

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 17 - 17 50 Free</b>							
1	26.53	L	F	Olivia Nel	17	SAAW CPT	29/06/2019 Kavala 2019
2	26.54	L	P	Kirsten de Goede	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
3	26.76	L	F	Rebecca Meder	17	SGUL ETH	01/12/2019 Western Cape Long Course
4	26.97	L	F	Michaela De Villiers	17	VINE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
5	27.32	L	F	Kelsea Munro	17	TUKS FSH	09/12/2019 SA Schools Swimming Championship
6	27.51	L	F	Kerryn Herbst	17	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
7	27.64	L	F	Georgia Nel	17	SAAW CPT	01/12/2019 Western Cape Summer Championships
8	27.77	L S	F	Tailyn Seyffert	17	BLSS MAN	26/11/2019 FS Champs
9	27.88	L	P	Kate Meyer	17	VIKI BUF	31/01/2020 2020 Grand Prix Invitational Swimming
10	27.92	L	F	Carla Meikle	17	SEAL UMD	27/06/2019 2019 FLA International Cup
11	28.02	L	F	Minette Janse van Vuuren	17	AQU ADJ	23/11/2019 KZN TYR Westville Sprints 2019
12	28.06	L	F	Hannah Counihan	17	PEAS NMA	14/06/2019 PEA Winter Gala
13	28.20	L	F	Chloe Horne	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
14	28.21	L	P	Zoe Phillips	17	TUKS FSH	04/12/2019 NTS Championships 2019
15	28.28	L S	F	Aletta Gersbach	17	RFA FSH	04/12/2019 NTS Championships 2019
16*	28.33	L	F	Hannah Pearse	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
16*	28.33	L	F	Nichola Greyling	17	NWS	01/02/2020 NTS Invitational Gala 2020
18*	28.36	L	F	Jessica Grobler	17	DRGN JHB	05/12/2019 CGA Championships 2019
18*	28.36	L	F	Lana Janson	17	TYGE CPT	01/12/2019 Western Cape Summer Championships
20	28.48	L	P	Nicole Viljoen	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
21	28.52	L	F	Abigail Calitz	17	MATI CED	01/12/2019 Western Cape Long Course
22	28.59	L	P	Jana Botha	17	TYGE CPT	01/12/2019 Western Cape Summer Championships
23	28.73	L	F	Gina Miller	17	HASC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
24	28.78	L	F	Kendra Du Toit	17	SOUL EKU	15/02/2020 EGA Last Chance Feb 2020
25	28.82	L	F	Dominique Barnard	17	TRAZ FSH	04/12/2019 NTS Championships 2019
26	28.84	L	F	Sinelithemba Mbatha	17	TUKS FSH	04/12/2019 NTS Championships 2019
27	28.85	L	F	Anke Fourie	17	LAD UTD	25/01/2020 Amajuba District Age Group Gala 2
28	28.87	L	F	Trisha Pollicutte	17	CLSC WCD	01/12/2019 Western Cape Long Course
29	28.94	L	P	Olivia Scott	17	VINE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
30	29.00	L	F	Talia Fos	17	AEC JHB	01/12/2019 Western Cape Long Course
31	29.06	L	F	Kaylee Silen	17	AZON ETH	25/01/2020 Ushaka Championship Gala 2020
32	29.08	L	F	Courtney Davidson	17	PEAS NMA	14/06/2019 PEA Winter Gala
33	29.20	L S	F	Shelby Pentz	17	DBSC SDD	05/12/2019 EGA Summer Championships 2019
34	29.22	L	F	Jeanne Blaisse	17	PLAY CED	26/09/2019 Aquabear Invitational Meet 2019
35	29.24	L	F	Demi- Lee Carlisle	17	FLOD JHB	03/11/2019 CGA All Levels
36	29.30	L S	F	Alida Van der Merwe	AR	BLOT MAN	26/11/2019 FS Champs
37	29.45	L	F	Alexia Velde	17	HUD BUF	26/10/2019 1st B Age Group Gala & EC Schools
38	29.51	L	F	Liliana Ricco	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
39	29.53	L	F	Tasneen Ebrahim	17	PEAS NMA	14/06/2019 PEA Winter Gala
40	29.56	L	F	Carli Venter	17	NCASA FBD	02/11/2019 Fezile Dabi Inter District Gala 2019
41	29.61	L	F	Jordainne Kazimierczak	17	FLOD JHB	05/12/2019 CGA Championships 2019
42	29.69	L	F	Kaitlyn Albertyn	17	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
43*	29.71	L	P	Dinica Bosman	17	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
43*	29.71	L S	F	Rochelle Jacobs	17	BLNE MAN	26/11/2019 FS Champs
45	29.75	L S	F	Idel� du Toit	17	POTC KKD	24/06/2019 Sasol National Winter Championship
46	29.80	L S	F	Kieryn Letley	17	ESTR EKU	05/12/2019 EGA Summer Championships 2019
47	29.82	L	F	Paige Forster	17	SEAL UMD	27/06/2019 2019 FLA International Cup
48	29.88	L	P	Deborah Dredge	17	PAC FSH	04/12/2019 NTS Championships 2019
49	29.91	L	P	Emma Podesta	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
50*	30.02	L	P	Courtney Repinz	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
50*	30.02	L S	F	Anri Nel	17	BLNE MAN	26/11/2019 FS Champs
52	30.06	L	F	Marjean Kupfer	17	ELEC JHB	05/12/2019 CGA Championships 2019
53	30.07	L	P	Louisa Siebel	17	SAAW CPT	01/12/2019 Western Cape Summer Championships
54*	30.12	L	F	Kayla Schefermann	17	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
54*	30.12	L	F	Samantha Dreyer	17	USH KCD	12/10/2019 KCDA October Age Group Gala 2019
54*	30.12	L	P	Taylor Pharoah	17	CSC FSH	28/06/2019 Fast & Furious Meet
57*	30.19	L	F	Jessica Booth	17	INFA NMA	23/08/2019 Madibaz Spring Gala
57*	30.19	L	P	Hannah Manos	17	TRAZ FSH	04/12/2019 NTS Championships 2019

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	Time	P/F/S	Name	Age/Yr			
59	30.25	L	F	Zania Pieters	17	PAC TSH	29/11/2019 2019 The Tshwane Mayoral Gala
60	30.35	L	F	Nina Madden	17	CRSC JHB	05/12/2019 CGA Championships 2019
61	30.40	L S	F	Riley Cawse	17	PEAS NMA	07/02/2020 5th A League
62	30.42	L	F	Anica Dennis	17	NCASA FBD	02/11/2019 Fezile Dabi Inter District Gala 2019
63*	30.47	L	P	Chloe van Driel	17	SODO JHB	04/12/2019 NTS Championships 2019
63*	30.47	L	F	Courtney De Villiers	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
65	30.51	L	F	Shaylee Anderson	17	TUKS TSH	29/11/2019 2019 The Tshwane Mayoral Gala
66	30.53	L	F	Sune' De wit	17	MGSC UGD	23/11/2019 KZN TYR Westville Sprints 2019
67	30.70	L	P	Cailin Coetzee	AR	BLOT MAN	09/12/2019 SA Schools Swimming Championship
68	30.77	L	P	Zoe Sinclair	17	TUKS TSH	04/12/2019 NTS Championships 2019
69	30.81	L	P	Chanel Lindeque	17	LP LP	09/12/2019 SA Schools Swimming Championship
70	30.82	L	F	Gabriella Jardim	17	FLOD JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
71	30.85	L	F	Amy Potgieter	17	PENC MP	19/02/2020 Inter High School Gala - 19 February
72	30.94	L	F	Danielle Ontong	17	BLSS MAN	04/10/2019 Seals Gala
73	30.97	L	F	Judi Smith	17	QUIC CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
74	31.19	L	F	Cameron Foulis	17	TUKS TSH	30/08/2019 NTS August 2019 Age Group Gala Level
75	31.24	L S	F	Micaela Pinto	17	BOKS EKU	05/12/2019 EGA Summer Championships 2019
76	31.30	L	F	Kayla Killip	17	LINR JHB	05/12/2019 CGA Championships 2019
77	31.34	L	F	Kaylin De Almeida	17	AA JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
78*	31.39	L	F	Kayleigh Möller	17	BLMA CPT	14/06/2019 PEA Winter Gala
78*	31.39	L	F	Melina Heinrich	17	AA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
80	31.41	L	F	Carla Lichtblau	17	ONYX EKU	14/09/2019 EGA Summer 1 2019
81	31.42	L	F	Dominique Straub	17	ELEC JHB	05/12/2019 CGA Championships 2019
82	31.45	L	F	Allison Marx	17	PER JHB	05/12/2019 CGA Championships 2019
83	31.66	L	P	Paige Mauer	17	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
84*	31.69	L	F	Rahael Weatherhead	17	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
84*	31.69	L	F	Serena Kotnik	17	TUKS TSH	12/10/2019 NTS Oct 2019 Age Group Gala
86	31.78	L	F	Adri Opperman	17	BOKS EKU	18/01/2020 Cape of Good Hope Gala 2020
87	31.90	L	F	Jessica Holmes	17	BLNE MAN	30/08/2019 Kovsie Aquatics Gala 2019
88	32.10	L	F	Leah Bennett	17	TUKS TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
89	32.13	L	F	Ashleigh Stock	17	DYNA EKU	14/09/2019 EGA Summer 1 2019
90	32.14	L	F	Sian Redelinghuys	17	AQU ADJ	23/11/2019 KZN TYR Westville Sprints 2019
91	32.15	L	F	Danielle Pienaar	17	BULS MAN	14/09/2019 Mangaung Sprints
92	32.27	L	F	Andrea Jack	17	PEAS NMA	29/11/2019 NMBA Championships 2019
93*	32.28	L	F	Dieuné Mostert	17	FSAC BPD	05/12/2019 NWS Championships 2019/2020
93*	32.28	L	F	Cailin Botha	17	WSTV ETH	23/11/2019 KZN TYR Westville Sprints 2019
95	32.37	L S	F	Carla Cronje	17	WELA FDD	26/11/2019 FS Champs
96	32.38	L	F	Megan Clouston	17	NWUC KKD	05/12/2019 NWS Championships 2019/2020
97	32.40	L	F	Kaelin Rogge	17	AZON ETH	20/07/2019 eThekweni Age Group Gala 3
98	32.42	L	F	Caley Kent-Brown	17	HARL BUF	22/11/2019 BCA Long Course Championships 2019
99	32.47	L	F	Marlizaan Coetzee	17	TRAZ TSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
100	32.53	L	F	Elseri Pienaar	17	UPTS ZMD	25/10/2019 Flamingo Aquatics Academy Prestige
101	32.58	L S	F	Taryn Saunderson	JR	BLOT MAN	26/11/2019 FS Champs
102*	32.68	L	F	Tayla Vos	17	HE WBD	05/10/2019 Limpopo Age Group 4 & School Champs
102*	32.68	L	P	Mieke Muller	17	TUKS TSH	04/12/2019 NTS Championships 2019
104	32.72	L	F	Chloe Cilliers	17	BLSS MAN	14/06/2019 PEA Winter Gala
105	32.75	L	F	Carla Mouton	17	CSA EZD	31/01/2020 MP AGE GROUP 4 31 JANUARY - 1
106	32.76	L S	F	Marija Dimopoulos	17	KNYD EDD	07/02/2020 5th A League
107	32.86	L	F	Tyla Du Plessis	17	HSBV SKD	15/10/2019 Limpopo Top 10 - High Schools
108*	32.94	L	F	Elisna Nel	17	RBOT BPD	05/12/2019 NWS Championships 2019/2020
108*	32.94	L	F	Anika Schmidt	17	HSTAN MPD	05/10/2019 Limpopo Age Group 4 & School Champs
110	32.97	L S	F	Kiara Geldenhuys	17	ONYX EKU	05/12/2019 EGA Summer Championships 2019
111	33.00	L	F	Eva Steffensen	17	UPC MP	19/02/2020 Inter High School Gala - 19 February
112	33.08	L	F	Kayley Ryan	17	SOUL EKU	26/10/2019 2019 OR Tambo/Soncini Games
113	33.19	L	F	Leané Schaap	17	HFDT MPD	05/10/2019 Limpopo Age Group 4 & School Champs
114	33.26	L	F	Stephanie Hofmeyr	17	BARR CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
115	33.27	L S	F	Viearn Green	17	RPAC EKU	05/12/2019 EGA Summer Championships 2019
116	33.37	L	F	Caitlyn Slabberts	17	PSCP UMD	23/11/2019 KZN TYR Westville Sprints 2019
117	33.40	L	F	Jarike Stapelberg	17	HBV MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)

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	Time	P/F/S	Name	Age/Yr			
118*	33.45	L	F	Ziamay Malan	17	HFDT MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
118*	33.45	L	F	Hannah Dean	17	AA JHB	05/12/2019 CGA Championships 2019
120	33.49	L	P	Anine Hugo	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
121	33.55	L S	F	Telize Sevenster	17	VALS FDD	26/11/2019 FS Champs
122	33.60	L S	F	Caitlin Geldenhuys	17	ONYX EKU	05/12/2019 EGA Summer Championships 2019
123	33.72	L	F	Mikyla Bornman	17	BLSS MAN	04/10/2019 Seals Gala
124	33.79	L	F	Jeanri Collins	17	HPP WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
125	34.04	L	P	Paula Van Zyl	17	KZNA ETH	09/12/2019 SA Schools Swimming Championship
126	34.26	L	F	Ashley Gerber	17	FISH EDD	08/02/2020 EDEN 5th A-League Gala 2020
127	34.34	L	F	Katelyn Marais	17	MDOL JHB	03/11/2019 CGA All Levels
128	34.63	L	F	Leonè Pietersen	HR	ROB MP	19/02/2020 Inter High School Gala - 19 February
129	34.72	L	F	Izanne Van Schoor	17	HWBA WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
130	34.80	L	F	Zandri Cary-Smith	17	WELA FDD	14/09/2019 Fezile Dabi Age Group
131	34.92	L S	P	Zoe Darling	17	SASOL FDD	24/06/2019 Sasol National Winter Championship
132	35.30	L	F	Siphesihle Mtshali	17	SOWE JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
133	35.39	L	F	Caitlin Forword	17	PEAS NMA	14/06/2019 PEA Winter Gala
134	35.52	L	F	Suné Erasmus	17	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
135	35.66	L	F	Nawaal Armien	17	UWCA CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
136	35.79	L	F	Jena Rawlinson	17	UPC MP	19/02/2020 Inter High School Gala - 19 February
137	35.88	L	F	Lenika Nel	17	HPP WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
138	36.12	L S	F	Emma-Joy Macintosh	17	CARN EKU	24/06/2019 Sasol National Winter Championship
139	36.15	L	F	Krista Strauss	17	HHS WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
140	36.24	L	F	Zoe Malan	17	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
141	36.48	L	F	Danielle Pretorius	17	TUKS TSH	12/10/2019 NTS Oct 2019 Age Group Gala
142	36.51	L	F	Zasharee Cambell	17	HUD BUF	14/03/2020 BCA Level 1 Gala 2020
143*	36.56	L	F	Anika De Klerk	17	HE WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
143*	36.56	L	F	Carmen De Bruyn	17	CUDU CPT	02/11/2019 Swartland Invitational #1
145	36.68	L	F	Abigail De Jager	17	PHS CCD	15/10/2019 Limpopo Top 10 - High Schools
146*	37.06	L S	F	Emma Kruger	DR	BLOT MAN	26/11/2019 FS Champs
146*	37.06	L	F	Marni Swart	17	CUR MP	19/02/2020 Inter High School Gala - 19 February
148	37.16	L	F	Qamar Ngqawana	17	UNIQ JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
149	37.68	L	F	Caitlin Dorin	17	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
150	37.75	L	F	Caitlin Sorensen	17	QGH BUF	14/03/2020 BCA Level 1 Gala 2020
151	38.76	L	F	simone van wyk	17	HEIDE MAN	14/03/2020 FSA Level 1 2020
152	39.07	L	F	Callan Schultz	17	HSTAN MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
153	39.34	L	F	Samkelisiwe Ntuli	17	FUAC KZ	14/03/2020 KZNA Level 1 Provincial Champs 2020
154	47.17	L	F	Casey-Jane Venter	17	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
155	48.81	L	F	Olorato Makgale	17	ISSC NMA	05/12/2019 NWS Championships 2019/2020
156	54.17	L	F	Anastacia Moon	17	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1
157	56.19	L S	F	Khomo Morongoe	17	HEIDE MAN	26/11/2019 FS Champs
158	1:01.48	L	F	Zenandt Xhosana	17	KHS BUF	14/03/2020 BCA Level 1 Gala 2020
159	1:13.15	L	F	Afrka Ralarala	17	KHS BUF	14/03/2020 BCA Level 1 Gala 2020
160	1:43.67	L	F	Shaday Windovel	17	FUND BUF	26/10/2019 1st B Age Group Gala & EC Schools
<b>Women 17 - 17 100 Free</b>							
1	57.15	L	F	Rebecca Meder	17	SGUL ETH	01/12/2019 Western Cape Long Course
2	57.48	L	F	Kirsten de Goede	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
3	57.88	L	P	Dune Coetzee	17	TUKS TSH	31/01/2020 2020 Grand Prix Invitational Swimming
4	58.57	L	F	Olivia Nel	17	SAAW CPT	29/06/2019 Kavala 2019
5	59.13	L S	F	Tailyn Seyffert	17	BLSS MAN	26/11/2019 FS Champs
6	59.14	L	F	Georgia Nel	17	SAAW CPT	22/06/2019 Tsxetan Golomev
7	59.32	L	F	Kelsea Munro	17	TUKS TSH	09/12/2019 SA Schools Swimming Championship
8	59.38	L	F	Kerryn Herbst	17	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
9	59.61	L	P	Zoe Phillips	17	TUKS TSH	13/12/2019 Amstel Cup - Amsterdam
10	59.63	L	F	Michaela De Villiers	17	VINE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
11	1:00.21	L	F	Hannah Pearse	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
12	1:00.30	L	F	Gina Miller	17	HASC JHB	05/12/2019 CGA Championships 2019
13	1:00.46	L	P	Carla Meikle	17	SEAL UMD	21/02/2020 2020 Grand Prix Invitational Swimming
14	1:00.49	L	F	Chloe Horne	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
15	1:00.98	L	F	Kate Meyer	17	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019

