



**LCT Pool Rescue
RSS Pool Rescue WC Champs
2026**

14 Feb 2026

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 4x50m Medley Relay
2. 200m Super Lifesaver
3. Line Throw Relay
4. 100m Manikin Tow With Fins
5. 50m Manikin Carry
6. 4x25m Manikin Relay
7. 100m Rescue Medley
8. 100m Manikin Carry With Fins
9. 4x50m Lifesaver Relay
10. 200m Obstacles
11. 100m Obstacles
12. 4x50m Obstacle Relay

Event 1: 4x50m Medley Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	CF Senior Men A Medley Relay	CF		NT 01:41,11
2	CF Senior Men B Medley Relay	CF		NT 01:43,18
3	CF Senior Men C Medley Relay	CF		NT 01:58,10
4	FH Senior Men A Medley Relay	FH		NT 01:57,93
5	BB Senior Ladies A 4x50 Medley Relay	BB		NT NS
6	MIL Senior Men A 4x50 Medley Relay	MIL		NT 01:58,81
7	CF Senior Men D Medley Relay	CF		NT 02:04,46
8				-

Event 1: 4x50m Medley Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	CF Senior Ladies B Medley Relay	CF		NT 02:16,40
4	BB Masters Mixed A 4x50 Medley Relay	BB		NT 02:24,30
5	CF Senior Ladies A Medley Relay	CF		NT 02:04,54
6	FH Senior Ladies A Medley Relay	FH		NT 02:09,59
7				-
8				-

Event 1: 4x50m Medley Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	FH Junior Boys A Medley Relay	FH		NT 02:01,96
3	CF Junior Boys A Medley Relay	CF		NT 01:48,54
4	CF Junior Boys B Medley Relay	CF		NT 01:50,12
5	BB Junior Boys A 4x50 Medley Relay	BB		NT 01:50,26
6	CF Junior Boys C Medley Relay	CF		NT 02:01,67
7				-
8				-

Event 1: 4x50m Medley Relay**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	CF Junior Girls B Medley Relay	CF	NT	02:04,77
4	CF Junior Girls A Medley Relay	CF	NT	02:01,66
5	CF Junior Girls C Medley Relay	CF	NT	02:15,21
6	FH Junior Girls A Medley Relay	FH	NT	02:09,09
7				-
8				-

Event 2: 200m Super Lifesaver**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Zack Waters	CF	02:41,89	02:35,35
2	Jack Allott	CF	02:23,00	02:33,63
3	Aidan Mills	TUKS	02:20,11	02:27,13
4	Len-Douglas Mac Kay	KB	02:19,68	02:23,45
5	Matthew Brooker	CF	02:20,00	02:29,96
6	Wilan Basson	CF	02:20,97	02:25,87
7	Matthew Brading	FH	02:40,94	02:39,90
8	Luca Zumpt	MIL	NT	03:06,78

Event 2: 200m Super Lifesaver**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Bianca Marthinusen	MIL	NT	03:40,51
2	Ellen Hodgkinson	CF	03:26,75	03:19,39
3	Amber-Rose Berry	CF	03:00,90	03:13,34
4	Kendra Du Toit	MD	02:42,00	02:48,68
5	Jessie Allott	CF	02:57,60	02:49,61
6	Kianna-Gro Liversage	CF	03:04,17	03:12,53
7	Eloise Horne	FH	NT	03:07,49
8				-

Event 2: 200m Super Lifesaver**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Caroline Mack	MIL	NT	03:35,68
4	Alex Neusch	BB	03:17,06	03:27,09
5	Elizabeth Buscheck	CF	NT	04:01,27
6	Marco Zumpt	MIL	NT	03:03,28
7				-
8				-

Event 2: 200m Super Lifesaver**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Wade Beukes	FH	NT	02:53,70
3	Lucca Basson	CF	NT	02:42,61
4	Caleb Jansen	BB	02:51,28	02:47,58
5	Grant Nefdt	FH	02:52,58	03:00,42
6	Phetelo Mopai	MIL	NT	03:41,00
7	Joe Brading	FH	NT	02:56,29
8				-

Event 2: 200m Super Lifesaver**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Holly Smith	FH	NT	NS
2	Ellen Hodgkinson	CF	03:24,78	03:20,32
3	Amber-Rose Berry	CF	02:57,84	03:09,46
4	Erin Langenhoven	BB	02:50,10	02:57,78
5	Jessie Allott	CF	02:54,28	02:51,48
6	Kianna-Gro Liversage	CF	03:04,17	03:31,90
7	Imani Magotsi	CF	03:39,47	03:42,50
8	Rosie Edwards	FH	NT	NS

Event 2: 200m Super Lifesaver**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Michael Goodall	CF	03:07,13	03:03,23
3	Jan-Lukas Van der Westhuizen	BB	02:32,41	02:40,50
4	Jack Allott	CF	02:23,00	02:28,76
5	Steven Waters	BB	02:31,31	02:40,17
6	Evan nefdt	FH	03:04,56	03:14,93
7	Liam Brownlee	CF	03:38,15	03:41,35
8				-

Event 2: 200m Super Lifesaver**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Reese Noble	CF	NT	03:05,96
2	Kyla Allott	CF	03:18,62	03:19,44
3	Miya Krog	FH	03:02,19	02:53,61
4	Casey Bruwer	CF	02:48,00	02:53,58
5	Katya Bova-Olsen	FH	02:58,06	03:05,73
6	Riziki Magotsi	CF	03:02,34	03:14,23
7	Madison Polti	MIL	NT	03:36,98
8				-

