

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

Event 101 Men 50 LC Meter Breaststroke

USSA: 28.92 # 2009/12/01 William G Diering
30.28 SASS

Name	Age	Team	Finals Time	
1 Diering, William G	24	TUKS-NT	29.83	SASS
2 Stottelaar, Chris	25	NMMU-EP	31.99	
3 Finch, Doyle R	20	UWCA-WP	32.24	
4 Hugo, Rhys J	20	FORT-BO	32.87	
5 Reid, Tim D	21	MATI-WP	33.40	
6 Adriaanse, Jodi	19	TUKS-NT	33.41	
7 Sam, Justin A	19	FORT-BO	33.67	
8 Lotriet, Bernhard P	22	MATI-WP	33.68	
9 Lemphane, Victor W	21	UWCA-WP	35.22	
10 Paultney, Daniel M	20	UCTA-WP	35.86	
11 Baines, Daniel	22	RHODE-EP	36.12	
12 Dahms, Heinrich T	21	MATI-WP	36.72	
13 Leslie, Mike G	19	MATI-WP	37.07	
14 Franz, Nicholas	23	WITS-CG	37.20	
15 Schafer, Cameron W	21	MATI-WP	37.56	
16 Reis, Richard		WITS-CG	37.61	
17 Steele, Matthew	21	WITS-CG	37.90	
18 Overton, Matthew	22	WITS-CG	38.47	
19 Fourie, Armand Z	20	NWUC-NW	38.60	
20 Lowndes, Andrew	22	RHODE-EP	39.59	
21 Msikinya, Themba	21	UNATT-WP	41.16	
--- Biyela, Menzi M	33	UZ-KZ	DQ	

Event 102 Women 50 LC Meter Backstroke

USSA: 29.47 # 2008/11/27 Lize-Mari Retief
31.37 SASS

Name	Age	Team	Finals Time	
1 Scott, Megan C	19	TUKS-NT	32.51	
2 Franklin, Sharne	20	KOVSI-FS	33.12	
3 Lapham, Kirsten A	21	TUKS-NT	33.68	
4 Tovrloza, Petra	20	WITS-CG	34.85	
5 Eybers, Sandi	20	NMMU-EP	35.08	
6 Burger, Liezl	23	MATI-WP	35.09	
7 Ferguson, Robyn N	18	UWCA-WP	35.69	
8 Jardine, Ziada	26	UWCA-WP	36.09	
9 Shuttleworth, Lara N	21	MATI-WP	36.14	
10 Healey, Courtney E	19	UCTA-WP	36.26	
11 Faulmann, Shelley K	19	UWCA-WP	37.35	
12 Hunter, Sam	23	WITS-CG	37.57	
13 Marshall, Samantha	18	WITS-CG	37.77	
14 Dignon, Niki	19	UCTA-WP	38.16	
15 Tacon, Nicole J	21	UCTA-WP	40.23	
16 Johnson, Naomi T	19	UCTA-WP	40.26	
17 Schutte, Carien-Eloise	24	NWUC-NW	40.50	
18 Van Breda, Keelyn R	20	UCTA-WP	40.63	
19 Faulmann, Nicole T	22	UCTA-WP	40.77	
20 Labuschagne, Rozelna	19	NWUC-NW	41.20	
21 Nebe, Minke	19	NWUC-NW	41.89	
--- Sirakis, Stacey	25	WITS-CG	DQ	

Event 103 Men 100 LC Meter Backstroke

USSA: 58.54 # 2006/11/27 Chris R King
59.37 SASS

Name	Age	Team	Finals Time	
1 Morris, Wesley	19	NMMU-EP	1:01.39	
2 Wilken, Jurie J	20	TUKS-NT	1:03.92	
3 Pheasant, Simon P	19	RHODE-EP	1:04.25	
4 Wiehanh, Wesley	20	NMMU-EP	1:06.28	
5 De Vry, Gareth	20	NMMU-EP	1:06.83	
6 Du Plessis, Neil J	23	UCTA-WP	1:07.62	
7 Wilkens, Layne G	20	NMMU-EP	1:08.13	
8 Visser, Natus I	19	NWUC-NW	1:08.85	
9 LE Roux, JP	19	MATI-WP	1:09.23	
10 Van Wageningen, Gerrit	20	MATI-WP	1:12.22	
11 Chaskalson, Raph L	19	UCTA-WP	1:14.18	
12 Hodges, Graham A	20	UCTA-WP	1:15.27	
13 Maxwell, Christopher	23	RHODE-EP	1:16.78	
14 Rath, Max	20	WITS-CG	1:28.21	
--- Whitbread, Greg	20	WITS-CG	DQ	

Event 104 Women 200 LC Meter Breaststroke

USSA: 2:30.43 # 2007/12/06 Suzaan Van Biljon
2:38.36 SASS

Name	Age	Team	Finals Time	
1 Neethling, Jean-Marie	20	KOVSI-FS	2:39.66	
			1:16.59 1:23.07	
2 Ferguson, Robyn N	18	UWCA-WP	2:54.90	
			1:23.53 1:31.37	
3 Plumstead, Keri J	20	NMMU-EP	2:58.09	
			1:24.75 1:33.34	
4 Hensbert, Kirsti J	19	NMMU-EP	3:21.77	
			1:32.24 1:49.53	
5 Labuschagne, Rozelna	19	NWUC-NW	3:28.85	
			1:39.31 1:49.54	
6 Roodt, Odelia	19	NWUC-NW	3:50.14	
			1:48.90 2:01.24	
7 Johnson, Natasje		WITS-CG	3:57.44	
			1:51.48 2:05.96	
--- Oldnadge, Tamsyn	19	WITS-CG	DQ	
			1:56.21 2:17.35	

Event 105 Men 100 LC Meter Butterfly

USSA: 55.80 # 2009/12/01 Fouche H Venter
56.94 SASS

Name	Age	Team	Finals Time	
1 Hattingh, Marius	20	TUKS-NT	57.85	
2 JV Nieuwenhuizen, Marko A	21	TUKS-NT	59.19	
3 DU Plessis, Marnitz C	23	MATI-WP	1:00.32	
4 Smit, Marcel P	23	MATI-WP	1:00.75	
5 Lemphane, Victor W	21	UWCA-WP	1:01.86	
6 Smith, Jacques	21	NWUC-NW	1:04.94	
7 Muller, Faffa L	21	UWCA-WP	1:05.05	
8 May, Stephan P	20	MATI-WP	1:05.53	
9 Croeser, Brett M	22	MATI-WP	1:06.30	
10 Slater, Matt J	22	UCTA-WP	1:06.78	
11 Paultney, Daniel M	20	UCTA-WP	1:07.10	
12 Kemp, Mattheuw	20	NMMU-EP	1:07.33	
13 LE Roux, JP	19	MATI-WP	1:08.47	

