

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Event 100 Boys 11 & Under 400 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	5:28,78	5:08,48
	34,26 1:12,62 1:52,64 2:31,69 3:11,54 3:50,36 4:29,67			5:08,48	
2	Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	5:18,63	5:14,75
	34,38 1:13,09 1:53,08 2:32,85 3:13,85 3:54,57 4:35,46			5:14,75	
3	Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	5:09,30	5:14,99
	1:14,15 2:35,36 3:56,86 5:14,99				
4	Viljoen, Llewelyn	11	Knysna Aquatics-ED	5:24,09	5:18,70
	35,02 1:13,75 1:53,50 2:34,23 3:15,33 3:56,91 4:38,91			5:18,70	
5	Swart, Nico N	11	Aqua Sharks Academy-CP	5:20,59	5:26,48
	1:15,31 2:37,82 4:02,28 5:26,48				
6	Hahn, Kyle	10	Royal Swimming Academy-ED	5:30,47	5:26,58
7	Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	5:55,57	5:32,13
8	Trower, Michael	11	Tygerberg Aquatics-CP	5:34,99	5:37,14
	4:56,71 5:37,14				
9	Coleman, Travis	11	Blouberg Marlins-CP	5:58,19	5:40,71
10	Möller, Van Zyl V	11	Tygerberg Aquatics-CP	5:51,61	5:42,01
	3:33,73 5:42,01				
11	Troskie, Roean	11	Quick Silver Swimming Academy-CP	6:03,71	6:00,80
12	Loots, Noah C	11	Generation Swimming Academy-CP	6:06,22	6:10,46

**Event 100 Boys 12-13 400 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Trower, Nic T	13	Tygerberg Aquatics-CP	4:38,92	4:28,89
	29,43 1:02,15 1:37,16 2:11,53 2:46,72 3:21,65 3:57,05			4:28,89	
2	Stephenson, Liam N	13	Fish Eagle Aquatics-ED	4:57,46	4:49,87
	31,16 1:08,24 1:45,21 2:22,23 2:59,22 3:37,14 4:14,39			4:49,87	
3	De Lange, Adriaan	12	Tygerberg Aquatics-CP	4:54,83	4:51,94
	32,03 1:07,65 1:44,81 2:22,17 3:00,55 3:37,83 4:51,94				
4	Kalapac, Joshua	13	Blouberg Marlins-CP	4:54,16	4:56,56
	32,00 1:07,88 1:45,72 2:22,91 3:00,99 3:39,94 4:56,56				
5	Williams, Jayden J	13	Paarl Aquarius SC-CE	5:01,84	5:04,75
6	Fernold, AJ	12	Royal Swimming Academy-ED	4:59,25	5:05,18
	33,38 1:11,05 1:51,66 2:31,67 3:11,64 3:50,69 4:29,97			5:05,18	
7	Lategan, Nicky N	13	Swartland Swim Club-WC	5:05,97	5:06,71
	33,29 1:11,19 1:50,53 2:30,53 3:10,41 3:50,04 4:29,42			5:06,71	
8	Bezuidenhout, Ernst E	12	Curro Durbanville Aquatics-CP	5:03,05	5:10,51
	34,53 1:12,80 1:51,52 2:30,48 3:10,27 3:50,74 4:30,74			5:10,51	
9	Williams, Evan B	12	Sport Science Institute of SA-CP	5:24,36	5:13,19
	34,90 1:13,54 1:54,60 2:35,66 3:15,96 3:55,61 4:35,60			5:13,19	
10	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	5:16,56	5:19,61
	34,52 1:13,08 1:53,49 2:35,22 3:16,25 3:57,51 4:39,68			5:19,61	
11	Kotzè, Max M	13	Blouberg Marlins-CP	5:22,87	5:23,45
	34,62 1:13,26 1:55,22 2:36,49 3:18,59 4:00,45 4:43,35			5:23,45	
12	Liedeman, Mark	12	Swartland Swim Club-WC	5:31,17	5:25,28
13	Kotzè, Arden C	12	Paarl Aquarius SC-CE	5:25,62	5:26,92
	35,33 1:14,46 1:56,48 2:39,09 3:20,54 4:03,64 5:26,92				
14	Coolen, Jonathan T	12	Biosplash Swim Academy-CE	5:51,70	5:27,16
	4:50,14 5:27,16				
15	Bouwer, Jason	12	Tygerberg Aquatics-CP	5:17,37	5:29,22
	35,74 1:16,63 1:58,78 2:41,90 3:23,74 4:06,40 4:48,12			5:29,22	
16	Rheeder, Liam M	12	Paarl Aquarius SC-CE	5:40,89	5:35,14
17	Goussard, Henry	12	Greydogs Swimming Club-CP	5:30,21	5:39,13
	34,53 1:13,78 1:54,16 2:36,92 3:20,87 4:06,96 4:53,65			5:39,13	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 100 Boys 12-13 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
18 Spencer, Charles A	13	Vineyard SC-CP	5:42,97	5:43,62
19 Pullock, Sam J	13	Curro Hermanus Aquatics-OB	6:14,20	5:48,81

**Event 100 Men 14-15 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	4:37,25	4:26,70
29,45 1:02,75 1:36,90 2:11,60 2:45,63 3:20,12 3:53,67			4:26,70	
2 Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	4:22,14	4:30,28
29,41 1:01,36 1:34,51 2:08,42 2:43,25 3:18,53 3:54,91			4:30,28	
3 Van Vondel, Anton J	15	Tygerberg Aquatics-CP	4:42,79	4:31,10
31,42 1:04,63 1:39,54 2:14,65 2:49,09 3:23,78 3:57,89			4:31,10	
4 Minnie, Kodi I	14	Royal Swimming Academy-ED	4:33,35	4:31,52
1:02,02 1:35,17 2:09,82 2:43,92 3:55,86			4:31,52	
5 Beukes, Wade	15	Vineyard SC-CP	4:35,65	4:35,56
32,41 1:06,56 1:41,20 2:16,31 2:51,10 3:26,28 4:35,56				
6 McWilliam, Troy J	15	Tygerberg Aquatics-CP	4:33,90	4:35,81
30,33 1:04,80 1:40,90 2:16,58 2:51,12 3:27,12 4:02,36			4:35,81	
7 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	4:39,22	4:37,09
29,95 1:03,50 1:38,75 2:14,08 2:50,06 3:25,60 4:01,84			4:37,09	
8 Van Wyk, Wayne E	14	Generation Swimming Academy-CP	4:43,45	4:38,07
29,63 1:03,41 1:39,34 2:15,63 2:50,94 3:27,66 4:04,06			4:38,07	
9 Bannister, Joshua G	14	Tygerberg Aquatics-CP	4:44,91	4:38,26
31,19 1:05,47 1:41,25 2:16,97 2:52,99 3:28,82 4:05,02			4:38,26	
10 Solomon, Ethan	14	Aqua Dolphin Swimming Club-CP	4:33,60	4:41,59
31,25 1:05,39 1:41,30 2:17,28 2:53,75 3:30,05 4:06,46			4:41,59	
11 Terblanche, Luan L	14	Tygerberg Aquatics-CP	4:50,48	4:44,15
32,69 1:07,30 1:43,37 2:19,64 2:56,28 3:32,45 4:08,96			4:44,15	
12 Möller, FC C	15	Tygerberg Aquatics-CP	4:50,65	4:44,72
31,42 1:06,67 1:42,70 2:19,40 2:55,95 3:32,63 4:09,00			4:44,72	
13 Adams, Imtiyaaz	14	Aqua Dolphin Swimming Club-CP	4:55,35	4:53,48
32,70 1:08,81 1:46,15 2:23,80 3:01,10 3:39,12 4:16,95			4:53,48	
14 McPetrie, James L	15	Manta SC-CP	4:57,05	4:54,31
32,25 1:08,63 1:46,74 2:24,68 3:41,99 4:54,31				
15 Bester, Eben	15	Tygerberg Aquatics-CP	4:59,01	4:55,31
30,38 1:05,01 1:41,96 2:20,22 2:59,25 3:38,13 4:55,31				
16 Brooker, Matthew W	15	Aqua Athlete Cta-CP	5:02,73	4:55,85
32,82 1:09,26 1:46,67 2:25,27 3:03,34 3:41,81 4:55,85				
17 Schreuder, Steffen	14	Aquasharks Winelands-CE	5:02,77	4:56,41
32,27 1:07,39 1:44,57 2:22,33 3:00,64 3:39,24 4:18,21			4:56,41	
18 Scott, Luke J	14	Knysna Aquatics-ED	4:44,20	4:56,89
31,49 1:06,70 1:43,71 2:21,60 3:00,43 3:39,48 4:56,89				
19 Witbooi, Reinhardt J	15	Biosplash Swim Academy-CE	5:01,89	4:56,96
32,02 1:07,52 1:45,11 2:22,70 3:01,60 3:40,17 4:19,68			4:56,96	
20 Heyes, Garrick T	14	Aqua Sharks Academy-CP	5:06,78	4:57,81
32,81 1:09,28 1:47,37 2:26,02 3:05,40 3:43,76 4:22,42			4:57,81	
21 Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	4:59,10	5:03,26
32,52 1:10,33 1:48,55 2:27,75 3:07,30 3:46,87 4:25,99			5:03,26	
22 Stander, Luan	14	Players-CE	5:12,74	5:06,60
31,88 1:08,39 1:47,67 2:26,21 3:06,83 3:46,41 4:27,64			5:06,60	
23 Van Der Merwe, Ula W	15	Knysna Aquatics-ED	4:41,03	5:07,75
31,79 1:07,49 1:45,69 2:24,71 3:05,03 3:45,83 5:07,75				
24 Viljoen, Jaden R	14	Aqua Sharks Academy-CP	5:11,08	5:10,05
34,89 1:12,73 1:52,36 2:33,04 3:13,03 3:53,10 4:32,88			5:10,05	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 100 Men 14-15 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
25 Rohner, Jayden M	15	Blouberg Marlins-CP	5:10,33	5:19,71
31,54	1:08,54	1:47,70	2:27,27	3:08,94
		3:51,70	5:19,71	

**Event 100 Men 16 & Over 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Steyn, Stefan A	16	Knysna Aquatics-ED	4:17,42	4:12,90
27,57	57,95	1:30,68	2:03,19	2:35,54
		3:08,92	3:42,00	4:12,90
2 Wright, Keegan	16	Tygerberg Aquatics-CP	4:17,58	4:14,29
28,97	1:00,07	1:32,26	2:04,63	2:37,48
		3:10,18	3:43,09	4:14,29
3 Bromfield, Michael V	21	Maties Aquatics-CE	4:17,81	4:19,64
28,90	1:00,74	1:33,73	2:06,74	2:40,58
		3:13,86	3:47,69	4:19,64
4 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	4:21,77	4:20,93
29,53	1:02,17	1:34,99	2:08,89	2:42,19
		3:15,96	3:48,54	4:20,93
5 Viljoen, Stèphen	16	Aquasharks Winelands-CE	4:39,46	4:23,49
28,94	59,93	1:33,00	2:06,81	2:41,76
		3:15,79	3:51,05	4:23,49
6 Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	4:20,71	4:23,57
28,33	59,73	1:32,68	2:05,95	2:39,44
		3:13,93	3:50,14	4:23,57
7 Ellis, Liam	16	Aqua Athlete Cta-CP	4:23,37	4:24,42
29,31	1:01,92	1:35,66	2:09,31	2:43,39
		3:17,54	3:51,78	4:24,42
8 West, Gabriel	18	Tygerberg Aquatics-CP	4:24,86	4:24,68
29,89	1:02,81	1:36,32	2:10,20	2:44,17
		3:18,39	3:52,22	4:24,68
9 Petersen, Aiden	20	Maties Aquatics-CE	4:21,22	4:25,25
29,22	1:01,04	1:33,81	2:06,58	2:40,23
		3:13,83	3:49,37	4:25,25
10 Levey, Chad	16	Generation Swimming Academy-CP	4:30,26	4:27,41
29,62	1:02,54	1:36,01	2:09,94	2:43,65
		3:18,19	3:52,69	4:27,41
11 Malan, Johan S	16	Curro Durbanville Aquatics-CP	4:33,42	4:31,80
29,82	1:03,39	1:37,50	2:11,75	2:46,50
		3:21,55	3:56,97	4:31,80
12 Strydom, Stephan	17	Tygerberg Aquatics-CP	4:37,02	4:33,47
29,74	1:03,00	1:37,51	2:12,90	2:47,78
		3:23,29	3:58,44	4:33,47
13 Swart, Niklis	17	Players-CE	4:31,90	4:36,00
29,82	1:03,18	1:37,86	2:12,68	2:48,14
		3:24,45	4:00,54	4:36,00
14 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	4:26,79	4:37,08
29,57	1:01,84	1:36,09	2:11,03	2:47,79
		3:23,66	4:00,93	4:37,08
15 Van Wyk, Wesley R	16	Generation Swimming Academy-CP	4:46,16	4:37,46
29,81	1:03,05	1:38,47	2:14,25	2:50,67
		3:26,94	4:03,14	4:37,46
16 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	4:35,42	4:39,71
30,64	1:04,97	1:40,97	2:17,22	2:53,06
		3:29,29	4:05,31	4:39,71
17 Volschenk, Ben T	16	Tygerberg Aquatics-CP	4:36,14	4:39,80
29,40	1:02,68	1:37,41	2:12,23	2:48,90
		3:25,63	4:02,80	4:39,80
18 Oosthuizen, Nic D	20	Sport Science Institute of SA-CP	4:35,42	4:41,81
30,74	1:05,40	1:41,73	2:18,01	2:53,96
		3:30,03	4:06,57	4:41,81
19 Gamielien, Suhail	18	Aqua Dolphin Swimming Club-CP	4:30,22	4:44,16
30,71	1:04,51	1:40,17	2:16,47	2:53,32
		3:30,79	4:08,73	4:44,16
20 Micklethwaite, Tyler L	18	Sport Science Institute of SA-CP	4:46,05	4:45,92
31,17	1:05,97	1:41,55	2:18,16	2:56,04
		3:33,89	4:11,80	4:45,92
21 Barnard, Rohan C	18	Blouberg Marlins-CP	4:46,85	4:46,74
30,70	1:04,78	1:41,51	2:18,96	2:56,69
		3:34,19	4:11,26	4:46,74
22 Treurnicht, Wim G	17	Players-CE	5:05,06	4:47,00
30,40	1:04,88	1:41,52	2:18,92	2:56,29
		3:33,45	4:11,05	4:47,00
23 Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	4:42,18	4:49,47
29,88	1:03,26	1:39,21	2:16,43	2:54,49
		3:33,28	4:12,33	4:49,47
24 Myburgh, Jordan	17	Blouberg Marlins-CP	4:44,77	4:49,76
31,00	1:05,98	1:42,08	2:19,65	2:57,01
		3:35,33	4:13,66	4:49,76

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 100 Men 16 & Over 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
25 Foot, Aiden C	16	Swartland Swim Club-WC	4:50,47	4:50,22
30,53 1:05,79 1:42,54 2:19,98 2:57,47 3:35,72 4:14,15			4:50,22	
26 Peceur, Mark D	18	Paarl Aquarius SC-CE	4:52,73	5:07,13
31,88 1:07,21 1:45,49 2:23,99 3:04,11 3:45,34 4:26,86			5:07,13	
27 Vorster, Josua A	17	Fish Eagle Aquatics-ED	5:17,23	5:15,88
31,96 1:08,10 1:47,35 2:27,36 3:10,37 3:53,36 4:36,30			5:15,88	

**Event 101 Girls 11 & Under 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Durandt, Sharli	11	Sport Science Institute of SA-CP	5:39,28	5:23,48
35,07 1:15,93 1:58,45 2:40,86 3:22,39 4:04,22 4:44,91			5:23,48	
2 De Villiers, Anja	11	Tygerberg Aquatics-CP	5:37,15	5:31,02
35,31 1:16,30 1:59,12 2:41,65 3:24,66 4:06,75 4:49,42			5:31,02	
3 Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	5:33,71	5:34,45
37,49 1:19,65 2:03,78 2:46,19 3:29,75 4:11,02 4:53,99			5:34,45	
4 Brooker, Isabella J	11	Aqua Athlete Cta-CP	5:45,92	5:35,92
35,17 1:16,48 1:59,71 2:43,50 3:27,37 4:11,17 4:55,42			5:35,92	
5 Neumann, Erin R	10	Generation Swimming Academy-CP	5:38,64	5:36,95
36,93 1:18,42 2:01,57 2:44,98 3:28,14 4:11,67 4:54,26			5:36,95	
6 Lorenzen, Ava E	10	Blouberg Marlins-CP	5:46,47	5:43,11
36,19 1:19,54 2:05,10 2:49,93 3:34,51 4:18,36 5:02,08			5:43,11	
7 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	6:01,64	5:46,47
37,50 1:19,55 2:03,70 2:48,38 3:33,18 4:18,80 5:03,59			5:46,47	
8 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	6:02,46	6:04,04
39,39 1:24,29 2:10,48 2:57,64 3:44,61 4:32,12 5:19,36			6:04,04	

**Event 101 Girls 12-13 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Caitlin N	12	Tygerberg Aquatics-CP	5:04,19	5:00,79
33,99 1:11,65 1:50,82 2:29,23 3:08,58 3:46,94 4:25,10			5:00,79	
2 Burke, Hannah	13	Aqua Athlete Cta-CP	5:11,75	5:06,04
33,72 1:11,70 1:50,40 2:29,71 3:09,57 3:49,91 5:06,04				
3 Louw, Anieka	12	Curro Durbanville Aquatics-CP	5:11,30	5:08,70
36,20 1:14,98 1:54,56 2:33,66 3:12,79 3:50,60 4:30,14			5:08,70	
4 Liebenberg, Emily M	13	Swartland Swim Club-WC	5:24,07	5:16,70
34,52 1:13,68 1:54,47 2:35,21 3:17,18 3:58,01 4:39,28			5:16,70	
5 Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	5:26,56	5:16,74
35,33 1:15,47 1:55,77 2:36,26 3:17,60 3:58,20 4:38,93			5:16,74	
6 Raimond, Marike M	13	Tygerberg Aquatics-CP	5:32,94	5:18,51
34,97 1:14,05 1:55,12 2:35,88 3:16,90 3:59,08 5:18,51				
7 Geysler, Almi	13	Lane Leader Stellenbosch-CE	5:33,05	5:20,45
1:15,78 1:55,84 3:18,03 4:00,20 4:40,68			5:20,45	
8 Neumann, Eva L	12	Generation Swimming Academy-CP	5:21,00	5:21,56
35,46 1:15,05 1:56,87 2:37,76 3:20,02 4:01,72 4:43,77			5:21,56	
9 Senekal, Margo	13	Tygerberg Aquatics-CP	5:18,33	5:21,66
35,35 1:14,53 1:55,85 2:36,60 3:19,44 4:01,10 4:43,30			5:21,66	
10 Röntgen, Carine	13	Aquasharks Winelands-CE	5:30,11	5:22,67
34,18 1:13,51 1:54,85 2:36,35 3:18,61 4:00,58 4:42,65			5:22,67	
11 Courtney, Sierra G	12	Sport Science Institute of SA-CP	5:41,61	5:25,29
35,92 1:17,91 1:59,85 2:43,13 3:24,03 4:05,71 4:46,28			5:25,29	
12 Coleman, Madison	13	Blouberg Marlins-CP	5:25,58	5:26,37
33,75 1:12,47 1:53,77 2:35,28 3:17,22 3:59,60 4:43,04			5:26,37	
13 De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	5:34,20	5:30,00
35,40 1:16,27 1:57,65 2:39,58 3:22,51 4:05,51 4:48,85			5:30,00	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 101 Girls 12-13 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
14 Adams, Sydni M	13	Vineyard SC-CP	5:39,94	5:37,39
37,31 1:18,19 2:02,08 2:45,50 3:29,31 4:12,85 4:56,22			5:37,39	
15 Vd Merwe, Mia	13	Generation Swimming Academy-CP	5:43,76	5:37,61
37,84 1:19,81 2:03,25 2:46,42 3:29,98 4:13,04 4:57,81			5:37,61	
16 Burger, Juanè	12	Tygerberg Aquatics-CP	5:45,02	5:41,44
37,36 1:19,23 2:03,34 2:48,13 3:31,70 4:16,37 4:58,82			5:41,44	
17 Bruwer, Casey	13	Blouberg Marlins-CP	6:01,71	5:49,64
35,43 1:17,12 2:02,74 2:48,42 3:35,18 4:21,60 5:08,00			5:49,64	
18 Riley, Logan	12	Vineyard SC-CP	6:00,73	6:01,10
38,59 1:23,16 2:10,43 2:58,25 4:30,13 5:17,71			6:01,10	
19 Mqadi, Olethiwe L	13	Cybersmart Aquatics-CP	5:52,18	6:01,28
38,89 1:22,28 2:08,85 2:55,99 3:43,06 4:30,12 5:16,62			6:01,28	

**Event 101 Women 14-15 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Morton, Tayler R	15	Generation Swimming Academy-CP	4:47,39	4:49,48
32,27 1:07,15 1:43,75 2:20,37 2:58,10 3:35,72 4:13,32			4:49,48	
2 Manning, Amelia	14	Knysna Aquatics-ED	5:00,18	4:54,02
33,45 1:10,04 1:47,30 2:25,12 3:02,63 3:40,48 4:18,00			4:54,02	
3 Theron, Jady	15	Aquasharks Winelands-CE	4:53,97	4:54,22
31,45 1:05,73 1:42,56 2:20,56 2:59,73 3:39,14 4:17,69			4:54,22	
4 Prinsloo, Mila	15	Aquasharks Winelands-CE	5:07,28	4:58,40
33,10 1:09,97 1:48,65 2:26,92 3:05,74 3:44,34 4:22,44			4:58,40	
5 Burgess, Cassidy S	14	Vineyard SC-CP	4:53,09	4:59,50
33,21 1:10,16 1:46,96 2:24,91 3:03,34 3:42,47 4:59,50				
6 De Roubaix, Maric M	15	Lane Leader Stellenbosch-CE	5:08,65	4:59,58
33,93 1:11,18 1:48,98 2:27,42 3:05,36 3:44,39 4:22,74			4:59,58	
7 Steenkamp, Veneske	14	Royal Swimming Academy-ED	5:02,09	5:01,11
34,14 1:11,51 1:50,46 2:29,26 3:08,78 3:47,41 4:24,97			5:01,11	
8 Smit, Jenna	15	Blouberg Marlins-CP	4:58,12	5:05,22
33,73 1:10,78 1:50,18 2:29,24 3:09,46 3:48,04 4:27,20			5:05,22	
9 Kotzè, Tamsyn G	15	Blouberg Marlins-CP	5:07,00	5:06,21
33,58 1:10,46 1:49,24 2:28,24 3:08,01 3:47,86 4:27,88			5:06,21	
10 Putter, Tanè	15	Curro Durbanville Aquatics-CP	5:15,37	5:06,58
32,87 1:10,62 1:49,88 2:29,87 3:09,85 3:49,98 5:06,58				
11 Ryser, Aurora	15	Tygerberg Aquatics-CP	5:19,34	5:11,64
33,77 1:12,15 1:50,85 2:31,35 3:11,22 3:52,03 4:32,01			5:11,64	
12 Borman, Jani	14	Quicksilver Aquatics Winelands-CE	5:13,49	5:17,03
33,92 1:13,15 1:53,74 2:34,75 3:15,96 3:57,62 4:38,73			5:17,03	
13 Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP	5:11,71	5:21,67
35,70 1:15,17 1:54,80 2:35,48 3:16,52 3:58,78 4:40,93			5:21,67	
14 Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	5:16,19	5:24,17
35,92 1:16,67 1:57,36 2:38,68 3:19,74 4:01,62 4:42,53			5:24,17	
15 Vd Walt, Mieke	14	Fish Eagle Aquatics-ED	5:39,92	5:44,10
38,65 1:21,65 2:06,02 2:50,95 3:35,14 5:44,10				
16 Lategan, Emma M	14	Curro Durbanville Aquatics-CP	5:57,69	6:13,06
1:26,58 3:03,17 4:39,99 6:13,06				

**Event 101 Women 16 & Over 400 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Van Rensburg, Catherine F	18	TuksSwimming-TS	4:21,59	4:25,45
30,37 1:02,98 1:36,37 2:09,96 2:43,83 3:17,70 3:51,82			4:25,45	
2 Neilson, Hannah K	17	Maties Aquatics-CE	4:43,06	4:38,83
31,08 1:05,28 1:40,66 2:16,04 2:52,26 3:27,90 4:03,88			4:38,83	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 101 Women 16 & Over 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
3 Uys, Tara	17	Tygerberg Aquatics-CP	4:49,25	4:47,15
32,40 1:08,38 1:44,35	2:21,15 2:57,87 3:34,97	4:10,93	4:47,15	
4 King, Mischa	17	Lane Leader Stellenbosch-CE	4:46,03	4:49,83
31,61 1:06,18 1:42,58	2:20,01 2:57,82 3:35,67	4:13,37	4:49,83	
5 Cope, Morgan M	16	Generation Swimming Academy-CP	4:55,08	4:52,71
32,95 1:09,10 1:46,91	2:24,57 3:02,42 3:39,75	4:16,88	4:52,71	
6 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	4:56,11	4:54,82
32,47 1:07,89 1:44,99	2:22,58 3:01,31 3:40,06	4:18,53	4:54,82	
7 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	5:04,79	5:05,85
32,52 1:09,78 1:49,43	2:30,15 3:10,19 3:51,33	4:30,04	5:05,85	
8 Tinley, Kate L	18	Royal Swimming Academy-ED	5:10,30	5:09,28
33,90 1:11,35 1:50,41	2:29,99 3:10,60 3:50,61	4:30,73	5:09,28	
9 Benade, Kerry	18	Sport Science Institute of SA-CP	5:07,07	5:11,04
33,51 1:11,56 1:51,05	2:30,96 3:11,36 3:51,75	4:31,63	5:11,04	
10 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	5:11,09	5:17,03
33,69 1:11,96 1:50,80	2:31,49 3:11,60 3:53,56	4:35,19	5:17,03	

**Event 101 Women 400 LC Meter Freestyle Multi-Class**

2021-Open: 4:08,38 # 2008/08/09 Wendy Trott at Olympic Games 2

RSA-ZZ

Name	Age	Team	Seed Time	Finals Time
1 Krieglger, Joanica C S10	18	Curro Durbanville Aquatics-CP	5:31,76	5:31,24
35,05 1:15,51 1:56,68	2:39,39 3:21,11 4:05,77	5:31,24		

**Event 102 Men 4x200 LC Meter Freestyle Relay**

2021-Open: 7:44,26 # 2009/12/11 A. Oliver, M. du Plessis, L. A

MATI-WP

Team	Relay	Seed Time	Finals Time
1 Tygerberg Aquatics-CP	A	8:13,85	8:11,81
1) Wright, Keegan 16	2) Trower, Nic T 13	3) West, Gabriel 18	4) Esterhuysen, Joshua N 15
28,63 59,74 1:31,31	2:02,38 2:30,09 3:01,26	3:35,15 4:08,17	
4:35,85 5:07,15 5:39,57	6:11,36 6:38,90 7:09,28	7:40,38 8:11,81	
2 Lane Leader Stellenbosch-CE	A	7:52,74	8:15,90
1) Forbes, Nicholas J 16	2) Malherbe, Francois 18	3) Schlechter, Gustav 20	4) Forbes, Thomas P 18
28,58 1:00,71 1:34,32	2:07,95 2:34,16 3:04,61	3:36,23 4:08,39	
4:35,42 5:06,45 5:38,84	6:11,81 6:39,76 7:10,23	7:42,95 8:15,90	
3 Tygerberg Aquatics-CP	B	8:31,21	8:36,54
1) Van Vondel, Anton J 15	2) Terblanche, Kiaan C 17	3) Hopkins, Tim 17	4) Volschenk, Ben T 16
28,85 1:00,84 1:34,70	2:08,08 2:36,48 3:08,72	3:43,40 4:17,56	
4:47,22 5:20,58 5:55,56	6:27,92 6:55,58 7:27,72	8:02,06 8:36,54	
4 Generation Swimming Academy-CP	A	8:44,54	8:40,60
1) Levey, Chad 16	2) Van Wyk, Wayne E 14	3) Van Wyk, Wesley R 16	4) Kleynhans, Ian 15
28,64 1:00,23 1:33,97	2:07,66 2:37,13 3:11,22	3:46,34 4:17,53	
4:46,70 5:20,26 5:55,15	6:28,68 6:56,82 7:29,39	8:04,48 8:40,60	
5 Sport Science Institute of SA-CP	A	8:51,91	8:49,20
1) Oosthuizen, Nic D 20	2) Kleinans, Kyle 16	3) Micklethwaite, Tyler L 18	4) Theron, Connor G 19
29,05 1:02,22 1:37,13	2:11,59 2:40,44 3:13,47	3:47,17 4:21,29	
4:51,86 5:24,96 6:00,91	6:36,23 7:05,51 7:38,20	8:12,41 8:49,20	
6 Blouberg Marlins-CP	A	9:01,39	9:14,38
1) Peycke, Tom R 20	2) Barnard, Rohan C 18	3) Hibberd, Matthew 25	4) Van Reenen, Ryan 23
30,87 1:07,00 1:45,26	2:23,12 2:52,78 3:26,59	4:02,02 4:36,76	
5:06,40 5:41,30 6:17,98	6:55,05 7:24,75 7:59,60	8:35,95 9:14,38	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 103 Women 4x200 LC Meter Freestyle Relay

2021-Open: 8:43,40 # 2007/12/07 C.Lategan, W.Trott, N.du Toit,

VINE-WP

M.van Wyk

Team	Relay	Seed Time	Finals Time
1 Lane Leader Stellenbosch-CE	A	9:52,02	9:21,32
1) Michell, Emma Y 17	2) De Jongh, Grace 16	3) De Roubaix, Maric M 15	4) King, Mischa 17
31,47 1:06,68 1:43,41	2:21,09 2:50,94 3:24,75	4:00,74 4:36,32	
5:09,46 5:45,92 6:24,06	7:00,50 7:32,09 8:07,05	8:44,12 9:21,32	
2 Maties Aquatics-CE	A	9:19,93	9:37,63
1) Gerber, Mia 14	2) Neilson, Hannah K 17	3) Ribeiro, Nuria A 20	4) Roberts, Netanya 20
35,02 1:14,25 1:54,36	2:31,85 3:02,19 3:36,18	4:11,61 4:47,29	
5:17,72 5:53,18 6:29,89	7:06,46 7:37,93 8:14,57	8:55,67 9:37,63	
3 Tygerberg Aquatics-CP	A	9:53,21	9:42,09
1) Ryser, Aurora 15	2) Evans, Caitlin N 12	3) Senekal, Margo 13	4) Uys, Tara 17
33,88 1:11,70 1:50,06	2:27,35 3:00,14 3:37,51	4:15,86 4:51,92	
5:26,16 6:04,26 6:44,51	7:23,17 7:54,51 8:29,66	9:05,76 9:42,09	
4 Blouberg Marlins-CP	A	9:25,98	9:50,26
1) Tsai, Emily A 14	2) Smit, Jenna 15	3) Kotzè, Tamsyn G 15	4) Venter, Liya E 17
35,49 1:16,14 1:59,28	2:41,07 3:14,13 3:49,99	4:27,26 5:04,09	
5:36,92 6:13,99 6:52,88	7:30,98 8:02,36 8:37,30	9:14,22 9:50,26	
5 Sport Science Institute of SA-CP	A	9:43,40	9:57,19
1) Franks, Madison M 15	2) Micklethwaite, Skye T 16	3) Benade, Kerry 18	4) Courtney, Sierra G 12
34,23 1:12,43 1:50,19	2:26,78 2:59,56 3:36,23	4:14,96 4:53,82	
5:25,70 6:02,87 6:42,97	7:20,71 7:55,84 8:35,37	9:16,86 9:57,19	
6 Tygerberg Aquatics-CP	B	10:29,05	10:46,65
1) Raimond, Marike M 13	2) De Oliveira, Aliyah 12	3) De Villiers, Anja 11	4) Burger, Juanè 12
34,55 1:14,98 1:56,58	2:38,11 3:12,79 3:53,29	4:37,25 5:21,74	
5:56,63 6:37,21 7:20,96	8:41,15 9:22,77 10:06,10	10:46,65	

## Event 200 Boys 11 &amp; Under 100 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	1:20,46	1:18,41
38,05 1:18,41				
2 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	1:24,04	1:18,86
37,81 1:18,86				
3 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	1:19,82	1:20,84
4 Matthee, Burger P	11	Agulhas Aquatics-OB	1:24,00	1:21,28
39,24 1:21,28				
5 Parr, Colby S	11	Knysna Aquatics-ED	1:23,92	1:24,23
39,55 1:24,23				
6 Trower, Michael	11	Tygerberg Aquatics-CP	1:23,58	1:24,38
40,45 1:24,38				
7 Bright, Michael C	10	Curro Durbanville Aquatics-CP	1:24,70	1:25,82
8 Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	1:24,46	1:26,39

## Event 200 Boys 11 &amp; Under 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	1:20,33	1:19,82 q
38,96 1:19,82				
2 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	1:17,75	1:20,46 q
38,13 1:20,46				
3 Trower, Michael	11	Tygerberg Aquatics-CP	1:29,08	1:23,58 q
4 Parr, Colby S	11	Knysna Aquatics-ED	1:24,39	1:23,92 q

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 200 Boys 11 & Under 100 LC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
5	Matthee, Burger P 38,62 1:24,00	11	Agulhas Aquatics-OB	1:21,70	1:24,00	q
6	Van Zyl, Daniël R 41,83 1:24,04	11	Tygerberg Aquatics-CP	1:19,98	1:24,04	q
7	Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	1:26,82	1:24,46	q
8	Bright, Michael C 40,53 1:24,70	10	Curro Durbanville Aquatics-CP	1:25,42	1:24,70	q
9	Troskie, Roean	11	Quick Silver Swimming Academy-CP	1:23,77	1:25,65	
10	February, Dillon S	10	Curro Durbanville Aquatics-CP	1:26,86	1:26,37	
11	Möller, Van Zyl V 42,35 1:27,87	11	Tygerberg Aquatics-CP	1:25,06	1:27,87	
12	Vorster, Caiden 41,07 1:28,07	11	Curro Langebaan Swim Club-WC	1:30,20	1:28,07	
13	Simpson, Rhoderick M 42,04 1:28,75	9	Royal Swimming Academy-ED	1:30,83	1:28,75	
14	Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	1:30,30	1:30,27	
15	Pautz, Benjamin R 43,97 1:30,62	10	Blouberg Marlins-CP	1:26,23	1:30,62	
16	Spencer, Marcus W	11	Vineyard SC-CP	1:28,28	1:30,63	
17	Hodgskiss, Fin J	11	Sport Science Institute of SA-CP	1:29,81	1:31,63	
18	Coleman, Travis 45,04 1:32,46	11	Blouberg Marlins-CP	1:27,54	1:32,46	
19	Faulkner, Callum E 45,28 1:32,69	11	Blouberg Marlins-CP	1:30,76	1:32,69	
20	Tsai, Ethan M	11	Blouberg Marlins-CP	1:34,28	1:32,89	
---	Jurado, Ondjaki O 46,15 DQ	11	Vineyard SC-CP	1:35,34	DQ	

**Event 200 Boys 12-13 100 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Kotze, Eric B 30,97 1:05,37	13	Biosplash Swim Academy-CE	1:06,84	1:05,37
2	Trower, Nic T 32,08 1:05,73	13	Tygerberg Aquatics-CP	1:06,81	1:05,73
3	De Lange, Adriaan 33,86 1:09,55	12	Tygerberg Aquatics-CP	1:09,29	1:09,55
4	Smith, Sebastian N	13	Tygerberg Aquatics-CP	1:12,66	1:10,85
5	De Kock, John P	13	Aqua Sharks Academy-CP	1:10,48	1:11,14
6	Fernold, AJ	12	Royal Swimming Academy-ED	1:12,08	1:11,93
7	Schultz, Heinrich W 36,07 1:13,55	13	Curro Durbanville Aquatics-CP	1:13,05	1:13,55
8	Williams, Jayden J 34,54 1:14,05	13	Paarl Aquarius SC-CE	1:13,37	1:14,05

**Event 200 Boys 12-13 100 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
<b>Preliminaries</b>						
1	Trower, Nic T 32,44 1:06,81	13	Tygerberg Aquatics-CP	1:06,45	1:06,81	q
2	Kotze, Eric B	13	Biosplash Swim Academy-CE	1:04,85	1:06,84	q
3	De Lange, Adriaan 33,48 1:09,29	12	Tygerberg Aquatics-CP	1:10,09	1:09,29	q



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 200 Boys 12-13 100 LC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
4	De Kock, John P	13	Aqua Sharks Academy-CP	1:11,52	1:10,48	q
5	Fernold, AJ 34,99 1:12,08	12	Royal Swimming Academy-ED	1:11,95	1:12,08	q
6	Smith, Sebastian N 35,15 1:12,66	13	Tygerberg Aquatics-CP	1:11,36	1:12,66	q
7	Schultz, Heinrich W 35,27 1:13,05	13	Curro Durbanville Aquatics-CP	1:12,48	1:13,05	q
8	Williams, Jayden J 35,56 1:13,37	13	Paarl Aquarius SC-CE	1:13,20	1:13,37	q
9	Vd Westhuizen, Ulrich J 34,81 1:13,67	13	Players-CE	1:10,87	1:13,67	
10	Sirin, Ben 35,59 1:13,94	13	Vineyard SC-CP	1:12,80	1:13,94	
11	Das Neves, Lucas P 36,18 1:14,28	13	Tygerberg Aquatics-CP	1:15,99	1:14,28	
12	Bezuidenhout, Ernst E 36,28 1:14,62	12	Curro Durbanville Aquatics-CP	1:15,34	1:14,62	
13	Stephenson, Liam N 36,75 1:16,17	13	Fish Eagle Aquatics-ED	1:21,75	1:16,17	
14	Lategan, Nicky N	13	Swartland Swim Club-WC	1:16,56	1:17,67	
15	Bouwer, Jason 37,65 1:17,76	12	Tygerberg Aquatics-CP	1:15,53	1:17,76	
16	Bezuidenhout, Carlo	13	Fish Eagle Aquatics-ED	1:18,11	1:18,15	
17	Haupt, Rhys A 37,46 1:18,32	13	Vineyard SC-CP	1:18,52	1:18,32	
*18	Pratt, Julian 37,87 1:18,36	13	Generation Swimming Academy-CP	1:17,24	1:18,36	
*18	Poggenpoel, Troy J	13	Marlin Swimming Club-CP	1:20,79	1:18,36	
20	Snyders, Kyle 39,19 1:18,39	12	Curro Langebaan Swim Club-WC	1:18,73	1:18,39	
21	De Bruyn, Cornè C 38,21 1:19,17	13	Aqua Sharks Academy-CP	1:21,34	1:19,17	
22	Williams, Evan B 38,69 1:20,00	12	Sport Science Institute of SA-CP	1:20,42	1:20,00	
23	Kotzè, Max M 39,29 1:20,15	13	Blouberg Marlins-CP	1:18,54	1:20,15	
24	Beukes, Jaden L 37,00 1:20,46	13	Walmers SC-CP	1:16,70	1:20,46	
25	Kotzè, Arden C 38,39 1:20,99	12	Paarl Aquarius SC-CE	1:18,63	1:20,99	
26	Lamminga, Tiaan	13	Curro Durbanville Aquatics-CP	1:21,19	1:21,42	
27	Richter, Leighton C 40,68 1:22,83	12	Players-CE	1:24,35	1:22,83	
28	Stanfliet, Nicholas 39,98 1:23,58	12	Vineyard SC-CP	1:22,05	1:23,58	
29	Rheeder, Liam M 40,59 1:23,97	12	Paarl Aquarius SC-CE	1:24,23	1:23,97	
30	Wing, James L 41,51 1:24,13	12	Greydogs Swimming Club-CP	1:24,04	1:24,13	
31	Cleophas, Kyle	13	Paarl Aquarius SC-CE	1:25,91	1:25,31	
32	Afonso, Aragon G 42,36 1:25,47	12	Quick Silver Swimming Academy-CP	1:23,54	1:25,47	

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## Results

## Preliminaries ... (Event 200 Boys 12-13 100 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time
33 Lee, Luka V 42,60 1:26,63	12	Quick Silver Swimming Academy-CP	1:26,81	1:26,63
34 Wessels, Dirk 41,43 1:27,16	13	Agulhas Aquatics-OB	1:24,64	1:27,16
35 Conradie, Niel 40,96 1:27,41	12	Quick Silver Swimming Academy-CP	1:25,83	1:27,41
36 Du Plessis, Jason F 41,19 1:27,45	12	Curro Langebaan Swim Club-WC	1:29,00	1:27,45

## Event 200 Men 14-15 100 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Van Vondel, Anton J 29,98 1:01,98	15	Tygerberg Aquatics-CP	1:03,11	1:01,98
2 Esterhuysen, Joshua N 31,49 1:04,31	15	Tygerberg Aquatics-CP	1:06,02	1:04,31
3 Wolson, Daniel A 31,22 1:05,49	15	Swimlab Aquatic Academ-CP	1:06,05	1:05,49
4 Potgieter, Michael M 31,40 1:05,92	15	Lane Leader Stellenbosch-CE	1:06,70	1:05,92
5 Strydom, Conrad M 32,10 1:05,95	14	Quick Silver Swimming Academy-CP	1:06,97	1:05,95
6 Bester, Francois A 31,83 1:07,42	15	Quicksilver Aquatics Winelands-CE	1:07,16	1:07,42
7 Pretorius, Luuk E 33,04 1:07,44	14	Knysna Aquatics-ED	1:07,57	1:07,44
8 Orchard, Thomas J 32,10 1:07,82	15	Swartland Swim Club-WC	1:08,52	1:07,82

## Event 200 Men 14-15 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Van Vondel, Anton J 30,38 1:03,11	15	Tygerberg Aquatics-CP	1:01,04	1:03,11 q
2 Esterhuysen, Joshua N 32,00 1:06,02	15	Tygerberg Aquatics-CP	1:04,64	1:06,02 q
3 Wolson, Daniel A 32,00 1:06,05	15	Swimlab Aquatic Academ-CP	1:03,59	1:06,05 q
4 Potgieter, Michael M 32,22 1:06,70	15	Lane Leader Stellenbosch-CE	1:16,25	1:06,70 q
5 Strydom, Conrad M 31,59 1:06,97	14	Quick Silver Swimming Academy-CP	1:04,38	1:06,97 q
6 Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	1:05,05	1:07,16 q
7 Pretorius, Luuk E 32,43 1:07,57	14	Knysna Aquatics-ED	1:05,96	1:07,57 q
8 Orchard, Thomas J 32,98 1:08,52	15	Swartland Swim Club-WC	1:09,17	1:08,52 q
9 McPetrie, James L 32,79 1:08,71	15	Manta SC-CP	1:09,99	1:08,71
10 Engelbrecht, Ruben J 33,15 1:09,26	15	Players-CE	1:18,96	1:09,26
11 Lottering, Seb C	14	Royal Swimming Academy-ED	1:08,51	1:09,56
12 Nefdt, Grant	15	Vineyard SC-CP	1:08,90	1:09,71

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 200 Men 14-15 100 LC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
13	Clayton, Antony L 34,26 1:09,83	15	Lane Leader Stellenbosch-CE	1:08,91	1:09,83
14	Bester, Eben 33,43 1:10,25	15	Tygerberg Aquatics-CP	1:09,11	1:10,25
15	Van Schalkwyk, Janco 34,55 1:10,29	15	Quick Silver Swimming Academy-CP	1:09,20	1:10,29
16	Prince, Joshua 34,94 1:10,31	14	Sport Science Institute of SA-CP	1:10,20	1:10,31
17	Karsten, Jody 35,17 1:10,47	15	Blouberg Marlins-CP	1:10,79	1:10,47
18	Breet, Dawie-Louw L 33,89 1:10,88	15	Players-CE	1:10,32	1:10,88
19	Bannister, Joshua G 34,99 1:11,47	14	Tygerberg Aquatics-CP	1:10,72	1:11,47
20	Möller, FC C 34,49 1:11,59	15	Tygerberg Aquatics-CP	1:11,47	1:11,59
21	Geyser, Jacques M 34,65 1:11,89	15	Lane Leader Stellenbosch-CE	1:12,31	1:11,89
22	Van Helden, Ethan C	14	Generation Swimming Academy-CP	1:10,14	1:12,43
23	Hutton, Jake 34,65 1:12,45	15	Blouberg Marlins-CP	1:08,25	1:12,45
24	Den Haan, Stéfan 35,86 1:12,82	15	Quick Silver Swimming Academy-CP	1:11,04	1:12,82
*25	Witbooi, Reinhardt J 34,30 1:13,09	15	Biosplash Swim Academy-CE	1:16,41	1:13,09
*25	Terblanche, Luan L 35,54 1:13,09	14	Tygerberg Aquatics-CP	1:13,07	1:13,09
27	McWilliam, Troy J 35,78 1:14,00	15	Tygerberg Aquatics-CP	1:15,47	1:14,00
28	Adendorff, James T 36,34 1:14,35	14	Tygerberg Aquatics-CP	1:14,69	1:14,35
29	Rohner, Jayden M 34,89 1:14,96	15	Blouberg Marlins-CP	1:09,66	1:14,96
30	Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	1:09,63	1:15,07
31	Koekemoer, Callum 35,35 1:15,15	14	Quick Silver Swimming Academy-CP	1:14,96	1:15,15
32	Kirsten, John-William R 36,87 1:15,30	14	Lane Leader Stellenbosch-CE	1:17,22	1:15,30
33	Viljoen, Jaden R	14	Aqua Sharks Academy-CP	1:15,75	1:15,58
34	Gilbert, Thomas O 35,82 1:15,69	14	Swimlab Aquatic Academ-CP	1:14,61	1:15,69
35	Renard, Leo G 36,47 1:15,86	15	Aqua Sharks Academy-CP	1:19,55	1:15,86
36	Adams, Imtiyaaz 38,80 1:19,79	14	Aqua Dolphin Swimming Club-CP	1:19,46	1:19,79
37	Burmeister, Marius 40,61 1:23,72	14	Quicksilver Aquatics Winelands-CE	1:21,45	1:23,72

**Event 200 Men 16 & Over 100 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Luck, Taylor R 28,74 58,98	17	Vineyard SC-CP	59,81	58,98

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 200 Men 16 &amp; Over 100 LC Meter Backstroke)

Name	Age	Team	Prelim Time	Finals Time
2 Boshoff, Juan C 29,23 59,83	17	Tygerberg Aquatics-CP	1:01,57	59,83
3 Louw, Adriaan B 28,87 1:00,86	16	Curro Langebaan Swim Club-WC	1:03,10	1:00,86
4 Hieckmann, Ethan H 29,23 1:00,91	21	Barracudas Aquarama SC-CP	1:00,65	1:00,91
5 Pool-Jones, Jonah B 29,34 1:01,04	20	Maties Aquatics-CE	1:01,81	1:01,04
6 Vd Merwe, Johan H 29,63 1:01,60	17	Maties Aquatics-CE	1:01,94	1:01,60
7 Malherbe, Francois 30,01 1:03,52	18	Lane Leader Stellenbosch-CE	1:03,63	1:03,52
8 Burger, Schalk S 30,20 1:03,65	17	Swartland Swim Club-WC	1:03,90	1:03,65
9 Wright, Keegan 31,27 1:03,85	16	Tygerberg Aquatics-CP	1:03,93	1:03,85
10 Saaiman, Rikus T 30,35 1:04,01	17	Quick Silver Swimming Academy-CP	1:04,62	1:04,01
11 Foot, Aiden C 31,78 1:04,73	16	Swartland Swim Club-WC	1:06,20	1:04,73
12 Boonzaier, Jannie R 31,08 1:05,45	16	Aqua Sharks Academy-CP	1:05,52	1:05,45
13 Clayton, Franco P 32,23 1:06,49	16	Lane Leader Stellenbosch-CE	1:06,11	1:06,49
14 Kleinhans, Kyle 33,01 1:08,25	16	Sport Science Institute of SA-CP	1:06,69	1:08,25
15 Volschenk, Ben T 31,68 1:08,80	16	Tygerberg Aquatics-CP	1:06,25	1:08,80
16 Terblanche, Kiaan C 32,06 1:09,09	17	Tygerberg Aquatics-CP	1:06,84	1:09,09

## Event 200 Men 16 &amp; Over 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Luck, Taylor R 29,03 59,81	17	Vineyard SC-CP	58,34	59,81 q
2 Hieckmann, Ethan H 29,50 1:00,65	21	Barracudas Aquarama SC-CP	1:02,77	1:00,65 q
3 Boshoff, Juan C 30,36 1:01,57	17	Tygerberg Aquatics-CP	59,94	1:01,57 q
4 Pool-Jones, Jonah B 28,78 1:01,81	20	Maties Aquatics-CE	1:03,20	1:01,81 q
5 Vd Merwe, Johan H 30,02 1:01,94	17	Maties Aquatics-CE	1:01,81	1:01,94 q
6 Kriegler, Christiaan C 30,63 1:02,92	17	Curro Durbanville Aquatics-CP	1:00,03	1:02,92 q
7 Louw, Adriaan B 30,49 1:03,10	16	Curro Langebaan Swim Club-WC	59,15	1:03,10 q
8 Malherbe, Francois 31,13 1:03,90	18	Lane Leader Stellenbosch-CE	59,18	1:03,63 q
9 Burger, Schalk S 31,13 1:03,90	17	Swartland Swim Club-WC	1:01,97	1:03,90 q
10 Wright, Keegan 31,27 1:03,93	16	Tygerberg Aquatics-CP	1:03,30	1:03,93 q

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 200 Men 16 & Over 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Prelim Time	
11 Saaiman, Rikus T 31,07 1:04,62	17	Quick Silver Swimming Academy-CP	1:01,76	1:04,62	q
12 Theron, Connor G 30,62 1:05,35	19	Sport Science Institute of SA-CP	1:00,26	1:05,35	q
13 Boonzaier, Jannie R 31,11 1:05,52	16	Aqua Sharks Academy-CP	1:04,63	1:05,52	q
14 Clayton, Franco P 33,05 1:06,11	16	Lane Leader Stellenbosch-CE	1:07,50	1:06,11	q
15 Foot, Aiden C 31,50 1:06,20	16	Swartland Swim Club-WC	1:05,12	1:06,20	q
16 Volschenk, Ben T 30,92 1:06,25	16	Tygerberg Aquatics-CP	1:05,21	1:06,25	q
17 Kleinhans, Kyle 32,78 1:06,69	16	Sport Science Institute of SA-CP	1:06,46	1:06,69	
18 Terblanche, Kiaan C 32,53 1:06,84	17	Tygerberg Aquatics-CP	1:04,85	1:06,84	
19 Levey, Chad 32,79 1:07,18	16	Generation Swimming Academy-CP	1:09,47	1:07,18	
20 Ellis, Liam 32,81 1:07,49	16	Aqua Athlete Cta-CP	1:08,18	1:07,49	
21 Kotzè, Kailen M 32,43 1:07,58	16	Paarl Aquarius SC-CE	1:07,14	1:07,58	
22 Forbes, Nicholas J 32,66 1:08,39	16	Lane Leader Stellenbosch-CE	1:06,65	1:08,39	
23 McWilliam, Benn D 32,96 1:08,71	16	Tygerberg Aquatics-CP	1:06,43	1:08,71	
24 Basson, Wilan 32,10 1:08,79	16	Aqua Sharks Academy-CP	1:07,75	1:08,79	
25 Myburgh, Jordan 32,61 1:08,86	17	Blouberg Marlins-CP	1:07,06	1:08,86	
26 Peceur, Mark D 33,20 1:08,89	18	Paarl Aquarius SC-CE	1:06,70	1:08,89	
27 Swart, Niklis 32,81 1:09,24	17	Players-CE	1:08,71	1:09,24	
28 Louw, Guillaume 33,62 1:09,70	19	Curro Durbanville Aquatics-CP	1:08,63	1:09,70	
29 Strydom, Stephan 34,23 1:10,18	17	Tygerberg Aquatics-CP	1:08,59	1:10,18	
30 Hopkins, Tim 33,84 1:10,40	17	Tygerberg Aquatics-CP	1:05,45	1:10,40	
31 Van Der Colff, Stian	17	Fish Eagle Aquatics-ED	1:10,50	1:10,78	
32 Treurnicht, Wim G 34,15 1:11,94	17	Players-CE	1:11,17	1:11,94	
33 Naude, Zian 34,43 1:12,19	16	Paarl Aquarius SC-CE	1:12,37	1:12,19	
34 Szapira, Saul 35,38 1:12,27	16	Aqua Athlete Cta-CP	1:08,32	1:12,27	
35 Barnard, Rohan C 35,21 1:12,80	18	Blouberg Marlins-CP	1:12,88	1:12,80	
36 DE Bruyn, Flippie J 35,94 1:12,91	16	Fish Eagle Aquatics-ED	1:13,40	1:12,91	
37 Van Vuuren, Armand B 34,83 1:13,05	17	Generation Swimming Academy-CP	1:07,90	1:13,05	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 200 Men 16 &amp; Over 100 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time
38 Micklethwaite, Tyler L 35,43 1:13,16	18	Sport Science Institute of SA-CP	1:12,75	1:13,16
39 Beukes, Mateo A	17	Walmers SC-CP	1:13,26	1:13,77
40 Abrahams, Matthew N 36,59 1:15,79	23	Aqua Sharks Academy-CP	1:11,01	1:15,79

## Event 200 Men 100 LC Meter Backstroke Multi-Class

2021-Open: 55,97 # 1999/07/06 Simon Thirsk at Universiade 19

RSA-ZZ

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Sadie, Christian M S7 38,14 1:18,81	25	Lane Leader Stellenbosch-CE	1:18,00	1:18,81 q
2 Pardoe, James N S15 49,41 1:42,47	11	Greydogs Swimming Club-CP	1:41,20	1:42,47 q

## Event 201 Girls 11 &amp; Under 100 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 De Villiers, Anja 39,92 1:21,82	11	Tygerberg Aquatics-CP	1:20,22	1:21,82
2 Basson, Lenè	11	Curro Langebaan Swim Club-WC	1:24,50	1:22,46
3 Lorenzen, Ava E 39,37 1:23,55	10	Blouberg Marlins-CP	1:22,58	1:23,55
4 Durandt, Sharli	11	Sport Science Institute of SA-CP	1:24,15	1:23,68
5 Brooker, Isabella J 40,98 1:24,50	11	Aqua Athlete Cta-CP	1:25,71	1:24,50
6 De Jager, Sophia 41,39 1:27,39	11	Curro Durbanville Aquatics-CP	1:26,49	1:27,39
7 Nilsson, Rebecca B 42,53 1:29,22	11	Tygerberg Aquatics-CP	1:28,88	1:29,22
8 Patel, Disha	11	Worcester Aquatics-CE	1:30,05	1:29,42

## Event 201 Girls 11 &amp; Under 100 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 De Villiers, Anja 39,03 1:20,22	11	Tygerberg Aquatics-CP	1:20,22	1:20,22 q
2 Lorenzen, Ava E 39,22 1:22,58	10	Blouberg Marlins-CP	1:18,81	1:22,58 q
3 Durandt, Sharli 40,57 1:24,15	11	Sport Science Institute of SA-CP	1:23,49	1:24,15 q
4 Basson, Lenè	11	Curro Langebaan Swim Club-WC	1:24,35	1:24,50 q
5 Brooker, Isabella J 40,14 1:25,71	11	Aqua Athlete Cta-CP	1:29,04	1:25,71 q
6 De Jager, Sophia 42,28 1:26,49	11	Curro Durbanville Aquatics-CP	1:27,21	1:26,49 q
7 Nilsson, Rebecca B 42,66 1:28,88	11	Tygerberg Aquatics-CP	1:31,60	1:28,88 q
8 Patel, Disha 42,90 1:30,05	11	Worcester Aquatics-CE	1:33,47	1:30,05 q
9 Louw, Isabella A	11	Blouberg Marlins-CP	1:32,79	1:30,13
10 Cronje, Miané 43,27 1:30,32	11	Royal Swimming Academy-ED	1:36,10	1:30,32

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 201 Girls 11 & Under 100 LC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
11	Barkhuysen, Jani	11	Aqua Sharks Academy-CP	1:28,57	1:31,40
12	Slatter, Mila-Belle 45,42 1:32,94	10	Sport Science Institute of SA-CP	1:32,62	1:32,94
13	Atkinson, Anouk E 45,72 1:35,84	11	Swartland Swim Club-WC	1:36,83	1:35,84

**Event 201 Girls 12-13 100 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Thobeha, Naledi 34,99 1:12,21	13	Quick Silver Swimming Academy-CP	1:12,22	1:12,21
2	Hebler, Lily M 35,42 1:13,09	13	Generation Swimming Academy-CP	1:12,91	1:13,09
3	DE Necker, Hannah	13	Fish Eagle Aquatics-ED	1:16,27	1:15,01
4	Huang, Amelia A 36,04 1:16,20	13	Blouberg Marlins-CP	1:17,54	1:16,20
5	Putter, Demi 37,19 1:16,29	12	Curro Durbanville Aquatics-CP	1:14,73	1:16,29
6	Coleman, Madison	13	Blouberg Marlins-CP	1:17,09	1:16,90
7	Newton, Ava L 38,14 1:17,95	13	Curro Durbanville Aquatics-CP	1:16,61	1:17,95
8	Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	1:16,88	1:18,59

**Event 201 Girls 12-13 100 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Thobeha, Naledi 34,53 1:12,22	13	Quick Silver Swimming Academy-CP	1:10,43	1:12,22 q
2	Hebler, Lily M 35,36 1:12,91	13	Generation Swimming Academy-CP	1:14,53	1:12,91 q
3	Putter, Demi 36,62 1:14,73	12	Curro Durbanville Aquatics-CP	1:14,77	1:14,73 q
4	DE Necker, Hannah 37,11 1:16,27	13	Fish Eagle Aquatics-ED	1:18,72	1:16,27 q
5	Newton, Ava L 36,50 1:16,61	13	Curro Durbanville Aquatics-CP	1:14,21	1:16,61 q
6	Rossouw, Emma M 37,41 1:16,88	13	Quick Silver Swimming Academy-CP	1:15,73	1:16,88 q
7	Coleman, Madison 36,98 1:17,09	13	Blouberg Marlins-CP	1:17,47	1:17,09 q
8	Huang, Amelia A 36,43 1:17,54	13	Blouberg Marlins-CP	1:17,17	1:17,54 q
9	Burke, Hannah 37,63 1:17,66	13	Aqua Athlete Cta-CP	1:14,77	1:17,66
10	Le Roux, Lucy L 37,67 1:18,91	13	Aquasharks Winelands-CE	1:20,75	1:18,91
11	Vorster, Mia 36,99 1:19,09	12	Swartland Swim Club-WC	1:19,17	1:19,09
12	Van Galen, Ava-Loren 38,26 1:19,64	13	Biosplash Swim Academy-CE	1:20,87	1:19,64
13	Trout, Sophia L 38,29 1:19,65	13	Vineyard SC-CP	1:19,39	1:19,65

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 201 Girls 12-13 100 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time
14 Visagie, Larissa 38,24 1:20,03	13	Aqua Sharks Academy-CP	1:28,05	1:20,03
15 Davies, Jessica C 38,14 1:20,82	13	Aqua Sharks Academy-CP	1:23,94	1:20,82
16 Morris, Jenna 38,54 1:20,93	13	Vineyard SC-CP	1:20,82	1:20,93
17 Louw, Anieka	12	Curro Durbanville Aquatics-CP	1:20,27	1:20,96
18 Wium, Mari 39,14 1:21,14	13	Quicksilver Aquatics Winelands-CE	1:24,80	1:21,14
19 Zeelie, Shanna-Leigh 40,02 1:21,87	13	Blouberg Marlins-CP	1:21,66	1:21,87
20 Van Tonder, Taylor-Blake	13	Royal Swimming Academy-ED	1:20,81	1:21,88
21 Holthuis, Keilah-Naomi 40,17 1:22,32	13	Generation Swimming Academy-CP	1:22,03	1:22,32
22 Vd Merwe, Mia 39,97 1:22,38	13	Generation Swimming Academy-CP	1:26,46	1:22,38
23 Visser, Sandri	13	Players-CE	1:23,92	1:22,58
24 O'Carroll, Nia E 40,32 1:22,75	12	Biosplash Swim Academy-CE	1:22,93	1:22,75
25 De Oliveira, Aliyah 40,13 1:22,78	12	Tygerberg Aquatics-CP	1:22,36	1:22,78
26 Cloete-Hopkins, Aryana A	12	Sport Science Institute of SA-CP	1:26,91	1:22,89
27 Raimond, Marike M 39,98 1:22,94	13	Tygerberg Aquatics-CP	1:21,75	1:22,94
28 Geysler, Almi 40,49 1:23,41	13	Lane Leader Stellenbosch-CE	1:24,74	1:23,41
29 Courtney, Sierra G 40,53 1:23,78	12	Sport Science Institute of SA-CP	1:22,12	1:23,78
30 Otterbach, Lily 41,06 1:24,10	12	Tygerberg Aquatics-CP	1:24,35	1:24,10
31 Landman, Charnè 42,32 1:24,21	13	Generation Swimming Academy-CP	1:17,91	1:24,21
32 Bruwer, Casey 40,71 1:24,83	13	Blouberg Marlins-CP	1:26,13	1:24,83
33 Juries, Sam C 41,02 1:24,98	13	Curro Langebaan Swim Club-WC	1:20,86	1:24,98
34 Verhoef, Lara 40,57 1:25,12	13	Aqua Sharks Academy-CP	1:22,50	1:25,12
35 Riley, Logan 41,15 1:25,23	12	Vineyard SC-CP	1:24,56	1:25,23
36 Baillie, Gabi J 40,79 1:25,31	12	Royal Swimming Academy-ED	1:23,10	1:25,31
37 Visagie, Jani	13	Swartland Swim Club-WC	1:24,23	1:25,64
38 McWilliam, Amy L 40,97 1:25,69	13	Tygerberg Aquatics-CP	1:23,75	1:25,69
39 Mqadi, Olethiwe L 42,06 1:26,05	13	Cybersmart Aquatics-CP	1:26,47	1:26,05
40 Van Den Heever, Liya 40,75 1:26,17	12	Quicksilver Aquatics Winelands-CE	1:28,39	1:26,17
41 Hagglund, Emma H 42,61 1:27,78	13	Quick Silver Swimming Academy-CP	1:26,83	1:27,78
42 Burger, Paris 42,47 1:28,32	13	Worcester Aquatics-CE	1:28,86	1:28,32



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 201 Girls 12-13 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Prelim Time
43 Burger, Juanè 42,75 1:29,19	12	Tygerberg Aquatics-CP	1:27,59	1:29,19
44 Lodewyks, Jeandré 43,51 1:31,09	12	Fish Eagle Aquatics-ED	1:32,40	1:31,09
45 Hendricks, Jemma 44,96 1:32,88	13	Vineyard SC-CP	1:26,84	1:32,88
46 Waters, Megan D	12	Blouberg Marlins-CP	1:33,97	1:35,00

**Event 201 Women 14-15 100 LC Meter Backstroke**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Burgess, Cassidy S 32,89 1:08,69	14	Vineyard SC-CP	1:09,00	1:08,69
2 Morton, Tayler R 34,19 1:10,83	15	Generation Swimming Academy-CP	1:10,43	1:10,83
3 Kuun, Melissa 33,30 1:11,27	15	Fish Eagle Aquatics-ED	1:10,30	1:11,27
4 Smit, Jenna 34,89 1:12,55	15	Blouberg Marlins-CP	1:13,57	1:12,55
5 Ryser, Aurora 35,42 1:13,75	15	Tygerberg Aquatics-CP	1:13,45	1:13,75
6 Cronjè, Danielle 36,18 1:14,25	14	Generation Swimming Academy-CP	1:13,67	1:14,25
7 Schmidt, Amy 35,05 1:14,71	14	Curro Langebaan Swim Club-WC	1:14,65	1:14,71
8 Prinsloo, Mila 37,11 1:16,50	15	Aquasharks Winelands-CE	1:13,49	1:16,50

**Event 201 Women 14-15 100 LC Meter Backstroke**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Burgess, Cassidy S 33,65 1:09,00	14	Vineyard SC-CP	1:07,07	1:09,00 q
2 Kuun, Melissa 33,84 1:10,30	15	Fish Eagle Aquatics-ED	1:12,07	1:10,30 q
3 Morton, Tayler R 34,28 1:10,43	15	Generation Swimming Academy-CP	1:07,96	1:10,43 q
4 Ryser, Aurora 35,04 1:13,45	15	Tygerberg Aquatics-CP	1:13,56	1:13,45 q
5 Prinsloo, Mila 35,35 1:13,49	15	Aquasharks Winelands-CE	1:11,86	1:13,49 q
6 Smit, Jenna 35,78 1:13,57	15	Blouberg Marlins-CP	1:10,01	1:13,57 q
7 Cronjè, Danielle 34,86 1:13,67	14	Generation Swimming Academy-CP	1:11,60	1:13,67 q
9 Putter, Tanè 34,79 1:13,87	15	Curro Durbanville Aquatics-CP	1:10,20	1:13,87
10 Schmidt, Amy 35,13 1:14,65	14	Curro Langebaan Swim Club-WC	1:10,45	1:14,65
11 Dowdle, Kalyne 36,06 1:14,96	15	Aquasharks Winelands-CE	1:11,95	1:14,96
12 Goebel, Zoë 37,19 1:16,59	14	Tygerberg Aquatics-CP	1:16,54	1:16,59

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 201 Women 14-15 100 LC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
13	Gennarakis, Christina 35,70 1:17,08	15	Curro Durbanville Aquatics-CP	1:14,02	1:17,08
14	Voges, Jhoanè E 38,06 1:17,23	15	Quick Silver Swimming Academy-CP	1:17,68	1:17,23
15	Watson, Caitlin C 37,41 1:17,52	15	Blouberg Marlins-CP	1:14,64	1:17,52
16	Bester, Lisa 38,16 1:17,61	15	The Well-CE	1:15,37	1:17,61
17	Jurado, Stephanie C 38,94 1:17,74	14	Sport Science Institute of SA-CP	1:16,08	1:17,74
18	Franks, Madison M 37,76 1:18,13	15	Sport Science Institute of SA-CP	1:14,68	1:18,13
19	Vd Westhuizen, Joy	14	Aqua Dolphin Swimming Club-CP	1:17,42	1:18,71
20	Lategan, Emma M 37,38 1:18,73	14	Curro Durbanville Aquatics-CP	1:17,18	1:18,73
21	Van Den Berg, Lune 37,99 1:19,82	15	Quicksilver Aquatics Winelands-CE	1:20,18	1:19,82
22	Abrahams, Eve	14	Vineyard SC-CP	1:19,66	1:19,86
23	Kriek, Mila 38,71 1:20,08	15	Quicksilver Aquatics Winelands-CE	1:22,90	1:20,08
24	Vd Merwe, Simone 38,66 1:20,14	15	Generation Swimming Academy-CP	1:20,61	1:20,14
25	Kotzè, Tamsyn G 39,14 1:20,61	15	Blouberg Marlins-CP	1:19,57	1:20,61
26	Louw, Alexa 38,98 1:20,78	14	Blouberg Marlins-CP	1:18,20	1:20,78
27	Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	1:21,67	1:23,08
28	Witten, Hannah 41,03 1:24,66	15	Aqua Sharks Academy-CP	1:20,35	1:24,66
29	Burke, Erin 40,05 1:25,17	15	Aqua Athlete Cta-CP	1:23,43	1:25,17

**Event 201 Women 16 & Over 100 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Uys, Tara 32,07 1:05,94	17	Tygerberg Aquatics-CP	1:06,30	1:05,94
2	De Jongh, Grace 31,93 1:06,90	16	Lane Leader Stellenbosch-CE	1:08,78	1:06,90
3	Michell, Emma Y 32,93 1:09,43	17	Lane Leader Stellenbosch-CE	1:11,02	1:09,43
4	Venter, Liya E 33,77 1:10,38	17	Blouberg Marlins-CP	1:11,10	1:10,38
5	Viljoen, Jo-Ell 34,57 1:11,73	16	Aquasharks Winelands-CE	1:11,93	1:11,73
6	Ribeiro, Nuria A	20	Maties Aquatics-CE	1:15,35	1:13,65
7	Botha, Lara E 35,96 1:13,83	16	Aquasharks Winelands-CE	1:14,23	1:13,83
8	Hugo, Anika S 35,49 1:13,97	16	Paarl Aquarius SC-CE	1:15,48	1:13,97
9	Fourie, Petro Marié 35,12 1:14,18	17	Fish Eagle Aquatics-ED	1:13,78	1:14,18
10	Muggenburg, Jeannette J 35,69 1:15,54	16	Aquasharks Winelands-CE	1:15,43	1:15,54

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Finals ... (Event 201 Women 16 & Over 100 LC Meter Backstroke)**

Name	Age	Team	Prelim Time	Finals Time
11 Micklethwaite, Skye T 36,65 1:18,11	16	Sport Science Institute of SA-CP	1:18,40	1:18,11
12 Tinley, Kate L 38,93 1:19,66	18	Royal Swimming Academy-ED	1:18,81	1:19,66
13 Vd Merwe, Haylee 39,55 1:20,60	17	Quick Silver Swimming Academy-CP	1:16,59	1:20,60
14 Vorster, Carli 39,61 1:21,46	16	Swartland Swim Club-WC	1:20,84	1:21,46

