



Western Cape Pool Rescue Championship 2026

24 Jan 2026

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

1. 100m Rescue Medley (Medium)
2. 100m Torpedo Buoy Rescue
3. 100m Super Nipper
4. 4x25m Manikin Relay (Mini)
5. 4x25m Manikin Relay (Medium)
6. 50m Manikin Carry (Mini)
7. 50m Freestyle
8. 50m Manikin Carry (Medium)
11. 100m Manikin Carry with Fins (Mini)
12. 100m Manikin Carry with Fins (Medium)
13. 50m Obstacles
14. 100m Obstacles
15. 4x50m Obstacle Relay
16. 50m Freestyle with Fins
17. 4x50m Medley Relay
99. Ball Throw Relay
99. 4x50m Lifesaver Relay (Medium)
99. 4x50m Lifesaver Relay (Mini)

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

Lane	Swimmer	Club	Seed	Result
1	Noah Kervarrec	CF	01:31,66	01:25,25
2	Hannah van Heerden	CF	01:30,71	01:33,81
3	Sarah Mocke	FH	01:24,97	01:21,53
4	Jaydon Allott	CF	01:16,87	01:16,03
5	Dylan Froneman	BB	01:22,55	01:24,37
6	Caitlin Barnes	FH	01:30,12	01:31,15
7	CJ Hutchinson	FH	01:31,06	01:36,50
8	Rohin Desai	FH	01:32,00	01:31,81

Event 1: 100m Rescue Medley (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Zola Cristini	CF	01:56,50	01:53,32
2	Vidar Bendixen	FH	01:41,50	01:36,13
3	Alexis Done	FH	01:36,81	
4	Ryn Abrie	CF	01:36,38	01:37,10
5	Emilie Conradie	FH	01:36,68	01:31,66
6	Rebecca Allderman	CF	01:41,06	01:38,69
7	Bona Fischer	LL	01:42,91	01:47,00
8	Emma Brownlee	CF	01:57,99	01:49,81

Event 1: 100m Rescue Medley (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Chase Sim	CF	NT	DQ
2	Georgia Casson-Crook	LL	NT	01:56,57
3	Arianna Steen	LL	02:08,56	DQ
4	Leah Muzik	LL	02:04,28	02:01,88
5	Cameron Volkmann	LL	02:08,25	02:07,60
6	Will Tremeer	CF	02:21,88	02:12,13
7	Hannah Cadiz	CF	NT	01:39,91
8	Waylon Harvey	MIL	NT	01:32,28

Event 1: 100m Rescue Medley (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Ahadi Magotsi	CF		NT
3	Saffiya Emjedi	FH		NT 01:36,75
4	Emma Cullis	LL		NT 01:37,50
5	Gia Heldsinger	CF		NT 01:31,15
6	Tshegofatso Le Roux	BB		NT DQ
7	Connor De Allende	LL		NT 02:06,22
8				-

Event 1: 100m Rescue Medley (Medium)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Griffin Volkmann	LL		NT DQ
3	Thomas Bunyard	LL		NT DQ
4	Kallon Allott	CF		NT 01:43,47
5	Sebastian Neuhold	CF		NT 01:39,62
6	Daniel Verdon	FH		NT 01:44,78
7	Johannes Spangenberg	CF		NT 01:36,75
8				-

Event 2: 100m Torpedo Buoy Rescue**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Willem Spangenberg	CF	01:16,93	01:14,47
2	Katie Dyason	FH	01:16,25	01:12,09
3	Emma Richards	FH	01:14,13	01:12,13
4	Nolan Froneman	BB	01:11,78	01:10,40
5	Boyd Skordis	FH	01:12,28	01:09,34
6	Leah Verdon	FH	01:14,72	01:10,75
7	Isla Conradie	FH	01:16,85	01:12,28
8	Zach Lamprecht	FH	01:17,19	01:17,37

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

Lane	Swimmer	Club	Seed	Result
1	Madison Tucker	CF	01:20,84	01:18,66
2	Bianca van der Westhuizen	BB	01:19,85	01:13,72
3	Josh van Gysen	FH	01:19,34	01:22,00
4	Benjamin Fourie	BB	01:18,84	01:12,97
5	Daniel van der Westhuizen	BB	01:18,88	01:08,94
6	Lukas Loubser	CF	01:19,40	01:22,13
7	Zuhair Gamiel dien	FH	01:20,56	01:16,04
8	Leo Treki	LL	01:21,34	01:28,97

Event 2: 100m Torpedo Buoy Rescue**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Byron Hutchinson	FH	01:25,06	01:22,41
2	Alexander Rusch	FH	01:24,34	01:18,00
3	Hannah Jenniker	BB	01:23,62	01:26,38
4	Elizabeth Spangenberg	CF	01:22,34	01:14,87
5	Fia moore ackerman	CF	01:22,87	01:17,31
6	Caleb Bugler	FH	01:24,25	01:20,32
7	Roan Horne	FH	01:24,91	01:23,78
8	Riley Arbuthnot	LL	01:26,85	01:22,50

Event 2: 100m Torpedo Buoy Rescue**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Farrell van Asperen	CF	01:33,79	01:25,19
2	Hannah Carelse	MIL	01:31,53	01:18,75
3	Jamie Urtel	MIL	01:30,47	01:18,07
4	Adalayde Hoffman	FH	01:27,53	01:26,63
5	Remy Zaroozny	CF	01:28,97	01:16,47
6	Kai Werndle	CF	01:31,38	01:29,18
7	Dylan van Gysen	FH	01:32,12	01:29,19
8	Kyla Murphy	CF	01:34,38	01:25,54

