

Telkom SA National Aquatic Championships 2008

Durban, 1-6 April 2008

Psych Sheet

#1 Women 50 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Retief, Lize-Mari	21	NTS-NT	26.09
2 Maree, Trudi	19	FSA-FS	26.31
3 Corfe, Melissa	22	KZNA-KZ	26.43
4 Elphick, Natalie	17	KZNA-KZ	26.61
5 Burger, Liezl	21	WPA-WP	26.81
6 Werth, Elzanne	19	CGA-CG	26.86
7 Prinsloo, Karin	18	NTS-NT	27.04
8 Kruse, Jana	19	NTS-NT	27.34
9 Van Wyk, Chanelle	18	KZNA-KZ	27.50
10 Meurer, Sabrina	21	NTS-NT	27.51
11 Engelbrecht, Janke	16	LP-NP	27.54
12 DE Wet, Suanne	14	NTS-NT	27.56
13 Sparg, Lauren	23	KZNA-KZ	27.57
14 Enslin, Clarissa	16	CGA-CG	27.62
15 Rogers, Marielle	20	KZNA-KZ	27.64
16 Scott, Megan	16	EGA-ES	27.72
17 Van Rooyen, Yolandi	18	LP-NP	27.80
18 Eeson, Kim	18	ZIM-ZZ	27.80
19 Lushington, Daniella	16	CGA-CG	27.83
20 Bragason, Jessica	16	KZNA-KZ	27.84
21 Cant, Bianca	18	KZNA-KZ	27.87
22 Behn, Carys	18	KZNA-KZ	27.92
23 Stones, Tarryn	19	FSA-FS	27.96
24 Van Konynenburg, Shann	16	WPA-WP	28.01
25 Neethling, Jean-Marie	17	NTS-NT	28.02
26 Roux, Vinette	17	NNS-NN	28.03
27 Benson, Nicole	21	KZNA-KZ	28.08
28 Mattheus, Lauren	14	CGA-CG	28.10
29 Kat, Caitlin	14	WPA-WP	28.16
30 Crafford, Tamlin	13	CGA-CG	28.17
31 Meyer, Laurè	13	FSA-FS	28.17
32 Randelhoff, Tracy	17	KZNA-KZ	28.17
33 Forbes-Milne, Emma	15	KZNA-KZ	28.17
34 Bekker, Jenna	17	NTS-NT	28.22
35 Stopforth, Alke	17	NWS-NW	28.25
36 Labuschagne, Chiquita	17	EGA-ES	28.32
37 Von Bargaen, Bianca	14	KZNA-KZ	28.33
38 Lombard, Amy	17	CGA-CG	28.40
39 Bruns, Jessica	18	WPA-WP	28.41
40 Darne, Simone	15	EPA-EP	28.43
41 Ashley-Cooper, Jessica	15	WPA-WP	28.43
42 Mitri, Paige	15	CGA-CG	28.45
43 Fraser, Moira	17	ZIM-ZZ	28.45
44 Van Rooyen, Liezl	19	KZNA-KZ	28.58
45 Pffiffner, Kerry	17	BOR-BO	28.60
46 Symington, Milize	14	NCASA-G	28.60
47 Mohr, Simone	21	NTS-NT	29.23
48 Droubry, Elaine	20	NTS-NT	29.46

#2 Men 50 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Zandberg, Gerhard	24	NTS-NT	22.18
2 Grobbelaar, Warren	21	NTS-NT	22.53
3 Schoeman, Roland	27	NTS-NT	22.67
4 Louw, Gideon	20	NTS-NT	22.81
5 Harris, Shaun	24	EPA-EP	22.87
6 Ferns, Lyndon	24	NTS-NT	22.95
7 Neethling, Ryk	30	KZNA-KZ	22.98
8 Jordens, Craig	19	WPA-WP	23.11

9 Moore, Graeme	19	CGA-CG	23.19
10 Gilchrist, Wesley	18	KZNA-KZ	23.26
11 Pelsler, Le Roux	21	KZNA-KZ	23.45
12 Kieck, Greg	22	EPA-EP	23.49
13 Botha, Jarryd	23	WPA-WP	23.74
14 VD Merwe, Donaven	20	NTS-NT	23.83
15 Townsend, Darian	23	KZNA-KZ	23.91
16 Venter, Jasper	19	NTS-NT	23.91
17 Matulovich, Kris	16	CGA-CG	23.93
18 Salhus, Richard	19	CGA-CG	23.97
19 Bosman, Werner	19	NTS-NT	23.97
20 Roets, PP	19	NTS-NT	24.01
21 DU Plessis, Marnitz	20	WPA-WP	24.08
22 Loubser, Heinrich	21	NFS-NF	24.11
23 Watson, Neil	19	CGA-CG	24.13
24 Venter, Fouche	22	NTS-NT	24.13
25 Seaman, Marc	29	WPA-WP	24.27
26 Iotov, Ioto	23	CGA-CG	24.28
27 Hattingh, Heinrich	20	NTS-NT	24.33
28 Botha, Hermanus	18	CGA-CG	24.42
29 Naus, Gerard	16	CGA-CG	24.43
30 Lawson, Jason	19	EGA-ES	24.44
31 Smit, Marcel	20	WPA-WP	24.50
32 Erasmus, Douglas	17	EGA-ES	24.55
33 Wills, Stuart	17	NTS-NT	24.55
34 Morris, Wesley	16	EPA-EP	24.67
35 Van Rensburg, Conrad	17	NTS-NT	24.67
36 Mac Millan, Kyle	18	CGA-CG	24.68
37 Walsh, Brett	14	KZNA-KZ	24.69
38 Chance, Andrew	17	ZIM-ZZ	24.71
39 Wessels, Daniel	18	KZNA-KZ	24.72
40 Benjamin, Doron	16	CGA-CG	24.73
41 Difford, Bryan	21	CGA-CG	24.74
42 Makings, David	18	CGA-CG	24.78
43 Page, Jason	20	EPA-EP	24.81
44 Hodgkiss, Warren	21	NTS-NT	24.82
45 Wirth, Pierre	15	NTS-NT	24.84
46 Ferris, Timothy	17	ZIM-ZZ	24.88
47 Heyns, Nico	20	FSA-FS	24.90
48 Wilken, Jurie	17	NTS-NT	24.93
49 Baxter, Kyle	16	CGA-CG	24.96
50 Ludwick, Janus	17	NCASA-G	24.96
51 Pienaar, Juan	21	FSA-FS	24.97
52 Wilkens, Layne	18	WPA-WP	24.98
53 Tandy, Brad	16	NNS-NN	24.99
54 Zorzi, Dante	21	NTS-NT	25.09
55 Matern, Richard	19	NTS-NT	25.14
56 Barrett, Nathan	17	KZNA-KZ	25.43
57 Viljoen, Armand	18	NCASA-G	25.48
58 Adriaanse, Jodi	16	NTS-NT	25.49
59 DU Toit, Danie	17	FISH-SW	25.70
60 Bruwer, Chris	21	KZNA-KZ	25.90

#3 Women 400 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Corfe, Melissa	22	KZNA-KZ	4:11.66
2 Trott, Wendy	18	WPA-WP	4:11.84
3 Vorster, Leoné	20	LP-NP	4:19.30
4 Van Heerden, Karlien	17	NTS-NT	4:23.83
5 Austin, Sharon	19	SEY-ZZ	4:26.00
6 DU Toit, Natalie	24	WPA-WP	4:27.02
7 Mower, Kirsten	18	KZNA-KZ	4:29.02

8 Warnes, Rene	16	KZNA-KZ	4:29.65
9 De Vos, Natasha	15	LP-NP	4:30.06
10 Dryding, Dominique	15	WPA-WP	4:31.78
11 Ras, Rochelle	15	NTS-NT	4:33.31
12 Fish, Guppy	13	EPA-EP	4:33.62
13 Hauptfleisch, Kera	14	FSA-FS	4:33.79
14 VD Merwe, Yolandi	17	WPA-WP	4:34.34
15 Fryer, Che	16	KZNA-KZ	4:34.73
16 Oliver, Kerry	16	KZNA-KZ	4:35.08
17 Kat, Caitlin	14	WPA-WP	4:35.22
18 Eeson, Kim	18	ZIM-ZZ	4:35.42
19 Smyth, Louise	17	FSA-FS	4:35.58
20 Tammadge, Roxanne	16	KZNA-KZ	4:37.62
21 Logan, Alison-Jayne	19	KZNA-KZ	4:38.33
22 Lapham, Kirsten	18	NTS-NT	4:38.97
23 Roe, Tasmynne	15	EPA-EP	4:39.20
24 Gray, Emily	16	CGA-CG	5:22.29

#4 Men 400 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Schoeman, Riaan	18	KZNA-KZ	3:53.91
2 Randall, Mark	22	BOR-BO	3:54.48
3 Basson, Jean	20	CGA-CG	3:57.97
4 Ellis, John	17	KZNA-KZ	3:59.30
5 Herman, Heerden	17	WPA-WP	3:59.37
6 Thomson, Jay-Cee	17	CGA-CG	4:02.87
7 Boshoff, Morne	19	WPA-WP	4:04.86
8 Swart, Pieter	20	NTS-NT	4:05.38
9 Venter, Tyron	22	NTS-NT	4:07.31
10 Lockett, Byron	17	EPA-EP	4:07.78
11 Ho, Chad	17	KZNA-KZ	4:09.46
12 Tidboald, Gregg	18	KZNA-KZ	4:09.85
13 Lotriet, Bernhard	19	WPA-WP	4:11.80
14 Bester, Ruan	19	FSA-FS	4:12.76
15 Dahms, Heinrich	18	WPA-WP	4:13.44
16 DE Waal, Pierre	17	NTS-NT	4:13.62
17 Greeff, Frank	15	EPA-EP	4:14.13
18 Marais, Danie	15	WPA-WP	4:14.37
19 Schoeman, Henri	16	KZNA-KZ	4:14.50
20 de Swardt, Mark	18	KZNA-KZ	4:16.05
21 Husselmann, Marco	15	KZNA-KZ	4:16.72
22 Railoun, Abdul-Malick	15	WPA-WP	4:17.35
23 Brown, Myles	15	KZNA-KZ	4:19.52
24 Du Plessis, Tiaan	23	KZNA-KZ	5:02.38

#5 Women 100 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 Van Biljon, Suzaan	19	NTS-NT	1:09.74
2 Liss, Jessica	12	EPA-EP	1:11.66
3 Mower, Courtney	16	KZNA-KZ	1:13.30
4 DU Plessis, Yolana	18	NTS-NT	1:13.89
5 Roe, Tasmynne	15	EPA-EP	1:14.78
6 Plumstead, Keri	17	EPA-EP	1:15.41
7 VD Merwe, Yolandi	17	WPA-WP	1:15.44
8 Ferguson, Robyn	15	WPA-WP	1:15.64
9 DE Wet, Karlien	17	NTS-NT	1:15.74
10 Smith-Baillie, Sarah	20	KZNA-KZ	1:15.85
11 Mackenzie, Taryn	14	CGA-CG	1:16.37
12 McCann, Kelly	14	KZNA-KZ	1:16.61
13 Mullin, Kerry	17	FSA-FS	1:16.62
14 Neethling, Jean-Marie	17	NTS-NT	1:16.86
15 Taylor, Nika	14	CGA-CG	1:16.91

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#5 ... (Women 100 LC Meter Breaststroke)

16 Lombard, Amy	17 CGA-CG	1:16.91
17 DU Toit, Jeanie	16 CGA-CG	1:17.04
18 Wienand, Kirsty	21 FSA-FS	1:17.36
19 DE Lange, Bronwyn	14 NTS-NT	1:17.64
20 Kruger, Sigourney	19 NTS-NT	1:17.82
21 Roe, Amber	17 EPA-EP	1:17.95
22 Knoesen, Cheri	15 EPA-EP	1:18.05
23 Robertson, Nicole	24 WPA-WP	1:18.06
24 Preston, Luzaan	16 EPA-EP	1:18.20
25 Droubry, Elaine	20 NTS-NT	1:18.23
26 Van Zyl, Marguerite	16 CGA-CG	1:18.31
27 Munton, Chloe	13 EPA-EP	1:18.33
28 Wessels, Michelle	15 FSA-FS	1:18.36
29 Stopforth, Alke	17 NWS-NW	1:18.40
30 Roode, Leandri	19 NTS-NT	1:18.44
31 Richards, Catherine	15 KZNA-KZ	1:18.52
32 Neely, Blair	16 CGA-CG	1:18.65
33 Harris, Nicole	15 CGA-CG	1:18.68
34 Hanck, Caitlin	14 CGA-CG	1:18.85
35 Beytell, Cobie	18 NWS-NW	1:18.87
36 Sterling, Danielle	16 NTS-NT	1:19.08
37 Bouwer, Sarah-Ann	13 CGA-CG	1:19.17
38 Behn, Michigan	14 KZNA-KZ	1:19.21
39 Van Rooyen, Yolandi	18 LP-NP	1:19.49
40 Heard, Maxine	16 ZIM-ZZ	1:19.50
41 Wessels, Carmen	15 FSA-FS	1:19.55
42 Enslin, Nelia	18 VTS-VT	1:19.56
43 Allderman, Kathryn	14 BOR-BO	1:20.05
44 Small, Danielle	13 CGA-CG	1:20.58
45 Morgan, Catherine	16 CGA-CG	1:20.68
46 Potgieter, Tyne	15 KZNA-KZ	1:21.26
47 Edwards, Caitlin	16 KZNA-KZ	1:21.45
48 Conlon, Claire	15 KZNA-KZ	1:22.56
49 Penman, Abigail	15 EGA-ES	1:27.15

#6 Men 100 LC Meter Breaststroke

Name	Age Team	Seed Time
1 VD Burgh, Cameron	19 NTS-NT	1:01.93
2 Diering, William	21 NTS-NT	1:01.96
3 Moeketsane, Thabang	20 CGA-CG	1:02.54
4 Versfeld, Neil	23 KZNA-KZ	1:03.28
5 Skinner, Cajun	20 BOR-BO	1:03.85
6 Josephson, Matthew	22 CGA-CG	1:05.14
7 Karsten, Warren	17 NTS-NT	1:05.24
8 Langley, Chris	18 CGA-CG	1:05.36
9 Difford, Bryan	21 CGA-CG	1:05.55
10 Kopp, Russell	21 BOR-BO	1:05.57
11 Peffer, Davynn	18 CGA-CG	1:06.04
12 Stottelaar, Chris	22 EPA-EP	1:06.05
13 Iotov, Ioto	23 CGA-CG	1:06.21
14 Fergusson, Byron	21 NTS-NT	1:06.28
15 Kruger, Waldo	22 NTS-NT	1:06.57
16 Smit, Riaan	16 LP-NP	1:06.81
17 Napier-Jameson, Matthew	16 CGA-CG	1:06.82
18 Pike, Jared	16 CGA-CG	1:06.82
19 Farrar, Matthew	17 KZNA-KZ	1:06.83
20 Lambrechts, Dirk	16 NTS-NT	1:06.88
21 Duckitt, Kyle	17 CGA-CG	1:07.06
22 Marais, David	16 EPA-EP	1:07.14
23 Le Clos, Chad	15 KZNA-KZ	1:07.22

