

2026 Grand Prix 2 Invitational Meet -WCA - 28/08/2026 to 30/08/2026

Psych Sheet

Event 101 Mixed 400 SC Meter Medley Relay 4 x 100 Mix Medly Re

	Team	Relay	Seed Time
1	Lane Leader-CE	A	4:06.47
	1) Terblanche, Kiaan C M20	2) Van Heerden, Keira W18	
	3) Uys, Keegan M19	4) Kotze, Abigail W16	
2	Aqua Sharks-CP	A	4:28.47
	1) De Jager, Nathan B M18	2) Swart, Nico N M15	
	3) Tsai-Rieb, Pei-Chi P W15	4) Swanepoel, Lulu A W15	
3	Aqua Sharks-CP	B	NT
	1) Heyes, Garrick T M18	2) Havemann, Bella W18	
4	SSISA-CP	A	NT
	1) Walker, Yohan G M18	2) Vries, Jayden J M20	
	3) Priede, Skye S W17	4) White, Rebecca M W17	

Event 102 Women 100 SC Meter IM

	Name	Age	Team	Seed Time
1	Van Heerden, Keira	18	LALE-CE	1:03.37
2	Lorenzen, Ava E	14	BLMA-CP	1:05.47
3	Evans, Caitlin N	16	CASC-CP	1:07.19
4	Gerber, Simonè M	15	LALE-CE	1:07.43
5	Cromhout, Hannah E	21	MATI-CE	1:07.72
6	Van Galen, Ava-Loren	17	LALE-CE	1:08.31
7	Hugo, Anika S	20	LALE-CE	1:09.08
8	Barber-Luna, Layla R	14	VINE-CP	1:11.86
9	Grobler, Zané	15	FISH-ED	1:13.43
10	Daniels, Emily G	12	XCEL-CP	1:14.20
11	Langenhoven, Erin	19	SLAQ-CP	1:15.00
12	Dabrowski, Leah A	13	BLMA-CP	1:15.09
13	Hawley, Nicola	15	PLAY-CE	1:15.17
14	Thirsk, Savannah	14	CASC-CP	1:15.33
15	Bircher, Storm Z	15	LALE-CE	1:15.33
16	Coetsee, Elke M	12	FISH-ED	1:15.72
17	Thirsk, Madison	15	CASC-CP	1:20.15
18	Faul, Ellen J	15	PLAY-CE	NT
19	Parker, Cala	13	DMSS	NT

Event 103 Men 100 SC Meter IM

	Name	Age	Team	Seed Time
1	Wolson, Daniel A	19	MATI-CE	59.19
2	Sorour, Micheal	16	BULS-MA	59.22
3	Haupt, Rhys A	17	VINE-CP	59.70
4	Bester, Francois A	19	MATI-CE	1:00.55
5	Myburgh, Ruan	18	BLMA-CP	1:00.69
6	Hemphill, Riley J	17	AADUB-ET	1:01.18
7	Kalapac, Joshua	17	SLAQ-CP	1:01.69
8	Eilers, Dé-Anzo C	20	SSISA-CP	1:01.89
9	Gilbert, Andrew A	17	SAAW-CP	1:02.03
10	King, Slade D	16	VACC-EK	1:02.33
11	Basson, Lucca N	17	AACTA-CP	1:02.65
12	Zellie, Thomas J	19	SAAW-CP	1:02.85
13	Badenhorst, Jandre	16	BULS-MA	1:03.55
14	Afonso, Aragon G	16	CASC-CP	1:05.43
15	Moodie, Zak	15	SLAQ-CP	1:06.49
16	Cleophas, Kyle	17	PAQU-CE	1:06.54
17	Francis, Ethan	14	MARL-CP	1:10.03
18	Swart, Nico N	15	ASAC-CP	1:10.31
19	Harder, Callum R	12	VINE-CP	1:29.22
20	Le Gassick, Connor P	17	BLSS-MA	NT

Event 104 Women 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time
1	Van Heerden, Keira	18	LALE-CE	2:27.31

2	Horn, Anna	13	XCEL-CP	2:41.42
3	Johnson, Ella J	12	CTO-CP	2:45.40
4	Schreuder, Hannah G	18	SAAW-CP	2:46.82
5	Morris, Jenna	17	VINE-CP	2:47.53
6	Lindstrom, Jorja P	19	HARL-BU	2:52.57
7	Albino, Nemzi L	17	SAAW-CP	2:55.55
8	Anthony, Jazmin A	13	PAQU-CE	3:13.68

Event 105 Men 200 SC Meter Breaststroke

	Name	Age	Team	Seed Time
1	Clayton, Franco P	20	MATI-CE	2:14.25
2	February, Gerard G	17	CASC-CP	2:17.41
3	Hemphill, Riley J	17	AADUB-ET	2:18.04
4	Klein, Adam J	20	UWCA-CP	2:20.62
5	Harding, Owen	16	VACC-EK	2:26.58
6	Stanfliet, Nicholas	16	VINE-CP	2:27.36
7	Southworth, Matthew W	18	CASC-CP	2:31.66
8	Burger, Rosseau	17	LALE-CE	2:32.14
9	Yeowart, Luke D	16	CASC-CP	2:32.71
10	Smith, Tristan A	16	CASC-CP	2:34.06
11	Moodie, Zak	15	SLAQ-CP	2:35.75
12	Oaten, Rourke	15	CASC-CP	2:38.92
13	Walters, Luke	16	VACC-EK	2:40.17
14	Theron, Oloff A	16	VINE-CP	2:40.30
15	Bright, Michael C	14	CASC-CP	2:40.61
16	Kenmuir, Ethan	13	VINE-CP	2:50.43
17	Bester, Daniël M	15	ESA-CE	2:51.74
18	Baadjies, Cruden H	14	PAQU-CE	2:58.13
19	De Jager, Joshua	16	PLAY-CE	2:58.24
20	Lange, Oliver	13	VINE-CP	2:58.54
21	Lombard, Quan R	13	ASAC-CP	3:03.15

Event 106 Women 100 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Kotze, Abigail	16	LALE-CE	56.97
2	Helberg, Gabriella	19	MDOL-JH	57.29
3	Coetsee, Isabeau L	14	FISH-ED	58.09
4	Lorenzen, Ava E	14	BLMA-CP	58.45
5	Cromhout, Hannah E	21	MATI-CE	59.48
6	Gerber, Simonè M	15	LALE-CE	1:00.35
7	Laubscher, Mikalla I	15	CASC-CP	1:00.44
8	Combrink, Amy	17	VINE-CP	1:00.61
9	Webber, Isabella L	19	MATI-CE	1:00.98
10	De Villiers, Anja	15	TYGE-CP	1:01.11
11	Steenkamp, Veneske	18	FISH-ED	1:01.15
12	Barber-Luna, Layla R	14	VINE-CP	1:01.72
13	Bayly, Arabella	15	VINE-CP	1:01.72
14	Newton, Ava L	16	CASC-CP	1:01.76
15	Raimond, Marike M	16	TYGE-CP	1:02.21
16	Faul, Ellen J	15	PLAY-CE	1:02.21
17	Huang, Shi Han A	16	BLMA-CP	1:02.34
18	Gullan, Sophia	13	VINE-CP	1:02.63
19	Esterhuyse, Alice	15	FISH-ED	1:02.78
20	Gennarakis, Christina	19	CASC-CP	1:02.89
21	Botha, Rebecca P	15	CASC-CP	1:02.98
22	Wallis, Juliette	15	CASC-CP	1:03.42
23	Priede, Skye S	17	SSISA-CP	1:03.53
24	Perrins, Hayden	12	CASC-CP	1:03.61
25	Jansen van Rensburg, Mia	14	XCEL-CP	1:03.68
26	Riley, Logan	15	CASC-CP	1:03.75
27	Blake, Abi E	16	CASC-CP	1:04.35
28	Havemann, Bella	18	ASAC-CP	1:04.44

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Event 106 ...(Women 100 SC Meter Freestyle)

