

Individual Meet Results

SA Level 3 Regional Age Group Champs 2025-NT 20-Mar-25 to 23-Mar-25 LC Meters

Location: Tuks Aquatic Centre

DMSS Gators Swimming Club [DMSS] Coach: Colter Carman

Time	F/P/S	Event	Place	Points	Improv
Ruben De Jager (15) M					
2:31.78L	F # 207E	Male 15-15 200 Back	7	4	-2.65
2:32.49L	P # 207E	Male 15-15 200 Back	6	---	-1.94
1:10.65L	P # 309E	Male 15-15 100 Back	9	---	-0.22
1:11.36L	F # 309E	Male 15-15 100 Back	10	1	0.49
2:45.40L	P # 313E	Male 15-15 200 IM	23	---	0.18
32.97L	P # 409E	Male 15-15 50 Back	9	---	-0.22
32.73L	P # 411E	Male 15-15 50 Fly	30	---	-1.60
Yusurf Garmroudi (18) M					
59.29L	P # 201G	Male 17-19 100 Free	14	---	1.66
1:03.59L	F # 211G	Male 17-19 100 Fly	4	7	1.16
1:05.08L	P # 211G	Male 17-19 100 Fly	6	---	2.65
2:30.82L	P # 313G	Male 17-19 200 IM	6	---	3.13
2:31.67L	F # 313G	Male 17-19 200 IM	7	4	3.98
28.10L	P # 411G	Male 17-19 50 Fly	5	---	0.55
28.17L	F # 411G	Male 17-19 50 Fly	5	6	0.62
Katlo Montshiwa (13) M					
1:07.14L	P # 201C	Male 13-13 100 Free	12	---	-3.33
1:30.73L	P # 205C	Male 13-13 100 Breast	22	---	0.17
2:32.76L	P # 301C	Male 13-13 200 Free	20	---	-5.54
37.59L	F # 305C	Male 13-13 50 Breast	6	5	-3.17
38.23L	P # 305C	Male 13-13 50 Breast	7	---	-2.53
29.66L	F # 401C	Male 13-13 50 Free	8	3	-0.66
29.84L	P # 401C	Male 13-13 50 Free	7	---	-0.48
3:22.03L	P # 405C	Male 13-13 200 Breast	15	---	-2.77
Laya Mpuchane (11) F					
1:39.27L	P # 206A	Female 11 & Under 100 Breast	21	---	-1.30
44.49L	P # 306A	Female 11 & Under 50 Breast	18	---	-0.74
36.90L	P # 402A	Female 11 & Under 50 Free	48	---	-0.75
3:44.49L	P # 406A	Female 11 & Under 200 Breast	30	---	1.04
Phoebe Oagile-Motso (14) F (FN)					
5:55.55L	F # 108	Female 14-14 400 Free	20	---	16.57
1:13.16L	P # 202D	Female 14-14 100 Free	35	---	1.70
2:54.62L	P # 208D	Female 14-14 200 Back	10	---	-0.71
2:54.68L	F # 208D	Female 14-14 200 Back	10	1	-0.65
2:43.32L	P # 302D	Female 14-14 200 Free	31	---	5.39
1:19.09L	F # 310D	Female 14-14 100 Back	6	5	-1.17
1:19.14L	P # 310D	Female 14-14 100 Back	10	---	-1.12
3:05.62L	P # 314D	Female 14-14 200 IM	21	---	9.34
36.79L	P # 410D	Female 14-14 50 Back	8	---	1.77

Individual Meet Results**SA Level 3 Regional Age Group Champs 2025-NT 20-Mar-25 to 23-Mar-25 LC Meters****Location: Tuks Aquatic Centre****DMSS Gators Swimming Club [DMSS] Coach: Colter Carman**

Time	F/P/S	Event	Place	Points	Improv
Cala Parker (12) F					
5:43.50L	F # 104	Female 12-12 400 Free	11	---	-2.88
1:17.40L	P # 202B	Female 12-12 100 Free	42	---	1.48
2:57.28L	F # 208B	Female 12-12 200 Back	7	4	-12.90
3:00.73L	P # 208B	Female 12-12 200 Back	9	---	-9.45
2:44.72L	P # 302B	Female 12-12 200 Free	26	---	-5.92
1:23.15L	P # 310B	Female 12-12 100 Back	8	---	0.39
1:23.87L	F # 310B	Female 12-12 100 Back	10	1	1.11
32.83L	P # 402B	Female 12-12 50 Free	19	---	-0.69
38.33L	P # 410B	Female 12-12 50 Back	15	---	-0.89