

## RECORDS SA Age Group

### LC Meters-Women

10 & U	50 Free	29.75	<b>2-Nov-02</b>	STIN- ES	Clarissa L Enslin at Johan Terblanche Gala	
	100 Free	1:05.20	<b>31-Oct-15</b>	MDOL- JH	Hannah K. Robertson at CGA Level 2/3 gala No 2	
	200 Free	2:20.88	<b>22-Mar-13</b>	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	400 Free	4:54.06	<b>27-Oct-06</b>	KASA- EP	JESSICA S. LISS at EP 2nd A League Gala	
	50 Back	32.79	<b>11-Dec-12</b>	SEAL- KZ	Zoe" Frank at aQuelle KZN Provincial Championships	
	100 Back	1:11.14	<b>22-Mar-13</b>	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	200 Back	2:33.95	<b>22-Mar-13</b>	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	50 Breast	36.46	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	100 Breast	1:18.99	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	200 Breast	2:46.87	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	50 Fly	32.51	<b>6-Nov-15</b>	HARL- BU	Catherine A. Eland at BCA November Age Group Gala	
	100 Fly	1:13.78	<b>27-Oct-06</b>	KASA- EP	Jessica Liss at EP 1st League Gala	
	200 IM	2:36.66	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	11-11	50 Free	28.43	<b>3-Jan-97</b>		Melanie Greyling
		100 Free	1:02.27	<b>24-Sep-15</b>	TUKS- TS	Sune Liebenberg at NTS Invitational Gala 2015
200 Free		2:16.12	<b>23-Sep-07</b>	KASA- EP	Jessica S. Liss at Vineyard Spring Gala 2007	
400 Free		4:42.55	<b>9-Feb-07</b>	KASA- EP	Jessica S Liss EP Champs 2007	
50 Back		31.06	<b>20-Mar-14</b>	ELEC- CG	Carissa Van Rooyen at SA Level 2 Regional Age Group Champs 2014-CGA	
100 Back		1:08.27	<b>20-Mar-14</b>	ELEC- CG	Carissa Van Rooyen at SA Level 2 Regional Age Group Champs 2014	
200 Back		2:30.04	<b>13-Mar-14</b>	ASA- KZ	Zoe" Frank at SA Level 3 National Age Group Champs 2014 -CT	
50 Breast		35.74	<b>6-Oct-07</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
100 Breast		1:15.16	<b>10-Apr-07</b>	EPS- EP	Jessica S. Liss at Telkom Sa Natioanl Championships 2007	
200 Breast		2:38.14	<b>6-Oct-07</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
50 Fly		31.12	<b>10-Jul-12</b>	CYBE- WP	Nina Rossouw at KZN PRESTIGE 2012	
100 Fly		1:09.05	<b>8-Jul-09</b>	SEAL- KZ	Jamie Reynolds at KZN SPEEDO PRESTIGE 2009	
200 IM		2:29.64	<b>23-Sep-07</b>	KASA- EP	Jessica S. Liss at Vineyard Spring Gala 2007	
12-12		50 Free	27.81	<b>18-Dec-98</b>	SEPN	Kelly F Acutt at Westville Sprints
		100 Free	59.69	<b>23-Sep-16</b>	TUKS- TS	Sune Liebenberg at KZN Speedo Junior Winter Championships 2016
	200 Free	2:09.59	<b>12-Mar-15</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015-PE	
	400 Free	4:29.00	<b>25-Feb-08</b>	KASA- EP	Jessica Liss at EP Champs 2008	
	800 Free	9:08.92	<b>4-Mar-08</b>	KASA- EP	Jessica S. Liss at Telkom SA National Level 3 Championship2008	
	1500 Free	17:52.00	<b>11-Jan-08</b>	KASA- EP	Jessica Liss at EP 3rd League Gal	
	50 Back	30.97	<b>13-Dec-11</b>	PSA- LP	Nathania Van Niekerk at Aquelle KZN Provincial Open Championships	
	100 Back	1:06.09	<b>13-Dec-11</b>	PSA- LP	Nathania Van Niekerk at Aquelle KZN Provincial Open Championships	
	200 Back	2:20.72	<b>13-Dec-11</b>	PSA- LP	Nathania Van Niekerk at Aquelle KZN Provincial Open Championships	
	50 Breast	33.90	<b>18-Mar-16</b>	PAC- TS	Lara Van Niekerk at SA Level 3 National Age Group Champs 2016-PE	
	100 Breast	1:11.66	<b>23-Mar-08</b>	KASA- EP	Jessica Liss at Samsung Series 2	