	Name	Age	Team	Seed Time
29	White, Rebecca M	17	SSISA-CP	1:04.50
30	Parfitt, Cayden C	12	CASC-CP	1:04.56
31	Grobler, Zané	15	FISH-ED	1:04.83
32	Hawley, Nicola	15	PLAY-CE	1:05.26
33	Coetsee, Elke M	12	FISH-ED	1:05.52
34	Albino, Nemzi L	17	SAAW-CP	1:05.90
35	Dabrowski, Leah A	13	BLMA-CP	1:06.35
36	Lloyd, Jemma A	14	VINE-CP	1:07.93
37	Thirsk, Savannah	14	CASC-CP	1:08.33
38	Joubert, Elle	15	PLAY-CE	1:09.46

Event 107 Men 100 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Trower, Nic T	17	VACLC-CP	49.59
2	Bezuidenhout, Carlo	17	FISH-ED	50.74
3	Emslie, Joshua D	24	MATI-CE	51.33
4	Sistenich, Dylan L	22	MATI-CE	51.39
5	Heyes, Garrick T	18	ASAC-CP	51.58
6	Bestel, Luc M	16	VINE-CP	51.73
7	King, Slade D	16	VACC-EK	51.76
8	Sorour, Micheal	16	BULS-MA	52.10
9	Bezuidenhout, Ernst E	16	CASC-CP	52.84
10	Eilers, Dé-Anzo C	20	SSISA-CP	52.89
11	Haupt, Rhys A	17	VINE-CP	53.02
12	Wing, James L	16	CASC-CP	53.21
13	Forbes, Thomas P	22	LALE-CE	53.87
14	Uys, Keegan	19	LALE-CE	53.97
15	Zellie, Thomas J	19	SAAW-CP	54.03
16	Theron, Ryan P	17	CASC-CP	54.31
17	Van Schaik, Luc	16	VINE-CP	54.38
18	Basson, Lucca N	17	AACTA-CP	54.41
19	Wright, Jonah S	15	TYGE-CP	54.50
20	Viljoen, Jaden R	17	ASAC-CP	54.60
21	Myburgh, Ruan	18	BLMA-CP	54.99
22	Harding, Owen	16	VACC-EK	55.18
23	Poultney, Matthew	13	CASC-CP	55.22
24	Walters, Daniel	16	VACC-EK	55.32
25	Loots, Noah C	14	CASC-CP	55.40
26	De Jager, Nathan B	18	ASAC-CP	55.52
27	Theron, Luca D	18	SAAW-CP	56.05
28	Badenhorst, Jandre	16	BULS-MA	56.06
29	Louw, Guillaume	23	CASC-CP	56.09
30	Yeowart, Seth W	16	CASC-CP	56.14
31	Cleophas, Kyle	17	PAQU-CE	56.23
32	Blauw, Tyriq D	18	TYGE-CP	56.36
33	Lategan, Nicky N	16	SWAR-WC	56.45
34	Lombard, Kyle M	18	CASC-CP	56.46
35	Waters, Zack L	20	LALE-CE	56.58
36	Vries, Jayden J	20	SSISA-CP	56.70
37	Gilbert, Andrew A	17	SAAW-CP	57.03
38	Afonso, Aragon G	16	CASC-CP	57.04
39	Wilson, Christian G	20	SLAQ-CP	57.19
40	Walker, Yohan G	18	SSISA-CP	57.21
41	Breebaart, Joshua	14	CASC-CP	57.63
42	Allott, Jaydon K	14	AACTA-CP	57.91
43	Smit, Reynard-Gray	15	SLAQ-CP	58.29
44	Njoroge, Alphonse	17	CASC-CP	58.34
45	Otto, Amir	15	VINE-CP	58.39
46	Nagendrakumar, Puneet	15	SLAQ-CP	59.84
47	Walters, Luke	16	VACC-EK	59.90

48	Moodie, Zak	15	SLAQ-CP	1:00.61
49	Pardoe, James N	15	VINE-CP	1:02.84
50	Swart, Nico N	15	ASAC-CP	1:03.79
51	Theunissen, Corné J	14	ASAC-CP	1:04.45
52	Lange, Oliver	13	VINE-CP	1:05.72
53	Baadjies, Cruden H	14	PAQU-CE	1:10.21

Event 108 Women 50 SC Meter Backstroke

	Name	Age	Team	Seed Time
1	Coetsee, Isabeau L	14	FISH-ED	28.56
2	Burgess, Cassidy S	18	VINE-CP	28.72
3	Hebler, Lily M	17	LALE-CE	29.48
4	Bayly, Arabella	15	VINE-CP	29.59
5	Van Galen, Ava-Loren	17	LALE-CE	29.78
6	De Beer, Isabella C	15	PLAY-CE	30.26
7	Trout, Sophia L	17	VINE-CP	30.39
8	Lorenzen, Ava E	14	BLMA-CP	30.70
9	Combrink, Amy	17	VINE-CP	30.79
10	Newton, Ava L	16	CASC-CP	30.80
11	Morris, Jenna	17	VINE-CP	30.99
12	Riley, Logan	15	CASC-CP	31.43
13	Hayes, Kerrigan L	17	CASC-CP	31.72
14	Barber-Luna, Layla R	14	VINE-CP	31.77
15	Bircher, Storm Z	15	LALE-CE	32.09
16	De Villiers, Anja	15	TYGE-CP	32.27
17	Parfitt, Cayden C	12	CASC-CP	32.68
18	Huang, Shi Han A	16	BLMA-CP	32.68
19	Coetsee, Elke M	12	FISH-ED	32.75
20	Daniels, Emily G	12	XCEL-CP	32.81
21	Jansen van Rensburg, Mia	14	XCEL-CP	32.84
22	Dabrowski, Leah A	13	BLMA-CP	32.99
23	Gullan, Sophia	13	VINE-CP	33.03
24	White, Rebecca M	17	SSISA-CP	33.18
25	Esterhuysen, Alice	15	FISH-ED	33.18
26	Botha, Rebecca P	15	CASC-CP	33.92
27	Wallis, Juliette	15	CASC-CP	34.71
28	Perrins, Hayden	12	CASC-CP	35.22
29	Parker, Cala	13	DMSS	35.35
30	Gennarakis, Christina	19	CASC-CP	35.73
31	Grobler, Zané	15	FISH-ED	35.96
32	Joubert, Elle	15	PLAY-CE	38.88

Event 109 Men 50 SC Meter Backstroke

	Name	Age	Team	Seed Time
1	Kotze, Eric B	16	STAQ-CE	24.72
2	Van Schaik, Luc	16	VINE-CP	25.43
3	Le Gassick, Connor P	17	BLSS-MA	26.81
4	Bezuidenhout, Carlo	17	FISH-ED	26.94
5	Bezuidenhout, Ernst E	16	CASC-CP	27.00
6	Sorour, Micheal	16	BULS-MA	27.23
7	Sistenich, Dylan L	22	MATI-CE	27.25
8	Myburgh, Ruan	18	BLMA-CP	27.70
9	Terblanche, Kiaan C	20	LALE-CE	27.72
10	Louw, Guillaume	23	CASC-CP	28.25
11	Kalapac, Joshua	17	SLAQ-CP	28.54
12	Poultney, Matthew	13	CASC-CP	28.56
13	Bright, Michael C	14	CASC-CP	28.81
14	Blauw, Tyriq D	18	TYGE-CP	28.87
15	Basson, Lucca N	17	AACTA-CP	29.10
16	Benecke, Delmar	15	VINE-CP	29.20
17	Njoroge, Alphonse	17	CASC-CP	29.23
18	Walker, Yohan G	18	SSISA-CP	29.45

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Event 109 ...(Men 50 SC Meter Backstroke)

