



# Western Cape Pool Rescue Championship 2026

1 Dec 2024

Hosted by Lifesaving Cape Town

Gala Schedule

# Programme of Events

1. 100m Super Nipper
2. 200m Super Lifesaver
3. 100m Manikin Tow with Fins
4. 50m Obstacles
5. 100m Obstacles
6. 200m Obstacles
7. 4x50m Obstacle Relay
8. 50m Manikin Carry (Mini)
9. 50m Manikin Carry (Medium)
10. 50m Manikin Carry
11. 100m 4x25m Manikin Carry Relay
12. 100m Manikin Carry with Fins (Mini)
13. 100m Manikin Carry with Fins (Medium)
14. 100m Manikin Carry with Fins
15. 100m Rescue Medley (Medium)
16. 100m Rescue Medley

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

Lane	Swimmer	Club	Seed	Result
1	Sabrina Krige	BB	01:35,75	01:25,40
2	Puneet Nagendrakumar	BB	01:31,35	01:17,00
3	Callan Compton	BB	01:28,97	
4	Isabella Brooker	BB	01:23,95	01:29,19
5	Ayla Ahmed	LL	01:25,78	01:26,57
6	Christian van Heerden	BB	01:29,03	01:17,71
7	Rourke Louw	BB	01:34,02	01:28,22
8	Megan Waters	BB	01:37,20	01:32,62

**Event 1: 100m Super Nipper****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Idreess Gamielidien	FH	01:44,50	01:31,03
2	Lune Fouche	BB	01:41,78	01:41,34
3	Bella Stallard	FH	01:39,22	01:35,50
4	Madison Polti	MIL	01:37,60	01:35,88
5	Callum Faulkner	MIL	01:37,81	01:27,22
6	Diego Jansen	BB	01:40,19	01:29,94
7	Jasmin Goldman	CF	01:44,18	01:30,16
8	Alexa Heldsinger	CF	01:46,28	01:31,39

**Event 1: 100m Super Nipper****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Aiden Awad	CF	NT	01:48,91
2	Isabella Scarpa	LL	NT	01:38,06
3	Tyler-Rose Nel	BB	01:55,72	01:38,00
4	Emily Roff	CF	01:50,44	01:37,25
5	Sydney-Grace Williams	FH	01:54,35	01:48,63
6	Gemma Blackburn	CF	NT	01:42,44
7	Philippa Groves	LL	NT	
8	Greyson September	CF	NT	01:51,60

**Event 1: 100m Super Nipper****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Olivia Latimer	FH		NT 01:39,35
2	Hannah van Heerden	BB		NT 01:27,22
3	Caitlin Barnes	FH		NT 01:26,81
4	Marcel November	CF		NT
5	Zac Sampson	BB		NT 01:24,38
6	Emma Brownlee	CF		NT 02:03,66
7	Matilda Roberts	CF		NT 01:54,19
8				-

**Event 1: 100m Super Nipper****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Jaydon Allott	BB		NT 01:19,28
2	Declan Tucker	CF		NT
3	Ameer Moose	FH		NT 01:32,82
4	Sarah Mocke	FH		NT 01:23,06
5	Sarah Roff	CF		NT 02:21,65
6	CJ Hutchinson	FH		NT 01:39,28
7	Dylan Froneman	BB		NT 01:27,04
8				-

**Event 1: 100m Super Nipper****Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Tyde Sim	BB		NT
4	Waylon Harvey	MIL		NT 01:38,87
5	Will Tremeer	CF		NT
6	Rebecca Alderman	CF		NT 01:36,87
7				-
8				-

**Event 2: 200m Super Lifesaver****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Taro Tomitsuka	CF	02:57,96	03:03,53
2	Steven Waters	BB	02:54,53	02:50,43
3	Nico Zumpt	MIL	02:51,06	03:01,47
4	Zack Waters	CF	02:42,95	
5	Jack Allott	BB	02:50,56	02:45,47
6	Anya Hocking	CF	02:52,13	02:55,87
7	Conrad Scheepers	CF	02:55,29	02:40,93
8	Tanner Gorille	CF	03:06,47	03:01,71

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

Lane	Swimmer	Club	Seed	Result
1	Mia van Aswegen	CF	03:47,45	03:32,28
2	Mathew Pincente	CF	03:39,06	
3	Isabella Havemann	CF	03:32,34	
4	Caleb Jansen	BB	03:06,74	02:59,44
5	Amber-Rose Berry	CF	03:21,69	03:00,16
6	Jesse Boucher	MIL	03:35,06	03:24,85
7	Ellen Hodgkinson	CF	03:41,06	03:34,62
8	Imani Magotsi	CF	03:48,12	03:27,32

**Event 2: 200m Super Lifesaver****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Matt McCraw	MIL		03:29,03
2	Zia Petersen	CF		03:34,98
3	Matthew Brading	FH		NT
4	Kianna-Gro Liversage	CF		03:24,10
5	Jamie Pietersen	MIL		NT DQ
6	Hannah McClelland	CF		NT
7	Luc Brand	CF		NT
8	Phetelo Mopai	MIL		NT DQ

**Event 2: 200m Super Lifesaver****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Kyto Tuohy	CF		NT 03:06,56
2	Riziki Magotsi	CF		NT 03:19,10
3	Katya Bova-Olsen	FH		NT 03:22,62
4	Alayah Krogscheepers	FH		NT 03:26,91
5	Casey Bruwer	BB		NT 03:00,56
6	Miya Krog	FH		NT 03:20,03
7	Jan-Lukas Van der Westhuizen	BB		NT 02:58,56
8	Leon Walther-Kotzé	CF		NT 03:19,82