Event 2: 200m Super Lifesaver**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Jaydon Allott	CF	NT	02:41,45
2	Idreess Gamielien	FH	03:25,62	03:14,83
3	Callan Compton	BB	03:03,15	02:51,71
4	Christian van Heerden	CF	02:44,50	02:38,71
5	Puneet Nagendrakumar	BB	02:54,50	02:49,63
6	Zac Sampson	CF	03:10,56	02:52,03
7	Greyson September	CF	NT	NS
8	Rourke Louw	BB	NT	03:05,27

Event 2: 200m Super Lifesaver**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Emily Roff	CF	03:30,28	03:12,92
3	Gemma Blackburn	CF	03:15,47	03:18,01
4	Isabella Brooker	CF	02:57,54	03:04,84
5	Alexa Heldsinger	CF	02:58,72	02:59,08
6	Shaylee Powell	FH	03:16,78	03:13,31
7	Sydney-Grace Williams	FH	03:31,38	03:24,72
8				-

Event 3: Line Throw Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	FH Masters A Line Throw Relay	FH		NT DQ
2	MIL Senior Men B Line Throw Relay	MIL		NT DQ
3	BB Masters Mixed B Line Throw Relay	BB		NT DQ
4	MIL Senior Men A Line Throw Relay	MIL		NT DQ
5	FH Senior Ladies B Line Throw Relay	FH		NT 00:32,24
6	FH Masters B Line Throw Relay	FH		NT 00:24,50
7	BB Masters Mixed A Line Throw Relay	BB		NT 00:30,09
8	MIL Senior Ladies A Line Throw Relay	MIL		NT DQ

Event 3: Line Throw Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	CF Senior Men G Line Throw Relay	CF		NT 00:14,94
2	CF Senior Men E Line Throw Relay	CF		NT 00:29,77
3	CF Senior Men C Line Throw Relay	CF		NT DQ
4	CF Senior Men F Line Throw Relay	CF		NT 00:16,32
5	CF Senior Men I Line Throw Relay	CF		NT NS
6	CF Senior Men B Line Throw Relay	CF		NT 00:17,02
7	CF Senior Men H Line Throw Relay	CF		NT DQ
8	CF Senior Men D Line Throw Relay	CF		NT 00:32,77

Event 3: Line Throw Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Senior Ladies B Line Throw Relay	CF	NT	00:15,95
3	CF Senior Ladies A Line Throw Relay	CF	NT	00:31,39
4	CF Senior Ladies D Line Throw Relay	CF	NT	DQ
5	CF Senior Ladies C Line Throw Relay	CF	NT	00:23,97
6	FH Senior Ladies A Line Throw Relay	FH	NT	00:16,47
7	CF Senior Ladies E Line Throw Relay	CF	NT	DQ
8				-

Event 3: Line Throw Relay**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Junior Girls E Line Throw Relay	CF	NT	DQ
3	CF Junior Girls C Line Throw Relay	CF	NT	00:37,30
4	CF Junior Girls B Line Throw Relay	CF	NT	DQ
5	CF Junior Girls D Line Throw Relay	CF	NT	00:19,39
6	CF Junior Girls A Line Throw Relay	CF	NT	00:28,68
7				-
8				-

Event 3: Line Throw Relay**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	CF Junior Girls F Line Throw Relay	CF	NT	DQ
4	FH Junior Girls B Line Throw Relay	FH	NT	DQ
5	FH Junior Girls A Line Throw Relay	FH	NT	00:19,66
6	CF Junior Girls G Line Throw Relay	CF	NT	DQ
7				-
8				-

Event 3: Line Throw Relay**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	CF Junior Boys E Line Throw Relay	CF		NT 00:15,28
2	CF Junior Boys C Line Throw Relay	CF		NT DQ
3	CF Junior Boys D Line Throw Relay	CF		NT 00:19,07
4	CF Junior Boys A Line Throw Relay	CF		NT 00:24,42
5	CF Junior Boys B Line Throw Relay	CF		NT 00:15,44
6	CF Junior Boys G Line Throw Relay	CF		NT DQ
7	CF Junior Boys F Line Throw Relay	CF		NT 00:30,62
8	FH Junior Boys A Line Throw Relay	FH		NT 00:17,11

Event 3: Line Throw Relay**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	BB Junior Boys C Line Throw Relay	BB		NT NS
2	FH Senior Men A Line Throw Relay	FH		NT DQ
3	FH Senior Men B Line Throw Relay	FH		NT DQ
4	BB Junior Boys B Line Throw Relay	BB		NT 00:32,32
5	BB Junior Boys A Line Throw Relay	BB		NT 00:17,85
6	CF Senior Men A Line Throw Relay	CF		NT 00:11,37
7	BB Senior Men A Line Throw Relay	BB		NT DQ
8	FH Junior Boys B Line Throw Relay	FH		NT 00:31,69

Event 4: 100m Manikin Tow With Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Zack Waters	CF	01:03,78	01:04,11
2	Mathew Pincente	CF	01:01,00	01:02,80
3	Wilan Basson	CF	00:55,00	00:55,48
4	Len-Douglas Mac Kay	KB	00:53,26	01:09,75
5	Aidan Mills	TUKS	00:53,98	00:57,47
6	Matthew Brooker	CF	00:58,90	01:00,10
7	Jack Allott	CF	01:01,66	01:04,84
8				-

