



**LCT Pool Rescue
RSS Pool Rescue 2025/6 #1**

18 Oct 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

0. 50m Manikin Carry (Mini)
1. 50m Manikin Carry (Medium)
2. 50m Manikin Carry
3. 100m Manikin Carry with Fins (Mini)
4. 100m Manikin Carry with Fins (Medium)
5. 100m Manikin Carry With Fins
6. 4x50m Lifesaver Relay
7. 100m Torpedo Buoy Rescue
8. 100m Super Nipper
9. 100m Manikin Tow With Fins
10. 200m Super Lifesaver

Event 0: 50m Manikin Carry (Mini)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Sakinah Gamieldien	FH		NT 01:03,13
2	Alice Fury	CF	01:16,66	00:58,34
3	Caleb Bugler	FH	01:03,65	00:53,72
4	Elizabeth Spangenberg	CF	00:54,93	00:55,50
5	Byron Hutchinson	FH	00:59,47	00:53,00
6	Hugo Read	CF	01:14,36	DQ
7	Jackson Goodall	CF	01:25,97	01:09,84
8				-

Event 0: 50m Manikin Carry (Mini)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Noah Smollan	CF		NT DQ
2	Roan Horne	FH		NT 00:57,41
3	Levi April	BB		NT 01:04,00
4	Dylan Van Gysen	FH		NT 00:54,65
5	Farrell van Asperen	CF		NT 01:14,50
6	Luka Monakali-Krweqe	CF		NT 01:25,75
7	Mayah van Heerden	CF		NT
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Josh Van Gysen	FH		NT 01:01,13
2	Grayson Haller	FH		NT 00:55,46
3	Lily Brinckmann	CF		NT 01:02,47
4	Fia Moore Ackerman	CF		NT 01:06,63
5	Lakin Leibrandt	UN		NT 00:57,34
6	Madison Tucker	CF		NT 01:02,87
7	Jean-Louis Kroon	BB		NT
8	Willem Spanenberg	CF		NT 01:01,28

Event 1: 50m Manikin Carry (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Lisa Keller	CF		NT 01:08,94
2	Sacha Read	CF	01:06,19	
3	Declan Tucker	CF	01:02,15	
4	Emily Clark	FH	00:58,47	00:51,94
5	Leah Verdon	FH	01:01,24	
6	Kallon Allott	CF	01:02,34	00:58,69
7	Alexis Jessica Done	FH		NT 00:43,78
8	Daniel Goodall	CF		NT 01:01,10

Event 1: 50m Manikin Carry (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Yuanxi Daniel Lee	BB	00:57,19	00:51,43
2	Emma Brownlee	CF	00:53,59	00:49,69
3	Zuhair Gamieldeen	FH	00:53,00	DQ
4	Rebecca Alderman	CF	00:49,65	00:46,31
5	Chase Sim	CF	00:51,09	DQ
6	Zola Cristini	CF	00:53,06	00:49,50
7	Isla Conradie	FH	00:54,81	
8	Katie Dyason	FH	00:57,91	00:58,44

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

Lane	Swimmer	Club	Seed	Result
1	Noah Kervarrec	CF	00:48,38	00:41,37
2	Johannes Spangenberg	CF	00:47,34	00:46,03
3	Vidar bendixen	FH	00:45,75	
4	Gia Heldsinger	CF	00:44,47	00:41,38
5	Emilie Conradie	FH	00:44,72	00:41,31
6	Rohin Desai	FH	00:46,50	00:45,22
7	Saffiya Emjedi	FH	00:47,90	00:42,28
8	Nolan Froneman	BB	00:48,90	00:48,25

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

Lane	Swimmer	Club	Seed	Result
1	CJ Hutchinson	FH	00:44,28	00:42,25
2	Dylan Froneman	BB	00:42,90	00:38,91
3	Hannah Van Heerden	CF	00:42,74	00:41,38
4	Jaydon Allott	CF	00:38,28	00:35,69
5	Sarah Mocke	FH	00:40,19	00:38,41
6	Caitlin Barnes	FH	00:42,85	00:41,75
7	Ryn Abrie	CF	00:43,88	00:41,94
8	Tyde Sim	CF	00:44,40	00:41,19

