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**RECORDS SA-Short Course**
**SC Meters-Women**

50 Free	24.72	<b>19-Dec-07</b>	RSA	Lize Mari Reteif-International-Vladimir Swimming
100 Free	53.93	<b>16-Jul-15</b>	SGUL- ET	Erin P. Gallagher at Sa Short Course Swimming Champs (25m) PMBG
200 Free	1:56.78	<b>7-Apr-02</b>	RSA	Helene K Muller World SC Championships
400 Free	4:03.50	<b>9-Apr-08</b>	SGUL- KZ	Melissa J. Corfe at 9th Fina Swimming World Championship 2008
800 Free	8:22.05	<b>4-Nov-11</b>	RSA	JESSICA E. PENGELLY at Fina Arena Swimming World Cup Singapore 2010
1500 Free	16:11.24	<b>14-Jul-10</b>	RSA	Jessica E Pengelly-At The Australian Short Course
50 Back	26.89	<b>6-Nov-09</b>	PASC- NT	Chanelle Van Wyk at Fina Arena World Cup-Moscow
100 Back	56.56	<b>17-Nov-09</b>	PASC- NT	Chanelle Van Wyk at Fina Arena World Cup-Berlin
200 Back	2:05.01	<b>21-Nov-09</b>	MDOL- CG	Mandy LOOTS at Fina Arena World Cup-Singapore
50 Breast	30.60	<b>26-Sep-99</b>	ATOTI- KZ	Penny Heyns Seagulls SC Championships
100 Breast	1:05.36	<b>9-Apr-08</b>	TUKS- NT	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
200 Breast	2:18.73	<b>9-Apr-08</b>	TUKS- NT	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
50 Fly	25.90	<b>23-Nov-07</b>	TUKS- NT	LIZE-MARI RETIEF at Fina Arena World Cup 2007-Belo Horiz
100 Fly	56.52	<b>19-Dec-07</b>	TUKS- NT	Lize Mari Reteif-International-Vladimir Swimming
200 Fly	2:04.24	<b>21-Nov-09</b>	MDOL- CG	Mandy LOOTS at Fina Arena World Cup-Singapore
100 IM	1:00.86	<b>16-Oct-09</b>	MDOL- CG	Mandy LOOTS at Fina Arena World Cup-Durban
200 IM	2:07.54	<b>10-Nov-09</b>	PISC- KZ	Kathryn A. Meaklim at Fina Arena World Cup Stockholm
400 IM	4:22.88	<b>21-Nov-09</b>	PISC- KZ	Kathryn A. Meaklim at Fina Arena World Cup-Singapore
200 Free Relay	1:43.63	<b>8-Sep-05</b>	DOLC- CG	Dolphins Swimming Club L Roets, M Scott, A Loots, C Archibald
400 Free Relay	3:45.27	<b>8-Sep-05</b>	RSA	RSA- M Corfe, LM Retief, J Pengelly, K Meaklim at SC World Champs Manches
800 Free Relay	8:06.94	<b>30-Sep-05</b>	SSA	SSA Relay Squad L Vorster, L Roets, K Van Heerden, C Lategan
400 Medley Relay	4:00.73	<b>11-Apr-09</b>	RSA	RSA- M Corfe, S. v Bilj, M Loots, LM Retief at SC World Champs Manchester 2

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**RECORDS SA-Short Course**
**SC Meters-Men**

50 Free	20.30	<b>7-Aug-09</b>	RSA	ROLAND M. SCHOEMAN at Telkom SA Short Course Championship 2009
100 Free	45.78	<b>6-Aug-17</b>	RSA	Chad G. Le Clos at Fina -Airwave Swimming World Cup 2017 Berlin
200 Free	1:40.89	<b>14-Nov-09</b>	RSA	Darian R. Townsend at Fina Arena World Cup-Berlin
400 Free	3:37.91	<b>7-Aug-13</b>	RSA	Myles Brown at Fina Swimming World Cup Eindhoven 2013
800 Free	7:44.10	<b>25-Mar-00</b>	RSA	Ryk F Neethling NCAA Div 1 Men Minneapolis
1500 Free	14:30.54	<b>7-Aug-13</b>	RSA	Myles Brown at FINA Swimming World Cup 2013 Eindhoven
50 Back	22.85	<b>11-Nov-09</b>	RSA	Gerhard ZANDBERG at Fina World Cup Berlin 2009
100 Back	50.00	<b>10-Nov-09</b>	RSA	George DU RAND at Fina Arena World Cup Stockholm
200 Back	1:47.08	<b>6-Nov-09</b>	RSA	George DU RAND at Fina Arena World Cup-Moscow
50 Breast	25.25	<b>17-Nov-09</b>	RSA	CAMERON VD BURGH at Fina Arena World Cup-Berlin
100 Breast	55.61	<b>17-Nov-09</b>	RSA	CAMERON VD BURGH at Fina Arena World Cup-Berlin
200 Breast	2:02.56	<b>17-Nov-09</b>	RSA	Neil R. Versfeld at Fina Arena World Cup-Berlin
50 Fly	21.87	<b>14-Nov-09</b>	RSA	ROLAND M. SCHOEMAN at Fina Arena World Cup-Berlin
100 Fly	48.08	<b>6-Dec-16</b>	RSA	Chad G. Le Clos at -13th Fina W/Champs
200 Fly	1:48.56	<b>5-Nov-13</b>	RSA	Chad G. Le Clos at FINA Swimming World Cup 2013 Singapore
100 IM	51.05	<b>14-Nov-09</b>	RSA	Gerhard ZANDBERG at Fina Arena World Cup-Berlin
200 IM	1:51.55	<b>17-Nov-09</b>	RSA	Darian R. Townsend at Fina Arena World Cup-Berlin
400 IM	3:59.23	<b>9-Nov-13</b>	RSA	Chad G. Le Clos at FINA Swimming World Cup 2013 Tokyo
200 Free Relay	1:28.27	<b>8-Aug-10</b>	RSA	R Schoeman-G Zandberg-N Meyer-W Bosman-Sa S/Course PMBG
400 Free Relay	3:19.09	<b>15-Aug-13</b>	RSA	D Brown:L Pendock:C Justus:C Crous-At PMBG
800 Free Relay	7:18.94	<b>8-Oct-04</b>	RSA	RSA J Basson, F Postma, H Prinsloo, J Du Rand World SC Champs Indianapoli
400 Medley Relay	3:35.77	<b>10-Aug-09</b>	RSA	RSA-SA Short Course-Pmbg- Van Rensburg, Conrad ,VD Burgh, Cameron , Fe

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**RECORDS SA-Short Course****SC Meters-Mixed**

200 Free Relay	1:40.29	<b>22-Aug-15</b>	TS	Tuks Swimming-Sa shorta Course
200 Medley Relay	1:45.70	<b>22-Aug-15</b>	TS	Tuks Swimming -Sa Short Course PMBG 2015