Event 4: 100m Manikin Tow With Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Marco Zumpt	MIL		NT 01:10,27
2	Luca Zumpt	MIL		NT 01:09,87
3	Tyne Van Achterbergh	CF	01:11,00	NS
4	Lucca Basson	CF	01:06,81	01:05,64
5	Garth Bruwer	CF	01:08,47	01:08,08
6	Kiaan Terblanche	CF	01:13,13	01:05,95
7	Josh Edwards	FH		NT 01:23,29
8				-

Event 4: 100m Manikin Tow With Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Kianna-Gro Liversage	CF	01:20,60	01:20,70
2	Michelle Lamprecht	FH	01:15,81	01:07,64
3	Jessie Allott	CF	01:12,31	01:13,39
4	Kendra Du Toit	MD	01:05,59	01:04,13
5	Amber-Rose Berry	CF	01:08,00	01:18,91
6	Casey Bruwer	CF	01:13,06	01:17,32
7	Ellen Hodgkinson	CF	01:19,38	01:25,79
8				-

Event 4: 100m Manikin Tow With Fins**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Holly Smith	FH		NT 01:30,83
3	Bianca Marthinusen	MIL		NT 01:23,56
4	Imani Magotsi	CF		NT 01:23,42
5	Eloise Horne	FH		NT 01:11,17
6	Rosie Edwards	FH		NT 01:25,56
7				-
8				-

Event 4: 100m Manikin Tow With Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Alex Neusch	BB	NT	01:09,62
3	Mark Wiley	FH	01:46,75	01:48,85
4	Marc Pincente	CF	01:11,50	01:12,32
5	David Jansen	BB	01:17,37	01:17,46
6	Tate Skordis	FH	NT	01:15,18
7				-
8				-

Event 4: 100m Manikin Tow With Fins**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Meike Zumpt	MIL	NT	01:37,88
2	Elizabeth Buscheck	CF	NT	01:40,29
3	Sally Matusik	FH	01:38,46	01:27,70
4	Victoria Donaldson	BB	01:19,78	01:17,48
5	Sam Hucke	FH	01:19,78	01:25,64
6	Jeanne Topliss	FH	01:47,15	01:45,36
7	Sara Jansen	BB	NT	01:28,75
8				-

Event 4: 100m Manikin Tow With Fins**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2	Wade Beukes	FH	01:08,82	01:20,83
3	Caleb Jansen	BB	01:05,30	01:08,07
4	Jack Allott	CF	01:01,00	00:59,97
5	Jan-Lukas Van der Westhuizen	BB	01:02,03	01:00,09
6	Matthew Brading	FH	01:06,59	01:10,66
7				-
8				-

Event 4: 100m Manikin Tow With Fins**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Jenna Loubser	CF		NT NS
2	Kianna-Gro Liversage	CF	01:20,60	01:25,17
3	Jessie Allott	CF	01:12,31	01:11,88
4	Amber-Rose Berry	CF	01:08,00	01:11,49
5	Erin Langenhoven	BB	01:09,91	01:12,91
6	Ellen Hodgkinson	CF	01:15,61	01:29,57
7	Imani Magotsi	CF		NT 01:25,97
8				-

Event 4: 100m Manikin Tow With Fins**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Evan nefdt	FH	01:15,53	01:15,62
3	Grant Nefdt	FH	01:10,22	01:11,98
4	Lucca Basson	CF	01:06,81	01:05,62
5	Steven Waters	BB	01:09,22	01:02,82
6	Josh Huntingford	CF	01:11,15	NS
7				-
8				-

Event 4: 100m Manikin Tow With Fins**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2	Phetelo Mopai	MIL		NT 01:18,88
3	Joe Brading	FH		NT 01:22,60
4	Liam Brownlee	CF	01:20,89	01:25,74
5	Michael Goodall	CF	01:20,96	01:23,01
6	Kyto Tuohy	CF		NT 01:13,02
7				-
8				-

Event 4: 100m Manikin Tow With Fins**Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Reese Noble	CF		NT 01:25,87
2	Riziki Magotsi	CF	01:25,28	01:21,36
3	Katya Bova-Olsen	FH	01:16,26	01:13,86
4	Casey Bruwer	CF	01:13,06	01:12,83
5	Miya Krog	FH	01:13,16	01:12,46
6	Kyla Allott	CF	01:24,00	01:29,15
7	Madison Polti	MIL		NT 01:56,45
8				-

Event 4: 100m Manikin Tow With Fins**Heat 12**

Lane	Swimmer	Club	Seed	Result
1	Idreess Gamieldien	FH		NT 01:21,12
2	Greyson September	CF		NT 01:22,50
3	Rourke Louw	BB	01:18,15	01:12,08
4	Zac Sampson	CF	01:11,03	01:14,52
5	Christian van Heerden	CF	01:11,69	01:10,34
6	Puneet Nagendrakumar	BB		NT 01:10,87
7	Callan Compton	BB		NT 01:16,15
8	Jaydon Allott	CF		NT 01:07,00

Event 4: 100m Manikin Tow With Fins**Heat 13**

Lane	Swimmer	Club	Seed	Result
1	Jessica Darling	BB		NT 01:17,59
2	Sydney-Grace Williams	FH	01:32,35	01:30,47
3	Alexa Heldsinger	CF	01:17,37	01:18,94
4	Emily Roff	CF	01:16,37	01:18,30
5	Isabella Brooker	CF	01:16,44	01:15,24
6	Shaylee Powell	FH	01:24,47	01:16,59
7	Gemma Blackburn	CF		NT 01:23,33
8				-