	200 Breast	2:28.55	<b>1-Apr-08</b>	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	50 Fly	29.76	<b>12-Mar-15</b>	TUKS- NT	Dune Coetzee at SA Level 3 National Age Group Champs 2015-PE	
	100 Fly	1:06.45	<b>4-Mar-08</b>	KASA- EP	Jessica S. Liss at Telkom SA National Level 3 Championship2008	
	200 Fly	2:21.63	<b>1-Feb-08</b>	KASA- EP	Jessica S. Liss at EP 4th League Gala	
	200 IM	2:21.22	<b>1-Apr-08</b>	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	400 IM	4:51.88	<b>1-Apr-08</b>	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	13-13	50 Free	26.75	<b>10-Apr-16</b>	WPA- CP	Olivia Nel at Sa National Aquatic Championship 2016 Durban
100 Free		58.56	<b>18-Mar-16</b>	WSAA- CP	Olivia Nel at SA Level 3 National Age Group Champs 2016-PE	
200 Free		2:05.72	<b>18-Mar-16</b>	TYGE- CP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2016-PE	
400 Free		4:24.01	<b>10-Apr-16</b>	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban	
800 Free		9:03.21	<b>10-Apr-16</b>	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban	
1500 Free		17:24.96	<b>17-Dec-14</b>	ACSA- KZ	Tracy-Lea Meyer at KZN Premier Championships 2014	
50 Back		30.19	<b>18-Jan-13</b>	RSA	Nathania Van Niekerk at 2013 BHP Billiton Aquatic Super Series	
100 Back		1:03.28	<b>18-Jan-13</b>	RSA	Nathania Van Niekerk at 2013 BHP Billiton Aquatic Super Series	

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13-13	200 Back	2:16.87	<b>16-Apr-12</b>	LP- LP	Nathania Van Niekerk at Sa Level 3 National Age Group Champs PE 2012
	50 Breast	32.99	<b>17-Mar-17</b>	PAC- TS	Lara Van Niekerk at SA National JNR Age Group Champs 2017-KZN
	100 Breast	1:11.92	<b>14-Apr-09</b>	EPA- EP	Jessica S. Liss at Telkom Sa National Championships 2009
	200 Breast	2:30.38	<b>22-Jul-09</b>	PLYW- EP	Jessica S.Liss at National Age Championship 2009
	50 Fly	28.67	<b>17-Mar-17</b>	SGUL- ET	Kirsten A. de Goede at SA National JNR Age Group Champs 2017-KZN
	100 Fly	1:03.31	<b>10-Apr-16</b>	NTS- TS	Dune Coetzee at Sa National Aquatic Championship 2016 Durban
	200 Fly	2:18.24	<b>29-Mar-04</b>	KDOR- NW	Christy L Lategan at Telkom SA Prestige Age Group
	200 IM	2:21.19	<b>22-Jul-09</b>	PLYW	Jessica S. Liss at National Age Group Championships 2009
	400 IM	4:54.88	<b>22-Jul-09</b>	PLYW	Jessica S. Liss at National Age Group Championships 2009
14-14	50 Free	26.50	<b>11-Jul-17</b>	SAAW- CPT	Olivia Nel at TYR PRESTIGE CHAMPIONSHIPS 2017
	100 Free	58.02	<b>10-Dec-13</b>	SGUL- KZ	Erin P. Gallagher at KZN PREMIER CHAMPS 2013
	200 Free	2:02.94	<b>3-Apr-17</b>	WCA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2017 Durban
	400 Free	4:15.83	<b>18-Mar-11</b>	ACSA- KZ	Michelle Weber-Telkom Sa Level 3 2011 Durban
	800 Free	8:44.72	<b>16-Aug-11</b>	ACSA- KZ	Michelle Weber at 3rd Fina World Junior Swimming Championship
	1500 Free	16:27.14	<b>16-Aug-11</b>	ACSA- KZ	Michelle Weber at 3rd Fina World Junior Swimming Championship
	50 Back	29.81	<b>18-Dec-14</b>	WATR- CG	Mariella G. Venter at CGA Open LC Championships 2014
	100 Back	1:03.21	<b>26-Aug-13</b>	WATR- CG	Nathania Van Niekerk at 4th FINA World Junior Swimming Champs-Dubai
	200 Back	2:13.00	<b>26-Aug-13</b>	WATR- CG	Nathania Van Niekerk at 4th FINA World Junior Swimming Champs-Dubai
	50 Breast	32.35	<b>6-Dec-17</b>	PAC- TSH	Lara Van Niekerk at NTS Championships 2017
	100 Breast	1:10.37	<b>8-Jan-97</b>		Sarah Poewe
	200 Breast	2:32.41	<b>8-Jan-97</b>		Sarah Poewe
	50 Fly	27.73	<b>8-Jul-09</b>	DDA- NT	VANESSA MOHR at KZN SPEEDO PRESTIGE 2009
