

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Event 10 Girls 14-29 200 LC Meter Obstacle POOL JUNIORS**

<b>14 SA REC 20:</b>	<b>2:18,32</b>	<b>27 Apr 2017</b>	<b>Alexandra Chislett</b>
<b>15-16 SA REC:</b>	<b>2:16,79</b>	<b>23 Jun 2018</b>	<b>Alexandra Chislett</b>
<b>17-18 SA REC:</b>	<b>2:14,92</b>	<b>17 Jul 2016</b>	<b>Kristin Bellinghan</b>
<b>19-29 SA REC:</b>	<b>2:09,58</b>	<b>2003</b>	<b>Erna Wedermeyer</b>

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 10 Prelims**

3	Anke van der Poel	14	BLM	NT
4	Chante Killian	14	SGLS	NT
5	Georgia Singe	14	FHK	NT

**Heat 2 of 10 Prelims**

2	Joelle Buys	14	FHK	NT
3	Megan Hough	14	KB	NT
4	Madison Alberts	14	ROX	NT
5	Keira van Heerden	14	SS	NT
6	Jessica Harcus	14	WDR	NT
7	Kianna Liversage	14	CLF	NT

**Heat 3 of 10 Prelims**

1	Ciara Conwood	14	SGLS	NT
2	Kayleigh Smith	14	ROX	NT
3	Keira King	15	ROX	NT
4	Nicola Herbst	15	WDR	NT
5	Teegan Pio	15	KB	NT
6	Nicola Harcus	15	WDR	NT
7	Yanelisa Nomoyi	14	KB	NT
8	Zara Brown	14	SGLS	NT

**Heat 4 of 10 Prelims**

1	Hannah Praetorius	15	WDR	NT
2	Rebecca Harcombe	16	SS	NT
3	Karli van Heerden	16	BLM	NT
4	Aryn Ely	16	ROX	NT
5	Eliza Jenniker	16	SGLS	NT
6	Robyn Hough	16	KB	NT
7	Angelina Rockman	16	SGLS	NT
8	Jodi Wilson	15	SS	NT

**Heat 5 of 10 Prelims**

1	Brooklynn Pienaar	16	SGLS	NT
2	Ann-Mari de Villiers	16	BLM	NT
3	Jessica Booth	18	KB	NT
4	Georgia Hawkins	18	ROX	NT
5	Mia Rule	18	ROX	NT
6	Tatum Botha	17	ROX	NT
7	Milishca Geleta	16	BLM	NT
8	Anya Hocking	16	ROX	NT

**Heat 6 of 10 Prelims**

1	Courtney Davidson	19	SS	NT
2	Barbara Anne de Bruin	20	MAR	NT
3	Keli Reynolds	22	MRN	NT
4	Lara Edwards	24	PIR	NT
5	Kristin Bellinghan	23	MRN	NT
6	Amica de Jager	22	DS	NT
7	Raquel Robbins	19	MRN	NT
8	Chelsey Cooke	18	KB	NT

**Heat 7 of 10 Prelims**

1	Carmel Billson	29	MRN	NT
2	Jesse Allott	14	MLN	3:31,84
3	Imani Magotsi	14	CLF	3:27,02
4	Ava Ingel	14	CLF	3:16,32
5	Lily Day	15	BBAY	3:24,88
6	Ellen Hodgkinson	14	CLF	3:28,43
7	Sylvie Gorille	20	CLF	3:48,58
8	Sasha-Lee Nordegen	24	ROX	NT

**Heat 8 of 10 Prelims**

1	Caitlynn Foster	14	TUKS	3:10,58
2	Awande Mlangeni	15	TUKS	2:54,50
3	Anneke van Eeden	17	HART	2:41,94
4	Tove' van Zyl	24	TUKS	2:25,21
5	Kelsey Chiang	16	MLN	2:36,60
6	Sune van Zyl	16	HART	2:48,59
7	Victoria Seale	16	CLF	3:00,09
8	Lana Loots	16	BLM	3:14,03

**Heat 9 of 10 Prelims**

1	Cailynn Foster	14	TUKS	3:10,08
2	Tamica Visser	15	HART	2:52,50
3	Marlise Ferreira	19	HART	2:41,34
4	Savannah Voigt	16	CLF	2:24,49
5	Kendra du Toit	18	TUKS	2:30,46
6	Linique Rowles	14	HART	2:46,00
7	Deborah Dredge	19	TUKS	2:56,94
8	Kiersten Paulse	16	XTRM	3:13,59

**Heat 10 of 10 Prelims**

1	Cayla Visser	15	BLM	3:01,99
2	Kaylin Visser	15	BLM	2:51,94
3	Aimee Langenhoven	16	BBAY	2:39,56
4	Holly Cleworth	17	CLF	2:24,06
5	Erin Langenhoven	14	BBAY	2:26,40
6	Amber-Rose Berry	14	FHK	2:42,68
7	Zoey Booysen	15	TUKS	2:56,68
8	Ella Thorton Burge	14	CLF	3:11,38

**Event 11 Boys 14-29 200 LC Meter Obstacle POOL JUNIORS**

<b>14 SA REC 20:</b>	<b>2:13,01</b>	<b>07 Mar 2020</b>	<b>Aiden Bornman</b>
<b>15-16 SA REC:</b>	<b>2:05,59</b>	<b>27 Apr 2017</b>	<b>Calvin Coetzee</b>
<b>17-18 SA REC:</b>	<b>1:59,24</b>	<b>26 Apr 2012</b>	<b>Paul van Achterbergh</b>
<b>19-29 SA REC:</b>	<b>1:57,69</b>	<b>11 Sep 2016</b>	<b>Johan Lourens</b>

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 10 Prelims**

3	Wade Beukes	14	FHK	NT
4	Cody Stallard	14	FHK	NT
5	Seth Jooste	14	SGLS	NT

**Heat 2 of 10 Prelims**

2	Canaan Brice	14	KB	NT
3	Liam Niewoudt	14	BLM	NT
4	Wyatt Ludick	14	KB	NT
5	Christian Middleton	14	KB	NT
6	Conor Moynihan	14	KB	NT
7	Liam Schweitzer	14	WDR	NT

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**Meet Program**

**Heat 3 Prelims (#11 Boys 14-29 200 LC Meter Obstacle POOL JUNIORS)**

1	Matthew Benn	14	SGLS	NT
2	Damien Angel	15	ROX	NT
3	Conner Daniels	15	SGLS	NT
4	Jordan Denyer	16	KB	NT
5	Luc O'Brien	15	ROX	NT
6	Corban Oliver	15	KB	NT
7	Isaiah Douglas	14	SGLS	NT
8	Alexander Moolman	14	WDR	NT

**Heat 4 of 10 Prelims**

1	Matthew Tucker	16	KB	NT
2	Brian Young	18	KB	NT
3	Cullen Biddulph	19	KB	NT
4	Shurker Coetzee	20	SGLS	NT
5	Bartho Visser	20	CLF	NT
6	Kyle Hultzer	18	ROX	NT
7	Hanre Potgieter	17	BLM	NT
8	Diano Brandt	16	SGLS	NT

**Heat 5 of 10 Prelims**

1	Henk Heymel	21	AMX	NT
2	Travis Misdorp	22	PIR	NT
3	Avron Manchest	26	XTRM	NT
4	Daniel Gerhard	14	MLN	3:31,84
5	Kerwin Clarke	29	SGLS	NT
6	Keegan Cooke	24	KB	NT
7	Luke Mansvelt	22	CLF	NT
8	Joshua Tucker	20	KB	NT

**Heat 6 of 10 Prelims**

1	Tristan Theron	14	AMX	3:25,44
2	Paul Lassen	29	CLF	3:09,40
3	Jared Lawson	15	MLN	2:56,00
4	George Allen	16	CLF	2:55,00
5	Marnitz van den Berg	17	AMX	2:55,09
6	Sean Swart	14	BBAY	3:00,60
7	David Buys	14	BBAY	3:09,94
8	Prince Radebe	18	AMX	3:29,41

**Heat 7 of 10 Prelims**

1	Nico Zumpt	15	MLN	2:50,90
2	Kyle Jansen van Vuuren	17	HART	2:46,09
3	Tanner Gorille	22	CLF	2:37,42
4	Bernard Mac Kay	15	BLM	2:35,62
5	Christiaan Bothma	14	HART	2:36,66
6	Luke Glock	16	BBAY	2:45,34
7	Matthew Brooker	14	BBAY	2:49,60
8	Ryan Nell	14	TUKS	2:51,62

**Heat 8 of 10 Prelims**

1	Andries Jansen van Vuuren	18	BLM	2:30,14
2	Zack Waters	16	CLF	2:25,06
3	Naor Lombard	17	CLF	2:21,70
4	Kian du Toit	20	TUKS	2:11,41
5	Antonie Pieterse	16	HART	2:20,39
6	Ryan Voigt	14	CLF	2:24,43
7	Neil Holtzhausen	14	HART	2:26,72
8	Ludolph Joubert	15	TUKS	2:33,82

**Heat 9 of 10 Prelims**

1	Ockert van Schalkwyk	21	TUKS	2:29,12
2	Tiago Goncalves	15	BKS	2:25,05
3	Jamie Smuts	16	BBAY	2:21,50
4	Aiden Bornman	16	BKS	2:09,28
5	Armand Jubber	15	BKS	2:19,27
6	Yusseni Furtado	15	CLF	2:23,81
7	Jake Hutton	14	BBAY	2:26,07
8	Jason Rodgers	19	TUKS	2:32,86

**Heat 10 of 10 Prelims**

1	Cameron Pritchard	16	MLN	2:28,58
2	Clayton Thompson	16	TUKS	2:24,97
3	Christiaan van Eeden	14	HART	2:20,39
4	Len-Douglas Mac Kay	17	BLM	2:07,12
5	Willem Basson	15	BEL	2:19,25
6	Adrian Le Roux	16	AMX	2:21,87
7	Taro Tomitsuka	20	CLF	2:25,63
8	Janeco Coetzee	17	AQUA	2:31,99

**Event 12 Girls 14-18 200 LC Meter 4 x 50m Obstacle Relay POOL JUNI**

SA REC 2022: 1:57,06 2001 Kwa Zulu Natal

A.Chislett, B.Opperman, S.vd Berg, D.v Rensburg

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

3	Rox	C	NT
	1) Nicollette Challenor 17	2) Kezia Elliott 18	
	3) Valma-Jean Hockly 15	4) Kayleigh Smith 14	
4	Seagulls	A	NT
	1) Eliza Jenniker 16	2) Brooklynn Pienaar 16	
	3) Angelina Rockman 16	4) Ciara Conwood 14	
5	Rox	B	NT
	1) Aryn Ely 16	2) Saskia Hockly 17	
	3) Keira King 15	4) Georgia Hawkins 18	

