
RECORDS SA-Long Course
LC Meters-Women

50 Free	24.95	21-Aug-19	RSA	Erin P. Gallagher at 12th African Games Rabat Morocco-2019
100 Free	54.23	5-Apr-18	RSA	Erin P. Gallagher at FINA World Cup -Commonwealth games Mell
200 Free	1:57.17	7-Jun-14	RSA	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-Jul-12	VINE- WP	WENDY A. TROTT at 49Th International Swimming-Sette Colli-R
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
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 20
50 Breast	30.82	5-Apr-18	RSA	Tatjana R. Schoenmaker at FINA World Cup -Commonwealth gam
100 Breast	1:06.32	3-Jul-19	RSA	Tatjana R. Schoenmaker at 2019 World University Games
200 Breast	2:21.79	12-Jul-19	TUKS- TSH	Tatjana R. Schoenmaker at 18th FINA World Championships 201'
50 Fly	26.24	21-Aug-19	RSA	Erin P. Gallagher at 12th African Games Rabat Morocco-2019
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 Champion
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	3:43.35	21-Jul-19	RSA	World Champs-Gwangju-E Gallagher-T Lovemore-E Chelius-R Me
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 Championship
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	25.58	5-Apr-18	RSA	Cameron Vd Burgh at FINA World Cup -Commonwealth games M
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	RSA	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	RSA	SEBASTIEN D. ROUSSEAU at US Open Swimming Championships
200 Free Relay	1:28.78	2-Apr-03	RSA	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 F
800 Free Relay	7:08.01	31-Jul-09	RSA	RSA-Roma Fian World Champs J Basson-D Townsend-Jan Vente
400 Medley Relay	3:31.53	2-Aug-09	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs F

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