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

(Event 105 Men 100 LC Meter Butterfly)

Name	Age	Team	Finals Time
14 Lotriet, Bernhard P	22	MATI-WP	1:08.54
15 Lotriet, Alain	20	MATI-WP	1:08.78
16 Mbalekwa, Lazola	22	NMMU-EP	1:11.30
17 Fourie, Armand Z	20	NWUC-NW	1:11.64
18 Chaskalson, Raph L	19	UCTA-WP	1:21.32
--- Overton, David	19	WITS-CG	DQ
--- Dahms, Heinrich T	21	MATI-WP	DQ

Event 106 Women 200 LC Meter Butterfly

USSA: 2:19.89 # 2005/12/05 Charne Gehring
2:19.38 SASS

Name	Age	Team	Finals Time
1 Faulmann, Shelley K	19	UWCA-WP	2:35.30
1:16.88	1:18.42		
2 Franklin, Sharne	20	KOVSI-FS	2:36.29
1:13.44	1:22.85		
3 Eybers, Sandi	20	NMMU-EP	2:43.92
1:18.35	1:25.57		

Event 107 Men 200 LC Meter Freestyle

USSA: 1:54.93 # 2010/12/01 Heerden Herman
1:56.62 SASS

Name	Age	Team	Finals Time
1 Herman, Heerden	19	MATI-WP	1:54.93# SASS
56.42	58.51		
2 Thomson, Jay-Cee	20	TUKS-NT	1:55.67 SASS
57.20	58.47		
3 Wilken, Jurie J	20	TUKS-NT	2:01.01
58.62	1:02.39		
4 Pheasant, Simon P	19	RHODE-EP	2:07.74
59.64	1:08.10		
5 Du Plessis, Neil J	23	UCTA-WP	2:12.51
1:02.60	1:09.91		
6 JV Nieuwenhuizen, Marko A	21	TUKS-NT	2:13.59
1:03.04	1:10.55		
7 Hodges, Graham A	20	UCTA-WP	2:14.18
1:04.89	1:09.29		
8 Visser, Natus I	19	NWUC-NW	2:16.43
1:04.44	1:11.99		
9 Pollock, Grant M	20	UCTA-WP	2:17.88
1:03.35	1:14.53		
10 Van Wageningen, Gerrit	20	MATI-WP	2:21.26
1:05.57	1:15.69		
11 Sinclair, Greg M	22	UCTA-WP	2:21.29
1:04.32	1:16.97		
12 Schafer, Cameron W	21	MATI-WP	2:29.63
1:09.52	1:20.11		
13 Mbalekwa, Lazola	22	NMMU-EP	2:35.52
1:12.66	1:22.86		
14 DU Plessis, Marnitz C	23	MATI-WP	2:38.60
1:11.66	1:26.94		

Event 108 Women 100 LC Meter Freestyle

USSA: 57.20 # 2007/12/06 Lize-Mari Retief
59.45 SASS

Name	Age	Team	Finals Time
1 Neethling, Jean-Marie	20	KOVSI-FS	1:00.04

2 Stones, Tarryn	22	KOVSI-FS	1:00.47
3 Lapham, Kirsten A	21	TUKS-NT	1:00.59
4 Scott, Megan C	19	TUKS-NT	1:01.45
5 Burger, Liezl	23	MATI-WP	1:03.93
6 Gomes, Megan	18	WITS-CG	1:05.68
7 Tovrloza, Petra	20	WITS-CG	1:06.08
8 Botha, Ilanda J	19	MATI-WP	1:06.23
9 Bernardo, Monica F	19	TUKS-NT	1:06.52
10 Bruns, Jessica	20	RHODE-EP	1:06.65
11 Plumstead, Keri J	20	NMMU-EP	1:06.97
12 Jardine, Ziada	26	UWCA-WP	1:07.54
13 Grobler, Alida A	19	NWUC-NW	1:07.69
14 Faulmann, Shelley K	19	UWCA-WP	1:08.05
15 Hunter, Sam	23	WITS-CG	1:09.56
16 Barrett, Laura M	25	UCTA-WP	1:11.31
17 Van Breda, Keelyn R	20	UCTA-WP	1:11.54
18 Johnson, Naomi T	19	UCTA-WP	1:12.15
19 Schutte, Carien-Eloise	24	NWUC-NW	1:12.42
20 Faulmann, Nicole T	22	UCTA-WP	1:12.47
21 Marshall, Samantha	18	WITS-CG	1:12.52
22 Dignon, Niki	19	UCTA-WP	1:12.61
23 Stone, Cara M	22	MATI-WP	1:13.53
24 Labuschagne, Rozelna	19	NWUC-NW	1:14.97
25 Tacon, Nicole J	21	UCTA-WP	1:16.62
26 Haiden, Sarah A	21	UCTA-WP	1:17.70
27 Nebe, Minke	19	NWUC-NW	1:18.60
28 Roodt, Odelia	19	NWUC-NW	1:22.77
29 Botha, Colette	19	NWUC-NW	1:24.45
30 Shangase, Zanele N	26	UZ-KZ	2:18.94
--- Kay, Kim	21	UCTA-WP	DQ

Event 109 Men 400 LC Meter IM

USSA: 4:40.54 # 2007/12/05 Byron C Fergusson
4:37.62 SASS

Name	Age	Team	Finals Time
1 van Oort, Abie F	23	NWUC-NW	5:16.24
1:09.63	1:22.51	1:29.30	1:14.80
2 Lemphane, Victor W	21	UWCA-WP	5:18.45
1:07.17	1:23.59	1:33.50	1:14.19
3 Muller, Faffa L	21	UWCA-WP	5:25.34
1:07.62	1:24.25	1:37.08	1:16.39

Event 110 Women 400 LC Meter IM

USSA: 5:07.14 # 2005/12/05 Erna Wedemeyer
5:03.64 SASS

Name	Age	Team	Finals Time
1 Van Heerden, Karlien	20	TUKS-NT	5:18.00
1:11.54	1:21.63	1:31.39	1:13.44
2 Franklin, Sharne	20	KOVSI-FS	5:32.18
1:14.87	1:24.49	1:39.06	1:13.76
3 Eybers, Sandi	20	NMMU-EP	5:52.24
1:19.68	1:30.62	1:40.95	1:20.99
--- Van Breda, Keelyn R	20	UCTA-WP	DQ
1:29.02	1:36.42	1:56.32	1:23.25