**Heat 2 of 2 Finals**

1	Harties	A	NT
	1) Linique Rowles 14	2) Sune van Zyl 16	
	3) Anneke van Eeden 17	4) Tamica Visser 15	
2	TUKS	A	NT
	1) Zoey Booysen 15	2) Kendra du Toit 18	
	3) Awande Mlangeni 15	4) Cailynn Foster 14	
3	Bloem	A	NT
	1) Milishca Geleta 16	2) Anke van der Poel 14	
	3) Cayla Visser 15	4) Kaylin Visser 15	
4	Clifton	A	NT
	1) Holly Cleworth 17	2) Savannah Voigt 16	
	3) Victoria Seale 16	4) Imani Magotsi 14	
5	Rox	A	NT
	1) Madison Alberts 14	2) Tatum Botha 17	
	3) Anya Hocking 16	4) Mia Rule 18	
6	Kings Beach	A	NT
	1) Jessica Booth 18	2) Megan Hough 14	
	3) Robyn Hough 16	4) Teegan Pio 15	
7	WDR	A	NT
	1) Jessica Harcus 14	2) Nicola Harcus 15	
	3) Nicola Herbst 15	4) Hannah Praetorius 15	

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**Event 13 Boys 14-18 200 LC Meter 4 x 50m Obstacle Relay POOL JUNI**

SA REC 2022: 1:48,54 22 Feb 2013 Western Province

JP van Zyl, C.Botha, M.Erasmus, C.Coetzee

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

3	Kings Beach	B	NT
	1) Wyatt Ludick 14	2) Brian Young 18	
	3) Matthew Tucker 16	4) Corban Oliver 15	
4	Harties	A	NT
	1) Christiaan Bothma 14	2) Neil Holtzhausen 14	
	3) Antonie Pieterse 16	4) Christiaan van Eeden 14	
5	Big Bay	A	NT
	1) Luke Glock 16	2) Matthew Brooker 14	
	3) Jamie Smuts 16	4) Jake Hutton 14	

**Heat 2 of 2 Finals**

1	Rox	A	NT
	1) Damien Angel 15	2) Matthew Coetzer 16	
	3) Kyle Hultzer 18	4) Luc O'Brien 15	
2	Bloem	A	NT
	1) Bernard Mac Kay 15	2) Len-Douglas Mac Kay 17	
	3) Hanre Potgieter 17	4) Andries Jansen van Vuuren 18	
3	Aquamix	A	NT
	1) Tristan Theron 14	2) Adrian Le Roux 16	
	3) Marnitz van den Berg 17	4) Prince Radebe 18	
4	Seagulls	A	NT
	1) Matthew Benn 14	2) Isaiah Douglas 14	
	3) Seth Jooste 14	4) Diano Brandt 16	
5	Kings Beach	A	NT
	1) Canaan Brice 14	2) Jordan Denyer 16	
	3) Christian Middleton 14	4) Conor Moynihan 14	
6	Milnerton	A	NT
	1) Jared Lawson 15	2) Daniel Gerhard 14	
	3) Cameron Pritchard 16	4) Nico Zumpt 15	
7	Clifton	A	NT
	1) Ryan Voigt 14	2) Zack Waters 16	
	3) Yussen Furtado 15	4) Naor Lombard 17	

**Event 14 Women 19-29 200 LC Meter 4 x 50m Obstacle Relay POOL JU**

SA REC 2022: 1:55,98 2004 SA German Cup Team 2004

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

4	Rox	A	NT
	1) Sasha-Lee Nordegen 24	2) Tatum Botha 17	
	3) Anya Hocking 16	4) Saskia Hockly 17	
5	Marine	A	NT
	1) Kristin Bellinghan 23	2) Carmel Billson 29	
	3) Keli Reynolds 22	4) Raquel Robbins 19	

**Event 15 Men 19-29 200 LC Meter 4 x 50m Obstacle Relay POOL JUNIC**

SA REC 2022: 1:41,59 11 Sep 2016 SA Proteas Commonwealth

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

3	TUKS	A	NT
	1) Kian du Toit 20	2) Clayton Thompson 16	
	3) Jason Rodgers 19	4) Ockert van Schalkwyk 21	
4	Clifton	A	NT
	1) Tanner Gorille 22	2) Paul Lassen 29	
	3) Taro Tomitsuka 20	4) George Allen 16	
5	Kings Beach	A	NT
	1) Cullen Biddulph 19	2) Keegan Cooke 24	
	3) Joshua Tucker 20	4) Jordan Denyer 16	

**Event 16 Girls 14-18 50 LC Meter Line Throw Relay POOL JUNIORS**

SA REC 2022: 13,75 22 Apr 2009 Gauteng Seniors

Lane	Team	Relay	Seed Time
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**Heat 1 of 3 Finals**

1	Rox	E	NT
	1) Kezia Elliott 18	2) Kayleigh Smith 14	
2	Rox	C	NT
	1) Georgia Hawkins 18	2) Mia Rule 18	
3	Bloem	C	NT
	1) Ann-Mari de Villiers 16	2) Anke van der Poel 14	
4	Rox	B	NT
	1) Aryn Ely 16	2) Keira King 15	
5	WDR	B	NT
	1) Jessica Harcus 14	2) Hannah Praetorius 15	
6	Clifton	C	NT
	1) Imani Magotsi 14	2) Ella Thornton Burge 14	
7	Rox	D	NT
	1) Anya Hocking 16	2) Madison Alberts 14	
8	Rox	F	NT
	1) Nicollette Challenor 17	2) Valma-Jean Hockly 15	

**Heat 2 of 3 Finals**

1	Kings Beach	B	NT
	1) Jessica Booth 18	2) Robyn Hough 16	
2	Seagulls	B	NT
	1) Chante Killian 14	2) Brooklynn Pienaar 16	
3	Milnerton	A	NT
	1) Jesse Allott 14	2) Kelsey Chiang 16	
4	Harties	A	NT
	1) Sune van Zyl 16	2) Liniqwe Rowles 14	
5	Kings Beach	A	NT
	1) Megan Hough 14	2) Teegan Pio 15	
6	Clifton	B	NT
	1) Holly Cleworth 17	2) Kianna Liversage 14	
7	TUKS	B	NT
	1) Zoey Booysen 15	2) Cailynn Foster 14	
8	Bloem	B	NT
	1) Lana Loots 16	2) Karli van Heerden 16	

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**Meet Program**

**Heat 3 Finals (#16 Girls 14-18 50 LC Meter Line Throw Relay POOL JUNIORS)**

1	Big Bay	A	NT
	1) Erin Langenhoven 14	2) Aimee Langenhoven 16	
2	Bloem	A	NT
	1) Cayla Visser 15	2) Kaylin Visser 15	
3	TUKS	A	NT
	1) Kendra du Toit 18	2) Awande Mlangeni 15	
4	Summerstrand	A	NT
	1) Keira van Heerden 14	2) Jodi Wilson 15	
5	Clifton	A	NT
	1) Savannah Voigt 16	2) Victoria Seale 16	
6	Rox	A	NT
	1) Tatum Botha 17	2) Saskia Hockly 17	
7	WDR	A	NT
	1) Nicola Harcus 15	2) Nicola Herbst 15	
8	Seagulls	A	NT
	1) Ciara Conwood 14	2) Eliza Jenniker 16	

**Event 17 Boys 14-18 50 LC Meter Line Throw Relay POOL JUNIORS**

SA REC 2022:	9,17	24 Nov 2018	SA Youth Team
<b>Milan Erasmus (t); Connor Botha</b>			
Lane	Team	Relay	Seed Time

**Heat 1 of 3 Finals**

1	Big Bay	C	NT
	1) David Buys 14	2) Sean Swart 14	
2	Rox	B	NT
	1) Damien Angel 15	2) Luc O'Brien 15	
3	Clifton	B	NT
	1) Ryan Voigt 14	2) Zack Waters 16	
4	Big Bay	B	NT
	1) Matthew Brooker 14	2) Jake Hutton 14	
5	Bloem	B	NT
	1) Andries Jansen van Vuuren 18	2) Bernard Mac Kay 15	
6	Harties	B	NT
	1) Christiaan Bothma 14	2) Neil Holtzhausen 14	
7	Kings Beach	C	NT
	1) Christian Middleton 14	2) Corban Oliver 15	
8	Seagulls	C	NT
	1) Conner Daniels 15	2) Diano Brandt 16	

**Heat 2 of 3 Finals**

1	Seagulls	B	NT
	1) Seth Jooste 14	2) Yenli Ingram 17	
2	Kings Beach	B	NT
	1) Brian Young 18	2) Wyatt Ludick 14	
3	Seagulls	A	NT
	1) Matthew Benn 14	2) Isaiah Douglas 14	
4	Milnerton	A	NT
	1) Daniel Gerhard 14	2) Jared Lawson 15	
5	Clifton	A	NT
	1) George Allen 16	2) Naor Lombard 17	
6	Harties	A	NT
	1) Antonie Pieterse 16	2) Kyle Jansen van Vuuren 17	
7	Milnerton	B	NT
	1) Cameron Pritchard 16	2) Nico Zumpt 15	
8	Aquamix	B	NT
	1) Adrian Le Roux 16	2) Tristan Theron 14	

**Heat 3 of 3 Finals**

1	Big Bay	A	NT
	1) Luke Glock 16	2) Jamie Smuts 16	
2	Kings Beach	A	NT
	1) Canaan Brice 14	2) Jordan Denyer 16	
3	Bloem	A	NT
	1) Len-Douglas Mac Kay 17	2) Liam Niewoudt 14	
4	Rox	A	NT
	1) Kyle Hultzer 18	2) Matthew Coetzer 16	
5	TUKS	A	NT
	1) Ludolph Joubert 15	2) Ryan Nell 14	
6	Aquamix	A	NT
	1) Prince Radebe 18	2) Marnitz van den Berg 17	
7	Boksburg	A	NT
8	WDR	A	NT
	1) Alexander Moolman 14	2) Liam Schweitzer 14	

**Event 18 Women 19-29 50 LC Meter Line Throw Relay POOL JUNIORS**

SA REC 2022:	13,43	2003	SA Commonwealth Team
Lane	Team	Relay	Seed Time

**Heat 1 of 1 Finals**

1	Rox	C	NT
	1) Mia Rule 18	2) Georgia Hawkins 18	
2	Marine	B	NT
	1) Keli Reynolds 22	2) Raquel Robbins 19	
3	TUKS	A	NT
	1) Deborah Dredge 19	2) Tove' van Zyl 24	
4	Harties	A	NT
	1) Marlise Ferreira 19	2) Anneke van Eeden 17	
5	Rox	A	NT
	1) Sasha-Lee Nordegen 24	2) Anya Hocking 16	
6	Marine	A	NT
	1) Carmel Billson 29	2) Kristin Bellinghan 23	
7	Rox	B	NT
	1) Tatum Botha 17	2) Saskia Hockly 17	

