

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Women 50 Free</b>								
1	26.97	L S	S	Tori Voke	17	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202
2	27.00	L	S	Rachel Groepes	17	RSA	30/08/2022	8th FINA JUNIOR WORLD SWIMMING
3	27.07	L	F	Ane' Meier	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	27.25	L	F	Eryn Casey	17	ACSA ETH	16/12/2022	KZNA Premier Provincial Championshi
5	27.34	L	P	Annika Yeldon	17	LALE CED	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
6	27.36	L	F	Olivia Kruger	17	ELEC FSH	09/12/2022	NTS Championships 2022
7	27.57	L	F	Morgan Cope	17	GSA CPT	21/03/2023	SA National Junior Age Group Champs
8	27.72	L	F	Carmia Hartman	17	RFA FSH	09/12/2022	NTS Championships 2022
9	27.81	L	F	Caitlin Rademakers	17	INFA NMA	09/12/2022	NMBA Championships 2022
10	27.87	L	P	Christine Wessels	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
11	28.00	L	P	Mikaela Goelst	17	KZNA ETH	21/04/2023	SA Schools Swimming Championship
12	28.10	L	F	Robyn Aaron	17	WSTV ETH	01/07/2022	Prestige Tournament 2022
13	28.17	L	P	Zoe Terblanche	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
14	28.26	L	P	Alexia Delicado	17	POTC KKD	07/12/2022	NWS Championships 2022/2023
15	28.38	L	F	Nicola Hartman	17	RFA FSH	09/12/2022	NTS Championships 2022
16	28.40	L	P	Annette Greyling	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
17	28.46	L	P	Corne van Schalkwyk	17	AA JHB	09/12/2022	NTS Championships 2022
18	28.62	L S	P	Grace De Jongh	17	LALE CED	09/12/2022	Western Cape LC-A Championship 20
19	28.72	L	F	Georgia Els	17	TUKS FSH	09/12/2022	NTS Championships 2022
20	28.81	L	F	Tazmyn Robson	17	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
21	28.87	L	P	Ennes Zietsman	17	PSC FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
22	28.88	L	F	Manaal Omar	17	KZNA ETH	21/04/2023	SA Schools Swimming Championship
23	28.90	L	P	Lara De Beer	17	CA EKU	21/03/2023	SA National Junior Age Group Champs
24	28.99	L	F	Symone Steyn	17	TLAC BPD	03/02/2023	NTS January Lev 3+ Age Group Gala :
25	29.06	L S	P	Liya Venter	17	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
26	29.08	L	F	Chloe Gershuny	17	RSA	12/07/2022	Maccabiah 2022
27	29.20	L	P	Kirsten Storm	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
28*	29.26	L	P	Emma Terblanche	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championshi
28*	29.26	L	F	Payton Brink	17	VINE CPT	15/10/2022	CTA Qualifying Meet #6
30*	29.27	L	F	Keila Manthe	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan
30*	29.27	L	F	Josi Arnold	17	HARL BUF	10/02/2023	Infinity Gala 2023
32	29.29	L	F	Kiara Johnson	17	ASA ILD	16/12/2022	KZNA Premier Provincial Championshi
33	29.34	L	F	Amy Muller	17	TUKS FSH	08/10/2022	NTS Sprint Gala
34	29.40	L	F	Danielle Joubert	17	BLSS MAN	22/10/2022	Otters Prestige Gala 2022
35	29.43	L	F	Danielle Heyes	17	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group Chan
36	29.48	L S	F	Alexandra Caldwell	17	RAV EKU	08/12/2022	EGA Summer Champs 2022
37	29.50	L	F	Jana Naude	17	STSC KCD	16/12/2022	KZNA Premier Provincial Championshi
38	29.53	L S	F	Teegan Pio	17	PEAS NMA	25/06/2022	PEA Winter Gala 2022
39	29.55	L	F	Miche Johns	17	BLSS MAN	06/12/2022	Free State Champs 2022
40	29.58	L	P	Isabelle Barrow	17	AA JHB	09/12/2022	NTS Championships 2022
41*	29.61	L	P	Lara Groenewald	17	AQU ADJ	16/12/2022	KZNA Premier Provincial Championshi
41*	29.61	L	P	Calista Mentz	17	PAC FSH	09/12/2022	NTS Championships 2022
43	29.62	L	P	Scarlett Nichol	17	TUKS FSH	09/12/2022	NTS Championships 2022
44*	29.63	L	F	Jemma van der Merwe	17	CSC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
44*	29.63	L	F	Ninah Wedderburn	17	BLTA NMA	19/11/2022	5th A League Gala
46	29.65	L	F	Tiara Finnis	17	INFA NMA	10/02/2023	Infinity Gala 2023
47	29.66	L	F	Nirvana Borrageiro	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan
48	29.68	L	P	Ashley Ebing	17	WSTV ETH	01/07/2022	Prestige Tournament 2022
49	29.70	L	F	Emma Peacock	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev
50*	29.72	L	F	Cara Ralfe	17	SEAL UMD	16/12/2022	KZNA Premier Provincial Championshi
50*	29.72	L	F	Livia Bisschops	17	AA JHB	01/12/2022	CGA LC Summer Championships Lev
52	29.73	L	F	Jodi Dos Santos	17	PSC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
53	29.75	L	F	Ava Rathner	17	RSA	12/07/2022	Maccabiah 2022
54	29.78	L S	P	Hayley McHarg	17	WATR JHB	25/06/2022	PEA Winter Gala 2022
55	29.81	L	F	Jenny Zhang	17	ACAQ CCD	12/11/2022	Limpopo Age Group 5
56	29.83	L S	F	Tayla Haslam	17	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
57*	29.94	L	P	Demi Jacobs	17	TUKS FSH	01/07/2022	Prestige Tournament 2022
57*	29.94	L	F	Kayci Petzer	17	BEAV ETH	31/03/2023	SA Level 3 Regional Age Group Chan

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Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
59	29.97	L	F	Rachel Guymer	17	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan
60*	29.99	L	F	Samantha Lowman	17	AA JHB	06/01/2023	2023 Grand Prix Invitation Swimming I
60*	29.99	L	F	Meredith O'Tool	17	WELA LLD	31/03/2023	SA Level 3 Regional Age Group Chan
62	30.01	L	P	Kaela Viljoen	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
63	30.02	L S	P	Rachel Smith	17	MDOL EKU	08/12/2022	EGA Summer Champs 2022
64	30.04	L	P	Jayda Collett	17	TUKS TSH	09/12/2022	NTS Championships 2022
65*	30.06	L	F	Gemma Kirsten	17	BLNE MAN	05/11/2022	Seals Heidedal Gala
65*	30.06	L	F	Jane Lewis	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan
67	30.09	L	P	Carike Kok	17	TUKS TSH	09/12/2022	NTS Championships 2022
68	30.10	L	P	Dieu-Dene Van Jaarsveld	17	AAS JHB	01/12/2022	CGA LC Summer Championships Lev
69	30.11	L	P	Catherine De Boucherville	17	AA JHB	31/03/2023	SA Level 3 Regional Age Group Chan
70	30.17	L	F	Nawaal Mia	17	MDOL EKU	21/10/2022	EGA Summer 2 2022
71	30.19	L	F	Jadyn-Lee Joubert	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan
72*	30.21	L	F	Tumé van Niekerk	17	PGIM KKD	10/02/2023	NW School Championships 2023
72*	30.21	L	F	Emma Hamman	17	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022
74	30.27	L	F	Cara Van Der Bijl	17	BLNE MAN	22/10/2022	Otters Prestige Gala 2022
75	30.39	L	P	Angelica Wheeler	17	SAAW CPT	16/12/2022	KZNA Premier Provincial Championsh
76	30.42	L	F	Amber Lewis	17	SEAL UMD	28/01/2023	EDA January Gala 2023
77	30.44	L	P	Lucy Friedenthal	17	UNI EZD	02/12/2022	Mpumalanga Championships 2022
78*	30.45	L S	P	Amy Robson-Garth	17	CA EKU	08/12/2022	EGA Summer Champs 2022
78*	30.45	L	F	Georgia Stone	17	INFA NMA	09/12/2022	NMBA Championships 2022
80*	30.55	L	P	Mareen van der Merwe	17	RFA TSH	02/03/2023	SA Level 2 Regional Age Group Cham
80*	30.55	L	P	Melissa Martens	17	SEAL UMD	16/12/2022	KZNA Premier Provincial Championsh
82	30.64	L	P	Michelle Jack	17	BON EKU	31/03/2023	SA Level 3 Regional Age Group Chan
83	30.70	L	P	Jozi Nupen	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev
84	30.72	L	P	Isabella Reynolds	17	ELEC TSH	09/12/2022	NTS Championships 2022
85	30.74	L	P	Marguerite Naude	17	AFIN JHB	01/12/2022	CGA LC Summer Championships Lev
86	30.81	L	F	Melindie Van Rensburg	17	NHS EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
87	30.82	L	P	Cara Harradine	17	PAC TSH	09/12/2022	NTS Championships 2022
88	30.97	L	F	Sara Daniels	17	AACTA CPT	07/10/2022	41st Freda Barnard Invitational Gala
89	31.07	L	F	Kate Meyburgh	17	INFA NMA	31/03/2023	SA Level 3 Regional Age Group Chan
90	31.09	L	P	Morgan Pharoah	17	TUKS TSH	01/07/2022	Prestige Tournament 2022
91*	31.14	L	F	Caitlin Ruane	17	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
91*	31.14	L	F	Anmi Esbach	17	RFA TSH	07/12/2022	NWS Championships 2022/2023
93	31.22	L	F	Petro Marié Fourie	17	FISH EDD	31/03/2023	SA Level 3 Regional Age Group Chan
94*	31.29	L	F	Christina Sauerman	17	SEAL UMD	16/12/2022	KZNA Premier Provincial Championsh
94*	31.29	L	F	Imogen Rushton	17	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 20
96	31.39	L	P	Ashley Jansen van Vuuren	17	MP EZ	21/04/2023	SA Schools Swimming Championship
97	31.59	L	F	Awande Mlangeni	17	ONYX EKU	20/01/2023	EGA Last Chance Galal
98	31.67	L	F	Calista Mackenzie	17	HE WBD	04/02/2023	Limpopo School Champs
99	31.70	L	F	Larike Joubert	17	TASC MPD	02/03/2023	SA Level 2 Regional Age Group Cham
100	31.75	L	F	Keira Booth	17	SS MPD	02/12/2022	Limpopo Champs
101	31.81	L	F	Nina Pretorius	17	CSC TSH	08/10/2022	NTS Sprint Gala
102*	31.88	L	F	Alexia Michalopoulos	17	RFA TSH	02/10/2022	2022 AG Swim Stars 14&Over
102*	31.88	L	F	Elza De Kock	17	AGAQ OBD	24/09/2022	CTA Qualifying Meet #5
104	31.94	L	F	Shaina Adriaan	17	TYGE CPT	11/02/2023	WCA-B Champs - 2023
105	32.07	L	P	Emma Lauf	17	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group Chan
106	32.09	L	F	Annè Sabbagha	17	PAQU CED	07/10/2022	41st Freda Barnard Invitational Gala
107	32.22	L	F	Isabella Van der Walt	17	QSAW CED	18/02/2023	Swartland Invitational Gala 2023
108	32.23	L S	P	Busisiwe Mogadima	17	SOUL EKU	08/12/2022	EGA Summer Champs 2022
109	32.25	L S	P	Erin Braun	17	CA EKU	08/12/2022	EGA Summer Champs 2022
110	32.34	L	P	Erin Kistin	17	MDOL EKU	01/07/2022	Prestige Tournament 2022
111*	32.35	L	F	Sasha Naidoo	17	SSISA CPT	03/09/2022	CTA Qualifying Meet #4
111*	32.35	L	F	Adelia Schonken	17	TASC MPD	02/12/2022	Limpopo Champs
113	32.41	L	P	Anje Van Papendorp	17	TUKS TSH	09/12/2022	NTS Championships 2022
114	32.43	L	F	Janke Fourie	17	EXP TSH	08/10/2022	NTS Sprint Gala
115	32.45	L	F	Calista McKenzie	17	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
116	32.51	L	F	Thinica Mc Anda	17	BLSS MAN	05/11/2022	Seals Heidedal Gala
117	32.59	L	F	Charlize De Villiers	17	PRKA PSD	07/12/2022	NCASA CHAMPS 2022

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Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	32.64	L	P	Mienke Herbst	17	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
119	32.68	L	F	Sarah West	17	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
120	32.70	L	F	Caroli Rossouw	17	KTS	07/12/2022 NCASA CHAMPS 2022
121	32.71	L	P	Luané Engelbrecht	17	TUKS FSH	31/03/2023 SA Level 3 Regional Age Group Chan
122	32.72	L	P	Alicia Kleingeld	17	ZASC FSH	02/03/2023 SA Level 2 Regional Age Group Cham
123	32.74	L	F	Karla Vogel	17	RFA FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
124	32.79	L	F	Saffron Tweedie	17	PEAS NMA	09/12/2022 NMBA Championships 2022
125	32.82	L	F	Camryn Myron	17	KNYA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
126	32.85	L	F	Mia Nortjé	17	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
127*	32.91	L	F	Oabilwe Sesoko	17	RAV ECU	17/02/2023 EGA Let's Race 2023
127*	32.91	L	F	Anna Victor	17	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
129	32.93	L	F	Courtney Smith	17	TYGE CPT	04/11/2022 CTA A CHAMPS 2022
130	32.94	L	F	Tharien Venter	17	BLUO UGD	17/03/2023 SA Level 2 Regional Age Group Cham
131	33.02	L	F	Yedidah Theron	17	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
132	33.03	L	P	Laranya Naidoo	17	WSTV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
133	33.29	L	P	Catherine Rowan	17	SGUL ETH	01/07/2022 Prestige Tournament 2022
134*	33.33	L	F	Mieke Oosthuizen	17	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
134*	33.33	L	F	Alexis Vorwerk	17	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
136*	33.40	L	F	Emma Beyers	17	PENC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
136*	33.40	L	F	Kiana Engelbrecht	17	SASOL FDD	27/01/2023 Seals Bullsharks Gala
138	33.42	L	F	Erin Anders	17	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
139	33.57	L	P	Kaitlyn Immelman	17	PGAC ECU	02/03/2023 SA Level 2 Regional Age Group Cham
140	33.59	L	F	Alexia Sfigakis	17	TUKS FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
141	33.65	L	F	Skyla Schroll	17	NWUC KKD	03/03/2023 SA Level 2 Regional Age Group Cham
142	33.85	L	F	Ashleigh Witney	17	PGAC ECU	02/03/2023 SA Level 2 Regional Age Group Cham
143	33.90	L	F	Kimberley Howes	17	HSH KKD	10/02/2023 NW School Championships 2023
144	33.91	L	F	Olivia Ralfe	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
145	34.14	L	F	Aimee Blackler	17	ESTR ECU	17/02/2023 EGA Let's Race 2023
146	34.16	L	F	Tristan Hoskins	17	MANT CPT	21/01/2023 CTA Qualifying Meet #7
147	34.17	L	F	Bianca Kleingeld	17	ZASC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
148	34.39	L	P	Xandri Botha	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
149	34.68	L	F	Caitlin-Ann Dehrmann	CR	ROB EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
150	34.73	L	F	Jada Coetzee	17	FISH EDD	22/10/2022 EDEN 2nd A-League Gala 2022
151	34.97	L	F	Mesha-Lee Iveson	17	STHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
152	35.16	L	F	Caitlyn Gomes	17	ISSC NMD	26/11/2022 NWS Age Group 3 2022/23
153	35.30	L S	P	Jade Westley	17	H2O ECU	08/12/2022 EGA Summer Champs 2022
154	35.41	L	F	Anna Pretorius	17	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
155	35.45	L	F	Sophia Burgess	17	HPHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
156	36.12	L	F	Emma Van Der Westhuysen	17	FISH EDD	22/10/2022 EDEN 2nd A-League Gala 2022
157	36.16	L	F	Ankia Uys	RR	PSA ZLD	28/01/2023 Ushaka Champs 2023
158	36.28	L	F	Gabriella Moulang	17	USC BUF	19/11/2022 BCA 2nd November Age Group Gala 2
159	36.55	L S	P	Jasmine Erasmus	17	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
160	36.81	L	F	Michiela Herbst	17	MSC NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
161	37.39	L	F	Mari Kemp	17	SWAR WCD	28/01/2023 Winelands SL Final
162	37.55	L	F	Johane Fourie	17	UPSK	03/12/2022 AGE GROUP 4 UPT 2022
163	38.13	L	P	Kgothatso Tsebe	17	RBOT BPD	07/12/2022 NWS Championships 2022/2023
164	38.72	L	F	Amy Marks	17	ELEC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
165	39.22	L	F	Ane Blom	17	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
166	39.50	L	F	Bianca Taljaard	17	PRA NGD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS 2
167	39.90	L	F	Shirley Mlotshwa	17	ATTE FSH	18/03/2023 Level 1 Intra-Provincial 2023
168	40.26	L	F	Nombuso Mente	17	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
169	40.79	L	F	Bianca Beukes	17	SOUL ECU	10/09/2022 Adrian Grafe Gala 2022
170	40.82	L	F	Ruby James	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
171	41.88	L	F	Anika Van Der Bank	17	UPSK	15/10/2022 AGE GROUP 1 UPINGTON 2022
172	44.66	L	F	Tatum Cooper	17	HURAQ CPT	07/10/2022 41st Freda Barnard Invitational Gala
173	49.58	L	F	Trinity Pagel	17	FIELD BPD	10/02/2023 NW School Championships 2023
174	51.96	L	P	Nachke van der Walt	17	FSS FS	21/04/2023 SA Schools Swimming Championship
175	54.83	L	F	Savanna Haselau	17	FISH EDD	18/02/2023 EDEN 5th A-League Gala 2023

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	Time	P/F/S	Name	Age/Yr				
<b>Women 100 Free</b>								
1	58.02 L	F	Ane' Meier	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
2	58.47 L	F	Corne van Schalkwyk	17	AA JHB	09/12/2022	NTS Championships 2022	
3	59.29 L	P	Olivia Kruger	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
4	59.51 L	P	Christine Wessels	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
5	59.56 L	P	Rachel Groepes	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
6	59.63 L	P	Tazmyn Robson	17	TUKS FSH	09/12/2022	NTS Championships 2022	
7	59.65 L	P	Tori Voke	17	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
8	1:00.08 L	F	Eryn Casey	17	ACSA ETH	16/12/2022	KZNA Premier Provincial Championshi	
9	1:00.56 L	F	Callan Lötter	17	TUKS FSH	01/07/2022	Prestige Tournament 2022	
10	1:00.84 L	F	Morgan Cope	17	GSA CPT	24/02/2023	Western Cape Elite Gala	
11	1:01.00 L	P	Annika Yeldon	17	LALE GED	24/02/2023	Western Cape Elite Gala	
12	1:01.06 L	F	Caitlin Rademakers	17	INFA NMA	09/12/2022	NMBA Championships 2022	
13	1:01.15 L	F	Georgia Els	17	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
14	1:01.21 L	P	Mikaela Goelst	17	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
15	1:01.48 L	P	Amy Muller	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
16	1:01.63 L	P	Nicola Hartman	17	RFA FSH	09/12/2022	NTS Championships 2022	
17*	1:01.68 L	P	Carmia Hartman	17	RFA FSH	09/12/2022	NTS Championships 2022	
17*	1:01.68 L	F	Grace De Jongh	17	LALE GED	09/12/2022	Western Cape LC-A Championship 20	
19	1:02.09 L	P	Liya Venter	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
20	1:02.50 L	P	Demi Jacobs	17	TUKS FSH	21/03/2023	SA National Junior Age Group Champ:	
21	1:02.51 L	P	Jana Naude	17	STSC KCD	16/12/2022	KZNA Premier Provincial Championshi	
22	1:02.60 L	P	Zoe Terblanche	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
23	1:02.69 L	F	Alexandra Caldwell	17	RAV EKU	08/12/2022	EGA Summer Champs 2022	
24	1:02.80 L	P	Teegan Pio	17	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
25	1:02.90 L	F	Lara De Beer	17	CA EKU	17/02/2023	EGA Let's Race 2023	
26	1:02.98 L	P	Lara Groenewald	17	AQU ADJ	16/12/2022	KZNA Premier Provincial Championshi	
27	1:03.16 L	F	Jenny Zhang	17	ACAQ CCD	12/11/2022	Limpopo Age Group 5	
28*	1:03.32 L	P	Mischa King	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
28*	1:03.32 L	F	Micheline Bathfield	17	PEAS NMA	21/05/2022	GP & FD Assessment 4 - 21-22 May 2	
30	1:03.49 L	F	Chloe Gershuny	17	RSA	12/07/2022	Maccabiah 2022	
31	1:03.50 L	F	Payton Brink	17	VINE CPT	04/11/2022	CTAA CHAMPS 2022	
32	1:03.67 L	F	Cara Ralfe	17	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20	
33	1:03.73 L	F	Alexia Delicado	17	POTC KKD	26/11/2022	NWS Age Group 3 2022/23	
34	1:03.81 L	F	Jemma van der Merwe	17	CSC FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
35	1:03.87 L	P	Annette Greyling	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
36	1:03.89 L	F	Symone Steyn	17	TLAC BPD	31/03/2023	SA Level 3 Regional Age Group Chan	
37	1:03.92 L	P	Calista Mentz	17	PAC FSH	09/12/2022	NTS Championships 2022	
38	1:03.93 L	F	Nirvana Borrageiro	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan	
39	1:03.95 L	P	Keila Manthe	17	TUKS FSH	09/12/2022	NTS Championships 2022	
40	1:04.00 L	F	Hayley McHarg	17	WATR JHB	09/12/2022	NMBA Championships 2022	
41	1:04.06 L	F	Rachel Guymer	17	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan	
42	1:04.08 L	P	Carike Kok	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
43	1:04.10 L	P	Ennes Zietsman	17	PSC FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
44	1:04.16 L	F	Angelica Wheeler	17	SAAW CPT	16/12/2022	KZNA Premier Provincial Championshi	
45	1:04.27 L	P	Emma Terblanche	AR	BLOT MAN	06/12/2022	Free State Champs 2022	
46	1:04.31 L	F	Tiara Finnis	17	INFA NMA	10/02/2023	Infinity Gala 2023	
47	1:04.43 L	P	Miche Johns	17	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202	
48	1:04.44 L	F	Jane Lewis	17	AZON ETH	28/01/2023	EDA January Gala 2023	
49	1:04.69 L	F	Ninah Wedderburn	17	BLTA NMA	10/02/2023	Infinity Gala 2023	
50	1:04.75 L	F	Amber Olsen	17	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
51	1:04.77 L	P	Kiara Johnson	17	ASA ILD	16/12/2022	KZNA Premier Provincial Championshi	
52	1:04.96 L	F	Ava Rathner	17	RSA	12/07/2022	Maccabiah 2022	
53	1:05.18 L	P	Rachel Smith	17	MDOL EKU	08/12/2022	EGA Summer Champs 2022	
54	1:05.26 L	P	Kaela Viljoen	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
55	1:05.32 L	P	Jodi Dos Santos	17	UNI EZD	02/12/2022	Mpumalanga Championships 2022	
56	1:05.44 L	F	Dieu-Dene Van Jaarsveld	17	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala	
57	1:05.53 L	P	Jayda Collett	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
58	1:05.59 L	F	Georgia Stone	17	INFA NMA	10/02/2023	Infinity Gala 2023	

