



**LCT Pool Rescue
RSS Pool Rescue 2025/6 #2**

8 Nov 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 100m Manikin Tow With Fins
2. 50m Obstacles
3. 100m Obstacles
4. 200m Obstacles
5. 4x50m Obstacle Relay
6. 100m Torpedo Buoy Rescue
7. 100m Rescue Medley
8. 100m Rescue Medley (Medium)
9. 100m Manikin Carry With Fins
10. 100m Manikin Carry with Fins (Medium)
11. 100m Manikin Carry with Fins (Mini)

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

Lane	Swimmer	Club	Seed	Result
1	Jack Allott	CF	01:07,88	01:03,09
2	Zack Waters	CF	01:06,80	01:03,78
3	Matthew Brading	FH	01:06,59	01:07,22
4	Wilan Basson	CF	00:56,09	00:56,22
5	Matthew Brooker	CF	00:58,99	00:58,90
6	Caleb Jansen	BB	01:06,75	01:05,30
7	Jan-Lukas Van der Westhuizen	BB	01:07,19	01:02,03
8	Steven Waters	BB	01:09,22	DQ

Event 1: 100m Manikin Tow With Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Miya Krog	FH	01:17,93	01:13,16
2	Casey Bruwer	CF	01:14,17	01:13,06
3	Jessie Allott	CF	01:13,18	01:12,31
4	Amica De Jager	CF	01:04,75	01:05,53
5	Nicola Harcus	FH	01:08,75	01:09,75
6	Amber-Rose Berry	CF	01:13,50	01:12,84
7	Katya Bova-Olsen	FH	01:16,26	01:16,31
8	Michelle Lamprecht	FH	01:18,13	01:15,81

Event 1: 100m Manikin Tow With Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Christina Mallion	CF	NT	01:22,56
3	Sam Hucke	FH	NT	01:19,78
4				-
5	Sylvie Gorille	CF	01:19,57	01:21,47
6	Elizabeth Buschek	CF	NT	01:25,75
7	Victoria Donaldson	BB	NT	01:19,78
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Lucca Basson	CF		NT 01:06,81
3	Jack Allott	CF		NT 01:01,66
4	Garth Bruwer	CF	01:08,47	01:12,40
5	Wade Beukes	FH	01:08,82	
6	Kiaan Terblanche	CF		NT 01:13,13
7	Tyler Ernsten	CF		NT
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Bronwyn Powell	FH		NT 01:31,04
2	Carryl Van Bossen	CF		NT 01:22,75
3	Sally Matusik	FH	01:38,46	DQ
4	Amber-Rose Berry	CF	01:13,58	01:11,06
5	Isabella Done	FH	01:21,08	01:34,88
6	Mascha Moorlach	FH		NT 01:51,15
7	Jeanne Topliss	FH		NT 01:47,15
8				-

Event 1: 100m Manikin Tow With Fins**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Isabella Brooker	CF		NT 01:16,44
3	Bella Stallard	FH		NT
4	Kyla Allott	CF	01:28,72	01:24,00
5	Sydney-Grace Williams	FH		NT 01:32,35
6	Emily Roff	CF		NT 01:16,37
7				-
8				-

Event 1: 100m Manikin Tow With Fins**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2	McKenzi Rodda	FH		NT 01:51,91
3	Alexa Heldsinger	CF		NT 01:17,37
4	Megan Waters	BB		NT 01:15,25
5	Shaylee Powell	FH		NT 01:24,47
6	Bailey Thomson	CF		NT 01:33,13
7				-
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Christian van Heerden	CF		NT 01:11,69
3	Rourke Louw	BB		NT 01:18,15
4	Zac Sampson	CF		NT 01:11,03
5	Callan Compton	BB		NT
6	Diego Jansen	BB		NT 01:12,66
7				-
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Mike Rodda	FH		NT 01:25,32
2	David Jansen	BB		NT 01:17,37
3	Andrew Watts	CF	01:20,79	
4	Soeren Bendixen	FH	01:16,65	01:19,03
5	Marc Pincente	CF	01:18,38	01:11,50
6	Matt Goodall	CF		NT DQ
7	Ewald Van Heerden	CF		NT 01:17,16
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Libelulla Treki	LL		NT 00:56,41
2	Sakinah Gamieldien	FH		NT 00:57,78
3	Jackson Goodall	CF	01:07,16	00:52,81
4	Caleb Bugler	FH	00:47,96	00:44,57
5	Byron Hutchinson	FH	00:48,47	00:45,72
6	Chloe de Haan	CF		NT 01:11,28
7	Luka Monakali-Krweqe	CF		NT 01:00,25
8	Lily D'Allende	LL		NT 00:59,53