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

Event 111 Men 400 LC Meter Freestyle Relay

USSA: 3:32.58 # 2007/12/06 Nelson Mandela Metropolitan Un

R Kroch, C Stottelaar, J Page, G Kieck

Team	Relay	Finals Time
1 TUKS-NT	A	3:40.03
1) Lawson, Jason A 22	2) Wilken, Jurie J 20	
3) Adriaanse, Jodi 19	4) Thomson, Jay-Cee 20	
53.82 55.61	55.59 55.01	
2 MATI-WP	A	3:44.34
1) DU Plessis, Marnitz C 23	2) LE Roux, JP 19	
3) Herman, Heerden 19	4) Smit, Marcel P 23	
55.05 59.20	55.52 54.57	
3 NMMU-EP	A	3:54.22
1) Mbalekwa, Lazola 22	2) Wilkens, Layne G 20	
3) Stottelaar, Chris 25	4) Morris, Wesley 19	
1:01.27 56.71	59.65 56.59	
4 RHODE-EP	A	3:57.46
1) Lowndes, Andrew 22	2) Maxwell, Christopher 23	
3) Tudhope, Andrew 19	4) Pheasant, Simon P 19	
1:01.00 1:04.06	57.60 54.80	
5 UCTA-WP	A	3:59.91
1) Hodges, Graham A 20	2) Paultney, Daniel M 20	
3) Pollock, Grant M 20	4) Du Plessis, Neil J 23	
1:01.00 1:02.03	59.92 56.96	
6 NWUC-NW	A	4:00.30
1) Smith, Jacques 21	2) van Oort, Abie F 23	
3) Fourie, Armand Z 20	4) Visser, Natus I 19	
56.22 1:03.07	1:03.49 57.52	
7 MATI-WP	B	4:05.16
1) Dahms, Heinrich T 21	2) Van Wageningen, Gerrit 20	
3) Lotriet, Alain 20	4) Lotriet, Bernhard P 22	
1:02.47 1:02.90	1:00.05 59.74	
8 MATI-WP	C	4:16.69
1) Schafer, Cameron W 21	2) Croeser, Brett M 22	
3) Leslie, Mike G 19	4) May, Stephan P 20	
1:04.66 1:03.46	1:04.15 1:04.42	

Event 112 Women 400 LC Meter Freestyle Relay

USSA: 4:01.11 # 2007/12/06 TuksSwimming

T Laubscher, S Van Biljon, L Retief, S Meurer

Team	Relay	Finals Time
1 TUKS-NT	A	4:11.51
1) Bernardo, Monica F 19	2) Lapham, Kirsten A 21	
3) Scott, Megan C 19	4) Van Heerden, Karlien 20	
1:05.04 1:00.12	1:02.14 1:04.21	
2 MATI-WP	A	4:34.04
1) Botha, Ilanda J 19	2) Stone, Cara M 22	
3) Lombard, Rosanne 19	4) Burger, Liezl 23	
1:06.54 1:13.96	1:08.39 1:05.15	
3 WITS-CG	A	4:37.62
1) Tovrloza, Petra 20	2) Marshall, Samantha 18	
3) Hunter, Sam 23	4) Gomes, Megan 18	
1:06.77 1:10.36	1:14.87 1:05.62	
4 UCTA-WP	A	4:44.30
1) Kay, Kim 21	2) Van Breda, Keelyn R 20	
3) Faulmann, Nicole T 22	4) Dignon, Niki 19	
1:08.83 1:11.84	1:12.41 1:11.22	

5 NMMU-EP	A	4:48.30
1) Eybers, Sandi 20	2) Hensbert, Kirsti J 19	
3) Keet, Sam 22	4) Plumstead, Keri J 20	
1:13.02 1:12.83	1:12.66 1:09.79	
--- NWUC-NW	A	DQ
1) Schutte, Carien-Eloise 24	2) Coetzee, Heleen 21	
3) Labuschagne, Rozelna 19	4) Grobler, Alida A 19	

Event 201 Women 50 LC Meter Freestyle

USSA: 26.09 # 2007/12/05 Lize-Mari Retief

27.09 SASS

Name	Age Team	Finals Time
1 Scott, Megan C	19 TUKS-NT	28.14
2 Stones, Tarryn	22 KOVSI-FS	28.17
3 Lapham, Kirsten A	21 TUKS-NT	28.31
4 Burger, Liezl	23 MATI-WP	28.57
5 Bernardo, Monica F	19 TUKS-NT	29.59
6 Franklin, Sharne	20 KOVSI-FS	29.88
7 Botha, Ilanda J	19 MATI-WP	29.96
8 Welman, Ilona	25 WITS-CG	30.08
9 Bruns, Jessica	20 RHODE-EP	30.11
10 Ferguson, Robyn N	18 UWCA-WP	30.18
11 Jardine, Ziada	26 UWCA-WP	30.37
12 Faulmann, Shelley K	19 UWCA-WP	30.63
13 Gomes, Megan	18 WITS-CG	31.07
14 Kay, Kim	21 UCTA-WP	31.28
15 Grobler, Alida A	19 NWUC-NW	31.30
16 Welman, Larissa	20 WITS-CG	31.35
17 Shuttleworth, Lara N	21 MATI-WP	31.38
18 Hensbert, Kirsti J	19 NMMU-EP	31.76
19 Hunter, Sam	23 WITS-CG	31.79
20 Faulmann, Nicole T	22 UCTA-WP	31.95
21 Johnson, Naomi T	19 UCTA-WP	32.28
22 Whitehorn, Heather R	20 UCTA-WP	32.31
23 Marshall, Samantha	18 WITS-CG	32.70
24 Stone, Cara M	22 MATI-WP	33.44
25 Labuschagne, Rozelna	19 NWUC-NW	33.63
26 Weise, Amy	21 UCTA-WP	33.80
27 Nebe, Minke	19 NWUC-NW	34.91
28 Haiden, Sarah A	21 UCTA-WP	35.35
29 Roodt, Odelia	19 NWUC-NW	37.24
30 Botha, Colette	19 NWUC-NW	38.85
--- Shangase, Zanele N	26 UZ-KZ	DQ

Event 202 Men 50 LC Meter Freestyle

USSA: 23.66 # 2007/12/06 Greg M Kieck

24.08 SASS

Name	Age Team	Finals Time
1 Lawson, Jason A	22 TUKS-NT	24.33
2 Wilken, Jurie J	20 TUKS-NT	24.53
3 DU Plessis, Marnitz C	23 MATI-WP	24.54
4 Pheasant, Simon P	19 RHODE-EP	24.74
5 Morris, Wesley	19 NMMU-EP	24.96
6 Smith, Jacques	21 NWUC-NW	25.03
7 Adriaanse, Jodi	19 TUKS-NT	25.16
8 Smit, Marcel P	23 MATI-WP	25.20
9 Du Plessis, Neil J	23 UCTA-WP	25.38
*10 Sinclair, Greg M	22 UCTA-WP	26.24
*10 Lemphane, Victor W	21 UWCA-WP	26.24

