

		SHORT Course										GIRLS		
	Metres	7 & Under	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	Open	
F R E E S T Y L E	25	J.Tuilaepa 0:19.12	L. Liang 0:17.94	K.Drinnan 0:15.97	A. Fawknor 0:15.00	E. Du 0:14.04	E. Du 0:13.88	M.Middleton 0:12.65	B.Rowley 0:13.72	Z. Pedersen 0:12.28	Z. Pedersen 0:12.16	M. Stanley-Hunt 0:13.26	A.Crosbie 0:11.15	
	50	E.Thomas 0:43.30	C. Yi 0:38.82	A. Fawknor 0:35.21	R.Adams 0:32.93	M.Middleton 0:29.75	M.Middleton 0:27.58	M.Middleton 0:27.62	Z. Pedersen 0:26.61	Z. Pedersen 0:25.73	Z. Pedersen 0:25.30	A. Crosbie 0:25.18	H.Gasson 0:24.89	
	100	C.Yi 1:36.32	L.Liang 1:27.21	A. Fawknor 1:16.77	M.Middleton 1:11.97	M.Middleton 1:05.42	M.Middleton 1:01.99	M.Middleton 0:59.21	J.Freesir-Wetzell 0:58.90	Z. Pedersen 0:56.67	Z. Pedersen 0:54.34	A.Crosbie 0:55.29	H.Gasson 0:54.19	
	200	H.Middleton 3:56.12	C. Yi 3:11.82	K.Kovalenko 2:40.28	K.Kovalenko 2:32.34	R.Smith 2:19.30	R.Smith 2:15.49	R. Smith 2:10.08	B.Rowley 2:06.84	Z. Pedersen 2:07.31	E.Thomas 2:02.29	E.Thomas 2:00.48	A. Galyer 1:59.63	
	400		C. Yi 7:19.11	K.Kovalenko 5:39.36	R.Smith 5:14.69	R.Smith 4:48.36	R.Smith 4:37.52	R. Smith 4:29.55	R.Smith 4:28.31	R.Smith 4:26.01	E.Thomas 4:17.98	E. Thomas 4:07.60	E. Thomas 4:03.18	
	800		M.Smith 15:57.22	K.Ott 15:11.10	K.Kovalenko 11:12.11	R.Smith 10:19.17	R.Smith 9:19.91	R. Smith 9:08.27	R. Smith 9:05.15	R.Smith 9:02.27	E.Thomas 8:55.27	E. Thomas 8:36.24	E. Thomas 8:36.24	
	1500		K.Ott 36:14.87	K.Ott 30:30.86	L. Hamblyn-Ough 23:42.33	K. Kovalenko 20:17.35	R. Smith 18:18.78	R. Smith 17:34.13	R. Smith 17:26.73	R.Smith 17:25.84	E. Brennan 17:43.57	L. Hamblyn-Ough 17:37.82	R.Smith 17:25.84	
B A C K	25	J.Tuilaepa 0:22.82	L. Liang 0:20.08	K.Drinnan 0:18.77	E. Drinnan 0:17.29	K.Drinnan 0:16.66	M.Benfatto 0:15.32	S.Haggerty 0:15.32	B.Rowley 0:15.13	B Rowley 0:14.99	Z. Pedersen 0:14.46	S. Martin 0:14.03	S. Martin 0:14.03	
	50	K.Drinnan 0:50.23	L.Liang 0:42.62	E.Drinnan 0:39.73	R.Adams 0:36.69	V.McTeigue 0:33.36	M.Sadler 0:31.30	K.Boocock 0:30.46	E. Saunders 0:30.58	B.Rowley 0:30.22	M. Stanley-Hunt 0:29.61	S. Martin 0:27.92	H.Gasson 0:26.74	
