

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 50m Manikin Carry (Mini)

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Sakinah Gamiel die n	Alice Fury	Caleb Bugler	Elizabeth Spangen berg	Byron Hutchinso n	Hugo Read	Jackson Goodall	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Noah Smollan	Roan Horne	Levi April	Dylan Van Gysen	Farrell van Asperen	Luka Monakali- Krweqe	Mayah van Heerd en	
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 50m Manikin Carry (Medium)

**Heat 1**

Lane	1	2	3	4	5	6	7	8
Swimmer	Josh Van Gysen	Grayson Haller	Lily Brinckmann	Fia Moore Ackerman	Lakin Leibrandt	Madison Tucker	Jean-Louis Kroon	Willem Sp anenberg
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 2**

Lane	1	2	3	4	5	6	7	8
Swimmer	Lisa Keller	Sacha Read	Declan Tucker	Emily Clark	Leah Verdon	Kallon Allott	Alexis Jessica Done	Daniel Goodall
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 3**

Lane	1	2	3	4	5	6	7	8
Swimmer	Yuanxi Daniel Lee	Emma Brownlee	Zuhair Gamieldeen	Rebecca Alderman	Chase Sim	Zola Cristini	Isla Conradie	Katie Dyason
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 4**

Lane	1	2	3	4	5	6	7	8
Swimmer	Noah Kervarrec	Johannes Spangenberg	Vidar bendixen	Gia Heldsinger	Emilie Conradie	Rohin Desai	Saffiya Emjedi	Nolan Froneman
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 5**

Lane	1	2	3	4	5	6	7	8
Swimmer	CJ Hutchinson	Dylan Froneman	Hannah Van Heerden	Jaydon Allott	Sarah Mocke	Caitlin Barnes	Ryn Abrie	Tyde Sim
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 50m Manikin Carry

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Diego Jansen	Greyson September	Puneet Nagendra kumar	Callan Compton	Zac Sampson	Daniel van Nieuwholtz	Idreess Gamiel die n	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer		Christian van Heerden	Joseph Brading	Reinier Naude	Riziki Magotsi	Rourke Louw	Brinn Chivel	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Brooker	Emily Roff	Sydney-Grace Williams	Sabrina Krige	Shaylee Powell	Alexa Heldsinger	Gemma Blackburn	McKenzi Rodda
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Ross Goodall	Eloise Horne	Jeanne Topliss	Sally Matusik	Heather Cresswell	Mike Rodda	Matthew Goodall	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer	Sylvie Gorille	Kyla Allott	Zia Petersen	Jessie Allott	Jenna Loubser	Abigail Kirkland	Liam Brownlee	Lisa Buschek
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Michael Goodall	Layla Nixon	Miya Krog	Michelle Lamprecht	Marc Pincente	Alex Neusch	Amber-Rose Berry	Katya Bova-Olsen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7								
Lane	1	2	3	4	5	6	7	8
Swimmer	Casey	Kyto	Josh Hun	Isabella	Isabella	Leon	Xanthe	Grace

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
	Bruwer	Tuohy	tingford	Done	Haveman n	Walther- Kotzé	Nagel	Prince
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Grant Nefdt	Jack Allott	Zack Waters	Caleb Jansen	Amica De Jager	Kendra du Toit	Jan-Lukas Van der Westhuiz en	Wade Beukes
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Tanner Gorille	Matthew Brading	Wilan Basson	Ockert van Schalkwy k	Jake Hutton	Matthew Brooker	Conrad Scheepers	Steven Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 100m Manikin Carry with Fins (Mini)

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Levi April	Dylan Van Gysen	Noah Smollan	Sakinah Gamiel die n	Roan Horne	Luka Monakali- Krweqe	Farrell van Asperen	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Mayah van Heerden	Alice Fury	Caleb Bugler	Elizabeth Spangen berg	Byron Hutchinso n	Hugo Read	Jackson Goodall	
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 100m Manikin Carry with Fins (Medium)

**Heat 1**

Lane	1	2	3	4	5	6	7	8
Swimmer	Josh Van Gysen	Grayson Haller	Lily Brinckmann	Fia Moore Ackerman	Lakin Leibrandt	Madison Tucker	Jean-Louis Kroon	Willem Sp anenberg
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 2**

Lane	1	2	3	4	5	6	7	8
Swimmer	Lisa Keller	Sacha Read	Kallon Allott	Chase Sim	Zuhair Gamiel die n	Declan Tucker	Alexis Jessica Done	Daniel Goodall
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 3**

Lane	1	2	3	4	5	6	7	8
Swimmer	Yuanxi Daniel Lee	Leah Verdon	Isla Conradie	Noah Kervarrec	Emily Clark	Zola Cristini	Emma Brownlee	Katie Dyason
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 4**

Lane	1	2	3	4	5	6	7	8
Swimmer	Nolan Froneman	Johannes Spangenb erg	Hannah Van Heerden	Saffiya Emjedi	Tyde Sim	Rohin Desai	Gia Heldsing e r	Rebecca Allderman
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 5**

