

## 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	34.26	<b>15-Dec-09</b>	PSA LP	Nathania Van Niekerk at The Swim Shop KZN Provincial Championships	
	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	32.92	<b>15-Dec-09</b>	KLOO KZ	Robyn S. Lee at The Swim Shop KZN Provincial Championships	
	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	1:02.92	<b>15-Dec-09</b>	SEAL KZ	Jamie Reynolds at The Swim Shop KZN Provincial 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		32.63	<b>14-Dec-10</b>	PSA LP	Nathania Van Niekerk at the KZN Prov Champs	
100 Back		1:09.68	<b>16-Oct-10</b>	PSA LP	Nathania Van Niekerk-NTS Junior Inter-Prov Champs Pretoria	
200 Back		2:30.88	<b>14-Dec-10</b>	PSA LP	Nathania Van Niekerk-KZN Prov Champs-Durban	
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		31.15	<b>27-Nov-09</b>	SEAL KZ	Jamie Reynolds at KZN TYR Westville Sprints Champs	
100 Fly		1:09.05	<b>8-Jul-09</b>	SEAL KZ	Jamie Reynolds at KZN SPEEDO PRESTIGE 2009	
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	31.94	<b>14-Dec-10</b>	SEAL KZ	Jamie Reynolds-The Swimshop KZN Provincial Champs	
	100 Back	1:08.85	<b>11-Apr-11</b>	PSA LP	Nathania Van Niekerk at Telkom Sa National Aquatic Champs 2011 PE	
	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		9:04.48	<b>24-Sep-20</b>	ACSA KZ	Michelle Weber at EP Aquatic Spring Gala 2010	
1500 Free		17:32.25	<b>2-Apr-03</b>	KZNA KZ	Bianca J Meyer at SA National Aquatic Chamionships	
50 Back		31.46	<b>11-Apr-11</b>	NTS NT	Rita Naude Telkom Sa National Aquatic Champs PE	

**RECORDS SA Age Group**

13-13	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	33.92	<b>19-Mar-11</b>	SEAL KZ	JAMIE REYNOLDS-Telkom Sa Level 3 2011 Durban	
	100 Breast	1:11.92	<b>14-Apr-09</b>	EPA EP	Jessica S. Liss at Telkom Sa National Championships 2009	
	200 Breast	2:30.38	<b>22-Jul-09</b>	PLYW	Jessica S. Liss at National Age Group Championships 2009	
	50 Fly	28.97	<b>13-Feb-09</b>	DDA NT	VANESSA MOHR at NTS Feb Championships 2009	
	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	2:21.19	<b>22-Jul-09</b>	PLYW	Jessica S. Liss at National Age Group Championships 2009	
	400 IM	4:54.88	<b>22-Jul-09</b>	PLYW	Jessica S. Liss at National Age Group Championships 2009	
14-14	50 Free	26.67	<b>16-Apr-04</b>	KZN KZ	Tanya Strydom at SA National Aquatic Championships	
	100 Free	58.59	<b>20-Mar-11</b>	ACSA KZ	Michelle Weber-Telkom Sa Level 3 2011 Durban	
	200 Free	2:03.67	<b>18-Mar-11</b>	ACSA KZ	Michelle Weber-Telkom Sa Level 3 2011 Durban	
	400 Free	4:15.83	<b>18-Mar-11</b>	ACSA KZ	Michelle Weber-Telkom Sa Level 3 2011 Durban	
	800 Free	8:46.30	<b>11-Apr-11</b>	ACSA KZ	Michelle Weber-Telkom Sa National Aquatic Champs 2011 PE	
	1500 Free	16:36.76	<b>11-Apr-11</b>	KZNA KZ	Michelle Weber at Telkom Sa National Aquatic Champs 2011 PE	
	50 Back	30.92	<b>15-Dec-09</b>	SGUL KZ	Tayla E. Lovemore at The Swim Shop KZN Provincial Championships	
	100 Back	1:05.46	<b>22-Oct-09</b>	DDA NT	VANESSA MOHR at 8th Junior Africa Champs Mauritius 2009	
	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-Telkom Level 3 Age Grp	
	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	27.73	<b>8-Jul-09</b>	DDA NT	VANESSA MOHR at KZN SPEEDO PRESTIGE 2009	
	100 Fly	1:02.12	<b>5-Dec-09</b>	DDA NT	VANESSA MOHR at NTS Championships 2009	
	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 Championships21	
	400 IM	4:52.52	<b>18-Apr-06</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 200	
	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	2:03.97	<b>13-Mar-10</b>	PASC NT	KAYLA M. FERREIRA at Telkom Level 3 E/London
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		1:04.26	<b>10-Dec-10</b>	WHFC WP	Janneke Malan at WP Sasko Champs	
200 Back		2:15.64	<b>10-Apr-07</b>	MATI WP	JESSICA E. PENGELLY at Telkom Sa National Championships 2007	
50 Breast		32.59	<b>11-Apr-11</b>	KZNA KZ	Tara Nicholas at Telkom Sa National Aquatic Champs 2011 PE	
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		26.91	<b>29-Jan-11</b>	TUKS NT	Vanessa Mohr-Sa Invitation Champs PE	
100 Fly		59.72	<b>13-Sep-10</b>	RSA	Vanessa Mohr-at the 10th Africa Swimming Champs 2010	
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	
	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 Championships 200	

