

# LCT Speed Lifesaving Gala #4 - Heat Sheets

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## 50m Obstacles SL

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Alexa Heldsinger	Luc Michaels	Jaydon Allott	Jan-Lukas Van der Westhuizen	Matthew Brooker	Jack Allott	Christian Van Heerden	Dillon Abrahams
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Greyson September	Kyla Allott	Nolan Froneman	Victoria Donaldson	Jessie Allott	Hannah Van Heerden	Clayton Abrahams	Gemma Blackburn
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Emma Fourie	Lakin Leibrandt	Elizabeth Spangenberg	Carla Carolus	Bianca Van der Westhuizen	Christiaan Basson	Emma Brownlee	Kallon Allott
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Lauren Allott	Nicole Persent	Kiersten Paulse	Lisa Buschek	Sam Hucke	Jeanne Topliss	Alshane Edwards	Sally Matusik
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Bryan Allott	Ewald Van Heerden	Tanner Gorille	Laeq Devajee	Camron Elliott	Revan Kennedy	Sive Ntloko	Conrad Scheepers
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Lucca Basson	Bella Haveman	Isaiah Morris	Thandile Sabela	Tyriq Windell	Amber-Rose Berry	Conrad Jantjies	Wade Beukes
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 7

# LCT Speed Lifesaving Gala #4 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer			Zach Hafner	Miya Krog	Casey Bruwer	Katya Bova-Olsen	Niyaaaz Devajee	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Sabrina Krige	Shaylee Powell	Bailey Thomson	Johannes Spangenberg	Alexei Slabbert	Megan Waters	Zola Cristini	Malan Steyl
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 50m With Fins SL

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Jaydon Allott	Casey Bruwer	Jack Allott	Lucca Basson	Matthew Brooker	Conrad Scheepers	Jan-Lukas Van der Westhuizen	Miya Krog
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Tyriq Windell	Niyaz Devajee	Laeq Devajee	Jessie Allott	Michelle Lamprecht	Christian Van Heerden	Dylan Froneman	Isabella Brooker
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Sive Ntloko	Christina Mallion	Clayton Abrahams	Kyla Allott	Emily Roff	Greyson September	Hannah Van Heerden	Victoria Donaldson
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Kallon Allott	Bianca Van der Westhuizen	Emma Brownlee	Zola Cristini	Carla Carolus	Daniel Van der Westhuizen	Rebecca Alderman	Sally Matusik
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Ewald Van Heerden	Monica Theron	Lauren Allott	Emma Fourie	Christiaan Basson	Rania Finck	Jeanne Topliss	Lisa Buschek
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Thandile Sabela	Nico Erasmus	Camron Elliott	Nicole Persent	Troy Squires	Kiersten Pause	Alshane Edwards	Dillon Abrahams
In	_____	_____	_____	_____	_____	_____	_____	_____

Heat 7

# LCT Speed Lifesaving Gala #4 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer			Wade Beukes	Isaiah Morris	Bella Haveman n	Zia Petersen	Zach Hafner	Steven Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer		Shaylee Powell	Bailey Thomson	Alexei Slabbert	Johannes Spangenberg	Malan Steyl	Vidar Bendixen	Sabrina Krige
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 4x50m With Fins SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 50m Manikin Carry (Mini) SL

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer				Lakin Leibrandt	Christiaan Basson	Elizabeth Spangenberg	Malan Steyl	
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 50m Manikin Carry (Medium) SL

**Heat 1**

Lane	1	2	3	4	5	6	7	8
Swimmer	Gemma Blackburn	Emma Brownlee	Bailey Thomson	Kallon Allott	Bianca Van der Westhuizen	Nolan Froneman	Alexa Heldsinger	Emily Roff
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 2**

Lane	1	2	3	4	5	6	7	8
Swimmer		Zola Cristini	Isabella Brooker	Sabrina Krige	Megan Waters	Shaylee Powell	Alexei Slabbert	Rebecca Allderman
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 3**

Lane	1	2	3	4	5	6	7	8
Swimmer		Greyson September	Johannes Spangenberg	Christian Van Heerden	Dylan Froneman	Vidar Bendixen	Jaydon Allott	Daniel Van der Westhuizen
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 4**

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 50m Manikin Carry SL

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Lauren Allott	Lisa Buschek	Sally Matusik	Revan Kennedy	Christina Mallion	Michelle Lamprecht	Monica Theron	Jeanne Topliss
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Alshane Edwards	Troy Squires	Dillon Abrahams	Clayton Abrahams	Nicole Persent	Conrad Scheepers	Kiersten Paulse	Bryan Allott
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Rania Finck	Amber-Rose Berry	Tanner Gorille	Nico Erasmus	Laeq Devajee	Luc Michaels	Sive Ntloko	Tyriq Windell
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Lucca Basson	Zia Petersen	Bella Haveman n	Matthew Brooker	Conrad Jantjies	Isaiah Morris	Wade Beukes	Carla Carolus
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer		Zach Hafner	Jan-Lukas Van der Westhuizen	Kyla Allott	Casey Bruwer	Katya Bova-Olsen	Miya Krog	Niyaaz Devajee
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 50m Torpedo Buoy Rescue SL

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Vidar Bendixen	Kallon Allott	Lakin Leibrandt	Bianca Van der Westhuizen	Nolan Froneman	Christiaan Basson	Daniel Van der Westhuizen	Elizabeth Spangenberg
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 50m Super Nipper (Medium) SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Rebecca Alderman	Hannah Van Heerden	Alexa Heldsingerr	Dylan Froneman	Christian Van Heerden	Jaydon Allott	Isabella Brooker	Zola Cristini
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer		Shaylee Powell	Megan Waters	Bailey Thomson	Emma Brownlee	Greyson September	Emma Fourie	Sabrina Krige
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer								
In	-----	-----	-----	-----	-----	-----	-----	-----

# LCT Speed Lifesaving Gala #4 - Heat Sheets

## 100m Super Lifesaver SL

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer			Luc Michaels	Lucca Basson	Matthew Brooker	Jack Allott	Tanner Gorille	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer			Miya Krog	Casey Bruwer	Conrad Scheepers	Jan-Lukas Van der Westhuizen	Jessie Allott	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer			Laeq Devajee	Niyaz Devajee	Dillon Abrahams	Sive Ntloko	Clayton Abrahams	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer			Rania Finck	Christina Mallion	Kyla Allott	Victoria Donaldson	Carla Carolus	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer			Isaiah Morris	Nicole Persent	Zach Hafner	Kiersten Pause	Conrad Jantjies	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer			Steven Waters	Nico Erasmus	Camron Elliott	Alshane Edwards	Wade Beukes	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

Lane	1	2	3	4	5	6	7	8
Swimmer			Sam Hucke	Sally Matusik	Lisa Buschek	Monica Theron	Michelle Lamprech	Jeanne Topliss

# LCT Speed Lifesaving Gala #4 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
							t	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer			Zia Petersen	Bella Haveman n	Amber-Rose Berry	Thandile Sabela	Katya Bova-Olsen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer				Revan Kennedy	Troy Squires	Tyriq Windell	Ewald Van Heerden	
In	-----	-----	-----	-----	-----	-----	-----	-----