Lane	1	2	3	4	5	6	7	8
Swimmer	Vidar bendixen	CJ Hutchinso n	Emilie Conradie	Jaydon Allott	Sarah Mocke	Caitlin Barnes	Dylan Froneman	Ryn Abrie
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 100m Manikin Carry with Fins

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer			Callan Compton	Daniel van Nieuwholtz	Diego Jansen	Greyson September		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer		Rourke Louw	Puneet Nagendrakumar	Idreess Gamieldeen	Zac Sampson	Christian van Heerden		
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Emily Roff	Sydney-Grace Williams	Shaylee Powell	Sabrina Krige	McKenzi Rodda	Alexa Heldsinger	Gemma Blackburn	Isabella Brooker
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4								
Lane	1	2	3	4	5	6	7	8
Swimmer	Reinier Naude	Brinn Chivel	Ross Goodall	Alex Neusch	Mike Rodda		Matthew Goodall	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5								
Lane	1	2	3	4	5	6	7	8
Swimmer		Lisa Buschek	Jeanne Topliss	Sally Matusik	Heather Cresswell	Renee Vrahimis	Eloise Horne	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6								
Lane	1	2	3	4	5	6	7	8
Swimmer	Joseph Brading	Michael Goodall	Kyla Allott	Isabella Done	Liam Brownlee	Abigail Kirkland	Zia Petersen	Wade Beukes
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7								
Lane	1	2	3	4	5	6	7	8
Swimmer	Sylvie Gorille	Jenna Loubser	Katya Bova-	Jessie Allott	Leon Walther-	Riziki Magotsi	Isabella Haveman	Xanthe Nagel

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
			Olsen		Kotzé		n	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Casey Bruwer	Kyto Tuohy	Grace Prince	Amber-Rose Berry	Miya Krog	Michelle Lamprecht	Marc Pincente	Josh Huntingford
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer	Zack Waters	Layla Nixon	Grant Nefdt	Jack Allott	Jan-Lukas Van der Westhuizen	Amica De Jager	Caleb Jansen	Tanner Gorille
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 10

Lane	1	2	3	4	5	6	7	8
Swimmer	Jake Hutton	Kendra du Toit	Wilan Basson	Ockert van Schalkwyk	Matthew Brooker	Conrad Scheepers	Matthew Brading	Steven Waters
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 4x50m Lifesaver Relay

**Heat 1**

Lane	1	2	3	4	5	6	7	8
Swimmer	CF SnrB Boys Lifesaver Relay	OC Snr Boys Lifesaver Relay	CF Masters Mixed Lifesaver Relay	CF SnrA Boys Lifesaver Relay	CF SnrA Girls Lifesaver Relay	FH Masters Mixed Lifesaver Relay	FH MastersB Lifesaver Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 2**

Lane	1	2	3	4	5	6	7	8
Swimmer		BB JnrB Boys Lifesaver Relay	FH JnrA Boys Lifesaver Relay	CF JnrA Boys Lifesaver Relay	CF JnrB Boys Lifesaver Relay	FH SnrA Boys Lifesaver Relay	BB JnrA Boys Lifesaver Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 3**

Lane	1	2	3	4	5	6	7	8
Swimmer		OC JnrA Girls Lifesaver Relay	CF JnrC Boys Lifesaver Relay	FH JnrA Girls Lifesaver Relay	CF JnrA Girls Lifesaver Relay	OC JnrB Girls Lifesaver Relay		
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 4**

Lane	1	2	3	4	5	6	7	8
Swimmer		FH u14B Lifesaver Relay	CF u14C Lifesaver Relay	CF u14A Lifesaver Relay	CF u14B Lifesaver Relay	BB u14A Lifesaver Relay	FH u14A Lifesaver Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 5**

Lane	1	2	3	4	5	6	7	8
Swimmer	CF u10A Lifesaver Relay	FH u10A Lifesaver Relay	CF u10B Lifesaver Relay	CF u12A Lifesaver Relay	FH u12A Lifesaver Relay	CF u12B Lifesaver Relay	FH u12B Lifesaver Relay	
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 100m Torpedo Buoy Rescue

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Elizabeth Spangenberg	Jean-Louis Kroon	Emily Clark	Nolan Froneman	Isla Conradie	Katie Dyason	Zuhair Gamieldeen	Fia Moore Ackermann
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Madison Tucker	Lakin Leibrandt	Lisa Keller	Grayson Haller	Leah Verdon	Daniel Goodall	Lily Brinckmann	Josh Van Gysen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Caleb Bugler	Levi April	Willem Spangenberg	Luka Monakali-Krweqe	Byron Hutchinson	Hugo Read	Jackson Goodall	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Mayah van Heerden	Alice Fury	Sakinah Gamieldeen	Dylan Van Gysen	Noah Smollan	Farrell van Asperen	Roan Horne	
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 100m Super Nipper

