

Winelands SL Final - 2023/01/28

Results

Event 1 Girls 11 Year Olds 1500 LC Meter Freestyle

23:34.67 11 WPQT WCQT

26:37.51 11 SLQT SLQT

26:37.51 11 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Durandt, Sharli	11	Sport Science Institute of SA-CP	NT	20:58.20 WPQT

Event 1 Women 15 Year Olds 1500 LC Meter Freestyle

20:38.70 15 WPQT WCQT

22:51.46 15 SLQT SLQT

22:51.46 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Vickers, Sophie	15	Sport Science Institute of SA-CP	NT	22:00.28 SLQT

Event 1 Women 16 & Over 1500 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Hearne, Trinity S	19	Cybersmart Aquatics-CP	NT	17:53.98
2 De Roubaix, Maric M	16	Lane Leader Stellenbosch-CE	NT	19:25.35
3 Pretorius, Ashleè	17	Sport Science Institute of SA-CP	20:15.01	20:26.50
4 Nortjè, Mia	17	Cybersmart Aquatics-CP	NT	21:04.00

Event 1 Boys 13 Year Olds 1500 LC Meter Freestyle

22:30.98 13 WPQT WCQT

23:12.00 13 SLQT SLQT

23:12.00 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Basson, Lucca N	13	Cybersmart Aquatics-CP	NT	20:22.30 WPQT
2 Lategan, Nicky N	13	Swartland Swim Club-WC	20:47.41	20:32.90 WPQT

Event 1 Boys 14 Year Olds 1500 LC Meter Freestyle

20:05.72 14 WPQT WCQT

21:48.44 14 SLQT SLQT

21:48.44 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Southworth, Matthew W	14	Cybersmart Aquatics-CP	18:40.79	18:11.72 WPQT

Event 1 Men 15 Year Olds 1500 LC Meter Freestyle

20:05.72 15 WPQT WCQT

21:30.19 15 SLQT SLQT

21:30.19 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Coetzer, Milan J	15	Cybersmart Aquatics-CP	18:52.01	18:28.87 WPQT
2 Yates, Alexander J	15	Cybersmart Aquatics-CP	NT	19:10.58 WPQT

Event 1 Men 16 & Over 1500 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Muller, Righardt	20	Cybersmart Aquatics-CP	15:36.71	15:59.60
2 Du Preez, Ethan M	19	Cybersmart Aquatics-CP	17:08.49	16:51.40
3 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	NT	17:24.75
4 Strydom, Stephan	17	Tygerberg Aquatics-CP	18:11.68	18:26.69
5 Coetzer, Jayden P	17	Cybersmart Aquatics-CP	18:07.38	19:07.42
6 Cavallaro, Federico F	17	Cybersmart Aquatics-CP	NT	19:22.03
7 Eybers, Tristan	16	Cybersmart Aquatics-CP	21:31.86	22:08.15

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Event 2 Girls 13 Year Olds 800 LC Meter Freestyle

11:47.67 13 WPQT WCQT

13:26.09 13 SLQT SLQT

13:26.09 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Hartung, Amy M	13	Aqua Sharks Academy-CP	10:41.67	10:34.87 WPQT

Event 2 Girls 14 Year Olds 800 LC Meter Freestyle

10:51.02 14 WPQT WCQT

12:11.02 14 SLQT SLQT

12:11.02 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Borman, Jani	14	Quicksilver Aquatics Winelands-CE	NT	11:07.65 SLQT

Event 2 Women 15 Year Olds 800 LC Meter Freestyle

10:51.02 15 WPQT WCQT

12:01.31 15 SLQT SLQT

12:01.31 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	NT	11:32.17 SLQT

Event 2 Women 16 & Over 800 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 O'Neill, Melisa A	31	Aqua Sharks Academy-CP	NT	14:57.80

Event 2 Boys 12 Year Olds 800 LC Meter Freestyle

11:41.25 12 WPQT WCQT

12:08.54 12 SLQT SLQT

12:08.54 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Oaten, Rourke	12	Cybersmart Aquatics-CP	NT	10:45.67 WPQT
2 Kotzè, Arden C	12	Paarl Aquarius SC-CE	NT	10:47.75 WPQT
3 Cavallaro, Michele R	12	Cybersmart Aquatics-CP	NT	10:59.30 WPQT

Event 2 Boys 13 Year Olds 800 LC Meter Freestyle

11:41.25 13 WPQT WCQT

12:02.54 13 SLQT SLQT

12:02.54 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Liedeman, Mark	13	Swartland Swim Club-WC	NT	11:30.55 WPQT

Event 2 Boys 14 Year Olds 800 LC Meter Freestyle

10:25.85 14 WPQT WCQT

11:19.17 14 SLQT SLQT

11:19.17 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Heyes, Garrick T	14	Aqua Sharks Academy-CP	10:53.78	10:26.26 SLQT
2 Viljoen, Jaden R	14	Aqua Sharks Academy-CP	11:17.56	10:30.27 SLQT

Event 2 Men 15 Year Olds 800 LC Meter Freestyle

10:25.85 15 WPQT WCQT

11:10.22 15 SLQT SLQT

11:10.22 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Moran, Luke	15	Blouberg Marlins-CP	10:41.76	10:22.07 WPQT

Event 2 Men 16 & Over 800 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Wright, Keegan	16	Tygerberg Aquatics-CP	8:51.32	9:03.80

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(Event 2 Men 16 & Over 800 LC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
2 Vorster, Heinrich A	20	Maties Aquatics-CE	9:17.72	9:39.50
3 Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	NT	10:00.68

Event 3 Girls 13 Year Olds 200 LC Meter Butterfly

3:00.17 13 WPQT WCQT

3:20.18 13 SLQT SLQT

3:20.18 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Liebenberg, Emily M	13	Swartland Swim Club-WC	2:53.07	3:07.31 SLQT

Event 3 Girls 14 Year Olds 200 LC Meter Butterfly

2:46.15 14 WPQT WCQT

3:05.31 14 SLQT SLQT

3:05.31 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Kemper, Giselle	14	Cybersmart Aquatics-CP	2:53.15	2:59.50 SLQT

Event 3 Women 17 & Over 200 LC Meter Butterfly

2:41.01 17&O WPQT WCQT

2:58.83 17&O SLQT SLQT

2:58.83 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Hearne, Trinity S	19	Cybersmart Aquatics-CP	2:14.73	2:21.35 WPQT
2 Nortjè, Mia	17	Cybersmart Aquatics-CP	2:56.54	2:50.40 SLQT
3 King, Mischa	17	Lane Leader Stellenbosch-CE	NT	2:50.50 SLQT

Event 3 Boys 12 Year Olds 200 LC Meter Butterfly

2:58.20 12 WPQT WCQT

3:13.62 12 SLQT SLQT

3:13.62 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Cavallaro, Michele R	12	Cybersmart Aquatics-CP	2:44.87	2:47.50 WPQT
2 Oaten, Rourke	12	Cybersmart Aquatics-CP	2:58.63	2:52.23 WPQT

Event 3 Boys 13 Year Olds 200 LC Meter Butterfly

2:58.20 13 WPQT WCQT

3:11.85 13 SLQT SLQT

3:11.85 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Basson, Lucca N	13	Cybersmart Aquatics-CP	2:57.38	2:57.41 WPQT

Event 3 Boys 14 Year Olds 200 LC Meter Butterfly

2:50.04 14 JCQT JCQT

2:50.04 14 SLQT SLQT

3:39.45 14 WPQT WCQT

Name	Age	Team	Seed Time	Finals Time
1 Southworth, Matthew W	14	Cybersmart Aquatics-CP	NT	2:31.23 JCQT

Event 3 Men 15 Year Olds 200 LC Meter Butterfly

2:48.62 15 JCQT JCQT

2:48.62 15 SLQT SLQT

3:39.45 15 WPQT WCQT

Name	Age	Team	Seed Time	Finals Time
1 Yates, Alexander J	15	Cybersmart Aquatics-CP	2:28.96	2:33.15 JCQT
2 Coetzer, Milan J	15	Cybersmart Aquatics-CP	2:27.78	2:44.93 JCQT

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Event 3 Men 16 Year Olds 200 LC Meter Butterfly

2:32.36 16 WPQT WCQT

2:44.23 16 SLQT SLQT

2:44.23 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:24.44	2:21.28	WPQT
2 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:19.70	2:25.75	WPQT

Event 3 Men 17 & Over 200 LC Meter Butterfly

2:32.36 17&O WPQT WCQT

2:44.23 17&O SLQT SLQT

2:44.23 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Du Preez, Ethan M	19	Cybersmart Aquatics-CP	2:01.68	2:04.09	WPQT
2 Muller, Righardt	20	Cybersmart Aquatics-CP	2:02.68	2:07.05	WPQT
3 Coetzer, Jayden P	17	Cybersmart Aquatics-CP	2:13.52	2:21.40	WPQT
4 Cavallaro, Federico F	17	Cybersmart Aquatics-CP	2:38.50	2:37.27	SLQT

Event 5 Girls 12 Year Olds 400 LC Meter Freestyle

5:44.10 12 WPQT WCQT

6:37.36 12 SLQT SLQT

6:37.36 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Noble, Reese O	12	Swimlab Aquatic Academ-CP	5:17.96	5:18.47	WPQT
2 Robinson, Alana	12	Swimlab Aquatic Academ-CP	6:41.78	6:26.17	SLQT

Event 5 Girls 13 Year Olds 400 LC Meter Freestyle

5:44.10 13 WPQT WCQT

6:32.59 13 SLQT SLQT

6:32.59 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Senekal, Margo	13	Tygerberg Aquatics-CP	5:18.33	5:19.23	WPQT

Event 5 Girls 14 Year Olds 400 LC Meter Freestyle

5:16.67 14 WPQT WCQT

5:55.62 14 SLQT SLQT

5:55.62 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kemper, Giselle	14	Cybersmart Aquatics-CP	5:09.98	5:29.40	SLQT
2 De Lange, Marizaan	14	Curro Langebaan Swim Club-WC	5:47.45	5:45.25	SLQT
3 Grobbelaar, Chanè M	14	Swartland Swim Club-WC	5:49.15	5:48.31	SLQT

Event 5 Women 15 Year Olds 400 LC Meter Freestyle

5:16.67 15 WPQT WCQT

5:51.45 15 SLQT SLQT

5:51.45 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Fury, Rebecca G	15	Vineyard SC-CP	4:36.49	4:46.17	WPQT
2 Kotzè, Tamsyn G	15	Blouberg Marlins-CP	5:06.21	5:14.43	WPQT
3 Roberts, Annabelle	15	Lane Leader Stellenbosch-CE	5:39.53	5:48.53	SLQT
4 Flack, Rebecca I	15	Curro Langebaan Swim Club-WC	6:05.91	6:15.17	

Event 5 Women 16 Year Olds 400 LC Meter Freestyle

5:06.70 16 WPQT WCQT

5:42.90 16 SLQT SLQT

5:42.90 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Groepes, Rachel L	16	Swimlab Aquatic Academ-CP	4:50.07	4:52.45	WPQT
2 Rinquest, Aqeelah	16	Marlin Swimming Club-CP	5:37.23	5:27.90	SLQT

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(Event 5 Women 16 Year Olds 400 LC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
3 Kemp, Mari	16	Swartland Swim Club-WC	NT	6:18.73

Event 5 Women 17 & Over 400 LC Meter Freestyle

5:06.70 17&O WPQT WCQT

5:42.90 17&O SLQT SLQT

5:42.90 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 LE Roux, Chloe	18	Kovsies Swimming Club Bfn-MA	4:50.87	4:45.44 WPQT
2 Venter, Liya E	17	Blouberg Marlins-CP	5:02.00	4:59.13 WPQT
3 Ribeiro, Nuria A	20	Maties Aquatics-CE	NT	5:07.25 SLQT
4 Counihan, Hannah L	20	Maties Aquatics-CE	4:58.77	5:09.31 SLQT
5 King, Mischa	17	Lane Leader Stellenbosch-CE	4:46.03	5:52.48

Event 5 Boys 11 & Under 400 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	5:09.30	5:24.27

Event 5 Boys 12 Year Olds 400 LC Meter Freestyle

5:41.09 12 WPQT WCQT

5:54.61 12 SLQT SLQT

5:54.61 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Mansfield, Luke T	12	Lane Leader Stellenbosch-CE	5:27.65	5:15.48 WPQT

Event 5 Boys 13 Year Olds 400 LC Meter Freestyle

5:41.09 13 WPQT WCQT

5:51.69 13 SLQT SLQT

5:51.69 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	NT	5:11.21 WPQT
2 Cleophas, Kyle	13	Paarl Aquarius SC-CE	5:59.09	5:36.70 WPQT
3 Louw, Jaco A	13	Swartland Swim Club-WC	5:53.12	5:49.99 SLQT

Event 5 Boys 14 Year Olds 400 LC Meter Freestyle

5:04.46 14 WPQT WCQT

5:30.58 14 SLQT SLQT

5:30.58 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Bannister, Joshua G	14	Tygerberg Aquatics-CP	4:38.26	4:43.70 WPQT
2 De Lange, Ruben	14	Curro Langebaan Swim Club-WC	NT	5:25.56 SLQT

Event 5 Men 15 Year Olds 400 LC Meter Freestyle

5:04.46 15 WPQT WCQT

5:26.78 15 SLQT SLQT

5:26.78 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 McWilliam, Troy J	15	Tygerberg Aquatics-CP	4:33.90	4:29.29 WPQT
2 Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	4:30.28	4:32.87 WPQT
3 Clarke, Liam	15	Lane Leader Stellenbosch-CE	4:38.90	4:33.70 WPQT
4 Möller, FC C	15	Tygerberg Aquatics-CP	4:44.72	4:45.03 WPQT
5 Alexander, Ammaar	15	Marlin Swimming Club-CP	NT	4:56.07 WPQT
6 Schreuder, Steffen	15	Aquasharks Winelands-CE	4:56.41	5:05.14 SLQT
7 Gilbert, Thomas O	15	Swimlab Aquatic Academ-CP	NT	5:09.70 SLQT
8 Basson, Luan	15	Swartland Swim Club-WC	NT	5:12.15 SLQT
9 Saayman, Dehan	15	Players-CE	NT	5:33.35

Winelands SL Final - 2023/01/28**Results****Event 5 Men 16 Year Olds 400 LC Meter Freestyle**

4:50.72 16 WPQT WCQT

5:23.43 16 SLQT SLQT

5:23.43 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 McWilliam, Benn D	16	Tygerberg Aquatics-CP	4:35.26	4:28.71	WPQT
2 Eybers, Tristan	16	Cybersmart Aquatics-CP	5:26.37	5:27.69	

Event 5 Men 17 & Over 400 LC Meter Freestyle

4:50.72 17&O WPQT WCQT

5:23.43 17&O SLQT SLQT

5:23.43 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Waters, Zack L	17	Swimlab Aquatic Academ-CP	4:28.74	4:32.48	WPQT
2 Vorster, Heinrich A	20	Maties Aquatics-CE	4:30.48	4:40.65	WPQT
3 Carrol, Matt	17	Blouberg Marlins-CP	4:35.00	4:42.42	WPQT
4 Treurnicht, Wim G	17	Players-CE	4:47.00	4:52.58	SLQT
5 Buys, Llewellyn O	21	Maties Aquatics-CE	NT	5:16.20	SLQT
6 Anthony, Ammar	20	Marlin Swimming Club-CP	NT	5:16.84	SLQT
7 Abrahams, Wasfi	17	Marlin Swimming Club-CP	NT	5:21.20	SLQT

Event 7 Girls 11 & Under 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	
1 Louw, Isabella A	11	Blouberg Marlins-CP	1:30.13	1:29.45	
2 Fenner, Olivia M	11	Quicksilver Aquatics Winelands-CE	1:34.32	1:32.14	
3 Flack, Francesca	11	Curro Langebaan Swim Club-WC	1:32.95	1:33.05	
4 Dowle, Alessia C	11	Players-CE	1:37.07	1:34.22	
5 Nienaber, Mila J	11	Quicksilver Aquatics Winelands-CE	1:40.17	1:34.78	
6 Van den Berg, Nika	11	Quicksilver Aquatics Winelands-CE	NT	1:34.88	
7 Van Wyk, Josie	10	Lane Leader Stellenbosch-CE	1:44.69	1:38.16	
8 Liebenberg, Aimee L	11	Swartland Swim Club-WC	1:38.92	1:41.00	
9 Kruger, Milan	11	Quicksilver Aquatics Winelands-CE	NT	1:44.38	
10 Van de Vyver, Mia	10	Quicksilver Aquatics Winelands-CE	1:51.19	1:44.69	
11 Gilligan, Saskia	9	Blouberg Marlins-CP	NT	1:44.85	
12 Dabrowski, Leah A	9	Blouberg Marlins-CP	1:50.38	1:48.25	
13 Beyers, Lize M	9	Agulhas Aquatics-OB	1:34.31	1:48.83	
14 Jacobs, Mabet	10	Agulhas Aquatics-OB	NT	1:50.88	
15 Elan-Puttick, Olivia A	11	Quicksilver Aquatics Winelands-CE	NT	1:52.65	
16 Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	2:11.73	2:09.86	

Event 7 Girls 12 Year Olds 100 LC Meter Backstroke

1:25.76 12 WPQT WCQT

1:36.10 12 SLQT SLQT

1:36.10 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Basson, Lenè	12	Curro Langebaan Swim Club-WC	1:22.46	1:23.01	WPQT
2 Saayman, Nika D	12	Players-CE	1:30.21	1:27.49	SLQT
3 Robinson, Alana	12	Swimlab Aquatic Academ-CP	1:37.78	1:34.33	SLQT
4 Dreyer, Sadie	12	Biosplash Swim Academy-CE	1:30.61	1:35.23	SLQT
5 Brink, Jani	12	Quicksilver Aquatics Winelands-CE	1:39.45	1:37.93	
6 Tredoux, Taylor M	12	Blouberg Marlins-CP	1:35.80	1:38.83	
7 Badenhorst, Nolene	12	Biosplash Swim Academy-CE	NT	1:41.00	

Winelands SL Final - 2023/01/28**Results****Event 7 Girls 13 Year Olds 100 LC Meter Backstroke**

1:25.76 13 WPQT WCQT

1:35.77 13 SLQT SLQT

1:35.77 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kotze, Abigail	13	Vineyard SC-CP	1:07.16	1:11.10	WPQT
2 Coleman, Madison	13	Blouberg Marlins-CP	1:16.90	1:16.47	WPQT
3 Huang, Amelia A	13	Blouberg Marlins-CP	1:16.20	1:16.91	WPQT
4 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	1:19.64	1:17.93	WPQT
5 Juries, Sam C	13	Curro Langebaan Swim Club-WC	1:20.86	1:19.84	WPQT
6 Vorster, Mia	13	Swartland Swim Club-WC	1:19.09	1:20.35	WPQT
7 Vd Merwe, Mi-Ly	13	Biosplash Swim Academy-CE	NT	1:23.65	WPQT
8 Senekal, Margo	13	Tygerberg Aquatics-CP	1:25.03	1:24.78	WPQT
9 Visagie, Jani	13	Swartland Swim Club-WC	1:24.23	1:27.07	SLQT
10 McWilliam, Amy L	13	Tygerberg Aquatics-CP	1:23.75	1:29.17	SLQT
11 Davie, Morgan J	13	Blouberg Marlins-CP	1:33.25	1:34.16	SLQT
12 Wessels, Remy L	13	Agulhas Aquatics-OB	1:44.10	1:35.98	

Event 7 Girls 14 Year Olds 100 LC Meter Backstroke

1:19.07 14 WPQT WCQT

1:28.19 14 SLQT SLQT

1:28.19 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Goebel, Zoë	14	Tygerberg Aquatics-CP	1:16.54	1:15.57	WPQT
2 De Lange, Marizaan	14	Curro Langebaan Swim Club-WC	1:24.68	1:23.26	SLQT
3 Grootboom, Lulu R	14	Swartland Swim Club-WC	1:22.64	1:23.74	SLQT
4 Pieterse, Chloe	14	Quicksilver Aquatics Winelands-CE	1:21.92	1:24.14	SLQT
5 Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	1:24.33	SLQT
6 Brand, Emsie	14	Swartland Swim Club-WC	1:25.10	1:25.55	SLQT
7 Wium, Mari	14	Quicksilver Aquatics Winelands-CE	1:21.14	1:25.60	SLQT
8 Carrol, Jessica C	14	Blouberg Marlins-CP	1:25.45	1:27.18	SLQT
9 Kemper, Giselle	14	Cybersmart Aquatics-CP	NT	1:29.19	
10 Burger, Mignon	14	Swartland Swim Club-WC	1:34.98	1:29.99	
11 Kemp, Anè	14	Swartland Swim Club-WC	NT	1:35.05	
12 May, Cleo J	14	Marlin Swimming Club-CP	1:35.13	1:35.92	

Event 7 Women 15 Year Olds 100 LC Meter Backstroke

1:19.07 15 WPQT WCQT

1:27.98 15 SLQT SLQT

1:27.98 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 De Wet, Emma M	15	Vineyard SC-CP	1:04.24	1:08.08	WPQT
2 Louw, Alexa	15	Blouberg Marlins-CP	1:18.20	1:21.20	SLQT
*3 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	1:21.67	1:24.34	SLQT
*3 Greyvenstein, Haléya	15	Players-CE	1:22.11	1:24.34	SLQT
5 Rinquest, Taaliah	15	Marlin Swimming Club-CP	1:26.32	1:27.06	SLQT
6 Jeftha, Zara L	15	Marlin Swimming Club-CP	NT	1:28.96	
7 Flack, Rebecca I	15	Curro Langebaan Swim Club-WC	1:21.13	1:29.77	
--- Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	1:19.82	DQ 1:18.12	

Completely submerged prior to turn or finish

Event 7 Women 16 Year Olds 100 LC Meter Backstroke

1:16.63 16 WPQT WCQT

1:25.15 16 SLQT SLQT

1:25.15 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Smidt, Clio J	16	Marlin Swimming Club-CP	1:10.42	1:11.48	WPQT
2 Groepes, Rachel L	16	Swimlab Aquatic Academ-CP	1:06.26	1:11.67	WPQT

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Name	Age	Team	Seed Time	Finals Time	
3 Vorster, Carli	16	Swartland Swim Club-WC	1:20.84	1:22.60	SLQT
4 Kriek, Mila	16	Quicksilver Aquatics Winelands-CE	1:20.08	1:23.59	SLQT
5 Vd Berg, Talia	16	Quicksilver Aquatics Winelands-CE	1:23.97	1:24.85	SLQT
6 Anders, Erin D	16	Marlin Swimming Club-CP	1:24.76	1:27.63	
7 Davids, Kiara H	16	Marlin Swimming Club-CP	1:34.04	1:36.07	

Event 7 Women 17 & Over 100 LC Meter Backstroke

1:16.63 17&O WPQT WCQT

1:25.15 17&O SLQT SLQT

1:25.15 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Hearne, Trinity S	19	Cybersmart Aquatics-CP	NT	1:09.20	WPQT
2 De Jongh, Grace	17	Lane Leader Stellenbosch-CE	1:06.59	1:09.34	WPQT
3 De Villiers, Lezanne	18	Players-CE	1:09.46	1:10.84	WPQT
4 Venter, Liya E	17	Blouberg Marlins-CP	1:08.31	1:11.07	WPQT
5 Michell, Emma Y	17	Lane Leader Stellenbosch-CE	1:09.43	1:11.87	WPQT
6 Rathner, Ava	17	Swimlab Aquatic Academ-CP	1:09.85	1:12.48	WPQT
7 Booth, Jess H	20	Maties Aquatics-CE	NT	1:19.85	SLQT
8 Heyes, Danielle A	17	Aqua Sharks Academy-CP	1:18.77	1:20.78	SLQT
9 Nortjè, Mia	17	Cybersmart Aquatics-CP	1:21.51	1:22.56	SLQT

Event 7 Boys 11 & Under 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	
1 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	1:18.86	1:32.65	
2 Brand, Kobus P	11	Swartland Swim Club-WC	1:35.55	1:36.90	
3 Kleu, Wian M	9	Biosplash Swim Academy-CE	1:35.19	1:37.16	
4 Wagener, Tiaan H	10	Aquasharks Winelands-CE	1:37.58	1:37.19	
5 Cleophas, Lee L	11	Paarl Aquarius SC-CE	1:43.55	1:38.30	
6 Kruger, Zachary C	10	Swartland Swim Club-WC	1:37.32	1:38.40	
7 Lategan, Wessel W	10	Swartland Swim Club-WC	1:41.03	1:45.40	
8 Lewis, Amaru C	10	Paarl Aquarius SC-CE	1:43.98	1:47.50	
9 Visagie, Dian	10	Swartland Swim Club-WC	1:47.95	1:48.80	
10 Kruger, Blake R	9	Swartland Swim Club-WC	1:52.67	1:51.31	
11 Bester, Daniël M	11	Quicksilver Aquatics Winelands-CE	NT	1:52.92	
12 Snyders, Dylan	10	Curro Langebaan Swim Club-WC	1:57.88	1:55.32	
13 Bester, Nico	11	Quicksilver Aquatics Winelands-CE	1:58.84	1:56.20	
14 Buys, Barend R	10	Biosplash Swim Academy-CE	NT	1:59.53	
--- Coetzee, Willem A	11	Quicksilver Aquatics Winelands-CE	1:52.20	DQ 2:03.70	

Finish in wrong lane

Event 7 Boys 12 Year Olds 100 LC Meter Backstroke

1:22.68 12 WPQT WCQT

1:29.76 12 SLQT SLQT

1:29.76 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Snyders, Kyle	12	Curro Langebaan Swim Club-WC	1:18.39	1:17.56	WPQT
2 Rheeder, Liam M	12	Paarl Aquarius SC-CE	1:23.97	1:23.11	SLQT
3 Van Graan, Matthew D	12	Biosplash Swim Academy-CE	1:25.80	1:23.18	SLQT
4 Oosthuizen, Ethan	12	Players-CE	1:29.26	1:23.20	SLQT
5 Kotzè, Arden C	12	Paarl Aquarius SC-CE	1:18.63	1:24.26	SLQT
6 De Koker, Erik D	12	Players-CE	NT	1:24.80	SLQT
7 Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	1:27.45	1:24.96	SLQT
8 Oaten, Rourke	12	Cybersmart Aquatics-CP	1:25.40	1:25.64	SLQT
9 Cavallaro, Michele R	12	Cybersmart Aquatics-CP	1:24.36	1:26.32	SLQT
10 Haarhoff, Dylan J	12	Quicksilver Aquatics Winelands-CE	1:30.27	1:28.93	SLQT
11 Meiring, Schalk	12	Quicksilver Aquatics Winelands-CE	NT	1:39.81	

Winelands SL Final - 2023/01/28**Results****Event 7 Boys 13 Year Olds 100 LC Meter Backstroke**

