

## Para Swimming SA Records 14 & Under Long Course

### 50m Freestyle

#### Female

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5	01:05.81	Coullie, A		Germiston	21 Mar 2003
S6	00:57.87	Venter, E		Stellenbosch	13 Apr 2001
S7	00:57.74	Hully, T		Germiston	21 Mar 2003
S8					
S9	00:34.60	Martins, Shannon	EGA Summer 2	Germiston	17 Oct 2015
S10	00:38.68	Abrahams, T	North West Championships	Germiston	01 Dec 2009
S11	00:47.92	Barnes, A			01 Jan 1984
S12	00:35.19	Slothauer			01 Jan 1984
S13	00:35.04	Ferreira, A	Kwazulu/Natal Championships	Kwazulu/Natal	14 Dec 2011

#### Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4	01:58.70	Mc Klopper, David	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S5					
S6	00:43.53	Zwane, Kabelo	CGA Championships	Ellispark	05 Dec 2015
S7	00:39.35	Grob, J	Central Gauteng Championships	Gauteng	01 Jan 2009
S8	00:37.42	Grob, J	Nedbank Championships	Port Elizabeth	01 Mar 2010
S9	00:30.98	Bezuidenhout, James		Edmonton	15 Oct 2011
S10	00:29.44	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11	00:44.41	Geryling		Stellenbosch	01 Apr 1988
S12	00:32.50	Van der Merwe			01 Jan 1984
S13	00:28.49	Field, S		Stellenbosch	01 Apr 1991

## 100m Freestyle

### Female

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5					
S6	02:19.56	Venter, E		Stellenbosch	11 Apr 2001
S7					
S8					
S9	01:16.54	Martins, Shannon	Nedbank Championships	Johannesburg	31 Mar 2015
S10	01:41.25	Abrahams, T	North West Championships	Germiston	01 Dec 2009
S11					
S12					
S13	01:18.07	Ferreira, A	SA Level 2 Championships	Durban	01 Jan 2012

### Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5					
S6	01:45.93	Zwane, Kabelo	Gauteng Schools Aquatics Trial	Boksburg	11 Sep 2015
S7	01:44.12	Dludlu, Nkosi	SA National Open Championships	Port Elizabeth	19 Apr 2013
S8	01:30.20	Grob, J	SA Games	Polokwane	04 Oct 2011
S9	01:07.56	Bezuidenhout, James		Port Elizabeth	13 Oct 2011
S10	01:03.01	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11					
S12	01:16.96	Swanepoel	SA Championships	Durban	01 Jan 2005
S13	01:08.27	Bouwer, Charles		Germiston	21 Mar 2003

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

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5					
S6					
S7					
S8					
S9	03:00.70	Martins, Shannon	CGA Level 1 gala No 4	Johannesburg	16 Jan 2016
S10	04:02.14	Abrahams, T	North West Championships	Germiston	01 Dec 2009
S11					
S12					
S13					

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5					
S6	03:43.46	Dludlu	Nedbank Championships	Durban	01 Jan 2012
S7					
S8	03:29.90	Grob, J	Central Gauteng Championships	DELLV	10 Sep 2011
S9	02:26.55	Bezuidenhout, James		Port Elizabeth	12 Apr 2011
S10	02:19.27	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11					
S12					
S13					

## 400m Freestyle

### Female

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8					
S9	06:42.09	Martins, Shannon	EGA Summer 2	Germiston	17 Oct 2015
S10					
S11					
S12					
S13	05:51.23	Fenreim, A	Kwazulu/Natal Championships	Kwazulu/Natal	14 Dec 2011

### Male

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8	07:34.39	Grob, J	Central Gauteng Championships	Germiston	15 Oct 2011
S9	05:03.65	Bezuidenhout, James		Durban	14 Oct 2011
S10	04:50.02	Paul, Kevin	SA Championships	Durban	01 Jan 2005
S11					
S12					
S13					

**800m Freestyle**

**Female**

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<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8					
S9					
S10					
S11					
S12					
S13					

**Male**

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<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8					
S9					
S10					
S11					
S12					
S13					

**1500m Freestyle**

**Female**

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<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S7					
S8					
S9					
S10					
S11					
S13					

**Male**

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<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S7					
S8					
S9					
S10					
S11					
S12					
S13					

