

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----------------------------|-------|-------|------|-----------------------|----|----------|--|
| Women 14-14 50 Free | | | | | | | |
| 1 | 27.05 | L | F | Giuliana Vyncke | 14 | DRGN JHB | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 2 | 27.09 | L S | F | Abigail Kotze | 14 | TYGE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 3 | 27.97 | L S | F | Kato' van Niekerk | 14 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 4 | 27.98 | L | P | Bailey Lambert | 14 | RSA | 06/10/2023 World Aqua -Swimming World Cup Oct |
| 5 | 28.20 | L | F | Christina Orchard | 14 | VINE CPT | 15/03/2024 SA National Junior Age Group |
| 6 | 28.48 | L | F | Sienna Gous | 14 | INFA NMA | 09/02/2024 Infinity Gala 2024 |
| 7 | 28.49 | L | P | Payton Aitken | 14 | WATR JHB | 23/02/2024 2024 Grand Prix 2 Invitational Meet - |
| 8 | 28.59 | L | F | Blake Morris | 14 | LINR JHB | 30/11/2023 CGA Championships 2023 |
| 9 | 28.81 | L | F | Arabelle Grütter | 14 | ROA EDD | 15/03/2024 SA National Junior Age Group |
| 10 | 28.83 | L | F | Eva Neumann | 14 | GSA CPT | 24/06/2023 PEA Winter Gala 2023 |
| 11 | 28.89 | L | F | Beané Noeth | 14 | UPSK ZMD | 15/03/2024 SA National Junior Age Group |
| 12 | 29.00 | L | F | Anja Buitendach | 14 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 13 | 29.26 | L S | F | Riziki Magotsi | 14 | VINE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 14 | 29.27 | L | F | Maya Mgcina | 14 | ELEC TSH | 15/03/2024 SA National Junior Age Group |
| 15 | 29.28 | L | P | Shannon Hugo | 14 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 16 | 29.30 | L | F | Sylvie de Bruyn | 14 | BULS MAN | 27/10/2023 Neptune Prestige Gala |
| 17 | 29.37 | L | F | Zuria Venter | 14 | CA EKU | 26/01/2024 EGA Last Chance 2024 |
| 18 | 29.39 | L | F | Darina Milanova | 14 | PAC TSH | 12/12/2023 NTS Championships 2023 |
| 19 | 29.41 | L S | P | Lilianne Hebler | 14 | WCA CPT | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 20 | 29.52 | L | P | Sadie Roberts | 14 | ASA ILD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 21 | 29.58 | L | F | Leila Springer | 14 | SASE JHB | 30/11/2023 CGA Championships 2023 |
| 22 | 29.59 | L | F | Abigail Munro | 14 | USC BUF | 15/12/2023 NMBA Championships 2023 |
| 23 | 29.66 | L | F | Eva Dal Cin | 14 | ELEC TSH | 09/11/2023 Mauritius Summer Championships (LC) |
| 24 | 29.68 | L | P | Isabella Bruyns | 14 | MDOL JHB | 30/11/2023 CGA Championships 2023 |
| 25 | 29.74 | L | F | Ane Snyders | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 26 | 29.75 | L | F | Paige Meeser | 14 | CA EKU | 28/10/2023 EGA Summer 2 2023 |
| 27 | 29.76 | L | P | Madison Higgs | 14 | INFA NMA | 09/02/2024 Infinity Gala 2024 |
| 28 | 29.82 | L | F | Jade Van Vuuren | 14 | WATR JHB | 30/11/2023 CGA Championships 2023 |
| 29 | 29.90 | L | F | Amara Okoye | 14 | PAC TSH | 12/12/2023 NTS Championships 2023 |
| 30 | 29.91 | L | F | Tchisank Banza | 14 | UNI EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 31* | 29.93 | L | F | Megan Jansen | 14 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 31* | 29.93 | L | F | Carla Dannhauser | 14 | TKS WBD | 20/03/2024 SA Level 3 Regional Age Group |
| 33 | 29.97 | L | P | Lyla vd Spuy | 14 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 34 | 29.98 | L | P | Lize-Marie Kruger | 14 | BLSS MAN | 24/06/2023 PEA Winter Gala 2023 |
| 35 | 30.01 | L | P | Stephanie Dannhauser | 14 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 36 | 30.06 | L S | S | Almi Geysler | 14 | LALE CED | 14/12/2023 Western Cape LC-A Championship 2023 |
| 37* | 30.10 | L | P | Caileigh De Beer | 14 | BLSS MAN | 24/06/2023 PEA Winter Gala 2023 |
| 37* | 30.10 | L | F | Jamie-Lee Graham | 14 | AA JHB | 27/01/2024 CGA Level 2+ Gala 27 Jan 2024 |
| 39* | 30.11 | L | F | Mikayla Hinkley | 14 | PER JHB | 30/11/2023 CGA Championships 2023 |
| 39* | 30.11 | L | P | Mia Groenewald | 14 | NC FB | 19/04/2024 SA Schools Swimming Championship |
| 39* | 30.11 | L | F | Addison Doolan | 14 | AA JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 42* | 30.14 | L | F | Danielle Grobler | 14 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 42* | 30.14 | L | P | Kristen Billett | 14 | ELEC TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 44 | 30.22 | L | F | Elizabeth Viljoen | 14 | HREF BP | 20/03/2024 SA Level 3 Regional Age Group |
| 45 | 30.25 | L S | P | Keilah-Naomi Holthuis | 14 | QSAW CED | 14/12/2023 Western Cape LC-A Championship 2023 |
| 46 | 30.26 | L S | P | Madison Coleman | 14 | BLMA CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 47 | 30.29 | L | F | Kaylin Fabricius | 14 | BARR CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 48 | 30.32 | L | P | Amore Oosthuizen | 14 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 49 | 30.36 | L | F | Kacey Hughes | 14 | STSC KCD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 50 | 30.40 | L | F | Caitlin Rossiter | 14 | HSH BP | 23/02/2024 NW School Championships 2024 |
| 51* | 30.43 | L | P | Ella Jv Rensburg | 14 | SS MPD | 15/03/2024 SA National Junior Age Group |
| 51* | 30.43 | L | F | Cara Visser | 14 | CYBE CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 53 | 30.44 | L | F | Anja Volschenk | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 54 | 30.49 | L S | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 55 | 30.58 | L | F | Milan Ferreira | 14 | TASC MPD | 20/03/2024 SA Level 3 Regional Age Group |
| 56 | 30.63 | L | F | Kapitolina Xaba | 14 | SASE JHB | 30/11/2023 CGA Championships 2023 |
| 57 | 30.65 | L | P | Odette Upton | 14 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 58 | 30.72 | L S | P | Ava Newton | 14 | CASC CPT | 14/12/2023 Western Cape LC-A Championship 2023 |

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| | Time | P/F/S | Name | Age/Yr | | | |
|------|-----------|-------|------------------------|--------|-----------|------------|---|
| 59 | 30.74 L | F | Ella-Mae Henning | 14 | VRC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 60 | 30.75 L | F | Abigail Wilcocks | 14 | PAC TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 61 | 30.76 L | P | Minke Bester | 14 | MATL KKD | 15/03/2024 | SA National Junior Age Group |
| 62 | 30.78 L | F | Abigail Suckling | 14 | FSE KCD | 03/02/2024 | KCDA February Age Group 2024 |
| 63 | 30.82 L | F | Margo Senekal | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 64 | 30.83 L | F | Hannah De Necker | 14 | FISH EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 65 | 30.91 L S | F | Minette Van Zyl | 14 | INFA NMA | 26/01/2024 | 6th A League Gala 2024 |
| 66 | 30.92 L | P | Aryana Cloete-Hopkins | 14 | SSISA CPT | 15/03/2024 | SA National Junior Age Group |
| 67* | 30.96 L | P | Zuri Tome | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 67* | 30.96 L | P | Shalem Mashingaidze | 14 | GAU JHB | 19/04/2024 | SA Schools Swimming Championship |
| 69 | 30.97 L | F | Shane Swarts | 14 | PSA ZLD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 70 | 30.99 L | P | Kerrigan Hayes | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 71 | 31.00 L | F | Sydni Adams | 14 | VINE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 72 | 31.02 L | F | Sharni-Marie Watson | 14 | PAC TSH | 26/01/2024 | NTS Level 3+ Januaery Age Group 2024 |
| 73 | 31.04 L | F | Lili Annandale | 14 | BULS MAN | 21/10/2023 | Otters Prestige Gala 2023 |
| 74 | 31.05 L | F | Gemma Walters | 14 | DORE JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 75 | 31.08 L | P | Dedre Engelbrecht | 14 | RBOT BPD | 15/03/2024 | SA National Junior Age Group |
| 76* | 31.09 L | F | Arne' Dreyer | 14 | STAQ CED | 03/02/2024 | Winelands SL final |
| 76* | 31.09 L | P | Caitlin Knight | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 76* | 31.09 L | F | Abbigail Kulynych | 14 | BAS EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 79 | 31.12 L | P | Lizelle Venter | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 80 | 31.14 L | P | Mila De Souza | 14 | EXP TSH | 12/12/2023 | NTS Championships 2023 |
| 81 | 31.15 L | F | Lehane Lategan | 14 | FAAC | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 82 | 31.16 L | F | Rozaan Korff | 14 | ACAQ CCD | 01/12/2023 | Limpopo Champs |
| 83 | 31.19 L S | F | Marike Raimond | 14 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 84 | 31.21 L | P | Micah Marx | 14 | CA EKU | 15/03/2024 | National Junior Age Group |
| 85 | 31.23 L | F | Inneke Liebenberg | 14 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 86 | 31.24 L | P | Catherine Roberts | 14 | PSCP UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 87 | 31.30 L | F | Inge Vd Walt | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 88 | 31.32 L | P | Taylor Foster | 14 | AZON ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 89 | 31.35 L | F | Mia Janse van Rensburg | 14 | CUR EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 90 | 31.36 L | F | Kylie De Bruyn | 14 | TUKS TSH | 23/02/2024 | NTS Prestige AG February 2024 |
| 91 | 31.37 L | P | Alexis Muller | 14 | AZON ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 92* | 31.46 L | F | Hazel Hutchison | 14 | FAAC | 10/02/2024 | AGE GROUP 6 UPT - 2024 |
| 92* | 31.46 L | P | Lethabo Masemola | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 94* | 31.48 L | P | Meandri De Vos | 14 | BLOT MAN | 15/03/2024 | SA National Junior Age Group |
| 94* | 31.48 L | F | Hannah Du Toit | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 96* | 31.49 L | F | Jessica Davies | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 96* | 31.49 L | P | Tatum Grant | 14 | SOUL EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 98 | 31.52 L | P | Sam Juries | 14 | CLSC WCD | 15/03/2024 | SA National Junior Age Group |
| 99 | 31.53 L | F | Rebecca Briggs | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 100 | 31.54 L | P | Kate Douglas | 14 | BAS EKU | 15/03/2024 | SA National Junior Age Group |
| 101 | 31.55 L | F | Emma-Lee Theron | 14 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 102 | 31.57 L | F | Sulize Henning | 14 | HREF BP | 06/12/2023 | NWS Championships 2023/24 |
| 103* | 31.63 L | P | Amy Hartung | 14 | WCA CPT | 19/04/2024 | SA Schools Swimming Championship |
| 103* | 31.63 L | F | Sinead De Wet | 14 | CRSC JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 105 | 31.64 L | F | Lienke Els | 14 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 106 | 31.65 L | F | Takalani Mudau | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 107 | 31.67 L | F | Leila Smit | 14 | CSC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 108 | 31.68 L | P | Indigo Woodburn | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 109 | 31.69 L | F | Christa de Beer | 14 | PGIM KK | 23/02/2024 | NW School Championships 2024 |
| 110* | 31.71 L | P | Kirsten Myers | 14 | WCA CPT | 19/04/2024 | SA Schools Swimming Championship |
| 110* | 31.71 L | F | Isabelle Welgemoed | 14 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 112* | 31.75 L | F | Mine Prinsloo | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 112* | 31.75 L | P | Nicola Carver | 14 | ELEC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 114 | 31.76 L | F | Gabi McQuinn | 14 | ELEC TSH | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 115 | 31.77 L | P | Marne' Van Rensburg | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 116* | 31.78 L | F | Miane Kasselmann | 14 | WES KK | 23/02/2024 | NW School Championships 2024 |
| 116* | 31.78 L | P | Alexa Basso | 14 | SOUL EKU | 20/03/2024 | SA Level 3 Regional Age Group |

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| | Time | P/F/S | Name | Age/Yr | | | |
|------|-------|-------|------|--------------------------|----|-----------|--|
| 118 | 31.85 | L | F | Tiffany Prins | 14 | NC FB | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 119 | 31.87 | L | F | Gabriella Goncalves | 14 | SOUL EKU | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 120 | 31.89 | L | F | Keira Ellerbeck | 14 | H2O EKU | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 121* | 31.90 | L | F | Carle Hager | 14 | LALE CED | 11/11/2023 Winelands SL4 |
| 121* | 31.90 | L | F | Aliyah De Oliveira | 14 | TYGE CPT | 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 123 | 31.91 | L | F | Anieke Prinsloo | 14 | BETH FDD | 06/12/2023 Free State Champs 2023 |
| 124* | 31.94 | L | P | Chanel Van Tonder | 14 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorpor SSA |
| 124* | 31.94 | L | F | Evelyn Malan | 14 | TUKS TSH | 22/09/2023 NTS Level 3+ September Age Group |
| 126 | 31.96 | L | P | Jessica Stedall | 14 | WWOL TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 127 | 31.99 | L | F | Amy Jackson | 14 | TCA EKU | 11/11/2023 EGA Summer 3 |
| 128 | 32.01 | L | P | Demi Putter | 14 | CASC CPT | 24/06/2023 PEA Winter Gala 2023 |
| 129 | 32.02 | L | F | Simone' Pretorius | 14 | BETH FDD | 26/03/2024 SA Level 2 Regional Age Group Champs |
| 130* | 32.03 | L | F | Ella Lombard | 14 | AA JHB | 14/10/2023 CGA Level 2 + Gala Oct 2023 |
| 130* | 32.03 | L | F | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 SA Level 2 Regional Age Group Champs |
| 132 | 32.04 | L | F | Mi-Ly Vd Merwe | 14 | LALE CED | 11/11/2023 Winelands SL4 |
| 133* | 32.05 | L | F | MacKenzie Bone | 14 | ELEC TSH | 26/01/2024 NTS Level 3+ January Age Group 2024 |
| 133* | 32.05 | L | F | Milan Janse van Rensburg | 14 | PEAR NMA | 03/02/2024 Nelson Mandela Bay Schools Trials & 1st |
| 135 | 32.10 | L | F | Elandri Du Randt | 14 | BETH FDD | 06/12/2023 Free State Champs 2023 |
| 136* | 32.12 | L | F | Caitlin Camacho | 14 | TUKS TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 136* | 32.12 | L | P | Kyras Mack | 14 | PEAS NMA | 09/02/2024 Infinity Gala 2024 |
| 138 | 32.13 | L | F | Ona-Mari Van Niekerk | 14 | KNYA EDD | 21/03/2024 SA Level 3 Regional Age Group |
| 139* | 32.14 | L | F | Gertruida de Witt | 14 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 139* | 32.14 | L | F | Emma Hagglund | 14 | SSISA CPT | 11/11/2023 Winelands SL4 |
| 141* | 32.15 | L | P | Tara Saint | 14 | KLOO ETH | 14/12/2023 KZNA 2023 Championships Incorpor SSA |
| 141* | 32.15 | L | F | Bianca Potgieter | 14 | PAC TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 143* | 32.20 | L | F | Georgia Wichmann | 14 | MGSC UGD | 24/11/2023 Westville-Seals LC Championships |
| 143* | 32.20 | L | F | Emily Hattingh | 14 | USC BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 145 | 32.26 | L | F | Ulrike Kruger | 14 | PSC TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 146 | 32.31 | L | F | Sadie Bothma | 14 | HREF BP | 06/12/2023 NWS Championships 2023/24 |
| 147 | 32.32 | L | F | Gabriella Boerstra | 14 | TUKS TSH | 17/11/2023 NTS Level 3+ November Age Group |
| 148* | 32.36 | L | F | Liane' de Wet | 14 | BULS MAN | 13/10/2023 Pelicans Gala |
| 148* | 32.36 | L | F | Jesse Kirsten | 14 | BLOT MAN | 06/12/2023 Free State Champs 2023 |
| 150 | 32.37 | L | F | Taylor Kassebaum | 14 | AA JHB | 06/10/2023 Super Seals & Sentraal Aquatics Gala |
| 151* | 32.45 | L | F | Macayle Eisen | 14 | UNI EZD | 23/09/2023 MP SPRINT GALA 23 SEPTEMBER |
| 151* | 32.45 | L | P | Victoria Bulhakova | 14 | SWIFT EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 153 | 32.46 | L | P | Marlo Lensing | 14 | UPSK ZMD | 26/03/2024 SA Level 2 Regional Age Group Champs |
| 154* | 32.47 | L | P | Cailyn Clowes | 14 | PSCP UMD | 14/12/2023 KZNA 2023 Championships Incorpor SSA |
| 154* | 32.47 | L | F | Ada Barnard | 14 | SWAR WCD | 21/03/2024 SA Level 3 Regional Age Group |
| 156 | 32.52 | L | F | Roslyn Ramoholi | 14 | LEGC ETH | 24/11/2023 Westville-Seals LC Championships |
| 157 | 32.53 | L | P | Emma Nolan | 14 | MDOL JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 158 | 32.57 | L | F | Amy Walton | 14 | AZON ETH | 24/11/2023 Westville-Seals LC Championships |
| 159 | 32.59 | L | F | Maria Barreiros | 14 | ELEC TSH | 17/11/2023 NTS Level 3+ November Age Group |
| 160* | 32.64 | L | F | Klara Weber | 14 | PLAY CED | 03/02/2024 Winelands SL final |
| 160* | 32.64 | L | F | Kendal McKay | 14 | PRIO NMA | 03/02/2024 Nelson Mandela Bay Schools Trials & 1st |
| 162 | 32.65 | L | F | Diane Munro | 14 | BLSS MAN | 21/03/2024 SA Level 3 Regional Age Group |
| 163 | 32.66 | L | F | Micke Prinsloo | 14 | TKS WBD | 11/11/2023 Limpopo Age Group 5 |
| 164 | 32.67 | L | F | Robyn-Rae Purdon | 14 | PSCP UMD | 21/03/2024 SA Level 3 Regional Age Group |
| 165 | 32.69 | L | F | Tamlyn Kew | 14 | CSC TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 166* | 32.70 | L | F | Rebecca Froneman | 14 | TSCC KCD | 27/01/2024 Ushaka Champs 2024 |
| 166* | 32.70 | L | F | Margo Louw | 14 | QSAW CED | 21/01/2024 CTA BMEET 4 |
| 168 | 32.78 | L | F | Ava Lambropoulos | 14 | TRAZ TSH | 03/11/2023 NTS Level 1+2 November Age Group |
| 169 | 32.79 | L | F | Stephanie Minnaar | 14 | TYGE CPT | 10/02/2024 WCA-B Champs - 2024 |
| 170 | 32.81 | L | P | Rachel Fairweather | 14 | HPS TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 171 | 32.83 | L | F | Mienke Kempen | 14 | LALE CED | 03/02/2024 Winelands SL final |
| 172 | 32.84 | L | F | Xanri Muller | 14 | GHSK | 20/01/2024 AGE GROUP 5 KBY 2024 |
| 173 | 32.85 | L | P | Jessica Davies | 14 | VIKI BUF | 24/06/2023 PEA Winter Gala 2023 |
| 174* | 32.87 | L | F | Mia Vorster | 14 | SWAR WCD | 11/11/2023 Swartland Prestige Gala 2023 |
| 174* | 32.87 | L | F | Madison Smith | 14 | CA EKU | 26/01/2024 EGA Last Chance 2024 |
| 176 | 32.93 | L | F | Carmen Stapelberg | 14 | TINC TSH | 17/11/2023 NTS Level 3+ November Age Group |

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|------|-----------|-------|-------------------------|--------|-----------|------------|--------------------------|--------------------|--|
| 177 | 32.94 L | P | Abigail Blake | 14 | GREY CPT | 21/03/2024 | SA Level 3 Regional | Age Group | |
| 178 | 32.96 L | P | Lika Vd Merwe | 14 | TUKS FSH | 24/03/2024 | SA Level 2 Regional | Age Group Champs | |
| 179 | 32.98 L | P | Mieke Griffiths | 14 | MSC NGD | 24/03/2024 | SA Level 2 Regional | Age Group Champs | |
| 180 | 32.99 L | P | Shayla WHYTE | 14 | MDOL JHB | 30/11/2023 | CGA Championships | 2023 | |
| 181 | 33.02 L | F | Milnie Du Toit | 14 | NHS EZD | 21/02/2024 | EHLANZENI INTER | HIGH GALA 21 | |
| 182 | 33.08 L | P | Kayden O'connor | 14 | PEAS NMA | 24/06/2023 | PEA Winter Gala | 2023 | |
| 183 | 33.13 L | F | McKenzie Jones | 14 | ESTR EKU | 11/11/2023 | EGA Summer | 3 | |
| 184 | 33.20 L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 01/12/2023 | Mpumalanga Championships | 2023 | |
| 185* | 33.22 L | F | Emme Wentzel | 14 | INFA NMA | 22/07/2023 | 1st A League Gala | 2023 | |
| 185* | 33.22 L | F | Sulize Kruger | 14 | AA JHB | 20/01/2024 | CGA Level 2+ Gala | 20 Jan 2024 | |
| 187 | 33.29 L | F | Kutlo Kesilwe | 14 | TUKS FSH | 20/10/2023 | NTS Level 3+ October | Age Group 2023 | |
| 188 | 33.33 L | P | Whitney Lauf | 14 | MDOL JHB | 30/11/2023 | CGA Championships | 2023 | |
| 189 | 33.34 L | F | Chrislyne Wiesner | 14 | WSS LLD | 06/12/2023 | Free State Champs | 2023 | |
| 190* | 33.47 L | P | Paige Van Niekerk | 14 | AFIN JHB | 30/11/2023 | CGA Championships | 2023 | |
| 190* | 33.47 L | F | Riley Prinsloo | 14 | ELEC FSH | 19/01/2024 | NTS Level 1+2 January | Age Group 2024 | |
| 192 | 33.49 L | F | Carli Murray | 14 | QUIC CPT | 10/02/2024 | WCA-B Champs - | 2024 | |
| 193 | 33.50 L | F | Sophia Wener | 14 | VINE CPT | 21/01/2024 | CTA BMEET | 4 | |
| 194 | 33.51 L | F | Amina Putter | 14 | NHS EZD | 21/02/2024 | EHLANZENI INTER | HIGH GALA 21 | |
| 195* | 33.56 L | F | Ariel De Bruyn | 14 | CSA EZD | 23/09/2023 | MP SPRINT GALA | 23 SEPTEMBER | |
| 195* | 33.56 L | P | Juanè Burger | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional | Age Group | |
| 197 | 33.73 L | F | Kay-Lee Mouton | 14 | SWAR WCD | 10/02/2024 | WCA-B Champs - | 2024 | |
| 198 | 33.76 L | P | Kyra Home | 14 | MDOL JHB | 30/11/2023 | CGA Championships | 2023 | |
| 199 | 33.77 L | F | Ava Strong | 14 | PEAS NMA | 21/10/2023 | 4th A League Gala | 2023 | |
| 200* | 33.78 L | F | Rozel Scholtz | 14 | STEL RM | 23/02/2024 | NW School Championships | 2024 | |
| 200* | 33.78 L | F | Erin Stead | 14 | FRA KCD | 05/04/2024 | SA Level 2 Regional | Age Group Champs | |
| 202 | 33.81 L | F | Talita Wessels | 14 | UNI EZD | 23/09/2023 | MP SPRINT GALA | 23 SEPTEMBER | |
| 203 | 33.83 L | F | Yulinke Haynes | 14 | TASC MPD | 21/10/2023 | Limpopo Age Group | 4 | |
| 204 | 33.87 L | P | Tylin Taljard | 14 | SS MPD | 24/03/2024 | SA Level 2 Regional | Age Group Champs | |
| 205 | 33.95 L | F | Megan Mayhew | 14 | WATR JHB | 10/11/2023 | CGA Level 2+ Gala | 10 - 11 Nov 2023 | |
| 206 | 33.98 L | P | Ane' Claassen | 14 | TUKS FSH | 24/03/2024 | SA Level 2 Regional | Age Group Champs | |
| 207 | 34.01 L | F | Mariné Pretorius | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS | 2024 | |
| 208 | 34.05 L | F | Isidora Stojanovic | 14 | RFA FSH | 02/03/2024 | AG Level 1 Regional | Age Group | |
| 209 | 34.06 L | F | Isabella Dos Santos | 14 | PER JHB | 02/03/2024 | AG Level 1 Regional | Age Group | |
| 210 | 34.08 L | P | Rachel Henley | 14 | ESTR EKU | 24/03/2024 | SA Level 2 Regional | Age Group Champs | |
| 211 | 34.09 L | P | Keone Molapo | 14 | RFA FSH | 24/03/2024 | SA Level 2 Regional | Age Group Champs | |
| 212 | 34.11 L | P | Rebekah Van Coller | 14 | FISH EDD | 24/06/2023 | PEA Winter Gala | 2023 | |
| 213 | 34.14 L | F | Hannah Struwig | 14 | AQUA BUF | 05/04/2024 | SA Level 2 Regional | Age Group Champs | |
| 214* | 34.19 L | F | Khanya Khalala | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional | Age Group | |
| 214* | 34.19 L | F | Anike Taljaard | 14 | PSCP UMD | 05/04/2024 | SA Level 2 Regional | Age Group Champs | |
| 216 | 34.22 L | F | Cecilia Breedt | 14 | DORE JHB | 14/10/2023 | CGA Level 2 + Gala | Oct 2023 | |
| 217 | 34.23 L | F | Larissa Bouwer | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional | Age Group | |
| 218 | 34.26 L | F | Gabriela Sa | 14 | ASAC CPT | 18/11/2023 | CTA QUALIFYING | MEET 2 | |
| 219 | 34.29 L | F | Kayla Koen | 14 | TUKS FSH | 03/11/2023 | NTS Level 1+2 November | Age Group | |
| 220 | 34.35 L S | P | Julia Booth | 14 | SOUL EKU | 07/12/2023 | EGA Summer | Championships | |
| 221 | 34.36 L | F | Helena Rookoen-Smith | 14 | LALE CED | 03/02/2024 | Winelands SL | final | |
| 222 | 34.37 L | P | Ameera Motala | 14 | ATLA JHB | 30/11/2023 | CGA Championships | 2023 | |
| 223 | 34.41 L | F | Nina Wessels | 14 | ROB EZD | 21/02/2024 | EHLANZENI INTER | HIGH GALA 21 | |
| 224* | 34.49 L | F | Mia Koen | 14 | BULS MAN | 06/12/2023 | Free State Champs | 2023 | |
| 224* | 34.49 L | F | Simone Van Wyk | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC | Championships | |
| 226* | 34.52 L | F | Precious Marite | 14 | CRSC JHB | 14/10/2023 | CGA Level 2 + Gala | Oct 2023 | |
| 226* | 34.52 L | F | Zephani Adams | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING | MEET 2 | |
| 228* | 34.53 L | F | Gabriella Baillie | 14 | ROA EDD | 18/11/2023 | Eden LC Champs | 2023 | |
| 228* | 34.53 L | P | Takiyah Maclou | 14 | AA JHB | 30/11/2023 | CGA Championships | 2023 | |
| 230 | 34.56 L | F | Megan Horn | 14 | DOLFI MPD | 21/10/2023 | Limpopo Age Group | 4 | |
| 231 | 34.57 L | P | Vyasti Lachman | 14 | WATR JHB | 24/03/2024 | SA Level 2 Regional | Age Group Champs | |
| 232 | 34.68 L | F | Daniella Myburg | 14 | BLSS MAN | 19/08/2023 | Super Seals | Prestige Gala | |
| 233 | 34.69 L | F | Anri Maree | 14 | BS LLD | 06/12/2023 | Free State Champs | 2023 | |
| 234 | 34.72 L | F | Kayden Mauer | 14 | USC BUF | 15/12/2023 | NMBA Championships | 2023 | |
| 235 | 34.73 L | F | Silizwe Giyose | 14 | USC BUF | 24/11/2023 | BCA Long Course | Championships 2023 | |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-----------|-------|------------------------|--------|-----------|------------|--------------------------------------|
| 236 | 34.75 L | P | Alri Venter | 14 | TKS WBD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 237 | 34.77 L | F | Jani Visagie | 14 | SWAR WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 238* | 34.83 L | P | Kaylee Glutz | 14 | SEAL UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 238* | 34.83 L | P | Isabelle Botha | 14 | PGAC ECU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 240 | 34.89 L | F | Benedicta Atta-Asamoah | 14 | WWOL TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 241 | 34.92 L | F | Moya Felix | 14 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 242 | 34.98 L | F | Kate Zillen | 14 | CA ECU | 11/11/2023 | EGA Summer 3 |
| 243 | 35.18 L | P | Keira Martins | 14 | H2O ECU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 244 | 35.19 L | F | Tamsyn Thomson | 14 | BULS MAN | 16/02/2024 | Neptunes Last chance Gala |
| 245 | 35.21 L S | P | Cayla Boardman | 14 | CA ECU | 07/12/2023 | EGA Summer Championships |
| 246 | 35.25 L | F | Keanke Nel | 14 | LSKP WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 247 | 35.27 L | F | Emma Mostert | 14 | DDA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 248 | 35.28 L | P | Buhlebemvelo Mdluli | 14 | WSTV ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 249 | 35.33 L | P | Aaishah Hartley | 14 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 250 | 35.34 L | F | Erin Olivier | 14 | ASAC CPT | 17/09/2023 | CTA BMEET 3 |
| 251 | 35.38 L | F | Annabelle Van Rensburg | 14 | TUKS TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 252* | 35.40 L | F | Annemie De Villiers | 14 | PRKA PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 252* | 35.40 L | F | Kate Rankin | 14 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 254* | 35.47 L | F | Janke Steenkamp | 14 | UNI EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 254* | 35.47 L | P | Aimee Grobler | 14 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 256* | 35.48 L | F | Sadie Dreyer | 14 | STAQ CED | 11/11/2023 | Winelands SL4 |
| 256* | 35.48 L | F | Jolane Holtzhausen | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 258 | 35.49 L S | F | Delise Malenza | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 259 | 35.53 L | F | Ellie-mari Reckling | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 260 | 35.54 L | F | Joré Benade | 14 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 261 | 35.64 L | F | Taylor Hulley | 14 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 262 | 35.65 L | F | Kari Tise | 14 | CRSC JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 263 | 35.75 L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 264* | 35.76 L | F | Emmah Myburgh | 14 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 264* | 35.76 L | P | Melinda Dippenaar | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 266 | 35.78 L | F | Jeanine Botes | 14 | TINC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 267 | 35.85 L | F | Elmé Meiring | 14 | LSJM SKD | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 268 | 35.86 L S | F | Gabrielle Edwards | 14 | BARR CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 269 | 35.90 L | F | Karla Lemmer | 14 | USH KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 270 | 35.93 L | P | Alexa Cave | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 271 | 35.97 L | F | Melandri Vermaak | 14 | TINC TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 272* | 36.03 L | F | Lesedi Mashabela | 14 | TUKS TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 272* | 36.03 L | F | Callen Campbell | 14 | WEST CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 274 | 36.06 L | F | Madisson De Druyn | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 275 | 36.09 L | F | Yara David | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 276 | 36.12 L S | P | Skyla Reddy | 14 | SWIFT ECU | 07/12/2023 | EGA Summer Championships |
| 277 | 36.14 L | F | Riette Kroukamp | 14 | PAC TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 278 | 36.24 L | F | Luca Alexander | 14 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 279 | 36.25 L | F | Victoria Holfeld | 14 | CA ECU | 26/01/2024 | EGA Last Chance 2024 |
| 280 | 36.36 L | F | Nasheetah Jephta | 14 | MANT CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 281 | 36.38 L S | F | Skylar Adams | 14 | MANT CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 282 | 36.41 L | F | Janaé Mulder | 14 | VRC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 283* | 36.48 L | F | Elme Swanepoel | 14 | FROS FMD | 02/03/2024 | FSA Level 1 2024 |
| 283* | 36.48 L | P | Zoe Mills | 14 | DESA NMA | 09/02/2024 | Infinity Gala 2024 |
| 285 | 36.52 L | F | Diëm Peens | 14 | CUHE QBD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 286 | 36.53 L S | F | Jessie Ludick | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 287* | 36.54 L | F | Nicole Senekal | 14 | TKS WBD | 11/11/2023 | Limpopo Age Group 5 |
| 287* | 36.54 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 289 | 36.55 L | F | Tuhina Asharam | 14 | KZNA ETH | 16/02/2024 | EDA Age Group Gala 6 2024 |
| 290 | 36.56 L | F | Nolene Badenhorst | 14 | STAQ CED | 03/02/2024 | Winelands SL final |
| 291 | 36.61 L | P | Mikaela Johst | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 292 | 36.62 L | F | Kellan Lynch | 14 | XCEL CPT | 21/01/2024 | CTA BMEET 4 |
| 293 | 36.63 L | F | Mia Pienaar | 14 | BULS MAN | 21/10/2023 | Otters Prestige Gala 2023 |
| 294 | 36.66 L | F | Kawanelo Linake | 14 | TRAZ TSH | 03/11/2023 | NTS Level 1+2 November Age Group |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| Time | P/F/S | Name | Age/Yr |
|------|-----------|-------------------------------|---|
| 295 | 36.73 L | F Chloe Coetsee | 14 WRP EZD 02/03/2024 SSA LEVEL 1 REGIONAL CHAMPS |
| 296 | 36.77 L | P Oni Mtongana | 14 AQUA BUF 24/06/2023 PEA Winter Gala 2023 |
| 297 | 36.83 L | P Chandre Cloete | 14 UNI EZD 01/12/2023 Mpumalanga Championships 2023 |
| 298 | 36.84 L | F Leani Mitchell | 14 MATL KKD 21/10/2023 NWS Age Group 1 & 2 2023 |
| 299 | 36.87 L | F Sasha Boyum | 14 HSTAN MP 14/10/2023 Limpopo Top 8 - High Schools |
| 300 | 36.99 L | F Nonjabulo Thusi | 14 USH KCD 21/10/2023 Froggies Championships 2023 |
| 301 | 37.03 L | F Maria Davids | 14 CAMBP BUF 28/10/2023 BCA 1st Primary Schools Sprint Gala Oct |
| 302 | 37.05 L | F Elizma Du Plooy | 14 SS MPD 21/10/2023 Limpopo Age Group 4 |
| 303* | 37.31 L | F Rerapetse Ramohale | 14 FIELD BP 23/02/2024 NW School Championships 2024 |
| 303* | 37.31 L | F Emilia de Freitas | 14 MAKO EKU 11/11/2023 EGA Summer 3 |
| 303* | 37.31 L | F Lauren Naidoo | 14 ACSA ETH 05/04/2024 SA Level 2 Regional Age Group Champs |
| 306 | 37.41 L | F Emmelize Loots | 14 TYGE CPT 21/01/2024 CTA BMEET 4 |
| 307 | 37.46 L | F Nina Cloete | 14 FISH EDD 17/02/2024 EDEN 5th A-League Gala 2024 |
| 308 | 37.47 L | F Samara Prinsloo | 14 STSC KCD 27/01/2024 Ushaka Champs 2024 |
| 309 | 37.65 L | F Hannaan Mia | 14 MANT CPT 17/02/2024 Swartland Invitational Gala 2024 |
| 310 | 37.75 L | F Imke Botha | 14 STAR BPD 21/10/2023 NWS Age Group 1 & 2 2023 |
| 311 | 37.82 L | F Alexah Furman | 14 ELEC TSH 01/12/2023 2023 The Tshwane Mayor's Gala |
| 312 | 37.97 L | F Mia Okkers | 14 HURA CPT 11/11/2023 Swartland Prestige Gala 2023 |
| 313 | 38.12 L | F Brody McGarry | 14 HPPS BUF 28/10/2023 BCA 1st Primary Schools Sprint Gala Oct |
| 314* | 38.55 L | P Samantha Janse van Rensburg | 14 PEAS NMA 24/06/2023 PEA Winter Gala 2023 |
| 314* | 38.55 L | F Sandisiwe Mkhathswa | 14 MAKO EKU 28/10/2023 EGA Summer 2 2023 |
| 316 | 38.61 L | F Isabella Du Plessis | 14 LSBOS WB 04/11/2023 Limpopo LS - Top 8 skole 2023 |
| 317 | 38.62 L | F Madison Amy Naude | 14 AHMP TSH 29/09/2023 2023 OR Tambo Trials & NTS Oct AG |
| 318 | 38.76 L | F Leneave George | 14 CAMB BUF 03/02/2024 Buffalo City School Trials 2024 |
| 319 | 38.90 L | F Mpho Mwanza | 14 ESP EKU 15/09/2023 EGA Summer 1 |
| 320 | 38.95 L | F Klara Groenewald | 14 PRA GSD 02/02/2024 MP AGE GROUP 5 GALA |
| 321 | 39.00 L S | P Tyla Pridgeon-Nel | 14 BAS EKU 07/12/2023 EGA Summer Championships |
| 322 | 39.09 L | F Resego Chalashika | 14 TLAC BPD 21/10/2023 NWS Age Group 1 & 2 2023 |
| 323 | 39.16 L | F Jasmine Hirshovitz | 14 GREY CPT 10/02/2024 WCA-B Champs - 2024 |
| 324 | 39.26 L | F Ilze Olley | 14 PHS CCD 27/01/2024 Limpopo School Champs |
| 325 | 39.35 L | F Jessica Dos Santos | 14 UPC EZD 02/03/2024 SSA LEVEL 1 REGIONAL CHAMPS |
| 326 | 39.38 L | F Lida Gerber | 14 AASC EZD 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 327 | 39.42 L | F Nenekazi Taole | 14 SWIFT EKU 02/03/2024 AG Level 1 Regional Age Group |
| 328 | 39.44 L | F Ava Kruger | 14 FLOD JHB 02/03/2024 AG Level 1 Regional Age Group |
| 329 | 39.54 L | F Lisakhanya Letloloane | 14 VRC TSH 03/11/2023 NTS Level 1+2 November Age Group |
| 330 | 39.64 L S | F Lilli-Hanna Black | 14 HTSA CPT 24/11/2023 CTA A & B CHAMPS 2023 |
| 331 | 39.69 L | F Lyla Shekel | 14 CYBE CPT 17/02/2024 Swartland Invitational Gala 2024 |
| 332 | 39.73 L | F Leah Davel | 14 ACAQ CCD 01/12/2023 Limpopo Champs |
| 333 | 39.75 L | F Boitumelo Dlova | 14 DSG NMA 03/02/2024 Nelson Mandela Bay Schools Trials & 1st |
| 334 | 39.80 L | F Atlegang Mogotsi | 14 ESTR EKU 02/03/2024 AG Level 1 Regional Age Group |
| 335 | 39.82 L | F Kate Krummeck | 14 HARV NMA 03/02/2024 Nelson Mandela Bay Schools Trials & 1st |
| 336 | 39.89 L | F Cornelia Van Zyl | 14 LALE CED 11/11/2023 Winelands SL4 |
| 337 | 39.94 L S | F Tiane Meets | 14 ASAC CPT 24/11/2023 CTA A & B CHAMPS 2023 |
| 338 | 39.99 L | F Buhlebenkosi Sibanda | 14 TUKS TSH 01/12/2023 2023 The Tshwane Mayor's Gala |
| 339 | 40.05 L | F Chloe Hendricks | 14 CAMBP BUF 28/10/2023 BCA 1st Primary Schools Sprint Gala Oct |
| 340* | 40.20 L | F Jacqueline Pieterse | 14 FSE KCD 02/12/2023 Stingrays Swim Champs 2023 |
| 340* | 40.20 L | F Hlelo Cele | 14 FRA KCD 21/10/2023 Froggies Championships 2023 |
| 342 | 40.35 L | F Viwassi Amoussou | 14 LINR JHB 02/03/2024 AG Level 1 Regional Age Group |
| 343 | 40.38 L | F Ilne Bruwer | 14 BLSS MAN 11/11/2023 Bull Sharks Gala |
| 344 | 40.65 L | F Zahiyah Khan | 14 BLSS MAN 03/02/2024 Heidedal Welkom Gala 2 |
| 345 | 40.66 L | F Chloe Venter | 14 BERG BP 23/02/2024 NW School Championships 2024 |
| 346 | 41.04 L | F Kirsten Roos | 14 EXA EZD 13/10/2023 MP AGE GROUP 2 |
| 347 | 41.08 L | F Surene Kleingeld | 14 CRSC JHB 02/03/2024 AG Level 1 Regional Age Group |
| 348 | 41.32 L | F Macayla Meyer | 14 CAMBP BUF 03/02/2024 Buffalo City School Trials 2024 |
| 349 | 41.50 L | F Rebecca Eybers | 14 CUR EZD 21/02/2024 EHLANZENI INTER HIGH GALA 21 |
| 350 | 41.66 L | F Caroline Retief | 14 HTSA CPT 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 351 | 41.79 L | F Kayla Esterhuizen | 14 UPSK ZMD 25/11/2023 UPT AGE GROUP 2 2023 |
| 352 | 41.92 L | F Emerentia Swanevelder | 14 HE CCD 14/10/2023 Limpopo Top 8 - High Schools |
| 353 | 41.98 L S | F Zhara Pretorius | 14 HURA CPT 05/10/2023 42nd Freda Barnard Invitational Gala |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|-----------|-------|------------------------|--------|-----------|------------|---|
| 354 | 42.09 L | F | Danielle Andrews | 14 | AAS JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 355 | 42.33 L | F | Azoma Mbanga | 14 | AQUA BUF | 17/02/2024 | Eastern Cape School Trials 2024 |
| 356 | 42.40 L | F | Bohlale Khahledi | 14 | BARR CPT | 17/09/2023 | CTA BMEET 3 |
| 357* | 42.62 L | F | Lutendo Mphelo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala |
| 357* | 42.62 L | F | Mamello Mabuza | 14 | ESP ECU | 02/03/2024 | AG Level 1 Regional Age Group |
| 359 | 42.72 L | F | Aasiyah Khan | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 360 | 42.74 L | F | Nurah Kerbelker | 14 | MANT CPT | 17/09/2023 | CTA BMEET 3 |
| 361 | 42.88 L | F | Liyana Dlova | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 362 | 43.28 L | P | Aobakwe Molokoane | 14 | TLAC BPD | 06/12/2023 | NWS Championships 2023/24 |
| 363 | 43.43 L | F | Andriette Pretorius | 14 | HSO TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 364 | 43.88 L | F | Kerani Nana | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 365 | 43.89 L | F | Stephany Neculescu | 14 | HPPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 366 | 44.20 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 06/12/2023 | Free State Champs 2023 |
| 367 | 44.70 L | F | Reneilwe Malumane | 14 | POLSC CCD | 01/12/2023 | Limpopo Champs |
| 368 | 44.77 L | F | Swazikazi Ntuli | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 369 | 45.30 L | F | Isabel Landman | 14 | NWUC KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 370 | 45.31 L | F | Madyson Windvogel | 14 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 371 | 45.48 L | F | Aphiwe Zembe | 14 | AA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 372 | 45.73 L | F | Thlalefo Mokgosi | 14 | USHAK ECU | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 373 | 46.29 L | F | Ninke Marais | 14 | HFDT MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 374 | 46.42 L | F | Andrea Mclachlan | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 375 | 47.09 L S | F | Deannè King | 14 | HTSA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 376 | 47.94 L | F | Jemima Oosthuizen | 14 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 377 | 49.04 L | F | Dimpho Leshabane | 14 | USHAK ECU | 11/11/2023 | EGA Summer 3 |
| 378 | 49.55 L | F | Beth Sahd | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 379 | 50.17 L | F | Aretha Sembatya | 14 | ISSA NM | 23/02/2024 | NW School Championships 2024 |
| 380 | 51.24 L | F | Mishkah Sooliman | 14 | PGH KK | 23/02/2024 | NW School Championships 2024 |
| 381 | 53.60 L | F | Bokang Seheri | 14 | USHAK ECU | 28/10/2023 | EGA Summer 2 2023 |
| 382 | 1:04.39 L | F | Najouan Haouali | 14 | BLNE MAN | 03/02/2024 | Heidedal Welkom Gala 2 |
| 383 | 1:26.08 L | F | Usenathi Segone | 14 | BLNE MAN | 16/02/2024 | Neptunes Last chance Gala |
| Women 14-14 100 Free | | | | | | | |
| 1 | 58.58 L | P | Giuliana Vyncke | 14 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 2 | 58.85 L | F | Abigail Kotze | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 3 | 1:00.42 L | F | Bailey Lambert | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 4 | 1:00.82 L | F | Sienna Gous | 14 | INFA NMA | 09/02/2024 | Infinity Gala 2024 |
| 5 | 1:01.02 L | F | Kato' van Niekerk | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 6 | 1:01.29 L | F | Blake Morris | 14 | LINR JHB | 15/03/2024 | SA National Junior Age Group |
| 7 | 1:01.56 L | F | Amelie Kleine | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 8 | 1:01.82 L | F | Arabelle Grütter | 14 | ROA EDD | 15/03/2024 | SA National Junior Age Group |
| 9 | 1:02.36 L | P | Anja Buitendach | 14 | MP EZD | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 10 | 1:02.56 L | F | Zuria Venter | 14 | CA ECU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 11 | 1:03.10 L | F | Christina Orchard | 14 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 12 | 1:03.40 L | F | Maya Mgcina | 14 | ELEC TSH | 23/02/2024 | NTS Prestige AG February 2024 |
| 13 | 1:03.57 L | F | Payton Aitken | 14 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 14 | 1:03.79 L | P | Riziki Magotsi | 14 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 15 | 1:03.81 L | P | Madison Higgs | 14 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 16 | 1:03.83 L | P | Lilianne Hebler | 14 | WCA CPT | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 17 | 1:03.85 L | P | Beané Noeth | 14 | UPSK ZMD | 15/03/2024 | SA National Junior Age Group |
| 18 | 1:04.59 L | F | Isabella Bruyns | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 19 | 1:04.62 L | F | Mia Groenewald | 14 | KTS | 21/03/2024 | SA Level 3 Regional Age Group |
| 20 | 1:04.63 L | F | Shannon Hugo | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 21 | 1:04.65 L | F | Kacey Hughes | 14 | STSC KCD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 22* | 1:04.86 L | P | Eva Neumann | 14 | GSA CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 22* | 1:04.86 L | P | Keilah-Naomi Holthuis | 14 | QSAW CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 24 | 1:04.94 L | P | Lyla vd Spuy | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 25 | 1:05.04 L | P | Sadie Roberts | 14 | ASA ILD | 15/03/2024 | SA National Junior Age Group |
| 26 | 1:05.05 L | F | Sylvie de Bruyn | 14 | BULS MAN | 03/11/2023 | Heidedal Welkom Gala |
| 27 | 1:05.08 L | P | Kylie De Bruyn | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 28 | 1:05.26 L | F | Caillegh De Beer | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|---------|-------|------|-----------------------|----|-----------|---|
| 29 | 1:05.36 | L | F | Jade Van Vuuren | 14 | WATR JHB | 17/02/2024 CGA Level 2+ Gala 17 Feb 2024 |
| 30 | 1:05.39 | L | P | Gemma Walters | 14 | DORE JHB | 15/03/2024 SA National Junior Age Group |
| 31 | 1:05.49 | L | F | Carla Dannhauser | 14 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 32 | 1:05.51 | L | P | Paige Meeser | 14 | CA EKU | 15/03/2024 SA National Junior Age Group |