1:22.68 13 WPQT WCQT

1:29.52 13 SLQT SLQT

1:29.52 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Bestel, Luc M	13	Vineyard SC-CP	1:09.60	1:09.35	WPQT
2 De Lange, Adriaan	13	Tygerberg Aquatics-CP	1:09.29	1:09.85	WPQT
3 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	1:21.52	1:16.44	WPQT
4 Basson, Lucca N	13	Cybersmart Aquatics-CP	1:15.95	1:17.46	WPQT
5 Poggenpoel, Troy J	13	Marlin Swimming Club-CP	1:18.36	1:18.93	WPQT
6 Lategan, Nicky N	13	Swartland Swim Club-WC	1:16.56	1:20.60	WPQT
7 Van den Berg, Ruan	13	Quicksilver Aquatics Winelands-CE	NT	1:22.52	WPQT
8 Esterhuizen, Meinhardt	13	Swartland Swim Club-WC	NT	1:33.73	
9 Louw, Jaco A	13	Swartland Swim Club-WC	1:30.47	1:34.70	
10 Holland-Muter, Jesse	13	Swartland Swim Club-WC	1:37.42	1:39.00	
11 Booysen, Derek	13	Players-CE	1:41.38	1:41.53	
12 Burger, Francois F	13	Swartland Swim Club-WC	1:59.88	1:50.83	

Event 7 Boys 14 Year Olds 100 LC Meter Backstroke

1:13.98 14 WPQT WCQT

1:18.88 14 SLQT SLQT

1:18.88 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Southworth, Matthew W	14	Cybersmart Aquatics-CP	NT	1:06.72	WPQT
2 Bannister, Joshua G	14	Tygerberg Aquatics-CP	1:10.72	1:11.21	WPQT
3 Burmeister, Marius	14	Quicksilver Aquatics Winelands-CE	1:21.45	1:24.58	
4 Vd Berg, Wilan	14	Quicksilver Aquatics Winelands-CE	NT	1:30.67	

Event 7 Men 15 Year Olds 100 LC Meter Backstroke

1:13.98 15 WPQT WCQT

1:18.80 15 SLQT SLQT

1:18.80 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	1:04.31	1:04.39	WPQT
2 Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	NT	1:07.11	WPQT
3 Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	1:05.05	1:07.55	WPQT
4 Yates, Alexander J	15	Cybersmart Aquatics-CP	1:07.04	1:08.17	WPQT
5 Coetzer, Milan J	15	Cybersmart Aquatics-CP	1:06.76	1:08.67	WPQT
6 Engelbrecht, Ruben J	15	Players-CE	1:09.26	1:09.32	WPQT
7 Smit, MJ M	15	Jvr Aqua Sport-CP	1:07.87	1:11.29	WPQT
8 Möller, FC C	15	Tygerberg Aquatics-CP	1:11.47	1:11.68	WPQT
9 Karsten, Jody	15	Blouberg Marlins-CP	1:10.47	1:12.74	WPQT
10 Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	1:13.21	1:14.21	SLQT
11 Gilbert, Thomas O	15	Swimlab Aquatic Academ-CP	1:14.61	1:15.39	SLQT
12 Engelbrecht, Christie	15	Paarl Aquarius SC-CE	NT	1:15.80	SLQT
13 Saayman, Dehan	15	Players-CE	1:17.80	1:19.11	
14 Moran, Luke	15	Blouberg Marlins-CP	1:17.94	1:20.21	
15 Harel, Sebastian M	15	Blouberg Marlins-CP	1:26.76	1:25.71	
--- Orchard, Thomas J	15	Swartland Swim Club-WC	1:07.82	DQ 1:09.10	

Delay initiating turn after past vertical

Event 7 Men 16 Year Olds 100 LC Meter Backstroke

1:10.72 16 WPQT WCQT

1:16.16 16 SLQT SLQT

1:16.16 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Foot, Aiden C	16	Swartland Swim Club-WC	1:04.73	1:04.11	WPQT
2 Wright, Keegan	16	Tygerberg Aquatics-CP	1:03.30	1:04.29	WPQT

Winelands SL Final - 2023/01/28

Results

(Event 7 Men 16 Year Olds 100 LC Meter Backstroke)

Name	Age	Team	Seed Time	Finals Time	
3 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	1:07.14	1:08.96	WPQT
4 Naude, Zian	16	Paarl Aquarius SC-CE	1:12.19	1:13.50	SLQT
5 Du Toit, Francois W	16	Aquasharks Winelands-CE	1:13.88	1:15.42	SLQT
6 Eybers, Tristan	16	Cybersmart Aquatics-CP	1:18.46	1:21.95	
7 Ederies, Imran R	16	Manta SC-CP	NT	1:28.72	

Event 7 Men 17 & Over 100 LC Meter Backstroke

1:10.72 17&O WPQT WCQT

1:16.16 17&O SLQT SLQT

1:16.16 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Potgieter, Wikus R	18	Vineyard SC-CP	56.01	1:00.02	WPQT
2 Du Preez, Ethan M	19	Cybersmart Aquatics-CP	1:02.68	1:01.07	WPQT
3 Muller, Righardt	20	Cybersmart Aquatics-CP	1:03.17	1:02.91	WPQT
4 Coetzer, Jayden P	17	Cybersmart Aquatics-CP	NT	1:03.65	WPQT
5 Burger, Schalk S	17	Swartland Swim Club-WC	1:01.97	1:05.08	WPQT
6 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	1:04.85	1:09.25	WPQT
7 Cavallaro, Federico F	17	Cybersmart Aquatics-CP	1:08.04	1:09.82	WPQT
8 Strydom, Stephan	17	Tygerberg Aquatics-CP	1:08.59	1:10.37	WPQT
9 Gounden, Mikhael A	17	Curro Langebaan Swim Club-WC	1:07.45	1:11.89	SLQT
10 Sadie, Christian M	25	Lane Leader Stellenbosch-CE	1:15.71	1:19.29	
11 Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	1:21.03	

Event 11 Girls 11 & Under 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	
1 Oliver, Isabella	11	Quicksilver Aquatics Winelands-CE	NT	43.10	
2 De Villiers, Anja	11	Tygerberg Aquatics-CP	45.11	43.84	
3 Kruger, Isla	11	Quicksilver Aquatics Winelands-CE	47.90	45.22	
4 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	45.31	46.11	
5 Hawley, Nicola	11	Players-CE	47.75	47.01	
6 Myburgh, Anique	11	Paarl Aquarius SC-CE	49.87	47.60	
7 Fenner, Olivia M	11	Quicksilver Aquatics Winelands-CE	51.85	49.12	
8 Benjamin, Jiya	11	Paarl Aquarius SC-CE	48.90	49.32	
9 Anthony, Jazmin A	10	Paarl Aquarius SC-CE	50.89	49.51	
*10 Kalapac, Lexi	9	Blouberg Marlins-CP	53.39	50.19	
*10 Hansen, Margelie	11	Players-CE	NT	50.19	
12 Retief, Jane	10	Lane Leader Stellenbosch-CE	NT	50.30	
13 De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	57.42	51.20	
14 Dowle, Alessia C	11	Players-CE	51.78	51.41	
15 Boustred, Sophia J	9	Biosplash Swim Academy-CE	52.22	51.98	
16 Van Wyk, Josie	10	Lane Leader Stellenbosch-CE	56.65	52.08	
17 Breytenbach, Amore	10	Quicksilver Aquatics Winelands-CE	NT	52.19	
18 Kent, Isabelle M	10	Blouberg Marlins-CP	54.18	52.54	
19 Brink, Anye	10	Quicksilver Aquatics Winelands-CE	54.66	52.72	
20 Jacobs, Mabet	10	Agulhas Aquatics-OB	55.72	53.31	
21 Kemp, Hannah A	11	Lane Leader Stellenbosch-CE	53.47	54.25	
22 Kruger, Milan	11	Quicksilver Aquatics Winelands-CE	53.56	54.72	
23 Jaftas, Zoey	11	Paarl Aquarius SC-CE	NT	54.84	
24 Havemann, Carlin	11	Quicksilver Aquatics Winelands-CE	55.86	55.16	
25 Ferreira, Liane	11	Players-CE	58.87	55.88	
26 Joubert, Elle	11	Quicksilver Aquatics Winelands-CE	55.81	56.53	
27 Marais, Jodi	11	Blouberg Marlins-CP	NT	57.69	
28 Els, Lika	10	Quicksilver Aquatics Winelands-CE	1:00.87	58.86	
29 Durrans, Jana A	11	Quicksilver Aquatics Winelands-CE	NT	59.23	
30 Beyers, Lize M	9	Agulhas Aquatics-OB	1:03.22	1:00.87	
31 Liedeman, Hayley	9	Swartland Swim Club-WC	59.62	1:01.46	

Winelands SL Final - 2023/01/28**Results****(Event 11 Girls 11 & Under 50 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
32 Du Toit, Anmari	9	Quicksilver Aquatics Winelands-CE	58.22	1:03.90
33 Kriel, Cari	9	Worcester Aquatics-CE	NT	1:05.33
34 Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	1:07.15	1:07.09
35 Huang, Olivia O	8	Blouberg Marlins-CP	1:15.52	1:10.30
36 vd Bank, Mihanka	9	Curro Hermanus Aquatics-OB	1:11.71	1:13.83
--- Salie, Lulu	11	Worcester Aquatics-CE	55.45	DQ 51.69
Downward butterfly kick				
--- Van de Vyver, Mia	10	Quicksilver Aquatics Winelands-CE	58.71	DQ 53.63
Non-simultaneous touch				

Event 11 Girls 12 Year Olds 50 LC Meter Breaststroke

44.20 12 WPQT WCQT

49.53 12 SLQT SLQT

49.53 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Dreyer, Arne'	12	Biosplash Swim Academy-CE	NT	39.09 WPQT
2 Bosman, Daizeli	12	Players-CE	40.98	41.37 WPQT
3 Mays, Amy	12	Curro Hermanus Aquatics-OB	44.74	44.48 SLQT
4 Atkinson, Anouk E	12	Swartland Swim Club-WC	43.59	45.15 SLQT
5 Baadjies, Najya C	12	Paarl Aquarius SC-CE	48.81	47.76 SLQT
6 Brink, Jani	12	Quicksilver Aquatics Winelands-CE	49.95	48.29 SLQT
7 O'Carroll, Nia E	12	Biosplash Swim Academy-CE	48.50	48.40 SLQT
8 Pijl, Ilde	12	Lane Leader Stellenbosch-CE	NT	50.81
9 Engela, Isabel C	12	Swimlab Aquatic Academ-CP	52.79	51.28
10 Reid, Martine	12	Players-CE	55.66	52.03
11 Rookan-Smith, Helena B	12	Worcester Aquatics-CE	52.63	52.66
12 Vd Bank, Mienke	12	Curro Hermanus Aquatics-OB	53.17	53.03
13 Nieuwstadt, Ruby	12	Blouberg Marlins-CP	NT	56.82
14 Guntelach, Yemima T	12	Worcester Aquatics-CE	58.70	1:02.02

Event 11 Girls 13 Year Olds 50 LC Meter Breaststroke

44.20 13 WPQT WCQT

49.89 13 SLQT SLQT

49.89 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Badenhorst, Storme	13	Marlin Swimming Club-CP	41.61	41.68 WPQT
2 Marais, Erica M	13	Blouberg Marlins-CP	44.32	43.17 WPQT
3 Barnard, Adelmari D	13	Swartland Swim Club-WC	44.97	43.73 WPQT
4 Roos, Isla M	13	Lane Leader Stellenbosch-CE	NT	47.00 SLQT
5 Visagie, Jani	13	Swartland Swim Club-WC	45.72	47.15 SLQT
6 Louw, Margo	13	Quicksilver Aquatics Winelands-CE	47.62	48.59 SLQT
7 Brand, Sarah E	13	Aquasharks Winelands-CE	48.60	48.67 SLQT
8 Hager, Carle	13	Worcester Aquatics-CE	48.62	50.78
9 Van Dyk, Isabè	13	Curro Hermanus Aquatics-OB	50.96	52.98
10 Wessels, Remy L	13	Agulhas Aquatics-OB	1:00.18	54.99

Event 11 Girls 14 Year Olds 50 LC Meter Breaststroke

40.76 14 WPQT WCQT

45.46 14 SLQT SLQT

45.46 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Havemann, Bella	14	Maties Aquatics-CE	40.04	39.27 WPQT
2 Visser, Sandri	14	Players-CE	39.90	40.25 WPQT
3 Schreuder, Hannah G	14	Swimlab Aquatic Academ-CP	NT	40.36 WPQT
4 Buhr, Lelanie	14	Swartland Swim Club-WC	42.81	43.56 SLQT
5 Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	44.68 SLQT

Winelands SL Final - 2023/01/28**Results****Event 11 Women 15 Year Olds 50 LC Meter Breaststroke**

40.76 15 WPQT WCQT

45.88 15 SLQT SLQT

45.88 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Fury, Rebecca G	15	Vineyard SC-CP	35.62	35.76	WPQT
2 Harris, Gemma	15	Marlin Swimming Club-CP	39.10	40.42	WPQT
3 Rinquest, Taaliah	15	Marlin Swimming Club-CP	48.97	46.28	
4 Greyvenstein, Haléya	15	Players-CE	NT	49.17	

Event 11 Women 16 Year Olds 50 LC Meter Breaststroke

39.50 16 WPQT WCQT

43.89 16 SLQT SLQT

43.89 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	38.57	39.44	WPQT
2 Rinquest, Aqeelah	16	Marlin Swimming Club-CP	41.18	39.50	WPQT
3 Kriek, Mila	16	Quicksilver Aquatics Winelands-CE	40.33	41.45	SLQT
4 Kemp, Mari	16	Swartland Swim Club-WC	NT	47.69	

Event 11 Women 17 & Over 50 LC Meter Breaststroke

39.50 17&O WPQT WCQT

43.89 17&O SLQT SLQT

43.89 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Nieuwstad, Michelle	28	Lane Leader Stellenbosch-CE	34.61	35.13	WPQT
2 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	35.85	35.55	WPQT
3 Paljk, Tilka	25	Maties Aquatics-CE	34.79	36.20	WPQT
4 Booth, Jess H	20	Maties Aquatics-CE	38.09	37.79	WPQT
5 Daffarn, Eri J	18	Vineyard SC-CP	38.94	38.02	WPQT
6 Yeldon, Annika S	17	Lane Leader Stellenbosch-CE	36.89	38.14	WPQT
7 Uys, Tara	17	Tygerberg Aquatics-CP	NT	39.25	WPQT
8 O'Neill, Melisa A	31	Aqua Sharks Academy-CP	NT	51.83	

Event 11 Boys 11 & Under 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	
1 Fenner, Jenson V	10	Quicksilver Aquatics Winelands-CE	49.75	47.68	
2 Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	46.02	48.12	
3 Pretorius, Hennie H	11	Swartland Swim Club-WC	48.85	48.75	
4 Stander, Christiaan L	10	Aquasharks Winelands-CE	49.09	49.05	
5 Bodenstein, Zane	11	Curro Langebaan Swim Club-WC	52.16	49.47	
6 Ellis, Alec C	10	Lane Leader Stellenbosch-CE	53.33	49.85	
7 Kruger, Zachary C	10	Swartland Swim Club-WC	51.09	50.14	
8 Fouche, Jack	10	Tygerberg Aquatics-CP	50.90	50.37	
9 Brand, Kobus P	11	Swartland Swim Club-WC	52.12	51.22	
10 Oliver, Luca	10	Quicksilver Aquatics Winelands-CE	52.09	51.53	
11 Lategan, Wessel W	10	Swartland Swim Club-WC	51.16	51.61	
12 Malherbe, Max M	9	Quicksilver Aquatics Winelands-CE	56.18	51.79	
13 Blake, Jeremy	11	Swimlab Aquatic Academ-CP	NT	51.94	
14 Schabort, Lowen	9	Quicksilver Aquatics Winelands-CE	58.76	52.37	
15 Snyders, Dylan	10	Curro Langebaan Swim Club-WC	55.22	52.95	
16 Mallin, Lukas	8	Swimlab Aquatic Academ-CP	52.98	53.05	
17 Conradie, D'Niel	10	Aquasharks Winelands-CE	55.20	53.17	
18 Kock, Alex N	10	Quicksilver Aquatics Winelands-CE	NT	53.68	
19 VerLoren Van Themaat, Hein M	11	Lane Leader Stellenbosch-CE	NT	53.72	
20 Cleophas, Lee L	11	Paarl Aquarius SC-CE	56.88	53.85	
21 Bester, Daniël M	11	Quicksilver Aquatics Winelands-CE	55.12	54.64	
22 Kotze, Christian S	9	Biosplash Swim Academy-CE	56.94	54.67	

Winelands SL Final - 2023/01/28**Results****(Event 11 Boys 11 & Under 50 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
23	Whitehead, Charl H	10	Biosplash Swim Academy-CE	55.62	55.23
24	Meintjes, Ruben	11	Quicksilver Aquatics Winelands-CE	57.73	55.49
25	Pieterse, Nicholas N	9	Biosplash Swim Academy-CE	NT	55.66
26	Meiring, Lukas	10	Quicksilver Aquatics Winelands-CE	55.62	55.79
27	De Jongh, Deacon	10	Lane Leader Stellenbosch-CE	1:09.31	55.95
28	Cillie, Evan J	11	Biosplash Swim Academy-CE	56.49	56.18
29	Basson, Henk	10	Lane Leader Stellenbosch-CE	NT	57.69
30	Swarts, Zeeck	11	Quicksilver Aquatics Winelands-CE	1:02.76	58.45
31	Fouche, Xander M	11	Worcester Aquatics-CE	57.39	58.57
32	Basson, Zion	10	Curro Langebaan Swim Club-WC	1:03.03	59.14
33	Jooste, Ben D	11	Curro Hermanus Aquatics-OB	NT	59.26
34	Boustred, David C	8	Biosplash Swim Academy-CE	1:02.50	59.30
35	Kruger, Blake R	9	Swartland Swim Club-WC	1:01.59	59.82
36	Bester, Nico	11	Quicksilver Aquatics Winelands-CE	1:02.97	1:02.05
37	Rheeder, Ian S	11	Quicksilver Aquatics Winelands-CE	59.40	1:02.28
38	Botha, Anthonie N	10	Quicksilver Aquatics Winelands-CE	58.06	1:03.34
39	Askevold, Gunther J	8	Blouberg Marlins-CP	1:08.18	1:04.91
40	Coetzee, Willem A	11	Quicksilver Aquatics Winelands-CE	1:29.94	1:25.92
---	Whitehouse, Bramwell A	8	Curro Hermanus Aquatics-OB	1:09.79	DQ 1:07.74

Non-simultaneous arms

Event 11 Boys 12 Year Olds 50 LC Meter Breaststroke

41.85 12 WPQT WCQT

45.42 12 SLQT SLQT

45.42 12 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	44.98	44.50 SLQT
2	De Koker, Erik D	12	Players-CE	46.84	46.94
3	Lategan, Matteau A	12	Paarl Aquarius SC-CE	NT	47.14
4	Meiring, Schalk	12	Quicksilver Aquatics Winelands-CE	45.77	47.98
5	Van Graan, Matthew D	12	Biosplash Swim Academy-CE	NT	51.35
6	Wium, Hugo H	12	Quicksilver Aquatics Winelands-CE	52.13	53.48

Event 11 Boys 13 Year Olds 50 LC Meter Breaststroke

41.85 13 WPQT WCQT

42.40 13 SLQT SLQT

42.40 13 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	35.20	34.50 WPQT
2	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	37.12	36.84 WPQT
3	Naude, Dieter	13	Paarl Aquarius SC-CE	36.66	37.60 WPQT
4	De Lange, Adriaan	13	Tygerberg Aquatics-CP	40.19	39.00 WPQT
5	Beukes, Jaden L	13	Walmers SC-CP	39.97	40.20 WPQT
6	Abrahams, Rayhan	13	Walmers SC-CP	39.77	40.53 WPQT
7	Kriek, Divan D	13	Quicksilver Aquatics Winelands-CE	40.77	42.28 SLQT
8	Meintjes, Christiaan	13	Quicksilver Aquatics Winelands-CE	42.62	42.31 SLQT
9	Cleophas, Kyle	13	Paarl Aquarius SC-CE	45.75	44.58
10	Brits, Ruben	13	Curro Hermanus Aquatics-OB	51.04	46.81
11	Taylor, Noah J	13	Players-CE	46.31	47.90
12	Booyesen, Derek	13	Players-CE	49.63	48.51
13	Burger, Francois F	13	Swartland Swim Club-WC	55.22	58.33

Winelands SL Final - 2023/01/28

Results

Event 11 Boys 14 Year Olds 50 LC Meter Breaststroke

37.44 14 WPQT WCQT

39.92 14 SLQT SLQT

39.92 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Trower, Nic T	14	Tygerberg Aquatics-CP	NT	35.83	WPQT
2 Ochsenbein, Lukas	14	Aqua Sharks Academy-CP	NT	36.70	WPQT
3 Atkinson, Samuel A	14	Swartland Swim Club-WC	37.98	37.82	SLQT
4 Heyes, Garrick T	14	Aqua Sharks Academy-CP	42.15	40.62	
5 Hahn, Rudi Y	14	Agulhas Aquatics-OB	45.33	42.98	
6 Liebenberg, SW W	14	Players-CE	43.86	43.55	

Event 11 Men 15 Year Olds 50 LC Meter Breaststroke

37.44 15 WPQT WCQT

39.42 15 SLQT SLQT

39.42 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	32.25	32.25	WPQT
2 Engelbrecht, Ruben J	15	Players-CE	37.28	34.54	WPQT
3 Alexander, Ammaar	15	Marlin Swimming Club-CP	33.03	36.01	WPQT
4 Clarke, Liam	15	Lane Leader Stellenbosch-CE	37.62	36.61	WPQT
5 Saayman, Dehan	15	Players-CE	39.23	38.74	SLQT
6 Botha, Lourens	15	Curro Langebaan Swim Club-WC	39.05	38.83	SLQT

Event 11 Men 16 Year Olds 50 LC Meter Breaststroke

35.79 16 WPQT WCQT

37.99 16 SLQT SLQT

37.99 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	31.72	31.02	WPQT
2 Hugo, Retief R	16	Aquasharks Winelands-CE	32.11	31.39	WPQT
3 Field, Luke D	16	Vineyard SC-CP	32.14	31.41	WPQT
4 Stander, Daniel E	16	Lane Leader Stellenbosch-CE	33.38	33.86	WPQT
5 Spiro, Gabriel	16	Blouberg Marlins-CP	34.00	35.22	WPQT
6 Van Vondel, Anton J	16	Tygerberg Aquatics-CP	NT	35.56	WPQT
7 Booysen, Matthew	16	Blouberg Marlins-CP	37.02	37.27	SLQT
8 Van der Sandt, Joah N	16	Worcester Aquatics-CE	50.16	44.16	

Event 11 Men 17 & Over 50 LC Meter Breaststroke

35.79 17&O WPQT WCQT

37.99 17&O SLQT SLQT

37.99 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Sack, Benji	26	Swimlab Aquatic Academ-CP	31.52	29.35	WPQT
2 Louw, Andro	18	Kovsies Swimming Club Bfn-MA	NT	30.90	WPQT
3 Van Heerden, Stefan F	17	Lane Leader Stellenbosch-CE	31.71	31.86	WPQT
4 Kotze, Pierce	17	Worcester Aquatics-CE	33.80	32.73	WPQT
5 Hibberd, Matthew	25	Blouberg Marlins-CP	32.22	32.87	WPQT
6 Van Reenen, Ryan	24	Blouberg Marlins-CP	33.64	33.03	WPQT
7 Jones, Troy B	17	Vineyard SC-CP	NT	36.06	SLQT
8 Beukes, Mateo A	17	Walmers SC-CP	36.21	36.33	SLQT
9 O'Neill, Sean C	38	Aqua Sharks Academy-CP	NT	51.76	

Event 13 Girls 11 & Under 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	
1 Louw, Isabella A	11	Blouberg Marlins-CP	2:55.07	2:54.31	
2 Abrahams, Amaani	11	Marlin Swimming Club-CP	2:57.39	2:58.39	
3 Oliver, Isabella	11	Quicksilver Aquatics Winelands-CE	NT	2:59.60	

Winelands SL Final - 2023/01/28**Results****(Event 13 Girls 11 & Under 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
4	Kruger, Isla	11	Quicksilver Aquatics Winelands-CE	NT	3:00.37
5	Barkhuysen, Jani	11	Aqua Sharks Academy-CP	NT	3:02.64
6	Flack, Francesca	11	Curro Langebaan Swim Club-WC	3:03.87	3:05.20
7	Van Wyk, Josie	10	Lane Leader Stellenbosch-CE	3:11.11	3:07.17
8	Talip, Sanaa	11	Walmers SC-CP	3:07.75	3:09.32
9	Liebenberg, Aimee L	11	Swartland Swim Club-WC	3:04.28	3:09.77
10	Anthony, Jazmin A	10	Paarl Aquarius SC-CE	3:25.78	3:12.52
11	De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	3:18.00	3:18.13
12	Havemann, Carlin	11	Quicksilver Aquatics Winelands-CE	NT	3:21.91
13	Gilligan, Saskia	9	Blouberg Marlins-CP	NT	3:26.78
14	Hansen, Margelie	11	Players-CE	NT	3:30.99
15	Durrans, Jana A	11	Quicksilver Aquatics Winelands-CE	NT	3:33.50
16	Elan-Puttick, Olivia A	11	Quicksilver Aquatics Winelands-CE	NT	3:37.35
17	Dabrowski, Leah A	9	Blouberg Marlins-CP	NT	3:37.99
18	Brink, Anye	10	Quicksilver Aquatics Winelands-CE	3:44.74	3:38.83
19	Marais, Jodi	11	Blouberg Marlins-CP	NT	3:44.13
20	Joubert, Elle	11	Quicksilver Aquatics Winelands-CE	NT	3:44.41
21	Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	4:00.76	3:54.53
22	Ferreira, Liane	11	Players-CE	NT	4:06.45
---	Bircher, Storm Z	11	Curro Hermanus Aquatics-OB	3:08.33	DQ 3:04.11
	False start				

Event 13 Girls 12 Year Olds 200 LC Meter Freestyle

2:43.30 12 WPQT WCQT

3:09.68 12 SLQT SLQT

3:09.68 12 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Noble, Reese O	12	Swimlab Aquatic Academ-CP	2:33.72	2:32.27 WPQT
2	Van Wyk, Katie R	12	Blouberg Marlins-CP	2:46.29	2:45.77 SLQT
3	Fourie, Emma	12	Blouberg Marlins-CP	2:49.69	2:49.78 SLQT
4	Bosman, Daizeli	12	Players-CE	3:01.99	2:54.34 SLQT
5	Robinson, Alana	12	Swimlab Aquatic Academ-CP	3:03.60	2:56.41 SLQT
6	Saayman, Nika D	12	Players-CE	2:50.28	2:58.65 SLQT
7	Brink, Jani	12	Quicksilver Aquatics Winelands-CE	3:05.02	3:00.70 SLQT
8	Loots, Emmelize	12	Tygerberg Aquatics-CP	3:09.16	3:02.93 SLQT
9	Nieuwstadt, Ruby	12	Blouberg Marlins-CP	3:13.30	3:08.41 SLQT
10	Badenhorst, Nolene	12	Biosplash Swim Academy-CE	NT	3:12.47
11	Atkinson, Anouk E	12	Swartland Swim Club-WC	NT	3:12.75
12	Tredoux, Taylor M	12	Blouberg Marlins-CP	3:08.67	3:15.75
13	Vd Bank, Mienke	12	Curro Hermanus Aquatics-OB	3:25.74	3:28.40