**Event 2: 200m Super Lifesaver****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Isabella Havemann	CF		NT
2	Ellen Hodgkinson	CF		NT 03:38,82
3	Amber-Rose Berry	CF		NT 03:05,25
4	Sylvie Gorille	CF	04:09,01	03:42,97
5	Alexandra Cotterell	FH		NT
6	Christina Mallion	CF		NT
7	Imani Magotsi	CF		NT 03:36,10
8	Kianna-Gro Liversage	CF		NT 03:18,87

**Event 2: 200m Super Lifesaver****Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Matt McCraw	MIL		NT
2	Luc Brand	CF		NT
3	Jack Allott	BB		NT
4	Meecca Mcclelland	CF		NT
5	Mia van Aswegen	CF		NT
6	Jamie Smuts	BB		NT 02:52,87
7	Mathew Pincente	CF		NT
8	Phetelo Mopai	MIL		NT

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

Lane	Swimmer	Club	Seed	Result
1	Tanner Gorille	CF	01:16,41	
2	Steven Waters	BB	01:14,69	01:10,53
3	Conrad Scheepers	CF	01:10,90	01:03,00
4	Nico Zumpt	MIL	01:06,28	
5	Zack Waters	CF	01:06,91	
6	Anya Hocking	CF	01:13,18	01:10,75
7	Michelle Lamprecht	FH	01:16,06	01:18,72
8	Taro Tomitsuka	CF	01:16,82	01:24,05

**Event 3: 100m Manikin Tow with Fins****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Jesse Boucher	MIL	01:26,19	01:14,06
2	Caleb Jansen	BB	01:21,75	01:17,61
3	Amber-Rose Berry	CF	01:18,94	01:19,00
4	Mathew Pincente	CF	01:16,82	01:05,84
5	Jack Allott	BB	01:18,19	01:11,25
6	Isabella Havemann	CF	01:21,46	
7	Christina Mallion	CF	01:24,59	
8	Ellen Hodgkinson	CF	01:26,50	01:20,42

**Event 3: 100m Manikin Tow with Fins****Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Alexandra Cotterell	FH		NT
3	Victoria Donaldson	BB	01:32,56	
4	Sylvie Gorille	CF	01:28,04	01:19,66
5	Imani Magotsi	CF	01:29,21	01:21,06
6	Mia van Aswegen	CF	01:35,37	01:37,92
7				-
8				-

### Event 3: 100m Manikin Tow with Fins

#### Heat 4

Lane	Swimmer	Club	Seed	Result
1	Luc Brand	CF		NT 01:15,47
2	Jack Allott	BB		NT
3	Meeca Mcclelland	CF		NT 01:29,69
4	Isabella Havemann	CF		NT 01:20,65
5	Kianna-Gro Liversage	CF		NT
6				-
7	Jamie Smuts	BB		NT 01:07,18
8	Mathew Pincente	CF		NT

### Event 3: 100m Manikin Tow with Fins

#### Heat 5

Lane	Swimmer	Club	Seed	Result
1	Zia Petersen	CF		NT 01:25,35
2	Matthew Brading	FH		NT
3	Kianna-Gro Liversage	CF		NT 01:35,19
4	Matt McCraw	MIL		NT
5	Phetelo Mopai	MIL		NT
6	Jamie Pietersen	MIL		NT 01:21,59
7	Hannah Mcclelland	CF		NT 01:29,18
8	Luc Brand	CF		NT

### Event 3: 100m Manikin Tow with Fins

#### Heat 6

Lane	Swimmer	Club	Seed	Result
1	Miya Krog	FH		NT 01:24,60
2	Casey Bruwer	BB		NT 01:18,98
3	Samuel Montagu-Fryer	FH		NT
4	Matt McCraw	MIL		NT 01:22,62
5	Phetelo Mopai	MIL		NT 01:18,25
6	Alayah Krogscheepers	FH		NT 01:27,81
7	Katya Bova-Olsen	FH		NT 01:22,63
8	Riziki Magotsi	CF		NT 01:25,58

**Event 3: 100m Manikin Tow with Fins****Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Ellen Hodgkinson	CF		NT 01:20,34
2	Mia van Aswegen	CF		NT
3	Leon Walther-Kotzé	CF		NT 01:26,90
4	Jan-Lukas Van der Westhuizen	BB		NT DQ
5	Kyto Tuohy	CF		NT 01:14,10
6				-
7	Amber-Rose Berry	CF		NT 01:16,75
8	Imani Magotsi	CF		NT 01:26,72

**Event 4: 50m Obstacles****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Grayson Haller	FH		NT 00:41,75
2	Fia Moore Ackerman	CF		NT
3	Adalayde Hoffman	FH		NT
4	Christiaan Basson	BB	00:46,13	00:42,72
5	Madison Tucker	CF	00:48,23	00:43,06
6	Dani Wicht	CF		NT 00:56,21
7				-
8				-

**Event 4: 50m Obstacles****Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Ted Roberts	CF		NT 00:46,63
4	Lucas Haysom	CF		NT 00:53,78
5	Sam Bishop	FH		NT 00:44,19
6	Willem Spangenberg	CF		NT 00:45,19
7	Tara Desai	FH		NT 01:00,15
8	Caleb Bugler	FH		NT 00:47,96

**Event 4: 50m Obstacles****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Byron Hutchinson	FH		NT 00:50,25
2	Elizabeth Spangenberg	CF		NT 00:51,70
3				-
4	Sebastian Fourie	BB		NT 00:50,31
5				-
6				-
7	Grace Budde	MIL		NT
8	Kai Werndle	CF		NT 00:54,60

**Event 5: 100m Obstacles****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Sarah Mocke	FH	01:20,07	01:12,19
2	Rourke Louw	BB	01:16,71	01:16,04
3	Jaydon Allott	BB	01:14,76	01:13,88
4	Christian van Heerden	BB	01:12,86	01:10,69
5	Isabella Brooker	BB	01:13,97	01:15,18
6	Callum Faulkner	MIL	01:16,50	01:11,28
7	Ayla Ahmed	LL	01:17,37	01:14,28
8	Sabrina Krige	BB	01:20,15	01:14,87

