
RECORDS SA-Short Cours
SC Meters-Women

50 Free	24.33	*	15-Dec-22	RSA	Caitlin de Lange-World Champs-RSA
50 Free	24.33	*	15-Dec-22	RSA	Caitlin de Lange-World Champs-RSA
50 Free	24.33	*	15-Dec-22	RSA	Caitlin de Lange-World Champs-RSA
100 Free	52.70	*	12-Dec-18	RSA	Erin Gallagher-14th Fina WorldRSA
100 Free	52.70	*	12-Dec-18	RSA	Erin Gallagher-14th Fina WorldRSA
100 Free	52.70	*	12-Dec-18	RSA	Erin Gallagher-14th Fina WorldRSA
200 Free	1:54.48		5-Dec-21	RSA	Aimee Canny-Swim England ChampRSA
400 Free	4:03.50		11-Apr-08	RSA	Melissa J. Corfe at 9th Fina SRSA
800 Free	8:22.05		4-Nov-11	RSA	JESSICA E. PENGELLY at Fina ArRSA
1500 Free	16:11.24		14-Jul-10	RSA	Jessica E Pengelly-At The AustrRSA
50 Back	26.89	*	6-Nov-09	PASC-	Chanelle Van Wyk at Fina ArenaPASC-NT
50 Back	26.89	*	6-Nov-09	PASC-	Chanelle Van Wyk at Fina ArenaPASC-NT
50 Back	26.89	*	6-Nov-09	PASC-	Chanelle Van Wyk at Fina ArenaPASC-NT
100 Back	56.56	*	17-Nov-09	PASC-	Chanelle Van Wyk at Fina ArenaPASC-NT
100 Back	56.56	*	17-Nov-09	PASC-	Chanelle Van Wyk at Fina ArenaPASC-NT
100 Back	56.56	*	17-Nov-09	PASC-	Chanelle Van Wyk at Fina ArenaPASC-NT
200 Back	2:05.01		21-Nov-09	MDOL-	Mandy LOOTS at Fina Arena WorlMDOL-CG
50 Breast	29.09	*	13-Dec-22	RSA	Lara Van Niekerk at 16th Fina RSA
50 Breast	29.09	*	13-Dec-22	RSA	Lara Van Niekerk at 16th Fina RSA
50 Breast	29.09	*	13-Dec-22	RSA	Lara Van Niekerk at 16th Fina RSA
100 Breast	1:03.89	*	24-Oct-20	TUKS-	Tatjana R. Schoenmaker at SA NTUKS-TS
100 Breast	1:03.89	*	24-Oct-20	TUKS-	Tatjana R. Schoenmaker at SA NTUKS-TS
100 Breast	1:03.89	*	24-Oct-20	TUKS-	Tatjana R. Schoenmaker at SA NTUKS-TS
200 Breast	2:18.02		24-Oct-20	TUKS-	Tatjana R. Schoenmaker at SA NTUKS-TS
50 Fly	25.54	*	16-Nov-18	RSA	Tayal Lovemore-Fina Swimming WRSA
50 Fly	25.54	*	16-Nov-18	RSA	Tayal Lovemore-Fina Swimming WRSA
50 Fly	25.54	*	16-Nov-18	RSA	Tayal Lovemore-Fina Swimming WRSA
100 Fly	56.52		19-Dec-07	TUKS-	Lize Mari Reteif-InternationalTUKS-NT
200 Fly	2:04.24		21-Nov-09	MDOL-	Mandy LOOTS at Fina Arena WorlMDOL-CG
100 IM	58.46	*	13-Dec-22	RSA	Rebecca A. Meder at 16th Fina RSA
100 IM	58.46	*	13-Dec-22	RSA	Rebecca A. Meder at 16th Fina RSA
100 IM	58.46	*	13-Dec-22	RSA	Rebecca A. Meder at 16th Fina RSA
200 IM	2:07.47		13-Dec-22	RSA	Rebecca A. Meder at 16th Fina RSA
400 IM	4:22.88		21-Nov-09	PISC-	Kathryn A. Meaklim at Fina ArePISC-KZ