Event 13 Girls 13 Year Olds 200 LC Meter Freestyle

2:43.30 13 WPQT WCQT

3:01.79 13 SLQT SLQT

3:01.79 13 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Combrink, Amy	13	Vineyard SC-CP	2:23.01	2:23.96 WPQT
2	Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	2:30.62	2:30.43 WPQT
3	McWilliam, Amy L	13	Tygerberg Aquatics-CP	2:47.33	2:49.44 SLQT
4	Cloete, Milla D	13	Worcester Aquatics-CE	2:52.62	2:55.64 SLQT

Winelands SL Final - 2023/01/28**Results****Event 13 Girls 14 Year Olds 200 LC Meter Freestyle**

2:30.28 14 WPQT WCQT

2:48.03 14 SLQT SLQT

2:48.03 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Goebel, Zoë	14	Tygerberg Aquatics-CP	2:30.93	2:32.04	SLQT
2 Röntgen, Carine	14	Aquasharks Winelands-CE	2:39.50	2:34.11	SLQT
3 Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	2:37.21	SLQT
4 Burger, Mignon	14	Swartland Swim Club-WC	2:58.00	2:46.29	SLQT
5 Kemp, Anè	14	Swartland Swim Club-WC	NT	2:47.72	SLQT
6 Brand, Emsie	14	Swartland Swim Club-WC	2:47.77	2:48.23	
7 Carrol, Jessica C	14	Blouberg Marlins-CP	2:45.13	2:49.12	
8 Van Zyl, Teyna C	14	Worcester Aquatics-CE	NT	3:08.09	
9 May, Cleo J	14	Marlin Swimming Club-CP	3:31.89	3:17.34	
--- Louw, Tenè	14	Blouberg Marlins-CP	NT	DNF	

Did not finish

Event 13 Women 15 Year Olds 200 LC Meter Freestyle

2:30.28 15 WPQT WCQT

2:46.64 15 SLQT SLQT

2:46.64 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Theron, Jady	15	Aquasharks Winelands-CE	2:16.85	2:23.51	WPQT
2 Ryser, Aurora	15	Tygerberg Aquatics-CP	2:27.35	2:27.33	WPQT
3 Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	2:34.35	2:32.86	SLQT
4 Louw, Alexa	15	Blouberg Marlins-CP	2:31.97	2:37.86	SLQT
5 Beetge, Amy	15	Lane Leader Stellenbosch-CE	NT	2:41.08	SLQT
6 Steenkamp, Aliska	15	Worcester Aquatics-CE	NT	2:58.98	

Event 13 Women 16 Year Olds 200 LC Meter Freestyle

2:25.55 16 WPQT WCQT

2:42.11 16 SLQT SLQT

2:42.11 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	2:22.14	2:24.93	WPQT
2 Smidt, Clío J	16	Marlin Swimming Club-CP	2:24.46	2:26.37	SLQT
3 Van der Walt, Isabella	16	Quicksilver Aquatics Winelands-CE	NT	2:42.85	
4 Anders, Erin D	16	Marlin Swimming Club-CP	2:49.01	2:46.67	
5 Davids, Kiara H	16	Marlin Swimming Club-CP	2:56.32	2:58.08	
6 Kemp, Mari	16	Swartland Swim Club-WC	NT	2:58.87	

Event 13 Women 17 & Over 200 LC Meter Freestyle

2:25.55 17&O WPQT WCQT

2:42.11 17&O SLQT SLQT

2:42.11 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 LE Roux, Chloe	18	Kovsies Swimming Club Bfn-MA	2:12.99	2:14.17	WPQT
2 Hechter, Coreen C	21	Super Seals-MA	2:16.98	2:18.48	WPQT
3 Uys, Tara	17	Tygerberg Aquatics-CP	2:17.12	2:19.31	WPQT
4 Ribeiro, Nuria A	20	Maties Aquatics-CE	2:25.58	2:24.12	WPQT
5 Ricco, Lilly C	19	Maties Aquatics-CE	2:26.81	2:26.54	SLQT

Event 13 Boys 11 & Under 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	
1 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	2:44.66	2:46.86	
2 Barnard, Theo J	10	Swartland Swim Club-WC	2:48.74	2:48.51	
3 Weber, Daniel	11	Players-CE	2:56.76	2:49.54	
4 Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	2:51.31	2:51.40	

Winelands SL Final - 2023/01/28**Results****(Event 13 Boys 11 & Under 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
5	Faulkner, Callum E	11	Blouberg Marlins-CP	2:53.92	2:52.72
6	Hough, Caleb	11	Curro Langebaan Swim Club-WC	2:57.81	2:53.31
7	Pretorius, Hennie H	11	Swartland Swim Club-WC	NT	2:56.97
8	Blake, Jeremy	11	Swimlab Aquatic Academ-CP	NT	2:57.25
9	Schreve, Lehan	10	Swartland Swim Club-WC	2:58.75	2:57.46
10	Tsai, Ethan M	11	Blouberg Marlins-CP	NT	3:00.49
11	Brand, Kobus P	11	Swartland Swim Club-WC	3:04.22	3:07.52
12	Fouche, Jack	10	Tygerberg Aquatics-CP	3:12.22	3:14.88
13	Van der Merwe, Dandre J	10	Biosplash Swim Academy-CE	NT	3:21.15
14	Cleophas, Lee L	11	Paarl Aquarius SC-CE	3:36.89	3:21.22
15	Visagie, Dian	10	Swartland Swim Club-WC	NT	3:26.05
16	Burmeister, Zak	11	Quicksilver Aquatics Winelands-CE	NT	3:27.75
17	Baadjies, Cruden H	11	Paarl Aquarius SC-CE	3:41.51	3:28.79
18	Anderson, Chase	10	Blouberg Marlins-CP	3:51.11	3:36.46
19	Basson, Zion	10	Curro Langebaan Swim Club-WC	NT	3:40.21
20	Beirowski, Seth L	10	Blouberg Marlins-CP	NT	3:42.04
21	Pienaar, Adii	11	Players-CE	NT	3:45.16
22	Malherbe, Max M	9	Quicksilver Aquatics Winelands-CE	NT	3:52.24
23	Kock, Alex N	10	Quicksilver Aquatics Winelands-CE	NT	4:03.74
24	Botha, Anthonie N	10	Quicksilver Aquatics Winelands-CE	NT	4:04.13
25	Meintjes, Ruben	11	Quicksilver Aquatics Winelands-CE	NT	4:09.85

Event 13 Boys 12 Year Olds 200 LC Meter Freestyle

2:40.65 12 WPQT WCQT

2:44.17 12 SLQT SLQT

2:44.17 12 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time	
1	Snyders, Kyle	12	Curro Langebaan Swim Club-WC	2:26.89	2:24.20	WPQT
2	Kotzè, Arden C	12	Paarl Aquarius SC-CE	2:31.20	2:30.98	WPQT
3	Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	2:43.35	2:37.13	WPQT
4	Rheeder, Liam M	12	Paarl Aquarius SC-CE	2:39.24	2:37.65	WPQT
5	Grobler, Reuben C	12	Players-CE	3:12.36	2:50.56	
6	Haarhoff, Dylan J	12	Quicksilver Aquatics Winelands-CE	2:50.79	2:52.97	
7	Marais, Ricus	12	Blouberg Marlins-CP	NT	3:03.81	
8	Wessels, Connor M	12	Blouberg Marlins-CP	3:09.05	3:04.31	
9	Raath, Tayhne E	12	Blouberg Marlins-CP	3:13.99	3:16.97	
10	Wium, Hugo H	12	Quicksilver Aquatics Winelands-CE	NT	3:31.09	

Event 13 Boys 13 Year Olds 200 LC Meter Freestyle

2:40.65 13 WPQT WCQT

2:42.81 13 SLQT SLQT

2:42.81 13 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time	
1	Smith, Sebastian N	13	Tygerberg Aquatics-CP	2:13.44	2:20.27	WPQT
2	Poggenpoel, Troy J	13	Marlin Swimming Club-CP	2:25.76	2:25.56	WPQT
3	Lategan, Nicky N	13	Swartland Swim Club-WC	2:23.92	2:30.39	WPQT
4	Jacobs, Zoon S	13	Lane Leader Stellenbosch-CE	2:46.25	2:45.53	
5	Louw, Jaco A	13	Swartland Swim Club-WC	2:49.16	2:45.56	
6	Taljaard, Cornell J	13	Players-CE	2:57.02	2:47.33	
7	Taylor, Noah J	13	Players-CE	2:43.68	2:57.09	
8	Holland-Muter, Jesse	13	Swartland Swim Club-WC	3:04.45	3:02.47	
9	Esterhuizen, Meinhardt	13	Swartland Swim Club-WC	NT	3:02.59	
10	Strydom, Benrich	13	Worcester Aquatics-CE	3:06.10	3:03.56	
11	Burger, Francois F	13	Swartland Swim Club-WC	3:24.72	3:15.89	
12	Wagener, Ethan H	13	Players-CE	NT	3:18.82	

Winelands SL Final - 2023/01/28**Results****Event 13 Boys 14 Year Olds 200 LC Meter Freestyle**

2:23.40 14 WPQT WCQT

2:33.10 14 SLQT SLQT

2:33.10 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Wollenschlaeger, Noah	14	Vineyard SC-CP	2:15.16	2:14.19	WPQT
2 Bannister, Joshua G	14	Tygerberg Aquatics-CP	2:14.73	2:15.17	WPQT
3 Atkinson, Samuel A	14	Swartland Swim Club-WC	2:19.49	2:19.74	WPQT
4 Pautz, Nathan M	14	Blouberg Marlins-CP	2:26.65	2:21.43	WPQT
5 Myburgh, Ruan	14	Blouberg Marlins-CP	2:27.30	2:22.87	WPQT
6 Viviers, Wiaan A	14	Aquasharks Winelands-CE	2:38.77	2:37.34	
7 Liebenberg, SW W	14	Players-CE	2:39.64	2:43.35	
8 Hahn, Rudi Y	14	Agulhas Aquatics-OB	NT	2:54.19	
9 O'Ryan, Seth P	14	Swimlab Aquatic Academ-CP	NT	3:03.33	

Event 13 Men 15 Year Olds 200 LC Meter Freestyle

2:23.40 15 WPQT WCQT

2:31.93 15 SLQT SLQT

2:31.93 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	2:11.02	2:08.89	WPQT
2 Karsten, Jody	15	Blouberg Marlins-CP	2:21.22	2:20.36	WPQT
3 Basson, Luan	15	Swartland Swim Club-WC	2:25.96	2:22.33	WPQT
4 Schreuder, Steffen	15	Aquasharks Winelands-CE	2:19.38	2:22.73	WPQT
5 Vd Walt, Lourens M	15	Quicksilver Aquatics Winelands-CE	NT	2:24.16	SLQT
6 Boonzaaier, Simon F	15	Aquasharks Winelands-CE	2:29.48	2:27.90	SLQT
7 Botha, Lourens	15	Curro Langebaan Swim Club-WC	2:39.56	2:36.95	

Event 13 Men 16 Year Olds 200 LC Meter Freestyle

2:16.93 16 WPQT WCQT

2:29.87 16 SLQT SLQT

2:29.87 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Wright, Keegan	16	Tygerberg Aquatics-CP	2:01.70	2:03.88	WPQT
2 Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	2:07.95	2:10.15	WPQT
3 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:11.30	2:10.94	WPQT
4 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	NT	2:12.31	WPQT
5 Spiro, Gabriel	16	Blouberg Marlins-CP	2:16.46	2:19.47	SLQT
6 Naude, Zian	16	Paarl Aquarius SC-CE	2:18.68	2:19.76	SLQT
7 Booyesen, Matthew	16	Blouberg Marlins-CP	2:23.27	2:25.70	SLQT

Event 13 Men 17 & Over 200 LC Meter Freestyle

2:16.93 17&O WPQT WCQT

2:29.87 17&O SLQT SLQT

2:29.87 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Luck, Taylor R	17	Vineyard SC-CP	1:55.49	1:58.23	WPQT
2 Etzold, Peter S	17	Vineyard SC-CP	1:56.84	2:00.90	WPQT
3 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	2:02.66	2:03.23	WPQT
4 Swart, Niklis	17	Players-CE	2:07.75	2:08.05	WPQT
5 Carrol, Matt	17	Blouberg Marlins-CP	2:08.65	2:08.92	WPQT
6 Myburgh, Jordan	17	Blouberg Marlins-CP	2:06.98	2:11.19	WPQT
7 Barnard, Rohan C	18	Blouberg Marlins-CP	2:10.74	2:11.37	WPQT
8 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	2:07.95	2:11.96	WPQT
9 Kotze, Pierce	17	Worcester Aquatics-CE	2:18.34	2:13.92	WPQT
10 Hopkins, Tim	17	Tygerberg Aquatics-CP	2:08.27	2:14.50	WPQT
11 Treurnicht, Wim G	17	Players-CE	2:12.98	2:15.26	WPQT
12 Vorster, Heinrich A	20	Maties Aquatics-CE	2:05.45	2:15.72	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 13 Men 17 & Over 200 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
13 Buys, Llewellyn O	21	Maties Aquatics-CE	2:28.08	2:26.76	SLQT
14 Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	2:32.79	

Event 15 Girls 11 & Under 50 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	35.93	35.83	
2 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	38.09	40.47	
3 Fenner, Olivia M	11	Quicksilver Aquatics Winelands-CE	43.78	41.50	
4 Hawley, Nicola	11	Players-CE	46.27	44.73	
5 Van de Vyver, Mia	10	Quicksilver Aquatics Winelands-CE	47.06	45.20	
6 Kalapac, Lexi	9	Blouberg Marlins-CP	48.39	47.40	
7 Anthony, Jazmin A	10	Paarl Aquarius SC-CE	49.40	50.06	
8 Flack, Francesca	11	Curro Langebaan Swim Club-WC	49.73	50.20	
9 Brink, Anye	10	Quicksilver Aquatics Winelands-CE	54.32	54.27	
10 Ferreira, Liane	11	Players-CE	51.15	54.28	
11 Myburgh, Anique	11	Paarl Aquarius SC-CE	NT	54.37	
12 Gilligan, Saskia	9	Blouberg Marlins-CP	NT	55.20	
13 Jaftas, Zoey	11	Paarl Aquarius SC-CE	NT	55.87	
14 De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	NT	59.03	
15 Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	55.31	59.50	
16 Durrans, Jana A	11	Quicksilver Aquatics Winelands-CE	NT	1:00.93	
17 vd Bank, Mihanka	9	Curro Hermanus Aquatics-OB	1:20.31	1:14.11	
--- Elan-Puttick, Olivia A	11	Quicksilver Aquatics Winelands-CE	NT	DQ 57.61	
Alternating Kick					

Event 15 Girls 12 Year Olds 50 LC Meter Butterfly

36.91 12 WPQT WCQT

41.36 12 SLQT SLQT

41.36 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Noble, Reese O	12	Swimlab Aquatic Academ-CP	NT	37.44	SLQT
*2 Bosman, Daizeli	12	Players-CE	38.23	38.45	SLQT
*2 Dreyer, Sadie	12	Biosplash Swim Academy-CE	NT	38.45	SLQT
4 Saayman, Nika D	12	Players-CE	40.31	41.05	SLQT
5 Van Wyk, Katie R	12	Blouberg Marlins-CP	42.50	41.66	
6 Engela, Emma N	12	Swimlab Aquatic Academ-CP	NT	42.56	
7 Pijl, Ilde	12	Lane Leader Stellenbosch-CE	NT	43.18	
8 Reid, Martine	12	Players-CE	46.30	44.87	
9 Brink, Jani	12	Quicksilver Aquatics Winelands-CE	44.23	46.51	
10 Rookan-Smith, Helena B	12	Worcester Aquatics-CE	49.30	48.98	
11 Vd Bank, Mienke	12	Curro Hermanus Aquatics-OB	47.75	49.83	
12 Baadjies, Najya C	12	Paarl Aquarius SC-CE	58.01	53.38	
13 Guntelach, Yemima T	12	Worcester Aquatics-CE	NT	1:03.59	
14 Gempies, Carla C	12	Worcester Aquatics-CE	NT	1:12.56	

Event 15 Girls 13 Year Olds 50 LC Meter Butterfly

36.91 13 WPQT WCQT

40.84 13 SLQT SLQT

40.84 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kotze, Abigail	13	Vineyard SC-CP	28.54	28.37	WPQT
2 Huang, Amelia A	13	Blouberg Marlins-CP	32.16	32.36	WPQT
3 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	NT	32.95	WPQT
4 Combrink, Amy	13	Vineyard SC-CP	32.93	33.33	WPQT
5 Liebenberg, Emily M	13	Swartland Swim Club-WC	32.85	33.85	WPQT
6 Vorster, Mia	13	Swartland Swim Club-WC	34.77	35.11	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 15 Girls 13 Year Olds 50 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	
7 Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	35.54	35.49	WPQT
8 Geysler, Almi	13	Lane Leader Stellenbosch-CE	NT	35.62	WPQT
9 Bruwer, Casey	13	Blouberg Marlins-CP	NT	36.01	WPQT
10 Juries, Sam C	13	Curro Langebaan Swim Club-WC	NT	37.61	SLQT
11 Aucamp, Larah	13	Tygerberg Aquatics-CP	NT	38.88	SLQT
12 Louw, Margo	13	Quicksilver Aquatics Winelands-CE	NT	40.87	
13 McWilliam, Amy L	13	Tygerberg Aquatics-CP	38.92	41.00	
14 Hager, Carle	13	Worcester Aquatics-CE	43.06	42.27	
15 Jansen van Rensburg, Emma	13	Quicksilver Aquatics Winelands-CE	46.08	43.51	
16 Visagie, Jani	13	Swartland Swim Club-WC	NT	43.79	
17 Cloete, Milla D	13	Worcester Aquatics-CE	45.95	44.72	
18 Van Dyk, Isabè	13	Curro Hermanus Aquatics-OB	44.16	46.78	
19 Van Zyl, Coreta A	13	Worcester Aquatics-CE	49.30	52.94	

Event 15 Girls 14 Year Olds 50 LC Meter Butterfly

34.03 14 WPQT WCQT

37.96 14 SLQT SLQT

37.96 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Havemann, Bella	14	Maties Aquatics-CE	35.35	34.19	SLQT
2 Pieterse, Chloe	14	Quicksilver Aquatics Winelands-CE	35.92	35.30	SLQT
3 Van Tonder, Nina L	14	Worcester Aquatics-CE	37.85	38.13	
4 Grootboom, Lulu R	14	Swartland Swim Club-WC	39.67	38.47	
5 Grobbelaar, Chanè M	14	Swartland Swim Club-WC	42.88	40.71	
6 Burger, Mignon	14	Swartland Swim Club-WC	47.28	42.69	
7 Van Zyl, Teyna C	14	Worcester Aquatics-CE	39.18	43.67	

Event 15 Women 15 Year Olds 50 LC Meter Butterfly

34.03 15 WPQT WCQT

37.49 15 SLQT SLQT

37.49 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Fury, Rebecca G	15	Vineyard SC-CP	29.63	29.56	WPQT
2 De Wet, Emma M	15	Vineyard SC-CP	30.49	30.62	WPQT
3 Greyvenstein, Haléya	15	Players-CE	35.59	34.89	SLQT
4 Flack, Rebecca I	15	Curro Langebaan Swim Club-WC	35.00	36.04	SLQT

Event 15 Women 16 Year Olds 50 LC Meter Butterfly

32.99 16 WPQT WCQT

36.65 16 SLQT SLQT

36.65 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Groepes, Rachel L	16	Swimlab Aquatic Academ-CP	28.67	29.65	WPQT
2 Vorster, Carli	16	Swartland Swim Club-WC	31.12	32.12	WPQT
3 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	33.94	33.80	SLQT
4 Van der Walt, Isabella	16	Quicksilver Aquatics Winelands-CE	38.12	36.48	SLQT

Event 15 Women 17 & Over 50 LC Meter Butterfly

32.99 17&O WPQT WCQT

36.65 17&O SLQT SLQT

36.65 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Venter, Liya E	17	Blouberg Marlins-CP	30.08	29.50	WPQT
2 De Jongh, Grace	17	Lane Leader Stellenbosch-CE	29.95	29.78	WPQT
3 Canter, Jessica A	23	Lane Leader Stellenbosch-CE	30.75	30.63	WPQT
4 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	30.89	30.84	WPQT
5 Ricco, Lilly C	19	Maties Aquatics-CE	31.66	31.60	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 15 Women 17 & Over 50 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time	
6 Daffarn, Eri J	18	Vineyard SC-CP	32.52	31.75	WPQT
7 Uys, Tara	17	Tygerberg Aquatics-CP	NT	31.94	WPQT
8 Rathner, Ava	17	Swimlab Aquatic Academ-CP	32.77	32.05	WPQT
9 Heyes, Danielle A	17	Aqua Sharks Academy-CP	NT	33.14	SLQT

Event 15 Boys 11 & Under 50 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time	
*1 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	35.54	36.78	
*1 Barnard, Theo J	10	Swartland Swim Club-WC	38.75	36.78	
3 De Jager, Eben	11	Quicksilver Aquatics Winelands-CE	40.00	42.09	
4 Schabort, Lowen	9	Quicksilver Aquatics Winelands-CE	52.28	42.13	
5 Stander, Christiaan L	10	Aquasharks Winelands-CE	41.22	42.19	
6 Gamieldien, Idreess	11	Marlin Swimming Club-CP	43.74	42.29	
7 Schreve, Lehan	10	Swartland Swim Club-WC	46.83	45.82	
8 Mallin, Lukas	8	Swimlab Aquatic Academ-CP	48.26	45.98	
9 VerLoren Van Themaat, Hein M	11	Lane Leader Stellenbosch-CE	NT	50.58	
10 Fouche, Jack	10	Tygerberg Aquatics-CP	47.85	51.62	
11 Lewis, Amaru C	10	Paarl Aquarius SC-CE	51.13	52.97	
12 Pieterse, Nicholas N	9	Biosplash Swim Academy-CE	NT	53.74	
13 Ellis, Alec C	10	Lane Leader Stellenbosch-CE	53.64	57.37	
14 Bester, Daniël M	11	Quicksilver Aquatics Winelands-CE	53.73	58.51	
15 Jooste, Ben D	11	Curro Hermanus Aquatics-OB	NT	1:02.76	
16 Havemann, Ayden A	9	Quicksilver Aquatics Winelands-CE	1:03.37	1:02.90	
17 Buys, Barend R	10	Biosplash Swim Academy-CE	NT	1:04.61	
18 Beirowski, Seth L	10	Blouberg Marlins-CP	NT	1:06.22	
19 Rheeder, Ian S	11	Quicksilver Aquatics Winelands-CE	NT	1:07.18	
--- Conradie, D'Niel	10	Aquasharks Winelands-CE	45.84	DQ 47.69	
Arms underwater recovery					
--- Coetzee, Willem A	11	Quicksilver Aquatics Winelands-CE	55.53	DQ 1:04.96	
Non-simultaneous arms					
--- Whitehouse, Bramwell A	8	Curro Hermanus Aquatics-OB	1:15.84	DQ 1:11.05	
Arms underwater recovery					

Event 15 Boys 12 Year Olds 50 LC Meter Butterfly

35.77 12 WPQT WCQT

38.82 12 SLQT SLQT

38.82 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kotzè, Arden C	12	Paarl Aquarius SC-CE	33.58	33.96	WPQT
2 Van Graan, Matthew D	12	Biosplash Swim Academy-CE	NT	34.31	WPQT
3 Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	35.85	34.68	WPQT
4 Grobler, Reuben C	12	Players-CE	38.79	36.85	SLQT
5 Marais, Ricus	12	Blouberg Marlins-CP	NT	43.74	
6 Raath, Tayhne E	12	Blouberg Marlins-CP	46.37	47.11	
7 Wessels, Connor M	12	Blouberg Marlins-CP	NT	47.63	
8 Lategan, Matteau A	12	Paarl Aquarius SC-CE	NT	51.39	

Event 15 Boys 13 Year Olds 50 LC Meter Butterfly

35.77 13 WPQT WCQT

38.34 13 SLQT SLQT

38.34 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Bestel, Luc M	13	Vineyard SC-CP	30.87	30.34	WPQT
2 De Lange, Adriaan	13	Tygerberg Aquatics-CP	32.44	32.12	WPQT
3 Beukes, Jaden L	13	Walmers SC-CP	32.97	32.20	WPQT
4 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	32.27	32.96	WPQT

Winelands SL Final - 2023/01/28

Results

(Event 15 Boys 13 Year Olds 50 LC Meter Butterfly)

Name	Age	Team	Seed Time	Finals Time	
5 Cleophas, Kyle	13	Paarl Aquarius SC-CE	36.49	35.19	WPQT
6 Barge, Zac	13	Swimlab Aquatic Academ-CP	NT	36.08	SLQT
7 Wagener, Ethan H	13	Players-CE	NT	41.98	
8 Louw, Jaco A	13	Swartland Swim Club-WC	42.76	42.91	
9 Strydom, Benrich	13	Worcester Aquatics-CE	44.24	44.10	
10 Taljaard, Cornell J	13	Players-CE	42.27	44.76	
11 Holland-Muter, Jesse	13	Swartland Swim Club-WC	50.31	45.05	

Event 15 Boys 14 Year Olds 50 LC Meter Butterfly

32.00 14 WPQT WCQT

34.12 14 SLQT SLQT

34.12 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Trower, Nic T	14	Tygerberg Aquatics-CP	28.94	28.25	WPQT
2 Wollenschlaeger, Noah	14	Vineyard SC-CP	31.03	30.07	WPQT
3 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	31.48	30.64	WPQT
4 Ochsenbein, Lukas	14	Aqua Sharks Academy-CP	NT	31.31	WPQT
5 Pautz, Nathan M	14	Blouberg Marlins-CP	33.57	33.02	SLQT
6 Liebenberg, SW W	14	Players-CE	36.45	37.67	

Event 15 Men 15 Year Olds 50 LC Meter Butterfly

32.00 15 WPQT WCQT

33.71 15 SLQT SLQT

33.71 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Pearson, Tai L	15	Vineyard SC-CP	25.17	25.66	WPQT
2 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	26.53	26.43	WPQT
3 Engelbrecht, Ruben J	15	Players-CE	27.19	28.50	WPQT
4 Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	NT	29.01	WPQT
5 Geysler, Jacques M	15	Lane Leader Stellenbosch-CE	30.45	29.51	WPQT
6 Orchard, Thomas J	15	Swartland Swim Club-WC	30.79	29.81	WPQT
7 Gilbert, Thomas O	15	Swimlab Aquatic Academ-CP	30.16	30.59	WPQT
8 Vd Walt, Lourens M	15	Quicksilver Aquatics Winelands-CE	NT	31.22	WPQT
9 McWilliam, Troy J	15	Tygerberg Aquatics-CP	32.87	32.29	SLQT
10 Engelbrecht, Christie	15	Paarl Aquarius SC-CE	NT	32.92	SLQT
11 Botha, Lourens	15	Curro Langebaan Swim Club-WC	32.92	34.08	
12 Boonzaaier, Simon F	15	Aquasharks Winelands-CE	34.50	34.15	

