Mari W12	
31.47	1:05.49	1:39.65
3 FAAC-FB	A	2:09.73
Green, Jarred M17	Gous, Caylin W14	
Dooling, Ethan W M17	Immelman, Danielle W15	
32.24	1:12.41	1:40.69

4 BLSS-MA	A	2:10.37
Leukes, David J M17	Ontong, Danielle C W16	
Barnes, Henru H M17	Du Toit, Arista J W14	
31.49	1:10.63	1:39.48
5 PSCP-UM	A	2:12.11
Bowmaker, Katherine R W1	Roberts, Joshua S M18	
Joubert, Tanya A W15	Barker, Cameron D M15	
37.20	1:09.78	1:44.10
6 ASA-IL	A	2:12.68
Heymans, Henk J M17	Moss, Emma G W14	
Mellors, David R M17	Frank, Gemma W13	
31.30	1:09.69	1:40.25
--- SEAL-UM	A	DQ
Lombard, Carmel W15	Van Heerden, Tian M14	
Lancaster, Murray S M12	Warr, Amber L W12	
35.72	1:10.13	1:43.61

## #401 Boys 11&amp;U 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Mpungose, Art N	10	SGUL-ET	31.42
2 Spoors, St John S	11	NCDST-ET	31.91
3 Radley, Henning J	11	NSAD-EZ	32.11
4 Geyser, Jacobus	11	USH-UH	32.13
5 Landmann, Armand	10	SASOL-FD	32.43
6 Gibson, Sean	11	ACSA-ET	32.74
7 Naidoo, Shiven	11	BEAV-ET	33.39
8 Labuschagne, Henro	11	BLOT-MA	33.50
9 Kotze, Derick F	11	BLSS-MA	34.20
10 Gander, Dylan C	11	AQSA-ET	34.42

## #401 Boys 11&amp;U 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Landmann, Armand	10	SASOL-FD	32.14
*2 Mpungose, Art N	10	SGUL-ET	32.63
*2 Radley, Henning J	11	NSAD-EZ	32.63
4 Gibson, Sean	11	ACSA-ET	33.04
5 Kotze, Derick F	11	BLSS-MA	33.13
6 Geyser, Jacobus	11	USH-UH	33.29
7 Spoors, St John S	11	NCDST-ET	33.30
8 Labuschagne, Henro	11	BLOT-MA	33.34
9 Naidoo, Shiven	11	BEAV-ET	33.56
10 Gander, Dylan C	11	AQSA-ET	33.65
11 Van Rensburg, Ernst	11	BLSS-MA	33.75
12 Scheepers, Jared	11	ASA-IL	33.83
13 Swart, Tristan N	11	TOTIS-ET	33.84
14 Basson, Roald R	11	BLSS-MA	34.13
15 De Vos, Juan-dre	11	KALA-JT	34.17
16 Emond, Jed D	11	NCDST-ET	34.25
17 Naidoo, Thiren	11	BAYV-ET	34.92
18 Swanepoel, Michael	11	GTC-MP	34.96
19 Cilliers, Christopher J	11	BLSS-MA	35.03
20 Van Viegen, Peter D	11	BLSS-MA	35.10
21 September, Dominic J	11	PISC-ET	35.13
22 Kuboni, Mhlengi	11	UMSH-ET	35.23
23 Nkgapele, Junior M	11	MWU-NG	35.35
24 Holton, Riley	11	ASA-IL	35.39
25 Forrest, Kai A	10	NCDST-ET	35.82
26 Le Roux, Tiaan	11	KALA-JT	35.83
27 Linde, El-Jay	11	BLSS-MA	36.09
28 Durocher-Yvon, Raphael	11	NCDST-ET	36.13

## #401 Boys 12 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Sutcliffe, Ayrton K	12	WSTV-ET	28.63
2 Naidoo, Ethan R	12	WVAQ-ET	29.53
3 Fourie, Heinrich N	12	USH-UH	29.59
4 Lancaster, Murray S	12	SEAL-UM	30.30
5 Moodley, Kivesh	12	BAYV-ET	30.80
6 Zungu, Bongumusa M	12	UMSH-ET	31.00
7 Eilers, De-Anzo C	12	KALA-JT	31.69
8 Du Preez, Ewan	12	USH-UH	32.57
9 Fisher, Daniel N	12	BLUO-UG	33.80
10 Maree, Matthew	12	AQSA-ET	34.85

## #401 Boys 12 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Sutcliffe, Ayrton K	12	WSTV-ET	28.94
2 Naidoo, Ethan R	12	WVAQ-ET	30.24
3 Lancaster, Murray S	12	SEAL-UM	30.55
4 Fourie, Heinrich N	12	USH-UH	30.58
5 Eilers, De-Anzo C	12	KALA-JT	31.22
6 Moodley, Kivesh	12	BAYV-ET	31.33
7 Zungu, Bongumusa M	12	UMSH-ET	31.78
8 Maree, Matthew	12	AQSA-ET	31.83
9 Du Preez, Ewan	12	USH-UH	32.44
10 Fisher, Daniel N	12	BLUO-UG	33.06
11 Schweitzer, Liam	12	BLOT-MA	33.21
12 Weenink, Wian J	12	FAAC-FB	33.38
13 Remley, Kaden J	12	SGUL-ET	33.54

## #401 Boys 13 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Davies, Tristan J	13	WELA-FD	28.57
2 Coetzer, Zander	13	USH-UH	28.65
3 Rankin, Jack K	13	ASA-IL	28.98
4 Mc Carthy, Taegen J	13	BEAV-ET	29.27
5 Van Rooyen, Jayden	13	FAAC-FB	29.66
6 Hair, Leith E	13	AZON-ET	30.13
7 Knepscheld, HJ	13	BULS-MA	30.14
8 Janson, Rossouw P	13	NSAD-EZ	30.28
9 De Beer, Zion	13	MWU-NG	30.86
10 Hinze, Sven F	13	USH-UH	31.27

## #401 Boys 13 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Rankin, Jack K	13	ASA-IL	29.39
2 Davies, Tristan J	13	WELA-FD	29.44
3 Coetzer, Zander	13	USH-UH	29.55
4 Mc Carthy, Taegen J	13	BEAV-ET	29.73
5 Van Rooyen, Jayden	13	FAAC-FB	30.04
*6 Knepscheld, HJ	13	BULS-MA	30.06
*6 Janson, Rossouw P	13	NSAD-EZ	30.06
8 Hair, Leith E	13	AZON-ET	30.49
9 De Beer, Zion	13	MWU-NG	30.57
10 Hinze, Sven F	13	USH-UH	30.66
11 Cilliers, Jacques	13	BLSS-MA	30.78
12 Moolman, Heindru	13	MWU-NG	31.07
13 Vorwerk, Channing J	13	PSCP-UM	31.70
14 Holton, Jaryd	13	ASA-IL	32.32

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## Preliminaries ... (#401 Boys 13 50 Meter Free)

15 Govender, Kaylan	13	SGUL-ET	33.48
16 Govender, Sivash	13	SGUL-ET	35.59

## #401 Boys 14 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Sutherland, Eben	14	BULS-MA	26.75
2 Fourie, Ruben	14	KLOO-ET	27.14
3 Faber, Conrad	14	GHSK-FB	27.39
4 Ramoholi, Thapelo R	14	ACSA-ET	27.79
5 Van Heerden, Tian	14	SEAL-UM	28.20
6 Le Gassick, Liam R	14	BLSS-MA	28.26
7 Nel, Jaden	14	SASOL-FD	28.72
8 van Niekerk, Junior S	14	GHSK-FB	29.06
9 Zwane, Lehakwe M	14	SASOL-FD	29.19
10 Moonsamy, Zaid	14	BLSS-MA	29.90

## #401 Boys 14 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Sutherland, Eben	14	BULS-MA	27.23
2 Fourie, Ruben	14	KLOO-ET	27.42
3 Faber, Conrad	14	GHSK-FB	27.65
4 Ramoholi, Thapelo R	14	ACSA-ET	27.87
5 Van Heerden, Tian	14	SEAL-UM	28.21
6 Kemp, Brent	14	APEX-SS	28.42
7 Le Gassick, Liam R	14	BLSS-MA	28.53
8 Nel, Jaden	14	SASOL-FD	28.76
9 Zwane, Lehakwe M	14	SASOL-FD	29.09
10 van Niekerk, Junior S	14	GHSK-FB	29.13
11 Moonsamy, Zaid	14	BLSS-MA	29.22
12 Le Roux, Adrian D	14	VALS-FD	29.31
13 Hannay, Dean C	14	MWU-NG	30.38
14 Reddhi, Trevin	14	ACSA-ET	30.51
15 Brewis, Marais L	14	GHSK-FB	30.69

## #401 Men 15 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Landmann, Ramon	15	SASOL-FD	26.34
2 Gibson, Nathen	15	ACSA-ET	26.49
3 Beukes, Xavier T	15	PISC-ET	26.64
4 Van der Walt, Ryno	15	PSA-ZL	27.81
5 Du Toit, Thian	15	BLSS-MA	28.10
6 de Beer, Aydan	15	WELA-FD	28.16
7 Bruce, Liam	15	BEAV-ET	28.71
8 Barker, Cameron D	15	PSCP-UM	28.92
9 MACKAY, Len-Douglas	15	BLNE-MA	29.06

## #401 Men 15 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Landmann, Ramon	15	SASOL-FD	26.59
2 Gibson, Nathen	15	ACSA-ET	26.60
3 Beukes, Xavier T	15	PISC-ET	27.08
4 de Beer, Aydan	15	WELA-FD	27.90
5 Van der Walt, Ryno	15	PSA-ZL	28.02
6 Du Toit, Thian	15	BLSS-MA	28.44
7 Bruce, Liam	15	BEAV-ET	28.68
8 MACKAY, Len-Douglas	15	BLNE-MA	28.70
9 Barker, Cameron D	15	PSCP-UM	29.20

## #401 Men 16-18 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Roberts, Joshua S	18	PSCP-UM	25.77
2 Swanepoel, Hanno	17	SASOL-FD	25.91
3 Jansen van Vuuren, Ruan	18	AQU-AD	25.96
4 Leukes, David J	17	BLSS-MA	26.16
*5 Remley, Breydon L	16	SGUL-ET	26.23
*5 Barnes, Henru H	17	BLSS-MA	26.23
7 Joubert, Jeandre'	17	MGSC-UG	26.68
8 Green, Jarred	17	FAAC-FB	26.80
9 Heymans, Henk J	17	ASA-IL	27.15
10 Smith, Michael G	16	USH-UH	27.98

## #401 Men 16-18 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Roberts, Joshua S	18	PSCP-UM	25.92
2 Jansen van Vuuren, Ruan	18	AQU-AD	26.00
3 Remley, Breydon L	16	SGUL-ET	26.07
4 Leukes, David J	17	BLSS-MA	26.14
5 Swanepoel, Hanno	17	SASOL-FD	26.35
6 Barnes, Henru H	17	BLSS-MA	26.47
7 Joubert, Jeandre'	17	MGSC-UG	26.74
8 Green, Jarred	17	FAAC-FB	26.92
9 Heymans, Henk J	17	ASA-IL	27.16
10 Smith, Michael G	16	USH-UH	27.24
11 Dooling, Ethan W	17	FAAC-FB	27.28
12 le Roux, Ruan	17	UPTS-ZM	27.59
13 Nieuwoudt, Benjamin	17	BLOT-MA	27.60
14 Jansen van Vuuren, Andi	16	BLSS-MA	27.61
15 Scholtz, Francois C	16	AQU-AD	27.79
16 Mellors, David R	17	ASA-IL	27.86
17 Govender, Byron N	18	BEAV-ET	27.94
18 Booyesen, Darian M	16	BLOT-MA	28.25
19 Nel, Nicholas	16	TOTIS-ET	28.56
20 Kleynhans, Jan-Ebert	18	GHSK-FB	28.60
21 Joubert, Gary L	17	PSCP-UM	28.80
*22 Vlassides, Alexi J	17	SGUL-ET	28.87
*22 Xulu, Mhlengi B	16	UMSH-ET	28.87

