

Swimming South Africa

RECORDS-Africa Long Course as at 30/04/2011

LC Meters-Women

50 Free	25.24	1-Apr-08 RSALIZE-MARI RETIEF at Telkom SA National Aquatic Championships
100 Free	55.17	13-Aug-08 RSALIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Free	1:57.04	7-Jun-08 ZIMKirsty Coventry-Texas Senior Circuit
400 Free	4:08.38	10-Aug-08 RSAWENDY A. TROTT at Olympic Games Beijing 2008
800 Free	8:26.21	14-Aug-08 RSAWENDY A. TROTT at Olympic Games Beijing 2008
1500 Free	16:08.96	26-Jul-09 RSAWENDY A. TROTT at Fina World Championships
50 Back	28.55	16-Mar-09 WPACHanelle Van Wyk at-Telkom SA National Aquatic Championships
100 Back	58.77	11-Aug-08 ZIMKirsty Coventry-at Olympic Games Beijing 2008
200 Back	2:04.81	1-Aug-09 ZIMKirsty Coventry at-World Champs Rome Italy
50 Breast	30.83	28-Aug-99 RSAPenelope Heyns Pan Pacific Sydney RSA
100 Breast	1:06.52	23-Aug-99 RSAPenelope Heyns Pan Pacific Sydney RSA
200 Breast	2:23.64	27-Aug-99 RSAPenelope Heyns Pan Pacific Sydney RSA
50 Fly	26.36	8-Jul-08 TUKSLize Marie Retief-Speedo Prestige 2008
100 Fly	58.20	9-Aug-08 RSALIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Fly	2:09.41	12-Aug-08 RSAKathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:08.59	13-Aug-08 ZIMKirsty Coventry -at Olympic Games Beijing 2008
400 IM	4:29.89	10-Aug-08 ZIMKirsty Coventry-at Olympic Games Beijing 2008
400 Free Relay	3:47.70	15-Apr-11 RSATelkom SA Nationals-K Prinsloo-L Voster-JM Neethling-K Ferns
800 Free Relay	8:14.01	8-Jul-09 RSABelgrade-L Vorster-C L Lategan-E Werth-B Meyer
400 Medley Relay	4:03.62	6-Apr-08 RSARSA-Durban SA Nationals-M Corfe-S v Biljon-A Loots-L M Retief

LC Meters-Men

50 Free	21.67	16-Aug-08 RSAROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	26-Jul-09 RSALYNDON FERNS at Fina World Championships
200 Free	1:45.67	26-Jul-09 RSAJEAN BASSON at Fina World Championships
400 Free	3:41.11	26-Jul-09 TUNOussama Mellouli at World Champs Rome Italy
800 Free	7:35.27	29-Jul-09 TUNOussama Mellouli-at World Champs Rome Italy
1500 Free	14:37.28	2-Aug-09 TUNOussama Mellouli at-at World Champs Rome Italy
50 Back	24.34	26-Jul-09 RSAGerhard ZANDBERG at Fina World Championships
100 Back	53.75	10-Aug-08 RSAGerhard ZANDBERG at Olympic Games Beijing 2008
200 Back	1:55.75	26-Jul-09 RSAGeorge DU RAND at Fina World Championships
50 Breast	26.67	26-Jul-09 SACAMERON VD BURGH at Fina World Championships
100 Breast	58.95	26-Jul-09 SACAMERON VD BURGH at Fina World Championships
200 Breast	2:09.61	26-Jul-09 SANeil R. Versfeld at Fina World Championships
50 Fly	22.90	26-Jul-09 RSAROLAND M. SCHOEMAN at Fina World Championships
100 Fly	50.78	31-Jul-09 KENJason Dunford at -at World Champs Rome Italy
200 Fly	1:54.51	26-Jul-09 RSASEBASTIEN D. ROUSSEAU at Fina World Championships
200 IM	1:57.88	16-Dec-08 RSADarian R. Townsend KZN Prov Champs 2008
400 IM	4:10.53	29-Jun-09 TUNOussama Mellouli -at Mediterranean Games-Pescara Italy
400 Free Relay	3:11.93	26-Jul-09 RSARSA-L Ferns-G Moore-D Townsend-R Schoeman-World Championships
800 Free Relay	7:08.01	31-Jul-09 RSARSA-J Basson-D Townsend-J Venter-S Rousseau--World Championships
400 Medley Relay	3:31.53	2-Aug-09 RSARSA-J Basson-D Townsend-J Venter-S Rousseau--World Championships