Event 15 Men 16 Year Olds 50 LC Meter Butterfly

30.59 16 WPQT WCQT

32.47 16 SLQT SLQT

32.47 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Omar, Ilyaas I	16	Marlin Swimming Club-CP	26.77	27.20	WPQT
2 Stander, Daniel E	16	Lane Leader Stellenbosch-CE	27.86	27.57	WPQT
3 Foot, Aiden C	16	Swartland Swim Club-WC	29.27	28.80	WPQT
4 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	29.40	28.87	WPQT
5 Potgieter, Michael M	16	Lane Leader Stellenbosch-CE	29.12	29.08	WPQT

Event 15 Men 17 & Over 50 LC Meter Butterfly

30.59 17&O WPQT WCQT

32.47 17&O SLQT SLQT

32.47 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Moncherry, Adam J	24	Maties Aquatics-CE	25.09	25.17	WPQT
2 Vd Merwe, Johan H	17	Maties Aquatics-CE	25.92	25.56	WPQT
3 Schlechter, Gustav	20	Lane Leader Stellenbosch-CE	25.98	25.77	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 15 Men 17 & Over 50 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time	
4	Potgieter, Wikus R	18	Vineyard SC-CP	25.80	25.91	WPQT
5	Etzold, Peter S	17	Vineyard SC-CP	27.25	26.31	WPQT
6	Basson, Wilan	17	Aqua Sharks Academy-CP	26.49	26.71	WPQT
7	Truter, Petrus C	19	Lane Leader Stellenbosch-CE	NT	26.75	WPQT
8	Van Reenen, Ryan	24	Blouberg Marlins-CP	27.31	27.26	WPQT
9	Beukes, Mateo A	17	Walmers SC-CP	28.11	27.63	WPQT
10	Peceur, Mark D	18	Paarl Aquarius SC-CE	28.30	28.51	WPQT
11	Burger, Schalk S	17	Swartland Swim Club-WC	28.29	28.68	WPQT
12	Abrahams, Matthew N	23	Aqua Sharks Academy-CP	NT	28.74	WPQT
13	Jones, Troy B	17	Vineyard SC-CP	NT	28.84	WPQT
14	Peycke, Tom R	20	Blouberg Marlins-CP	29.90	29.47	WPQT
15	Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	35.75	
16	O'Neill, Sean C	38	Aqua Sharks Academy-CP	NT	42.74	

Event 17 Girls 11 & Under 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time	
1	De Villiers, Anja	11	Tygerberg Aquatics-CP	1:37.52	1:39.62	
2	Kruger, Isla	11	Quicksilver Aquatics Winelands-CE	1:48.38	1:41.46	
3	Myburgh, Anique	11	Paarl Aquarius SC-CE	1:52.15	1:43.71	
4	Stilwayney, Mia C	10	Paarl Aquarius SC-CE	NT	1:44.00	
5	Van den Berg, Nika	11	Quicksilver Aquatics Winelands-CE	NT	1:45.88	
6	Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	1:42.50	1:45.99	
7	Hawley, Nicola	11	Players-CE	1:48.57	1:46.68	
8	Anthony, Jazmin A	10	Paarl Aquarius SC-CE	1:51.15	1:48.28	
9	Darling, Jessica	11	Blouberg Marlins-CP	1:49.50	1:49.40	
10	Nienaber, Mila J	11	Quicksilver Aquatics Winelands-CE	1:54.65	1:49.64	
11	Abrahams, Amaani	11	Marlin Swimming Club-CP	1:50.80	1:50.58	
12	Hansen, Margelie	11	Players-CE	NT	1:51.17	
13	Abrahams, Stella	11	Players-CE	NT	1:51.24	
14	Kent, Isabelle M	10	Blouberg Marlins-CP	1:56.52	1:51.56	
15	Benjamin, Jiya	11	Paarl Aquarius SC-CE	NT	1:51.63	
16	Boustred, Sophia J	9	Biosplash Swim Academy-CE	NT	1:53.02	
17	De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	2:04.50	1:54.53	
18	Salie, Lulu	11	Worcester Aquatics-CE	NT	1:55.36	
19	Dowle, Alessia C	11	Players-CE	NT	1:55.93	
20	Kruger, Milan	11	Quicksilver Aquatics Winelands-CE	1:56.77	1:56.55	
21	Bircher, Storm Z	11	Curro Hermanus Aquatics-OB	2:07.06	1:57.74	
22	Kemp, Hannah A	11	Lane Leader Stellenbosch-CE	2:07.84	1:59.25	
23	Gerischer, Leah E	11	Biosplash Swim Academy-CE	NT	1:59.44	
24	Jacobs, Mabet	10	Agulhas Aquatics-OB	1:57.13	2:01.09	
25	Dabrowski, Leah A	9	Blouberg Marlins-CP	2:05.95	2:01.73	
26	Marais, Jodi	11	Blouberg Marlins-CP	NT	2:01.90	
27	Breytenbach, Amore	10	Quicksilver Aquatics Winelands-CE	NT	2:02.35	
28	Joubert, Elle	11	Quicksilver Aquatics Winelands-CE	2:07.49	2:04.03	
29	Brink, Anye	10	Quicksilver Aquatics Winelands-CE	2:03.01	2:04.04	
30	Jaftas, Zoey	11	Paarl Aquarius SC-CE	NT	2:07.73	
31	Els, Lika	10	Quicksilver Aquatics Winelands-CE	2:12.86	2:08.24	
32	Liedeman, Hayley	9	Swartland Swim Club-WC	2:15.00	2:15.43	
33	Du Toit, Anmari	9	Quicksilver Aquatics Winelands-CE	2:26.06	2:22.90	
34	Huang, Olivia O	8	Blouberg Marlins-CP	NT	2:28.33	
35	vd Bank, Mihanka	9	Curro Hermanus Aquatics-OB	2:44.06	2:50.72	

Winelands SL Final - 2023/01/28

Results

Event 17 Girls 12 Year Olds 100 LC Meter Breaststroke

1:36.57 12 WPQT WCQT

1:48.21 12 SLQT SLQT

1:48.21 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Dreyer, Arne'	12	Biosplash Swim Academy-CE	1:29.36	1:29.34	WPQT
2 Bosman, Daizeli	12	Players-CE	1:33.75	1:34.11	WPQT
3 Bova-Olsen, Katya	12	Marlin Swimming Club-CP	1:37.74	1:36.96	SLQT
4 Mays, Amy	12	Curro Hermanus Aquatics-OB	1:38.80	1:39.84	SLQT
5 Robinson, Alana	12	Swimlab Aquatic Academ-CP	1:46.80	1:40.65	SLQT
6 Atkinson, Anouk E	12	Swartland Swim Club-WC	1:33.47	1:40.86	SLQT
7 Baadjies, Najya C	12	Paarl Aquarius SC-CE	1:45.34	1:42.31	SLQT
8 Dreyer, Sadie	12	Biosplash Swim Academy-CE	NT	1:44.45	SLQT
9 Loots, Emmelize	12	Tygerberg Aquatics-CP	1:52.12	1:46.61	SLQT
10 Engela, Isabel C	12	Swimlab Aquatic Academ-CP	NT	1:51.88	
11 Tredoux, Taylor M	12	Blouberg Marlins-CP	1:50.55	1:52.57	

Event 17 Girls 13 Year Olds 100 LC Meter Breaststroke

1:36.57 13 WPQT WCQT

1:47.70 13 SLQT SLQT

1:47.70 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Coleman, Madison	13	Blouberg Marlins-CP	1:25.47	1:26.61	WPQT
2 Geysler, Almi	13	Lane Leader Stellenbosch-CE	1:32.87	1:32.29	WPQT
3 Badenhorst, Storme	13	Marlin Swimming Club-CP	1:31.27	1:32.45	WPQT
4 Bruwer, Casey	13	Blouberg Marlins-CP	1:37.75	1:34.84	WPQT
5 Marais, Erica M	13	Blouberg Marlins-CP	1:37.22	1:35.09	WPQT
6 Barnard, Adelmari D	13	Swartland Swim Club-WC	1:37.40	1:35.96	WPQT
7 Senekal, Margo	13	Tygerberg Aquatics-CP	1:33.39	1:36.18	WPQT
8 Briggs, Rebecca	13	Lane Leader Stellenbosch-CE	NT	1:37.14	SLQT
9 Juries, Sam C	13	Curro Langebaan Swim Club-WC	1:37.80	1:39.88	SLQT
10 Jansen van Rensburg, Emma	13	Quicksilver Aquatics Winelands-CE	1:44.73	1:41.11	SLQT
11 Visagie, Jani	13	Swartland Swim Club-WC	1:40.18	1:41.85	SLQT
12 Roos, Isla M	13	Lane Leader Stellenbosch-CE	NT	1:42.94	SLQT
13 Louw, Margo	13	Quicksilver Aquatics Winelands-CE	NT	1:47.06	SLQT
14 Brand, Sarah E	13	Aquasharks Winelands-CE	1:46.94	1:48.97	
15 Wessels, Remy L	13	Agulhas Aquatics-OB	2:10.41	2:00.90	

Event 17 Girls 14 Year Olds 100 LC Meter Breaststroke

1:29.04 14 WPQT WCQT

1:39.31 14 SLQT SLQT

1:39.31 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Tsai, Emily A	14	Blouberg Marlins-CP	1:30.98	1:29.46	SLQT
2 Visser, Sandri	14	Players-CE	1:28.14	1:29.53	SLQT
3 Schreuder, Hannah G	14	Swimlab Aquatic Academ-CP	NT	1:29.72	SLQT
5 Havemann, Bella	14	Maties Aquatics-CE	1:26.91	1:30.97	SLQT
6 Buhr, Lelanie	14	Swartland Swim Club-WC	1:32.97	1:33.39	SLQT
7 Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	1:40.70	
8 May, Cleo J	14	Marlin Swimming Club-CP	1:49.85	1:52.92	

Event 17 Women 15 Year Olds 100 LC Meter Breaststroke

1:29.04 15 WPQT WCQT

1:38.93 15 SLQT SLQT

1:38.93 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Jeftha, Zara L	15	Marlin Swimming Club-CP	1:27.96	1:26.98	WPQT
2 Ryser, Aurora	15	Tygerberg Aquatics-CP	1:24.49	1:28.84	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 17 Women 15 Year Olds 100 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	
3 Beetge, Amy	15	Lane Leader Stellenbosch-CE	1:31.52	1:29.94	SLQT
4 Harris, Gemma	15	Marlin Swimming Club-CP	1:30.30	1:30.64	SLQT
5 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	1:29.35	1:32.24	SLQT
6 Van Reenen, Kirsten	15	Lane Leader Stellenbosch-CE	1:31.78	1:33.02	SLQT
7 Louw, Alexa	15	Blouberg Marlins-CP	NT	1:34.54	SLQT

Event 17 Women 16 Year Olds 100 LC Meter Breaststroke

1:26.30 16 WPQT WCQT

1:35.89 16 SLQT SLQT

1:35.89 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Bester, Christine F	16	Aquasharks Winelands-CE	1:23.63	1:23.92	WPQT
2 Kriek, Mila	16	Quicksilver Aquatics Winelands-CE	1:25.33	1:27.31	SLQT
3 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	1:27.11	1:28.27	SLQT
4 Rinquest, Aqeelah	16	Marlin Swimming Club-CP	1:29.71	1:28.31	SLQT
5 Vd Berg, Talia	16	Quicksilver Aquatics Winelands-CE	1:32.73	1:34.66	SLQT
6 Anders, Erin D	16	Marlin Swimming Club-CP	1:36.56	1:37.28	
7 Kemp, Mari	16	Swartland Swim Club-WC	1:41.13	1:41.56	

Event 17 Women 17 & Over 100 LC Meter Breaststroke

1:26.30 17&O WPQT WCQT

1:35.89 17&O SLQT SLQT

1:35.89 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Booth, Jess H	20	Maties Aquatics-CE	NT	1:22.56	WPQT

Event 17 Boys 11 & Under 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	
1 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	1:36.51	1:37.53	
2 Van Vondel, Roland	11	Tygerberg Aquatics-CP	1:41.40	1:40.76	
3 Gamieldien, Idreess	11	Marlin Swimming Club-CP	1:44.48	1:46.41	
4 Weber, Daniel	11	Players-CE	1:50.66	1:47.12	
5 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	1:45.82	1:48.04	
6 Baadjies, Cruden H	11	Paarl Aquarius SC-CE	1:58.35	1:48.46	
7 Fenner, Jenson V	10	Quicksilver Aquatics Winelands-CE	1:51.12	1:48.63	
8 Pretorius, Hennie H	11	Swartland Swim Club-WC	1:47.66	1:48.96	
9 Wagener, Tiaan H	10	Aquasharks Winelands-CE	1:59.58	1:49.84	
10 Bodenstein, Zane	11	Curro Langebaan Swim Club-WC	1:54.37	1:51.04	
11 Lategan, Wessel W	10	Swartland Swim Club-WC	1:53.40	1:51.20	
12 Fouche, Jack	10	Tygerberg Aquatics-CP	1:47.67	1:53.17	
13 Meiring, Lukas	10	Quicksilver Aquatics Winelands-CE	NT	1:53.77	
14 Kruger, Zachary C	10	Swartland Swim Club-WC	1:52.94	1:53.95	
15 Kotze, Christian S	9	Biosplash Swim Academy-CE	NT	1:57.54	
16 Brand, Kobus P	11	Swartland Swim Club-WC	1:56.34	1:57.70	
17 Bester, Daniël M	11	Quicksilver Aquatics Winelands-CE	1:55.52	1:58.53	
18 Whitehead, Charl H	10	Biosplash Swim Academy-CE	NT	1:59.70	
19 Visagie, Dian	10	Swartland Swim Club-WC	1:59.03	2:01.45	
20 Rheeder, Ian S	11	Quicksilver Aquatics Winelands-CE	NT	2:02.97	
21 Meintjes, Ruben	11	Quicksilver Aquatics Winelands-CE	2:04.75	2:04.03	
22 Malherbe, Max M	9	Quicksilver Aquatics Winelands-CE	2:11.35	2:04.19	
23 Pieterse, Nicholas N	9	Biosplash Swim Academy-CE	NT	2:04.34	
24 Snyders, Dylan	10	Curro Langebaan Swim Club-WC	2:06.65	2:04.45	
25 Basson, Henk	10	Lane Leader Stellenbosch-CE	NT	2:05.59	
26 Fouche, Xander M	11	Worcester Aquatics-CE	2:06.34	2:06.65	
27 Kruger, Blake R	9	Swartland Swim Club-WC	2:14.88	2:08.59	
28 Swarts, Zeeck	11	Quicksilver Aquatics Winelands-CE	2:13.77	2:10.97	

Winelands SL Final - 2023/01/28**Results****(Event 17 Boys 11 & Under 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
29	Botha, Anthonie N	10	Quicksilver Aquatics Winelands-CE	2:06.41	2:15.51
30	Burmeister, Zak	11	Quicksilver Aquatics Winelands-CE	2:25.90	2:17.58
31	Joubert, Daniel J	8	Quicksilver Aquatics Winelands-CE	NT	2:17.78
32	Bester, Nico	11	Quicksilver Aquatics Winelands-CE	2:30.91	2:20.92
33	Askevold, Gunther J	8	Blouberg Marlins-CP	2:15.68	2:24.96
34	Whitehouse, Bramwell A	8	Curro Hermanus Aquatics-OB	2:27.94	2:27.70

Event 17 Boys 12 Year Olds 100 LC Meter Breaststroke

1:32.40 12 WPQT WCQT

1:40.30 12 SLQT SLQT

1:40.30 12 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Mansfield, Luke T	12	Lane Leader Stellenbosch-CE	1:26.27	1:28.04 WPQT
2	Oosthuizen, Ethan	12	Players-CE	NT	1:32.73 SLQT
3	Meiring, Schalk	12	Quicksilver Aquatics Winelands-CE	NT	1:42.03
4	Wium, Hugo H	12	Quicksilver Aquatics Winelands-CE	1:53.13	2:00.05

Event 17 Boys 13 Year Olds 100 LC Meter Breaststroke

1:32.40 13 WPQT WCQT

1:40.01 13 SLQT SLQT

1:40.01 13 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	NT	1:19.04 WPQT
2	Kotze, Eric B	13	Biosplash Swim Academy-CE	NT	1:21.77 WPQT
3	Naude, Dieter	13	Paarl Aquarius SC-CE	1:19.04	1:23.41 WPQT
4	Abrahams, Rayhan	13	Walwers SC-CP	1:29.07	1:29.42 WPQT
5	De Lange, Adriaan	13	Tygerberg Aquatics-CP	NT	1:29.48 WPQT
6	Liedeman, Mark	13	Swartland Swim Club-WC	1:29.39	1:29.50 WPQT
7	Kriek, Divan D	13	Quicksilver Aquatics Winelands-CE	1:29.60	1:32.21 WPQT
8	Wagener, Ethan H	13	Players-CE	NT	1:33.47 SLQT
9	Meintjes, Christiaan	13	Quicksilver Aquatics Winelands-CE	1:33.56	1:35.10 SLQT
10	Lategan, Nicky N	13	Swartland Swim Club-WC	1:33.94	1:36.02 SLQT
11	Jacobs, Zoon S	13	Lane Leader Stellenbosch-CE	1:34.94	1:36.37 SLQT
12	Van den Berg, Ruan	13	Quicksilver Aquatics Winelands-CE	NT	1:36.67 SLQT
13	Brits, Ruben	13	Curro Hermanus Aquatics-OB	1:50.69	1:45.21
14	Burger, Francois F	13	Swartland Swim Club-WC	2:02.38	2:17.72

Event 17 Boys 14 Year Olds 100 LC Meter Breaststroke

1:22.67 14 WPQT WCQT

1:28.15 14 SLQT SLQT

1:28.15 14 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Kalapac, Joshua	14	Blouberg Marlins-CP	1:18.45	1:20.12 WPQT
2	Atkinson, Samuel A	14	Swartland Swim Club-WC	1:24.47	1:24.72 SLQT
3	Vd Berg, Wilan	14	Quicksilver Aquatics Winelands-CE	1:30.55	1:32.34
4	Hahn, Rudi Y	14	Agulhas Aquatics-OB	1:38.27	1:35.30
5	Liebenberg, SW W	14	Players-CE	1:36.24	1:37.07

Event 17 Men 15 Year Olds 100 LC Meter Breaststroke

1:22.67 15 WPQT WCQT

1:27.94 15 SLQT SLQT

1:27.94 15 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	1:08.94	1:10.48 WPQT
2	Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	1:11.92	1:12.57 WPQT
3	Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	1:14.15	1:13.71 WPQT
4	Wessels, Armin L	15	Lane Leader Stellenbosch-CE	1:17.71	1:16.75 WPQT

Winelands SL Final - 2023/01/28**Results****(Event 17 Men 15 Year Olds 100 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time	
5 Alexander, Ammaar	15	Marlin Swimming Club-CP	1:15.41	1:16.82	WPQT
6 Karsten, Jody	15	Blouberg Marlins-CP	1:20.30	1:20.33	WPQT
7 Engelbrecht, Ruben J	15	Players-CE	NT	1:20.60	WPQT
8 Möller, FC C	15	Tygerberg Aquatics-CP	1:23.45	1:23.84	SLQT
9 Basson, Luan	15	Swartland Swim Club-WC	1:26.14	1:24.42	SLQT
10 Saayman, Dehan	15	Players-CE	1:28.27	1:27.67	SLQT
11 Moran, Luke	15	Blouberg Marlins-CP	1:29.00	1:29.95	
12 Botha, Lourens	15	Curro Langebaan Swim Club-WC	1:27.66	1:33.22	

Event 17 Men 16 Year Olds 100 LC Meter Breaststroke

1:19.02 16 WPQT WCQT

1:25.11 16 SLQT SLQT

1:25.11 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	1:09.31	1:09.56	WPQT
2 Hugo, Retief R	16	Aquasharks Winelands-CE	1:11.34	1:10.88	WPQT
3 Field, Luke D	16	Vineyard SC-CP	1:12.23	1:11.84	WPQT
4 Omar, Ilyas I	16	Marlin Swimming Club-CP	1:13.54	1:17.27	WPQT
5 Van Vondel, Anton J	16	Tygerberg Aquatics-CP	NT	1:20.85	SLQT
6 Du Toit, Francois W	16	Aquasharks Winelands-CE	1:27.05	1:30.82	

Event 17 Men 17 & Over 100 LC Meter Breaststroke

1:19.02 17&O WPQT WCQT

1:25.11 17&O SLQT SLQT

1:25.11 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Sack, Benji	26	Swimlab Aquatic Academ-CP	1:06.21	1:05.59	WPQT
2 Louw, Andro	18	Kovsies Swimming Club Bfn-MA	NT	1:07.89	WPQT
3 Hibberd, Matthew	25	Blouberg Marlins-CP	1:11.73	1:13.28	WPQT
*4 West, Gabriel	18	Tygerberg Aquatics-CP	1:15.65	1:14.31	WPQT
*4 Buys, Llewellyn O	21	Maties Aquatics-CE	1:28.38	1:30.78	
5 Kotze, Pierce	17	Worcester Aquatics-CE	1:13.18	1:15.15	WPQT
6 Anthony, Ammar	20	Marlin Swimming Club-CP	1:16.42	1:18.76	WPQT
7 Gounden, Mikhael A	17	Curro Langebaan Swim Club-WC	NT	1:21.14	SLQT
8 Abrahams, Wasfi	17	Marlin Swimming Club-CP	1:17.20	1:21.38	SLQT
9 Sadie, Christian M	25	Lane Leader Stellenbosch-CE	4:3.40	1:27.09	

Event 19 Girls 13 Year Olds 400 LC Meter IM

6:37.47 13 WPQT WCQT

7:08.98 13 SLQT SLQT

7:08.98 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Hartung, Amy M	13	Aqua Sharks Academy-CP	5:58.62	5:47.71	WPQT

Event 19 Boys 13 Year Olds 400 LC Meter IM

6:28.63 13 WPQT WCQT

6:36.26 13 SLQT SLQT

6:36.26 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kotze, Eric B	13	Biosplash Swim Academy-CE	NT	5:47.10	WPQT
2 Beukes, Jaden L	13	Walmers SC-CP	6:08.62	6:10.78	WPQT

Winelands SL Final - 2023/01/28

Results

Event 19 Men 15 Year Olds 400 LC Meter IM

5:46.99 15 WPQT WCQT

5:59.90 15 SLQT SLQT

5:59.90 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 McWilliam, Troy J	15	Tygerberg Aquatics-CP	5:22.61	5:28.36	WPQT
2 Clarke, Liam	15	Lane Leader Stellenbosch-CE	NT	5:35.00	WPQT

Event 19 Men 16 Year Olds 400 LC Meter IM

5:31.77 16 WPQT WCQT

5:59.90 16 SLQT SLQT

5:59.90 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 McWilliam, Benn D	16	Tygerberg Aquatics-CP	5:03.61	5:03.62	WPQT

Event 19 Men 17 & Over 400 LC Meter IM

5:31.77 17&O WPQT WCQT

5:59.90 17&O SLQT SLQT

5:59.90 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	5:12.32	5:16.21	WPQT
2 Waters, Zack L	17	Swimlab Aquatic Academ-CP	5:07.24	5:22.38	WPQT

Event 21 Girls 11 & Under 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	
1 Louw, Isabella A	11	Blouberg Marlins-CP	1:16.91	1:17.49	
2 Oliver, Isabella	11	Quicksilver Aquatics Winelands-CE	1:24.51	1:19.94	
3 Fenner, Olivia M	11	Quicksilver Aquatics Winelands-CE	1:24.08	1:20.34	
4 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	1:19.48	1:21.46	
5 Nienaber, Mila J	11	Quicksilver Aquatics Winelands-CE	1:23.21	1:22.03	
6 Talip, Sanaa	11	Walmers SC-CP	1:23.61	1:23.49	
7 Abrahams, Amaani	11	Marlin Swimming Club-CP	1:24.08	1:24.89	
8 Flack, Francesca	11	Curro Langebaan Swim Club-WC	1:23.96	1:25.05	
9 Darling, Jessica	11	Blouberg Marlins-CP	1:25.95	1:25.25	
10 Bircher, Storm Z	11	Curro Hermanus Aquatics-OB	1:26.71	1:25.61	
11 Liebenberg, Aimee L	11	Swartland Swim Club-WC	1:25.88	1:26.96	
12 Van den Berg, Nika	11	Quicksilver Aquatics Winelands-CE	1:30.67	1:28.00	
13 Gerischer, Leah E	11	Biosplash Swim Academy-CE	1:32.07	1:28.58	
14 Abrahams, Stella	11	Players-CE	NT	1:29.29	
15 Hawley, Nicola	11	Players-CE	1:29.25	1:29.94	
16 Dowle, Alessia C	11	Players-CE	1:29.45	1:30.19	
17 De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	1:24.17	1:31.57	
18 Kruger, Milan	11	Quicksilver Aquatics Winelands-CE	1:34.00	1:32.39	
19 Gilligan, Saskia	9	Blouberg Marlins-CP	1:42.92	1:34.19	
20 Beyers, Lize M	9	Agulhas Aquatics-OB	1:42.22	1:34.38	
21 Joubert, Elle	11	Quicksilver Aquatics Winelands-CE	1:50.83	1:37.25	
22 Dabrowski, Leah A	9	Blouberg Marlins-CP	1:40.92	1:38.12	
23 Kent, Isabelle M	10	Blouberg Marlins-CP	1:40.20	1:38.31	
24 Jaftas, Zoey	11	Paarl Aquarius SC-CE	NT	1:42.80	
25 Kemp, Hannah A	11	Lane Leader Stellenbosch-CE	1:44.95	1:44.23	
26 Salie, Lulu	11	Worcester Aquatics-CE	1:47.94	1:45.22	
27 Jacobs, Mabet	10	Agulhas Aquatics-OB	1:45.61	1:45.42	
28 Swanepoel, Emma	8	Curro Langebaan Swim Club-WC	1:51.22	1:45.51	
29 Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	1:48.80	1:46.02	
30 Myburgh, Anique	11	Paarl Aquarius SC-CE	1:52.68	1:48.79	
31 Liedeman, Hayley	9	Swartland Swim Club-WC	1:48.01	1:51.97	
32 Du Toit, Anmari	9	Quicksilver Aquatics Winelands-CE	1:52.30	1:57.76	
33 Kriel, Cari	9	Worcester Aquatics-CE	1:53.63	2:03.66	

Winelands SL Final - 2023/01/28**Results****(Event 21 Girls 11 & Under 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
34 vd Bank, Mihanka	9	Curro Hermanus Aquatics-OB	2:18.62	2:12.62