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

(Event 202 Men 50 LC Meter Freestyle)

Name	Age	Team	Finals Time
12 Lotriet, Alain	20	MATI-WP	26.35
13 Wilkens, Layne G	20	NMMU-EP	26.36
14 Sam, Justin A	19	FORT-BO	26.62
15 O'Donnell, Bryce	22	WITS-CG	26.75
16 Van Wageningen, Gerrit	20	MATI-WP	26.82
17 Overton, Matthew	22	WITS-CG	26.99
18 Lotriet, Bernhard P	22	MATI-WP	27.01
19 Finch, Doyle R	20	UWCA-WP	27.29
20 LE Roux, JP	19	MATI-WP	27.30
21 De Vry, Gareth	20	NMMU-EP	27.31
22 Lowndes, Andrew	22	RHODE-EP	27.49
23 Pollock, Grant M	20	UCTA-WP	27.56
24 Baines, Daniel	22	RHODE-EP	27.68
25 Mbalekwa, Lazola	22	NMMU-EP	28.05
*26 Muller, Faffa L	21	UWCA-WP	28.10
*26 Dahms, Heinrich T	21	MATI-WP	28.10
28 Maxwell, Christopher	23	RHODE-EP	28.19
29 Croeser, Brett M	22	MATI-WP	28.45
30 Leslie, Mike G	19	MATI-WP	28.48
31 Schafer, Cameron W	21	MATI-WP	28.62
32 Fourie, Armand Z	20	NWUC-NW	28.76
33 Reis, Richard		WITS-CG	28.91
34 Steele, Matthew	21	WITS-CG	29.14
35 Msikinya, Themba	21	UNATT-WP	29.88
36 Biyela, Menzi M	33	UZ-KZ	36.93
37 Simelane, S M	22	UZ-KZ	41.13
--- Visser, Natus I	19	NWUC-NW	DQ

Event 203 Women 200 LC Meter IM

USSA: 2:19.29 # 2007/12/05 Suzaan Van Biljon
2:24.70 SASS

Name	Age	Team	Finals Time
1 Neethling, Jean-Marie	20	KOVSI-FS	2:24.61 SASS
			1:06.88 1:17.73
2 Van Heerden, Karlien	20	TUKS-NT	2:30.34
			1:10.08 1:20.26
3 Tovrloza, Petra	20	WITS-CG	2:35.32
			1:12.74 1:22.58
4 Botha, Ilanda J	19	MATI-WP	2:43.72
			1:16.92 1:26.80
5 Gomes, Megan	18	WITS-CG	2:45.30
6 Lombard, Rosanne	19	MATI-WP	2:46.97
			1:20.10 1:26.87
7 Dignon, Niki	19	UCTA-WP	2:56.03
			1:22.65 1:33.38
8 Grobler, Alida A	19	NWUC-NW	2:56.35
			1:25.89 1:30.46
9 Schutte, Carien-Eloise	24	NWUC-NW	2:58.77
			1:25.18 1:33.59
10 Hunter, Sam	23	WITS-CG	2:59.32
			1:22.36 1:36.96
11 Labuschagne, Rozelna	19	NWUC-NW	3:10.79

Event 204 Men 400 LC Meter Freestyle

USSA: 3:56.47 # 2010/12/02 Heerden Herman
4:12.59 SASS

Name	Age	Team	Finals Time
1 Herman, Heerden	19	MATI-WP	3:56.47# SASS
			58.24 59.90 59.69 58.64
2 Thomson, Jay-Cee	20	TUKS-NT	4:03.04 SASS
			58.38 1:01.31 1:01.50 1:01.85
3 Hodges, Graham A	20	UCTA-WP	4:56.07
			1:07.87 1:16.34 1:17.72 1:14.14

Event 205 Women 100 LC Meter Backstroke

USSA: 1:04.61 # 2008/11/28 Lize-Mari Retief
1:06.37 SASS

Name	Age	Team	Finals Time
1 Franklin, Sharne	20	KOVSI-FS	1:08.98
2 Lapham, Kirsten A	21	TUKS-NT	1:09.14
3 Scott, Megan C	19	TUKS-NT	1:10.58
4 Tovrloza, Petra	20	WITS-CG	1:15.34
5 Eybers, Sandi	20	NMMU-EP	1:18.86
6 Shuttleworth, Lara N	21	MATI-WP	1:22.23
7 Hunter, Sam	23	WITS-CG	1:23.92
8 Marshall, Samantha	18	WITS-CG	1:25.38
9 Dignon, Niki	19	UCTA-WP	1:26.43
10 Johnson, Naomi T	19	UCTA-WP	1:26.53
11 Tacon, Nicole J	21	UCTA-WP	1:28.95

Event 206 Men 50 LC Meter Butterfly

USSA: 25.05 # 2009/12/02 Fouche H Venter
25.91 SASS

Name	Age	Team	Finals Time
1 JV Nieuwenhuizen, Marko A	21	TUKS-NT	26.35
2 DU Plessis, Marnitz C	23	MATI-WP	26.40
3 Hattingh, Marius	20	TUKS-NT	26.53
4 Pheasant, Simon P	19	RHODE-EP	27.08
5 Smit, Marcel P	23	MATI-WP	27.33
6 Wiehanh, Wesley	20	NMMU-EP	27.93
7 Stottelaar, Chris	25	NMMU-EP	27.98
8 Smith, Jacques	21	NWUC-NW	28.00
9 Lemphane, Victor W	21	UWCA-WP	28.28
10 Kemp, Mattheuw	20	NMMU-EP	28.36
11 LE Roux, JP	19	MATI-WP	28.42
12 Van Wageningen, Gerrit	20	MATI-WP	28.44
13 Visser, Natus I	19	NWUC-NW	28.54
14 Wilkens, Layne G	20	NMMU-EP	28.61
15 May, Stephan P	20	MATI-WP	28.77
16 Slater, Matt J	22	UCTA-WP	28.90
17 Lotriet, Alain	20	MATI-WP	29.15
18 Mbalekwa, Lazola	22	NMMU-EP	29.22
19 Sam, Justin A	19	FORT-BO	29.26
20 Du Plessis, Neil J	23	UCTA-WP	29.31
21 Croeser, Brett M	22	MATI-WP	29.32
22 Muller, Faffa L	21	UWCA-WP	29.81
23 Sinclair, Greg M	22	UCTA-WP	30.42
24 Chaskalson, Raph L	19	UCTA-WP	30.60
25 Baines, Daniel	22	RHODE-EP	30.74
26 Nortje, Steven	20	WITS-CG	31.00
27 Fourie, Armand Z	20	NWUC-NW	31.29