Event 5: 50m Manikin Carry**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Matthew Brading	FH	00:35,75	00:38,03
2	Matthew Brooker	CF	00:33,45	00:34,73
3	Len-Douglas Mac Kay	KB	00:32,90	00:34,95
4	Mathew Pincente	CF	00:32,00	00:33,70
5	Wilan Basson	CF	00:32,80	00:34,35
6	Jake Hutton	CF	00:33,04	00:37,11
7	Aidan Mills	TUKS	00:34,10	00:35,77
8	Zack Waters	CF	00:36,60	00:36,79

Event 5: 50m Manikin Carry**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Charl Jones	MIL		NT 00:56,62
2	Marc Pincente	CF	00:44,34	00:42,86
3	Josh Huntingford	CF	00:41,37	NS
4	Tyne Van Achterbergh	CF	00:39,00	00:40,17
5	Kyto Tuohy	CF	00:40,03	00:40,65
6	Alex Neusch	BB	00:42,22	00:45,35
7	Luca Zumpt	MIL		NT 00:45,36
8	Tate Skordis	FH		NT 00:53,85

Event 5: 50m Manikin Carry**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Imani Magotsi	CF	00:52,19	NS
2	Kianna-Gro Liversage	CF	00:44,99	NS
3	Eloise Horne	FH	00:43,06	00:41,84
4	Kendra Du Toit	MD	00:37,00	00:38,23
5	Isabella Havemann	CF	00:40,94	00:41,98
6	Michelle Lamprecht	FH	00:43,09	00:45,25
7	Jenna Loubser	CF	00:48,51	00:50,79
8				-

Event 5: 50m Manikin Carry**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Elizabeth Buscheck	CF	NT	NS
3	Jeanne Topliss	FH	00:58,88	01:01,83
4	Victoria Donaldson	BB	00:48,44	00:48,61
5	Sally Matusik	FH	00:58,69	01:00,31
6	Meike Zumpt	MIL	NT	01:01,05
7				-
8				-

Event 5: 50m Manikin Carry**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Holly Smith	FH	NT	00:58,10
3	Caroline Mack	MIL	NT	NS
4	Bianca Marthinusen	MIL	NT	00:51,00
5	Rosie Edwards	FH	NT	00:45,21
6	Stella Malan	MIL	NT	DQ
7				-
8				-

Event 5: 50m Manikin Carry**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Marco Zumpt	MIL		NT 00:39,12
3	Josh Edwards	FH		NT 00:49,40
4	Mark Wiley	FH	01:34,50	NS
5	Lucca Basson	CF		NT 00:35,73
6	Javin Presence	MIL		NT 00:43,40
7	Kiaan Terblanche	CF		NT 00:41,92
8				-

Event 5: 50m Manikin Carry**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Heath Clarke	FH		NT 00:48,47
2	Grant Nefdt	FH	00:40,01	00:42,67
3	Caleb Jansen	BB	00:37,24	00:36,70
4	Mathew Pincente	CF	00:32,00	NS
5	Jake Hutton	CF	00:33,04	NS
6	Tyne Van Achterbergh	CF	00:39,00	00:41,07
7	Wade Beukes	FH	00:40,37	NS
8				-

Event 5: 50m Manikin Carry**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Imani Magotsi	CF	00:52,19	00:55,25
2	Amber-Rose Berry	CF	00:45,93	00:51,66
3	Jessie Allott	CF	00:44,59	00:42,18
4	Isabella Havemann	CF	00:40,94	00:45,01
5	Erin Langenhoven	BB	00:41,00	00:45,57
6	Kianna-Gro Liversage	CF	00:44,99	00:46,76
7	Jenna Loubser	CF	00:48,51	00:53,69
8	Ellen Hodgkinson	CF	00:52,47	00:50,80

Event 5: 50m Manikin Carry**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Evan nefdt	FH	00:40,04	00:43,57
3	Jack Allott	CF	00:36,47	00:37,30
4	Steven Waters	BB	00:34,00	00:35,31
5	Jan-Lukas Van der Westhuizen	BB	00:35,09	00:34,90
6	Kyto Tuohy	CF	00:40,03	NS
7	Josh Huntingford	CF	00:41,37	NS
8				-

Event 5: 50m Manikin Carry**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2	Phetelo Mopai	MIL	NT	00:53,19
3	Lucca Basson	CF	NT	00:35,31
4	Michael Goodall	CF	00:43,91	00:46,29
5	Liam Brownlee	CF	00:50,25	00:49,54
6	Joe Brading	FH	NT	00:43,73
7				-
8				-

Event 5: 50m Manikin Carry**Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Reese Noble	CF	NT	00:49,85
2	Sophia Wener	CF	00:50,59	NS
3	Riziki Magotsi	CF	00:41,23	00:42,76
4	Miya Krog	FH	00:40,75	00:44,60
5	Casey Bruwer	CF	00:41,00	00:42,97
6	Katya Bova-Olsen	FH	00:45,16	00:43,23
7	Kyla Allott	CF	00:51,16	00:52,60
8	Madison Polti	MIL	NT	00:57,73