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	1:05.65	L	P	Nawaal Mia	17	MDOL EKU	21/03/2023 SA National Junior Age Group Champs
60	1:05.69	L	F	Josi Arnold	17	BCA BUF	28/01/2023 NMBA Intra-District Championship
61	1:05.72	L	F	Jozi Nupen	17	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
62	1:05.78	L	F	Marguerite Naude	17	AFIN JHB	03/02/2023 NTS January Lev 3+ Age Group Gala :
63	1:05.93	L	F	Gemma Kirsten	17	BLNE MAN	31/03/2023 SA Level 3 Regional Age Group Chan
64	1:06.01	L	F	Danielle Heyes	17	ASAC CPT	31/03/2023 SA Level 3 Regional Age Group Chan
65*	1:06.18	L	F	Cara Van Der Bijl	17	BLNE MAN	31/03/2023 SA Level 3 Regional Age Group Chan
65*	1:06.18	L	F	Robyn Hough	17	PEAS NMA	16/07/2022 1st A League Gala 2022 NMA
67	1:06.24	L	F	Amber Lewis	17	SEAL UMD	28/01/2023 EDA January Gala 2023
68	1:06.30	L	P	Manaal Omar	17	KZNA ETH	21/04/2023 SA Schools Swimming Championship
69	1:06.44	L	F	Calista Mackenzie	17	HE WBD	04/02/2023 Limpopo School Champs
70	1:06.63	L	P	Amy Robson-Garth	17	CA EKU	08/12/2022 EGA Summer Champs 2022
71	1:06.68	L	F	Meredith O'Tool	17	WELA LLD	29/10/2022 Neptune Gala
72	1:07.07	L	P	Livia Bisschops	17	AA JHB	01/12/2022 CGA LC Summer Championships Lev
73	1:07.11	L	F	Petro Marié Fourie	17	FISH EDD	05/11/2022 EDEN 3rd A-League Gala 2022
74	1:07.12	L	F	Kate Meyburgh	17	INFA NMA	31/03/2023 SA Level 3 Regional Age Group Chan
75	1:07.26	L	F	Lucy Friedenthal	17	UNI EZD	30/09/2022 MP AGE GROUP 1
76	1:07.49	L	P	Catherine De Boucherville	17	AA JHB	01/12/2022 CGA LC Summer Championships Lev
77	1:07.58	L	F	Tumé van Niekerk	17	PGIM KKD	10/02/2023 NW School Championships 2023
78	1:07.61	L	F	Anmi Esbach	17	RFA TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
79	1:07.67	L	F	Christina Sauerman	17	SEAL UMD	02/12/2022 EDA AG Gala December 2022
80	1:07.71	L	P	Cara Harradine	17	PAC TSH	09/12/2022 NTS Championships 2022
81	1:07.78	L	F	Imogen Rushton	17	PSCP UMD	17/03/2023 SA Level 2 Regional Age Group Cham
82	1:08.21	L	F	Danielle Davidson	17	FAAC FBD	15/10/2022 KBY AGE GROUP 1 - 2022
83	1:08.35	L	F	Ashley Jansen van Vuuren	17	CSA EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
84	1:09.06	L	F	Sara Daniels	17	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
85	1:09.19	L	F	Larika Joubert	17	TASC MPD	02/03/2023 SA Level 2 Regional Age Group Cham
86	1:09.20	L	P	Courtney Smith	17	TYGE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
87	1:09.34	L	F	Elza De Kock	17	AGAQ OBD	11/02/2023 WCA-B Champs - 2023
88	1:09.44	L	P	Emma Lauf	17	MDOL EKU	08/12/2022 EGA Summer Champs 2022
89	1:09.58	L	F	Luané Engelbrecht	17	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
90	1:09.69	L	F	Emma Hamman	17	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
91	1:09.96	L	F	Mareen van der Merwe	17	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Cham
92	1:10.14	L	F	Anje Van Papendorp	17	TUKS TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
93	1:10.19	L	F	Isabella Reynolds	17	ELEC TSH	28/10/2022 NTS October SARJ+ Age Group Gala
94	1:10.28	L	F	Awande Mdlalose	17	CSC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
95	1:10.55	L	F	Karla Vogel	17	RFA TSH	02/12/2022 Limpopo Champs
96	1:10.68	L	F	Mia Nortjé	17	CYBE CPT	24/02/2023 Western Cape Elite Gala
97	1:10.77	L	F	Alexis Vorwerk	17	SEAL UMD	17/03/2023 SA Level 2 Regional Age Group Cham
98*	1:11.11	L	F	Yedidah Theron	17	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
98*	1:11.11	L	P	Mienke Herbst	17	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
100	1:11.15	L	F	Erin Kistin	17	MDOL EKU	01/07/2022 Prestige Tournament 2022
101	1:11.25	L	F	Isabella Van der Walt	17	QSAW CED	28/01/2023 Winelands SL Final
102	1:11.35	L	P	Awande Mlangeni	17	ONYX EKU	02/03/2023 SA Level 2 Regional Age Group Cham
103	1:11.51	L	F	Erin Braun	17	CA EKU	02/03/2023 SA Level 2 Regional Age Group Cham
104	1:11.52	L	F	Alexia Michalopoulos	17	RFA TSH	02/10/2022 2022 AG Swim Stars 14&Over
105	1:11.61	L	F	Shaina Adriaan	17	TYGE CPT	11/02/2023 WCA-B Champs - 2023
106	1:11.79	L	F	Caroli Rossouw	17	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
107	1:12.15	L	F	Zoe Padbury	17	SEAL UMD	01/07/2022 Prestige Tournament 2022
108	1:12.21	L	F	Anné Sabbagha	17	PAQU CED	07/10/2022 41st Freda Barnard Invitational Gala
109	1:12.34	L	F	Sasha Naidoo	17	SSISA CPT	04/11/2022 CTA A CHAMPS 2022
110	1:12.37	L	F	Tharien Venter	17	BLUO UGD	25/11/2022 WSC & Seals Summer LC Champs 20
111	1:12.62	L	F	Ashleigh Witney	17	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
112	1:12.69	L	F	Oabilwe Sesoko	17	RAV EKU	17/02/2023 EGA Let's Race 2023
113	1:12.76	L	F	Kimberley Howes	17	HREF BPD	07/12/2022 NWS Championships 2022/2023
114	1:12.79	L	F	Catherine Rowan	17	SGUL ETH	01/07/2022 Prestige Tournament 2022
115	1:12.87	L	F	Mieke Oosthuizen	17	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
116	1:13.27	L	F	Jada Coetzee	17	FISH EDD	05/11/2022 EDEN 3rd A-League Gala 2022
117	1:14.07	L	F	Saffron Tweedie	17	PEAS NMA	07/10/2022 41st Freda Barnard Invitational Gala

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	1:14.08	L	F	Adelia Schonken	17	TASC MPD	02/12/2022 Limpopo Champs
119	1:14.12	L	F	Camryn Myron	17	KNYA EDD	22/10/2022 EDEN 2nd A-League Gala 2022
120	1:14.27	L	F	Ami Pirie	17	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
121	1:15.17	L	F	Alicia Kleingeld	17	ZASC TSH	02/03/2023 SA Level 2 Regional Age Group Cham
122	1:15.48	L	P	Busisiwe Mogadima	17	SOUL EKU	08/12/2022 EGA Summer Champs 2022
123	1:15.52	L	P	Mia Neilson	17	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
124	1:15.53	L	F	Anna Victor	17	UNI EZD	30/09/2022 MP AGE GROUP 1
125	1:15.55	L	F	Keira Booth	17	SS MPD	02/12/2022 Limpopo Champs
126	1:16.17	L	P	Kaylin Visser	17	BLSS MAN	29/09/2022 MA Grand Prix
127	1:16.36	L	P	Kaitlyn Immelman	17	PGAC EKU	08/12/2022 EGA Summer Champs 2022
128	1:16.59	L	F	Thinica Mc Anda	17	BLSS MAN	22/10/2022 Otters Prestige Gala 2022
129	1:16.62	L	F	Erin Anders	17	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
130	1:16.65	L S	F	Skyla Schroll	17	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
131	1:16.78	L	P	Aimee Blackler	17	ESTR EKU	08/12/2022 EGA Summer Champs 2022
132	1:17.16	L	F	Charllize De Villiers	17	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
133	1:17.29	L	F	Xandri Botha	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
134	1:17.48	L	P	Jade Westley	17	H2O EKU	02/03/2023 SA Level 2 Regional Age Group Cham
135	1:18.21	L	F	Kiana Engelbrecht	17	SASOL FDD	27/01/2023 Seals Bullsharks Gala
136	1:19.11	L	P	Talisa Rademeyer	17	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
137	1:19.82	L	F	Tristan Hoskins	17	MANT CPT	12/11/2022 CTA B CHAMPS
138	1:20.69	L	F	Mari Kemp	17	SWAR WCD	28/01/2023 Winelands SL Final
139	1:21.07	L	P	Caitlyn Gomes	17	ISSC NMD	07/12/2022 NWS Championships 2022/2023
140	1:21.53	L	F	Anna Pretorius	17	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
141	1:21.66	L	F	Gabriella Moulang	17	USC BUF	02/12/2022 BCA Long Course Championships 202
142	1:22.32	L	F	Alexa Jeaiven	17	MANT CPT	18/02/2023 Swartland Invitational Gala 2023
143	1:22.56	L	F	Michiela Herbst	17	MSC NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
144	1:23.59	L	F	Bianca Kleingeld	17	ZASC TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
145	1:23.68	L	F	Amy Marks	17	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
146	1:23.98	L	P	Kgothatso Tsebe	17	RBOT BPD	07/12/2022 NWS Championships 2022/2023
147	1:26.79	L	F	Elri Vorster	17	PHS CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
148	1:27.26	L	F	Amelie Coetzee	17	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
149	1:28.06	L	F	Sophia Burgess	17	HPHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
150	1:28.77	L	F	Johane Fourie	17	UPSK	07/10/2022 FLAMINGO GALA OCT 2022
151	1:30.41	L	F	Anika Van Der Bank	17	UPSK	15/10/2022 AGE GROUP 1 UPINGTON 2022
152	1:32.37	L	F	Bianca Taljaard	17	PRA NGD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS 2
153	1:33.25	L	F	Shirley Mlotshwa	17	ATTE TSH	18/03/2023 Level 1 Intra-Provincial 2023
154	1:43.97	L	F	Tatum Cooper	17	HURAQ CPT	11/11/2022 Swartland Prestige Gala 2022
<b>Women 200 Free</b>							
1	2:05.54	L	F	Callan Lötter	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
2	2:05.68	L	F	Corne van Schalkwyk	17	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
3	2:07.21	L	P	Tazmyn Robson	17	RSA	30/08/2022 8th FINA JUNIOR WORLD SWIMMING
4	2:07.88	L	P	Georgia Els	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
5	2:10.26	L	P	Christine Wessels	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
6	2:11.15	L S	F	Ane' Meier	17	PAC TSH	09/12/2022 NTS Championships 2022
7	2:11.62	L	F	Caitlin Rademakers	17	INFA NMA	09/12/2022 NMBA Championships 2022
8	2:13.54	L	F	Tori Voke	17	VIKI BUF	25/06/2022 PEA Winter Gala 2022
9	2:14.11	L	P	Olivia Kruger	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
10	2:14.17	L	P	Alexandra Caldwell	17	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
11	2:14.41	L	P	Rachel Groepes	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
12	2:15.85	L	P	Scarlett Nichol	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
13	2:15.94	L	P	Ashley Ebing	17	WSTV ETH	01/07/2022 Prestige Tournament 2022
14	2:16.30	L	P	Mischa King	17	LALE CED	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
15	2:16.45	L	P	Lara De Beer	17	CA EKU	21/03/2023 SA National Junior Age Group Champs
16	2:16.49	L	F	Jana Naude	17	STSC KCD	16/12/2022 KZNA Premier Provincial Championshi
17	2:16.77	L	P	Liya Venter	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
18	2:16.79	L	P	Annika Yeldon	17	LALE CED	24/02/2023 Western Cape Elite Gala
19	2:16.83	L	F	Teegan Pio	17	PEAS NMA	13/01/2023 Eastern Cape Aquatics LC Champs 20
20	2:17.34	L	F	Eryn Casey	17	ACSA ETH	16/12/2022 KZNA Premier Provincial Championshi
21	2:17.40	L	F	Tiara Finnis	17	INFA NMA	10/02/2023 Infinity Gala 2023

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
22	2:18.35	L	F	Miche Johns	17	BLSS	MAN	06/12/2022 Free State Champs 2022
23	2:18.76	L	F	Amy Muller	17	TUKS	FSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
24	2:18.79	L	F	Tayla Haslam	17	KLOO	ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
25	2:18.98	L	F	Morgan Pharoah	17	TUKS	FSH	01/07/2022 Prestige Tournament 2022
26	2:19.29	L	F	Carike Kok	17	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
27	2:19.31	L	P	Emma Terblanche	AR	BLOT	MAN	16/12/2022 KZNA Premier Provincial Championshi
28	2:19.37	L	F	Kirsten Storm	17	AAS	JHB	01/12/2022 CGA LC Summer Championships Lev
29	2:19.59	L	F	Jenny Zhang	17	ACAA	CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
30	2:19.83	L S	P	Keila Manthe	17	TUKS	FSH	09/12/2022 NTS Championships 2022
31	2:19.86	L	F	Rachel Smith	17	MDOL	EKU	08/12/2022 EGA Summer Champs 2022
32	2:19.90	L	F	Lara Groenewald	17	AQU	ADJ	16/12/2022 KZNA Premier Provincial Championshi
33	2:19.95	L	F	Cara Raife	17	SEAL	UMD	16/12/2022 KZNA Premier Provincial Championshi
34	2:20.36	L	F	Jane Lewis	17	AZON	ETH	16/12/2022 KZNA Premier Provincial Championshi
35	2:20.67	L	F	Jadyn-Lee Joubert	17	AZON	ETH	31/03/2023 SA Level 3 Regional Age Group Chan
36	2:21.04	L	F	Georgia Stone	17	INFA	NMA	10/02/2023 Infinity Gala 2023
37	2:21.55	L S	P	Nicola Hartman	17	RFA	FSH	09/12/2022 NTS Championships 2022
38	2:21.66	L S	P	Calista Mentz	17	PAC	FSH	09/12/2022 NTS Championships 2022
39	2:21.84	L	P	Amber Olsen	17	GAUT		21/04/2023 SA Schools Swimming Championship
40	2:22.08	L	P	Rachel Guymer	17	RAV	EKU	31/03/2023 SA Level 3 Regional Age Group Chan
41	2:22.10	L	P	Demi Jacobs	17	TUKS	FSH	21/03/2023 SA National Junior Age Group Champ
42	2:22.41	L S	P	Carmia Hartman	17	RFA	FSH	09/12/2022 NTS Championships 2022
43	2:22.87	L	F	Alexia Delicado	17	POTC	KKD	07/12/2022 NWS Championships 2022/2023
44	2:23.11	L	P	Jemma van der Merwe	17	CSC	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
45	2:23.22	L	F	Kate Meyburgh	17	INFA	NMA	31/03/2023 SA Level 3 Regional Age Group Chan
46	2:23.28	L	F	Hayley McHarg	17	WATR	JHB	09/12/2022 NMBA Championships 2022
47	2:23.63	L	P	Dieu-Dene Van Jaarsveld	17	AAS	JHB	01/12/2022 CGA LC Summer Championships Lev
48	2:24.32	L	F	Lucy Friedenthal	17	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
49	2:24.33	L	F	Jodi Dos Santos	17	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
50	2:24.36	L	P	Melissa Martens	17	SEAL	UMD	16/12/2022 KZNA Premier Provincial Championshi
51*	2:24.53	L	F	Robyn Hough	17	PEAS	NMA	19/11/2022 5th A League Gala
51*	2:24.53	L	P	Angelica Wheeler	17	SAAW	CPT	16/12/2022 KZNA Premier Provincial Championshi
53	2:24.73	L S	P	Cara Harradine	17	PAC	FSH	09/12/2022 NTS Championships 2022
54	2:24.96	L	F	Calista Mackenzie	17	ELRAS	WBD	02/12/2022 Limpopo Champs
55	2:25.14	L	F	Cara Van Der Bijl	17	BLNE	MAN	31/03/2023 SA Level 3 Regional Age Group Chan
56	2:26.15	L	P	Amy Robson-Garth	17	CA	EKU	08/12/2022 EGA Summer Champs 2022
57	2:26.36	L	F	Jozi Nupen	17	CRSC	JHB	01/12/2022 CGA LC Summer Championships Lev
58	2:26.55	L	P	Jayda Collett	17	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
59	2:26.58	L	P	Zelmarie Levin	17	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
60	2:27.55	L	P	Gemma Kirsten	17	BLNE	MAN	29/09/2022 MA Grand Prix
61	2:27.59	L	F	Ava Rathner	17	SAAW	CPT	03/09/2022 CTA Qualifying Meet #4
62	2:28.04	L	P	Josi Arnold	17	HARL	BUF	25/06/2022 PEA Winter Gala 2022
63	2:28.15	L	F	Meredith O'Tool	17	WELA	LLD	31/03/2023 SA Level 3 Regional Age Group Chan
64	2:28.20	L	F	Mia Nortjè	17	CYBE	CPT	07/10/2022 41st Freda Barnard Invitational Gala
65	2:28.32	L	F	Kiara Johnson	17	ASA	ILD	16/12/2022 KZNA Premier Provincial Championshi
66	2:28.85	L S	P	Annette Greyling	17	CRSC	JHB	09/12/2022 NTS Championships 2022
67	2:28.99	L	F	Marguerite Naude	17	AFIN	JHB	01/12/2022 CGA LC Summer Championships Lev
68	2:29.15	L	F	Danielle Joubert	17	BLSS	MAN	22/10/2022 Otters Prestige Gala 2022
69	2:29.26	L	F	Ashley Jansen van Vuuren	17	CSA	EZD	30/09/2022 MP AGE GROUP 1
70	2:29.31	L	F	Ninah Wedderburn	17	BLTA	NMA	10/02/2023 Infinity Gala 2023
71	2:29.77	L	F	Christina Sauerman	17	SEAL	UMD	31/03/2023 SA Level 3 Regional Age Group Chan
72	2:30.30	L	P	Nirvana Borrageiro	17	AZON	ETH	01/07/2022 Prestige Tournament 2022
73	2:30.65	L	F	Danielle Davidson	17	FAAC	FBD	15/10/2022 KBY AGE GROUP 1 - 2022
74	2:30.87	L S	P	Anje Van Papendorp	17	TUKS	FSH	09/12/2022 NTS Championships 2022
75	2:30.95	L	F	Anmi Esbach	17	RFA	FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
76	2:31.73	L	F	Courtney Smith	17	TYGE	CPT	11/02/2023 WCA-B Champs - 2023
77	2:32.06	L	P	Kayci Petzer	17	BEAV	ETH	31/03/2023 SA Level 3 Regional Age Group Chan
78	2:32.14	L	F	Luané Engelbrecht	17	TUKS	FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
79	2:32.19	L	F	Nawaal Mia	17	MDOL	EKU	23/09/2022 EGA Summer 1 2022
80	2:33.22	L	P	Ashleigh Witney	17	PGAC	EKU	08/12/2022 EGA Summer Champs 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
81	2:33.65	L	F	Karla Vogel	17	RFA TSH	02/12/2022 Limpopo Champs
82	2:34.07	L	P	Symone Steyn	17	TLAC BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
83	2:34.88	L	F	Petro Marié Fourie	17	FISH EDD	18/02/2023 EDEN 5th A-League Gala 2023
84	2:35.55	L	F	Yedidah Theron	17	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
85	2:35.63	L	P	Mareen van der Merwe	17	RFA TSH	02/03/2023 SA Level 2 Regional Age Group Cham
86	2:35.67	L	F	Danielle Heyes	17	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
87	2:36.07	L	F	Kimberley Howes	17	HREF BPD	02/03/2023 SA Level 2 Regional Age Group Cham
88	2:36.14	L	F	Alexis Vorwerk	17	SEAL UMD	02/12/2022 EDAAG Gala December 2022
89	2:36.20	L	F	Sarah West	17	QUIC CPT	24/09/2022 CTA Qualifying Meet #5
90	2:36.43	L	F	Amber Lewis	17	SEAL UMD	28/01/2023 EDA January Gala 2023
91	2:36.48	L	F	Thea Vd Toorn	17	CYBE CPT	21/01/2023 CTA Qualifying Meet #7
92	2:36.98	L	F	Imogen Rushton	17	PSCP UMD	25/11/2022 WSC & Seals Summer LC Champs 20
93	2:37.54	L	F	Tharien Venter	17	BLUO UGD	25/11/2022 WSC & Seals Summer LC Champs 20
94	2:38.21	L	F	Caroli Rossouw	17	KTS	18/02/2023 AGE GROUP 6 KATHU - 2023
95	2:38.39	L	P	Catherine Rowan	17	SGUL ETH	01/07/2022 Prestige Tournament 2022
96	2:38.76	L	F	Sara Daniels	17	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
97	2:38.81	L	F	Emma Hamman	17	FAAC FBD	07/12/2022 NCASA CHAMPS 2022
98	2:39.26	L	F	Shaina Adriaan	17	TYGE CPT	04/11/2022 CTA A CHAMPS 2022
99	2:39.70	L	F	Laranya Naidoo	17	WSTV ETH	25/11/2022 WSC & Seals Summer LC Champs 20
100	2:39.81	L	F	Sasha Naidoo	17	SSISA CPT	24/09/2022 CTA Qualifying Meet #5
101	2:39.99	L	P	Anika Rabie	17	ACSA ETH	01/07/2022 Prestige Tournament 2022
102	2:40.03	L	F	Tumé van Niekerk	17	PGIM KKD	10/02/2023 NW School Championships 2023
103	2:41.01	L	F	Ami Pirie	17	QUIC CPT	15/10/2022 CTA Qualifying Meet #6
104	2:41.86	L	F	Isabella Reynolds	17	ELEC TSH	28/10/2022 NTS October SARJ+ Age Group Gala
105	2:41.99	L	F	Awande Mlangeni	17	ONYX EKU	20/01/2023 EGA Last Chance Galal
106	2:42.03	L	F	Isabella Van der Walt	17	QSAW CED	18/02/2023 Swartland Invitational Gala 2023
107	2:42.22	L	F	Jada Coetzee	17	FISH EDD	19/11/2022 Eden LC Champs 2022
108	2:43.09	L	F	Camryn Myron	17	KNYA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
109	2:43.65	L	F	Zoe Stock	17	MDOL EKU	23/09/2022 EGA Summer 1 2022
110	2:44.66	L	F	Caitlin Ruane	17	TUKS TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
111	2:45.25	L	F	Erin Braun	17	CA EKU	17/02/2023 EGA Let's Race 2023
112	2:45.40	L	F	Erin Anders	17	MARL CPT	18/02/2023 Swartland Invitational Gala 2023
113	2:46.10	L	F	Heike-Louise Hechter	17	BLSS MAN	05/11/2022 Seals Heidedal Gala
114	2:47.23	L	F	Xandri Botha	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
115	2:47.65	L	F	Nina Pretorius	17	CSC TSH	28/10/2022 NTS October SARJ+ Age Group Gala
116	2:48.25	L	F	Larike Joubert	17	TASC MPD	02/12/2022 Limpopo Champs
117	2:49.17	L	F	Zoe Terblanche	17	RFA TSH	28/10/2022 NTS October SARJ+ Age Group Gala
118	2:49.50	L	P	Kaitlyn Immelman	17	PGAC EKU	08/12/2022 EGA Summer Champs 2022
119	2:52.11	L	F	Saffron Tweedie	17	PEAS NMA	19/11/2022 5th A League Gala
120	2:52.22	L	F	Kiana Engelbrecht	17	SASOL FDD	27/01/2023 Seals Bullsharks Gala
121	2:52.57	L	P	Aimee Blackler	17	ESTR EKU	08/12/2022 EGA Summer Champs 2022
122	2:52.92	L	F	Charlize De Villiers	17	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
123	2:53.39	L	F	Elza De Kock	17	AGAQ OBD	18/02/2023 Swartland Invitational Gala 2023
124	2:53.62	L	F	Jasmine Erasmus	17	NWUC KKD	03/03/2023 SA Level 2 Regional Age Group Cham
125	2:53.71	L	P	Mia Neilson	17	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Cham
126	2:53.98	L	F	Keira Booth	17	SS MPD	02/12/2022 Limpopo Champs
127	2:54.81	L	F	Jade Westley	17	H2O EKU	20/01/2023 EGA Last Chance Galal
128	2:55.95	L	F	Alicia Kleingeld	17	ZASC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
129	2:56.30	L	P	Talisa Rademeyer	17	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
130	2:56.53	L	F	Anna Victor	17	UNI EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT
131	2:58.00	L	F	Skyla Schroll	17	NWUC KKD	07/12/2022 NWS Championships 2022/2023
132	2:58.87	L	F	Mari Kemp	17	SWAR WCD	28/01/2023 Winelands SL Final
133	3:00.05	L	F	Amy Marks	17	ELEC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
134	3:00.69	L	P	Busisiwe Mogadima	17	SOUL EKU	08/12/2022 EGA Summer Champs 2022
135	3:01.09	L	F	Thinica Mc Anda	17	BLSS MAN	22/10/2022 Otters Prestige Gala 2022
136	3:02.24	L	F	Gabriella Moulang	17	USC BUF	02/12/2022 BCA Long Course Championships 202
137	3:03.65	L	F	Anna Pretorius	17	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
138	3:03.68	L	F	Tristan Hoskins	17	MANT CPT	12/11/2022 CTA B CHAMPS
139	3:07.25	L	F	Alexa Jevan	17	MANT CPT	18/02/2023 Swartland Invitational Gala 2023



## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
140	3:07.74	L	F	Ankia Uys	RR	PSA ZLD	28/01/2023 Ushaka Champs 2023
141	3:13.66	L	F	Michiela Herbst	17	MSC NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
142	3:18.12	L	F	Bianca Kleingeld	17	ZASC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
143	3:23.89	L	F	Johane Fourie	17	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
144	3:26.58	L	F	Bianca Taljaard	17	PRA NGD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS 2
145	3:31.23	L	F	Mihlali Fokazi	17	CYBE CPT	12/11/2022 CTA B CHAMPS
146	3:43.90	L	F	Shirley Mlotshwa	17	ATTE TSH	02/12/2022 2022 The Tshwane Mayoral Gala
<b>Women 400 Free</b>							
1	4:22.10	L S	F	Callan Lötter	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
2	4:29.12	L S	F	Tazmyn Robson	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
3	4:32.49	L	P	Corne van Schalkwyk	17	RSA	21/07/2022 Solidarity Games Kazan July
4	4:37.62	L	P	Georgia Els	17	RSA	30/08/2022 8th FINA JUNIOR WORLD SWIMMING
5	4:39.66	L	P	Christine Wessels	17	TUKS TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
6	4:40.12	L	P	Caitlin Rademakers	17	INFA NMA	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
7	4:43.82	L	P	Alexandra Caldwell	17	RAV EKU	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
8	4:46.12	L	F	Ane' Meier	17	PAC TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
9	4:46.41	L	F	Ashley Ebing	17	WSTV ETH	01/07/2022 Prestige Tournament 2022
10	4:46.46	L	F	Tiara Finnis	17	INFA NMA	10/02/2023 Infinity Gala 2023
11	4:46.66	L	F	Jana Naude	17	STSC KCD	16/12/2022 KZNA Premier Provincial Championship
12	4:47.20	L S	P	Mischa King	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
13	4:47.84	L S	P	Miche Johns	17	FSA FS	12/04/2023 SA National Aquatic SNR-Champ 202
14	4:50.03	L	F	Teegan Pio	17	PEAS NMA	09/12/2022 NMBA Championships 2022
15	4:51.72	L	F	Morgan Cope	17	CTA CPT	28/01/2023 NMBA Intra-District Championship
16	4:52.45	L	F	Rachel Groepes	17	SAAW CPT	28/01/2023 Winelands SL Final
17	4:52.97	L	P	Eryn Casey	17	ACSA ETH	16/12/2022 KZNA Premier Provincial Championship
18	4:56.41	L	F	Jadyn-Lee Joubert	17	AZON ETH	31/03/2023 SA Level 3 Regional Age Group Chan
19	4:56.44	L	F	Georgia Stone	17	INFA NMA	09/12/2022 NMBA Championships 2022
20	4:57.43	L	F	Tayla Haslam	17	KLOO ETH	01/07/2022 Prestige Tournament 2022
21	4:57.94	L	F	Rachel Smith	17	MDOL EKU	31/03/2023 SA Level 3 Regional Age Group Chan
22	4:58.52	L	F	Robyn Hough	17	PEAS NMA	22/10/2022 4th A League Gala
23	4:59.13	L	F	Liya Venter	17	BLMA CPT	28/01/2023 Winelands SL Final
24	4:59.24	L	F	Lucy Friedenthal	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
25	4:59.40	L	F	Micheline Bathfield	17	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
26	5:00.48	L	F	Keila Manthe	17	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
27	5:00.94	L	F	Melissa Martens	17	SEAL UMD	16/12/2022 KZNA Premier Provincial Championship
28	5:01.05	L	F	Kirsten Storm	17	AAS JHB	01/12/2022 CGA LC Summer Championships Lev
29	5:01.74	L	F	Tori Voke	17	VIKI BUF	10/02/2023 Infinity Gala 2023
30	5:02.41	L	F	Lara De Beer	17	CA EKU	20/01/2023 EGA Last Chance Galal
31	5:03.53	L	F	Jane Lewis	17	AZON ETH	31/03/2023 SA Level 3 Regional Age Group Chan
32	5:06.16	L	F	Amber Olsen	17	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
33	5:07.40	L	F	Rachel Guymer	17	RAV EKU	31/03/2023 SA Level 3 Regional Age Group Chan
34	5:07.67	L	F	Carike Kok	17	TUKS TSH	09/12/2022 NTS Championships 2022
35	5:09.77	L	P	Nirvana Borrageiro	17	AZON ETH	16/12/2022 KZNA Premier Provincial Championship
36	5:09.83	L	F	Jenny Zhang	17	ACAQ CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
37	5:10.17	L	F	Dieu-Dene Van Jaarsveld	17	AAS JHB	25/02/2023 CGA Level 3+ Last Chance gala
38	5:12.13	L	F	Mia Nortjè	17	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
39	5:15.49	L	F	Courtney Smith	17	TYGE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
40	5:16.15	L	F	Jozi Nupen	17	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
41	5:17.08	L	P	Christina Sauerman	17	SEAL UMD	16/12/2022 KZNA Premier Provincial Championship
42	5:17.90	L	F	Sarah West	17	QUIC CPT	31/03/2023 SA Level 3 Regional Age Group Chan
43	5:18.00	L	F	Cara Van Der Bijl	17	BLNE MAN	29/09/2022 MA Grand Prix
44	5:19.60	L	F	Jodi Dos Santos	17	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
45	5:19.76	L	F	Jayda Collett	17	TUKS TSH	09/12/2022 NTS Championships 2022
46	5:21.34	L	F	Nicola Hartman	17	RFA TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
47	5:22.78	L	F	Ashley Jansen van Vuuren	17	CSA EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
48	5:23.19	L	F	Luané Engelbrecht	17	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
49	5:23.29	L	F	Mienke Herbst	17	SSISA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
50	5:24.60	L	F	Josi Arnold	17	HARL BUF	25/06/2022 PEA Winter Gala 2022
51	5:26.42	L	F	Meredith O'Tool	17	WELA LLD	17/02/2023 Neptune Last Chance Gala

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
52	5:28.46	L	F	Emma Hamman	17	FAAC FBD	07/12/2022 NCASA CHAMPS 2022
53	5:28.89	L	F	Danielle Heyes	17	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
54	5:30.34	L	F	Ashleigh Witney	17	PGAC ECU	08/12/2022 EGA Summer Champs 2022
55	5:30.65	L	F	Danielle Joubert	17	BLSS MAN	05/11/2022 Seals Heidedal Gala
56	5:32.92	L	F	Tharien Venter	17	BLUO UGD	25/11/2022 WSC & Seals Summer LC Champs 20
57	5:33.65	L	F	Yedidah Theron	17	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
58	5:35.22	L	F	Petro Marié Fourie	17	FISH EDD	05/11/2022 EDEN 3rd A-League Gala 2022
59	5:38.49	L	F	Anika Rabie	17	ACSA ETH	01/07/2022 Prestige Tournament 2022
60	5:39.11	L	F	Annè Sabbagha	17	PAQU CED	24/09/2022 CTA Qualifying Meet #5
61	5:40.95	L	F	Sara Daniels	17	AACTA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
62	5:41.83	L	F	Camryn Myron	17	KNYA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
63	5:45.30	L	F	Kimberley Howes	17	HREF BPD	07/12/2022 NWS Championships 2022/2023
64	5:49.78	L	F	Erin Anders	17	MARL CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
65	5:52.18	L	F	Imogen Rushton	17	PSCP UMD	25/11/2022 WSC & Seals Summer LC Champs 20
66	5:56.97	L	F	Sasha Naidoo	17	SSISA CPT	15/10/2022 CTA Qualifying Meet #6
67	5:59.26	L	F	Xandri Botha	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
68	5:59.98	L	F	Chloe Diedericks-Boudouris	17	CRSC JHB	25/02/2023 CGA Level 3+ Last Chance gala
69	6:01.18	L	F	Caroli Rossouw	17	KTS	03/11/2022 AGE GROUP 2 KATHU 2022
70	6:18.73	L	F	Mari Kemp	17	SWAR WCD	28/01/2023 Winelands SL Final
71	6:21.31	L	F	Jasmine Erasmus	17	PGH KKD	10/02/2023 NW School Championships 2023
72	6:29.33	L	F	Gabriella Moulang	17	USC BUF	02/12/2022 BCA Long Course Championships 202
73	6:31.13	L	F	Charlize De Villiers	17	PRKA PSD	05/11/2022 AGE GROUP 2 UPINGTON 2022
74	7:01.79	L	F	Anika Van Der Bank	17	UPSK	19/11/2022 AGE GROUP 3 KATHU - 2022
75	7:19.12	L	F	Kgothatso Tsebe	17	RBOT BPD	07/12/2022 NWS Championships 2022/2023
76	7:25.63	L	F	Johane Fourie	17	UPSK	07/12/2022 NCASA CHAMPS 2022
77	8:40.28	L	F	Tatum Cooper	17	HURAQ CPT	07/10/2022 41st Freda Barnard Invitational Gala
<b>Women 800 Free</b>							
1	8:57.95	L	F	Callan Lötter	17	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
2	9:37.34	L	F	Tazmyn Robson	17	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
3	9:41.45	L	F	Mischa King	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
4	9:42.53	L	F	Caitlin Rademakers	17	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
5	9:50.37	L	F	Alexandra Caldwell	17	AGA ECU	12/04/2023 SA National Aquatic SNR-Champ 202
6	9:52.26	L	F	Miche Johns	17	FSA FS	12/04/2023 SA National Aquatic SNR-Champ 202
7	9:52.75	L	F	Jana Naude	17	STSC KCD	21/03/2023 SA National Junior Age Group Champ:
8	9:53.97	L	F	Ashley Ebing	17	WSTV ETH	25/11/2022 WSC & Seals Summer LC Champs 20
9	9:56.52	L	F	Teegan Pio	17	PEAS NMA	09/12/2022 NMBA Championships 2022
10	10:07.30	L	F	Tiara Finnis	17	INFA NMA	19/11/2022 5th A League Gala
11	10:12.52	L	F	Rachel Smith	17	MDOL ECU	28/10/2022 NTS October SARJ+ Age Group Gala
12	10:15.54	L	F	Micheline Bathfield	17	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
13	10:16.83	L	F	Jadyn-Lee Joubert	17	AZON ETH	28/01/2023 EDA January Gala 2023
14	10:19.22	L	F	Lucy Friedenthal	17	UNI EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
15	10:19.41	L	F	Keila Manthe	17	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
16	10:39.62	L	F	Jenny Zhang	17	ACAA CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
17	10:39.83	L	F	Mia Nortjè	17	CYBE CPT	03/09/2022 CTA Qualifying Meet #4
18	10:45.41	L	F	Nirvana Borrageiro	17	AZON ETH	16/12/2022 KZNA Premier Provincial Championsh
19	10:46.58	L	F	Rachel Guymer	17	RAV ECU	28/10/2022 NTS October SARJ+ Age Group Gala
20	10:59.47	L	F	Cara Van Der Bijl	17	BLNE MAN	06/12/2022 Free State Champs 2022
21	10:59.89	L	F	Gemma Kirsten	17	BLNE MAN	06/12/2022 Free State Champs 2022
22	11:04.02	L	F	Christina Sauerman	17	SEAL UMD	01/07/2022 Prestige Tournament 2022
23	11:06.28	L	F	Nicola Hartman	17	RFA FSH	28/10/2022 NTS October SARJ+ Age Group Gala
24	11:11.77	L	F	Ashley Jansen van Vuuren	17	CSA EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
25	11:14.75	L	F	Luané Engelbrecht	17	TUKS FSH	09/12/2022 NTS Championships 2022
26	11:22.58	L	F	Karla Vogel	17	RFA FSH	02/12/2022 Limpopo Champs
27	11:28.20	L	F	Jodi Dos Santos	17	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
28	11:31.39	L	F	Mienke Herbst	17	SSISA CPT	03/09/2022 CTA Qualifying Meet #4
29	11:36.01	L	F	Carmia Hartman	17	RFA FSH	28/10/2022 NTS October SARJ+ Age Group Gala
30	11:46.45	L	F	Yedidah Theron	17	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
31	11:49.13	L	F	Erin Anders	17	MARL CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
32	11:54.33	L	F	Tharien Venter	17	BLUO UGD	01/07/2022 Prestige Tournament 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
33	12:00.07 L	F	Emma Hamman	17	FAAC FBD	05/11/2022	AGE GROUP 2 KBY 2022	
34	12:01.25 L	F	Danielle Heyes	17	ASAC CPT	15/10/2022	CTA Qualifying Meet #6	
35	12:46.06 L	F	Cayla Visser	17	BLSS MAN	06/12/2022	Free State Champs 2022	
36	15:36.19 L	F	Anika Van Der Bank	17	UPSK	19/11/2022	AGE GROUP 3 KATHU - 2022	
37	15:50.82 L	F	Johane Fourie	17	UPSK	07/12/2022	NCASA CHAMPS 2022	
<b>Women 1000 Free</b>								
1	12:52.00 L	O	Ashley Ebing	17	WSTV ETH	20/11/2022	Capital-K 2022	
2	14:33.00 L	O	Jadyn-Lee Joubert	17	AZON ETH	20/11/2022	Capital-K 2022	
3	16:04.00 L	O	Christina Sauerman	17	SEAL UMD	20/11/2022	Capital-K 2022	
4	16:10.00 L	O	Tharien Venter	17	BLUO UGD	20/11/2022	Capital-K 2022	
5	17:06.00 L	O	Anika Rabie	17	ACSA ETH	20/11/2022	Capital-K 2022	
6	18:41.00 L	O	Imogen Rushton	17	PSCP UMD	20/11/2022	Capital-K 2022	
<b>Women 1500 Free</b>								
1	17:25.71 L	F	Callan Lötter	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
2	18:31.66 L	F	Mischa King	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
3	18:45.03 L	F	Ashley Ebing	17	WSTV ETH	16/12/2022	KZNA Premier Provincial Championsh	
4	18:52.32 L	F	Miche Johns	17	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202	
5	19:21.43 L	F	Rachel Smith	17	MDOL EKU	21/10/2022	EGA Summer 2 2022	
6	20:02.39 L	F	Keila Manthe	17	TUKS FSH	09/12/2022	NTS Championships 2022	
7	20:13.78 L	F	Lucy Friedenthal	17	UNI EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5 NOVEM	
8	20:24.47 L	F	Lara De Beer	17	CA EKU	21/10/2022	EGA Summer 2 2022	
9	20:45.83 L	F	Amy Robson-Garth	17	CA EKU	21/10/2022	EGA Summer 2 2022	
10	21:04.00 L	F	Mia Nortjé	17	CYBE CPT	28/01/2023	Winelands SL Final	
11	21:34.28 L	F	Courtney Smith	17	TYGE CPT	15/10/2022	CTA Qualifying Meet #6	
12	21:43.38 L	F	Ashley Jansen van Vuuren	17	CSA EZD	30/09/2022	MP AGE GROUP 1	
13	21:58.27 L	F	Emma Hamman	17	FAAC FBD	07/12/2022	NCASA CHAMPS 2022	
14	22:20.33 L	F	Erin Anders	17	MARL CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet	
15	22:50.30 L	F	Kimberley Howes	17	HREF BPD	07/12/2022	NWS Championships 2022/2023	
16	23:15.23 L	F	Yedidah Theron	17	ROA EDD	22/10/2022	EDEN 2nd A-League Gala 2022	
17	28:13.27 L	F	Anika Van Der Bank	17	UPSK	11/11/2022	UPINGTON CLUB GALA 2022	
18	28:46.99 L	F	Johane Fourie	17	UPSK	07/12/2022	NCASA CHAMPS 2022	
<b>Women 3000 Free</b>								
1	44.22 L	F	Jadyn-Lee Joubert	17	FSE KCD	14/01/2023	Baynesfiels #2 Open Water KZN	
2	48.06 L	F	Gemma Kirsten	17	BLNE MAN	23/01/2023	Dischem Kovsie Aquatics Open Water	
3	48.28 L	F	Catherine Rowan	17	SEALE ETH	12/11/2022	Baynesfield Open Water KZN	
4	48.49 L	F	Cara Van Der Bijl	17	BLNE MAN	23/01/2023	Dischem Kovsie Aquatics Open Water	
5	39:19.00 L	F	Callan Lötter	17	TUKS FSH	19/11/2022	Prime View Swim Challenge #2	
6	41:02.00 L	O	Ashley Ebing	17	WSTV ETH	20/11/2022	Capital-K 2022	
7	41:24.00 L	F	Keila Manthe	17	TUKS FSH	03/12/2022	Prime View Swim Challenge #3	
8	41:35.00 L	O	Teegan Pio	17	PEAS NMA	23/10/2022	EC Swim Series OWS 1 2022	
9	42:56.00 L	F	Michaela Dal Medico	17	TUKS FSH	03/12/2022	Prime View Swim Challenge #3	
10	42:58.00 L	F	Amber Olsen	17	TUKS FSH	19/11/2022	Prime View Swim Challenge #2	
11	43:59.00 L	O	Lucy Friedenthal	17	UNI EZD	16/10/2022	OPEN WATER 1	
12	47:40.00 L	O	Tayla Haslam	17	KLOO ETH	20/11/2022	Capital-K 2022	
13	47:51.00 L	F	Carike Kok	17	TUKS FSH	03/12/2022	Prime View Swim Challenge #3	
14	48:30.00 L	O	Danielle Heyes	17	ASAC CPT	27/11/2022	EC Swim Series OWS 2 2022	
15	48:47.55 L	O	Ashley Jansen van Vuuren	17	MPA EZD	10/03/2023	SA National OWS Championship 2023	
16	52:12.00 L	F	Stephanie Stockenstroom	17	GWP JHB	03/12/2022	Prime View Swim Challenge #3	
17	52:50.68 L	F	Luané Engelbrecht	17	TUKS FSH	02/10/2022	AG Open Water Grand Prix #1	
<b>Women 5000 Free</b>								
1	1:09.52 L	F	Ashley Ebing	17	SEAL UMD	14/01/2023	Baynesfiels #2 Open Water KZN	
2	1:14.21 L	F	Jadyn-Lee Joubert	17	ACSA ETH	14/01/2023	Baynesfiels #2 Open Water KZN	
3	1:30.30 L	F	Anika Rabie	17	ACSA ETH	12/11/2022	Baynesfield Open Water KZN	
4	1:02:22.39 L	O	Callan Lötter	17	AGC FSH	10/03/2023	SA National OWS Championship 2023	
5	1:03:23.00 L	O	Caitlin Rademakers	17	INFA NMA	27/11/2022	EC Swim Series OWS 2 2022	
6	1:08:08.59 L	O	Miche Johns	17	FSA FS	10/03/2023	SA National OWS Championship 2023	
7	1:08:12.06 L	O	Keila Manthe	17	AGC FSH	10/03/2023	SA National OWS Championship 2023	
8	1:09:48.59 L	O	Corne van Schalkwyk	17	AGB JHB	10/03/2023	SA National OWS Championship 2023	