	100	C.Yi 1:40.87	L.Liang 1:33.01	V. McTeigue 1:22.88	R.Adams 1:16.32	R.Smith 1:13.85	M. Sadler 1:07.72	K.Boocock 1:04.95	B.Rowley 1:02.84	K.Boocock 1:04.36	M. Stanley-Hunt 1:03.56	S. Martin 1:01.90	H.Gasson 0:57.68	
	200	H.Middleton 4:03.83	C. Yi 3:17.11	K.Kovalenko 2:53.64	K. Kovalenko 2:44.92	R.Adams 2:33.52	M. Sadler 2:24.95	K.Boocock 2:18.74	B.Rowley 2:15.47	B Rowley 2:16.25	K.Boocock 2:17.08	K.Boocock 2:17.32	H.Gasson 2:05.04	
B R E A S T	25	K.Kovalenko 0:25.47	S.Bickers 0:23.42	D.Donaldson 0:21.31	R.Smith 0:19.87	A.Hill 0:17.74	K.Jones 0:17.50	M.Middleton 0:15.75	E.Bluck 0:16.81	B Rowley 0:17.00	R.Smith 0:16.53	R Fayerman 0:17.09	H.Gasson 0:15.12	
	50	E.Thomas 0:56.37	K.Kovalenko 0:50.67	J.Lyles 0:44.81	G. Brackebush 0:41.55	R.Smith 0:37.47	M.Middleton 0:35.84	M.Middleton 0:34.90	V.McTeigue 0:34.42	B.Rowley 0:35.16	L. Muellner 0:31.76	L. Muellner 0:31.90	H.Gasson 0:30.71	
	100	E.Thomas 1:59.06	R.Smith 1:48.53	J.Lyles 1:35.93	R.Smith 1:28.68	R.Smith 1:21.94	M.Middleton 1:19.12	V.McTeigue 1:15.14	V.McTeigue 1:14.20	V.McTeigue 1:18.38	L. Muellner 1:08.33	L. Muellner 1:08.94	H.Gasson 1:07.38	
	200	K.Kovalenko 4:09.59	M.Boot 3:47.06	K.Kovalenko 3:19.23	R.Smith 3:04.56	R.Smith 2:52.11	R.Smith 2:48.01	R. Smith 2:41.09	I.De Smet 2:37.20	B.Rowley 2:39.64	L. Muellner 2:29.34	L.Muellner 2:29.12	Z. Pratt-Smith 2:25.45	
F L Y	25	L. Parker 0:22.65	L.Liang 0:19.74	V. McTeigue 0:17.54	V.McTeigue 0:15.56	Z. Hooton 0:15.18	V.McTeigue 0:14.55	M.Middleton 0:13.87	K.Boocock 0:14.49	Z. Pedersen 0:13.12	Z. Pedersen 0:12.52	M. Stanley-Hunt 0:14.00	Z. Pedersen 0:12.52	
	50	L. Parker 1:00.15	D.Donaldson 0:40.43	D.Donaldson 0:37.56	V.McTeigue 0:35.08	M.Middleton 0:31.90	M.Middleton 0:29.86	V.McTeigue 0:29.49	V.McTeigue 0:29.38	Z. Pedersen 0:28.52	Z. Pedersen 0:27.38	A. Crosbie 0:26.82	H.Gasson 0:25.38	
	100	C.Yi 1:57.25	C. Yi 1:42.63	K.Kovalenko 1:24.93	K.Kovalenko 1:20.18	R.Smith 1:15.26	M.Middleton 1:10.53	M.Middleton 1:05.86	V.McTeigue 1:03.46	Z. Pedersen 1:03.31	A. Crosbie 1:00.86	A. Crosbie 0:59.36	H.Gasson 0:57.21	
	200			K.Kovalenko 3:08.27	K. Kovalenko 2:58.53	K. Kovalenko 2:51.46	E.Drinnan 2:39.06	L.Hamblyn-Ough 2:33.96	E.Drinnan 2:27.99	S.Haggerty 2:24.67	N.Rosewarne 2:27.10	E. Thomas 2:18.72	H.Gasson 2:07.14	