Event 2: 100m Torpedo Buoy Rescue**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Liam Taukobong	CF	01:41,75	01:33,38
2	Levi April	BB	01:38,28	01:22,09
3	Sakinah Gamiel dien	FH	01:37,03	01:42,25
4	Grace Budde	MIL	01:35,15	01:25,38
5	Jackson Goodall	CF	01:35,31	01:38,53
6	Noah Smollan	CF	01:37,63	01:41,12
7	Akasia Deblitz	FH	01:40,56	01:32,75
8	Charlie Dardeau	CF	01:42,56	01:37,97

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Noah Howes	CF	NT	01:36,31
3	Cameron Treki	LL	NT	01:23,31
4	Alexander Mckeown	LL	NT	01:21,25
5	Bo Fischer	LL	NT	01:17,69
6	Daniel Goodall	CF	NT	01:16,84
7	Ismail Moosajee	FH	NT	01:27,72
8				-

Event 2: 100m Torpedo Buoy Rescue**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2	Imogen Lentz	CF	NT	01:33,59
3	Aasiya Baker	CF	NT	01:40,44
4	Riley Lewis Thomas	MIL	NT	01:35,85
5	Boleng Leepile	CF	NT	01:51,53
6	Evie Hiscock	CF	NT	01:20,44
7	Sophie Ming Chong	CF	NT	01:12,32
8				-

Event 2: 100m Torpedo Buoy Rescue**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Chloe de Haan	CF		NT 01:50,41
3	Kora Glencross	FH		NT 01:21,29
4	Stella Budde	MIL		NT 01:50,00
5	Ramona Tucker	CF		NT 01:33,18
6	Georgie Palm	CF		NT 01:33,10
7	Claire Marsal	CF		NT 01:44,63
8				-

Event 2: 100m Torpedo Buoy Rescue**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Zahraa Baker	CF		NT 01:48,65
2	Shae Zaroozny	CF		NT
3	Maya Rasool	CF		NT 01:39,69
4	Libelulla Treki	LL	01:49,34	01:46,53
5	Lily De Allende	LL		NT 01:41,84
6	Mimi Werndle	CF		NT 01:28,68
7	Tilda May	CF		NT 01:31,97
8	Hugo Brand	CF		NT 02:43,25

Event 2: 100m Torpedo Buoy Rescue**Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Charles George Thompson	CF		NT 01:38,90
2	Adam Bullivant	CF		NT 01:33,97
3	Kai Rivett	MIL		NT 01:41,57
4	Ru Moore Ackerman	CF	01:53,69	01:55,31
5	Elayah Fabian	CF	02:47,31	01:44,71
6	Sebastian Fourie	BB		NT 01:24,50
7				-
8	Luka Monaali-Krweqe	CF		NT 01:59,25

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

Lane	Swimmer	Club	Seed	Result
1	Noah Kervarrec	CF	01:26,81	01:23,37
2	Emilie Conradie	FH	01:26,50	01:25,09
3	Dylan Froneman	BB	01:17,00	01:22,00
4	Sarah Mocke	FH	01:14,31	01:18,87
5	Jaydon Allott	CF	01:14,81	01:13,93
6	Caitlin Barnes	FH	01:21,22	01:23,28
7	Ryn Abrie	CF	01:26,69	01:27,62
8	Alexis Done	FH	01:27,12	

Event 3: 100m Super Nipper**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Emma Brownlee	CF	01:37,47	01:41,38
2	Saffiya Emjedi	FH	01:32,88	01:26,44
3	Rebecca Alderman	CF	01:29,56	01:33,12
4	Hannah van Heerden	CF	01:27,88	01:28,78
5			-	
6	Rohin Desai	FH	01:29,90	01:27,29
7	Vidar Bendixen	FH	01:33,15	01:23,79
8	Zola Cristini	CF	01:39,75	01:47,38

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

Lane	Swimmer	Club	Seed	Result
1				-
2	Ahadi Magotsi	CF		NT
3	Will Tremeer	CF	02:11,15	01:58,41
4	Johannes Spangenberg	CF	01:41,63	01:42,69
5	Kallon Allott	CF	01:48,41	01:51,72
6	Waylon Harvey	MIL		NT 01:31,71
7	Cameron Volkmann	LL		NT 01:53,76
8				-

Event 3: 100m Super Nipper**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Arianna Steen	LL		NT 02:03,12
2	Hannah Cadiz	CF		NT 01:34,60
3	Leah Muzik	LL		NT 01:48,22
4	Bona Fischer	LL		NT 01:43,62
5	Emma Cullis	LL		NT 01:30,00
6	Gia Heldsinger	CF		NT 01:30,91
7	Tshegofatso Le Roux	BB		NT 01:49,44
8	Georgia Casson-Crook	LL		NT 01:42,00

Event 3: 100m Super Nipper**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Thomas Bunyard	LL		NT 01:41,31
3	Sebastian Neuhold	CF		NT 01:36,00
4	Chase Sim	CF		NT 01:41,31
5	Daniel Verdon	FH		NT 01:37,35
6	Connor De Allende	LL		NT 02:03,72
7	Griffin Volkmann	LL		NT 02:20,75
8				-