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
9	1:10:43.76 L	O	Tiara Finnis	17	ECA BUF	10/03/2023	SA National OWS Championship 2023
10	1:12:34.00 L	F	Michaela Dal Medico	17	TUKS FSH	03/12/2022	Prime View Swim Challenge #3
11	1:12:45.59 L	O	Amber Olsen	17	AGC FSH	10/03/2023	SA National OWS Championship 2023
12	1:13:15.00 L	O	Teegan Pio	17	PEAS NMA	27/11/2022	EC Swim Series OWS 2 2022
13	1:14:19.00 L	O	Lucy Friedenthal	17	UNI EZD	16/10/2022	OPEN WATER 1
14	x1:23:03.48 L	O	Catherine Rowan	17	KZNA ETH	10/03/2023	SA National OWS Championship 2023
15	1:24:26.00 L	F	Luané Engelbrecht	17	TUKS FSH	03/12/2022	Prime View Swim Challenge #3
<b>Women 7500 Free</b>							
1	1:46.06 L	F	Ashley Ebing	17	SEALE ETH	14/01/2023	Baynesfiels #2 Open Water KZN
2	1:35:49.52 L	O	Callan Lötter	17	AGC FSH	10/03/2023	SA National OWS Championship 2023
3	1:36:57.00 L	O	Caitlin Rademakers	17	INFA NMA	27/11/2022	EC Swim Series OWS 2 2022
4	1:46:08.81 L	O	Corne van Schalkwyk	17	AGB JHB	10/03/2023	SA National OWS Championship 2023
5	1:46:13.79 L	O	Keila Manthe	17	AGC FSH	10/03/2023	SA National OWS Championship 2023
6	1:46:16.22 L	O	Tiara Finnis	17	ECA BUF	10/03/2023	SA National OWS Championship 2023
<b>Women 10000 Free</b>							
1	2:08:54.01 L	O	Callan Lötter	17	AGC FSH	10/03/2023	SA National OWS Championship 2023
2	2:13:36.91 L	O	Caitlin Rademakers	17	ECA BUF	10/03/2023	SA National OWS Championship 2023
3	2:28:29.61 L	O	Ashley Ebing	17	KZNA ETH	10/03/2023	SA National OWS Championship 2023
<b>Women 50 Back</b>							
1	30.73 L	F	Grace De Jongh	17	LALE CED	09/12/2022	Western Cape LC-A Championship 20
2	31.39 L	P	Christine Wessels	17	TUKS FSH	01/12/2022	Rotterdam Qualification Meet 2022
3	31.64 L S	P	Morgan Cope	17	GSA CPT	21/03/2023	SA National Junior Age Group Champ
4	31.83 L	P	Robyn Aaron	17	WSTV ETH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
5	32.00 L	P	Tori Voke	17	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202
6	32.01 L	F	Chloe Gershuny	17	VINE CPT	25/06/2022	PEA Winter Gala 2022
7	32.10 L	P	Kaela Viljoen	17	CRSC JHB	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
8*	32.11 L	P	Annika Yeldon	17	LALE CED	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
8*	32.11 L	F	Ennes Zietsman	17	PSC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
10	32.16 L	F	Olivia Kruger	17	GAUT	21/04/2023	SA Schools Swimming Championship
11	32.17 L	P	Scarlett Nichol	17	TUKS FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
12	32.25 L	P	Nawaal Mia	17	MDOL ECU	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
13	32.33 L	F	Ane' Meier	17	PAC FSH	09/12/2022	NTS Championships 2022
14	32.48 L S	S	Isabelle Barrow	17	AA JHB	09/12/2022	NTS Championships 2022
15	32.49 L	F	Zoe Terblanche	17	RFA FSH	28/10/2022	NTS October SARJ+ Age Group Gala
16	32.54 L	F	Liya Venter	17	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
17	32.55 L S	F	Lara De Beer	17	CA ECU	08/12/2022	EGA Summer Champs 2022
18	32.64 L	P	Ashley Ebing	17	WSTV ETH	16/12/2022	KZNA Premier Provincial Championsh
19*	32.79 L	F	Rachel Groepes	17	SAAW CPT	24/02/2023	Western Cape Elite Gala
19*	32.79 L	P	Payton Brink	17	RSA	30/08/2022	8th FINA JUNIOR WORLD SWIMMING
21	32.83 L	P	Ava Rathner	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
22	32.86 L	P	Alexia Delicado	17	POTC KKD	07/12/2022	NWS Championships 2022/2023
23	32.91 L	P	Hayley McHarg	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
24	32.93 L	F	Nina Pretorius	17	CSC FSH	09/12/2022	NTS Championships 2022
25	33.02 L	F	Caitlin Ruane	17	TUKS FSH	09/12/2022	NTS Championships 2022
26	33.04 L	P	Nirvana Borrageiro	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan
27	33.06 L	P	Annette Greyling	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
28	33.15 L	F	Tayla Haslam	17	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
29	33.26 L	P	Amy Muller	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
30*	33.28 L	F	Georgia Els	17	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
30*	33.28 L	P	Amber Olsen	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan
32	33.43 L	F	Kiara Johnson	17	ASA ILD	16/12/2022	KZNA Premier Provincial Championsh
33	33.58 L	F	Dieu-Dene Van Jaarsveld	17	AAS JHB	01/12/2022	CGA LC Summer Championships Lev
34	33.64 L S	P	Jana Naude	17	STSC KCD	21/03/2023	SA National Junior Age Group Champ
35	33.77 L	P	Rachel Guymer	17	RAV ECU	31/03/2023	SA Level 3 Regional Age Group Chan
36	33.79 L	F	Jenny Zhang	17	LP CC	21/04/2023	SA Schools Swimming Championship
37	33.90 L	F	Petro Marié Fourie	17	EDEN EDD	28/01/2023	NMBA Intra-District Championship
38	34.12 L	P	Gemma Kirsten	17	FSS FS	21/04/2023	SA Schools Swimming Championship
39	34.16 L	F	Jodi Dos Santos	17	UNI EZD	02/12/2022	Mpumalanga Championships 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
40	34.18	L	F	Demi Jacobs	17	TUKS FSH	28/10/2022 NTS October SARJ+ Age Group Gala
41	34.47	L	F	Georgia Stone	17	INFA NMA	10/02/2023 Infinity Gala 2023
42	34.67	L	P	Melissa Martens	17	SEAL UMD	16/12/2022 KZNA Premier Provincial Championsh
43	34.74	L	F	Isabella Reynolds	17	ELEC FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
44	34.80	L	F	Kate Meyburgh	17	INFA NMA	31/03/2023 SA Level 3 Regional Age Group Chan
45	34.85	L	F	Kayci Petzer	17	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
46	34.88	L	F	Cara Van Der Bijl	17	BLNE MAN	24/09/2022 Bull-Sharks Gala
47	34.93	L	P	Carmia Hartman	17	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
48	35.01	L	F	Lucy Friedenthal	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
49	35.04	L	F	Emma Peacock	17	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
50	35.06	L	F	Miche Johns	17	BLSS MAN	06/12/2022 Free State Champs 2022
51	35.16	L	F	Symone Steyn	17	LEBII	10/02/2023 NW School Championships 2023
52	35.20	L	F	Keila Manthe	17	TUKS FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
53	35.31	L	F	Caitlin Rademakers	17	INFA NMA	09/12/2022 NMBA Championships 2022
54	35.33	L	P	Catherine De Boucherville	17	AA JHB	31/03/2023 SA Level 3 Regional Age Group Chan
55	35.44	L	F	Mareen van der Merwe	17	RFA FSH	02/03/2023 SA Level 2 Regional Age Group Cham
56	35.48	L	F	Tiara Finnis	17	INFA NMA	10/02/2023 Infinity Gala 2023
57	35.56	L	F	Alexis Vorwerk	17	SEAL UMD	17/03/2023 SA Level 2 Regional Age Group Cham
58	35.59	L	F	Manaal Omar	17	RSA	04/12/2022 AUSC-Region 5 Under 20 YTH Games
59	35.65	L	F	Amy Robson-Garth	17	CA EKU	10/09/2022 Adrian Grafe Gala 2022
60	35.74	L	P	Jayda Collett	17	TUKS FSH	31/03/2023 SA Level 3 Regional Age Group Chan
61	35.84	L	P	Angelica Wheeler	17	SAAW CPT	16/12/2022 KZNA Premier Provincial Championsh
62	35.87	L	P	Cara Harradine	17	PAC FSH	09/12/2022 NTS Championships 2022
63	35.89	L	F	Anmi Esbach	17	RFA FSH	07/12/2022 NWS Championships 2022/2023
64	35.95	L	P	Nicola Hartman	17	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
65	36.07	L	F	Jane Lewis	17	AZON ETH	01/07/2022 Prestige Tournament 2022
66	36.16	L	F	Rachel Smith	17	MDOL EKU	11/06/2022 EGA Winter 1 2022
67	36.17	L	F	Meredith O'Tool	17	WELA LLD	24/09/2022 Bull-Sharks Gala
68	36.46	L	P	Awande Mdlalose	17	CSC FSH	02/03/2023 SA Level 2 Regional Age Group Cham
69	36.52	L	F	Olivia Ralfe	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
70	36.55	L	F	Danielle Joubert	17	BLSS MAN	05/11/2022 Seals Heidedal Gala
71	36.77	L	P	Marguerite Naude	17	AFIN JHB	01/12/2022 CGA LC Summer Championships Lev
72	36.80	L	F	Calista Mentz	17	PAC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
73	36.81	L	P	Anje Van Papendorp	17	TUKS FSH	31/03/2023 SA Level 3 Regional Age Group Chan
74	37.03	L	F	Alexia Michalopoulos	17	RFA FSH	02/10/2022 2022 AG Swim Stars 14&Over
75	37.10	L S	P	Erin Braun	17	CA EKU	08/12/2022 EGA Summer Champs 2022
76	37.11	L	F	Jada Coetzee	17	EDEN EDD	28/01/2023 NMBA Intra-District Championship
77	37.12	L	F	Emma Hamman	17	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
78	37.19	L	F	Ninah Wedderburn	17	BLTA NMA	16/07/2022 1st A League Gala 2022 NMA
79	37.27	L	F	Sara Daniels	17	AACTA CPT	07/10/2022 41st Freda Barnard Invitational Gala
80	37.28	L	F	Danielle Heyes	17	ASAC CPT	28/01/2023 Winelands SL Final
81	37.30	L	F	Elza De Kock	17	AGAQ OBD	11/02/2023 WCA-B Champs - 2023
82*	37.41	L	P	Ashley Jansen van Vuuren	17	MP EZ	21/04/2023 SA Schools Swimming Championship
82*	37.41	L	F	Alexandra Caldwell	17	RAV EKU	11/06/2022 EGA Winter 1 2022
84	37.45	L	F	Shaina Adriaan	17	TYGE CPT	15/10/2022 CTA Qualifying Meet #6
85	37.51	L	P	Emma Lauf	17	MDOL EKU	31/03/2023 SA Level 3 Regional Age Group Chan
86	37.56	L	F	Sasha Naidoo	17	SSISA CPT	24/09/2022 CTA Qualifying Meet #5
87	37.58	L	F	Adelia Schonken	17	TASC MPD	02/12/2022 Limpopo Champs
88	37.85	L	P	Janke Fourie	17	EXP FSH	31/03/2023 SA Level 3 Regional Age Group Chan
89	37.86	L	F	Melindie Van Rensburg	17	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
90	37.98	L	F	Carike Kok	17	TUKS FSH	08/10/2022 NTS Sprint Gala
91	37.99	L	F	Nurul-Huda Samaai	17	MARL CPT	04/11/2022 CTA A CHAMPS 2022
92	38.05	L	P	Mia Neilson	17	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
93	38.21	L	F	Catherine Rowan	17	SGUL ETH	01/07/2022 Prestige Tournament 2022
94	38.45	L	F	Ashleigh Witney	17	PGAC EKU	10/09/2022 Adrian Grafe Gala 2022
95	38.57	L	F	Caroli Rossouw	17	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
96	38.62	L	P	Sarah West	17	QUIC CPT	31/03/2023 SA Level 3 Regional Age Group Chan
97	38.70	L S	P	Zoe Stock	17	MDOL EKU	08/12/2022 EGA Summer Champs 2022
98	38.85	L	F	Kimberley Howes	17	HSH KKD	10/02/2023 NW School Championships 2023

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
99	38.93	L	F	Imogen Rushton	17	PSCP UMD	25/11/2022 WSC & Seals Summer LC Champs 20
100	39.41	L	F	Zelmarie Levin	17	TUKS FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
101	39.50	L	P	Thinica Mc Anda	17	FSS FS	21/04/2023 SA Schools Swimming Championship
102	39.63	L	F	Kaitlyn Immelman	17	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
103	39.83	L	F	Busisiwe Mogadima	17	SOUL EKU	10/09/2022 Adrian Grafe Gala 2022
104	39.89	L	F	Aimee Blackler	17	ESTR EKU	23/09/2022 EGA Summer 1 2022
105	39.96	L	F	Awande Mlangeni	17	ONYX EKU	20/01/2023 EGA Last Chance Galal
106	40.37	L	F	Tharien Venter	17	BLUO UGD	25/11/2022 WSC & Seals Summer LC Champs 20
107	40.43	L	F	Heike-Louise Hechter	17	BLSS MAN	05/11/2022 Seals Heidedal Gala
108	40.54	L	F	Saffron Tweedie	17	PEAS NMA	13/01/2023 Eastern Cape Aquatics LC Champs 2C
109	40.82	L	F	Jade Westley	17	H2O EKU	20/01/2023 EGA Last Chance Galal
110	40.83	L	F	Yedidah Theron	17	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
111	41.00	L	F	Luané Engelbrecht	17	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
112	41.07	L	P	Caitlyn Gomes	17	ISSC NMD	07/12/2022 NWS Championships 2022/2023
113	41.13	L	F	Charllize De Villiers	17	PRKA PSD	11/11/2022 UPINGTON CLUB GALA 2022
114	41.44	L	F	Talisa Rademeyer	17	SWIFT EKU	20/01/2023 EGA Last Chance Galal
115	41.45	L	F	Kiana Engelbrecht	17	SASOL FDD	27/01/2023 Seals Bullsharks Gala
116	41.51	L	F	Alexia Sfigakis	17	TUKS FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gale
117	41.69	L	F	Jade Tinker	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
118	41.81	L	F	Isabella Van der Walt	17	QSAW CED	13/11/2022 Winelands Summer League 4
119	42.01	L	F	Mienke Herbst	17	SSISA CPT	24/09/2022 CTA Qualifying Meet #5
120	42.10	L	F	Anna Victor	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
121	42.22	L	F	Ankia Uys	RR	PSA ZLD	04/02/2023 KCDA February Age Group Gala 2023
122	42.78	L	F	Anna Pretorius	17	AGAQB OBD	11/11/2022 Swartland Prestige Gala 2022
123	42.81	L	F	Caitlin-Ann Dehrmann	CR	ROB EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
124	42.88	L	F	Alicia Kleingeld	17	ZASC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
125	43.11	L	F	Skylla Schroll	17	FER KKD	10/02/2023 NW School Championships 2023
126	43.42	L	F	Anika Van Der Bank	17	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
127	44.19	L	P	Kgothatso Tsebe	17	RBOT BPD	07/12/2022 NWS Championships 2022/2023
128	45.02	L	F	Erin Bell	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
129	45.29	L	F	Nicole Schoeman	17	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
130	46.18	L	F	Amy Marks	17	ELEC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gale
131	x46.56	L	F	Bianca Kleingeld	17	ZASC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
132	48.17	L	F	Mesha-Lee Iveson	17	STHS BUF	25/02/2023 Eastern Cape Schools Swimming Trial
133	48.51	L	F	Tristan Hoskins	17	MANT CPT	07/10/2022 41st Freda Barnard Invitational Gala
134	48.90	L	F	Charlese Van Staden	17	KPA EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
135	49.70	L	F	Bianca Taljaard	17	PRA NGD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS 2
136	50.21	L	F	Johane Fourie	17	UPSK	07/12/2022 NCASA CHAMPS 2022
137	52.45	L	F	Trinity Pagel	17	FIELD BPD	10/02/2023 NW School Championships 2023
138	57.70	L	F	Nachke van der Walt	17	FSS FS	21/04/2023 SA Schools Swimming Championship
139	1:13.52	L	F	Tatum Cooper	17	HURAQ CPT	07/10/2022 41st Freda Barnard Invitational Gala
<b>Women 100 Back</b>							
1	1:06.76	L S	F	Callan Lötter	17	TUKS FSH	09/12/2022 NTS Championships 2022
2	1:06.90	L	P	Grace De Jongh	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
3	1:07.49	L	P	Christine Wessels	17	TUKS FSH	01/12/2022 Rotterdam Qualification Meet 2022
4	1:07.76	L	F	Ashley Ebing	17	WSTV ETH	01/07/2022 Prestige Tournament 2022
5*	1:08.99	L	F	Robyn Aaron	17	WSTV ETH	01/07/2022 Prestige Tournament 2022
5*	1:08.99	L	P	Kaela Viljoen	17	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
7	1:09.26	L	P	Scarlett Nichol	17	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
8	1:09.30	L	F	Chloe Gershuny	17	RSA	12/07/2022 Maccabiah 2022
9	1:09.44	L	P	Morgan Cope	17	GSA CPT	21/03/2023 SA National Junior Age Group Champ:
10	1:09.54	L	P	Nawaal Mia	17	MDOL EKU	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
11	1:09.72	L	P	Ennes Zietsman	17	PSC FSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
12	1:09.95	L	P	Liya Venter	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
13	1:09.98	L	P	Lara De Beer	17	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
14	1:10.11	L	P	Rachel Groepes	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
15	1:10.67	L	F	Georgia Els	17	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
16	1:10.69	L	P	Ava Rathner	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
17	1:10.81	L	P	Olivia Kruger	17	GAUT	21/04/2023 SA Schools Swimming Championship

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
18	1:10.86	L	P	Tori Voke	17	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
19	1:10.92	L	P	Hayley McHarg	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
20	1:11.02	L	F	Dieu-Dene Van Jaarsveld	17	AAS JHB	01/12/2022	CGA LC Summer Championships Lev	
21	1:11.23	L	F	Ane' Meier	17	PAC TSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
22	1:11.35	L	P	Amber Olsen	17	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group Chan	
23	1:11.69	L S	F	Zoe Terblanche	17	RFA TSH	09/12/2022	NTS Championships 2022	
24	1:11.76	L	P	Michaela Dal Medico	17	TUKS TSH	01/07/2022	Prestige Tournament 2022	
25	1:11.81	L S	F	Nina Pretorius	17	CSC TSH	09/12/2022	NTS Championships 2022	
26	1:11.90	L	P	Kirsten Storm	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
27	1:12.13	L	F	Jenny Zhang	17	LP CC	21/04/2023	SA Schools Swimming Championship	
28	1:12.28	L S	F	Amy Muller	17	TUKS TSH	09/12/2022	NTS Championships 2022	
29	1:12.30	L	F	Nirvana Borrageiro	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan	
30	1:12.66	L S	P	Demi Jacobs	17	TUKS TSH	09/12/2022	NTS Championships 2022	
31	1:12.73	L	F	Melissa Martens	17	SEAL UMD	16/12/2022	KZNA Premier Provincial Championsi	
32	1:12.78	L	F	Danielle Davidson	17	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022	
33	1:12.91	L	P	Annika Yeldon	17	LALE CED	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
34	1:13.22	L	F	Miche Johns	17	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala	
35	1:13.54	L	F	Tayla Haslam	17	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala	
36	1:13.72	L	F	Petro Marié Fourie	17	FISH EDD	31/03/2023	SA Level 3 Regional Age Group Chan	
37	1:13.73	L	F	Kiara Johnson	17	ASA ILD	16/12/2022	KZNA Premier Provincial Championsi	
38	1:13.99	L	F	Georgia Stone	17	INFA NMA	09/12/2022	NMBA Championships 2022	
39	1:14.06	L	F	Jozi Nupen	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev	
40	1:14.09	L	F	Payton Brink	17	VINE CPT	15/10/2022	CTA Qualifying Meet #6	
41	1:14.20	L	P	Alexia Delicado	17	POTC KKD	07/12/2022	NWS Championships 2022/2023	
42	1:14.69	L	F	Gemma Kirsten	17	BLNE MAN	06/12/2022	Free State Champs 2022	
43	1:14.78	L S	P	Caitlin Ruane	17	TUKS TSH	09/12/2022	NTS Championships 2022	
44	1:14.85	L	P	Jana Naude	17	STSC KCD	21/03/2023	SA National Junior Age Group Champ	
45	1:15.36	L	P	Rachel Guymer	17	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan	
46	1:15.47	L	F	Courtney Smith	17	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
47	1:16.18	L	F	Kayci Petzer	17	BEAV ETH	31/03/2023	SA Level 3 Regional Age Group Chan	
48	1:16.21	L	F	Kate Meyburgh	17	INFA NMA	25/06/2022	PEA Winter Gala 2022	
49	1:16.25	L S	P	Cara Harradine	17	PAC TSH	09/12/2022	NTS Championships 2022	
50	1:16.31	L	F	Annette Greyling	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev	
51	1:16.33	L	F	Jodi Dos Santos	17	UNI EZD	02/12/2022	Mpumalanga Championships 2022	
52	1:16.88	L	F	Thea Vd Toorn	17	CYBE CPT	21/01/2023	CTA Qualifying Meet #7	
53	1:16.89	L	P	Cara Van Der Bijl	17	BLNE MAN	06/12/2022	Free State Champs 2022	
54	1:17.18	L S	P	Janida Collett	17	TUKS TSH	09/12/2022	NTS Championships 2022	
55	1:17.43	L	F	Anmi Esbach	17	RFA TSH	07/12/2022	NWS Championships 2022/2023	
56	1:17.59	L	F	Symone Steyn	17	TLAC BPD	03/10/2022	Sasolburg Swim Club Invitational Gala	
57	1:17.69	L	F	Tiara Finnis	17	INFA NMA	10/02/2023	Infinity Gala 2023	
58	1:17.70	L	F	Eryn Casey	17	ACSA ETH	16/12/2022	KZNA Premier Provincial Championsi	
59	1:17.82	L	F	Meredith O'Tool	17	WELA LLD	31/03/2023	SA Level 3 Regional Age Group Chan	
60	1:17.89	L	P	Mareen van der Merwe	17	RFA TSH	02/03/2023	SA Level 2 Regional Age Group Cham	
61	1:18.37	L	P	Michelle Jack	17	BON EKU	31/03/2023	SA Level 3 Regional Age Group Chan	
62*	1:18.73	L	F	Lucy Friedenthal	17	UNI EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2	
62*	1:18.73	L	F	Janke Fourie	17	EXP TSH	03/02/2023	NTS January Lev 3+ Age Group Gala ;	
64	1:19.42	L	P	Catherine De Boucherville	17	AA JHB	01/12/2022	CGA LC Summer Championships Lev	
65	1:20.04	L	F	Sarah West	17	QUIC CPT	15/10/2022	CTA Qualifying Meet #6	
66	1:20.26	L	F	Ami Pirie	17	QUIC CPT	15/10/2022	CTA Qualifying Meet #6	
67	1:20.34	L	F	Awande Mdlalose	17	CSC TSH	02/03/2023	SA Level 2 Regional Age Group Cham	
68	1:20.39	L	P	Mia Neilson	17	WATR JHB	01/12/2022	CGA LC Summer Championships Lev	
69	1:20.78	L	F	Danielle Heyes	17	ASAC CPT	28/01/2023	Winelands SL Final	
70	1:21.16	L	P	Ashley Jansen van Vuuren	17	MP EZ	21/04/2023	SA Schools Swimming Championship	
71	1:21.18	L	F	Jada Coetzee	17	FISH EDD	22/10/2022	EDEN 2nd A-League Gala 2022	
72	1:21.51	L	F	Mia Nortjé	17	CYBE CPT	03/09/2022	CTA Qualifying Meet #4	
73	1:21.58	L	F	Erin Braun	17	CA EKU	02/03/2023	SA Level 2 Regional Age Group Cham	
74	1:21.63	L	P	Marguerite Naude	17	AFIN JHB	01/12/2022	CGA LC Summer Championships Lev	
75	1:22.17	L	F	Sasha Naidoo	17	SSISA CPT	04/11/2022	CTA A CHAMPS 2022	
76	1:22.19	L	F	Kimberley Howes	17	HREF BPD	02/03/2023	SA Level 2 Regional Age Group Cham	

