

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Aqua Adventure Swim School-GS****1 Koekemoer, Braam - Male - Age: 14 - Ind/Rel: 10 / 0**

#107 Men 14 400 Free	5:39.85	#201 Men 16&U 100 Free Prelims	1:03.19
#205 Men 16&U 100 Breast Prelims	1:31.82	#301 Men 16&U 200 Free Prelims	2:22.87
#305 Men 16&U 50 Breast Prelims	40.03	#309 Men 16&U 100 Back Prelims	1:26.95
#401 Men 16&U 50 Free Prelims	29.84	#405 Men 16&U 200 Breast Prelims	3:25.52
#409 Men 16&U 50 Back Prelims	37.42	#411 Men 16&U 50 Fly Prelims	35.31

**2 Koekemoer, Wian - Male - Age: 13 - Ind/Rel: 10 / 0**

#105 Men 13 400 Free	6:03.92	#201 Men 16&U 100 Free Prelims	1:10.25
#205 Men 16&U 100 Breast Prelims	1:33.97	#207 Men 16&U 200 Back Prelims	3:11.19
#301 Men 16&U 200 Free Prelims	2:38.87	#305 Men 16&U 50 Breast Prelims	43.15
#309 Men 16&U 100 Back Prelims	1:23.97	#401 Men 16&U 50 Free Prelims	33.19
#405 Men 16&U 200 Breast Prelims	3:24.09	#411 Men 16&U 50 Fly Prelims	43.32

**3 Welthagen, Rhuwan - Male - Age: 14 - Ind/Rel: 10 / 0**

#107 Men 14 400 Free	5:38.45	#201 Men 16&U 100 Free Prelims	1:09.20
#205 Men 16&U 100 Breast Prelims	1:29.49	#211 Men 16&U 100 Fly Prelims	1:25.69
#301 Men 16&U 200 Free Prelims	2:43.78	#305 Men 16&U 50 Breast Prelims	40.34
#313 Men 16&U 200 IM Prelims	2:49.26	#405 Men 16&U 200 Breast Prelims	3:12.74
#409 Men 16&U 50 Back Prelims	37.68	#411 Men 16&U 50 Fly Prelims	34.95

**Aqua Adventure Swim School-GS Total Individual Entries: 30 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026

## Team Entries - All Events

## Aqua Athlete Durban-ET

## 1 Brown, Evalyn - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:06.41	#208 Women 16&U 200 Back Prelims	2:43.98
#306 Women 16&U 50 Breast Prelims	42.17	#310 Women 16&U 100 Back Prelims	1:16.63
#402 Women 16&U 50 Free Prelims	31.40	#410 Women 16&U 50 Back Prelims	35.58

## 2 Brown, Tayla - Female - Age: 13 - Ind/Rel: 4 / 0

#310 Women 16&U 100 Back Prelims	1:19.70	#402 Women 16&U 50 Free Prelims	34.06
#410 Women 16&U 50 Back Prelims	36.05	#412 Women 16&U 50 Fly Prelims	38.67

## 3 Isted, Ashton S - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	57.10	#211 Men 16&U 100 Fly Prelims	1:02.82
#313 Men 16&U 200 IM Prelims	2:35.79	#401 Men 16&U 50 Free Prelims	26.09
#411 Men 16&U 50 Fly Prelims	27.44		

## 4 Leibbrandt, Amber S - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:09.76	#206 Women 16&U 100 Breast Prelims	1:28.74
#306 Women 16&U 50 Breast Prelims	41.31	#402 Women 16&U 50 Free Prelims	31.45
#412 Women 16&U 50 Fly Prelims	35.32		

## 5 Mc Donald, Teegan N - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:09.23	#205 Men 16&U 100 Breast Prelims	1:21.93
#211 Men 16&U 100 Fly Prelims	1:24.56	#305 Men 16&U 50 Breast Prelims	37.54
#401 Men 16&U 50 Free Prelims	30.67	#405 Men 16&U 200 Breast Prelims	3:08.42
#411 Men 16&U 50 Fly Prelims	31.72		

## 6 Schofield, Sarah A - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:49.83	#202 Women 16&U 100 Free Prelims	1:07.88
#212 Women 16&U 100 Fly Prelims	1:26.29	#302 Women 16&U 200 Free Prelims	2:37.77
#402 Women 16&U 50 Free Prelims	31.08	#410 Women 16&U 50 Back Prelims	38.16
#412 Women 16&U 50 Fly Prelims	34.26		

## 7 Stuart, Tayla L - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:07.63	#206 Women 16&U 100 Breast Prelims	1:32.65
#212 Women 16&U 100 Fly Prelims	1:18.49	#302 Women 16&U 200 Free Prelims	2:28.44
#314 Women 16&U 200 IM Prelims	2:52.58	#402 Women 16&U 50 Free Prelims	30.47
#410 Women 16&U 50 Back Prelims	37.63	#412 Women 16&U 50 Fly Prelims	33.37

## 8 Van Rooyen, Isabella S - Female - Age: 14 - Ind/Rel: 5 / 0

#206 Women 16&U 100 Breast Prelims	1:27.50	#208 Women 16&U 200 Back Prelims	2:42.70
#306 Women 16&U 50 Breast Prelims	38.85	#310 Women 16&U 100 Back Prelims	1:14.97
#410 Women 16&U 50 Back Prelims	35.73		

Aqua Athlete Durban-ET Total Individual Entries: 47 - Total Relays: 0

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Aquafin Swimming Club-UT****1 White, Suhanna - Female - Age: 12 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:15.43	#206 Women 16&U 100 Breast Prelims	1:31.15
#302 Women 16&U 200 Free Prelims	2:50.73	#306 Women 16&U 50 Breast Prelims	40.33
#314 Women 16&U 200 IM Prelims	3:19.16	#402 Women 16&U 50 Free Prelims	34.91
#406 Women 16&U 200 Breast Prelims	3:19.17	#412 Women 16&U 50 Fly Prelims	41.20

**Aquafin Swimming Club-UT Total Individual Entries: 8 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026

## Team Entries - All Events

## Aquazone Swim Club-ET

## 1 Bann, Rourke D - Male - Age: 13 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:08.61	#205 Men 16&U 100 Breast Prelims	1:25.36
#301 Men 16&U 200 Free Prelims	2:37.53	#305 Men 16&U 50 Breast Prelims	35.95
#313 Men 16&U 200 IM Prelims	2:52.00		

## 2 Coleman, Ewan H - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:03.08	#205 Men 16&U 100 Breast Prelims	1:31.20
#305 Men 16&U 50 Breast Prelims	42.03	#309 Men 16&U 100 Back Prelims	1:17.65
#401 Men 16&U 50 Free Prelims	27.53	#409 Men 16&U 50 Back Prelims	34.50
#411 Men 16&U 50 Fly Prelims	32.49		

## 3 Dempsey, Mckenzie A - Female - Age: 12 - Ind/Rel: 7 / 0

#104 Women 12 400 Free	5:33.74	#202 Women 16&U 100 Free Prelims	1:10.71
#206 Women 16&U 100 Breast Prelims	1:44.43	#302 Women 16&U 200 Free Prelims	2:35.91
#310 Women 16&U 100 Back Prelims	1:26.42	#402 Women 16&U 50 Free Prelims	32.80
#410 Women 16&U 50 Back Prelims	40.34		

## 4 Dlamini, Nchubeko M - Male - Age: 12 - Ind/Rel: 6 / 0

#301 Men 16&U 200 Free Prelims	2:44.86	#305 Men 16&U 50 Breast Prelims	41.17
#313 Men 16&U 200 IM Prelims	3:03.54	#401 Men 16&U 50 Free Prelims	30.18
#405 Men 16&U 200 Breast Prelims	3:39.25	#411 Men 16&U 50 Fly Prelims	33.97

## 5 Filday, Deryn S - Female - Age: 15 - Ind/Rel: 8 / 0

#110 Women 15 400 Free	5:31.27	#202 Women 16&U 100 Free Prelims	1:08.80
#208 Women 16&U 200 Back Prelims	2:51.06	#302 Women 16&U 200 Free Prelims	2:31.12
#310 Women 16&U 100 Back Prelims	1:20.52	#402 Women 16&U 50 Free Prelims	33.32
#410 Women 16&U 50 Back Prelims	36.41	#412 Women 16&U 50 Fly Prelims	33.95

## 6 Filday, Ziva L - Female - Age: 14 - Ind/Rel: 8 / 0

#108 Women 14 400 Free	5:40.01	#202 Women 16&U 100 Free Prelims	1:09.19
#208 Women 16&U 200 Back Prelims	2:50.39	#302 Women 16&U 200 Free Prelims	2:34.26
#310 Women 16&U 100 Back Prelims	1:19.10	#402 Women 16&U 50 Free Prelims	31.92
#410 Women 16&U 50 Back Prelims	36.37	#412 Women 16&U 50 Fly Prelims	34.06

## 7 Fowler, Tenley P - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:16.39	#206 Women 16&U 100 Breast Prelims	1:35.09
#306 Women 16&U 50 Breast Prelims	42.26	#314 Women 16&U 200 IM Prelims	3:15.24
#402 Women 16&U 50 Free Prelims	33.49	#406 Women 16&U 200 Breast Prelims	3:31.81

## 8 Gibson-Taylor, Emma G - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:17.85	#206 Women 16&U 100 Breast Prelims	1:36.98
#306 Women 16&U 50 Breast Prelims	47.81	#310 Women 16&U 100 Back Prelims	1:37.35
#314 Women 16&U 200 IM Prelims	3:19.25	#402 Women 16&U 50 Free Prelims	32.93
#406 Women 16&U 200 Breast Prelims	3:32.03	#412 Women 16&U 50 Fly Prelims	36.89

## 9 Grobbelaar, Jamey L - Male - Age: 16 - Ind/Rel: 6 / 0

#205 Men 16&U 100 Breast Prelims	1:13.53	#211 Men 16&U 100 Fly Prelims	1:12.04
#305 Men 16&U 50 Breast Prelims	35.63	#313 Men 16&U 200 IM Prelims	2:30.39
#405 Men 16&U 200 Breast Prelims	2:46.69	#411 Men 16&U 50 Fly Prelims	31.15

## 10 Sausi, Amani M - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:20.73	#212 Women 16&U 100 Fly Prelims	1:31.65
#302 Women 16&U 200 Free Prelims	2:59.25	#310 Women 16&U 100 Back Prelims	1:28.93
#314 Women 16&U 200 IM Prelims	3:15.47	#402 Women 16&U 50 Free Prelims	36.99
#410 Women 16&U 50 Back Prelims	42.26	#412 Women 16&U 50 Fly Prelims	40.04

## 11 Sikhakhane, Phiwo E - Female - Age: 12 - Ind/Rel: 7 / 0

#212 Women 16&U 100 Fly Prelims	1:26.67	#302 Women 16&U 200 Free Prelims	2:45.56
#306 Women 16&U 50 Breast Prelims	50.62	#314 Women 16&U 200 IM Prelims	3:08.48
#402 Women 16&U 50 Free Prelims	34.52	#410 Women 16&U 50 Back Prelims	38.13
#412 Women 16&U 50 Fly Prelims	37.84		

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Aquazone Swim Club-ET****12 Smuts, Conor - Male - Age: 13 - Ind/Rel: 6 / 0**

#301 Men 16&U 200 Free Prelims	2:34.94	#305 Men 16&U 50 Breast Prelims	39.70
#313 Men 16&U 200 IM Prelims	3:10.87	#401 Men 16&U 50 Free Prelims	31.36
#405 Men 16&U 200 Breast Prelims	3:18.36	#411 Men 16&U 50 Fly Prelims	36.70

**13 Torrie, Brogan L - Female - Age: 15 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:13.64	#208 Women 16&U 200 Back Prelims	2:51.35
#212 Women 16&U 100 Fly Prelims	1:28.26	#302 Women 16&U 200 Free Prelims	2:46.85
#310 Women 16&U 100 Back Prelims	1:19.11	#402 Women 16&U 50 Free Prelims	33.15
#410 Women 16&U 50 Back Prelims	36.84	#412 Women 16&U 50 Fly Prelims	33.91

**14 Van De Ruit, Carly A - Female - Age: 15 - Ind/Rel: 6 / 0**

#202 Women 16&U 100 Free Prelims	1:06.12	#206 Women 16&U 100 Breast Prelims	1:28.21
#302 Women 16&U 200 Free Prelims	2:32.26	#310 Women 16&U 100 Back Prelims	1:16.27
#402 Women 16&U 50 Free Prelims	29.39	#410 Women 16&U 50 Back Prelims	32.33

**15 Van den Heever, Liv M - Female - Age: 14 - Ind/Rel: 6 / 0**

#208 Women 16&U 200 Back Prelims	2:40.54	#306 Women 16&U 50 Breast Prelims	43.24
#310 Women 16&U 100 Back Prelims	1:13.46	#314 Women 16&U 200 IM Prelims	2:49.23
#410 Women 16&U 50 Back Prelims	34.81	#412 Women 16&U 50 Fly Prelims	36.98

**Aquazone Swim Club-ET Total Individual Entries: 102 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Ashton Swimming Academy-IL****1 Smit, Carter S - Male - Age: 12 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:11.82	#211 Men 16&U 100 Fly Prelims	1:23.49
#309 Men 16&U 100 Back Prelims	1:24.80	#313 Men 16&U 200 IM Prelims	3:07.56
#401 Men 16&U 50 Free Prelims	32.68	#409 Men 16&U 50 Back Prelims	39.40
#411 Men 16&U 50 Fly Prelims	35.82		

**Ashton Swimming Academy-IL Total Individual Entries: 7 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Beavers Swim Club-ET****1 Naidoo, Riley M - Male - Age: 14 - Ind/Rel: 9 / 0**

#107 Men 14 400 Free	4:58.95	#201 Men 16&U 100 Free Prelims	1:08.68
#207 Men 16&U 200 Back Prelims	2:54.23	#211 Men 16&U 100 Fly Prelims	1:11.67
#301 Men 16&U 200 Free Prelims	2:22.66	#309 Men 16&U 100 Back Prelims	1:20.38
#313 Men 16&U 200 IM Prelims	2:44.57	#401 Men 16&U 50 Free Prelims	30.92
#411 Men 16&U 50 Fly Prelims	31.75		

**2 Naidoo, Saieshan N - Male - Age: 16 - Ind/Rel: 10 / 0**

#111 Men 16 400 Free	4:57.17	#201 Men 16&U 100 Free Prelims	58.67
#205 Men 16&U 100 Breast Prelims	1:21.02	#211 Men 16&U 100 Fly Prelims	1:04.26
#301 Men 16&U 200 Free Prelims	2:11.63	#305 Men 16&U 50 Breast Prelims	36.94
#313 Men 16&U 200 IM Prelims	2:30.11	#401 Men 16&U 50 Free Prelims	27.59
#409 Men 16&U 50 Back Prelims	31.90	#411 Men 16&U 50 Fly Prelims	29.14

**3 Scriven, Conner K - Male - Age: 14 - Ind/Rel: 6 / 0**

#107 Men 14 400 Free	5:18.11	#201 Men 16&U 100 Free Prelims	1:06.50
#205 Men 16&U 100 Breast Prelims	1:29.98	#301 Men 16&U 200 Free Prelims	2:37.26
#305 Men 16&U 50 Breast Prelims	39.56	#409 Men 16&U 50 Back Prelims	36.43

