

**Swimming South Africa
Registration Data - 2008 / 2009**

RECORDS SA-Short Course

SC Meters-Women

Open	50 Free	24.72	19-Dec-07	RSA	Lize Mari Reteif-International-Vladimir Swimming
	100 Free	53.96	19-Dec-07	RSA	Lize Mari Reteif-International-Vladimir Swimming
	200 Free	1:56.78	7-Apr-02	RSA	Helene K Muller World SC Championships
	400 Free	4:03.50	9-Apr-08	SGUL KZ	Melissa J. Corfe at 9th Fina Swimming World Championship 2008
	800 Free	8:25.53	9-Apr-08	PISC KZ	Kathryn A. Meaklim at 9th Fina Swimming World Championship 2008
	1500 Free	16:16.56	2-Sep-04	SGUL KZ	Melissa J Corfe at Telkom SA National SC Championships
	50 Back	28.00	15-Nov-02	RSA	Charlene L Wittstock FINA World Cup - Rio
	100 Back	1:00.16	12-Jul-01	RSA	Charlene L Wittstock FINA World Cup 5
	200 Back	2:08.72	4-Apr-02	RSA	Charlene L Wittstock World SC Championships
	50 Breast	30.60	26-Sep-99	ATOTI KZ	Penny Heyns Seagulls SC Championships
	100 Breast	1:05.36	9-Apr-08	TUKS NT	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
	200 Breast	2:18.73	9-Apr-08	TUKS NT	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
	50 Fly	25.90	23-Nov-07	TUKS NT	LIZE-MARI RETIEF at Fina Arena World Cup 2007-Belo Horiz
	100 Fly	56.52	19-Dec-07	TUKS NT	Lize Mari Reteif-International-Vladimir Swimming
	200 Fly	2:07.14	19-Oct-07	MDOL CG	Mandy LOOTS at 2007 Fina World Cup-Durban
	100 IM	1:01.46	19-Oct-07	MDOL CG	Mandy LOOTS at 2007 Fina World Cup-Durban
	200 IM	2:10.97	19-Oct-07	MDOL CG	Mandy LOOTS at 2007 Fina World Cup-Durban
	400 IM	4:31.79	9-Apr-08	MATI WP	JESSICA E. PENGELLY at 9th Fina Swimming World Championship 2008
	200 Free Relay	1:43.63	8-Sep-05	DOLC CG	Dolphins Swimming Club L Roets, M Scott, A Loots, C Archibald
	400 Free Relay	3:48.17	8-Sep-05	DOLC CG	Dolphins Swimming Club L Roets, A Loots, M Scott, C Archibald
	800 Free Relay	8:06.94	30-Sep-05	SSA	SSA Relay Squad L Vorster, L Roets, K Van Heerden, C Lategan
	400 Medley Relay	4:00.88	5-Apr-02	RSA	RSA C Wittstock, S Poewe, A Loots, H Muller

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RECORDS SA-Short Course

SC Meters-Men

Open	50 Free	20.98	12-Aug-06	TUKS NT	ROLAND M. SCHOEMAN at Deutscher Ring Aquatics-Hamburg
	100 Free	46.25	22-Jan-05	TUKS NT	Roland M Schoeman at RSA FINA World Cup - Berlin =WORLD REC
	200 Free	1:42.75	23-Jan-05	SEAL KZ	Ryk F Neethling at RSA FINA World Cup - Berlin
	400 Free	3:39.91	17-Jan-04	SEAL KZ	Ryk F Neethling FINA World Cup - Berlin
	800 Free	7:44.10	25-Mar-00	RSA	Ryk F Neethling NCAA Div 1 Men Minneapolis
	1500 Free	14:39.04	25-Mar-00	RSA	Ryk F Neethling NCAA Div 1 Men Minneapolis
	50 Back	23.67	13-Nov-07	DDA NT	Gerhard ZANDBERG at 2007 Fina World Cup-Stocholm
	100 Back	51.89	9-Apr-08	DDA NT	Gerhard ZANDBERG at 9th Fina Swimming World Championship 2008
	200 Back	1:53.65	9-Apr-08	BLFI FS	George DU RAND at 9th Fina Swimming World Championship 2008
	50 Breast	26.65	9-Apr-08	TUKS NT	CAMERON VD BURGH at 9th Fina Swimming World Championship 2008
	100 Breast	57.92	9-Apr-08	TUKS NT	CAMERON VD BURGH at 9th Fina Swimming World Championship 2008
	200 Breast	2:06.85	9-Apr-08	TUKS NT	WILLIAM G. DIERING at 9th Fina Swimming World Championship 2008
	50 Fly	22.84	12-Aug-06	TUKS NT	LYNDON FERNS at Deutscher Ring Aquatics-Hamburg
	100 Fly	51.04	12-Aug-06	TUKS NT	LYNDON FERNS at Deutscher Ring Aquatics-Hamburg
	200 Fly	1:56.03	22-Jan-05	BLSS FS	George Du Rand at RSA FINA World Cup - Berlin
	100 IM	51.52	11-Feb-05	SEAL KZ	Ryk F Neethling at RSA Fina World Cup - New York WORLD RECOR
	200 IM	1:56.94	6-Jan-02	SEPMB KZ	Theo Verster Telkom SA National SC Championships
	400 IM	4:08.19	3-Jan-02	SGULL KZ	Terence M Parkin Telkom SA National SC Championships
	200 Free Relay	1:31.60	1-May-02	SEAL KZ	N Folker, B Dedekind, D Townsend, E Hulley
	400 Free Relay	3:20.77	31-Jul-03	SEAL KZ	Seals ASC D Townsend, S Swanepoel, T Verster, N Folker
	800 Free Relay	7:18.94	8-Oct-04	RSA	RSA J Basson, F Postma, H Prinsloo, J Du Rand World SC Champs Indi
	400 Medley Relay	3:40.00	4-Apr-99	RSA	RSA S Thirsk, C Stewart, T Verster, T Parkin World SC Champs Hong]