**Event 19 Men 19-29 50 LC Meter Line Throw Relay POOL JUNIORS**

SA REC 2022:	8,84	24 Feb 2010	Gauteng Seniors
Lane	Team	Relay	Seed Time

**Heat 1 of 1 Finals**

1	Clifton	B	NT
	1) George Allen 16	2) Paul Lassen 29	
2	Seagulls	A	NT
	1) Kerwin Clarke 29	2) Shurker Coetzee 20	
3	Clifton	A	NT
	1) Taro Tomitsuka 20	2) Tanner Gorille 22	
4	TUKS	A	NT
	1) Kian du Toit 20	2) Andre Mouton 21	
5	Senathla	A	NT
	1) Kai Davey 21	2) Branden Willows 19	
6	Kings Beach	A	NT
7	Xtream	A	NT
	1) Avron Manchest 26	2) Luc Michaels 17	
8	TUKS	B	NT
	1) Jason Rodgers 19	2) Ockert van Schalkwyk 21	

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**Meet Program**

**Event 20 Girls 14-29 100 LC Meter Manikin Tow + Tube POOL JUNIOR!**

<b>14 SA REC 20:</b>	<b>1:07,01</b>	<b>29 Apr 2017</b>	<b>Deborah Dredge</b>
<b>15-16 SA REC:</b>	<b>1:03,42</b>	<b>27 Apr 2019</b>	<b>Bianca Opperman</b>
<b>17-18 SA REC:</b>	<b>1:03,36</b>	<b>22 Nov 2019</b>	<b>Bianca Opperman</b>
<b>19-29 SA REC:</b>	<b>1:03,36</b>	<b>22 Nov 2019</b>	<b>Bianca Opperman</b>

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Prelims**

1	Keira van Heerden	14	SS	NT
2	Ella Thornton Burge	14	CLF	NT
3	Demi-Leigh Campher	14	KB	NT
4	Megan Hough	14	KB	NT
5	Jessica Harcus	14	WDR	NT
6	Kayleigh Smith	14	ROX	NT
7	Madison Alberts	14	ROX	NT
8	Ciara Conwood	14	SGLS	NT

**Heat 2 of 9 Prelims**

1	Zara Brown	14	SGLS	NT
2	Maya Geysers	14	KB	NT
3	Amber-Rose Berry	14	FHK	NT
4	Lily Day	15	BBAY	NT
5	Yanelisa Nomoyi	14	KB	NT
6	Kianna Liversage	14	CLF	NT
7	Anke van der Poel	14	BLM	NT
8	Chante Killian	14	SGLS	NT

**Heat 3 of 9 Prelims**

1	Nicola Herbst	15	WDR	NT
2	Teegan Pio	15	KB	NT
3	Nicola Harcus	15	WDR	NT
4	Anya Hocking	16	ROX	NT
5	Milishca Geleta	16	BLM	NT
6	Jodi Wilson	15	SS	NT
7	Hannah Praetorius	15	WDR	NT
8	Keira King	15	ROX	NT

**Heat 4 of 9 Prelims**

1	Kiersten Paulse	16	XTRM	NT
2	Ann-Mari de Villiers	16	BLM	NT
3	Eliza Jenniker	16	SGLS	NT
4	Rebecca Harcombe	16	SS	NT
5	Brooklynn Pienaar	16	SGLS	NT
6	Karli van Heerden	16	BLM	NT
7	Aryn Ely	16	ROX	NT
8	Angelina Rockman	16	SGLS	NT

**Heat 5 of 9 Prelims**

1	Saskia Hockly	17	ROX	NT
2	Georgia Hawkins	18	ROX	NT
3	Jessica Booth	18	KB	NT
4	Raquel Robbins	19	MRN	NT
5	Mia Rule	18	ROX	NT
6	Chelsey Cooke	18	KB	NT
7	Tatum Botha	17	ROX	NT
8	Robyn Hough	16	KB	NT

**Heat 6 of 9 Prelims**

1	Amica de Jager	22	DS	NT
2	Kristin Bellinghan	23	MRN	NT
3	Sasha-Lee Nordegen	24	ROX	NT
4	Ava Ingel	14	CLF	1:52,63
5	Carmel Billson	29	MRN	NT
6	Lara Edwards	24	PIR	NT
7	Keli Reynolds	22	MRN	NT
8	Barbara Anne de Bruin	20	MAR	NT

**Heat 7 of 9 Prelims**

1	Caitlynn Foster	14	TUKS	1:32,02
2	Kaylin Visser	15	BLM	1:21,10
3	Savannah Voigt	16	CLF	1:15,84
4	Holly Cleworth	17	CLF	1:07,81
5	Sune van Zyl	16	HART	1:12,07
6	Linique Rowles	14	HART	1:19,72
7	Ellen Hodgkinson	14	CLF	1:25,84
8	Imani Magotsi	14	CLF	1:51,21

**Heat 8 of 9 Prelims**

1	Cailynn Foster	14	TUKS	1:30,66
2	Zoey Booysen	15	TUKS	1:20,87
3	Tamica Visser	15	HART	1:14,83
4	Tove' van Zyl	24	TUKS	1:06,82
5	Deborah Dredge	19	TUKS	1:09,85
6	Cayla Visser	15	BLM	1:19,62
7	Awande Mlangeni	15	TUKS	1:25,01
8	Jesse Allott	14	MLN	1:50,97

**Heat 9 of 9 Prelims**

1	Aimee Langenhoven	16	BBAY	1:26,10
2	Victoria Seale	16	CLF	1:20,81
3	Marlise Ferreira	19	HART	1:13,96
4	Kendra du Toit	18	TUKS	1:05,31
5	Anneke van Eeden	17	HART	1:09,11
6	Kelsey Chiang	16	MLN	1:19,21
7	Lana Loots	16	BLM	1:21,48
8	Erin Langenhoven	14	BBAY	1:33,00

**Event 21 Boys 14-29 100 LC Meter Manikin Tow + Tube POOL JUNIOR!**

<b>14 SA REC 20:</b>	<b>1:01,01</b>	<b>27 Mar 2020</b>	<b>Elijah Dredge</b>
<b>15-16 SA REC:</b>	<b>56,84</b>	<b>06 Oct 2021</b>	<b>Elijah Dredge</b>
<b>17-18 SA REC:</b>	<b>54,36</b>	<b>02 Dec 2017</b>	<b>Milan Erasmus</b>
<b>19-29 SA REC:</b>	<b>53,36</b>	<b>11 Sep 2016</b>	<b>Christiaan Malan</b>

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 10 Prelims**

3	Seth Jooste	14	SGLS	NT
4	Conor Moynihan	14	KB	NT
5	Alexander Moolman	14	WDR	NT

**Heat 2 of 10 Prelims**

2	Jake Hutton	14	BBAY	NT
3	Christian Middleton	14	KB	NT
4	Isaiah Douglas	14	SGLS	NT
5	Liam Schweitzer	14	WDR	NT
6	Tristan Marais	14	SS	NT
7	David Buys	14	BBAY	NT

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Heat 3 Prelims (#21 Boys 14-29 100 LC Meter Manikin Tow + Tube PO**

1	Liam Niewoudt	14	BLM	NT
2	Wyatt Ludick	14	KB	NT
3	Damien Angel	15	ROX	NT
4	Conner Daniels	15	SGLS	NT
5	Luc O'Brien	15	ROX	NT
6	Corban Oliver	15	KB	NT
7	Canaan Brice	14	KB	NT
8	Matthew Benn	14	SGLS	NT

**Heat 4 of 10 Prelims**

1	Jordan Denyer	16	KB	NT
2	Luc Michaels	17	XTRM	NT
3	Kyle Jansen van Vuuren	17	HART	NT
4	Kyle Hultzer	18	ROX	NT
5	Brian Young	18	KB	NT
6	Hanre Potgieter	17	BLM	NT
7	Diano Brandt	16	SGLS	NT
8	Matthew Tucker	16	KB	NT

**Heat 5 of 10 Prelims**

1	Shurker Coetzee	20	SGLS	NT
2	Bartho Visser	20	CLF	NT
3	Travis Misdorp	22	PIR	NT
4	Kerwin Clarke	29	SGLS	NT
5	Keegan Cooke	24	KB	NT
6	Luke Mansvelt	22	CLF	NT
7	Joshua Tucker	20	KB	NT
8	Cullen Biddulph	19	KB	NT

**Heat 6 of 10 Prelims**

1	Prince Radebe	18	AMX	1:24,92
2	Tiago Goncalves	15	BKS	1:20,53
3	Christiaan Bothma	14	HART	1:18,88
4	Bernard Mac Kay	15	BLM	1:17,41
5	Daniel Gerhard	14	MLN	1:17,54
6	Tristan Theron	14	AMX	1:19,66
7	Sean Swart	14	BBAY	1:22,72
8	Jamie Smuts	16	BBAY	1:26,80

**Heat 7 of 10 Prelims**

1	Matthew Brooker	14	BBAY	1:15,09
2	Naor Lombard	17	CLF	1:13,83
3	Janeco Coetzee	17	AQUA	1:11,49
4	Luke Glock	16	BBAY	1:11,00
5	Jared Lawson	15	MLN	1:11,07
6	Kai Davey	21	SEN	1:11,73
7	Cameron Pritchard	16	MLN	1:14,85
8	George Allen	16	CLF	1:16,91

**Heat 8 of 10 Prelims**

1	Marnitz van den Berg	17	AMX	1:10,41
2	Ludolph Joubert	15	TUKS	1:06,10
3	Andries Jansen van Vuuren	18	BLM	1:03,89
4	Antonie Pieterse	16	HART	57,79
5	Ockert van Schalkwyk	21	TUKS	1:03,23
6	Clayton Thompson	26	TUKS	1:05,25
7	Zack Waters	16	CLF	1:07,30
8	Neil Holtzhausen	14	HART	1:10,92

**Heat 9 of 10 Prelims**

1	Ryan Voigt	14	CLF	1:09,03
2	Christiaan van Eeden	14	HART	1:05,88
3	Aiden Bornman	16	BKS	1:03,45
4	Branden Willows	19	SEN	56,46
5	Kian du Toit	20	TUKS	1:00,73
6	Yusseni Furtado	15	CLF	1:05,03
7	Avron Manchest	26	XTRM	1:06,88
8	Willem Basson	15	BEL	1:10,91