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
77	1:22.34	L	F	Elza De Kock	17	AGAQ	ØBD 11/02/2023 WCA-B Champs - 2023
78	1:22.52	L	F	Emma Hamman	17	FAAC	FBD 07/12/2022 NCASA CHAMPS 2022
79	1:22.62	L	P	Zoe Stock	17	MDOL	EKU 08/12/2022 EGA Summer Champs 2022
80	1:23.04	L	F	Nurul-Huda Samaai	17	MARL	CPT 03/09/2022 CTA Qualifying Meet #4
81	1:23.42	L	F	Chloe Diedericks-Boudouris	17	CRSC	JHB 25/02/2023 CGA Level 3+ Last Chance gala
82*	1:23.82	L	F	Ashleigh Witney	17	PGAC	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
82*	1:23.82	L	F	Caroli Rossouw	17	KTS	03/03/2023 SA Level 2 Regional Age Group Cham
84	1:24.46	L	F	Alexis Vorwerk	17	SEAL	UMD 25/11/2022 WSC & Seals Summer LC Champs 20
85	1:24.96	L	F	Alexia Michalopoulos	17	XSAQ	CPT 29/10/2022 OR TAMBO Soncini 2022
86	1:25.13	L	P	Imogen Rushton	17	PSCP	UMD 01/07/2022 Prestige Tournament 2022
87	1:25.18	L	P	Anika Rabie	17	ACSA	ETH 01/07/2022 Prestige Tournament 2022
88	1:25.28	L	F	Yedidah Theron	17	ROA	EDD 18/02/2023 EDEN 5th A-League Gala 2023
89	1:25.42	L	F	Shaina Adriaan	17	TYGE	CPT 15/10/2022 CTA Qualifying Meet #6
90	1:25.58	L	F	Sara Daniels	17	AACTA	CPT 07/10/2022 41st Freda Barnard Invitational Gala
91	1:25.60	L	P	Christina Sauerma	17	SEAL	UMD 01/07/2022 Prestige Tournament 2022
92	1:25.90	L	P	Kaitlyn Immelman	17	PGAC	EKU 08/12/2022 EGA Summer Champs 2022
93*	1:26.06	L	F	Aimee Blackler	17	ESTR	EKU 17/02/2023 EGA Let's Race 2023
93*	1:26.06	L	P	Thinica Mc Anda	17	BLSS	MAN 06/12/2022 Free State Champs 2022
95	1:26.19	L	F	Olivia Ralfe	17	UPC	EZD 22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
96	1:26.94	L	P	Talisa Rademeyer	17	SWIFT	EKU 08/12/2022 EGA Summer Champs 2022
97	1:27.31	L	F	Tharien Venter	17	BLUO	UGD 25/11/2022 WSC & Seals Summer LC Champs 20
98*	1:27.63	L	F	Erin Anders	17	MARL	CPT 28/01/2023 Winelands SL Final
98*	1:27.63	L	P	Awande Mlangeni	17	ONYX	EKU 08/12/2022 EGA Summer Champs 2022
100	1:27.82	L	P	Saffron Tweedie	17	PEAS	NMA 25/06/2022 PEA Winter Gala 2022
101	1:28.46	L	F	Adelia Schonken	17	TASC	MPD 02/12/2022 Limpopo Champs
102	1:30.02	L	F	Anna Pretorius	17	AGAQ	ØBD 11/11/2022 Swartland Prestige Gala 2022
103	1:30.27	L	F	Jade Westley	17	H2O	EKU 02/03/2023 SA Level 2 Regional Age Group Cham
104	1:30.29	L	F	Charlize De Villiers	17	PRKA	PSD 03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
105	1:34.03	L	F	Anna Victor	17	UNI	EZD 30/09/2022 MP AGE GROUP 1
106	1:34.27	L	P	Busisiwe Mogadima	17	SOUL	EKU 08/12/2022 EGA Summer Champs 2022
107	1:37.68	L	F	Anika Van Der Bank	17	UPSK	15/10/2022 AGE GROUP 1 UPINGTON 2022
108	1:40.16	L	F	Alexa Jeaven	17	MANT	CPT 18/02/2023 Swartland Invitational Gala 2023
109	1:41.46	L	P	Kgothatso Tsebe	17	RBOT	BPD 07/12/2022 NWS Championships 2022/2023
110	1:43.14	L	F	Amy Marks	17	ELEC	TSH 27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
111	1:50.25	L	F	Mihlali Fokazi	17	CYBE	CPT 12/11/2022 CTA B CHAMPS
112	1:50.41	L	F	Johane Fourie	17	UPSK	03/12/2022 AGE GROUP 4 UPT 2022
113	2:04.57	L	F	Bianca Taljaard	17	PRA	NGD 20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
114	2:41.60	L	F	Tatum Cooper	17	HURAQ	CPT 07/10/2022 41st Freda Barnard Invitational Gala
<b>Women 200 Back</b>							
1	2:25.37	L	P	Callan Lötter	17	TUKS	TSH 09/12/2022 NTS Championships 2022
2	2:27.23	L	P	Ashley Ebing	17	WSTV	ETH 16/12/2022 KZNA Premier Provincial Champions
3	2:27.90	L S	P	Scarlett Nichol	17	AGC	TSH 12/04/2023 SA National Aquatic SNR-Champ 202
4	2:28.11	L S	P	Christine Wessels	17	AGC	TSH 12/04/2023 SA National Aquatic SNR-Champ 202
5	2:29.58	L S	P	Hayley McHarg	17	AGB	JHB 12/04/2023 SA National Aquatic SNR-Champ 202
6	2:31.24	L	F	Rachel Groepes	17	SAAW	CPT 24/02/2023 Western Cape Elite Gala
7	2:31.47	L	P	Nawaal Mia	17	MDOL	EKU 21/03/2023 SA National Junior Age Group Champs
8	2:31.83	L	F	Grace De Jongh	17	LALE	GED 09/12/2022 Western Cape LC-A Championship 20
9	2:31.85	L	F	Amber Olsen	17	TUKS	TSH 09/12/2022 NTS Championships 2022
10	2:32.12	L	F	Tori Voke	17	VIKI	BUF 02/12/2022 BCA Long Course Championships 202
11	2:32.29	L	F	Morgan Cope	17	GSA	CPT 03/09/2022 CTA Qualifying Meet #4
12	2:32.31	L S	P	Liya Venter	17	WCA	CPT 12/04/2023 SA National Aquatic SNR-Champ 202
13	2:32.64	L S	P	Kaela Viljoen	17	AGB	JHB 12/04/2023 SA National Aquatic SNR-Champ 202
14	2:33.50	L S	P	Ava Rathner	17	WCA	CPT 12/04/2023 SA National Aquatic SNR-Champ 202
15	2:33.53	L	F	Lara De Beer	17	CA	EKU 08/12/2022 EGA Summer Champs 2022
16	2:33.65	L	P	Dieu-Dene Van Jaarsveld	17	AAS	JHB 01/12/2022 CGA LC Summer Championships Lev
17	2:33.93	L	F	Demi Jacobs	17	TUKS	TSH 09/12/2022 NTS Championships 2022
18	2:34.02	L	F	Chloe Gershuny	17	VINE	CPT 25/06/2022 PEA Winter Gala 2022
19	2:36.14	L	F	Tayla Haslam	17	KLOO	ETH 03/10/2022 Sasolburg Swim Club Invitational Gala
20*	2:36.57	L	F	Ennes Zietsman	17	PSC	TSH 03/02/2023 NTS January Lev 3+ Age Group Gala :



## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
20*	2:36.57	L	F	Danielle Davidson	17	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
22	2:36.74	L	F	Olivia Kruger	17	ELEC FSH	09/12/2022 NTS Championships 2022
23	2:37.43	L	F	Jenny Zhang	17	ACAQ CCD	22/10/2022 Limpopo Age Group 4
24	2:38.31	L	F	Robyn Hough	17	PEAS NMA	09/12/2022 NMBA Championships 2022
25	2:39.37	L S	F	Miche Johns	17	BLSS MAN	06/12/2022 Free State Champs 2022
26	2:40.26	L	F	Caitlin Ruane	17	TUKS FSH	09/12/2022 NTS Championships 2022
27	2:40.30	L	P	Jana Naude	17	STSC KCD	21/03/2023 SA National Junior Age Group Champ
28	2:40.37	L	F	Melissa Martens	17	SEAL UMD	16/12/2022 KZNA Premier Provincial Championsh
29	2:40.72	L	F	Georgia Stone	17	INFA NMA	09/12/2022 NMBA Championships 2022
30	2:41.34	L S	F	Gemma Kirsten	17	BLNE MAN	06/12/2022 Free State Champs 2022
31	2:43.17	L	P	Calista Mentz	17	PAC FSH	09/12/2022 NTS Championships 2022
32	2:43.60	L	F	Courtney Smith	17	TYGE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
33	2:43.75	L	P	Cara Harradine	17	PAC FSH	09/12/2022 NTS Championships 2022
34	2:44.06	L	P	Rachel Smith	17	MDOL EKU	08/12/2022 EGA Summer Champs 2022
35	2:44.45	L	P	Angelica Wheeler	17	SAAW CPT	16/12/2022 KZNA Premier Provincial Championsh
36	2:45.18	L	F	Kate Meyburgh	17	INFA NMA	25/06/2022 PEA Winter Gala 2022
37	2:45.52	L	P	Nina Pretorius	17	CSC FSH	09/12/2022 NTS Championships 2022
38	2:45.71	L	F	Petro Marié Fourie	17	FISH EDD	31/03/2023 SA Level 3 Regional Age Group Chan
39	2:46.90	L	F	Tiara Finnis	17	INFA NMA	10/02/2023 Infinity Gala 2023
40	2:47.45	L	F	Nirvana Borrageiro	17	AZON ETH	16/07/2022 AQZ Dual Meet
41	2:48.98	L	F	Kayci Petzer	17	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
42	2:49.34	L	F	Mareen van der Merwe	17	RFA FSH	02/03/2023 SA Level 2 Regional Age Group Cham
43	2:49.74	L	F	Jodi Dos Santos	17	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
44	2:51.06	L	F	Anmi Esbach	17	RFA FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
45	2:51.09	L	P	Janke Fourie	17	EXP FSH	09/12/2022 NTS Championships 2022
46	2:52.32	L	F	Mia Nortjè	17	CYBE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
47	2:52.48	L	F	Sarah West	17	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
48	2:52.56	L	F	Jayda Collett	17	TUKS FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
49	2:53.79	L	P	Mia Neilson	17	WATR JHB	01/12/2022 CGA LC Summer Championships Leve
50	2:54.77	L	P	Zoe Stock	17	MDOL EKU	08/12/2022 EGA Summer Champs 2022
51	2:54.93	L	F	Kimberley Howes	17	HREF BPD	02/03/2023 SA Level 2 Regional Age Group Cham
52	2:56.48	L	F	Chloe Diedericks-Boudouris	17	CRSC JHB	25/02/2023 CGA Level 3+ Last Chance gala
53	2:56.59	L	F	Ami Pirie	17	QUIC CPT	15/10/2022 CTA Qualifying Meet #6
54	2:58.30	L	F	Caroli Rossouw	17	KTS	18/02/2023 AGE GROUP 6 KATHU - 2023
55	2:58.81	L	F	Nurul-Huda Samaai	17	MARL CPT	11/02/2023 WCA-B Champs - 2023
56	2:59.03	L	F	Elza De Kock	17	AGAQ OBD	18/02/2023 Swartland Invitational Gala 2023
57	2:59.68	L	F	Emma Hamman	17	FAAC FBD	19/11/2022 AGE GROUP 3 KBY 2022
58	3:01.02	L	F	Ashley Jansen van Vuuren	17	CSA EZD	30/09/2022 MP AGE GROUP 1
59	3:01.85	L	F	Tharien Venter	17	BLUO UGD	25/11/2022 WSC & Seals Summer LC Champs 20
60	3:02.44	L	F	Ashleigh Witney	17	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
61	3:03.18	L	F	Shaina Adriaan	17	TYGE CPT	15/10/2022 CTA Qualifying Meet #6
62	3:03.63	L	F	Anika Rabie	17	ACSA ETH	01/07/2022 Prestige Tournament 2022
63	3:05.58	L	F	Sasha Naidoo	17	SSISA CPT	03/09/2022 CTA Qualifying Meet #4
64	3:05.64	L	F	Awande Mlangeni	17	ONYX EKU	02/03/2023 SA Level 2 Regional Age Group Cham
65	3:07.22	L	F	Aimee Blackler	17	ESTR EKU	02/03/2023 SA Level 2 Regional Age Group Cham
66	3:08.05	L S	F	Thinica Mc Anda	17	BLSS MAN	06/12/2022 Free State Champs 2022
67	3:08.56	L	F	Erin Anders	17	MARL CPT	04/11/2022 CTA A CHAMPS 2022
68	3:09.53	L	P	Talisa Rademeyer	17	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
69	3:16.51	L	P	Jade Westley	17	H2O EKU	02/03/2023 SA Level 2 Regional Age Group Cham
70	3:20.03	L	F	Kgothatso Tsebe	17	RBOT BPD	26/11/2022 NWS Age Group 3 2022/23
71	3:21.50	L	F	Adelia Schonken	17	HMER MPD	04/02/2023 Limpopo School Champs
72	3:30.69	L	F	Amy Marks	17	ELEC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gale
73	3:35.45	L	F	Anika Van Der Bank	17	UPSK	19/11/2022 AGE GROUP 3 KATHU - 2022
74	4:13.55	L	F	Johane Fourie	17	UPSK	07/12/2022 NCASA CHAMPS 2022
<b>Women 50 Breast</b>							
1	32.02	L	P	Morgan Cope	17	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
2	32.45	L	P	Mikaela Goelst	17	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
3	32.88	L S	F	Georgia Els	17	TUKS FSH	09/12/2022 NTS Championships 2022
4	33.19	L S	F	Carmia Hartman	17	RFA FSH	09/12/2022 NTS Championships 2022

### Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
5	33.92	L S	F	Nicola Hartman	17	RFA	FSH	09/12/2022 NTS Championships 2022
6	34.52	L	P	Cara Ralfe	17	SEAL	UMD	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
7	34.58	L	F	Amy Robson-Garth	17	CA	EKU	21/10/2022 EGA Summer 2 2022
8	34.81	L	P	Caitlin Ruane	17	TUKS	FSH	01/12/2022 Rotterdam Qualification Meet 2022
9	35.19	L	F	Emma Lauf	17	MDOL	EKU	31/03/2023 SA Level 3 Regional Age Group Chan
10	35.43	L	F	Caitlin Rademakers	17	INFA	NMA	09/12/2022 NMBA Championships 2022
11	35.49	L	F	Lara De Beer	17	CA	EKU	21/03/2023 SA National Junior Age Group Champ:
12	35.69	L	P	Michaela Dal Medico	17	TUKS	FSH	01/07/2022 Prestige Tournament 2022
13	35.87	L	F	Olivia Kruger	17	ELEC	FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
14	36.35	L	F	Annette Greyling	17	CRSC	JHB	01/12/2022 CGA LC Summer Championships Lev
15	36.39	L	P	Isabella Reynolds	17	ELEC	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
16	36.47	L S	P	Zoe Terblanche	17	RFA	FSH	09/12/2022 NTS Championships 2022
17	36.51	L	F	Amber Olsen	17	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
18	36.63	L	F	Amy Muller	17	TUKS	FSH	08/10/2022 NTS Sprint Gala
19	36.69	L	P	Morgan Pharoah	17	AGC	FSH	12/04/2023 SA National Aquatic SNR-Champ 202
20	36.76	L	F	Emma Terblanche	AR	BLOT	MAN	17/02/2023 Neptune Last Chance Gala
21*	36.85	L	F	Samantha Lowman	17	AA	JHB	06/01/2023 2023 Grand Prix Invitation Swimming I
21*	36.85	L	F	Ashley Ebing	17	WSTV	ETH	25/11/2022 WSC & Seals Summer LC Champs 20
23	37.04	L	F	Zelmarie Levin	17	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
24	37.08	L S	P	Calista Mentz	17	PAC	FSH	09/12/2022 NTS Championships 2022
25	37.10	L	F	Annè Sabbagha	17	PAQU	CED	07/10/2022 41st Freda Barnard Invitational Gala
26	37.26	L	F	Sara Daniels	17	AACTA	CPT	31/03/2023 SA Level 3 Regional Age Group Chan
27*	37.44	L	F	Ninah Wedderburn	17	BLTA	NMA	09/12/2022 NMBA Championships 2022
27*	37.44	L	F	Mia Nortjè	17	CYBE	CPT	31/03/2023 SA Level 3 Regional Age Group Chan
29	37.54	L	F	Demi Jacobs	17	TUKS	FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
30	37.58	L	P	Jane Lewis	17	AZON	ETH	16/12/2022 KZNA Premier Provincial Championshi
31	37.65	L	F	Anje Van Papendorp	17	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
32*	38.06	L	F	Danielle Heyes	17	ASAC	CPT	31/03/2023 SA Level 3 Regional Age Group Chan
32*	38.06	L S	P	Isabelle Barrow	17	AA	JHB	09/12/2022 NTS Championships 2022
34	38.14	L	F	Annika Yeldon	17	LALE	CED	28/01/2023 Winelands SL Final
35	38.27	L	F	Grace De Jongh	17	LALE	CED	20/08/2022 Winelands SL 1
36	38.29	L	F	Lucy Friedenthal	17	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
37	38.46	L	P	Calista Mackenzie	17	ELRAS	WBD	31/03/2023 SA Level 3 Regional Age Group Chan
38	38.66	L	F	Sarah West	17	QUIC	CPT	07/10/2022 41st Freda Barnard Invitational Gala
39	38.74	L	F	Jenny Zhang	17	ACAA	CCD	12/11/2022 Limpopo Age Group 5
40	38.82	L	P	Nirvana Borrageiro	17	AZON	ETH	16/12/2022 KZNA Premier Provincial Championshi
41	38.96	L	P	Symone Steyn	17	NWSCH		21/04/2023 SA Schools Swimming Championship
42	39.16	L	F	Jodi Dos Santos	17	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
43	39.42	L	F	Cara Van Der Bijl	17	BLNE	MAN	29/10/2022 Neptune Gala
44	39.47	L	F	Petro Marié Fourie	17	EDEN	EDD	28/01/2023 NMBA Intra-District Championship
45	39.51	L	F	Charlize De Villiers	17	PRKA	PSD	07/12/2022 NCASA CHAMPS 2022
46*	39.52	L	F	Erin Kistin	17	MDOL	EKU	01/07/2022 Prestige Tournament 2022
46*	39.52	L	P	Carike Kok	17	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
48	39.65	L	P	Janke Fourie	17	EXP	FSH	31/03/2023 SA Level 3 Regional Age Group Chan
49	39.97	L	P	Alexandra Caldwell	17	RAV	EKU	08/12/2022 EGA Summer Champs 2022
50	40.03	L	F	Miche Johns	17	BLSS	MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
51	40.18	L	F	Karla Vogel	17	RFA	FSH	02/12/2022 Limpopo Champs
52	40.23	L	F	Rachel Guymer	17	RAV	EKU	20/01/2023 EGA Last Chance Galal
53	40.31	L	P	Livia Bisschops	17	AA	JHB	01/12/2022 CGA LC Summer Championships Lev
54	40.49	L	P	Josi Arnold	17	HARL	BUF	25/06/2022 PEA Winter Gala 2022
55	40.89	L	F	Tori Voke	17	VIKI	BUF	02/12/2022 BCA Long Course Championships 202
56	40.90	L	P	Angelica Wheeler	17	SAAW	CPT	16/12/2022 KZNA Premier Provincial Championshi
57	41.02	L	F	Larike Joubert	17	TASC	MPD	02/03/2023 SA Level 2 Regional Age Group Cham
58	41.32	L	P	Mienke Herbst	17	SSISA	CPT	31/03/2023 SA Level 3 Regional Age Group Chan
59*	41.33	L	F	Luané Engelbrecht	17	TUKS	FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
59*	41.33	L	F	Elza De Kock	17	AGAQ	QBD	03/03/2023 SA Level 2 Regional Age Group Cham
61	41.47	L	F	Emma Hamman	17	FAAC	FBD	15/10/2022 KBY AGE GROUP 1 - 2022
62	41.61	L	F	Tumé van Niekerk	17	PGIM	KKD	10/02/2023 NW School Championships 2023
63	41.66	L	P	Christina Sauerman	17	SEAL	UMD	01/07/2022 Prestige Tournament 2022