## #402 Girls 11&amp;U 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Carmody, Jessica M	11	SGUL-ET	30.49
2 Matthews, Megan K	11	NCDST-ET	31.56
3 Mayoss, Erin L	11	KLOO-ET	32.46
4 Perumal, Elisha L	10	BAYV-ET	32.86
5 Robinson, Daena M	11	BLUO-UG	33.33
6 Oelofse, Bay-Linn	11	SASOL-FD	33.38
7 Sates, Caitlyn B	11	SEAL-UM	33.43
8 Baenhoff, Chanel	11	BLSS-MA	33.81
9 Potgieter, Cale	11	BLSS-MA	33.88
10 Dixon, Poppy	11	NCDST-ET	33.91

## #402 Girls 11&amp;U 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Carmody, Jessica M	11	SGUL-ET	30.46
2 Matthews, Megan K	11	NCDST-ET	32.32
3 Mayoss, Erin L	11	KLOO-ET	32.41
4 Oelofse, Bay-Linn	11	SASOL-FD	32.58

5 Baenhoff, Chanel	11	BLSS-MA	32.64
6 Sates, Caitlyn B	11	SEAL-UM	33.05
7 Dixon, Poppy	11	NCDST-ET	33.14
8 Perumal, Elisha L	10	BAYV-ET	33.19
9 Robinson, Daena M	11	BLUO-UG	33.40
10 Potgieter, Cale	11	BLSS-MA	34.17
11 Banza, Lys L	11	UNIN-MP	34.22
12 Allchin, Gemma L	11	BLUO-UG	34.77
13 Vincent, Amelia	10	BLSS-MA	34.82
14 Beyers, Erin A	11	UNIN-MP	34.97
15 Marcelino, Katie	11	SGUL-ET	34.99
16 Price, Cailyn	11	AZON-ET	35.31
17 Oosthuizen, Monique	11	BLOT-MA	35.48
18 Kambanis, Georgia	11	BLSS-MA	35.57
19 DU Plessis, Charlize	11	SEAL-UM	35.81
20 Mohamed, Ilhaam	11	FAAC-FB	35.89
21 Mansil, Gemma	11	WELA-FD	36.87
22 Luckfiel, Isabella	11	TOTIS-ET	39.98

## #402 Girls 12 50 Meter Free

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Bates, Lauren A	12	NCDST-ET	30.02
2 Nortje, Mari	12	BULS-MA	30.51
3 Omar, Manaal	12	SGUL-ET	30.52
4 Sivier, Jade	12	ACSA-ET	30.87
5 Petzer, Kayci	12	AZON-ET	31.07
6 Scheepers, Izaan	12	USH-UH	31.34
7 Andersson, Kate B	12	AQSA-ET	31.66
8 Naidoo, Keira D	12	SEAL-UM	31.76
9 Borrageiro, Nirvana L	12	SGUL-ET	31.93
10 Van Der Merwe, Amy L	12	SGUL-ET	32.29

## #402 Girls 12 50 Meter Free

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Nortje, Mari	12	BULS-MA	30.40
2 Bates, Lauren A	12	NCDST-ET	30.51
3 Omar, Manaal	12	SGUL-ET	30.97
4 Sivier, Jade	12	ACSA-ET	31.11
5 Petzer, Kayci	12	AZON-ET	31.30
*6 Andersson, Kate B	12	AQSA-ET	31.59
*6 Borrageiro, Nirvana L	12	SGUL-ET	31.59
8 Naidoo, Keira D	12	SEAL-UM	32.00
9 Scheepers, Izaan	12	USH-UH	32.09
10 Van Der Merwe, Amy L	12	SGUL-ET	32.11
11 Olivier, Rebekah B	12	ACSA-ET	32.29
*12 Vorster, Amber J	12	BLUO-UG	32.43
*12 Du Plessis, Bianca	12	AQU-AD	32.43

## Swim-Off Required

14 Armour, Kaeli-Peace	12	BLSS-MA	32.47
15 Breytenbach, Aneme'	12	PSA-ZL	32.51
16 Terblanche, Emma E	12	PRKA-PS	32.76
17 Forrest, Bailey R	12	NCDST-ET	33.03
18 Leonard, Mieke	12	MWU-NG	33.27
19 Goss, Kelsey	12	ASA-IL	33.34
20 Van Der Merwe, Annalee	12	SEAL-UM	33.39
21 Rowan, Catherine L	12	SGUL-ET	33.67
22 Naude, Jana B	12	USH-UH	33.72
23 Warr, Amber L	12	SEAL-UM	33.85
24 Geel, Angel M	12	NWUC-KK	33.93
25 Willoughby, Cassidy	12	SEAL-UM	34.09
26 Smook, Cara	12	BLNE-MA	35.65

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

**Preliminaries ... (#402 Girls 12 50 Meter Free)**

27 Karpakis, Cayley G	12	BLSS-MA	35.75
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**#402 Girls 13 50 Meter Free**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Cottrell, Kirsten I	13	AZON-ET	29.32
2 Groenewald, Lara	13	AQU-AD	29.75
3 Cross, Rachel J	13	SGUL-ET	30.77
4 Zwart, Jordan A	13	SEAL-UM	30.93
5 Irvine, Rachel K	13	SEAL-UM	31.14
6 Brijlal, Sherisha	13	VAC-ET	31.52
7 Joubert, Danielle	13	BLNE-MA	31.81
8 Van Rensburg, Melindie	13	UNIN-MP	31.84
9 Frank, Gemma	13	ASA-IL	31.89
10 Kirsten, Gemma	13	BLNE-MA	32.59

**#402 Girls 13 50 Meter Free**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Cottrell, Kirsten I	13	AZON-ET	29.80
2 Groenewald, Lara	13	AQU-AD	29.95
3 Cross, Rachel J	13	SGUL-ET	31.19
4 Van Rensburg, Melindie	13	UNIN-MP	31.29
5 Irvine, Rachel K	13	SEAL-UM	31.32
6 Brijlal, Sherisha	13	VAC-ET	31.50
7 Zwart, Jordan A	13	SEAL-UM	31.56
8 Frank, Gemma	13	ASA-IL	31.72
9 Joubert, Danielle	13	BLNE-MA	31.95
10 Kirsten, Gemma	13	BLNE-MA	32.28
11 Joubert, Jadya	13	AZON-ET	32.32
12 Hamman, Emma J	13	FAAC-FB	32.61
13 Jansen Van Vuuren, Ashl	13	CSA-EP	32.96
14 Vorwerk, Alexis M	13	PSCP-UM	33.37
15 Banza, Matundu I	13	UNIN-MP	33.99

**#402 Girls 14 50 Meter Free**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Helmand, Anieke	14	BLOT-MA	29.81
2 Fourie, Kara	14	LAD-UT	30.50
3 Mulder, Milche	14	UNIN-MP	30.98
4 Botha, Anandi	14	BLNE-MA	31.12
5 Joubert, Elizabeth	14	BULS-MA	31.25
6 Du Toit, Arista J	14	BLSS-MA	31.28
7 Scorer, Scarlet O	14	MGSC-UG	31.40
8 Peters, Reese H	14	PSCP-UM	31.57
9 Truter, Alex J	14	BEAV-ET	32.29

**#402 Girls 14 50 Meter Free**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Helmand, Anieke	14	BLOT-MA	29.74
2 Fourie, Kara	14	LAD-UT	30.37
3 Joubert, Elizabeth	14	BULS-MA	30.83
4 Botha, Anandi	14	BLNE-MA	30.91
5 Du Toit, Arista J	14	BLSS-MA	31.29
6 Mulder, Milche	14	UNIN-MP	31.46
7 Peters, Reese H	14	PSCP-UM	31.70
8 Truter, Alex J	14	BEAV-ET	31.90
9 Scorer, Scarlet O	14	MGSC-UG	32.43

**#402 Women 15 50 Meter Free**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Immelman, Danielle	15	FAAC-FB	29.56
2 Lombard, Carmel	15	SEAL-UM	29.80
3 Daniel, Melanie P	15	AZON-ET	30.54
4 Pillay, Trinity J	15	SGUL-ET	30.62
5 Branco-Lizen, Emma	15	AQU-AD	30.81
6 Uys, Danika	15	PSA-ZL	30.95
7 Bowmaker, Katherine R	15	PSCP-UM	31.06
8 Geel, Kayleigh S	15	BLSS-MA	31.39
9 van der Merwe, Laura	15	NSA-EZ	31.59
10 Huyzer, Megan	15	SGUL-ET	32.15

**#402 Women 15 50 Meter Free**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Immelman, Danielle	15	FAAC-FB	29.93
2 Lombard, Carmel	15	SEAL-UM	30.12
3 Daniel, Melanie P	15	AZON-ET	30.47
4 Branco-Lizen, Emma	15	AQU-AD	30.51
5 Uys, Danika	15	PSA-ZL	30.63
6 Pillay, Trinity J	15	SGUL-ET	31.05
7 Bowmaker, Katherine R	15	PSCP-UM	31.25
8 Van Der Merwe, Izani	15	CSA-EP	31.36
9 Geel, Kayleigh S	15	BLSS-MA	31.40
10 van der Merwe, Laura	15	NSA-EZ	31.48
11 Huyzer, Megan	15	SGUL-ET	31.93
12 Walden, Chelsea	15	PSCP-UM	32.37
13 Joubert, Tanya A	15	PSCP-UM	32.96

**#402 Women 16-18 50 Meter Free**

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Bodington, Jemma	18	PSA-ZL	29.37
2 Fourie, Anke	16	LAD-UT	29.45
3 Groenewald, Ingrid	17	AQU-AD	30.07
4 Ontong, Danielle C	16	BLSS-MA	30.47
5 Asgeir-nielsen, Kaylyn	17	SGUL-ET	30.85

**#402 Women 16-18 50 Meter Free**

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Fourie, Anke	16	LAD-UT	29.61
2 Bodington, Jemma	18	PSA-ZL	29.90
3 Groenewald, Ingrid	17	AQU-AD	30.15
4 Ontong, Danielle C	16	BLSS-MA	30.99
5 Asgeir-nielsen, Kaylyn	17	SGUL-ET	31.21

**#404 Girls 14&U 50 Meter Free Multi-Class**

Name	Age	Team	Finals Time
1 Everson, Melisca S10	12	NEWS-ADJ	41.20

**#405 Boys 11&U 200 Meter Breast**

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Van Rensburg, Ernst	11	BLSS-MA	3:11.58	
	43.35	1:33.88	2:22.49	3:11.58
2 Bekker, Bjorn	11	KLOO-ET	3:12.32	
	42.78	1:32.35	2:24.23	3:12.32
3 Spoor, St John S	11	NCDST-ET	3:17.20	
	45.41	1:36.47	2:27.47	3:17.20

