

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Aqua Sharks Academy-CP

1	Aqua Sharks Academy - 'A' Van Helden, Ethan C; De Bruyn, Cornè C; Viljoen, Jaden R; Heyes, Garrick T	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:24.36
2	Aqua Sharks Academy - 'A' Viljoen, Jaden R; De Bruyn, Cornè C; Heyes, Garrick T; Van Helden, Ethan C	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	2:01.10
3	Aqua Sharks Academy - 'A' Viljoen, Jaden R; De Bruyn, Cornè C; Van Helden, Ethan C; Heyes, Garrick T	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.65

Aqua Sharks Academy-CP Total Individual Entries: 0 - Total Relays: 3

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Bay Eagle Swim Team-NM

1	Bay Eagle Swim Team - 'A' Green, Aiden J; Williams, Dante E; Strydom, Andre N; Kannemeyer, Eli E	#213 Men 12 & Under 4x100 Freestyle Relay 4 X	4:40.42
2	Bay Eagle Swim Team - 'A' Green, Aiden J; Williams, Dante E; Strydom, Andre N; Kannemeyer, Eli E	#315 Men 12 & Under 4x50 Freestyle Relay 4 x 50	2:05.70
3	Bay Eagle Swim Team - 'A' Green, Aiden J; Kannemeyer, Eli E; Hamilton, Shalea M; Jooman, April R	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:25.20
4	Bay Eagle Swim Team - 'A' Williams, Dante E; Green, Aiden J; Kannemeyer, Eli E; Strydom, Andre N	#415 Men 12 & Under 4x50 Medley Relay 4 x 50 M	2:26.45
5	Bay Eagle Swim Team - 'A' Kannemeyer, Eli E; Jooman, April R; Green, Aiden J; Hamilton, Shalea M	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x	4:30.43

Bay Eagle Swim Team-NM Total Individual Entries: 0 - Total Relays: 5

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events****Curro Aquatic Swim Club-CP**

1	Curro Aquatic Swim Club - 'A' February, Dillon S; Joyce, Guy; Douries, Ean; Bright, Michael C	#213 Men 12 & Under 4x100 Freestyle Relay 4 X 100	5:07.62
2	Curro Aquatic Swim Club - 'A' Njoroge, Alphonse; Krause, Luke; Grobler, Chris I; Van Wyk, Jack R	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:35.52
3	Curro Aquatic Swim Club - 'A' Botha, Chelsea; De Jager, Sophia; Billson, Amelie; Riley, Logan	#216 Women 13-15 4x100 Freestyle Relay 4 X 100	4:50.17
4	Curro Aquatic Swim Club - 'A' February, Dillon S; Joyce, Guy; Douries, Ean; Bright, Michael C	#315 Men 12 & Under 4x50 Freestyle Relay 4 x 50 F	2:16.56
5	Curro Aquatic Swim Club - 'A' Van Wyk, Jack R; Bright, Michael C; Krause, Luke; Njoroge, Alphonse	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Fre	2:03.11
6	Curro Aquatic Swim Club - 'A' Botha, Chelsea; De Jager, Sophia; Joyce, Jenna; Riley, Logan	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:08.91
7	Curro Aquatic Swim Club - 'A' February, Dillon S; Joyce, Jenna; Bright, Michael C; Billson, Amelie	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50 M	2:23.59
8	Curro Aquatic Swim Club - 'A' Njoroge, Alphonse; Botha, Chelsea; Riley, Logan; Van Wyk, Jack R	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:19.05
9	Curro Aquatic Swim Club - 'B' Grobler, Chris I; De Jager, Sophia; Krause, Luke; McGluwa, Jovanah N	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:31.40
10	Curro Aquatic Swim Club - 'A' February, Dillon S; Douries, Ean; Bright, Michael C; Verbeek, Pierre O	#415 Men 12 & Under 4x50 Medley Relay 4 x 50 M	2:22.39
11	Curro Aquatic Swim Club - 'A' February, Dillon S; Douries, Ean; Bright, Michael C; Joyce, Guy	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:59.50
12	Curro Aquatic Swim Club - 'B' Grobler, Chris I; Van Wyk, Jack R; Krause, Luke; Njoroge, Alphonse	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:35.35
13	Curro Aquatic Swim Club - 'A' De Jager, Sophia; Joyce, Jenna; Riley, Logan; Botha, Chelsea	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.56
14	Curro Aquatic Swim Club - 'A' February, Dillon S; Joyce, Jenna; Bright, Michael C; Billson, Amelie	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x 100	4:57.85
15	Curro Aquatic Swim Club - 'A' Botha, Chelsea; Njoroge, Alphonse; Van Wyk, Jack R; Riley, Logan	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:35.92