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
64	41.77	L	F	Nurul-Huda Samaai	17	MARL CPT	04/11/2022 CTA A CHAMPS 2022
65	41.87	L	F	Kate Meyburgh	17	INFA NMA	25/06/2022 PEA Winter Gala 2022
66	42.07	L	F	Ami Pirie	17	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
67	42.09	L	F	Joane Lindeque	17	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
68	42.20	L	F	Shaina Adriaan	17	TYGE CPT	03/03/2023 SA Level 2 Regional Age Group Cham
69	42.48	L	F	Keira Booth	17	SS MPD	02/12/2022 Limpopo Champs
70	42.54	L	P	Thinica Mc Anda	17	BLSS MAN	06/12/2022 Free State Champs 2022
71	42.60	L	F	Skyla Schroll	17	NWUC KKD	07/12/2022 NWS Championships 2022/2023
72	42.71	L	F	Ashley Jansen van Vuuren	17	CSA EZD	28/01/2023 CANA GRAND PRIX JAN 2023 MBOM
73	42.89	L	F	Gemma Kirsten	17	BLNE MAN	27/08/2022 Kovsie Gala
74	42.96	L	P	Alicia Kleingeld	17	ZASC FSH	02/03/2023 SA Level 2 Regional Age Group Cham
75	43.04	L	P	Awande Mlangeni	17	ONYX EKU	02/03/2023 SA Level 2 Regional Age Group Cham
76*	43.14	L	P	Zoe Stock	17	MDOL EKU	08/12/2022 EGA Summer Champs 2022
76*	43.14	L	P	Kaylin Visser	17	BLSS MAN	29/09/2022 MA Grand Prix
78	43.21	L	F	Erin Braun	17	CA EKU	21/10/2022 EGA Summer 2 2022
79	43.26	L	F	Courtney Smith	17	TYGE CPT	21/01/2023 CTA Qualifying Meet #7
80	43.40	L	F	Yedidah Theron	17	ROA EDD	19/11/2022 Eden LC Champs 2022
81*	43.67	L	F	Ashleigh Witney	17	PGAC EKU	02/03/2023 SA Level 2 Regional Age Group Cham
81*	43.67	L	P	Kaitlyn Immelman	17	PGAC EKU	08/12/2022 EGA Summer Champs 2022
83	44.05	L	F	Aimee Blackler	17	ESTR EKU	17/02/2023 EGA Let's Race 2023
84	44.11	L	F	Jada Coetzee	17	FISH EDD	05/11/2022 EDEN 3rd A-League Gala 2022
85	44.26	L	F	Nawaal Mia	17	MDOL EKU	21/10/2022 EGA Summer 2 2022
86	44.56	L	F	Saffron Tweedie	17	PEAS NMA	09/12/2022 NMBA Championships 2022
87*	44.90	L	P	Busisiwe Mogadima	17	SOUL EKU	08/12/2022 EGA Summer Champs 2022
87*	44.90	L	F	Bianca Kleingeld	17	ZASC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
89	45.30	L	P	Jasmine Erasmus	17	NWUC KKD	07/12/2022 NWS Championships 2022/2023
90	45.33	L	F	Emma Van Der Westhuysen	17	FISH EDD	22/10/2022 EDEN 2nd A-League Gala 2022
91	45.50	L	F	Olivia Drewette	17	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
92	45.53	L	F	Michiela Herbst	17	MSC NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
93	45.72	L	P	Mia Neilson	17	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
94	45.79	L	F	Sasha Naidoo	17	SSISA CPT	04/11/2022 CTA A CHAMPS 2022
95	45.91	L	F	Adelia Schonken	17	TASC MPD	02/12/2022 Limpopo Champs
96	46.09	L	F	Tristan Hoskins	17	MANT CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
97	46.53	L	F	Anna Victor	17	UNI EZD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
98	46.74	L	F	Xandri Botha	17	NHS EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
99	46.80	L	P	Jade Westley	17	H2O EKU	02/03/2023 SA Level 2 Regional Age Group Cham
100	47.65	L	F	Alexia Sfigakis	17	TUKS FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
101	47.69	L	F	Mari Kemp	17	SWAR WCD	28/01/2023 Winelands SL Final
102	47.87	L	F	Alexia Michalopoulos	17	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
103	48.34	L	F	Amori de Bruyn	17	RHS BPD	10/02/2023 NW School Championships 2023
104	48.58	L	F	Ane Blom	17	CUR EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
105	48.64	L	F	Nombuso Mentse	17	SOWE JHB	02/10/2022 2022 AG Swim Stars 14&Over
106	48.67	L	F	Ankia Uys	RR	PSA ZLD	04/02/2023 KCDA February Age Group Gala 2023
107	48.72	L	F	Shirley Mlotshwa	17	ATTE FSH	18/03/2023 Level 1 Intra-Provincial 2023
108	49.09	L	F	Kimberley Howes	17	HREF BPD	10/09/2022 Adrian Grafe Gala 2022
109	49.16	L	F	Anika Van Der Bank	17	UPSK	15/10/2022 AGE GROUP 1 UPINGTON 2022
110	49.23	L	F	Ruby James	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
111	50.10	L	F	Oabilwe Sesoko	17	RAV EKU	21/10/2022 EGA Summer 2 2022
112	50.46	L	P	Talisa Rademeyer	17	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
113	50.80	L	F	Caroli Rossouw	17	KTS	07/12/2022 NCASA CHAMPS 2022
114	51.68	L	F	Bianca Taljaard	17	PRA NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCT
115	52.48	L	F	Charlese Van Staden	17	KPA EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
116	55.04	L	F	Johane Fourie	17	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
117	57.40	L	F	Nishke Basson	17	LAD UTD	03/12/2022 Uthukela District Age Group Gala 3 De
118	1:02.97	L	F	Bianca Beukes	17	SOUL EKU	10/09/2022 Adrian Grafe Gala 2022
119	1:03.56	L	F	Tatum Cooper	17	HURAQ CPT	07/10/2022 41st Freda Barnard Invitational Gala
120	1:04.71	L	F	Trinity Pagel	17	FIELD BPD	10/02/2023 NW School Championships 2023
121	1:14.60	L	F	Savanna Haselau	17	FISH EDD	18/02/2023 EDEN 5th A-League Gala 2023

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 100 Breast</b>							
1	1:10.52 L	F	Morgan Cope	17	GSA CPT	24/02/2023	Western Cape Elite Gala
2	1:11.25 L	F	Georgia Els	17	TUKS FSH	01/12/2022	Rotterdam Qualification Meet 2022
3	1:11.48 L	P	Mikaela Goelst	17	SEAL UMD	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
4	1:14.70 L	F	Cara Ralfe	17	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
5	1:14.94 L	F	Amy Robson-Garth	17	CA EKU	23/09/2022	EGA Summer 1 2022
6	1:15.31 L	F	Nicola Hartman	17	RFA FSH	09/12/2022	NTS Championships 2022
7	1:15.45 L	F	Carmia Hartman	17	RFA FSH	09/12/2022	NTS Championships 2022
8	1:16.05 L	F	Kirsten Storm	17	AAS JHB	01/12/2022	CGA LC Summer Championships Leve
9	1:16.57 L	P	Michaela Dal Medico	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
10	1:17.28 L	P	Morgan Pharoah	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
11	1:17.54 L	F	Lara De Beer	17	CA EKU	08/12/2022	EGA Summer Champs 2022
12	1:17.69 L	P	Caitlin Ruane	17	TUKS FSH	01/12/2022	Rotterdam Qualification Meet 2022
13	1:18.81 L	F	Caitlin Rademakers	17	INFA NMA	09/12/2022	NMBA Championships 2022
14	1:19.41 L	P	Amy Muller	17	TUKS FSH	09/12/2022	NTS Championships 2022
15	1:19.74 L	F	Ane' Meier	17	PAC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
16	1:20.12 L	P	Annette Greyling	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
17	1:20.95 L	F	Ashley Ebing	17	WSTV ETH	25/11/2022	WSC & Seals Summer LC Champs 20
18	1:20.99 L	F	Emma Lauf	17	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group Chan
19	1:21.14 L	P	Zoe Terblanche	17	RFA FSH	09/12/2022	NTS Championships 2022
20	1:22.23 L	F	Amber Olsen	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan
21	1:22.58 L	F	Mia Nortjè	17	CYBE CPT	07/10/2022	41st Freda Barnard Invitational Gala
22	1:22.90 L	F	Isabella Reynolds	17	ELEC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
23	1:23.06 L	F	Emma Terblanche	AR	BLOT MAN	17/02/2023	Neptune Last Chance Gala
24	1:23.30 L	F	Zelmarie Levin	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan
25	1:23.85 L	F	Jane Lewis	17	AZON ETH	28/01/2023	EDA January Gala 2023
26	1:24.11 L	F	Samantha Lowman	17	AA JHB	06/01/2023	2023 Grand Prix Invitation Swimming P
27	1:24.50 L	F	Annè Sabbagha	17	PAQU CED	07/10/2022	41st Freda Barnard Invitational Gala
28	1:24.51 L	F	Anje Van Papendorp	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan
29	1:24.66 L	P	Sarah West	17	QUIC CPT	24/02/2023	Western Cape Elite Gala
30	1:24.84 L	P	Calista Mackenzie	17	LP CC	21/04/2023	SA Schools Swimming Championship
31	1:25.08 L	F	Ninah Wedderburn	17	BLTA NMA	18/02/2023	EDEN 5th A-League Gala 2023
32	1:25.46 L	F	Demi Jacobs	17	TUKS FSH	01/07/2022	Prestige Tournament 2022
33*	1:25.52 L	P	Danielle Heyes	17	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group Chan
33*	1:25.52 L	F	Carike Kok	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan
33*	1:25.52 L	F	Danielle Davidson	17	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022
36	1:25.65 L	F	Lucy Friedenthal	17	UNI EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2
37	1:25.69 L	F	Jenny Zhang	17	ACAQ CCD	12/11/2022	Limpopo Age Group 5
38	1:26.02 L	F	Janke Fourie	17	EXP FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
39	1:26.06 L	F	Erin Kistin	17	MDOL EKU	20/01/2023	EGA Last Chance Galal
40	1:26.75 L	F	Sara Daniels	17	AACTA CPT	31/03/2023	SA Level 3 Regional Age Group Chan
41	1:27.44 L	F	Calista McKenzie	17	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
42	1:27.67 L	F	Meredith O'Tool	17	WELA LLD	31/03/2023	SA Level 3 Regional Age Group Chan
43	1:27.77 L	F	Jemma van der Merwe	17	CSC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
44	1:28.02 L	F	Miche Johns	17	BLSS MAN	06/12/2022	Free State Champs 2022
45	1:28.21 L	F	Cara Van Der Bijl	17	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group Chan
46	1:28.29 L	F	Danielle Joubert	17	BLSS MAN	22/10/2022	Otters Prestige Gala 2022
47	1:28.32 L	F	Charlize De Villiers	17	PRKA PSD	07/12/2022	NCASA CHAMPS 2022
48	1:28.38 L	P	Angelica Wheeler	17	SAAW CPT	16/12/2022	KZNA Premier Provincial Championsh
49	1:28.40 L	F	Symone Steyn	17	LEBII	10/02/2023	NW School Championships 2023
50	1:28.64 L S	P	Tayla Haslam	17	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala
51*	1:28.65 L	F	Calista Mentz	17	PAC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
51*	1:28.65 L	P	Larke Joubert	17	TASC MPD	02/03/2023	SA Level 2 Regional Age Group Cham
53	1:28.87 L	F	Nurul-Huda Samaai	17	MARL CPT	03/09/2022	CTA Qualifying Meet #4
54	1:29.05 L	P	Josi Arnold	17	HARL BUF	25/06/2022	PEA Winter Gala 2022
55	1:29.23 L	F	Karla Vogel	17	RFA FSH	02/12/2022	Limpopo Champs
56	1:29.29 L	P	Luané Engelbrecht	17	TUKS FSH	09/12/2022	NTS Championships 2022
57	1:29.31 L	F	Christina Sauerma	17	SEAL UMD	02/12/2022	EDA AG Gala December 2022
58	1:30.22 L	F	Petro Marié Fourie	17	FISH EDD	09/12/2022	Western Cape LC-A Championship 20

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	1:30.65	L	F	Emma Hamman	17	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
60	1:30.94	L	P	Kaylin Visser	17	BLSS MAN	29/09/2022 MA Grand Prix
61	1:30.97	L	F	Mienke Herbst	17	SSISA CPT	24/09/2022 CTA Qualifying Meet #5
62	1:32.50	L	F	Rachel Smith	17	MDOL EKU	11/06/2022 EGA Winter 1 2022
63	1:33.29	L	F	Courtney Smith	17	TYGE CPT	04/11/2022 CTA A CHAMPS 2022
64	1:33.78	L	F	Alexandra Caldwell	17	RAV EKU	11/06/2022 EGA Winter 1 2022
65	1:34.27	L	F	Joane Lindeque	17	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
66	1:34.94	L	F	Zoe Stock	17	MDOL EKU	23/09/2022 EGA Summer 1 2022
67	1:35.02	L	F	Elza De Kock	17	AGAQ OBD	11/02/2023 WCA-B Champs - 2023
68	1:35.34	L	P	Ashleigh Whitney	17	PGAC EKU	08/12/2022 EGA Summer Champs 2022
69	1:35.60	L S	F	Skyla Schroll	17	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
70	1:35.66	L	P	Erin Braun	17	CA EKU	08/12/2022 EGA Summer Champs 2022
71	1:35.70	L	F	Ami Pirie	17	QUIC CPT	04/11/2022 CTA A CHAMPS 2022
72	1:35.71	L	F	Alicia Kleingeld	17	ZASC TSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
73	1:36.08	L	F	Tumé van Niekerk	17	PGIM KKD	10/02/2023 NW School Championships 2023
74	1:36.09	L	F	Gemma Kirsten	17	BLNE MAN	24/09/2022 Bull-Sharks Gala
75	1:36.22	L	F	Jasmine Erasmus	17	NWUC KKD	03/03/2023 SA Level 2 Regional Age Group Cham
76	1:36.44	L	F	Ashley Jansen van Vuuren	17	CSA EZD	28/01/2023 CANA GRAND PRIX JAN 2023 MBOM
77	1:36.69	L	F	Keira Booth	17	HMER MPD	15/10/2022 Limpopo Top 10 - High Schools
78	1:36.85	L	F	Kaitlyn Immelman	17	PGAC EKU	23/09/2022 EGA Summer 1 2022
79	1:36.96	L	F	Thinica Mc Anda	17	BLSS MAN	06/12/2022 Free State Champs 2022
80	1:37.28	L	F	Erin Anders	17	MARL CPT	28/01/2023 Winelands SL Final
81	1:38.00	L	P	Catherine Rowan	17	SGUL ETH	01/07/2022 Prestige Tournament 2022
82	1:38.28	L	F	Aimee Blackler	17	ESTR EKU	02/03/2023 SA Level 2 Regional Age Group Cham
83	1:38.49	L	P	Awande Mlangeni	17	ONYX EKU	02/03/2023 SA Level 2 Regional Age Group Cham
84	1:38.65	L	F	Shaina Adriaan	17	TYGE CPT	03/03/2023 SA Level 2 Regional Age Group Cham
85	1:39.92	L	F	Yedidah Theron	17	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
86	1:40.03	L	F	Bianca Kleingeld	17	ZASC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
87	1:40.07	L	P	Anika Rabie	17	ACSA ETH	01/07/2022 Prestige Tournament 2022
88	1:40.22	L	F	Jada Coetzee	17	FISH EDD	07/10/2022 41st Freda Barnard Invitational Gala
89	1:40.59	L	P	Mia Neilson	17	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
90	1:40.81	L	P	Busisiwe Mogadima	17	SOUL EKU	08/12/2022 EGA Summer Champs 2022
91	1:40.84	L	F	Anna Victor	17	UNI EZD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
92	1:41.02	L	F	Adelia Schonken	17	TASC MPD	02/12/2022 Limpopo Champs
93	1:41.56	L	F	Mari Kemp	17	SWAR WCD	28/01/2023 Winelands SL Final
94	1:42.24	L	F	Michiela Herbst	17	MSC NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
95	1:42.66	L	P	Jade Westley	17	H2O EKU	08/12/2022 EGA Summer Champs 2022
96	1:42.80	L	F	Olivia Drewette	17	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
97	1:43.94	L	F	Mareen van der Merwe	17	RFA TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
98	1:46.12	L	F	Tristan Hoskins	17	MANT CPT	07/10/2022 41st Freda Barnard Invitational Gala
99	1:46.90	L	F	Caroli Rossouw	17	KTS	07/12/2022 NCASA CHAMPS 2022
100	1:48.67	L	F	Anika Van Der Bank	17	UPSK	15/10/2022 AGE GROUP 1 UPINGTON 2022
101	1:49.25	L	F	Alexa Jeaven	17	MANT CPT	18/02/2023 Swartland Invitational Gala 2023
102	1:50.77	L	F	Shirley Mlotshwa	17	ATTE TSH	02/10/2022 2022 AG Swim Stars 14&Over
103	1:51.03	L	F	Anna Pretorius	17	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
104	1:51.10	L	F	Nombuso Mente	17	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
105	1:51.16	L	F	Micaela Schoeman	17	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
106	1:52.10	L	F	Bianca Taljaard	17	PRA NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
107	1:59.98	L	F	Mieke Van Wyngaardt	17	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
108	2:00.10	L	F	Johane Fourie	17	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
109	2:05.39	L	F	Nishke Basson	17	LAD UTD	03/12/2022 Uthukela District Age Group Gala 3 De
110	2:07.82	L	F	Mianel Du Plooy	17	HBV MPD	15/10/2022 Limpopo Top 10 - High Schools
111	2:30.87	L	F	Tatum Cooper	17	HURAQ CPT	07/10/2022 41st Freda Barnard Invitational Gala
<b>Women 200 Breast</b>							
1	2:37.45	L	P	Georgia Els	17	TUKS TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
2	2:40.60	L	F	Mikaela Goelst	17	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
3	2:42.63	L	F	Morgan Pharoah	17	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
4	2:44.77	L	F	Michaela Dal Medico	17	TUKS TSH	09/12/2022 NTS Championships 2022
5	2:45.30	L S	F	Lara De Beer	17	CA EKU	21/03/2023 SA National Junior Age Group Champs

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
6	2:46.04	L	F	Amy Robson-Garth	17	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202	
7	2:46.13	L	F	Cara Ralfe	17	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
8	2:49.01	L	P	Nicola Hartman	17	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
9	2:49.96	L	P	Carmia Hartman	17	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
10	2:53.17	L	F	Mia Nortjè	17	CYBE CPT	07/10/2022	41st Freda Barnard Invitational Gala	
11	2:53.30	L	P	Kirsten Storm	17	AAS JHB	01/12/2022	CGA LC Summer Championships Leve	
12	2:55.28	L	F	Danielle Davidson	17	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022	
13	2:55.88	L S	P	Demi Jacobs	17	TUKS TSH	21/03/2023	SA National Junior Age Group Champ	
14	3:00.49	L	P	Annette Greyling	17	CRSC JHB	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
15	3:00.89	L	P	Emma Terblanche	AR	BLOT MAN	16/12/2022	KZNA Premier Provincial Championsh	
16	3:01.98	L	P	Zelmarie Levin	17	TUKS TSH	09/12/2022	NTS Championships 2022	
17	3:02.36	L	P	Anje Van Papendorp	17	TUKS TSH	09/12/2022	NTS Championships 2022	
18	3:02.52	L	F	Sarah West	17	QUIC CPT	24/09/2022	CTA Qualifying Meet #5	
19	3:03.53	L	F	Annè Sabbagha	17	PAQU CED	31/03/2023	SA Level 3 Regional Age Group Chan	
20	3:04.15	L	F	Lucy Friedenthal	17	UNI EZD	30/09/2022	MP AGE GROUP 1	
21	3:04.32	L	P	Amber Olsen	17	TUKS TSH	09/12/2022	NTS Championships 2022	
22	3:04.33	L	F	Emma Lauf	17	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group Chan	
23	3:04.52	L	F	Mienke Herbst	17	SSISA CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
24	3:05.89	L	F	Tayla Haslam	17	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala	
25	3:06.17	L	F	Carike Kok	17	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group Chan	
26	3:06.30	L S	F	Miche Johns	17	BLSS MAN	06/12/2022	Free State Champs 2022	
27	3:06.61	L	P	Angelica Wheeler	17	SAAW CPT	16/12/2022	KZNA Premier Provincial Championsh	
28	3:07.89	L	F	Isabella Reynolds	17	ELEC TSH	28/10/2022	NTS October SARJ+ Age Group Gala	
29	3:10.01	L	P	Luané Engelbrecht	17	TUKS TSH	09/12/2022	NTS Championships 2022	
30	3:10.81	L	F	Courtney Smith	17	TYGE CPT	11/02/2023	WCA-B Champs - 2023	
31	3:11.05	L	F	Ninah Wedderburn	17	BLTA NMA	13/08/2022	Madibaz Swim Meet	
32	3:11.32	L	F	Danielle Heyes	17	ASAC CPT	09/12/2022	Western Cape LC-A Championship 20	
33	3:11.71	L	P	Jane Lewis	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan	
34	3:11.77	L	F	Cara Van Der Bijl	17	BLNE MAN	17/02/2023	Neptune Last Chance Gala	
35	3:11.93	L	F	Jodi Dos Santos	17	UNI EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5 NOVEM	
36	3:12.38	L	F	Petro Marié Fourie	17	FISH EDD	09/12/2022	Western Cape LC-A Championship 20	
37	3:14.27	L	F	Karla Vogel	17	RFA TSH	21/10/2022	NTS October Lev 3 Age Group Gala 21	
38	3:14.43	L	F	Emma Hamman	17	FAAC FBD	07/12/2022	NCASA CHAMPS 2022	
39	3:15.77	L	F	Erin Kistin	17	MDOL EKU	20/01/2023	EGA Last Chance Galal	
40	3:16.07	L S	F	Kaylin Visser	17	BLSS MAN	06/12/2022	Free State Champs 2022	
41	3:16.90	L	F	Charlize De Villiers	17	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023	
42	3:17.12	L	F	Christina Sauerman	17	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20	
43	3:17.93	L	F	Larike Joubert	17	TASC MPD	02/03/2023	SA Level 2 Regional Age Group Cham	
44	3:18.11	L	P	Janke Fourie	17	EXP TSH	09/12/2022	NTS Championships 2022	
45	3:20.14	L	F	Sara Daniels	17	AACTA CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
46	3:21.98	L S	F	Ashleigh Witney	17	PGAC EKU	08/12/2022	EGA Summer Champs 2022	
47	3:24.04	L	F	Nurul-Huda Samaai	17	MARL CPT	04/11/2022	CTAA CHAMPS 2022	
48	3:25.46	L	F	Ami Pirie	17	QUIC CPT	04/11/2022	CTAA CHAMPS 2022	
49	3:26.52	L	F	Erin Anders	17	MARL CPT	04/11/2022	CTAA CHAMPS 2022	
50	3:26.67	L	F	Jasmine Erasmus	17	NWUC KKD	03/03/2023	SA Level 2 Regional Age Group Cham	
51	3:28.21	L	F	Elza De Kock	17	AGAQ OBD	11/02/2023	WCA-B Champs - 2023	
52	3:28.93	L S	F	Skyla Schroll	17	NWUC KKD	07/12/2022	NWS Championships 2022/2023	
53	3:32.06	L	F	Tumé van Niekerk	17	PGIM KKD	10/02/2023	NW School Championships 2023	
54	3:35.23	L S	P	Aimee Blackler	17	ESTR EKU	08/12/2022	EGA Summer Champs 2022	
55	3:35.27	L S	P	Kaitlyn Immelman	17	PGAC EKU	08/12/2022	EGA Summer Champs 2022	
56	3:38.71	L	F	Yedidah Theron	17	ROA EDD	19/11/2022	Eden LC Champs 2022	
57	3:38.85	L	F	Michiela Herbst	17	MSC NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11	
58	3:38.99	L	F	Jade Westley	17	H2O EKU	20/01/2023	EGA Last Chance Galal	
59	3:40.19	L	F	Anna Victor	17	UNI EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15 OCTC	
60	3:40.24	L	F	Mia Neilson	17	WATR JHB	31/03/2023	SA Level 3 Regional Age Group Chan	
61	3:47.60	L	F	Emma Van Der Westhuysen	17	FISH EDD	22/10/2022	EDEN 2nd A-League Gala 2022	
62	3:52.11	L	F	Tristan Hoskins	17	MANT CPT	07/10/2022	41st Freda Barnard Invitational Gala	
63	3:52.40	L S	P	Busisiwe Mogadima	17	SOUL EKU	08/12/2022	EGA Summer Champs 2022	
64	3:54.13	L	F	Bianca Taljaard	17	PRA NGD	14/10/2022	MP AGE GROUP 2 GALA 14-15 OCTC	