| 33 | 1:05.62 | L | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 34 | 1:05.65 | L | P | Lize-Marie Kruger | 14 | BLSS MAN | 24/06/2023 PEA Winter Gala 2023 |
| 35 | 1:05.79 | L | P | Lizelle Venter | 14 | TUKS TSH | 15/03/2024 SA National Junior Age Group |
| 36 | 1:05.80 | L | F | Amy Hartung | 14 | ASAC CPT | 03/02/2024 Winelands SL final |
| 37 | 1:05.88 | L | F | Cara Visser | 14 | CYBE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 38 | 1:05.93 | L | F | Elizabeth Viljoen | 14 | HREF BP | 20/03/2024 SA Level 3 Regional Age Group |
| 39 | 1:05.96 | L | P | Tchisank Banza | 14 | MP EZD | 08/04/2024 SA National Aquatic Champ 2024-PE |
| 40 | 1:06.02 | L | P | Amore Oosthuizen | 14 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 41 | 1:06.04 | L | P | Evelyn Malan | 14 | TUKS TSH | 15/03/2024 SA National Junior Age Group |
| 42* | 1:06.12 | L | F | Sharni-Marie Watson | 14 | PAC TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 42* | 1:06.12 | L | F | Margo Senekal | 14 | TYGE CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 44* | 1:06.20 | L | P | Eva Dal Cin | 14 | ELEC TSH | 24/05/2023 Winter National Championships'23 |
| 44* | 1:06.20 | L | F | Abigail Munro | 14 | USC BUF | 27/01/2024 BCA January Age Group Gala 2024 |
| 46 | 1:06.22 | L | F | Lehane Lategan | 14 | FAAC | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 47 | 1:06.24 | L | P | Odette Upton | 14 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 48 | 1:06.27 | L | P | Stephanie Dannhauser | 14 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 49* | 1:06.36 | L | F | Madison Coleman | 14 | BLMA CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 49* | 1:06.36 | L | F | Darina Milanova | 14 | PAC TSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 51 | 1:06.37 | L | F | Zuri Tome | 14 | TUKS TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 52 | 1:06.39 | L | F | Minette Van Zyl | 14 | INFA NMA | 21/03/2024 SA Level 3 Regional Age Group |
| 53 | 1:06.43 | L | P | Jamie-Lee Graham | 14 | AA JHB | 15/03/2024 SA National Junior Age Group |
| 54 | 1:06.44 | L | P | Aryana Cloete-Hopkins | 14 | SSISA CPT | 15/03/2024 SA National Junior Age Group |
| 55 | 1:06.54 | L | P | Mila De Souza | 14 | EXP TSH | 12/12/2023 NTS Championships 2023 |
| 56 | 1:06.68 | L | F | Kristen Billett | 14 | ELEC TSH | 26/01/2024 NTS Level 3+ January Age Group 2024 |
| 57 | 1:06.70 | L | F | Mikayla Hinkley | 14 | PER JHB | 30/11/2023 CGA Championships 2023 |
| 58 | 1:06.86 | L | P | Caitlin Knight | 14 | WATR JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 59 | 1:06.89 | L | F | Almi Geyser | 14 | LALE CED | 21/03/2024 SA Level 3 Regional Age Group |
| 60 | 1:06.91 | L | F | Taylor Foster | 14 | AZON ETH | 24/11/2023 Westville-Seals LC Championships |
| 61 | 1:07.04 | L | P | Caitlin Rossiter | 14 | HREF BP | 15/03/2024 SA National Junior Age Group |
| 62 | 1:07.09 | L | P | Reese Noble | 14 | SAAW CPT | 15/03/2024 SA National Junior Age Group |
| 63 | 1:07.20 | L | P | Marike Raimond | 14 | TYGE CPT | 15/03/2024 SA National Junior Age Group |
| 64 | 1:07.22 | L | P | Minke Bester | 14 | MATL KKD | 15/03/2024 SA National Junior Age Group |
| 65 | 1:07.25 | L | F | Kaylin Fabricius | 14 | BARR CPT | 10/02/2024 WCA-B Champs - 2024 |
| 66 | 1:07.29 | L | P | Gabriella Boerstra | 14 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 67 | 1:07.42 | L | P | Milan Ferreira | 14 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 68 | 1:07.47 | L | P | Gabi McQuinn | 14 | ELEC TSH | 12/12/2023 NTS Championships 2023 |
| 69 | 1:07.49 | L | P | Taylor Kassebaum | 14 | AA JHB | 30/11/2023 CGA Championships 2023 |
| 70 | 1:07.54 | L | P | Dedre Engelbrecht | 14 | MP EZD | 19/04/2024 SA Schools Swimming Championship |
| 71 | 1:07.57 | L | P | Alexa Basso | 14 | SOUL EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 72 | 1:07.61 | L | F | Kapitolina Xaba | 14 | SASE JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 73 | 1:07.67 | L | F | Tatum Dace | 14 | PEAS NMA | 12/08/2023 Madibaz Swim Meet 2023 |
| 74* | 1:07.70 | L | P | Ella Jv Rensburg | 14 | SS MPD | 15/03/2024 SA National Junior Age Group |
| 74* | 1:07.70 | L | F | Abbigail Kulynych | 14 | BAS EKU | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 76 | 1:07.71 | L | F | Mikayla Frösler | 14 | BEST NMA | 15/12/2023 NMBA Championships 2023 |
| 77 | 1:07.79 | L | P | Ella-Mae Henning | 14 | VRC TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 78 | 1:07.83 | L | P | Kerrigan Hayes | 14 | CASC CPT | 15/03/2024 SA National Junior Age Group |
| 79 | 1:07.86 | L | P | Amara Okoye | 14 | PAC TSH | 12/12/2023 NTS Championships 2023 |
| 80 | 1:07.95 | L | F | Ava Newton | 14 | CASC CPT | 24/11/2023 CTA A & B CHAMPS 2023 |
| 81 | 1:07.98 | L | F | Rozaan Korff | 14 | ACAQ CCD | 17/11/2023 NTS Level 3+ November Age Group |
| 82 | 1:08.06 | L | P | Sam Juries | 14 | CLSC WCD | 15/03/2024 SA National Junior Age Group |
| 83 | 1:08.10 | L | P | Lethabo Masemola | 14 | WATR JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 84 | 1:08.18 | L | F | Ane Snyders | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 85 | 1:08.22 | L | F | Katya O'Brien | 14 | BON EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 86 | 1:08.31 | L | F | Micah Marx | 14 | CA EKU | 26/01/2024 EGA Last Chance 2024 |
| 87 | 1:08.35 | L | F | Danielle Grobler | 14 | BLOT MAN | 06/12/2023 Free State Champs 2023 |

Individual Top Times

Times since: 01-May-23

Times until: 30-Apr-24

Number of Top Times: All

Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|-------------------------|----|-------|-----|------------|---|
| 88 | 1:08.40 | L | P | Shalem Mashingaidze | 14 | WATR | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 89 | 1:08.42 | L | F | Payton Groger | 14 | LEGC | ETH | 03/11/2023 | EDA Age Group Gala 4 2023 |
| 90 | 1:08.45 | L | P | Kate Douglas | 14 | BAS | EKU | 15/03/2024 | SA National Junior Age Group |
| 91 | 1:08.49 | L | P | Addison Doolan | 14 | AA | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 92 | 1:08.50 | L | F | Indigo Woodburn | 14 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 93 | 1:08.61 | L | F | Abigail Wilcocks | 14 | PAC | TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 94 | 1:08.62 | L | P | Mi-Ly Vd Merwe | 14 | LALE | GED | 21/03/2024 | SA Level 3 Regional Age Group |
| 95 | 1:08.73 | L | P | Nikita Govind | 14 | TRAZ | TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 96 | 1:08.78 | L | P | Amy Jackson | 14 | TCA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 97 | 1:08.82 | L | F | Hannah De Necker | 14 | FISH | EDD | 18/11/2023 | Eden LC Champs 2023 |
| 98* | 1:08.84 | L | F | Caitlin Camacho | 14 | TUKS | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 98* | 1:08.84 | L | P | Inneke Liebenberg | 14 | POTC | KKD | 20/03/2024 | SA Level 3 Regional Age Group |
| 100 | 1:09.01 | L | F | Emma-Lee Theron | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 101 | 1:09.07 | L | F | Jamie Napier | 14 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 102 | 1:09.13 | L | F | Marne' Van Rensburg | 14 | BLSS | MAN | 27/10/2023 | Neptune Prestige Gala |
| 103 | 1:09.15 | L | P | Nicola Carver | 14 | ELEC | TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 104 | 1:09.16 | L | P | Anja Volschenk | 14 | BLSS | MAN | 19/04/2024 | SA Schools Swimming Championship |
| 105 | 1:09.19 | L | F | Gertruida de Witt | 14 | FER | KK | 23/02/2024 | NW School Championships 2024 |
| 106* | 1:09.23 | L | F | Mine Prinsloo | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 106* | 1:09.23 | L | P | Tatum Grant | 14 | SOUL | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 108 | 1:09.24 | L | P | Demi Putter | 14 | CASC | CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 109 | 1:09.36 | L | F | Ona-Mari Van Niekerk | 14 | KNYA | EDD | 10/02/2024 | WCA-B Champs - 2024 |
| 110 | 1:09.38 | L | P | Megan Jansen | 14 | UNI | EZD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 111 | 1:09.48 | L | P | Jessica Stedall | 14 | WWOL | TSH | 12/12/2023 | NTS Championships 2023 |
| 112 | 1:09.65 | L | P | Abigail Blake | 14 | GREY | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 113 | 1:09.69 | L | F | Rivani Naidoo | 14 | ELEC | TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 114 | 1:09.94 | L | F | Sydni Adams | 14 | VINE | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 115 | 1:09.96 | L | F | Rebecca Froneman | 14 | STSC | KCD | 24/11/2023 | Westville-Seals LC Championships |
| 116 | 1:09.99 | L | F | Tara Saint | 14 | KLOO | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 117 | 1:10.01 | L | P | Emma Hagglund | 14 | SSISA | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 118 | 1:10.08 | L | P | Cara Rossouw | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 119 | 1:10.17 | L | P | Kayla Kleynhans | 14 | TUKS | TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 120 | 1:10.20 | L | F | Ava Strong | 14 | PRIO | NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 121 | 1:10.39 | L | P | Victoria Bulhakova | 14 | SWIFT | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 122* | 1:10.42 | L | F | Marlo Lensing | 14 | UPSK | ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 122* | 1:10.42 | L | F | Ella Lombard | 14 | AA | JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 124 | 1:10.48 | L | F | Jessica Davies | 14 | VINE | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 125 | 1:10.62 | L | F | Carmen Stapelberg | 14 | TINC | TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 126 | 1:10.69 | L | F | Lili Annandale | 14 | BULS | MAN | 03/02/2024 | Heidedal Welkom Gala 2 |
| 127 | 1:10.70 | L | F | Maria Barreiros | 14 | ELEC | TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 128 | 1:10.76 | L | F | Inge Vd Walt | 14 | TUKS | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 129 | 1:10.80 | L | F | Miane Kasselmann | 14 | RBOT | BPD | 06/12/2023 | NWS Championships 2023/24 |
| 130 | 1:10.88 | L | P | Chanel Van Tonder | 14 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorpor SSA |
| 131 | 1:10.90 | L | F | Miya Krog | 14 | SAAW | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 132 | 1:10.91 | L | F | Carle Hager | 14 | LALE | GED | 11/11/2023 | Winelands SL4 |
| 133 | 1:10.96 | L | F | Takalani Mudau | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 134 | 1:11.03 | L | P | Kirsten Myers | 14 | WCA | CPT | 19/04/2024 | SA Schools Swimming Championship |
| 135* | 1:11.07 | L | F | Mia-Isabelle Mans | 14 | KALA | | 27/10/2023 | KALAHARI CLASSIC GALA 2023 |
| 135* | 1:11.07 | L | F | Xanri Muller | 14 | GHSK | | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 137 | 1:11.08 | L | F | Sinead De Wet | 14 | CRSC | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 138 | 1:11.09 | L | F | Arne' Dreyer | 14 | STAQ | GED | 03/02/2024 | Winelands SL final |
| 139 | 1:11.13 | L | F | Margo Louw | 14 | QSAW | GED | 10/02/2024 | WCA-B Champs - 2024 |
| 140 | 1:11.16 | L | F | Christa de Beer | 14 | POTC | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 141 | 1:11.17 | L | F | Georgia Wichmann | 14 | MGSC | UGD | 24/11/2023 | Westville-Seals LC Championships |
| 142* | 1:11.22 | L | F | Meandri De Vos | 14 | BLOT | MAN | 06/12/2023 | Free State Champs 2023 |
| 142* | 1:11.22 | L | P | Tiffany Prins | 14 | NC | FB | 19/04/2024 | SA Schools Swimming Championship |
| 144* | 1:11.27 | L | P | Lara Janse van Rensburg | 14 | CSA | EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 144* | 1:11.27 | L | P | Leila Smit | 14 | CSC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 146 | 1:11.31 | L | F | Jessica Hall | 14 | SEAL | UMD | 21/01/2024 | EDA Age Group Gala 5 2024 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|------------------------|----|----------|------------|---|
| 147 | 1:11.37 | L | F | Simone' Pretorius | 14 | BETH FDD | 06/12/2023 | Free State Champs 2023 |
| 148* | 1:11.44 | L | F | Rebecca Briggs | 14 | LALE CED | 11/11/2023 | Winelands SL4 |
| 148* | 1:11.44 | L | P | Shane Swarts | 14 | PSA ZLD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 150* | 1:11.45 | L | F | Tylah Johannes | 14 | VINE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 150* | 1:11.45 | L | F | Lienke Els | 14 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 152 | 1:11.50 | L | F | Hazel Hutchison | 14 | FAAC | 13/01/2024 | AGE GROUP 4 KBY 2024 |
| 153* | 1:11.58 | L | F | Isabelle Welgemoed | 14 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 153* | 1:11.58 | L | P | Emma Nolan | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 155 | 1:11.87 | L | F | Jemma Hendricks | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 156 | 1:11.94 | L | F | MacKenzie Bone | 14 | ELEC TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 157 | 1:12.02 | L | P | Ada Barnard | 14 | SWAR WCD | 21/03/2024 | SA Level 3 Regional Age Group |
| 158 | 1:12.05 | L | F | Aliyah De Oliveira | 14 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 159 | 1:12.11 | L | F | Megan Mayhew | 14 | WATR JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 160 | 1:12.13 | L | F | Roslyn Ramoholi | 14 | LEGC ETH | 24/11/2023 | Westville-Seals LC Championships |
| 161 | 1:12.20 | L | P | Juanè Burger | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 162 | 1:12.25 | L | P | Mariné Pretorius | 14 | UPSK ZMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 163 | 1:12.30 | L | P | Rachel Fairweather | 14 | HPS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 164 | 1:12.34 | L | P | Tamlyn Kew | 14 | CSC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 165 | 1:12.35 | L | F | Mia Vorster | 14 | SWAR WCD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 166 | 1:12.44 | L | P | Mieke Griffiths | 14 | MSC NGD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 167 | 1:12.45 | L | F | Sulize Henning | 14 | HREF BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 168 | 1:12.67 | L | F | Abigail Suckling | 14 | FSE KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 169 | 1:12.78 | L | P | Elandri Du Randt | 14 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 170* | 1:12.92 | L | F | Bianca Potgieter | 14 | PAC TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 170* | 1:12.92 | L | P | Daizeli Bosman | 14 | PLAY CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 172 | 1:12.95 | L | P | Nikita Grant | 14 | WSTV ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 173 | 1:13.00 | L | P | Diane Munro | 14 | BLSS MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 174 | 1:13.07 | L | F | Ameera Motala | 14 | ATLA JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 175 | 1:13.19 | L | F | Mèla Loubser | 14 | ROA EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 176 | 1:13.23 | L | P | Macayle Eisen | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 177 | 1:13.31 | L | F | Annabelle Van Rensburg | 14 | TUKS TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 178 | 1:13.35 | L | P | Jessica Davies | 14 | VIKI BUF | 21/03/2024 | SA Level 3 Regional Age Group |
| 179 | 1:13.38 | L | F | Mieka Vermeulen | 14 | TYGE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 180 | 1:13.40 | L | F | Jesse Kirsten | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 181 | 1:13.55 | L | F | Kendal McKay | 14 | MANT NMA | 17/02/2024 | Eastern Cape School Trials 2024 |
| 182 | 1:13.57 | L | P | Keira Ellerbeck | 14 | H2O EKU | 07/12/2023 | EGA Summer Championships |
| 183 | 1:13.61 | L | P | Kayden O'connor | 14 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 184* | 1:13.64 | L | F | Megan Mc Namara | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 184* | 1:13.64 | L | P | Robyn-Rae Purdon | 14 | PSCP UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 186 | 1:13.73 | L | F | Hannah Du Toit | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 187 | 1:13.75 | L | P | Riley Prinsloo | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 188 | 1:13.78 | L | F | Ulrike Kruger | 14 | PSC TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 189 | 1:13.83 | L | F | Liane' de Wet | 14 | BULS MAN | 27/10/2023 | Neptune Prestige Gala |
| 190 | 1:13.85 | L | F | Kyrah Mack | 14 | COLH NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 191 | 1:13.91 | L | P | Keira Martins | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 192 | 1:14.01 | L | P | Sulize Kruger | 14 | AA JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 193 | 1:14.02 | L | P | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 194 | 1:14.07 | L | F | Madison Smith | 14 | CA EKU | 26/01/2024 | EGA Last Chance 2024 |
| 195 | 1:14.09 | L | F | Stephanie Minnaar | 14 | TYGE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 196 | 1:14.32 | L | P | Micke Prinsloo | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 197 | 1:14.41 | L | F | Anieke Prinsloo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala |
| 198 | 1:14.55 | L | P | Huei-Ing Chen | 14 | DORE JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 199 | 1:14.61 | L | P | Rachel Henley | 14 | ESTR EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 200 | 1:14.70 | L | P | Klara Weber | 14 | PLAY CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 201* | 1:14.71 | L | F | Gabriela Sa | 14 | ASAC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 201* | 1:14.71 | L | F | Ariel De Bruyn | 14 | CSA EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 203 | 1:14.90 | L | F | Ellie-mari Reckling | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 204 | 1:14.99 | L | P | Lika Vd Merwe | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 205 | 1:15.03 | L | F | Kyra Home | 14 | MDOL JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|--------------------------|----|-------|-----|------------|--------------------------------------|
| 206 | 1:15.27 | L | P | Whitney Lauf | 14 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 207 | 1:15.37 | L | F | Alexa Cave | 14 | MDOL | JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 208 | 1:15.43 | L | F | Gabriella Goncalves | 14 | SOUL | EKU | 24/11/2023 | EGA Summer 4 |
| 209 | 1:15.44 | L | F | Melina Alexandrou | 14 | SWIFT | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 210 | 1:15.60 | L | F | Ava Lambropoulos | 14 | TRAZ | FSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 211 | 1:15.66 | L | P | McKenzie Jones | 14 | ESTR | EKU | 07/12/2023 | EGA Summer Championships |
| 212 | 1:15.79 | L | F | Talita Wessels | 14 | UNI | EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 213 | 1:15.82 | L | F | Emme Wentzel | 14 | INFA | NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 214 | 1:15.83 | L | P | Paige Van Niekerk | 14 | AFIN | JHB | 30/11/2023 | CGA Championships 2023 |
| 215 | 1:15.89 | L | P | Cailyn Clowes | 14 | PSCP | UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 216 | 1:16.01 | L | F | Yulinke Haynes | 14 | TASC | MPD | 11/11/2023 | Limpopo Age Group 5 |
| 217 | 1:16.07 | L | F | Leandri Grobler | 14 | VHD | ZLD | 13/01/2024 | KCDA January Age Group Gala 2024 |
| 218* | 1:16.15 | L | F | Erin Stead | 14 | FRA | KCD | 18/11/2023 | KCDA November Age Group Gala 2023 |
| 218* | 1:16.15 | L | F | Milan Janse van Rensburg | 14 | INFA | NMA | 22/07/2023 | 1st A League Gala 2023 |
| 220* | 1:16.23 | L | P | Annemie De Villiers | 14 | PRKA | PSD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 220* | 1:16.23 | L | P | Anri Maree | 14 | BS | LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 222 | 1:16.29 | L | F | Rebekah Van Coller | 14 | FISH | EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 223 | 1:16.36 | L | P | Mia Koen | 14 | BULS | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 224 | 1:16.54 | L | F | Takiyah Maclou | 14 | AA | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 225 | 1:16.57 | L | F | Larissa Bouwer | 14 | LINR | JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 226* | 1:16.62 | L | F | Nina Wessels | 14 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 226* | 1:16.62 | L | P | Shayla WHYTE | 14 | MDOL | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 228 | 1:16.64 | L | P | Ane' Claassen | 14 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 229* | 1:16.66 | L | F | Megan Horn | 14 | DOLFI | MPD | 01/12/2023 | Limpopo Champs |