Event 5: 50m Manikin Carry**Heat 12**

Lane	Swimmer	Club	Seed	Result
1	Greyson September	CF	00:50,28	NS
2	Callan Compton	BB	00:42,88	00:41,86
3	Rourke Louw	BB	00:39,97	00:40,36
4	Zac Sampson	CF	00:37,41	00:40,26
5	Puneet Nagendrakumar	BB	00:39,47	00:39,50
6	Christian van Heerden	CF	00:40,69	00:38,51
7	Idreess Gamiieldien	FH	00:45,50	00:47,52
8	Jaydon Allott	CF	NT	00:44,73

Event 5: 50m Manikin Carry**Heat 13**

Lane	Swimmer	Club	Seed	Result
1				-
2	Emily Roff	CF	00:49,59	00:45,59
3	Isabella Brooker	CF	00:47,22	00:46,34
4	Alexa Heldsinger	CF	00:46,38	00:45,35
5	Shaylee Powell	FH	00:47,16	00:45,78
6	Gemma Blackburn	CF	00:48,09	00:47,42
7	Sydney-Grace Williams	FH	00:51,84	00:50,72
8				-

Event 5: 50m Manikin Carry**Heat 14**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Philippa Groves	LL	NT	00:47,02
4	Jessica Darling	BB	NT	00:46,42
5	Isabelle Scarpa	LL	NT	00:46,87
6				-
7				-
8				-

Event 6: 4x25m Manikin Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	CF Senior Men C Manikin Relay	CF		NT 01:39,05
2	BB Senior Men A Manikin Relay	BB		NT 01:41,64
3	CF Senior Men A Manikin Relay	CF		NT 01:23,91
4	CF Senior Men B Manikin Relay	CF		NT 01:32,00
5	FH Senior Men A Manikin Relay	FH		NT 01:45,83
6	MIL Senior Men A Manikin Relay	MIL		NT 01:49,73
7	CF Senior Men D Manikin Relay	CF		NT NS
8				-

Event 6: 4x25m Manikin Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Senior Ladies A Manikin Relay	CF		NT 01:53,90
3	MIL Senior Ladies A Manikin Relay	MIL		NT NS
4	CF Senior Ladies B Manikin Relay	CF		NT 01:54,18
5	FH Masters A Manikin Relay	FH		NT 02:17,12
6	BB Senior Ladies A Manikin Relay	BB		NT 02:01,17
7	FH Senior Ladies A Manikin Relay	FH		NT 02:01,76
8				-

Event 6: 4x25m Manikin Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Junior Boys A Manikin Relay	CF		NT 01:23,74
3	CF Junior Boys B Manikin Relay	CF		NT 01:37,77
4	BB Junior Boys A Manikin Relay	BB		NT 01:29,39
5	FH Junior Boys A Manikin Relay	FH		NT 01:41,08
6	CF Junior Boys C Manikin Relay	CF		NT 01:52,68
7				-
8				-

Event 6: 4x25m Manikin Relay**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	BB Masters Mixed A Manikin Relay	BB		NT 02:04,24
3	CF Junior Girls C Manikin Relay	CF		NT 02:01,02
4	CF Junior Girls A Manikin Relay	CF		NT 01:44,14
5	FH Junior Girls A Manikin Relay	FH		NT 01:57,51
6	CF Junior Girls B Manikin Relay	CF		NT 01:55,43
7				-
8				-

Event 7: 100m Rescue Medley**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Steven Waters	BB	01:14,00	01:19,41
2	Jack Allott	CF	01:10,00	01:20,27
3	Matthew Brooker	CF	01:07,87	01:12,78
4	Len-Douglas Mac Kay	KB	01:06,66	01:18,86
5	Wilan Basson	CF	01:07,83	01:13,66
6	Mathew Pincente	CF	01:09,00	01:16,60
7	Aidan Mills	TUKS	01:12,47	01:17,14
8	Lucca Basson	CF	01:15,25	01:19,71

Event 7: 100m Rescue Medley**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Michelle Lamprecht	FH		NT 01:39,91
3	Ellen Hodgkinson	CF	01:50,59	01:49,61
4	Kendra Du Toit	MD	01:20,00	01:23,63
5	Amber-Rose Berry	CF	01:34,39	NS
6	Imani Magotsi	CF	02:00,68	NS
7				-
8				-

Event 7: 100m Rescue Medley**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Josh Edwards	FH		NT DQ
2	Holly Smith	FH		NT NS
3	Marco Zumpt	MIL		NT 01:34,67
4	Charl Jones	MIL		NT DQ
5	Bianca Marthinusen	MIL		NT DQ
6	Javin Presence	MIL		NT 01:42,84
7	Rosie Edwards	FH		NT 01:36,03
8				-

Event 7: 100m Rescue Medley**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Jenna Loubser	CF		NT NS
2	Ellen Hodgkinson	CF	01:54,34	01:58,38
3	Jessie Allott	CF	01:35,33	01:28,41
4	Erin Langenhoven	BB	01:23,96	01:30,60
5	Amber-Rose Berry	CF	01:34,39	01:47,81
6	Kianna-Gro Liversage	CF	01:38,51	01:42,89
7	Imani Magotsi	CF	02:00,68	02:08,33
8				-

Event 7: 100m Rescue Medley**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Kiaan Terblanche	CF	01:36,88	01:24,29
2	Tyne Van Achterbergh	CF	01:25,00	01:29,57
3	Caleb Jansen	BB	01:21,39	01:18,07
4	Matthew Brading	FH	01:17,44	01:22,69
5	Zack Waters	CF	01:20,49	01:17,71
6	Wade Beukes	FH	01:23,39	01:51,34
7	Grant Nefdt	FH	01:26,07	01:40,81
8	Luca Zumpt	MIL		NT 01:38,06