**Event 201 Women 16 & Over 100 LC Meter Backstroke**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Uys, Tara 32,19 1:06,30	17	Tygerberg Aquatics-CP	1:06,10	1:06,30 q
2 De Jongh, Grace 32,99 1:08,78	16	Lane Leader Stellenbosch-CE	1:06,59	1:08,78 q
3 Michell, Emma Y 33,68 1:11,02	17	Lane Leader Stellenbosch-CE	1:10,39	1:11,02 q
4 Venter, Liya E 34,24 1:11,10	17	Blouberg Marlins-CP	1:08,31	1:11,10 q
5 Viljoen, Jo-Ell 34,60 1:11,93	16	Aquasharks Winelands-CE	1:09,64	1:11,93 q
6 Fourie, Petro Marié 36,46 1:13,78	17	Fish Eagle Aquatics-ED	1:15,67	1:13,78 q
7 Botha, Lara E 36,07 1:14,23	16	Aquasharks Winelands-CE	1:10,61	1:14,23 q
8 Ribeiro, Nuria A	20	Maties Aquatics-CE	1:09,41	1:15,35 q
9 Muggenburg, Jeannette J 35,62 1:15,43	16	Aquasharks Winelands-CE	1:15,33	1:15,43 q
10 Hugo, Anika S 36,34 1:15,48	16	Paarl Aquarius SC-CE	1:10,26	1:15,48 q
11 Vd Merwe, Haylee 37,05 1:16,59	17	Quick Silver Swimming Academy-CP	1:15,87	1:16,59 q
12 Micklethwaite, Skye T	16	Sport Science Institute of SA-CP	1:16,73	1:18,40 q
13 Tinley, Kate L	18	Royal Swimming Academy-ED	1:17,51	1:18,81 q
14 Benade, Kerry 37,42 1:18,87	18	Sport Science Institute of SA-CP	1:18,01	1:18,87 q
15 Vorster, Carli 38,31 1:20,84	16	Swartland Swim Club-WC	1:21,19	1:20,84 q

**Event 201 Women 100 LC Meter Backstroke Multi-Class**

2021-Open: 1:01,65 # 2014/04/07 JESSICA L. ASHLEY-COOPER at Sa

WPA-WP

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Kriegler, Joanica C S10 40,36 1:24,84	18	Curro Durbanville Aquatics-CP	1:20,27	1:24,84 q

**Event 202 Boys 13 & Under 200 LC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Rosslee, Christian F 34,83 1:16,57 2:43,84	13	Tygerberg Aquatics-CP	2:49,24	2:43,84
2 Schultz, Heinrich W 34,23 1:13,44 1:58,75 2:46,24	13	Curro Durbanville Aquatics-CP	2:46,67	2:46,24

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 202 Boys 13 & Under 200 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
3 Beukes, Jaden L	13	Walmers SC-CP	3:05,76	2:51,33
38,44 1:20,27 2:08,35	2:51,33			
4 Kotzè, Arden C	12	Paarl Aquarius SC-CE	3:01,56	2:56,58
36,24 1:20,84 2:56,58				
--- Bouwer, Jason	12	Tygerberg Aquatics-CP	3:00,82	DQ
37,83 1:23,09 2:10,28	DQ			

**Event 202 Men 14-15 200 LC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	2:22,50	2:19,14
29,78 1:04,62 1:40,87	2:19,14			
2 Kleynhans, Ian	15	Generation Swimming Academy-CP	2:34,09	2:24,94
30,37 1:06,95 1:45,36	2:24,94			
3 Solomon, Ethan	14	Aqua Dolphin Swimming Club-CP	2:31,34	2:31,52
32,85 1:11,14 1:51,39	2:31,52			
4 Terblanche, Luan L	14	Tygerberg Aquatics-CP	2:34,98	2:36,50
33,45 1:12,60 1:53,95	2:36,50			
5 Van Helden, Ethan C	14	Generation Swimming Academy-CP	2:46,95	2:45,68
34,11 1:14,09 1:58,96	2:45,68			
--- Strydom, Conrad M	14	Quick Silver Swimming Academy-CP	2:23,03	DNF
30,36 1:05,38				

**Event 202 Men 16 & Over 200 LC Meter Butterfly**

Name	Age	Team	Seed Time	Finals Time
1 Bailey, Ethan J	19	Aqua Dolphin Swimming Club-CP	2:09,76	2:09,95
29,17 1:01,43 1:34,47	2:09,95			
2 Hendricks, Robert A	17	Royal Swimming Academy-ED	2:16,62	2:10,02
27,42 59,45 1:32,99	2:10,02			
3 Boshoff, Juan C	17	Tygerberg Aquatics-CP	2:14,80	2:12,28
28,85 1:02,04 1:36,73	2:12,28			
4 Coetzee, Liam	17	Players-CE	2:14,92	2:17,26
28,83 1:02,59 1:39,24	2:17,26			
5 West, Gabriel	18	Tygerberg Aquatics-CP	2:16,97	2:21,48
30,80 1:06,67 1:43,66	2:21,48			
6 Viljoen, Stèphen	16	Aquasharks Winelands-CE	2:27,05	2:21,93
30,89 1:06,95 1:44,13	2:21,93			
7 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:19,70	2:23,74
30,57 1:06,41 1:45,63	2:23,74			
8 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	2:24,68	2:25,69
31,97 1:09,72 1:48,23	2:25,69			
9 Levey, Chad	16	Generation Swimming Academy-CP	2:33,30	2:26,57
31,32 1:07,15 1:48,16	2:26,57			
10 Gamielien, Suhail	18	Aqua Dolphin Swimming Club-CP	2:25,86	2:29,90
32,60 1:09,18 2:29,90				
11 Den Haan, Adriaan	18	Quick Silver Swimming Academy-CP	2:33,58	2:33,73
30,64 1:08,26 1:50,37	2:33,73			
12 Hibberd, Matthew	25	Blouberg Marlins-CP	2:27,51	2:37,41
30,92 1:08,72 2:37,41				
13 Szapira, Saul	16	Aqua Athlete Cta-CP	2:40,53	2:38,87
32,78 1:11,75 1:53,95	2:38,87			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 203 Girls 13 &amp; Under 200 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Hartung, Amy M 37,94	13	Aqua Sharks Academy-CP	2:52,00	2:49,82
		2:05,58	2:49,82		
2	Liebenberg, Emily M 36,59	13	Swartland Swim Club-WC	2:58,98	2:53,07
	1:19,60	2:06,53	2:53,07		
3	Oliver, Caibella 39,06	13	Aqua Dolphin Swimming Club-CP	3:01,39	2:59,39
	1:23,41	2:10,68	2:59,39		
4	Durandt, Sharli 42,26	11	Sport Science Institute of SA-CP	3:28,06	3:31,36
	1:39,85	2:37,36	3:31,36		

## Event 203 Women 14-15 200 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Van Niekerk, Lica 33,80	15	Quicksilver Aquatics Winelands-CE	2:32,35	2:36,30
	1:12,76	1:54,03	2:36,30		
2	Steenkamp, Veneske 35,63	14	Royal Swimming Academy-ED	2:50,81	2:45,90
	1:18,89	2:03,27	2:45,90		
3	Voges, Jhoanè E 35,23	15	Quick Silver Swimming Academy-CP	2:41,13	2:47,58
	1:16,97	2:03,11	2:47,58		
4	Vd Westhuizen, Joy 37,41	14	Aqua Dolphin Swimming Club-CP	2:55,14	3:01,23
	1:21,97	2:12,29	3:01,23		

## Event 203 Women 16 &amp; Over 200 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Viljoen, Jo-Ell 33,06	16	Aquasharks Winelands-CE	2:32,05	2:32,86
	1:10,67	1:51,38	2:32,86		
2	Kleinhans, Zara I 36,66	17	Aqua Dolphin Swimming Club-CP	3:09,12	2:54,22
	1:19,96	2:03,66	2:54,22		

## Event 204 Boys 11 &amp; Under 50 LC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Swart, Nico N	11	Aqua Sharks Academy-CP	40,69	39,57
2	Hahn, Kyle	10	Royal Swimming Academy-ED	42,34	41,72
3	Tsai, Ethan M	11	Blouberg Marlins-CP	43,25	42,09
4	Spencer, Marcus W	11	Vineyard SC-CP	43,44	43,44
5	Coleman, Travis	11	Blouberg Marlins-CP	44,46	44,98
6	Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	43,57	45,13
7	Havinga, Christopher	11	Biosplash Swim Academy-CE	45,01	46,05
8	Loots, Noah C	11	Generation Swimming Academy-CP	44,84	46,80

## Event 204 Boys 11 &amp; Under 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Swart, Nico N	11	Aqua Sharks Academy-CP	42,06	40,69 q
2	Hahn, Kyle	10	Royal Swimming Academy-ED	43,56	42,34 q
3	Tsai, Ethan M	11	Blouberg Marlins-CP	44,16	43,25 q
4	Spencer, Marcus W	11	Vineyard SC-CP	43,92	43,44 q
5	Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	44,60	43,57 q
6	Coleman, Travis	11	Blouberg Marlins-CP	44,20	44,46 q
7	Loots, Noah C	11	Generation Swimming Academy-CP	45,17	44,84 q
8	Havinga, Christopher	11	Biosplash Swim Academy-CE	47,21	45,01 q
9	Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	46,50	46,02
10	Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	47,19	46,07

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 204 Boys 11 &amp; Under 50 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time
11 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	47,45	46,68
12 Bright, Michael C	10	Curro Durbanville Aquatics-CP	50,99	47,09
13 Pautz, Benjamin R	10	Blouberg Marlins-CP	46,38	47,17
14 Vorster, Caiden	11	Curro Langebaan Swim Club-WC	50,75	47,22
15 Faulkner, Callum E	11	Blouberg Marlins-CP	48,19	47,50
16 Parr, Colby S	11	Knysna Aquatics-ED	46,92	47,52
17 Matthee, Burger P	11	Agulhas Aquatics-OB	50,61	48,31
18 Hodgskiss, Fin J	11	Sport Science Institute of SA-CP	48,87	48,73
19 Jurado, Ondjaki O	11	Vineyard SC-CP	49,72	49,13
20 February, Dillon S	10	Curro Durbanville Aquatics-CP	50,34	49,50
21 Trower, Michael	11	Tygerberg Aquatics-CP	46,24	51,13
22 Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	52,53	51,59

## Event 204 Boys 12-13 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Kalapac, Joshua	13	Blouberg Marlins-CP	35,12	34,79
2 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	35,80	34,80
3 Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	36,74	35,62
4 Kotze, Eric B	13	Biosplash Swim Academy-CE	36,14	35,73
5 Hudson, Thomas	12	Quicksilver Aquatics Winelands-CE	35,16	36,16
6 Williams, Jayden J	13	Paarl Aquarius SC-CE	35,97	36,48
7 Rosslee, Christian F	13	Tygerberg Aquatics-CP	37,03	37,24
8 Naude, Dieter	13	Paarl Aquarius SC-CE	36,99	37,48

## Event 204 Boys 12-13 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Kalapac, Joshua	13	Blouberg Marlins-CP	35,15	35,12 q
2 Hudson, Thomas	12	Quicksilver Aquatics Winelands-CE	36,51	35,16 q
3 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	35,93	35,80 q
4 Williams, Jayden J	13	Paarl Aquarius SC-CE	36,24	35,97 q
5 Kotze, Eric B	13	Biosplash Swim Academy-CE	35,92	36,14 q
6 Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	35,20	36,74 q
7 Naude, Dieter	13	Paarl Aquarius SC-CE	36,66	36,99 q
8 Rosslee, Christian F	13	Tygerberg Aquatics-CP	38,43	37,03 q
9 Mansfield, Luke T	12	Lane Leader Stellenbosch-CE	40,19	37,29
10 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	37,12	37,44
11 Smith, Sebastian N	13	Tygerberg Aquatics-CP	39,30	37,55
12 Bezuidenhout, Carlo	13	Fish Eagle Aquatics-ED	38,87	38,00 20,34 38,00
13 Schultz, Heinrich W	13	Curro Durbanville Aquatics-CP	38,20	38,38
14 Stanfliet, Nicholas	12	Vineyard SC-CP	41,06	38,45
15 Vd Berg, Wilan	13	Quicksilver Aquatics Winelands-CE	39,51	39,23
16 Wing, James L	12	Greydogs Swimming Club-CP	40,39	39,28
17 Theys, Jayden-Lee	13	Evolution Aquatics-CP	41,78	39,31
18 Williams, Evan B	12	Sport Science Institute of SA-CP	43,98	39,35
19 Spencer, Charles A	13	Vineyard SC-CP	41,67	39,47
20 Haupt, Rhys A	13	Vineyard SC-CP	38,78	39,71
21 Goussard, Henry	12	Greydogs Swimming Club-CP	40,78	40,06
22 Abrahams, Rayhan	13	Walmers SC-CP	39,77	40,55

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 204 Boys 12-13 50 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time
23	Beukes, Jaden L	13 Walmers SC-CP	39,97	40,58
24	De Bruyn, Cornè C	13 Aqua Sharks Academy-CP	42,58	40,66
25	Kriek, Divan D	12 Quicksilver Aquatics Winelands-CE	40,97	40,77
26	Liedeman, Mark	12 Swartland Swim Club-WC	41,28	40,83
27	Sirin, Ben	13 Vineyard SC-CP	44,62	40,95
28	Oosthuizen, Ethan	12 Players-CE	44,45	41,65
29	Bouwer, Jason	12 Tygerberg Aquatics-CP	43,48	42,66
30	Coolen, Jonathan T	12 Biosplash Swim Academy-CE	43,89	42,88
31	Lesch, Stef	13 Swartland Swim Club-WC	46,62	42,95
32	Kotzè, Max M	13 Blouberg Marlins-CP	42,87	43,62
33	Lamminga, Tiaan	13 Curro Durbanville Aquatics-CP	43,09	44,03
34	Minnaar, Nicolas	12 Tygerberg Aquatics-CP	46,01	44,54
35	Ollomo, Aaron M	12 Blouberg Marlins-CP	48,98	44,86
36	Du Plessis, Jason F	12 Curro Langebaan Swim Club-WC	45,03	44,98
37	Conradie, Niel	12 Quick Silver Swimming Academy-CP	45,43	45,29
38	Afonso, Aragon G	12 Quick Silver Swimming Academy-CP	45,16	45,73
39	Cleophas, Kyle	13 Paarl Aquarius SC-CE	46,74	45,75
40	Pullock, Sam J	13 Curro Hermanus Aquatics-OB	46,16	46,86
41	Lee, Luka V	12 Quick Silver Swimming Academy-CP	49,22	47,25

## Event 204 Men 14-15 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1	Bester, Francois A	15 Quicksilver Aquatics Winelands-CE	32,68	32,61
2	Nelson, Christopher A	15 Lane Leader Stellenbosch-CE	33,20	33,18
3	Hendricks, Joshua	15 Lane Leader Stellenbosch-CE	33,53	33,49
4	Koekemoer, Quinn D	15 Quick Silver Swimming Academy-CP	34,71	33,79
5	Grobler, Ewandre	15 Royal Swimming Academy-ED	33,87	34,33
6	Adendorff, James T	14 Tygerberg Aquatics-CP	34,83	35,42
7	Alexander, Ammaar	15 Marlin Swimming Club-CP	34,59	35,43
8	Potgieter, Liam	15 Fish Eagle Aquatics-ED	34,95	35,51

## Event 204 Men 14-15 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1	Bester, Francois A	15 Quicksilver Aquatics Winelands-CE	32,25	32,68 q
2	Nelson, Christopher A	15 Lane Leader Stellenbosch-CE	33,70	33,20 q
3	Hendricks, Joshua	15 Lane Leader Stellenbosch-CE	33,81	33,53 q
4	Grobler, Ewandre	15 Royal Swimming Academy-ED	33,85	33,87 q
5	Alexander, Ammaar	15 Marlin Swimming Club-CP	33,03	34,59 q
6	Koekemoer, Quinn D	15 Quick Silver Swimming Academy-CP	35,24	34,71 q
7	Adendorff, James T	14 Tygerberg Aquatics-CP	34,57	34,83 q
8	Potgieter, Liam	15 Fish Eagle Aquatics-ED	34,94	34,95 q
9	Hutton, Jake	15 Blouberg Marlins-CP	33,96	35,00
10	Beukes, Wade	15 Vineyard SC-CP	34,44	35,08
11	Van Wyk, Wayne E	14 Generation Swimming Academy-CP	35,34	35,46
12	Bester, Eben	15 Tygerberg Aquatics-CP	37,43	35,58
13	Karsten, Jody	15 Blouberg Marlins-CP	36,32	36,50
14	Vd Merwe, Michael D	15 Quick Silver Swimming Academy-CP	36,00	36,86
15	Brooker, Matthew W	15 Aqua Athlete Cta-CP	37,28	36,90
16	Terblanche, Luan L	14 Tygerberg Aquatics-CP	37,30	37,04

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 204 Men 14-15 50 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time
17 Stander, Luan	14	Players-CE	36,80	37,16
18 Pautz, Nathan M	14	Blouberg Marlins-CP	37,44	37,20
19 Scott, Luke J	14	Knysna Aquatics-ED	37,26	37,63
20 Atkinson, Samuel A	14	Swartland Swim Club-WC	39,22	37,98
21 Pedro, Tamkeen	14	Walmers SC-CP	39,99	38,55
22 Bannister, Joshua G	14	Tygerberg Aquatics-CP	39,24	38,76
23 Viljoen, Jaden R	14	Aqua Sharks Academy-CP	41,18	38,84
24 Geysler, Jacques M	15	Lane Leader Stellenbosch-CE	39,75	38,88
25 Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	38,47	42,81
--- Engelbrecht, Ruben J	15	Players-CE	37,28	DQ

## Event 204 Men 16 &amp; Over 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Emslie, Joshua D	20	Maties Aquatics-CE	29,71	29,69
2 Truter, Petrus C	19	Lane Leader Stellenbosch-CE	29,86	30,37
3 Boshoff, Juan C	17	Tygerberg Aquatics-CP	31,53	31,16
4 Van Greunen, Renier	16	Fish Eagle Aquatics-ED	31,51	31,60
5 Myburgh, Jordan	17	Blouberg Marlins-CP	32,16	32,16
*6 Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	31,71	32,23
*6 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	31,77	32,23
8 Malan, Johan S	16	Curro Durbanville Aquatics-CP	32,14	32,26
9 Hugo, Retief R	16	Aquasharks Winelands-CE	32,11	32,32
10 Field, Luke D	16	Vineyard SC-CP	32,97	32,51
11 Hibberd, Matthew	25	Blouberg Marlins-CP	32,22	32,93
12 Goldstein, Tristan J	17	Aqua Sharks Academy-CP	33,24	33,37
13 Carrol, Matt	17	Blouberg Marlins-CP	33,53	33,65
14 Stander, Daniel E	16	Lane Leader Stellenbosch-CE	33,57	33,77
15 Nienaber, Dirco	19	Fish Eagle Aquatics-ED	33,17	33,91
16 Coetzee, Liam	17	Players-CE	33,53	35,53

## Event 204 Men 16 &amp; Over 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Emslie, Joshua D	20	Maties Aquatics-CE	29,60	29,71 q
2 Truter, Petrus C	19	Lane Leader Stellenbosch-CE	30,26	29,86 q
3 Van Greunen, Renier	16	Fish Eagle Aquatics-ED	30,62	31,51 q
4 Boshoff, Juan C	17	Tygerberg Aquatics-CP	31,02	31,53 q
5 Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	32,56	31,71 q
6 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	31,72	31,77 q
7 Hugo, Retief R	16	Aquasharks Winelands-CE	32,52	32,11 q
8 Malan, Johan S	16	Curro Durbanville Aquatics-CP	32,16	32,14 q
9 Myburgh, Jordan	17	Blouberg Marlins-CP	32,38	32,16 q
10 Hibberd, Matthew	25	Blouberg Marlins-CP	32,22	32,22 q
11 Field, Luke D	16	Vineyard SC-CP	32,14	32,97 q
12 Nienaber, Dirco	19	Fish Eagle Aquatics-ED	32,88	33,17 q
13 Goldstein, Tristan J	17	Aqua Sharks Academy-CP	33,31	33,24 q
*14 Carrol, Matt	17	Blouberg Marlins-CP	33,97	33,53 q
*14 Coetzee, Liam	17	Players-CE	33,36	33,53 q
16 Stander, Daniel E	16	Lane Leader Stellenbosch-CE	33,38	33,57 q
17 Van Reenen, Ryan	23	Blouberg Marlins-CP	33,81	33,64



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 204 Men 16 &amp; Over 50 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time
18 DE Bruyn, Flippie J	16	Fish Eagle Aquatics-ED	33,44	34,28
19 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	33,73	34,58
20 Minnaar, Ben R	17	Tygerberg Aquatics-CP	35,28	34,61
21 Kleinhans, Kyle	16	Sport Science Institute of SA-CP	34,08	34,86
22 McWilliam, Benn D	16	Tygerberg Aquatics-CP	34,81	35,00
23 Micklethwaite, Tyler L	18	Sport Science Institute of SA-CP	34,59	35,20
24 Peycke, Tom R	20	Blouberg Marlins-CP	36,59	35,22
25 Barnard, Rohan C	18	Blouberg Marlins-CP	37,04	35,76
26 Laker, Mark	16	Curro Durbanville Aquatics-CP	37,03	35,91
27 Louw, Guillaume	19	Curro Durbanville Aquatics-CP	36,16	36,10
28 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	36,19	36,21
29 Naude, Zian	16	Paarl Aquarius SC-CE	35,93	36,22
30 Treurnicht, Wim G	17	Players-CE	35,39	36,48
31 Burger, Schalk S	17	Swartland Swim Club-WC	37,44	37,36
32 Peceur, Mark D	18	Paarl Aquarius SC-CE	37,05	37,76
33 Chippendale, Logan T	16	Sport Science Institute of SA-CP	39,26	39,10

## Event 204 Men 50 LC Meter Breaststroke Multi-Class

2021-Open: 26,82 # 2019/07/03 Michael J. Houlie at 30th Summ

CUDU-CP

Name	Age	Team	Seed Time	Prelim Time
1 Pardoe, James N SB15	11	Greydogs Swimming Club-CP	55,96	55,95 q

## Event 205 Girls 11 &amp; Under 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Neumann, Erin R	10	Generation Swimming Academy-CP	41,29	40,86
2 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	41,79	42,38
3 Fury, Amelia J	11	Vineyard SC-CP	44,16	43,55
4 Atkinson, Anouk E	11	Swartland Swim Club-WC	43,97	43,59
5 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	44,67	43,96
6 Dimatellis, Zoi	10	Royal Swimming Academy-ED	44,99	44,48
7 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	45,34	45,31
8 Hunter, Emma J	10	Knysna Aquatics Jnr-ED	45,01	46,35

## Event 205 Girls 11 &amp; Under 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Neumann, Erin R	10	Generation Swimming Academy-CP	43,04	41,29 q
2 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	44,96	41,79 q
3 Atkinson, Anouk E	11	Swartland Swim Club-WC	46,41	43,97 q
4 Fury, Amelia J	11	Vineyard SC-CP	46,15	44,16 q
5 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	45,98	44,67 q
6 Dimatellis, Zoi	10	Royal Swimming Academy-ED	46,34	44,99 q
7 Hunter, Emma J	10	Knysna Aquatics Jnr-ED	46,39	45,01 q
8 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	45,47	45,34 q
9 Lorenzen, Ava E	10	Blouberg Marlins-CP	45,96	45,37
10 Jurado, Vanessa C	10	Vineyard SC-CP	48,54	46,83
11 Patel, Disha	11	Worcester Aquatics-CE	44,94	46,90
12 Slatter, Mila-Belle	10	Sport Science Institute of SA-CP	50,90	47,71
13 Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	50,26	48,02

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 205 Girls 11 & Under 50 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Prelim Time
14 Cronje, Miané	11	Royal Swimming Academy-ED	47,31	49,09
15 Louw, Isabella A	11	Blouberg Marlins-CP	50,44	50,43
16 Brooker, Isabella J	11	Aqua Athlete Cta-CP	53,95	51,06

**Event 205 Girls 12-13 50 LC Meter Breaststroke**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Neumann, Eva L	12	Generation Swimming Academy-CP	38,05	37,59
2 Evans, Caitlin N	12	Tygerberg Aquatics-CP	39,14	38,46
3 Coleman, Madison	13	Blouberg Marlins-CP	38,30	38,48
4 Putter, Demi	12	Curro Durbanville Aquatics-CP	39,01	38,54
5 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	38,59	39,06
6 Morris, Jenna	13	Vineyard SC-CP	39,91	39,18
7 Visser, Sandri	13	Players-CE	39,90	39,93
8 Van Der Wath, Izi	12	Knysna Aquatics-ED	40,01	40,74

**Event 205 Girls 12-13 50 LC Meter Breaststroke**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Neumann, Eva L	12	Generation Swimming Academy-CP	38,31	38,05 q
2 Coleman, Madison	13	Blouberg Marlins-CP	39,03	38,30 q
3 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	38,21	38,59 q
4 Putter, Demi	12	Curro Durbanville Aquatics-CP	39,59	39,01 q
5 Evans, Caitlin N	12	Tygerberg Aquatics-CP	38,09	39,14 q
6 Visser, Sandri	13	Players-CE	39,90	39,90 q
7 Morris, Jenna	13	Vineyard SC-CP	38,49	39,91 q
8 Van Der Wath, Izi	12	Knysna Aquatics-ED	40,25	40,01 q
9 Le Roux, Lucy L	13	Aquasharks Winelands-CE	40,94	40,36
10 Hahn, Kayleigh K	13	Royal Swimming Academy-ED	41,33	40,85
11 Senekal, Margo	13	Tygerberg Aquatics-CP	42,56	40,98
12 Bosman, Daizeli	12	Players-CE	40,98	41,13
13 Newton, Ava L	13	Curro Durbanville Aquatics-CP	41,50	42,00
14 Gerber, Simonè M	12	Greydogs Swimming Club-CP	43,07	42,31
15 Geysler, Almi	13	Lane Leader Stellenbosch-CE	43,54	42,75
16 Adams, Sydni M	13	Vineyard SC-CP	42,28	43,68
17 Lodewyks, Jeandré	12	Fish Eagle Aquatics-ED	44,66	43,95
18 Visagie, Larissa	13	Aqua Sharks Academy-CP	44,68	44,02
19 De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	46,77	44,37
20 Bruwer, Casey	13	Blouberg Marlins-CP	45,01	45,00
21 Van Niekerk, Ona	13	Fish Eagle Aquatics-ED	46,62	45,13
22 Wium, Mari	13	Quicksilver Aquatics Winelands-CE	45,80	45,53
23 Visagie, Jani	13	Swartland Swim Club-WC	46,91	45,72
24 Steyn, Lucy S	12	Tygerberg Aquatics-CP	51,45	45,86
25 Waters, Megan D	12	Blouberg Marlins-CP	46,31	45,97
26 Baillie, Gabi J	12	Royal Swimming Academy-ED	48,39	46,03
27 Hendricks, Jemma	13	Vineyard SC-CP	47,37	46,13
28 Vd Merwe, Mi-Ly	13	Biosplash Swim Academy-CE	47,15	46,53
29 Trout, Sophia L	13	Vineyard SC-CP	44,00	46,55
30 Otterbach, Lily	12	Tygerberg Aquatics-CP	46,84	46,62
31 Minnaar, Stephanie	12	Tygerberg Aquatics-CP	48,47	48,03
32 O'Carroll, Nia E	12	Biosplash Swim Academy-CE	50,09	48,50

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 205 Girls 12-13 50 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time
33 Holman, Acaylia	12	Marlin Swimming Club-CP	47,93	48,56

## Event 205 Women 14-15 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
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## Finals

1 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	35,90	36,71
2 Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	37,83	36,91
3 Putter, Tanè	15	Curro Durbanville Aquatics-CP	37,04	36,94
4 Gerber, Mia	14	Maties Aquatics-CE	38,29	39,02
5 Jurado, Stephanie C	14	Sport Science Institute of SA-CP	38,51	39,06
6 Ryser, Aurora	15	Tygerberg Aquatics-CP	39,51	39,17
7 Olivier, Shani	15	The Well-CE	39,17	39,38
8 Corrigan, Cara J	15	Fish Eagle Aquatics-ED	38,70	39,65

## Event 205 Women 14-15 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
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## Preliminaries

1 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	36,48	35,90	q
2 Putter, Tanè	15	Curro Durbanville Aquatics-CP	36,56	37,04	q
3 Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	37,24	37,83	q
4 Gerber, Mia	14	Maties Aquatics-CE	40,41	38,29	q
5 Jurado, Stephanie C	14	Sport Science Institute of SA-CP	38,90	38,51	q
6 Corrigan, Cara J	15	Fish Eagle Aquatics-ED	39,25	38,70	q
7 Olivier, Shani	15	The Well-CE	38,87	39,17	q
8 Ryser, Aurora	15	Tygerberg Aquatics-CP	39,66	39,51	q
9 Jeftha, Zara L	14	Marlin Swimming Club-CP	39,21	39,66	
10 Tsai, Emily A	14	Blouberg Marlins-CP	40,22	39,71	
11 Burke, Erin	15	Aqua Athlete Cta-CP	38,91	40,02	
12 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	40,56	40,17	
13 Kriek, Mila	15	Quicksilver Aquatics Winelands-CE	40,40	40,33	
14 Harris, Gemma	15	Marlin Swimming Club-CP	39,10	40,34	
15 Witten, Hannah	15	Aqua Sharks Academy-CP	39,93	40,61	
16 Abrahams, Eve	14	Vineyard SC-CP	40,23	40,88	
17 Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	42,40	41,14	
18 Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP	45,85	42,51	
19 Louw, Alexa	14	Blouberg Marlins-CP	42,42	42,81	
20 Lategan, Emma M	14	Curro Durbanville Aquatics-CP	43,87	43,12	
21 Kotzè, Tamsyn G	15	Blouberg Marlins-CP	44,33	43,29	

## Event 205 Women 16 &amp; Over 50 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
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## Finals

1 Cope, Morgan M	16	Generation Swimming Academy-CP	33,18	33,40
2 Paljk, Tilka	25	Maties Aquatics-CE	35,29	34,79
3 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	35,85	36,89
4 Hugo, Anika S	16	Paarl Aquarius SC-CE	38,25	37,39
5 Novello, Utah	16	Curro Langebaan Swim Club-WC	39,05	38,23
6 Heyes, Danielle A	16	Aqua Sharks Academy-CP	38,08	38,67
7 Roberts, Netanya	20	Maties Aquatics-CE	37,79	38,75
8 Sabbagha, Annè	16	Paarl Aquarius SC-CE	38,02	38,84
9 Paulse, Hannah N	19	Vineyard SC-CP	37,42	38,90
10 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	38,84	38,97

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 205 Women 16 &amp; Over 50 LC Meter Breaststroke)

Name	Age	Team	Prelim Time	Finals Time
11 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	38,57	39,09
12 Pretorius, Ashleè	17	Sport Science Institute of SA-CP	39,11	39,29
13 Bester, Christine F	16	Aquasharks Winelands-CE	39,35	39,44
14 Botha, Lara E	16	Aquasharks Winelands-CE	39,36	39,88
15 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	39,94	40,84
16 Benade, Kerry	18	Sport Science Institute of SA-CP	43,25	41,61

## Event 205 Women 16 &amp; Over 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Cope, Morgan M	16	Generation Swimming Academy-CP	32,53	33,18 q
2 Paljk, Tilka	25	Maties Aquatics-CE	35,27	35,29 q
3 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	37,17	35,85 q
4 Paulse, Hannah N	19	Vineyard SC-CP	37,95	37,42 q
5 Roberts, Netanya	20	Maties Aquatics-CE	37,28	37,79 q
6 Sabbagha, Annè	16	Paarl Aquarius SC-CE	37,10	38,02 q
7 Heyes, Danielle A	16	Aqua Sharks Academy-CP	39,28	38,08 q
8 Hugo, Anika S	16	Paarl Aquarius SC-CE	38,55	38,25 q
9 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	40,04	38,57 q
10 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	38,57	38,84 q
11 Novello, Utah	16	Curro Langebaan Swim Club-WC	38,23	39,05 q
12 Pretorius, Ashleè	17	Sport Science Institute of SA-CP	39,62	39,11 q
13 Bester, Christine F	16	Aquasharks Winelands-CE	39,08	39,35 q
14 Botha, Lara E	16	Aquasharks Winelands-CE	39,18	39,36 q
15 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	41,30	39,94 q
16 Benade, Kerry	18	Sport Science Institute of SA-CP	42,15	43,25 q

## Event 205 Women 50 LC Meter Breaststroke Multi-Class

2021-Open: 31,50 # 2001/03/29 Sarah Poewe at Telkom SA Natio

WPA-WP

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Krieglger, Joanica C SB10	18	Curro Durbanville Aquatics-CP	41,36	43,21 q

## Event 206 Boys 11 &amp; Under 200 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>A - Final</b>				
1 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	2:25,73	2:24,40
33,92 1:10,78 1:47,58 2:24,40				
2 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	2:29,98	2:28,39
33,93 1:11,67 1:49,81 2:28,39				
3 Viljoen, Llewelyn	11	Knysna Aquatics-ED	2:32,28	2:30,24
34,85 1:12,94 1:52,16 2:30,24				
4 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	2:32,81	2:34,61
34,47 1:13,97 1:54,10 2:34,61				
5 Hahn, Kyle	10	Royal Swimming Academy-ED	2:35,93	2:35,39
1:16,42 1:57,70 2:35,39				
6 Swart, Nico N	11	Aqua Sharks Academy-CP	2:33,70	2:35,62
34,82 1:14,52 2:35,62				
7 Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	2:35,96	2:36,53
34,96 1:15,68 1:56,83 2:36,53				
8 Trower, Michael	11	Tygerberg Aquatics-CP	2:37,68	2:37,34
36,17 1:16,86 1:57,76 2:37,34				

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Event 206 Boys 11 & Under 200 LC Meter Freestyle**

	Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>						
1	Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	2:25,06	2:25,73	q
	33,67 1:10,95 1:48,77		2:25,73			
2	Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	2:27,23	2:29,98	q
	34,68 1:13,35 1:53,39		2:29,98			
3	Viljoen, Llewelyn	11	Knysna Aquatics-ED	2:32,27	2:32,28	q
	34,42 1:12,53 1:52,71		2:32,28			
4	Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	2:35,25	2:32,81	q
	33,75 1:12,77 1:53,38		2:32,81			
5	Swart, Nico N	11	Aqua Sharks Academy-CP	2:39,05	2:33,70	q
	35,01 1:15,11 1:54,84		2:33,70			
6	Hahn, Kyle	10	Royal Swimming Academy-ED	2:39,98	2:35,93	q
	35,39 1:15,80 1:56,66		2:35,93			
7	Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	2:42,11	2:35,96	q
	35,00 1:15,07 2:35,96					
8	Trower, Michael	11	Tygerberg Aquatics-CP	2:38,44	2:37,68	q
	35,52 1:16,95 1:57,51		2:37,68			
9	Pautz, Benjamin R	10	Blouberg Marlins-CP	2:38,17	2:38,23	
	36,53 1:17,20 1:58,26		2:38,23			
10	Möller, Van Zyl V	11	Tygerberg Aquatics-CP	2:47,19	2:44,66	
	38,43 1:21,11 2:04,26		2:44,66			
11	Bright, Michael C	10	Curro Durbanville Aquatics-CP	2:40,26	2:45,04	
	38,14 1:19,94 2:03,74		2:45,04			
12	Havinga, Christopher	11	Biosplash Swim Academy-CE	2:52,56	2:46,46	
	38,00 1:20,32 2:04,11		2:46,46			
13	Coleman, Travis	11	Blouberg Marlins-CP	2:46,85	2:46,60	
	37,33 1:20,72 2:04,74		2:46,60			
14	Troskie, Roean	11	Quick Silver Swimming Academy-CP	2:47,35	2:47,74	
	38,20 1:21,79 2:06,44		2:47,74			
15	Vorster, Caiden	11	Curro Langebaan Swim Club-WC	2:52,91	2:47,95	
	38,83 1:22,17 2:06,83		2:47,95			
16	Parr, Colby S	11	Knysna Aquatics-ED	2:46,03	2:50,08	
	38,38 1:22,02 2:06,86		2:50,08			
17	Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	2:59,91	2:50,79	
	39,19 1:24,87 2:08,87		2:50,79			
18	Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	2:59,23	2:51,31	
	38,78 1:23,22 2:51,31					
19	Hodgskiss, Fin J	11	Sport Science Institute of SA-CP	2:51,04	2:51,85	
	38,99 1:23,11 2:08,82		2:51,85			
20	Loots, Noah C	11	Generation Swimming Academy-CP	2:54,17	2:53,35	
	37,04 1:21,70 2:08,15		2:53,35			
21	Simpson, Rhoderick M	9	Royal Swimming Academy-ED	2:50,39	2:54,04	
	38,78 1:23,80 2:09,18		2:54,04			
22	Weber, Daniel	11	Players-CE	3:02,75	2:56,76	
23	Faulkner, Callum E	11	Blouberg Marlins-CP	2:53,92	2:59,88	
	39,06 1:25,12 2:13,18		2:59,88			

**Event 206 Boys 12-13 200 LC Meter Freestyle**

	Name	Age	Team	Prelim Time	Finals Time
<b>A - Final</b>					
1	Trower, Nic T	13	Tygerberg Aquatics-CP	2:06,75	2:04,37
	28,06 1:32,22 2:04,37				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## A - Final ... (Event 206 Boys 12-13 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
2 Smith, Sebastian N 30,68 1:05,05 1:39,71 2:13,44	13	Tygerberg Aquatics-CP	2:16,16	2:13,44
3 Kalapac, Joshua 31,76 1:06,90 1:42,14 2:15,10	13	Blouberg Marlins-CP	2:18,09	2:15,10
4 Stephenson, Liam N 30,20 1:05,17 1:40,60 2:15,69	13	Fish Eagle Aquatics-ED	2:15,66	2:15,69
5 De Lange, Adriaan 30,85 1:05,68 1:41,42 2:17,23	12	Tygerberg Aquatics-CP	2:18,35	2:17,23
6 De Kock, John P 31,27 1:45,32 2:22,06	13	Aqua Sharks Academy-CP	2:20,42	2:22,06
7 Vermeulen, Hanco 31,86 1:07,97 1:45,41 2:22,13	13	Tygerberg Aquatics-CP	2:23,42	2:22,13
8 Kotze, Eric B 32,97 1:08,66 1:46,34 2:22,15	13	Biosplash Swim Academy-CE	2:19,53	2:22,15

## Event 206 Boys 12-13 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Trower, Nic T 28,98 1:01,34 2:06,75	13	Tygerberg Aquatics-CP	2:06,38	2:06,75 q
2 Stephenson, Liam N 30,78 1:05,75 1:41,49 2:15,66	13	Fish Eagle Aquatics-ED	2:16,47	2:15,66 q
3 Smith, Sebastian N 31,88 1:07,30 1:42,65 2:16,16	13	Tygerberg Aquatics-CP	2:17,57	2:16,16 q
4 Kalapac, Joshua 31,29 1:06,91 1:42,64 2:18,09	13	Blouberg Marlins-CP	2:18,82	2:18,09 q
5 De Lange, Adriaan 31,41 1:06,06 2:18,35	12	Tygerberg Aquatics-CP	2:25,50	2:18,35 q
6 Kotze, Eric B 33,70 1:07,81 1:44,10 2:19,53	13	Biosplash Swim Academy-CE	2:20,09	2:19,53 q
7 De Kock, John P 31,13 1:06,62 2:20,42	13	Aqua Sharks Academy-CP	2:24,31	2:20,42 q
8 Vermeulen, Hanco 31,55 1:08,35 1:46,66 2:23,42	13	Tygerberg Aquatics-CP	2:27,49	2:23,42 q
9 Das Neves, Lucas P 31,67 1:07,45 1:46,13 2:23,81	13	Tygerberg Aquatics-CP	2:22,34	2:23,81
10 Lategan, Nicky N 32,46 1:09,43 1:47,21 2:23,92	13	Swartland Swim Club-WC	2:27,72	2:23,92
11 Schultz, Heinrich W 32,65 1:08,88 1:46,68 2:24,18	13	Curro Durbanville Aquatics-CP	2:22,68	2:24,18
12 Fernold, AJ 33,07 1:11,11 1:48,37 2:24,31	12	Royal Swimming Academy-ED	2:23,41	2:24,31
13 Rosslee, Christian F 33,47 1:10,59 1:48,19 2:25,38	13	Tygerberg Aquatics-CP	2:24,33	2:25,38
14 Haupt, Rhys A 32,93 1:09,69 1:48,44 2:25,40	13	Vineyard SC-CP	2:25,03	2:25,40
15 Mansfield, Luke T 33,70 1:11,08 1:49,19 2:25,63	12	Lane Leader Stellenbosch-CE	2:34,57	2:25,63
16 Williams, Jayden J 32,01 1:09,18 1:48,64 2:25,71	13	Paarl Aquarius SC-CE	2:23,30	2:25,71
17 Poggenpoel, Troy J 33,16 1:10,34 1:48,86 2:25,76	13	Marlin Swimming Club-CP	2:28,99	2:25,76

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 206 Boys 12-13 200 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
18	Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	2:27,40	2:26,78
	31,86 1:09,26 1:47,64		2:26,78		
19	Snyders, Kyle	12	Curro Langebaan Swim Club-WC	2:29,28	2:26,89
	33,58 1:11,50 1:49,98		2:26,89		
20	Bezuidenhout, Ernst E	12	Curro Durbanville Aquatics-CP	2:26,98	2:27,97
	34,76 1:12,17 1:50,80		2:27,97		
21	Williams, Evan B	12	Sport Science Institute of SA-CP	2:40,39	2:29,16
	34,96 1:15,07 1:53,31		2:29,16		
22	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	2:25,80	2:29,34
	32,68 1:11,19 1:50,36		2:29,34		
23	Theys, Jayden-Lee	13	Evolution Aquatics-CP	2:32,57	2:30,36
	32,64 1:09,85 1:49,27		2:30,36		
24	Sirin, Ben	13	Vineyard SC-CP	2:36,56	2:30,40
	33,45 1:10,90 1:51,20		2:30,40		
25	Bezuidenhout, Carlo	13	Fish Eagle Aquatics-ED	2:33,42	2:30,61
	33,85 1:11,89 1:52,22		2:30,61		
26	Kotzè, Arden C	12	Paarl Aquarius SC-CE	2:32,71	2:31,20
	34,43 1:12,49 1:52,40		2:31,20		
27	Roman, Noah P	12	Aqua Dolphin Swimming Club-CP	2:32,71	2:32,21
	34,74 1:13,79 1:53,51		2:32,21		
28	Kotzè, Max M	13	Blouberg Marlins-CP	2:31,34	2:32,92
	34,51 1:13,99 1:54,34		2:32,92		
29	Coolen, Jonathan T	12	Biosplash Swim Academy-CE	2:40,66	2:33,42
	34,98 1:12,87 1:53,26		2:33,42		
30	Vd Westhuizen, Ulrich J	13	Players-CE	2:26,30	2:33,81
	34,38 2:33,81				
31	De Bruyn, Cornè C	13	Aqua Sharks Academy-CP	2:34,29	2:33,99
	35,62 1:15,00 1:55,23		2:33,99		
32	Goussard, Henry	12	Greydogs Swimming Club-CP	2:34,50	2:35,02
	33,42 1:12,26 1:52,91		2:35,02		
33	Bouwer, Jason	12	Tygerberg Aquatics-CP	2:37,06	2:36,02
	35,29 1:15,11 1:56,04		2:36,02		
34	Lesch, Stef	13	Swartland Swim Club-WC	2:44,19	2:37,67
	34,00 1:14,13 1:56,22		2:37,67		
35	Liedeman, Mark	12	Swartland Swim Club-WC	2:35,59	2:37,96
	36,06 1:15,99 1:57,26		2:37,96		
36	Pratt, Julian	13	Generation Swimming Academy-CP	2:39,63	2:38,47
	35,07 1:15,43 1:57,59		2:38,47		
37	Pullock, Sam J	13	Curro Hermanus Aquatics-OB	2:45,41	2:39,72
	35,26 1:16,55 1:59,83		2:39,72		
38	Rheeder, Liam M	12	Paarl Aquarius SC-CE	2:39,24	2:40,05
	35,28 1:15,84 1:58,55		2:40,05		
39	Abrahams, Rayhan	13	Walmers SC-CP	2:43,29	2:40,99
	1:16,72 2:40,99				
40	Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	2:45,47	2:43,35
	35,98 1:17,90 2:00,87		2:43,35		
41	Ollomo, Aaron M	12	Blouberg Marlins-CP	2:56,37	2:45,91
	33,28 1:14,41 2:00,61		2:45,91		
42	Wessels, Dirk	13	Agulhas Aquatics-OB	2:50,55	2:47,56
	37,62 1:19,61 2:03,80		2:47,56		
43	Lee, Luka V	12	Quick Silver Swimming Academy-CP	2:50,00	2:54,88
	39,21 1:25,09 2:11,28		2:54,88		

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Event 206 Men 14-15 200 LC Meter Freestyle**

Name		Age	Team	Prelim Time	Finals Time
<b>A - Final</b>					
1	Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	2:01,28	2:00,59
	27,51 57,80 1:29,11		2:00,59		
2	Clarke, Liam	15	Lane Leader Stellenbosch-CE	2:05,67	2:05,21
	28,68 1:00,32 1:32,50		2:05,21		
3	Minnie, Kodi I	14	Royal Swimming Academy-ED	2:05,97	2:06,58
	28,06 59,99 1:32,75		2:06,58		
4	Van Wyk, Wayne E	14	Generation Swimming Academy-CP	2:10,30	2:08,70
	29,34 1:02,19 1:36,28		2:08,70		
5	Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	2:07,84	2:09,30
	29,30 1:01,38 1:35,04		2:09,30		
6	Van Vondel, Anton J	15	Tygerberg Aquatics-CP	2:09,60	2:10,86
	29,54 1:02,90 1:37,44		2:10,86		
7	Pretorius, Luuk E	14	Knysna Aquatics-ED	2:09,49	2:11,01
	29,04 1:02,14 1:36,62		2:11,01		
8	Beukes, Wade	15	Vineyard SC-CP	2:09,57	2:11,60
	29,45 1:01,48 1:36,02		2:11,60		

**Event 206 Men 14-15 200 LC Meter Freestyle**

Name		Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	2:02,63	2:01,28 q
	28,21 58,60 1:30,09		2:01,28		
2	Clarke, Liam	15	Lane Leader Stellenbosch-CE	2:08,75	2:05,67 q
	29,42 1:01,63 1:33,78		2:05,67		
3	Minnie, Kodi I	14	Royal Swimming Academy-ED	2:09,08	2:05,97 q
	28,11 1:00,20 1:32,58		2:05,97		
4	Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	2:06,78	2:07,84 q
5	Pretorius, Luuk E	14	Knysna Aquatics-ED	2:08,93	2:09,49 q
	29,17 1:00,95 1:34,96		2:09,49		
6	Beukes, Wade	15	Vineyard SC-CP	2:08,53	2:09,57 q
	30,73 1:03,60 1:36,72		2:09,57		
7	Van Vondel, Anton J	15	Tygerberg Aquatics-CP	2:08,41	2:09,60 q
	30,15 1:03,18 1:36,49		2:09,60		
8	Van Wyk, Wayne E	14	Generation Swimming Academy-CP	2:09,35	2:10,30 q
	30,18 1:03,89 1:37,87		2:10,30		
9	Kleynhans, Ian	15	Generation Swimming Academy-CP	2:11,69	2:10,43
	29,93 1:03,12 1:36,93		2:10,43		
10	Clayton, Antony L	15	Lane Leader Stellenbosch-CE	2:17,22	2:11,02
	30,13 1:02,94 1:36,77		2:11,02		
11	Alexander, Ammaar	15	Marlin Swimming Club-CP	2:14,12	2:11,30
	30,26 1:04,53 1:39,67		2:11,30		
12	McWilliam, Troy J	15	Tygerberg Aquatics-CP	2:14,19	2:12,54
	30,88 1:05,64 1:40,26		2:12,54		
13	Solomon, Ethan	14	Aqua Dolphin Swimming Club-CP	2:12,65	2:12,78
	30,13 1:04,39 1:39,24		2:12,78		
14	Lottering, Seb C	14	Royal Swimming Academy-ED	2:14,85	2:13,53
	31,20 1:05,85 1:40,82		2:13,53		
15	Koekemoer, Callum	14	Quick Silver Swimming Academy-CP	2:18,61	2:14,46
	29,92 1:03,91 1:39,13		2:14,46		
16	Bannister, Joshua G	14	Tygerberg Aquatics-CP	2:14,87	2:14,73
	31,10 1:05,94 1:41,20		2:14,73		



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 206 Men 14-15 200 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
17 Hutton, Jake	15	Blouberg Marlins-CP	2:08,74	2:14,92
29,96 1:04,44 1:39,66		2:14,92		
18 Möller, FC C	15	Tygerberg Aquatics-CP	2:16,62	2:14,97
31,35 1:06,05 1:40,96		2:14,97		
19 Prince, Joshua	14	Sport Science Institute of SA-CP	2:18,19	2:15,11
31,69 1:06,51 1:43,01		2:15,11		
20 Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:23,38	2:15,34
30,71 1:05,23 1:42,10		2:15,34		
21 Terblanche, Luan L	14	Tygerberg Aquatics-CP	2:17,54	2:16,36
31,62 1:06,31 1:41,65		2:16,36		
22 McPetrie, James L	15	Manta SC-CP	2:21,72	2:16,71
31,32 1:06,60 1:42,58		2:16,71		
23 Scott, Luke J	14	Knysna Aquatics-ED	2:11,78	2:17,31
30,21 1:04,92 1:41,22		2:17,31		
24 Geysler, Jacques M	15	Lane Leader Stellenbosch-CE	2:21,45	2:17,59
31,14 1:06,53 1:42,92		2:17,59		
25 Brooker, Matthew W	15	Aqua Athlete Cta-CP	2:23,70	2:17,65
30,68 1:05,44 1:41,82		2:17,65		
26 Heyes, Garrick T	14	Aqua Sharks Academy-CP	2:20,93	2:17,68
31,43 1:06,42 1:42,08		2:17,68		
27 Witbooi, Reinhardt J	15	Biosplash Swim Academy-CE	2:23,16	2:17,88
30,99 1:05,63 1:42,04		2:17,88		
28 Van Der Merwe, Ula W	15	Knysna Aquatics-ED	2:09,05	2:17,97
30,20 1:03,91 1:40,78		2:17,97		
29 Koekemoer, Quinn D	15	Quick Silver Swimming Academy-CP	2:23,36	2:18,02
30,78 1:06,26 1:42,90		2:18,02		
30 Bester, Eben	15	Tygerberg Aquatics-CP	2:18,36	2:18,27
30,06 1:04,54 1:41,84		2:18,27		
31 Adams, Imtiyaaz	14	Aqua Dolphin Swimming Club-CP	2:22,25	2:18,61
31,76 1:06,76 1:43,34		2:18,61		
32 Schreuder, Steffen	14	Aquasharks Winelands-CE	2:20,53	2:19,38
30,81 1:05,66 1:42,41		2:19,38		
33 Atkinson, Samuel A	14	Swartland Swim Club-WC	2:20,80	2:19,49
31,54 1:06,90 1:44,20		2:19,49		
34 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	2:26,23	2:20,32
31,76 1:07,81 1:44,89		2:20,32		
35 Orchard, Thomas J	15	Swartland Swim Club-WC	2:22,55	2:21,34
32,68 1:09,41 1:47,65		2:21,34		
36 Breet, Dawie-Louw L	15	Players-CE	2:20,87	2:21,44
31,85 1:07,62 1:45,23		2:21,44		
37 Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	2:20,85	2:22,46
33,64 1:10,70 1:48,47		2:22,46		
38 Van Helden, Ethan C	14	Generation Swimming Academy-CP	2:27,62	2:22,48
32,38 1:08,33 1:45,47		2:22,48		
39 Stander, Luan	14	Players-CE	2:23,43	2:22,69
31,33 1:07,01 1:45,24		2:22,69		
40 Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	2:26,13	2:23,07
31,55 1:08,32 1:47,32		2:23,07		
41 De Beer, Rynard A	14	Quicksilver Aquatics Winelands-CE	2:29,20	2:23,68
32,21 1:08,70 1:47,17		2:23,68		
42 Den Haan, Stèfan	15	Quick Silver Swimming Academy-CP	2:24,88	2:24,07
33,14 1:09,35 1:46,97		2:24,07		
43 Karsten, Jody	15	Blouberg Marlins-CP	2:21,22	2:24,24
32,06 1:09,33 1:47,89		2:24,24		

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 206 Men 14-15 200 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Prelim Time
44 Potgieter, Liam	15	Fish Eagle Aquatics-ED	2:18,57	2:24,69
32,24 1:08,96 1:46,29			2:24,69	
45 Kirsten, John-William R	14	Lane Leader Stellenbosch-CE	2:26,51	2:26,41
33,59 1:11,54 1:50,63			2:26,41	
46 Pautz, Nathan M	14	Blouberg Marlins-CP	2:26,65	2:27,79
33,28 1:10,35 1:49,50			2:27,79	
47 Nefdt, Grant	15	Vineyard SC-CP	2:28,14	2:28,50
33,59 1:11,31 1:50,28			2:28,50	
48 Rohner, Jayden M	15	Blouberg Marlins-CP	2:18,16	2:29,54
31,79 1:08,51 1:48,58			2:29,54	
49 Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	2:35,30	2:30,49
33,03 1:11,31 1:50,55			2:30,49	

**Event 206 Men 16 & Over 200 LC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time
<b>A - Final</b>				
1 Steyn, Stefan A	16	Knysna Aquatics-ED	1:58,68	1:57,23
27,22 57,33 1:26,75			1:57,23	
2 Luck, Taylor R	17	Vineyard SC-CP	2:00,56	1:58,46
27,64 58,12 1:29,01			1:58,46	
3 Viljoen, Adriaan	20	Maties Aquatics-CE	1:57,39	1:58,69
26,87 56,02 1:26,68			1:58,69	
4 Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	1:58,66	1:59,12
27,60 58,28 1:28,63			1:59,12	
5 Bailey, Ethan J	19	Aqua Dolphin Swimming Club-CP	1:57,74	1:59,42
27,77 58,54 1:29,01			1:59,42	
6 Petersen, Aiden	20	Maties Aquatics-CE	2:01,94	2:01,17
27,56 58,05 1:29,54			2:01,17	
7 Bromfield, Michael V	21	Maties Aquatics-CE	2:02,00	2:01,89
27,54 58,51 1:29,56			2:01,89	
8 West, Gabriel	18	Tygerberg Aquatics-CP	2:02,58	2:02,20
27,73 59,16 1:30,64			2:02,20	
<b>B - Final</b>				
9 Wright, Keegan	16	Tygerberg Aquatics-CP	2:03,44	2:01,70
28,04 59,31 1:31,44			2:01,70	
10 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	2:04,26	2:03,43
29,14 1:00,81 1:32,41			2:03,43	
11 Viljoen, Stèphen	16	Aquasharks Winelands-CE	2:03,21	2:03,55
28,67 1:00,03 1:32,35			2:03,55	
12 Ellis, Liam	16	Aqua Athlete Cta-CP	2:06,81	2:07,21
28,96 1:01,23 1:34,29			2:07,21	
13 Volschenk, Ben T	16	Tygerberg Aquatics-CP	2:06,80	2:07,58
28,18 59,82 1:33,09			2:07,58	
14 Hugo, Retief R	16	Aquasharks Winelands-CE	2:07,10	2:07,82
28,51 1:00,35 1:33,73			2:07,82	
15 Levey, Chad	16	Generation Swimming Academy-CP	2:07,30	2:09,63
29,07 1:01,55 1:35,30			2:09,63	
16 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	2:07,95	2:11,36
29,62 1:02,97 1:38,38			2:11,36	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 206 Men 16 &amp; Over 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Viljoen, Adriaan	20	Maties Aquatics-CE	1:57,80	1:57,39	q
27,41 56,37 1:26,63	1:57,39				
2 Bailey, Ethan J	19	Aqua Dolphin Swimming Club-CP	2:01,02	1:57,74	q
27,31 57,27 1:27,94	1:57,74				
3 Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	1:56,71	1:58,66	q
26,89 55,98 1:27,28	1:58,66				
4 Steyn, Stefan A	16	Knysna Aquatics-ED	1:58,39	1:58,68	q
27,28 57,92 1:28,35	1:58,68				
5 Luck, Taylor R	17	Vineyard SC-CP	1:56,92	2:00,56	q
6 Petersen, Aiden	20	Maties Aquatics-CE	2:02,22	2:01,94	q
7 Bromfield, Michael V	21	Maties Aquatics-CE	2:00,21	2:02,00	q
8 West, Gabriel	18	Tygerberg Aquatics-CP	2:03,12	2:02,58	q
28,04 59,67 1:31,51	2:02,58				
9 Viljoen, Stèphen	16	Aquasharks Winelands-CE	2:10,63	2:03,21	q
28,22 59,54 1:31,86	2:03,21				
10 Wright, Keegan	16	Tygerberg Aquatics-CP	2:02,74	2:03,44	q
28,62 1:00,26 1:32,31	2:03,44				
11 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	2:02,66	2:04,26	q
29,34 1:00,78 1:33,29	2:04,26				
12 Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	2:07,31	2:06,40	q
13 Emslie, Joshua D	20	Maties Aquatics-CE	2:02,20	2:06,52	q
28,91 1:00,96 1:32,76	2:06,52				
14 Volschenk, Ben T	16	Tygerberg Aquatics-CP	2:08,15	2:06,80	q
29,13 1:01,62 1:35,00	2:06,80				
15 Ellis, Liam	16	Aqua Athlete Cta-CP	2:06,82	2:06,81	q
28,86 1:01,48 1:34,32	2:06,81				
16 Hugo, Retief R	16	Aquasharks Winelands-CE	2:09,10	2:07,10	q
29,70 1:01,48 1:33,97	2:07,10				
17 Levey, Chad	16	Generation Swimming Academy-CP	2:11,05	2:07,30	
29,36 1:00,62 1:33,79	2:07,30				
18 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	2:08,53	2:07,95	
29,67 1:02,25 1:34,67	2:07,95				
19 Malan, Johan S	16	Curro Durbanville Aquatics-CP	2:09,01	2:08,01	
29,20 1:01,45 1:34,28	2:08,01				
20 Strydom, Stephan	17	Tygerberg Aquatics-CP	2:09,99	2:08,63	
28,84 1:01,40 1:35,09	2:08,63				
21 Myburgh, Jordan	17	Blouberg Marlins-CP	2:06,98	2:08,77	
28,42 1:00,43 1:34,93	2:08,77				
22 Oosthuizen, Nic D	20	Sport Science Institute of SA-CP	2:07,62	2:08,90	
29,32 1:02,16 1:36,30	2:08,90				
23 Abrahams, Matthew N	23	Aqua Sharks Academy-CP	2:13,53	2:08,92	
28,45 1:00,85 1:34,95	2:08,92				
24 Basson, Wilan	16	Aqua Sharks Academy-CP	2:12,66	2:09,17	
28,83 1:01,18 1:35,28	2:09,17				
25 Swart, Niklis	17	Players-CE	2:07,75	2:09,52	
28,58 1:00,72 1:35,09	2:09,52				
26 Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	2:09,54	2:10,37	
29,86 1:02,71 1:36,44	2:10,37				
27 Gamieldien, Suhail	18	Aqua Dolphin Swimming Club-CP	2:05,86	2:10,50	
28 Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	2:10,16	2:11,04	
28,72 1:01,78 1:36,59	2:11,04				

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 206 Men 16 & Over 200 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
29	Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:11,30	2:11,50
	29,21 1:02,35 1:37,54		2:11,50		
30	Coetzee, Liam	17	Players-CE	2:10,87	2:11,78
	28,82 1:03,11 1:38,58		2:11,78		
31	Carrol, Matt	17	Blouberg Marlins-CP	2:08,65	2:11,83
	29,78 1:03,31 1:37,55		2:11,83		
32	Van Wyk, Wesley R	16	Generation Swimming Academy-CP	2:08,68	2:11,95
	29,76 1:02,72 1:36,89		2:11,95		
33	Barnard, Rohan C	18	Blouberg Marlins-CP	2:10,74	2:12,44
	29,44 1:02,69 1:37,42		2:12,44		
34	Foot, Aiden C	16	Swartland Swim Club-WC	2:14,70	2:12,68
	30,57 1:05,43 1:40,72		2:12,68		
35	McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:13,05	2:12,83
	30,36 1:04,06 1:39,13		2:12,83		
36	Treurnicht, Wim G	17	Players-CE	2:14,29	2:12,98
	28,73 1:01,11 1:36,78		2:12,98		
37	Louw, Adriaan B	16	Curro Langebaan Swim Club-WC	2:02,67	2:13,06
38	Hopkins, Tim	17	Tygerberg Aquatics-CP	2:08,27	2:14,04
	30,51 1:04,94 1:39,68		2:14,04		
39	Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	2:15,22	2:14,30
	30,29 1:05,36 1:40,75		2:14,30		
40	Hibberd, Matthew	25	Blouberg Marlins-CP	2:15,22	2:15,19
	30,73 1:04,13 1:39,78		2:15,19		
41	Theron, Connor G	19	Sport Science Institute of SA-CP	2:05,86	2:15,52
	30,53 1:04,53 1:38,64		2:15,52		
42	Beukes, Mateo A	17	Walmers SC-CP	2:16,42	2:16,47
	31,06 1:06,74 1:42,00		2:16,47		
43	Louw, Guillaume	19	Curro Durbanville Aquatics-CP	2:15,59	2:17,68
	31,45 1:05,79 1:41,29		2:17,68		
44	Naude, Zian	16	Paarl Aquarius SC-CE	2:18,68	2:20,22
	30,02 1:44,01 2:20,22		2:20,22		
45	Chippendale, Logan T	16	Sport Science Institute of SA-CP	2:21,86	2:20,93
	29,95 1:05,12 1:42,84		2:20,93		
46	Van Vuuren, Armand B	17	Generation Swimming Academy-CP	2:22,52	2:24,27
	33,49 1:09,98 1:48,48		2:24,27		
47	Kuun, Wilhelm A	17	Fish Eagle Aquatics-ED	2:35,52	2:32,32
	31,01 1:08,48 1:49,43		2:32,32		

**Event 206 Men 200 LC Meter Freestyle Multi-Class**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Pardoe, James N S15	11	Greydogs Swimming Club-CP	3:11,53	3:02,48 q
	41,29 1:29,23 2:18,14		3:02,48		

**Event 207 Girls 11 & Under 200 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	De Villiers, Anja	11	Tygerberg Aquatics-CP	2:37,59	2:34,75
	35,50 1:15,19 1:56,51		2:34,75		
2	Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	2:40,19	2:35,78
	35,69 1:15,83 1:56,85		2:35,78		
3	Durandt, Sharli	11	Sport Science Institute of SA-CP	2:36,52	2:36,89
	34,82 1:15,40 1:56,66		2:36,89		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 207 Girls 11 &amp; Under 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
4 Neumann, Erin R	10	Generation Swimming Academy-CP	2:38,44	2:40,45
35,91 1:17,27 1:59,31		2:40,45		
5 Basson, Lenè	11	Curro Langebaan Swim Club-WC	2:40,73	2:42,96
36,14 1:17,29 2:42,96				
6 Lorenzen, Ava E	10	Blouberg Marlins-CP	2:43,07	2:44,64
35,85 1:18,07 2:02,38		2:44,64		
7 Brooker, Isabella J	11	Aqua Athlete Cta-CP	2:40,84	2:44,68
35,84 1:18,16 2:44,68				
8 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	2:45,84	2:47,22
36,27 1:19,08 2:47,22				

## Event 207 Girls 11 &amp; Under 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Durandt, Sharli	11	Sport Science Institute of SA-CP	2:46,08	2:36,52 q
34,90 1:16,11 1:57,12		2:36,52		
2 De Villiers, Anja	11	Tygerberg Aquatics-CP	2:36,11	2:37,59 q
36,34 1:17,58 1:59,46		2:37,59		
3 Neumann, Erin R	10	Generation Swimming Academy-CP	2:39,18	2:38,44 q
35,94 1:18,25 2:00,28		2:38,44		
4 Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	2:39,84	2:40,19 q
36,88 1:19,10 2:00,66		2:40,19		
5 Basson, Lenè	11	Curro Langebaan Swim Club-WC	2:42,05	2:40,73 q
35,81 2:40,73				
6 Brooker, Isabella J	11	Aqua Athlete Cta-CP	2:46,60	2:40,84 q
35,93 1:17,94 2:00,40		2:40,84		
7 Lorenzen, Ava E	10	Blouberg Marlins-CP	2:39,52	2:43,07 q
35,58 1:17,95 2:01,65		2:43,07		
8 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	2:45,86	2:45,84 q
36,49 1:18,64 2:02,46		2:45,84		
9 Fury, Amelia J	11	Vineyard SC-CP	2:45,57	2:46,67
38,32 1:20,70 2:03,50		2:46,67		
10 Slatter, Mila-Belle	10	Sport Science Institute of SA-CP	3:05,49	2:49,12
39,25 1:22,77 2:06,81		2:49,12		
11 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	2:54,85	2:51,93
38,39 1:22,37 2:08,63		2:51,93		
12 Cronje, Miané	11	Royal Swimming Academy-ED	2:58,07	2:58,73
39,71 1:25,40 2:58,73				

## Event 207 Girls 12-13 200 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Evans, Caitlin N	12	Tygerberg Aquatics-CP	2:24,24	2:22,56
33,45 1:10,44 1:47,28		2:22,56		
2 Holthuis, Keilah-Naomi	13	Generation Swimming Academy-CP	2:25,93	2:22,73
32,80 1:09,24 1:46,70		2:22,73		
3 Burke, Hannah	13	Aqua Athlete Cta-CP	2:24,56	2:22,98
33,82 1:10,67 1:48,08		2:22,98		
4 Huang, Amelia A	13	Blouberg Marlins-CP	2:23,60	2:23,45
33,18 1:47,13		2:23,45		
5 Liebenberg, Emily M	13	Swartland Swim Club-WC	2:25,63	2:25,65
33,16 1:10,56 1:47,83		2:25,65		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 207 Girls 12-13 200 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
6 Louw, Anieka	12	Curro Durbanville Aquatics-CP	2:27,62	2:27,74
34,33 1:12,24 1:50,08		2:27,74		
7 Hartung, Amy M	13	Aqua Sharks Academy-CP	2:27,57	2:28,04
34,08 1:11,13 2:28,04				
8 Newton, Ava L	13	Curro Durbanville Aquatics-CP	2:27,65	2:29,23
34,21 1:12,31 1:51,05		2:29,23		