	Name	Age	Team	Seed Time
19	Emslie, Joshua D	24	MATI-CE	29.63
20	Badenhorst, Jandre	16	BULS-MA	29.76
21	Burger, Rosseau	17	LALE-CE	29.93
22	Lategan, Nicky N	16	SWAR-WC	30.51
23	Bester, Francois A	19	MATI-CE	30.57
24	Nagendrakumar, Puneet	15	SLAQ-CP	30.61
25	Cleophas, Kyle	17	PAQU-CE	30.97
26	Francis, Ethan	14	MARL-CP	31.02
27	Lombard, Kyle M	18	CASC-CP	31.49
28	Wright, Jonah S	15	TYGE-CP	31.64
29	Pardoe, James N	15	VINE-CP	31.67
30	Lombard, Quan R	13	ASAC-CP	32.65
31	Otto, Amir	15	VINE-CP	33.00
32	Harder, Callum R	12	VINE-CP	33.70
33	Wilson, Christian G	20	SLAQ-CP	34.25
34	Lange, Oliver	13	VINE-CP	37.23
35	Cleophas, Lee L	14	PAQU-CE	37.65

Event 110 Women 800 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Evans, Caitlin N	16	CASC-CP	9:09.59
2	Laubscher, Mikalla I	15	CASC-CP	9:20.88
3	Tsai-Rieb, Pei-Chi P	15	ASAC-CP	9:35.76
4	Swanepoel, Lulu A	15	ASAC-CP	9:35.93
5	Raimond, Marike M	16	TYGE-CP	9:38.71
6	Thirsk, Madison	15	CASC-CP	9:43.20
7	Olivier, Julie M	14	CASC-CP	9:44.78
8	Langenhoven, Erin	19	SLAQ-CP	9:48.92
9	Grütter, Arabelle	16	LALE-CE	9:49.70
10	Blake, Abi E	16	CASC-CP	10:05.74
11	Parker, Cala	13	DMSS	10:40.36

Event 111 Men 1500 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Smit, Reynard-Gray	15	SLAQ-CP	15:40.46
2	Walters, Daniel	16	VACC-EK	16:54.09
3	Allott, Jaydon K	14	AACTA-CP	16:56.56
4	Breebaart, Joshua	14	CASC-CP	16:58.46
5	Oaten, Rourke	15	CASC-CP	17:14.05
6	Southey, Jamie	17	AQDO-CP	17:22.86
7	Rheeder, Liam M	16	PAQU-CE	19:21.76

Event 201 Women 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time
1	Van Heerden, Keira	18	LALE-CE	32.19
2	Combrink, Amy	17	VINE-CP	32.94
3	Van Galen, Ava-Loren	17	LALE-CE	33.32
4	Horn, Anna	13	XCEL-CP	33.69
5	Hebler, Lily M	17	LALE-CE	34.63
6	Hugo, Anika S	20	LALE-CE	34.85
7	Jeftha, Zara L	18	VINE-CP	35.29
8	Morris, Jenna	17	VINE-CP	35.34
9	Schreuder, Hannah G	18	SAAW-CP	35.36
10	Lindstrom, Jorja P	19	HARL-BU	35.67
11	Albino, Nemzi L	17	SAAW-CP	36.07
12	Grobler, Zané	15	FISH-ED	36.63
13	Coetsee, Elke M	12	FISH-ED	38.33
14	Olivier, Gianna G	12	PAQU-CE	38.45
15	Joubert, Elle	15	PLAY-CE	40.31

Event 202 Men 50 SC Meter Breaststroke

	Name	Age	Team	Seed Time
1	Kotze, Eric B	16	STAQ-CE	28.69
2	Gilbert, Andrew A	17	SAAW-CP	28.74
3	Hemphill, Riley J	17	AADUB-ET	28.95
4	Haupt, Rhys A	17	VINE-CP	29.19
5	Harding, Owen	16	VACC-EK	29.82
6	Bester, Francois A	19	MATI-CE	30.13
7	Wing, James L	16	CASC-CP	30.34
8	Stanfliet, Nicholas	16	VINE-CP	30.66
9	Zellie, Thomas J	19	SAAW-CP	30.87
10	Wilson, Christian G	20	SLAQ-CP	30.94
11	Poultney, Matthew	13	CASC-CP	31.55
12	Yeowart, Luke D	16	CASC-CP	31.60
13	Sorour, Micheal	16	BULS-MA	31.61
14	Smith, Tristan A	16	CASC-CP	31.75
15	Theron, Luca D	18	SAAW-CP	31.92
16	Loots, Noah C	14	CASC-CP	31.95
17	Burger, Rosseau	17	LALE-CE	32.47
18	Badenhorst, Jandre	16	BULS-MA	32.69
19	Walters, Luke	16	VACC-EK	32.95
20	Bright, Michael C	14	CASC-CP	33.70
21	Vries, Jayden J	20	SSISA-CP	33.73
22	Swart, Nico N	15	ASAC-CP	34.57
23	De Jager, Joshua	16	PLAY-CE	35.27
24	Theron, Oloff A	16	VINE-CP	35.29
25	Lange, Oliver	13	VINE-CP	36.95
26	Harder, Callum R	12	VINE-CP	40.51
27	Ockert, Ethan X	16	PAQU-CE	41.50
28	Lewis, Amaru C	14	PAQU-CE	43.84

Event 203 Women 200 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Kotze, Abigail	16	LALE-CE	2:03.52
2	Helberg, Gabriella	19	MDOL-JH	2:05.14
3	Coetsee, Isabeau L	14	FISH-ED	2:07.26
4	Grütter, Arabelle	16	LALE-CE	2:10.49
5	Cromhout, Hannah E	21	MATI-CE	2:11.00
6	Laubscher, Mikalla I	15	CASC-CP	2:11.34
7	Caldwell, Alexandra L	21	VACC-EK	2:12.29
8	Steenkamp, Veneske	18	FISH-ED	2:12.97
9	Newton, Ava L	16	CASC-CP	2:13.65
10	Raimond, Marike M	16	TYGE-CP	2:13.70
11	Tsai-Rieb, Pei-Chi P	15	ASAC-CP	2:15.13
12	Langenhoven, Erin	19	SLAQ-CP	2:15.24
13	Grobler, Zané	15	FISH-ED	2:15.69
14	Priede, Skye S	17	SSISA-CP	2:16.65
15	Esterhuyse, Alice	15	FISH-ED	2:16.72
16	Liebenberg, Emily M	17	ESA-CE	2:17.67
17	Faul, Ellen J	15	PLAY-CE	2:17.86
18	Blake, Abi E	16	CASC-CP	2:17.93
19	Riley, Logan	15	CASC-CP	2:20.60
20	Wallis, Juliette	15	CASC-CP	2:20.64
21	Gullan, Sophia	13	VINE-CP	2:22.01
22	Botha, Rebecca P	15	CASC-CP	2:23.36
23	Perrins, Hayden	12	CASC-CP	2:24.82
24	Parker, Cala	13	DMSS	2:26.71
25	Olivier, Gianna G	12	PAQU-CE	2:30.59
26	Adams, Tatum	13	PAQU-CE	2:31.61
27	Liebenberg, Aimee L	14	ESA-CE	2:33.22
28	Joubert, Elle	15	PLAY-CE	2:33.54

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Event 203 ...(Women 200 SC Meter Freestyle)

	Name	Age	Team	Seed Time
29	Coetsee, Elke M	12	FISH-ED	2:37.02
30	Allott, Kyla	16	AACTA-CP	2:42.30

