

RECORDS 18 & U

SC Meters-Women

10 & U	50 Free	30.92	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	100 Free	1:07.08	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	200 Free	2:27.08	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	400 Free	4:58.02	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	50 Back	33.30	2-Jul-11	CADO- WP	Savanna C. Best at WP Winter League 3	
	100 Back	1:12.01	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	200 Back	2:35.09	2-Jul-11	CADO- WP	Savanna C. Best at WP Winter League 3	
	50 Breast	38.69	11-Jun-11	CADO- WP	Savanna C. Best at WP Winter League 2	
	100 Breast	1:25.45	15-Jun-13	TYGE- WP	Rebecca A. Meder at WP Senior League 2	
	200 Breast	3:02.54	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	50 Fly	34.65	21-May-11	CYBE- WP	Nina Rossouw at WP Winter League 1	
	100 Fly	1:13.88	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	100 IM	1:14.75	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	200 IM	2:39.90	2-Jul-11	CADO- WP	Savanna C. Best at WP Winter League 3	
	11 & U	200 Free Relay	2:47.40	1-May-09		VINEYARD SWIMMING CLUB
		400 Free Relay	4:52.71	1-May-19		Tygerberg Aquatics
200 Medley Relay		2:57.66	1-May-19		Swimlab Aquatic Academ	
11-11	50 Free	28.48	28-Aug-21	VINE- CP	Abigail Kotze at CTA Club Hosted QM 1 - VINE	
	100 Free	1:01.26	28-Aug-21	VINE- CP	Abigail Kotze at CTA Club Hosted QM 1 - VINE	
	200 Free	2:11.67	28-Aug-21	VINE- CP	Abigail Kotze at CTA Club Hosted QM 1 - VINE	
	400 Free	4:40.72	28-Aug-21	VINE- CP	Abigail Kotze at CTA Club Hosted QM 1 - VINE	
	800 Free	10:22.99	16-Jun-23	SSISA- CPT	Sharli Durandt at CTA INVITATIONAL SC MEET	
	1500 Free	19:58.50	26-Aug-23	BLMA- CPT	Ava E Lorenzen at CTA A Meet 2	
	50 Back	32.50	30-Jun-12	MATI- WP	Cachel M. Joubert at WP Winter League 3	
	100 Back	1:09.76	2-Jun-12	CADO- WP	Savanna C. Best at WP Winter League 2	
	200 Back	2:30.68	30-Jun-12	MATI- WP	Cachel M. Joubert at WP Winter League 3	
	50 Breast	37.36	16-Jun-12	CADO- WP	Savanna C. Best at WP Youth Day Sprints	
	100 Breast	1:22.40	2-Jun-12	CADO- WP	Savanna C. Best at WP Winter League 2	
	200 Breast	2:56.86	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	50 Fly	30.87	28-Aug-21	VINE- CP	Abigail Kotze at CTA Club Hosted QM 1 - VINE	
	100 Fly	1:10.02	5-Jul-14	AQUA- WP	Kaylee E. Dekker at ARENA PRESTIGE 2014	
	200 Fly	2:42.41	2-Jun-12	CYBE- WP	Nina Rossouw at WP Winter League 2	
	100 IM	1:11.48	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	200 IM	2:35.92	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	400 IM	5:28.29	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	12-12	50 Free	26.63	15-Jul-22	VINE- CPT	Abigail Kotze at WCA SC Championships 2022
		100 Free	57.79	2-Jul-22	VINE- CPT	Abigail Kotze at CTA Invitational Meet - July 2022
200 Free		2:06.35	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
400 Free		4:22.59	16-Jul-15	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
800 Free		8:57.41	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
1500 Free		18:03.29	4-Jul-15	TYGE- CP	Rebecca A. Meder at WP SENIOR LEAGUE WINTER 2	
50 Back		32.30	16-Jul-15	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
100 Back		1:05.95	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
200 Back		2:21.97	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
50 Breast		33.17	16-Jul-15	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
100 Breast		1:14.17	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
200 Breast		2:37.09	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
50 Fly		28.38	2-Jul-22	VINE- CPT	Abigail Kotze at CTA Invitational Meet - July 2022	