M E D L E Y	100	E.Thomas 1:45.63	L. Liang 1:34.15	K.Kovalenko 1:22.73	R.Adams 1:20.38	R.Smith 1:14.39	M.Middleton 1:10.11	K.Boocock 1:06.68	B.Rowley 1:04.34	K.Boocock 1:07.12	L. Muellner 1:04.15	A. Crosbie 1:02.42	H.Gasson 0:58.40	
	200		C. Yi 3:31.73	K.Kovalenko 3:00.48	R.Smith 2:48.52	R.Smith 2:33.61	R.Smith 2:28.68	R. Smith 2:22.53	B.Rowley 2:17.77	B.Rowley 2:21.29	B. Rowley 2:19.67	R.Smith 2:21.34	H.Gasson 2:07.78	
	400			K.Kovalenko 6:06.43	K.Kovalenko 5:48.91	R.Smith 5:21.42	R.Smith 5:08.12	R. Smith 5:01.94	R.Smith 4:59.29	R.Smith 4:57.50	B. Rowley 4:50.80	R.Smith 4:56.57	H.Gasson 4:32.48	

LONG Course

GIRLS

	Metres	7 & Under	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	Open
F R E E S T Y L E	50	K Drinnan 0:43.43	C.Yi 0:39.19	K.Drinnan 0:34.05	K.Drinnan 0:32.57	M. Sadler 0:31.00	J.Freesir-Wetzell 0:28.81	M.Middleton 0:28.42	Z. Pedersen 0:26.56	Z.Pedersen 0:25.63	Z. Pederesen 0:25.35	Z. Pedersen 0:25.95	L. Quilter 0:25.31
	100	E.Thomas 1:35.10	C.Yi 1:28.88	E.Gutteridge 1:17.98	Z. Hooton 1:14.43	I.Pangalila 1:07.90	J.Freesir-Wetzell 1:04.05	B.Van Zyl 1:01.80	Z. Pedersen 0:58.29	M. Glintmeyer 0:56.84	Z. Pederesen 0:55.68	Z. Pedersen 0:56.31	C. Edwards 0:55.35
	200		C. Yi 3:08.97	K..Kovalenko 2:48.12	K.Kovalenko 2:35.62	I.Pangalila 2:26.25	J.Freesir-Wetzell 2:19.87	R.Smith 2:15.12	R.Smith 2:13.29	M. Glintmeyer 2:08.59	Z. Pederesen 2:05.42	E.Thomas 2:02.03	E.Thomas 1:59.07
	400		C. Yi 6:52.59	L.Su'a 6:05.58	K.Kovalenko 5:27.07	I.Pangalila 4:59.36	R.Smith 4:42.04	R.Smith 4:36.40	R.Smith 4:34.74	A. Wilson 4:32.39	E.Thomas 4:28.63	E.Thomas 4:15.05	E.Thomas 4:06.41
	800			E. Gutteridge 12:40.81	K.Kovalenko 11:48.94	I.Pangalila 10:09.86	R.Smith 9:54.04	R.Smith 9:31.91	R.Smith 9:20.30	A. Wilson 9:21.87	R.Smith 9:12.36	E.Thomas 8:52.85	E.Thomas 8:22.27
	1500				E.Gutteridge 24:33.83	K.Kovalenko 21:11.88	I.Pangalila 19:45.29	L. Hamblyn-Ough 18:33.49	R.Smith 17:52.31	R.Smith 17:53.47	R.Smith 17:44.82	L Hamblyn-Ough 17:51.24	E.Thomas 16:07.46
B A C K	50	K Drinnan 0:49.76	C.Yi 0:44.97	E.Drinnan 0:39.76	J. Moors 0:36.79	V.McTeigue 0:34.09	J.Freesir-Wetzell 0:33.13	V.McTeigue 0:31.62	V.McTeigue 0:31.42	M. Glintmeyer 0:28.70	S. Martin 0:29.75	S. Martin 0:28.94	L. Quilter 0:28.49