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	Time	P/F/S	Name	Age/Yr			
16	1:00.99	L	F	Lana Janson	17	TYGE CPT	01/12/2019 Western Cape Summer Championships
17	1:01.12	L	F	Hannah Counihan	17	PEAS NMA	14/06/2019 PEA Winter Gala
18	1:01.42	L	F	Stephanie Houtman	17	TUKS FSH	04/12/2019 NTS Championships 2019
19	1:02.04	L	F	Jana Botha	17	TYGE CPT	01/12/2019 Western Cape Summer Championships
20	1:02.05	L	F	Aletta Gersbach	17	RFA FSH	04/12/2019 NTS Championships 2019
21	1:02.19	L	F	Minette Janse van Vuuren	17	AQU ADJ	21/02/2020 Amajuba District Long Course
22	1:02.44	L	P	Dominique Barnard	17	TRAZ FSH	04/12/2019 NTS Championships 2019
23	1:02.45	L	F	Jessica Grobler	17	DRGN JHB	05/12/2019 CGA Championships 2019
24	1:02.51	L	P	Demi- Lee Carlisle	17	FLOD JHB	21/02/2020 2020 Grand Prix Invitational Swimming
25	1:02.61	L	F	Nichola Greyling	17	NWS	01/02/2020 NTS Invitational Gala 2020
26	1:02.72	L	F	Kendra Du Toit	17	SOUL EKU	05/12/2019 EGA Summer Championships 2019
27	1:02.91	L	F	Idel� du Toit	17	POTC KKD	23/11/2019 NWS Age Group 3 2019/20
28	1:02.97	L	P	Kaitlyn Albertyn	17	TUKS FSH	04/12/2019 NTS Championships 2019
29	1:03.10	L	P	Courtney Davidson	17	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
30	1:03.31	L	P	Abigail Calitz	17	MATI CED	01/12/2019 Western Cape Long Course
31	1:03.33	L	F	Trisha Pollicutte	17	CLSC WCD	01/12/2019 Western Cape Long Course
32	1:03.37	L	F	Tasneen Ebrahim	17	PEAS NMA	23/08/2019 Madibaz Spring Gala
33	1:03.52	L	P	Paige Forster	17	SEAL UMD	14/06/2019 2019 Michael Lohberg
34	1:03.57	L	P	Talia Fos	17	AEC JHB	01/12/2019 Western Cape Long Course
35	1:03.68	L	F	Courtney Repinz	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
36	1:03.87	L	P	Kaylee Silen	17	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
37	1:03.92	L	F	Jordainne Kazimierczak	17	FLOD JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
38	1:04.08	L	P	Jeanne Blaisse	17	PLAY CED	26/09/2019 Aquabear Invitational Meet 2019
39	1:04.14	L	F	Marjean Kupfer	17	ELEC JHB	05/12/2019 CGA Championships 2019
40	1:04.26	L	P	Olivia Scott	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
41*	1:04.31	L	P	Louisa Siebel	17	SAAW CPT	01/12/2019 Western Cape Summer Championships
41*	1:04.31	L	F	Jayne Van Wyk	17	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
43*	1:04.34	L	P	Sinelithemba Mbatha	17	TUKS FSH	04/12/2019 NTS Championships 2019
43*	1:04.34	L	F	Nicole Viljoen	17	CSA EZD	29/11/2019 Mpumalanga Championships 2019
45	1:04.37	L	P	Deborah Dredge	17	PAC FSH	04/12/2019 NTS Championships 2019
46	1:04.64	L	F	Taylor Pharoah	17	CSC FSH	10/05/2019 4LSA AFOCH Ramadan Tournament
47	1:04.84	L S	F	Anri Nel	17	BLNE MAN	26/11/2019 FS Champs
48	1:04.85	L	F	Zoe Sinclair	17	NWS	01/02/2020 NTS Invitational Gala 2020
49	1:04.88	L	F	Samantha Dreyer	17	USH KCD	07/12/2019 December Age Group Gala 2019
50	1:04.90	L	F	Shelby Pentz	17	DBSC SDD	05/12/2019 EGA Summer Championships 2019
51	1:04.94	L	F	Leah Bennett	17	TUKS FSH	29/11/2019 2019 The Tshwane Mayoral Gala
52	1:05.08	L S	F	Alida Van der Merwe	AR	BLOT MAN	26/11/2019 FS Champs
53	1:05.12	L	F	Liliana Ricco	17	CUHE OBD	01/11/2019 38th Freda Barnard Invitational Gala
54	1:05.26	L	F	Chloe van Driel	17	SODO JHB	12/10/2019 NTS Oct 2019 Age Group Gala
55	1:05.29	L	P	Dinica Bosman	17	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
56	1:05.59	L	F	Sune' De wit	17	MGSC UGD	23/11/2019 KZN TYR Westville Sprints 2019
57*	1:05.62	L	F	Anke Fourie	17	LAD UTD	25/01/2020 Amajuba District Age Group Gala 2
57*	1:05.62	L	F	Kieryn Letley	17	ESTR EKU	05/12/2019 EGA Summer Championships 2019
59	1:05.69	L S	F	Rochelle Jacobs	17	BLNE MAN	26/11/2019 FS Champs
60	1:05.96	L S	F	Danielle Ontong	17	BLSS MAN	26/11/2019 FS Champs
61	1:06.10	L	P	Hannah Manos	17	TRAZ FSH	04/12/2019 NTS Championships 2019
62	1:06.45	L	F	Gabriela Scrooby	17	PER JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
63	1:06.95	L	P	Courtney De Villiers	17	MWSC NGD	29/11/2019 Mpumalanga Championships 2019
64	1:07.07	L	F	Carli Venter	17	RBOT BPD	05/12/2019 NWS Championships 2019/2020
65	1:07.08	L	F	Carla Lichtblau	17	ONYX EKU	15/02/2020 EGA Last Chance Feb 2020
66	1:07.15	L	F	Anica Dennis	17	NWUC KKD	05/12/2019 NWS Championships 2019/2020
67	1:07.35	L	P	Emma Podesta	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
68	1:07.36	L	F	Leila Choriatopoulos	17	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
69	1:07.41	L	F	Judi Smith	17	QUIC CPT	22/02/2020 Swartland Invitational Gala 2
70	1:07.47	L	F	Tyra Roozendaal	17	INFA NMA	29/11/2019 NMBA Championships 2019
71	1:07.60	L	F	Gabriella Jardim	17	FLOD JHB	03/11/2019 CGA All Levels
72	1:07.76	L	F	Shaylee Anderson	17	TUKS FSH	29/11/2019 2019 The Tshwane Mayoral Gala
73	1:07.99	L	F	Cailin Coetzee	AR	BLOT MAN	14/09/2019 Mangaung Sprints
74	1:08.04	L	F	Kayleigh M�ller	17	BLMA CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
75	1:08.25	L	P	Marlizaan Coetzee	17	TRAZ	FSH 04/12/2019 NTS Championships 2019
76	1:08.35	L	F	Kayla Killip	17	LINR	JHB 05/12/2019 CGA Championships 2019
77*	1:08.44	L	F	Paige Mauer	17	BCA	BUF 18/01/2020 CTA INTER DISTRICT PRESTIGE
77*	1:08.44	L	F	Rahael Weatherhead	17	RFA	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
79	1:08.63	L	F	Alexa Van Thiel	17	WATR	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
80	1:08.66	L	F	Chanel Lindeque	17	HSBV	SKD 15/10/2019 Limpopo Top 10 - High Schools
81	1:08.69	L	F	Alyssa Norman	17	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
82	1:08.80	L	F	Ruth Neale	17	CRSC	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
83	1:09.06	L	F	Amy Crafford	17	TUKS	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
84	1:09.17	L	F	Cameron Foulis	17	TUKS	FSH 12/10/2019 NTS Oct 2019 Age Group Gala
85	1:09.21	L	F	Dominique Straub	17	ELEC	JHB 05/12/2019 CGA Championships 2019
86	1:09.29	L	F	Serena Kotnik	17	TUKS	FSH 12/10/2019 NTS Oct 2019 Age Group Gala
87	1:09.34	L	F	Nina Madden	17	CRSC	JHB 05/12/2019 CGA Championships 2019
88	1:09.37	L	F	Melina Heinrich	17	AA	JHB 05/12/2019 CGA Championships 2019
89	1:09.56	L S	F	Riley Cawse	17	PEAS	NMA 07/02/2020 5th A League
90	1:09.93	L	F	Zania Pieters	17	PAC	FSH 29/11/2019 2019 The Tshwane Mayoral Gala
91	1:09.97	L	F	Sian Redelinghuys	17	AQU	ADJ 01/02/2020 Uthukela District Age Group Gala 1 Feb
92	1:10.20	L	F	Allison Marx	17	PER	JHB 05/12/2019 CGA Championships 2019
93	1:10.48	L	F	Danielle Pienaar	17	BULS	MAN 18/10/2019 Otters Prestige Gala 2019
94	1:10.53	L	F	Alexia Velde	17	USC	BUF 22/11/2019 BCA Long Course Championships 2019
95	1:10.61	L S	F	Jessica Holmes	17	BLNE	MAN 26/11/2019 FS Champs
96	1:10.70	L	F	Cameron Vd Merwe	17	AEC	JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
97	1:10.79	L	P	Kiara Geldenhuys	17	ONYX	EKU 05/12/2019 EGA Summer Championships 2019
98	1:10.80	L	P	Micaela Pinto	17	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
99	1:11.22	L	F	Ashley Gerber	17	BCA	BUF 18/01/2020 CTA INTER DISTRICT PRESTIGE
100	1:11.23	L	F	Carla Mouton	17	CSA	EZD 29/11/2019 Mpumalanga Championships 2019
101	1:11.44	L	F	Cailin Botha	17	WSTV	ETH 23/11/2019 KZN TYR Westville Sprints 2019
102	1:12.08	L	P	Ashleigh Stock	17	DYNA	EKU 05/12/2019 EGA Summer Championships 2019
103	1:12.27	L	F	Megan Clouston	17	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
104	1:13.24	L	F	Carla Cronje	17	WELA	FDD 27/09/2019 Neptunes Open Gala
105	1:13.35	L	F	Caley Kent-Brown	17	HARL	BUF 07/02/2020 BCA Feb Age Group Gala 2020
106	1:13.41	L	F	Elseri Pienaar	17	UPTS	ZMD 05/12/2019 NCASA Champs Dec 2019
107	1:13.50	L	F	Eva Steffensen	17	UPC	MP 19/02/2020 Inter High School Gala - 19 February
108	1:13.52	L	F	Kayley Ryan	17	SOUL	EKU 17/08/2019 EGA Winter 4 (Soncini) 17.08.19
109	1:13.61	L	F	Hannah Dean	17	AA	JHB 05/12/2019 CGA Championships 2019
110	1:13.74	L	F	Paula Van Zyl	17	KZNA	ETH 09/12/2019 SA Schools Swimming Championship
111	1:13.81	L	F	Anika Schmidt	17	HSTAN	MPD 15/10/2019 Limpopo Top 10 - High Schools
112	1:14.29	L	F	Caitlyn Slabberts	17	PSCP	UMD 23/11/2019 KZN TYR Westville Sprints 2019
113	1:14.74	L	F	Katelyn Marais	17	MDOL	JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
114	1:14.77	L	F	Elisna Nel	17	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
115	1:14.94	L	F	Tyla Du Plessis	17	HSBV	SKD 15/10/2019 Limpopo Top 10 - High Schools
116	1:14.96	L	F	Tayla Vos	17	HE	WBD 15/10/2019 Limpopo Top 10 - High Schools
117	1:15.15	L	P	Caitlin Geldenhuys	17	ONYX	EKU 05/12/2019 EGA Summer Championships 2019
118	1:15.21	L	P	Viearn Green	17	RPAC	EKU 05/12/2019 EGA Summer Championships 2019
119	1:15.33	L	F	Andrea Jack	17	PEAS	NMA 10/08/2019 1st A League 2019
120	1:15.49	L	F	Stephanie Hofmeyr	17	BARR	CPT 01/11/2019 38th Freda Barnard Invitational Gala
121	1:15.80	L	F	Amy Potgieter	17	PENC	MP 19/02/2020 Inter High School Gala - 19 February
122	1:16.03	L	F	Dieuné Mostert	17	FSAC	BPD 05/12/2019 NWS Championships 2019/2020
123	1:16.07	L	F	Leané Schaap	17	HFDT	MPD 15/10/2019 Limpopo Top 10 - High Schools
124	1:17.34	L	F	Chloe Cilliers	17	BLSS	MAN 14/06/2019 PEA Winter Gala
125	1:17.38	L S	F	Telize Sevenster	17	VALS	FDD 26/11/2019 FS Champs
126	1:17.93	L	F	Anine Hugo	17	PAQU	CED 01/11/2019 38th Freda Barnard Invitational Gala
127	1:18.72	L	F	Caitlin Forword	17	PEAS	NMA 14/06/2019 PEA Winter Gala
128	1:18.95	L	F	Mieke Muller	17	TUKS	FSH 14/02/2020 NTS February 2020 Age Group Gala
129	1:19.45	L	F	Mikyla Bornman	17	BLSS	MAN 04/10/2019 Seals Gala
130	1:19.72	L	F	Carmen De Bruyn	17	CUDU	CPT 02/11/2019 Swartland Invitational #1
131	1:20.31	L	F	Izanne Van Schoor	17	HWBA	WBD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
132	1:20.46	L S	F	Zoe Darling	17	SASOL	FDD 24/06/2019 Sasol National Winter Championship
133	1:20.70	L	F	Danielle Pretorius	17	TUKS	FSH 12/10/2019 NTS Oct 2019 Age Group Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
134	1:20.86	L	P	Emma-Joy Macintosh	17	CARN EKU	05/12/2019 EGA Summer Championships 2019
135	1:21.35	L	F	Nawaal Armien	17	UWCA CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
136	1:21.55	L	F	Zandri Cary-Smith	17	WELA FDD	14/09/2019 Fezile Dabi Age Group
137	1:22.51	L	F	Siphehile Mtshali	17	SOWE JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
138	1:23.33	L	F	Suné Erasmus	17	FISH EDD	06/12/2019 Eden LC Champs 2019
139	1:23.60	L	F	Qamar Ngqawana	17	UNIQ JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
140	1:24.58	L	F	Krista Strauss	17	HHS WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
141	1:25.20	L	F	Abigail De Jager	17	PHS CCD	15/10/2019 Limpopo Top 10 - High Schools
142	1:26.19	L	F	Caitlin Dorin	17	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
143	1:26.21	L	F	Kayla Joseph	17	HE WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
144	1:28.81	L	F	Callan Schultz	17	HSTAN MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
145	1:32.08	L	F	Emma Kruger	DR	BLOT MAN	27/09/2019 Neptunes Open Gala
146	1:33.18	L	F	simone van wyk	17	HEIDE MAN	14/03/2020 FSA Level 1 2020
147	1:35.56	L	F	Samkelisiwe Ntuli	17	FUAC KZ	14/03/2020 KZNA Level 1 Provincial Champs 2020
148	1:51.15	L	F	Casey-Jane Venter	17	WRAN WRD	26/10/2019 2019 OR Tambo/Soncini Games
149	1:58.31	L	F	Olorato Makgale	17	ISSC NMD	15/02/2020 NWS Last Chance AG5 1920
150	2:04.35	L	F	Anastacia Moon	17	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1
<b>Women 17 - 17 200 Free</b>							
1	2:01.59	L S	F	Rebecca Meder	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
2	2:03.07	L	F	Dune Coetzee	17	TUKS FSH	21/02/2020 2020 Grand Prix Invitational Swimming
3	2:06.86	L S	F	Tailyn Seyffert	17	INFA NMA	07/02/2020 5th A League
4	2:07.45	L S	F	Kirsten de Goede	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
5	2:08.25	L	P	Gina Miller	17	HASC JHB	21/02/2020 2020 Grand Prix Invitational Swimming
6	2:08.70	L	F	Georgia Nel	17	SAAW CPT	22/06/2019 Tsxetan Golomev
7	2:09.21	L S	F	Hannah Pearse	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
8	2:10.04	L S	F	Tori Oliver	17	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
9	2:10.73	L	P	Zoe Phillips	17	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
10	2:10.79	L S	F	Stephanie Houtman	17	TUKS FSH	04/12/2019 NTS Championships 2019
11	2:12.21	L S	P	Chloe Home	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
12	2:13.11	L	P	Carla Meikle	17	SEAL UMD	21/02/2020 2020 Grand Prix Invitational Swimming
13	2:13.98	L S	F	Kaitlyn Albertyn	17	TUKS FSH	04/12/2019 NTS Championships 2019
14	2:14.09	L	F	Hannah Counihan	17	PEAS NMA	23/08/2019 Madibaz Spring Gala
15	2:14.64	L S	P	Michaela De Villiers	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
16	2:14.71	L	F	Tasneen Ebrahim	17	PEAS NMA	29/11/2019 NMBA Championships 2019
17	2:15.27	L	F	Taylor Pharoah	17	CSC FSH	21/06/2019 Hamilton Aquatics Summer Sizzler
18	2:15.92	L	F	Jana Botha	17	TYGE CPT	01/12/2019 Western Cape Long Course
19	2:16.28	L	F	Idelé du Toit	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
20	2:16.40	L	F	Mia Roets	17	SAAW CPT	22/06/2019 Tsxetan Golomev
21	2:16.60	L	F	Lana Janson	17	TYGE CPT	01/12/2019 Western Cape Summer Championships
22	2:16.62	L	F	Talia Fos	17	AEC JHB	09/12/2019 SA Schools Swimming Championship
23	2:16.82	L	F	Deborah Dredge	17	PAC FSH	30/08/2019 NTS August 2019 Age Group Gala Level
24	2:16.89	L	P	Paige Forster	17	SEAL UMD	14/06/2019 2019 Michael Lohberg
25	2:19.94	L S	P	Aletta Gersbach	17	RFA FSH	04/12/2019 NTS Championships 2019
26	2:20.19	L S	P	Olivia Scott	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
27	2:20.22	L	F	Jeanne Blaisse	17	PLAY CED	26/09/2019 Aquabear Invitational Meet 2019
28	2:20.47	L	F	Jessica Booth	17	INFA NMA	14/06/2019 PEA Winter Gala
29	2:21.09	L S	P	Kaylee Silen	17	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
30	2:21.31	L	F	Courtney Davidson	17	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
31	2:21.90	L	F	Zoe Sinclair	17	TUKS FSH	14/02/2020 NTS February 2020 Age Group Gala
32	2:21.97	L	F	Courtney Repinz	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
33	2:22.08	L S	P	Kaelin Rogge	17	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
34	2:22.81	L	F	Louisa Siebel	17	SAAW CPT	01/12/2019 Western Cape Summer Championships
35	2:24.02	L S	F	Anri Nel	17	BLNE MAN	26/11/2019 FS Champs
36	2:24.07	L S	F	Danielle Ontong	17	BLSS MAN	26/11/2019 FS Champs
37	2:24.33	L	F	Anica Dennis	17	NWUC KKD	25/01/2020 4 + 1 Inter Provincial Gala 2020
38	2:24.46	L S	P	Chloe van Driel	17	SODO JHB	04/12/2019 NTS Championships 2019
39	2:24.98	L	F	Alida Van der Merwe	AR	BLOT MAN	18/10/2019 Otters Prestige Gala 2019
40	2:25.80	L	F	Jordainne Kazimierczak	17	FLOD JHB	03/11/2019 CGA All Levels
41	2:25.85	L	F	Tyra Roozendaal	17	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
42	2:25.99	L	F	Rahael Weatherhead	17	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
43	2:26.14	L	F	Nichola Greyling	17	HREF BPD	25/01/2020 4 + 1 Inter Provincial Gala 2020
44	2:27.25	L S	P	Hannah Manos	17	TRAZ TSH	04/12/2019 NTS Championships 2019
45	2:27.46	L	F	Marjean Kupfer	17	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
46	2:27.54	L	F	Pascale Oberholzer	17	MDOL JHB	10/01/2020 2020 Grand Prix Invitation Swimming
47	2:28.37	L	F	Judi Smith	17	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
48	2:28.58	L	F	Shaylee Anderson	17	TUKS TSH	01/11/2019 NTS November 2019 Age Group Gala
49	2:28.82	L	F	Gabriela Scrooby	17	PER JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
50	2:29.16	L	F	Liliana Ricco	17	CUHE QBD	01/12/2019 Western Cape Long Course
51	2:29.39	L	F	Carla Lichtblau	17	ONYX ECU	05/12/2019 EGA Summer Championships 2019
52	2:29.71	L	F	Dominique Straub	17	ELEC JHB	03/11/2019 CGA All Levels
53	2:29.78	L	F	Cailin Coetzee	AR	BLOT MAN	18/10/2019 Otters Prestige Gala 2019
54	2:30.22	L	F	Paige Mauer	17	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
55	2:30.30	L	F	Gabriella Jardim	17	FLOD JHB	03/11/2019 CGA All Levels
56	2:31.12	L	F	Shelby Pentz	17	DBSC SDD	14/09/2019 EGA Summer 1 2019
57	2:31.77	L	F	Alyssa Norman	17	NWUC KKD	09/11/2019 NWS Age Group 2 1920
58	2:31.80	L S	P	Leah Bennett	17	TUKS TSH	04/12/2019 NTS Championships 2019
59	2:32.94	L	F	Kayla Killip	17	LINR JHB	03/11/2019 CGA All Levels
60	2:33.09	L S	F	Rochelle Jacobs	17	BLNE MAN	26/11/2019 FS Champs
61	2:33.22	L	F	Emma Podesta	17	PEAS NMA	21/02/2020 Infinity Champs LC Gala
62*	2:33.53	L	F	Mila Rezac	17	ACSA ETH	03/08/2019 eThekwini Age Group Gala 4
62*	2:33.53	L	F	Kayleigh Möller	17	BLMA CPT	25/01/2020 West Coast Qualify Gala 2020
64	2:33.54	L	F	Leila Choriatopoulos	17	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
65	2:33.70	L	F	Anke Fourie	17	LAD UTD	01/02/2020 Uthukela District Age Group Gala 1 Feb
66	2:34.18	L	F	Melina Heinrich	17	AA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
67	2:34.34	L	F	Cameron Vd Merwe	17	AEC JHB	01/12/2019 Western Cape Long Course
68	2:35.11	L	F	Allison Marx	17	PER JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
69	2:35.56	L	F	Ashley Gerber	17	FISH EDD	29/02/2020 WCA Junior Champs - 2020
70	2:35.57	L	F	Marlizaan Coetzee	17	TRAZ TSH	12/10/2019 NTS Oct 2019 Age Group Gala
71	2:37.65	L	F	Stephanie Hofmeyr	17	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
72	2:38.25	L S	P	Sinelithemba Mbatha	17	TUKS TSH	04/12/2019 NTS Championships 2019
73	2:39.05	L	F	Danielle Pienaar	17	BULS MAN	18/10/2019 Otters Prestige Gala 2019
74	2:39.50	L	F	Hannah Dean	17	AA JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
75	2:39.59	L	F	Cameron Foulis	17	TUKS TSH	12/10/2019 NTS Oct 2019 Age Group Gala
76	2:41.48	L	F	Adri Opperman	17	BOKS ECU	18/01/2020 EGA Summer 5 - 2020
77	2:41.77	L	F	Amy Crafford	17	TUKS TSH	12/10/2019 NTS Oct 2019 Age Group Gala
78	2:42.42	L	F	Cailin Botha	17	WSTV ETH	09/11/2019 eThekwini Age Group Gala 8
79	2:43.07	L	F	Chanel Lindeque	17	LP LP	09/12/2019 SA Schools Swimming Championship
80	2:43.32	L	F	Elseri Pienaar	17	UPTS ZMD	05/12/2019 NCASA Champs Dec 2019
81	2:43.87	L	F	Micaela Pinto	17	BOKS ECU	14/09/2019 EGA Summer 1 2019
82	2:45.42	L	F	Megan Clouston	17	NWUC KKD	05/12/2019 NWS Championships 2019/2020
83	2:46.09	L	F	Kiara Geldenhuys	17	ONYX ECU	15/11/2019 NTS November 2019 Age Group Gala
84	2:46.78	L	F	Kayley Ryan	17	SOUL ECU	14/09/2019 EGA Summer 1 2019
85	2:48.68	L	F	Elisna Nel	17	RBOT NW	09/11/2019 NWS Age Group 2 1920
86	2:48.81	L	F	Riley Cawse	17	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
87	2:50.58	L	P	Caitlin Geldenhuys	17	ONYX ECU	05/12/2019 EGA Summer Championships 2019
88	2:53.09	L	F	Emma-Joy Macintosh	17	CARN ECU	24/06/2019 Sasol National Winter Championship
89	2:53.98	L	F	Andrea Jack	17	PEAS NMA	14/06/2019 PEA Winter Gala
90	2:54.78	L	F	Paula Van Zyl	17	NEWS ADJ	05/10/2019 Uthukela District October 2019 Age
91	2:56.55	L	F	Mikyla Bornman	17	BLSS MAN	04/10/2019 Seals Gala
92	2:56.80	L	F	Katelyn Marais	17	MDOL JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
93	2:57.62	L	F	Suné Erasmus	17	FISH EDD	06/12/2019 Eden LC Champs 2019
94	2:57.70	L	F	Caley Kent-Brown	17	HARL BUF	08/11/2019 BCA November Age Group Gala 2019
95	2:58.16	L	P	Viearn Green	17	RPAC ECU	05/12/2019 EGA Summer Championships 2019
96	2:59.33	L	F	Chloe Cilliers	17	BLSS MAN	14/06/2019 PEA Winter Gala
97	3:03.39	L	F	Siphesihle Mtshali	17	SOWE JHB	26/10/2019 2019 OR Tambo/Soncini Games
98	3:04.28	L	F	Caitlin Forword	17	PEAS NMA	14/06/2019 PEA Winter Gala
99	3:08.46	L	F	Qamar Ngqawana	17	UNIQ JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
100	3:09.61	L	F	Zoe Darling	17	SASOL FDD	24/06/2019 Sasol National Winter Championship