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
65	3:54.66 L	F	Saffron Tweedie	17	PEAS NMA	13/08/2022	Madibaz Swim Meet	
66	3:59.25 L	F	Shirley Mlotshwa	17	XSAQ CPT	29/10/2022	OR TAMBO Soncini 2022	
67	4:12.06 L	F	Nombuso Mente	17	SOWE JHB	02/10/2022	2022 AG Swim Stars 14&Over	
68	4:37.72 L	F	Johane Fourie	17	UPSK	18/02/2023	AGE GROUP 6 UPT- 2023	
<b>Women 50 Fly</b>								
1	28.56 L S	F	Christine Wessels	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
2	28.67 L	P	Rachel Groepes	17	RSA	30/08/2022	8th FINA JUNIOR WORLD SWIMMING	
3	28.80 L S	F	Morgan Cope	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
4	28.95 L	F	Olivia Kruger	17	GAUT	21/04/2023	SA Schools Swimming Championship	
5	28.96 L	F	Ane' Meier	17	PAC FSH	09/12/2022	NTS Championships 2022	
6	29.15 L	F	Kirsten Storm	17	AAS JHB	21/03/2023	SA National Junior Age Group Champs	
7	29.17 L	F	Amy Muller	17	TUKS FSH	09/12/2022	NTS Championships 2022	
8	29.21 L S	F	Tori Voke	17	VIKI BUF	25/06/2022	PEA Winter Gala 2022	
9	29.33 L	F	Liya Venter	17	WCA CPT	21/04/2023	SA Schools Swimming Championship	
10	29.65 L	P	Scarlett Nichol	17	TUKS FSH	09/12/2022	NTS Championships 2022	
11	29.78 L	F	Grace De Jongh	17	LALE CED	28/01/2023	Winelands SL Final	
12*	29.88 L S	P	Zoe Terblanche	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
12*	29.88 L	F	Tayla Haslam	17	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala	
14*	29.91 L S	P	Georgia Els	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
14*	29.91 L	P	Robyn Aaron	17	WSTV ETH	01/07/2022	Prestige Tournament 2022	
16	29.94 L	P	Tazmyn Robson	17	TUKS FSH	09/12/2022	NTS Championships 2022	
17	30.23 L	P	Annika Yeldon	17	LALE CED	24/02/2023	Western Cape Elite Gala	
18	30.24 L	F	Corne van Schalkwyk	17	AA JHB	01/12/2022	CGA LC Summer Championships Lev	
19	30.44 L	F	Payton Brink	17	VINE CPT	04/11/2022	CTAA CHAMPS 2022	
20*	30.64 L	F	Jodi Dos Santos	17	PSC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
20*	30.64 L	P	Alexia Delicado	17	POTC KKD	07/12/2022	NWS Championships 2022/2023	
22	30.66 L	F	Nirvana Borrageiro	17	AZON ETH	16/12/2022	KZNA Premier Provincial Championsh	
23	30.72 L S	P	Hayley McHarg	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
24	30.76 L S	P	Cara Ralfe	17	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
25	30.92 L S	P	Michaela Dal Medico	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
26	30.96 L	F	Caitlin Rademakers	17	INFA NMA	22/10/2022	4th A League Gala	
27	31.09 L	F	Danielle Joubert	17	BLSS MAN	21/01/2023	PELICAN NEPTUNE GALA	
28	31.11 L S	P	Teegan Pio	17	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
29	31.12 L	F	Emma Peacock	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev	
30	31.17 L	P	Keila Manthe	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
31	31.20 L	P	Jane Lewis	17	AZON ETH	16/12/2022	KZNA Premier Provincial Championsh	
32	31.23 L	F	Nawaal Mia	17	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games	
33	31.26 L	F	Miche Johns	17	BLSS MAN	06/12/2022	Free State Champs 2022	
34	31.28 L	F	Eryn Casey	17	ACSA ETH	25/11/2022	WSC & Seals Summer LC Champs 20	
35	31.29 L	P	Calista Mentz	17	PAC FSH	09/12/2022	NTS Championships 2022	
36	31.48 L	F	Josi Arnold	17	BCA BUF	28/01/2023	NMBA Intra-District Championship	
37	31.50 L	F	Rachel Smith	17	MDOL EKU	10/09/2022	Adrian Grafe Gala 2022	
38	31.55 L	F	Jozi Nupen	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev	
39	31.56 L	P	Jana Naude	17	STSC KCD	21/03/2023	SA National Junior Age Group Champs	
40	31.57 L	F	Jenny Zhang	17	ACAQ CCD	03/10/2022	Sasolburg Swim Club Invitational Gala	
41	31.60 L S	F	Chloe Gershuny	17	VINE CPT	25/06/2022	PEA Winter Gala 2022	
42	31.65 L S	P	Kaela Viljoen	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
43	31.67 L	F	Danielle Heyes	17	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
44	31.69 L	F	Carmia Hartman	17	RFA FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :	
45*	31.70 L	P	Ennes Zietsman	17	PSC FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - k	
45*	31.70 L	F	Rachel Guymer	17	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan	
47*	31.71 L	P	Isabelle Barrow	17	AA JHB	09/12/2022	NTS Championships 2022	
47*	31.71 L	F	Thea Vd Toorn	17	CYBE CPT	21/01/2023	CTA Qualifying Meet #7	
49	31.80 L	F	Marguerite Naude	17	AFIN JHB	31/03/2023	SA Level 3 Regional Age Group Chan	
50	31.86 L S	P	Ava Rathner	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
51	31.90 L	F	Demi Jacobs	17	TUKS FSH	01/07/2022	Prestige Tournament 2022	
52	31.93 L	F	Emma Hamman	17	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022	
53	32.14 L	F	Samantha Lowman	17	AA JHB	06/01/2023	2023 Grand Prix Invitation Swimming f	
54*	32.15 L	F	Cara Van Der Bijl	17	BLNE MAN	06/12/2022	Free State Champs 2022	

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
54*	32.15	L S	P	Mischa King	17	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
56	32.20	L	F	Caitlin Ruane	17	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
57	32.23	L	F	Amber Lewis	17	SEAL	UMD	28/01/2023	EDA January Gala 2023
58	32.27	L	F	Meredith O'Tool	17	WELA	LLD	31/03/2023	SA Level 3 Regional Age Group Chan
59	32.31	L	F	Symone Steyn	17	TLAC	BPD	21/01/2023	NWS Sprint Gala 2023
60	32.44	L	F	Lara De Beer	17	CA	EKU	10/09/2022	Adrian Grafe Gala 2022
61	32.78	L	F	Kayci Petzer	17	BEAV	ETH	31/03/2023	SA Level 3 Regional Age Group Chan
62	32.82	L	F	Ninah Wedderburn	17	BLTA	NMA	19/11/2022	5th A League Gala
63	32.97	L	F	Courtney Smith	17	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group Chan
64	33.02	L	F	Zelmarie Levin	17	TUKS	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
65	33.03	L	F	Jemma van der Merwe	17	CSC	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
66	33.16	L	P	Morgan Pharoah	17	TUKS	FSH	01/07/2022	Prestige Tournament 2022
67	33.46	L	P	Thinica Mc Anda	17	BLSS	MAN	06/12/2022	Free State Champs 2022
68	33.53	L	P	Carike Kok	17	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group Chan
69	33.58	L	F	Petro Marié Fourie	17	EDEN	EDD	28/01/2023	NMBA Intra-District Championship
70	33.64	L	F	Sara Daniels	17	AACTA	CPT	31/03/2023	SA Level 3 Regional Age Group Chan
71	33.65	L	P	Gemma Kirsten	17	BLNE	MAN	29/09/2022	MA Grand Prix
72	33.80	L	P	Calista Mackenzie	17	LP	CC	21/04/2023	SA Schools Swimming Championship
73	33.90	L	F	Mia Nortjè	17	CYBE	CPT	31/03/2023	SA Level 3 Regional Age Group Chan
74	33.92	L	F	Sasha Naidoo	17	SSISA	CPT	04/11/2022	CTAA CHAMPS 2022
75	34.01	L	F	Nicola Hartman	17	RFA	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
76	34.08	L	F	Skye Da Fonseca-Hattingh	17	RFA	FSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
77*	34.37	L	F	Sarah West	17	QUIC	CPT	07/10/2022	41st Freda Barnard Invitational Gala
77*	34.37	L	F	Kate Meyburgh	17	CPRIM	BUF	25/02/2023	Eastern Cape Schools Swimming Trial
79	34.44	L	F	Lucy Friedenthal	17	UNI	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2
80	34.47	L	F	Amy Robson-Garth	17	CA	EKU	10/09/2022	Adrian Grafe Gala 2022
81	34.51	L	F	Laranya Naidoo	17	WSTV	ETH	31/03/2023	SA Level 3 Regional Age Group Chan
82	34.52	L	F	Calista McKenzie	17	HE	WBD	15/10/2022	Limpopo Top 10 - High Schools
83	34.53	L	P	Angelica Wheeler	17	SAAW	CPT	16/12/2022	KZNA Premier Provincial Championshi
84	34.54	L	F	Larique Joubert	17	TASC	MPD	02/03/2023	SA Level 2 Regional Age Group Cham
85	34.60	L	F	Annè Sabbagha	17	PAQU	CED	07/10/2022	41st Freda Barnard Invitational Gala
86	34.61	L	P	Anmi Esbach	17	RFA	FSH	07/12/2022	NWS Championships 2022/2023
87	34.86	L	F	Charlize De Villiers	17	NCASA		28/01/2023	4 + 1 Inter Provincial Gala 2023
88	34.87	L	P	Isabella Reynolds	17	ELEC	FSH	09/12/2022	NTS Championships 2022
89	35.10	L	P	Catherine Rowan	17	SGUL	ETH	01/07/2022	Prestige Tournament 2022
90	35.19	L	F	Elza De Kock	17	AGAQ	QBD	18/02/2023	Swartland Invitational Gala 2023
91	35.30	L	F	Karla Vogel	17	RFA	FSH	02/12/2022	Limpopo Champs
92	35.36	L	F	Mieke Oosthuizen	17	HSBV	SKD	15/10/2022	Limpopo Top 10 - High Schools
93	35.41	L	F	Oabilwe Sesoko	17	RAV	EKU	17/02/2023	EGA Let's Race 2023
94	35.55	L	F	Caitlyn Gomes	17	ISSC	NMD	07/12/2022	NWS Championships 2022/2023
95	35.59	L	F	Jada Coetzee	17	FISH	EDD	19/11/2022	Eden LC Champs 2022
96	35.81	L	F	Busisiwe Mogadima	17	SOUL	EKU	10/09/2022	Adrian Grafe Gala 2022
97	35.82	L	P	Livia Bisschops	17	AA	JHB	01/12/2022	CGA LC Summer Championships Lev
98	35.85	L	F	Ashley Jansen van Vuuren	17	CUR	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
99	35.93	L	F	Yedidah Theron	17	ROA	EDD	07/10/2022	41st Freda Barnard Invitational Gala
100	36.11	L	F	Jade Tinker	17	UPC	EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
101	36.22	L	P	Luané Engelbrecht	17	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group Chan
102	36.33	L	F	Shaina Adriaan	17	TYGE	CPT	11/02/2023	WCA-B Champs - 2023
103	36.35	L	F	Isabella Van der Walt	17	QSAW	CED	11/02/2023	WCA-B Champs - 2023
104	36.49	L	F	Alexia Michalopoulos	17	RFA	FSH	01/10/2022	2022 AG Swim Stars&OR Tambo 13&L
105	37.01	L	F	Keira Booth	17	HMER	MPD	15/10/2022	Limpopo Top 10 - High Schools
106	37.09	L	F	Lara Groenewald	17	AQU	ADJ	24/09/2022	Amajuba District Age Group Gala 3
107	37.11	L	P	Catherine De Boucherville	17	AA	JHB	01/12/2022	CGA LC Summer Championships Lev
108	37.41	L	P	Mia Neilson	17	WATR	JHB	01/12/2022	CGA LC Summer Championships Lev
109	37.46	L	P	Erin Braun	17	CA	EKU	08/12/2022	EGA Summer Champs 2022
110	37.55	L	F	Saffron Tweedie	17	PEAS	NMA	07/10/2022	41st Freda Barnard Invitational Gala
111	37.66	L	P	Ashleigh Witney	17	PGAC	EKU	08/12/2022	EGA Summer Champs 2022
112*	37.68	L	P	Erin Kistin	17	MDOL	EKU	01/07/2022	Prestige Tournament 2022
112*	37.68	L	P	Awande Mlangeni	17	ONYX	EKU	08/12/2022	EGA Summer Champs 2022



## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
114	37.69 L	F	Aimee Blackler	17	ESTR EKU	23/09/2022	EGA Summer 1 2022
115	37.73 L	P	Mareen van der Merwe	17	RFA TSH	02/03/2023	SA Level 2 Regional Age Group Cham
116	37.74 L	F	Emma Beyers	17	PENC EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
117	37.76 L	F	Caroli Rossouw	17	KTS	03/03/2023	SA Level 2 Regional Age Group Cham
118	37.88 L	F	Alexia Sfigakis	17	TUKS TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
119	37.92 L	F	Michelle Jack	17	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
120	38.51 L	F	Xandri Botha	17	NHS EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
121	38.68 L	F	Alexa Jeaven	17	MANT CPT	18/02/2023	Swartland Invitational Gala 2023
122	39.30 L	F	Janke Fourie	17	EXP TSH	08/10/2022	NTS Sprint Gala
123	39.41 L	F	Kimberley Howes	17	HREF BPD	07/12/2022	NWS Championships 2022/2023
124	39.58 L	F	Camryn Myron	17	KNYA EDD	05/11/2022	EDEN 3rd A-League Gala 2022
125	39.61 L	F	Skyla Schroll	17	NWUC KKD	03/03/2023	SA Level 2 Regional Age Group Cham
126	39.63 L	P	Kaitlyn Immelman	17	PGAC EKU	08/12/2022	EGA Summer Champs 2022
127	39.80 L	F	Talisa Rademeyer	17	SWIFT EKU	20/01/2023	EGA Last Chance Galal
128	40.16 L	F	Adelia Schonken	17	TASC MPD	02/12/2022	Limpopo Champs
129	40.28 L	F	Tharien Venter	17	BLUO UGD	25/11/2022	WSC & Seals Summer LC Champs 20
130	40.71 L	F	Tristan Hoskins	17	MANT CPT	21/01/2023	CTA Qualifying Meet #7
131	41.34 L	P	Zoe Stock	17	MDOL EKU	08/12/2022	EGA Summer Champs 2022
132	41.80 L	P	Jasmine Erasmus	17	NWUC KKD	07/12/2022	NWS Championships 2022/2023
133	42.09 L	P	Jade Westley	17	H2O EKU	08/12/2022	EGA Summer Champs 2022
134	42.83 L	F	Amelie Coetzee	17	HPP BUF	15/10/2022	Limpopo Top 10 - High Schools
135	43.61 L	F	Anna Victor	17	UPC EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
136	44.00 L	F	Anika Van Der Bank	17	UPSK	19/11/2022	AGE GROUP 3 KATHU - 2022
137	45.15 L	F	Micaela Schoeman	17	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
138	46.23 L	F	Johane Fourie	17	UPSK	19/11/2022	AGE GROUP 3 UPINGTON - 2022
139	47.77 L	F	Charlese Van Staden	17	KPA EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
140	48.58 L	F	Bianca Taljaard	17	PRA NGD	11/03/2023	SSA LEVEL 1 REGIONAL CHAMPS 2
141	49.68 L	F	Mihlali Fokazi	17	CYBE CPT	12/11/2022	CTA B CHAMPS
142	50.54 L	P	Kgothatso Tsebe	17	RBOT BPD	07/12/2022	NWS Championships 2022/2023
143	52.16 L	F	Nachke van der Walt	17	FSS FS	21/04/2023	SA Schools Swimming Championship
144	54.24 L	F	Mianel Du Plooy	17	HBV MPD	15/10/2022	Limpopo Top 10 - High Schools
<b>Women 100 Fly</b>							
1	1:03.26 L	F	Tazmyn Robson	17	TUKS TSH	09/12/2022	NTS Championships 2022
2	1:03.70 L	F	Christine Wessels	17	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
3	1:03.83 L	F	Ane' Meier	17	PAC TSH	09/12/2022	NTS Championships 2022
4	1:03.92 L S	F	Kirsten Storm	17	AAS JHB	21/03/2023	SA National Junior Age Group Champs
5	1:05.53 L	F	Corne van Schalkwyk	17	GAUT	21/04/2023	SA Schools Swimming Championship
6	1:05.70 L	P	Amy Muller	17	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
7	1:06.17 L	F	Liya Venter	17	WCA CPT	21/04/2023	SA Schools Swimming Championship
8	1:06.20 L	P	Scarlett Nichol	17	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
9	1:06.82 L	P	Payton Brink	17	RSA	30/08/2022	8th FINA JUNIOR WORLD SWIMMING
10	1:06.83 L	P	Georgia Els	17	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
11	1:06.94 L	F	Tayla Haslam	17	KLOO ETH	16/12/2022	KZNA Premier Provincial Championshi
12	1:08.22 L	F	Cara Ralfe	17	KZNA ETH	21/04/2023	SA Schools Swimming Championship
13	1:08.34 L	F	Robyn Aaron	17	WSTV ETH	01/07/2022	Prestige Tournament 2022
14	1:08.44 L	P	Alexandra Caldwell	17	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
15	1:08.71 L	F	Chloe Gershuny	17	RSA	12/07/2022	Maccabiah 2022
16	1:08.87 L	F	Michaela Dal Medico	17	TUKS TSH	01/07/2022	Prestige Tournament 2022
17	1:08.99 L	F	Demi Jacobs	17	TUKS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
18	1:09.03 L	F	Hayley McHarg	17	WATR JHB	01/12/2022	CGA LC Summer Championships Leve
19	1:09.05 L	F	Jodi Dos Santos	17	PSC TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
20	1:09.31 L	F	Nirvana Borrageiro	17	AZON ETH	28/01/2023	EDA January Gala 2023
21	1:09.46 L	F	Danielle Joubert	17	BLSS MAN	22/10/2022	Otters Prestige Gala 2022
22	1:09.62 L	F	Teegan Pio	17	PEAS NMA	17/09/2022	3rd A League Gala-Newton Park Pool
23	1:09.63 L	F	Miche Johns	17	FSS FS	21/04/2023	SA Schools Swimming Championship
24	1:10.41 L	F	Ashley Ebing	17	WSTV ETH	25/11/2022	WSC & Seals Summer LC Champs 20
25	1:10.50 L	P	Kaela Viljoen	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
26	1:10.79 L	F	Rachel Guymer	17	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan
27	1:10.80 L	F	Caitlin Rademakers	17	INFA NMA	19/11/2022	5th A League Gala