Curro Aquatic Swim Club-CP Total Individual Entries: 0 - Total Relays: 15

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Greydogs Swimming Club-CP

1	Greydogs Swimming Club - 'A' Van Dyk, Zani; van Rensburg, Tristan; Vd Watt, Earle; Mare, Isabella	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:35.78
2	Greydogs Swimming Club - 'A' Blake, Abi E; Smith, Tristan A; Yeowart, Seth W; Jordaan, Mikayla E	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:24.98
3	Greydogs Swimming Club - 'A' Vd Watt, Earle; Mare, Isabella; van Rensburg, Tristan; Van Dyk, Zani	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x	5:11.38

Greydogs Swimming Club-CP Total Individual Entries: 0 - Total Relays: 3

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events****Infinity Swimming Academy-NM**

1	Infinity Swimming Academy - 'A' Verdon, Daniel E; Rosser, Mark J; Rosser, Kyle H; Markotter, D-J R	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:58.39
2	Infinity Swimming Academy - 'A' Chree, Erin E; Govender, Gabi R; Janse van Rensburg, Milan; Van Zyl, Minette M	#216 Women 13-15 4x100 Freestyle Relay 4 X 10	4:55.83
3	Infinity Swimming Academy - 'A' Rosser, Kyle H; Rosser, Mark J; Verdon, Daniel E; Markotter, D-J R	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	2:14.28
4	Infinity Swimming Academy - 'A' Verdon, Leah L; Govender, Gabi R; Chree, Erin E; Rosser, Mark J	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:11.58
5	Infinity Swimming Academy - 'A' Van Zyl, Minette M; Markotter, D-J R; Rosser, Kyle H; Janse van Rensburg, Milan	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:37.31
6	Infinity Swimming Academy - 'A' Rosser, Mark J; Markotter, D-J R; Verdon, Daniel E; Rosser, Kyle H	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:36.34
7	Infinity Swimming Academy - 'A' Landsberg, Katryn L; Janse van Rensburg, Milan; Van Zyl, Minette M; Chree, Erin E	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.51
8	Infinity Swimming Academy - 'A' Rosser, Mark J; Landsberg, Katryn L; Govender, Gabi R; Verdon, Daniel E	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x	5:02.92
9	Infinity Swimming Academy - 'A' Markotter, D-J R; Janse van Rensburg, Milan; Rosser, Kyle H; Van Zyl, Minette M	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:47.73

Infinity Swimming Academy-NM Total Individual Entries: 0 - Total Relays: 9

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Knysna Aquatics-ED

1	Knysna Aquatics - 'A' Van Der Wath, Izi; Schäfer, Kyla; Van Niekerk, Ona; Harper, Maddie I	#216 Women 13-15 4x100 Freestyle Relay 4 X 10	4:43.46
2	Knysna Aquatics - 'A' Van Der Wath, Izi; Schäfer, Kyla; Van Niekerk, Ona; Harper, Maddie I	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:08.11
3	Knysna Aquatics - 'A' Schäfer, Kyla; Van Der Wath, Izi; Van Niekerk, Ona; Harper, Maddie I	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:22.75

Knysna Aquatics-ED Total Individual Entries: 0 - Total Relays: 3

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Lane Leader Stellenbosch-CE

1	Lane Leader Stellenbosch - 'A' Vd Merwe, Thomas; Hodge, Cameron P; Burger, Rosseau; Waters, Steven G	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	3:59.41
2	Lane Leader Stellenbosch - 'A' Burger, Rosseau; Hodge, Cameron P; Vd Merwe, Thomas; Waters, Steven G	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	1:57.73
3	Lane Leader Stellenbosch - 'A' Waters, Steven G; Burger, Rosseau; Vd Merwe, Mi-Ly; Geysler, Almi	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.47
4	Lane Leader Stellenbosch - 'A' Hodge, Cameron P; Burger, Rosseau; Waters, Steven G; Vd Merwe, Thomas	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.68
5	Lane Leader Stellenbosch - 'A' Vd Merwe, Thomas; Waters, Steven G; Vd Merwe, Mi-Ly; Geysler, Almi	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:24.05