**Event 5: 100m Obstacles****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Caitlin Barnes	FH	01:25,91	01:17,87
2	Diego Jansen	BB	01:24,66	01:19,05
3	Madison Polti	MIL	01:22,44	01:20,59
4	Puneet Nagendrakumar	BB	01:21,63	01:11,78
5	Megan Waters	BB	01:22,04	01:19,72
6	Ameer Moose	FH	01:23,09	01:19,44
7	Hannah van Heerden	BB	01:25,22	01:19,72
8	CJ Hutchinson	FH	01:26,34	01:20,40

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

Lane	Swimmer	Club	Seed	Result
1	Emma Cullis	LL	01:27,03	01:18,79
2	Idreess Gamieldien	FH	01:26,78	01:18,36
3	Dylan Froneman	BB	01:26,47	01:17,66
4	Bella Stallard	FH	01:26,37	01:23,94
5	Emilie Conradie	FH	01:26,38	01:20,85
6	Emily Roff	CF	01:26,56	01:24,38
7	Callan Compton	BB	01:26,87	
8	Jasmin Goldman	CF	01:27,31	01:19,71

**Event 5: 100m Obstacles****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Alexa Heldsinger	CF	01:30,84	01:17,81
2	Gia Heldsinger	CF	01:29,16	01:20,27
3	Lune Fouche	BB	01:28,68	01:27,22
4	Bria Ahmed	LL	01:28,53	
5	Tyler-Rose Nel	BB	01:28,63	01:26,00
6	Ryn Abrie	BB	01:28,68	01:20,39
7	Waylon Harvey	MIL	01:29,37	01:24,60
8	Angelina Nock	BB	01:31,37	01:25,09

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

Lane	Swimmer	Club	Seed	Result
1	Vidar Bendixen	FH	01:36,29	01:23,06
2	Rohin Desai	FH	01:35,28	01:27,48
3	Alexis Done	FH	01:34,68	01:25,53
4	Caro Bishop	FH	01:31,75	01:17,63
5	Saffiya Emjedi	FH	01:32,78	01:22,25
6	Isabella Scarpa	LL	01:35,25	01:21,31
7	Noah Kervarrec	BB	01:35,81	01:27,88
8	Rebecca Alderman	CF	01:36,38	01:28,58

**Event 5: 100m Obstacles****Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Kenzie Breuning	FH	01:43,70	01:29,22
2	Chase Sim	BB	01:40,91	01:29,37
3	Zayb Moose	FH	01:40,37	01:29,87
4	Olivia Latimer	FH	01:36,75	01:23,72
5	Tyde Sim	BB	01:39,31	01:25,04
6	Johannes Spangenberg	CF	01:40,56	01:26,59
7	Sydney-Grace Williams	FH	01:42,37	01:34,66
8	Declan Tucker	CF	01:46,22	01:36,96

**Event 5: 100m Obstacles****Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Philippa Groves	LL		NT
2	Finnian Williams	FH	02:13,50	01:54,37
3	Emma Brownlee	CF	01:48,75	01:39,32
4	Alyssa Fragoso de Almeida	FH	01:47,15	01:45,66
5	Kallon Allott	BB	01:48,65	01:39,18
6	Sofia Moriz	LL	01:59,29	01:49,65
7	Gemma Blackburn	CF		NT 01:25,18
8	Aiden Awad	CF		NT 01:25,81

**Event 5: 100m Obstacles****Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Hannah Watts	CF		NT 01:42,97
2	Sarah Roff	CF		NT 01:47,47
3	Zac Sampson	BB		NT 01:17,75
4	Greyson September	CF		NT 01:41,03
5	Marcel November	CF		NT 01:39,66
6	Matilda Roberts	CF		NT 01:31,08
7	Will Tremeer	CF		NT
8	Thalia Imrie	FH		NT 01:46,95

**Event 5: 100m Obstacles****Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Yuanxi Lee	BB		NT 01:47,44
2	Oliver Lange	FH		NT 01:26,53
3	Alex Wicht	CF		NT 01:55,10
4	Tshegofatso Le Roux	BB		NT 01:36,12
5	Ahadi Magotsi	CF		NT 01:36,75
6	Blake Lloyd	CF		NT 01:38,46
7	Sebastian Buschek	CF		NT
8	Bianca van der Westhuizen	BB		NT 01:37,32

**Event 5: 100m Obstacles****Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Sophia Read	BB		NT 01:51,94
2	Isla Conradie	FH		NT
3	Emma Richards	FH		NT
4	Dani Bruwer	BB		NT 01:46,16
5	Emily Clark	FH		NT 01:44,66
6	Hannah Carelse	MIL		NT 02:05,59
7				-
8				-

**Event 5: 100m Obstacles****Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Nolan Froneman	BB		NT 01:28,91
2	Jon-Jon Herskovitz	CF		NT 01:48,51
3	Daniel van der Westhuizen	BB		NT 01:41,19
4	Boyd Skordis	FH		NT 01:24,50
5	Dan Goodhall	CF		NT
6	Jagger Fisher	CF		NT 01:46,66
7				-
8				-

**Event 5: 100m Obstacles****Heat 12**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3				-
4	Zuhair Gamieldien	FH	NT	01:35,53
5	Katie Dyason	FH	NT	01:45,35
6	Benjamin Fourie	BB	NT	01:35,06
7	Keenan Cuyler	FH	NT	01:39,97
8	Zach Lamprecht	FH	NT	02:06,56

**Event 6: 200m Obstacles****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Conrad Scheepers	CF	02:33,71	02:20,91
2	Steven Waters	BB	02:31,87	02:28,01
3	Jack Allott	BB	02:25,24	02:25,00
4	Jamie Smuts	BB	02:19,56	02:17,22
5	Taro Tomitsuka	CF	02:20,78	02:17,56
6	Zack Waters	CF	02:28,53	
7	Tanner Gorille	CF	02:33,23	02:31,25
8	Grant Nefdt	FH	02:34,66	02:29,06

**Event 6: 200m Obstacles****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Mia van Aswegen	CF	03:09,28	
2	Imani Magotsi	CF	02:56,15	03:02,85
3	Kianna-Gro Liversage	CF	02:46,44	02:43,44
4	Caleb Jansen	BB	02:45,06	02:41,43
5	Amber-Rose Berry	CF	02:46,06	
6	Isabella Havemann	CF	02:48,22	
7	Mathew Pincente	CF	02:57,41	
8	Jesse Boucher	MIL	03:13,16	03:07,07

**Event 6: 200m Obstacles****Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Amber-Rose Berry	CF		NT
3	Sylvie Gorille	CF	03:36,28	03:36,15
4	Christina Mallion	CF	03:16,40	
5	Ellen Hodgkinson	CF	03:16,57	03:13,50
6	Alexandra Cotterell	FH		NT
7	Anya Hocking	CF		NT 02:36,49
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Mathew Pincente	CF		NT
2	Mia van Aswegen	CF		NT
3	Meecca Mcclelland	CF		NT 03:07,90
4	Isabella Havemann	CF		NT 02:38,84
5	Kianna-Gro Liversage	CF		NT
6	Meike Zumpt	MIL		NT 04:00,40
7	Luc Brand	CF		NT
8				-

**Event 6: 200m Obstacles****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Matt McCraw	MIL		NT 02:52,19
2	Zia Petersen	CF		NT 02:59,34
3	Matthew Brading	FH		NT
4	Phetelo Mopai	MIL		NT
5	Jamie Pietersen	MIL		NT 03:10,00
6	Hannah Mcclelland	CF		NT
7	Luc Brand	CF		NT 02:20,87
8	Phetelo Mopai	MIL		NT 03:39,84

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

Lane	Swimmer	Club	Seed	Result
1	Kyla Allott	BB		NT 03:09,25
2	Dylan Van Vuuren	BB		NT 02:58,46
3	Alayah Krogscheepers	FH		NT 02:55,62
4	Samuel Montagu-Fryer	FH		NT
5	Tristan Compton	BB		NT
6	Casey Bruwer	BB		NT 02:43,85
7	Katya Bova-Olsen	FH		NT 02:45,22
8	Miya Krog	FH		NT 02:45,28

**Event 6: 200m Obstacles****Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Ellen Hodgkinson	CF		NT
2	Leon Walther-Kotzé	CF		NT 02:48,33
3	Jan-Lukas Van der Westhuizen	BB		NT 02:33,57
4	Riziki Magotsi	CF		NT 02:33,68
5	Evan Nefdt	FH		NT 02:53,47
6	Kyto Tuohy	CF		NT 02:55,78
7	Matt McCraw	MIL		NT
8	Imani Magotsi	CF		NT

**Event 8: 50m Manikin Carry (Mini)****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Grayson Haller	FH		NT 01:11,44
2	Madison Tucker	CF		NT 01:10,99
3	Fia Moore Ackerman	CF		NT 01:03,69
4	Adalayde Hoffman	FH		NT 01:10,03
5	Dani Wicht	CF		NT 00:56,03
6	Grace Budde	MIL		NT
7	Christiaan Basson	BB		NT 01:01,54
8	Kai Werndle	CF		NT 01:19,18

**Event 8: 50m Manikin Carry (Mini)****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Byron Hutchinson	FH		NT 01:23,96
2	Elizabeth Spangenberg	CF		NT 01:09,86
3	Ted Roberts	CF		NT 00:46,63
4	Lucas Haysom	CF		NT
5	Sam Bishop	FH		NT 01:12,50
6	Willem Spangenberg	CF		NT 00:58,66
7	Tara Desai	FH		NT 01:22,25
8	Caleb Bugler	FH		NT 01:18,37

**Event 9: 50m Manikin Carry (Medium)****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Isabella Scarpa	LL		NT 00:49,84
2	Gemma Blackburn	CF		NT 00:47,96
3	Bella Stallard	FH		NT 00:47,56
4	Alexa Heldsinger	CF		NT 00:45,07
5	Ayla Ahmed	LL		NT 00:43,69
6	Emily Roff	CF		NT 00:45,19
7	Isabella Brooker	BB		NT 00:43,77
8	Jasmin Goldman	CF		NT 00:46,83

**Event 9: 50m Manikin Carry (Medium)****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Tyler-Rose Nel	BB		NT 00:49,09
2	Sabrina Krige	BB		NT 00:41,33
3	Megan Waters	BB		NT 00:44,69
4	Lune Fouche	BB		NT 00:50,42
5	Madison Polti	MIL		NT 00:51,84
6	Philippa Groves	LL		NT
7	Sydney-Grace Williams	FH		NT 00:59,35
8	Aiden Awad	CF		NT 00:51,87

**Event 9: 50m Manikin Carry (Medium)****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Marcel November	CF		NT 01:01,06
2	Greyson September	CF		NT 00:56,35
3	Christian van Heerden	BB		NT 00:39,28
4	Callan Compton	BB		NT
5	Callum Faulkner	MIL		NT 00:44,40
6	Diego Jansen	BB		NT 00:43,34
7	Idreess Gamiel dien	FH		NT 00:44,22
8	Puneet Nagendrakumar	BB		NT 00:38,57

**Event 9: 50m Manikin Carry (Medium)****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Matilda Roberts	CF		NT 00:54,50
2	Jaydon Allott	BB		NT 00:41,44
3	Alexis Done	FH		NT 00:47,72
4	Rourke Louw	BB		NT 00:40,87
5	Zac Sampson	BB		NT 00:39,02
6	Caitlin Barnes	FH		NT 00:44,94
7	Hannah van Heerden	BB		NT 00:45,16
8	Olivia Latimer	FH		NT 00:48,34