---

**RECORDS SA Age Group**

16-16	50 Breast	32.45	<b>12-Mar-10</b>	WATR CG	Taryn A Mackenzie-Telkom Lve 3 East London 2010	
	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	26.68	<b>11-Apr-11</b>	NTS NT	VANESSA MOHR at Telkom Sa National Aquatic Champs 2011 PE	
	100 Fly	58.75	<b>11-Apr-11</b>	NTS NT	VANESSA MOHR at Telkom Sa National Aquatic Champs 2011 PE	
	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 Championships 2008	
	400 IM	4:41.35	<b>1-Apr-08</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 2008	
	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		29.52	<b>11-Dec-09</b>	TYGE WP	JESSICA L. ASHLEY-COOPER at WP Sasko Championships	
100 Back		1:02.01	<b>11-Dec-09</b>	TYGE WP	JESSICA L. ASHLEY-COOPER at WP Sasko 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 2006	
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		2:14.00	<b>14-Apr-09</b>	WPA WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 2009	
400 IM		4:41.04	<b>10-Aug-08</b>	RSA ZZ	JESSICA E. PENGELLY at Olympic Games Beijing 2008	
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 2008
	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>10-Aug-08</b>	RSA ZZ	WENDY A. TROTT at Olympic Games Beijing 2008	
	1500 Free	16:15.58	<b>1-Apr-08</b>	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008	
	50 Back	29.77	<b>13-Sep-10</b>	RSA ZZ	Jessica Ashley Cooper-10 Africa Champs	
	100 Back	1:02.63	<b>11-Apr-11</b>	WPA WP	JESSICA L. ASHLEY-COOPER at Telkom Sa National Aquatic Champs 2011	
	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	2:15.66	<b>26-Jul-09</b>	RSA ZZ	JESSICA E. PENGELLY at 13th FINA World Championships 2009 - Rome (Italy)	
	400 IM	4:40.98	<b>7-Jun-08</b>	PISC KZ	Kathryn A. Meaklim at Sette Colli-Rome 2008	

## 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>11-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 Championship2008	
	100 Back	1:05.54	<b>6-Dec-08</b>	KASA EP	Christopher P. Reid at EP Aquabear Classic Gala	
	200 Back	2:19.64	<b>22-Nov-08</b>	KASA EP	Christopher P. Reid at EP Uitenhage Swimming Club	
	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	28.00	<b>3-Apr-09</b>	CGA CG	Mathys C Goosen-Bestmed SA National B Open Champ 2009	
	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	2:22.94	<b>22-Nov-08</b>	KASA EP	Christopher P. Reid at EP Uitenhage Swimming Club	
	400 IM	4:56.93	<b>13-Dec-08</b>	KASA EP	Christopher P. Reid at EP Championships 2008	
	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 Championships
		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	
1500 Free		16:40.81	<b>29-Mar-04</b>	KLOO KZ	Chad Ho at Telkom SA Prestige Age Group	
50 Back		28.82	<b>11-Dec-09</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	

