



LCT Pool Rescue LCT Speed Lifesaving #1 2025

21 Jun 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

0. 50m With Fins SL
1. 50m Obstacles SL
2. 50m Rescue Medley SL
3. 50m Rescue Medley (Medium) SL
4. 50m Manikin Carry (Medium) SL
5. 50m Manikin Carry (Mini) SL
6. 100m Super Lifesaver SL
7. 50m Super Nipper (Medium) SL
8. 50m Torpedo Buoy Rescue SL
9. 4x25m Rescue Tube Relay SL

Event 0: 50m With Fins SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Joanne Markland	MIL		NT 00:33,16
3	Amber Manchest	UN		NT 00:28,66
4	Amica De Jager	CF		NT 00:24,44
5	Lindsay Heyns	MIL		NT 00:29,44
6	Victoria Donaldson	BB		NT 00:29,72
7	Meike Zumpt	MIL		NT 00:33,15
8				-

Event 0: 50m With Fins SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Avron Manchest	UN		NT
2	Garth Bruwer	CF		NT
3	Ross Goodall	CF		NT 00:26,94
4	Marc Pincente	CF		NT 00:27,81
5	Matthew Goodall	CF		NT 00:25,78
6	Grantham Manchest	UN		NT 00:25,25
7	Ashwin Van Wyk	UN		NT 00:28,31
8	Clayton Abrahams	UN		NT

Event 0: 50m With Fins SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Ellen Hodgkinson	CF		NT 00:29,38
3	Kianna-Gro Liversage	CF		NT
4	Erin Langenhoven	BB		NT 00:25,75
5	Jessie Allott	CF		NT 00:25,78
6	Zia Pietersen	CF		NT 00:28,81
7	Abigail Kirkland	BB		NT 00:30,10
8	Rania Finck	UN		NT 00:34,04

Event 0: 50m With Fins SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jacques Askevold	BB	NT	00:25,97
3	Luc Michaels	UN	NT	00:25,97
4	Dillon Abrahams	UN	NT	
5	Grant Nefdt	FH	NT	00:21,53
6	Kyle Zietsman	CF	NT	
7	Laeq Devajee	UN	NT	
8				-

Event 0: 50m With Fins SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Mikey Goodall	CF	NT	00:27,16
2	Caleb Jansen	BB	NT	00:24,00
3	Mathew Pincente	CF	NT	00:20,22
4	Matthew Brooker	CF	NT	00:19,75
5	Niyaz Devajee	UN	NT	
6	Jan-Lukas Van der Westhuizen	BB	NT	00:22,37
7	Jack Allott	CF	NT	00:23,03
8	Javin Presence	MIL	NT	00:26,13

Event 0: 50m With Fins SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Isabella Brooker	CF	NT	00:28,72
2	Alexa Heldsinger	CF	NT	00:27,72
3	Riziki Magotsi	CF	NT	
4	Katya Bova-Olsen	FH	NT	
5	Kyla Allott	CF	NT	00:29,75
6	Angelina Nock	BB	NT	00:29,25
7	Carla Carolus	UN	NT	00:30,56
8				-

Event 0: 50m With Fins SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Kara Pretorius	CF		NT 00:27,57
2	Hannah Van Heerden	BB		NT 00:29,47
3	Gemma Blackburn	CF		NT 00:30,04
4	Chloe Damons	CF		NT
5	Rebecca Allderman	CF		NT 00:32,78
6	Emma Brownlee	CF		NT 00:34,79
7	Gia Heldsinger	CF		NT 00:27,05
8	Margery Mokoena	UN		NT

Event 0: 50m With Fins SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Craig Oberhofer	MIL		NT
3	Dylan Froneman	BB		NT 00:26,45
4	Christian Van Heerden	BB		NT 00:25,41
5	Jaydon Allott	BB		NT 00:25,60
6	Diego Jansen	BB		NT 00:26,81
7	Greyson September	CF		NT 00:29,40
8				-

Event 0: 50m With Fins SL**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Sophia Read	BB		NT
2	Jaime urtel	MIL		NT
3	Hannah Carelse	MIL		NT 00:36,56
4	Bianca Van der Westhuizen	BB		NT 00:31,63
5	Emilie Conradie	FH		NT 00:29,38
6	Isla Conradie	FH		NT 00:32,78
7	Leah Ann Dabrowski	BB		NT 00:30,66
8	Dian Chu	CF		NT 00:29,57