24 DE Villiers, Jacques	16 WPA-WP	1:07.23
25 Spires, Darryl	23 KZNA-KZ	1:07.31
26 Fourie, Henno	18 NTS-NT	1:07.83
27 DO Tanque, Rico	18 NFS-NF	1:08.20
28 Du Plessis, Pieter	18 FSA-FS	1:08.25
29 VD Merwe, Donaven	20 NTS-NT	1:08.58
30 Finch, Doyle	17 WPA-WP	1:08.65
31 Nel, Bertie	17 LP-NP	1:08.78
32 Baxter, Kyle	16 CGA-CG	1:08.83
33 Seaman, Marc	29 WPA-WP	1:08.94
34 Fisher, Cheyne	18 KZNA-KZ	1:08.96
35 Smit, Kyle	20 CGA-CG	1:08.97
36 Naidoo, Parane	16 KZNA-KZ	1:09.06
37 Mac Millan, Kyle	18 CGA-CG	1:09.13
38 Heyns, Nico	20 FSA-FS	1:09.13
39 Flynn, Renay	16 FSA-FS	1:09.25
40 Smith, Charle	18 FSA-FS	1:09.46
41 Deletic, Danilo	19 CGA-CG	1:09.49
42 Fisher, Justin	16 EPA-EP	1:09.68
43 Buck, Rory	21 NAMIB-ZZ	1:09.73
44 Ruszczynski, Fabian	15 CGA-CG	1:09.87
45 Jansen, Daan	17 LP-NP	1:10.37
46 Henderson, Kevin	21 WPA-WP	1:10.48
47 Fell, Andrew	21 CGA-CG	1:10.52
48 Viljoen, Armand	18 NCASA-G	1:10.53
49 Brill, Christopher	14 CGA-CG	1:10.84
50 Ferris, Timothy	17 ZIM-ZZ	1:11.73
51 Kgame, Neo	18 WPA-WP	1:11.81
52 van Rooijen, Reinhard	18 KZNA-KZ	1:11.97
53 Hull, Doran	17 CGA-CG	1:13.37

#7 Women 200 LC Meter Butterfly

Name	Age Team	Seed Time
1 Loots, Mandy	29 CGA-CG	2:11.10
2 Meaklim, Kathryn	18 KZNA-KZ	2:11.19
3 Shaw, Keri	18 NTS-NT	2:11.44
4 Lategan, Christy	17 WPA-WP	2:16.43
5 Trott, Wendy	18 WPA-WP	2:18.91
6 Liss, Jessica	12 EPA-EP	2:21.63
7 English, Sarah	21 KZNA-KZ	2:22.21
8 Smyth, Louise	17 FSA-FS	2:23.00
9 Kay, Sarah	16 WPA-WP	2:24.87
10 Hauptfleisch, Kera	14 FSA-FS	2:25.45
11 Smith-Baillie, Sarah	20 KZNA-KZ	2:25.89
12 Warwick-Oliver, Laurie-A	18 KZNA-KZ	2:26.28
13 Randelhoff, Tracy	17 KZNA-KZ	2:26.51
14 Dryding, Dominique	15 WPA-WP	2:28.07
15 Beytell, Cobie	18 NWS-NW	2:37.36

#8 Men 200 LC Meter Butterfly

Name	Age Team	Seed Time
1 Rousseau, Sebastien	17 WPA-WP	1:59.84
2 Kluever, Rousseau	18 WPA-WP	2:04.92
3 Faure, James	19 WPA-WP	2:06.45
4 DE Waal, Flippie	20 NTS-NT	2:07.10
5 Hattingh, Marius	18 NYAC-ZZ	2:07.10
6 DE Waal, Pierre	17 NTS-NT	2:08.22
7 Dias, Shaun	20 KZNA-KZ	2:08.86
8 Kermack, Justin	16 KZNA-KZ	2:09.45
9 Le Clos, Chad	15 KZNA-KZ	2:09.78
10 Venter, Jasper	19 NTS-NT	2:10.06
11 Alberts, Anthony	19 LP-NP	2:10.52

12 de Klerk, Ryan	23 FSA-FS	2:10.57
13 Alberts, Heinrich	15 LP-NP	2:10.65
14 Ho, Chad	17 KZNA-KZ	2:10.91
15 de Swardt, Mark	18 KZNA-KZ	2:11.65
16 JV Nieuwenhuizen, Mark	19 NTS-NT	2:12.00
17 Venter, Tyron	22 NTS-NT	2:13.46
18 Schoeman, Henri	16 KZNA-KZ	2:13.69
19 Hatzikyriacos, Peter	15 LP-NP	2:13.89
20 Pereira, Claudio	18 CGA-CG	2:14.28
21 Meyer, Michael	15 CGA-CG	2:14.80
22 Kruger, Juandre	16 EGA-ES	2:16.08
23 Karsten, Nicky	17 NWS-NW	2:20.84

#9 Women 200 LC Meter Backstroke

Name	Age Team	Seed Time
1 Corfe, Melissa	22 KZNA-KZ	2:13.88
2 Pengelly, Jessica	16 WPA-WP	2:15.59
3 Archibald, Claire	19 CGA-CG	2:17.89
4 De Vos, Natasha	15 LP-NP	2:22.19
5 Baumann, Kathryn	15 CGA-CG	2:22.55
6 Bouffe, Tanya	17 KZNA-KZ	2:22.60
7 Kemp, Lehesta	18 NTS-NT	2:22.77
8 Warnes, Rene	16 KZNA-KZ	2:22.81
9 Franklin, Sharné	17 FSA-FS	2:23.76
10 Meyer, Roxanne	20 CGA-CG	2:23.92
11 Roe, Tasmynne	15 EPA-EP	2:24.01
12 Ashley-Cooper, Jessica	15 WPA-WP	2:25.35
13 Randelhoff, Tracy	17 KZNA-KZ	2:26.54
14 Labuschagne, Chiquita	17 EGA-ES	2:26.97
15 Gardiner, Caitlin	14 KZNA-KZ	2:27.12
16 Meurer, Sabrina	21 NTS-NT	2:27.85
17 Palmer, Amber	16 FSA-FS	2:28.02
18 Lapham, Kirsten	18 NTS-NT	2:28.10
19 Ferguson, Sarah	25 KZNA-KZ	2:28.60
20 Mattheus, Lauren	14 CGA-CG	2:29.33
21 Plumstead, Hayley	16 EPA-EP	2:29.68
22 Alberts, Melissa	16 CGA-CG	2:29.93
23 Jacobs, Ryleigh	16 KZNA-KZ	2:30.00
24 Shepstone, Robyn	14 CGA-CG	2:30.86
25 Venter, Tanita	18 NTS-NT	2:30.97
26 Tovroloza, Petra	17 CGA-CG	2:31.07
27 Bouwer, Sarah-Ann	13 CGA-CG	2:31.33
28 Hartig, Amber	15 CGA-CG	2:31.42
29 Pistorius, Michelle	15 NTS-NT	2:31.64
30 Lennox, Candice	15 NTS-NT	2:32.64
31 de Beer, Alri	15 NWS-NW	2:40.84

#10 Men 200 LC Meter Backstroke

Name	Age Team	Seed Time
1 DU Rand, George	25 FSA-FS	1:58.33
2 Moore, Graeme	19 CGA-CG	2:00.99
3 van Zyl, Charl	17 KZNA-KZ	2:02.57
4 Doveton, Tyler	22 KZNA-KZ	2:07.05
5 King, Chris	22 WPA-WP	2:07.64
6 Wilken, Jurie	17 NTS-NT	2:08.65
7 Ellis, Ricky	20 CGA-CG	2:09.65
8 Ellis, John	17 KZNA-KZ	2:10.08
9 Jansen, Daan	17 LP-NP	2:10.62
10 Morris, Wesley	16 EPA-EP	2:10.96
11 Jacobs, Rohan	21 KZNA-KZ	2:11.13
12 Lavos, Carlos	17 CGA-CG	2:11.53
13 Murray, Darren	16 NTS-NT	2:11.66

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#10 ... (Men 200 LC Meter Backstroke)

14	Vd Sande, Christopher	15 EPA-EP	2:11.67
15	Shankland, Leith	16 KZNA-KZ	2:12.55
16	Felizardo, Joao	17 BOR-BO	2:12.99
17	Page, Jason	20 EPA-EP	2:13.22
18	Meyer, Michael	15 CGA-CG	2:13.25
19	Van Niekerk, Rayno	17 KZNA-KZ	2:13.40
20	Da Costa, Rudy	17 KZNA-KZ	2:13.46
21	Ludick, Wessel	14 LP-NP	2:13.65
22	Vd Berg, Matthew	17 EPA-EP	2:13.71
23	Kuhn, Stephan	17 NTS-NT	2:13.98
24	Naus, Gerard	16 CGA-CG	2:14.15
25	Stojakovic, Gregory	19 CGA-CG	2:14.38
26	Van Huizen, Kyle	18 NTS-NT	2:14.68
27	DE Villiers, Niel	15 WPA-WP	2:14.95
28	Tidboald, Dylan	16 KZNA-KZ	2:15.87
29	Roux, Trenton	17 CGA-CG	2:16.21
30	Scheepers, Willie	20 NCASA-G	2:16.31
31	Hall, Richard	19 CGA-CG	2:16.59
32	Botha, Christoff	15 FSA-FS	2:16.61
33	Greeff, Dricus	17 WPA-WP	2:16.78
34	Nel, Bertie	17 LP-NP	2:16.88
35	James, Nicholas	17 ZIM-ZZ	2:17.01

#11 Women 400 LC Meter Freestyle Relay

Team	Relay	Seed Time
1 KZNA-KZ	A	3:52.91
2 NTS-NT	A	3:53.50
3 WPA-WP	A	3:55.68
Burger, Liezl 21	Lategan, Christy 17	
Pengelly, Jessica 16	Van Konyenburg, Sharon 17	
4 CGA-CG	A	3:59.41
5 LP-NP	A	3:59.91
Van Rooyen, Yolandi 18	Nel, Jané 16	
De Vos, Natasha 15	Engelbrecht, Janke 16	
6 NTS-NT	B	4:00.72
7 KZNA-KZ	B	4:01.06
8 FSA-FS	A	4:01.71
Maree, Trudi 19	Stones, Tarryn 19	
Meyer, Laurè 13	Smyth, Louise 17	
9 WPA-WP	B	4:03.57
Kat, Caitlin 14	Trott, Wendy 18	
VD Merwe, Yolandi 17	Dryding, Dominique 15	
10 CGA-CG	B	4:05.84
11 EPA-EP	A	4:07.63
Plumstead, Hayley 16	Billson, Carmel 15	
Roe, Tasmyne 15	Fish, Guppy 13	
12 FSA-FS	B	4:10.75
Hauptfleisch, Kera 14	Wienand, Kirsty 21	
Franklin, Sharné 17	Olivier, Anari 18	
13 EPA-EP	B	4:12.92
Plumstead, Keri 17	Liss, Jessica 12	
Preston, Luzaan 16	Darne, Simone 15	

#12 Men 400 LC Meter Freestyle Relay

Team	Relay	Seed Time
1 NTS-NT	A	3:19.79
2 KZNA-KZ	A	3:23.08
3 WPA-WP	A	3:28.27
King, Chris 22	Botha, Jarryd 23	
Seaman, Marc 29	Rousseau, Sebastien 17	

4	CGA-CG	A	3:28.57
5	EPA-EP	A	3:28.63
Harris, Shaun 24	Kieck, Greg 22		
Stottelaar, Chris 22	Morris, Wesley 16		
6	NTS-NT	B	3:32.42
7	CGA-CG	B	3:33.20
8	KZNA-KZ	B	3:34.58
9	WPA-WP	B	3:36.96
DU Plessis, Marnitz 20	Bartleman, TW 17		
Smit, Marcel 20	Boshoff, Morne 19		
10	FSA-FS	A	3:39.44
Bester, Ruan 19	de Klerk, Ryan 23		
Du Toit, Magnes 19	Bornman, Albert 16		
11	EPA-EP	B	3:39.61
Lockett, Byron 17	Greeff, Frank 15		
Vd Berg, Matthew 17	Page, Jason 20		
12	LP-NP	A	3:40.71
Alberts, Heinrich 15	Nel, Bertie 17		
Alberts, Anthony 19	Ludick, Wessel 14		
13	EGA-ES	A	3:45.34
Erasmus, Douglas 17	Kruger, Juandre 16		
Edwards, Brad 15	Lawson, Jason 19		
14	FSA-FS	B	3:47.25
Meyer, Nico 16	Heyns, Nico 20		
Pienaar, Juan 21	Lupacchini, Massimo 15		

#21 Women 800 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Trott, Wendy	18	WPA-WP	8:34.67
2 Meaklim, Kathryn	18	KZNA-KZ	8:49.49
3 DU Toit, Natalie	24	WPA-WP	8:58.07
4 Austin, Sharon	19	SEY-ZZ	9:01.00
5 Van Heerden, Karlien	17	NTS-NT	9:01.32
6 Smyth, Louise	17	FSA-FS	9:09.85
7 De Vos, Natasha	15	LP-NP	9:11.07
8 Dryding, Dominique	15	WPA-WP	9:13.12
9 Warnes, Rene	16	KZNA-KZ	9:15.14
10 Mower, Kirsten	18	KZNA-KZ	9:15.56
11 Hauptfleisch, Kera	14	FSA-FS	9:22.43
12 Fish, Guppy	13	EPA-EP	9:22.66
13 Eeson, Kim	18	ZIM-ZZ	9:23.81
14 Fryer, Che	16	KZNA-KZ	9:24.36
15 Kat, Caitlin	14	WPA-WP	9:24.47
16 Logan, Alison-Jayne	19	KZNA-KZ	9:27.81
17 Du Preez, Sarah	19	CGA-CG	9:29.08
18 Stephens, Megan	17	CGA-CG	9:33.46