Lane Leader Stellenbosch-CE Total Individual Entries: 0 - Total Relays: 5

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Marlin Swimming Club-CP

1	Marlin Swimming Club - 'A' Alexander, Ammaar; Jeftha, Zara L; Basson, Trishaun T; Rinqest, Aqeelah	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:22.94
2	Marlin Swimming Club - 'A' Gomez, Alex W; Jeftha, Zara L; Rinqest, Aqeelah; Alexander, Ammaar	#423 Mixed 16-24 4x100 Freestyle Relay 4 x 100	4:32.21

Marlin Swimming Club-CP Total Individual Entries: 0 - Total Relays: 2

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Paarl Aquarius SC-CE

1	Paarl Aquarius SC - 'A' Cleophas, Lee L; Baadjies, Cruden H; Titus, Brody; Lewis, Amaru C	#315 Men 12 & Under 4x50 Freestyle Relay 4 x 50	2:24.73
2	Paarl Aquarius SC - 'A' Samuels, Londyn; Anthony, Jazmin A; Stilwaney, Mia C; Sabbagha, Georgia	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:16.33
3	Paarl Aquarius SC - 'A' Sabbagha, Georgia; Stilwaney, Mia C; Cleophas, Lee L; Baadjies, Cruden H	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:36.32
4	Paarl Aquarius SC - 'A' Cleophas, Lee L; Baadjies, Cruden H; Titus, Brody; Lewis, Amaru C	#415 Men 12 & Under 4x50 Medley Relay 4 x 50 M	2:39.85
5	Paarl Aquarius SC - 'A' Samuels, Londyn; Anthony, Jazmin A; Stilwaney, Mia C; Sabbagha, Georgia	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:33.42

Paarl Aquarius SC-CE Total Individual Entries: 0 - Total Relays: 5

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events****Port Elizabeth Amateur Swimmin-NM**

1	Port Elizabeth Amateur Swimmin - 'A' Andrews, Carl R; O'Neill, Teagan J; Palmer, Travis I; Heine, Jett C	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:23.06
2	Port Elizabeth Amateur Swimmin - 'A' Strong, Ava J; Roth, Elle; O'Connor, Kayden C; Ogden, Lily	#216 Women 13-15 4x100 Freestyle Relay 4 X 10	4:46.56
3	Port Elizabeth Amateur Swimmin - 'A' Ogden, Amber; Van Eeden, Alne; Tweedie, Scarlet S; Beatt, Emily R	#218 Women 16-19 4x100 Freestyle Relay 4 X 10	4:35.41
4	Port Elizabeth Amateur Swimmin - 'A' Andrews, Carl R; O'Neill, Teagan J; Palmer, Travis I; Fang, Ethan Y	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	1:58.05
5	Port Elizabeth Amateur Swimmin - 'A' O'Connor, Kayden C; Strong, Ava J; Roth, Elle; Ogden, Lily	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:11.30
6	Port Elizabeth Amateur Swimmin - 'A' Heine, Jett C; Sheard, Dylan J; Hlangothi, Munguni S; Hiten, Darius	#319 Men 16-19 4x50 Freestyle Relay 4 x 50 Free	1:47.70
7	Port Elizabeth Amateur Swimmin - 'A' Beatt, Emily R; Ogden, Amber; Tweedie, Scarlet S; Van Eeden, Alne	#320 Women 16-19 4x50 Freestyle Relay 4 x 50 F	NT
8	Port Elizabeth Amateur Swimmin - 'A' Andrews, Carl R; O'Connor, Kayden C; Heine, Jett C; Strong, Ava J	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:13.42
9	Port Elizabeth Amateur Swimmin - 'A' Beatt, Emily R; Hlangothi, Munguni S; Hiten, Darius; Ogden, Amber	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Mixe	2:02.86
10	Port Elizabeth Amateur Swimmin - 'A' Andrews, Carl R; Basson, Zethan L; Palmer, Travis I; O'Neill, Teagan J	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:11.44
11	Port Elizabeth Amateur Swimmin - 'A' _____ ; _____ ; _____ ; _____	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	NT
12	Port Elizabeth Amateur Swimmin - 'A' Beatt, Emily R; Tweedie, Scarlet S; Van Eeden, Alne; Ogden, Amber	#420 Women 16-19 4x50 Medley Relay 4 x 50 Me	2:20.98
13	Port Elizabeth Amateur Swimmin - 'A' Andrews, Carl R; Palmer, Travis I; Ogden, Lily; Strong, Ava J	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:23.16
14	Port Elizabeth Amateur Swimmin - 'A' Heine, Jett C; Hlangothi, Munguni S; Beatt, Emily R; Ogden, Amber	#423 Mixed 16-24 4x100 Freestyle Relay 4 x 100	4:08.12