**Beavers Swim Club-ET Total Individual Entries: 25 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Bethseals-FD****1 Fourie, Jouka - Male - Age: 13 - Ind/Rel: 4 / 0**

#201 Men 16&U 100 Free Prelims	1:07.98	#309 Men 16&U 100 Back Prelims	1:18.40
#401 Men 16&U 50 Free Prelims	31.70	#409 Men 16&U 50 Back Prelims	36.63

**2 Van der Merwe, Kaylee - Female - Age: 14 - Ind/Rel: 4 / 0**

#202 Women 16&U 100 Free Prelims	1:07.37	#310 Women 16&U 100 Back Prelims	1:20.48
#402 Women 16&U 50 Free Prelims	31.23	#410 Women 16&U 50 Back Prelims	38.04

**Bethseals-FD Total Individual Entries: 8 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026

## Team Entries - All Events

## Bloemfontein Otters-MA

## 1 Bergh, Ian - Male - Age: 15 - Ind/Rel: 8 / 4

#109 Men 15 400 Free	5:06.85	#201 Men 16&U 100 Free Prelims	1:00.82
#207 Men 16&U 200 Back Prelims	2:30.71	#211 Men 16&U 100 Fly Prelims	1:12.37
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:24.36	#309 Men 16&U 100 Back Prelims	1:11.66
#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:59.29	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:13.38
#401 Men 16&U 50 Free Prelims	27.63	#409 Men 16&U 50 Back Prelims	33.28
#411 Men 16&U 50 Fly Prelims	31.50	#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:15.77

## 2 Bergh, Ruan - Male - Age: 12 - Ind/Rel: 6 / 4

#201 Men 16&U 100 Free Prelims	1:11.59	#211 Men 16&U 100 Fly Prelims	1:23.45
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:43.71	#301 Men 16&U 200 Free Prelims	2:42.09
#305 Men 16&U 50 Breast Prelims	44.69	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.55
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.90	#401 Men 16&U 50 Free Prelims	31.56
#411 Men 16&U 50 Fly Prelims	34.78	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:26.76

## 3 de Jager, Ashleigh - Female - Age: 14 - Ind/Rel: 6 / 4

#108 Women 14 400 Free	5:11.98	#202 Women 16&U 100 Free Prelims	1:06.66
#206 Women 16&U 100 Breast Prelims	1:33.35	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:27.23
#302 Women 16&U 200 Free Prelims	2:27.31	#306 Women 16&U 50 Breast Prelims	42.85
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:01.30	#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:16.78
#402 Women 16&U 50 Free Prelims	29.86	#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:18.08

## 4 De Jager, Evin - Male - Age: 11 - Ind/Rel: 7 / 1

#201 Men 16&U 100 Free Prelims	1:14.88	#205 Men 16&U 100 Breast Prelims	1:41.58
#301 Men 16&U 200 Free Prelims	2:42.34	#305 Men 16&U 50 Breast Prelims	45.48
#401 Men 16&U 50 Free Prelims	33.51	#405 Men 16&U 200 Breast Prelims	3:34.07
#409 Men 16&U 50 Back Prelims	42.60	#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:31.98

## 5 de Vries, Jan-Hendrik - Male - Age: 12 - Ind/Rel: 5 / 1

#103 Men 12 400 Free	5:54.10	#201 Men 16&U 100 Free Prelims	1:13.80
#207 Men 16&U 200 Back Prelims	3:03.20	#301 Men 16&U 200 Free Prelims	2:44.26
#309 Men 16&U 100 Back Prelims	1:25.06	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.90

## 6 Du Toit, Emma - Female - Age: 12 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	6:00.52	#202 Women 16&U 100 Free Prelims	1:18.82
#208 Women 16&U 200 Back Prelims	3:20.03	#302 Women 16&U 200 Free Prelims	2:52.20
#310 Women 16&U 100 Back Prelims	1:28.23	#402 Women 16&U 50 Free Prelims	34.03
#410 Women 16&U 50 Back Prelims	41.39		

## 7 Duncan, Travis P - Male - Age: 14 - Ind/Rel: 5 / 6

#201 Men 16&U 100 Free Prelims	1:05.31	#211 Men 16&U 100 Fly Prelims	1:12.09
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:24.36	#301 Men 16&U 200 Free Prelims	2:22.90
#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:59.29	#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:16.78
#401 Men 16&U 50 Free Prelims	29.55	#411 Men 16&U 50 Fly Prelims	32.24
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:20.25	#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:15.77
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:31.98		

## 8 Grobler, Danielle - Female - Age: 16 - Ind/Rel: 6 / 4

#206 Women 16&U 100 Breast Prelims	1:21.48	#212 Women 16&U 100 Fly Prelims	1:12.59
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 16&U 200 Free Prelims	2:23.04
#306 Women 16&U 50 Breast Prelims	34.97	#314 Women 16&U 200 IM Prelims	2:40.20
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	NT	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:13.38
#412 Women 16&U 50 Fly Prelims	32.63	#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	NT

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Bloemfontein Otters-MA****9 Gutter, Livia - Female - Age: 14 - Ind/Rel: 9 / 4**

#202 Women 16&U 100 Free Prelims	1:07.39	#206 Women 16&U 100 Breast Prelims	1:24.26
#208 Women 16&U 200 Back Prelims	2:52.33	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:27.23
#306 Women 16&U 50 Breast Prelims	37.63	#310 Women 16&U 100 Back Prelims	1:18.33
#314 Women 16&U 200 IM Prelims	2:46.93	#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:01.30
#402 Women 16&U 50 Free Prelims	30.45	#406 Women 16&U 200 Breast Prelims	3:02.46
#410 Women 16&U 50 Back Prelims	36.17	#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:18.08
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT		

**10 Harbron, Danielle - Female - Age: 16 - Ind/Rel: 8 / 4**

#112 Women 16 400 Free	5:00.68	#202 Women 16&U 100 Free Prelims	1:06.30
#206 Women 16&U 100 Breast Prelims	1:24.47	#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 16&U 200 Free Prelims	2:23.61	#306 Women 16&U 50 Breast Prelims	37.15
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	NT	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:13.38
#402 Women 16&U 50 Free Prelims	30.00	#406 Women 16&U 200 Breast Prelims	3:03.23
#412 Women 16&U 50 Fly Prelims	33.49	#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	NT

**11 Le Roux, Lisa - Female - Age: 12 - Ind/Rel: 6 / 4**

#202 Women 16&U 100 Free Prelims	1:10.36	#206 Women 16&U 100 Breast Prelims	1:33.69
#310 Women 16&U 100 Back Prelims	1:22.56	#314 Women 16&U 200 IM Prelims	2:58.27
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.90	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.09
#402 Women 16&U 50 Free Prelims	32.16	#410 Women 16&U 50 Back Prelims	37.61
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.14	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:46.01

**12 Lotriet, Dian H - Male - Age: 14 - Ind/Rel: 5 / 6**

#201 Men 16&U 100 Free Prelims	1:11.56	#207 Men 16&U 200 Back Prelims	2:45.39
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:24.36	#301 Men 16&U 200 Free Prelims	2:40.70
#309 Men 16&U 100 Back Prelims	1:19.15	#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:59.29
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:13.38	#409 Men 16&U 50 Back Prelims	36.87
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:20.25	#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:15.77
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT		

**13 Maartens, Accalia M - Female - Age: 11 - Ind/Rel: 7 / 4**

#202 Women 16&U 100 Free Prelims	1:16.07	#206 Women 16&U 100 Breast Prelims	1:36.25
#302 Women 16&U 200 Free Prelims	2:53.68	#306 Women 16&U 50 Breast Prelims	42.07
#310 Women 16&U 100 Back Prelims	1:35.00	#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.90
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.09	#402 Women 16&U 50 Free Prelims	32.70
#406 Women 16&U 200 Breast Prelims	3:30.75	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.14
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:46.01		

**14 Maree, Lohan L - Male - Age: 11 - Ind/Rel: 8 / 4**

#201 Men 16&U 100 Free Prelims	1:12.54	#207 Men 16&U 200 Back Prelims	2:59.68
#211 Men 16&U 100 Fly Prelims	1:31.25	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:43.71
#301 Men 16&U 200 Free Prelims	2:42.90	#309 Men 16&U 100 Back Prelims	1:23.55
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.55	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.90
#401 Men 16&U 50 Free Prelims	32.53	#409 Men 16&U 50 Back Prelims	38.01
#411 Men 16&U 50 Fly Prelims	36.82	#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:20.25

**15 Morgado, Zoe S - Female - Age: 14 - Ind/Rel: 7 / 4**

#108 Women 14 400 Free	5:06.38	#202 Women 16&U 100 Free Prelims	1:05.12
#212 Women 16&U 100 Fly Prelims	1:17.48	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:27.23
#302 Women 16&U 200 Free Prelims	2:21.73	#314 Women 16&U 200 IM Prelims	2:51.18
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:01.30	#402 Women 16&U 50 Free Prelims	30.04
#412 Women 16&U 50 Fly Prelims	34.52	#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:18.08
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:31.98		

## SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026

## Team Entries - All Events

**Bloemfontein Otters-MA****16 Opperman, Inge - Female - Age: 14 - Ind/Rel: 8 / 4**

#108 Women 14 400 Free	5:17.81	#202 Women 16&U 100 Free Prelims	1:08.06
#212 Women 16&U 100 Fly Prelims	1:19.79	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:27.23
#302 Women 16&U 200 Free Prelims	2:30.44	#310 Women 16&U 100 Back Prelims	1:22.54
#314 Women 16&U 200 IM Prelims	2:49.92	#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:01.30
#402 Women 16&U 50 Free Prelims	30.95	#412 Women 16&U 50 Fly Prelims	35.62
#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	NT	#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT

**17 Piechaczek, Z'Ney - Female - Age: 11 - Ind/Rel: 7 / 3**

#202 Women 16&U 100 Free Prelims	1:17.26	#212 Women 16&U 100 Fly Prelims	1:47.20
#302 Women 16&U 200 Free Prelims	2:47.91	#314 Women 16&U 200 IM Prelims	3:19.73
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.90	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.90
#402 Women 16&U 50 Free Prelims	35.10	#410 Women 16&U 50 Back Prelims	43.62
#412 Women 16&U 50 Fly Prelims	41.09	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.14

**18 Pretorius, Christiaan L - Male - Age: 12 - Ind/Rel: 6 / 5**

#201 Men 16&U 100 Free Prelims	1:10.51	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:43.71
#301 Men 16&U 200 Free Prelims	2:45.82	#305 Men 16&U 50 Breast Prelims	49.57
#309 Men 16&U 100 Back Prelims	1:24.00	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.55
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.09	#401 Men 16&U 50 Free Prelims	30.99
#409 Men 16&U 50 Back Prelims	36.46	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:26.76
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:46.01		

**19 Saunderson, Enrique C - Male - Age: 12 - Ind/Rel: 8 / 5**

#201 Men 16&U 100 Free Prelims	1:09.07	#207 Men 16&U 200 Back Prelims	3:02.86
#211 Men 16&U 100 Fly Prelims	1:26.66	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:43.71
#301 Men 16&U 200 Free Prelims	2:36.14	#309 Men 16&U 100 Back Prelims	1:20.02
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:05.55	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:25.09
#401 Men 16&U 50 Free Prelims	30.47	#409 Men 16&U 50 Back Prelims	35.84
#411 Men 16&U 50 Fly Prelims	34.31	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:26.76
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:46.01		

**20 Slabbert, Janre' D - Male - Age: 11 - Ind/Rel: 1 / 0**

#101 Men 11&U 400 Free	6:05.06		
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**21 Theron, Emma-Lee - Female - Age: 16 - Ind/Rel: 6 / 0**

#112 Women 16 400 Free	5:30.62	#202 Women 16&U 100 Free Prelims	1:06.74
#302 Women 16&U 200 Free Prelims	2:30.78	#310 Women 16&U 100 Back Prelims	1:21.76
#402 Women 16&U 50 Free Prelims	31.98	#410 Women 16&U 50 Back Prelims	36.70

**22 Upton, Neri - Female - Age: 12 - Ind/Rel: 6 / 2**

#212 Women 16&U 100 Fly Prelims	1:26.91	#310 Women 16&U 100 Back Prelims	1:27.21
#314 Women 16&U 200 IM Prelims	3:12.15	#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:13.90
#402 Women 16&U 50 Free Prelims	33.94	#410 Women 16&U 50 Back Prelims	41.31
#412 Women 16&U 50 Fly Prelims	38.36	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:33.14

**23 van Biljon, SJ J - Male - Age: 11 - Ind/Rel: 9 / 2**

#101 Men 11&U 400 Free	5:51.69	#201 Men 16&U 100 Free Prelims	1:15.70
#207 Men 16&U 200 Back Prelims	3:01.79	#301 Men 16&U 200 Free Prelims	2:44.82
#305 Men 16&U 50 Breast Prelims	45.15	#309 Men 16&U 100 Back Prelims	1:26.07
#401 Men 16&U 50 Free Prelims	34.55	#405 Men 16&U 200 Breast Prelims	3:37.90
#409 Men 16&U 50 Back Prelims	39.38	#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:26.76
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT		

**24 van der Spuy, Melan - Female - Age: 14 - Ind/Rel: 5 / 1**

#206 Women 16&U 100 Breast Prelims	1:30.51	#212 Women 16&U 100 Fly Prelims	1:24.66
#306 Women 16&U 50 Breast Prelims	41.33	#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	NT
#402 Women 16&U 50 Free Prelims	32.28	#412 Women 16&U 50 Fly Prelims	35.83

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Bloemfontein Otters-MA****25 Van Schalkwyk, Zenicke - Female - Age: 14 - Ind/Rel: 7 / 3**

#202 Women 16&U 100 Free Prelims	1:11.60	#208 Women 16&U 200 Back Prelims	2:40.02
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 16&U 200 Free Prelims	2:31.37
#310 Women 16&U 100 Back Prelims	1:15.53	#314 Women 16&U 200 IM Prelims	2:52.07
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:16.78	#410 Women 16&U 50 Back Prelims	36.07
#412 Women 16&U 50 Fly Prelims	36.71	#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:18.08

**26 Viviers, Pieter - Male - Age: 14 - Ind/Rel: 6 / 6**

#107 Men 14 400 Free	5:30.27	#201 Men 16&U 100 Free Prelims	1:06.67
#205 Men 16&U 100 Breast Prelims	1:25.33	#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:24.36
#301 Men 16&U 200 Free Prelims	2:33.28	#305 Men 16&U 50 Breast Prelims	38.61
#313 Men 16&U 200 IM Prelims	2:57.41	#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:59.29
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:16.78	#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:20.25
#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:15.77	#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:31.98

**Bloemfontein Otters-MA Total Individual Entries: 169 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Blue Ocean AquaticsSwim Club-UG****1 Greco, Grayson P - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:15.09
#301 Men 16&U 200 Free Prelims	2:47.60
#313 Men 16&U 200 IM Prelims	2:57.66
#409 Men 16&U 50 Back Prelims	40.44

#205 Men 16&U 100 Breast Prelims	1:30.67
#305 Men 16&U 50 Breast Prelims	41.35
#405 Men 16&U 200 Breast Prelims	3:19.99

**2 Kleynhans, Ivan - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:16.69
#301 Men 16&U 200 Free Prelims	2:46.02
#313 Men 16&U 200 IM Prelims	3:11.21
#411 Men 16&U 50 Fly Prelims	35.76