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
101	3:10.22 L	F	Caitlin Dorin	17	WRAN WRD	26/10/2019	2019 OR Tambo/Soncini Games
<b>Women 17 - 17 400 Free</b>							
1	4:14.39 L	P	Dune Coetzee	17	TUKS FSH	12/07/2019	18th FINA World Championships
2	4:19.11 L	F	Rebecca Meder	17	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
3	4:25.45 L	F	Tailyn Seyffert	17	INFA NMA	21/02/2020	Infinity Champs LC Gala
4	4:31.18 L	F	Stephanie Houtman	17	TUKS FSH	04/12/2019	NTS Championships 2019
5	4:34.60 L	F	Tori Oliver	17	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
6	4:35.18 L	F	Hannah Pearse	17	VINE CPT	01/12/2019	Western Cape Long Course
7	4:35.34 L	F	Gina Miller	17	HASC JHB	21/02/2020	2020 Grand Prix Invitational Swimming
8	4:36.16 L	P	Zoe Phillips	17	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
9	4:41.07 L	F	Tasneen Ebrahim	17	PEAS NMA	23/08/2019	Madibaz Spring Gala
10	4:41.84 L	F	Kaitlyn Albertyn	17	TUKS FSH	04/12/2019	NTS Championships 2019
11	4:43.18 L	F	Hannah Counihan	17	PEAS NMA	14/06/2019	PEA Winter Gala
12	4:45.77 L	F	Jessica Booth	17	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
13	4:46.40 L	F	Georgia Nel	17	SAAW CPT	22/06/2019	Tsxetan Golomev
14	4:47.20 L	F	Mia Roets	17	SAAW CPT	22/06/2019	Tsxetan Golomev
15	4:47.59 L	F	Chloe Horne	17	SGUL ETH	08/02/2020	eThekwini Age Group Gala 10
16	4:53.57 L	F	Idelé du Toit	17	POTC KKD	05/12/2019	NWS Championships 2019/2020
17	4:53.68 L	F	Deborah Dredge	17	PAC FSH	30/08/2019	NTS August 2019 Age Group Gala Level
18	4:57.34 L	F	Talia Fos	17	AEC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
19	4:57.42 L	F	Carla Meikle	17	SEAL UMD	14/06/2019	2019 Michael Lohberg
20	4:58.87 L	F	Zoe Sinclair	17	TUKS FSH	14/02/2020	NTS February 2020 Age Group Gala
21	5:00.47 L	F	Kaelin Rogge	17	AZON ETH	17/12/2019	KZNA Premier Provincial Championship
22*	5:02.30 L	F	Chloe van Driel	17	SODO JHB	04/12/2019	NTS Championships 2019
22*	5:02.30 L	F	Courtney Davidson	17	PEAS NMA	29/11/2019	NMBA Championships 2019
24	5:03.15 L	F	Kaylee Silen	17	AZON ETH	23/11/2019	KZN TYR Westville Sprints 2019
25	5:09.16 L	F	Anri Nel	17	BLNE MAN	26/11/2019	FS Champs
26	5:09.82 L	F	Tyra Roozendaal	17	INFA NMA	29/11/2019	NMBA Championships 2019
27	5:10.55 L	F	Anica Dennis	17	NWUC KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
28	5:11.10 L	F	Danielle Ontong	17	BLSS MAN	26/11/2019	FS Champs
29	5:11.19 L	F	Nichola Greyling	17	HREF BPD	19/10/2019	NWS Age Group 1 1920
30	5:12.05 L	F	Courtney De Villiers	17	MWSC NGD	29/11/2019	Mpumalanga Championships 2019
31	5:13.72 L	F	Marjean Kupfer	17	ELEC JHB	05/12/2019	CGA Championships 2019
32	5:14.20 L	F	Judi Smith	17	QUIC CPT	26/09/2019	Aquabear Invitational Meet 2019
33	5:16.07 L	F	Shaylee Anderson	17	TUKS FSH	29/11/2019	2019 The Tshwane Mayoral Gala
34	5:16.28 L	F	Olivia Scott	17	VINE CPT	25/01/2020	West Coast Qualify Gala 2020
35	5:17.14 L	F	Leah Bennett	17	TUKS FSH	14/02/2020	NTS February 2020 Age Group Gala
36	5:18.33 L	F	Rahael Weatherhead	17	RFA FSH	29/11/2019	2019 The Tshwane Mayoral Gala
37	5:18.60 L	F	Aletta Gersbach	17	RFA FSH	30/08/2019	NTS August 2019 Age Group Gala Level
38	5:19.54 L	F	Cameron Vd Merwe	17	AEC JHB	19/10/2019	EGA Summer 3 2019
39	5:20.35 L	F	Jeanne Blaisse	17	PLAY CED	25/01/2020	West Coast Qualify Gala 2020
40	5:21.60 L	F	Jordainne Kazimierczak	17	FLOD JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
41	5:22.28 L	F	Leila Choriatiopoulos	17	WATR JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
42	5:23.47 L	F	Sian Redelinghuys	17	AQU ADJ	01/02/2020	Uthukela District Age Group Gala 1 Feb
43	5:23.92 L	F	Alyssa Norman	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
44	5:24.41 L	F	Alida Van der Merwe	AR	BLOT MAN	26/11/2019	FS Champs
45	5:25.60 L	F	Paige Mauer	17	VIKI BUF	22/11/2019	BCA Long Course Championships 2019
46	5:26.37 L	F	Hannah Dean	17	AA JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
47	5:26.39 L	F	Dominique Straub	17	ELEC JHB	05/12/2019	CGA Championships 2019
48	5:27.20 L	F	Jessica Holmes	17	BLNE MAN	26/11/2019	FS Champs
49	5:31.64 L	F	Ashley Gerber	17	BCA BUF	18/01/2020	CTA INTER DISTRICT PRESTIGE
50	5:34.68 L	F	Stephanie Hofmeyr	17	BARR CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
51	5:37.60 L	F	Cailin Coetzee	AR	BLOT MAN	27/09/2019	Neptunes Open Gala
52	5:42.18 L	F	Shelby Pentz	17	DBSC SDD	19/10/2019	EGA Summer 3 2019
53	5:44.31 L	F	Elseri Pienaar	17	UPTS ZMD	25/10/2019	Flamingo Aquatics Academy Prestige
54	5:48.06 L	F	Caley Kent-Brown	17	HARL BUF	08/11/2019	BCA November Age Group Gala 2019
55	5:51.77 L	F	Kayla Killip	17	LINR JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
56	5:53.22 L	F	Cailin Botha	17	WSTV ETH	05/10/2019	eThekwini Age Group 6
57	5:53.40 L	F	Cameron Foulis	17	TUKS FSH	13/09/2019	NTS September 2019 Age Group Gala



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
58	5:56.30	L	F	Katelyn Marais	17	MDOL	JHB 19/10/2019 EGA Summer 3 2019
59	5:57.19	L	F	Carla Cronje	17	WELA	FDD 27/09/2019 Neptunes Open Gala
60	6:01.43	L	F	Caitlin Geldenhuys	17	ONYX	EKU 19/10/2019 EGA Summer 3 2019
61	6:04.45	L	F	Emma-Joy Macintosh	17	CARN	EKU 19/10/2019 EGA Summer 3 2019
62	6:07.52	L	F	Kiara Geldenhuys	17	ONYX	EKU 19/10/2019 EGA Summer 3 2019
63	6:08.43	L	F	Paula Van Zyl	17	NEWS	ADJ 25/01/2020 Amajuba District Age Group Gala 2
64	6:13.36	L	F	Andrea Jack	17	PEAS	NMA 14/06/2019 PEA Winter Gala
65	6:23.66	L	F	Mikyla Bornman	17	BLSS	MAN 26/11/2019 FS Champs
66	6:26.95	L	F	Suné Erasmus	17	FISH	EDD 01/11/2019 38th Freda Barnard Invitational Gala
<b>Women 17 - 17 800 Free</b>							
1	8:47.97	L	P	Dune Coetzee	17	TUKS	FSH 12/07/2019 18th FINA World Championships
2	9:13.37	L	F	Stephanie Houtman	17	TUKS	FSH 04/12/2019 NTS Championships 2019
3	9:13.55	L	F	Hannah Pearse	17	RSA	11/09/2019 13th CANA Junior African
4	9:24.01	L	F	Tailyn Seyffert	17	BLSS	MAN 26/11/2019 FS Champs
5	9:31.02	L	F	Tori Oliver	17	ACSA	ETH 17/12/2019 KZNA Premier Provincial Championship
6	9:37.95	L	F	Zoe Phillips	17	TUKS	FSH 04/12/2019 NTS Championships 2019
7	9:46.09	L	F	Kaitlyn Albertyn	17	TUKS	FSH 04/12/2019 NTS Championships 2019
8	9:47.76	L	F	Gina Miller	17	HASC	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
9	9:50.03	L	F	Tasneen Ebrahim	17	PEAS	NMA 29/11/2019 NMBA Championships 2019
10	9:50.21	L	F	Jessica Booth	17	INFA	NMA 26/09/2019 Aquabear Invitational Meet 2019
11	9:51.23	L	F	Chloe Horne	17	SGUL	ETH 26/10/2019 eThekweni Age Group Gala 7
12	10:07.41	L	F	Nuria Ribeiro	17	CYBE	CPT 19/10/2019 Winelands Senior League 4 - 19 Oct
13	10:25.36	L	F	Zoe Sinclair	17	TUKS	FSH 27/09/2019 NTS September 2019 Age Group Gala
14	10:27.94	L	F	Chloe van Driel	17	SODO	JHB 14/02/2020 NTS February 2020 Age Group Gala
15	10:34.90	L	F	Anri Nel	17	BLNE	MAN 26/11/2019 FS Champs
16	10:42.50	L	F	Danielle Ontong	17	BLSS	MAN 26/11/2019 FS Champs
17	10:53.40	L	F	Pascale Oberholzer	17	MDOL	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
18	10:54.04	L	F	Rahael Weatherhead	17	NWS	01/02/2020 NTS Invitational Gala 2020
19	10:55.94	L	F	Cameron Vd Merwe	17	AEC	JHB 01/12/2019 Western Cape Long Course
20	10:56.93	L	F	Shaylee Anderson	17	TUKS	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
21	10:57.50	L	F	Anica Dennis	17	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
22	11:09.29	L	F	Paige Mauer	17	VIKI	BUF 22/11/2019 BCA Long Course Championships 2019
23	11:14.75	L	F	Carla Lichtblau	17	ONYX	EKU 05/12/2019 EGA Summer Championships 2019
24	11:18.04	L	F	Hannah Manos	17	TRAZ	FSH 15/11/2019 NTS November 2019 Age Group Gala
25	11:20.92	L	F	Carla Mouton	17	CSA	EZD 31/01/2020 MP AGE GROUP 4 31 JANUARY - 1
26	11:22.99	L	F	Hannah Dean	17	AA	JHB 05/12/2019 CGA Championships 2019
27	11:27.32	L	F	Jessica Holmes	17	BLNE	MAN 26/11/2019 FS Champs
28	11:29.13	L	F	Anke Fourie	17	LAD	UTD 25/01/2020 Amajuba District Age Group Gala 2
29	11:32.86	L	F	Alida Van der Merwe	AR	BLOT	MAN 26/11/2019 FS Champs
30	11:37.48	L	F	Stephanie Hofmeyr	17	BARR	CPT 01/11/2019 38th Freda Barnard Invitational Gala
31	11:50.68	L	F	Ashley Gerber	17	FISH	EDD 26/10/2019 EDEN 2nd A-League Gala 2019
32	11:57.60	L	F	Sian Redelinghuys	17	AQU	ADJ 25/01/2020 Amajuba District Age Group Gala 2
33	12:06.51	L	F	Elseri Pienaar	17	UPTS	ZMD 25/10/2019 Flamingo Aquatics Academy Prestige
34	12:18.83	L	F	Caley Kent-Brown	17	HARL	BUF 22/11/2019 BCA Long Course Championships 2019
35	13:08.28	L	F	Suné Erasmus	17	FISH	EDD 01/11/2019 38th Freda Barnard Invitational Gala
36	14:05.73	L	F	Viearn Green	17	RPAC	EKU 08/11/2019 EGA Summer 4
<b>Women 17 - 17 1000 Free</b>							
1	17:51.00	L	F	Caitlyn Slabberts	17	PSCP	UMD 30/11/2019 KZN Open Water
<b>Women 17 - 17 1500 Free</b>							
1	17:59.74	L	F	Hannah Pearse	17	VINE	CPT 01/12/2019 Western Cape Long Course
2	18:16.95	L	P	Tori Oliver	17	RSA	20/08/2019 7TH FINA World Junior Swimming
3	18:56.22	L	F	Tasneen Ebrahim	17	PEAS	NMA 29/11/2019 NMBA Championships 2019
4	19:04.43	L	F	Kaitlyn Albertyn	17	TUKS	FSH 27/09/2019 NTS September 2019 Age Group Gala
5	20:26.90	L	F	Zoe Sinclair	17	TUKS	FSH 14/02/2020 NTS February 2020 Age Group Gala
6	21:56.73	L	F	Rahael Weatherhead	17	RFA	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
7	23:45.31	L	F	Caley Kent-Brown	17	HARL	BUF 08/11/2019 BCA November Age Group Gala 2019
8	26:31.82	L	F	Suné Erasmus	17	FISH	EDD 16/11/2019 EDEN 3rd A-League Gala 2019