Event 2: 50m Manikin Carry**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Diego Jansen	BB		NT
2	Greyson September	CF		00:50,28
3	Puneet Nagendrakumar	BB		00:39,47
4	Callan Compton	BB		00:42,88
5	Zac Sampson	CF		00:37,41
6	Daniel van Nieuwholtz	FH		00:48,10
7	Idreess Gamielien	FH		00:45,50
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Christian van Heerden	CF		00:40,69
3	Joseph Brading	FH		00:43,00
4	Reinier Naude	FH		NT
5	Riziki Magotsi	CF		NT
6	Rourke Louw	BB		00:39,97
7	Brinn Chivel	FH		NT
8				-

Event 2: 50m Manikin Carry**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Isabella Brooker	CF		NT 00:47,22
2	Emily Roff	CF		NT 00:49,59
3	Sydney-Grace Williams	FH		NT 00:51,84
4	Sabrina Krige	BB		NT 00:41,91
5	Shaylee Powell	FH		NT 00:47,16
6	Alexa Heldsinger	CF		NT 00:46,38
7	Gemma Blackburn	CF		NT 00:48,09
8	McKenzi Rodda	FH		NT 00:59,34

Event 2: 50m Manikin Carry**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Ross Goodall	CF		NT 00:50,62
2	Eloise Horne	FH		NT 00:43,06
3	Jeanne Topliss	FH		NT 00:58,88
4	Sally Matusik	FH	00:58,69	01:03,06
5	Heather Cresswell	FH	00:59,78	
6	Mike Rodda	FH		NT
7	Matthew Goodall	CF		NT 00:44,87
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Sylvie Gorille	CF	00:53,32	00:59,44
2	Kyla Allott	CF	00:52,00	00:51,16
3	Zia Petersen	UN	00:49,79	00:51,44
4	Jessie Allott	CF	00:47,33	00:44,59
5	Jenna Loubser	CF	00:48,51	00:49,37
6	Abigail Kirkland	BB	00:50,22	00:50,43
7	Liam Brownlee	CF	00:52,36	00:50,25
8	Lisa Buschek	CF	00:56,50	00:57,37

Event 2: 50m Manikin Carry**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Michael Goodall	CF	00:46,09	00:43,91
2	Layla Nixon	MD	00:45,76	00:44,89
3	Miya Krog	FH	00:44,87	00:40,75
4	Michelle Lamprecht	FH	00:43,09	00:45,16
5	Marc Pincente	CF	00:44,34	00:44,56
6	Alex Neusch	BB	00:45,59	00:42,22
7	Amber-Rose Berry	CF	00:45,93	00:46,63
8	Katya Bova-Olsen	FH	00:46,31	00:45,16

Event 2: 50m Manikin Carry**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Casey Bruwer	CF	00:42,44	00:42,50
2	Kyto Tuohy	CF	00:41,53	00:40,03
3	Josh Huntingford	CF	00:41,37	00:42,19
4	Isabella Done	FH	00:41,28	00:50,00
5	Isabella Havemann	CF	00:41,37	00:40,94
6	Leon Walther-Kotzé	CF	00:41,47	00:40,25
7	Xanthe Nagel	UN	00:42,07	00:41,31
8	Grace Prince	MD	00:43,02	00:43,75

Event 2: 50m Manikin Carry**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Grant Nefdt	FH	00:40,01	00:41,31
2	Jack Allott	CF	00:38,84	00:36,47
3	Zack Waters	CF	00:37,84	00:36,60
4	Caleb Jansen	BB	00:37,24	00:37,91
5	Amica De Jager	CF	00:37,78	00:39,03
6	Kendra Du Toit	MD	00:38,47	00:39,00
7	Jan-Lukas Van der Westhuizen	BB	00:39,03	00:35,09
8	Wade Beukes	FH	00:40,37	00:41,19

Event 2: 50m Manikin Carry**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Tanner Gorille	CF	00:36,22	00:36,91
2	Matthew Brading	FH	00:35,49	00:35,75
3	Wilan Basson	CF	00:32,80	00:34,37
4	Ockert van Schalkwyk	TUKS	00:32,18	00:33,13
5	Jake Hutton	CF	00:32,75	00:34,91
6	Matthew Brooker	CF	00:33,45	00:34,25
7	Conrad Scheepers	CF	00:35,53	00:35,28
8	Steven Waters	BB	00:36,44	00:36,07