Event 204 Men 200 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Trower, Nic T	17	VACLC-CP	1:52.54
2	King, Slade D	16	VACC-EK	1:53.36
3	Klein, Adam J	20	UWCA-CP	1:54.85
4	Bezuidenhout, Ernst E	16	CASC-CP	1:54.90
5	Bezuidenhout, Carlo	17	FISH-ED	1:55.12
6	Allott, Jack R	17	AACTA-CP	1:58.14
7	Zellie, Thomas J	19	SAAW-CP	1:58.68
8	Le Gassick, Connor P	17	BLSS-MA	1:58.79
9	Uys, Keegan	19	LALE-CE	2:00.40
10	Yeowart, Seth W	16	CASC-CP	2:00.61
11	Walters, Daniel	16	VACC-EK	2:00.64
12	Theron, Ryan P	17	CASC-CP	2:00.82
13	Basson, Lucca N	17	AACTA-CP	2:01.87
14	Breebaart, Joshua	14	CASC-CP	2:02.00
15	Allott, Jaydon K	14	AACTA-CP	2:02.24
16	Van Zyl, Daniël R	15	TYGE-CP	2:02.25
17	Poultney, Matthew	13	CASC-CP	2:02.54
18	Solomon, Ethan	18	SAAW-CP	2:02.60
19	Terblanche, Kiaan C	20	LALE-CE	2:02.84
20	Smit, Reynard-Gray	15	SLAQ-CP	2:04.16
21	Waters, Zack L	20	LALE-CE	2:04.21
22	Afonso, Aragon G	16	CASC-CP	2:04.40
23	Lategan, Nicky N	16	SWAR-WC	2:04.40
24	Lichthart, Nicus	15	TYGE-CP	2:07.02
25	Otto, Amir	15	VINE-CP	2:07.02
26	Walker, Yohan G	18	SSISA-CP	2:08.81
27	Njoroge, Alphonse	17	CASC-CP	2:09.16
28	Nagendrakumar, Puneet	15	SLAQ-CP	2:11.43
29	Walters, Luke	16	VACC-EK	2:13.19
30	Bouwer, Jason	16	CASC-CP	2:14.98
31	Pardoe, James N	15	VINE-CP	2:16.78
32	Jansen, Caleb J	18	SLAQ-CP	2:19.38
33	Lombard, Quan R	13	ASAC-CP	2:26.57
34	Lubbe, Mikael B	13	ASAC-CP	2:28.08
35	Lange, Oliver	13	VINE-CP	2:39.01

Event 205 Women 100 SC Meter Butterfly

	Name	Age	Team	Seed Time
1	Van Heerden, Keira	18	LALE-CE	1:00.95
2	Coetsee, Isabeau L	14	FISH-ED	1:02.91
3	Gerber, Simonè M	15	LALE-CE	1:03.05
4	Kotzé, Irma	14	POTC-KK	1:03.12
5	Webber, Isabella L	19	MATI-CE	1:05.64
6	Caldwell, Alexandra L	21	VACC-EK	1:05.92
7	Steenkamp, Veneske	18	FISH-ED	1:06.42
8	Hugo, Anika S	20	LALE-CE	1:06.74
9	Trout, Sophia L	17	VINE-CP	1:07.22
10	Parfitt, Cayden C	12	CASC-CP	1:07.53
11	Blake, Abi E	16	CASC-CP	1:09.23
12	Jansen van Rensburg, Mia	14	XCEL-CP	1:09.25
13	Liebenberg, Emily M	17	ESA-CE	1:10.33
14	Barber-Luna, Layla R	14	VINE-CP	1:10.53
15	Priede, Skye S	17	SSISA-CP	1:11.19
16	Combrink, Amy	17	VINE-CP	1:11.27
17	Hayes, Kerrigan L	17	CASC-CP	1:11.53

18	Koegelenberg, Emily	13	XCEL-CP	1:11.54
19	Perrins, Hayden	12	CASC-CP	1:11.89
20	Madeley, Amy O	14	ANAX-CP	1:13.16
21	Lindstrom, Jorja P	19	HARL-BU	1:13.21
22	Adams, Tatum	13	PAQU-CE	1:21.36
23	Anthony, Jazmin A	13	PAQU-CE	1:22.04

Event 206 Men 100 SC Meter Butterfly

	Name	Age	Team	Seed Time
1	Heyes, Garrick T	18	ASAC-CP	55.89
2	Basson, Wilan	20	MATI-CE	56.48
3	Van Schaik, Luc	16	VINE-CP	57.80
4	Barber, Dino B	36	SSISA-CP	58.35
5	Bouwer, Jason	16	CASC-CP	58.37
6	Basson, Lucca N	17	AACTA-CP	59.30
7	Bester, Francois A	19	MATI-CE	59.84
8	Labuschagne, Jeremy	20	LALE-CE	59.94
9	Gilmour, Connor A	16	SLAQ-CP	1:00.05
10	Eilers, Dé-Anzo C	20	SSISA-CP	1:00.09
11	Loots, Noah C	14	CASC-CP	1:00.17
12	Louw, Guillaume	23	CASC-CP	1:00.34
13	Kalapac, Joshua	17	SLAQ-CP	1:00.53
14	Wing, James L	16	CASC-CP	1:00.64
15	Uys, Keegan	19	LALE-CE	1:00.73
16	Lichthart, Nicus	15	TYGE-CP	1:00.79
17	Southworth, Matthew W	18	CASC-CP	1:00.80
18	Oaten, Rourke	15	CASC-CP	1:01.92
19	Cleophas, Kyle	17	PAQU-CE	1:02.20
20	Gilbert, Andrew A	17	SAAW-CP	1:02.98
21	Francis, Ethan	14	MARL-CP	1:03.72
22	Zellie, Thomas J	19	SAAW-CP	1:03.93
23	Solomon, Ethan	18	SAAW-CP	1:04.34
24	Breebaart, Joshua	14	CASC-CP	1:05.16
25	Smit, Reynard-Gray	15	SLAQ-CP	1:08.07
26	Smith, Tristan A	16	CASC-CP	1:10.98
27	Lewis, Amaru C	14	PAQU-CE	1:14.59
28	Ockert, Ethan X	16	PAQU-CE	1:16.87
29	Cleophas, Lee L	14	PAQU-CE	1:19.37
30	Harder, Callum R	12	VINE-CP	1:31.24

Event 207 Women 400 SC Meter IM

	Name	Age	Team	Seed Time
1	Van Heerden, Keira	18	LALE-CE	4:51.13
2	Tsai-Rieb, Pei-Chi P	15	ASAC-CP	5:20.66
3	Swanepoel, Lulu A	15	ASAC-CP	5:26.12
4	Koegelenberg, Emily	13	XCEL-CP	5:39.60

Event 208 Men 400 SC Meter IM

	Name	Age	Team	Seed Time
1	Wolson, Daniel A	19	MATI-CE	4:29.60
2	Yeowart, Luke D	16	CASC-CP	4:48.07
3	Bright, Michael C	14	CASC-CP	4:50.43
4	Middleton, Josh C	14	CUHE-OB	4:54.61
5	Oaten, Rourke	15	CASC-CP	4:55.38
6	Yeowart, Seth W	16	CASC-CP	4:55.66
7	Harding, Owen	16	VACC-EK	4:57.50
8	Afonso, Aragon G	16	CASC-CP	5:13.19

Event 209 Women 200 SC Meter Freestyle Relay 4 X 50 Free Relay

	Team	Relay	Seed Time
1	Lane Leader-CE	A	1:48.74
	1) Van Heerden, Keira 18	2) Grütter, Arabelle 16	
	3) Van Galen, Ava-Loren 17	4) Kotze, Abigail 16	

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Event 209 ...(Women 200 SC Meter Freestyle Relay 4 X 50 Free Relay)

Team	Relay	Seed Time
2 Aqua Sharks-CP	A	1:58.22
1) Heyes, Garrick T 18	2) De Jager, Nathan B 18	
3) Swart, Nico N 15	4) Viljoen, Jaden R 17	

Event 210 Men 200 SC Meter Freestyle Relay 4 X 50 Free Relay

Team	Relay	Seed Time
1 Streamline-CP	A	1:39.51
1) Jansen, Caleb J 18	2) Gilmour, Connor A 16	
3) Kalapac, Joshua 17	4) Wilson, Christian G 20	
2 Lane Leader-CE	A	1:40.67
1) Labuschagne, Jeremy 20	2) Waters, Zack L 20	
3) Terblanche, Kiaan C 20	4) Uys, Keegan 19	
3 Aqua Sharks-CP	A	1:41.59
1) Heyes, Garrick T 18	2) De Jager, Nathan B 18	
3) Swart, Nico N 15	4) Viljoen, Jaden R 17	
4 SSISA-CP	A	NT
1) Barber, Dino B 36	2) Vries, Jayden J 20	
3) Eilers, Dé-Anzo C 20	4) Walker, Yohan G 18	
5 Swimlab-CP	A	NT
1) Gilbert, Andrew A 17	2) Zellie, Thomas J 19	
3) Solomon, Ethan 18		