#22 Men 200 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Basson, Jean	20	CGA-CG	1:50.33
2 Neethling, Ryk	30	KZNA-KZ	1:50.40
3 Townsend, Darian	23	KZNA-KZ	1:51.42
4 Schoeman, Riaan	18	KZNA-KZ	1:52.01
5 Gilchrist, Wesley	18	KZNA-KZ	1:52.01
6 Rousseau, Sebastien	17	WPA-WP	1:52.44
7 Venter, Jasper	19	NTS-NT	1:53.56
8 Thomson, Jay-Cee	17	CGA-CG	1:54.66
9 Pelsler, Le Roux	21	KZNA-KZ	1:54.66
10 Jordens, Craig	19	WPA-WP	1:54.70
11 Herman, Heerden	17	WPA-WP	1:54.87
12 Moore, Graeme	19	CGA-CG	1:54.99
13 Ellis, John	17	KZNA-KZ	1:55.29

14	Lockett, Byron	17 EPA-EP	1:56.09
15	Salhus, Richard	19 CGA-CG	1:56.35
16	Boshoff, Morne	19 WPA-WP	1:56.46
17	Naus, Gerard	16 CGA-CG	1:56.50
18	Dias, Shaun	20 KZNA-KZ	1:56.59
19	Kieck, Greg	22 EPA-EP	1:56.70
20	Venter, Tyron	22 NTS-NT	1:56.70
21	DE Waal, Pierre	17 NTS-NT	1:57.03
22	Shankland, Leith	16 KZNA-KZ	1:57.37
23	Ho, Chad	17 KZNA-KZ	1:57.43
24	Lotriet, Bernhard	19 WPA-WP	1:57.47
25	Tidboald, Gregg	18 KZNA-KZ	1:57.60
26	Doveton, Tyler	22 KZNA-KZ	1:57.65
27	Greeff, Frank	15 EPA-EP	1:58.18
28	Morris, Wesley	16 EPA-EP	1:58.23
29	Matulovich, Kris	16 CGA-CG	1:58.33
30	Van Niekerk, Barjo	24 CGA-CG	1:59.05
31	Swart, Pieter	20 NTS-NT	1:59.11
32	Botha, Hermanus	18 CGA-CG	1:59.18
33	Faure, James	19 WPA-WP	1:59.24
34	Vd Berg, Matthew	17 EPA-EP	1:59.55
35	Alberts, Heinrich	15 LP-NP	1:59.81
36	Bester, Ruan	19 FSA-FS	1:59.90
37	Bornman, Albert	16 FSA-FS	2:00.17
38	Wilkins, Layne	18 WPA-WP	2:00.40
39	DE Jager, Vaughan	19 NTS-NT	2:00.43
40	Marais, Danie	15 WPA-WP	2:00.44
41	Vd Sande, Christopher	15 EPA-EP	2:00.47
42	Wills, Stuart	17 NTS-NT	2:00.56
43	Bees, Paul	20 KZNA-KZ	2:00.79
44	Alberts, Anthony	19 LP-NP	2:01.17
45	JV Nieuwenhuizen, Marko	19 NTS-NT	2:01.22
46	Hattingh, Heinrich	20 NTS-NT	2:01.64
47	Chance, Andrew	17 ZIM-ZZ	2:08.13

#23 Women 800 LC Meter Freestyle Relay

Team	Relay	Seed Time
1 WPA-WP	A	8:20.25
Trott, Wendy 18	Lategan, Christy 17	
Pengelly, Jessica 16	Van Konyenburg, Sharon 17	
2 KZNA-KZ	A	8:21.02
3 NTS-NT	A	8:31.61
4 WPA-WP	B	8:41.14
Burger, Liezl 21	Dryding, Dominique 15	
VD Merwe, Yolandi 17	Kat, Caitlin 14	
5 CGA-CG	A	8:41.91
6 NTS-NT	B	8:48.34
7 FSA-FS	A	8:51.72
Smyth, Louise 17	Hauptfleisch, Kera 14	
Franklin, Sharné 17	Stones, Tarryn 19	
8 EPA-EP	A	8:52.32
Liss, Jessica 12	Fish, Guppy 13	
Billson, Carmel 15	Roe, Tasmyne 15	
9 CGA-CG	B	9:00.02
10 FSA-FS	B	9:09.99
Maree, Trudi 19	Wienand, Kirsty 21	
Meyer, Laurè 13	Olivier, Anari 18	
11 EPA-EP	B	9:16.50
Plumstead, Hayley 16	Preston, Luzaan 16	
Munton, Chloe 13	Plumstead, Keri 17	

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#31 Women 200 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 Liss, Jessica	12	EPA-EP	2:29.70
2 Van Biljon, Suzaan	19	NTS-NT	2:30.43
3 Pengelly, Jessica	16	WPA-WP	2:32.96
4 Meaklim, Kathryn	18	KZNA-KZ	2:34.70
5 Mower, Courtney	16	KZNA-KZ	2:37.69
6 DU Plessis, Yolana	18	NTS-NT	2:38.08
7 Roper, Ronwyn	20	KZNA-KZ	2:39.55
8 DE Wet, Karlien	17	NTS-NT	2:39.58
9 Neethling, Jean-Marie	17	NTS-NT	2:42.26
10 McCann, Kelly	14	KZNA-KZ	2:42.34
11 Smith-Baillie, Sarah	20	KZNA-KZ	2:43.50
12 Roe, Tasmynne	15	EPA-EP	2:43.52
13 Taylor, Nika	14	CGA-CG	2:44.09
14 Plumstead, Keri	17	EPA-EP	2:44.47
15 Mackenzie, Taryn	14	CGA-CG	2:44.68
16 Knoesen, Cheri	15	EPA-EP	2:45.69
17 VD Merwe, Yolandi	17	WPA-WP	2:45.84
18 Ferguson, Robyn	15	WPA-WP	2:46.26
19 Hanck, Caitlin	14	CGA-CG	2:47.12
20 Mullin, Kerry	17	FSA-FS	2:47.21
21 Preston, Luzaan	16	EPA-EP	2:47.52
22 DU Toit, Jeanie	16	CGA-CG	2:47.69
23 Harris, Nicole	15	CGA-CG	2:47.84
24 Wienand, Kirsty	21	FSA-FS	2:48.15
25 Munton, Chloe	13	EPA-EP	2:48.26
26 Wessels, Michelle	15	FSA-FS	2:48.30
27 Van Zyl, Marguerite	16	CGA-CG	2:48.86
28 Wessels, Carmen	15	FSA-FS	2:48.95
29 Heard, Maxine	16	ZIM-ZZ	2:49.00
30 Richards, Catherine	15	KZNA-KZ	2:51.43
31 Van Niekerk, Rize-Mari	16	KZNA-KZ	2:53.49

#32 Men 200 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 Diering, William	21	NTS-NT	2:12.90
2 Versfeld, Neil	23	KZNA-KZ	2:13.23
3 VD Burgh, Cameron	19	NTS-NT	2:14.32
4 Skinner, Cajun	20	BOR-BO	2:17.74
5 Moeketsane, Thabang	20	CGA-CG	2:20.28
6 Fergusson, Byron	21	NTS-NT	2:20.56
7 Le Clos, Chad	15	KZNA-KZ	2:21.98
8 Peffer, Davynn	18	CGA-CG	2:22.65
9 Henderson, Kevin	21	WPA-WP	2:23.09
10 Langley, Chris	18	CGA-CG	2:23.58
11 Lotriet, Bernhard	19	WPA-WP	2:25.22
12 Fell, Andrew	21	CGA-CG	2:25.49
13 Josephson, Matthew	22	CGA-CG	2:25.56
14 Karsten, Warren	17	NTS-NT	2:25.85
15 Pike, Jared	16	CGA-CG	2:25.95
16 Duckitt, Kyle	17	CGA-CG	2:26.12
17 Smit, Riaan	16	LP-NP	2:26.18
18 Peach, Rodney	17	NTS-NT	2:26.61
19 Marais, David	16	EPA-EP	2:27.03
20 Lambrechts, Dirk	16	NTS-NT	2:27.64
21 Smit, Kyle	20	CGA-CG	2:28.47
22 Jansen, Daan	17	LP-NP	2:29.23
23 Napier-Jameson, Matthew	16	CGA-CG	2:29.56
24 DO Tanque, Rico	18	NFS-NF	2:29.73
25 Buck, Rory	21	NAMIB-ZI	2:29.99

26 Iotov, Ioto	23	CGA-CG	2:30.32
27 Tidboald, Gregg	18	KZNA-KZ	2:30.42
28 Ruszczynski, Fabian	15	CGA-CG	2:30.59
29 Fisher, Justin	16	EPA-EP	2:30.83
30 Fourie, Henno	18	NTS-NT	2:31.05
31 Fisher, Cheyne	18	KZNA-KZ	2:31.16
32 Mac Millan, Kyle	18	CGA-CG	2:31.20
33 Kopp, Russell	21	BOR-BO	2:31.95
34 Deletic, Danilo	19	CGA-CG	2:32.04
35 Flynn, Renay	16	FSA-FS	2:32.65
36 Paul, Kevin	16	EPA-EP	2:36.74
37 Naidoo, Parane	16	KZNA-KZ	2:37.81

#33 Women 50 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Van Wyk, Chanelle	18	KZNA-KZ	30.32
2 Archibald, Claire	19	CGA-CG	30.38
3 Prinsloo, Karin	18	NTS-NT	30.80
4 Lushington, Daniella	16	CGA-CG	31.11
5 Symington, Milize	14	NCASA-G	31.13
6 Kemp, Lehesta	18	NTS-NT	31.21
7 Labuschagne, Chiquita	17	EGA-ES	31.31
8 Gardiner, Caitlin	14	KZNA-KZ	31.35
9 Cant, Bianca	18	KZNA-KZ	31.39
10 Van Konynenburg, Shann	16	WPA-WP	31.48
11 Baumann, Kathryn	15	CGA-CG	31.51
12 Roper, Ronwyn	20	KZNA-KZ	31.53
13 Scott, Megan	16	EGA-ES	31.59
14 Cooper, Oneida	15	CGA-CG	31.67
15 Ashley-Cooper, Jessica	15	WPA-WP	31.67
16 De Vos, Natasha	15	LP-NP	31.93
17 Bouffe, Tanya	17	KZNA-KZ	31.95
18 Roe, Tasmynne	15	EPA-EP	31.98
19 Engelbrecht, Janke	16	LP-NP	32.02
20 DE Wet, Suanne	14	NTS-NT	32.03
21 Pistorius, Michelle	15	NTS-NT	32.08
22 Plumstead, Hayley	16	EPA-EP	32.13
23 Van Rooyen, Yolandi	18	LP-NP	32.17
24 Meurer, Sabrina	21	NTS-NT	32.24
25 Franklin, Sharné	17	FSA-FS	32.33
26 Smith, Michelle	18	WPA-WP	32.33
27 Ferguson, Sarah	25	KZNA-KZ	32.34
28 Randelhoff, Tracy	17	KZNA-KZ	32.36
29 Ronaldson, Sarah	15	KZNA-KZ	32.38
30 Palmer, Amber	16	FSA-FS	32.43
31 Bredenkamp, Marjeanne	19	FSA-FS	32.53
32 Alberts, Melissa	16	CGA-CG	32.54
33 Mattheus, Lauren	14	CGA-CG	32.54
34 Benson, Nicole	21	KZNA-KZ	32.56
35 Venter, Tanita	18	NTS-NT	32.60
36 Shepstone, Robyn	14	CGA-CG	32.61
37 Bekker, Jenna	17	NTS-NT	32.64
38 Stopforth, Alke	17	NWS-NW	32.81

#34 Men 50 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Zandberg, Gerhard	24	NTS-NT	25.68
2 van Zyl, Charl	17	KZNA-KZ	26.08
3 Pelser, Pieter	24	CGA-CG	26.54
4 Ellis, Ricky	20	CGA-CG	27.12
5 Botha, Jarryd	23	WPA-WP	27.13
6 Bees, Paul	20	KZNA-KZ	27.16

7 King, Chris	22	WPA-WP	27.24
8 Moore, Graeme	19	CGA-CG	27.49
9 Roets, PP	19	NTS-NT	27.63
10 Shankland, Leith	16	KZNA-KZ	27.71
11 Murray, Darren	16	NTS-NT	27.85
12 Lavos, Carlos	17	CGA-CG	27.95
13 Keating, Cassey	16	NWS-NW	27.99
14 Page, Jason	20	EPA-EP	28.00
15 Pelser, Le Roux	21	KZNA-KZ	28.09
16 Stojakovic, Gregory	19	CGA-CG	28.11
17 Greeff, Dricus	17	WPA-WP	28.15
18 Doveton, Tyler	22	KZNA-KZ	28.21
19 Scheepers, Willie	20	NCASA-G	28.28
20 Botha, Hermanus	18	CGA-CG	28.36
21 Hall, Richard	19	CGA-CG	28.45
22 Van Rensburg, Conrad	17	NTS-NT	28.58
23 Zorzi, Giulio	19	NTS-NT	28.58
24 Wilken, Jurie	17	NTS-NT	28.59
25 Walsh, Brett	14	KZNA-KZ	28.61
26 Benjamin, Doron	16	CGA-CG	28.62
27 Bannatyne, Chase	21	NTS-NT	28.64
28 Parry, Gregory	19	KZNA-KZ	28.71
29 Bakale, Emile-Rony	20	CGO-ZZ	28.73
30 Retief, Francois	17	CGA-CG	28.74
31 Loubser, Heinrich	21	NFS-NF	28.74
32 Morris, Wesley	16	EPA-EP	28.81
33 Rose, Garrick	17	CGA-CG	29.57
34 Lawson, Jason	19	EGA-ES	29.78