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
28	1:10.89	L	P	Jane Lewis	17	AZON ETH	16/12/2022 KZNA Premier Provincial Championsh
29	1:10.99	L	P	Rachel Groepes	17	SAAW CPT	16/12/2022 KZNA Premier Provincial Championsh
30	1:11.82	L	F	Carmia Hartman	17	RFA TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
31	1:11.84	L	F	Rachel Smith	17	MDOL ECU	31/03/2023 SA Level 3 Regional Age Group Chan
32	1:12.89	L	F	Jenny Zhang	17	HSTAN MPD	15/10/2022 Limpopo Top 10 - High Schools
33	1:13.50	L	F	Josi Arnold	17	HARL BUF	10/02/2023 Infinity Gala 2023
34	1:14.81	L	F	Courtney Smith	17	TYGE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
35	1:15.05	L	F	Jemma van der Merwe	17	CSC TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
36	1:15.29	L	F	Jozi Nupen	17	CRSC JHB	01/12/2022 CGA LC Summer Championships Lev
37	1:15.46	L	F	Mia Nortjè	17	CYBE CPT	31/03/2023 SA Level 3 Regional Age Group Chan
38	1:15.70	L	P	Jana Naude	17	STSC KCD	16/12/2022 KZNA Premier Provincial Championsh
39	1:15.74	L	F	Meredith O'Tool	17	WELA LLD	22/10/2022 Otters Prestige Gala 2022
40	1:15.84	L	P	Marguerite Naude	17	AFIN JHB	31/03/2023 SA Level 3 Regional Age Group Chan
41	1:15.86	L	P	Carike Kok	17	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
42	1:16.13	L	F	Lucy Friedenthal	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
43	1:16.31	L	F	Nicola Hartman	17	RFA TSH	06/01/2023 2023 Grand Prix Invitation Swimming I
44	1:16.34	L S	F	Gemma Kirsten	17	BLNE MAN	06/12/2022 Free State Champs 2022
45	1:16.68	L	F	Danielle Heyes	17	ASAC CPT	31/03/2023 SA Level 3 Regional Age Group Chan
46	1:16.91	L S	P	Cara Van Der Bijl	17	BLNE MAN	06/12/2022 Free State Champs 2022
47	1:17.85	L	F	Catherine Rowan	17	SGUL ETH	01/07/2022 Prestige Tournament 2022
48	1:18.13	L	F	Sara Daniels	17	AACTA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
49	1:18.23	L	F	Emma Hamman	17	FAAC FBD	15/10/2022 KBY AGE GROUP 1 - 2022
50	1:19.12	L	F	Ninah Wedderburn	17	BLTA NMA	10/02/2023 Infinity Gala 2023
51	1:19.73	L	F	Kayci Petzer	17	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
52	1:19.94	L	P	Laranya Naidoo	17	WSTV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
53	1:20.00	L S	P	Symone Steyn	17	TLAC BPD	07/12/2022 NWS Championships 2022/2023
54	1:20.11	L	F	Calista Mackenzie	17	ELRAS WBD	02/12/2022 Limpopo Champs
55	1:20.83	L	F	Calista McKenzie	17	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
56	1:20.92	L	F	Tiara Finnis	17	INFA NMA	09/12/2022 NMBA Championships 2022
57	1:21.06	L	F	Mieke Oosthuizen	17	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
58	1:21.43	L	F	Sarah West	17	QUIC CPT	24/09/2022 CTA Qualifying Meet #5
59	1:21.45	L	F	Charlize De Villiers	17	PRKA PSD	07/12/2022 NCASA CHAMPS 2022
60	1:24.62	L	F	Annè Sabbagha	17	PAQU CED	07/10/2022 41st Freda Barnard Invitational Gala
61	1:25.66	L	P	Aimee Blackler	17	ESTR ECU	02/03/2023 SA Level 2 Regional Age Group Cham
62	1:25.76	L	F	Larike Joubert	17	TASC MPD	02/12/2022 Limpopo Champs
63	1:25.88	L	F	Yedidah Theron	17	ROA EDD	22/10/2022 EDEN 2nd A-League Gala 2022
64	1:27.78	L S	P	Thinica Mc Anda	17	BLSS MAN	06/12/2022 Free State Champs 2022
65	1:27.95	L	F	Elza De Kock	17	AGAQ OBD	03/03/2023 SA Level 2 Regional Age Group Cham
66	1:31.98	L	F	Talisa Rademeyer	17	SWIFT ECU	02/03/2023 SA Level 2 Regional Age Group Cham
67	1:32.06	L	F	Alexa Jeaven	17	MANT CPT	18/02/2023 Swartland Invitational Gala 2023
68	1:33.70	L	F	Ashley Jansen van Vuuren	17	CSA EZD	02/12/2022 Mpumalanga Championships 2022
69	1:34.31	L S	F	Caitlyn Gomes	17	ISSC NMD	07/12/2022 NWS Championships 2022/2023
70	1:35.64	L S	F	Skyla Schroll	17	NWUC KKD	07/12/2022 NWS Championships 2022/2023
71	1:36.04	L S	P	Ashleigh Witney	17	PGAC ECU	08/12/2022 EGA Summer Champs 2022
72	1:40.16	L	F	Anika Van Der Bank	17	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
73	1:41.94	L	F	Jasmine Erasmus	17	PGH KKD	10/02/2023 NW School Championships 2023
74	1:47.42	L	F	Micaela Schoeman	17	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
75	1:51.79	L	F	Johane Fourie	17	UPSK	03/12/2022 AGE GROUP 4 UPT 2022
76	1:59.89	L	F	Kgothatso Tsebe	17	RBOT BPD	26/11/2022 NWS Age Group 3 2022/23
77	2:05.28	L	F	Mianel Du Plooy	17	HBV MPD	15/10/2022 Limpopo Top 10 - High Schools
<b>Women 200 Fly</b>							
1	2:19.31	L	F	Tazmyn Robson	17	TUKS TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - I
2	2:33.65	L	F	Teegan Pio	17	PEAS NMA	09/12/2022 NMBA Championships 2022
3	2:36.20	L	F	Tayla Haslam	17	KLOO ETH	01/07/2022 Prestige Tournament 2022
4	2:36.60	L	F	Micheline Bathfield	17	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
5	2:44.62	L	F	Alexandra Caldwell	17	RAV ECU	08/12/2022 EGA Summer Champs 2022
6	2:45.36	L	F	Chloe Gershuny	17	RSA	12/07/2022 Maccabiah 2022
7	2:50.40	L	F	Mia Nortjè	17	CYBE CPT	28/01/2023 Winelands SL Final
8	2:50.50	L	F	Mischa King	17	LALE CED	28/01/2023 Winelands SL Final

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
9	2:59.47 L	F	Jodi Dos Santos	17	UNI EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15 OCT	
10	3:13.85 L	F	Yedidah Theron	17	ROA EDD	05/11/2022	EDEN 3rd A-League Gala 2022	
11	3:28.85 L	F	Oabilwe Sesoko	17	RAV EKV	21/10/2022	EGA Summer 2 2022	
12	3:53.65 L	F	Anika Van Der Bank	17	UPSK	19/11/2022	AGE GROUP 3 KATHU - 2022	
<b>Women 200 IM</b>								
1	2:22.45 L	P	Georgia Els	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
2	2:24.50 L	F	Ane' Meier	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
3	2:25.93 L	F	Morgan Cope	17	GSA CPT	21/03/2023	SA National Junior Age Group Champs	
4	2:26.47 L	F	Michaela Dal Medico	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
5	2:26.54 L	F	Callan Lötter	17	TUKS FSH	09/12/2022	NTS Championships 2022	
6	2:28.70 L	P	Kirsten Storm	17	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
7	2:29.28 L	P	Mikaela Goelst	17	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
8	2:29.96 L	F	Ashley Ebing	17	WSTV ETH	16/12/2022	KZNA Premier Provincial Championshi	
9	2:30.41 L	P	Morgan Pharoah	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
10	2:30.93 L	F	Lara De Beer	17	CA EKV	08/12/2022	EGA Summer Champs 2022	
11	2:31.01 L	F	Cara Ralfe	17	SEAL UMD	16/12/2022	KZNA Premier Provincial Championshi	
12	2:31.75 L	F	Demi Jacobs	17	TUKS FSH	21/03/2023	SA National Junior Age Group Champs	
13	2:31.96 L	P	Olivia Kruger	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
14	2:32.37 L	P	Amy Muller	17	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
15	2:32.47 L	F	Corne van Schalkwyk	17	GAUT	21/04/2023	SA Schools Swimming Championship	
16	2:33.05 L	P	Rachel Groepes	17	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
17	2:33.10 L	P	Alexandra Caldwell	17	AGA EKV	12/04/2023	SA National Aquatic SNR-Champ 202	
18	2:34.08 L	F	Hayley McHarg	17	WATR JHB	09/12/2022	NMBA Championships 2022	
19	2:35.05 L S	F	Tori Voke	17	VIKI BUF	25/06/2022	PEA Winter Gala 2022	
20	2:35.76 L	F	Grace De Jongh	17	LALE CED	09/12/2022	Western Cape LC-A Championship 20	
21	2:36.06 L	F	Tayla Haslam	17	KLOO ETH	03/10/2022	Sasolburg Swim Club Invitational Gala	
22	2:36.17 L	P	Caitlin Rademakers	17	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
23	2:36.47 L	F	Miche Johns	17	BLSS MAN	16/12/2022	KZNA Premier Provincial Championshi	
24	2:37.42 L	P	Christine Wessels	17	TUKS FSH	09/12/2022	NTS Championships 2022	
25	2:37.49 L	F	Michelle Bathfield	17	PEAS NMA	30/06/2022	Winter National Championship 2022	
26	2:38.43 L	F	Teegan Pio	17	PEAS NMA	09/12/2022	NMBA Championships 2022	
27	2:38.46 L	F	Danielle Davidson	17	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022	
28	2:38.66 L	P	Jane Lewis	17	AZON ETH	16/12/2022	KZNA Premier Provincial Championshi	
29	2:39.05 L	F	Liya Venter	17	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20	
30	2:39.54 L	F	Nirvana Borrageiro	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan	
31	2:39.74 L	F	Rachel Smith	17	MDOL EKV	31/03/2023	SA Level 3 Regional Age Group Chan	
32	2:40.23 L	F	Robyn Hough	17	PEAS NMA	09/12/2022	NMBA Championships 2022	
33	2:40.47 L	F	Angelica Wheeler	17	SAAW CPT	16/12/2022	KZNA Premier Provincial Championshi	
34	2:40.57 L	F	Amy Robson-Garth	17	CA EKV	08/12/2022	EGA Summer Champs 2022	
35	2:40.81 L	F	Scarlett Nichol	17	TUKS FSH	21/10/2022	NTS October Lev 3 Age Group Gala 21	
36	2:40.91 L	F	Amber Olsen	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
37	2:40.95 L	P	Calista Mentz	17	PAC FSH	09/12/2022	NTS Championships 2022	
38	2:41.26 L	F	Melissa Martens	17	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20	
39	2:41.36 L	F	Mia Nortjè	17	CYBE CPT	07/10/2022	41st Freda Barnard Invitational Gala	
40	2:41.55 L	F	Keila Manthe	17	TUKS FSH	28/10/2022	NTS October SARJ+ Age Group Gala	
41	2:42.08 L	F	Dieu-Dene Van Jaarsveld	17	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala	
42	2:42.23 L	F	Jenny Zhang	17	HSTAN MPD	15/10/2022	Limpopo Top 10 - High Schools	
43	2:42.80 L	F	Jodi Dos Santos	17	UNI EZD	02/12/2022	Mpumalanga Championships 2022	
44	2:43.18 L	P	Carike Kok	17	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
45	2:43.81 L	F	Meredith O'Tool	17	WELA LLD	29/10/2022	Neptune Gala	
46	2:44.36 L	F	Jadyn-Lee Joubert	17	AZON ETH	31/03/2023	SA Level 3 Regional Age Group Chan	
47	2:44.38 L	F	Courtney Smith	17	TYGE CPT	24/02/2023	Western Cape Elite Gala	
48	2:45.12 L	F	Jozi Nupen	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev	
49	2:45.20 L	F	Lucy Friedenthal	17	UNI EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2	
50	2:45.52 L	F	Payton Brink	17	VINE CPT	15/10/2022	CTA Qualifying Meet #6	
51	2:45.58 L	P	Jemma van der Merwe	17	CSC FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
52	2:45.82 L	P	Zelmarie Levin	17	TUKS FSH	09/12/2022	NTS Championships 2022	
53	2:45.88 L	F	Chloe Gershuny	17	RSA	12/07/2022	Maccabiah 2022	
54	2:45.98 L	F	Jana Naude	17	STSC KCD	10/12/2022	KCDA December Age Goup Gala 2022	

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
55	2:46.15	L	P	Kaela Viljoen	17	RSA	21/07/2022	Solidarity Games Kazan July
56	2:46.41	L	P	Zoe Terblanche	17	RFA TSH	09/12/2022	NTS Championships 2022
57	2:46.64	L	P	Isabella Reynolds	17	ELEC TSH	31/03/2023	SA Level 3 Regional Age Group Chan
58	2:46.96	L	F	Cara Van Der Bijl	17	BLNE MAN	06/12/2022	Free State Champs 2022
59	2:47.09	L	P	Rachel Guymer	17	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan
60	2:47.19	L	P	Sarah West	17	QUIC CPT	31/03/2023	SA Level 3 Regional Age Group Chan
61	2:47.36	L	P	Caitlin Ruane	17	TUKS TSH	21/03/2023	SA National Junior Age Group Champ:
62	2:48.04	L	F	Annette Greyling	17	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev
63	2:48.81	L S	P	Kate Meyburgh	17	INFA NMA	25/06/2022	PEA Winter Gala 2022
64	2:48.93	L	F	Tiara Finnis	17	INFA NMA	10/02/2023	Infinity Gala 2023
65	2:49.21	L	F	Danielle Joubert	17	BLSS MAN	05/11/2022	Seals Heidedal Gala
66	2:49.52	L	F	Emma Hamman	17	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022
67	2:49.61	L	F	Calista McKenzie	17	HE WBD	15/10/2022	Limpopo Top 10 - High Schools
68	2:49.68	L S	P	Georgia Stone	17	INFA NMA	25/06/2022	PEA Winter Gala 2022
69	2:50.26	L	F	Petro Marié Fourie	17	FISH EDD	05/11/2022	EDEN 3rd A-League Gala 2022
70	2:50.33	L	P	Gemma Kirsten	17	BLNE MAN	06/12/2022	Free State Champs 2022
71	2:50.90	L	F	Ava Rathner	17	SAAW CPT	03/09/2022	CTA Qualifying Meet #4
72	2:50.98	L	F	Nawaal Mia	17	MDOL EKU	23/09/2022	EGA Summer 1 2022
73	2:51.29	L	P	Emma Lauf	17	MDOL EKU	08/12/2022	EGA Summer Champs 2022
74	2:51.71	L	F	Marguerite Naude	17	AFIN JHB	03/02/2023	NTS January Lev 3+ Age Group Gala :
75	2:52.05	L	F	Annè Sabbagha	17	PAQU CED	09/12/2022	Western Cape LC-A Championship 20
76	2:52.17	L	F	Calista Mackenzie	17	HE WBD	04/02/2023	Limpopo School Champs
77	2:52.18	L	F	Kayci Petzer	17	BEAV ETH	31/03/2023	SA Level 3 Regional Age Group Chan
78	2:53.14	L	F	Anmi Esbach	17	RFA TSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
79	2:53.27	L	P	Luané Engelbrecht	17	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group Chan
80	2:53.70	L	P	Symone Steyn	17	TLAC BPD	03/10/2022	Sasolburg Swim Club Invitational Gala
81	2:54.34	L	F	Ninah Wedderburn	17	BLTA NMA	16/07/2022	1st A League Gala 2022 NMA
82	2:55.29	L	F	Elza De Kock	17	AGAQ OBD	11/02/2023	WCA-B Champs - 2023
83	2:55.78	L	P	Ashleigh Witney	17	PGAC EKU	08/12/2022	EGA Summer Champs 2022
84	2:56.13	L	P	Larique Joubert	17	TASC MPD	02/03/2023	SA Level 2 Regional Age Group Cham
85	2:56.91	L	F	Karla Vogel	17	RFA TSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
86	2:57.85	L	F	Skye Da Fonseca-Hattingh	17	RFA TSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
87	2:57.99	L	F	Ami Pirie	17	QUIC CPT	15/10/2022	CTA Qualifying Meet #6
88	2:58.53	L	F	Mienke Herbst	17	SSISA CPT	24/09/2022	CTA Qualifying Meet #5
89	2:58.99	L	P	Zoe Stock	17	MDOL EKU	08/12/2022	EGA Summer Champs 2022
90	2:59.27	L	P	Imogen Rushton	17	PSCP UMD	17/03/2023	SA Level 2 Regional Age Group Cham
91	3:00.32	L	F	Danielle Heyes	17	ASAC CPT	03/09/2022	CTA Qualifying Meet #4
92	3:00.34	L	F	Thinica Mc Anda	17	BLSS MAN	06/12/2022	Free State Champs 2022
93	3:00.53	L	F	Emma Terblanche	AR	BLOT MAN	29/10/2022	Neptune Gala
94	3:00.97	L	P	Kaylin Visser	17	BLSS MAN	06/12/2022	Free State Champs 2022
95	3:01.58	L	F	Yedidah Theron	17	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
96	3:01.88	L	P	Catherine De Boucherville	17	AA JHB	01/12/2022	CGA LC Summer Championships Lev
97	3:02.33	L	F	Charlize De Villiers	17	PRKA PSD	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
98	3:03.22	L	F	Christina Sauerman	17	SEAL UMD	01/07/2022	Prestige Tournament 2022
99	3:03.82	L	F	Ashley Jansen van Vuuren	17	CUR EZD	22/02/2023	EHLANZENI INTER HIGH GALA 22 FI
100	3:04.68	L	P	Erin Braun	17	CA EKU	08/12/2022	EGA Summer Champs 2022
101	3:05.24	L	P	Aimee Blackler	17	ESTR EKU	02/03/2023	SA Level 2 Regional Age Group Cham
102	3:05.91	L	F	Anika Rabie	17	ACSA ETH	01/07/2022	Prestige Tournament 2022
103	3:05.97	L	F	Shaina Adriaan	17	TYGE CPT	11/02/2023	WCA-B Champs - 2023
104	3:06.32	L	F	Heike-Louise Hechter	17	BLSS MAN	05/11/2022	Seals Heidedal Gala
105	3:06.61	L	F	Erin Kistin	17	MDOL EKU	06/01/2023	2023 Grand Prix Invitation Swimming I
106	3:07.64	L	F	Mia Neilson	17	WATR JHB	01/12/2022	CGA LC Summer Championships Lev
107	3:07.67	L	F	Sasha Naidoo	17	SSISA CPT	03/09/2022	CTA Qualifying Meet #4
108	3:07.79	L	F	Nurul-Huda Samaai	17	MARL CPT	04/11/2022	CTA A CHAMPS 2022
109	3:07.88	L	F	Kimberley Howes	17	HREF BPD	07/12/2022	NWS Championships 2022/2023
110	3:08.42	L	F	Isabella Van der Walt	17	QSAW CED	13/11/2022	Winelands Summer League 4
111	3:09.44	L	F	Erin Anders	17	MARL CPT	18/02/2023	Swartland Invitational Gala 2023
112	3:10.33	L	P	Kaitlyn Immelman	17	PGAC EKU	08/12/2022	EGA Summer Champs 2022
113	3:11.11	L	P	Tharien Venter	17	BLUO UGD	17/03/2023	SA Level 2 Regional Age Group Cham

## Individual Top Times

Times since: 01-May-22 Times until: 30-Apr-23

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
114	3:12.70	L	F	Awande Mlangeni	17	ONYX EKU	02/03/2023 SA Level 2 Regional Age Group Cham
115	3:12.94	L	F	Mareen van der Merwe	17	RFA FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
116	3:17.56	L	F	Xandri Botha	17	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
117	3:17.74	L	F	Awande Mdlalose	17	XSAQ CPT	29/10/2022 OR TAMBO Soncini 2022
118	3:19.05	L	F	Jade Westley	17	H2O EKU	20/01/2023 EGA Last Chance Galal
119	3:19.46	L	F	Camryn Myron	17	KNYA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
120	3:20.09	L	F	Anna Victor	17	UPC EZD	22/02/2023 EHLANZENI INTER HIGH GALA 22 FI
121	3:20.66	L S	P	Saffron Tweedie	17	PEAS NMA	25/06/2022 PEA Winter Gala 2022
122	3:20.79	L	F	Caroli Rossouw	17	KTS	03/11/2022 AGE GROUP 2 KATHU 2022
123	3:22.11	L	P	Busisiwe Mogadima	17	SOUL EKU	08/12/2022 EGA Summer Champs 2022
124	3:22.28	L	P	Jasmine Erasmus	17	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
125	3:27.80	L	F	Anna Pretorius	17	AGAQ OBD	11/11/2022 Swartland Prestige Gala 2022
126	3:28.46	L	F	Anika Van Der Bank	17	UPSK	19/11/2022 AGE GROUP 3 KATHU - 2022
127	3:28.94	L	F	Amy Marks	17	ELEC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
128	3:32.73	L	F	Alicia Kleingeld	17	ZASC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
129	3:33.51	L	F	Kiana Engelbrecht	17	SASOL FDD	27/01/2023 Seals Bullsharks Gala
130	3:36.31	L	F	Tristan Hoskins	17	MANT CPT	21/01/2023 CTA Qualifying Meet #7
131	3:37.89	L	F	Bianca Kleingeld	17	ZASC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
132	3:37.93	L	F	Ankia Uys	RR	PSA ZLD	04/02/2023 KCDA February Age Group Gala 2023
133	3:44.37	L	F	Michiela Herbst	17	MSC NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
134	3:46.36	L	F	Gabriella Moulang	17	USC BUF	02/12/2022 BCA Long Course Championships 202
135	3:48.13	L	P	Caitlyn Gomes	17	ISSC NMD	07/12/2022 NWS Championships 2022/2023
136	3:50.05	L	F	Johane Fourie	17	UPSK	19/11/2022 AGE GROUP 3 UPINGTON - 2022
137	3:53.32	L	F	Bianca Taljaard	17	PRA NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
<b>Women 400 IM</b>							
1	5:08.22	L	F	Georgia Els	17	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
2	5:12.32	L	F	Michaela Dal Medico	17	TUKS FSH	01/07/2022 Prestige Tournament 2022
3	5:14.14	L	F	Kirsten Storm	17	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
4	5:14.83	L	F	Ashley Ebing	17	WSTV ETH	16/12/2022 KZNA Premier Provincial Championshi
5	5:26.74	L	F	Morgan Pharoah	17	TUKS FSH	01/07/2022 Prestige Tournament 2022
6	5:29.17	L	F	Cara Ralfe	17	SEAL UMD	16/12/2022 KZNA Premier Provincial Championshi
7	5:33.17	L	F	Demi Jacobs	17	TUKS FSH	09/12/2022 NTS Championships 2022
8	5:34.94	L	F	Tayla Haslam	17	KLOO ETH	16/12/2022 KZNA Premier Provincial Championshi
9	5:36.96	L	F	Miche Johns	17	BLSS MAN	06/12/2022 Free State Champs 2022
10	5:42.60	L	F	Mia Nortjè	17	CYBE CPT	07/10/2022 41st Freda Barnard Invitational Gala
11	5:49.10	L	F	Lucy Friedenthal	17	UNI EZD	02/12/2022 Mpumalanga Championships 2022
12	5:53.58	L	F	Nirvana Borrageiro	17	AZON ETH	01/07/2022 Prestige Tournament 2022
13	5:54.17	L	F	Jenny Zhang	17	ACAQ CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
14	5:56.82	L	F	Carike Kok	17	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
15	5:59.94	L	F	Sarah West	17	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
16	6:06.17	L	F	Gemma Kirsten	17	BLNE MAN	09/09/2022 MA Long Distance Gala 1
17	6:23.46	L	F	Ashleigh Witney	17	PGAC EKU	08/12/2022 EGA Summer Champs 2022
18	6:38.57	L	F	Nurul-Huda Samaai	17	MARL CPT	03/09/2022 CTA Qualifying Meet #4
19	6:39.39	L	F	Ashley Jansen van Vuuren	17	CSA EZD	02/12/2022 Mpumalanga Championships 2022
20	6:50.90	L	F	Erin Anders	17	MARL CPT	03/09/2022 CTA Qualifying Meet #4
21	7:48.89	L	F	Anika Van Der Bank	17	UPSK	19/11/2022 AGE GROUP 3 KATHU - 2022