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

Lane	Swimmer	Club	Seed	Result
1	Reuben Mocke	FH		NT 00:52,77
2	Farrell Van Asperen	CF		NT 00:52,84
3	Sofia Geva	CF		NT
4	Mayah van Heerden	CF		NT 00:58,59
5	Ru Moore Ackerman	CF		NT 01:08,70
6	Charles Thompson	CF		NT 01:02,05
7	Liam Taukobong	CF		NT 00:57,40
8	Roan Horne	FH		NT 00:48,40

Event 3: 100m Obstacles**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Ryn Abrie	CF	01:20,39	01:20,53
2	Emilie Conradie	FH	01:19,53	01:18,00
3	Dylan Froneman	BB	01:15,97	01:09,69
4	Sarah Mocke	FH	01:12,19	01:11,53
5	Jaydon Allott	CF	01:13,56	01:08,62
6	Caitlin Barnes	FH	01:17,87	01:15,62
7	Hannah Van Heerden	CF	01:19,72	01:15,71
8	CJ Hutchinson	FH	01:20,40	01:15,22

Event 3: 100m Obstacles**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Chase Sim	CF	01:29,37	01:29,62
2	Noah Kervarrec	CF	01:27,88	01:17,94
3	Tyde Sim	CF	01:25,04	01:23,72
4	Vidar Bendixen	FH	01:23,06	01:16,25
5	Angelina Nock	BB	01:23,63	01:21,03
6	Rohin Desai	FH	01:27,48	01:19,82
7	Nolan Froneman	BB	01:28,35	01:24,78
8	Zuhair Gamieldien	FH	01:33,78	01:27,53

Event 3: 100m Obstacles**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Isla Conradie	FH	01:45,25	01:35,22
2	Kallon Allott	CF	01:39,18	01:38,63
3			-	
4	Bianca Van Der Westhuizen	BB	01:35,18	01:35,69
5	Daniel Van Der Westhuizen	BB	01:37,15	02:12,88
6			-	
7			-	
8	Katie Dyason	FH	01:45,35	01:38,19

Event 3: 100m Obstacles**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Leah Muzik	LL	NT	01:31,47
2	Hannah Cadiz	CF	NT	01:18,59
3	Georgia Casson Crook	LL	NT	01:29,28
4	Hannah Jenniker	BB	01:47,04	01:37,50
5	Zach lamprecht	FH	02:06,56	01:46,71
6	Alexis Jessica Done	FH	NT	01:20,75
7	Bona Fischer	LL	NT	01:23,97
8			-	

Event 3: 100m Obstacles**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Cameron Volkmann	LL		NT 01:34,93
2	Akasia Deblitz	FH		NT 01:53,88
3	Lily Brown	FH		NT 01:29,03
4	Arianna Steen	LL		NT 01:36,97
5	Fia Moore Ackerman	CF		NT 01:40,13
6	Milly Moodycliffe	LL		NT
7	Mila Said	LL		NT
8	Adalayde Hoffman	FH		NT 01:41,19

Event 3: 100m Obstacles**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Kai Werndle	CF		NT 01:50,09
2	Leo Treki	LL		NT 01:57,94
3	Riley Arbuthnot	LL		NT 01:41,12
4	Lukas Loubser	CF		NT 01:44,75
5	Bo Fischer	LL		NT 01:37,21
6	Lakin Leibrandt	UN		NT 01:44,97
7	Grayson Haller	FH		NT 01:28,94
8				-