**Heat 10 of 10 Prelims**

1	Henk Heymel	21	AMX	1:08,16
2	Armand Jubber	15	BKS	1:05,80
3	Adrian Le Roux	16	AMX	1:03,40
4	Len-Douglas Mac Kay	17	BLM	56,45
5	Andre Mouton	21	TUKS	58,05
6	Jason Rodgers	19	TUKS	1:04,89
7	Nico Zumpt	15	MLN	1:06,18
8	Ryan Nell	14	TUKS	1:10,84

**Event 22 Girls 14-29 100 LC Meter Rescue Medley POOL JUNIORS**

<b>14 SA REC 20:</b>	<b>1:22,52</b>	<b>27 Apr 2019</b>	<b>Guilma Lausberg</b>
<b>15-16 SA REC:</b>	<b>1:17,29</b>	<b>04 May 2019</b>	<b>Bianca Opperman</b>
<b>17-18 SA REC:</b>	<b>1:16,52</b>	<b>24 Apr 2021</b>	<b>Sulinke van den Berg</b>
<b>19-29 SA REC:</b>	<b>1:15,88</b>	<b>05 May 2018</b>	<b>Carmel Bilson</b>

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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**Heat 1 of 9 Prelims**

2	Kianna Liversage	14	CLF	NT
3	Ava Ingel	14	CLF	NT
4	Megan Hough	14	KB	NT
5	Kayleigh Smith	14	ROX	NT
6	Chante Killian	14	SGLS	NT

**Heat 2 of 9 Prelims**

1	Madison Alberts	14	ROX	NT
2	Maya Gevers	14	KB	NT
3	Ciara Conwood	14	SGLS	NT
4	Demi-Leigh Campher	14	KB	NT
5	Jessica Harcus	14	WDR	NT
6	Yanelisa Nomoyi	14	KB	NT
7	Keira van Heerden	14	SS	NT
8	Zara Brown	14	SGLS	NT

**Heat 3 of 9 Prelims**

1	Amber-Rose Berry	14	FHK	NT
2	Nicola Herbst	15	WDR	NT
3	Keira King	15	ROX	NT
4	Nicola Harcus	15	WDR	NT
5	Hannah Praetorius	15	WDR	NT
6	Kaylin Visser	15	BLM	NT
7	Cayla Visser	15	BLM	NT
8	Linique Rowles	14	HART	NT

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Heat 4 Prelims (#22 Girls 14-29 100 LC Meter Rescue Medley POOL JU**

1	Lily Day	15	BBAY	NT
2	Milishca Geleta	16	BLM	NT
3	Robyn Hough	16	KB	NT
4	Brooklynn Pienaar	16	SGLS	NT
5	Aryn Ely	16	ROX	NT
6	Karli van Heerden	16	BLM	NT
7	Kiersten Pause	16	XTRM	NT
8	Teegan Pio	15	KB	NT

**Heat 5 of 9 Prelims**

1	Angelina Rockman	16	SGLS	NT
2	Anya Hocking	16	ROX	NT
3	Tatum Botha	17	ROX	NT
4	Jessica Booth	18	KB	NT
5	Georgia Hawkins	18	ROX	NT
6	Saskia Hockly	17	ROX	NT
7	Ann-Mari de Villiers	16	BLM	NT
8	Eliza Jenniker	16	SGLS	NT

**Heat 6 of 9 Prelims**

1	Chelsey Cooke	18	KB	NT
2	Barbara Anne de Bruin	20	MAR	NT
3	Amica de Jager	22	DS	NT
4	Sasha-Lee Nordegen	24	ROX	NT
5	Kristin Bellinghan	23	MRN	NT
6	Keli Reynolds	22	MRN	NT
7	Raquel Robbins	19	MRN	NT
8	Mia Rule	18	ROX	NT

**Heat 7 of 9 Prelims**

1	Jesse Allott	14	MLN	2:55,41
2	Lana Loots	16	BLM	1:55,23
3	Anneke van Eeden	17	HART	1:39,88
4	Savannah Voigt	16	CLF	1:28,28
5	Sylvie Gorille	20	CLF	1:34,91
6	Aimee Langenhoven	16	BBAY	1:48,30
7	Cailynn Foster	14	TUKS	2:10,63
8	Lara Edwards	24	PIR	NT

**Heat 8 of 9 Prelims**

1	Imani Magotsi	14	CLF	2:42,06
2	Caitlynn Foster	14	TUKS	1:54,40
3	Sune van Zyl	16	HART	1:38,75
4	Holly Cleworth	17	CLF	1:24,23
5	Marlise Ferreira	19	HART	1:32,66
6	Erin Langenhoven	14	BBAY	1:46,40
7	Ellen Hodgkinson	14	CLF	1:57,30
8	Tove' van Zyl	24	TUKS	NT

**Heat 9 of 9 Prelims**

1	Ella Thornton Burge	14	CLF	2:16,60
2	Victoria Seale	16	CLF	1:52,82
3	Zoey Booyesen	15	TUKS	1:37,26
4	Kendra du Toit	18	TUKS	1:20,53
5	Kelsey Chiang	16	MLN	1:31,34
6	Tamica Visser	15	HART	1:42,62
7	Awande Mlangeni	15	TUKS	1:55,73
8	Carmel Billson	29	MRN	NT

**Event 23 Boys 14-29 100 LC Meter Rescue Medley POOL JUNIORS**

14 SA REC 20:	1:14,88	01 May 2015	Calvin Coetzee
15-16 SA REC:	1:08,56	20 Nov 2021	Aiden Bornman
17-18 SA REC:	1:06,17	22 Sep 2007	Armand Marais
19-29 SA REC:	1:02,15	24 Nov 2018	Martin Binnedell

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 10 Prelims**

3	Christian Middleton	14	KB	NT
4	Canaan Brice	14	KB	NT
5	Wyatt Ludick	14	KB	NT

**Heat 2 of 10 Prelims**

1	Conor Moynihan	14	KB	NT
2	Wade Beukes	14	FHK	NT
3	David Buys	14	BBAY	NT
4	Isaiah Douglas	14	SGLS	NT
5	Liam Niewoudt	14	BLM	NT
6	Matthew Benn	14	SGLS	NT
7	Liam Schweitzer	14	WDR	NT
8	Tristan Theron	14	AMX	NT

**Heat 3 of 10 Prelims**

1	Christiaan Bothma	14	HART	NT
2	Seth Jooste	14	SGLS	NT
3	Conner Daniels	15	SGLS	NT
4	Damien Angel	15	ROX	NT
5	Jared Lawson	15	MLN	NT
6	Daniel Gerhard	14	MLN	NT
7	Tristan Marais	14	SS	NT
8	Alexander Moolman	14	WDR	NT

**Heat 4 of 10 Prelims**

1	Corban Oliver	15	KB	NT
2	Diano Brandt	16	SGLS	NT
3	Matthew Coetzer	16	ROX	NT
4	Kyle Hultzer	18	ROX	NT
5	Matthew Tucker	16	KB	NT
6	Jordan Denyer	16	KB	NT
7	Luc O'Brien	15	ROX	NT
8	Bernard Mac Kay	15	BLM	NT

**Heat 5 of 10 Prelims**

1	Cullen Biddulph	19	KB	NT
2	Bartho Visser	20	CLF	NT
3	Henk Heymel	21	AMX	NT
4	Travis Misdorp	22	PIR	NT
5	Luke Mansvelt	22	CLF	NT
6	Shurker Coetzee	20	SGLS	NT
7	Joshua Tucker	20	KB	NT
8	Brian Young	18	KB	NT

**Heat 6 of 10 Prelims**

1	Kerwin Clarke	29	SGLS	NT
2	Prince Radebe	18	AMX	2:01,23
3	Matthew Brooker	14	BBAY	1:44,00
4	Kyle Jansen van Vuuren	17	HART	1:35,40
5	Luke Glock	16	BBAY	1:38,00
6	Nico Zumpt	15	MLN	1:57,50
7	Sean Swart	14	BBAY	2:18,56
8	Keegan Cooke	24	KB	NT

**LIFESAVING SOUTH AFRICA**  
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**Meet Program**

**Heat 7 Prelims (#23 Boys 14-29 100 LC Meter Rescue Medley POOL JU)**

1	Andries Jansen van Vuuren	18	BLM	1:31,59
2	Marnitz van den Berg	17	AMX	1:30,91
3	Zack Waters	16	CLF	1:27,16
4	Andre Mouton	21	TUKS	1:24,41
5	Jamie Smuts	16	BBAY	1:25,80
6	Ludolph Joubert	15	TUKS	1:30,21
7	Ryan Nell	14	TUKS	1:30,91
8	Cameron Pritchard	16	MLN	1:31,66

**Heat 8 of 10 Prelims**

1	Naor Lombard	17	CLF	1:21,94
2	Tanner Gorille	22	CLF	1:18,83
3	Yusseni Furtado	15	CLF	1:16,55
4	Ockert van Schalkwyk	21	TUKS	1:09,83
5	Antonie Pieterse	16	HART	1:12,87
6	Armand Jubber	15	BKS	1:17,99
7	Neil Holtzhausen	14	HART	1:21,13
8	Janeco Coetzee	17	AQUA	1:23,98

**Heat 9 of 10 Prelims**

1	Willem Basson	15	BEL	1:21,91
2	Clayton Thompson	16	TUKS	1:18,29
3	Jake Hutton	14	BBAY	1:14,04
4	Aiden Bornman	16	BKS	1:08,56
5	Branden Willows	19	SEN	1:12,25
6	Taro Tomitsuka	20	CLF	1:17,84
7	Tiago Goncalves	15	BKS	1:20,53
8	Paul Lassen	29	CLF	1:22,56

**Heat 10 of 10 Prelims**

1	Ryan Voigt	14	CLF	1:21,65
2	Adrian Le Roux	16	AMX	1:18,04
3	Kian du Toit	20	TUKS	1:13,58
4	Jason Rodgers	19	TUKS	1:07,05
5	Len-Douglas Mac Kay	17	BLM	1:09,98
6	Christiaan van Eeden	14	HART	1:16,90
7	George Allen	16	CLF	1:19,60
8	Avron Manchest	26	XTRM	1:22,09

**Event 24 Girls 14-18 200 LC Meter 4X50 Pool Lifesaver Relay POOL JU**

SA REC 2022: 2:21,87 05 May 2018 Northwest Seniors A

**Lane Team Relay Seed Time****Heat 1 of 2 Finals**

3	Clifton	B	NT
	1) Ellen Hodgkinson 14	2) Kianna Liversage 14	
	3) Ava Ingel 14	4) Imani Magotsi 14	
4	WDR	A	NT
	1) Jessica Harcus 14	2) Nicola Harcus 15	
	3) Nicola Herbst 15	4) Hannah Praetorius 15	
5	Rox	B	NT
	1) Keira King 15	2) Anya Hocking 16	
	3) Aryn Ely 16	4) Madison Alberts 14	