Event 211 Women 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Van Heerden, Keira	18	LALE-CE	27.45
2 Burgess, Cassidy S	18	VINE-CP	27.66
3 Coetsee, Isabeau L	14	FISH-ED	27.81
4 Gerber, Simonè M	15	LALE-CE	28.42
5 Van Galen, Ava-Loren	17	LALE-CE	28.57
6 Trout, Sophia L	17	VINE-CP	29.33
7 Barber-Luna, Layla R	14	VINE-CP	29.38
8 Meyer, Corinna	22	VRC-TS	29.40
9 Kotzé, Irma	14	POTC-KK	29.51
10 Steenkamp, Veneske	18	FISH-ED	29.80
11 Hugo, Anika S	20	LALE-CE	30.26
12 Jansen van Rensburg, Mia	14	XCEL-CP	30.68
13 Parfitt, Cayden C	12	CASC-CP	30.80
14 Perrins, Hayden	12	CASC-CP	31.00
15 Liebenberg, Emily M	17	ESA-CE	31.35
16 Riley, Logan	15	CASC-CP	31.45
17 Hawley, Nicola	15	PLAY-CE	31.62
18 Laubscher, Mikalla I	15	CASC-CP	31.91
19 Langenhoven, Erin	19	SLAQ-CP	31.91
20 Daniels, Emily G	12	XCEL-CP	31.95
21 Madeley, Amy O	14	ANAX-CP	32.09
22 Blake, Abi E	16	CASC-CP	32.29
23 Gennarakis, Christina	19	CASC-CP	32.31
24 Lindstrom, Jorja P	19	HARL-BU	32.69
25 Botha, Rebecca P	15	CASC-CP	32.76
26 Esterhuysen, Alice	15	FISH-ED	32.93
27 Raimond, Marike M	16	TYGE-CP	33.32
28 Grobler, Zané	15	FISH-ED	33.89
29 Wallis, Juliette	15	CASC-CP	34.00
30 Joubert, Elle	15	PLAY-CE	36.22
31 Parker, Cala	13	DMSS	36.26
32 Liebenberg, Aimee L	14	ESA-CE	37.53

Event 212 Men 50 SC Meter Butterfly

Name	Age	Team	Seed Time
1 Kotze, Eric B	16	STAQ-CE	23.79
2 Heyes, Garrick T	18	ASAC-CP	24.58

3 Schlechter, Gustav	24	FISH-ED	24.84
4 Basson, Wilan	20	MATI-CE	24.95
5 Trower, Nic T	17	VACLC-CP	25.57
6 Van Schaik, Luc	16	VINE-CP	25.74
7 Eilers, Dé-Anzo C	20	SSISA-CP	25.81
8 Barber, Dino B	36	SSISA-CP	25.92
9 Kalapac, Joshua	17	SLAQ-CP	26.48
10 Gilmour, Connor A	16	SLAQ-CP	26.49
11 Hemphill, Riley J	17	AADUB-ET	26.59
12 Theron, Ryan P	17	CASC-CP	26.72
13 Sorour, Micheal	16	BULS-MA	26.85
14 Loots, Noah C	14	CASC-CP	27.16
15 Louw, Guillaume	23	CASC-CP	27.16
16 Basson, Lucca N	17	AACTA-CP	27.18
17 Uys, Keegan	19	LALE-CE	27.31
18 Vries, Jayden J	20	SSISA-CP	27.43
19 Afonso, Aragon G	16	CASC-CP	27.46
20 Jansen, Caleb J	18	SLAQ-CP	27.48
21 Lichthart, Nicus	15	TYGE-CP	27.52
22 Wing, James L	16	CASC-CP	27.81
23 Burger, Rosseau	17	LALE-CE	27.96
24 Badenhorst, Jandre	16	BULS-MA	28.09
25 Bezuidenhout, Ernst E	16	CASC-CP	28.22
26 Bright, Michael C	14	CASC-CP	28.41
27 Francis, Ethan	14	MARL-CP	29.00
28 Breebaart, Joshua	14	CASC-CP	29.31
29 Smith, Tristan A	16	CASC-CP	29.37
30 Wilson, Christian G	20	SLAQ-CP	29.55
31 Otto, Amir	15	VINE-CP	30.09
32 Walker, Yohan G	18	SSISA-CP	30.17
33 Smit, Reynard-Gray	15	SLAQ-CP	30.79
34 Lewis, Amaru C	14	PAQU-CE	33.00
35 Harder, Callum R	12	VINE-CP	33.79
36 Lange, Oliver	13	VINE-CP	34.09
37 Lubbe, Mikael B	13	ASAC-CP	34.42
38 Cleophas, Lee L	14	PAQU-CE	35.29

Event 213 Women 100 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Van Heerden, Keira	18	LALE-CE	1:09.63
2 Horn, Anna	13	XCEL-CP	1:14.89
3 Hugo, Anika S	20	LALE-CE	1:16.19
4 Van Galen, Ava-Loren	17	LALE-CE	1:16.80
5 Morris, Jenna	17	VINE-CP	1:16.86
6 Schreuder, Hannah G	18	SAAW-CP	1:17.25
7 Gerber, Simonè M	15	LALE-CE	1:17.79
8 Albino, Nemzi L	17	SAAW-CP	1:19.55
9 Lindstrom, Jorja P	19	HARL-BU	1:20.19
10 Olivier, Gianna G	12	PAQU-CE	1:22.33
11 Hawley, Nicola	15	PLAY-CE	1:24.79
12 Coetsee, Elke M	12	FISH-ED	1:24.94
13 Anthony, Jazmin A	13	PAQU-CE	1:28.50
14 Joubert, Elle	15	PLAY-CE	1:32.29

Event 214 Men 100 SC Meter Breaststroke

Name	Age	Team	Seed Time
1 Clayton, Franco P	20	MATI-CE	1:02.55
2 Hemphill, Riley J	17	AADUB-ET	1:03.92
3 Gilbert, Andrew A	17	SAAW-CP	1:04.46
4 Bester, Francois A	19	MATI-CE	1:05.01
5 Klein, Adam J	20	UWCA-CP	1:05.55
6 Haupt, Rhys A	17	VINE-CP	1:05.90

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Event 214 ...(Men 100 SC Meter Breaststroke)

	Name	Age	Team	Seed Time
7	Harding, Owen	16	VACC-EK	1:06.63
8	Stanfliet, Nicholas	16	VINE-CP	1:07.38
9	Wing, James L	16	CASC-CP	1:07.47
10	Zellie, Thomas J	19	SAAW-CP	1:07.86
11	Poultney, Matthew	13	CASC-CP	1:09.51
12	Swart, Nico N	15	ASAC-CP	1:10.00
13	Burger, Rosseau	17	LALE-CE	1:10.25
14	Yeowart, Luke D	16	CASC-CP	1:10.44
15	Smith, Tristan A	16	CASC-CP	1:11.29
16	Theron, Luca D	18	SAAW-CP	1:11.33
17	Moodie, Zak	15	SLAQ-CP	1:11.34
18	Walters, Luke	16	VACC-EK	1:11.53
19	Badenhorst, Jandre	16	BULS-MA	1:12.65
20	Oaten, Rourke	15	CASC-CP	1:13.41
21	Theron, Oloff A	16	VINE-CP	1:14.22
22	Sorour, Micheal	16	BULS-MA	1:15.04
23	Kenmuir, Ethan	13	VINE-CP	1:17.13
24	De Jager, Joshua	16	PLAY-CE	1:19.30
25	Lange, Oliver	13	VINE-CP	1:20.57
26	Lombard, Quan R	13	ASAC-CP	1:23.90
27	Baadjies, Cruden H	14	PAQU-CE	1:24.55