**RECORDS SA Age Group**

13-13	100 Back	1:01.54	<b>5-Dec-09</b>	KASA EP	Christopher P. Reid at EP Championships 2009	
	200 Back	2:10.19	<b>11-Dec-09</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	
	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	2:28.52	<b>15-Dec-09</b>	SEAL KZ	Mark M. Hunter at The Swim Shop KZN Provincial Championships	
	50 Fly	26.46	<b>18-Mar-05</b>	BISH CG	Kristopher P Matulovich at Telkom SA Level 3 Age Group Championships	
	100 Fly	58.58	<b>12-Mar-10</b>	WATR CG	Mathys C Goosen-Telkom Level 3 East London 2010	
	200 Fly	2:14.89	<b>13-Dec-06</b>	POLO NP	Heinrich Alberts at Muscle Science KZN Provincial Championships 2	
	200 IM	2:15.11	<b>11-Dec-09</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	
	400 IM	4:43.85	<b>11-Dec-09</b>	KASA EP	Christopher P. Reid at WP Sasko Championships	
14-14	50 Free	24.11	<b>28-Mar-09</b>	HART GW	Morne Kemp-Telkom Sa Nat Level 1 Cape Town	
	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	27.84	<b>11-Dec-09</b>	VINE WP	Zaahir Gamiet at WP Sasko Championships	
	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	30.90	<b>11-Dec-09</b>	VINE WP	CRAIG EMSLIE at WP Sasko Championships	
	100 Breast	1:07.41	<b>20-Mar-11</b>	BISH CG	Brenden G Crawford-Telkom Sa Level 3 2011 Durban	
	200 Breast	2:26.43	<b>21-Mar-11</b>	BISH CG	Brenden G Crawford-Telkom Sa Level 3 2011 Durban	
	50 Fly	25.99	<b>14-Mar-06</b>	BISH CG	KRISTOPHER P. MATULOVICH at Telkom SA Level 3 Age Group Champi	
	100 Fly	57.83	<b>21-Mar-11</b>	WATR CG	Mathys Goosen-Telkom Sa Level 3 2011 Durban	
	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	23.63	<b>16-Dec-08</b>	KLOO KZ	Brett H. Walsh at KZN Provincial Championships008
		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		27.15	<b>12-Apr-10</b>	WPA WP	Zahir Gamiet at Telkom Sa Nationals Champs Durban 2010	
100 Back		57.83	<b>24-Jul-05</b>	DOLC CG	Garth V Tune at RSA 11th Fina World Swimming Championships	
200 Back		2:06.32	<b>11-Apr-11</b>	EP EP	Christopher P. Reid at Telkom Sa National Aquatic Champs 2011 PE	
50 Breast		30.31	<b>11-Dec-09</b>	KASA EP	Adam J. Stevenson at WP Sasko Championships	
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		25.24	<b>16-Dec-08</b>	PSA LP	Heinrich Alberts at KZN Provincial Championships008	
100 Fly		55.73	<b>16-Dec-08</b>	PSA LP	Heinrich Alberts at KZN Provincial Championships008	
200 Fly		2:05.56	<b>6-Mar-09</b>	WPA WP	Martin Vogel-At Sa High School Champs Durban	
200 IM		2:08.49	<b>4-Jun-99</b>	SGLN	Byron Jeffers at Junior Internation	
400 IM		4:29.47	<b>18-Apr-06</b>	CGA CG	JAY-CEE THOMSON at Telkom SA National Aquatic Championships 2006	
16-16		50 Free	23.06	<b>15-Dec-09</b>	KLOO KZ	Brett H. Walsh at The Swim Shop KZN Provincial Championships
		100 Free	51.18	<b>15-Dec-09</b>	KLOO KZ	Brett H. Walsh at The Swim Shop KZN Provincial Championships
		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	
	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	56.67	<b>14-Aug-10</b>	RSA KZ	Murray McDougall-Youth OlympicGames Singapore 2010	
	200 Back	2:03.78	<b>31-Jul-07</b>	KLOO KZ	Charl S. van Zyl at ASA Youth Long Course 2007	