| 229* | 1:16.66 | L | P | Kawanelo Linake | 14 | TRAZ | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 231 | 1:16.71 | L | P | Alri Venter | 14 | TKS | WBD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 232 | 1:17.20 | L | P | Aliyah Lizen | 14 | AQU | ADJ | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 233 | 1:17.22 | L | F | Isidora Stojanovic | 14 | RFA | FSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 234 | 1:17.36 | L | P | Keone Molapo | 14 | RFA | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 235 | 1:17.41 | L | F | Buhlebemvelo Mdluli | 14 | WSTV | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 236* | 1:17.52 | L | P | Sadie Bothma | 14 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 |
| 236* | 1:17.52 | L | P | Simone Van Wyk | 14 | SEAL | UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 238 | 1:17.55 | L | F | Cecilia Breedt | 14 | DORE | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 239 | 1:17.59 | L | F | Melandri Vermaak | 14 | TINC | FSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 240 | 1:17.64 | L | F | Anike Taljaard | 14 | PSCP | UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 241 | 1:17.75 | L | F | Silizwe Giyose | 14 | USC | BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 242 | 1:17.78 | L | F | Carli Murray | 14 | QUIC | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 243 | 1:17.89 | L | P | Rozel Scholtz | 14 | STELL | RMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 244 | 1:17.92 | L | P | Vyasti Lachman | 14 | WATR | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 245 | 1:18.07 | L | F | Erin Olivier | 14 | ASAC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 246 | 1:18.49 | L | F | Isabella Dos Santos | 14 | PER | JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 247 | 1:18.57 | L | P | Isabelle Botha | 14 | PGAC | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 248 | 1:18.64 | L | F | Jeanine Botes | 14 | TINC | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 249 | 1:18.87 | L | F | Mila Volschenk | 14 | TYGE | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 250 | 1:18.88 | L | F | Daniella Myburg | 14 | BLSS | MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 251 | 1:18.94 | L | F | Isabella Hofmeyr | 14 | ELEC | FSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 252 | 1:19.09 | L | F | Kayla Koen | 14 | TUKS | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 253 | 1:19.15 | L | F | Zephani Adams | 14 | WEST | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 254 | 1:19.24 | L | F | Cayla Boardman | 14 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 255 | 1:19.29 | L | F | Kayden Mauer | 14 | USC | BUF | 09/02/2024 | Infinity Gala 2024 |
| 256 | 1:19.44 | L | F | Jessie Ludick | 14 | CASC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 257 | 1:19.67 | L | F | Nicole Senekal | 14 | TKS | WBD | 01/12/2023 | Limpopo Champs |
| 258 | 1:19.76 | L | F | Delise Malenza | 14 | CASC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 259 | 1:19.97 | L | F | Jolane Holtzhausen | 14 | CRSC | JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 260 | 1:20.18 | L | F | Benedicta Atta-Asamoah | 14 | WWOL | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 261 | 1:20.25 | L | F | Elme Swanepoel | 14 | FROS | TMD | 02/03/2024 | FSA Level 1 2024 |
| 262 | 1:20.27 | L | F | Oni Mtongana | 14 | SHS | KK | 03/02/2024 | Buffalo City School Trials 2024 |
| 263 | 1:20.30 | L | F | Luca Alexander | 14 | MARL | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 264 | 1:20.38 | L | F | Emmelize Loots | 14 | TYGE | CPT | 10/02/2024 | WCA-B Champs - 2024 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|----------------------------|----|-----------|------------|---|
| 265 | 1:20.42 | L | F | Kaylee Glutz | 14 | SEALI ILD | 24/11/2023 | Westville-Seals LC Championships |
| 266 | 1:20.46 | L | P | Melinda Dippenaar | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 267 | 1:20.57 | L | F | Julia Booth | 14 | SOUL EKV | 28/10/2023 | EGA Summer 2 2023 |
| 268 | 1:20.64 | L | F | Zoe Mills | 14 | UHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 269 | 1:20.68 | L | F | Khanya Khalala | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 270 | 1:20.75 | L | F | Skyla Reddy | 14 | SWIFT EKV | 26/01/2024 | EGA Last Chance 2024 |
| 271 | 1:20.83 | L | P | Mikaela Johst | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 272 | 1:20.93 | L | F | Nasheetah Jephta | 14 | MANT CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 273 | 1:21.02 | L | F | Callen Campbell | 14 | WEST CPT | 17/09/2023 | CTA BMEET 3 |
| 274 | 1:21.16 | L | F | Hannah Struwig | 14 | AQUA BUF | 20/01/2024 | Uthukela January 2024 Age Group Gala |
| 275 | 1:21.20 | L | P | Aaishah Hartley | 14 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 276 | 1:21.68 | L | P | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 277 | 1:21.70 | L | F | Chrislyne Wiesner | 14 | WSS LLD | 03/11/2023 | Heidedal Welkom Gala |
| 278 | 1:21.74 | L | F | Lesedi Mashabela | 14 | TUKS TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 279 | 1:21.92 | L | F | Chandre Cloete | 14 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 280 | 1:22.09 | L | F | Samara Prinsloo | 14 | STSC KCD | 13/01/2024 | KCDA January Age Group Gala 2024 |
| 281 | 1:22.32 | L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 282 | 1:22.98 | L | F | Leani Mitchell | 14 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 283 | 1:22.99 | L | F | Tuhina Asharam | 14 | KZNA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 284 | 1:23.05 | L | F | Mia Pienaar | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 285 | 1:23.42 | L | F | Nonjabulo Thusi | 14 | USH KCD | 21/10/2023 | Froggies Championships 2023 |
| 286 | 1:23.56 | L | P | Tamsyn Thomson | 14 | BULS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 287 | 1:23.74 | L | F | Hannaan Mia | 14 | MANT CPT | 21/01/2024 | CTA BMEET 4 |
| 288* | 1:23.89 | L | F | Riette Kroukamp | 14 | PAC TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 288* | 1:23.89 | L | P | Lauren Naidoo | 14 | ACSA ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 290 | 1:23.94 | L | F | Joré Benade | 14 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 291 | 1:24.29 | L | P | Victoria Hoffeld | 14 | CA EKV | 07/12/2023 | EGA Summer Championships |
| 292 | 1:24.37 | L | F | Kellan Lynch | 14 | XCEL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 293 | 1:24.63 | L | F | Sandisiwe Mkhathswa | 14 | MAKO EKV | 26/01/2024 | EGA Last Chance 2024 |
| 294 | 1:24.71 | L | F | Emilia de Freitas | 14 | MAKO EKV | 28/10/2023 | EGA Summer 2 2023 |
| 295 | 1:24.83 | L | F | Janaé Mulder | 14 | VRC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 296 | 1:25.34 | L | F | Anke Stander | 14 | EVO CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 297 | 1:25.44 | L | F | Gabrielle Edwards | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 298 | 1:25.47 | L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 299 | 1:25.58 | L | F | Diëm Peens | 14 | CUHE OBD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 300 | 1:25.60 | L | F | Lyla Shekel | 14 | CYBE CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 301 | 1:25.63 | L | F | Skylar Adams | 14 | MANT CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 302 | 1:25.76 | L | F | Leiani van Aarde | 14 | SOUL EKV | 28/10/2023 | EGA Summer 2 2023 |
| 303 | 1:25.80 | L | F | Chloe Hendricks | 14 | CAMB BP | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 304 | 1:25.95 | L | F | Sasha Boyum | 14 | HSTAN MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 305 | 1:26.00 | L | F | Klara Groenewald | 14 | PRA GSD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 306 | 1:26.22 | L | P | Janke Steenkamp | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 307 | 1:26.37 | L | F | Nina Cloete | 14 | FISH EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 308 | 1:26.38 | L | F | Lara Stander | 14 | EVO CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 309 | 1:26.40 | L | F | Elizma Du Plooy | 14 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 310* | 1:26.60 | L | F | Rerapetse Ramohale | 14 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 310* | 1:26.60 | L | F | Chloe Coetsee | 14 | WRP EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 312 | 1:26.63 | L | F | Mia-Ann Van der Westhuizen | 14 | AGAQ OBD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 313 | 1:26.90 | L | F | Khanyolwethu Fokazi | 14 | CYBE CPT | 21/01/2024 | CTA BMEET 4 |
| 314 | 1:27.06 | L | F | Ava Kruger | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 315 | 1:27.14 | L | F | Maria Davids | 14 | CAMB BP | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 316 | 1:27.31 | L | F | Cornelia Van Zyl | 14 | LALE CED | 11/11/2023 | Winelands SL4 |
| 317 | 1:27.39 | L | F | Brody McGarry | 14 | HPPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 318 | 1:27.45 | L | F | Leah Davel | 14 | ACAQ CCD | 01/12/2023 | Limpopo Champs |
| 319 | 1:28.27 | L | P | Tyla Pridgeon-Nel | 14 | BAS EKV | 07/12/2023 | EGA Summer Championships |
| 320 | 1:28.41 | L | F | Nolene Badenhorst | 14 | STAQ CED | 03/02/2024 | Winelands SL final |
| 321 | 1:28.45 | L | F | Jasmine Hirshovitz | 14 | GREY CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 322 | 1:28.84 | L | F | Hayley Belinfante | 14 | QUIC CPT | 17/09/2023 | CTA BMEET 3 |
| 323 | 1:28.85 | L | F | Imke Botha | 14 | RHS BP | 23/02/2024 | NW School Championships 2024 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|-----------------------------|-----------|-------|------------------------|--------|-----------|------------|---|--|
| 324 | 1:29.48 L | F | IIne Bruwer | 14 | BLSS MAN | 16/02/2024 | Neptunes Last chance Gala | |
| 325 | 1:29.57 L | F | Mpho Mwanza | 14 | ESP EKU | 26/01/2024 | EGA Last Chance 2024 | |
| 326 | 1:29.59 L | F | Mia Okkers | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 | |
| 327 | 1:30.59 L | F | Nenekazi Taole | 14 | SWIFT EKU | 02/03/2024 | AG Level 1 Regional Age Group | |
| 328 | 1:30.68 L | F | Kiana De Vries | 14 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools | |
| 329 | 1:31.00 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 21/01/2024 | CTA BMEET 4 | |
| 330 | 1:31.49 L | F | Kate Krummeck | 14 | HARV NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 331 | 1:31.68 L | F | Zahiyah Khan | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 | |
| 332 | 1:32.59 L | F | Atlegang Mogotsi | 14 | ESTR EKU | 28/10/2023 | EGA Summer 2 2023 | |
| 333 | 1:32.82 L | F | Leneave George | 14 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 | |
| 334 | 1:32.90 L | F | Bohlale Khahledi | 14 | BARR CPT | 24/11/2023 | CTA A & B CHAMPS 2023 | |
| 335 | 1:33.19 L | F | Tiane Meets | 14 | ASAC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 | |
| 336* | 1:33.28 L | F | Isabel Landman | 14 | NWUC KKD | 06/12/2023 | NWS Championships 2023/24 | |
| 336* | 1:33.28 L | F | Viwassi Amoussou | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 338 | 1:33.50 L | F | Resego Chalashika | 14 | TLAC BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 | |
| 339 | 1:33.52 L | F | Kirsten Roos | 14 | EXA EZD | 13/10/2023 | MP AGE GROUP 2 | |
| 340 | 1:33.76 L | F | Boitumelo Dlova | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 341 | 1:33.84 L | F | Jacqueline Pieterse | 14 | FSE KCD | 02/12/2023 | Stingrays Swim Champs 2023 | |
| 342 | 1:34.35 L | F | Danielle Andrews | 14 | AAS JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 343 | 1:35.18 L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 03/11/2023 | UPINGTON 2023 | |
| 344 | 1:36.13 L | F | Aasiyah Khan | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 345 | 1:36.17 L | F | Jessica Dos Santos | 14 | UPC EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS | |
| 346 | 1:36.61 L | F | Caroline Retief | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 | |
| 347 | 1:36.62 L | F | Macayla Meyer | 14 | CAMB BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct | |
| 348 | 1:36.68 L | F | Lisakhanya Letloloane | 14 | VRC FSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 | |
| 349 | 1:36.85 L | F | Chloe Venter | 14 | BERG BP | 23/02/2024 | NWS School Championships 2024 | |
| 350 | 1:36.86 L | F | Mamello Mabuza | 14 | ESP EKU | 28/10/2023 | EGA Summer 2 2023 | |
| 351 | 1:37.24 L | F | Hlelo Cele | 14 | FRA KCD | 21/10/2023 | Froggies Championships 2023 | |
| 352 | 1:37.29 L | F | Ilze Olley | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs | |
| 353 | 1:38.75 L | F | Hannah Myburgh | 14 | AQDO CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet | |
| 354 | 1:39.16 L | F | Liyana Dlova | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 355 | 1:39.47 L | F | Aobakwe Molokoane | 14 | TLAC BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 | |
| 356 | 1:40.10 L | F | Suad Samaai | 14 | MARL CPT | 17/09/2023 | CTA BMEET 3 | |
| 357 | 1:40.18 L | F | Azoma Mbanga | 14 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 | |
| 358 | 1:40.75 L | F | Zhara Pretorius | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala | |
| 359 | 1:42.54 L | F | Deannè King | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 | |
| 360 | 1:43.48 L | F | Sofiya Talip | 14 | MANT CPT | 21/01/2024 | CTA BMEET 4 | |
| 361 | 1:43.75 L | F | Robyn Belcham | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 | |
| 362 | 1:43.81 L | F | Surene Kleingeld | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 363 | 1:44.18 L | F | Thlalefo Mokgosi | 14 | USHAK EKU | 02/03/2024 | AG Level 1 Regional Age Group | |
| 364 | 1:45.12 L | F | Reneilwe Malumane | 14 | POLSC CCD | 01/12/2023 | Limpopo Champs | |
| 365 | 1:45.18 L | F | Lutendo Mphelo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala | |
| 366 | 1:46.70 L | F | Swazikazi Ntuli | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 367 | 1:47.55 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 06/12/2023 | Free State Champs 2023 | |
| 368 | 1:53.02 L | F | Andrea Mclachlan | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 369 | 1:55.41 L | F | Kerani Nana | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 370 | 1:55.67 L | F | Dimpho Leshabane | 14 | USHAK EKU | 24/11/2023 | EGA Summer 4 | |
| 371 | 2:07.50 L | F | Bokang Seheri | 14 | USHAK EKU | 28/10/2023 | EGA Summer 2 2023 | |
| 372 | 2:24.02 L | F | Najouan Haouali | 14 | BLNE MAN | 06/12/2023 | Free State Champs 2023 | |
| Women 14-14 200 Free | | | | | | | | |
| 1 | 2:09.16 L | F | Abigail Kotze | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 2 | 2:09.18 L | P | Giuliana Vyncke | 14 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE | |
| 3 | 2:09.37 L | F | Amelie Kleine | 14 | TUKS FSH | 15/03/2024 | SA National Junior Age Group | |
| 4 | 2:11.54 L | F | Sienna Gous | 14 | INFA NMA | 23/09/2023 | 3rd A League Gala 2023 | |
| 5 | 2:11.68 L | F | Bailey Lambert | 14 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 6 | 2:12.24 L | F | Anja Buitendach | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship | |
| 7 | 2:12.29 L | F | Blake Morris | 14 | LINR JHB | 15/03/2024 | SA National Junior Age Group | |
| 8 | 2:12.34 L | P | Kato' van Niekerk | 14 | TUKS FSH | 12/12/2023 | NTS Championships 2023 | |
| 9 | 2:12.86 L | F | Zuria Venter | 14 | CA EKU | 15/03/2024 | SA National Junior Age Group | |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|---------|-------|------|-----------------------|----|-----------|---|
| 10 | 2:12.94 | L | F | Arabelle Grütter | 14 | ROA EDD | 15/03/2024 SA National Junior Age Group |
| 11 | 2:16.02 | L | P | Kylie De Bruyn | 14 | TUKS FSH | 15/03/2024 SA National Junior Age Group |
| 12 | 2:17.85 | L | P | Evelyn Malan | 14 | TUKS FSH | 15/03/2024 SA National Junior Age Group |
| 13 | 2:18.24 | L | F | Lize-Marie Kruger | 14 | BLSS MAN | 24/06/2023 PEA Winter Gala 2023 |
| 14 | 2:18.60 | L | F | Kacey Hughes | 14 | STSC KCD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 15 | 2:20.11 | L | F | Amy Hartung | 14 | ASAC CPT | 03/02/2024 Winelands SL final |
| 16 | 2:20.33 | L | P | Riziki Magotsi | 14 | VINE CPT | 15/03/2024 SA National Junior Age Group |
| 17 | 2:20.34 | L | P | Reese Noble | 14 | SAAW CPT | 15/03/2024 SA National Junior Age Group |
| 18 | 2:20.68 | L | F | Shannon Hugo | 14 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 19 | 2:20.78 | L | F | Sadie Roberts | 14 | ASA ILD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 20 | 2:21.59 | L | F | Madison Higgs | 14 | INFA NMA | 15/12/2023 NMBA Championships 2023 |
| 21 | 2:21.77 | L | P | Beané Noeth | 14 | UPSZ ZMD | 15/03/2024 SA National Junior Age Group |
| 22 | 2:21.95 | L | F | Mia Groenewald | 14 | KTS | 21/03/2024 SA Level 3 Regional Age Group |
| 23 | 2:22.12 | L | P | Cara Visser | 14 | CYBE CPT | 15/03/2024 SA National Junior Age Group |
| 24 | 2:22.30 | L | F | Keilah-Naomi Holthuis | 14 | QSAW CED | 21/03/2024 SA Level 3 Regional Age Group |
| 25 | 2:22.48 | L | F | Tchisank Banza | 14 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 26 | 2:22.85 | L | P | Marike Raimond | 14 | TYGE CPT | 15/03/2024 SA National Junior Age Group |
| 27 | 2:22.86 | L | F | Gabriella Boerstra | 14 | TUKS FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 28 | 2:22.91 | L | F | Paige Meeser | 14 | CA EKU | 11/11/2023 EGA Summer 3 |
| 29 | 2:23.70 | L | F | Caileigh De Beer | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 30 | 2:23.72 | L | P | Taylor Kassebaum | 14 | AA JHB | 15/03/2024 SA National Junior Age Group |
| 31 | 2:23.89 | L | F | Eva Neumann | 14 | GSA CPT | 24/06/2023 PEA Winter Gala 2023 |
| 32 | 2:24.41 | L | F | Eva Dal Cin | 14 | ELEC FSH | 21/10/2023 GP OCTOBER 2023 |
| 33 | 2:24.47 | L | P | Madison Coleman | 14 | BLMA CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 34 | 2:24.53 | L | F | Payton Aitken | 14 | WSTM ETH | 24/11/2023 Westville-Seals LC Championships |
| 35 | 2:24.71 | L | F | Zuri Tome | 14 | TUKS FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 36 | 2:24.83 | L | F | Margo Senekal | 14 | TYGE CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 37 | 2:25.10 | L | F | Danielle Grobler | 14 | BLOT MAN | 16/02/2024 Neptunes Last chance Gala |
| 38 | 2:25.13 | L | P | Sam Juries | 14 | CLSC WCD | 15/03/2024 SA National Junior Age Group |
| 39 | 2:25.15 | L | F | Mila De Souza | 14 | EXP FSH | 22/09/2023 NTS Level 3+ September Age Group |
| 40* | 2:25.41 | L | P | Scarlett Friis | 14 | KLOO ETH | 15/03/2024 SA National Junior Age Group |
| 40* | 2:25.41 | L | P | Caitlin Rossiter | 14 | HREF BP | 15/03/2024 SA National Junior Age Group |
| 42 | 2:25.61 | L | F | Minke Bester | 14 | MATL KKD | 06/12/2023 NWS Championships 2023/24 |
| 43 | 2:25.65 | L | F | Ava Newton | 14 | CASC CPT | 17/02/2024 Swartland Invitational Gala 2024 |
| 44 | 2:25.98 | L | F | Tatum Grant | 14 | SOUL EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 45 | 2:26.13 | L | F | Abigail Munro | 14 | USC BUF | 21/03/2024 SA Level 3 Regional Age Group |
| 46 | 2:26.23 | L | F | Almi Geyser | 14 | LALE CED | 21/03/2024 SA Level 3 Regional Age Group |
| 47 | 2:26.37 | L | P | Leila Springer | 14 | SASE JHB | 15/03/2024 SA National Junior Age Group |
| 48 | 2:26.68 | L | F | Isabella Bruyns | 14 | MDOL JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 49 | 2:26.86 | L | F | Hannah Hattingh | 14 | USC BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 50 | 2:27.02 | L | P | Meandri De Vos | 14 | BLOT MAN | 15/03/2024 SA National Junior Age Group |
| 51 | 2:27.04 | L | P | Micah Marx | 14 | CA EKU | 15/03/2024 SA National Junior Age Group |
| 52 | 2:27.07 | L | F | Darina Milanova | 14 | PAC FSH | 23/02/2024 NTS Prestige AG February 2024 |
| 53 | 2:27.10 | L | F | Rozaan Korff | 14 | ACAQ CCD | 01/12/2023 Limpopo Champs |
| 54 | 2:27.15 | L | F | Jade Van Vuuren | 14 | WATR JHB | 30/11/2023 CGA Championships 2023 |
| 55 | 2:27.19 | L | P | Aryana Cloete-Hopkins | 14 | SSISA CPT | 15/03/2024 SA National Junior Age Group |
| 56 | 2:27.25 | L | P | Kate Douglas | 14 | BAS EKU | 15/03/2024 SA National Junior Age Group |
| 57 | 2:27.44 | L | F | Shi Han Huang | 14 | BLMA CPT | 11/11/2023 Swartland Prestige Gala 2023 |
| 58 | 2:27.48 | L | F | Demi Putter | 14 | CASC CPT | 24/06/2023 PEA Winter Gala 2023 |
| 59 | 2:27.88 | L | F | Odette Upton | 14 | TKS WBD | 20/03/2024 SA Level 3 Regional Age Group |
| 60 | 2:28.26 | L | P | Jamie-Lee Graham | 14 | AA JHB | 15/03/2024 SA National Junior Age Group |
| 61 | 2:28.41 | L | P | Lizelle Venter | 14 | TUKS FSH | 15/03/2024 SA National Junior Age Group |
| 62 | 2:28.48 | L | P | Taylor Foster | 14 | AZON ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 63* | 2:29.04 | L | F | Lehane Lategan | 14 | FAAC | 14/10/2023 FLAMINGO GALA 14 - 15 OCTOBER |
| 63* | 2:29.04 | L | P | Clarisë Van Niekerk | 14 | TUKS FSH | 15/03/2024 SA National Junior Age Group |
| 65 | 2:29.09 | L | F | Ane Snyders | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 66 | 2:29.49 | L | F | Alexa Basso | 14 | SOUL EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 67 | 2:29.51 | L | F | Gemma Walters | 14 | DORE JHB | 20/01/2024 CGA Level 2+ Gala 20 Jan 2024 |
| 68 | 2:29.52 | L | F | Sylvie de Bruyn | 14 | BULS MAN | 06/10/2023 Super Seals & Sentraal Aquatics Gala |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|-----|---------|-------|------|-------------------------|----|-----------|------------|--------------------------------------|
| 69 | 2:29.58 | L | F | Inneke Liebenberg | 14 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 70 | 2:29.74 | L | P | Kerrigan Hayes | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 71 | 2:29.96 | L | F | Mikayla Hinkley | 14 | PER JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 72 | 2:30.05 | L | F | Mikayla Frösler | 14 | BEST NMA | 11/11/2023 | 5th A League Gala 2023 |
| 73 | 2:30.85 | L | P | Nikita Govind | 14 | TRAZ TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 74 | 2:30.86 | L | F | Minette Van Zyl | 14 | INFA NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 75 | 2:31.04 | L | F | Amore Oosthuizen | 14 | CSA EZD | 20/03/2024 | SA Level 3 Regional Age Group |
| 76 | 2:31.29 | L | F | Mariné Pretorius | 14 | UPSK ZMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 77 | 2:31.46 | L | P | Kayla Kleynhans | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 78 | 2:31.47 | L | P | Lethabo Masemola | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 79 | 2:31.98 | L | F | Gertruida de Witt | 14 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 80 | 2:32.26 | L | P | Carla Dannhauser | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 81 | 2:32.27 | L | P | Abigail Blake | 14 | GREY CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 82 | 2:32.29 | L | P | Cara Rossouw | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 83 | 2:32.33 | L | F | Kaylin Fabricius | 14 | BARR CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 84 | 2:32.45 | L | F | Annabelle Van Rensburg | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 85 | 2:32.47 | L | F | Caitlin Knight | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 86 | 2:32.52 | L | P | Dedre Engelbrecht | 14 | RBOT BPD | 15/03/2024 | SA National Junior Age Group |
| 87 | 2:32.55 | L | P | Nicola Carver | 14 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 88 | 2:32.85 | L | F | Caitlin Camacho | 14 | TUKS TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 89 | 2:32.94 | L | P | Sharni-Marie Watson | 14 | PAC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 90 | 2:33.11 | L S | P | Amy Jackson | 14 | TCA ECU | 07/12/2023 | EGA Summer Championships |
| 91 | 2:33.41 | L | F | Rebecca Froneman | 14 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 92 | 2:33.67 | L | F | Tatum Dace | 14 | PEAS NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 93 | 2:33.85 | L | F | Ona-Mari Van Niekerk | 14 | KNYA EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 94 | 2:33.87 | L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 13/10/2023 | MP AGE GROUP 2 |
| 95 | 2:33.88 | L | F | Maya Mgcina | 14 | ELEC TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 96 | 2:34.21 | L | F | Xanri Muller | 14 | GHSK | 10/02/2024 | AGE GROUP 6 UPT - 2024 |
| 97 | 2:34.39 | L | P | Milan Ferreira | 14 | TASC MPD | 20/03/2024 | SA Level 3 Regional Age Group |
| 98 | 2:34.43 | L | F | Indigo Woodburn | 14 | MDOL JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 99 | 2:34.76 | L | P | MacKenzie Bone | 14 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 100 | 2:34.78 | L | F | Emma-Lee Theron | 14 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 101 | 2:34.88 | L | F | Mine Prinsloo | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 102 | 2:34.96 | L S | F | Abbigail Kulynych | 14 | BAS ECU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 103 | 2:35.25 | L | F | Ella Jv Rensburg | 14 | SS MPD | 01/12/2023 | Limpopo Champs |
| 104 | 2:35.38 | L | F | Mi-Ly Vd Merwe | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 105 | 2:35.58 | L | F | Anja Volschenk | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 106 | 2:35.68 | L S | F | Ella-Mae Henning | 14 | VRC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 107 | 2:35.92 | L S | F | Emma Hagglund | 14 | SSISA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 108 | 2:35.98 | L | P | Kapitolina Xaba | 14 | SASE JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 109 | 2:36.06 | L | F | Hannah De Necker | 14 | FISH EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 110 | 2:36.14 | L | P | Juanè Burger | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 111 | 2:36.32 | L | F | Marlo Lensing | 14 | UPSK ZMD | 13/01/2024 | AGE GROUP 4 UPT 2024 |
| 112 | 2:36.36 | L | P | Megan Mayhew | 14 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 113 | 2:36.37 | L | F | Payton Groger | 14 | LEGC ETH | 03/11/2023 | EDA Age Group Gala 4 2023 |
| 114 | 2:36.48 | L | F | Rachel Fairweather | 14 | HPS TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 115 | 2:36.55 | L | P | Katya O'Brien | 14 | BON ECU | 20/03/2024 | SA Level 3 Regional Age Group |
| 116 | 2:36.63 | L | F | Miya Krog | 14 | SAAW CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 117 | 2:36.67 | L | F | Stephanie Dannhauser | 14 | TKS WBD | 01/12/2023 | Limpopo Champs |
| 118 | 2:36.87 | L | F | Kristen Billett | 14 | ELEC TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 119 | 2:36.91 | L S | F | Aliyah De Oliveira | 14 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 120 | 2:37.18 | L | F | Shalem Mashingaidze | 14 | WATR JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 121 | 2:37.40 | L | F | Takalani Mudau | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 122 | 2:37.67 | L | F | Miane Kasselmann | 14 | NWS | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 123 | 2:37.73 | L | F | Marne' Van Rensburg | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 124 | 2:37.81 | L | F | Ella Lombard | 14 | AA JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 125 | 2:38.04 | L | F | Addison Doolan | 14 | AA JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 126 | 2:38.08 | L | F | Victoria Bulhakova | 14 | SWIFT ECU | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 127 | 2:38.26 | L | F | Cailyn Clowes | 14 | PSCP UMD | 21/03/2024 | SA Level 3 Regional Age Group |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|----------------------|----|-----------|------------|--------------------------------------|
| 128 | 2:38.28 | L | P | Catherine Roberts | 14 | PSCP UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 129 | 2:38.66 | L | P | Kirsten Myers | 14 | SSISA CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 130 | 2:38.82 | L | F | Maria Barreiros | 14 | ELEC TSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 |
| 131 | 2:38.89 | L | F | Mia-Isabelle Mans | 14 | KALA | 27/10/2023 | KALAHARI CLASSIC GALA 2023 |
| 132 | 2:39.11 | L | P | Ada Barnard | 14 | SWAR WCD | 21/03/2024 | SA Level 3 Regional Age Group |
| 133 | 2:39.32 | L | F | Tiffany Prins | 14 | KTS | 24/11/2023 | AGE GROUP 2 KATHU 2023 |
| 134 | 2:39.44 | L | F | Isabelle Welgemoed | 14 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 135 | 2:39.49 | L | F | Simone Pretorius | 14 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 136 | 2:39.59 | L | F | Abigail Wilcocks | 14 | PAC TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 137 | 2:39.67 | L | F | Nikita Grant | 14 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 138 | 2:39.71 | L | P | Amy Walton | 14 | AZON ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 139 | 2:39.81 | L | F | Carmen Stapelberg | 14 | TINC TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 140 | 2:40.40 | L S | F | Keira Ellerbeck | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 141 | 2:40.54 | L | P | Tara Saint | 14 | KLOO ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 142 | 2:40.69 | L | F | Lili Annandale | 14 | BULS MAN | 27/10/2023 | Neptune Prestige Gala |
| 143 | 2:41.09 | L | F | Jessica Davies | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 144 | 2:41.41 | L | F | Kay-Lee Mouton | 14 | SWAR WCD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 145 | 2:41.45 | L | F | Kayden O'connor | 14 | PEAS NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 146 | 2:41.63 | L S | F | Riley Prinsloo | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 147 | 2:41.87 | L | F | Kutlo Kesilwe | 14 | TUKS TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 148 | 2:42.35 | L | F | Jemma Hendricks | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 149 | 2:42.49 | L S | F | Inge Vd Walt | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 150 | 2:42.66 | L | F | Diane Munro | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 151 | 2:42.68 | L S | F | Leila Smit | 14 | CSC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 152 | 2:42.80 | L S | F | Tamlyn Kew | 14 | CSC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 153 | 2:42.88 | L S | F | Sinead De Wet | 14 | CRSC JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 154 | 2:43.07 | L S | F | Jamie Napier | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 155 | 2:43.08 | L | P | Emma Nolan | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 156 | 2:43.14 | L | F | Ellie-mari Reckling | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 157 | 2:43.48 | L | F | Christina Marzagalli | 14 | CYBE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 158 | 2:43.60 | L | F | Hazel Hutchison | 14 | FAAC | 20/01/2024 | AGE GROUP 5 KBY 2024 |
| 159 | 2:43.71 | L | F | Alexis Muller | 14 | PEAS NMA | 01/10/2023 | Curro AquaElite Gala |
| 160 | 2:43.89 | L | F | Mienke Kempen | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 161 | 2:44.01 | L S | F | Ane Claassen | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 162 | 2:44.24 | L | F | Elizabeth Viljoen | 14 | HREF BP | 06/12/2023 | NWS Championships 2023/24 |
| 163 | 2:44.48 | L S | F | Megan Jansen | 14 | UNI EZD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 164 | 2:44.58 | L | P | Carle Hager | 14 | LALE CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 165 | 2:45.21 | L | P | Shayla WHYTE | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 166 | 2:45.38 | L | F | Zia Moosa | 14 | SEAL UMD | 16/02/2024 | EDA Age Group Gala 6 2024 |
| 167 | 2:45.46 | L | F | Jessica Stedall | 14 | WWOL TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 168 | 2:45.50 | L | F | Ava Strong | 14 | PEAS NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 169 | 2:45.54 | L | F | Mieke Griffiths | 14 | MSC NGD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 170 | 2:45.77 | L | F | Sydni Adams | 14 | VINE CPT | 21/01/2024 | CTA BMEET 4 |
| 171 | 2:45.94 | L | P | Chanel Van Tonder | 14 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 172 | 2:46.45 | L S | F | Sulize Kruger | 14 | AA JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 173 | 2:46.55 | L | F | Jesse Kirsten | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 174 | 2:47.66 | L | P | Ameera Motala | 14 | ATLA JHB | 30/11/2023 | CGA Championships 2023 |
| 175 | 2:47.82 | L | F | Daniella Myburg | 14 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 176 | 2:48.12 | L | F | Ariel De Bruyn | 14 | CSA EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 177 | 2:48.26 | L | F | Freyja Weaver | 14 | OHAN ILD | 27/01/2024 | Ushaka Champs 2024 |
| 178 | 2:48.32 | L | F | Bianca Potgieter | 14 | PAC TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 179 | 2:48.96 | L | F | Kawanelo Linake | 14 | TRAZ TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 180 | 2:49.04 | L | P | Shane Swarts | 14 | PSA ZLD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 181 | 2:49.14 | L | F | Elandri Du Randt | 14 | BETH FDD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 182 | 2:49.35 | L | F | Leila Van Zyl | 14 | QUIC CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 183 | 2:49.52 | L | F | Ava Lambropoulos | 14 | TRAZ TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 184* | 2:49.53 | L S | F | Isabelle Botha | 14 | PGAC EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 184* | 2:49.53 | L S | F | Alri Venter | 14 | TKS WBD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 186 | 2:49.66 | L | P | Paige Van Niekerk | 14 | AFIN JHB | 30/11/2023 | CGA Championships 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|--------------------------|----|-----------|------------|--------------------------------------|
| 187 | 2:49.79 | L | F | Sadie Bothma | 14 | HREF BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 188 | 2:50.02 | L | F | Rebekah Van Coller | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 189 | 2:50.15 | L | F | Whitney Lauf | 14 | MDOL JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 190 | 2:50.37 | L | F | Kate Zillen | 14 | CA ECU | 11/11/2023 | EGA Summer 3 |
| 191 | 2:50.39 | L | F | Helena Rookoen-Smith | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 192 | 2:50.55 | L | F | Erin Stead | 14 | FRA KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 193 | 2:50.62 | L | F | Gabriella Baillie | 14 | ROA EDD | 21/10/2023 | EDEN 2nd A-League Gala 2023 |
| 194 | 2:50.64 | L | F | Liane' de Wet | 14 | BULS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 195 | 2:50.88 | L | P | Talitha Schuch | 14 | LEGC ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 196 | 2:51.23 | L | P | Simone Van Wyk | 14 | SEAL UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 197 | 2:51.31 | L | F | Isabella Hofmeyr | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 198 | 2:51.42 | L | F | Kayden Mauer | 14 | USC BUF | 09/02/2024 | Infinity Gala 2024 |
| 199 | 2:51.51 | L | F | Sulize Henning | 14 | HREF BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 200 | 2:51.56 | L | F | Sahana Dayaram | 14 | DORE JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 201 | 2:51.73 | L | F | Yulinke Haynes | 14 | TASC MPD | 01/12/2023 | Limpopo Champs |
| 202 | 2:51.75 | L | F | Lika Vd Merwe | 14 | TUKS TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 203 | 2:51.89 | L S | F | Rachel Henley | 14 | ESTR ECU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 204 | 2:52.48 | L | F | Zoe Mills | 14 | DESA NMA | 09/02/2024 | Infinity Gala 2024 |
| 205 | 2:52.50 | L | P | Anri Maree | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 206 | 2:52.52 | L | F | Buhlebemvelo Mdluli | 14 | WSTV ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 207 | 2:52.61 | L | P | Alexa Cave | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 208 | 2:52.92 | L S | F | Hannah Du Toit | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 209 | 2:52.98 | L | F | Silizwi Giyose | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 210 | 2:53.00 | L | F | Melandri Vermaak | 14 | TINC TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 211 | 2:53.03 | L | P | Takiyah Maclou | 14 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 212 | 2:53.27 | L | P | Aliyah Lizen | 14 | AQU ADJ | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 213 | 2:53.32 | L | F | McKenzie Jones | 14 | ESTR ECU | 11/11/2023 | EGA Summer 3 |
| 214 | 2:53.53 | L | F | Jessie Ludick | 14 | CASC CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 215 | 2:53.69 | L | F | Milan Janse van Rensburg | 14 | INFA NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 216 | 2:53.71 | L | F | Karla Lemmer | 14 | USH KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 217 | 2:54.18 | L | F | Emme Wentzel | 14 | INFA NMA | 22/07/2023 | 1st A League Gala 2023 |
| 218 | 2:54.23 | L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 219 | 2:54.82 | L | F | Macayle Eisen | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 220 | 2:54.87 | L | F | Tylin Taljard | 14 | SS MPD | 01/12/2023 | Limpopo Champs |
| 221 | 2:55.01 | L | F | Isidora Stojanovic | 14 | RFA TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 222 | 2:55.03 | L | F | Annemie De Villiers | 14 | PRKA PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 223 | 2:55.14 | L | F | Cecilia Breedt | 14 | DORE JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 224 | 2:55.48 | L | F | Cayla Boardman | 14 | CA ECU | 11/11/2023 | EGA Summer 3 |
| 225 | 2:55.54 | L S | F | Carli Murray | 14 | QUIC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 226 | 2:55.67 | L | F | Kyra Home | 14 | MDOL JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 227 | 2:56.67 | L S | F | Keone Molapo | 14 | RFA TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 228 | 2:56.87 | L | F | Sofiya Dos-Santos | 14 | ASAC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 229 | 2:57.18 | L S | F | Luca Alexander | 14 | MARL CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 230 | 2:57.33 | L | F | Precious Marite | 14 | CRSC JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 231 | 2:57.39 | L | F | Jolane Holtzhausen | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 232* | 2:57.54 | L | F | Emmelize Loots | 14 | TYGE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 232* | 2:57.54 | L | F | Gabriella Goncalves | 14 | SOUL ECU | 11/11/2023 | EGA Summer 3 |
| 234 | 2:58.68 | L | F | Jessica Davies | 14 | VIKI BUF | 01/12/2023 | ECA Long Course Championships 2023 |
| 235 | 2:58.89 | L | F | Nasheetah Jephtha | 14 | MANT CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 236 | 2:59.09 | L | F | Stephanie Minnaar | 14 | TYGE CPT | 21/01/2024 | CTA BMEET 4 |
| 237 | 2:59.13 | L | F | Abigail Suckling | 14 | FSE KCD | 03/02/2024 | KCDA February Age Group 2024 |
| 238 | 2:59.94 | L | F | Talita Wessels | 14 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 239 | 3:00.18 | L S | F | Delise Malenza | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 240 | 3:00.22 | L | P | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 241 | 3:00.64 | L | F | Chandre Cloete | 14 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 242 | 3:00.67 | L | F | Anieke Prinsloo | 14 | BETH FDD | 06/12/2023 | Free State Champs 2023 |
| 243 | 3:00.75 | L | F | Mia Koen | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 244 | 3:01.19 | L S | P | Keira Martins | 14 | H2O ECU | 07/12/2023 | EGA Summer Championships |
| 245 | 3:01.49 | L | P | Rozel Scholtz | 14 | STELL RMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|----------------------------|----|-----------|------------|--------------------------------------|
| 246 | 3:02.59 | L S | F | Callen Campbell | 14 | WEST CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 247 | 3:03.45 | L | F | Erin Olivier | 14 | ASAC CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 248 | 3:04.21 | L | F | Oni Mtongana | 14 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 |
| 249 | 3:04.75 | L | F | Mia-Ann Van der Westhuizen | 14 | AGAQ OBD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 250 | 3:05.28 | L | F | Mia Pienaar | 14 | BULS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 251 | 3:05.53 | L S | P | Skyla Reddy | 14 | SWIFT EKU | 07/12/2023 | EGA Summer Championships |
| 252 | 3:05.63 | L | F | Nolene Badenhorst | 14 | STAQ CED | 11/11/2023 | Winelands SL4 |
| 253 | 3:05.70 | L | F | Sadie Dreyer | 14 | STAQ CED | 10/02/2024 | WCA-B Champs - 2024 |
| 254 | 3:05.85 | L | F | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 255 | 3:05.92 | L | F | Emma Clouston | 14 | SEAL UMD | 09/12/2023 | Uthukela District Age group Gala |
| 256 | 3:06.46 | L | F | Lesedi Mashabela | 14 | TUKS TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 257 | 3:06.47 | L | F | Benedicta Atta-Asamoah | 14 | WWOL TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 258 | 3:06.71 | L | F | Kaylee Glutz | 14 | SEALI HLD | 24/11/2023 | Westville-Seals LC Championships |
| 259 | 3:07.37 | L | F | Jeanine Botes | 14 | TINC TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 260 | 3:08.06 | L | P | Melinda Dippenaar | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 261 | 3:08.33 | L | F | Ava Kruger | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 262 | 3:08.39 | L | F | Zoë Muller-Protopappas | 14 | VINE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 263 | 3:08.69 | L | F | Lyla Shekel | 14 | CYBE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 264 | 3:08.95 | L | F | Aimee Grobler | 14 | AFIN JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 265 | 3:09.00 | L | F | Leani Mitchell | 14 | MATL KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 266 | 3:09.35 | L | F | Hannaan Mia | 14 | MANT CPT | 21/01/2024 | CTA BMEET 4 |