Event 7: 100m Rescue Medley**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Phetelo Mopai	MIL	NT	02:09,13
3	Michael Goodall	CF	01:42,25	01:36,97
4	Jan-Lukas Van der Westhuizen	BB	01:19,65	01:15,19
5	Evan nefdt	FH	01:31,09	01:37,09
6	Liam Brownlee	CF	01:49,00	NS
7	Joe Brading	FH	NT	01:34,12
8				-

Event 7: 100m Rescue Medley**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Madison Polti	MIL	NT	DQ
2	Sophia Wener	CF	01:53,06	01:50,75
3	Katya Bova-Olsen	FH	01:33,88	01:34,72
4	Casey Bruwer	CF	01:26,00	01:33,00
5	Riziki Magotsi	CF	01:30,57	01:28,62
6	Miya Krog	FH	01:39,06	01:39,59
7	Reese Noble	CF	NT	01:40,41
8				-

Event 7: 100m Rescue Medley**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Jaydon Allott	CF	NT	01:31,42
2	Zac Sampson	CF	NT	01:32,03
3	Idreess Gamielien	FH	NT	01:44,75
4	Christian van Heerden	CF	01:21,06	01:21,54
5	Puneet Nagendrakumar	BB	NT	01:26,63
6	Greyson September	CF	NT	DQ
7	Rourke Louw	BB	NT	01:34,00
8				-

Event 7: 100m Rescue Medley**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Gemma Blackburn	CF	NT	01:42,26
3	Emily Roff	CF	01:38,59	01:38,68
4	Alexa Heldsinger	CF	01:32,91	01:33,39
5	Isabella Brooker	CF	01:38,12	01:47,50
6	Sydney-Grace Williams	FH	01:48,81	01:48,47
7				-
8				-

Event 8: 100m Manikin Carry With Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Steven Waters	BB	00:54,00	00:58,31
2	Aidan Mills	TUKS	00:51,41	00:55,97
3	Matthew Brooker	CF	00:50,41	00:53,11
4	Wilan Basson	CF	00:50,03	00:55,70
5	Len-Douglas Mac Kay	KB	00:50,25	00:55,55
6	Mathew Pincente	CF	00:51,00	NS
7	Jack Allott	CF	00:54,00	00:59,81
8	Matthew Brading	FH	01:01,35	01:06,83

Event 8: 100m Manikin Carry With Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Tyne Van Achterbergh	CF	01:08,00	NS
2	Wade Beukes	FH	01:06,72	NS
3	Caleb Jansen	BB	01:03,12	01:00,18
4	Lucca Basson	CF	01:02,65	01:04,33
5	Grant Nefdt	FH	01:02,84	01:07,68
6	Zack Waters	CF	01:03,38	01:02,79
7	Tyne Van Achterbergh	CF	01:08,00	01:11,71
8	Kiaan Terblanche	CF	01:08,22	01:02,70

Event 8: 100m Manikin Carry With Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Ellen Hodgkinson	CF	01:16,75	NS
2	Jenna Loubser	CF	01:16,50	01:28,49
3	Michelle Lamprecht	FH	01:09,00	01:09,35
4	Kendra Du Toit	MD	00:57,00	01:00,14
5	Amber-Rose Berry	CF	01:03,75	01:16,38
6	Eloise Horne	FH	01:10,57	01:13,10
7	Kianna-Gro Liversage	CF	01:16,66	NS
8				-

Event 8: 100m Manikin Carry With Fins**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Rosie Edwards	FH		NT 01:30,43
2	Holly Smith	FH		NT 01:26,57
3	Imani Magotsi	CF	01:28,78	01:34,89
4	Victoria Donaldson	BB	01:16,94	01:19,35
5	Sam Hucke	FH	01:28,68	01:22,77
6	Stella Malan	MIL		NT 01:26,36
7	Bianca Marthinusen	MIL		NT 01:20,32
8				-

Event 8: 100m Manikin Carry With Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Tate Skordis	FH		NT 01:16,75
2	Josh Edwards	FH		NT 01:29,44
3	David Jansen	BB	01:16,93	01:18,14
4	Marc Pincente	CF	01:08,32	01:13,94
5	Alex Neusch	BB	01:09,90	01:12,93
6	Javin Presence	MIL		NT 01:14,74
7	Luca Zumpt	MIL		NT 01:10,29
8	Marco Zumpt	MIL		NT 01:08,60

Event 8: 100m Manikin Carry With Fins**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Meike Zumpt	MIL	NT	01:42,54
3	Mark Wiley	FH	01:47,62	02:02,58
4	Sally Matusik	FH	01:26,78	01:27,18
5	Jeanne Topliss	FH	01:33,44	01:38,32
6	Elizabeth Buscheck	CF	NT	NS
7	Sara Jansen	BB	NT	NS
8				-

Event 8: 100m Manikin Carry With Fins**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Imani Magotsi	CF	01:26,06	01:38,12
2	Jenna Loubser	CF	01:16,50	NS
3	Jessie Allott	CF	01:07,15	01:09,13
4	Erin Langenhoven	BB	01:04,96	01:11,72
5	Amber-Rose Berry	CF	01:06,28	01:12,43
6	Ellen Hodgkinson	CF	01:15,67	01:17,52
7	Kianna-Gro Liversage	CF	01:16,66	01:24,30
8				-