#35 Women 100 LC Meter Butterfly

Name	Age	Team	Seed Time
1 Retief, Lize-Mari	21	NTS-NT	59.17
2 Shaw, Keri	18	NTS-NT	59.17
3 Loots, Mandy	29	CGA-CG	59.52
4 Werth, Elzanne	19	CGA-CG	1:00.61
5 Lategan, Christy	17	WPA-WP	1:02.90
6 Sparg, Lauren	23	KZNA-KZ	1:03.16
7 Scott, Megan	16	EGA-ES	1:03.27
8 Diop, Binta	17	SEN-ZZ	1:03.47
9 Van Wyk, Chanelle	18	KZNA-KZ	1:04.80
10 Cant, Bianca	18	KZNA-KZ	1:05.08
11 Smyth, Louise	17	FSA-FS	1:05.17
12 English, Sarah	21	KZNA-KZ	1:05.48
13 Labuschagne, Chiquita	17	EGA-ES	1:05.53
14 Roode, Gillian	17	NTS-NT	1:05.56
15 Randelhoff, Tracy	17	KZNA-KZ	1:05.57
16 Maree, Trudi	19	FSA-FS	1:05.74
17 Symington, Milize	14	NCASA-G	1:06.08
18 DE Wet, Karlien	17	NTS-NT	1:06.50
19 Cooper, Oneida	15	CGA-CG	1:06.58
20 Behn, Carys	18	KZNA-KZ	1:06.82
21 DU Toit, Natalie	24	WPA-WP	1:06.83
22 Bouffe, Tanya	17	KZNA-KZ	1:06.85
23 How-Kow, Laura	14	CGA-CG	1:06.89
24 Bragason, Jessica	16	KZNA-KZ	1:06.89
25 Bruns, Jessica	18	WPA-WP	1:06.94
26 Van Rooyen, Yolandi	18	LP-NP	1:07.13
27 Kay, Sarah	16	WPA-WP	1:07.27
28 Nel, Jané	16	LP-NP	1:07.61
29 Lombard, Amy	17	CGA-CG	1:07.63
30 Van Rensburg, Arne	14	WPA-WP	1:07.64
31 Roode, Leandri	19	NTS-NT	1:08.02

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#35 ... (Women 100 LC Meter Butterfly)

32	Petersen, Tamsin	18 CGA-CG	1:08.41
33	Beytell, Cobie	18 NWS-NW	1:08.58
34	McMillan, Tessa	16 KZNA-KZ	1:08.66
35	Gibson, Cassandra	14 CGA-CG	1:08.68
36	Brown, Terianne	14 BOR-BO	1:09.23
37	Small, Bronwen	15 NTS-NT	1:09.52
38	Isakov, Rachele	37 CGA-CG	1:09.67

#36 Men 100 LC Meter Butterfly

Name	Age	Team	Seed Time
1	Grobbelaar, Warren	21 NTS-NT	53.32
2	Ferns, Lyndon	24 NTS-NT	53.36
3	Tune, Garth	18 CGA-CG	54.50
4	Townsend, Darian	23 KZNA-KZ	54.96
5	DU Rand, George	25 FSA-FS	54.97
6	Gilchrist, Wesley	18 KZNA-KZ	55.35
7	Rousseau, Sebastien	17 WPA-WP	55.45
8	Watson, Neil	19 CGA-CG	55.50
9	Venter, Fouche	22 NTS-NT	56.11
10	Matulovich, Kris	16 CGA-CG	56.20
11	Rankin, Mario	21 KZNA-KZ	56.39
12	Bosman, Werner	19 NTS-NT	56.73
13	Jacobs, Rohan	21 KZNA-KZ	57.12
14	Difford, Bryan	21 CGA-CG	57.26
15	Wilken, Jurie	17 NTS-NT	57.53
16	DE Waal, Flippie	20 NTS-NT	57.61
17	Salhus, Richard	19 CGA-CG	57.65
18	Wessels, Daniel	18 KZNA-KZ	57.92
19	Naus, Gerard	16 CGA-CG	57.93
20	Stottelaar, Chris	22 EPA-EP	57.95
21	Kieck, Greg	22 EPA-EP	57.96
22	Hattingh, Marius	18 NYAC-ZZ	57.97
23	Alberts, Heinrich	15 LP-NP	57.98
24	Venter, Jasper	19 NTS-NT	57.98
25	Wirth, Pierre	15 NTS-NT	57.99
26	Dias, Shaun	20 KZNA-KZ	58.16
27	Kermack, Justin	16 KZNA-KZ	58.34
28	DE Jager, Vaughan	19 NTS-NT	58.35
29	Alberts, Anthony	19 LP-NP	58.37
30	Schanknecht, Rory	16 NCASA-G	58.46
31	DU Toit, Gideon	15 NTS-NT	58.46
32	JV Nieuwenhuizen, Mark	19 NTS-NT	58.52
33	de Klerk, Ryan	23 FSA-FS	58.67
34	Kruger, Juandre	16 EGA-ES	58.72
35	Joubert de Villiers, Dean	18 KZNA-KZ	58.76
36	Scheepers, Willie	20 NCASA-G	58.81
37	VD Merwe, Donaven	20 NTS-NT	58.87
38	Riffel, Keenan	21 NTS-NT	58.89
39	Cluever, Rousseau	18 WPA-WP	58.92
40	Bannatye, Chase	21 NTS-NT	59.05
41	DE Waal, Pierre	17 NTS-NT	59.06
42	Bartleman, TW	17 WPA-WP	59.22
43	James, Nicholas	17 ZIM-ZZ	59.34
44	DU Plessis, Marnitz	20 WPA-WP	59.43
45	Forbes-Milne, Matthew	19 KZNA-KZ	59.44
46	Van Niekerk, Barjo	24 CGA-CG	59.58
47	Kruger, Waldo	22 NTS-NT	59.84
48	Neuhoff, Matthew	17 CGA-CG	59.86
49	Pienaar, Juan	21 FSA-FS	1:00.01
50	Greeff, Dricus	17 WPA-WP	1:00.06

51	Meyer, Nico	16 FSA-FS	1:00.08
52	DU Plessis, Remy	18 CGA-CG	1:00.14
53	Rutledge, Wesley	20 KZNA-KZ	1:00.19
54	DU Plooy, Abraham	19 NTS-NT	1:00.33
55	Retief, Francois	17 CGA-CG	1:00.38
56	Stojakovic, Gregory	19 CGA-CG	1:00.40
57	Morris, Wesley	16 EPA-EP	1:00.40
58	Lupacchini, Massimo	15 FSA-FS	1:00.49
59	Pereira, Claudio	18 CGA-CG	1:00.54
60	Heyns, Nico	20 FSA-FS	1:00.57
61	Louw, Anwar	20 WPA-WP	1:00.67
62	Lemphane, Victor	18 WPA-WP	1:00.68
63	Lindeque, David	16 KZNA-KZ	1:00.69
64	Connellan, Murray	18 NWS-NW	1:00.69
65	Hatzikyriacos, Peter	15 LP-NP	1:00.72
66	Van Rensburg, Conrad	17 NTS-NT	1:00.74
67	Iotov, Ioto	23 CGA-CG	1:00.75
68	Edwards, Brad	15 EGA-ES	1:00.81
69	Mac Millan, Dylan	14 CGA-CG	1:00.86
70	Coutts, Peter	16 KZNA-KZ	1:01.77
71	De Villiers, Shaun	15 KZNA-KZ	1:02.02
72	Fincham, Ryan	20 KZNA-KZ	1:02.30
73	Fourie, Jayden	16 KZNA-KZ	1:03.25

#37 Women 200 LC Meter Freestyle

Name	Age	Team	Seed Time
1	Corfe, Melissa	22 KZNA-KZ	2:00.46
2	Vorster, Leoné	20 LP-NP	2:03.02
3	Trott, Wendy	18 WPA-WP	2:03.03
4	Van Heerden, Karlien	17 NTS-NT	2:03.96
5	Lategan, Christy	17 WPA-WP	2:05.11
6	Rogers, Marielle	20 KZNA-KZ	2:07.42
7	Eeson, Kim	18 ZIM-ZZ	2:07.99
8	Fraser, Moira	17 ZIM-ZZ	2:08.28
9	Greyling, Melanie	22 KZNA-KZ	2:08.40
10	Van Konynenburg, Shann	16 WPA-WP	2:08.57
11	Warnes, Rene	16 KZNA-KZ	2:08.77
12	DE Wet, Suanne	14 NTS-NT	2:08.98
13	De Vos, Natasha	15 LP-NP	2:09.34
14	Dryding, Dominique	15 WPA-WP	2:10.33
15	VD Merwe, Yolandi	17 WPA-WP	2:10.36
16	Behn, Carys	18 KZNA-KZ	2:10.44
17	Oliver, Kerry	16 KZNA-KZ	2:10.47
18	Mower, Kirsten	18 KZNA-KZ	2:10.56
19	Kat, Caitlin	14 WPA-WP	2:10.93
20	Stephens, Megan	17 CGA-CG	2:11.32
21	Ras, Rochelle	15 NTS-NT	2:11.89
22	Payne, Michelle	15 KZNA-KZ	2:12.53
23	Lapham, Kirsten	18 NTS-NT	2:12.54
24	Du Preez, Sarah	19 CGA-CG	2:12.65
25	Fryer, Che	16 KZNA-KZ	2:12.73
26	Hauptfleisch, Kera	14 FSA-FS	2:12.77
27	Tammadge, Roxanne	16 KZNA-KZ	2:12.81
28	Fish, Guppy	13 EPA-EP	2:12.89
29	Powell, Maxine	18 NTS-NT	2:13.03
30	de Beer, Alri	15 NWS-NW	2:23.42

#38 Men 800 LC Meter Freestyle

Name	Age	Team	Seed Time
1	Herman, Heerden	17 WPA-WP	8:09.42
2	Ellis, John	17 KZNA-KZ	8:17.50
3	Ho, Chad	17 KZNA-KZ	8:20.38

4	Faure, James	19 WPA-WP	8:29.07
5	Schoeman, Henri	16 KZNA-KZ	8:45.29
6	Marais, Danie	15 WPA-WP	8:46.48
7	Husselmann, Marco	15 KZNA-KZ	8:47.29
8	Dahms, Heinrich	18 WPA-WP	8:48.29
9	Swart, Pieter	20 NTS-NT	8:48.34
10	Venter, Tyron	22 NTS-NT	8:48.68

#39 Men 800 LC Meter Freestyle Relay

Team	Relay	Seed Time
1	KZNA-KZ A	7:25.84
2	CGA-CG A	7:37.84
3	WPA-WP A	7:40.19
	Rousseau, Sebastien 17 King, Chris 22	Herman, Heerden 17 Boshoff, Morne 19
4	NTS-NT A	7:46.20
5	EPA-EP A	7:49.09
	Lockett, Byron 17 Stottelaar, Chris 22	Kieck, Greg 22 Greeff, Frank 15
6	WPA-WP B	7:56.74
	Lotriet, Bernhard 19 Kluever, Rousseau 18	Faure, James 19 Marais, Danie 15
7	EPA-EP B	7:58.46
	Morris, Wesley 16 Page, Jason 20	Vd Berg, Matthew 17 Vd Sande, Christopher 1
8	CGA-CG B	7:58.50
9	NTS-NT B	8:01.08
10	FSA-FS A	8:04.88
	Bester, Ruan 19 de Klerk, Ryan 23	Bornman, Albert 16 Du Plessis, Pieter 18
11	FSA-FS B	8:26.82
	Meyer, Nico 16 Lupacchini, Massimo 15	Heyns, Nico 20 Botha, Christoff 15

#41 Men 100 LC Meter Freestyle

Name	Age	Team	Seed Time
1	Neethling, Ryk	30 KZNA-KZ	48.98
2	Schoeman, Roland	27 NTS-NT	49.56
3	Ferns, Lyndon	24 NTS-NT	49.59
4	Zandberg, Gerhard	24 NTS-NT	49.84
5	Townsend, Darian	23 KZNA-KZ	50.10
6	Grobbelaar, Warren	21 NTS-NT	50.25
7	Harris, Shaun	24 EPA-EP	50.27
8	Louw, Gideon	20 NTS-NT	50.52
9	Basson, Jean	20 CGA-CG	50.69
10	Kieck, Greg	22 EPA-EP	51.25
11	Gilchrist, Wesley	18 KZNA-KZ	51.49
12	Jordens, Craig	19 WPA-WP	51.58
13	King, Chris	22 WPA-WP	51.71
14	Botha, Jarryd	23 WPA-WP	51.85
15	Pelser, Le Roux	21 KZNA-KZ	52.10
16	Seaman, Marc	29 WPA-WP	52.14
17	Matulovich, Kris	16 CGA-CG	52.28
18	Moore, Graeme	19 CGA-CG	52.30
19	Salhus, Richard	19 CGA-CG	52.79
20	Watson, Neil	19 CGA-CG	52.81
21	Stojakovic, Gregory	19 CGA-CG	52.91
22	Roets, PP	19 NTS-NT	52.95
23	Bosman, Werner	19 NTS-NT	53.08
24	DU Plessis, Marnitz	20 WPA-WP	53.11
25	Naus, Gerard	16 CGA-CG	53.17
26	Venter, Jasper	19 NTS-NT	53.18

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27	Wills, Stuart	17 NTS-NT	53.21
28	Shankland, Leith	16 KZNA-KZ	53.29
29	Wessels, Daniel	18 KZNA-KZ	53.30
30	Lavos, Carlos	17 CGA-CG	53.42
31	Hattingh, Heinrich	20 NTS-NT	53.50
32	Morris, Wesley	16 EPA-EP	53.55
33	Botha, Hermanus	18 CGA-CG	53.56
34	Makings, David	18 CGA-CG	53.56
35	Hattingh, Marius	18 NYAC-ZZ	53.56
36	Thomson, Jay-Cee	17 CGA-CG	53.95
37	Van Niekerk, Rayno	17 KZNA-KZ	53.95
38	Benjamin, Doron	16 CGA-CG	53.99
39	Doveton, Tyler	22 KZNA-KZ	54.00
40	Van Niekerk, Barjo	24 CGA-CG	54.06
41	Van Rensburg, Conrad	17 NTS-NT	54.27
42	Baxter, Kyle	16 CGA-CG	54.32
43	Hodgkiss, Warren	21 NTS-NT	54.32
44	Chance, Andrew	17 ZIM-ZZ	54.42
45	Walsh, Brett	14 KZNA-KZ	54.45
46	Bartleman, TW	17 WPA-WP	54.58
47	Alberts, Heinrich	15 LP-NP	54.59
48	Smit, Marcel	20 WPA-WP	54.62
49	Loubser, Heinrich	21 NFS-NF	54.66
50	DE Jager, Vaughan	19 NTS-NT	54.67
51	Mac Millan, Kyle	18 CGA-CG	54.70
52	de Klerk, Ryan	23 FSA-FS	54.74
53	VD Merwe, Donaven	20 NTS-NT	54.75
54	Wilkins, Layne	18 WPA-WP	54.78
55	Erasmus, Douglas	17 EGA-ES	54.83
56	Wilken, Jurie	17 NTS-NT	54.87
57	Bees, Paul	20 KZNA-KZ	54.88
58	Nel, Bertie	17 LP-NP	54.89
59	Matonse, Leonel	19 MOZ-ZZ	54.89
60	Wirth, Pierre	15 NTS-NT	54.91
61	JV Nieuwenhuizen, Mark	19 NTS-NT	54.94
62	Joubert de Villiers, Dean	18 KZNA-KZ	54.99
63	Alberts, Anthony	19 LP-NP	54.99
64	Iotov, Ioto	23 CGA-CG	55.02
65	Bormman, Albert	16 FSA-FS	55.09
66	Rutledge, Wesley	20 KZNA-KZ	55.10
67	Meyer, Nico	16 FSA-FS	55.12
68	Schanknecht, Rory	16 NCASA-G	55.46
69	Ludwick, Janus	17 NCASA-G	56.05
70	DU Plessis, Remy	18 CGA-CG	57.07