	100 Fly	1:01.04	<b>3-Apr-17</b>	NTS- TS	Dune Coetzee at Sa National Aquatic Championship 2017 Durban
	200 Fly	2:14.14	<b>3-Apr-17</b>	NTS- TS	Dune Coetzee at Sa National Aquatic Championship 2017 Durban
	200 IM	2:16.24	<b>3-Apr-17</b>	WCA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2017 Durban
	400 IM	4:48.49	<b>3-Apr-17</b>	WCA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2017 Durban
15-15	50 Free	26.06	<b>16-Dec-17</b>	SAAW- CPT	Olivia Nel at KZNA Premier Champs & Commonwealth Trials
	100 Free	55.86	<b>24-Jul-14</b>	RSA	Erin P. Gallagher at Commonwealth Games Swimming Championship 2014
	200 Free	2:02.56	<b>19-Jul-17</b>	RSA	Rebecca A. Meder at Commonomwealth Youth Games Bahamas 2017
	400 Free	4:14.53	<b>16-Dec-17</b>	TUKS- TSH	Dune Coetzee at KZNA Premier Champs & Commonwealth Trials
	800 Free	8:44.10	<b>16-Apr-12</b>	KZNA- KZ	Michelle Weber at Sa National Aquatic Championship 2012 Durban
	1500 Free	16:43.73	<b>13-Dec-11</b>	ACSA- KZ	Michelle Weber at Aquelle KZN Provincial Open Championships
	50 Back	28.88	<b>25-Aug-15</b>	RSA	Mariella G. Venter at 5th FINA World Junior Swimming Champs-Singapo
	100 Back	1:01.86	<b>11-Dec-15</b>	WATR- JH	Mariella G. Venter at Amsterdam Swim Cup 2015
	200 Back	2:14.46	<b>7-Apr-14</b>	CGA- CG	Nathania Van Niekerk at Sa National Aquatic Championship 2014 Durban
	50 Breast	32.56	<b>16-Dec-17</b>	CUDU- CPT	Hanim Abrahams at KZNA Premier Champs & Commonwealth Trials
	100 Breast	1:10.09	<b>23-Aug-17</b>	RSA	Hanim Abrahams at 6th FINA World Junior Swimming Champs-USA
	200 Breast	2:30.84	<b>1-Dec-17</b>	TYGE- CPT	Rebecca A. Meder at WC SUMMER CHAMPS
	50 Fly	26.91	<b>29-Jan-11</b>	TUKS- NT	Vanessa Mohr-Sa Invitation Champs PE
	100 Fly	59.72	<b>13-Sep-10</b>	RSA	Vanessa Mohr-at the 10th Africa Swimming Champs 2010
	200 Fly	2:12.52	<b>16-Dec-17</b>	TUKS- TSH	Dune Coetzee at KZNA Premier Champs & Commonwealth Trials
	200 IM	2:16.20	<b>1-Dec-17</b>	TYGE- CPT	Rebecca A. Meder at WC SUMMER CHAMPS
	400 IM	4:43.76	<b>10-Apr-07</b>	MATI- WP	JESSICA E. PENGELLY at Telkom SA National Championships 2007
16-16	50 Free	25.82	<b>7-Sep-15</b>	RSA	Erin P. Gallagher at V Commonwealth Youth Games
	100 Free	55.61	<b>7-Sep-15</b>	RSA	Erin P. Gallagher at V Commonwealth Youth Games
	200 Free	2:02.06	<b>7-Apr-14</b>	NTS- NT	MARLIES ROSS at Sa National Aquatic Championship 2014 Durban
	400 Free	4:13.92	<b>25-Mar-07</b>	VINE- WP	Wendy Trott-12th Fina World Champs
	800 Free	8:31.53	<b>23-Mar-07</b>	VINE- WP	Wendy Trott-12th Fina World Champs
	1500 Free	16:41.36	<b>25-Aug-06</b>	VINE- WP	WENDY A. TROTT at 1st Fina World YouthSwimming Championship
	50 Back	29.12	<b>4-Jun-16</b>	WATR- JH	Mariella G. Venter at 2016 Mare Nostrum Barcelona
	100 Back	1:00.97	<b>10-Apr-16</b>	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2016 Durban
	200 Back	2:11.99	<b>10-Apr-16</b>	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2016 Durban
	50 Breast	32.27	<b>10-Apr-16</b>	NMA- NM	Kaylene Corbett at Sa National Aquatic Championship 2016 Durban

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**RECORDS SA Age Group**

16-16	100	Breast	1:09.30	<b>25-Aug-99</b>	RSA	Sarah Poewe at Pan Pacific Championships	
	200	Breast	2:25.90	<b>25-Aug-99</b>	RSA	Sarah Poewe at Pan Pacific Championships	
	50	Fly	26.68	<b>11-Apr-11</b>	NTS- NT	VANESSA MOHR at Telkom Sa National Aquatic Champs 2011 PE	
	100	Fly	58.66	<b>24-Jul-11</b>	RSA	VANESSA MOHR at 14th Fina World Championships 2011-Shanghai	