Event 0: 50m With Fins SL**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3				-
4	Dan Goodall	CF	NT	00:35,84
5	Declan Kruger	BB	NT	00:31,84
6	Johannes Spangenberg	CF	NT	
7	Albert Cloete	BB	NT	00:32,03
8	Nolan Froneman	BB	NT	00:30,25

Event 0: 50m With Fins SL**Heat 11**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Kallon Allott	CF	NT	00:34,22
4	Gunther Askevold	BB	NT	00:31,47
5	Daniel Van der Westhuizen	BB	NT	00:30,63
6	Benjamin Fourie	BB	NT	00:30,81
7	Yuanxi Daniel Lee	BB	NT	00:28,62
8				-

Event 0: 50m With Fins SL**Heat 12**

Lane	Swimmer	Club	Seed	Result
1	Lakin Leibrandt	UN	NT	00:33,25
2	Fia Ackerman	CF	NT	00:33,57
3	Elizabeth Spangenberg	CF	NT	00:33,16
4	Madison Tucker	CF	NT	00:32,32
5	Anna Dabrowski	BB	NT	00:34,68
6	Emma Fourie	MIL	NT	00:37,06
7	Kate Lesch	CF	NT	00:33,78
8	Leela Heyns	MIL	NT	00:34,32

Event 0: 50m With Fins SL**Heat 13**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jackson Goodall	CF		NT 00:39,79
3	Christiaan Basson	BB		NT 00:34,72
4	Pisces Eksteen	CF		NT 00:37,09
5	Manú von Hase-Gowans	CF		NT 00:54,22
6	Armani Jones	CF		NT 00:36,31
7	Gustav Askevold	BB		NT 00:44,57
8	Jean-Louis Kroon	BB		NT 00:38,81

Event 0: 50m With Fins SL**Heat 14**

Lane	Swimmer	Club	Seed	Result
1				-
2	Willem Spangenberg	CF		NT 00:32,63
3	Sebastian Fourie	BB		NT 00:34,65
4	Luc Zietsman	CF		NT
5	Levi April	BB		NT 00:35,40
6	Liam Terblanche	BB		NT 00:37,78
7	Marais Kroon	BB		NT 00:39,78
8	Sebastian Zietsman	CF		NT

Event 1: 50m Obstacles SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Joanne Markland	MIL		NT 00:55,19
3	Amber Manchest	UN		NT 00:41,67
4	Amica De Jager	CF		NT 00:30,28
5	Lindsay Heyns	MIL		NT 00:42,60
6	Victoria Donaldson	BB		NT 00:38,00
7	Meike Zumpt	MIL		NT 00:44,49
8				-

Event 1: 50m Obstacles SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jacques Askevold	BB	NT	00:37,22
3	Avron Manchest	UN	NT	
4	Grantham Manchest	UN	NT	00:35,78
5	Marc Pincente	CF	NT	00:35,06
6	Garth Bruwer	CF	NT	
7				-
8				-

Event 1: 50m Obstacles SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Ashwin Van Wyk	UN	NT	00:34,34
3	Clayton Abrahams	UN	NT	00:38,40
4	Kyle Zietsman	CF	NT	
5	Matthew Goodall	CF	NT	00:35,28
6	Ross Goodall	CF	NT	00:36,34
7				-
8				-

Event 1: 50m Obstacles SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Jessie Allott	CF	NT	00:35,46
2	Ellen Hodgkinson	CF	NT	00:41,03
3	Kianna-Gro Liversage	CF	NT	
4	Erin Langenhoven	BB	NT	00:34,07
5	Zia Pietersen	CF	NT	00:36,96
6	Abigail Kirkland	BB	NT	00:39,93
7	Rania Finck	UN	NT	00:52,10
8				-

Event 1: 50m Obstacles SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jack Allott	CF		NT 00:30,28
3	Jake Hutton	CF		NT 00:28,37
4	Mathew Pincente	CF		NT 00:28,40
5	Matthew Brooker	CF		NT 00:28,75
6	Caleb Jansen	BB		NT 00:29,91
7				-
8				-