#211 Men 16&U 100 Fly Prelims	1:27.61
#309 Men 16&U 100 Back Prelims	1:25.86
#401 Men 16&U 50 Free Prelims	33.60

**3 Nadauld, Skyla F - Female - Age: 12 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:14.53
#306 Women 16&U 50 Breast Prelims	39.11
#402 Women 16&U 50 Free Prelims	31.89
#410 Women 16&U 50 Back Prelims	39.87

#206 Women 16&U 100 Breast Prelims	1:28.47
#314 Women 16&U 200 IM Prelims	3:31.63
#406 Women 16&U 200 Breast Prelims	3:20.72

**4 Pakkiri, Zuriel - Male - Age: 14 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:06.22
#211 Men 16&U 100 Fly Prelims	1:18.09
#401 Men 16&U 50 Free Prelims	29.63
#411 Men 16&U 50 Fly Prelims	32.36

#205 Men 16&U 100 Breast Prelims	1:23.29
#305 Men 16&U 50 Breast Prelims	37.61
#405 Men 16&U 200 Breast Prelims	3:15.97

**5 Solomon, Riley - Male - Age: 16 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:01.35
#211 Men 16&U 100 Fly Prelims	1:12.66
#305 Men 16&U 50 Breast Prelims	38.09
#401 Men 16&U 50 Free Prelims	28.50

#205 Men 16&U 100 Breast Prelims	1:23.35
#301 Men 16&U 200 Free Prelims	2:29.55
#313 Men 16&U 200 IM Prelims	2:45.05
#411 Men 16&U 50 Fly Prelims	30.91

**Blue Ocean AquaticsSwim Club-UG Total Individual Entries: 36 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Bull Sharks-MA****1 Badenhorst, Jandre - Male - Age: 16 - Ind/Rel: 10 / 0**

#201 Men 16&U 100 Free Prelims	58.85	#205 Men 16&U 100 Breast Prelims	1:14.76
#211 Men 16&U 100 Fly Prelims	1:14.43	#301 Men 16&U 200 Free Prelims	2:13.37
#305 Men 16&U 50 Breast Prelims	33.69	#309 Men 16&U 100 Back Prelims	1:07.82
#313 Men 16&U 200 IM Prelims	2:32.70	#401 Men 16&U 50 Free Prelims	26.66
#409 Men 16&U 50 Back Prelims	30.93	#411 Men 16&U 50 Fly Prelims	30.17

**2 Carson, Cayden J - Male - Age: 13 - Ind/Rel: 13 / 0**

#105 Men 13 400 Free	5:41.33	#201 Men 16&U 100 Free Prelims	1:04.24
#205 Men 16&U 100 Breast Prelims	1:25.07	#207 Men 16&U 200 Back Prelims	3:10.85
#211 Men 16&U 100 Fly Prelims	1:17.02	#301 Men 16&U 200 Free Prelims	2:29.59
#305 Men 16&U 50 Breast Prelims	38.31	#309 Men 16&U 100 Back Prelims	1:20.40
#313 Men 16&U 200 IM Prelims	2:50.35	#401 Men 16&U 50 Free Prelims	28.71
#405 Men 16&U 200 Breast Prelims	3:11.97	#409 Men 16&U 50 Back Prelims	37.09
#411 Men 16&U 50 Fly Prelims	32.59		

**3 Jacobs, Levi - Male - Age: 15 - Ind/Rel: 9 / 0**

#109 Men 15 400 Free	5:08.66	#201 Men 16&U 100 Free Prelims	57.80
#211 Men 16&U 100 Fly Prelims	1:07.25	#305 Men 16&U 50 Breast Prelims	36.02
#309 Men 16&U 100 Back Prelims	1:08.00	#313 Men 16&U 200 IM Prelims	2:32.95
#401 Men 16&U 50 Free Prelims	26.05	#409 Men 16&U 50 Back Prelims	31.28
#411 Men 16&U 50 Fly Prelims	29.15		

**4 Le Breton, Damian - Male - Age: 14 - Ind/Rel: 10 / 0**

#107 Men 14 400 Free	5:08.83	#201 Men 16&U 100 Free Prelims	1:00.31
#205 Men 16&U 100 Breast Prelims	1:23.69	#211 Men 16&U 100 Fly Prelims	1:08.11
#305 Men 16&U 50 Breast Prelims	36.31	#309 Men 16&U 100 Back Prelims	1:08.97
#313 Men 16&U 200 IM Prelims	2:38.25	#401 Men 16&U 50 Free Prelims	26.94
#409 Men 16&U 50 Back Prelims	31.62	#411 Men 16&U 50 Fly Prelims	29.87

**5 Meyer, Maya - Female - Age: 15 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:11.49	#212 Women 16&U 100 Fly Prelims	1:18.85
#302 Women 16&U 200 Free Prelims	2:34.59	#306 Women 16&U 50 Breast Prelims	43.88
#310 Women 16&U 100 Back Prelims	1:26.17	#314 Women 16&U 200 IM Prelims	2:51.95
#402 Women 16&U 50 Free Prelims	31.28	#410 Women 16&U 50 Back Prelims	36.92
#412 Women 16&U 50 Fly Prelims	33.57		

**Bull Sharks-MA Total Individual Entries: 51 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Bulties Swimming Club-LL****1 Kotzé, Izak F - Male - Age: 13 - Ind/Rel: 12 / 0**

#201 Men 16&U 100 Free Prelims	1:12.63	#205 Men 16&U 100 Breast Prelims	1:37.79
#207 Men 16&U 200 Back Prelims	3:01.31	#211 Men 16&U 100 Fly Prelims	1:17.96
#301 Men 16&U 200 Free Prelims	2:47.06	#305 Men 16&U 50 Breast Prelims	44.01
#309 Men 16&U 100 Back Prelims	1:24.96	#313 Men 16&U 200 IM Prelims	2:57.74
#401 Men 16&U 50 Free Prelims	33.21	#405 Men 16&U 200 Breast Prelims	3:23.08
#409 Men 16&U 50 Back Prelims	40.02	#411 Men 16&U 50 Fly Prelims	33.72

**2 van Heerden, Lia - Female - Age: 13 - Ind/Rel: 12 / 0**

#106 Women 13 400 Free	5:34.68	#202 Women 16&U 100 Free Prelims	1:07.45
#206 Women 16&U 100 Breast Prelims	1:36.35	#208 Women 16&U 200 Back Prelims	2:57.10
#302 Women 16&U 200 Free Prelims	2:34.28	#306 Women 16&U 50 Breast Prelims	42.87
#310 Women 16&U 100 Back Prelims	1:19.58	#314 Women 16&U 200 IM Prelims	2:58.60
#402 Women 16&U 50 Free Prelims	30.27	#406 Women 16&U 200 Breast Prelims	3:23.94
#410 Women 16&U 50 Back Prelims	36.27	#412 Women 16&U 50 Fly Prelims	37.92

**Bulties Swimming Club-LL Total Individual Entries: 24 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Curro Aquatic Swim Club-CP****1 Hlophe, Lihle L - Male - Age: 13 - Ind/Rel: 11 / 0**

#105 Men 13 400 Free	5:29.00	#201 Men 16&U 100 Free Prelims	1:11.80
#207 Men 16&U 200 Back Prelims	2:37.25	#211 Men 16&U 100 Fly Prelims	1:18.28
#301 Men 16&U 200 Free Prelims	2:39.84	#309 Men 16&U 100 Back Prelims	1:18.81
#313 Men 16&U 200 IM Prelims	2:54.86	#401 Men 16&U 50 Free Prelims	32.00
#405 Men 16&U 200 Breast Prelims	3:23.91	#409 Men 16&U 50 Back Prelims	36.36
#411 Men 16&U 50 Fly Prelims	36.25		

**2 Kuhn, Alexa J - Female - Age: 12 - Ind/Rel: 10 / 0**

#104 Women 12 400 Free	5:37.91	#202 Women 16&U 100 Free Prelims	1:15.02
#208 Women 16&U 200 Back Prelims	2:52.23	#212 Women 16&U 100 Fly Prelims	1:22.18
#302 Women 16&U 200 Free Prelims	2:40.39	#310 Women 16&U 100 Back Prelims	1:21.70
#314 Women 16&U 200 IM Prelims	2:59.34	#402 Women 16&U 50 Free Prelims	33.84
#410 Women 16&U 50 Back Prelims	38.61	#412 Women 16&U 50 Fly Prelims	37.72

**Curro Aquatic Swim Club-CP Total Individual Entries: 21 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Curro Swimming Academy-EZ****1 Morgado, Hannah O - Female - Age: 12 - Ind/Rel: 7 / 0**

#104 Women 12 400 Free	5:31.77	#202 Women 16&U 100 Free Prelims	1:10.50
#212 Women 16&U 100 Fly Prelims	1:19.45	#302 Women 16&U 200 Free Prelims	2:33.54
#314 Women 16&U 200 IM Prelims	2:58.66	#402 Women 16&U 50 Free Prelims	32.69
#412 Women 16&U 50 Fly Prelims	35.37		

**Curro Swimming Academy-EZ Total Individual Entries: 7 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Ega Academy-MA****1 Louw, Dirka A - Male - Age: 16 - Ind/Rel: 9 / 0**

#201 Men 16&U 100 Free Prelims	59.23	#207 Men 16&U 200 Back Prelims	2:28.21
#211 Men 16&U 100 Fly Prelims	1:08.25	#301 Men 16&U 200 Free Prelims	2:18.20
#309 Men 16&U 100 Back Prelims	1:05.98	#313 Men 16&U 200 IM Prelims	2:42.78
#401 Men 16&U 50 Free Prelims	27.24	#409 Men 16&U 50 Back Prelims	30.46
#411 Men 16&U 50 Fly Prelims	29.15		

**2 Van der Bijl, Almero - Male - Age: 15 - Ind/Rel: 12 / 0**

#109 Men 15 400 Free	4:51.59	#201 Men 16&U 100 Free Prelims	59.89
#205 Men 16&U 100 Breast Prelims	1:17.23	#207 Men 16&U 200 Back Prelims	2:33.13
#301 Men 16&U 200 Free Prelims	2:14.50	#305 Men 16&U 50 Breast Prelims	34.59
#309 Men 16&U 100 Back Prelims	1:07.95	#313 Men 16&U 200 IM Prelims	2:32.80
#401 Men 16&U 50 Free Prelims	26.98	#405 Men 16&U 200 Breast Prelims	2:52.15
#409 Men 16&U 50 Back Prelims	31.75	#411 Men 16&U 50 Fly Prelims	29.40

**Ega Academy-MA Total Individual Entries: 21 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Fish Eagles Swimming Club-KC****1 Erasmus, Alexis - Female - Age: 11 - Ind/Rel: 7 / 0**

#206 Women 16&U 100 Breast Prelims	1:45.81	#212 Women 16&U 100 Fly Prelims	1:31.87
#306 Women 16&U 50 Breast Prelims	45.76	#314 Women 16&U 200 IM Prelims	3:23.68
#402 Women 16&U 50 Free Prelims	36.63	#406 Women 16&U 200 Breast Prelims	3:42.46
#412 Women 16&U 50 Fly Prelims	39.52		

**Fish Eagles Swimming Club-KC Total Individual Entries: 7 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Flamingo Aquatics Academy- Fbd****1 Crozier, Emily N - Female - Age: 15 - Ind/Rel: 5 / 0**

#110 Women 15 400 Free	5:20.98	#206 Women 16&U 100 Breast Prelims	1:29.33
#306 Women 16&U 50 Breast Prelims	41.36	#314 Women 16&U 200 IM Prelims	2:56.40
#406 Women 16&U 200 Breast Prelims	3:10.46		

**2 Harbron, Nicholas - Male - Age: 14 - Ind/Rel: 8 / 0**

#107 Men 14 400 Free	5:22.43	#201 Men 16&U 100 Free Prelims	1:07.12
#205 Men 16&U 100 Breast Prelims	1:26.26	#301 Men 16&U 200 Free Prelims	2:33.24
#305 Men 16&U 50 Breast Prelims	38.46	#313 Men 16&U 200 IM Prelims	2:54.40
#401 Men 16&U 50 Free Prelims	29.91	#405 Men 16&U 200 Breast Prelims	3:00.26

**3 Hattingh, Ben - Male - Age: 15 - Ind/Rel: 6 / 0**

#205 Men 16&U 100 Breast Prelims	1:25.22	#211 Men 16&U 100 Fly Prelims	1:11.54
#305 Men 16&U 50 Breast Prelims	38.18	#313 Men 16&U 200 IM Prelims	2:40.30
#401 Men 16&U 50 Free Prelims	29.79	#411 Men 16&U 50 Fly Prelims	31.11

**4 Hattingh, Theodor S - Male - Age: 12 - Ind/Rel: 6 / 0**

#301 Men 16&U 200 Free Prelims	2:43.71	#309 Men 16&U 100 Back Prelims	1:28.81
#313 Men 16&U 200 IM Prelims	3:18.96	#401 Men 16&U 50 Free Prelims	34.62
#409 Men 16&U 50 Back Prelims	42.61	#411 Men 16&U 50 Fly Prelims	39.82

**5 Mostert, Stian - Male - Age: 14 - Ind/Rel: 9 / 0**

#107 Men 14 400 Free	5:33.78	#201 Men 16&U 100 Free Prelims	1:09.10
#205 Men 16&U 100 Breast Prelims	1:24.91	#211 Men 16&U 100 Fly Prelims	1:10.29
#305 Men 16&U 50 Breast Prelims	36.82	#313 Men 16&U 200 IM Prelims	2:54.89
#401 Men 16&U 50 Free Prelims	30.60	#405 Men 16&U 200 Breast Prelims	3:13.02
#411 Men 16&U 50 Fly Prelims	31.05		

**6 Opperman, Theodore S - Male - Age: 13 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:08.78	#205 Men 16&U 100 Breast Prelims	1:38.45
#207 Men 16&U 200 Back Prelims	2:56.26	#301 Men 16&U 200 Free Prelims	2:33.45
#309 Men 16&U 100 Back Prelims	1:20.42	#401 Men 16&U 50 Free Prelims	30.81
#405 Men 16&U 200 Breast Prelims	3:22.61	#409 Men 16&U 50 Back Prelims	37.46

**Flamingo Aquatics Academy- Fbd Total Individual Entries: 42 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Froggies-KC****1 Hughes, Cara - Female - Age: 14 - Ind/Rel: 3 / 0**

#206 Women 16&U 100 Breast Prelims	1:29.46	#306 Women 16&U 50 Breast Prelims	40.71
#406 Women 16&U 200 Breast Prelims	3:07.65		

**2 Myeza, Ronewa - Male - Age: 14 - Ind/Rel: 3 / 0**

#205 Men 16&U 100 Breast Prelims	1:24.36	#305 Men 16&U 50 Breast Prelims	37.55
#405 Men 16&U 200 Breast Prelims	3:08.16		

**3 Ngema, Olwe S - Female - Age: 13 - Ind/Rel: 4 / 0**

#202 Women 16&U 100 Free Prelims	1:10.79	#302 Women 16&U 200 Free Prelims	2:32.38
#314 Women 16&U 200 IM Prelims	3:04.21	#402 Women 16&U 50 Free Prelims	33.29