Event 4: 4x25m Manikin Relay (Mini)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF u10E Relay	CF		NT 02:28,35
3	CF u10C Relay	CF		NT 02:09,25
4	CF u10A Relay	CF		NT DQ
5	CF u10B Relay	CF		NT 02:06,06
6	CF u10D Relay	CF		NT 02:06,19
7	FH u10A 4x25 Manikin Relay	FH		NT 01:48,34
8				-

Event 5: 4x25m Manikin Relay (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	LL u14B 4x25 Manikin Relay	LL		NT
2	FH u14A 4x25 Manikin Relay	FH		01:28,03
3	FH u14B 4x25 Manikin Relay	FH		01:30,69
4				-
5	CF u14A Relay	CF		01:24,94
6	CF u14C Relay	CF		01:42,85
7	CF u14B Relay	CF		01:39,04
8	LL u14A 4x25 Manikin Relay	LL		01:44,50

Event 5: 4x25m Manikin Relay (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	CF u12c Relay	CF		02:27,25
4	CF u12B Relay	CF		02:08,28
5	FH u12C 4x25 Manikin Relay	FH		02:11,53
6	FH u12B 4x25 Manikin Relay	FH		01:45,72
7				-
8				-

Event 5: 4x25m Manikin Relay (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	BB u12A 4x25 Manikin Relay	BB		01:43,47
3	FH u12A 4x25 Manikin Relay	FH		01:40,28
4	LL u12A 4x25 Manikin Relay	LL		DQ
5	CF u12A Relay	CF		02:01,53
6	MIL u12A 4x25 Manikin Relay	MIL		02:05,93
7				-
8				-

Event 6: 50m Manikin Carry (Mini)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Levi April	BB	01:04,00	01:03,69
2	Roan Horne	FH	00:57,41	00:57,72
3	Dylan van Gysen	FH	00:54,65	01:06,10
4	Byron Hutchinson	FH	00:53,00	00:56,53
5	Caleb Bugler	FH	00:53,72	00:50,18
6	Elizabeth Spangenberg	CF	00:54,93	00:50,97
7	Sakinah Gamielien	FH	01:03,13	01:09,31
8	Jackson Goodall	CF	01:09,84	01:08,65

Event 6: 50m Manikin Carry (Mini)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Luka Monaali-Krweqe	CF		NT DQ
2				-
3	Sebastian Fourie	BB		NT 00:51,53
4	Farrell van Asperen	CF	01:14,50	01:01,22
5	Elayah Fabian	CF		NT 01:15,96
6	Charles George Thompson	CF		NT 01:19,97
7	Adam Bullivant	CF		NT 01:07,97
8	Noah Smollan	CF		NT 01:10,35

Event 6: 50m Manikin Carry (Mini)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Libelulla Treki	LL		NT DQ
2	Lily De Allende	LL		NT 01:12,62
3	Georgie Palm	CF		NT 01:07,19
4	Boleng Leepile	CF		NT 01:10,16
5	Claire Marsal	CF		NT 01:14,35
6	Kora Glencross	FH		NT 00:52,53
7	Chloe de Haan	CF		NT 01:23,22
8	Ramona Tucker	CF		NT 01:15,29

Event 6: 50m Manikin Carry (Mini)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Mimi Werndle	CF		NT 01:04,75
3	Tilda May	CF		NT 01:04,00
4	Maya Rasool	CF		NT 01:10,94
5	Zahraa Baker	CF		NT 01:12,82
6	Stella Budde	MIL		NT DQ
7	Shae Zaroozny	CF		NT
8				-

Event 6: 50m Manikin Carry (Mini)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Ru Moore Ackerman	CF		NT 01:21,06
4	Hugo Brand	CF		NT DQ
5	Liam Taukobong	CF		NT 01:13,34
6	Kai Rivett	MIL		NT 01:07,50
7				-
8				-

Event 7: 50m Freestyle**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Hannah Cadiz	CF		NT 00:33,63
2	Emma Brownlee	CF		NT 00:35,60
3	Hannah van Heerden	CF		NT 00:32,56
4	Bona Fischer	LL		NT 00:33,75
5	Leah Muzik	LL		NT 00:35,75
6	Alexis Done	FH		NT 00:31,28
7	Georgia Casson-Crook	LL		NT 00:35,28
8	Caitlin Barnes	FH		NT 00:31,68

Event 7: 50m Freestyle**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Dylan Froneman	BB		NT 00:28,82
2	Gia Heldsinger	CF		NT 00:30,37
3	Rebecca Alderman	CF		NT 00:32,66
4	CJ Hutchinson	FH		NT
5	Zola Cristini	CF		NT 00:36,65
6	Sarah Mocke	FH		NT 00:30,00
7	Emilie Conradie	FH		NT 00:32,40
8	Jaydon Allott	CF		NT 00:28,28

Event 7: 50m Freestyle**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Waylon Harvey	MIL		NT 00:33,34
2	Chase Sim	CF		NT 00:33,09
3	Ryn Abrie	CF		NT 00:30,50
4	Will Tremeer	CF		NT 00:36,72
5	Emma Cullis	LL		NT
6	Cameron Volkmann	LL		NT 00:37,34
7	Arianna Steen	LL		NT 00:42,50
8	Saffiya Emjedi	FH		NT 00:32,91

Event 7: 50m Freestyle**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Daniel Verdon	FH		NT 00:31,56
3	Connor De Allende	LL		NT
4	Tshegofatso Le Roux	BB		NT 00:38,09
5	Johannes Spangenberg	CF		NT 00:33,03
6	Kallon Allott	CF		NT 00:42,03
7	Griffin Volkmann	LL		NT 00:50,90
8				-