Event 1: 50m Obstacles SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Laeq Devajee	UN		NT
3	Grant Nefdt	FH		NT 00:30,28
4	Javin Presence	MIL		NT
5	Luc Michaels	UN		NT 00:32,87
6	Dillon Abrahams	UN		NT 00:32,13
7				-
8				-

Event 1: 50m Obstacles SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Isabella Brooker	CF		NT 00:34,40
2	Kyla Allott	CF		NT 00:39,34
3	Carla Carolus	UN		NT 00:41,97
4	Hannah Van Heerden	BB		NT 00:35,57
5	Katya Bova-Olsen	FH		NT
6	Riziki Magotsi	CF		NT
7	Alexa Heldsinger	CF		NT 00:34,31
8				-

Event 1: 50m Obstacles SL**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Emma Brownlee	CF		NT 00:43,79
3	Angelina Nock	BB		NT 00:36,31
4	Chloe Damons	CF		NT
5	Rebecca Allderman	CF		NT 00:40,62
6	Gemma Blackburn	CF		NT 00:39,19
7	Margery Mokoena	UN		NT
8	Kara Pretorius	CF		NT 00:37,40

Event 1: 50m Obstacles SL**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Jan-Lukas Van der Westhuizen	BB		NT 00:30,75
4	Niyaz Devajee	UN		NT
5	Mikey Goodall	CF		NT 00:36,09
6				-
7				-
8				-

Event 1: 50m Obstacles SL**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2	Greyson September	CF		NT 00:40,12
3	Diego Jansen	BB		NT 00:33,81
4	Christian Van Heerden	BB		NT 00:31,62
5	Jaydon Allott	BB		NT 00:32,10
6	Dylan Froneman	BB		NT 00:33,56
7	Craig Oberhofer	MIL		NT
8				-

Event 1: 50m Obstacles SL**Heat 11**

Lane	Swimmer	Club	Seed	Result
1				-
2	Isla Conradie	FH		NT 00:45,12
3	Bianca Van der Westhuizen	BB		NT 00:41,25
4	Dian Chu	CF		NT 00:39,09
5	Hannah Carelse	MIL		NT 00:52,59
6	Jaime urtel	MIL		NT
7	Sophia Read	BB		NT
8				-

Event 1: 50m Obstacles SL**Heat 12**

Lane	Swimmer	Club	Seed	Result
1	Declan Kruger	BB		NT 00:41,47
2	Nolan Froneman	BB		NT 00:38,59
3	Emilie Conradie	FH		NT 00:36,38
4	Gia Heldsinger	CF		NT 00:35,68
5	Leah Ann Dabrowski	BB		NT 00:34,75
6	Dan Goodall	CF		NT 00:48,25
7	Johannes Spangenberg	CF		NT
8	Albert Cloete	BB		NT 00:39,90

Event 1: 50m Obstacles SL**Heat 13**

Lane	Swimmer	Club	Seed	Result
1				-
2	Yuanxi Daniel Lee	BB		NT 00:45,89
3	Benjamin Fourie	BB		NT 00:39,53
4	Daniel Van der Westhuizen	BB		NT 00:39,58
5	Gunther Askevold	BB		NT 00:44,19
6	Kallon Allott	CF		NT 00:47,50
7				-
8				-

Event 1: 50m Obstacles SL**Heat 14**

Lane	Swimmer	Club	Seed	Result
1	Gustav Askevold	BB		NT 01:11,56
2	Willem Spangenberg	CF		NT 00:45,35
3	Emma Fourie	MIL		NT 00:56,27
4	Madison Tucker	CF		NT 00:43,91
5	Anna Dabrowski	BB		NT 00:49,32
6	Armani Jones	CF		NT 00:45,91
7	Sebastian Fourie	BB		NT 00:45,85
8	Luc Zietsman	CF		NT

Event 1: 50m Obstacles SL**Heat 15**

Lane	Swimmer	Club	Seed	Result
1	Leela Heyns	MIL		NT 00:48,44
2	Kate Lesch	CF		NT 00:46,75
3	Manú von Hase-Gowans	CF		NT 01:13,37
4	Elizabeth Spangenberg	CF		NT 00:45,65
5	Pisces Eksteen	CF		NT 00:47,38
6	Fia Ackerman	CF		NT 00:47,78
7	Lakin Leibrandt	UN		NT 00:48,78
8				-