**Event 9: 50m Manikin Carry (Medium)****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Declan Tucker	CF		NT
2	Chase Sim	BB		NT 00:51,09
3	Sarah Roff	CF		NT
4	Rebecca Alderman	CF		NT 00:50,52
5	Sarah Mocke	FH		NT 00:42,41
6	Ameer Moose	FH		NT 00:41,58
7	CJ Hutchinson	FH		NT 00:45,06
8	Dylan Froneman	BB		NT 00:43,91

### Event 9: 50m Manikin Carry (Medium)

#### Heat 6

Lane	Swimmer	Club	Seed	Result
1	Bria Ahmed	LL		NT
2	Will Tremeer	CF		NT
3	Tyde Sim	BB		NT 00:50,44
4	Emma Brownlee	CF		NT 00:58,53
5	Ryn Abrie	BB		NT 00:46,88
6	Waylon Harvey	MIL		NT 00:42,37
7	Alyssa Fragoso de Almeida	FH		NT 00:56,84
8	Caro Bishop	FH		NT 00:44,18

### Event 9: 50m Manikin Carry (Medium)

#### Heat 7

Lane	Swimmer	Club	Seed	Result
1	Sofia Moriz	LL		NT
2	Kenzie Breuninger	FH		NT 00:54,81
3	Gia Heldsinger	CF		NT 00:44,62
4	Emilie Conradie	FH		NT 00:47,09
5	Emma Cullis	LL		NT
6	Hannah Watts	CF		NT 00:56,68
7	Saffiya Emjedi	FH		NT 00:50,32
8	Thalia Imrie	FH		NT 01:08,74

### Event 9: 50m Manikin Carry (Medium)

#### Heat 8

Lane	Swimmer	Club	Seed	Result
1	Johannes Spangenberg	CF		NT 00:52,22
2	Blake Lloyd	CF		NT 01:09,65
3	Ahadi Magotsi	CF		NT 00:55,06
4	Tshegofatso Le Roux	BB		NT 01:02,32
5	Zayb Moose	FH		NT 00:48,63
6	Alex Wicht	CF		NT 01:11,72
7	Finnian Williams	FH		NT
8	Kallon Allott	BB		NT 01:04,59

**Event 9: 50m Manikin Carry (Medium)****Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Bianca van der Westhuizen	BB		NT 00:57,97
2	Vidar Bendixen	FH		NT 00:47,66
3	Rohin Desai	FH		NT 00:48,12
4	Noah Kervarrec	BB		NT 00:48,38
5	Oliver Lange	FH		NT 00:50,68
6	Sebastian Buschek	CF		NT
7	Yuanxi Lee	BB		NT 01:10,50
8	Emily Clark	FH		NT 01:08,31

**Event 9: 50m Manikin Carry (Medium)****Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Boyd Skordis	FH		NT 00:56,50
2	Sophia Read	BB		NT 01:03,40
3	Isla Conradie	FH		NT 01:15,09
4	Emma Richards	FH		NT
5	Hannah Carelse	MIL		NT 01:44,00
6	Katie Dyason	FH		NT 01:04,91
7	Benjamin Fourie	BB		NT 01:01,38
8	Dan Goodhall	CF		NT

**Event 9: 50m Manikin Carry (Medium)****Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Zuhair Gamielien	FH		NT 00:58,00
2	Nolan Froneman	BB		NT 00:54,05
3	Jon-Jon Herskovitz	CF		NT 01:09,10
4	Daniel van der Westhuizen	BB		NT 01:03,58
5	Jagger Fisher	CF		NT 01:03,91
6	Keenan Cuyler	FH		NT 01:01,28
7	Zach Lamprecht	FH		NT 01:11,03
8				-

**Event 10: 50m Manikin Carry****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Steven Waters	BB	00:40,78	00:37,78
2	Mathew Pincente	CF	00:39,85	00:33,82
3	Nico Zumpt	MIL	00:38,41	00:43,16
4	Jake Hutton	BB	00:33,92	00:32,75
5	Conrad Scheepers	CF	00:37,78	00:41,19
6	Zack Waters	CF	00:38,87	
7	Anya Hocking	CF	00:40,09	00:40,19
8	Jamie Smuts	BB	00:41,31	00:38,05

**Event 10: 50m Manikin Carry****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Michelle Lamprecht	FH	00:45,19	00:44,53
2	Imani Magotsi	CF	00:44,78	00:53,69
3	Jack Allott	BB	00:42,37	00:41,13
4	Matt McCraw	MIL	00:41,47	00:50,41
5	Tanner Gorille	CF	00:41,63	00:39,29
6	Grant Nefdt	FH	00:44,72	00:43,40
7	Zia Petersen	CF	00:45,00	00:49,84
8	Caleb Jansen	BB	00:46,35	00:39,45

**Event 10: 50m Manikin Carry****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Ellen Hodgkinson	CF	00:55,00	00:53,65
2	Victoria Donaldson	BB	00:53,40	00:50,65
3	Amber-Rose Berry	CF	00:50,35	00:51,65
4	Isabella Havemann	CF	00:46,78	
5	Kianna-Gro Liversage	CF	00:48,11	00:50,12
6	Jesse Boucher	MIL	00:51,34	00:45,53
7	Mia van Aswegen	CF	00:53,50	00:46,50
8	Abigail Kirkland	BB	00:56,72	00:50,22

**Event 10: 50m Manikin Carry****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Samuel Montagu-Fryer	FH		NT
2	Luc Brand	CF		00:37,73
3	Matthew Brading	FH		NT
4	Taro Tomitsuka	CF		NT
5	Jamie Pietersen	MIL		00:50,13
6	Hannah McClelland	CF		NT
7	Phetelo Mopai	MIL		00:51,75
8	Tristan Compton	BB		NT

