

LCT Speed Lifesaving #3 2025 - Heat Sheets

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50m With Fins SL

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer		Kate Wigley	Renee Vrahimis	Michelle Lamprecht	Meike Zumpt	Christina Mallion	Sally Matusik	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Andries Kotze	Christopher Garrow	Robin Kuys	Paul Herbert	Marco Zumpt	Alex Carl Neusch	Garth Bruwer	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jade Grondt	Xavier Sebastian	Camron Elliott	Nico Erasmus	Dillon Abrahams	Sive Ntloko	Grant Owis	Siphama dla Barns
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Indra Hoets	Emily Roff		Zola Cristini	Bailey Thomson			
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer		Riziki Magotsi	Nicole Persent	Thandile Sabela	Reese Noble	Kiersten Pause		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Ronan De Beer	Leon Walther-Kotzé	Kayden O'Connor	Isaiah Morris	Shethar Reid	Conrad Jantjies	Nathan Brown	Matthew Goff
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7								
Lane	1	2	3	4	5	6	7	8
Swimmer			Marais Kroon	Sofia Geva	Grayson Haller	Chloe Honore	Fia Moore Ackerman	
In	-----	-----	-----	-----	-----	-----	-----	-----

LCT Speed Lifesaving #3 2025 - Heat Sheets

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer		Vidar Bendixen	Daniel Goodall	Ryn Abrie	Callan Compton	Daniel Theron		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer		Levi April	Dani Bruwer	Rania Finck	Kallon Allott	Emma Brownlee		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer		Dylan Froneman	Matthew Goodall	Jaydon Allott	Christian Van Heerden	Diego Jansen	Jessie Allott	Ross Goodall
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 11

Lane	1	2	3	4	5	6	7	8
Swimmer	Niyaz Devajee	Alexa Heldsinger	Mikey Goodall	Isabella Brooker	Gia Heldsinger	David Jansen	Tyriq Windell	Abigail Kirkland
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 12

Lane	1	2	3	4	5	6	7	8
Swimmer	Carla Carolus	Kyla Allott	Hannah Van Heerden	Greyson September	Laeq Devajee	Clayton Abrahams	Nolan Froneman	Daniel Van der Westhuizen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 13

Lane	1	2	3	4	5	6	7	8
Swimmer	Lakin Leibrandt	Rebecca Alderman	Albert Cloete	Sylvie Gorille	Bianca Van der Westhuizen	Madison Tucker	Kinga Koen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 14

LCT Speed Lifesaving #3 2025 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Amica De Jager	Casey Bruwer	Kendra Begley	Chloe Jewell	Jesse-Leah Laderach	Kyrah Mack	Miya Krog	Kendra du Toit
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 15

Lane	1	2	3	4	5	6	7	8
Swimmer	Kiaan Terblanche	Tanner Gorille	Caleb Jansen	Lucca Basson	Jan-Lukas Van der Westhuizen	Luc Michaels	Jack Allott	Zack Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 16

Lane	1	2	3	4	5	6	7	8
Swimmer	Christian Wilson	Connor Gilmour	Matthew Brooker	Nicholas Pretorius	Wilan Basson	Conrad Scheepers	Taro Tomitsuka	Mathew Pincente
In	-----	-----	-----	-----	-----	-----	-----	-----

LCT Speed Lifesaving #3 2025 - Heat Sheets

50m Manikin Carry With Fins (Mini) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Grayson Haller	Marais Kroon	Lakin Leibrandt	Madison Tucker	Sofia Geva	Levi April	Fia Moore Ackerman	
In	-----	-----	-----	-----	-----	-----	-----	-----

LCT Speed Lifesaving #3 2025 - Heat Sheets

50m Manikin Carry With Fins (Medium) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Dani Bruwer	Daniel Theron	Albert Cloete	Gia Heldsing r	Bianca Van der Westhuizen	Chloe Honore	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Daniel Goodall	Kallon Allott	Daniel Van der Westhuizen	Nolan Froneman	Vidar Bendixen		
In	-----	-----	-----	-----	-----	-----	-----	-----

LCT Speed Lifesaving #3 2025 - Heat Sheets

50m Super Nipper (Medium) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer		Zola Cristini	Indra Hoets	Emily Roff	Kinga Koen	Bailey Thomson		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Ryn Abrie	Greyson September	Christian Van Heerden	Diego Jansen	Jaydon Allott	Dylan Froneman	Callan Compton
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer		Rebecca Alderman	Emma Brownlee	Isabella Brooker	Alexa Heldsinger	Hannah Van Heerden		
In	-----	-----	-----	-----	-----	-----	-----	-----

LCT Speed Lifesaving #3 2025 - Heat Sheets

100m Super Lifesaver SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer			Renee Vrahimis	Meike Zumpt	Michelle Lamprecht	Christina Mallion	Sally Matusik	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Andries Kotze	Robin Kuys	Marco Zumpt	David Jansen	Garth Bruwer	Paul Herbert	Alex Carl Neusch	Christopher Garrow
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Laeq Devajee	Grant Owis	Sive Ntloko	Christian Wilson	Camron Elliott	Siphamandla Barns	Jade Grondt	Nico Erasmus
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Mathew Pincente	Taro Tomitsuka	Jack Allott	Nicholas Pretorius	Wilan Basson	Matthew Brooker	Conrad Scheepers	Tanner Gorille
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Shethar Reid	Conrad Jantjies	Xavier Sebastian	Tyriq Windell	Isaiah Morris	Lucca Basson	Matthew Goff
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer		Reese Noble	Riziki Magotsi	Miya Krog	Kyrah Mack	Kyla Allott		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer	Abigail Kirkland	Jesse-Leah Laderach	Kendra du Toit	Amica De Jager	Kendra Begley	Casey Bruwer	Jessie Allott	Chloe Jewell
In	-----	-----	-----	-----	-----	-----	-----	-----

LCT Speed Lifesaving #3 2025 - Heat Sheets

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer		Jan-Lukas Van der Westhuizen	Mikey Goodall	Niyaz Devajee	Leon Walther-Kotzé	Nathan Brown	Ronan De Beer	Kayden O'Connor
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer			Sylvie Gorille	Carla Carolus	Rania Finck	Nicole Persent	Thandile Sabela	Kiersten Pause
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer	Zack Waters	Ross Goodall	Matthew Goodall	Caleb Jansen	Luc Michaels	Dillon Abrahams	Clayton Abrahams	
In	-----	-----	-----	-----	-----	-----	-----	-----