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**RECORDS SA-Short Course as at 30/04/2015**
**SC Meters-Women**

50 Free	24.72	<b>19-Dec-07</b>	RSA	Lize Mari Reteif-International-Vladimir Swimming
100 Free	53.96	<b>19-Dec-07</b>	RSA	Lize Mari Reteif-International-Vladimir Swimming
200 Free	1:56.78	<b>7-Apr-02</b>	RSA	Helene K Muller World SC Championships
400 Free	4:03.50	<b>9-Apr-08</b>	SGUL KZ	Melissa J. Corfe at 9th Fina Swimming World Championship 2008
800 Free	8:22.05	<b>4-Nov-11</b>	RSA	JESSICA E. PENGELLY at Fina Arena Swimming World Cup Singapore
1500 Free	16:11.24	<b>14-Jul-10</b>	RSA	Jessica E Pengelly-At The Australian Short Course
50 Back	26.89	<b>6-Nov-09</b>	PASC NT	Chanelle Van Wyk at Fina Arena World Cup-Moscow
100 Back	56.56	<b>17-Nov-09</b>	PASC NT	Chanelle Van Wyk at Fina Arena World Cup-Berlin
200 Back	2:05.01	<b>21-Nov-09</b>	MDOL CG	Mandy LOOTS at Fina Arena World Cup-Singapore
50 Breast	30.60	<b>26-Sep-99</b>	ATOTI KZ	Penny Heyns Seagulls SC Championships
100 Breast	1:05.36	<b>9-Apr-08</b>	TUKS NT	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
200 Breast	2:18.73	<b>9-Apr-08</b>	TUKS NT	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
50 Fly	25.90	<b>23-Nov-07</b>	TUKS NT	LIZE-MARI RETIEF at Fina Arena World Cup 2007-Belo Horiz
100 Fly	56.52	<b>19-Dec-07</b>	TUKS NT	Lize Mari Reteif-International-Vladimir Swimming
200 Fly	2:04.24	<b>21-Nov-09</b>	MDOL CG	Mandy LOOTS at Fina Arena World Cup-Singapore
100 IM	1:00.86	<b>16-Oct-09</b>	MDOL CG	Mandy LOOTS at Fina Arena World Cup-Durban
200 IM	2:07.54	<b>10-Nov-09</b>	PISC KZ	Kathryn A. Meaklim at Fina Arena World Cup Stockholm
400 IM	4:22.88	<b>21-Nov-09</b>	PISC KZ	Kathryn A. Meaklim at Fina Arena World Cup-Singapore
200 Free Relay	1:43.63	<b>8-Sep-05</b>	DOLC CG	Dolphins Swimming Club L Roets, M Scott, A Loots, C Archibald
400 Free Relay	3:45.27	<b>8-Sep-05</b>	RSA	RSA- M Corfe, LM Retief, J Pengelly, K Meaklim at SC World Champs
800 Free Relay	8:06.94	<b>30-Sep-05</b>	SSA	SSA Relay Squad L Vorster, L Roets, K Van Heerden, C Lategan
400 Medley Relay	4:00.73	<b>11-Apr-09</b>	RSA	RSA- M Corfe, S. v Bilj, M Loots, LM Retief at SC World Champs

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**RECORDS SA-Short Course as at 30/04/2015**
**SC Meters-Men**

50 Free	20.30	<b>7-Aug-09</b>	TUKS	ROLAND M. SCHOEMAN at Telkom SA Short Course Championship
100 Free	46.00	<b>10-Nov-09</b>	PASC	LYNDON FERNS at Fina Arena World Cup Stockholm
200 Free	1:40.89	<b>14-Nov-09</b>	RSA	Darian R. Townsend at Fina Arena World Cup-Berlin
400 Free	3:37.91	<b>7-Aug-13</b>	RSA	Myles Brown at Fina Swimming World Cup Eindhoven 2013
800 Free	7:44.10	<b>25-Mar-00</b>	RSA	Ryk F Neethling NCAA Div 1 Men Minneapolis
1500 Free	14:30.54	<b>7-Aug-13</b>	RSA	Myles Brown at FINA Swimming World Cup 2013 Eindhoven
50 Back	22.85	<b>11-Nov-09</b>	RSA	Gerhard ZANDBERG at Fina World Cup Berlin 2009
100 Back	50.00	<b>10-Nov-09</b>	RSA	George DU RAND at Fina Arena World Cup Stockholm
200 Back	1:47.08	<b>6-Nov-09</b>	RSA	George DU RAND at Fina Arena World Cup-Moscow
50 Breast	25.25	<b>17-Nov-09</b>	RSA	CAMERON VD BURGH at Fina Arena World Cup-Berlin
100 Breast	55.61	<b>17-Nov-09</b>	RSA	CAMERON VD BURGH at Fina Arena World Cup-Berlin
200 Breast	2:02.56	<b>17-Nov-09</b>	RSA	Neil R. Versfeld at Fina Arena World Cup-Berlin
50 Fly	21.87	<b>14-Nov-09</b>	RSA	ROLAND M. SCHOEMAN at Fina Arena World Cup-Berlin
100 Fly	48.56	<b>29-Sep-14</b>	SGUL KZ	Chad G. Le Clos at Fina -Mastbank Swimming World Cup 2014 Hong K
200 Fly	1:48.56	<b>5-Nov-13</b>	RSA	Chad G. Le Clos at FINA Swimming World Cup 2013 Singapore
100 IM	51.05	<b>14-Nov-09</b>	RSA	Gerhard ZANDBERG at Fina Arena World Cup-Berlin
200 IM	1:51.55	<b>17-Nov-09</b>	RSA	Darian R. Townsend at Fina Arena World Cup-Berlin
400 IM	3:59.23	<b>9-Nov-13</b>	RSA	Chad G. Le Clos at FINA Swimming World Cup 2013 Tokyo
200 Free Relay	1:28.27	<b>8-Aug-10</b>	TUKS	R Schoeman-G Zandberg-N Meyer-W Bosman-Sa S/Course PMBG
400 Free Relay	3:19.09	<b>15-Aug-13</b>	SGUL	D Brown:L Pendock:C Justus:C Crous-At PMBG
800 Free Relay	7:18.94	<b>8-Oct-04</b>	RSA	RSA J Basson, F Postma, H Prinsloo, J Du Rand World SC Champs
400 Medley Relay	3:35.77	<b>10-Aug-09</b>	PLAY	RSA-SA Short Course-Pmbg- Van Rensburg, Conrad ,VD Burgh, Cameron ,