Event 1: 50m Obstacles SL**Heat 16**

Lane	Swimmer	Club	Seed	Result
1				-
2	Sebastian Zietsman	CF		NT
3	Liam Terblanche	BB		NT 00:56,37
4	Christiaan Basson	BB		NT 00:41,57
5	Jean-Louis Kroon	BB		NT 00:48,22
6	Levi April	BB		NT 00:50,56
7	Jackson Goodall	CF		NT 00:54,75
8				-

Event 2: 50m Rescue Medley SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Meike Zumpt	MIL		NT 01:00,06
3	Joanne Markland	MIL		NT
4	Amica De Jager	CF		NT 00:36,56
5	Amber Manchest	UN		NT 00:40,31
6	Victoria Donaldson	BB		NT 00:47,15
7	Lindsay Heyns	MIL		NT DQ
8				-

Event 2: 50m Rescue Medley SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jacques Askevold	BB		NT 00:44,55
3	Garth Bruwer	CF		NT
4	Avron Manchest	UN		NT
5	Ross Goodall	CF		NT 00:44,57
6	Luc Michaels	UN		NT 00:37,16
7	Dillon Abrahams	UN		NT 00:38,07
8				-

Event 2: 50m Rescue Medley SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Zia Pietersen	CF		NT 00:45,16
3	Jessie Allott	CF		NT 00:40,22
4	Erin Langenhoven	BB		NT 00:38,81
5	Kianna-Gro Liversage	CF		NT
6	Ellen Hodgkinson	CF		NT 00:46,37
7	Abigail Kirkland	BB		NT 00:47,56
8	Rania Finck	UN		NT

Event 2: 50m Rescue Medley SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Matthew Goodall	CF	NT	00:40,59
3	Laeeq Devajee	UN	NT	
4	Marc Pincente	CF	NT	00:39,97
5	Grantham Manchest	UN	NT	00:38,90
6	Ashwin Van Wyk	UN	NT	00:42,78
7	Clayton Abrahams	UN	NT	00:40,81
8	Kyle Zietsman	CF	NT	

Event 2: 50m Rescue Medley SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Grant Nefdt	FH	NT	00:35,58
3	Jack Allott	CF	NT	00:35,47
4	Matthew Brooker	CF	NT	00:31,93
5	Jake Hutton	CF	NT	00:31,47
6	Mathew Pincente	CF	NT	00:30,57
7	Caleb Jansen	BB	NT	00:34,69
8	Javin Presence	MIL	NT	00:39,44

Event 2: 50m Rescue Medley SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Kyla Allott	CF	NT	00:47,65
3	Niyaaz Devajee	UN	NT	
4	Riziki Magotsi	CF	NT	
5	Jan-Lukas Van der Westhuizen	BB	NT	00:36,53
6	Katya Bova-Olsen	FH	NT	
7	Mikey Goodall	CF	NT	00:41,38
8	Carla Carolus	UN	NT	

Event 3: 50m Rescue Medley (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Gemma Blackburn	CF		NT 00:46,03
3	Chloe Damons	CF		NT
4	Emma Brownlee	CF		NT 00:51,40
5	Alexa Heldsinger	CF		NT 00:41,00
6				-
7				-
8				-

Event 3: 50m Rescue Medley (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Hannah Van Heerden	BB		NT 00:40,28
3	Rebecca Alderman	CF		NT 00:47,72
4	Kara Pretorius	CF		NT 00:45,75
5	Angelina Nock	BB		NT 00:41,91
6	Margery Mokoena	UN		NT
7	Isabella Brooker	CF		NT 00:40,65
8				-

Event 3: 50m Rescue Medley (Medium) SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Dylan Froneman	BB	NT	00:38,94
3	Craig Oberhofer	MIL	NT	
4	Jaydon Allott	BB	NT	00:36,28
5	Christian Van Heerden	BB	NT	00:35,37
6	Diego Jansen	BB	NT	00:40,84
7	Greyson September	CF	NT	00:47,78
8				-

Event 4: 50m Manikin Carry (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Leah Ann Dabrowski	BB	NT	00:46,56
3	Isla Conradie	FH	NT	00:55,84
4	Emilie Conradie	FH	NT	00:42,06
5	Dian Chu	CF	NT	00:51,00
6	Hannah Carelse	MIL	NT	01:00,69
7	Jaime urtel	MIL	NT	
8	Sophia Read	BB	NT	