**Heat 2 of 2 Finals**

1	Clifton	A	NT
	1) Holly Cleworth 17	2) Savannah Voigt 16	
	3) Victoria Seale 16	4) Ella Thornton Burge 14	
2	Kings Beach	A	NT
	1) Megan Hough 14	2) Jessica Booth 18	
	3) Robyn Hough 16	4) Teegan Pio 15	
3	Bloem	A	NT
	1) Milishca Geleta 16	2) Anke van der Poel 14	
	3) Cayla Visser 15	4) Kaylin Visser 15	
4	Seagulls	A	NT
	1) Ciara Conwood 14	2) Eliza Jenniker 16	
	3) Brooklynn Pienaar 16	4) Angelina Rockman 16	
5	Harties	A	NT
	1) Liniqwe Rowles 14	2) Anneke van Eeden 17	
	3) Sune van Zyl 16	4) Tamica Visser 15	
6	Rox	A	NT
	1) Tatum Botha 17	2) Georgia Hawkins 18	
	3) Mia Rule 18	4) Saskia Hockly 17	
7	TUKS	A	NT
	1) Zoey Booysen 15	2) Kendra du Toit 18	
	3) Cailynn Foster 14	4) Awande Mlangeni 15	

**Event 25 Boys 14-18 200 LC Meter 4X50 Pool Lifesaver Relay POOL JU**

SA REC 2022: 2:01,13 22 Feb 2013 Western Province Seniors

**Lane Team Relay Seed Time****Heat 1 of 2 Finals**

3	Kings Beach	B	NT
	1) Wyatt Ludick 14	2) Corban Oliver 15	
	3) Matthew Tucker 16	4) Brian Young 18	
4	Aquamix	A	NT
	1) Adrian Le Roux 16	2) Prince Radebe 18	
	3) Tristan Theron 14	4) Marnitz van den Berg 17	
5	Harties	A	NT
	1) Neil Holtzhausen 14	2) Kyle Jansen van Vuuren 17	
	3) Antonie Pieterse 16	4) Christiaan van Eeden 14	

**Heat 2 of 2 Finals**

1	Seagulls	A	NT
	1) Matthew Benn 14	2) Jolin Brown 18	
	3) Isaiah Douglas 14	4) Seth Jooste 14	
2	Milnerton	A	NT
	1) Daniel Gerhard 14	2) Cameron Pritchard 16	
	3) Nico Zumpt 15	4) Jared Lawson 15	
3	Clifton	A	NT
	1) Ryan Voigt 14	2) Zack Waters 16	
	3) Yusseni Furtado 15	4) George Allen 16	
4	Big Bay	A	NT
	1) Luke Glock 16	2) Matthew Brooker 14	
	3) Jake Hutton 14	4) Jamie Smuts 16	
5	Bloem	A	NT
	1) Andries Jansen van Vuuren 18	2) Bernard Mac Kay 15	
	3) Len-Douglas Mac Kay 17	4) Hanre Potgieter 17	
6	Kings Beach	A	NT
	1) Canaan Brice 14	2) Jordan Denyer 16	
	3) Christian Middleton 14	4) Conor Moynihan 14	
7	Rox	A	NT
	1) Damien Angel 15	2) Matthew Coetzer 16	
	3) Kyle Hultzer 18	4) Luc O'Brien 15	



**LIFESAVING SOUTH AFRICA**  
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**Meet Program**

**Event 26 Women 19-29 200 LC Meter 4X50 Pool Lifesaver Relay POOL**

SA REC 2022: 1:50,81 01 Oct 2011 SA Commonwealth Team

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

4	Marine	A	NT
	1) Kristin Bellinghan 23	2) Carmel Billson 29	
	3) Keli Reynolds 22	4) Raquel Robbins 19	
5	Rox	A	NT
	1) Sasha-Lee Nordegen 24	2) Mia Rule 18	
	3) Anya Hocking 16	4) Georgia Hawkins 18	

**Event 27 Men 19-29 200 LC Meter 4X50 Pool Lifesaver Relay POOL JUI**

SA REC 2022: 1:32,93 13 Oct 2010 Durban Surf

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

3	Kings Beach	A	NT
	1) Cullen Biddulph 19	2) Keegan Cooke 24	
	3) Joshua Tucker 20	4) Jordan Denyer 16	
4	Clifton	A	NT
	1) Taro Tomitsuka 20	2) Tanner Gorille 22	
	3) Paul Lassen 29	4) George Allen 16	
5	TUKS	A	NT
	1) Kian du Toit 20	2) Andre Mouton 21	
	3) Jason Rodgers 19	4) Ockert van Schalkwyk 21	

**Event 28 Girls 14-29 100 LC Meter Manikin with fins POOL JUNIORS**

14 SA REC 20: 1:04,00 28 Mar 2019 Zanje van Rensburg  
 15-16 SA REC: 56,52 21 Nov 2019 Kendra du Toit  
 17-18 SA REC: 56,37 21 Nov 2019 Bianca Opperman  
 19-29 SA REC: 55,40 27 Apr 2017 Carmel Bilson

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 8 Prelims**

2	Demi-Leigh Campher	14	KB	NT
3	Jessica Harcus	14	WDR	NT
4	Megan Hough	14	KB	NT
5	Maya Geyers	14	KB	NT
6	Madison Alberts	14	ROX	NT

**Heat 2 of 8 Prelims**

1	Yanelisa Nomoyi	14	KB	NT
2	Chante Killian	14	SGLS	NT
3	Anke van der Poel	14	BLM	NT
4	Teegan Pio	15	KB	NT
5	Keira King	15	ROX	NT
6	Zara Brown	14	SGLS	NT
7	Kayleigh Smith	14	ROX	NT
8	Ciara Conwood	14	SGLS	NT

**Heat 3 of 8 Prelims**

1	Nicola Herbst	15	WDR	NT
2	Milishca Geleta	16	BLM	NT
3	Ann-Mari de Villiers	16	BLM	NT
4	Karli van Heerden	16	BLM	NT
5	Aryn Ely	16	ROX	NT
6	Eliza Jenniker	16	SGLS	NT
7	Hannah Praetorius	15	WDR	NT
8	Nicola Harcus	15	WDR	NT

**Heat 4 of 8 Prelims**

1	Angelina Rockman	16	SGLS	NT
2	Anya Hocking	16	ROX	NT
3	Tatum Botha	17	ROX	NT
4	Mia Rule	18	ROX	NT
5	Georgia Hawkins	18	ROX	NT
6	Rebecca Harcombe	16	SS	NT
7	Robyn Hough	16	KB	NT
8	Brooklynn Pienaar	16	SGLS	NT

**Heat 5 of 8 Prelims**

1	Jessica Booth	18	KB	NT
2	Barbara Anne de Bruin	20	MAR	NT
3	Keli Reynolds	22	MRN	NT
4	Sasha-Lee Nordegen	24	ROX	NT
5	Kristin Bellinghan	23	MRN	NT
6	Amica de Jager	22	DS	NT
7	Raquel Robbins	19	MRN	NT
8	Chelsey Cooke	18	KB	NT

**Heat 6 of 8 Prelims**

1	Lily Day	15	BBAY	1:51,53
2	Erin Langenhoven	14	BBAY	1:26,50
3	Amber-Rose Berry	14	FHK	1:16,10
4	Sune van Zyl	16	HART	1:11,11
5	Marlise Ferreira	19	HART	1:12,28
6	Linique Rowles	14	HART	1:20,69
7	Awande Mlangeni	15	TUKS	1:28,94
8	Lara Edwards	24	PIR	NT

**Heat 7 of 8 Prelims**

1	Kiersten Paulse	16	XTRM	1:41,28
2	Lana Loots	16	BLM	1:25,10
3	Tove' van Zyl	24	TUKS	1:15,38
4	Deborah Dredge	19	TUKS	1:04,76
5	Tamica Visser	15	HART	1:11,56
6	Aimee Langenhoven	16	BBAY	1:17,46
7	Caitlynn Foster	14	TUKS	1:27,20
8	Carmel Billson	29	MRN	NT

**Heat 8 of 8 Prelims**

1	Cailynn Foster	14	TUKS	1:35,06
2	Zoey Booysen	15	TUKS	1:23,05
3	Kelsey Chiang	16	MLN	1:14,84
4	Kendra du Toit	18	TUKS	59,75
5	Anneke van Eeden	17	HART	1:11,46
6	Kaylin Visser	15	BLM	1:16,17
7	Cayla Visser	15	BLM	1:26,69
8	Jesse Allott	14	MLN	1:52,42

**Event 29 Boys 14-29 100 LC Meter Manikin with fins POOL JUNIORS**

14 SA REC 20: 56,89 12 Feb 2022 Christiaan van Eeden  
 15-16 SA REC: 50,99 27 Apr 2017 Juan-Pierre van Zyl  
 17-18 SA REC: 49,32 23 Jun 2018 Juan-Pierre van Zyl  
 19-29 SA REC: 47,29 18 Sep 2016 Christiaan Malan

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Prelims**

3	Tristan Marais	14	SS	NT
4	Liam Schweitzer	14	WDR	NT
5	Matthew Benn	14	SGLS	NT

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Heat 2 Prelims (#29 Boys 14-29 100 LC Meter Manikin with fins POOL)**

1	Seth Jooste	14	SGLS	NT
2	Conor Moynihan	14	KB	NT
3	Liam Niewoudt	14	BLM	NT
4	Alexander Moolman	14	WDR	NT
5	Wyatt Ludick	14	KB	NT
6	Christian Middleton	14	KB	NT
7	Isaiah Douglas	14	SGLS	NT
8	Canaan Brice	14	KB	NT

**Heat 3 of 9 Prelims**

1	Damien Angel	15	ROX	NT
2	Jordan Denyer	16	KB	NT
3	Matthew Tucker	16	KB	NT
4	Kyle Hultzer	18	ROX	NT
5	Hanre Potgieter	17	BLM	NT
6	Diano Brandt	16	SGLS	NT
7	Corban Oliver	15	KB	NT
8	Conner Daniels	15	SGLS	NT

**Heat 4 of 9 Prelims**

1	Cullen Biddulph	19	KB	NT
2	Joshua Tucker	20	KB	NT
3	Travis Misdorp	22	PIR	NT
4	Keegan Cooke	24	KB	NT
5	Luke Mansvelt	22	CLF	NT
6	Bartho Visser	20	CLF	NT
7	Shurker Coetzee	20	SGLS	NT
8	Brian Young	18	KB	NT

**Heat 5 of 9 Prelims**

1	David Buys	14	BBAY	2:34,12
2	Prince Radebe	18	AMX	1:38,92
3	Christiaan Bothma	14	HART	1:26,63
4	Matthew Brooker	14	BBAY	1:14,14
5	Daniel Gerhard	14	MLN	1:21,15
6	Sean Swart	14	BBAY	1:33,00
7	Tristan Theron	14	AMX	1:39,35
8	Kerwin Clarke	29	SGLS	NT

