

RECORDS SA Age Group

LC Meters-Women

10 & U	50 Free	29.75	2-Nov-02	STIN ES	Clarissa L Enslin at Johan Terblanche Gala	
	100 Free	1:06.09	30-Nov-02	ESA ES	Clarissa L Enslin at NN Five Province Gala	
	200 Free	2:21.69	27-Oct-06	KASA EP	Jessica S. Liss at EP 2nd A League Gala	
	400 Free	4:54.06	27-Oct-06	KASA EP	JESSICA S. LISS at EP 2nd A League Gala	
	50 Back	34.53	5-Jan-00	RSA	Karin Prinsloo at Pacific School Games	
	100 Back	1:13.33	5-Jan-00	RSA	Karin Prinsloo at Pacific School Games	
	200 Back	2:42.52	17-Mar-00	TUKS NT	Karin Prinsloo at Telkom SA Prestige Age Group	
	50 Breast	36.46	14-Oct-06	KASA EP	Jessica S. Liss at EP 1st A League Gala	
	100 Breast	1:18.99	14-Oct-06	KASA EP	Jessica S. Liss at EP 1st A League Gala	
	200 Breast	2:46.87	14-Oct-06	KASA EP	Jessica S. Liss at EP 1st A League Gala	
	50 Fly	33.04	1-Jan-90		Tania Oosthuizen	
	100 Fly	1:13.78	27-Oct-06	KASA EP	Jessica Liss at EP 1st League Gala	
	200 IM	2:36.66	14-Oct-06	KASA EP	Jessica S. Liss at EP 1st A League Gala	
	11-11	50 Free	28.43	3-Jan-97		Melanie Greyling
100 Free		1:03.00	18-Mar-05	DOLC CG	Lauren Mattheus at Telkom SA Level 3 Age Group Championships	
200 Free		2:16.12	23-Sep-07	KASA EP	Jessica S. Liss at Vineyard Spring Gala 2007	
400 Free		4:42.55	9-Feb-07	KASA EP	Jessica S Liss EP Champs 2007	
50 Back		33.21	16-Dec-04	MUST CG	Robyn A Shepstone at CGA Open Championships	
100 Back		1:11.95	21-Mar-02	TUKS NT	Jenna M Bekker at Telkom SA National Prestige	
200 Back		2:34.19	16-Dec-99	KRGSD CG	Roxanne L Meyer at CGA Championships	
50 Breast		35.74	6-Oct-07	KASA EP	Jessica S. Liss at EP 1st A League Gala	
100 Breast		1:15.16	10-Apr-07	EPS EP	Jessica S. Liss at Telkom Sa Natioanl Championships 2007	
200 Breast		2:38.14	6-Oct-07	KASA EP	Jessica S. Liss at EP 1st A League Gala	
50 Fly		31.26	12-Jan-96		Carien Peters	
100 Fly		1:09.67	11-Jul-07	KASA EP	Jessica S. Liss at KZN Speedo Prestige Gala 2007	
200 IM		2:29.64	23-Sep-07	KASA EP	Jessica S. Liss at Vineyard Spring Gala 2007	
12-12		50 Free	27.81	18-Dec-98	SEPN	Kelly F Acutt at Westville Sprints
	100 Free	1:00.73	4-Jun-99	SEPN	Kelly F Acutt at Junior International	
	200 Free	2:10.91	7-Dec-07	KASA EP	Jessica S. Liss at WP Sasko Championships	
	400 Free	4:29.00	25-Feb-08	KASA EP	Jessica Liss at EP Champs 2008	
	800 Free	9:08.92	4-Mar-08	KASA EP	Jessica S. Liss at Telkom SA National Level 3 Championship2008	
	1500 Free	17:52.00	11-Jan-08	KASA EP	Jessica Liss at EP 3rd League Gal	
	50 Back	32.56	4-Mar-08	DDA NT	VANESSA MOHR at Telkom SA National Level 3 Championship2008	
