

RSS Pool Rescue 2025/6 #2 - Heat Sheets

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100m Manikin Tow With Fins

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Jack Allott	Zack Waters	Matthew Brading	Wilan Basson	Matthew Brooker	Caleb Jansen	Jan-Lukas Van der Westhuizen	Steven Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Miya Krog	Casey Bruwer	Jessie Allott	Amica De Jager	Nicola Harcus	Amber-Rose Berry (Snr)	Katya Bova-Olsen	Michelle Lamprecht
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Christina Mallion	Sam Hucke		Sylvie Gorille	Elizabeth Buschek	Victoria Donaldson	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer		Lucca Basson	Jack Allott (Snr)	Garth Bruwer	Wade Beukes	Kiaan Terblanche	Tyler Ernten	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Bronwyn Powell	Carryl Van Bossen	Sally Matusik	Amber-Rose Berry	Isabella Done	Mascha Moorlach	Jeanne Topliss	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer		Isabella Brooker	Bella Stallard	Kyla Allott	Sydney-Grace Williams	Emily Roff		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer		McKenzi Rodda	Alexa Heldsinger	Megan Waters	Shaylee Powell	Bailey Thomson		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer		Christian van Heerden	Rourke Louw	Zac Sampson	Callan Compton	Diego Jansen		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Mike Rodda	David Jansen	Andrew Watts	Soeren Bendixen	Marc Pincente	Matt Goodall	Ewald Van Heerden	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

50m Obstacles

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Libelulla Treki	Sakinah Gamiel die n	Jackson Goodall	Caleb Bugler	Byron Hutchinso n	Chloe de Haan	Luka Monakali- Krweqe	Lily D'Allende
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Reuben Mocke	Farrell Van Asperen	Sofia Geva	Mayah van Heerden	Ru Moore Ackerman	Charles Thompso n	Liam Taukobon g	Roan Horne
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

100m Obstacles

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Ryn Abrie	Emilie Conradie	Dylan Froneman	Sarah Mocke	Jaydon Allott	Caitlin Barnes	Hannah Van Heerden	CJ Hutchinson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Chase Sim	Noah Kervarrec	Tyde Sim	Vidar Bendixen	Angelina Nock	Rohin Desai	Nolan Froneman	Zuhair Gamieldeen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Isla Conradie	Kallon Allott		Bianca Van Der Westhuizen	Daniel Van Der Westhuizen			Katie Dyason
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Leah Muzik	Hannah Cadiz	Georgia Casson Crook	Hannah Jenniker	Zach lamprecht	Alexis Jessica Done	Bona Fischer	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer	Cameron Volkmann	Akasia Deblitz	Lily Brown	Arianna Steen	Fia Moore Ackerman	Milly Moodycliffe	Mila Said	Adalayde Hoffman
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer	Kai Werndle	Leo Treki	Riley Arbuthnot	Lukas Loubser	Bo Fischer	Lakin Leibrandt	Grayson Haller	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

RSS Pool Rescue 2025/6 #2 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer			Sally Matusik	Mascha Moorlach	Carryl Van Bossen	Jeanne Topliss		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Andrew Watts		Soeren Bendixen	Marc Pincente	Mike Rodda			Bryan Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

200m Obstacles

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

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Done	Miya Krog	Casey Bruwer	Amica De Jager	Nicola Harcus	Katya Bova-Olsen	Jessie Allott	Amber-Rose Berry (Snr)
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Bronwyn Powell	Christina Mallion	Victoria Donaldson	Kyla Allott	Sylvie Gorille	Michelle Lamprecht	Sam Hucke	
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Bella Stallard	Elizabeth Buschek	Bailey Thomson	Emily Roff	Alexa Heldsinger	Megan Waters	Isabella Brooker	McKenzi Rodda
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Rourke Louw		Callan Compton	Shaylee Powell	Sydney-Grace Williams	Christian van Heerden	Idrees Gamieldeen	Zac Sampson
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Tyler Ernten	Ewald Van Heerden	Zack Waters	Matt Goodall		Kiaan Terblanche	Lucca Basson	Amber-Rose Berry
In	_____	_____	_____	_____	_____	_____	_____	_____

RSS Pool Rescue 2025/6 #2 - Heat Sheets

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4x50m Obstacle Relay

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	CF Snr Men D 4x50m Obstacle Relay Team	BB Snr Men A 4x50m Obstacle Relay Team	FH Snr Men A A 4x50m Obstacle Relay Team	CF Snr Men C 4x50m Obstacle Relay Team	CF Snr Men A 4x50m Obstacle Relay Team	FH Mixed Masters A 4x50m Obstacle Relay Team	CF Snr Men B 4x50m Obstacle Relay Team	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer		CF Jnr Ladies A 4x50m Obstacle Relay Team	FH Jnr Ladies A 4x50m Obstacle Relay Team	CF Jnr Ladies B 4x50m Obstacle Relay Team		FH Jnr Men A 4x50m Obstacle Relay Team	CF Jnr Men A 4x50m Obstacle Relay Team	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	CF u10B 4x50m Obstacle Relay Team	FH u12B 4x50m Obstacle Relay Team	FH u10A 4x50m Obstacle Relay Team	BB u12A 4x50m Obstacle Relay Team	FH u12A 4x50m Obstacle Relay Team	CF u12A 4x50m Obstacle Relay Team	CF u10A 4x50m Obstacle Relay Team	LL u12A 4x50m Obstacle Relay Team
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	CF Snr Ladies A 4x50m Obstacle Relay Team	CF Snr Ladies B 4x50m Obstacle Relay Team	CF u14B 4x50m Obstacle Relay Team	LL u14B 4x50m Obstacle Relay Team	LL u14A 4x50m Obstacle Relay Team	FH u14A 4x50m Obstacle Relay Team	CF u14A 4x50m Obstacle Relay Team	FH u14B 4x50m Obstacle Relay Team
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