| 267 | 3:09.62 | L | F | Kari Tise | 14 | CRSC JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 268 | 3:09.69 | L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 269 | 3:10.25 | L | F | Tuhina Asharam | 14 | KZNA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 270 | 3:10.32 | L | P | Lauren Naidoo | 14 | ACSA ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 271 | 3:11.52 | L | F | Kianna Walters | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 272* | 3:11.93 | L | F | Hannah Struwig | 14 | AQUA BUF | 09/12/2023 | Uthukela District Age group Gala |
| 272* | 3:11.93 | L | F | Jasmine Hirshovitz | 14 | GREY CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 274 | 3:12.39 | L | F | Nina Cloete | 14 | FISH EDD | 17/02/2024 | EDEN 5th A-League Gala 2024 |
| 275 | 3:13.19 | L | F | Leah Davel | 14 | ACAQ CCD | 21/10/2023 | Limpopo Age Group 4 |
| 276 | 3:14.59 | L | F | Chrislynne Wiesner | 14 | WSS LLD | 06/12/2023 | Free State Champs 2023 |
| 277 | 3:15.01 | L S | P | Tyla Pridgeon-Nel | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 278 | 3:15.31 | L | F | Sandisiwe Mkhathshwa | 14 | MAKO EKU | 26/01/2024 | EGA Last Chance 2024 |
| 279 | 3:15.91 | L | F | Tamsyn Thomson | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 280 | 3:15.93 | L | F | Hayley Belinfante | 14 | QUIC CPT | 17/09/2023 | CTA BMEET 3 |
| 281 | 3:16.14 | L | F | Viwassi Amoussou | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 282 | 3:16.56 | L | F | Emilia de Freitas | 14 | MAKO EKU | 11/11/2023 | EGA Summer 3 |
| 283 | 3:16.64 | L | F | Cornelia Van Zyl | 14 | LALE CED | 11/11/2023 | Winelands SL4 |
| 284 | 3:16.69 | L | F | Ilne Bruwer | 14 | BLSS MAN | 27/10/2023 | Neptune Prestige Gala |
| 285 | 3:17.23 | L | F | Kellan Lynch | 14 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 286 | 3:17.67 | L | F | Khanyolwethu Fokazi | 14 | CYBE CPT | 21/01/2024 | CTA BMEET 4 |
| 287 | 3:18.08 | L | F | Imke Botha | 14 | STAR BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 288 | 3:18.10 | L | F | Rerapetse Ramohale | 14 | STAR BPD | 06/12/2023 | NWS Championships 2023/24 |
| 289 | 3:18.46 | L | F | Mikaela Johst | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 290 | 3:18.99 | L | F | Janke Steenkamp | 14 | UNI EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 291 | 3:20.99 | L | F | Diëm Peens | 14 | CUHE OBD | 21/01/2024 | CTA BMEET 4 |
| 292 | 3:22.34 | L | F | Elizma Du Plooy | 14 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 293 | 3:22.98 | L S | F | Tiane Meets | 14 | ASAC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 294 | 3:23.32 | L S | F | Skylar Adams | 14 | MANT CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 295 | 3:23.70 | L | F | Nonjabulo Thusi | 14 | USH KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 296 | 3:24.01 | L | F | Lilli-Hanna Black | 14 | HTSA CPT | 21/01/2024 | CTA BMEET 4 |
| 297 | 3:24.13 | L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 25/11/2023 | UPT AGE GROUP 2 2023 |
| 298 | 3:25.96 | L S | F | Bohlale Khahledi | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 299 | 3:29.39 | L | F | Nenekazi Taole | 14 | SWIFT EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 300 | 3:31.73 | L | F | Atlegang Mogotsi | 14 | ESTR EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 301 | 3:31.97 | L | F | Kirsten Roos | 14 | EXA EZD | 13/10/2023 | MP AGE GROUP 2 |
| 302 | 3:34.03 | L | F | Mpho Mwanza | 14 | ESP EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 303 | 3:36.16 | L S | F | Mia Okkers | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 304 | 3:38.18 | L S | P | Mamello Mabuza | 14 | ESP EKU | 07/12/2023 | EGA Summer Championships |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|-----------------------------|---------|-------|------|------------------------|----|-----------|------------|--------------------------------------|
| 305 | 3:38.20 | L | F | Hannah Myburgh | 14 | AQDO CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 306 | 3:43.81 | L | F | Zahiyah Khan | 14 | BLSS MAN | 27/01/2024 | Pelicans Gala 2024 |
| 307 | 3:45.29 | L | F | Ilze Olley | 14 | ACAAQ CCD | 11/11/2023 | Limpopo Age Group 5 |
| 308 | 3:48.31 | L | F | Caroline Retief | 14 | HTSA CPT | 21/01/2024 | CTA BMEET 4 |
| 309 | 3:48.74 | L S | F | Zhara Pretorius | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 310 | 3:50.67 | L | F | Lutendo Mphelo | 14 | BETH FDD | 02/03/2024 | FSA Level 1 2024 |
| 311 | 3:55.52 | L | F | Aobakwe Molokoane | 14 | TLAC BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 312 | 3:59.93 | L | F | Sofiya Talip | 14 | MANT CPT | 21/01/2024 | CTA BMEET 4 |
| 313 | 4:00.43 | L | F | Aphiwe Zembe | 14 | AA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 314 | 4:10.35 | L | F | Kerani Nana | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 315 | 4:17.11 | L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 02/03/2024 | FSA Level 1 2024 |
| 316 | 4:57.34 | L | F | Andrika Breedt | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| Women 14-14 400 Free | | | | | | | | |
| 1 | 4:28.47 | L | F | Amelie Kleine | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 2 | 4:34.53 | L | F | Sienna Gous | 14 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 3 | 4:34.64 | L | F | Abigail Kotze | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 4 | 4:37.29 | L | F | Zuria Venter | 14 | CA EKU | 15/03/2024 | SA National Junior Age Group |
| 5 | 4:39.95 | L | F | Kylie De Bruyn | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 6 | 4:41.42 | L | F | Evelyn Malan | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 7 | 4:41.62 | L | P | Anja Buitendach | 14 | MP EZD | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 8 | 4:41.64 | L | F | Blake Morris | 14 | LINR JHB | 15/03/2024 | SA National Junior Age Group |
| 9 | 4:46.31 | L | F | Giuliana Vyncke | 14 | DRGN EKU | 15/03/2024 | SA National Junior Age Group |
| 10 | 4:47.80 | L | F | Arabelle Grütter | 14 | ROA EDD | 15/03/2024 | SA National Junior Age Group |
| 11 | 4:49.78 | L | F | Kato' van Niekerk | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 12 | 4:52.51 | L | F | Taylor Foster | 14 | AZON ETH | 15/03/2024 | SA National Junior Age Group |
| 13 | 4:53.34 | L | F | Kacey Hughes | 14 | STSC KCD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 14 | 4:55.64 | L | F | Amy Hartung | 14 | ASAC CPT | 03/02/2024 | Winelands SL final |
| 15 | 4:55.67 | L | F | Shannon Hugo | 14 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 16 | 4:55.80 | L | F | Reese Noble | 14 | SAAW CPT | 15/03/2024 | SA National Junior Age Group |
| 17 | 4:57.69 | L | F | Taylor Kassebaum | 14 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 18 | 4:57.96 | L | F | Scarlett Friis | 14 | KLOO ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 19 | 4:58.21 | L | F | Margo Senekal | 14 | TYGE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 20 | 4:58.96 | L | F | Lize-Marie Kruger | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 21 | 5:01.24 | L | F | Paige Meeser | 14 | CA EKU | 15/03/2024 | SA National Junior Age Group |
| 22 | 5:01.35 | L | F | Beané Noeth | 14 | UPSK ZMD | 15/03/2024 | SA National Junior Age Group |
| 23 | 5:02.21 | L | F | Demi Putter | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 24 | 5:04.37 | L | F | Mia Groenewald | 14 | KTS | 24/11/2023 | AGE GROUP 2 KATHU 2023 |
| 25 | 5:04.44 | L | F | Marike Raimond | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 26 | 5:06.55 | L | F | Gabriella Boerstra | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 27 | 5:06.65 | L | F | Micah Marx | 14 | CA EKU | 15/03/2024 | SA National Junior Age Group |
| 28 | 5:06.95 | L | F | Minke Bester | 14 | PGIM KK | 23/02/2024 | NW School Championships 2024 |
| 29 | 5:07.66 | L | F | Tatum Dace | 14 | NMBA NM | 13/01/2024 | BCA Inter-District Championship Gala |
| 30 | 5:08.41 | L | F | Keilah-Naomi Holthuis | 14 | QSAW CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 31 | 5:09.43 | L | F | Mila De Souza | 14 | EXP TSH | 12/12/2023 | NTS Championships 2023 |
| 32 | 5:10.15 | L | F | Eva Dal Cin | 14 | ELEC TSH | 24/05/2023 | Winter National Championships'23 |
| 33 | 5:10.65 | L | F | Abigail Munro | 14 | USC BUF | 15/12/2023 | NMBA Championships 2023 |
| 34 | 5:11.16 | L | F | Zuri Tome | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 35 | 5:11.36 | L | F | Rozaan Korff | 14 | ACAAQ CCD | 01/12/2023 | Limpopo Champs |
| 36 | 5:11.43 | L | F | Ava Newton | 14 | CASC CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 37 | 5:11.60 | L | F | Hannah Hattingh | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 38 | 5:11.80 | L | F | Tatum Grant | 14 | SOUL EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 39 | 5:12.01 | L | F | Cailleigh De Beer | 14 | BLSS MAN | 16/02/2024 | Neptunes Last chance Gala |
| 40* | 5:12.05 | L | F | Caitlin Rossiter | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 40* | 5:12.05 | L | F | Mariné Pretorius | 14 | UPSK ZMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 42 | 5:12.66 | L | F | Tchisank Banza | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 43 | 5:12.71 | L | F | Madison Coleman | 14 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 44 | 5:14.26 | L | F | Kayla Kleynhans | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 45 | 5:14.84 | L | F | Almi Geyser | 14 | LALE CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 46 | 5:14.91 | L S | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|-----|---------|-------|------|-------------------------|----|-------|-----|---|
| 47 | 5:15.84 | L | F | Megan Mayhew | 14 | WATR | JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 48 | 5:15.98 | L | F | Carla Dannhauser | 14 | TKS | WBD | 20/03/2024 SA Level 3 Regional Age Group |
| 49 | 5:17.25 | L | F | Madison Higgs | 14 | INFA | NMA | 22/07/2023 1st A League Gala 2023 |
| 50 | 5:18.43 | L | F | Inneke Liebenberg | 14 | POTC | KKD | 06/12/2023 NWS Championships 2023/24 |
| 51 | 5:18.50 | L | F | Amy Jackson | 14 | TCA | EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 52 | 5:19.24 | L | F | Cara Visser | 14 | CYBE | CPT | 24/11/2023 CTA A & B CHAMPS 2023 |
| 53 | 5:19.43 | L | F | MacKenzie Bone | 14 | ELEC | FSH | 23/06/2023 Treviso Swim Cup |
| 54 | 5:19.46 | L | F | Lehane Lategan | 14 | FAAC | | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 55 | 5:19.64 | L | F | Danielle Grobler | 14 | BULS | MAN | 13/10/2023 Pelicans Gala |
| 56 | 5:20.06 | L | F | Abigail Blake | 14 | GREY | CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 57 | 5:21.41 | L | F | Lara Janse van Rensburg | 14 | CSA | EZD | 20/03/2024 SA Level 3 Regional Age Group |
| 58 | 5:21.49 | L | F | Cara Rossouw | 14 | TYGE | CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 59 | 5:21.83 | L | F | Payton Aitken | 14 | WSTV | ETH | 21/01/2024 EDA Age Group Gala 5 2024 |
| 60 | 5:21.86 | L | F | Meandri De Vos | 14 | BLOT | MAN | 06/10/2023 Super Seals & Sentraal Aquatics Gala |
| 61 | 5:22.57 | L | F | Katya O'Brien | 14 | BON | EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 62 | 5:23.62 | L | P | Lethokuhle Makhubu | 14 | ACSA | ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 63 | 5:24.26 | L | F | Amore Oosthuizen | 14 | CSA | EZD | 20/03/2024 SA Level 3 Regional Age Group |
| 64 | 5:24.28 | L | F | Gertruida de Witt | 14 | POTC | KKD | 06/12/2023 NWS Championships 2023/24 |
| 65 | 5:24.62 | L | F | Lizelle Venter | 14 | TUKS | FSH | 12/12/2023 NTS Championships 2023 |
| 66 | 5:25.33 | L | F | Kerrigan Hayes | 14 | CASC | CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 67 | 5:25.51 | L | F | Gemma Walters | 14 | DORE | JHB | 30/11/2023 CGA Championships 2023 |
| 68 | 5:25.72 | L | F | Riziki Magotsi | 14 | RSA | | 03/05/2023 CANA Zone IV Swimming Champions |
| 69 | 5:26.13 | L | F | Marne' Van Rensburg | 14 | BLSS | MAN | 06/12/2023 Free State Champs 2023 |
| 70 | 5:26.73 | L | F | Alexis Muller | 14 | AZON | ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 71 | 5:27.59 | L | F | Jamie-Lee Graham | 14 | AA | JHB | 30/11/2023 CGA Championships 2023 |
| 72 | 5:27.88 | L | F | Rebecca Froneman | 14 | STSC | KCD | 27/01/2024 Ushaka Champs 2024 |
| 73 | 5:28.16 | L | F | Kate Douglas | 14 | BAS | EKU | 07/12/2023 EGA Summer Championships |
| 74 | 5:28.21 | L | F | Juanè Burger | 14 | TYGE | CPT | 24/11/2023 CTA A & B CHAMPS 2023 |
| 75 | 5:28.73 | L | F | Isabella Bruyns | 14 | MDOL | JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 76 | 5:29.02 | L | F | Lethabo Masemola | 14 | WATR | JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 77 | 5:29.66 | L | F | Nikita Govind | 14 | TRAZ | FSH | 12/12/2023 NTS Championships 2023 |
| 78 | 5:29.75 | L | F | Abbigail Kulynych | 14 | BAS | EKU | 07/12/2023 EGA Summer Championships |
| 79 | 5:30.14 | L | F | Annabelle Van Rensburg | 14 | TUKS | FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 80 | 5:31.13 | L | F | Aliyah De Oliveira | 14 | TYGE | CPT | 16/09/2023 CTA A MEET 3 |
| 81 | 5:32.01 | L | F | Indigo Woodburn | 14 | MDOL | JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 82 | 5:33.69 | L | F | Xanri Muller | 14 | GHSK | | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 83 | 5:34.84 | L | F | Aryana Cloete-Hopkins | 14 | SSISA | CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 84 | 5:35.22 | L | F | Miya Krog | 14 | SAAW | CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 85 | 5:35.74 | L | F | Kutlo Kesilwe | 14 | TUKS | FSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 86 | 5:36.48 | L | F | Sylvie de Bruyn | 14 | BULS | MAN | 27/10/2023 Neptune Prestige Gala |
| 87 | 5:37.57 | L | F | Anja Volschenk | 14 | BLSS | MAN | 06/12/2023 Free State Champs 2023 |
| 88 | 5:38.43 | L | F | Emma-Lee Theron | 14 | BLSS | MAN | 01/09/2023 Seals Gala |
| 89 | 5:38.83 | L | F | Marlo Lensing | 14 | UPSK | ZMD | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 90 | 5:40.19 | L | F | Christa de Beer | 14 | PGIM | KK | 23/02/2024 NW School Championships 2024 |
| 91 | 5:40.23 | L | F | Tiffany Prins | 14 | KTS | | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 92 | 5:41.12 | L | F | Mine Prinsloo | 14 | BLSS | MAN | 21/03/2024 SA Level 3 Regional Age Group |
| 93 | 5:41.55 | L | F | Nikita Grant | 14 | WSTV | ETH | 24/11/2023 Westville-Seals LC Championships |
| 94 | 5:42.16 | L | F | Lili Annandale | 14 | BULS | MAN | 06/12/2023 Free State Champs 2023 |
| 95 | 5:44.25 | L | F | Dedre Engelbrecht | 14 | RBOT | BPD | 06/12/2023 NWS Championships 2023/24 |
| 96 | 5:45.24 | L | F | Keira Ellerbeck | 14 | H2O | EKU | 26/01/2024 EGA Last Chance 2024 |
| 97 | 5:45.73 | L | P | Cailyn Clowes | 14 | PSCP | UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 98 | 5:48.03 | L | F | Jani Visagie | 14 | SWAR | WCD | 11/11/2023 Swartland Prestige Gala 2023 |
| 99 | 5:48.31 | L | F | Simone' Pretorius | 14 | BETH | FDD | 06/12/2023 Free State Champs 2023 |
| 100 | 5:48.93 | L | F | Victoria Bulhakova | 14 | SWIFT | EKU | 20/03/2024 SA Level 3 Regional Age Group |
| 101 | 5:49.24 | L | F | Ona-Mari Van Niekerk | 14 | FISH | EDD | 24/06/2023 PEA Winter Gala 2023 |
| 102 | 5:50.67 | L | F | Kapitolina Xaba | 14 | SASE | JHB | 30/11/2023 CGA Championships 2023 |
| 103 | 5:51.94 | L | F | Ane Snyders | 14 | BLSS | MAN | 01/09/2023 Seals Gala |
| 104 | 5:55.10 | L | F | Kayden O'connor | 14 | PEAS | NMA | 24/06/2023 PEA Winter Gala 2023 |
| 105 | 5:59.94 | L | F | Karla Lemmer | 14 | USH | KCD | 21/10/2023 Froggies Championships 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----------------------------|-------------|-------|------------------------|--------|-----------|------------|--------------------------------------|
| 106 | 6:00.11 L | F | Tamlyn Kew | 14 | CSC FSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 107 | 6:00.65 L | F | Amara Okoye | 14 | PAC FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 108 | 6:03.62 L | F | Ariel De Bruyn | 14 | CSA EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 109 | 6:03.64 L | F | Rebekah Van Coller | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 110 | 6:06.35 L | F | Ameera Motala | 14 | ATLA JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 111 | 6:06.90 L | F | Sulize Henning | 14 | HREF BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 112 | 6:10.84 L | F | Jessie Ludick | 14 | CASC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 113 | 6:11.33 L | F | Rachel Henley | 14 | ESTR EKU | 26/01/2024 | EGA Last Chance 2024 |
| 114 | 6:12.00 L | O | Janke Steenkamp | 14 | UNI EZD | 05/11/2023 | MP Open Water 2 - 5th November 2023 |
| 115 | 6:13.41 L | F | Buhlebemvelo Mdluli | 14 | WSTV ETH | 21/01/2024 | EDA Age Group Gala 5 2024 |
| 116 | 6:15.15 L | F | Hazel Hutchison | 14 | FAAC | 24/06/2023 | PEA Winter Gala 2023 |
| 117 | 6:18.16 L | F | Melandri Vermaak | 14 | TINC FSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 118 | 6:18.17 L S | F | Nasheetah Jephta | 14 | MANT CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 119 | 6:18.87 L | F | Emmelize Loots | 14 | TYGE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 120 | 6:19.21 L | F | Kawanelo Linake | 14 | TRAZ FSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 121 | 6:19.33 L | F | Elandri Du Randt | 14 | BETH FDD | 18/11/2023 | Valsrivier Gala |
| 122 | 6:20.40 L | F | Chandre Cloete | 14 | UNI EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 123 | 6:20.69 L | F | Leila Smit | 14 | CSC FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 124 | 6:23.00 L | F | Silizwiwe Giyose | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 125 | 6:25.00 L | F | Inge Vd Walt | 14 | TUKS FSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 126 | 6:29.58 L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 127 | 6:31.04 L | F | Nieke Engelbrecht | 14 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 128 | 6:31.97 L | F | Macayle Eisen | 14 | UNI EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 129 | 6:39.36 L | F | Delise Malenza | 14 | CASC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 130 | 6:42.08 L | F | Lyla Shekel | 14 | CYBE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 131 | 6:47.46 L | F | Gabriella Goncalves | 14 | SOUL EKU | 28/10/2023 | EGA Summer 2 2023 |
| 132 | 6:52.16 L | F | Kaylee Glutz | 14 | SEALI HLD | 21/10/2023 | Froggies Championships 2023 |
| 133 | 6:55.98 L S | F | Hanna Mia | 14 | MANT CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 134 | 6:56.54 L | F | Emmah Myburgh | 14 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 135 | 7:02.57 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 136 | 7:03.97 L | F | Nina Cloete | 14 | FISH EDD | 20/01/2024 | EDEN 4th A-League Gala 2024 |
| 137 | 7:07.17 L | F | Jasmine Hirshovitz | 14 | GREY CPT | 11/11/2023 | Winelands SL4 |
| 138 | 7:20.89 L | F | Imke Botha | 14 | RHS BP | 23/02/2024 | NW School Championships 2024 |
| 139 | 7:24.57 L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 140 | 7:28.02 L S | F | Mia Okkers | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 141 | 8:21.25 L | F | Mpho Mwanza | 14 | ESP EKU | 28/10/2023 | EGA Summer 2 2023 |
| 142 | 9:01.78 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 13/10/2023 | Pelicans Gala |
| Women 14-14 800 Free | | | | | | | |
| 1 | 9:05.90 L | F | Amelie Kleine | 14 | AGC FSH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 2 | 9:27.19 L | F | Sienna Gous | 14 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 3 | 9:35.26 L | F | Kylie De Bruyn | 14 | AGC FSH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 4 | 9:45.28 L | F | Zuria Venter | 14 | CA EKU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 5 | 9:47.42 L | F | Blake Morris | 14 | LINR JHB | 15/03/2024 | SA National Junior Age Group |
| 6 | 9:49.12 L | F | Anja Buitendach | 14 | MP EZD | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 7 | 9:51.29 L | F | Abigail Kotze | 14 | TYGE CPT | 16/09/2023 | CTA A MEET 3 |
| 8 | 10:01.02 L | F | Evelyn Malan | 14 | TUKS FSH | 15/03/2024 | SA National Junior Age Group |
