
RECORDS Africa-Long Cou
LC Meters-Women

50 Free	24.92	16-Jan-15	EGY	Farida Osman Austin
100 Free	54.48	31-Jan-14	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
200 Free	1:57.04	7-Jun-08	ZIM	Kirsty Coventry-Texas Senior Circuit
400 Free	4:07.92	31-Jan-14	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
800 Free	8:25.71	14-Jun-12	RSA	WENDY A. TROTT at 49Th International Swimming-Sette Colli-Roma
1500 Free	16:05.63	24-Jul-11	RSA	WENDY A. TROTT at 14th Fina World Championships 2011
50 Back	28.08	14-Jun-15	ZIM	Kirsy Coventry-Monto Carlo
100 Back	58.77	11-Aug-08	ZIM	Kirsty Coventry-2008 Olympics-beijing
200 Back	2:04.81	1-Aug-09	ZIM	Kirsty Coventry at-World Champs Rome Italy
50 Breast	30.83	28-Aug-99	RSA	Penelope Heyns Pan Pacific Sydney RSA
100 Breast	1:06.52	23-Aug-99	RSA	Penelope Heyns Pan Pacific Sydney RSA
200 Breast	2:23.21	25-Jul-12	RSA	Suzaan Van Biljon at London Olympics 2012
50 Fly	25.39	8-Aug-16	EGY	Farida Osman-FINA World Champs-Budapest
100 Fly	57.38	6-Aug-16	EGY	Farida Osman-FINA World Champs-Kazan
200 Fly	2:09.41	12-Aug-08	RSA	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:08.59	13-Aug-08	ZIM	Kirsty Coventry -at Olympic Games Beijing 2008
400 IM	4:29.89	10-Aug-08	ZIM	Kirsty Coventry-at Olympic Games Beijing 2008
400 Free Relay	3:45.56	16-Apr-12	RSA	SA Nationals-K Prinsloo -L Voster-K Ferreira-L Kemp
800 Free Relay	8:08.12	26-Jul-17	RSA	Commonwealth 2014-K Prinsloo/R Ross/R Warnes/E Gallagher
400 Medley Relay	4:04.20	15-Aug-08	RSA	Olympic Games-Beijing M Corfe-S v Biljon-A Loots-L M Retief

RECORDS Africa-Long Cou
LC Meters-Men

50 Free	21.67	16-Aug-08	RSA	ROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	26-Jul-09	RSA	LYNDON FERNS at Fina World Championships
200 Free	1:45.20	8-Aug-16	RSA	Chad le Clos-Rio Olympic
400 Free	3:41.11	26-Jul-09	TUN	Oussama Mellouli at World Champs Rome Italy
800 Free	7:35.27	29-Jul-09	TUN	Oussama Mellouli-at World Champs Rome Italy
1500 Free	14:37.28	2-Aug-09	TUN	Oussama Mellouli-at World Champs Rome Italy
50 Back	24.34	26-Jul-09	RSA	Gerhard ZANDBERG at Fina World Championships
100 Back	53.12	11-Apr-16	RSA	Christopher Reid-at Sa Nationals Durban
200 Back	1:55.75	26-Jul-09	RSA	George DU RAND at Fina World Championships
50 Breast	26.54	16-Jul-17	RSA	CAMERON VD BURGH at Fina WorldChamps-Budapest
100 Breast	58.46	25-Jul-12	RSA	CAMERON VD BURGH at London Olympics 2012
200 Breast	2:09.61	26-Jul-09	RSA	Neil R. Versfeld at Fina World Championships
50 Fly	22.90	26-Jul-09	RSA	ROLAND M. SCHOEMAN at Fina World Championships
100 Fly	50.56	8-Aug-15	RSA	Chad Le Clos-Kazan Kazan Russia
200 Fly	1:52.96	25-Jul-12	RSA	Chad G. Le Clos at London Olympics 2012
200 IM	1:57.03	25-Apr-09	RSA	Darian R. Townsend- French Nationals
400 IM	4:10.53	29-Jun-09	TUN	Oussama Mellouli -at Mediterranean Games-Perscara Italy
400 Free Relay	3:11.93	26-Jul-09	RSA	RSA-L Ferns-G Moore-D Townsend-R Schoeman-World Champs Rome Italy
800 Free Relay	7:08.01	31-Jul-09	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita
400 Medley Relay	3:31.53	2-Aug-09	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita

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

400 Free Relay	3:31.38	29-Jul-17	RSA	Team RSA-World Champs-Budapest
400 Medley Relay	3:54.86	22-Aug-14	RSA	Team RSA Youth Olymoic-Nanjing