Event 3: 100m Obstacles**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Sally Matusik	FH		NT 01:45,06
4	Mascha Moorlach	FH		NT
5	Carryl Van Bossen	CF		NT 01:32,47
6	Jeanne Topliss	FH		NT 01:47,90
7				-
8				-

Event 3: 100m Obstacles**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Andrew Watts	CF		NT 01:29,90
2				-
3	Soeren Bendixen	FH		NT
4	Marc Pincente	CF		NT 01:21,22
5	Mike Rodda	FH		NT
6				-
7				-
8	Bryan Allott	CF		NT

Event 4: 200m Obstacles**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Matthew Brading	FH	02:30,94	02:26,90
2	Jan-Lukas Van der Westhuizen	BB	02:26,97	02:27,25
3	Jack Allott	CF	02:16,21	02:18,22
4	Wilan Basson	CF	02:08,03	02:14,84
5	Matthew Brooker	CF	02:10,00	02:22,21
6	Wade Beukes	FH	02:20,38	
7	Steven Waters	BB	02:28,01	02:29,78
8	Caleb Jansen	BB	02:32,87	02:31,41

Event 4: 200m Obstacles**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Isabella Done	FH	03:04,55	03:02,81
2	Miya Krog	FH	02:45,28	02:39,56
3	Casey Bruwer	CF	02:34,07	02:39,20
4	Amica De Jager	CF	02:20,07	02:23,38
5	Nicola Harcus	FH	02:21,25	02:21,44
6	Katya Bova-Olsen	FH	02:40,93	02:40,17
7	Jessie Allott	CF	02:49,87	02:48,90
8	Amber-Rose Berry	CF		NT

Event 4: 200m Obstacles**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Bronwyn Powell	FH		NT
2	Christina Mallion	CF		NT
3	Victoria Donaldson	BB		NT
4	Kyla Allott	CF	03:04,62	03:03,66
5	Sylvie Gorille	CF	03:28,04	
6	Michelle Lamprecht	FH		NT
7	Sam Hucke	FH		NT
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Bella Stallard	FH		NT
2	Elizabeth Buschek	CF		NT
3	Bailey Thomson	CF		NT 03:30,56
4	Emily Roff	CF		NT 03:00,22
5	Alexa Heldsinger	CF		NT 02:37,97
6	Megan Waters	BB		NT 02:48,88
7	Isabella Brooker	CF		NT 02:38,22
8	McKenzi Rodda	FH		NT

Event 4: 200m Obstacles**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Rourke Louw	BB		NT
2				-
3	Callan Compton	BB		NT
4	Shaylee Powell	FH		NT
5	Sydney-Grace Williams	FH		NT 03:13,78
6	Christian van Heerden	CF		NT 02:40,31
7	Idreess Gamielien	FH		NT
8	Zac Sampson	CF		NT 02:38,69

Event 4: 200m Obstacles**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Tyler Ernsten	CF		NT 03:08,99
2	Ewald Van Heerden	CF		NT 02:54,50
3	Zack Waters	CF		NT
4	Matt Goodall	CF		NT 03:05,41
5				-
6	Kiaan Terblanche	CF		NT 02:27,72
7	Lucca Basson	CF		NT 02:23,10
8	Amber-Rose Berry	CF		NT 03:02,75

Event 5: 4x50m Obstacle Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	CF Snr Men D 4x50m Obstacle Relay Team	CF		NT 02:40,94
2	BB Snr Men A 4x50m Obstacle Relay Team	BB		NT 02:22,97
3	FH Snr Men A A 4x50m Obstacle Relay Team	FH		NT 02:12,91
4	CF Snr Men C 4x50m Obstacle Relay Team	CF		NT 02:19,00
5	CF Snr Men A 4x50m Obstacle Relay Team	CF		NT 01:58,41
6	FH Mixed Masters A 4x50m Obstacle Relay Team	FH		NT 03:14,59
7	CF Snr Men B 4x50m Obstacle Relay Team	CF		NT 02:06,12
8				-