Event 7: 50m Freestyle**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	Ahadi Magotsi	CF	NT	00:32,06
3	Thomas Bunyard	LL	NT	00:33,37
4	Rohin Desai	FH	NT	00:32,31
5	Vidar Bendixen	FH	NT	00:31,50
6	Sebastian Neuhold	CF	NT	00:30,47
7	Noah Kervarrec	CF	NT	00:30,56
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Gia Heldsinger	CF	00:41,38	00:42,41
2	Noah Kervarrec	CF	00:41,37	00:41,31
3	Dylan Froneman	BB	00:38,91	00:37,66
4	Jaydon Allott	CF	00:35,69	00:36,72
5	Sarah Mocke	FH	00:38,41	00:39,91
6	Emilie Conradie	FH	00:41,31	00:44,75
7	Hannah van Heerden	CF	00:41,38	00:42,35
8	Caitlin Barnes	FH	00:41,75	00:40,80

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

Lane	Swimmer	Club	Seed	Result
1	Johannes Spangenberg	CF	00:46,03	00:45,97
2	Alexis Done	FH	00:45,35	00:44,83
3	Saffiya Emjedi	FH	00:42,28	00:43,12
4	Ryn Abrie	CF	00:41,94	00:44,25
5	CJ Hutchinson	FH	00:42,25	
6	Rohin Desai	FH	00:45,22	00:44,21
7	Vidar Bendixen	FH	00:45,75	00:43,91
8	Rebecca Alderman	CF	00:46,31	00:48,34

Event 8: 50m Manikin Carry (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Zuhair Gamieldien	FH	00:53,00	00:51,00
2	Boyd Skordis	FH	00:50,01	00:43,69
3	Zola Cristini	CF	00:49,50	00:53,03
4	Daniel Verdon	FH	00:46,55	
5	Nolan Froneman	BB	00:48,25	00:46,90
6	Emma Brownlee	CF	00:49,69	00:49,97
7	Chase Sim	CF	00:51,09	00:50,75
8	Bona Fischer	LL	00:53,40	00:50,28

Event 8: 50m Manikin Carry (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Katie Dyason	FH	00:57,91	00:55,68
2	Ahadi Magotsi	CF	00:55,00	00:48,27
3	Bianca van der Westhuizen	BB	00:54,65	00:48,43
4	Daniel van der Westhuizen	BB	00:53,50	00:46,44
5	Emma Richards	FH	00:53,56	00:49,00
6	Isla Conradie	FH	00:54,81	00:48,50
7	Benjamin Fourie	BB	00:56,77	00:51,00
8	Kallon Allott	CF	00:58,69	01:00,75

Event 8: 50m Manikin Carry (Medium)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Madison Tucker	CF	01:02,87	00:58,59
2	Leah Verdon	FH	01:01,24	00:51,08
3	Daniel Goodall	CF	01:01,10	01:03,06
4	Sebastian Neuhold	CF	00:59,06	00:49,62
5	Tshegofatso Le Roux	BB	00:59,16	00:54,44
6	Josh van Gysen	FH	01:01,13	00:55,34
7	Jamie Urtel	MIL	01:02,31	00:58,44
8	Will Tremeer	CF	01:03,09	01:04,40

Event 8: 50m Manikin Carry (Medium)**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Cameron Volkmann	LL		NT 01:00,69
2	Georgia Casson-Crook	LL		NT 00:52,10
3	Alexander Rusch	FH	01:07,31	01:04,22
4	Hannah Jenniker	BB	01:05,63	00:54,00
5	Zach Lamprecht	FH	01:06,65	00:58,68
6	Hannah Carelse	MIL	01:15,34	01:02,81
7	Hannah Cadiz	CF		NT 00:47,60
8	Leah Muzik	LL		NT 00:55,91

Event 8: 50m Manikin Carry (Medium)**Heat 7**

Lane	Swimmer	Club	Seed	Result
1				-
2	Thomas Bunyard	LL		NT 00:46,25
3	Noah Howes	CF		NT DQ
4	Connor De Allende	LL		NT 00:54,89
5	Waylon Harvey	MIL		NT 00:42,15
6	Griffin Volkmann	LL		NT 01:10,00
7	Cameron Treki	LL		NT 01:07,22
8				-

Event 8: 50m Manikin Carry (Medium)**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Adalayde Hoffman	FH		NT DQ
3	Arianna Steen	LL		NT 00:58,87
4	Sophie Ming Chong	CF		NT 00:57,66
5	Aasiya Baker	CF		NT 01:22,25
6	Emma Cullis	LL		NT
7	Akasia Deblitz	FH		NT 01:12,06
8				-

Event 8: 50m Manikin Carry (Medium)**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Charlie Dardeau	CF		NT 01:20,09
2	Riley Arbutnot	LL		NT 01:06,37
3	Imogen Lentz	CF		NT DQ
4	Grace Budde	MIL		NT 00:55,99
5	Evie Hiscock	CF		NT 01:08,50
6	Kyla Murphy	CF		NT 01:11,56
7	Riley Lewis Thomas	MIL		NT
8				-

Event 8: 50m Manikin Carry (Medium)**Heat 10**

Lane	Swimmer	Club	Seed	Result
1	Remy Zaroozny	CF		NT 01:03,81
2	Bo Fischer	LL		NT 01:01,00
3	Lukas Loubser	CF		NT DQ
4	Willem Spangenberg	CF		NT 00:54,69
5	Leo Treki	LL		NT 01:15,69
6	Kai Werndle	CF		NT 01:10,81
7	Ismail Moosajee	FH		NT
8				-