Port Elizabeth Amateur Swimmin-NM Total Individual Entries: 0 - Total Relays: 14

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events****Quick Silver Swimming Academy-CP**

1	Quick Silver Swimming Academy - 'A' Afonso, Aragon G; Joubert, Wian; Coetzee, Sion M; Taljaard, Jason	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:47.44
2	Quick Silver Swimming Academy - 'A' Bosman, Jessica A; Stevens, Judy C; Stevenson, Mikayla; Serfontein, Christi	#216 Women 13-15 4x100 Freestyle Relay 4 X 10	4:59.05
3	Quick Silver Swimming Academy - 'A' Taljaard, Jason; Afonso, Aragon G; Joubert, Wian; Coetzee, Sion M	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	2:13.02
4	Quick Silver Swimming Academy - 'A' Odendaal, Sarah-Kate; Serfontein, Christi; Bosman, Jessica A; Stevens, Judy C	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:18.98
5	Quick Silver Swimming Academy - 'A' Odendaal, Sarah-Kate; Stevenson, Mikayla; Barnard, Daniël B; Joubert, Wian	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:49.41
6	Quick Silver Swimming Academy - 'A' Afonso, Aragon G; Stevens, Judy C; Taljaard, Jason; Serfontein, Christi	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:25.14

Quick Silver Swimming Academy-CP Total Individual Entries: 0 - Total Relays: 6

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024

Team Entries - All Events

Sport Science Institute of SA-CP

1 Sport Science Institute of SA - 'A' #322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe 2:19.49
Myers, Kirsten E; Williams, Evan B; Poggenpoel, Troy J; Hagglund, Emma H
Sport Science Institute of SA-CP Total Individual Entries: 0 - Total Relays: 1

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Swartland Swim Club-WC

1	Swartland Swim Club - 'A'	#217 Men 16-19 4x100 Freestyle Relay 4 X 100 F	4:11.80
	Atkinson, Samuel A; Liedeman, Mark; Lategan, Nicky N; Hewitt-Smook, Kristian		
2	Swartland Swim Club - 'A'	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:09.85
	Borman, Jani; Atkinson, Anouk E; Barnard, Adelmari D; Liebenberg, Emily M		
3	Swartland Swim Club - 'A'	#319 Men 16-19 4x50 Freestyle Relay 4 x 50 Free	1:55.60
	Atkinson, Samuel A; Liedeman, Mark; Lategan, Nicky N; Hewitt-Smook, Kristian		
4	Swartland Swim Club - 'A'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.20
	Borman, Jani; Liedeman, Mark; Liebenberg, Emily M; Atkinson, Samuel A		
5	Swartland Swim Club - 'A'	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:24.07
	Borman, Jani; Atkinson, Anouk E; Liebenberg, Emily M; Barnard, Adelmari D		
6	Swartland Swim Club - 'A'	#419 Men 16-19 4x50 Medley Relay 4 x 50 Medle	2:09.54
	Lategan, Nicky N; Atkinson, Samuel A; Liedeman, Mark; Hewitt-Smook, Kristian		
7	Swartland Swim Club - 'A'	#423 Mixed 16-24 4x100 Freestyle Relay 4 x 100	4:17.63
	Atkinson, Samuel A; Borman, Jani; Liebenberg, Emily M; Hewitt-Smook, Kristian		