Event 215 Women 200 SC Meter Backstroke

	Name	Age	Team	Seed Time
1	Morris, Grace	18	LALE-CE	2:09.56
2	Coetsee, Isabeau L	14	FISH-ED	2:14.02
3	Burgess, Cassidy S	18	VINE-CP	2:14.98
4	Bayly, Arabella	15	VINE-CP	2:16.13
5	Hebler, Lily M	17	LALE-CE	2:20.18
6	Newton, Ava L	16	CASC-CP	2:21.26
7	Trout, Sophia L	17	VINE-CP	2:23.91
8	Hayes, Kerrigan L	17	CASC-CP	2:28.49
9	De Villiers, Anja	15	TYGE-CP	2:31.19
10	Esterhuysen, Alice	15	FISH-ED	2:31.46
11	Madeley, Amy O	14	ANAX-CP	2:31.95
12	Riley, Logan	15	CASC-CP	2:32.71
13	Parfitt, Cayden C	12	CASC-CP	2:33.00
14	De Beer, Isabella C	15	PLAY-CE	2:33.46
15	Daniels, Emily G	12	XCEL-CP	2:33.82
16	Thirsk, Savannah	14	CASC-CP	2:33.93
17	Coetsee, Elke M	12	FISH-ED	2:35.45
18	Nienaber, Mila J	15	STAQ-CE	2:37.92
19	Grobler, Zané	15	FISH-ED	2:38.28
20	Parker, Cala	13	DMSS	2:43.91
21	Liebenberg, Aimee L	14	ESA-CE	2:56.87

Event 216 Men 200 SC Meter Backstroke

	Name	Age	Team	Seed Time
1	Bestel, Luc M	16	VINE-CP	2:03.18
2	Labuschagne, Jeremy	20	LALE-CE	2:04.46
3	Bezuidenhout, Ernst E	16	CASC-CP	2:07.09
4	Le Gassick, Connor P	17	BLSS-MA	2:08.52
5	Bezuidenhout, Carlo	17	FISH-ED	2:11.92
6	Njoroge, Alphonse	17	CASC-CP	2:13.00
7	Walters, Daniel	16	VACC-EK	2:13.20
8	Bright, Michael C	14	CASC-CP	2:13.23
9	Coetzee, Sion M	15	TYGE-CP	2:16.76
10	Basson, Lucca N	17	AACTA-CP	2:17.57
11	Lichthart, Nicus	15	TYGE-CP	2:19.91
12	Southworth, Matthew W	18	CASC-CP	2:20.08

13	Walker, Yohan G	18	SSISA-CP	2:21.35
14	Nagendrakumar, Puneet	15	SLAQ-CP	2:26.33
15	Lewis, Amaru C	14	PAQU-CE	2:37.78
16	Harder, Callum R	12	VINE-CP	2:39.13
17	Lubbe, Mikael B	13	ASAC-CP	2:41.73
18	Pardoe, James N	15	VINE-CP	2:46.06
19	Cleophas, Lee L	14	PAQU-CE	2:47.16
20	Kenmuir, Ethan	13	VINE-CP	3:04.37

Event 217 Women 400 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Laubscher, Mikalla I	15	CASC-CP	4:32.32
2	Helberg, Gabriella	19	MDOL-JH	4:32.48
3	Steenkamp, Veneske	18	FISH-ED	4:35.33
4	Kotzé, Irma	14	POTC-KK	4:35.47
5	Tsai-Rieb, Pei-Chi P	15	ASAC-CP	4:38.81
6	Raimond, Marike M	16	TYGE-CP	4:40.50
7	Langenhoven, Erin	19	SLAQ-CP	4:41.77
8	Swanepoel, Lulu A	15	ASAC-CP	4:42.45
9	Thirsk, Madison	15	CASC-CP	4:47.68
10	Blake, Abi E	16	CASC-CP	4:54.80
11	Wallis, Juliette	15	CASC-CP	5:00.50
12	Thirsk, Savannah	14	CASC-CP	5:04.12
13	Parker, Cala	13	DMSS	5:06.82
14	Perrins, Hayden	12	CASC-CP	5:08.90
15	De Beer, Isabella C	15	PLAY-CE	5:19.25
16	Allott, Kyla	16	AACTA-CP	NT

Event 218 Men 400 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Forbes, Thomas P	22	LALE-CE	3:58.56
2	Wolson, Daniel A	19	MATI-CE	3:59.16
3	Bannister, Joshua G	18	TYGE-CP	4:04.32
4	King, Slade D	16	VACC-EK	4:05.15
5	Allott, Jack R	17	AACTA-CP	4:10.82
6	Klein, Adam J	20	UWCA-CP	4:11.92
7	Allott, Jaydon K	14	AACTA-CP	4:15.78
8	Terblanche, Kiaan C	20	LALE-CE	4:16.14
9	Yeowart, Seth W	16	CASC-CP	4:17.07
10	Walters, Daniel	16	VACC-EK	4:18.55
11	Breebaart, Joshua	14	CASC-CP	4:19.53
12	Zellie, Thomas J	19	SAAW-CP	4:19.55
13	Oaten, Rourke	15	CASC-CP	4:21.48
14	Solomon, Ethan	18	SAAW-CP	4:21.81
15	Van Zyl, Daniël R	15	TYGE-CP	4:22.41
16	Smit, Reynard-Gray	15	SLAQ-CP	4:22.73
17	Southey, Jamie	17	AQDO-CP	4:22.73
18	Yeowart, Luke D	16	CASC-CP	4:23.57
19	Loots, Noah C	14	CASC-CP	4:24.05
20	Middleton, Josh C	14	CUHE-OB	4:24.74
21	Lategan, Nicky N	16	SWAR-WC	4:29.52
22	Poultney, Matthew	13	CASC-CP	4:29.88
23	Afonso, Aragon G	16	CASC-CP	4:31.31
24	Walters, Luke	16	VACC-EK	4:35.12
25	Rheeder, Liam M	16	PAQU-CE	4:55.70
26	Lombard, Quan R	13	ASAC-CP	5:10.83

Event 219 Women 400 SC Meter Freestyle Relay 4 X 100 Free Relay

	Team	Relay	Seed Time
1	Lane Leader-CE	A	3:56.83
	1) Van Heerden, Keira 18	2) Hebler, Lily M 17	
	3) Gerber, Simonè M 15	4) Morris, Grace 18	

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Event 219 ...**(Women 400 SC Meter Freestyle Relay 4 X 100 Free Relay)**

	Team	Relay	Seed Time
2	Aqua Sharks-CP	A	4:18.02
	1) Swanepoel, Lulu A 15	2) Havemann, Bella 18	
	3) Tsai-Rieb, Pei-Chi P 15		

Event 220 **Men 400 SC Meter Freestyle Relay 4 X 100 Free Relay**

	Team	Relay	Seed Time
1	Lane Leader-CE	A	3:39.55
	1) Uys, Keegan 19	2) Labuschagne, Jeremy 20	
	3) Terblanche, Kiaan C 20	4) Forbes, Thomas P 22	
2	Aqua Sharks-CP	A	3:43.02
	1) De Jager, Nathan B 18	2) Viljoen, Jaden R 17	
	3) Heyes, Garrick T 18		
3	SSISA-CP	A	NT
	1) Barber, Dino B 36	2) Vries, Jayden J 20	
	3) Walker, Yohan G 18	4) Eilers, Dé-Anzo C 20	
4	Swimlab-CP	A	NT
	1) Zellie, Thomas J 19	2) Solomon, Ethan 18	
	3) Gilbert, Andrew A 17		

Event 301 **Women 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time
1	Kotze, Abigail	16	LALE-CE	2:14.82
2	Van Heerden, Keira	18	LALE-CE	2:15.45
3	Steenkamp, Veneske	18	FISH-ED	2:24.07
4	Tsai-Rieb, Pei-Chi P	15	ASAC-CP	2:29.53
5	Blake, Abi E	16	CASC-CP	2:32.40
6	Parfitt, Cayden C	12	CASC-CP	2:33.36
7	Swanepoel, Lulu A	15	ASAC-CP	2:35.84
8	Jansen van Rensburg, Mia	14	XCEL-CP	2:39.77
9	Stilwaney, Mia C	14	PAQU-CE	2:43.46
10	Allott, Kyla	16	AACTA-CP	3:04.80