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 17 - 17 3000 Free</b>							
1	38:26.00	L	F	Kaitlyn Albertyn	17	TUKS FSH	26/10/2019 Sun City Swim 2019
2	41:38.60	L	O	Tyra Roozendaal	17	INFA NMA	25/01/2020 NMBA OWS Championships 2020
3	43:41.79	L	O	Kayla Schefermann	17	UNIN MPD	03/11/2019 OPEN WATER SWIM 2
4	43:49.00	L	O	Zoe Sinclair	17	AGC FSH	07/03/2020 SA National Aquatic Championship 2020
5	44:16.00	L	O	Gabriela Scrooby	17	PER JHB	26/10/2019 AQuelle Sun City 2019
6	44:48.28	L	O	Cameron Vd Merwe	17	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
7	45:27.00	L	F	Anke Fourie	17	LAD UTD	30/11/2019 KZN Open Water
8	45:29.00	L	O	Jenna Seymour-Smith	17	AGC FSH	07/03/2020 SA National Aquatic Championship 2020
9	45:36.27	L	O	Anri Nel	17	FSA FS	07/03/2020 SA National Aquatic Championship 2020
10	45:45.50	L	O	Jenna-Lee Lange	17	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
11	46:16.15	L	O	Mieke Muller	17	AGC FSH	07/03/2020 SA National Aquatic Championship 2020
12	46:48.00	L	O	Pascale Oberholzer	17	MDOL JHB	10/01/2020 2020 Grand Prix Invitation Swimming
13	46:50.00	L	O	Nichola Greyling	17	HREF BPD	26/10/2019 Sun City Swim 2019
14	46:57.75	L	O	Courtney De Villiers	17	MWSC NGD	13/10/2019 OPEN WATER SWIM 1
15	46:58.91	L	O	Dominique Straub	17	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
16	47:53.78	L	O	Hannah Dean	17	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
17	51:37.00	L	F	Jessica Holmes	17	BLNE MAN	18/01/2020 Dischem Kovsie Aquatics Open Water
<b>Women 17 - 17 5000 Free</b>							
1	1:04:55.50	L	O	Jessica Booth	17	INFA NMA	08/12/2019 EC Swim Series OWS 3 2019
2	1:05:01.00	L	O	Stephanie Houtman	17	TUKS FSH	10/01/2020 2020 Grand Prix Invitation Swimming
3	1:06:15.66	L	O	Kaitlyn Albertyn	17	AGC FSH	07/03/2020 SA National Aquatic Championship 2020
4	1:07:11.20	L	O	Tasneen Ebrahim	17	PEAS NMA	13/10/2019 EC Swim Series OWS 1 2019
5	1:10:10.00	L	F	Zoe Sinclair	17	TUKS FSH	01/07/2019 BLED Slovenia
6	1:12:41.30	L	O	Tyra Roozendaal	17	INFA NMA	13/10/2019 EC Swim Series OWS 1 2019
7	1:13:15.87	L	O	Gabriela Scrooby	17	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
8	1:15:41.91	L	O	Cameron Vd Merwe	17	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
9	1:16:14.00	L	O	Jenna Seymour-Smith	17	TUKS FSH	10/01/2020 2020 Grand Prix Invitation Swimming
10	1:19:38.00	L	O	Courtney De Villiers	17	MWSC NGD	10/01/2020 2020 Grand Prix Invitation Swimming
11	1:29:55.00	L	F	Sian Redelinghuys	17	AQU ADJ	30/11/2019 KZN Open Water
<b>Women 17 - 17 7500 Free</b>							
1	1:43:58.00	L	O	Tasneen Ebrahim	17	PEAS NMA	13/10/2019 EC Swim Series OWS 1 2019
2	1:45:40.10	L	O	Jessica Booth	17	INFA NMA	13/10/2019 EC Swim Series OWS 1 2019
3	1:49:32.68	L	O	Gabriela Scrooby	17	AGB JHB	07/03/2020 SA National Aquatic Championship 2020
4	2:06:51.90	L	O	Tyra Roozendaal	17	INFA NMA	08/12/2019 EC Swim Series OWS 3 2019
<b>Women 17 - 17 10000 Free</b>							
1	2:09:53.15	L	O	Stephanie Houtman	17	TUKS FSH	10/01/2020 2020 Grand Prix Invitation Swimming
2	2:18:42.10	L	O	Jessica Booth	17	ECA NMA	07/03/2020 SA National Aquatic Championship 2020
3	2:23:43.90	L	O	Tasneen Ebrahim	17	PEAS NMA	12/01/2020 EC Swim Series OWS 4 2020
4	2:27:08.64	L	O	Kaitlyn Albertyn	17	TUKS FSH	10/01/2020 2020 Grand Prix Invitation Swimming
<b>Women 17 - 17 50 Back</b>							
1	29.65	L	F	Kerryn Herbst	17	RSA	21/08/2019 12th African Games Rabat
2	29.92	L	F	Olivia Nel	17	SAAW CPT	29/06/2019 Kavala 2019
3	30.05	L	F	Rebecca Meder	17	SGUL ETH	01/12/2019 Western Cape Long Course
4	30.09	L	P	Michaela De Villiers	17	RSA	20/08/2019 7TH FINA World Junior Swimming
5	30.75	L	P	Kirsten de Goede	17	SGUL ETH	21/02/2020 2020 Grand Prix Invitational Swimming
6	30.81	L S	F	Tailyn Seyffert	17	BLSS MAN	26/11/2019 FS Champs
7	30.96	L	F	Hannah Pearse	17	RSA	11/09/2019 13th CANA Junior African
8	31.44	L	F	Kelsea Munro	17	TUKS FSH	04/12/2019 NTS Championships 2019
9	31.55	L	P	Zoe Phillips	17	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
10	31.76	L	P	Talia Fos	17	AEC JHB	21/02/2020 2020 Grand Prix Invitational Swimming
11	31.84	L	P	Sinelithemba Mbatha	17	TUKS FSH	04/12/2019 NTS Championships 2019
12*	32.12	L	F	Emma Podesta	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
14*	32.12	L	F	Alexia Velde	17	USC BUF	09/12/2019 SA Schools Swimming Championship
14	32.13	L	P	Jana Botha	17	TYGE CPT	01/12/2019 Western Cape Long Course
15	32.16	L	P	Demi- Lee Carlisle	17	FLOD JHB	21/02/2020 2020 Grand Prix Invitational Swimming
16	32.24	L	P	Paige Forster	17	SEAL UMD	14/06/2019 2019 Michael Lohberg

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Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
17	32.35 L	P	Georgia Nel	17	SAAW CPT	01/12/2019	Western Cape Summer Championships
18	32.48 L	F	Carla Meikle	17	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
19	32.55 L	P	Louisa Siebel	17	SAAW CPT	31/01/2020	2020 Grand Prix Invitational Swimming
20	32.69 L	F	Jeanne Blaisse	17	PLAY CED	26/09/2019	Aquabear Invitational Meet 2019
21	32.78 L	F	Nuria Ribeiro	17	CYBE CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
22	33.08 L	F	Dinica Bosman	17	SEAL UMD	23/11/2019	KZN TYR Westville Sprints 2019
23*	33.10 L	P	Olivia Scott	17	VINE CPT	17/12/2019	KZNA Premier Provincial Championship
23*	33.10 L	F	Hannah Counihan	17	PEAS NMA	29/11/2019	NMBA Championships 2019
25*	33.41 L	F	Kaitlyn Albertyn	17	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
25*	33.41 L	F	Courtney Repinz	17	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
27	33.46 L	F	Nicole Viljoen	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
28	33.61 L	F	Kelly Crous	17	KLOO ETH	03/08/2019	eThekweni Age Group Gala 4
29	33.63 L	P	Kate Meyer	17	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
30	33.78 L	P	Dominique Barnard	17	TRAZ TSH	04/12/2019	NTS Championships 2019
31	33.86 L	F	Carli Venter	17	RBOT BPD	05/12/2019	NWS Championships 2019/2020
32	33.89 L	F	Kaylin De Almeida	17	AA JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
33	34.22 L	P	Taylor Pharoah	17	CSC TSH	28/06/2019	Fast & Furious Meet
34	34.31 L	F	Idel� du Toit	17	POTC KKD	05/12/2019	NWS Championships 2019/2020
35	34.33 L S	F	Kieryn Letley	17	ESTR EKU	05/12/2019	EGA Summer Championships 2019
36*	34.35 L	F	Alida Van der Merwe	AR	BLOT MAN	04/10/2019	Seals Gala
36*	34.35 L	F	Nina Madden	17	CRSC JHB	05/12/2019	CGA Championships 2019
36*	34.35 L	F	Tasneen Ebrahim	17	PEAS NMA	23/08/2019	Madibaz Spring Gala
39	34.36 L	F	Allison Marx	17	PER JHB	05/12/2019	CGA Championships 2019
40	34.45 L	P	Anke Fourie	17	LAD UTD	17/12/2019	KZNA Premier Provincial Championship
41	34.54 L	F	Tayla Kotze	17	NHS MP	19/02/2020	Inter High School Gala - 19 February
42	34.62 L	F	Amy Potgieter	17	PENC MP	19/02/2020	Inter High School Gala - 19 February
43	34.81 L	F	Mia Roets	17	SAAW CPT	22/06/2019	Tsxetan Golomev
44	34.88 L	F	Nichola Greyling	17	HREF BPD	05/12/2019	NWS Championships 2019/2020
45	34.94 L	F	Liliana Ricco	17	CUHE OBD	01/11/2019	38th Freda Barnard Invitational Gala
46	35.00 L	F	Marija Dimopoulos	17	PEAS NMA	23/08/2019	Madibaz Spring Gala
47	35.14 L	F	Cameron Vd Merwe	17	AEC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
48	35.20 L	F	Courtney De Villiers	17	MWSC NGD	29/11/2019	Mpumalanga Championships 2019
49	35.21 L	P	Aletta Gersbach	17	RFA TSH	04/12/2019	NTS Championships 2019
50	35.23 L	F	Marjean Kupfer	17	ELEC JHB	05/12/2019	CGA Championships 2019
51	35.33 L	F	Kayla Schefermann	17	UNIN MPD	27/09/2019	MP AGE GROUP 1 - 27-28
52	35.55 L	F	Minette Janse van Vuuren	17	AQU ADJ	21/02/2020	Amajuba District Long Course
53	35.69 L	F	Kendra Du Toit	17	SOUL EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
54	35.87 L	F	Anica Dennis	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
55	35.99 L	F	Sian Redelinghuys	17	AQU ADJ	21/02/2020	Amajuba District Long Course
56*	36.02 L	F	Kayleigh M�ller	17	BLMA CPT	14/06/2019	PEA Winter Gala
56*	36.02 L	F	Jordainne Kazimierczak	17	FLOD JHB	05/12/2019	CGA Championships 2019
58	36.03 L S	F	Jessica Holmes	17	BLNE MAN	26/11/2019	FS Champs
59	36.08 L	F	Shelby Pentz	17	DBSC SDD	17/08/2019	EGA Winter 4 (Soncini) 17.08.19
60	36.09 L	F	Jayne Van Wyk	17	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
61	36.22 L	F	Carla Mouton	17	CSA EZD	14/09/2019	MP Sprint Gala - 14 September 2019
62	36.27 L	F	Kaylee Silen	17	AZON ETH	03/08/2019	eThekweni Age Group Gala 4
63	36.37 L S	F	Taryn Saunderson	JR	BLOT MAN	26/11/2019	FS Champs
64	36.42 L	F	Zania Pieters	17	PAC TSH	29/11/2019	2019 The Tshwane Mayoral Gala
65	36.57 L S	F	Danielle Ontong	17	BLSS MAN	26/11/2019	FS Champs
66	36.63 L	P	Ashley Gerber	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
67	36.64 L	P	Riley Cawse	17	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
68	36.78 L	F	Anika Schmidt	17	HSTAN MPD	05/10/2019	Limpopo Age Group 4 & School Champs
69	36.89 L	F	Alyssa Norman	17	NWUC KKD	05/12/2019	NWS Championships 2019/2020
70	37.02 L S	F	Carla Cronje	17	WELA FDD	26/11/2019	FS Champs
71	37.03 L S	F	Micaela Pinto	17	BOKS EKU	05/12/2019	EGA Summer Championships 2019
72	37.14 L	F	Megan Clouston	17	NWUC KKD	05/12/2019	NWS Championships 2019/2020
73	37.21 L S	F	Carla Lichtblau	17	ONYX EKU	05/12/2019	EGA Summer Championships 2019
74	37.24 L	F	Elseri Pienaar	17	UPTS ZMD	25/10/2019	Flamingo Aquatics Academy Prestige
75	37.25 L	F	Kayla Killip	17	LINR JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
76	37.27 L	F	Rochelle Jacobs	17	BLNE MAN	27/09/2019	Neptunes Open Gala
77	37.30 L	F	Judi Smith	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
78	37.46 L	P	Sune' De wit	17	KZNA ETH	09/12/2019	SA Schools Swimming Championship
79	37.47 L	F	Kayla Olivier	17	HBV MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
80	37.66 L	F	Leah Bennett	17	TUKS TSH	26/10/2019	2019 OR Tambo/Soncini Games
81	37.78 L	F	Rahael Weatherhead	17	RFA TSH	29/11/2019	2019 The Tshwane Mayoral Gala
82	37.85 L	F	Deborah Dredge	17	PAC TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
83	38.06 L	F	Danielle Pienaar	17	BULS MAN	14/09/2019	Mangaung Sprints
84	38.18 L	F	Elisna Nel	17	RBOT BPD	05/12/2019	NWS Championships 2019/2020
85	38.49 L	F	Dominique Straub	17	ELEC JHB	05/12/2019	CGA Championships 2019
86	38.60 L	F	Cailin Botha	17	WSTV ETH	23/11/2019	KZN TYR Westville Sprints 2019
87	38.64 L	F	Dieuné Mostert	17	FSAC BPD	05/12/2019	NWS Championships 2019/2020
88	38.73 L	F	Jena Rawlinson	17	UPC MP	19/02/2020	Inter High School Gala - 19 February
89	38.84 L	F	Chloe van Driel	17	SODO JHB	07/09/2019	2019 Hillcrest Sprint Gala 13/O
90	38.99 L	F	Marlizaan Coetzee	17	TRAZ TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
91	39.07 L	F	Paige Mauer	17	VIKI BUF	22/11/2019	BCA Long Course Championships 2019
92	39.09 L	F	Melina Heinrich	17	AA JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
93	39.17 L S	F	Anri Nel	17	BLNE MAN	26/11/2019	FS Champs
94	39.23 L	F	Chanel Lindeque	17	HSBV SKD	05/10/2019	Limpopo Age Group 4 & School Champs
95	39.27 L	F	Caitlin Forword	17	PEAS NMA	14/06/2019	PEA Winter Gala
96	39.31 L	F	Mikyla Bornman	17	BLSS MAN	25/01/2020	Mangaung Classic Gala 2020
97	39.46 L	F	Andrea Jack	17	PEAS NMA	29/11/2019	NMBA Championships 2019
98	39.57 L	F	Riandi Venter	17	HSBV SKD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
99	39.58 L	F	Kayley Ryan	17	SOUL EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
100	39.72 L	F	Stephanie Hofmeyr	17	BARR CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
101	39.88 L	F	Hannah Manos	17	TRAZ TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
102	40.32 L S	F	Kiara Geldenhuys	17	ONYX EKU	05/12/2019	EGA Summer Championships 2019
103	40.94 L	F	Paula Van Zyl	17	NEWS ADJ	21/02/2020	Amajuba District Long Course
104	41.17 L	F	Leané Schaap	17	HFDT MPD	05/10/2019	Limpopo Age Group 4 & School Champs
105	41.18 L	F	Leoné Pietersen	HR	ROB MP	19/02/2020	Inter High School Gala - 19 February
106	41.29 L S	F	Caitlin Geldenhuys	17	ONYX EKU	05/12/2019	EGA Summer Championships 2019
107	41.43 L	F	Bianca Nel	17	HE WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
108	41.48 L	F	Kayla Daniel	17	PENC MP	19/02/2020	Inter High School Gala - 19 February
109	41.56 L S	F	Telize Sevenster	17	VALS FDD	26/11/2019	FS Champs
110	41.69 L	F	Cameron Foulis	17	TUKS TSH	13/09/2019	NTS September 2019 Age Group Gala
111	41.88 L	F	Chloe Cilliers	17	BLSS MAN	14/06/2019	PEA Winter Gala
112	42.99 L	F	Katelyn Marais	17	MDOL JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
113	43.04 L	P	Zoe Darling	17	SASOL FDD	24/06/2019	Sasol National Winter Championship
114	43.14 L	F	Suné Erasmus	17	FISH EDD	01/11/2019	38th Freda Barnard Invitational Gala
115	43.23 L	F	Nawaal Armien	17	UWCA CPT	02/11/2019	Swartland Invitational #1
116	43.54 L	F	Caley Kent-Brown	17	HARL BUF	22/11/2019	BCA Long Course Championships 2019
117	43.55 L	F	Siphesihle Mtshali	17	SOWE JHB	26/10/2019	2019 OR Tambo/Soncini Games
118	43.71 L	F	Abbi Vd Walt	17	HHS WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
119	44.00 L	F	Zoe Malan	17	RFA TSH	13/09/2019	NTS September 2019 Age Group Gala
120	44.50 L	F	Emma-Joy Macintosh	17	CARN EKU	08/03/2020	Aquatics Gauteng Level 1
121	45.50 L	F	Zandri Cary-Smith	17	WELA FDD	14/09/2019	Fezile Dabi Age Group
122	45.87 L	F	Zasharee Cambell	17	HUD BUF	14/03/2020	BCA Level 1 Gala 2020
123	46.03 L	F	Izanne Van Schoor	17	HWBA WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
124	46.49 L	F	Anika De Klerk	17	HE WBD	15/10/2019	Limpopo Top 10 - High Schools
125	47.22 L	F	Viearn Green	17	RPAC EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
126	48.46 L	F	simone van wyk	17	HEIDE MAN	25/01/2020	Mangaung Classic Gala 2020
127	49.61 L	F	Zelwi Du Toit	17	ELHS VBD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
128	51.63 L	F	Casey-Jane Venter	17	WRAN WRD	26/10/2019	2019 OR Tambo/Soncini Games
129	51.81 L	F	Emma Kruger	DR	BLOT MAN	25/01/2020	Mangaung Classic Gala 2020
130	55.01 L	F	Samkelisiwe Ntuli	17	FUAC KZ	14/03/2020	KZNA Level 1 Provincial Champs 2020
131	56.68 L	F	Caitlin Sorensen	17	QGH BUF	14/03/2020	BCA Level 1 Gala 2020
132	1:05.00 L	F	Olorato Makgale	17	ISSC NMD	15/02/2020	NWS Last Chance AG5 1920
133	1:09.51 L	F	Anastacia Moon	17	SOWE JHB	11/01/2020	NCASA Age Group 4 KTU 2019-2020

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr		
<b>Women 17 - 17 100 Back</b>						
1	1:03.25	L	F	Rebecca Meder	17	SGUL ETH 17/12/2019 KZNA Premier Provincial Championship
2	1:03.76	L	F	Kerryn Herbst	17	RSA 21/08/2019 12th African Games Rabat
3	1:04.74	L	P	Hannah Pearse	17	RSA 20/08/2019 7TH FINA World Junior Swimming
4	1:05.05	L	P	Michaela De Villiers	17	VINE CPT 17/12/2019 KZNA Premier Provincial Championship
5	1:05.11	L	F	Tailyn Seyffert	17	BLSS MAN 26/11/2019 FS Champs
6	1:05.37	L	F	Olivia Nel	17	SAAW CPT 29/06/2019 Kavala 2019
7	1:05.81	L	P	Zoe Phillips	17	TUKS FSH 13/12/2019 Amstel Cup - Amsterdam
8	1:06.75	L	F	Paige Forster	17	SEAL UMD 27/06/2019 2019 FLA International Cup
9*	1:07.45	L	F	Jana Botha	17	TYGE CPT 01/12/2019 Western Cape Long Course
9*	1:07.45	L S	F	Sinelithemba Mbatha	17	TUKS FSH 04/12/2019 NTS Championships 2019
11	1:07.84	L	P	Talia Fos	17	AEC JHB 01/12/2019 Western Cape Long Course
12	1:09.01	L	F	Hannah Counihan	17	PEAS NMA 23/08/2019 Madibaz Spring Gala
13	1:09.04	L	F	Kelsea Munro	17	TUKS FSH 09/12/2019 SA Schools Swimming Championship
14	1:09.29	L	P	Gina Miller	17	HASC JHB 21/02/2020 2020 Grand Prix Invitational Swimming
15	1:09.66	L	P	Demi- Lee Carlisle	17	FLOD JHB 21/02/2020 2020 Grand Prix Invitational Swimming
16	1:09.88	L	P	Louisa Siebel	17	SAAW CPT 31/01/2020 2020 Grand Prix Invitational Swimming
17	1:09.96	L	P	Georgia Nel	17	SAAW CPT 31/01/2020 2020 Grand Prix Invitational Swimming
18	1:09.99	L	F	Alexia Velde	17	HUD BUF 26/10/2019 1st B Age Group Gala & EC Schools
19*	1:10.45	L	F	Carla Meikle	17	SEAL UMD 27/06/2019 2019 FLA International Cup
19*	1:10.45	L	F	Emma Podesta	17	AQUB NMA 26/09/2019 Aquabear Invitational Meet 2019
21	1:10.57	L	F	Jeanne Blaisse	17	PLAY CED 26/09/2019 Aquabear Invitational Meet 2019
22	1:11.73	L	F	Trisha Pollicutte	17	CLSC WCD 01/12/2019 Western Cape Long Course
23	1:12.42	L	F	Dominique Barnard	17	TRAZ FSH 15/11/2019 NTS November 2019 Age Group Gala
24	1:12.46	L	F	Olivia Scott	17	VINE CPT 17/12/2019 KZNA Premier Provincial Championship
25	1:12.70	L	F	Alexa Van Thiel	17	WATR JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
26	1:13.21	L	F	Kaylin De Almeida	17	AA JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
27	1:13.32	L	F	Idelé du Toit	17	POTC KKD 19/10/2019 NWS Age Group 1 1920
28	1:13.48	L	F	Courtney Repinz	17	AQUB NMA 26/09/2019 Aquabear Invitational Meet 2019
29	1:13.50	L	P	Dinica Bosman	17	SEAL UMD 17/12/2019 KZNA Premier Provincial Championship
30	1:13.63	L	F	Carli Venter	17	RBOT NW 19/10/2019 NWS Age Group 1 1920
31	1:13.75	L	F	Kaitlyn Albertyn	17	TUKS FSH 18/10/2019 NTS Prestige Gala 2019
32	1:13.76	L	F	Nicole Viljoen	17	MPS NGD 09/12/2019 SA Schools Swimming Championship
33	1:14.04	L	F	Marija Dimopoulos	17	PEAS NMA 23/08/2019 Madibaz Spring Gala
34	1:14.10	L	F	Tasneen Ebrahim	17	PEAS NMA 29/11/2019 NMBA Championships 2019
35	1:14.23	L	F	Taylor Pharoah	17	CSC FSH 10/05/2019 4LSA AFOCH Ramadan Tournament
36	1:14.93	L	P	Courtney Davidson	17	PEAS NMA 26/09/2019 Aquabear Invitational Meet 2019
37	1:15.45	L	F	Cameron Vd Merwe	17	AEC JHB 19/10/2019 EGA Summer 3 2019
38	1:15.93	L S	P	Aletta Gersbach	17	RFA FSH 04/12/2019 NTS Championships 2019
39	1:16.06	L	F	Leila Choriatopoulos	17	WATR JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
40	1:16.15	L	F	Nichola Greyling	17	HREF BPD 15/02/2020 NWS Last Chance AG5 1920
41	1:16.18	L	F	Deborah Dredge	17	PAC FSH 30/08/2019 NTS August 2019 Age Group Gala Level
42	1:16.39	L	F	Kaylee Silen	17	AZON ETH 23/11/2019 KZN TYR Westville Sprints 2019
43	1:16.49	L	F	Anica Dennis	17	MPS NGD 09/12/2019 SA Schools Swimming Championship
44	1:16.72	L	F	Kayleigh Möller	17	BLMA CPT 14/06/2019 PEA Winter Gala
45	1:16.81	L	F	Alida Van der Merwe	AR	BLOT MAN 26/11/2019 FS Champs
46	1:17.20	L	F	Courtney De Villiers	17	MWSC NGD 29/11/2019 Mpumalanga Championships 2019
47	1:17.49	L	F	Allison Marx	17	PER JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
48	1:17.62	L	P	Jordainne Kazimierczak	17	FLOD JHB 24/06/2019 Sasol National Winter Championship
49	1:17.67	L	F	Sian Redelinghuys	17	AQU ADJ 21/02/2020 Amajuba District Long Course
50	1:17.79	L	F	Stephanie Houtman	17	TUKS FSH 27/09/2019 NTS September 2019 Age Group Gala
51	1:17.88	L	P	Liliana Ricco	17	CUHE OBD 01/12/2019 Western Cape Long Course
52	1:18.04	L S	P	Leah Bennett	17	TUKS FSH 04/12/2019 NTS Championships 2019
53	1:18.19	L	F	Kayla Schefermann	17	UNIN MPD 27/09/2019 MP AGE GROUP 1 - 27-28
54	1:18.32	L	F	Carla Lichtblau	17	ONYX EKU 05/12/2019 EGA Summer Championships 2019
55	1:18.69	L	F	Alyssa Norman	17	MPS NGD 09/12/2019 SA Schools Swimming Championship
56	1:19.33	L	F	Danielle Ontong	17	BLSS MAN 18/10/2019 Otters Prestige Gala 2019
57	1:19.66	L	F	Megan Clouston	17	NCASA FBD 02/11/2019 Fezile Dabi Inter District Gala 2019
58	1:19.69	L	F	Anika Schmidt	17	HSTAN MPD 16/09/2019 Limpopo Interhoer (Mopani Distrik)