## Event 207 Girls 12-13 200 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Huang, Amelia A	13	Blouberg Marlins-CP	2:23,30	2:23,60 q
34,04 1:09,77 1:46,93		2:23,60		
2 Evans, Caitlin N	12	Tygerberg Aquatics-CP	2:24,13	2:24,24 q
33,66 1:11,08 1:48,59		2:24,24		
3 Burke, Hannah	13	Aqua Athlete Cta-CP	2:24,91	2:24,56 q
33,94 1:11,31 1:48,99		2:24,56		
4 Liebenberg, Emily M	13	Swartland Swim Club-WC	2:30,52	2:25,63 q
32,74 1:09,47 1:47,76		2:25,63		
5 Holthuis, Keilah-Naomi	13	Generation Swimming Academy-CP	2:26,36	2:25,93 q
34,02 1:12,54 1:50,73		2:25,93		
6 Oliver, Caibella	13	Aqua Dolphin Swimming Club-CP	2:28,24	2:26,35 q
35,27 1:12,51 1:49,88		2:26,35		
7 Hartung, Amy M	13	Aqua Sharks Academy-CP	2:29,92	2:27,57 q
34,57 1:12,03 1:50,20		2:27,57		
8 Louw, Anieka	12	Curro Durbanville Aquatics-CP	2:27,26	2:27,62 q
34,34 1:12,80 1:50,18		2:27,62		
9 Newton, Ava L	13	Curro Durbanville Aquatics-CP	2:27,03	2:27,65
34,51 1:13,00 1:50,37		2:27,65		
10 Coleman, Madison	13	Blouberg Marlins-CP	2:30,14	2:29,10
33,93 1:11,85 1:50,48		2:29,10		
11 Neumann, Eva L	12	Generation Swimming Academy-CP	2:31,83	2:29,45
33,28 1:11,78 1:51,85		2:29,45		
12 Thobeha, Naledi	13	Quick Silver Swimming Academy-CP	2:32,72	2:30,09
33,69 1:10,72 1:50,43		2:30,09		
13 Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	2:31,56	2:30,62
34,82 1:13,21 1:52,99		2:30,62		
14 Geyser, Almi	13	Lane Leader Stellenbosch-CE	2:35,47	2:32,15
35,20 1:54,22		2:32,15		
15 Senekal, Margo	13	Tygerberg Aquatics-CP	2:33,84	2:32,62
34,38 1:12,65 1:52,49		2:32,62		
16 Vorster, Mia	12	Swartland Swim Club-WC	2:39,72	2:33,07
34,53 1:16,86 1:56,21		2:33,07		
17 DE Necker, Hannah	13	Fish Eagle Aquatics-ED	2:39,30	2:33,12
33,77 1:13,04 1:55,05		2:33,12		
18 Raimond, Marike M	13	Tygerberg Aquatics-CP	2:34,13	2:33,86
34,25 1:13,43 1:54,70		2:33,86		
19 Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	2:34,37	2:33,89
34,93 1:15,08 1:55,38		2:33,89		
20 Burger, Paris	13	Worcester Aquatics-CE	2:41,56	2:34,86
37,79 1:18,96 2:01,97		2:34,86		
21 Holman, Acaylia	12	Marlin Swimming Club-CP	2:34,95	2:34,87
36,50 1:16,68 1:56,79		2:34,87		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 207 Girls 12-13 200 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
22 Courtney, Sierra G	12	Sport Science Institute of SA-CP	2:40,95	2:35,36
36,53 1:16,85 1:56,97		2:35,36		
23 Hebler, Lily M	13	Generation Swimming Academy-CP	2:36,61	2:35,37
35,30 1:15,52 1:56,82		2:35,37		
24 Van Der Wath, Izi	12	Knysna Aquatics-ED	2:37,61	2:35,55
34,62 1:13,67 1:54,81		2:35,55		
25 De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	2:41,34	2:36,84
35,53 1:15,48 1:57,12		2:36,84		
26 Davies, Jessica C	13	Aqua Sharks Academy-CP	2:57,63	2:36,92
37,68 1:21,53 2:05,66		2:36,92		
27 Adams, Sydni M	13	Vineyard SC-CP	2:43,97	2:39,43
35,47 1:15,23 1:57,24		2:39,43		
28 Riley, Logan	12	Vineyard SC-CP	2:49,19	2:39,70
37,86 1:20,61 2:06,95		2:39,70		
29 Landman, Charnè	13	Generation Swimming Academy-CP	2:38,45	2:39,81
37,19 1:18,61 2:39,81				
30 Burger, Juanè	12	Tygerberg Aquatics-CP	2:42,34	2:39,96
36,71 1:17,77 1:59,73		2:39,96		
31 Vd Merwe, Mia	13	Generation Swimming Academy-CP	2:44,59	2:40,12
37,07 1:19,43 2:02,01		2:40,12		
32 Hagglund, Emma H	13	Quick Silver Swimming Academy-CP	2:45,32	2:43,12
37,50 1:19,75 2:02,63		2:43,12		
33 Gerber, Simonè M	12	Greydogs Swimming Club-CP	2:56,51	2:44,16
37,53 1:20,80 2:05,29		2:44,16		
34 Lodewyks, Jeandré	12	Fish Eagle Aquatics-ED	2:51,21	2:44,45
37,84 1:19,98 2:03,69		2:44,45		
35 O'Carroll, Nia E	12	Biosplash Swim Academy-CE	2:46,75	2:44,96
37,73 1:20,33 2:04,02		2:44,96		
36 Dreyer, Arne'	12	Biosplash Swim Academy-CE	2:49,19	2:45,47
37,96 2:03,65 2:45,47				
37 Verhoef, Lara	13	Aqua Sharks Academy-CP	2:39,61	2:46,21
37,54 1:20,29 2:03,84		2:46,21		
38 Juries, Sam C	13	Curro Langebaan Swim Club-WC	2:42,70	2:47,36
35,72 1:16,59 2:02,07		2:47,36		
39 Vd Merwe, Mi-Ly	13	Biosplash Swim Academy-CE	2:44,80	2:47,75
38,34 1:21,98 2:05,30		2:47,75		
40 Morris, Jenna	13	Vineyard SC-CP	3:00,07	2:49,71
38,74 1:21,53 2:06,34		2:49,71		
41 McWilliam, Amy L	13	Tygerberg Aquatics-CP	2:47,33	2:49,76
37,16 1:19,38 2:49,76				
42 Visser, Sandri	13	Players-CE	2:44,78	2:50,06
37,53 1:20,73 2:06,48		2:50,06		
43 Trout, Sophia L	13	Vineyard SC-CP	2:51,07	2:51,34
36,94 1:21,10 2:06,72		2:51,34		
44 Minnaar, Stephanie	12	Tygerberg Aquatics-CP	2:56,57	2:51,64
38,05 1:22,08 2:08,41		2:51,64		
45 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	3:05,96	2:52,16
38,52 1:23,32 2:08,86		2:52,16		
46 Van Niekerk, Ona	13	Fish Eagle Aquatics-ED	2:55,76	2:53,65
37,32 1:19,98 2:06,41		2:53,65		
47 Cloete, Milla D	12	Worcester Aquatics-CE	2:52,62	2:55,08
37,45 1:22,94 2:09,94		2:55,08		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 207 Women 14-15 200 LC Meter Freestyle

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Morton, Tayler R	15	Generation Swimming Academy-CP	2:17,81	2:16,88
	31,32 1:06,07 1:41,58		2:16,88		
2	Burgess, Cassidy S	14	Vineyard SC-CP	2:19,28	2:17,88
	32,14 1:07,42 2:17,88				
3	Manning, Amelia	14	Knysna Aquatics-ED	2:20,10	2:18,61
	32,55 1:07,63 1:43,30		2:18,61		
4	Theron, Jady	15	Aquasharks Winelands-CE	2:16,85	2:18,85
	31,25 1:06,05 1:43,02		2:18,85		
5	Smit, Jenna	15	Blouberg Marlins-CP	2:19,26	2:18,94
	31,73 1:07,25 1:43,84		2:18,94		
6	Kleinhans, Asia J	14	Aqua Dolphin Swimming Club-CP	2:19,93	2:20,02
	33,14 1:08,54 1:44,37		2:20,02		
7	Steenkamp, Veneske	14	Royal Swimming Academy-ED	2:21,64	2:22,91
	32,94 1:08,91 1:46,07		2:22,91		
8	Kuun, Melissa	15	Fish Eagle Aquatics-ED	2:21,16	2:29,30
	32,42 1:09,49 2:29,30				

## Event 207 Women 14-15 200 LC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Theron, Jady	15	Aquasharks Winelands-CE	2:18,89	2:16,85 q
	30,51 1:04,32 1:40,41		2:16,85		
2	Morton, Tayler R	15	Generation Swimming Academy-CP	2:15,59	2:17,81 q
	31,60 1:06,46 1:42,51		2:17,81		
3	Smit, Jenna	15	Blouberg Marlins-CP	2:18,82	2:19,26 q
	32,08 1:07,06 1:43,78		2:19,26		
4	Burgess, Cassidy S	14	Vineyard SC-CP	2:18,92	2:19,28 q
	32,65 1:07,69 1:43,27		2:19,28		
5	Kleinhans, Asia J	14	Aqua Dolphin Swimming Club-CP	2:20,84	2:19,93 q
	33,51 1:09,21 1:45,02		2:19,93		
6	Manning, Amelia	14	Knysna Aquatics-ED	2:19,58	2:20,10 q
	32,82 1:08,20 1:44,50		2:20,10		
7	Kuun, Melissa	15	Fish Eagle Aquatics-ED	2:25,09	2:21,16 q
	32,36 1:08,21 1:45,73		2:21,16		
8	Steenkamp, Veneske	14	Royal Swimming Academy-ED	2:18,43	2:21,64 q
	33,16 1:08,94 1:45,31		2:21,64		
9	Cronjè, Danielle	14	Generation Swimming Academy-CP	2:23,78	2:21,86
	32,67 1:08,10 2:21,86				
10	Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	2:17,76	2:21,92
	32,69 1:08,47 1:45,49		2:21,92		
11	Prinsloo, Mila	15	Aquasharks Winelands-CE	2:22,33	2:22,82
	32,61 1:09,05 1:46,79		2:22,82		
12	De Roubaix, Maric M	15	Lane Leader Stellenbosch-CE	2:28,89	2:23,20
	32,11 1:07,99 1:45,82		2:23,20		
13	Watson, Caitlin C	15	Blouberg Marlins-CP	2:25,72	2:23,35
	33,65 1:10,44 1:47,98		2:23,35		
14	Kotzè, Tamsyn G	15	Blouberg Marlins-CP	2:27,32	2:24,63
	33,46 1:09,81 1:47,87		2:24,63		
15	Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	2:22,08	2:25,18
	33,52 1:10,24 1:47,94		2:25,18		



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 207 Women 14-15 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Prelim Time
16	Voges, Jhoanè E	15	Quick Silver Swimming Academy-CP	2:25,30	2:25,86
	33,32 1:11,42 1:49,78		2:25,86		
17	Franks, Madison M	15	Sport Science Institute of SA-CP	2:23,95	2:28,64
	33,84 1:11,77 1:50,20		2:28,64		
18	Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	2:28,65	2:29,57
	33,48 1:11,02 2:29,57				
19	Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP	2:31,24	2:30,12
	34,58 1:12,21 1:51,03		2:30,12		
20	Schmidt, Amy	14	Curro Langebaan Swim Club-WC	2:27,39	2:30,31
	34,41 1:12,95 1:51,50		2:30,31		
21	Vd Westhuizen, Joy	14	Aqua Dolphin Swimming Club-CP	2:29,07	2:30,51
	33,33 1:11,54 1:51,24		2:30,51		
22	Goebel, Zoë	14	Tygerberg Aquatics-CP	2:35,73	2:30,93
	34,76 1:13,66 1:52,76		2:30,93		
23	Jurado, Stephanie C	14	Sport Science Institute of SA-CP	2:35,32	2:31,85
	34,89 1:14,61 1:53,70		2:31,85		
24	Vd Merwe, Simone	15	Generation Swimming Academy-CP	2:32,11	2:32,47
	33,75 1:12,00 1:53,04		2:32,47		
25	Dowdle, Kalynne	15	Aquasharks Winelands-CE	2:29,53	2:32,80
	33,84 1:12,94 1:53,21		2:32,80		
26	Gerber, Mia	14	Maties Aquatics-CE	2:34,30	2:33,59
	35,75 1:14,93 1:55,34		2:33,59		
27	Olivier, Shani	15	The Well-CE	2:36,33	2:33,68
	36,25 1:15,72 1:55,35		2:33,68		
28	Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	2:36,30	2:34,35
	35,24 1:14,94 1:55,44		2:34,35		
29	Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	2:29,73	2:35,48
	35,39 1:15,33 1:55,83		2:35,48		
30	Vd Walt, Mieke	14	Fish Eagle Aquatics-ED	2:40,78	2:36,92
	35,17 1:15,29 1:55,92		2:36,92		
31	Louw, Alexa	14	Blouberg Marlins-CP	2:31,97	2:37,66
	34,84 1:15,09 2:37,66				
32	Witten, Hannah	15	Aqua Sharks Academy-CP	2:35,61	2:38,52
	37,27 1:19,50 2:00,49		2:38,52		

**Event 207 Women 16 & Over 200 LC Meter Freestyle**

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Van Rensburg, Catherine F	18	TuksSwimming-TS	2:12,80	2:08,94
	29,42 1:01,66 1:35,23		2:08,94		
2	Neilson, Hannah K	17	Maties Aquatics-CE	2:15,11	2:16,76
	32,13 1:07,03 1:42,19		2:16,76		
3	Uys, Tara	17	Tygerberg Aquatics-CP	2:18,72	2:17,12
	32,15 1:07,59 2:17,12				
4	King, Mischa	17	Lane Leader Stellenbosch-CE	2:18,52	2:17,36
	31,43 1:06,20 1:42,02		2:17,36		
5	Kleinhans, Zara I	17	Aqua Dolphin Swimming Club-CP	2:20,94	2:18,25
	32,50 1:07,88 1:43,48		2:18,25		
6	Venter, Liya E	17	Blouberg Marlins-CP	2:18,86	2:19,93
	31,80 1:07,06 1:43,61		2:19,93		
7	Michell, Emma Y	17	Lane Leader Stellenbosch-CE	2:19,51	2:22,56
	32,68 1:08,63 1:45,80		2:22,56		
8	Pretorius, Ashleë	17	Sport Science Institute of SA-CP	2:21,87	2:22,94
	33,10 1:08,64 1:45,86		2:22,94		

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Finals ... (Event 207 Women 16 & Over 200 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
9	Vorster, Carli	16	Swartland Swim Club-WC	2:26,52	2:25,71
	32,89 1:09,08 1:47,19		2:25,71		
10	Tinley, Kate L	18	Royal Swimming Academy-ED	2:25,07	2:25,81
	33,48 1:11,41 1:49,53		2:25,81		
11	Benade, Kerry	18	Sport Science Institute of SA-CP	2:26,07	2:26,21
	32,70 1:10,40 1:49,29		2:26,21		
12	Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	2:25,83	2:26,22
	32,93 1:09,97 1:47,90		2:26,22		
13	Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	2:23,70	2:27,11
	33,25 1:10,62 1:49,20		2:27,11		
14	Bester, Christine F	16	Aquasharks Winelands-CE	2:28,82	2:29,30
	34,17 1:12,02 1:50,69		2:29,30		
15	Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	2:26,04	2:30,33
	33,14 1:11,26 1:50,91		2:30,33		
16	Paulse, Hannah N	19	Vineyard SC-CP	2:32,34	2:40,22
	35,42 1:14,90 1:56,93		2:40,22		

**Event 207 Women 16 & Over 200 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Van Rensburg, Catherine F	18	TuksSwimming-TS	2:07,97	2:12,80 q
	30,09 1:03,63 1:37,83		2:12,80		
2	Neilson, Hannah K	17	Maties Aquatics-CE	2:15,42	2:15,11 q
	32,14 1:07,23 1:40,91		2:15,11		
3	King, Mischa	17	Lane Leader Stellenbosch-CE	2:18,73	2:18,52 q
	31,54 1:06,52 1:43,00		2:18,52		
4	Uys, Tara	17	Tygerberg Aquatics-CP	2:21,11	2:18,72 q
	32,44 1:07,56 1:43,31		2:18,72		
5	Venter, Liya E	17	Blouberg Marlins-CP	2:18,14	2:18,86 q
	31,97 1:07,23 1:43,61		2:18,86		
6	Michell, Emma Y	17	Lane Leader Stellenbosch-CE	2:17,93	2:19,51 q
	32,20 1:07,71 1:43,52		2:19,51		
7	Kleinhans, Zara I	17	Aqua Dolphin Swimming Club-CP	2:18,25	2:20,94 q
	32,14 1:07,87 1:45,05		2:20,94		
8	Pretorius, Ashleè	17	Sport Science Institute of SA-CP	2:21,77	2:21,87 q
	32,66 1:07,90 1:44,60		2:21,87		
9	Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	2:26,44	2:23,70 q
	33,55 1:09,96 1:47,52		2:23,70		
10	Tinley, Kate L	18	Royal Swimming Academy-ED	2:24,70	2:25,07 q
	33,08 1:09,93 1:48,09		2:25,07		
11	Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	2:22,14	2:25,83 q
	33,22 1:09,86 1:47,58		2:25,83		
12	Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	2:28,94	2:26,04 q
	32,94 1:09,26 1:47,36		2:26,04		
13	Benade, Kerry	18	Sport Science Institute of SA-CP	2:26,57	2:26,07 q
	33,28 1:10,58 1:48,54		2:26,07		
14	Hugo, Anika S	16	Paarl Aquarius SC-CE	2:23,94	2:26,12 q
	32,47 1:09,33 1:47,78		2:26,12		
15	Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	2:23,37	2:26,51 q
	32,74 1:09,37 1:48,12		2:26,51		
16	Vorster, Carli	16	Swartland Swim Club-WC	2:27,11	2:26,52 q
	33,35 1:10,02 1:48,22		2:26,52		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 207 Women 16 &amp; Over 200 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
17 Bester, Christine F	16	Aquasharks Winelands-CE	2:29,69	2:28,82
34,06 1:11,61 1:50,34		2:28,82		
18 Paulse, Hannah N	19	Vineyard SC-CP	2:30,27	2:32,34
34,48 1:12,47 1:52,57		2:32,34		

## Event 207 Women 200 LC Meter Freestyle Multi-Class

2021-Open: 1:58,34 # 2022/04/06 Aimee Canny at SA National Aq

WCA-CP

Name	Age	Team	Seed Time	Prelim Time
1 Krieglger, Joanica C S10	18	Curro Durbanville Aquatics-CP	2:31,50	2:36,58 q
35,43 1:16,13 1:56,95		2:36,58		

## Event 208 Boys 11 &amp; Under 4x100 LC Meter Freestyle Relay

2016-18 &amp; U: 4:42,35 # 2010/12/10 D. Buckland, O. Schuurmans, J.

VINE-WP

Hablutzel, A. Van H

Team	Relay	Seed Time	Finals Time
--- Curro Durbanville Aquatics-CP	A	4:55,50	DQ
1) Van Wyk, Jack R 11	2) February, Dillon S 10	3) Bright, Michael C 10	4) Verbeek, Pierre O 11
34,54 1:14,19 1:52,32	3:10,76 3:51,57	4:23,09	DQ

## Event 210 Boys 13 &amp; Under 4x100 LC Meter Freestyle Relay

2016-18 &amp; U: 4:02,28 # 2008/12/12 M. Colaianni, Z. Gamiet, T. Fischer, M. Geldenhuys

VINE-WP

Team	Relay	Seed Time	Finals Time
1 Tygerberg Aquatics-CP	A	4:12,29	4:10,23
1) De Lange, Adriaan 12	2) Smith, Sebastian N 13	3) Vermeulen, Hanco 13	4) Trower, Nic T 13
30,14 1:03,22 1:33,21	2:07,15 2:37,99	3:11,49 3:39,42	4:10,23
2 Blouberg Marlins-CP	A	4:39,98	4:37,58
1) Kotzè, Max M 13	2) Ollomo, Aaron M 12	3) Pautz, Benjamin R 10	4) Kalapac, Joshua 13
32,22 1:08,77 1:41,61	2:19,31 2:55,47	3:36,06 4:05,27	4:37,58
3 Tygerberg Aquatics-CP	B	4:35,49	4:39,26
1) Rosslee, Christian F 13	2) Bouwer, Jason 12	3) Van Zyl, Daniël R 11	4) Minnaar, Nicolas 12
31,34 1:05,61 1:39,90	2:17,84 2:51,94	3:30,42 4:02,78	4:39,26

## Event 211 Girls 13 &amp; Under 4x100 LC Meter Freestyle Relay

2016-18 &amp; U: 4:10,37 # 2013/12/06 I. Weidemann, C. Joubert, K. N

MATI-WP

oades, C. Joubert

Team	Relay	Seed Time	Finals Time
1 Generation Swimming Academy-(	A	4:33,70	4:35,43
1) Holthuis, Keilah-Naomi 13	2) Hebler, Lily M 13	3) Landman, Charnè 13	4) Neumann, Eva L 12
32,77 1:08,42 1:41,99	2:18,92 2:52,30	3:30,05 4:01,13	4:35,43
2 Blouberg Marlins-CP	A	4:40,50	4:35,61
1) Bruwer, Casey 13	2) Coleman, Madison 13	3) Zeelie, Shanna-Leigh 13	4) Huang, Amelia A 13
33,22 1:10,02 1:42,30	2:19,71 2:53,85	3:30,14 4:35,61	
3 Tygerberg Aquatics-CP	A	4:43,47	4:43,18
1) Raimond, Marike M 13	2) Senekal, Margo 13	3) De Villiers, Anja 11	4) Evans, Caitlin N 12
32,93 1:11,02 1:43,58	2:21,59 2:56,03	3:34,45 4:07,58	4:43,18
4 Sport Science Institute of SA-CP	A	4:55,36	4:50,38
1) Durandt, Sharli 11	2) Slatter, Mila-Belle 10	3) Cloete-Hopkins, Aryana A 12	4) Courtney, Sierra G 12
35,24 1:16,06 1:52,03	2:32,36 3:03,73	3:40,69 4:13,30	4:50,38
5 Vineyard SC-CP	A	4:44,34	4:51,07
1) Magotsi, Riziki A 12	2) Adams, Sydni M 13	3) Trout, Sophia L 13	4) Riley, Logan 12
31,82 1:07,98 1:41,79	2:21,09 2:56,22	3:36,97 4:10,57	4:51,07

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 211 Girls 13 & Under 4x100 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
6 Tygerberg Aquatics-CP	B	4:58,24	4:51,49
1) De Oliveira, Aliyah 12	2) Minnaar, Stephanie 12	3) Burger, Juanè 12	4) Otterbach, Lily 12
33,80 1:12,24 1:47,17	2:26,22 3:01,43 3:40,96	4:13,63 4:51,49	
7 Curro Durbanville Aquatics-CP	A	4:52,30	4:51,60
1) Louw, Anieka 12	2) De Jager, Sophia 11	3) Newton, Ava L 13	4) Putter, Demi 12
32,99 1:10,20 1:47,56	2:30,52 3:03,55 3:41,24	4:14,78 4:51,60	
8 Aqua Sharks Academy-CP	A	4:53,80	4:55,14
1) Visagie, Larissa 13	2) Davies, Jessica C 13	3) Swanepoel, Lulu A 11	4) Hartung, Amy M 13
33,74 1:13,77 1:46,57	2:24,36 3:01,64 3:44,58	4:18,31 4:55,14	
9 Swartland Swim Club-WC	A	5:05,03	5:06,70
1) Vorster, Mia 12	2) Atkinson, Anouk E 11	3) Visagie, Jani 13	4) Liebenberg, Emily M 13
33,10 1:10,94 1:50,61	2:35,61 3:14,15	4:29,61 5:06,70	

**Event 213 Boys 15 & Under 4x100 LC Meter Freestyle Relay**

2016-18 &amp; U: 3:43,94 # 2008/12/12 M. Vogel, W. Neitz, Z.Gamiet,

VINE-WP

Y. Fouad

Team	Relay	Seed Time	Finals Time
1 Tygerberg Aquatics-CP	A	3:59,11	3:54,56
1) Van Vondel, Anton J 15	2) Bannister, Joshua G 14	3) Bester, Eben 15	4) Esterhuysen, Joshua N 15
28,22 58,62 1:27,43	1:59,30 2:27,56 2:59,71	3:26,41 3:54,56	
2 Lane Leader Stellenbosch-CE	A	4:12,82	3:56,81
1) Potgieter, Michael M 15	2) Clayton, Antony L 15	3) Hendricks, Joshua 15	4) Clarke, Liam 15
27,43 57,98 1:26,56	1:57,97 2:27,23 2:59,71	3:56,81	
3 Blouberg Marlins-CP	A	4:06,22	4:09,08
1) Kalapac, Joshua 13	2) Pautz, Nathan M 14	3) Karsten, Jody 15	4) Hutton, Jake 15
29,68 1:02,42 1:33,90	2:09,19 2:39,55 3:11,68	3:38,23 4:09,08	
4 Players-CE	A	4:14,84	4:13,52
1) Breet, Dawie-Louw L 15	2) Vd Westhuizen, Ulrich J 13	3) Stander, Luan 14	4) Engelbrecht, Ruben J 15
29,75 1:03,57 1:34,71	2:10,24 2:39,49 3:12,63	3:40,50 4:13,52	
5 Tygerberg Aquatics-CP	B	4:18,67	4:16,07
1) Adendorff, James T 14	2) Möller, FC C 15	3) Terblanche, Luan L 14	4) McWilliam, Troy J 15
28,74 1:03,11 1:33,51	2:07,59 2:38,62 3:12,61	4:16,07	
6 Knysna Aquatics-ED	A	4:03,61	4:16,37
1) Pretorius, Luuk E 14	2) Scott, Luke J 14	3) Van Der Merwe, Ula W 15	4) Viljoen, Llewelyn 11
27,78 57,55 1:27,03	2:00,84 2:30,20 3:03,41	3:37,81 4:16,37	
7 Swartland Swim Club-WC	A	4:17,73	4:18,73
1) Atkinson, Samuel A 14	2) Lategan, Nicky N 13	3) Hewitt-Smook, Kristian 14	4) Orchard, Thomas J 15
29,94 1:04,40 1:37,24	2:13,41 2:43,39	3:45,01 4:18,73	
8 Vineyard SC-CP	A	4:21,67	4:31,77
1) Nefdt, Grant 15	2) Haupt, Rhys A 13	3) Sirin, Ben 13	4) Stanfliet, Nicholas 12
31,16 1:06,11 1:38,09	2:44,15 3:19,06	3:52,99 4:31,77	

**Event 214 Girls 15 & Under 4x100 LC Meter Freestyle Relay**

2016-18 &amp; U: 4:08,70 # 2005/12/09 S.v Konynenberg,J.Grobbelaar,J

STRAN-WP

.Pengelly,Y.vd Merwe

Team	Relay	Seed Time	Finals Time
1 Aquasharks Winelands-CE	A	4:21,51	4:23,50
1) Prinsloo, Mila 15	2) Theron, Jady 15	3) Dowdle, Kalynne 15	4) Greyling, Soleil M 15
31,47 1:05,18 1:36,79	2:10,72 2:43,01 3:19,43	3:48,78 4:23,50	
2 Curro Durbanville Aquatics-CP	A	4:24,30	4:26,76
1) Gennarakis, Christina 15	2) Vd Wal, Mieke 14	3) Verbeek, Wilmien 14	4) Putter, Tanè 15
31,68 1:05,19 1:37,23	2:13,06 2:46,68 3:23,04	3:53,28 4:26,76	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 214 Girls 15 & Under 4x100 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
3 Blouberg Marlins-CP	A	4:24,48	4:27,75
1) Louw, Alexa 14	2) Kotzè, Tamsyn G 15	3) Watson, Caitlin C 15	4) Smit, Jenna 15
33,09 1:09,84 1:42,34	2:18,58 2:49,94 3:24,22	3:54,85 4:27,75	
4 Fish Eagle Aquatics-ED	A	4:40,76	4:42,13
1) DE Necker, Hannah 13	2) Corrigan, Cara J 15	3) Vd Walt, Mieke 14	4) Kuun, Melissa 15
32,55 1:09,66 1:43,72	2:23,25 2:57,98 3:36,05	4:07,10 4:42,13	
5 Tygerberg Aquatics-CP	A	4:34,91	4:52,74
1) Goebel, Zoë 14	2) Steyn, Lucy S 12	3) McWilliam, Amy L 13	4) Ryser, Aurora 15
32,83 1:09,62 1:45,66	2:27,04 3:03,43	4:17,44 4:52,74	

**Event 215 Men 4x100 LC Meter Freestyle Relay**

2021-Open: 3:29,28 # 2009/12/11 H. Herman, A. Oliver, M.Smit, MATI-WP  
M.Du Plessis

Team	Relay	Seed Time	Finals Time
1 Lane Leader Stellenbosch-CE	A	3:38,74	3:34,80
1) Truter, Petrus C 19	2) Malherbe, Francois 18	3) Van Heerden, Stefan F 16	4) Schlechter, Gustav 20
25,80 54,23 1:19,40	1:47,26 2:12,40 2:40,64	3:05,83 3:34,80	
2 Tygerberg Aquatics-CP	A	3:47,02	3:46,30
1) Volschenk, Ben T 16	2) Wright, Keegan 16	3) West, Gabriel 18	4) Boshoff, Juan C 17
26,57 56,79 1:24,18	1:54,20 2:20,78 2:50,06	3:17,12 3:46,30	
3 Aqua Sharks Academy-CP	A	3:57,28	3:51,51
1) Basson, Wilan 16	2) Abrahams, Matthew N 23	3) Goldstein, Tristan J 17	4) Boonzaier, Jannie R 16
26,93 57,29 1:24,03	1:54,20 2:22,01 2:54,77	3:21,44 3:51,51	
4 Blouberg Marlins-CP	A	3:48,40	3:54,81
1) Carrol, Matt 17	2) Van Reenen, Ryan 23	3) Hibberd, Matthew 25	4) Myburgh, Jordan 17
27,73 58,00 1:25,90	1:57,91 2:26,23 2:58,13	3:24,54 3:54,81	
5 Tygerberg Aquatics-CP	B	3:57,55	3:55,82
1) Terblanche, Kiaan C 17	2) McWilliam, Benn D 16	3) Strydom, Stephan 17	4) Hopkins, Tim 17
28,62 1:01,20 1:29,10	2:01,00 2:28,76 2:59,41	3:26,57 3:55,82	
6 Generation Swimming Academy-	A	3:58,61	3:57,07
1) Van Wyk, Wesley R 16	2) Levey, Chad 16	3) Kleynhans, Ian 15	4) Van Wyk, Wayne E 14
28,13 59,26 1:27,06	1:58,58 2:26,16 2:56,85	3:25,58 3:57,07	
7 Curro Durbanville Aquatics-CP	A	3:50,97	3:57,58
1) Krieglner, Christiaan C 17	2) Verbeek, Pierre O 11	3) Malan, Johan S 16	4) Louw, Guillaume 19
26,03 54,61 1:25,18	2:00,08 2:27,33 2:57,94	3:25,92 3:57,58	
8 Knysna Aquatics-ED	A	3:47,70	4:00,01
1) Steyn, Stefan A 16	2) Pretorius, Luuk E 14	3) Scott, Luke J 14	4) Van Der Merwe, Ula W 15
26,67 54,50 1:23,11	1:53,87 2:24,04 2:57,96	3:27,43 4:00,01	
9 Quick Silver Swimming Academy-	A	4:03,71	4:00,52
1) Koekemoer, Callum 14	2) Koekemoer, Quinn D 15	3) Strydom, Conrad M 14	4) Saaiman, Rikus T 17
28,27 1:00,14 1:29,52	2:02,36 2:30,33 3:01,83	3:29,23 4:00,52	
10 Sport Science Institute of SA-CP	A	3:52,06	4:02,22
1) Kleinhans, Kyle 16	2) Prince, Joshua 14	3) Oosthuizen, Nic D 20	4) Micklethwaite, Tyler L 18
27,34 58,71 1:26,20	1:58,28 2:26,76	3:28,43 4:02,22	
11 Fish Eagle Aquatics-ED	A	3:54,55	4:09,35
1) Nienaber, Dirco 19	2) Stephenson, Liam N 13	3) Van Der Colff, Stian 17	4) Van Greunen, Renier 16
28,99 1:01,69 1:31,43	2:05,82 2:34,91 3:07,50	4:09,35	
12 Curro Langebaan Swim Club-WC	A	4:37,92	4:43,40
1) Louw, Adriaan B 16	2) Du Plessis, Jason F 12	3) Snyders, Kyle 12	4) Vorster, Caiden 11
27,48 58,30 1:31,12	2:11,21 2:45,94 3:26,73	4:01,81 4:43,40	
13 Curro Durbanville Aquatics-CP	B	4:40,10	4:45,14
1) Laker, Mark 16	2) Bezuidenhout, Ernst E 12	3) Lamminga, Tiaan 13	4) Schultz, Heinrich W 13
31,82 1:05,92 1:39,37	2:54,96 3:39,53	4:10,05 4:45,14	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 215 Men 4x100 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
--- Maties Aquatics-CE	A	3:39,30	DQ
1) Emslie, Joshua D 20 26,63 54,53 1:20,51	2) Vd Merwe, Johan H 17 1:50,17 2:16,36 2:45,41	3) Bromfield, Michael V 21 3:11,25 DQ	4) Moncherry, Adam J 24

**Event 216 Women 4x100 LC Meter Freestyle Relay**

2021-Open: 3:55,53 # 2014/12/10 T. Maree, L. De Jongh, C. KAT,

MATI-WP

A. Kruger

Team	Relay	Seed Time	Finals Time
1 Lane Leader Stellenbosch-CE	A	3:55,53	4:19,08
1) Michell, Emma Y 17 31,61 1:05,72 1:37,45	2) De Roubaix, Maric M 15 2:12,60 2:43,56	3) King, Mischa 17 3:46,07 4:19,08	4) De Jongh, Grace 16
2 Maties Aquatics-CE	A	4:19,48	4:20,62
1) Ribeiro, Nuria A 20 31,60 1:07,23 1:37,94	2) Roberts, Netanya 20 2:13,85 2:44,73 3:18,36	3) Neilson, Hannah K 17 3:47,91 4:20,62	4) Paljk, Tilka 25
3 Generation Swimming Academy-	A	4:26,38	4:22,54
1) Cope, Morgan M 16 31,52 1:04,36 1:35,62	2) Morton, Tayler R 15 2:09,56 2:42,26 3:18,67	3) Vd Merwe, Simone 15 3:48,90 4:22,54	4) Cronjè, Danielle 14
4 Sport Science Institute of SA-CP	A	4:25,67	4:36,10
1) Benade, Kerry 18 32,04 1:08,63 1:42,44	2) Jurado, Stephanie C 14 2:18,67 2:51,35 3:27,75	3) Franks, Madison M 15 4:00,29 4:36,10	4) Pretorius, Ashleè 17
5 Curro Langebaan Swim Club-WC	A	4:45,09	4:51,38
1) Havenga, Skyla K 16 32,00 1:07,96 1:43,82	2) Basson, Lenè 11 2:57,82 3:36,27	3) Schmidt, Amy 14 4:12,28 4:51,38	4) Juries, Sam C 13

**Event 300 Girls 11 & Under 100 LC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Durandt, Sharli 33,99 1:11,22	11	Sport Science Institute of SA-CP	1:13,61	1:11,22
2 De Villiers, Anja 34,73 1:11,97	11	Tygerberg Aquatics-CP	1:11,48	1:11,97
3 Basson, Lenè 35,77 1:13,71	11	Curro Langebaan Swim Club-WC	1:15,19	1:13,71
4 Fury, Amelia J 35,38 1:13,76	11	Vineyard SC-CP	1:15,69	1:13,76
5 Lorenzen, Ava E 35,97 1:13,86	10	Blouberg Marlins-CP	1:14,57	1:13,86
6 Nilsson, Rebecca B 35,80 1:14,46	11	Tygerberg Aquatics-CP	1:16,41	1:14,46
7 Slatter, Mila-Belle 35,25 1:14,62	10	Sport Science Institute of SA-CP	1:16,47	1:14,62
8 Swanepoel, Lulu A 35,55 1:14,66	11	Aqua Sharks Academy-CP	1:15,09	1:14,66

**Event 300 Girls 11 & Under 100 LC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 De Villiers, Anja 33,84 1:11,48	11	Tygerberg Aquatics-CP	1:10,84	1:11,48 q
2 Durandt, Sharli 34,61 1:13,61	11	Sport Science Institute of SA-CP	1:13,63	1:13,61 q
3 Lorenzen, Ava E 35,25 1:14,57	10	Blouberg Marlins-CP	1:14,40	1:14,57 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 300 Girls 11 &amp; Under 100 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time	
4 Swanepoel, Lulu A 35,86 1:15,09	11	Aqua Sharks Academy-CP	1:14,10	1:15,09	q
5 Basson, Lenè	11	Curro Langebaan Swim Club-WC	1:15,43	1:15,19	q
6 Neumann, Erin R 35,61 1:15,37	10	Generation Swimming Academy-CP	1:15,86	1:15,37	q
7 Fury, Amelia J 36,29 1:15,69	11	Vineyard SC-CP	1:15,92	1:15,69	q
8 Nilsson, Rebecca B 35,34 1:16,41	11	Tygerberg Aquatics-CP	1:19,25	1:16,41	q
9 Slatter, Mila-Belle 36,08 1:16,47	10	Sport Science Institute of SA-CP	1:18,89	1:16,47	
10 Brooker, Isabella J	11	Aqua Athlete Cta-CP	1:18,88	1:16,66	
11 Louw, Isabella A 37,39 1:16,91	11	Blouberg Marlins-CP	1:17,96	1:16,91	
12 Patel, Disha 36,37 1:19,13	11	Worcester Aquatics-CE	1:19,61	1:19,13	
13 Faul, Ellen J 36,93 1:19,48	11	Quicksilver Aquatics Winelands-CE	1:19,70	1:19,48	
14 Atkinson, Anouk E 40,58 1:28,19	11	Swartland Swim Club-WC	1:27,57	1:28,19	
15 Barkhuysen, Jani	11	Aqua Sharks Academy-CP	1:25,87	1:28,26	

## Event 300 Girls 12-13 100 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Combrink, Amy 31,28 1:04,30	13	Vineyard SC-CP	1:04,78	1:04,30
2 Huang, Amelia A 31,55 1:05,18	13	Blouberg Marlins-CP	1:06,39	1:05,18
3 Burke, Hannah 32,25 1:06,44	13	Aqua Athlete Cta-CP	1:05,88	1:06,44
4 Liebenberg, Emily M 31,68 1:06,56	13	Swartland Swim Club-WC	1:07,64	1:06,56
5 Holthuis, Keilah-Naomi 31,67 1:06,77	13	Generation Swimming Academy-CP	1:08,05	1:06,77
6 Hahn, Kayleigh K 32,46 1:06,99	13	Royal Swimming Academy-ED	1:07,76	1:06,99
7 Röntgen, Carine 32,76 1:07,40	13	Aquasharks Winelands-CE	1:08,04	1:07,40
8 Magotsi, Riziki A 32,30 1:09,47	12	Vineyard SC-CP	1:07,91	1:09,47

## Event 300 Girls 12-13 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Combrink, Amy 30,97 1:04,78	13	Vineyard SC-CP	1:04,12	1:04,78	q
2 Burke, Hannah 31,28 1:05,88	13	Aqua Athlete Cta-CP	1:05,52	1:05,88	q
3 Huang, Amelia A 31,80 1:06,39	13	Blouberg Marlins-CP	1:06,36	1:06,39	q
4 Liebenberg, Emily M 31,86 1:07,64	13	Swartland Swim Club-WC	1:07,37	1:07,64	q

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 300 Girls 12-13 100 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
5	Hahn, Kayleigh K 31,98 1:07,76	13	Royal Swimming Academy-ED	1:07,60	1:07,76	q
6	Magotsi, Riziki A 32,94 1:07,91	12	Vineyard SC-CP	1:07,94	1:07,91	q
7	Röntgen, Carine 31,84 1:08,04	13	Aquasharks Winelands-CE	1:08,82	1:08,04	q
8	Holthuis, Keilah-Naomi 32,86 1:08,05	13	Generation Swimming Academy-CP	1:06,75	1:08,05	q
9	Neumann, Eva L 31,66 1:08,26	12	Generation Swimming Academy-CP	1:06,67	1:08,26	
10	Le Roux, Lucy L 31,99 1:08,53	13	Aquasharks Winelands-CE	1:08,72	1:08,53	
11	Raimond, Marike M 32,68 1:09,01	13	Tygerberg Aquatics-CP	1:10,25	1:09,01	
12	Newton, Ava L 33,17 1:09,30	13	Curro Durbanville Aquatics-CP	1:10,56	1:09,30	
13	Thobeha, Naledi 32,55 1:09,39	13	Quick Silver Swimming Academy-CP	1:07,27	1:09,39	
14	Hartung, Amy M 33,23 1:09,71	13	Aqua Sharks Academy-CP	1:11,00	1:09,71	
15	Rossouw, Emma M 33,25 1:09,74	13	Quick Silver Swimming Academy-CP	1:13,08	1:09,74	
16	Cloete-Hopkins, Aryana A 32,43 1:09,82	12	Sport Science Institute of SA-CP	1:14,48	1:09,82	
17	Hebler, Lily M 33,97 1:10,09	13	Generation Swimming Academy-CP	1:09,15	1:10,09	
18	Holman, Acaylia 34,36 1:10,23	12	Marlin Swimming Club-CP	1:10,91	1:10,23	
19	Senekal, Margo 33,72 1:10,41	13	Tygerberg Aquatics-CP	1:12,47	1:10,41	
20	Coleman, Madison 32,69 1:10,43	13	Blouberg Marlins-CP	1:09,57	1:10,43	
21	Wium, Mari 34,33 1:10,55	13	Quicksilver Aquatics Winelands-CE	1:09,62	1:10,55	
22	Geyser, Almi	13	Lane Leader Stellenbosch-CE	1:08,53	1:10,64	
23	Vorster, Mia 33,82 1:10,65	12	Swartland Swim Club-WC	1:11,22	1:10,65	
24	Louw, Anieka 33,71 1:10,66	12	Curro Durbanville Aquatics-CP	1:10,37	1:10,66	
25	Van Der Wath, Izi 32,50 1:10,75	12	Knysna Aquatics-ED	1:11,53	1:10,75	
26	DE Necker, Hannah 33,58 1:10,81	13	Fish Eagle Aquatics-ED	1:10,09	1:10,81	
27	Zeelie, Shanna-Leigh 34,90 1:11,08	13	Blouberg Marlins-CP	1:10,17	1:11,08	
28	Otterbach, Lily 33,44 1:11,57	12	Tygerberg Aquatics-CP	1:13,17	1:11,57	
29	Landman, Charnè 34,06 1:11,74	13	Generation Swimming Academy-CP	1:10,77	1:11,74	
30	Van Den Heever, Liya 34,08 1:12,11	12	Quicksilver Aquatics Winelands-CE	1:11,31	1:12,11	
31	Courtney, Sierra G 34,64 1:12,45	12	Sport Science Institute of SA-CP	1:12,15	1:12,45	



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 300 Girls 12-13 100 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
32	Van Galen, Ava-Loren 33,88 1:12,47	13	Biosplash Swim Academy-CE	1:13,55	1:12,47
33	Riley, Logan 34,52 1:12,53	12	Vineyard SC-CP	1:15,05	1:12,53
34	Gerber, Simonè M 34,62 1:12,56	12	Greydogs Swimming Club-CP	1:12,32	1:12,56
35	Adams, Sydni M 33,81 1:12,81	13	Vineyard SC-CP	1:12,20	1:12,81
36	Burger, Juanè 35,12 1:13,24	12	Tygerberg Aquatics-CP	1:14,48	1:13,24
37	Vd Merwe, Mia 35,17 1:13,46	13	Generation Swimming Academy-CP	1:14,91	1:13,46
38	De Oliveira, Aliyah 34,28 1:13,67	12	Tygerberg Aquatics-CP	1:13,97	1:13,67
39	Minnaar, Stephanie 35,69 1:14,34	12	Tygerberg Aquatics-CP	1:16,62	1:14,34
40	Davies, Jessica C 33,39 1:14,41	13	Aqua Sharks Academy-CP	1:14,61	1:14,41
41	O'Carroll, Nia E 35,36 1:14,48	12	Biosplash Swim Academy-CE	1:15,09	1:14,48
42	Vd Merwe, Mi-Ly 35,74 1:14,94	13	Biosplash Swim Academy-CE	1:12,75	1:14,94
43	Visagie, Larissa 35,07 1:15,02	13	Aqua Sharks Academy-CP	1:14,09	1:15,02
44	Hagglund, Emma H 36,02 1:15,03	13	Quick Silver Swimming Academy-CP	1:14,67	1:15,03
45	Visser, Sandri 35,21 1:15,62	13	Players-CE	1:12,44	1:15,62
46	Burger, Paris 36,00 1:16,37	13	Worcester Aquatics-CE	1:13,51	1:16,37
47	Waters, Megan D 36,69 1:17,05	12	Blouberg Marlins-CP	1:18,75	1:17,05
48	Bosman, Daizeli 34,13 1:17,19	12	Players-CE	1:13,68	1:17,19
49	Lodewyks, Jeandré 36,83 1:17,24	12	Fish Eagle Aquatics-ED	1:18,81	1:17,24
50	Trout, Sophia L 36,15 1:17,26	13	Vineyard SC-CP	1:12,97	1:17,26
51	Hendricks, Jemma 37,47 1:17,46	13	Vineyard SC-CP	1:16,33	1:17,46
52	Van Niekerk, Ona 36,40 1:17,50	13	Fish Eagle Aquatics-ED	1:18,47	1:17,50
53	Verhoef, Lara 37,53 1:17,76	13	Aqua Sharks Academy-CP	1:14,66	1:17,76
54	Visagie, Jani	13	Swartland Swim Club-WC	1:18,87	1:18,66
55	Steyn, Lucy S	12	Tygerberg Aquatics-CP	1:16,19	1:18,87
56	Mqadi, Olethiwe L 38,19 1:19,38	13	Cybersmart Aquatics-CP	1:18,00	1:19,38
57	Van Tonder, Nina L 37,16 1:19,74	13	Worcester Aquatics-CE	1:21,31	1:19,74
58	Cloete, Milla D 39,05 1:20,16	12	Worcester Aquatics-CE	1:18,50	1:20,16

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Event 300 Women 14-15 100 LC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Burgess, Cassidy S	14	Vineyard SC-CP	1:04,01	1:02,10
2 Theron, Jady	15	Aquasharks Winelands-CE	1:05,37	1:03,97
31,71 1:03,97				
3 Manning, Amelia	14	Knysna Aquatics-ED	1:04,54	1:04,21
30,45 1:04,21				
4 Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	1:04,31	1:04,27
31,23 1:04,27				
5 Cronjè, Danielle	14	Generation Swimming Academy-CP	1:04,59	1:04,29
30,98 1:04,29				
6 Greyling, Soleil M	15	Aquasharks Winelands-CE	1:04,15	1:04,37
30,10 1:04,37				
7 Morton, Tayler R	15	Generation Swimming Academy-CP	1:05,10	1:04,63
30,59 1:04,63				
8 Prinsloo, Mila	15	Aquasharks Winelands-CE	1:05,58	1:06,47
31,22 1:06,47				

**Event 300 Women 14-15 100 LC Meter Freestyle**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Burgess, Cassidy S	14	Vineyard SC-CP	1:03,43	1:04,01 q
30,23 1:04,01				
2 Greyling, Soleil M	15	Aquasharks Winelands-CE	1:02,63	1:04,15 q
30,34 1:04,15				
3 Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	1:03,18	1:04,31 q
30,61 1:04,31				
4 Manning, Amelia	14	Knysna Aquatics-ED	1:04,47	1:04,54 q
31,36 1:04,54				
5 Cronjè, Danielle	14	Generation Swimming Academy-CP	1:04,09	1:04,59 q
29,98 1:04,59				
6 Morton, Tayler R	15	Generation Swimming Academy-CP	1:05,54	1:05,10 q
31,56 1:05,10				
7 Theron, Jady	15	Aquasharks Winelands-CE	1:04,84	1:05,37 q
31,87 1:05,37				
8 Prinsloo, Mila	15	Aquasharks Winelands-CE	1:05,50	1:05,58 q
30,60 1:05,58				
9 Watson, Caitlin C	15	Blouberg Marlins-CP	1:06,41	1:05,63
31,19 1:05,63				
10 Smit, Jenna	15	Blouberg Marlins-CP	1:03,50	1:05,65
31,96 1:05,65				
11 Steenkamp, Veneske	14	Royal Swimming Academy-ED	1:05,27	1:05,85
31,73 1:05,85				
12 Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	1:04,24	1:05,87
31,02 1:05,87				
13 De Roubaix, Maric M	15	Lane Leader Stellenbosch-CE	1:07,69	1:06,91
31,71 1:06,91				
14 Ryser, Aurora	15	Tygerberg Aquatics-CP	1:07,80	1:07,17
32,03 1:07,17				
15 Kleinhans, Asia J	14	Aqua Dolphin Swimming Club-CP	1:07,72	1:07,22
33,28 1:07,22				
16 Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	1:06,98	1:08,04
32,04 1:08,04				

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 300 Women 14-15 100 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
17	Schmidt, Amy 32,89 1:08,23	14	Curro Langebaan Swim Club-WC	1:07,08	1:08,23
18	Kotzè, Tamsyn G 33,18 1:08,26	15	Blouberg Marlins-CP	1:08,21	1:08,26
19	Vd Westhuizen, Joy 32,57 1:08,47	14	Aqua Dolphin Swimming Club-CP	1:08,22	1:08,47
20	Franks, Madison M 33,21 1:08,86	15	Sport Science Institute of SA-CP	1:06,83	1:08,86
21	Voges, Jhoanè E 33,31 1:08,94	15	Quick Silver Swimming Academy-CP	1:09,25	1:08,94
22	Jurado, Stephanie C 33,19 1:08,95	14	Sport Science Institute of SA-CP	1:07,26	1:08,95
23	Goebel, Zoë 33,10 1:09,19	14	Tygerberg Aquatics-CP	1:09,45	1:09,19
24	Dowdle, Kalynne 33,59 1:10,16	15	Aquasharks Winelands-CE	1:07,21	1:10,16
25	Verbeek, Wilmien 33,87 1:10,34	14	Curro Durbanville Aquatics-CP	1:06,51	1:10,34
26	Mansfield, Bella K 32,97 1:11,45	15	Lane Leader Stellenbosch-CE	1:08,68	1:11,45
27	Abrahams, Eve 34,05 1:11,50	14	Vineyard SC-CP	1:10,45	1:11,50
28	Louw, Alexa 34,40 1:11,62	14	Blouberg Marlins-CP	1:08,77	1:11,62
29	Vd Walt, Mieke 34,17 1:11,99	14	Fish Eagle Aquatics-ED	1:12,33	1:11,99
30	Corrigan, Cara J 33,79 1:12,62	15	Fish Eagle Aquatics-ED	1:13,92	1:12,62
31	Jeftha, Zara L 34,73 1:13,33	14	Marlin Swimming Club-CP	1:12,47	1:13,33
32	Tsai, Emily A 34,55 1:14,48	14	Blouberg Marlins-CP	1:12,40	1:14,48

**Event 300 Women 16 & Over 100 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	De Jongh, Grace 29,27 1:01,68	16	Lane Leader Stellenbosch-CE	1:02,11	1:01,68
2	Uys, Tara 30,13 1:02,22	17	Tygerberg Aquatics-CP	1:03,45	1:02,22
3	Ribeiro, Nuria A 30,08 1:02,95	20	Maties Aquatics-CE	1:04,53	1:02,95
4	Christie, Leah E 29,98 1:03,34	17	Curro Durbanville Aquatics-CP	1:03,82	1:03,34
5	Kleinhans, Zara I 30,86 1:03,55	17	Aqua Dolphin Swimming Club-CP	1:04,17	1:03,55
6	Michell, Emma Y 30,43 1:03,79	17	Lane Leader Stellenbosch-CE	1:04,59	1:03,79
7	Venter, Liya E 30,56 1:04,19	17	Blouberg Marlins-CP	1:04,75	1:04,19
8	Neilson, Hannah K 31,09 1:04,22	17	Maties Aquatics-CE	1:04,67	1:04,22
9	Vorster, Carli 31,71 1:05,53	16	Swartland Swim Club-WC	1:06,35	1:05,53

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 300 Women 16 &amp; Over 100 LC Meter Freestyle)

	Name	Age	Team	Prelim Time	Finals Time
10	King, Mischa 31,31 1:05,73	17	Lane Leader Stellenbosch-CE	1:05,56	1:05,73
11	Tinley, Kate L 31,93 1:05,82	18	Royal Swimming Academy-ED	1:05,33	1:05,82
12	Novello, Utah 31,56 1:06,26	16	Curro Langebaan Swim Club-WC	1:06,12	1:06,26
13	Pretorius, Ashleè 31,64 1:06,49	17	Sport Science Institute of SA-CP	1:06,49	1:06,49
14	Hugo, Anika S 32,07 1:07,13	16	Paarl Aquarius SC-CE	1:06,78	1:07,13
15	Havenga, Skyla K 31,77 1:08,03	16	Curro Langebaan Swim Club-WC	1:06,90	1:08,03
16	Roberts, Netanya 31,35 1:08,60	20	Maties Aquatics-CE	1:06,14	1:08,60

## Event 300 Women 16 &amp; Over 100 LC Meter Freestyle

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	De Jongh, Grace 29,58 1:02,11	16	Lane Leader Stellenbosch-CE	1:02,69	1:02,11 q
2	Uys, Tara 30,84 1:03,45	17	Tygerberg Aquatics-CP	1:03,48	1:03,45 q
3	Christie, Leah E 30,30 1:03,82	17	Curro Durbanville Aquatics-CP	1:03,37	1:03,82 q
4	Kleinhans, Zara I 31,45 1:04,17	17	Aqua Dolphin Swimming Club-CP	1:04,36	1:04,17 q
5	Ribeiro, Nuria A 30,53 1:04,53	20	Maties Aquatics-CE	1:05,09	1:04,53 q
6	Michell, Emma Y 31,04 1:04,59	17	Lane Leader Stellenbosch-CE	1:04,02	1:04,59 q
7	Neilson, Hannah K 30,66 1:04,67	17	Maties Aquatics-CE	1:05,18	1:04,67 q
8	Venter, Liya E 31,31 1:04,75	17	Blouberg Marlins-CP	1:03,05	1:04,75 q
9	Tinley, Kate L 31,66 1:05,33	18	Royal Swimming Academy-ED	1:05,19	1:05,33 q
10	King, Mischa 31,47 1:05,56	17	Lane Leader Stellenbosch-CE	1:05,39	1:05,56 q
11	Novello, Utah 31,10 1:06,12	16	Curro Langebaan Swim Club-WC	1:07,95	1:06,12 q
12	Roberts, Netanya 30,89 1:06,14	20	Maties Aquatics-CE	1:05,71	1:06,14 q
13	Vorster, Carli 31,25 1:06,35	16	Swartland Swim Club-WC	1:05,08	1:06,35 q
14	Pretorius, Ashleè 31,31 1:06,49	17	Sport Science Institute of SA-CP	1:05,52	1:06,49 q
15	Hugo, Anika S 31,85 1:06,78	16	Paarl Aquarius SC-CE	1:06,02	1:06,78 q
16	Havenga, Skyla K 32,39 1:06,90	16	Curro Langebaan Swim Club-WC	1:07,08	1:06,90 q
17	Heyes, Danielle A 31,53 1:07,15	16	Aqua Sharks Academy-CP	1:07,64	1:07,15

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 300 Women 16 &amp; Over 100 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
18 Muggenburg, Jeannette J 32,10 1:07,76	16	Aquasharks Winelands-CE	1:07,33	1:07,76
19 Fourie, Petro Marié 32,40 1:08,12	17	Fish Eagle Aquatics-ED	1:07,11	1:08,12
20 Benade, Kerry 31,65 1:08,17	18	Sport Science Institute of SA-CP	1:06,06	1:08,17
21 Micklethwaite, Skye T 32,08 1:08,20	16	Sport Science Institute of SA-CP	1:08,17	1:08,20
22 Paulse, Hannah N 33,82 1:08,75	19	Vineyard SC-CP	1:07,86	1:08,75

## Event 300 Women 100 LC Meter Freestyle Multi-Class

2021-Open: 54,71 # 2022/04/06 Aimee Canny at SA National Aq

WCA-CP

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Kriegler, Joanica C S10 34,08 1:11,57	18	Curro Durbanville Aquatics-CP	1:08,69	1:11,57 q

## Event 301 Boys 11 &amp; Under 100 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Verbeek, Pierre O 32,19 1:06,86	11	Curro Durbanville Aquatics-CP	1:07,96	1:06,86
2 Van Zyl, Daniël R 33,00 1:08,15	11	Tygerberg Aquatics-CP	1:09,68	1:08,15
3 Viljoen, Llewelyn 33,58 1:08,86	11	Knysna Aquatics-ED	1:09,41	1:08,86
4 Van Wyk, Jack R 33,02 1:08,95	11	Curro Durbanville Aquatics-CP	1:10,49	1:08,95
5 Schaefer, Daniel C 34,47 1:11,88	10	Quicksilver Aquatics Winelands-CE	1:12,53	1:11,88
6 Bright, Michael C 34,18 1:12,57	10	Curro Durbanville Aquatics-CP	1:12,53	1:12,57
7 Havinga, Christopher 33,83 1:12,59	11	Biosplash Swim Academy-CE	1:13,01	1:12,59
8 Pautz, Benjamin R 35,01 1:13,04	10	Blouberg Marlins-CP	1:12,66	1:13,04

## Event 301 Boys 11 &amp; Under 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Verbeek, Pierre O 31,72 1:07,96	11	Curro Durbanville Aquatics-CP	1:05,82	1:07,96 q
2 Viljoen, Llewelyn 33,63 1:09,41	11	Knysna Aquatics-ED	1:10,14	1:09,41 q
3 Van Zyl, Daniël R 33,80 1:09,68	11	Tygerberg Aquatics-CP	1:10,28	1:09,68 q
4 Van Wyk, Jack R 33,10 1:10,49	11	Curro Durbanville Aquatics-CP	1:12,61	1:10,49 q
*5 Schaefer, Daniel C 34,01 1:12,53	10	Quicksilver Aquatics Winelands-CE	1:14,60	1:12,53 q
*5 Bright, Michael C 34,76 1:12,53	10	Curro Durbanville Aquatics-CP	1:14,69	1:12,53 q

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 301 Boys 11 & Under 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Prelim Time	
7 Pautz, Benjamin R 34,72 1:12,66	10	Blouberg Marlins-CP	1:14,23	1:12,66	q
8 Havinga, Christopher 33,96 1:13,01	11	Biosplash Swim Academy-CE	1:13,96	1:13,01	q
9 Trower, Michael 34,43 1:13,60	11	Tygerberg Aquatics-CP	1:14,11	1:13,60	
10 Parr, Colby S 35,20 1:14,29	11	Knysna Aquatics-ED	1:15,54	1:14,29	
11 Matthee, Burger P 35,97 1:15,07	11	Agulhas Aquatics-OB	1:16,11	1:15,07	
12 Möller, Van Zyl V 36,12 1:15,16	11	Tygerberg Aquatics-CP	1:17,40	1:15,16	
13 Spencer, Marcus W 35,94 1:15,60	11	Vineyard SC-CP	1:15,41	1:15,60	
14 Vorster, Caiden 35,51 1:15,68	11	Curro Langebaan Swim Club-WC	1:19,08	1:15,68	
15 Coleman, Travis 37,31 1:16,54	11	Blouberg Marlins-CP	1:17,10	1:16,54	
16 Hodgskiss, Fin J 37,11 1:16,91	11	Sport Science Institute of SA-CP	1:18,14	1:16,91	
17 Troskie, Roean 36,50 1:16,92	11	Quick Silver Swimming Academy-CP	1:16,99	1:16,92	
18 Faulkner, Callum E 38,02 1:18,17	11	Blouberg Marlins-CP	1:22,14	1:18,17	
19 Jonas, Leonardo 37,57 1:18,22	11	Quicksilver Aquatics Winelands-CE	1:17,54	1:18,22	
20 Tsai, Ethan M 36,41 1:18,26	11	Blouberg Marlins-CP	1:19,49	1:18,26	
21 Coates, Caleb	10	Fish Eagle Aquatics-ED	1:17,51	1:18,97	
22 Haarhoff, Dylan J 38,31 1:19,45	11	Quicksilver Aquatics Winelands-CE	1:22,06	1:19,45	
23 Simpson, Rhoderick M 36,91 1:19,50	9	Royal Swimming Academy-ED	1:19,47	1:19,50	
24 Weber, Daniel	11	Players-CE	1:17,16	1:19,69	
25 Jurado, Ondjaki O 38,42 1:20,06	11	Vineyard SC-CP	1:22,31	1:20,06	
26 February, Dillon S	10	Curro Durbanville Aquatics-CP	1:22,38	1:20,61	

**Event 301 Boys 12-13 100 LC Meter Freestyle**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Trower, Nic T 27,45 57,05	13	Tygerberg Aquatics-CP	58,79	57,05
2 Kalapac, Joshua 28,44 1:00,08	13	Blouberg Marlins-CP	1:01,49	1:00,08
3 Kotze, Eric B 28,43 1:00,28	13	Biosplash Swim Academy-CE	1:00,96	1:00,28
4 Stephenson, Liam N 29,09 1:00,38	13	Fish Eagle Aquatics-ED	1:00,98	1:00,38
5 De Kock, John P 30,21 1:02,57	13	Aqua Sharks Academy-CP	1:03,22	1:02,57
6 De Lange, Adriaan 30,06 1:02,87	12	Tygerberg Aquatics-CP	1:02,57	1:02,87

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 301 Boys 12-13 100 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
7 Smith, Sebastian N 30,01 1:03,08	13	Tygerberg Aquatics-CP	1:02,80	1:03,08
8 Vermeulen, Hanco 30,30 1:03,31	13	Tygerberg Aquatics-CP	1:03,28	1:03,31

## Event 301 Boys 12-13 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Trower, Nic T 28,32 58,79	13	Tygerberg Aquatics-CP	56,92	58,79 q
2 Kotze, Eric B	13	Biosplash Swim Academy-CE	1:01,38	1:00,96 q
3 Stephenson, Liam N 29,39 1:00,98	13	Fish Eagle Aquatics-ED	1:00,62	1:00,98 q
4 Kalapac, Joshua 28,47 1:01,49	13	Blouberg Marlins-CP	1:01,50	1:01,49 q
5 De Lange, Adriaan 29,87 1:02,57	12	Tygerberg Aquatics-CP	1:04,34	1:02,57 q
6 Smith, Sebastian N 30,30 1:02,80	13	Tygerberg Aquatics-CP	1:04,35	1:02,80 q
7 De Kock, John P 29,27 1:03,22	13	Aqua Sharks Academy-CP	1:02,81	1:03,22 q
8 Vermeulen, Hanco 30,52 1:03,28	13	Tygerberg Aquatics-CP	1:05,48	1:03,28 q
9 Fernold, AJ 30,22 1:03,60	12	Royal Swimming Academy-ED	1:03,79	1:03,60
10 Schultz, Heinrich W 30,33 1:03,95	13	Curro Durbanville Aquatics-CP	1:03,97	1:03,95
11 Naude, Dieter 30,05 1:04,37	13	Paarl Aquarius SC-CE	1:05,53	1:04,37
12 Haupt, Rhys A 31,97 1:05,26	13	Vineyard SC-CP	1:08,35	1:05,26
13 Vd Westhuizen, Ulrich J 30,87 1:05,32	13	Players-CE	1:04,86	1:05,32
14 Rosslee, Christian F 31,63 1:05,76	13	Tygerberg Aquatics-CP	1:06,36	1:05,76
15 Theys, Jayden-Lee 30,84 1:05,84	13	Evolution Aquatics-CP	1:06,71	1:05,84
16 Poggenpoel, Troy J 31,86 1:06,47	13	Marlin Swimming Club-CP	1:06,46	1:06,47
17 Williams, Jayden J 30,80 1:06,64	13	Paarl Aquarius SC-CE	1:05,76	1:06,64
18 Mansfield, Luke T 32,53 1:06,78	12	Lane Leader Stellenbosch-CE	1:09,77	1:06,78
19 Snyders, Kyle 32,02 1:07,16	12	Curro Langebaan Swim Club-WC	1:10,19	1:07,16
20 Bezuidenhout, Carlo 31,27 1:07,21	13	Fish Eagle Aquatics-ED	1:06,42	1:07,21
21 Sirin, Ben	13	Vineyard SC-CP	1:09,84	1:07,32
22 De Bruyn, Cornè C 32,75 1:08,30	13	Aqua Sharks Academy-CP	1:10,63	1:08,30
23 Williams, Evan B 33,53 1:08,69	12	Sport Science Institute of SA-CP	1:10,61	1:08,69

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 301 Boys 12-13 100 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
24 Bezuidenhout, Ernst E 33,35 1:08,82	12	Curro Durbanville Aquatics-CP	1:10,73	1:08,82
*25 Kotzè, Max M 33,34 1:09,05	13	Blouberg Marlins-CP	1:09,15	1:09,05
*25 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	1:07,90	1:09,05
27 Pratt, Julian 33,54 1:09,11	13	Generation Swimming Academy-CP	1:11,47	1:09,11
28 Kriek, Divan D 32,43 1:09,82	12	Quicksilver Aquatics Winelands-CE	1:12,34	1:09,82
29 Cleophas, Kyle 31,93 1:09,86	13	Paarl Aquarius SC-CE	1:12,41	1:09,86
30 Minnaar, Nicolas 33,18 1:09,99	12	Tygerberg Aquatics-CP	1:13,12	1:09,99
*31 Goussard, Henry 33,08 1:10,02	12	Greydogs Swimming Club-CP	1:11,38	1:10,02
*31 Coolen, Jonathan T 32,90 1:10,02	12	Biosplash Swim Academy-CE	1:08,22	1:10,02
33 Vd Berg, Wilan 32,51 1:10,05	13	Quicksilver Aquatics Winelands-CE	1:10,38	1:10,05
34 Lesch, Stef 32,30 1:10,12	13	Swartland Swim Club-WC	1:09,50	1:10,12
35 Oosthuizen, Ethan 32,57 1:10,29	12	Players-CE	1:09,39	1:10,29
36 Bouwer, Jason 34,22 1:10,70	12	Tygerberg Aquatics-CP	1:11,53	1:10,70
37 Ollomo, Aaron M 33,87 1:10,73	12	Blouberg Marlins-CP	1:15,10	1:10,73
38 Pullock, Sam J 33,02 1:10,93	13	Curro Hermanus Aquatics-OB	1:09,30	1:10,93
39 Steer, Troy A 32,47 1:11,19	12	Aqua Sharks Academy-CP	1:15,92	1:11,19
40 Du Plessis, Jason F 33,28 1:11,35	12	Curro Langebaan Swim Club-WC	1:12,09	1:11,35
41 Spencer, Charles A 34,27 1:11,41	13	Vineyard SC-CP	1:12,22	1:11,41
42 Abrahams, Rayhan	13	Walmers SC-CP	1:10,90	1:11,67
43 Roman, Noah P 34,26 1:11,71	12	Aqua Dolphin Swimming Club-CP	1:10,48	1:11,71
44 Stanfliet, Nicholas 33,69 1:11,87	12	Vineyard SC-CP	1:12,44	1:11,87
45 Wing, James L 33,32 1:12,00	12	Greydogs Swimming Club-CP	1:13,41	1:12,00
46 Richter, Leighton C 34,66 1:12,71	12	Players-CE	1:10,98	1:12,71
47 Afonso, Aragon G 35,15 1:13,00	12	Quick Silver Swimming Academy-CP	1:13,24	1:13,00
48 Rheeder, Liam M 34,73 1:13,30	12	Paarl Aquarius SC-CE	1:12,61	1:13,30
49 Conradie, Niel 35,29 1:15,19	12	Quick Silver Swimming Academy-CP	1:20,00	1:15,19
50 Jacobs, Zoon S 36,74 1:16,25	13	Agulhas Aquatics-OB	1:13,18	1:16,25



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 301 Boys 12-13 100 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
51 Lee, Luka V 36,11 1:16,52	12	Quick Silver Swimming Academy-CP	1:16,93	1:16,52
52 Wessels, Dirk 36,02 1:17,30	13	Agulhas Aquatics-OB	1:18,34	1:17,30

## Event 301 Men 14-15 100 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Esterhuysen, Joshua N 25,93 53,83	15	Tygerberg Aquatics-CP	54,58	53,83
2 Pretorius, Luuk E 27,02 56,13	14	Knysna Aquatics-ED	56,49	56,13
3 Hutton, Jake 27,38 57,30	15	Blouberg Marlins-CP	58,15	57,30
4 Clarke, Liam 27,78 57,54	15	Lane Leader Stellenbosch-CE	56,97	57,54
5 Minnie, Kodi I 27,94 57,86	14	Royal Swimming Academy-ED	57,88	57,86
6 Potgieter, Michael M 27,44 58,27	15	Lane Leader Stellenbosch-CE	57,96	58,27
7 Kleynhans, Ian 27,63 58,33	15	Generation Swimming Academy-CP	57,77	58,33
8 Engelbrecht, Ruben J 27,50 59,84	15	Players-CE	59,41	59,84

## Event 301 Men 14-15 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Esterhuysen, Joshua N 26,58 54,58	15	Tygerberg Aquatics-CP	55,29	54,58 q
2 Pretorius, Luuk E 27,26 56,49	14	Knysna Aquatics-ED	56,87	56,49 q
3 Clarke, Liam 27,46 56,97	15	Lane Leader Stellenbosch-CE	59,47	56,97 q
4 Kleynhans, Ian 28,08 57,77	15	Generation Swimming Academy-CP	58,29	57,77 q
5 Minnie, Kodi I 27,40 57,88	14	Royal Swimming Academy-ED	57,33	57,88 q
6 Potgieter, Michael M 27,75 57,96	15	Lane Leader Stellenbosch-CE	1:03,75	57,96 q
7 Hutton, Jake 27,54 58,15	15	Blouberg Marlins-CP	57,03	58,15 q
8 Engelbrecht, Ruben J 28,65 59,41	15	Players-CE	1:02,79	59,41 q
9 Beukes, Wade 28,23 59,45	15	Vineyard SC-CP	58,01	59,45
10 Strydom, Conrad M 27,58 59,58	14	Quick Silver Swimming Academy-CP	58,70	59,58
11 Van Vondel, Anton J 28,14 1:00,00	15	Tygerberg Aquatics-CP	58,92	1:00,00
12 Prince, Joshua 28,62 1:00,05	14	Sport Science Institute of SA-CP	59,26	1:00,05

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 301 Men 14-15 100 LC Meter Freestyle)**

<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
13 Koekemoer, Callum 28,83 1:00,34	14	Quick Silver Swimming Academy-CP	1:00,36	1:00,34
14 Orchard, Thomas J 28,58 1:00,55	15	Swartland Swim Club-WC	1:01,48	1:00,55
15 Lottering, Seb C 29,32 1:00,64	14	Royal Swimming Academy-ED	1:00,78	1:00,64
16 Geyser, Jacques M 29,24 1:00,99	15	Lane Leader Stellenbosch-CE	1:01,32	1:00,99
17 Bester, Eben 28,40 1:01,02	15	Tygerberg Aquatics-CP	1:02,35	1:01,02
18 Scott, Luke J 29,09 1:01,05	14	Knysna Aquatics-ED	58,43	1:01,05
19 Nelson, Christopher A 29,69 1:01,37	15	Lane Leader Stellenbosch-CE	1:04,66	1:01,37
20 Witbooi, Reinhardt J 29,16 1:01,61	15	Biosplash Swim Academy-CE	1:02,74	1:01,61
21 Bannister, Joshua G 29,70 1:01,70	14	Tygerberg Aquatics-CP	1:02,55	1:01,70
22 McPetrie, James L 29,84 1:01,86	15	Manta SC-CP	1:02,34	1:01,86
23 Brooker, Matthew W 29,13 1:01,93	15	Aqua Athlete Cta-CP	1:03,93	1:01,93
24 Rohner, Jayden M 28,95 1:01,96	15	Blouberg Marlins-CP	1:00,46	1:01,96
25 Koekemoer, Quinn D 29,77 1:02,14	15	Quick Silver Swimming Academy-CP	1:04,19	1:02,14
26 Potgieter, Liam 30,42 1:02,26	15	Fish Eagle Aquatics-ED	1:00,65	1:02,26
27 Heyes, Garrick T 30,03 1:02,45	14	Aqua Sharks Academy-CP	1:03,83	1:02,45
28 McWilliam, Troy J 29,93 1:02,54	15	Tygerberg Aquatics-CP	1:04,92	1:02,54
29 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	1:04,32	1:02,58
30 Van Der Merwe, Ula W 29,61 1:02,65	15	Knysna Aquatics-ED	58,17	1:02,65
31 Karsten, Jody 29,76 1:02,66	15	Blouberg Marlins-CP	1:02,29	1:02,66
32 Van Schalkwyk, Janco 30,41 1:02,93	15	Quick Silver Swimming Academy-CP	1:03,27	1:02,93
33 Stander, Luan 30,47 1:03,15	14	Players-CE	1:04,66	1:03,15
34 Gilbert, Thomas O 30,01 1:03,67	14	Swimlab Aquatic Academ-CP	1:05,54	1:03,67
35 Schreuder, Steffen 29,72 1:03,71	14	Aquasharks Winelands-CE	1:03,12	1:03,71
36 De Beer, Rynard A 30,52 1:03,75	14	Quicksilver Aquatics Winelands-CE	1:04,13	1:03,75
37 Terblanche, Luan L 30,46 1:03,89	14	Tygerberg Aquatics-CP	1:05,87	1:03,89
38 Breet, Dawie-Louw L 30,16 1:03,92	15	Players-CE	1:02,53	1:03,92
39 Möller, FC C 30,55 1:04,25	15	Tygerberg Aquatics-CP	1:04,54	1:04,25