100 Fly		1:01.06	15-Jul-22	VINE- CPT	Abigail Kotze at WCA SC Championships 2022	
200 Fly		2:20.71	15-Jul-22	VINE- CPT	Abigail Kotze at WCA SC Championships 2022	
100 IM		1:05.67	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	

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12-12	200 IM	2:20.28	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
	400 IM	4:53.69	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
13-13	50 Free	26.29	21-Oct-22	VINE- CPT	Abigail Kotze at 2022 FINA WORLD CUP - BERLIN	
	100 Free	57.86	13-Jul-23	TYGE- CPT	Abigail Kotze at WCA SC Championships 2023	
	200 Free	2:06.89	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016	
	400 Free	4:18.65	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016	
	800 Free	8:59.45	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016	
	1500 Free	18:18.18	26-Aug-23	TYGE- CPT	Caitlin N. Evans at CTA A MEET 2	
	50 Back	30.37	19-Aug-23	VINE- CPT	Milan Orchard at SA National SC Champs WCA(25M)-Aug 2023	
	100 Back	1:03.98	15-Jul-16	WSAA- CP	Olivia Nel at Western Cape Winter SC Championships 2016	
	200 Back	2:19.57	25-Jun-16	ASA- CP	Honey L. Osrin at WESTERN CAPE QUALIFYING GALA 1	
	50 Breast	34.19	21-Sep-13	VINE- WP	Savanna C. Best at KZN SEAGULLS WINTER SC CHAMPS 2013	
	100 Breast	1:12.63	24-Jul-15	ASA- CP	Hanim Abrahams at WP WINTER CHAMPS	
	200 Breast	2:37.31	24-Jul-15	ASA- CP	Hanim Abrahams at WP WINTER CHAMPS	
	50 Fly	27.84	16-Jun-23	VINE- CPT	Abigail Kotze at CTA INVITATIONAL SC MEET	
	100 Fly	1:01.25	19-Aug-23	TYGE- CPT	Abigail Kotze at SA National SC Champs WCA(25M)-Aug 2023	
	200 Fly	2:22.21	12-Aug-23	TYGE- CPT	Abigail Kotze at Winelands SL 1	
	100 IM	1:06.23	12-Jul-13	VINE- WP	Bailey Desmarais at WP SC Championships 2013	
	200 IM	2:20.56	21-Sep-13	VINE- WP	Savanna C. Best at KZN SEAGULLS WINTER SC CHAMPS 2013	
	400 IM	4:47.87	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016	
	14-14	50 Free	26.13	21-Jul-17	SAAW- CP	Olivia Nel at Western Cape Winter SC Championships 2017
		100 Free	57.59	28-Jul-18	KNYD- ED	Aimee Canny at Eden 2nd SC Gala 2018
200 Free		2:04.06	25-Aug-16	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
400 Free		4:18.21	25-Aug-16	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
800 Free		8:57.80	20-May-17	TYGE- CP	Rebecca A. Meder at Western Cape Qualifying Gala 1	
1500 Free		17:26.99	29-Sep-07	UWCA- WP	Dominique A. Dryding at Telkom 2007 SA Short Course Champs	
50 Back		29.22	25-Aug-16	WSAA- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) PMBG	
100 Back		1:02.83	25-Aug-16	WSAA- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) PMBG	
200 Back		2:16.89	6-Aug-10	WHFC- WP	Janneke MALAN at Telkom SA Short Course Swimming Champs 2010	
50 Breast		31.90	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG	
100 Breast		1:10.19	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG	
200 Breast		2:31.68	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG	
50 Fly		28.72	16-Jul-15	ASA- CP	Savanna C. Best at Sa Short Course Swimming Champs (25m) PMBG	
100 Fly		1:03.40 *	7-Aug-14	WSAA- WP	Bailey Desmarais at SA SC SWIMMING CHAMPS (25m) PMBG	
100 Fly		1:03.40 *	7-Aug-14	WSAA- WP	Bailey Desmarais at Sa Short Course Swimming Champs (25m) PMBG	
200 Fly		2:22.36 *	7-Aug-14	WSAA- WP	Bailey Desmarais at Sa Short Course Swimming Champs (25m) PMBG	
200 Fly		2:22.36 *	7-Aug-14	WSAA- WP	Bailey Desmarais at SA SC SWIMMING CHAMPS (25m) PMBG	
100 IM		1:04.95	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG	
200 IM		2:16.52	25-Aug-16	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
15 & U		200 Free Relay	2:47.40	1-May-09		Swimlab Aquatic Academ