Event 21 Girls 12 Year Olds 100 LC Meter Freestyle

1:15.31 12 WPQT WCQT

1:24.58 12 SLQT SLQT

1:24.58 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Noble, Reese O	12	Swimlab Aquatic Academ-CP	1:12.20	1:11.21 WPQT
2 O'Carroll, Nia E	12	Biosplash Swim Academy-CE	1:14.48	1:13.07 WPQT
3 Basson, Lenè	12	Curro Langebaan Swim Club-WC	1:13.71	1:13.95 WPQT
4 Bova-Olsen, Katya	12	Marlin Swimming Club-CP	1:13.88	1:14.62 WPQT
5 Bosman, Daizeli	12	Players-CE	1:13.68	1:14.95 WPQT
6 Fourie, Emma	12	Blouberg Marlins-CP	1:17.34	1:16.76 SLQT
7 Van Wyk, Katie R	12	Blouberg Marlins-CP	1:17.10	1:16.84 SLQT
8 Saayman, Nika D	12	Players-CE	1:17.84	1:18.13 SLQT
9 Robinson, Alana	12	Swimlab Aquatic Academ-CP	1:24.03	1:19.54 SLQT
10 Reid, Martine	12	Players-CE	1:23.54	1:21.75 SLQT
11 Engela, Emma N	12	Swimlab Aquatic Academ-CP	1:26.07	1:23.51 SLQT
12 Badenhorst, Nolene	12	Biosplash Swim Academy-CE	1:21.84	1:24.35 SLQT
13 Loots, Emmelize	12	Tygerberg Aquatics-CP	NT	1:25.55
14 Nieuwstadt, Ruby	12	Blouberg Marlins-CP	1:30.08	1:25.62
15 Tredoux, Taylor M	12	Blouberg Marlins-CP	1:28.61	1:27.23
16 Engela, Isabel C	12	Swimlab Aquatic Academ-CP	1:30.69	1:27.37
17 Vd Bank, Mienke	12	Curro Hermanus Aquatics-OB	1:31.19	1:29.68
18 Baadjies, Najya C	12	Paarl Aquarius SC-CE	1:42.35	1:34.16
19 Guntelach, Yemima T	12	Worcester Aquatics-CE	1:40.22	1:41.06
20 Gempies, Carla C	12	Worcester Aquatics-CE	1:48.67	1:46.26

Event 21 Girls 13 Year Olds 100 LC Meter Freestyle

1:15.31 13 WPQT WCQT

1:24.47 13 SLQT SLQT

1:24.47 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Kotze, Abigail	13	Vineyard SC-CP	58.91	1:00.30 WPQT
2 Combrink, Amy	13	Vineyard SC-CP	1:04.12	1:05.23 WPQT
3 Huang, Amelia A	13	Blouberg Marlins-CP	1:05.18	1:06.69 WPQT
4 Liebenberg, Emily M	13	Swartland Swim Club-WC	1:06.56	1:09.00 WPQT
5 Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	1:10.17	1:09.68 WPQT
6 Bruwer, Casey	13	Blouberg Marlins-CP	1:10.02	1:10.13 WPQT
7 Senekal, Margo	13	Tygerberg Aquatics-CP	1:10.41	1:10.99 WPQT
8 Vorster, Mia	13	Swartland Swim Club-WC	1:10.65	1:11.75 WPQT
9 Aucamp, Larah	13	Tygerberg Aquatics-CP	NT	1:17.48 SLQT
10 Barnard, Adelmari D	13	Swartland Swim Club-WC	1:17.07	1:18.80 SLQT
11 Jansen van Rensburg, Emma	13	Quicksilver Aquatics Winelands-CE	1:25.05	1:19.91 SLQT
12 Cloete, Milla D	13	Worcester Aquatics-CE	1:18.50	1:21.37 SLQT
13 Roos, Isla M	13	Lane Leader Stellenbosch-CE	NT	1:22.63 SLQT
14 Davie, Morgan J	13	Blouberg Marlins-CP	1:24.76	1:23.89 SLQT
15 Brand, Sarah E	13	Aquasharks Winelands-CE	1:27.50	1:25.84
16 Wessels, Remy L	13	Agulhas Aquatics-OB	1:33.32	1:26.49
17 Van Zyl, Coreta A	13	Worcester Aquatics-CE	NT	1:36.19

Winelands SL Final - 2023/01/28**Results****Event 21 Girls 14 Year Olds 100 LC Meter Freestyle**

1:09.30 14 WPQT WCQT

1:17.49 14 SLQT SLQT

1:17.49 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Goebel, Zoë	14	Tygerberg Aquatics-CP	1:09.19	1:08.22	WPQT
2 Röntgen, Carine	14	Aquasharks Winelands-CE	1:07.40	1:09.51	SLQT
3 Havemann, Bella	14	Maties Aquatics-CE	1:08.71	1:09.78	SLQT
4 Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	1:10.11	SLQT
5 Tsai, Emily A	14	Blouberg Marlins-CP	1:12.40	1:12.44	SLQT
6 Schreuder, Hannah G	14	Swimlab Aquatic Academ-CP	NT	1:12.81	SLQT
7 Grootboom, Lulu R	14	Swartland Swim Club-WC	1:13.13	1:13.17	SLQT
8 Kemp, Anè	14	Swartland Swim Club-WC	1:15.05	1:13.63	SLQT
9 Buhr, Lelanie	14	Swartland Swim Club-WC	1:14.66	1:14.54	SLQT
10 Pieterse, Chloe	14	Quicksilver Aquatics Winelands-CE	1:14.99	1:14.71	SLQT
11 Visser, Sandri	14	Players-CE	1:12.44	1:16.03	SLQT
12 Van Tonder, Nina L	14	Worcester Aquatics-CE	1:19.74	1:16.25	SLQT
13 Carrol, Jessica C	14	Blouberg Marlins-CP	1:15.80	1:16.85	SLQT
14 Grobbelaar, Chanè M	14	Swartland Swim Club-WC	1:17.26	1:17.72	
15 Louw, Tenè	14	Blouberg Marlins-CP	NT	1:18.56	

Event 21 Women 15 Year Olds 100 LC Meter Freestyle

1:09.30 15 WPQT WCQT

1:17.43 15 SLQT SLQT

1:17.43 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Theron, Jady	15	Aquasharks Winelands-CE	1:03.97	1:04.25	WPQT
2 Webber, Isabella L	15	Vineyard SC-CP	1:06.84	1:06.95	WPQT
3 Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	1:06.98	1:07.30	WPQT
4 Van Reenen, Kirsten	15	Lane Leader Stellenbosch-CE	1:10.83	1:10.80	SLQT
5 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	1:13.18	1:11.26	SLQT
6 Beetge, Amy	15	Lane Leader Stellenbosch-CE	1:12.63	1:11.40	SLQT
7 Louw, Alexa	15	Blouberg Marlins-CP	1:08.77	1:11.64	SLQT
8 Greyvenstein, Haléya	15	Players-CE	1:13.68	1:13.24	SLQT
9 Rinquest, Taaliah	15	Marlin Swimming Club-CP	1:15.04	1:20.90	

Event 21 Women 16 Year Olds 100 LC Meter Freestyle

1:07.12 16 WPQT WCQT

1:14.76 16 SLQT SLQT

1:14.76 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Novello, Utah	16	Curro Langebaan Swim Club-WC	1:06.12	1:05.66	WPQT
2 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	1:06.90	1:07.83	SLQT
3 Vorster, Carli	16	Swartland Swim Club-WC	1:05.08	1:08.08	SLQT
4 Van der Walt, Isabella	16	Quicksilver Aquatics Winelands-CE	1:14.30	1:11.25	SLQT
5 Vd Berg, Talia	16	Quicksilver Aquatics Winelands-CE	1:10.93	1:14.00	SLQT
6 Kemp, Mari	16	Swartland Swim Club-WC	1:20.83	1:20.69	
7 Davids, Kiara H	16	Marlin Swimming Club-CP	1:21.31	1:23.65	

Event 21 Women 17 & Over 100 LC Meter Freestyle

1:07.12 17&O WPQT WCQT

1:14.76 17&O SLQT SLQT

1:14.76 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 De Jongh, Grace	17	Lane Leader Stellenbosch-CE	1:01.68	1:02.11	WPQT
2 Canter, Jessica A	23	Lane Leader Stellenbosch-CE	1:02.79	1:02.51	WPQT
3 LE Roux, Chloe	18	Kovsies Swimming Club Bfn-MA	1:02.36	1:02.90	WPQT
*4 Nieuwstad, Michelle	28	Lane Leader Stellenbosch-CE	1:01.78	1:03.37	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 21 Women 17 & Over 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
*4	Venter, Liya E	17	Blouberg Marlins-CP	1:03.05	1:03.37	WPQT
6	Michell, Emma Y	17	Lane Leader Stellenbosch-CE	1:03.79	1:04.63	WPQT
7	Hechter, Coreen C	21	Super Seals-MA	1:02.83	1:04.92	WPQT
8	Ricco, Lilly C	19	Maties Aquatics-CE	1:05.38	1:05.41	WPQT
9	De Villiers, Lezanne	18	Players-CE	1:05.23	1:05.55	WPQT
10	Rathner, Ava	17	Swimlab Aquatic Academ-CP	1:04.96	1:06.23	WPQT
11	Renecle, Jen C	17	Vineyard SC-CP	1:06.36	1:07.18	SLQT

Event 21 Boys 11 & Under 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time	
1	Barnard, Theo J	10	Swartland Swim Club-WC	1:16.03	1:14.39	
2	Hough, Caleb	11	Curro Langebaan Swim Club-WC	1:20.49	1:19.57	
3	Möller, Van Zyl V	11	Tygerberg Aquatics-CP	1:15.16	1:20.05	
4	Faulkner, Callum E	11	Blouberg Marlins-CP	1:18.17	1:20.76	
5	Pretorius, Hennie H	11	Swartland Swim Club-WC	1:21.53	1:21.21	
6	Blake, Jeremy	11	Swimlab Aquatic Academ-CP	NT	1:21.76	
7	Kruger, Zachary C	10	Swartland Swim Club-WC	1:27.72	1:22.35	
8	Brand, Kobus P	11	Swartland Swim Club-WC	1:25.04	1:23.16	
9	Gamieldien, Idreess	11	Marlin Swimming Club-CP	1:24.87	1:24.27	
10	Cillie, Evan J	11	Biosplash Swim Academy-CE	1:41.77	1:24.92	
11	Schreve, Lehan	10	Swartland Swim Club-WC	1:22.10	1:25.13	
12	Kleu, Wian M	9	Biosplash Swim Academy-CE	1:28.71	1:25.40	
13	Mallin, Lukas	8	Swimlab Aquatic Academ-CP	1:22.61	1:25.76	
14	De Jager, Eben	11	Quicksilver Aquatics Winelands-CE	1:24.31	1:27.90	
15	Oliver, Luca	10	Quicksilver Aquatics Winelands-CE	NT	1:29.66	
16	Cleophas, Lee L	11	Paarl Aquarius SC-CE	1:30.72	1:29.91	
17	Baadjies, Cruden H	11	Paarl Aquarius SC-CE	1:39.18	1:31.31	
18	Basson, Henk	10	Lane Leader Stellenbosch-CE	NT	1:32.08	
19	Bodenstein, Zane	11	Curro Langebaan Swim Club-WC	1:41.41	1:32.38	
20	Lewis, Amaru C	10	Paarl Aquarius SC-CE	1:29.81	1:32.59	
21	Fouche, Xander M	11	Worcester Aquatics-CE	1:32.31	1:34.01	
22	Fenner, Jenson V	10	Quicksilver Aquatics Winelands-CE	1:33.88	1:34.16	
23	Burmeister, Zak	11	Quicksilver Aquatics Winelands-CE	1:38.35	1:36.40	
24	Anderson, Chase	10	Blouberg Marlins-CP	1:46.07	1:37.70	
25	Lategan, Wessel W	10	Swartland Swim Club-WC	1:30.50	1:37.94	
26	Snyders, Dylan	10	Curro Langebaan Swim Club-WC	1:34.97	1:37.99	
27	Beirowski, Seth L	10	Blouberg Marlins-CP	1:45.68	1:38.04	
28	Basson, Zion	10	Curro Langebaan Swim Club-WC	1:39.60	1:38.55	
29	Malherbe, Max M	9	Quicksilver Aquatics Winelands-CE	1:36.09	1:39.20	
30	Kruger, Blake R	9	Swartland Swim Club-WC	1:47.69	1:40.32	
31	Rheeder, Ian S	11	Quicksilver Aquatics Winelands-CE	1:43.79	1:41.89	
32	Meiring, Lukas	10	Quicksilver Aquatics Winelands-CE	1:39.46	1:42.67	
33	Bester, Nico	11	Quicksilver Aquatics Winelands-CE	1:39.88	1:45.39	
34	Pienaar, Adii	11	Players-CE	1:39.55	1:45.86	
35	Jooste, Ben D	11	Curro Hermanus Aquatics-OB	NT	1:48.75	
36	Botha, Anthonie N	10	Quicksilver Aquatics Winelands-CE	1:40.48	1:55.08	
37	Whitehouse, Bramwell A	8	Curro Hermanus Aquatics-OB	2:02.27	1:59.93	
38	Joubert, Daniel J	8	Quicksilver Aquatics Winelands-CE	NT	2:04.03	
39	Swarts, Zeeck	11	Quicksilver Aquatics Winelands-CE	2:04.32	2:04.16	
40	Askevold, Gunther J	8	Blouberg Marlins-CP	1:47.84	2:04.62	

Winelands SL Final - 2023/01/28**Results****Event 21 Boys 12 Year Olds 100 LC Meter Freestyle**

1:12.74 12 WPQT WCQT

1:19.09 12 SLQT SLQT

1:19.09 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Snyders, Kyle	12	Curro Langebaan Swim Club-WC	1:07.16	1:06.65	WPQT
2 Mansfield, Luke T	12	Lane Leader Stellenbosch-CE	1:06.78	1:08.43	WPQT
3 Oosthuizen, Ethan	12	Players-CE	1:09.39	1:09.61	WPQT
4 Van Graan, Matthew D	12	Biosplash Swim Academy-CE	1:11.34	1:10.23	WPQT
5 Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	1:11.35	1:10.36	WPQT
6 Rheeder, Liam M	12	Paarl Aquarius SC-CE	1:12.61	1:13.35	SLQT
7 De Koker, Erik D	12	Players-CE	NT	1:16.66	SLQT
8 Meiring, Schalk	12	Quicksilver Aquatics Winelands-CE	1:17.83	1:18.73	SLQT
9 Marais, Ricus	12	Blouberg Marlins-CP	NT	1:23.89	
10 Wessels, Connor M	12	Blouberg Marlins-CP	1:28.00	1:25.50	
11 Raath, Tayhne E	12	Blouberg Marlins-CP	1:26.40	1:30.86	
12 Lategan, Matteau A	12	Paarl Aquarius SC-CE	NT	1:38.87	

Event 21 Boys 13 Year Olds 100 LC Meter Freestyle

1:12.74 13 WPQT WCQT

1:18.99 13 SLQT SLQT

1:18.99 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kotze, Eric B	13	Biosplash Swim Academy-CE	1:00.28	1:01.26	WPQT
2 Bestel, Luc M	13	Vineyard SC-CP	1:05.79	1:03.91	WPQT
3 Smith, Sebastian N	13	Tygerberg Aquatics-CP	1:02.80	1:04.08	WPQT
4 Barge, Zac	13	Swimlab Aquatic Academ-CP	1:06.59	1:05.38	WPQT
5 Naude, Dieter	13	Paarl Aquarius SC-CE	1:04.37	1:07.45	WPQT
6 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	1:07.90	1:07.83	WPQT
7 Poggenpoel, Troy J	13	Marlin Swimming Club-CP	1:06.46	1:08.50	WPQT
8 Abrahams, Rayhan	13	Walmers SC-CP	1:10.90	1:09.13	WPQT
9 Cleophas, Kyle	13	Paarl Aquarius SC-CE	1:09.86	1:09.91	WPQT
10 Liedeman, Mark	13	Swartland Swim Club-WC	1:13.50	1:11.26	WPQT
11 Taljaard, Cornell J	13	Players-CE	1:18.75	1:16.09	SLQT
12 Taylor, Noah J	13	Players-CE	1:17.02	1:19.14	
13 Louw, Jaco A	13	Swartland Swim Club-WC	1:19.51	1:20.57	
14 Booysen, Derek	13	Players-CE	1:25.77	1:23.72	
15 Esterhuizen, Meinhardt	13	Swartland Swim Club-WC	1:22.79	1:23.93	
16 Holland-Muter, Jesse	13	Swartland Swim Club-WC	1:26.51	1:25.74	
17 Brits, Ruben	13	Curro Hermanus Aquatics-OB	1:35.32	1:27.08	
18 Burger, Francois F	13	Swartland Swim Club-WC	1:31.66	1:29.63	

Event 21 Boys 14 Year Olds 100 LC Meter Freestyle

1:04.93 14 WPQT WCQT

1:09.32 14 SLQT SLQT

1:09.32 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Trower, Nic T	14	Tygerberg Aquatics-CP	56.92	57.04	WPQT
2 Wollenschlaeger, Noah	14	Vineyard SC-CP	1:02.28	1:00.81	WPQT
3 Bannister, Joshua G	14	Tygerberg Aquatics-CP	1:01.70	1:01.51	WPQT
4 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	1:02.58	1:01.57	WPQT
5 Kalapac, Joshua	14	Blouberg Marlins-CP	1:00.08	1:02.93	WPQT
6 Atkinson, Samuel A	14	Swartland Swim Club-WC	1:03.53	1:03.24	WPQT
7 Myburgh, Ruan	14	Blouberg Marlins-CP	1:08.95	1:05.13	SLQT
8 Pautz, Nathan M	14	Blouberg Marlins-CP	1:06.44	1:05.85	SLQT
9 Burmeister, Marius	14	Quicksilver Aquatics Winelands-CE	1:10.94	1:09.93	
10 Vd Berg, Wilan	14	Quicksilver Aquatics Winelands-CE	1:10.05	1:10.54	

Winelands SL Final - 2023/01/28**Results****(Event 21 Boys 14 Year Olds 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
11 Viviers, Wiaan A	14	Aquasharks Winelands-CE	1:09.47	1:12.12
12 Hahn, Rudi Y	14	Agulhas Aquatics-OB	1:24.48	1:18.90
13 O'Ryan, Seth P	14	Swimlab Aquatic Academ-CP	NT	1:20.55

Event 21 Men 15 Year Olds 100 LC Meter Freestyle

1:04.93 15 WPQT WCQT

1:08.39 15 SLQT SLQT

1:08.39 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Pearson, Tai L	15	Vineyard SC-CP	53.52	55.40 WPQT
2 Vd Merwe, Reuben L	15	Maties Aquatics-CE	58.15	58.40 WPQT
3 Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	NT	58.76 WPQT
4 Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	1:00.96	1:00.01 WPQT
5 Orchard, Thomas J	15	Swartland Swim Club-WC	1:00.55	1:00.06 WPQT
6 Geysler, Jacques M	15	Lane Leader Stellenbosch-CE	1:00.99	1:00.46 WPQT
7 Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	1:01.37	1:00.78 WPQT
8 Smit, MJ M	15	Jvr Aqua Sport-CP	1:00.11	1:01.36 WPQT
9 Moran, Luke	15	Blouberg Marlins-CP	1:03.36	1:02.66 WPQT
10 McWilliam, Troy J	15	Tygerberg Aquatics-CP	1:02.54	1:03.01 WPQT
11 Uys, Keegan	15	Lane Leader Stellenbosch-CE	NT	1:03.07 WPQT
12 Vd Walt, Lourens M	15	Quicksilver Aquatics Winelands-CE	NT	1:03.25 WPQT
13 Engelbrecht, Christie	15	Paarl Aquarius SC-CE	NT	1:03.93 WPQT
14 Basson, Luan	15	Swartland Swim Club-WC	1:05.39	1:03.99 WPQT
15 Möller, FC C	15	Tygerberg Aquatics-CP	1:04.25	1:04.15 WPQT
16 Schreuder, Steffen	15	Aquasharks Winelands-CE	1:03.12	1:04.50 WPQT
17 Boonzaaier, Simon F	15	Aquasharks Winelands-CE	1:06.73	1:07.41 SLQT
18 Botha, Lourens	15	Curro Langebaan Swim Club-WC	1:06.07	1:08.34 SLQT
19 Harel, Sebastian M	15	Blouberg Marlins-CP	1:22.58	1:20.33

Event 21 Men 16 Year Olds 100 LC Meter Freestyle

1:02.00 16 WPQT WCQT

1:06.88 16 SLQT SLQT

1:06.88 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Wright, Keegan	16	Tygerberg Aquatics-CP	57.33	56.77 WPQT
2 Foot, Aiden C	16	Swartland Swim Club-WC	57.63	57.19 WPQT
3 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	57.45	58.23 WPQT
4 Hugo, Retief R	16	Aquasharks Winelands-CE	58.19	58.31 WPQT
5 Potgieter, Michael M	16	Lane Leader Stellenbosch-CE	57.96	58.55 WPQT
6 Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	57.92	58.67 WPQT
7 Naude, Zian	16	Paarl Aquarius SC-CE	1:00.33	1:01.62 WPQT
8 Booyesen, Matthew	16	Blouberg Marlins-CP	1:02.07	1:02.69 SLQT
9 Spiro, Gabriel	16	Blouberg Marlins-CP	1:02.46	1:03.36 SLQT
10 Ederies, Imran R	16	Manta SC-CP	NT	1:13.65

Event 21 Men 17 & Over 100 LC Meter Freestyle

1:02.00 17&O WPQT WCQT

1:06.88 17&O SLQT SLQT

1:06.88 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Luck, Taylor R	17	Vineyard SC-CP	51.83	51.94 WPQT
2 Haddon, Simon M	24	Swimlab Aquatic Academ-CP	51.09	52.48 WPQT
3 Schlechter, Gustav	20	Lane Leader Stellenbosch-CE	52.99	53.95 WPQT
4 Vd Merwe, Johan H	17	Maties Aquatics-CE	54.38	53.97 WPQT
5 Truter, Petrus C	19	Lane Leader Stellenbosch-CE	54.23	54.18 WPQT
6 Potgieter, Wikus R	18	Vineyard SC-CP	53.70	54.23 WPQT

Winelands SL Final - 2023/01/28**Results****(Event 21 Men 17 & Over 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
7 Hopkins, Tim	17	Tygerberg Aquatics-CP	55.75	55.62	WPQT
8 Moncherry, Adam J	24	Maties Aquatics-CE	54.29	55.96	WPQT
9 Swart, Niklis	17	Players-CE	57.99	56.66	WPQT
10 West, Gabriel	18	Tygerberg Aquatics-CP	55.55	57.06	WPQT
11 Carrol, Matt	17	Blouberg Marlins-CP	56.91	57.21	WPQT
12 Abrahams, Matthew N	23	Aqua Sharks Academy-CP	57.68	57.78	WPQT
13 Beukes, Mateo A	17	Walmers SC-CP	58.40	58.00	WPQT
14 Burger, Schalk S	17	Swartland Swim Club-WC	58.39	58.64	WPQT
15 Barnard, Rohan C	18	Blouberg Marlins-CP	59.68	59.55	WPQT
16 Treurnicht, Wim G	17	Players-CE	59.81	59.71	WPQT
17 Peceur, Mark D	18	Paarl Aquarius SC-CE	59.65	59.78	WPQT
18 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	58.75	1:00.18	WPQT
19 Anthony, Ammar	20	Marlin Swimming Club-CP	1:00.72	1:01.66	WPQT
20 Gounden, Mikhael A	17	Curro Langebaan Swim Club-WC	1:01.05	1:02.14	SLQT
21 Peycke, Tom R	20	Blouberg Marlins-CP	1:03.21	1:06.30	SLQT
22 Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	1:08.36	
23 Sadie, Christian M	25	Lane Leader Stellenbosch-CE	1:08.17	1:08.45	

Event 23 Girls 11 & Under 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	
1 Kruger, Isla	11	Quicksilver Aquatics Winelands-CE	NT	3:35.83	
2 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	3:35.62	3:41.53	
3 Myburgh, Anique	11	Paarl Aquarius SC-CE	3:50.06	3:46.91	
4 Anthony, Jazmin A	10	Paarl Aquarius SC-CE	3:51.84	3:50.37	
5 Hawley, Nicola	11	Players-CE	3:53.84	3:51.91	
6 Kalapac, Lexi	9	Blouberg Marlins-CP	3:59.43	3:52.19	
7 Benjamin, Jiya	11	Paarl Aquarius SC-CE	NT	4:05.03	
8 Kruger, Milan	11	Quicksilver Aquatics Winelands-CE	NT	4:21.45	
9 Els, Lika	10	Quicksilver Aquatics Winelands-CE	NT	4:26.87	

Event 23 Girls 12 Year Olds 200 LC Meter Breaststroke

3:27.11 12 WPQT WCQT

3:47.67 12 SLQT SLQT

3:47.67 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Atkinson, Anouk E	12	Swartland Swim Club-WC	3:14.69	3:20.40	WPQT
2 Dreyer, Arne'	12	Biosplash Swim Academy-CE	3:24.65	3:24.34	WPQT
3 Mays, Amy	12	Curro Hermanus Aquatics-OB	3:31.77	3:33.56	SLQT
4 Baadjies, Najya C	12	Paarl Aquarius SC-CE	3:39.63	3:41.88	SLQT
5 Loots, Emmelize	12	Tygerberg Aquatics-CP	3:46.58	3:47.78	
6 Rookan-Smith, Helena B	12	Worcester Aquatics-CE	NT	3:58.18	
7 Vd Bank, Mienke	12	Curro Hermanus Aquatics-OB	4:03.24	4:08.56	

Event 23 Girls 13 Year Olds 200 LC Meter Breaststroke

3:27.11 13 WPQT WCQT

3:45.40 13 SLQT SLQT

3:45.40 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Coleman, Madison	13	Blouberg Marlins-CP	3:05.88	3:09.49	WPQT
2 Geysler, Almi	13	Lane Leader Stellenbosch-CE	3:20.62	3:18.75	WPQT
3 Badenhorst, Storme	13	Marlin Swimming Club-CP	3:14.92	3:23.54	WPQT
4 Aucamp, Larah	13	Tygerberg Aquatics-CP	3:31.36	3:27.49	SLQT
5 Marais, Erica M	13	Blouberg Marlins-CP	3:26.21	3:29.19	SLQT
6 Jansen van Rensburg, Emma	13	Quicksilver Aquatics Winelands-CE	3:43.95	3:32.22	SLQT
7 Barnard, Adelmari D	13	Swartland Swim Club-WC	3:35.50	3:42.23	SLQT
8 Brand, Sarah E	13	Aquasharks Winelands-CE	3:46.63	3:54.03	

Winelands SL Final - 2023/01/28

Results

(Event 23 Girls 13 Year Olds 200 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Finals Time
--- Visagie, Jani	13	Swartland Swim Club-WC	3:30.74	DQ 3:29.28

Non-simultaneous touch

Event 23 Girls 14 Year Olds 200 LC Meter Breaststroke

3:10.96 14 WPQT WCQT

3:32.99 14 SLQT SLQT

3:32.99 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Visser, Sandri	14	Players-CE	3:09.08	3:12.36 SLQT
2 Schreuder, Hannah G	14	Swimlab Aquatic Academ-CP	NT	3:18.63 SLQT
3 Tsai, Emily A	14	Blouberg Marlins-CP	3:12.88	3:21.29 SLQT
4 Röntgen, Carine	14	Aquasharks Winelands-CE	3:20.78	3:25.50 SLQT
5 May, Cleo J	14	Marlin Swimming Club-CP	3:54.31	3:58.76

Event 23 Women 15 Year Olds 200 LC Meter Breaststroke

3:10.96 15 WPQT WCQT

3:30.93 15 SLQT SLQT

3:30.93 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Beetge, Amy	15	Lane Leader Stellenbosch-CE	3:14.39	3:14.88 SLQT
2 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	3:17.39	3:17.18 SLQT
3 Van Reenen, Kirsten	15	Lane Leader Stellenbosch-CE	NT	3:22.51 SLQT
4 Harris, Gemma	15	Marlin Swimming Club-CP	3:20.89	3:28.59 SLQT