Event 4: 50m Manikin Carry (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Declan Kruger	BB	NT	00:53,90
3	Dan Goodall	CF	NT	01:01,22
4	Bianca Van der Westhuizen	BB	NT	00:47,72
5	Gia Heldsinger	CF	NT	00:40,97
6	Albert Cloete	BB	NT	00:53,94
7	Gunther Askevold	BB	NT	00:59,38
8	Kallon Allott	CF	NT	00:58,71

Event 4: 50m Manikin Carry (Medium) SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Johannes Spangenberg	CF		NT
3	Benjamin Fourie	BB		NT 00:53,90
4	Nolan Froneman	BB		NT 00:47,72
5	Yuanxi Daniel Lee	BB		NT 00:50,97
6	Daniel Van der Westhuizen	BB		NT 00:49,90
7				-
8				-

Event 5: 50m Manikin Carry (Mini) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Leela Heyns	MIL		NT 00:58,28
2	Kate Lesch	CF		NT 00:55,31
3	Emma Fourie	MIL		NT 01:07,88
4	Anna Dabrowski	BB		NT 01:03,75
5	Elizabeth Spangenberg	CF		NT 00:53,56
6	Fia Ackerman	CF		NT 00:51,66
7	Lakin Leibrandt	UN		NT 00:58,70
8	Madison Tucker	CF		NT 00:54,00

Event 5: 50m Manikin Carry (Mini) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Jean-Louis Kroon	BB		NT 00:59,37
2	Gustav Askevold	BB		NT 01:30,16
3	Armani Jones	CF		NT 00:55,32
4	Manú von Hase-Gowans	CF		NT 01:26,75
5	Pisces Eksteen	CF		NT DQ
6	Christiaan Basson	BB		NT 00:51,31
7	Jackson Goodall	CF		NT 01:09,91
8	Levi April	BB		NT 01:12,16

Event 5: 50m Manikin Carry (Mini) SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Willem Spangenberg	CF	NT	00:52,41
3	Sebastian Fourie	BB	NT	00:58,16
4	Liam Terblanche	BB	NT	01:21,47
5	Luc Zietsman	CF	NT	
6	Sebastian Zietsman	CF	NT	
7				-
8				-

Event 6: 100m Super Lifesaver SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Joanne Markland	MIL	NT	
3	Victoria Donaldson	BB	NT	01:46,94
4	Amica De Jager	CF	NT	01:24,75
5	Amber Manchest	UN	NT	01:36,00
6	Lindsay Heyns	MIL	NT	DQ
7	Meike Zumpt	MIL	NT	02:24,78
8				-

Event 6: 100m Super Lifesaver SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jacques Askevold	BB	NT	
3	Luc Michaels	UN	NT	01:27,71
4	Avron Manchest	UN	NT	
5	Marc Pincente	CF	NT	02:00,63
6	Garth Bruwer	CF	NT	
7	Ross Goodall	CF	NT	01:41,06
8	Dillon Abrahams	UN	NT	01:34,26

Event 6: 100m Super Lifesaver SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Matthew Goodall	CF	NT	01:30,18
3	Laeeq Devajee	UN	NT	
4	Grantham Manchest	UN	NT	
5	Ashwin Van Wyk	UN	NT	01:44,91
6	Kyle Zietsman	CF	NT	
7	Clayton Abrahams	UN	NT	01:54,81
8				-

Event 6: 100m Super Lifesaver SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Jessie Allott	CF	NT	01:26,66
3	Ellen Hodgkinson	CF	NT	01:37,16
4	Erin Langenhoven	BB	NT	01:24,97
5	Zia Pietersen	CF	NT	01:40,06
6	Kianna-Gro Liversage	CF	NT	
7	Abigail Kirkland	BB	NT	DQ
8	Rania Finck	UN	NT	02:16,13

Event 6: 100m Super Lifesaver SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Grant Nefdt	FH	NT	01:30,65
3	Caleb Jansen	BB	NT	01:21,69
4	Jack Allott	CF	NT	01:18,78
5	Matthew Brooker	CF	NT	01:11,62
6	Mathew Pincente	CF	NT	
7	Javin Presence	MIL	NT	01:36,90
8				-