#42 Women 200 LC Meter IM

Name	Age	Team	Seed Time
1	Pengelly, Jessica	16 WPA-WP	2:16.41
2	Meaklim, Kathryn	18 KZNA-KZ	2:17.35
3	Loots, Mandy	29 CGA-CG	2:17.84
4	Van Biljon, Suzaan	19 NTS-NT	2:19.29
5	Archibald, Claire	19 CGA-CG	2:20.92
6	Liss, Jessica	12 EPA-EP	2:22.40
7	Roper, Ronwyn	20 KZNA-KZ	2:23.39
8	Mower, Courtney	16 KZNA-KZ	2:23.98
9	Lategan, Christy	17 WPA-WP	2:24.18
10	Roe, Tasmyne	15 EPA-EP	2:24.35
11	DE Wet, Karlien	17 NTS-NT	2:25.32
12	Franklin, Sharné	17 FSA-FS	2:25.69
13	Lombard, Amy	17 CGA-CG	2:26.09

14	VD Merwe, Yolandi	17 WPA-WP	2:26.53
15	Warnes, Rene	16 KZNA-KZ	2:26.60
16	Neethling, Jean-Marie	17 NTS-NT	2:27.03
17	Bouffe, Tanya	17 KZNA-KZ	2:27.25
18	Smith-Baillie, Sarah	20 KZNA-KZ	2:27.63
19	Meyer, Roxanne	20 CGA-CG	2:28.23
20	Plumstead, Hayley	16 EPA-EP	2:28.40
21	Ras, Rochelle	15 NTS-NT	2:28.62
22	Alberts, Melissa	16 CGA-CG	2:29.03
23	Dryding, Dominique	15 WPA-WP	2:29.35
24	Hauptfleisch, Kera	14 FSA-FS	2:29.89
25	McCann, Kelly	14 KZNA-KZ	2:29.92
26	Ferguson, Robyn	15 WPA-WP	2:30.61
27	Fish, Guppy	13 EPA-EP	2:30.64
28	Labuschagne, Chiquita	17 EGA-ES	2:30.73
29	Tammadge, Roxanne	16 KZNA-KZ	2:30.91
30	Tovrloza, Petra	17 CGA-CG	2:31.38
31	Kat, Caitlin	14 WPA-WP	2:31.59
32	Cooper, Oneida	15 CGA-CG	2:31.96
33	Mullin, Kerry	17 FSA-FS	2:32.20
34	Mattheus, Lauren	14 CGA-CG	2:32.24
35	How-Kow, Laura	14 CGA-CG	2:32.39
36	Cronje, Frances	17 CGA-CG	2:32.56
37	Mackenzie, Taryn	14 CGA-CG	2:32.62
38	Ronaldson, Sarah	15 KZNA-KZ	2:32.76
39	Beytell, Cobie	18 NWS-NW	2:34.67
40	Warren-Stone, Chelsea	16 BOR-BO	2:35.54
41	Heard, Maxine	16 ZIM-ZZ	2:36.96

#43 Men 200 LC Meter IM

Name	Age	Team	Seed Time
1	Schoeman, Riaan	18 KZNA-KZ	2:03.78
2	Townsend, Darian	23 KZNA-KZ	2:04.04
3	Difford, Bryan	21 CGA-CG	2:04.33
4	Gilchrist, Wesley	18 KZNA-KZ	2:04.62
5	Rousseau, Sebastien	17 WPA-WP	2:06.65
6	Fergusson, Byron	21 NTS-NT	2:06.77
7	Thomson, Jay-Cee	17 CGA-CG	2:07.17
8	Lockett, Byron	17 EPA-EP	2:08.15
9	Stottelaar, Chris	22 EPA-EP	2:08.23
10	Le Clos, Chad	15 KZNA-KZ	2:09.12
11	Tidboald, Gregg	18 KZNA-KZ	2:11.58
12	DE Waal, Flippie	20 NTS-NT	2:12.62
13	Jansen, Daan	17 LP-NP	2:13.10
14	Beste, Ruan	19 FSA-FS	2:13.53
15	Fisher, Justin	16 EPA-EP	2:14.18
16	Heyns, Nico	20 FSA-FS	2:14.31
17	de Swardt, Mark	18 KZNA-KZ	2:14.76
18	Peffer, Davynn	18 CGA-CG	2:15.06
19	Pike, Jared	16 CGA-CG	2:15.07
20	Van Rensburg, Conrad	17 NTS-NT	2:15.50
21	Josephson, Matthew	22 CGA-CG	2:15.65
22	Lotriet, Bernhard	19 WPA-WP	2:15.83
23	Meyer, Michael	15 CGA-CG	2:16.07
24	Du Plessis, Pieter	18 FSA-FS	2:16.16
25	Lincoln, Arlin	16 WPA-WP	2:16.17
26	Boshoff, Morne	19 WPA-WP	2:16.89
27	Doveton, Tyler	22 KZNA-KZ	2:16.97
28	Lupacchini, Massimo	15 FSA-FS	2:17.11
29	Schoeman, Henri	16 KZNA-KZ	2:17.21
30	Greeff, Frank	15 EPA-EP	2:17.27
31	Morris, Wesley	16 EPA-EP	2:17.37

32	Da Costa, Rudy	17 KZNA-KZ	2:17.38
33	Mac Millan, Kyle	18 CGA-CG	2:17.48
34	Ludick, Wessel	14 LP-NP	2:17.50
35	Cluever, Rousseau	18 WPA-WP	2:17.58
36	Venter, Tyron	22 NTS-NT	2:17.68
37	Smith, William	15 CGA-CG	2:17.79
38	Nel, Bertie	17 LP-NP	2:17.84
39	Peach, Rodney	17 NTS-NT	2:17.84
40	Kieck, Nicholas	16 KZNA-KZ	2:17.90
41	Lambrechts, Dirk	16 NTS-NT	2:18.00
42	Lavos, Carlos	17 CGA-CG	2:18.01
43	Stevenson, Brent	16 CGA-CG	2:18.13
44	James, Nicholas	17 ZIM-ZZ	2:18.15
45	Vd Sande, Christopher	15 EPA-EP	2:18.27
46	Lindeque, David	16 KZNA-KZ	2:18.32
47	Flynn, Renay	16 FSA-FS	2:18.41
48	Karsten, Nicky	17 NWS-NW	2:18.63
49	Kruger, Juandre	16 EGA-ES	2:20.04
50	Tidboald, Dylan	16 KZNA-KZ	2:21.56

#44 Women 1500 LC Meter Freestyle

Name	Age	Team	Seed Time
1	Trott, Wendy	18 WPA-WP	16:31.09
2	DU Toit, Natalie	24 WPA-WP	17:09.05
3	Dryding, Dominique	15 WPA-WP	17:31.51
4	Mower, Kirsten	18 KZNA-KZ	17:36.41
5	Fish, Guppy	13 EPA-EP	17:41.75
6	Fryer, Che	16 KZNA-KZ	17:51.79
7	Smyth, Louise	17 FSA-FS	17:57.25
8	Du Preez, Sarah	19 CGA-CG	18:03.92
9	Logan, Alison-Jayne	19 KZNA-KZ	18:07.39

#46 Women 200 LC Meter Freestyle Relay

Team	Relay	Seed Time
1	KZNA-KZ A	1:48.11
2	KZNA-KZ B	1:48.11
3	NTS-NT A	1:48.59
4	CGA-CG A	1:50.07
5	WPA-WP A	1:50.71
	Burger, Liezl 21 Van Konynenburg, Shan	Pengelly, Jessica 16 Lategan, Christy 17
6	FSA-FS A	1:51.32
	Maree, Trudi 19 Meyer, Laurè 13	Stones, Tarryn 19 Wienand, Kirsty 21
7	NTS-NT B	1:52.32
8	LP-NP A	1:52.53
	Van Rooyen, Yolandi 18 De Vos, Natasha 15	Nel, Jané 16 Engelbrecht, Janke 16
9	WPA-WP B	1:53.40
	Kat, Caitlin 14 Bruns, Jessica 18	VD Merwe, Yolandi 17 Ashley-Cooper, Jessica
10	CGA-CG B	1:53.80
11	EPA-EP A	1:54.33
	Darne, Simone 15 Billson, Carmel 15	Preston, Luzaan 16 Plumstead, Keri 17
12	EPA-EP B	1:56.41
	Fish, Guppy 13 Roe, Tasmyne 15	Plumstead, Hayley 16 Roe, Amber 17
13	FSA-FS B	1:56.87
	Wessels, Michelle 15 Smyth, Louise 17	Wessels, Carmen 15 Olivier, Anari 18

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#46 ... (Women 200 LC Meter Freestyle Relay)

14 BOR-BO	A	1:57.79
Pliffner, Kerry 17	Warren-Stone, Chelsea	
Brown, Terianne 14	Allderman, Kathryn 14	

#47 Men 200 LC Meter Freestyle Relay

Team	Relay	Seed Time
1 NTS-NT	A	1:30.43
2 EPA-EP	A	1:35.70
Harris, Shaun 24	Kieck, Greg 22	
Morris, Wesley 16	Stottelaar, Chris 22	
3 KZNA-KZ	A	1:35.78
4 KZNA-KZ	B	1:35.78
5 NTS-NT	B	1:35.91
6 WPA-WP	A	1:35.94
Botha, Jarryd 23	King, Chris 22	
DU Plessis, Marnitz 20	Seaman, Marc 29	
7 CGA-CG	A	1:35.95
8 BOR-BO	A	1:37.41
Kopp, Russell 21	Randall, Mark 22	
Skinner, Cajun 20	Felizardo, Joao 17	
9 CGA-CG	B	1:37.81
10 FSA-FS	A	1:39.24
Du Toit, Magnes 19	de Klerk, Ryan 23	
Heyns, Nico 20	Pienaar, Juan 21	
11 EPA-EP	B	1:40.27
Lockett, Byron 17	Page, Jason 20	
Greeff, Frank 15	Vd Berg, Matthew 17	
12 WPA-WP	B	1:40.31
Wilkens, Layne 18	Greeff, Dricus 17	
Aloile, Lyle 15	Bartleman, TW 17	
13 EGA-ES	A	1:40.89
Lawson, Jason 19	Erasmus, Douglas 17	
Edwards, Brad 15	Cullum, Stuart 19	
14 LP-NP	A	1:42.88
Alberts, Heinrich 15	Alberts, Anthony 19	
Nel, Bertie 17	Jansen, Daan 17	
15 FSA-FS	B	1:44.31
Meyer, Nico 16	Bester, Ruan 19	
Lupacchini, Massimo 15	Bornman, Albert 16	

#51 Women 50 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 Van Biljon, Suzaan	19	NTS-NT	32.62
2 Roe, Tasmynne	15	EPA-EP	33.38
3 DU Toit, Jeanie	16	CGA-CG	33.77
4 Mower, Courtney	16	KZNA-KZ	33.85
5 Plumstead, Keri	17	EPA-EP	34.01
6 DU Plessis, Yolana	18	NTS-NT	34.02
7 Liss, Jessica	12	EPA-EP	34.12
8 Grobbelaar, Candice	13	KZNA-KZ	34.41
9 Wienand, Kirsty	21	FSA-FS	34.43
10 Roe, Amber	17	EPA-EP	34.44
11 Mullin, Kerry	17	FSA-FS	34.50
12 Mackenzie, Taryn	14	CGA-CG	34.68
13 Kruger, Sigourney	19	NTS-NT	34.68
14 DE Lange, Bronwyn	14	NTS-NT	34.80
15 DE Wet, Karlien	17	NTS-NT	34.91
16 Droubray, Elaine	20	NTS-NT	34.95
17 Ferguson, Robyn	15	WPA-WP	35.08
18 Allderman, Kathryn	14	BOR-BO	35.11

19 Wessels, Michelle	15	FSA-FS	35.12
20 Stopforth, Alke	17	NWS-NW	35.16
21 Munton, Chloe	13	EPA-EP	35.17
22 McCann, Kelly	14	KZNA-KZ	35.38
23 Heard, Maxine	16	ZIM-ZZ	35.47
24 Taylor, Nika	14	CGA-CG	35.48
25 Edwards, Caitlin	16	KZNA-KZ	35.55
26 Robertson, Nicole	24	WPA-WP	35.59
27 Knoesen, Cheri	15	EPA-EP	35.61
28 Roode, Leandri	19	NTS-NT	35.65
29 VD Merwe, Yolandi	17	WPA-WP	35.65
30 Preston, Luzaan	16	EPA-EP	35.70
31 Morgan, Catherine	16	CGA-CG	35.71
32 Van Zyl, Marguerite	16	CGA-CG	35.72
33 Behn, Michigan	14	KZNA-KZ	35.74
34 Richards, Catherine	15	KZNA-KZ	35.90
35 Neely, Blair	16	CGA-CG	35.91
36 Roode, Gillian	17	NTS-NT	35.92
37 Smith-Baillie, Sarah	20	KZNA-KZ	36.00
38 Beytell, Cobie	18	NWS-NW	36.14
39 Potgieter, Tyne	15	KZNA-KZ	36.22
40 Sterling, Danielle	16	NTS-NT	36.23
41 Livesey, Kathleen	16	CGA-CG	36.29
42 Wessels, Carmen	15	FSA-FS	36.29
43 Harris, Nicole	15	CGA-CG	36.30
44 Warren-Stone, Chelsea	16	BOR-BO	36.32
45 Labuschagne, Chiquita	17	EGA-ES	36.42
46 Enslin, Nelia	18	VTS-VT	36.44
47 Crafford, Tamlin	13	CGA-CG	36.45
48 Small, Danielle	13	CGA-CG	36.56
49 Conlon, Claire	15	KZNA-KZ	36.56
50 Bouwer, Sarah-Ann	13	CGA-CG	36.58
51 Van Niekerk, Rize-Mari	16	KZNA-KZ	36.63