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

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4					
S5					
S6	02:25.44	Johnson, Keisha	Nedbank Championships	Stellenbosch	31 Mar 2014
S7					
S8	01:07.29	Paulsen, C	Nedbank Championships	Durban	01 Jan 2012
S9	00:40.33	Martins, Shannon	Adrian Grafe Memorial Gala	Germiston	31 Aug 2015
S10	00:48.77	Sabeka, Bongekile	SA National Open Championships	Port Elizabeth	18 Apr 2013
S11					
S12					
S13	00:43.23	Erasmus, S		Port Elizabeth	01 Mar 1990

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S1					
S2					
S3					
S4	01:57.46	Mc Klopper, David	CGA Level 2/3 Gala 1	Johannesburg	19 Sep 2015
S5					
S6	00:53.05	Zwane, Kabelo	CGA Championships	Ellispark	05 Dec 2015
S7	00:51.98	Dludlu, Nkosi	SA National Open Championships	Port Elizabeth	18 Apr 2013
S8	00:47.35	Sadie, C	Nedbank Championships	Pretoria	01 Mar 2011
S9	00:35.14	Bezuidenhout, James		Johannesburg	11 Dec 2011
S10	00:41.04	De Jager, C		Kimberley	26 Mar 2002
S11					
S12					
S13					

## 100m Backstroke

### Female

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5					
S6					
S7					
S8					
S9	01:30.35	Martins, Shannon	SA Level 1 Regional Age Group	Johannesburg	27 Mar 2015
S10	02:29.15	Sabeka, B	Central Gauteng Championships	Gauteng	01 Dec 2011
S11					
S12	01:51.74	Van Niekerk, L			01 Mar 1986
S13	01:34.38	Ferreira, A	Kwazulu/Natal Championships	Kwazulu/Natal	14 Dec 2011

### Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3					
S4					
S5					
S6					
S7	02:42.59	Dlulu, N	Central Gauteng Championships	Gauteng	01 Dec 2011
S8	01:54.56	Grob, J	Nedbank Championships	Port Elizabeth	01 Mar 2010
S9	01:12.91	Bezuidenhout, James		Port Elizabeth	12 Oct 2011
S10	01:27.76	Mabuza, Thulane	SA National Open Championships	Port Elizabeth	16 Apr 2013
S11					
S12	01:51.32	Swanepoel			01 Jan 1983
S13	01:18.26	Bouwer, Charles		Germiston	21 Jan 2003



**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					
S9	03:17.18	Martins, Shannon	CGA Level 1 Gala 1	Johannesburg	12 Sep 2015
S10					
S11					
S12					
S13					

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S6					
S7					
S8	04:13.48	Grob, J	Central Gauteng Championships	DELLV	10 Sep 2011
S9	02:46.08	Bezuidenhout, J	Nedbank Championships	Port Elizabeth	01 Mar 2010
S10	03:58.67	Mabusr, T	Nedbank Championships	Durban	01 Jan 2012
S11					
S12					
S13					

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

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB1					
SB2					
SB3	02:22.27	Visser, A		Kimberley	26 Mar 2002
SB4					
SB5					
SB6	01:16.05	Venter, E		Stellenbosch	11 Apr 2001
SB7					
SB8	00:47.92	Martins, Shannon	CGA Level 1 gala No 3	Johannesburg	07 Nov 2015
SB9	00:48.25	Abrahams, T	North West Championships	Germiston	01 Dec 2009
SB11	01:15.30	Groeneweg, L			01 Mar 1987
SB12	00:49.48	Slothauber			01 Jan 1984
S13	00:42.72	Ferreira, A	SA Games	Polokwane	04 Oct 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SB1					
SB2					
SB3					
SB4					
SB5	01:15.64	Njombolwana, Mithayelani	Nedbank Championships	Stellenbosch	31 Mar 2014
SB6	00:57.91	Dludlu, Nkosi	SA National Open Championships	Port Elizabeth	21 Apr 2013
SB7	00:52.59	Zwane, Kabelo	CGA Championships	Ellispark	05 Dec 2015
SB8	00:53.08	Van Aswegen, W		Germiston	21 Mar 2003
SB9	00:35.95	Paul, Kevin	SA Championships	Durban	01 Jan 2005
SB11					
SB12	00:42.26	Robinson, O			01 Mar 1987
SB13	00:39.82	Field, S		Stellenbosch	01 Apr 1991

## 100m Breaststroke

### Female

Classification	SA Record	Holder	Event	Place	Date
SB2					
SB3					
SB4					
SB5					
SB6					
SB7					
SB8	01:51.05	Martins, Shannon	CGA Level 1 Gala No 3	Johannesburg	08 Nov 2014
SB9	01:54.90	Sabeka, Bongekile	SA National Open Championships	Port Elizabeth	17 Apr 2013
SB11					
SB12					
SB13	01:34.72	Ferreira, A	SA Games	Polokwane	04 Oct 2011

