
RECORDS SA-Long Course
LC Meters-Women

50 Free	25.24	1-Apr-08	RSA	LIZE-MARI RETIEF at Telkom SA National Aquatic Championships 2008
100 Free	54.48	31-Jan-14	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
200 Free	1:57.17	7-Jun-14	TUKS- NT	KARIN PRINSLOO at Mare Nostrum 2014 Monaco
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	VINE- WP	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	28.55	14-Apr-09	WPA- WP	Chanelle Van Wyk at Telkom SA National Aquatic Championships 2009
100 Back	1:00.78	14-Jun-14	TUKS- NT	KARIN PRINSLOO at 2014 Mare Nostrum Barcelona
200 Back	2:10.03	1-Apr-08	RSA	Melissa J. Corfe at Telkom SA National Aquatic Championships 2008
50 Breast	30.83	28-Aug-99	RSA	Penny Heyns Pan Pacific Champs Sydney RSA
100 Breast	1:06.52	23-Aug-99	RSA	Penny Heyns Pan Pacific Champs Sydney RSA
200 Breast	2:23.21	25-Jul-12	TUKS- NT	Suzaan Van Biljon at London Olympics 2012
50 Fly	26.36	8-Jul-08	TUKS- NT	LIZE-MARI RETIEF at SPEEDO PRESTIGE 2008
100 Fly	58.20	9-Aug-08	RSA	LIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Fly	2:09.41	12-Aug-08	RSA	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:12.53	15-Dec-09	PISC- KZ	Kathryn A. Meaklim at The Swim Shop KZN Provincial Championships
400 IM	4:37.11	9-Aug-08	RSA	Katthryn Meaklim-Olympic Games-Beijing
200 Free Relay	1:45.66	10-Apr-14	TUKS- NT	Sa Nationals-L Kemp,K Ross,A Peens,V Mohr
400 Free Relay	3:45.56	16-Apr-12	TUKS- NT	SA Nationals-K Prinsloo -L Voster-K Ferreira-L Kemp
800 Free Relay	8:08.12	26-Jul-14	RSA	Commomwealth 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 SA-Long Course
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 World Championships
200 Free	1:45.20	6-Aug-16	RSA	Chad G. Le Clos at 2016 Rio Olympic
400 Free	3:45.92	6-Aug-16	RSA	Myles Brown at 2016 Rio Olympic
800 Free	7:53.97	13-Apr-15	KZN	Myles Brown at-Sa National Champs 2015 Durban
1500 Free	14:57.88	10-Dec-10	MATI	Heerden Herman-WP Sasko Champs
50 Back	24.34	26-Jul-09	RSA	Gerhard ZANDBERG at World Championships
100 Back	53.12	11-Apr-16	RSA	Christopher P. Reid SA Nationals Durban
200 Back	1:55.75	26-Jul-09	RSA	George DU RAND at World Championships
50 Breast	26.54 *	16-Jul-17	RSA	Cameron Vd Burgh at 17th Fina World Champs Budapest 2017
50 Breast	26.54 *	16-Jul-17	RSA	CAMERON VD BURGH 17th Fina World champs-Budapest
100 Breast	58.46	25-Jul-12	PSC	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 World Championships
100 Fly	50.56	8-Aug-15	RSA	Chad G. Le Clos at Fina -World Champs-Kazan
200 Fly	1:52.96	25-Jul-12	SGUL	Chad G. Le Clos at London Olympics 2012
200 IM	1:57.03	31-Jul-12	RSA	Darian R. Townsend- French Nationals
400 IM	4:11.11	30-Jul-13	VINE- WP	SEBASTIEN D. ROUSSEAU at US Open Swimming Championships
200 Free Relay	1:28.78	2-Apr-03		RSA L Ferns, R Schoeman, J Zandberg, R Neethling
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-Roma Fian World Champs J Basson-D Townsend-Jan Venter-S Rousseau
400 Medley Relay	3:31.53	2-Aug-09	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita

RECORDS SA-Long Course**LC Meters-Mixed**

400 Free Relay	3:34.28	1-Feb-14	RSA	South Africa-Perth- C Muller-C Jimmie-E Gallager -L Kemp
400 Medley Relay	3:59.28	20-Oct-16	RSA	South Africa-M Venter-A BassonAlard Basson-G Grobler-Bloem