#52 Men 50 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 VD Burgh, Cameron	19	NTS-NT	27.74
2 Moeketsane, Thabang	20	CGA-CG	28.89
3 Seaman, Marc	29	WPA-WP	29.39
4 Karsten, Warren	17	NTS-NT	29.49
5 Diering, William	21	NTS-NT	29.54
6 Iotov, Ioto	23	CGA-CG	29.66
7 Langley, Chris	18	CGA-CG	29.66
8 Skinner, Cajun	20	BOR-BO	29.69
9 VD Merwe, Donaven	20	NTS-NT	29.70
10 Josephson, Matthew	22	CGA-CG	29.73
11 Stottelaar, Chris	22	EPA-EP	29.88
12 DE Villiers, Jacques	16	WPA-WP	29.90
13 Kruger, Waldo	22	NTS-NT	29.96
14 Kopp, Russell	21	BOR-BO	30.03
15 Napier-Jameson, Matthew	16	CGA-CG	30.17
16 Peffer, Davynn	18	CGA-CG	30.24
17 Zorzi, Dante	21	NTS-NT	30.27
18 Smit, Riaan	16	LP-NP	30.32
19 Pike, Jared	16	CGA-CG	30.44
20 Farrar, Matthew	17	KZNA-KZ	30.46
21 Marais, David	16	EPA-EP	30.53
22 Lambrechts, Dirk	16	NTS-NT	30.56
23 Spires, Darryl	23	KZNA-KZ	30.74
24 Baxter, Kyle	16	CGA-CG	30.77
25 Mac Millan, Kyle	18	CGA-CG	30.87
26 Fourie, Henno	18	NTS-NT	30.87

27 Du Plessis, Pieter	18	FSA-FS	30.88
28 DO Tanque, Rico	18	NFS-NF	31.12
29 Heyns, Nico	20	FSA-FS	31.13
30 Deletic, Danilo	19	CGA-CG	31.14
31 Smith, Charle	18	FSA-FS	31.27
32 Zorzi, Giulio	19	NTS-NT	31.27
33 Buck, Rory	21	NAMIB-ZZ	31.29
34 Lawson, Jason	19	EGA-ES	31.34
35 Fell, Andrew	21	CGA-CG	31.39
36 Fisher, Cheyne	18	KZNA-KZ	31.44
37 Johnston, Trevor	17	CGA-CG	31.48
38 Ruszczynski, Fabian	15	CGA-CG	31.49
39 Sheppard, Clive	19	NTS-NT	31.53
40 Kgame, Neo	18	WPA-WP	31.54
41 Greeff, Dricus	17	WPA-WP	31.63
42 Finch, Doyle	17	WPA-WP	31.71
43 Ferris, Timothy	17	ZIM-ZZ	31.73
44 Henderson, Kevin	21	WPA-WP	31.75
45 Nel, Bertie	17	LP-NP	31.77
46 Hull, Doran	17	CGA-CG	31.85
47 Duckitt, Kyle	17	CGA-CG	31.93
48 Brill, Christopher	14	CGA-CG	31.95
49 Flynn, Renay	16	FSA-FS	32.04
50 van Rooijen, Reinhard	18	KZNA-KZ	32.04
51 Viljoen, Armand	18	NCASA-G	32.04
52 Aloile, Lyle	15	WPA-WP	32.09
53 Meyer, Nico	16	FSA-FS	32.10
54 Tandy, Brad	16	NNS-NN	33.06

#53 Women 100 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Corfe, Melissa	22	KZNA-KZ	1:03.38
2 Archibald, Claire	19	CGA-CG	1:04.33
3 Prinsloo, Karin	18	NTS-NT	1:04.48
4 Ferguson, Sarah	25	KZNA-KZ	1:05.95
5 Kemp, Lehesta	18	NTS-NT	1:06.05
6 Ashley-Cooper, Jessica	15	WPA-WP	1:06.87
7 Scott, Megan	16	EGA-ES	1:06.93
8 De Vos, Natasha	15	LP-NP	1:06.97
9 Baumann, Kathryn	15	CGA-CG	1:07.02
10 Labuschagne, Chiquita	17	EGA-ES	1:07.23
11 Bouffe, Tanya	17	KZNA-KZ	1:07.57
12 Gardiner, Caitlin	14	KZNA-KZ	1:07.59
13 Van Konynenburg, Shann	16	WPA-WP	1:07.62
14 Cant, Bianca	18	KZNA-KZ	1:07.73
15 Cooper, Oneida	15	CGA-CG	1:07.78
16 Van Wyk, Chanelle	18	KZNA-KZ	1:07.79
17 Meurer, Sabrina	21	NTS-NT	1:07.94
18 Lushington, Daniella	16	CGA-CG	1:08.22
19 Roper, Ronwyn	20	KZNA-KZ	1:08.25
20 Roe, Tasmynne	15	EPA-EP	1:08.29
21 DE Wet, Suanne	14	NTS-NT	1:08.54
22 Franklin, Sharné	17	FSA-FS	1:08.56
23 Meyer, Roxanne	20	CGA-CG	1:08.63
24 Smith, Michelle	18	WPA-WP	1:08.67
25 Randelhoff, Tracy	17	KZNA-KZ	1:08.78
26 Alberts, Melissa	16	CGA-CG	1:08.80
27 Hall, Kimberley	18	CGA-CG	1:08.96
28 Plumstead, Hayley	16	EPA-EP	1:09.28
29 Ronaldson, Sarah	15	KZNA-KZ	1:09.34
30 Palmer, Amber	16	FSA-FS	1:09.49
31 Shepstone, Robyn	14	CGA-CG	1:09.88

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#53 ... (Women 100 LC Meter Backstroke)

32	Eades, Stephanie	18 CGA-CG	1:09.90
33	Cronje, Frances	17 CGA-CG	1:10.07
34	Bekker, Jenna	17 NTS-NT	1:10.16
35	Pistorius, Michelle	15 NTS-NT	1:10.32
36	Venter, Tanita	18 NTS-NT	1:10.43
37	Lapham, Kirsten	18 NTS-NT	1:10.43
38	Tovrloza, Petra	17 CGA-CG	1:10.50
39	Bredenkamp, Marjeanne	19 FSA-FS	1:10.51
40	Lennox, Candice	15 NTS-NT	1:10.77
41	Symington, Milize	14 NCASA-G	1:10.82
42	Shuttleworth, Lara	18 WPA-WP	1:10.96
43	Mattheus, Lauren	14 CGA-CG	1:10.98
44	Crafford, Tamlin	13 CGA-CG	1:11.12
45	Jacobs, Ryleigh	16 KZNA-KZ	1:11.29
46	Hartig, Amber	15 CGA-CG	1:11.36
47	de Beer, Alri	15 NWS-NW	1:14.68

#54 Men 100 LC Meter Backstroke

Name	Age	Team	Seed Time
1	Moore, Graeme	19 CGA-CG	55.40
2	DU Rand, George	25 FSA-FS	55.50
3	Tune, Garth	18 CGA-CG	56.45
4	Zandberg, Gerhard	24 NTS-NT	56.53
5	Botha, Jarryd	23 WPA-WP	56.94
6	van Zyl, Charl	17 KZNA-KZ	57.29
7	Pelster, Le Roux	21 KZNA-KZ	57.74
8	Murray, Darren	16 NTS-NT	57.89
9	King, Chris	22 WPA-WP	57.93
10	Ellis, Ricky	20 CGA-CG	58.48
11	Jacobs, Rohan	21 KZNA-KZ	59.09
12	Bees, Paul	20 KZNA-KZ	59.41
13	Shankland, Leith	16 KZNA-KZ	59.69
14	Wilken, Jurie	17 NTS-NT	59.81
15	Page, Jason	20 EPA-EP	59.90
16	Roets, PP	19 NTS-NT	1:00.20
17	Scheepers, Willie	20 NCASA-G	1:00.47
18	Stojakovic, Gregory	19 CGA-CG	1:00.55
19	Greeff, Dricus	17 WPA-WP	1:01.09
20	Jansen, Daan	17 LP-NP	1:01.34
21	Benjamin, Doron	16 CGA-CG	1:01.35
22	Felizardo, Joao	17 BOR-BO	1:01.42
23	Morris, Wesley	16 EPA-EP	1:01.44
24	DE Villiers, Niel	15 WPA-WP	1:01.65
25	James, Nicholas	17 ZIM-ZZ	1:01.65
26	Cluever, Rousseau	18 WPA-WP	1:01.68
27	Keating, Cassey	16 NWS-NW	1:01.68
28	Nel, Bertie	17 LP-NP	1:01.70
29	Wilkens, Layne	18 WPA-WP	1:01.76
30	Van Rensburg, Conrad	17 NTS-NT	1:01.79
31	Vd Sande, Christopher	15 EPA-EP	1:01.87
32	Vd Berg, Matthew	17 EPA-EP	1:01.97
33	Da Costa, Rudy	17 KZNA-KZ	1:02.01
34	Roux, Trenton	17 CGA-CG	1:02.10
35	Lavos, Carlos	17 CGA-CG	1:02.11
36	Retief, Francois	17 CGA-CG	1:02.12
37	Ludick, Wessel	14 LP-NP	1:02.15
38	Bakale, Emile-Rony	20 CGO-ZZ	1:02.21
39	Naus, Gerard	16 CGA-CG	1:02.38
40	Hall, Richard	19 CGA-CG	1:02.38
41	Rankin, Dave	18 KZNA-KZ	1:02.46

42	Doveton, Tyler	22 KZNA-KZ	1:02.49
43	Glyn-Cuthbert, Daniel	14 CGA-CG	1:02.57
44	Bannatyne, Chase	21 NTS-NT	1:02.64
45	Pelster, Pieter	24 CGA-CG	1:02.78
46	DU Plessis, Marnitz	20 WPA-WP	1:02.81
47	Van Niekerk, Rayno	17 KZNA-KZ	1:02.93
48	Kieck, Nicholas	16 KZNA-KZ	1:03.07
49	Van Huizen, Kyle	18 NTS-NT	1:03.07
50	Rose, Garrick	17 CGA-CG	1:03.14
51	Kuhn, Stephan	17 NTS-NT	1:03.20
52	Zorzi, Giulio	19 NTS-NT	1:03.24
53	Botha, Christoff	15 FSA-FS	1:03.40

#55 Women 50 LC Meter Butterfly

Name	Age	Team	Seed Time
1	Retief, Lize-Mari	21 NTS-NT	26.66
2	Shaw, Keri	18 NTS-NT	27.92
3	Maree, Trudi	19 FSA-FS	28.12
4	Van Wyk, Chanelle	18 KZNA-KZ	28.25
5	Werth, Elzanne	19 CGA-CG	28.34
6	Diop, Binta	17 SEN-ZZ	28.35
7	Sparg, Lauren	23 KZNA-KZ	28.46
8	Symington, Milize	14 NCASA-G	28.71
9	Cant, Bianca	18 KZNA-KZ	28.84
10	Scott, Megan	16 EGA-ES	29.15
11	Roper, Ronwyn	20 KZNA-KZ	29.36
12	Labuschagne, Chiquita	17 EGA-ES	29.41
13	Cooper, Oneida	15 CGA-CG	29.49
14	Roode, Gillian	17 NTS-NT	29.62
15	Lombard, Amy	17 CGA-CG	29.70
16	Roode, Leandri	19 NTS-NT	29.88
17	How-Kow, Laura	14 CGA-CG	29.90
18	Randelhoff, Tracy	17 KZNA-KZ	30.00
19	Van Rooyen, Yolandi	18 LP-NP	30.00
20	Neethling, Jean-Marie	17 NTS-NT	30.04
21	Nel, Jané	16 LP-NP	30.09
22	Smyth, Louise	17 FSA-FS	30.10
23	Shuttleworth, Lara	18 WPA-WP	30.16
24	Behn, Carys	18 KZNA-KZ	30.19
25	DE Wet, Karlien	17 NTS-NT	30.19
26	English, Sarah	21 KZNA-KZ	30.22
27	Van Konynenburg, Shann	16 WPA-WP	30.24
28	Bragason, Jessica	16 KZNA-KZ	30.26
29	Van Rensburg, Arne	14 WPA-WP	30.30
30	Roe, Amber	17 EPA-EP	30.36
31	Van Rooyen, Liezl	19 KZNA-KZ	30.38
32	Brown, Terianne	14 BOR-BO	30.42
33	Gibson, Cassandra	14 CGA-CG	30.42
34	Plumstead, Keri	17 EPA-EP	30.44
35	Ashley-Cooper, Jessica	15 WPA-WP	30.53
36	Foord, Kristin	13 KZNA-KZ	30.57
37	Hall, Kimberley	18 CGA-CG	30.59
38	Gardiner, Caitlin	14 KZNA-KZ	30.60
39	Smith, Michelle	18 WPA-WP	30.63
40	Engelbrecht, Janke	16 LP-NP	30.67
41	Meyer, Roxanne	20 CGA-CG	30.71
42	Mitri, Paige	15 CGA-CG	30.79
43	DU Toit, Jeanie	16 CGA-CG	30.80
44	Bekker, Jenna	17 NTS-NT	30.81
45	Bruns, Jessica	18 WPA-WP	30.81
46	Darne, Simone	15 EPA-EP	30.82
47	Payne, Michelle	15 KZNA-KZ	30.82

48	Venter, Tanita	18 NTS-NT	30.92
49	Pfiffner, Kerry	17 BOR-BO	30.96
50	Beytell, Cobie	18 NWS-NW	30.98
51	Van Tonder, Charne	15 NTS-NT	30.99
52	Kat, Caitlin	14 WPA-WP	30.99
53	Eades, Stephanie	18 CGA-CG	31.03
54	Powell, Maxine	18 NTS-NT	31.05
55	Roe, Tasmynne	15 EPA-EP	31.06
56	Small, Bronwen	15 NTS-NT	31.09
57	Bredenkamp, Marjeanne	19 FSA-FS	31.12
58	Isakov, Rachele	37 CGA-CG	31.14
59	Penman, Abigail	15 EGA-ES	31.16
60	Ahrens, Kate	17 KZNA-KZ	31.16
61	Kay, Sarah	16 WPA-WP	31.17
62	de Beer, Alri	15 NWS-NW	31.19
63	Meyer, Laurè	13 FSA-FS	31.20
64	McMillan, Tessa	16 KZNA-KZ	31.21
65	Snyman, Kamilla	14 NTS-NT	31.22
66	Stones, Tarryn	19 FSA-FS	31.23
67	Petersen, Tamsin	18 CGA-CG	31.26
68	Mohr, Simone	21 NTS-NT	31.26
69	Vella, Pia	17 CGA-CG	31.27
70	Kruse, Jana	19 NTS-NT	31.27
71	Von Bargaen, Bianca	14 KZNA-KZ	31.56
72	Livesey, Kathleen	16 CGA-CG	32.01