**Heat 6 of 9 Prelims**

1	Jared Lawson	15	MLN	1:13,12
2	Jake Hutton	14	BBAY	1:11,62
3	Cameron Pritchard	16	MLN	1:08,91
4	Kyle Jansen van Vuuren	17	HART	1:08,15
5	Marnitz van den Berg	17	AMX	1:08,77
6	Jamie Smuts	16	BBAY	1:11,20
7	Janeco Coetzee	17	AQUA	1:11,71
8	Luc Michaels	17	XTRM	1:13,93

**Heat 7 of 9 Prelims**

1	Kai Davey	21	SEN	1:07,35
2	Andries Jansen van Vuuren	18	BLM	1:02,80
3	Willem Basson	15	BEL	57,81
4	Antonie Pieterse	16	HART	52,16
5	Aiden Bornman	16	BKS	55,12
6	Adrian Le Roux	16	AMX	59,00
7	Ryan Nell	14	TUKS	1:04,72
8	Henk Heymel	21	AMX	1:07,76

**Heat 8 of 9 Prelims**

1	Ludolph Joubert	15	TUKS	1:05,83
2	Nico Zumpt	15	MLN	1:02,35
3	Christiaan van Eeden	14	HART	56,89
4	Kian du Toit	20	TUKS	51,82
5	Andre Mouton	21	TUKS	54,56
6	Avron Manchest	26	XTRM	58,46
7	Jason Rodgers	19	TUKS	1:04,11
8	Neil Holtzhausen	14	HART	1:07,72

**Heat 9 of 9 Prelims**

1	Ockert van Schalkwyk	21	TUKS	1:05,60
2	Armand Jubber	15	BKS	1:02,16
3	Tiago Goncalves	15	BKS	55,41
4	Branden Willows	19	SEN	50,12
5	Len-Douglas Mac Kay	17	BLM	52,37
6	Clayton Thompson	16	TUKS	58,23
7	Luke Glock	16	BBAY	1:03,81
8	Bernard Mac Kay	15	BLM	1:07,60

**Event 30 Girls 14-29 50 LC Meter Manikin Carry POOL JUNIORS**

<b>14 SA REC 20:</b>	<b>40,98</b>	<b>27 Apr 2019</b>	<b>Guilma Lausberg</b>
<b>15-16 SA REC:</b>	<b>38,30</b>	<b>05 May 2018</b>	<b>Alexander Chislett</b>
<b>17-18 SA REC:</b>	<b>37,43</b>	<b>21 Nov 2019</b>	<b>Bianca Opperman</b>
<b>19-29 SA REC:</b>	<b>36,62</b>	<b>08 Oct 2021</b>	<b>Tove van Zyl</b>

<u>Lane</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>Seed Time</u>
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**Heat 1 of 10 Prelims**

3	Kianna Liversage	14	CLF	NT
4	Demi-Leigh Campher	14	KB	NT
5	Ciara Conwood	14	SGLS	NT

**Heat 2 of 10 Prelims**

2	Megan Hough	14	KB	NT
3	Georgia Singe	14	FHK	NT
4	Keira van Heerden	14	SS	NT
5	Yanelisa Nomoyi	14	KB	NT
6	Maya Geyers	14	KB	NT
7	Madison Alberts	14	ROX	NT

**Heat 3 of 10 Prelims**

1	Jessica Harcus	14	WDR	NT
2	Zara Brown	14	SGLS	NT
3	Nicola Herbst	15	WDR	NT
4	Keira King	15	ROX	NT
5	Jodi Wilson	15	SS	NT
6	Anke van der Poel	14	BLM	NT
7	Kayleigh Smith	14	ROX	NT
8	Chante Killian	14	SGLS	NT

**Heat 4 of 10 Prelims**

1	Teegan Pio	15	KB	NT
2	Eliza Jenniker	16	SGLS	NT
3	Milishca Geleta	16	BLM	NT
4	Aryn Ely	16	ROX	NT
5	Robyn Hough	16	KB	NT
6	Anya Hocking	16	ROX	NT
7	Hannah Praetorius	15	WDR	NT
8	Nicola Harcus	15	WDR	NT

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Heat 5 Prelims (#30 Girls 14-29 50 LC Meter Manikin Carry POOL JUNI)**

1	Ann-Mari de Villiers	16	BLM	NT
2	Karli van Heerden	16	BLM	NT
3	Saskia Hockly	17	ROX	NT
4	Georgia Hawkins	18	ROX	NT
5	Chelsey Cooke	18	KB	NT
6	Tatum Botha	17	ROX	NT
7	Brooklynn Pienaar	16	SGLS	NT
8	Angelina Rockman	16	SGLS	NT

**Heat 6 of 10 Prelims**

1	Kezia Elliott	18	ROX	NT
2	Raquel Robbins	19	MRN	NT
3	Keli Reynolds	22	MRN	NT
4	Kristin Bellinghan	23	MRN	NT
5	Amica de Jager	22	DS	NT
6	Barbara Anne de Bruin	20	MAR	NT
7	Jessica Booth	18	KB	NT
8	Mia Rule	18	ROX	NT

**Heat 7 of 10 Prelims**

1	Lara Edwards	24	PIR	NT
2	Imani Magotsi	14	CLF	3:06,77
3	Jesse Allott	14	MLN	1:07,93
4	Ellen Hodgkinson	14	CLF	1:05,53
5	Ava Ingel	14	CLF	1:05,97
6	Ella Thornton Burge	14	CLF	1:08,34
7	Carmel Billson	29	MRN	NT
8	Sasha-Lee Nordegen	24	ROX	NT

**Heat 8 of 10 Prelims**

1	Cayla Visser	15	BLM	59,33
2	Erin Langenhoven	14	BBAY	52,53
3	Amber-Rose Berry	14	FHK	47,56
4	Holly Cleworth	17	CLF	41,08
5	Marlise Ferreira	19	HART	45,25
6	Aimee Langenhoven	16	BBAY	50,20
7	Kiersten Paultse	16	XTRM	53,81
8	Cailynn Foster	14	TUKS	1:03,80

**Heat 9 of 10 Prelims**

1	Sylvie Gorille	20	CLF	58,03
2	Linique Rowles	14	HART	52,14
3	Tamica Visser	15	HART	47,20
4	Kendra du Toit	18	TUKS	38,27
5	Savannah Voigt	16	CLF	43,16
6	Sune van Zyl	16	HART	49,31
7	Victoria Seale	16	CLF	53,68
8	Lily Day	15	BBAY	1:03,37

**Heat 10 of 10 Prelims**

1	Caitlynn Foster	14	TUKS	55,22
2	Kaylin Visser	15	BLM	51,42
3	Zoey Booysen	15	TUKS	46,43
4	Tove' van Zyl	24	TUKS	37,49
5	Kelsey Chiang	16	MLN	42,83
6	Anneke van Eeden	17	HART	48,24
7	Awande Mlangeni	15	TUKS	53,44
8	Lana Loots	16	BLM	1:00,28

**Event 31 Boys 14-29 50 LC Meter Manikin Carry POOL JUNIORS**

14 SA REC 20:	34,72	05 Oct 2019	Elijah Dredge
15-16 SA REC:	32,57	08 Oct 2021	Elijah Dredge
17-18 SA REC:	32,14	15 Sep 2006	Armand Marais
19-29 SA REC:	29,22	22 Nov 2013	Armand Marais

**Lane Name Age Team Seed Time****Heat 1 of 10 Prelims**

2	Christian Middleton	14	KB	NT
3	Seth Jooste	14	SGLS	NT
4	Cody Stallard	14	FHK	NT
5	Wyatt Ludick	14	KB	NT
6	Liam Niewoudt	14	BLM	NT
7	Canaan Brice	14	KB	NT

**Heat 2 of 10 Prelims**

1	Alexander Moolman	14	WDR	NT
2	Tristan Marais	14	SS	NT
3	Conor Moynihan	14	KB	NT
4	Luc O'Brien	15	ROX	NT
5	Corban Oliver	15	KB	NT
6	Matthew Benn	14	SGLS	NT
7	Isaiah Douglas	14	SGLS	NT
8	Liam Schweitzer	14	WDR	NT

**Heat 3 of 10 Prelims**

1	Conner Daniels	15	SGLS	NT
2	Matthew Tucker	16	KB	NT
3	Matthew Coetzer	16	ROX	NT
4	Hanre Potgieter	17	BLM	NT
5	Naor Lombard	17	CLF	NT
6	Diano Brandt	16	SGLS	NT
7	Jordan Denyer	16	KB	NT
8	Damien Angel	15	ROX	NT

**Heat 4 of 10 Prelims**

1	Kyle Hultzer	18	ROX	NT
2	Bartho Visser	20	CLF	NT
3	Joshua Tucker	20	KB	NT
4	Travis Misdorp	22	PIR	NT
5	Luke Mansvelt	22	CLF	NT
6	Shurker Coetzee	20	SGLS	NT
7	Cullen Biddulph	19	KB	NT
8	Brian Young	18	KB	NT

**Heat 5 of 10 Prelims**

1	Kerwin Clarke	29	SGLS	NT
2	Prince Radebe	18	AMX	1:02,44
3	Sean Swart	14	BBAY	52,06
4	Christiaan Bothma	14	HART	50,21
5	Tristan Theron	14	AMX	51,15
6	David Buys	14	BBAY	58,84
7	Daniel Gerhard	14	MLN	1:06,18
8	Keegan Cooke	24	KB	NT

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Heat 6 Prelims (#31 Boys 14-29 50 LC Meter Manikin Carry POOL JUNI)**

1	George Allen	16	CLF	47,31
2	Matthew Brooker	14	BBAY	45,43
3	Marnitz van den Berg	17	AMX	44,94
4	Tanner Gorille	22	CLF	43,84
5	Kyle Jansen van Vuuren	17	HART	44,75
6	Kai Davey	21	SEN	44,96
7	Paul Lassen	29	CLF	46,41
8	Bernard Mac Kay	15	BLM	49,71

**Heat 7 of 10 Prelims**

1	Andries Jansen van Vuuren	18	BLM	42,52
2	Cameron Pritchard	16	MLN	41,65
3	Jared Lawson	15	MLN	41,42
4	Ludolph Joubert	15	TUKS	41,19
5	Henk Heymel	21	AMX	41,38
6	Neil Holtzhausen	14	HART	41,64
7	Luc Michaels	17	XTRM	41,81
8	Jamie Smuts	16	BBAY	42,91

