

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Action Aquatics-CC****1 Geldenhuys, Mila - Female - Age: 12 - Ind/Rel: 9 / 0**

#104 Women 12 400 Free	5:38.70
#212 Women 16&U 100 Fly Prelims	1:27.53
#310 Women 16&U 100 Back Prelims	1:26.01
#402 Women 16&U 50 Free Prelims	32.66
#412 Women 16&U 50 Fly Prelims	35.84

#202 Women 16&U 100 Free Prelims	1:11.57
#302 Women 16&U 200 Free Prelims	2:39.01
#314 Women 16&U 200 IM Prelims	2:58.84
#410 Women 16&U 50 Back Prelims	37.86

2 Kelsey, Jayden - Male - Age: 11 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	6:21.58
#205 Men 16&U 100 Breast Prelims	1:42.84
#305 Men 16&U 50 Breast Prelims	44.58
#313 Men 16&U 200 IM Prelims	3:14.11
#405 Men 16&U 200 Breast Prelims	3:41.00

#201 Men 16&U 100 Free Prelims	1:18.70
#207 Men 16&U 200 Back Prelims	3:04.38
#309 Men 16&U 100 Back Prelims	1:24.99
#401 Men 16&U 50 Free Prelims	35.38
#409 Men 16&U 50 Back Prelims	38.97

3 Korff, Rozaan - Female - Age: 16 - Ind/Rel: 8 / 0

#112 Women 16 400 Free	5:10.50
#208 Women 16&U 200 Back Prelims	2:58.66
#314 Women 16&U 200 IM Prelims	2:48.84
#410 Women 16&U 50 Back Prelims	36.69

#202 Women 16&U 100 Free Prelims	1:06.94
#302 Women 16&U 200 Free Prelims	2:25.27
#402 Women 16&U 50 Free Prelims	31.39
#412 Women 16&U 50 Fly Prelims	36.64

4 Prinsloo, Miané - Female - Age: 12 - Ind/Rel: 12 / 0

#104 Women 12 400 Free	5:40.38
#206 Women 16&U 100 Breast Prelims	1:35.04
#302 Women 16&U 200 Free Prelims	2:44.20
#310 Women 16&U 100 Back Prelims	1:26.38
#402 Women 16&U 50 Free Prelims	32.37
#410 Women 16&U 50 Back Prelims	36.91

#202 Women 16&U 100 Free Prelims	1:10.84
#208 Women 16&U 200 Back Prelims	2:55.25
#306 Women 16&U 50 Breast Prelims	42.22
#314 Women 16&U 200 IM Prelims	2:53.80
#406 Women 16&U 200 Breast Prelims	3:13.52
#412 Women 16&U 50 Fly Prelims	41.58

5 Vd Schyff, Talitha - Female - Age: 15 - Ind/Rel: 10 / 0

#110 Women 15 400 Free	5:26.90
#208 Women 16&U 200 Back Prelims	2:45.12
#302 Women 16&U 200 Free Prelims	2:32.96
#314 Women 16&U 200 IM Prelims	2:55.16
#410 Women 16&U 50 Back Prelims	36.39

#202 Women 16&U 100 Free Prelims	1:09.15
#212 Women 16&U 100 Fly Prelims	1:23.09
#310 Women 16&U 100 Back Prelims	1:16.69
#402 Women 16&U 50 Free Prelims	31.61
#412 Women 16&U 50 Fly Prelims	34.80

Action Aquatics-CC Total Individual Entries: 49 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Alcatraz Swimming Club-TS****1 Brink, Robert - Male - Age: 16 - Ind/Rel: 4 / 0**

#201 Men 16&U 100 Free Prelims	58.32	#207 Men 16&U 200 Back Prelims	2:23.43
#211 Men 16&U 100 Fly Prelims	1:05.90	#411 Men 16&U 50 Fly Prelims	29.04

2 Du Plessis, Dominique - Female - Age: 11 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:20.05	#206 Women 16&U 100 Breast Prelims	1:32.34
#306 Women 16&U 50 Breast Prelims	41.38	#310 Women 16&U 100 Back Prelims	1:32.71
#406 Women 16&U 200 Breast Prelims	3:20.72		

3 Garrett, Blake - Male - Age: 14 - Ind/Rel: 7 / 0

#205 Men 16&U 100 Breast Prelims	1:21.29	#207 Men 16&U 200 Back Prelims	2:39.47
#305 Men 16&U 50 Breast Prelims	35.18	#309 Men 16&U 100 Back Prelims	1:11.92
#401 Men 16&U 50 Free Prelims	28.07	#409 Men 16&U 50 Back Prelims	33.12
#411 Men 16&U 50 Fly Prelims	31.16		

4 Govind, Nikita - Female - Age: 15 - Ind/Rel: 5 / 0

#208 Women 16&U 200 Back Prelims	2:37.15	#302 Women 16&U 200 Free Prelims	2:20.12
#310 Women 16&U 100 Back Prelims	1:13.62	#410 Women 16&U 50 Back Prelims	33.84
#412 Women 16&U 50 Fly Prelims	33.25		

5 Heitmuller, Quade - Male - Age: 13 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:05.03	#301 Men 16&U 200 Free Prelims	2:22.86
#309 Men 16&U 100 Back Prelims	1:12.58	#313 Men 16&U 200 IM Prelims	2:51.39
#401 Men 16&U 50 Free Prelims	28.45	#409 Men 16&U 50 Back Prelims	33.02
#411 Men 16&U 50 Fly Prelims	33.51		

6 Jacobs, Faez - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:08.16	#205 Men 16&U 100 Breast Prelims	1:22.16
#305 Men 16&U 50 Breast Prelims	36.32	#313 Men 16&U 200 IM Prelims	2:56.75
#401 Men 16&U 50 Free Prelims	31.50	#405 Men 16&U 200 Breast Prelims	3:04.51
#411 Men 16&U 50 Fly Prelims	34.75		

7 Janse van Rensburg, Caleb M - Male - Age: 14 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:14.80	#205 Men 16&U 100 Breast Prelims	1:27.63
#305 Men 16&U 50 Breast Prelims	39.08	#401 Men 16&U 50 Free Prelims	33.40
#405 Men 16&U 200 Breast Prelims	3:06.93		

8 Mac Lachlan, Ethan C - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:01.48	#211 Men 16&U 100 Fly Prelims	1:04.51
#301 Men 16&U 200 Free Prelims	2:16.02	#401 Men 16&U 50 Free Prelims	28.12
#411 Men 16&U 50 Fly Prelims	28.68		

9 Maja, Kat M - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:07.52	#206 Women 16&U 100 Breast Prelims	1:36.68
#306 Women 16&U 50 Breast Prelims	44.14	#310 Women 16&U 100 Back Prelims	1:22.74
#402 Women 16&U 50 Free Prelims	30.19	#410 Women 16&U 50 Back Prelims	35.95

10 Petrovic, Gordon - Male - Age: 11 - Ind/Rel: 5 / 0

#301 Men 16&U 200 Free Prelims	2:52.45	#309 Men 16&U 100 Back Prelims	1:25.80
#401 Men 16&U 50 Free Prelims	36.70	#409 Men 16&U 50 Back Prelims	40.46
#411 Men 16&U 50 Fly Prelims	44.23		

11 Roos, Callum D - Male - Age: 11 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:24.54	#205 Men 16&U 100 Breast Prelims	1:44.69
#305 Men 16&U 50 Breast Prelims	46.19	#401 Men 16&U 50 Free Prelims	37.29
#405 Men 16&U 200 Breast Prelims	3:38.66		

12 Roos, Kristen P - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:06.88	#208 Women 16&U 200 Back Prelims	2:45.92
#212 Women 16&U 100 Fly Prelims	1:19.38	#310 Women 16&U 100 Back Prelims	1:15.48
#314 Women 16&U 200 IM Prelims	2:54.55	#406 Women 16&U 200 Breast Prelims	3:13.05
#410 Women 16&U 50 Back Prelims	35.42	#412 Women 16&U 50 Fly Prelims	34.54

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Alcatraz Swimming Club-TS****13 Spencer, Mackenzie A - Female - Age: 11 - Ind/Rel: 10 / 0**

#102 Women 11&U 400 Free	5:39.27	#202 Women 16&U 100 Free Prelims	1:13.05
#212 Women 16&U 100 Fly Prelims	1:23.38	#302 Women 16&U 200 Free Prelims	2:36.37
#310 Women 16&U 100 Back Prelims	1:24.40	#314 Women 16&U 200 IM Prelims	2:58.81
#402 Women 16&U 50 Free Prelims	33.04	#406 Women 16&U 200 Breast Prelims	3:33.51
#410 Women 16&U 50 Back Prelims	40.28	#412 Women 16&U 50 Fly Prelims	35.95

14 van Niekerk, Wian W - Male - Age: 11 - Ind/Rel: 5 / 0

#205 Men 16&U 100 Breast Prelims	1:30.19	#211 Men 16&U 100 Fly Prelims	1:29.45
#305 Men 16&U 50 Breast Prelims	40.50	#405 Men 16&U 200 Breast Prelims	3:15.61
#411 Men 16&U 50 Fly Prelims	37.81		

15 Vesely, Matej E - Male - Age: 16 - Ind/Rel: 2 / 0

#111 Men 16 400 Free	4:26.65	#301 Men 16&U 200 Free Prelims	2:04.95
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Alcatraz Swimming Club-TS Total Individual Entries: 86 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Aqua Athlete-JH****1 Adelaine, Jorja - Female - Age: 12 - Ind/Rel: 12 / 0**

#104 Women 12 400 Free	6:01.19	#202 Women 16&U 100 Free Prelims	1:16.53
#206 Women 16&U 100 Breast Prelims	1:38.59	#212 Women 16&U 100 Fly Prelims	1:36.94
#302 Women 16&U 200 Free Prelims	2:49.33	#306 Women 16&U 50 Breast Prelims	45.33
#310 Women 16&U 100 Back Prelims	1:29.44	#314 Women 16&U 200 IM Prelims	3:12.31
#402 Women 16&U 50 Free Prelims	34.11	#406 Women 16&U 200 Breast Prelims	3:33.97
#410 Women 16&U 50 Back Prelims	40.51	#412 Women 16&U 50 Fly Prelims	38.81

2 Adelaine, Kenzie - Female - Age: 11 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:15.66	#206 Women 16&U 100 Breast Prelims	1:40.65
#212 Women 16&U 100 Fly Prelims	1:29.90	#302 Women 16&U 200 Free Prelims	2:49.48
#306 Women 16&U 50 Breast Prelims	44.04	#314 Women 16&U 200 IM Prelims	3:09.96
#402 Women 16&U 50 Free Prelims	33.45	#406 Women 16&U 200 Breast Prelims	3:36.60
#412 Women 16&U 50 Fly Prelims	38.79		

3 Borges, Anabella M - Female - Age: 15 - Ind/Rel: 6 / 0

#110 Women 15 400 Free	5:28.81	#206 Women 16&U 100 Breast Prelims	1:22.65
#306 Women 16&U 50 Breast Prelims	36.99	#314 Women 16&U 200 IM Prelims	2:47.35
#402 Women 16&U 50 Free Prelims	31.46	#406 Women 16&U 200 Breast Prelims	3:02.45

4 Botha, Sebastian - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	5:40.28	#201 Men 16&U 100 Free Prelims	1:11.09
#301 Men 16&U 200 Free Prelims	2:38.36	#309 Men 16&U 100 Back Prelims	1:22.83
#313 Men 16&U 200 IM Prelims	3:09.74	#401 Men 16&U 50 Free Prelims	32.45
#409 Men 16&U 50 Back Prelims	37.89	#411 Men 16&U 50 Fly Prelims	36.43

5 John, Joshua A - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:01.25	#205 Men 16&U 100 Breast Prelims	1:20.79
#301 Men 16&U 200 Free Prelims	2:21.12	#305 Men 16&U 50 Breast Prelims	36.50
#401 Men 16&U 50 Free Prelims	27.38	#411 Men 16&U 50 Fly Prelims	31.81

6 Kneubuhler, Luca J - Male - Age: 13 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:04.74	#207 Men 16&U 200 Back Prelims	2:52.18
#301 Men 16&U 200 Free Prelims	2:25.85	#309 Men 16&U 100 Back Prelims	1:16.66
#401 Men 16&U 50 Free Prelims	29.21	#409 Men 16&U 50 Back Prelims	36.55
#411 Men 16&U 50 Fly Prelims	35.47		

7 Lingerfelder, Elle A - Female - Age: 11 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:13.85	#206 Women 16&U 100 Breast Prelims	1:37.59
#208 Women 16&U 200 Back Prelims	3:10.26	#302 Women 16&U 200 Free Prelims	2:49.62
#310 Women 16&U 100 Back Prelims	1:26.99	#314 Women 16&U 200 IM Prelims	3:06.83
#402 Women 16&U 50 Free Prelims	33.86	#406 Women 16&U 200 Breast Prelims	3:26.86
#410 Women 16&U 50 Back Prelims	40.07		

8 McEwan, Nathan - Male - Age: 13 - Ind/Rel: 11 / 0

#105 Men 13 400 Free	5:40.13	#201 Men 16&U 100 Free Prelims	1:08.87
#205 Men 16&U 100 Breast Prelims	1:35.39	#207 Men 16&U 200 Back Prelims	2:44.16
#211 Men 16&U 100 Fly Prelims	1:26.74	#301 Men 16&U 200 Free Prelims	2:31.92
#309 Men 16&U 100 Back Prelims	1:15.94	#313 Men 16&U 200 IM Prelims	2:53.40
#401 Men 16&U 50 Free Prelims	31.52	#409 Men 16&U 50 Back Prelims	35.15
#411 Men 16&U 50 Fly Prelims	35.22		

9 O'Connor, Tristan P - Male - Age: 15 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:06.05	#207 Men 16&U 200 Back Prelims	2:40.34
#211 Men 16&U 100 Fly Prelims	1:20.86	#301 Men 16&U 200 Free Prelims	2:27.84
#309 Men 16&U 100 Back Prelims	1:14.84	#313 Men 16&U 200 IM Prelims	2:46.43
#401 Men 16&U 50 Free Prelims	30.53	#405 Men 16&U 200 Breast Prelims	3:15.23
#409 Men 16&U 50 Back Prelims	33.60	#411 Men 16&U 50 Fly Prelims	32.63

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Aqua Athlete-JH****10 Oosthuyzen, Emma - Female - Age: 11 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:13.57	#206 Women 16&U 100 Breast Prelims	1:48.58
#208 Women 16&U 200 Back Prelims	3:07.20	#302 Women 16&U 200 Free Prelims	2:42.86
#310 Women 16&U 100 Back Prelims	1:25.79	#314 Women 16&U 200 IM Prelims	3:00.10
#402 Women 16&U 50 Free Prelims	34.90	#410 Women 16&U 50 Back Prelims	40.89
#412 Women 16&U 50 Fly Prelims	36.33		

11 Tschofen, Arabella S - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:21.00	#206 Women 16&U 100 Breast Prelims	1:40.71
#208 Women 16&U 200 Back Prelims	3:16.02	#302 Women 16&U 200 Free Prelims	3:00.25
#310 Women 16&U 100 Back Prelims	1:31.75	#314 Women 16&U 200 IM Prelims	3:22.43
#402 Women 16&U 50 Free Prelims	36.43	#410 Women 16&U 50 Back Prelims	41.46

12 Wood, Xavier M - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:06.89	#207 Men 16&U 200 Back Prelims	2:35.19
#309 Men 16&U 100 Back Prelims	1:14.11	#401 Men 16&U 50 Free Prelims	29.73
#409 Men 16&U 50 Back Prelims	34.67	#411 Men 16&U 50 Fly Prelims	33.28

Aqua Athlete-JH Total Individual Entries: 101 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Aquarius Aquatics Swimming Clu-JH****1 Banks, Tristan D - Male - Age: 11 - Ind/Rel: 9 / 2**

#101 Men 11&U 400 Free	5:39.28	#201 Men 16&U 100 Free Prelims	1:09.73
#207 Men 16&U 200 Back Prelims	2:55.14	#301 Men 16&U 200 Free Prelims	2:37.97
#305 Men 16&U 50 Breast Prelims	49.19	#309 Men 16&U 100 Back Prelims	1:19.33
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.22	#401 Men 16&U 50 Free Prelims	31.89
#409 Men 16&U 50 Back Prelims	35.62	#411 Men 16&U 50 Fly Prelims	34.20
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.20		

2 Madondo, Sabrina M - Female - Age: 11 - Ind/Rel: 10 / 2

#102 Women 11&U 400 Free	6:04.58	#202 Women 16&U 100 Free Prelims	1:16.48
#206 Women 16&U 100 Breast Prelims	1:57.60	#208 Women 16&U 200 Back Prelims	3:21.98
#302 Women 16&U 200 Free Prelims	2:47.76	#306 Women 16&U 50 Breast Prelims	46.38
#310 Women 16&U 100 Back Prelims	1:32.47	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.22
#402 Women 16&U 50 Free Prelims	34.62	#410 Women 16&U 50 Back Prelims	40.91
#412 Women 16&U 50 Fly Prelims	49.27	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.20

3 Moodley, Kellan D - Male - Age: 11 - Ind/Rel: 8 / 2

#201 Men 16&U 100 Free Prelims	1:14.24	#205 Men 16&U 100 Breast Prelims	1:51.64
#301 Men 16&U 200 Free Prelims	2:44.90	#305 Men 16&U 50 Breast Prelims	49.03
#309 Men 16&U 100 Back Prelims	1:27.20	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.22
#401 Men 16&U 50 Free Prelims	32.91	#409 Men 16&U 50 Back Prelims	40.26
#411 Men 16&U 50 Fly Prelims	38.60	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.20

4 Nematikanga, Thendo - Female - Age: 11 - Ind/Rel: 8 / 2

#202 Women 16&U 100 Free Prelims	1:15.23	#208 Women 16&U 200 Back Prelims	3:21.19
#302 Women 16&U 200 Free Prelims	3:02.90	#306 Women 16&U 50 Breast Prelims	47.06
#310 Women 16&U 100 Back Prelims	1:28.03	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:34.22
#402 Women 16&U 50 Free Prelims	32.72	#410 Women 16&U 50 Back Prelims	37.89
#412 Women 16&U 50 Fly Prelims	38.41	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:55.20

Aquarius Aquatics Swimming Clu-JH Total Individual Entries: 35 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Aquatic Wings Swim Club-TS****1 Le Roux, Juan - Male - Age: 14 - Ind/Rel: 9 / 0**

#107 Men 14 400 Free	5:27.21	#201 Men 16&U 100 Free Prelims	1:04.39
#205 Men 16&U 100 Breast Prelims	1:22.33	#305 Men 16&U 50 Breast Prelims	36.99
#309 Men 16&U 100 Back Prelims	1:16.54	#313 Men 16&U 200 IM Prelims	2:47.81
#401 Men 16&U 50 Free Prelims	28.57	#409 Men 16&U 50 Back Prelims	35.76
#411 Men 16&U 50 Fly Prelims	32.31		

2 Mostert, Abby J - Female - Age: 13 - Ind/Rel: 8 / 0

#106 Women 13 400 Free	5:39.19	#202 Women 16&U 100 Free Prelims	1:10.01
#208 Women 16&U 200 Back Prelims	2:47.34	#302 Women 16&U 200 Free Prelims	2:37.86
#310 Women 16&U 100 Back Prelims	1:16.70	#402 Women 16&U 50 Free Prelims	31.52
#410 Women 16&U 50 Back Prelims	35.91	#412 Women 16&U 50 Fly Prelims	36.37

3 Sieberhagen, Dewet M - Male - Age: 11 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:15.01	#205 Men 16&U 100 Breast Prelims	1:42.94
#305 Men 16&U 50 Breast Prelims	46.60	#313 Men 16&U 200 IM Prelims	3:15.97
#401 Men 16&U 50 Free Prelims	33.42	#411 Men 16&U 50 Fly Prelims	39.70

4 Venter, Mia - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:21.48	#206 Women 16&U 100 Breast Prelims	1:45.92
#402 Women 16&U 50 Free Prelims	37.22	#410 Women 16&U 50 Back Prelims	39.18
#412 Women 16&U 50 Fly Prelims	36.89		

Aquatic Wings Swim Club-TS Total Individual Entries: 28 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Baracuda Swim Club-EK****1 Dippenaar Safi, Ethan C - Male - Age: 12 - Ind/Rel: 12 / 0**

#201 Men 16&U 100 Free Prelims	1:14.44	#205 Men 16&U 100 Breast Prelims	1:37.04
#207 Men 16&U 200 Back Prelims	3:15.68	#211 Men 16&U 100 Fly Prelims	1:23.09
#301 Men 16&U 200 Free Prelims	2:49.53	#305 Men 16&U 50 Breast Prelims	41.14
#309 Men 16&U 100 Back Prelims	1:31.55	#313 Men 16&U 200 IM Prelims	3:05.66
#401 Men 16&U 50 Free Prelims	32.87	#405 Men 16&U 200 Breast Prelims	3:22.44
#409 Men 16&U 50 Back Prelims	41.76	#411 Men 16&U 50 Fly Prelims	35.72

2 Machill, Cayleigh J - Female - Age: 13 - Ind/Rel: 13 / 0

#106 Women 13 400 Free	5:46.04	#202 Women 16&U 100 Free Prelims	1:13.63
#206 Women 16&U 100 Breast Prelims	1:39.33	#208 Women 16&U 200 Back Prelims	3:08.81
#212 Women 16&U 100 Fly Prelims	1:28.22	#302 Women 16&U 200 Free Prelims	2:42.80
#306 Women 16&U 50 Breast Prelims	45.52	#310 Women 16&U 100 Back Prelims	1:27.46
#314 Women 16&U 200 IM Prelims	3:04.85	#402 Women 16&U 50 Free Prelims	34.10
#406 Women 16&U 200 Breast Prelims	3:29.87	#410 Women 16&U 50 Back Prelims	40.96
#412 Women 16&U 50 Fly Prelims	37.87		

Baracuda Swim Club-EK Total Individual Entries: 25 - Total Relays: 0

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

Team Entries - All Events

Boksburg Aquatic Saints-EK**1 Abhai, Sameer - Male - Age: 14 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:10.81
#305 Men 16&U 50 Breast Prelims	37.17
#401 Men 16&U 50 Free Prelims	29.61
#411 Men 16&U 50 Fly Prelims	35.18

#205 Men 16&U 100 Breast Prelims	1:26.30
#313 Men 16&U 200 IM Prelims	3:02.86
#405 Men 16&U 200 Breast Prelims	3:21.42

2 Allen, Zander K - Male - Age: 15 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	59.88
#301 Men 16&U 200 Free Prelims	2:16.36
#313 Men 16&U 200 IM Prelims	2:33.14
#409 Men 16&U 50 Back Prelims	31.25

#211 Men 16&U 100 Fly Prelims	1:06.71
#309 Men 16&U 100 Back Prelims	1:11.41
#401 Men 16&U 50 Free Prelims	26.46
#411 Men 16&U 50 Fly Prelims	29.24

3 Els, Megan A - Female - Age: 14 - Ind/Rel: 8 / 0

#108 Women 14 400 Free	5:39.74
#212 Women 16&U 100 Fly Prelims	1:19.35
#314 Women 16&U 200 IM Prelims	2:54.06
#410 Women 16&U 50 Back Prelims	36.97

#202 Women 16&U 100 Free Prelims	1:10.65
#310 Women 16&U 100 Back Prelims	1:17.43
#402 Women 16&U 50 Free Prelims	32.10
#412 Women 16&U 50 Fly Prelims	34.24

4 Letsoalo, Tetelo C - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	5:02.50
#211 Men 16&U 100 Fly Prelims	1:17.30
#309 Men 16&U 100 Back Prelims	1:14.66
#401 Men 16&U 50 Free Prelims	27.99
#411 Men 16&U 50 Fly Prelims	30.82

#205 Men 16&U 100 Breast Prelims	1:21.35
#301 Men 16&U 200 Free Prelims	2:21.56
#313 Men 16&U 200 IM Prelims	2:36.74
#405 Men 16&U 200 Breast Prelims	2:54.92

5 Letsoalo, Thabang M - Male - Age: 11 - Ind/Rel: 7 / 0

#101 Men 11&U 400 Free	5:51.22
#301 Men 16&U 200 Free Prelims	2:43.31
#401 Men 16&U 50 Free Prelims	34.78
#409 Men 16&U 50 Back Prelims	42.74

#205 Men 16&U 100 Breast Prelims	1:32.92
#313 Men 16&U 200 IM Prelims	3:05.96
#405 Men 16&U 200 Breast Prelims	3:18.13

6 Maponyane, Mary - Female - Age: 14 - Ind/Rel: 9 / 0

#108 Women 14 400 Free	5:16.81
#212 Women 16&U 100 Fly Prelims	1:16.13
#314 Women 16&U 200 IM Prelims	2:49.13
#406 Women 16&U 200 Breast Prelims	3:28.81
#412 Women 16&U 50 Fly Prelims	32.77

#206 Women 16&U 100 Breast Prelims	1:31.93
#302 Women 16&U 200 Free Prelims	2:26.13
#402 Women 16&U 50 Free Prelims	31.74
#410 Women 16&U 50 Back Prelims	37.94

7 Moabelo, Fatso J - Female - Age: 12 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:19.12
#212 Women 16&U 100 Fly Prelims	1:34.44
#310 Women 16&U 100 Back Prelims	1:29.85
#406 Women 16&U 200 Breast Prelims	3:28.03
#412 Women 16&U 50 Fly Prelims	40.75

#208 Women 16&U 200 Back Prelims	3:03.47
#306 Women 16&U 50 Breast Prelims	43.53
#314 Women 16&U 200 IM Prelims	3:03.64
#410 Women 16&U 50 Back Prelims	38.59

8 Ngomez, Tumi K - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:05.34
#211 Men 16&U 100 Fly Prelims	1:36.19
#305 Men 16&U 50 Breast Prelims	43.46
#401 Men 16&U 50 Free Prelims	29.12
#411 Men 16&U 50 Fly Prelims	36.94

#207 Men 16&U 200 Back Prelims	2:47.43
#301 Men 16&U 200 Free Prelims	2:28.81
#309 Men 16&U 100 Back Prelims	1:17.00
#409 Men 16&U 50 Back Prelims	35.30

9 Peer, Amr - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:02.41
#305 Men 16&U 50 Breast Prelims	36.90
#313 Men 16&U 200 IM Prelims	2:39.89
#409 Men 16&U 50 Back Prelims	32.17

#207 Men 16&U 200 Back Prelims	2:31.79
#309 Men 16&U 100 Back Prelims	1:09.80
#401 Men 16&U 50 Free Prelims	27.90
#411 Men 16&U 50 Fly Prelims	31.41

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

Boksburg Aquatic Saints-EK

10 Ripley, Jordan - Male - Age: 13 - Ind/Rel: 7 / 0

#105 Men 13 400 Free	5:26.70	#207 Men 16&U 200 Back Prelims	2:55.13
#301 Men 16&U 200 Free Prelims	2:31.34	#309 Men 16&U 100 Back Prelims	1:18.53
#401 Men 16&U 50 Free Prelims	30.78	#409 Men 16&U 50 Back Prelims	38.36
#411 Men 16&U 50 Fly Prelims	40.72		

Boksburg Aquatic Saints-EK Total Individual Entries: 81 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Bulawayo Amateur Swimming Ass****1 Madonko, Jamela - Male - Age: 11 - Ind/Rel: 10 / 2**

#101 Men 11&U 400 Free	5:29.62	#201 Men 16&U 100 Free Prelims	1:09.61
#205 Men 16&U 100 Breast Prelims	1:37.96	#211 Men 16&U 100 Fly Prelims	1:22.03
#301 Men 16&U 200 Free Prelims	2:32.30	#309 Men 16&U 100 Back Prelims	1:30.94
#313 Men 16&U 200 IM Prelims	2:57.22	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT
#401 Men 16&U 50 Free Prelims	32.78	#405 Men 16&U 200 Breast Prelims	3:28.43
#411 Men 16&U 50 Fly Prelims	36.54	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT

2 Majoni, Joana - Female - Age: 11 - Ind/Rel: 10 / 3

#102 Women 11&U 400 Free	6:14.18	#206 Women 16&U 100 Breast Prelims	1:44.60
#208 Women 16&U 200 Back Prelims	3:19.39	#212 Women 16&U 100 Fly Prelims	1:31.49
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#306 Women 16&U 50 Breast Prelims	47.33
#310 Women 16&U 100 Back Prelims	1:26.41	#314 Women 16&U 200 IM Prelims	3:14.07
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:32.13	#406 Women 16&U 200 Breast Prelims	3:49.15
#410 Women 16&U 50 Back Prelims	39.92	#412 Women 16&U 50 Fly Prelims	38.84
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:55.89		

3 Masanganise, Edward - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:39.19	#205 Men 16&U 100 Breast Prelims	1:38.67
#207 Men 16&U 200 Back Prelims	2:49.72	#301 Men 16&U 200 Free Prelims	2:38.93
#305 Men 16&U 50 Breast Prelims	44.00	#309 Men 16&U 100 Back Prelims	1:18.09
#401 Men 16&U 50 Free Prelims	32.75	#405 Men 16&U 200 Breast Prelims	3:30.46
#409 Men 16&U 50 Back Prelims	35.05		

4 Ngwenya, Rachel - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:09.80	#208 Women 16&U 200 Back Prelims	2:59.23
#302 Women 16&U 200 Free Prelims	2:33.52	#310 Women 16&U 100 Back Prelims	1:17.37
#402 Women 16&U 50 Free Prelims	31.43	#410 Women 16&U 50 Back Prelims	35.41
#412 Women 16&U 50 Fly Prelims	34.47		

5 Petersen, Eli - Male - Age: 11 - Ind/Rel: 10 / 2

#201 Men 16&U 100 Free Prelims	1:17.11	#205 Men 16&U 100 Breast Prelims	1:36.60
#211 Men 16&U 100 Fly Prelims	1:28.92	#305 Men 16&U 50 Breast Prelims	43.41
#309 Men 16&U 100 Back Prelims	1:29.97	#313 Men 16&U 200 IM Prelims	3:12.07
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT	#401 Men 16&U 50 Free Prelims	33.36
#405 Men 16&U 200 Breast Prelims	3:33.31	#409 Men 16&U 50 Back Prelims	40.14
#411 Men 16&U 50 Fly Prelims	36.10	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT

6 Sibanda, Jaynell - Female - Age: 11 - Ind/Rel: 9 / 3

#102 Women 11&U 400 Free	6:10.60	#202 Women 16&U 100 Free Prelims	1:24.13
#208 Women 16&U 200 Back Prelims	3:24.45	#212 Women 16&U 100 Fly Prelims	1:33.26
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 16&U 200 Free Prelims	2:56.68
#310 Women 16&U 100 Back Prelims	1:36.76	#314 Women 16&U 200 IM Prelims	3:20.03
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:32.13	#410 Women 16&U 50 Back Prelims	44.67
#412 Women 16&U 50 Fly Prelims	40.38	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:55.89

7 Sibanda, Monalisa - Female - Age: 11 - Ind/Rel: 7 / 5

#202 Women 16&U 100 Free Prelims	1:12.74	#206 Women 16&U 100 Breast Prelims	1:32.94
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT	#302 Women 16&U 200 Free Prelims	2:53.80
#306 Women 16&U 50 Breast Prelims	41.91	#314 Women 16&U 200 IM Prelims	3:01.79
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:32.13	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT
#402 Women 16&U 50 Free Prelims	32.47	#406 Women 16&U 200 Breast Prelims	3:24.16
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:55.89	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Bulawayo Amatuer Swimming Ass****8 Timveos, Antonia - Female - Age: 12 - Ind/Rel: 8 / 5**

#104 Women 12 400 Free	6:00.59	#206 Women 16&U 100 Breast Prelims	1:37.94
#208 Women 16&U 200 Back Prelims	2:57.94	#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	NT
#306 Women 16&U 50 Breast Prelims	43.17	#310 Women 16&U 100 Back Prelims	1:25.53
#314 Women 16&U 200 IM Prelims	3:09.76	#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:32.13
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	NT	#406 Women 16&U 200 Breast Prelims	3:24.61
#410 Women 16&U 50 Back Prelims	38.36	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:55.89
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	NT		

Bulawayo Amatuer Swimming Ass Total Individual Entries: 70 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****C. Desportos Tubarões Maputo****1 Arvind, Milan D - Male - Age: 15 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:04.62	#207 Men 16&U 200 Back Prelims	2:35.39
#309 Men 16&U 100 Back Prelims	1:13.13	#313 Men 16&U 200 IM Prelims	2:38.88
#401 Men 16&U 50 Free Prelims	29.73	#409 Men 16&U 50 Back Prelims	33.89

2 Basto, Goncalo M - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:04.92	#205 Men 16&U 100 Breast Prelims	1:27.47
#301 Men 16&U 200 Free Prelims	2:21.57	#313 Men 16&U 200 IM Prelims	2:40.46
#401 Men 16&U 50 Free Prelims	28.67	#411 Men 16&U 50 Fly Prelims	29.09

3 Khosa, Yanni B - Male - Age: 16 - Ind/Rel: 5 / 0

#211 Men 16&U 100 Fly Prelims	1:02.09	#305 Men 16&U 50 Breast Prelims	36.23
#313 Men 16&U 200 IM Prelims	2:40.88	#401 Men 16&U 50 Free Prelims	27.32
#411 Men 16&U 50 Fly Prelims	28.03		

4 Massingue, Estela B - Female - Age: 14 - Ind/Rel: 6 / 0

#206 Women 16&U 100 Breast Prelims	1:24.71	#212 Women 16&U 100 Fly Prelims	1:17.78
#306 Women 16&U 50 Breast Prelims	39.38	#314 Women 16&U 200 IM Prelims	2:48.61
#402 Women 16&U 50 Free Prelims	32.56	#412 Women 16&U 50 Fly Prelims	32.29

5 Menete Junior, Lazaro H - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	57.62	#207 Men 16&U 200 Back Prelims	2:30.22
#305 Men 16&U 50 Breast Prelims	33.46	#309 Men 16&U 100 Back Prelims	1:07.65
#401 Men 16&U 50 Free Prelims	25.60	#409 Men 16&U 50 Back Prelims	30.41

6 Miambo, Kianga T - Female - Age: 13 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:11.53	#212 Women 16&U 100 Fly Prelims	1:20.68
#306 Women 16&U 50 Breast Prelims	43.41	#314 Women 16&U 200 IM Prelims	2:55.23
#402 Women 16&U 50 Free Prelims	31.13	#412 Women 16&U 50 Fly Prelims	34.80

C. Desportos Tubarões Maputo Total Individual Entries: 35 - Total Relays: 0

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

Team Entries - All Events

Cardinal Aquatics-EK

1 Aspden, Kailan B - Male - Age: 13 - Ind/Rel: 7 / 0

#105 Men 13 400 Free	5:27.38	#201 Men 16&U 100 Free Prelims	1:04.67
#301 Men 16&U 200 Free Prelims	2:28.47	#309 Men 16&U 100 Back Prelims	1:22.65
#401 Men 16&U 50 Free Prelims	29.34	#409 Men 16&U 50 Back Prelims	35.90
#411 Men 16&U 50 Fly Prelims	34.99		

2 Baker, Benjamin - Male - Age: 16 - Ind/Rel: 6 / 0

#111 Men 16 400 Free	4:54.35	#201 Men 16&U 100 Free Prelims	1:02.83
#207 Men 16&U 200 Back Prelims	2:34.41	#309 Men 16&U 100 Back Prelims	1:14.41
#401 Men 16&U 50 Free Prelims	28.57	#409 Men 16&U 50 Back Prelims	33.46

3 Beling, Justin B - Male - Age: 15 - Ind/Rel: 9 / 0

#109 Men 15 400 Free	4:58.82	#201 Men 16&U 100 Free Prelims	1:02.12
#207 Men 16&U 200 Back Prelims	2:34.99	#301 Men 16&U 200 Free Prelims	2:18.04
#309 Men 16&U 100 Back Prelims	1:12.90	#313 Men 16&U 200 IM Prelims	2:53.19
#401 Men 16&U 50 Free Prelims	27.98	#409 Men 16&U 50 Back Prelims	33.36
#411 Men 16&U 50 Fly Prelims	34.60		

4 Boardman, Leah C - Female - Age: 15 - Ind/Rel: 6 / 0

#110 Women 15 400 Free	5:18.84	#206 Women 16&U 100 Breast Prelims	1:29.98
#306 Women 16&U 50 Breast Prelims	41.08	#314 Women 16&U 200 IM Prelims	2:51.44
#406 Women 16&U 200 Breast Prelims	3:20.27	#412 Women 16&U 50 Fly Prelims	35.57

5 Botes, Taylor-Rose - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:10.90	#206 Women 16&U 100 Breast Prelims	1:33.48
#306 Women 16&U 50 Breast Prelims	46.97	#314 Women 16&U 200 IM Prelims	3:02.44
#406 Women 16&U 200 Breast Prelims	3:11.61		

6 Carpinteiro, Diego - Male - Age: 13 - Ind/Rel: 6 / 0

#105 Men 13 400 Free	5:03.23	#201 Men 16&U 100 Free Prelims	1:05.28
#301 Men 16&U 200 Free Prelims	2:23.73	#309 Men 16&U 100 Back Prelims	1:16.58
#401 Men 16&U 50 Free Prelims	29.70	#411 Men 16&U 50 Fly Prelims	32.84

7 Dandoulakis, Alexi - Female - Age: 12 - Ind/Rel: 7 / 0

#104 Women 12 400 Free	5:41.61	#202 Women 16&U 100 Free Prelims	1:09.34
#206 Women 16&U 100 Breast Prelims	1:33.05	#302 Women 16&U 200 Free Prelims	2:39.27
#306 Women 16&U 50 Breast Prelims	42.50	#402 Women 16&U 50 Free Prelims	32.85
#406 Women 16&U 200 Breast Prelims	3:22.42		

8 Douglas, William M - Male - Age: 14 - Ind/Rel: 6 / 0

#107 Men 14 400 Free	5:18.25	#201 Men 16&U 100 Free Prelims	1:05.25
#211 Men 16&U 100 Fly Prelims	1:13.23	#309 Men 16&U 100 Back Prelims	1:16.53
#401 Men 16&U 50 Free Prelims	29.93	#411 Men 16&U 50 Fly Prelims	31.55

9 Dowling, Landon G - Male - Age: 16 - Ind/Rel: 4 / 0

#201 Men 16&U 100 Free Prelims	1:00.79	#205 Men 16&U 100 Breast Prelims	1:19.13
#305 Men 16&U 50 Breast Prelims	34.53	#401 Men 16&U 50 Free Prelims	28.21

10 Dukoff - Gordon, Kyle - Male - Age: 13 - Ind/Rel: 5 / 0

#105 Men 13 400 Free	5:46.13	#205 Men 16&U 100 Breast Prelims	1:27.19
#305 Men 16&U 50 Breast Prelims	40.34	#313 Men 16&U 200 IM Prelims	2:55.12
#405 Men 16&U 200 Breast Prelims	3:05.62		

11 Fernandes, David D - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:04.02	#211 Men 16&U 100 Fly Prelims	1:17.04
#301 Men 16&U 200 Free Prelims	2:24.06	#313 Men 16&U 200 IM Prelims	2:48.00
#401 Men 16&U 50 Free Prelims	28.89	#411 Men 16&U 50 Fly Prelims	31.91