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

Lane	Swimmer	Club	Seed	Result
1	Sakinah Gamielien	FH	01:43,57	01:55,22
2	Dylan van Gysen	FH	01:40,09	01:37,13
3	Elizabeth Spangenberg	CF	01:30,31	01:29,34
4	Caleb Bugler	FH	01:28,72	01:29,69
5	Byron Hutchinson	FH	01:29,90	01:35,22
6	Roan Horne	FH	01:38,12	01:34,28
7	Farrell van Asperen	CF	01:42,84	01:36,91
8	Levi April	BB	01:44,43	01:42,85

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

Lane	Swimmer	Club	Seed	Result
1	Kora Glencross	FH		NT 01:34,19
2	Chloe de Haan	CF		NT 02:13,06
3	Liam Taukobong	CF	02:00,65	01:55,53
4	Jackson Goodall	CF	01:45,56	01:43,97
5	Noah Smollan	CF	01:47,41	01:38,34
6	Ru Moore Ackerman	CF	02:26,78	02:23,53
7	Boleng Leepile	CF		NT 02:16,72
8	Ramona Tucker	CF		NT 02:08,25

Event 11: 100m Manikin Carry with Fins (Mini)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Tilda May	CF		NT 01:49,03
3	Shae Zaroozny	CF		NT
4	Georgie Palm	CF		NT 01:50,28
5	Maya Rasool	CF		NT 01:54,96
6	Claire Marsal	CF		NT 01:48,53
7				-
8				-

Event 11: 100m Manikin Carry with Fins (Mini)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Zahraa Baker	CF		NT 02:01,44
3	Mimi Werndle	CF		NT 01:44,44
4	Libelulla Treki	LL	02:18,91	01:44,12
5	Lily De Allende	LL		NT DQ
6	Stella Budde	MIL		NT 01:56,09
7				-
8				-

Event 11: 100m Manikin Carry with Fins (Mini)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Kai Rivett	MIL		NT 01:55,68
2	Charles George Thompson	CF		NT DQ
3				-
4	Elayah Fabian	CF		NT 02:03,25
5	Sebastian Fourie	BB		NT 01:37,07
6	Adam Bullivant	CF		NT 01:52,15
7	Luka Monaali-Krweqe	CF		NT 02:12,63
8	Hugo Brand	CF		NT

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

Lane	Swimmer	Club	Seed	Result
1	Alexis Done	FH	01:14,56	01:13,28
2	Caitlin Barnes	FH	01:10,38	01:11,22
3	CJ Hutchinson	FH	01:06,69	
4	Jaydon Allott	CF	01:02,59	01:03,22
5	Sarah Mocke	FH	01:05,50	01:08,91
6	Dylan Froneman	BB	01:07,34	01:12,60
7	Emilie Conradie	FH	01:12,63	01:14,09
8	Vidar Bendixen	FH	01:15,25	01:16,65

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Rebecca Allderman	CF	01:18,69	01:20,06
2	Hannah van Heerden	CF	01:15,88	01:30,84
3	Noah Kervarrec	CF	01:15,35	01:14,38
4	Gia Heldsinger	CF	01:15,31	01:18,82
5	Saffiya Emjedi	FH	01:15,35	01:16,34
6	Ryn Abrie	CF	01:15,62	01:18,44
7	Hannah Cadiz	CF	01:17,94	01:19,28
8	Johannes Spangenberg	CF	01:20,09	01:20,19

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Isla Conradie	FH	01:25,72	01:28,35
2	Bona Fischer	LL	01:23,54	01:23,06
3	Zola Cristini	CF	01:22,56	01:26,16
4	Rohin Desai	FH	01:20,15	01:20,10
5	Nolan Froneman	BB	01:22,19	01:24,84
6	Emma Brownlee	CF	01:23,12	01:23,15
7	Emma Richards	FH	01:25,33	01:20,44
8	Leah Verdon	FH	01:27,63	01:25,15

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Zuhair Gamielien	FH	01:33,16	01:33,62
2	Josh van Gysen	FH	01:32,75	01:29,10
3	Katie Dyason	FH	01:29,44	01:27,82
4	Chase Sim	CF	01:27,94	01:33,28
5	Boyd Skordis	FH	01:29,19	01:23,47
6	Zach Lamprecht	FH	01:31,05	01:27,31
7	Tshegofatso Le Roux	BB	01:32,94	01:33,47
8	Benjamin Fourie	BB	01:33,37	01:27,87

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Fia moore ackerman	CF	01:37,15	01:38,38
2	Daniel van der Westhuizen	BB	01:36,97	01:21,68
3	Bo Fischer	LL	01:36,44	01:39,72
4	Daniel Verdon	FH	01:35,26	
5	Bianca van der Westhuizen	BB	01:35,28	01:24,57
6	Sebastian Neuhold	CF	01:36,88	01:19,12
7	Cameron Volkmann	LL	01:37,00	01:35,28
8	Kallon Allott	CF	01:38,03	01:44,22