Event 3: 100m Manikin Carry with Fins (Mini)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Levi April	BB	NT	01:44,43
2	Dylan Van Gysen	FH	NT	01:40,09
3	Noah Smollan	CF	NT	01:47,41
4	Sakinah Gamielien	FH	NT	01:43,57
5	Roan Horne	FH	NT	01:38,12
6	Luka Monakali-Krweqe	CF	NT	02:06,28
7	Farrell van Asperen	CF	NT	01:42,84
8				-

Event 3: 100m Manikin Carry with Fins (Mini)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Mayah van Heerden	CF	NT	
2	Alice Fury	CF	02:02,37	01:38,68
3	Caleb Bugler	FH	01:49,18	01:28,72
4	Elizabeth Spangenberg	CF	01:30,31	01:33,00
5	Byron Hutchinson	FH	01:42,84	01:29,90
6	Hugo Read	CF	01:53,72	01:49,16
7	Jackson Goodall	CF	02:03,16	01:45,56
8				-

Event 4: 100m Manikin Carry with Fins (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Josh Van Gysen	FH		NT 01:32,75
2	Grayson Haller	FH		NT DQ
3	Lily Brinckmann	CF		NT 01:43,16
4	Fia Moore Ackerman	CF		NT 01:47,00
5	Lakin Leibrandt	UN		NT 01:34,47
6	Madison Tucker	CF		NT 01:39,53
7	Jean-Louis Kroon	BB		NT
8	Willem Spanenberg	CF		NT 01:31,63

Event 4: 100m Manikin Carry with Fins (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Lisa Keller	CF		NT 01:59,00
2	Sacha Read	CF	01:54,41	
3	Kallon Allott	CF	01:42,00	01:38,03
4	Chase Sim	CF	01:33,72	01:27,94
5	Zuhair Gamielidien	FH	01:39,56	01:33,16
6	Declan Tucker	CF	01:43,33	
7	Alexis Jessica Done	FH		NT 01:11,66
8	Daniel Goodall	CF		NT 01:44,22

Event 4: 100m Manikin Carry with Fins (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Yuanxi Daniel Lee	BB	01:30,31	01:20,50
2	Leah Verdon	FH	01:27,63	
3	Isla Conradie	FH	01:25,72	
4	Noah Kervarrec	CF	01:25,19	01:16,44
5	Emily Clark	FH	01:25,32	01:23,22
6	Zola Cristini	CF	01:26,34	01:22,56
7	Emma Brownlee	CF	01:29,09	01:23,12
8	Katie Dyason	FH	01:32,63	01:29,44

Event 4: 100m Manikin Carry with Fins (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Nolan Froneman	BB	01:23,78	01:22,19
2	Johannes Spangenberg	CF	01:21,29	01:20,09
3	Hannah Van Heerden	CF	01:19,12	01:15,88
4	Saffiya Emjedi	FH	01:16,00	01:15,35
5	Tyde Sim	CF	01:17,06	01:17,81
6	Rohin Desai	FH	01:20,37	01:20,15
7	Gia Heldsinger	CF	01:22,84	01:15,31
8	Rebecca Alderman	CF	01:24,25	01:18,69

Event 4: 100m Manikin Carry with Fins (Medium)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Vidar bendixen	FH	01:15,25	01:15,65
2	CJ Hutchinson	FH	01:13,88	01:06,69
3	Emilie Conradie	FH	01:12,63	01:12,78
4	Jaydon Allott	CF	01:09,34	01:02,59
5	Sarah Mocke	FH	01:09,60	01:05,50
6	Caitlin Barnes	FH	01:12,93	01:10,38
7	Dylan Froneman	BB	01:14,62	01:07,34
8	Ryn Abrie	CF	01:15,65	01:20,56

Event 5: 100m Manikin Carry With Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Callan Compton	BB	NT	01:13,56
4	Daniel van Nieuwholtz	FH	NT	01:15,37
5	Diego Jansen	BB	NT	
6	Greyson September	CF	NT	01:19,34
7				-
8				-

Event 5: 100m Manikin Carry With Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Rourke Louw	BB		NT 01:11,15
3	Puneet Nagendrakumar	BB		NT 01:08,58
4	Idreess Gamieldeen	FH		NT 01:13,93
5	Zac Sampson	CF		NT 01:16,75
6	Christian van Heerden	CF		NT 01:07,19
7				-
8				-