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Cardinal Aquatics-EK****12 He, Henry - Male - Age: 15 - Ind/Rel: 8 / 0**

#109 Men 15 400 Free	5:04.93	#201 Men 16&U 100 Free Prelims	1:02.32
#205 Men 16&U 100 Breast Prelims	1:27.90	#301 Men 16&U 200 Free Prelims	2:18.44
#305 Men 16&U 50 Breast Prelims	39.20	#401 Men 16&U 50 Free Prelims	27.98
#405 Men 16&U 200 Breast Prelims	3:17.35	#411 Men 16&U 50 Fly Prelims	32.30

13 Jackson, JC - Male - Age: 11 - Ind/Rel: 6 / 0

#101 Men 11&U 400 Free	5:43.46	#201 Men 16&U 100 Free Prelims	1:13.81
#301 Men 16&U 200 Free Prelims	2:43.20	#309 Men 16&U 100 Back Prelims	1:27.73
#401 Men 16&U 50 Free Prelims	32.57	#409 Men 16&U 50 Back Prelims	41.00

14 Kulynych, Abbigail - Female - Age: 16 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:06.20	#302 Women 16&U 200 Free Prelims	2:25.52
#306 Women 16&U 50 Breast Prelims	41.53	#402 Women 16&U 50 Free Prelims	30.41
#410 Women 16&U 50 Back Prelims	36.96		

15 Lamprecht, Jhuliana - Female - Age: 15 - Ind/Rel: 3 / 0

#202 Women 16&U 100 Free Prelims	1:06.73	#402 Women 16&U 50 Free Prelims	29.63
#410 Women 16&U 50 Back Prelims	36.86		

16 Lamprecht, Macayla A - Female - Age: 15 - Ind/Rel: 9 / 0

#110 Women 15 400 Free	5:12.10	#202 Women 16&U 100 Free Prelims	1:07.26
#206 Women 16&U 100 Breast Prelims	1:30.07	#212 Women 16&U 100 Fly Prelims	1:20.54
#302 Women 16&U 200 Free Prelims	2:27.41	#306 Women 16&U 50 Breast Prelims	39.59
#314 Women 16&U 200 IM Prelims	2:49.47	#402 Women 16&U 50 Free Prelims	31.29
#412 Women 16&U 50 Fly Prelims	35.04		

17 Lazaridis, Leo P - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:43.01	#201 Men 16&U 100 Free Prelims	1:13.23
#205 Men 16&U 100 Breast Prelims	1:31.42	#211 Men 16&U 100 Fly Prelims	1:36.73
#301 Men 16&U 200 Free Prelims	2:42.24	#305 Men 16&U 50 Breast Prelims	41.30
#313 Men 16&U 200 IM Prelims	3:05.99	#401 Men 16&U 50 Free Prelims	33.74
#405 Men 16&U 200 Breast Prelims	3:14.82		

18 Luhabe, Bandile L - Male - Age: 12 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:15.38	#205 Men 16&U 100 Breast Prelims	1:33.72
#305 Men 16&U 50 Breast Prelims	42.57	#401 Men 16&U 50 Free Prelims	35.04
#405 Men 16&U 200 Breast Prelims	3:25.03		

19 Luhabe, Fezile Z - Male - Age: 14 - Ind/Rel: 6 / 0

#107 Men 14 400 Free	5:08.82	#201 Men 16&U 100 Free Prelims	1:03.80
#301 Men 16&U 200 Free Prelims	2:22.19	#401 Men 16&U 50 Free Prelims	29.33
#409 Men 16&U 50 Back Prelims	38.55	#411 Men 16&U 50 Fly Prelims	34.74

20 Luhabe, Nolitha A - Female - Age: 10 - Ind/Rel: 5 / 0

#102 Women 11&U 400 Free	6:10.41	#202 Women 16&U 100 Free Prelims	1:17.60
#302 Women 16&U 200 Free Prelims	2:48.17	#402 Women 16&U 50 Free Prelims	35.25
#412 Women 16&U 50 Fly Prelims	46.73		

21 Mann, Sarah - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:14.84	#208 Women 16&U 200 Back Prelims	3:00.62
#302 Women 16&U 200 Free Prelims	2:48.12	#310 Women 16&U 100 Back Prelims	1:21.94
#314 Women 16&U 200 IM Prelims	3:06.24	#402 Women 16&U 50 Free Prelims	33.82
#410 Women 16&U 50 Back Prelims	37.81	#412 Women 16&U 50 Fly Prelims	38.70

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Cardinal Aquatics-EK****22 Masiu, Tiisetso K - Male - Age: 11 - Ind/Rel: 13 / 0**

#101 Men 11&U 400 Free	5:16.45
#205 Men 16&U 100 Breast Prelims	1:33.82
#211 Men 16&U 100 Fly Prelims	1:23.88
#305 Men 16&U 50 Breast Prelims	42.70
#313 Men 16&U 200 IM Prelims	2:58.47
#405 Men 16&U 200 Breast Prelims	3:25.67
#411 Men 16&U 50 Fly Prelims	34.36

#201 Men 16&U 100 Free Prelims	1:07.59
#207 Men 16&U 200 Back Prelims	2:51.03
#301 Men 16&U 200 Free Prelims	2:30.52
#309 Men 16&U 100 Back Prelims	1:20.31
#401 Men 16&U 50 Free Prelims	31.26
#409 Men 16&U 50 Back Prelims	36.49

23 Meyburgh, Olivia C - Female - Age: 13 - Ind/Rel: 5 / 0

#106 Women 13 400 Free	5:15.80
#302 Women 16&U 200 Free Prelims	2:30.12
#412 Women 16&U 50 Fly Prelims	34.00

#202 Women 16&U 100 Free Prelims	1:07.89
#402 Women 16&U 50 Free Prelims	32.33

24 Morel, Mattae F - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:21.85
#206 Women 16&U 100 Breast Prelims	1:28.75
#314 Women 16&U 200 IM Prelims	2:48.82
#412 Women 16&U 50 Fly Prelims	35.05

#202 Women 16&U 100 Free Prelims	1:10.83
#306 Women 16&U 50 Breast Prelims	40.19
#406 Women 16&U 200 Breast Prelims	3:11.93

25 Morris, Jaydon - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:05.75
#301 Men 16&U 200 Free Prelims	2:27.50
#401 Men 16&U 50 Free Prelims	29.34
#411 Men 16&U 50 Fly Prelims	31.56

#207 Men 16&U 200 Back Prelims	2:39.59
#309 Men 16&U 100 Back Prelims	1:13.47
#409 Men 16&U 50 Back Prelims	33.67

26 Ostoja, Frano M - Male - Age: 13 - Ind/Rel: 7 / 0

#105 Men 13 400 Free	5:34.44
#205 Men 16&U 100 Breast Prelims	1:42.09
#305 Men 16&U 50 Breast Prelims	46.08
#405 Men 16&U 200 Breast Prelims	3:36.97

#201 Men 16&U 100 Free Prelims	1:13.10
#301 Men 16&U 200 Free Prelims	2:36.70
#401 Men 16&U 50 Free Prelims	34.92

27 Pienaar, Mia - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:02.92
#208 Women 16&U 200 Back Prelims	2:48.20
#310 Women 16&U 100 Back Prelims	1:19.06
#410 Women 16&U 50 Back Prelims	36.89

#202 Women 16&U 100 Free Prelims	1:06.21
#302 Women 16&U 200 Free Prelims	2:22.96
#402 Women 16&U 50 Free Prelims	30.62

28 Quagraine, Ekow A - Male - Age: 12 - Ind/Rel: 9 / 0

#205 Men 16&U 100 Breast Prelims	1:27.75
#301 Men 16&U 200 Free Prelims	2:35.51
#309 Men 16&U 100 Back Prelims	1:20.12
#405 Men 16&U 200 Breast Prelims	3:09.71
#411 Men 16&U 50 Fly Prelims	34.72

#207 Men 16&U 200 Back Prelims	2:51.07
#305 Men 16&U 50 Breast Prelims	38.56
#313 Men 16&U 200 IM Prelims	2:53.69
#409 Men 16&U 50 Back Prelims	36.14

29 Raffle, Liam - Male - Age: 11 - Ind/Rel: 4 / 0

#205 Men 16&U 100 Breast Prelims	1:36.90
#401 Men 16&U 50 Free Prelims	34.73

#305 Men 16&U 50 Breast Prelims	42.33
#405 Men 16&U 200 Breast Prelims	3:31.47

30 Schoeman, Shelby L - Female - Age: 13 - Ind/Rel: 8 / 0

#106 Women 13 400 Free	5:37.98
#208 Women 16&U 200 Back Prelims	2:54.76
#310 Women 16&U 100 Back Prelims	1:19.06
#410 Women 16&U 50 Back Prelims	36.22

#202 Women 16&U 100 Free Prelims	1:09.39
#302 Women 16&U 200 Free Prelims	2:33.03
#402 Women 16&U 50 Free Prelims	30.86
#412 Women 16&U 50 Fly Prelims	34.94

31 Smith, Madison M - Female - Age: 16 - Ind/Rel: 6 / 0

#302 Women 16&U 200 Free Prelims	2:28.94
#314 Women 16&U 200 IM Prelims	2:45.59
#410 Women 16&U 50 Back Prelims	37.42

#306 Women 16&U 50 Breast Prelims	40.15
#406 Women 16&U 200 Breast Prelims	3:07.01
#412 Women 16&U 50 Fly Prelims	33.49

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Cardinal Aquatics-EK****32 Swarts, Brendan - Male - Age: 13 - Ind/Rel: 6 / 0**

#105 Men 13 400 Free	5:20.92	#207 Men 16&U 200 Back Prelims	2:51.05
#301 Men 16&U 200 Free Prelims	2:31.76	#309 Men 16&U 100 Back Prelims	1:20.62
#401 Men 16&U 50 Free Prelims	32.51	#409 Men 16&U 50 Back Prelims	38.06

33 Van Der Merwe, Paiton R - Female - Age: 13 - Ind/Rel: 6 / 0

#106 Women 13 400 Free	5:35.50	#202 Women 16&U 100 Free Prelims	1:13.30
#208 Women 16&U 200 Back Prelims	2:56.43	#302 Women 16&U 200 Free Prelims	2:38.00
#310 Women 16&U 100 Back Prelims	1:24.85	#314 Women 16&U 200 IM Prelims	3:03.08

34 van Zyl, Matheo - Male - Age: 12 - Ind/Rel: 6 / 0

#205 Men 16&U 100 Breast Prelims	1:33.09	#305 Men 16&U 50 Breast Prelims	40.58
#313 Men 16&U 200 IM Prelims	3:15.87	#401 Men 16&U 50 Free Prelims	35.53
#405 Men 16&U 200 Breast Prelims	3:16.21	#411 Men 16&U 50 Fly Prelims	42.23

35 Wilkes, Kieran-Dante K - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	58.96	#205 Men 16&U 100 Breast Prelims	1:16.45
#305 Men 16&U 50 Breast Prelims	33.94	#401 Men 16&U 50 Free Prelims	26.99
#405 Men 16&U 200 Breast Prelims	2:50.78	#411 Men 16&U 50 Fly Prelims	29.76

36 Wood, Amy-Lee - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:28.68	#202 Women 16&U 100 Free Prelims	1:11.35
#208 Women 16&U 200 Back Prelims	2:59.94	#212 Women 16&U 100 Fly Prelims	1:28.48
#302 Women 16&U 200 Free Prelims	2:36.01	#310 Women 16&U 100 Back Prelims	1:24.32
#314 Women 16&U 200 IM Prelims	3:01.01	#410 Women 16&U 50 Back Prelims	40.28
#412 Women 16&U 50 Fly Prelims	39.37		

37 Wood, Jessica - Female - Age: 14 - Ind/Rel: 9 / 0

#108 Women 14 400 Free	5:06.04	#202 Women 16&U 100 Free Prelims	1:07.86
#208 Women 16&U 200 Back Prelims	2:49.08	#212 Women 16&U 100 Fly Prelims	1:18.36
#302 Women 16&U 200 Free Prelims	2:26.08	#310 Women 16&U 100 Back Prelims	1:20.29
#314 Women 16&U 200 IM Prelims	2:54.66	#410 Women 16&U 50 Back Prelims	36.93
#412 Women 16&U 50 Fly Prelims	34.52		

38 Wright, Hannah C - Female - Age: 14 - Ind/Rel: 9 / 0

#108 Women 14 400 Free	5:16.49	#202 Women 16&U 100 Free Prelims	1:08.41
#212 Women 16&U 100 Fly Prelims	1:18.76	#302 Women 16&U 200 Free Prelims	2:27.29
#310 Women 16&U 100 Back Prelims	1:17.72	#314 Women 16&U 200 IM Prelims	2:53.47
#402 Women 16&U 50 Free Prelims	31.53	#410 Women 16&U 50 Back Prelims	37.93
#412 Women 16&U 50 Fly Prelims	34.67		

39 Zondo, Nkosana K - Male - Age: 11 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:06.26	#205 Men 16&U 100 Breast Prelims	1:32.82
#211 Men 16&U 100 Fly Prelims	1:14.06	#301 Men 16&U 200 Free Prelims	2:31.49
#305 Men 16&U 50 Breast Prelims	40.73	#309 Men 16&U 100 Back Prelims	1:21.55
#313 Men 16&U 200 IM Prelims	2:53.79	#401 Men 16&U 50 Free Prelims	30.14
#409 Men 16&U 50 Back Prelims	34.99	#411 Men 16&U 50 Fly Prelims	32.66

Cardinal Aquatics-EK Total Individual Entries: 265 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Champion Swimming Club-TS****1 Bezuidenhout, Joha J - Male - Age: 15 - Ind/Rel: 7 / 0**

#205 Men 16&U 100 Breast Prelims	1:17.75	#305 Men 16&U 50 Breast Prelims	33.44
#309 Men 16&U 100 Back Prelims	1:12.94	#401 Men 16&U 50 Free Prelims	28.05
#405 Men 16&U 200 Breast Prelims	2:55.10	#409 Men 16&U 50 Back Prelims	31.74
#411 Men 16&U 50 Fly Prelims	32.99		

2 Loubser, Dreyer D - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:14.27	#205 Men 16&U 100 Breast Prelims	1:39.20
#301 Men 16&U 200 Free Prelims	2:51.52	#305 Men 16&U 50 Breast Prelims	45.32
#401 Men 16&U 50 Free Prelims	33.46	#405 Men 16&U 200 Breast Prelims	3:30.67
#411 Men 16&U 50 Fly Prelims	41.29		

3 Naude, Liam A - Male - Age: 13 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:15.62	#205 Men 16&U 100 Breast Prelims	1:30.83
#305 Men 16&U 50 Breast Prelims	41.30	#401 Men 16&U 50 Free Prelims	32.30
#405 Men 16&U 200 Breast Prelims	3:29.71	#409 Men 16&U 50 Back Prelims	39.94
#411 Men 16&U 50 Fly Prelims	39.88		

4 Otto, Luca L - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	59.60	#205 Men 16&U 100 Breast Prelims	1:18.88
#301 Men 16&U 200 Free Prelims	2:16.73	#305 Men 16&U 50 Breast Prelims	33.96
#401 Men 16&U 50 Free Prelims	26.65	#411 Men 16&U 50 Fly Prelims	30.80

5 Otto, Llewellyn - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	6:13.82	#201 Men 16&U 100 Free Prelims	1:20.04
#205 Men 16&U 100 Breast Prelims	1:46.63	#301 Men 16&U 200 Free Prelims	2:52.65
#305 Men 16&U 50 Breast Prelims	47.23	#401 Men 16&U 50 Free Prelims	35.11
#405 Men 16&U 200 Breast Prelims	3:46.76	#411 Men 16&U 50 Fly Prelims	47.21

Champion Swimming Club-TS Total Individual Entries: 35 - Total Relays: 0

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

Complete Swimming Club-TS**1 Cronje, Jaimee E - Female - Age: 14 - Ind/Rel: 6 / 0**

#108 Women 14 400 Free	5:20.57	#202 Women 16&U 100 Free Prelims	1:13.70
#212 Women 16&U 100 Fly Prelims	1:17.89	#302 Women 16&U 200 Free Prelims	2:31.11
#306 Women 16&U 50 Breast Prelims	42.15	#412 Women 16&U 50 Fly Prelims	35.38

2 Graaff, Juanlu C - Male - Age: 11 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:27.39	#205 Men 16&U 100 Breast Prelims	1:43.41
#305 Men 16&U 50 Breast Prelims	47.77	#401 Men 16&U 50 Free Prelims	38.31
#405 Men 16&U 200 Breast Prelims	3:43.76		

Complete Swimming Club-TS Total Individual Entries: 11 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Crusaders Swimming Club-JH****1 Badsha-Eybers, Riley M - Male - Age: 12 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:12.72
#211 Men 16&U 100 Fly Prelims	1:25.73
#313 Men 16&U 200 IM Prelims	2:55.06
#405 Men 16&U 200 Breast Prelims	3:20.36

#205 Men 16&U 100 Breast Prelims	1:29.97
#301 Men 16&U 200 Free Prelims	2:36.61
#401 Men 16&U 50 Free Prelims	31.41
#411 Men 16&U 50 Fly Prelims	34.02

2 Cokayne, Gabriel J - Male - Age: 13 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:10.03
#301 Men 16&U 200 Free Prelims	2:37.94
#401 Men 16&U 50 Free Prelims	30.55
#411 Men 16&U 50 Fly Prelims	36.25

#207 Men 16&U 200 Back Prelims	2:52.06
#309 Men 16&U 100 Back Prelims	1:18.06
#409 Men 16&U 50 Back Prelims	35.07

3 Coxon, Phoenix - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:01.32
#401 Men 16&U 50 Free Prelims	27.57
#411 Men 16&U 50 Fly Prelims	30.84

#211 Men 16&U 100 Fly Prelims	1:12.36
#409 Men 16&U 50 Back Prelims	38.06

4 de Jager, Leah - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:06.71
#302 Women 16&U 200 Free Prelims	2:24.28
#402 Women 16&U 50 Free Prelims	30.60

#208 Women 16&U 200 Back Prelims	2:50.57
#310 Women 16&U 100 Back Prelims	1:14.38
#410 Women 16&U 50 Back Prelims	34.56

5 Harris, Surayia - Female - Age: 14 - Ind/Rel: 5 / 0

#306 Women 16&U 50 Breast Prelims	38.08
#406 Women 16&U 200 Breast Prelims	3:23.15
#412 Women 16&U 50 Fly Prelims	35.43

#314 Women 16&U 200 IM Prelims	3:06.13
#410 Women 16&U 50 Back Prelims	37.12

6 Kyle, Ryan R - Male - Age: 11 - Ind/Rel: 5 / 0

#305 Men 16&U 50 Breast Prelims	43.50
#313 Men 16&U 200 IM Prelims	3:05.36
#411 Men 16&U 50 Fly Prelims	34.37

#309 Men 16&U 100 Back Prelims	1:23.48
#409 Men 16&U 50 Back Prelims	35.54

7 Labuscagne, Phelan - Female - Age: 11 - Ind/Rel: 11 / 0

#202 Women 16&U 100 Free Prelims	1:12.61
#208 Women 16&U 200 Back Prelims	3:09.57
#306 Women 16&U 50 Breast Prelims	40.69
#314 Women 16&U 200 IM Prelims	3:05.88
#406 Women 16&U 200 Breast Prelims	3:12.13
#412 Women 16&U 50 Fly Prelims	42.89

#206 Women 16&U 100 Breast Prelims	1:30.89
#302 Women 16&U 200 Free Prelims	2:40.90
#310 Women 16&U 100 Back Prelims	1:31.28
#402 Women 16&U 50 Free Prelims	33.80
#410 Women 16&U 50 Back Prelims	42.74

8 Nell, Matteo - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:14.49
#301 Men 16&U 200 Free Prelims	2:39.10
#401 Men 16&U 50 Free Prelims	32.28

#205 Men 16&U 100 Breast Prelims	1:29.46
#305 Men 16&U 50 Breast Prelims	40.64
#405 Men 16&U 200 Breast Prelims	3:12.84

9 Oswald, Bella D - Female - Age: 14 - Ind/Rel: 7 / 0

#206 Women 16&U 100 Breast Prelims	1:29.57
#306 Women 16&U 50 Breast Prelims	41.65
#402 Women 16&U 50 Free Prelims	31.88
#412 Women 16&U 50 Fly Prelims	35.43

#212 Women 16&U 100 Fly Prelims	1:23.39
#314 Women 16&U 200 IM Prelims	2:55.34
#406 Women 16&U 200 Breast Prelims	3:13.54

10 Palmer, Keira L - Female - Age: 15 - Ind/Rel: 11 / 0

#202 Women 16&U 100 Free Prelims	1:10.50
#208 Women 16&U 200 Back Prelims	3:02.37
#306 Women 16&U 50 Breast Prelims	38.54
#314 Women 16&U 200 IM Prelims	2:59.05
#406 Women 16&U 200 Breast Prelims	3:11.92
#412 Women 16&U 50 Fly Prelims	38.78

#206 Women 16&U 100 Breast Prelims	1:27.73
#302 Women 16&U 200 Free Prelims	2:37.83
#310 Women 16&U 100 Back Prelims	1:25.63
#402 Women 16&U 50 Free Prelims	32.73
#410 Women 16&U 50 Back Prelims	39.71

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Crusaders Swimming Club-JH****11 Potgieter, Ruan P - Male - Age: 14 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:06.36	#205 Men 16&U 100 Breast Prelims	1:18.59
#301 Men 16&U 200 Free Prelims	2:29.32	#305 Men 16&U 50 Breast Prelims	36.01
#313 Men 16&U 200 IM Prelims	2:54.60	#401 Men 16&U 50 Free Prelims	28.87
#405 Men 16&U 200 Breast Prelims	3:02.36	#411 Men 16&U 50 Fly Prelims	33.47

12 Redfern, Isabella M - Female - Age: 14 - Ind/Rel: 4 / 0

#202 Women 16&U 100 Free Prelims	1:06.24	#302 Women 16&U 200 Free Prelims	2:34.37
#402 Women 16&U 50 Free Prelims	29.54	#412 Women 16&U 50 Fly Prelims	36.72

13 Van den Berg, Therese - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:09.10	#302 Women 16&U 200 Free Prelims	2:28.56
#310 Women 16&U 100 Back Prelims	1:19.39	#402 Women 16&U 50 Free Prelims	32.37
#410 Women 16&U 50 Back Prelims	36.93		

14 Van der Westhuizen, Jasper G - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	58.53	#205 Men 16&U 100 Breast Prelims	1:15.09
#301 Men 16&U 200 Free Prelims	2:06.38	#313 Men 16&U 200 IM Prelims	2:30.24
#405 Men 16&U 200 Breast Prelims	2:56.75		

15 Vreenegoor, Isabella - Female - Age: 13 - Ind/Rel: 7 / 0

#106 Women 13 400 Free	5:25.20	#206 Women 16&U 100 Breast Prelims	1:26.91
#302 Women 16&U 200 Free Prelims	2:31.01	#306 Women 16&U 50 Breast Prelims	39.97
#314 Women 16&U 200 IM Prelims	2:53.13	#402 Women 16&U 50 Free Prelims	32.37
#406 Women 16&U 200 Breast Prelims	3:08.74		

Crusaders Swimming Club-JH Total Individual Entries: 100 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Curro Swimming Academy-EZ****1 Barnard, Jane - Female - Age: 10 - Ind/Rel: 5 / 0**

#202 Women 16&U 100 Free Prelims	1:21.84	#208 Women 16&U 200 Back Prelims	3:14.01
#302 Women 16&U 200 Free Prelims	3:01.94	#310 Women 16&U 100 Back Prelims	1:34.66
#314 Women 16&U 200 IM Prelims	3:32.26		

2 Breet, Maynard C - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	4:55.61	#201 Men 16&U 100 Free Prelims	1:01.65
#211 Men 16&U 100 Fly Prelims	1:02.91	#301 Men 16&U 200 Free Prelims	2:17.48
#313 Men 16&U 200 IM Prelims	2:32.72	#401 Men 16&U 50 Free Prelims	28.97
#409 Men 16&U 50 Back Prelims	33.40	#411 Men 16&U 50 Fly Prelims	28.69

3 De Beer, Zenéy - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:53.24	#202 Women 16&U 100 Free Prelims	1:14.56
#208 Women 16&U 200 Back Prelims	2:58.59	#212 Women 16&U 100 Fly Prelims	1:31.92
#302 Women 16&U 200 Free Prelims	2:47.71	#310 Women 16&U 100 Back Prelims	1:22.75
#314 Women 16&U 200 IM Prelims	3:11.51	#410 Women 16&U 50 Back Prelims	38.47
#412 Women 16&U 50 Fly Prelims	38.54		

4 De Villiers, Dawid - Male - Age: 15 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	58.98	#205 Men 16&U 100 Breast Prelims	1:20.19
#301 Men 16&U 200 Free Prelims	2:13.61	#305 Men 16&U 50 Breast Prelims	35.30
#313 Men 16&U 200 IM Prelims	2:35.84	#401 Men 16&U 50 Free Prelims	27.29
#409 Men 16&U 50 Back Prelims	34.26	#411 Men 16&U 50 Fly Prelims	30.46

5 Els, Aiden - Male - Age: 15 - Ind/Rel: 8 / 0

#109 Men 15 400 Free	4:34.02	#201 Men 16&U 100 Free Prelims	57.67
#207 Men 16&U 200 Back Prelims	2:26.56	#301 Men 16&U 200 Free Prelims	2:12.54
#309 Men 16&U 100 Back Prelims	1:05.01	#401 Men 16&U 50 Free Prelims	26.78
#409 Men 16&U 50 Back Prelims	31.32	#411 Men 16&U 50 Fly Prelims	29.98

6 Esterhuizen, Aidan - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	58.95	#211 Men 16&U 100 Fly Prelims	1:03.29
#313 Men 16&U 200 IM Prelims	2:35.48	#401 Men 16&U 50 Free Prelims	26.50
#411 Men 16&U 50 Fly Prelims	28.86		

7 Glorioso, Zayne - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:26.64	#201 Men 16&U 100 Free Prelims	1:10.47
#207 Men 16&U 200 Back Prelims	2:55.21	#301 Men 16&U 200 Free Prelims	2:38.16
#309 Men 16&U 100 Back Prelims	1:22.10	#313 Men 16&U 200 IM Prelims	2:55.82
#405 Men 16&U 200 Breast Prelims	3:22.29	#409 Men 16&U 50 Back Prelims	34.58

8 Janse van Vuuren, Zoë - Female - Age: 15 - Ind/Rel: 4 / 0

#110 Women 15 400 Free	5:22.45	#402 Women 16&U 50 Free Prelims	30.89
#410 Women 16&U 50 Back Prelims	35.53	#412 Women 16&U 50 Fly Prelims	34.91

9 Matthysen, Jessica - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:06.41	#302 Women 16&U 200 Free Prelims	2:32.47
#306 Women 16&U 50 Breast Prelims	43.56	#310 Women 16&U 100 Back Prelims	1:23.90
#402 Women 16&U 50 Free Prelims	31.59	#410 Women 16&U 50 Back Prelims	38.28

10 Myburgh, Lienke - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:25.75	#206 Women 16&U 100 Breast Prelims	1:36.36
#306 Women 16&U 50 Breast Prelims	44.00	#314 Women 16&U 200 IM Prelims	3:25.14
#406 Women 16&U 200 Breast Prelims	3:34.04	#412 Women 16&U 50 Fly Prelims	43.91

11 Oosthuizen, Amore - Female - Age: 15 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:07.23	#208 Women 16&U 200 Back Prelims	2:54.15
#302 Women 16&U 200 Free Prelims	2:30.68	#310 Women 16&U 100 Back Prelims	1:16.61
#314 Women 16&U 200 IM Prelims	2:55.73	#402 Women 16&U 50 Free Prelims	30.86
#410 Women 16&U 50 Back Prelims	34.73		

Curro Swimming Academy-EZ Total Individual Entries: 74 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Diadora Aquatics-TS****1 Heyns, Lua - Female - Age: 12 - Ind/Rel: 4 / 0**

#202 Women 16&U 100 Free Prelims	1:19.63	#208 Women 16&U 200 Back Prelims	3:12.52
#302 Women 16&U 200 Free Prelims	2:52.22	#310 Women 16&U 100 Back Prelims	1:31.24

2 Joubert, Chris H - Male - Age: 11 - Ind/Rel: 7 / 0

#101 Men 11&U 400 Free	5:57.43	#201 Men 16&U 100 Free Prelims	1:16.37
#207 Men 16&U 200 Back Prelims	3:13.85	#301 Men 16&U 200 Free Prelims	2:45.67
#309 Men 16&U 100 Back Prelims	1:28.77	#401 Men 16&U 50 Free Prelims	34.90
#409 Men 16&U 50 Back Prelims	42.61		

3 Tesfay, Abi A - Male - Age: 16 - Ind/Rel: 5 / 0

#111 Men 16 400 Free	4:58.11	#201 Men 16&U 100 Free Prelims	1:02.61
#211 Men 16&U 100 Fly Prelims	1:12.54	#309 Men 16&U 100 Back Prelims	1:16.15
#401 Men 16&U 50 Free Prelims	28.08		

4 Van der Merwe, Morne F - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:08.24	#205 Men 16&U 100 Breast Prelims	1:31.55
#305 Men 16&U 50 Breast Prelims	41.30	#313 Men 16&U 200 IM Prelims	3:12.13
#405 Men 16&U 200 Breast Prelims	3:23.37	#411 Men 16&U 50 Fly Prelims	36.47

5 Van der Walt, Hein - Male - Age: 14 - Ind/Rel: 8 / 0

#107 Men 14 400 Free	5:19.39	#207 Men 16&U 200 Back Prelims	2:44.61
#211 Men 16&U 100 Fly Prelims	1:27.05	#309 Men 16&U 100 Back Prelims	1:14.73
#313 Men 16&U 200 IM Prelims	2:52.55	#405 Men 16&U 200 Breast Prelims	3:13.51
#409 Men 16&U 50 Back Prelims	35.13	#411 Men 16&U 50 Fly Prelims	35.86

6 Vd Walt, Inge - Female - Age: 16 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:03.57	#208 Women 16&U 200 Back Prelims	2:49.99
#212 Women 16&U 100 Fly Prelims	1:15.45	#302 Women 16&U 200 Free Prelims	2:22.80
#310 Women 16&U 100 Back Prelims	1:16.38	#402 Women 16&U 50 Free Prelims	28.54
#410 Women 16&U 50 Back Prelims	35.39	#412 Women 16&U 50 Fly Prelims	32.55

7 Vosloo, Matthys - Male - Age: 14 - Ind/Rel: 7 / 0

#107 Men 14 400 Free	5:07.11	#201 Men 16&U 100 Free Prelims	1:02.39
#207 Men 16&U 200 Back Prelims	2:36.00	#301 Men 16&U 200 Free Prelims	2:18.03
#309 Men 16&U 100 Back Prelims	1:13.32	#401 Men 16&U 50 Free Prelims	28.47
#405 Men 16&U 200 Breast Prelims	3:08.35		

Diadora Aquatics-TS Total Individual Entries: 45 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Dmss Gators Swimming Club****1 De Jager, Ruben - Male - Age: 16 - Ind/Rel: 5 / 0**

#207 Men 16&U 200 Back Prelims	2:28.26
#401 Men 16&U 50 Free Prelims	28.38
#411 Men 16&U 50 Fly Prelims	30.88

#309 Men 16&U 100 Back Prelims	1:07.94
#409 Men 16&U 50 Back Prelims	31.76

2 Devaprakash, Diya S - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:32.92
#206 Women 16&U 100 Breast Prelims	1:36.87
#310 Women 16&U 100 Back Prelims	1:23.76
#402 Women 16&U 50 Free Prelims	32.05
#412 Women 16&U 50 Fly Prelims	37.07

#202 Women 16&U 100 Free Prelims	1:12.95
#212 Women 16&U 100 Fly Prelims	1:25.38
#314 Women 16&U 200 IM Prelims	3:00.61
#410 Women 16&U 50 Back Prelims	39.51

3 Kenosi, Zhaoying - Female - Age: 11 - Ind/Rel: 11 / 0

#102 Women 11&U 400 Free	6:00.10
#206 Women 16&U 100 Breast Prelims	1:44.24
#302 Women 16&U 200 Free Prelims	2:49.19
#310 Women 16&U 100 Back Prelims	1:30.07
#402 Women 16&U 50 Free Prelims	34.12
#412 Women 16&U 50 Fly Prelims	37.14

#202 Women 16&U 100 Free Prelims	1:18.21
#212 Women 16&U 100 Fly Prelims	1:45.96
#306 Women 16&U 50 Breast Prelims	48.85
#314 Women 16&U 200 IM Prelims	3:23.53
#410 Women 16&U 50 Back Prelims	41.08

4 Manowe, Leano-Laone - Male - Age: 11 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	5:47.42
#205 Men 16&U 100 Breast Prelims	1:42.80
#301 Men 16&U 200 Free Prelims	2:40.28
#313 Men 16&U 200 IM Prelims	3:08.51
#409 Men 16&U 50 Back Prelims	37.08

#201 Men 16&U 100 Free Prelims	1:13.31
#207 Men 16&U 200 Back Prelims	3:09.43
#309 Men 16&U 100 Back Prelims	1:21.36
#401 Men 16&U 50 Free Prelims	31.82
#411 Men 16&U 50 Fly Prelims	35.79

5 Maseru, Hope - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:20.94
#206 Women 16&U 100 Breast Prelims	1:37.58
#402 Women 16&U 50 Free Prelims	31.11
#412 Women 16&U 50 Fly Prelims	38.28

#202 Women 16&U 100 Free Prelims	1:10.21
#310 Women 16&U 100 Back Prelims	1:24.62
#410 Women 16&U 50 Back Prelims	39.05

6 Montshiwa, Katlo L - Male - Age: 14 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:06.06
#301 Men 16&U 200 Free Prelims	2:29.01
#313 Men 16&U 200 IM Prelims	2:49.40
#405 Men 16&U 200 Breast Prelims	3:17.75
#411 Men 16&U 50 Fly Prelims	33.70

#205 Men 16&U 100 Breast Prelims	1:26.80
#305 Men 16&U 50 Breast Prelims	36.86
#401 Men 16&U 50 Free Prelims	28.55
#409 Men 16&U 50 Back Prelims	37.33

7 Mpuchane, Laya S - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:18.52
#306 Women 16&U 50 Breast Prelims	43.28
#402 Women 16&U 50 Free Prelims	35.19
#410 Women 16&U 50 Back Prelims	43.38

#206 Women 16&U 100 Breast Prelims	1:33.58
#314 Women 16&U 200 IM Prelims	3:20.13
#406 Women 16&U 200 Breast Prelims	3:34.03
#412 Women 16&U 50 Fly Prelims	41.21

8 Parker, Cala - Female - Age: 13 - Ind/Rel: 10 / 0

#106 Women 13 400 Free	5:28.77
#206 Women 16&U 100 Breast Prelims	1:43.95
#302 Women 16&U 200 Free Prelims	2:35.01
#314 Women 16&U 200 IM Prelims	3:00.92
#410 Women 16&U 50 Back Prelims	35.95

#202 Women 16&U 100 Free Prelims	1:10.05
#208 Women 16&U 200 Back Prelims	2:51.09
#310 Women 16&U 100 Back Prelims	1:17.47
#402 Women 16&U 50 Free Prelims	31.28
#412 Women 16&U 50 Fly Prelims	37.82

9 Raymond, Mmoloki J - Male - Age: 13 - Ind/Rel: 11 / 0

#105 Men 13 400 Free	5:19.09
#205 Men 16&U 100 Breast Prelims	1:25.16
#301 Men 16&U 200 Free Prelims	2:25.62
#309 Men 16&U 100 Back Prelims	1:13.74
#405 Men 16&U 200 Breast Prelims	3:20.35
#411 Men 16&U 50 Fly Prelims	32.59

#201 Men 16&U 100 Free Prelims	1:04.82
#211 Men 16&U 100 Fly Prelims	1:17.38
#305 Men 16&U 50 Breast Prelims	33.51
#401 Men 16&U 50 Free Prelims	26.84
#409 Men 16&U 50 Back Prelims	33.54

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

Dmss Gators Swimming Club**10 Thomba, Lame - Female - Age: 11 - Ind/Rel: 11 / 0**

#102 Women 11&U 400 Free	5:24.26	#202 Women 16&U 100 Free Prelims	1:07.22
#206 Women 16&U 100 Breast Prelims	1:34.61	#212 Women 16&U 100 Fly Prelims	1:23.31
#302 Women 16&U 200 Free Prelims	2:32.62	#306 Women 16&U 50 Breast Prelims	43.94
#310 Women 16&U 100 Back Prelims	1:20.80	#314 Women 16&U 200 IM Prelims	2:59.47
#402 Women 16&U 50 Free Prelims	30.64	#410 Women 16&U 50 Back Prelims	36.80
#412 Women 16&U 50 Fly Prelims	35.78		

Dmss Gators Swimming Club Total Individual Entries: 91 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Doreys Swim Club-JH****1 Bayne, William T - Male - Age: 14 - Ind/Rel: 6 / 0**

#107 Men 14 400 Free	5:45.07
#207 Men 16&U 200 Back Prelims	2:44.47
#309 Men 16&U 100 Back Prelims	1:19.84

#201 Men 16&U 100 Free Prelims	1:09.45
#301 Men 16&U 200 Free Prelims	2:35.24
#313 Men 16&U 200 IM Prelims	2:53.61

2 Bouwer, Larissa - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:07.30
#310 Women 16&U 100 Back Prelims	1:15.39
#402 Women 16&U 50 Free Prelims	31.15

#208 Women 16&U 200 Back Prelims	2:45.38
#314 Women 16&U 200 IM Prelims	2:53.98
#410 Women 16&U 50 Back Prelims	34.90

3 Chauke, Rhandzu X - Female - Age: 13 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:15.52
#208 Women 16&U 200 Back Prelims	2:54.61
#310 Women 16&U 100 Back Prelims	1:20.32
#402 Women 16&U 50 Free Prelims	33.54
#410 Women 16&U 50 Back Prelims	36.67

#206 Women 16&U 100 Breast Prelims	1:36.80
#306 Women 16&U 50 Breast Prelims	45.09
#314 Women 16&U 200 IM Prelims	3:05.94
#406 Women 16&U 200 Breast Prelims	3:26.56

4 Close, Thomas V - Male - Age: 13 - Ind/Rel: 4 / 0

#207 Men 16&U 200 Back Prelims	2:46.17
#309 Men 16&U 100 Back Prelims	1:19.37

#211 Men 16&U 100 Fly Prelims	1:32.78
#313 Men 16&U 200 IM Prelims	3:02.15

5 Dayaram, Sahana - Female - Age: 16 - Ind/Rel: 4 / 0

#206 Women 16&U 100 Breast Prelims	1:36.88
#310 Women 16&U 100 Back Prelims	1:20.14

#208 Women 16&U 200 Back Prelims	2:48.45
#314 Women 16&U 200 IM Prelims	3:02.16

6 Phillips, Daniella L - Female - Age: 11 - Ind/Rel: 8 / 0

#206 Women 16&U 100 Breast Prelims	1:34.72
#306 Women 16&U 50 Breast Prelims	40.69
#314 Women 16&U 200 IM Prelims	3:12.76
#406 Women 16&U 200 Breast Prelims	3:23.45

