

## Para Swimming SA Records

### Senior Long Course

#### 50m Freestyle

##### Female

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:45.27	Symons, J		Kimberley	11 Mar 1994
S3	01:12.84	Bester, L		Kimberley	25 Mar 2002
S4	01:02.37	Somtswayi	Paralympic Games	Sydney	27 Oct 2000
S5	00:50.16	Nothling, Beth	Senior National Championships	Durban	01 Jan 2010
S6	00:42.16	Oliver, W		Kimberley	24 Mar 1998
S7	00:42.69	Deans, K		Nottingham	24 Jul 2001
S8	00:36.31	Lourens, G	Nedbank Championships	Bellville	01 Mar 2008
S9	00:29.04	Du Toit, Natalie		Manchester	06 May 2006
S10	00:30.40	Prinsloo, E	Paralympic Games	Sydney	26 Oct 2000
S11	00:36.87	Bloem, Renette	Senior National Championships	Durban	01 Jan 2010
S12	00:32.41	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	00:32.07	Naude, M	Paralympic Games	London	30 Aug 2004

##### Male

Classification	SA Record	Holder	Event	Place	Date
S1	02:49.35	Irish, N		Pretoria	17 Mar 2000
S2	01:23.22	Packard, M		Germiston	16 Mar 2003
S3	01:14.11	Westraadt, E		Kimberley	24 Mar 1998
S4	01:02.26	Vermaak, J		Bloemfontein	23 Feb 1996
S5	00:52.32	De Kock, C		Stellenbosch	13 Apr 2001
S6	00:30.20	du Plessis, Tiaan	IPC World Championships	Durban	02 Dec 2006
S7	00:32.42	Kretsezmar, K	Paralympic Games	Sydney	28 Oct 2000
S8	00:29.36	Du Plessis, Cristiaan		Durban	10 Apr 2007
S9	00:29.03	Frazer, R		Stellenbosch	06 Apr 1992
S10	00:25.49	Paul, Kevin	Paralympic Games	London	30 Aug 2004
S11	00:26.86	Herbst, Hendri	Senior National Championships	Durban	01 Apr 2012
S12	00:25.79	Kleynhans, E	Paralympic Games	Sydney	28 Oct 2000
S13	00:23.99	Bouwer, Charles	Paralympic Games	London	30 Aug 2004

**100m Freestyle****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2	03:49.97	Symons, J		Port Elizabeth	04 Apr 1995
S3	02:35.88	Bester, L		Kimberley	26 Mar 2002
S4	02:22.94	Somtswayi	Paralympic Games	Sydney	26 Oct 2000
S5	01:46.42	Nothling, Beth	Senior National Championships	Durban	01 Jan 2010
S6	01:33.58	Olivier, Wendy	Paralympic Games	Atlanta	16 Aug 1996
S7	01:30.58	Deans, K		Nottingham	23 Jul 2001
S8	01:24.71	Lourens, G	Nedbank Championships	Bellville	01 Mar 2008
S9	01:01.08	Du Toit, Natalie		Manchester	06 May 2006
S10	01:06.17	Prinsloo, E	Paralympic Games	Sydney	26 Oct 2000
S11	01:24.73	Bloem, Renette		Durban	06 Apr 2008
S12	01:09.49	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	01:09.77	Naude, M		Canada	01 Aug 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1	05:45.85	Jarman, L		Port Elizabeth	27 Mar 1996
S2	02:44.13	Packard, M		Germiston	16 Mar 2003
S3	02:31.25	Westraadt, E		Port Elizabeth	04 Apr 1995
S4	02:22.76	Westraadt, E		Kimberley	11 Mar 1994
S5	02:34.55	Harris, Quinton		Glasgow	18 Apr 2014
S6	01:20.19	Nilsen, E		Port Elizabeth	05 Apr 1995
S7	01:09.91	Kretsezmar, K	Paralympic Games	Sydney	25 Oct 2000
S8	01:04.28	Du Plessis, Cristiaan		Durban	10 Apr 2007
S9	01:03.33	Bezuidenhout, James	SA National Open Championships	Durban	09 Apr 2014
S10	00:55.44	Paul, Kevin		Maputo	08 Sep 2011
S11	00:59.60	Herbst, Hendri	Paralympic Games	London	30 Aug 2004
S12	00:57.35	Kleynhans, E	Paralympic Games	Sydney	24 Oct 2000
S13	00:52.31	Bouwer, Charles		Pasadena	08 Aug 2014