Event 5: 100m Manikin Carry With Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Emily Roff	CF		NT 01:21,25
2	Sydney-Grace Williams	FH		NT 01:23,16
3	Shaylee Powell	FH		NT 01:18,97
4	Sabrina Krige	BB		NT 01:12,25
5	McKenzi Rodda	FH		NT
6	Alexa Heldsinger	CF		NT 01:16,89
7	Gemma Blackburn	CF		NT 01:20,12
8	Isabella Brooker	CF		NT 01:07,62

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

Lane	Swimmer	Club	Seed	Result
1	Reinier Naude	FH		NT
2	Brinn Chivel	FH		NT
3	Ross Goodall	CF		NT 01:13,53
4	Alex Neusch	BB		NT 01:09,90
5	Mike Rodda	FH		NT 01:32,72
6				-
7	Matthew Goodall	CF		NT 01:10,34
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Lisa Buschek	CF		NT 01:31,41
3	Jeanne Topliss	FH		NT 01:33,44
4	Sally Matusik	FH	01:28,87	01:33,13
5	Heather Cresswell	FH	01:33,00	
6	Renee Vrahimis	FH		NT
7	Eloise Horne	FH		NT 01:10,57
8				-

Event 5: 100m Manikin Carry With Fins**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Joseph Brading	FH		NT 01:10,50
2	Michael Goodall	CF	01:24,92	01:17,53
3	Kyla Allott	CF	01:23,78	01:20,78
4	Isabella Done	FH	01:21,42	01:19,46
5	Liam Brownlee	CF	01:23,78	01:22,12
6	Abigail Kirkland	BB	01:24,78	01:22,38
7	Zia Petersen	UN	01:19,53	
8	Wade Beukes	FH		NT 01:06,72

Event 5: 100m Manikin Carry With Fins**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Sylvie Gorille	CF	01:18,93	01:15,85
2	Jenna Loubser	CF	01:16,50	
3	Katya Bova-Olsen	FH	01:14,56	01:12,41
4	Jessie Allott	CF	01:12,12	01:07,15
5	Leon Walther-Kotzé	CF	01:13,28	01:10,78
6	Riziki Magotsi	CF	01:15,62	
7	Isabella Havemann	CF	01:18,37	01:08,25
8	Xanthe Nagel	UN		NT 01:12,66

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

Lane	Swimmer	Club	Seed	Result
1	Casey Bruwer	CF	01:11,03	01:07,68
2	Kyto Tuohy	CF	01:10,18	01:04,97
3	Grace Prince	MD	01:08,06	01:01,38
4	Amber-Rose Berry	CF	01:06,88	01:06,28
5	Miya Krog	FH	01:07,87	01:09,41
6	Michelle Lamprecht	FH	01:09,63	01:09,00
7	Marc Pincente	CF	01:11,00	01:08,32
8	Josh Huntingford	CF	01:11,19	

Event 5: 100m Manikin Carry With Fins**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Zack Waters	CF	01:04,82	01:03,38
2	Layla Nixon	MD	01:03,45	01:03,03
3	Grant Nefdt	FH	01:02,84	01:06,10
4	Jack Allott	CF	01:02,28	01:01,75
5	Jan-Lukas Van der Westhuizen	BB	01:02,35	00:56,94
6	Amica De Jager	CF	01:03,44	01:04,72
7	Caleb Jansen	BB	01:04,06	01:04,75
8	Tanner Gorille	CF	01:05,28	01:05,94

Event 5: 100m Manikin Carry With Fins**Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Jake Hutton	CF	01:01,49	
2	Kendra Du Toit	MD	00:58,25	00:58,09
3	Wilan Basson	CF	00:51,56	00:50,03
4	Ockert van Schalkwyk	TUKS	00:50,00	00:50,63
5	Matthew Brooker	CF	00:50,41	00:51,28
6	Conrad Scheepers	CF	00:55,75	00:56,68
7	Matthew Brading	FH	01:01,35	01:01,91
8	Steven Waters	BB	01:01,66	00:56,00

Event 6: 4x50m Lifesaver Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	CF SnrB Boys Lifesaver Relay	CF		NT 02:16,85
2	OC Snr Boys Lifesaver Relay	UN		NT 02:09,26
3	CF Masters Mixed Lifesaver Relay	CF		NT 02:35,47
4	CF SnrA Boys Lifesaver Relay	CF		NT 02:18,75
5	CF SnrA Girls Lifesaver Relay	CF		NT 02:45,93
6	FH Masters Mixed Lifesaver Relay	FH		NT 03:05,14
7	FH MastersB Lifesaver Relay	FH		NT
8				-