	100		L. Liang 1:31.92	B.VanZyl & L. Liang 1:25.74	J. Moors 1:18.32	M. Sadler 1:13.27	G.Walker 1:10.14	K.Boocock 1:06.74	K.Boocock 1:06.32	M. Glintmeyer 1:02.46	S. Martin 1:04.93	Z. Pratt-Smith 1:03.30	H.Gasson 1:00.36
	200		C. Yi 3:19.84	K.Kovalenko 2:56.10	R. Adams 2:45.02	G.Walker 2:38.54	G.Walker 2:28.80	K.Boocock 2:25.17	K.Boocock 2:22.07	B.Rowley 2:18.59	B.Rowley 2:19.46	B.Rowley 2:21.70	H.Gasson 2:11.03
B R E A S T	50	E Thomas 0:56.58	C. Yi 0:51.66	R.Smith 0:47.26	J. Lyles 0:42.40	G.Shields 0:38.82	G.Shields 0:37.45	M. Middleton 0:36.45	V.McTeigue 0:36.22	V.McTeigue 0:34.33	H. Huettmeyer 0:33.64	L.Muellner 0:32.54	H.Gasson 0:31.91
	100	E.Thomas 1:57.94	C. Yi 1:53.22	K.Kovalenko 1:39.34	R.Smith 1:31.30	R.Smith 1:24.29	G.Shields 1:20.82	M. Middleton 1:18.91	V.McTeigue 1:17.97	L.Marsh 1:18.86	H. Huettmeyer 1:13.94	L.Muellner 1:11.01	H.Gasson 1:10.57
	200		C.Yi 3:54.63	K.Kovalenko 3:22.69	R.Smith 3:08.43	G.Shields 2:58.66	G.Shields 2:51.06	R.Smith 2:46.14	B.Rowley 2:50.43	B.Rowley 2:42.49	H. Huettmeyer 2:40.18	L.Muellner 2:34.97	H.Gasson 2:31.67
F L Y	50	E.Thomas 0:47.02	D.Donaldson 0:41.90	D.Donaldson 0:37.22	B.Van Zyl 0:35.46	I. Bouzaid 0:33.58	M.Middleton 0:31.21	M. Middleton 0:30.26	V.McTeigue 0:29.36	Z.Pedersen 0:27.22	Z. Pederesen 0:26.61	Z. Pedersen 0:27.41	H.Gasson 0:26.24
	100		D.Donaldson 1:40.46	D.Donaldson 1:28.00	K.Kovalenko 1:21.77	C.O'Reilly 1:13.91	E.Thomas 1:11.82	B.Van Zyl 1:07.33	V.McTeigue 1:05.77	M. Glintmeyer 1:01.24	A.Crosbie 1:01.90	A.Crosbie 1:01.70	H.Gasson 0:58.91
	200		C.Yi 3:52.65		D.Donaldson 3:02.91	C.O'Reilly 2:48.77	V.McTeigue 2:46.49	M. Johnston 2:36.72	N.Rosewarne 2:29.63	M. Glintmeyer 2:24.01	B.Rowley 2:28.35	E.Thomas 2:22.00	H.Gasson 2:11.34
I M	200		C.Yi 3:31.07	K.Kovalenko 2:57.32	K.Kovalenko 2:52.78	R.Smith 2:37.16	R.Smith 2:33.57	K.Boocock 2:25.47	B.Rowley 2:23.35	B.Rowley 2:22.77	B.Rowley 2:20.70	B.Rowley 2:22.61	H.Gasson 2:12.13
	400		C. Yi 7:20.01	E.Gutteridge 7:11.54	K.Kovalenko 5:51.27	R.Smith 5:30.45	R.Smith 5:23.75	R.Smith 5:09.53	B.Rowley 5:05.22	B.Rowley 4:59.01	R.Smith 5:02.62	R.Smith 5:04.05	H.Gasson 4:44.60

SHORT Course

BOYS