Event 23 Women 16 Year Olds 200 LC Meter Breaststroke

3:05.08 16 WPQT WCQT

3:25.65 16 SLQT SLQT

3:25.65 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Bester, Christine F	16	Aquasharks Winelands-CE	2:55.39	2:57.81 WPQT
2 Kriek, Mila	16	Quicksilver Aquatics Winelands-CE	3:09.12	3:09.86 SLQT
3 Rinquest, Aqeelah	16	Marlin Swimming Club-CP	3:13.16	3:14.89 SLQT
4 Vd Berg, Talia	16	Quicksilver Aquatics Winelands-CE	3:23.50	3:21.22 SLQT
5 Anders, Erin D	16	Marlin Swimming Club-CP	3:23.06	3:27.94

Event 23 Boys 11 & Under 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time
1 Van Vondel, Roland	11	Tygerberg Aquatics-CP	3:48.72	3:42.79
2 Gamiieldien, Idreess	11	Marlin Swimming Club-CP	3:45.54	3:46.91
3 Lategan, Wessel W	10	Swartland Swim Club-WC	3:58.97	3:56.73
4 Kruger, Zachary C	10	Swartland Swim Club-WC	NT	3:59.67
5 Bodenstein, Zane	11	Curro Langebaan Swim Club-WC	4:13.88	3:59.78
6 Baadjies, Cruden H	11	Paarl Aquarius SC-CE	4:10.10	4:00.11
7 Visagie, Dian	10	Swartland Swim Club-WC	4:07.91	4:15.52
8 Beirowski, Seth L	10	Blouberg Marlins-CP	4:24.20	4:16.44
9 Meintjes, Ruben	11	Quicksilver Aquatics Winelands-CE	NT	4:23.15

Event 23 Boys 12 Year Olds 200 LC Meter Breaststroke

3:20.24 12 WPQT WCQT

3:33.10 12 SLQT SLQT

3:33.10 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Thomason, Jamie P	12	Swimlab Aquatic Academ-CP	NT	3:33.47
2 Meiring, Schalk	12	Quicksilver Aquatics Winelands-CE	3:33.15	3:35.31
3 Raath, Tayhne E	12	Blouberg Marlins-CP	NT	4:02.98

Winelands SL Final - 2023/01/28**Results****Event 23 Boys 13 Year Olds 200 LC Meter Breaststroke**

3:20.24 13 WPQT WCQT

3:30.04 13 SLQT SLQT

3:30.04 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	3:00.86	2:54.89	WPQT
2 De Lange, Adriaan	13	Tygerberg Aquatics-CP	NT	3:11.32	WPQT
3 Abrahams, Rayhan	13	Walmers SC-CP	3:17.50	3:18.46	WPQT
4 Liedeman, Mark	13	Swartland Swim Club-WC	3:07.04	3:19.45	WPQT
5 Wagener, Ethan H	13	Players-CE	NT	3:24.17	SLQT
6 Kriek, Divan D	13	Quicksilver Aquatics Winelands-CE	3:23.95	3:26.07	SLQT
7 Meintjes, Christiaan	13	Quicksilver Aquatics Winelands-CE	3:23.09	3:28.75	SLQT
8 Brits, Ruben	13	Curro Hermanus Aquatics-OB	4:04.88	3:46.65	

Event 23 Boys 14 Year Olds 200 LC Meter Breaststroke

2:59.16 14 WPQT WCQT

3:11.02 14 SLQT SLQT

3:11.02 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Atkinson, Samuel A	14	Swartland Swim Club-WC	3:02.52	3:06.59	SLQT
2 De Bruyn, Cornè C	14	Aqua Sharks Academy-CP	3:14.02	3:12.27	
3 Vd Berg, Wilan	14	Quicksilver Aquatics Winelands-CE	3:23.41	3:36.72	
--- Ochsenbein, Lukas	14	Aqua Sharks Academy-CP	NT	DQ DQ	
One hand touch					

Event 23 Men 15 Year Olds 200 LC Meter Breaststroke

2:59.16 15 WPQT WCQT

3:09.29 15 SLQT SLQT

3:09.29 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Wessels, Armin L	15	Lane Leader Stellenbosch-CE	2:45.25	2:45.57	WPQT
2 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	2:44.28	2:45.96	WPQT
3 Karsten, Jody	15	Blouberg Marlins-CP	3:08.13	2:59.75	SLQT
4 Alexander, Ammaar	15	Marlin Swimming Club-CP	2:47.83	3:05.49	SLQT
5 Saayman, Dehan	15	Players-CE	3:07.26	3:09.35	
6 Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	2:30.88	3:39.22	

Event 23 Men 16 Year Olds 200 LC Meter Breaststroke

2:51.80 16 WPQT WCQT

3:04.44 16 SLQT SLQT

3:04.44 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	2:30.66	2:31.62	WPQT
2 Omar, Ilyaas I	16	Marlin Swimming Club-CP	2:38.33	2:52.04	SLQT
3 Van Vondel, Anton J	16	Tygerberg Aquatics-CP	NT	3:01.37	SLQT

Event 23 Men 17 & Over 200 LC Meter Breaststroke

2:51.80 17&O WPQT WCQT

3:04.44 17&O SLQT SLQT

3:04.44 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Etzold, Peter S	17	Vineyard SC-CP	2:21.53	2:28.44	WPQT
2 Louw, Andro	18	Kovsies Swimming Club Bfn-MA	NT	2:32.78	WPQT
3 Kotze, Pierce	17	Worcester Aquatics-CE	2:48.31	2:47.16	WPQT
4 Waters, Zack L	17	Swimlab Aquatic Academ-CP	2:43.46	2:47.88	WPQT

Winelands SL Final - 2023/01/28

Results

Event 25 Girls 11 & Under 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Finals Time
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	1:28.94	1:25.96
2 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	1:29.11	1:42.51
3 Abrahams, Amaani	11	Marlin Swimming Club-CP	1:39.04	1:42.75
4 Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	NT	2:02.35

Event 25 Girls 12 Year Olds 100 LC Meter Butterfly

1:22.77 12 WPQT WCQT

1:32.75 12 SLQT SLQT

1:32.75 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Basson, Lenè	12	Curro Langebaan Swim Club-WC	1:26.21	1:27.39 SLQT

Event 25 Girls 13 Year Olds 100 LC Meter Butterfly

1:22.77 13 WPQT WCQT

1:32.47 13 SLQT SLQT

1:32.47 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Huang, Amelia A	13	Blouberg Marlins-CP	1:11.57	1:16.65 WPQT
2 Liebenberg, Emily M	13	Swartland Swim Club-WC	1:16.29	1:18.00 WPQT
3 Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	1:22.54	1:23.28 SLQT
4 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	NT	1:24.34 SLQT

Event 25 Girls 14 Year Olds 100 LC Meter Butterfly

1:16.31 14 WPQT WCQT

1:25.11 14 SLQT SLQT

1:25.11 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Grobbelaar, Chanè M	14	Swartland Swim Club-WC	NT	1:33.92
2 Burger, Mignon	14	Swartland Swim Club-WC	1:41.06	1:34.50

Event 25 Women 15 Year Olds 100 LC Meter Butterfly

1:16.31 15 WPQT WCQT

1:24.94 15 SLQT SLQT

1:24.94 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Fury, Rebecca G	15	Vineyard SC-CP	1:07.87	1:08.29 WPQT
2 Webber, Isabella L	15	Vineyard SC-CP	1:11.86	1:13.77 WPQT
3 Ryser, Aurora	15	Tygerberg Aquatics-CP	1:14.47	1:14.60 WPQT
4 Jeftha, Zara L	15	Marlin Swimming Club-CP	NT	1:23.09 SLQT

Event 25 Women 16 Year Olds 100 LC Meter Butterfly

1:13.96 16 WPQT WCQT

1:22.18 16 SLQT SLQT

1:22.18 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Van Niekerk, Lica	16	Quicksilver Aquatics Winelands-CE	1:07.73	1:07.87 WPQT
2 Smidt, Clio J	16	Marlin Swimming Club-CP	1:11.07	1:10.56 WPQT
3 Vorster, Carli	16	Swartland Swim Club-WC	1:14.09	1:20.31 SLQT
4 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	1:15.86	1:20.63 SLQT

Event 25 Women 17 & Over 100 LC Meter Butterfly

1:13.96 17&O WPQT WCQT

1:22.18 17&O SLQT SLQT

1:22.18 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Uys, Tara	17	Tygerberg Aquatics-CP	1:11.64	1:12.02 WPQT
2 Heyes, Danielle A	17	Aqua Sharks Academy-CP	NT	1:22.66

Winelands SL Final - 2023/01/28**Results****Event 25 Boys 11 & Under 100 LC Meter Butterfly**

	Name	Age	Team	Seed Time	Finals Time
1	Barnard, Theo J	10	Swartland Swim Club-WC	1:33.34	1:31.65
2	Weber, Daniel	11	Players-CE	1:27.26	1:35.81
3	Lewis, Amaru C	10	Paarl Aquarius SC-CE	1:58.22	2:00.09
---	De Jager, Eben	11	Quicksilver Aquatics Winelands-CE	1:42.34	DQ DQ
	Alternating Kick				
---	Cleophas, Lee L	11	Paarl Aquarius SC-CE	2:06.30	DQ DQ
	False start				

Event 25 Boys 12 Year Olds 100 LC Meter Butterfly

1:19.58 12 WPQT WCQT

1:26.39 12 SLQT SLQT

1:26.39 12 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Kotzè, Arden C	12	Paarl Aquarius SC-CE	1:14.36	1:19.90 SLQT
2	Oosthuizen, Ethan	12	Players-CE	1:22.45	1:24.97 SLQT

Event 25 Boys 13 Year Olds 100 LC Meter Butterfly

1:19.58 13 WPQT WCQT

1:26.20 13 SLQT SLQT

1:26.20 13 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	De Kock, John P	13	Lane Leader Stellenbosch-CE	1:08.05	1:09.35 WPQT
2	Beukes, Jaden L	13	Walmers SC-CP	1:14.15	1:12.83 WPQT
3	Poggenpoel, Troy J	13	Marlin Swimming Club-CP	1:15.76	1:17.55 WPQT
4	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	1:17.10	1:19.09 WPQT
5	Lategan, Nicky N	13	Swartland Swim Club-WC	1:16.37	1:19.95 SLQT
6	Cleophas, Kyle	13	Paarl Aquarius SC-CE	1:42.18	1:28.15

Event 25 Boys 14 Year Olds 100 LC Meter Butterfly

1:11.20 14 WPQT WCQT

1:15.92 14 SLQT SLQT

1:15.92 14 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Trower, Nic T	14	Tygerberg Aquatics-CP	1:08.36	1:05.39 WPQT
2	Kalapac, Joshua	14	Blouberg Marlins-CP	1:08.24	1:08.22 WPQT
3	Pautz, Nathan M	14	Blouberg Marlins-CP	1:15.17	1:14.98 SLQT
---	Burmeister, Marius	14	Quicksilver Aquatics Winelands-CE	1:26.06	DQ DQ
	Alternating Kick				

Event 25 Men 15 Year Olds 100 LC Meter Butterfly

1:11.20 15 WPQT WCQT

1:15.89 15 SLQT SLQT

1:15.89 15 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Pearson, Tai L	15	Vineyard SC-CP	54.85	56.18 WPQT
2	Engelbrecht, Ruben J	15	Players-CE	1:02.60	1:06.78 WPQT
3	Geyser, Jacques M	15	Lane Leader Stellenbosch-CE	1:08.17	1:07.59 WPQT
4	Smit, MJ M	15	Jvr Aqua Sport-CP	1:07.99	1:09.02 WPQT
5	Gilbert, Thomas O	15	Swimlab Aquatic Academ-CP	1:11.08	1:10.37 WPQT
6	Schreuder, Steffen	15	Aquasharks Winelands-CE	1:10.66	1:12.58 SLQT
7	Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	1:11.71	1:12.87 SLQT
8	Vd Walt, Lourens M	15	Quicksilver Aquatics Winelands-CE	NT	1:17.81
---	Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	NT	DQ DQ
	False start				

Winelands SL Final - 2023/01/28**Results****Event 25 Men 16 Year Olds 100 LC Meter Butterfly**

1:08.06 16 WPQT WCQT

1:13.30 16 SLQT SLQT

1:13.30 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Stander, Daniel E	16	Lane Leader Stellenbosch-CE	1:01.43	1:01.07	WPQT
2 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	1:02.29	1:01.78	WPQT
3 McWilliam, Benn D	16	Tygerberg Aquatics-CP	1:01.57	1:02.41	WPQT
4 Wright, Keegan	16	Tygerberg Aquatics-CP	NT	1:03.55	WPQT
5 Foot, Aiden C	16	Swartland Swim Club-WC	1:06.59	1:06.34	WPQT
6 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	1:03.45	1:06.56	WPQT

Event 25 Men 17 & Over 100 LC Meter Butterfly

1:08.06 17&O WPQT WCQT

1:13.30 17&O SLQT SLQT

1:13.30 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Vd Merwe, Johan H	17	Maties Aquatics-CE	57.63	57.03	WPQT
2 Potgieter, Wikus R	18	Vineyard SC-CP	55.75	57.90	WPQT
3 Truter, Petrus C	19	Lane Leader Stellenbosch-CE	NT	59.17	WPQT
4 Schlechter, Gustav	20	Lane Leader Stellenbosch-CE	58.54	59.49	WPQT
5 Peceur, Mark D	18	Paarl Aquarius SC-CE	1:02.71	1:02.47	WPQT
6 Van Heerden, Stefan F	17	Lane Leader Stellenbosch-CE	NT	1:03.07	WPQT
7 Beukes, Mateo A	17	Walmers SC-CP	1:04.04	1:03.12	WPQT
8 Swart, Niklis	17	Players-CE	1:01.89	1:03.30	WPQT
9 Van Reenen, Ryan	24	Blouberg Marlins-CP	1:03.45	1:04.06	WPQT
10 Hibberd, Matthew	25	Blouberg Marlins-CP	1:02.73	1:04.93	WPQT
11 Abrahams, Wasfi	17	Marlin Swimming Club-CP	1:06.24	1:06.35	WPQT
12 Treurnicht, Wim G	17	Players-CE	1:04.84	1:06.85	WPQT
13 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	1:03.07	1:07.18	WPQT
14 Anthony, Ammar	20	Marlin Swimming Club-CP	1:05.01	1:07.60	WPQT

Event 27 Girls 11 & Under 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	36.96	39.11	
2 Fenner, Olivia M	11	Quicksilver Aquatics Winelands-CE	42.09	42.51	
3 Louw, Isabella A	11	Blouberg Marlins-CP	39.98	42.59	
4 Oliver, Isabella	11	Quicksilver Aquatics Winelands-CE	42.87	42.83	
5 Bircher, Storm Z	11	Curro Hermanus Aquatics-OB	44.78	44.12	
6 Van Wyk, Josie	10	Lane Leader Stellenbosch-CE	44.28	46.06	
7 Darling, Jessica	11	Blouberg Marlins-CP	44.74	46.11	
8 Gerischer, Leah E	11	Biosplash Swim Academy-CE	45.86	46.15	
9 De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	43.16	46.24	
10 Ferguson, Evie D	10	Blouberg Marlins-CP	47.69	47.52	
11 Durrans, Jana A	11	Quicksilver Aquatics Winelands-CE	46.82	47.67	
12 Liebenberg, Aimee L	11	Swartland Swim Club-WC	47.38	48.09	
13 Hawley, Nicola	11	Players-CE	45.40	48.57	
14 Kruger, Milan	11	Quicksilver Aquatics Winelands-CE	48.75	48.99	
15 Brink, Anye	10	Quicksilver Aquatics Winelands-CE	50.83	49.15	
16 Breytenbach, Amore	10	Quicksilver Aquatics Winelands-CE	NT	51.14	
17 Jacobs, Mabet	10	Agulhas Aquatics-OB	50.25	51.36	
18 Marais, Jodi	11	Blouberg Marlins-CP	NT	53.38	
19 Joubert, Elle	11	Quicksilver Aquatics Winelands-CE	53.47	53.72	
20 Ferreira, Liane	11	Players-CE	NT	54.53	
21 Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	57.44	55.36	
22 Swanepoel, Emma	8	Curro Langebaan Swim Club-WC	55.66	56.20	
23 Myburgh, Anique	11	Paarl Aquarius SC-CE	55.88	57.10	

Winelands SL Final - 2023/01/28**Results****(Event 27 Girls 11 & Under 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
24 Liedeman, Hayley	9	Swartland Swim Club-WC	57.00	57.36
25 Benjamin, Jiya	11	Paarl Aquarius SC-CE	54.42	57.44
26 Jaftas, Zoey	11	Paarl Aquarius SC-CE	NT	59.38
27 Huang, Olivia O	8	Blouberg Marlins-CP	1:00.83	1:04.55
28 Kriel, Cari	9	Worcester Aquatics-CE	57.64	1:04.91
29 vd Bank, Mihanka	9	Curro Hermanus Aquatics-OB	1:07.58	1:08.27

Event 27 Girls 12 Year Olds 50 LC Meter Backstroke

39.99 12 WPQT WCQT

44.81 12 SLQT SLQT

44.81 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Dreyer, Arne'	12	Biosplash Swim Academy-CE	NT	39.72 WPQT
2 Fourie, Emma	12	Blouberg Marlins-CP	39.95	39.73 WPQT
3 Bosman, Daizeli	12	Players-CE	39.04	40.03 SLQT
4 Saayman, Nika D	12	Players-CE	39.63	40.64 SLQT
5 Robinson, Alana	12	Swimlab Aquatic Academ-CP	43.28	41.44 SLQT
6 Dreyer, Sadie	12	Biosplash Swim Academy-CE	NT	42.96 SLQT
7 Mays, Amy	12	Curro Hermanus Aquatics-OB	41.83	43.70 SLQT
8 Reid, Martine	12	Players-CE	46.43	44.03 SLQT
9 Engela, Emma N	12	Swimlab Aquatic Academ-CP	NT	44.28 SLQT
10 Engela, Isabel C	12	Swimlab Aquatic Academ-CP	NT	44.56 SLQT
11 Brink, Jani	12	Quicksilver Aquatics Winelands-CE	44.72	46.21
12 Rookan-Smith, Helena B	12	Worcester Aquatics-CE	48.16	47.45
13 Vd Bank, Mienke	12	Curro Hermanus Aquatics-OB	46.38	47.70
14 Guntelach, Yemima T	12	Worcester Aquatics-CE	53.00	52.60
15 Gempies, Carla C	12	Worcester Aquatics-CE	55.38	57.75
16 Baadjies, Najya C	12	Paarl Aquarius SC-CE	59.51	58.15

Event 27 Girls 13 Year Olds 50 LC Meter Backstroke

39.99 13 WPQT WCQT

44.24 13 SLQT SLQT

44.24 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Combrink, Amy	13	Vineyard SC-CP	33.04	34.30 WPQT
2 Juries, Sam C	13	Curro Langebaan Swim Club-WC	37.02	37.31 WPQT
3 Bruwer, Casey	13	Blouberg Marlins-CP	37.95	38.37 WPQT
4 Vorster, Mia	13	Swartland Swim Club-WC	35.84	39.07 WPQT
5 Wessels, Remy L	13	Agulhas Aquatics-OB	44.78	42.91 SLQT
6 Davie, Morgan J	13	Blouberg Marlins-CP	42.68	44.49
7 Louw, Margo	13	Quicksilver Aquatics Winelands-CE	45.26	45.45
8 Van Dyk, Isabè	13	Curro Hermanus Aquatics-OB	42.42	46.81

Event 27 Girls 14 Year Olds 50 LC Meter Backstroke

36.87 14 WPQT WCQT

41.12 14 SLQT SLQT

41.12 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Goebel, Zoë	14	Tygerberg Aquatics-CP	34.74	35.45 WPQT
2 Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	39.16 SLQT
3 Schreuder, Hannah G	14	Swimlab Aquatic Academ-CP	NT	39.22 SLQT
4 Burger, Leandrè	14	Quicksilver Aquatics Winelands-CE	40.02	39.79 SLQT
5 Grootboom, Lulu R	14	Swartland Swim Club-WC	NT	39.88 SLQT
6 Brand, Emsie	14	Swartland Swim Club-WC	41.16	40.44 SLQT
7 Louw, Tenè	14	Blouberg Marlins-CP	NT	41.99
8 Buhr, Lelanie	14	Swartland Swim Club-WC	39.70	42.46

Winelands SL Final - 2023/01/28**Results****(Event 27 Girls 14 Year Olds 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
9 Grobbelaar, Chanè M	14	Swartland Swim Club-WC	43.16	43.81
10 Van Tonder, Nina L	14	Worcester Aquatics-CE	41.86	44.28
11 Kemp, Anè	14	Swartland Swim Club-WC	42.65	44.47
12 May, Cleo J	14	Marlin Swimming Club-CP	44.05	44.81
13 Van Zyl, Teyna C	14	Worcester Aquatics-CE	42.17	45.21
14 Burger, Mignon	14	Swartland Swim Club-WC	43.96	45.24

Event 27 Women 15 Year Olds 50 LC Meter Backstroke

36.87 15 WPQT WCQT

41.60 15 SLQT SLQT

41.60 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 De Wet, Emma M	15	Vineyard SC-CP	30.18	32.28 WPQT

Event 27 Women 16 Year Olds 50 LC Meter Backstroke

35.73 16 WPQT WCQT

39.70 16 SLQT SLQT

39.70 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 Van Huyssteen, Miette	16	Curro Hermanus Aquatics-OB	34.65	36.13 SLQT
2 Van der Walt, Isabella	16	Quicksilver Aquatics Winelands-CE	41.81	42.66
3 Davids, Kiara H	16	Marlin Swimming Club-CP	44.47	46.37

Event 27 Women 17 & Over 50 LC Meter Backstroke

35.73 17&O WPQT WCQT

39.70 17&O SLQT SLQT

39.70 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time
1 De Jongh, Grace	17	Lane Leader Stellenbosch-CE	30.06	32.08 WPQT
2 De Villiers, Lezanne	18	Players-CE	31.46	32.38 WPQT
3 Yeldon, Annika S	17	Lane Leader Stellenbosch-CE	30.74	32.91 WPQT
4 Rathner, Ava	17	Swimlab Aquatic Academ-CP	32.38	33.33 WPQT
5 Canter, Jessica A	23	Lane Leader Stellenbosch-CE	33.66	33.98 WPQT
6 Renecke, Jen C	17	Vineyard SC-CP	35.54	35.40 WPQT
7 Heyes, Danielle A	17	Aqua Sharks Academy-CP	NT	37.28 SLQT
8 O'Neill, Melisa A	31	Aqua Sharks Academy-CP	NT	55.56

Event 27 Boys 11 & Under 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	39.46	41.99
2 Tsai, Ethan M	11	Blouberg Marlins-CP	NT	43.10
3 Faulkner, Callum E	11	Blouberg Marlins-CP	41.42	43.21
4 Brand, Kobus P	11	Swartland Swim Club-WC	43.36	43.53
5 Conradie, D'Niel	10	Aquasharks Winelands-CE	42.75	44.35
6 Cillie, Evan J	11	Biosplash Swim Academy-CE	48.33	44.74
7 Fenner, Jenson V	10	Quicksilver Aquatics Winelands-CE	47.84	45.96
8 Mallin, Lukas	8	Swimlab Aquatic Academ-CP	41.74	46.40
9 Stander, Christiaan L	10	Aquasharks Winelands-CE	43.50	46.78
10 Lewis, Amaru C	10	Paarl Aquarius SC-CE	46.27	47.51
11 Schabort, Lowen	9	Quicksilver Aquatics Winelands-CE	50.28	47.68
12 Blake, Jeremy	11	Swimlab Aquatic Academ-CP	NT	47.92
13 Anderson, Chase	10	Blouberg Marlins-CP	NT	48.66
14 Wagener, Tiaan H	10	Aquasharks Winelands-CE	43.56	49.33
15 Oliver, Luca	10	Quicksilver Aquatics Winelands-CE	49.41	49.66
16 Coetzee, Willem A	11	Quicksilver Aquatics Winelands-CE	50.03	50.30
17 De Jongh, Deacon	10	Lane Leader Stellenbosch-CE	49.72	52.60
18 Latagan, Wessel W	10	Swartland Swim Club-WC	46.31	53.21

Winelands SL Final - 2023/01/28**Results****(Event 27 Boys 11 & Under 50 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
19	Kruger, Blake R	9	Swartland Swim Club-WC	50.18	53.41
20	Snyders, Dylan	10	Curro Langebaan Swim Club-WC	52.45	53.44
21	Baadjies, Cruden H	11	Paarl Aquarius SC-CE	52.02	53.67
22	Basson, Zion	10	Curro Langebaan Swim Club-WC	55.89	54.43
23	Meiring, Lukas	10	Quicksilver Aquatics Winelands-CE	54.19	55.13
24	Bester, Daniël M	11	Quicksilver Aquatics Winelands-CE	50.13	55.48
25	Bester, Nico	11	Quicksilver Aquatics Winelands-CE	51.50	55.69
26	Rheeder, Ian S	11	Quicksilver Aquatics Winelands-CE	NT	57.19
27	Fouche, Xander M	11	Worcester Aquatics-CE	NT	57.47
28	Malherbe, Max M	9	Quicksilver Aquatics Winelands-CE	1:02.76	57.78
29	Burmeister, Zak	11	Quicksilver Aquatics Winelands-CE	53.47	58.36
30	Van der Merwe, Dandre J	10	Biosplash Swim Academy-CE	49.35	58.90
31	Kock, Alex N	10	Quicksilver Aquatics Winelands-CE	NT	59.71
32	Botha, Anthonie N	10	Quicksilver Aquatics Winelands-CE	53.60	1:00.55
33	Jooste, Ben D	11	Curro Hermanus Aquatics-OB	NT	1:02.16
34	Basson, Henk	10	Lane Leader Stellenbosch-CE	NT	1:02.79
35	Whitehouse, Bramwell A	8	Curro Hermanus Aquatics-OB	1:03.46	1:06.68
36	Joubert, Daniel J	8	Quicksilver Aquatics Winelands-CE	1:03.31	1:18.25

Event 27 Boys 12 Year Olds 50 LC Meter Backstroke**38.21 12 WPQT WCQT****41.48 12 SLQT SLQT****41.48 12 JCQT JCQT**

	Name	Age	Team	Seed Time	Finals Time
1	Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	37.60	37.52 WPQT
2	Oosthuizen, Ethan	12	Players-CE	37.64	38.09 WPQT
3	Snyders, Kyle	12	Curro Langebaan Swim Club-WC	36.51	38.27 SLQT
4	Grobler, Reuben C	12	Players-CE	40.27	39.28 SLQT
5	De Koker, Erik D	12	Players-CE	39.44	39.69 SLQT
6	Marais, Ricus	12	Blouberg Marlins-CP	NT	40.70 SLQT
7	Thomason, Jamie P	12	Swimlab Aquatic Academ-CP	40.99	41.73
8	Rheeder, Liam M	12	Paarl Aquarius SC-CE	38.78	41.81
9	Wessels, Connor M	12	Blouberg Marlins-CP	45.26	47.42
10	Lategan, Matteau A	12	Paarl Aquarius SC-CE	NT	55.42