Event 6: 4x50m Lifesaver Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	BB JnrB Boys Lifesaver Relay	BB		NT 02:26,15
3	FH JnrA Boys Lifesaver Relay	FH		NT 02:14,94
4	CF JnrA Boys Lifesaver Relay	CF		NT 02:12,82
5	CF JnrB Boys Lifesaver Relay	CF		NT 02:23,56
6	FH SnrA Boys Lifesaver Relay	FH		NT 02:15,03
7	BB JnrA Boys Lifesaver Relay	BB		NT 02:24,68
8				-

Event 6: 4x50m Lifesaver Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	OC JnrA Girls Lifesaver Relay	UN		NT 02:20,29
3	CF JnrC Boys Lifesaver Relay	CF		NT 02:58,53
4	FH JnrA Girls Lifesaver Relay	FH		NT 02:41,90
5	CF JnrA Girls Lifesaver Relay	CF		NT 02:34,16
6	OC JnrB Girls Lifesaver Relay	UN		NT NS
7				-
8				-

Event 6: 4x50m Lifesaver Relay**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	FH u14B Lifesaver Relay	FH		NT 02:40,38
3	CF u14C Lifesaver Relay	CF		NT 03:01,09
4	CF u14A Lifesaver Relay	CF		NT 02:24,93
5	CF u14B Lifesaver Relay	CF		NT 02:39,36
6	BB u14A Lifesaver Relay	BB		NT 02:39,66
7	FH u14A Lifesaver Relay	FH		NT 02:28,09
8				-

Event 6: 4x50m Lifesaver Relay**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	CF u10A Lifesaver Relay	CF		NT 03:53,56
2	FH u10A Lifesaver Relay	FH		NT 03:27,01
3	CF u10B Lifesaver Relay	CF		NT 03:35,15
4	CF u12A Lifesaver Relay	CF		NT 03:22,66
5	FH u12A Lifesaver Relay	FH		NT 03:03,38
6	CF u12B Lifesaver Relay	CF		NT
7	FH u12B Lifesaver Relay	FH		NT 03:30,07
8				-

Event 7: 100m Torpedo Buoy Rescue**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Elizabeth Spangenberg	CF	01:23,56	01:22,34
2	Jean-Louis Kroon	BB	01:23,03	
3	Emily Clark	FH	01:17,53	01:19,91
4	Nolan Froneman	BB	01:14,31	01:12,72
5	Isla Conradie	FH	01:17,10	01:18,59
6	Katie Dyason	FH	01:18,68	01:16,25
7	Zuhair Gamieldien	FH	01:23,53	01:22,56
8	Fia Moore Ackerman	CF	01:26,50	01:26,25

Event 7: 100m Torpedo Buoy Rescue**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Madison Tucker	CF		NT 01:23,29
2	Lakin Leibrandt	UN		NT
3	Lisa Keller	CF		NT 01:16,16
4	Grayson Haller	FH	01:26,78	01:17,82
5	Leah Verdon	FH		NT
6	Daniel Goodall	CF		NT
7	Lily Brinckmann	CF		NT 01:25,65
8	Josh Van Gysen	FH		NT 01:19,34

Event 7: 100m Torpedo Buoy Rescue**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Caleb Bugler	FH		NT 01:25,94
2	Levi April	BB		NT 01:38,28
3	Willem Spanenberg	CF		NT 01:16,16
4	Luka Monakali-Krweqe	CF		NT
5	Byron Hutchinson	FH		NT 01:28,44
6	Hugo Read	CF		NT 01:36,75
7	Jackson Goodall	CF		NT 01:44,43
8				-

Event 7: 100m Torpedo Buoy Rescue**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Mayah van Heerden	CF		NT
2	Alice Fury	CF		NT 01:32,32
3	Sakinah Gamiel dien	FH		NT 01:41,16
4	Dylan Van Gysen	FH		NT 01:32,12
5	Noah Smollan	CF		NT 01:37,63
6	Farrell van Asperen	CF		NT 01:33,79
7	Roan Horne	FH		NT 01:34,38
8				-

Event 8: 100m Super Nipper**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Rebecca Alderman	CF	01:36,87	01:29,56
2	Hannah Van Heerden	CF	01:27,22	01:27,88
3	Dylan Froneman	BB	01:24,75	01:17,00
4	Sarah Mocke	FH	01:18,56	01:14,31
5	Jaydon Allott	CF	01:18,62	01:14,81
6	Caitlin Barnes	FH	01:26,81	01:21,22
7	CJ Hutchinson	FH	01:28,79	01:28,00
8	Ryn Abrie	CF	01:43,53	01:26,69