	Metres	7 & Under	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	Open
F R E E S T Y L E	25	L.Pangalila 0:19.32	T.Nancarrow 0:17.66	J.Els 0:15.34	R. Liang 0:14.68	D.Tian 0:12.70	D. Tian 0:12.14	D. Tian 0:11.95	S. Wilde 0:11.88	W. Delamare 0:11.11	J. Cornish 0:10.94	J. Cornish 0:10.53	J. Cornish 0:10.53
	50	L.Pangalila 0:42.89	C. Chester 0:38.18	W.Coetzee 0:33.73	D. Tian 0:29.84	D.Tian 0:28.28	D. Tian 0:25.62	L. Curling 0:24.33	J. Cornish 0:24.70	J. Cornish 0:24.27	J. Cornish 0:23.17	J. Cornish 0:22.90	G. Williams 0:22.37
	100	L.Pangalila 1:35.25	B.Taylor 1:19.25	J.Els 1:14.84	W.Coetzee 1:07.37	D. Tian 1:04.12	D. Tian 0:57.65	L. Curling 0:53.07	J.Selman 0:53.87	J. Swanepoel 0:53.82	J. Cornish 0:51.43	B. Visser 0:50.51	C. Gray 0:47.66
	200	L.Pangalila 3:19.76	T.Johnston 3:06.17	J.Els 2:38.29	J. Bayes 2:24.30	J. Bayes 2:18.51	D. Tian 2:07.20	L. Curling 1:59.29	M.Donaldson 1:57.63	J. Potier 1:55.67	L. Hamblyn-Ough 1:54.28	B. Visser 1:48.48	S.Kent 1:44.40
	400		S.Cosgrove 7:09.11	T.Johnston 5:43.95	L. Hutchinson 5:15.24	W.Coetzee 4:53.95	J.Donovan 4:37.27	A. Sandford 4:18.66	L. Hamblyn-Ough 4:17.24	J. Potier 4:03.16	L. Hamblyn-Ough 3:59.69	B. Visser 3:50.83	D.Dunlop-Barrett 3:46.91
	800			K.Torvi 11:19.93	W.Coetzee 11:20.77	K.Pangalila 10:18.02	M.Hamilton 9:44.04	L.Hamblyn-Ough 9:07.67	J.Cosgrove 8:44.73	J. Potier 8:30.30	L.Hamblyn-Ough 8:12.75	B. Visser 7:55.74	B. Visser 7:55.74
	1500			S.Cosgrove 27:51.00	K.Torvi 20:56.35	L.Hamblyn-Ough 19:26.68	K.Pangalila 18:11.56	L.Hamblyn-Ough 17:14.03	L.Hamblyn-Ough 16:52.32	L.Hamblyn-Ough 16:15.89	L. Hamblyn-Ough 15:36.61	B. Visser 15:16.56	B. Visser 15:16.56
B A C K	25	C.Knight 0:22.97	W.Coetzee 0:19.69	W.Coetzee 0:17.89	C.Chester 0:17.12	D. Tian 0:14.97	D. Tian 0:14.44	D. Tian 0:13.97	F.Kennard-Campbel 0:13.48	J. Swanepoel 0:12.86	J. Cornish 0:12.85	J. Cornish 0:12.68	T. Farr 0:12.40
	50	R.Davies 0:50.85	L.Pangalila 0:43.38	W.Coetzee 0:37.51	D. Tian 0:35.03	W.Coetzee 0:33.06	D. Tian 0:29.58	L.Curling 0:27.77	F.Kennard-Campbel 0:27.04	J.Selman 0:26.94	J. Cornish 0:26.05	J. Cornish 0:25.94	F.Kennard-Campbell 0:25.00
	100	L.Pangalila 1:44.15	J.Cornish 1:35.13	K.Torvi 1:22.47	W.Coetzee 1:14.94	G.Thomas 1:11.19	D. Tian 1:03.96	D. Tian 1:00.16	C.Coetzee 0:58.96	J.Selman 0:57.06	J. Cornish 0:56.38	J. Cornish 0:56.03	W.Coetzee 0:54.52
