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**RECORDS Africa-Long Cou**
**LC Meters-Women**

50 Free	24.92	<b>16-Jan-15</b>	EGY	Farida Osman Austin
100 Free	54.48	<b>31-Jan-14</b>	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
200 Free	1:57.04	<b>7-Jun-08</b>	ZIM	Kirsty Coventry-Texas Senior Circuit
400 Free	4:07.92	<b>31-Jan-14</b>	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
800 Free	8:25.71	<b>14-Jun-12</b>	RSA	WENDY A. TROTT at 49Th International Swimming-Sette Colli-Roma
1500 Free	16:05.63	<b>24-Jul-11</b>	RSA	WENDY A. TROTT at 14th Fina World Championships 2011
50 Back	28.08	<b>14-Jun-15</b>	ZIM	Kirsy Coventry-Monto Carlo
100 Back	58.77	<b>11-Aug-08</b>	ZIM	Kirsty Coventry-2008 Olympics-beijing
200 Back	2:04.81	<b>1-Aug-09</b>	ZIM	Kirsty Coventry at-World Champs Rome Italy
50 Breast	30.83	<b>28-Aug-99</b>	RSA	Penelope Heyns Pan Pacific Sydney RSA
100 Breast	1:06.52	<b>23-Aug-99</b>	RSA	Penelope Heyns Pan Pacific Sydney RSA
200 Breast	2:23.21	<b>25-Jul-12</b>	RSA	Suzaan Van Biljon at London Olympics 2012
50 Fly	25.78	<b>8-Aug-15</b>	EGY	Farida Osman-FINA World Champs-Kazan
100 Fly	57.38	<b>6-Aug-16</b>	EGY	Farida Osman-FINA World Champs-Kazan
200 Fly	2:09.41	<b>12-Aug-08</b>	RSA	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:08.59	<b>13-Aug-08</b>	ZIM	Kirsty Coventry -at Olympic Games Beijing 2008
400 IM	4:29.89	<b>10-Aug-08</b>	ZIM	Kirsty Coventry-at Olympic Games Beijing 2008
400 Free Relay	3:45.56	<b>16-Apr-12</b>	RSA	SA Nationals-K Prinsloo -L Voster-K Ferreira-L Kemp
800 Free Relay	8:08.12	<b>26-Jul-17</b>	RSA	Commonwealth 2014-K Prinsloo/R Ross/R Warnes/E Gallagher
400 Medley Relay	4:04.20	<b>15-Aug-08</b>	RSA	Olympic Games-Beijing M Corfe-S v Biljon-A Loots-L M Retief

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**RECORDS Africa-Long Cou**
**LC Meters-Men**

50 Free	21.67	<b>16-Aug-08</b>	RSA	ROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	<b>26-Jul-09</b>	RSA	LYNDON FERNS at Fina World Championships
200 Free	1:45.20	<b>8-Aug-16</b>	RSA	Chad le Clos-Rio Olympic
400 Free	3:41.11	<b>26-Jul-09</b>	TUN	Oussama Mellouli at World Champs Rome Italy
800 Free	7:35.27	<b>29-Jul-09</b>	TUN	Oussama Mellouli-at World Champs Rome Italy
1500 Free	14:37.28	<b>2-Aug-09</b>	TUN	Oussama Melloult at-at World Champs Rome Italy
50 Back	24.34	<b>26-Jul-09</b>	RSA	Gerhard ZANDBERG at Fina World Championships
100 Back	53.12	<b>11-Apr-16</b>	RSA	Christopher Reid-at Sa Nationals Durban
200 Back	1:55.75	<b>26-Jul-09</b>	RSA	George DU RAND at Fina World Championships
50 Breast	26.62	<b>8-Apr-15</b>	RSA	CAMERON VD BURGH at Fina World Champs-Kazan
100 Breast	58.46	<b>25-Jul-12</b>	RSA	CAMERON VD BURGH at London Olympics 2012
200 Breast	2:09.61	<b>26-Jul-09</b>	RSA	Neil R. Versfeld at Fina World Championships
50 Fly	22.90	<b>26-Jul-09</b>	RSA	ROLAND M. SCHOEMAN at Fina World Championships
100 Fly	50.56	<b>8-Aug-15</b>	RSA	Chad Le Clos-Kazan Kazan Russia
200 Fly	1:52.96	<b>25-Jul-12</b>	RSA	Chad G. Le Clos at London Olympics 2012
200 IM	1:57.03	<b>25-Apr-09</b>	RSA	Darian R. Townsend- French Nationals
400 IM	4:10.53	<b>29-Jun-09</b>	TUN	Oussama Melloult -at Mediterranean Games-Perscara Italy
400 Free Relay	3:11.93	<b>26-Jul-09</b>	RSA	RSA-L Ferns-G Moore-D Townsend-R Schoeman-World Champs Rome Italy
800 Free Relay	7:08.01	<b>31-Jul-09</b>	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita
400 Medley Relay	3:31.53	<b>2-Aug-09</b>	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita