



Western Cape Pool Rescue Championship 2026

12 Apr 2025

Hosted by Lifesaving Cape Town

Gala Schedule

Programme of Events

0. 50m Manikin Carry (Mini)
1. 50m Manikin Carry (Medium)
2. 50m Manikin Carry
3. 100m Rescue Medley (Medium)
4. 100m Rescue Medley
5. 100m Torpedo Buoy Rescue
6. 100m Manikin Carry with Fins (Mini)
7. 100m Manikin Carry with Fins (Medium)
8. 100m Manikin Carry with Fins
9. 100m Manikin Tow with Fins
10. 200m Super Lifesaver
11. Nipper Mixed Medley Relay
12. Lifeguard Mixed Medley Relay

Event 0: 50m Manikin Carry (Mini)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Tara Desai	FH	01:12,16	01:15,00
2	Elizabeth Spangenberg	CF	01:06,47	00:54,93
3	Lukas Loubser	CF	01:03,54	00:57,43
4	Willem Spangenberg	CF	00:54,81	00:55,00
5	Grayson Haller	FH	00:55,31	00:52,65
6	Fia Moore Ackerman	CF	01:03,69	00:58,18
7	Jean-Louis Kroon	BB	01:08,07	00:59,62
8	Sam Bishop	FH	01:12,50	

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

Lane	Swimmer	Club	Seed	Result
1	Dylan Froneman	BB	00:42,90	00:44,18
2	Diego Jansen	BB	00:42,37	00:42,00
3	Rourke Louw	BB	00:39,50	00:38,63
4	Puneet Nagendrakumar	BB	00:38,06	
5	Callan Compton	BB	00:39,19	00:41,63
6	Jaydon Allott	BB	00:39,78	00:38,28
7	Isabella Brooker	BB	00:42,53	00:42,20
8	Caro Bishop	FH	00:43,53	

Event 1: 50m Manikin Carry (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Saffiya Emjedi	FH	00:47,90	DQ
2	Vidar Bendixen	FH	00:47,25	00:45,75
3	Tyde Sim	BB	00:45,00	00:44,40
4	Caitlin Barnes	FH	00:44,07	00:42,85
5	Emilie Conradie	FH	00:44,72	00:44,84
6	Ryn Abrie	BB	00:46,88	00:43,88
7	Rohin Desai	FH	00:47,87	00:46,50
8	Gemma Blackburn	CF	00:47,96	00:44,28

Event 1: 50m Manikin Carry (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Emma Richards	FH	00:55,65	00:53,56
2	Greyson September	CF	00:51,18	00:53,38
3	Rebecca Alderman	CF	00:49,65	00:50,12
4	Tyler-Rose Nel	BB	00:48,44	00:51,35
5	Nolan Froneman	BB	00:48,90	00:51,22
6	Lune Fouche	BB	00:50,42	00:52,72
7	Johannes Spangenberg	CF	00:52,22	00:47,34
8	Boyd Skordis	FH	00:55,84	

Event 1: 50m Manikin Carry (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Tshegofatso Le Roux	BB	00:59,16	01:00,47
2	Emily Clark	FH	00:58,47	00:58,81
3	Katie Dyason	FH	00:57,91	01:02,37
4	Isla Conradie	FH	00:56,35	00:54,81
5	Zuhair Gamielidien	FH	00:56,63	00:53,00
6	Emma Brownlee	CF	00:58,31	00:53,59
7	Sebastian Neuhold	CF	00:59,06	
8	Yuanxi Daniel Lee	BB	00:59,88	00:57,19

Event 1: 50m Manikin Carry (Medium)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Gian-Franco Fouche	BB	01:08,75	
4	Zola Cristini	CF	00:59,97	00:53,06
5	Kallon Allott	BB	01:03,03	01:02,34
6				-
7				-
8				-

Event 2: 50m Manikin Carry**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Luke Glock	BB	00:37,50	00:39,53
2	Wilan Basson	CF	00:35,94	
3	Matthew Brooker	BB	00:35,10	00:34,28
4	Jake Hutton	BB	00:32,75	00:33,87
5	Mathew Pincente	CF	00:33,25	00:33,56
6	Matthew Brading	FH	00:35,49	00:37,44
7	Steven Waters	BB	00:36,44	00:37,53
8	Matthew Brooker	BB	00:37,62	

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

Lane	Swimmer	Club	Seed	Result
1	Jan-Lukas Van der Westhuizen	BB	00:40,77	00:39,03
2	Caleb Jansen	BB	00:39,44	00:38,53
3	Jamie Smuts	BB	00:37,88	00:38,00
4	Conrad Scheepers	CF	00:37,69	00:35,78
5	Luc Brand	CF	00:37,73	
6	Tanner Gorille	CF	00:38,97	00:38,37
7	Riziki Magotsi	CF	00:40,16	00:44,22
8	Tyler Ernstzen	CF	00:40,88	00:42,47

Event 2: 50m Manikin Carry**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Grant Nefdt	FH	00:43,40	00:41,63
2	Wade Beukes	FH	00:42,37	00:40,37
3	Amica De Jager	CF	00:41,61	00:39,97
4	Jack Allott	BB	00:41,13	00:38,91
5	Casey Bruwer	BB	00:41,56	00:43,87
6	Erin Langenhoven	BB	00:41,84	
7	Garth Bruwer	BB	00:43,27	00:45,03
8	Michelle Lamprecht	FH	00:44,53	00:43,09

Event 2: 50m Manikin Carry**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Miya Krog	FH	00:47,01	00:44,87
2	Joseph Brading	FH	00:46,19	
3	Teagan Thompson	CF	00:45,44	00:41,44
4	Imani Magotsi	CF	00:44,78	00:54,94
5	Zia Petersen	CF	00:45,00	00:51,78
6	Erin Langenhoven	BB	00:46,15	
7	Leon Walther-Kotzé	CF	00:46,84	00:41,47
8	Amber-Rose Berry	CF	00:47,13	00:44,91

Event 2: 50m Manikin Carry**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Imani Magotsi	CF	00:52,10	00:55,85
2	Victoria Donaldson	BB	00:50,65	00:48,44
3	Jessie Allott	BB	00:49,03	00:47,87
4	Kianna-Gro Liversage	CF	00:47,60	00:45,37
5	Amber-Rose Berry	CF	00:47,94	00:46,07
6	Roy Clark	FH	00:49,31	00:44,60
7	Ellen Hodgkinson	CF	00:50,69	00:52,47
8	Ellen Hodgkinson	CF	00:52,78	

Event 2: 50m Manikin Carry**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Mascha Moorlach	FH	NT	01:28,09
2	Heather Cresswell	FH	NT	00:59,78
3	Liam Brownlee	CF	01:00,69	00:54,62
4	Sylvie Gorille	CF	00:53,32	00:57,81
5	Kyla Allott	BB	00:54,57	00:52,00
6	Darryl Lindt	CF	01:07,12	
7	Kianna-Gro Liversage	CF	NT	00:48,10
8	Renee Vrahimis	FH	NT	01:17,37

Event 2: 50m Manikin Carry**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Mark Wiley	FH		NT 01:34,50
2	Luc Brand	CF		NT
3	Andrew Watts	CF		NT 00:54,81
4	Sally Matusik	FH		NT 00:58,69
5	Zia Petersen	CF		NT
6	Jake Hutton	BB		NT
7	Marc Pincente	CF		NT 00:44,34
8	Mathew Pincente	CF		NT

Event 2: 50m Manikin Carry**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Sophia Wener	CF		NT 00:50,59
2	Wilan Basson	CF		NT
3	Taro Tomitsuka	CF		NT
4	Matthew Brading	FH		NT
5	Soeren Bendixen	FH		NT 00:52,41
6	Tyler Erntszén	CF		NT
7	Nicola Harcus	FH		NT 00:44,12
8				-

Event 3: 100m Rescue Medley (Medium)

Heat 1

Lane	Swimmer	Club	Seed	Result
1	Diego Jansen	BB	01:35,34	01:31,69
2	Dylan Froneman	BB	01:32,72	01:35,53
3	Rourke Louw	BB	01:26,56	01:29,03
4	Callan Compton	BB	01:25,09	01:26,75
5	Puneet Nagendrakumar	BB	01:25,46	
6	Jaydon Allott	BB	01:27,34	01:21,82
7	Isabella Brooker	BB	01:33,91	01:27,00
8	Caitlin Barnes	FH	01:37,46	01:33,66

Event 3: 100m Rescue Medley (Medium)

Heat 2

Lane	Swimmer	Club	Seed	Result
1	Greyson September	CF	01:59,46	01:53,59
2	Tyler-Rose Nel	BB	01:52,84	01:55,53
3	Tyde Sim	BB	01:45,69	
4	Gemma Blackburn	CF	01:44,78	01:38,69
5	Rebecca Allderman	CF	01:45,53	01:41,06
6	Lune Fouche	BB	01:49,57	01:51,12
7	Ryn Abrie	BB	01:54,19	01:38,91
8	Emma Brownlee	CF	02:10,94	01:57,99

Event 3: 100m Rescue Medley (Medium)

Heat 3

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3				-
4	Zola Cristini	CF	02:16,09	01:56,50
5				-
6				-
7				-
8				-

Event 4: 100m Rescue Medley**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Luc Brand	CF	01:19,91	
2	Steven Waters	BB	01:18,97	01:20,18
3	Mathew Pincente	CF	01:14,50	01:13,78
4	Matthew Brooker	BB	01:12,05	01:12,62
5	Wilan Basson	CF	01:14,28	01:10,50
6	Conrad Scheepers	CF	01:18,41	01:16,69
7	Jamie Smuts	BB	01:19,41	01:18,06
8	Taro Tomitsuka	CF	01:20,90	01:17,36

Event 4: 100m Rescue Medley**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Jan-Lukas Van der Westhuizen	BB	01:25,83	01:19,65
2	Caleb Jansen	BB	01:24,04	01:26,16
3	Jack Allott	BB	01:22,13	01:19,97
4	Wade Beukes	FH	01:21,48	01:25,69
5	Jack Allott	BB	01:21,87	01:20,38
6	Tanner Gorille	CF	01:23,25	01:19,60
7	Luke Glock	BB	01:25,44	
8	Matthew Brading	FH	01:26,69	01:20,91

Event 4: 100m Rescue Medley**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Tyler Ernstzen	CF	01:31,28	01:33,03
2	Amica De Jager	CF	01:30,22	01:23,44
3	Casey Bruwer	BB	01:29,19	01:30,66
4	Erin Langenhoven	BB	01:27,09	
5	Riziki Magotsi	CF	01:28,06	01:30,57
6	Erin Langenhoven	BB	01:30,03	
7	Leon Walther-Kotzé	CF	01:30,87	01:30,19
8	Grant Nefdt	FH	01:33,38	01:27,81

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

Lane	Swimmer	Club	Seed	Result
1	Zia Petersen	CF	01:44,40	
2	Roy Clark	FH	01:41,97	
3	Amber-Rose Berry	CF	01:37,94	01:36,75
4	Teagan Thompson	CF	01:36,22	01:36,50
5	Amber-Rose Berry	CF	01:36,32	01:37,35
6	Miya Krog	FH	01:40,04	01:39,13
7	Jessie Allott	BB	01:43,93	01:38,10
8	Ellen Hodgkinson	CF	01:46,66	01:54,34

Event 4: 100m Rescue Medley**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Heather Cresswell	FH		NT
2	Liam Brownlee	CF	02:05,00	01:49,00
3	Ellen Hodgkinson	CF	01:58,78	01:50,59
4	Imani Magotsi	CF	01:55,78	02:00,68
5	Imani Magotsi	CF	01:57,75	02:06,75
6	Sylvie Gorille	CF	02:00,60	
7	Kyla Allott	BB	02:10,37	
8	Kianna-Gro Liversage	CF		NT

Event 4: 100m Rescue Medley**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Andrew Watts	CF		NT
2	Victoria Donaldson	BB		NT
3	Renee Vrahimis	FH		NT
4	Mascha Moorlach	FH		NT
5	Michelle Lamprecht	FH		NT
6	Sally Matusik	FH		NT
7	Zia Petersen	CF		NT
8	Darryl Lindt	CF		NT

Event 4: 100m Rescue Medley**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Matthew Brading	FH		NT
2	Mark Wiley	FH		NT
3	Luc Brand	CF		NT
4	Garth Bruwer	BB		NT
5	Jake Hutton	BB		NT
6	Marc Pincente	CF		NT
7	Mathew Pincente	CF		NT
8	Matthew Brooker	BB		NT

Event 4: 100m Rescue Medley**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Joseph Brading	FH		NT
2	Nicola Harcus	FH		NT 01:24,12
3	Wilan Basson	CF		NT
4	Soeren Bendixen	FH		NT
5	Tyler Erntszzen	CF		NT
6	Kianna-Gro Liversage	CF		NT
7	Jake Hutton	BB		NT 01:14,78
8	Sophia Wener	CF		NT 01:53,06

Event 5: 100m Torpedo Buoy Rescue**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Rohin Desai	FH		NT 01:11,25
2	Johannes Spangenberg	CF		NT 01:14,41
3	Saffiya Emjedi	FH		NT 01:05,16
4	Caro Bishop	FH		NT
5	Emilie Conradie	FH		NT 01:06,88
6	Tshegofatso Le Roux	BB		NT 01:22,63
7	Kallon Allott	BB		NT 01:27,00
8	Sebastian Neuhold	CF		NT

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

Lane	Swimmer	Club	Seed	Result
1	Boyd Skordis	FH		NT
2	Isla Conradie	FH		NT 01:17,10
3	Emily Clark	FH		NT 01:17,53
4	Vidar Bendixen	FH		NT 01:08,78
5	Yuanxi Daniel Lee	BB		NT 01:16,12
6	Emma Richards	FH		NT 01:17,06
7	Katie Dyason	FH		NT 01:18,68
8	Gian-Franco Fouche	BB		NT

Event 5: 100m Torpedo Buoy Rescue**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Lukas Loubser	CF		NT 01:19,40
2	Grayson Haller	FH		NT 01:26,78
3	Adalayde Hoffman	FH		NT 01:27,53
4	Nolan Froneman	BB		NT 01:14,31
5	Zuhair Gamieldien	FH		NT 01:23,53
6	Fia Moore Ackerman	CF		NT 01:26,50
7	Jean-Louis Kroon	BB		NT 01:23,03
8	Sam Bishop	FH		NT

Event 5: 100m Torpedo Buoy Rescue**Heat 4**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Tara Desai	FH		NT 01:47,97
4	Willem Spangenberg	CF		NT 01:16,93
5	Elizabeth Spangenberg	CF		NT 01:23,56
6				-
7				-
8				-

Event 6: 100m Manikin Carry with Fins (Mini)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Lukas Loubser	CF		NT 01:41,65
2	Fia Moore Ackerman	CF		NT 01:35,56
3	Sam Bishop	FH	01:45,51	
4	Grayson Haller	FH	01:29,97	01:37,06
5	Adalayde Hoffman	FH	01:40,25	01:38,18
6	Tara Desai	FH	01:58,58	02:01,75
7	Jean-Louis Kroon	BB		NT 01:36,25
8	Willem Spangenberg	CF		NT 01:27,31

Event 6: 100m Manikin Carry with Fins (Mini)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3				-
4	Elizabeth Spangenberg	CF	NT	01:30,31
5				-
6				-
7				-
8				-

Event 7: 100m Manikin Carry with Fins (Medium)**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Caitlin Barnes	FH	01:15,75	01:12,93
2	Isabella Brooker	BB	01:13,99	01:11,50
3	Puneet Nagendrakumar	BB	01:13,16	
4	Callan Compton	BB	01:11,40	01:10,38
5	Rourke Louw	BB	01:11,89	01:07,41
6	Jaydon Allott	BB	01:13,57	01:09,34
7	Dylan Froneman	BB	01:15,09	01:14,62
8	Caro Bishop	FH	01:16,21	

Event 7: 100m Manikin Carry with Fins (Medium)**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Gemma Blackburn	CF	01:23,75	01:15,00
2	Tyler-Rose Nel	BB	01:21,46	01:26,05
3	Emilie Conradie	FH	01:17,94	01:12,63
4	Diego Jansen	BB	01:16,31	01:12,66
5	Ryn Abrie	BB	01:17,47	01:15,65
6	Saffiya Emjedi	FH	01:21,16	01:16,00
7	Vidar Bendixen	FH	01:21,62	01:15,25
8	Rohin Desai	FH	01:24,06	01:20,37

Event 7: 100m Manikin Carry with Fins (Medium)**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Nolan Froneman	BB	01:30,36	01:23,78
2	Boyd Skordis	FH	01:29,19	
3	Greyson September	CF	01:25,85	01:23,34
4	Tyde Sim	BB	01:24,63	01:17,06
5	Lune Fouche	BB	01:24,72	01:28,43
6	Emma Richards	FH	01:28,57	01:25,33
7	Johannes Spangenberg	CF	01:29,91	01:21,29
8	Isla Conradie	FH	01:30,53	01:25,72

Event 7: 100m Manikin Carry with Fins (Medium)**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Zuhair Gamielien	FH	01:40,50	01:39,56
2	Sebastian Neuhold	CF	01:36,88	
3	Emma Brownlee	CF	01:33,45	01:29,09
4	Rebecca Allderman	CF	01:30,78	01:24,25
5	Tshegofatso Le Roux	BB	01:32,94	01:33,47
6	Emily Clark	FH	01:35,53	01:25,32
7	Katie Dyason	FH	01:39,42	01:32,63
8	Kallon Allott	BB	01:42,00	01:43,38

Event 7: 100m Manikin Carry with Fins (Medium)**Heat 5**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Zola Cristini	CF	01:49,94	01:26,34
4	Yuanxi Daniel Lee	BB	01:43,50	01:30,31
5	Gian-Franco Fouche	BB	01:49,62	
6	Indra Hoets	CF		NT
7				-
8				-

Event 8: 100m Manikin Carry with Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Jake Hutton	BB	01:01,49	
2	Conrad Scheepers	CF	01:00,71	00:55,75
3	Mathew Pincente	CF	00:54,50	00:54,88
4	Wilan Basson	CF	00:52,16	00:54,00
5	Matthew Brooker	BB	00:54,34	00:55,16
6	Luke Glock	BB	00:59,31	01:03,22
7	Jamie Smuts	BB	01:00,89	00:59,57
8	Steven Waters	BB	01:01,66	01:03,47

Event 8: 100m Manikin Carry with Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Luc Brand	CF	01:06,91	
2	Jack Allott	BB	01:05,90	01:02,28
3	Matthew Brading	FH	01:05,50	01:01,35
4	Matthew Brooker	BB	01:04,90	
5	Amica De Jager	CF	01:05,36	01:03,44
6	Grant Nefdt	FH	01:05,77	01:04,09
7	Jan-Lukas Van der Westhuizen	BB	01:06,69	01:03,03
8	Caleb Jansen	BB	01:07,97	01:04,06

Event 8: 100m Manikin Carry with Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Wade Beukes	FH	01:12,19	
2	Tanner Gorille	CF	01:11,96	01:05,28
3	Taro Tomitsuka	CF	01:09,12	01:01,97
4	Amber-Rose Berry	CF	01:08,81	01:03,75
5	Miya Krog	FH	01:08,81	01:07,87
6	Amber-Rose Berry	CF	01:09,88	01:06,88
7	Tyler Ernstzen	CF	01:12,12	
8	Roy Clark	FH	01:12,45	01:09,81

Event 8: 100m Manikin Carry with Fins**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Leon Walther-Kotzé	CF	01:18,06	01:13,28
2	Teagan Thompson	CF	01:14,57	01:13,75
3	Casey Bruwer	BB	01:13,82	01:11,03
4	Garth Bruwer	BB	01:12,60	
5	Michelle Lamprecht	FH	01:13,75	01:09,63
6	Riziki Magotsi	CF	01:14,34	01:15,62
7	Erin Langenhoven	BB	01:14,75	01:07,40
8	Ellen Hodgkinson	CF	01:18,88	01:17,03

Event 8: 100m Manikin Carry with Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Ellen Hodgkinson	CF	01:21,62	01:16,75
2	Jessie Allott	BB	01:20,60	01:14,72
3	Joseph Brading	FH	01:19,34	
4	Sylvie Gorille	CF	01:18,93	
5	Imani Magotsi	CF	01:19,25	01:26,06
6	Marc Pincente	CF	01:19,53	01:11,00
7	Zia Petersen	CF	01:21,53	01:20,79
8	Victoria Donaldson	BB	01:21,94	01:16,94

Event 8: 100m Manikin Carry with Fins**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Heather Cresswell	FH	NT	01:33,00
2	Liam Brownlee	CF	01:32,19	01:23,78
3	Imani Magotsi	CF	01:23,57	01:28,78
4	Kianna-Gro Liversage	CF	01:22,06	01:16,66
5	Darryl Lindt	CF	01:22,21	01:18,46
6	Kyla Allott	BB	01:28,50	01:23,78
7	Erin Langenhoven	BB	NT	01:06,69
8	Kianna-Gro Liversage	CF	NT	01:18,75

Event 8: 100m Manikin Carry with Fins**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Luc Brand	CF		NT
2	Andrew Watts	CF		01:19,38
3	Sally Matusik	FH		01:28,87
4	Mascha Moorlach	FH		01:47,41
5	Renee Vrahimis	FH		NT
6	Zia Petersen	CF		NT
7	Jake Hutton	BB		NT
8	Mark Wiley	FH		01:47,62

Event 8: 100m Manikin Carry with Fins**Heat 8**

Lane	Swimmer	Club	Seed	Result
1	Sophia Wener	CF		01:20,69
2	Wilan Basson	CF		NT
3	Soeren Bendixen	FH		01:23,13
4	Mathew Pincente	CF		NT
5	Matthew Brading	FH		NT
6	Tyler Erntszén	CF		NT
7	Nicola Harcus	FH		NT
8				-

Event 9: 100m Manikin Tow with Fins**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Matthew Brading	FH	01:07,44	01:06,59
2	Luke Glock	BB	01:06,62	01:07,65
3	Conrad Scheepers	CF	01:02,44	01:05,21
4	Wilan Basson	CF	00:56,22	00:56,09
5	Mathew Pincente	CF	01:00,00	
6	Matthew Brooker	BB	01:02,69	01:02,50
7	Jamie Smuts	BB	01:07,18	01:10,35
8	Amica De Jager	CF	01:08,10	01:04,75

Event 9: 100m Manikin Tow with Fins**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Caleb Jansen	BB	01:11,78	01:08,54
2	Steven Waters	BB	01:10,53	01:09,22
3	Garth Bruwer	BB	01:09,94	01:08,47
4	Jan-Lukas Van der Westhuizen	BB	01:08,97	01:07,37
5	Luc Brand	CF	01:09,06	
6	Jack Allott	BB	01:09,97	01:09,63
7	Taro Tomitsuka	CF	01:11,56	01:05,15
8	Wade Beukes	FH	01:11,85	01:08,82

Event 9: 100m Manikin Tow with Fins**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Casey Bruwer	BB	01:16,88	
2	Amber-Rose Berry	CF	01:16,24	01:22,50
3	Teagan Thompson	CF	01:15,82	01:14,09
4	Tanner Gorille	CF	01:12,53	
5	Grant Nefdt	FH	01:14,84	01:10,22
6	Michelle Lamprecht	FH	01:16,06	01:18,53
7	Amber-Rose Berry	CF	01:16,75	01:13,50
8	Erin Langenhoven	BB	01:17,00	01:10,12

Event 9: 100m Manikin Tow with Fins**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Imani Magotsi	CF	01:21,06	
2	Sylvie Gorille	CF	01:19,57	01:23,00
3	Ellen Hodgkinson	CF	01:19,06	01:18,75
4	Miya Krog	FH	01:18,37	01:17,93
5	Erin Langenhoven	BB	01:18,87	01:10,72
6	Marc Pincente	CF	01:19,18	01:18,38
7	Ellen Hodgkinson	CF	01:20,34	01:19,38
8	Jessie Allott	BB	01:21,78	01:13,18

Event 9: 100m Manikin Tow with Fins**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Zia Petersen	CF	01:25,35	01:18,66
2	Kianna-Gro Liversage	CF	01:23,58	01:22,42
3	Tyler Ernstzen	CF	01:22,46	
4	Jessie Allott	BB	01:21,98	01:19,40
5	Leon Walther-Kotzé	CF	01:22,34	01:19,81
6	Darryl Lindt	CF	01:22,69	01:20,22
7	Roy Clark	FH	01:24,78	01:11,43
8	Riziki Magotsi	CF	01:25,58	01:25,28

Event 9: 100m Manikin Tow with Fins**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Sally Matusik	FH		01:38,46
2	Mascha Moorlach	FH		NT
3	Victoria Donaldson	BB	01:32,56	
4	Imani Magotsi	CF	01:26,11	
5	Liam Brownlee	CF	01:30,09	01:29,87
6	Heather Cresswell	FH		01:56,50
7	Renee Vrahimis	FH		01:46,85
8	Andrew Watts	CF		01:20,79

Event 9: 100m Manikin Tow with Fins**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Wilan Basson	CF		NT
2	Soeren Bendixen	FH		01:16,65
3	Matthew Brading	FH		NT
4	Jake Hutton	BB		NT
5	Mark Wiley	FH		01:46,75
6	Matthew Brooker	BB		NT
7	Tyler Erntszén	CF		NT
8	Nicola Harcus	FH		NT

Event 9: 100m Manikin Tow with Fins**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2				-
3	Kyla Allott	BB		01:28,72
4	Jake Hutton	BB		NT
5	Joseph Brading	FH		01:18,13
6	Sophia Wener	CF		01:23,85
7				-
8				-

Event 10: 200m Super Lifesaver**Heat 1**

Lane	Swimmer	Club	Seed	Result
1	Steven Waters	BB	02:43,94	02:45,03
2	Conrad Scheepers	CF	02:40,93	02:37,57
3	Matthew Brooker	BB	02:35,31	02:28,03
4	Wilan Basson	CF	02:26,34	02:25,69
5	Matthew Brooker	BB	02:26,94	02:27,31
6	Jack Allott	BB	02:39,46	02:38,31
7	Jack Allott	BB	02:42,71	02:44,28
8	Jamie Smuts	BB	02:45,87	02:46,75