**200m Freestyle****Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	09:21.72	Fourie, C		Pretoria	17 Mar 2000
S3	05:38.17	Bester, L		Kimberley	26 Mar 2002
S4	04:57.38	Somtswayi		Kimberley	26 Mar 2002
S5	03:49.45	Nothling, Beth	Nedbank Championships	Port Elizabeth	06 Apr 2009
S6	03:30.18	Von Wechmar, E		Kimberley	26 Mar 2002
S7	03:25.94	Deans, K		Kimberley	26 Mar 2002
S8	02:58.32	Lourens, G	Nedbank Championships	Bellville	01 Mar 2008
S9	02:08.15	Du Toit, Natalie		Bellville	24 Mar 2008
S10	02:22.27	Sapiro, S		Berlin	01 Jan 2012
S11	03:07.86	Bloem, Renette		Bellville	24 Mar 2008
S12	02:41.19	De Beer, G		Kimberley	26 Mar 2002
S13	02:32.06	De Beer, H	Nedbank Championships	Durban	01 Mar 2004

**Male**

Classification	SA Record	Holder	Event	Place	Date
S1	11:41.82	Irish, N		Pretoria	17 Mar 2000
S2					
S3	05:24.08	Packard, M	Nedbank Championships	Durban	01 Mar 2004
S4					
S5	04:03.43	De Kock, C		Stellenbosch	11 Apr 2001
S6	03:04.54	Van der Merwe, Hendrik		Bellville	24 Mar 2008
S7	02:42.15	Kretsezmar, K		Stellenbosch	11 Apr 2001
S8	02:28.07	Nathan, O		Germiston	16 Mar 2003
S9	02:22.07	Bezuidenhout, James		Port Elizabeth	18 Apr 2013
S10	02:05.09	Paul, Kevin	German Games	Berlin	01 Jun 2010
S11	02:20.10	Herbst, Hendrik	SA National Open Championships	Durban	08 Apr 2014
S12	02:26.20	Herbst, Hendri	IBSA Championships	Colorado	01 Jul 2009
S13	01:56.78	Bouwer, Charles		Port Elizabeth	18 Apr 2013

## 400m Freestyle

### Female

Classification	SA Record	Holder	Event	Place	Date
S6	07:07.85	Von Wechmar, E	Nedbank Championships	Durban	01 Mar 2004
S7					
S8	06:07.61	Lourens, G	Nedbank Championships	Bellville	01 Mar 2008
S9	04:22.74	Du Toit, Natalie		Bellville	25 Mar 2008
S10	04:56.30	Sapiro, S		Berlin	01 Jan 2012
S11	06:31.98	Bloem, Renette	Summer League 3	Western Province	
S12	05:23.99	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	05:14.42	Naude, M	Western Province Championships	Bellville	01 Dec 2010

### Male

Classification	SA Record	Holder	Event	Place	Date
S6	06:26.11	Van der Merwe, Hendrik	World Championships		02 Dec 2006
S7	05:32.50	Nilsen, Mark	Paralympic Games	Atlanta	16 Aug 1996
S8	05:00.37	Du Plessis, Cristiaan		Bellville	25 Mar 2008
S9	05:03.65	Bezuidenhout, J		Brazil	01 Oct 2011
S10	04:16.46	Paul, Kevin	Paralympic Games	London	30 Aug 2004
S11	04:58.75	Herbst, Hendri		Durban	16 Apr 2012
S12	05:06.51	Herbst, Hendri	World Championships	Eindhoven	01 Aug 2010
S13	04:08.52	Bouwer, Charles	Senior National Championships	Durban	01 Apr 2012

## 800m Freestyle

### Female

Classification	SA Record	Holder	Event	Place	Date
S6	14:48.46	Von Wechmar, E		Kimberley	01 Jan 2002
S7	20:00.06	Van Staden, Catherine	Nedbank Championships	Stellenbosch	01 Apr 2014
S8	13:17.00	Lourens, G	Nedbank Championships	Bloemfontein	01 Jan 2006
S9	08:55.77	Du Toit, Natalie		Durban	06 Apr 2008
S10	10:51.55	Sapiro, Shireen		Pretoria	27 Mar 2013
S11					
S12	11:11.14	De Beer, H	Prestige	Kwazulu/Natal	12 Jul 2006
S13					