### Male

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2					
SB3					
SB4					
SB5					
SB6	02:46.62	Dludle, N	Central Gauteng Championships	Gauteng	01 Dec 2011
SB7	02:03.86	Sadie, C	SA POL Games		04 Jun 2011
SB8	02:24.59	Sibanda, M	Central Gauteng Championships	Gauteng	01 Dec 2010
SB9	01:25.56	Jannasch, Johan	SA National Open Championships	Port Elizabeth	17 Apr 2013
SB11					
SB12					
SB13	01:44.20	Van Tonder			01 Jan 1984

**200m Breaststroke**

**Female**

Classification	SA Record	Holder	Event	Place	Date
SB4					
SB5					
SB6					
SB7					
SB8					
SB9					
SB11					
SB12					
SB13					

**Male**

Classification	SA Record	Holder	Event	Place	Date
SB4					
SB5					
SB6					
SB7					
SB8					
SB9					
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					
S6					
S7					
S8					
S9	00:38.95	Martins, Shannon	CGA Level 1 Gala No 3	Johannesburg	08 Nov 2014
S10	00:58.57	Abrahams, T	Nedbank Championships	Port Elizabeth	06 Apr 2009
S11					
S12					
S13	00:41.90	Ferreira, A	SA Level 2 Championships	Durban	01 Jan 2012

**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 Klopper, David	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S5					
S6	00:42.49	Zwane, Kabelo	CGA Level 2/3 Gala No 4	Johannesburg	23 Jan 2016
S7					
S8	00:46.04	Sadie, C	Summer League 2		17 Sep 2011
S9	00:34.42	Bezuidenhout, James		Port Elizabeth	12 Apr 2011
S10	00:40.05	Mabuza, Thulane	SA National Open Championships	Port Elizabeth	21 Apr 2013
S11					
S12					
S13	00:32.52	Field, S		Stellenbosch	01 Apr 1991

**100m Butterfly****Female**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S5					
S6					
S7					
S8					
S9	01:43.00	Martins, Shannon	SA Level 1 Regional Age Group	Johannesburg	27 Mar 2015
S10					
S11					
S12					
S13	01:38.46	Ferreira, A	SA Games	Polokwane	04 Oct 2011

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S5					
S6	01:45.51	Zwane, Kabelo	CGA Championships	Ellispark	05 Dec 2015
S7					
S8					
S9	01:30.84	Bezuidenhout, J	Wheelchair Championships	India	01 Jan 2009
S10	01:38.17	Mabuza, Thulane	SA National Open Championships	Port Elizabeth	20 Apr 2013
S11					
S12					
S13	01:21.52	Bouwer, Charles		Germiston	21 Mar 2003

**200m Butterfly**

**Female**

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<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
S8					
S9					
S10					
S11					
S12					
S13					

**Male**

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<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					
S11					
S12					
S13					

**150m Individual Medley**

**Female**

Classification	SA Record	Holder	Event	Place	Date
SM2					
SM3					
SM4					

**Male**

Classification	SA Record	Holder	Event	Place	Date
SM1					
SM2					
SM3					
SM4					



**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					
SM6					
SM7					
SM8					
SM9	03:23.70	Martins, Shannon	Nedbank Championships	Johannesburg	31 Mar 2015
SM10	03:56.98	Sabeka, Bongekile	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM11					
SM12					
SM13	03:11.86	Ferreira, A	SA Level 2 Championships	Durban	01 Jan 2012

**Male**

<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM3					
SM4					
SM5					
SM6	04:02.81	Zwane, Kabelo	CGA Level 2/3 Gala No 4	Johannesburg	23 Jan 2016
SM7	04:13.67	Dludlu, Nkosi	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM8	04:48.70	Crawford, S	SA National Championships		01 Jan 2007
SM9	02:57.33	Bezuidenhout, James		Port Elizabeth	16 Apr 2011
SM10	02:37.35	Paul, Kevin	SA Championships	Durban	01 Jan 2005
SM11					
SM12	03:51.55	Robinson, O			01 Mar 1987
SM13	03:14.92	Field, R		Kimberley	01 Jan 1989

**400m Individual Medley**

**Female**

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<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM6					
SM7					
SM8					
SM9					
SM10					
SM11					
SM12					
SM13					

**Male**

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<b>Classification</b>	<b>SA Record</b>	<b>Holder</b>	<b>Event</b>	<b>Place</b>	<b>Date</b>
SM8					
SM9					
SM10					
SM11					
SM12					
SM13					