| 9 | 10:03.76 L | F | Kato' van Niekerk | 14 | TUKS FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 10 | 10:04.22 L | F | Arabelle Grütter | 14 | ROA EDD | 15/03/2024 | SA National Junior Age Group |
| 11 | 10:04.37 L | F | Reese Noble | 14 | SAAW CPT | 15/03/2024 | SA National Junior Age Group |
| 12 | 10:10.48 L | F | Shannon Hugo | 14 | SEAL UMD | 15/03/2024 | SA National Junior Age Group |
| 13 | 10:11.54 L | F | Marike Raimond | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 14 | 10:13.89 L | F | Taylor Kassebaum | 14 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 15 | 10:16.87 L | F | Kacey Hughes | 14 | STSC KCD | 15/03/2024 | SA National Junior Age Group |
| 16 | 10:19.53 L | F | Lize-Marie Kruger | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 17 | 10:21.37 L | F | Amy Hartung | 14 | ASAC CPT | 15/03/2024 | SA National Junior Age Group |
| 18 | 10:22.73 L | F | Scarlett Friis | 14 | KLOO ETH | 15/03/2024 | SA National Junior Age Group |
| 19 | 10:28.67 L | F | Demi Putter | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 20 | 10:31.44 L | F | Mia Groenewald | 14 | KTS | 24/11/2023 | AGE GROUP 2 KATHU 2023 |
| 21 | 10:31.75 L | F | Micah Marx | 14 | CA EKU | 11/11/2023 | EGA Summer 3 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|----|----------|-------|------|-------------------------|----|-----------|---|
| 22 | 10:32.63 | L | F | Tchisank Banza | 14 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 23 | 10:33.65 | L | F | Paige Meeser | 14 | CA EKU | 15/03/2024 SA National Junior Age Group |
| 24 | 10:34.44 | L | F | Rozaan Korff | 14 | ACAAQ CCD | 01/12/2023 Limpopo Champs |
| 25 | 10:36.42 | L | F | Gabriella Boerstra | 14 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 26 | 10:37.89 | L | F | Ava Newton | 14 | CASC CPT | 15/03/2024 SA National Junior Age Group |
| 27 | 10:40.60 | L | F | Eva Dal Cin | 14 | ELEC TSH | 15/03/2024 SA National Junior Age Group |
| 28 | 10:41.12 | L | F | Minke Bester | 14 | MATL KKD | 15/03/2024 SA National Junior Age Group |
| 29 | 10:56.97 | L | F | Meandri De Vos | 14 | FSA FS | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 30 | 10:57.48 | L | F | Kayla Kleynhans | 14 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 31 | 11:00.01 | L | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 32 | 11:03.01 | L | F | Madison Coleman | 14 | BLMA CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 33 | 11:03.99 | L | F | Tatum Grant | 14 | SOUL EKU | 11/11/2023 EGA Summer 3 |
| 34 | 11:05.58 | L | F | Kerrigan Hayes | 14 | CASC CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 35 | 11:05.98 | L | F | Margo Senekal | 14 | TYGE CPT | 16/09/2023 CTA A MEET 3 |
| 36 | 11:09.58 | L | F | Lehane Lategan | 14 | FAAC | 14/10/2023 FLAMINGO GALA 14 - 15 OCTOBER |
| 37 | 11:11.46 | L | F | Mikayla Frösler | 14 | BEST NMA | 22/07/2023 1st A League Gala 2023 |
| 38 | 11:17.00 | L | F | Ava Strong | 14 | PEAS NMA | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 39 | 11:18.18 | L | F | Juanè Burger | 14 | TYGE CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 40 | 11:20.60 | L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 41 | 11:26.61 | L | F | Marne' Van Rensburg | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 42 | 11:27.37 | L | F | Gemma Walters | 14 | DORE JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 43 | 11:29.03 | L | F | Amy Jackson | 14 | TCA EKU | 11/11/2023 EGA Summer 3 |
| 44 | 11:33.03 | L | F | Mariné Pretorius | 14 | KALA | 24/11/2023 AGE GROUP 2 KATHU 2023 |
| 45 | 11:33.46 | L | F | Caitlin Rossiter | 14 | HREF BP | 21/10/2023 NWS Age Group 1 & 2 2023 |
| 46 | 11:39.84 | L | F | Emma-Lee Theron | 14 | BLSS MAN | 27/10/2023 Neptune Prestige Gala |
| 47 | 11:41.93 | L | F | Marlo Lensing | 14 | UPSK ZMD | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 48 | 11:42.05 | L | F | Tiffany Prins | 14 | KTS | 24/11/2023 AGE GROUP 2 KATHU 2023 |
| 49 | 11:42.29 | L | F | Abbigail Kulynych | 14 | BAS EKU | 11/11/2023 EGA Summer 3 |
| 50 | 11:44.15 | L | F | Kate Douglas | 14 | BAS EKU | 11/11/2023 EGA Summer 3 |
| 51 | 11:44.21 | L | F | Katya O'Brien | 14 | BON EKU | 11/11/2023 EGA Summer 3 |
| 52 | 11:52.99 | L | F | Kutlo Kesilwe | 14 | TUKS TSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 53 | 11:53.02 | L | F | Xanri Muller | 14 | GHSK | 11/11/2023 AGE GROUP 1 |
| 54 | 11:57.96 | L | F | Kay-Lee Mouton | 14 | SWAR WCD | 11/11/2023 Swartland Prestige Gala 2023 |
| 55 | 11:59.05 | L | F | Rachel Fairweather | 14 | HPS TSH | 16/02/2024 NTS February Open Age Group 2024 |
| 56 | 12:00.30 | L | F | Ella Lombard | 14 | AA JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 57 | 12:17.42 | L | F | Karla Lemmer | 14 | USH KCD | 18/11/2023 KCDA November Age Group Gala 2023 |
| 58 | 12:37.50 | L | F | Victoria Bulhakova | 14 | SWIFT EKU | 11/11/2023 EGA Summer 3 |
| 59 | 12:46.03 | L | F | Lili Annandale | 14 | BULS MAN | 19/08/2023 Super Seals Prestige Gala |
| 60 | 12:54.40 | L | F | Keira Ellerbeck | 14 | H2O EKU | 11/11/2023 EGA Summer 3 |
| 61 | 12:54.51 | L | F | Hazel Hutchison | 14 | FAAC | 24/06/2023 PEA Winter Gala 2023 |
| 62 | 13:01.18 | L | F | Siliziwe Giyose | 14 | USC BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 63 | 13:18.63 | L | F | Chandre Cloete | 14 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 64 | 13:38.41 | L | F | Callen Campbell | 14 | WEST CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 65 | 13:52.86 | L | F | Simone' Pretorius | 14 | BETH FDD | 19/08/2023 Super Seals Prestige Gala |
| 66 | 14:07.45 | L | F | Emmah Myburgh | 14 | UPSK ZMD | 03/11/2023 UPINGTON 2023 |
| 67 | 14:13.15 | L | F | Nieke Engelbrecht | 14 | UPSK ZMD | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |
| 68 | 14:20.81 | L | F | Melinda Dippenaar | 14 | FSA FS | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 69 | 15:04.89 | L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 BCA Long Course Championships 2023 |
| 70 | 15:13.89 | L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 03/11/2023 UPINGTON 2023 |
| 71 | 16:03.86 | L | F | Elandri Du Randt | 14 | BETH FDD | 19/08/2023 Super Seals Prestige Gala |
| 72 | 17:15.65 | L | F | Lutendo Mphelo | 14 | BETH FDD | 16/02/2024 Neptunes Last chance Gala |

Women 14-14 1500 Free

| | | | | | | | |
|---|----------|-----|---|------------------|----|----------|---|
| 1 | 18:08.82 | L S | F | Sienna Gous | 14 | INFA NMA | 15/03/2024 SA National Junior Age Group |
| 2 | 18:14.96 | L S | F | Kylie De Bruyn | 14 | TUKS TSH | 15/03/2024 SA National Junior Age Group |
| 3 | 18:33.76 | L | F | Zuria Venter | 14 | CA EKU | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 4 | 18:43.94 | L | F | Blake Morris | 14 | LINR JHB | 17/02/2024 CGA Level 2+ Gala 17 Feb 2024 |
| 5 | 19:10.98 | L | F | Arabelle Grütter | 14 | ROA EDD | 09/02/2024 Infinity Gala 2024 |
| 6 | 19:21.13 | L S | F | Reese Noble | 14 | SAAW CPT | 15/03/2024 SA National Junior Age Group |
| 7 | 19:39.31 | L | F | Taylor Kassebaum | 14 | AA JHB | 14/12/2023 KZNA 2023 Championships Incorp SSA |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|------------------------------|----------|-------|------|-------------------------|----|----------|------------|--------------------------------------|
| 8 | 19:40.40 | L S | F | Marike Raimond | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 9 | 19:56.01 | L | F | Lize-Marie Kruger | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 10 | 19:59.59 | L S | F | Amy Hartung | 14 | ASAC CPT | 15/03/2024 | SA National Junior Age Group |
| 11 | 20:00.06 | L | F | Eva Dal Cin | 14 | ELEC TSH | 09/11/2023 | Mauritius Summer Championships (LC) |
| 12 | 20:20.99 | L S | F | Minke Bester | 14 | MATL KKD | 15/03/2024 | SA National Junior Age Group |
| 13 | 20:22.33 | L S | F | Paige Meeser | 14 | CA EKU | 15/03/2024 | SA National Junior Age Group |
| 14 | 20:23.94 | L | F | Anja Buitendach | 14 | UNI EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 15 | 20:33.77 | L | F | Demi Putter | 14 | CASC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 16 | 20:37.62 | L | F | Micah Marx | 14 | CA EKU | 28/10/2023 | EGA Summer 2 2023 |
| 17 | 20:45.14 | L | O | Mikayla Frösler | 14 | ECA BUF | 08/03/2024 | SA National OWS Championship |
| 18 | 21:10.02 | L | F | Rozaan Korff | 14 | ACAQ CCD | 17/11/2023 | NTS Level 3+ November Age Group |
| 19 | 21:16.20 | L | F | Tatum Grant | 14 | SOUL EKU | 24/11/2023 | EGA Summer 4 |
| 20 | 21:16.67 | L | F | Alexa Basso | 14 | SOUL EKU | 24/11/2023 | EGA Summer 4 |
| 21 | 21:17.56 | L | F | Kayla Kleynhans | 14 | TUKS TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 22 | 21:30.93 | L | F | Xanri Muller | 14 | GHSK | 10/02/2024 | AGE GROUP 6 UPT - 2024 |
| 23 | 21:33.41 | L | F | Isabella Bruyns | 14 | MDOL JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 24 | 21:41.25 | L | F | Marlo Lensing | 14 | NC FB | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 25 | 21:50.63 | L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 26 | 21:52.00 | L | O | Jamie-Lee Graham | 14 | AA JHB | 21/10/2023 | AG Open Water Series #1 |
| 27 | 21:58.63 | L S | F | Marne' Van Rensburg | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 28 | 21:59.97 | L | F | Caitlin Rossiter | 14 | HREF BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 29 | 22:44.00 | L | O | Madison Smith | 14 | CA EKU | 21/10/2023 | AG Open Water Series #1 |
| 30 | 23:14.00 | L | O | Khayla Wicomb | 14 | OLDE JHB | 21/10/2023 | AG Open Water Series #1 |
| 31 | 23:27.16 | L | F | Hazel Hutchison | 14 | FAAC | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 32 | 23:40.00 | L | O | Amy Jackson | 14 | TCA EKU | 20/01/2024 | Prime View Swim Festival #3 |
| 33 | 24:34.37 | L | F | Simone' Pretorius | 14 | BETH FDD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 34 | 24:57.00 | L | O | Keira Ellerbeck | 14 | H2O EKU | 20/01/2024 | Prime View Swim Festival #3 |
| 35 | 25:11.27 | L | F | Tchisank Banza | 14 | UNI EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 36 | 25:22.67 | L | F | Chandre Cloete | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 37 | 25:43.46 | L | F | Kayden Mauer | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 38 | 26:09.21 | L | F | Erin Stead | 14 | FRA KCD | 03/02/2024 | KCDA February Age Group 2024 |
| 39 | 26:23.87 | L | F | Anieke Prinsloo | 14 | BETH FDD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 40 | 27:30.75 | L | F | Nieke Engelbrecht | 14 | UPSK ZMD | 03/11/2023 | UPINGTON 2023 |
| 41 | 27:31.22 | L | F | Emmah Myburgh | 14 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 42 | 28:17.00 | L | O | Ameera Motala | 14 | ATLA JHB | 20/01/2024 | Prime View Swim Festival #3 |
| 43 | 28:59.00 | L | O | Paige Van Niekerk | 14 | AFIN JHB | 20/01/2024 | Prime View Swim Festival #3 |
| 44 | 29:33.00 | L | O | McKenzie Jones | 14 | ESTR EKU | 20/01/2024 | Prime View Swim Festival #3 |
| 45 | 29:46.01 | L | F | Melinda Dippenaar | 14 | BS LLD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 46 | 29:48.96 | L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 03/11/2023 | UPINGTON 2023 |
| 47 | 30:12.00 | L | O | Mieke Pauer | 14 | NAE EZD | 05/11/2023 | MP Open Water 2 - 5th November 2023 |
| 48 | 30:46.00 | L | O | Cayla Boardman | 14 | CA EKU | 20/01/2024 | Prime View Swim Festival #3 |
| 49 | 37:09.59 | L | O | Kirsten Roos | 14 | EXA EZD | 04/02/2024 | MPUMALANGA OPEN WATER 4 - 4 |
| Women 14-14 3000 Free | | | | | | | | |
| 1 | 39:10.00 | L | O | Zuria Venter | 14 | CA EKU | 21/10/2023 | AG Open Water Series #1 |
| 2 | 39:18.00 | L | O | Taylor Kassebaum | 14 | AA JHB | 21/10/2023 | AG Open Water Series #1 |
| 3 | 39:34.12 | L | O | Sienna Gous | 14 | ECA BUF | 08/03/2024 | SA National OWS Championship |
| 4 | 41:55.01 | L | O | Caitlin Rossiter | 14 | NWS | 08/03/2024 | SA National OWS Championship |
| 5 | 41:57.51 | L | O | Kayla Kleynhans | 14 | HREF BP | 08/03/2024 | SA National OWS Championship |
| 6 | 41:58.81 | L | O | Amy Hartung | 14 | NWS | 08/03/2024 | SA National OWS Championship |
| 7 | 42:37.26 | L | O | Reese Noble | 14 | NWS | 08/03/2024 | SA National OWS Championship |
| 8 | 43:23.77 | L | O | Mikayla Frösler | 14 | ECA BUF | 08/03/2024 | SA National OWS Championship |
| 9 | 43:43.65 | L | O | Lize-Marie Kruger | 14 | FSA FS | 08/03/2024 | SA National OWS Championship |
| 10 | 44:01.25 | L | O | Marike Raimond | 14 | NWS | 08/03/2024 | SA National OWS Championship |
| 11 | 45:39.06 | L | O | Anja Buitendach | 14 | UNI EZD | 04/02/2024 | MPUMALANGA OPEN WATER 4 - 4 |
| 12 | 47:19.00 | L | O | Gabriella Boerstra | 14 | TUKS TSH | 20/01/2024 | Prime View Swim Festival #3 |
| 13 | 48:21.00 | L | O | Amy Jackson | 14 | TCA EKU | 20/01/2024 | Prime View Swim Festival #3 |
| 14 | 53:18.00 | L | O | Khayla Wicomb | 14 | OLDE JHB | 20/01/2024 | Prime View Swim Festival #3 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------------------------------|--------------|-------|-------------------------|--------|----------|------------|--------------------------------------|
| Women 14-14 5000 Free | | | | | | | |
| 1 | 1:05:05.32 L | O | Mikayla Frösler | 14 | RSA | 10/12/2023 | 15th African Junior Cham |
| 2 | 1:09:26.06 L | O | Sienna Gous | 14 | ECA BUF | 08/03/2024 | SA National OWS Championship |
| 3 | 1:12:14.00 L | O | Taylor Kassebaum | 14 | AA JHB | 20/01/2024 | Prime View Swim Festival #3 |
| 4 | 1:14:54.06 L | O | Reese Noble | 14 | NWS | 08/03/2024 | SA National OWS Championship |
| 5 | 1:15:35.09 L | O | Kayla Kleynhans | 14 | HREF BP | 08/03/2024 | SA National OWS Championship |
| 6 | 1:15:56.80 L | O | Amy Hartung | 14 | NWS | 08/03/2024 | SA National OWS Championship |
| Women 14-14 50 Back | | | | | | | |
| 1 | 30.49 L | F | Bailey Lambert | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 2 | 30.72 L | F | Christina Orchard | 14 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 3 | 31.24 L | F | Lilianne Hebler | 14 | QSAW CED | 15/03/2024 | SA National Junior Age Group |
| 4 | 31.36 L | F | Abigail Kotze | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 5 | 32.55 L | F | Amelie Kleine | 14 | TUKS TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 6 | 32.70 L | P | Sylvie de Bruyn | 14 | BULS MAN | 19/04/2024 | SA Schools Swimming Championship |
| 7 | 32.92 L | F | Kato' van Niekerk | 14 | TUKS TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 8 | 33.02 L | F | Sienna Gous | 14 | INFA NMA | 15/12/2023 | NMBA Championships 2023 |
| 9 | 33.04 L | P | Ava Newton | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 10 | 33.08 L | P | Mikayla Frösler | 14 | BEST NMA | 09/02/2024 | Infinity Gala 2024 |
| 11 | 33.23 L | F | Sadie Roberts | 14 | ASA ILD | 15/03/2024 | SA National Junior Age Group |
| 12 | 33.65 L | F | Ella Jv Rensburg | 14 | SS MPD | 15/03/2024 | SA National Junior Age Group |
| 13 | 33.70 L | P | Stephanie Dannhauser | 14 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |
| 14 | 33.74 L | F | Isabella Bruyns | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 15 | 33.77 L | P | Madison Higgs | 14 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 16 | 33.80 L | F | Caileigh De Beer | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 17 | 33.85 L | P | Gemma Walters | 14 | DORE JHB | 15/03/2024 | SA National Junior Age Group |
| 18 | 33.92 L S | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 19 | 34.01 L | F | Payton Aitken | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 20 | 34.05 L | F | Carla Dannhauser | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 21 | 34.08 L | F | Maya Mgcina | 14 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 22 | 34.16 L | P | Kerrigan Hayes | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 23 | 34.23 L | F | Elizabeth Viljoen | 14 | HREF BP | 20/03/2024 | SA Level 3 Regional Age Group |
| 24 | 34.25 L | P | Lyla vd Spuy | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 25 | 34.32 L | F | Mia Groenewald | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |
| 26 | 34.36 L | P | Addison Doolan | 14 | AA JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 27 | 34.38 L | P | Demi Putter | 14 | CASC CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 28 | 34.59 L | F | Gabi McQuinn | 14 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 29 | 34.73 L | P | Dedre Engelbrecht | 14 | RBOT BPD | 15/03/2024 | SA National Junior Age Group |
| 30 | 34.79 L | P | Sulize Henning | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 31 | 34.80 L | F | Hannah De Necker | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 32 | 34.86 L | P | Sam Juries | 14 | CLSC WCD | 15/03/2024 | SA National Junior Age Group |
| 33 | 34.93 L | P | Cara Visser | 14 | CYBE CPT | 15/03/2024 | SA National Junior Age Group |
| 34 | 34.98 L | P | Eva Neumann | 14 | GSA CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 35 | 35.06 L | F | Kate Douglas | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 36 | 35.14 L | P | Caitlin Rossiter | 14 | HREF BP | 15/03/2024 | SA National Junior Age Group |
| 37 | 35.25 L | F | Keilah-Naomi Holthuis | 14 | QSAW CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 38 | 35.34 L | P | Ava Strong | 14 | PEAS NMA | 19/04/2024 | SA Schools Swimming Championship |
| 39 | 35.40 L | F | Kristen Billett | 14 | ELEC TSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 |
| 40 | 35.43 L | P | Amara Okoye | 14 | PAC TSH | 12/12/2023 | NTS Championships 2023 |
| 41 | 35.47 L | P | Milan Ferreira | 14 | TASC MPD | 20/03/2024 | SA Level 3 Regional Age Group |
| 42 | 35.50 L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 43* | 35.51 L | F | Darina Milanova | 14 | PAC TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 43* | 35.51 L | P | Arabelle Grütter | 14 | WCA CPT | 19/04/2024 | SA Schools Swimming Championship |
| 45 | 35.56 L | P | Megan Jansen | 14 | UNI EZD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 46 | 35.66 L | F | Miane Kasselmann | 14 | RBOT BPD | 11/11/2023 | NWS Age Group 3 + 4 |
| 47 | 35.68 L | P | Marike Raimond | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 48 | 35.71 L | F | Amore Oosthuizen | 14 | NSAD EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 49 | 35.76 L | F | Mikayla Hinkley | 14 | PER JHB | 30/11/2023 | CGA Championships 2023 |
| 50 | 35.90 L | F | Tchisank Banza | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-----|--------|-------|------|-----------------------|----|-------|-----|------------|--------------------------------------|
| 51 | 35.92 | L | F | Mi-Ly Vd Merwe | 14 | LALE | GED | 11/11/2023 | Winelands SL4 |
| 52 | 35.96 | L | F | Minette Van Zyl | 14 | INFA | NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 53 | 36.01 | L | F | Emma Nolan | 14 | MDOL | JHB | 30/11/2023 | CGA Championships 2023 |
| 54 | 36.05 | L | P | Beané Noeth | 14 | UPSK | ZMD | 15/03/2024 | SA National Junior Age Group |
| 55* | 36.19 | L | F | Emma-Lee Theron | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 55* | 36.19 | L | F | Kapitolina Xaba | 14 | SASE | JHB | 30/11/2023 | CGA Championships 2023 |
| 57* | 36.21 | L S | F | Madison Coleman | 14 | BLMA | CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 57* | 36.21 | L | P | Arne' Dreyer | 14 | STAQ | GED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 59 | 36.22 | L | F | Alexis Muller | 14 | AZON | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 60 | 36.24 | L | F | Kylie De Bruyn | 14 | TUKS | FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 61* | 36.25 | L | F | Sharni-Marie Watson | 14 | PAC | FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 61* | 36.25 | L | P | Christa de Beer | 14 | POTC | KKD | 20/03/2024 | SA Level 3 Regional Age Group |
| 63 | 36.28 | L | F | Lili Annandale | 14 | BULS | MAN | 06/12/2023 | Free State Champs 2023 |
| 64 | 36.29 | L | P | Aryana Cloete-Hopkins | 14 | SSISA | CPT | 15/03/2024 | SA National Junior Age Group |
| 65 | 36.38 | L | F | Kaylin Fabricius | 14 | BARR | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 66 | 36.39 | L | F | Hannah Du Toit | 14 | ELEC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 67 | 36.41 | L | F | Carmen Stapelberg | 14 | TINC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 68 | 36.52 | L | P | Shalem Mashingaidze | 14 | GAU | JHB | 19/04/2024 | SA Schools Swimming Championship |
| 69 | 36.53 | L | F | Anja Buitendach | 14 | UNI | EZD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 70* | 36.55 | L | P | Abigail Munro | 14 | USC | BUF | 24/06/2023 | PEA Winter Gala 2023 |
