

## Swimming South Africa Registration Data - 2008 / 2009

### RECORDS SA Age Group

#### LC Meters-Women

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

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### RECORDS SA Age Group

13-13	1500 Free	17:32.25	<b>2-Apr-03</b>	KZNA KZ	Bianca J Meyer at SA National Aquatic Chamionships	
	50 Back	31.60	<b>5-Jan-00</b>	RSA	Karin Prinsloo at USSASA High School Nationals	
	100 Back	1:06.72	<b>8-Jan-97</b>		Taryn Cokayne	
	200 Back	2:21.63	<b>8-Jan-97</b>		Taryn Cokayne	
	50 Breast	34.16	<b>29-Mar-04</b>	KASA EP	Amber Roe at Telkom SA Prestige Age Group	
	100 Breast	1:13.00	<b>6-Jan-96</b>		Sarah Poewe	
	200 Breast	2:30.74	<b>1-Mar-08</b>	EC	Jessica S. Liss at S A Primary Schools' Aquatics Championships 2	
	50 Fly	29.31	<b>16-Apr-04</b>	KZN KZ	Leah Coetzee at SA National Aquatic Championships	
	100 Fly	1:03.98	<b>29-Mar-04</b>	KDOR NW	Christy L Lategan at Telkom SA Prestige Age Group	
	200 Fly	2:18.24	<b>29-Mar-04</b>	KDOR NW	Christy L Lategan at Telkom SA Prestige Age Group	
	200 IM	2:22.68	<b>1-Mar-08</b>	EC	Jessica S. Liss at S A Primary Schools' Aquatics Championships 2	
	400 IM	4:56.70	<b>4-Apr-05</b>	WPA WP	Jessica E Pengelly at Telkom SA National Aquatic Championships	
	14-14	50 Free	26.67	<b>16-Apr-04</b>	KZN KZ	Tanya Strydom at SA National Aquatic Championships
		100 Free	58.64	<b>4-Dec-02</b>	NTS NT	Lauren Roets at Telkom SA National Aquatic Championships
200 Free		2:06.78	<b>1-Oct-01</b>	SGULL KZ	Melissa J Corfe at KZN Level 2/3 Championships	
400 Free		4:21.83	<b>16-Apr-04</b>	WPA WP	Wendy A Trott at SA National Aquatic Championships	
800 Free		8:54.97	<b>16-Apr-04</b>	WPA WP	Wendy A Trott at SA National Aquatic Championships	
1500 Free		17:11.72	<b>16-Apr-04</b>	WPA WP	Wendy A Trott at SA National Aquatic Championships	
50 Back		31.00	<b>2-Apr-03</b>	KZNA KZ	Ilse Otto at SA National Aquatic Champs S/F	
100 Back		1:05.93	<b>14-Dec-05</b>	RSAC KZ	TANYA R. BOUFFE at KZN Provincial Championships 2005	
200 Back		2:18.88	<b>1-Oct-01</b>	SGULL KZ	Melissa J Corfe at KZN Level 2/3 Championships	
50 Breast		33.28	<b>13-Mar-07</b>	KASA EP	Tasmynne S. Roe at Telkom SA Level 3 Age Group Championships200	
100 Breast		1:10.37	<b>8-Jan-97</b>		Sarah Poewe	
200 Breast		2:32.41	<b>8-Jan-97</b>		Sarah Poewe	
50 Fly		28.56	<b>1-Apr-08</b>	NCASA GW	Milize Symington at Telkom SA National Aquatic Championships 2008	