RECORDS SA-Short Cours
SC Meters-Men

50 Free	20.30	*	7-Aug-09	RSA	ROLAND M. SCHOEMAN at Telkom SRSA
50 Free	20.30	*	7-Aug-09	RSA	ROLAND M. SCHOEMAN at Telkom SRSA
50 Free	20.30	*	7-Aug-09	RSA	ROLAND M. SCHOEMAN at Telkom SRSA
100 Free	45.78	*	6-Aug-17	RSA	Chad G. Le Clos at Fina -AirwaRSA
100 Free	45.78	*	6-Aug-17	RSA	Chad G. Le Clos at Fina -AirwaRSA
100 Free	45.78	*	6-Aug-17	RSA	Chad G. Le Clos at Fina -AirwaRSA
200 Free	1:40.88		21-Oct-22	RSA	Matt Sates at FINA Swimming WoRSA
400 Free	3:36.30		21-Oct-22	RSA	Matt Sates at FINA Swimming WoRSA
800 Free	7:44.10		25-Mar-00	RSA	Ryk F Neethling NCAA Div 1 MenRSA
1500 Free	14:30.54		7-Aug-13	RSA	Myles Brown at FINA Swimming WRSA
50 Back	22.84	*	13-Dec-22	RSA	Pieter Coetzé at 16th Fina -SwRSA
50 Back	22.84	*	13-Dec-22	RSA	Pieter Coetzé at 16th Fina -SwRSA
50 Back	22.84	*	13-Dec-22	RSA	Pieter Coetzé at 16th Fina -SwRSA
100 Back	49.60	*	13-Dec-22	RSA	Pieter Coetzé at 16th Fina -SwRSA
100 Back	49.60	*	13-Dec-22	RSA	Pieter Coetzé at 16th Fina -SwRSA
100 Back	49.60	*	13-Dec-22	RSA	Pieter Coetzé at 16th Fina -SwRSA
200 Back	1:47.08		6-Nov-09	RSA	George DU RAND at Fina Arena WRSA
50 Breast	25.25	*	17-Nov-09	RSA	CAMERON VD BURGH at Fina ArenaRSA
50 Breast	25.25	*	17-Nov-09	RSA	CAMERON VD BURGH at Fina ArenaRSA
50 Breast	25.25	*	17-Nov-09	RSA	CAMERON VD BURGH at Fina ArenaRSA
100 Breast	55.61	*	17-Nov-09	RSA	CAMERON VD BURGH at Fina ArenaRSA
100 Breast	55.61	*	17-Nov-09	RSA	CAMERON VD BURGH at Fina ArenaRSA
100 Breast	55.61	*	17-Nov-09	RSA	CAMERON VD BURGH at Fina ArenaRSA
200 Breast	2:02.56		17-Nov-09	RSA	Neil R. Versfeld at Fina ArenaRSA
50 Fly	21.87	*	14-Nov-09	RSA	ROLAND M. SCHOEMAN at Fina AreRSA
50 Fly	21.87	*	14-Nov-09	RSA	ROLAND M. SCHOEMAN at Fina AreRSA
50 Fly	21.87	*	14-Nov-09	RSA	ROLAND M. SCHOEMAN at Fina AreRSA
100 Fly	48.08		6-Dec-16	RSA	Chad G. Le Clos at -13th Fina RSA
200 Fly	1:48.27		13-Dec-22	RSA	Chad G. Le Clos at 16th Fina -RSA
100 IM	51.05	*	14-Nov-09	RSA	Gerhard ZANDBERG at Fina ArenaRSA
100 IM	51.05	*	14-Nov-09	RSA	Gerhard ZANDBERG at Fina ArenaRSA
100 IM	51.05	*	14-Nov-09	RSA	Gerhard ZANDBERG at Fina ArenaRSA
200 IM	1:50.15		13-Dec-22	RSA	Matt Sates at 16th Fina -SwimmRSA
400 IM	3:59.21		13-Dec-22	RSA	Matt Sates at 16th Fina -SwimmRSA