### Male

Classification	SA Record	Holder	Event	Place	Date
S6	15:03.51	Gifford, C	Nedbank Championships	Pretoria	01 Mar 2011
S7	12:34.95	Dludlu, Nkosimayibongwe	Nedbank Championships	Johannesburg	31 Mar 2015
S8	10:44.65	Du Plessis, Cristiaan		Kimberley	01 Jan 2002
S9	12:04.38	Parkin, C	Nedbank Championships	Durban	01 Jan 2012
S10	09:25.53	Hassiem, Achmat	Nedbank Championships	Port Elizabeth	06 Apr 2009
S11					
S12					
S13	09:01.33	Bouwer, Charles	Nedbank Championships	Port Elizabeth	06 Apr 2009

## 1500m Freestyle

### Female

Classification	SA Record	Holder	Event	Place	Date
S7	28:10.04	Von Wechmar, E		Bellville	02 Dec 2006
S8	24:30.75	Lourens, G		Bellville	02 Dec 2006
S9	17:02.73	Du Toit, Natalie	SA Championships		10 Apr 2007
S10					
S11					
S13					

### Male

Classification	SA Record	Holder	Event	Place	Date
S7	22:35.87	Slattery, Tadhg	SA Championships	Durban	01 Jan 1993
S8	20:52.81	Du Plessis, Cristiaan		Stellenbosch	11 Apr 2001
S9	23:12.61	Parkin, C	Nedbank Championships	Durban	01 Jan 2012
S10					
S11					
S12					
S13	16:33.79	Bouwer, Charles	Senior National Championships	Port Elizabeth	01 Apr 2011

**50m Backstroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2	01:59.04	Symons, J		Kimberley	12 Mar 1994
S3	01:13.83	Shannon, S	Paralympic Games	Beijing	06 Sep 2008
S4	01:03.29	Somtswayi, Ntombo	Paralympic Games	Sydney	18 Oct 2000
S5	00:52.22	Nothling, Beth		Montreal	14 Aug 2013
S6	01:16.32	Ings, Patricia	Nedbank Championships	Pretoria	01 Mar 2011
S7	00:59.99	Van Zyl, W	Nedbank Championships	Durban	01 Jan 2012
S8	00:57.50	McKay, Tracy	eThekwin Age Group Gala 5	Durban	24 Oct 2015
S9	00:34.14	Du Toit, Natalie	Senior National Championships	Port Elizabeth	01 Apr 2011
S10	00:33.52	Sapiro, S	Senior National Championships	Durban	16 Apr 2009
S11	00:46.39	Bloem, Renette		Durban	06 Apr 2008
S12	00:51.04	Berrington, S	Nedbank Championships	Port Elizabeth	01 Mar 2010
S13	00:39.20	Naude, Marike		Montreal	03 Jul 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2	01:38.50	Barnard, W		Bloemfontein	23 Feb 1996
S3	01:07.47	Mc Intyre, A		Stellenbosch	01 Apr 1991
S4	01:06.10	Vermaak, J		Port Elizabeth	05 Apr 1995
S5	00:51.39	Jonker, D		Germiston	21 Mar 1997
S6	00:44.86	Mogale, S	Senior National Championships	Durban	16 Apr 2009
S7	00:41.98	Slattery, Tadhg	Senior National Championships	Durban	16 Apr 2009
S8	00:35.26	Du Plessis, Cristiaan		Durban	06 Apr 2008
S9	00:32.86	Bezuidenhout, James	SA National Open Championships	Durban	09 Apr 2014
S10	00:31.41	Clarke, S	Senior National Championships	Port Elizabeth	01 Apr 2011
S11	00:33.58	Herbst, Hendrik	SA National Open Championships	Durban	09 Apr 2014
S12	00:38.39	Herbst, Hendri	High School Championships	Durban	06 Mar 2009
S13	00:29.87	Bouwer, Charles	Nedbank Championships	Port Elizabeth	06 Apr 2009

**100m Backstroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3	02:47.51	Shannon, S		Durban	06 Apr 2008
S4					
S5	01:58.74	Nothling, Beth	Senior National Championships	Durban	01 Jan 2010
S6	01:52.60	Olivier, Wendy	Paralympic Games	Atlanta	16 Aug 1996
S7	02:25.32	Gardner, K		Port Elizabeth	05 Apr 1995
S8	01:32.65	Barnard, A	Paralympic Games	Sydney	27 Oct 2000
S9	01:09.83	Du Toit, Natalie		Eindhoven	20 Aug 2010
S10	01:09.02	Sapiro, S	Paralympic Games	London	30 Aug 2004
S11	01:42.14	Bloem, Renette	Senior National Championships	Durban	19 Apr 2009
S12	01:28.00	Nel, J			01 Mar 1986
S13	01:24.50	Ferreira, Alani	SA National Championships	Durban	13 Apr 2015