	200		W.Coetzee 3:04.08	K.Torvi 2:48.46	J. Els 2:36.03	L.Hamblyn-Ough 2:30.97	J.Cornish 2:19.42	C.Coetzee 2:10.63	F.Kennard-Campbel 2:07.66	C.Coetzee 2:07.50	J. Cornish 2:03.84	C.Coetzee 2:03.57	S. Brown 1:56.34
B R E A S T	25	L.Pangalila 0:28.16	W.Coetzee 0:21.57	J.Cornish 0:19.59	W.Coetzee 0:18.00	D. Tian 0:17.40	D. Tian 0:15.82	M.Donaldson 0:15.50	A.Jones 0:15.00	J. Swanepoel 0:14.25	J. Cornish 0:13.53	J. Cornish 0:12.96	J. Cornish 0:12.96
	50	D.Blanchard 0:57.88	W.Coetzee 0:47.63	C. Cate 0:43.90	W.Coetzee 0:39.33	T.Aitken 0:37.56	D. Tian 0:33.80	D. Tian 0:32.45	C.Price 0:30.63	W.Coetzee 0:30.29	J. Cornish 0:29.52	J. Cornish 0:29.60	W.Coetzee 0:27.76
	100	L.Pangalila 2:10.13	W.Coetzee 1:44.03	T.Pleciak 1:34.50	W.Coetzee 1:25.49	J.Garrod 1:20.56	M.Donaldson 1:13.14	M.Donaldson 1:08.88	C.Price 1:07.29	W.Coetzee 1:05.00	C.Price 1:06.78	C.Coetzee 1:08.70	W.Coetzee 1:00.24
	200		W.Coetzee 3:35.23	T.Pleciak 3:26.29	W.Coetzee 2:58.00	J.Garrod 2:54.07	M.Donaldson 2:35.54	M.Donaldson 2:24.72	M.Donaldson 2:23.15	M.Donaldson 2:23.20	C.Price 2:27.90	S.Williams 2:32.69	S. Brown 2:12.31
F L Y	25	L.Pangalila 0:23.12	T.Nancarrow 0:18.78	T.Nancarrow 0:16.40	J.Donovan 0:15.85	D.Tian 0:13.71	D. Tian 0:13.21	L.Curling 0:12.88	F.Kennard-Campbel 0:12.76	W. Delamare 0:11.97	G. Smith 0:12.56	S.Williams 0:12.31	W.Coetzee 0:11.15
	50	L.Pangalila 0:57.02	W.Coetzee 0:40.24	W.Coetzee 0:36.22	W.Coetzee 0:33.75	W.Coetzee 0:32.22	D. Tian 0:29.78	L. Curling 0:26.55	F.Kennard-Campbel 0:26.63	W.Coetzee 0:26.21	J. Cornish 0:25.96	S. Kenny 0:24.90	S.Kent 0:23.95
	100		L.Pangalila 1:58.37	T.Nancarrow 1:32.38	W.Coetzee 1:14.94	W.Coetzee 1:08.47	W.Coetzee 1:07.05	M.Donaldson 1:00.05	C.Coetzee 0:59.01	W.Coetzee 0:56.63	C.Coetzee 0:56.25	S.Kenny 0:55.67	W.Coetzee 0:52.77
	200			T.Nancarrow 3:37.04	W.Coetzee 2:37.53	W.Coetzee 2:30.51	W.Coetzee 2:26.49	M.Donaldson 2:10.81	W.Coetzee 2:10.23	W.Coetzee 2:03.47	C.Coetzee 2:09.78	C.Coetzee 2:03.07	W.Coetzee 1:57.84
M E D L E Y	100	L.Pangalila 1:54.36	W.Coetzee 1:33.31	J.Els 1:23.69	W.Coetzee 1:13.46	W.Coetzee 1:10.83	D. Tian 1:05.48	M.Donaldson 1:01.46	M.Donaldson 1:00.28	W.Coetzee 0:58.25	J. Cornish 0:57.36	J. Cornish 0:57.46	W.Coetzee 0:54.15