4 Basson, Roald R	11	BLSS-MA	3:23.80	
	45.79	1:37.89	2:30.95	3:23.80
5 Naidoo, Thiren	11	BAYV-ET	3:25.30	
	45.85	1:40.84	2:32.61	3:25.30
6 Mpungose, Art N	10	SGUL-ET	3:29.22	
	48.29	1:42.21	2:37.73	3:29.22
7 Cibane, Zakhe	11	UMSH-ET	3:36.43	
	47.55	1:42.12	2:38.51	3:36.43
8 Kotze, Derick F	11	BLSS-MA	3:39.08	
	50.29	1:46.92	2:44.37	3:39.08
9 De Vos, Juan-dre	11	KALA-JT	3:39.66	
	52.16	1:47.15	2:45.36	3:39.66
10 Cilliers, Christopher J	11	BLSS-MA	3:43.17	
		1:46.82	3:43.17	

**#405 Boys 11&U 200 Meter Breast**

Name	Age	Team	Prelim Time	
<b>Preliminaries</b>				
1 Van Rensburg, Ernst	11	BLSS-MA	3:17.13	
	44.29	1:35.15	2:27.69	3:17.13
2 Bekker, Bjorn	11	KLOO-ET	3:19.17	
		1:34.40	3:19.17	
3 Spoor, St John S	11	NCDST-ET	3:28.36	
		1:41.56	3:28.36	
4 Basson, Roald R	11	BLSS-MA	3:29.94	
	47.32	1:40.23	2:37.26	3:29.94
5 Naidoo, Thiren	11	BAYV-ET	3:30.45	
		1:42.37	3:30.45	
6 Mpungose, Art N	10	SGUL-ET	3:33.18	
	48.47	1:43.62	2:39.56	3:33.18
7 Kotze, Derick F	11	BLSS-MA	3:36.45	
		1:43.98	3:36.45	
8 Gibson, Sean	11	ACSA-ET	3:36.59	
	50.14	1:47.89	2:41.88	3:36.59
9 Cibane, Zakhe	11	UMSH-ET	3:36.96	
		1:46.62	3:36.96	
10 De Vos, Juan-dre	11	KALA-JT	3:42.14	
	50.80	1:49.07	2:47.02	3:42.14
11 Cilliers, Christopher J	11	BLSS-MA	3:42.16	
	49.40	1:48.57	2:46.40	3:42.16
12 Le Roux, Tiaan	11	KALA-JT	3:43.65	
	52.26	1:48.56	2:46.48	3:43.65
13 Naidoo, Shiven	11	BEAV-ET	3:44.40	
	47.28	1:45.64	2:46.10	3:44.40
14 Landmann, Armand	10	SASOL-FD	3:47.24	
	51.77	1:50.30	2:50.38	3:47.24
15 Holton, Riley	11	ASA-IL	4:07.03	
	57.23	2:00.65	3:05.65	4:07.03

**#405 Boys 12 200 Meter Breast**

Name	Age	Team	Finals Time	
<b>Finals</b>				
1 Terblanche, Eben C	12	CSA-EP	3:11.79	
	42.25	1:30.61	2:22.20	3:11.79
2 Fisher, Daniel N	12	BLUO-UG	3:25.00	
	43.37	1:34.84	2:30.30	3:25.00
3 Naidoo, Ethan R	12	WVAQ-ET	3:28.40	
	47.40	1:40.47	2:37.60	3:28.40

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#405 Boys 12 200 Meter Breast				#405 Men 15 200 Meter Breast				#406 Girls 11&U 200 Meter Breast			
Name	Age	Team	Prelim Time	Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time
<b>Preliminaries</b>				<b>Finals</b>				<b>Preliminaries</b>			
1 Terblanche, Eben C	12	CSA-EP	3:16.90	1 Moolman, Cobus	15	BULS-MA	2:47.47	1 Oelofse, Bay-Linn	11	SASOL-FD	3:13.00
43.72	1:33.69	2:25.18	3:16.90	36.78	1:19.93	2:05.28	2:47.47	44.89	1:34.59	2:24.90	3:13.00
2 Fisher, Daniel N	12	BLUO-UG	3:26.09	2 Beukes, Xavier T	15	PISC-ET	2:51.63	2 Oosthuizen, Monique	11	BLOT-MA	3:14.28
44.34	1:39.20	2:33.19	3:26.09	38.76	1:21.60	2:06.44	2:51.63	1:32.92	3:14.28		
3 Naidoo, Ethan R	12	WVAQ-ET	3:36.76	3 Barker, Cameron D	15	PSCP-UM	3:00.29	3 Allchin, Gemma L	11	BLUO-UG	3:15.32
47.58	1:41.69	2:38.69	3:36.76	38.18	1:23.43	2:12.17	3:00.29	46.30	1:35.79	2:27.04	3:15.32
<b>#405 Boys 13 200 Meter Breast</b>				<b>#405 Men 15 200 Meter Breast</b>				<b>Finals</b>			
Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time
<b>Finals</b>				<b>Preliminaries</b>				<b>Preliminaries</b>			
1 Coetzer, Zander	13	USH-UH	2:59.85	1 Moolman, Cobus	15	BULS-MA	2:53.66	1 Oelofse, Bay-Linn	11	SASOL-FD	3:13.00
41.42	1:27.44	2:14.17	2:59.85	41.15	1:27.71	2:12.63	2:53.66	44.89	1:34.59	2:24.90	3:13.00
2 Govender, Sivash	13	SGUL-ET	3:01.38	2 Beukes, Xavier T	15	PISC-ET	2:59.31	2 Oosthuizen, Monique	11	BLOT-MA	3:14.28
40.91	1:27.14	2:16.63	3:01.38	40.50	1:24.85	2:13.07	2:59.31	1:32.92	3:14.28		
3 Hair, Leith E	13	AZON-ET	3:07.21	3 Barker, Cameron D	15	PSCP-UM	3:03.91	3 Allchin, Gemma L	11	BLUO-UG	3:15.32
41.57	1:29.98	2:19.25	3:07.21	39.24	1:26.17	2:15.89	3:03.91	46.30	1:35.79	2:27.04	3:15.32
4 Knepscheld, HJ	13	BULS-MA	3:08.04	--- MACKAY, Len-Douglas	15	BLNE-MA	DQ	4 DU Plessis, Charlize	11	SEAL-UM	3:24.08
42.54	1:31.97	2:23.34	3:08.04	41.99	1:31.96	2:22.99	DQ	46.13	1:39.02	2:33.47	3:24.08
5 Holton, Jaryd	13	ASA-IL	3:23.77	<b>#405 Men 16-18 200 Meter Breast</b>				<b>Finals</b>			
46.14	1:39.81	2:33.53	3:23.77	Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time
<b>#405 Boys 13 200 Meter Breast</b>				<b>Finals</b>				<b>Preliminaries</b>			
Name	Age	Team	Prelim Time	1 Leukes, David J	17	BLSS-MA	2:42.21	1 Oelofse, Bay-Linn	11	SASOL-FD	3:13.00
<b>Preliminaries</b>				35.35	1:17.18	1:59.41	2:42.21	44.89	1:34.59	2:24.90	3:13.00
1 Coetzer, Zander	13	USH-UH	3:05.90	2 Nieuwoudt, Benjamin	17	BLOT-MA	2:51.61	2 Oosthuizen, Monique	11	BLOT-MA	3:14.28
41.88		2:18.40	3:05.90	36.97	1:20.17	2:06.12	2:51.61	1:32.92	3:14.28		
2 Knepscheld, HJ	13	BULS-MA	3:08.26	3 Joubert, Jeandre'	17	MGSC-UG	2:53.54	3 Allchin, Gemma L	11	BLUO-UG	3:15.32
1:31.88	3:08.26			37.69	1:21.15	2:07.62	2:53.54	46.30	1:35.79	2:27.04	3:15.32
3 Govender, Sivash	13	SGUL-ET	3:10.13	4 Vlassides, Alexi J	17	SGUL-ET	3:07.76	4 DU Plessis, Charlize	11	SEAL-UM	3:24.08
1:28.29	3:10.13			37.40	1:23.46	2:14.88	3:07.76	46.13	1:39.02	2:33.47	3:24.08
4 Hair, Leith E	13	AZON-ET	3:23.90	<b>#405 Men 16-18 200 Meter Breast</b>				<b>Finals</b>			
43.64	1:36.38	2:30.49	3:23.90	Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time
5 Holton, Jaryd	13	ASA-IL	3:32.89	1 Leukes, David J	17	BLSS-MA	2:47.64	1 Oelofse, Bay-Linn	11	SASOL-FD	3:05.71
48.82	1:45.11	2:41.25	3:32.89	37.27	1:19.60	2:03.49	2:47.64	43.63	1:31.85	2:20.09	3:05.71
<b>#405 Boys 14 200 Meter Breast</b>				<b>Finals</b>				<b>Preliminaries</b>			
Name	Age	Team	Finals Time	2 Nieuwoudt, Benjamin	17	BLOT-MA	2:58.64	1 Oelofse, Bay-Linn	11	SASOL-FD	3:05.71
<b>Finals</b>				39.25	1:24.85	2:11.95	2:58.64	44.89	1:34.59	2:24.90	3:13.00
1 Zwane, Lehakwe M	14	SASOL-FD	2:47.91	3 Joubert, Jeandre'	17	MGSC-UG	2:59.07	2 Oosthuizen, Monique	11	BLOT-MA	3:14.28
38.30	1:22.93	2:05.49	2:47.91	38.49	1:23.22	2:11.21	2:59.07	1:32.92	3:14.28		
2 Reddhi, Trevin	14	ACSA-ET	2:48.80	4 Vlassides, Alexi J	17	SGUL-ET	3:09.43	3 Allchin, Gemma L	11	BLUO-UG	3:15.32
38.40	1:22.26	2:06.13	2:48.80	39.52	1:26.72	2:17.79	3:09.43	46.30	1:35.79	2:27.04	3:15.32
3 Perold, Joshua	14	ASA-IL	2:51.90	--- le Roux, Ruan	17	UPTS-ZM	DQ	4 DU Plessis, Charlize	11	SEAL-UM	3:24.08
38.90	1:22.96	2:07.06	2:51.90	47.36	1:40.34	2:37.30	DQ	46.13	1:39.02	2:33.47	3:24.08
4 Moonsamy, Zaid	14	BLSS-MA	2:55.53	<b>#405 Men 16-18 200 Meter Breast</b>				<b>Finals</b>			
39.53	1:25.41	2:11.06	2:55.53	Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time
5 Le Roux, Adrian D	14	VALS-FD	2:55.63	1 Leukes, David J	17	BLSS-MA	2:47.64	1 Oelofse, Bay-Linn	11	SASOL-FD	3:05.71
40.00	1:25.09	2:10.88	2:55.63	37.27	1:19.60	2:03.49	2:47.64	43.63	1:31.85	2:20.09	3:05.71
6 Le Gassick, Liam R	14	BLSS-MA	3:05.67	2 Nieuwoudt, Benjamin	17	BLOT-MA	2:58.64	2 Oosthuizen, Monique	11	BLOT-MA	3:14.28
41.19	1:28.06	2:16.11	3:05.67	39.25	1:24.85	2:11.95	2:58.64	42.85	1:30.97	2:19.36	3:08.70
<b>#405 Boys 14 200 Meter Breast</b>				<b>Finals</b>				<b>Preliminaries</b>			
Name	Age	Team	Prelim Time	3 Joubert, Jeandre'	17	MGSC-UG	2:59.07	1 Oelofse, Bay-Linn	11	SASOL-FD	3:05.71
<b>Preliminaries</b>				38.49	1:23.22	2:11.21	2:59.07	43.63	1:31.85	2:20.09	3:05.71
1 Zwane, Lehakwe M	14	SASOL-FD	2:50.92	4 Vlassides, Alexi J	17	SGUL-ET	3:09.43	2 Oosthuizen, Monique	11	BLOT-MA	3:14.28
38.64	1:23.22	2:06.22	2:50.92	39.52	1:26.72	2:17.79	3:09.43	1:32.92	3:14.28		
2 Reddhi, Trevin	14	ACSA-ET	2:52.71	--- le Roux, Ruan	17	UPTS-ZM	DQ	3 Allchin, Gemma L	11	BLUO-UG	3:15.32
39.25	1:23.43	2:08.29	2:52.71	47.36	1:40.34	2:37.30	DQ	43.52	1:32.68	2:22.12	3:10.41
3 Perold, Joshua	14	ASA-IL	2:56.54	<b>#406 Girls 11&amp;U 200 Meter Breast</b>				<b>Finals</b>			
40.26	1:25.67	2:11.18	2:56.54	Name	Age	Team	Finals Time	Name	Age	Team	Prelim Time
<b>Finals</b>				<b>Preliminaries</b>				<b>Preliminaries</b>			
1 Stewart, Megan	12	AZON-ET	3:05.75	1 Leukes, David J	17	BLSS-MA	2:47.64	1 Oelofse, Bay-Linn	11	SASOL-FD	3:05.71
42.73	1:30.79	2:18.98	3:05.75	37.27	1:19.60	2:03.49	2:47.64	43.63	1:31.85	2:20.09	3:05.71
2 Friedenthal, Lucy	12	UNIN-MP	3:06.50	2 Nieuwoudt, Benjamin	17	BLOT-MA	2:58.64	2 Oosthuizen, Monique	11	BLOT-MA	3:14.28
44.22	1:30.91	2:19.07	3:06.50	39.25	1:24.85	2:11.95	2:58.64	42.85	1:30.97	2:19.36	3:08.70
3 Bruce, Tayla	12	BEAV-ET	3:14.60	3 Joubert, Jeandre'	17	MGSC-UG	2:59.07	3 Allchin, Gemma L	11	BLUO-UG	3:15.32
44.26	1:32.92	2:23.67	3:14.60	38.49	1:23.22	2:11.21	2:59.07	43.52	1:32.68	2:22.12	3:10.41
4 Terblanche, Emma E	12	PRKA-PS	3:17.09	4 Vlassides, Alexi J	17	SGUL-ET	3:09.43	4 DU Plessis, Charlize	11	SEAL-UM	3:24.08
43.09	1:31.45	2:22.78	3:17.09	39.52	1:26.72	2:17.79	3:09.43	46.13	1:39.02	2:33.47	3:24.08
5 Vorster, Amber J	12	BLUO-UG	3:19.65	--- le Roux, Ruan	17	UPTS-ZM	DQ	5 Banza, Lys L	11	UNIN-MP	3:24.67
44.95	1:34.16	2:26.73	3:19.65	47.36	1:40.34	2:37.30	DQ	1:42.45	3:24.67		