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

(Event 206 Men 50 LC Meter Butterfly)

Name	Age	Team	Finals Time
28 Lowndes, Andrew	22	RHODE-EP	31.32
29 Pollock, Grant M	20	UCTA-WP	31.40
30 Hamlyn, Braden	20	WITS-CG	32.05
31 Finch, Doyle R	20	UWCA-WP	32.46
32 Maxwell, Christopher	23	RHODE-EP	32.56
33 Msikinya, Themba	21	UNATT-WP	35.71
--- Whitbread, Greg	20	WITS-CG	DQ

Event 207 Women 50 LC Meter Breaststroke

USSA: 33.40 # 2007/12/06 Suzaan Van Biljon

34.19 SASS

Name	Age	Team	Finals Time
1 Plumstead, Keri J	20	NMMU-EP	35.61
2 Jardine, Ziada	26	UWCA-WP	35.89
3 Ferguson, Robyn N	18	UWCA-WP	35.92
4 Bernardo, Monica F	19	TUKS-NT	38.15
5 Lombard, Rosanne	19	MATI-WP	38.83
6 Hensbert, Kirsti J	19	NMMU-EP	39.43
7 Faulmann, Shelley K	19	UWCA-WP	41.83
8 Wilson, Jeanine	22	WITS-CG	41.88
9 Bloome, Kristie	27	WITS-CG	43.12
10 Weise, Amy	21	UCTA-WP	43.76
11 Whitehorn, Heather R	20	UCTA-WP	43.83
12 Faulmann, Nicole T	22	UCTA-WP	43.85
13 Thomas, Rebecca C	19	UCTA-WP	43.86
14 Sorenson, Natasha	22	WITS-CG	44.19
15 Grobler, Alida A	19	NWUC-NW	44.34
16 Roodt, Odelia	19	NWUC-NW	47.79
17 Botha, Colette	19	NWUC-NW	48.22

Event 208 Men 100 LC Meter Breaststroke

USSA: 1:02.92 # 2009/12/02 William G Diering

1:06.22 SASS

Name	Age	Team	Finals Time
1 Diering, William G	24	TUKS-NT	1:04.53 SASS
2 Finch, Doyle R	20	UWCA-WP	1:12.94
3 Reid, Tim D	21	MATI-WP	1:13.71
4 Paultney, Daniel M	20	UCTA-WP	1:17.05
5 Hugo, Rhys J	20	FORT-BO	1:18.98
6 Schafer, Cameron W	21	MATI-WP	1:21.82
7 Leslie, Mike G	19	MATI-WP	1:23.25
8 Baines, Daniel	22	RHODE-EP	1:23.59
9 Reis, Richard		WITS-CG	1:27.00
10 Fourie, Armand Z	20	NWUC-NW	1:28.74
11 Msikinya, Themba	21	UNATT-WP	1:29.24
12 Harty, Donald J		WITS-CG	1:44.10
--- Renaud, Tristan		WITS-CG	DQ

Event 209 Women 200 LC Meter Freestyle

USSA: 2:08.85 # 2005/12/06 Tammy H Laubscher

2:09.14 SASS

Name	Age	Team	Finals Time
1 Lapham, Kirsten A	21	TUKS-NT	2:10.05
			1:02.84 1:07.21
2 Neethling, Jean-Marie	20	KOVSI-FS	2:11.90
			1:05.09 1:06.81

3 Scott, Megan C	19	TUKS-NT	2:20.09
			1:09.02 1:11.07
4 Gomes, Megan	18	WITS-CG	2:23.42
			1:07.84 1:15.58
5 Coetzee, Heleen	21	NWUC-NW	2:32.00
			1:11.09 1:20.91
6 Hunter, Sam	23	WITS-CG	2:40.11
			1:16.12 1:23.99
7 Barrett, Laura M	25	UCTA-WP	2:40.21
			1:14.43 1:25.78
8 Schutte, Carien-Eloise	24	NWUC-NW	2:41.37
			1:15.07 1:26.30
9 Faulmann, Nicole T	22	UCTA-WP	2:45.24
			1:17.14 1:28.10
10 Stone, Cara M	22	MATI-WP	2:48.31
			1:20.93 1:27.38
11 Tacon, Nicole J	21	UCTA-WP	2:51.82
			1:19.21 1:32.61

Event 210 Men 200 LC Meter IM

USSA: 2:08.27 # 2007/12/06 Byron C Fergusson

2:10.73 SASS

Name	Age	Team	Finals Time
1 Thomson, Jay-Cee	20	TUKS-NT	2:18.47
			1:03.46 1:15.01
2 Lemphane, Victor W	21	UWCA-WP	2:24.70
			1:07.53 1:17.17
3 van Oort, Abie F	23	NWUC-NW	2:28.34
			1:10.22 1:18.12
4 Paultney, Daniel M	20	UCTA-WP	2:31.12
			1:11.83 1:19.29
5 Muller, Faffa L	21	UWCA-WP	2:32.58
			1:10.25 1:22.33
6 Lowndes, Andrew	22	RHODE-EP	2:38.32
			1:14.36 1:23.96
7 Hodges, Graham A	20	UCTA-WP	2:41.24
			1:16.90 1:24.34
8 Chaskalson, Raph L	19	UCTA-WP	2:42.71
			1:12.66 1:30.05

Event 211 Women 50 LC Meter Butterfly

USSA: 26.70 # 2007/12/06 Lize-Mari Retief

28.87 SASS

Name	Age	Team	Finals Time
1 Neethling, Jean-Marie	20	KOVSI-FS	29.47
2 Scott, Megan C	19	TUKS-NT	29.96
3 Bernardo, Monica F	19	TUKS-NT	30.77
4 Plumstead, Keri J	20	NMMU-EP	31.13
5 Stones, Tarryn	22	KOVSI-FS	31.35
6 Faulmann, Shelley K	19	UWCA-WP	32.06
7 Tovrloza, Petra	20	WITS-CG	32.09
8 Jardine, Ziada	26	UWCA-WP	32.28
9 Ferguson, Robyn N	18	UWCA-WP	32.47
10 Botha, Ilanda J	19	MATI-WP	32.63
11 Welman, Ilona	25	WITS-CG	32.64
12 Bruns, Jessica	20	RHODE-EP	32.71
13 Gomes, Megan	18	WITS-CG	33.31
14 Kay, Kim	21	UCTA-WP	34.16

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

(Event 211 Women 50 LC Meter Butterfly)