#56 Men 50 LC Meter Butterfly

Name	Age	Team	Seed Time
1	Schoeman, Roland	27 NTS-NT	23.60
2	Ferns, Lyndon	24 NTS-NT	24.20
3	Grobbelaar, Warren	21 NTS-NT	24.80
4	Watson, Neil	19 CGA-CG	24.94
5	Rankin, Mario	21 KZNA-KZ	25.08
6	Salhus, Richard	19 CGA-CG	25.22
7	VD Merwe, Donaven	20 NTS-NT	25.27
8	Bannatyne, Chase	21 NTS-NT	25.34
9	Venter, Fouche	22 NTS-NT	25.49
10	Matulovich, Kris	16 CGA-CG	25.65
11	Harris, Shaun	24 EPA-EP	25.89
12	Page, Jason	20 EPA-EP	25.93
13	Bosman, Werner	19 NTS-NT	25.98
14	Loubser, Heinrich	21 NFS-NF	26.00
15	Kieck, Greg	22 EPA-EP	26.04
16	DU Plessis, Marnitz	20 WPA-WP	26.08
17	Kruger, Waldo	22 NTS-NT	26.09
18	Wilken, Jurie	17 NTS-NT	26.15
19	Alberts, Heinrich	15 LP-NP	26.19
20	Stojakovic, Gregory	19 CGA-CG	26.31
21	Alberts, Anthony	19 LP-NP	26.31
22	Wirth, Pierre	15 NTS-NT	26.35
23	Baxter, Kyle	16 CGA-CG	26.37
24	Mac Millan, Kyle	18 CGA-CG	26.38
25	JV Nieuwenhuizen, Mark	19 NTS-NT	26.43
26	Hodgkiss, Warren	21 NTS-NT	26.47
27	Wessels, Daniel	18 KZNA-KZ	26.50
28	James, Nicholas	17 ZIM-ZZ	26.51
29	Neuhoff, Matthew	17 CGA-CG	26.53
30	Naus, Gerard	16 CGA-CG	26.57
31	DU Toit, Gideon	15 NTS-NT	26.57
32	Schanknecht, Rory	16 NCASA-G	26.60
33	Kruger, Juandre	16 EGA-ES	26.61
34	Matern, Richard	19 NTS-NT	26.65

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#56 ... (Men 50 LC Meter Butterfly)

35	Iotov, Ioto	23 CGA-CG	26.66
36	Makings, David	18 CGA-CG	26.66
37	Greeff, Dricus	17 WPA-WP	26.70
38	Ferris, Timothy	17 ZIM-ZZ	26.71
39	Scheepers, Willie	20 NCASA-G	26.74
40	Riffel, Keenan	21 NTS-NT	26.77
41	DE Jager, Vaughan	19 NTS-NT	26.79
42	Meyer, Nico	16 FSA-FS	26.82
43	Joubert de Villiers, Dean	18 KZNA-KZ	26.83
44	de Klerk, Ryan	23 FSA-FS	26.87
45	Pienaar, Juan	21 FSA-FS	26.94
46	DU Plooy, Abraham	19 NTS-NT	26.94
47	Zorzi, Giulio	19 NTS-NT	26.95
48	Louw, Anwar	20 WPA-WP	26.95
49	Bartleman, TW	17 WPA-WP	26.99
50	Rankin, Dave	18 KZNA-KZ	27.00
51	Retief, Francois	17 CGA-CG	27.01
52	Erasmus, Douglas	17 EGA-ES	27.04
53	Bruwer, Chris	21 KZNA-KZ	27.04
54	Heyns, Nico	20 FSA-FS	27.06
55	Aloile, Lyle	15 WPA-WP	27.06
56	Van Niekerk, Barjo	24 CGA-CG	27.10
57	Walsh, Brett	14 KZNA-KZ	27.12
58	Morris, Wesley	16 EPA-EP	27.14
59	Kermack, Justin	16 KZNA-KZ	27.14
60	Forbes-Milne, Matthew	19 KZNA-KZ	27.18
61	Sheppard, Clive	19 NTS-NT	27.23
62	Smit, Marcel	20 WPA-WP	27.25
63	Lambrechts, Dirk	16 NTS-NT	27.27
64	DU Toit, Danie	17 FISH-SW	27.33
65	Glyn-Cuthbert, Daniel	14 CGA-CG	27.35
66	Bees, Paul	20 KZNA-KZ	27.36
67	DE Waal, Flippie	20 NTS-NT	27.37
68	Lawson, Jason	19 EGA-ES	27.39
69	Connellan, Murray	18 NWS-NW	27.39
70	Fourie, Jayden	16 KZNA-KZ	27.44
71	Fincham, Ryan	20 KZNA-KZ	27.45
72	Venter, Jasper	19 NTS-NT	27.45
73	Coutts, Peter	16 KZNA-KZ	27.45
74	Rutledge, Wesley	20 KZNA-KZ	27.46
75	Seaman, Marc	29 WPA-WP	27.47
76	Peffer, Davynn	18 CGA-CG	27.50
77	Pereira, Claudio	18 CGA-CG	27.50
78	Buck, Rory	21 NAMIB-ZZ	27.52
79	Barrett, Nathan	17 KZNA-KZ	27.53
80	Wilkins, Layne	18 WPA-WP	27.53
81	Matonse, Leonel	19 MOZ-ZZ	27.53
82	Cullum, Stuart	19 EGA-ES	27.57
83	Bakale, Emile-Rony	20 CGO-ZZ	27.57
84	Lupacchini, Massimo	15 FSA-FS	27.61
85	Van Rensburg, Conrad	17 NTS-NT	27.61
86	DE Villiers, Jacques	16 WPA-WP	27.61
87	Johnston, Trevor	17 CGA-CG	27.62
88	Edwards, Brad	15 EGA-ES	27.62
89	Lindeque, David	16 KZNA-KZ	27.64
90	Van Niekerk, Rayno	17 KZNA-KZ	27.65
91	Faure, James	19 WPA-WP	27.67
92	Hall, Richard	19 CGA-CG	27.68
93	Adriaanse, Jodi	16 NTS-NT	27.68
94	Mac Millan, Dylan	14 CGA-CG	27.69

95	Vd Berg, Matthew	17 EPA-EP	27.70
96	De Villiers, Shaun	15 KZNA-KZ	27.70
97	Du Plessis, Pieter	18 FSA-FS	27.71
98	Hattingh, Heinrich	20 NTS-NT	27.71
99	Lemphane, Victor	18 WPA-WP	27.71
100	Tandy, Brad	16 NNS-NN	27.73
101	Kemp, Matthew	18 EPA-EP	27.74
102	Parry, Gregory	19 KZNA-KZ	27.78

#57 Women 100 LC Meter Freestyle

Name	Age	Team	Seed Time
1	Corfe, Melissa	22 KZNA-KZ	56.33
2	Retief, Lize-Mari	21 NTS-NT	56.84
3	Vorster, Leoné	20 LP-NP	57.00
4	Burger, Liezl	21 WPA-WP	57.44
5	Maree, Trudi	19 FSA-FS	57.88
6	Elphick, Natalie	17 KZNA-KZ	58.24
7	Prinsloo, Karin	18 NTS-NT	58.29
8	Werth, Elzanne	19 CGA-CG	58.48
9	Lategan, Christy	17 WPA-WP	59.00
10	Scott, Megan	16 EGA-ES	59.12
11	Greyling, Melanie	22 KZNA-KZ	59.14
12	Rogers, Marielle	20 KZNA-KZ	59.17
13	Eeson, Kim	18 ZIM-ZZ	59.41
14	Behn, Carys	18 KZNA-KZ	59.82
15	Enslin, Clarissa	16 CGA-CG	59.94
16	DE Wet, Suanne	14 NTS-NT	1:00.05
17	Van Wyk, Chanelle	18 KZNA-KZ	1:00.17
18	Fraser, Moira	17 ZIM-ZZ	1:00.19
19	Van Konynenburg, Shann	16 WPA-WP	1:00.25
20	Neethling, Jean-Marie	17 NTS-NT	1:00.37
21	Kruse, Jana	19 NTS-NT	1:00.65
22	Kat, Caitlin	14 WPA-WP	1:00.78
23	Stones, Tarryn	19 FSA-FS	1:00.79
24	VD Merwe, Yolandi	17 WPA-WP	1:00.79
25	Van Rooyen, Yolandi	18 LP-NP	1:00.84
26	Engelbrecht, Janke	16 LP-NP	1:00.86
27	Sparg, Lauren	23 KZNA-KZ	1:00.94
28	Bragason, Jessica	16 KZNA-KZ	1:01.05
29	Oliver, Kerry	16 KZNA-KZ	1:01.09
30	Du Preez, Sarah	19 CGA-CG	1:01.16
31	Lombard, Amy	17 CGA-CG	1:01.20
32	De Vos, Natasha	15 LP-NP	1:01.21
33	Cant, Bianca	18 KZNA-KZ	1:01.23
34	Benson, Nicole	21 KZNA-KZ	1:01.31
35	Bekker, Jenna	17 NTS-NT	1:01.36
36	Meyer, Laurè	13 FSA-FS	1:01.37
37	Mitri, Paige	15 CGA-CG	1:01.45
38	Ras, Rochelle	15 NTS-NT	1:01.47
39	Mattheus, Lauren	14 CGA-CG	1:01.53
40	Powell, Maxine	18 NTS-NT	1:01.53
41	Vella, Pia	17 CGA-CG	1:01.66
42	Ahrens, Kate	17 KZNA-KZ	1:01.66
43	Plumstead, Hayley	16 EPA-EP	1:01.68
44	Billson, Carmel	15 EPA-EP	1:01.70
45	Roux, Vnette	17 NNS-NN	1:02.25
46	Snyman, Kamilla	14 NTS-NT	1:03.45
47	Forbes-Milne, Emma	15 KZNA-KZ	1:04.12
48	de Beer, Alri	15 NWS-NW	1:04.31

#58 Men 1500 LC Meter Freestyle

Name	Age	Team	Seed Time
1	Prinsloo, Troyden	22 KZNA-KZ	15:15.67
2	Herman, Heerden	17 WPA-WP	15:29.33
3	Randall, Mark	22 BOR-BO	15:29.57
4	Ellis, John	17 KZNA-KZ	15:51.73
5	Venter, Jasper	19 NTS-NT	16:14.99
6	Faure, James	19 WPA-WP	16:16.41
7	Swart, Pieter	20 NTS-NT	16:18.39
8	Venter, Tyron	22 NTS-NT	16:36.30
9	Ho, Chad	17 KZNA-KZ	16:40.39
10	Dahms, Heinrich	18 WPA-WP	16:41.98
11	de Swardt, Mark	18 KZNA-KZ	16:46.66
12	Brown, Myles	15 KZNA-KZ	16:47.47
13	Schoeman, Henri	16 KZNA-KZ	16:48.45
14	Railoun, Abdul-Malick	15 WPA-WP	16:51.61
15	Marais, Danie	15 WPA-WP	16:53.46
16	Ludick, Wessel	14 LP-NP	17:11.56

#61 Women 400 LC Meter IM

Name	Age	Team	Seed Time
1	Pengelly, Jessica	16 WPA-WP	4:41.94
2	Meaklim, Kathryn	18 KZNA-KZ	4:44.47
3	Van Heerden, Karlien	17 NTS-NT	4:52.11
4	Liss, Jessica	12 EPA-EP	4:52.47
5	Lategan, Christy	17 WPA-WP	5:01.16
6	Warnes, Rene	16 KZNA-KZ	5:03.50
7	Bouffe, Tanya	17 KZNA-KZ	5:03.79
8	Mower, Courtney	16 KZNA-KZ	5:06.40
9	Roe, Tasmynne	15 EPA-EP	5:07.35
10	Franklin, Sharné	17 FSA-FS	5:08.58
11	Smith-Baillie, Sarah	20 KZNA-KZ	5:10.16
12	Mower, Kirsten	18 KZNA-KZ	5:11.27
13	Hauptfleisch, Kera	14 FSA-FS	5:11.96
14	Smyth, Louise	17 FSA-FS	5:12.63
15	Ras, Rochelle	15 NTS-NT	5:14.23
16	Tammadge, Roxanne	16 KZNA-KZ	5:15.60
17	Warwick-Oliver, Laurie-A	18 KZNA-KZ	5:16.49
18	Meyer, Roxanne	20 CGA-CG	5:16.55
19	Fryer, Che	16 KZNA-KZ	5:16.69
20	Dryding, Dominique	15 WPA-WP	5:16.91
21	Fish, Guppy	13 EPA-EP	5:17.46
22	VD Merwe, Yolandi	17 WPA-WP	5:17.79
23	Logan, Alison-Jayne	19 KZNA-KZ	5:21.08
24	Plumstead, Hayley	16 EPA-EP	5:21.29
25	Trott, Wendy	18 WPA-WP	5:22.00
26	Beytell, Cobie	18 NWS-NW	5:22.27
27	Labuschagne, Chiquita	17 EGA-ES	5:22.81
28	McCann, Kelly	14 KZNA-KZ	5:22.99

#62 Men 400 LC Meter IM

Name	Age	Team	Seed Time
1	Schoeman, Riaan	18 KZNA-KZ	4:15.41
2	Rousseau, Sebastien	17 WPA-WP	4:29.11
3	Thomson, Jay-Cee	17 CGA-CG	4:29.84
4	Kluever, Rousseau	18 WPA-WP	4:32.14
5	Le Clos, Chad	15 KZNA-KZ	4:32.79
6	Tidboald, Gregg	18 KZNA-KZ	4:33.30
7	Lockett, Byron	17 EPA-EP	4:37.50
8	Swart, Pieter	20 NTS-NT	4:40.74
9	Jansen, Daan	17 LP-NP	4:41.32
10	Peach, Rodney	17 NTS-NT	4:42.76

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#62 ... (Men 400 LC Meter IM)

11	Faure, James	19 WPA-WP	4:44.49
12	Stottelaar, Chris	22 EPA-EP	4:44.57
13	Meyer, Michael	15 CGA-CG	4:44.94
14	de Swardt, Mark	18 KZNA-KZ	4:45.44
15	Schoeman, Henri	16 KZNA-KZ	4:45.69
16	Boshoff, Morne	19 WPA-WP	4:48.10
17	Botha, Hermanus	18 CGA-CG	4:48.32
18	Venter, Tyron	22 NTS-NT	4:48.78
19	Karsten, Nicky	17 NWS-NW	4:50.07
20	Husselmann, Marco	15 KZNA-KZ	4:51.60
21	Lincoln, Arlin	16 WPA-WP	4:52.03
22	Da Costa, Rudy	17 KZNA-KZ	4:53.13
23	Smith, William	15 CGA-CG	4:53.55
24	DE Villiers, Niel	15 WPA-WP	4:53.60
25	Stevenson, Brent	16 CGA-CG	4:53.64
26	Greeff, Frank	15 EPA-EP	4:53.85
27	Ho, Chad	17 KZNA-KZ	4:54.66