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Daniel Goodall	CF	01:44,22	01:44,62
2	Hannah Jenniker	BB	01:43,06	01:42,03
3	Madison Tucker	CF	01:39,53	01:42,75
4	Leah Muzik	LL	01:34,75	01:35,87
5	Adalayde Hoffman	FH	01:38,69	01:45,87
6	Alexander Rusch	FH	01:41,94	01:36,41
7	Ahadi Magotsi	CF	01:43,47	01:23,88
8	Jamie Urtel	MIL	01:44,69	01:37,63

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Waylon Harvey	MIL	NT	01:20,69
2	Kai Werndle	CF	02:05,18	01:55,28
3	Hannah Carelse	MIL	02:00,62	01:45,10
4	Arianna Steen	LL	01:46,00	01:39,75
5	Lukas Loubser	CF	01:57,00	02:08,69
6	Akasia Deblitz	FH	02:03,19	01:56,91
7	Georgia Casson-Crook	LL	NT	01:32,07
8	Emma Cullis	LL	NT	01:16,00

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Griffin Volkmann	LL	NT	01:58,85
3	Charlie Dardeau	CF	NT	DQ
4	Thomas Bunyard	LL	NT	01:25,16
5	Connor De Allende	LL	NT	01:34,72
6	Aasiya Baker	CF	NT	DQ
7	Sophie Ming Chong	CF	NT	01:37,22
8				-

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 9**

Lane	Swimmer	Club	Seed	Result
1				-
2	Kyla Murphy	CF		NT 02:01,72
3	Grace Budde	MIL		NT 01:43,09
4	Riley Lewis Thomas	MIL		NT
5	Imogen Lentz	CF		NT 01:57,06
6	Evie Hiscock	CF		NT 02:00,73
7	Riley Arbuthnot	LL		NT 01:48,44
8				-

Event 12: 100m Manikin Carry with Fins (Medium)**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2	Cameron Treki	LL		NT 01:39,97
3	Leo Treki	LL		NT 01:58,31
4	Remy Zaroozny	CF		NT 01:45,22
5	Ismail Moosajee	FH		NT 01:54,09
6	Willem Spangenberg	CF		NT 01:37,06
7	Noah Howes	CF		NT DQ
8				-

Event 13: 50m Obstacles**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Sakinah Gamielien	FH	00:57,78	00:54,94
2	Farrell van Asperen	CF	00:52,84	00:49,94
3	Roan Horne	FH	00:48,40	00:47,25
4	Caleb Bugler	FH	00:44,57	00:43,12
5	Byron Hutchinson	FH	00:45,72	00:48,19
6	Jackson Goodall	CF	00:52,81	00:56,44
7	Elizabeth Spangenberg	CF	00:53,56	00:43,44
8	Elayah Fabian	CF	00:58,59	01:02,56

Event 13: 50m Obstacles**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	Adam Bullivant	CF		NT 00:52,12
3	Boleng Leepile	CF		NT 01:02,91
4	Ru Moore Ackerman	CF	01:08,70	01:06,10
5	Chloe de Haan	CF	01:11,28	01:09,00
6	Levi April	BB		NT 00:50,25
7	Charles George Thompson	CF		NT 00:58,22
8				-

Event 13: 50m Obstacles**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Kora Glencross	FH		NT 00:47,65
3	Claire Marsal	CF		NT 00:54,18
4	Libelulla Treki	LL	00:56,41	00:56,07
5	Georgie Palm	CF		NT 00:51,01
6	Stella Budde	MIL		NT 00:51,38
7	Lily De Allende	LL		NT 01:00,97
8				-

Event 13: 50m Obstacles**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	Maya Rasool	CF		NT 00:57,94
3	Zahraa Baker	CF		NT 01:08,41
4	Shae Zaroozny	CF		NT
5	Tilda May	CF		NT 00:48,53
6	Ramona Tucker	CF		NT 00:57,63
7	Mimi Werndle	CF		NT 00:57,37
8				-

Event 13: 50m Obstacles**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Noah Smollan	CF		NT 00:52,44
2	Dylan van Gysen	FH		NT 00:47,25
3	Hugo Brand	CF		NT 01:05,78
4				-
5	Luka Monaali-Krweqe	CF		NT 00:59,81
6	Kai Rivett	MIL		NT 00:54,34
7	Sebastian Fourie	BB		NT 00:44,14
8	Liam Taukobong	CF		NT 00:55,37

Event 14: 100m Obstacles**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Vidar Bendixen	FH	01:16,25	01:18,13
2	Caitlin Barnes	FH	01:15,62	01:17,35
3	Sarah Mocke	FH	01:11,53	01:14,57
4	Jaydon Allott	CF	01:08,62	01:08,93
5	Dylan Froneman	BB	01:09,69	01:12,41
6	CJ Hutchinson	FH	01:15,22	
7	Hannah van Heerden	CF	01:15,71	01:22,28
8	Noah Kervarrec	CF	01:17,94	01:17,41

Event 14: 100m Obstacles**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Saffiya Emjedi	FH	01:21,46	01:18,22
2	Gia Heldsinger	CF	01:19,91	01:15,53
3	Boyd Skordis	FH	01:18,68	01:17,65
4	Emilie Conradie	FH	01:18,00	01:17,29
5	Hannah Cadiz	CF	01:18,59	01:25,22
6	Rohin Desai	FH	01:19,82	01:19,41
7	Ryn Abrie	CF	01:20,53	01:22,16
8	Daniel Verdon	FH	01:21,78	01:17,50