	100 Back	1:08.96	7-Jan-96		Taryn Cokayne	
	200 Back	2:27.36	2-Apr-03	KZNA KZ	Leah Coetzee at SA National Aquatic Champs S/F	
	50 Breast	34.05	1-Apr-08	EPA EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	100 Breast	1:11.66	23-Mar-08	KASA EP	Jessica Liss at Samsung Series 2	
	200 Breast	2:28.55	1-Apr-08	EPA EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	50 Fly	29.81	4-Mar-08	DDA NT	VANESSA MOHR at Telkom SA National Level 3 Championship2008	
	100 Fly	1:06.45	4-Mar-08	KASA EP	Jessica S. Liss at Telkom SA National Level 3 Championship2008	
	200 Fly	2:21.63	1-Feb-08	KASA EP	Jessica S. Liss at EP 4th League Gala	
	200 IM	2:21.22	1-Apr-08	EPA EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	400 IM	4:51.88	1-Apr-08	EPA EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	13-13	50 Free	27.36	18-Mar-05	BENS ES	Megan C Scott at Telkom SA Level 3 Age Group Championships
		100 Free	59.91	17-Mar-00	KLOOF KZ	Nicola L Stanley at Telkom SA Prestige Age Group
200 Free		2:07.96	4-Oct-00	RSA	Nicola L Stanley at Australian Age	
400 Free		4:27.96	4-Oct-00	RSA	Nicola L Stanley at Australian Age	
800 Free		9:12.01	1-Dec-00	KLOOF KZ	Nicola L Stanley at KZN 1st Division Championships	
1500 Free		17:32.25	2-Apr-03	KZNA KZ	Bianca J Meyer at SA National Aquatic Chamionships	
50 Back		31.60	5-Jan-00	RSA	Karin Prinsloo at USSASA High School Nationals	
100 Back		1:06.72	8-Jan-97		Taryn Cokayne	

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13-13	200 Back	2:21.63	8-Jan-97			Taryn Cokayne
	50 Breast	33.96	14-Apr-09	EPA	EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2009
	100 Breast	1:11.92	14-Apr-09	EPA	EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2009
	200 Breast	2:30.74	1-Mar-08		EC	Jessica S. Liss at S A Primary Schools' Aquatics Championships 2
	50 Fly	28.97 *	13-Feb-09	DDA	NT	VANESSA MOHR at 2009 NTS February Age Group
	50 Fly	28.97 *	13-Feb-09	DDA	NT	VANESSA MOHR at NTS Feb Championships 2009
	50 Fly	28.97 *	13-Feb-09	DDA	NT	VANESSA MOHR at 2009 NTS February Age Group
	50 Fly	28.97 *	13-Feb-09	DDA	NT	VANESSA MOHR at 2009 NTS February Age Group
	100 Fly	1:03.98	29-Mar-04	KDOR	NW	Christy L Lategan at Telkom SA Prestige Age Group
	200 Fly	2:18.24	29-Mar-04	KDOR	NW	Christy L Lategan at Telkom SA Prestige Age Group
	200 IM	2:22.49	15-Oct-08		RSA	Jessica Liss-Commonweath Games-Pune india
	400 IM	4:56.70	4-Apr-05	WPA	WP	Jessica E Pengelly at Telkom SA National Aquatic Championships
14-14	50 Free	26.67	16-Apr-04	KZN	KZ	Tanya Strydom at SA National Aquatic Championships