#208 Women 16&U 200 Back Prelims	3:02.21
#310 Women 16&U 100 Back Prelims	1:27.67
#402 Women 16&U 50 Free Prelims	35.50
#410 Women 16&U 50 Back Prelims	41.01

7 Stuart-Watson, John C - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:19.61
#211 Men 16&U 100 Fly Prelims	1:45.67
#313 Men 16&U 200 IM Prelims	3:19.35
#411 Men 16&U 50 Fly Prelims	42.23

#207 Men 16&U 200 Back Prelims	3:03.34
#309 Men 16&U 100 Back Prelims	1:24.40
#409 Men 16&U 50 Back Prelims	39.00

8 Symms, Richard J - Male - Age: 13 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:11.09
#207 Men 16&U 200 Back Prelims	2:50.18
#309 Men 16&U 100 Back Prelims	1:18.16

#205 Men 16&U 100 Breast Prelims	1:28.75
#301 Men 16&U 200 Free Prelims	2:34.43

9 Van Der Kooij, Kian D - Male - Age: 13 - Ind/Rel: 5 / 0

#305 Men 16&U 50 Breast Prelims	42.40
#313 Men 16&U 200 IM Prelims	3:11.27
#411 Men 16&U 50 Fly Prelims	35.99

#309 Men 16&U 100 Back Prelims	1:24.75
#409 Men 16&U 50 Back Prelims	38.09

Doreys Swim Club-JH Total Individual Entries: 54 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Dragons Swimming Club-JH****1 Abrahams, Cayden - Male - Age: 16 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:06.01	#205 Men 16&U 100 Breast Prelims	1:22.50
#211 Men 16&U 100 Fly Prelims	1:08.80	#301 Men 16&U 200 Free Prelims	2:29.38
#305 Men 16&U 50 Breast Prelims	35.66	#313 Men 16&U 200 IM Prelims	2:50.15
#401 Men 16&U 50 Free Prelims	28.22	#411 Men 16&U 50 Fly Prelims	30.14

2 Clancy, Cayden - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	5:04.85	#205 Men 16&U 100 Breast Prelims	1:14.04
#211 Men 16&U 100 Fly Prelims	1:13.25	#305 Men 16&U 50 Breast Prelims	34.33
#313 Men 16&U 200 IM Prelims	2:39.19	#405 Men 16&U 200 Breast Prelims	2:42.98
#411 Men 16&U 50 Fly Prelims	32.91		

3 Cockeran, Marguerite L - Female - Age: 15 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:10.82	#206 Women 16&U 100 Breast Prelims	1:23.96
#302 Women 16&U 200 Free Prelims	2:35.21	#306 Women 16&U 50 Breast Prelims	38.59
#314 Women 16&U 200 IM Prelims	2:54.30	#402 Women 16&U 50 Free Prelims	31.98
#406 Women 16&U 200 Breast Prelims	3:05.70	#410 Women 16&U 50 Back Prelims	36.90
#412 Women 16&U 50 Fly Prelims	33.89		

4 Koekemoer, Ryan J - Male - Age: 11 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:22.34	#205 Men 16&U 100 Breast Prelims	1:41.06
#301 Men 16&U 200 Free Prelims	3:06.72	#305 Men 16&U 50 Breast Prelims	45.01
#401 Men 16&U 50 Free Prelims	35.92	#405 Men 16&U 200 Breast Prelims	3:38.22

5 Maphologela, Thabang T - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	4:50.37	#201 Men 16&U 100 Free Prelims	58.62
#211 Men 16&U 100 Fly Prelims	1:01.52	#301 Men 16&U 200 Free Prelims	2:13.18
#305 Men 16&U 50 Breast Prelims	35.37	#313 Men 16&U 200 IM Prelims	2:34.58
#401 Men 16&U 50 Free Prelims	26.25	#411 Men 16&U 50 Fly Prelims	27.16

6 Mmatli, Onthatile D - Male - Age: 15 - Ind/Rel: 9 / 0

#109 Men 15 400 Free	5:06.41	#201 Men 16&U 100 Free Prelims	1:06.73
#205 Men 16&U 100 Breast Prelims	1:23.91	#211 Men 16&U 100 Fly Prelims	1:16.59
#301 Men 16&U 200 Free Prelims	2:26.97	#305 Men 16&U 50 Breast Prelims	38.25
#313 Men 16&U 200 IM Prelims	2:50.31	#401 Men 16&U 50 Free Prelims	29.52
#411 Men 16&U 50 Fly Prelims	31.59		

7 Muller, Blake M - Male - Age: 15 - Ind/Rel: 8 / 0

#205 Men 16&U 100 Breast Prelims	1:19.38	#211 Men 16&U 100 Fly Prelims	1:03.48
#305 Men 16&U 50 Breast Prelims	34.87	#309 Men 16&U 100 Back Prelims	1:16.48
#313 Men 16&U 200 IM Prelims	2:29.77	#401 Men 16&U 50 Free Prelims	27.53
#409 Men 16&U 50 Back Prelims	33.21	#411 Men 16&U 50 Fly Prelims	27.78

8 Webb, Mason M - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:23.40	#201 Men 16&U 100 Free Prelims	1:10.33
#205 Men 16&U 100 Breast Prelims	1:28.58	#301 Men 16&U 200 Free Prelims	2:32.62
#305 Men 16&U 50 Breast Prelims	40.49	#401 Men 16&U 50 Free Prelims	31.11
#405 Men 16&U 200 Breast Prelims	3:13.52	#409 Men 16&U 50 Back Prelims	39.15

9 Weber, Abigail M - Female - Age: 14 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:12.63	#208 Women 16&U 200 Back Prelims	2:51.97
#302 Women 16&U 200 Free Prelims	2:36.47	#310 Women 16&U 100 Back Prelims	1:17.20
#314 Women 16&U 200 IM Prelims	2:56.73	#402 Women 16&U 50 Free Prelims	31.23
#410 Women 16&U 50 Back Prelims	34.43	#412 Women 16&U 50 Fly Prelims	32.67

10 Weber, Alexander R - Male - Age: 14 - Ind/Rel: 8 / 0

#205 Men 16&U 100 Breast Prelims	1:25.20	#211 Men 16&U 100 Fly Prelims	1:27.69
#305 Men 16&U 50 Breast Prelims	36.62	#309 Men 16&U 100 Back Prelims	1:24.23
#313 Men 16&U 200 IM Prelims	2:54.57	#401 Men 16&U 50 Free Prelims	29.59
#405 Men 16&U 200 Breast Prelims	3:09.06	#411 Men 16&U 50 Fly Prelims	31.21

Dragons Swimming Club-JH Total Individual Entries: 79 - Total Relays: 0

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

Edenvale Stingrays-EK**1 Kendall, Thomas L - Male - Age: 14 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:16.45	#205 Men 16&U 100 Breast Prelims	1:26.01
#211 Men 16&U 100 Fly Prelims	1:31.53	#305 Men 16&U 50 Breast Prelims	38.50
#313 Men 16&U 200 IM Prelims	2:57.34	#401 Men 16&U 50 Free Prelims	32.92
#405 Men 16&U 200 Breast Prelims	3:09.82	#411 Men 16&U 50 Fly Prelims	37.36

2 Shelton, Kyleigh A - Female - Age: 12 - Ind/Rel: 10 / 0

#202 Women 16&U 100 Free Prelims	1:19.59	#206 Women 16&U 100 Breast Prelims	1:37.66
#208 Women 16&U 200 Back Prelims	3:21.72	#302 Women 16&U 200 Free Prelims	2:58.46
#306 Women 16&U 50 Breast Prelims	44.34	#310 Women 16&U 100 Back Prelims	1:31.77
#314 Women 16&U 200 IM Prelims	3:49.67	#406 Women 16&U 200 Breast Prelims	3:38.49
#410 Women 16&U 50 Back Prelims	42.46	#412 Women 16&U 50 Fly Prelims	41.25

Edenvale Stingrays-EK Total Individual Entries: 18 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Electric Eels Swimming Club-TS****1 Alley, Luke - Male - Age: 12 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:15.60
#301 Men 16&U 200 Free Prelims	2:46.67
#405 Men 16&U 200 Breast Prelims	3:19.34

#205 Men 16&U 100 Breast Prelims	1:34.43
#305 Men 16&U 50 Breast Prelims	45.27
#409 Men 16&U 50 Back Prelims	42.24

2 Barreiros, Maria A - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:06.89
#306 Women 16&U 50 Breast Prelims	40.04
#402 Women 16&U 50 Free Prelims	31.34

#212 Women 16&U 100 Fly Prelims	1:15.96
#314 Women 16&U 200 IM Prelims	2:49.49
#412 Women 16&U 50 Fly Prelims	32.38

3 Billett, Kristen - Female - Age: 15 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:03.47
#302 Women 16&U 200 Free Prelims	2:29.99
#314 Women 16&U 200 IM Prelims	2:43.49
#410 Women 16&U 50 Back Prelims	34.02

#208 Women 16&U 200 Back Prelims	2:45.91
#310 Women 16&U 100 Back Prelims	1:13.23
#402 Women 16&U 50 Free Prelims	29.02

4 Carver, Nicola S - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:07.97
#306 Women 16&U 50 Breast Prelims	38.83
#402 Women 16&U 50 Free Prelims	31.20

#206 Women 16&U 100 Breast Prelims	1:25.92
#314 Women 16&U 200 IM Prelims	2:50.98
#406 Women 16&U 200 Breast Prelims	3:05.16

5 Gotthardt, Emma - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:08.86
#302 Women 16&U 200 Free Prelims	2:35.69
#402 Women 16&U 50 Free Prelims	30.25

#208 Women 16&U 200 Back Prelims	2:47.56
#310 Women 16&U 100 Back Prelims	1:18.43
#410 Women 16&U 50 Back Prelims	37.17

6 Govindasamy, Gerrard E - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:03.20
#305 Men 16&U 50 Breast Prelims	33.71
#401 Men 16&U 50 Free Prelims	28.72
#411 Men 16&U 50 Fly Prelims	29.55

#205 Men 16&U 100 Breast Prelims	1:17.13
#313 Men 16&U 200 IM Prelims	2:44.32
#405 Men 16&U 200 Breast Prelims	2:55.77

7 Johst, Mikaela - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:16.75
#306 Women 16&U 50 Breast Prelims	39.17
#406 Women 16&U 200 Breast Prelims	3:17.54

#206 Women 16&U 100 Breast Prelims	1:28.55
#402 Women 16&U 50 Free Prelims	34.65

8 Kleb, Daniela - Female - Age: 14 - Ind/Rel: 6 / 0

#206 Women 16&U 100 Breast Prelims	1:29.52
#314 Women 16&U 200 IM Prelims	3:10.40
#406 Women 16&U 200 Breast Prelims	3:16.00

#306 Women 16&U 50 Breast Prelims	40.92
#402 Women 16&U 50 Free Prelims	33.30
#410 Women 16&U 50 Back Prelims	40.21

9 Lipton, Emile - Male - Age: 14 - Ind/Rel: 3 / 0

#201 Men 16&U 100 Free Prelims	1:02.78
#401 Men 16&U 50 Free Prelims	28.11

#301 Men 16&U 200 Free Prelims	2:24.57
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10 Masemola, Lethabo B - Female - Age: 16 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:09.57
#306 Women 16&U 50 Breast Prelims	43.22
#402 Women 16&U 50 Free Prelims	31.46

#208 Women 16&U 200 Back Prelims	2:48.31
#310 Women 16&U 100 Back Prelims	1:19.98
#410 Women 16&U 50 Back Prelims	38.17

11 Mutooni, Leo K - Male - Age: 14 - Ind/Rel: 6 / 0

#107 Men 14 400 Free	5:08.27
#211 Men 16&U 100 Fly Prelims	1:12.54
#401 Men 16&U 50 Free Prelims	28.64

#201 Men 16&U 100 Free Prelims	1:02.31
#301 Men 16&U 200 Free Prelims	2:21.55
#411 Men 16&U 50 Fly Prelims	31.83

12 Otto, Amir - Male - Age: 14 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:00.18
#301 Men 16&U 200 Free Prelims	2:13.66
#401 Men 16&U 50 Free Prelims	27.60
#411 Men 16&U 50 Fly Prelims	32.53

#207 Men 16&U 200 Back Prelims	2:39.41
#309 Men 16&U 100 Back Prelims	1:12.81
#409 Men 16&U 50 Back Prelims	33.60

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Electric Eels Swimming Club-TS****13 Pocock, Alex - Male - Age: 12 - Ind/Rel: 5 / 0**

#201 Men 16&U 100 Free Prelims 1:18.24
 #207 Men 16&U 200 Back Prelims 3:07.18
 #409 Men 16&U 50 Back Prelims 40.58

#205 Men 16&U 100 Breast Prelims 1:32.79
 #405 Men 16&U 200 Breast Prelims 3:28.05

14 Pocock, Benjamin R - Male - Age: 12 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims 1:14.98
 #305 Men 16&U 50 Breast Prelims 39.31
 #405 Men 16&U 200 Breast Prelims 3:13.90

#205 Men 16&U 100 Breast Prelims 1:25.14
 #309 Men 16&U 100 Back Prelims 1:22.92

15 Spence, Amber G - Female - Age: 12 - Ind/Rel: 8 / 0

#104 Women 12 400 Free 5:26.34
 #208 Women 16&U 200 Back Prelims 2:57.06
 #310 Women 16&U 100 Back Prelims 1:22.79
 #402 Women 16&U 50 Free Prelims 31.16

#202 Women 16&U 100 Free Prelims 1:08.89
 #302 Women 16&U 200 Free Prelims 2:34.45
 #314 Women 16&U 200 IM Prelims 2:54.82
 #410 Women 16&U 50 Back Prelims 38.47

16 Von Bormann, Peter T - Male - Age: 13 - Ind/Rel: 5 / 0

#105 Men 13 400 Free 5:15.85
 #301 Men 16&U 200 Free Prelims 2:27.34
 #401 Men 16&U 50 Free Prelims 29.16

#201 Men 16&U 100 Free Prelims 1:07.78
 #309 Men 16&U 100 Back Prelims 1:16.53

17 Watson, Emily R - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims 1:06.04
 #302 Women 16&U 200 Free Prelims 2:29.25
 #402 Women 16&U 50 Free Prelims 30.09

#208 Women 16&U 200 Back Prelims 2:44.55
 #310 Women 16&U 100 Back Prelims 1:18.22
 #410 Women 16&U 50 Back Prelims 33.93

18 Wilson, Keira - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims 1:07.42
 #306 Women 16&U 50 Breast Prelims 38.19
 #402 Women 16&U 50 Free Prelims 30.36

#206 Women 16&U 100 Breast Prelims 1:25.18
 #310 Women 16&U 100 Back Prelims 1:21.22
 #406 Women 16&U 200 Breast Prelims 3:06.55

19 Xavier, Travis - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims 1:16.45
 #301 Men 16&U 200 Free Prelims 2:49.75
 #313 Men 16&U 200 IM Prelims 3:07.40
 #405 Men 16&U 200 Breast Prelims 3:32.90

#205 Men 16&U 100 Breast Prelims 1:39.61
 #305 Men 16&U 50 Breast Prelims 47.23
 #401 Men 16&U 50 Free Prelims 34.81
 #411 Men 16&U 50 Fly Prelims 37.40

20 Xie, Felix - Male - Age: 16 - Ind/Rel: 6 / 0

#111 Men 16 400 Free 5:05.52
 #211 Men 16&U 100 Fly Prelims 1:09.54
 #401 Men 16&U 50 Free Prelims 28.24

#201 Men 16&U 100 Free Prelims 1:01.53
 #301 Men 16&U 200 Free Prelims 2:17.23
 #411 Men 16&U 50 Fly Prelims 30.04

Electric Eels Swimming Club-TS Total Individual Entries: 120 - Total Relays: 0

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

Ellisras Aquatics-WB**1 Piater, Amelie - Female - Age: 11 - Ind/Rel: 11 / 0**

#202 Women 16&U 100 Free Prelims	1:10.98	#206 Women 16&U 100 Breast Prelims	1:42.42
#208 Women 16&U 200 Back Prelims	2:58.49	#212 Women 16&U 100 Fly Prelims	1:31.24
#302 Women 16&U 200 Free Prelims	2:36.85	#306 Women 16&U 50 Breast Prelims	43.75
#310 Women 16&U 100 Back Prelims	1:23.47	#314 Women 16&U 200 IM Prelims	2:58.14
#402 Women 16&U 50 Free Prelims	32.60	#410 Women 16&U 50 Back Prelims	38.30
#412 Women 16&U 50 Fly Prelims	38.16		

Ellisras Aquatics-WB Total Individual Entries: 11 - Total Relays: 0

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

Endorfins Clube de Natação**1 Aliang, Célio J - Male - Age: 11 - Ind/Rel: 9 / 0**

#101 Men 11&U 400 Free	5:54.88	#201 Men 16&U 100 Free Prelims	1:12.03
#207 Men 16&U 200 Back Prelims	3:01.33	#211 Men 16&U 100 Fly Prelims	1:18.10
#301 Men 16&U 200 Free Prelims	2:40.87	#309 Men 16&U 100 Back Prelims	1:25.65
#405 Men 16&U 200 Breast Prelims	3:29.73	#409 Men 16&U 50 Back Prelims	38.66
#411 Men 16&U 50 Fly Prelims	33.70		

Endorfins Clube de Natação Total Individual Entries: 9 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Esp Kempton Park-EK****1 Buda, Nokubonga G - Female - Age: 13 - Ind/Rel: 6 / 0**

#304 Women 99&U 100 Free Multi Class Prelims	1:40.53
#312 Women 99&U 100 Back Multi Class Prelims	1:57.39
#408 Women 99&U 100 Breast Multi Class Prelim	2:09.22

#308 Women 99&U 50 Breast Multi Class Prelims	1:00.37
#404 Women 99&U 50 Free Multi Class Prelims	41.16
#414 Women 99&U 50 Fly Multi Class Prelims	55.41

2 Makhatho, Tiisetso - Female - Age: 12 - Ind/Rel: 13 / 0

#104 Women 12 400 Free	6:14.55
#206 Women 16&U 100 Breast Prelims	1:48.70
#212 Women 16&U 100 Fly Prelims	1:36.21
#306 Women 16&U 50 Breast Prelims	46.45
#314 Women 16&U 200 IM Prelims	3:19.77
#406 Women 16&U 200 Breast Prelims	4:02.12
#412 Women 16&U 50 Fly Prelims	39.19

#202 Women 16&U 100 Free Prelims	1:13.85
#208 Women 16&U 200 Back Prelims	3:20.28
#302 Women 16&U 200 Free Prelims	2:52.33
#310 Women 16&U 100 Back Prelims	1:32.67
#402 Women 16&U 50 Free Prelims	34.71
#410 Women 16&U 50 Back Prelims	40.60

3 McDowell, Caitlin L - Female - Age: 13 - Ind/Rel: 13 / 0

#106 Women 13 400 Free	5:46.78
#206 Women 16&U 100 Breast Prelims	1:31.69
#212 Women 16&U 100 Fly Prelims	1:25.77
#306 Women 16&U 50 Breast Prelims	41.36
#314 Women 16&U 200 IM Prelims	2:58.94
#406 Women 16&U 200 Breast Prelims	3:20.36
#412 Women 16&U 50 Fly Prelims	37.58

#202 Women 16&U 100 Free Prelims	1:13.66
#208 Women 16&U 200 Back Prelims	3:04.24
#302 Women 16&U 200 Free Prelims	2:42.99
#310 Women 16&U 100 Back Prelims	1:26.77
#402 Women 16&U 50 Free Prelims	33.85
#410 Women 16&U 50 Back Prelims	39.97

4 Noble, Holly - Female - Age: 11 - Ind/Rel: 13 / 0

#102 Women 11&U 400 Free	6:49.79
#206 Women 16&U 100 Breast Prelims	1:50.76
#212 Women 16&U 100 Fly Prelims	1:44.06
#306 Women 16&U 50 Breast Prelims	53.67
#314 Women 16&U 200 IM Prelims	3:28.33
#406 Women 16&U 200 Breast Prelims	4:00.66
#412 Women 16&U 50 Fly Prelims	46.71

#202 Women 16&U 100 Free Prelims	1:25.97
#208 Women 16&U 200 Back Prelims	3:10.75
#302 Women 16&U 200 Free Prelims	3:10.24
#310 Women 16&U 100 Back Prelims	1:29.65
#402 Women 16&U 50 Free Prelims	38.89
#410 Women 16&U 50 Back Prelims	42.70

5 Oswald, Psalm M - Female - Age: 11 - Ind/Rel: 13 / 0

#102 Women 11&U 400 Free	6:47.90
#206 Women 16&U 100 Breast Prelims	1:41.81
#212 Women 16&U 100 Fly Prelims	1:34.61
#306 Women 16&U 50 Breast Prelims	45.77
#314 Women 16&U 200 IM Prelims	3:23.84
#406 Women 16&U 200 Breast Prelims	3:38.73
#412 Women 16&U 50 Fly Prelims	38.30

#202 Women 16&U 100 Free Prelims	1:27.36
#208 Women 16&U 200 Back Prelims	3:24.88
#302 Women 16&U 200 Free Prelims	3:14.89
#310 Women 16&U 100 Back Prelims	1:34.74
#402 Women 16&U 50 Free Prelims	37.25
#410 Women 16&U 50 Back Prelims	43.28

6 Siziba, Khanya - Male - Age: 13 - Ind/Rel: 13 / 0

#105 Men 13 400 Free	6:05.58
#205 Men 16&U 100 Breast Prelims	1:34.60
#211 Men 16&U 100 Fly Prelims	1:14.18
#305 Men 16&U 50 Breast Prelims	41.34
#313 Men 16&U 200 IM Prelims	2:59.57
#405 Men 16&U 200 Breast Prelims	3:29.55
#411 Men 16&U 50 Fly Prelims	30.62

#201 Men 16&U 100 Free Prelims	1:09.85
#207 Men 16&U 200 Back Prelims	3:03.77
#301 Men 16&U 200 Free Prelims	2:39.67
#309 Men 16&U 100 Back Prelims	1:25.33
#401 Men 16&U 50 Free Prelims	30.74
#409 Men 16&U 50 Back Prelims	38.48

7 van der Merwe, Liam - Male - Age: 11 - Ind/Rel: 13 / 0

#101 Men 11&U 400 Free	6:33.61
#205 Men 16&U 100 Breast Prelims	1:45.06
#211 Men 16&U 100 Fly Prelims	2:01.05
#305 Men 16&U 50 Breast Prelims	44.95
#313 Men 16&U 200 IM Prelims	3:26.88
#405 Men 16&U 200 Breast Prelims	3:44.77
#411 Men 16&U 50 Fly Prelims	51.05

#201 Men 16&U 100 Free Prelims	1:24.33
#207 Men 16&U 200 Back Prelims	3:33.40
#301 Men 16&U 200 Free Prelims	3:02.48
#309 Men 16&U 100 Back Prelims	1:37.38
#401 Men 16&U 50 Free Prelims	38.26
#409 Men 16&U 50 Back Prelims	44.54

Esp Kempton Park-EK Total Individual Entries: 84 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Eswatini Swimming Association****1 Barbosa, Tsailin - Male - Age: 12 - Ind/Rel: 7 / 2**

#201 Men 16&U 100 Free Prelims	1:13.21	#205 Men 16&U 100 Breast Prelims	1:33.93
#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	NT	#309 Men 16&U 100 Back Prelims	1:27.03
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	NT	#401 Men 16&U 50 Free Prelims	32.11
#405 Men 16&U 200 Breast Prelims	3:29.99	#409 Men 16&U 50 Back Prelims	38.45
#411 Men 16&U 50 Fly Prelims	36.28		

2 Jarvis, Gabriel Paiva - Male - Age: 13 - Ind/Rel: 6 / 1

#201 Men 16&U 100 Free Prelims	1:16.28	#205 Men 16&U 100 Breast Prelims	1:34.66
#305 Men 16&U 50 Breast Prelims	40.76	#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	NT
#401 Men 16&U 50 Free Prelims	32.96	#405 Men 16&U 200 Breast Prelims	3:23.84
#409 Men 16&U 50 Back Prelims	41.85		

3 Mayabane, Fezubunye - Male - Age: 11 - Ind/Rel: 6 / 1

#201 Men 16&U 100 Free Prelims	1:21.42	#205 Men 16&U 100 Breast Prelims	1:39.65
#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	NT	#305 Men 16&U 50 Breast Prelims	46.70
#401 Men 16&U 50 Free Prelims	37.21	#405 Men 16&U 200 Breast Prelims	3:50.66
#411 Men 16&U 50 Fly Prelims	47.43		

4 Myeni, Ivile - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	6:09.63	#202 Women 16&U 100 Free Prelims	NT
#206 Women 16&U 100 Breast Prelims	1:42.17	#212 Women 16&U 100 Fly Prelims	1:36.82
#302 Women 16&U 200 Free Prelims	3:09.74	#306 Women 16&U 50 Breast Prelims	46.33
#314 Women 16&U 200 IM Prelims	3:20.59	#406 Women 16&U 200 Breast Prelims	3:35.23
#412 Women 16&U 50 Fly Prelims	40.50		

5 Nunes, Joao - Male - Age: 10 - Ind/Rel: 5 / 0

#101 Men 11&U 400 Free	7:07.87	#205 Men 16&U 100 Breast Prelims	1:32.93
#305 Men 16&U 50 Breast Prelims	41.59	#313 Men 16&U 200 IM Prelims	3:44.04
#405 Men 16&U 200 Breast Prelims	3:23.45		

6 Potgieter, Josea P - Male - Age: 13 - Ind/Rel: 7 / 2

#201 Men 16&U 100 Free Prelims	1:05.35	#207 Men 16&U 200 Back Prelims	2:53.07
#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	NT	#301 Men 16&U 200 Free Prelims	2:38.30
#309 Men 16&U 100 Back Prelims	1:15.42	#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	NT
#401 Men 16&U 50 Free Prelims	28.13	#409 Men 16&U 50 Back Prelims	34.36
#411 Men 16&U 50 Fly Prelims	33.19		

7 Shongwe, Sivikelwe J - Male - Age: 12 - Ind/Rel: 8 / 2

#103 Men 12 400 Free	5:54.87	#201 Men 16&U 100 Free Prelims	1:11.94
#205 Men 16&U 100 Breast Prelims	1:33.93	#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 16&U 200 Free Prelims	2:43.60	#305 Men 16&U 50 Breast Prelims	41.83
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	NT	#401 Men 16&U 50 Free Prelims	32.36
#405 Men 16&U 200 Breast Prelims	3:28.18	#411 Men 16&U 50 Fly Prelims	39.26

8 Way, Tristan - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:06.68	#205 Men 16&U 100 Breast Prelims	1:17.36
#301 Men 16&U 200 Free Prelims	2:41.02	#305 Men 16&U 50 Breast Prelims	33.18
#401 Men 16&U 50 Free Prelims	27.92	#405 Men 16&U 200 Breast Prelims	2:57.40
#409 Men 16&U 50 Back Prelims	34.95	#411 Men 16&U 50 Fly Prelims	31.58

Eswatini Swimming Association Total Individual Entries: 56 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Expression Swimmers-TS****1 De Souza, Mila - Female - Age: 16 - Ind/Rel: 4 / 0**

#112 Women 16 400 Free	4:59.12	#202 Women 16&U 100 Free Prelims	1:03.91
#302 Women 16&U 200 Free Prelims	2:20.75	#402 Women 16&U 50 Free Prelims	29.75

2 De Souza, Peta - Female - Age: 11 - Ind/Rel: 5 / 2

#206 Women 16&U 100 Breast Prelims	1:34.68	#306 Women 16&U 50 Breast Prelims	40.36
#314 Women 16&U 200 IM Prelims	3:13.69	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:29.32
#406 Women 16&U 200 Breast Prelims	3:22.78	#410 Women 16&U 50 Back Prelims	41.70
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.10		

3 Haasbroek, Mari - Female - Age: 12 - Ind/Rel: 7 / 1

#202 Women 16&U 100 Free Prelims	1:17.26	#208 Women 16&U 200 Back Prelims	3:08.52
#302 Women 16&U 200 Free Prelims	2:50.33	#310 Women 16&U 100 Back Prelims	1:25.74
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:29.32	#402 Women 16&U 50 Free Prelims	33.54
#410 Women 16&U 50 Back Prelims	39.04	#412 Women 16&U 50 Fly Prelims	40.62

4 Schroeder, Liam R - Male - Age: 11 - Ind/Rel: 6 / 2

#201 Men 16&U 100 Free Prelims	1:16.78	#207 Men 16&U 200 Back Prelims	2:59.38
#305 Men 16&U 50 Breast Prelims	43.42	#313 Men 16&U 200 IM Prelims	3:01.89
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:29.32	#405 Men 16&U 200 Breast Prelims	3:19.82
#411 Men 16&U 50 Fly Prelims	39.26	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.10

5 Smit, Anzel - Female - Age: 12 - Ind/Rel: 7 / 1

#104 Women 12 400 Free	5:52.27	#202 Women 16&U 100 Free Prelims	1:12.92
#206 Women 16&U 100 Breast Prelims	1:33.93	#302 Women 16&U 200 Free Prelims	2:39.96
#306 Women 16&U 50 Breast Prelims	41.94	#402 Women 16&U 50 Free Prelims	32.41
#406 Women 16&U 200 Breast Prelims	3:23.19	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.10

6 Van der Merwe, Aiden - Male - Age: 11 - Ind/Rel: 7 / 0

#101 Men 11&U 400 Free	6:09.95	#201 Men 16&U 100 Free Prelims	1:21.93
#205 Men 16&U 100 Breast Prelims	1:50.55	#301 Men 16&U 200 Free Prelims	3:05.44
#305 Men 16&U 50 Breast Prelims	48.86	#401 Men 16&U 50 Free Prelims	35.60
#405 Men 16&U 200 Breast Prelims	3:48.31		

7 Vermeulen, Ben J - Male - Age: 12 - Ind/Rel: 5 / 2

#207 Men 16&U 200 Back Prelims	2:51.01	#309 Men 16&U 100 Back Prelims	1:19.88
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:29.32	#401 Men 16&U 50 Free Prelims	31.98
#409 Men 16&U 50 Back Prelims	36.16	#411 Men 16&U 50 Fly Prelims	34.36
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:00.10		

Expression Swimmers-TS Total Individual Entries: 41 - Total Relays: 0

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

Falcon Aquaitc Club-EK**1 Mokoena, Bokamoso - Male - Age: 14 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:04.88	#207 Men 16&U 200 Back Prelims	2:48.49
#211 Men 16&U 100 Fly Prelims	1:17.82	#309 Men 16&U 100 Back Prelims	1:15.03
#313 Men 16&U 200 IM Prelims	2:59.03	#401 Men 16&U 50 Free Prelims	28.50
#409 Men 16&U 50 Back Prelims	33.93	#411 Men 16&U 50 Fly Prelims	31.26

2 Rall, Gabriella - Female - Age: 11 - Ind/Rel: 9 / 0

#102 Women 11&U 400 Free	6:09.46	#202 Women 16&U 100 Free Prelims	1:13.87
#206 Women 16&U 100 Breast Prelims	1:31.21	#302 Women 16&U 200 Free Prelims	2:44.91
#306 Women 16&U 50 Breast Prelims	41.65	#314 Women 16&U 200 IM Prelims	3:06.95
#402 Women 16&U 50 Free Prelims	33.11	#406 Women 16&U 200 Breast Prelims	3:20.18
#410 Women 16&U 50 Back Prelims	43.88		

Falcon Aquaitc Club-EK Total Individual Entries: 17 - Total Relays: 0

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

Gaborone Aquatics Club**1 Jjuko, Matthew M - Male - Age: 13 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:07.25	#205 Men 16&U 100 Breast Prelims	1:24.27
#301 Men 16&U 200 Free Prelims	2:34.50	#305 Men 16&U 50 Breast Prelims	37.32
#401 Men 16&U 50 Free Prelims	29.67	#405 Men 16&U 200 Breast Prelims	3:13.87
#411 Men 16&U 50 Fly Prelims	32.85		

Gaborone Aquatics Club Total Individual Entries: 7 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Harare Province****1 Balzer, Klaus - Male - Age: 12 - Ind/Rel: 9 / 5**

#103 Men 12 400 Free	5:13.32
#211 Men 16&U 100 Fly Prelims	1:24.58
#301 Men 16&U 200 Free Prelims	2:31.13
#313 Men 16&U 200 IM Prelims	3:00.23
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:32.27
#409 Men 16&U 50 Back Prelims	39.17
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:21.81

#201 Men 16&U 100 Free Prelims	1:11.15
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.06
#309 Men 16&U 100 Back Prelims	1:26.95
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.08
#401 Men 16&U 50 Free Prelims	32.39
#411 Men 16&U 50 Fly Prelims	36.76
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:52.22

2 Bowl, Dominic - Male - Age: 12 - Ind/Rel: 10 / 4

#103 Men 12 400 Free	5:57.21
#205 Men 16&U 100 Breast Prelims	1:36.63
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.06
#305 Men 16&U 50 Breast Prelims	43.36
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.08
#401 Men 16&U 50 Free Prelims	33.74
#411 Men 16&U 50 Fly Prelims	39.17

#201 Men 16&U 100 Free Prelims	1:13.88
#211 Men 16&U 100 Fly Prelims	1:26.88
#301 Men 16&U 200 Free Prelims	2:45.62
#313 Men 16&U 200 IM Prelims	3:09.14
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:37.37
#405 Men 16&U 200 Breast Prelims	3:26.53
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:52.22

3 Chanakira, Blessmore - Male - Age: 13 - Ind/Rel: 7 / 2

#205 Men 16&U 100 Breast Prelims	1:30.91
#305 Men 16&U 50 Breast Prelims	39.03
#313 Men 16&U 200 IM Prelims	3:28.39
#409 Men 16&U 50 Back Prelims	38.37
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:21.81

#211 Men 16&U 100 Fly Prelims	1:32.01
#309 Men 16&U 100 Back Prelims	1:31.89
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:32.27
#411 Men 16&U 50 Fly Prelims	33.80

4 Chirairo, Danaishe - Female - Age: 11 - Ind/Rel: 7 / 5

#202 Women 16&U 100 Free Prelims	1:32.99
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:14.82
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.46
#402 Women 16&U 50 Free Prelims	38.99
#410 Women 16&U 50 Back Prelims	53.56
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:42.85

#206 Women 16&U 100 Breast Prelims	1:40.20
#306 Women 16&U 50 Breast Prelims	45.25
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:32.27
#406 Women 16&U 200 Breast Prelims	3:37.84
#412 Women 16&U 50 Fly Prelims	49.45
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	5:09.49

5 Mnangagwa, Bethany - Female - Age: 12 - Ind/Rel: 7 / 5

#202 Women 16&U 100 Free Prelims	1:14.64
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:14.82
#306 Women 16&U 50 Breast Prelims	40.31
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:32.27
#406 Women 16&U 200 Breast Prelims	3:17.82
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:42.85

#206 Women 16&U 100 Breast Prelims	1:30.92
#302 Women 16&U 200 Free Prelims	2:50.35
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.46
#402 Women 16&U 50 Free Prelims	31.85
#412 Women 16&U 50 Fly Prelims	36.39
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	5:09.49

6 Muchengi, Nathaniel - Male - Age: 12 - Ind/Rel: 7 / 5

#201 Men 16&U 100 Free Prelims	1:11.88
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.06
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.08
#401 Men 16&U 50 Free Prelims	30.85
#409 Men 16&U 50 Back Prelims	36.04
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:21.81

#205 Men 16&U 100 Breast Prelims	1:29.42
#305 Men 16&U 50 Breast Prelims	38.16
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:37.37
#405 Men 16&U 200 Breast Prelims	3:21.23
#411 Men 16&U 50 Fly Prelims	37.98
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	5:09.49

7 Mudyiwa, Anashe - Male - Age: 13 - Ind/Rel: 7 / 2

#201 Men 16&U 100 Free Prelims	1:09.98
#211 Men 16&U 100 Fly Prelims	1:26.01
#401 Men 16&U 50 Free Prelims	30.68
#411 Men 16&U 50 Fly Prelims	34.38
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	5:09.49

#205 Men 16&U 100 Breast Prelims	1:31.83
#305 Men 16&U 50 Breast Prelims	40.97
#405 Men 16&U 200 Breast Prelims	3:36.42
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:21.81

8 Musoni, Takundzwa - Male - Age: 12 - Ind/Rel: 7 / 0

#205 Men 16&U 100 Breast Prelims	1:35.32
#305 Men 16&U 50 Breast Prelims	41.16
#401 Men 16&U 50 Free Prelims	34.51
#411 Men 16&U 50 Fly Prelims	39.56

#301 Men 16&U 200 Free Prelims	3:05.11
#313 Men 16&U 200 IM Prelims	3:28.17
#405 Men 16&U 200 Breast Prelims	3:35.40

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Harare Province****9 Qiu, Muyan - Female - Age: 10 - Ind/Rel: 10 / 5**

#202 Women 16&U 100 Free Prelims	1:12.61	#206 Women 16&U 100 Breast Prelims	1:48.21
#208 Women 16&U 200 Back Prelims	3:01.88	#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:14.82
#302 Women 16&U 200 Free Prelims	2:39.87	#310 Women 16&U 100 Back Prelims	1:24.89
#314 Women 16&U 200 IM Prelims	3:08.20	#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.46
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:37.37	#402 Women 16&U 50 Free Prelims	33.58
#406 Women 16&U 200 Breast Prelims	3:45.13	#410 Women 16&U 50 Back Prelims	39.25
#412 Women 16&U 50 Fly Prelims	41.63	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:42.85
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:52.22		

10 Shoko, Mukundi - Male - Age: 12 - Ind/Rel: 11 / 2

#201 Men 16&U 100 Free Prelims	1:17.93	#205 Men 16&U 100 Breast Prelims	1:49.78
#207 Men 16&U 200 Back Prelims	3:12.45	#211 Men 16&U 100 Fly Prelims	1:25.85
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.06	#301 Men 16&U 200 Free Prelims	2:51.23
#305 Men 16&U 50 Breast Prelims	48.10	#309 Men 16&U 100 Back Prelims	1:31.04
#313 Men 16&U 200 IM Prelims	3:13.52	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:15.08
#401 Men 16&U 50 Free Prelims	34.79	#409 Men 16&U 50 Back Prelims	42.20
#411 Men 16&U 50 Fly Prelims	38.57		

11 Whyte, Ava - Female - Age: 10 - Ind/Rel: 8 / 5

#202 Women 16&U 100 Free Prelims	1:14.58	#208 Women 16&U 200 Back Prelims	3:00.42
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:14.82	#302 Women 16&U 200 Free Prelims	2:43.95
#310 Women 16&U 100 Back Prelims	1:25.46	#314 Women 16&U 200 IM Prelims	3:10.34
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:17.46	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:37.37
#402 Women 16&U 50 Free Prelims	33.04	#410 Women 16&U 50 Back Prelims	38.83
#412 Women 16&U 50 Fly Prelims	36.87	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:42.85
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:52.22		

Harare Province Total Individual Entries: 90 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Harties Red Bears-BP****1 Du Plessis, Lihan - Male - Age: 11 - Ind/Rel: 11 / 0**