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## Finals ... (#406 Girls 12 200 Meter Breast)

Name	Age	Team	Prelim Time
6 Karpakis, Cayley G	12	BLSS-MA	3:22.98
45.44	1:37.62	2:31.18	3:22.98
7 Willoughby, Cassidy	12	SEAL-UM	3:23.70
45.43	1:38.39	2:32.78	3:23.70
8 Geel, Angel M	12	NWUC-KK	3:25.63
47.25	1:39.91	2:32.85	3:25.63
9 Davel, Annabelle E	12	MWU-NG	3:30.74
48.25	1:42.49	2:37.74	3:30.74
10 Forrest, Bailey R	12	NCDST-ET	3:30.91
1:39.77	3:30.91		

## #406 Girls 12 200 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Friedenthal, Lucy	12	UNIN-MP	3:08.91
43.40	1:33.29	2:21.61	3:08.91
2 Stewart, Megan	12	AZON-ET	3:16.10
43.43	1:34.79	2:26.74	3:16.10
3 Bruce, Tayla	12	BEAV-ET	3:16.98
1:36.05	3:16.98		
4 Vorster, Amber J	12	BLUO-UG	3:21.14
44.68	1:37.26	2:29.24	3:21.14
5 Terblanche, Emma E	12	PRKA-PS	3:22.63
44.15	1:35.77	2:28.89	3:22.63
6 Willoughby, Cassidy	12	SEAL-UM	3:24.48
45.31	1:39.56	2:34.77	3:24.48
7 Karpakis, Cayley G	12	BLSS-MA	3:26.74
46.22	1:38.76	2:32.41	3:26.74
8 Davel, Annabelle E	12	MWU-NG	3:29.37
1:43.51	3:29.37		
9 Geel, Angel M	12	NWUC-KK	3:31.41
48.14	1:41.16	2:37.08	3:31.41
10 Forrest, Bailey R	12	NCDST-ET	3:33.40
47.60	1:42.34	2:38.38	3:33.40
11 Nortje, Mari	12	BULS-MA	3:35.34
49.51	1:46.08	2:41.59	3:35.34

## #406 Girls 13 200 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Green, Christy S	13	KLOO-ET	3:05.16
42.48	1:29.64	2:17.93	3:05.16
2 Martens, Melissa	13	PSCP-UM	3:07.49
43.04	1:30.33	2:19.49	3:07.49
3 Banza, Matundu I	13	UNIN-MP	3:07.56
41.92	1:30.97	2:18.06	3:07.56
4 Hamman, Emma J	13	FAAC-FB	3:10.53
43.65	1:32.29	2:21.39	3:10.53
5 Cross, Rachel J	13	SGUL-ET	3:10.95
42.81	1:32.03	2:21.95	3:10.95
6 Joubert, Danielle	13	BLNE-MA	3:17.34
43.81	1:34.63	2:25.92	3:17.34
7 Frank, Gemma	13	ASA-IL	3:19.74
47.01	1:36.73	2:28.74	3:19.74

## #406 Girls 13 200 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Banza, Matundu I	13	UNIN-MP	3:10.50
42.85	1:31.34	2:19.70	3:10.50

2 Martens, Melissa	13	PSCP-UM	3:10.96
43.68	1:32.81	2:22.51	3:10.96
3 Green, Christy S	13	KLOO-ET	3:13.56
43.43	1:33.32	2:23.53	3:13.56
4 Joubert, Danielle	13	BLNE-MA	3:19.15
44.48	1:35.48	2:27.62	3:19.15
5 Cross, Rachel J	13	SGUL-ET	3:19.63
43.68	1:35.09	2:28.27	3:19.63
6 Hamman, Emma J	13	FAAC-FB	3:20.63
1:37.60	3:20.63		
7 Frank, Gemma	13	ASA-IL	3:21.77
45.93	1:37.88	2:31.11	3:21.77

## #406 Girls 14 200 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Moss, Emma G	14	ASA-IL	3:01.13
42.16	1:28.65	2:14.78	3:01.13
2 Gous, Caylin	14	FAAC-FB	3:01.64
42.02	1:29.06	2:15.53	3:01.64
3 Truter, Alex J	14	BEAV-ET	3:05.30
42.56	1:31.40	2:19.92	3:05.30
4 Joubert, Elizabeth	14	BULS-MA	3:05.67
42.87	1:30.08	2:18.96	3:05.67
5 Tlali, Warona W	14	BLSS-MA	3:12.30
43.85	1:33.10	2:24.22	3:12.30

## #406 Girls 14 200 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Gous, Caylin	14	FAAC-FB	3:04.58
42.57	1:29.57	2:17.47	3:04.58
2 Joubert, Elizabeth	14	BULS-MA	3:07.44
41.48	1:30.13	2:19.87	3:07.44
3 Moss, Emma G	14	ASA-IL	3:08.14
42.37	1:32.40	2:21.05	3:08.14
4 Truter, Alex J	14	BEAV-ET	3:14.91
43.36	1:34.36	2:25.44	3:14.91
5 Tlali, Warona W	14	BLSS-MA	3:16.34
41.67	1:30.52	2:23.08	3:16.34

## #406 Women 15 200 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Huyzer, Megan	15	SGUL-ET	3:04.22
39.69	1:26.64	2:15.32	3:04.22
2 Walden, Chelsea	15	PSCP-UM	3:09.72
40.82	1:29.01	2:19.52	3:09.72
3 Daniel, Melanie P	15	AZON-ET	3:12.60
42.16	1:30.81	2:22.13	3:12.60
4 Van Der Merwe, Izani	15	CSA-EP	3:13.05
40.01	1:27.26	2:20.63	3:13.05

## #406 Women 15 200 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Huyzer, Megan	15	SGUL-ET	3:06.46
41.10	1:28.93	2:17.59	3:06.46
2 Van Der Merwe, Izani	15	CSA-EP	3:10.15
41.95	1:31.88	2:21.63	3:10.15
3 Walden, Chelsea	15	PSCP-UM	3:20.63
43.82	1:35.87	2:28.93	3:20.63
4 Daniel, Melanie P	15	AZON-ET	3:22.17
46.20	1:37.81	2:31.33	3:22.17

## #406 Women 16-18 200 Meter Breast

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Ontong, Danielle C	16	BLSS-MA	3:05.85
41.91	1:29.76	2:18.09	3:05.85

## #406 Women 16-18 200 Meter Breast

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Ontong, Danielle C	16	BLSS-MA	3:04.88
40.38	1:26.77	2:15.50	3:04.88

## #408 Girls 14&amp;U 100 Meter Breast Multi-Class

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Everson, Melisca SB9	12	NEWS-ADJ	2:47.33
1:18.05	2:47.33		

## #409 Boys 11&amp;U 200 Meter Back

Name	Age	Team	Finals Time
<b>Finals</b>			
1 Linde, El-Jay	11	BLSS-MA	2:52.42
41.10	1:24.53	2:09.25	2:52.42
2 Hartmann, Dihandré	10	SASOL-FD	2:58.58
42.58	1:28.23	2:14.82	2:58.58
3 Kotze, Derick F	11	BLSS-MA	3:01.37
43.55	1:30.28	2:16.81	3:01.37
4 Mpungose, Art N	10	SGUL-ET	3:02.52
44.17	1:31.89	2:19.47	3:02.52
5 Basson, Roald R	11	BLSS-MA	3:02.98
44.19	1:31.65	2:18.94	3:02.98
6 Van Viegen, Peter D	11	BLSS-MA	3:03.91
43.77	1:30.32	2:18.09	3:03.91
7 Swanepoel, Michael	11	GTC-MP	3:05.64
44.49	1:31.15	2:19.45	3:05.64
8 Gander, Dylan C	11	AQSA-ET	3:06.06
44.32	1:31.60	2:20.98	3:06.06
9 Nkgapele, Junior M	11	MWU-NG	3:10.49
1:34.54	3:10.49		
10 Cilliers, Christopher J	11	BLSS-MA	3:11.18
45.22	1:34.45	2:23.85	3:11.18

## #409 Boys 11&amp;U 200 Meter Back

Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Linde, El-Jay	11	BLSS-MA	2:54.38
41.45	1:25.55	2:10.57	2:54.38
2 Kotze, Derick F	11	BLSS-MA	3:01.73
43.80	1:31.32	2:17.63	3:01.73
3 Hartmann, Dihandré	10	SASOL-FD	3:04.12
43.85	1:31.13	2:18.74	3:04.12
4 Swanepoel, Michael	11	GTC-MP	3:04.72
44.09	1:30.96	2:19.55	3:04.72
5 Basson, Roald R	11	BLSS-MA	3:06.27
43.61	1:31.09	2:19.15	3:06.27
6 Van Viegen, Peter D	11	BLSS-MA	3:06.93
45.34	1:32.83	2:20.93	3:06.93
7 Mpungose, Art N	10	SGUL-ET	3:07.05
43.91	1:32.33	2:21.75	3:07.05
8 Cilliers, Christopher J	11	BLSS-MA	3:09.27
1:33.81	3:09.27		
9 Gander, Dylan C	11	AQSA-ET	3:12.22
1:31.98	3:12.22		