	100 Free	58.47	14-Apr-09	NTS	NT	Kayla M erreira at Telkom SA National Level 3 Championship 2090
	200 Free	2:05.77	14-Apr-09	NTS	NT	KAYLA M. FERREIRA at Telkom SA National Aquatic Championships 200
	400 Free	4:21.83	16-Apr-04	WPA	WP	Wendy A Trott at SA National Aquatic Championships
	800 Free	8:54.97	16-Apr-04	WPA	WP	Wendy A Trott at SA National Aquatic Championships
	1500 Free	17:11.72	16-Apr-04	WPA	WP	Wendy A Trott at SA National Aquatic Championships
	50 Back	31.00	2-Apr-03	KZNA	KZ	Ilse Otto at SA National Aquatic Champs S/F
	100 Back	1:05.93	14-Dec-05	RSAC	KZ	TANYA R. BOUFFE at KZN Provincial Championships 2005
	200 Back	2:18.88	1-Oct-01	SGULL	KZ	Melissa J Corfe at KZN Level 2/3 Championships
	50 Breast	33.28	13-Mar-07	KASA	EP	Tasmynne S Roe at Telkom Sa Level 3 Age Grp
	100 Breast	1:10.37	8-Jan-97			Sarah Poewe
	200 Breast	2:31.37	6-Mar-09	KASA	EP	Jessica S. Liss at S.A. High Schools' Aquatics Champs 2009
	50 Fly	27.76	14-Apr-09	NTS	NT	VANESSA MOHR at Telkom SA National Aquatic Championships 2009
	100 Fly	1:02.49	14-Apr-09	NTS	NT	VANESSA MOHR at Telkom SA National Aquatic Championships 2009
	200 Fly	2:16.22	4-Jan-98			Natalie du Toit
	200 IM	2:19.31	14-Mar-06	STRA	WP	JESSICA E. PENGELLY at Telkom SA Level 3 Age Group Championships.
	400 IM	4:52.52	18-Apr-06	WPA	WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 20
15-15	50 Free	26.13	20-Mar-03	TUKS	NT	Lauren Roets at Telkom SA National Prestige
	100 Free	55.98	2-Apr-03	NTS	NT	Lauren Roets at SA National Aquatic Championships
	200 Free	2:04.22	18-Apr-06	NWS	NW	CHRISTY L. LATEGAN at Telkom SA National Aquatic Championships 200
	400 Free	4:19.36	4-Apr-05	WPA	WP	Wendy A Trott at Telkom SA National Aquatic Championships
	800 Free	8:51.02	4-Apr-05	WPA	WP	Wendy A Trott at Telkom SA National Aquatic Championships
	1500 Free	16:43.84	4-Apr-05	WPA	WP	Wendy A Trott at Telkom SA National Aquatic Championships
	50 Back	30.12	28-Nov-05	WPA	WP	Karin Prinsloo at 2005 Pacific School Games-Melbourne
	100 Back	1:04.69	28-Nov-05	TUKS	NT	Karin Prinsloo at 2005 PacificSchool Games-Melbourne
	200 Back	2:15.64	10-Apr-07	MATI	WP	JESSICA E. PENGELLY at Telkom Sa National Championships 2007
	50 Breast	33.25	1-Apr-08		EPA EP	Tasmynne S Roe at Telkom Sa Nationals 2008
	100 Breast	1:10.79	14-Jul-98	VINWP		Sarah Poewe at World Youth Games
	200 Breast	2:31.42	27-Jun-05	HART	GW	Jean-Marie Neethling at GW Scottish Ntl Open & Age Grp Champs
	50 Fly	27.98	4-Apr-05	WPA	WP	Chanelle Van Wyk at Telkom SA National Aquati-Semi-Finals
	100 Fly	1:02.20	18-Apr-06	NWS	NW	CHRISTY L. LATEGAN at Telkom SA National Aquatic Championships 200
	200 Fly	2:14.74	4-Apr-05	WPA	WP	Chanelle Van Wyk at Telkom SA National Aquatic Championships
	200 IM	2:16.46	10-Apr-07	WPA	WP	Jessica Pengelly At Telkom Sa National Championship 2007
	400 IM	4:43.76	10-Apr-07	MATI	WP	JESSICA E. PENGELLY at Telkom SA National Championships 2007
16-16	50 Free	25.88	16-Apr-04	CGA	CG	Lauren Roets at SA National Aquatic Championships
	100 Free	56.35	29-Mar-04	DOLC	CG	Lauren Roets at Telkom SA Prestige Age Group
	200 Free	2:03.09	25-Mar-07	VINE	WP	Wendy Trott-12th Fina World Champs
	400 Free	4:13.92	25-Mar-07	VINE	WP	Wendy Trott-12th Fina World Champs
	800 Free	8:31.53	23-Mar-07	VINE	WP	Wendy Trott-12th Fina World Champs