Event 14: 100m Obstacles**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Chase Sim	CF	01:29,62	01:29,15
2	Rebecca Alderman	CF	01:27,85	01:27,75
3	Alexis Done	FH	01:26,53	
4	Bona Fischer	LL	01:23,97	01:28,87
5	Nolan Froneman	BB	01:24,78	01:23,16
6	Zuhair Gamielien	FH	01:27,53	01:31,15
7	Johannes Spangenberg	CF	01:29,28	01:21,57
8	Leah Verdon	FH	01:29,75	01:30,31

Event 14: 100m Obstacles**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Emma Richards	FH	01:36,63	01:30,41
2	Isla Conradie	FH	01:35,22	01:36,10
3	Cameron Volkmann	LL	01:34,93	01:37,09
4	Leah Muzik	LL	01:31,47	01:35,87
5	Benjamin Fourie	BB	01:34,60	01:29,39
6	Bianca van der Westhuizen	BB	01:35,18	01:29,84
7	Tshegofatso Le Roux	BB	01:35,78	01:34,19
8	Arianna Steen	LL	01:36,97	01:46,50

Event 14: 100m Obstacles**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Sebastian Neuhold	CF	01:38,47	01:24,71
2	Ahadi Magotsi	CF	01:38,28	01:23,53
3	Hannah Jenniker	BB	01:37,50	01:41,22
4	Daniel van der Westhuizen	BB	01:37,15	01:26,16
5	Bo Fischer	LL	01:37,21	01:38,97
6	Katie Dyason	FH	01:38,19	01:33,60
7	Zola Cristini	CF	01:38,41	01:32,78
8	Kallon Allott	CF	01:38,63	01:42,12

Event 14: 100m Obstacles**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Emma Brownlee	CF	01:48,25	01:34,86
2	Lukas Loubser	CF	01:44,75	01:43,53
3	Adalayde Hoffman	FH	01:41,19	01:45,59
4	Fia moore ackerman	CF	01:40,13	01:39,75
5	Riley Arbuthnot	LL	01:41,12	01:38,16
6	Will Tremeer	CF	01:43,10	01:36,66
7	Zach Lamprecht	FH	01:46,71	01:51,79
8	Kai Werndle	CF	01:50,09	01:58,16

Event 14: 100m Obstacles**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Waylon Harvey	MIL	NT	01:21,03
2	Hannah Carelse	MIL	02:08,68	01:58,03
3	Alexander Rusch	FH	01:57,41	
4	Jamie Urtel	MIL	01:52,69	01:40,87
5	Akasia Deblitz	FH	01:53,88	01:58,90
6	Leo Treki	LL	01:57,94	02:07,03
7	Georgia Casson-Crook	LL	NT	01:33,63
8	Emma Cullis	LL	NT	01:15,66

Event 14: 100m Obstacles**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Cameron Treki	LL	NT	01:39,75
2	Sophie Ming Chong	CF	NT	01:29,50
3	Thomas Bunyard	LL	NT	01:29,16
4	Connor De Allende	LL	NT	01:38,75
5	Griffin Volkmann	LL	NT	01:59,07
6	Aasiya Baker	CF	NT	02:11,44
7	Alexander Mckeown	LL	NT	01:36,13
8	Daniel Goodall	CF	NT	01:47,85

Event 14: 100m Obstacles**Heat 9**

Lane	Swimmer	Club	Seed	Result
1	Madison Tucker	CF		NT 01:36,53
2	Imogen Lentz	CF		NT 01:58,54
3	Evie Hiscock	CF		NT 01:53,98
4				-
5	Charlie Dardeau	CF		NT 02:04,38
6	Grace Budde	MIL		NT 01:38,16
7	Kyla Murphy	CF		NT 01:42,90
8	Riley Lewis Thomas	MIL		NT

Event 14: 100m Obstacles**Heat 10**

Lane	Swimmer	Club	Seed	Result
1				-
2	Josh van Gysen	FH		NT 01:33,31
3	Ismail Moosajee	FH		NT 01:50,62
4	Noah Howes	CF		NT 01:50,84
5	Remy Zaroozny	CF		NT 01:47,69
6	Willem Spangenberg	CF		NT 01:32,28
7				-
8				-

Event 15: 4x50m Obstacle Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	LL u14A 4x50 Obstacle Relay	LL		NT 02:37,90
2	FH u14A 4x50 Obstacle Relay	FH		NT 02:19,50
3	CF u14C Relay	CF		NT 02:45,31
4	CF u14A Relay	CF		NT 02:18,25
5	CF u14B Relay	CF		NT 02:30,90
6				-
7	FH u14B 4x50 Obstacle Relay	FH		NT 02:26,22
8	LL u14B 4x50 Obstacle Relay	LL		NT 02:52,72

Event 15: 4x50m Obstacle Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	FH u12C 4x50 Obstacle Relay	FH		NT 03:25,47
2	FH u12A 4x50 Obstacle Relay	FH		NT 02:34,97
3	CF u12B Relay	CF		NT 03:04,41
4	BB u12A 4x50 Obstacle Relay	BB		NT 02:35,56
5	CF u12A Relay	CF		NT
6	CF u12c Relay	CF		NT 03:23,34
7	FH u12B 4x50 Obstacle Relay	FH		NT 02:55,00
8	LL u12A 4x50 Obstacle Relay	LL		NT 02:55,58

Event 15: 4x50m Obstacle Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	FH u10A 4x50 Obstacle Relay	FH		NT 03:13,63
2	CF u10D Relay	CF		NT 03:40,31
3	CF u10B Relay	CF		NT 03:41,56
4	MIL u12A 4x50 Obstacle Relay	MIL		NT 03:11,75
5	CF u10A Relay	CF		NT 03:12,75
6	CF u10C Relay	CF		NT 04:05,69
7	CF u10E Relay	CF		NT 04:16,50
8				-