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	1:19.74	L	F	Marjean Kupfer	17	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
60	1:19.79	L	F	Anke Fourie	17	LAD UTD	01/02/2020 Uthukela District Age Group Gala 1 Feb
61	1:19.82	L	F	Kieryn Letley	17	ESTR EKU	15/02/2020 EGA Last Chance Feb 2020
62	1:19.94	L	F	Jessica Holmes	17	BLNE MAN	30/08/2019 Kovsie Aquatics Gala 2019
63	1:19.97	L S	P	Chloe van Driel	17	SODO JHB	04/12/2019 NTS Championships 2019
64	1:20.08	L	F	Rahael Weatherhead	17	RFA TSH	26/10/2019 2019 OR Tambo/Soncini Games
65	1:20.28	L	F	Minette Janse van Vuuren	17	AQU ADJ	21/02/2020 Amajuba District Long Course
66	1:20.44	L	F	Shelby Pentz	17	DBSC SDD	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
67	1:20.96	L	F	Elseri Pienaar	17	UPTS ZMD	08/11/2019 NCASA Age Group 2 UP 2019
68	1:21.39	L	F	Anri Nel	17	BLNE MAN	26/11/2019 FS Champs
69	1:21.82	L	F	Micaela Pinto	17	BOKS EKU	14/09/2019 EGA Summer 1 2019
70	1:21.96	L	F	Paige Mauer	17	VIKI BUF	14/06/2019 PEA Winter Gala
71	1:22.00	L	P	Riley Cawse	17	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
72	1:22.11	L	F	Ashley Gerber	17	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
73	1:22.16	L	F	Hannah Manos	17	TRAZ TSH	19/10/2019 EGA Summer 3 2019
74	1:22.54	L	F	Hannah Dean	17	AA JHB	22/02/2020 CGA Level 2 Last Chance Gala - Day 1
75	1:22.57	L	F	Pascale Oberholzer	17	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
76	1:22.67	L	F	Andrea Jack	17	PEAS NMA	14/06/2019 PEA Winter Gala
77	1:22.76	L	F	Kayley Ryan	17	SOUL EKU	19/10/2019 EGA Summer 3 2019
78	1:23.19	L	F	Marlizaan Coetzee	17	TRAZ TSH	15/11/2019 NTS November 2019 Age Group Gala
79	1:23.22	L	F	Carla Cronje	17	WSS FDD	02/11/2019 Fezile Dabi Inter District Gala 2019
80	1:23.52	L	F	Danielle Pienaar	17	BULS MAN	09/11/2019 Bull-Sharks 2019
81	1:23.68	L	F	Judi Smith	17	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
82	1:23.76	L	F	Cailin Botha	17	WSTV ETH	09/11/2019 eThekweni Age Group Gala 8
83	1:24.39	L	F	Kaelin Rogge	17	AZON ETH	20/07/2019 eThekweni Age Group Gala 3
84	1:24.54	L	P	Carla Mouton	17	CSA EZD	29/11/2019 Mpumalanga Championships 2019
85	1:24.63	L	F	Melina Heinrich	17	AA JHB	11/01/2020 NCASA Age Group 4 KTU 2019-2020
86	1:24.89	L	F	Elisna Nel	17	RBOT BPD	05/12/2019 NWS Championships 2019/2020
87	1:25.10	L	F	Kayla Killip	17	LINR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
88	1:25.12	L	F	Adri Opperman	17	BOKS EKU	18/01/2020 EGA Summer 5 - 2020
89	1:25.35	L	F	Cailin Coetzee	AR	BLOT MAN	18/10/2019 Otters Prestige Gala 2019
90	1:25.78	L	F	Mikyla Bornman	17	BLSS MAN	25/01/2020 Mangaung Classic Gala 2020
91	1:27.33	L	F	Dieuné Mostert	17	FSAC BPD	05/12/2019 NWS Championships 2019/2020
92	1:27.53	L	F	Kayla Olivier	17	HBV MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
93	1:27.84	L	F	Leané Schaap	17	HFDT MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
94	1:28.87	L	F	Stephanie Hofmeyr	17	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
95	1:29.35	L	F	Caitlin Forword	17	PEAS NMA	14/06/2019 PEA Winter Gala
96	1:29.64	L	P	Kiara Geldenhuys	17	ONYX EKU	05/12/2019 EGA Summer Championships 2019
97	1:29.92	L	P	Caitlin Geldenhuys	17	ONYX EKU	05/12/2019 EGA Summer Championships 2019
98	1:30.13	L	F	Riandi Venter	17	HSBV SKD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
99	1:32.01	L	F	Danielle Pretorius	17	TUKS TSH	12/10/2019 NTS Oct 2019 Age Group Gala
100	1:34.55	L	F	Chloe Cilliers	17	BLSS MAN	14/06/2019 PEA Winter Gala
101	1:34.84	L	F	Paula Van Zyl	17	KZNA ETH	09/12/2019 SA Schools Swimming Championship
102	1:35.22	L	F	Qamar Ngqawana	17	UNIQ JHB	18/01/2020 EGA Summer 5 - 2020
103	1:36.28	L	F	Carmen De Bruyn	17	CUDU CPT	02/11/2019 Swartland Invitational #1
104	1:36.54	L	F	Zoe Malan	17	RFA TSH	29/11/2019 2019 The Tshwane Mayoral Gala
105	1:36.75	L	F	Emma-Joy Macintosh	17	CARN EKU	14/09/2019 EGA Summer 1 2019
106	1:37.23	L	F	Suné Erasmus	17	FISH EDD	08/02/2020 EDEN 5th A-League Gala 2020
107	1:40.15	L	F	Abbi Vd Walt	17	HHS WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
108	1:41.00	L	F	Anika De Klerk	17	HE WBD	15/10/2019 Limpopo Top 10 - High Schools
109	1:41.06	L	F	Katelyn Marais	17	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
110	1:54.88	L	F	Ankebe Els	17	HFM WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)

### Women 17 - 17 200 Back

1	2:17.24	L	P	Hannah Pearse	17	RSA	20/08/2019 7TH FINA World Junior Swimming
2	2:20.76	L	P	Zoe Phillips	17	TUKS TSH	13/12/2019 Amstel Cup - Amsterdam
3	2:23.15	L	P	Talia Fos	17	AEC JHB	21/02/2020 2020 Grand Prix Invitational Swimming
4	2:23.52	L S	F	Tailyn Seyffert	17	BLSS MAN	26/11/2019 FS Champs
5	2:26.88	L	F	Paige Forster	17	SEAL UMD	27/06/2019 2019 FLA International Cup
6	2:27.03	L	P	Gina Miller	17	HASC JHB	21/02/2020 2020 Grand Prix Invitational Swimming

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
7	2:27.11	L	F	Jana Botha	17	TYGE CPT	01/12/2019 Western Cape Summer Championships
8	2:27.51	L	F	Georgia Nel	17	SAAW CPT	22/06/2019 Tsxetan Golomev
9	2:27.66	L	F	Michaela De Villiers	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
10	2:27.68	L	F	Hannah Counihan	17	PEAS NMA	29/11/2019 NMBA Championships 2019
11	2:32.15	L	F	Sinelithemba Mbatha	17	RSA	21/08/2019 12th African Games Rabat
12	2:32.32	L	P	Louisa Siebel	17	SAAW CPT	31/01/2020 2020 Grand Prix Invitational Swimming
13	2:33.01	L	P	Demi- Lee Carlisle	17	FLOD JHB	05/12/2019 CGA Championships 2019
14	2:33.55	L	F	Kaylin De Almeida	17	AA JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
15	2:33.94	L S	F	Idel� du Toit	17	POTC KKD	24/06/2019 Sasol National Winter Championship
16	2:34.91	L	F	Jeanne Blaisse	17	PLAY CED	26/09/2019 Aquabear Invitational Meet 2019
17	2:35.12	L	F	Taylor Pharoah	17	CSC FSH	10/05/2019 4LSA AFOCH Ramadan Tournament
18	2:36.74	L	F	Emma Podesta	17	AQUB NMA	23/08/2019 Madibaz Spring Gala
19	2:37.03	L	F	Alexia Velde	17	USC BUF	22/11/2019 BCA Long Course Championships 2019
20	2:37.95	L	F	Stephanie Houtman	17	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
21	2:39.23	L	F	Cameron Vd Merwe	17	AEC JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
22	2:40.97	L	F	Jordainne Kazimierczak	17	FLOD JHB	15/02/2020 EGA Last Chance Feb 2020
23	2:41.99	L	F	Dominique Barnard	17	TRAZ FSH	14/02/2020 NTS February 2020 Age Group Gala
24	2:42.33	L	P	Olivia Scott	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
25	2:42.54	L	F	Leila Choriatopoulos	17	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
26	2:42.71	L	P	Allison Marx	17	PER JHB	05/12/2019 CGA Championships 2019
27	2:42.73	L	F	Marija Dimopoulos	17	PEAS NMA	23/08/2019 Madibaz Spring Gala
28	2:43.45	L	F	Kaitlyn Albertyn	17	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
29	2:44.27	L	F	Anica Dennis	17	NWS	01/02/2020 NTS Invitational Gala 2020
30	2:44.53	L	F	Tori Oliver	17	ACSA ETH	05/10/2019 eThekwini Age Group 6
31	2:45.24	L	F	Deborah Dredge	17	PAC FSH	30/08/2019 NTS August 2019 Age Group Gala Level
32	2:45.72	L	F	Gabriela Scrooby	17	PER JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
33	2:45.88	L	F	Dominique Straub	17	ELEC JHB	03/11/2019 CGA All Levels
34	2:46.07	L	F	Aletta Gersbach	17	RFA FSH	17/01/2020 NTS Janaury 2020 Age Group Gala
35	2:46.82	L	F	Courtney De Villiers	17	MWSC NGD	29/11/2019 Mpumalanga Championships 2019
36	2:48.36	L	F	Courtney Repinz	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
37	2:48.39	L	F	Kaylee Silen	17	AZON ETH	23/11/2019 KZN TYR Westville Sprints 2019
38	2:48.72	L	F	Pascale Oberholzer	17	MDOL JHB	10/01/2020 2020 Grand Prix Invitation Swimming
39	2:48.79	L	F	Rahael Weatherhead	17	RFA FSH	26/10/2019 2019 OR Tambo/Soncini Games
40	2:49.25	L	F	Marjean Kupfer	17	ELEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
41	2:51.77	L S	F	Anri Nel	17	BLNE MAN	26/11/2019 FS Champs
42	2:54.18	L	F	Megan Clouston	17	NWUC KKD	05/12/2019 NWS Championships 2019/2020
43	2:54.23	L	F	Sian Redelinghuys	17	AQU ADJ	21/02/2020 Amajuba District Long Course
44	2:54.36	L	F	Elseri Pienaar	17	UPTS ZMD	15/11/2019 NCASA Age Group 3 2019 UP
45	2:55.48	L	F	Paige Mauer	17	VIKI BUF	14/06/2019 PEA Winter Gala
46	2:55.75	L	F	Alyssa Norman	17	NWUC KKD	05/12/2019 NWS Championships 2019/2020
47	2:56.31	L	F	Kaelin Rogge	17	AZON ETH	23/11/2019 KZN TYR Westville Sprints 2019
48	2:57.10	L	F	Judi Smith	17	QUIC CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
49	2:57.40	L	F	Melina Heinrich	17	AA JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
50	2:57.78	L	F	Kayleigh M�ller	17	BLMA CPT	14/06/2019 PEA Winter Gala
51	2:57.93	L	F	Hannah Manos	17	TRAZ FSH	19/10/2019 EGA Summer 3 2019
52	2:58.48	L	F	Shelby Pentz	17	DBSC SDD	05/12/2019 EGA Summer Championships 2019
53	2:59.08	L	F	Carla Cronje	17	WELA FDD	27/09/2019 Neptunes Open Gala
54	2:59.97	L	F	Kayley Ryan	17	SOUL EKU	19/10/2019 EGA Summer 3 2019
55	3:00.49	L	F	Leah Bennett	17	TUKS FSH	26/10/2019 2019 OR Tambo/Soncini Games
56	3:00.54	L	F	Ashley Gerber	17	FISH EDD	01/11/2019 38th Freda Barnard Invitational Gala
57	3:00.93	L	F	Carla Lichtblau	17	ONYX EKU	08/11/2019 EGA Summer 4
58	3:01.08	L	P	Kayla Killip	17	LINR JHB	05/12/2019 CGA Championships 2019
59	3:02.63	L	F	Marlizaan Coetzee	17	TRAZ FSH	12/10/2019 NTS Oct 2019 Age Group Gala
60	3:03.95	L	F	Andrea Jack	17	PEAS NMA	10/08/2019 1st A League 2019
61	3:07.85	L	P	Caitlin Geldenhuys	17	ONYX EKU	05/12/2019 EGA Summer Championships 2019
62	3:11.80	L	F	Stephanie Hofmeyr	17	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
63	3:12.77	L	P	Kiara Geldenhuys	17	ONYX EKU	05/12/2019 EGA Summer Championships 2019
64	3:16.22	L S	F	Mikyla Bornman	17	BLSS MAN	26/11/2019 FS Champs
65	3:22.55	L	F	Caitlin Forword	17	PEAS NMA	14/06/2019 PEA Winter Gala

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
66	3:23.70 L S	P	Emma-Joy Macintosh	17	CARN EKU	24/06/2019	Sasol National Winter Championship
67	3:26.78 L	F	Qamar Ngqawana	17	UNIQ JHB	03/11/2019	CGA All Levels
<b>Women 17 - 17 50 Breast</b>							
1	32.59 L	P	Rebecca Meder	17	SGUL ETH	31/01/2020	2020 Grand Prix Invitational Swimming
2	33.71 L	F	Kate Meyer	17	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
3	33.77 L	F	Tailyn Seyffert	17	BLSS MAN	26/11/2019	FS Champs
4	33.93 L	P	Lana Janson	17	TYGE CPT	01/12/2019	Western Cape Summer Championships
5	35.77 L	F	Georgia Nel	17	SAAW CPT	01/12/2019	Western Cape Long Course
6	35.90 L	F	Taylor Pharoah	17	CSC FSH	03/05/2019	Hamilton Aquatics Last Chance Meet
7	35.93 L	F	Abigail Calitz	17	MATI CED	01/12/2019	Western Cape Summer Championships
8	35.96 L	F	Kayla Schefermann	17	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
9	36.06 L	F	Kendra Du Toit	17	SOUL EKU	05/12/2019	EGA Summer Championships 2019
10	36.11 L	F	Carla Meikle	17	SEAL UMD	27/06/2019	2019 FLA International Cup
11	36.55 L	F	Carla Mouton	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
12	36.56 L	F	Mieke Muller	17	TUKS FSH	27/09/2019	NTS September 2019 Age Group Gala
13	36.67 L	P	Ashleigh Stock	17	DYNA EKU	05/12/2019	EGA Summer Championships 2019
14	37.02 L	P	Jayne Van Wyk	17	WATR JHB	05/12/2019	CGA Championships 2019
15	37.07 L	P	Kieryn Letley	17	ESTR EKU	05/12/2019	EGA Summer Championships 2019
16	37.09 L	F	Samantha Dreyer	17	USH KCD	25/01/2020	Ushaka Championship Gala 2020
17	37.61 L	F	Zoe Sinclair	17	TUKS FSH	27/09/2019	NTS September 2019 Age Group Gala
18	37.64 L	F	Jessica Booth	17	INFA NMA	23/08/2019	Madibaz Spring Gala
19	37.65 L	F	Danielle Ontong	17	BLSS MAN	26/11/2019	FS Champs
20	37.71 L S	P	Dinica Bosman	17	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
21	37.78 L	F	Idel� du Toit	17	POTC KKD	05/12/2019	NWS Championships 2019/2020
22	38.02 L	P	Trisha Pollicutte	17	CLSC WCD	01/12/2019	Western Cape Summer Championships
23	38.13 L	F	Jessica Holmes	17	BLNE MAN	04/10/2019	Seals Gala
24	38.26 L	F	Zania Pieters	17	PAC FSH	29/11/2019	2019 The Tshwane Mayoral Gala
25	38.53 L	F	Carli Venter	17	RBOT BPD	05/12/2019	NWS Championships 2019/2020
26	38.66 L	F	Alyssa Norman	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
27	38.70 L	F	Gabriella Jardim	17	FLOD JHB	24/06/2019	Sasol National Winter Championship
28	38.83 L	P	Jordainne Kazimierzak	17	FLOD JHB	05/12/2019	CGA Championships 2019
29	38.85 L	F	Minette Janse van Vuuren	17	AQU ADJ	21/02/2020	Amajuba District Long Course
30	38.94 L	P	Demi- Lee Carlisle	17	FLOD JHB	05/12/2019	CGA Championships 2019
31	39.07 L	P	Jessica Grobler	17	DRGN JHB	05/12/2019	CGA Championships 2019
32	39.11 L	F	Tayla Vos	17	HE WBD	15/10/2019	Limpopo Top 10 - High Schools
33	39.17 L	F	Courtney De Villiers	17	MWSC NGD	11/10/2019	MP AGE GROUP 2 - 11-12 October
34	39.21 L	F	Kaylee Silen	17	AZON ETH	03/08/2019	eThekweni Age Group Gala 4
35	39.34 L	F	Courtney Davidson	17	PEAS NMA	10/08/2019	1st A League 2019
36	39.57 L	F	Cailin Coetzee	AR	BLOT MAN	14/09/2019	Mangaung Sprints
37	39.68 L	F	Sune' De wit	17	MGSC UGD	23/11/2019	KZN TYR Westville Sprints 2019
38	39.70 L	F	Chloe van Driel	17	SODO JHB	14/02/2020	NTS February 2020 Age Group Gala
39	39.97 L	F	Alida Van der Merwe	AR	BLOT MAN	04/10/2019	Seals Gala
40	40.14 L	F	Alexia Velde	17	USC BUF	25/01/2020	BCA January Age Group Gala 2020
41	40.46 L	F	Kayla Olivier	17	HBV MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
42	40.92 L	F	Anine Hugo	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
43	41.00 L	F	Nichola Greyling	17	HREF BPD	05/12/2019	NWS Championships 2019/2020
44	41.61 L	F	Aletta Gersbach	17	RFA FSH	09/12/2019	SA Schools Swimming Championship
45	41.86 L	F	Taryn Saunderson	JR	BLOT MAN	26/11/2019	FS Champs
46	42.00 L	F	Dominique Barnard	17	TRAZ FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
47	42.02 L	F	Chanel Lindeque	17	HSBV SKD	09/11/2019	Limpopo Age Group 5
48	42.22 L	F	Caitlyn Slabberts	17	PSCP UMD	23/11/2019	KZN TYR Westville Sprints 2019
49	42.52 L	F	Lean� Schaap	17	HFDT MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
50	42.75 L	F	Sian Redelinghuys	17	AQU ADJ	23/11/2019	KZN TYR Westville Sprints 2019
51	42.92 L	F	Carla Lichtblau	17	ONYX EKU	05/12/2019	EGA Summer Championships 2019
52	42.98 L	F	Andrea Jack	17	PEAS NMA	29/11/2019	NMBA Championships 2019
53	43.00 L	F	Anika Tavares	17	UPC MP	19/02/2020	Inter High School Gala - 19 February
54	43.07 L	F	Stephanie Hofmeyr	17	BARR CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
55	43.09 L	F	Qamar Ngqawana	17	UNIQ JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
56	43.10 L	F	Marija Dimopoulos	17	PEAS NMA	23/08/2019	Madibaz Spring Gala