**Event 10: 50m Manikin Carry****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Matt McCraw	MIL		NT
2	Luc Brand	CF		NT
3	Mia van Aswegen	CF		NT
4	Meecca McClelland	CF		00:46,85
5	Meike Zumpt	MIL		NT
6	Jake Hutton	BB		NT
7	Mathew Pincente	CF		NT
8	Phetelo Mopai	MIL		NT

**Event 10: 50m Manikin Carry****Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Isabella Havemann	CF		NT
2	Ellen Hodgkinson	CF		00:52,78
3	Alexandra Cotterell	FH		NT
4	Christina Mallion	CF	00:56,97	
5	Sylvie Gorille	CF	01:07,31	00:53,75
6	Amber-Rose Berry	CF		NT
7	Imani Magotsi	CF		00:52,10
8	Kianna-Gro Liversage	CF		NT

**Event 10: 50m Manikin Carry****Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Riziki Magotsi	CF		NT 00:44,37
2	Kyla Allott	BB		NT 00:56,91
3	Dylan Van Vuuren	BB		NT 00:52,31
4	Alayah Krogscheepers	FH		NT 00:53,78
5	Casey Bruwer	BB		NT 00:43,50
6	Katya Bova-Olsen	FH		NT 00:50,40
7	Miya Krog	FH		NT 01:03,19
8	Evan Nefdt	FH		NT 00:46,28

**Event 10: 50m Manikin Carry****Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Leon Walther-Kotzé	CF		NT 00:47,18
4	Jan-Lukas Van der Westhuizen	BB		NT 00:40,87
5	Kyto Tuohy	CF		NT 00:42,00
6				-
7				-
8				-

**Event 12: 100m Manikin Carry with Fins (Mini)****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Grayson Haller	FH		NT 01:55,44
2	Madison Tucker	CF		NT 01:43,46
3	Fia Moore Ackerman	CF		NT 01:39,25
4	Adalayde Hoffman	FH		NT 01:43,16
5	Dani Wicht	CF		NT 01:48,34
6	Grace Budde	MIL		NT
7	Christiaan Basson	BB		NT 01:37,50
8	Kai Werndle	CF		NT 01:48,37

### Event 12: 100m Manikin Carry with Fins (Mini)

#### Heat 2

Lane	Swimmer	Club	Seed	Result
1	Byron Hutchinson	FH		NT 01:50,69
2	Elizabeth Spangenberg	CF		NT 01:54,42
3	Ted Roberts	CF		NT 01:55,12
4	Lucas Haysom	CF		NT 01:42,84
5	Sam Bishop	FH		NT 01:45,51
6	Willem Spangenberg	CF		NT 01:43,60
7	Tara Desai	FH		NT 02:12,13
8	Caleb Bugler	FH		NT 01:49,18

### Event 13: 100m Manikin Carry with Fins (Medium)

#### Heat 1

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Dan Goodhall	CF		NT
4	Zach Lamprecht	FH		NT 01:36,22
5	Zuhair Gamieldeen	FH		NT 01:43,03
6	Daniel van der Westhuizen	BB		NT 01:56,22
7				-
8				-

### Event 13: 100m Manikin Carry with Fins (Medium)

#### Heat 2

Lane	Swimmer	Club	Seed	Result
1	Gemma Blackburn	CF		NT 01:41,28
2	Bella Stallard	FH		NT 01:22,18
3	Alexa Heldsinger	CF		NT 01:17,53
4				-
5				-
6	Ayla Ahmed	LL		NT 01:17,40
7	Emily Roff	CF		NT 01:21,31
8	Isabella Brooker	BB		NT 01:13,99

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Sabrina Krige	BB		NT 01:12,12
2	Megan Waters	BB		NT 01:19,27
3	Lune Fouche	BB		NT 01:24,72
4	Isabella Scarpa	LL		NT 01:19,20
5	Jasmin Goldman	CF		NT 01:24,22
6	Madison Polti	MIL		NT 01:30,31
7	Philippa Groves	LL		NT
8	Sydney-Grace Williams	FH		NT 01:32,85

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Greyson September	CF		NT 01:25,85
2	Christian van Heerden	BB		NT 01:21,80
3	Callan Compton	BB		NT
4	Tyler-Rose Nel	BB		NT 01:21,46
5	Aiden Awad	CF		NT
6	Callum Faulkner	MIL		NT 01:12,91
7	Diego Jansen	BB		NT 01:17,63
8	Idreess Gamielien	FH		NT 01:14,99

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Emma Brownlee	CF		NT 01:37,09
2	Angelina Nock	BB		NT 01:24,29
3	Rourke Louw	BB		NT 01:32,18
4	Marcel November	CF		NT 01:21,13
5	Puneet Nagendrakumar	BB		NT 01:14,34
6	Alexis Done	FH		NT 01:17,31
7	Caitlin Barnes	FH		NT 01:15,75
8	Hannah van Heerden	BB		NT 01:21,20

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Chase Sim	BB		NT 01:33,72
2	Sarah Roff	CF		NT 01:48,05
3	Rebecca Alderman	CF		NT 01:30,87
4	Matilda Roberts	CF		NT 01:35,57
5	Olivia Latimer	FH		NT 01:20,35
6	Sarah Mocke	FH		NT
7	Ameer Moose	FH		NT 01:15,16
8	CJ Hutchinson	FH		NT 01:16,23

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Will Tremeer	CF		NT
2	Tyde Sim	BB		NT 01:26,48
3	Jaydon Allott	BB		NT 01:13,57
4	Declan Tucker	CF		NT
5	Dylan Froneman	BB		NT 01:16,35
6	Ryn Abrie	BB		NT 01:17,47
7	Waylon Harvey	MIL		NT 01:24,60
8	Alyssa Fragoso de Almeida	FH		NT 01:39,73