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 301 Men 14-15 100 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
40 Atkinson, Samuel A 29,95 1:04,29	14	Swartland Swim Club-WC	1:03,53	1:04,29
41 Adams, Imtiyaaz 30,64 1:04,38	14	Aqua Dolphin Swimming Club-CP	1:03,39	1:04,38
42 Adendorff, James T 29,95 1:04,45	14	Tygerberg Aquatics-CP	1:03,34	1:04,45
43 Van Helden, Ethan C 30,66 1:04,84	14	Generation Swimming Academy-CP	1:04,78	1:04,84
44 Viljoen, Jaden R 30,60 1:05,08	14	Aqua Sharks Academy-CP	1:03,99	1:05,08
45 Nefdt, Grant 30,95 1:05,35	15	Vineyard SC-CP	1:05,47	1:05,35
46 Kirsten, John-William R 32,24 1:05,71	14	Lane Leader Stellenbosch-CE	1:04,69	1:05,71
47 Vd Merwe, Michael D 31,07 1:06,26	15	Quick Silver Swimming Academy-CP	1:08,20	1:06,26
48 Pedro, Tamkeen 30,69 1:07,34	14	Walmers SC-CP	1:06,19	1:07,34
49 Burmeister, Marius 33,63 1:11,73	14	Quicksilver Aquatics Winelands-CE	1:10,94	1:11,73

## Event 301 Men 16 &amp; Over 100 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Luck, Taylor R 25,95 52,77	17	Vineyard SC-CP	53,22	52,77
2 Steyn, Stefan A 25,86 53,97	16	Knysna Aquatics-ED	54,36	53,97
3 Van Heerden, Stefan F 25,65 54,12	16	Lane Leader Stellenbosch-CE	53,97	54,12
4 Schlechter, Gustav 25,71 54,14	20	Lane Leader Stellenbosch-CE	54,11	54,14
5 Kriegler, Christiaan C 26,11 54,31	17	Curro Durbanville Aquatics-CP	54,22	54,31
*6 Vd Merwe, Johan H 25,71 54,38	17	Maties Aquatics-CE	54,68	54,38
*6 Viljoen, Adriaan 26,15 54,38	20	Maties Aquatics-CE	54,50	54,38
8 Malherbe, Francois 26,01 54,51	18	Lane Leader Stellenbosch-CE	54,05	54,51
9 West, Gabriel 26,71 55,55	18	Tygerberg Aquatics-CP	56,72	55,55
10 Bromfield, Michael V 26,91 55,57	21	Maties Aquatics-CE	56,23	55,57
11 Hopkins, Tim 27,14 55,75	17	Tygerberg Aquatics-CP	56,49	55,75
12 Viljoen, Stèphen 27,62 56,27	16	Aquasharks Winelands-CE	56,73	56,27
*13 Myburgh, Jordan 27,06 56,46	17	Blouberg Marlins-CP	55,97	56,46
*13 Hendricks, Robert A 26,71 56,46	17	Royal Swimming Academy-ED	55,81	56,46
15 Beetge, Matthew 26,69 56,51	18	Lane Leader Stellenbosch-CE	56,40	56,51

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 301 Men 16 &amp; Over 100 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
16 Hieckmann, Ethan H 27,04 56,98	21	Barracudas Aquarama SC-CP	56,79	56,98

## Event 301 Men 16 &amp; Over 100 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Luck, Taylor R 25,87 53,22	17	Vineyard SC-CP	52,64	53,22 q
2 Van Heerden, Stefan F 25,50 53,97	16	Lane Leader Stellenbosch-CE	54,83	53,97 q
3 Malherbe, Francois 25,75 54,05	18	Lane Leader Stellenbosch-CE	52,46	54,05 q
4 Schlechter, Gustav 25,86 54,11	20	Lane Leader Stellenbosch-CE	52,99	54,11 q
5 Kriegler, Christiaan C 25,91 54,22	17	Curro Durbanville Aquatics-CP	54,27	54,22 q
6 Steyn, Stefan A 26,14 54,36	16	Knysna Aquatics-ED	54,23	54,36 q
7 Viljoen, Adriaan 26,16 54,50	20	Maties Aquatics-CE	53,36	54,50 q
8 Vd Merwe, Johan H 26,32 54,68	17	Maties Aquatics-CE	55,33	54,68 q
9 Hendricks, Robert A 26,58 55,81	17	Royal Swimming Academy-ED	57,69	55,81 q
10 Myburgh, Jordan 26,67 55,97	17	Blouberg Marlins-CP	56,40	55,97 q
11 Bromfield, Michael V 27,02 56,23	21	Maties Aquatics-CE	55,19	56,23 q
12 Beetge, Matthew 26,86 56,40	18	Lane Leader Stellenbosch-CE	56,31	56,40 q
13 Hopkins, Tim 27,61 56,49	17	Tygerberg Aquatics-CP	57,63	56,49 q
14 West, Gabriel 26,88 56,72	18	Tygerberg Aquatics-CP	56,32	56,72 q
15 Viljoen, Stèphen 27,72 56,73	16	Aquasharks Winelands-CE	57,68	56,73 q
16 Hieckmann, Ethan H 27,32 56,79	21	Barracudas Aquarama SC-CP	57,44	56,79 q
17 Boonzaier, Jannie R 27,08 57,00	16	Aqua Sharks Academy-CP	57,53	57,00
18 Volschenk, Ben T 27,30 57,33	16	Tygerberg Aquatics-CP	56,87	57,33
19 Malherbe, Nicholas N 27,37 57,45	16	Lane Leader Stellenbosch-CE	58,64	57,45
20 Carrol, Matt 27,62 57,61	17	Blouberg Marlins-CP	56,91	57,61
21 Foot, Aiden C 28,06 57,63	16	Swartland Swim Club-WC	59,21	57,63
*22 Forbes, Thomas P 28,05 57,68	18	Lane Leader Stellenbosch-CE	58,16	57,68
*22 Abrahams, Matthew N 28,04 57,68	23	Aqua Sharks Academy-CP	58,22	57,68

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 301 Men 16 & Over 100 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
24	Oosthuizen, Nic D 27,93 57,70	20	Sport Science Institute of SA-CP	58,60	57,70
25	Wright, Keegan 27,81 57,76	16	Tygerberg Aquatics-CP	57,33	57,76
26	Kleinhans, Kyle 27,60 57,85	16	Sport Science Institute of SA-CP	57,79	57,85
27	Forbes, Nicholas J 28,15 57,92	16	Lane Leader Stellenbosch-CE	58,52	57,92
28	Louw, Adriaan B 27,10 57,95	16	Curro Langebaan Swim Club-WC	56,56	57,95
29	Swart, Niklis 27,76 57,99	17	Players-CE	58,22	57,99
30	Saaiman, Rikus T 27,12 58,15	17	Quick Silver Swimming Academy-CP	57,92	58,15
31	Hugo, Retief R 27,97 58,19	16	Aquasharks Winelands-CE	58,60	58,19
32	Burger, Schalk S 27,57 58,39	17	Swartland Swim Club-WC	58,46	58,39
33	Pool-Jones, Jonah B 26,75 58,40	20	Maties Aquatics-CE	54,29	58,40
34	Terblanche, Kiaan C 28,57 58,75	17	Tygerberg Aquatics-CP	59,24	58,75
35	Basson, Wilan 27,33 58,80	16	Aqua Sharks Academy-CP	58,04	58,80
36	Coetzee, Liam	17	Players-CE	56,76	58,86
37	Kotzè, Kailen M 28,13 58,97	16	Paarl Aquarius SC-CE	57,99	58,97
38	Strydom, Stephan 28,11 58,98	17	Tygerberg Aquatics-CP	59,90	58,98
39	Van Wyk, Wesley R 28,23 59,08	16	Generation Swimming Academy-CP	57,85	59,08
40	Beukes, Mateo A 28,23 59,14	17	Walmers SC-CP	58,40	59,14
41	Nienaber, Dirco 27,89 59,18	19	Fish Eagle Aquatics-ED	59,95	59,18
42	Stander, Daniel E 28,34 59,57	16	Lane Leader Stellenbosch-CE	59,28	59,57
43	Hibberd, Matthew 28,59 59,74	25	Blouberg Marlins-CP	59,43	59,74
44	Treurnicht, Wim G 28,39 59,81	17	Players-CE	1:00,22	59,81
45	Gamiendien, Suhail 28,10 1:00,10	18	Aqua Dolphin Swimming Club-CP	58,70	1:00,10
46	Theron, Connor G 28,38 1:00,18	19	Sport Science Institute of SA-CP	56,41	1:00,18
47	Van Reenen, Ryan 28,90 1:00,25	23	Blouberg Marlins-CP	58,06	1:00,25
48	Naude, Zian 27,97 1:00,33	16	Paarl Aquarius SC-CE	1:01,21	1:00,33
49	Barnard, Rohan C 29,00 1:00,34	18	Blouberg Marlins-CP	59,68	1:00,34
50	Peceur, Mark D 28,87 1:00,44	18	Paarl Aquarius SC-CE	59,65	1:00,44

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 301 Men 16 &amp; Over 100 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time
51 Clayton, Franco P 29,02 1:01,16	16	Lane Leader Stellenbosch-CE	1:01,30	1:01,16
52 Louw, Guillaume 28,38 1:01,65	19	Curro Durbanville Aquatics-CP	1:00,27	1:01,65
53 Micklethwaite, Tyler L 29,46 1:01,97	18	Sport Science Institute of SA-CP	1:00,60	1:01,97
54 Goldstein, Tristan J 29,22 1:02,38	17	Aqua Sharks Academy-CP	1:03,49	1:02,38
55 Chippendale, Logan T 29,08 1:03,26	16	Sport Science Institute of SA-CP	1:02,59	1:03,26
56 Van Vuuren, Armand B 30,40 1:03,28	17	Generation Swimming Academy-CP	1:00,62	1:03,28
57 Peycke, Tom R 30,24 1:04,05	20	Blouberg Marlins-CP	1:03,21	1:04,05
58 Vorster, Josua A	17	Fish Eagle Aquatics-ED	1:03,11	1:04,16
59 Laker, Mark 32,57 1:06,82	16	Curro Durbanville Aquatics-CP	1:06,20	1:06,82

## Event 301 Men 100 LC Meter Freestyle Multi-Class

2021-Open: 48,64 # 2017/04/03 Chad G. Le Clos at Sa National DMSS

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Pardoe, James N S15 41,86 1:30,14	11	Greydogs Swimming Club-CP	1:30,80	1:30,14 q

## Event 302 Girls 11 &amp; Under 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Neumann, Erin R 43,61 1:32,65	10	Generation Swimming Academy-CP	1:34,76	1:32,65
2 De Jager, Sophia 44,33 1:32,90	11	Curro Durbanville Aquatics-CP	1:35,36	1:32,90
3 Atkinson, Anouk E 45,16 1:33,47	11	Swartland Swim Club-WC	1:37,30	1:33,47
4 Nilsson, Rebecca B 44,69 1:35,36	11	Tygerberg Aquatics-CP	1:37,57	1:35,36
5 Lorenzen, Ava E 46,10 1:37,19	10	Blouberg Marlins-CP	1:40,70	1:37,19
6 Fury, Amelia J 46,51 1:38,21	11	Vineyard SC-CP	1:44,01	1:38,21
7 Dimatellis, Zoi 47,02 1:39,80	10	Royal Swimming Academy-ED	1:40,25	1:39,80
8 Hunter, Emma J	10	Knysna Aquatics Jnr-ED	1:39,19	1:40,78

## Event 302 Girls 11 &amp; Under 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Neumann, Erin R 44,12 1:34,76	10	Generation Swimming Academy-CP	1:35,97	1:34,76 q
2 De Jager, Sophia 44,89 1:35,36	11	Curro Durbanville Aquatics-CP	1:34,57	1:35,36 q
3 Atkinson, Anouk E 45,56 1:37,30	11	Swartland Swim Club-WC	1:38,57	1:37,30 q
4 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	1:35,68	1:37,57 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 302 Girls 11 &amp; Under 100 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time	
5 Hunter, Emma J	10	Knysna Aquatics Jnr-ED	1:38,75	1:39,19	q
6 Dimatellis, Zoi	10	Royal Swimming Academy-ED	1:39,33	1:40,25	q
47,50 1:40,25					
7 Lorenzen, Ava E	10	Blouberg Marlins-CP	1:38,45	1:40,70	q
46,25 1:40,70					
8 Fury, Amelia J	11	Vineyard SC-CP	1:45,08	1:44,01	q
49,68 1:44,01					
9 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	1:42,50	1:44,81	
48,59 1:44,81					
10 Jurado, Vanessa C	10	Vineyard SC-CP	1:44,95	1:45,95	
50,14 1:45,95					

## Event 302 Girls 12-13 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Evans, Caitlin N	12	Tygerberg Aquatics-CP	1:26,61	1:23,88
40,23 1:23,88				
2 Neumann, Eva L	12	Generation Swimming Academy-CP	1:28,66	1:24,27
39,36 1:24,27				
3 Combrink, Amy	13	Vineyard SC-CP	1:24,54	1:24,37
40,31 1:24,37				
4 Putter, Demi	12	Curro Durbanville Aquatics-CP	1:24,80	1:25,04
40,40 1:25,04				
5 Morris, Jenna	13	Vineyard SC-CP	1:26,53	1:26,62
40,75 1:26,62				
6 Coleman, Madison	13	Blouberg Marlins-CP	1:26,70	1:27,94
42,16 1:27,94				
7 Magotsi, Riziki A	12	Vineyard SC-CP	1:27,65	1:30,45
41,63 1:30,45				
8 Dreyer, Arne'	12	Biosplash Swim Academy-CE	1:29,36	1:30,55
42,28 1:30,55				

## Event 302 Girls 12-13 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Combrink, Amy	13	Vineyard SC-CP	1:23,41	1:24,54	q
40,05 1:24,54					
2 Putter, Demi	12	Curro Durbanville Aquatics-CP	1:25,85	1:24,80	q
39,63 1:24,80					
3 Morris, Jenna	13	Vineyard SC-CP	1:24,31	1:26,53	q
40,47 1:26,53					
4 Evans, Caitlin N	12	Tygerberg Aquatics-CP	1:21,75	1:26,61	q
40,95 1:26,61					
5 Coleman, Madison	13	Blouberg Marlins-CP	1:25,47	1:26,70	q
40,34 1:26,70					
6 Magotsi, Riziki A	12	Vineyard SC-CP	1:32,16	1:27,65	q
42,15 1:27,65					
7 Neumann, Eva L	12	Generation Swimming Academy-CP	1:22,34	1:28,66	q
41,97 1:28,66					
8 Dreyer, Arne'	12	Biosplash Swim Academy-CE	1:31,18	1:29,36	q
41,92 1:29,36					
9 Visser, Sandri	13	Players-CE	1:28,14	1:30,88	

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 302 Girls 12-13 100 LC Meter Breaststroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
10	Thobeha, Naledi 43,45 1:31,56	13	Quick Silver Swimming Academy-CP	1:34,22	1:31,56
11	Van Galen, Ava-Loren 43,72 1:31,75	13	Biosplash Swim Academy-CE	1:31,05	1:31,75
12	Hahn, Kayleigh K 43,37 1:32,15	13	Royal Swimming Academy-ED	1:28,71	1:32,15
13	Geyser, Almi 44,24 1:32,87	13	Lane Leader Stellenbosch-CE	1:33,69	1:32,87
14	Rossouw, Emma M 44,40 1:32,90	13	Quick Silver Swimming Academy-CP	1:34,52	1:32,90
15	Bosman, Daizeli 43,12 1:33,75	12	Players-CE	1:35,60	1:33,75
16	Van Der Wath, Izi	12	Knysna Aquatics-ED	1:32,33	1:34,46
17	Lodewyks, Jeandr�e 44,16 1:35,18	12	Fish Eagle Aquatics-ED	1:35,60	1:35,18
18	Senekal, Margo 45,81 1:35,88	13	Tygerberg Aquatics-CP	1:33,39	1:35,88
19	R�ntgen, Carine 44,84 1:36,09	13	Aquasharks Winelands-CE	1:34,59	1:36,09
20	Holthuis, Keilah-Naomi 46,00 1:37,01	13	Generation Swimming Academy-CP	1:35,72	1:37,01
21	Gerber, Simon�e M 47,06 1:37,45	12	Greydogs Swimming Club-CP	1:35,67	1:37,45
22	Bruwer, Casey 45,46 1:38,38	13	Blouberg Marlins-CP	1:37,75	1:38,38
23	Adams, Sydni M 45,84 1:38,73	13	Vineyard SC-CP	1:32,06	1:38,73
24	Louw, Anieka 46,72 1:40,01	12	Curro Durbanville Aquatics-CP	1:40,29	1:40,01
25	Visagie, Jani 47,40 1:41,12	13	Swartland Swim Club-WC	1:40,18	1:41,12
26	Baillie, Gabi J 47,30 1:41,63	12	Royal Swimming Academy-ED	1:41,12	1:41,63
27	O'Carroll, Nia E 50,19 1:48,15	12	Biosplash Swim Academy-CE	1:50,49	1:48,15

**Event 302 Women 14-15 100 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Vd Wal, Mieke 37,19 1:19,35	14	Curro Durbanville Aquatics-CP	1:21,22	1:19,35
2	Putter, Tan�e	15	Curro Durbanville Aquatics-CP	1:20,73	1:22,31
3	Olivier, Shani 40,54 1:24,36	15	The Well-CE	1:25,36	1:24,36
4	Gerber, Mia 40,23 1:24,62	14	Maties Aquatics-CE	1:24,50	1:24,62
5	Kriek, Mila 39,39 1:25,69	15	Quicksilver Aquatics Winelands-CE	1:25,33	1:25,69
6	Laubscher, Maya R 41,35 1:25,89	15	Generation Swimming Academy-CP	1:27,52	1:25,89
7	Ryser, Aurora 40,84 1:26,40	15	Tygerberg Aquatics-CP	1:28,10	1:26,40



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 302 Women 14-15 100 LC Meter Breaststroke)

Name	Age	Team	Prelim Time	Finals Time
8 Witten, Hannah	15	Aqua Sharks Academy-CP	1:28,18	1:27,00
40,25	1:27,00			

## Event 302 Women 14-15 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Putter, Tanè	15	Curro Durbanville Aquatics-CP	1:17,09	1:20,73 q
38,08	1:20,73			
2 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	1:19,92	1:21,22 q
37,87	1:21,22			
3 Gerber, Mia	14	Maties Aquatics-CE	1:26,12	1:24,50 q
39,62	1:24,50			
4 Kriek, Mila	15	Quicksilver Aquatics Winelands-CE	1:30,02	1:25,33 q
39,58	1:25,33			
5 Olivier, Shani	15	The Well-CE	1:23,95	1:25,36 q
40,16	1:25,36			
6 Laubscher, Maya R	15	Generation Swimming Academy-CP	1:27,75	1:27,52 q
40,40	1:27,52			
7 Ryser, Aurora	15	Tygerberg Aquatics-CP	1:24,49	1:28,10 q
41,32	1:28,10			
8 Witten, Hannah	15	Aqua Sharks Academy-CP	1:25,65	1:28,18 q
41,94	1:28,18			
9 Borman, Jani	14	Quicksilver Aquatics Winelands-CE	1:25,57	1:30,62
41,05	1:30,62			
10 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	1:29,35	1:30,98
41,44	1:30,98			
11 Burke, Erin	15	Aqua Athlete Cta-CP	1:28,80	1:31,56
41,99	1:31,56			
12 Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	1:28,25	1:32,13
43,05	1:32,13			
13 Corrigan, Cara J	15	Fish Eagle Aquatics-ED	1:31,19	1:33,99
44,52	1:34,82			
14 Lategan, Emma M	14	Curro Durbanville Aquatics-CP	1:32,74	1:34,82
44,52	1:34,82			
15 Harris, Gemma	15	Marlin Swimming Club-CP	1:30,30	1:35,06
44,70	1:36,76			
16 Tsai, Emily A	14	Blouberg Marlins-CP	1:30,98	1:35,90
44,70	1:36,76			
17 Abrahams, Eve	14	Vineyard SC-CP	1:30,01	1:36,76
44,70	1:36,76			
18 Jeftha, Zara L	14	Marlin Swimming Club-CP	1:27,96	1:37,33
44,91	1:37,33			

## Event 302 Women 16 &amp; Over 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Cope, Morgan M	16	Generation Swimming Academy-CP	1:14,96	1:13,88
34,49	1:13,88			
2 Paljk, Tilka	25	Maties Aquatics-CE	1:21,27	1:19,55
36,05	1:19,55			
3 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	1:20,96	1:21,16
37,59	1:21,16			
4 Bester, Christine F	16	Aquasharks Winelands-CE	1:24,49	1:24,36
39,92	1:24,36			
5 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	1:24,62	1:25,59
40,17	1:25,59			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 302 Women 16 &amp; Over 100 LC Meter Breaststroke)

	Name	Age	Team	Prelim Time	Finals Time
6	Hugo, Anika S	16	Paarl Aquarius SC-CE	1:24,21	1:25,90
7	Sabbagha, Annè 40,19 1:26,03	16	Paarl Aquarius SC-CE	1:26,79	1:26,03
8	Roberts, Netanya 39,42 1:26,42	20	Maties Aquatics-CE	1:26,91	1:26,42
9	Botha, Lara E 39,14 1:26,59	16	Aquasharks Winelands-CE	1:28,27	1:26,59
10	Novello, Utah 41,00 1:26,62	16	Curro Langebaan Swim Club-WC	1:28,24	1:26,62
11	Paulse, Hannah N 41,34 1:27,36	19	Vineyard SC-CP	1:27,01	1:27,36
12	Havenga, Skyla K 40,50 1:27,68	16	Curro Langebaan Swim Club-WC	1:27,94	1:27,68
13	Heyes, Danielle A 39,63 1:27,71	16	Aqua Sharks Academy-CP	1:28,15	1:27,71
14	Pretorius, Ashlèè 41,51 1:27,86	17	Sport Science Institute of SA-CP	1:27,08	1:27,86
15	Fourie, Petro Marié 42,32 1:30,22	17	Fish Eagle Aquatics-ED	1:30,51	1:30,22

## Event 302 Women 16 &amp; Over 100 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Cope, Morgan M	16	Generation Swimming Academy-CP	1:11,46	1:14,96 q
2	Cilliers, Kara K 37,58 1:20,96	17	Quicksilver Aquatics Winelands-CE	1:21,75	1:20,96 q
3	Paljk, Tilka 37,88 1:21,27	25	Maties Aquatics-CE	1:18,48	1:21,27 q
4	Hugo, Anika S 39,69 1:24,21	16	Paarl Aquarius SC-CE	1:21,19	1:24,21 q
5	Bester, Christine F 39,44 1:24,49	16	Aquasharks Winelands-CE	1:23,63	1:24,49 q
6	Vd Merwe, Haylee 39,65 1:24,62	17	Quick Silver Swimming Academy-CP	1:24,51	1:24,62 q
7	Sabbagha, Annè 40,17 1:26,79	16	Paarl Aquarius SC-CE	1:24,50	1:26,79 q
8	Roberts, Netanya 39,83 1:26,91	20	Maties Aquatics-CE	1:23,05	1:26,91 q
9	Paulse, Hannah N 40,84 1:27,01	19	Vineyard SC-CP	1:22,63	1:27,01 q
10	Pretorius, Ashlèè 40,91 1:27,08	17	Sport Science Institute of SA-CP	1:26,54	1:27,08 q
11	Havenga, Skyla K 40,18 1:27,94	16	Curro Langebaan Swim Club-WC	1:27,11	1:27,94 q
12	Heyes, Danielle A 40,17 1:28,15	16	Aqua Sharks Academy-CP	1:28,15	1:28,15 q
13	Novello, Utah 41,48 1:28,24	16	Curro Langebaan Swim Club-WC	1:28,85	1:28,24 q
14	Botha, Lara E 41,29 1:28,27	16	Aquasharks Winelands-CE	1:24,49	1:28,27 q
15	Fourie, Petro Marié 42,54 1:30,51	17	Fish Eagle Aquatics-ED	1:31,28	1:30,51 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 302 Women 100 LC Meter Breaststroke Multi-Class

2021-Open: 1:07,48 # 2000/09/16 Sarah Poewe at 2000 Olympic Ga

RSA-ZZ

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Kriegl, Joanica C SB10	18	Curro Durbanville Aquatics-CP	1:31,71	1:37,25	q
45,24	1:37,25				

## Event 303 Boys 11 &amp; Under 100 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Viljoen, Llewelyn	11	Knysna Aquatics-ED	1:31,88	1:27,94
41,82	1:27,94			
2 Swart, Nico N	11	Aqua Sharks Academy-CP	1:31,02	1:29,23
43,10	1:29,23			
3 Tsai, Ethan M	11	Blouberg Marlins-CP	1:37,93	1:33,84
43,44	1:33,84			
4 Hahn, Kyle	10	Royal Swimming Academy-ED	1:37,05	1:34,17
45,37	1:34,17			
5 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	1:37,61	1:36,11
44,67	1:36,11			
6 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	1:39,88	1:36,51
46,28	1:36,51			
7 Loots, Noah C	11	Generation Swimming Academy-CP	1:40,73	1:41,63
47,98	1:41,63			
8 Trower, Michael	11	Tygerberg Aquatics-CP	1:41,96	1:42,22
46,92	1:42,22			

## Event 303 Boys 11 &amp; Under 100 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Swart, Nico N	11	Aqua Sharks Academy-CP	1:29,06	1:31,02
42,64	1:31,02			q
2 Viljoen, Llewelyn	11	Knysna Aquatics-ED	1:29,79	1:31,88
43,60	1:31,88			q
3 Hahn, Kyle	10	Royal Swimming Academy-ED	1:33,92	1:37,05
46,94	1:37,05			q
4 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	1:37,63	1:37,61
				q
5 Tsai, Ethan M	11	Blouberg Marlins-CP	1:41,05	1:37,93
				q
6 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	1:38,22	1:39,88
				q
7 Loots, Noah C	11	Generation Swimming Academy-CP	1:40,52	1:40,73
46,33	1:40,73			q
8 Trower, Michael	11	Tygerberg Aquatics-CP	1:43,12	1:41,96
48,31	1:41,96			q
9 Coleman, Travis	11	Blouberg Marlins-CP	1:41,14	1:42,37
10 Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	1:42,04	1:43,48
49,70	1:43,48			
11 Spencer, Marcus W	11	Vineyard SC-CP	1:39,72	1:44,35
12 Bright, Michael C	10	Curro Durbanville Aquatics-CP	1:42,63	1:44,66
48,99	1:44,66			
13 Pautz, Benjamin R	10	Blouberg Marlins-CP	1:43,65	1:45,15
48,94	1:45,15			
14 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	1:45,48	1:45,36
48,26	1:45,36			

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 303 Boys 11 & Under 100 LC Meter Breaststroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
15	Vorster, Caiden 48,91 1:46,62	11	Curro Langebaan Swim Club-WC	1:48,43	1:46,62
16	Möller, Van Zyl V 50,73 1:47,52	11	Tygerberg Aquatics-CP	1:45,82	1:47,52
17	Hodgskiss, Fin J 50,84 1:48,29	11	Sport Science Institute of SA-CP	1:50,57	1:48,29
18	February, Dillon S	10	Curro Durbanville Aquatics-CP	1:49,49	1:49,15
19	Weber, Daniel 52,90 1:52,42	11	Players-CE	1:50,66	1:52,42

**Event 303 Boys 12-13 100 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Williams, Jayden J 36,30 1:17,53	13	Paarl Aquarius SC-CE	1:20,00	1:17,53
2	Kalapac, Joshua 36,67 1:18,45	13	Blouberg Marlins-CP	1:20,78	1:18,45
3	Naude, Dieter 37,24 1:19,74	13	Paarl Aquarius SC-CE	1:21,98	1:19,74
4	Burger, Rosseau 37,94 1:21,44	13	Lane Leader Stellenbosch-CE	1:22,36	1:21,44
5	Stephenson, Liam N	13	Fish Eagle Aquatics-ED	1:23,61	1:23,04
6	Rosslee, Christian F 39,11 1:23,24	13	Tygerberg Aquatics-CP	1:25,68	1:23,24
7	Smith, Sebastian N 39,73 1:23,66	13	Tygerberg Aquatics-CP	1:26,12	1:23,66
8	Schultz, Heinrich W	13	Curro Durbanville Aquatics-CP	1:26,32	1:25,61

**Event 303 Boys 12-13 100 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Williams, Jayden J 37,00 1:20,00	13	Paarl Aquarius SC-CE	1:17,74	1:20,00 q
2	Kalapac, Joshua 38,12 1:20,78	13	Blouberg Marlins-CP	1:19,02	1:20,78 q
3	Naude, Dieter 37,98 1:21,98	13	Paarl Aquarius SC-CE	1:19,04	1:21,98 q
4	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	1:20,51	1:22,36 q
5	Stephenson, Liam N 40,49 1:23,61	13	Fish Eagle Aquatics-ED	1:25,26	1:23,61 q
6	Rosslee, Christian F 40,69 1:25,68	13	Tygerberg Aquatics-CP	1:23,83	1:25,68 q
7	Smith, Sebastian N 39,50 1:26,12	13	Tygerberg Aquatics-CP	1:23,14	1:26,12 q
8	Schultz, Heinrich W 40,40 1:26,32	13	Curro Durbanville Aquatics-CP	1:25,35	1:26,32 q
9	Hudson, Thomas 40,29 1:26,51	12	Quicksilver Aquatics Winelands-CE	1:26,01	1:26,51
10	Vermeulen, Hanco 41,31 1:26,58	13	Tygerberg Aquatics-CP	1:26,88	1:26,58
11	Mansfield, Luke T 40,73 1:26,99	12	Lane Leader Stellenbosch-CE	1:26,27	1:26,99

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 303 Boys 12-13 100 LC Meter Breaststroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
12	Bezuidenhout, Carlo 40,12 1:28,76	13	Fish Eagle Aquatics-ED	1:26,42	1:28,76
13	Theys, Jayden-Lee 41,06 1:29,32	13	Evolution Aquatics-CP	1:30,50	1:29,32
14	Liedeman, Mark 41,55 1:29,39	12	Swartland Swim Club-WC	1:32,25	1:29,39
15	Goussard, Henry 42,95 1:30,32	12	Greydogs Swimming Club-CP	1:31,29	1:30,32
16	Stanfliet, Nicholas 43,08 1:30,41	12	Vineyard SC-CP	1:31,57	1:30,41
17	Spencer, Charles A	13	Vineyard SC-CP	1:33,47	1:31,40
18	Sirin, Ben 43,32 1:31,68	13	Vineyard SC-CP	1:31,38	1:31,68
19	Poggenpoel, Troy J 43,51 1:31,73	13	Marlin Swimming Club-CP	1:29,42	1:31,73
20	Haupt, Rhys A 43,17 1:31,76	13	Vineyard SC-CP	1:30,13	1:31,76
21	Abrahams, Rayhan 43,28 1:31,92	13	Walmers SC-CP	1:29,07	1:31,92
22	Vd Berg, Wilan 43,51 1:32,02	13	Quicksilver Aquatics Winelands-CE	1:30,55	1:32,02
23	De Bruyn, Cornè C 43,67 1:32,66	13	Aqua Sharks Academy-CP	1:34,08	1:32,66
24	Wing, James L 44,83 1:34,48	12	Greydogs Swimming Club-CP	1:32,04	1:34,48
25	Roman, Noah P 45,30 1:34,54	12	Aqua Dolphin Swimming Club-CP	1:33,11	1:34,54
26	Bouwer, Jason 46,01 1:34,88	12	Tygerberg Aquatics-CP	1:33,64	1:34,88
27	Jacobs, Zoon S 45,53 1:35,35	13	Agulhas Aquatics-OB	1:34,94	1:35,35
28	Kriek, Divan D 43,88 1:36,80	12	Quicksilver Aquatics Winelands-CE	1:29,60	1:36,80
29	Lamminga, Tiaan 45,00 1:36,88	13	Curro Durbanville Aquatics-CP	1:33,83	1:36,88
30	Lesch, Stef 44,85 1:36,96	13	Swartland Swim Club-WC	1:38,93	1:36,96
31	Minnaar, Nicolas 46,98 1:37,66	12	Tygerberg Aquatics-CP	1:39,82	1:37,66
32	Kotzè, Max M 47,56 1:39,21	13	Blouberg Marlins-CP	1:39,35	1:39,21
33	Conradie, Niel	12	Quick Silver Swimming Academy-CP	1:37,85	1:40,74
34	Du Plessis, Jason F 48,57 1:45,36	12	Curro Langebaan Swim Club-WC	1:42,08	1:45,36

**Event 303 Men 14-15 100 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Nelson, Christopher A 33,93 1:11,92	15	Lane Leader Stellenbosch-CE	1:12,76	1:11,92
2	Bester, Francois A 34,04 1:12,09	15	Quicksilver Aquatics Winelands-CE	1:10,59	1:12,09
3	Hendricks, Joshua 34,72 1:14,15	15	Lane Leader Stellenbosch-CE	1:14,31	1:14,15

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Finals ... (Event 303 Men 14-15 100 LC Meter Breaststroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
4	Alexander, Ammaar 35,60 1:16,81	15	Marlin Swimming Club-CP	1:17,40	1:16,81
5	Beukes, Wade 36,13 1:17,57	15	Vineyard SC-CP	1:19,32	1:17,57
6	Koekemoer, Quinn D 35,97 1:17,82	15	Quick Silver Swimming Academy-CP	1:20,11	1:17,82
7	Grobler, Ewandre 35,95 1:18,22	15	Royal Swimming Academy-ED	1:16,13	1:18,22
8	Van Wyk, Wayne E 37,12 1:20,33	14	Generation Swimming Academy-CP	1:18,50	1:20,33

**Event 303 Men 14-15 100 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Bester, Francois A 33,22 1:10,59	15	Quicksilver Aquatics Winelands-CE	1:08,94	1:10,59 q
2	Nelson, Christopher A 34,25 1:12,76	15	Lane Leader Stellenbosch-CE	1:14,23	1:12,76 q
3	Hendricks, Joshua 34,63 1:14,31	15	Lane Leader Stellenbosch-CE	1:14,65	1:14,31 q
4	Grobler, Ewandre 34,93 1:16,13	15	Royal Swimming Academy-ED	1:17,08	1:16,13 q
5	Alexander, Ammaar 35,69 1:17,40	15	Marlin Swimming Club-CP	1:15,41	1:17,40 q
6	Van Wyk, Wayne E 37,19 1:18,50	14	Generation Swimming Academy-CP	1:16,66	1:18,50 q
7	Beukes, Wade 36,40 1:19,32	15	Vineyard SC-CP	1:14,26	1:19,32 q
8	Koekemoer, Quinn D 37,45 1:20,11	15	Quick Silver Swimming Academy-CP	1:17,14	1:20,11 q
9	Bester, Eben	15	Tygerberg Aquatics-CP	1:18,69	1:20,45
10	Karsten, Jody 37,99 1:20,78	15	Blouberg Marlins-CP	1:20,30	1:20,78
11	Terblanche, Luan L 38,54 1:21,25	14	Tygerberg Aquatics-CP	1:22,13	1:21,25
12	Den Haan, Stéfan 37,46 1:22,10	15	Quick Silver Swimming Academy-CP	1:21,35	1:22,10
13	Adendorff, James T 37,47 1:22,40	14	Tygerberg Aquatics-CP	1:19,87	1:22,40
14	Brooker, Matthew W 39,21 1:23,03	15	Aqua Athlete Cta-CP	1:22,81	1:23,03
15	Landi, Tristan 39,14 1:23,12	14	Vineyard SC-CP	1:24,02	1:23,12
16	Witbooi, Reinhardt J 39,61 1:23,44	15	Biosplash Swim Academy-CE	1:23,69	1:23,44
17	Pautz, Nathan M	14	Blouberg Marlins-CP	1:24,70	1:23,63
18	Bannister, Joshua G 40,08 1:24,58	14	Tygerberg Aquatics-CP	1:23,78	1:24,58
19	Vd Merwe, Michael D 39,62 1:25,02	15	Quick Silver Swimming Academy-CP	1:19,38	1:25,02
20	McPetrie, James L 40,37 1:25,77	15	Manta SC-CP	1:25,45	1:25,77

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 303 Men 14-15 100 LC Meter Breaststroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
21	Atkinson, Samuel A 39,38 1:25,90	14	Swartland Swim Club-WC	1:24,47	1:25,90
22	Van Schalkwyk, Janco 40,48 1:26,26	15	Quick Silver Swimming Academy-CP	1:25,42	1:26,26
23	McWilliam, Troy J	15	Tygerberg Aquatics-CP	1:23,24	1:26,50
24	Adams, Imtiyaaz 40,65 1:27,45	14	Aqua Dolphin Swimming Club-CP	1:28,94	1:27,45
25	Pedro, Tamkeen 42,47 1:29,73	14	Walmers SC-CP	1:28,07	1:29,73
26	Stander, Luan 41,21 1:31,30	14	Players-CE	1:27,57	1:31,30

**Event 303 Men 16 & Over 100 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Truter, Petrus C 31,05 1:06,14	19	Lane Leader Stellenbosch-CE	1:06,05	1:06,14
2	Emslie, Joshua D 31,78 1:07,88	20	Maties Aquatics-CE	1:09,97	1:07,88
3	Boshoff, Juan C 32,31 1:08,77	17	Tygerberg Aquatics-CP	1:11,29	1:08,77
4	Clayton, Franco P 32,49 1:09,31	16	Lane Leader Stellenbosch-CE	1:10,82	1:09,31
5	Malan, Johan S 32,80 1:10,48	16	Curro Durbanville Aquatics-CP	1:10,22	1:10,48
6	Hugo, Retief R 33,31 1:11,39	16	Aquasharks Winelands-CE	1:12,72	1:11,39
7	Van Heerden, Stefan F 33,39 1:11,60	16	Lane Leader Stellenbosch-CE	1:11,00	1:11,60
8	Hibberd, Matthew 33,28 1:12,15	25	Blouberg Marlins-CP	1:12,86	1:12,15
9	Field, Luke D	16	Vineyard SC-CP	1:12,61	1:13,98
10	Myburgh, Jordan 34,38 1:14,15	17	Blouberg Marlins-CP	1:11,52	1:14,15
11	Micklethwaite, Tyler L 34,26 1:14,84	18	Sport Science Institute of SA-CP	1:16,22	1:14,84
12	Van Greunen, Renier 34,14 1:15,51	16	Fish Eagle Aquatics-ED	1:15,93	1:15,51
13	Den Haan, Adriaan 35,26 1:15,53	18	Quick Silver Swimming Academy-CP	1:16,05	1:15,53
14	Goldstein, Tristan J 34,08 1:15,84	17	Aqua Sharks Academy-CP	1:15,96	1:15,84
15	Malherbe, Nicholas N 37,33 1:18,59	16	Lane Leader Stellenbosch-CE	1:16,66	1:18,59
16	Beetge, Matthew 37,66 1:20,42	18	Lane Leader Stellenbosch-CE	1:18,33	1:20,42

**Event 303 Men 16 & Over 100 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Truter, Petrus C 31,32 1:06,05	19	Lane Leader Stellenbosch-CE	1:04,06	1:06,05 q
2	Emslie, Joshua D 31,96 1:09,97	20	Maties Aquatics-CE	1:05,48	1:09,97 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 303 Men 16 &amp; Over 100 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time	
3 Malan, Johan S 32,72 1:10,22	16	Curro Durbanville Aquatics-CP	1:11,18	1:10,22	q
4 Clayton, Franco P 34,10 1:10,82	16	Lane Leader Stellenbosch-CE	1:10,35	1:10,82	q
5 Van Heerden, Stefan F 33,19 1:11,00	16	Lane Leader Stellenbosch-CE	1:10,84	1:11,00	q
6 Boshoff, Juan C 33,87 1:11,29	17	Tygerberg Aquatics-CP	1:09,13	1:11,29	q
7 Myburgh, Jordan 32,92 1:11,52	17	Blouberg Marlins-CP	1:12,86	1:11,52	q
8 Field, Luke D 34,15 1:12,61	16	Vineyard SC-CP	1:12,23	1:12,61	q
9 Hugo, Retief R 33,75 1:12,72	16	Aquasharks Winelands-CE	1:11,34	1:12,72	q
10 Hibberd, Matthew 33,53 1:12,86	25	Blouberg Marlins-CP	1:11,73	1:12,86	q
11 Van Greunen, Renier 34,83 1:15,93	16	Fish Eagle Aquatics-ED	1:09,56	1:15,93	q
12 Goldstein, Tristan J 34,68 1:15,96	17	Aqua Sharks Academy-CP	1:13,38	1:15,96	q
13 Den Haan, Adriaan 34,77 1:16,05	18	Quick Silver Swimming Academy-CP	1:12,85	1:16,05	q
14 Micklethwaite, Tyler L 35,17 1:16,22	18	Sport Science Institute of SA-CP	1:15,61	1:16,22	q
15 Malherbe, Nicholas N 36,21 1:16,66	16	Lane Leader Stellenbosch-CE	1:11,96	1:16,66	q
16 Beetge, Matthew 36,48 1:18,33	18	Lane Leader Stellenbosch-CE	1:18,36	1:18,33	q
17 Kotzè, Kailen M 36,30 1:19,28	16	Paarl Aquarius SC-CE	1:16,31	1:19,28	
18 Peycke, Tom R 37,08 1:19,59	20	Blouberg Marlins-CP	1:19,52	1:19,59	
19 DE Bruyn, Flippie J 38,28 1:20,99	16	Fish Eagle Aquatics-ED	1:16,29	1:20,99	
20 Coetzee, Liam 38,65 1:21,05	17	Players-CE	1:16,64	1:21,05	
21 Laker, Mark 38,93 1:23,46	16	Curro Durbanville Aquatics-CP	1:17,62	1:21,29	
22 Beukes, Mateo A 38,93 1:23,46	17	Walmers SC-CP	1:22,94	1:23,46	
23 Minnaar, Ben R 38,23 1:23,66	17	Tygerberg Aquatics-CP	1:19,23	1:23,66	
24 Van Reenen, Ryan 39,19 1:26,21	23	Blouberg Marlins-CP	1:16,34	1:26,21	

## Event 303 Men 100 LC Meter Breaststroke Multi-Class

2021-Open: 59,64 # 2019/07/03 Michael J. Houlie at 30th Summ

CUDU-CP

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Sadie, Christian M SB7 41,66 1:28,42	25	Lane Leader Stellenbosch-CE	43,40	1:28,42	q
2 Pardoe, James N SB15 1:00,08 2:08,68	11	Greydogs Swimming Club-CP	2:07,62	2:08,68	q



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 304 Girls 13 &amp; Under 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Evans, Caitlin N	12	Tygerberg Aquatics-CP	5:45,31	5:45,47
	37,66 1:21,06 2:06,08 2:50,78 3:39,85 4:29,30 5:08,92			5:45,47	
2	Newton, Ava L	13	Curro Durbanville Aquatics-CP	5:55,25	5:53,59
	38,53 1:23,99 2:07,20 2:51,65 3:41,65 4:32,06 5:13,52			5:53,59	
3	Hartung, Amy M	13	Aqua Sharks Academy-CP	5:58,62	6:04,29
	38,05 1:19,93 2:08,82 2:55,80 3:50,09 4:41,96 5:24,04			6:04,29	
4	Liebenberg, Emily M	13	Swartland Swim Club-WC	6:07,80	6:14,20
	36,62 1:20,16 2:07,67 2:53,62 3:51,32 4:49,63 5:32,45			6:14,20	
5	Oliver, Caibella	13	Aqua Dolphin Swimming Club-CP	6:20,19	6:15,95
	39,81 1:25,40 2:12,18 2:58,08 3:58,72 5:01,00 5:38,64			6:15,95	
6	Landman, Charnè	13	Generation Swimming Academy-CP	6:19,06	6:24,87
	39,50 1:28,08 2:18,13 3:07,14 4:02,42 4:58,08 5:42,61			6:24,87	

## Event 304 Women 14-15 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Morton, Tayler R	15	Generation Swimming Academy-CP	5:26,61	5:37,41
	32,91 1:14,92 1:55,57 2:36,70 3:29,20 4:21,94 4:59,65			5:37,41	
2	Putter, Tanè	15	Curro Durbanville Aquatics-CP	5:29,04	5:46,27
	33,51 1:16,52 2:02,64 2:48,44 3:36,76 4:25,95 5:06,20			5:46,27	
3	Manning, Amelia	14	Knysna Aquatics-ED	5:42,02	5:50,04
	35,72 1:18,93 2:03,90 2:46,92 3:39,93 4:33,63 5:12,42			5:50,04	
4	Voges, Jhoanè E	15	Quick Silver Swimming Academy-CP	5:46,43	5:54,63
	35,09 1:17,45 2:05,65 2:51,21 3:43,23 4:36,82 5:15,89			5:54,63	
5	Kotzè, Tamsyn G	15	Blouberg Marlins-CP	6:14,90	6:06,48
	38,64 1:23,99 2:10,87 2:58,15 3:50,70 4:46,16 5:27,08			6:06,48	
6	Vd Westhuizen, Joy	14	Aqua Dolphin Swimming Club-CP	6:05,37	6:09,30
	36,86 1:22,46 2:08,14 2:53,22 3:50,17 4:50,81 5:30,64			6:09,30	

## Event 304 Women 16 &amp; Over 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Van Rensburg, Catherine F	18	TuksSwimming-TS	5:03,00	5:14,32
	32,45 1:10,52 1:52,13 2:33,32 3:16,32 4:00,77 4:38,34			5:14,32	
2	Hugo, Anika S	16	Paarl Aquarius SC-CE	5:33,33	5:34,45
	34,74 1:15,06 1:57,19 2:40,98 3:29,74 4:16,69 4:56,46			5:34,45	
3	Kleinbans, Zara I	17	Aqua Dolphin Swimming Club-CP	6:02,35	5:44,29
	34,30 1:15,27 2:01,19 2:46,81 3:37,65 4:28,65 5:06,85			5:44,29	
4	Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	5:52,34	5:45,85
	36,40 1:19,27 2:04,86 2:49,60 3:38,03 4:28,11 5:08,95			5:45,85	

## Event 305 Boys 13 &amp; Under 400 LC Meter IM

	Name	Age	Team	Seed Time	Finals Time
1	Trower, Nic T	13	Tygerberg Aquatics-CP	5:10,81	5:09,65
	31,26 1:07,71 1:48,11 2:26,20 3:12,01 3:58,83 4:34,86			5:09,65	
2	Kalapac, Joshua	13	Blouberg Marlins-CP	5:43,15	5:39,41
	33,07 1:14,26 1:58,78 2:44,31 3:31,70 4:21,61 5:01,94			5:39,41	
3	De Lange, Adriaan	12	Tygerberg Aquatics-CP	5:40,85	5:42,16
	35,75 1:19,64 2:04,04 2:46,33 3:37,23 4:29,12 5:06,73			5:42,16	
4	Schultz, Heinrich W	13	Curro Durbanville Aquatics-CP	5:39,27	5:43,45
	32,91 1:11,84 1:55,73 2:39,40 3:29,94 4:21,68 5:03,98			5:43,45	
5	Williams, Jayden J	13	Paarl Aquarius SC-CE	5:45,21	5:46,64
	34,32 2:05,83 2:52,37 3:40,50 4:29,17 5:08,44			5:46,64	
6	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	5:44,94	5:50,72
	36,81 1:23,57 2:10,14 2:56,08 3:42,77 4:31,18 5:11,47			5:50,72	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 305 Boys 13 & Under 400 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
7 Lategan, Nicky N	13	Swartland Swim Club-WC	5:50,40	5:53,82
34,96 1:19,83 2:05,00 2:49,64 3:43,12 4:36,56 5:53,82				
8 Kotzè, Arden C	12	Paarl Aquarius SC-CE	6:01,05	6:08,55
36,85 2:09,44 2:57,58 3:50,20 5:28,29 6:08,55				
9 Bouwer, Jason	12	Tygerberg Aquatics-CP	6:04,07	6:08,84
39,80 1:26,41 2:13,47 3:00,17 3:55,03 4:48,49 5:28,92 6:08,84				
10 Beukes, Jaden L	13	Walmers SC-CP	6:08,62	6:18,35
34,59 1:16,04 2:53,75 3:51,12 4:48,28 6:18,35				
11 Viljoen, Llewelyn	11	Knysna Aquatics-ED	6:21,35	6:25,71
42,98 1:33,40 2:22,97 3:13,53 4:07,84 5:02,68 5:44,46 6:25,71				
12 Afonso, Aragon G	12	Quick Silver Swimming Academy-CP	6:23,49	6:28,51
40,42 1:26,41 2:18,26 3:09,97 4:06,92 5:03,53 5:47,50 6:28,51				

**Event 305 Men 14-15 400 LC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	4:57,88	5:07,08
31,39 1:07,23 1:46,70 2:25,40 3:10,34 3:56,37 4:32,30 5:07,08				
2 Van Wyk, Wayne E	14	Generation Swimming Academy-CP	5:09,12	5:14,85
32,22 1:11,38 1:53,36 2:34,61 3:20,14 4:05,53 4:41,27 5:14,85				
3 Terblanche, Luan L	14	Tygerberg Aquatics-CP	5:25,91	5:16,13
33,87 1:12,25 1:53,47 2:33,55 3:19,90 4:04,84 4:40,97 5:16,13				
4 Möller, FC C	15	Tygerberg Aquatics-CP	5:26,26	5:21,99
35,51 1:19,09 1:59,41 2:38,38 3:24,18 4:10,39 4:47,29 5:21,99				
5 McWilliam, Troy J	15	Tygerberg Aquatics-CP	5:33,22	5:22,61
33,80 1:16,71 1:59,68 2:40,80 3:25,37 4:11,74 4:47,62 5:22,61				
6 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	5:14,65	5:25,13
33,51 1:13,86 1:52,90 2:32,21 3:19,04 4:07,00 5:25,13				
7 Bester, Eben	15	Tygerberg Aquatics-CP	5:39,12	5:32,92
33,98 1:16,58 1:58,43 2:39,33 3:27,29 4:15,33 4:54,93 5:32,92				
8 Alexander, Ammaar	15	Marlin Swimming Club-CP	5:33,02	5:37,29
30,36 1:09,95 1:56,10 2:41,45 3:29,98 4:20,65 5:00,00 5:37,29				
9 Van Helden, Ethan C	14	Generation Swimming Academy-CP	5:36,02	5:37,91
34,75 1:15,92 1:58,24 2:40,23 3:31,19 4:21,25 5:01,39 5:37,91				
10 Solomon, Ethan	14	Aqua Dolphin Swimming Club-CP	5:26,01	5:39,54
33,84 1:14,91 1:58,84 2:41,90 3:31,45 4:24,94 5:02,63 5:39,54				
11 Koekemoer, Quinn D	15	Quick Silver Swimming Academy-CP	5:42,61	5:50,88
33,32 1:12,90 2:01,29 2:47,36 3:36,30 4:26,08 5:09,61 5:50,88				
12 Koekemoer, Callum	14	Quick Silver Swimming Academy-CP	5:43,99	5:57,12
32,50 1:10,62 1:57,13 2:42,34 3:37,40 4:33,88 5:16,62 5:57,12				
13 Karsten, Jody	15	Blouberg Marlins-CP	5:53,56	6:02,25
34,73 1:17,56 2:03,73 2:47,52 3:43,15 4:38,81 5:20,86 6:02,25				

**Event 305 Men 16 & Over 400 LC Meter IM**

Name	Age	Team	Seed Time	Finals Time
1 Boshoff, Juan C	17	Tygerberg Aquatics-CP	4:49,24	4:45,36
28,83 1:02,33 1:38,76 2:14,68 2:55,28 3:36,70 4:11,49 4:45,36				
2 Bailey, Ethan J	19	Aqua Dolphin Swimming Club-CP	4:44,10	4:48,75
30,14 1:02,88 1:40,51 2:18,44 3:00,61 3:45,19 4:17,10 4:48,75				
3 Levey, Chad	16	Generation Swimming Academy-CP	4:53,93	4:59,84
30,86 1:07,20 1:45,17 2:23,42 3:07,43 3:50,68 4:26,70 4:59,84				
4 Malan, Johan S	16	Curro Durbanville Aquatics-CP	4:48,68	5:00,30
31,09 1:08,09 1:47,40 2:27,44 3:07,39 3:50,11 4:25,69 5:00,30				
5 McWilliam, Benn D	16	Tygerberg Aquatics-CP	5:03,61	5:12,56
32,03 1:09,49 1:49,06 2:28,51 3:14,82 4:00,76 4:36,46 5:12,56				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 305 Men 16 & Over 400 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
6 Hugo, Retief R	16	Aquasharks Winelands-CE	5:20,04	5:17,68
32,20 1:11,89	2:34,74	3:19,06 4:05,62 4:42,11	5:17,68	
7 Den Haan, Adriaan	18	Quick Silver Swimming Academy-CP	5:13,25	5:22,76
31,69 1:12,36 1:54,94	2:36,92	3:22,77 4:09,91 4:46,81	5:22,76	
8 Barnard, Rohan C	18	Blouberg Marlins-CP	5:30,10	5:28,32
32,16 1:11,28 1:54,96	2:38,15	3:27,34 4:15,51 4:52,91	5:28,32	
9 Szapira, Saul	16	Aqua Athlete Cta-CP	5:29,13	5:36,68
32,06 1:10,06 1:55,23	2:38,93	3:27,54 4:18,44 4:58,03	5:36,68	

**Event 306 Girls 11 & Under 50 LC Meter Butterfly**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	36,85	35,93
2 Lorenzen, Ava E	10	Blouberg Marlins-CP	37,32	36,26
3 Patel, Disha	11	Worcester Aquatics-CE	37,47	36,42
4 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	37,48	36,53
5 Basson, Lenè	11	Curro Langebaan Swim Club-WC	37,97	36,85
6 Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	39,38	38,69
7 Louw, Isabella A	11	Blouberg Marlins-CP	37,83	38,86
8 Brooker, Isabella J	11	Aqua Athlete Cta-CP	39,06	39,72

**Event 306 Girls 11 & Under 50 LC Meter Butterfly**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	37,51	36,85 q
2 Lorenzen, Ava E	10	Blouberg Marlins-CP	37,96	37,32 q
3 Patel, Disha	11	Worcester Aquatics-CE	38,16	37,47 q
4 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	39,33	37,48 q
5 Louw, Isabella A	11	Blouberg Marlins-CP	38,79	37,83 q
6 Basson, Lenè	11	Curro Langebaan Swim Club-WC	38,36	37,97 q
7 Brooker, Isabella J	11	Aqua Athlete Cta-CP	42,61	39,06 q
8 Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	43,27	39,38 q
9 Neumann, Erin R	10	Generation Swimming Academy-CP	38,77	39,81
10 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	38,09	40,24
11 Atkinson, Anouk E	11	Swartland Swim Club-WC	40,89	40,87
12 Dimatellis, Zoi	10	Royal Swimming Academy-ED	40,75	41,00
13 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	44,20	43,82
14 Fury, Amelia J	11	Vineyard SC-CP	42,98	44,03
15 Slatte, Mila-Belle	10	Sport Science Institute of SA-CP	41,04	44,39
--- Durandt, Sharli	11	Sport Science Institute of SA-CP	38,00	DQ

**Event 306 Girls 12-13 50 LC Meter Butterfly**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Wium, Mari	13	Quicksilver Aquatics Winelands-CE	32,90	32,00
2 Huang, Amelia A	13	Blouberg Marlins-CP	32,53	32,16
3 Neumann, Eva L	12	Generation Swimming Academy-CP	33,10	32,55
4 Liebenberg, Emily M	13	Swartland Swim Club-WC	33,52	32,85
5 Hebler, Lily M	13	Generation Swimming Academy-CP	33,38	33,37
6 Magotsi, Riziki A	12	Vineyard SC-CP	34,00	33,67
7 Combrink, Amy	13	Vineyard SC-CP	33,33	33,94
8 Burke, Hannah	13	Aqua Athlete Cta-CP	34,39	34,00

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 306 Girls 12-13 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>						
1	Huang, Amelia A	13	Blouberg Marlins-CP	33,00	32,53	q
2	Wium, Mari	13	Quicksilver Aquatics Winelands-CE	33,64	32,90	q
3	Neumann, Eva L	12	Generation Swimming Academy-CP	32,46	33,10	q
4	Combrink, Amy	13	Vineyard SC-CP	32,93	33,33	q
5	Hebler, Lily M	13	Generation Swimming Academy-CP	35,15	33,38	q
6	Liebenberg, Emily M	13	Swartland Swim Club-WC	33,83	33,52	q
7	Magotsi, Riziki A	12	Vineyard SC-CP	34,89	34,00	q
8	Burke, Hannah	13	Aqua Athlete Cta-CP	34,33	34,39	q
9	Vorster, Mia	12	Swartland Swim Club-WC	35,76	34,77	
10	Putter, Demi	12	Curro Durbanville Aquatics-CP	35,89	35,06	
11	DE Necker, Hannah	13	Fish Eagle Aquatics-ED	34,78	35,14	
12	Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	34,65	35,22	
13	Van Tonder, Taylor-Blake	13	Royal Swimming Academy-ED	34,95	35,27	
14	Hartung, Amy M	13	Aqua Sharks Academy-CP	34,76	35,65	
15	Landman, Charnè	13	Generation Swimming Academy-CP	34,07	35,73	
16	Van Der Wath, Izi	12	Knysna Aquatics-ED	35,23	35,81	
17	Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	35,54	35,90	
18	Trout, Sophia L	13	Vineyard SC-CP	37,53	35,93	
19	Louw, Anieka	12	Curro Durbanville Aquatics-CP	35,69	36,28	
20	Raimond, Marike M	13	Tygerberg Aquatics-CP	40,95	36,33	
21	Otterbach, Lily	12	Tygerberg Aquatics-CP	35,66	36,37	
22	Gerber, Simonè M	12	Greydogs Swimming Club-CP	36,11	36,39	
23	Newton, Ava L	13	Curro Durbanville Aquatics-CP	37,00	36,49	
24	Visser, Sandri	13	Players-CE	36,92	36,55	
25	Morris, Jenna	13	Vineyard SC-CP	35,95	36,56	
26	Courtney, Sierra G	12	Sport Science Institute of SA-CP	36,95	36,74	
*27	Adams, Sydni M	13	Vineyard SC-CP	35,61	36,89	
*27	Cloete-Hopkins, Aryana A	12	Sport Science Institute of SA-CP	40,19	36,89	
29	Van Den Heever, Liya	12	Quicksilver Aquatics Winelands-CE	37,19	37,13	
30	Verhoef, Lara	13	Aqua Sharks Academy-CP	36,36	37,43	
31	Coleman, Madison	13	Blouberg Marlins-CP	36,77	37,45	
32	Hendricks, Jemma	13	Vineyard SC-CP	39,46	37,53	
33	De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	40,39	37,67	
34	Visagie, Larissa	13	Aqua Sharks Academy-CP	36,65	38,15	
35	Van Niekerk, Ona	13	Fish Eagle Aquatics-ED	39,75	38,53	
36	Burger, Paris	13	Worcester Aquatics-CE	38,39	38,83	
37	McWilliam, Amy L	13	Tygerberg Aquatics-CP	40,81	38,92	
38	Holthuis, Keilah-Naomi	13	Generation Swimming Academy-CP	37,35	38,93	
*39	Van Tonder, Nina L	13	Worcester Aquatics-CE	37,85	38,95	
*39	Riley, Logan	12	Vineyard SC-CP	39,22	38,95	
41	Vd Merwe, Mia	13	Generation Swimming Academy-CP	39,68	39,67	
42	Hagglund, Emma H	13	Quick Silver Swimming Academy-CP	37,72	39,77	
43	Steyn, Lucy S	12	Tygerberg Aquatics-CP	39,59	40,23	
44	O'Carroll, Nia E	12	Biosplash Swim Academy-CE	38,06	40,51	
45	Waters, Megan D	12	Blouberg Marlins-CP	42,27	40,94	
46	Minnaar, Stephanie	12	Tygerberg Aquatics-CP	42,06	42,51	
---	Holman, Acaylia	12	Marlin Swimming Club-CP	35,80		DQ

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 306 Women 14-15 50 LC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Burgess, Cassidy S	14	Vineyard SC-CP	30,74	30,12
2	Prinsloo, Mila	15	Aquasharks Winelands-CE	31,05	30,68
3	Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	30,99	30,71
4	Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	31,61	31,42
5	Putter, Tanè	15	Curro Durbanville Aquatics-CP	32,10	31,47
6	Watson, Caitlin C	15	Blouberg Marlins-CP	31,92	31,79
7	Cronjè, Danielle	14	Generation Swimming Academy-CP	32,01	32,02
8	Steenkamp, Veneske	14	Royal Swimming Academy-ED	32,06	32,32

## Event 306 Women 14-15 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Burgess, Cassidy S	14	Vineyard SC-CP	30,52	30,74 q
2	Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	30,19	30,99 q
3	Prinsloo, Mila	15	Aquasharks Winelands-CE	30,99	31,05 q
4	Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	31,42	31,61 q
5	Watson, Caitlin C	15	Blouberg Marlins-CP	33,43	31,92 q
6	Cronjè, Danielle	14	Generation Swimming Academy-CP	30,90	32,01 q
7	Steenkamp, Veneske	14	Royal Swimming Academy-ED	32,28	32,06 q
8	Putter, Tanè	15	Curro Durbanville Aquatics-CP	31,32	32,10 q
9	Jurado, Stephanie C	14	Sport Science Institute of SA-CP	31,65	32,18
10	Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	32,19	32,29
11	Greyling, Soleil M	15	Aquasharks Winelands-CE	31,64	32,35
12	Ryser, Aurora	15	Tygerberg Aquatics-CP	33,36	33,22
13	Vd Merwe, Simone	15	Generation Swimming Academy-CP	34,99	33,69
14	Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	34,29	34,12
15	Voges, Jhoanè E	15	Quick Silver Swimming Academy-CP	33,29	34,16
16	Smit, Jenna	15	Blouberg Marlins-CP	32,69	34,28
17	Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	34,91	34,50
18	Schmidt, Amy	14	Curro Langebaan Swim Club-WC	36,79	34,54
19	Laubscher, Maya R	15	Generation Swimming Academy-CP	33,40	34,76
20	Gerber, Mia	14	Maties Aquatics-CE	35,95	34,85
21	Corrigan, Cara J	15	Fish Eagle Aquatics-ED	33,85	35,26
22	Franks, Madison M	15	Sport Science Institute of SA-CP	33,81	35,70
23	Louw, Alexa	14	Blouberg Marlins-CP	36,27	35,92
24	Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP	35,81	36,46
25	Lategan, Emma M	14	Curro Durbanville Aquatics-CP	36,90	37,07
26	Jeftha, Zara L	14	Marlin Swimming Club-CP	35,95	38,06
27	Tsai, Emily A	14	Blouberg Marlins-CP	39,62	38,37
28	Burke, Erin	15	Aqua Athlete Cta-CP	39,10	38,86
29	Witten, Hannah	15	Aqua Sharks Academy-CP	37,90	39,76

## Event 306 Women 16 &amp; Over 50 LC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	De Jongh, Grace	16	Lane Leader Stellenbosch-CE	30,13	29,95
2	Venter, Liya E	17	Blouberg Marlins-CP	30,21	30,08
3	Cope, Morgan M	16	Generation Swimming Academy-CP	30,48	30,14
4	Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	30,93	30,89
5	Vorster, Carli	16	Swartland Swim Club-WC	31,81	31,12

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 306 Women 16 &amp; Over 50 LC Meter Butterfly)

Name	Age	Team	Prelim Time	Finals Time
6 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	31,62	31,58
7 Christie, Leah E	17	Curro Durbanville Aquatics-CP	30,74	31,62
8 Micklethwaite, Skye T	16	Sport Science Institute of SA-CP	32,94	31,88
9 Hugo, Anika S	16	Paarl Aquarius SC-CE	32,00	32,18
10 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	33,82	32,85
11 Benade, Kerry	18	Sport Science Institute of SA-CP	35,12	33,17
12 Paulse, Hannah N	19	Vineyard SC-CP	34,34	33,75
13 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	34,59	33,94
14 Tinley, Kate L	18	Royal Swimming Academy-ED	34,27	33,98
15 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	34,12	34,32
16 Sabbagha, Annè	16	Paarl Aquarius SC-CE	37,05	37,71

## Event 306 Women 16 &amp; Over 50 LC Meter Butterfly

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	30,17	30,13 q
2 Venter, Liya E	17	Blouberg Marlins-CP	30,14	30,21 q
3 Cope, Morgan M	16	Generation Swimming Academy-CP	29,64	30,48 q
4 Christie, Leah E	17	Curro Durbanville Aquatics-CP	30,14	30,74 q
5 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	30,95	30,93 q
6 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	31,32	31,62 q
7 Vorster, Carli	16	Swartland Swim Club-WC	32,36	31,81 q
8 Hugo, Anika S	16	Paarl Aquarius SC-CE	31,90	32,00 q
9 Micklethwaite, Skye T	16	Sport Science Institute of SA-CP	34,18	32,94 q
10 Ribeiro, Nuria A	20	Maties Aquatics-CE	32,54	33,52 q
11 Paljk, Tilka	25	Maties Aquatics-CE	33,23	33,62 q
12 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	33,51	33,82 q
13 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	33,62	34,12 q
14 Tinley, Kate L	18	Royal Swimming Academy-ED	34,76	34,27 q
15 Paulse, Hannah N	19	Vineyard SC-CP	34,67	34,34 q
16 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	34,20	34,59 q
17 Benade, Kerry	18	Sport Science Institute of SA-CP	35,51	35,12
18 Neilson, Hannah K	17	Maties Aquatics-CE	34,55	35,65
19 Sabbagha, Annè	16	Paarl Aquarius SC-CE	34,60	37,05

## Event 306 Women 50 LC Meter Butterfly Multi-Class

2021-Open: 27,02 # 2015/07/04 JESSICA L. ASHLEY-COOPER at 28

UWCA-CP

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Krieglger, Joanica C S10	18	Curro Durbanville Aquatics-CP	36,01	37,45 q

## Event 307 Boys 11 &amp; Under 50 LC Meter Butterfly

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Coates, Caleb	10	Fish Eagle Aquatics-ED	35,91	34,89
2 Havinga, Christopher	11	Biosplash Swim Academy-CE	36,56	34,94
3 Swart, Nico N	11	Aqua Sharks Academy-CP	35,82	34,96
4 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	36,97	35,54
5 Hahn, Kyle	10	Royal Swimming Academy-ED	36,78	36,00
6 Trower, Michael	11	Tygerberg Aquatics-CP	37,98	37,45
7 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	37,28	37,87

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 307 Boys 11 &amp; Under 50 LC Meter Butterfly)

Name	Age	Team	Prelim Time	Finals Time
--- Weber, Daniel	11	Players-CE	38,28	DQ

## Event 307 Boys 11 &amp; Under 50 LC Meter Butterfly

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Swart, Nico N	11	Aqua Sharks Academy-CP	35,94	35,82 q
2 Coates, Caleb	10	Fish Eagle Aquatics-ED	36,16	35,91 q
3 Havinga, Christopher	11	Biosplash Swim Academy-CE	35,79	36,56 q
4 Hahn, Kyle	10	Royal Swimming Academy-ED	36,02	36,78 q
5 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	36,61	36,97 q
6 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	38,78	37,28 q
7 Trower, Michael	11	Tygerberg Aquatics-CP	36,51	37,98 q
8 Weber, Daniel	11	Players-CE	38,96	38,28 q
9 Coleman, Travis	11	Blouberg Marlins-CP	41,43	38,61
10 Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	39,79	38,69
11 Pautz, Benjamin R	10	Blouberg Marlins-CP	37,74	39,43
12 Bright, Michael C	10	Curro Durbanville Aquatics-CP	39,06	39,68
13 Spencer, Marcus W	11	Vineyard SC-CP	38,83	39,76
14 Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	39,47	40,22
15 Matthee, Burger P	11	Agulhas Aquatics-OB	41,62	40,38
16 Loots, Noah C	11	Generation Swimming Academy-CP	41,61	41,72
17 Parr, Colby S	11	Knysna Aquatics-ED	39,37	42,36
18 Tsai, Ethan M	11	Blouberg Marlins-CP	44,74	43,03
19 February, Dillon S	10	Curro Durbanville Aquatics-CP	46,28	43,06
20 Hodgskiss, Fin J	11	Sport Science Institute of SA-CP	45,04	43,62
21 Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	47,89	43,87
22 Faulkner, Callum E	11	Blouberg Marlins-CP	45,99	44,47