#201 Men 16&U 100 Free Prelims	1:31.62	#205 Men 16&U 100 Breast Prelims	1:50.38
#207 Men 16&U 200 Back Prelims	3:20.96	#301 Men 16&U 200 Free Prelims	3:20.23
#305 Men 16&U 50 Breast Prelims	50.10	#309 Men 16&U 100 Back Prelims	1:28.46
#313 Men 16&U 200 IM Prelims	3:45.25	#401 Men 16&U 50 Free Prelims	38.30
#405 Men 16&U 200 Breast Prelims	3:52.52	#409 Men 16&U 50 Back Prelims	42.84
#411 Men 16&U 50 Fly Prelims	52.13		

2 Keun, Retief - Male - Age: 10 - Ind/Rel: 11 / 0

#201 Men 16&U 100 Free Prelims	1:18.69	#205 Men 16&U 100 Breast Prelims	1:57.82
#207 Men 16&U 200 Back Prelims	3:27.22	#301 Men 16&U 200 Free Prelims	3:05.39
#305 Men 16&U 50 Breast Prelims	51.09	#309 Men 16&U 100 Back Prelims	1:29.23
#313 Men 16&U 200 IM Prelims	3:30.82	#401 Men 16&U 50 Free Prelims	35.53
#405 Men 16&U 200 Breast Prelims	4:11.43	#409 Men 16&U 50 Back Prelims	41.80
#411 Men 16&U 50 Fly Prelims	44.79		

3 Spies, Lianka - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:15.20	#208 Women 16&U 200 Back Prelims	3:06.64
#310 Women 16&U 100 Back Prelims	1:23.78	#314 Women 16&U 200 IM Prelims	3:15.53
#402 Women 16&U 50 Free Prelims	33.96	#410 Women 16&U 50 Back Prelims	39.34

4 Taljaard, Adriaan - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:08.69	#205 Men 16&U 100 Breast Prelims	1:29.71
#305 Men 16&U 50 Breast Prelims	38.27	#309 Men 16&U 100 Back Prelims	1:20.09
#313 Men 16&U 200 IM Prelims	2:52.87	#401 Men 16&U 50 Free Prelims	29.20
#405 Men 16&U 200 Breast Prelims	3:15.55	#409 Men 16&U 50 Back Prelims	36.14
#411 Men 16&U 50 Fly Prelims	32.87		

5 Van Der Merwe, Xander - Male - Age: 11 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:15.97	#205 Men 16&U 100 Breast Prelims	1:34.18
#207 Men 16&U 200 Back Prelims	3:04.49	#301 Men 16&U 200 Free Prelims	2:45.93
#305 Men 16&U 50 Breast Prelims	43.00	#309 Men 16&U 100 Back Prelims	1:23.45
#313 Men 16&U 200 IM Prelims	3:05.77	#401 Men 16&U 50 Free Prelims	34.32
#405 Men 16&U 200 Breast Prelims	3:26.24	#409 Men 16&U 50 Back Prelims	39.85

Harties Red Bears-BP Total Individual Entries: 47 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Harties Reflections-BP****1 Evans, Daniel-Louis - Male - Age: 12 - Ind/Rel: 11 / 0**

#201 Men 16&U 100 Free Prelims	1:14.13
#207 Men 16&U 200 Back Prelims	3:01.24
#301 Men 16&U 200 Free Prelims	2:39.01
#309 Men 16&U 100 Back Prelims	1:29.05
#405 Men 16&U 200 Breast Prelims	3:28.55
#411 Men 16&U 50 Fly Prelims	36.59

#205 Men 16&U 100 Breast Prelims	1:40.68
#211 Men 16&U 100 Fly Prelims	1:30.60
#305 Men 16&U 50 Breast Prelims	43.41
#313 Men 16&U 200 IM Prelims	3:04.86
#409 Men 16&U 50 Back Prelims	36.15

2 Vermaak, Marizelle - Female - Age: 13 - Ind/Rel: 10 / 0

#106 Women 13 400 Free	5:43.15
#208 Women 16&U 200 Back Prelims	3:02.79
#302 Women 16&U 200 Free Prelims	2:40.50
#314 Women 16&U 200 IM Prelims	3:04.45
#410 Women 16&U 50 Back Prelims	42.25

#202 Women 16&U 100 Free Prelims	1:14.21
#212 Women 16&U 100 Fly Prelims	1:35.51
#310 Women 16&U 100 Back Prelims	1:26.05
#402 Women 16&U 50 Free Prelims	33.84
#412 Women 16&U 50 Fly Prelims	40.67

3 Zamisa, Lumka K - Female - Age: 13 - Ind/Rel: 12 / 0

#202 Women 16&U 100 Free Prelims	1:08.52
#208 Women 16&U 200 Back Prelims	2:48.54
#302 Women 16&U 200 Free Prelims	2:41.20
#310 Women 16&U 100 Back Prelims	1:18.58
#402 Women 16&U 50 Free Prelims	30.38
#410 Women 16&U 50 Back Prelims	35.76

#206 Women 16&U 100 Breast Prelims	1:31.55
#212 Women 16&U 100 Fly Prelims	1:28.28
#306 Women 16&U 50 Breast Prelims	39.96
#314 Women 16&U 200 IM Prelims	2:55.40
#406 Women 16&U 200 Breast Prelims	3:24.37
#412 Women 16&U 50 Fly Prelims	36.11

Harties Reflections-BP Total Individual Entries: 33 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Hps Rebels-TS****1 Cloete, Matthew H - Male - Age: 11 - Ind/Rel: 8 / 0**

#101 Men 11&U 400 Free	6:15.19	#201 Men 16&U 100 Free Prelims	1:16.12
#207 Men 16&U 200 Back Prelims	3:11.16	#301 Men 16&U 200 Free Prelims	2:50.40
#309 Men 16&U 100 Back Prelims	1:36.46	#401 Men 16&U 50 Free Prelims	34.79
#409 Men 16&U 50 Back Prelims	44.41	#411 Men 16&U 50 Fly Prelims	42.94

2 Odendaal, Olivia L - Female - Age: 12 - Ind/Rel: 4 / 0

#104 Women 12 400 Free	5:47.92	#208 Women 16&U 200 Back Prelims	3:05.23
#302 Women 16&U 200 Free Prelims	2:50.66	#410 Women 16&U 50 Back Prelims	41.89

3 Oosthuizen, Mieke - Female - Age: 13 - Ind/Rel: 5 / 0

#106 Women 13 400 Free	5:49.92	#206 Women 16&U 100 Breast Prelims	1:27.38
#306 Women 16&U 50 Breast Prelims	39.85	#314 Women 16&U 200 IM Prelims	3:04.20
#406 Women 16&U 200 Breast Prelims	3:13.85		

4 Sam, Rebecca S - Female - Age: 12 - Ind/Rel: 7 / 0

#206 Women 16&U 100 Breast Prelims	1:34.22	#212 Women 16&U 100 Fly Prelims	1:31.26
#306 Women 16&U 50 Breast Prelims	42.44	#314 Women 16&U 200 IM Prelims	3:13.02
#406 Women 16&U 200 Breast Prelims	3:30.14	#410 Women 16&U 50 Back Prelims	40.95
#412 Women 16&U 50 Fly Prelims	41.20		

5 Sanders, Riley M - Female - Age: 12 - Ind/Rel: 8 / 0

#104 Women 12 400 Free	5:59.54	#202 Women 16&U 100 Free Prelims	1:10.95
#208 Women 16&U 200 Back Prelims	3:01.80	#310 Women 16&U 100 Back Prelims	1:22.76
#314 Women 16&U 200 IM Prelims	3:05.50	#402 Women 16&U 50 Free Prelims	31.70
#410 Women 16&U 50 Back Prelims	36.54	#412 Women 16&U 50 Fly Prelims	38.67

6 Tomlinson, Andrew J - Male - Age: 14 - Ind/Rel: 7 / 0

#205 Men 16&U 100 Breast Prelims	1:22.88	#211 Men 16&U 100 Fly Prelims	1:13.23
#305 Men 16&U 50 Breast Prelims	37.57	#309 Men 16&U 100 Back Prelims	1:17.22
#405 Men 16&U 200 Breast Prelims	3:04.86	#409 Men 16&U 50 Back Prelims	32.60
#411 Men 16&U 50 Fly Prelims	28.68		

7 Vorster, Ewan - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:03.88	#205 Men 16&U 100 Breast Prelims	1:21.79
#301 Men 16&U 200 Free Prelims	2:23.11	#305 Men 16&U 50 Breast Prelims	36.35
#401 Men 16&U 50 Free Prelims	28.54	#411 Men 16&U 50 Fly Prelims	31.77

8 Walters, Kelan - Male - Age: 12 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:16.14	#207 Men 16&U 200 Back Prelims	3:17.06
#309 Men 16&U 100 Back Prelims	1:24.71	#401 Men 16&U 50 Free Prelims	32.35
#409 Men 16&U 50 Back Prelims	37.52		

9 Watson, Sharni-Marie - Female - Age: 16 - Ind/Rel: 5 / 0

#306 Women 16&U 50 Breast Prelims	43.78	#310 Women 16&U 100 Back Prelims	1:20.48
#402 Women 16&U 50 Free Prelims	30.43	#410 Women 16&U 50 Back Prelims	37.58
#412 Women 16&U 50 Fly Prelims	32.00		

10 Wilkins, Max C - Male - Age: 14 - Ind/Rel: 7 / 0

#107 Men 14 400 Free	5:14.80	#201 Men 16&U 100 Free Prelims	1:07.98
#207 Men 16&U 200 Back Prelims	2:45.40	#301 Men 16&U 200 Free Prelims	2:29.14
#309 Men 16&U 100 Back Prelims	1:19.22	#401 Men 16&U 50 Free Prelims	30.45
#409 Men 16&U 50 Back Prelims	36.65		

Hps Rebels-TS Total Individual Entries: 62 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****J's Aqua Swimming Club-EK****1 Coetzee, Veronique - Female - Age: 11 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:19.44	#208 Women 16&U 200 Back Prelims	3:12.08
#302 Women 16&U 200 Free Prelims	3:01.94	#306 Women 16&U 50 Breast Prelims	48.14
#310 Women 16&U 100 Back Prelims	1:26.44	#314 Women 16&U 200 IM Prelims	3:22.63
#402 Women 16&U 50 Free Prelims	35.15	#410 Women 16&U 50 Back Prelims	40.67
#412 Women 16&U 50 Fly Prelims	49.37		

2 Cronje, Kayline - Female - Age: 11 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	6:12.80	#202 Women 16&U 100 Free Prelims	1:19.27
#206 Women 16&U 100 Breast Prelims	1:46.68	#208 Women 16&U 200 Back Prelims	3:16.76
#302 Women 16&U 200 Free Prelims	2:52.14	#306 Women 16&U 50 Breast Prelims	50.28
#310 Women 16&U 100 Back Prelims	1:33.19	#402 Women 16&U 50 Free Prelims	37.32
#406 Women 16&U 200 Breast Prelims	3:45.71	#410 Women 16&U 50 Back Prelims	43.04

3 De Milander, Evan - Male - Age: 15 - Ind/Rel: 11 / 0

#109 Men 15 400 Free	4:56.81	#201 Men 16&U 100 Free Prelims	1:02.95
#205 Men 16&U 100 Breast Prelims	1:25.97	#211 Men 16&U 100 Fly Prelims	1:10.30
#301 Men 16&U 200 Free Prelims	2:17.90	#305 Men 16&U 50 Breast Prelims	39.39
#313 Men 16&U 200 IM Prelims	2:39.95	#401 Men 16&U 50 Free Prelims	29.21
#405 Men 16&U 200 Breast Prelims	3:10.98	#409 Men 16&U 50 Back Prelims	37.83
#411 Men 16&U 50 Fly Prelims	31.72		

4 De Milander, Zian - Male - Age: 12 - Ind/Rel: 11 / 0

#103 Men 12 400 Free	5:45.39	#201 Men 16&U 100 Free Prelims	1:16.54
#205 Men 16&U 100 Breast Prelims	1:46.94	#207 Men 16&U 200 Back Prelims	3:12.28
#301 Men 16&U 200 Free Prelims	2:44.44	#305 Men 16&U 50 Breast Prelims	48.22
#309 Men 16&U 100 Back Prelims	1:28.93	#313 Men 16&U 200 IM Prelims	3:10.69
#401 Men 16&U 50 Free Prelims	34.17	#409 Men 16&U 50 Back Prelims	40.51
#411 Men 16&U 50 Fly Prelims	40.57		

J's Aqua Swimming Club-EK Total Individual Entries: 41 - Total Relays: 0

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

Legacy Swimming Club-ET**1 Mtyobile, Ntsikayethu - Male - Age: 15 - Ind/Rel: 5 / 0**

#211 Men 16&U 100 Fly Prelims	1:45.45	#307 Men 99&U 50 Breast Multi Class Prelims	45.86
#403 Men 99&U 50 Free Multi Class Prelims	39.46	#407 Men 99&U 100 Breast Multi Class Prelims	1:40.08
#413 Men 99&U 50 Fly Multi Class Prelims	43.77		

Legacy Swimming Club-ET Total Individual Entries: 5 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Limpopo Tuksswimming Club-WB****1 Claassen, Emma-lee - Female - Age: 11 - Ind/Rel: 8 / 2**

#206 Women 16&U 100 Breast Prelims	1:30.02
#212 Women 16&U 100 Fly Prelims	1:28.16
#314 Women 16&U 200 IM Prelims	2:53.03
#406 Women 16&U 200 Breast Prelims	3:10.80
#412 Women 16&U 50 Fly Prelims	36.32

#208 Women 16&U 200 Back Prelims	2:57.36
#310 Women 16&U 100 Back Prelims	1:21.33
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.28
#410 Women 16&U 50 Back Prelims	37.47
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:08.44

2 Prinsloo, Micke - Female - Age: 16 - Ind/Rel: 7 / 0

#206 Women 16&U 100 Breast Prelims	1:24.56
#314 Women 16&U 200 IM Prelims	2:55.12
#406 Women 16&U 200 Breast Prelims	3:05.63
#412 Women 16&U 50 Fly Prelims	35.13

#306 Women 16&U 50 Breast Prelims	37.84
#402 Women 16&U 50 Free Prelims	31.69
#410 Women 16&U 50 Back Prelims	39.19

3 Smit, Avah - Female - Age: 11 - Ind/Rel: 7 / 2

#206 Women 16&U 100 Breast Prelims	1:34.87
#306 Women 16&U 50 Breast Prelims	43.14
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.28
#406 Women 16&U 200 Breast Prelims	3:23.39
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:08.44

#208 Women 16&U 200 Back Prelims	3:02.59
#310 Women 16&U 100 Back Prelims	1:27.65
#402 Women 16&U 50 Free Prelims	36.89
#410 Women 16&U 50 Back Prelims	39.46

4 Teich, Shaun - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:27.78
#211 Men 16&U 100 Fly Prelims	1:19.77
#309 Men 16&U 100 Back Prelims	1:20.12
#409 Men 16&U 50 Back Prelims	36.06

#207 Men 16&U 200 Back Prelims	2:48.80
#301 Men 16&U 200 Free Prelims	2:32.95
#313 Men 16&U 200 IM Prelims	2:51.14
#411 Men 16&U 50 Fly Prelims	35.18

5 Upton, Odette - Female - Age: 16 - Ind/Rel: 9 / 0

#112 Women 16 400 Free	4:57.52
#212 Women 16&U 100 Fly Prelims	1:13.08
#310 Women 16&U 100 Back Prelims	1:15.73
#402 Women 16&U 50 Free Prelims	29.55
#412 Women 16&U 50 Fly Prelims	31.62

#202 Women 16&U 100 Free Prelims	1:03.35
#302 Women 16&U 200 Free Prelims	2:19.64
#314 Women 16&U 200 IM Prelims	2:41.76
#410 Women 16&U 50 Back Prelims	34.72

6 Vd Berg, Wihan - Male - Age: 12 - Ind/Rel: 7 / 2

#201 Men 16&U 100 Free Prelims	1:14.60
#305 Men 16&U 50 Breast Prelims	45.14
#313 Men 16&U 200 IM Prelims	3:09.04
#401 Men 16&U 50 Free Prelims	32.79
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:08.44

#207 Men 16&U 200 Back Prelims	3:01.31
#309 Men 16&U 100 Back Prelims	1:20.76
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.28
#409 Men 16&U 50 Back Prelims	37.96

7 Venter, Luan A - Male - Age: 12 - Ind/Rel: 3 / 2

#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:32.28
#405 Men 16&U 200 Breast Prelims	3:23.79
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:08.44

#401 Men 16&U 50 Free Prelims	32.63
#411 Men 16&U 50 Fly Prelims	35.20

Limpopo Tuksswimming Club-WB Total Individual Entries: 49 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Linrand Swimming Club-JH****1 Coleman, Ian A - Male - Age: 11 - Ind/Rel: 8 / 0**

#101 Men 11&U 400 Free	5:58.98	#201 Men 16&U 100 Free Prelims	1:17.24
#205 Men 16&U 100 Breast Prelims	1:41.42	#211 Men 16&U 100 Fly Prelims	1:46.03
#301 Men 16&U 200 Free Prelims	2:49.92	#313 Men 16&U 200 IM Prelims	3:17.26
#405 Men 16&U 200 Breast Prelims	3:47.79	#411 Men 16&U 50 Fly Prelims	41.06

2 Maruping, Bokkie M - Female - Age: 14 - Ind/Rel: 6 / 0

#108 Women 14 400 Free	5:14.72	#202 Women 16&U 100 Free Prelims	1:12.17
#212 Women 16&U 100 Fly Prelims	1:20.46	#302 Women 16&U 200 Free Prelims	2:29.65
#402 Women 16&U 50 Free Prelims	34.67	#412 Women 16&U 50 Fly Prelims	35.34

3 Viviers, Alana - Female - Age: 11 - Ind/Rel: 8 / 0

#102 Women 11&U 400 Free	6:09.69	#206 Women 16&U 100 Breast Prelims	1:42.32
#208 Women 16&U 200 Back Prelims	3:16.82	#302 Women 16&U 200 Free Prelims	2:52.62
#310 Women 16&U 100 Back Prelims	1:33.09	#314 Women 16&U 200 IM Prelims	3:14.47
#402 Women 16&U 50 Free Prelims	37.31	#406 Women 16&U 200 Breast Prelims	3:36.25

4 Vlok, Rijnhardt A - Male - Age: 11 - Ind/Rel: 8 / 0

#101 Men 11&U 400 Free	6:01.31	#201 Men 16&U 100 Free Prelims	1:18.77
#205 Men 16&U 100 Breast Prelims	1:37.78	#301 Men 16&U 200 Free Prelims	2:52.10
#305 Men 16&U 50 Breast Prelims	43.41	#313 Men 16&U 200 IM Prelims	3:15.90
#405 Men 16&U 200 Breast Prelims	3:24.96	#409 Men 16&U 50 Back Prelims	44.24

Linrand Swimming Club-JH Total Individual Entries: 30 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Mako Aquatics-EK****1 Britz, Jonathan O - Male - Age: 12 - Ind/Rel: 10 / 0**

#103 Men 12 400 Free	5:23.88	#201 Men 16&U 100 Free Prelims	1:08.52
#207 Men 16&U 200 Back Prelims	2:54.62	#211 Men 16&U 100 Fly Prelims	1:18.62
#301 Men 16&U 200 Free Prelims	2:33.79	#309 Men 16&U 100 Back Prelims	1:21.39
#313 Men 16&U 200 IM Prelims	2:58.46	#401 Men 16&U 50 Free Prelims	32.10
#409 Men 16&U 50 Back Prelims	37.42	#411 Men 16&U 50 Fly Prelims	33.76

2 Hood, Kaylin C - Male - Age: 12 - Ind/Rel: 10 / 0

#103 Men 12 400 Free	5:41.03	#201 Men 16&U 100 Free Prelims	1:13.38
#205 Men 16&U 100 Breast Prelims	1:35.79	#211 Men 16&U 100 Fly Prelims	1:26.42
#301 Men 16&U 200 Free Prelims	2:40.39	#309 Men 16&U 100 Back Prelims	1:26.72
#313 Men 16&U 200 IM Prelims	2:59.23	#401 Men 16&U 50 Free Prelims	34.11
#405 Men 16&U 200 Breast Prelims	3:29.22	#411 Men 16&U 50 Fly Prelims	38.04

3 Jansen van Vuuren, Conrad - Male - Age: 15 - Ind/Rel: 11 / 0

#109 Men 15 400 Free	5:03.37	#201 Men 16&U 100 Free Prelims	1:03.13
#205 Men 16&U 100 Breast Prelims	1:23.27	#207 Men 16&U 200 Back Prelims	2:43.50
#301 Men 16&U 200 Free Prelims	2:19.67	#305 Men 16&U 50 Breast Prelims	37.91
#309 Men 16&U 100 Back Prelims	1:12.99	#313 Men 16&U 200 IM Prelims	2:41.33
#401 Men 16&U 50 Free Prelims	28.07	#405 Men 16&U 200 Breast Prelims	3:05.34
#409 Men 16&U 50 Back Prelims	33.59		

4 Kyster, Daylen R - Male - Age: 13 - Ind/Rel: 11 / 0

#105 Men 13 400 Free	5:13.56	#201 Men 16&U 100 Free Prelims	1:06.16
#205 Men 16&U 100 Breast Prelims	1:29.67	#207 Men 16&U 200 Back Prelims	2:43.25
#211 Men 16&U 100 Fly Prelims	1:12.06	#301 Men 16&U 200 Free Prelims	2:25.98
#309 Men 16&U 100 Back Prelims	1:15.41	#313 Men 16&U 200 IM Prelims	2:42.74
#401 Men 16&U 50 Free Prelims	29.47	#409 Men 16&U 50 Back Prelims	34.89
#411 Men 16&U 50 Fly Prelims	32.24		

5 Lloyd-Swanepoel, Ella - Female - Age: 14 - Ind/Rel: 10 / 0

#108 Women 14 400 Free	5:33.29	#202 Women 16&U 100 Free Prelims	1:07.77
#208 Women 16&U 200 Back Prelims	2:44.05	#302 Women 16&U 200 Free Prelims	2:31.85
#306 Women 16&U 50 Breast Prelims	44.56	#310 Women 16&U 100 Back Prelims	1:14.81
#314 Women 16&U 200 IM Prelims	2:50.82	#402 Women 16&U 50 Free Prelims	30.45
#410 Women 16&U 50 Back Prelims	33.59	#412 Women 16&U 50 Fly Prelims	33.90

6 Nel, Jano P - Male - Age: 16 - Ind/Rel: 7 / 0

#111 Men 16 400 Free	5:02.96	#201 Men 16&U 100 Free Prelims	1:00.68
#207 Men 16&U 200 Back Prelims	2:34.90	#211 Men 16&U 100 Fly Prelims	1:07.85
#301 Men 16&U 200 Free Prelims	2:17.57	#309 Men 16&U 100 Back Prelims	1:09.48
#313 Men 16&U 200 IM Prelims	2:36.21		

7 Plint, Connor J - Male - Age: 13 - Ind/Rel: 12 / 0

#105 Men 13 400 Free	5:26.47	#201 Men 16&U 100 Free Prelims	1:09.36
#207 Men 16&U 200 Back Prelims	2:46.89	#211 Men 16&U 100 Fly Prelims	1:20.54
#301 Men 16&U 200 Free Prelims	2:33.00	#305 Men 16&U 50 Breast Prelims	49.49
#309 Men 16&U 100 Back Prelims	1:18.10	#313 Men 16&U 200 IM Prelims	2:55.96
#401 Men 16&U 50 Free Prelims	31.44	#405 Men 16&U 200 Breast Prelims	3:48.37
#409 Men 16&U 50 Back Prelims	34.49	#411 Men 16&U 50 Fly Prelims	33.38

8 Plint, Matthew J - Male - Age: 13 - Ind/Rel: 12 / 0

#105 Men 13 400 Free	5:35.15	#201 Men 16&U 100 Free Prelims	1:09.99
#207 Men 16&U 200 Back Prelims	2:54.79	#211 Men 16&U 100 Fly Prelims	1:20.30
#301 Men 16&U 200 Free Prelims	2:34.89	#305 Men 16&U 50 Breast Prelims	47.73
#309 Men 16&U 100 Back Prelims	1:19.27	#313 Men 16&U 200 IM Prelims	2:59.01
#401 Men 16&U 50 Free Prelims	31.87	#405 Men 16&U 200 Breast Prelims	3:53.15
#409 Men 16&U 50 Back Prelims	37.18	#411 Men 16&U 50 Fly Prelims	35.49

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

Mako Aquatics-EK**9 Tallarico, Marcello F - Male - Age: 16 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:08.43	#205 Men 16&U 100 Breast Prelims	1:17.20
#301 Men 16&U 200 Free Prelims	2:35.42	#305 Men 16&U 50 Breast Prelims	33.38
#401 Men 16&U 50 Free Prelims	30.44	#405 Men 16&U 200 Breast Prelims	2:59.22
#409 Men 16&U 50 Back Prelims	38.65	#411 Men 16&U 50 Fly Prelims	31.65

10 Vermeulen, Joshua - Male - Age: 14 - Ind/Rel: 10 / 0

#107 Men 14 400 Free	5:06.01	#201 Men 16&U 100 Free Prelims	1:04.10
#205 Men 16&U 100 Breast Prelims	1:30.74	#207 Men 16&U 200 Back Prelims	2:35.76
#211 Men 16&U 100 Fly Prelims	1:12.35	#301 Men 16&U 200 Free Prelims	2:23.27
#309 Men 16&U 100 Back Prelims	1:10.95	#313 Men 16&U 200 IM Prelims	2:42.36
#401 Men 16&U 50 Free Prelims	30.09	#409 Men 16&U 50 Back Prelims	32.88

Mako Aquatics-EK Total Individual Entries: 101 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Mandeville Dolphins-JH****1 Arangies, Leon H - Male - Age: 13 - Ind/Rel: 6 / 5**

#205 Men 16&U 100 Breast Prelims	1:25.42
#305 Men 16&U 50 Breast Prelims	37.05
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:15.46
#405 Men 16&U 200 Breast Prelims	3:11.77
#411 Men 16&U 50 Fly Prelims	33.78
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT

#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	NT
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	1:59.92
#401 Men 16&U 50 Free Prelims	30.53
#409 Men 16&U 50 Back Prelims	36.22
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:10.49

2 Ashworth, Ryan R - Male - Age: 12 - Ind/Rel: 7 / 2

#103 Men 12 400 Free	5:37.67
#211 Men 16&U 100 Fly Prelims	1:25.86
#313 Men 16&U 200 IM Prelims	3:07.10
#401 Men 16&U 50 Free Prelims	33.41
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:53.58

#201 Men 16&U 100 Free Prelims	1:12.72
#301 Men 16&U 200 Free Prelims	2:36.59
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:24.83
#411 Men 16&U 50 Fly Prelims	39.16

3 Bhabha, Aisha - Female - Age: 13 - Ind/Rel: 11 / 0

#106 Women 13 400 Free	5:44.33
#206 Women 16&U 100 Breast Prelims	1:40.44
#302 Women 16&U 200 Free Prelims	2:40.97
#310 Women 16&U 100 Back Prelims	1:29.36
#406 Women 16&U 200 Breast Prelims	3:38.76
#412 Women 16&U 50 Fly Prelims	38.81

#202 Women 16&U 100 Free Prelims	1:13.12
#208 Women 16&U 200 Back Prelims	3:10.11
#306 Women 16&U 50 Breast Prelims	43.90
#402 Women 16&U 50 Free Prelims	33.57
#410 Women 16&U 50 Back Prelims	40.31

4 Bruyns, Isabella M - Female - Age: 16 - Ind/Rel: 10 / 4

#202 Women 16&U 100 Free Prelims	1:05.42
#212 Women 16&U 100 Fly Prelims	1:20.28
#302 Women 16&U 200 Free Prelims	2:20.95
#310 Women 16&U 100 Back Prelims	1:13.20
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	1:59.91
#402 Women 16&U 50 Free Prelims	29.88
#412 Women 16&U 50 Fly Prelims	33.07

#208 Women 16&U 200 Back Prelims	2:39.82
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	4:28.93
#306 Women 16&U 50 Breast Prelims	41.78
#314 Women 16&U 200 IM Prelims	2:47.21
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:09.80
#410 Women 16&U 50 Back Prelims	33.27
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:14.88

5 Caldeira, Jessica S - Female - Age: 12 - Ind/Rel: 9 / 5

#104 Women 12 400 Free	5:40.64
#208 Women 16&U 200 Back Prelims	2:50.14
#306 Women 16&U 50 Breast Prelims	45.03
#314 Women 16&U 200 IM Prelims	2:59.37
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:24.83
#410 Women 16&U 50 Back Prelims	36.42
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:26.55

#202 Women 16&U 100 Free Prelims	1:13.24
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:52.32
#310 Women 16&U 100 Back Prelims	1:17.65
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:11.91
#402 Women 16&U 50 Free Prelims	32.93
#412 Women 16&U 50 Fly Prelims	37.05
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:53.58

6 Cazzavillan, Lorenzo L - Male - Age: 20 - Ind/Rel: 4 / 0

#209 Men 99&U 50 Back Multi Class Prelims	49.62
#311 Men 99&U 100 Back Multi Class Prelims	1:53.65

#303 Men 99&U 100 Free Multi Class Prelims	1:39.80
#403 Men 99&U 50 Free Multi Class Prelims	40.72

7 Cheshire, Kate E - Female - Age: 13 - Ind/Rel: 12 / 4

#106 Women 13 400 Free	5:17.91
#206 Women 16&U 100 Breast Prelims	1:46.21
#212 Women 16&U 100 Fly Prelims	1:22.02
#302 Women 16&U 200 Free Prelims	2:27.26
#310 Women 16&U 100 Back Prelims	1:18.21
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:07.37
#402 Women 16&U 50 Free Prelims	31.67
#412 Women 16&U 50 Fly Prelims	36.31

#202 Women 16&U 100 Free Prelims	1:09.62
#208 Women 16&U 200 Back Prelims	2:48.23
#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:42.70
#306 Women 16&U 50 Breast Prelims	44.05
#314 Women 16&U 200 IM Prelims	2:53.45
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:15.46
#410 Women 16&U 50 Back Prelims	37.62
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:29.42

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Mandeville Dolphins-JH****8 Costa, Charlotte S - Female - Age: 14 - Ind/Rel: 8 / 3**

#108 Women 14 400 Free	5:35.53	#202 Women 16&U 100 Free Prelims	1:13.07
#206 Women 16&U 100 Breast Prelims	1:30.84	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:42.70
#306 Women 16&U 50 Breast Prelims	41.65	#314 Women 16&U 200 IM Prelims	2:59.34
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:07.37	#402 Women 16&U 50 Free Prelims	32.07
#406 Women 16&U 200 Breast Prelims	3:14.90	#412 Women 16&U 50 Fly Prelims	38.64
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT		

9 De Sousa, Nicholas J - Male - Age: 15 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:05.00	#207 Men 16&U 200 Back Prelims	2:28.45
#211 Men 16&U 100 Fly Prelims	1:12.73	#301 Men 16&U 200 Free Prelims	2:17.43
#309 Men 16&U 100 Back Prelims	1:09.70	#313 Men 16&U 200 IM Prelims	2:38.51
#401 Men 16&U 50 Free Prelims	28.85	#409 Men 16&U 50 Back Prelims	31.72
#411 Men 16&U 50 Fly Prelims	30.34		

10 Ellis, Joseph G - Male - Age: 12 - Ind/Rel: 5 / 1

#205 Men 16&U 100 Breast Prelims	1:34.49	#211 Men 16&U 100 Fly Prelims	1:28.39
#305 Men 16&U 50 Breast Prelims	41.22	#313 Men 16&U 200 IM Prelims	3:09.09
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:24.83	#411 Men 16&U 50 Fly Prelims	35.07

11 Fine, Paisley-Gray - Female - Age: 11 - Ind/Rel: 5 / 0

#206 Women 16&U 100 Breast Prelims	1:37.09	#306 Women 16&U 50 Breast Prelims	44.42
#314 Women 16&U 200 IM Prelims	3:20.73	#402 Women 16&U 50 Free Prelims	34.71
#412 Women 16&U 50 Fly Prelims	46.22		

12 Gallant Da Silva, Emma L - Female - Age: 15 - Ind/Rel: 8 / 2

#202 Women 16&U 100 Free Prelims	1:07.40	#206 Women 16&U 100 Breast Prelims	1:29.88
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	4:28.93	#302 Women 16&U 200 Free Prelims	2:36.79
#306 Women 16&U 50 Breast Prelims	39.91	#310 Women 16&U 100 Back Prelims	1:23.60
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	1:59.91	#402 Women 16&U 50 Free Prelims	30.48
#406 Women 16&U 200 Breast Prelims	3:12.37	#412 Women 16&U 50 Fly Prelims	35.01

13 Gewer, Amber - Female - Age: 11 - Ind/Rel: 6 / 1

#202 Women 16&U 100 Free Prelims	1:19.45	#206 Women 16&U 100 Breast Prelims	1:39.16
#306 Women 16&U 50 Breast Prelims	44.31	#310 Women 16&U 100 Back Prelims	1:26.87
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:11.91	#410 Women 16&U 50 Back Prelims	38.48
#412 Women 16&U 50 Fly Prelims	38.16		

14 Kruger, Katelyn - Female - Age: 15 - Ind/Rel: 8 / 4

#202 Women 16&U 100 Free Prelims	1:04.80	#206 Women 16&U 100 Breast Prelims	1:26.61
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	4:28.93	#306 Women 16&U 50 Breast Prelims	39.02
#310 Women 16&U 100 Back Prelims	1:16.87	#314 Women 16&U 200 IM Prelims	2:52.65
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	1:59.91	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:09.80
#402 Women 16&U 50 Free Prelims	29.13	#410 Women 16&U 50 Back Prelims	35.40
#412 Women 16&U 50 Fly Prelims	32.60	#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:14.88

15 Mülder, Eli-Ray - Male - Age: 13 - Ind/Rel: 11 / 0

#201 Men 16&U 100 Free Prelims	1:07.08	#205 Men 16&U 100 Breast Prelims	1:22.79
#207 Men 16&U 200 Back Prelims	2:43.51	#301 Men 16&U 200 Free Prelims	2:27.53
#305 Men 16&U 50 Breast Prelims	37.56	#309 Men 16&U 100 Back Prelims	1:15.33
#313 Men 16&U 200 IM Prelims	2:42.12	#401 Men 16&U 50 Free Prelims	30.25
#405 Men 16&U 200 Breast Prelims	3:05.62	#409 Men 16&U 50 Back Prelims	34.30
#411 Men 16&U 50 Fly Prelims	31.65		

16 Ndlovu, Marang L - Female - Age: 12 - Ind/Rel: 8 / 1

#104 Women 12 400 Free	5:45.21	#206 Women 16&U 100 Breast Prelims	1:33.66
#208 Women 16&U 200 Back Prelims	3:06.63	#302 Women 16&U 200 Free Prelims	2:43.61
#310 Women 16&U 100 Back Prelims	1:26.00	#314 Women 16&U 200 IM Prelims	3:01.00
#402 Women 16&U 50 Free Prelims	34.60	#406 Women 16&U 200 Breast Prelims	3:22.35
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:26.55		

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Mandeville Dolphins-JH****17 Nolan, Emma M - Female - Age: 15 - Ind/Rel: 12 / 2**

#110 Women 15 400 Free	5:26.81	#202 Women 16&U 100 Free Prelims	1:11.31
#206 Women 16&U 100 Breast Prelims	1:24.60	#212 Women 16&U 100 Fly Prelims	1:14.70
#218 Women 15-16 4x100 Free Relay 4 X 100 Fre	4:28.93	#302 Women 16&U 200 Free Prelims	2:31.04
#306 Women 16&U 50 Breast Prelims	38.32	#310 Women 16&U 100 Back Prelims	1:15.53
#314 Women 16&U 200 IM Prelims	2:47.46	#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	1:59.91
#402 Women 16&U 50 Free Prelims	30.42	#406 Women 16&U 200 Breast Prelims	3:07.52
#410 Women 16&U 50 Back Prelims	35.83	#412 Women 16&U 50 Fly Prelims	31.91

18 Nolan, Kathryn A - Female - Age: 13 - Ind/Rel: 8 / 3

#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:42.70	#302 Women 16&U 200 Free Prelims	2:31.87
#306 Women 16&U 50 Breast Prelims	39.18	#310 Women 16&U 100 Back Prelims	1:18.29
#314 Women 16&U 200 IM Prelims	2:48.71	#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:16.14
#402 Women 16&U 50 Free Prelims	32.36	#406 Women 16&U 200 Breast Prelims	3:05.72
#410 Women 16&U 50 Back Prelims	37.51	#412 Women 16&U 50 Fly Prelims	34.92
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT		

19 Sandilands, Matthew L - Male - Age: 15 - Ind/Rel: 8 / 2

#109 Men 15 400 Free	4:40.84	#201 Men 16&U 100 Free Prelims	1:02.60
#205 Men 16&U 100 Breast Prelims	1:21.90	#211 Men 16&U 100 Fly Prelims	1:10.13
#301 Men 16&U 200 Free Prelims	2:14.77	#313 Men 16&U 200 IM Prelims	2:36.44
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:09.80	#401 Men 16&U 50 Free Prelims	28.65
#411 Men 16&U 50 Fly Prelims	30.91	#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:14.88

20 Schutze-Langston, Paige L - Female - Age: 13 - Ind/Rel: 7 / 4

#206 Women 16&U 100 Breast Prelims	1:25.48	#212 Women 16&U 100 Fly Prelims	1:17.65
#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:42.70	#306 Women 16&U 50 Breast Prelims	39.14
#310 Women 16&U 100 Back Prelims	1:17.23	#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:07.37
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:15.46	#402 Women 16&U 50 Free Prelims	31.61
#406 Women 16&U 200 Breast Prelims	3:09.72	#412 Women 16&U 50 Fly Prelims	32.75
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:29.42		

21 Shoniwa, Renee R - Female - Age: 14 - Ind/Rel: 6 / 2

#206 Women 16&U 100 Breast Prelims	1:30.22	#306 Women 16&U 50 Breast Prelims	39.48
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:07.37	#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:16.14
#402 Women 16&U 50 Free Prelims	32.02	#406 Women 16&U 200 Breast Prelims	3:16.18
#410 Women 16&U 50 Back Prelims	40.99	#412 Women 16&U 50 Fly Prelims	35.19

22 Short, Kyla J - Female - Age: 12 - Ind/Rel: 12 / 1

#104 Women 12 400 Free	5:34.04	#202 Women 16&U 100 Free Prelims	1:13.92
#206 Women 16&U 100 Breast Prelims	1:44.38	#208 Women 16&U 200 Back Prelims	2:53.99
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:52.32	#302 Women 16&U 200 Free Prelims	2:38.82
#306 Women 16&U 50 Breast Prelims	46.41	#310 Women 16&U 100 Back Prelims	1:23.08
#314 Women 16&U 200 IM Prelims	3:06.06	#402 Women 16&U 50 Free Prelims	34.47
#406 Women 16&U 200 Breast Prelims	3:31.71	#410 Women 16&U 50 Back Prelims	38.61
#412 Women 16&U 50 Fly Prelims	42.28		