Event 6: 100m Super Lifesaver SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Carla Carolus	UN	NT	02:02,06
4	Riziki Magotsi	CF	NT	
5	Katya Bova-Olsen	FH	NT	
6	Kyla Allott	CF	NT	01:45,31
7				-
8				-

Event 6: 100m Super Lifesaver SL**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Mikey Goodall	CF	NT	01:37,56
4	Jan-Lukas Van der Westhuizen	BB	NT	DQ
5	Niyaaz Devajee	UN	NT	
6				-
7				-
8				-

Event 7: 50m Super Nipper (Medium) SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Isabella Brooker	CF	NT	00:39,41
3	Alexa Heldsinger	CF	NT	00:41,06
4	Angelina Nock	BB	NT	00:45,50
5	Gemma Blackburn	CF	NT	00:44,53
6	Hannah Van Heerden	BB	NT	00:43,00
7				-
8				-

Event 7: 50m Super Nipper (Medium) SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Greyson September	CF		NT 00:51,09
3	Diego Jansen	BB		NT 00:40,10
4	Christian Van Heerden	BB		NT 00:41,15
5	Jaydon Allott	BB		NT 00:37,37
6	Dylan Froneman	BB		NT 00:39,59
7	Craig Oberhofer	MIL		NT
8				-

Event 7: 50m Super Nipper (Medium) SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Emma Brownlee	CF		NT 00:52,15
3	Chloe Damons	CF		NT
4	Margery Mokoena	UN		NT
5	Rebecca Allderman	CF		NT 00:51,87
6	Kara Pretorius	CF		NT 00:49,25
7				-
8				-

Event 8: 50m Torpedo Buoy Rescue SL**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Gia Heldsinger	CF		NT 00:31,06
3	Leah Ann Dabrowski	BB		NT 00:32,15
4	Isla Conradie	FH		NT 00:35,69
5	Emilie Conradie	FH		NT 00:30,37
6	Sophia Read	BB		NT
7				-
8				-

Event 8: 50m Torpedo Buoy Rescue SL**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Yuanxi Daniel Lee	BB		NT 00:33,28
3	Dian Chu	CF		NT
4	Bianca Van der Westhuizen	BB		NT 00:36,03
5	Hannah Carelse	MIL		NT 00:39,00
6	Jaime urtel	MIL		NT
7	Benjamin Fourie	BB		NT 00:36,16
8				-

Event 8: 50m Torpedo Buoy Rescue SL**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Johannes Spangenberg	CF		NT
2	Declan Kruger	BB		NT 00:42,29
3	Dan Goodall	CF		NT 00:39,53
4	Nolan Froneman	BB		NT 00:33,59
5	Daniel Van der Westhuizen	BB		NT 00:36,55
6	Gunther Askevold	BB		NT 00:36,78
7	Kallon Allott	CF		NT 00:39,69
8	Albert Cloete	BB		NT 00:33,84

Event 8: 50m Torpedo Buoy Rescue SL**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Kate Lesch	CF		NT 00:44,19
2	Emma Fourie	MIL		NT 00:46,75
3	Manú von Hase-Gowans	CF		NT 01:03,53
4	Anna Dabrowski	BB		NT 00:40,78
5	Leela Heyns	MIL		NT 00:39,34
6	Elizabeth Spangenberg	CF		NT 00:38,69
7	Fia Ackerman	CF		NT 00:38,16
8	Lakin Leibrandt	UN		NT 00:37,00

Event 8: 50m Torpedo Buoy Rescue SL**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Madison Tucker	CF		NT 00:35,84
3	Pisces Eksteen	CF		NT 00:39,66
4	Luc Zietsman	CF		NT
5	Sebastian Zietsman	CF		NT
6	Christiaan Basson	BB		NT 00:34,12
7				-
8				-

Event 8: 50m Torpedo Buoy Rescue SL**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Gustav Askevold	BB		NT 00:53,16
2	Willem Spangenberg	CF		NT
3	Sebastian Fourie	BB		NT 00:39,53
4	Armani Jones	CF		NT 00:43,05
5	Liam Terblanche	BB		NT 00:49,40
6	Jean-Louis Kroon	BB		NT 00:39,84
7	Levi April	BB		NT 00:41,09
8	Jackson Goodall	CF		NT 00:43,50