Event 5: 4x50m Obstacle Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF Jnr Ladies A 4x50m Obstacle Relay Team	CF		NT 02:17,34
3	FH Jnr Ladies A 4x50m Obstacle Relay Team	FH		NT
4	CF Jnr Ladies B 4x50m Obstacle Relay Team	CF		NT 02:31,12
5				-
6	FH Jnr Men A 4x50m Obstacle Relay Team	FH		NT 02:18,03
7	CF Jnr Men A 4x50m Obstacle Relay	CF		NT 02:04,25

Lane	Swimmer	Club	Seed	Result
	Team			
8				-

Event 5: 4x50m Obstacle Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	CF u10B 4x50m Obstacle Relay Team	CF		NT 04:03,41
2	FH u12B 4x50m Obstacle Relay Team	FH		NT 03:22,06
3	FH u10A 4x50m Obstacle Relay Team	FH		NT 03:13,85
4	BB u12A 4x50m Obstacle Relay Team	BB		NT 02:39,72
5	FH u12A 4x50m Obstacle Relay Team	FH		NT 02:41,28
6	CF u12A 4x50m Obstacle Relay Team	CF		NT 03:09,22
7	CF u10A 4x50m Obstacle Relay Team	CF		NT 04:00,65
8	LL u12A 4x50m Obstacle Relay Team	LL		NT 03:33,56

Event 5: 4x50m Obstacle Relay**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	CF Snr Ladies A 4x50m Obstacle Relay Team	CF		NT 02:23,07
2	CF Snr Ladies B 4x50m Obstacle Relay Team	CF		NT
3	CF u14B 4x50m Obstacle Relay Team	CF		NT 02:34,25
4	LL u14B 4x50m Obstacle Relay Team	LL		NT NS
5	LL u14A 4x50m Obstacle Relay Team	LL		NT 02:39,15
6	FH u14A 4x50m Obstacle Relay Team	FH		NT 02:15,94
7	CF u14A 4x50m Obstacle Relay Team	CF		NT 02:16,16
8	FH u14B 4x50m Obstacle Relay Team	FH		NT 02:32,07

Event 6: 100m Torpedo Buoy Rescue**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Zuhair Gamieldien	FH	01:22,56	01:20,56
2	Grayson Haller	FH	01:17,82	01:16,90
3	Isla Conradie	FH	01:17,10	01:16,85

Lane	Swimmer	Club	Seed	Result
4	Nolan Froneman	BB	01:12,72	01:11,78
5	Katie Dyason	FH	01:16,25	01:18,47
6			-	
7	Lukas Loubser	CF	01:19,40	01:19,47
8	Caleb Bugler	FH	01:25,94	01:24,25

Event 6: 100m Torpedo Buoy Rescue**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Jackson Goodall	CF	01:44,43	01:35,31
2	Roan Horne	FH	01:34,38	01:24,91
3	Byron Hutchinson	FH	01:28,44	01:25,06
4	Fia Moore Ackerman	CF	01:26,25	01:22,87
5	Adalayde Hoffman	FH	01:27,53	01:28,32
6	Farrell Van Asperen	CF	01:33,79	01:37,50
7	Sakinah Gamielien	FH	01:41,16	01:37,03
8	Bianca Van Der Westhuizen	BB	NT	01:19,85

Event 6: 100m Torpedo Buoy Rescue**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Riley Arbutnot	LL	NT	01:26,85
2	Kai Werndle	CF	NT	01:32,00
3	Zach lamprecht	FH	NT	01:17,19
4	Hannah Jenniker	BB	NT	01:23,62
5	Daniel Van Der Westhuizen	BB	NT	
6	Akasia Deblitz	FH	NT	01:40,56
7	Lakin Leibrandt	UN	NT	01:18,19
8	Bo Fischer	LL	NT	DQ

