

Swimming South Africa

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

LC Meters-Women

50 Free	25.24	1-Apr-08 SAZZLIZE-MARI RETIEF at Telkom SA National Aquatic Champi
100 Free	55.17	13-Aug-08 SAZZLIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Free	1:58.78	5-Jul-09 SAZZLeone Vorster at 25th Summer Universiade
400 Free	4:08.38	10-Aug-08 SAZZWENDY A. TROTT at Olympic Games Beijing 2008
800 Free	8:26.21	14-Aug-08 SAZZWENDY A. TROTT at Olympic Games Beijing 2008
1500 Free	16:08.96	26-Jul-09 SAZZWENDY A. TROTT at World Championships
50 Back	28.55	14-Apr-09 WPAWPCChanelle Van Wyk at Telkom SA National Aquatic Champi
100 Back	1:01.14	1-Apr-08 SAZZMelissa J. Corfe at Telkom SA National Aquatic Championshi
200 Back	2:10.03	1-Apr-08 SAZZMelissa J. Corfe at Telkom SA National Aquatic Championshi
50 Breast	30.83	28-Aug-99 Penny Heyns Pan Pacific Champs Sydney RSA
100 Breast	1:06.52	23-Aug-99 Penny Heyns Pan Pacific Champs Sydney RSA
200 Breast	2:23.64	27-Aug-99 Penny Heyns Pan Pacific Champs Sydney RSA
50 Fly	26.36	8-Jul-08 TUKSNTLIZE-MARI RETIEF at SPEEDO PRESTIGE 2008
100 Fly	58.20	9-Aug-08 SAZZLIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Fly	2:09.41	12-Aug-08 SAZZKathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:12.53	15-Dec-09 PISCKZKathryn A. Meaklim at The Swim Shop KZN Provincial Cha
400 IM	4:03.62	6-Apr-08 SAZZSA-Durban SA Nationals-M Corfe-S v Biljon-A Loots-L M R
200 Free Relay	1:45.83	4-Feb-00 KZN J Russel, S Bowley, C Cech, C Wittstock
400 Free Relay	3:47.70	15-Apr-11 TUKSNTTelkom SA Nationals-K Prinsloo-L Voster-JM Neethling-K
800 Free Relay	8:14.01	8-Jul-09 SABelgrade-L Vorster-C L Lategan-E Werth-B Meyer
400 Medley Relay	4:05.06	4-Aug-02 RSA C Wittstock, S Poewe, A Loots, H Muller Commonwealth Manc

LC Meters-Men

50 Free	21.67	16-Aug-08 SAZZROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	26-Jul-09 SAZZLYNDON FERNS at World Championships
200 Free	1:45.67	26-Jul-09 SAZZJEAN BASSON at Fina World Championships
400 Free	3:46.31	22-Sep-99 Ryk F Neethling Pan Pacific Champs Sydney RSA
800 Free	7:54.99	14-Apr-09 SEALKZTroyden Prinsloo at Telkom SA National Aquatic Champio
1500 Free	14:57.88	10-Dec-10 MATIWPHeerden Herman-WP Sasko Champs
50 Back	24.34	26-Jul-09 SAZZGerhard ZANDBERG at World Championships
100 Back	53.75	10-Aug-08 SAZZGerhard ZANDBERG at Olympic Games Beijing 2008
200 Back	1:55.75	26-Jul-09 SAZZGeorge DU RAND at World Championships
50 Breast	26.67	26-Jul-09 SAZZCAMERON VD BURGH at Fina World Championships
100 Breast	58.95	26-Jul-09 SAZZCAMERON VD BURGH at Fina World Championships
200 Breast	2:09.61	26-Jul-09 SAZZNeil R. Versfeld at Fina World Championships
50 Fly	22.90	26-Jul-09 SAZZROLAND M. SCHOEMAN at World Championships
100 Fly	51.69	8-Jul-09 PASCNTLYNDON FERNS at KZN SPEEDO PRESTIGE 2009
200 Fly	1:54.51	26-Jul-09 SAZZSEBASTIEN D. ROUSSEAU at World Championships
200 IM	1:57.88	16-Dec-08 SEALKZDarian R. Townsend at KZN Provincial Champs
400 IM	4:12.07	14-Apr-09 EPAEPRIAan H. Schoeman at Telkom SA National Aquatic Champio
200 Free Relay	1:28.78	2-Apr-03 RSA L Ferns, R Schoeman, J Zandberg, R Neethling
400 Free Relay	3:11.93	26-Jul-09 SARSA-L Ferns-G Moore-D Townsend-R Schoeman-World Champ
800 Free Relay	8:38.01	31-Jul-09 SARSA-Durban-Sa Nat-J Basson-D Townsend-J Venter-S Rousseau
400 Medley Relay	3:31.53	2-Aug-09 SARSA-J Basson-D Townsend-J Venter-S Rousseau--World Champ