	200	L.Pangalila 3:44.41	K.Torvi 3:38.12	W.Coetzee 2:49.50	W.Coetzee 2:38.29	W.Coetzee 2:32.53	W.Coetzee 2:25.24	M.Donaldson 2:14.69	M.Donaldson 2:08.37	W.Coetzee 2:05.95	C.Coetzee 2:09.66	B. Visser 2:06.69	W.Coetzee 1:58.22
	400			K.Torvi 6:18.46	W.Coetzee 5:32.05	W.Coetzee 5:10.90	M.Donaldson 5:04.41	M.Donaldson 4:35.84	M.Donaldson 4:30.48	W.Coetzee 4:27.83	L.Hamblyn-Ough & S. Williams 4:36.35	B. Visser 4:31.03	S. Brown 4:13.55

LONG Course

BOYS

	Metres	7 & Under	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	Open
F R E E S T Y L E	50	L.Pangalila 0:42.40	L.Pangalila 0:36.40	T.Nancarrow 0:32.38	W.Coetzee 0:31.34	D. Tian 0:30.08	D. Tian 0:26.71	L.Curling 0:25.55	L. Curling 0:24.47	J. Cornish 0:24.52	J.Cornish 0:23.56	J. Cornish 0:23.27	C. Gray 0:22.33
	100	L.Pangalila 1:34.73	L.Pangalila 1:19.95	T.Nancarrow 1:14.04	W.Coetzee 1:09.01	K.Pangalila 1:05.99	D. Tian 0:59.31	D. Tian 0:55.33	L. Curling 0:53.23	J. Cornish 0:54.68	J. Potier 0:53.52	B. Visser 0:52.62	C. Gray 0:48.26
	200	L.Pangalila 3:12.14	L.Pangalila 2:52.87	L. Pangalila 2:38.88	W.Coetzee 2:27.93	K.Pangalila 2:19.12	M.Donaldson 2:10.77	A. Sandford 2:02.49	A. Sandford 2:00.02	J. Potier 1:57.29	J. Potier 1:55.05	B. Visser 1:52.64	C. Gray 1:48.98
	400			L. Pangalila 5:52.50	K.Pangalila 5:16.13	K.Pangalila 5:01.65	W.Coetzee 4:47.31	M.Donaldson 4:21.97	M.Donaldson 4:10.89	J. Potier 4:08.78	L. Hamblyn-Ough 4:06.46	B. Visser 3:58.99	D.Dunlop-Barrett 3:50.61
	800				W.Coetzee 10:48.83	W.Coetzee 10:17.28	W.Coetzee 9:57.87	M.Donaldson 9:03.02	J.Potier 8:58.01	J. Potier 8:38.61	L. Hamblyn-Ough 8:25.70	L. Hamblyn-Ough 8:13.31	L.Hamblyn-Ough 8:13.31
	1500				W.Coetzee 21:33.57	K.Pangalila 19:37.86	M.Donaldson 18:21.53	J.Donovan 17:42.32	J. Potier 17:05.77	J.Donovan 16:41.38	L. Hamblyn-Ough 16:09.79	L. Hamblyn-Ough 15:45.11	M.Dai 15:26.40
B A C K	50	L.Pangalila 0:46.05	T.Johnston 0:43.04	W.Coetzee 0:37.55	R. Liang 0:35.29	W.Coetzee 0:33.53	K. Glintmeyer 0:30.55	D. Tian 0:28.87	F.Kennard-Campbel 0:27.99	J. Cornish 0:27.65	J.Cornish 0:26.90	J. Cornish 0:26.23	F. Harland 0:24.97