Event 6: 100m Torpedo Buoy Rescue**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Ru Moore Ackerman	CF	NT	01:53,69
3	Sofia Geva	CF	NT	
4	Mayah van Heerden	CF	NT	01:51,32
5	Libelulla Treki	LL	NT	01:49,34
6	Chloe de Haan	CF	NT	
7	Lily D'Allende	LL	NT	01:43,82
8				-

Event 6: 100m Torpedo Buoy Rescue**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Luka Monakali-Krweqe	CF	NT	01:55,59
3	Leo Treki	LL	NT	01:21,34
4	Reuben Mocke	FH	NT	01:33,03
5	Charles Thompson	CF	NT	01:41,25
6	Liam Taukobong	CF	NT	01:41,75
7				-
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Wade Beukes	FH	01:23,39	
2	Jan-Lukas Van der Westhuizen	BB	01:19,65	DQ
3	Jack Allott	CF	01:16,25	01:14,18
4	Wilan Basson	CF	01:07,83	01:12,31
5	Matthew Brooker	CF	01:07,87	01:13,07
6	Steven Waters	BB	01:18,97	01:17,22
7	Caleb Jansen	BB	01:21,39	01:21,68
8	Zack Waters	CF	NT	01:20,49

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

Lane	Swimmer	Club	Seed	Result
1	Miya Krog	FH	01:39,13	01:39,06
2	Katya Bova-Olsen	FH	01:35,81	01:33,88
3	Casey Bruwer	CF	01:30,57	01:28,30
4	Nicola Harcus	FH	01:18,88	01:19,37
5	Amica De Jager	CF	01:20,84	01:24,97
6	Amber-Rose Berry	CF	01:34,39	01:41,06
7	Jessie Allott	CF	01:36,05	01:35,33
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Zac Sampson	CF		NT DQ
3	Callan Compton	BB		NT
4	Christian van Heerden	CF		NT 01:21,06
5	Diego Jansen	BB		NT 01:33,50
6	Rourke Louw	BB		NT
7	Idreess Gamielidien	FH		NT DQ
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Isabella Brooker	CF		NT 01:38,12
2	Emily Roff	CF		NT 01:38,59
3	Alexa Heldsinger	CF		NT 01:32,91
4	Bailey Thomson	CF		NT
5	Megan Waters	BB		NT 01:33,94
6	Sydney-Grace Williams	FH		NT 01:48,81
7	Bella Stallard	FH		NT
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Kiaan Terblanche	CF		NT 01:36,88
3	Lucca Basson	CF		NT 01:15,25
4	Sylvie Gorille	CF	02:00,60	
5	Amber-Rose Berry	CF		NT 01:38,19
6	Tyler Ernsten	CF		NT
7				-
8				-

Event 8: 100m Rescue Medley (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Ryn Abrie	CF	01:38,91	01:36,38
2	Caitlin Barnes	FH	01:33,66	01:30,12
3	Hannah Van Heerden	CF	01:30,71	01:31,28
4	Jaydon Allott	CF	01:21,82	01:16,87
5	Sarah Mocke	FH	01:27,65	01:24,97
6	Dylan Froneman	BB	01:32,72	01:22,55
7	Angelina Nock	BB	01:38,40	01:35,59
8	CJ Hutchinson	FH	01:41,79	01:31,06

Event 8: 100m Rescue Medley (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Leah Muzik	LL		NT 02:04,28
2	Georgia Casson Crook	LL		NT DQ
3	Alexis Jessica Done	FH		NT
4	Tyde Sim	CF	01:45,69	DQ
5				-
6	Bona Fischer	LL		NT 01:42,91
7	Hannah Cadiz	CF		NT DQ
8	Milly Moodycliffe	LL		NT

Event 8: 100m Rescue Medley (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Arianna Steen	LL		NT DQ
4	Mila Said	LL		NT
5	Emilie Conradie	FH		NT 01:36,68
6	Lily Brown	FH		NT 01:58,36
7				-
8				-

