

RSS Pool Rescue WC Champs 2026 - Heat Sheets

RSS Pool Rescue WC Champs 2026 - Heat Sheets

4x50m Medley Relay

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	CF Senior Men A Medley Relay	CF Senior Men B Medley Relay	CF Senior Men C Medley Relay	FH Senior Men A Medley Relay	BB Senior Ladies A 4x50 Medley Relay	MIL Senior Men A 4x50 Medley Relay	CF Senior Men D Medley Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer			CF Senior Ladies B Medley Relay	BB Masters Mixed A 4x50 Medley Relay	CF Senior Ladies A Medley Relay	FH Senior Ladies A Medley Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer		FH Junior Boys A Medley Relay	CF Junior Boys A Medley Relay	CF Junior Boys B Medley Relay	BB Junior Boys A 4x50 Medley Relay	CF Junior Boys C Medley Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer			CF Junior Girls B Medley Relay	CF Junior Girls A Medley Relay	CF Junior Girls C Medley Relay	FH Junior Girls A Medley Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

200m Super Lifesaver

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Zack Waters	Jack Allott (Snr)	Aidan Mills	Len-Douglas Mac Kay	Matthew Brooker	Wilan Basson	Matthew Brading	Luca Zumpt
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Bianca Marthinussen	Ellen Hodgkinson (Snr)	Amber-Rose Berry (Snr)	Kendra Du Toit	Jessie Allott (Snr)	Kianna-Gro Liversage (Snr)	Eloise Horne	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer			Caroline Mack	Alex Neusch	Elizabeth Buscheck (Master)	Marco Zumpt		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer		Wade Beukes	Lucca Basson	Caleb Jansen	Grant Nefdt	Phetelo Mopai	Joe Brading	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Holly Smith	Ellen Hodgkinson	Amber-Rose Berry	Erin Langenhoven	Jessie Allott	Kianna-Gro Liversage	Imani Magotsi	Rosie Edwards
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer		Michael Goodall	Jan-Lukas Van der Westhuizen	Jack Allott	Steven Waters	Evan nefdt	Liam Brownlee	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Reese Noble	Kyla Allott	Miya Krog	Casey Bruwer	Katya Bova-Olsen	Riziki Magotsi	Madison Polti	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Jaydon Allott	Idreess Gamiel die n	Callan Compton	Christian van Heerden	Puneet Nagendra kumar	Zac Sampson	Greyson September	Rourke Louw
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer		Emily Roff	Gemma Blackburn	Isabella Brooker	Alexa Heldsinger	Shaylee Powell	Sydney-Grace Williams	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Line Throw Relay

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	FH Masters A Line Throw Relay	MIL Senior Men B Line Throw Relay	BB Masters Mixed B Line Throw Relay	MIL Senior Men A Line Throw Relay	FH Senior Ladies B Line Throw Relay	FH Masters B Line Throw Relay	BB Masters Mixed A Line Throw Relay	MIL Senior Ladies A Line Throw Relay
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	CF Senior Men G Line Throw Relay	CF Senior Men E Line Throw Relay	CF Senior Men C Line Throw Relay	CF Senior Men F Line Throw Relay	CF Senior Men I Line Throw Relay	CF Senior Men B Line Throw Relay	CF Senior Men H Line Throw Relay	CF Senior Men D Line Throw Relay
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer		CF Senior Ladies B Line Throw Relay	CF Senior Ladies A Line Throw Relay	CF Senior Ladies D Line Throw Relay	CF Senior Ladies C Line Throw Relay	FH Senior Ladies A Line Throw Relay	CF Senior Ladies E Line Throw Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer		CF Junior Girls E Line Throw Relay	CF Junior Girls C Line Throw Relay	CF Junior Girls B Line Throw Relay	CF Junior Girls D Line Throw Relay	CF Junior Girls A Line Throw Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer			CF Junior Girls F Line Throw Relay	FH Junior Girls B Line Throw Relay	FH Junior Girls A Line Throw Relay	CF Junior Girls G Line Throw Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer	CF Junior Boys E Line Throw Relay	CF Junior Boys C Line Throw Relay	CF Junior Boys D Line Throw Relay	CF Junior Boys A Line Throw Relay	CF Junior Boys B Line Throw Relay	CF Junior Boys G Line Throw Relay	CF Junior Boys F Line Throw Relay	FH Junior Boys A Line Throw Relay
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer	BB Junior Boys C Line Throw Relay	FH Senior Men A Line Throw Relay	FH Senior Men B Line Throw Relay	BB Junior Boys B Line Throw Relay	BB Junior Boys A Line Throw Relay	CF Senior Men A Line Throw Relay	BB Senior Men A Line Throw Relay	FH Junior Boys B Line Throw Relay
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