## Event 307 Boys 12-13 50 LC Meter Butterfly

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Kotze, Eric B	13	Biosplash Swim Academy-CE	28,03	27,89
2 Kalapac, Joshua	13	Blouberg Marlins-CP	30,11	28,92
3 Schultz, Heinrich W	13	Curro Durbanville Aquatics-CP	30,01	28,99
4 Trower, Nic T	13	Tygerberg Aquatics-CP	30,42	29,23
5 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	30,72	30,39
6 De Kock, John P	13	Aqua Sharks Academy-CP	30,80	30,54
7 Naude, Dieter	13	Paarl Aquarius SC-CE	30,63	31,19
8 Vd Westhuizen, Ulrich J	13	Players-CE	31,64	31,70

## Event 307 Boys 12-13 50 LC Meter Butterfly

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Kotze, Eric B	13	Biosplash Swim Academy-CE	27,96	28,03 q
2 Schultz, Heinrich W	13	Curro Durbanville Aquatics-CP	30,02	30,01 q
3 Kalapac, Joshua	13	Blouberg Marlins-CP	29,85	30,11 q
4 Trower, Nic T	13	Tygerberg Aquatics-CP	28,94	30,42 q
5 Naude, Dieter	13	Paarl Aquarius SC-CE	31,69	30,63 q
6 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	33,46	30,72 q
7 De Kock, John P	13	Aqua Sharks Academy-CP	30,04	30,80 q
8 Vd Westhuizen, Ulrich J	13	Players-CE	30,97	31,64 q

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 307 Boys 12-13 50 LC Meter Butterfly)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
9	Smith, Sebastian N	13	Tygerberg Aquatics-CP	35,88	31,83
10	Burger, Rosseau	13	Lane Leader Stellenbosch-CE	32,47	32,27
11	Rosslee, Christian F	13	Tygerberg Aquatics-CP	31,06	32,59
12	Oosthuizen, Ethan	12	Players-CE	33,28	32,81
13	Theys, Jayden-Lee	13	Evolution Aquatics-CP	33,77	32,90
14	Beukes, Jaden L	13	Walmers SC-CP	32,97	33,13
15	Bouwer, Jason	12	Tygerberg Aquatics-CP	33,38	33,30
16	Ollomo, Aaron M	12	Blouberg Marlins-CP	34,06	33,38
17	Poggenpoel, Troy J	13	Marlin Swimming Club-CP	33,20	33,63
18	Steer, Troy A	12	Aqua Sharks Academy-CP	35,07	33,69
19	Pratt, Julian	13	Generation Swimming Academy-CP	34,83	33,74
20	Lategan, Nicky N	13	Swartland Swim Club-WC	34,60	34,13
21	Vermeulen, Hanco	13	Tygerberg Aquatics-CP	34,11	34,18
22	Kotzè, Arden C	12	Paarl Aquarius SC-CE	33,58	34,20
23	Williams, Evan B	12	Sport Science Institute of SA-CP	35,39	34,87
24	Richter, Leighton C	12	Players-CE	35,53	34,90
25	Stanfliet, Nicholas	12	Vineyard SC-CP	35,28	34,94
26	Bezuidenhout, Ernst E	12	Curro Durbanville Aquatics-CP	35,94	35,83
27	Spencer, Charles A	13	Vineyard SC-CP	35,76	36,17
28	Pullock, Sam J	13	Curro Hermanus Aquatics-OB	36,82	36,31
29	Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	35,85	36,33
30	Goussard, Henry	12	Greydogs Swimming Club-CP	36,65	36,42
31	Afonso, Aragon G	12	Quick Silver Swimming Academy-CP	35,21	36,49
32	Kotzè, Max M	13	Blouberg Marlins-CP	35,78	36,59
33	Lee, Luka V	12	Quick Silver Swimming Academy-CP	35,56	36,97
34	Minnaar, Nicolas	12	Tygerberg Aquatics-CP	38,17	37,21
35	Liedeman, Mark	12	Swartland Swim Club-WC	39,57	37,29
36	De Bruyn, Cornè C	13	Aqua Sharks Academy-CP	40,22	37,82
37	Vd Berg, Wilan	13	Quicksilver Aquatics Winelands-CE	39,29	38,07
38	Cleophas, Kyle	13	Paarl Aquarius SC-CE	36,49	38,28
39	Rheeder, Liam M	12	Paarl Aquarius SC-CE	37,88	38,72
40	Jacobs, Zoon S	13	Agulhas Aquatics-OB	40,16	38,73
41	Wing, James L	12	Greydogs Swimming Club-CP	42,84	39,18
42	Lamminga, Tiaan	13	Curro Durbanville Aquatics-CP	39,43	40,88
43	Wessels, Dirk	13	Agulhas Aquatics-OB	45,68	44,76
---	Lesch, Stef	13	Swartland Swim Club-WC	37,41	DQ

**Event 307 Men 14-15 50 LC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	27,84	26,53
2	Engelbrecht, Ruben J	15	Players-CE	27,74	27,19
3	Strydom, Conrad M	14	Quick Silver Swimming Academy-CP	27,63	27,56
4	Kleynhans, Ian	15	Generation Swimming Academy-CP	28,23	27,96
5	Pretorius, Luuk E	14	Knysna Aquatics-ED	28,43	28,35
6	Minnie, Kodi I	14	Royal Swimming Academy-ED	28,73	28,43
7	Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	28,56	28,54
8	Prince, Joshua	14	Sport Science Institute of SA-CP	29,11	28,64



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 307 Men 14-15 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>						
1	Strydom, Conrad M	14	Quick Silver Swimming Academy-CP	27,95	27,63	q
2	Engelbrecht, Ruben J	15	Players-CE	29,11	27,74	q
3	Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	27,24	27,84	q
4	Kleynhans, Ian	15	Generation Swimming Academy-CP	28,40	28,23	q
5	Pretorius, Luuk E	14	Knysna Aquatics-ED	28,27	28,43	q
6	Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	30,04	28,56	q
7	Minnie, Kodi I	14	Royal Swimming Academy-ED	28,86	28,73	q
8	Prince, Joshua	14	Sport Science Institute of SA-CP	28,96	29,11	q
9	Potgieter, Michael M	15	Lane Leader Stellenbosch-CE	29,98	29,12	
10	Alexander, Ammaar	15	Marlin Swimming Club-CP	28,50	29,70	
11	Lottering, Seb C	14	Royal Swimming Academy-ED	30,05	29,72	
12	Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	31,43	29,95	
*13	Pedro, Tamkeen	14	Walmers SC-CP	29,59	30,06	
*13	Potgieter, Liam	15	Fish Eagle Aquatics-ED	29,86	30,06	
15	Schreuder, Steffen	14	Aquasharks Winelands-CE	29,97	30,13	
16	Gilbert, Thomas O	14	Swimlab Aquatic Academ-CP	31,12	30,16	
17	Van Der Merwe, Ula W	15	Knysna Aquatics-ED	30,73	30,23	
18	Rohner, Jayden M	15	Blouberg Marlins-CP	29,39	30,30	
19	Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	30,98	30,33	
20	Geyser, Jacques M	15	Lane Leader Stellenbosch-CE	31,32	30,45	
21	Solomon, Ethan	14	Aqua Dolphin Swimming Club-CP	29,90	30,60	
22	Adendorff, James T	14	Tygerberg Aquatics-CP	29,84	30,61	
23	Breet, Dawie-Louw L	15	Players-CE	30,83	30,62	
24	Scott, Luke J	14	Knysna Aquatics-ED	30,37	30,74	
25	De Beer, Rynard A	14	Quicksilver Aquatics Winelands-CE	30,50	30,78	
26	Orchard, Thomas J	15	Swartland Swim Club-WC	31,72	30,79	
27	Koekemoer, Quinn D	15	Quick Silver Swimming Academy-CP	30,93	30,83	
28	Van Helden, Ethan C	14	Generation Swimming Academy-CP	30,71	31,20	
29	Karsten, Jody	15	Blouberg Marlins-CP	31,34	31,24	
30	Nefdt, Grant	15	Vineyard SC-CP	32,21	31,33	
31	Grobler, Ewandre	15	Royal Swimming Academy-ED	30,43	31,48	
32	Bester, Eben	15	Tygerberg Aquatics-CP	32,17	31,61	
*33	Koekemoer, Callum	14	Quick Silver Swimming Academy-CP	30,59	31,68	
*33	Heyes, Garrick T	14	Aqua Sharks Academy-CP	30,84	31,68	
35	Landi, Tristan	14	Vineyard SC-CP	33,37	31,81	
36	Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	31,48	31,96	
37	Renard, Leo G	15	Aqua Sharks Academy-CP	32,24	32,16	
38	Terblanche, Luan L	14	Tygerberg Aquatics-CP	32,03	32,17	
39	McWilliam, Troy J	15	Tygerberg Aquatics-CP	34,30	32,87	
40	Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	30,00	33,22	
41	Pautz, Nathan M	14	Blouberg Marlins-CP	33,69	33,57	
42	Kirsten, John-William R	14	Lane Leader Stellenbosch-CE	33,08	33,62	
43	Viljoen, Jaden R	14	Aqua Sharks Academy-CP	31,82	33,80	
44	Stander, Luan	14	Players-CE	33,82	34,19	
45	Burmeister, Marius	14	Quicksilver Aquatics Winelands-CE	35,30	35,44	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 307 Men 16 &amp; Over 50 LC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Emslie, Joshua D	20	Maties Aquatics-CE	26,77	25,47
2	Vd Merwe, Johan H	17	Maties Aquatics-CE	26,39	25,92
*3	West, Gabriel	18	Tygerberg Aquatics-CP	26,32	25,98
*3	Schlechter, Gustav	20	Lane Leader Stellenbosch-CE	26,11	25,98
5	Coetzee, Liam	17	Players-CE	26,78	26,18
6	Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	26,72	26,39
7	Hendricks, Robert A	17	Royal Swimming Academy-ED	26,35	26,41
8	Basson, Wilan	16	Aqua Sharks Academy-CP	26,97	26,49
9	Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	26,68	26,70
10	Bromfield, Michael V	21	Maties Aquatics-CE	27,55	27,03
11	Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	27,41	27,20
12	Theron, Connor G	19	Sport Science Institute of SA-CP	27,50	27,29
13	Van Reenen, Ryan	23	Blouberg Marlins-CP	27,53	27,31
14	Hieckmann, Ethan H	21	Barracudas Aquarama SC-CP	26,91	27,38
15	Malherbe, Francois	18	Lane Leader Stellenbosch-CE	27,28	27,56
16	Stander, Daniel E	16	Lane Leader Stellenbosch-CE	27,86	27,96

## Event 307 Men 16 &amp; Over 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Schlechter, Gustav	20	Lane Leader Stellenbosch-CE	26,12	26,11 q
2	West, Gabriel	18	Tygerberg Aquatics-CP	26,06	26,32 q
3	Hendricks, Robert A	17	Royal Swimming Academy-ED	27,06	26,35 q
4	Vd Merwe, Johan H	17	Maties Aquatics-CE	26,72	26,39 q
5	Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	28,28	26,68 q
6	Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	27,18	26,72 q
7	Emslie, Joshua D	20	Maties Aquatics-CE	25,25	26,77 q
8	Coetzee, Liam	17	Players-CE	26,17	26,78 q
9	Hieckmann, Ethan H	21	Barracudas Aquarama SC-CP	26,85	26,91 q
10	Basson, Wilan	16	Aqua Sharks Academy-CP	27,64	26,97 q
11	Malherbe, Francois	18	Lane Leader Stellenbosch-CE	26,20	27,28 q
12	Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	28,10	27,41 q
13	Theron, Connor G	19	Sport Science Institute of SA-CP	27,05	27,50 q
14	Van Reenen, Ryan	23	Blouberg Marlins-CP	27,43	27,53 q
15	Bromfield, Michael V	21	Maties Aquatics-CE	27,36	27,55 q
16	Stander, Daniel E	16	Lane Leader Stellenbosch-CE	28,15	27,86 q
17	Hibberd, Matthew	25	Blouberg Marlins-CP	27,55	28,05
18	Swart, Niklis	17	Players-CE	27,85	28,16
19	Myburgh, Jordan	17	Blouberg Marlins-CP	29,23	28,39
20	Volschenk, Ben T	16	Tygerberg Aquatics-CP	28,99	28,42
21	Wright, Keegan	16	Tygerberg Aquatics-CP	28,86	28,46
22	Peceur, Mark D	18	Paarl Aquarius SC-CE	28,30	28,55
23	Burger, Schalk S	17	Swartland Swim Club-WC	28,29	28,56
24	Treurnicht, Wim G	17	Players-CE	28,52	28,67
25	Kleinans, Kyle	16	Sport Science Institute of SA-CP	27,81	28,68
26	Louw, Guillaume	19	Curro Durbanville Aquatics-CP	28,86	28,71
27	McWilliam, Benn D	16	Tygerberg Aquatics-CP	28,23	28,82
28	Carrol, Matt	17	Blouberg Marlins-CP	27,74	28,92
*29	Beukes, Mateo A	17	Walmers SC-CP	28,11	28,93

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 307 Men 16 &amp; Over 50 LC Meter Butterfly)

Name	Age	Team	Seed Time	Prelim Time
*29 Hopkins, Tim	17	Tygerberg Aquatics-CP	29,41	28,93
31 Gamieldien, Suhail	18	Aqua Dolphin Swimming Club-CP	28,31	28,97
32 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	28,56	29,03
33 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	29,27	29,16
34 Naude, Zian	16	Paarl Aquarius SC-CE	29,44	29,22
35 Foot, Aiden C	16	Swartland Swim Club-WC	30,33	29,27
36 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	29,40	29,47
37 Field, Luke D	16	Vineyard SC-CP	30,59	29,58
38 Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	30,31	29,67
*39 Hugo, Retief R	16	Aquasharks Winelands-CE	30,62	29,76
*39 Van Wyk, Wesley R	16	Generation Swimming Academy-CP	28,71	29,76
41 Van Vuuren, Armand B	17	Generation Swimming Academy-CP	30,23	29,98
42 Viljoen, Stèphen	16	Aquasharks Winelands-CE	30,66	30,04
43 Van Greunen, Renier	16	Fish Eagle Aquatics-ED	28,94	30,07
44 Oosthuizen, Nic D	20	Sport Science Institute of SA-CP	30,21	30,24
45 Malan, Johan S	16	Curro Durbanville Aquatics-CP	28,42	30,28
46 Goldstein, Tristan J	17	Aqua Sharks Academy-CP	31,25	30,35
47 Peycke, Tom R	20	Blouberg Marlins-CP	29,90	30,68
48 Vorster, Josua A	17	Fish Eagle Aquatics-ED	30,09	30,73
49 Chippendale, Logan T	16	Sport Science Institute of SA-CP	30,02	30,85
50 Barnard, Rohan C	18	Blouberg Marlins-CP	30,91	30,98
51 DE Bruyn, Flippie J	16	Fish Eagle Aquatics-ED	31,41	31,24
52 Szapira, Saul	16	Aqua Athlete Cta-CP	31,15	31,37
53 Minnaar, Ben R	17	Tygerberg Aquatics-CP	31,77	31,42
54 Laker, Mark	16	Curro Durbanville Aquatics-CP	32,19	31,51

## Event 307 Men 50 LC Meter Butterfly Multi-Class

2021-Open: 23,72 # 2021/04/07 Chad G. Le Clos at SA Invitati

WCA-CP

Name	Age	Team	Seed Time	Prelim Time
1 Sadie, Christian M S7	25	Lane Leader Stellenbosch-CE	31,79	32,58 q
2 Pardoe, James N S15	11	Greydogs Swimming Club-CP	53,76	54,47 q

## Event 309 Boys 11 &amp; Under 4x50 LC Meter Freestyle Relay

2016-18 &amp; U: 2:05,54 # 2001/10/02 J. Thompson, K. Paul, K. Fishe

TYGE-WP

r, A. Duvenhage at WP Jack Currie Championships

Team	Relay	Seed Time	Finals Time
1 Curro Durbanville Aquatics-CP	A	2:15,44	2:09,91
1) Van Wyk, Jack R 11	2) February, Dillon S 10	3) Bright, Michael C 10	4) Verbeek, Pierre O 11
31,48	41,30	2:09,91	
2 Blouberg Marlins-CP	A	2:18,83	2:13,03
1) Coleman, Travis 11	2) Faulkner, Callum E 11	3) Tsai, Ethan M 11	4) Pautz, Benjamin R 10
32,51	1:07,03	1:40,04	2:13,03

## Event 310 Girls 13 &amp; Under 4x50 LC Meter Freestyle Relay

2016-18 &amp; U: 1:52,90 # 2013/12/06 I. Weidemann, C. Joubert, K. N

MATI-WP

oades, C. Joubert

Team	Relay	Seed Time	Finals Time
1 Vineyard SC-CP	A	2:10,52	2:01,76
1) Combrink, Amy 13	2) Trout, Sophia L 13	3) Adams, Sydni M 13	4) Magotsi, Riziki A 12
29,23	1:00,33	1:32,04	2:01,76

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****(Event 310 Girls 13 & Under 4x50 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
2 Generation Swimming Academy-( 1) Landman, Charnè 13 32,14 1:03,05 1:34,00	A 2) Holthuis, Keilah-Naomi 13 2:03,50	2:03,86 3) Hebler, Lily M 13	2:03,50 4) Neumann, Eva L 12
3 Blouberg Marlins-CP 1) Coleman, Madison 13 31,30 1:02,09 1:34,19	A 2) Bruwer, Casey 13 2:04,02	2:06,94 3) Zeelie, Shanna-Leigh 13	2:04,02 4) Huang, Amelia A 13
4 Tygerberg Aquatics-CP 1) Evans, Caitlin N 12 31,85 1:03,33 1:35,94	A 2) Senekal, Margo 13 2:07,96	2:08,43 3) Raimond, Marike M 13	2:07,96 4) De Villiers, Anja 11
5 Aqua Sharks Academy-CP 1) Visagie, Larissa 13 32,55 1:06,87 2:09,69	A 2) Swanepoel, Lulu A 11	2:13,01 3) Davies, Jessica C 13	2:09,69 4) Hartung, Amy M 13
6 Biosplash Swim Academy-CE 1) Vd Merwe, Mi-Ly 13 33,34 1:07,44 1:39,31	A 2) O'Carroll, Nia E 12 2:09,77	2:14,81 3) Dreyer, Arne' 12	2:09,77 4) Van Galen, Ava-Loren 13
7 Sport Science Institute of SA-CP 1) Cloete-Hopkins, Aryana A 12 30,87 1:05,43 1:38,20	A 2) Slatter, Mila-Belle 10 2:09,85	2:14,35 3) Durandt, Sharli 11	2:09,85 4) Courtney, Sierra G 12
8 Curro Durbanville Aquatics-CP 1) Louw, Anieka 12 31,72 1:06,45 1:38,54	A 2) De Jager, Sophia 11 2:10,34	2:12,23 3) Putter, Demi 12	2:10,34 4) Newton, Ava L 13
9 Tygerberg Aquatics-CP 1) De Oliveira, Aliyah 12 32,11 1:05,91 1:39,32	B 2) Minnaar, Stephanie 12 2:11,85	2:13,37 3) Burger, Juanè 12	2:11,85 4) Otterbach, Lily 12
10 Swartland Swim Club-WC 1) Vorster, Mia 12 32,05 1:11,45 2:17,51	A 2) Atkinson, Anouk E 11	2:18,29 3) Visagie, Jani 13	2:17,51 4) Liebenberg, Emily M 13

**Event 311 Boys 13 & Under 4x50 LC Meter Freestyle Relay**

2016-18 & U: 1:50,94 # 2012/12/07 E. Lützeler, A. Van Rooijen, A  
. Van Huyssteen, P. PLAY-WP

Team	Relay	Seed Time	Finals Time
1 Tygerberg Aquatics-CP 1) De Lange, Adriaan 12 28,52 56,65 1:25,45	A 2) Smith, Sebastian N 13 1:52,46	1:55,07 3) Rosslee, Christian F 13	1:52,46 4) Trower, Nic T 13
2 Blouberg Marlins-CP 1) Kotzè, Max M 13 30,51 1:00,92 1:34,69	A 2) Ollomo, Aaron M 12 2:01,57	2:04,84 3) Pautz, Benjamin R 10	2:01,57 4) Kalapac, Joshua 13
3 Vineyard SC-CP 1) Haupt, Rhys A 13 28,81 1:00,17 1:31,04	A 2) Sirin, Ben 13 2:01,72	2:04,48 3) Spencer, Charles A 13	2:01,72 4) Stanfliet, Nicholas 12
4 Aqua Sharks Academy-CP 1) De Bruyn, Cornè C 13 30,65 1:33,99	A 2) Swart, Nico N 11 2:02,04	2:05,74 3) Steer, Troy A 12	2:02,04 4) De Kock, John P 13
5 Curro Durbanville Aquatics-CP 1) Schultz, Heinrich W 13 28,72 1:01,60 1:32,71	B 2) Lamminga, Tiaan 13 2:02,82	2:07,15 3) Bezuidenhout, Ernst E 12	2:02,82 4) Verbeek, Pierre O 11
6 Tygerberg Aquatics-CP 1) Vermeulen, Hanco 13 29,06 1:00,50 1:32,65	B 2) Minnaar, Nicolas 12 2:04,21	2:07,08 3) Van Zyl, Daniël R 11	2:04,21 4) Bouwer, Jason 12
7 Paarl Aquarius SC-CE 1) Williams, Jayden J 13 29,62 1:02,27 1:32,18	A 2) Kotzè, Arden C 12 2:04,60	2:10,28 3) Cleophas, Kyle 13	2:04,60 4) Rheeder, Liam M 12

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 311 Boys 13 & Under 4x50 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
8 Quick Silver Swimming Academy-	A	2:15,63	2:15,98
1) Troskie, Roan 11	2) Conradie, Niel 12	3) Lee, Luka V 12	4) Afonso, Aragon G 12
34,56 1:09,31 1:42,67	2:15,98		

**Event 312 Girls 15 & Under 4x50 LC Meter Freestyle Relay**

2016-18 &amp; U: 1:53,19 # 2014/03/13 C. Joubert, K. Noades, C. Joub

MATI-WP

ert, I. Weidemann

Team	Relay	Seed Time	Finals Time
1 Aquasharks Winelands-CE	A	2:01,75	1:58,04
1) Prinsloo, Mila 15	2) Theron, Jady 15	3) Dowdle, Kalynne 15	4) Greyling, Soleil M 15
29,47 58,91 1:58,04			
2 Curro Durbanville Aquatics-CP	A	2:02,57	2:00,17
1) Gennarakis, Christina 15	2) Verbeek, Wilmien 14	3) Vd Wal, Mieke 14	4) Putter, Tanè 15
30,55 1:01,71 1:31,41	2:00,17		
3 Blouberg Marlins-CP	A	2:01,30	2:01,45
1) Watson, Caitlin C 15	2) Kotzè, Tamsyn G 15	3) Louw, Alexa 14	4) Smit, Jenna 15
30,17 1:00,82 1:32,02	2:01,45		
4 Tygerberg Aquatics-CP	A	2:04,89	2:08,06
1) Minnaar, Stephanie 12	2) McWilliam, Amy L 13	3) Goebel, Zoë 14	4) Ryser, Aurora 15
32,81 1:37,67	2:08,06		
--- Fish Eagle Aquatics-ED	A	2:03,83	DQ
1) Corrigan, Cara J 15	2) Van Niekerk, Ona 13	3) Vd Walt, Mieke 14	4) DE Necker, Hannah 13
31,76 1:05,36 1:38,73	DQ		

**Event 313 Boys 15 & Under 4x50 LC Meter Freestyle Relay**

2016-18 &amp; U: 1:42,03 # 2010/12/10 C. EMSLIE, M. Blom, J. Blake,

VINE-WP

S. Gamiet

Team	Relay	Seed Time	Finals Time
1 Lane Leader Stellenbosch-CE	A	1:58,69	1:43,88
1) Clarke, Liam 15	2) Geysler, Jacques M 15	3) Hendricks, Joshua 15	4) Potgieter, Michael M 15
25,90 52,37 1:18,99	1:43,88		
2 Tygerberg Aquatics-CP	A	1:47,19	1:44,49
1) Van Vondel, Anton J 15	2) Bannister, Joshua G 14	3) Adendorff, James T 14	4) Esterhuysen, Joshua N 15
25,80 53,12 1:19,61	1:44,49		
3 Players-CE	A	1:28,98	1:50,43
1) Breet, Dawie-Louw L 15	2) Vd Westhuizen, Ulrich J 13	3) Stander, Luan 14	4) Engelbrecht, Ruben J 15
28,21 57,10 1:24,00	1:50,43		
4 Blouberg Marlins-CP	A	1:49,39	1:50,76
1) Rohner, Jayden M 15	2) Karsten, Jody 15	3) Pautz, Nathan M 14	4) Hutton, Jake 15
27,30 55,56 1:25,23	1:50,76		
5 Knysna Aquatics-ED	A	1:52,25	1:53,49
1) Pretorius, Luuk E 14	2) Scott, Luke J 14	3) Van Der Merwe, Ula W 15	4) Viljoen, Llewelyn 11
25,87 53,66 1:21,53	1:53,49		
6 Swartland Swim Club-WC	A	1:58,90	1:54,84
1) Hewitt-Smook, Kristian 14	2) Lategan, Nicky N 13	3) Atkinson, Samuel A 14	4) Orchard, Thomas J 15
28,21 59,47 1:28,08	1:54,84		
7 Tygerberg Aquatics-CP	B	1:57,54	1:55,49
1) Bester, Eben 15	2) Terblanche, Luan L 14	3) Möller, FC C 15	4) McWilliam, Troy J 15
27,57 57,56 1:26,21	1:55,49		
8 Fish Eagle Aquatics-ED	A	1:59,81	1:57,44
1) Stephenson, Liam N 13	2) Coates, Caleb 10	3) Bezuidenhout, Carlo 13	4) Potgieter, Liam 15
27,90 1:01,21 1:29,63	1:57,44		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 313 Boys 15 & Under 4x50 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
--- Lane Leader Stellenbosch-CE	B	NT	DQ
1) Kirsten, John-William R 14 29,74 57,41 1:24,87	2) Clayton, Antony L 15 DQ	3) Nelson, Christopher A 15	4) Burger, Rosseau 13

**Event 314 Women 4x50 LC Meter Freestyle Relay**

2021-Open: 1:48,63 # 2014/12/10 A. Kruger, C. KAT, I. Weideman MATI-WP

n, T. Maree

Team	Relay	Seed Time	Finals Time
1 Maties Aquatics-CE	A	1:54,90	1:55,50
1) Paljk, Tilka 25 28,29 57,77 1:26,82	2) Roberts, Netanya 20 1:55,50	3) Neilson, Hannah K 17	4) Ribeiro, Nuria A 20
2 Lane Leader Stellenbosch-CE	A	1:46,04	1:57,40
1) Michell, Emma Y 17 29,04 59,27 1:28,77	2) De Roubaix, Maric M 15 1:57,40	3) King, Mischa 17	4) De Jongh, Grace 16
3 Generation Swimming Academy-	A	1:59,90	1:59,15
1) Cronjè, Danielle 14 29,39 57,58 1:27,97	2) Cope, Morgan M 16 1:59,15	3) Morton, Tayler R 15	4) Vd Merwe, Simone 15
4 Sport Science Institute of SA-CP	A	2:01,03	2:01,03
1) Franks, Madison M 15 30,49 1:00,40 1:31,14	2) Jurado, Stephanie C 14 2:01,03	3) Micklethwaite, Skye T 16	4) Benade, Kerry 18
5 Aquasharks Winelands-CE	A	2:16,58	2:01,38
1) Viljoen, Jo-Ell 16 29,70 59,99 1:29,53	2) Botha, Lara E 16 2:01,38	3) Muggenburg, Jeannette J 16	4) Bester, Christine F 16

**Event 315 Men 4x50 LC Meter Freestyle Relay**

2021-Open: 1:35,82 # 2008/12/12 M. du Plessis, S. Lamprecht, A MATI-WP

. Oliver, M. Smit

Team	Relay	Seed Time	Finals Time
1 Lane Leader Stellenbosch-CE	A	1:38,51	1:35,72
1) Malherbe, Francois 18 24,73 48,28 1:11,81	2) Van Heerden, Stefan F 16 1:35,72	3) Truter, Petrus C 19	4) Schlechter, Gustav 20
2 Maties Aquatics-CE	A	1:40,30	1:37,58
1) Pool-Jones, Jonah B 20 25,71 49,33 1:13,45	2) Emslie, Joshua D 20 1:37,58	3) Viljoen, Adriaan 20	4) Vd Merwe, Johan H 17
3 Tygerberg Aquatics-CP	A	1:43,79	1:41,59
1) Hopkins, Tim 17 25,38 51,01 1:16,52	2) Boshoff, Juan C 17 1:41,59	3) Volschenk, Ben T 16	4) West, Gabriel 18
4 Blouberg Marlins-CP	A	1:44,62	1:43,30
1) Hibberd, Matthew 25 26,57 51,48 1:17,27	2) Myburgh, Jordan 17 1:43,30	3) Van Reenen, Ryan 23	4) Carrol, Matt 17
5 Aqua Sharks Academy-CP	A	1:47,16	1:44,06
1) Boonzaier, Jannie R 16 25,36 52,67 1:18,85	2) Goldstein, Tristan J 17 1:44,06	3) Abrahams, Matthew N 23	4) Basson, Wilan 16
6 Sport Science Institute of SA-CP	A	1:44,62	1:44,32
1) Kleinhans, Kyle 16 26,06 52,83 1:18,60	2) Prince, Joshua 14 1:44,32	3) Oosthuizen, Nic D 20	4) Theron, Connor G 19
7 Lane Leader Stellenbosch-CE	B	1:52,97	1:45,18
1) Stander, Daniel E 16 27,18 53,77 1:19,96	2) Forbes, Thomas P 18 1:45,18	3) Malherbe, Nicholas N 16	4) Beetge, Matthew 18
8 Knysna Aquatics-ED	A	1:45,38	1:46,31
1) Steyn, Stefan A 16 25,17 51,09 1:18,84	2) Pretorius, Luuk E 14 1:46,31	3) Scott, Luke J 14	4) Van Der Merwe, Ula W 15

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 315 Men 4x50 LC Meter Freestyle Relay)**

Team	Relay	Seed Time	Finals Time
9 Quick Silver Swimming Academy-	A	1:49,99	1:46,38
1) Strydom, Conrad M 14	2) Den Haan, Adriaan 18	3) Koekemoer, Callum 14	4) Saaiman, Rikus T 17
26,89 53,87 1:21,02	1:46,38		
10 Tygerberg Aquatics-CP	B	1:51,50	1:46,67
1) Wright, Keegan 16	2) Terblanche, Kiaan C 17	3) Strydom, Stephan 17	4) McWilliam, Benn D 16
26,61 53,69 1:20,06	1:46,67		
11 Generation Swimming Academy-	A	1:49,20	1:47,47
1) Van Wyk, Wayne E 14	2) Levey, Chad 16	3) Kleynhans, Ian 15	4) Van Wyk, Wesley R 16
28,00 54,71 1:20,87	1:47,47		
12 Swartland Swim Club-WC	A	1:50,59	1:47,55
1) Foot, Aiden C 16	2) Hewitt-Smook, Kristian 14	3) Orchard, Thomas J 15	4) Burger, Schalk S 17
26,35 54,66 1:21,34	1:47,55		
13 Curro Durbanville Aquatics-CP	A	1:44,61	1:47,72
1) Kriegler, Christiaan C 17	2) Laker, Mark 16	3) Malan, Johan S 16	4) Louw, Guillaume 19
24,87 54,32 1:20,71	1:47,72		
14 Paarl Aquarius SC-CE	A	1:58,39	1:50,34
1) Kotzè, Kailen M 16	2) Peceur, Mark D 18	3) Naude, Zian 16	4) Williams, Jayden J 13
27,32 54,14 1:20,87	1:50,34		
15 Walmers SC-CP	A	1:56,18	1:54,73
1) Pedro, Tamkeen 14	2) Beukes, Jaden L 13	3) Abrahams, Rayhan 13	4) Beukes, Mateo A 17
28,56 59,16 1:28,72	1:54,73		
16 Curro Langebaan Swim Club-WC	A	2:04,89	2:00,68
1) Louw, Adriaan B 16	2) Du Plessis, Jason F 12	3) Snyders, Kyle 12	4) Vorster, Caiden 11
26,24 57,45 1:28,48	2:00,68		

**Event 400 Boys 11 & Under 200 LC Meter Breaststroke**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Swart, Nico N	11	Aqua Sharks Academy-CP	3:15,61	3:04,11
42,87 1:29,65 2:17,42	3:04,11			
2 Viljoen, Llewelyn	11	Knysna Aquatics-ED	3:18,89	3:04,75
42,24 1:28,79 3:04,75				
3 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	3:21,84	3:18,65
45,07 1:35,13 2:27,51	3:18,65			
4 Hahn, Kyle	10	Royal Swimming Academy-ED	3:29,97	3:18,83
46,56 1:37,71 2:29,99	3:18,83			
5 Coleman, Travis	11	Blouberg Marlins-CP	3:34,24	3:22,26
45,41 1:39,60 2:29,81	3:22,26			
6 Tsai, Ethan M	11	Blouberg Marlins-CP	3:30,32	3:24,69
42,65 1:34,11 3:24,69				
7 Loots, Noah C	11	Generation Swimming Academy-CP	3:27,61	3:26,03
46,81 1:39,78 2:32,43	3:26,03			
8 Faulkner, Callum E	11	Blouberg Marlins-CP	3:32,20	3:30,85
49,53 1:43,13 2:38,40	3:30,85			

**Event 400 Boys 11 & Under 200 LC Meter Breaststroke**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Swart, Nico N	11	Aqua Sharks Academy-CP	3:12,58	3:15,61 q
45,25 1:34,16 2:24,27	3:15,61			
2 Viljoen, Llewelyn	11	Knysna Aquatics-ED	3:15,55	3:18,89 q
46,87 1:37,01 3:18,89				
3 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	3:26,87	3:21,84 q
44,26 1:36,93 2:29,60	3:21,84			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 400 Boys 11 &amp; Under 200 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time	
4 Loots, Noah C	11	Generation Swimming Academy-CP	3:27,41	3:27,61	q
48,61 1:41,63 2:34,43	3:27,61				
5 Hahn, Kyle	10	Royal Swimming Academy-ED	3:21,57	3:29,97	q
49,29 1:42,11 2:37,37	3:29,97				
6 Tsai, Ethan M	11	Blouberg Marlins-CP	3:27,46	3:30,32	q
46,21 1:37,96 2:33,08	3:30,32				
7 Faulkner, Callum E	11	Blouberg Marlins-CP	3:30,45	3:32,20	q
49,45 1:44,13 2:38,61	3:32,20				
8 Coleman, Travis	11	Blouberg Marlins-CP	3:24,06	3:34,24	q
49,19 1:44,98 2:40,86	3:34,24				
9 Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	3:36,95	3:38,68	
50,84 1:46,12 2:42,88	3:38,68				
10 Vorster, Caiden	11	Curro Langebaan Swim Club-WC	3:54,31	3:41,06	
49,98 1:46,70 2:43,88	3:41,06				
11 Bright, Michael C	10	Curro Durbanville Aquatics-CP	3:47,92	3:45,29	
53,13 1:51,44 2:49,54	3:45,29				
12 Jurado, Ondjaki O	11	Vineyard SC-CP	3:44,48	3:53,09	
51,10 1:50,14 2:53,06	3:53,09				

## Event 400 Boys 12-13 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Williams, Jayden J	13	Paarl Aquarius SC-CE	2:53,85	2:47,09
37,21 1:19,34 2:03,25	2:47,09			
2 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	2:59,60	2:50,91
39,26 1:21,75 2:07,95	2:50,91			
3 Kotze, Eric B	13	Biosplash Swim Academy-CE	2:58,97	2:52,14
39,90 1:24,88 2:52,14				
4 Kalapac, Joshua	13	Blouberg Marlins-CP	3:00,05	2:57,32
40,02 1:25,55 2:57,32				
5 Mansfield, Luke T	12	Lane Leader Stellenbosch-CE	3:01,22	2:58,28
41,31 1:25,85 2:58,28				
6 Vermeulen, Hanco	13	Tygerberg Aquatics-CP	3:03,81	3:00,54
40,88 1:28,02 2:13,50	3:00,54			
7 Liedeman, Mark	12	Swartland Swim Club-WC	3:08,42	3:07,04
41,31 1:29,89 2:16,91	3:07,04			
8 Hudson, Thomas	12	Quicksilver Aquatics Winelands-CE	3:08,34	3:10,08
43,85 1:31,13 2:20,72	3:10,08			

## Event 400 Boys 12-13 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Williams, Jayden J	13	Paarl Aquarius SC-CE	2:49,60	2:53,85	q
38,50 1:22,48 2:08,45	2:53,85				
2 Kotze, Eric B	13	Biosplash Swim Academy-CE	2:59,26	2:58,97	q
40,58 1:26,94 2:58,97					
3 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	2:53,19	2:59,60	q
38,37 1:25,34 2:12,20	2:59,60				
4 Kalapac, Joshua	13	Blouberg Marlins-CP	2:57,35	3:00,05	q
40,32 1:26,39 2:13,41	3:00,05				
5 Mansfield, Luke T	12	Lane Leader Stellenbosch-CE	3:04,42	3:01,22	q
41,17 1:26,94 2:14,30	3:01,22				



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 400 Boys 12-13 200 LC Meter Breaststroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
6	Vermeulen, Hanco	13	Tygerberg Aquatics-CP	3:02,50	3:03,81	q
	41,94 1:28,98 2:16,49		3:03,81			
7	Hudson, Thomas	12	Quicksilver Aquatics Winelands-CE	3:11,20	3:08,34	q
	42,88 1:30,97 2:20,26		3:08,34			
8	Liedeman, Mark	12	Swartland Swim Club-WC	3:13,18	3:08,42	q
	44,11 1:31,73 2:19,88		3:08,42			
9	Gilbert, Andrew A	13	Swimlab Aquatic Academ-CP	3:00,86	3:09,36	
	40,91 1:29,71 2:17,36		3:09,36			
10	De Bruyn, Cornè C	13	Aqua Sharks Academy-CP	3:17,89	3:14,02	
	43,75 1:33,41 2:24,24		3:14,02			
11	Haupt, Rhys A	13	Vineyard SC-CP	3:10,62	3:14,80	
	43,06 1:34,74 2:25,45		3:14,80			
12	Theys, Jayden-Lee	13	Evolution Aquatics-CP	3:23,00	3:15,59	
	44,37 1:33,71 2:24,69		3:15,59			
13	Goussard, Henry	12	Greydogs Swimming Club-CP	3:14,52	3:16,68	
	44,62 1:35,14 2:26,23		3:16,68			
14	Roman, Noah P	12	Aqua Dolphin Swimming Club-CP	3:16,93	3:16,86	
	46,47 1:37,04 2:27,72		3:16,86			
15	Sirin, Ben	13	Vineyard SC-CP	3:12,95	3:16,91	
	44,93 1:34,83 3:16,91					
16	Stanfliet, Nicholas	12	Vineyard SC-CP	3:15,70	3:17,58	
	45,74 1:36,10 2:27,12		3:17,58			
17	Jacobs, Zoon S	13	Agulhas Aquatics-OB	3:15,61	3:20,14	
	45,26 1:37,97 2:29,72		3:20,14			
18	Abrahams, Rayhan	13	Walmers SC-CP	3:17,50	3:20,42	
	44,78 1:35,34 3:20,42					
19	Bouwer, Jason	12	Tygerberg Aquatics-CP	3:21,50	3:22,55	
	46,12 1:39,02 2:30,97		3:22,55			
20	Vd Berg, Wilan	13	Quicksilver Aquatics Winelands-CE	3:23,41	3:23,72	
	44,87 1:37,45 2:32,54		3:23,72			
21	Wing, James L	12	Greydogs Swimming Club-CP	3:25,42	3:27,09	
	47,78 1:40,31 2:34,93		3:27,09			
22	Coolen, Jonathan T	12	Biosplash Swim Academy-CE	3:30,41	3:28,19	
	48,19 1:42,39 2:35,37		3:28,19			
23	Lamminga, Tiaan	13	Curro Durbanville Aquatics-CP	3:21,93	3:28,73	
	45,34 1:39,14 2:33,83		3:28,73			
24	Kriek, Divan D	12	Quicksilver Aquatics Winelands-CE	3:23,95	3:29,68	
	45,15 1:38,04 2:34,49		3:29,68			
25	Conradie, Niel	12	Quick Silver Swimming Academy-CP	3:31,92	3:33,74	
	48,70 1:43,47 3:33,74					

**Event 400 Men 14-15 200 LC Meter Breaststroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	2:40,02	2:37,51
	35,66 1:16,93 1:58,27		2:37,51		
2	Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:40,51	2:40,19
	35,43 1:16,68 1:58,22		2:40,19		
3	Koekemoer, Quinn D	15	Quick Silver Swimming Academy-CP	2:52,98	2:44,72
	37,04 1:18,64 2:02,94		2:44,72		
4	Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	2:51,41	2:46,99
	36,67 1:20,30 2:02,66		2:46,99		

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Finals ... (Event 400 Men 14-15 200 LC Meter Breaststroke)**

Name	Age	Team	Prelim Time	Finals Time
5 Grobler, Ewandre	15	Royal Swimming Academy-ED	2:53,53	2:48,20
36,50 1:20,45 2:04,10		2:48,20		
6 Terblanche, Luan L	14	Tygerberg Aquatics-CP	2:55,74	2:53,61
38,75 1:24,40 2:08,46		2:53,61		
7 Van Wyk, Wayne E	14	Generation Swimming Academy-CP	2:48,96	2:53,68
38,81 1:23,13 2:10,67		2:53,68		
8 Bester, Eben	15	Tygerberg Aquatics-CP	2:55,58	2:56,25
38,35 1:22,90 2:11,01		2:56,25		

**Event 400 Men 14-15 200 LC Meter Breaststroke**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	2:30,88	2:40,02 q
35,38 1:16,53 1:58,00		2:40,02		
2 Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:49,87	2:40,51 q
36,17 1:16,13 1:59,41		2:40,51		
3 Van Wyk, Wayne E	14	Generation Swimming Academy-CP	2:48,24	2:48,96 q
39,08 1:24,07 2:48,96				
4 Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	2:41,80	2:51,41 q
38,92 1:22,42 2:07,11		2:51,41		
5 Koekemoer, Quinn D	15	Quick Silver Swimming Academy-CP	2:51,70	2:52,98 q
39,99 1:23,80 2:10,08		2:52,98		
6 Grobler, Ewandre	15	Royal Swimming Academy-ED	2:57,61	2:53,53 q
37,88 1:21,62 2:07,31		2:53,53		
7 Bester, Eben	15	Tygerberg Aquatics-CP	2:55,59	2:55,58 q
38,41 1:24,21 2:55,58				
8 Terblanche, Luan L	14	Tygerberg Aquatics-CP	2:58,16	2:55,74 q
40,04 1:25,62 2:11,08		2:55,74		
9 Alexander, Ammaar	15	Marlin Swimming Club-CP	2:47,83	2:57,09
38,45 1:24,02 2:10,52		2:57,09		
10 Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	2:54,57	2:57,34
39,18 1:25,48 2:10,42		2:57,34		
11 McWilliam, Troy J	15	Tygerberg Aquatics-CP	2:55,02	2:58,25
40,06 1:27,20 2:12,50		2:58,25		
12 Brooker, Matthew W	15	Aqua Athlete Cta-CP	3:10,39	3:00,45
40,59 1:26,18 2:13,88		3:00,45		
13 Landi, Tristan	14	Vineyard SC-CP	3:00,06	3:01,10
42,48 1:27,73 2:15,17		3:01,10		
14 Den Haan, Stèfan	15	Quick Silver Swimming Academy-CP	2:58,22	3:03,54
41,02 1:26,08 2:14,71		3:03,54		
15 Bannister, Joshua G	14	Tygerberg Aquatics-CP	3:01,68	3:04,29
40,89 1:28,68 2:16,80		3:04,29		
16 Witbooi, Reinhardt J	15	Biosplash Swim Academy-CE	3:05,97	3:05,51
41,44 1:27,83 2:17,29		3:05,51		
17 Atkinson, Samuel A	14	Swartland Swim Club-WC	3:02,52	3:06,99
40,84 1:27,56 3:06,99				
18 Adams, Imtiyaaz	14	Aqua Dolphin Swimming Club-CP	3:11,42	3:08,40
41,96 1:29,66 2:18,75		3:08,40		
19 Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	3:07,00	3:14,91
43,76 1:34,45 2:25,09		3:14,91		
20 Pedro, Tamkeen	14	Walmers SC-CP	3:16,72	3:19,33
42,71 1:34,67 2:28,52		3:19,33		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 400 Men 16 &amp; Over 200 LC Meter Breaststroke

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Truter, Petrus C	19	Lane Leader Stellenbosch-CE	2:33,34	2:25,14
	31,79 1:08,27 1:46,90		2:25,14		
2	Boshoff, Juan C	17	Tygerberg Aquatics-CP	2:36,64	2:31,42
	34,20 1:13,10 1:52,96		2:31,42		
3	Clayton, Franco P	16	Lane Leader Stellenbosch-CE	2:36,73	2:31,57
	34,67 1:13,21 1:53,66		2:31,57		
4	Steyn, Stefan A	16	Knysna Aquatics-ED	2:39,90	2:33,86
	34,18 1:13,88 1:54,02		2:33,86		
5	Hibberd, Matthew	25	Blouberg Marlins-CP	2:46,08	2:41,44
	36,03 1:16,43 1:59,37		2:41,44		
6	Levey, Chad	16	Generation Swimming Academy-CP	2:42,94	2:41,93
	36,07 1:16,88 2:00,85		2:41,93		
7	Myburgh, Jordan	17	Blouberg Marlins-CP	2:50,79	2:42,11
	35,32 1:16,95 2:00,36		2:42,11		
8	Den Haan, Adriaan	18	Quick Silver Swimming Academy-CP	2:47,26	2:42,22
	35,65 1:17,39 1:59,32		2:42,22		
9	Micklethwaite, Tyler L	18	Sport Science Institute of SA-CP	2:43,93	2:42,36
	35,02 1:15,55 1:58,16		2:42,36		
10	McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:50,22	2:48,36
	38,48 1:21,34 2:05,04		2:48,36		
11	Laker, Mark	16	Curro Durbanville Aquatics-CP	3:05,13	3:00,05
	41,24 1:26,53 2:14,17		3:00,05		

## Event 400 Men 16 &amp; Over 200 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Truter, Petrus C	19	Lane Leader Stellenbosch-CE	2:19,58	2:33,34 q
	35,51 1:14,38 1:54,28		2:33,34		
2	Boshoff, Juan C	17	Tygerberg Aquatics-CP	2:32,35	2:36,64 q
	35,83 1:15,76 1:56,31		2:36,64		
3	Clayton, Franco P	16	Lane Leader Stellenbosch-CE	2:30,66	2:36,73 q
	37,02 1:17,73 1:58,28		2:36,73		
4	Steyn, Stefan A	16	Knysna Aquatics-ED	2:39,66	2:39,90 q
	35,66 1:16,62 2:39,90				
5	Hugo, Retief R	16	Aquasharks Winelands-CE	2:38,84	2:42,80 q
	36,21 1:16,95 1:59,76		2:42,80		
6	Malan, Johan S	16	Curro Durbanville Aquatics-CP	2:35,35	2:42,93 q
	36,11 1:17,59 1:59,70		2:42,93		
7	Levey, Chad	16	Generation Swimming Academy-CP	2:39,22	2:42,94 q
	37,91 1:18,36 2:00,75		2:42,94		
8	Micklethwaite, Tyler L	18	Sport Science Institute of SA-CP	2:38,71	2:43,93 q
	36,73 1:18,43 2:00,87		2:43,93		
9	Hibberd, Matthew	25	Blouberg Marlins-CP	2:42,79	2:46,08 q
	37,49 1:18,04 2:01,93		2:46,08		
10	Den Haan, Adriaan	18	Quick Silver Swimming Academy-CP	2:39,31	2:47,26 q
	38,62 1:19,78 2:05,02		2:47,26		
11	McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:43,40	2:50,22 q
	40,05 1:22,13 2:07,23		2:50,22		
12	Myburgh, Jordan	17	Blouberg Marlins-CP	2:42,05	2:50,79 q
	37,82 1:21,73 2:06,54		2:50,79		
13	Laker, Mark	16	Curro Durbanville Aquatics-CP	2:52,12	3:05,13 q
	41,85 1:27,88 2:18,14		3:05,13		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 401 Girls 11 &amp; Under 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Atkinson, Anouk E	11	Swartland Swim Club-WC	3:24,34	3:14,69
47,66 1:36,09 2:27,79	3:14,69			
2 Neumann, Erin R	10	Generation Swimming Academy-CP	3:25,21	3:16,53
45,21 1:36,75 2:27,93	3:16,53			
3 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	3:23,43	3:17,63
44,75 1:35,12 2:26,50	3:17,63			
4 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	3:23,14	3:17,91
46,45 1:37,20 2:28,54	3:17,91			
5 De Villiers, Anja	11	Tygerberg Aquatics-CP	3:25,42	3:27,69
47,50 1:40,04 2:34,71	3:27,69			
6 Hunter, Emma J	10	Knysna Aquatics Jnr-ED	3:32,07	3:28,90
49,61 1:41,94 3:28,90				
7 Cronje, Miané	11	Royal Swimming Academy-ED	3:30,88	3:35,00
48,68 1:44,69 2:38,73	3:35,00			
8 Lorenzen, Ava E	10	Blouberg Marlins-CP	3:32,31	3:35,16
48,82 1:45,46 2:39,78	3:35,16			

## Event 401 Girls 11 &amp; Under 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	3:22,99	3:23,14 q
45,72 1:38,93 2:32,64	3:23,14			
2 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	3:19,64	3:23,43 q
46,01 1:37,91 2:30,50	3:23,43			
3 Atkinson, Anouk E	11	Swartland Swim Club-WC	3:28,22	3:24,34 q
47,33 1:40,40 2:34,17	3:24,34			
4 Neumann, Erin R	10	Generation Swimming Academy-CP	3:20,77	3:25,21 q
46,46 1:39,13 2:32,18	3:25,21			
5 De Villiers, Anja	11	Tygerberg Aquatics-CP	3:31,43	3:25,42 q
45,37 1:37,68 2:31,43	3:25,42			
6 Cronje, Miané	11	Royal Swimming Academy-ED	3:33,02	3:30,88 q
48,26 1:43,10 2:37,94	3:30,88			
7 Hunter, Emma J	10	Knysna Aquatics Jnr-ED	3:33,40	3:32,07 q
50,40 1:46,09 2:40,91	3:32,07			
8 Lorenzen, Ava E	10	Blouberg Marlins-CP	3:34,54	3:32,31 q
48,14 1:42,08 2:38,74	3:32,31			
9 Dimatellis, Zoi	10	Royal Swimming Academy-ED	3:41,88	3:32,83
48,87 1:45,00 2:40,62	3:32,83			
10 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	3:35,62	3:37,95
49,52 1:44,99 2:42,69	3:37,95			
11 Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	3:37,94	3:39,36
50,98 1:47,73 2:44,07	3:39,36			

## Event 401 Girls 12-13 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Combrink, Amy	13	Vineyard SC-CP	3:01,48	2:56,15
40,65 1:25,12 2:10,63	2:56,15			
2 Evans, Caitlin N	12	Tygerberg Aquatics-CP	3:07,69	2:59,77
41,77 1:28,09 2:13,95	2:59,77			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 401 Girls 12-13 200 LC Meter Breaststroke)

Name	Age	Team	Prelim Time	Finals Time
3 Putter, Demi	12	Curro Durbanville Aquatics-CP	3:08,46	3:00,97
43,01 1:27,56 2:15,67		3:00,97		
4 Neumann, Eva L	12	Generation Swimming Academy-CP	3:12,03	3:04,75
41,20 1:29,26 2:16,50		3:04,75		
5 Coleman, Madison	13	Blouberg Marlins-CP	3:12,43	3:05,88
42,43 1:29,25 2:17,85		3:05,88		
6 Morris, Jenna	13	Vineyard SC-CP	3:11,20	3:07,92
43,07 1:30,04 3:07,92				
7 Visser, Sandri	13	Players-CE	3:14,37	3:09,08
41,51 1:29,70 3:09,08				
8 Magotsi, Riziki A	12	Vineyard SC-CP	3:11,81	3:17,28
45,41 1:34,16 2:26,73		3:17,28		

## Event 401 Girls 12-13 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Combrink, Amy	13	Vineyard SC-CP	2:56,33	3:01,48 q
42,99 1:28,68 2:14,92		3:01,48		
2 Evans, Caitlin N	12	Tygerberg Aquatics-CP	2:56,07	3:07,69 q
43,24 1:31,48 2:20,54		3:07,69		
3 Putter, Demi	12	Curro Durbanville Aquatics-CP	3:01,76	3:08,46 q
44,48 1:32,47 2:20,80		3:08,46		
4 Morris, Jenna	13	Vineyard SC-CP	3:09,69	3:11,20 q
42,61 1:30,14 3:11,20				
5 Magotsi, Riziki A	12	Vineyard SC-CP	3:13,32	3:11,81 q
45,21 1:35,02 2:23,52		3:11,81		
6 Neumann, Eva L	12	Generation Swimming Academy-CP	3:13,20	3:12,03 q
43,01 1:32,17 2:22,15		3:12,03		
7 Coleman, Madison	13	Blouberg Marlins-CP	3:07,11	3:12,43 q
44,04 1:32,81 2:22,57		3:12,43		
8 Visser, Sandri	13	Players-CE	3:12,88	3:14,37 q
43,78 1:32,61 2:23,99		3:14,37		
9 Van Der Wath, Izi	12	Knysna Aquatics-ED	3:17,70	3:14,97
44,50 1:35,32 2:25,66		3:14,97		
10 Hahn, Kayleigh K	13	Royal Swimming Academy-ED	3:12,01	3:15,15
44,44 1:35,24 2:26,44		3:15,15		
11 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	3:18,31	3:18,18
43,58 1:34,59 2:27,69		3:18,18		
12 Lodewyks, Jeandré	12	Fish Eagle Aquatics-ED	3:22,18	3:19,02
45,24 1:36,37 2:28,30		3:19,02		
13 Geysler, Almi	13	Lane Leader Stellenbosch-CE	3:20,62	3:21,27
46,16 1:37,32 2:30,20		3:21,27		
14 Dreyer, Arne'	12	Biosplash Swim Academy-CE	3:25,06	3:24,65
46,68 1:40,86 2:33,93		3:24,65		
15 Adams, Sydni M	13	Vineyard SC-CP	3:19,49	3:25,41
48,08 1:41,06 2:34,48		3:25,41		
16 Visagie, Jani	13	Swartland Swim Club-WC	3:31,31	3:30,74
48,18 1:42,43 2:37,70		3:30,74		
17 Waters, Megan D	12	Blouberg Marlins-CP	3:35,80	3:33,08
49,68 1:42,50 2:39,96		3:33,08		
18 Baillie, Gabi J	12	Royal Swimming Academy-ED	3:38,57	3:34,07
48,40 1:43,09 2:37,80		3:34,07		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 401 Girls 12-13 200 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time
19 Hagglund, Emma H	13	Quick Silver Swimming Academy-CP	3:38,13	3:36,39
49,89	1:46,20	2:42,45	3:36,39	

## Event 401 Women 14-15 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	2:56,02	2:53,38
39,01	1:23,83	2:09,33	2:53,38	
2 Gerber, Mia	14	Maties Aquatics-CE	3:04,81	2:59,49
41,08	1:27,85	2:13,71	2:59,49	
3 Olivier, Shani	15	The Well-CE	3:04,58	3:01,47
40,77	1:27,02	2:13,90	3:01,47	
4 Laubscher, Maya R	15	Generation Swimming Academy-CP	3:04,19	3:01,99
41,21	1:29,00	2:15,59	3:01,99	
5 Witten, Hannah	15	Aqua Sharks Academy-CP	3:06,76	3:02,69
41,70	1:28,34	2:15,77	3:02,69	
6 Borman, Jani	14	Quicksilver Aquatics Winelands-CE	3:06,90	3:06,94
41,10	1:30,01	2:18,61	3:06,94	
7 Ryser, Aurora	15	Tygerberg Aquatics-CP	3:12,79	3:07,45
42,23	1:30,29	2:18,78	3:07,45	
8 Kriek, Mila	15	Quicksilver Aquatics Winelands-CE	3:09,69	3:09,13
44,16	1:31,47	2:20,45	3:09,13	

## Event 401 Women 14-15 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	2:51,68	2:56,02 q
40,17	1:24,65	2:11,07	2:56,02	
2 Putter, Tanè	15	Curro Durbanville Aquatics-CP	2:52,25	3:00,21 q
42,27	1:27,76	3:00,21		
3 Laubscher, Maya R	15	Generation Swimming Academy-CP	3:05,63	3:04,19 q
43,24	1:29,30	2:18,13	3:04,19	
4 Olivier, Shani	15	The Well-CE	2:59,83	3:04,58 q
42,21	1:29,25	2:16,90	3:04,58	
5 Gerber, Mia	14	Maties Aquatics-CE	2:58,23	3:04,81 q
43,68	1:30,98	2:18,35	3:04,81	
6 Witten, Hannah	15	Aqua Sharks Academy-CP	3:01,24	3:06,76 q
42,47	1:30,32	2:18,66	3:06,76	
7 Borman, Jani	14	Quicksilver Aquatics Winelands-CE	3:07,22	3:06,90 q
41,55	1:28,31	2:17,06	3:06,90	
8 Kriek, Mila	15	Quicksilver Aquatics Winelands-CE	3:09,12	3:09,69 q
43,53	1:32,85	2:21,45	3:09,69	
9 Ryser, Aurora	15	Tygerberg Aquatics-CP	3:07,32	3:12,79
43,61	1:31,29	2:21,43	3:12,79	
10 Burke, Erin	15	Aqua Athlete Cta-CP	3:15,64	3:16,30
43,44	1:33,22	2:24,91	3:16,30	
11 Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	3:08,43	3:19,74
45,21	1:36,28	3:19,74		
12 Corrigan, Cara J	15	Fish Eagle Aquatics-ED	3:26,47	3:21,71
43,82	1:35,53	2:29,91	3:21,71	
13 Jeftha, Zara L	14	Marlin Swimming Club-CP	3:11,39	3:23,38
46,98	1:38,42	3:23,38		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 401 Women 14-15 200 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time
14 Tsai, Emily A	14	Blouberg Marlins-CP	3:12,88	3:26,84
45,76 1:38,59 2:33,66	3:26,84			
15 Harris, Gemma	15	Marlin Swimming Club-CP	3:20,89	3:29,29
46,93 1:42,39 2:37,15	3:29,29			

## Event 401 Women 16 &amp; Over 200 LC Meter Breaststroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Van Rensburg, Catherine F	18	TuksSwimming-TS	2:44,94	2:37,56
35,97 1:16,35 1:56,94	2:37,56			
2 Bester, Christine F	16	Aquasharks Winelands-CE	2:58,62	2:56,73
40,09 1:24,33 2:10,37	2:56,73			
3 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	3:01,35	2:57,31
39,91 1:25,39 2:11,01	2:57,31			
*4 Hugo, Anika S	16	Paarl Aquarius SC-CE	3:02,35	3:03,97
40,13 1:26,59 2:14,50	3:03,97			
*4 Sabbagha, Annè	16	Paarl Aquarius SC-CE	3:06,94	3:03,97
41,57 1:29,49 2:17,95	3:03,97			
6 Roberts, Netanya	20	Maties Aquatics-CE	3:06,44	3:07,15
40,57 1:27,38 2:16,51	3:07,15			
7 Paulse, Hannah N	19	Vineyard SC-CP	3:12,85	3:07,88
41,09 1:28,55 2:17,34	3:07,88			
8 Heyes, Danielle A	16	Aqua Sharks Academy-CP	3:14,33	3:11,32
42,69 1:30,60 2:20,95	3:11,32			
9 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	3:22,01	3:12,38
42,98 1:31,32 2:22,16	3:12,38			
--- Paljk, Tilka	25	Maties Aquatics-CE	2:59,64	DQ
39,14 1:23,36 2:09,03	DQ			

## Event 401 Women 16 &amp; Over 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Van Rensburg, Catherine F	18	TuksSwimming-TS	2:36,81	2:44,94 q
37,52 1:19,05 2:01,46	2:44,94			
2 Bester, Christine F	16	Aquasharks Winelands-CE	2:55,39	2:58,62 q
40,97 1:26,05 2:12,11	2:58,62			
3 Paljk, Tilka	25	Maties Aquatics-CE	2:53,67	2:59,64 q
41,95 1:27,84 2:14,81	2:59,64			
4 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	2:56,69	3:01,35 q
41,58 1:27,89 2:14,57	3:01,35			
5 Hugo, Anika S	16	Paarl Aquarius SC-CE	2:56,42	3:02,35 q
41,28 1:27,06 2:14,42	3:02,35			
6 Roberts, Netanya	20	Maties Aquatics-CE	3:00,29	3:06,44 q
41,47 1:27,45 2:15,91	3:06,44			
7 Pretorius, Ashleè	17	Sport Science Institute of SA-CP	3:02,17	3:06,49 q
41,67 1:28,61 2:17,01	3:06,49			
8 Sabbagha, Annè	16	Paarl Aquarius SC-CE	3:04,42	3:06,94 q
42,49 1:32,00 2:19,57	3:06,94			
9 Paulse, Hannah N	19	Vineyard SC-CP	3:02,90	3:12,85 q
44,33 1:34,59 2:24,14	3:12,85			
10 Heyes, Danielle A	16	Aqua Sharks Academy-CP	3:12,15	3:14,33 q
43,18 1:32,69 2:24,53	3:14,33			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 401 Women 16 &amp; Over 200 LC Meter Breaststroke)

Name	Age	Team	Seed Time	Prelim Time	
11 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	3:20,55	3:22,01	q
47,53	1:39,99	2:33,39	3:22,01		

## Event 402 Boys 11 &amp; Under 50 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	36,98	36,29
2 Matthee, Burger P	11	Agulhas Aquatics-OB	38,00	36,35
3 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	37,94	36,85
4 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	37,18	36,98
5 Parr, Colby S	11	Knysna Aquatics-ED	38,18	38,85
6 Bright, Michael C	10	Curro Durbanville Aquatics-CP	38,90	39,38
7 February, Dillon S	10	Curro Durbanville Aquatics-CP	38,82	39,56
8 Trower, Michael	11	Tygerberg Aquatics-CP	38,27	39,75

## Event 402 Boys 11 &amp; Under 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	36,78	36,98
2 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	37,37	37,18
3 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	36,78	37,94
4 Matthee, Burger P	11	Agulhas Aquatics-OB	37,42	38,00
5 Parr, Colby S	11	Knysna Aquatics-ED	39,59	38,18
6 Trower, Michael	11	Tygerberg Aquatics-CP	38,54	38,27
7 February, Dillon S	10	Curro Durbanville Aquatics-CP	39,46	38,82
8 Bright, Michael C	10	Curro Durbanville Aquatics-CP	39,05	38,90
9 Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	41,44	39,42
10 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	39,82	39,46
11 Swart, Nico N	11	Aqua Sharks Academy-CP	38,97	39,53
12 Pautz, Benjamin R	10	Blouberg Marlins-CP	41,04	40,08
13 Simpson, Rhoderick M	9	Royal Swimming Academy-ED	42,49	40,56
14 Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	40,76	40,75
15 Coleman, Travis	11	Blouberg Marlins-CP	40,84	41,66
16 Faulkner, Callum E	11	Blouberg Marlins-CP	41,42	41,95
17 Spencer, Marcus W	11	Vineyard SC-CP	39,71	42,01

## Event 402 Boys 12-13 50 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Kotze, Eric B	13	Biosplash Swim Academy-CE	30,26	29,30
2 Trower, Nic T	13	Tygerberg Aquatics-CP	31,58	31,29
3 De Kock, John P	13	Aqua Sharks Academy-CP	32,45	31,71
4 De Lange, Adriaan	12	Tygerberg Aquatics-CP	32,33	32,19
5 Vd Westhuizen, Ulrich J	13	Players-CE	32,60	32,35
6 Fernold, AJ	12	Royal Swimming Academy-ED	33,26	32,94
7 Smith, Sebastian N	13	Tygerberg Aquatics-CP	32,65	32,97
8 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	33,67	33,51

## Event 402 Boys 12-13 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Kotze, Eric B	13	Biosplash Swim Academy-CE	30,94	30,26



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 402 Boys 12-13 50 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time	
2 Trower, Nic T	13	Tygerberg Aquatics-CP	31,49	31,58	q
3 De Lange, Adriaan	12	Tygerberg Aquatics-CP	32,84	32,33	q
4 De Kock, John P	13	Aqua Sharks Academy-CP	33,14	32,45	q
5 Vd Westhuizen, Ulrich J	13	Players-CE	32,29	32,60	q
6 Smith, Sebastian N	13	Tygerberg Aquatics-CP	34,45	32,65	q
7 Fernold, AJ	12	Royal Swimming Academy-ED	32,95	33,26	q
8 Williams, Jayden J	13	Paarl Aquarius SC-CE	33,14	33,36	q
9 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	36,75	33,67	
10 Burger, Rosseau	13	Lane Leader Stellenbosch-CE	35,08	34,42	
11 Bezuidenhout, Ernst E	12	Curro Durbanville Aquatics-CP	35,61	35,08	
12 Pratt, Julian	13	Generation Swimming Academy-CP	35,45	35,26	
13 Rosslee, Christian F	13	Tygerberg Aquatics-CP	36,27	35,60	
14 Bouwer, Jason	12	Tygerberg Aquatics-CP	35,76	35,90	
15 Lategan, Nicky N	13	Swartland Swim Club-WC	36,71	35,99	
16 Beukes, Jaden L	13	Walmers SC-CP	36,05	36,02	
17 Sirin, Ben	13	Vineyard SC-CP	33,62	36,20	
18 Kotzè, Arden C	12	Paarl Aquarius SC-CE	35,59	36,40	
19 Snyders, Kyle	12	Curro Langebaan Swim Club-WC	38,00	36,51	
20 Lesch, Stef	13	Swartland Swim Club-WC	36,48	36,66	
21 Steer, Troy A	12	Aqua Sharks Academy-CP	38,39	36,72	
22 Williams, Evan B	12	Sport Science Institute of SA-CP	37,85	36,97	
23 Poggenpoel, Troy J	13	Marlin Swimming Club-CP	38,54	36,99	
24 Lamminga, Tiaan	13	Curro Durbanville Aquatics-CP	36,75	37,12	
25 Kotzè, Max M	13	Blouberg Marlins-CP	37,11	37,41	
26 Oosthuizen, Ethan	12	Players-CE	39,49	37,64	
27 Coolen, Jonathan T	12	Biosplash Swim Academy-CE	39,90	37,90	
28 Wing, James L	12	Greydogs Swimming Club-CP	37,28	38,40	
29 Abrahams, Rayhan	13	Walmers SC-CP	43,27	38,47	
30 Rheeder, Liam M	12	Paarl Aquarius SC-CE	40,36	38,78	
31 Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	37,60	38,80	
32 Vd Berg, Wilan	13	Quicksilver Aquatics Winelands-CE	39,22	39,09	
33 Cleophas, Kyle	13	Paarl Aquarius SC-CE	38,81	39,29	
34 Afonso, Aragon G	12	Quick Silver Swimming Academy-CP	39,52	39,43	
35 Pullock, Sam J	13	Curro Hermanus Aquatics-OB	40,15	39,57	
36 Wessels, Dirk	13	Agulhas Aquatics-OB	40,46	39,62	
37 Ollomo, Aaron M	12	Blouberg Marlins-CP	41,62	40,57	
38 Coetzee, Sion M	12	Quick Silver Swimming Academy-CP	42,04	41,07	

## Event 402 Men 14-15 50 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Van Vondel, Anton J	15	Tygerberg Aquatics-CP	28,90	28,31
2 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	30,52	29,92
3 Pretorius, Luuk E	14	Knysna Aquatics-ED	30,71	30,28
4 Potgieter, Michael M	15	Lane Leader Stellenbosch-CE	30,70	30,33
5 Orchard, Thomas J	15	Swartland Swim Club-WC	31,55	30,52
6 Prince, Joshua	14	Sport Science Institute of SA-CP	30,88	30,86
7 Engelbrecht, Ruben J	15	Players-CE	31,09	30,98
8 Strydom, Conrad M	14	Quick Silver Swimming Academy-CP	31,09	31,00