Event 8: 100m Rescue Medley (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Kallon Allott	CF		NT DQ
2				-
3	Rohin Desai	FH		NT 01:32,00
4	Noah Kervarrec	CF		NT 01:31,66
5	Chase Sim	CF		NT DQ
6	Vidar Bendixen	FH		NT 01:41,50
7	Cameron Volkmann	LL		NT 02:08,25
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Zack Waters	CF	01:03,38	01:04,06
2	Matthew Brading	FH	01:01,35	01:03,47
3	Steven Waters	BB	00:56,00	00:57,35
4	Wilan Basson	CF	00:50,03	00:54,28
5	Matthew Brooker	CF	00:50,41	00:52,75
6	Jan-Lukas Van der Westhuizen	BB	00:56,94	00:58,22
7	Jack Allott	CF	01:01,75	01:00,50
8	Caleb Jansen	BB	01:04,06	01:03,12

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

Lane	Swimmer	Club	Seed	Result
1	Michelle Lamprecht	FH	01:09,00	01:09,10
2	Casey Bruwer	CF	01:07,68	01:11,10
3	Jessie Allott	CF	01:07,15	01:11,00
4	Amica De Jager	CF	01:03,44	01:04,00
5	Amber-Rose Berry	CF	01:03,75	01:09,16
6	Isabella Brooker	CF	01:07,62	01:08,64
7	Miya Krog	FH	01:07,87	01:09,04
8	Katya Bova-Olsen	FH	01:12,41	01:12,85

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

Lane	Swimmer	Club	Seed	Result
1	Zac Sampson	CF	01:16,75	01:10,97
2	Callan Compton	BB	01:13,56	
3	Marc Pincente	CF	01:08,32	01:11,34
4	Wade Beukes	FH	01:06,72	
5	Christian van Heerden	CF	01:07,19	01:06,59
6	Rourke Louw	BB	01:11,15	
7	Idreess Gamielidien	FH	01:13,93	01:15,34
8	Andrew Watts	CF	01:19,38	

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

Lane	Swimmer	Club	Seed	Result
1	Sydney-Grace Williams	FH	01:23,16	01:25,09
2	Kyla Allott	CF	01:20,78	01:29,75
3	Isabella Done	FH	01:19,46	
4	Sylvie Gorille	CF	01:15,85	
5	Shaylee Powell	FH	01:18,97	01:19,22
6			-	
7	Emily Roff	CF	01:21,25	01:17,90
8	Sally Matusik	FH	01:28,87	01:26,78

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

Lane	Swimmer	Club	Seed	Result
1	Bronwyn Powell	FH		NT
2	Lauren Allott	CF		NT
3	Carryl Van Bossen	CF		NT 01:27,08
4	Jeanne Topliss	FH	01:33,44	
5	Mascha Moorlach	FH	01:47,41	DQ
6	Christina Mallion	CF		NT 01:23,69
7	Victoria Donaldson	BB		NT 01:21,00
8	Elizabeth Buschek	CF		NT

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Ewald Van Heerden	CF		NT
3	Kiaan Terblanche	CF		NT 01:08,22
4	Mike Rodda	FH	01:32,72	01:26,44
5	Matt Goodall	CF		NT 01:11,97
6	Bryan Allott	CF		NT
7				-
8				-

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Diego Jansen	BB		NT 01:07,56
3	Tyler Ernsten	CF		NT 01:15,72
4	Soeren Bendixen	FH	01:23,13	01:20,54
5	David Jansen	BB		NT 01:16,93
6	Lucca Basson	CF		NT 01:02,65
7				-
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Megan Waters	BB		NT 01:16,97
2	Alexa Heldsinger	CF		NT 01:19,09
3	Sam Hucke	FH		NT 01:28,68
4	Amber-Rose Berry	CF	01:06,28	01:09,00
5	Bella Stallard	FH		NT
6	McKenzi Rodda	FH		NT 01:42,97
7	Bailey Thomson	CF		NT
8				-