100 Fly		1:02.52	<b>3-Jan-96</b>		Renate du Plessis	
200 Fly		2:16.22	<b>4-Jan-98</b>		Natalie du Toit	
200 IM		2:19.31	<b>14-Mar-06</b>	STRA WP	JESSICA E. PENGELLY at Telkom SA Level 3 Age Group Champions	
400 IM		4:52.52	<b>18-Apr-06</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championshj	
15-15		50 Free	26.13	<b>20-Mar-03</b>	TUKS NT	Lauren Roets at Telkom SA National Prestige
		100 Free	55.98	<b>2-Apr-03</b>	NTS NT	Lauren Roets at SA National Aquatic Championships
	200 Free	2:04.22	<b>18-Apr-06</b>	NWS NW	CHRISTY L. LATEGAN at Telkom SA National Aquatic Championshj	
	400 Free	4:19.36	<b>4-Apr-05</b>	WPA WP	Wendy A Trott at Telkom SA National Aquatic Championships	
	800 Free	8:51.02	<b>4-Apr-05</b>	WPA WP	Wendy A Trott at Telkom SA National Aquatic Championships	
	1500 Free	16:43.84	<b>4-Apr-05</b>	WPA WP	Wendy A Trott at Telkom SA National Aquatic Championships	
	50 Back	30.12	<b>28-Nov-05</b>	WPA WP	Karin Prinslo at 2005 Pacific School Games-Melbourne	
	100 Back	1:04.69	<b>28-Nov-05</b>	TUKS NT	Karin Prinsloo at 2005 PacificSchool Games-Melbourne	
	200 Back	2:15.64	<b>10-Apr-07</b>	MATI WP	JESSICA E. PENGELLY at Telkom Sa National Championships 2007	
	50 Breast	33.25	<b>1-Apr-08</b>	EPA EP	Tasmynne S. Roe at Telkom SA National Aquatic Championships 2008	
	100 Breast	1:10.79	<b>14-Jul-98</b>	VINWP	Sarah Poewe at World Youth Games	
	200 Breast	2:31.42	<b>27-Jun-05</b>	HART GW	Jean-Marie Neethling at GW Scottish Ntl Open & Age Grp Champs	
	50 Fly	27.98	<b>4-Apr-05</b>	WPA WP	Chanelle Van Wyk at Telkom SA National Aquati-Semi-Finals	
	100 Fly	1:02.20	<b>18-Apr-06</b>	NWS NW	CHRISTY L. LATEGAN at Telkom SA National Aquatic Championshj	
	200 Fly	2:14.74	<b>4-Apr-05</b>	WPA WP	Chanelle Van Wyk at Telkom SA National Aquatic Championships	
	200 IM	2:16.46	<b>10-Apr-07</b>	WPA WP	Jessica Pengelly At Telkom Sa National Championship 2007	
	400 IM	4:43.76	<b>10-Apr-07</b>	MATI WP	JESSICA E. PENGELLY at Telkom SA National Championships 2007	
	16-16	50 Free	25.88	<b>16-Apr-04</b>	CGA CG	Lauren Roets at SA National Aquatic Championships
		100 Free	56.35	<b>29-Mar-04</b>	DOLC CG	Lauren Roets at Telkom SA Prestige Age Group
200 Free		2:03.09	<b>25-Mar-07</b>	VINE WP	Wendy Trott-12th Fina World Champs	
400 Free		4:13.92	<b>25-Mar-07</b>	VINE WP	Wendy Trott-12th Fina World Champs	

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16-16	800 Free	8:31.53	<b>23-Mar-07</b>	VINE WP	Wendy Trott-12th Fina World Champs
	1500 Free	16:41.36	<b>25-Aug-06</b>	VINE WP	WENDY A. TROTT at 1st Fina World YouthSwimming Championship
	50 Back	29.98	<b>25-Aug-06</b>	TUKS NT	KARIN PRINSLOO at 1st Fina World YouthSwimming Championship
	100 Back	1:03.45	<b>25-Aug-06</b>	TUKS NT	KARIN PRINSLOO at 1st Fina World YouthSwimming Championship
	200 Back	2:14.75	<b>1-Apr-08</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championshi
	50 Breast	33.10	<b>4-Apr-05</b>	NTS NT	Suzaan Van Biljon at Telkom SA National Aquatic Championships
	100 Breast	1:09.30	<b>25-Aug-99</b>	RSA	Sarah Poewe at Pan Pacific Championships
	200 Breast	2:25.90	<b>25-Aug-99</b>	RSA	Sarah Poewe at Pan Pacific Championships
	50 Fly	27.56	<b>5-Oct-03</b>	RSA	Lize-Mari Retief at RSA 8th All Africa Games
	100 Fly	1:00.25	<b>25-Aug-06</b>	TUKS NT	Keri SHAW at 1st Fina World YouthSwimming Championship
	200 Fly	2:13.92	<b>14-Mar-06</b>	TUKS NT	Keri SHAW at Telkom SA Level 3 Age Group Championships2006
	200 IM	2:15.22	<b>1-Apr-08</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championshi
	400 IM	4:41.35	<b>1-Apr-08</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championshi
17-17	50 Free	26.39	<b>18-Mar-05</b>	DOLC CG	Lauren Roets at Telkom SA Level 3 Age Group Championships
	100 Free	57.06	<b>25-Mar-07</b>	DOLC CG	Karin Prinsloo -12th Fina World Champs
	200 Free	2:03.03	<b>7-Dec-07</b>	VINE WP	WENDY A. TROTT at WP Sasko Championships
	400 Free	4:11.84	<b>7-Dec-07</b>	VINE WP	WENDY A. TROTT at WP Sasko Championships
	800 Free	8:34.67	<b>21-Aug-07</b>	RSA ZZ	WENDY A. TROTT at International Swim Meet 2007-Japan
	1500 Free	16:31.09	<b>7-Dec-07</b>	VINE WP	WENDY A. TROTT at WP Sasko Championships
	50 Back	29.66	<b>25-Mar-07</b>	TUKS NT	Karin Prinsloo -12th Fina World Champs
	100 Back	1:03.69	<b>13-Dec-06</b>	TUKS NT	KARIN PRINSLOO at Muscle Science KZN Provincial Championships
	200 Back	2:13.81	<b>12-Dec-03</b>	SGUL KZ	Melissa J Corfe at KZN Champs
	50 Breast	31.58	<b>4-Feb-00</b>	WPA WP	Sarah Poewe at Telkom SA National Aquatic Championships
	100 Breast	1:07.48	<b>16-Sep-00</b>	RSA	Sarah Poewe at 2000 Olympic Games
	200 Breast	2:25.39	<b>15-Mar-06</b>	RSA	SUZAAN VAN BILJON at Commonwealth Games 2006
	50 Fly	27.29	<b>13-Dec-06</b>	TUKS NT	Keri SHAW at Muscle Science KZN Provincial Championships 2
	100 Fly	59.17	<b>21-Aug-07</b>	RSA ZZ	Keri SHAW at International Swim Meet 2007-Japan
	200 Fly	2:11.44	<b>21-Aug-07</b>	RSA ZZ	Keri SHAW at International Swim Meet 2007-Japan
	200 IM	2:18.15	<b>13-Dec-06</b>	MUST CG	CLAIRE M. ARCHIBALD at Muscle Science KZN Provincial Champic
	400 IM	4:46.09	<b>13-Dec-06</b>	PISC KZ	Kathryn A. Meaklim at Muscle Science KZN Provincial Championships
18-18	50 Free	25.64	<b>15-Mar-06</b>	RSA	LAUREN ROETS at Commonwealth Games 2006
	100 Free	55.97	<b>15-Mar-06</b>	RSA	LAUREN ROETS at Commonwealth Games 2006
	200 Free	2:01.46	<b>1-Apr-08</b>	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 20
	400 Free	4:08.88	<b>1-Apr-08</b>	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 20
	800 Free	8:34.11	<b>1-Apr-08</b>	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 20
	1500 Free	16:15.58	<b>1-Apr-08</b>	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 20
	50 Back	29.82	<b>1-Apr-08</b>	KZNA KZ	Chanelle Van Wyk at Telkom SA National Aquatic Championships 200
	100 Back	1:04.11	<b>12-Jul-02</b>	CAMP WP	Romy Altmann at KZN Speedo Prestige
	200 Back	2:13.58	<b>15-Dec-04</b>	SGUL KZ	Melissa J Corfe at KZN Level 2-3 Provincial Championships
	50 Breast	31.50	<b>29-Mar-01</b>	WPA WP	Sarah Poewe at Telkom SA National Aquatic Championships
	100 Breast	1:08.02	<b>29-Mar-01</b>	WPA WP	Sarah Poewe at Telkom SA National Aquatic Championships
	200 Breast	2:26.36	<b>17-Aug-06</b>	RSA	SUZAAN VAN BILJON at Pan Pacific Swimming Championship
	50 Fly	27.36	<b>18-Mar-05</b>	BISH CG	Lize-Mari Retief at Telkom SA Level 3 Age Group Championships
	100 Fly	1:00.11	<b>23-Feb-08</b>	TUKS NT	Keri Shaw at Samsung Series 2
	200 Fly	2:11.19	<b>13-Dec-07</b>	PISC KZ	Kathryn A. Meaklim at KZN Provincial Championships 2007
	200 IM	2:16.42	<b>10-Apr-07</b>	TUKS NT	SUZAAN VAN BILJON at Telkom SaNational Championships 2007
	400 IM	4:41.39	<b>1-Apr-08</b>	KZNA KZ	Kathryn A. Meaklim at Telkom SA National Aquatic Championships 20

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### RECORDS SA Age Group

#### LC Meters-Men

10 & U	50 Free	29.20	<b>12-Dec-03</b>	HARL BO	Joshua Kriel at KZN Championships	
	100 Free	1:02.96	<b>26-Jan-07</b>	DDA NT	Joshua P Dannhauser-Nts 2007 Jan Age Group-2007	
	200 Free	2:18.40	<b>12-Dec-03</b>	HARL BO	Joshua Kriel at KZN Championships	
	400 Free	4:54.59	<b>11-Jul-03</b>	DOLC CG	Michael J Meyer at KZN Durban Prestige	
	50 Back	34.41	<b>12-Dec-03</b>	HARL BO	Joshua Kriel at KZN Champs	
	100 Back	1:15.50	<b>13-Feb-04</b>	HARL BO	Joshua Kriel at BO February Age Group	
	200 Back	2:38.96	<b>2-Dec-06</b>	KASA EP	Christopher P. Reid at EP Aquabear Gala 2006	
	50 Breast	37.76	<b>11-Mar-08</b>	WHFC WP	Nicholas A Quenet-Sa Level 2 Champs	
	100 Breast	1:24.04	<b>1-Oct-01</b>	QBBEV KZ	Cheyne A Fisher at KZN Level 2/3 Championships	
	200 Breast	3:00.26	<b>20-Jan-06</b>	HARL BO	BRADLEE M. SHEPPARD at EP Championships 2006	
	50 Fly	32.21	<b>10-Sep-05</b>	WELL WP	Jonathan Vd Merwe at WP Mean Seasons Sprint Gala	
	100 Fly	1:12.44	<b>21-Mar-02</b>	KPFAL KZ	Eddie Delpont at Telkom SA National Prestige	
	200 IM	2:38.19	<b>3-Jan-75</b>	VINE WP	Jeremy W Reingold at Bloemfontein	
	11-11	50 Free	27.01	<b>15-Dec-04</b>	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
100 Free		59.28	<b>15-Dec-04</b>	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
200 Free		2:11.11	<b>15-Dec-04</b>	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
400 Free		4:39.35	<b>7-Dec-07</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	
50 Back		31.98	<b>15-Dec-04</b>	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
100 Back		1:07.82	<b>15-Dec-04</b>	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
200 Back		2:23.26	<b>7-Dec-07</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	
50 Breast		35.51	<b>2-Sep-01</b>	BLSEA FS	Enzo R Iannone at FS -USASSA Inter Primary Aquatic Championships	
100 Breast		1:17.59	<b>18-Jan-01</b>	BLSEA FS	Enzo R Iannone at FS-Vrystaat Ope Swem Kampioenskap	
200 Breast		2:47.01	<b>18-Jan-01</b>	BLSEA FS	Enzo R Iannone at FS-Vrystaat Ope Swem Kampioenskap	
50 Fly		30.05	<b>15-Dec-04</b>	HARL BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
100 Fly		1:07.98	<b>7-Dec-07</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	
200 IM		2:29.94	<b>7-Dec-07</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	
12-12		50 Free	26.20	<b>17-Mar-00</b>	RAU CG	Gregory Widmer
	100 Free	57.43	<b>3-Dec-05</b>	TUKS NT	Joshua KRIEL at NTS Championships	
	200 Free	2:05.04	<b>1-Aug-04</b>	HARL BO	Mard J Emslie at BO/KZN British Age Group Championships	
	400 Free	4:21.66	<b>1-Aug-04</b>	HARL BO	Marc J Emslie at BO/KZN British Age Group Championships	
	800 Free	9:16.84	<b>14-Dec-05</b>	SEAL KZ	MARCO K. HUSSELMANN at KZN Provincial Championships 2005	
	1500 Free	17:39.12	<b>1-Aug-04</b>	HARL BO	Marc J Emslie at BO/KZN British Age Group Championships	
	50 Back	30.58	<b>4-Mar-08</b>	SEAL KZ	Mickey OLIVIER at Telkom SA National Level 3 Championship 2008	
	100 Back	1:05.71	<b>1-Jan-96</b>		Gareth Mc Gee	
	200 Back	2:20.57	<b>2-Jan-96</b>		Gareth Mc Gee	
	50 Breast	33.33	<b>12-Dec-03</b>	DOLC CG	Jared C Pike at KZN Championships	
	100 Breast	1:13.21	<b>12-Dec-03</b>	DOLC CG	Jared C Pike at KZN Championships	
	200 Breast	2:39.16	<b>29-Mar-04</b>	DOLC CG	Jared C Pike at Telkom SA Prestige Age Group	
	50 Fly	28.26	<b>14-Dec-05</b>	POLO NP	Heinrich ALBERTS at KZN Provincial Championships 2005	
	100 Fly	1:02.54	<b>14-Dec-05</b>	POLO NP	Heinrich ALBERTS at KZN Provincial Championships 2005	
	200 Fly	2:18.43	<b>16-Jan-03</b>	TYGE WP	Anton S Duvenhage at WP Jack Currie Championships	
	200 IM	2:24.82	<b>15-Dec-01</b>	AQUAL CG	Peter C Todd at CGA Open Championships	
	400 IM	5:07.14	<b>18-Mar-05</b>	DOLC CG	Michael J Meyer at Telkom SA Level 3 Age Group Championships	
	13-13	50 Free	24.77	<b>3-Jan-97</b>		Adriaan Venter
		100 Free	54.83	<b>4-Apr-05</b>	CGA CG	Kristopher P Matulovich at Telkom SA National Aquatic Championship
		200 Free	2:01.79	<b>13-Dec-06</b>	POLO NP	Heinrich Alberts at Muscle Science KZN Provincial Championships 2
400 Free		4:18.04	<b>15-Dec-04</b>	HARL BO	Marc J Emslie at KZN Level 2-3 Provincial Championships	
800 Free		8:51.76	<b>16-Apr-04</b>	KZN KZ	Chad Ho at SA National Aquatic Championships	

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### RECORDS SA Age Group

13-13	1500 Free	16:40.81	<b>29-Mar-04</b>	KLOO KZ	Chad Ho at Telkom SA Prestige Age Group	
	50 Back	29.45	<b>19-Dec-03</b>	RSAC KZ	Dean Joubert de Villiers at KZN TYR Westville Sprints	
	100 Back	1:02.70	<b>6-Dec-07</b>	MDOL CG	Daniel Glyn-Cuthbert at CGA Open Championships Dec 2007	
	200 Back	2:16.48	<b>3-Jan-97</b>		Byron Jeffers	
	50 Breast	31.70	<b>18-Mar-05</b>	DOLC CG	Jared C Pike at Telkom SA Level 3 Age group Championships	
	100 Breast	1:09.28	<b>18-Mar-05</b>	DOLC CG	Jared C Pike at Telkom SA Level 3 Age Group Championships	
	200 Breast	2:31.80	<b>18-Mar-05</b>	SCAT EP	David Marais at Telkom SA Level 3 Age Group Championships	
	50 Fly	26.46	<b>18-Mar-05</b>	BISH CG	Kristopher P Matulovich at Telkom SA Level 3 Age Group Championsh	
	100 Fly	58.61	<b>18-Mar-05</b>	BISH CG	Kristopher P Matulovich at Telkom SA Level 3 Age Group Championsh	
	200 Fly	2:14.89	<b>13-Dec-06</b>	POLO NP	Heinrich Alberts at Muscle Science KZN Provincial Championships 2	
	200 IM	2:15.82	<b>18-Mar-05</b>	BISH CG	Kristopher P Matulovich at Telkom SA Level 3 Age Group Championsh	
	400 IM	4:52.20	<b>8-Jan-03</b>	AQUL CG	Peter C Todd at KZN Level 2-3 Championships	
	14-14	50 Free	24.34	<b>28-Nov-05</b>	RSA	KRISTOPHER P. MATULOVICH at 2005 Pacific School Games
		100 Free	52.91	<b>4-Jan-98</b>		Byron Jeffers
200 Free		1:55.14	<b>4-Jan-98</b>		Byron Jeffers	
400 Free		4:10.53	<b>18-Mar-05</b>	BARR WP	Sebastien D Rousseau at Telkom SA Level 3 Age Group Championships	
800 Free		8:32.67	<b>15-Dec-04</b>	KLOO KZ	Chad Ho at KZN Level 2-3 Provincial Championships	
1500 Free		16:16.48	<b>23-Oct-04</b>	KLOO KZ	Chad Ho at KZN Summer Program 1	
50 Back		28.61	<b>13-Dec-07</b>	KLOO KZ	Brett H. Walsh at KZN Provincial Championships 2007	
100 Back		59.88	<b>4-Jan-98</b>		Byron Jeffers	
200 Back		2:08.41	<b>4-Jan-98</b>		Byron Jeffers	
50 Breast		31.18	<b>14-Mar-06</b>	BISH CG	KRISTOPHER P. MATULOVICH at Telkom SA Level 3 Age Group C	
100 Breast		1:08.35	<b>1-Jan-95</b>		Terence Parkin	
200 Breast		2:27.31	<b>3-Jan-95</b>		Terence Parkin	
50 Fly		25.99	<b>14-Mar-06</b>	BISH CG	KRISTOPHER P. MATULOVICH at Telkom SA Level 3 Age Group C	
100 Fly		57.98	<b>13-Dec-07</b>	PSA NP	Heinrich Alberts at KZN Provincial Championships 2007	