23 Smith, Isaiah S - Male - Age: 14 - Ind/Rel: 9 / 5

#107 Men 14 400 Free	5:04.42	#201 Men 16&U 100 Free Prelims	1:03.55
#207 Men 16&U 200 Back Prelims	2:42.46	#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 16&U 200 Free Prelims	2:22.68	#309 Men 16&U 100 Back Prelims	1:13.37
#313 Men 16&U 200 IM Prelims	2:45.23	#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	1:59.92
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:16.14	#401 Men 16&U 50 Free Prelims	27.97
#409 Men 16&U 50 Back Prelims	33.29	#411 Men 16&U 50 Fly Prelims	33.02
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:10.49	#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:29.42

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Mandeville Dolphins-JH****24 Sun, Berre - Female - Age: 11 - Ind/Rel: 7 / 3**

#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	4:52.32	#302 Women 16&U 200 Free Prelims	2:49.70
#310 Women 16&U 100 Back Prelims	1:25.40	#314 Women 16&U 200 IM Prelims	3:12.32
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:11.91	#402 Women 16&U 50 Free Prelims	32.21
#406 Women 16&U 200 Breast Prelims	3:37.96	#410 Women 16&U 50 Back Prelims	39.34
#412 Women 16&U 50 Fly Prelims	36.07	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:26.55

25 van der Walt, Conrad - Male - Age: 14 - Ind/Rel: 13 / 5

#107 Men 14 400 Free	5:09.84	#201 Men 16&U 100 Free Prelims	1:07.85
#205 Men 16&U 100 Breast Prelims	1:23.54	#207 Men 16&U 200 Back Prelims	2:51.78
#211 Men 16&U 100 Fly Prelims	1:09.62	#214 Men 13-14 4x100 Free Relay 4 X 100 Free R	NT
#301 Men 16&U 200 Free Prelims	2:30.01	#305 Men 16&U 50 Breast Prelims	38.78
#309 Men 16&U 100 Back Prelims	1:19.24	#313 Men 16&U 200 IM Prelims	2:42.68
#316 Men 13-14 4x50 Free Relay 4 x 50 Free Rela	1:59.92	#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:15.46
#401 Men 16&U 50 Free Prelims	31.17	#405 Men 16&U 200 Breast Prelims	3:07.38
#409 Men 16&U 50 Back Prelims	36.67	#411 Men 16&U 50 Fly Prelims	31.42
#416 Men 13-14 4x50 Medley Relay 4 x 50 Medle	2:10.49	#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	NT

26 Von Brandis, Carl C - Male - Age: 15 - Ind/Rel: 8 / 2

#201 Men 16&U 100 Free Prelims	1:02.06	#205 Men 16&U 100 Breast Prelims	1:22.51
#211 Men 16&U 100 Fly Prelims	1:09.78	#301 Men 16&U 200 Free Prelims	2:22.44
#305 Men 16&U 50 Breast Prelims	36.49	#313 Men 16&U 200 IM Prelims	2:38.37
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:09.80	#401 Men 16&U 50 Free Prelims	27.95
#411 Men 16&U 50 Fly Prelims	30.46	#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:14.88

27 Wheeler, Jaxon - Male - Age: 12 - Ind/Rel: 7 / 1

#201 Men 16&U 100 Free Prelims	1:17.30	#205 Men 16&U 100 Breast Prelims	1:32.56
#301 Men 16&U 200 Free Prelims	2:47.59	#305 Men 16&U 50 Breast Prelims	42.91
#313 Men 16&U 200 IM Prelims	3:08.98	#401 Men 16&U 50 Free Prelims	34.32
#405 Men 16&U 200 Breast Prelims	3:30.28	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:53.58

Mandeville Dolphins-JH Total Individual Entries: 224 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Mandeville Para Swimming Club-JH****1 Jordaan, Leonardo C - Male - Age: 16 - Ind/Rel: 4 / 0**

#203 Men 99&U 200 IM Multi Class Prelims	3:27.36	#311 Men 99&U 100 Back Multi Class Prelims	1:40.12
#403 Men 99&U 50 Free Multi Class Prelims	31.99	#407 Men 99&U 100 Breast Multi Class Prelims	1:41.96

2 Qamarana, Amkele V - Male - Age: 22 - Ind/Rel: 7 / 0

#209 Men 99&U 50 Back Multi Class Prelims	35.75	#303 Men 99&U 100 Free Multi Class Prelims	1:03.74
#307 Men 99&U 50 Breast Multi Class Prelims	34.75	#311 Men 99&U 100 Back Multi Class Prelims	1:19.91
#403 Men 99&U 50 Free Multi Class Prelims	28.49	#407 Men 99&U 100 Breast Multi Class Prelims	1:17.71
#413 Men 99&U 50 Fly Multi Class Prelims	31.86		

3 Sibanda, Blessing - Male - Age: 18 - Ind/Rel: 7 / 0

#203 Men 99&U 200 IM Multi Class Prelims	3:58.99	#303 Men 99&U 100 Free Multi Class Prelims	1:19.55
#307 Men 99&U 50 Breast Multi Class Prelims	43.91	#311 Men 99&U 100 Back Multi Class Prelims	1:54.06
#403 Men 99&U 50 Free Multi Class Prelims	34.71	#407 Men 99&U 100 Breast Multi Class Prelims	1:44.69
#413 Men 99&U 50 Fly Multi Class Prelims	42.66		

Mandeville Para Swimming Club-JH Total Individual Entries: 18 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Matlosana Swimming Club-KK****1 Greeve, Nicolas N - Male - Age: 16 - Ind/Rel: 6 / 0**

#111 Men 16 400 Free	5:14.23	#201 Men 16&U 100 Free Prelims	1:01.79
#207 Men 16&U 200 Back Prelims	2:40.49	#211 Men 16&U 100 Fly Prelims	1:10.79
#301 Men 16&U 200 Free Prelims	2:22.97	#313 Men 16&U 200 IM Prelims	2:43.69

2 Jacobs, Jossie J - Male - Age: 16 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:02.38	#205 Men 16&U 100 Breast Prelims	1:18.75
#211 Men 16&U 100 Fly Prelims	1:09.96	#305 Men 16&U 50 Breast Prelims	34.85
#401 Men 16&U 50 Free Prelims	27.03	#405 Men 16&U 200 Breast Prelims	3:08.39
#411 Men 16&U 50 Fly Prelims	30.25		

3 Makurube, Bohlale - Male - Age: 15 - Ind/Rel: 6 / 0

#109 Men 15 400 Free	4:59.25	#201 Men 16&U 100 Free Prelims	1:00.86
#211 Men 16&U 100 Fly Prelims	1:13.77	#301 Men 16&U 200 Free Prelims	2:15.99
#309 Men 16&U 100 Back Prelims	1:16.10	#313 Men 16&U 200 IM Prelims	2:47.27

Matlosana Swimming Club-KK Total Individual Entries: 19 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Namibia Swimming Federation****1 Archer, Paul P - Male - Age: 14 - Ind/Rel: 7 / 2**

#201 Men 16&U 100 Free Prelims	1:01.73
#309 Men 16&U 100 Back Prelims	1:13.82
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:24.09
#409 Men 16&U 50 Back Prelims	34.36
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:24.50

#301 Men 16&U 200 Free Prelims	2:18.70
#313 Men 16&U 200 IM Prelims	2:43.63
#401 Men 16&U 50 Free Prelims	27.78
#411 Men 16&U 50 Fly Prelims	32.47

2 Dippenaar, Katja R - Female - Age: 13 - Ind/Rel: 11 / 2

#106 Women 13 400 Free	5:43.60
#208 Women 16&U 200 Back Prelims	3:08.99
#302 Women 16&U 200 Free Prelims	2:43.02
#310 Women 16&U 100 Back Prelims	1:26.29
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:24.09
#410 Women 16&U 50 Back Prelims	37.93
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:24.50

#202 Women 16&U 100 Free Prelims	1:11.88
#212 Women 16&U 100 Fly Prelims	1:35.50
#306 Women 16&U 50 Breast Prelims	49.59
#314 Women 16&U 200 IM Prelims	3:11.15
#402 Women 16&U 50 Free Prelims	33.81
#412 Women 16&U 50 Fly Prelims	38.42

3 Erni, Nele M - Female - Age: 9 - Ind/Rel: 13 / 3

#102 Women 11&U 400 Free	6:21.34
#206 Women 16&U 100 Breast Prelims	1:44.11
#212 Women 16&U 100 Fly Prelims	1:32.72
#302 Women 16&U 200 Free Prelims	2:52.29
#310 Women 16&U 100 Back Prelims	1:26.36
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.78
#406 Women 16&U 200 Breast Prelims	3:42.37
#412 Women 16&U 50 Fly Prelims	39.91

#202 Women 16&U 100 Free Prelims	1:18.56
#208 Women 16&U 200 Back Prelims	3:09.47
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:00.48
#306 Women 16&U 50 Breast Prelims	47.36
#314 Women 16&U 200 IM Prelims	3:13.88
#402 Women 16&U 50 Free Prelims	36.71
#410 Women 16&U 50 Back Prelims	42.04
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.00

4 Huang, Guoxuan - Male - Age: 10 - Ind/Rel: 12 / 2

#101 Men 11&U 400 Free	5:39.29
#205 Men 16&U 100 Breast Prelims	1:38.43
#211 Men 16&U 100 Fly Prelims	1:27.73
#301 Men 16&U 200 Free Prelims	2:39.40
#309 Men 16&U 100 Back Prelims	1:20.30
#401 Men 16&U 50 Free Prelims	33.78
#411 Men 16&U 50 Fly Prelims	38.53

#201 Men 16&U 100 Free Prelims	1:12.72
#207 Men 16&U 200 Back Prelims	2:55.13
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.00
#305 Men 16&U 50 Breast Prelims	45.20
#313 Men 16&U 200 IM Prelims	2:57.41
#409 Men 16&U 50 Back Prelims	37.88
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.00

5 Husselmann, Sophia - Female - Age: 10 - Ind/Rel: 13 / 0

#102 Women 11&U 400 Free	6:08.11
#206 Women 16&U 100 Breast Prelims	1:53.83
#212 Women 16&U 100 Fly Prelims	1:33.34
#306 Women 16&U 50 Breast Prelims	52.58
#314 Women 16&U 200 IM Prelims	3:14.25
#406 Women 16&U 200 Breast Prelims	4:03.23
#412 Women 16&U 50 Fly Prelims	38.55

#202 Women 16&U 100 Free Prelims	1:20.60
#208 Women 16&U 200 Back Prelims	3:17.41
#302 Women 16&U 200 Free Prelims	2:59.98
#310 Women 16&U 100 Back Prelims	1:31.78
#402 Women 16&U 50 Free Prelims	37.11
#410 Women 16&U 50 Back Prelims	43.19

6 Kathena, Junior J - Male - Age: 14 - Ind/Rel: 7 / 2

#201 Men 16&U 100 Free Prelims	1:03.01
#211 Men 16&U 100 Fly Prelims	1:10.93
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:24.09
#409 Men 16&U 50 Back Prelims	34.07
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:24.50

#205 Men 16&U 100 Breast Prelims	1:28.50
#305 Men 16&U 50 Breast Prelims	39.13
#401 Men 16&U 50 Free Prelims	28.34
#411 Men 16&U 50 Fly Prelims	30.31

7 Klukowski, Joshua R - Male - Age: 12 - Ind/Rel: 11 / 5

#201 Men 16&U 100 Free Prelims	1:14.02
#207 Men 16&U 200 Back Prelims	3:13.14
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.00
#305 Men 16&U 50 Breast Prelims	49.81
#313 Men 16&U 200 IM Prelims	3:10.44
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.14
#409 Men 16&U 50 Back Prelims	35.09
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:34.75

#205 Men 16&U 100 Breast Prelims	1:52.67
#211 Men 16&U 100 Fly Prelims	1:19.96
#301 Men 16&U 200 Free Prelims	2:54.83
#309 Men 16&U 100 Back Prelims	1:22.05
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:10.78
#401 Men 16&U 50 Free Prelims	33.07
#411 Men 16&U 50 Fly Prelims	34.09
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.48

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Namibia Swimming Federation****8 Lin, Yuchen - Male - Age: 10 - Ind/Rel: 13 / 0**

#101 Men 11&U 400 Free	6:08.70
#205 Men 16&U 100 Breast Prelims	1:37.03
#211 Men 16&U 100 Fly Prelims	1:27.08
#305 Men 16&U 50 Breast Prelims	44.09
#313 Men 16&U 200 IM Prelims	3:01.19
#405 Men 16&U 200 Breast Prelims	3:32.84
#411 Men 16&U 50 Fly Prelims	37.88

#201 Men 16&U 100 Free Prelims	1:16.96
#207 Men 16&U 200 Back Prelims	3:07.87
#301 Men 16&U 200 Free Prelims	2:53.18
#309 Men 16&U 100 Back Prelims	1:24.68
#401 Men 16&U 50 Free Prelims	34.47
#409 Men 16&U 50 Back Prelims	38.47

9 Losper, Aaliyah J - Female - Age: 12 - Ind/Rel: 11 / 5

#104 Women 12 400 Free	5:37.94
#208 Women 16&U 200 Back Prelims	2:48.65
#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:00.48
#306 Women 16&U 50 Breast Prelims	49.00
#314 Women 16&U 200 IM Prelims	3:02.52
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.93
#410 Women 16&U 50 Back Prelims	36.63
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:39.27

#202 Women 16&U 100 Free Prelims	1:13.29
#212 Women 16&U 100 Fly Prelims	1:27.59
#302 Women 16&U 200 Free Prelims	2:39.53
#310 Women 16&U 100 Back Prelims	1:19.57
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.78
#402 Women 16&U 50 Free Prelims	33.30
#412 Women 16&U 50 Fly Prelims	36.94
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.48

10 McNamara, Scarlett - Female - Age: 14 - Ind/Rel: 9 / 2

#108 Women 14 400 Free	5:20.05
#206 Women 16&U 100 Breast Prelims	1:28.24
#306 Women 16&U 50 Breast Prelims	39.29
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:24.09
#406 Women 16&U 200 Breast Prelims	3:11.25
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:24.50

#202 Women 16&U 100 Free Prelims	1:07.88
#302 Women 16&U 200 Free Prelims	2:28.73
#314 Women 16&U 200 IM Prelims	2:51.15
#402 Women 16&U 50 Free Prelims	30.98
#412 Women 16&U 50 Fly Prelims	36.33

11 Ndjeke, Peter T - Male - Age: 16 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:08.78
#211 Men 16&U 100 Fly Prelims	1:10.10
#309 Men 16&U 100 Back Prelims	1:18.46
#401 Men 16&U 50 Free Prelims	29.48
#409 Men 16&U 50 Back Prelims	34.36

#205 Men 16&U 100 Breast Prelims	1:21.47
#305 Men 16&U 50 Breast Prelims	36.91
#313 Men 16&U 200 IM Prelims	2:48.26
#405 Men 16&U 200 Breast Prelims	3:02.44
#411 Men 16&U 50 Fly Prelims	31.35

12 Rijnen, Owen - Male - Age: 11 - Ind/Rel: 7 / 3

#205 Men 16&U 100 Breast Prelims	1:38.16
#309 Men 16&U 100 Back Prelims	1:29.37
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.93
#405 Men 16&U 200 Breast Prelims	3:37.54
#411 Men 16&U 50 Fly Prelims	36.78

#305 Men 16&U 50 Breast Prelims	39.86
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:10.78
#401 Men 16&U 50 Free Prelims	31.92
#409 Men 16&U 50 Back Prelims	38.99
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medle	2:34.75

13 Roux, Keanu - Male - Age: 11 - Ind/Rel: 13 / 0

#101 Men 11&U 400 Free	6:10.14
#205 Men 16&U 100 Breast Prelims	1:48.18
#211 Men 16&U 100 Fly Prelims	1:36.90
#305 Men 16&U 50 Breast Prelims	49.03
#313 Men 16&U 200 IM Prelims	3:20.70
#405 Men 16&U 200 Breast Prelims	4:07.45
#411 Men 16&U 50 Fly Prelims	38.39

#201 Men 16&U 100 Free Prelims	1:18.69
#207 Men 16&U 200 Back Prelims	3:16.45
#301 Men 16&U 200 Free Prelims	2:57.00
#309 Men 16&U 100 Back Prelims	1:30.45
#401 Men 16&U 50 Free Prelims	35.92
#409 Men 16&U 50 Back Prelims	39.79

14 Shaetonhodi, Larissa - Female - Age: 12 - Ind/Rel: 12 / 2

#202 Women 16&U 100 Free Prelims	1:23.89
#208 Women 16&U 200 Back Prelims	3:22.05
#302 Women 16&U 200 Free Prelims	3:11.53
#310 Women 16&U 100 Back Prelims	1:34.22
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.14
#406 Women 16&U 200 Breast Prelims	3:31.08
#412 Women 16&U 50 Fly Prelims	41.78

#206 Women 16&U 100 Breast Prelims	1:32.78
#212 Women 16&U 100 Fly Prelims	1:48.20
#306 Women 16&U 50 Breast Prelims	41.23
#314 Women 16&U 200 IM Prelims	3:16.26
#402 Women 16&U 50 Free Prelims	37.05
#410 Women 16&U 50 Back Prelims	43.29
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:39.27

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Namibia Swimming Federation****15 Stoffberg, Alexis - Female - Age: 12 - Ind/Rel: 12 / 5**

#104 Women 12 400 Free	5:36.42	#202 Women 16&U 100 Free Prelims	1:10.33
#206 Women 16&U 100 Breast Prelims	1:40.51	#208 Women 16&U 200 Back Prelims	2:52.39
#212 Women 16&U 100 Fly Prelims	1:28.05	#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:00.48
#302 Women 16&U 200 Free Prelims	2:34.56	#306 Women 16&U 50 Breast Prelims	45.13
#310 Women 16&U 100 Back Prelims	1:21.85	#314 Women 16&U 200 IM Prelims	2:56.27
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.78	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.14
#402 Women 16&U 50 Free Prelims	33.04	#410 Women 16&U 50 Back Prelims	38.24
#412 Women 16&U 50 Fly Prelims	38.21	#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:39.27
#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.48		

16 Swartz, Caleb - Male - Age: 12 - Ind/Rel: 11 / 5

#103 Men 12 400 Free	5:40.51	#201 Men 16&U 100 Free Prelims	1:12.42
#205 Men 16&U 100 Breast Prelims	1:32.36	#207 Men 16&U 200 Back Prelims	2:53.14
#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.00	#301 Men 16&U 200 Free Prelims	2:38.65
#305 Men 16&U 50 Breast Prelims	42.52	#309 Men 16&U 100 Back Prelims	1:20.40
#313 Men 16&U 200 IM Prelims	3:01.82	#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:10.78
#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.93	#401 Men 16&U 50 Free Prelims	33.62
#405 Men 16&U 200 Breast Prelims	3:22.47	#409 Men 16&U 50 Back Prelims	38.80
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:34.75	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.00

17 Swartz, Samuel - Male - Age: 15 - Ind/Rel: 10 / 0

#109 Men 15 400 Free	5:17.35	#205 Men 16&U 100 Breast Prelims	1:25.71
#207 Men 16&U 200 Back Prelims	2:37.52	#305 Men 16&U 50 Breast Prelims	38.73
#309 Men 16&U 100 Back Prelims	1:14.40	#313 Men 16&U 200 IM Prelims	2:44.54
#401 Men 16&U 50 Free Prelims	30.15	#405 Men 16&U 200 Breast Prelims	3:10.46
#409 Men 16&U 50 Back Prelims	34.84	#411 Men 16&U 50 Fly Prelims	32.83

18 Thirion, Zandro - Male - Age: 11 - Ind/Rel: 13 / 5

#101 Men 11&U 400 Free	5:51.49	#201 Men 16&U 100 Free Prelims	1:10.84
#205 Men 16&U 100 Breast Prelims	1:32.68	#207 Men 16&U 200 Back Prelims	2:51.78
#211 Men 16&U 100 Fly Prelims	1:29.41	#213 Men 12&U 4x100 Free Relay 4 X 100 Free R	4:50.00
#301 Men 16&U 200 Free Prelims	2:36.76	#305 Men 16&U 50 Breast Prelims	41.23
#309 Men 16&U 100 Back Prelims	1:16.39	#313 Men 16&U 200 IM Prelims	2:58.02
#315 Men 12&U 4x50 Free Relay 4 x 50 Free Rela	2:10.78	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:31.14
#401 Men 16&U 50 Free Prelims	32.17	#405 Men 16&U 200 Breast Prelims	3:37.98
#409 Men 16&U 50 Back Prelims	34.54	#411 Men 16&U 50 Fly Prelims	36.57
#415 Men 12&U 4x50 Medley Relay 4 x 50 Medley	2:34.75	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	4:48.48

19 van der Linden, Namasiku K - Female - Age: 18 - Ind/Rel: 8 / 0

#204 Women 99&U 200 IM Multi Class Prelims	3:57.91	#210 Women 99&U 50 Back Multi Class Prelims	55.92
#304 Women 99&U 100 Free Multi Class Prelims	1:35.95	#308 Women 99&U 50 Breast Multi Class Prelims	58.18
#312 Women 99&U 100 Back Multi Class Prelims	2:01.31	#404 Women 99&U 50 Free Multi Class Prelims	45.22
#408 Women 99&U 100 Breast Multi Class Prelim	2:11.37	#414 Women 99&U 50 Fly Multi Class Prelims	49.59

20 van der Westhuizen, Christian - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	57.39	#301 Men 16&U 200 Free Prelims	2:08.67
#305 Men 16&U 50 Breast Prelims	34.75	#313 Men 16&U 200 IM Prelims	2:29.96
#401 Men 16&U 50 Free Prelims	26.63	#409 Men 16&U 50 Back Prelims	30.83
#411 Men 16&U 50 Fly Prelims	29.06		

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Namibia Swimming Federation****21 Williams, Liya - Female - Age: 11 - Ind/Rel: 13 / 5**

#102 Women 11&U 400 Free	6:09.24	#202 Women 16&U 100 Free Prelims	1:18.30
#206 Women 16&U 100 Breast Prelims	1:47.33	#208 Women 16&U 200 Back Prelims	3:04.92
#212 Women 16&U 100 Fly Prelims	1:38.30	#216 Women 12&U 4x100 Free Relay 4 X 100 Fre	5:00.48
#302 Women 16&U 200 Free Prelims	2:54.11	#306 Women 16&U 50 Breast Prelims	50.18
#310 Women 16&U 100 Back Prelims	1:27.54	#314 Women 16&U 200 IM Prelims	3:15.53
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.78	#321 Mixed 12&U 4x50 Medley Relay 4 x 50 Mixe	2:36.93
#402 Women 16&U 50 Free Prelims	35.73	#406 Women 16&U 200 Breast Prelims	3:52.03
#410 Women 16&U 50 Back Prelims	40.30	#412 Women 16&U 50 Fly Prelims	41.18
#418 Women 12&U 4x50 Medley Relay 4 x 50 Me	2:39.27	#421 Mixed 12&U 4x100 Free Relay 4 x 100 Mixe	5:02.00

Namibia Swimming Federation Total Individual Entries: 223 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****North West University Swim Clu-KK****1 Jacobs, Willem - Male - Age: 12 - Ind/Rel: 6 / 0**

#301 Men 16&U 200 Free Prelims	2:47.12	#305 Men 16&U 50 Breast Prelims	49.25
#309 Men 16&U 100 Back Prelims	1:23.72	#401 Men 16&U 50 Free Prelims	32.85
#409 Men 16&U 50 Back Prelims	37.75	#411 Men 16&U 50 Fly Prelims	39.18

2 Janse van Rensburg, Grizelda - Female - Age: 12 - Ind/Rel: 6 / 1

#104 Women 12 400 Free	5:59.05	#202 Women 16&U 100 Free Prelims	1:13.53
#212 Women 16&U 100 Fly Prelims	1:47.15	#302 Women 16&U 200 Free Prelims	2:49.47
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.64	#402 Women 16&U 50 Free Prelims	33.23
#412 Women 16&U 50 Fly Prelims	39.16		

3 Janse van Rensburg, Zandri E - Female - Age: 12 - Ind/Rel: 6 / 1

#202 Women 16&U 100 Free Prelims	1:17.86	#206 Women 16&U 100 Breast Prelims	1:33.44
#306 Women 16&U 50 Breast Prelims	41.87	#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.64
#402 Women 16&U 50 Free Prelims	33.62	#406 Women 16&U 200 Breast Prelims	3:22.54
#412 Women 16&U 50 Fly Prelims	40.10		

4 Steinbach, Mieke - Female - Age: 12 - Ind/Rel: 6 / 1

#206 Women 16&U 100 Breast Prelims	1:36.68	#212 Women 16&U 100 Fly Prelims	1:26.04
#306 Women 16&U 50 Breast Prelims	45.10	#314 Women 16&U 200 IM Prelims	3:10.57
#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.64	#406 Women 16&U 200 Breast Prelims	3:30.63
#412 Women 16&U 50 Fly Prelims	37.69		

5 Tredoux, Keegan C - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:00.47	#205 Men 16&U 100 Breast Prelims	1:16.14
#211 Men 16&U 100 Fly Prelims	1:16.16	#301 Men 16&U 200 Free Prelims	2:17.15
#305 Men 16&U 50 Breast Prelims	34.72	#313 Men 16&U 200 IM Prelims	2:31.99
#405 Men 16&U 200 Breast Prelims	2:48.88		

6 Van Breda, Isabella - Female - Age: 12 - Ind/Rel: 6 / 1

#302 Women 16&U 200 Free Prelims	2:51.29	#306 Women 16&U 50 Breast Prelims	45.23
#314 Women 16&U 200 IM Prelims	3:14.24	#318 Women 12&U 4x50 Free Relay 4 x 50 Free R	2:18.64
#402 Women 16&U 50 Free Prelims	35.32	#406 Women 16&U 200 Breast Prelims	3:26.23
#412 Women 16&U 50 Fly Prelims	41.55		

North West University Swim Clu-KK Total Individual Entries: 37 - Total Relays: 0

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

Old Edwardian Swimming Club-JH**1 Briscoe, Ayden L - Male - Age: 12 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:16.91	#207 Men 16&U 200 Back Prelims	3:14.61
#301 Men 16&U 200 Free Prelims	2:44.07	#309 Men 16&U 100 Back Prelims	1:27.35
#401 Men 16&U 50 Free Prelims	36.17	#409 Men 16&U 50 Back Prelims	38.86
#411 Men 16&U 50 Fly Prelims	39.10		

2 Swart, Milla - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:33.19	#206 Women 16&U 100 Breast Prelims	1:33.64
#306 Women 16&U 50 Breast Prelims	42.58	#314 Women 16&U 200 IM Prelims	3:20.51
#406 Women 16&U 200 Breast Prelims	3:26.60		

Old Edwardian Swimming Club-JH Total Individual Entries: 12 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Otters Rustenburg-BP****1 Breet, Donovan - Male - Age: 14 - Ind/Rel: 5 / 0**

#205 Men 16&U 100 Breast Prelims	1:23.92
#305 Men 16&U 50 Breast Prelims	36.93
#411 Men 16&U 50 Fly Prelims	32.04

#211 Men 16&U 100 Fly Prelims	1:11.30
#313 Men 16&U 200 IM Prelims	2:44.01

2 Engelbrecht, Dedre - Female - Age: 15 - Ind/Rel: 10 / 0

#110 Women 15 400 Free	5:57.06
#208 Women 16&U 200 Back Prelims	2:46.78
#302 Women 16&U 200 Free Prelims	2:41.88
#314 Women 16&U 200 IM Prelims	2:59.67
#410 Women 16&U 50 Back Prelims	34.91

#202 Women 16&U 100 Free Prelims	1:09.31
#212 Women 16&U 100 Fly Prelims	1:27.36
#310 Women 16&U 100 Back Prelims	1:16.41
#402 Women 16&U 50 Free Prelims	31.12
#412 Women 16&U 50 Fly Prelims	36.15

3 Kasselman, Juan - Male - Age: 14 - Ind/Rel: 6 / 0

#107 Men 14 400 Free	5:12.79
#207 Men 16&U 200 Back Prelims	2:39.24
#309 Men 16&U 100 Back Prelims	1:14.45

#201 Men 16&U 100 Free Prelims	1:04.47
#301 Men 16&U 200 Free Prelims	2:24.39
#313 Men 16&U 200 IM Prelims	2:45.59

4 Louw, Cara - Female - Age: 14 - Ind/Rel: 7 / 0

#206 Women 16&U 100 Breast Prelims	1:35.57
#306 Women 16&U 50 Breast Prelims	42.76
#402 Women 16&U 50 Free Prelims	31.68
#410 Women 16&U 50 Back Prelims	37.28

#208 Women 16&U 200 Back Prelims	2:52.28
#310 Women 16&U 100 Back Prelims	1:20.80
#406 Women 16&U 200 Breast Prelims	3:21.06

5 Nel, Zian - Male - Age: 14 - Ind/Rel: 8 / 0

#107 Men 14 400 Free	5:05.14
#207 Men 16&U 200 Back Prelims	2:42.87
#309 Men 16&U 100 Back Prelims	1:15.61
#401 Men 16&U 50 Free Prelims	29.60

#201 Men 16&U 100 Free Prelims	1:05.03
#301 Men 16&U 200 Free Prelims	2:22.93
#313 Men 16&U 200 IM Prelims	2:41.96
#411 Men 16&U 50 Fly Prelims	33.31

6 Zoutendyk, Simi - Female - Age: 12 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:16.28
#212 Women 16&U 100 Fly Prelims	1:22.77
#314 Women 16&U 200 IM Prelims	3:06.01
#406 Women 16&U 200 Breast Prelims	3:33.81
#412 Women 16&U 50 Fly Prelims	36.55

#206 Women 16&U 100 Breast Prelims	1:38.70
#306 Women 16&U 50 Breast Prelims	44.86
#402 Women 16&U 50 Free Prelims	33.88
#410 Women 16&U 50 Back Prelims	39.61

Otters Rustenburg-BP Total Individual Entries: 45 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Perfect Stroke Swimming Club-JH****1 Botha, Annebelle - Female - Age: 12 - Ind/Rel: 7 / 0**

#104 Women 12 400 Free	5:18.71	#202 Women 16&U 100 Free Prelims	1:09.28
#206 Women 16&U 100 Breast Prelims	1:29.22	#208 Women 16&U 200 Back Prelims	2:48.69
#302 Women 16&U 200 Free Prelims	2:30.13	#310 Women 16&U 100 Back Prelims	1:17.94
#406 Women 16&U 200 Breast Prelims	3:09.98		

2 Chetty, Viknesh - Male - Age: 15 - Ind/Rel: 4 / 0

#205 Men 16&U 100 Breast Prelims	1:17.94	#305 Men 16&U 50 Breast Prelims	34.15
#313 Men 16&U 200 IM Prelims	2:46.41	#405 Men 16&U 200 Breast Prelims	2:51.67

3 De Amorim, Connor M - Male - Age: 13 - Ind/Rel: 8 / 0

#105 Men 13 400 Free	5:18.43	#201 Men 16&U 100 Free Prelims	1:02.72
#205 Men 16&U 100 Breast Prelims	1:25.24	#301 Men 16&U 200 Free Prelims	2:23.69
#305 Men 16&U 50 Breast Prelims	38.28	#313 Men 16&U 200 IM Prelims	2:49.40
#401 Men 16&U 50 Free Prelims	28.53	#411 Men 16&U 50 Fly Prelims	30.14

4 Dewey, Harper S - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:27.57	#206 Women 16&U 100 Breast Prelims	1:38.76
#306 Women 16&U 50 Breast Prelims	46.50	#314 Women 16&U 200 IM Prelims	3:32.04
#406 Women 16&U 200 Breast Prelims	3:33.16	#412 Women 16&U 50 Fly Prelims	54.50

5 Jack, Kayden E - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:14.80	#212 Women 16&U 100 Fly Prelims	1:30.40
#310 Women 16&U 100 Back Prelims	1:29.74	#314 Women 16&U 200 IM Prelims	3:11.44
#402 Women 16&U 50 Free Prelims	33.84	#410 Women 16&U 50 Back Prelims	41.39
#412 Women 16&U 50 Fly Prelims	36.57		

6 Mattheus, Carter - Male - Age: 11 - Ind/Rel: 5 / 0

#205 Men 16&U 100 Breast Prelims	1:44.92	#305 Men 16&U 50 Breast Prelims	50.34
#313 Men 16&U 200 IM Prelims	4:13.77	#401 Men 16&U 50 Free Prelims	40.44
#405 Men 16&U 200 Breast Prelims	3:43.69		

7 Stoltz, Makayla E - Female - Age: 12 - Ind/Rel: 7 / 0

#206 Women 16&U 100 Breast Prelims	1:29.17	#208 Women 16&U 200 Back Prelims	2:59.70
#306 Women 16&U 50 Breast Prelims	38.83	#310 Women 16&U 100 Back Prelims	1:24.05
#402 Women 16&U 50 Free Prelims	34.49	#406 Women 16&U 200 Breast Prelims	3:14.69
#410 Women 16&U 50 Back Prelims	38.68		

Perfect Stroke Swimming Club-JH Total Individual Entries: 44 - Total Relays: 0

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

Phoenix Swimming**1 Sohoni, Aahana - Female - Age: 12 - Ind/Rel: 7 / 0**

#104 Women 12 400 Free	5:34.04	#202 Women 16&U 100 Free Prelims	1:13.54
#302 Women 16&U 200 Free Prelims	2:39.73	#306 Women 16&U 50 Breast Prelims	46.45
#314 Women 16&U 200 IM Prelims	3:08.90	#402 Women 16&U 50 Free Prelims	34.31
#406 Women 16&U 200 Breast Prelims	3:28.88		

Phoenix Swimming Total Individual Entries: 7 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Pinnacle Gryphons Aquatics Clu-EK****1 Delpport, Jayden S - Male - Age: 16 - Ind/Rel: 10 / 0**

#111 Men 16 400 Free	4:43.51	#201 Men 16&U 100 Free Prelims	1:01.51
#207 Men 16&U 200 Back Prelims	2:30.57	#211 Men 16&U 100 Fly Prelims	1:10.75
#301 Men 16&U 200 Free Prelims	2:16.86	#309 Men 16&U 100 Back Prelims	1:09.27
#313 Men 16&U 200 IM Prelims	2:38.82	#401 Men 16&U 50 Free Prelims	28.27
#409 Men 16&U 50 Back Prelims	33.94	#411 Men 16&U 50 Fly Prelims	30.37

2 Jurgens, Tristen T - Male - Age: 15 - Ind/Rel: 1 / 0

#109 Men 15 400 Free	5:21.54
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3 Knudsen, Harley - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:15.65	#208 Women 16&U 200 Back Prelims	3:03.08
#212 Women 16&U 100 Fly Prelims	1:33.47	#302 Women 16&U 200 Free Prelims	2:46.79
#310 Women 16&U 100 Back Prelims	1:26.49	#402 Women 16&U 50 Free Prelims	34.42
#410 Women 16&U 50 Back Prelims	39.24	#412 Women 16&U 50 Fly Prelims	41.96

4 Lee, Tristan - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:09.38	#205 Men 16&U 100 Breast Prelims	1:28.27
#301 Men 16&U 200 Free Prelims	2:53.81	#305 Men 16&U 50 Breast Prelims	39.45
#313 Men 16&U 200 IM Prelims	3:12.28	#401 Men 16&U 50 Free Prelims	30.55
#405 Men 16&U 200 Breast Prelims	3:19.77	#409 Men 16&U 50 Back Prelims	40.99

5 Minnie, Milano F - Male - Age: 11 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	6:19.81	#201 Men 16&U 100 Free Prelims	1:21.26
#205 Men 16&U 100 Breast Prelims	1:47.70	#207 Men 16&U 200 Back Prelims	3:12.56
#301 Men 16&U 200 Free Prelims	2:58.31	#309 Men 16&U 100 Back Prelims	1:29.65
#313 Men 16&U 200 IM Prelims	3:20.22	#401 Men 16&U 50 Free Prelims	36.81
#405 Men 16&U 200 Breast Prelims	3:50.68		

6 Oosthuizen, Nathan - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	5:13.70	#201 Men 16&U 100 Free Prelims	1:08.30
#207 Men 16&U 200 Back Prelims	2:44.85	#301 Men 16&U 200 Free Prelims	2:27.32
#309 Men 16&U 100 Back Prelims	1:18.05	#313 Men 16&U 200 IM Prelims	2:47.97
#401 Men 16&U 50 Free Prelims	31.53	#409 Men 16&U 50 Back Prelims	37.46
#411 Men 16&U 50 Fly Prelims	36.79		

Pinnacle Gryphons Aquatics Clu-EK Total Individual Entries: 45 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Potchefstroom Swimming Club-KK****1 de Witt, Gite M - Female - Age: 15 - Ind/Rel: 4 / 0**

#208 Women 16&U 200 Back Prelims	2:43.27	#212 Women 16&U 100 Fly Prelims	1:13.57
#310 Women 16&U 100 Back Prelims	1:14.35	#314 Women 16&U 200 IM Prelims	2:48.23

2 Hooghiemstra, Jacques - Male - Age: 12 - Ind/Rel: 6 / 0

#103 Men 12 400 Free	5:32.50	#201 Men 16&U 100 Free Prelims	1:11.54
#207 Men 16&U 200 Back Prelims	2:47.24	#301 Men 16&U 200 Free Prelims	2:35.33
#309 Men 16&U 100 Back Prelims	1:18.99	#313 Men 16&U 200 IM Prelims	2:58.39

3 Kotzé, Lisa - Female - Age: 11 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:13.51	#208 Women 16&U 200 Back Prelims	2:57.15
#302 Women 16&U 200 Free Prelims	2:36.75	#310 Women 16&U 100 Back Prelims	1:23.77
#314 Women 16&U 200 IM Prelims	3:02.62	#406 Women 16&U 200 Breast Prelims	3:31.77
#412 Women 16&U 50 Fly Prelims	38.76		

4 Nel, Christiaan - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:02.67	#207 Men 16&U 200 Back Prelims	2:37.69
#305 Men 16&U 50 Breast Prelims	35.46	#309 Men 16&U 100 Back Prelims	1:11.30
#313 Men 16&U 200 IM Prelims	2:38.86	#401 Men 16&U 50 Free Prelims	28.27
#411 Men 16&U 50 Fly Prelims	31.23		

Potchefstroom Swimming Club-KK Total Individual Entries: 24 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Pretoria Aquatic Club-TS****1 Adams, Avery - Male - Age: 10 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:18.35	#205 Men 16&U 100 Breast Prelims	1:41.76
#305 Men 16&U 50 Breast Prelims	45.54	#309 Men 16&U 100 Back Prelims	1:40.17
#405 Men 16&U 200 Breast Prelims	3:36.59	#411 Men 16&U 50 Fly Prelims	48.62

2 Bosch, Una - Female - Age: 15 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:14.34	#206 Women 16&U 100 Breast Prelims	1:28.94
#306 Women 16&U 50 Breast Prelims	40.10	#402 Women 16&U 50 Free Prelims	34.91
#406 Women 16&U 200 Breast Prelims	3:19.39		

3 Botha, Joshua - Male - Age: 16 - Ind/Rel: 3 / 0

#201 Men 16&U 100 Free Prelims	58.43	#401 Men 16&U 50 Free Prelims	26.75
#411 Men 16&U 50 Fly Prelims	30.05		