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4	02:28.31	Harris, Quinton	SA National Open Championships	Durban	07 Apr 2014
S5	02:28.39	Harris, Quinton	KZN Premier Championships	Durban	17 Dec 2014
S6	01:27.79	Nilsen, E		Port Elizabeth	04 Apr 1995
S7	01:22.26	Nilsen, Mark	Paralympic Games	Atlanta	16 Aug 1996
S8	01:14.71	Du Plessis, Cristiaan	World Championships	Eindhoven	01 Aug 2010
S9	01:10.47	Bezuidenhout, James	SA National Championships	Durban	13 Apr 2015
S10	01:09.14	Hassiem, Achmat	Senior National Championships	Durban	01 Apr 2012
S11	01:14.22	Herbst, Hendri	WPA Championships	Strand	10 Dec 2014
S12	01:20.19	Herbst, Hendri	World Championships	Eindhoven	01 Aug 2010
S13	00:59.41	Bouwer, Charles		Pasadena	09 Aug 2014



**200m Backstroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8	04:16.12	McKay, Tracy	Westville Sprints	Durban	27 Nov 2015
S9	02:27.47	Du Toit, Natalie		Bellville	01 Jan 2004
S10	02:31.61	Sapiro, S		Berlin	01 Jan 2012
S11					
S12					
S13	03:17.65	Naude, M	Nedbank Championships	Port Elizabeth	01 Mar 2010

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8	03:56.62	Malatji, Moses	CGA Level 2-3 Gala 2	Germiston	04 Oct 2014
S9	02:38.28	Bezuidenhout, James		Port Elizabeth	20 Apr 2013
S10	02:59.92	Lamprecht, T	Nedbank Championships	Port Elizabeth	06 Apr 2009
S11					
S12					
S13	02:20.77	Bouwer, Charles	Nedbank Championships	Port Elizabeth	06 Apr 2009

**50m Breaststroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB1					
SB2	04:20.93	Shannon, S		Durban	01 Jan 2005
SB3	02:17.40	De Vries, J	SA Championships	Bloemfontein	01 Jan 2006
SB4	01:17.14	Visser, A	Nedbank Championships	Port Elizabeth	01 Mar 2010
SB5	01:07.10	Nothling, Beth	Senior National Championships	Durban	19 Apr 2009
SB6	01:19.76	Mbiko, N	Central Gauteng Championships	Gauteng	01 Dec 2009
SB7	01:02.84	Van Zyl, W	Nationals	Germiston	01 Jan 2007
SB8	00:39.70	Du Toit, Natalie	Western Province Championships	Bellville	01 Dec 2010
SB9	00:41.22	Abrahams, Tezna	SA National Championships	Durban	13 Apr 2015
SB11	00:46.51	Bloem, Renette	Senior National Championships	Durban	01 Apr 2012
SB12	01:02.18	Berrington, S	Nedbank Championships	Port Elizabeth	01 Mar 2010
SB13	00:41.07	Ferreira, Alani	SA National Championships	Durban	13 Apr 2015

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB1					
SB2	01:25.65	Mc Tyre, A		Stellenbosch	01 Apr 1991
SB3	01:14.92	Harris, Quinton	KZN uThungulu Age Group Gala	Richards Bay	08 Nov 2014
SB4	01:03.47	De Kock, C	SA Championships		01 Jan 2002
SB5	00:42.21	Slattery, Tadhg	Central Gauteng Championships	Gauteng	01 Jan 2004
SB6	00:49.14	Van der Merwe, Hendrik	SA Championships		02 Apr 2007
SB7	00:42.02	Mogale, S		Durban	10 Apr 2007
SB8	00:38.78	Bezuidenhout, James	EGA Championships	Germiston	04 Dec 2015
SB9	00:29.84	Paul, Kevin	Caixa Loterias Championships	Sao Paulo	24 Apr 2015
SB11					
SB12	00:40.59	Herbst, Hendri	IBSA Championships	Turkey	01 Apr 2011
SB13	00:39.82	Field, S		Stellenbosch	01 Apr 1991