200 Fly		2:10.65	<b>11-Jul-07</b>	PSA NP	Heinrich Alberts at KZN Speedo Prestige Gala 2007	
200 IM		2:11.00	<b>4-Jan-98</b>		Byron Jeffers	
400 IM		4:39.94	<b>18-Mar-05</b>	MUST CG	Jay-Cee Thomson at Telkom SA Level 3 Age Group Championships	
15-15		50 Free	23.75	<b>4-Jul-99</b>	KZNN	Byron Jeffers at SA National Aquatic Championships
		100 Free	52.18	<b>4-Jun-99</b>	SGLN	Byron Jeffers at Junior International
	200 Free	1:54.01	<b>4-Jul-99</b>	KZNN	Byron Jeffers at SA National Aquatic Championships	
	400 Free	4:03.13	<b>18-Apr-06</b>	KZN KZ	JOHN C. ELLIS at Telkom SA National Aquatic Championships 2006	
	800 Free	8:20.69	<b>18-Apr-06</b>	KZN KZ	JOHN C. ELLIS at Telkom SA National Aquatic Championships 2006	
	1500 Free	16:00.23	<b>18-Apr-06</b>	KZN KZ	JOHN C. ELLIS at Telkom SA National Aquatic Championships 2006	
	50 Back	27.63	<b>24-Jul-05</b>	DOLC CG	Garth V Tune at RSA 11th Fina World Swimming Championships	
	100 Back	57.83	<b>24-Jul-05</b>	DOLC CG	Garth V Tune at RSA 11th Fina World Swimming Championships	
	200 Back	2:07.23	<b>11-Sep-06</b>	KLOO KZ	Charl van Zyl at Africa Snr Championships-Dakar	
	50 Breast	30.33	<b>7-Jun-06</b>	TUKS NT	WARREN S. KARSTEN at RSA Mare Nostrum Canet 2006	
	100 Breast	1:05.27	<b>17-Mar-00</b>	BLOTT FS	Michiel Du Toit at Telkom SA Prestige Age Group	
	200 Breast	2:20.00	<b>3-Jan-96</b>		Terence Parkin	
	50 Fly	25.46	<b>13-Mar-07</b>	BISH CG	Kris MATULOVICH at Telkom SA Level 3 Age Group Championships	
	100 Fly	56.51	<b>9-Dec-06</b>	BISH CG	Kris MATULOVICH at CGA Open Championships Dec 2006	
	200 Fly	2:07.10	<b>16-Apr-04</b>	NWS NW	Jasper Venter at SA National Aquatic Championships	
	200 IM	2:07.89	<b>18-Apr-06</b>	CGA CG	JAY-CEE THOMSON at Telkom SA National Aquatic Championships	
	400 IM	4:29.47	<b>18-Apr-06</b>	CGA CG	JAY-CEE THOMSON at Telkom SA National Aquatic Championships	
	16-16	50 Free	23.48	<b>1-Apr-08</b>	CGA CG	Kris MATULOVICH at Telkom SA National Aquatic Championships 21
		100 Free	51.59	<b>1-Apr-08</b>	CGA CG	Kris MATULOVICH at Telkom SA National Aquatic Championships 21
200 Free		1:51.74	<b>16-Apr-04</b>	CGA CG	Jean Basson at SA National Aquatic Championships	
400 Free		3:58.42	<b>25-Aug-06</b>	PISC KZ	Riaan H. Schoeman at 1st Fina World YouthSwimming Championship	