100m Manikin Tow With Fins

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Zack Waters	Mathew Pincente	Wilan Basson	Len-Douglas Mac Kay	Aidan Mills	Matthew Brooker	Jack Allott (Snr)	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Marco Zumpt	Luca Zumpt	Tyne Van Achterbergh (Snr)	Lucca Basson (Snr)	Garth Bruwer (Snr)	Kiaan Terblanche	Josh Edwards	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Kianna-Gro Liversage (Snr)	Michelle Lamprecht	Jessie Allott (Snr)	Kendra Du Toit	Amber-Rose Berry (Snr)	Casey Bruwer (Snr)	Ellen Hodgkinson (Snr)	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer		Holly Smith	Bianca Marthinussen	Imani Magotsi (Snr)	Eloise Horne	Rosie Edwards		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer		Alex Neusch	Mark Wiley	Marc Pincente	David Jansen	Tate Skordis		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Meike Zumpt	Elizabeth Buscheck (Master)	Sally Matusik	Victoria Donaldson	Sam Hucke	Jeanne Topliss	Sara Jansen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer		Wade Beukes	Caleb Jansen	Jack Allott	Jan-Lukas Van der Westhuizen	Matthew Brading		
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Jenna Loubser	Kianna-Gro Liversage	Jessie Allott	Amber-Rose Berry	Erin Langenhoven	Ellen Hodgkinson	Imani Magotsi	
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer		Evan nefdt	Grant Nefdt	Lucca Basson	Steven Waters	Josh Huntingford		
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer		Phetelo Mopai	Joe Brading	Liam Brownlee	Michael Goodall	Kyto Tuohy		
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer	Reese Noble	Riziki Magotsi	Katya Bova-Olsen	Casey Bruwer	Miya Krog	Kyla Allott	Madison Polti	
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 12

Lane	1	2	3	4	5	6	7	8
Swimmer	Idreess Gamieldeen	Greyson September	Rourke Louw	Zac Sampson	Christian van Heerden	Puneet Nagendrakumar	Callan Compton	Jaydon Allott
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 13

Lane	1	2	3	4	5	6	7	8
Swimmer	Jessica Darling	Sydney-Grace Williams	Alexa Heldsinger	Emily Roff	Isabella Brooker	Shaylee Powell	Gemma Blackburn	
In	_____	_____	_____	_____	_____	_____	_____	_____

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 14

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

50m Manikin Carry

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Matthew Brading	Matthew Brooker	Len-Douglas Mac Kay	Mathew Pincente (Snr)	Wilan Basson	Jake Hutton (Snr)	Aidan Mills	Zack Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Charl Jones	Marc Pincente	Josh Huntingford (Snr)	Tyne Van Achterbergh (Snr)	Kyto Tuohy (Snr)	Alex Neusch	Luca Zumpt	Tate Skordis
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Imani Magotsi (Snr)	Kianna-Gro Liversage (Snr)	Eloise Horne	Kendra Du Toit	Isabella Haveman (Snr)	Michelle Lamprecht	Jenna Loubser (Snr)	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer		Elizabeth Buscheck (Master)	Jeanne Topliss	Victoria Donaldson	Sally Matusik	Meike Zumpt		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Holly Smith	Caroline Mack	Bianca Marthinussen	Rosie Edwards	Stella Malan		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer		Marco Zumpt	Josh Edwards	Mark Wiley	Lucca Basson (Snr)	Javin Presence	Kiaan Terblanche	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Heath Clarke	Grant Nefdt	Caleb Jansen	Mathew Pincente	Jake Hutton	Tyne Van Achterbergh	Wade Beukes	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Imani Magotsi	Amber-Rose Berry	Jessie Allott	Isabella Haveman n	Erin Langenhoven	Kianna-Gro Liversage	Jenna Loubser	Ellen Hodgkinson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer		Evan nefdt	Jack Allott	Steven Waters	Jan-Lukas Van der Westhuizen	Kyto Tuohy	Josh Huntingtonford	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer		Phetelo Mopai	Lucca Basson	Michael Goodall	Liam Brownlee	Joe Brading		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer	Reese Noble	Sophia Wener	Riziki Magotsi	Miya Krog	Casey Bruwer	Katya Bova-Olsen	Kyla Allott	Madison Polti
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 12