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
57	43.14 L	F	Cameron Foulis	17	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
58	43.21 L	F	Telize Sevenster	17	VALS FDD	26/11/2019	FS Champs
59	43.28 L	F	Ashley Gerber	17	FISH EDD	08/02/2020	EDEN 5th A-League Gala 2020
60	43.32 L	F	Mikyla Bornman	17	BLSS MAN	04/10/2019	Seals Gala
61*	43.48 L	F	Isabella Kleynhans	17	HSBV SKD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
61*	43.48 L	F	Anri Nel	17	BLNE MAN	26/11/2019	FS Champs
63	44.14 L	F	Deborah Dredge	17	PAC FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
64	44.19 L	P	Dominique Straub	17	ELEC JHB	05/12/2019	CGA Championships 2019
65	44.56 L	F	Marlizaan Coetzee	17	TRAZ FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
66*	44.67 L S	P	Olivia Scott	17	VINE CPT	17/12/2019	KZNA Premier Provincial Championship
66*	44.67 L	F	Danielle Pienaar	17	BULS MAN	09/11/2019	Bull-Sharks 2019
68	44.90 L	F	Dieuné Mostert	17	FSAC BPD	05/12/2019	NWS Championships 2019/2020
69	44.93 L	F	Allison Marx	17	PER JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
70	44.98 L	P	Riley Cawse	17	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
71	45.15 L	F	Caley Kent-Brown	17	HARL BUF	22/11/2019	BCA Long Course Championships 2019
72	45.27 L	F	Carla Cronje	17	WELA FDD	12/10/2019	Fezile Dabi Age Group October 2019
73	45.51 L	F	Krista Strauss	17	HHS WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
74	45.60 L	F	Robyn Brooker	17	HWBA WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
75	45.66 L	P	Micaela Pinto	17	BOKS EKU	05/12/2019	EGA Summer Championships 2019
76	46.22 L	F	Hannah Manos	17	TRAZ FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
77	46.40 L S	P	Hannah Pearse	17	VINE CPT	17/12/2019	KZNA Premier Provincial Championship
78	46.72 L	F	Chloe Cilliers	17	BLSS MAN	14/06/2019	PEA Winter Gala
79	47.20 L	F	Kayla Joseph	17	HE WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
80	47.55 L	F	Elisna Nel	17	RBOT NW	09/11/2019	NWS Age Group 2 1920
81	47.73 L	F	Elseri Pienaar	17	UPTS ZMD	21/02/2020	NCASA Sprints 2020
82	47.83 L	F	Adri Opperman	17	BOKS EKU	18/01/2020	EGA Summer 5 - 2020
83	48.15 L	F	Emma Kruger	DR	BLOT MAN	14/03/2020	FSA Level 1 2020
84	48.39 L	F	Cailin Botha	17	WSTV ETH	23/11/2019	KZN TYR Westville Sprints 2019
85	48.42 L	F	Caitlin Forword	17	PEAS NMA	14/06/2019	PEA Winter Gala
86	48.62 L	F	Viearn Green	17	RPAC EKU	26/10/2019	2019 OR Tambo/Soncini Games
87	48.74 L	P	Zoe Darling	17	SASOL FDD	24/06/2019	Sasol National Winter Championship
88	49.60 L	F	Suné Erasmus	17	FISH EDD	05/10/2019	EDEN District School Trials 2019
89	49.74 L	F	Abigail De Jager	17	PHS CCD	15/10/2019	Limpopo Top 10 - High Schools
90	49.98 L	F	Caitlin Dorin	17	WRAN WRD	26/10/2019	2019 OR Tambo/Soncini Games
91	50.35 L	F	Leah Bennett	17	TUKS FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
92	50.43 L	F	Megan Vd Merwe	17	PHS CCD	15/10/2019	Limpopo Top 10 - High Schools
93	50.82 L	P	Siphesihle Mtshali	17	SOWE JHB	05/12/2019	CGA Championships 2019
94	51.06 L	F	Zandri Cary-Smith	17	WELA FDD	14/09/2019	Fezile Dabi Age Group
95	52.01 L	F	Dominique De Chalain	17	HMER MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
96	52.17 L	F	Samkelisiwe Ntuli	17	FUAC KZ	14/03/2020	KZNA Level 1 Provincial Champs 2020
97	52.47 L	F	Paula Van Zyl	17	NEWS ADJ	05/10/2019	Uthukela District October 2019 Age
98	53.40 L	F	Casey-Jane Venter	17	WRAN WRD	26/10/2019	2019 OR Tambo/Soncini Games
99	54.00 L	F	Monika Burwise	GR	ROB MP	19/02/2020	Inter High School Gala - 19 February
100	54.02 L	F	simone van wyk	17	HEIDE MAN	26/11/2019	FS Champs
101	54.85 L	F	Manica Van Schalkwyk	17	HMER MPD	15/10/2019	Limpopo Top 10 - High Schools
102	56.14 L	F	Caitlin Sorensen	17	QGH BUF	14/03/2020	BCA Level 1 Gala 2020
103	56.38 L	P	Emma-Joy Macintosh	17	CARN EKU	05/12/2019	EGA Summer Championships 2019
104	1:02.98 L	F	Khomo Morongoe	17	HEIDE MAN	26/11/2019	FS Champs
105	1:06.69 L	F	Olorato Makgale	17	ISSC NMA	05/12/2019	NWS Championships 2019/2020
106	1:16.56 L	F	Anastacia Moon	17	SOWE JHB	08/03/2020	Aquatics Gauteng Level 1
<b>Women 17 - 17 100 Breast</b>							
1	1:10.37 L	F	Rebecca Meder	17	SGUL ETH	01/12/2019	Western Cape Long Course
2	1:11.96 L	P	Tailyn Seyffert	17	INFA NMA	31/01/2020	2020 Grand Prix Invitational Swimming
3	1:14.89 L S	F	Alex Nicholls	17	USC BUF	07/02/2020	5th A League
4	1:15.20 L	F	Kate Meyer	17	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
5	1:15.44 L	F	Lana Janson	17	TYGE CPT	01/12/2019	Western Cape Summer Championships
6	1:17.88 L	F	Taylor Pharoah	17	CSC FSH	03/05/2019	Hamilton Aquatics Last Chance Meet
7	1:18.33 L	F	Kendra Du Toit	17	SOUL EKU	15/02/2020	EGA Last Chance Feb 2020
8	1:18.92 L	F	Kayla Schefermann	17	MPS NGD	09/12/2019	SA Schools Swimming Championship

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
9	1:19.15	L	F	Carla Mouton	17	CSA EZD	29/11/2019 Mpumalanga Championships 2019
10	1:19.85	L	F	Jessica Booth	17	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
11	1:20.20	L	F	Kaelin Rogge	17	AZON ETH	23/07/2019 Treviso Cup
12	1:20.27	L	F	Jayme Van Wyk	17	WATR JHB	14/02/2020 NTS February 2020 Age Group Gala
13	1:20.33	L	P	Abigail Calitz	17	MATI CED	31/01/2020 2020 Grand Prix Invitational Swimming
14	1:20.96	L	P	Kaylee Silen	17	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
15	1:22.06	L	F	Idelé du Toit	17	NCASA FBD	02/11/2019 Fezile Dabi Inter District Gala 2019
16	1:22.30	L	F	Ashleigh Stock	17	DYNA EKU	05/12/2019 EGA Summer Championships 2019
17	1:22.71	L	F	Mieke Muller	17	TUKS TSH	04/12/2019 NTS Championships 2019
18	1:22.88	L S	F	Danielle Ontong	17	BLSS MAN	26/11/2019 FS Champs
19	1:22.99	L	F	Alyssa Norman	17	NCASA FBD	02/11/2019 Fezile Dabi Inter District Gala 2019
20	1:23.02	L	F	Kieryn Letley	17	ESTR EKU	05/12/2019 EGA Summer Championships 2019
21	1:23.51	L	F	Zoe Sinclair	17	TUKS TSH	04/12/2019 NTS Championships 2019
22	1:23.87	L	F	Jordainne Kazimierczak	17	FLOD JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
23	1:24.06	L	F	Chloe Horne	17	SGUL ETH	18/01/2020 eThekwini Age Group Gala 9
24	1:24.96	L	F	Demi- Lee Carlisle	17	FLOD JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
25	1:25.12	L	F	Sune' De wit	17	MGSC UGD	23/11/2019 KZN TYR Westville Sprints 2019
26	1:25.14	L	F	Courtney De Villiers	17	MWSC NGD	29/11/2019 Mpumalanga Championships 2019
27	1:25.26	L	F	Samantha Dreyer	17	USH KCD	25/01/2020 Ushaka Championship Gala 2020
28	1:25.61	L	F	Carli Venter	17	NCASA FBD	02/11/2019 Fezile Dabi Inter District Gala 2019
29	1:26.03	L	F	Gabriella Jardim	17	FLOD JHB	15/02/2020 EGA Last Chance Feb 2020
30	1:26.08	L S	F	Jessica Holmes	17	BLNE MAN	26/11/2019 FS Champs
31	1:26.87	L	F	Chloe van Driel	17	SODO JHB	17/01/2020 NTS Janaury 2020 Age Group Gala
32	1:27.55	L	F	Amy Crafford	17	TUKS TSH	12/10/2019 NTS Oct 2019 Age Group Gala
33	1:27.95	L	F	Cailin Coetzee	AR	BLOT MAN	14/09/2019 Mangaung Sprints
34	1:28.03	L	F	Courtney Davidson	17	PEAS NMA	10/08/2019 1st A League 2019
35	1:28.63	L	F	Zania Pieters	17	PAC TSH	29/11/2019 2019 The Tshwane Mayoral Gala
36	1:29.38	L	F	Anine Hugo	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
37	1:29.70	L	F	Minette Janse van Vuuren	17	AQU ADJ	21/02/2020 Amajuba District Long Course
38	1:30.34	L	F	Tayla Vos	17	HE WBD	15/10/2019 Limpopo Top 10 - High Schools
39	1:30.39	L	F	Trisha Pollicutte	17	CLSC WCD	08/02/2020 EDEN 5th A-League Gala 2020
40	1:30.48	L	F	Nichola Greyling	17	HREF BPD	05/12/2019 NWS Championships 2019/2020
41	1:30.90	L	F	Kayla Olivier	17	HBV MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
42	1:31.99	L S	F	Alida Van der Merwe	AR	BLOT MAN	26/11/2019 FS Champs
43	1:32.25	L	F	Caitlyn Slabberts	17	PSCP UMD	23/11/2019 KZN TYR Westville Sprints 2019
44	1:32.87	L	F	Serena Kotnik	17	TUKS TSH	29/11/2019 2019 The Tshwane Mayoral Gala
45	1:33.26	L	F	Sian Redelinghuys	17	AQU ADJ	21/02/2020 Amajuba District Long Course
46	1:34.59	L	F	Gabriela Scrooby	17	PER JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
47*	1:34.72	L	F	Megan Clouston	17	NWUC KKD	19/10/2019 NWS Age Group 1 1920
47*	1:34.72	L	F	Carla Lichtblau	17	ONYX EKU	14/09/2019 EGA Summer 1 2019
49	1:35.37	L	F	Krista Strauss	17	HHS WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
50	1:35.54	L	F	Emma Podesta	17	PEAS NMA	21/02/2020 Infinity Champs LC Gala
51	1:36.07	L	F	Andrea Jack	17	PEAS NMA	09/11/2019 4th A League
52	1:36.22	L	F	Isabella Kleynhans	17	HSBV SKD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
53	1:37.24	L	F	Mikyla Bornman	17	BLSS MAN	04/10/2019 Seals Gala
54	1:37.30	L	F	Micaela Pinto	17	BOKS EKU	14/09/2019 EGA Summer 1 2019
55	1:37.34	L	F	Qamar Ngqawana	17	UNIQ JHB	03/11/2019 CGA All Levels
56	1:39.50	L	F	Allison Marx	17	PER JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
57	1:39.67	L	F	Caley Kent-Brown	17	HARL BUF	08/11/2019 BCA November Age Group Gala 2019
58*	1:39.98	L	F	Stephanie Hofmeyr	17	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
58*	1:39.98	L	F	Carla Cronje	17	WELA FDD	12/10/2019 Fezile Dabi Age Group October 2019
60	1:40.71	L	F	Judi Smith	17	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
61	1:42.93	L	F	Telize Sevenster	17	VALS FDD	16/11/2019 Fezile Dabi Age Group November 2019
62	1:44.26	L	F	Robyn Brooker	17	HWBA WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
63	1:44.71	L	F	Cailin Botha	17	WSTV ETH	23/11/2019 KZN TYR Westville Sprints 2019
64	1:44.98	L	F	Kayla Joseph	17	HE WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
65	1:46.06	L	F	Leané Schaap	17	HFDT MPD	05/10/2019 Limpopo Age Group 4 & School Champs
66	1:47.09	L	F	Elseri Pienaar	17	UPTS ZMD	21/02/2020 NCASA Sprints 2020
67	1:48.32	L	F	Carmen De Bruyn	17	CUDU CPT	02/11/2019 Swartland Invitational #1

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
68	1:48.89	L	F	Chloe Cilliers	17	BLSS MAN	14/06/2019 PEA Winter Gala
69	1:49.41	L	F	Emma Kruger	DR	BLOT MAN	27/09/2019 Neptunes Open Gala
70	1:49.42	L	F	Paula Van Zyl	17	KZNA ETH	09/12/2019 SA Schools Swimming Championship
71	1:49.61	L	F	Caitlin Forword	17	PEAS NMA	14/06/2019 PEA Winter Gala
72	1:51.37	L	F	Suné Erasmus	17	FISH EDD	06/12/2019 Eden LC Champs 2019
73	1:52.38	L	F	Siphesihle Mtshali	17	SOWE JHB	26/10/2019 2019 OR Tambo/Soncini Games
74	1:52.50	L	F	Dominique De Chalain	17	HMER MPD	15/10/2019 Limpopo Top 10 - High Schools
75	1:52.59	L	F	Zoe Darling	17	WSS FDD	02/11/2019 Fezile Dabi Inter District Gala 2019
76	1:59.60	L	F	Samkelisiwe Ntuli	17	FUAC KZ	14/03/2020 KZNA Level 1 Provincial Champs 2020
77	2:02.86	L	F	simone van wyk	17	HEIDE MAN	14/03/2020 FSA Level 1 2020
78	2:43.64	L	F	Anastacia Moon	17	SOWE JHB	08/03/2020 Aquatics Gauteng Level 1
<b>Women 17 - 17 200 Breast</b>							
1	2:30.21	L	F	Rebecca Meder	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
2	2:34.48	L	P	Tailyn Seyffert	17	INFA NMA	31/01/2020 2020 Grand Prix Invitational Swimming
3	2:42.91	L	F	Taylor Pharoah	17	CSC FSH	03/05/2019 Hamilton Aquatics Last Chance Meet
4	2:44.25	L S	F	Alex Nicholls	17	USC BUF	07/02/2020 5th A League
5	2:44.37	L	F	Kate Meyer	17	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
6	2:47.78	L	F	Jessica Booth	17	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
7	2:51.24	L	P	Carla Mouton	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
8	2:52.71	L	F	Kendra Du Toit	17	SOUL ECU	15/02/2020 EGA Last Chance Feb 2020
9	2:52.75	L	F	Lana Janson	17	TYGE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
10	2:55.86	L	F	Kaelin Rogge	17	AZON ETH	21/02/2020 2020 Grand Prix Invitational Swimming
11	2:57.40	L	F	Mieke Muller	17	TUKS FSH	04/12/2019 NTS Championships 2019
12	2:57.55	L	F	Kaylee Silen	17	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
13	2:58.09	L	F	Zoe Sinclair	17	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
14	3:04.85	L S	F	Danielle Ontong	17	BLSS MAN	26/11/2019 FS Champs
15	3:05.75	L	F	Alyssa Norman	17	NWS	01/02/2020 NTS Invitational Gala 2020
16	3:07.38	L	P	Jordainne Kazimierzczak	17	FLOD JHB	09/12/2019 SA Schools Swimming Championship
17	3:10.13	L S	F	Ashleigh Stock	17	DYNA ECU	05/12/2019 EGA Summer Championships 2019
18	3:12.49	L S	F	Jessica Holmes	17	BLNE MAN	26/11/2019 FS Champs
19	3:12.56	L	F	Anine Hugo	17	PAQU CED	25/01/2020 West Coast Qualify Gala 2020
20	3:12.59	L	F	Amy Crafford	17	TUKS FSH	29/11/2019 2019 The Tshwane Mayoral Gala
21	3:13.57	L	F	Alexia Velde	17	USC BUF	22/11/2019 BCA Long Course Championships 2019
22	3:14.24	L	F	Gabriella Jardim	17	FLOD JHB	19/10/2019 EGA Summer 3 2019
23	3:16.96	L S	F	Cailin Coetzee	AR	BLOT MAN	26/11/2019 FS Champs
24	3:16.99	L	F	Nichola Greyling	17	HREF BPD	25/01/2020 4 + 1 Inter Provincial Gala 2020
25	3:32.63	L	F	Megan Clouston	17	NWUC KKD	05/12/2019 NWS Championships 2019/2020
26	3:33.52	L	F	Stephanie Hofmeyr	17	BARR CPT	01/11/2019 38th Freda Barnard Invitational Gala
27	3:33.93	L	F	Sian Redelinghuys	17	AQU ADJ	01/02/2020 Uthukela District Age Group Gala 1 Feb
28	3:34.37	L	F	Allison Marx	17	PER JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
29	3:35.57	L	F	Andrea Jack	17	PEAS NMA	09/11/2019 4th A League
30	3:36.89	L S	F	Mikyla Bornman	17	BLSS MAN	26/11/2019 FS Champs
31	3:50.72	L	F	Suné Erasmus	17	FISH EDD	06/12/2019 Eden LC Champs 2019
32	3:52.63	L	F	Elseri Pienaar	17	UPTS ZMD	08/11/2019 NCASA Age Group 2 UP 2019
33	3:55.35	L S	F	Emma Kruger	DR	BLOT MAN	26/11/2019 FS Champs
34	3:59.59	L	F	Chloe Cilliers	17	BLSS MAN	14/06/2019 PEA Winter Gala
35	4:02.86	L	F	Viearn Green	17	RPAC ECU	26/10/2019 2019 OR Tambo/Soncini Games
36	4:09.19	L	P	Zoe Darling	17	SASOL FDD	24/06/2019 Sasol National Winter Championship
37	4:37.84	L	F	Emma-Joy Macintosh	17	CARN ECU	15/02/2020 EGA Last Chance Feb 2020
<b>Women 17 - 17 50 Fly</b>							
1	27.71	L S	P	Kirsten de Goede	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
2	27.99	L	P	Kerryn Herbst	17	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
3	28.32	L S	F	Michaela De Villiers	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
4	28.37	L	F	Rebecca Meder	17	SGUL ETH	09/11/2019 eThekweni Age Group Gala 8
5	28.41	L	P	Dune Coetzee	17	TUKS FSH	31/01/2020 2020 Grand Prix Invitational Swimming
6	29.32	L S	F	Chloe Horne	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
7	29.44	L	P	Kelsea Munro	17	TUKS FSH	04/12/2019 NTS Championships 2019
8	29.48	L S	F	Tailyn Seyffert	17	BLSS MAN	26/11/2019 FS Champs