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

<b>Preliminaries ... (#409 Boys 11&amp;U 200 Meter Back)</b>			
Name	Age	Team	Finals Time
10 Nkgapele, Junior M	11	MWU-NG	3:12.64
44.99	1:34.10	2:23.96	3:12.64
11 Holton, Riley	11	ASA-IL	3:15.95
47.26	1:39.32	2:30.86	3:15.95
12 Radley, Henning J	11	NSAD-EZ	3:17.95
	1:36.73	3:17.95	
13 September, Dominic J	11	PISC-ET	3:22.81
	1:36.23	3:22.81	

<b>#409 Boys 12 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Weenink, Wian J	12	FAAC-FB	2:49.21
39.73	1:23.59	2:08.23	2:49.21
2 Maree, Matthew	12	AQSA-ET	2:50.34
39.14	1:24.07	2:09.17	2:50.34
3 Harvey, Cameron J	12	AZON-ET	2:57.71
41.80	1:28.09	2:14.82	2:57.71
4 Moodley, Kivesh	12	BAYV-ET	2:59.42
41.29	1:25.48	2:15.93	2:59.42
--- Schweitzer, Liam	12	BLOT-MA	DQ
40.21	1:23.34	2:08.73	DQ

<b>#409 Boys 12 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Weenink, Wian J	12	FAAC-FB	2:54.43
41.56	1:25.68	2:10.77	2:54.43
2 Schweitzer, Liam	12	BLOT-MA	2:55.18
41.38	1:26.01	2:12.43	2:55.18
3 Moodley, Kivesh	12	BAYV-ET	2:59.87
42.04	1:29.46	2:16.22	2:59.87
4 Maree, Matthew	12	AQSA-ET	3:00.62
43.09	1:30.03	2:16.08	3:00.62
5 Harvey, Cameron J	12	AZON-ET	3:03.88
	1:31.37	3:03.88	

<b>#409 Boys 13 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Davies, Tristan J	13	WELA-FD	2:35.07
36.38	1:15.96	1:55.96	2:35.07
2 Cilliers, Jacques	13	BLSS-MA	2:36.32
36.13	1:15.80	1:56.60	2:36.32
3 Moolman, Heindru	13	MWU-NG	2:44.05
37.50	1:18.67	2:01.55	2:44.05
4 De Beer, Zion	13	MWU-NG	2:49.03
39.47	1:21.99	2:05.72	2:49.03
5 Vorwerk, Channing J	13	PSCP-UM	2:52.96
40.98	1:25.56	2:10.62	2:52.96
6 Mc Carthy, Taegen J	13	BEAV-ET	2:54.56
40.03	1:25.11	2:11.02	2:54.56

<b>#409 Boys 13 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Davies, Tristan J	13	WELA-FD	2:38.26
36.75	1:16.25	1:57.36	2:38.26
2 Cilliers, Jacques	13	BLSS-MA	2:42.89
	1:19.07	2:42.89	

3 De Beer, Zion	13	MWU-NG	2:49.37
40.12	1:22.93	2:06.69	2:49.37
4 Moolman, Heindru	13	MWU-NG	2:50.49
39.41	1:23.55	2:07.73	2:50.49
5 Vorwerk, Channing J	13	PSCP-UM	2:52.95
40.99	1:26.03	2:10.53	2:52.95
6 Mc Carthy, Taegen J	13	BEAV-ET	2:56.69
	1:26.80	2:56.69	

<b>#409 Boys 14 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Le Gassick, Liam R	14	BLSS-MA	2:34.38
36.88	1:16.08	1:56.26	2:34.38
2 Hannay, Dean C	14	MWU-NG	2:39.43
37.92	1:18.18	1:59.30	2:39.43
3 Brewis, Marais L	14	GHSK-FB	2:56.95
39.38	1:23.52	2:09.99	2:56.95

<b>#409 Boys 14 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Le Gassick, Liam R	14	BLSS-MA	2:38.51
37.49	1:17.65	1:58.59	2:38.51
2 Hannay, Dean C	14	MWU-NG	2:42.99
39.06	1:20.98	2:02.47	2:42.99
3 Brewis, Marais L	14	GHSK-FB	2:53.33
40.26	1:25.99	2:10.09	2:53.33

<b>#409 Men 15 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Landmann, Ramon	15	SASOL-FD	2:26.40
33.60	1:10.13	1:49.32	2:26.40
2 de Beer, Aydan	15	WELA-FD	2:26.94
34.10	1:12.12	1:51.50	2:26.94
3 Bruce, Liam	15	BEAV-ET	2:30.50
35.34	1:13.13	1:52.31	2:30.50
4 MACKAY, Len-Douglas	15	BLNE-MA	2:36.40
34.48	1:12.74	1:52.99	2:36.40

<b>#409 Men 15 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Landmann, Ramon	15	SASOL-FD	2:28.75
32.42	1:08.56	1:48.51	2:28.75
2 de Beer, Aydan	15	WELA-FD	2:29.19
34.09	1:12.54	1:52.52	2:29.19
3 Bruce, Liam	15	BEAV-ET	2:34.75
36.16	1:15.09	1:55.30	2:34.75
4 MACKAY, Len-Douglas	15	BLNE-MA	2:46.35
36.79	1:17.11	2:02.98	2:46.35

<b>#409 Men 16-18 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Leukes, David J	17	BLSS-MA	2:25.65
33.65	1:11.27	1:49.82	2:25.65
2 Smith, Michael G	16	USH-UH	2:27.70
34.81	1:12.48	1:50.92	2:27.70
3 Green, Jarred	17	FAAC-FB	2:30.14
35.31	1:13.80	1:53.14	2:30.14
4 Heymans, Henk J	17	ASA-IL	2:31.54
34.69	1:12.86	1:52.53	2:31.54

5 Joubert, Jeandre'	17	MGSC-UG	2:39.14
36.40	1:16.47	1:57.51	2:39.14
6 Kleyhans, Jan-Ebert	18	GHSK-FB	2:39.64
35.96	1:16.34	1:58.06	2:39.64
7 Jansen van Vuuren, Andi	16	BLSS-MA	2:41.58
38.17	1:20.10	2:02.42	2:41.58
8 Vlassides, Alexi J	17	SGUL-ET	2:42.80
38.01	1:19.27	2:01.38	2:42.80

<b>#409 Men 16-18 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Smith, Michael G	16	USH-UH	2:31.44
35.32	1:13.51	1:52.70	2:31.44
2 Leukes, David J	17	BLSS-MA	2:34.22
34.96	1:14.73	1:55.24	2:34.22
3 Green, Jarred	17	FAAC-FB	2:34.93
36.28	1:16.48	1:57.49	2:34.93
4 Heymans, Henk J	17	ASA-IL	2:40.17
35.95	1:16.18	1:58.54	2:40.17
5 Joubert, Jeandre'	17	MGSC-UG	2:41.16
36.72	1:16.65	1:59.02	2:41.16
6 Kleyhans, Jan-Ebert	18	GHSK-FB	2:41.45
37.68	1:17.96	1:59.75	2:41.45
7 Jansen van Vuuren, Andi	16	BLSS-MA	2:44.20
	1:20.34	2:44.20	
8 Vlassides, Alexi J	17	SGUL-ET	2:45.01
39.00	1:20.80	2:02.85	2:45.01
9 Barnes, Henru H	17	BLSS-MA	2:46.78
38.06	1:21.74	2:06.27	2:46.78

<b>#410 Girls 11&amp;U 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Carmody, Jessica M	11	SGUL-ET	2:44.53
38.13	1:21.11	2:03.39	2:44.53
2 Matthews, Megan K	11	NCDST-ET	2:44.75
38.98	1:20.73	2:03.60	2:44.75
3 Baenhoff, Chanel	11	BLSS-MA	2:56.12
42.04	1:26.59	2:12.86	2:56.12
4 Prinsloo, Cher H	11	KLOO-ET	2:57.98
41.69	1:27.05	2:13.43	2:57.98
5 Marcelino, Katie	11	SGUL-ET	2:59.71
41.81	1:27.49	2:13.73	2:59.71
6 Price, Cailyn	11	AZON-ET	3:03.94
44.28	1:31.23	2:18.93	3:03.94
7 Potgieter, Cale	11	BLSS-MA	3:06.76
43.05	1:31.29	2:20.90	3:06.76
8 Mansil, Gemma	11	WELA-FD	3:08.74
44.38	1:33.94	2:22.79	3:08.74
9 Vincent, Amelia	10	BLSS-MA	3:08.97
	1:33.33	2:21.58	3:08.97
10 Mohamed, Ilhaam	11	FAAC-FB	3:15.06
	1:37.33	3:15.06	

<b>#410 Girls 11&amp;U 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Carmody, Jessica M	11	SGUL-ET	2:47.07
40.12	1:22.78	2:05.49	2:47.07
2 Matthews, Megan K	11	NCDST-ET	2:51.19
	1:25.55	2:51.19	
3 Baenhoff, Chanel	11	BLSS-MA	2:57.00
	1:26.53	2:57.00	

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

<b>Preliminaries ... (#410 Girls 11&amp;U 200 Meter Back)</b>			
Name	Age	Team	Time
4 Price, Cailyn	11	AZON-ET	3:02.24
	1:31.23	3:02.24	
5 Marcelino, Katie	11	SGUL-ET	3:03.09
	43.06	1:29.50	2:17.12
6 Potgieter, Cale	11	BLSS-MA	3:06.16
	42.23	1:30.09	2:19.85
7 Mansil, Gemma	11	WELA-FD	3:07.12
	44.00	1:31.81	2:20.68
8 Vincent, Amelia	10	BLSS-MA	3:07.52
	44.29	1:31.80	2:20.88
9 Prinsloo, Cher H	11	KLOO-ET	3:08.42
	44.82	1:33.75	2:22.35
10 Mohamed, Ilhaam	11	FAAC-FB	3:10.64
	43.60	1:32.34	2:23.25
<b>#410 Girls 12 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Olivier, Rebekah B	12	ACSA-ET	2:42.95
	37.18	1:19.26	2:02.48
2 Armour, Kaeli-Peace	12	BLSS-MA	2:47.95
	40.05	1:22.75	2:07.32
3 Borrageiro, Nirvana L	12	SGUL-ET	2:49.64
	38.59	1:22.50	2:07.44
4 Leonard, Mieke	12	MWU-NG	2:53.01
	41.91	1:25.84	2:10.37
5 Stewart, Megan	12	AZON-ET	2:54.49
	40.31	1:25.19	2:11.66
6 Bruce, Tayla	12	BEAV-ET	2:54.74
	42.14	1:26.92	2:12.61
7 Petzer, Kayci	12	AZON-ET	2:55.38
	39.42	1:25.45	2:13.08
8 Warr, Amber L	12	SEAL-UM	2:59.70
	41.27	1:26.67	2:14.19
9 Van Der Merwe, Annalee	12	SEAL-UM	3:05.15
		1:29.93	3:05.15
--- Smook, Cara	12	BLNE-MA	DQ
	40.10	1:25.90	2:12.12
<b>#410 Girls 12 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Olivier, Rebekah B	12	ACSA-ET	2:42.82
	37.81	1:19.21	2:02.40
2 Armour, Kaeli-Peace	12	BLSS-MA	2:48.69
	40.49	1:22.79	2:06.48
3 Borrageiro, Nirvana L	12	SGUL-ET	2:52.84
	40.16	1:24.20	2:09.91
4 Bruce, Tayla	12	BEAV-ET	2:55.90
	42.36	1:28.46	2:13.77
5 Stewart, Megan	12	AZON-ET	2:56.64
	40.90	1:27.54	2:13.43
6 Leonard, Mieke	12	MWU-NG	2:56.81
	41.68	1:26.39	2:12.25
7 Smook, Cara	12	BLNE-MA	2:57.35
	39.10	1:24.54	2:11.04
8 Warr, Amber L	12	SEAL-UM	2:57.68
	40.97	1:26.01	2:12.57
9 Petzer, Kayci	12	AZON-ET	2:58.58
		1:27.62	2:58.58
10 Van Der Merwe, Annalee	12	SEAL-UM	3:02.51
	43.26	1:29.42	2:18.02