Event 27 Boys 13 Year Olds 50 LC Meter Backstroke**38.21 13 WPQT WCQT****40.96 13 SLQT SLQT****40.96 13 JCQT JCQT**

	Name	Age	Team	Seed Time	Finals Time
1	Kotze, Eric B	13	Biosplash Swim Academy-CE	29.30	29.46 WPQT
2	De Kock, John P	13	Lane Leader Stellenbosch-CE	31.71	33.24 WPQT
3	De Lange, Adriaan	13	Tygerberg Aquatics-CP	32.19	33.63 WPQT
4	Barge, Zac	13	Swimlab Aquatic Academ-CP	35.20	36.97 WPQT
5	Abrahams, Rayhan	13	Walmers SC-CP	38.47	38.20 WPQT
6	Booyesen, Derek	13	Players-CE	43.86	44.35
7	Esterhuizen, Meinhardt	13	Swartland Swim Club-WC	NT	44.46
8	Louw, Jaco A	13	Swartland Swim Club-WC	43.63	45.31
9	Holland-Muter, Jesse	13	Swartland Swim Club-WC	46.62	45.54
10	Wagener, Ethan H	13	Players-CE	45.15	47.40
11	Coetzee, Kevin D	13	Players-CE	NT	49.73

Winelands SL Final - 2023/01/28**Results****Event 27 Boys 14 Year Olds 50 LC Meter Backstroke**

34.19 14 WPQT WCQT

36.45 14 SLQT SLQT

36.45 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Trower, Nic T	14	Tygerberg Aquatics-CP	31.29	31.35	WPQT
2 Wollenschlaeger, Noah	14	Vineyard SC-CP	31.24	31.74	WPQT
3 Ochsenbein, Lukas	14	Aqua Sharks Academy-CP	NT	33.03	WPQT
4 Myburgh, Ruan	14	Blouberg Marlins-CP	35.93	35.66	SLQT
5 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	36.16	35.96	SLQT
6 Heyes, Garrick T	14	Aqua Sharks Academy-CP	NT	37.46	
7 Vd Berg, Wilan	14	Quicksilver Aquatics Winelands-CE	39.09	40.59	
--- O'Ryan, Seth P	14	Swimlab Aquatic Academ-CP	NT	DQ DQ	

Completely submerged prior to turn or finish

Event 27 Men 15 Year Olds 50 LC Meter Backstroke

34.19 15 WPQT WCQT

36.00 15 SLQT SLQT

36.00 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	29.60	30.00	WPQT
2 Orchard, Thomas J	15	Swartland Swim Club-WC	30.52	31.87	WPQT
3 Engelbrecht, Ruben J	15	Players-CE	30.98	32.93	WPQT
4 Geysler, Jacques M	15	Lane Leader Stellenbosch-CE	NT	33.68	WPQT
5 Clarke, Liam	15	Lane Leader Stellenbosch-CE	NT	33.90	WPQT
6 Engelbrecht, Christie	15	Paarl Aquarius SC-CE	NT	34.31	SLQT
7 McWilliam, Troy J	15	Tygerberg Aquatics-CP	NT	36.19	
8 Boonzaaier, Simon F	15	Aquasharks Winelands-CE	NT	39.08	
9 Harel, Sebastian M	15	Blouberg Marlins-CP	40.02	40.47	

Event 27 Men 16 Year Olds 50 LC Meter Backstroke

32.68 16 WPQT WCQT

34.69 16 SLQT SLQT

34.69 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Potgieter, Michael M	16	Lane Leader Stellenbosch-CE	30.33	31.41	WPQT

Event 27 Men 17 & Over 50 LC Meter Backstroke

32.68 17&O WPQT WCQT

34.69 17&O SLQT SLQT

34.69 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Pool-Jones, Jonah B	20	Maties Aquatics-CE	27.09	28.24	WPQT
2 Burger, Schalk S	17	Swartland Swim Club-WC	29.34	30.78	WPQT
3 Myburgh, Jordan	17	Blouberg Marlins-CP	31.20	32.76	SLQT
4 Strydom, Stephan	17	Tygerberg Aquatics-CP	NT	33.05	SLQT
5 Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	37.88	
6 O'Neill, Sean C	38	Aqua Sharks Academy-CP	NT	50.13	

Event 29 Girls 11 & Under 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time	
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	2:57.10	3:01.45	
2 Stilwayney, Mia C	10	Paarl Aquarius SC-CE	NT	3:29.02	
3 Van Wyk, Josie	10	Lane Leader Stellenbosch-CE	3:43.37	3:36.90	
4 Bircher, Storm Z	11	Curro Hermanus Aquatics-OB	3:40.39	3:37.31	
5 Kalapac, Lexi	9	Blouberg Marlins-CP	3:45.84	3:37.98	
6 Anthony, Jazmin A	10	Paarl Aquarius SC-CE	3:45.28	3:40.71	
7 De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	NT	3:42.46	

Winelands SL Final - 2023/01/28**Results****(Event 29 Girls 11 & Under 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time
8	Hansen, Margelie	11	Players-CE	NT	3:50.09
9	Abrahams, Stella	11	Players-CE	NT	3:50.87
10	Flack, Francesca	11	Curro Langebaan Swim Club-WC	3:47.29	3:52.74
11	Gilligan, Saskia	9	Blouberg Marlins-CP	NT	3:55.83
12	Havemann, Carlin	11	Quicksilver Aquatics Winelands-CE	NT	3:56.60
13	Kent, Isabelle M	10	Blouberg Marlins-CP	4:02.11	3:57.31
14	Dabrowski, Leah A	9	Blouberg Marlins-CP	4:04.66	3:57.47
15	Beyers, Lize M	9	Agulhas Aquatics-OB	NT	3:58.47
16	Ferguson, Evie D	10	Blouberg Marlins-CP	NT	4:00.51
17	Elan-Puttick, Olivia A	11	Quicksilver Aquatics Winelands-CE	NT	4:02.70
18	Marais, Jodi	11	Blouberg Marlins-CP	NT	4:03.16
19	Benjamin, Jiya	11	Paarl Aquarius SC-CE	NT	4:04.88
20	Brink, Anye	10	Quicksilver Aquatics Winelands-CE	4:22.07	4:07.65
21	Myburgh, Anique	11	Paarl Aquarius SC-CE	4:21.35	4:10.56
22	Ferreira, Liane	11	Players-CE	NT	4:15.77
23	Jaftas, Zoey	11	Paarl Aquarius SC-CE	NT	4:19.25
24	Els, Lika	10	Quicksilver Aquatics Winelands-CE	NT	4:29.35
---	Van de Vyver, Mia	10	Quicksilver Aquatics Winelands-CE	3:53.83	DQ 3:44.79

Did not finish on back - back

Event 29 Girls 12 Year Olds 200 LC Meter IM**3:06.70 12 WPQT WCQT****3:41.38 12 SLQT SLQT****3:41.38 12 JCQT JCQT**

	Name	Age	Team	Seed Time	Finals Time
1	Van Wyk, Katie R	12	Blouberg Marlins-CP	3:14.44	3:11.28 SLQT
2	Fourie, Emma	12	Blouberg Marlins-CP	3:15.29	3:13.32 SLQT
3	Atkinson, Anouk E	12	Swartland Swim Club-WC	3:10.93	3:18.54 SLQT
4	Dreyer, Sadie	12	Biosplash Swim Academy-CE	NT	3:24.92 SLQT
5	Brink, Jani	12	Quicksilver Aquatics Winelands-CE	3:39.19	3:33.90 SLQT
6	Nieuwstadt, Ruby	12	Blouberg Marlins-CP	3:35.54	3:34.25 SLQT

Event 29 Girls 13 Year Olds 200 LC Meter IM**3:06.70 13 WPQT WCQT****3:39.20 13 SLQT SLQT****3:39.20 13 JCQT JCQT**

	Name	Age	Team	Seed Time	Finals Time
1	Badenhorst, Storme	13	Marlin Swimming Club-CP	2:53.59	3:01.89 WPQT
2	Aucamp, Larah	13	Tygerberg Aquatics-CP	NT	3:15.95 SLQT
3	McWilliam, Amy L	13	Tygerberg Aquatics-CP	3:12.17	3:16.03 SLQT
4	Jansen van Rensburg, Emma	13	Quicksilver Aquatics Winelands-CE	3:27.04	3:16.87 SLQT
5	Barnard, Adelmari D	13	Swartland Swim Club-WC	3:22.92	3:20.65 SLQT

Event 29 Girls 14 Year Olds 200 LC Meter IM**2:52.03 14 WPQT WCQT****3:13.37 14 SLQT SLQT****3:13.37 14 JCQT JCQT**

	Name	Age	Team	Seed Time	Finals Time
1	Goebel, Zoë	14	Tygerberg Aquatics-CP	2:53.02	2:50.69 WPQT
2	Havemann, Bella	14	Maties Aquatics-CE	2:59.74	2:56.42 SLQT
*3	Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	2:59.56 SLQT
*3	Röntgen, Carine	14	Aquasharks Winelands-CE	2:57.08	2:59.56 SLQT
5	Pieterse, Chloe	14	Quicksilver Aquatics Winelands-CE	3:05.89	3:08.87 SLQT
6	Louw, Tenè	14	Blouberg Marlins-CP	NT	3:29.80
7	Van Tonder, Nina L	14	Worcester Aquatics-CE	3:32.32	3:30.45
8	Van Zyl, Teyna C	14	Worcester Aquatics-CE	NT	3:37.38

Winelands SL Final - 2023/01/28**Results****Event 29 Women 15 Year Olds 200 LC Meter IM**

2:52.03 15 WPQT WCQT

3:11.60 15 SLQT SLQT

3:11.60 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Ryser, Aurora	15	Tygerberg Aquatics-CP	2:40.83	2:44.80	WPQT
2 Van Reenen, Kirsten	15	Lane Leader Stellenbosch-CE	2:54.17	3:00.72	SLQT
3 Louw, Alexa	15	Blouberg Marlins-CP	2:56.47	3:01.07	SLQT
4 Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	3:00.98	3:01.59	SLQT
5 Flack, Rebecca I	15	Curro Langebaan Swim Club-WC	3:05.46	3:15.38	
--- Steenkamp, Aliska	15	Worcester Aquatics-CE	NT	DQ 3:33.75	

One hand touch - breast

Event 29 Women 16 Year Olds 200 LC Meter IM

2:46.70 16 WPQT WCQT

3:06.70 16 SLQT SLQT

3:06.70 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Van Niekerk, Lica	16	Quicksilver Aquatics Winelands-CE	2:33.35	2:32.98	WPQT
2 Vd Berg, Talia	16	Quicksilver Aquatics Winelands-CE	2:58.70	3:03.63	SLQT
3 Van der Walt, Isabella	16	Quicksilver Aquatics Winelands-CE	3:08.42	3:12.63	
--- Novello, Utah	16	Curro Langebaan Swim Club-WC	2:40.71	DQ 2:51.38	

Non-continuous turning action - back

Event 29 Women 17 & Over 200 LC Meter IM

2:46.70 17&O WPQT WCQT

3:06.70 17&O SLQT SLQT

3:06.70 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 LE Roux, Chloe	18	Kovsies Swimming Club Bfn-MA	2:34.04	2:35.01	WPQT
2 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	2:35.90	2:35.49	WPQT
3 Booth, Jess H	20	Maties Aquatics-CE	2:35.29	2:40.09	WPQT

Event 29 Boys 11 & Under 200 LC Meter IM

Name	Age	Team	Seed Time	Finals Time	
1 Faulkner, Callum E	11	Blouberg Marlins-CP	3:17.74	3:09.38	
2 Barnard, Theo J	10	Swartland Swim Club-WC	3:17.92	3:12.62	
3 Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	3:27.39	3:15.60	
4 Tsai, Ethan M	11	Blouberg Marlins-CP	NT	3:16.87	
5 De Jager, Eben	11	Quicksilver Aquatics Winelands-CE	3:38.29	3:25.15	
6 Kruger, Zachary C	10	Swartland Swim Club-WC	3:31.14	3:26.96	
7 Schreve, Lehan	10	Swartland Swim Club-WC	3:27.33	3:33.72	
8 Schabort, Lowen	9	Quicksilver Aquatics Winelands-CE	NT	3:34.70	
9 Hough, Caleb	11	Curro Langebaan Swim Club-WC	3:36.42	3:39.45	
10 Oliver, Luca	10	Quicksilver Aquatics Winelands-CE	NT	3:39.67	
11 Blake, Jeremy	11	Swimlab Aquatic Academ-CP	NT	3:40.89	
12 Bester, Daniël M	11	Quicksilver Aquatics Winelands-CE	3:53.58	4:01.28	
13 Fouche, Xander M	11	Worcester Aquatics-CE	3:52.38	4:03.72	
14 Beirowski, Seth L	10	Blouberg Marlins-CP	NT	4:11.51	
15 Meiring, Lukas	10	Quicksilver Aquatics Winelands-CE	NT	4:12.29	
16 Kock, Alex N	10	Quicksilver Aquatics Winelands-CE	NT	4:20.65	
17 Meintjes, Ruben	11	Quicksilver Aquatics Winelands-CE	NT	4:25.98	
--- Weber, Daniel	11	Players-CE	3:13.69	DQ 3:17.50	

Did not finish on back - back

--- Visagie, Dian 10 Swartland Swim Club-WC 3:43.67 DQ 3:53.93

Alternating Kick - fly

--- Whitehead, Charl H 10 Biosplash Swim Academy-CE NT DQ 4:09.45

Arms underwater recovery - fly

Winelands SL Final - 2023/01/28**Results****Event 29 Boys 12 Year Olds 200 LC Meter IM**

3:01.45 12 WPQT WCQT

3:18.28 12 SLQT SLQT

3:18.28 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	3:09.89	3:10.30	SLQT
2 Van Graan, Matthew D	12	Biosplash Swim Academy-CE	3:04.39	3:12.08	SLQT
3 Marais, Ricus	12	Blouberg Marlins-CP	NT	3:21.72	
4 Grobler, Reuben C	12	Players-CE	3:28.71	3:26.08	
5 Meiring, Schalk	12	Quicksilver Aquatics Winelands-CE	3:34.63	3:28.34	
6 Raath, Tayhne E	12	Blouberg Marlins-CP	3:40.17	3:38.02	
7 Lategan, Matteau A	12	Paarl Aquarius SC-CE	NT	4:05.38	
8 Wium, Hugo H	12	Quicksilver Aquatics Winelands-CE	NT	4:09.98	

Event 29 Boys 13 Year Olds 200 LC Meter IM

3:01.45 13 WPQT WCQT

3:16.44 13 SLQT SLQT

3:16.44 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	2:43.33	2:47.41	WPQT
2 Beukes, Jaden L	13	Walmers SC-CP	2:50.97	2:48.72	WPQT
3 Poggenpoel, Troy J	13	Marlin Swimming Club-CP	2:49.90	2:51.98	WPQT
4 Jacobs, Zoon S	13	Lane Leader Stellenbosch-CE	3:04.46	3:05.26	SLQT
5 Kriek, Divan D	13	Quicksilver Aquatics Winelands-CE	3:01.47	3:05.63	SLQT
6 Strydom, Benrich	13	Worcester Aquatics-CE	3:29.50	3:35.22	
7 Brits, Ruben	13	Curro Hermanus Aquatics-OB	NT	3:47.98	
8 Esterhuizen, Meinhardt	13	Swartland Swim Club-WC	NT	3:48.33	
9 Burger, Francois F	13	Swartland Swim Club-WC	NT	4:08.37	

Event 29 Boys 14 Year Olds 200 LC Meter IM

2:42.22 14 WPQT WCQT

2:54.25 14 SLQT SLQT

2:54.25 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kalapac, Joshua	14	Blouberg Marlins-CP	2:31.82	2:36.74	WPQT
2 Atkinson, Samuel A	14	Swartland Swim Club-WC	2:39.09	2:42.96	SLQT
3 Myburgh, Ruan	14	Blouberg Marlins-CP	2:43.41	2:43.34	SLQT
4 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	2:46.85	2:46.78	SLQT
5 Hahn, Rudi Y	14	Agulhas Aquatics-OB	NT	3:12.52	
6 Burmeister, Marius	14	Quicksilver Aquatics Winelands-CE	3:14.09	3:13.79	

Event 29 Men 15 Year Olds 200 LC Meter IM

2:42.22 15 WPQT WCQT

2:52.76 15 SLQT SLQT

2:52.76 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	2:16.40	2:17.57	WPQT
2 Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:26.88	2:26.08	WPQT
3 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	2:26.44	2:26.30	WPQT
4 Wessels, Armin L	15	Lane Leader Stellenbosch-CE	2:36.40	2:34.23	WPQT
5 McWilliam, Troy J	15	Tygerberg Aquatics-CP	2:32.08	2:34.80	WPQT
6 Alexander, Ammaar	15	Marlin Swimming Club-CP	2:26.34	2:34.83	WPQT
7 Möller, FC C	15	Tygerberg Aquatics-CP	2:34.26	2:37.85	WPQT
8 Vd Walt, Lourens M	15	Quicksilver Aquatics Winelands-CE	NT	2:50.13	SLQT
9 Botha, Lourens	15	Curro Langebaan Swim Club-WC	2:56.35	3:06.52	
10 Harel, Sebastian M	15	Blouberg Marlins-CP	3:33.15	3:31.63	

Winelands SL Final - 2023/01/28**Results****Event 29 Men 16 Year Olds 200 LC Meter IM**

2:35.01 16 WPQT WCQT

2:48.24 16 SLQT SLQT

2:48.24 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:21.63	2:23.42	WPQT
2 Omar, Ilyaas I	16	Marlin Swimming Club-CP	2:26.73	2:28.71	WPQT
3 Spiro, Gabriel	16	Blouberg Marlins-CP	2:31.79	2:38.35	SLQT
4 Booyesen, Matthew	16	Blouberg Marlins-CP	2:46.47	2:47.47	SLQT
5 Van der Sandt, Joah N	16	Worcester Aquatics-CE	NT	3:44.22	

Event 29 Men 17 & Over 200 LC Meter IM

2:35.01 17&O WPQT WCQT

2:48.24 17&O SLQT SLQT

2:48.24 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Louw, Andro	18	Kovsies Swimming Club Bfn-MA	NT	2:14.45	WPQT
2 West, Gabriel	18	Tygerberg Aquatics-CP	2:18.90	2:19.29	WPQT
3 Swart, Niklis	17	Players-CE	2:24.96	2:26.26	WPQT
4 Barnard, Rohan C	18	Blouberg Marlins-CP	2:29.45	2:29.41	WPQT
5 Beukes, Mateo A	17	Walmers SC-CP	2:34.92	2:35.43	SLQT
6 Gounden, Mikhael A	17	Curro Langebaan Swim Club-WC	2:34.76	2:37.79	SLQT
7 Sadie, Christian M	25	Lane Leader Stellenbosch-CE	2:38.78	2:41.65	SLQT
8 Anthony, Ammar	20	Marlin Swimming Club-CP	2:32.69	2:44.78	SLQT
9 Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	3:00.53	

Event 31 Girls 11 & Under 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	
1 Louw, Isabella A	11	Blouberg Marlins-CP	3:16.30	3:14.03	
2 Liebenberg, Aimee L	11	Swartland Swim Club-WC	3:26.66	3:36.31	
3 De Beer, Isabella C	11	Quicksilver Aquatics Winelands-CE	3:34.66	3:40.79	
4 Darling, Jessica	11	Blouberg Marlins-CP	NT	3:47.78	
5 Swanepoel, Emma	8	Curro Langebaan Swim Club-WC	NT	4:22.25	

Event 31 Girls 12 Year Olds 200 LC Meter Backstroke

3:04.48 12 WPQT WCQT

3:22.80 12 SLQT SLQT

3:22.80 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Basson, Lenè	12	Curro Langebaan Swim Club-WC	2:49.76	2:55.28	WPQT
2 O'Carroll, Nia E	12	Biosplash Swim Academy-CE	2:55.13	2:57.01	WPQT
3 Van Wyk, Katie R	12	Blouberg Marlins-CP	3:03.31	3:05.74	SLQT
4 Saayman, Nika D	12	Players-CE	3:12.16	3:12.33	SLQT
5 Nieuwstadt, Ruby	12	Blouberg Marlins-CP	NT	3:26.98	

Event 31 Girls 13 Year Olds 200 LC Meter Backstroke

3:04.48 13 WPQT WCQT

3:20.89 13 SLQT SLQT

3:20.89 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Juries, Sam C	13	Curro Langebaan Swim Club-WC	2:50.49	2:48.99	WPQT
2 Huang, Amelia A	13	Blouberg Marlins-CP	2:44.75	2:49.55	WPQT
3 Vorster, Mia	13	Swartland Swim Club-WC	2:49.02	2:54.35	WPQT
4 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	NT	2:56.22	WPQT
5 Bruwer, Casey	13	Blouberg Marlins-CP	NT	2:58.68	WPQT
6 Visagie, Jani	13	Swartland Swim Club-WC	2:59.16	2:59.70	WPQT
7 Davie, Morgan J	13	Blouberg Marlins-CP	3:25.10	3:24.95	
8 Hager, Carle	13	Worcester Aquatics-CE	3:24.20	3:27.51	

Winelands SL Final - 2023/01/28

Results

Event 31 Girls 14 Year Olds 200 LC Meter Backstroke

2:50.09 14 WPQT WCQT

3:09.72 14 SLQT SLQT

3:09.72 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Goebel, Zoë	14	Tygerberg Aquatics-CP	2:47.86	2:48.17	WPQT
2 Burger, Leandrè	14	Quicksilver Aquatics Winelands-CE	3:02.94	2:59.81	SLQT
3 Brand, Emsie	14	Swartland Swim Club-WC	3:00.21	2:59.99	SLQT
4 De Lange, Marizaan	14	Curro Langebaan Swim Club-WC	3:02.02	3:00.35	SLQT
5 Grootboom, Lulu R	14	Swartland Swim Club-WC	3:03.68	3:01.40	SLQT
6 Pieterse, Chloe	14	Quicksilver Aquatics Winelands-CE	2:56.16	3:05.58	SLQT
7 Buhr, Lelanie	14	Swartland Swim Club-WC	2:56.42	3:06.35	SLQT
8 Carrol, Jessica C	14	Blouberg Marlins-CP	3:00.64	3:07.81	SLQT
9 Kemp, Anè	14	Swartland Swim Club-WC	3:16.86	3:17.92	

Event 31 Women 15 Year Olds 200 LC Meter Backstroke

2:50.09 15 WPQT WCQT

3:08.01 15 SLQT SLQT

3:08.01 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 De Wet, Emma M	15	Vineyard SC-CP	2:16.96	2:26.73	WPQT
2 Du Plessis, Chanel P	15	Vineyard SC-CP	2:24.10	2:35.95	WPQT
3 Rinquest, Taaliah	15	Marlin Swimming Club-CP	3:01.31	3:06.96	SLQT

Event 31 Women 16 Year Olds 200 LC Meter Backstroke

2:44.86 16 WPQT WCQT

3:03.18 16 SLQT SLQT

3:03.18 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Groepes, Rachel L	16	Swimlab Aquatic Academ-CP	2:23.61	2:31.39	WPQT
2 Smidt, Clio J	16	Marlin Swimming Club-CP	2:31.96	2:34.93	WPQT
3 De Roubaix, Maric M	16	Lane Leader Stellenbosch-CE	2:44.78	2:46.08	SLQT
4 Vd Berg, Talia	16	Quicksilver Aquatics Winelands-CE	NT	3:10.90	
5 Anders, Erin D	16	Marlin Swimming Club-CP	3:01.33	3:12.18	
6 Davids, Kiara H	16	Marlin Swimming Club-CP	3:15.70	3:23.79	

Event 31 Women 17 & Over 200 LC Meter Backstroke

2:44.86 17&O WPQT WCQT

3:03.18 17&O SLQT SLQT

3:03.18 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 De Villiers, Lezanne	18	Players-CE	2:30.01	2:42.79	WPQT
2 O'Neill, Melisa A	31	Aqua Sharks Academy-CP	NT	4:06.68	

Event 31 Boys 11 & Under 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time	
1 Wagener, Tiaan H	10	Aquasharks Winelands-CE	3:27.91	3:25.93	
2 Cleophas, Lee L	11	Paarl Aquarius SC-CE	3:40.15	3:32.83	
--- Van Vondel, Roland	11	Tygerberg Aquatics-CP	3:13.77	DQ 3:14.00	

Delay initiating turn after past vertical

Event 31 Boys 12 Year Olds 200 LC Meter Backstroke

3:00.08 12 WPQT WCQT

3:14.79 12 SLQT SLQT

3:14.79 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Snyders, Kyle	12	Curro Langebaan Swim Club-WC	2:52.36	2:53.87	WPQT
2 Rheeder, Liam M	12	Paarl Aquarius SC-CE	2:52.67	2:59.53	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 31 Boys 12 Year Olds 200 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	
3 Thomason, Jamie P	12	Swimlab Aquatic Academ-CP	3:15.30	3:14.68	SLQT
4 Haarhoff, Dylan J	12	Quicksilver Aquatics Winelands-CE	3:05.91	3:14.97	
--- Wessels, Connor M	12	Blouberg Marlins-CP	3:28.37	DQ 3:39.19	

Not on back off wall

Event 31 Boys 13 Year Olds 200 LC Meter Backstroke

3:00.08 13 WPQT WCQT

3:13.00 13 SLQT SLQT

3:13.00 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 De Lange, Adriaan	13	Tygerberg Aquatics-CP	2:29.95	2:30.73	WPQT
2 Bestel, Luc M	13	Vineyard SC-CP	2:33.49	2:34.95	WPQT
3 De Kock, John P	13	Lane Leader Stellenbosch-CE	2:31.23	2:35.92	WPQT
4 Lategan, Nicky N	13	Swartland Swim Club-WC	2:43.21	2:54.41	WPQT
5 Cleophas, Kyle	13	Paarl Aquarius SC-CE	3:00.33	3:12.87	SLQT
6 Louw, Jaco A	13	Swartland Swim Club-WC	3:06.46	3:21.63	
7 Holland-Muter, Jesse	13	Swartland Swim Club-WC	3:18.81	3:22.96	

Event 31 Boys 14 Year Olds 200 LC Meter Backstroke

2:41.13 14 WPQT WCQT

2:51.80 14 SLQT SLQT

2:51.80 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Trower, Nic T	14	Tygerberg Aquatics-CP	2:17.65	2:17.18	WPQT
2 Wollenschlaeger, Noah	14	Vineyard SC-CP	2:27.02	2:27.15	WPQT
3 De Lange, Ruben	14	Curro Langebaan Swim Club-WC	NT	2:49.91	SLQT
4 Pautz, Nathan M	14	Blouberg Marlins-CP	2:50.86	2:50.14	SLQT
5 Heyes, Garrick T	14	Aqua Sharks Academy-CP	NT	2:50.50	SLQT
6 De Bruyn, Cornè C	14	Aqua Sharks Academy-CP	2:53.68	2:52.30	