	400 Free Relay	3:52.71 *	1-May-19		Tygerberg Aquatics	
	400 Free Relay	3:52.71 *	1-May-19		Tygerberg Aquatics	
	200 Medley Relay	1:57.66	1-May-09		Swimlab Aquatic Academ	
	400 Medley Relay	4:17.63	1-May-19		Tygerberg Aquatics	
15-15	50 Free	25.59	7-Aug-09	VINE- WP	Peggy de Villiers at Telkom 2009 SA Short Course Champs	
	100 Free	56.01	20-Jul-19	KNYD- ED	Aimee Canny at Eden 2nd SC Gala 2019	
	200 Free	2:00.97	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17	
	400 Free	4:11.96	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17	
	800 Free	8:39.93	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17	
	1500 Free	17:10.54	25-Aug-16	TYGE- CP	Abi Meder at Sa Short Course Swimming Champs (25m) PMBG	
	50 Back	28.89	10-Aug-17	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) PMBG 17	
	100 Back	1:02.64	11-Jun-11	WHFC- WP	Janneke MALAN at WP Winter League 2	

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15-15	200 Back	2:13.15	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs
	50 Breast	32.78	16-Feb-19	KNYD- ED	Aimee Canny at Dragons night Fury 2019
	100 Breast	1:10.82	5-Oct-17	CUDU- CP	Hanim Abrahams at KZN Seagulls Winter Short Course Championship
	200 Breast	2:34.67	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs
	50 Fly	28.71	17-Oct-20	LALE- CE	Emma A. Kuhn at Seals October Meet 2020
	100 Fly	1:03.15	9-Aug-18	TYGE- CP	Trinity S. Hearne at Sa Short Course Swimming Champs (25m) Durb 18
	200 Fly	2:15.83	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs
	100 IM	1:03.55	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs
	200 IM	2:13.08	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17
	400 IM	4:37.60	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17
16-16	50 Free	25.31	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	100 Free	54.27	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	200 Free	1:56.78	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	400 Free	4:09.90	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	800 Free	9:15.20	12-Jun-21	MATI- CE	Hannah K. Neilson at Winelands Winter Gala
	1500 Free	17:50.86	29-Jan-22	GSA- CP	Mischa King at CTA L2+ CHAMPS 2022
	50 Back	28.54	9-Aug-18	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	100 Back	1:01.83	9-Aug-18	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	200 Back	2:12.51	13-Jul-23	VINE- CPT	Emma M. De Wet at WCA SC Championships 2023
	50 Breast	31.80	11-Aug-22	GSA- CPT	Morgan M. Cope at Sa Short Course Swimming Champs (25m) PMBG 22
	100 Breast	1:09.46	11-Aug-22	GSA- CPT	Morgan M. Cope at Sa Short Course Swimming Champs (25m) PMBG 22
	200 Breast	2:35.50	27-Oct-18	CUDU- CP	Hanim Abrahams at CTMA Qualifying Gala #2
	50 Fly	27.98	9-Aug-18	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	100 Fly	1:02.24	15-Sep-21	VINE- CP	Emma A. Kuhn at Sa Short Course Swimming Champs (25m) PMBG 21
	200 Fly	2:20.09	9-Aug-18	CUDU- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) Durb 18
	100 IM	1:00.31	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	200 IM	2:13.84	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	400 IM	5:17.87	15-Sep-21	GSA- CP	Leah E. Christie at Sa Short Course Swimming Champs (25m) PMBG 21
17-17	50 Free	26.26	8-Aug-19	SAAW- CP	Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	100 Free	56.78	8-Aug-19	SAAW- CP	Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	200 Free	2:02.91	8-Aug-19	SAAW- CP	Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	400 Free	4:23.29	5-Jun-21	CYBE- CP	Trinity S. Hearne at CTA Qualifying Meet 1 SC - 5to6Jun'21