Swartland Swim Club-WC Total Individual Entries: 0 - Total Relays: 7

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events****Tygerberg Aquatics-CP**

1	Tygerberg Aquatics - 'A'	#213 Men 12 & Under 4x100 Freestyle Relay 4 X 100	5:05.45
	Fouche, Jack; Heunis, Le Roux; Van Onselen, Pierre S; Bosch, Ewan Y		
2	Tygerberg Aquatics - 'A'	#214 Women 12 & Under 4x100 Freestyle Relay 4 X 100	5:03.69
	Boshoff, Anja; Chibharo, Lethabo L; Sonnekus, Anya; Olivier, Julie M		
3	Tygerberg Aquatics - 'A'	#216 Women 13-15 4x100 Freestyle Relay 4 X 100	4:37.10
	Smith, Lara E; De Oliveira, Aliyah; Rossouw, Cara; Senekal, Margo		
4	Tygerberg Aquatics - 'A'	#218 Women 16-19 4x100 Freestyle Relay 4 X 100	4:27.30
	Rossouw, Nadia; Rossouw, Emma M; Burger, Juanè; Ryser, Aurora		
5	Tygerberg Aquatics - 'A'	#315 Men 12 & Under 4x50 Freestyle Relay 4 x 50 Freestyle	2:14.79
	Van Onselen, Pierre S; Heunis, Le Roux; Fouche, Jack; Bosch, Ewan Y		
6	Tygerberg Aquatics - 'A'	#316 Women 12 & Under 4x50 Freestyle Relay 4 x 50 Freestyle	2:16.96
	Sonnekus, Anya; Thirsk, Savannah; Boshoff, Anja; Olivier, Julie M		
7	Tygerberg Aquatics - 'A'	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 Freestyle	2:07.55
	Senekal, Margo; Burger, Juanè; De Oliveira, Aliyah; Smith, Lara E		
8	Tygerberg Aquatics - 'A'	#320 Women 16-19 4x50 Freestyle Relay 4 x 50 Freestyle	2:01.15
	Ryser, Aurora; Thirsk, Madison; Rossouw, Emma M; Rossouw, Nadia		
9	Tygerberg Aquatics - 'A'	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50 Freestyle	2:31.81
	Van Onselen, Pierre S; Sonnekus, Anya; Bosch, Ewan Y; Olivier, Julie M		
10	Tygerberg Aquatics - 'A'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Freestyle	2:25.36
	Wright, Jonah S; Smith, Lara E; Minnaar, Nicolas; Senekal, Margo		
11	Tygerberg Aquatics - 'A'	#323 Mixed 16-19 4x50 Medley Relay 4 x 50 Freestyle	2:09.26
	Möller, FC C; Bester, Eben; Ryser, Aurora; Rossouw, Nadia		
12	Tygerberg Aquatics - 'A'	#415 Men 12 & Under 4x50 Medley Relay 4 x 50 Freestyle	2:31.89
	Van Onselen, Pierre S; Fouche, Jack; Bosch, Ewan Y; Heunis, Le Roux		
13	Tygerberg Aquatics - 'A'	#416 Women 12 & Under 4x50 Medley Relay 4 x 50 Freestyle	2:33.27
	Boshoff, Anja; Sonnekus, Anya; Olivier, Julie M; Thirsk, Savannah		
14	Tygerberg Aquatics - 'A'	#418 Women 13-15 4x50 Medley Relay 4 x 50 Freestyle	2:20.91
	Rossouw, Emma M; De Oliveira, Aliyah; Smith, Lara E; Senekal, Margo		
15	Tygerberg Aquatics - 'A'	#420 Women 16-19 4x50 Medley Relay 4 x 50 Freestyle	2:20.62
	Ryser, Aurora; Rossouw, Nadia; Rossouw, Cara; Burger, Juanè		
16	Tygerberg Aquatics - 'A'	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x 100	4:57.76
	Fouche, Jack; Bosch, Ewan Y; Boshoff, Anja; Olivier, Julie M		
17	Tygerberg Aquatics - 'A'	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:31.90
	Minnaar, Nicolas; Smith, Lara E; Wright, Jonah S; Senekal, Margo		
18	Tygerberg Aquatics - 'A'	#423 Mixed 16-24 4x100 Freestyle Relay 4 x 100	4:12.69
	Bester, Eben; Möller, FC C; Ryser, Aurora; Rossouw, Nadia		