11 Rowan, Catherine L	12	SGUL-ET	3:05.12
	43.31	1:29.68	2:18.39
<b>#410 Girls 13 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Irvine, Rachel K	13	SEAL-UM	2:43.23
	37.73	1:19.39	2:02.03
2 Cottrell, Kirsten I	13	AZON-ET	2:43.90
	38.94	1:20.90	2:03.23
3 Kirsten, Gemma	13	BLNE-MA	2:48.71
	38.93	1:21.53	2:06.66
4 Brijlal, Sherisha	13	VAC-ET	2:49.09
	38.89	1:21.15	2:05.71
5 Hamman, Emma J	13	FAAC-FB	2:53.20
	41.59	1:25.64	2:11.15
6 Jansen Van Vuuren, Ashl	13	CSA-EP	2:55.63
	40.52	1:25.36	2:10.41
7 Vorwerk, Alexis M	13	PSCP-UM	2:56.10
	41.54	1:26.76	2:12.75
8 Van Rensburg, Melindie	13	UNIN-MP	2:57.24
	40.31	1:24.39	2:10.96
9 Martens, Melissa	13	PSCP-UM	3:02.30
	43.16	1:29.19	2:17.37
10 Joubert, Jadyne	13	AZON-ET	3:06.30
		1:31.90	3:06.30
<b>#410 Girls 13 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
*1 Cottrell, Kirsten I	13	AZON-ET	2:48.52
	39.08	1:21.45	2:05.91
*1 Kirsten, Gemma	13	BLNE-MA	2:48.52
	40.55	1:23.39	2:07.45
3 Irvine, Rachel K	13	SEAL-UM	2:48.72
	38.04	1:20.85	2:05.85
4 Brijlal, Sherisha	13	VAC-ET	2:52.07
		1:23.60	2:52.07
5 Hamman, Emma J	13	FAAC-FB	2:55.31
		1:26.18	2:55.31
6 Van Rensburg, Melindie	13	UNIN-MP	2:57.41
	40.94	1:26.25	2:12.27
7 Vorwerk, Alexis M	13	PSCP-UM	2:58.21
	41.98	1:27.58	2:14.80
8 Jansen Van Vuuren, Ashl	13	CSA-EP	2:59.93
		1:27.82	2:59.93
9 Martens, Melissa	13	PSCP-UM	3:04.34
		1:30.24	3:04.34
10 Joubert, Jadyne	13	AZON-ET	3:05.79
	43.56	1:31.42	2:19.35
<b>#410 Girls 14 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Gous, Caylin	14	FAAC-FB	2:41.38
	38.26	1:19.18	2:01.30
2 Botha, Anandi	14	BLNE-MA	2:43.22
	37.53	1:19.25	2:02.12
3 Helmand, Anieke	14	BLOT-MA	2:44.93
	38.13	1:20.12	2:03.08

4 Mulder, Milche	14	UNIN-MP	2:45.42
	38.23	1:20.26	2:03.77
5 Peters, Reese H	14	PSCP-UM	3:00.30
	41.09	1:27.76	2:14.89
<b>#410 Girls 14 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Gous, Caylin	14	FAAC-FB	2:45.20
	39.65	1:21.57	2:04.62
2 Mulder, Milche	14	UNIN-MP	2:46.94
	38.64	1:21.46	2:04.54
3 Botha, Anandi	14	BLNE-MA	2:50.24
	39.44	1:23.52	2:07.86
4 Helmand, Anieke	14	BLOT-MA	2:51.06
	38.96	1:22.91	2:08.63
5 Peters, Reese H	14	PSCP-UM	3:00.25
	41.25	1:27.14	2:15.12
<b>#410 Women 15 200 Meter Back</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Lombard, Carmel	15	SEAL-UM	2:38.98
	37.21	1:17.48	1:58.42
2 De Wet, Megan	15	MWU-NG	2:40.99
	37.64	1:18.76	2:00.89
3 van der Merwe, Laura	15	NSA-EZ	2:42.65
	37.55	1:18.81	2:01.38
4 Bowmaker, Katherine R	15	PSCP-UM	2:50.06
	38.43	1:21.42	2:06.34
5 Joubert, Tanya A	15	PSCP-UM	2:50.63
	38.91	1:22.81	2:07.20
6 Scott, Hannah E	15	BLUO-UG	2:53.98
	40.88	1:24.16	2:11.10
<b>#410 Women 15 200 Meter Back</b>			
Name	Age	Team	Prelim Time
<b>Preliminaries</b>			
1 Lombard, Carmel	15	SEAL-UM	2:41.01
	38.14	1:19.03	2:00.40
2 De Wet, Megan	15	MWU-NG	2:41.83
	37.77	1:18.60	2:00.67
3 van der Merwe, Laura	15	NSA-EZ	2:48.09
	38.86	1:22.04	2:05.01
4 Bowmaker, Katherine R	15	PSCP-UM	2:50.94
	39.40	1:22.69	2:07.54
5 Joubert, Tanya A	15	PSCP-UM	2:55.27
	42.38	1:27.17	2:12.37
6 Scott, Hannah E	15	BLUO-UG	2:55.89
	40.57	1:25.50	2:09.94
<b>#411 Boys 11&amp;U 50 Meter Fly</b>			
Name	Age	Team	Finals Time
<b>Finals</b>			
1 Mpungose, Art N	10	SGUL-ET	34.44
2 Bekker, Bjorn	11	KLOO-ET	34.68
3 Gibson, Sean	11	ACSA-ET	35.02
4 Geyser, Jacobus	11	USH-UH	35.03
5 Scheepers, Jared	11	ASA-IL	36.46
6 Spoor, St John S	11	NCDST-ET	36.49
7 Swart, Tristan N	11	TOTIS-ET	36.74
8 Hartmann, Dihandré	10	SASOL-FD	36.94
9 Van Rensburg, Ernst	11	BLSS-MA	38.16
10 Durocher-Yvon, Raphael	11	NCDST-ET	38.33

