
RECORDS SA-Short Course
SC Meters-Women

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 Championhips
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	27.84	10-Oct-08	SGUL KZ	Chanelle Van Wyk at Fina Arena Swimming World Cup 2008-Brazil
50 Back	28.00	4-Sep-08	SGUL KZ	Chanelle Van Wyk at Telkom Sa Short Course Champs-Gauteng 2008
100 Back	1:00.16	12-Jul-01	RSA	Charlene L Wittstock FINA World Cup 5
200 Back	2:06.34	1-Nov-08	SGUL KZ	Melissa J. Corfe at Fina Arena Swimming World Cup 2008-Singapore
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	2:06.60	15-Nov-08	MDOL CG	Mandy LOOTS at Fina Arena Swimming World Cup 2008-Berlin
100 IM	1:01.46	19-Oct-07	MDOL CG	Mandy LOOTS at 2007 Fina World Cup-Durban
200 IM	2:09.54	11-Nov-08	PISC KZ	Kathryn A. Meaklim at Fina Arena Swimming World Cup 2008-Stockholm
400 IM	4:27.21	11-Nov-08	PISC KZ	Kathryn A. Meaklim at Fina Arena Swimming World Cup 2008-Stockholm
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

RECORDS SA-Short Course
SC Meters-Men

50 Free	20.64	4-Sep-08	TUKS NT	ROLAND M. SCHOEMAN at Telkom Sa Short Course Champs-Gauteng 20
100 Free	46.25	22-Jan-05	TUKS NT	Roland M Schoeman at RSA FINA World Cup - Berlin =WORLD RECORD
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	51.50	17-Oct-08	BLFI FS	George DU RAND at Fina Arena Swimming World Cup 2008-Durban
200 Back	1:51.82	17-Oct-08	BLFI FS	George DU RAND at Fina Arena Swimming World Cup 2008-Durban
50 Breast	25.94	11-Nov-08	TUKS NT	CAMERON VD BURGH at Fina Arena Swimming World Cup 2008-Stockh
100 Breast	56.88	8-Nov-08	TUKS NT	CAMERON VD BURGH at Fina Arena Swimming World Cup 2008-Mosco
200 Breast	2:06.78	17-Oct-08	TUKS NT	WILLIAM G. DIERING at Fina Arena Swimming World Cup 2008-Durban
50 Fly	22.74	4-Sep-08	TUKS NT	ROLAND M. SCHOEMAN at Telkom Sa Short Course Champs-Gauteng 20
100 Fly	51.04	12-Aug-06	TUKS NT	LYNDON FERNS at Deutscher Ring Aqautics-Hamburg
200 Fly	1:55.73	17-Oct-08	VINE WP	SEBASTIEN D. ROUSSEAU at Fina Arena Swimming World Cup 2008-Du
100 IM	51.52	11-Feb-05	SEAL KZ	Ryk F Neethling at RSA Fina World Cup - New York WORLD RECORD
200 IM	1:52.51	15-Nov-08	SEAL KZ	Darian R. Townsend at Fina Arena Swimming World Cup 2008-Berlin
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 Indianap
400 Medley Relay	3:40.00	4-Apr-99	RSA	RSA S Thirsk, C Stewart, T Verster, T Parkin World SC Champs Hong Kong