Event 31 Men 15 Year Olds 200 LC Meter Backstroke

2:41.13 15 WPQT WCQT

2:50.35 15 SLQT SLQT

2:50.35 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Pearson, Tai L	15	Vineyard SC-CP	2:12.03	2:15.95	WPQT
2 Orchard, Thomas J	15	Swartland Swim Club-WC	2:32.59	2:31.40	WPQT
3 Gilbert, Thomas O	15	Swimlab Aquatic Academ-CP	2:45.41	2:43.13	SLQT
4 Saayman, Dehan	15	Players-CE	2:49.04	2:50.19	SLQT
5 Boonzaaier, Simon F	15	Aquasharks Winelands-CE	3:04.52	3:00.83	

Event 31 Men 16 Year Olds 200 LC Meter Backstroke

2:34.02 16 WPQT WCQT

2:45.87 16 SLQT SLQT

2:45.87 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Wright, Keegan	16	Tygerberg Aquatics-CP	2:14.15	2:16.91	WPQT
2 Van Vondel, Anton J	16	Tygerberg Aquatics-CP	2:15.56	2:22.47	WPQT
3 Foot, Aiden C	16	Swartland Swim Club-WC	2:27.39	2:26.62	WPQT

Event 31 Men 17 & Over 200 LC Meter Backstroke

2:34.02 17&O WPQT WCQT

2:45.87 17&O SLQT SLQT

2:45.87 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Burger, Schalk S	17	Swartland Swim Club-WC	2:18.33	2:29.83	WPQT
2 Hopkins, Tim	17	Tygerberg Aquatics-CP	2:21.25	2:30.31	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 31 Men 17 & Over 200 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	
3 Abrahams, Wasfi	17	Marlin Swimming Club-CP	2:58.69	2:42.69	SLQT
4 O'Neill, Sean C	38	Aqua Sharks Academy-CP	NT	2:56.30	
5 Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	3:01.14	

Event 33 Girls 11 & Under 50 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time	
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	31.62	32.05	
2 Oliver, Isabella	11	Quicksilver Aquatics Winelands-CE	33.99	34.33	
3 Fenner, Olivia M	11	Quicksilver Aquatics Winelands-CE	35.38	34.58	
4 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	33.52	35.05	
5 Darling, Jessica	11	Blouberg Marlins-CP	37.16	36.64	
6 Dowle, Alessia C	11	Players-CE	38.61	37.28	
7 Stilwayney, Mia C	10	Paarl Aquarius SC-CE	NT	37.62	
8 Gerischer, Leah E	11	Biosplash Swim Academy-CE	40.48	37.75	
9 Flack, Francesca	11	Curro Langebaan Swim Club-WC	37.47	37.83	
10 Hawley, Nicola	11	Players-CE	39.53	38.42	
11 Bircher, Storm Z	11	Curro Hermanus Aquatics-OB	38.38	38.68	
12 Abrahams, Amaani	11	Marlin Swimming Club-CP	38.68	38.85	
*13 Liebenberg, Aimee L	11	Swartland Swim Club-WC	38.53	39.62	
*13 Kruger, Milan	11	Quicksilver Aquatics Winelands-CE	40.75	39.62	
15 Ferguson, Evie D	10	Blouberg Marlins-CP	40.64	40.17	
16 Anthony, Jazmin A	10	Paarl Aquarius SC-CE	41.41	40.19	
17 Havemann, Carlin	11	Quicksilver Aquatics Winelands-CE	39.72	40.57	
18 Boustred, Sophia J	9	Biosplash Swim Academy-CE	NT	40.70	
19 Retief, Jane	10	Lane Leader Stellenbosch-CE	NT	41.20	
20 Kent, Isabelle M	10	Blouberg Marlins-CP	40.39	41.79	
21 Beyers, Lize M	9	Agulhas Aquatics-OB	42.32	42.16	
22 Jaftas, Zoey	11	Paarl Aquarius SC-CE	NT	42.60	
23 Hansen, Margelie	11	Players-CE	NT	42.97	
24 Benjamin, Jiya	11	Paarl Aquarius SC-CE	NT	43.87	
25 Joubert, Elle	11	Quicksilver Aquatics Winelands-CE	45.81	44.14	
26 Breytenbach, Amore	10	Quicksilver Aquatics Winelands-CE	NT	44.34	
27 Marais, Jodi	11	Blouberg Marlins-CP	NT	44.66	
28 Jacobs, Mabet	10	Agulhas Aquatics-OB	44.75	45.19	
29 Engelbrecht, Aneeqah	10	Paarl Aquarius SC-CE	46.73	45.42	
30 Du Toit, Anmari	9	Quicksilver Aquatics Winelands-CE	46.53	46.93	
31 Swanepoel, Emma	8	Curro Langebaan Swim Club-WC	48.10	47.14	
32 Myburgh, Anique	11	Paarl Aquarius SC-CE	50.06	48.01	
33 Swart, Annabel	7	Quicksilver Aquatics Winelands-CE	53.75	48.12	
34 Els, Lika	10	Quicksilver Aquatics Winelands-CE	NT	49.16	
35 Ferreira, Liane	11	Players-CE	43.94	51.23	
36 Liedeman, Hayley	9	Swartland Swim Club-WC	49.22	52.45	
37 Huang, Olivia O	8	Blouberg Marlins-CP	1:03.13	55.21	
38 vd Bank, Mihanka	9	Curro Hermanus Aquatics-OB	54.87	57.45	
--- Kriel, Cari	9	Worcester Aquatics-CE	49.93	DQ 50.32	
False start					

Event 33 Girls 12 Year Olds 50 LC Meter Freestyle

35.09 12 WPQT WCQT

39.17 12 SLQT SLQT

39.17 12 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Bosman, Daizeli	12	Players-CE	33.97	33.91	WPQT
2 Fourie, Emma	12	Blouberg Marlins-CP	34.86	34.85	WPQT
3 Saayman, Nika D	12	Players-CE	35.00	35.35	SLQT
4 Mays, Amy	12	Curro Hermanus Aquatics-OB	35.74	36.96	SLQT

Winelands SL Final - 2023/01/28**Results****(Event 33 Girls 12 Year Olds 50 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
5 Reid, Martine	12	Players-CE	38.50	37.17	SLQT
6 Rookan-Smith, Helena B	12	Worcester Aquatics-CE	40.06	38.08	SLQT
7 Baadjies, Najya C	12	Paarl Aquarius SC-CE	47.10	43.42	
8 Guntelach, Yemima T	12	Worcester Aquatics-CE	44.90	45.27	
9 Gempies, Carla C	12	Worcester Aquatics-CE	48.91	46.09	

Event 33 Girls 13 Year Olds 50 LC Meter Freestyle

35.09 13 WPQT WCQT

37.40 13 SLQT SLQT

37.40 13 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Kotze, Abigail	13	Vineyard SC-CP	26.71	26.75	WPQT
2 Combrink, Amy	13	Vineyard SC-CP	28.81	29.19	WPQT
3 Briggs, Rebecca	13	Lane Leader Stellenbosch-CE	31.63	31.63	WPQT
4 Geysler, Almi	13	Lane Leader Stellenbosch-CE	31.10	31.68	WPQT
5 Liebenberg, Emily M	13	Swartland Swim Club-WC	31.19	31.97	WPQT
6 Badenhorst, Storme	13	Marlin Swimming Club-CP	32.14	32.78	WPQT
7 Vorster, Mia	13	Swartland Swim Club-WC	32.05	33.15	WPQT
*8 Visagie, Jani	13	Swartland Swim Club-WC	35.20	35.81	SLQT
*8 Louw, Margo	13	Quicksilver Aquatics Winelands-CE	35.99	35.81	SLQT
10 Hager, Carle	13	Worcester Aquatics-CE	35.10	36.06	SLQT
11 Cloete, Milla D	13	Worcester Aquatics-CE	34.56	36.47	SLQT
12 Davie, Morgan J	13	Blouberg Marlins-CP	36.52	38.28	
13 Wessels, Remy L	13	Agulhas Aquatics-OB	41.66	38.68	
14 Van Zyl, Coreta A	13	Worcester Aquatics-CE	43.81	41.09	

Event 33 Girls 14 Year Olds 50 LC Meter Freestyle

32.09 14 WPQT WCQT

35.88 14 SLQT SLQT

35.88 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Havemann, Bella	14	Maties Aquatics-CE	30.75	30.42	WPQT
2 Jarvis, Jade	14	Swimlab Aquatic Academ-CP	NT	31.30	WPQT
3 Goebel, Zoë	14	Tygerberg Aquatics-CP	30.80	31.39	WPQT
4 Röntgen, Carine	14	Aquasharks Winelands-CE	31.59	31.78	WPQT
5 Schreuder, Hannah G	14	Swimlab Aquatic Academ-CP	NT	33.26	SLQT
6 Buhr, Lelanie	14	Swartland Swim Club-WC	33.83	33.84	SLQT
7 Van Tonder, Nina L	14	Worcester Aquatics-CE	34.09	34.68	SLQT
8 Kemp, Anè	14	Swartland Swim Club-WC	34.58	34.99	SLQT
9 Grobbelaar, Chanè M	14	Swartland Swim Club-WC	36.27	35.50	SLQT
10 Carrol, Jessica C	14	Blouberg Marlins-CP	34.66	35.56	SLQT
11 Louw, Tenè	14	Blouberg Marlins-CP	NT	35.81	SLQT
12 Van Zyl, Teyna C	14	Worcester Aquatics-CE	38.30	36.30	
13 Burger, Leandrè	14	Quicksilver Aquatics Winelands-CE	36.73	36.42	
14 Brand, Emsie	14	Swartland Swim Club-WC	37.33	36.62	
15 Burger, Mignon	14	Swartland Swim Club-WC	38.34	37.93	

Event 33 Women 15 Year Olds 50 LC Meter Freestyle

32.09 15 WPQT WCQT

34.62 15 SLQT SLQT

34.62 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Ryser, Aurora	15	Tygerberg Aquatics-CP	30.22	30.55	WPQT
2 Jeftha, Zara L	15	Marlin Swimming Club-CP	32.05	31.63	WPQT
3 Van Reenen, Kirsten	15	Lane Leader Stellenbosch-CE	NT	32.96	SLQT
4 Harris, Gemma	15	Marlin Swimming Club-CP	34.46	34.54	SLQT

Winelands SL Final - 2023/01/28**Results****(Event 33 Women 15 Year Olds 50 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
5 Rinqwest, Taaliah	15	Marlin Swimming Club-CP	35.05	38.56

Event 33 Women 16 Year Olds 50 LC Meter Freestyle

31.08 16 WPQT WCQT

34.62 16 SLQT SLQT

34.62 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Van Niekerk, Lica	16	Quicksilver Aquatics Winelands-CE	29.18	28.81	WPQT
2 Van Huyssteen, Miette	16	Curro Hermanus Aquatics-OB	30.87	29.93	WPQT
3 Vorster, Carli	16	Swartland Swim Club-WC	30.68	30.65	WPQT
4 Van der Walt, Isabella	16	Quicksilver Aquatics Winelands-CE	32.63	32.53	SLQT
5 Rinqwest, Aqeelah	16	Marlin Swimming Club-CP	34.45	33.98	SLQT
6 Kemp, Mari	16	Swartland Swim Club-WC	NT	37.39	

Event 33 Women 17 & Over 50 LC Meter Freestyle

31.08 17&O WPQT WCQT

34.62 17&O SLQT SLQT

34.62 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Yeldon, Annika S	17	Lane Leader Stellenbosch-CE	27.55	27.98	WPQT
2 Canter, Jessica A	23	Lane Leader Stellenbosch-CE	28.95	28.91	WPQT
3 De Jongh, Grace	17	Lane Leader Stellenbosch-CE	28.62	29.04	WPQT
4 Uys, Tara	17	Tygerberg Aquatics-CP	29.26	29.53	WPQT
5 Hechter, Coreen C	21	Super Seals-MA	29.21	29.63	WPQT
*6 Ricco, Lilly C	19	Maties Aquatics-CE	29.42	29.96	WPQT
*6 Rathner, Ava	17	Swimlab Aquatic Academ-CP	29.75	29.96	WPQT
8 Ribeiro, Nuria A	20	Maties Aquatics-CE	28.27	29.99	WPQT
9 Renecele, Jen C	17	Vineyard SC-CP	31.36	30.30	WPQT

Event 33 Boys 11 & Under 50 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Barnard, Theo J	10	Swartland Swim Club-WC	35.43	33.63
2 Stander, Christiaan L	10	Aquasharks Winelands-CE	34.90	34.11
3 Hough, Caleb	11	Curro Langebaan Swim Club-WC	36.28	34.96
4 Faulkner, Callum E	11	Blouberg Marlins-CP	35.77	35.52
5 Mallin, Lukas	8	Swimlab Aquatic Academ-CP	35.25	35.76
6 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	33.91	35.78
7 VerLoren Van Themaat, Hein M	11	Lane Leader Stellenbosch-CE	NT	35.81
8 Conradie, D'Niel	10	Aquasharks Winelands-CE	34.46	36.16
9 Brand, Kobus P	11	Swartland Swim Club-WC	37.03	36.99
10 Kotze, Christian S	9	Biosplash Swim Academy-CE	NT	37.42
11 Fenner, Jenson V	10	Quicksilver Aquatics Winelands-CE	39.64	37.57
12 Schreve, Lehan	10	Swartland Swim Club-WC	38.39	38.34
13 Kruger, Zachary C	10	Swartland Swim Club-WC	39.88	38.56
14 Schabort, Lowen	9	Quicksilver Aquatics Winelands-CE	41.12	38.80
15 Ellis, Alec C	10	Lane Leader Stellenbosch-CE	NT	39.45
16 Cleophas, Lee L	11	Paarl Aquarius SC-CE	42.32	40.33
17 Van der Merwe, Dandre J	10	Biosplash Swim Academy-CE	42.59	40.54
18 Snyders, Dylan	10	Curro Langebaan Swim Club-WC	40.75	40.68
19 Oliver, Luca	10	Quicksilver Aquatics Winelands-CE	45.03	41.22
20 Lewis, Amaru C	10	Paarl Aquarius SC-CE	39.60	41.70
21 Lategan, Wessel W	10	Swartland Swim Club-WC	40.17	41.75
22 Whitehead, Charl H	10	Biosplash Swim Academy-CE	40.95	41.84
23 Rheeder, Ian S	11	Quicksilver Aquatics Winelands-CE	43.44	41.88
24 Basson, Zion	10	Curro Langebaan Swim Club-WC	42.22	42.37
25 Fouche, Xander M	11	Worcester Aquatics-CE	40.88	42.56

Winelands SL Final - 2023/01/28**Results****(Event 33 Boys 11 & Under 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
26	Baadjies, Cruden H	11	Paarl Aquarius SC-CE	41.99	42.68
27	Anderson, Chase	10	Blouberg Marlins-CP	48.99	42.86
28	Meiring, Lukas	10	Quicksilver Aquatics Winelands-CE	NT	43.24
29	Burmeister, Zak	11	Quicksilver Aquatics Winelands-CE	42.44	43.66
30	Malherbe, Max M	9	Quicksilver Aquatics Winelands-CE	40.72	43.77
31	Bester, Nico	11	Quicksilver Aquatics Winelands-CE	41.38	43.86
32	Visagie, Dian	10	Swartland Swim Club-WC	46.35	44.15
33	Kruger, Blake R	9	Swartland Swim Club-WC	47.09	44.81
34	Coetzee, Willem A	11	Quicksilver Aquatics Winelands-CE	43.74	45.25
35	Havemann, Ayden A	9	Quicksilver Aquatics Winelands-CE	48.92	45.56
36	Jooste, Ben D	11	Curro Hermanus Aquatics-OB	54.57	46.93
37	Boustred, David C	8	Biosplash Swim Academy-CE	53.59	47.31
38	Botha, Anthonie N	10	Quicksilver Aquatics Winelands-CE	45.24	48.11
39	Whitehouse, Bramwell A	8	Curro Hermanus Aquatics-OB	55.88	52.84
40	Swarts, Zeeck	11	Quicksilver Aquatics Winelands-CE	54.18	54.19
41	Joubert, Daniel J	8	Quicksilver Aquatics Winelands-CE	44.84	55.64

Event 33 Boys 12 Year Olds 50 LC Meter Freestyle

32.94 12 WPQT WCQT

35.82 12 SLQT SLQT

35.82 12 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Snyders, Kyle	12	Curro Langebaan Swim Club-WC	30.56	31.33 WPQT
2	Oosthuizen, Ethan	12	Players-CE	30.99	31.35 WPQT
3	Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	30.73	31.45 WPQT
4	Thomason, Jamie P	12	Swimlab Aquatic Academ-CP	32.74	32.94 WPQT
5	De Koker, Erik D	12	Players-CE	NT	33.83 SLQT
6	Grobler, Reuben C	12	Players-CE	36.32	34.57 SLQT
7	Meiring, Schalk	12	Quicksilver Aquatics Winelands-CE	NT	35.81 SLQT
8	Marais, Ricus	12	Blouberg Marlins-CP	NT	36.58
9	Haarhoff, Dylan J	12	Quicksilver Aquatics Winelands-CE	36.12	39.65
10	Wium, Hugo H	12	Quicksilver Aquatics Winelands-CE	39.09	40.47
11	Lategan, Matteau A	12	Paarl Aquarius SC-CE	NT	42.51

Event 33 Boys 13 Year Olds 50 LC Meter Freestyle

32.94 13 WPQT WCQT

35.38 13 SLQT SLQT

35.38 13 JCQT JCQT

	Name	Age	Team	Seed Time	Finals Time
1	Barge, Zac	13	Swimlab Aquatic Academ-CP	28.48	28.65 WPQT
2	De Kock, John P	13	Lane Leader Stellenbosch-CE	28.39	28.97 WPQT
3	Beukes, Jaden L	13	Walmers SC-CP	30.70	29.46 WPQT
4	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	30.42	29.61 WPQT
5	Abrahams, Rayhan	13	Walmers SC-CP	30.50	30.10 WPQT
6	Poggenpoel, Troy J	13	Marlin Swimming Club-CP	30.08	31.83 WPQT
7	Cleophas, Kyle	13	Paarl Aquarius SC-CE	31.58	32.05 WPQT
8	Kriek, Divan D	13	Quicksilver Aquatics Winelands-CE	31.20	32.38 WPQT
9	Coetzee, Kevin D	13	Players-CE	NT	33.13 SLQT
10	Taljaard, Cornell J	13	Players-CE	34.52	33.94 SLQT
11	Jacobs, Zoon S	13	Lane Leader Stellenbosch-CE	32.88	34.55 SLQT
12	Strydom, Benrich	13	Worcester Aquatics-CE	35.19	35.47
13	Brits, Ruben	13	Curro Hermanus Aquatics-OB	39.32	37.45
14	Esterhuizen, Meinhardt	13	Swartland Swim Club-WC	NT	38.25
15	Burger, Francois F	13	Swartland Swim Club-WC	40.19	40.09

Winelands SL Final - 2023/01/28

Results

Event 33 Boys 14 Year Olds 50 LC Meter Freestyle

29.40 14 WPQT WCQT

31.40 14 SLQT SLQT

31.40 14 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	28.21	28.09	WPQT
2 Wollenschlaeger, Noah	14	Vineyard SC-CP	27.59	28.11	WPQT
3 Atkinson, Samuel A	14	Swartland Swim Club-WC	28.95	29.01	WPQT
4 Myburgh, Ruan	14	Blouberg Marlins-CP	31.28	30.02	SLQT
5 Vd Berg, Wilan	14	Quicksilver Aquatics Winelands-CE	30.37	31.55	
6 O'Ryan, Seth P	14	Swimlab Aquatic Academ-CP	NT	34.45	

Event 33 Men 15 Year Olds 50 LC Meter Freestyle

29.40 15 WPQT WCQT

31.03 15 SLQT SLQT

31.03 15 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	24.62	24.44	WPQT
2 Engelbrecht, Ruben J	15	Players-CE	26.42	27.24	WPQT
3 Orchard, Thomas J	15	Swartland Swim Club-WC	27.09	27.35	WPQT
4 Alexander, Ammaar	15	Marlin Swimming Club-CP	26.60	27.50	WPQT
5 Smit, MJ M	15	Jvr Aqua Sport-CP	27.56	27.80	WPQT
*6 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	NT	27.93	WPQT
*6 Vd Walt, Lourens M	15	Quicksilver Aquatics Winelands-CE	NT	27.93	WPQT
8 Uys, Keegan	15	Lane Leader Stellenbosch-CE	NT	28.34	WPQT
9 Engelbrecht, Christie	15	Paarl Aquarius SC-CE	NT	28.70	WPQT
10 Botha, Lourens	15	Curro Langebaan Swim Club-WC	29.22	28.81	WPQT
11 Basson, Luan	15	Swartland Swim Club-WC	29.97	28.88	WPQT
12 Saayman, Dehan	15	Players-CE	31.50	31.76	

Event 33 Men 16 Year Olds 50 LC Meter Freestyle

28.08 16 WPQT WCQT

30.29 16 SLQT SLQT

30.29 16 JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Potgieter, Michael M	16	Lane Leader Stellenbosch-CE	25.25	25.94	WPQT
2 Field, Luke D	16	Vineyard SC-CP	26.25	26.15	WPQT
3 Hugo, Retief R	16	Aquasharks Winelands-CE	27.01	26.70	WPQT
4 Foot, Aiden C	16	Swartland Swim Club-WC	26.35	26.91	WPQT
5 Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	26.91	27.03	WPQT
6 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	26.11	27.19	WPQT
7 Naude, Zian	16	Paarl Aquarius SC-CE	27.22	27.75	WPQT
8 Spiro, Gabriel	16	Blouberg Marlins-CP	28.69	28.97	SLQT
9 Booyesen, Matthew	16	Blouberg Marlins-CP	28.37	29.05	SLQT
10 Van der Sandt, Joah N	16	Worcester Aquatics-CE	31.79	30.64	

Event 33 Men 17 & Over 50 LC Meter Freestyle

28.08 17&O WPQT WCQT

30.29 17&O SLQT SLQT

30.29 17&O JCQT JCQT

Name	Age	Team	Seed Time	Finals Time	
1 Luck, Taylor R	17	Vineyard SC-CP	23.96	23.44	WPQT
2 Van Heerden, Stefan F	17	Lane Leader Stellenbosch-CE	24.19	23.93	WPQT
3 Schlechter, Gustav	20	Lane Leader Stellenbosch-CE	23.73	24.00	WPQT
4 Moncherry, Adam J	24	Maties Aquatics-CE	24.65	24.48	WPQT
5 Truter, Petrus C	19	Lane Leader Stellenbosch-CE	24.16	24.67	WPQT
6 Pool-Jones, Jonah B	20	Maties Aquatics-CE	24.84	24.87	WPQT
7 Etzold, Peter S	17	Vineyard SC-CP	NT	25.05	WPQT

Winelands SL Final - 2023/01/28**Results****(Event 33 Men 17 & Over 50 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
8 Myburgh, Jordan	17	Blouberg Marlins-CP	25.24	25.55	WPQT
9 West, Gabriel	18	Tygerberg Aquatics-CP	25.22	25.59	WPQT
10 Beukes, Mateo A	17	Walmers SC-CP	25.74	25.93	WPQT
11 Van Reenen, Ryan	24	Blouberg Marlins-CP	25.66	26.07	WPQT
12 Hopkins, Tim	17	Tygerberg Aquatics-CP	25.38	26.19	WPQT
13 Kotze, Pierce	17	Worcester Aquatics-CE	26.59	26.45	WPQT
14 Burger, Schalk S	17	Swartland Swim Club-WC	26.42	26.62	WPQT
15 Carrol, Matt	17	Blouberg Marlins-CP	25.99	26.74	WPQT
16 Abrahams, Matthew N	23	Aqua Sharks Academy-CP	26.80	26.78	WPQT
17 Peceur, Mark D	18	Paarl Aquarius SC-CE	27.61	27.15	WPQT
18 Treurnicht, Wim G	17	Players-CE	27.17	27.19	WPQT
19 Anthony, Ammar	20	Marlin Swimming Club-CP	27.34	27.93	WPQT
20 Abrahams, Wasfi	17	Marlin Swimming Club-CP	27.98	28.53	SLQT
21 Vorster, Heinrich A	20	Maties Aquatics-CE	27.62	30.35	
22 Krog, Willem	17	Curro Hermanus Aquatics-OB	NT	31.31	

Combined Team Scores**Combined Team Scores - Through Event 33**

1. Swartland Swim Club	2182	2. Quicksilver Aquatics Winelands	2081.5
3. Blouberg Marlins	2054	4. Lane Leader Stellenbosch	1934
5. Tygerberg Aquatics	1845.5	6. Players	1337.5
7. Swimlab Aquatic Academ	1113	8. Marlin Swimming Club	1082
9. Vineyard SC	944	10. Curro Langebaan Swim Club	919
11. Paarl Aquarius SC	900	12. Cybersmart Aquatics	695
13. Biosplash Swim Academy	537.5	14. Maties Aquatics	514.5
15. Aquasharks Winelands	510.5	16. Aqua Sharks Academy	381
17. Worcester Aquatics	376	18. Curro Hermanus Aquatics	292
19. Walmers SC	261	20. Kovsies Swimming Club Bfn	147
21. Agulhas Aquatics	101	22. Sport Science Institute of SA	56
23. Jvr Aqua Sport	52	24. Super Seals	43
25. Manta SC	19		

Scores - Women**Women - Team Rankings - Through Event 33**

1. Quicksilver Aquatics Winelands	1302	2. Blouberg Marlins	1112
3. Swartland Swim Club	946.5	4. Lane Leader Stellenbosch	711.5
5. Marlin Swimming Club	698	6. Tygerberg Aquatics	621
7. Players	595.5	8. Swimlab Aquatic Academ	564
9. Curro Langebaan Swim Club	453	10. Vineyard SC	432
11. Biosplash Swim Academy	319.5	12. Maties Aquatics	294.5
13. Paarl Aquarius SC	269	14. Worcester Aquatics	248
15. Curro Hermanus Aquatics	204	16. Aquasharks Winelands	187.5
17. Aqua Sharks Academy	162	18. Cybersmart Aquatics	150
19. Kovsies Swimming Club Bfn	76	20. Sport Science Institute of SA	56
21. Super Seals	43	22. Agulhas Aquatics	42
23. Walmers SC	24		

Scores - Men**Men - Team Rankings - Through Event 33**

1. Swartland Swim Club	1235.5	2. Tygerberg Aquatics	1224.5
3. Lane Leader Stellenbosch	1222.5	4. Blouberg Marlins	942

Winelands SL Final - 2023/01/28**Results****(Scores - Men)**

5. Quicksilver Aquatics Winelands	779.5	6. Players	742
7. Paarl Aquarius SC	631	8. Swimlab Aquatic Academ	549
9. Cybersmart Aquatics	545	10. Vineyard SC	512
11. Curro Langebaan Swim Club	466	12. Marlin Swimming Club	384
13. Aquasharks Winelands	323	14. Walmers SC	237
15. Maties Aquatics	220	16. Aqua Sharks Academy	219
17. Biosplash Swim Academy	218	18. Worcester Aquatics	128
19. Curro Hermanus Aquatics	88	20. Kovies Swimming Club Bfn	71
21. Agulhas Aquatics	59	22. Jvr Aqua Sport	52
23. Manta SC	19		