**4 Pretorius, Flippie - Male - Age: 11 - Ind/Rel: 5 / 0**

#205 Men 16&U 100 Breast Prelims	1:39.88	#301 Men 16&U 200 Free Prelims	3:07.15
#305 Men 16&U 50 Breast Prelims	43.55	#313 Men 16&U 200 IM Prelims	3:31.76
#405 Men 16&U 200 Breast Prelims	3:37.69		

**5 Stead, Owen B - Male - Age: 15 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:00.66	#207 Men 16&U 200 Back Prelims	2:37.30
#211 Men 16&U 100 Fly Prelims	1:13.79	#301 Men 16&U 200 Free Prelims	2:39.28
#309 Men 16&U 100 Back Prelims	1:08.33	#401 Men 16&U 50 Free Prelims	27.20
#409 Men 16&U 50 Back Prelims	30.51		

**Froggies-KC Total Individual Entries: 22 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Good Hope Swemklub - Fbd****1 Tiedt, NJJ - Male - Age: 15 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:03.83	#205 Men 16&U 100 Breast Prelims	1:21.56
#301 Men 16&U 200 Free Prelims	2:23.63	#305 Men 16&U 50 Breast Prelims	36.23
#313 Men 16&U 200 IM Prelims	2:39.26	#401 Men 16&U 50 Free Prelims	28.44
#405 Men 16&U 200 Breast Prelims	3:02.08	#409 Men 16&U 50 Back Prelims	32.90

**Good Hope Swemklub - Fbd Total Individual Entries: 8 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Kalahari Aquatics- Jtg****1 Louw, André J - Male - Age: 12 - Ind/Rel: 8 / 0**

#103 Men 12 400 Free	5:30.54	#201 Men 16&U 100 Free Prelims	1:11.45
#207 Men 16&U 200 Back Prelims	3:32.54	#301 Men 16&U 200 Free Prelims	2:38.89
#305 Men 16&U 50 Breast Prelims	48.25	#309 Men 16&U 100 Back Prelims	1:35.13
#401 Men 16&U 50 Free Prelims	33.42	#409 Men 16&U 50 Back Prelims	44.39

**Kalahari Aquatics- Jtg Total Individual Entries: 8 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Kathu Tweekamp & Swem - Jtg****1 Cronje, Jovan - Male - Age: 14 - Ind/Rel: 7 / 0**

#107 Men 14 400 Free	5:43.70	#201 Men 16&U 100 Free Prelims	1:08.78
#207 Men 16&U 200 Back Prelims	2:43.95	#301 Men 16&U 200 Free Prelims	2:32.62
#309 Men 16&U 100 Back Prelims	1:17.26	#401 Men 16&U 50 Free Prelims	31.93
#409 Men 16&U 50 Back Prelims	36.39		

**2 Eilerd, Ayden I - Male - Age: 15 - Ind/Rel: 7 / 0**

#109 Men 15 400 Free	5:04.40	#201 Men 16&U 100 Free Prelims	1:01.24
#211 Men 16&U 100 Fly Prelims	1:14.71	#301 Men 16&U 200 Free Prelims	2:20.27
#313 Men 16&U 200 IM Prelims	2:45.85	#401 Men 16&U 50 Free Prelims	27.73
#411 Men 16&U 50 Fly Prelims	30.65		

**3 Nysschen, Nicola - Female - Age: 12 - Ind/Rel: 5 / 0**

#104 Women 12 400 Free	5:56.69	#202 Women 16&U 100 Free Prelims	1:14.70
#208 Women 16&U 200 Back Prelims	3:06.17	#302 Women 16&U 200 Free Prelims	2:44.22
#310 Women 16&U 100 Back Prelims	1:28.86		

**4 Prins, Tiffany C - Female - Age: 15 - Ind/Rel: 9 / 0**

#110 Women 15 400 Free	5:27.46	#202 Women 16&U 100 Free Prelims	1:08.27
#208 Women 16&U 200 Back Prelims	2:51.56	#302 Women 16&U 200 Free Prelims	2:31.96
#310 Women 16&U 100 Back Prelims	1:17.65	#314 Women 16&U 200 IM Prelims	2:53.99
#402 Women 16&U 50 Free Prelims	31.41	#410 Women 16&U 50 Back Prelims	35.51
#412 Women 16&U 50 Fly Prelims	36.52		

**Kathu Tweekamp & Swem - Jtg Total Individual Entries: 28 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026

## Team Entries - All Events

## Kloof Asc-ET

## 1 Davies, Paige E - Female - Age: 11 - Ind/Rel: 7 / 0

#102 Women 11&U 400 Free	5:37.96	#208 Women 16&U 200 Back Prelims	2:53.07
#212 Women 16&U 100 Fly Prelims	1:27.62	#310 Women 16&U 100 Back Prelims	1:21.91
#314 Women 16&U 200 IM Prelims	2:53.48	#410 Women 16&U 50 Back Prelims	37.49
#412 Women 16&U 50 Fly Prelims	37.36		

## 2 Dekker, Bailey A - Female - Age: 11 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:16.91	#302 Women 16&U 200 Free Prelims	3:02.66
#310 Women 16&U 100 Back Prelims	1:27.85	#314 Women 16&U 200 IM Prelims	3:17.91
#402 Women 16&U 50 Free Prelims	35.35	#410 Women 16&U 50 Back Prelims	41.69
#412 Women 16&U 50 Fly Prelims	45.13		

## 3 Haslam, Seth J - Male - Age: 12 - Ind/Rel: 8 / 0

#103 Men 12 400 Free	5:31.81	#201 Men 16&U 100 Free Prelims	1:16.12
#205 Men 16&U 100 Breast Prelims	1:36.81	#305 Men 16&U 50 Breast Prelims	44.11
#313 Men 16&U 200 IM Prelims	3:05.40	#401 Men 16&U 50 Free Prelims	31.80
#409 Men 16&U 50 Back Prelims	39.09	#411 Men 16&U 50 Fly Prelims	35.86

## 4 Hoar, Grace - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	5:44.67	#202 Women 16&U 100 Free Prelims	1:15.52
#208 Women 16&U 200 Back Prelims	3:11.93	#302 Women 16&U 200 Free Prelims	2:45.81
#310 Women 16&U 100 Back Prelims	1:31.31	#314 Women 16&U 200 IM Prelims	3:18.02
#402 Women 16&U 50 Free Prelims	34.22	#410 Women 16&U 50 Back Prelims	42.69
#412 Women 16&U 50 Fly Prelims	39.38		

## 5 Hoar, Lily - Female - Age: 13 - Ind/Rel: 9 / 0

#106 Women 13 400 Free	5:42.28	#202 Women 16&U 100 Free Prelims	1:17.11
#208 Women 16&U 200 Back Prelims	3:03.31	#212 Women 16&U 100 Fly Prelims	1:25.69
#310 Women 16&U 100 Back Prelims	1:27.74	#314 Women 16&U 200 IM Prelims	3:07.66
#402 Women 16&U 50 Free Prelims	35.23	#410 Women 16&U 50 Back Prelims	40.56
#412 Women 16&U 50 Fly Prelims	37.19		

## 6 Kunzler, Mia E - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	5:28.02	#202 Women 16&U 100 Free Prelims	1:10.11
#208 Women 16&U 200 Back Prelims	2:48.86	#302 Women 16&U 200 Free Prelims	2:32.18
#310 Women 16&U 100 Back Prelims	1:18.23	#314 Women 16&U 200 IM Prelims	2:58.30
#402 Women 16&U 50 Free Prelims	30.29	#410 Women 16&U 50 Back Prelims	34.96
#412 Women 16&U 50 Fly Prelims	34.44		

## 7 Logie, Courtney A - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:07.25	#202 Women 16&U 100 Free Prelims	1:09.51
#206 Women 16&U 100 Breast Prelims	1:31.00	#208 Women 16&U 200 Back Prelims	2:54.15
#302 Women 16&U 200 Free Prelims	2:29.51	#314 Women 16&U 200 IM Prelims	2:51.29
#406 Women 16&U 200 Breast Prelims	3:12.52		

## 8 Makhanya, Naledi - Female - Age: 12 - Ind/Rel: 8 / 0

#104 Women 12 400 Free	5:44.69	#202 Women 16&U 100 Free Prelims	1:14.02
#208 Women 16&U 200 Back Prelims	2:55.22	#302 Women 16&U 200 Free Prelims	2:43.66
#310 Women 16&U 100 Back Prelims	1:20.29	#314 Women 16&U 200 IM Prelims	3:09.53
#402 Women 16&U 50 Free Prelims	33.53	#410 Women 16&U 50 Back Prelims	36.90

## 9 Mutie, Muela S - Female - Age: 15 - Ind/Rel: 8 / 0

#110 Women 15 400 Free	4:58.36	#202 Women 16&U 100 Free Prelims	1:06.57
#212 Women 16&U 100 Fly Prelims	1:20.02	#302 Women 16&U 200 Free Prelims	2:21.69
#314 Women 16&U 200 IM Prelims	2:48.51	#402 Women 16&U 50 Free Prelims	30.41
#410 Women 16&U 50 Back Prelims	36.41	#412 Women 16&U 50 Fly Prelims	34.90

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Kloof Asc-ET****10 Pabalinga, Reabetswe T - Female - Age: 13 - Ind/Rel: 9 / 0**

#106 Women 13 400 Free	5:32.33	#202 Women 16&U 100 Free Prelims	1:08.57
#208 Women 16&U 200 Back Prelims	2:46.41	#302 Women 16&U 200 Free Prelims	2:34.51
#310 Women 16&U 100 Back Prelims	1:18.81	#314 Women 16&U 200 IM Prelims	2:55.81
#402 Women 16&U 50 Free Prelims	31.76	#410 Women 16&U 50 Back Prelims	36.43
#412 Women 16&U 50 Fly Prelims	35.27		

**11 Saint, Tara - Female - Age: 16 - Ind/Rel: 6 / 0**

#208 Women 16&U 200 Back Prelims	2:47.23	#310 Women 16&U 100 Back Prelims	1:20.19
#314 Women 16&U 200 IM Prelims	2:58.31	#402 Women 16&U 50 Free Prelims	30.55
#410 Women 16&U 50 Back Prelims	36.12	#412 Women 16&U 50 Fly Prelims	32.27

**12 Tait, Holli - Female - Age: 13 - Ind/Rel: 8 / 0**

#106 Women 13 400 Free	5:49.81	#206 Women 16&U 100 Breast Prelims	1:36.08
#208 Women 16&U 200 Back Prelims	3:02.13	#302 Women 16&U 200 Free Prelims	2:45.42
#306 Women 16&U 50 Breast Prelims	44.64	#310 Women 16&U 100 Back Prelims	1:21.22
#406 Women 16&U 200 Breast Prelims	3:33.73	#410 Women 16&U 50 Back Prelims	37.00

**13 Von Mollendorff, Emma J - Female - Age: 12 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:12.03	#206 Women 16&U 100 Breast Prelims	1:34.19
#302 Women 16&U 200 Free Prelims	2:51.55	#306 Women 16&U 50 Breast Prelims	42.18
#402 Women 16&U 50 Free Prelims	32.52	#406 Women 16&U 200 Breast Prelims	3:25.55
#410 Women 16&U 50 Back Prelims	41.41	#412 Women 16&U 50 Fly Prelims	35.15

**Kloof Asc-ET Total Individual Entries: 103 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Margate Swimming Club-UG****1 Van der Westhuizen, Hanco - Male - Age: 12 - Ind/Rel: 4 / 0**

#201 Men 16&U 100 Free Prelims	1:18.20	#205 Men 16&U 100 Breast Prelims	1:39.59
#309 Men 16&U 100 Back Prelims	1:22.94	#313 Men 16&U 200 IM Prelims	3:08.22

**Margate Swimming Club-UG Total Individual Entries: 4 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Neptune's Aquatics-MA****1 Cupido, Donyelle - Female - Age: 14 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:09.74	#206 Women 16&U 100 Breast Prelims	1:33.95
#212 Women 16&U 100 Fly Prelims	1:17.25	#302 Women 16&U 200 Free Prelims	2:29.80
#306 Women 16&U 50 Breast Prelims	42.14	#310 Women 16&U 100 Back Prelims	1:22.71
#314 Women 16&U 200 IM Prelims	2:51.99		

**2 Goosen, Jeanine C - Female - Age: 12 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:13.75	#206 Women 16&U 100 Breast Prelims	1:43.27
#302 Women 16&U 200 Free Prelims	2:47.10	#310 Women 16&U 100 Back Prelims	1:26.83
#314 Women 16&U 200 IM Prelims	3:07.89	#402 Women 16&U 50 Free Prelims	33.93
#410 Women 16&U 50 Back Prelims	38.25	#412 Women 16&U 50 Fly Prelims	39.31

**3 Guddisa, Elrohi - Male - Age: 16 - Ind/Rel: 11 / 0**

#111 Men 16 400 Free	5:18.87	#201 Men 16&U 100 Free Prelims	1:02.56
#205 Men 16&U 100 Breast Prelims	1:29.89	#211 Men 16&U 100 Fly Prelims	1:12.30
#301 Men 16&U 200 Free Prelims	2:24.87	#305 Men 16&U 50 Breast Prelims	38.59
#309 Men 16&U 100 Back Prelims	1:20.67	#313 Men 16&U 200 IM Prelims	2:57.66
#401 Men 16&U 50 Free Prelims	27.86	#405 Men 16&U 200 Breast Prelims	3:31.27
#411 Men 16&U 50 Fly Prelims	32.14		

**4 Lindeboom, Douglas G - Male - Age: 14 - Ind/Rel: 13 / 0**

#107 Men 14 400 Free	5:08.32	#201 Men 16&U 100 Free Prelims	1:02.01
#205 Men 16&U 100 Breast Prelims	1:28.44	#207 Men 16&U 200 Back Prelims	2:53.50
#211 Men 16&U 100 Fly Prelims	1:09.74	#301 Men 16&U 200 Free Prelims	2:22.23
#305 Men 16&U 50 Breast Prelims	40.95	#309 Men 16&U 100 Back Prelims	1:19.41
#313 Men 16&U 200 IM Prelims	2:45.03	#401 Men 16&U 50 Free Prelims	28.01
#405 Men 16&U 200 Breast Prelims	3:16.84	#409 Men 16&U 50 Back Prelims	35.35
#411 Men 16&U 50 Fly Prelims	31.82		

**5 Williams, Ashley - Female - Age: 14 - Ind/Rel: 9 / 0**

#108 Women 14 400 Free	5:25.29	#202 Women 16&U 100 Free Prelims	1:09.27
#206 Women 16&U 100 Breast Prelims	1:36.62	#208 Women 16&U 200 Back Prelims	2:58.81
#302 Women 16&U 200 Free Prelims	2:34.98	#306 Women 16&U 50 Breast Prelims	42.85
#310 Women 16&U 100 Back Prelims	1:22.28	#402 Women 16&U 50 Free Prelims	32.23
#410 Women 16&U 50 Back Prelims	37.19		

**Neptune's Aquatics-MA Total Individual Entries: 48 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Pelican Swimming Club-MA****1 Tuta, Oyama T - Female - Age: 13 - Ind/Rel: 9 / 0**

#106 Women 13 400 Free	5:44.56	#202 Women 16&U 100 Free Prelims	1:11.68
#208 Women 16&U 200 Back Prelims	3:00.69	#212 Women 16&U 100 Fly Prelims	1:20.89
#302 Women 16&U 200 Free Prelims	2:39.80	#310 Women 16&U 100 Back Prelims	1:25.21
#314 Women 16&U 200 IM Prelims	3:02.42	#402 Women 16&U 50 Free Prelims	31.73
#412 Women 16&U 50 Fly Prelims	35.56		