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#411 Boys 11&U 50 Meter Fly				#411 Boys 13 50 Meter Fly				#411 Men 15 50 Meter Fly			
Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time	Name	Age	Team	Prelim Time
<b>Preliminaries</b>				<b>Preliminaries</b>				<b>Preliminaries</b>			
1 Bekker, Bjorn	11	KLOO-ET	35.33	1 Janson, Rossouw P	13	NSAD-EZ	31.15	1 Moolman, Cobus	15	BULS-MA	28.51
2 Gibson, Sean	11	ACSA-ET	35.34	2 Du Preez, Handre	13	AQU-AD	32.61	2 Landmann, Ramon	15	SASOL-FD	28.93
3 Geysler, Jacobus	11	USH-UH	35.38	3 Mc Carthy, Taegen J	13	BEAV-ET	33.13	3 Van der Walt, Ryno	15	PSA-ZL	28.96
4 Mpungose, Art N	10	SGUL-ET	35.63	4 Cilliers, Jacques	13	BLSS-MA	33.22	4 Beukes, Xavier T	15	PISC-ET	29.49
5 Scheepers, Jared	11	ASA-IL	36.08	5 Van Rooyen, Jayden	13	FAAC-FB	33.42	5 Gibson, Nathen	15	ACSA-ET	29.93
6 Swart, Tristan N	11	TOTIS-ET	37.58	6 Hair, Leith E	13	AZON-ET	33.52	6 Barker, Cameron D	15	PSCP-UM	30.17
7 Hartmann, Dihandré	10	SASOL-FD	37.76	7 Rankin, Jack K	13	ASA-IL	33.71	7 Du Toit, Thian	15	BLSS-MA	30.26
8 Van Rensburg, Ernst	11	BLSS-MA	37.94	8 Knepscheld, HJ	13	BULS-MA	34.45	8 Bruce, Liam	15	BEAV-ET	31.34
9 Spoor, St John S	11	NC DST-ET	37.96	9 Hinze, Sven F	13	USH-UH	34.54	9 de Beer, Aydan	15	WELA-FD	31.64
10 Durocher-Yvon, Raphael	11	NC DST-ET	38.83	10 Moolman, Heindru	13	MWU-NG	34.58	10 MACKAY, Len-Douglas	15	BLNE-MA	34.26
11 Forrest, Kai A	10	NC DST-ET	38.88	11 Holton, Jaryd	13	ASA-IL	34.72	<b>#411 Men 16-18 50 Meter Fly</b>			
12 Linde, El-Jay	11	BLSS-MA	38.90	12 Vorwerk, Channing J	13	PSCP-UM	35.40	<b>Name Age Team Finals Time</b>			
13 Basson, Roald R	11	BLSS-MA	38.96	13 Coetzer, Zander	13	USH-UH	36.28	<b>Finals</b>			
14 Cibane, Zakhe	11	UMSH-ET	39.33	14 Govender, Sivash	13	SGUL-ET	37.07	1 Jansen van Vuuren, Ruan	18	AQU-AD	27.48
15 Gander, Dylan C	11	AQSA-ET	39.35	<b>#411 Boys 14 50 Meter Fly</b>				2 Roberts, Joshua S	18	PSCP-UM	27.74
16 Kotze, Derick F	11	BLSS-MA	39.85	<b>Name Age Team Finals Time</b>				3 Swanepoel, Hanno	17	SASOL-FD	27.81
17 Radley, Henning J	11	NSAD-EZ	40.00	<b>Finals</b>				4 Leukes, David J	17	BLSS-MA	28.43
18 Cilliers, Christopher J	11	BLSS-MA	40.36	1 Ramoholi, Thapelo R	14	ACSA-ET	29.03	5 Remley, Breydon L	16	SGUL-ET	28.50
19 Landmann, Armand	10	SASOL-FD	40.54	2 Faber, Conrad	14	GHSK-FB	29.05	6 Dooling, Ethan W	17	FAAC-FB	28.51
20 September, Dominic J	11	PISC-ET	41.30	3 Sutherland, Eben	14	BULS-MA	29.87	7 Green, Jarred	17	FAAC-FB	29.50
21 Van Vieggen, Peter D	11	BLSS-MA	41.92	4 Nel, Jaden	14	SASOL-FD	29.89	8 Nel, Nicholas	16	TOTIS-ET	29.54
22 Le Roux, Tiaan	11	KALA-JT	43.39	5 Zwane, Lehakwe M	14	SASOL-FD	30.03	9 Govender, Byron N	18	BEAV-ET	29.67
23 De Vos, Juan-dre	11	KALA-JT	44.54	6 van Niekerk, Junior S	14	GHSK-FB	30.12	--- Barnes, Henru H	17	BLSS-MA	DQ
24 Holton, Riley	11	ASA-IL	56.66	7 Van Heerden, Tian	14	SEAL-UM	30.26	<b>#411 Men 16-18 50 Meter Fly</b>			
<b>#411 Boys 12 50 Meter Fly</b>				<b>Name Age Team Finals Time</b>				<b>Name Age Team Prelim Time</b>			
<b>Name Age Team Finals Time</b>				<b>Finals</b>				<b>Preliminaries</b>			
1 Sutcliffe, Ayrton K	12	WSTV-ET	31.65	1 Ramoholi, Thapelo R	14	ACSA-ET	29.03	1 Jansen van Vuuren, Ruan	18	AQU-AD	27.48
2 Maree, Matthew	12	AQSA-ET	32.64	2 Faber, Conrad	14	GHSK-FB	29.05	2 Swanepoel, Hanno	17	SASOL-FD	27.94
3 Lancaster, Murray S	12	SEAL-UM	33.75	3 Sutherland, Eben	14	BULS-MA	29.87	3 Roberts, Joshua S	18	PSCP-UM	28.08
4 Harvey, Cameron J	12	AZON-ET	34.01	4 Nel, Jaden	14	SASOL-FD	29.89	4 Barnes, Henru H	17	BLSS-MA	28.17
5 Fourie, Heinrich N	12	USH-UH	34.16	5 Zwane, Lehakwe M	14	SASOL-FD	30.03	5 Leukes, David J	17	BLSS-MA	28.24
6 Fisher, Daniel N	12	BLUO-UG	35.78	6 van Niekerk, Junior S	14	GHSK-FB	30.12	6 Dooling, Ethan W	17	FAAC-FB	28.30
7 Schweitzer, Liam	12	BLOT-MA	36.17	7 Van Heerden, Tian	14	SEAL-UM	30.26	7 Remley, Breydon L	16	SGUL-ET	28.62
8 Eilers, De-Anzo C	12	KALA-JT	37.19	8 Le Gassick, Liam R	14	BLSS-MA	31.13	8 Green, Jarred	17	FAAC-FB	29.14
9 Weenink, Wian J	12	FAAC-FB	37.38	9 Fourie, Ruben	14	KLOO-ET	31.20	9 Govender, Byron N	18	BEAV-ET	29.19
10 Du Preez, Ewan	12	USH-UH	38.43	10 Moonsamy, Zaid	14	BLSS-MA	32.23	10 le Roux, Ruan	17	UPTS-ZM	30.02
<b>#411 Boys 12 50 Meter Fly</b>				<b>#411 Boys 14 50 Meter Fly</b>				<b>Name Age Team Prelim Time</b>			
<b>Name Age Team Prelim Time</b>				<b>Preliminaries</b>				<b>Finals</b>			
1 Sutcliffe, Ayrton K	12	WSTV-ET	31.57	1 Faber, Conrad	14	GHSK-FB	28.66	11 Nel, Nicholas	16	TOTIS-ET	30.03
2 Maree, Matthew	12	AQSA-ET	33.75	2 Ramoholi, Thapelo R	14	ACSA-ET	28.98	12 Jansen van Vuuren, And	16	BLSS-MA	30.10
3 Fourie, Heinrich N	12	USH-UH	34.09	3 Sutherland, Eben	14	BULS-MA	29.61	13 Xulu, Mhlengi B	16	UMSH-ET	30.17
4 Lancaster, Murray S	12	SEAL-UM	34.44	4 Nel, Jaden	14	SASOL-FD	30.00	14 Joubert, Gary L	17	PSCP-UM	30.29
5 Harvey, Cameron J	12	AZON-ET	34.49	5 van Niekerk, Junior S	14	GHSK-FB	30.07	15 Kleynhans, Jan-Ebert	18	GHSK-FB	30.43
6 Fisher, Daniel N	12	BLUO-UG	35.76	6 Van Heerden, Tian	14	SEAL-UM	30.45	*16 Booysen, Darian M	16	BLOT-MA	30.46
7 Eilers, De-Anzo C	12	KALA-JT	35.77	7 Zwane, Lehakwe M	14	SASOL-FD	30.52	*16 Smith, Michael G	16	USH-UH	30.46
8 Schweitzer, Liam	12	BLOT-MA	36.11	8 Le Gassick, Liam R	14	BLSS-MA	30.54	18 Heymans, Henk J	17	ASA-IL	30.59
9 Du Preez, Ewan	12	USH-UH	36.53	9 Fourie, Ruben	14	KLOO-ET	31.27	19 Mellors, David R	17	ASA-IL	30.78
10 Weenink, Wian J	12	FAAC-FB	37.09	10 Moonsamy, Zaid	14	BLSS-MA	32.30	20 Nieuwoudt, Benjamin	17	BLOT-MA	31.29
11 Naidoo, Ethan R	12	WVAQ-ET	38.74	11 Brewis, Marais L	14	GHSK-FB	33.66	21 Vlassides, Alexi J	17	SGUL-ET	32.24
12 Remley, Kaden J	12	SGUL-ET	40.75	12 Le Roux, Adrian D	14	VALS-FD	34.53	<b>#411 Men 15 50 Meter Fly</b>			
<b>#411 Boys 13 50 Meter Fly</b>				<b>Name Age Team Finals Time</b>				<b>Name Age Team Prelim Time</b>			
<b>Name Age Team Finals Time</b>				<b>Finals</b>				<b>Name Age Team Prelim Time</b>			
1 Janson, Rossouw P	13	NSAD-EZ	31.02	1 Moolman, Cobus	15	BULS-MA	28.69	<b>Name Age Team Prelim Time</b>			
				2 Van der Walt, Ryno	15	PSA-ZL	28.89				



## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

#412 Girls 11&U 50 Meter Fly				10 Nortje, Mari				12 BULS-MA				36.08				--- Fourie, Kara				14 LAD-UT				DQ															
Name	Age	Team	Finals Time	Name	Age	Team	Finals Time	Name	Age	Team	Finals Time	Name	Age	Team	Finals Time	Name	Age	Team	Finals Time	Name	Age	Team	Finals Time																
<b>Finals</b>				11 Omar, Manaal				12 SGUL-ET				36.14				<b>#412 Women 15 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Finals Time</b>							
*1 Carmody, Jessica M	11	SGUL-ET	33.46	12 Goss, Kelsey				12 ASA-IL				36.52				<b>Finals</b>				1 Daniel, Melanie P				15 AZON-ET				32.01											
*1 Baenhoff, Chanel	11	BLSS-MA	33.46	13 Sivier, Jade				12 ACSA-ET				37.10				2 Joubert, Tanya A				15 PSCP-UM				32.63															
3 Sates, Caitlyn B	11	SEAL-UM	35.19	14 Rowan, Catherine L				12 SGUL-ET				37.44				3 Branco-Lizen, Emma				15 AQU-AD				32.88															
4 Mayoss, Erin L	11	KLOO-ET	36.00	15 Karpakis, Cayley G				12 BLSS-MA				37.80				4 van der Merwe, Laura				15 NSA-EZ				32.98															
5 Dixon, Poppy	11	NCDST-ET	36.36	16 Armour, Kaeli-Peace				12 BLSS-MA				38.43				5 Pillay, Trinity J				15 SGUL-ET				33.04															
6 Perumal, Elisha L	10	BAYV-ET	36.95	17 Vorster, Amber J				12 BLUO-UG				38.62				6 Uys, Danika				15 PSA-ZL				33.71															
7 Matthews, Megan K	11	NCDST-ET	36.96	18 Geel, Angel M				12 NWUC-KK				40.14				7 Huyzer, Megan				15 SGUL-ET				34.29															
8 Allchin, Gemma L	11	BLUO-UG	37.85	19 Naude, Jana B				12 USH-UH				40.59				*8 Immelman, Danielle				15 FAAC-FB				34.33															
9 Oelofse, Bay-Linn	11	SASOL-FD	38.10	20 Van Der Merwe, Annalee				12 SEAL-UM				41.54				*8 Geel, Kayleigh S				15 BLSS-MA				34.33															
10 Potgieter, Cale	11	BLSS-MA	39.75	<b>#412 Girls 13 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Finals Time</b>																			
<b>Finals</b>				1 Zwart, Jordan A				13 SEAL-UM				32.49				<b>#412 Women 15 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Prelim Time</b>							
<b>Preliminaries</b>				2 Groenewald, Lara				13 AQU-AD				32.58				1 Daniel, Melanie P				15 AZON-ET				32.34															
1 Carmody, Jessica M	11	SGUL-ET	33.16	3 Joubert, Danielle				13 BLNE-MA				33.70				2 Branco-Lizen, Emma				15 AQU-AD				32.97															
2 Baenhoff, Chanel	11	BLSS-MA	34.73	4 Vorwerk, Alexis M				13 PSCP-UM				34.15				3 Joubert, Tanya A				15 PSCP-UM				33.25															
3 Sates, Caitlyn B	11	SEAL-UM	35.24	5 Martens, Melissa				13 PSCP-UM				35.38				4 Pillay, Trinity J				15 SGUL-ET				33.83															
4 Mayoss, Erin L	11	KLOO-ET	36.04	6 Hamman, Emma J				13 FAAC-FB				35.40				5 Uys, Danika				15 PSA-ZL				34.21															
5 Matthews, Megan K	11	NCDST-ET	36.57	7 Brijljal, Sherisha				13 VAC-ET				35.78				6 Immelman, Danielle				15 FAAC-FB				34.26															
6 Dixon, Poppy	11	NCDST-ET	37.08	8 Joubert, Jady				13 AZON-ET				37.03				7 van der Merwe, Laura				15 NSA-EZ				34.47															
7 Oelofse, Bay-Linn	11	SASOL-FD	37.51	9 Van Rensburg, Melindie				13 UNIN-MP				39.15				8 Huyzer, Megan				15 SGUL-ET				34.61															
8 Perumal, Elisha L	10	BAYV-ET	37.67	10 Kirsten, Gemma				13 BLNE-MA				39.57				9 Geel, Kayleigh S				15 BLSS-MA				35.24															
9 Potgieter, Cale	11	BLSS-MA	38.17	<b>#412 Girls 13 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Prelim Time</b>																			
10 Allchin, Gemma L	11	BLUO-UG	38.87	<b>Finals</b>				1 Groenewald, Lara				13 AQU-AD				33.37				10 Van Der Merwe, Izani				15 CSA-EP				35.27											
11 Marcelino, Katie	11	SGUL-ET	40.02	2 Zwart, Jordan A				13 SEAL-UM				33.75				11 Walden, Chelsea				15 PSCP-UM				37.84															
12 Tshikhudo, Mphoentle N	11	MWU-NG	41.70	3 Joubert, Danielle				13 BLNE-MA				33.77				<b>#412 Women 16-18 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Finals Time</b>							
13 Banza, Lys L	11	UNIN-MP	41.75	4 Martens, Melissa				13 PSCP-UM				34.97				<b>Finals</b>				1 Ontong, Danielle C				16 BLSS-MA				31.80											
14 DU Plessis, Charlize	11	SEAL-UM	42.44	5 Hamman, Emma J				13 FAAC-FB				35.17				2 Fourie, Anke				16 LAD-UT				31.84															
15 Kambanis, Georgia	11	BLSS-MA	42.45	6 Brijljal, Sherisha				13 VAC-ET				35.33				3 Bodington, Jemma				18 PSA-ZL				31.88															
16 Vincent, Amelia	10	BLSS-MA	42.64	7 Vorwerk, Alexis M				13 PSCP-UM				35.37				4 Asgeir-nielsen, Kaylyn				17 SGUL-ET				33.85															
17 Mohamed, Ilhaam	11	FAAC-FB	45.92	*8 Van Rensburg, Melindie				13 UNIN-MP				38.40				<b>#412 Women 16-18 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Prelim Time</b>							
18 Luckfiel, Isabella	11	TOTIS-ET	55.61	*8 Joubert, Jady				13 AZON-ET				38.40				1 Fourie, Anke				16 LAD-UT				31.46															
<b>#412 Girls 12 50 Meter Fly</b>				10 Kirsten, Gemma				13 BLNE-MA				38.99				2 Ontong, Danielle C				16 BLSS-MA				32.00															
<b>Finals</b>				1 Petzer, Kayci				12 AZON-ET				33.01				3 Bodington, Jemma				18 PSA-ZL				32.15															
<b>Preliminaries</b>				2 Bates, Lauren A				12 NCDST-ET				33.23				4 Asgeir-nielsen, Kaylyn				17 SGUL-ET				33.85															
3 Andersson, Kate B	12	AQSA-ET	33.29	<b>#412 Girls 14 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Finals Time</b>																			
4 Du Plessis, Bianca	12	AQU-AD	33.56	<b>Finals</b>				1 Gous, Caylin				14 FAAC-FB				32.89				<b>#412 Women 16-18 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Finals Time</b>			
5 Borrageiro, Nirvana L	12	SGUL-ET	34.54	2 Scorer, Scarlet O				14 MGSC-UG				33.15				1 Everson, Melisca S10				12 NEWS-ADJ				1:00.26															
6 Olivier, Rebekah B	12	ACSA-ET	34.70	3 Tlali, Warona W				14 BLSS-MA				34.15				<b>#415 Men 13&amp;U 4x50 Meter Medley Relay</b>				<b>Team</b>				<b>Relay</b>				<b>Finals Time</b>											
7 Breytenbach, Aneme'	12	PSA-ZL	34.90	4 Joubert, Elizabeth				14 BULS-MA				34.46				1 USH-UH				A				2:19.06															
8 Stewart, Megan	12	AZON-ET	35.14	5 Truter, Alex J				14 BEAV-ET				35.70				Fourie, Heinrich N 12				Coetzer, Zander 13																			
9 Forrest, Bailey R	12	NCDST-ET	35.58	6 Helmand, Anieke				14 BLOT-MA				36.57				Geyser, Jacobus 11				Hinze, Sven F 13																			
10 Nortje, Mari	12	BULS-MA	36.03	7 Du Toit, Arista J				14 BLSS-MA				36.77				37.63				1:13.59				1:48.52				2:19.06											
<b>#412 Girls 12 50 Meter Fly</b>				8 Botha, Anandi				14 BLNE-MA				37.60				2 BLSS-MA				A				2:28.11															
<b>Finals</b>				1 Tlali, Warona W				14 BLSS-MA				33.97				Cilliers, Jacques 13				Van Rensburg, Ernst 11																			
<b>Preliminaries</b>				2 Scorer, Scarlet O				14 MGSC-UG				34.48				Basson, Roald R 11				Kotze, Derick F 11																			
3 Gous, Caylin	14	FAAC-FB	34.52	4 Joubert, Elizabeth				14 BULS-MA				34.87				33.91				1:16.63				1:54.84				2:28.11											
4 Joubert, Elizabeth	14	BULS-MA	34.87	5 Truter, Alex J				14 BEAV-ET				35.01																											
5 Truter, Alex J	14	BEAV-ET	35.01	6 Helmand, Anieke				14 BLOT-MA				35.94																											
6 Helmand, Anieke	14	BLOT-MA	35.94	7 Du Toit, Arista J				14 BLSS-MA				36.73																											
7 Du Toit, Arista J	14	BLSS-MA	36.73	8 Botha, Anandi				14 BLNE-MA				37.17																											
8 Botha, Anandi	14	BLNE-MA	37.17	<b>#412 Girls 14 50 Meter Fly</b>				<b>Name</b>				<b>Age</b>				<b>Team</b>				<b>Prelim Time</b>																			