Lane	1	2	3	4	5	6	7	8
Swimmer	Greyson September	Callan Compton	Rourke Louw	Zac Sampson	Puneet Nagendra kumar	Christian van Heerden	Idreess Gamiel die n	Jaydon Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 13

Lane	1	2	3	4	5	6	7	8
Swimmer		Emily Roff	Isabella Brooker	Alexa Heldsing e r	Shaylee Powell	Gemma Blackburn	Sydney-Grace Williams	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 14

Lane	1	2	3	4	5	6	7	8
Swimmer			Philippa Groves	Jessica Darling	Isabelle Scarpa			
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

4x25m Manikin Relay

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	CF Senior Men C Manikin Relay	BB Senior Men A Manikin Relay	CF Senior Men A Manikin Relay	CF Senior Men B Manikin Relay	FH Senior Men A Manikin Relay	MIL Senior Men A Manikin Relay	CF Senior Men D Manikin Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer		CF Senior Ladies A Manikin Relay	MIL Senior Ladies A Manikin Relay	CF Senior Ladies B Manikin Relay	FH Masters A Manikin Relay	BB Senior Ladies A Manikin Relay	FH Senior Ladies A Manikin Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer		CF Junior Boys A Manikin Relay	CF Junior Boys B Manikin Relay	BB Junior Boys A Manikin Relay	FH Junior Boys A Manikin Relay	CF Junior Boys C Manikin Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer		BB Masters Mixed A Manikin Relay	CF Junior Girls C Manikin Relay	CF Junior Girls A Manikin Relay	FH Junior Girls A Manikin Relay	CF Junior Girls B Manikin Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

100m Rescue Medley

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Steven Waters	Jack Allott	Matthew Brooker	Len-Douglas Mac Kay	Wilan Basson	Mathew Pincente	Aidan Mills	Lucca Basson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer		Michelle Lamprecht	Ellen Hodgkinson (Snr)	Kendra Du Toit	Amber-Rose Berry (Snr)	Imani Magotsi (Snr)		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Josh Edwards	Holly Smith	Marco Zumpt	Charl Jones	Bianca Marthinussen	Javin Presence	Rosie Edwards	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jenna Loubser	Ellen Hodgkinson	Jessie Allott	Erin Langenhoven	Amber-Rose Berry	Kianna-Gro Liversage	Imani Magotsi	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Kiaan Terblanche	Tyne Van Achterbergh	Caleb Jansen	Matthew Brading	Zack Waters	Wade Beukes	Grant Nefdt	Luca Zumpt
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer		Phetelo Mopai	Michael Goodall	Jan-Lukas Van der Westhuizen	Evan nefdt	Liam Brownlee	Joe Brading	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer	Madison Polti	Sophia Wener	Katya Bova-Olsen	Casey Bruwer	Riziki Magotsi	Miya Krog	Reese Noble	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Jaydon Allott	Zac Sampson	Idreess Gamiel die n	Christian van Heerden	Puneet Nagendra kumar	Greyson Septembe r	Rourke Louw	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer		Gemma Blackburn	Emily Roff	Alexa Heldsing er	Isabella Brooker	Sydney-Grace Williams		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

100m Manikin Carry With Fins

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Steven Waters	Aidan Mills	Matthew Brooker	Wilan Basson	Len-Douglas Mac Kay	Mathew Pincente	Jack Allott	Matthew Brading
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Tyne Van Achterbergh (Snr)	Wade Beukes	Caleb Jansen	Lucca Basson (Snr)	Grant Nefdt	Zack Waters	Tyne Van Achterbergh	Kiaan Terblanche
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Ellen Hodgkinson (Snr)	Jenna Loubser (Snr)	Michelle Lamprecht	Kendra Du Toit	Amber-Rose Berry (Snr)	Eloise Horne	Kianna-Gro Liversage (Snr)	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Rosie Edwards	Holly Smith	Imani Magotsi (Snr)	Victoria Donaldson	Sam Hucke	Stella Malan	Bianca Marthinussen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Tate Skordis	Josh Edwards	David Jansen	Marc Pincente	Alex Neusch	Javin Presence	Luca Zumpt	Marco Zumpt
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer		Meike Zumpt	Mark Wiley	Sally Matusik	Jeanne Topliss	Elizabeth Buscheck (Master)	Sara Jansen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Imani Magotsi	Jenna Loubser	Jessie Allott	Erin Langenhoven	Amber-Rose Berry	Ellen Hodgkinson	Kianna-Gro Liversage	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer		Josh Huntingford	Kyto Tuohy	Jan-Lukas Van der Westhuizen	Lucca Basson	Evan nefdt		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer		Joe Brading	William Neill	Michael Goodall	Liam Brownlee	Phetelo Mopai		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer	Madison Polti	Sophia Wener	Katya Bova-Olsen	Casey Bruwer	Miya Krog	Riziki Magotsi	Kyla Allott	Reese Noble
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer	Greyson September	Callan Compton	Zac Sampson	Christian van Heerden	Puneet Nagendra kumar	Rourke Louw	Idress Gamielدين	Jaydon Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 12