---

**RECORDS SA Age Group**

16-16	50 Breast	29.44	<b>18-Mar-05</b>	PAC NT	Cameron Vd Burgh at Telkom SA Level 3 Age Group Championships
	100 Breast	1:04.24	<b>16-Dec-08</b>	PSA LP	Riaan Smit at KZN Provincial Championships008
	200 Breast	2:20.12	<b>15-Dec-09</b>	PISC KZ	Marco K. Husselmann at The Swim Shop KZN Provincial Championships
	50 Fly	24.57	<b>15-Dec-09</b>	PSA LP	Heindrich Alberts at The Swim Shop KZN Provincial Championships
	100 Fly	54.47	<b>15-Dec-09</b>	SGUL KZ	Murray McDougall at The Swim Shop KZN Provincial Championships
	200 Fly	2:00.69	<b>30-Jun-07</b>	VINE WP	SEBASTIEN D. ROUSSEAU at Matie Strand Gala
	200 IM	2:04.86	<b>15-Oct-08</b>	RSA ZZ	Chad G. Le Clos at 2008 Commonwealth Youth Games-Pune India
	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	50.94	<b>27-Nov-09</b>	SGUL KZ	Chad G. Le Clos at KZN TYR Westville Sprints Champs
	200 Free	1:48.83	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	400 Free	3:52.28	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	800 Free	8:01.77	<b>8-Jul-08</b>	MATI WP	HEERDEN HERMAN at 2nd Fina World Youth Swimming Champs 2008
	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	56.10	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	200 Back	2:01.53	<b>27-Nov-09</b>	SGUL KZ	Chad G. Le Clos at KZN TYR Westville Sprints Champs
	50 Breast	28.79	<b>18-Apr-06</b>	NTS NT	CAMERON VD BURGH at Telkom SA National Aquatic Championships 2006
	100 Breast	1:03.13	<b>18-Apr-06</b>	NTS NT	CAMERON VD BURGH at Telkom SA National Aquatic Championships 2006
	200 Breast	2:16.73	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	50 Fly	23.96	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	100 Fly	52.98	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	200 Fly	1:56.90	<b>26-Jul-09</b>	RSA ZZ	Chad G. Le Clos at 13th FINA World Championships 2009 - Rome (It
	200 IM	1:59.81	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	400 IM	4:15.25	<b>15-Dec-09</b>	SGUL KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
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	3:49.86	<b>11-Dec-09</b>	MATI WP	HEERDEN HERMAN at WP Sasko Championships
	800 Free	7:54.99	<b>14-Apr-09</b>	RSA ZZ	Troyden Prinsloo at Telkom Sa Sa Nationa Champs Durban 2010
	1500 Free	15:03.99	<b>11-Dec-09</b>	MATI WP	HEERDEN HERMAN at WP Sasko Championships
	50 Back	25.39	<b>26-Jul-09</b>	RSA ZZ	Charl S. Van Zyl at 13th FINA World Championships 2009 - Rome (It
	100 Back	54.67	<b>26-Jul-09</b>	RSA ZZ	Charl S. Van Zyl at Fina World Championships
	200 Back	1:59.84	<b>26-Jul-09</b>	RSA ZZ	Darren J. Murray at Fina World Championships
	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	24.53	<b>11-Apr-11</b>	PSA LP	Heinrich Alberts at Telkom Sa National Aquatic Champs 2011 PE
	100 Fly	53.31	<b>14-Aug-10</b>	RSA ZZ	Chad Le Clos at Youth Games Singapore 2010
	200 Fly	1:54.51	<b>26-Jul-09</b>	RSA ZZ	SEBASTIEN D. ROUSSEAU at 13th FINA World Championships 2009 - Rc
	200 IM	2:00.68	<b>14-Aug-10</b>	RSA ZZ	Chad Le Clos at Youth Games Singapore 2010
	400 IM	4:13.25	<b>14-Oct-10</b>	RSA ZZ	Chad Le Clos at Youth Games Singapore 2010