**Heat 8 of 10 Prelims**

1	Yusseni Furtado	15	CLF	40,42
2	Taro Tomitsuka	20	CLF	38,46
3	Christiaan van Eeden	14	HART	35,81
4	Kian du Toit	20	TUKS	34,51
5	Antonie Pieterse	16	HART	35,41
6	Armand Jubber	15	BKS	37,74
7	Adrian Le Roux	16	AMX	39,33
8	Ryan Nell	14	TUKS	41,13

**Heat 9 of 10 Prelims**

1	Jason Rodgers	19	TUKS	39,86
2	Ryan Voigt	14	CLF	38,43
3	Avron Manchest	26	XTRM	35,60
4	Aiden Bornman	16	BKS	33,82
5	Len-Douglas Mac Kay	17	BLM	34,92
6	Willem Basson	15	BEL	37,06
7	Nico Zumpt	15	MLN	38,81
8	Janeco Coetzee	17	AQUA	40,99

**Heat 10 of 10 Prelims**

1	Zack Waters	16	CLF	39,57
2	Tiago Goncalves	15	BKS	38,24
3	Andre Mouton	21	TUKS	35,59
4	Ockert van Schalkwyk	21	TUKS	33,71
5	Clayton Thompson	16	TUKS	34,56
6	Branden Willows	19	SEN	36,90
7	Jake Hutton	14	BBAY	38,50
8	Luke Glock	16	BBAY	40,53

**Event 32 Girls 14-29 200 LC Meter Super Lifesaver POOL JUNIORS**

<b>14 SA REC 20:</b>	<b>2:40,84</b>	<b>30 Apr 2015</b>	<b>Tanya Pieterse</b>
<b>15-16 SA REC:</b>	<b>2:32,92</b>	<b>24 Nov 2018</b>	<b>Sulinke van den Berg</b>
<b>17-18 SA REC:</b>	<b>2:25,45</b>	<b>22 Nov 2019</b>	<b>Bianca Opperman</b>
<b>19-29 SA REC:</b>	<b>2:25,45</b>	<b>22 Nov 2019</b>	<b>Bianca Opperman</b>

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Prelims**

3	Ella Thornton Burge	14	CLF	NT
4	Kianna Liversage	14	CLF	NT
5	Zara Brown	14	SGLS	NT

**Heat 2 of 9 Prelims**

2	Chante Killian	14	SGLS	NT
3	Madison Alberts	14	ROX	NT
4	Jessica Harcus	14	WDR	NT
5	Kayleigh Smith	14	ROX	NT
6	Linique Rowles	14	HART	NT
7	Yanelisa Nomoyi	14	KB	NT

**Heat 3 of 9 Prelims**

1	Ciara Conwood	14	SGLS	NT
2	Kaylin Visser	15	BLM	NT
3	Nicola Herbst	15	WDR	NT
4	Teegan Pio	15	KB	NT
5	Cayla Visser	15	BLM	NT
6	Tamica Visser	15	HART	NT
7	Megan Hough	14	KB	NT
8	Ava Ingel	14	CLF	NT

**Heat 4 of 9 Prelims**

1	Keira King	15	ROX	NT
2	Aryn Ely	16	ROX	NT
3	Robyn Hough	16	KB	NT
4	Eliza Jenniker	16	SGLS	NT
5	Anya Hocking	16	ROX	NT
6	Milishca Geleta	16	BLM	NT
7	Nicola Harcus	15	WDR	NT
8	Hannah Praetorius	15	WDR	NT

**Heat 5 of 9 Prelims**

1	Brooklynn Pienaar	16	SGLS	NT
2	Tatum Botha	17	ROX	NT
3	Chelsey Cooke	18	KB	NT
4	Mia Rule	18	ROX	NT
5	Georgia Hawkins	18	ROX	NT
6	Jessica Booth	18	KB	NT
7	Angelina Rockman	16	SGLS	NT
8	Karli van Heerden	16	BLM	NT

**Heat 6 of 9 Prelims**

1	Barbara Anne de Bruin	20	MAR	NT
2	Keli Reynolds	22	MRN	NT
3	Sasha-Lee Nordegen	24	ROX	NT
4	Carmel Billson	29	MRN	NT
5	Lara Edwards	24	PIR	NT
6	Kristin Bellinghan	23	MRN	NT
7	Amica de Jager	22	DS	NT
8	Raquel Robbins	19	MRN	NT

**Heat 7 of 9 Prelims**

1	Caitlynn Foster	14	TUKS	4:05,28
2	Awande Mlangeni	15	TUKS	3:37,76
3	Sune van Zyl	16	HART	3:09,49
4	Savannah Voigt	16	CLF	2:53,24
5	Anneke van Eeden	17	HART	2:57,98
6	Erin Langenhoven	14	BBAY	3:26,10
7	Amber-Rose Berry	14	FHK	3:49,24
8	Lily Day	15	BBAY	4:47,92

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Heat 8 Prelims (#32 Girls 14-29 200 LC Meter Super Lifesaver POOL JU**

1	Imani Magotsi	14	CLF	4:04,44
2	Kiersten Paulse	16	XTRM	3:34,19
3	Kelsey Chiang	16	MLN	3:07,66
4	Kendra du Toit	18	TUKS	2:45,21
5	Marlise Ferreira	19	HART	2:57,32
6	Victoria Seale	16	CLF	3:17,34
7	Ellen Hodgkinson	14	CLF	3:48,78
8	Jesse Allott	14	MLN	4:32,56

**Heat 9 of 9 Prelims**

1	Cailynn Foster	14	TUKS	3:52,82
2	Aimee Langenhoven	16	BBAY	3:28,65
3	Holly Cleworth	17	CLF	3:03,91
4	Tove' van Zyl	24	TUKS	2:40,78
5	Deborah Dredge	19	TUKS	2:53,61
6	Zoey Booysen	15	TUKS	3:13,95
7	Lana Loots	16	BLM	3:41,46
8	Sylvie Gorille	20	CLF	4:10,80

**Event 33 Boys 14-29 200 LC Meter Super Lifesaver POOL JUNIORS**

<b>14 SA REC 20:</b>	<b>2:37,95</b>	<b>30 Apr 2015</b>	<b>Milan Erasmus</b>
<b>15-16 SA REC:</b>	<b>2:20,07</b>	<b>08 Oct 2021</b>	<b>Len-Douglas MacKay</b>
<b>17-18 SA REC:</b>	<b>2:20,07</b>	<b>08 Oct 2021</b>	<b>Len-Douglas MacKay</b>
<b>19-29 SA REC:</b>	<b>2:11,45</b>	<b>22 Nov 2019</b>	<b>Johan Lourens</b>

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Prelims**

1	Wyatt Ludick	14	KB	NT
2	Liam Niewoudt	14	BLM	NT
3	Canaan Brice	14	KB	NT
4	Christiaan Bothma	14	HART	NT
5	Liam Schweitzer	14	WDR	NT
6	Isaiah Douglas	14	SGLS	NT
7	Christian Middleton	14	KB	NT
8	Alexander Moolman	14	WDR	NT

**Heat 2 of 9 Prelims**

1	Matthew Benn	14	SGLS	NT
2	Damien Angel	15	ROX	NT
3	Conner Daniels	15	SGLS	NT
4	Diano Brandt	16	SGLS	NT
5	Jamie Smuts	16	BBAY	NT
6	Corban Oliver	15	KB	NT
7	Seth Jooste	14	SGLS	NT
8	Conor Moynihan	14	KB	NT

**Heat 3 of 9 Prelims**

1	Matthew Tucker	16	KB	NT
2	Naor Lombard	17	CLF	NT
3	Kyle Hultzer	18	ROX	NT
4	Cullen Biddulph	19	KB	NT
5	Brian Young	18	KB	NT
6	Hanre Potgieter	17	BLM	NT
7	Luc Michaels	17	XTRM	NT
8	Jordan Denyer	16	KB	NT

**Heat 4 of 9 Prelims**

1	Joshua Tucker	20	KB	NT
2	Luke Mansvelt	22	CLF	NT
3	Keegan Cooke	24	KB	NT
4	Sean Swart	14	BBAY	3:51,28
5	David Buys	14	BBAY	4:57,19
6	Travis Misdorp	22	PIR	NT
7	Henk Heymel	21	AMX	NT
8	Bartho Visser	20	CLF	NT

**Heat 5 of 9 Prelims**

1	Paul Lassen	29	CLF	3:26,27
2	Daniel Gerhard	14	MLN	3:20,69
3	Jared Lawson	15	MLN	3:13,02
4	George Allen	16	CLF	3:10,65
5	Bernard Mac Kay	15	BLM	3:11,46
6	Kai Davey	21	SEN	3:20,09
7	Luke Glock	16	BBAY	3:21,03
8	Prince Radebe	18	AMX	3:49,61

**Heat 6 of 9 Prelims**

1	Matthew Brooker	14	BBAY	3:08,40
2	Kyle Jansen van Vuuren	17	HART	3:06,73
3	Andries Jansen van Vuuren	18	BLM	3:02,70
4	Tanner Gorille	22	CLF	3:02,51
5	Ryan Nell	14	TUKS	3:02,65
6	Yussen Furtado	15	CLF	3:03,17
7	Marnitz van den Berg	17	AMX	3:07,02
8	Nico Zumpt	15	MLN	3:09,09

**Heat 7 of 9 Prelims**

1	Ryan Voigt	14	CLF	2:55,69
2	Andre Mouton	21	TUKS	2:51,25
3	Tiago Goncalves	15	BKS	2:37,82
4	Branden Willows	19	SEN	2:28,00
5	Aiden Bornman	16	BKS	2:32,68
6	Willem Basson	15	BEL	2:43,62
7	Adrian Le Roux	16	AMX	2:53,60
8	Taro Tomitsuka	20	CLF	3:02,34

**Heat 8 of 9 Prelims**

1	Clayton Thompson	16	TUKS	2:55,05
2	Neil Holtzhausen	14	HART	2:50,18
3	Tristan Theron	14	AMX	3:25,13
4	Kian du Toit	20	TUKS	2:27,97
5	Antonie Pieterse	16	HART	2:32,61
6	Avron Manchest	26	XTRM	2:43,28
7	Ludolph Joubert	15	TUKS	2:51,89
8	Jake Hutton	14	BBAY	2:59,46

**Heat 9 of 9 Prelims**

1	Cameron Pritchard	16	MLN	2:54,96
2	Zack Waters	16	CLF	2:48,10
3	Armand Jubber	15	BKS	2:33,97
4	Ockert van Schalkwyk	21	TUKS	2:24,44
5	Len-Douglas Mac Kay	17	BLM	2:28,07
6	Christiaan van Eeden	14	HART	2:41,33
7	Janeco Coetzee	17	AQUA	2:51,85
8	Jason Rodgers	19	TUKS	2:57,67