## Swimming South Africa Registration Data - 2008 / 2009

### RECORDS SA Age Group

16-16	800 Free	8:09.42	<b>7-Dec-07</b>	MATI WP	HEERDEN HERMAN at WP Sasko Championships	
	1500 Free	15:33.28	<b>7-Dec-07</b>	MATI WP	HEERDEN HERMAN at WP Sasko Championships	
	50 Back	26.08	<b>2-Jul-07</b>	KLOO KZ	Charl S van Zyl-Sasol Winter Champs	
	100 Back	57.11	<b>1-Apr-08</b>	NTS NT	Darren J. Murray at Telkom SA National Aquatic Championships 2008	
	200 Back	2:03.78	<b>31-Jul-07</b>	KLOO KZ	Charl S. van Zyl at ASA Youth Long Course 2007	
	50 Breast	29.44	<b>18-Mar-05</b>	PAC NT	Cameron Vd Burgh at Telkom SA Level 3 Age Group Championships	
	100 Breast	1:04.36	<b>18-Mar-05</b>	PAC NT	Cameron Vd Burgh at Telkom SA Level 3 Age Group Championships	
	200 Breast	2:21.11	<b>3-Jan-97</b>		Terence Parkin	
	50 Fly	25.06	<b>16-Apr-04</b>	NTS NT	Donoven Vd Merwe at SA National Aquatic Championships	
	100 Fly	55.58	<b>1-Apr-08</b>	CGA CG	Kris MATULOVICH at Telkom SA National Aquatic Championships 2008	
	200 Fly	2:00.69	<b>30-Jun-07</b>	VINE WP	SEBASTIEN D. ROUSSEAU at Matie Strand Gala	
	200 IM	2:06.58	<b>10-Apr-07</b>	CGA CG	Jay-Cee Thompson At Telkom Sa National Championships 2007	
	400 IM	4:23.80	<b>25-Aug-06</b>	PISC KZ	Riaan H. Schoeman at 1st Fina World YouthSwimming Championship	
	17-17	50 Free	23.03	<b>4-Jan-98</b>		Roland Schoeman
		100 Free	51.42	<b>25-Aug-06</b>	MUST CG	GRAEME J. MOORE at 1st Fina World YouthSwimming Championships
200 Free		1:49.99	<b>24-Jul-05</b>	WATR CG	Jean Basson at RSA 11th Fina World Swimming Championships	
400 Free		3:53.91	<b>21-Aug-07</b>	RSA ZZ	Riaan H. Schoeman at International Swim Meet 2007-Japan	
800 Free		8:05.17	<b>1-Apr-08</b>	WPA WP	Herman Heerderat SA National Aquatic Champs-08	
1500 Free		15:17.31	<b>1-Apr-08</b>	WPA WP	HEERDEN HERMAN at Telkom SA National Aquatic Championships 2008	
50 Back		26.41	<b>1-Apr-08</b>	KZNA KZ	Charl S. van Zyl at Telkom SA National Aquatic Championships 2008	
100 Back		56.45	<b>21-Aug-07</b>	RSA ZZ	GARTH V. TUNE at International Swim Meet 2007-Japan	
200 Back		2:02.20	<b>1-Apr-08</b>	KZNA KZ	Charl S. van Zyl at Telkom SA National Aquatic Championships 2008	
50 Breast		28.79	<b>18-Apr-06</b>	NTS NT	CAMERON VD BURGH at Telkom SA National Aquatic Championships	