	100	L.Pangalila 1:41.52	W.Coetzee 1:30.03	W.Coetzee 1:19.77	W.Coetzee 1:17.11	W.Coetzee 1:12.24	K. Glintmeyer 1:06.46	D. Tian 1:02.28	J.Selman 0:59.51	J. Cornish 0:59.41	J.Cornish 0:57.76	J. Cornish 0:56.80	F. Harland 0:54.74
	200		L.Pangalila 3:06.13	W.Coetzee 2:51.50	W.Coetzee 2:40.56	W.Coetzee 2:30.90	J. Cornish 2:27.09	D.Garrod 2:16.70	T.Magner 2:08.91	W.Coetzee 2:07.93	J. Cornish 2:08.34	B. Faleafa 2:05.04	S. Brown 2:02.87
B R E A S T	50	L.Pangalila 0:58.85	L.Pangalila 0:52.36	W.Coetzee 0:42.87	W.Coetzee 0:40.30	M Donaldson 0:39.18	D. Tian 0:35.45	W.Coetzee 0:32.88	W.Coetzee 0:31.83	W.Coetzee 0:31.04	J. Cornish 0:30.63	B. Faleafa 0:30.60	W.Coetzee 0:28.72
	100	L.Pangalila 2:06.34	W.Coetzee 1:44.43	W.Coetzee 1:31.98	W.Coetzee 1:26.92	M Donaldson 1:22.45	M.Donaldson 1:14.07	M.Donaldson 1:10.88	M.Donaldson 1:09.28	C.Price 1:08.55	C.Price 1:08.39	B. Faleafa 1:06.67	W.Coetzee 1:03.00
	200		W.Coetzee 3:43.10	W.Coetzee 3:19.34	W.Coetzee 3:05.22	M Donaldson 2:54.09	M.Donaldson 2:36.96	M.Donaldson 2:30.43	M.Donaldson 2:26.25	W.Coetzee 2:28.12	C.Price 2:32.71	S.Williams 2:39.45	S. Brown 2:18.84
F L Y	50	L.Pangalila 0:51.56	T.Nancarrow 0:45.26	W.Coetzee 0:34.95	W.Coetzee 0:32.95	W.Coetzee 0:31.93	K. Glintmeyer 0:29.05	L.Curling 0:27.39	L. Curling 0:26.42	J. Cornish 0:26.55	J. Cornish 0:26.00	J. Cornish 0:25.33	C. Gray 0:23.27
	100		L.Pangalila 1:47.80	W.Coetzee 1:18.73	W.Coetzee 1:13.94	W.Coetzee 1:08.94	M.Donaldson 1:07.18	M.Donaldson 1:00.89	W.Coetzee 0:58.77	W.Coetzee 0:57.22	C.Coetzee 0:58.65	B. Visser 0:57.21	C. Gray 0:52.53
	200			W.Coetzee 3:12.21	W.Coetzee 2:45.79	W.Coetzee 2:31.11	W.Coetzee 2:29.69	W.Coetzee 2:14.85	M.Donaldson 2:13.13	W.Coetzee 2:06.02	C.Coetzee 2:09.83	B. Visser 2:11.00	W.Coetzee 2:02.22
I M	200	L.Pangalila 3:44.52	L.Pangalila 3:22.06	W.Coetzee 2:51.36	W.Coetzee 2:41.21	W.Coetzee 2:33.18	M.Donaldson 2:24.34	M.Donaldson 2:17.14	M.Donaldson 2:11.67	W.Coetzee 2:09.35	J.Donovan 2:13.61	B. Faleafa 2:08.20	W.Coetzee 2:03.85
	400			W.Coetzee 6:07.73	J.Donovan 6:01.18	J.Garrod 5:32.08	M.Donaldson 5:07.68	M.Donaldson 4:46.89	M.Donaldson 4:38.15	W.Coetzee 4:33.01	J.Donovan 4:48.22	L. Hamblyn-Ough 4:39.32	S. Brown 4:22.88