	1500 Free	16:41.36	25-Aug-06	VINE	WP	WENDY A. TROTT at 1st Fina World YouthSwimming Championship
	50 Back	29.98	25-Aug-06	TUKS	NT	KARIN PRINSLOO at 1st Fina World YouthSwimming Championship

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16-16	100 Back	1:03.45	25-Aug-06	TUKS NT	KARIN PRINSLOO at 1st Fina World YouthSwimming Championship
	200 Back	2:14.75	1-Apr-08	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 20
	50 Breast	32.68	14-Apr-09	EPA EP	Tasmynne S. Roe at Telkom SA National Aquatic Championships 2009
	100 Breast	1:09.30	25-Aug-99	RSA	Sarah Poewe at Pan Pacific Championships
	200 Breast	2:25.90	25-Aug-99	RSA	Sarah Poewe at Pan Pacific Championships
	50 Fly	27.56	5-Oct-03	RSA	Lize-Mari Retief at RSA 8th All Africa Games
	100 Fly	1:00.25	25-Aug-06	TUKS NT	Keri SHAW at 1st Fina World YouthSwimming Championship
	200 Fly	2:13.92	14-Mar-06	TUKS NT	Keri SHAW at Telkom SA Level 3 Age Group Championships2006
	200 IM	2:15.22	1-Apr-08	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 20
	400 IM	4:41.35	1-Apr-08	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 20
17-17	50 Free	26.39	18-Mar-05	DOLC CG	Lauren Roets at Telkom SA Level 3 Age Group Championships
	100 Free	57.06	25-Mar-07	DOLC CG	Karin Prinsloo -12th Fina World Champs
	200 Free	2:03.03	7-Dec-07	VINE WP	WENDY A. TROTT at WP Sasko Championships
	400 Free	4:11.84	7-Dec-07	VINE WP	WENDY A. TROTT at WP Sasko Championships
	800 Free	8:34.67	21-Aug-07	RSA ZZ	WENDY A. TROTT at International Swim Meet 2007-Japan
	1500 Free	16:31.09	7-Dec-07	VINE WP	WENDY A. TROTT at WP Sasko Championships
	50 Back	29.66	25-Mar-07	TUKS NT	Karin Prinsloo -12th Fina World Champs
	100 Back	1:03.69	13-Dec-06	TUKS NT	KARIN PRINSLOO at Muscle Science KZN Provincial Championships 2
	200 Back	2:13.80	14-Apr-09	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 20
	50 Breast	31.58	4-Feb-00	WPA WP	Sarah Poewe at Telkom SA National Aquatic Championships
	100 Breast	1:07.48	16-Sep-00	RSA	Sarah Poewe at 2000 Olympic Games
	200 Breast	2:25.39	15-Mar-06	RSA	SUZAAN VAN BILJON at Commonwealth Games 2006
	50 Fly	27.29	13-Dec-06	TUKS NT	Keri SHAW at Muscle Science KZN Provincial Championships 2
	100 Fly	59.17	21-Aug-07	RSA ZZ	Keri SHAW at International Swim Meet 2007-Japan
	200 Fly	2:11.44	21-Aug-07	RSA ZZ	Keri SHAW at International Swim Meet 2007-Japan
	200 IM	2:14.00	14-Apr-09	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 20
400 IM	4:41.04	10-Aug-08	RSA ZZ	JESSICA E. PENGELLY at Olympic Games Beijing 2008	
18-18	50 Free	25.64	15-Mar-06	RSA	LAUREN ROETS at Commonwealth Games 2006
	100 Free	55.97	15-Mar-06	RSA	LAUREN ROETS at Commonwealth Games 2006
	200 Free	2:01.46	1-Apr-08	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008
	400 Free	4:08.38	10-Aug-08	RSA ZZ	WENDY A. TROTT at Olympic Games Beijing 2008
	800 Free	8:26.21	10-Aug-08	RSA ZZ	WENDY A. TROTT at Olympic Games Beijing 2008
	1500 Free	16:15.58	1-Apr-08	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008
	50 Back	29.82	1-Apr-08	KZNA KZ	Chanelle Van Wyk at Telkom SA National Aquatic Championships 2008
	100 Back	1:04.11	12-Jul-02	CAMP WP	Romy Altmann at KZN Speedo Prestige
	200 Back	2:13.58	15-Dec-04	SGUL KZ	Melissa J Corfe at KZN Level 2-3 Provincial Championships
	50 Breast	31.50	29-Mar-01	WPA WP	Sarah Poewe at Telkom SA National Aquatic Championships