Event 10: 200m Super Lifesaver**Heat 2**

Lane	Swimmer	Club	Seed	Result
1	Casey Bruwer	BB	02:57,71	02:54,06
2	Erin Langenhoven	BB	02:53,00	02:52,15
3	Jan-Lukas Van der Westhuizen	BB	02:50,32	02:51,09
4	Matthew Brading	FH	02:46,68	02:43,31
5	Taro Tomitsuka	CF	02:46,88	02:39,90
6	Luke Glock	BB	02:50,84	
7	Wade Beukes	FH	02:57,40	
8	Tanner Gorille	CF	02:58,53	

Event 10: 200m Super Lifesaver**Heat 3**

Lane	Swimmer	Club	Seed	Result
1	Jessie Allott	BB	03:09,53	03:03,22
2	Grant Nefdt	FH	03:05,33	02:57,56
3	Amber-Rose Berry	CF	02:59,81	02:57,84
4	Amica De Jager	CF	02:59,34	02:40,66
5	Caleb Jansen	BB	02:59,44	02:53,24
6	Amber-Rose Berry	CF	03:00,78	03:00,90
7	Miya Krog	FH	03:07,13	03:05,44
8	Riziki Magotsi	CF	03:10,06	03:13,59

Event 10: 200m Super Lifesaver**Heat 4**

Lane	Swimmer	Club	Seed	Result
1	Roy Clark	FH	03:21,35	
2	Kianna-Gro Liversage	CF	03:18,87	
3	Leon Walther-Kotzé	CF	03:14,88	03:11,72
4	Erin Langenhoven	BB	03:11,04	
5	Kianna-Gro Liversage	CF	03:12,06	03:08,85
6	Teagan Thompson	CF	03:15,75	
7	Jessie Allott	BB	03:20,69	02:57,60
8	Ellen Hodgkinson	CF	03:22,00	03:24,78

Event 10: 200m Super Lifesaver**Heat 5**

Lane	Swimmer	Club	Seed	Result
1	Heather Cresswell	FH		NT
2	Mathew Pincente	CF	03:39,06	
3	Sylvie Gorille	CF	03:34,51	
4	Imani Magotsi	CF	03:24,96	03:39,47
5	Imani Magotsi	CF	03:26,59	
6	Ellen Hodgkinson	CF	03:38,82	03:26,75
7	Liam Brownlee	CF	04:14,25	03:44,90
8	Mascha Moorlach	FH		NT

Event 10: 200m Super Lifesaver**Heat 6**

Lane	Swimmer	Club	Seed	Result
1	Garth Bruwer	BB		NT
2	Andrew Watts	CF		NT
3	Sally Matusik	FH		NT
4	Michelle Lamprecht	FH		NT
5	Renee Vrahimis	FH		NT
6	Victoria Donaldson	BB		NT
7	Darryl Lindt	CF		NT
8	Jake Hutton	BB		NT

Event 10: 200m Super Lifesaver**Heat 7**

Lane	Swimmer	Club	Seed	Result
1	Tyler Erntszen	CF		NT
2	Matthew Brading	FH		NT
3	Mark Wiley	FH		NT
4	Luc Brand	CF		NT
5	Marc Pincente	CF		NT
6	Mathew Pincente	CF		NT
7	Soeren Bendixen	FH		NT
8	Wilan Basson	CF		NT

Event 10: 200m Super Lifesaver**Heat 8**

Lane	Swimmer	Club	Seed	Result
1				-
2	Luc Brand	CF		NT
3	Tyler Ernstzen	CF		NT
4	Nicola Harcus	FH		NT
5	Jake Hutton	BB		NT
6	Joseph Brading	FH		NT 03:01,84
7	Sophia Wener	CF		NT 03:35,93
8				-