**Pelican Swimming Club-MA Total Individual Entries: 9 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Penguins Swimming Club-UM****1 Ayekun, Bella T - Female - Age: 11 - Ind/Rel: 6 / 0**

#206 Women 16&U 100 Breast Prelims	1:31.72	#306 Women 16&U 50 Breast Prelims	41.05
#314 Women 16&U 200 IM Prelims	3:24.95	#402 Women 16&U 50 Free Prelims	34.18
#406 Women 16&U 200 Breast Prelims	3:30.63	#410 Women 16&U 50 Back Prelims	42.79

**2 Booysen, Morgan H - Female - Age: 12 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:10.16	#206 Women 16&U 100 Breast Prelims	1:36.91
#306 Women 16&U 50 Breast Prelims	40.21	#314 Women 16&U 200 IM Prelims	3:02.55
#402 Women 16&U 50 Free Prelims	31.33	#406 Women 16&U 200 Breast Prelims	3:41.24
#412 Women 16&U 50 Fly Prelims	33.69		

**3 Burt, Kristen A - Female - Age: 16 - Ind/Rel: 6 / 0**

#202 Women 16&U 100 Free Prelims	1:07.92	#208 Women 16&U 200 Back Prelims	2:50.29
#302 Women 16&U 200 Free Prelims	2:29.56	#310 Women 16&U 100 Back Prelims	1:16.85
#402 Women 16&U 50 Free Prelims	30.27	#410 Women 16&U 50 Back Prelims	35.71

**4 Freeman-Smith, Liam A - Male - Age: 13 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:09.15	#205 Men 16&U 100 Breast Prelims	1:26.93
#211 Men 16&U 100 Fly Prelims	1:14.77	#305 Men 16&U 50 Breast Prelims	40.84
#313 Men 16&U 200 IM Prelims	2:49.70	#401 Men 16&U 50 Free Prelims	30.14
#411 Men 16&U 50 Fly Prelims	32.68		

**5 Gibson, Jess R - Female - Age: 14 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:10.58	#206 Women 16&U 100 Breast Prelims	1:28.19
#306 Women 16&U 50 Breast Prelims	39.40	#314 Women 16&U 200 IM Prelims	2:59.29
#402 Women 16&U 50 Free Prelims	33.57	#406 Women 16&U 200 Breast Prelims	3:09.78
#412 Women 16&U 50 Fly Prelims	35.84		

**6 Josiah, Phoebe S - Female - Age: 12 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:18.52	#206 Women 16&U 100 Breast Prelims	1:40.98
#208 Women 16&U 200 Back Prelims	3:12.59	#306 Women 16&U 50 Breast Prelims	44.51
#310 Women 16&U 100 Back Prelims	1:26.31	#402 Women 16&U 50 Free Prelims	35.65
#410 Women 16&U 50 Back Prelims	40.61		

**7 Mahomed, Hannah A - Female - Age: 11 - Ind/Rel: 6 / 0**

#208 Women 16&U 200 Back Prelims	3:10.66	#306 Women 16&U 50 Breast Prelims	45.03
#310 Women 16&U 100 Back Prelims	1:27.59	#314 Women 16&U 200 IM Prelims	3:24.06
#402 Women 16&U 50 Free Prelims	38.19	#410 Women 16&U 50 Back Prelims	42.04

**8 Potgieter, Ruben H - Male - Age: 14 - Ind/Rel: 5 / 0**

#201 Men 16&U 100 Free Prelims	1:02.80	#301 Men 16&U 200 Free Prelims	2:29.34
#401 Men 16&U 50 Free Prelims	27.86	#409 Men 16&U 50 Back Prelims	36.72
#411 Men 16&U 50 Fly Prelims	33.42		

**9 Ronnie, Addyson H - Female - Age: 14 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:13.60	#206 Women 16&U 100 Breast Prelims	1:29.02
#212 Women 16&U 100 Fly Prelims	1:32.91	#306 Women 16&U 50 Breast Prelims	40.01
#314 Women 16&U 200 IM Prelims	2:59.89	#402 Women 16&U 50 Free Prelims	32.53
#406 Women 16&U 200 Breast Prelims	3:18.73	#412 Women 16&U 50 Fly Prelims	35.87

**10 Sykes, Sarah J - Female - Age: 15 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:14.76	#206 Women 16&U 100 Breast Prelims	1:26.55
#306 Women 16&U 50 Breast Prelims	39.64	#314 Women 16&U 200 IM Prelims	3:01.99
#402 Women 16&U 50 Free Prelims	31.67	#406 Women 16&U 200 Breast Prelims	3:10.00
#412 Women 16&U 50 Fly Prelims	35.46		

**11 Turner, Campbell T - Male - Age: 13 - Ind/Rel: 5 / 0**

#201 Men 16&U 100 Free Prelims	1:05.80	#205 Men 16&U 100 Breast Prelims	1:21.64
#305 Men 16&U 50 Breast Prelims	36.51	#401 Men 16&U 50 Free Prelims	29.37
#405 Men 16&U 200 Breast Prelims	3:04.05		

**Penguins Swimming Club-UM Total Individual Entries: 71 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Seahorses Aquatic Center-ZZ****1 Alala, Melissa M - Female - Age: 11 - Ind/Rel: 6 / 0**

#202 Women 16&U 100 Free Prelims	1:11.55	#212 Women 16&U 100 Fly Prelims	1:19.94
#310 Women 16&U 100 Back Prelims	1:25.69	#314 Women 16&U 200 IM Prelims	2:58.31
#402 Women 16&U 50 Free Prelims	32.36	#412 Women 16&U 50 Fly Prelims	33.69

**2 Gichari, Keita K - Male - Age: 12 - Ind/Rel: 3 / 0**

#205 Men 16&U 100 Breast Prelims	1:33.74	#211 Men 16&U 100 Fly Prelims	1:23.57
#405 Men 16&U 200 Breast Prelims	3:17.56		

**3 Mbugua, Dayo G - Male - Age: 10 - Ind/Rel: 5 / 0**

#201 Men 16&U 100 Free Prelims	1:11.28	#207 Men 16&U 200 Back Prelims	3:02.99
#211 Men 16&U 100 Fly Prelims	1:26.24	#301 Men 16&U 200 Free Prelims	2:40.13
#309 Men 16&U 100 Back Prelims	1:25.25		

**4 Sanya, Crystal - Female - Age: 11 - Ind/Rel: 4 / 0**

#102 Women 11&U 400 Free	6:02.94	#208 Women 16&U 200 Back Prelims	3:12.00
#302 Women 16&U 200 Free Prelims	2:48.12	#314 Women 16&U 200 IM Prelims	3:14.71

**5 Wakonyo, Talia W - Female - Age: 11 - Ind/Rel: 5 / 0**

#206 Women 16&U 100 Breast Prelims	1:34.29	#306 Women 16&U 50 Breast Prelims	43.77
#314 Women 16&U 200 IM Prelims	3:53.02	#406 Women 16&U 200 Breast Prelims	3:29.43
#412 Women 16&U 50 Fly Prelims	41.09		

**Seahorses Aquatic Center-ZZ Total Individual Entries: 23 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Seals Asc-UM****1 Clowes, Cailyn - Female - Age: 15 - Ind/Rel: 10 / 0**

#110 Women 15 400 Free	5:12.28	#202 Women 16&U 100 Free Prelims	1:10.19
#206 Women 16&U 100 Breast Prelims	1:29.48	#212 Women 16&U 100 Fly Prelims	1:16.86
#302 Women 16&U 200 Free Prelims	2:29.50	#306 Women 16&U 50 Breast Prelims	40.99
#314 Women 16&U 200 IM Prelims	2:51.54	#402 Women 16&U 50 Free Prelims	32.18
#406 Women 16&U 200 Breast Prelims	3:06.88	#412 Women 16&U 50 Fly Prelims	34.29

**2 Coleman, Willow - Female - Age: 12 - Ind/Rel: 11 / 0**

#104 Women 12 400 Free	5:48.39	#202 Women 16&U 100 Free Prelims	1:11.11
#208 Women 16&U 200 Back Prelims	3:01.33	#212 Women 16&U 100 Fly Prelims	1:33.89
#302 Women 16&U 200 Free Prelims	2:41.10	#306 Women 16&U 50 Breast Prelims	45.10
#310 Women 16&U 100 Back Prelims	1:23.75	#314 Women 16&U 200 IM Prelims	3:11.93
#402 Women 16&U 50 Free Prelims	31.44	#410 Women 16&U 50 Back Prelims	38.76
#412 Women 16&U 50 Fly Prelims	36.62		

**3 Du Toit, Lisa R - Female - Age: 14 - Ind/Rel: 7 / 0**

#108 Women 14 400 Free	5:26.46	#202 Women 16&U 100 Free Prelims	1:07.70
#302 Women 16&U 200 Free Prelims	2:30.54	#310 Women 16&U 100 Back Prelims	1:25.34
#314 Women 16&U 200 IM Prelims	3:00.94	#402 Women 16&U 50 Free Prelims	30.95
#410 Women 16&U 50 Back Prelims	37.38		

**4 Francis, Jessica J - Female - Age: 11 - Ind/Rel: 11 / 0**

#202 Women 16&U 100 Free Prelims	1:19.41	#206 Women 16&U 100 Breast Prelims	1:41.50
#208 Women 16&U 200 Back Prelims	3:09.66	#212 Women 16&U 100 Fly Prelims	1:35.95
#302 Women 16&U 200 Free Prelims	2:55.17	#306 Women 16&U 50 Breast Prelims	45.40
#310 Women 16&U 100 Back Prelims	1:29.91	#314 Women 16&U 200 IM Prelims	3:23.98
#402 Women 16&U 50 Free Prelims	35.98	#410 Women 16&U 50 Back Prelims	42.18
#412 Women 16&U 50 Fly Prelims	42.15		

**5 Goelst, Gemma J - Female - Age: 15 - Ind/Rel: 6 / 0**

#202 Women 16&U 100 Free Prelims	1:06.22	#208 Women 16&U 200 Back Prelims	2:43.14
#302 Women 16&U 200 Free Prelims	2:26.08	#310 Women 16&U 100 Back Prelims	1:15.53
#402 Women 16&U 50 Free Prelims	29.98	#410 Women 16&U 50 Back Prelims	34.28

**6 Joseph, Thabang L - Male - Age: 15 - Ind/Rel: 4 / 0**

#201 Men 16&U 100 Free Prelims	1:00.82	#207 Men 16&U 200 Back Prelims	2:34.93
#301 Men 16&U 200 Free Prelims	2:16.20	#313 Men 16&U 200 IM Prelims	2:30.00

**7 Le Roux, Mieke - Female - Age: 11 - Ind/Rel: 12 / 0**

#102 Women 11&U 400 Free	5:50.17	#202 Women 16&U 100 Free Prelims	1:14.73
#206 Women 16&U 100 Breast Prelims	1:45.70	#208 Women 16&U 200 Back Prelims	3:03.92
#212 Women 16&U 100 Fly Prelims	1:25.07	#302 Women 16&U 200 Free Prelims	2:46.57
#306 Women 16&U 50 Breast Prelims	49.94	#310 Women 16&U 100 Back Prelims	1:27.38
#314 Women 16&U 200 IM Prelims	3:06.54	#402 Women 16&U 50 Free Prelims	31.90
#410 Women 16&U 50 Back Prelims	40.79	#412 Women 16&U 50 Fly Prelims	38.30

**8 Leiper, Isla C - Female - Age: 15 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:05.52	#206 Women 16&U 100 Breast Prelims	1:27.39
#302 Women 16&U 200 Free Prelims	2:23.28	#306 Women 16&U 50 Breast Prelims	37.66
#314 Women 16&U 200 IM Prelims	2:48.41	#402 Women 16&U 50 Free Prelims	29.22
#412 Women 16&U 50 Fly Prelims	34.73		

**9 Maritz, Violet T - Female - Age: 14 - Ind/Rel: 8 / 0**

#108 Women 14 400 Free	5:32.26	#202 Women 16&U 100 Free Prelims	1:06.55
#206 Women 16&U 100 Breast Prelims	1:30.27	#302 Women 16&U 200 Free Prelims	2:29.96
#306 Women 16&U 50 Breast Prelims	39.95	#314 Women 16&U 200 IM Prelims	2:58.70
#402 Women 16&U 50 Free Prelims	30.10	#412 Women 16&U 50 Fly Prelims	35.11

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Seals Asc-UM****10 Nixon, Morgan L - Male - Age: 12 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:06.12	#205 Men 16&U 100 Breast Prelims	1:27.48
#301 Men 16&U 200 Free Prelims	2:31.50	#305 Men 16&U 50 Breast Prelims	38.05
#401 Men 16&U 50 Free Prelims	29.39	#405 Men 16&U 200 Breast Prelims	3:15.71
#409 Men 16&U 50 Back Prelims	37.63	#411 Men 16&U 50 Fly Prelims	36.40

**11 Ojwach, Neliza T - Female - Age: 12 - Ind/Rel: 11 / 0**

#104 Women 12 400 Free	5:23.54	#202 Women 16&U 100 Free Prelims	1:09.24
#206 Women 16&U 100 Breast Prelims	1:31.61	#212 Women 16&U 100 Fly Prelims	1:20.28
#302 Women 16&U 200 Free Prelims	2:30.49	#306 Women 16&U 50 Breast Prelims	42.56
#314 Women 16&U 200 IM Prelims	2:53.31	#402 Women 16&U 50 Free Prelims	31.63
#406 Women 16&U 200 Breast Prelims	3:23.22	#410 Women 16&U 50 Back Prelims	40.42
#412 Women 16&U 50 Fly Prelims	34.65		

**12 Palframan, Layla G - Female - Age: 12 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:13.22	#212 Women 16&U 100 Fly Prelims	1:31.53
#302 Women 16&U 200 Free Prelims	2:46.55	#306 Women 16&U 50 Breast Prelims	48.13
#310 Women 16&U 100 Back Prelims	1:23.43	#314 Women 16&U 200 IM Prelims	3:13.25
#402 Women 16&U 50 Free Prelims	32.70	#410 Women 16&U 50 Back Prelims	38.34
#412 Women 16&U 50 Fly Prelims	36.63		

**13 Palframan, Sisanda B - Female - Age: 13 - Ind/Rel: 10 / 0**

#202 Women 16&U 100 Free Prelims	1:06.62	#206 Women 16&U 100 Breast Prelims	1:31.58
#212 Women 16&U 100 Fly Prelims	1:19.60	#302 Women 16&U 200 Free Prelims	2:29.64
#306 Women 16&U 50 Breast Prelims	41.08	#310 Women 16&U 100 Back Prelims	1:21.36
#314 Women 16&U 200 IM Prelims	2:54.32	#402 Women 16&U 50 Free Prelims	30.20
#410 Women 16&U 50 Back Prelims	36.58	#412 Women 16&U 50 Fly Prelims	33.91

**14 Potgieter, Caleb J - Male - Age: 12 - Ind/Rel: 7 / 0**

#103 Men 12 400 Free	5:31.57	#201 Men 16&U 100 Free Prelims	1:14.23
#301 Men 16&U 200 Free Prelims	2:39.34	#309 Men 16&U 100 Back Prelims	1:25.37
#401 Men 16&U 50 Free Prelims	33.45	#409 Men 16&U 50 Back Prelims	39.00
#411 Men 16&U 50 Fly Prelims	39.78		

