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**RECORDS SA-Long Course**
**LC Meters-Women**

50 Free	25.24	<b>1-Apr-08</b>	RSA ZZ	LIZE-MARI RETIEF at Telkom SA National Aquatic Championships 2008
100 Free	55.17	<b>13-Aug-08</b>	RSA ZZ	LIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Free	1:59.67	<b>14-Apr-09</b>	NTS NT	Leone Vorster at Telkom SA National Aquatic Championships 2009
400 Free	4:08.38	<b>10-Aug-08</b>	RSA ZZ	WENDY A. TROTT at Olympic Games Beijing 2008
800 Free	8:26.21	<b>14-Aug-08</b>	RSA ZZ	WENDY A. TROTT at Olympic Games Beijing 2008
1500 Free	16:10.97	<b>14-Apr-09</b>	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2009
50 Back	28.55	<b>14-Apr-09</b>	WPA WP	Chanelle Van Wyk at Telkom SA National Aquatic Championships 2009
100 Back	1:01.14	<b>1-Apr-08</b>	RSA ZZ	Melissa J. Corfe at Telkom SA National Aquatic Championships 2008
200 Back	2:10.03	<b>1-Apr-08</b>	RSA ZZ	Melissa J. Corfe at Telkom SA National Aquatic Championships 2008
50 Breast	30.83	<b>28-Aug-99</b>		Penny Heyns Pan Pacific Champs Sydney RSA
100 Breast	1:06.52	<b>23-Aug-99</b>		Penny Heyns Pan Pacific Champs Sydney RSA
200 Breast	2:23.64	<b>27-Aug-99</b>		Penny Heyns Pan Pacific Champs Sydney RSA
50 Fly	26.36	<b>8-Jul-08</b>	TUKS NT	LIZE-MARI RETIEF at SPEEDO PRESTIGE 2008
100 Fly	58.20	<b>9-Aug-08</b>	RSA ZZ	LIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Fly	2:09.41	<b>12-Aug-08</b>	RSA ZZ	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:14.00	<b>14-Apr-09</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 2009
400 IM	4:37.11	<b>9-Aug-08</b>	RSA ZZ	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 Free Relay	1:45.83	<b>4-Feb-00</b>		KZN J Russel, S Bowley, C Cech, C Wittstock
400 Free Relay	3:49.88	<b>22-Aug-99</b>		RSA C Wittstock, S Bowley, K V Selm, K V Heerden Pan Pacific Sydney
800 Free Relay	8:21.24	<b>25-Sep-05</b>	RSA	RSA M Rogers, L Vorster, C Lategan, W Trott
400 Medley Relay	4:05.06	<b>4-Aug-02</b>		RSA C Wittstock, S Poewe, A Loots, H Muller Commonwealth Manchester

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**RECORDS SA-Long Course**
**LC Meters-Men**

50 Free	21.67	<b>16-Aug-08</b>	RSA ZZ	ROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	48.00	<b>13-Aug-08</b>	RSA ZZ	LYNDON FERNS at Olympic Games Beijing 2008
200 Free	1:45.85	<b>6-Apr-08</b>	RSA	Jean Basson-Telkon SNR Nationals
400 Free	3:46.31	<b>22-Sep-99</b>		Ryk F Neethling Pan Pacific Champs Sydney RSA
800 Free	7:54.99	<b>14-Apr-09</b>	KZNA KZ	Troyden Prinsloo at Telkom SA National Aquatic Championships 2009
1500 Free	15:00.48	<b>23-Sep-00</b>		Ryk F Neethling 2000 Sydney Olympic Games RSA
50 Back	24.98	<b>25-Mar-07</b>		Gerhard Zandberg at 12th Fina World Champs 2007
100 Back	53.75	<b>10-Aug-08</b>	RSA ZZ	Gerhard ZANDBERG at Olympic Games Beijing 2008
200 Back	1:58.61	<b>14-Aug-08</b>	RSA ZZ	George DU RAND at Olympic Games Beijing 2008
50 Breast	27.06	<b>14-Apr-09</b>	PASC NT	Cameron VD Burgh at Telkom Sa Nationals 2009
100 Breast	59.96	<b>9-Aug-08</b>	RSA ZZ	CAMERON VD BURGH at Olympic Games Beijing 2008
200 Breast	2:10.06	<b>13-Aug-08</b>	RSA ZZ	Neil R. Versfeld at Olympic Games Beijing 2008
50 Fly	22.96	<b>24-Jul-05</b>		Roland M Schoeman at RSA 11th Fina World Swimming Championships Wt
100 Fly	51.90	<b>25-Mar-07</b>	TUKS NT	LYNDON FERNS at-12th Fina World Champs 2007
200 Fly	1:55.51	<b>14-Apr-09</b>	WPA WP	SEBASTIEN D. ROUSSEAU at Telkom SA National Aquatic Championship
200 IM	1:57.88	<b>16-Dec-08</b>	SEAL KZ	Darian R. Townsend at KZN Provincial Champs
400 IM	4:12.07	<b>14-Apr-09</b>	KZNA KZ	Riaan H. Schoeman at Telkom Sa Nationals 2009
200 Free Relay	1:28.78	<b>2-Apr-03</b>		RSA L Ferns, R Schoeman, J Zandberg, R Neethling
400 Free Relay	3:12.66	<b>11-Aug-08</b>		RSA R Schoeman, L Ferns, D Townsend, R Neethling 2004 Athens Olympic
800 Free Relay	7:10.91	<b>12-Aug-08</b>		RSA-Durban-Sa Nat-J Basson-D Townsend-J Venter-S Rousseau-Olympic G
400 Medley Relay	3:33.70	<b>17-Aug-08</b>		RSA G Zandberg-C vd Burgh-L Ferns-D Townsebd-Olympic Games Beijing