Event 8: 100m Super Nipper**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Emilie Conradie	FH		NT 01:26,50
2	Declan Tucker	CF		NT
3	Alexis Jessica Done	FH		NT
4	Emma Brownlee	CF	01:54,85	01:37,47
5	Zola Cristini	CF	01:56,78	01:39,75
6	Chase Sim	CF		NT
7	Tyde Sim	CF		NT 01:32,05
8	Gia Heldsinger	CF		NT

Event 8: 100m Super Nipper**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Vidar bendixen	FH		NT 01:33,15
2	Rohin Desai	FH		NT 01:29,90
3	Kallon Allott	CF		NT 01:48,41
4	Saffiya Emjedi	FH		NT 01:32,88
5	Johannes Spangenberg	CF		NT 01:41,63
6	Noah Kervarrec	CF		NT 01:26,81
7	Sacha Read	CF		NT
8	Yuanxi Daniel Lee	BB		NT 01:37,91

Event 9: 100m Manikin Tow With Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Matthew Brading	FH	01:06,59	
2	Amica De Jager	CF	01:04,75	
3	Matthew Brooker	CF	00:58,99	
4	Ockert van Schalkwyk	TUKS	00:55,86	
5	Wilan Basson	CF	00:56,09	
6	Conrad Scheepers	CF	01:01,85	
7	Kendra Du Toit	MD	01:05,59	
8	Caleb Jansen	BB	01:06,75	

Event 9: 100m Manikin Tow With Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Grant Nefdt	FH	01:10,22	
2	Grace Prince	MD	01:09,11	
3	Jack Allott	CF	01:07,88	
4	Zack Waters	CF	01:06,80	
5	Jan-Lukas Van der Westhuizen	BB	01:07,19	
6	Wade Beukes	FH	01:08,82	
7	Steven Waters	BB	01:09,22	
8	Layla Nixon	MD	01:10,57	

Event 9: 100m Manikin Tow With Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Isabella Havemann	CF	01:14,38	
2	Amber-Rose Berry	CF	01:13,58	
3	Tanner Gorille	CF	01:12,53	
4	Josh Huntingford	CF	01:11,15	
5	Kyto Tuohy	CF	01:11,88	
6	Jessie Allott	CF	01:13,18	
7	Casey Bruwer	CF	01:14,17	
8	Katya Bova-Olsen	FH	01:16,26	

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

Lane	Swimmer	Club	Seed	Result
1	Sylvie Gorille	CF		01:19,57
2	Zia Petersen	UN		01:18,66
3	Joseph Brading	FH		01:18,13
4	Miya Krog	FH		01:17,93
5	Michelle Lamprecht	FH		01:18,13
6	Marc Pincente	CF		01:18,38
7	Xanthe Nagel	UN		01:19,14
8	Leon Walther-Kotzé	CF		01:19,81

Event 9: 100m Manikin Tow With Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Abigail Kirkland	BB		01:27,02
3	Isabella Done	FH		01:21,08
4	Liam Brownlee	CF		01:20,89
5	Michael Goodall	CF		01:20,96
6	Riziki Magotsi	CF		01:25,28
7	Kyla Allott	CF		01:28,72
8				-

Event 9: 100m Manikin Tow With Fins**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Lisa Buschek	CF		NT
2	Eloise Horne	FH		NT
3	Heather Cresswell	FH		01:56,50
4	Sally Matusik	FH		01:38,46
5	Renee Vrahimis	FH		01:46,85
6	Mike Rodda	FH		NT
7	Jeanne Topliss	FH		NT
8				-

Event 9: 100m Manikin Tow With Fins**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Jake Hutton	CF		NT
2	Ross Goodall	CF		NT
3	Reinier Naude	FH		NT
4				-
5	Jenna Loubser	CF		NT
6	Brinn Chivel	FH		NT
7	Matthew Goodall	CF		NT
8	Alex Neusch	BB		NT

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

Lane	Swimmer	Club	Seed	Result
1	Alexa Heldsinger	CF		NT
2	Sydney-Grace Williams	FH		NT
3	Emily Roff	CF		NT
4	Gemma Blackburn	CF		NT
5	Isabella Brooker	CF		NT
6	Sabrina Krige	BB		NT
7	McKenzi Rodda	FH		NT
8	Shaylee Powell	FH		NT