**15 Raynard, Enzo N - Male - Age: 14 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:06.43	#205 Men 16&U 100 Breast Prelims	1:23.51
#305 Men 16&U 50 Breast Prelims	37.60	#313 Men 16&U 200 IM Prelims	2:44.72
#401 Men 16&U 50 Free Prelims	30.06	#405 Men 16&U 200 Breast Prelims	2:59.32
#411 Men 16&U 50 Fly Prelims	32.39		

**16 Schuch, Talitha - Female - Age: 16 - Ind/Rel: 6 / 0**

#112 Women 16 400 Free	5:21.93	#206 Women 16&U 100 Breast Prelims	1:23.92
#306 Women 16&U 50 Breast Prelims	36.84	#314 Women 16&U 200 IM Prelims	2:51.20
#406 Women 16&U 200 Breast Prelims	3:00.96	#412 Women 16&U 50 Fly Prelims	36.40

**17 Slabber, Abi A - Female - Age: 14 - Ind/Rel: 8 / 0**

#108 Women 14 400 Free	5:35.25	#202 Women 16&U 100 Free Prelims	1:09.31
#302 Women 16&U 200 Free Prelims	2:34.39	#310 Women 16&U 100 Back Prelims	1:19.71
#314 Women 16&U 200 IM Prelims	2:57.75	#402 Women 16&U 50 Free Prelims	31.68
#410 Women 16&U 50 Back Prelims	36.90	#412 Women 16&U 50 Fly Prelims	36.81

**18 Van Zyl, Alta M - Female - Age: 13 - Ind/Rel: 5 / 0**

#202 Women 16&U 100 Free Prelims	1:13.58	#206 Women 16&U 100 Breast Prelims	1:30.91
#306 Women 16&U 50 Breast Prelims	42.27	#402 Women 16&U 50 Free Prelims	33.65
#406 Women 16&U 200 Breast Prelims	3:19.44		

**19 Van Zyl, Jacob L - Male - Age: 10 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:17.42	#205 Men 16&U 100 Breast Prelims	1:38.84
#305 Men 16&U 50 Breast Prelims	47.00	#313 Men 16&U 200 IM Prelims	3:10.36
#409 Men 16&U 50 Back Prelims	40.59	#411 Men 16&U 50 Fly Prelims	41.29

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Seals Asc-UM**

20 Winkel, Liam H - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	4:55.53	#201 Men 16&U 100 Free Prelims	1:05.54
#207 Men 16&U 200 Back Prelims	2:39.71	#309 Men 16&U 100 Back Prelims	1:12.72
#313 Men 16&U 200 IM Prelims	2:40.53	#401 Men 16&U 50 Free Prelims	28.84
#409 Men 16&U 50 Back Prelims	34.32		

**Seals Asc-UM Total Individual Entries: 160 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Stingrays Swimming Club-KC****1 Siebrits, Taylor L - Female - Age: 14 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:16.94	#206 Women 16&U 100 Breast Prelims	1:31.75
#302 Women 16&U 200 Free Prelims	2:50.74	#306 Women 16&U 50 Breast Prelims	40.57
#310 Women 16&U 100 Back Prelims	1:32.87	#314 Women 16&U 200 IM Prelims	3:07.78
#406 Women 16&U 200 Breast Prelims	3:17.23		

**2 Van der Merwe, Ami - Female - Age: 14 - Ind/Rel: 7 / 0**

#108 Women 14 400 Free	5:39.12	#202 Women 16&U 100 Free Prelims	1:12.20
#206 Women 16&U 100 Breast Prelims	1:29.38	#306 Women 16&U 50 Breast Prelims	40.67
#314 Women 16&U 200 IM Prelims	3:03.28	#402 Women 16&U 50 Free Prelims	32.56
#406 Women 16&U 200 Breast Prelims	3:11.50		

**Stingrays Swimming Club-KC Total Individual Entries: 14 - Total Relays: 0**

## SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026

## Team Entries - All Events

## Super Seals-MA

## 1 Bam, Lizanté - Female - Age: 11 - Ind/Rel: 10 / 2

#102 Women 11&U 400 Free	5:56.60	#202 Women 16&U 100 Free Prelims	1:17.67
#208 Women 16&U 200 Back Prelims	3:12.43	#212 Women 16&U 100 Fly Prelims	1:34.35
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 16&U 200 Free Prelims	2:48.36
#310 Women 16&U 100 Back Prelims	1:28.89	#314 Women 16&U 200 IM Prelims	3:13.09
#402 Women 16&U 50 Free Prelims	34.36	#410 Women 16&U 50 Back Prelims	42.74
#412 Women 16&U 50 Fly Prelims	41.53	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT

## 2 Erasmus, Marnu J - Male - Age: 11 - Ind/Rel: 13 / 1

#101 Men 11&U 400 Free	5:47.81	#201 Men 16&U 100 Free Prelims	1:15.86
#205 Men 16&U 100 Breast Prelims	1:38.33	#207 Men 16&U 200 Back Prelims	3:01.94
#211 Men 16&U 100 Fly Prelims	1:41.02	#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	5:11.55
#301 Men 16&U 200 Free Prelims	2:42.46	#305 Men 16&U 50 Breast Prelims	44.35
#309 Men 16&U 100 Back Prelims	1:25.91	#313 Men 16&U 200 IM Prelims	3:04.89
#401 Men 16&U 50 Free Prelims	34.00	#405 Men 16&U 200 Breast Prelims	3:28.67
#409 Men 16&U 50 Back Prelims	39.84	#411 Men 16&U 50 Fly Prelims	43.43

## 3 Froneman, Andre' - Male - Age: 14 - Ind/Rel: 9 / 5

#107 Men 14 400 Free	5:23.27	#201 Men 16&U 100 Free Prelims	1:09.59
#205 Men 16&U 100 Breast Prelims	1:24.77	#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 16&U 200 Free Prelims	2:32.69	#305 Men 16&U 50 Breast Prelims	39.60
#313 Men 16&U 200 IM Prelims	2:58.13	#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	2:15.16
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:10.85	#401 Men 16&U 50 Free Prelims	32.44
#405 Men 16&U 200 Breast Prelims	3:05.57	#411 Men 16&U 50 Fly Prelims	36.34
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:38.54	#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT

## 4 Gasson, Elle R - Female - Age: 14 - Ind/Rel: 5 / 3

#202 Women 16&U 100 Free Prelims	1:11.56	#206 Women 16&U 100 Breast Prelims	1:30.38
#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	NT	#310 Women 16&U 100 Back Prelims	1:23.54
#314 Women 16&U 200 IM Prelims	2:56.97	#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:08.34
#406 Women 16&U 200 Breast Prelims	3:17.10	#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	NT

## 5 Kruger, Christine H - Female - Age: 11 - Ind/Rel: 9 / 2

#102 Women 11&U 400 Free	6:03.82	#202 Women 16&U 100 Free Prelims	1:20.99
#206 Women 16&U 100 Breast Prelims	1:46.35	#208 Women 16&U 200 Back Prelims	3:18.62
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 16&U 200 Free Prelims	2:55.34
#310 Women 16&U 100 Back Prelims	1:32.30	#402 Women 16&U 50 Free Prelims	36.39
#406 Women 16&U 200 Breast Prelims	3:54.72	#410 Women 16&U 50 Back Prelims	43.86
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT		

## 6 McQueen, Leanne C - Female - Age: 12 - Ind/Rel: 13 / 4

#104 Women 12 400 Free	5:41.11	#202 Women 16&U 100 Free Prelims	1:14.14
#206 Women 16&U 100 Breast Prelims	1:33.27	#208 Women 16&U 200 Back Prelims	3:00.15
#212 Women 16&U 100 Fly Prelims	1:27.53	#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 16&U 200 Free Prelims	2:42.50	#306 Women 16&U 50 Breast Prelims	43.32
#310 Women 16&U 100 Back Prelims	1:26.09	#314 Women 16&U 200 IM Prelims	2:56.75
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.17	#402 Women 16&U 50 Free Prelims	33.73
#406 Women 16&U 200 Breast Prelims	3:17.28	#410 Women 16&U 50 Back Prelims	41.47
#412 Women 16&U 50 Fly Prelims	37.47	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.22		

## 7 Munro, Diane - Female - Age: 16 - Ind/Rel: 10 / 4

#202 Women 16&U 100 Free Prelims	1:13.83	#206 Women 16&U 100 Breast Prelims	1:22.66
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 16&U 200 Free Prelims	2:43.23
#306 Women 16&U 50 Breast Prelims	39.37	#310 Women 16&U 100 Back Prelims	NT
#314 Women 16&U 200 IM Prelims	2:58.55	#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	NT
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	NT	#402 Women 16&U 50 Free Prelims	32.72
#406 Women 16&U 200 Breast Prelims	3:04.50	#410 Women 16&U 50 Back Prelims	40.46
#412 Women 16&U 50 Fly Prelims	36.52	#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	NT

## SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026

## Team Entries - All Events

## Super Seals-MA

## 8 Nagel, Gideon P - Male - Age: 12 - Ind/Rel: 13 / 3

#103 Men 12 400 Free	5:21.80	#201 Men 16&U 100 Free Prelims	1:13.38
#205 Men 16&U 100 Breast Prelims	1:31.41	#207 Men 16&U 200 Back Prelims	2:52.82
#211 Men 16&U 100 Fly Prelims	1:19.27	#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	5:11.55
#301 Men 16&U 200 Free Prelims	2:38.38	#305 Men 16&U 50 Breast Prelims	42.03
#309 Men 16&U 100 Back Prelims	1:22.05	#313 Men 16&U 200 IM Prelims	2:49.54
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.17	#401 Men 16&U 50 Free Prelims	33.64
#405 Men 16&U 200 Breast Prelims	3:14.64	#409 Men 16&U 50 Back Prelims	39.07
#411 Men 16&U 50 Fly Prelims	37.24	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.22

## 9 Nel, Kailah - Female - Age: 11 - Ind/Rel: 9 / 4

#102 Women 11&U 400 Free	5:25.77	#202 Women 16&U 100 Free Prelims	1:12.84
#208 Women 16&U 200 Back Prelims	2:57.68	#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 16&U 200 Free Prelims	2:31.24	#310 Women 16&U 100 Back Prelims	1:26.07
#314 Women 16&U 200 IM Prelims	3:04.72	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.17
#402 Women 16&U 50 Free Prelims	33.46	#410 Women 16&U 50 Back Prelims	40.65
#412 Women 16&U 50 Fly Prelims	41.68	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	NT
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.22		

## 10 Pool, Johandri - Female - Age: 15 - Ind/Rel: 9 / 2

#110 Women 15 400 Free	5:40.11	#202 Women 16&U 100 Free Prelims	1:15.40
#206 Women 16&U 100 Breast Prelims	1:26.80	#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 16&U 200 Free Prelims	2:44.89	#306 Women 16&U 50 Breast Prelims	40.45
#314 Women 16&U 200 IM Prelims	3:10.73	#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	NT
#402 Women 16&U 50 Free Prelims	34.08	#406 Women 16&U 200 Breast Prelims	3:13.01
#410 Women 16&U 50 Back Prelims	42.84		

## 11 Snyders, Christie - Female - Age: 13 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:11.15	#206 Women 16&U 100 Breast Prelims	1:28.07
#212 Women 16&U 100 Fly Prelims	1:17.56	#306 Women 16&U 50 Breast Prelims	38.96
#310 Women 16&U 100 Back Prelims	1:20.91	#314 Women 16&U 200 IM Prelims	2:54.74
#402 Women 16&U 50 Free Prelims	31.10	#410 Women 16&U 50 Back Prelims	37.44
#412 Women 16&U 50 Fly Prelims	32.80		

## 12 Steyl, Kayden L - Male - Age: 13 - Ind/Rel: 11 / 3

#105 Men 13 400 Free	5:25.42	#201 Men 16&U 100 Free Prelims	1:11.74
#207 Men 16&U 200 Back Prelims	2:51.96	#211 Men 16&U 100 Fly Prelims	1:26.65
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 16&U 200 Free Prelims	2:35.78
#305 Men 16&U 50 Breast Prelims	47.71	#309 Men 16&U 100 Back Prelims	1:19.76
#313 Men 16&U 200 IM Prelims	3:01.18	#316 Men 13-14 4x50 Free Relay 4 x 50 Free Re	2:15.16
#401 Men 16&U 50 Free Prelims	32.01	#409 Men 16&U 50 Back Prelims	37.68
#411 Men 16&U 50 Fly Prelims	37.11	#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:38.54

## 13 Swart, Petrus J - Male - Age: 11 - Ind/Rel: 13 / 3

#101 Men 11&U 400 Free	5:08.60	#201 Men 16&U 100 Free Prelims	1:07.54
#205 Men 16&U 100 Breast Prelims	1:33.20	#207 Men 16&U 200 Back Prelims	2:50.10
#211 Men 16&U 100 Fly Prelims	1:17.16	#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	5:11.55
#301 Men 16&U 200 Free Prelims	2:27.31	#305 Men 16&U 50 Breast Prelims	42.67
#309 Men 16&U 100 Back Prelims	1:18.98	#313 Men 16&U 200 IM Prelims	2:48.17
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:35.17	#401 Men 16&U 50 Free Prelims	31.94
#405 Men 16&U 200 Breast Prelims	3:14.69	#409 Men 16&U 50 Back Prelims	36.79
#411 Men 16&U 50 Fly Prelims	33.61	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.22

## 14 Van der Walt, Diaan H - Male - Age: 15 - Ind/Rel: 8 / 3

#109 Men 15 400 Free	4:48.63	#201 Men 16&U 100 Free Prelims	1:02.45
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 16&U 200 Free Prelims	2:14.76
#309 Men 16&U 100 Back Prelims	1:12.73	#313 Men 16&U 200 IM Prelims	2:41.68
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	NT	#401 Men 16&U 50 Free Prelims	29.14
#409 Men 16&U 50 Back Prelims	34.32	#411 Men 16&U 50 Fly Prelims	34.01
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	NT		

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Super Seals-MA****15 Van Rensburg, Marne' - Female - Age: 16 - Ind/Rel: 9 / 2**

#112 Women 16 400 Free	5:42.98
#208 Women 16&U 200 Back Prelims	2:59.52
#302 Women 16&U 200 Free Prelims	2:32.37
#314 Women 16&U 200 IM Prelims	2:50.75
#402 Women 16&U 50 Free Prelims	30.84
#412 Women 16&U 50 Fly Prelims	34.70

#202 Women 16&U 100 Free Prelims	1:07.33
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	NT
#310 Women 16&U 100 Back Prelims	1:20.36
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	NT
#410 Women 16&U 50 Back Prelims	37.24

**16 Van Viegen, Ella A - Female - Age: 14 - Ind/Rel: 10 / 3**

#108 Women 14 400 Free	5:10.43
#208 Women 16&U 200 Back Prelims	2:44.97
#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	NT
#310 Women 16&U 100 Back Prelims	1:17.71
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:08.34
#410 Women 16&U 50 Back Prelims	37.19
#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	NT

#202 Women 16&U 100 Free Prelims	1:08.74
#212 Women 16&U 100 Fly Prelims	1:16.90
#302 Women 16&U 200 Free Prelims	2:26.18
#314 Women 16&U 200 IM Prelims	2:48.83
#402 Women 16&U 50 Free Prelims	31.07
#412 Women 16&U 50 Fly Prelims	34.09