Event 302 **Men 200 SC Meter Butterfly**

	Name	Age	Team	Seed Time
1	King, Slade D	16	VACC-EK	2:11.99
2	Bouwer, Jason	16	CASC-CP	2:12.38
3	Loots, Noah C	14	CASC-CP	2:13.32
4	Theron, Ryan P	17	CASC-CP	2:13.45
5	Allott, Jack R	17	AACTA-CP	2:17.18
6	Louw, Guillaume	23	CASC-CP	2:17.27
7	Bright, Michael C	14	CASC-CP	2:17.98
8	Oaten, Rourke	15	CASC-CP	2:20.42
9	Yeowart, Luke D	16	CASC-CP	2:21.19
10	Solomon, Ethan	18	SAAW-CP	2:21.26
11	Lichthart, Nicus	15	TYGE-CP	2:25.80
12	Afonso, Aragon G	16	CASC-CP	2:26.30
13	Francis, Ethan	14	MARL-CP	2:31.50

Event 303 **Women 50 SC Meter Freestyle**

	Name	Age	Team	Seed Time
1	Meyer, Corinna	22	VRC-TS	26.85
2	Helberg, Gabriella	19	MDOL-JH	27.05
3	De Villiers, Anja	15	TYGE-CP	27.19
4	Barber-Luna, Layla R	14	VINE-CP	27.29
5	Combrink, Amy	17	VINE-CP	27.41
6	Lorenzen, Ava E	14	BLMA-CP	27.79
7	Laubscher, Mikalla I	15	CASC-CP	28.07
8	Hebler, Lily M	17	LALE-CE	28.30
9	Kotzé, Irma	14	POTC-KK	28.39
10	Newton, Ava L	16	CASC-CP	28.41
11	Havemann, Bella	18	ASAC-CP	28.43

12	Gerber, Simonè M	15	LALE-CE	28.46
13	Botha, Rebecca P	15	CASC-CP	28.53
14	Perrins, Hayden	12	CASC-CP	28.54
15	Albino, Nemzi L	17	SAAW-CP	28.82
16	Gennarakis, Christina	19	CASC-CP	28.89
17	Esterhuyse, Alice	15	FISH-ED	29.02
18	Wallis, Juliette	15	CASC-CP	29.08
19	Jurado, Stephanie C	17	VINE-CP	29.09
20	Huang, Shi Han A	16	BLMA-CP	29.16
21	Steenkamp, Veneske	18	FISH-ED	29.16
22	Dabrowski, Leah A	13	BLMA-CP	29.23
23	Riley, Logan	15	CASC-CP	29.32
24	White, Rebecca M	17	SSISA-CP	29.82
25	Grobler, Zané	15	FISH-ED	30.02
26	Coetsee, Elke M	12	FISH-ED	30.30
27	Lombard, Jana	19	LALE-CE	30.46
28	Parker, Cala	13	DMSS	30.48
29	Joubert, Elle	15	PLAY-CE	31.44

Event 304 **Men 50 SC Meter Freestyle**

	Name	Age	Team	Seed Time
1	Kotze, Eric B	16	STAQ-CE	22.45
2	Bezuidenhout, Carlo	17	FISH-ED	22.45
3	Sorour, Micheal	16	BULS-MA	22.61
4	Trower, Nic T	17	VACL-CP	23.01
5	Schlechter, Gustav	24	FISH-ED	23.32
6	Haupt, Rhys A	17	VINE-CP	23.33
7	Heyes, Garrick T	18	ASAC-CP	23.36
8	Eilers, Dé-Anzo C	20	SSISA-CP	23.98
9	Wing, James L	16	CASC-CP	24.02
10	Theron, Ryan P	17	CASC-CP	24.19
11	Van Schaik, Luc	16	VINE-CP	24.25
12	Harding, Owen	16	VACC-EK	24.28
13	Uys, Keegan	19	LALE-CE	24.29
14	Viljoen, Jaden R	17	ASAC-CP	24.38
15	Webb, Corey	23	SSISA-CP	24.68
16	Wright, Jonah S	15	TYGE-CP	24.74
17	Bezuidenhout, Ernst E	16	CASC-CP	24.77
18	Basson, Lucca N	17	AACTA-CP	24.82
19	Myburgh, Ruan	18	BLMA-CP	24.88
20	Gilbert, Andrew A	17	SAAW-CP	24.93
21	Williams, Logan	16	VINE-CP	25.01
22	Zellie, Thomas J	19	SAAW-CP	25.05
23	Kotzé, Max M	17	BLMA-CP	25.12
24	Wilson, Christian G	20	SLAQ-CP	25.13
25	De Jager, Nathan B	18	ASAC-CP	25.24
26	Blauw, Tyriq D	18	TYGE-CP	25.29
27	Poultney, Matthew	13	CASC-CP	25.35
28	Theron, Luca D	18	SAAW-CP	25.39
29	Badenhorst, Jandre	16	BULS-MA	25.57
30	Cleophas, Kyle	17	PAQU-CE	25.58
31	Coetzee, Sion M	15	TYGE-CP	26.33
32	Walker, Yohan G	18	SSISA-CP	26.39
33	Burger, Rosseau	17	LALE-CE	26.43
34	Smit, Reynard-Gray	15	SLAQ-CP	26.66
35	Yeowart, Seth W	16	CASC-CP	26.69
36	Otto, Amir	15	VINE-CP	26.80
37	Allott, Jack R	17	AACTA-CP	26.88
38	Allott, Jaydon K	14	AACTA-CP	27.11
39	Nagendrakumar, Puneet	15	SLAQ-CP	27.21
40	Lategan, Nicky N	16	SWAR-WC	27.30
41	Moodie, Zak	15	SLAQ-CP	27.33

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Event 304 ...(Men 50 SC Meter Freestyle)

	Name	Age	Team	Seed Time
42	Pardoe, James N	15	VINE-CP	27.36
43	Walters, Luke	16	VACC-EK	27.53
44	Smith, Tristan A	16	CASC-CP	28.55
45	Swart, Nico N	15	ASAC-CP	28.61
46	Harder, Callum R	12	VINE-CP	29.97
47	Lubbe, Mikael B	13	ASAC-CP	30.76
48	Lewis, Amaru C	14	PAQU-CE	30.77
49	Janse van Rensburg, Julian	19	SSISA-CP	NT

Event 305 Women 100 SC Meter Backstroke

	Name	Age	Team	Seed Time
1	Burgess, Cassidy S	18	VINE-CP	1:01.03
2	Coetsee, Isabeau L	14	FISH-ED	1:01.98
3	Bayly, Arabella	15	VINE-CP	1:03.15
4	Hebler, Lily M	17	LALE-CE	1:04.50
5	Trout, Sophia L	17	VINE-CP	1:05.05
6	Newton, Ava L	16	CASC-CP	1:05.29
7	Lombard, Jana	19	LALE-CE	1:05.79
8	Van Galen, Ava-Loren	17	LALE-CE	1:07.36
9	Barber-Luna, Layla R	14	VINE-CP	1:07.70
10	Morris, Jenna	17	VINE-CP	1:08.63
11	De Beer, Isabella C	15	PLAY-CE	1:08.77
12	Jurado, Stephanie C	17	VINE-CP	1:09.16
13	Riley, Logan	15	CASC-CP	1:09.27
14	De Villiers, Anja	15	TYGE-CP	1:09.33
15	Huang, Shi Han A	16	BLMA-CP	1:10.38
16	Thirsk, Savannah	14	CASC-CP	1:10.57
17	Coetsee, Elke M	12	FISH-ED	1:10.84
18	Esterhuysen, Alice	15	FISH-ED	1:10.94
19	Daniels, Emily G	12	XCEL-CP	1:11.50
20	Parfitt, Cayden C	12	CASC-CP	1:11.88
21	Dabrowski, Leah A	13	BLMA-CP	1:12.03
22	White, Rebecca M	17	SSISA-CP	1:12.79
23	Botha, Rebecca P	15	CASC-CP	1:13.12
24	Gennarakis, Christina	19	CASC-CP	1:15.44
25	Parker, Cala	13	DMSS	1:16.27
26	Lloyd, Jemma A	14	VINE-CP	1:18.93
27	Adams, Tatum	13	PAQU-CE	1:21.31
28	Joubert, Elle	15	PLAY-CE	1:22.89