	800 Free	9:01.71	13-Jul-18	TYGE- CP	Carli Antonopoulos at Western Cape Winter SC Championships 2018
	1500 Free	17:07.55	9-Aug-18	TYGE- CP	Carli Antonopoulos at Sa Short Course Swimming Champs (25m) Durb 18
	50 Back	28.63	24-Oct-20	VINE- CP	Michaela K. De Villiers at SA National Short Course Champs (25m)PMBG 202
	100 Back	1:02.75	26-Sep-20	VINE- CP	Hannah C. Pearse at WCA Short Course Invitational 2020
	200 Back	2:13.83	24-Oct-20	VINE- CP	Hannah C. Pearse at SA National Short Course Champs (25m)PMBG 202
	50 Breast	32.12	19-Aug-23	GSA- CPT	Morgan M. Cope at SA National SC Champs WCA(25M)-Aug 2023
	100 Breast	1:09.30	19-Aug-23	GSA- CPT	Morgan M. Cope at SA National SC Champs WCA(25M)-Aug 2023
	200 Breast	2:36.05	11-Aug-22	SAAW- CPT	Savannah Voigt at Sa Short Course Swimming Champs (25m) PMBG 22
	50 Fly	28.50	24-Oct-20	VINE- CP	Michaela K. De Villiers at SA National Short Course Champs (25m)PMBG 202
	100 Fly	1:03.32	31-Oct-20	CYBE- CP	Trinity S. Hearne at CTA TIME TRIAL MEET #2 - CUDU
	200 Fly	2:16.39	5-Jun-21	CYBE- CP	Trinity S. Hearne at CTA Qualifying Meet 1 SC - 5to6Jun'21
	100 IM	1:03.90	11-Aug-22	VINE- CPT	Emma A. Kuhn at Sa Short Course Swimming Champs (25m) PMBG 22
	200 IM	2:20.04	13-Jul-18	CLSC- CP	Hannah R. Kiely at Western Cape Winter SC Championships 2018
	400 IM	4:55.95	13-Jul-18	TYGE- CP	Carli Antonopoulos at Western Cape Winter SC Championships 2018
18-18	50 Free	24.92	3-Dec-21	KNYA- ED	Aimee Canny at Swim England National Winter Championships
	100 Free	53.17	3-Dec-21	KNYA- ED	Aimee Canny at Swim England National Winter Championships
	200 Free	1:54.48	3-Dec-21	KNYA- ED	Aimee Canny at Swim England National Winter Championships
	400 Free	4:24.50	28-Aug-21	VINE- CP	Hannah C. Pearse at CTA Club Hosted QM 1 - VINE
	800 Free	9:28.36	29-Jan-22	CYBE- CP	Trinity S. Hearne at CTA L2+ CHAMPS 2022
	1500 Free	10:39.99	1-May-15	DUMMY	
	50 Back	28.50	15-Sep-21	VINE- CP	Michaela K. De Villiers at Sa Short Course Swimming Champs (25m) PMBG 21

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18-18	100 Back	1:01.54	15-Sep-21	VINE- CP	Hannah C. Pearse at Sa Short Course Swimming Champs (25m) PMBG 21
	200 Back	2:10.27	15-Sep-21	VINE- CP	Hannah C. Pearse at Sa Short Course Swimming Champs (25m) PMBG 21
	50 Breast	33.29	9-Sep-22	KNYA- EDD	Aimee Canny at EDEN SC Champs 2022
	100 Breast	1:08.04	3-Dec-21	KNYA- ED	Aimee Canny at Swim England National Winter Championships
	200 Breast	2:39.37	9-Aug-18	SAAW- CP	Jeanri Buys at Sa Short Course Swimming Champs (25m) Durb 18
	50 Fly	27.74	3-Dec-21	KNYA- ED	Aimee Canny at Swim England National Winter Championships
	100 Fly	1:00.20	3-Dec-21	KNYA- ED	Aimee Canny at Swim England National Winter Championships
	200 Fly	2:11.93	15-Jul-22	CYBE- CPT	Trinity S. Hearne at WCA SC Championships 2022
	100 IM	1:03.32	15-Jul-22	CYBE- CPT	Trinity S. Hearne at WCA SC Championships 2022
	200 IM	2:10.19	3-Dec-21	KNYA- ED	Aimee Canny at Swim England National Winter Championships
	400 IM	4:58.98	29-Jan-22	CYBE- CP	Trinity S. Hearne at CTA L2+ CHAMPS 2022

RECORDS 18 & U
SC Meters-Men

10 & U	50 Free	30.35	24-Oct-20	BIOS- CE	Eric B. Kotze at Winelands League 1
	100 Free	1:08.08	15-Sep-12	BARR- WP	Luan E. Grobbelaar at WP Second Skins Summer League 2
	200 Free	2:26.13	20-Aug-05	WELL- WP	Jonathan vd Merwe at WP Winter League 1
	400 Free	5:09.64	14-Jul-06	CADO- WP	Jaco Steyn at WP Winter Short Course Championships
	50 Back	35.77	24-Oct-20	BIOS- CE	Eric B. Kotze at Winelands League 1
	100 Back	1:15.12	21-Nov-20	BIOS- CE	Eric B. Kotze at Winelands League 2
	200 Back	2:45.21	13-Jul-12	BARR- WP	Luan E. Grobbelaar at WP SC Championships