4 De Lange, Roxy - Female - Age: 14 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:06.45	#212 Women 16&U 100 Fly Prelims	1:17.27
#302 Women 16&U 200 Free Prelims	2:26.12	#310 Women 16&U 100 Back Prelims	1:20.43
#402 Women 16&U 50 Free Prelims	30.01	#410 Women 16&U 50 Back Prelims	36.32
#412 Women 16&U 50 Fly Prelims	32.30		

5 de Sa, Tegan S - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:11.31	#206 Women 16&U 100 Breast Prelims	1:24.31
#306 Women 16&U 50 Breast Prelims	39.20	#310 Women 16&U 100 Back Prelims	1:20.77
#406 Women 16&U 200 Breast Prelims	3:04.55	#410 Women 16&U 50 Back Prelims	38.28

6 Engelbrecht, Alexi - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:13.27	#206 Women 16&U 100 Breast Prelims	1:31.75
#306 Women 16&U 50 Breast Prelims	40.74	#310 Women 16&U 100 Back Prelims	1:17.67
#402 Women 16&U 50 Free Prelims	33.65	#410 Women 16&U 50 Back Prelims	34.93

7 Engelbrecht, Livi - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:26.46	#206 Women 16&U 100 Breast Prelims	1:41.37
#306 Women 16&U 50 Breast Prelims	45.65	#310 Women 16&U 100 Back Prelims	1:41.47
#406 Women 16&U 200 Breast Prelims	3:31.40	#410 Women 16&U 50 Back Prelims	44.74

8 Huang, Elin - Female - Age: 15 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:11.98	#208 Women 16&U 200 Back Prelims	2:53.39
#310 Women 16&U 100 Back Prelims	1:18.76	#314 Women 16&U 200 IM Prelims	2:57.04
#402 Women 16&U 50 Free Prelims	32.69	#410 Women 16&U 50 Back Prelims	36.15
#412 Women 16&U 50 Fly Prelims	34.13		

9 Kirstein, Mine' - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:18.73	#206 Women 16&U 100 Breast Prelims	1:37.44
#306 Women 16&U 50 Breast Prelims	44.61	#314 Women 16&U 200 IM Prelims	3:14.77
#402 Women 16&U 50 Free Prelims	35.22	#406 Women 16&U 200 Breast Prelims	3:27.79

10 Labuschagne, Layla - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:12.33	#206 Women 16&U 100 Breast Prelims	1:26.00
#306 Women 16&U 50 Breast Prelims	38.72	#310 Women 16&U 100 Back Prelims	1:28.48
#402 Women 16&U 50 Free Prelims	32.36	#406 Women 16&U 200 Breast Prelims	3:07.13

11 Mayhew, Franko - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:05.11	#211 Men 16&U 100 Fly Prelims	1:21.73
#309 Men 16&U 100 Back Prelims	1:13.17	#401 Men 16&U 50 Free Prelims	28.79
#409 Men 16&U 50 Back Prelims	33.69	#411 Men 16&U 50 Fly Prelims	31.49

12 Mtetwa, Zama U - Female - Age: 14 - Ind/Rel: 7 / 0

#206 Women 16&U 100 Breast Prelims	1:28.70	#208 Women 16&U 200 Back Prelims	2:54.81
#306 Women 16&U 50 Breast Prelims	39.52	#310 Women 16&U 100 Back Prelims	1:16.29
#402 Women 16&U 50 Free Prelims	31.71	#410 Women 16&U 50 Back Prelims	35.27
#412 Women 16&U 50 Fly Prelims	35.89		

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Pretoria Aquatic Club-TS****13 Oliphant, Chloe B - Female - Age: 14 - Ind/Rel: 7 / 0**

#202 Women 16&U 100 Free Prelims	1:09.45	#212 Women 16&U 100 Fly Prelims	1:20.07
#302 Women 16&U 200 Free Prelims	2:33.38	#310 Women 16&U 100 Back Prelims	1:15.61
#402 Women 16&U 50 Free Prelims	30.57	#410 Women 16&U 50 Back Prelims	35.41
#412 Women 16&U 50 Fly Prelims	34.58		

14 Oliphant, Paige A - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:15.78	#208 Women 16&U 200 Back Prelims	2:59.31
#310 Women 16&U 100 Back Prelims	1:24.67	#314 Women 16&U 200 IM Prelims	3:06.00
#402 Women 16&U 50 Free Prelims	34.64	#410 Women 16&U 50 Back Prelims	39.94

15 Oosthuizen, Mia - Female - Age: 11 - Ind/Rel: 6 / 0

#206 Women 16&U 100 Breast Prelims	1:29.95	#212 Women 16&U 100 Fly Prelims	1:22.55
#306 Women 16&U 50 Breast Prelims	40.10	#314 Women 16&U 200 IM Prelims	3:06.65
#406 Women 16&U 200 Breast Prelims	3:11.69	#412 Women 16&U 50 Fly Prelims	36.32

16 Schoeman, Sabby A - Male - Age: 15 - Ind/Rel: 5 / 0

#205 Men 16&U 100 Breast Prelims	1:14.31	#305 Men 16&U 50 Breast Prelims	34.15
#313 Men 16&U 200 IM Prelims	2:40.47	#405 Men 16&U 200 Breast Prelims	2:46.75
#411 Men 16&U 50 Fly Prelims	30.70		

17 Stedall, Gia - Female - Age: 13 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:12.76	#206 Women 16&U 100 Breast Prelims	1:30.71
#306 Women 16&U 50 Breast Prelims	41.22	#406 Women 16&U 200 Breast Prelims	3:18.54
#410 Women 16&U 50 Back Prelims	41.98		

18 van Niekerk, Jacques - Male - Age: 14 - Ind/Rel: 5 / 0

#107 Men 14 400 Free	5:08.67	#207 Men 16&U 200 Back Prelims	2:31.94
#309 Men 16&U 100 Back Prelims	1:11.60	#401 Men 16&U 50 Free Prelims	30.54
#409 Men 16&U 50 Back Prelims	35.16		

19 Venter, Jean - Male - Age: 12 - Ind/Rel: 7 / 0

#103 Men 12 400 Free	5:43.94	#201 Men 16&U 100 Free Prelims	1:17.91
#205 Men 16&U 100 Breast Prelims	1:43.43	#301 Men 16&U 200 Free Prelims	2:42.61
#305 Men 16&U 50 Breast Prelims	48.23	#405 Men 16&U 200 Breast Prelims	3:37.39
#409 Men 16&U 50 Back Prelims	42.51		

Pretoria Aquatic Club-TS Total Individual Entries: 112 - Total Relays: 0

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

Propellers Swimming Club**1 Nthomiwa, Wapego - Male - Age: 15 - Ind/Rel: 9 / 0**

#109 Men 15 400 Free	5:09.99	#205 Men 16&U 100 Breast Prelims	1:22.10
#207 Men 16&U 200 Back Prelims	2:42.62	#211 Men 16&U 100 Fly Prelims	1:09.36
#309 Men 16&U 100 Back Prelims	1:12.60	#313 Men 16&U 200 IM Prelims	2:33.48
#401 Men 16&U 50 Free Prelims	27.67	#405 Men 16&U 200 Breast Prelims	2:59.54
#411 Men 16&U 50 Fly Prelims	30.29		

Propellers Swimming Club Total Individual Entries: 9 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Quest Swim Club-JH****1 Ackerman, Emily K - Female - Age: 14 - Ind/Rel: 10 / 0**

#108 Women 14 400 Free	5:14.34	#202 Women 16&U 100 Free Prelims	1:10.46
#206 Women 16&U 100 Breast Prelims	1:28.44	#212 Women 16&U 100 Fly Prelims	1:31.90
#302 Women 16&U 200 Free Prelims	2:31.59	#310 Women 16&U 100 Back Prelims	1:27.61
#314 Women 16&U 200 IM Prelims	2:54.69	#402 Women 16&U 50 Free Prelims	33.62
#406 Women 16&U 200 Breast Prelims	3:10.04	#412 Women 16&U 50 Fly Prelims	40.13

2 Coetzee, Carli - Female - Age: 15 - Ind/Rel: 10 / 0

#206 Women 16&U 100 Breast Prelims	1:25.01	#208 Women 16&U 200 Back Prelims	3:12.03
#302 Women 16&U 200 Free Prelims	2:57.33	#306 Women 16&U 50 Breast Prelims	38.61
#310 Women 16&U 100 Back Prelims	1:30.31	#314 Women 16&U 200 IM Prelims	3:14.36
#402 Women 16&U 50 Free Prelims	36.55	#406 Women 16&U 200 Breast Prelims	3:09.60
#410 Women 16&U 50 Back Prelims	41.88	#412 Women 16&U 50 Fly Prelims	37.72

3 Neilson, Evan J - Male - Age: 16 - Ind/Rel: 6 / 0

#111 Men 16 400 Free	4:50.87	#201 Men 16&U 100 Free Prelims	1:02.06
#211 Men 16&U 100 Fly Prelims	1:08.50	#301 Men 16&U 200 Free Prelims	2:14.01
#309 Men 16&U 100 Back Prelims	1:13.57	#313 Men 16&U 200 IM Prelims	2:37.61

4 Solomons, Luke - Male - Age: 16 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:02.76	#211 Men 16&U 100 Fly Prelims	1:11.79
#301 Men 16&U 200 Free Prelims	2:19.78	#305 Men 16&U 50 Breast Prelims	38.63
#313 Men 16&U 200 IM Prelims	2:45.04	#401 Men 16&U 50 Free Prelims	28.40
#409 Men 16&U 50 Back Prelims	34.79	#411 Men 16&U 50 Fly Prelims	31.37

5 Syrett, Sienna - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:15.63	#206 Women 16&U 100 Breast Prelims	1:32.83
#306 Women 16&U 50 Breast Prelims	41.38	#310 Women 16&U 100 Back Prelims	1:30.87
#314 Women 16&U 200 IM Prelims	3:08.59	#406 Women 16&U 200 Breast Prelims	3:16.36
#412 Women 16&U 50 Fly Prelims	41.76		

Quest Swim Club-JH Total Individual Entries: 41 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Reds Centre of Aquatics Excell-JH****1 Evans, Lillee P - Female - Age: 15 - Ind/Rel: 10 / 0**

#202 Women 16&U 100 Free Prelims	1:08.21	#206 Women 16&U 100 Breast Prelims	1:34.22
#208 Women 16&U 200 Back Prelims	2:57.35	#212 Women 16&U 100 Fly Prelims	1:22.10
#302 Women 16&U 200 Free Prelims	2:28.00	#310 Women 16&U 100 Back Prelims	1:21.32
#314 Women 16&U 200 IM Prelims	2:57.03	#402 Women 16&U 50 Free Prelims	32.13
#406 Women 16&U 200 Breast Prelims	3:22.80	#412 Women 16&U 50 Fly Prelims	34.98

2 Wilkins, Brody B - Male - Age: 12 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:06.95	#205 Men 16&U 100 Breast Prelims	1:30.44
#211 Men 16&U 100 Fly Prelims	1:23.10	#301 Men 16&U 200 Free Prelims	2:22.91
#305 Men 16&U 50 Breast Prelims	41.86	#309 Men 16&U 100 Back Prelims	1:21.53
#313 Men 16&U 200 IM Prelims	2:49.84	#401 Men 16&U 50 Free Prelims	31.29
#409 Men 16&U 50 Back Prelims	37.89	#411 Men 16&U 50 Fly Prelims	35.54

Reds Centre of Aquatics Excell-JH Total Individual Entries: 20 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Rivonia Elite Swimming Club-JH****1 Frewen, Aaron D - Male - Age: 12 - Ind/Rel: 9 / 0**

#201 Men 16&U 100 Free Prelims	1:12.92	#205 Men 16&U 100 Breast Prelims	1:30.25
#207 Men 16&U 200 Back Prelims	2:59.82	#301 Men 16&U 200 Free Prelims	2:42.33
#305 Men 16&U 50 Breast Prelims	41.89	#313 Men 16&U 200 IM Prelims	2:57.69
#401 Men 16&U 50 Free Prelims	32.74	#405 Men 16&U 200 Breast Prelims	3:19.44
#411 Men 16&U 50 Fly Prelims	35.83		

2 Hinchcliffe, Drew B - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:03.98	#207 Men 16&U 200 Back Prelims	2:31.01
#301 Men 16&U 200 Free Prelims	2:20.62	#309 Men 16&U 100 Back Prelims	1:11.40
#401 Men 16&U 50 Free Prelims	29.24	#409 Men 16&U 50 Back Prelims	33.18
#411 Men 16&U 50 Fly Prelims	32.50		

3 Mushonga, Christian I - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:12.76	#205 Men 16&U 100 Breast Prelims	1:26.04
#301 Men 16&U 200 Free Prelims	2:35.41	#305 Men 16&U 50 Breast Prelims	41.12
#309 Men 16&U 100 Back Prelims	1:20.15	#401 Men 16&U 50 Free Prelims	32.43
#405 Men 16&U 200 Breast Prelims	3:05.28	#409 Men 16&U 50 Back Prelims	38.62

4 Van Buren, Kian S - Male - Age: 14 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:09.15	#207 Men 16&U 200 Back Prelims	2:43.07
#301 Men 16&U 200 Free Prelims	2:30.61	#309 Men 16&U 100 Back Prelims	1:16.62
#313 Men 16&U 200 IM Prelims	2:48.07	#401 Men 16&U 50 Free Prelims	30.78
#405 Men 16&U 200 Breast Prelims	3:22.92	#409 Men 16&U 50 Back Prelims	33.82

5 Venter, Xander - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:17.63	#205 Men 16&U 100 Breast Prelims	1:30.91
#301 Men 16&U 200 Free Prelims	2:45.93	#305 Men 16&U 50 Breast Prelims	42.72
#313 Men 16&U 200 IM Prelims	3:07.63	#401 Men 16&U 50 Free Prelims	35.39
#405 Men 16&U 200 Breast Prelims	3:19.77	#409 Men 16&U 50 Back Prelims	42.18

Rivonia Elite Swimming Club-JH Total Individual Entries: 40 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Royal Fins Aquatics-TS****1 Alton, Madison R - Female - Age: 14 - Ind/Rel: 8 / 3**

#108 Women 14 400 Free	5:23.99
#208 Women 16&U 200 Back Prelims	2:50.25
#310 Women 16&U 100 Back Prelims	1:20.36
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:14.28
#410 Women 16&U 50 Back Prelims	37.26
#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:24.98

#202 Women 16&U 100 Free Prelims	1:12.65
#302 Women 16&U 200 Free Prelims	2:34.49
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:09.53
#402 Women 16&U 50 Free Prelims	32.73
#412 Women 16&U 50 Fly Prelims	36.57

2 Barnard, Lyla - Female - Age: 14 - Ind/Rel: 7 / 2

#108 Women 14 400 Free	5:45.08
#208 Women 16&U 200 Back Prelims	2:52.39
#302 Women 16&U 200 Free Prelims	2:41.43
#402 Women 16&U 50 Free Prelims	33.61
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:26.94

#202 Women 16&U 100 Free Prelims	1:12.20
#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:47.13
#310 Women 16&U 100 Back Prelims	1:19.85
#410 Women 16&U 50 Back Prelims	38.05

3 Booysen, James C - Male - Age: 14 - Ind/Rel: 8 / 3

#107 Men 14 400 Free	5:17.70
#207 Men 16&U 200 Back Prelims	2:40.38
#301 Men 16&U 200 Free Prelims	2:34.89
#309 Men 16&U 100 Back Prelims	1:13.65
#401 Men 16&U 50 Free Prelims	31.50
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:44.15

#201 Men 16&U 100 Free Prelims	1:05.38
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:11.86
#305 Men 16&U 50 Breast Prelims	38.38
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:23.71
#409 Men 16&U 50 Back Prelims	34.27

4 Bukes, Xander - Male - Age: 16 - Ind/Rel: 5 / 3

#205 Men 16&U 100 Breast Prelims	1:17.25
#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:54.07
#401 Men 16&U 50 Free Prelims	28.52
#411 Men 16&U 50 Fly Prelims	29.90

#305 Men 16&U 50 Breast Prelims	34.43
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:14.28
#405 Men 16&U 200 Breast Prelims	2:53.31
#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:06.93

5 Gauldie, Travis R - Male - Age: 15 - Ind/Rel: 8 / 3

#109 Men 15 400 Free	5:03.05
#207 Men 16&U 200 Back Prelims	2:44.12
#301 Men 16&U 200 Free Prelims	2:21.03
#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:54.07
#409 Men 16&U 50 Back Prelims	34.15
#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:06.93

#201 Men 16&U 100 Free Prelims	1:04.37
#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:11.86
#309 Men 16&U 100 Back Prelims	1:14.16
#401 Men 16&U 50 Free Prelims	29.87
#411 Men 16&U 50 Fly Prelims	32.90

6 Groenewald, Liam D - Male - Age: 11 - Ind/Rel: 7 / 2

#201 Men 16&U 100 Free Prelims	1:16.47
#305 Men 16&U 50 Breast Prelims	41.19
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:23.71
#405 Men 16&U 200 Breast Prelims	3:23.13
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:44.15

#205 Men 16&U 100 Breast Prelims	1:32.37
#309 Men 16&U 100 Back Prelims	1:31.52
#401 Men 16&U 50 Free Prelims	34.52
#409 Men 16&U 50 Back Prelims	42.24

7 Jacobs, MACHARIA D - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:20.33
#301 Men 16&U 200 Free Prelims	2:57.20
#313 Men 16&U 200 IM Prelims	3:18.55
#409 Men 16&U 50 Back Prelims	45.17

#211 Men 16&U 100 Fly Prelims	1:24.97
#305 Men 16&U 50 Breast Prelims	48.45
#401 Men 16&U 50 Free Prelims	36.68
#411 Men 16&U 50 Fly Prelims	38.79

8 Koczynski, Vlad R - Male - Age: 13 - Ind/Rel: 4 / 0

#105 Men 13 400 Free	5:34.53
#313 Men 16&U 200 IM Prelims	3:08.94

#205 Men 16&U 100 Breast Prelims	1:31.38
#405 Men 16&U 200 Breast Prelims	3:19.07

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Royal Fins Aquatics-TS****9 Kruger, Benje J - Male - Age: 15 - Ind/Rel: 8 / 5**

#109 Men 15 400 Free	5:09.67	#201 Men 16&U 100 Free Prelims	1:01.15
#211 Men 16&U 100 Fly Prelims	1:10.25	#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:11.86
#301 Men 16&U 200 Free Prelims	2:22.50	#309 Men 16&U 100 Back Prelims	1:14.40
#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:54.07	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:14.28
#401 Men 16&U 50 Free Prelims	27.74	#409 Men 16&U 50 Back Prelims	33.68
#411 Men 16&U 50 Fly Prelims	30.41	#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:06.93
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:26.94		

10 Lee, Nathan - Male - Age: 15 - Ind/Rel: 7 / 4

#109 Men 15 400 Free	5:06.35	#201 Men 16&U 100 Free Prelims	1:00.96
#205 Men 16&U 100 Breast Prelims	1:18.84	#215 Men 15-16 4x100 Free Relay 4 X 100 Free R	4:11.86
#305 Men 16&U 50 Breast Prelims	35.50	#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	1:54.07
#401 Men 16&U 50 Free Prelims	27.94	#405 Men 16&U 200 Breast Prelims	2:53.03
#411 Men 16&U 50 Fly Prelims	31.37	#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:06.93
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:26.94		

11 Matthasen, Caitlin - Female - Age: 14 - Ind/Rel: 8 / 5

#202 Women 16&U 100 Free Prelims	1:12.63	#208 Women 16&U 200 Back Prelims	2:50.91
#212 Women 16&U 100 Fly Prelims	1:25.01	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:47.13
#306 Women 16&U 50 Breast Prelims	40.46	#310 Women 16&U 100 Back Prelims	1:19.11
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:09.53	#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:23.71
#402 Women 16&U 50 Free Prelims	32.15	#410 Women 16&U 50 Back Prelims	36.75
#412 Women 16&U 50 Fly Prelims	35.25	#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:24.98
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:26.94		

12 Scheepers, Tayla - Female - Age: 13 - Ind/Rel: 10 / 5

#106 Women 13 400 Free	5:53.07	#202 Women 16&U 100 Free Prelims	1:10.24
#208 Women 16&U 200 Back Prelims	3:01.46	#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:47.13
#302 Women 16&U 200 Free Prelims	2:44.91	#306 Women 16&U 50 Breast Prelims	44.82
#310 Women 16&U 100 Back Prelims	1:19.60	#314 Women 16&U 200 IM Prelims	3:08.39
#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:09.53	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:14.28
#402 Women 16&U 50 Free Prelims	32.18	#410 Women 16&U 50 Back Prelims	38.88
#412 Women 16&U 50 Fly Prelims	36.85	#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:24.98
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:44.15		

13 Van Rooyen, Zanie Z - Female - Age: 14 - Ind/Rel: 6 / 5

#202 Women 16&U 100 Free Prelims	1:12.06	#208 Women 16&U 200 Back Prelims	2:56.06
#217 Women 13-14 4x100 Free Relay 4 X 100 Fre	4:47.13	#302 Women 16&U 200 Free Prelims	2:40.46
#310 Women 16&U 100 Back Prelims	1:18.34	#319 Women 13-14 4x50 Free Relay 4 x 50 Free F	2:09.53
#322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixe	2:23.71	#402 Women 16&U 50 Free Prelims	32.47
#410 Women 16&U 50 Back Prelims	35.77	#419 Women 13-14 4x50 Medley Relay 4 x 50 Me	2:24.98
#422 Mixed 13-14 4x100 Free Relay 4 x 100 Mixe	4:44.15		

Royal Fins Aquatics-TS Total Individual Entries: 94 - Total Relays: 0

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

Rustenburg Swimming Club-BP**1 Van den Bergh, Neil E - Male - Age: 16 - Ind/Rel: 8 / 0**

#201 Men 16&U 100 Free Prelims	1:01.65	#205 Men 16&U 100 Breast Prelims	1:19.73
#211 Men 16&U 100 Fly Prelims	1:16.81	#305 Men 16&U 50 Breast Prelims	36.54
#309 Men 16&U 100 Back Prelims	1:16.54	#401 Men 16&U 50 Free Prelims	26.86
#409 Men 16&U 50 Back Prelims	32.84	#411 Men 16&U 50 Fly Prelims	31.23

Rustenburg Swimming Club-BP Total Individual Entries: 8 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Sandton Seals-JH****1 Biggs, Courtney C - Female - Age: 14 - Ind/Rel: 9 / 0**

#108 Women 14 400 Free	5:30.56	#202 Women 16&U 100 Free Prelims	1:12.65
#208 Women 16&U 200 Back Prelims	2:53.78	#310 Women 16&U 100 Back Prelims	1:21.31
#314 Women 16&U 200 IM Prelims	2:53.13	#402 Women 16&U 50 Free Prelims	33.04
#406 Women 16&U 200 Breast Prelims	3:17.99	#410 Women 16&U 50 Back Prelims	37.92
#412 Women 16&U 50 Fly Prelims	36.42		

2 Desilla, Elizabeth M - Female - Age: 14 - Ind/Rel: 8 / 0

#108 Women 14 400 Free	5:41.05	#206 Women 16&U 100 Breast Prelims	1:33.09
#212 Women 16&U 100 Fly Prelims	1:25.90	#306 Women 16&U 50 Breast Prelims	42.38
#314 Women 16&U 200 IM Prelims	2:57.83	#402 Women 16&U 50 Free Prelims	32.96
#406 Women 16&U 200 Breast Prelims	3:16.66	#412 Women 16&U 50 Fly Prelims	35.59

3 Kasireddy, Swapnika - Female - Age: 14 - Ind/Rel: 8 / 0

#108 Women 14 400 Free	5:55.41	#206 Women 16&U 100 Breast Prelims	1:31.19
#212 Women 16&U 100 Fly Prelims	1:33.61	#306 Women 16&U 50 Breast Prelims	41.79
#314 Women 16&U 200 IM Prelims	3:12.21	#402 Women 16&U 50 Free Prelims	33.13
#406 Women 16&U 200 Breast Prelims	3:17.28	#412 Women 16&U 50 Fly Prelims	38.94

4 Koller, Zac O - Male - Age: 12 - Ind/Rel: 10 / 0

#103 Men 12 400 Free	5:47.55	#205 Men 16&U 100 Breast Prelims	1:35.04
#207 Men 16&U 200 Back Prelims	3:03.18	#211 Men 16&U 100 Fly Prelims	1:29.28
#305 Men 16&U 50 Breast Prelims	42.94	#309 Men 16&U 100 Back Prelims	1:26.75
#313 Men 16&U 200 IM Prelims	2:58.98	#401 Men 16&U 50 Free Prelims	34.78
#405 Men 16&U 200 Breast Prelims	3:18.15	#411 Men 16&U 50 Fly Prelims	38.71

5 Lepron, Yann - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	5:19.41	#205 Men 16&U 100 Breast Prelims	1:17.67
#211 Men 16&U 100 Fly Prelims	1:10.76	#305 Men 16&U 50 Breast Prelims	36.42
#313 Men 16&U 200 IM Prelims	2:40.05	#401 Men 16&U 50 Free Prelims	27.89
#405 Men 16&U 200 Breast Prelims	2:52.20	#411 Men 16&U 50 Fly Prelims	30.85

6 Maatouk, Jawad - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:17.16	#205 Men 16&U 100 Breast Prelims	1:35.25
#211 Men 16&U 100 Fly Prelims	1:30.15	#305 Men 16&U 50 Breast Prelims	43.75
#313 Men 16&U 200 IM Prelims	3:06.54	#401 Men 16&U 50 Free Prelims	33.65
#405 Men 16&U 200 Breast Prelims	3:28.18	#411 Men 16&U 50 Fly Prelims	36.91

7 Papazian, Alexander - Male - Age: 12 - Ind/Rel: 9 / 0

#103 Men 12 400 Free	6:13.72	#201 Men 16&U 100 Free Prelims	1:14.27
#205 Men 16&U 100 Breast Prelims	1:36.93	#301 Men 16&U 200 Free Prelims	2:44.29
#305 Men 16&U 50 Breast Prelims	42.73	#313 Men 16&U 200 IM Prelims	3:05.88
#401 Men 16&U 50 Free Prelims	33.61	#405 Men 16&U 200 Breast Prelims	3:28.99
#411 Men 16&U 50 Fly Prelims	38.32		

8 Xaba, Kapitolina O - Female - Age: 15 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:05.85	#206 Women 16&U 100 Breast Prelims	1:29.94
#302 Women 16&U 200 Free Prelims	2:27.43	#306 Women 16&U 50 Breast Prelims	40.62
#314 Women 16&U 200 IM Prelims	2:55.32	#402 Women 16&U 50 Free Prelims	29.83
#412 Women 16&U 50 Fly Prelims	35.63		

9 Yaldwyn, Liam - Male - Age: 12 - Ind/Rel: 10 / 0

#103 Men 12 400 Free	5:50.31	#201 Men 16&U 100 Free Prelims	1:13.44
#205 Men 16&U 100 Breast Prelims	1:38.49	#211 Men 16&U 100 Fly Prelims	1:28.86
#301 Men 16&U 200 Free Prelims	2:43.81	#305 Men 16&U 50 Breast Prelims	44.88
#313 Men 16&U 200 IM Prelims	3:02.28	#401 Men 16&U 50 Free Prelims	32.97
#405 Men 16&U 200 Breast Prelims	3:28.51	#411 Men 16&U 50 Fly Prelims	37.81

Sandton Seals-JH Total Individual Entries: 77 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Seagulls SC-ET****1 Scheepers, Janneke - Female - Age: 15 - Ind/Rel: 8 / 0**

#110 Women 15 400 Free	5:12.65	#202 Women 16&U 100 Free Prelims	1:08.53
#206 Women 16&U 100 Breast Prelims	1:34.99	#302 Women 16&U 200 Free Prelims	2:26.92
#306 Women 16&U 50 Breast Prelims	45.05	#310 Women 16&U 100 Back Prelims	1:21.28
#402 Women 16&U 50 Free Prelims	31.71	#410 Women 16&U 50 Back Prelims	38.86

2 Snyman, Kaiden - Male - Age: 12 - Ind/Rel: 13 / 0

#103 Men 12 400 Free	5:30.80	#201 Men 16&U 100 Free Prelims	1:12.49
#205 Men 16&U 100 Breast Prelims	1:39.05	#207 Men 16&U 200 Back Prelims	3:11.80
#211 Men 16&U 100 Fly Prelims	1:20.38	#301 Men 16&U 200 Free Prelims	2:36.21
#305 Men 16&U 50 Breast Prelims	45.89	#309 Men 16&U 100 Back Prelims	1:28.65
#313 Men 16&U 200 IM Prelims	2:57.39	#401 Men 16&U 50 Free Prelims	33.12
#405 Men 16&U 200 Breast Prelims	3:25.29	#409 Men 16&U 50 Back Prelims	41.29
#411 Men 16&U 50 Fly Prelims	36.43		

3 Swartz, Mauritz M - Male - Age: 9 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:20.88	#205 Men 16&U 100 Breast Prelims	1:44.63
#211 Men 16&U 100 Fly Prelims	1:33.13	#301 Men 16&U 200 Free Prelims	2:52.45
#305 Men 16&U 50 Breast Prelims	49.06	#309 Men 16&U 100 Back Prelims	1:33.34
#313 Men 16&U 200 IM Prelims	3:12.25	#401 Men 16&U 50 Free Prelims	36.95
#409 Men 16&U 50 Back Prelims	40.64	#411 Men 16&U 50 Fly Prelims	42.00

Seagulls SC-ET Total Individual Entries: 31 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 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-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Shamu Swimming Club-MP****1 Breetzke, Luke B - Male - Age: 15 - Ind/Rel: 11 / 0**

#109 Men 15 400 Free	5:08.71	#201 Men 16&U 100 Free Prelims	59.63
#205 Men 16&U 100 Breast Prelims	1:28.03	#207 Men 16&U 200 Back Prelims	2:37.26
#211 Men 16&U 100 Fly Prelims	1:11.08	#301 Men 16&U 200 Free Prelims	2:16.04
#305 Men 16&U 50 Breast Prelims	38.99	#309 Men 16&U 100 Back Prelims	1:07.15
#401 Men 16&U 50 Free Prelims	27.45	#409 Men 16&U 50 Back Prelims	30.80
#411 Men 16&U 50 Fly Prelims	29.60		

2 Liebenberg, Jacques P - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:18.15	#205 Men 16&U 100 Breast Prelims	1:35.28
#305 Men 16&U 50 Breast Prelims	43.48	#313 Men 16&U 200 IM Prelims	3:16.51
#401 Men 16&U 50 Free Prelims	35.51	#405 Men 16&U 200 Breast Prelims	3:34.35
#411 Men 16&U 50 Fly Prelims	40.50		

3 Liebenberg, Leandi - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:14.77	#206 Women 16&U 100 Breast Prelims	1:28.56
#306 Women 16&U 50 Breast Prelims	39.49	#314 Women 16&U 200 IM Prelims	3:07.72
#402 Women 16&U 50 Free Prelims	34.66	#406 Women 16&U 200 Breast Prelims	3:23.20
#412 Women 16&U 50 Fly Prelims	39.81		

4 Marais, Mason P - Male - Age: 14 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:02.47	#205 Men 16&U 100 Breast Prelims	1:23.09
#211 Men 16&U 100 Fly Prelims	1:12.50	#301 Men 16&U 200 Free Prelims	2:26.67
#305 Men 16&U 50 Breast Prelims	36.66	#313 Men 16&U 200 IM Prelims	2:44.76
#401 Men 16&U 50 Free Prelims	27.70	#405 Men 16&U 200 Breast Prelims	3:09.12
#409 Men 16&U 50 Back Prelims	34.26	#411 Men 16&U 50 Fly Prelims	30.98

5 Pohl, MJ J - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	57.92	#205 Men 16&U 100 Breast Prelims	1:19.76
#301 Men 16&U 200 Free Prelims	2:14.66	#305 Men 16&U 50 Breast Prelims	36.13
#313 Men 16&U 200 IM Prelims	2:31.51	#401 Men 16&U 50 Free Prelims	26.79

6 Vorster, Weirich - Male - Age: 13 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:13.14	#205 Men 16&U 100 Breast Prelims	1:26.88
#305 Men 16&U 50 Breast Prelims	38.84	#309 Men 16&U 100 Back Prelims	1:22.23
#401 Men 16&U 50 Free Prelims	29.71	#409 Men 16&U 50 Back Prelims	35.10
#411 Men 16&U 50 Fly Prelims	32.54		

7 Wasley, Dario A - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:07.91	#205 Men 16&U 100 Breast Prelims	1:15.16
#305 Men 16&U 50 Breast Prelims	33.38	#401 Men 16&U 50 Free Prelims	28.10
#409 Men 16&U 50 Back Prelims	36.44		

8 Whitaker, Jake R - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:13.43	#211 Men 16&U 100 Fly Prelims	1:47.94
#301 Men 16&U 200 Free Prelims	2:45.06	#305 Men 16&U 50 Breast Prelims	46.05
#309 Men 16&U 100 Back Prelims	1:27.41	#313 Men 16&U 200 IM Prelims	3:19.79
#401 Men 16&U 50 Free Prelims	33.32	#409 Men 16&U 50 Back Prelims	39.86
#411 Men 16&U 50 Fly Prelims	39.32		

Shamu Swimming Club-MP Total Individual Entries: 62 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Soul Swimming Club-EK****1 Brons, Tristan - Male - Age: 11 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:19.24	#301 Men 16&U 200 Free Prelims	2:48.24
#309 Men 16&U 100 Back Prelims	1:42.47	#313 Men 16&U 200 IM Prelims	3:29.86
#401 Men 16&U 50 Free Prelims	37.28	#409 Men 16&U 50 Back Prelims	46.99
#411 Men 16&U 50 Fly Prelims	44.25		

2 Clarke, Jonathan W - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:00.96	#207 Men 16&U 200 Back Prelims	2:34.71
#309 Men 16&U 100 Back Prelims	1:09.43	#401 Men 16&U 50 Free Prelims	27.03
#409 Men 16&U 50 Back Prelims	31.23		

3 Erasmus, Amelie - Female - Age: 14 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:04.68	#302 Women 16&U 200 Free Prelims	2:29.54
#310 Women 16&U 100 Back Prelims	1:19.84	#402 Women 16&U 50 Free Prelims	28.80
#410 Women 16&U 50 Back Prelims	35.71		

4 Ferreira, Reid A - Male - Age: 14 - Ind/Rel: 8 / 0

#107 Men 14 400 Free	5:22.19	#201 Men 16&U 100 Free Prelims	1:06.95
#207 Men 16&U 200 Back Prelims	2:44.08	#301 Men 16&U 200 Free Prelims	2:30.25
#309 Men 16&U 100 Back Prelims	1:13.18	#401 Men 16&U 50 Free Prelims	30.46
#409 Men 16&U 50 Back Prelims	34.53	#411 Men 16&U 50 Fly Prelims	31.92

5 Harris, Madison - Female - Age: 13 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:10.31	#206 Women 16&U 100 Breast Prelims	1:31.77
#302 Women 16&U 200 Free Prelims	2:46.17	#306 Women 16&U 50 Breast Prelims	40.98
#402 Women 16&U 50 Free Prelims	33.16	#406 Women 16&U 200 Breast Prelims	3:21.18

6 Houghton, Ronin D - Male - Age: 13 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:07.57	#205 Men 16&U 100 Breast Prelims	1:28.87
#305 Men 16&U 50 Breast Prelims	39.99	#401 Men 16&U 50 Free Prelims	30.38
#405 Men 16&U 200 Breast Prelims	3:22.86		

7 Jackson, Victoria J - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:08.47	#302 Women 16&U 200 Free Prelims	2:34.50
#310 Women 16&U 100 Back Prelims	1:23.84	#402 Women 16&U 50 Free Prelims	30.86
#410 Women 16&U 50 Back Prelims	39.19	#412 Women 16&U 50 Fly Prelims	35.18

8 Jahnell, Garrick M - Male - Age: 13 - Ind/Rel: 7 / 0

#105 Men 13 400 Free	5:27.83	#205 Men 16&U 100 Breast Prelims	1:25.19
#211 Men 16&U 100 Fly Prelims	1:23.48	#301 Men 16&U 200 Free Prelims	2:29.41
#305 Men 16&U 50 Breast Prelims	38.58	#313 Men 16&U 200 IM Prelims	2:50.44
#405 Men 16&U 200 Breast Prelims	3:02.93		

9 Luz, Levi S - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:13.48	#205 Men 16&U 100 Breast Prelims	1:31.56
#301 Men 16&U 200 Free Prelims	2:39.96	#305 Men 16&U 50 Breast Prelims	41.68
#313 Men 16&U 200 IM Prelims	3:04.37	#405 Men 16&U 200 Breast Prelims	3:15.47
#411 Men 16&U 50 Fly Prelims	41.36		

10 Pretorius, Luke - Male - Age: 11 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:26.62	#205 Men 16&U 100 Breast Prelims	1:40.88
#301 Men 16&U 200 Free Prelims	3:09.39	#305 Men 16&U 50 Breast Prelims	46.44
#313 Men 16&U 200 IM Prelims	3:26.28	#401 Men 16&U 50 Free Prelims	38.34
#405 Men 16&U 200 Breast Prelims	3:32.42		

11 Taylor, Owen C - Male - Age: 16 - Ind/Rel: 4 / 0

#201 Men 16&U 100 Free Prelims	1:03.01	#205 Men 16&U 100 Breast Prelims	1:17.82
#401 Men 16&U 50 Free Prelims	28.75	#405 Men 16&U 200 Breast Prelims	2:50.75

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Soul Swimming Club-EK****12 Tonkinson, Mia - Female - Age: 11 - Ind/Rel: 8 / 0**

#202 Women 16&U 100 Free Prelims	1:20.48	#206 Women 16&U 100 Breast Prelims	1:38.75
#302 Women 16&U 200 Free Prelims	2:55.30	#306 Women 16&U 50 Breast Prelims	46.02
#314 Women 16&U 200 IM Prelims	3:12.76	#402 Women 16&U 50 Free Prelims	35.20
#406 Women 16&U 200 Breast Prelims	3:30.17	#412 Women 16&U 50 Fly Prelims	41.49

13 Van Breda, Jason - Male - Age: 14 - Ind/Rel: 4 / 0

#201 Men 16&U 100 Free Prelims	1:06.32	#205 Men 16&U 100 Breast Prelims	1:17.70
#401 Men 16&U 50 Free Prelims	30.38	#405 Men 16&U 200 Breast Prelims	2:57.40

14 Williams, Trent J - Male - Age: 16 - Ind/Rel: 7 / 0

#111 Men 16 400 Free	4:50.79	#201 Men 16&U 100 Free Prelims	58.86
#205 Men 16&U 100 Breast Prelims	1:16.76	#301 Men 16&U 200 Free Prelims	2:11.24
#305 Men 16&U 50 Breast Prelims	35.35	#401 Men 16&U 50 Free Prelims	26.69
#405 Men 16&U 200 Breast Prelims	2:49.33		

Soul Swimming Club-EK Total Individual Entries: 86 - Total Relays: 0

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

Stingrays Swimming Club**1 Keitumetse, Tshepang - Male - Age: 13 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:07.48	#305 Men 16&U 50 Breast Prelims	39.63
#309 Men 16&U 100 Back Prelims	1:24.30	#401 Men 16&U 50 Free Prelims	29.50
#409 Men 16&U 50 Back Prelims	35.36	#411 Men 16&U 50 Fly Prelims	32.11