100 Breast		1:03.13	<b>18-Apr-06</b>	NTS NT	CAMERON VD BURGH at Telkom SA National Aquatic Championships	
200 Breast		2:17.40	<b>8-Jan-03</b>	KPFA KZ	Neil R. Versfeld at KZN Level 2-3 Provincial Championships	
50 Fly		25.02	<b>12-Jul-07</b>	MDOL CG	GARTH V. TUNE at 9th All Africa Games-Algiers 2007	
100 Fly		54.50	<b>21-Aug-07</b>	RSA ZZ	GARTH V. TUNE at International Swim Meet 2007-Japan	
200 Fly		1:58.03	<b>1-Apr-08</b>	WPA WP	SEBASTIEN D. ROUSSEAU at Telkom SA National Aquatic Championships	
200 IM		2:03.93	<b>21-Aug-07</b>	RSA ZZ	Riaan H. Schoeman at International Swim Meet 2007-Japan	
400 IM		4:15.41	<b>21-Aug-07</b>	RSA ZZ	Riaan H. Schoeman at International Swim Meet 2007-Japan	
18-18		50 Free	22.99	<b>1-Apr-08</b>	KZNA KZ	Wesley P. Gilchrist at Telkom SA National Aquatic Championships 2008
	100 Free	50.12	<b>2-Apr-03</b>	KZNA KZ	Darian R Townsend at SA National Aquatic Champs S/F	
	200 Free	1:49.56	<b>18-Apr-06</b>	CGA CG	JEAN BASSON at Telkom SA National Aquatic Championships 2006	
	400 Free	3:52.29	<b>15-Mar-06</b>	RSA	JEAN BASSON at Commonwealth Games 2006	
	800 Free	8:03.84	<b>1-May-04</b>	RSA	Troyden Prinsloo at 7th African Senior Championships	
	1500 Free	15:14.63	<b>7-Jan-96</b>		Ryk Neethling	
	50 Back	26.17	<b>6-Dec-01</b>	RSA	Gerhard J Zandberg at Mare Nostrum Monte Carlo	
	100 Back	56.86	<b>1-Apr-08</b>	CGA CG	GARTH V. TUNE at Telkom SA National Aquatic Championships 2008	
	200 Back	2:04.86	<b>13-Dec-07</b>	PISC KZ	Riaan H. Schoeman at KZN Provincial Championships 2007	
	50 Breast	27.49	<b>25-Mar-07</b>	NTS NT	CAMERON VD BURGH at 12th Fina World Championships 2007	
	100 Breast	1:01.73	<b>10-Apr-07</b>	NTS NT	CAMERON VD BURGH at Telkom Sa National Championships 2007	
	200 Breast	2:14.42	<b>12-Dec-03</b>	KPFA KZ	Neil R Versfeld at KZN Championships	
	50 Fly	24.83	<b>13-Mar-07</b>	WATR CG	Neil WATSON at Telkom SA Level 3 Age Group Championships2007	
	100 Fly	54.82	<b>16-Apr-04</b>	BOR BO	Fouche H Venter at SA National Aquatic Championships	
	200 Fly	2:02.01	<b>3-Jan-85</b>	VINE WP	Jeremy W reingold-Germiston	
	200 IM	2:03.49	<b>1-Apr-08</b>	KZNA KZ	Riaan H. Schoeman at Telkom SA National Aquatic Championships 2008	
	400 IM	4:18.02	<b>1-Apr-08</b>	KZNA KZ	Riaan H. Schoeman at Telkom SA National Aquatic Championships 2008	