Heat 1								
Lane	1	2	3	4	5	6	7	8
Swimmer	Rebecca Alderman	Hannah Van Heerden	Dylan Froneman	Sarah Mocke	Jaydon Allott	Caitlin Barnes	CJ Hutchinson	Ryn Abrie
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2								
Lane	1	2	3	4	5	6	7	8
Swimmer	Emilie Conradie	Declan Tucker	Alexis Jessica Done	Emma Brownlee	Zola Cristini	Chase Sim	Tyde Sim	Gia Heldsinger
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3								
Lane	1	2	3	4	5	6	7	8
Swimmer	Vidar bendixen	Rohin Desai	Kallon Allott	Saffiya Emjedi	Johannes Spangenberg	Noah Kervarrec	Sacha Read	Yuanxi Daniel Lee
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 100m Manikin Tow with Fins

Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Matthew Brading	Amica De Jager	Matthew Brooker	Ockert van Schalkwyk	Wilan Basson	Conrad Scheepers	Kendra du Toit	Caleb Jansen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Grant Nefdt	Grace Prince	Jack Allott	Zack Waters	Jan-Lukas Van der Westhuizen	Wade Beukes	Steven Waters	Layla Nixon
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Haveman	Amber-Rose Berry	Tanner Gorille	Josh Huntingford	Kyto Tuohy	Jessie Allott	Casey Bruwer	Katya Bovas-Olsen
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Sylvie Gorille	Zia Petersen	Joseph Brading	Miya Krog	Michelle Lamprecht	Marc Pincente	Xanthe Nagel	Leon Walther-Kotzé
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Abigail Kirkland	Isabella Done	Liam Brownlee	Michael Goodall	Riziki Magotsi	Kyla Allott	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer	Lisa Buschek	Eloise Horne	Heather Cresswell	Sally Matusik	Renee Vrahimis	Mike Rodda	Jeanne Topliss	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 7

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

Lane	1	2	3	4	5	6	7	8
Swimmer	Jake Hutton	Ross Goodall	Reinier Naude		Jenna Loubser	Brinn Chivel	Matthew Goodall	Alex Neusch
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 8**

Lane	1	2	3	4	5	6	7	8
Swimmer	Alexa Heldsinger	Sydney-Grace Williams	Emily Roff	Gemma Blackburn	Isabella Brooker	Sabrina Krige	McKenzi Rodda	Shaylee Powell
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 9**

Lane	1	2	3	4	5	6	7	8
Swimmer		Christian van Heerden	Zac Sampson	Daniel van Nieuwholtz	Rourke Louw	Puneet Nagendra kumar		
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 10**

Lane	1	2	3	4	5	6	7	8
Swimmer			Diego Jansen	Idrees Gamiel die n	Callan Compton	Greyson September		
In	-----	-----	-----	-----	-----	-----	-----	-----

**Heat 11**

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

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

## 200m Super Lifesaver

### Heat 1

Lane	1	2	3	4	5	6	7	8
Swimmer	Zack Waters	Conrad Scheepers	Ockert van Schalkwyk	Matthew Brooker	Wilan Basson	Jack Allott	Amica De Jager	Matthew Brading
In	-----	-----	-----	-----	-----	-----	-----	-----

### Heat 2

Lane	1	2	3	4	5	6	7	8
Swimmer	Casey Bruwer	Caleb Jansen	Jan-Lukas Van der Westhuizen	Kendra du Toit	Steven Waters	Layla Nixon	Grant Nefdt	Grace Prince
In	-----	-----	-----	-----	-----	-----	-----	-----

### Heat 3

Lane	1	2	3	4	5	6	7	8
Swimmer	Joseph Brading	Xanthe Nagel	Amber-Rose Berry	Jessie Allott	Wade Beukes	Tanner Gorille	Kyto Tuohy	Katya Bova-Olsen
In	-----	-----	-----	-----	-----	-----	-----	-----

### Heat 4

Lane	1	2	3	4	5	6	7	8
Swimmer	Sylvie Gorille	Isabella Done	Leon Walther-Kotzé	Riziki Magotsi	Miya Krog	Michael Goodall	Zia Petersen	Liam Brownlee
In	-----	-----	-----	-----	-----	-----	-----	-----

### Heat 5

Lane	1	2	3	4	5	6	7	8
Swimmer		Michelle Lamprecht	Kyla Allott	Jenna Loubser	Brinn Chivel	Eloise Horne	Josh Huntingford	
In	-----	-----	-----	-----	-----	-----	-----	-----

### Heat 6

Lane	1	2	3	4	5	6	7	8
Swimmer	Isabella Brooker	Shaylee Powell	Gemma Blackburn	Emily Roff	Alexa Heldsinger	Sabrina Krige	Sydney-Grace Williams	
In	-----	-----	-----	-----	-----	-----	-----	-----

# RSS Pool Rescue 2025/6 #1 - Heat Sheets

Heat 7

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

Heat 8

Lane	1	2	3	4	5	6	7	8
Swimmer	Greyson September	Zac Sampson	Diego Jansen	Idreess Gamiel die n	Christian van Heerden	Puneet Nagendra kumar	Callan Compton	
In	-----	-----	-----	-----	-----	-----	-----	-----

Heat 9

Lane	1	2	3	4	5	6	7	8
Swimmer		Marc Pincen te	Alex Neusch		Ross Goodall	Matthew Goodall	Lisa Buschek	
In	-----	-----	-----	-----	-----	-----	-----	-----