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
9	29.68 L	F	Olivia Nel	17	SAAW CPT	22/06/2019	Tssetan Golomev
10	29.82 L	P	Kate Meyer	17	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
11	30.29 L	F	Zoe Phillips	17	TUKS TSH	21/02/2020	2020 Grand Prix Invitational Swimming
12	30.34 L	F	Paige Forster	17	SEAL UMD	27/06/2019	2019 FLA International Cup
13	30.58 L	F	Idelé du Toit	17	POTC KKD	23/11/2019	NWS Age Group 3 2019/20
14	30.66 L	P	Kaitlyn Albertyn	17	TUKS TSH	04/12/2019	NTS Championships 2019
15	30.70 L	F	Mia Roets	17	SAAW CPT	29/06/2019	Kavala 2019
16	30.89 L	F	Kaylee Silen	17	AZON ETH	23/07/2019	Treviso Cup
17	30.98 L	P	Dominique Barnard	17	TRAZ TSH	04/12/2019	NTS Championships 2019
18	31.10 L	F	Kieryn Letley	17	ESTR ECU	05/12/2019	EGA Summer Championships 2019
19	31.11 L	F	Alexia Velde	17	USC BUF	22/11/2019	BCA Long Course Championships 2019
20	31.14 L	F	Jessica Grobler	17	DRGN JHB	05/12/2019	CGA Championships 2019
21	31.15 L	F	Anke Fourie	17	LAD UTD	25/01/2020	Amajuba District Age Group Gala 2
22	31.19 L	F	Tori Oliver	17	ACSA ETH	05/10/2019	eThekwini Age Group 6
23	31.27 L	F	Kendra Du Toit	17	SOUL ECU	05/12/2019	EGA Summer Championships 2019
24*	31.31 L	P	Lana Janson	17	TYGE CPT	01/12/2019	Western Cape Summer Championships
24*	31.31 L	F	Carla Lichtblau	17	ONYX ECU	05/12/2019	EGA Summer Championships 2019
26	31.33 L	P	Emma Podesta	17	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
27	31.34 L	P	Abigail Calitz	17	MATI CED	31/01/2020	2020 Grand Prix Invitational Swimming
28	31.38 L S	F	Dinica Bosman	17	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
29	31.48 L S	P	Carla Meikle	17	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
30*	31.60 L S	F	Danielle Ontong	17	BLSS MAN	26/11/2019	FS Champs
30*	31.60 L	F	Courtney Davidson	17	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
32	31.66 L	F	Kayla Schefermann	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
33	31.73 L S	F	Olivia Scott	17	VINE CPT	17/12/2019	KZNA Premier Provincial Championship
34	31.75 L	F	Nichola Greyling	17	HREF BPD	05/12/2019	NWS Championships 2019/2020
35	31.77 L S	F	Hannah Pearse	17	VINE CPT	17/12/2019	KZNA Premier Provincial Championship
36	31.81 L	F	Carla Mouton	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
37	31.95 L	F	Ashleigh Stock	17	DYNA ECU	05/12/2019	EGA Summer Championships 2019
38	31.98 L S	P	Samantha Dreyer	17	USH KCD	17/12/2019	KZNA Premier Provincial Championship
39	32.02 L	F	Trisha Pollicutte	17	CLSC WCD	01/12/2019	Western Cape Long Course
40	32.06 L	F	Marjean Kupfer	17	ELEC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
41	32.23 L	F	Minette Janse van Vuuren	17	AQU ADJ	23/11/2019	KZN TYR Westville Sprints 2019
42*	32.31 L	F	Sune' De wit	17	MGSC UGD	23/11/2019	KZN TYR Westville Sprints 2019
42*	32.31 L S	F	Rochelle Jacobs	17	BLNE MAN	26/11/2019	FS Champs
44	32.34 L	F	Nicole Viljoen	17	MPS NGD	09/12/2019	SA Schools Swimming Championship
45	32.37 L	F	Talia Fos	17	AEC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
46	32.46 L	F	Jessica Booth	17	INFA NMA	23/08/2019	Madibaz Spring Gala
47	32.50 L	P	Sinelithemba Mbatha	17	TUKS TSH	04/12/2019	NTS Championships 2019
48	32.57 L	F	Courtney Repinz	17	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
49	32.58 L	F	Tasneen Ebrahim	17	PEAS NMA	14/06/2019	PEA Winter Gala
50	32.70 L	P	Taylor Pharoah	17	CSC TSH	28/06/2019	Fast & Furious Meet
51	32.80 L	F	Micaela Pinto	17	BOKS ECU	05/12/2019	EGA Summer Championships 2019
52*	32.86 L	F	Zoe Sinclair	17	TUKS TSH	30/08/2019	NTS August 2019 Age Group Gala Level
52*	32.86 L	P	Deborah Dredge	17	PAC TSH	04/12/2019	NTS Championships 2019
54	32.89 L	F	Liliana Ricco	17	CUHE OBD	01/11/2019	38th Freda Barnard Invitational Gala
55	32.98 L	F	Jayne Van Wyk	17	WATR JHB	05/12/2019	CGA Championships 2019
56	33.10 L	F	Jeanne Blaisse	17	PLAY CED	01/12/2019	Western Cape Summer Championships
57	33.15 L	F	Kayleigh Möller	17	BLMA CPT	14/06/2019	PEA Winter Gala
58	33.17 L S	F	Anri Nel	17	BLNE MAN	26/11/2019	FS Champs
59	33.19 L	F	Alida Van der Merwe	AR	BLOT MAN	04/10/2019	Seals Gala
60	33.53 L	F	Shelby Pentz	17	DBSC SDD	17/08/2019	EGA Winter 4 (Soncini) 17.08.19
61	33.56 L	F	Tayla Kotze	17	NHS MP	19/02/2020	Inter High School Gala - 19 February
62	33.61 L	F	Aletta Gersbach	17	RFA TSH	09/12/2019	SA Schools Swimming Championship
63	33.73 L	F	Marija Dimopoulos	17	PEAS NMA	23/08/2019	Madibaz Spring Gala
64	33.81 L	F	Paige Mauer	17	VIKI BUF	14/06/2019	PEA Winter Gala
65	33.87 L	P	Hannah Manos	17	TRAZ TSH	04/12/2019	NTS Championships 2019
66	33.94 L	F	Eva Steffensen	17	UPC MP	19/02/2020	Inter High School Gala - 19 February
67	33.98 L	F	Carli Venter	17	RBOT BPD	05/12/2019	NWS Championships 2019/2020

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
68	34.12	L	F	Cailin Botha	17	WSTV	ETH	09/11/2019	eThekwini Age Group Gala 8
69	34.22	L	F	Melina Heinrich	17	AA	JHB	03/11/2019	CGA All Levels
70	34.25	L	P	Marlizaan Coetzee	17	TRAZ	FSH	04/12/2019	NTS Championships 2019
71	34.27	L	F	Chanel Lindeque	17	HSBV	SKD	05/10/2019	Limpopo Age Group 4 & School Champs
72	34.40	L	F	Serena Kotnik	17	TUKS	FSH	19/10/2019	EGA Summer 3 2019
73	34.47	L S	F	Cailin Coetzee	AR	BLOT	MAN	26/11/2019	FS Champs
74	34.71	L	F	Gabriella Jardim	17	FLOD	JHB	19/10/2019	EGA Summer 3 2019
75	34.73	L	F	Elisna Nel	17	RBOT	BPD	05/12/2019	NWS Championships 2019/2020
76	35.06	L	F	Jordainne Kazimierczak	17	FLOD	JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
77	35.22	L	F	Ashley Gerber	17	FISH	EDD	01/11/2019	38th Freda Barnard Invitational Gala
78*	35.37	L	F	Jessica Holmes	17	BLNE	MAN	27/09/2019	Neptunes Open Gala
78*	35.37	L	F	Leah Bennett	17	TUKS	FSH	26/10/2019	2019 OR Tambo/Soncini Games
80	35.47	L	F	Louisa Siebel	17	SAAW	CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
81	35.52	L	F	Kayley Ryan	17	SOUL	EKU	19/10/2019	EGA Summer 3 2019
82	35.55	L	F	Kayla Killip	17	LINR	JHB	05/12/2019	CGA Championships 2019
83	35.68	L	F	Caitlyn Slabberts	17	PSCP	UMD	23/11/2019	KZN TYR Westville Sprints 2019
84	36.08	L	F	Shaylee Anderson	17	TUKS	FSH	30/08/2019	NTS August 2019 Age Group Gala Level
85*	36.13	L	F	Dieuné Mostert	17	FSAC	BPD	05/12/2019	NWS Championships 2019/2020
85*	36.13	L	F	Chloe van Driel	17	SODO	JHB	07/09/2019	2019 Hillcrest Sprint Gala 13/O
87	36.23	L	F	Judi Smith	17	MPS	NGD	09/12/2019	SA Schools Swimming Championship
88	36.32	L	F	Rahael Weatherhead	17	RFA	FSH	29/11/2019	2019 The Tshwane Mayoral Gala
89	36.36	L	F	Anika Schmidt	17	HSTAN	MPD	05/10/2019	Limpopo Age Group 4 & School Champs
90	36.77	L	F	Cameron Foulis	17	TUKS	FSH	12/10/2019	NTS Oct 2019 Age Group Gala
91	36.78	L	F	Dominique Straub	17	ELEC	JHB	05/12/2019	CGA Championships 2019
92	36.82	L	F	Danielle Pienaar	17	BULS	MAN	14/09/2019	Mangaung Sprints
93	36.95	L	F	Megan Clouston	17	NWUC	KKD	05/12/2019	NWS Championships 2019/2020
94	37.21	L	F	Tyla Du Plessis	17	HSBV	SKD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
95	37.29	L	F	Bianca Nel	17	HE	WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
96	37.42	L	F	Anine Hugo	17	MPS	NGD	09/12/2019	SA Schools Swimming Championship
97	37.51	L	F	Jarrike Stapelberg	17	HBV	MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
98	37.57	L	F	Elseri Pienaar	17	UPTS	ZMD	05/12/2019	NCASA Champs Dec 2019
99	37.58	L S	F	Carla Cronje	17	WELA	FDD	26/11/2019	FS Champs
100	37.60	L S	F	Taryn Saunderson	JR	BLOT	MAN	26/11/2019	FS Champs
101	38.31	L	F	Leané Schaap	17	HFDT	MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
102	38.88	L	F	Chloe Cilliers	17	BLSS	MAN	14/06/2019	PEA Winter Gala
103	38.94	L	F	Andrea Jack	17	PEAS	NMA	09/11/2019	4th A League
104	39.17	L S	F	Mikyla Bornman	17	BLSS	MAN	26/11/2019	FS Champs
105	39.69	L	F	Stephanie Hofmeyr	17	BARR	CPT	01/11/2019	38th Freda Barnard Invitational Gala
106	39.73	L	P	Kiara Geldenhuys	17	ONYX	EKU	05/12/2019	EGA Summer Championships 2019
107	40.25	L	F	Telize Sevenster	17	VALS	FDD	16/11/2019	Fezile Dabi Age Group November 2019
108	40.46	L	F	Danielle Pretorius	17	TUKS	FSH	12/10/2019	NTS Oct 2019 Age Group Gala
109	40.83	L	F	Alyssa Norman	17	NWUC	KKD	18/01/2020	NWS Age Group 4 1920
110	41.29	L	P	Caitlin Geldenhuys	17	ONYX	EKU	05/12/2019	EGA Summer Championships 2019
111	41.51	L	F	Katelyn Marais	17	MDOL	JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
112	41.56	L	F	Zandri Cary-Smith	17	WELA	FDD	14/09/2019	Fezile Dabi Age Group
113	42.18	L	F	Zoe Darling	17	SASOL	FDD	14/09/2019	Fezile Dabi Age Group
114*	43.74	L	F	Caitlin Forword	17	PEAS	NMA	14/06/2019	PEA Winter Gala
114*	43.74	L	F	Emma-Joy Macintosh	17	CARN	EKU	17/08/2019	EGA Winter 4 (Soncini) 17.08.19
116	44.01	L	F	Suné Erasmus	17	FISH	EDD	06/12/2019	Eden LC Champs 2019
117	44.22	L	F	Viearn Green	17	RPAC	EKU	15/02/2020	EGA Last Chance Feb 2020
118	45.56	L	F	Siphesihle Mtshali	17	SOWE	JHB	26/10/2019	2019 OR Tambo/Soncini Games
119	45.91	L	F	Emma Kruger	DR	BLOT	MAN	30/08/2019	Kovsie Aquatics Gala 2019
120	47.71	L	F	Caitlin Sorensen	17	QGH	BUF	14/03/2020	BCA Level 1 Gala 2020
121	47.88	L	F	Kayla Daniel	17	PENC	MP	19/02/2020	Inter High School Gala - 19 February
122	49.95	L	F	Ankebe Els	17	HFM	WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
123	50.20	L	F	Samkelisiwe Ntuli	17	FUAC	KZ	14/03/2020	KZNA Level 1 Provincial Champs 2020
124	50.62	L	F	Kayla Joseph	17	HE	WBD	15/10/2019	Limpopo Top 10 - High Schools
125	1:10.15	L	F	Anastacia Moon	17	SOWE	JHB	08/03/2020	Aquatics Gauteng Level 1

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 17 - 17 100 Fly</b>							
1	1:00.45	L	S	Dune Coetzee	17	RSA	20/08/2019 7TH FINA World Junior Swimming
2	1:01.12	L S	F	Rebecca Meder	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
3	1:03.86	L	P	Kirsten de Goede	17	SGUL ETH	21/02/2020 2020 Grand Prix Invitational Swimming
4	1:04.41	L S	F	Chloe Horne	17	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
5	1:04.43	L	P	Kerryn Herbst	17	MDOL JHB	31/01/2020 2020 Grand Prix Invitational Swimming
6	1:04.80	L	F	Tailyn Seyffert	17	INFA NMA	21/02/2020 Infinity Champs LC Gala
7	1:05.76	L S	F	Tori Oliver	17	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
8	1:05.82	L	F	Paige Forster	17	SEAL UMD	27/06/2019 2019 FLA International Cup
9	1:06.94	L	F	Mia Roets	17	SAAW CPT	22/06/2019 Tsxetan Golomev
10	1:07.45	L	F	Michaela De Villiers	17	VINE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
11	1:07.67	L	F	Kaitlyn Albertyn	17	TUKS FSH	04/12/2019 NTS Championships 2019
12	1:07.91	L	F	Idelé du Toit	17	NWS	01/02/2020 NTS Invitational Gala 2020
13	1:09.37	L	F	Jessica Booth	17	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
14	1:10.26	L	F	Dominique Barnard	17	TRAZ FSH	04/12/2019 NTS Championships 2019
15	1:10.37	L	F	Kayla Schefermann	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
16	1:10.42	L S	P	Kaylee Silen	17	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
17	1:10.62	L	F	Nichola Greyling	17	HREF BPD	05/12/2019 NWS Championships 2019/2020
18	1:10.73	L S	F	Kendra Du Toit	17	SOUL ECU	05/12/2019 EGA Summer Championships 2019
19	1:10.77	L	F	Lana Janson	17	TYGE CPT	02/11/2019 Swartland Invitational #1
20	1:10.87	L	F	Trisha Pollicutte	17	MPS NGD	09/12/2019 SA Schools Swimming Championship
21	1:11.15	L	P	Tasneen Ebrahim	17	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
22	1:11.63	L	F	Emma Podesta	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
23	1:12.84	L	F	Danielle Ontong	17	BLSS MAN	18/10/2019 Otters Prestige Gala 2019
24	1:13.79	L	F	Courtney Davidson	17	PEAS NMA	29/11/2019 NMBA Championships 2019
25	1:14.18	L	F	Deborah Dredge	17	PAC FSH	04/12/2019 NTS Championships 2019
26	1:14.46	L S	F	Carla Lichtblau	17	ONYX ECU	05/12/2019 EGA Summer Championships 2019
27	1:14.53	L S	F	Kieryn Letley	17	ESTR ECU	05/12/2019 EGA Summer Championships 2019
28	1:14.65	L S	F	Ashleigh Stock	17	DYNA ECU	05/12/2019 EGA Summer Championships 2019
29*	1:16.21	L	F	Kaelin Rogge	17	AZON ETH	23/11/2019 KZN TYR Westville Sprints 2019
29*	1:16.21	L	F	Carla Mouton	17	CSA EZD	29/11/2019 Mpumalanga Championships 2019
31	1:16.32	L	F	Sune' De wit	17	MGSC UGD	23/11/2019 KZN TYR Westville Sprints 2019
32	1:16.43	L	P	Paige Mauer	17	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
33*	1:16.48	L	P	Jayne Van Wyk	17	WATR JHB	05/12/2019 CGA Championships 2019
33*	1:16.48	L	F	Zoe Sinclair	17	TUKS FSH	15/11/2019 NTS November 2019 Age Group Gala
35	1:16.97	L	F	Anke Fourie	17	LAD UTD	25/01/2020 Amajuba District Age Group Gala 2
36	1:17.46	L	F	Elisna Nel	17	RBOT BPD	05/12/2019 NWS Championships 2019/2020
37	1:17.57	L	P	Marlizaan Coetzee	17	TRAZ FSH	04/12/2019 NTS Championships 2019
38	1:17.74	L S	F	Anri Nel	17	BLNE MAN	26/11/2019 FS Champs
39	1:18.44	L	F	Olivia Scott	17	VINE CPT	25/01/2020 West Coast Qualify Gala 2020
40	1:19.14	L	P	Hannah Manos	17	TRAZ FSH	04/12/2019 NTS Championships 2019
41	1:19.64	L	F	Kayleigh Möller	17	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
42	1:19.94	L	F	Samantha Dreyer	17	USH KCD	25/01/2020 Ushaka Championship Gala 2020
43	1:21.01	L	F	Rahael Weatherhead	17	RFA FSH	29/11/2019 2019 The Tshwane Mayoral Gala
44	1:21.47	L	F	Liliana Ricco	17	CUHE OBD	22/02/2020 Swartland Invitational Gala 2
45	1:22.11	L	F	Judi Smith	17	QUIC CPT	09/11/2019 CTA MEET #4
46	1:23.22	L	F	Melina Heinrich	17	AA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
47	1:23.66	L	F	Serena Kotnik	17	TUKS FSH	29/11/2019 2019 The Tshwane Mayoral Gala
48	1:23.78	L	F	Kayley Ryan	17	SOUL ECU	26/10/2019 2019 OR Tambo/Soncini Games
49	1:24.81	L	F	Caitlyn Slabberts	17	PSCP UMD	23/11/2019 KZN TYR Westville Sprints 2019
50	1:24.86	L	F	Gabriella Jardim	17	FLOD JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
51	1:25.34	L	F	Anine Hugo	17	PAQU CED	22/02/2020 Swartland Invitational Gala 2
52	1:25.63	L	P	Hannah Dean	17	AA JHB	05/12/2019 CGA Championships 2019
53	1:25.99	L	F	Tyla Du Plessis	17	HSBV SKD	15/10/2019 Limpopo Top 10 - High Schools
54	1:26.30	L	F	Leah Bennett	17	TUKS FSH	26/10/2019 2019 OR Tambo/Soncini Games
55	1:29.36	L S	F	Shelby Pentz	17	DBSC SDD	05/12/2019 EGA Summer Championships 2019
56	1:29.59	L	F	Dieuné Mostert	17	FSAC BPD	05/12/2019 NWS Championships 2019/2020
57	1:31.57	L	F	Danielle Pretorius	17	TUKS FSH	12/10/2019 NTS Oct 2019 Age Group Gala
58	1:32.57	L	F	Andrea Jack	17	PEAS NMA	14/09/2019 2nd A League 14/9/2019