	100 Breast	1:08.02	29-Mar-01	WPA WP	Sarah Poewe at Telkom SA National Aquatic Championships
	200 Breast	2:26.36	17-Aug-06	RSA	SUZAAN VAN BILJON at Pan Pacific Swimming Championship
	50 Fly	27.36	18-Mar-05	BISH CG	Lize-Mari Retief at Telkom SA Level 3 Age Group Championships
	100 Fly	1:00.11	23-Feb-08	TUKS NT	Keri Shaw at Samsung Series 2
	200 Fly	2:11.19	13-Dec-07	PISC KZ	Kathryn A. Meaklim at KZN Provincial Championships 2007
	200 IM	2:16.42	10-Apr-07	TUKS NT	SUZAAN VAN BILJON at Telkom SaNational Championships 2007
	400 IM	4:40.98	7-Jun-08	PISC KZ	Kathryn A. Meaklim at Sette Colli-Rome 2008

RECORDS SA Age Group

LC Meters-Men

10 & U	50 Free	29.20	12-Dec-03	HARL BO	Joshua Kriel at KZN Championships	
	100 Free	1:02.96	26-Jan-07	DDA NT	Joshua P Dannhauser-Nts 2007 Jan Age Group-2007	
	200 Free	2:18.40	12-Dec-03	HARL BO	Joshua Kriel at KZN Championships	
	400 Free	4:54.59	11-Jul-03	DOLC CG	Michael J Meyer at KZN Durban Prestige	
	50 Back	23.18	23-Jan-09	VINE WP	Ben J. Orkin at WP Sasko Jack Currie Championships	
	100 Back	1:15.50	13-Feb-04	HARL BO	Joshua Kriel at BO February Age Group	
	200 Back	2:38.96	2-Dec-06	KASA EP	Christopher P. Reid at EP Aquabear Gala 2006	
	50 Breast	37.76	11-Mar-08	WHFC WP	Nicholas A Quenet-Sa Level 2 Champs	
	100 Breast	1:24.04	1-Oct-01	QBBEV KZ	Cheyne A Fisher at KZN Level 2/3 Championships	
	200 Breast	3:00.26	20-Jan-06	HARL BO	BRADLEE M. SHEPPARD at EP Championships 2006	
	50 Fly	32.21	10-Sep-05	WELL WP	Jonathan Vd Merwe at WP Mean Seasons Sprint Gala	
	100 Fly	1:12.44	21-Mar-02	KPFAL KZ	Eddie Delpport at Telkom SA National Prestige	
	200 IM	2:38.19	3-Jan-75	VINE WP	Jeremy W Reingold at Bloemfontein	
	11-11	50 Free	27.01	15-Dec-04	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
		100 Free	59.28	15-Dec-04	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
200 Free		2:11.11	15-Dec-04	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
400 Free		4:39.35	7-Dec-07	KASA EP	Christopher P. Reid at WP Sasko Championships	
50 Back		31.98	15-Dec-04	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
100 Back		1:07.82	15-Dec-04	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
200 Back		2:23.26	7-Dec-07	KASA EP	Christopher P. Reid at WP Sasko Championships	
50 Breast		35.51	2-Sep-01	BLSEA FS	Enzo R Iannone at FS -USASSA Inter Primary Aquatic Championships	
100 Breast		1:17.59	18-Jan-01	BLSEA FS	Enzo R Iannone at FS-Vrystaat Ope Swem Kampioenskap	
200 Breast		2:47.01	18-Jan-01	BLSEA FS	Enzo R Iannone at FS-Vrystaat Ope Swem Kampioenskap	
50 Fly		30.05	15-Dec-04	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
100 Fly		1:07.98	7-Dec-07	KASA EP	Christopher P. Reid at WP Sasko Championships	
200 IM		2:29.94	7-Dec-07	KASA EP	Christopher P. Reid at WP Sasko Championships	
12-12		50 Free	26.20	17-Mar-00	RAU CG	Gregory Widmer
		100 Free	57.43	3-Dec-05	TUKS NT	Joshua KRIEL at NTS Championships
	200 Free	2:05.04	1-Aug-04	HARL BO	Mard J Emslie at BO/KZN British Age Group Championships	
	400 Free	4:21.66	1-Aug-04	HARL BO	Marc J Emslie at BO/KZN British Age Group Championships	
	800 Free	9:16.84	14-Dec-05	SEAL KZ	MARCO K. HUSSELMANN at KZN Provincial Championships 2005	
	1500 Free	17:39.12	1-Aug-04	HARL BO	Marc J Emslie at BO/KZN British Age Group Championships	
	50 Back	30.58	4-Mar-08	SEAL KZ	Mickey OLIVIER at Telkom SA National Level 3 Championship 2008	