Stingrays Swimming Club Total Individual Entries: 6 - Total Relays: 0

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

Stingrays Swimming Club-KC**1 Van Der Westhuizen, Janu - Male - Age: 16 - Ind/Rel: 7 / 0**

#111 Men 16 400 Free	4:31.82	#201 Men 16&U 100 Free Prelims	59.32
#211 Men 16&U 100 Fly Prelims	1:04.58	#301 Men 16&U 200 Free Prelims	2:07.24
#313 Men 16&U 200 IM Prelims	2:26.06	#401 Men 16&U 50 Free Prelims	27.61
#405 Men 16&U 200 Breast Prelims	2:53.14		

Stingrays Swimming Club-KC Total Individual Entries: 7 - Total Relays: 0

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

Superfins-JH**1 Goondie, Asif - Male - Age: 16 - Ind/Rel: 5 / 0**

#201 Men 16&U 100 Free Prelims	1:02.72	#205 Men 16&U 100 Breast Prelims	1:18.96
#301 Men 16&U 200 Free Prelims	2:21.84	#305 Men 16&U 50 Breast Prelims	34.76
#313 Men 16&U 200 IM Prelims	2:39.10		

Superfins-JH Total Individual Entries: 5 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Swartland Swim Club-WC****1 Bruwer, Leané - Female - Age: 11 - Ind/Rel: 8 / 0**

#102 Women 11&U 400 Free	6:20.45	#206 Women 16&U 100 Breast Prelims	1:45.73
#208 Women 16&U 200 Back Prelims	3:11.07	#302 Women 16&U 200 Free Prelims	2:57.61
#310 Women 16&U 100 Back Prelims	1:29.54	#314 Women 16&U 200 IM Prelims	3:18.44
#406 Women 16&U 200 Breast Prelims	3:40.80	#410 Women 16&U 50 Back Prelims	40.90

2 Burger, Marguerite - Female - Age: 11 - Ind/Rel: 7 / 0

#102 Women 11&U 400 Free	6:28.76	#202 Women 16&U 100 Free Prelims	1:20.61
#206 Women 16&U 100 Breast Prelims	1:40.40	#306 Women 16&U 50 Breast Prelims	46.18
#314 Women 16&U 200 IM Prelims	3:33.26	#402 Women 16&U 50 Free Prelims	37.04
#406 Women 16&U 200 Breast Prelims	3:29.34		

3 Holland-Muter, Jesse - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	5:14.30	#201 Men 16&U 100 Free Prelims	1:07.35
#207 Men 16&U 200 Back Prelims	2:33.72	#301 Men 16&U 200 Free Prelims	2:28.61
#309 Men 16&U 100 Back Prelims	1:13.76	#401 Men 16&U 50 Free Prelims	31.26
#409 Men 16&U 50 Back Prelims	34.42	#411 Men 16&U 50 Fly Prelims	32.96

4 Kruger, Blake R - Male - Age: 12 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:17.98	#207 Men 16&U 200 Back Prelims	3:02.26
#301 Men 16&U 200 Free Prelims	2:47.27	#309 Men 16&U 100 Back Prelims	1:28.08
#313 Men 16&U 200 IM Prelims	3:18.82	#401 Men 16&U 50 Free Prelims	36.24
#409 Men 16&U 50 Back Prelims	40.30		

5 Lategan, Nicky N - Male - Age: 16 - Ind/Rel: 9 / 0

#111 Men 16 400 Free	4:46.23	#201 Men 16&U 100 Free Prelims	59.90
#207 Men 16&U 200 Back Prelims	2:26.34	#301 Men 16&U 200 Free Prelims	2:12.43
#309 Men 16&U 100 Back Prelims	1:08.94	#313 Men 16&U 200 IM Prelims	2:31.96
#401 Men 16&U 50 Free Prelims	28.10	#409 Men 16&U 50 Back Prelims	31.79
#411 Men 16&U 50 Fly Prelims	30.55		

6 Lategan, Wessel W - Male - Age: 13 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:12.19	#205 Men 16&U 100 Breast Prelims	1:30.11
#301 Men 16&U 200 Free Prelims	2:41.68	#305 Men 16&U 50 Breast Prelims	42.07
#309 Men 16&U 100 Back Prelims	1:22.26	#405 Men 16&U 200 Breast Prelims	3:15.83
#409 Men 16&U 50 Back Prelims	38.34		

7 Liedeman, Hayley - Female - Age: 12 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:17.71	#208 Women 16&U 200 Back Prelims	3:02.64
#306 Women 16&U 50 Breast Prelims	47.39	#310 Women 16&U 100 Back Prelims	1:27.94
#314 Women 16&U 200 IM Prelims	3:12.17	#406 Women 16&U 200 Breast Prelims	3:30.31
#410 Women 16&U 50 Back Prelims	41.71		

8 Nieuwoudt, Jenna M - Female - Age: 13 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:13.55	#208 Women 16&U 200 Back Prelims	2:54.77
#302 Women 16&U 200 Free Prelims	2:43.49	#310 Women 16&U 100 Back Prelims	1:20.86
#314 Women 16&U 200 IM Prelims	3:01.43	#402 Women 16&U 50 Free Prelims	32.45
#410 Women 16&U 50 Back Prelims	35.92		

9 Otto, Luan - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:03.39	#211 Men 16&U 100 Fly Prelims	1:10.81
#305 Men 16&U 50 Breast Prelims	36.45	#313 Men 16&U 200 IM Prelims	2:45.51
#401 Men 16&U 50 Free Prelims	29.30	#411 Men 16&U 50 Fly Prelims	29.98

10 Pieters, Cayden R - Male - Age: 11 - Ind/Rel: 12 / 0

#101 Men 11&U 400 Free	5:33.56	#201 Men 16&U 100 Free Prelims	1:10.84
#205 Men 16&U 100 Breast Prelims	1:30.87	#207 Men 16&U 200 Back Prelims	2:58.71
#301 Men 16&U 200 Free Prelims	2:36.35	#305 Men 16&U 50 Breast Prelims	40.43
#309 Men 16&U 100 Back Prelims	1:22.08	#313 Men 16&U 200 IM Prelims	2:56.38
#401 Men 16&U 50 Free Prelims	31.04	#405 Men 16&U 200 Breast Prelims	3:24.02
#409 Men 16&U 50 Back Prelims	37.97	#411 Men 16&U 50 Fly Prelims	35.60

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

Swartland Swim Club-WC**11 Pretorius, Hennie H - Male - Age: 14 - Ind/Rel: 7 / 0**

#107 Men 14 400 Free	5:19.62	#201 Men 16&U 100 Free Prelims	1:08.82
#205 Men 16&U 100 Breast Prelims	1:32.80	#301 Men 16&U 200 Free Prelims	2:29.87
#305 Men 16&U 50 Breast Prelims	42.43	#401 Men 16&U 50 Free Prelims	32.25
#405 Men 16&U 200 Breast Prelims	3:21.51		

Swartland Swim Club-WC Total Individual Entries: 85 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Swift Aquatics-EK****1 Botha, Trevor J - Male - Age: 16 - Ind/Rel: 13 / 0**

#111 Men 16 400 Free	4:54.85	#201 Men 16&U 100 Free Prelims	1:00.67
#205 Men 16&U 100 Breast Prelims	1:18.71	#207 Men 16&U 200 Back Prelims	2:34.32
#211 Men 16&U 100 Fly Prelims	1:07.95	#301 Men 16&U 200 Free Prelims	2:14.34
#305 Men 16&U 50 Breast Prelims	36.32	#309 Men 16&U 100 Back Prelims	1:08.39
#313 Men 16&U 200 IM Prelims	2:31.32	#401 Men 16&U 50 Free Prelims	27.57
#405 Men 16&U 200 Breast Prelims	2:53.63	#409 Men 16&U 50 Back Prelims	31.90
#411 Men 16&U 50 Fly Prelims	29.64		

2 Bulhakova, Victoria - Female - Age: 15 - Ind/Rel: 12 / 0

#110 Women 15 400 Free	5:34.12	#202 Women 16&U 100 Free Prelims	1:08.41
#206 Women 16&U 100 Breast Prelims	1:26.14	#208 Women 16&U 200 Back Prelims	2:52.18
#302 Women 16&U 200 Free Prelims	2:35.65	#306 Women 16&U 50 Breast Prelims	39.66
#310 Women 16&U 100 Back Prelims	1:21.98	#314 Women 16&U 200 IM Prelims	2:54.01
#402 Women 16&U 50 Free Prelims	31.60	#406 Women 16&U 200 Breast Prelims	3:08.71
#410 Women 16&U 50 Back Prelims	38.30	#412 Women 16&U 50 Fly Prelims	37.08

Swift Aquatics-EK Total Individual Entries: 25 - Total Relays: 0

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

Swim Star Aquatics Rtb-BP**1 Huisamen, Luan - Male - Age: 11 - Ind/Rel: 5 / 0**

#205 Men 16&U 100 Breast Prelims	1:36.28	#305 Men 16&U 50 Breast Prelims	40.45
#405 Men 16&U 200 Breast Prelims	3:33.68	#409 Men 16&U 50 Back Prelims	48.07
#411 Men 16&U 50 Fly Prelims	46.89		

Swim Star Aquatics Rtb-BP Total Individual Entries: 5 - Total Relays: 0

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

SwimSmart Aquatics-EK**1 Hu, Silas G - Male - Age: 14 - Ind/Rel: 6 / 0**

#201 Men 16&U 100 Free Prelims	1:02.12	#301 Men 16&U 200 Free Prelims	2:26.00
#305 Men 16&U 50 Breast Prelims	39.74	#313 Men 16&U 200 IM Prelims	2:42.73
#401 Men 16&U 50 Free Prelims	29.01	#411 Men 16&U 50 Fly Prelims	31.03

SwimSmart Aquatics-EK Total Individual Entries: 6 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****TC Aquatics-EK****1 Janse van Rensburg, Noa-Grace - Female - Age: 11 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:11.95	#206 Women 16&U 100 Breast Prelims	1:34.70
#208 Women 16&U 200 Back Prelims	2:55.94	#306 Women 16&U 50 Breast Prelims	42.01
#310 Women 16&U 100 Back Prelims	1:23.40	#314 Women 16&U 200 IM Prelims	2:59.89
#402 Women 16&U 50 Free Prelims	32.80	#410 Women 16&U 50 Back Prelims	37.01
#412 Women 16&U 50 Fly Prelims	36.87		

2 Kavanagh, Trinity - Female - Age: 14 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:13.56	#208 Women 16&U 200 Back Prelims	2:47.57
#212 Women 16&U 100 Fly Prelims	1:23.45	#302 Women 16&U 200 Free Prelims	2:48.09
#310 Women 16&U 100 Back Prelims	1:18.06	#314 Women 16&U 200 IM Prelims	2:56.95
#402 Women 16&U 50 Free Prelims	33.46	#410 Women 16&U 50 Back Prelims	36.23
#412 Women 16&U 50 Fly Prelims	36.34		

3 Van Breda, Paige - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:24.23	#206 Women 16&U 100 Breast Prelims	1:34.49
#306 Women 16&U 50 Breast Prelims	42.61	#314 Women 16&U 200 IM Prelims	3:19.98
#402 Women 16&U 50 Free Prelims	36.10	#406 Women 16&U 200 Breast Prelims	3:30.31
#410 Women 16&U 50 Back Prelims	43.39	#412 Women 16&U 50 Fly Prelims	42.73

TC Aquatics-EK Total Individual Entries: 26 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Team H2o-EK****1 Heide, Damon - Male - Age: 13 - Ind/Rel: 13 / 0**

#105 Men 13 400 Free	5:16.79	#201 Men 16&U 100 Free Prelims	1:08.93
#205 Men 16&U 100 Breast Prelims	1:32.49	#207 Men 16&U 200 Back Prelims	2:50.28
#211 Men 16&U 100 Fly Prelims	1:11.54	#301 Men 16&U 200 Free Prelims	2:29.75
#305 Men 16&U 50 Breast Prelims	40.95	#309 Men 16&U 100 Back Prelims	1:16.84
#313 Men 16&U 200 IM Prelims	2:42.74	#401 Men 16&U 50 Free Prelims	31.74
#405 Men 16&U 200 Breast Prelims	3:17.96	#409 Men 16&U 50 Back Prelims	34.26
#411 Men 16&U 50 Fly Prelims	31.42		

2 Martins, Keira - Female - Age: 16 - Ind/Rel: 11 / 0

#112 Women 16 400 Free	5:37.68	#202 Women 16&U 100 Free Prelims	1:14.09
#206 Women 16&U 100 Breast Prelims	1:22.48	#212 Women 16&U 100 Fly Prelims	1:20.10
#302 Women 16&U 200 Free Prelims	2:40.44	#306 Women 16&U 50 Breast Prelims	38.17
#314 Women 16&U 200 IM Prelims	2:53.80	#402 Women 16&U 50 Free Prelims	33.80
#406 Women 16&U 200 Breast Prelims	3:02.63	#410 Women 16&U 50 Back Prelims	40.65
#412 Women 16&U 50 Fly Prelims	35.94		

Team H2o-EK Total Individual Entries: 24 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****TuksSwimming Club-TS****1 Alala, Marion J - Female - Age: 15 - Ind/Rel: 6 / 0**

#202 Women 16&U 100 Free Prelims	1:07.94	#212 Women 16&U 100 Fly Prelims	1:14.12
#310 Women 16&U 100 Back Prelims	1:15.11	#314 Women 16&U 200 IM Prelims	2:46.38
#402 Women 16&U 50 Free Prelims	30.32	#412 Women 16&U 50 Fly Prelims	32.67

2 Bac, Arianne - Female - Age: 11 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:13.30	#302 Women 16&U 200 Free Prelims	2:42.16
#310 Women 16&U 100 Back Prelims	1:23.45	#314 Women 16&U 200 IM Prelims	3:11.40
#402 Women 16&U 50 Free Prelims	33.77	#410 Women 16&U 50 Back Prelims	38.18
#412 Women 16&U 50 Fly Prelims	38.94		

3 Balt, Christiaan O - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	5:01.78	#201 Men 16&U 100 Free Prelims	59.70
#211 Men 16&U 100 Fly Prelims	1:04.34	#301 Men 16&U 200 Free Prelims	2:14.45
#401 Men 16&U 50 Free Prelims	26.66	#409 Men 16&U 50 Back Prelims	33.69
#411 Men 16&U 50 Fly Prelims	28.00		

4 Bezuidenhout, Martinet - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:07.54	#208 Women 16&U 200 Back Prelims	2:43.14
#212 Women 16&U 100 Fly Prelims	1:16.48	#302 Women 16&U 200 Free Prelims	2:25.00
#310 Women 16&U 100 Back Prelims	1:16.94	#314 Women 16&U 200 IM Prelims	2:46.64

5 Bloem, Reinhardt - Male - Age: 15 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	59.53	#207 Men 16&U 200 Back Prelims	2:30.99
#301 Men 16&U 200 Free Prelims	2:13.98	#309 Men 16&U 100 Back Prelims	1:07.30
#313 Men 16&U 200 IM Prelims	2:37.70	#401 Men 16&U 50 Free Prelims	27.07

6 Bornman, Nathan J - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	4:56.52	#201 Men 16&U 100 Free Prelims	1:07.51
#205 Men 16&U 100 Breast Prelims	1:19.45	#305 Men 16&U 50 Breast Prelims	37.30
#401 Men 16&U 50 Free Prelims	30.71	#405 Men 16&U 200 Breast Prelims	2:57.22
#409 Men 16&U 50 Back Prelims	35.55		

7 Bostwick, Gavin S - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:04.70	#207 Men 16&U 200 Back Prelims	2:45.70
#309 Men 16&U 100 Back Prelims	1:14.84	#401 Men 16&U 50 Free Prelims	28.78
#409 Men 16&U 50 Back Prelims	34.10	#411 Men 16&U 50 Fly Prelims	32.20

8 Bourbon, Noah - Male - Age: 16 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	57.29	#211 Men 16&U 100 Fly Prelims	1:02.93
#309 Men 16&U 100 Back Prelims	1:05.80	#401 Men 16&U 50 Free Prelims	25.93
#409 Men 16&U 50 Back Prelims	30.10	#411 Men 16&U 50 Fly Prelims	27.83

9 Brink, Herman J - Male - Age: 11 - Ind/Rel: 7 / 0

#101 Men 11&U 400 Free	6:20.79	#201 Men 16&U 100 Free Prelims	1:22.01
#207 Men 16&U 200 Back Prelims	3:13.70	#301 Men 16&U 200 Free Prelims	2:58.15
#309 Men 16&U 100 Back Prelims	1:29.11	#401 Men 16&U 50 Free Prelims	36.28
#409 Men 16&U 50 Back Prelims	40.97		

10 Burstein, Morgan R - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:29.51	#202 Women 16&U 100 Free Prelims	1:13.57
#212 Women 16&U 100 Fly Prelims	1:31.12	#302 Women 16&U 200 Free Prelims	2:39.39
#310 Women 16&U 100 Back Prelims	1:26.23	#314 Women 16&U 200 IM Prelims	3:12.48
#402 Women 16&U 50 Free Prelims	33.90	#410 Women 16&U 50 Back Prelims	40.72
#412 Women 16&U 50 Fly Prelims	38.94		

11 Buys, Ruhan - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:13.28	#205 Men 16&U 100 Breast Prelims	1:30.16
#305 Men 16&U 50 Breast Prelims	41.34	#309 Men 16&U 100 Back Prelims	1:26.68
#313 Men 16&U 200 IM Prelims	3:08.71	#401 Men 16&U 50 Free Prelims	33.96
#405 Men 16&U 200 Breast Prelims	3:11.35	#409 Men 16&U 50 Back Prelims	41.20

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****TuksSwimming Club-TS****12 Buys, Stiaan - Male - Age: 15 - Ind/Rel: 7 / 0**

#109 Men 15 400 Free	4:35.46
#207 Men 16&U 200 Back Prelims	2:34.01
#309 Men 16&U 100 Back Prelims	1:08.74
#401 Men 16&U 50 Free Prelims	27.86

#201 Men 16&U 100 Free Prelims	1:00.25
#301 Men 16&U 200 Free Prelims	2:11.82
#313 Men 16&U 200 IM Prelims	2:31.99

13 Chilisa, Jerone T - Male - Age: 15 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:01.21
#309 Men 16&U 100 Back Prelims	1:08.81
#401 Men 16&U 50 Free Prelims	27.65
#411 Men 16&U 50 Fly Prelims	29.95

#211 Men 16&U 100 Fly Prelims	1:08.17
#313 Men 16&U 200 IM Prelims	2:38.35
#409 Men 16&U 50 Back Prelims	30.59

14 Cownie, Isabella E - Female - Age: 14 - Ind/Rel: 6 / 0

#108 Women 14 400 Free	5:32.00
#302 Women 16&U 200 Free Prelims	2:30.98
#402 Women 16&U 50 Free Prelims	30.58

#202 Women 16&U 100 Free Prelims	1:07.30
#314 Women 16&U 200 IM Prelims	3:02.22
#410 Women 16&U 50 Back Prelims	35.55

15 Cownie, Nicholas A - Male - Age: 16 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	59.83
#305 Men 16&U 50 Breast Prelims	34.93
#401 Men 16&U 50 Free Prelims	26.90
#411 Men 16&U 50 Fly Prelims	29.64

#205 Men 16&U 100 Breast Prelims	1:13.84
#313 Men 16&U 200 IM Prelims	2:38.78
#405 Men 16&U 200 Breast Prelims	2:40.26

16 Cox, Emma A - Female - Age: 10 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:17.94
#302 Women 16&U 200 Free Prelims	2:59.23
#314 Women 16&U 200 IM Prelims	3:17.42
#406 Women 16&U 200 Breast Prelims	3:42.57

#206 Women 16&U 100 Breast Prelims	1:36.99
#306 Women 16&U 50 Breast Prelims	46.70
#402 Women 16&U 50 Free Prelims	36.17
#410 Women 16&U 50 Back Prelims	41.29

17 Da Silva, Abigail Z - Female - Age: 14 - Ind/Rel: 8 / 0

#108 Women 14 400 Free	5:22.11
#212 Women 16&U 100 Fly Prelims	1:22.86
#310 Women 16&U 100 Back Prelims	1:18.87
#410 Women 16&U 50 Back Prelims	36.30

#202 Women 16&U 100 Free Prelims	1:05.11
#302 Women 16&U 200 Free Prelims	2:24.76
#402 Women 16&U 50 Free Prelims	29.86
#412 Women 16&U 50 Fly Prelims	33.18

18 De Bruin, Charné - Female - Age: 12 - Ind/Rel: 8 / 0

#104 Women 12 400 Free	5:22.53
#208 Women 16&U 200 Back Prelims	2:59.42
#306 Women 16&U 50 Breast Prelims	44.10
#406 Women 16&U 200 Breast Prelims	3:28.59

#206 Women 16&U 100 Breast Prelims	1:38.20
#302 Women 16&U 200 Free Prelims	2:35.02
#314 Women 16&U 200 IM Prelims	2:56.10
#410 Women 16&U 50 Back Prelims	39.78

19 Dreyer, Lauritz - Male - Age: 11 - Ind/Rel: 11 / 0

#201 Men 16&U 100 Free Prelims	1:20.64
#207 Men 16&U 200 Back Prelims	3:13.36
#305 Men 16&U 50 Breast Prelims	43.80
#313 Men 16&U 200 IM Prelims	3:20.98
#405 Men 16&U 200 Breast Prelims	3:34.55
#411 Men 16&U 50 Fly Prelims	46.99

#205 Men 16&U 100 Breast Prelims	1:43.15
#301 Men 16&U 200 Free Prelims	2:54.44
#309 Men 16&U 100 Back Prelims	1:31.59
#401 Men 16&U 50 Free Prelims	36.80
#409 Men 16&U 50 Back Prelims	40.85

20 Du Preez, Elizabeth - Female - Age: 13 - Ind/Rel: 9 / 0

#106 Women 13 400 Free	5:46.01
#206 Women 16&U 100 Breast Prelims	1:40.09
#310 Women 16&U 100 Back Prelims	1:28.51
#406 Women 16&U 200 Breast Prelims	3:33.15
#412 Women 16&U 50 Fly Prelims	38.68

#202 Women 16&U 100 Free Prelims	1:14.94
#302 Women 16&U 200 Free Prelims	2:44.32
#402 Women 16&U 50 Free Prelims	32.77
#410 Women 16&U 50 Back Prelims	39.82

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

Team Entries - All Events

TuksSwimming Club-TS

21 Du Toit, Gideon - Male - Age: 11 - Ind/Rel: 9 / 0

#101 Men 11&U 400 Free	5:55.62	#201 Men 16&U 100 Free Prelims	1:13.77
#207 Men 16&U 200 Back Prelims	3:06.95	#301 Men 16&U 200 Free Prelims	2:44.51
#309 Men 16&U 100 Back Prelims	1:26.46	#313 Men 16&U 200 IM Prelims	3:09.11
#401 Men 16&U 50 Free Prelims	33.11	#409 Men 16&U 50 Back Prelims	39.99
#411 Men 16&U 50 Fly Prelims	37.75		

22 Eldar, Eitan - Male - Age: 14 - Ind/Rel: 9 / 0

#107 Men 14 400 Free	5:00.72	#201 Men 16&U 100 Free Prelims	1:07.87
#207 Men 16&U 200 Back Prelims	2:37.03	#301 Men 16&U 200 Free Prelims	2:22.29
#309 Men 16&U 100 Back Prelims	1:14.33	#313 Men 16&U 200 IM Prelims	2:45.92
#401 Men 16&U 50 Free Prelims	31.28	#409 Men 16&U 50 Back Prelims	35.01
#411 Men 16&U 50 Fly Prelims	35.10		

23 Ferreira, Mika - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:19.30	#208 Women 16&U 200 Back Prelims	2:57.76
#302 Women 16&U 200 Free Prelims	2:50.16	#310 Women 16&U 100 Back Prelims	1:24.83
#402 Women 16&U 50 Free Prelims	33.67	#410 Women 16&U 50 Back Prelims	38.96

24 Fitzjohn, Benjamin - Male - Age: 12 - Ind/Rel: 6 / 0

#205 Men 16&U 100 Breast Prelims	1:35.13	#211 Men 16&U 100 Fly Prelims	1:31.76
#305 Men 16&U 50 Breast Prelims	43.96	#313 Men 16&U 200 IM Prelims	3:30.82
#405 Men 16&U 200 Breast Prelims	3:27.04	#411 Men 16&U 50 Fly Prelims	38.67

25 Fourie, Hanku - Male - Age: 12 - Ind/Rel: 8 / 0

#103 Men 12 400 Free	5:45.81	#201 Men 16&U 100 Free Prelims	1:12.33
#211 Men 16&U 100 Fly Prelims	1:28.14	#301 Men 16&U 200 Free Prelims	2:38.93
#309 Men 16&U 100 Back Prelims	1:22.83	#401 Men 16&U 50 Free Prelims	33.03
#409 Men 16&U 50 Back Prelims	38.76	#411 Men 16&U 50 Fly Prelims	36.34

26 Gomes, Tiago J - Male - Age: 16 - Ind/Rel: 7 / 0

#201 Men 16&U 100 Free Prelims	1:01.04	#211 Men 16&U 100 Fly Prelims	1:10.41
#301 Men 16&U 200 Free Prelims	2:19.81	#313 Men 16&U 200 IM Prelims	2:38.82
#401 Men 16&U 50 Free Prelims	27.82	#409 Men 16&U 50 Back Prelims	38.16
#411 Men 16&U 50 Fly Prelims	29.70		

27 Goodchild, Abigail - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:11.73	#206 Women 16&U 100 Breast Prelims	1:28.97
#306 Women 16&U 50 Breast Prelims	39.50	#314 Women 16&U 200 IM Prelims	2:55.61
#406 Women 16&U 200 Breast Prelims	3:09.64	#412 Women 16&U 50 Fly Prelims	36.76

28 Heyneke, Stephan S - Male - Age: 15 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:00.87	#211 Men 16&U 100 Fly Prelims	1:07.06
#301 Men 16&U 200 Free Prelims	2:18.22	#313 Men 16&U 200 IM Prelims	2:42.01
#401 Men 16&U 50 Free Prelims	29.15	#411 Men 16&U 50 Fly Prelims	30.77

29 Jv Rensburg, Anchen - Female - Age: 15 - Ind/Rel: 4 / 0

#202 Women 16&U 100 Free Prelims	1:08.91	#310 Women 16&U 100 Back Prelims	1:16.46
#402 Women 16&U 50 Free Prelims	30.22	#410 Women 16&U 50 Back Prelims	34.41

30 Jv Rensburg, Ben B - Male - Age: 12 - Ind/Rel: 10 / 0

#103 Men 12 400 Free	5:48.45	#201 Men 16&U 100 Free Prelims	1:18.79
#205 Men 16&U 100 Breast Prelims	1:37.62	#207 Men 16&U 200 Back Prelims	3:05.07
#301 Men 16&U 200 Free Prelims	2:45.13	#305 Men 16&U 50 Breast Prelims	45.35
#309 Men 16&U 100 Back Prelims	1:28.40	#401 Men 16&U 50 Free Prelims	35.03
#405 Men 16&U 200 Breast Prelims	3:35.88	#409 Men 16&U 50 Back Prelims	40.03

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****TuksSwimming Club-TS****31 Köpplinger, Axel F - Male - Age: 12 - Ind/Rel: 9 / 0**

#103 Men 12 400 Free	5:52.08	#201 Men 16&U 100 Free Prelims	1:12.68
#205 Men 16&U 100 Breast Prelims	1:33.27	#301 Men 16&U 200 Free Prelims	2:43.13
#305 Men 16&U 50 Breast Prelims	39.87	#313 Men 16&U 200 IM Prelims	3:22.95
#401 Men 16&U 50 Free Prelims	31.00	#405 Men 16&U 200 Breast Prelims	3:24.92
#411 Men 16&U 50 Fly Prelims	40.03		

32 Kymdell, Ivan J - Male - Age: 16 - Ind/Rel: 4 / 0

#111 Men 16 400 Free	4:48.52	#201 Men 16&U 100 Free Prelims	1:00.40
#301 Men 16&U 200 Free Prelims	2:13.41	#401 Men 16&U 50 Free Prelims	28.00

33 Le Roux, Marthinus H - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:12.15	#205 Men 16&U 100 Breast Prelims	1:24.78
#301 Men 16&U 200 Free Prelims	2:53.34	#309 Men 16&U 100 Back Prelims	1:23.93
#401 Men 16&U 50 Free Prelims	30.69	#405 Men 16&U 200 Breast Prelims	3:12.00
#409 Men 16&U 50 Back Prelims	36.38	#411 Men 16&U 50 Fly Prelims	40.35

34 Lombard, Adriaan - Male - Age: 16 - Ind/Rel: 8 / 0

#111 Men 16 400 Free	4:49.92	#201 Men 16&U 100 Free Prelims	1:01.02
#207 Men 16&U 200 Back Prelims	2:32.08	#301 Men 16&U 200 Free Prelims	2:16.20
#309 Men 16&U 100 Back Prelims	1:10.67	#401 Men 16&U 50 Free Prelims	28.66
#409 Men 16&U 50 Back Prelims	32.29	#411 Men 16&U 50 Fly Prelims	34.79

35 Makwakwa, Riley - Female - Age: 9 - Ind/Rel: 4 / 0

#202 Women 16&U 100 Free Prelims	1:15.25	#208 Women 16&U 200 Back Prelims	3:11.22
#310 Women 16&U 100 Back Prelims	1:25.72	#314 Women 16&U 200 IM Prelims	3:09.95

36 Malan, Philip P - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:19.53	#207 Men 16&U 200 Back Prelims	2:44.99
#309 Men 16&U 100 Back Prelims	1:15.22	#401 Men 16&U 50 Free Prelims	33.09
#409 Men 16&U 50 Back Prelims	34.61	#411 Men 16&U 50 Fly Prelims	37.68

37 Mans, Kristen - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:09.63	#208 Women 16&U 200 Back Prelims	2:41.51
#302 Women 16&U 200 Free Prelims	2:28.09	#310 Women 16&U 100 Back Prelims	1:16.20
#402 Women 16&U 50 Free Prelims	32.24	#410 Women 16&U 50 Back Prelims	35.92

38 Marais, Marijn M - Female - Age: 14 - Ind/Rel: 4 / 0

#108 Women 14 400 Free	5:22.06	#208 Women 16&U 200 Back Prelims	2:52.99
#302 Women 16&U 200 Free Prelims	2:32.49	#310 Women 16&U 100 Back Prelims	1:21.33

39 Markgraaff, Dean R - Male - Age: 11 - Ind/Rel: 10 / 0

#101 Men 11&U 400 Free	5:43.05	#201 Men 16&U 100 Free Prelims	1:13.96
#205 Men 16&U 100 Breast Prelims	1:49.36	#207 Men 16&U 200 Back Prelims	2:55.35
#301 Men 16&U 200 Free Prelims	2:38.14	#305 Men 16&U 50 Breast Prelims	45.65
#309 Men 16&U 100 Back Prelims	1:22.21	#401 Men 16&U 50 Free Prelims	34.65
#405 Men 16&U 200 Breast Prelims	3:39.01	#409 Men 16&U 50 Back Prelims	39.30

40 Markgraaff, Kelsey - Female - Age: 11 - Ind/Rel: 10 / 0

#102 Women 11&U 400 Free	5:58.18	#202 Women 16&U 100 Free Prelims	1:20.10
#206 Women 16&U 100 Breast Prelims	1:41.15	#208 Women 16&U 200 Back Prelims	2:59.79
#302 Women 16&U 200 Free Prelims	2:50.60	#306 Women 16&U 50 Breast Prelims	45.63
#310 Women 16&U 100 Back Prelims	1:26.39	#402 Women 16&U 50 Free Prelims	35.51
#406 Women 16&U 200 Breast Prelims	3:31.37	#410 Women 16&U 50 Back Prelims	40.34

41 Martin, Daniela S - Female - Age: 14 - Ind/Rel: 3 / 0

#202 Women 16&U 100 Free Prelims	1:06.17	#206 Women 16&U 100 Breast Prelims	1:27.26
#402 Women 16&U 50 Free Prelims	30.40		

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

Team Entries - All Events

TuksSwimming Club-TS

42 Mellis, Dean T - Male - Age: 16 - Ind/Rel: 5 / 0

#111 Men 16 400 Free	4:29.71	#201 Men 16&U 100 Free Prelims	57.07
#301 Men 16&U 200 Free Prelims	2:05.86	#401 Men 16&U 50 Free Prelims	26.10
#411 Men 16&U 50 Fly Prelims	28.91		

43 Modena, Eli L - Male - Age: 11 - Ind/Rel: 4 / 0

#101 Men 11&U 400 Free	5:50.43	#207 Men 16&U 200 Back Prelims	3:00.61
#313 Men 16&U 200 IM Prelims	3:03.41	#405 Men 16&U 200 Breast Prelims	3:25.34

44 Müller, Dawid H - Male - Age: 13 - Ind/Rel: 3 / 0

#105 Men 13 400 Free	5:30.23	#201 Men 16&U 100 Free Prelims	1:13.83
#301 Men 16&U 200 Free Prelims	2:37.97		

45 Nel, Kari - Female - Age: 11 - Ind/Rel: 6 / 0

#206 Women 16&U 100 Breast Prelims	1:32.49	#212 Women 16&U 100 Fly Prelims	1:31.48
#306 Women 16&U 50 Breast Prelims	40.61	#314 Women 16&U 200 IM Prelims	3:07.55
#406 Women 16&U 200 Breast Prelims	3:26.10	#412 Women 16&U 50 Fly Prelims	37.51

46 Nel, Mila M - Female - Age: 12 - Ind/Rel: 10 / 0

#104 Women 12 400 Free	5:33.11	#202 Women 16&U 100 Free Prelims	1:10.08
#208 Women 16&U 200 Back Prelims	2:50.29	#302 Women 16&U 200 Free Prelims	2:32.56
#306 Women 16&U 50 Breast Prelims	47.35	#310 Women 16&U 100 Back Prelims	1:19.87
#314 Women 16&U 200 IM Prelims	2:57.36	#402 Women 16&U 50 Free Prelims	32.43
#410 Women 16&U 50 Back Prelims	38.06	#412 Women 16&U 50 Fly Prelims	37.29

47 Olivier, Tiaan - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:12.31	#205 Men 16&U 100 Breast Prelims	1:31.19
#211 Men 16&U 100 Fly Prelims	1:46.34	#301 Men 16&U 200 Free Prelims	2:47.46
#305 Men 16&U 50 Breast Prelims	42.51	#313 Men 16&U 200 IM Prelims	3:03.94
#401 Men 16&U 50 Free Prelims	31.96	#405 Men 16&U 200 Breast Prelims	3:18.68
#411 Men 16&U 50 Fly Prelims	36.77		

48 Opper, Luke - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:07.67	#207 Men 16&U 200 Back Prelims	2:41.91
#309 Men 16&U 100 Back Prelims	1:13.78	#401 Men 16&U 50 Free Prelims	30.26
#409 Men 16&U 50 Back Prelims	35.73	#411 Men 16&U 50 Fly Prelims	33.13

49 Potgieter, Brendan - Male - Age: 16 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:00.06	#205 Men 16&U 100 Breast Prelims	1:18.17
#207 Men 16&U 200 Back Prelims	2:27.27	#301 Men 16&U 200 Free Prelims	2:22.79
#305 Men 16&U 50 Breast Prelims	36.29	#309 Men 16&U 100 Back Prelims	1:07.68
#313 Men 16&U 200 IM Prelims	2:31.84	#401 Men 16&U 50 Free Prelims	27.24
#409 Men 16&U 50 Back Prelims	31.52	#411 Men 16&U 50 Fly Prelims	29.04

50 Pretorius, Declan - Male - Age: 13 - Ind/Rel: 3 / 0

#207 Men 16&U 200 Back Prelims	2:54.37	#309 Men 16&U 100 Back Prelims	1:18.47
#409 Men 16&U 50 Back Prelims	39.02		

51 Pretorius, Ivan L - Male - Age: 13 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:06.03	#211 Men 16&U 100 Fly Prelims	1:23.39
#301 Men 16&U 200 Free Prelims	2:23.94	#401 Men 16&U 50 Free Prelims	30.02
#411 Men 16&U 50 Fly Prelims	34.87		

52 Pretorius, Lenè L - Female - Age: 16 - Ind/Rel: 9 / 0

#112 Women 16 400 Free	5:14.50	#202 Women 16&U 100 Free Prelims	1:06.94
#206 Women 16&U 100 Breast Prelims	1:37.53	#212 Women 16&U 100 Fly Prelims	1:27.24
#302 Women 16&U 200 Free Prelims	2:27.25	#314 Women 16&U 200 IM Prelims	2:57.62
#402 Women 16&U 50 Free Prelims	31.07	#410 Women 16&U 50 Back Prelims	41.92
#412 Women 16&U 50 Fly Prelims	37.32		

53 Prinsloo, Benjamin - Male - Age: 16 - Ind/Rel: 2 / 0

#111 Men 16 400 Free	4:57.76	#205 Men 16&U 100 Breast Prelims	1:19.46
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SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****TuksSwimming Club-TS****54 Prinsloo, James P - Male - Age: 11 - Ind/Rel: 9 / 0**

#101 Men 11&U 400 Free	5:43.47
#207 Men 16&U 200 Back Prelims	2:49.80
#309 Men 16&U 100 Back Prelims	1:20.07
#401 Men 16&U 50 Free Prelims	31.41
#411 Men 16&U 50 Fly Prelims	33.99

#201 Men 16&U 100 Free Prelims	1:09.50
#301 Men 16&U 200 Free Prelims	2:36.88
#313 Men 16&U 200 IM Prelims	2:53.63
#409 Men 16&U 50 Back Prelims	36.36

55 Raphadu, Kgothatso - Female - Age: 11 - Ind/Rel: 8 / 0

#102 Women 11&U 400 Free	5:39.56
#212 Women 16&U 100 Fly Prelims	1:31.70
#310 Women 16&U 100 Back Prelims	1:31.34
#410 Women 16&U 50 Back Prelims	40.39

#202 Women 16&U 100 Free Prelims	1:13.73
#306 Women 16&U 50 Breast Prelims	47.69
#402 Women 16&U 50 Free Prelims	34.13
#412 Women 16&U 50 Fly Prelims	38.80

56 Ritchie, Janko - Male - Age: 11 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:21.74
#301 Men 16&U 200 Free Prelims	2:57.97
#313 Men 16&U 200 IM Prelims	3:18.14
#409 Men 16&U 50 Back Prelims	41.73

#207 Men 16&U 200 Back Prelims	3:10.60
#309 Men 16&U 100 Back Prelims	1:29.54
#401 Men 16&U 50 Free Prelims	35.83
#411 Men 16&U 50 Fly Prelims	40.90

57 Roets, Emma - Female - Age: 12 - Ind/Rel: 10 / 0

#104 Women 12 400 Free	5:53.67
#206 Women 16&U 100 Breast Prelims	1:49.96
#302 Women 16&U 200 Free Prelims	2:46.31
#310 Women 16&U 100 Back Prelims	1:24.94
#410 Women 16&U 50 Back Prelims	39.77

#202 Women 16&U 100 Free Prelims	1:16.66
#208 Women 16&U 200 Back Prelims	2:59.09
#306 Women 16&U 50 Breast Prelims	49.93
#402 Women 16&U 50 Free Prelims	35.44
#412 Women 16&U 50 Fly Prelims	42.09