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	1:34.06 L	F	Stephanie Hofmeyr	17	BARR CPT	01/11/2019	38th Freda Barnard Invitational Gala
60	1:34.16 L S	F	Kiara Geldenhuys	17	ONYX ECU	05/12/2019	EGA Summer Championships 2019
61	1:35.32 L	F	Bianca Nel	17	HE WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
62	1:45.94 L	F	Suné Erasmus	17	FISH EDD	08/02/2020	EDEN 5th A-League Gala 2020
63	1:47.93 L	F	Elseri Pienaar	17	UPTS ZMD	11/10/2019	Age Group 1 2019 Upington
64	1:47.95 L	P	Katelyn Marais	17	MDOL JHB	05/12/2019	CGA Championships 2019
65	1:50.13 L S	F	Emma-Joy Macintosh	17	CARN ECU	24/06/2019	Sasol National Winter Championship
66	1:55.13 L	F	Siphesihle Mtshali	17	SOWE JHB	22/02/2020	CGA Level 2 Last Chance Gala - Day 1
67	1:57.05 L	F	Viearn Green	17	RPAC ECU	08/11/2019	EGA Summer 4
68	1:58.96 L	F	Kayla Joseph	17	HE WBD	15/10/2019	Limpopo Top 10 - High Schools
<b>Women 17 - 17 200 Fly</b>							
1	2:11.92 L	P	Dune Coetzee	17	TUKS FSH	12/07/2019	18th FINA World Championships
2	2:21.17 L	F	Tori Oliver	17	RSA	11/09/2019	13th CANA Junior African
3	2:22.72 L	F	Tailyn Seyffert	17	BLSS MAN	26/11/2019	FS Champs
4	2:29.70 L	F	Mia Roets	17	SAAW CPT	22/06/2019	Tsxetan Golomev
5	2:32.48 L	F	Idelé du Toit	17	POTC KKD	23/11/2019	NWS Age Group 3 2019/20
6	2:32.74 L	F	Jessica Booth	17	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
7	2:46.30 L	F	Kaitlyn Albertyn	17	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
8	2:51.24 L	F	Carla Lichtblau	17	ONYX ECU	05/12/2019	EGA Summer Championships 2019
9	2:53.05 L	F	Danielle Ontong	17	BLSS MAN	26/11/2019	FS Champs
10	3:10.03 L	F	Rahael Weatherhead	17	RFA FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
11	3:17.91 L	F	Elisna Nel	17	RBOT BPD	05/12/2019	NWS Championships 2019/2020
12	3:21.50 L	F	Anri Nel	17	BLNE MAN	26/11/2019	FS Champs
13	3:56.84 L	F	Emma-Joy Macintosh	17	CARN ECU	19/10/2019	EGA Summer 3 2019
14	3:56.88 L	F	Elseri Pienaar	17	UPTS ZMD	21/02/2020	NCASA Sprints 2020
<b>Women 17 - 17 200 IM</b>							
1	2:12.84 L	F	Rebecca Meder	17	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
2	2:18.73 L	P	Tailyn Seyffert	17	RSA	20/08/2019	7TH FINA World Junior Swimming
3	2:25.22 L	F	Dune Coetzee	17	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
4	2:25.37 L	F	Chloe Horne	17	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
5	2:26.51 L	F	Georgia Nel	17	SAAW CPT	22/06/2019	Tsxetan Golomev
6	2:27.28 L	F	Jana Botha	17	TYGE CPT	01/12/2019	Western Cape Summer Championships
7	2:31.16 L	F	Lana Janson	17	TYGE CPT	01/12/2019	Western Cape Summer Championships
8	2:31.53 L	F	Kate Meyer	17	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
9	2:31.59 L	F	Jessica Booth	17	INFA NMA	29/11/2019	NMBA Championships 2019
10	2:32.96 L	F	Gina Miller	17	HASC JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
11	2:33.14 L	P	Taylor Pharoah	17	CSC FSH	21/06/2019	Hamilton Aquatics Summer Sizzler
12	2:33.34 L	F	Kendra Du Toit	17	SOUL ECU	15/02/2020	EGA Last Chance Feb 2020
13	2:33.45 L	F	Carla Meikle	17	SEAL UMD	27/06/2019	2019 FLA International Cup
14	2:34.49 L	F	Kerryn Herbst	17	MDOL JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
15	2:34.50 L S	F	Alex Nicholls	17	USC BUF	07/02/2020	5th A League
16	2:34.61 L	F	Idelé du Toit	17	POTC KKD	23/11/2019	NWS Age Group 3 2019/20
17	2:34.66 L	F	Paige Forster	17	SEAL UMD	27/06/2019	2019 FLA International Cup
18	2:35.50 L	F	Kaylin De Almeida	17	AA JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
19	2:36.46 L	F	Mia Roets	17	SAAW CPT	29/06/2019	Kavala 2019
20	2:36.62 L	F	Zoe Sinclair	17	TUKS FSH	04/12/2019	NTS Championships 2019
21	2:36.75 L	F	Trisha Pollicutte	17	CLSC WCD	01/11/2019	38th Freda Barnard Invitational Gala
22	2:37.97 L	F	Hannah Counihan	17	PEAS NMA	10/08/2019	1st A League 2019
23	2:38.24 L	F	Abigail Calitz	17	MATI CED	01/12/2019	Western Cape Long Course
24	2:38.37 L	F	Kaelin Rogge	17	AZON ETH	23/07/2019	Treviso Cup
25	2:39.07 L	F	Jayme Van Wyk	17	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
26	2:39.18 L	F	Tasneen Ebrahim	17	PEAS NMA	23/08/2019	Madibaz Spring Gala
27	2:39.51 L	F	Jeanne Blaisse	17	PLAY CED	01/12/2019	Western Cape Summer Championships
28	2:39.74 L	F	Demi- Lee Carlisle	17	FLOD JHB	03/11/2019	CGA All Levels
29	2:39.84 L	F	Danielle Ontong	17	BLSS MAN	26/11/2019	FS Champs
30	2:40.14 L	F	Courtney Davidson	17	PEAS NMA	26/09/2019	Aquabear Invitational Meet 2019
31	2:40.20 L	P	Dominique Barnard	17	TRAZ FSH	04/12/2019	NTS Championships 2019
32	2:40.44 L	F	Kaylee Silen	17	AZON ETH	23/07/2019	Treviso Cup

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
33	2:41.11	L	F	Kelsea Munro	17	TUKS FSH	18/10/2019 NTS Prestige Gala 2019
34	2:41.15	L	P	Hannah Pearse	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
35	2:41.59	L	F	Talia Fos	17	AEC JHB	01/12/2019 Western Cape Long Course
36	2:41.76	L	F	Jessica Grobler	17	DRGN JHB	05/12/2019 CGA Championships 2019
37	2:42.11	L	F	Louisa Siebel	17	SAAW CPT	01/12/2019 Western Cape Long Course
38	2:42.66	L	F	Kayla Schefermann	17	UPC MP	19/02/2020 Inter High School Gala - 19 February
39	2:43.21	L	F	Sune' De wit	17	MGSC UGD	23/11/2019 KZN TYR Westville Sprints 2019
40	2:43.38	L	F	Alexia Velde	17	USC BUF	08/11/2019 BCA November Age Group Gala 2019
41	2:43.43	L	F	Courtney Repinz	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
42	2:44.22	L	F	Jordainne Kazimierczak	17	FLOD JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
43	2:44.59	L	F	Carli Venter	17	RBOT NW	19/10/2019 NWS Age Group 1 1920
44	2:45.60	L	F	Kieryn Letley	17	ESTR EKU	18/01/2020 Cape of Good Hope Gala 2020
45	2:45.80	L	F	Nichola Greyling	17	HREF BPD	05/12/2019 NWS Championships 2019/2020
46	2:46.23	L	F	Anri Nel	17	BLNE MAN	26/11/2019 FS Champs
47	2:46.48	L	P	Chloe van Driel	17	SODO JHB	04/12/2019 NTS Championships 2019
48	2:47.92	L	F	Ashleigh Stock	17	DYNA EKU	05/12/2019 EGA Summer Championships 2019
49	2:48.04	L	F	Shelby Pentz	17	DBSC SDD	15/02/2020 EGA Last Chance Feb 2020
50	2:48.12	L	F	Carla Mouton	17	CSA EZD	14/09/2019 MP Sprint Gala - 14 September 2019
51	2:48.22	L	F	Deborah Dredge	17	PAC FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
52	2:48.70	L	P	Olivia Scott	17	VINE CPT	17/12/2019 KZNA Premier Provincial Championship
53	2:49.04	L	F	Aletta Gersbach	17	RFA FSH	17/01/2020 NTS Janaury 2020 Age Group Gala
54	2:49.24	L	F	Leila Choriatopoulos	17	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
55	2:49.37	L	F	Alida Van der Merwe	AR	BLOT MAN	14/09/2019 Mangaung Sprints
56	2:50.10	L	F	Alexa Van Thiel	17	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
57	2:50.50	L	F	Dominique Straub	17	ELEC JHB	03/11/2019 CGA All Levels
58	2:50.79	L	F	Alyssa Norman	17	NWUC KKD	05/12/2019 NWS Championships 2019/2020
59	2:51.39	L	F	Mieke Muller	17	TUKS FSH	27/09/2019 NTS September 2019 Age Group Gala
60	2:51.47	L	F	Jessica Holmes	17	BLNE MAN	26/11/2019 FS Champs
61	2:51.90	L	F	Pascale Oberholzer	17	MDOL JHB	10/01/2020 2020 Grand Prix Invitation Swimming
62	2:52.22	L	F	Gabriela Scrooby	17	PER JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
63	2:52.32	L	F	Nina Madden	17	CRSC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
64	2:52.55	L	F	Liliana Ricco	17	CUHE OBD	01/12/2019 Western Cape Summer Championships
65	2:52.71	L	F	Paige Mauer	17	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
66	2:52.82	L	F	Hannah Manos	17	TRAZ FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
67	2:52.83	L	F	Ashley Gerber	17	FISH EDD	29/02/2020 WCA Junior Champs - 2020
68	2:52.87	L	F	Anke Fourie	17	LAD UTD	05/10/2019 Uthukela District October 2019 Age
69	2:52.91	L	F	Marija Dimopoulos	17	PEAS NMA	26/09/2019 Aquabear Invitational Meet 2019
70	2:53.01	L	F	Ruth Neale	17	CRSC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
71	2:53.16	L	F	Nicole Viljoen	17	CSA EZD	29/11/2019 Mpumalanga Championships 2019
72	2:53.39	L	F	Emma Podesta	17	AQUB NMA	26/09/2019 Aquabear Invitational Meet 2019
73	2:53.56	L	F	Marjean Kupfer	17	ELEC JHB	05/12/2019 CGA Championships 2019
74	2:55.34	L	F	Shaylee Anderson	17	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
75	2:55.72	L	F	Courtney De Villiers	17	MWSC NGD	27/09/2019 MP AGE GROUP 1 - 27-28
76	2:55.75	L	F	Amy Crafford	17	TUKS FSH	29/11/2019 2019 The Tshwane Mayoral Gala
77	2:55.89	L	F	Gabriella Jardim	17	FLOD JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
78*	2:56.01	L	F	Samantha Dreyer	17	USH KCD	09/11/2019 KCDA November Age Group Gala 2019
78*	2:56.01	L	F	Rahael Weatherhead	17	RFA FSH	26/10/2019 2019 OR Tambo/Soncini Games
80	2:56.39	L	F	Kelly Crous	17	KLOO ETH	20/07/2019 eThekweni Age Group Gala 3
81	2:57.30	L	P	Carla Lichtblau	17	ONYX EKU	05/12/2019 EGA Summer Championships 2019
82	2:57.81	L	F	Judi Smith	17	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
83	2:57.96	L	F	Serena Kotnik	17	TUKS FSH	12/10/2019 NTS Oct 2019 Age Group Gala
84	2:58.33	L	F	Cameron Vd Merwe	17	AEC JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
85	2:58.48	L	F	Minette Janse van Vuuren	17	AQU ADJ	21/02/2020 Amajuba District Long Course
86	2:58.59	L	F	Cailin Coetzee	AR	BLOT MAN	18/10/2019 Otters Prestige Gala 2019
87	2:58.95	L	F	Stephanie Hofmeyr	17	BARR CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
88	2:59.12	L	F	Anine Hugo	17	PAQU CED	25/01/2020 West Coast Qualify Gala 2020
89	2:59.35	L	F	Megan Clouston	17	NWUC KKD	19/10/2019 NWS Age Group 1 1920
90	3:00.07	L	F	Kayla Killip	17	LINR JHB	05/12/2019 CGA Championships 2019
91	3:00.47	L	F	Leah Bennett	17	TUKS FSH	26/10/2019 2019 OR Tambo/Soncini Games



### Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
92	3:01.33	L	F	Melina Heinrich	17	AA	JHB	05/12/2019 CGA Championships 2019
93	3:01.80	L	F	Caitlyn Slabberts	17	PSCP	UMD	23/11/2019 KZN TYR Westville Sprints 2019
94	3:02.07	L	F	Marlizaan Coetzee	17	TRAZ	FSH	12/10/2019 NTS Oct 2019 Age Group Gala
95	3:03.68	L	F	Joelle Singh	17	KZNA	ETH	09/12/2019 SA Schools Swimming Championship
96	3:04.88	L	F	Kayleigh Möller	17	BLMA	CPT	14/06/2019 PEA Winter Gala
97	3:05.26	L	F	Chanel Lindeque	17	HSBV	SKD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
98	3:05.32	L	F	Anica Dennis	17	NWUC	KKD	05/12/2019 NWS Championships 2019/2020
99	3:05.56	L	F	Elisna Nel	17	RBOT	NW	23/11/2019 NWS Age Group 3 2019/20
100	3:05.75	L	F	Cailin Botha	17	WSTV	ETH	23/11/2019 KZN TYR Westville Sprints 2019
101	3:06.02	L	F	Hannah Dean	17	AA	JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
102	3:06.08	L	F	Cameron Foulis	17	TUKS	FSH	12/10/2019 NTS Oct 2019 Age Group Gala
103	3:06.28	L	P	Kayley Ryan	17	SOUL	EKU	05/12/2019 EGA Summer Championships 2019
104	3:08.00	L	F	Sian Redelinghuys	17	AQU	ADJ	25/01/2020 Amajuba District Age Group Gala 2
105	3:08.04	L	P	Kiara Geldenhuys	17	ONYX	EKU	05/12/2019 EGA Summer Championships 2019
106	3:10.69	L	F	Anika Schmidt	17	HSTAN	MPD	16/09/2019 Limpopo Interhoer (Mopani Distrik)
107	3:10.98	L	F	Andrea Jack	17	PEAS	NMA	10/08/2019 1st A League 2019
108	3:12.21	L	F	Dieuné Mostert	17	FSAC	BPD	05/12/2019 NWS Championships 2019/2020
109	3:12.55	L	F	Riley Cawse	17	PEAS	NMA	26/09/2019 Aquabear Invitational Meet 2019
110	3:12.79	L	F	Adri Opperman	17	BOKS	EKU	18/01/2020 Cape of Good Hope Gala 2020
111	3:13.22	L	F	Allison Marx	17	PER	JHB	03/11/2019 CGA All Levels
112	3:13.60	L	F	Elseri Pienaar	17	UPTS	ZMD	05/12/2019 NCASA Champs Dec 2019
113	3:14.99	L	F	Caley Kent-Brown	17	HARL	BUF	07/02/2020 BCA Feb Age Group Gala 2020
114	3:15.56	L	P	Caitlin Geldenhuys	17	ONYX	EKU	05/12/2019 EGA Summer Championships 2019
115	3:18.16	L	F	Mikyla Bornman	17	BLSS	MAN	26/11/2019 FS Champs
116	3:20.77	L	F	Danielle Pretorius	17	TUKS	FSH	12/10/2019 NTS Oct 2019 Age Group Gala
117	3:22.12	L	F	Chloe Cilliers	17	BLSS	MAN	14/06/2019 PEA Winter Gala
118	3:27.31	L	F	Caitlin Forword	17	PEAS	NMA	14/06/2019 PEA Winter Gala
119	3:32.71	L	F	Suné Erasmus	17	FISH	EDD	05/10/2019 EDEN District School Trials 2019
120	3:35.86	L	F	Paula Van Zyl	17	NEWS	ADJ	25/01/2020 Amajuba District Age Group Gala 2
121	3:37.41	L	F	Katelyn Marais	17	MDOL	JHB	05/12/2019 CGA Championships 2019
122	3:38.95	L	F	Emma-Joy Macintosh	17	CARN	EKU	31/08/2019 Adrian Grafe Speedo Sprint Meet
123	3:42.52	L	F	Siphesihle Mtshali	17	SOWE	JHB	15/02/2020 CGA Level 2 Last Chance Gala - Day 1
124	3:44.57	L	F	Zandri Cary-Smith	17	WELA	FDD	14/09/2019 Fezile Dabi Age Group
125	3:45.93	L	F	Emma Kruger	DR	BLOT	MAN	18/10/2019 Otters Prestige Gala 2019
126	3:46.41	L	F	Viearn Green	17	RPAC	EKU	08/11/2019 EGA Summer 4
127	4:11.10	L	F	Samkelisiwe Ntuli	17	FUAC	KZ	14/03/2020 KZNA Level 1 Provincial Champs 2020
<b>Women 17 - 17 400 IM</b>								
1	4:46.53	L	F	Rebecca Meder	17	SGUL	ETH	17/12/2019 KZNA Premier Provincial Championship
2	4:52.43	L	P	Tailyn Seyffert	17	RSA		20/08/2019 7TH FINA World Junior Swimming
3	5:19.08	L S	F	Jessica Booth	17	INFA	NMA	07/02/2020 5th A League
4	5:26.66	L	F	Taylor Pharoah	17	CSC	FSH	14/02/2020 NTS February 2020 Age Group Gala
5	5:27.75	L	F	Tori Oliver	17	ACSA	ETH	26/10/2019 eThekweni Age Group Gala 7
6	5:30.22	L	F	Idelé du Toit	17	POTC	KKD	09/11/2019 NWS Age Group 2 1920
7	5:30.65	L	F	Jana Botha	17	TYGE	CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
8	5:32.15	L	F	Kaitlyn Albertyn	17	TUKS	FSH	27/09/2019 NTS September 2019 Age Group Gala
9	5:40.76	L	F	Lana Janson	17	TYGE	CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
10	5:43.18	L	F	Danielle Ontong	17	BLSS	MAN	26/11/2019 FS Champs
11	5:49.30	L	F	Kaelin Rogge	17	AZON	ETH	23/07/2019 Treviso Cup
12	5:51.26	L	F	Courtney Davidson	17	PEAS	NMA	14/06/2019 PEA Winter Gala
13	6:02.12	L	F	Anri Nel	17	BLNE	MAN	26/11/2019 FS Champs
14	6:12.80	L	F	Jordainne Kazimierczak	17	FLOD	JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
15	6:37.74	L	F	Stephanie Hofmeyr	17	BARR	CPT	01/11/2019 38th Freda Barnard Invitational Gala
16	7:07.74	L	F	Elseri Pienaar	17	UPTS	ZMD	05/12/2019 NCASA Champs Dec 2019