Event 16: 50m Freestyle with Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Caitlin Barnes	FH		NT 00:26,00
2	Hannah Cadiz	CF		NT 00:28,97
3	Alexis Done	FH		NT 00:28,06
4	Emma Brownlee	CF		NT 00:31,41
5	Hannah van Heerden	CF		NT 00:29,60
6	Bona Fischer	LL		NT 00:30,56
7	Leah Muzik	LL		NT 00:31,63
8	Georgia Casson-Crook	LL		NT 00:30,35

Event 16: 50m Freestyle with Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Jaydon Allott	CF		NT 00:24,17
2	CJ Hutchinson	FH		NT
3	Dylan Froneman	BB		NT 00:25,69
4	Zola Cristini	CF		NT 00:30,31
5	Emilie Conradie	FH		NT 00:27,75
6	Rebecca Alderman	CF		NT 00:28,32
7	Sarah Mocke	FH		NT 00:25,32
8	Gia Heldsinger	CF		NT 00:27,34

Event 16: 50m Freestyle with Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	Arianna Steen	LL		NT 00:36,69
3	Saffiya Emjedi	FH		NT 00:28,66
4	Cameron Volkmann	LL		NT 00:34,03
5	Chase Sim	CF		NT 00:29,35
6	Tshegofatso Le Roux	BB		NT
7	Emma Cullis	LL		NT 00:27,00
8				-

Event 16: 50m Freestyle with Fins**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Griffin Volkmann	LL		NT 00:42,25
2	Johannes Spangenberg	CF		NT 00:28,78
3	Daniel Verdon	FH		NT 00:28,00
4	Noah Kervarrec	CF		NT 00:28,22
5	Waylon Harvey	MIL		NT 00:27,16
6	Connor De Allende	LL		NT 00:32,50
7	Kallon Allott	CF		NT 00:39,50
8				-

Event 16: 50m Freestyle with Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Will Tremeer	CF		NT 00:32,38
2	Thomas Bunyard	LL		NT 00:28,60
3	Rohin Desai	FH		NT 00:28,25
4	Ryn Abrie	CF		NT 00:26,94
5	Vidar Bendixen	FH		NT 00:27,75
6	Ahadi Magotsi	CF		NT 00:26,66
7	Sebastian Neuhold	CF		NT 00:25,78
8				-

Event 17: 4x50m Medley Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	LL u14A 4x50 Medley Relay	LL		NT 02:21,88
2	FH u14A 4x50 Medley Relay	FH		NT 02:10,69
3	CF u14C Relay	CF		NT 02:45,19
4	CF u14A Relay	CF		NT 02:10,13
5	CF u14B Relay	CF		NT
6				-
7	FH u14B 4x50 Medley Relay	FH		NT 02:17,84
8	LL u14B 4x50 Medley Relay	LL		NT 02:42,88

Event 17: 4x50m Medley Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	CF u12B Relay	CF		NT 02:56,19
2	FH u12B 4x50 Medley Relay	FH		NT 02:41,13
3	BB u12A 4x50 Medley Relay	BB		NT 02:33,84
4	FH u12C 4x50 Medley Relay	FH		NT 02:58,22
5	MIL u12A 4x50 Medley Relay	MIL		NT 02:58,66
6	CF u12A Relay	CF		NT 02:47,00
7	LL u12A 4x50 Medley Relay	LL		NT
8	FH u12A 4x50 Medley Relay	FH		NT 02:27,91

Event 17: 4x50m Medley Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	CF u10C Relay	CF		NT 03:41,41
2	CF u10D Relay	CF		NT 03:20,59
3	CF u10E Relay	CF		NT DQ
4	CF u12c Relay	CF		NT 03:15,91
5	CF u10B Relay	CF		NT 03:23,90
6	FH u10A 4x50 Medley Relay	FH		NT 02:54,31
7	CF u10A Relay	CF		NT 03:12,78
8				-

Event 99: Ball Throw Relay**Heat 1**

Lane	Swimmer	Club	Seed	Result
1				-
2	LL u14A Ball Throw Relay	LL		NT
3				-
4	FH u14A Ball Throw Relay	FH		NT DQ
5				-
6	CF u14A Relay	CF		NT
7				-
8				-

Event 99: Ball Throw Relay**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2	LL u12A Ball Throw Relay	LL		NT
3				-
4	FH u12B Ball Throw Relay	FH		NT
5				-
6	BB u12A Ball Throw Relay	BB		NT 01:46,91
7				-
8				-

Event 99: Ball Throw Relay**Heat 3**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF u12A Relay	CF		NT DQ
3				-
4	MIL u12A Ball Throw Relay	MIL		NT
5				-
6	FH u12A Ball Throw Relay	FH		NT 00:32,47
7				-
8				-

Event 99: Ball Throw Relay**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF u14B Relay	CF		NT
3				-
4	FH u14B Ball Throw Relay	FH		NT 01:05,78
5				-
6	CF u14C Relay	CF		NT
7				-
8	LL u14B Ball Throw Relay	LL		NT

Event 99: Ball Throw Relay**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2	CF u12B Relay	CF		NT
3				-
4	CF u12c Relay	CF		NT
5				-
6	FH u12C Ball Throw Relay	FH		NT
7				-
8				-