	50 Breast	40.30	25-Jun-16	VINE- CP	Rafeeq Isaac at WESTERN CAPE QUALIFYING GALA 1
	100 Breast	1:27.27	9-Jul-10	WALM- WP	Marcus J. Gunton at WP Winter Short Course Championships
	200 Breast	3:06.99	9-Jul-10	WALM- WP	Marcus J. Gunton at WP Winter Short Course Championships
	50 Fly	32.01	21-Nov-20	BIOS- CE	Eric B. Kotze at Winelands League 2
	100 Fly	1:16.41	9-Jul-10	VINE- WP	Dennis A. Buckland at WP Winter Short Course Championships
	100 IM	1:15.08	20-May-06	VINE- WP	Gareth Wilhelm at WP Winter League 1
	200 IM	2:20.53	21-Nov-20	BLMA- CP	Finlay H. Ferguson at CTA MEET #2
11 & U	200 Free Relay	2:44.09	1-Jan-09	VINE- CP	VINEYARD SWIMMING CLUB
	400 Free Relay	5:29.08	1-May-19		VINEYARD SWIMMING CLUB
	200 Medley Relay	2:55.63	1-May-19		VINEYARD SWIMMING CLUB
11-11	50 Free	29.17	13-Jul-23	CASC- CPT	Pierre O. Verbeek at WCA SC Championships 2023
	100 Free	1:02.31	13-Jul-23	CASC- CPT	Pierre O. Verbeek at WCA SC Championships 2023
	200 Free	2:16.55	13-Jul-23	CASC- CPT	Pierre O. Verbeek at WCA SC Championships 2023
	400 Free	4:54.10	13-Jul-23	CASC- CPT	Pierre O. Verbeek at WCA SC Championships 2023
	800 Free	9:59.43	23-Jul-23	CASC- CPT	Pierre O Verbeek at CTA A MeetCTA A Meet 1
	1500 Free	19:53.90	29-Jul-18	CYBE- CP	Rossouw Van Zyl at CTMA Level 3&UP Gala #3
	50 Back	33.55	18-Aug-18	MATI- CE	Thomas J. Truter at Winelands SL 1
	100 Back	1:09.00	1-Jun-19	VINE- CP	Tai L. Pearson at CTMA MEET #1
	200 Back	2:32.23	12-Jun-21	BIOS- CE	Eric B. Kotze at Winelands Winter Gala
	50 Breast	37.31	19-Sep-21	BIOS- CE	Eric B. Kotze at Winelands SL 1
	100 Breast	1:22.33	12-Jul-13	BARR- WP	Luan E. Grobbelaar at WP SC Championships 2013
	200 Breast	2:43.43	21-Nov-20	ASAC- CP	Rhys A. Haupt at CTA MEET #2
	50 Fly	30.86	19-Sep-21	BIOS- CE	Eric B. Kotze at Winelands SL 2
	100 Fly	1:09.41	26-Sep-20	QUIC- CP	Conrad M. Strydom at WCA Short Course Invitational 2020
	200 Fly	2:39.37	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
	100 IM	1:13.17	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
	200 IM	2:33.57	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
	400 IM	5:28.84	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
12-12	50 Free	26.51	15-Jul-22	BARR- CPT	Eric B. Kotze at WCA SC Championships 2022
	100 Free	58.46	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	200 Free	2:08.49	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	400 Free	4:20.99	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	800 Free	9:09.24	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	1500 Free	18:57.89	12-Feb-21	TYGE- CP	Nic Trower at CTA Long Distance Solidarity Meet
	50 Back	30.21	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	100 Back	1:03.65	15-Jul-22	BARR- CPT	Eric B. Kotze at WCA SC Championships 2022
	200 Back	2:16.19	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	50 Breast	34.27	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	100 Breast	1:14.41	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	200 Breast	2:36.96	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	50 Fly	28.39	11-Jun-22	ASAW- CED	Eric B. Kotze at Winelands Winter Gala
	100 Fly	1:03.33	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	200 Fly	2:18.03	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	100 IM	1:05.95	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS

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12-12	200 IM	2:18.83	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014	
	400 IM	4:49.89	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS	
13-13	50 Free	24.91	13-Jul-23	STAQ- CED	Eric B. Kotze at WCA SC Championships 2023	