Name	Age	Team	Finals Time
15 Shuttleworth, Lara N	21	MATI-WP	34.82
16 Dignon, Niki	19	UCTA-WP	35.91
17 Haiden, Sarah A	21	UCTA-WP	36.00
18 Grobler, Alida A	19	NWUC-NW	36.64
19 Power, Sinead	19	UCTA-WP	37.39
20 Johnson, Naomi T	19	UCTA-WP	37.52
21 Sirakis, Stacey	25	WITS-CG	38.91
22 Stone, Cara M	22	MATI-WP	39.85
23 Roodt, Odelia	19	NWUC-NW	44.12

Event 212 Men 50 LC Meter Backstroke

USSA: 27.24 # 2007/12/06 Chris King
27.67 SASS

Name	Age	Team	Finals Time
1 Wilken, Jurie J	20	TUKS-NT	29.46
2 Morris, Wesley	19	NMMU-EP	29.51
3 Wiehanh, Wesley	20	NMMU-EP	29.57
4 Pheasant, Simon P	19	RHODE-EP	29.67
5 Lawson, Jason A	22	TUKS-NT	30.37
6 Wilkens, Layne G	20	NMMU-EP	30.94
7 Du Plessis, Neil J	23	UCTA-WP	31.06
8 LE Roux, JP	19	MATI-WP	31.11
9 Van Wageningen, Gerrit	20	MATI-WP	31.57
10 De Vry, Gareth	20	NMMU-EP	31.65
11 Visser, Natus I	19	NWUC-NW	31.80
12 Lotriet, Bernhard P	22	MATI-WP	32.32
13 Stottelaar, Chris	25	NMMU-EP	35.11
14 Chaskalson, Raph L	19	UCTA-WP	35.51
15 O'Donnell, Bryce	22	WITS-CG	36.02
16 Fourie, Armand Z	20	NWUC-NW	36.11
17 Nortje, Steven	20	WITS-CG	36.58
18 Rath, Max	20	WITS-CG	37.38
--- Maxwell, Christopher	23	RHODE-EP	DQ

Event 213 Women 800 LC Meter Freestyle

USSA: 9:16.40 # 2006/11/28 Velia Jv Rensburg
9:12.46 SASS

Name	Age	Team	Finals Time
1 Van Heerden, Karlien	20	TUKS-NT	9:43.94
			1:10.58 1:14.96 1:13.65 1:13.12
			1:12.59 1:13.40 1:13.07 1:12.57
2 Van Breda, Keelyn R	20	UCTA-WP	10:55.01
			1:16.43 1:22.95 1:24.46 1:23.26
			1:22.46 1:22.61 1:22.54 1:20.30
3 Coetzee, Heleen	21	NWUC-NW	11:12.60
			1:15.58 1:23.15 1:24.37 1:24.89
			1:26.75 1:26.86 1:26.86 1:24.14
4 Barrett, Laura M	25	UCTA-WP	11:24.74
			1:16.44 1:25.29 1:27.83 1:28.57
			1:29.08 1:27.08 1:26.80 1:23.65
5 Schutte, Carien-Eloise	24	NWUC-NW	11:25.03
			1:16.63 1:24.46 1:26.61 1:27.90
			1:28.50 1:28.47 1:27.73 1:24.73

Event 214 Men 200 LC Meter Medley Relay

USSA: 1:47.07 # 2009/12/02 TuksSwimming

J Wilken, W Diering, F Venter, J Lawson

Team	Relay	Finals Time
1 TUKS-NT	A	1:49.49
1) Wilken, Jurie J 20	2) JV Nieuwenhuizen, Marko A 21	
3) Diering, William G 24	4) Lawson, Jason A 22	
		59.66 49.83
2 TUKS-NT	B	1:54.14
		1:03.11 51.03
3 NMMU-EP	A	1:55.92
1) Morris, Wesley 19	2) Stottelaar, Chris 25	
3) Mbalekwa, Lazola 22	4) Wilkens, Layne G 20	
		1:01.20 54.72
4 MATI-WP	A	1:57.31
1) LE Roux, JP 19	2) Reid, Tim D 21	
3) Smit, Marcel P 23	4) DU Plessis, Marnitz C 23	
		1:05.72 51.59
5 NWUC-NW	A	2:03.39
1) Visser, Natus I 19	2) van Oort, Abie F 23	
3) Fourie, Armand Z 20	4) Smith, Jacques 21	
		1:07.83 55.56
6 MATI-WP	B	2:03.86
1) Lotriet, Alain 20	2) Lotriet, Bernhard P 22	
3) May, Stephan P 20	4) Herman, Heerden 19	
		1:07.48 56.38
7 UCTA-WP	A	2:04.49
1) Du Plessis, Neil J 23	2) Paultney, Daniel M 20	
3) Pollock, Grant M 20	4) Hodges, Graham A 20	
		1:05.13 59.36
8 RHODE-EP	A	2:08.15
1) Maxwell, Christopher 23	2) Baines, Daniel 22	
3) Lowndes, Andrew 22	4) Pheasant, Simon P 19	
		1:11.55 56.60
9 MATI-WP	C	2:10.78
1) Schafer, Cameron W 21	2) Leslie, Mike G 19	
3) Croeser, Brett M 22	4) Dahms, Heinrich T 21	
		1:13.44 57.34
10 NWUC-NW	B	2:11.37
1) Nebe, Alfred E 29	2) du Plessis, Leon 20	
3) van Niekerk, Rayno 20	4) Prinsloo, Kobus 21	
		1:10.70 1:00.67
--- WITS-CG	A	DQ
1) Overton, David 19	2) Rath, Max 20	
3) Whitbread, Greg 20	4) Renaud, Tristan	
		1:18.17 1:15.92

Event 215 Women 200 LC Meter Medley Relay

USSA: 2:01.07 # 2007/12/05 TuksSwimming

S Meurer, S Van Biljon, L Retief, T Laubscher

Team	Relay	Finals Time
1 TUKS-NT	A	2:09.03
1) Bernardo, Monica F 19	2) Lapham, Kirsten A 21	
3) Scott, Megan C 19	4) Van Heerden, Karlien 20	
		1:09.75 59.28
2 MATI-WP	A	2:19.87
1) Shuttleworth, Lara N 21	2) Lombard, Rosanne 19	
3) Botha, Ilanda J 19	4) Burger, Liezl 23	
		1:16.37 1:03.50

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

(Event 215 Women 200 LC Meter Medley Relay)

Team	Relay	Finals Time
3 WITS-CG	A	2:29.29
1) Hunter, Sam 23	2) Marshall, Samantha 18	
3) Welman, Ilona 25	4) Gomes, Megan 18	
1:22.63	1:06.66	
4 UCTA-WP	A	2:35.06
1) Tacon, Nicole J 21	2) Faulmann, Nicole T 22	
3) Van Breda, Keelyn R 20	4) Johnson, Naomi T 19	
1:26.39	1:08.67	
5 NWUC-NW	A	2:41.71
1) Nebe, Minke 19	2) Labuschagne, Rozelna 19	
3) Grobler, Alida A 19	4) Botha, Colette 19	
1:26.47	1:15.24	