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**

**Meet Program**

**Event 34 Girls 14-18 200 LC Meter 4 x 50 Medley Relay POOL JUNIORS**

SA REC 2022: 1:49,30 24 Jun 2018 SA Youth Orange cup 2018

A.Chislett, D.Dredge, B.Opperman, S.vd Berg

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

3	Rox	B	NT
	1) Georgia Hawkins 18	2) Nicollette Challenor 17	
	3) Keira King 15	4) Saskia Hockly 17	
4	Bloem	A	NT
	1) Milishca Geleta 16	2) Anke van der Poel 14	
	3) Cayla Visser 15	4) Kaylin Visser 15	
5	Clifton	B	NT
	1) Ellen Hodgkinson 14	2) Ava Ingel 14	
	3) Ella Thorton Burge 14	4) Kianna Liversage 14	

**Heat 2 of 2 Finals**

1	Kings Beach	A	NT
	1) Jessica Booth 18	2) Megan Hough 14	
	3) Robyn Hough 16	4) Teegan Pio 15	
2	WDR	A	NT
	1) Jessica Harcus 14	2) Nicola Harcus 15	
	3) Nicola Herbst 15	4) Hannah Praetorius 15	
3	Rox	A	NT
	1) Tatum Botha 17	2) Madison Alberts 14	
	3) Aryn Ely 16	4) Mia Rule 18	
4	Harties	A	NT
	1) Linique Rowles 14	2) Anneke van Eeden 17	
	3) Sune van Zyl 16	4) Tamica Visser 15	
5	TUKS	A	NT
	1) Zoey Booysen 15	2) Kendra du Toit 18	
	3) Caitlynn Foster 14	4) Awande Mlangeni 15	
6	Clifton	A	NT
	1) Holly Cleworth 17	2) Savannah Voigt 16	
	3) Victoria Seale 16	4) Imani Magotsi 14	
7	Seagulls	A	NT
	1) Ciara Conwood 14	2) Eliza Jenniker 16	
	3) Brooklynn Pienaar 16	4) Chante Killian 14	

**Event 35 Boys 14-18 200 LC Meter 4 x 50 Medley Relay POOL JUNIORS**

SA REC 2022: 1:35,32 25 Nov 2018 SA Youth Lwc 2018

C.Coetzee, JP van Zyl, C.Botha, M.Erasmus

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

3	Kings Beach	B	NT
	1) Wyatt Ludick 14	2) Corban Oliver 15	
	3) Matthew Tucker 16	4) Brian Young 18	
4	Kings Beach	A	NT
	1) Canaan Brice 14	2) Jordan Denyer 16	
	3) Christian Middleton 14	4) Conor Moynihan 14	
5	Bloem	A	NT
	1) Andries Jansen van Vuuren 18	2) Bernard Mac Kay 15	
	3) Len-Douglas Mac Kay 17	4) Hanre Potgieter 17	

**Heat 2 of 2 Finals**

2	Seagulls	A	NT
	1) Matthew Benn 14	2) Jolin Brown 18	
	3) Conner Daniels 15	4) Seth Jooste 14	
3	Rox	A	NT
	1) Damien Angel 15	2) Matthew Coetzer 16	
	3) Kyle Hultzer 18	4) Luc O'Brien 15	
4	Harties	A	NT
	1) Christiaan Bothma 14	2) Neil Holtzhausen 14	
	3) Antonie Pieterse 16	4) Christiaan van Eeden 14	
5	Clifton	A	NT
	1) Ryan Voigt 14	2) Zack Waters 16	
	3) Yusseni Furtado 15	4) George Allen 16	
6	Aquamix	A	NT
	1) Adrian Le Roux 16	2) Prince Radebe 18	
	3) Tristan Theron 14	4) Marnitz van den Berg 17	
7	Milnerton	A	NT
	1) Daniel Gerhard 14	2) Jared Lawson 15	
	3) Cameron Pritchard 16	4) Nico Zumpt 15	

**Event 36 Women 19-29 200 LC Meter 4 x 50 Medley Relay POOL JUNIORS**

SA REC 2022: 1:45,01 2004 SA Rescue Team 2004

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

4	Marine	A	NT
	1) Kristin Bellinghan 23	2) Carmel Billson 29	
	3) Keli Reynolds 22	4) Raquel Robbins 19	
5	Rox	A	NT
	1) Sasha-Lee Nordegen 24	2) Tatum Botha 17	
	3) Mia Rule 18	4) Anya Hocking 16	

**Event 37 Men 19-29 200 LC Meter 4 x 50 Medley Relay POOL JUNIORS**

SA REC 2022: 1:32,77 11 Sep 2016 Rescue 2016 SA Senior

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

3	TUKS	A	NT
	1) Kian du Toit 20	2) Andre Mouton 21	
	3) Clayton Thompson 16	4) Ockert van Schalkwyk 21	
4	Clifton	A	NT
	1) George Allen 16	2) Paul Lassen 29	
	3) Tanner Gorille 22	4) Taro Tomitsuka 20	
5	Kings Beach	A	NT
	1) Cullen Biddulph 19	2) Keegan Cooke 24	
	3) Joshua Tucker 20	4) Jordan Denyer 16	

**LIFESAVING SOUTH AFRICA**  
**DHL SOUTH AFRICAN LIFESAVING POOL CHAMPIONSHIPS 2022**  
**Meet Program**

**Event 38 Girls 14-18 100 LC Meter 4 x 25 Manikin Relay POOL JUNIOR**

SA REC 2022: 1:33,79 23 Jun 2018 SA Youth Orange Cup 18

A.Chislett, B.Opperman, S.vd Berg, D.v Rensburg

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

3	Rox	C	NT
	1) Nicollette Challenor 17	2) Kezia Elliott 18	
	3) Valma-Jean Hockly 15	4) Kayleigh Smith 14	
4	Clifton	B	NT
	1) Ava Ingel 14	2) Ella Thorton Burge 14	
	3) Imani Magotsi 14	4) Ellen Hodgkinson 14	
5	Rox	B	NT
	1) Madison Alberts 14	2) Aryn Ely 16	
	3) Saskia Hockly 17	4) Keira King 15	

**Heat 2 of 2 Finals**

1	Bloem	A	NT
	1) Milishca Geleta 16	2) Anke van der Poel 14	
	3) Cayla Visser 15	4) Kaylin Visser 15	
2	Kings Beach	A	NT
	1) Jessica Booth 18	2) Megan Hough 14	
	3) Robyn Hough 16	4) Teegan Pio 15	
3	Rox	A	NT
	1) Tatum Botha 17	2) Georgia Hawkins 18	
	3) Anya Hocking 16	4) Mia Rule 18	
4	TUKS	A	NT
	1) Zoey Booysen 15	2) Kendra du Toit 18	
	3) Caitlynn Foster 14	4) Awande Mlangeni 15	
5	Clifton	A	NT
	1) Holly Cleworth 17	2) Savannah Voigt 16	
	3) Victoria Seale 16	4) Kianna Liversage 14	
6	Seagulls	A	NT
	1) Ciara Conwood 14	2) Eliza Jenniker 16	
	3) Brooklynn Pienaar 16	4) Angelina Rockman 16	
7	Harties	A	NT
	1) Liniqwe Rowles 14	2) Anneke van Eeden 17	
	3) Sune van Zyl 16	4) Tamica Visser 15	
8	WDR	A	NT
	1) Jessica Harcus 14	2) Nicola Harcus 15	
	3) Nicola Herbst 15	4) Hannah Praetorius 15	

**Event 39 Boys 14-18 100 LC Meter 4 x 25 Manikin Relay POOL JUNIOR**

SA REC 2022: 1:16,92 25 Nov 2018 SA Youth Lwc 2018

JP van Zyl, C.Botha, M.Erasmus, C.Coetzee

Lane	Team	Relay	Seed Time
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**Heat 1 of 2 Finals**

3	Kings Beach	B	NT
	1) Wyatt Ludick 14	2) Corban Oliver 15	
	3) Matthew Tucker 16	4) Brian Young 18	
4	Seagulls	A	NT
	1) Matthew Benn 14	2) Diano Brandt 16	
	3) Isaiah Douglas 14	4) Seth Jooste 14	
5	Bloem	A	NT
	1) Andries Jansen van Vuuren 18	2) Bernard Mac Kay 15	
	3) Len-Douglas Mac Kay 17	4) Hanre Potgieter 17	

**Heat 2 of 2 Finals**

2	Harties	A	NT
	1) Neil Holtzhausen 14	2) Kyle Jansen van Vuuren 17	
	3) Antonie Pieterse 16	4) Christiaan van Eeden 14	
3	Kings Beach	A	NT
	1) Canaan Brice 14	2) Jordan Denyer 16	
	3) Christian Middleton 14	4) Conor Moynihan 14	
4	Clifton	A	NT
	1) Ryan Voigt 14	2) Zack Waters 16	
	3) George Allen 16	4) Yusseni Furtado 15	
5	Rox	A	NT
	1) Damien Angel 15	2) Matthew Coetzer 16	
	3) Kyle Hultzer 18	4) Luc O'Brien 15	
6	Milnerton	A	NT
	1) Daniel Gerhard 14	2) Jared Lawson 15	
	3) Cameron Pritchard 16	4) Nico Zumpt 15	
7	Aquamix	A	NT
	1) Adrian Le Roux 16	2) Prince Radebe 18	
	3) Tristan Theron 14	4) Marnitz van den Berg 17	

**Event 40 Women 19-29 100 LC Meter 4 x 25 Manikin Relay POOL JUNI**

SA REC 2022: 1:27,93 24 Nov 2018 SA Protea Team - Lwc 2018

S. Corris, C. Billson, K. Bellingham, B van Bargaen

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

4	Rox	A	NT
	1) Sasha-Lee Nordegen 24	2) Mia Rule 18	
	3) Anya Hocking 16	4) Georgia Hawkins 18	
5	Marine	A	NT
	1) Kristin Bellingham 23	2) Carmel Billson 29	
	3) Keli Reynolds 22	4) Raquel Robbins 19	

**Event 41 Men 19-29 100 LC Meter 4 x 25 Manikin Relay POOL JUNIOR**

SA REC 2022: 1:11,69 11 Sep 2016 Rescue 2016 SA Senior

Lane	Team	Relay	Seed Time
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**Heat 1 of 1 Finals**

3	Clifton	A	NT
	1) George Allen 16	2) Tanner Gorille 22	
	3) Paul Lassen 29	4) Taro Tomitsuka 20	
4	Kings Beach	A	NT
	1) Cullen Biddulph 19	2) Keegan Cooke 24	
	3) Joshua Tucker 20	4) Jordan Denyer 16	
5	TUKS	A	NT
	1) Kian du Toit 20	2) Clayton Thompson 16	
	3) Ockert van Schalkwyk 21	4) Andre Mouton 21	