	100 Free	55.73	13-Jul-23	STAQ- CED	Eric B. Kotze at WCA SC Championships 2023	
	200 Free	2:00.12	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	400 Free	4:11.33	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	800 Free	8:34.60	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	1500 Free	16:45.60	5-Aug-06	CADO- WP	Danie Marais at WP Maties Winter Series 1	
	50 Back	27.30	19-Aug-23	STAQ- CED	Eric B. Kotze at SA National SC Champs WCA(25M)-Aug 2023	
	100 Back	58.43	13-Jul-23	STAQ- CED	Eric B. Kotze at WCA SC Championships 2023	
	200 Back	2:12.94	26-Sep-20	VINE- CP	Tai L. Pearson at WCA Short Course Invitational 2020	
	50 Breast	32.01	26-Sep-20	FISH- ED	RENIER VAN GREUNEN at WCA Short Course Invitational 2020	
	100 Breast	1:09.04	* 7-Aug-14	WHFC- WP	Willem-Pierre Viljoen at SA SC SWIMMING CHAMPS (25m) PMBG	
	100 Breast	1:09.04	* 7-Aug-14	WHFC- WP	Willem-Pierre Viljoen at Sa Short Course Swimming Champs (25m) PMBG	
	200 Breast	2:25.48	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	200 Breast	2:25.48	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	50 Fly	26.64	19-Aug-23	STAQ- CED	Eric B. Kotze at SA National SC Champs WCA(25M)-Aug 2023	
	100 Fly	58.41	13-Feb-21	VINE- CP	Tai L. Pearson at CTA L2+ SOLIDARITY MEET	
	200 Fly	2:14.08	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	100 IM	1:03.49	24-Jul-15	BARR- CP	Luan E. Grobbelaar at WP WINTER CHAMPS	
	200 IM	2:03.96	23-Jul-23	UWCA- CPT	Carter Snyders at CTA B MEET 1	
	400 IM	4:43.22	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
14-14	50 Free	24.60	15-Sep-21	VINE- CP	Tai L. Pearson at Sa Short Course Swimming Champs (25m) PMBG 21	
	100 Free	53.71	2-Jul-22	TYGE- CPT	Joshua N. Esterhuysen at CTA Invitational Meet - July 2022	
	200 Free	1:56.10	29-Jan-22	VINE- CP	Tai L. Pearson at CTA L2+ CHAMPS 2022	
	400 Free	4:05.07	21-Jul-17	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2017	
	800 Free	8:22.09	21-Jul-17	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2017	
	1500 Free	16:21.41	21-Jul-07	CADO- WP	Danie Marais at WP Maties Winter Series 1	
	50 Back	27.27	15-Sep-21	VINE- CP	Tai L. Pearson at Sa Short Course Swimming Champs (25m) PMBG 21	
	100 Back	57.92	15-Sep-21	VINE- CP	Tai L. Pearson at Sa Short Course Swimming Champs (25m) PMBG 21	
	200 Back	2:04.24	13-Jul-23	TYGE- CPT	Nic Trower at WCA SC Championships 2023	
	50 Breast	29.94	15-Sep-21	FISH- ED	RENIER VAN GREUNEN at Sa Short Course Swimming Champs (25m) PMBG	
	100 Breast	1:06.35	15-Jul-16	CUDU- CP	Luan E. Grobbelaar at Western Cape Winter SC Championships 2016	
	200 Breast	2:19.11	15-Jul-16	CUDU- CP	Luan E. Grobbelaar at Western Cape Winter SC Championships 2016	
	50 Fly	25.48	15-Sep-21	VINE- CP	Tai L. Pearson at Sa Short Course Swimming Champs (25m) PMBG 21	
	100 Fly	56.02	29-Jan-22	VINE- CP	Tai L. Pearson at CTA L2+ CHAMPS 2022	
	200 Fly	2:02.63	26-May-18	CYBE- CP	Ethan M. Du Preez at CTMA Level 3&UP Gala #1	
	100 IM	1:00.64	15-Sep-21	VINE- CP	Tai L. Pearson at Sa Short Course Swimming Champs (25m) PMBG 21	
	200 IM	2:08.92	6-Oct-16	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
	400 IM	4:28.71	25-Jun-16	CUDU- CP	Luan E. Grobbelaar at WESTERN CAPE QUALIFYING GALA 1	
	15 & U	200 Free Relay	2:34.92	1-May-09		VINEYARD SWIMMING CLUB
		400 Free Relay	4:02.64	29-Aug-09	VINE- CP	VINEYARD SWIMMING CLUB
200 Medley Relay		2:45.26	1-May-08		VINEYARD SWIMMING CLUB	
15-15	50 Free	23.57	19-Aug-23	TYGE- CPT	Joshua N. Esterhuysen at SA National SC Champs WCA(25M)-Aug 2023	
	100 Free	51.92	21-Oct-22	VINE- CPT	Tai L. Pearson at 2022 FINA WORLD CUP - BERLIN	
	200 Free	1:52.93	19-Aug-23	TYGE- CPT	Joshua N. Esterhuysen at SA National SC Champs WCA(25M)-Aug 2023	