	100 Back	1:05.54	6-Dec-08	KASA EP	Christopher P. Reid at EP Aquabear Classic Gala	
	200 Back	2:19.64	22-Nov-08	KASA EP	Christopher P. Reid at EP Uitenhage Swimming Club	
	50 Breast	33.33	12-Dec-03	DOLC CG	Jared C Pike at KZN Championships	
	100 Breast	1:13.21	12-Dec-03	DOLC CG	Jared C Pike at KZN Championships	
	200 Breast	2:39.16	29-Mar-04	DOLC CG	Jared C Pike at Telkom SA Prestige Age Group	
	50 Fly	28.00	1-Apr-09	CGA CG	Mathys C Goosen At Besatmed B Nationals	
	50 Fly	28.00	3-Apr-09	CGA CG	Mathys C. Goosen at Bestmed SA National B Open Championships 200	
	100 Fly	1:02.54	14-Dec-05	POLO NP	Heinrich ALBERTS at KZN Provincial Championships 2005	
	200 Fly	2:18.43	16-Jan-03	TYGE WP	Anton S Duvenhage at WP Jack Currie Championships	
	200 IM	2:22.94	22-Nov-08	KASA EP	Christopher P. Reid at EP Uitenhage Swimming Club	
	400 IM	4:56.93	13-Dec-08	KASA EP	Christopher P. Reid at EP Championships 2008	
	13-13	50 Free	24.77	3-Jan-97		Adriaan Venter
		100 Free	54.83	4-Apr-05	CGA CG	Kristopher P Matulovich at Telkom SA National Aquatic Championships
200 Free		2:01.79	13-Dec-06	POLO NP	Heinrich Alberts at Muscle Science KZN Provincial Championships 2	
400 Free		4:18.04	15-Dec-04	HARL BO	Marc J Emslie at KZN Level 2-3 Provincial Championships	
800 Free		8:51.76	16-Apr-04	KZN KZ	Chad Ho at SA National Aquatic Championships	
1500 Free		16:40.81	29-Mar-04	KLOO KZ	Chad Ho at Telkom SA Prestige Age Group	
50 Back		29.45	19-Dec-03	RSAC KZ	Dean Joubert de Villiers at KZN TYR Westville Sprints	

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13-13	100 Back	1:02.70	6-Dec-07	MDOL CG	Daniel Glyn-Cuthbert at CGA Open Championships Dec 2007
	200 Back	2:15.42	13-Mar-09	KASA EP	Christopher P. Reid at Telkom SA National Level 3 Championship 2090
	50 Breast	31.70	18-Mar-05	DOLC CG	Jared C Pike at Telkom SA Level 3 Age group Championships
	100 Breast	1:09.28	18-Mar-05	DOLC CG	Jared C Pike at Telkom SA Level 3 Age Group Championships
	200 Breast	2:31.80	18-Mar-05	SCAT EP	David Marais at Telkom SA Level 3 Age Group Championships
	50 Fly	26.46	18-Mar-05	BISH CG	Kristopher P Matulovich at Telkom SA Level 3 Age Group Championships
	100 Fly	58.61	18-Mar-05	BISH CG	Kristopher P Matulovich at Telkom SA Level 3 Age Group Championships
	200 Fly	2:14.89	13-Dec-06	POLO NP	Heinrich Alberts at Muscle Science KZN Provincial Championships 2
	200 IM	2:15.42	24-Jan-09	EPA EP	Christopher P. Reid at Inter Provincial Invitation Gala
	400 IM	4:52.20	8-Jan-03	AQUL CG	Peter C Todd at KZN Level 2-3 Championships
14-14	50 Free	24.11	28-Mar-09	HART GW	Morne Kemp at Telkom SA Nationals Level 1 Champs Cape Town
	100 Free	52.91	4-Jan-98		Byron Jeffers
	200 Free	1:55.14	4-Jan-98		Byron Jeffers
	400 Free	4:10.53	18-Mar-05	BARR WP	Sebastien D Rousseau at Telkom SA Level 3 Age Group Championships
	800 Free	8:32.67	15-Dec-04	KLOO KZ	Chad Ho at KZN Level 2-3 Provincial Championships
	1500 Free	16:16.48	23-Oct-04	KLOO KZ	Chad Ho at KZN Summer Program 1
	50 Back	28.21	9-Dec-08	MDOL CG	Daniel Glyn-Cuthbert at CGA Open Champs
	100 Back	59.88	4-Jan-98		Byron Jeffers
	200 Back	2:08.41	4-Jan-98		Byron Jeffers
	50 Breast	31.08	14-Apr-09	EPA EP	Adam J. Stevenson at Telkom SA National Aquatic Championships 2009
	100 Breast	1:08.35	1-Jan-95		Terence Parkin