	200	Fly	2:13.92	<b>14-Mar-06</b>	TUKS- NT	Keri SHAW at Telkom SA Level 3 Age Group Championships2006	
	200	IM	2:15.17	<b>24-Jul-14</b>	RSA	MARLIES ROSS at Commonwealth Games Swimming Championship 2014	
	400	IM	4:41.35	<b>1-Apr-08</b>	WPA- WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 2008	
17-17	50	Free	26.34	<b>16-Apr-12</b>	NTS- NT	VANESSA MOHR at Sa National Aquatic Championship 2012 Durban	
	100	Free	56.30	<b>10-Apr-16</b>	KZNA- ET	Erin P. Gallagher at Sa National Aquatic Championship 2016 Durban	
	200	Free	2:02.92	<b>16-Apr-15</b>	NTS- NT	MARLIES ROSS-at Sa National Champs Durban 2015	
	400	Free	4:11.84	<b>7-Dec-07</b>	VINE- WP	WENDY A. TROTT at WP Sasko Championships	
	800	Free	8:34.67	<b>21-Aug-07</b>	RSA- ZZ	WENDY A. TROTT at International Swim Meet 2007-Japan	
	1500	Free	16:31.09	<b>7-Dec-07</b>	VINE- WP	WENDY A. TROTT at WP Sasko Championships	
	50	Back	29.04	<b>3-Apr-17</b>	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2017 Durban	
	100	Back	1:01.16	<b>17-Mar-17</b>	WATR- JH	Mariella G. Venter at SA National JNR Age Group Champs 2017-KZN	
	200	Back	2:11.33	<b>10-Apr-16</b>	CGA- JH	Nathania Van Niekerk at Sa National Aquatic Championship 2016 Durban	
	50	Breast	31.58	<b>4-Feb-00</b>	WPA- WP	Sarah Poewe at Telkom SA National Aquatic Championships	
	100	Breast	1:07.48	<b>16-Sep-00</b>	RSA	Sarah Poewe at 2000 Olympic Games	
	200	Breast	2:25.39	<b>15-Mar-06</b>	RSA	SUZAAN VAN BILJON at Commonwealth Games 2006	
	50	Fly	26.53	<b>16-Apr-12</b>	NTS- NT	VANESSA MOHR at Sa National Aquatic Championship 2012 Durban	
	100	Fly	59.17	<b>21-Aug-07</b>	RSA- ZZ	Keri SHAW at International Swim Meet 2007-Japan	
	200	Fly	2:11.44	<b>21-Aug-07</b>	RSA- ZZ	Keri SHAW at International Swim Meet 2007-Japan	
	200	IM	2:14.00	<b>14-Apr-09</b>	WPA- WP	JESSICA E. PENGELLYTelkom SA National Aquatic Championships 2009	
	400	IM	4:41.04	<b>10-Aug-08</b>	RSA- ZZ	JESSICA E. PENGELLY at Olympic Games Beijing 2008	
	18-18	50	Free	25.35	<b>16-Dec-17</b>	SGUL- ETH	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials
		100	Free	54.93	<b>16-Dec-17</b>	SGUL- ETH	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials
		200	Free	2:01.46	<b>1-Apr-08</b>	WPA- WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008
400		Free	4:08.38	<b>10-Aug-08</b>	RSA- ZZ	WENDY A. TROTT at Olympic Games Beijing 2008	
800		Free	8:26.21	<b>10-Aug-08</b>	RSA- ZZ	WENDY A. TROTT at Olympic Games Beijing 2008	
1500		Free	16:15.58	<b>1-Apr-08</b>	WPA- WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008	
50		Back	29.16	<b>16-Dec-17</b>	SGUL- ETH	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials	
100		Back	1:02.63	<b>11-Apr-11</b>	WPA- WP	JESSICA L. ASHLEY-COOPER at Telkom Sa National Aquatic Champs 2011 PE	
200		Back	2:13.58	<b>15-Dec-04</b>	SGUL- KZ	Melissa J Corfe at KZN Level 2-3 Provincial Championships	
50		Breast	31.50	<b>29-Mar-01</b>	WPA- WP	Sarah Poewe at Telkom SA National Aquatic Championships	
100		Breast	1:08.02	<b>29-Mar-01</b>	WPA- WP	Sarah Poewe at Telkom SA National Aquatic Championships	
200		Breast	2:26.36	<b>17-Aug-06</b>	RSA	SUZAAN VAN BILJON at Pan Pacific Swimming Championship	
50		Fly	26.68	<b>16-Dec-17</b>	SGUL- ETH	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials	
100		Fly	58.93	<b>16-Dec-17</b>	SGUL- ETH	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials	
200		Fly	2:11.19	<b>13-Dec-07</b>	PISC- KZ	Kathryn A. Meaklim at KZN Provincial Championships 2007	
200		IM	2:15.66	<b>26-Jul-09</b>	RSA- ZZ	JESSICA E. PENGELLY at 13th FINA World Championships 2009 - Rome (It	
400		IM	4:40.98	<b>7-Jun-08</b>	PISC- KZ	Kathryn A. Meaklim at Sette Colli-Rome 2008	

## RECORDS SA Age Group

### LC Meters-Men

10 & U	50 Free	29.20	<b>12-Dec-03</b>	HARL- BO	Joshua Kriel - at KZN Champs	
	100 Free	1:02.96	<b>26-Jan-07</b>	DDA- NT	Joshua P Dannhauser-Nts 2007 Jan Age Group-2007	
	200 Free	1:59.29	<b>28-Feb-14</b>	AQUA- BO	Mohamed W. Abdrabbou at BO-2nd February Age Group Gala 2014	
	400 Free	4:54.59	<b>11-Jul-03</b>	DOLC- CG	Michael J Meyer at KZN Durban Prestige	
	50 Back	33.93	<b>2-Sep-17</b>	VICT- EKU	Cristopher Strydom at Adrian Grafe Sprint Gala 2017	
	100 Back	1:13.71	<b>30-Sep-17</b>	VICT- EKU	Cristopher Strydom at Waterborn Invitational 2017	
	200 Back	2:38.86	<b>17-Dec-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	50 Breast	36.91	<b>17-Dec-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	100 Breast	1:20.14	<b>20-Sep-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Speedo Junior Winter Championships 2014	
	200 Breast	2:52.39	<b>17-Dec-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	50 Fly	32.21	<b>2-Nov-15</b>	PEAS- NM	Henco vd mERWE at WP Mean Sprint Gala	
	100 Fly	1:12.44	<b>21-Mar-02</b>	KPFAL- KZ	Eddie Delpont at Telkom SA National Prestige	
	200 IM	2:36.54	<b>17-Dec-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	11-11	50 Free	27.01	<b>15-Dec-04</b>	HARL- BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
		100 Free	59.28	<b>15-Dec-04</b>	HARL- BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
		200 Free	2:09.81	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT
400 Free		4:36.52	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
50 Back		31.52	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
100 Back		1:07.71	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT	
200 Back		2:23.26	<b>7-Dec-07</b>	KASA- EP	Christopher P. Reid at WP Sasko Championships	
50 Breast		34.27	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT	
100 Breast		1:13.30	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
200 Breast		2:39.90	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
50 Fly		30.05	<b>15-Dec-04</b>	HARL- BO	Joshua Kriel at KZN Level 2-3 Provincial Championships	
100 Fly		1:06.50	<b>17-Mar-14</b>	SGUL- ET	Luca D. Holtzhausen at Sa Level 3 CT	
200 IM		2:24.06	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT	
12-12		50 Free	26.20	<b>17-Mar-00</b>	RAU- CG	Gregory Widmer
		100 Free	56.34	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016
		200 Free	2:04.32	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	400 Free	4:20.00	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	800 Free	9:14.81	<b>27-Jul-13</b>	ACSA- KZ	Luke Erwee at KZN Age Group Gala 2	
	1500 Free	17:36.58	<b>27-Jun-16</b>	TUKS- TS	Zander J. Landman at Sasol National Championship 2016	
	50 Back	29.12	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	100 Back	1:03.07	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	200 Back	2:18.41	<b>2-Sep-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Beavers Winter LongCourse Championships	
	50 Breast	32.75	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	100 Breast	1:10.71	<b>24-Jul-13</b>	VINE- WP	Cameron K. Matthews at ASA National Championships (Age Group) 2013	
	200 Breast	2:30.92	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	50 Fly	28.00	<b>3-Apr-09</b>	CGA- CG	Mathys C Goosen-SA Nationals B Open	
	100 Fly	1:01.67	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	200 Fly	2:18.43	<b>16-Jan-03</b>	TYGR- WP	Anton Duvenhage-WP jack Currie Champs	
	200 IM	2:16.43	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
400 IM	4:46.24	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE		
13-13	50 Free	24.69	<b>1-Dec-11</b>	RSA	Kyle Van Niekerk at 9th AFRICA JUNIOR SWIMMING CHAMPIONSHIPS	
	100 Free	53.89	<b>1-Dec-11</b>	RSA	Kyle Van Niekerk at 9th AFRICA JUNIOR SWIMMING CHAMPIONSHIPS	
	200 Free	1:58.34	<b>15-Mar-13</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2013-KZN	
	400 Free	4:10.50	<b>15-Mar-13</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2013-KZN	
	800 Free	8:43.65	<b>10-Apr-16</b>	NTS- TS	Ruan Breytenbach at Sa National Aquatic Championship 2016 Durban	
	1500 Free	16:40.81	<b>29-Mar-04</b>	KLOO- KZ	Chad Ho at Telkom SA Prestige Age Group	
	50 Back	28.75	<b>16-Mar-12</b>	BLSS- FS	Zane Waddell at SA Nationals PE 2012	
	100 Back	1:01.51	<b>17-Oct-15</b>	RSA	Luan E. Grobbelaar at African Junior Swimming Championship Cairo	

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**RECORDS SA Age Group**

13-13	200	Back	2:10.19	<b>11-Dec-09</b>	KASA- EP	Christopher P. Reid at WP Sasko Championships
	50	Breast	31.49	<b>16-Dec-17</b>	SGUL- ETH	Luca D. Holtzhausen at KZNA Premier Champs & Commonwealth Trials
	100	Breast	1:07.79	<b>30-Jul-14</b>	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS
	200	Breast	2:25.97 *	<b>30-Jul-14</b>	HAM	Cameron K. Matthews at ASA National Championships (Age Groups) 2014
	200	Breast	2:25.97 *	<b>30-Jul-14</b>	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS
	50	Fly	26.46	<b>18-Mar-05</b>	BISH- CG	Kristopher P Matulovich at Telkom SA Level 3 Age Group Championships
	100	Fly	58.58	<b>12-Mar-10</b>	WATR- CG	Mathys C Goosen-Telkom Level 3 East London 2010
	200	Fly	2:08.69	<b>18-Mar-16</b>	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE
	200	IM	2:10.49	<b>17-Oct-15</b>	RSA	Luan E. Grobbelaar at African Junior Swimming Championship Cairo
	400	IM	4:39.08	<b>26-Feb-16</b>	CUDU- CP	Luan E. Grobbelaar at 2016 Grand Prix Invitation Swimming Meet-CT
14-14	50	Free	24.11	<b>28-Mar-09</b>	HART- GW	Morne Kemp-Telkom Sa Nat Level 1 Cape Town
	100	Free	52.91	<b>4-Jan-98</b>		Byron Jeffers
	200	Free	1:55.06	<b>11-Dec-12</b>	WATR- CG	Kyle Van Niekerk at aQuelle KZN Provincial Championships
	400	Free	4:01.84	<b>13-Mar-14</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2014 -CT
	800	Free	8:25.20	<b>3-Apr-17</b>	WCA- CP	Dylan Wright at Sa National Aquatic Championship 2017 Durban
	1500	Free	16:07.02	<b>13-Mar-14</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2014 -CT
	50	Back	27.50	<b>15-Mar-13</b>	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2013-KZN
	100	Back	59.21	<b>15-Mar-13</b>	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2013-KZN
	200	Back	2:08.41	<b>4-Jan-98</b>		Byron Jeffers
	50	Breast	30.37	<b>18-Mar-16</b>	BLOT- MA	Joshua Hamilton at SA Level 3 National Age Group Champs 2016-PE
	100	Breast	1:06.05	<b>4-Feb-17</b>	CUDU- CP	Luan E. Grobbelaar at 2017 Grand Prix Invitation Swimming Meet-KZN
	200	Breast	2:20.74	<b>30-Sep-16</b>	CUDU- CP	Luan E. Grobbelaar at Aquabear Invitational Meet
	50	Fly	25.65	<b>15-Mar-13</b>	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2013-KZN
	100	Fly	57.32	<b>11-Dec-12</b>	WATR- CG	Kyle Van Niekerk at aQuelle KZN Provincial Championships
	200	Fly	2:05.96	<b>1-Dec-17</b>	CYBE- CPT	Ethan M. Du Preez at WC SUMMER CHAMPS
	200	IM	2:06.97	<b>4-Feb-17</b>	CUDU- CP	Luan E. Grobbelaar at 2017 Grand Prix Invitation Swimming Meet-KZN
	400	IM	4:30.54	<b>4-Feb-17</b>	CUDU- CP	Luan E. Grobbelaar at 2017 Grand Prix Invitation Swimming Meet-KZN
15-15	50	Free	23.63	<b>16-Dec-08</b>	KLOO- KZ	Brett H. Walsh at KZN Provincial Championships008
	100	Free	52.10	<b>5-Dec-13</b>	WATR- CG	Kyle Van Niekerk at CGA Open Champs
	200	Free	1:51.91	<b>12-Mar-15</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2015-PE
	400	Free	3:58.09	<b>14-Apr-14</b>	WATR- CG	Jarryd L. Baxter at 2014 GHSA Australian Age & MC Championships
	800	Free	8:14.61	<b>10-Dec-13</b>	ACSA- KZ	Matthew M. Meyer at KZN PREMIER CHAMPS 2013
	1500	Free	15:38.06	<b>9-Jul-13</b>	ACSA- KZ	Matthew M. Meyer at KZN PREMIER CHAMPS 2013
	50	Back	26.49	<b>10-Dec-13</b>	BLSS- FS	ZANE WADDELL at KZN PREMIER CHAMPS 2013
	100	Back	57.83	<b>24-Jul-05</b>	DOLC- CG	Garth V Tune at RSA 11th Fina World Swimming Championships
	200	Back	2:04.35	<b>16-Dec-17</b>	CUDU- CPT	Luan E. Grobbelaar at KZNA Premier Champs & Commonwealth Trials
	50	Breast	28.46	<b>18-Mar-16</b>	ASA- CP	Michael J. Houlie at SA Level 3 National Age Group Champs 2016-PE
	100	Breast	1:03.22	<b>10-Apr-16</b>	WPA- CP	Michael J. Houlie at Sa National Aquatic Championship 2016 Durban
	200	Breast	2:16.44	<b>19-Jul-17</b>	RSA	Luan E. Grobbelaar at Commonwealth Youth Games Bahamas 2017
	50	Fly	25.24	<b>16-Dec-08</b>	PSA- LP	Heinrich Alberts at KZN Provincial Championships008
	100	Fly	55.73	<b>16-Dec-08</b>	PSA- LP	Heinrich Alberts at KZN Provincial Championships008
	200	Fly	2:05.19	<b>28-Mar-17</b>	RSA	Ruan Breytenbach at African Junior Swimming Championship
	200	IM	2:05.89	<b>12-Mar-15</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2015-PE
	400	IM	4:22.58	<b>16-Dec-17</b>	CUDU- CPT	Luan E. Grobbelaar at KZNA Premier Champs & Commonwealth Trials
16-16	50	Free	23.06	<b>15-Dec-09</b>	KLOO- KZ	Brett H. Walsh at The Swim Shop KZN Provincial Championships
	100	Free	51.01	<b>12-Mar-15</b>	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2015-PE
	200	Free	1:51.71	<b>6-Dec-13</b>	TUKS- NT	Joshua Steyn at NTS Championships 2013
	400	Free	3:54.95	<b>25-Aug-15</b>	RSA	Jarryd L. Baxter at 5th FINA World Junior Swimming Champs-Singapo
	800	Free	8:07.19	<b>17-Jan-15</b>	ACSA- KZ	Matthew M. Meyer at KZN Age Group Gala 10
	1500	Free	15:33.28	<b>7-Dec-07</b>	MATI- WP	HEERDEN HERMAN at WP Sasko Championships
	50	Back	26.42	<b>12-Mar-15</b>	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2015-PE
	100	Back	56.67	<b>14-Aug-10</b>	RSA- KZ	Murray McDougall-Youth OlympicGames Singapore 2010
	200	Back	2:03.78	<b>16-Apr-12</b>	KZNA- KZ	Martin Binedell at Sa National Aquatic Championship 2012 Durban

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**RECORDS SA Age Group**

16-16	50 Breast	28.09	<b>17-Mar-17</b>	ASA- CP	Michael J. Houlie at SA National JNR Age Group Champs 2017-KZN
	100 Breast	1:01.84	<b>24-Feb-17</b>	ASA- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-CT
	200 Breast	2:17.36	<b>24-Feb-17</b>	ASA- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-CT
	50 Fly	24.44	<b>12-Mar-15</b>	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2015-PE