	400 Free	3:57.66	5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
	800 Free	8:14.55	28-Sep-06	MATI- WP	Heerden Herman at Telkom 2006 SA National Short Course Champs	
	1500 Free	15:49.28	5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
	50 Back	26.51	24-Oct-20	VINE- CP	Wikus R. Potgieter at SA National Short Course Champs (25m)PMBG 202	
	100 Back	57.11	24-Oct-20	VINE- CP	Wikus R. Potgieter at SA National Short Course Champs (25m)PMBG 202	
	200 Back	2:05.49	* 28-Sep-06	MEAN- WP	course Champs Wikus R. Potgieter at SA National Short Course Champs (25m)	

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15-15	200 Back	2:05.49	*	24-Oct-20	VINE- CP	Wikus R. Potgieter at SA National Short Course Champs (25m)PMBG 202	
	50 Breast	28.84		25-Jun-16	ASA- CP	Michael J. Houlie at WESTERN CAPE QUALIFYING GALA 1	
	100 Breast	1:03.48		25-Jun-16	ASA- CP	Michael J. Houlie at WESTERN CAPE QUALIFYING GALA 1	
	200 Breast	2:15.77	*	7-Aug-14	WSAA- WP	Daniel R. Swanepoel at SA SC SWIMMING CHAMPS (25m) PMBG	
	200 Breast	2:15.77	*	7-Aug-14	WSAA- WP	Daniel R. Swanepoel at Sa Short Course Swimming Champs (25m) PMBG	
	50 Fly	24.48		27-May-23	VINE- CPT	Tai L. Pearson at CTA QUALIFYING MEET 1	
	100 Fly	53.45		21-Oct-22	VINE- CPT	Tai L. Pearson at 2022 FINA WORLD CUP - BERLIN	
	200 Fly	1:58.83		9-Aug-18	CYBE- CP	Ethan M. Du Preez at Sa Short Course Swimming Champs (25m) Durb 18	
	100 IM	58.95		11-Aug-22	VINE- CPT	Tai L. Pearson at Sa Short Course Swimming Champs (25m) PMBG 22	
	200 IM	2:04.49		5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
	400 IM	4:20.24		5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
	16-16	50 Free	23.37		13-Jul-23	VINE- CPT	Tai L. Pearson at WCA SC Championships 2023
100 Free		50.36		16-Jun-23	VINE- CPT	Tai L. Pearson at CTA INVITATIONAL SC MEET	
200 Free		1:51.11		1-Sep-18	CUDU- CP	Luan E. Grobbelaar at Swimming Wellington Short Course Champions	
400 Free		3:57.41		9-Aug-18	TYGE- CP	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18	
800 Free		8:14.80		9-Aug-18	TYGE	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18	
1500 Free		15:41.18		9-Aug-18	TYGE- CP	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18	
50 Back		25.45		15-Sep-21	VINE- CP	Wikus R. Potgieter at Sa Short Course Swimming Champs (25m) PMBG 21	
100 Back		54.26		13-Jul-23	VINE- CPT	Tai L. Pearson at WCA SC Championships 2023	
200 Back		2:00.39		9-Aug-18	TYGE	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18	
50 Breast		28.90		8-Aug-19	VINE- CP	Luke T. Slabber at Sa Short Course Swimming Champs (25m) PMBG 21	
100 Breast		1:03.50		1-Sep-18	ROA	Luan E. Grobbelaar at Swimming Wellington Short Course Champions	
200 Breast		2:14.82		1-Sep-18	ROA	Luan E. Grobbelaar at Swimming Wellington Short Course Champions	
50 Fly		24.37		19-Aug-23	VINE- CPT	Tai L. Pearson at SA National SC Champs WCA(25M)-Aug 2023	
100 Fly		52.70		19-Aug-23	VINE- CPT	Tai L. Pearson at SA National SC Champs WCA(25M)-Aug 2023	
200 Fly		1:56.84		19-Aug-23	VINE- CPT	Tai L. Pearson at SA National SC Champs WCA(25M)-Aug 2023	
100 IM		57.49		5-Aug-23	VINE- CPT	Tai L. Pearson at CTA CLUB MEET 4 - Sweet Valley	
200 IM		2:00.92		19-Aug-23	VINE- CPT	Tai L. Pearson at SA National SC Champs WCA(25M)-Aug 2023	
400 IM		4:21.12		1-Sep-18	ROA	Luan E. Grobbelaar at Swimming Wellington Short Course Champions	
17-17		50 Free	23.16		21-Oct-22	VINE- CPT	Taylor R. Luck at 2022 FINA WORLD CUP - BERLIN
		100 Free	50.23		21-Oct-22	VINE- CPT	Taylor R. Luck at 2022 FINA WORLD CUP - BERLIN
	200 Free	1:50.60		19-Aug-23	KNYA- EDD	STEFAN A. STEYN at SA National SC Champs WCA(25M)-Aug 2023	