	200 Breast	2:27.31	3-Jan-95		Terence Parkin
	50 Fly	25.99	14-Mar-06	BISH CG	KRISTOPHER P. MATULOVICH at Telkom SA Level 3 Age Group Champ
	100 Fly	57.49	14-Apr-09	EPA EP	REYNARD WESSELS at Telkom SA National Aquatic Championships 2009
	200 Fly	2:10.65	11-Jul-07	PSA NP	Heinrich Alberts at KZN Speedo Prestige Gala 2007
	200 IM	2:11.00	4-Jan-98		Byron Jeffers
	400 IM	4:39.94	18-Mar-05	MUST CG	Jay-Cee Thomson at Telkom SA Level 3 Age Group Championships
15-15	50 Free	23.63	16-Dec-08	KLOO KZ	Brett H. Walsh at KZN Provincial Championships008
	100 Free	52.18	4-Jun-99	SGLN	Byron Jeffers at Junior International
	200 Free	1:54.01	4-Jul-99	KZNN	Byron Jeffers at SA National Aquatic Championships
	400 Free	4:03.13	18-Apr-06	KZN KZ	JOHN C. ELLIS at Telkom SA National Aquatic Championships 2006
	800 Free	8:20.69	18-Apr-06	KZN KZ	JOHN C. ELLIS at Telkom SA National Aquatic Championships 2006
	1500 Free	16:00.23	18-Apr-06	KZN KZ	JOHN C. ELLIS at Telkom SA National Aquatic Championships 2006
	50 Back	27.19	14-Apr-09	KZNA KZ	Murray McDougall at Telkom SA National Aquatic Championships 2009
	100 Back	57.83	24-Jul-05	DOLC CG	Garth V Tune at RSA 11th Fina World Swimming Championships
	200 Back	2:07.23	11-Sep-06	KLOO KZ	Charl van Zyl at Africa Snr Championships-Dakar
	50 Breast	30.21	14-Apr-09	KZNA KZ	Brett H. Walsh at Telkom SA National Aquatic Championships 2009
	100 Breast	1:05.27	17-Mar-00	BLOTT FS	Michiel Du Toit at Telkom SA Prestige Age Group
	200 Breast	2:20.00	3-Jan-96		Terence Parkin
	50 Fly	25.24	16-Dec-08	PSA LP	Heinrich Alberts at KZN Provincial Championships008
	100 Fly	55.06	14-Apr-09	CGA CG	Dylan Bosch at Telkom SA National Aquatic Championships 2009
	200 Fly	2:06.22	16-Dec-08	PSA LP	Heinrich Alberts at KZN Provincial Championships008
	200 IM	2:07.89	18-Apr-06	CGA CG	JAY-CEE THOMSON at Telkom SA National Aquatic Championships 2006
	400 IM	4:29.47	18-Apr-06	CGA CG	JAY-CEE THOMSON at Telkom SA National Aquatic Championships 2006
	16-16	50 Free	23.48	1-Apr-08	CGA CG
100 Free		51.59	1-Apr-08	CGA CG	Kris MATULOVICH at Telkom SA National Aquatic Championships 2008
200 Free		1:51.74	16-Apr-04	CGA CG	Jean Basson at SA National Aquatic Championships
400 Free		3:58.42	25-Aug-06	PISC KZ	Riaan H. Schoeman at 1st Fina World YouthSwimming Championship
800 Free		8:09.42	7-Dec-07	MATI WP	HEERDEN HERMAN at WP Sasko Championships
1500 Free		15:33.28	7-Dec-07	MATI WP	HEERDEN HERMAN at WP Sasko Championships
50 Back		26.08	2-Jul-07	KLOO KZ	Charl S van Zyl-Sasol Winter Champs
100 Back		57.11	1-Apr-08	NTS NT	Darren J. Murray at Telkom SA National Aquatic Championships 2008
200 Back		2:03.78	31-Jul-07	KLOO KZ	Charl S. van Zyl at ASA Youth Long Course 2007

RECORDS SA Age Group

16-16	50 Breast	29.44	18-Mar-05	PAC NT	Cameron Vd Burgh at Telkom SA Level 3 Age Group Championships	
	100 Breast	1:04.24	16-Dec-08	PSA LP	Riaan Smit at KZN Provincial Championships008	
	200 Breast	2:20.42	16-Dec-08	PSA LP	Riaan Smit at KZN Provincial Championships008	
	50 Fly	25.06	16-Apr-04	NTS NT	Donoven Vd Merwe at SA National Aquatic Championships	
	100 Fly	54.93	14-Apr-09	LP LP	Heinrich Alberts at Telkom SA National Aquatic Championships 2009	
	200 Fly	2:00.69	30-Jun-07	VINE WP	SEBASTIEN D. ROUSSEAU at Matie Strand Gala	
	200 IM	2:04.86	15-Oct-08	RSA ZZ	Chad G. Le Clos at 2008 Commonwealth Youth Games-Pune India	
	400 IM	4:23.80	25-Aug-06	PISC KZ	Riaan H. Schoeman at 1st Fina World YouthSwimming Championship	
	17-17	50 Free	23.03	4-Jan-98		Roland Schoeman
100 Free		51.42	25-Aug-06	MUST CG	GRAEME J. MOORE at 1st Fina World YouthSwimming Championship	
200 Free		1:49.99	24-Jul-05	WATR CG	Jean Basson at RSA 11th Fina World Swimming Championships	
400 Free		3:53.91	21-Aug-07	RSA ZZ	Riaan H. Schoeman at International Swim Meet 2007-Japan	
800 Free		8:01.77	8-Jul-08	MATI WP	HEERDEN HERMAN at 2nd Fina World Youth Swimming Champs 2008	
1500 Free		15:17.31	1-Apr-08	WPA WP	HEERDEN HERMAN at Telkom SA National Aquatic Championships 2008	
50 Back		26.41	1-Apr-08	KZNA KZ	Charl S. van Zyl at Telkom SA National Aquatic Championships 2008	
100 Back		56.19	8-Jul-08	TUKS NT	Darren J. Murray at 2nd Fina World Youth Swimming Champs 2008	
200 Back		2:02.20	1-Apr-08	KZNA KZ	Charl S. van Zyl at Telkom SA National Aquatic Championships 2008	
50 Breast		28.79	18-Apr-06	NTS NT	CAMERON VD BURGH at Telkom SA National Aquatic Championships 2008	
100 Breast		1:03.13	18-Apr-06	NTS NT	CAMERON VD BURGH at Telkom SA National Aquatic Championships 2008	
200 Breast		2:16.55	14-Apr-09	KZNA KZ	Chad G. Le Clos at Telkom SA National Aquatic Championships 2009	
50 Fly		25.02	12-Jul-07	MDOL CG	GARTH V. TUNE at 9th All Africa Games-Algiers 2007	
100 Fly		54.50	21-Aug-07	RSA ZZ	GARTH V. TUNE at International Swim Meet 2007-Japan	
200 Fly		1:57.57	14-Apr-09	KZNA KZ	Chad G. Le Clos at Telkom SA National Aquatic Championships 2009	
200 IM		2:01.54	14-Apr-09	KZNA KZ	Chad G. Le Clos at Telkom SA National Aquatic Championships 2009	
400 IM		4:15.41	21-Aug-07	RSA ZZ	Riaan H. Schoeman at International Swim Meet 2007-Japan	
18-18		50 Free	22.99	1-Apr-08	KZNA KZ	Wesley P. Gilchrist at Telkom SA National Aquatic Championships 2008
		100 Free	50.12	2-Apr-03	KZNA KZ	Darian R Townsend at SA National Aquatic Champs S/F
		200 Free	1:49.36	14-Apr-09	WPA WP	SEBASTIEN D. ROUSSEAU at Telkom SA National Aquatic Championship
	400 Free	3:49.33	14-Apr-09	KZNA KZ	Jay-Cee Thompson at Telkom SA National Aquatic Championships 2009	
	800 Free	7:57.32	14-Apr-09	WPA WP	HEERDEN HERMAN at Telkom SA National Aquatic Championships 2009	
	1500 Free	15:14.63	7-Jan-96		Ryk Neethling	
	50 Back	25.71	14-Apr-09	KZNA KZ	Charl S. van Zyl at Telkom SA National Aquatic Championships 2009	
	100 Back	55.25	14-Apr-09	KZNA KZ	Charl S. van Zyl at Telkom SA National Aquatic Championships 2009	
	200 Back	2:01.31	14-Apr-09	KZNA KZ	Charl S. van Zyl at Telkom SA National Aquatic Championships 2009	
	50 Breast	27.49	25-Mar-07	NTS NT	CAMERON VD BURGH at 12th Fina World Championships 2007	
	100 Breast	1:01.73	10-Apr-07	NTS NT	CAMERON VD BURGH at Telkom Sa National Championships 2007	
	200 Breast	2:14.42	12-Dec-03	KPFA KZ	Neil R Versfeld at KZN Championships	
	50 Fly	24.83	13-Mar-07	WATR CG	Neil WATSON at Telkom SA Level 3 Age Group Championships2007	
	100 Fly	53.22	14-Apr-09	WPA WP	SEBASTIEN D. ROUSSEAU at Telkom SA National Aquatic Championship	
	200 Fly	1:55.51	14-Apr-09	WPA WP	SEBASTIEN D. ROUSSEAU at Telkom SA National Aquatic Championship	
	200 IM	2:00.01	14-Apr-09	WPA WP	SEBASTIEN D. ROUSSEAU at Telkom SA National Aquatic Championship	
	400 IM	4:14.09	10-Aug-08	RSA ZZ	Riaan H. Schoeman at Olympic Games Beijing 2008	