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Event 402 Men 14-15 50 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
<b>Preliminaries</b>						
1	Van Vondel, Anton J	15	Tygerberg Aquatics-CP	28,24	28,90	q
2	Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	29,60	30,52	q
3	Potgieter, Michael M	15	Lane Leader Stellenbosch-CE	32,31	30,70	q
4	Pretorius, Luuk E	14	Knysna Aquatics-ED	30,01	30,71	q
5	Prince, Joshua	14	Sport Science Institute of SA-CP	31,47	30,88	q
*6	Engelbrecht, Ruben J	15	Players-CE	33,13	31,09	q
*6	Strydom, Conrad M	14	Quick Silver Swimming Academy-CP	30,10	31,09	q
8	Orchard, Thomas J	15	Swartland Swim Club-WC	30,91	31,55	q
9	Nefdt, Grant	15	Vineyard SC-CP	31,53	31,58	
10	Lottering, Seb C	14	Royal Swimming Academy-ED	31,63	31,65	
11	McPetrie, James L	15	Manta SC-CP	32,07	32,13	
12	Rohner, Jayden M	15	Blouberg Marlins-CP	31,86	32,23	
13	Breet, Dawie-Louw L	15	Players-CE	32,40	32,31	
14	Bester, Eben	15	Tygerberg Aquatics-CP	32,75	32,52	
15	Van Helden, Ethan C	14	Generation Swimming Academy-CP	33,29	32,56	
16	Bannister, Joshua G	14	Tygerberg Aquatics-CP	32,91	32,81	
17	De Beer, Rynard A	14	Quicksilver Aquatics Winelands-CE	34,33	33,04	
18	Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	32,98	33,41	
19	Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	34,03	33,42	
20	Den Haan, Stéfan	15	Quick Silver Swimming Academy-CP	33,36	33,45	
21	Karsten, Jody	15	Blouberg Marlins-CP	35,04	33,47	
22	Adendorff, James T	14	Tygerberg Aquatics-CP	32,72	33,63	
23	Gilbert, Thomas O	14	Swimlab Aquatic Academ-CP	34,11	33,70	
24	Witbooi, Reinhardt J	15	Biosplash Swim Academy-CE	35,48	33,85	
25	Van Der Merwe, Ula W	15	Knysna Aquatics-ED	32,74	33,86	
26	Brooker, Matthew W	15	Aqua Athlete Cta-CP	33,33	34,27	
27	Renard, Leo G	15	Aqua Sharks Academy-CP	34,70	34,50	
28	Viljoen, Jaden R	14	Aqua Sharks Academy-CP	36,70	35,01	
29	Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	37,25	36,16	
30	Burmeister, Marius	14	Quicksilver Aquatics Winelands-CE	37,46	36,55	

**Event 402 Men 16 & Over 50 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Pool-Jones, Jonah B	20	Maties Aquatics-CE	27,85	27,09
2	Hieckmann, Ethan H	21	Barracudas Aquarama SC-CP	28,34	28,16
3	Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	28,26	28,31
4	Vd Merwe, Johan H	17	Maties Aquatics-CE	28,24	28,45
5	Louw, Adriaan B	16	Curro Langebaan Swim Club-WC	29,00	28,59
6	Malherbe, Francois	18	Lane Leader Stellenbosch-CE	28,61	28,74
7	Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	29,11	29,02
8	Foot, Aiden C	16	Swartland Swim Club-WC	29,49	29,27
9	Burger, Schalk S	17	Swartland Swim Club-WC	29,52	29,34
10	Hendricks, Robert A	17	Royal Swimming Academy-ED	29,78	29,65
11	Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	29,32	29,70
	19,11	29,70			
12	Basson, Wilan	16	Aqua Sharks Academy-CP	30,20	30,01
13	Swart, Niklis	17	Players-CE	30,78	30,17
14	Wright, Keegan	16	Tygerberg Aquatics-CP	30,06	30,67

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Finals ... (Event 402 Men 16 & Over 50 LC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
15	Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	30,63	30,91
16	Kleinbans, Kyle	16	Sport Science Institute of SA-CP	30,81	31,10

**Event 402 Men 16 & Over 50 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Pool-Jones, Jonah B	20	Maties Aquatics-CE	27,52	27,85 q
2	Vd Merwe, Johan H	17	Maties Aquatics-CE	30,96	28,24 q
3	Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	29,26	28,26 q
4	Hieckmann, Ethan H	21	Barracudas Aquarama SC-CP	27,67	28,34 q
5	Malherbe, Francois	18	Lane Leader Stellenbosch-CE	27,19	28,61 q
6	Louw, Adriaan B	16	Curro Langebaan Swim Club-WC	27,51	29,00 q
7	Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	28,59	29,11 q
8	Boshoff, Juan C	17	Tygerberg Aquatics-CP	28,41	29,14 q
9	Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	29,17	29,32 q
10	Foot, Aiden C	16	Swartland Swim Club-WC	29,65	29,49 q
11	Burger, Schalk S	17	Swartland Swim Club-WC	29,40	29,52 q
12	Hendricks, Robert A	17	Royal Swimming Academy-ED	29,95	29,78 q
13	Wright, Keegan	16	Tygerberg Aquatics-CP	30,22	30,06 q
14	Basson, Wilan	16	Aqua Sharks Academy-CP	30,19	30,20 q
15	Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	31,14	30,63 q
16	Swart, Niklis	17	Players-CE	30,74	30,78 q
17	Kleinbans, Kyle	16	Sport Science Institute of SA-CP	30,34	30,81
18	Theron, Connor G	19	Sport Science Institute of SA-CP	28,10	30,83
19	Kotzè, Kailen M	16	Paarl Aquarius SC-CE	31,32	30,96
20	Myburgh, Jordan	17	Blouberg Marlins-CP	31,50	31,20
21	Hopkins, Tim	17	Tygerberg Aquatics-CP	31,46	31,25
*22	Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	30,48	31,50
*22	Louw, Guillaume	19	Curro Durbanville Aquatics-CP	31,03	31,50
24	Coetzee, Liam	17	Players-CE	31,38	31,62
25	Naude, Zian	16	Paarl Aquarius SC-CE	31,42	31,78
26	Treurnicht, Wim G	17	Players-CE	32,38	31,91
27	Pecur, Mark D	18	Paarl Aquarius SC-CE	31,25	32,05
28	Abrahams, Matthew N	23	Aqua Sharks Academy-CP	32,65	32,31
29	DE Bruyn, Flippie J	16	Fish Eagle Aquatics-ED	32,81	32,57
30	Carrol, Matt	17	Blouberg Marlins-CP	32,93	32,64
31	Beukes, Mateo A	17	Walmers SC-CP	32,55	32,89
32	Van Vuuren, Armand B	17	Generation Swimming Academy-CP	32,57	33,70
33	Barnard, Rohan C	18	Blouberg Marlins-CP	33,50	33,91
34	Van Reenen, Ryan	23	Blouberg Marlins-CP	32,95	34,11
35	Laker, Mark	16	Curro Durbanville Aquatics-CP	36,24	37,66

**Event 403 Girls 11 & Under 50 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Lorenzen, Ava E	10	Blouberg Marlins-CP	37,00	36,86
2	De Villiers, Anja	11	Tygerberg Aquatics-CP	37,15	36,96
3	Durandt, Sharli	11	Sport Science Institute of SA-CP	38,57	37,94
4	Patel, Disha	11	Worcester Aquatics-CE	39,68	38,19
5	Brooker, Isabella J	11	Aqua Athlete Cta-CP	38,61	39,66
6	Louw, Isabella A	11	Blouberg Marlins-CP	39,98	41,10

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 403 Girls 11 &amp; Under 50 LC Meter Backstroke)

Name	Age	Team	Prelim Time	Finals Time
7 Barkhuysen, Jani	11	Aqua Sharks Academy-CP	41,79	43,05
8 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	41,74	43,56

## Event 403 Girls 11 &amp; Under 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Lorenzen, Ava E	10	Blouberg Marlins-CP	37,71	37,00 q
2 De Villiers, Anja	11	Tygerberg Aquatics-CP	37,31	37,15 q
3 Durandt, Sharli	11	Sport Science Institute of SA-CP	40,74	38,57 q
4 Brooker, Isabella J	11	Aqua Athlete Cta-CP	41,48	38,61 q
5 Patel, Disha	11	Worcester Aquatics-CE	40,34	39,68 q
6 Louw, Isabella A	11	Blouberg Marlins-CP	40,72	39,98 q
7 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	40,66	41,74 q
8 Barkhuysen, Jani	11	Aqua Sharks Academy-CP	40,17	41,79 q
9 Fury, Amelia J	11	Vineyard SC-CP	43,63	43,08
10 Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	42,27	43,46
11 Slatter, Mila-Belle	10	Sport Science Institute of SA-CP	45,63	43,54
12 Cronje, Miané	11	Royal Swimming Academy-ED	42,78	43,77
13 Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	41,81	44,73

## Event 403 Girls 12-13 50 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Thobeha, Naledi	13	Quick Silver Swimming Academy-CP	32,57	32,46
2 Hebler, Lily M	13	Generation Swimming Academy-CP	33,49	32,80
3 Combrink, Amy	13	Vineyard SC-CP	34,33	33,58
4 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	34,25	33,70
5 DE Necker, Hannah	13	Fish Eagle Aquatics-ED	34,44	33,73
6 Le Roux, Lucy L	13	Aquasharks Winelands-CE	34,26	34,48
7 Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	34,74	34,84
8 Burke, Hannah	13	Aqua Athlete Cta-CP	34,83	35,37

## Event 403 Girls 12-13 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Thobeha, Naledi	13	Quick Silver Swimming Academy-CP	32,72	32,57 q
2 Hebler, Lily M	13	Generation Swimming Academy-CP	33,16	33,49 q
3 Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	35,16	34,25 q
4 Le Roux, Lucy L	13	Aquasharks Winelands-CE	34,11	34,26 q
5 Combrink, Amy	13	Vineyard SC-CP	33,04	34,33 q
6 DE Necker, Hannah	13	Fish Eagle Aquatics-ED	34,76	34,44 q
7 Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	34,60	34,74 q
8 Burke, Hannah	13	Aqua Athlete Cta-CP	35,39	34,83 q
9 Huang, Amelia A	13	Blouberg Marlins-CP	34,48	34,89
10 Newton, Ava L	13	Curro Durbanville Aquatics-CP	35,51	35,53
11 Trout, Sophia L	13	Vineyard SC-CP	35,80	35,79
12 Morris, Jenna	13	Vineyard SC-CP	36,75	35,83
13 Vorster, Mia	12	Swartland Swim Club-WC	35,84	36,21
14 Coleman, Madison	13	Blouberg Marlins-CP	36,42	36,29
15 Visagie, Larissa	13	Aqua Sharks Academy-CP	36,69	36,30
16 Davies, Jessica C	13	Aqua Sharks Academy-CP	37,11	36,44

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 403 Girls 12-13 50 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time
17 Wium, Mari	13	Quicksilver Aquatics Winelands-CE	36,67	36,47
18 Otterbach, Lily	12	Tygerberg Aquatics-CP	37,47	36,99
19 Van Tonder, Taylor-Blake	13	Royal Swimming Academy-ED	36,69	37,08
20 Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	37,55	37,51
21 Vd Merwe, Mia	13	Generation Swimming Academy-CP	38,04	37,60
22 Landman, Charnè	13	Generation Swimming Academy-CP	38,74	37,70
23 Vd Merwe, Mi-Ly	13	Biosplash Swim Academy-CE	37,98	37,85
24 Holthuis, Keilah-Naomi	13	Generation Swimming Academy-CP	38,86	37,94
25 Bruwer, Casey	13	Blouberg Marlins-CP	39,25	37,95
26 Raimond, Marike M	13	Tygerberg Aquatics-CP	38,23	37,96
27 Courtney, Sierra G	12	Sport Science Institute of SA-CP	38,45	38,00
28 O'Carroll, Nia E	12	Biosplash Swim Academy-CE	41,27	38,09
29 De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	38,05	38,21
30 Van Den Heever, Liya	12	Quicksilver Aquatics Winelands-CE	38,35	38,47
31 Riley, Logan	12	Vineyard SC-CP	38,54	38,49
32 Holman, Acaylia	12	Marlin Swimming Club-CP	40,52	38,53
33 Du Toit, Maria	13	Agulhas Aquatics-OB	38,97	38,62
34 Visser, Sandri	13	Players-CE	37,87	38,69
35 Gerber, Simonè M	12	Greydogs Swimming Club-CP	38,56	38,78
36 Steyn, Lucy S	12	Tygerberg Aquatics-CP	38,27	38,79
37 McWilliam, Amy L	13	Tygerberg Aquatics-CP	39,28	38,82
38 Louw, Anieka	12	Curro Durbanville Aquatics-CP	38,81	39,01
39 Visagie, Jani	13	Swartland Swim Club-WC	39,76	39,38
40 Juries, Sam C	13	Curro Langebaan Swim Club-WC	37,02	39,51
41 Baillie, Gabi J	12	Royal Swimming Academy-ED	39,72	40,42
42 Hagglund, Emma H	13	Quick Silver Swimming Academy-CP	40,62	40,83
43 Minnaar, Stephanie	12	Tygerberg Aquatics-CP	44,33	41,49
44 Lodewyks, Jeandrè	12	Fish Eagle Aquatics-ED	42,08	41,77
45 Mqadi, Olethiwe L	13	Cybersmart Aquatics-CP	40,63	41,84

## Event 403 Women 14-15 50 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Burgess, Cassidy S	14	Vineyard SC-CP	32,79	32,01
2 Cronjè, Danielle	14	Generation Swimming Academy-CP	32,61	32,87
3 Smit, Jenna	15	Blouberg Marlins-CP	33,79	33,31
4 Schmidt, Amy	14	Curro Langebaan Swim Club-WC	33,60	33,58
5 Morton, Tayler R	15	Generation Swimming Academy-CP	33,76	34,27
6 Dowdle, Kalynne	15	Aquasharks Winelands-CE	34,44	34,49
7 Greyling, Soleil M	15	Aquasharks Winelands-CE	34,28	34,68
8 Watson, Caitlin C	15	Blouberg Marlins-CP	34,24	34,88

## Event 403 Women 14-15 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Cronjè, Danielle	14	Generation Swimming Academy-CP	33,32	32,61 q
2 Burgess, Cassidy S	14	Vineyard SC-CP	31,46	32,79 q
3 Schmidt, Amy	14	Curro Langebaan Swim Club-WC	33,87	33,60 q
4 Morton, Tayler R	15	Generation Swimming Academy-CP	32,55	33,76 q
5 Smit, Jenna	15	Blouberg Marlins-CP	32,62	33,79 q
6 Watson, Caitlin C	15	Blouberg Marlins-CP	35,84	34,24 q
7 Greyling, Soleil M	15	Aquasharks Winelands-CE	33,00	34,28 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 403 Women 14-15 50 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time	
8 Dowdle, Kalynne	15	Aquasharks Winelands-CE	33,82	34,44	q
9 Jurado, Stephanie C	14	Sport Science Institute of SA-CP	36,96	34,70	
10 Goebel, Zoë	14	Tygerberg Aquatics-CP	36,09	34,74	
11 Bester, Lisa	15	The Well-CE	37,30	35,19	
12 Ryser, Aurora	15	Tygerberg Aquatics-CP	34,73	35,29	
13 Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	35,87	35,30	
14 Lategan, Emma M	14	Curro Durbanville Aquatics-CP	35,46	35,32	
15 Abrahams, Eve	14	Vineyard SC-CP	35,01	35,49	
16 Franks, Madison M	15	Sport Science Institute of SA-CP	34,99	35,51	
17 Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	34,68	35,53	
18 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	36,01	35,74	
19 Manning, Amelia	14	Knysna Aquatics-ED	34,88	35,87	
20 Vd Merwe, Simone	15	Generation Swimming Academy-CP	36,65	35,89	
21 Louw, Alexa	14	Blouberg Marlins-CP	36,04	36,60	
*22 Kriek, Mila	15	Quicksilver Aquatics Winelands-CE	36,75	36,70	
*22 Kotzè, Tamsyn G	15	Blouberg Marlins-CP	36,88	36,70	
24 Voges, Jhoanè E	15	Quick Silver Swimming Academy-CP	36,82	36,81	
25 Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP	37,89	37,69	
26 Witten, Hannah	15	Aqua Sharks Academy-CP	38,23	39,92	

## Event 403 Women 16 &amp; Over 50 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Uys, Tara	17	Tygerberg Aquatics-CP	31,26	30,47
2 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	31,23	30,73
3 Michell, Emma Y	17	Lane Leader Stellenbosch-CE	32,80	31,76
4 Venter, Liya E	17	Blouberg Marlins-CP	33,13	32,54
5 Ribeiro, Nuria A	20	Maties Aquatics-CE	33,37	32,74
6 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	33,69	33,77
7 Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	34,34	34,10
8 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	34,44	35,01
9 Micklethwaite, Skye T	16	Sport Science Institute of SA-CP	36,22	35,30
10 Benade, Kerry	18	Sport Science Institute of SA-CP	36,45	36,05
11 Tinley, Kate L	18	Royal Swimming Academy-ED	36,28	36,50

## Event 403 Women 16 &amp; Over 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	30,06	31,23	q
2 Uys, Tara	17	Tygerberg Aquatics-CP	30,80	31,26	q
3 Michell, Emma Y	17	Lane Leader Stellenbosch-CE	32,22	32,80	q
4 Venter, Liya E	17	Blouberg Marlins-CP	32,04	33,13	q
5 Ribeiro, Nuria A	20	Maties Aquatics-CE	33,03	33,37	q
6 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	32,44	33,69	q
7 Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	33,79	34,34	q
8 Hugo, Anika S	16	Paarl Aquarius SC-CE	33,10	34,43	q
9 Fourie, Petro Marié	17	Fish Eagle Aquatics-ED	35,04	34,44	q
10 Micklethwaite, Skye T	16	Sport Science Institute of SA-CP	36,19	36,22	q
11 Tinley, Kate L	18	Royal Swimming Academy-ED	36,02	36,28	q
12 Benade, Kerry	18	Sport Science Institute of SA-CP	35,93	36,45	q
13 Vorster, Carli	16	Swartland Swim Club-WC	37,66	36,75	q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 404 Boys 11 &amp; Under 200 LC Meter IM

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Swart, Nico N	11	Aqua Sharks Academy-CP	2:54,90	2:48,11
	36,89 1:21,58 2:08,14		2:48,11		
2	Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	2:58,34	2:50,60
	37,92 1:21,04 2:14,56		2:50,60		
3	Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	2:49,88	2:51,34
	38,01 1:21,48 2:12,81		2:51,34		
4	Hahn, Kyle	10	Royal Swimming Academy-ED	2:58,94	2:52,03
	38,12 1:25,65 2:14,83		2:52,03		
5	Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	2:55,57	2:52,99
	37,95 1:21,30 2:15,87		2:52,99		
6	Bright, Michael C	10	Curro Durbanville Aquatics-CP	3:05,13	2:59,99
	41,04 1:26,82 2:21,12		2:59,99		
7	Pautz, Benjamin R	10	Blouberg Marlins-CP	3:06,05	3:03,34
	38,49 1:25,24 2:22,31		3:03,34		
8	Trower, Michael	11	Tygerberg Aquatics-CP	3:05,25	3:05,12
	41,27 1:28,77 2:26,35		3:05,12		

## Event 404 Boys 11 &amp; Under 200 LC Meter IM

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	2:55,68	2:49,88 q
	38,90 1:21,28 2:11,32		2:49,88		
2	Swart, Nico N	11	Aqua Sharks Academy-CP	2:52,45	2:54,90 q
	38,12 1:23,55 2:15,62		2:54,90		
3	Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	2:55,36	2:55,57 q
	38,01 1:21,51 2:17,43		2:55,57		
4	Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	2:53,43	2:58,34 q
	37,78 1:24,21 2:19,82		2:58,34		
5	Hahn, Kyle	10	Royal Swimming Academy-ED	2:57,03	2:58,94 q
	40,25 1:28,66 2:19,13		2:58,94		
6	Bright, Michael C	10	Curro Durbanville Aquatics-CP	3:04,52	3:05,13 q
	41,59 1:28,71 2:26,96		3:05,13		
7	Trower, Michael	11	Tygerberg Aquatics-CP	3:01,45	3:05,25 q
	39,67 1:27,58 2:25,79		3:05,25		
8	Pautz, Benjamin R	10	Blouberg Marlins-CP	3:05,95	3:06,05 q
	40,35 1:28,08 2:26,38		3:06,05		
9	Coleman, Travis	11	Blouberg Marlins-CP	3:10,89	3:07,31
	43,57 1:35,61 2:29,38		3:07,31		
10	Möller, Van Zyl V	11	Tygerberg Aquatics-CP	3:13,51	3:07,78
	39,70 1:25,94 2:26,16		3:07,78		
11	Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	3:12,46	3:10,36
	41,92 1:30,40 2:29,81		3:10,36		
12	Loots, Noah C	11	Generation Swimming Academy-CP	3:13,23	3:13,48
	41,74 1:33,32 2:28,61		3:13,48		
13	Weber, Daniel	11	Players-CE	3:13,69	3:14,47
	41,81 1:34,09 2:32,26		3:14,47		
14	Vorster, Caiden	11	Curro Langebaan Swim Club-WC	3:24,56	3:14,58
	45,75 1:34,93 2:31,43		3:14,58		
15	February, Dillon S	10	Curro Durbanville Aquatics-CP	3:16,89	3:14,94
	1:34,45 2:31,95		3:14,94		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 404 Boys 11 &amp; Under 200 LC Meter IM)

Name	Age	Team	Seed Time	Prelim Time
16 Spencer, Marcus W	11	Vineyard SC-CP	3:07,86	3:17,04
41,94 1:33,50 2:31,38		3:17,04		
17 Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	3:18,37	3:18,44
46,65 2:35,95		3:18,44		
18 Parr, Colby S	11	Knysna Aquatics-ED	3:16,65	3:18,77
46,76 1:39,37 2:36,71		3:18,77		
19 Troskie, Roean	11	Quick Silver Swimming Academy-CP	3:21,15	3:25,96
46,04 1:37,58 2:39,23		3:25,96		

## Event 404 Boys 12-13 200 LC Meter IM

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Trower, Nic T	13	Tygerberg Aquatics-CP	2:27,54	2:21,26
29,46 1:05,02 1:49,09		2:21,26		
2 Kotze, Eric B	13	Biosplash Swim Academy-CE	2:36,88	2:30,22
30,42 1:08,36 1:54,44		2:30,22		
3 Kalapac, Joshua	13	Blouberg Marlins-CP	2:34,04	2:31,82
31,18 1:11,31 1:56,69		2:31,82		
4 Smith, Sebastian N	13	Tygerberg Aquatics-CP	2:32,68	2:32,85
32,31 1:11,70 1:58,35		2:32,85		
5 De Kock, John P	13	Aqua Sharks Academy-CP	2:34,30	2:33,90
30,69 1:11,21 1:57,52		2:33,90		
6 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	2:38,93	2:35,90
32,18 1:14,36 2:03,25		2:35,90		
7 De Lange, Adriaan	12	Tygerberg Aquatics-CP	2:35,08	2:36,38
33,25 1:12,92 2:01,75		2:36,38		
8 Vermeulen, Hanco	13	Tygerberg Aquatics-CP	2:39,05	2:39,09
34,14 1:17,07 2:03,39		2:39,09		

## Event 404 Boys 12-13 200 LC Meter IM

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Trower, Nic T	13	Tygerberg Aquatics-CP	2:25,52	2:27,54 q
31,12 1:08,31 1:54,05		2:27,54		
2 Smith, Sebastian N	13	Tygerberg Aquatics-CP	2:34,85	2:32,68 q
32,98 1:13,35 1:57,55		2:32,68		
3 Kalapac, Joshua	13	Blouberg Marlins-CP	2:35,03	2:34,04 q
31,69 1:11,87 1:57,17		2:34,04		
4 De Kock, John P	13	Aqua Sharks Academy-CP	2:34,43	2:34,30 q
30,98 1:11,65 1:58,51		2:34,30		
5 De Lange, Adriaan	12	Tygerberg Aquatics-CP	2:39,50	2:35,08 q
33,35 1:11,63 1:59,82		2:35,08		
6 Kotze, Eric B	13	Biosplash Swim Academy-CE	2:32,77	2:36,88 q
30,26 1:09,95 1:57,79		2:36,88		
7 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	2:45,04	2:38,93 q
32,28 1:16,01 2:05,35		2:38,93		
8 Naude, Dieter	13	Paarl Aquarius SC-CE	2:40,71	2:39,02 q
31,99 1:13,35 2:01,56		2:39,02		
9 Vermeulen, Hanco	13	Tygerberg Aquatics-CP	2:40,77	2:39,05
34,26 1:15,88 2:03,31		2:39,05		
10 Williams, Jayden J	13	Paarl Aquarius SC-CE	2:37,66	2:39,11
32,42 1:16,09 2:01,55		2:39,11		



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 404 Boys 12-13 200 LC Meter IM)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
11	Rosslee, Christian F 32,90 1:16,39 2:39,14	13	Tygerberg Aquatics-CP	2:40,05	2:39,14
12	Gilbert, Andrew A 32,46 1:16,52 2:05,21	13	Swimlab Aquatic Academ-CP	2:46,80	2:43,33
13	Burger, Rosseau 35,13 1:18,10 2:04,97	13	Lane Leader Stellenbosch-CE	2:43,09	2:43,48
14	Haupt, Rhys A 34,36 1:17,38 2:06,45	13	Vineyard SC-CP	2:44,22	2:43,50
15	Williams, Evan B 35,51 1:19,13 2:07,27	12	Sport Science Institute of SA-CP	2:50,95	2:44,52
16	Lategan, Nicky N 34,61 1:17,53 2:07,92	13	Swartland Swim Club-WC	2:46,87	2:44,58
17	Kotzè, Arden C 34,94 1:18,56 2:10,08	12	Paarl Aquarius SC-CE	2:52,63	2:48,66
18	Bezuidenhout, Ernst E 35,40 1:16,76 2:11,33	12	Curro Durbanville Aquatics-CP	2:48,83	2:49,09
19	Sirin, Ben 38,17 1:23,00 2:12,26	13	Vineyard SC-CP	2:52,78	2:49,72
20	Poggenpoel, Troy J 35,38 1:19,40 2:11,64	13	Marlin Swimming Club-CP	2:50,81	2:49,90
21	Bouwer, Jason 37,45 1:19,77 2:50,78	12	Tygerberg Aquatics-CP	2:46,07	2:50,78
22	Beukes, Jaden L 33,41 1:17,91 2:10,60	13	Walmers SC-CP	3:00,92	2:50,97
23	Theys, Jayden-Lee 33,82 1:19,18 2:12,15	13	Evolution Aquatics-CP	2:58,79	2:51,12
24	De Bruyn, Cornè C 38,97 1:22,04 2:12,84	13	Aqua Sharks Academy-CP	3:00,32	2:51,71
25	Stanfliet, Nicholas 37,33 1:22,46 2:11,86	12	Vineyard SC-CP	2:57,56	2:53,11
26	Roman, Noah P 37,96 1:24,31 2:16,48	12	Aqua Dolphin Swimming Club-CP	2:57,35	2:53,19
27	Snyders, Kyle 36,97 1:21,33 2:17,64	12	Curro Langebaan Swim Club-WC	2:56,56	2:53,57
28	Goussard, Henry 38,01 1:23,76 2:14,78	12	Greydogs Swimming Club-CP	3:04,62	2:53,69
29	Kotzè, Max M 38,21 1:22,20 2:18,04	13	Blouberg Marlins-CP	2:56,12	2:54,33
30	Mansfield, Luke T 41,89 2:16,34 2:54,41	12	Lane Leader Stellenbosch-CE	2:57,47	2:54,41
31	Liedeman, Mark 40,18 1:28,61 2:14,50	12	Swartland Swim Club-WC	3:03,67	2:54,80
32	Cleophas, Kyle 38,90 1:24,87 2:18,64	13	Paarl Aquarius SC-CE	3:03,81	2:56,46
33	Afonso, Aragon G 37,91 1:23,04 2:17,42	12	Quick Silver Swimming Academy-CP	2:57,00	2:56,70
34	Coolen, Jonathan T 39,89 1:24,14 2:17,97	12	Biosplash Swim Academy-CE	3:02,19	2:57,79
35	Minnaar, Nicolas 37,55 1:23,99 2:19,77	12	Tygerberg Aquatics-CP	3:06,93	2:59,38
36	Rheeder, Liam M 38,42 1:22,81 2:21,37	12	Paarl Aquarius SC-CE	3:03,18	3:00,71
37	Richter, Leighton C 37,33 1:23,28 2:20,03	12	Players-CE	3:00,30	3:00,96

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 404 Boys 12-13 200 LC Meter IM)

Name	Age	Team	Seed Time	Prelim Time
38 Lesch, Stef	13	Swartland Swim Club-WC	3:10,45	3:01,64
40,23	1:26,25	2:21,52	3:01,64	
39 Kriek, Divan D	12	Quicksilver Aquatics Winelands-CE	3:01,47	3:01,80
38,69	2:18,51	3:01,80		
40 Jacobs, Zoon S	13	Agulhas Aquatics-OB	3:04,46	3:04,57
41,01	1:33,56	2:24,44	3:04,57	
41 Vd Berg, Wilan	13	Quicksilver Aquatics Winelands-CE	3:10,49	3:06,09
38,02	1:27,20	2:22,58	3:06,09	
42 Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	3:09,89	3:15,45
41,07	1:33,38	2:31,95	3:15,45	
43 Conradie, Niel	12	Quick Silver Swimming Academy-CP	3:17,49	3:21,39
50,10	1:38,56	3:21,39		
44 Coetzee, Sion M	12	Quick Silver Swimming Academy-CP	3:21,87	3:21,65
1:38,28	2:36,46	3:21,65		
--- Steer, Troy A	12	Aqua Sharks Academy-CP	3:02,03	DQ
37,52	2:21,28	DQ		

## Event 404 Men 14-15 200 LC Meter IM

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	2:22,77	2:16,40
27,82	1:01,99	1:44,19	2:16,40	
2 Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	2:22,61	2:23,87
29,84	1:06,99	1:48,30	2:23,87	
3 Van Vondel, Anton J	15	Tygerberg Aquatics-CP	2:30,41	2:24,67
31,14	1:07,29	1:51,53	2:24,67	
4 Clarke, Liam	15	Lane Leader Stellenbosch-CE	2:27,49	2:24,81
31,29	1:09,13	1:52,90	2:24,81	
5 Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:26,88	2:27,94
30,93	1:09,29	1:52,61	2:27,94	
6 Strydom, Conrad M	14	Quick Silver Swimming Academy-CP	2:27,89	2:28,40
28,86	1:04,06	1:54,07	2:28,40	
7 Bester, Eben	15	Tygerberg Aquatics-CP	2:31,20	2:31,15
32,96	1:11,94	2:31,15		
8 Terblanche, Luan L	14	Tygerberg Aquatics-CP	2:32,52	2:32,59
32,79	1:11,89	1:57,19	2:32,59	

## Event 404 Men 14-15 200 LC Meter IM

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	2:17,24	2:22,61 q
29,55	1:07,09	1:47,76	2:22,61	
2 Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	2:19,97	2:22,77 q
29,44	1:06,48	1:50,67	2:22,77	
3 Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:30,00	2:26,88 q
30,95	1:10,90	1:53,28	2:26,88	
4 Clarke, Liam	15	Lane Leader Stellenbosch-CE	2:34,62	2:27,49 q
31,90	1:11,51	2:27,49		
5 Strydom, Conrad M	14	Quick Silver Swimming Academy-CP	2:25,59	2:27,89 q
29,04	1:04,70	1:53,69	2:27,89	
6 Van Wyk, Wayne E	14	Generation Swimming Academy-CP	2:26,11	2:28,80 q
31,75	1:12,16	1:55,73	2:28,80	
7 Van Vondel, Anton J	15	Tygerberg Aquatics-CP	2:23,00	2:30,41 q
30,88	1:07,91	1:54,39	2:30,41	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 404 Men 14-15 200 LC Meter IM)

	Name	Age	Team	Seed Time	Prelim Time	
8	Bester, Eben	15	Tygerberg Aquatics-CP	2:34,94	2:31,20	q
	32,74 1:11,31 1:55,10 2:31,20					
9	Terblanche, Luan L	14	Tygerberg Aquatics-CP	2:34,97	2:32,52	
	32,96 1:13,10 1:57,99 2:32,52					
10	Alexander, Ammaar	15	Marlin Swimming Club-CP	2:26,34	2:32,67	
	30,06 1:12,24 1:56,64 2:32,67					
11	McWilliam, Troy J	15	Tygerberg Aquatics-CP	2:32,08	2:33,33	
	34,27 1:15,36 2:00,80 2:33,33					
12	Kleynhans, Ian	15	Generation Swimming Academy-CP	2:35,67	2:33,34	
	29,60 1:07,81 1:59,27 2:33,34					
13	Koekemoer, Quinn D	15	Quick Silver Swimming Academy-CP	2:43,39	2:34,68	
	30,42 1:12,70 1:57,86 2:34,68					
14	Hutton, Jake	15	Blouberg Marlins-CP	2:33,28	2:34,75	
	29,81 1:10,34 1:59,05 2:34,75					
15	Potgieter, Michael M	15	Lane Leader Stellenbosch-CE	2:39,48	2:34,89	
	30,15 1:08,89 1:58,73 2:34,89					
16	Geyser, Jacques M	15	Lane Leader Stellenbosch-CE	2:38,23	2:35,22	
	32,41 1:12,91 1:59,55 2:35,22					
17	Scott, Luke J	14	Knysna Aquatics-ED	2:36,60	2:35,45	
	1:13,79 2:00,88 2:35,45					
18	Bannister, Joshua G	14	Tygerberg Aquatics-CP	2:34,22	2:35,83	
	33,15 1:12,79 2:00,97 2:35,83					
19	Engelbrecht, Ruben J	15	Players-CE	2:35,52	2:36,04	
	29,46 1:08,50 1:54,22 2:36,04					
20	McPetrie, James L	15	Manta SC-CP	2:34,60	2:36,11	
	31,99 1:11,72 2:00,58 2:36,11					
21	Van Helden, Ethan C	14	Generation Swimming Academy-CP	2:39,78	2:36,78	
	31,87 1:09,33 2:00,15 2:36,78					
22	Karsten, Jody	15	Blouberg Marlins-CP	2:34,90	2:36,97	
	32,60 1:13,53 1:59,35 2:36,97					
23	Grobler, Ewandre	15	Royal Swimming Academy-ED	2:36,55	2:37,35	
	32,32 1:13,43 1:59,30 2:37,35					
24	Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	2:36,27	2:37,51	
	33,52 1:15,94 2:00,00 2:37,51					
25	Prince, Joshua	14	Sport Science Institute of SA-CP	2:40,44	2:37,81	
	31,40 1:11,86 2:03,17 2:37,81					
26	Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	2:36,78	2:38,33	
	33,06 1:13,52 2:03,70 2:38,33					
27	Koekemoer, Callum	14	Quick Silver Swimming Academy-CP	2:42,02	2:38,56	
	31,16 1:12,16 2:01,64 2:38,56					
28	Nefdt, Grant	15	Vineyard SC-CP	2:41,31	2:39,07	
	33,58 1:13,63 2:02,20 2:39,07					
29	Atkinson, Samuel A	14	Swartland Swim Club-WC	2:41,45	2:39,09	
	34,40 1:14,60 2:02,54 2:39,09					
30	Adendorff, James T	14	Tygerberg Aquatics-CP	2:42,07	2:39,52	
	32,94 1:14,51 2:01,99 2:39,52					
31	Den Haan, Stèfan	15	Quick Silver Swimming Academy-CP	2:35,62	2:40,23	
	34,12 1:14,55 2:01,14 2:40,23					
32	Pautz, Nathan M	14	Blouberg Marlins-CP	2:39,06	2:40,50	
	34,18 1:16,10 2:04,10 2:40,50					
33	Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	2:35,81	2:41,95	
	34,34 1:16,76 2:02,71 2:41,95					

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 404 Men 14-15 200 LC Meter IM)

Name	Age	Team	Seed Time	Prelim Time
34 Orchard, Thomas J	15	Swartland Swim Club-WC	2:48,26	2:41,99
32,79 1:14,72 2:04,56		2:41,99		
35 Renard, Leo G	15	Aqua Sharks Academy-CP	2:44,44	2:42,46
33,10 1:14,36 2:03,68		2:42,46		
36 De Beer, Rynard A	14	Quicksilver Aquatics Winelands-CE	2:50,65	2:44,27
32,41 1:15,08 2:06,75		2:44,27		
37 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	2:49,23	2:46,85
34,86 1:18,68 2:11,85		2:46,85		
38 Heyes, Garrick T	14	Aqua Sharks Academy-CP	2:43,46	2:47,90
33,88 1:18,33 2:08,05		2:47,90		
39 Rohner, Jayden M	15	Blouberg Marlins-CP	2:46,96	2:51,92
32,30 1:16,39 2:10,58		2:51,92		

## Event 404 Men 16 &amp; Over 200 LC Meter IM

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Boshoff, Juan C	17	Tygerberg Aquatics-CP	2:15,70	2:10,53
27,39 1:00,64 1:38,81		2:10,53		
2 Viljoen, Adriaan	20	Maties Aquatics-CE	2:15,54	2:11,38
27,35 1:01,64 1:40,25		2:11,38		
3 Krieglè, Christiaan C	17	Curro Durbanville Aquatics-CP	2:18,54	2:15,64
27,18 1:01,12 1:43,92		2:15,64		
4 Wright, Keegan	16	Tygerberg Aquatics-CP	2:23,46	2:18,28
29,64 1:04,66 1:47,08		2:18,28		
5 West, Gabriel	18	Tygerberg Aquatics-CP	2:21,44	2:18,90
27,80 1:06,57 1:46,57		2:18,90		
6 Levey, Chad	16	Generation Swimming Academy-CP	2:21,60	2:19,63
30,69 1:06,32 1:46,42		2:19,63		
7 Malan, Johan S	16	Curro Durbanville Aquatics-CP	2:20,73	2:20,38
28,89 1:05,59 1:46,23		2:20,38		
*8 Hugo, Retief R	16	Aquasharks Winelands-CE	2:21,47	2:21,76
28,92 1:05,43 1:45,46		2:21,76		
*8 Den Haan, Adriaan	18	Quick Silver Swimming Academy-CP	2:24,31	2:21,76
29,86 1:07,66 1:48,02		2:21,76		
10 McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:23,24	2:22,61
30,26 1:05,75 1:48,84		2:22,61		
11 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:23,63	2:23,64
29,47 1:06,84 1:50,57		2:23,64		
12 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	2:26,19	2:23,85
31,73 1:10,87 1:49,12		2:23,85		
13 Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	2:25,15	2:23,94
28,78 1:03,83 1:48,79		2:23,94		
14 Myburgh, Jordan	17	Blouberg Marlins-CP	2:25,13	2:24,46
30,81 1:07,67 1:51,50		2:24,46		
15 Coetzee, Liam	17	Players-CE	2:26,58	2:30,20
27,94 1:08,20 2:30,20				
16 Volschenk, Ben T	16	Tygerberg Aquatics-CP	2:26,49	2:30,45
29,60 1:07,05 1:53,13		2:30,45		

## Event 404 Men 16 &amp; Over 200 LC Meter IM

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Viljoen, Adriaan	20	Maties Aquatics-CE	2:12,10	2:15,54 q
28,09 1:02,64 1:43,13		2:15,54		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 404 Men 16 &amp; Over 200 LC Meter IM)

Name	Age	Team	Seed Time	Prelim Time	
2 Boshoff, Juan C	17	Tygerberg Aquatics-CP	2:12,70	2:15,70	q
28,78 1:02,70 1:42,79	2:15,70				
3 Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	2:17,05	2:18,54	q
27,22 1:02,24 1:46,07	2:18,54				
4 Malan, Johan S	16	Curro Durbanville Aquatics-CP	2:16,92	2:20,73	q
28,69 1:06,71 1:46,59	2:20,73				
5 West, Gabriel	18	Tygerberg Aquatics-CP	2:23,88	2:21,44	q
29,51 1:07,71 1:49,46	2:21,44				
6 Hugo, Retief R	16	Aquasharks Winelands-CE	2:22,21	2:21,47	q
29,59 1:06,52 1:47,18	2:21,47				
7 Levey, Chad	16	Generation Swimming Academy-CP	2:20,34	2:21,60	q
29,81 1:06,16 1:47,60	2:21,60				
8 McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:21,63	2:23,24	q
30,59 1:06,46 1:49,92	2:23,24				
9 Wright, Keegan	16	Tygerberg Aquatics-CP	2:22,94	2:23,46	q
30,20 1:06,49 1:51,72	2:23,46				
10 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:22,02	2:23,63	q
29,88 1:06,99 2:23,63					
11 Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	2:25,70	2:23,98	q
28,57 1:06,79 1:49,31	2:23,98				
12 Den Haan, Adriaan	18	Quick Silver Swimming Academy-CP	2:23,34	2:24,31	q
30,45 1:09,22 1:49,34	2:24,31				
13 Myburgh, Jordan	17	Blouberg Marlins-CP	2:24,55	2:25,13	q
32,26 1:08,08 1:51,15	2:25,13				
14 Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	2:26,35	2:25,15	q
29,19 1:06,11 1:49,87	2:25,15				
15 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	2:21,20	2:26,19	q
33,13 1:12,73 1:50,64	2:26,19				
16 Volschenk, Ben T	16	Tygerberg Aquatics-CP	2:30,58	2:26,49	q
29,70 1:06,43 1:54,57	2:26,49				
17 Coetzee, Liam	17	Players-CE	2:20,79	2:26,58	
27,99 1:06,08 1:52,20	2:26,58				
18 Carrol, Matt	17	Blouberg Marlins-CP	2:23,57	2:26,77	
29,87 1:08,57 1:52,84	2:26,77				
19 Basson, Wilan	16	Aqua Sharks Academy-CP	2:27,83	2:27,50	
28,60 1:08,06 1:52,52	2:27,50				
20 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	2:23,52	2:27,96	
31,31 1:10,95 1:54,70	2:27,96				
21 Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	2:41,79	2:28,58	
29,28 1:07,60 1:54,56	2:28,58				
22 Van Greunen, Renier	16	Fish Eagle Aquatics-ED	2:41,80	2:28,66	
31,18 1:10,52 1:52,67	2:28,66				
23 Burger, Schalk S	17	Swartland Swim Club-WC	2:28,52	2:29,52	
29,66 1:06,30 1:55,32	2:29,52				
24 Oosthuizen, Nic D	20	Sport Science Institute of SA-CP	2:44,55	2:30,23	
30,05 1:08,01 1:56,64	2:30,23				
25 Strydom, Stephan	17	Tygerberg Aquatics-CP	2:31,27	2:30,28	
31,66 1:09,63 1:56,01	2:30,28				
26 Hibberd, Matthew	25	Blouberg Marlins-CP	2:28,76	2:31,48	
29,96 1:12,24 1:54,40	2:31,48				
27 Hopkins, Tim	17	Tygerberg Aquatics-CP	2:26,24	2:31,71	
30,84 1:12,26 1:56,90	2:31,71				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 404 Men 16 &amp; Over 200 LC Meter IM)

	Name	Age	Team	Seed Time	Prelim Time
28	Barnard, Rohan C	18	Blouberg Marlins-CP	2:29,45	2:31,76
	32,55 1:12,64 1:58,52		2:31,76		
29	Treurnicht, Wim G	17	Players-CE	2:35,52	2:32,80
	29,40 1:08,38 1:56,07		2:32,80		
30	Abrahams, Matthew N	23	Aqua Sharks Academy-CP	2:34,66	2:34,84
	30,61 1:10,84 1:59,85		2:34,84		
31	Beukes, Mateo A	17	Walmers SC-CP	2:34,92	2:36,76
	30,80 1:13,19 2:01,89		2:36,76		
32	Naude, Zian	16	Paarl Aquarius SC-CE	2:33,90	2:37,26
	31,14 1:10,33 1:59,03		2:37,26		
33	Szapira, Saul	16	Aqua Athlete Cta-CP	2:34,20	2:38,09
	31,71 1:13,29 2:01,33		2:38,09		
34	Kleinhans, Kyle	16	Sport Science Institute of SA-CP	2:32,96	2:40,33
	31,42 1:14,30 2:04,88		2:40,33		
35	DE Bruyn, Flippie J	16	Fish Eagle Aquatics-ED	2:33,66	2:40,34
	31,53 1:14,47 2:40,34				
36	Vorster, Josua A	17	Fish Eagle Aquatics-ED	2:38,58	2:41,96
	31,00 1:12,96 2:02,58		2:41,96		
37	Van Vuuren, Armand B	17	Generation Swimming Academy-CP	2:33,73	2:42,86
	31,27 1:12,61 2:05,53		2:42,86		
38	Minnaar, Ben R	17	Tygerberg Aquatics-CP	2:44,58	2:46,35
	32,84 1:20,33 2:05,21		2:46,35		

## Event 405 Girls 11 &amp; Under 200 LC Meter IM

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	De Villiers, Anja	11	Tygerberg Aquatics-CP	2:57,66	2:57,10
	39,65 1:23,65 2:17,68		2:57,10		
2	Lorenzen, Ava E	10	Blouberg Marlins-CP	3:02,74	2:57,65
	40,09 1:24,31 2:20,22		2:57,65		
3	Basson, Lenè	11	Curro Langebaan Swim Club-WC	3:05,12	3:00,38
	37,44 1:20,78 2:19,96		3:00,38		
4	Durandt, Sharli	11	Sport Science Institute of SA-CP	3:04,03	3:02,26
	38,81 1:24,06 2:21,56		3:02,26		
5	Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	3:04,13	3:05,27
	39,56 1:28,95 2:22,07		3:05,27		
6	Neumann, Erin R	10	Generation Swimming Academy-CP	3:06,14	3:05,61
	40,82 1:30,55 2:24,81		3:05,61		
7	Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	3:07,00	3:07,03
	41,82 1:30,14 2:26,39		3:07,03		
8	Atkinson, Anouk E	11	Swartland Swim Club-WC	3:11,64	3:10,93
	43,10 1:33,43 2:25,18		3:10,93		

## Event 405 Girls 11 &amp; Under 200 LC Meter IM

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	De Villiers, Anja	11	Tygerberg Aquatics-CP	2:58,78	2:57,66 q
	38,32 2:17,20 2:57,66				
2	Lorenzen, Ava E	10	Blouberg Marlins-CP	3:06,32	3:02,74 q
	39,28 1:26,55 2:22,47		3:02,74		
3	Durandt, Sharli	11	Sport Science Institute of SA-CP	3:03,78	3:04,03 q
	41,07 1:26,94 2:23,57		3:04,03		
4	Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	3:08,20	3:04,13 q
	40,09 1:27,77 2:22,00		3:04,13		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 405 Girls 11 &amp; Under 200 LC Meter IM)

Name	Age	Team	Seed Time	Prelim Time	
5 Basson, Lenè	11	Curro Langebaan Swim Club-WC	3:06,26	3:05,12	q
37,27 1:20,86 2:25,14	3:05,12				
6 Neumann, Erin R	10	Generation Swimming Academy-CP	3:08,58	3:06,14	q
41,42 1:30,95 2:24,56	3:06,14				
7 Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	3:08,06	3:07,00	q
41,49 1:30,67 2:27,74	3:07,00				
8 Atkinson, Anouk E	11	Swartland Swim Club-WC	3:14,62	3:11,64	q
42,72 1:34,94 2:25,51	3:11,64				
9 Fury, Amelia J	11	Vineyard SC-CP	3:18,56	3:12,00	
43,23 1:34,10 2:29,38	3:12,00				
10 De Jager, Sophia	11	Curro Durbanville Aquatics-CP	3:13,07	3:13,12	
46,50 1:37,28 2:28,85	3:13,12				
11 Patel, Disha	11	Worcester Aquatics-CE	3:20,78	3:13,96	
39,80 1:30,65 2:32,37	3:13,96				
12 Dimatellis, Zoi	10	Royal Swimming Academy-ED	3:20,11	3:15,62	
44,19 1:36,12 3:15,62					
13 Slatter, Mila-Belle	10	Sport Science Institute of SA-CP	3:34,95	3:18,38	
1:39,29 2:33,70	3:18,38				
14 Cronje, Miané	11	Royal Swimming Academy-ED	3:22,11	3:19,29	
45,76 1:37,59 2:34,19	3:19,29				
15 Louw, Isabella A	11	Blouberg Marlins-CP	3:25,44	3:22,51	
44,95 1:35,36 2:38,00	3:22,51				
16 Barkhuysen, Jani	11	Aqua Sharks Academy-CP	3:32,04	3:26,69	
44,89 1:37,02 2:38,06	3:26,69				

## Event 405 Girls 12-13 200 LC Meter IM

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Evans, Caitlin N	12	Tygerberg Aquatics-CP	2:44,04	2:38,69
37,34 1:17,96 2:03,44	2:38,69			
2 Combrink, Amy	13	Vineyard SC-CP	2:41,27	2:39,30
35,35 1:16,03 2:03,83	2:39,30			
3 Huang, Amelia A	13	Blouberg Marlins-CP	2:44,55	2:43,20
33,37 1:14,29 2:06,56	2:43,20			
4 Le Roux, Lucy L	13	Aquasharks Winelands-CE	2:44,94	2:44,90
34,77 1:16,38 2:06,76	2:44,90			
5 Coleman, Madison	13	Blouberg Marlins-CP	2:47,13	2:45,55
37,74 1:20,31 2:06,69	2:45,55			
6 Burke, Hannah	13	Aqua Athlete Cta-CP	2:47,04	2:46,98
35,67 1:17,65 2:11,10	2:46,98			
7 Newton, Ava L	13	Curro Durbanville Aquatics-CP	2:48,16	2:47,74
36,91 1:18,40 2:06,92	2:47,74			
8 Putter, Demi	12	Curro Durbanville Aquatics-CP	2:47,26	2:47,81
37,08 1:19,63 2:08,27	2:47,81			

## Event 405 Girls 12-13 200 LC Meter IM

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Combrink, Amy	13	Vineyard SC-CP	2:42,12	2:41,27	q
36,47 1:16,67 2:04,11	2:41,27				
2 Evans, Caitlin N	12	Tygerberg Aquatics-CP	2:40,91	2:44,04	q
36,25 1:17,84 2:06,31	2:44,04				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 405 Girls 12-13 200 LC Meter IM)

	Name	Age	Team	Seed Time	Prelim Time	
3	Huang, Amelia A	13	Blouberg Marlins-CP	2:46,49	2:44,55	q
	34,27 1:17,60 2:08,11		2:44,55			
4	Le Roux, Lucy L	13	Aquasharks Winelands-CE	2:49,27	2:44,94	q
	34,24 1:17,81 2:07,31		2:44,94			
5	Burke, Hannah	13	Aqua Athlete Cta-CP	2:46,61	2:47,04	q
	36,02 1:18,20 2:10,99		2:47,04			
6	Coleman, Madison	13	Blouberg Marlins-CP	2:48,45	2:47,13	q
	38,14 1:20,44 2:07,25		2:47,13			
7	Putter, Demi	12	Curro Durbanville Aquatics-CP	2:47,53	2:47,26	q
	36,76 1:20,16 2:07,16		2:47,26			
8	Newton, Ava L	13	Curro Durbanville Aquatics-CP	2:43,41	2:48,16	q
	36,73 1:19,47 2:08,30		2:48,16			
9	Neumann, Eva L	12	Generation Swimming Academy-CP	2:50,84	2:48,56	
	34,44 1:20,81 2:08,56		2:48,56			
10	Hahn, Kayleigh K	13	Royal Swimming Academy-ED	2:47,04	2:49,20	
	36,46 1:19,10 2:11,36		2:49,20			
11	Hartung, Amy M	13	Aqua Sharks Academy-CP	2:54,80	2:50,19	
	36,05 1:19,99 2:10,36		2:50,19			
12	Magotsi, Riziki A	12	Vineyard SC-CP	2:57,20	2:51,76	
	36,00 1:21,03 2:13,38		2:51,76			
13	Senekal, Margo	13	Tygerberg Aquatics-CP	2:55,41	2:53,05	
	36,87 1:21,97 2:15,15		2:53,05			
14	Holthuis, Keilah-Naomi	13	Generation Swimming Academy-CP	2:54,26	2:53,72	
	40,78 1:26,63 2:17,07		2:53,72			
15	Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	2:54,47	2:53,96	
	36,65 1:19,21 2:53,96					
16	Morris, Jenna	13	Vineyard SC-CP	3:00,68	2:54,92	
	37,65 1:23,47 2:13,82		2:54,92			
17	Vorster, Mia	12	Swartland Swim Club-WC	3:01,73	2:55,54	
	36,95 1:20,42 2:16,85		2:55,54			
18	Wium, Mari	13	Quicksilver Aquatics Winelands-CE	3:00,24	2:55,55	
	34,63 1:19,32 2:55,55					
19	Oliver, Caibella	13	Aqua Dolphin Swimming Club-CP	3:00,18	2:57,06	
	36,70 1:20,64 2:21,57		2:57,06			
20	Röntgen, Carine	13	Aquasharks Winelands-CE	3:01,40	2:57,08	
	36,69 1:22,94 2:17,89		2:57,08			
21	De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	3:02,10	2:57,14	
	39,91 1:24,23 2:16,71		2:57,14			
22	Louw, Anieka	12	Curro Durbanville Aquatics-CP	2:52,59	2:57,72	
	39,87 1:25,09 2:20,16		2:57,72			
23	Landman, Charnè	13	Generation Swimming Academy-CP	2:57,42	2:57,86	
	38,50 1:26,15 2:21,21		2:57,86			
24	Geyser, Almi	13	Lane Leader Stellenbosch-CE	2:58,00	2:58,42	
	39,20 1:25,45 2:17,61		2:58,42			
25	Van Der Wath, Izi	12	Knysna Aquatics-ED	2:54,00	2:58,47	
	40,90 1:27,57 2:17,73		2:58,47			
26	Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	3:08,05	2:58,76	
	38,27 1:24,24 2:19,33		2:58,76			
27	Adams, Sydni M	13	Vineyard SC-CP	2:55,25	3:00,27	
	40,71 1:28,33 2:20,24		3:00,27			
28	Hagglund, Emma H	13	Quick Silver Swimming Academy-CP	3:02,49	3:00,96	
	39,50 1:27,47 2:21,45		3:00,96			



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 405 Girls 12-13 200 LC Meter IM)

Name	Age	Team	Seed Time	Prelim Time
29 Trout, Sophia L	13	Vineyard SC-CP	3:11,61	3:01,33
36,70 1:20,78 2:19,38 3:01,33				
30 Raimond, Marike M	13	Tygerberg Aquatics-CP	2:59,50	3:02,18
39,30 1:25,77 2:23,58 3:02,18				
31 Dreyer, Arne'	12	Biosplash Swim Academy-CE	3:09,02	3:02,99
42,63 1:28,74 2:22,70 3:02,99				
32 Visser, Sandri	13	Players-CE	3:05,36	3:03,08
39,30 1:28,57 2:18,98 3:03,08				
33 Juries, Sam C	13	Curro Langebaan Swim Club-WC	3:07,85	3:03,42
40,02 1:26,93 2:20,16 3:03,42				
34 Cloete-Hopkins, Aryana A	12	Sport Science Institute of SA-CP	3:19,59	3:03,54
37,69 1:25,32 2:21,07 3:03,54				
35 Holman, Acaylia	12	Marlin Swimming Club-CP	3:03,10	3:03,60
37,93 1:24,72 2:23,39 3:03,60				
36 Courtney, Sierra G	12	Sport Science Institute of SA-CP	3:01,71	3:03,87
39,77 1:26,76 2:22,68 3:03,87				
37 Gerber, Simonè M	12	Greydogs Swimming Club-CP	3:09,72	3:03,94
40,69 1:31,31 2:24,81 3:03,94				
38 Du Toit, Maria	13	Agulhas Aquatics-OB	3:03,44	3:04,94
41,70 2:24,80 3:04,94				
39 Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	3:07,81	3:04,99
37,57 1:24,64 2:27,28 3:04,99				
40 Vd Merwe, Mia	13	Generation Swimming Academy-CP	3:08,18	3:06,14
43,42 1:29,20 2:28,43 3:06,14				
41 O'Carroll, Nia E	12	Biosplash Swim Academy-CE	3:09,13	3:06,36
41,10 1:27,55 2:26,30 3:06,36				
42 Otterbach, Lily	12	Tygerberg Aquatics-CP	3:10,87	3:07,01
36,77 1:24,06 2:26,84 3:07,01				
43 Visagie, Larissa	13	Aqua Sharks Academy-CP	3:18,36	3:11,26
42,20 2:26,54 3:11,26				
44 McWilliam, Amy L	13	Tygerberg Aquatics-CP	3:12,96	3:12,17
41,90 1:30,83 2:27,62 3:12,17				
45 Baillie, Gabi J	12	Royal Swimming Academy-ED	3:14,64	3:13,55
44,25 1:31,57 2:28,13 3:13,55				
46 Davies, Jessica C	13	Aqua Sharks Academy-CP	3:23,27	3:14,67
40,96 1:28,43 2:31,55 3:14,67				
47 Minnaar, Stephanie	12	Tygerberg Aquatics-CP	3:26,03	3:19,51
43,98 1:33,16 2:34,00 3:19,51				
48 Cloete, Milla D	12	Worcester Aquatics-CE	3:35,83	3:28,70
48,71 1:41,98 2:42,49 3:28,70				

## Event 405 Women 14-15 200 LC Meter IM

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Putter, Tanè	15	Curro Durbanville Aquatics-CP	2:36,49	2:35,52
31,93 1:12,96 1:59,40 2:35,52				
2 Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	2:36,44	2:35,96
31,10 1:10,95 1:58,87 2:35,96				
3 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	2:40,77	2:37,60
33,13 1:15,35 2:01,39 2:37,60				
4 Burgess, Cassidy S	14	Vineyard SC-CP	2:41,90	2:39,41
32,69 1:11,97 2:03,08 2:39,41				
5 Prinsloo, Mila	15	Aquasharks Winelands-CE	2:41,46	2:40,33
32,42 1:12,78 2:03,80 2:40,33				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 405 Women 14-15 200 LC Meter IM)

Name	Age	Team	Prelim Time	Finals Time
6 Ryser, Aurora	15	Tygerberg Aquatics-CP	2:44,82	2:41,73
34,03 1:15,23 2:04,00	2:41,73			
7 Smit, Jenna	15	Blouberg Marlins-CP	2:43,82	2:43,50
33,94 1:14,74 2:07,04	2:43,50			
8 Cronjè, Danielle	14	Generation Swimming Academy-CP	2:45,19	2:45,33
33,49 1:13,48 2:07,57	2:45,33			

## Event 405 Women 14-15 200 LC Meter IM

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	2:33,35	2:36,44 q
31,59 1:10,90 1:58,92	2:36,44			
2 Putter, Tanè	15	Curro Durbanville Aquatics-CP	2:32,29	2:36,49 q
31,92 1:12,87 1:59,13	2:36,49			
3 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	2:38,28	2:40,77 q
33,23 1:16,06 2:02,70	2:40,77			
4 Prinsloo, Mila	15	Aquasharks Winelands-CE	2:40,43	2:41,46 q
32,40 1:13,68 2:05,06	2:41,46			
5 Burgess, Cassidy S	14	Vineyard SC-CP	2:42,34	2:41,90 q
32,75 1:12,94 2:04,33	2:41,90			
6 Smit, Jenna	15	Blouberg Marlins-CP	2:43,07	2:43,82 q
34,71 1:16,28 2:07,61	2:43,82			
7 Ryser, Aurora	15	Tygerberg Aquatics-CP	2:40,83	2:44,82 q
34,58 1:16,05 2:05,90	2:44,82			
8 Cronjè, Danielle	14	Generation Swimming Academy-CP	2:44,67	2:45,19 q
33,17 1:13,29 2:06,08	2:45,19			
9 Jurado, Stephanie C	14	Sport Science Institute of SA-CP	2:55,33	2:46,89
33,79 1:18,45 2:07,29	2:46,89			
10 Voges, Jhoanè E	15	Quick Silver Swimming Academy-CP	2:47,54	2:47,00
34,18 1:17,34 2:09,16	2:47,00			
11 Manning, Amelia	14	Knysna Aquatics-ED	2:40,47	2:47,21
35,65 1:17,53 2:10,19	2:47,21			
12 Watson, Caitlin C	15	Blouberg Marlins-CP	2:52,11	2:47,30
33,97 1:15,36 2:08,18	2:47,30			
13 Laubscher, Maya R	15	Generation Swimming Academy-CP	2:50,27	2:48,70
34,90 1:21,64 2:08,27	2:48,70			
14 Borman, Jani	14	Quicksilver Aquatics Winelands-CE	2:51,90	2:50,13
34,64 1:17,67 2:08,09	2:50,13			
15 Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	2:48,23	2:51,16
35,53 1:20,21 2:12,00	2:51,16			
16 Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP	2:49,94	2:52,08
38,50 1:20,60 2:12,86	2:52,08			
17 Goebel, Zoë	14	Tygerberg Aquatics-CP	2:56,43	2:53,02
36,40 1:20,08 2:10,65	2:53,02			
18 Gerber, Mia	14	Maties Aquatics-CE	2:47,76	2:53,34
37,74 1:24,26 2:12,33	2:53,34			
19 Vd Westhuizen, Joy	14	Aqua Dolphin Swimming Club-CP	2:50,61	2:53,73
35,05 1:17,84 2:14,93	2:53,73			
20 Kleinhans, Asia J	14	Aqua Dolphin Swimming Club-CP	3:02,55	3:00,97
40,48 1:25,71 2:25,12	3:00,97			
21 Lategan, Emma M	14	Curro Durbanville Aquatics-CP	2:56,93	3:01,15
38,94 1:23,08 2:16,23	3:01,15			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 405 Women 14-15 200 LC Meter IM)

Name	Age	Team	Seed Time	Prelim Time
22 Burke, Erin	15	Aqua Athlete Cta-CP	2:59,91	3:01,37
39,10	1:26,84	3:01,37		
--- Jeftha, Zara L	14	Marlin Swimming Club-CP	3:07,18	DNF
37,65				

## Event 405 Women 16 &amp; Over 200 LC Meter IM

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Uys, Tara	17	Tygerberg Aquatics-CP	2:33,54	2:30,85
32,56	1:09,01	1:55,56	2:30,85	
2 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	2:40,36	2:35,76
31,20	1:08,33	1:58,56	2:35,76	
3 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	2:35,90	2:36,08
32,41	1:14,50	1:59,39	2:36,08	
4 Christie, Leah E	17	Curro Durbanville Aquatics-CP	2:35,33	2:36,22
32,96	1:12,91	1:59,44	2:36,22	
5 Kleinhans, Zara I	17	Aqua Dolphin Swimming Club-CP	2:39,50	2:38,86
33,13	2:02,92	2:38,86		
6 Venter, Liya E	17	Blouberg Marlins-CP	2:40,52	2:39,05
31,27	1:10,55	2:02,13	2:39,05	
7 Hugo, Anika S	16	Paarl Aquarius SC-CE	2:39,51	2:39,15
32,94	1:14,72	2:01,07	2:39,15	
8 Botha, Lara E	16	Aquasharks Winelands-CE	2:39,00	2:39,77
33,26	1:12,47	2:00,82	2:39,77	
9 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	2:46,37	2:39,97
33,37	1:16,79	2:04,05	2:39,97	
10 Novello, Utah	16	Curro Langebaan Swim Club-WC	2:45,36	2:40,71
35,13	1:14,68	2:02,11	2:40,71	
11 Neilson, Hannah K	17	Maties Aquatics-CE	2:44,32	2:43,22
35,22	1:18,37	2:07,51	2:43,22	
12 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	2:47,74	2:48,73
34,66	1:21,00	2:10,11	2:48,73	
13 Sabbagha, Annè	16	Paarl Aquarius SC-CE	2:53,55	2:52,05
37,11	1:24,87	2:10,18	2:52,05	

## Event 405 Women 16 &amp; Over 200 LC Meter IM

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Uys, Tara	17	Tygerberg Aquatics-CP	2:33,26	2:33,54 q
33,15	1:10,93	1:57,69	2:33,54	
2 Christie, Leah E	17	Curro Durbanville Aquatics-CP	2:37,31	2:35,33 q
31,74	1:12,80	1:58,59	2:35,33	
3 Cilliers, Kara K	17	Quicksilver Aquatics Winelands-CE	2:39,58	2:35,90 q
32,87	1:14,98	2:00,25	2:35,90	
4 Botha, Lara E	16	Aquasharks Winelands-CE	2:35,18	2:39,00 q
32,91	1:11,64	1:58,86	2:39,00	
5 Kleinhans, Zara I	17	Aqua Dolphin Swimming Club-CP	2:42,54	2:39,50 q
33,76	1:16,15	2:03,07	2:39,50	
6 Hugo, Anika S	16	Paarl Aquarius SC-CE	2:36,05	2:39,51 q
32,66	1:13,56	1:59,27	2:39,51	
7 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	2:36,00	2:40,36 q
32,52	1:13,56	2:01,82	2:40,36	
8 Venter, Liya E	17	Blouberg Marlins-CP	2:36,07	2:40,52 q
31,30	1:10,88	2:02,76	2:40,52	

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 405 Women 16 &amp; Over 200 LC Meter IM)

Name	Age	Team	Seed Time	Finals Time	
9 Neilson, Hannah K	17	Maties Aquatics-CE	2:41,73	2:44,32	q
35,03 1:18,56 2:07,62 2:44,32					
10 Novello, Utah	16	Curro Langebaan Swim Club-WC	2:43,38	2:45,36	q
33,43 1:15,86 2:05,40 2:45,36					
11 Micklethwaite, Skye T	16	Sport Science Institute of SA-CP	2:46,27	2:46,30	q
34,00 1:18,43 2:07,24 2:46,30					
12 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	2:40,35	2:46,37	q
34,85 1:18,22 2:07,53 2:46,37					
13 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	2:45,67	2:47,74	q
34,81 1:21,04 2:47,74					
14 Sabbagha, Annè	16	Paarl Aquarius SC-CE	2:53,37	2:53,55	q
37,72 1:25,73 2:10,85 2:53,55					

## Event 406 Boys 13 &amp; Under 1500 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Viljoen, Llewelyn	11	Knysna Aquatics-ED	21:02,16	20:37,93
36,11 1:15,81 1:56,46 2:38,28 3:19,79 4:01,93 4:43,34 5:25,52				
6:07,92 6:49,53 7:31,12 8:12,38 8:54,22 9:35,71 10:17,43 10:59,46				
11:41,56 12:23,46 13:05,46 13:47,24 14:28,90 15:10,55 15:52,26 16:34,46				
17:15,69 17:56,76 18:37,76 19:18,45 19:59,04 20:37,93				
2 Bouwer, Jason	12	Tygerberg Aquatics-CP	22:11,97	21:29,69
37,02 1:19,53 2:02,09 2:45,75 3:29,22 4:13,56 4:56,97 5:41,19				
6:24,44 7:08,00 7:51,79 8:36,02 9:19,70 10:03,80 10:46,72 11:30,14				
12:13,25 12:56,61 13:39,53 14:22,36 15:05,55 15:48,71 16:32,05 17:14,94				
17:58,00 18:41,22 19:24,31 20:08,09 20:49,83 21:29,69				

## Event 406 Men 14-15 1500 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 McWilliam, Troy J	15	Tygerberg Aquatics-CP	17:51,38	17:49,68
32,19 1:07,62 1:42,40 2:18,61 2:54,06 3:29,72 4:05,63 4:42,51				
5:18,12 5:53,86 6:29,03 7:05,11 7:39,86 8:15,93 8:51,18 9:26,56				
10:02,80 10:38,87 11:14,57 11:50,77 12:27,21 13:02,67 13:38,93 14:14,53				
14:51,04 15:27,29 16:03,14 16:39,63 17:15,00 17:49,68				
2 Van Wyk, Wayne E	14	Generation Swimming Academy-CP	18:02,26	17:59,70
30,10 1:04,62 1:41,34 2:18,10 2:53,41 3:29,36 4:06,21 4:43,33				
5:20,64 5:58,12 6:35,58 7:13,38 7:50,14 8:25,56 9:02,01 9:39,62				
10:16,39 10:53,56 11:29,46 12:06,18 12:42,42 13:19,01 13:55,74 14:31,92				
15:07,10 15:42,81 16:18,93 16:54,12 17:27,80 17:59,70				
3 Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	17:33,54	18:04,00
32,15 1:06,28 1:41,39 2:16,43 2:51,81 3:27,70 4:03,67 4:39,78				
5:15,87 5:51,92 6:28,17 7:04,28 7:40,46 8:16,69 8:52,87 9:29,17				
10:05,60 10:42,47 11:19,57 11:56,29 12:33,30 13:10,18 13:47,09 14:24,13				
15:01,06 15:38,02 16:14,87 16:51,61 17:28,08 18:04,00				
4 Beukes, Wade	15	Vineyard SC-CP	18:11,97	18:05,99
32,88 1:07,81 1:42,86 2:18,54 2:53,46 3:29,13 4:04,81 4:40,24				
5:15,87 5:51,94 6:28,44 7:04,87 7:41,42 8:17,81 8:54,78 9:31,29				
10:07,89 10:44,75 11:21,77 11:58,52 12:35,47 13:12,09 13:48,80 14:25,82				
15:02,78 15:39,67 16:16,20 16:52,69 17:29,38 18:05,99				
5 Terblanche, Luan L	14	Tygerberg Aquatics-CP	18:29,04	18:10,56
32,35 1:08,09 1:44,61 2:21,43 2:58,01 3:34,95 4:12,13 4:49,17				
5:25,95 6:02,81 6:39,40 7:16,16 7:47,11 8:29,65 9:06,45 9:42,91				
10:19,14 10:55,75 11:32,00 12:08,32 12:44,51 13:21,20 13:57,71 14:34,47				
15:10,81 15:47,23 16:23,43 17:00,01 17:35,78 18:10,56				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 406 Men 14-15 1500 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
6 Möller, FC C	15	Tygerberg Aquatics-CP	18:25,14	18:17,16
33,16	1:09,35	1:45,51	2:22,88	3:00,07
3:36,58	4:13,27	4:49,98	5:26,93	6:03,67
6:40,88	7:17,32	7:54,16	8:30,62	9:06,91
9:43,46	10:20,16	10:56,90	11:33,58	12:10,18
12:46,88	13:23,57	14:00,34	14:36,84	15:13,63
15:50,78	16:27,92	17:04,97	17:41,38	18:17,16
7 Solomon, Ethan	14	Aqua Dolphin Swimming Club-CP	18:00,45	18:21,26
32,48	1:09,55	1:46,14	2:22,56	2:58,91
3:35,33	4:11,82	4:48,94	5:25,43	6:02,27
6:38,54	7:15,39	7:52,20	8:28,96	9:06,35
9:42,72	10:20,28	10:57,67	11:34,42	12:11,71
12:48,82	13:25,87	14:03,01	14:40,37	15:17,51
15:54,75	16:31,62	17:08,63	17:45,71	18:21,26
8 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	18:25,50	18:43,51
31,88	1:07,84	1:44,51	2:21,34	2:58,25
3:35,26	4:12,36	4:49,53	5:26,44	6:03,38
6:40,10	7:16,75	7:53,81	8:31,37	9:08,68
9:46,66	10:24,40	11:02,49	11:40,73	12:18,96
12:57,24	13:35,52	14:13,75	14:52,31	15:31,30
16:10,33	16:49,01	17:27,62	18:05,78	18:43,51
9 Van Der Merwe, Ula W	15	Knysna Aquatics-ED	18:40,15	19:50,98
33,05	1:10,42	1:48,41	2:27,66	3:06,55
3:45,74	4:25,29	5:04,90	5:44,47	6:24,33
7:04,12	7:43,88	8:23,94	9:04,35	9:44,86
10:25,68	11:06,77	11:46,55	12:27,49	13:07,94
13:48,81	14:29,78	15:09,95	15:50,17	16:30,76
17:10,87	17:52,10	18:33,66	19:14,98	19:50,98