	400 Free	3:56.85		5-Jul-19	VINE	Gavin A. Smith at WCA SC Championships 2019	
	800 Free	8:17.65		24-Oct-20	CYBE- CP	Ethan M. Du Preez at Winelands League 1	
	1500 Free	16:07.64		26-Sep-20	CYBE- CP	Ethan M. Du Preez at WCA Short Course Invitational 2020	
	50 Back	25.15		2-Jul-22	VINE- CPT	Wikus R. Potgieter at CTA Invitational Meet - July 2022	
	100 Back	54.81		11-Aug-22	VINE- CPT	Wikus R. Potgieter at Sa Short Course Swimming Champs (25m) PMBG 22	
	200 Back	2:01.66		11-Aug-22	VINE- CPT	Wikus R. Potgieter at Sa Short Course Swimming Champs (25m) PMBG 22	
	50 Breast	29.58		24-Oct-20	VINE- CP	Luke T. Slabber at SA National Short Course Champs (25m)PMBG 202	
	100 Breast	1:02.78		21-Oct-22	VINE- CPT	Peter S. Etzold at 2022 FINA WORLD CUP - BERLIN	
	200 Breast	2:17.53		21-Oct-22	VINE- CPT	Peter S. Etzold at 2022 FINA WORLD CUP - BERLIN	
	50 Fly	24.79		24-Oct-20	LALE- CE	Ruard Van Renen at SA National Short Course Champs (25m)PMBG 202	
	100 Fly	54.35		11-Aug-22	VINE- CPT	Wikus R. Potgieter at Sa Short Course Swimming Champs (25m) PMBG 22	
	200 Fly	1:58.05		21-Nov-20	CYBE- CP	Ethan M. Du Preez at CTA MEET #2	
	100 IM	57.15		5-Jul-19	CUDU- CP	Henju Duvenhage at WCA SC Championships 2019	
	200 IM	2:00.45		10-Aug-19	TYGE- CP	Dylan Wright at CTMA MEET #3 - 10Aug'19 ** was this not a back	
	400 IM	4:32.56		13-Jul-18	CUDU- CP	Henju Duvenhage at Western Cape Winter SC Championships 2018	
	18-18	50 Free	22.92		19-Aug-23	VINE- CPT	Taylor R. Luck at SA National SC Champs WCA(25M)-Aug 2023
		100 Free	49.90		13-Jul-23	VINE- CPT	Taylor R. Luck at WCA SC Championships 2023
200 Free		1:52.58		26-Sep-20	TYGE- CP	Dylan Wright at WCA Short Course Invitational 2020	
400 Free		3:57.19		7-Nov-20	TYGE- CP	Dylan Wright at CTA MEET #1	
800 Free		8:11.78		12-Feb-21	CYBE- CP	Righardt Muller at CTA Long Distance Solidarity Meet	
1500 Free		15:25.38		12-Feb-21	CYBE- CP	Righardt Muller at CTA Long Distance Solidarity Meet	

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18-18	50 Back	24.88	5-Aug-23	VINE- CPT	Wikus R. Potgieter at CTA CLUB MEET 4 - Sweet Valley
	100 Back	53.05	19-Aug-23	VINE- CPT	Wikus R. Potgieter at SA National SC Champs WCA(25M)-Aug 2023
	200 Back	1:58.40	13-Jul-23	VINE- CPT	Wikus R. Potgieter at WCA SC Championships 2023
	50 Breast	27.27	9-Aug-18	CUDU- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 1
	100 Breast	59.28	9-Aug-18	CUDU- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 1
	200 Breast	2:13.24	19-Aug-23	VINE- CPT	Peter S. Etzold at SA National SC Champs WCA(25M)-Aug 2023
	50 Fly	24.51	19-Aug-23	VINE- CPT	Wikus R. Potgieter at SA National SC Champs WCA(25M)-Aug 2023
	100 Fly	54.87	5-Dec-21	LALE- CE	Ruard Van Renen at AUSC-Region 5 Under 20 YTH Games 2021-Lesotho
	200 Fly	2:04.94	4-Jun-22	CYBE- CPT	Ethan M. Du Preez at CTA Qualifying Meet #1
	100 IM	56.97	13-Jul-23	LALE- CED	Francois Malherbe at WCA SC Championships 2023
	200 IM	2:04.97	13-Jul-23	VINE- CPT	Peter S. Etzold at WCA SC Championships 2023
	400 IM	4:28.41	19-Aug-23	TYGE- CPT	Juan C. Boshoff at SA National SC Champs WCA(25M)-Aug 2023
	400 Medley Relay	3:48.17	1-May-19		Swimlab Aquatic Academ S. Haddon, C. Berry, J. Griffiths, J. Botha

RECORDS 18 & U**SC Meters-Mixed**

11 & U	200 Free Relay	2:38.58	1-May-19	Tygerberg Aquatics
	400 Free Relay	3:47.76	1-May-19	VINEYARD SWIMMING CLUB
	200 Medley Relay	2:51.17	1-May-19	VINEYARD SWIMMING CLUB
15 & U	200 Free Relay	2:38.58	1-May-09	Swimlab Aquatic Academ
	400 Free Relay	3:47.76	1-May-09	VINEYARD SWIMMING CLUB
	200 Medley Relay	2:51.17	1-May-09	VINEYARD SWIMMING CLUB
	400 Medley Relay	4:12.32	1-May-19	VINEYARD SWIMMING CLUB