

RSS Pool Rescue 2025/6 #3 - Heat Sheets

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50m Manikin Carry

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Matthew Brading	Steven Waters	Matthew Brooker	Mathew Pincente (Snr)	Wilan Basson	Jan-Lukas Van der Westhuizen	Lucca Basson	Jack Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Kiaan Terblanche	Puneet Nagendra kumar	Christian van Heerden	Zack Waters	Jaydon Allott	Jessica Harcus	Grant Nefdt	Mathew Pincente
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Hannah Burke	Casey Bruwer	Callan Compton	Lucca Basson (Snr)	Miya Krog	Sabrina Krige	Jessie Allott	Alex Neusch
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Brooker	Alexa Heldsinger	Katya Bova-Olsen	Joseph Brading	Michelle Lamprecht	Daniella Harcus	Amber-Rose Berry	Heath Clarke
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Megan Waters	Kyla Allott	Victoria Donaldson	Ellen Hodgkinson	Sally Matusik	Kyle Vickers	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #3 - Heat Sheets

50m Manikin Carry (Medium)

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer		Gia Heldsing er	Caitlin Barnes	Dylan Froneman	Sarah Mocke	Noah Kervarrec	Vidar Bendixen	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #3 - Heat Sheets

100m Rescue Medley

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Lucca Basson	Steven Waters	Mathew Pincente (Snr)	Wilan Basson	Matthew Brooker	Jack Allott	Jan-Lukas Van der Westhuizen	Matthew Brading
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Casey Bruwer	Kiaan Terblanche	Christian van Heerden	Zack Waters	Jaydon Allott	Jessica Harcus	Grant Nefdt	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Megan Waters	Alexa Heldsinger	Daniella Harcus	Puneet Nagendra kumar	Jessie Allott	Hannah Burke	Katya Bova-Olsen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Kyle Vickers	Sabrina Krige	Miya Krog	Amber-Rose Berry	Isabella Brooker	Ellen Hodgkinson	Joseph Brading	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #3 - Heat Sheets

100m Rescue Medley (Medium)

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Gia Hedsinger	Arabella Hoey-Fry	Caitlin Barnes	Sarah Mocke	Noah Kervarrec	Vidar Bendixen	Dylan Froneman	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #3 - Heat Sheets

200m Super Lifesaver

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Zack Waters	Jack Allott	Wilan Basson	Matthew Brooker	Steven Waters	Christian van Heerden	Matthew Brading
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Grant Nefdt	Jessie Allott	Casey Bruwer	Jaydon Allott	Lucca Basson	Puneet Nagendra kumar	Callan Compton	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Joseph Brading	Katya Bova-Olsen	Isabella Brooker	Miya Krog	Daniella Harcus	Amber-Rose Berry	Alexa Heldsinger	Shaylee Powell
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Kyle Vickers	Ellen Hodgkinson	Alex Neusch	Jack Allott (Snr)	Jessie Allott (Snr)	Kyla Allott	Sabrina Krige	Megan Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #3 - Heat Sheets

100m Manikin Carry With Fins

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jessica Harcus	Steven Waters	Mathew Pincente (Snr)	Wilan Basson	Matthew Brooker	Jack Allott	Jan-Lukas Van der Westhuizen	Matthew Brading
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Zac Sampson	Grant Nefdt	Kiaan Terblanche	Jaydon Allott	Lucca Basson	Zack Waters	Christian van Heerden	Jessie Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Alex Neusch	Daniella Harcus	Miya Krog	Isabella Brooker	Casey Bruwer	Puneet Nagendrakumar	Michelle Lamprecht	Callan Compton
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Megan Waters	Alexa Heldsinger	Katya Bova-Olsen	Joseph Brading	Sabrina Krige	Ellen Hodgkinson	Victoria Donaldson	Shaylee Powell
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer		Heath Clarke	Sally Matusik	Jack Allott (Snr)	Kyla Allott	Garth Bruwer	Kyle Vickers	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #3 - Heat Sheets

100m Manikin Carry with Fins (Medium)

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Gia Hedsinger	Arabella Hoey-Fry	Noah Kervarrec	Sarah Mocke	Caitlin Barnes	Vidar Bendixen	Dylan Froneman	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #3 - Heat Sheets

100m Manikin Tow With Fins

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Zack Waters	Jan-Lukas Van der Westhuizen	Matthew Brooker	Wilan Basson	Mathew Pincente (Snr)	Jack Allott	Steven Waters	Lucca Basson
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Zac Sampson	Amber-Rose Berry	Jaydon Allott	Kiaan Terblanche	Matthew Brading	Michelle Lamprecht	Garth Bruwer	Jessie Allott
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Katya Bovas-Olsen	Miya Krog	Puneet Nagendra kumar	Grant Nefdt	Christian van Heerden	Jessica Harcus	Casey Bruwer	
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Victoria Donaldson	Shaylee Powell	Ellen Hodgkinson	Isabella Brooker	Megan Waters	Callan Compton	Alexa Heldsinger	Joseph Brading
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Kyle Vickers	Sabrina Krige	Kyla Allott	Jack Allott (Snr)	Jessie Allott (Snr)	Sally Matusik	Heath Clarke	
In	_____	_____	_____	_____	_____	_____	_____	_____