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Christian van Heerden	CF		NT
3	Zac Sampson	CF		NT
4	Daniel van Nieuwholtz	FH		NT
5	Rourke Louw	BB		NT
6	Puneet Nagendrakumar	BB		NT
7				-
8				-

Event 9: 100m Manikin Tow With Fins**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Diego Jansen	BB		NT
4	Idreess Gamieldien	FH		NT
5	Callan Compton	BB		NT
6	Greyson September	CF		NT
7				-
8				-

Event 10: 200m Super Lifesaver**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Zack Waters	CF	02:41,89	
2	Conrad Scheepers	CF	02:37,57	02:57,66
3	Ockert van Schalkwyk	TUKS	02:25,03	02:22,34
4	Matthew Brooker	CF	02:21,63	02:25,09
5	Wilan Basson	CF	02:21,97	02:20,97
6	Jack Allott	CF	02:36,62	02:32,56
7	Amica De Jager	CF	02:39,71	02:43,28
8	Matthew Brading	FH	02:43,31	02:40,94

Event 10: 200m Super Lifesaver**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Casey Bruwer	CF	02:53,43	03:08,53
2	Caleb Jansen	BB	02:51,95	02:51,28
3	Jan-Lukas Van der Westhuizen	BB	02:45,95	02:32,41
4	Kendra Du Toit	MD	02:43,51	02:51,28
5	Steven Waters	BB	02:43,62	02:31,31
6	Layla Nixon	MD	02:51,01	03:00,06
7	Grant Nefdt	FH	02:52,58	03:04,53
8	Grace Prince	MD	02:54,04	02:52,72

Event 10: 200m Super Lifesaver**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Joseph Brading	FH	03:01,84	03:05,41
2	Xanthe Nagel	UN	02:59,12	02:58,65
3	Amber-Rose Berry	CF	02:57,84	03:01,03
4	Jessie Allott	CF	02:55,96	02:54,28
5	Wade Beukes	FH	02:57,40	
6	Tanner Gorille	CF	02:58,53	
7	Kyto Tuohy	CF	03:01,81	
8	Katya Bova-Olsen	FH	03:02,16	02:58,06

Event 10: 200m Super Lifesaver**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Sylvie Gorille	CF	03:34,51	04:02,06
2	Isabella Done	FH	03:26,94	03:25,47
3	Leon Walther-Kotzé	CF	03:11,72	
4	Riziki Magotsi	CF	03:02,34	
5	Miya Krog	FH	03:05,44	03:02,19
6	Michael Goodall	CF	03:16,92	03:07,13
7	Zia Petersen	UN	03:28,28	
8	Liam Brownlee	CF	03:44,90	03:38,15

Event 10: 200m Super Lifesaver**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Michelle Lamprecht	FH		NT
3	Kyla Allott	CF		NT 03:18,62
4	Jenna Loubser	CF		NT
5	Brinn Chivel	FH		NT
6	Eloise Horne	FH		NT
7	Josh Huntingford	CF		NT
8				-

Event 10: 200m Super Lifesaver**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Isabella Brooker	CF		NT 02:57,54
2	Shaylee Powell	FH		NT 03:16,78
3	Gemma Blackburn	CF		NT 03:15,47
4	Emily Roff	CF		NT 03:30,28
5	Alexa Heldsinger	CF		NT 02:58,72
6	Sabrina Krige	BB		NT
7	Sydney-Grace Williams	FH		NT 03:31,38
8				-

Event 10: 200m Super Lifesaver**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Greyson September	CF		NT
2	Zac Sampson	CF		NT 03:10,56
3	Diego Jansen	BB		NT
4	Idreess Gamieldien	FH		NT 03:25,62
5	Christian van Heerden	CF		NT 02:44,50
6	Puneet Nagendrakumar	BB		NT 02:54,50
7	Callan Compton	BB		NT 03:03,15
8				-

Event 10: 200m Super Lifesaver**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Marc Pincente	CF		NT 03:32,25
3	Alex Neusch	BB		NT 03:17,06
4				-
5	Ross Goodall	CF		NT 03:23,34
6	Matthew Goodall	CF		NT 03:18,44
7	Lisa Buschek	CF		NT
8				-