**17 van Zyl, Hanco - Male - Age: 13 - Ind/Rel: 12 / 5**

#105 Men 13 400 Free	5:37.99
#205 Men 16&U 100 Breast Prelims	1:42.23
#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	5:11.55
#305 Men 16&U 50 Breast Prelims	45.53
#313 Men 16&U 200 IM Prelims	3:05.80
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	NT
#405 Men 16&U 200 Breast Prelims	3:38.46
#411 Men 16&U 50 Fly Prelims	36.06
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	NT

#201 Men 16&U 100 Free Prelims	1:08.57
#207 Men 16&U 200 Back Prelims	2:55.53
#301 Men 16&U 200 Free Prelims	2:37.85
#309 Men 16&U 100 Back Prelims	1:19.76
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	2:15.16
#401 Men 16&U 50 Free Prelims	31.33
#409 Men 16&U 50 Back Prelims	36.37
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:38.54

**18 Vorster, Arinda - Female - Age: 14 - Ind/Rel: 8 / 5**

#202 Women 16&U 100 Free Prelims	1:08.34
#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	NT
#310 Women 16&U 100 Back Prelims	1:21.64
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:08.34
#402 Women 16&U 50 Free Prelims	29.93
#412 Women 16&U 50 Fly Prelims	35.48
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT

#206 Women 16&U 100 Breast Prelims	1:31.77
#306 Women 16&U 50 Breast Prelims	42.07
#314 Women 16&U 200 IM Prelims	3:04.32
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:10.85
#410 Women 16&U 50 Back Prelims	36.79
#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	NT

**19 Welgemoed, Isabelle - Female - Age: 15 - Ind/Rel: 10 / 4**

#110 Women 15 400 Free	5:11.66
#206 Women 16&U 100 Breast Prelims	1:28.79
#302 Women 16&U 200 Free Prelims	2:25.24
#310 Women 16&U 100 Back Prelims	1:20.64
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	NT
#402 Women 16&U 50 Free Prelims	29.57
#412 Women 16&U 50 Fly Prelims	35.81

#202 Women 16&U 100 Free Prelims	1:05.14
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	NT
#306 Women 16&U 50 Breast Prelims	42.20
#314 Women 16&U 200 IM Prelims	2:44.64
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	NT
#410 Women 16&U 50 Back Prelims	36.67
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	NT

**20 Wessels, Charl J - Male - Age: 13 - Ind/Rel: 13 / 5**

#105 Men 13 400 Free	5:33.87
#205 Men 16&U 100 Breast Prelims	1:32.59
#211 Men 16&U 100 Fly Prelims	1:23.26
#301 Men 16&U 200 Free Prelims	2:36.87
#309 Men 16&U 100 Back Prelims	1:21.19
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	2:15.16
#401 Men 16&U 50 Free Prelims	32.07
#409 Men 16&U 50 Back Prelims	37.33
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:38.54

#201 Men 16&U 100 Free Prelims	1:11.74
#207 Men 16&U 200 Back Prelims	2:55.57
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	NT
#305 Men 16&U 50 Breast Prelims	42.12
#313 Men 16&U 200 IM Prelims	2:55.72
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:10.85
#405 Men 16&U 200 Breast Prelims	3:18.47
#411 Men 16&U 50 Fly Prelims	34.03
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Super Seals-MA****21 Zietsman, Lika - Female - Age: 14 - Ind/Rel: 9 / 5**

#202 Women 16&U 100 Free Prelims	1:06.86	#208 Women 16&U 200 Back Prelims	2:47.53
#212 Women 16&U 100 Fly Prelims	1:20.08	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	NT
#302 Women 16&U 200 Free Prelims	2:31.08	#310 Women 16&U 100 Back Prelims	1:17.53
#314 Women 16&U 200 IM Prelims	2:57.33	#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:08.34
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:10.85	#402 Women 16&U 50 Free Prelims	31.01
#410 Women 16&U 50 Back Prelims	34.71	#412 Women 16&U 50 Fly Prelims	34.60
#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	NT	#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT

**Super Seals-MA Total Individual Entries: 212 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Thunder Aquatics-FD****1 Oelofse, Cay-Din - Male - Age: 16 - Ind/Rel: 5 / 0**

#205 Men 16&U 100 Breast Prelims	1:15.59	#211 Men 16&U 100 Fly Prelims	1:03.70
#305 Men 16&U 50 Breast Prelims	32.83	#405 Men 16&U 200 Breast Prelims	2:49.39
#411 Men 16&U 50 Fly Prelims	28.17		

**2 Oelofse, Hay-Din - Male - Age: 11 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:14.77	#207 Men 16&U 200 Back Prelims	3:04.26
#301 Men 16&U 200 Free Prelims	2:41.83	#309 Men 16&U 100 Back Prelims	1:25.21
#313 Men 16&U 200 IM Prelims	3:11.64	#401 Men 16&U 50 Free Prelims	34.26
#409 Men 16&U 50 Back Prelims	39.36	#411 Men 16&U 50 Fly Prelims	38.75

**3 Oelofse, Kens-Linn - Female - Age: 11 - Ind/Rel: 12 / 0**

#202 Women 16&U 100 Free Prelims	1:14.63	#206 Women 16&U 100 Breast Prelims	1:39.89
#208 Women 16&U 200 Back Prelims	3:08.85	#212 Women 16&U 100 Fly Prelims	1:26.31
#302 Women 16&U 200 Free Prelims	2:43.58	#306 Women 16&U 50 Breast Prelims	44.17
#310 Women 16&U 100 Back Prelims	1:27.13	#314 Women 16&U 200 IM Prelims	3:02.83
#402 Women 16&U 50 Free Prelims	34.03	#406 Women 16&U 200 Breast Prelims	3:30.81
#410 Women 16&U 50 Back Prelims	40.11	#412 Women 16&U 50 Fly Prelims	35.98

**Thunder Aquatics-FD Total Individual Entries: 25 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Uniswim-EZ****1 Banza, Emmanuela E - Female - Age: 12 - Ind/Rel: 6 / 2**

#202 Women 16&U 100 Free Prelims	1:17.00
#306 Women 16&U 50 Breast Prelims	41.14
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.28
#406 Women 16&U 200 Breast Prelims	3:21.03

#206 Women 16&U 100 Breast Prelims	1:31.85
#310 Women 16&U 100 Back Prelims	1:40.68
#402 Women 16&U 50 Free Prelims	34.21
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.73

**2 Bruyns, Andrew T - Male - Age: 13 - Ind/Rel: 8 / 3**

#201 Men 16&U 100 Free Prelims	1:06.31
#305 Men 16&U 50 Breast Prelims	40.26
#313 Men 16&U 200 IM Prelims	2:50.13
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:21.32
#409 Men 16&U 50 Back Prelims	35.01
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:18.66

#205 Men 16&U 100 Breast Prelims	1:30.60
#309 Men 16&U 100 Back Prelims	1:15.82
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	1:59.24
#401 Men 16&U 50 Free Prelims	29.84
#411 Men 16&U 50 Fly Prelims	33.38

**3 Burger, Marcus P - Male - Age: 14 - Ind/Rel: 7 / 3**

#107 Men 14 400 Free	4:59.52
#207 Men 16&U 200 Back Prelims	2:44.92
#301 Men 16&U 200 Free Prelims	2:20.41
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	1:59.24
#409 Men 16&U 50 Back Prelims	35.07

#201 Men 16&U 100 Free Prelims	1:04.88
#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	4:19.11
#309 Men 16&U 100 Back Prelims	1:15.53
#401 Men 16&U 50 Free Prelims	29.96
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:30.65

**4 Carimo, Kaamil A - Male - Age: 16 - Ind/Rel: 6 / 0**

#111 Men 16 400 Free	4:50.85
#211 Men 16&U 100 Fly Prelims	1:05.87
#401 Men 16&U 50 Free Prelims	27.74

#201 Men 16&U 100 Free Prelims	59.37
#305 Men 16&U 50 Breast Prelims	39.48
#411 Men 16&U 50 Fly Prelims	29.73

**5 Claassens, Xuan - Male - Age: 16 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:04.83
#301 Men 16&U 200 Free Prelims	2:24.35
#313 Men 16&U 200 IM Prelims	2:45.23

#205 Men 16&U 100 Breast Prelims	1:18.73
#305 Men 16&U 50 Breast Prelims	35.39
#401 Men 16&U 50 Free Prelims	28.46

**6 Cowley, Eldrid D - Male - Age: 11 - Ind/Rel: 8 / 2**

#201 Men 16&U 100 Free Prelims	1:11.02
#301 Men 16&U 200 Free Prelims	2:44.91
#313 Men 16&U 200 IM Prelims	3:03.88
#401 Men 16&U 50 Free Prelims	32.69
#411 Men 16&U 50 Fly Prelims	34.73

#207 Men 16&U 200 Back Prelims	3:03.62
#309 Men 16&U 100 Back Prelims	1:22.19
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.28
#409 Men 16&U 50 Back Prelims	36.03
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.73

**7 Harty, Hunter R - Male - Age: 13 - Ind/Rel: 8 / 3**

#105 Men 13 400 Free	5:21.71
#205 Men 16&U 100 Breast Prelims	1:33.93
#301 Men 16&U 200 Free Prelims	2:26.01
#309 Men 16&U 100 Back Prelims	1:18.26
#409 Men 16&U 50 Back Prelims	36.75
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:30.65

#201 Men 16&U 100 Free Prelims	1:04.58
#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	4:19.11
#305 Men 16&U 50 Breast Prelims	40.53
#401 Men 16&U 50 Free Prelims	30.04
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:18.66

**8 Muller, Anika - Female - Age: 14 - Ind/Rel: 7 / 2**

#108 Women 14 400 Free	5:37.12
#208 Women 16&U 200 Back Prelims	2:49.56
#310 Women 16&U 100 Back Prelims	1:17.57
#402 Women 16&U 50 Free Prelims	32.78
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:30.65

#202 Women 16&U 100 Free Prelims	1:12.17
#302 Women 16&U 200 Free Prelims	2:38.57
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:21.32
#410 Women 16&U 50 Back Prelims	36.89

**9 Niven, Ella L - Female - Age: 12 - Ind/Rel: 9 / 2**

#104 Women 12 400 Free	5:52.94
#206 Women 16&U 100 Breast Prelims	1:36.41
#306 Women 16&U 50 Breast Prelims	42.42
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.28
#406 Women 16&U 200 Breast Prelims	3:27.14
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.73

#202 Women 16&U 100 Free Prelims	1:11.09
#302 Women 16&U 200 Free Prelims	2:38.88
#310 Women 16&U 100 Back Prelims	1:25.87
#402 Women 16&U 50 Free Prelims	32.00
#410 Women 16&U 50 Back Prelims	38.79

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Uniswim-EZ****10 Pieterse, Nielan - Male - Age: 14 - Ind/Rel: 5 / 4**

#201 Men 16&U 100 Free Prelims	1:04.98
#309 Men 16&U 100 Back Prelims	1:14.99
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:21.32
#409 Men 16&U 50 Back Prelims	34.72
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:18.66

#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	4:19.11
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	1:59.24
#401 Men 16&U 50 Free Prelims	29.47
#411 Men 16&U 50 Fly Prelims	32.50

**11 Swanepoel, Lander L - Male - Age: 12 - Ind/Rel: 5 / 2**

#205 Men 16&U 100 Breast Prelims	1:32.33
#309 Men 16&U 100 Back Prelims	1:31.10
#405 Men 16&U 200 Breast Prelims	3:16.57
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.73

#305 Men 16&U 50 Breast Prelims	41.49
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:27.28
#409 Men 16&U 50 Back Prelims	39.41

**12 Terblanche, Emma L - Female - Age: 14 - Ind/Rel: 7 / 2**

#108 Women 14 400 Free	5:13.24
#208 Women 16&U 200 Back Prelims	2:46.84
#310 Women 16&U 100 Back Prelims	1:16.40
#406 Women 16&U 200 Breast Prelims	3:17.89
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:30.65

#206 Women 16&U 100 Breast Prelims	1:27.95
#306 Women 16&U 50 Breast Prelims	40.44
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:21.32
#410 Women 16&U 50 Back Prelims	36.61

**13 Van der Merwe, Leane - Female - Age: 14 - Ind/Rel: 10 / 0**

#202 Women 16&U 100 Free Prelims	1:08.27
#212 Women 16&U 100 Fly Prelims	1:23.66
#306 Women 16&U 50 Breast Prelims	42.13
#402 Women 16&U 50 Free Prelims	31.19
#410 Women 16&U 50 Back Prelims	38.09

#206 Women 16&U 100 Breast Prelims	1:32.92
#302 Women 16&U 200 Free Prelims	2:32.81
#314 Women 16&U 200 IM Prelims	2:58.25
#406 Women 16&U 200 Breast Prelims	3:18.05
#412 Women 16&U 50 Fly Prelims	34.31

**14 van Niekerk, Vaughn - Male - Age: 13 - Ind/Rel: 6 / 3**

#201 Men 16&U 100 Free Prelims	1:04.67
#301 Men 16&U 200 Free Prelims	2:25.94
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	1:59.24
#409 Men 16&U 50 Back Prelims	37.43
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:18.66

#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	4:19.11
#305 Men 16&U 50 Breast Prelims	43.79
#401 Men 16&U 50 Free Prelims	29.97
#411 Men 16&U 50 Fly Prelims	33.64

**Uniswim-EZ Total Individual Entries: 98 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Upington Swemklub -zf McGawi****1 Avenant, Ankia - Female - Age: 15 - Ind/Rel: 9 / 0**

#110 Women 15 400 Free	5:25.47	#202 Women 16&U 100 Free Prelims	1:07.63
#208 Women 16&U 200 Back Prelims	2:48.73	#302 Women 16&U 200 Free Prelims	2:26.71
#310 Women 16&U 100 Back Prelims	1:17.03	#314 Women 16&U 200 IM Prelims	3:00.24
#402 Women 16&U 50 Free Prelims	30.83	#410 Women 16&U 50 Back Prelims	35.32
#412 Women 16&U 50 Fly Prelims	34.24		

**2 Engelbrecht, Nieke C - Female - Age: 16 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:11.48	#212 Women 16&U 100 Fly Prelims	1:15.70
#306 Women 16&U 50 Breast Prelims	43.29	#310 Women 16&U 100 Back Prelims	1:25.81
#402 Women 16&U 50 Free Prelims	30.66	#410 Women 16&U 50 Back Prelims	39.49
#412 Women 16&U 50 Fly Prelims	31.30		

**3 Kruger, Rikhardt - Male - Age: 14 - Ind/Rel: 9 / 0**

#201 Men 16&U 100 Free Prelims	1:03.76	#207 Men 16&U 200 Back Prelims	2:49.93
#211 Men 16&U 100 Fly Prelims	1:18.44	#305 Men 16&U 50 Breast Prelims	37.26
#309 Men 16&U 100 Back Prelims	1:14.56	#313 Men 16&U 200 IM Prelims	2:39.91
#401 Men 16&U 50 Free Prelims	28.40	#409 Men 16&U 50 Back Prelims	32.84
#411 Men 16&U 50 Fly Prelims	29.84		