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Kenzie Breuninger	FH		NT 01:28,41
2	Gia Heldsinger	CF		NT 01:22,84
3	Emilie Conradie	FH		NT 01:17,94
4	Bria Ahmed	LL		NT
5	Caro Bishop	FH		NT 01:17,39
6	Emma Cullis	LL		NT
7	Hannah Watts	CF		NT 01:32,65
8	Saffiya Emjedi	FH		NT 01:29,53

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Blake Lloyd	CF		NT 01:41,91
2	Ahadi Magotsi	CF		NT 01:45,59
3	Tshegofatso Le Roux	BB		NT 01:36,65
4	Sofia Moriz	LL		NT 01:57,50
5	Thalia Imrie	FH		NT 01:42,32
6	Zayb Moose	FH		NT 01:24,94
7	Alex Wicht	CF		NT 02:01,62
8	Finnian Williams	FH		NT

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Vidar Bendixen	FH		NT 01:21,62
2	Rohin Desai	FH		NT 01:24,06
3	Noah Kervarrec	BB		NT 01:29,90
4	Johannes Spangenberg	CF		NT 01:29,91
5	Kallon Allott	BB		NT 01:48,16
6	Oliver Lange	FH		NT 01:28,19
7	Sebastian Buschek	CF		NT
8	Yuanxi Lee	BB		NT 01:45,61

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 11**

Lane	Swimmer	Club	Seed	Result
1	Katie Dyason	FH		NT 01:40,47
2	Hannah Carelse	MIL		NT 02:10,43
3	Emily Clark	FH		NT 01:37,80
4	Bianca van der Westhuizen	BB		NT 01:39,40
5	Dani Bruwer	BB		NT
6	Emma Richards	FH		NT
7	Isla Conradie	FH		NT
8	Sophia Read	BB		NT 01:40,93

**Event 13: 100m Manikin Carry with Fins (Medium)****Heat 12**

Lane	Swimmer	Club	Seed	Result
1	Keenan Cuyler	FH		NT 01:31,25
2	Jagger Fisher	CF		NT 01:48,96
3				-
4	Benjamin Fourie	BB		NT 01:31,21
5	Boyd Skordis	FH		NT 01:29,19
6				-
7	Jon-Jon Herskovitz	CF		NT 01:53,87
8	Nolan Froneman	BB		NT 01:30,36

**Event 14: 100m Manikin Carry with Fins****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Jack Allott	BB	01:12,05	01:12,56
2	Steven Waters	BB	01:08,53	01:01,66
3	Nico Zumpt	MIL	01:05,03	01:10,46
4	Conrad Scheepers	CF	01:04,18	01:54,00
5	Anya Hocking	CF	01:04,60	01:09,72
6	Zack Waters	CF	01:07,02	
7	Mathew Pincente	CF	01:09,43	00:55,37
8	Grant Nefdt	FH	01:12,66	01:05,77

**Event 14: 100m Manikin Carry with Fins****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Kianna-Gro Liversage	CF	01:23,47	01:24,97
2	Zia Petersen	CF	01:21,53	01:24,87
3	Tanner Gorille	CF	01:16,97	
4	Amber-Rose Berry	CF	01:13,47	01:09,88
5	Michelle Lamprecht	FH	01:13,75	01:17,32
6	Caleb Jansen	BB	01:19,00	01:07,97
7	Ellen Hodgkinson	CF	01:23,43	01:19,66
8	Victoria Donaldson	BB	01:24,34	01:21,94

**Event 14: 100m Manikin Carry with Fins****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Sylvie Gorille	CF	01:31,78	01:18,93
2	Christina Mallion	CF	01:27,19	
3	Matt McCraw	MIL	01:26,88	01:10,85
4	Jesse Boucher	MIL	01:24,49	01:17,16
5	Isabella Havemann	CF	01:26,72	
6	Imani Magotsi	CF	01:27,02	01:19,25
7	Mia van Aswegen	CF	01:30,53	01:19,62
8	Alexandra Cotterell	FH		NT

**Event 14: 100m Manikin Carry with Fins****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Mia van Aswegen	CF		NT
2	Kianna-Gro Liversage	CF		NT
3	Imani Magotsi	CF		NT 01:23,57
4	Amber-Rose Berry	CF		NT 01:10,12
5	Ellen Hodgkinson	CF		NT 01:21,62
6	Isabella Havemann	CF		NT
7	Meca McClelland	CF		NT 01:18,31
8	Jamie Smuts	BB		NT 01:00,89

**Event 14: 100m Manikin Carry with Fins****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Jamie Pietersen	MIL		NT
2	Taro Tomitsuka	CF		01:09,12
3	Matt McCraw	MIL		NT
4	Luc Brand	CF		NT
5	Mathew Pincente	CF		NT
6	Phetelo Mopai	MIL		NT
7	Jake Hutton	BB		01:01,49
8	Matthew Brading	FH		NT

**Event 14: 100m Manikin Carry with Fins****Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Casey Bruwer	BB		NT 01:13,82
2	Miya Krog	FH		NT 01:17,94
3	Samuel Montagu-Fryer	FH		NT
4	Kyla Allott	BB		NT 01:31,25
5	Phetelo Mopai	MIL		NT 01:21,38
6	Abigail Kirkland	BB		NT 01:28,41
7	Alayah Krogscheepers	FH		NT 01:22,75
8	Jan-Lukas Van der Westhuizen	BB		NT 01:10,07

**Event 14: 100m Manikin Carry with Fins****Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Evan Nefdt	FH		NT 01:23,31
2	Leon Walther-Kotzé	CF		NT 01:24,62
3	Hannah McClelland	CF		NT 01:25,04
4	Katya Bova-Olsen	FH		NT 01:16,09
5	Luc Brand	CF		NT 01:06,91
6	Dylan Van Vuuren	BB		NT 01:30,72
7	Riziki Magotsi	CF		NT 01:20,50
8	Kyto Tuohy	CF		NT 01:11,37