## SA Level 3 Regional Age Group Champs 2019-FS - 2019/03/28 to 2019/03/31

## Results

## #415 Men 13&amp;U 4x50 Meter Medley Relay

Team	Relay	Finals Time
3 ASA-IL	A	2:30.26
Holton, Riley 11	Holton, Jaryd 13	
Scheepers, Jared 11	Strydom, Rogan 12	
41.50	1:22.38	1:59.74
2:30.26		
4 MWU-NG	A	2:35.54
Moolman, Heindru 13	Du Plessis, Kenn R 12	
De Beer, Zion 13	Nkgapele, Junior M 11	
36.28	1:23.26	2:01.01
2:35.54		

## #416 Men 14-18 4x50 Meter Medley Relay

Team	Relay	Finals Time
1 BLSS-MA	A	2:00.92
Le Gassick, Liam R 14	Leukes, David J 17	
Barnes, Henru H 17	Jansen van Vuuren, Andries	
33.31	1:06.13	1:33.93
2:00.92		
2 SASOL-FD	A	2:01.12
Landmann, Ramon 15	Zwane, Lehakwe M 14	
Swanepoel, Hanno 17	Nel, Jaden 14	
31.04	1:05.56	1:33.04
2:01.12		
3 PSCP-UM	A	2:05.16
Vorwerk, Channing J 13	Roberts, Joshua S 18	
Barker, Cameron D 15	Joubert, Gary L 17	
35.98	1:07.87	1:37.86
2:05.16		
4 ASA-IL	A	2:06.77
Heymans, Henk J 17	Perold, Joshua 14	
Mellors, David R 17	Rankin, Jack K 13	
31.19	1:08.06	1:37.95
2:06.77		
5 GHSK-FB	A	2:08.82
Brewis, Marais L 14	Faber, Conrad 14	
Kleynhans, Jan-Ebert 18	van Niekerk, Junior S 14	
34.21	1:10.56	1:40.40
2:08.82		

## #417 Women 13&amp;U 4x50 Meter Medley Relay

Team	Relay	Finals Time
1 SEAL-UM	A	2:21.00
Irvine, Rachel K 13	DU Plessis, Charlize 11	
Zwart, Jordan A 13	Naidoo, Keira D 12	
36.31	1:16.47	1:50.25
2:21.00		
2 SGUL-ET	A	2:21.12
Carmody, Jessica M 11	Cross, Rachel J 13	
Borrageiro, Nirvana L 12	Omar, Manaal 12	
37.19	1:17.56	1:51.26
2:21.12		
3 AZON-ET	A	2:24.20
Petzer, Kayci 12	Stewart, Megan 12	
Joubert, Jadyne 13	Cottrell, Kirsten I 13	
37.35	1:18.39	1:55.32
2:24.20		
4 BLSS-MA	A	2:25.81
Armour, Kaeli-Peace 12	Karpakis, Cayley G 12	
Baenhoff, Chanel 11	Potgieter, Cale 11	
36.74	1:20.36	1:53.20
2:25.81		
5 NCDST-ET	A	2:27.84
Matthews, Megan K 11	Dixon, Poppy 11	
Bates, Lauren A 12	Forrest, Bailey R 12	
37.92	1:21.83	1:55.86
2:27.84		

## #418 Women 14-18 4x50 Meter Medley Relay

Team	Relay	Finals Time
1 PSCP-UM	A	2:18.79
Bowmaker, Katherine R 15	Walden, Chelsea 15	
Joubert, Tanya A 15	Peters, Reese H 14	
36.43	1:13.85	1:47.70
2:18.79		

2 BLSS-MA	A	2:19.01
Du Toit, Arista J 14	Tlali, Warona W 14	
Ontong, Danielle C 16	Geel, Kayleigh S 15	
37.24	1:15.72	1:47.98
2:19.01		
3 AQU-AD	A	2:27.98
Du Plessis, Bianca 12	Branco-Lizen, Emma 15	
Groenewald, Lara 13	Groenewald, Ingrid 17	
42.53	1:23.94	1:57.69
2:27.98		

6 BEAV-ET	A	4:32.06
Truter, Alex J W14	Govender, Byron N M18	
Bruce, Tayla W12	Bruce, Liam M15	
34.05	1:12.22	1:40.99
2:14.42		
2:50.38	3:30.04	3:59.40
4:32.06		

## #419 Mixed 13&amp;U 4x100 Meter Free Relay

Team	Relay	Finals Time
1 USH-UH	A	4:38.12
Coetzer, Zander M13	Naude, Jana B W12	
Hinze, Sven F M13	Scheepers, Izaan W12	
31.32	1:05.99	1:39.33
2:17.46		
2:49.23	3:25.69	3:59.07
4:38.12		
2 MWU-NG	A	4:38.58
De Beer, Zion M13	Leonard, Mieke W12	
Davel, Annabelle E W12	Moolman, Heindru M13	
32.48	1:08.01	1:41.26
2:18.15		
2:52.71	3:30.01	4:01.99
4:38.58		
3 FAAC-FB	A	4:47.27
Mohamed, Ilhaam W11	Van Rooyen, Jayden M13	
Hamman, Emma J W13	Weenink, Wian J M12	
37.36	1:50.95	2:24.64
2:24.64		
2:58.07	3:36.00	4:09.50
4:47.27		
4 BLSS-MA	A	4:50.84
Armour, Kaeli-Peace W12	Kotze, Derick F M11	
Potgieter, Cale W11	Cilliers, Jacques M13	
34.08	1:10.94	1:47.15
2:25.45		
3:01.16	3:43.29	4:15.61
4:50.84		
5 NCDST-ET	A	4:51.58
Spoors, St John S M11	Bates, Lauren A W12	
Matthews, Megan K W11	Forrest, Kai A M10	
34.04	1:12.24	1:46.96
2:25.16		
2:58.64	3:36.17	4:12.08
4:51.58		

## #420 Mixed 14-18 4x100 Meter Free Relay

Team	Relay	Finals Time
1 AQU-AD	A	4:07.10
Scholtz, Francois C M16	Groenewald, Ingrid W17	
Branco-Lizen, Emma W15	Jansen van Vuuren, Ruan M	
28.22	59.32	1:31.05
2:06.08		
2:37.05	3:10.80	3:37.11
4:07.10		
2 BLSS-MA	A	4:13.56
Leukes, David J M17	Ontong, Danielle C W16	
Geel, Kayleigh S W15	Barnes, Henru H M17	
27.57	58.32	1:30.90
2:05.79		
2:38.88	3:14.42	3:41.85
4:13.56		
3 FAAC-FB	A	4:15.23
Gous, Caylin W14	Green, Jarred M17	
Immelman, Danielle W15	Dooling, Ethan W M17	
32.85	1:09.43	1:37.26
2:15.23		
2:39.65	3:15.43	3:43.45
4:15.23		
4 PSCP-UM	A	4:18.10
Bowmaker, Katherine R W1	Joubert, Gary L M17	
Walden, Chelsea W15	Roberts, Joshua S M18	
31.72	1:07.73	1:36.84
2:08.38		
2:42.64	3:21.99	3:48.56
4:18.10		
5 SEAL-UM	A	4:30.83
Van Heerden, Tian M14	Lombard, Carmel W15	
Warr, Amber L W12	Lancaster, Murray S M12	
29.07	1:01.38	1:32.47
2:06.64		
2:41.48	3:22.07	3:55.25
4:30.83		