Event 10: 100m Manikin Carry with Fins (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Emilie Conradie	FH	01:12,63	01:15,27
2	Caitlin Barnes	FH	01:10,38	01:11,62
3	CJ Hutchinson	FH	01:06,69	01:07,96
4	Jaydon Allott	CF	01:02,59	01:05,25
5	Sarah Mocke	FH	01:05,50	01:08,28
6	Dylan Froneman	BB	01:07,34	01:07,34
7	Alexis Jessica Done	FH	01:11,66	01:12,91
8	Vidar Bendixen	FH	01:15,25	01:18,74

Event 10: 100m Manikin Carry with Fins (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Nolan Froneman	BB	01:22,19	01:40,43
2	Angelina Nock	BB	01:19,68	01:18,31
3	Noah Kervarrec	CF	01:16,44	01:15,35
4	Ryn Abrie	CF	01:15,65	01:15,62
5	Hannah Van Heerden	CF	01:15,88	01:18,12
6	Tyde Sim	CF	01:17,06	
7	Rohin Desai	FH	01:20,15	01:22,93
8				-

Event 10: 100m Manikin Carry with Fins (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Bianca Van Der Westhuizen	BB	01:35,28	01:43,00
2	Zuhair Gamielien	FH	01:33,16	01:48,28
3	Chase Sim	CF	01:27,94	
4				-
5	Isla Conradie	FH	01:25,72	01:28,90
6	Katie Dyason	FH	01:29,44	
7	Lakin Leibrandt	UN	01:34,47	01:38,22
8	Zach lamprecht	FH	01:36,22	01:31,05

Event 10: 100m Manikin Carry with Fins (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Hannah Cadiz	CF		NT 01:17,94
2	Bona Fischer	LL		NT 01:23,54
3	Kallon Allott	CF	01:38,03	01:49,94
4				-
5	Daniel Van Der Westhuizen	BB	01:36,97	01:53,97
6	Fia Moore Ackerman	CF	01:47,00	01:37,15
7	Georgia Casson Crook	LL		NT 01:30,41
8	Leah Muzik	LL		NT 01:34,75

Event 10: 100m Manikin Carry with Fins (Medium)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Adalayde Hoffman	FH		NT 01:38,69
2	Mila Said	LL		NT
3	Arianna Steen	LL		NT 01:46,00
4	Milly Moodycliffe	LL		NT
5	Cameron Volkmann	LL		NT 01:37,00
6	Lily Brown	FH		NT 01:35,06
7	Hannah Jenniker	BB		NT 01:43,06
8	Akasia Deblitz	FH		NT 02:03,19

Event 10: 100m Manikin Carry with Fins (Medium)**Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Leo Treki	LL		NT DQ
3	Bo Fischer	LL		NT 01:36,44
4	Kai Werndle	CF		NT 02:05,18
5	Riley Arbuthnot	LL		NT DQ
6	Grayson Haller	FH		NT 01:33,00
7	Lukas Loubser	CF		NT 01:57,00
8				-

Event 11: 100m Manikin Carry with Fins (Mini)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Luka Monakali-Krweqe	CF	02:06,28	02:41,19
2	Sakinah Gamieldien	FH	01:43,57	01:54,12
3	Roan Horne	FH	01:38,12	01:39,59
4	Caleb Bugler	FH	01:28,72	01:37,06
5	Byron Hutchinson	FH	01:29,90	01:39,54
6	Farrell Van Asperen	CF	01:42,84	01:45,81
7	Jackson Goodall	CF	01:45,56	02:04,81
8	Chloe de Haan	CF		NT

Event 11: 100m Manikin Carry with Fins (Mini)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Liam Taukobong	CF		NT 02:00,65
2	Sofia Geva	CF		NT 02:04,69
3	Mayah van Heerden	CF		NT DQ
4	Libelulla Treki	LL		NT 02:18,91
5	Lily D'Allende	LL		NT 02:28,68
6	Ru Moore Ackerman	CF		NT 02:26,78
7	Charles Thompson	CF		NT 02:07,25
8	Reuben Mocke	FH		NT 01:57,28