Event 8: 100m Manikin Carry With Fins**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Josh Huntingford	CF	01:11,19	NS
3	Kyto Tuohy	CF	01:04,97	01:06,00
4	Jan-Lukas Van der Westhuizen	BB	00:56,94	00:57,37
5	Lucca Basson	CF	01:02,65	NS
6	Evan nefdt	FH	01:06,75	01:14,90
7				-
8				-

Event 8: 100m Manikin Carry With Fins**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Joe Brading	FH		NT 01:15,19
3	William Neill	LL		NT 01:19,44
4	Michael Goodall	CF	01:17,53	01:20,82
5	Liam Brownlee	CF	01:22,12	01:26,12
6	Phetelo Mopai	MIL		NT 01:28,94
7				-
8				-

Event 8: 100m Manikin Carry With Fins**Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Madison Polti	MIL		NT 01:25,28
2	Sophia Wener	CF	01:18,79	NS
3	Katya Bova-Olsen	FH	01:12,41	01:14,90
4	Casey Bruwer	CF	01:07,68	01:15,16
5	Miya Krog	FH	01:07,87	01:11,46
6	Riziki Magotsi	CF	01:15,62	01:21,00
7	Kyla Allott	CF	01:20,78	01:27,39
8	Reese Noble	CF		NT 01:17,07

Event 8: 100m Manikin Carry With Fins**Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Greyson September	CF	01:19,34	NS
2	Callan Compton	BB	01:13,56	01:10,35
3	Zac Sampson	CF	01:10,97	01:19,73
4	Christian van Heerden	CF	01:06,59	01:05,11
5	Puneet Nagendrakumar	BB	01:08,58	01:13,67
6	Rourke Louw	BB	01:11,15	01:10,86
7	Idreess Gamielien	FH	01:13,93	01:23,56
8	Jaydon Allott	CF		NT 01:14,83

Event 8: 100m Manikin Carry With Fins**Heat 12**

Lane	Swimmer	Club	Seed	Result
1				-
2	Gemma Blackburn	CF	01:20,12	01:23,48
3	Emily Roff	CF	01:17,90	01:15,98
4	Isabella Brooker	CF	01:07,62	01:11,79
5	Alexa Heldsinger	CF	01:16,89	01:16,03
6	Shaylee Powell	FH	01:18,97	01:17,40
7	Sydney-Grace Williams	FH	01:23,16	01:27,13
8				-

Event 8: 100m Manikin Carry With Fins**Heat 13**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3				-
4	Isabelle Scarpa	LL	NT	01:22,37
5	Philippa Groves	LL	NT	01:22,04
6	Jessica Darling	BB	NT	01:17,50
7				-
8				-

Event 9: 4x50m Lifesaver Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	FH Senior Mixed B Lifesaver Relay	FH		NT 02:32,31
2	CF Senior Mixed A Lifesaver Relay	CF		NT 02:13,30
3	FH Senior Mixed A Lifesaver Relay	FH		NT 02:34,32
4	CF Senior Mixed B Lifesaver Relay	CF		NT 02:21,91
5	CF Senior Mixed F Lifesaver Relay	CF		NT NS
6	CF Senior Mixed D Lifesaver Relay	CF		NT 02:32,11
7	CF Senior Mixed E Lifesaver Relay	CF		NT NS
8	CF Senior Mixed C Lifesaver Relay	CF		NT 02:34,17

Event 9: 4x50m Lifesaver Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Junior Mixed F Lifesaver Relay	CF		NT 03:03,42
3	CF Junior Mixed E Lifesaver Relay	CF		NT 02:38,82
4	CF Junior Mixed D Lifesaver Relay	CF		NT 02:37,40
5	CF Junior Mixed A Lifesaver Relay	CF		NT 02:13,61
6	BB Junior Mixed B Lifesaver Relay	BB		NT 02:39,24
7	CF Junior Mixed G Lifesaver Relay	CF		NT NS
8	MIL Senior Mixed A Lifesaver Relay	MIL		NT 02:32,60

Event 9: 4x50m Lifesaver Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	FH Junior Mixed A Lifesaver Relay	FH		NT 02:28,37
3	FH Junior Mixed B Lifesaver Relay	FH		NT 02:49,75
4	BB Junior Mixed A Lifesaver Relay	BB		NT 02:22,00
5	CF Junior Mixed C Lifesaver Relay	CF		NT 02:28,97
6	CF Junior Mixed B Lifesaver Relay	CF		NT 02:20,40
7				-
8				-

Event 10: 200m Obstacles**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Matthew Brading	FH	02:26,90	02:37,25
2	Aidan Mills	TUKS	02:18,54	02:27,22
3	Matthew Brooker	CF	02:10,00	02:29,01
4	Wilan Basson	CF	02:05,00	02:17,96
5	Len-Douglas Mac Kay	KB	02:09,72	02:23,95
6	Jack Allott	CF	02:12,00	02:19,90
7	Wade Beukes	FH	02:20,38	02:19,66
8	Zack Waters	CF	NT	NS

Event 10: 200m Obstacles**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Eloise Horne	FH	NT	02:43,39
3	Bianca Marthinusen	MIL	NT	03:07,39
4	Kendra Du Toit	MD	02:26,36	02:32,34
5	Stella Malan	MIL	NT	NS
6	Elizabeth Buscheck	CF	NT	NS
7	Michelle Lamprecht	FH	NT	03:03,49
8				-