**Event 406 Men 16 & Over 1500 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Bailey, Ethan J	19	Aqua Dolphin Swimming Club-CP	16:42,17	16:47,29
28,61	1:00,43	1:33,01	2:05,48	2:38,36
3:11,42	3:44,86	4:18,30	4:51,86	5:25,56
5:59,11	6:32,63	7:06,72	7:40,69	8:14,62
8:48,40	9:22,45	9:56,45	10:30,75	11:05,39
11:39,89	12:14,31	12:49,18	13:23,49	13:58,07
14:32,66	15:06,96	15:41,50	16:15,20	16:47,29
2 Ellis, Liam	16	Aqua Athlete Cta-CP	17:09,30	17:12,18
29,90	1:02,80	1:36,76	2:11,14	2:50,14
3:19,89	3:54,12	4:28,50	5:37,53	6:46,64
7:21,51	7:56,41	9:05,42	9:40,10	10:14,60
11:23,71	11:58,65	12:33,64	13:08,62	13:43,51
14:18,36	14:53,16	15:27,80	16:02,70	16:37,61
17:12,18	17:12,18	17:12,18	17:12,18	17:12,18
3 Wright, Keegan	16	Tygerberg Aquatics-CP	17:24,60	17:18,38
30,12	1:03,23	1:37,02	2:11,06	2:45,30
3:19,53	3:53,83	4:28,23	5:02,71	5:37,01
6:11,67	6:46,76	7:21,45	7:56,95	8:31,64
9:06,56	9:41,44	10:16,25	10:51,02	11:27,10
12:03,05	12:49,18	13:23,49	13:14,04	13:49,79
14:25,57	15:00,00	15:35,18	16:09,89	16:45,35
17:18,38	17:18,38	17:18,38	17:18,38	17:18,38
4 Levey, Chad	16	Generation Swimming Academy-CP	17:23,64	17:35,79
30,25	1:03,43	1:38,29	2:13,45	2:48,86
3:24,14	4:00,07	4:35,49	5:11,26	5:46,76
6:22,69	6:58,50	7:34,42	8:10,14	8:45,93
9:21,50	9:57,11	10:32,47	11:08,01	11:43,27
12:18,95	12:53,99	13:29,35	14:04,66	14:40,08
15:15,29	15:50,81	16:26,36	17:01,63	17:35,79
5 Petersen, Aiden	20	Maties Aquatics-CE	17:20,42	17:38,97
29,41	1:01,82	1:34,98	2:08,66	2:42,82
3:17,60	3:52,75	4:28,32	5:03,50	5:39,12
6:14,81	6:50,84	7:26,85	8:03,07	8:39,06
9:14,96	9:50,74	10:27,29	11:03,43	11:40,02
12:15,79	12:52,14	13:28,11	14:04,26	14:39,94
15:16,19	15:52,14	16:28,65	17:05,18	17:38,97
6 Strydom, Stephan	17	Tygerberg Aquatics-CP	18:25,50	18:11,68
31,04	1:05,97	1:42,81	2:19,81	2:56,42
3:33,47	4:10,89	4:48,24	5:24,97	6:01,58
6:38,48	7:15,41	7:52,60	8:29,24	9:05,66
9:42,24	10:19,26	10:56,17	11:33,00	12:09,85
12:46,77	13:22,87	13:58,96	14:35,80	15:11,99
15:48,81	16:25,18	17:01,67	17:37,40	18:11,68

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 406 Men 16 & Over 1500 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
7 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	17:46,63	18:31,88
29,98	1:04,22	1:39,16	2:15,13	2:50,61
3:26,72	4:02,55	4:39,05	5:15,06	5:51,23
6:26,98	7:03,81	7:40,02	8:17,83	8:55,92
9:35,31	10:13,41	10:52,24	11:30,00	12:08,86
12:47,57	13:25,92	14:05,23	14:44,30	15:22,62
16:00,97	16:38,74	17:17,32	17:54,46	18:31,88
8 Barnard, Rohan C	18	Blouberg Marlins-CP	19:15,60	19:28,06
31,94	1:09,07	1:47,56	2:27,27	3:05,93
3:46,18	4:25,38	5:05,32	5:44,60	6:24,56
7:04,07	7:44,28	8:22,90	9:02,22	9:41,50
10:20,85	11:00,39	11:40,25	12:19,82	13:00,05
13:39,27	14:19,26	14:58,54	15:37,94	16:17,53
16:57,63	17:36,66	18:15,67	18:53,23	19:28,06

**Event 407 Girls 13 & Under 800 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Evans, Caitlin N	12	Tygerberg Aquatics-CP	10:27,38	10:19,26
35,73	1:15,73	1:55,28	2:34,42	3:13,82
3:53,17	4:32,37	5:11,62	5:50,51	6:29,44
7:08,21	7:47,06	8:25,99	9:04,54	9:42,68
10:19,26	2 Oliver, Caibella	13	Aqua Dolphin Swimming Club-CP	10:31,89
10:20,56	36,69	1:15,63	1:55,17	2:34,83
3:13,80	3:53,85	4:33,01	5:12,32	5:51,59
6:30,71	7:09,42	7:48,43	8:27,63	9:06,72
9:44,25	10:20,56	3 Hartung, Amy M	13	Aqua Sharks Academy-CP
11:00,69	38,56	1:19,64	1:59,85	2:40,82
3:22,11	4:02,70	4:42,86	5:22,51	6:03,36
6:42,19	7:23,24	8:02,85	8:41,90	9:22,53
10:02,37	10:41,67	4 Raimond, Marike M	13	Tygerberg Aquatics-CP
11:22,07	35,45	1:14,91	1:56,01	2:37,97
3:18,83	4:00,32	4:42,41	5:24,85	6:06,87
6:50,11	7:32,80	8:12,86	8:56,77	9:40,90
10:22,64	11:01,91	5 Burger, Juanè	12	Tygerberg Aquatics-CP
11:51,28	37,57	1:20,10	2:04,75	2:49,82
3:34,68	4:20,50	5:06,09	5:52,09	6:38,41
7:23,59	8:09,70	8:55,40	9:40,98	10:24,75
11:07,17	11:47,51			

**Event 407 Women 14-15 800 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Kleinhans, Asia J	14	Aqua Dolphin Swimming Club-CP	9:55,10	9:54,55
34,19	1:11,29	1:48,44	2:25,80	3:02,83
3:40,08	4:17,87	4:55,36	5:33,04	6:10,66
6:47,95	7:25,11	8:02,80	8:40,78	9:18,07
9:54,55	2 Morton, Tayler R	15	Generation Swimming Academy-CP	9:46,54
9:57,49	32,32	1:07,62	1:44,71	2:22,07
2:59,68	3:37,31	4:15,15	4:53,16	5:31,16
6:09,37	6:47,74	7:26,32	8:04,71	8:42,90
9:20,70	9:57,49	3 Theron, Jady	15	Aquasharks Winelands-CE
10:28,15	33,42	1:10,86	1:48,89	2:26,63
3:04,18	3:42,11	4:20,64	4:59,68	5:38,79
6:17,68	6:56,87	7:36,56	8:14,94	8:54,49
9:32,99	10:08,37	4 De Roubaix, Maric M	15	Lane Leader Stellenbosch-CE
10:20,79	33,82	1:10,71	1:48,81	3:06,46
3:45,41	4:24,10	5:02,78	5:41,81	6:20,88
7:00,08	7:39,18	8:18,15	8:57,01	9:35,32
10:11,75	5 Steenkamp, Veneske	14	Royal Swimming Academy-ED	10:20,57
10:20,29	34,07	1:12,41	1:52,14	2:30,88
3:10,06	3:49,69	3:58,24	4:29,33	5:08,42
5:48,04	6:27,24	7:06,95	7:46,90	8:25,95
9:06,90	10:20,29	6 Kotzè, Tamsyn G	15	Blouberg Marlins-CP
10:19,36	34,12	1:11,84	1:50,66	2:29,93
3:09,52	3:49,37	4:28,75	5:08,07	5:47,14
6:26,42	7:06,05	7:45,50	8:24,79	9:04,51
9:43,61	10:21,35	7 Laubscher, Maya R	15	Generation Swimming Academy-CP
11:24,82	35,74	1:16,83	1:57,58	2:38,77
3:19,32	4:00,05	4:40,42	5:21,11	6:01,54
6:42,86	7:23,37	8:03,54	8:43,13	9:23,36
10:03,18	10:41,22	8 Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP
11:01,31	37,29	1:18,17	2:00,14	2:42,12
3:24,80	4:07,65	4:50,94	5:33,91	6:16,94
6:59,54	7:42,49	8:25,15	9:07,62	9:49,99
10:31,71	11:12,04			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 407 Women 16 &amp; Over 800 LC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Van Rensburg, Catherine F	18	TuksSwimming-TS	8:55,75	9:01,88
30,63	1:04,37	1:38,50	2:12,51	2:46,28
3:20,46	3:54,43	4:28,64	5:02,60	5:36,64
6:10,91	6:45,25	7:19,81	7:54,06	8:28,10
9:01,88				
2 Neilson, Hannah K	17	Maties Aquatics-CE	9:33,70	9:31,26
31,83	1:06,89	1:42,66	2:17,98	2:54,37
3:30,28	4:06,36	4:42,27	5:18,40	5:54,80
6:31,27	7:07,67	7:44,00	8:20,15	8:56,13
9:31,26				
3 King, Mischa	17	Lane Leader Stellenbosch-CE	9:46,40	9:50,79
32,36	1:07,71	1:44,68	2:21,65	2:58,90
3:36,64	4:14,38	4:52,15	5:29,67	6:07,65
6:45,38	7:23,37	8:01,06	8:37,94	9:15,15
9:50,79				
4 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	10:09,43	10:04,86
32,74	1:08,71	1:45,84	2:23,47	3:01,41
3:39,48	4:17,96	4:56,33	5:35,08	6:14,11
6:52,64	7:31,37	8:09,86	8:48,99	9:27,35
10:04,86				
5 Pretorius, Ashleè	17	Sport Science Institute of SA-CP	10:29,44	10:32,34
34,49	1:13,03	1:52,91	2:33,30	3:13,87
3:54,19	4:34,40	5:14,14	5:54,66	6:35,19
7:15,53	7:55,65	8:35,94	9:15,65	9:55,09
10:32,34				
6 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	10:38,01	10:37,79
35,69	1:14,62	1:56,11	2:35,93	3:17,34
3:57,21	4:37,09	5:18,08	5:58,55	6:39,00
7:19,99	8:00,44	8:41,04	9:21,83	10:00,70
10:37,79				

## Event 408 Mixed 11 &amp; Under 4x50 LC Meter Medley Relay

2016-18 &amp; U: 10:00,00 # 2015/05/01 Club Team

Team	Relay	Seed Time	Finals Time
1 Tygerberg Aquatics-CP	A	2:30,89	2:28,45 #
1) Trower, Michael M11	2) Nilsson, Rebecca B W11	3) Van Zyl, Daniël R M11	4) De Villiers, Anja W11
39,00	1:57,78	2:28,45	
2 Blouberg Marlins-CP	A	2:33,59	2:29,31
1) Lorenzen, Ava E W10	2) Tsai, Ethan M M11	3) Coleman, Travis M11	4) Louw, Isabella A W11
37,66	1:18,85	1:57,13	2:29,31
3 Vineyard SC-CP	A	2:41,80	2:41,50
1) Jurado, Vanessa C W10	2) Spencer, Marcus W M11	3) Fury, Amelia J W11	4) Jurado, Ondjaki O M11
42,86	1:26,90	2:06,91	2:41,50

## Event 409 Mixed 13 &amp; Under 4x50 LC Meter Medley Relay

2016-18 &amp; U: 10:00,00 # 2015/05/01 Club Team

Team	Relay	Seed Time	Finals Time
1 Vineyard SC-CP	A	2:17,12	2:10,16 #
1) Sirin, Ben M13	2) Combrink, Amy W13	3) Haupt, Rhys A M13	4) Magotsi, Riziki A W12
1:10,50	1:40,89	2:10,16	
2 Tygerberg Aquatics-CP	A	2:12,19	2:11,37
1) De Lange, Adriaan M12	2) Evans, Caitlin N W12	3) Trower, Nic T M13	4) Raimond, Marike M W13
32,52	1:11,28	1:40,82	2:11,37
3 Curro Durbanville Aquatics-CP	A	NT	2:13,45
1) Newton, Ava L W13	2) Putter, Demi W12	3) Schultz, Heinrich W M13	4) Verbeek, Pierre O M11
35,88	1:14,61	1:43,16	2:13,45
4 Biosplash Swim Academy-CE	A	2:14,77	2:14,76
1) Vd Merwe, Mi-Ly W13	2) Van Galen, Ava-Loren W13	3) Kotze, Eric B M13	4) Coolen, Jonathan T M12
37,30	1:15,75	2:14,76	
5 Tygerberg Aquatics-CP	B	2:21,58	2:15,66
1) Smith, Sebastian N M13	2) Rosslee, Christian F M13	3) Otterbach, Lily W12	4) Senekal, Margo W13
33,25	1:08,98	1:45,54	2:15,66

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 409 Mixed 13 & Under 4x50 LC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time
6 Lane Leader Stellenbosch-CE 1) Burger, Rosseau M13 33,06 1:15,78 1:45,31	A 2) Mansfield, Luke T M12 2:16,16	2:23,74 3) Geysler, Almi W13	2:16,16 4) Briggs, Rebecca W12
7 Blouberg Marlins-CP 1) Huang, Amelia A W13 36,31 1:11,05 1:46,46	A 2) Kalapac, Joshua M13 2:16,27	2:15,97 3) Zeelie, Shanna-Leigh W13	2:16,27 4) Kotzè, Max M M13
8 Aqua Sharks Academy-CP 1) Visagie, Larissa W13 36,69 1:17,68 2:18,74	A 2) Swart, Nico N M11	2:20,95 3) De Kock, John P M13	2:18,74 4) Hartung, Amy M W13
9 Royal Swimming Academy-ED 1) Fernold, AJ M12 33,31 1:14,34 1:48,43	A 2) Hahn, Kayleigh K W13 2:20,23	2:21,17 3) Van Tonder, Taylor-Blake W13	2:20,23 4) Hahn, Kyle M10
10 Curro Durbanville Aquatics-CP 1) Bezuidenhout, Ernst E M12 35,28 1:17,71 1:54,26	B 2) De Jager, Sophia W11 2:26,21	NT 3) Louw, Anieka W12	2:26,21 4) Van Wyk, Jack R M11
11 Swartland Swim Club-WC 1) Visagie, Jani W13 1:22,65 2:28,31	A 2) Atkinson, Anouk E W11	2:28,94 3) Lategan, Nicky N M13	2:28,31 4) Liedeman, Mark M12
12 Curro Langebaan Swim Club-WC 1) Du Plessis, Jason F M12 39,36 1:24,90 2:01,45	A 2) Juries, Sam C W13 2:31,93	2:31,29 3) Basson, Lenè W11	2:31,93 4) Snyders, Kyle M12
--- Aqua Sharks Academy-CP 1) Davies, Jessica C W13 43,45 1:15,04 1:48,13	B 2) De Bruyn, Cornè C M13 DQ	2:29,81 3) Steer, Troy A M12	DQ 4) Swanepoel, Lulu A W11
--- Generation Swimming Academy-( 1) Vd Merwe, Mia W13 37,33 1:20,20 1:53,34	A 2) Neumann, Erin R W10 DQ	NT 3) Pratt, Julian M13	DQ 4) Loots, Noah C M11
--- Fish Eagle Aquatics-ED 1) DE Necker, Hannah W13 34,95 1:11,75 1:49,18	A 2) Bezuidenhout, Carlo M13 DQ	2:21,78 3) Van Niekerk, Ona W13	DQ 4) Stephenson, Liam N M13

**Event 410 Mixed 15 & Under 4x50 LC Meter Medley Relay**

2016-18 &amp; U: 10:00,00 # 2015/05/01 Club Team

Team	Relay	Seed Time	Finals Time
1 Generation Swimming Academy-( 1) Morton, Tayler R W15 33,14 1:07,92 1:35,37	A 2) Van Wyk, Wayne E M14 2:03,84	2:05,69 3) Kleynhans, Ian M15	2:03,84 # 4) Cronjè, Danielle W14
2 Tygerberg Aquatics-CP 1) Van Vondel, Anton J M15 28,86 1:07,43 1:34,41	A 2) Ryser, Aurora W15 2:04,01	2:05,79 3) Esterhuysen, Joshua N M15	2:04,01 4) Goebel, Zoë W14
3 Blouberg Marlins-CP 1) Smit, Jenna W15 33,22 1:11,64 1:40,65	A 2) Coleman, Madison W13 2:05,86	2:06,90 3) Rohner, Jayden M M15	2:05,86 4) Hutton, Jake M15
4 Royal Swimming Academy-ED 1) Baillie, Gabi J W12 38,46 1:12,36 1:43,90	A 2) Grobler, Ewandre M15 2:09,54	2:12,23 3) Steenkamp, Veneske W14	2:09,54 4) Minnie, Kodi I M14
5 Lane Leader Stellenbosch-CE 1) Potgieter, Michael M M15 30,60 1:12,14 1:40,24	A 2) Geysler, Almi W13 2:09,92	2:15,92 3) Clarke, Liam M15	2:09,92 4) De Roubaix, Maric M W15
6 Sport Science Institute of SA-CP 1) Prince, Joshua M14 30,80 1:07,99 1:40,85	A 2) Jurado, Stephanie C W14 2:10,54	NT 3) Williams, Evan B M12	2:10,54 4) Franks, Madison M W15



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****(Event 410 Mixed 15 & Under 4x50 LC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time
7 Quick Silver Swimming Academy-	A	NT	2:11,71
1) Van Schalkwyk, Janco M15 17,40 32,52	2) Vd Merwe, Michael D M15 2:11,71	3) Voges, Jhoanè E W15	4) Thobeha, Naledi W13
8 Vineyard SC-CP	A	2:08,30	2:12,06
1) Burgess, Cassidy S W14 32,06 1:09,90 1:44,00	2) Stanfliet, Nicholas M12 2:12,06	3) Abrahams, Eve W14	4) Nefdt, Grant M15
9 Lane Leader Stellenbosch-CE	B	2:26,34	2:13,90
1) Nelson, Christopher A M15 32,62 1:05,48 2:13,90	2) Hendricks, Joshua M15	3) Mansfield, Bella K W15	4) Briggs, Rebecca W12
10 Tygerberg Aquatics-CP	B	2:19,29	2:15,41
1) Bannister, Joshua G M14 32,77 1:07,10 1:43,11	2) Adendorff, James T M14 2:15,41	3) De Oliveira, Aliyah W12	4) Minnaar, Stephanie W12
11 Aqua Sharks Academy-CP	A	2:27,67	2:21,62
1) Renard, Leo G M15 34,49 1:13,20 1:44,12	2) Witten, Hannah W15 2:21,62	3) Heyes, Garrick T M14	4) Barkhuysen, Jani W11

**Event 411 Mixed 4x50 LC Meter Medley Relay****2021-Open: 1:51,82 # 2016/04/10 L. Fourie, B. Pendock, C. KAT,****I. Weidemann**

Team	Relay	Seed Time	Finals Time
1 Maties Aquatics-CE	A	1:56,60	1:54,25
1) Pool-Jones, Jonah B M20 28,36 1:01,45 1:26,28	2) Paljk, Tilka W25 1:54,25	3) Emslie, Joshua D M20	4) Ribeiro, Nuria A W20
2 Lane Leader Stellenbosch-CE	A	1:54,98	1:54,28
1) De Jongh, Grace W16 31,55 1:00,93 1:26,49	2) Truter, Petrus C M19 1:54,28	3) Van Heerden, Stefan F M16	4) Michell, Emma Y W17
3 Curro Durbanville Aquatics-CP	A	2:02,22	1:57,91
1) Putter, Tanè W15 33,29 1:04,29 1:29,86	2) Malan, Johan S M16 1:57,91	3) Kriegler, Christiaan C M17	4) Christie, Leah E W17
4 Tygerberg Aquatics-CP	A	1:58,10	1:59,42
1) Uys, Tara W17 30,63 1:01,78 1:27,28	2) Boshoff, Juan C M17 1:59,42	3) West, Gabriel M18	4) Burger, Juanè W12
5 Blouberg Marlins-CP	A	2:01,97	2:00,83
1) Venter, Liya E W17 32,45 1:04,23 1:31,10	2) Myburgh, Jordan M17 2:00,83	3) Van Reenen, Ryan M23	4) Watson, Caitlin C W15
6 Maties Aquatics-CE	B	2:01,37	2:01,29
1) Vd Merwe, Johan H M17 28,14 1:05,89 1:31,99	2) Roberts, Netanya W20 2:01,29	3) Bromfield, Michael V M21	4) Neilson, Hannah K W17
7 Lane Leader Stellenbosch-CE	B	2:03,76	2:01,73
1) Malherbe, Francois M18 28,08 59,54 1:31,61	2) Clayton, Franco P M16 2:01,73	3) King, Mischa W17	4) De Roubaix, Maric M W15
8 Aquasharks Winelands-CE	A	2:04,83	2:01,93
1) Viljoen, Jo-Ell W16 1:05,46 1:35,76	2) Hugo, Retief R M16 2:01,93	3) Prinsloo, Mila W15	4) Viljoen, Stèphen M16
9 Generation Swimming Academy-	A	2:03,79	2:02,09
1) Levey, Chad M16 31,68 1:04,54 1:32,93	2) Cope, Morgan M W16 2:02,09	3) Van Wyk, Wesley R M16	4) Neumann, Eva L W12
10 Blouberg Marlins-CP	B	2:07,70	2:05,69
1) Louw, Alexa W14 37,43 1:08,02 1:35,64	2) Hibberd, Matthew M25 2:05,69	3) Carrol, Matt M17	4) Kotzè, Tamsyn G W15
11 Aqua Sharks Academy-CP	A	2:08,49	2:05,71
1) Boonzaier, Jannie R M16 29,37 1:07,79 1:33,75	2) Heyes, Danielle A W16 2:05,71	3) Basson, Wilan M16	4) Davies, Jessica C W13

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 411 Mixed 4x50 LC Meter Medley Relay)**

Team	Relay	Seed Time	Finals Time
12 Sport Science Institute of SA-CP	B	NT	2:06,80
1) Micklethwaite, Skye T W16 35,72 1:08,69 1:36,59	2) Micklethwaite, Tyler L M18 2:06,80	3) Kleinhans, Kyle M16	4) Benade, Kerry W18
13 Curro Durbanville Aquatics-CP	B	2:07,10	2:06,82
1) Louw, Guillaume M19 31,22 1:07,61 1:37,58	2) Vd Wal, Mieke W14 2:06,82	3) Laker, Mark M16	4) Gennarakis, Christina W15
14 Royal Swimming Academy-ED	A	2:08,93	2:06,90
1) Lottering, Seb C M14 31,29 1:11,51 1:37,68	2) Grütter, Arabelle W12 2:06,90	3) Hendricks, Robert A M17	4) Tinley, Kate L W18
15 Paarl Aquarius SC-CE	A	2:07,52	2:10,67
1) Naude, Zian M16 33,05 1:12,49 1:40,97	2) Sabbagha, Annè W16 2:10,67	3) Kotzè, Kailen M M16	4) Hugo, Anika S W16
16 Generation Swimming Academy-	B	NT	2:10,70
1) Van Helden, Ethan C M14 32,53 1:08,40 1:40,08	2) Van Vuuren, Armand B M17 2:10,70	3) Laubscher, Maya R W15	4) Holthuis, Keilah-Naomi W13
17 Curro Langebaan Swim Club-WC	A	2:18,00	2:12,27
1) Schmidt, Amy W14 35,46 1:13,35 1:40,68	2) Havenga, Skyla K W16 2:12,27	3) Louw, Adriaan B M16	4) Vorster, Caiden M11
18 Aquasharks Winelands-CE	B	2:14,71	2:14,97
1) Du Toit, Francois W M16 34,16 1:13,81 1:46,11	2) Bester, Christine F W16 2:14,97	3) Greyling, Soleil M W15	4) Schreuder, Steffen M14

**Event 500 Girls 11 & Under 200 LC Meter Backstroke**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Basson, Lenè 40,14 1:22,68 2:07,53	11	Curro Langebaan Swim Club-WC 2:49,76	2:54,71	2:49,76
2 De Villiers, Anja 1:24,35 2:09,78	11	Tygerberg Aquatics-CP 2:53,22	2:55,66	2:53,22
3 Lorenzen, Ava E 40,63 1:24,45 2:11,07	10	Blouberg Marlins-CP 2:54,56	2:57,62	2:54,56
4 Brooker, Isabella J 40,94 3:04,88	11	Aqua Athlete Cta-CP	3:02,99	3:04,88
5 Louw, Isabella A 44,70 1:36,56 2:28,25	11	Blouberg Marlins-CP 3:16,30	3:19,20	3:16,30
6 Barkhuysen, Jani 1:36,05 3:17,98	11	Aqua Sharks Academy-CP	3:14,84	3:17,98

**Event 500 Girls 11 & Under 200 LC Meter Backstroke**

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Basson, Lenè 41,11 1:25,47 2:54,71	11	Curro Langebaan Swim Club-WC	2:59,68	2:54,71 q
2 De Villiers, Anja 40,95 1:25,33 2:11,58	11	Tygerberg Aquatics-CP 2:55,66	2:53,01	2:55,66 q
3 Durandt, Sharli 40,35 1:25,31 2:11,87	11	Sport Science Institute of SA-CP 2:56,01	2:54,23	2:56,01 q
4 Lorenzen, Ava E 40,10 1:26,05 2:13,38	10	Blouberg Marlins-CP 2:57,62	2:50,97	2:57,62 q
5 Brooker, Isabella J 42,22 1:28,21 2:17,11	11	Aqua Athlete Cta-CP 3:02,99	3:11,13	3:02,99 q
6 Barkhuysen, Jani 44,84 3:14,84	11	Aqua Sharks Academy-CP	3:12,89	3:14,84 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 500 Girls 11 &amp; Under 200 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time	
7 Louw, Isabella A	11	Blouberg Marlins-CP	3:20,86	3:19,20	q
44,86	1:35,49	2:28,83	3:19,20		

## Event 500 Girls 12-13 200 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Thobeha, Naledi	13	Quick Silver Swimming Academy-CP	2:38,89	2:37,12
34,89	1:13,54	1:55,48	2:37,12	
2 Putter, Demi	12	Curro Durbanville Aquatics-CP	2:41,01	2:38,73
38,16	1:19,03	1:59,55	2:38,73	
3 Newton, Ava L	13	Curro Durbanville Aquatics-CP	2:41,60	2:40,57
37,23	1:17,77	2:00,11	2:40,57	
4 Combrink, Amy	13	Vineyard SC-CP	2:42,23	2:40,79
38,29	1:19,79	2:02,19	2:40,79	
5 Coleman, Madison	13	Blouberg Marlins-CP	2:44,35	2:41,89
37,53	1:19,70	2:00,97	2:41,89	
6 Burke, Hannah	13	Aqua Athlete Cta-CP	2:44,06	2:42,11
38,08	1:18,67	2:02,01	2:42,11	
7 Le Roux, Lucy L	13	Aquasharks Winelands-CE	2:46,53	2:43,29
37,61	1:18,65	2:02,39	2:43,29	
8 Vorster, Mia	12	Swartland Swim Club-WC	2:49,02	2:50,07
37,59	1:21,37	2:06,54	2:50,07	

## Event 500 Girls 12-13 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Thobeha, Naledi	13	Quick Silver Swimming Academy-CP	2:36,97	2:38,89	q
34,96	1:14,49	1:56,93	2:38,89		
2 Putter, Demi	12	Curro Durbanville Aquatics-CP	2:39,24	2:41,01	q
37,92	1:18,39	2:00,50	2:41,01		
3 Newton, Ava L	13	Curro Durbanville Aquatics-CP	2:38,89	2:41,60	q
37,38	1:18,42	2:00,79	2:41,60		
4 Combrink, Amy	13	Vineyard SC-CP	2:37,38	2:42,23	q
38,66	1:19,19	2:42,23			
5 Burke, Hannah	13	Aqua Athlete Cta-CP	2:38,34	2:44,06	q
38,07	1:19,56	2:02,76	2:44,06		
6 Hebler, Lily M	13	Generation Swimming Academy-CP	2:40,75	2:44,25	q
38,32	1:20,02	2:04,01	2:44,25		
7 Coleman, Madison	13	Blouberg Marlins-CP	2:43,08	2:44,35	q
37,65	1:19,08	2:01,99	2:44,35		
8 Le Roux, Lucy L	13	Aquasharks Winelands-CE	2:47,90	2:46,53	q
36,69	1:18,32	2:46,53			
9 Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	2:42,77	2:46,54	
38,70	1:20,80	2:03,72	2:46,54		
10 Vorster, Mia	12	Swartland Swim Club-WC	2:57,18	2:49,02	
37,94	1:21,78	2:07,84	2:49,02		
11 Evans, Caitlin N	12	Tygerberg Aquatics-CP	2:46,29	2:49,62	
39,85	1:22,89	2:07,32	2:49,62		
12 De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	2:55,57	2:53,77	
40,70	1:25,63	2:53,77			
13 Huang, Amelia A	13	Blouberg Marlins-CP	2:44,75	2:54,12	
39,25	1:23,73	2:09,19	2:54,12		

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 500 Girls 12-13 200 LC Meter Backstroke)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
14	Holthuis, Keilah-Naomi 40,45 1:24,78 2:11,34	13	Generation Swimming Academy-CP	2:54,65	2:54,41
15	Holman, Acaylia 43,35 1:27,32 2:54,73	12	Marlin Swimming Club-CP	2:56,54	2:54,73
16	Landman, Charnè 41,30 1:25,41 2:10,54	13	Generation Swimming Academy-CP	2:49,70	2:54,80
17	DE Necker, Hannah 39,82 2:55,68	13	Fish Eagle Aquatics-ED	2:50,82	2:55,68
18	Vd Merwe, Mia 42,71 1:30,08 2:15,65	13	Generation Swimming Academy-CP	2:55,25	2:55,91
19	Visagie, Larissa 39,90 1:23,96 2:12,30	13	Aqua Sharks Academy-CP	3:13,32	2:58,30
20	Trout, Sophia L 40,53 1:26,39 2:13,95	13	Vineyard SC-CP	2:58,94	2:58,42
21	Courtney, Sierra G 41,36 1:26,90 2:58,77	12	Sport Science Institute of SA-CP	2:55,16	2:58,77
22	O'Carroll, Nia E 42,61 1:27,71 2:14,29	12	Biosplash Swim Academy-CE	2:55,13	2:59,04
23	Visagie, Jani 41,86 1:27,58 2:59,16	13	Swartland Swim Club-WC	3:00,88	2:59,16
24	Zeelie, Shanna-Leigh 42,56 1:29,42 2:16,98	13	Blouberg Marlins-CP	2:57,31	2:59,90
25	Du Toit, Maria 42,23 1:28,16 2:14,53	13	Agulhas Aquatics-OB	3:02,47	3:00,14
26	Baillie, Gabi J 41,78 1:27,68 2:14,86	12	Royal Swimming Academy-ED	2:57,99	3:00,25
27	Raimond, Marike M 40,77 1:26,57 2:14,54	13	Tygerberg Aquatics-CP	2:52,92	3:01,30
28	Vd Merwe, Mi-Ly 43,10 1:29,54 2:16,99	13	Biosplash Swim Academy-CE	2:57,04	3:01,31
29	Juries, Sam C 40,94 1:25,81 2:15,69	13	Curro Langebaan Swim Club-WC	2:50,49	3:01,45
30	Van Galen, Ava-Loren 40,80 1:28,01 2:16,62	13	Biosplash Swim Academy-CE	2:53,31	3:01,71
31	Morris, Jenna 39,75 1:25,92 3:02,35	13	Vineyard SC-CP	2:57,61	3:02,35
32	Riley, Logan 43,08 1:32,62 2:20,59	12	Vineyard SC-CP	3:07,69	3:05,47
33	McWilliam, Amy L 42,94 1:30,24 2:19,32	13	Tygerberg Aquatics-CP	3:01,51	3:05,53
34	Steyn, Lucy S 41,72 1:29,09 3:05,78	12	Tygerberg Aquatics-CP	3:01,69	3:05,78
35	Mqadi, Olethiwe L 42,84 1:29,16 2:18,95	13	Cybersmart Aquatics-CP	3:00,46	3:06,40

**Event 500 Women 14-15 200 LC Meter Backstroke**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Morton, Tayler R 34,26 1:11,36 1:50,10	15	Generation Swimming Academy-CP	2:31,72	2:28,31
2	Burgess, Cassidy S 35,36 1:13,44 1:52,14	14	Vineyard SC-CP	2:33,05	2:31,50
3	Schmidt, Amy 36,34 1:15,72 1:56,87	14	Curro Langebaan Swim Club-WC	2:40,36	2:36,93

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 500 Women 14-15 200 LC Meter Backstroke)

Name	Age	Team	Prelim Time	Finals Time
4 Cronjè, Danielle	14	Generation Swimming Academy-CP	2:40,62	2:39,95
36,14 1:16,04 1:58,04				2:39,95
5 Dowdle, Kalynne	15	Aquasharks Winelands-CE	2:43,22	2:40,39
36,03 1:16,87 1:58,44				2:40,39
6 Ryser, Aurora	15	Tygerberg Aquatics-CP	2:43,12	2:41,10
37,74 1:17,57 2:00,58				2:41,10
7 Watson, Caitlin C	15	Blouberg Marlins-CP	2:43,73	2:44,12
36,83 1:17,82 2:02,37				2:44,12
8 De Roubaix, Maric M	15	Lane Leader Stellenbosch-CE	2:44,78	2:45,86
38,35 1:20,54 2:45,86				

## Event 500 Women 14-15 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Morton, Tayler R	15	Generation Swimming Academy-CP	2:23,62	2:31,72 q
17,08 34,78 2:31,72				
2 Burgess, Cassidy S	14	Vineyard SC-CP	2:28,34	2:33,05 q
35,77 1:13,91 1:53,82				2:33,05
3 Schmidt, Amy	14	Curro Langebaan Swim Club-WC	2:34,33	2:40,36 q
36,24 1:16,22 1:58,57				2:40,36
4 Cronjè, Danielle	14	Generation Swimming Academy-CP	2:36,08	2:40,62 q
36,08 1:15,88 1:58,87				2:40,62
5 Prinsloo, Mila	15	Aquasharks Winelands-CE	2:35,39	2:41,45 q
37,45 1:18,77 2:00,98				2:41,45
6 Ryser, Aurora	15	Tygerberg Aquatics-CP	2:38,32	2:43,12 q
38,41 1:19,65 2:02,82				2:43,12
7 Dowdle, Kalynne	15	Aquasharks Winelands-CE	2:36,31	2:43,22 q
36,44 1:17,45 2:00,79				2:43,22
8 Watson, Caitlin C	15	Blouberg Marlins-CP	2:44,26	2:43,73 q
37,65 1:18,95 2:02,18				2:43,73
9 Smit, Jenna	15	Blouberg Marlins-CP	2:33,07	2:44,09
38,20 1:18,98 2:02,71				2:44,09
10 De Roubaix, Maric M	15	Lane Leader Stellenbosch-CE	2:47,38	2:44,78
1:19,67 2:44,78				
11 Lategan, Emma M	14	Curro Durbanville Aquatics-CP	2:42,27	2:45,26
38,43 1:20,20 2:02,99				2:45,26
12 Goebel, Zoë	14	Tygerberg Aquatics-CP	2:48,36	2:47,86
39,34 1:21,35 2:05,27				2:47,86
13 Voges, Jhoanè E	15	Quick Silver Swimming Academy-CP	2:52,89	2:48,04
39,44 1:22,61 2:07,01				2:48,04
14 Jurado, Stephanie C	14	Sport Science Institute of SA-CP	2:54,81	2:48,10
39,04 1:22,56 2:06,13				2:48,10
15 La Grange, Emma	14	Quicksilver Aquatics Winelands-CE	2:37,78	2:48,29
39,00 1:21,66 2:05,89				2:48,29
16 Vd Westhuizen, Joy	14	Aqua Dolphin Swimming Club-CP	2:47,60	2:50,40
1:22,54 2:07,78				2:50,40
17 Vd Merwe, Simone	15	Generation Swimming Academy-CP	2:50,85	2:52,08
40,27 1:23,82 2:08,61				2:52,08
18 Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	2:50,02	2:52,90
40,85 1:24,73 2:09,46				2:52,90
19 Vd Walt, Mieke	14	Fish Eagle Aquatics-ED	2:56,16	2:53,26
41,27 1:25,03 2:10,95				2:53,26
--- Louw, Alexa	14	Blouberg Marlins-CP	2:48,81	DNF

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 500 Women 16 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Uys, Tara	17	Tygerberg Aquatics-CP	2:24,39	2:23,71
32,89	1:08,67	2:23,71		
2 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	2:35,61	2:31,83
33,95	1:11,20	1:51,59	2:31,83	
3 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	2:35,06	2:33,81
34,93	1:13,25	2:33,81		
4 Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	2:41,63	2:41,20
35,98	1:16,47	1:59,10	2:41,20	

## Event 500 Women 16 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Uys, Tara	17	Tygerberg Aquatics-CP	2:25,40	2:24,39 q
32,78	1:09,25	1:47,01	2:24,39	
2 Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	2:27,85	2:35,06 q
34,77	1:13,48	2:35,06		
3 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	2:30,70	2:35,61 q
34,53	1:13,48	1:54,17	2:35,61	
4 Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	2:40,61	2:41,63 q
36,79	1:16,73	1:59,80	2:41,63	

## Event 501 Boys 11 &amp; Under 200 LC Meter Backstroke

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	2:53,80	2:46,45
40,62	1:23,40	2:06,27	2:46,45	
2 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	2:50,69	2:48,03
40,38	1:23,16	2:06,53	2:48,03	
3 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	2:54,37	2:51,94
40,67	1:24,43	2:08,33	2:51,94	
4 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	2:59,45	2:54,34
41,35	1:24,78	2:11,44	2:54,34	
5 Bright, Michael C	10	Curro Durbanville Aquatics-CP	3:00,44	2:56,72
41,77	1:27,44	2:12,97	2:56,72	
6 Parr, Colby S	11	Knysna Aquatics-ED	2:56,94	3:00,79
42,12	1:28,39	3:00,79		
7 Trower, Michael	11	Tygerberg Aquatics-CP	3:02,14	3:01,22
41,78	1:29,51	2:17,31	3:01,22	
8 Matthee, Burger P	11	Agulhas Aquatics-OB	3:02,12	3:01,47
42,38	1:27,83	2:16,96	3:01,47	

## Event 501 Boys 11 &amp; Under 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	2:48,04	2:50,69 q
39,23	1:24,38	2:07,88	2:50,69	
2 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	2:51,51	2:53,80 q
41,61	1:26,40	2:11,01	2:53,80	
3 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	2:51,87	2:54,37 q
40,25	1:25,57	2:11,29	2:54,37	
4 Parr, Colby S	11	Knysna Aquatics-ED	3:03,95	2:56,94 q
42,93	1:29,08	2:56,94		

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 501 Boys 11 & Under 200 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Prelim Time	
5 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	3:03,24	2:59,45	q
42,27 1:28,78 2:15,59		2:59,45			
6 Bright, Michael C	10	Curro Durbanville Aquatics-CP	2:54,83	3:00,44	q
17,51 2:16,08		3:00,44			
7 Matthee, Burger P	11	Agulhas Aquatics-OB	3:08,47	3:02,12	q
41,79 1:30,14 2:18,24		3:02,12			
8 Trower, Michael	11	Tygerberg Aquatics-CP	3:11,71	3:02,14	q
41,94 1:30,75 3:02,14					
9 Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	3:11,15	3:03,22	
43,55 1:31,36 2:19,44		3:03,22			
10 February, Dillon S	10	Curro Durbanville Aquatics-CP	3:04,47	3:03,49	
43,02 1:31,56 3:03,49					
11 Vorster, Caiden	11	Curro Langebaan Swim Club-WC	3:07,71	3:05,35	
42,71 1:29,98 2:19,07		3:05,35			
12 Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	3:09,90	3:05,91	
43,74 1:32,20 2:20,62		3:05,91			
13 Troskie, Roean	11	Quick Silver Swimming Academy-CP	3:03,80	3:08,65	
43,91 1:31,45 2:21,79		3:08,65			
14 Simpson, Rhoderick M	9	Royal Swimming Academy-ED	3:13,87	3:09,71	
44,59 1:32,58 2:22,91		3:09,71			
15 Pautz, Benjamin R	10	Blouberg Marlins-CP	3:08,79	3:10,44	
44,21 1:33,45 2:24,08		3:10,44			
16 Coleman, Travis	11	Blouberg Marlins-CP	3:07,14	3:11,25	
46,11 1:35,73 2:25,64		3:11,25			
17 Faulkner, Callum E	11	Blouberg Marlins-CP	3:23,25	3:12,48	
44,81 1:32,60 3:12,48					

**Event 501 Boys 12-13 200 LC Meter Backstroke**

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Trower, Nic T	13	Tygerberg Aquatics-CP	2:22,68	2:17,65
31,96 1:06,67 1:42,03		2:17,65		
2 Kotze, Eric B	13	Biosplash Swim Academy-CE	2:30,06	2:24,14
32,87 1:09,33 2:24,14				
3 De Lange, Adriaan	12	Tygerberg Aquatics-CP	2:31,93	2:30,10
34,66 1:12,21 1:51,25		2:30,10		
4 Fernold, AJ	12	Royal Swimming Academy-ED	2:30,92	2:30,48
34,14 1:12,14 1:52,17		2:30,48		
5 De Kock, John P	13	Aqua Sharks Academy-CP	2:34,73	2:31,23
34,92 1:13,84 1:53,83		2:31,23		
6 Sirin, Ben	13	Vineyard SC-CP	2:41,26	2:41,61
36,19 1:16,91 2:00,19		2:41,61		
7 Bezuidenhout, Ernst E	12	Curro Durbanville Aquatics-CP	2:40,50	2:41,89
36,36 1:17,10 1:59,39		2:41,89		
8 Vd Westhuizen, Ulrich J	13	Players-CE	2:42,26	2:45,71
37,03 1:19,37 2:02,75		2:45,71		

**Event 501 Boys 12-13 200 LC Meter Backstroke**

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Trower, Nic T	13	Tygerberg Aquatics-CP	2:20,90	2:22,68	q
33,73 1:09,25 1:46,59		2:22,68			

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 501 Boys 12-13 200 LC Meter Backstroke)

Name	Age	Team	Seed Time	Prelim Time	
2 Kotze, Eric B 34,83 1:13,25 2:30,06	13	Biosplash Swim Academy-CE	2:24,86	2:30,06	q
3 Fernold, AJ 35,83 1:14,46 1:53,47	12	Royal Swimming Academy-ED	2:34,38	2:30,92	q
4 De Lange, Adriaan 35,23 1:14,21 1:53,75	12	Tygerberg Aquatics-CP	2:29,95	2:31,93	q
5 De Kock, John P 35,45 1:15,57 1:56,93	13	Aqua Sharks Academy-CP	2:42,40	2:34,73	q
6 Schultz, Heinrich W 36,77 1:16,32 1:56,70	13	Curro Durbanville Aquatics-CP	2:35,47	2:36,70	q
7 Bezuidenhout, Ernst E 36,60 1:16,88 1:58,64	12	Curro Durbanville Aquatics-CP	2:39,12	2:40,50	q
8 Sirin, Ben 36,56 1:17,56 2:00,17	13	Vineyard SC-CP	2:39,76	2:41,26	q
9 Vd Westhuizen, Ulrich J 1:17,49 2:42,26	13	Players-CE	2:42,51	2:42,26	
10 Lategan, Nicky N 38,18 1:20,46 2:03,60	13	Swartland Swim Club-WC	2:43,21	2:45,53	
11 Bouwer, Jason 38,56 1:20,32 2:04,76	12	Tygerberg Aquatics-CP	2:43,80	2:46,21	
12 Pratt, Julian 37,32 1:19,39 2:03,99	13	Generation Swimming Academy-CP	2:49,35	2:47,01	
13 Williams, Evan B 39,96 1:24,68 2:47,86	12	Sport Science Institute of SA-CP	2:49,84	2:47,86	
14 Gilbert, Andrew A 39,07 1:23,01 2:07,09	13	Swimlab Aquatic Academ-CP	2:55,89	2:49,26	
15 Kotzè, Max M 41,15 1:24,66 2:08,69	13	Blouberg Marlins-CP	2:52,48	2:50,90	
16 Kotzè, Arden C 38,42 1:23,52 2:52,15	12	Paarl Aquarius SC-CE	2:47,70	2:52,15	
17 Snyders, Kyle 40,62 2:52,36	12	Curro Langebaan Swim Club-WC	2:55,20	2:52,36	
18 Rheeder, Liam M 40,12 1:23,22 2:09,47	12	Paarl Aquarius SC-CE	3:01,69	2:52,67	
19 De Bruyn, Cornè C 40,60 1:24,46 2:10,80	13	Aqua Sharks Academy-CP	2:53,68	2:53,74	
20 Lamminga, Tiaan 39,60 1:24,73 2:11,49	13	Curro Durbanville Aquatics-CP	2:54,85	2:57,46	
21 Beukes, Jaden L 39,28 1:25,67 2:13,24	13	Walmers SC-CP	2:52,87	2:59,14	
22 Cleophas, Kyle 40,21 2:16,43	13	Paarl Aquarius SC-CE	3:05,44	3:00,33	
23 Coolen, Jonathan T 41,91 1:27,40 2:15,31	12	Biosplash Swim Academy-CE	2:58,56	3:00,78	
24 Wessels, Dirk 40,67 1:26,30 2:14,10	13	Agulhas Aquatics-OB	2:58,30	3:02,41	
25 Coetzee, Sion M 44,14 1:31,95 3:10,70	12	Quick Silver Swimming Academy-CP	3:08,50	3:10,70	
26 Conradie, Niel 42,55 1:31,27 3:12,07	12	Quick Silver Swimming Academy-CP	2:59,85	3:12,07	



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 501 Men 14-15 200 LC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Van Vondel, Anton J	15	Tygerberg Aquatics-CP	2:20,89	2:15,56
	32,31 1:06,99 1:41,90		2:15,56		
2	Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:31,46	2:25,44
	34,68 1:12,32 1:49,77		2:25,44		
3	Clayton, Antony L	15	Lane Leader Stellenbosch-CE	2:27,35	2:26,50
	34,70 1:11,85 1:49,96		2:26,50		
4	Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	2:29,25	2:26,69
	34,64 1:12,36 1:50,22		2:26,69		
5	Bester, Eben	15	Tygerberg Aquatics-CP	2:27,47	2:27,79
	34,59 1:12,20 1:50,50		2:27,79		
6	Möller, FC C	15	Tygerberg Aquatics-CP	2:29,61	2:28,24
	35,00 1:12,52 1:51,14		2:28,24		
7	Lottering, Seb C	14	Royal Swimming Academy-ED	2:30,68	2:28,92
	34,08 1:11,60 1:51,34		2:28,92		
8	Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	2:30,03	2:30,06
	34,86 1:13,28 1:51,92		2:30,06		

## Event 501 Men 14-15 200 LC Meter Backstroke

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Van Vondel, Anton J	15	Tygerberg Aquatics-CP	2:16,46	2:20,89 q
	33,04 1:09,32 1:46,49		2:20,89		
2	Clayton, Antony L	15	Lane Leader Stellenbosch-CE	2:23,80	2:27,35 q
	34,16 1:11,15 1:49,43		2:27,35		
3	Bester, Eben	15	Tygerberg Aquatics-CP	2:28,46	2:27,47 q
	34,19 1:11,31 1:50,01		2:27,47		
4	Bester, Francois A	15	Quicksilver Aquatics Winelands-CE	2:19,23	2:29,25 q
	34,43 1:12,68 1:51,89		2:29,25		
5	Möller, FC C	15	Tygerberg Aquatics-CP	2:28,40	2:29,61 q
	34,95 1:13,08 1:51,58		2:29,61		
6	Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	2:27,28	2:30,03 q
	34,87 1:13,14 1:52,69		2:30,03		
7	Lottering, Seb C	14	Royal Swimming Academy-ED	2:32,42	2:30,68 q
	33,55 1:11,79 1:51,98		2:30,68		
8	Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	2:31,25	2:31,46 q
	35,77 1:14,76 1:55,35		2:31,46		
9	McWilliam, Troy J	15	Tygerberg Aquatics-CP	2:31,29	2:32,20
	37,11 1:17,31 1:55,06		2:32,20		
10	Orchard, Thomas J	15	Swartland Swim Club-WC	2:37,10	2:32,59
	35,52 1:15,44 1:57,11		2:32,59		
11	Karsten, Jody	15	Blouberg Marlins-CP	2:34,77	2:33,47
	36,01 1:15,28 1:55,59		2:33,47		
12	Bannister, Joshua G	14	Tygerberg Aquatics-CP	2:31,64	2:33,53
	35,65 1:14,97 1:55,77		2:33,53		
13	Pretorius, Luuk E	14	Knysna Aquatics-ED	2:26,10	2:33,69
	33,76 1:11,85 1:53,27		2:33,69		
14	Breet, Dawie-Louw L	15	Players-CE	2:35,80	2:33,82
	35,05 1:13,72 1:53,99		2:33,82		
15	McPetrie, James L	15	Manta SC-CP	2:30,96	2:33,84
	35,84 1:15,52 1:55,87		2:33,84		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 501 Men 14-15 200 LC Meter Backstroke)

	Name	Age	Team	Seed Time	Prelim Time
16	Den Haan, Stèfan	15	Quick Silver Swimming Academy-CP	2:31,88	2:33,94
	36,10 1:14,34 1:54,56		2:33,94		
17	Nefdt, Grant	15	Vineyard SC-CP	2:28,89	2:33,99
	36,02 1:15,05 1:55,27		2:33,99		
18	Terblanche, Luan L	14	Tygerberg Aquatics-CP	2:36,90	2:35,90
	36,59 1:16,37 1:56,78		2:35,90		
19	Renard, Leo G	15	Aqua Sharks Academy-CP	2:39,82	2:37,70
	36,73 1:16,99 1:58,42		2:37,70		
20	Koekemoer, Callum	14	Quick Silver Swimming Academy-CP	2:45,42	2:41,71
	36,32 1:16,95 2:00,06		2:41,71		
21	Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	2:35,10	2:44,02
	36,45 1:17,50 2:01,72		2:44,02		
22	Viljoen, Jaden R	14	Aqua Sharks Academy-CP	2:45,09	2:44,28
	37,21 1:18,77 2:02,34		2:44,28		
23	Kirsten, John-William R	14	Lane Leader Stellenbosch-CE	2:49,92	2:50,50
	38,93 1:21,86 2:07,41		2:50,50		

## Event 501 Men 16 &amp; Over 200 LC Meter Backstroke

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Boshoff, Juan C	17	Tygerberg Aquatics-CP	2:16,17	2:10,45
	31,27 1:04,63 1:38,66		2:10,45		
2	Louw, Adriaan B	16	Curro Langebaan Swim Club-WC	2:22,06	2:13,33
	29,69 1:02,76 1:38,18		2:13,33		
3	Wright, Keegan	16	Tygerberg Aquatics-CP	2:18,78	2:14,15
	31,68 1:06,47 1:41,42		2:14,15		
4	Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	2:22,17	2:18,95
	31,15 1:06,07 1:42,69		2:18,95		
5	Burger, Schalk S	17	Swartland Swim Club-WC	2:19,47	2:19,19
	32,08 1:07,12 1:43,73		2:19,19		
6	McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:26,46	2:22,03
	33,33 1:09,11 1:45,93		2:22,03		
7	Volschenk, Ben T	16	Tygerberg Aquatics-CP	2:28,41	2:24,19
	34,37 1:11,97 1:48,71		2:24,19		
8	Clayton, Franco P	16	Lane Leader Stellenbosch-CE	2:25,17	2:24,42
	33,96 1:10,77 1:48,24		2:24,42		
9	Levey, Chad	16	Generation Swimming Academy-CP	2:24,03	2:26,22
	33,57 1:09,97 1:48,69		2:26,22		
10	Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:27,32	2:26,35
	33,16 1:09,92 1:48,46		2:26,35		
11	Foot, Aiden C	16	Swartland Swim Club-WC	2:29,04	2:27,39
	34,15 1:12,35 1:51,10		2:27,39		
12	Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	2:24,75	2:28,27
	32,18 1:10,04 1:49,28		2:28,27		
13	Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	2:28,70	2:29,10
	33,38 1:10,71 1:50,28		2:29,10		
14	Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	2:31,08	2:29,46
	34,08 1:12,36 1:51,33		2:29,46		
15	Strydom, Stephan	17	Tygerberg Aquatics-CP	2:29,71	2:31,29
	35,32 1:13,14 1:52,73		2:31,29		
16	Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	2:22,09	2:36,11
	36,81 1:15,71 1:56,14		2:36,11		

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 501 Men 16 &amp; Over 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Boshoff, Juan C	17	Tygerberg Aquatics-CP	2:11,44	2:16,17	q
32,20 1:07,25 1:42,04		2:16,17			
2 Wright, Keegan	16	Tygerberg Aquatics-CP	2:16,74	2:18,78	q
32,54 1:08,47 1:44,50		2:18,78			
3 Burger, Schalk S	17	Swartland Swim Club-WC	2:18,33	2:19,47	q
31,91 1:06,94 1:44,47		2:19,47			
4 Louw, Adriaan B	16	Curro Langebaan Swim Club-WC	2:10,22	2:22,06	q
32,49 1:09,17 1:46,54		2:22,06			
5 Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	2:12,22	2:22,09	q
31,80 1:07,04 1:45,01		2:22,09			
6 Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	2:17,71	2:22,17	q
31,99 1:07,48 1:45,55		2:22,17			
7 Levey, Chad	16	Generation Swimming Academy-CP	2:18,32	2:24,03	q
33,37 1:09,71 1:47,24		2:24,03			
8 Terblanche, Kiaan C	17	Tygerberg Aquatics-CP	2:28,87	2:24,75	q
33,25 1:09,91 1:47,99		2:24,75			
9 Clayton, Franco P	16	Lane Leader Stellenbosch-CE	2:19,18	2:25,17	q
33,97 1:10,78 1:48,78		2:25,17			
10 McWilliam, Benn D	16	Tygerberg Aquatics-CP	2:21,63	2:26,46	q
33,62 1:10,10 1:48,58		2:26,46			
11 Kotzè, Kailen M	16	Paarl Aquarius SC-CE	2:24,65	2:27,32	q
34,00 1:11,06 2:27,32					
12 Myburgh, Jordan	17	Blouberg Marlins-CP	2:22,92	2:27,89	q
33,60 1:10,85 1:50,99		2:27,89			
13 Volschenk, Ben T	16	Tygerberg Aquatics-CP	2:25,08	2:28,41	q
33,28 1:09,99 1:49,60		2:28,41			
14 Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	2:23,08	2:28,70	q
33,92 1:11,90 1:51,14		2:28,70			
15 Foot, Aiden C	16	Swartland Swim Club-WC	2:30,87	2:29,04	q
33,60 1:11,48 1:51,39		2:29,04			
16 Strydom, Stephan	17	Tygerberg Aquatics-CP	2:30,28	2:29,71	q
34,37 1:11,57 1:50,79		2:29,71			
17 Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	2:27,03	2:31,08	
34,60 1:13,23 1:53,05		2:31,08			
18 Hopkins, Tim	17	Tygerberg Aquatics-CP	2:21,25	2:31,15	
34,95 1:13,52 1:53,05		2:31,15			
19 Du Toit, Francois W	16	Aquasharks Winelands-CE	2:33,13	2:35,58	
36,12 1:15,55 1:56,02		2:35,58			
20 Van Vuuren, Armand B	17	Generation Swimming Academy-CP	2:26,61	2:35,91	
36,25 1:15,41 1:55,66		2:35,91			
21 Szapira, Saul	16	Aqua Athlete Cta-CP	2:34,17	2:40,47	
36,11 1:16,72 1:59,04		2:40,47			
22 Van Der Colff, Stian	17	Fish Eagle Aquatics-ED	2:44,81	2:42,75	
37,59 1:18,91 2:01,67		2:42,75			

## Event 502 Girls 11 &amp; Under 50 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 De Villiers, Anja	11	Tygerberg Aquatics-CP	31,64	31,95
2 Basson, Lenè	11	Curro Langebaan Swim Club-WC	33,38	32,97
3 Neumann, Erin R	10	Generation Swimming Academy-CP	33,42	33,05

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Finals ... (Event 502 Girls 11 & Under 50 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
4	Louw, Isabella A	11	Blouberg Marlins-CP	33,74	33,43
*5	Fury, Amelia J	11	Vineyard SC-CP	33,57	33,58
*5	Lorenzen, Ava E	10	Blouberg Marlins-CP	33,39	33,58
7	Durandt, Sharli	11	Sport Science Institute of SA-CP	33,33	33,63
8	Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	33,52	34,01

**Event 502 Girls 11 & Under 50 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	De Villiers, Anja	11	Tygerberg Aquatics-CP	31,62	31,64 q
2	Durandt, Sharli	11	Sport Science Institute of SA-CP	34,55	33,33 q
3	Basson, Lenè	11	Curro Langebaan Swim Club-WC	35,11	33,38 q
4	Lorenzen, Ava E	10	Blouberg Marlins-CP	32,92	33,39 q
5	Neumann, Erin R	10	Generation Swimming Academy-CP	33,45	33,42 q
6	Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	35,45	33,52 q
7	Fury, Amelia J	11	Vineyard SC-CP	33,58	33,57 q
8	Louw, Isabella A	11	Blouberg Marlins-CP	33,98	33,74 q
9	Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	35,05	33,83
10	Patel, Disha	11	Worcester Aquatics-CE	34,98	33,88
11	Brooker, Isabella J	11	Aqua Athlete Cta-CP	35,05	34,15
12	Nilsson, Rebecca B	11	Tygerberg Aquatics-CP	35,49	34,34
13	Dimatellis, Zoi	10	Royal Swimming Academy-ED	35,63	36,01
14	Hunter, Emma J	10	Knysna Aquatics Jnr-ED	37,34	37,44
15	Atkinson, Anouk E	11	Swartland Swim Club-WC	38,02	37,91
16	Barkhuysen, Jani	11	Aqua Sharks Academy-CP	37,66	38,38

**Event 502 Girls 12-13 50 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Combrink, Amy	13	Vineyard SC-CP	28,98	29,20
2	Neumann, Eva L	12	Generation Swimming Academy-CP	29,57	29,55
3	Magotsi, Riziki A	12	Vineyard SC-CP	29,64	29,65
4	Grütter, Arabelle	12	Royal Swimming Academy-ED	29,97	29,66
5	Burke, Hannah	13	Aqua Athlete Cta-CP	29,96	30,00
6	Thobeha, Naledi	13	Quick Silver Swimming Academy-CP	30,22	30,47
7	DE Necker, Hannah	13	Fish Eagle Aquatics-ED	30,07	30,60
8	Wium, Mari	13	Quicksilver Aquatics Winelands-CE	30,56	31,20

**Event 502 Girls 12-13 50 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Combrink, Amy	13	Vineyard SC-CP	28,81	28,98 q
2	Neumann, Eva L	12	Generation Swimming Academy-CP	29,98	29,57 q
3	Magotsi, Riziki A	12	Vineyard SC-CP	30,71	29,64 q
4	Burke, Hannah	13	Aqua Athlete Cta-CP	30,41	29,96 q
5	Grütter, Arabelle	12	Royal Swimming Academy-ED	29,56	29,97 q
6	DE Necker, Hannah	13	Fish Eagle Aquatics-ED	30,14	30,07 q
7	Thobeha, Naledi	13	Quick Silver Swimming Academy-CP	30,23	30,22 q
8	Wium, Mari	13	Quicksilver Aquatics Winelands-CE	30,91	30,56 q
9	Huang, Amelia A	13	Blouberg Marlins-CP	30,30	30,68
10	Hebler, Lily M	13	Generation Swimming Academy-CP	30,91	30,77

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 502 Girls 12-13 50 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
11	Coleman, Madison	13	Blouberg Marlins-CP	31,19	30,83
12	Cloete-Hopkins, Aryana A	12	Sport Science Institute of SA-CP	32,37	30,92
13	Geyser, Almi	13	Lane Leader Stellenbosch-CE	32,60	31,10
14	Hahn, Kayleigh K	13	Royal Swimming Academy-ED	31,41	31,11
15	Holthuis, Keilah-Naomi	13	Generation Swimming Academy-CP	31,02	31,16
16	Van Den Heever, Liya	12	Quicksilver Aquatics Winelands-CE	31,50	31,22
17	Van Galen, Ava-Loren	13	Biosplash Swim Academy-CE	32,53	31,34
18	Trout, Sophia L	13	Vineyard SC-CP	32,25	31,43
19	Briggs, Rebecca	12	Lane Leader Stellenbosch-CE	32,70	31,63
20	Rossouw, Emma M	13	Quick Silver Swimming Academy-CP	32,88	31,75
21	Newton, Ava L	13	Curro Durbanville Aquatics-CP	31,58	31,85
22	Davies, Jessica C	13	Aqua Sharks Academy-CP	33,21	32,02
23	Le Roux, Lucy L	13	Aquasharks Winelands-CE	31,65	32,12
24	Raimond, Marike M	13	Tygerberg Aquatics-CP	32,32	32,16
25	Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	32,53	32,38
26	Landman, Charnè	13	Generation Swimming Academy-CP	31,95	32,43
27	Dreyer, Arne'	12	Biosplash Swim Academy-CE	33,44	32,48
28	Vorster, Mia	12	Swartland Swim Club-WC	32,76	32,56
29	Visagie, Larissa	13	Aqua Sharks Academy-CP	32,59	32,65
30	Visser, Sandri	13	Players-CE	32,91	32,72
31	Riley, Logan	12	Vineyard SC-CP	32,89	32,84
32	Putter, Demi	12	Curro Durbanville Aquatics-CP	32,72	32,86
33	Minnaar, Stephanie	12	Tygerberg Aquatics-CP	33,81	32,88
34	Vd Merwe, Mia	13	Generation Swimming Academy-CP	33,70	32,91
35	Du Toit, Maria	13	Agulhas Aquatics-OB	33,16	33,01
36	Courtney, Sierra G	12	Sport Science Institute of SA-CP	33,51	33,04
37	Otterbach, Lily	12	Tygerberg Aquatics-CP	32,73	33,16
38	De Oliveira, Aliyah	12	Tygerberg Aquatics-CP	33,37	33,23
39	Burger, Juanè	12	Tygerberg Aquatics-CP	33,46	33,26
40	Vd Merwe, Mi-Ly	13	Biosplash Swim Academy-CE	33,84	33,33
41	Gerber, Simonè M	12	Greydogs Swimming Club-CP	32,87	33,52
42	Holman, Acaylia	12	Marlin Swimming Club-CP	32,63	33,55
43	Burger, Paris	13	Worcester Aquatics-CE	33,96	33,82
44	Morris, Jenna	13	Vineyard SC-CP	32,92	33,91
45	Steyn, Lucy S	12	Tygerberg Aquatics-CP	33,44	33,95
46	O'Carroll, Nia E	12	Biosplash Swim Academy-CE	35,00	34,11
47	Juries, Sam C	13	Curro Langebaan Swim Club-WC	34,48	34,52
48	Cloete, Milla D	12	Worcester Aquatics-CE	34,56	34,58
49	Van Tonder, Nina L	13	Worcester Aquatics-CE	34,09	34,70
50	Visagie, Jani	13	Swartland Swim Club-WC	36,32	35,20
51	Baillie, Gabi J	12	Royal Swimming Academy-ED	35,26	35,40
52	Van Niekerk, Ona	13	Fish Eagle Aquatics-ED	34,19	35,50
53	Mqadi, Olethiwe L	13	Cybersmart Aquatics-CP	35,61	36,49

**Event 502 Women 14-15 50 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Putter, Tanè	15	Curro Durbanville Aquatics-CP	29,31	28,74
2	Greyling, Soleil M	15	Aquasharks Winelands-CE	28,71	28,83
3	Burgess, Cassidy S	14	Vineyard SC-CP	29,35	29,26
4	Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	29,18	29,32
*5	Cronjè, Danielle	14	Generation Swimming Academy-CP	29,29	29,54

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 502 Women 14-15 50 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
*5 Smit, Jenna	15	Blouberg Marlins-CP	29,79	29,54
7 Prinsloo, Mila	15	Aquasharks Winelands-CE	29,29	29,70
8 Theron, Jady	15	Aquasharks Winelands-CE	29,91	30,03

## Event 502 Women 14-15 50 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Greyling, Soleil M	15	Aquasharks Winelands-CE	28,80	28,71 q
2 Van Niekerk, Lica	15	Quicksilver Aquatics Winelands-CE	29,20	29,18 q
*3 Cronjè, Danielle	14	Generation Swimming Academy-CP	29,40	29,29 q
*3 Prinsloo, Mila	15	Aquasharks Winelands-CE	29,78	29,29 q
5 Putter, Tanè	15	Curro Durbanville Aquatics-CP	29,39	29,31 q
6 Burgess, Cassidy S	14	Vineyard SC-CP	29,24	29,35 q
7 Smit, Jenna	15	Blouberg Marlins-CP	29,53	29,79 q
8 Theron, Jady	15	Aquasharks Winelands-CE	31,37	29,91 q
9 Vd Wal, Mieke	14	Curro Durbanville Aquatics-CP	31,30	30,11
10 Gennarakis, Christina	15	Curro Durbanville Aquatics-CP	30,07	30,17
11 Watson, Caitlin C	15	Blouberg Marlins-CP	30,28	30,25
12 Steenkamp, Veneske	14	Royal Swimming Academy-ED	30,75	30,31
13 Ryser, Aurora	15	Tygerberg Aquatics-CP	30,22	30,58
14 Van Den Berg, Lune	15	Quicksilver Aquatics Winelands-CE	31,07	30,60
15 De Roubaix, Maric M	15	Lane Leader Stellenbosch-CE	31,51	30,71
*16 Jurado, Stephanie C	14	Sport Science Institute of SA-CP	30,68	30,80
*16 Goebel, Zoë	14	Tygerberg Aquatics-CP	31,58	30,80
18 Kotzè, Tamsyn G	15	Blouberg Marlins-CP	31,54	30,87
19 Wium, Sophia	15	Quicksilver Aquatics Winelands-CE	30,33	30,90
20 Abrahams, Eve	14	Vineyard SC-CP	30,60	31,04
21 Verbeek, Wilmien	14	Curro Durbanville Aquatics-CP	31,81	31,26
22 Burke, Erin	15	Aqua Athlete Cta-CP	32,31	31,27
23 Dowdle, Kalynne	15	Aquasharks Winelands-CE	31,80	31,42
24 Mansfield, Bella K	15	Lane Leader Stellenbosch-CE	32,51	32,34
25 Witten, Hannah	15	Aqua Sharks Academy-CP	32,40	32,55
26 Vd Merwe, Simone	15	Generation Swimming Academy-CP	32,10	32,68
27 Jeftha, Zara L	14	Marlin Swimming Club-CP	32,05	32,73
28 Louw, Alexa	14	Blouberg Marlins-CP	31,48	32,81
29 Kriek, Mila	15	Quicksilver Aquatics Winelands-CE	32,17	32,94
30 Lategan, Emma M	14	Curro Durbanville Aquatics-CP	33,15	33,60
31 Tsai, Emily A	14	Blouberg Marlins-CP	33,10	33,73
32 Harris, Gemma	15	Marlin Swimming Club-CP	34,46	34,47

## Event 502 Women 16 &amp; Over 50 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Cope, Morgan M	16	Generation Swimming Academy-CP	27,97	27,97
2 Paljk, Tilka	25	Maties Aquatics-CE	27,96	28,15
3 Ribeiro, Nuria A	20	Maties Aquatics-CE	28,72	28,33
4 Christie, Leah E	17	Curro Durbanville Aquatics-CP	28,56	28,36
5 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	28,62	28,93
6 Novello, Utah	16	Curro Langebaan Swim Club-WC	29,55	29,35
7 Heyes, Danielle A	16	Aqua Sharks Academy-CP	29,97	29,64
8 Venter, Liya E	17	Blouberg Marlins-CP	29,06	29,68