	100 Fly	54.45	<b>6-Dec-13</b>	TUKS- NT	Joshua Steyn at NTS Championships 2013
	200 Fly	2:00.69	<b>30-Jun-07</b>	VINE- WP	SEBASTIEN D. ROUSSEAU at Matie Strand Gala
	200 IM	2:04.09	<b>15-Oct-08</b>	RSA- ZZ	Joshua Steyn at JNR Champs-Lusaka
	400 IM	4:23.80	<b>25-Aug-06</b>	PISC- KZ	Riaan H. Schoeman at 1st Fina World YouthSwimming Championship
17-17	50 Free	22.85	<b>7-Sep-15</b>	RSA	ZANE WADDELL at V Commonwealth Youth Games
	100 Free	50.58	<b>16-Dec-15</b>	BLSS- MA	ZANE WADDELL at KZN Speedo Provincial Championships 2015
	200 Free	1:48.83	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	400 Free	3:52.28	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	800 Free	7:56.19	<b>16-Dec-15</b>	ACSA- ET	Matthew M. Meyer at KZN Speedo Provincial Championships 2015
	1500 Free	15:16.76	<b>26-Feb-16</b>	ACSA- ET	Matthew M. Meyer at 2016 Grand Prix Invitation Swimming Meet-CT
	50 Back	25.94	<b>7-Sep-15</b>	RSA	ZANE WADDELL at V Commonwealth Youth Games
	100 Back	56.10	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	200 Back	2:00.80	<b>26-Aug-13</b>	AQUB- EP	Christopher P. Reid at 4th FINA World Junior Swimming Champs-Dubai
	50 Breast	27.68	<b>19-Jul-17</b>	RSA	Michael J. Houlie at Commonwealth Youth Games Bahamas 2017
	100 Breast	1:01.49	<b>23-Aug-17</b>	RSA	Michael J. Houlie at 6th FINA World Junior Swimming Champs-USA
	200 Breast	2:14.54	<b>11-Jun-14</b>	CSC- NT	Jarred C. Crous at Mare Nostrum 2014 Canet
	50 Fly	23.96	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	100 Fly	52.98	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	200 Fly	1:56.90	<b>26-Jul-09</b>	RSA- ZZ	Chad G. Le Clos at 13th FINA World Championships 2009 - Rome (It
	200 IM	1:59.81	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
	400 IM	4:15.25	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships
18-18	50 Free	22.79	<b>15-Apr-13</b>	FS- FS	Reynard Wessels at Sa National Aquatic Championship 2013 PE
	100 Free	49.98	<b>26-Aug-13</b>	TUKS- NT	Caydon Muller at 4th FINA World Junior Swimming Champs-Dubai
	200 Free	1:49.56	<b>18-Apr-06</b>	CGA- CG	JEAN BASSON at Telkom SA National Aquatic Championships 2006
	400 Free	3:49.86	<b>11-Dec-09</b>	MATI- WP	HEERDEN HERMAN at WP Sasko Championships
	800 Free	7:57.32	<b>14-Apr-09</b>	WPA- WP	Herman Heerden at Telkom Sa National Champs Durban 2009
	1500 Free	15:03.99	<b>11-Dec-09</b>	MATI- WP	HEERDEN HERMAN at WP Sasko Championships
	50 Back	25.39	<b>26-Jul-09</b>	RSA- ZZ	Charl S. Van Zyl at 13th FINA World Championships 2009 - Rome (It
	100 Back	54.67	<b>26-Jul-09</b>	RSA- ZZ	Charl S. Van Zyl at Fina World Championships
	200 Back	1:59.65	<b>16-Dec-17</b>	WATR- JHB	Jarryd L. Baxter at KZNA Premier Champs & Commonwealth Trials
	50 Breast	27.49	<b>25-Mar-07</b>	NTS- NT	CAMERON VD BURGH at 12th Fina World Championships 2007
	100 Breast	1:01.73	<b>10-Apr-07</b>	NTS- NT	CAMERON VD BURGH at Telkom Sa National Championships 2007
	200 Breast	2:14.42	<b>12-Dec-03</b>	KPFA- KZ	Neil R Versfeld at KZN Championships
	50 Fly	23.81	<b>26-Aug-13</b>	TUKS- NT	Ryan Coetzee at 4th FINA World Junior Swimming Champs-Dubai
	100 Fly	53.31	<b>14-Aug-10</b>	RSA- ZZ	Chad Le Clos at Youth Games Singapore 2010
	200 Fly	1:54.51	<b>26-Jul-09</b>	RSA- ZZ	SEBASTIEN D. ROUSSEAU at 13th FINA World Championships 2009 - Rome
	200 IM	2:00.68	<b>14-Aug-10</b>	RSA- ZZ	Chad Le Clos at Youth Games Singapore 2010
	400 IM	4:13.25	<b>14-Oct-10</b>	RSA- ZZ	Chad Le Clos at Youth Games Singapore 2010