**100m Breaststroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB2					
SB3	02:51.53	Harris, Q	Nedbank Championships	Durban	01 Jan 2012
SB4	02:28.79	Visser, A	Paralympic Games	Beijing	06 Sep 2008
SB5	02:09.16	Von Wechmar, E		Durban	01 Apr 2007
SB6	02:15.16	Van Zyl, W		Stellenbosch	13 Apr 2001
SB7	02:18.79	Van Zyl, W		Stellenbosch	01 Apr 1991
SB8	01:25.95	Du Toit, Natalie	World Championships	Eindhoven	01 Aug 2010
SB9	01:37.58	Abrahams, Tezna	SA National Championships	Durban	13 Apr 2015
SB11	01:38.67	Bloem, Renette	Senior National Championships	Durban	01 Jan 2010
SB12	01:41.28	Bloem, Renette		Stellenbosch	01 Jan 1985
SB13	01:28.82	Ferreira, Alani	KZN Provincial Championships	Durban	16 Dec 2015

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB1					
SB2					
SB3	03:00.00	Harris, Quinton	SA National Open Championships	Port Elizabeth	17 Apr 2013
SB4	01:19.87	De Kock, C	SA Championships		01 Jan 2002
SB5	01:32.13	Slattery, Tadhg		Durban	12 Jan 2002
SB6	01:47.12	Kretsemar, K		Stellenbosch	13 Apr 2001
SB7	01:37.13	Mogale, S	Senior National Championships	Durban	15 Apr 2009
S8	02:19.50	Coetzee, Sarel	SA National Open Championships	Durban	08 Apr 2014
SB8	01:24.02	Terblanche, Jean-Jacques		Port Elizabeth	05 Apr 1995
SB9	01:04.91	Paul, Kevin	SA National Championships	Durban	13 Apr 2015
SB11	01:30.83	Herbst, Hendri	Senior National Championships	Durban	01 Apr 2012
SB12	01:29.49	Herbst, Hendri	World Championships	Eindhoven	01 Aug 2010
SB13	01:20.53	Kleynhans, E		Port Elizabeth	27 Mar 1996

**200m Breaststroke****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB4					
SB5					
SB6					
SB7					
SB8					
SB9	03:48.43	Sabeka, Bongekile	CGA Level 2/3 Gala 1	Johannesburg	19 Sep 2015
SB11	03:29.88	Bloem, Renette	Summer League	Strand	14 Nov 2009
SB12					
SB13	03:11.80	Ferreira, Alani	Action Swim Championships	Durban	06 Nov 2015

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB4					
SB5	03:28.54	Slattery, Tadhg		Germiston	22 Feb 2003
SB6					
SB7	04:21.31	Mogale, S	Central Gauteng Level 3 Championships	Gauteng	22 Oct 2006
SB8	03:21.36	van der Merwe, Kaleb	MP AGE GROUP 1	Nelspruit	02 Oct 2015
SB9	02:22.20	Paul, Kevin	SA National Championships	Durban	13 Apr 2015
SB11					
SB12					
SB13					

**50m Butterfly****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S3					
S4					
S5	00:51.63	Visser, Adri	CGA Championships	Ellispark	05 Dec 2015
S6	01:06.16	Gardner, K		Port Elizabeth	07 Dec 1997
S7	01:16.12	Gardner, K		Port Elizabeth	04 Apr 1995
S8	00:47.96	Lourens, G	Senior National Championships	Durban	18 Apr 2009
S9	00:31.81	Du Toit, Natalie		Bellville	24 Mar 2008
S10	00:32.95	Sapiro, Shireen		Durban	21 Apr 2012
S11	00:50.40	Bloem, Renette	Senior National Championships	Durban	18 Apr 2009
S12	00:35.33	De Beer, H	Prestige	Kwazulu/Natal	12 Jul 2006
S13	00:36.45	De Beer, H	SA Championships		01 Jan 2004

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4	01:53.96	Mc Kloppe, David	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S5	00:45.82	Van der Merwe, Hendrik	SA National Championships		02 Apr 2007
S6	00:38.02	Mogale, S	Senior National Championships	Durban	18 Apr 2009
S7	00:35.87	Slattery, Tadhg		Kimberley	23 Mar 1998
S8	00:32.79	Nathan, O	SA Championships		01 Jan 2004
S9	00:31.36	Botes, W	Nedbank Championships	Port Elizabeth	01 Mar 2011
S10	00:27.12	Hassiem, Achmat		Berlin	01 Jul 2012
S11	00:32.91	Herbst, Hendri	SA National Open Championships	Port Elizabeth	21 Apr 2013
S12	00:35.38	Herbst, Hendri	Nedbank Championships	Port Elizabeth	06 Apr 2009
S13	00:26.55	Bouwer, Charles		Johannesburg	19 Dec 2014

## 100m Butterfly

### Female

Classification	SA Record	Holder	Event	Place	Date
S5	00:54.62	Visser, Adri		Johannesburg	08 Dec 2012
S6	03:31.39	Mbiko, N	Central Gauteng Championships	Gauteng	01 Dec 2010
S7					
S8	01:50.87	Lourens, G	Senior National Championships	Durban	16 Apr 2009
S9	01:06.74	Du Toit, Natalie	Paralympic Games	Beijing	06 Sep 2008
S10	01:16.02	Sapiro, S	Paralympic Games	Beijing	06 Sep 2008
S11					
S12	01:16.79	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	01:21.35	De Beer, H	Nedbank Championships	Durban	01 Mar 2004

### Male

Classification	SA Record	Holder	Event	Place	Date
S5					
S6	01:32.38	Mogale, S	Senior National Championships	Durban	01 Jan 2010
S7	01:33.61	De Silva, D	Senior National Championships	Durban	01 Jan 2010
S8	01:06.90	Venter, J	Paralympic Games	Sydney	22 Oct 2000
S9	01:19.53	Botes, W	Senior National Championships	Durban	01 Jan 2010
S10	00:57.76	Hassiem, Achmat	Paralympic Games	London	30 Aug 2004
S11					
S12	01:06.78	Kleynhans, E	Paralympic Games	Sydney	26 Oct 2000
S13	00:58.78	Bouwer, Charles	Senior National Championships	Durban	01 Apr 2012

**200m Butterfly****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S8					
S9	02:23.84	Du Toit, Natalie		Johannesburg	01 Dec 2003
S10					
S11					
S12	03:01.19	De Beer, H	SA Championships	Bloemfontein	01 Jan 2006
S13					

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6	04:13.91	Zwane, Kabelo	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S8					
S9					
S10	03:01.81	Mabuza, Thulane	CGA Level 2/3 Last Chance Gala	Johannesburg	06 Feb 2016
S11					
S12					
S13					

**150m Individual Medley**

**Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM2					
SM3					
SM4					

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM1					
SM2					
SM3					
SM4	03:59.97	Harris, Quinton	KZN Uthungulu District Age Group	Richards Bay	17 Jan 2015



**200m Individual Medley****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM3					
SM4					
SM5	04:37.09	Visser, Adri	CGA Championships	Ellispark	05 Dec 2015
SM6	06:06.26	Mbiko, N	Senior National Championships	Durban	01 Apr 2012
SM7					
SM8	03:21.47	Barnard, Antonia	Paralympic Games	Sydney	18 Oct 2000
SM9	02:27.83	Du Toit, Natalie	Paralympic Games	Beijing	06 Sep 2008
SM10	02:59.61	Sapiro, S	Central Gauteng Level 2 Championships	Gauteng	28 Oct 2006
SM11	03:27.38	Bloem, Renette		Durban	06 Apr 2008
SM12	03:02.64	De Beer, H	Paralympic Games	Athens	23 Sep 2004
SM13	02:53.85	Ferreira, Alani	SA National Championships	Durban	13 Apr 2015

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM3					
SM4	04:22.88	Harris, Quinton	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM5					
SM6	02:58.37	Slattery, Tadhg	Paralympic Games	Sydney	20 Oct 2000
SM7	02:58.30	Nathan, O		Kimberley	26 Mar 2002
SM8	02:40.83	Terblanche, Jean-Jacques		Atlanta	17 Aug 1996
SM9	02:49.99	Bezuidenhout, James	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM10	02:14.97	Paul, Kevin	Paralympic Games	London	01 Sep 2012
SM11					
SM12	02:52.11	Herbst, Hendri	World Championships	Eindhoven	01 Aug 2010
SM13	02:14.50	Bouwer, Charles	Senior National Championships	Durban	01 Apr 2012

**400m Individual Medley**

**Female**

Classification	SA Record	Holder	Event	Place	Date
SM6					
SM7					
SM8					
SM9					
SM10					
SM11					
SM12					
SM13					

**Male**

Classification	SA Record	Holder	Event	Place	Date
SM8					
SM9					
SM10	04:53.39	Paul, Kevin	German Games	Berlin	01 Jun 2010
SM11					
SM12					
SM13					