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 502 Women 16 &amp; Over 50 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
9 Tinley, Kate L	18	Royal Swimming Academy-ED	30,01	29,93
10 Hugo, Anika S	16	Paarl Aquarius SC-CE	30,23	30,46
11 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	30,69	30,53
12 Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	30,49	30,64
13 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	31,06	30,81

## Event 502 Women 16 &amp; Over 50 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Paljk, Tilka	25	Maties Aquatics-CE	28,87	27,96 q
2 Cope, Morgan M	16	Generation Swimming Academy-CP	28,19	27,97 q
3 Christie, Leah E	17	Curro Durbanville Aquatics-CP	28,51	28,56 q
4 De Jongh, Grace	16	Lane Leader Stellenbosch-CE	28,84	28,62 q
5 Ribeiro, Nuria A	20	Maties Aquatics-CE	28,27	28,72 q
6 Michell, Emma Y	17	Lane Leader Stellenbosch-CE	29,54	28,98 q
7 Venter, Liya E	17	Blouberg Marlins-CP	29,07	29,06 q
8 Novello, Utah	16	Curro Langebaan Swim Club-WC	30,26	29,55 q
9 Heyes, Danielle A	16	Aqua Sharks Academy-CP	30,29	29,97 q
10 Tinley, Kate L	18	Royal Swimming Academy-ED	29,83	30,01 q
11 Hugo, Anika S	16	Paarl Aquarius SC-CE	30,44	30,23 q
12 Muggenburg, Jeannette J	16	Aquasharks Winelands-CE	31,02	30,49 q
13 Pretorius, Ashleë	17	Sport Science Institute of SA-CP	31,67	30,54 q
14 Benade, Kerry	18	Sport Science Institute of SA-CP	30,76	30,63 q
15 Vorster, Carli	16	Swartland Swim Club-WC	31,05	30,68 q
16 Havenga, Skyla K	16	Curro Langebaan Swim Club-WC	30,95	30,69 q
17 Vd Merwe, Haylee	17	Quick Silver Swimming Academy-CP	30,66	31,06
18 Micklethwaite, Skye T	16	Sport Science Institute of SA-CP	31,49	31,43
19 Paulse, Hannah N	19	Vineyard SC-CP	31,23	31,86

## Event 503 Boys 11 &amp; Under 50 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	30,68	31,03
2 Hahn, Kyle	10	Royal Swimming Academy-ED	31,86	31,34
3 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	32,03	31,75
4 Bright, Michael C	10	Curro Durbanville Aquatics-CP	32,39	32,74
5 Havinga, Christopher	11	Biosplash Swim Academy-CE	32,22	32,76
6 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	32,10	32,84
7 Matthee, Burger P	11	Agulhas Aquatics-OB	32,55	33,39
8 Coates, Caleb	10	Fish Eagle Aquatics-ED	32,38	33,81

## Event 503 Boys 11 &amp; Under 50 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Verbeek, Pierre O	11	Curro Durbanville Aquatics-CP	31,12	30,68 q
2 Hahn, Kyle	10	Royal Swimming Academy-ED	31,94	31,86 q
3 Van Zyl, Daniël R	11	Tygerberg Aquatics-CP	32,34	32,03 q
4 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	32,26	32,10 q
5 Havinga, Christopher	11	Biosplash Swim Academy-CE	35,28	32,22 q
6 Coates, Caleb	10	Fish Eagle Aquatics-ED	33,35	32,38 q
7 Bright, Michael C	10	Curro Durbanville Aquatics-CP	34,67	32,39 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 503 Boys 11 &amp; Under 50 LC Meter Freestyle)

Name	Age	Team	Seed Time	Prelim Time	
8 Matthee, Burger P	11	Agulhas Aquatics-OB	33,18	32,55	q
9 Vorster, Caiden	11	Curro Langebaan Swim Club-WC	36,55	32,65	
10 Tsai, Ethan M	11	Blouberg Marlins-CP	35,41	32,95	
11 Coleman, Travis	11	Blouberg Marlins-CP	34,40	33,73	
12 Parr, Colby S	11	Knysna Aquatics-ED	32,79	33,76	
13 Spencer, Marcus W	11	Vineyard SC-CP	34,09	33,98	
14 Schaefer, Daniel C	10	Quicksilver Aquatics Winelands-CE	35,10	34,05	
15 Pautz, Benjamin R	10	Blouberg Marlins-CP	33,14	34,09	
16 Troskie, Roean	11	Quick Silver Swimming Academy-CP	34,97	34,16	
17 Weber, Daniel	11	Players-CE	35,83	34,22	
18 Trower, Michael	11	Tygerberg Aquatics-CP	33,05	34,43	
19 Jurado, Ondjaki O	11	Vineyard SC-CP	34,71	34,62	
20 Möller, Van Zyl V	11	Tygerberg Aquatics-CP	33,91	34,71	
21 Jonas, Leonardo	11	Quicksilver Aquatics Winelands-CE	34,53	34,77	
22 Faulkner, Callum E	11	Blouberg Marlins-CP	35,88	35,77	
23 February, Dillon S	10	Curro Durbanville Aquatics-CP	37,39	36,00	
24 Simpson, Rhoderick M	9	Royal Swimming Academy-ED	36,06	36,07	
25 Loots, Noah C	11	Generation Swimming Academy-CP	35,32	36,19	
26 Haarhoff, Dylan J	11	Quicksilver Aquatics Winelands-CE	36,12	36,47	

## Event 503 Boys 12-13 50 LC Meter Freestyle

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Trower, Nic T	13	Tygerberg Aquatics-CP	27,28	26,53
2 Kotze, Eric B	13	Biosplash Swim Academy-CE	26,97	26,82
3 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	27,50	27,02
4 Kalapac, Joshua	13	Blouberg Marlins-CP	27,80	27,68
5 De Lange, Adriaan	12	Tygerberg Aquatics-CP	28,07	28,43
6 Fernold, AJ	12	Royal Swimming Academy-ED	28,70	28,69
7 Haupt, Rhys A	13	Vineyard SC-CP	28,79	28,98
8 De Kock, John P	13	Aqua Sharks Academy-CP	28,39	31,61

## Event 503 Boys 12-13 50 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Kotze, Eric B	13	Biosplash Swim Academy-CE	27,31	26,97	q
2 Trower, Nic T	13	Tygerberg Aquatics-CP	26,89	27,28	q
3 Stephenson, Liam N	13	Fish Eagle Aquatics-ED	28,40	27,50	q
4 Kalapac, Joshua	13	Blouberg Marlins-CP	27,50	27,80	q
5 De Lange, Adriaan	12	Tygerberg Aquatics-CP	29,31	28,07	q
6 De Kock, John P	13	Aqua Sharks Academy-CP	28,40	28,39	q
7 Fernold, AJ	12	Royal Swimming Academy-ED	29,11	28,70	q
8 Haupt, Rhys A	13	Vineyard SC-CP	29,56	28,79	q
9 Schultz, Heinrich W	13	Curro Durbanville Aquatics-CP	28,74	29,13	
10 Theys, Jayden-Lee	13	Evolution Aquatics-CP	29,97	29,19	
11 Vd Westhuizen, Ulrich J	13	Players-CE	28,45	29,42	
*12 Hudson, Thomas	12	Quicksilver Aquatics Winelands-CE	29,61	29,61	
*12 Williams, Jayden J	13	Paarl Aquarius SC-CE	30,21	29,61	
14 Rosslee, Christian F	13	Tygerberg Aquatics-CP	29,75	29,83	
15 Steer, Troy A	12	Aqua Sharks Academy-CP	32,15	30,03	
*16 Wing, James L	12	Greydogs Swimming Club-CP	31,54	30,08	



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 503 Boys 12-13 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Prelim Time
*16	Poggenpoel, Troy J	13	Marlin Swimming Club-CP	30,81	30,08
18	Kotzè, Max M	13	Blouberg Marlins-CP	30,80	30,33
19	Williams, Evan B	12	Sport Science Institute of SA-CP	33,15	30,35
20	Pullock, Sam J	13	Curro Hermanus Aquatics-OB	31,88	30,43
21	Abrahams, Rayhan	13	Walmers SC-CP	30,59	30,50
22	Snyders, Kyle	12	Curro Langebaan Swim Club-WC	30,88	30,56
23	De Bruyn, Cornè C	13	Aqua Sharks Academy-CP	32,15	30,62
24	Beukes, Jaden L	13	Walmers SC-CP	30,78	30,70
25	Du Plessis, Jason F	12	Curro Langebaan Swim Club-WC	31,89	30,73
26	Ollomo, Aaron M	12	Blouberg Marlins-CP	33,40	30,75
27	Vd Berg, Wilan	13	Quicksilver Aquatics Winelands-CE	30,37	30,80
28	Stanfliet, Nicholas	12	Vineyard SC-CP	31,68	30,81
29	Sirin, Ben	13	Vineyard SC-CP	31,16	30,94
30	Oosthuizen, Ethan	12	Players-CE	31,99	30,99
31	Coolen, Jonathan T	12	Biosplash Swim Academy-CE	30,62	31,16
32	Kriek, Divan D	12	Quicksilver Aquatics Winelands-CE	31,56	31,20
33	Lesch, Stef	13	Swartland Swim Club-WC	32,09	31,38
34	Bezuidenhout, Ernst E	12	Curro Durbanville Aquatics-CP	32,86	31,46
35	Cleophas, Kyle	13	Paarl Aquarius SC-CE	32,70	31,58
36	Goussard, Henry	12	Greydogs Swimming Club-CP	32,32	31,66
37	Mansfield, Luke T	12	Lane Leader Stellenbosch-CE	31,74	31,75
38	Spencer, Charles A	13	Vineyard SC-CP	32,08	31,86
39	Minnaar, Nicolas	12	Tygerberg Aquatics-CP	32,41	31,94
40	Richter, Leighton C	12	Players-CE	32,50	32,04
41	Pratt, Julian	13	Generation Swimming Academy-CP	32,86	32,52
42	Liedeman, Mark	12	Swartland Swim Club-WC	34,39	32,64
43	Jacobs, Zoon S	13	Agulhas Aquatics-OB	33,05	32,88
44	Lamminga, Tiaan	13	Curro Durbanville Aquatics-CP	34,43	33,18
45	Rheeder, Liam M	12	Paarl Aquarius SC-CE	34,02	33,27
46	Afonso, Aragon G	12	Quick Silver Swimming Academy-CP	33,65	33,28
47	Conradie, Niel	12	Quick Silver Swimming Academy-CP	37,00	34,85
48	Coetzee, Sion M	12	Quick Silver Swimming Academy-CP	35,88	35,11

**Event 503 Men 14-15 50 LC Meter Freestyle**

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	25,05	24,62
2	Pretorius, Luuk E	14	Knysna Aquatics-ED	25,49	25,24
3	Hutton, Jake	15	Blouberg Marlins-CP	25,71	25,58
4	Potgieter, Michael M	15	Lane Leader Stellenbosch-CE	25,25	25,66
5	Clarke, Liam	15	Lane Leader Stellenbosch-CE	25,85	25,89
6	Prince, Joshua	14	Sport Science Institute of SA-CP	26,33	26,14
7	Minnie, Kodi I	14	Royal Swimming Academy-ED	26,27	26,17
8	Engelbrecht, Ruben J	15	Players-CE	26,56	26,42

**Event 503 Men 14-15 50 LC Meter Freestyle**

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Esterhuysen, Joshua N	15	Tygerberg Aquatics-CP	24,71	25,05 q
2	Potgieter, Michael M	15	Lane Leader Stellenbosch-CE	26,52	25,25 q
3	Pretorius, Luuk E	14	Knysna Aquatics-ED	25,90	25,49 q
4	Hutton, Jake	15	Blouberg Marlins-CP	25,86	25,71 q

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 503 Men 14-15 50 LC Meter Freestyle)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
5	Clarke, Liam	15	Lane Leader Stellenbosch-CE	27,02	25,85	q
6	Kleynhans, Ian	15	Generation Swimming Academy-CP	26,66	26,25	q
7	Minnie, Kodi I	14	Royal Swimming Academy-ED	26,38	26,27	q
8	Prince, Joshua	14	Sport Science Institute of SA-CP	26,39	26,33	q
9	Engelbrecht, Ruben J	15	Players-CE	27,65	26,56	
10	Alexander, Ammaar	15	Marlin Swimming Club-CP	26,60	26,81	
11	Van Vondel, Anton J	15	Tygerberg Aquatics-CP	26,41	26,82	
12	Orchard, Thomas J	15	Swartland Swim Club-WC	27,77	27,09	
13	Beukes, Wade	15	Vineyard SC-CP	27,33	27,29	
14	Geyser, Jacques M	15	Lane Leader Stellenbosch-CE	28,25	27,31	
15	Potgieter, Liam	15	Fish Eagle Aquatics-ED	27,58	27,38	
16	Lottering, Seb C	14	Royal Swimming Academy-ED	27,43	27,49	
17	Grobler, Ewandre	15	Royal Swimming Academy-ED	28,37	27,59	
18	Witbooi, Reinhardt J	15	Biosplash Swim Academy-CE	28,65	27,62	
19	Bester, Eben	15	Tygerberg Aquatics-CP	28,58	27,65	
20	Rohner, Jayden M	15	Blouberg Marlins-CP	27,02	27,79	
21	Adendorff, James T	14	Tygerberg Aquatics-CP	27,51	27,97	
22	Stander, Luan	14	Players-CE	28,97	28,03	
23	Brooker, Matthew W	15	Aqua Athlete Cta-CP	27,56	28,05	
24	Hendricks, Joshua	15	Lane Leader Stellenbosch-CE	27,87	28,13	
25	Viljoen, Jaden R	14	Aqua Sharks Academy-CP	28,49	28,15	
26	Van Wyk, Wayne E	14	Generation Swimming Academy-CP	27,75	28,18	
27	Koekemoer, Callum	14	Quick Silver Swimming Academy-CP	27,97	28,31	
28	Koekemoer, Quinn D	15	Quick Silver Swimming Academy-CP	28,86	28,38	
*29	Nelson, Christopher A	15	Lane Leader Stellenbosch-CE	29,40	28,52	
*29	Bannister, Joshua G	14	Tygerberg Aquatics-CP	28,56	28,52	
31	Pedro, Tamkeen	14	Walmers SC-CP	28,94	28,63	
32	Van Schalkwyk, Janco	15	Quick Silver Swimming Academy-CP	28,71	28,77	
*33	McPetrie, James L	15	Manta SC-CP	28,53	28,95	
*33	Atkinson, Samuel A	14	Swartland Swim Club-WC	30,14	28,95	
35	Heyes, Garrick T	14	Aqua Sharks Academy-CP	28,86	28,98	
36	Schreuder, Steffen	14	Aquasharks Winelands-CE	28,64	29,01	
37	Vd Merwe, Michael D	15	Quick Silver Swimming Academy-CP	30,00	29,02	
38	Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	28,85	29,07	
39	Nefdt, Grant	15	Vineyard SC-CP	28,74	29,19	
40	Breet, Dawie-Louw L	15	Players-CE	28,60	29,26	
41	Den Haan, Stèfan	15	Quick Silver Swimming Academy-CP	29,58	29,30	
42	Karsten, Jody	15	Blouberg Marlins-CP	29,01	29,31	
43	Renard, Leo G	15	Aqua Sharks Academy-CP	30,38	29,46	
44	Van Helden, Ethan C	14	Generation Swimming Academy-CP	29,86	29,61	
45	Burmeister, Marius	14	Quicksilver Aquatics Winelands-CE	30,36	30,12	
46	Pautz, Nathan M	14	Blouberg Marlins-CP	30,97	30,15	
47	Kirsten, John-William R	14	Lane Leader Stellenbosch-CE	29,30	30,69	

**Event 503 Men 16 & Over 50 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	24,19	24,32
2	Malherbe, Francois	18	Lane Leader Stellenbosch-CE	24,49	24,73
3	Pool-Jones, Jonah B	20	Maties Aquatics-CE	25,03	24,84
4	Steyn, Stefan A	16	Knysna Aquatics-ED	24,87	24,95

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 503 Men 16 &amp; Over 50 LC Meter Freestyle)

Name	Age	Team	Prelim Time	Finals Time
5 Emslie, Joshua D	20	Maties Aquatics-CE	24,99	24,97
6 Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	24,97	25,08
7 Truter, Petrus C	19	Lane Leader Stellenbosch-CE	24,99	25,12
8 West, Gabriel	18	Tygerberg Aquatics-CP	25,53	25,22
9 Myburgh, Jordan	17	Blouberg Marlins-CP	25,31	25,24
10 Hopkins, Tim	17	Tygerberg Aquatics-CP	25,46	25,60
11 Volschenk, Ben T	16	Tygerberg Aquatics-CP	25,29	25,75
12 Basson, Wilan	16	Aqua Sharks Academy-CP	25,92	25,76
13 Van Reenen, Ryan	23	Blouberg Marlins-CP	25,66	25,80
14 Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	25,57	25,91
15 Beukes, Mateo A	17	Walmers SC-CP	25,74	26,37
16 Theron, Connor G	19	Sport Science Institute of SA-CP	26,00	26,70

## Event 503 Men 16 &amp; Over 50 LC Meter Freestyle

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Van Heerden, Stefan F	16	Lane Leader Stellenbosch-CE	24,43	24,19 q
2 Malherbe, Francois	18	Lane Leader Stellenbosch-CE	24,00	24,49 q
3 Steyn, Stefan A	16	Knysna Aquatics-ED	25,62	24,87 q
4 Kriegler, Christiaan C	17	Curro Durbanville Aquatics-CP	25,08	24,97 q
*5 Emslie, Joshua D	20	Maties Aquatics-CE	24,54	24,99 q
*5 Truter, Petrus C	19	Lane Leader Stellenbosch-CE	24,85	24,99 q
7 Pool-Jones, Jonah B	20	Maties Aquatics-CE	24,97	25,03 q
8 Volschenk, Ben T	16	Tygerberg Aquatics-CP	27,03	25,29 q
9 Myburgh, Jordan	17	Blouberg Marlins-CP	25,44	25,31 q
10 Hendricks, Robert A	17	Royal Swimming Academy-ED	25,81	25,32 q
11 Hopkins, Tim	17	Tygerberg Aquatics-CP	25,98	25,46 q
12 West, Gabriel	18	Tygerberg Aquatics-CP	25,38	25,53 q
13 Boonzaier, Jannie R	16	Aqua Sharks Academy-CP	26,06	25,57 q
14 Hieckmann, Ethan H	21	Barracudas Aquarama SC-CP	25,19	25,59 q
15 Van Reenen, Ryan	23	Blouberg Marlins-CP	26,20	25,66 q
16 Beukes, Mateo A	17	Walmers SC-CP	25,87	25,74 q
17 Bromfield, Michael V	21	Maties Aquatics-CE	25,68	25,89
18 Basson, Wilan	16	Aqua Sharks Academy-CP	25,75	25,92
19 Theron, Connor G	19	Sport Science Institute of SA-CP	25,81	26,00
20 Snyman, Jarryd L	23	Hurricane Aquatic Club-CP	26,96	26,04
*21 Coetzee, Liam	17	Players-CE	30,51	26,05
*21 Carrol, Matt	17	Blouberg Marlins-CP	25,99	26,05
*21 Kleinhans, Kyle	16	Sport Science Institute of SA-CP	26,07	26,05
24 Malherbe, Nicholas N	16	Lane Leader Stellenbosch-CE	28,04	26,11
25 Van Greunen, Renier	16	Fish Eagle Aquatics-ED	26,19	26,12
*26 Swart, Niklis	17	Players-CE	27,00	26,13
*26 Saaiman, Rikus T	17	Quick Silver Swimming Academy-CP	26,27	26,13
28 Louw, Adriaan B	16	Curro Langebaan Swim Club-WC	25,57	26,22
29 Oosthuizen, Nic D	20	Sport Science Institute of SA-CP	26,35	26,31
30 Burger, Schalk S	17	Swartland Swim Club-WC	26,56	26,42
*31 Hibberd, Matthew	25	Blouberg Marlins-CP	26,57	26,62
*31 Boshoff, Juan C	17	Tygerberg Aquatics-CP	26,06	26,62
33 Viljoen, Stèphen	16	Aquasharks Winelands-CE	28,50	26,63
34 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	27,25	26,66
35 Van Wyk, Wesley R	16	Generation Swimming Academy-CP	27,00	26,67

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 503 Men 16 &amp; Over 50 LC Meter Freestyle)

	Name	Age	Team	Seed Time	Prelim Time
36	Van Der Colff, Stian	17	Fish Eagle Aquatics-ED	27,90	26,76
*37	Abrahams, Matthew N	23	Aqua Sharks Academy-CP	27,04	26,80
*37	Foot, Aiden C	16	Swartland Swim Club-WC	27,41	26,80
39	Forbes, Nicholas J	16	Lane Leader Stellenbosch-CE	27,46	26,91
40	Hugo, Retief R	16	Aquasharks Winelands-CE	27,28	27,01
41	Malan, Johan S	16	Curro Durbanville Aquatics-CP	26,95	27,07
42	Strydom, Stephan	17	Tygerberg Aquatics-CP	27,60	27,09
43	Treurnicht, Wim G	17	Players-CE	27,39	27,17
44	Louw, Guillaume	19	Curro Durbanville Aquatics-CP	27,51	27,41
45	Gamieldien, Suhail	18	Aqua Dolphin Swimming Club-CP	27,60	27,44
46	Den Haan, Adriaan	18	Quick Silver Swimming Academy-CP	28,48	27,52
47	DE Bruyn, Flippie J	16	Fish Eagle Aquatics-ED	27,67	27,60
48	Barnard, Rohan C	18	Blouberg Marlins-CP	27,64	27,96
49	Goldstein, Tristan J	17	Aqua Sharks Academy-CP	28,31	28,22
50	Micklethwaite, Tyler L	18	Sport Science Institute of SA-CP	28,45	28,28
51	Chippendale, Logan T	16	Sport Science Institute of SA-CP	28,94	28,32
52	Van Vuuren, Armand B	17	Generation Swimming Academy-CP	27,62	28,33
53	Minnaar, Ben R	17	Tygerberg Aquatics-CP	29,76	28,41
54	Peycke, Tom R	20	Blouberg Marlins-CP	28,21	28,89
55	Laker, Mark	16	Curro Durbanville Aquatics-CP	29,87	30,35
---	Vd Merwe, Johan H	17	Maties Aquatics-CE	25,43	DQ

## Event 504 Girls 11 &amp; Under 100 LC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Durandt, Sharli	11	Sport Science Institute of SA-CP	1:30,16	1:24,09
	39,84 1:24,09				
2	Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	1:32,94	1:26,13
	41,44 1:26,13				
3	Basson, Lenè	11	Curro Langebaan Swim Club-WC	1:26,21	1:26,25
4	Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	1:29,11	1:31,31
	40,52 1:31,31				
5	Neumann, Erin R	10	Generation Swimming Academy-CP	1:39,56	1:32,33
6	Atkinson, Anouk E	11	Swartland Swim Club-WC	1:36,85	1:34,15
	44,38 1:34,15				

## Event 504 Girls 11 &amp; Under 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Basson, Lenè	11	Curro Langebaan Swim Club-WC	1:30,94	1:26,21 q
2	Faul, Ellen J	11	Quicksilver Aquatics Winelands-CE	1:32,81	1:29,11 q
	38,91 1:29,11				
3	Durandt, Sharli	11	Sport Science Institute of SA-CP	1:30,46	1:30,16 q
	40,53 1:30,16				
4	Swanepoel, Lulu A	11	Aqua Sharks Academy-CP	1:33,90	1:32,94 q
	42,63 1:32,94				
5	Atkinson, Anouk E	11	Swartland Swim Club-WC	1:34,12	1:36,85 q
	45,14 1:36,85				
6	Neumann, Erin R	10	Generation Swimming Academy-CP	1:34,31	1:39,56 q
	46,04 1:39,56				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 504 Girls 12-13 100 LC Meter Butterfly

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Huang, Amelia A 32,67 1:11,57	13	Blouberg Marlins-CP	1:12,21	1:11,57
2	Neumann, Eva L 34,08 1:13,57	12	Generation Swimming Academy-CP	1:16,30	1:13,57
3	Hartung, Amy M 35,31 1:14,22	13	Aqua Sharks Academy-CP	1:16,12	1:14,22
4	Wium, Mari 36,12 1:14,97	13	Quicksilver Aquatics Winelands-CE	1:17,15	1:14,97
5	Combrink, Amy 36,60 1:18,74	13	Vineyard SC-CP	1:16,97	1:18,74
6	Hahn, Kayleigh K	13	Royal Swimming Academy-ED	1:24,66	1:21,80
7	Magotsi, Riziki A 39,29 1:22,19	12	Vineyard SC-CP	1:21,40	1:22,19
8	Zeelie, Shanna-Leigh	13	Blouberg Marlins-CP	1:22,54	1:24,07

## Event 504 Girls 12-13 100 LC Meter Butterfly

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Huang, Amelia A 34,11 1:12,21	13	Blouberg Marlins-CP	1:16,17	1:12,21 q
2	Hartung, Amy M 35,02 1:16,12	13	Aqua Sharks Academy-CP	1:15,34	1:16,12 q
3	Neumann, Eva L 34,42 1:16,30	12	Generation Swimming Academy-CP	1:14,53	1:16,30 q
4	Combrink, Amy 35,88 1:16,97	13	Vineyard SC-CP	1:18,44	1:16,97 q
5	Wium, Mari	13	Quicksilver Aquatics Winelands-CE	1:20,73	1:17,15 q
6	Magotsi, Riziki A 38,33 1:21,40	12	Vineyard SC-CP	1:19,48	1:21,40 q
7	Zeelie, Shanna-Leigh 38,94 1:22,54	13	Blouberg Marlins-CP	1:26,13	1:22,54 q
8	Hahn, Kayleigh K	13	Royal Swimming Academy-ED	1:20,97	1:24,66 q
9	Otterbach, Lily 37,48 1:25,32	12	Tygerberg Aquatics-CP	1:25,55	1:25,32
10	Trout, Sophia L 37,64 1:26,90	13	Vineyard SC-CP	1:30,85	1:26,90
11	Landman, Charnè 41,36 1:27,60	13	Generation Swimming Academy-CP	1:29,27	1:27,60
12	Rossouw, Emma M 39,30 1:28,10	13	Quick Silver Swimming Academy-CP	1:31,04	1:28,10
13	Louw, Anieka	12	Curro Durbanville Aquatics-CP	1:28,50	1:28,87
14	Morris, Jenna	13	Vineyard SC-CP	1:28,85	1:29,03
15	Gerber, Simonè M	12	Greydogs Swimming Club-CP	1:35,27	1:29,68
16	De Oliveira, Aliyah 40,64 1:30,04	12	Tygerberg Aquatics-CP	1:30,71	1:30,04
17	Van Tonder, Nina L 44,27 1:44,57	13	Worcester Aquatics-CE	1:39,85	1:44,57

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 504 Women 14-15 100 LC Meter Butterfly

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Burgess, Cassidy S 31,42 1:07,17	14	Vineyard SC-CP	1:08,16	1:07,17
2 Van Niekerk, Lica 31,84 1:07,73	15	Quicksilver Aquatics Winelands-CE	1:08,59	1:07,73
3 Prinsloo, Mila 32,17 1:08,97	15	Aquasharks Winelands-CE	1:08,48	1:08,97
4 Steenkamp, Veneske 33,97 1:11,04	14	Royal Swimming Academy-ED	1:12,40	1:11,04
5 Voges, Jhoanè E 33,75 1:11,20	15	Quick Silver Swimming Academy-CP	1:11,94	1:11,20
6 Vd Wal, Mieke 32,93 1:11,70	14	Curro Durbanville Aquatics-CP	1:12,80	1:11,70
7 Gennarakis, Christina 34,01 1:14,00	15	Curro Durbanville Aquatics-CP	1:14,21	1:14,00
8 Morton, Tayler R 34,13 1:15,28	15	Generation Swimming Academy-CP	1:13,34	1:15,28

## Event 504 Women 14-15 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Burgess, Cassidy S	14	Vineyard SC-CP	1:07,68	1:08,16 q
2 Prinsloo, Mila 32,03 1:08,48	15	Aquasharks Winelands-CE	1:09,96	1:08,48 q
3 Van Niekerk, Lica 31,62 1:08,59	15	Quicksilver Aquatics Winelands-CE	1:08,70	1:08,59 q
4 Voges, Jhoanè E 34,15 1:11,94	15	Quick Silver Swimming Academy-CP	1:12,78	1:11,94 q
5 Steenkamp, Veneske 33,81 1:12,40	14	Royal Swimming Academy-ED	1:11,35	1:12,40 q
6 Greyling, Soleil M 33,35 1:12,59	15	Aquasharks Winelands-CE	1:10,18	1:12,59 q
7 Vd Wal, Mieke 33,56 1:12,80	14	Curro Durbanville Aquatics-CP	1:12,45	1:12,80 q
8 Morton, Tayler R 32,65 1:13,34	15	Generation Swimming Academy-CP	1:12,26	1:13,34 q
9 Gennarakis, Christina 33,61 1:14,21	15	Curro Durbanville Aquatics-CP	1:18,37	1:14,21
10 La Grange, Emma 33,83 1:16,55	14	Quicksilver Aquatics Winelands-CE	1:14,75	1:16,55
11 Vd Westhuizen, Joy 35,00 1:17,05	14	Aqua Dolphin Swimming Club-CP	1:17,73	1:17,05
12 Ryser, Aurora	15	Tygerberg Aquatics-CP	1:14,47	1:17,08
13 Cronjè, Danielle 35,28 1:18,38	14	Generation Swimming Academy-CP	1:17,52	1:18,38
14 Verbeek, Wilmien 37,10 1:21,32	14	Curro Durbanville Aquatics-CP	1:18,41	1:21,32
15 Van Den Berg, Lune 36,48 1:22,60	15	Quicksilver Aquatics Winelands-CE	1:23,31	1:22,60

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Event 504 Women 16 & Over 100 LC Meter Butterfly**

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Cilliers, Kara K 31,93 1:09,12	17	Quicksilver Aquatics Winelands-CE	1:09,68	1:09,12
2	Venter, Liya E 32,18 1:09,16	17	Blouberg Marlins-CP	1:08,85	1:09,16
3	Viljoen, Jo-Ell 32,74 1:10,16	16	Aquasharks Winelands-CE	1:09,71	1:10,16
4	Hugo, Anika S 33,27 1:11,30	16	Paarl Aquarius SC-CE	1:12,46	1:11,30
5	Uys, Tara	17	Tygerberg Aquatics-CP	1:11,64	1:12,43
6	Vorster, Carli	16	Swartland Swim Club-WC	1:14,09	1:15,56
7	Havenga, Skyla K 34,58 1:15,86	16	Curro Langebaan Swim Club-WC	1:17,21	1:15,86
8	Vd Merwe, Haylee 33,44 1:16,57	17	Quick Silver Swimming Academy-CP	1:18,42	1:16,57

**Event 504 Women 16 & Over 100 LC Meter Butterfly**

	Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>					
1	Venter, Liya E 31,20 1:08,85	17	Blouberg Marlins-CP	1:07,91	1:08,85 q
2	Cilliers, Kara K 32,26 1:09,68	17	Quicksilver Aquatics Winelands-CE	1:10,97	1:09,68 q
3	Viljoen, Jo-Ell 32,42 1:09,71	16	Aquasharks Winelands-CE	1:10,53	1:09,71 q
4	Uys, Tara 32,66 1:11,64	17	Tygerberg Aquatics-CP	1:11,72	1:11,64 q
5	Hugo, Anika S 33,33 1:12,46	16	Paarl Aquarius SC-CE	1:10,12	1:12,46 q
6	Kleinbans, Zara I 33,27 1:14,04	17	Aqua Dolphin Swimming Club-CP	1:15,42	1:14,04 q
7	Vorster, Carli	16	Swartland Swim Club-WC	1:15,52	1:14,09 q
8	Havenga, Skyla K 35,27 1:17,21	16	Curro Langebaan Swim Club-WC	1:20,66	1:17,21 q
9	Vd Merwe, Haylee 36,36 1:18,42	17	Quick Silver Swimming Academy-CP	1:16,28	1:18,42 q
10	Novello, Utah 35,66 1:20,59	16	Curro Langebaan Swim Club-WC	1:17,48	1:20,59 q

**Event 505 Boys 11 & Under 100 LC Meter Butterfly**

	Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>					
1	Swart, Nico N 36,70 1:17,25	11	Aqua Sharks Academy-CP	1:19,25	1:17,25
2	Van Zyl, Daniël R 36,38 1:17,57	11	Tygerberg Aquatics-CP	1:23,48	1:17,57
3	Pautz, Benjamin R 39,02 1:25,16	10	Blouberg Marlins-CP	1:31,55	1:25,16
4	Weber, Daniel	11	Players-CE	1:35,19	1:27,26
5	Trower, Michael 41,58 1:28,20	11	Tygerberg Aquatics-CP	1:32,50	1:28,20
6	Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	1:27,33	1:28,79

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Finals ... (Event 505 Boys 11 &amp; Under 100 LC Meter Butterfly)

Name	Age	Team	Prelim Time	Finals Time
7 Verbeek, Pierre O 41,17 1:30,90	11	Curro Durbanville Aquatics-CP	1:28,41	1:30,90

## Event 505 Boys 11 &amp; Under 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Swart, Nico N 37,64 1:19,25	11	Aqua Sharks Academy-CP	1:21,32	1:19,25 q
2 Van Zyl, Daniël R 39,93 1:23,48	11	Tygerberg Aquatics-CP	1:19,90	1:23,48 q
3 Van Wyk, Jack R	11	Curro Durbanville Aquatics-CP	1:25,95	1:27,33 q
4 Verbeek, Pierre O 40,27 1:28,41	11	Curro Durbanville Aquatics-CP	1:31,41	1:28,41 q
5 Pautz, Benjamin R 42,50 1:31,55	10	Blouberg Marlins-CP	1:28,90	1:31,55 q
6 Trower, Michael	11	Tygerberg Aquatics-CP	1:26,34	1:32,50 q
7 Weber, Daniel	11	Players-CE	1:40,59	1:35,19 q
8 Loots, Noah C 44,77 1:43,52	11	Generation Swimming Academy-CP	1:38,78	1:43,52 q

## Event 505 Boys 12-13 100 LC Meter Butterfly

Name	Age	Team	Prelim Time	Finals Time
<b>Finals</b>				
1 Kotze, Eric B 30,64 1:03,51	13	Biosplash Swim Academy-CE	1:05,44	1:03,51
2 Rosslee, Christian F 32,29 1:07,85	13	Tygerberg Aquatics-CP	1:10,45	1:07,85
3 De Kock, John P 31,54 1:08,12	13	Aqua Sharks Academy-CP	1:08,89	1:08,12
4 Kalapac, Joshua 31,91 1:08,52	13	Blouberg Marlins-CP	1:08,24	1:08,52
5 Williams, Jayden J 31,04 1:11,67	13	Paarl Aquarius SC-CE	1:12,77	1:11,67
6 Vd Westhuizen, Ulrich J 32,59 1:12,64	13	Players-CE	1:14,08	1:12,64
7 Haupt, Rhys A 34,57 1:14,11	13	Vineyard SC-CP	1:13,88	1:14,11
8 Bouwer, Jason 36,36 1:15,99	12	Tygerberg Aquatics-CP	1:15,42	1:15,99

## Event 505 Boys 12-13 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Kotze, Eric B 30,71 1:05,44	13	Biosplash Swim Academy-CE	1:06,41	1:05,44 q
2 Schultz, Heinrich W 31,30 1:06,34	13	Curro Durbanville Aquatics-CP	1:06,18	1:06,34 q
3 Kalapac, Joshua 30,82 1:08,24	13	Blouberg Marlins-CP	1:09,43	1:08,24 q
4 De Kock, John P	13	Aqua Sharks Academy-CP	1:08,05	1:08,89 q
5 Rosslee, Christian F 32,98 1:10,45	13	Tygerberg Aquatics-CP	1:10,61	1:10,45 q
6 Williams, Jayden J	13	Paarl Aquarius SC-CE	1:14,28	1:12,77 q
7 Haupt, Rhys A	13	Vineyard SC-CP	1:15,00	1:13,88 q



**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 505 Boys 12-13 100 LC Meter Butterfly)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>	
8	Vd Westhuizen, Ulrich J 32,73 1:14,08	13	Players-CE	1:10,06	1:14,08	q
9	Bouwer, Jason 35,97 1:15,42	12	Tygerberg Aquatics-CP	1:14,83	1:15,42	
10	Beukes, Jaden L 33,68 1:15,57	13	Walmers SC-CP	1:14,15	1:15,57	
11	Theys, Jayden-Lee	13	Evolution Aquatics-CP	1:26,05	1:18,47	
12	Roman, Noah P 37,51 1:18,64	12	Aqua Dolphin Swimming Club-CP	1:25,00	1:18,64	
13	Steer, Troy A 35,11 1:20,57	12	Aqua Sharks Academy-CP	1:33,92	1:20,57	
14	Oosthuizen, Ethan	12	Players-CE	1:22,45	1:22,72	
15	Stanfliet, Nicholas 37,10 1:22,76	12	Vineyard SC-CP	1:19,67	1:22,76	
16	Kotzè, Arden C	12	Paarl Aquarius SC-CE	1:14,36	1:23,47	
17	Kotzè, Max M 39,90 1:24,74	13	Blouberg Marlins-CP	1:28,36	1:24,74	
18	Liedeman, Mark	12	Swartland Swim Club-WC	1:33,77	1:25,03	
19	Goussard, Henry 37,88 1:25,66	12	Greydogs Swimming Club-CP	1:29,07	1:25,66	
20	Afonso, Aragon G	12	Quick Silver Swimming Academy-CP	1:19,78	1:27,22	
21	Richter, Leighton C 38,00 1:28,70	12	Players-CE	1:25,97	1:28,70	
22	Ollomo, Aaron M	12	Blouberg Marlins-CP	1:28,67	1:29,44	
23	Spencer, Charles A	13	Vineyard SC-CP	1:30,67	1:30,01	
24	Pullock, Sam J 41,08 1:32,42	13	Curro Hermanus Aquatics-OB	1:37,32	1:32,42	
---	Poggenpoel, Troy J 34,95 DQ	13	Marlin Swimming Club-CP	1:15,76		DQ

**Event 505 Men 14-15 100 LC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Esterhuysen, Joshua N 27,66 59,44	15	Tygerberg Aquatics-CP	1:01,56	59,44
2	Bester, Francois A 29,50 1:01,44	15	Quicksilver Aquatics Winelands-CE	1:03,96	1:01,44
3	Strydom, Conrad M 27,72 1:02,02	14	Quick Silver Swimming Academy-CP	1:02,20	1:02,02
4	Kleynhans, Ian 29,15 1:02,66	15	Generation Swimming Academy-CP	1:03,16	1:02,66
5	Engelbrecht, Ruben J 28,95 1:03,80	15	Players-CE	1:02,60	1:03,80
6	Clarke, Liam 30,37 1:05,81	15	Lane Leader Stellenbosch-CE	1:06,34	1:05,81
7	Alexander, Ammaar 30,52 1:07,38	15	Marlin Swimming Club-CP	1:06,39	1:07,38
8	Koekemoer, Callum 30,40 1:07,68	14	Quick Silver Swimming Academy-CP	1:07,96	1:07,68

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 505 Men 14-15 100 LC Meter Butterfly

Name	Age	Team	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Esterhuysen, Joshua N 28,65 1:01,56	15	Tygerberg Aquatics-CP	1:01,42	1:01,56	q
2 Strydom, Conrad M 28,93 1:02,20	14	Quick Silver Swimming Academy-CP	1:02,76	1:02,20	q
3 Engelbrecht, Ruben J 28,14 1:02,60	15	Players-CE	1:20,65	1:02,60	q
4 Kleynhans, Ian 30,31 1:03,16	15	Generation Swimming Academy-CP	1:03,49	1:03,16	q
5 Bester, Francois A 29,54 1:03,96	15	Quicksilver Aquatics Winelands-CE	1:02,68	1:03,96	q
6 Clarke, Liam 31,37 1:06,34	15	Lane Leader Stellenbosch-CE	1:09,65	1:06,34	q
7 Alexander, Ammaar 31,13 1:06,39	15	Marlin Swimming Club-CP	1:07,78	1:06,39	q
8 Solomon, Ethan 30,76 1:06,68	14	Aqua Dolphin Swimming Club-CP	1:08,54	1:06,68	q
9 Potgieter, Liam 31,19 1:07,85	15	Fish Eagle Aquatics-ED	1:09,95	1:07,85	
10 Koekemoer, Callum 31,55 1:07,96	14	Quick Silver Swimming Academy-CP	1:10,09	1:07,96	
11 Van Helden, Ethan C 31,53 1:08,11	14	Generation Swimming Academy-CP	1:08,22	1:08,11	
12 Geyser, Jacques M	15	Lane Leader Stellenbosch-CE	1:10,80	1:08,17	
13 Breet, Dawie-Louw L 31,74 1:09,73	15	Players-CE	1:10,53	1:09,73	
14 Pedro, Tamkeen 32,33 1:10,27	14	Walmers SC-CP	1:10,05	1:10,27	
15 Prince, Joshua 31,64 1:10,34	14	Sport Science Institute of SA-CP	1:07,92	1:10,34	
16 Terblanche, Luan L 33,54 1:10,39	14	Tygerberg Aquatics-CP	1:10,71	1:10,39	
17 Schreuder, Steffen 32,46 1:10,66	14	Aquasharks Winelands-CE	1:13,97	1:10,66	
18 Gilbert, Thomas O 33,13 1:11,08	14	Swimlab Aquatic Academ-CP	1:12,66	1:11,08	
19 Bannister, Joshua G 33,33 1:11,15	14	Tygerberg Aquatics-CP	1:12,13	1:11,15	
20 McPetrie, James L 33,03 1:11,21	15	Manta SC-CP	1:12,01	1:11,21	
21 Bester, Eben 32,71 1:12,70	15	Tygerberg Aquatics-CP	1:17,03	1:12,70	
22 Hendricks, Joshua 32,79 1:13,06	15	Lane Leader Stellenbosch-CE	1:11,71	1:13,06	
23 Heyes, Garrick T 33,94 1:13,47	14	Aqua Sharks Academy-CP	1:12,07	1:13,47	
24 Karsten, Jody 33,61 1:13,69	15	Blouberg Marlins-CP	1:12,76	1:13,69	
25 Renard, Leo G	15	Aqua Sharks Academy-CP	1:19,09	1:14,82	
26 Hewitt-Smook, Kristian	14	Swartland Swim Club-WC	1:18,13	1:18,30	
27 Burmeister, Marius 37,83 1:26,06	14	Quicksilver Aquatics Winelands-CE	1:33,81	1:26,06	

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Event 505 Men 16 & Over 100 LC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Prelim Time</b>	<b>Finals Time</b>
<b>Finals</b>					
1	Emslie, Joshua D 27,09 56,87	20	Maties Aquatics-CE	59,63	56,87
2	Coetzee, Liam 27,14 57,36	17	Players-CE	57,63	57,36
3	Hendricks, Robert A 27,20 57,59	17	Royal Swimming Academy-ED	57,97	57,59
4	Vd Merwe, Johan H 27,00 57,63	17	Maties Aquatics-CE	58,46	57,63
5	West, Gabriel 27,54 58,04	18	Tygerberg Aquatics-CP	59,60	58,04
6	Kriegler, Christiaan C 27,27 58,61	17	Curro Durbanville Aquatics-CP	58,11	58,61
7	Stander, Daniel E 28,93 1:01,43	16	Lane Leader Stellenbosch-CE	1:02,53	1:01,43
8	McWilliam, Benn D 29,10 1:01,57	16	Tygerberg Aquatics-CP	1:02,37	1:01,57
9	Swart, Niklis 28,94 1:02,22	17	Players-CE	1:01,89	1:02,22
10	Kotzè, Kailen M 28,72 1:02,29	16	Paarl Aquarius SC-CE	1:02,32	1:02,29
11	Terblanche, Kiaan C 29,53 1:03,07	17	Tygerberg Aquatics-CP	1:03,09	1:03,07
12	Basson, Wilan 28,04 1:03,13	16	Aqua Sharks Academy-CP	1:03,17	1:03,13
13	Theron, Connor G 29,54 1:03,16	19	Sport Science Institute of SA-CP	1:02,49	1:03,16
14	Malherbe, Nicholas N 29,59 1:03,45	16	Lane Leader Stellenbosch-CE	1:04,03	1:03,45
15	Van Reenen, Ryan 29,96 1:03,90	23	Blouberg Marlins-CP	1:03,45	1:03,90
16	Volschenk, Ben T 29,70 1:07,25	16	Tygerberg Aquatics-CP	1:02,78	1:07,25

**Event 505 Men 16 & Over 100 LC Meter Butterfly**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
<b>Preliminaries</b>					
1	Coetzee, Liam 27,28 57,63	17	Players-CE	57,07	57,63 q
2	Hendricks, Robert A 27,10 57,97	17	Royal Swimming Academy-ED	59,11	57,97 q
3	Kriegler, Christiaan C 27,98 58,11	17	Curro Durbanville Aquatics-CP	59,20	58,11 q
4	Vd Merwe, Johan H 26,79 58,46	17	Maties Aquatics-CE	59,74	58,46 q
5	West, Gabriel 27,75 59,60	18	Tygerberg Aquatics-CP	1:00,41	59,60 q
6	Emslie, Joshua D 27,42 59,63	20	Maties Aquatics-CE	56,85	59,63 q
7	Boshoff, Juan C 28,08 59,84	17	Tygerberg Aquatics-CP	59,43	59,84 q
8	Swart, Niklis 28,78 1:01,89	17	Players-CE	1:02,91	1:01,89 q

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Preliminaries ... (Event 505 Men 16 &amp; Over 100 LC Meter Butterfly)

Name	Age	Team	Seed Time	Prelim Time	
9 Kotzè, Kailen M 29,31 1:02,32	16	Paarl Aquarius SC-CE	1:03,18	1:02,32	q
10 McWilliam, Benn D 29,22 1:02,37	16	Tygerberg Aquatics-CP	1:03,72	1:02,37	q
11 Theron, Connor G 28,74 1:02,49	19	Sport Science Institute of SA-CP	59,66	1:02,49	q
12 Stander, Daniel E 28,97 1:02,53	16	Lane Leader Stellenbosch-CE	1:03,99	1:02,53	q
13 Volschenk, Ben T 28,86 1:02,78	16	Tygerberg Aquatics-CP	1:03,27	1:02,78	q
14 Terblanche, Kiaan C 29,44 1:03,09	17	Tygerberg Aquatics-CP	1:04,20	1:03,09	q
15 Basson, Wilan 28,54 1:03,17	16	Aqua Sharks Academy-CP	1:03,91	1:03,17	q
16 Gamieldien, Suhail 30,21 1:03,36	18	Aqua Dolphin Swimming Club-CP	1:02,09	1:03,36	q
17 Peceur, Mark D 29,97 1:03,44	18	Paarl Aquarius SC-CE	1:02,71	1:03,44	
18 Van Reenen, Ryan 29,00 1:03,45	23	Blouberg Marlins-CP	1:04,99	1:03,45	
19 Malherbe, Nicholas N 29,92 1:04,03	16	Lane Leader Stellenbosch-CE	1:04,51	1:04,03	
20 Beukes, Mateo A 30,44 1:04,04	17	Walmers SC-CP	1:04,90	1:04,04	
21 Hibberd, Matthew 29,20 1:04,07	25	Blouberg Marlins-CP	1:02,73	1:04,07	
*22 Viljoen, Stèphen 30,14 1:04,84	16	Aquasharks Winelands-CE	1:04,98	1:04,84	
*22 Treurnicht, Wim G 29,72 1:04,84	17	Players-CE	1:06,99	1:04,84	
24 Burger, Schalk S 29,77 1:04,88	17	Swartland Swim Club-WC	1:04,54	1:04,88	
25 Den Haan, Adriaan 29,74 1:04,97	18	Quick Silver Swimming Academy-CP	1:04,79	1:04,97	
26 Van Wyk, Wesley R 30,05 1:05,26	16	Generation Swimming Academy-CP	1:05,57	1:05,26	
27 Malan, Johan S 30,11 1:05,47	16	Curro Durbanville Aquatics-CP	1:03,37	1:05,47	
28 Saaiman, Rikus T 29,37 1:05,49	17	Quick Silver Swimming Academy-CP	1:04,23	1:05,49	
29 Hugo, Retief R 30,06 1:05,50	16	Aquasharks Winelands-CE	1:05,76	1:05,50	
30 Carrol, Matt 30,27 1:06,32	17	Blouberg Marlins-CP	1:03,47	1:06,32	
31 Abrahams, Matthew N 30,41 1:06,79	23	Aqua Sharks Academy-CP	1:06,16	1:06,79	
32 Foot, Aiden C 31,52 1:07,29	16	Swartland Swim Club-WC	1:06,59	1:07,29	
33 Peycke, Tom R 31,30 1:07,39	20	Blouberg Marlins-CP	1:10,34	1:07,39	
34 Szapira, Saul 30,95 1:07,40	16	Aqua Athlete Cta-CP	1:08,28	1:07,40	

**Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13****Results****Preliminaries ... (Event 505 Men 16 & Over 100 LC Meter Butterfly)**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Prelim Time</b>
35	Louw, Guillaume	19	Curro Durbanville Aquatics-CP	1:04,66	1:08,36
	30,59 1:08,36				
36	Van Vuuren, Armand B	17	Generation Swimming Academy-CP	1:10,13	1:09,20
	31,97 1:09,20				
37	Kleinhans, Kyle	16	Sport Science Institute of SA-CP	1:07,75	1:09,91
	31,73 1:09,91				
38	Goldstein, Tristan J	17	Aqua Sharks Academy-CP	1:10,01	1:10,40
	31,25 1:10,40				
39	Chippendale, Logan T	16	Sport Science Institute of SA-CP	1:09,88	1:10,74
	31,76 1:10,74				
40	Laker, Mark	16	Curro Durbanville Aquatics-CP	1:08,11	1:11,35
	33,10 1:11,35				
41	Van Greunen, Renier	16	Fish Eagle Aquatics-ED	1:06,60	1:12,18
	32,97 1:12,18				
42	Minnaar, Ben R	17	Tygerberg Aquatics-CP	1:15,73	1:19,56
	32,90 1:19,56				

**Event 506 Girls 13 & Under 1500 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Evans, Caitlin N	12	Tygerberg Aquatics-CP	19:27,02	19:38,68
	1:14,41 2:34,39 3:53,73 5:13,29				
	6:32,49 7:52,00 9:11,72 10:31,27				
	11:50,39 13:09,10 14:27,98 15:46,88				
	17:05,37 18:23,45 19:38,68				
2	Oliver, Caibella	13	Aqua Dolphin Swimming Club-CP	19:42,62	19:42,08
	38,14 1:18,28 1:57,97 2:37,17 3:16,58 3:56,40 4:36,05 5:15,77				
	5:55,46 6:35,10 7:14,70 7:54,39 8:33,49 9:13,50 9:52,80 10:32,42				
	11:11,71 11:51,04 12:30,23 13:10,13 13:49,56 14:29,31 15:08,63 15:48,27				
	16:27,34 17:07,10 17:46,43 18:26,23 19:42,08				
3	Grütter, Arabelle	12	Royal Swimming Academy-ED	20:18,05	20:17,31
	35,71 1:15,04 1:56,07 2:36,53 3:17,71 3:57,86 4:39,21 5:20,25				
	6:01,42 6:42,84 7:24,85 8:06,36 8:48,18 9:29,17 10:10,19 10:51,46				
	11:32,84 12:13,30 12:54,09 13:34,68 14:15,86 14:56,69 15:37,39 16:18,34				
	16:59,71 17:39,97 18:20,28 19:00,09 19:39,81 20:17,31				
4	Hartung, Amy M	13	Aqua Sharks Academy-CP	21:16,65	20:28,25
	37,29 1:17,12 1:58,25 2:39,47 3:21,24 4:02,47 4:44,56 5:25,87				
	6:07,19 6:48,71 7:30,91 8:12,53 8:53,47 9:34,61 10:16,22 10:56,86				
	11:38,95 12:20,65 13:02,23 13:43,55 14:25,81 15:07,04 15:47,72 16:27,53				
	17:07,88 17:48,44 18:29,93 19:09,69 19:49,61 20:28,25				

**Event 506 Women 14-15 1500 LC Meter Freestyle**

	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Kleinhans, Asia J	14	Aqua Dolphin Swimming Club-CP	19:32,45	19:31,49
	35,60 1:13,57 1:52,52 2:31,45 3:10,77 3:49,64 4:28,96 5:07,90				
	5:47,60 6:26,88 7:06,51 7:46,28 8:26,47 9:05,68 9:45,64 10:24,83				
	11:03,96 11:43,35 12:22,66 13:01,64 13:40,79 14:20,15 14:59,31 15:38,74				
	16:17,62 16:56,44 17:35,09 18:13,98 18:52,88 19:31,49				
2	Kotzè, Tamsyn G	15	Blouberg Marlins-CP	19:41,46	19:57,66
	34,95 1:12,37 1:51,25 2:30,37 3:09,47 3:48,75 4:28,62 5:08,23				
	5:48,42 6:28,16 7:08,14 7:47,88 8:27,70 9:07,32 9:47,31 10:26,95				
	11:06,97 11:46,88 12:27,14 13:07,34 13:48,61 14:28,81 15:09,49 15:49,95				
	16:31,23 17:13,83 17:55,43 18:36,72 19:17,84 19:57,66				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

## Event 506 Women 16 &amp; Over 1500 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Neilson, Hannah K	17	Maties Aquatics-CE	18:00,28	18:02,32
	32,07	1:07,29	1:42,60	2:18,17	2:54,07
	3:29,91	4:05,90	4:41,80	5:18,21	5:54,39
	6:30,96	7:06,86	7:43,13	8:19,42	8:56,13
	9:32,45	10:09,27	10:45,60	11:22,06	11:58,68
	12:35,33	13:11,71	13:48,59	14:24,69	15:01,86
	15:38,78	16:15,69	16:52,56	17:28,47	18:02,32
2	King, Mischa	17	Lane Leader Stellenbosch-CE	18:47,24	18:53,95
	32,85	1:08,89	1:46,34	2:23,74	3:01,87
	3:39,71	4:18,02	4:56,03	5:34,66	6:12,74
	6:51,11	7:29,17	8:07,68	8:45,51	9:23,90
	10:01,88	10:40,67	11:18,93	11:57,34	12:35,68
	13:13,45	13:51,81	14:30,38	15:08,38	15:46,72
	16:24,43	17:02,97	17:40,53	18:18,13	18:53,95
3	Viljoen, Jo-Ell	16	Aquasharks Winelands-CE	19:23,75	19:21,74
	33,11	1:09,34	1:46,97	2:24,87	3:03,49
	3:42,01	4:20,75	4:59,63	5:38,81	6:17,40
	6:56,86	7:35,78	8:14,42	8:52,94	9:32,32
	10:11,30	10:50,22	11:28,94	12:08,10	12:47,07
	13:26,69	14:05,78	14:45,62	15:24,70	16:04,35
	16:44,18	17:24,47	18:03,59	18:43,12	19:21,74
4	Tinley, Kate L	18	Royal Swimming Academy-ED	20:26,91	20:35,90
	35,35	1:14,16	1:54,42	2:35,30	3:15,88
	3:56,43	4:37,84	5:19,19	6:01,11	6:42,58
	7:25,21	8:06,60	8:48,75	9:30,17	10:11,77
	10:53,40	11:35,85	12:17,65	13:00,19	13:41,38
	14:23,41	15:05,19	15:47,17	16:28,39	17:10,18
	17:51,72	18:33,74	19:15,45	19:57,14	20:35,90

## Event 507 Boys 13 &amp; Under 800 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Trower, Nic T	13	Tygerberg Aquatics-CP	9:28,40	9:21,82
	31,90	1:06,57	1:41,76	2:17,24	2:53,10
	3:28,34	4:04,67	4:39,66	5:15,57	5:51,15
	6:27,43	7:03,13	7:39,35	8:14,73	8:50,60
2	Lategan, Nicky N	13	Swartland Swim Club-WC	10:46,72	10:17,76
	33,15	1:10,62	1:49,82	2:28,97	3:08,88
	3:47,73	4:27,45	5:06,94	5:46,79	6:25,70
	7:05,77	7:44,61	8:24,61	9:03,07	9:42,31
3	Bouwer, Jason	12	Tygerberg Aquatics-CP	11:23,27	11:13,19
	1:18,31	2:43,56	4:09,00	5:35,89	7:01,23
	8:26,65	9:51,98	10:34,20	11:13,19	
4	Pratt, Julian	13	Generation Swimming Academy-CP	12:48,93	12:02,22
	36,28	1:16,76	2:00,08	2:45,93	3:31,64
	4:19,17	5:06,28	5:54,22	6:42,32	7:29,67
	8:16,36	9:02,63	9:48,79	10:34,87	11:19,69
	12:02,22				

## Event 507 Men 14-15 800 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	McWilliam, Troy J	15	Tygerberg Aquatics-CP	9:20,20	9:21,59
	30,73	1:06,10	1:42,30	2:17,06	2:52,26
	3:28,12	4:03,52	4:39,62	5:15,85	5:51,62
	6:27,26	7:02,60	7:38,21	8:13,81	9:21,59
2	Wolson, Daniel A	15	Swimlab Aquatic Academ-CP	9:21,42	9:22,25
	32,11	1:06,15	1:40,02	2:14,65	2:50,12
	3:25,39	4:01,48	4:37,07	5:13,19	5:48,80
	6:25,18	7:00,85	7:37,35	8:12,80	8:48,86
3	Van Wyk, Wayne E	14	Generation Swimming Academy-CP	9:36,53	9:25,95
	30,86	1:05,48	1:42,37	2:18,68	2:55,16
	3:31,01	4:07,53	4:44,17	5:20,33	5:56,25
	6:32,78	7:09,34	7:45,76	8:19,09	8:53,87
4	Beukes, Wade	15	Vineyard SC-CP	9:26,65	9:26,19
	32,39	1:06,83	1:41,67	2:16,98	2:52,99
	3:28,84	4:05,53	4:41,49	5:16,84	5:52,88
	6:29,21	7:05,07	7:40,27	8:15,91	8:51,02
5	Solomon, Ethan	14	Aqua Dolphin Swimming Club-CP	9:36,01	9:32,98
	31,82	1:07,14	1:43,15	2:18,98	2:55,32
	3:31,31	4:07,90	4:44,08	5:20,32	5:56,05
	6:32,28	7:07,91	7:44,31	8:20,70	8:57,28
	9:32,98				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 507 Men 14-15 800 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
6 Terblanche, Luan L	14	Tygerberg Aquatics-CP	9:46,11	9:35,36
32,34 1:08,28 1:44,95 2:21,20 2:57,92 3:34,34 4:11,16 4:47,72				
5:24,11 6:00,32 6:36,75 7:12,93 7:49,37 8:25,32 9:01,37 9:35,36				
7 Möller, FC C	15	Tygerberg Aquatics-CP	9:58,09	9:39,32
32,32 1:08,53 1:45,00 2:21,56 2:58,27 3:35,06 4:11,69 4:48,44				
5:25,16 6:01,96 6:38,91 7:15,50 7:52,19 8:29,34 9:04,56 9:39,32				
8 Van Vondel, Anton J	15	Tygerberg Aquatics-CP	9:27,12	9:39,98
1:06,56 2:18,77 3:32,19 4:46,54				
6:01,18 7:15,59 8:28,67 9:39,98				
9 Clayton, Antony L	15	Lane Leader Stellenbosch-CE	9:33,05	9:47,24
32,54 1:08,91 1:46,03 2:23,09 3:00,48 3:37,20 4:14,55 4:51,74				
5:29,01 6:05,98 6:43,17 7:20,44 7:57,42 8:34,18 9:11,31 9:47,24				
10 Pautz, Nathan M	14	Blouberg Marlins-CP	10:55,80	10:42,11
33,00 1:10,94 1:51,35 2:32,92 3:14,32 3:55,33 4:36,35 5:16,88				
5:58,16 6:39,26 7:20,22 8:01,45 8:42,73 9:23,27 10:03,32 10:42,11				
--- McPetrie, James L	15	Manta SC-CP	10:25,03	DQ
32,54 1:09,95 1:48,84 2:27,24 3:07,49 3:45,57 4:25,07 5:03,88				
5:43,20 6:22,31 7:01,73 7:39,72 8:19,34 8:57,13 9:34,38 DQ				

**Event 507 Men 16 & Over 800 LC Meter Freestyle**

Name	Age	Team	Seed Time	Finals Time
1 Bailey, Ethan J	19	Aqua Dolphin Swimming Club-CP	8:41,58	8:38,39
28,47 59,90 1:31,77 2:03,51 2:36,22 3:08,76 3:41,56 4:14,47				
4:47,79 5:20,80 5:54,41 6:28,52 7:01,42 7:34,42 8:07,61 8:38,39				
2 Wright, Keegan	16	Tygerberg Aquatics-CP	9:00,10	8:51,32
29,45 1:02,43 1:35,89 2:09,37 2:42,49 3:16,24 3:49,97 4:23,66				
4:57,32 5:30,91 6:04,75 6:38,65 7:12,29 7:46,03 8:19,50 8:51,32				
3 Forbes, Thomas P	18	Lane Leader Stellenbosch-CE	9:02,90	8:56,87
1:02,90 2:10,79 3:19,18 4:28,24				
5:37,13 6:45,86 7:52,64 8:56,87				
4 Ellis, Liam	16	Aqua Athlete Cta-CP	8:54,39	9:01,79
29,39 1:02,24 1:36,19 2:10,15 2:44,77 3:18,73 3:52,98 4:27,61				
5:01,81 5:36,13 6:10,85 6:44,89 7:19,06 7:53,50 8:27,95 9:01,79				
5 Viljoen, Stèphen	16	Aquasharks Winelands-CE	9:28,32	9:13,53
29,58 1:02,46 1:36,62 2:12,03 2:47,78 3:23,68 3:59,22 4:35,03				
5:10,59 5:46,25 6:21,90 6:57,63 7:33,28 8:07,79 8:41,80 9:13,53				
6 Steyn, Stefan A	16	Knysna Aquatics-ED	9:04,06	9:13,71
29,01 1:01,88 1:36,42 2:10,90 2:45,64 3:20,51 3:55,99 4:31,43				
5:07,29 5:42,65 6:18,49 6:53,55 7:29,30 8:04,77 8:39,98 9:13,71				
7 Levey, Chad	16	Generation Swimming Academy-CP	9:03,34	9:22,07
29,84 1:03,14 1:37,41 2:12,79 2:48,23 3:24,16 4:00,02 4:36,08				
5:11,59 5:47,84 6:23,62 6:59,89 7:35,49 8:11,68 8:47,15 9:22,07				
8 Strydom, Stephan	17	Tygerberg Aquatics-CP	9:59,81	9:35,68
32,38 1:07,57 1:44,86 2:21,44 2:59,02 3:35,32 4:12,28 4:48,97				
5:25,60 6:01,80 6:38,50 7:14,27 7:50,48 8:26,13 9:01,74 9:35,68				
9 McWilliam, Benn D	16	Tygerberg Aquatics-CP	9:18,03	9:42,80
30,99 1:06,03 1:42,64 2:19,24 2:56,46 3:33,91 4:11,29 4:48,65				
5:26,06 6:03,70 6:40,53 7:17,55 7:54,56 8:31,34 9:07,47 9:42,80				
10 Van Wyk, Wesley R	16	Generation Swimming Academy-CP	9:55,12	9:55,05
30,98 1:05,90 1:42,92 2:19,34 2:56,75 3:33,77 4:11,59 4:49,47				
5:27,68 6:06,13 6:45,49 7:23,84 8:02,16 8:40,33 9:18,48 9:55,05				
11 Oosthuizen, Nic D	20	Sport Science Institute of SA-CP	9:32,21	9:59,47
30,10 1:06,38 1:43,68 2:22,47 2:58,83 3:37,05 4:15,02 4:54,22				
5:32,43 6:12,44 6:50,70 7:30,31 8:08,28 8:46,19 9:22,86 9:59,47				

## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**(Event 507 Men 16 & Over 800 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
12 Barnard, Rohan C	18	Blouberg Marlins-CP	10:07,42	10:12,72
			31,33 1:07,08 1:44,08 2:21,90 2:59,65 3:38,00 4:17,12 4:57,14	
			5:36,06 6:16,70 6:56,31 7:37,19 8:16,56 8:57,51 9:36,15 10:12,72	

**Event 600 Women 16 & Over 50 LC Meter Freestyle Multi-Class**

Name	Age	Team	Seed Time	Finals Time
2 Kriegler, Joanica C S10	18	Curro Durbanville Aquatics-CP	33,15	32,66
3 Janse Van Rensburg, Minke S14	18	Fish Eagle Aquatics-ED	35,05	34,57

**Event 600 Men 16 & Over 50 LC Meter Freestyle Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Sadie, Christian M S7	25	Lane Leader Stellenbosch-CE	30,62	30,87

**Event 601 Women 16 & Over 50 LC Meter Backstroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Kriegler, Joanica C S10	18	Curro Durbanville Aquatics-CP	39,43	39,97
2 Janse Van Rensburg, Minke S14	18	Fish Eagle Aquatics-ED	51,36	49,07

**Event 602 Women 16 & Over 50 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Kriegler, Joanica C SB10	18	Curro Durbanville Aquatics-CP	43,21	43,48

**Event 602 Boys 11 & Under 50 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
2 Pardoe, James N SB15	11	Greydogs Swimming Club-CP	55,95	57,88

**Event 603 Women 16 & Over 50 LC Meter Butterfly Multi-Class**

Name	Age	Team	Seed Time	Finals Time
2 Kriegler, Joanica C S10	18	Curro Durbanville Aquatics-CP	37,45	37,11

**Event 603 Boys 11 & Under 50 LC Meter Butterfly Multi-Class**

Name	Age	Team	Seed Time	Finals Time
3 Pardoe, James N S15	11	Greydogs Swimming Club-CP	54,47	50,92

**Event 603 Men 16 & Over 50 LC Meter Butterfly Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Sadie, Christian M S7	25	Lane Leader Stellenbosch-CE	32,58	31,39

**Event 604 Women 16 & Over 100 LC Meter Freestyle Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Kriegler, Joanica C S10	18	Curro Durbanville Aquatics-CP	1:11,57	1:10,86
			33,85 1:10,86	
2 Janse Van Rensburg, Minke S14	18	Fish Eagle Aquatics-ED	1:20,69	1:18,81
			35,13 1:18,81	

**Event 604 Boys 11 & Under 100 LC Meter Freestyle Multi-Class**

Name	Age	Team	Seed Time	Finals Time
3 Pardoe, James N S15	11	Greydogs Swimming Club-CP	1:30,14	1:29,66
			42,53 1:29,66	

**Event 605 Women 16 & Over 100 LC Meter Backstroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
2 Kriegler, Joanica C S10	18	Curro Durbanville Aquatics-CP	1:24,84	1:24,34
			40,14 1:24,34	



## Western Cape LC-A Championship 2022 - 2022/12/09 to 2022/12/13

## Results

**Event 605 Boys 11 & Under 100 LC Meter Backstroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
3 Pardoe, James N S15 49,49 1:42,47	11	Greydogs Swimming Club-CP	1:42,47	1:42,47

**Event 605 Men 16 & Over 100 LC Meter Backstroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Sadie, Christian M S7 36,68 1:15,71	25	Lane Leader Stellenbosch-CE	1:18,81	1:15,71

**Event 606 Women 16 & Over 100 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
2 Kriegler, Joanica C SB10 45,81 1:36,84	18	Curro Durbanville Aquatics-CP	1:37,25	1:36,84

**Event 606 Boys 11 & Under 100 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
3 Pardoe, James N SB15 55,76 2:00,66	11	Greydogs Swimming Club-CP	2:08,68	2:00,66

**Event 606 Men 16 & Over 100 LC Meter Breaststroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Sadie, Christian M SB7 41,13 1:26,94	25	Lane Leader Stellenbosch-CE	1:28,42	1:26,94

**Event 607 Women 16 & Over 100 LC Meter Butterfly Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Kriegler, Joanica C S10 40,88 1:28,36	18	Curro Durbanville Aquatics-CP	1:27,49	1:28,36
2 Janse Van Rensburg, Minke S14	18	Fish Eagle Aquatics-ED	1:45,35	1:43,84

**Event 608 Women 16 & Over 200 LC Meter Freestyle Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Kriegler, Joanica C S10 35,06 1:14,73 1:56,54 2:36,09	18	Curro Durbanville Aquatics-CP	2:36,58	2:36,09

**Event 608 Boys 11 & Under 200 LC Meter Freestyle Multi-Class**

Name	Age	Team	Seed Time	Finals Time
2 Pardoe, James N S15 43,06 1:32,60 3:11,65	11	Greydogs Swimming Club-CP	3:02,48	3:11,65

**Event 609 Women 16 & Over 200 LC Meter Backstroke Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Kriegler, Joanica C S10 41,51 1:26,18 2:15,52 3:01,87	18	Curro Durbanville Aquatics-CP	3:01,62	3:01,87

**Event 612 Women 16 & Over 200 LC Meter IM Multi-Class**

Name	Age	Team	Seed Time	Finals Time
2 Kriegler, Joanica C SM10 40,29 1:26,11 2:18,18 2:59,33	18	Curro Durbanville Aquatics-CP	2:57,50	2:59,33
3 Janse Van Rensburg, Minke SM14 1:42,62 2:46,43 3:32,49	18	Fish Eagle Aquatics-ED	3:39,70	3:32,49

**Event 612 Men 16 & Over 200 LC Meter IM Multi-Class**

Name	Age	Team	Seed Time	Finals Time
1 Sadie, Christian M SM7 32,47 1:11,80 2:00,84 2:38,78	25	Lane Leader Stellenbosch-CE	2:40,87	2:38,78