Event 10: 200m Obstacles**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Heath Clarke	FH	NT	02:50,52
3	Marco Zumpt	MIL	NT	02:48,77
4	Kiaan Terblanche	CF	02:27,72	02:26,11
5	Tate Skordis	FH	NT	03:08,38
6	Luca Zumpt	MIL	NT	02:51,64
7	Alex Neusch	BB	NT	03:09,93
8				-

Event 10: 200m Obstacles**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Elizabeth Buscheck	CF		NT NS
2	Amber-Rose Berry	CF	03:02,75	NS
3	Kianna-Gro Liversage	CF	02:43,74	02:50,30
4	Erin Langenhoven	BB	02:25,29	02:33,87
5	Jenna Loubser	CF	02:36,23	02:54,30
6	Jessie Allott	CF	02:48,90	02:45,88
7	Imani Magotsi	CF		NT 03:33,07
8	Holly Smith	FH		NT 03:13,16

Event 10: 200m Obstacles**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Tyne Van Achterbergh	CF		NT 02:24,79
2	Evan nefdt	FH	02:37,89	02:50,68
3	Grant Nefdt	FH	02:30,00	02:41,64
4	Lucca Basson	CF	02:23,10	02:30,26
5	Jan-Lukas Van der Westhuizen	BB	02:26,97	02:24,69
6	Caleb Jansen	BB	02:31,41	02:39,50
7	Michael Goodall	CF	02:58,47	02:54,87
8				-

Event 10: 200m Obstacles**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Joe Brading	FH		NT 02:44,79
4	Liam Brownlee	CF	03:13,15	03:17,49
5	William Neill	LL		NT 02:48,37
6	Phetelo Mopai	MIL		NT 03:38,44
7				-
8				-

Event 10: 200m Obstacles**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Reese Noble	CF		NT 02:36,73
2	Sophia Wener	CF	03:02,55	03:01,82
3	Riziki Magotsi	CF	02:39,75	02:35,03
4	Casey Bruwer	CF	02:34,07	NS
5	Miya Krog	FH	02:39,56	02:37,88
6	Katya Bova-Olsen	FH	02:40,17	02:37,81
7	Kyla Allott	CF	03:03,66	02:55,99
8	Madison Polti	MIL		NT 03:08,59

Event 10: 200m Obstacles**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Idress Gamielien	FH		NT NS
2	Rourke Louw	BB		NT 02:56,94
3	Puneet Nagendrakumar	BB		NT 02:38,78
4	Zac Sampson	CF	02:38,69	02:47,67
5	Christian van Heerden	CF	02:40,31	02:31,72
6	Greyson September	CF		NT NS
7	Jaydon Allott	CF		NT 02:25,95
8	Callan Compton	BB		NT 02:39,88

Event 10: 200m Obstacles**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Isabelle Scarpa	LL		NT 02:56,19
2	Gemma Blackburn	CF		NT 02:54,95
3	Emily Roff	CF	03:00,22	03:02,47
4	Alexa Heldsinger	CF	02:37,97	02:42,84
5	Isabella Brooker	CF	02:38,22	NS
6	Sydney-Grace Williams	FH	03:13,78	03:10,87
7	Jessica Darling	BB		NT 03:25,13
8	Philippa Groves	LL		NT 02:49,11

Event 11: 100m Obstacles**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	Meike Zumpt	MIL	NT	01:41,91
3	Jeanne Topliss	FH	01:47,90	01:43,78
4	Marc Pincente	CF	01:21,22	NS
5	Sally Matusik	FH	01:45,06	01:44,28
6	Bryan Allott	CF	NT	NS
7	Mark Wiley	FH	NT	02:38,62
8				-

Event 12: 4x50m Obstacle Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	FH Senior Men A Obstacle Relay	FH	NT	02:13,99
3	FH Senior Ladies A Obstacle Relay	FH	NT	02:24,13
4	CF Senior Men C Obstacle Relay	CF	NT	02:25,81
5	CF Senior Men A Obstacle Relay	CF	NT	02:03,15
6	CF Senior Men D Obstacle Relay	CF	NT	NS
7	CF Senior Men B Obstacle Relay	CF	NT	02:04,18
8				-

Event 12: 4x50m Obstacle Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Senior Ladies A Obstacle Relay	CF	NT	02:28,18
3	CF Senior Ladies B Obstacle Relay	CF	NT	02:34,22
4	MIL Senior Men A Obstacle Relay	MIL	NT	02:18,02
5	FH Masters A Obstacle Relay	FH	NT	02:53,58
6	BB Masters Mixed A Obstacle Relay	BB	NT	02:45,36
7				-
8				-

Event 12: 4x50m Obstacle Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Junior Boys A Obstacle Relay	CF	NT	02:00,31
3	BB Junior Boys A Obstacle Relay	BB	NT	02:03,49
4	CF Junior Boys C Obstacle Relay	CF	NT	02:22,61
5	CF Junior Boys B Obstacle Relay	CF	NT	02:08,98
6	FH Junior Boys A Obstacle Relay	FH	NT	02:09,13
7				-
8				-

Event 12: 4x50m Obstacle Relay**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	FH Junior Girls A Obstacle Relay	FH	NT	02:22,87
4	CF Junior Girls B Obstacle Relay	CF	NT	02:24,86
5	CF Junior Girls A Obstacle Relay	CF	NT	02:14,37
6	CF Junior Girls C Obstacle Relay	CF	NT	02:32,60
7				-
8				-