**Event 15: 100m Rescue Medley (Medium)****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Isabella Scarpa	LL		NT 01:40,15
2	Gemma Blackburn	CF		NT 01:49,68
3	Bella Stallard	FH		NT
4	Alexa Heldsinger	CF		NT 01:36,81
5	Ayla Ahmed	LL		NT 01:31,47
6	Emily Roff	CF		NT 01:40,68
7	Isabella Brooker	BB		NT 01:35,44
8	Jasmin Goldman	CF		NT 01:40,81

**Event 15: 100m Rescue Medley (Medium)****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Tyler-Rose Nel	BB		NT 01:52,84
2	Sabrina Krige	BB		NT 01:31,78
3	Megan Waters	BB		NT 01:37,91
4	Lune Fouche	BB		NT 01:49,57
5	Madison Polti	MIL		NT 01:55,22
6	Philippa Groves	LL		NT
7	Sydney-Grace Williams	FH		NT 02:05,90
8	Aiden Awad	CF		NT 01:57,59

**Event 15: 100m Rescue Medley (Medium)****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Marcel November	CF		NT 02:14,07
2	Greyson September	CF		NT 02:06,89
3	Christian van Heerden	BB		NT 01:19,96
4	Callan Compton	BB		NT
5	Callum Faulkner	MIL		NT 01:33,35
6	Diego Jansen	BB		NT 01:36,85
7	Idreess Gamielien	FH		NT 01:35,37
8	Puneet Nagendrakumar	BB		NT 01:26,55

### Event 15: 100m Rescue Medley (Medium)

#### Heat 4

Lane	Swimmer	Club	Seed	Result
1	Olivia Latimer	FH		NT
2	Hannah van Heerden	BB		01:35,53
3	Caitlin Barnes	FH		01:37,87
4	Rourke Louw	BB		01:27,22
5	Angelina Nock	BB		01:42,96
6	Emma Brownlee	CF		02:10,94
7	Matilda Roberts	CF		01:59,00
8	Rebecca Alderman	CF		01:51,50

### Event 15: 100m Rescue Medley (Medium)

#### Heat 5

Lane	Swimmer	Club	Seed	Result
1	Dylan Froneman	BB		NT DQ
2	CJ Hutchinson	FH		01:43,06
3	Ameer Moose	FH		NT DQ
4	Sarah Mocke	FH		NT
5	Sarah Roff	CF		NT
6	Chase Sim	BB		NT
7	Declan Tucker	CF		NT DQ
8	Jaydon Allott	BB		01:27,34

### Event 15: 100m Rescue Medley (Medium)

#### Heat 6

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Will Tremeer	CF		NT
4	Tyde Sim	BB		NT
5	Waylon Harvey	MIL		01:39,03
6	Dan Goodhall	CF		NT
7				-
8				-

**Event 16: 100m Rescue Medley****Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Jack Allott	BB	01:27,70	01:23,59
2	Taro Tomitsuka	CF	01:27,19	01:23,81
3	Caleb Jansen	BB	01:24,04	01:27,72
4	Conrad Scheepers	CF	01:20,44	01:20,94
5	Anya Hocking	CF	01:23,41	01:20,39
6	Jamie Smuts	BB	01:26,56	01:19,41
7	Steven Waters	BB	01:27,47	01:20,19
8	Tanner Gorille	CF	01:28,28	01:24,03

**Event 16: 100m Rescue Medley****Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Imani Magotsi	CF	01:55,78	02:02,03
2	Isabella Havemann	CF	01:43,85	
3	Nico Zumpt	MIL	01:38,28	
4	Mathew Pincente	CF	01:28,91	01:14,58
5	Amber-Rose Berry	CF	01:37,94	01:44,40
6	Matt McCraw	MIL	01:41,41	01:51,12
7	Zia Petersen	CF	01:44,40	01:53,00
8	Ellen Hodgkinson	CF	01:59,82	01:56,23

**Event 16: 100m Rescue Medley****Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Kianna-Gro Liversage	CF		NT
2	Imani Magotsi	CF		01:57,75
3	Christina Mallion	CF		NT
4	Mia van Aswegen	CF	02:00,15	
5	Amber-Rose Berry	CF		NT
6	Ellen Hodgkinson	CF		NT
7	Isabella Havemann	CF		NT
8	Meecca Mcclelland	CF		NT

**Event 16: 100m Rescue Medley****Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Phetelo Mopai	MIL		NT
2	Mathew Pincente	CF		NT
3	Victoria Donaldson	BB		NT
4	Mia van Aswegen	CF		NT
5	Sylvie Gorille	CF		NT 02:03,53
6	Luc Brand	CF		NT
7	Matt McCraw	MIL		NT
8	Zack Waters	CF		NT

**Event 16: 100m Rescue Medley****Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Luc Brand	CF		NT 01:19,91
2	Hannah McClelland	CF		NT
3	Jamie Pietersen	MIL		NT DQ
4	Kianna-Gro Liversage	CF		NT
5	Grant Nefdt	FH		NT 01:38,27
6	Matthew Brading	FH		NT
7	Jesse Boucher	MIL		NT
8	Phetelo Mopai	MIL		NT DQ

**Event 16: 100m Rescue Medley****Heat 6**

Lane	Swimmer	Club	Seed	Result
1				-
2	Miya Krog	FH		NT 02:04,26
3	Casey Bruwer	BB		NT 01:35,31
4	Samuel Montagu-Fryer	FH		NT
5	Alayah Krogscheepers	FH		NT 01:52,01
6	Katya Bova-Olsen	FH		NT 01:41,94
7	Riziki Magotsi	CF		NT 01:39,94
8				-