**4 March, Gea A - Female - Age: 13 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:09.29	#212 Women 16&U 100 Fly Prelims	1:19.18
#302 Women 16&U 200 Free Prelims	2:38.99	#310 Women 16&U 100 Back Prelims	1:24.98
#314 Women 16&U 200 IM Prelims	3:02.23	#402 Women 16&U 50 Free Prelims	31.50
#410 Women 16&U 50 Back Prelims	39.44	#412 Women 16&U 50 Fly Prelims	34.82

**5 Orffer, Llewellyn - Male - Age: 13 - Ind/Rel: 10 / 0**

#105 Men 13 400 Free	5:12.29	#201 Men 16&U 100 Free Prelims	1:03.73
#207 Men 16&U 200 Back Prelims	2:59.44	#211 Men 16&U 100 Fly Prelims	1:25.63
#301 Men 16&U 200 Free Prelims	2:23.03	#309 Men 16&U 100 Back Prelims	1:23.92
#313 Men 16&U 200 IM Prelims	2:52.30	#401 Men 16&U 50 Free Prelims	29.31
#409 Men 16&U 50 Back Prelims	39.39	#411 Men 16&U 50 Fly Prelims	35.47

**6 Van Zyl, Liane - Female - Age: 13 - Ind/Rel: 10 / 0**

#106 Women 13 400 Free	5:23.35	#202 Women 16&U 100 Free Prelims	1:07.57
#208 Women 16&U 200 Back Prelims	3:03.07	#212 Women 16&U 100 Fly Prelims	1:16.53
#302 Women 16&U 200 Free Prelims	2:30.32	#310 Women 16&U 100 Back Prelims	1:23.33
#314 Women 16&U 200 IM Prelims	2:57.19	#402 Women 16&U 50 Free Prelims	31.09
#410 Women 16&U 50 Back Prelims	38.93	#412 Women 16&U 50 Fly Prelims	32.06

**7 Willemse, Sacha - Male - Age: 15 - Ind/Rel: 9 / 0**

#109 Men 15 400 Free	5:14.72	#201 Men 16&U 100 Free Prelims	59.17
#211 Men 16&U 100 Fly Prelims	1:03.62	#301 Men 16&U 200 Free Prelims	2:14.15
#309 Men 16&U 100 Back Prelims	1:10.97	#313 Men 16&U 200 IM Prelims	2:37.95
#401 Men 16&U 50 Free Prelims	26.33	#409 Men 16&U 50 Back Prelims	31.79
#411 Men 16&U 50 Fly Prelims	27.86		

**8 Wolmarans, Karla - Female - Age: 12 - Ind/Rel: 8 / 0**

#104 Women 12 400 Free	6:34.07	#202 Women 16&U 100 Free Prelims	1:19.37
#212 Women 16&U 100 Fly Prelims	1:30.81	#306 Women 16&U 50 Breast Prelims	47.50
#314 Women 16&U 200 IM Prelims	3:12.62	#402 Women 16&U 50 Free Prelims	34.73
#410 Women 16&U 50 Back Prelims	40.44	#412 Women 16&U 50 Fly Prelims	37.15

**Upington Swemklub -zf McGawi Total Individual Entries: 70 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Ushaka Pmb-UM****1 De Haas, Hayley - Female - Age: 14 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:06.26	#206 Women 16&U 100 Breast Prelims	1:30.04
#208 Women 16&U 200 Back Prelims	2:41.36	#306 Women 16&U 50 Breast Prelims	37.75
#310 Women 16&U 100 Back Prelims	1:13.81	#314 Women 16&U 200 IM Prelims	2:49.57
#402 Women 16&U 50 Free Prelims	30.57	#410 Women 16&U 50 Back Prelims	33.23
#412 Women 16&U 50 Fly Prelims	33.10		

**2 Hoffman, Anande N - Male - Age: 12 - Ind/Rel: 8 / 0**

#103 Men 12 400 Free	5:46.45	#201 Men 16&U 100 Free Prelims	1:15.93
#205 Men 16&U 100 Breast Prelims	1:41.53	#301 Men 16&U 200 Free Prelims	2:41.75
#305 Men 16&U 50 Breast Prelims	44.12	#309 Men 16&U 100 Back Prelims	1:26.37
#313 Men 16&U 200 IM Prelims	3:02.11	#409 Men 16&U 50 Back Prelims	41.44

**3 Radebe, Zekh S - Female - Age: 13 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:11.97	#206 Women 16&U 100 Breast Prelims	1:28.48
#306 Women 16&U 50 Breast Prelims	42.16	#310 Women 16&U 100 Back Prelims	1:29.39
#314 Women 16&U 200 IM Prelims	3:08.01	#402 Women 16&U 50 Free Prelims	31.85
#406 Women 16&U 200 Breast Prelims	3:23.60	#412 Women 16&U 50 Fly Prelims	36.37

**4 Shange, Aphelele - Female - Age: 12 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:12.23	#206 Women 16&U 100 Breast Prelims	1:35.06
#212 Women 16&U 100 Fly Prelims	1:29.19	#302 Women 16&U 200 Free Prelims	2:38.42
#306 Women 16&U 50 Breast Prelims	43.80	#310 Women 16&U 100 Back Prelims	1:28.38
#314 Women 16&U 200 IM Prelims	3:05.25	#402 Women 16&U 50 Free Prelims	32.97
#412 Women 16&U 50 Fly Prelims	38.36		

**Ushaka Pmb-UM Total Individual Entries: 34 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events**

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**Valsrivier Swimming Club-FD****1 Coetzee, Burhan - Male - Age: 13 - Ind/Rel: 3 / 0**

#205 Men 16&U 100 Breast Prelims	1:24.57	#305 Men 16&U 50 Breast Prelims	38.21
#405 Men 16&U 200 Breast Prelims	3:04.92		

**2 Coetzee, Kayla C - Female - Age: 12 - Ind/Rel: 4 / 0**

#206 Women 16&U 100 Breast Prelims	1:37.03	#212 Women 16&U 100 Fly Prelims	1:58.51
#306 Women 16&U 50 Breast Prelims	43.58	#406 Women 16&U 200 Breast Prelims	3:33.88

**Valsrivier Swimming Club-FD Total Individual Entries: 7 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Vryheid Swimming Club-ZL****1 Eybers, Carli E - Female - Age: 14 - Ind/Rel: 6 / 0**

#202 Women 16&U 100 Free Prelims	1:05.80	#302 Women 16&U 200 Free Prelims	2:35.51
#310 Women 16&U 100 Back Prelims	1:18.72	#402 Women 16&U 50 Free Prelims	29.47
#410 Women 16&U 50 Back Prelims	36.33	#412 Women 16&U 50 Fly Prelims	32.68

**2 Pillay, Delija - Female - Age: 13 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:11.00	#206 Women 16&U 100 Breast Prelims	1:40.07
#208 Women 16&U 200 Back Prelims	3:10.27	#310 Women 16&U 100 Back Prelims	1:19.14
#402 Women 16&U 50 Free Prelims	31.48	#410 Women 16&U 50 Back Prelims	36.41
#412 Women 16&U 50 Fly Prelims	34.32		

**3 Pretorius, Marnus S - Male - Age: 15 - Ind/Rel: 5 / 0**

#201 Men 16&U 100 Free Prelims	1:00.68	#211 Men 16&U 100 Fly Prelims	1:11.19
#401 Men 16&U 50 Free Prelims	27.30	#409 Men 16&U 50 Back Prelims	33.56
#411 Men 16&U 50 Fly Prelims	30.14		

**4 van der Linde, Kaylie C - Female - Age: 12 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:13.20	#212 Women 16&U 100 Fly Prelims	1:30.25
#302 Women 16&U 200 Free Prelims	2:41.30	#306 Women 16&U 50 Breast Prelims	43.62
#310 Women 16&U 100 Back Prelims	1:22.35	#314 Women 16&U 200 IM Prelims	3:03.01
#402 Women 16&U 50 Free Prelims	34.45	#410 Women 16&U 50 Back Prelims	36.47
#412 Women 16&U 50 Fly Prelims	35.62		

**5 Willemse, Kara C - Female - Age: 12 - Ind/Rel: 5 / 0**

#202 Women 16&U 100 Free Prelims	1:19.41	#212 Women 16&U 100 Fly Prelims	1:30.31
#302 Women 16&U 200 Free Prelims	2:57.94	#314 Women 16&U 200 IM Prelims	3:37.66
#412 Women 16&U 50 Fly Prelims	40.86		

**Vryheid Swimming Club-ZL Total Individual Entries: 32 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Welkom Aquatics-LL****1 Bouwer, Levi G - Male - Age: 13 - Ind/Rel: 13 / 0**

#105 Men 13 400 Free	5:21.87	#201 Men 16&U 100 Free Prelims	1:06.86
#205 Men 16&U 100 Breast Prelims	1:32.33	#207 Men 16&U 200 Back Prelims	2:50.82
#211 Men 16&U 100 Fly Prelims	1:19.28	#301 Men 16&U 200 Free Prelims	2:26.67
#305 Men 16&U 50 Breast Prelims	40.89	#309 Men 16&U 100 Back Prelims	1:19.87
#313 Men 16&U 200 IM Prelims	2:49.48	#401 Men 16&U 50 Free Prelims	30.33
#405 Men 16&U 200 Breast Prelims	3:15.15	#409 Men 16&U 50 Back Prelims	36.32
#411 Men 16&U 50 Fly Prelims	33.61		

**2 O'Tool, Travis - Male - Age: 11 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:13.30	#207 Men 16&U 200 Back Prelims	3:01.61
#211 Men 16&U 100 Fly Prelims	1:31.34	#301 Men 16&U 200 Free Prelims	2:40.24
#309 Men 16&U 100 Back Prelims	1:27.77	#313 Men 16&U 200 IM Prelims	3:06.89

**Welkom Aquatics-LL Total Individual Entries: 19 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Welkom Super Seals-LL****1 Mansill, Noa - Female - Age: 15 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:08.61	#206 Women 16&U 100 Breast Prelims	1:25.02
#212 Women 16&U 100 Fly Prelims	1:16.41	#306 Women 16&U 50 Breast Prelims	37.48
#310 Women 16&U 100 Back Prelims	1:15.90	#314 Women 16&U 200 IM Prelims	2:41.58
#402 Women 16&U 50 Free Prelims	31.57	#412 Women 16&U 50 Fly Prelims	32.46

**2 Nel, Dirk - Male - Age: 12 - Ind/Rel: 10 / 0**

#103 Men 12 400 Free	5:33.00	#201 Men 16&U 100 Free Prelims	1:11.22
#205 Men 16&U 100 Breast Prelims	1:41.76	#211 Men 16&U 100 Fly Prelims	1:31.44
#301 Men 16&U 200 Free Prelims	2:39.09	#305 Men 16&U 50 Breast Prelims	44.64
#313 Men 16&U 200 IM Prelims	2:59.66	#401 Men 16&U 50 Free Prelims	31.35
#409 Men 16&U 50 Back Prelims	39.24	#411 Men 16&U 50 Fly Prelims	36.50

**3 Roper, Elle-Anne - Female - Age: 11 - Ind/Rel: 10 / 0**

#202 Women 16&U 100 Free Prelims	1:12.76	#206 Women 16&U 100 Breast Prelims	1:34.81
#212 Women 16&U 100 Fly Prelims	1:35.58	#306 Women 16&U 50 Breast Prelims	41.24
#310 Women 16&U 100 Back Prelims	1:29.79	#314 Women 16&U 200 IM Prelims	3:11.13
#402 Women 16&U 50 Free Prelims	32.23	#406 Women 16&U 200 Breast Prelims	3:25.94
#410 Women 16&U 50 Back Prelims	39.80	#412 Women 16&U 50 Fly Prelims	39.03

**4 Wiesner, Jordan - Male - Age: 13 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:11.42	#205 Men 16&U 100 Breast Prelims	1:26.98
#305 Men 16&U 50 Breast Prelims	38.26	#401 Men 16&U 50 Free Prelims	32.08
#405 Men 16&U 200 Breast Prelims	3:19.98	#409 Men 16&U 50 Back Prelims	37.96
#411 Men 16&U 50 Fly Prelims	36.35		

**Welkom Super Seals-LL Total Individual Entries: 35 - Total Relays: 0**

**SA Level 3 Regional Age Group Champs 2026-FS - 26/03/2026 to 29/03/2026****Team Entries - All Events****Westville Swimming Club-ET****1 Ally, Luqmaan M - Male - Age: 10 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:14.64	#305 Men 16&U 50 Breast Prelims	46.82
#313 Men 16&U 200 IM Prelims	3:18.39	#401 Men 16&U 50 Free Prelims	32.95
#409 Men 16&U 50 Back Prelims	39.53	#411 Men 16&U 50 Fly Prelims	37.54

**2 Hasselmann, Liam - Male - Age: 11 - Ind/Rel: 9 / 0**

#101 Men 11&U 400 Free	6:08.26	#201 Men 16&U 100 Free Prelims	1:14.50
#207 Men 16&U 200 Back Prelims	3:10.22	#211 Men 16&U 100 Fly Prelims	1:28.35
#301 Men 16&U 200 Free Prelims	2:43.23	#309 Men 16&U 100 Back Prelims	1:25.56
#401 Men 16&U 50 Free Prelims	33.95	#409 Men 16&U 50 Back Prelims	38.94
#411 Men 16&U 50 Fly Prelims	36.06		

**3 Kachisi, Mufaro - Female - Age: 11 - Ind/Rel: 10 / 0**

#102 Women 11&U 400 Free	5:51.31	#202 Women 16&U 100 Free Prelims	1:16.99
#206 Women 16&U 100 Breast Prelims	1:42.01	#212 Women 16&U 100 Fly Prelims	1:28.01
#302 Women 16&U 200 Free Prelims	2:45.95	#310 Women 16&U 100 Back Prelims	1:30.38
#314 Women 16&U 200 IM Prelims	3:02.54	#402 Women 16&U 50 Free Prelims	38.13
#406 Women 16&U 200 Breast Prelims	3:39.02	#412 Women 16&U 50 Fly Prelims	43.61

**4 Kearney, Leon - Male - Age: 12 - Ind/Rel: 12 / 0**

#103 Men 12 400 Free	5:52.62	#201 Men 16&U 100 Free Prelims	1:17.89
#205 Men 16&U 100 Breast Prelims	1:46.40	#207 Men 16&U 200 Back Prelims	3:10.15
#211 Men 16&U 100 Fly Prelims	1:45.65	#301 Men 16&U 200 Free Prelims	2:44.12
#305 Men 16&U 50 Breast Prelims	48.39	#309 Men 16&U 100 Back Prelims	1:28.46
#313 Men 16&U 200 IM Prelims	3:16.74	#401 Men 16&U 50 Free Prelims	35.60
#409 Men 16&U 50 Back Prelims	40.53	#411 Men 16&U 50 Fly Prelims	43.83

**5 Muller, Nathan - Male - Age: 15 - Ind/Rel: 9 / 0**

#201 Men 16&U 100 Free Prelims	59.98	#211 Men 16&U 100 Fly Prelims	1:10.32
#301 Men 16&U 200 Free Prelims	2:10.75	#305 Men 16&U 50 Breast Prelims	37.14
#309 Men 16&U 100 Back Prelims	1:08.34	#313 Men 16&U 200 IM Prelims	2:37.48
#401 Men 16&U 50 Free Prelims	26.79	#409 Men 16&U 50 Back Prelims	31.72
#411 Men 16&U 50 Fly Prelims	30.26		

**Westville Swimming Club-ET Total Individual Entries: 46 - Total Relays: 0**