Tygerberg Aquatics-CP Total Individual Entries: 0 - Total Relays: 18

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events****Ultimate Swim Club-BU**

1	Ultimate Swim Club - 'A' Christie, Laila A; Minnaar, Amelia C; Lottering, Eirley; Terwin, Brooklyn	#214 Women 12 & Under 4x100 Freestyle Relay 4	5:02.20
2	Ultimate Swim Club - 'A' Liss, Logan A; Cook, Jedd R; Lubbe, Alex C; Peters, Stijn J	#215 Men 13-15 4x100 Freestyle Relay 4 X 100 F	4:55.03
3	Ultimate Swim Club - 'A' Lottering, Eirley; Christie, Laila A; Magobongo, Khwezi; Greyvenstein, Hayley	#316 Women 12 & Under 4x50 Freestyle Relay 4 :	2:14.24
4	Ultimate Swim Club - 'A' Liss, Logan A; Goliath, Cooper C; Lubbe, Alex C; Peters, Stijn J	#317 Men 13-15 4x50 Freestyle Relay 4 x 50 Free	2:12.35
5	Ultimate Swim Club - 'A' Lubbe, Alex C; Lottering, Eirley; Goliath, Cooper C; Greyvenstein, Hayley	#321 Mixed 12 & Under 4x50 Medley Relay 4 x 50	2:36.83
6	Ultimate Swim Club - 'A' Louw, Lume L; Weimann, Erin J; Liss, Logan A; Peters, Stijn J	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:23.53
7	Ultimate Swim Club - 'A' Minnaar, Amelia C; Greyvenstein, Hayley; Lottering, Eirley; Magobongo, Khwezi	#416 Women 12 & Under 4x50 Medley Relay 4 x 5	2:36.77
8	Ultimate Swim Club - 'A' Cook, Jedd R; Peters, Stijn J; Liss, Logan A; Lubbe, Alex C	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:32.21
9	Ultimate Swim Club - 'A' Lubbe, Alex C; Goliath, Cooper C; Christie, Laila A; Lottering, Eirley	#421 Mixed 12 & Under 4x100 Freestyle Relay 4 x	NT
10	Ultimate Swim Club - 'A' Louw, Lume L; Liss, Logan A; Peters, Stijn J; Munro, Abigail	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:37.13

Ultimate Swim Club-BU Total Individual Entries: 0 - Total Relays: 10

SA Level 3 Regional Age Group Champs 2024-EC - 21/03/2024 to 24/03/2024**Team Entries - All Events**

Vineyard SC-CP

1	Vineyard SC - 'A'	#318 Women 13-15 4x50 Freestyle Relay 4 x 50 F	2:07.07
	Charles, Tyla; Jansen van Rensburg, Mia; Mudau, Takalani T; Adams, Sydney M		
2	Vineyard SC - 'A'	#322 Mixed 13-15 4x50 Medley Relay 4 x 50 Mixe	2:14.81
	Walker, Yohan G; Charles, Tyla; Mudau, Takalani T; Spencer, Charles A		
3	Vineyard SC - 'A'	#417 Men 13-15 4x50 Medley Relay 4 x 50 Medle	2:08.16
	Walker, Yohan G; Haupt, Rhys A; Spencer, Marcus W; Spencer, Charles A		
4	Vineyard SC - 'A'	#418 Women 13-15 4x50 Medley Relay 4 x 50 Me	2:21.48
	Mudau, Takalani T; Charles, Tyla; Jansen van Rensburg, Mia; Adams, Sydney M		
5	Vineyard SC - 'A'	#422 Mixed 13-15 4x100 Freestyle Relay 4 x 100	4:23.56
	Walker, Yohan G; Spencer, Charles A; Adams, Sydney M; Mudau, Takalani T		

Vineyard SC-CP Total Individual Entries: 0 - Total Relays: 5