Event 306 Men 100 SC Meter Backstroke

	Name	Age	Team	Seed Time
1	Trower, Nic T	17	VACL-CP	55.58
2	Bestel, Luc M	16	VINE-CP	56.40
3	Van Schaik, Luc	16	VINE-CP	56.53
4	Labuschagne, Jeremy	20	LALE-CE	56.54
5	Bezuidenhout, Carlo	17	FISH-ED	57.15
6	Le Gassick, Connor P	17	BLSS-MA	57.18
7	Bezuidenhout, Ernst E	16	CASC-CP	57.79
8	Gilmour, Connor A	16	SLAQ-CP	58.63
9	Sorour, Micheal	16	BULS-MA	58.94
10	Terblanche, Kiaan C	20	LALE-CE	59.14
11	Myburgh, Ruan	18	BLMA-CP	59.43
12	Poultney, Matthew	13	CASC-CP	1:00.23
13	Blauw, Tyriq D	18	TYGE-CP	1:01.33
14	Walters, Daniel	16	VACC-EK	1:01.68
15	Njoroge, Alphonse	17	CASC-CP	1:02.10
16	Lichthart, Nicus	15	TYGE-CP	1:02.60
17	Southworth, Matthew W	18	CASC-CP	1:02.93
18	Kotzé, Max M	17	BLMA-CP	1:03.10

19	Middleton, Josh C	14	CUHE-OB	1:03.14
20	Walker, Yohan G	18	SSISA-CP	1:03.25
21	Coetzee, Sion M	15	TYGE-CP	1:03.28
22	Kalapac, Joshua	17	SLAQ-CP	1:03.35
23	Lategan, Nicky N	16	SWAR-WC	1:03.66
24	Badenhorst, Jandre	16	BULS-MA	1:04.31
25	Benecke, Delmar	15	VINE-CP	1:04.69
26	Nagendrakumar, Puneet	15	SLAQ-CP	1:06.75
27	Cleophas, Kyle	17	PAQU-CE	1:07.03
28	Otto, Amir	15	VINE-CP	1:08.01
29	Pardoe, James N	15	VINE-CP	1:08.68
30	Harder, Callum R	12	VINE-CP	1:09.49
31	Lombard, Quan R	13	ASAC-CP	1:12.04
32	Lewis, Amaru C	14	PAQU-CE	1:12.53
33	Lubbe, Mikael B	13	ASAC-CP	1:12.68
34	Theunissen, Corné J	14	ASAC-CP	1:12.85
35	Cleophas, Lee L	14	PAQU-CE	1:19.63

Event 307 Women 200 SC Meter IM

	Name	Age	Team	Seed Time
1	Van Heerden, Keira	18	LALE-CE	2:14.79
2	Lorenzen, Ava E	14	BLMA-CP	2:19.05
3	Gerber, Simonè M	15	LALE-CE	2:24.53
4	Combrink, Amy	17	VINE-CP	2:26.17
5	Hugo, Anika S	20	LALE-CE	2:28.59
6	Kotzé, Irma	14	POTC-KK	2:28.59
7	Grütter, Arabelle	16	LALE-CE	2:30.28
8	Johnson, Ella J	12	CTO-CP	2:32.26
9	Van Galen, Ava-Loren	17	LALE-CE	2:33.55
10	Grobler, Zané	15	FISH-ED	2:37.73
11	Langenhoven, Erin	19	SLAQ-CP	2:39.00
12	Stilwaney, Mia C	14	PAQU-CE	2:44.02
13	De Beer, Isabella C	15	PLAY-CE	2:46.84
14	Thirsk, Savannah	14	CASC-CP	2:49.20

Event 308 Men 200 SC Meter IM

	Name	Age	Team	Seed Time
1	Clayton, Franco P	20	MATI-CE	2:04.47
2	Wolson, Daniel A	19	MATI-CE	2:06.09
3	King, Slade D	16	VACC-EK	2:09.39
4	Le Gassick, Connor P	17	BLSS-MA	2:11.47
5	Bester, Francois A	19	MATI-CE	2:14.91
6	Bright, Michael C	14	CASC-CP	2:15.47
7	Loots, Noah C	14	CASC-CP	2:16.08
8	Harding, Owen	16	VACC-EK	2:16.35
9	Yeowart, Luke D	16	CASC-CP	2:16.63
10	Bouwer, Jason	16	CASC-CP	2:17.42
11	Burger, Rosseau	17	LALE-CE	2:19.67
12	Haupt, Rhys A	17	VINE-CP	2:21.02
13	Wing, James L	16	CASC-CP	2:21.29
14	Afonso, Aragon G	16	CASC-CP	2:23.00
15	Smith, Tristan A	16	CASC-CP	2:23.72
16	Basson, Lucca N	17	AACTA-CP	2:23.86
17	Williams, Logan	16	VINE-CP	2:26.56
18	Swart, Nico N	15	ASAC-CP	2:27.29
19	Cleophas, Kyle	17	PAQU-CE	2:27.83
20	Moodie, Zak	15	SLAQ-CP	2:32.09
21	Theron, Oloff A	16	VINE-CP	2:36.64
22	Walker, Yohan G	18	SSISA-CP	2:37.75
23	Harder, Callum R	12	VINE-CP	2:55.38

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Event 309 Women 1500 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Laubscher, Mikalla I	15	CASC-CP	18:09.53
2	Raimond, Marike M	16	TYGE-CP	18:35.23
3	Swanepoel, Lulu A	15	ASAC-CP	18:37.61
4	Thirsk, Madison	15	CASC-CP	18:41.00
5	Tsai-Rieb, Pei-Chi P	15	ASAC-CP	18:41.73
6	Olivier, Julie M	14	CASC-CP	18:49.08
7	Parker, Cala	13	DMSS	20:35.68

Event 310 Men 800 SC Meter Freestyle

	Name	Age	Team	Seed Time
1	Forbes, Thomas P	22	LALE-CE	8:17.40
2	Allott, Jaydon K	14	AACTA-CP	8:45.42
3	Walters, Daniel	16	VACC-EK	8:50.56
4	Breebaart, Joshua	14	CASC-CP	8:53.92
5	Yeowart, Seth W	16	CASC-CP	8:57.49
6	Southey, Jamie	17	AQDO-CP	9:03.57
7	Oaten, Rourke	15	CASC-CP	9:04.99
8	Middleton, Josh C	14	CUHE-OB	9:10.25
9	Walters, Luke	16	VACC-EK	9:42.62

Event 311 Mixed 200 SC Meter Medley Relay 4 X 50 Mix MedlRelay

	Team	Relay	Seed Time
1	Lane Leader-CE	A	1:51.47
	1) Labuschagne, Jeremy M20	2) Van Galen, Ava-Loren W17	
	3) Kotze, Abigail W16	4) Uys, Keegan M19	
2	Aqua Sharks-CP	A	NT
	1) Swart, Nico N M15	2) Tsai-Rieb, Pei-Chi P W15	
	3) Swanepoel, Lulu A W15	4) De Jager, Nathan B M18	
3	Aqua Sharks-CP	B	NT
	1) Heyes, Garrick T M18	2) Havemann, Bella W18	
4	SSISA-CP	A	NT
	1) Webb, Corey M23	2) Eilers, Dé-Anzo C M20	
	3) Priede, Skye S W17	4) White, Rebecca M W17	