#63 Women 400 LC Meter Medley Relay

Team	Relay	Seed Time
1	NTS-NT	A 4:10.23
2	KZNA-KZ	A 4:18.08
3	CGA-CG	A 4:18.70
4	WPA-WP	A 4:19.97
	Ashley-Cooper, Jessica Lategan, Christy 17	Pengelly, Jessica 16 Burger, Liezl 21
5	NTS-NT	B 4:25.35
6	FSA-FS	A 4:28.23
	Franklin, Sharné 17 Smyth, Louise 17	Mullin, Kerry 17 Maree, Trudi 19
7	EPA-EP	A 4:30.23
	Roe, Tasmynne 15 Darne, Simone 15	Liss, Jessica 12 Plumstead, Hayley 16
8	CGA-CG	B 4:30.45
9	WPA-WP	B 4:30.67
	Van Konyenburg, Shar DU Toit, Natalie 24	VD Merwe, Yolandi 17 Kat, Caitlin 14
10	LP-NP	A 4:31.07
	De Vos, Natasha 15 Nel, Jané 16	Van Rooyen, Yolandi 18 Engelbrecht, Janke 16
11	FSA-FS	B 4:36.43
	Palmer, Amber 16 Hauptfleisch, Kera 14	Wienand, Kirsty 21 Stones, Tarryn 19
12	EPA-EP	B 4:40.19
	Fish, Guppy 13 Roe, Amber 17	Plumstead, Keri 17 Billson, Carmel 15

#64 Men 400 LC Meter Medley Relay

Team	Relay	Seed Time
1	NTS-NT	A 3:40.71
2	KZNA-KZ	A 3:44.65
3	CGA-CG	A 3:45.18
4	NTS-NT	B 3:47.10
5	WPA-WP	A 3:51.33
	Botha, Jarryd 23 Rousseau, Sebastien 17	DE Villiers, Jacques 16 King, Chris 22
6	CGA-CG	B 3:52.61
7	EPA-EP	A 3:54.18
	Page, Jason 20 Kieck, Greg 22	Stottelaar, Chris 22 Harris, Shaun 24

8	LP-NP	A 4:01.02
	Jansen, Daan 17 Alberts, Heinrich 15	Smit, Riaan 16 Nel, Bertie 17
9	EPA-EP	B 4:01.03
	Vd Sande, Christopher 1 Lockett, Byron 17	Marais, David 16 Morris, Wesley 16
10	WPA-WP	B 4:02.06
	Greeff, Dricus 17 Kluever, Rousseau 18	Seaman, Marc 29 DU Plessis, Marnitz 20
11	FSA-FS	A 4:03.40
	Botha, Christoff 15 DU Rand, George 25	Du Plessis, Pieter 18 Bester, Ruan 19
12	FSA-FS	B 4:06.81
	Heyns, Nico 20 de Klerk, Ryan 23	Flynn, Renay 16 Du Toit, Magnes 19
13	EGA-ES	A 4:15.04
	Edwards, Brad 15 Kruger, Juandre 16	Lawson, Jason 19 Erasmus, Douglas 17

#111 Mixed 50 LC Meter Freestyle Multi-Disability

Name	Age	Team	Seed Time
1	Groenewald, Craig	M29 CGA-CG	26.31
2	Wright, Challis	M16 CGA-CG	26.60
3	Hassiem, Achmat	M25 WPA-WP	27.09
4	Paul, Kevin	M16 EPA-EP	27.23
5	Afrikaner, Sherwin	M17 WPA-WP	28.17
6	Vergotine, Valentino	M20 WPA-WP	29.39
7	Coates, David	M29 KZNA-KZ	29.51
8	Du Plessis, Tiaan	M23 KZNA-KZ	29.64
9	Mjoka, Siph	M19 KZNA-KZ	29.80
10	Sapiro, Shireen	W17 CGA-CG	32.19
11	Loubser S15, Cornell	W13 NFS-NF	32.56
12	Knight, Jessica	W15 KZNA-KZ	33.59
13	Gray, Emily	W16 CGA-CG	33.80
14	Lourens, Gina	W44 WPA-WP	37.19
15	Smit, Dot	W23 FISH-SW	38.65
16	Fowler, Cornelia	W27 KZNA-KZ	39.58
17	Higgins, Jennifer	W24 KZNA-KZ	39.67
18	VD Merwe, Hendrik	M17 NTS-NT	40.24
19	Bloem, Renette	W44 WPA-WP	40.60
20	Visser, Adri	W20 CGA-CG	51.50
21	Nothling, Beth	W18 NNS-NN	55.96
22	Shannon, Sarah	W26 FSA-FS	1:15.97

#121 Mixed 100 LC Meter Breaststroke Multi-Disability

Name	Age	Team	Seed Time
1	Paul, Kevin	M16 EPA-EP	1:13.14
2	Wright, Challis	M16 CGA-CG	1:17.42
3	Groenewald, Craig	M29 CGA-CG	1:22.24
4	Afrikaner, Sherwin	M17 WPA-WP	1:22.89
5	Vergotine, Valentino	M20 WPA-WP	1:22.91
6	Mjoka, Siph	M19 KZNA-KZ	1:30.80
7	Knight, Jessica	W15 KZNA-KZ	1:34.21
8	Slattery, Tadhg	M36 CGA-CG	1:40.51
9	Mogale, Sibusiso	M20 CGA-CG	1:40.82
10	Castelo Branco, Ashley	M18 CGA-CG	1:42.87
11	Fowler, Cornelia	W27 KZNA-KZ	1:45.07
12	Bloem, Renette	W44 WPA-WP	1:45.37
13	VD Merwe, Hendrik	M17 NTS-NT	1:49.18
14	Gray, Emily	W16 CGA-CG	1:49.73
15	Higgins, Jennifer	W24 KZNA-KZ	1:57.12
16	Nothling, Beth	W18 NNS-NN	2:35.08

17	Visser, Adri	W20 CGA-CG	2:45.47
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#131 Mixed 50 LC Meter Backstroke Multi-Disability

Name	Age	Team	Seed Time
1	Wright, Challis	M16 CGA-CG	33.23
2	Groenewald, Craig	M29 CGA-CG	34.26
3	Sapiro, Shireen	W17 CGA-CG	35.30
4	Du Plessis, Tiaan	M23 KZNA-KZ	35.57
5	Coates, David	M29 KZNA-KZ	35.94
6	Hassiem, Achmat	M25 WPA-WP	37.55
7	Knight, Jessica	W15 KZNA-KZ	37.63
8	Gray, Emily	W16 CGA-CG	39.28
9	Loubser S15, Cornell	W13 NFS-NF	39.51
10	Slattery, Tadhg	M36 CGA-CG	43.04
11	Mogale, Sibusiso	M20 CGA-CG	47.15
12	Fowler, Cornelia	W27 KZNA-KZ	47.60
13	Mainganye, Mpho	M16 CGA-CG	48.68
14	Bloem, Renette	W44 WPA-WP	48.83
15	Smit, Dot	W23 FISH-SW	49.12
16	Higgins, Jennifer	W24 KZNA-KZ	50.21
17	Nothling, Beth	W18 NNS-NN	1:02.75
18	Shannon, Sarah	W26 FSA-FS	1:18.33

#132 Mixed 100 LC Meter Butterfly Multi-Disability

Name	Age	Team	Seed Time
1	Hassiem, Achmat	M25 WPA-WP	1:03.46
2	Groenewald, Craig	M29 CGA-CG	1:05.80
3	Coates, David	M29 KZNA-KZ	1:06.58
4	Afrikaner, Sherwin	M17 WPA-WP	1:18.21
5	Vergotine, Valentino	M20 WPA-WP	1:18.23
6	Loubser S15, Cornell	W13 NFS-NF	1:20.07
7	Sapiro, Shireen	W17 CGA-CG	1:20.98
8	Mjoka, Siph	M19 KZNA-KZ	1:28.70
9	Mogale, Sibusiso	M20 CGA-CG	1:41.82
10	Fowler, Cornelia	W27 KZNA-KZ	1:44.36
11	Visser, Adri	W20 CGA-CG	2:24.66

#141 Mixed 200 LC Meter IM Multi-Disability

Name	Age	Team	Seed Time
1	Paul, Kevin	M16 EPA-EP	2:25.64
2	Groenewald, Craig	M29 CGA-CG	2:31.94
3	Wright, Challis	M16 CGA-CG	2:33.67
4	Hassiem, Achmat	M25 WPA-WP	2:41.35
5	Coates, David	M29 KZNA-KZ	2:41.63
6	Afrikaner, Sherwin	M17 WPA-WP	2:51.88
7	Vergotine, Valentino	M20 WPA-WP	2:52.34
8	Mjoka, Siph	M19 KZNA-KZ	3:02.23
9	Gray, Emily	W16 CGA-CG	3:09.19
10	Slattery, Tadhg	M36 CGA-CG	3:20.73
11	Smit, Dot	W23 FISH-SW	3:28.66
12	Fowler, Cornelia	W27 KZNA-KZ	3:30.79
13	Higgins, Jennifer	W24 KZNA-KZ	3:43.02
14	Bloem, Renette	W44 WPA-WP	3:43.29
15	Mogale, Sibusiso	M20 CGA-CG	3:53.43
16	Visser, Adri	W20 CGA-CG	4:55.11

#151 Mixed 100 LC Meter Freestyle Multi-Disability

Name	Age	Team	Seed Time
1	Groenewald, Craig	M29 CGA-CG	57.49
2	Hassiem, Achmat	M25 WPA-WP	58.61
3	Wright, Challis	M16 CGA-CG	58.97
4	Paul, Kevin	M16 EPA-EP	59.96
5	Afrikaner, Sherwin	M17 WPA-WP	1:02.46

Telkom SA National Aquatic Championships 2008

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Psych Sheet

#151 ... (Mixed 100 LC Meter Freestyle)

6	Du Plessis, Tiaan	M23 KZNA-KZ	1:05.26
7	Coates, David	M29 KZNA-KZ	1:05.69
8	Mjoka, Sipho	M19 KZNA-KZ	1:05.90
9	Sapiro, Shireen	W17 CGA-CG	1:10.41
10	Gray, Emily	W16 CGA-CG	1:12.62
11	Loubser S15, Cornell	W13 NFS-NF	1:12.94
12	Smit, Dot	W23 FISH-SW	1:23.65
13	Fowler, Cornelia	W27 KZNA-KZ	1:28.18
14	Bloem, Renette	W44 WPA-WP	1:28.45
15	VD Merwe, Hendrik	M17 NTS-NT	1:30.04
16	Higgins, Jennifer	W24 KZNA-KZ	1:30.65
17	Visser, Adri	W20 CGA-CG	1:52.30
18	Nothling, Beth	W18 NNS-NN	2:01.98
19	Shannon, Sarah	W26 FSA-FS	2:47.01

5	Gray, Emily	W16 CGA-CG	1:17.14
6	Knight, Jessica	W15 KZNA-KZ	1:21.32
7	Afrikaner, Sherwin	M17 WPA-WP	1:25.44
8	Slattery, Tadhg	M36 CGA-CG	1:31.70
9	Smit, Dot	W23 FISH-SW	1:37.85
10	Fowler, Cornelia	W27 KZNA-KZ	1:42.07
11	Mogale, Sibusiso	M20 CGA-CG	1:45.43
12	Bloem, Renette	W44 WPA-WP	1:45.44
13	Higgins, Jennifer	W24 KZNA-KZ	1:47.76
14	Nothling, Beth	W18 NNS-NN	2:14.51
15	Shannon, Sarah	W26 FSA-FS	2:50.20

#152 Mixed 50 LC Meter Butterfly Multi-Disability

Name	Age	Team	Seed Time
1	Hassiem, Achmat	M25 WPA-WP	27.46
2	Groenewald, Craig	M29 CGA-CG	29.32
3	Coates, David	M29 KZNA-KZ	31.31
4	Wright, Challis	M16 CGA-CG	31.32
5	Afrikaner, Sherwin	M17 WPA-WP	32.84
6	Vergotine, Valentino	M20 WPA-WP	34.53
7	Mjoka, Sipho	M19 KZNA-KZ	34.81
8	Sapiro, Shireen	W17 CGA-CG	34.89
9	Loubser S15, Cornell	W13 NFS-NF	35.58
10	Smit, Dot	W23 FISH-SW	40.82
11	Mogale, Sibusiso	M20 CGA-CG	42.57
12	Mainganye, Mpho	M16 CGA-CG	45.19
13	Fowler, Cornelia	W27 KZNA-KZ	48.30
14	Thulo, Jappie	M17 CGA-CG	50.66
15	Higgins, Jennifer	W24 KZNA-KZ	51.26
16	Bloem, Renette	W44 WPA-WP	52.69
17	Visser, Adri	W20 CGA-CG	1:05.28

#161 Mixed 50 LC Meter Breaststroke Multi-Disability

Name	Age	Team	Seed Time
1	Paul, Kevin	M16 EPA-EP	33.51
2	Groenewald, Craig	M29 CGA-CG	34.61
3	Wright, Challis	M16 CGA-CG	35.45
4	Afrikaner, Sherwin	M17 WPA-WP	36.59
5	Vergotine, Valentino	M20 WPA-WP	38.09
6	Mjoka, Sipho	M19 KZNA-KZ	42.01
7	Knight, Jessica	W15 KZNA-KZ	43.22
8	Mogale, Sibusiso	M20 CGA-CG	45.03
9	Slattery, Tadhg	M36 CGA-CG	45.06
10	Castelo Branco, Ashley	M18 CGA-CG	45.21
11	Mainganye, Mpho	M16 CGA-CG	48.41
12	Fowler, Cornelia	W27 KZNA-KZ	48.46
13	Bloem, Renette	W44 WPA-WP	49.10
14	Thulo, Jappie	M17 CGA-CG	54.89
15	Stoltz, Thomas	M40 CGA-CG	1:04.29
16	Nothling, Beth	W18 NNS-NN	1:13.08
17	Visser, Adri	W20 CGA-CG	1:17.37

#162 Mixed 100 LC Meter Backstroke Multi-Disability

Name	Age	Team	Seed Time
1	Sapiro, Shireen	W17 CGA-CG	1:13.10
2	Du Plessis, Tiaan	M23 KZNA-KZ	1:15.25
3	Groenewald, Craig	M29 CGA-CG	1:15.71
4	Coates, David	M29 KZNA-KZ	1:16.48