58 Roodt, Adam A - Male - Age: 12 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:11.82
#305 Men 16&U 50 Breast Prelims	40.99
#313 Men 16&U 200 IM Prelims	3:09.54
#405 Men 16&U 200 Breast Prelims	3:22.25

#207 Men 16&U 200 Back Prelims	2:54.87
#309 Men 16&U 100 Back Prelims	1:21.94
#401 Men 16&U 50 Free Prelims	31.17
#411 Men 16&U 50 Fly Prelims	33.40

59 Rossouw, Lechelle - Female - Age: 15 - Ind/Rel: 7 / 0

#110 Women 15 400 Free	5:11.39
#212 Women 16&U 100 Fly Prelims	1:20.66
#314 Women 16&U 200 IM Prelims	2:58.22
#412 Women 16&U 50 Fly Prelims	34.82

#202 Women 16&U 100 Free Prelims	1:07.90
#302 Women 16&U 200 Free Prelims	2:26.44
#402 Women 16&U 50 Free Prelims	32.23

60 Scott, Gabriella - Female - Age: 12 - Ind/Rel: 7 / 0

#104 Women 12 400 Free	5:50.36
#206 Women 16&U 100 Breast Prelims	1:46.66
#302 Women 16&U 200 Free Prelims	2:41.39
#402 Women 16&U 50 Free Prelims	34.70

#202 Women 16&U 100 Free Prelims	1:14.69
#208 Women 16&U 200 Back Prelims	3:08.24
#310 Women 16&U 100 Back Prelims	1:28.71

61 September, Isabella J - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:14.75
#302 Women 16&U 200 Free Prelims	2:37.83
#402 Women 16&U 50 Free Prelims	31.42

#208 Women 16&U 200 Back Prelims	2:49.44
#310 Women 16&U 100 Back Prelims	1:18.92
#410 Women 16&U 50 Back Prelims	36.71

62 Slabbert, Anna-Bella - Female - Age: 15 - Ind/Rel: 4 / 0

#202 Women 16&U 100 Free Prelims	1:07.08
#402 Women 16&U 50 Free Prelims	30.93

#206 Women 16&U 100 Breast Prelims	1:30.24
#406 Women 16&U 200 Breast Prelims	3:12.96

63 Smit, Christiaan - Male - Age: 14 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:01.02
#301 Men 16&U 200 Free Prelims	2:17.29
#401 Men 16&U 50 Free Prelims	28.05

#207 Men 16&U 200 Back Prelims	2:36.96
#309 Men 16&U 100 Back Prelims	1:11.95
#409 Men 16&U 50 Back Prelims	31.70

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****TuksSwimming Club-TS****64 Smit, Leila - Female - Age: 16 - Ind/Rel: 6 / 0**

#202 Women 16&U 100 Free Prelims	1:10.23	#206 Women 16&U 100 Breast Prelims	1:29.05
#306 Women 16&U 50 Breast Prelims	39.85	#310 Women 16&U 100 Back Prelims	1:19.25
#402 Women 16&U 50 Free Prelims	31.99	#410 Women 16&U 50 Back Prelims	37.00

65 Stoop, Carli - Female - Age: 12 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:18.45	#212 Women 16&U 100 Fly Prelims	1:23.22
#310 Women 16&U 100 Back Prelims	1:24.45	#314 Women 16&U 200 IM Prelims	3:11.26
#410 Women 16&U 50 Back Prelims	39.64	#412 Women 16&U 50 Fly Prelims	36.94

66 Struwig, Sebastiaan - Male - Age: 15 - Ind/Rel: 6 / 0

#205 Men 16&U 100 Breast Prelims	1:19.74	#207 Men 16&U 200 Back Prelims	2:29.88
#309 Men 16&U 100 Back Prelims	1:10.52	#313 Men 16&U 200 IM Prelims	2:33.93
#405 Men 16&U 200 Breast Prelims	2:50.06	#409 Men 16&U 50 Back Prelims	33.06

67 Sutherland, Hayleigh B - Female - Age: 14 - Ind/Rel: 6 / 0

#108 Women 14 400 Free	5:08.64	#202 Women 16&U 100 Free Prelims	1:06.06
#212 Women 16&U 100 Fly Prelims	1:23.56	#302 Women 16&U 200 Free Prelims	2:23.87
#402 Women 16&U 50 Free Prelims	31.11	#412 Women 16&U 50 Fly Prelims	36.13

68 Swartz, Chrisna - Female - Age: 11 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:15.61	#208 Women 16&U 200 Back Prelims	2:57.93
#302 Women 16&U 200 Free Prelims	2:46.69	#310 Women 16&U 100 Back Prelims	1:25.64
#402 Women 16&U 50 Free Prelims	34.39	#410 Women 16&U 50 Back Prelims	38.73

69 Tome, Zuri R - Female - Age: 16 - Ind/Rel: 5 / 0

#112 Women 16 400 Free	5:06.48	#202 Women 16&U 100 Free Prelims	1:05.70
#208 Women 16&U 200 Back Prelims	2:46.55	#302 Women 16&U 200 Free Prelims	2:23.22
#402 Women 16&U 50 Free Prelims	30.04		

70 Tshabalala, Buhle - Male - Age: 15 - Ind/Rel: 4 / 0

#109 Men 15 400 Free	5:17.32	#201 Men 16&U 100 Free Prelims	59.09
#301 Men 16&U 200 Free Prelims	2:19.16	#401 Men 16&U 50 Free Prelims	26.46

71 Van Heerden, Mikaela - Female - Age: 13 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:13.42	#206 Women 16&U 100 Breast Prelims	1:31.37
#306 Women 16&U 50 Breast Prelims	42.49	#402 Women 16&U 50 Free Prelims	32.44
#406 Women 16&U 200 Breast Prelims	3:23.17		

72 Van Schalkwyk, Joshua J - Male - Age: 12 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:10.09	#205 Men 16&U 100 Breast Prelims	1:31.69
#301 Men 16&U 200 Free Prelims	2:33.00	#309 Men 16&U 100 Back Prelims	1:17.96
#409 Men 16&U 50 Back Prelims	35.71	#411 Men 16&U 50 Fly Prelims	35.41

73 Van Wyngaard, Rigter Z - Male - Age: 13 - Ind/Rel: 7 / 0

#105 Men 13 400 Free	5:16.51	#201 Men 16&U 100 Free Prelims	1:07.25
#205 Men 16&U 100 Breast Prelims	1:37.17	#301 Men 16&U 200 Free Prelims	2:29.85
#313 Men 16&U 200 IM Prelims	2:53.67	#401 Men 16&U 50 Free Prelims	30.30
#411 Men 16&U 50 Fly Prelims	36.32		

74 vd Spuy, Lyla J - Female - Age: 16 - Ind/Rel: 6 / 0

#208 Women 16&U 200 Back Prelims	2:36.02	#212 Women 16&U 100 Fly Prelims	1:11.63
#310 Women 16&U 100 Back Prelims	1:10.97	#402 Women 16&U 50 Free Prelims	30.42
#410 Women 16&U 50 Back Prelims	33.22	#412 Women 16&U 50 Fly Prelims	31.81

75 Vd Walt, Christiaan - Male - Age: 16 - Ind/Rel: 3 / 0

#201 Men 16&U 100 Free Prelims	56.40	#211 Men 16&U 100 Fly Prelims	1:00.83
#313 Men 16&U 200 IM Prelims	2:24.76		

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****TuksSwimming Club-TS****76 Vd Westhuizen, Nathan - Male - Age: 10 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:15.91	#205 Men 16&U 100 Breast Prelims	1:53.49
#207 Men 16&U 200 Back Prelims	3:02.79	#301 Men 16&U 200 Free Prelims	2:46.13
#309 Men 16&U 100 Back Prelims	1:23.57	#401 Men 16&U 50 Free Prelims	35.25
#409 Men 16&U 50 Back Prelims	38.37		

77 Venter, Lizelle - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:07.21	#208 Women 16&U 200 Back Prelims	2:49.75
#302 Women 16&U 200 Free Prelims	2:27.31	#310 Women 16&U 100 Back Prelims	1:20.72
#402 Women 16&U 50 Free Prelims	30.81	#410 Women 16&U 50 Back Prelims	37.33

78 Vuyeqaba, Unathi T - Female - Age: 13 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:08.01	#302 Women 16&U 200 Free Prelims	2:32.27
#306 Women 16&U 50 Breast Prelims	41.40	#402 Women 16&U 50 Free Prelims	30.44
#410 Women 16&U 50 Back Prelims	37.31		

79 Ward, Anelle - Female - Age: 14 - Ind/Rel: 5 / 0

#108 Women 14 400 Free	5:17.71	#202 Women 16&U 100 Free Prelims	1:08.43
#206 Women 16&U 100 Breast Prelims	1:26.07	#306 Women 16&U 50 Breast Prelims	39.94
#402 Women 16&U 50 Free Prelims	31.31		

TuksSwimming Club-TS Total Individual Entries: 523 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Tzaneen Amateur Swimming Club-MP****1 Ferreira, Milan - Female - Age: 16 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:05.53	#206 Women 16&U 100 Breast Prelims	1:27.58
#208 Women 16&U 200 Back Prelims	2:49.75	#306 Women 16&U 50 Breast Prelims	39.49
#310 Women 16&U 100 Back Prelims	1:12.87	#314 Women 16&U 200 IM Prelims	2:46.98
#402 Women 16&U 50 Free Prelims	30.30	#410 Women 16&U 50 Back Prelims	33.74
#412 Women 16&U 50 Fly Prelims	32.23		

2 Moller, Janco J - Male - Age: 14 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:06.10	#205 Men 16&U 100 Breast Prelims	1:21.99
#401 Men 16&U 50 Free Prelims	28.96	#405 Men 16&U 200 Breast Prelims	3:10.99
#411 Men 16&U 50 Fly Prelims	31.76		

3 Moller, Stephan - Male - Age: 15 - Ind/Rel: 4 / 0

#201 Men 16&U 100 Free Prelims	1:03.58	#211 Men 16&U 100 Fly Prelims	1:11.06
#401 Men 16&U 50 Free Prelims	27.86	#411 Men 16&U 50 Fly Prelims	29.31

4 Schalekamp, Anru - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:08.84	#205 Men 16&U 100 Breast Prelims	1:27.89
#305 Men 16&U 50 Breast Prelims	38.96	#309 Men 16&U 100 Back Prelims	1:21.81
#401 Men 16&U 50 Free Prelims	31.19	#405 Men 16&U 200 Breast Prelims	3:07.56

5 Stewart, Leah - Female - Age: 14 - Ind/Rel: 7 / 0

#108 Women 14 400 Free	5:26.42	#202 Women 16&U 100 Free Prelims	1:14.47
#212 Women 16&U 100 Fly Prelims	1:22.52	#302 Women 16&U 200 Free Prelims	2:33.23
#314 Women 16&U 200 IM Prelims	3:02.45	#402 Women 16&U 50 Free Prelims	32.98
#412 Women 16&U 50 Fly Prelims	36.42		

6 Van Veelen, Miane A - Female - Age: 15 - Ind/Rel: 6 / 0

#206 Women 16&U 100 Breast Prelims	1:25.74	#306 Women 16&U 50 Breast Prelims	39.13
#310 Women 16&U 100 Back Prelims	1:28.78	#402 Women 16&U 50 Free Prelims	34.83
#406 Women 16&U 200 Breast Prelims	3:09.13	#410 Women 16&U 50 Back Prelims	40.59

Tzaneen Amateur Swimming Club-MP Total Individual Entries: 37 - Total Relays: 0

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

Team Entries - All Events

Uniswim Uplands Swimming Club-EZ

1 Bosman, Daniel - Male - Age: 15 - Ind/Rel: 10 / 4

#109 Men 15 400 Free	5:05.49	#201 Men 16&U 100 Free Prelims	1:03.71
#207 Men 16&U 200 Back Prelims	2:38.42	#211 Men 16&U 100 Fly Prelims	1:13.32
#301 Men 16&U 200 Free Prelims	2:20.87	#305 Men 16&U 50 Breast Prelims	38.22
#309 Men 16&U 100 Back Prelims	1:12.95	#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	2:01.65
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:15.51	#401 Men 16&U 50 Free Prelims	29.51
#409 Men 16&U 50 Back Prelims	33.49	#411 Men 16&U 50 Fly Prelims	30.71
#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:18.17	#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:19.08

2 Goosen, Ashleigh - Female - Age: 11 - Ind/Rel: 7 / 2

#202 Women 16&U 100 Free Prelims	1:15.41	#208 Women 16&U 200 Back Prelims	3:08.37
#302 Women 16&U 200 Free Prelims	2:43.92	#310 Women 16&U 100 Back Prelims	1:28.16
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	2:07.74	#402 Women 16&U 50 Free Prelims	35.76
#410 Women 16&U 50 Back Prelims	38.86	#412 Women 16&U 50 Fly Prelims	37.52
#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	2:25.65		

3 Goosen, Rachele - Female - Age: 14 - Ind/Rel: 7 / 3

#202 Women 16&U 100 Free Prelims	1:12.05	#206 Women 16&U 100 Breast Prelims	1:30.79
#302 Women 16&U 200 Free Prelims	2:46.90	#306 Women 16&U 50 Breast Prelims	41.71
#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	2:07.74	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:15.51
#402 Women 16&U 50 Free Prelims	30.89	#406 Women 16&U 200 Breast Prelims	3:22.10
#412 Women 16&U 50 Fly Prelims	36.81	#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	2:25.65

4 Jansen, Megan M - Female - Age: 16 - Ind/Rel: 6 / 4

#202 Women 16&U 100 Free Prelims	1:05.01	#302 Women 16&U 200 Free Prelims	2:31.96
#310 Women 16&U 100 Back Prelims	1:17.65	#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	2:07.74
#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:15.51	#402 Women 16&U 50 Free Prelims	29.82
#410 Women 16&U 50 Back Prelims	34.90	#412 Women 16&U 50 Fly Prelims	34.53
#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	2:25.65	#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:19.08

5 Papadopoulos, Iliia N - Male - Age: 14 - Ind/Rel: 8 / 2

#201 Men 16&U 100 Free Prelims	1:05.75	#205 Men 16&U 100 Breast Prelims	1:25.65
#301 Men 16&U 200 Free Prelims	2:26.41	#305 Men 16&U 50 Breast Prelims	38.12
#309 Men 16&U 100 Back Prelims	1:18.25	#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	2:01.65
#401 Men 16&U 50 Free Prelims	29.91	#405 Men 16&U 200 Breast Prelims	3:11.15
#409 Men 16&U 50 Back Prelims	36.35	#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:18.17

6 Rautenbach, Chloe M - Female - Age: 13 - Ind/Rel: 8 / 3

#106 Women 13 400 Free	6:14.18	#202 Women 16&U 100 Free Prelims	1:08.59
#206 Women 16&U 100 Breast Prelims	1:36.79	#302 Women 16&U 200 Free Prelims	2:35.19
#306 Women 16&U 50 Breast Prelims	43.38	#320 Women 15-16 4x50 Free Relay 4 x 50 Free F	2:07.74
#402 Women 16&U 50 Free Prelims	31.52	#406 Women 16&U 200 Breast Prelims	3:36.84
#412 Women 16&U 50 Fly Prelims	37.54	#420 Women 15-16 4x50 Medley Relay 4 x 50 Me	2:25.65
#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:19.08		

7 Rautenbach, Syrian B - Male - Age: 11 - Ind/Rel: 8 / 2

#101 Men 11&U 400 Free	6:49.50	#201 Men 16&U 100 Free Prelims	1:16.03
#211 Men 16&U 100 Fly Prelims	1:42.00	#301 Men 16&U 200 Free Prelims	3:04.87
#305 Men 16&U 50 Breast Prelims	50.08	#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	2:01.65
#401 Men 16&U 50 Free Prelims	34.50	#409 Men 16&U 50 Back Prelims	45.15
#411 Men 16&U 50 Fly Prelims	41.45	#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:18.17

8 Trollip, Devhyn G - Female - Age: 11 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:16.00	#212 Women 16&U 100 Fly Prelims	1:47.73
#302 Women 16&U 200 Free Prelims	2:59.93	#306 Women 16&U 50 Breast Prelims	50.26
#310 Women 16&U 100 Back Prelims	1:36.81	#402 Women 16&U 50 Free Prelims	35.68
#410 Women 16&U 50 Back Prelims	43.34	#412 Women 16&U 50 Fly Prelims	41.10

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

Uniswim Uplands Swimming Club-EZ**9 Van Der Nest, Milan O - Male - Age: 15 - Ind/Rel: 10 / 4**

#109 Men 15 400 Free	5:04.96	#201 Men 16&U 100 Free Prelims	1:01.77
#205 Men 16&U 100 Breast Prelims	1:21.04	#301 Men 16&U 200 Free Prelims	2:21.28
#305 Men 16&U 50 Breast Prelims	36.34	#309 Men 16&U 100 Back Prelims	1:13.35
#317 Men 15-16 4x50 Free Relay 4 x 50 Free Rela	2:01.65	#323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixe	2:15.51
#401 Men 16&U 50 Free Prelims	28.19	#405 Men 16&U 200 Breast Prelims	2:56.58
#409 Men 16&U 50 Back Prelims	34.82	#411 Men 16&U 50 Fly Prelims	32.06
#417 Men 15-16 4x50 Medley Relay 4 x 50 Medle	2:18.17	#423 Mixed 15-16 4x100 Free Relay 4 x 100 Mixe	4:19.08

Uniswim Uplands Swimming Club-EZ Total Individual Entries: 72 - Total Relays: 0

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

Ushaka Aquatics-EK**1 Nondumo, Lizandro - Male - Age: 12 - Ind/Rel: 3 / 0**

#201 Men 16&U 100 Free Prelims

1:06.67

#301 Men 16&U 200 Free Prelims

2:44.35

#401 Men 16&U 50 Free Prelims

29.93

Ushaka Aquatics-EK Total Individual Entries: 3 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Vasa Swim-EK****1 De Angelis, Luca C - Male - Age: 12 - Ind/Rel: 12 / 0**

#103 Men 12 400 Free	5:43.92	#201 Men 16&U 100 Free Prelims	1:14.37
#205 Men 16&U 100 Breast Prelims	1:36.08	#207 Men 16&U 200 Back Prelims	2:58.83
#301 Men 16&U 200 Free Prelims	2:41.34	#305 Men 16&U 50 Breast Prelims	44.55
#309 Men 16&U 100 Back Prelims	1:24.92	#313 Men 16&U 200 IM Prelims	3:03.29
#401 Men 16&U 50 Free Prelims	33.01	#405 Men 16&U 200 Breast Prelims	3:26.30
#409 Men 16&U 50 Back Prelims	37.81	#411 Men 16&U 50 Fly Prelims	38.05

2 Dornon, Elizabeth E - Female - Age: 12 - Ind/Rel: 12 / 0

#104 Women 12 400 Free	6:10.95	#202 Women 16&U 100 Free Prelims	1:18.86
#206 Women 16&U 100 Breast Prelims	1:34.07	#208 Women 16&U 200 Back Prelims	3:18.02
#302 Women 16&U 200 Free Prelims	2:55.08	#306 Women 16&U 50 Breast Prelims	41.54
#310 Women 16&U 100 Back Prelims	1:30.37	#314 Women 16&U 200 IM Prelims	3:15.39
#402 Women 16&U 50 Free Prelims	34.58	#406 Women 16&U 200 Breast Prelims	3:22.33
#410 Women 16&U 50 Back Prelims	39.90	#412 Women 16&U 50 Fly Prelims	40.41

3 Kalpage, Kiana T - Female - Age: 14 - Ind/Rel: 9 / 0

#202 Women 16&U 100 Free Prelims	1:07.86	#208 Women 16&U 200 Back Prelims	3:06.14
#212 Women 16&U 100 Fly Prelims	1:24.70	#302 Women 16&U 200 Free Prelims	2:41.03
#310 Women 16&U 100 Back Prelims	1:22.01	#314 Women 16&U 200 IM Prelims	3:05.86
#402 Women 16&U 50 Free Prelims	29.71	#410 Women 16&U 50 Back Prelims	36.50
#412 Women 16&U 50 Fly Prelims	32.61		

4 Walters, Luke - Male - Age: 15 - Ind/Rel: 9 / 0

#109 Men 15 400 Free	5:07.01	#201 Men 16&U 100 Free Prelims	1:01.50
#205 Men 16&U 100 Breast Prelims	1:15.60	#301 Men 16&U 200 Free Prelims	2:18.99
#305 Men 16&U 50 Breast Prelims	33.95	#309 Men 16&U 100 Back Prelims	1:14.22
#401 Men 16&U 50 Free Prelims	28.36	#405 Men 16&U 200 Breast Prelims	2:46.95
#409 Men 16&U 50 Back Prelims	33.35		

Vasa Swim-EK Total Individual Entries: 42 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Vikings Race Club-TS****1 du Toit, Liam F - Male - Age: 16 - Ind/Rel: 5 / 0**

#201 Men 16&U 100 Free Prelims	1:00.61	#205 Men 16&U 100 Breast Prelims	1:17.39
#305 Men 16&U 50 Breast Prelims	34.21	#401 Men 16&U 50 Free Prelims	27.34
#411 Men 16&U 50 Fly Prelims	32.67		

2 Henning, Ella-Mae - Female - Age: 15 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:05.10	#212 Women 16&U 100 Fly Prelims	1:14.78
#314 Women 16&U 200 IM Prelims	2:50.93	#402 Women 16&U 50 Free Prelims	30.02
#410 Women 16&U 50 Back Prelims	35.41	#412 Women 16&U 50 Fly Prelims	31.68

3 Lamprecht, Anika - Female - Age: 14 - Ind/Rel: 6 / 0

#202 Women 16&U 100 Free Prelims	1:07.11	#302 Women 16&U 200 Free Prelims	2:29.82
#310 Women 16&U 100 Back Prelims	1:18.80	#402 Women 16&U 50 Free Prelims	30.55
#410 Women 16&U 50 Back Prelims	35.78	#412 Women 16&U 50 Fly Prelims	34.92

4 Venter, Bella - Female - Age: 12 - Ind/Rel: 5 / 0

#202 Women 16&U 100 Free Prelims	1:11.81	#206 Women 16&U 100 Breast Prelims	1:41.92
#306 Women 16&U 50 Breast Prelims	46.77	#314 Women 16&U 200 IM Prelims	3:14.96
#402 Women 16&U 50 Free Prelims	32.13		

5 Venter, Adriaan - Male - Age: 15 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:04.43	#205 Men 16&U 100 Breast Prelims	1:16.71
#301 Men 16&U 200 Free Prelims	2:32.09	#305 Men 16&U 50 Breast Prelims	33.80
#405 Men 16&U 200 Breast Prelims	2:54.79		

Vikings Race Club-TS Total Individual Entries: 27 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****WaterBears Swim Club-TS****1 Human, Eben - Male - Age: 12 - Ind/Rel: 7 / 0**

#201 Men 16&U 100 Free Prelims	1:11.95	#207 Men 16&U 200 Back Prelims	3:06.49
#301 Men 16&U 200 Free Prelims	2:44.84	#309 Men 16&U 100 Back Prelims	1:24.51
#313 Men 16&U 200 IM Prelims	3:18.62	#401 Men 16&U 50 Free Prelims	33.10
#409 Men 16&U 50 Back Prelims	38.59		

2 Odendaal, Nieke - Female - Age: 11 - Ind/Rel: 4 / 0

#202 Women 16&U 100 Free Prelims	1:17.02	#310 Women 16&U 100 Back Prelims	1:28.72
#402 Women 16&U 50 Free Prelims	32.28	#410 Women 16&U 50 Back Prelims	38.45

3 Venter, Jayden - Male - Age: 16 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	59.02	#207 Men 16&U 200 Back Prelims	2:30.51
#309 Men 16&U 100 Back Prelims	1:08.27	#401 Men 16&U 50 Free Prelims	25.62
#409 Men 16&U 50 Back Prelims	31.45		

WaterBears Swim Club-TS Total Individual Entries: 16 - Total Relays: 0

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Waterborn Swimming Club-JH****1 Chiang, Sophie - Female - Age: 12 - Ind/Rel: 9 / 0**

#202 Women 16&U 100 Free Prelims	1:12.21	#206 Women 16&U 100 Breast Prelims	1:32.67
#208 Women 16&U 200 Back Prelims	2:50.94	#302 Women 16&U 200 Free Prelims	2:35.15
#310 Women 16&U 100 Back Prelims	1:20.46	#314 Women 16&U 200 IM Prelims	2:58.72
#402 Women 16&U 50 Free Prelims	33.77	#406 Women 16&U 200 Breast Prelims	3:18.10
#410 Women 16&U 50 Back Prelims	38.01		

2 Chirwa, Boithato - Male - Age: 13 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:12.50	#205 Men 16&U 100 Breast Prelims	1:27.14
#305 Men 16&U 50 Breast Prelims	39.23	#401 Men 16&U 50 Free Prelims	31.24
#405 Men 16&U 200 Breast Prelims	3:14.48	#411 Men 16&U 50 Fly Prelims	33.95

3 Chivandire, Adriel N - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:08.22	#207 Men 16&U 200 Back Prelims	2:42.26
#301 Men 16&U 200 Free Prelims	2:33.65	#309 Men 16&U 100 Back Prelims	1:13.28
#313 Men 16&U 200 IM Prelims	2:55.80	#401 Men 16&U 50 Free Prelims	30.02
#409 Men 16&U 50 Back Prelims	36.15	#411 Men 16&U 50 Fly Prelims	40.16

4 Clark, Logan - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:12.82	#205 Men 16&U 100 Breast Prelims	1:31.46
#305 Men 16&U 50 Breast Prelims	41.11	#309 Men 16&U 100 Back Prelims	1:24.34
#313 Men 16&U 200 IM Prelims	3:05.62	#401 Men 16&U 50 Free Prelims	33.57
#405 Men 16&U 200 Breast Prelims	3:20.88	#409 Men 16&U 50 Back Prelims	40.00

5 De Oliveira, Kyra J - Female - Age: 12 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:17.46	#206 Women 16&U 100 Breast Prelims	1:35.64
#306 Women 16&U 50 Breast Prelims	44.79	#310 Women 16&U 100 Back Prelims	1:34.80
#314 Women 16&U 200 IM Prelims	3:13.45	#402 Women 16&U 50 Free Prelims	35.43
#410 Women 16&U 50 Back Prelims	42.44	#412 Women 16&U 50 Fly Prelims	44.70

6 Doolan, Addison J - Female - Age: 16 - Ind/Rel: 8 / 0

#202 Women 16&U 100 Free Prelims	1:05.70	#208 Women 16&U 200 Back Prelims	2:36.69
#302 Women 16&U 200 Free Prelims	2:24.89	#310 Women 16&U 100 Back Prelims	1:12.85
#314 Women 16&U 200 IM Prelims	2:44.78	#402 Women 16&U 50 Free Prelims	29.53
#410 Women 16&U 50 Back Prelims	33.48	#412 Women 16&U 50 Fly Prelims	32.86

7 Felton, Adam M - Male - Age: 11 - Ind/Rel: 6 / 0

#201 Men 16&U 100 Free Prelims	1:11.36	#205 Men 16&U 100 Breast Prelims	1:32.62
#301 Men 16&U 200 Free Prelims	2:34.75	#305 Men 16&U 50 Breast Prelims	40.86
#309 Men 16&U 100 Back Prelims	1:22.26	#313 Men 16&U 200 IM Prelims	2:57.04

8 Felton, Connor M - Male - Age: 14 - Ind/Rel: 5 / 0

#201 Men 16&U 100 Free Prelims	1:06.95	#205 Men 16&U 100 Breast Prelims	1:22.42
#305 Men 16&U 50 Breast Prelims	38.87	#309 Men 16&U 100 Back Prelims	1:20.91
#313 Men 16&U 200 IM Prelims	2:46.28		

9 Gabriels, James N - Male - Age: 12 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:15.30	#207 Men 16&U 200 Back Prelims	3:06.10
#211 Men 16&U 100 Fly Prelims	1:24.57	#301 Men 16&U 200 Free Prelims	2:38.20
#305 Men 16&U 50 Breast Prelims	48.44	#309 Men 16&U 100 Back Prelims	1:26.00
#313 Men 16&U 200 IM Prelims	3:02.88	#401 Men 16&U 50 Free Prelims	33.42
#409 Men 16&U 50 Back Prelims	37.48	#411 Men 16&U 50 Fly Prelims	36.96

10 Ip, Julian - Male - Age: 15 - Ind/Rel: 7 / 0

#109 Men 15 400 Free	4:51.43	#201 Men 16&U 100 Free Prelims	1:02.68
#211 Men 16&U 100 Fly Prelims	1:13.75	#301 Men 16&U 200 Free Prelims	2:14.90
#313 Men 16&U 200 IM Prelims	2:51.74	#401 Men 16&U 50 Free Prelims	28.50
#409 Men 16&U 50 Back Prelims	35.15		

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Waterborn Swimming Club-JH****11 James, Deante - Male - Age: 13 - Ind/Rel: 9 / 0**

#201 Men 16&U 100 Free Prelims	1:13.77	#207 Men 16&U 200 Back Prelims	3:01.82
#211 Men 16&U 100 Fly Prelims	1:17.70	#301 Men 16&U 200 Free Prelims	2:39.64
#309 Men 16&U 100 Back Prelims	1:27.02	#313 Men 16&U 200 IM Prelims	2:57.47
#401 Men 16&U 50 Free Prelims	32.52	#409 Men 16&U 50 Back Prelims	41.11
#411 Men 16&U 50 Fly Prelims	35.33		

12 Kalvachev, Niki P - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:04.75	#205 Men 16&U 100 Breast Prelims	1:26.32
#301 Men 16&U 200 Free Prelims	2:24.64	#305 Men 16&U 50 Breast Prelims	39.09
#313 Men 16&U 200 IM Prelims	2:53.24	#401 Men 16&U 50 Free Prelims	29.25
#409 Men 16&U 50 Back Prelims	36.18	#411 Men 16&U 50 Fly Prelims	32.45

13 Knight, Caitlin A - Female - Age: 15 - Ind/Rel: 8 / 0

#110 Women 15 400 Free	4:57.64	#202 Women 16&U 100 Free Prelims	1:03.79
#208 Women 16&U 200 Back Prelims	2:50.94	#302 Women 16&U 200 Free Prelims	2:20.53
#310 Women 16&U 100 Back Prelims	1:12.88	#402 Women 16&U 50 Free Prelims	30.82
#410 Women 16&U 50 Back Prelims	34.00	#412 Women 16&U 50 Fly Prelims	36.76

14 Knight, Isabella M - Female - Age: 12 - Ind/Rel: 6 / 0

#206 Women 16&U 100 Breast Prelims	1:27.80	#306 Women 16&U 50 Breast Prelims	40.28
#314 Women 16&U 200 IM Prelims	3:09.99	#402 Women 16&U 50 Free Prelims	33.06
#406 Women 16&U 200 Breast Prelims	3:13.98	#410 Women 16&U 50 Back Prelims	40.07

15 Komani, Zara - Female - Age: 12 - Ind/Rel: 9 / 0

#104 Women 12 400 Free	5:51.65	#202 Women 16&U 100 Free Prelims	1:13.41
#208 Women 16&U 200 Back Prelims	3:05.66	#302 Women 16&U 200 Free Prelims	2:44.01
#310 Women 16&U 100 Back Prelims	1:26.65	#314 Women 16&U 200 IM Prelims	3:17.22
#402 Women 16&U 50 Free Prelims	32.92	#410 Women 16&U 50 Back Prelims	39.98
#412 Women 16&U 50 Fly Prelims	37.39		

16 Mashingaidze, Shalem - Female - Age: 16 - Ind/Rel: 7 / 0

#202 Women 16&U 100 Free Prelims	1:05.00	#212 Women 16&U 100 Fly Prelims	1:10.22
#302 Women 16&U 200 Free Prelims	2:22.72	#314 Women 16&U 200 IM Prelims	2:46.84
#402 Women 16&U 50 Free Prelims	30.02	#410 Women 16&U 50 Back Prelims	35.58
#412 Women 16&U 50 Fly Prelims	30.96		

17 Mayhew, Megan A - Female - Age: 15 - Ind/Rel: 9 / 0

#110 Women 15 400 Free	5:03.81	#202 Women 16&U 100 Free Prelims	1:08.43
#208 Women 16&U 200 Back Prelims	2:37.81	#302 Women 16&U 200 Free Prelims	2:29.00
#310 Women 16&U 100 Back Prelims	1:15.21	#314 Women 16&U 200 IM Prelims	2:49.41
#402 Women 16&U 50 Free Prelims	31.39	#410 Women 16&U 50 Back Prelims	36.84
#412 Women 16&U 50 Fly Prelims	37.59		

18 Molefe, Khumo T - Male - Age: 13 - Ind/Rel: 9 / 0

#105 Men 13 400 Free	5:33.14	#201 Men 16&U 100 Free Prelims	1:09.69
#211 Men 16&U 100 Fly Prelims	1:33.83	#301 Men 16&U 200 Free Prelims	2:32.51
#309 Men 16&U 100 Back Prelims	1:24.63	#313 Men 16&U 200 IM Prelims	3:04.32
#401 Men 16&U 50 Free Prelims	32.02	#409 Men 16&U 50 Back Prelims	38.68
#411 Men 16&U 50 Fly Prelims	38.06		

19 Munyoro, Melanie M - Female - Age: 14 - Ind/Rel: 10 / 0

#202 Women 16&U 100 Free Prelims	1:12.96	#206 Women 16&U 100 Breast Prelims	1:36.85
#208 Women 16&U 200 Back Prelims	2:52.33	#212 Women 16&U 100 Fly Prelims	1:26.87
#306 Women 16&U 50 Breast Prelims	45.86	#310 Women 16&U 100 Back Prelims	1:19.07
#314 Women 16&U 200 IM Prelims	2:59.69	#402 Women 16&U 50 Free Prelims	32.68
#410 Women 16&U 50 Back Prelims	36.63	#412 Women 16&U 50 Fly Prelims	36.95

SA Level 3 Regional Age Group Champs 2026-AQ - 26/03/2026 to 29/03/2026**Team Entries - All Events****Waterborn Swimming Club-JH****20 Natrass, Corin R - Male - Age: 16 - Ind/Rel: 6 / 0**

#111 Men 16 400 Free	5:03.82	#201 Men 16&U 100 Free Prelims	1:02.19
#205 Men 16&U 100 Breast Prelims	1:18.37	#301 Men 16&U 200 Free Prelims	2:15.02
#305 Men 16&U 50 Breast Prelims	36.09	#313 Men 16&U 200 IM Prelims	2:32.19

21 Nemvumoni, Ntsako C - Male - Age: 12 - Ind/Rel: 10 / 0

#103 Men 12 400 Free	6:00.19	#201 Men 16&U 100 Free Prelims	1:13.43
#205 Men 16&U 100 Breast Prelims	1:43.71	#301 Men 16&U 200 Free Prelims	2:42.39
#305 Men 16&U 50 Breast Prelims	46.16	#313 Men 16&U 200 IM Prelims	3:06.45
#401 Men 16&U 50 Free Prelims	32.88	#405 Men 16&U 200 Breast Prelims	3:36.63
#409 Men 16&U 50 Back Prelims	41.00	#411 Men 16&U 50 Fly Prelims	36.09

22 North, Jayce J - Male - Age: 11 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:21.21	#205 Men 16&U 100 Breast Prelims	1:44.57
#305 Men 16&U 50 Breast Prelims	44.09	#309 Men 16&U 100 Back Prelims	1:33.48
#313 Men 16&U 200 IM Prelims	3:28.90	#401 Men 16&U 50 Free Prelims	35.22
#405 Men 16&U 200 Breast Prelims	3:45.15	#409 Men 16&U 50 Back Prelims	41.29
#411 Men 16&U 50 Fly Prelims	44.23		

23 Rolfe, Taylor K - Male - Age: 15 - Ind/Rel: 6 / 0

#109 Men 15 400 Free	4:54.04	#201 Men 16&U 100 Free Prelims	1:06.56
#207 Men 16&U 200 Back Prelims	2:33.10	#211 Men 16&U 100 Fly Prelims	1:20.86
#301 Men 16&U 200 Free Prelims	2:18.64	#309 Men 16&U 100 Back Prelims	1:12.10

24 Smith, Owen C - Male - Age: 12 - Ind/Rel: 10 / 0

#201 Men 16&U 100 Free Prelims	1:14.31	#205 Men 16&U 100 Breast Prelims	1:38.38
#211 Men 16&U 100 Fly Prelims	1:25.50	#301 Men 16&U 200 Free Prelims	2:42.50
#305 Men 16&U 50 Breast Prelims	41.71	#313 Men 16&U 200 IM Prelims	2:59.52
#401 Men 16&U 50 Free Prelims	33.55	#405 Men 16&U 200 Breast Prelims	3:29.47
#409 Men 16&U 50 Back Prelims	40.19	#411 Men 16&U 50 Fly Prelims	36.05

25 Steenkamp, MJ J - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:08.58	#205 Men 16&U 100 Breast Prelims	1:31.34
#207 Men 16&U 200 Back Prelims	2:51.21	#305 Men 16&U 50 Breast Prelims	38.03
#309 Men 16&U 100 Back Prelims	1:26.90	#313 Men 16&U 200 IM Prelims	2:56.45
#401 Men 16&U 50 Free Prelims	31.35	#405 Men 16&U 200 Breast Prelims	3:21.30
#409 Men 16&U 50 Back Prelims	36.22		

26 Sutherland, Luandre W - Male - Age: 13 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:11.66	#207 Men 16&U 200 Back Prelims	2:58.65
#301 Men 16&U 200 Free Prelims	2:34.75	#305 Men 16&U 50 Breast Prelims	39.54
#309 Men 16&U 100 Back Prelims	1:23.31	#401 Men 16&U 50 Free Prelims	32.31
#405 Men 16&U 200 Breast Prelims	3:11.39	#409 Men 16&U 50 Back Prelims	39.14
#411 Men 16&U 50 Fly Prelims	40.36		

27 Sutherland, Ruben C - Male - Age: 13 - Ind/Rel: 8 / 0

#201 Men 16&U 100 Free Prelims	1:07.40	#301 Men 16&U 200 Free Prelims	2:32.55
#305 Men 16&U 50 Breast Prelims	40.45	#309 Men 16&U 100 Back Prelims	1:25.46
#401 Men 16&U 50 Free Prelims	32.51	#405 Men 16&U 200 Breast Prelims	3:08.38
#409 Men 16&U 50 Back Prelims	38.70	#411 Men 16&U 50 Fly Prelims	40.68

28 Wood, Callum R - Male - Age: 14 - Ind/Rel: 9 / 0

#201 Men 16&U 100 Free Prelims	1:02.01	#207 Men 16&U 200 Back Prelims	2:35.85
#211 Men 16&U 100 Fly Prelims	1:08.74	#301 Men 16&U 200 Free Prelims	2:21.40
#309 Men 16&U 100 Back Prelims	1:11.67	#313 Men 16&U 200 IM Prelims	2:39.65
#401 Men 16&U 50 Free Prelims	29.67	#409 Men 16&U 50 Back Prelims	32.89
#411 Men 16&U 50 Fly Prelims	30.40		

Waterborn Swimming Club-JH Total Individual Entries: 226 - Total Relays: 0