Event 301 Men 200 LC Meter Butterfly

USSA: 2:07.10 # 2007/12/05 Philip N De Waal
2:06.75 SASS

Name	Age Team	Finals Time
1 Hattingh, Marius	20 TUKS-NT	2:14.71
1:05.88	1:08.83	
2 JV Nieuwenhuizen, Marko A	21 TUKS-NT	2:16.64
1:05.51	1:11.13	
3 Lemphane, Victor W	21 UWCA-WP	2:18.28
1:06.13	1:12.15	
4 May, Stephan P	20 MATI-WP	2:33.12
1:13.60	1:19.52	
5 Kemp, Mattheuw	20 NMMU-EP	2:40.36
1:13.10	1:27.26	

Event 302 Women 200 LC Meter Backstroke

USSA: 2:24.19 # 2008/11/29 Tannith M Prout
2:21.35 SASS

Name	Age Team	Finals Time
1 Franklin, Sharne	20 KOVSI-FS	2:25.65
1:12.44	1:13.21	
2 Lapham, Kirsten A	21 TUKS-NT	2:26.09
1:11.55	1:14.54	
3 Tovrloza, Petra	20 WITS-CG	2:38.89
1:16.70	1:22.19	
4 Schutte, Carien-Eloise	24 NWUC-NW	2:44.94
1:18.83	1:26.11	
5 Van Breda, Keelyn R	20 UCTA-WP	2:45.66
1:28.04	1:17.62	
6 Eybers, Sandi	20 NMMU-EP	2:50.72
1:23.02	1:27.70	
7 Hunter, Sam	23 WITS-CG	2:56.63
1:25.75	1:30.88	
8 Dignon, Niki	19 UCTA-WP	2:58.60
1:24.88	1:33.72	
9 Johnson, Naomi T	19 UCTA-WP	3:06.13
1:31.56	1:34.57	
10 Labuschagne, Rozelna	19 NWUC-NW	3:16.24

Event 303 Men 200 LC Meter Backstroke

USSA: 2:12.75 # 2005/12/07 Chris R King
2:08.46 SASS

Name	Age Team	Finals Time
1 Wiehanh, Wesley	20 NMMU-EP	2:22.75
1:10.55	1:12.20	
2 De Vry, Gareth	20 NMMU-EP	2:30.38
1:12.76	1:17.62	
3 Paultney, Daniel M	20 UCTA-WP	2:32.34
1:12.93	1:19.41	

Event 304 Women 100 LC Meter Butterfly

USSA: 59.17 # 2007/12/05 Lize-Mari Retief
1:03.46 SASS

Name	Age Team	Finals Time
1 Neethling, Jean-Marie	20 KOVSI-FS	1:05.52
2 Scott, Megan C	19 TUKS-NT	1:08.79
3 Franklin, Sharne	20 KOVSI-FS	1:11.24
4 Botha, Ilanda J	19 MATI-WP	1:12.30
5 Grobler, Alida A	19 NWUC-NW	1:12.72
6 Faulmann, Shelley K	19 UWCA-WP	1:12.81
7 Tovrloza, Petra	20 WITS-CG	1:14.01
8 Gomes, Megan	18 WITS-CG	1:14.59
9 Bernardo, Monica F	19 TUKS-NT	1:15.63
10 Faulmann, Nicole T	22 UCTA-WP	1:20.46
11 Coetzee, Heleen	21 NWUC-NW	1:21.85

Event 305 Men 200 LC Meter Breaststroke

USSA: 2:14.80 # 2007/12/05 William G Diering
2:23.37 SASS

Name	Age Team	Finals Time
1 Diering, William G	24 TUKS-NT	2:18.61 SASS
1:07.25	1:11.36	
2 Reid, Tim D	21 MATI-WP	2:44.56
1:16.51	1:28.05	
3 van Oort, Abie F	23 NWUC-NW	2:44.61
1:18.47	1:26.14	

Event 306 Women 100 LC Meter Breaststroke

USSA: 1:10.71 # 2007/12/05 Suzaan Van Biljon
1:13.78 SASS

Name	Age Team	Finals Time
1 Neethling, Jean-Marie	20 KOVSI-FS	1:15.99
2 Ferguson, Robyn N	18 UWCA-WP	1:19.22
3 Jardine, Ziada	26 UWCA-WP	1:20.03
4 Plumstead, Keri J	20 NMMU-EP	1:20.22
5 Lombard, Rosanne	19 MATI-WP	1:27.26
6 Hensbert, Kirsti J	19 NMMU-EP	1:28.72
7 Labuschagne, Rozelna	19 NWUC-NW	1:34.92
8 Botha, Colette	19 NWUC-NW	1:37.88
9 Roodt, Odelia	19 NWUC-NW	1:45.20

Event 307 Men 100 LC Meter Freestyle

USSA: 51.83 # 2006/11/29 Greg M Kieck
53.17 SASS

Name	Age Team	Finals Time
1 Wilken, Jurie J	20 TUKS-NT	52.88 SASS
2 Thomson, Jay-Cee	20 TUKS-NT	53.59
3 DU Plessis, Marnitz C	23 MATI-WP	53.76

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

(Event 307 Men 100 LC Meter Freestyle)

Name	Age	Team	Finals Time
4 Smit, Marcel P	23	MATI-WP	54.27
5 Lawson, Jason A	22	TUKS-NT	54.45
6 Morris, Wesley	19	NMMU-EP	54.58
7 Pheasant, Simon P	19	RHODE-EP	54.73
8 Smith, Jacques	21	NWUC-NW	55.40
9 Lemphane, Victor W	21	UWCA-WP	55.54
10 Adriaanse, Jodi	19	TUKS-NT	56.17
11 Du Plessis, Neil J	23	UCTA-WP	56.51
12 Wilkens, Layne G	20	NMMU-EP	57.58
13 Visser, Natus I	19	NWUC-NW	58.51
14 Pollock, Grant M	20	UCTA-WP	59.24
15 Lotriet, Alain	20	MATI-WP	59.43
16 LE Roux, JP	19	MATI-WP	59.81
17 Lotriet, Bernhard P	22	MATI-WP	59.87
18 Mbalekwa, Lazola	22	NMMU-EP	1:00.23
19 Sinclair, Greg M	22	UCTA-WP	1:00.49
20 Hodges, Graham A	20	UCTA-WP	1:01.33
21 Fourie, Armand Z	20	NWUC-NW	1:03.28
*22 van Oort, Abie F	23	NWUC-NW	1:03.44
*22 Schafer, Cameron W	21	MATI-WP	1:03.44
24 Finch, Doyle R	20	UWCA-WP	1:05.55
25 Chaskalson, Raph L	19	UCTA-WP	1:05.56
26 Msikinya, Themba	21	UNATT-WP	1:06.00
27 Muller, Faffa L	21	UWCA-WP	1:06.41