100m Torpedo Buoy Rescue

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Zuhair Gamieldeen	Grayson Haller	Isla Conradie	Nolan Froneman	Katie Dyason		Lukas Loubser	Caleb Bugler
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Jackson Goodall	Roan Horne	Byron Hutchinson	Fia Moore Ackerman	Adalayde Hoffman	Farrell Van Asperen	Sakinah Gamieldeen	Bianca Van Der Westhuizen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Riley Arbuthnot	Kai Werndle	Zach lamprecht	Hannah Jenniker	Daniel Van Der Westhuizen	Akasia Deblitz	Lakin Leibrandt	Bo Fischer
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer		Ru Moore Ackerman	Sofia Geva	Mayah van Heerden	Libelulla Treki	Chloe de Haan	Lily D'Allende	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Luka Monakali-Krweqe	Leo Treki	Reuben Mocke	Charles Thompson	Liam Taukobong		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

100m Rescue Medley

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Wade Beukes	Jan-Lukas Van der Westhuizen	Jack Allott	Wilan Basson	Matthew Brooker	Steven Waters	Caleb Jansen	Zack Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Miya Krog	Katya Bova-Olsen	Casey Bruwer	Nicola Marcus	Amica De Jager	Amber-Rose Berry	Jessie Allott	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer		Zac Sampson	Callan Compton	Christian van Heerden	Diego Jansen	Rourke Louw	Idreess Gamieldeen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Brooker	Emily Roff	Alexa Heldsinger	Bailey Thomson	Megan Waters	Sydney-Grace Williams	Bella Stallard	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer		Kiaan Terblanche	Lucca Basson	Sylvie Gorille	Amber-Rose Berry (Snr)	Tyler Ernten		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

100m Rescue Medley (Medium)

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Ryn Abrie	Caitlin Barnes	Hannah Van Heerden	Jaydon Allott	Sarah Mocke	Dylan Froneman	Angelina Nock	CJ Hutchinson
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Leah Muzik	Georgia Casson Crook	Alexis Jessica Done	Tyde Sim		Bona Fischer	Hannah Cadiz	Milly Moodycliffe
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer			Arianna Steen	Mila Said	Emilie Conradie	Lily Brown		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Kallon Allott		Rohin Desai	Noah Kervarrec	Chase Sim	Vidar Bendixen	Cameron Volkmann	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

100m Manikin Carry With Fins

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Zack Waters	Matthew Brading	Steven Waters	Wilan Basson	Matthew Brooker	Jan-Lukas Van der Westhuizen	Jack Allott	Caleb Jansen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Michelle Lamprecht	Casey Bruwer	Jessie Allott	Amica De Jager	Amber-Rose Berry (Snr)	Isabella Brooker	Miya Krog	Katya Bova-Olsen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Zac Sampson	Callan Compton	Marc Pincente	Wade Beukes	Christian van Heerden	Rourke Louw	Idreess Gamieldeen	Andrew Watts
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Sydney-Grace Williams	Kyla Allott	Isabella Done	Sylvie Gorille	Shaylee Powell		Emily Roff	Sally Matusik
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Bronwyn Powell	Lauren Allott	Carryl Van Bossen	Jeanne Topliss	Mascha Moorlach	Christina Mallion	Victoria Donaldson	Elizabeth Buschek
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer		Ewald Van Heerden	Kiaan Terblanche	Mike Rodda	Matt Goodall	Bryan Allott		
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer		Diego Jansen	Tyler Ernsten	Soeren Bendixen	David Jansen	Lucca Basson		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Megan Waters	Alexa Heldsinger	Sam Hucke	Amber-Rose Berry	Bella Stallard	McKenzi Rodda	Bailey Thomson	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

100m Manikin Carry with Fins (Medium)

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Emilie Conradie	Caitlin Barnes	CJ Hutchinson	Jaydon Allott	Sarah Mocke	Dylan Froneman	Alexis Jessica Done	Vidar Bendixen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Nolan Froneman	Angelina Nock	Noah Kervarrec	Ryn Abrie	Hannah Van Heerden	Tyde Sim	Rohin Desai	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Bianca Van Der Westhuizen	Zuhair Gamieldeen	Chase Sim		Isla Conradie	Katie Dyason	Lakin Leibrandt	Zach lamprecht
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Hannah Cadiz	Bona Fischer	Kallon Allott		Daniel Van Der Westhuizen	Fia Moore Ackerman	Georgia Casson Crook	Leah Muzik
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Adalayde Hoffman	Mila Said	Arianna Steen	Milly Moodycliffe	Cameron Volkmann	Lily Brown	Hannah Jenniker	Akasia Deblitz
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer		Leo Treki	Bo Fischer	Kai Werndle	Riley Arbuthnot	Grayson Haller	Lukas Loubser	
In	-----	-----	-----	-----	-----	-----	-----	-----

RSS Pool Rescue 2025/6 #2 - Heat Sheets

100m Manikin Carry with Fins (Mini)

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Luka Monakali-Krweqe	Sakinah Gamieldeen	Roan Horne	Caleb Bugler	Byron Hutchinson	Farrell Van Asperen	Jackson Goodall	Chloe de Haan
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Liam Taukobong	Sofia Geva	Mayah van Heerden	Libelulla Treki	Lily D'Allende	Ru Moore Ackerman	Charles Thompson	Reuben Mocke
In	-----	-----	-----	-----	-----	-----	-----	-----