Lane	1	2	3	4	5	6	7	8
Swimmer		Gemma Blackburn	Emily Roff	Isabella Brooker	Alexa Heldsinger	Shaylee Powell	Sydney-Grace Williams	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 13

Lane	1	2	3	4	5	6	7	8
Swimmer				Isabelle Scarpa	Philippa Groves	Jessica Darling		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 14

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

4x50m Lifesaver Relay

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	FH Senior Mixed B Lifesaver Relay	CF Senior Mixed A Lifesaver Relay	FH Senior Mixed A Lifesaver Relay	CF Senior Mixed B Lifesaver Relay	CF Senior Mixed F Lifesaver Relay	CF Senior Mixed D Lifesaver Relay	CF Senior Mixed E Lifesaver Relay	CF Senior Mixed C Lifesaver Relay
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer		CF Junior Mixed F Lifesaver Relay	CF Junior Mixed E Lifesaver Relay	CF Junior Mixed D Lifesaver Relay	CF Junior Mixed A Lifesaver Relay	BB Junior Mixed B Lifesaver Relay	CF Junior Mixed G Lifesaver Relay	MIL Senior Mixed A Lifesaver Relay
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer		FH Junior Mixed A Lifesaver Relay	FH Junior Mixed B Lifesaver Relay	BB Junior Mixed A Lifesaver Relay	CF Junior Mixed C Lifesaver Relay	CF Junior Mixed B Lifesaver Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

200m Obstacles

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Matthew Brading	Aidan Mills	Matthew Brooker	Wilan Basson	Len-Douglas Mac Kay	Jack Allott	Wade Beukes	Zack Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Eloise Horne	Bianca Marthinussen	Kendra Du Toit	Stella Malan	Elizabeth Buscheck	Michelle Lamprecht	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Heath Clarke	Marco Zumpt	Kiaan Terblanche	Tate Skordis	Luca Zumpt	Alex Neusch	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Elizabeth Buscheck (Master)	Amber-Rose Berry	Kianna-Gro Liversage	Erin Langenhoven	Jenna Loubser	Jessie Allott	Imani Magotsi	Holly Smith
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Tyne Van Achterbergh	Evan nefdt	Grant Nefdt	Lucca Basson	Jan-Lukas Van der Westhuizen	Caleb Jansen	Michael Goodall	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer			Joe Brading	Liam Brownlee	William Neill	Phetelo Mopai		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

RSS Pool Rescue WC Champs 2026 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Reese Noble	Sophia Wener	Riziki Magotsi	Casey Bruwer	Miya Krog	Katya Bova-Olsen	Kyla Allott	Madison Polti
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Idreess Gamiel die n	Rourke Louw	Puneet Nagendra kumar	Zac Sampson	Christian van Heerden	Greyson Septem ber	Jaydon Allott	Callan Compton
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Isabelle Scarpa	Gemma Blackburn	Emily Roff	Alexa Heldsing er	Isabella Brooker	Sydney-Grace Williams	Jessica Darling	Philippa Groves
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

100m Obstacles

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer		Meike Zumpt	Jeanne Topliss	Marc Pincence	Sally Matusik	Bryan Allott	Mark Wiley	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue WC Champs 2026 - Heat Sheets

4x50m Obstacle Relay

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		FH Senior Men A Obstacle Relay	FH Senior Ladies A Obstacle Relay	CF Senior Men C Obstacle Relay	CF Senior Men A Obstacle Relay	CF Senior Men D Obstacle Relay	CF Senior Men B Obstacle Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		CF Senior Ladies A Obstacle Relay	CF Senior Ladies B Obstacle Relay	MIL Senior Men A Obstacle Relay	FH Masters A Obstacle Relay	BB Masters Mixed A Obstacle Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		CF Junior Boys A Obstacle Relay	BB Junior Boys A Obstacle Relay	CF Junior Boys C Obstacle Relay	CF Junior Boys B Obstacle Relay	FH Junior Boys A Obstacle Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer			FH Junior Girls A Obstacle Relay	CF Junior Girls B Obstacle Relay	CF Junior Girls A Obstacle Relay	CF Junior Girls C Obstacle Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----