Event 308 Women 400 LC Meter Freestyle

USSA: 4:30.97 # 2005/12/07 Tammy H Laubscher
4:30.42 SASS

Name	Age	Team	Finals Time
1 Van Heerden, Karlien	20	TUKS-NT	4:40.96
1:06.15	1:11.54	1:11.71	1:11.56
2 Neethling, Jean-Marie	20	KOVSI-FS	4:47.17
1:08.21	1:13.65	1:13.23	1:12.08
3 Franklin, Sharne	20	KOVSI-FS	4:57.35
1:10.51	1:16.00	1:15.26	1:15.58
4 Gomes, Megan	18	WITS-CG	5:00.82
1:10.45	1:16.44	1:17.12	1:16.81
5 Van Breda, Keelyn R	20	UCTA-WP	5:17.65
1:16.06	1:21.36	1:21.20	1:19.03
6 Grobler, Alida A	19	NWUC-NW	5:21.23
1:12.42	1:21.54	1:25.13	1:22.14
7 Dignon, Niki	19	UCTA-WP	5:22.50
1:16.14	1:21.41	1:23.72	1:21.23
8 Coetzee, Heleen	21	NWUC-NW	5:23.85
1:15.94	1:22.09	1:23.77	1:22.05
9 Johnson, Naomi T	19	UCTA-WP	5:34.92
10 Schutte, Carien-Eloise	24	NWUC-NW	5:35.84
1:16.97	1:25.88	1:26.43	1:26.56
11 Barrett, Laura M	25	UCTA-WP	5:42.27
1:17.11	1:27.27	1:28.54	1:29.35
12 Haiden, Sarah A	21	UCTA-WP	5:42.63
1:19.70	1:26.48	1:29.10	1:27.35
13 Stone, Cara M	22	MATI-WP	5:56.61
1:23.32	1:31.53	1:32.76	1:29.00
14 Tacon, Nicole J	21	UCTA-WP	6:03.07
1:22.79	1:32.61	1:34.66	1:33.01

Event 309 Men 1500 LC Meter Freestyle

USSA: 15:17.96 # 2010/12/03 Heerden Herman
16:18.55 SASS

Name	Age	Team	Finals Time
1 Herman, Heerden	19	MATI-WP	15:17.96# SASS
58.71	1:00.32	1:00.01	1:04.84
1:02.76	1:02.54	1:02.25	59.14
1:03.45	1:01.58	1:00.71	1:01.60
1:00.74	1:01.17	58.14	
2 Hodges, Graham A	20	UCTA-WP	19:54.50
1:13.94	1:20.97	1:22.75	1:21.49
1:21.76	1:21.90	1:22.42	1:21.88
1:20.60	1:20.82	1:19.80	1:18.61
1:18.60	1:16.04	1:12.92	

Event 310 Women 200 LC Meter Freestyle Relay

USSA: 1:50.84 # 2007/12/06 TuksSwimming

S Meurer, S Van Biljon, L Retief, T Laubscher

Team	Relay	Finals Time
1 TUKS-NT	A	1:54.30
1) Van Heerden, Karlien 20	2) Scott, Megan C 19	
3) Lapham, Kirsten A 21	4) Bernardo, Monica F 19	
58.44	55.86	
2 MATI-WP	A	2:02.54
1) Shuttleworth, Lara N 21	2) Botha, Ilanda J 19	
3) Lombard, Rosanne 19	4) Burger, Liezl 23	
1:00.61	1:01.93	
3 UCTA-WP	A	2:12.19
1) Barrett, Laura M 25	2) Dignon, Niki 19	
3) Van Breda, Keelyn R 20	4) Faulmann, Nicole T 22	
1:06.82	1:05.37	
4 NWUC-NW	A	2:17.39
1) Coetzee, Heleen 21	2) Nebe, Minke 19	
3) Roodt, Odelia 19	4) Grobler, Alida A 19	
1:08.08	1:09.31	

Event 311 Men 200 LC Meter Freestyle Relay

USSA: 1:36.05 # 2009/12/03 TuksSwimming

J Wilken, J Lawson, F Venter, W Diering

Team	Relay	Finals Time
1 TUKS-NT	A	1:37.47
1) Thomson, Jay-Cee 20	2) Lawson, Jason A 22	
3) Wilken, Jurie J 20	4) Adriaanse, Jodi 19	
49.06	48.41	
2 MATI-WP	A	1:40.18
1) Smit, Marcel P 23	2) Lotriet, Alain 20	
3) Herman, Heerden 19	4) DU Plessis, Marnitz C 23	
50.77	49.41	
3 NMMU-EP	A	1:42.20
1) Morris, Wesley 19	2) Wiehanh, Wesley 20	
3) Mbalekwa, Lazola 22	4) Wilkens, Layne G 20	
4 UCTA-WP	A	1:45.35
1) Du Plessis, Neil J 23	2) Paultney, Daniel M 20	
3) Pollock, Grant M 20	4) Sinclair, Greg M 22	
52.29	53.06	
5 NWUC-NW	A	1:45.70
1) Visser, Natus I 19	2) Fourie, Armand Z 20	
3) van Oort, Abie F 23	4) Smith, Jacques 21	
53.80	51.90	

USSA Swimming Championships 2010 - 2010/12/01 to 2010/12/03

Results

(Event 311 Men 200 LC Meter Freestyle Relay)

Team	Relay	Finals Time
6 RHODE-EP	A	1:47.01
1) Lowndes, Andrew 22	2) Baines, Daniel 22	
3) Maxwell, Christopher 23	4) Pheasant, Simon P 19	
55.17 51.84		
7 MATI-WP	B	1:47.57
1) LE Roux, JP 19	2) Dahms, Heinrich T 21	
3) Croeser, Brett M 22	4) Lotriet, Bernhard P 22	
54.64 52.93		
8 MATI-WP	C	1:49.67
1) Schafer, Cameron W 21	2) Reid, Tim D 21	
3) May, Stephan P 20	4) Leslie, Mike G 19	
55.16 54.51		
9 NWUC-NW	B	1:52.22
1) Nebe, Alfred E 29	2) du Plessis, Leon 20	
3) van Niekerk, Rayno 20	4) Prinsloo, Kobus 21	
56.00 56.22		