| 70* | 36.55 | L | P | Aliyah De Oliveira | 14 | TYGE | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 70* | 36.55 | L | F | Paige Meeser | 14 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 73 | 36.65 | L | P | Lizelle Venter | 14 | TUKS | FSH | 15/03/2024 | SA National Junior Age Group |
| 74 | 36.68 | L | F | Mia Vorster | 14 | SWAR | WCD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 75 | 36.83 | L | F | Margo Senekal | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 76 | 36.84 | L | P | Marne' Van Rensburg | 14 | BLSS | MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 77 | 36.95 | L | F | Kirsten Myers | 14 | SSISA | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 78 | 36.97 | L | F | Kyrah Mack | 14 | PEAS | NMA | 23/09/2023 | 3rd A League Gala 2023 |
| 79 | 36.98 | L S | F | Gertruida de Witt | 14 | POTC | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 80 | 37.08 | L | F | Mine Prinsloo | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 81 | 37.17 | L | F | Evelyn Malan | 14 | TUKS | FSH | 23/02/2024 | NTS Prestige AG February 2024 |
| 82 | 37.18 | L S | F | Minke Bester | 14 | MATL | KKD | 06/12/2023 | NWS Championships 2023/24 |
| 83* | 37.23 | L | P | Amy Jackson | 14 | TCA | EKU | 07/12/2023 | EGA Summer Championships |
| 83* | 37.23 | L | P | Tiffany Prins | 14 | NC | FB | 19/04/2024 | SA Schools Swimming Championship |
| 85 | 37.25 | L | P | Abigail Blake | 14 | GREY | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 86 | 37.28 | L | F | Shannon Hugo | 14 | KLOO | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 87 | 37.30 | L | P | Jade Van Vuuren | 14 | WATR | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 88 | 37.42 | L S | F | Gabriella Baillie | 14 | ROA | EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 89 | 37.45 | L | F | Anri Maree | 14 | BS | LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 90 | 37.47 | L | F | Rozaan Korff | 14 | ACAQ | CCD | 01/12/2023 | Limpopo Champs |
| 91 | 37.51 | L | P | Madison Smith | 14 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 92 | x37.59 | L | F | Gabriela Sa | 14 | ASAC | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 93 | 37.59 | L | F | Shayla WHYTE | 14 | MDOL | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 94 | 37.60 | L | F | Zuri Tome | 14 | TUKS | FSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 95 | 37.65 | L | F | Sydni Adams | 14 | VINE | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 96 | 37.67 | L | P | Lethabo Masemola | 14 | WATR | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 97 | 37.78 | L | P | Rachel Fairweather | 14 | HPS | FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 98 | 37.80 | L | F | Takalani Mudau | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 99 | 37.85 | L | F | Mila De Souza | 14 | EXP | FSH | 26/01/2024 | NTS Level 3+ Januara Age Group 2024 |
| 100 | 37.88 | L | P | Odette Upton | 14 | TKS | WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 101 | 37.91 | L | P | Kayla Kleynhans | 14 | TUKS | FSH | 12/12/2023 | NTS Championships 2023 |
| 102 | 37.98 | L | P | Amy Walton | 14 | AZON | ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 103 | 38.02 | L | P | Leila Smit | 14 | CSC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 104 | 38.05 | L | F | Jemma Hendricks | 14 | LALE | GED | 10/02/2024 | WCA-B Champs - 2024 |
| 105 | 38.06 | L | F | Alexa Cave | 14 | MDOL | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 106 | 38.08 | L | F | Kayden O'connor | 14 | PEAS | NMA | 09/02/2024 | Infinity Gala 2024 |
| 107 | 38.11 | L | F | Lize-Marie Kruger | 14 | BLSS | MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 108 | 38.13 | L | P | Caitlin Knight | 14 | WATR | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 109 | 38.14 | L | P | Sahana Dayaram | 14 | DORE | JHB | 30/11/2023 | CGA Championships 2023 |

Individual Top Times

Times since: 01-May-23
Number of Top Times: All

Times until: 30-Apr-24
Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|-------|-------|------|--------------------------|----|-------|-----|------------|---|
| 110 | 38.27 | L | F | Gabriella Boerstra | 14 | TUKS | FSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 111* | 38.28 | L | F | Ane Snyders | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 111* | 38.28 | L | F | Elandri Du Randt | 14 | BETH | FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 111* | 38.28 | L | F | Kendal McKay | 14 | PRIO | NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 114 | 38.36 | L | F | Hazel Hutchison | 14 | FAAC | | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 115 | 38.40 | L | F | Sinead De Wet | 14 | CRSC | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 116 | 38.44 | L | F | Indigo Woodburn | 14 | MDOL | JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 117 | 38.45 | L | F | Emma Hagglund | 14 | SSISA | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 118 | 38.46 | L | P | Talitha Schuch | 14 | LEGC | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 119 | 38.51 | L | F | Ariel De Bruyn | 14 | CSA | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 120 | 38.52 | L | F | Lana Pretorius | 14 | LALE | GED | 03/02/2024 | Winelands SL final |
| 121 | 38.60 | L S | F | Klara Weber | 14 | PLAY | GED | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 122 | 38.63 | L | F | Mienke Kempen | 14 | LALE | GED | 03/02/2024 | Winelands SL final |
| 123 | 38.71 | L | P | Daizeli Bosman | 14 | PLAY | GED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 124 | 38.76 | L | F | Freyja Weaver | 14 | OHAN | ILD | 27/01/2024 | Ushaka Champs 2024 |
| 125 | 38.77 | L | F | Micah Marx | 14 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 126 | 38.80 | L | F | Daniella Myburg | 14 | BLSS | MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 127 | 38.88 | L | F | Georgia Wichmann | 14 | MGSC | UGD | 24/11/2023 | Westville-Seals LC Championships |
| 128* | 38.89 | L | F | Abigail Wilcocks | 14 | PAC | FSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 128* | 38.89 | L | F | McKenzie Jones | 14 | ESTR | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 130 | 38.94 | L | F | Jesse Kirsten | 14 | BLOT | MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 131 | 38.95 | L | P | Abigail Suckling | 14 | FSE | KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 132 | 38.96 | L | F | Anike Taljaard | 14 | PSCP | UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 133* | 38.98 | L | P | Macayle Eisen | 14 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 133* | 38.98 | L | F | Maria Barreiros | 14 | ELEC | FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 135 | 38.99 | L | F | Yulinke Haynes | 14 | RFA | FSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 136 | 39.03 | L | F | Anja Volschenk | 14 | BLSS | MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 137 | 39.08 | L | F | Rivani Naidoo | 14 | ELEC | FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 138 | 39.13 | L | F | Huei-Ing Chen | 14 | DORE | JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 139 | 39.14 | L | F | Leila Van Zyl | 14 | QUIC | CPT | 21/01/2024 | CTA BMEET 4 |
| 140 | 39.18 | L | F | Abbigail Kulynych | 14 | BAS | EKU | 07/12/2023 | EGA Summer Championships |
| 141* | 39.27 | L | F | Inge Vd Walt | 14 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 141* | 39.27 | L | P | Rebecca Froneman | 14 | STSC | KCD | 20/03/2024 | SA Level 3 Regional Age Group |
| 143 | 39.32 | L | F | Milan Janse van Rensburg | 14 | INFA | NMA | 22/07/2023 | 1st A League Gala 2023 |
| 144 | 39.40 | L | P | Juanè Burger | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 145 | 39.45 | L | P | Megan Mayhew | 14 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 146 | 39.46 | L | F | Liane' de Wet | 14 | BULS | MAN | 06/12/2023 | Free State Champs 2023 |
| 147* | 39.50 | L | P | Whitney Lauf | 14 | MDOL | JHB | 30/11/2023 | CGA Championships 2023 |
| 147* | 39.50 | L | F | Annemie De Villiers | 14 | PRKA | PSD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 149* | 39.51 | L | F | Xanri Muller | 14 | GHSK | | 14/10/2023 | FLAMINGO GALA 14 - 15 OCTOBER |
| 149* | 39.51 | L | F | Lienke Els | 14 | FRAM | NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 151 | 39.56 | L | F | Precious Marite | 14 | CRSC | JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 152 | 39.68 | L | P | Diane Munro | 14 | BLSS | MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 153 | 39.78 | L | P | Ona-Mari Van Niekerk | 14 | FISH | EDD | 24/06/2023 | PEA Winter Gala 2023 |
| 154 | 39.89 | L | F | Michaela Anderson | 14 | LSBOS | WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 155 | 39.90 | L | F | Micke Prinsloo | 14 | HPP | BUF | 14/10/2023 | Limpopo Top 8 - High Schools |
| 156 | 39.91 | L | F | Sadie Bothma | 14 | HREF | BP | 17/11/2023 | NTS Level 3+ November Age Group |
| 157 | 39.92 | L | F | Kaylee Glutz | 14 | SEAL | UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 158 | 39.94 | L | F | Emme Wentzel | 14 | INFA | NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 159 | 39.96 | L | F | Ellie-mari Reckling | 14 | NWUC | KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 160 | 40.00 | L | F | Chrislynn Wiesner | 14 | WSS | LLD | 06/12/2023 | Free State Champs 2023 |
| 161 | 40.03 | L | F | Jani Visagie | 14 | SWAR | WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 162 | 40.04 | L | F | Victoria Bulhakova | 14 | SWIFT | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 163 | 40.11 | L | P | Rachel Henley | 14 | ESTR | EKU | 07/12/2023 | EGA Summer Championships |
| 164 | 40.17 | L | P | Julia Booth | 14 | SOUL | EKU | 07/12/2023 | EGA Summer Championships |
| 165 | 40.21 | L | F | Ulrike Kruger | 14 | PSC | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 166 | 40.23 | L S | F | Kellan Lynch | 14 | XCEL | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 167 | 40.26 | L | P | Sulize Kruger | 14 | AA | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 168 | 40.33 | L S | F | Carli Murray | 14 | QUIC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-----------|-------|------------------------|--------|-----------|------------|---|
| 169* | 40.34 L | F | Jeanine Botes | 14 | TINC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 169* | 40.34 L | F | Helena Rookan-Smith | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 171 | 40.43 L | P | Ada Barnard | 14 | SWAR WCD | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 172* | 40.45 L | F | Keone Molapo | 14 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 172* | 40.45 L | F | Ella-Mae Henning | 14 | VRC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 174 | 40.47 L | P | Cailyn Clowes | 14 | PSCP UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 175 | 40.50 L | F | Kutlo Kesilwe | 14 | TUKS TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 176* | 40.51 L | P | Rebekah Van Coller | 14 | FISH EDD | 24/06/2023 | PEA Winter Gala 2023 |
| 176* | 40.51 L | P | Ameera Motala | 14 | ATLA JHB | 30/11/2023 | CGA Championships 2023 |
| 178 | 40.55 L | F | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 179 | 40.58 L | F | Gabriella Goncalves | 14 | SOUL EKU | 09/02/2024 | Infinity Gala 2024 |
| 180* | 40.60 L | F | Alexah Furman | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 180* | 40.60 L | F | Simone' Pretorius | 14 | BETH FDD | 06/12/2023 | Free State Champs 2023 |
| 182 | 40.63 L | F | Ciara Erasmus | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 183* | 40.67 L | F | Tylin Taljard | 14 | SS MPD | 01/12/2023 | Limpopo Champs |
| 183* | 40.67 L | F | Marlo Lensing | 14 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 185 | 40.72 L | F | Melina Alexandrou | 14 | SWIFT EKU | 28/10/2023 | EGA Summer 2 2023 |
| 186 | 40.73 L | P | Shane Swarts | 14 | PSA ZLD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 187 | 40.79 L | P | Lika Vd Merwe | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 188 | 40.96 L | P | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 189 | 41.04 L | F | Isabella Dos Santos | 14 | PER JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 190 | 41.09 L | F | Simone Van Wyk | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 191 | 41.15 L | F | Riley Prinsloo | 14 | ELEC TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 192 | 41.17 L | F | Kay-Lee Mouton | 14 | SWAR WCD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 193 | 41.25 L | F | Mieke Griffiths | 14 | MCS NGD | 01/12/2023 | Mpumalanga Championships 2023 |
| 194 | 41.26 L | P | Annabelle Van Rensburg | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 195 | 41.38 L | F | Isidora Stojanovic | 14 | RFA TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 196 | 41.46 L | F | Zoë Muller-Protopappas | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 197 | 41.55 L | F | Luca Alexander | 14 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 198 | 41.62 L | F | Nikita Grant | 14 | PEAS NMA | 01/10/2023 | Curro AquaElite Gala |
| 199 | 41.63 L | P | Kayla Koen | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 200 | 41.64 L | F | Mia-Isabelle Mans | 14 | KALA | 27/10/2023 | KALAHARI CLASSIC GALA 2023 |
| 201 | 41.66 L | F | Isabelle Welgemoed | 14 | VALS FDD | 18/11/2023 | Valsrivier Gala |
| 202 | 41.69 L | F | Anieke Prinsloo | 14 | BETH FDD | 06/12/2023 | Free State Champs 2023 |
| 203 | 41.89 L | F | Mia Koen | 14 | BULS MAN | 14/10/2023 | FLAMINGO GALA 14 - 15 OCTOBER |
| 204 | 41.93 L | F | Cayla Boardman | 14 | CA EKU | 24/11/2023 | EGA Summer 4 |
| 205 | 41.95 L | F | Kayden Maur | 14 | USC BUF | 15/12/2023 | NMBA Championships 2023 |
| 206 | 41.98 L | P | Keira Ellerbeck | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 207 | 42.06 L | F | Elme Swanepoel | 14 | FROS TMD | 02/03/2024 | FSA Level 1 2024 |
| 208 | 42.17 L | F | Larissa Boucher | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 209 | 42.23 L | P | Ane' Claassen | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 210 | 42.24 L | P | Robyn-Rae Purdon | 14 | PSCP UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 211 | 42.25 L | P | Keira Martins | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 212 | 42.32 L S | F | Jessie Ludick | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 213 | 42.33 L | F | Roslyn Ramoholi | 14 | LEGC ETH | 27/01/2024 | Ushaka Champs 2024 |
| 214 | 42.37 L | F | Jasmine Hirshovitz | 14 | GREY CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 215 | 42.58 L | F | Madisson De Druyn | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 216 | 42.59 L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 217 | 42.60 L | F | Christina Marzagalli | 14 | CYBE CPT | 21/01/2024 | CTA BMEET 4 |
| 218 | 42.64 L | F | Jolane Holtzhausen | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 219 | 42.91 L | F | Talita Wessels | 14 | ROB EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 220 | 42.95 L | F | Yara David | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 221 | 43.04 L S | F | Delise Malenza | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 222 | 43.05 L | P | Vyasti Lachman | 14 | WATR JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 223 | 43.18 L | F | Skyla Reddy | 14 | SWIFT EKU | 26/01/2024 | EGA Last Chance 2024 |
| 224* | 43.23 L | F | Rozel Scholtz | 14 | STEL RM | 23/02/2024 | NW School Championships 2024 |
| 224* | 43.23 L | F | Elmé Meiring | 14 | LSJM SKD | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 226 | 43.26 L | F | Ilne Bruwer | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 227 | 43.31 L | F | Mackenzie Sterling | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|-------|-------|------|-----------------------------|----|----------|------------|---|
| 228 | 43.34 | L S | F | Gabrielle Edwards | 14 | BARR CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 229* | 43.36 | L | F | Nolene Badenhorst | 14 | STAQ CED | 03/02/2024 | Winelands SL final |
| 229* | 43.36 | L | F | Silizwe Giyose | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 231 | 43.39 | L | P | Takiyah Maclou | 14 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 232 | 43.41 | L | F | Nina Wessels | 14 | UNI EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 233 | 43.56 | L | P | Chandre Cloete | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 234 | 43.59 | L | F | Hannah Struwig | 14 | AQUA BUF | 03/02/2024 | Uthukela District February 2024 Age |
| 235 | 43.61 | L | F | Alri Venter | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 236 | 43.65 | L | F | Zephani Adams | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 237 | 43.68 | L S | F | Zoe Mills | 14 | DESA NMA | 26/01/2024 | 6th A League Gala 2024 |
| 238 | 43.69 | L | F | Oni Mtongana | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 239 | 43.82 | L | F | Taylin Van Wyk | 14 | PENC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 240 | 43.91 | L | F | Lara Stander | 14 | EVO CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 241 | 44.00 | L | F | Elizma Du Plooy | 14 | HBV MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 242 | 44.04 | L | P | Melinda Dippenaar | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 243 | 44.14 | L | F | Isabella Hofmeyr | 14 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 244 | 44.31 | L | F | Hannaan Mia | 14 | MANT CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 245 | 44.41 | L | F | Leah Davel | 14 | ACAQ CCD | 21/10/2023 | Limpopo Age Group 4 |
| 246* | 44.50 | L | F | Rerapetse Ramohale | 14 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 246* | 44.50 | L | P | Kyra Home | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 248 | 44.60 | L | F | Kawanelo Linake | 14 | TRAZ TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 249 | 44.66 | L | P | Aaishah Hartley | 14 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 250 | 44.72 | L | F | Mariné Pretorius | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 251 | 44.73 | L | F | Samara Prinsloo | 14 | STSC KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 252 | 45.02 | L | F | Janaé Mulder | 14 | VRC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 253 | 45.15 | L | F | Nicole Senekal | 14 | TKS WBD | 21/10/2023 | Limpopo Age Group 4 |
| 254 | 45.16 | L | F | Chloe Coetsee | 14 | WRP EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 255 | 45.17 | L | P | Aimee Grobler | 14 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 256 | 45.22 | L | F | Leani Mitchell | 14 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 257 | 45.25 | L | F | Nasheetah Jephtha | 14 | MANT CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 258 | 45.27 | L | F | Tuhina Asharam | 14 | KZNA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 259 | 45.32 | L | F | Danielle Andrews | 14 | AAS JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 260 | 45.38 | L | F | Atlegang Mogotsi | 14 | ESTR ECU | 28/10/2023 | EGA Summer 2 2023 |
| 261 | 45.41 | L | F | Madison Amy Naude | 14 | AHMP TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 262 | 45.44 | L | F | Erin Olivier | 14 | ASAC CPT | 17/09/2023 | CTA BMEET 3 |
| 263 | 45.50 | L | P | Isabelle Botha | 14 | PGAC ECU | 07/12/2023 | EGA Summer Championships |
| 264 | 45.56 | L | F | Lisakhanya Letloolane | 14 | VRC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 265 | 45.60 | L S | F | Bohlale Khahledi | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 266 | 45.78 | L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 267* | 45.79 | L | F | Imke Botha | 14 | STAR BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 267* | 45.79 | L | P | Lauren Naidoo | 14 | ACSA ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 269 | 45.82 | L | F | Karla Lemmer | 14 | USH KCD | 13/01/2024 | KCDA January Age Group Gala 2024 |
| 270 | 45.85 | L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 271 | 45.95 | L S | F | Tiane Meets | 14 | ASAC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 272 | 46.14 | L | F | Emilia de Freitas | 14 | MAKO ECU | 28/10/2023 | EGA Summer 2 2023 |
| 273 | 46.19 | L | P | Mia Pienaar | 14 | BULS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 274 | 46.27 | L | F | Lilli-Hanna Black | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 |
| 275* | 46.44 | L | F | Mia-Ann Van der Westhuizen | 14 | AGAQ OBD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 275* | 46.44 | L | F | Sandisiwe Mkhathswa | 14 | MAKO ECU | 24/11/2023 | EGA Summer 4 |
| 277 | 46.50 | L | F | Simone Schutte | 14 | HE CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 278 | 46.75 | L | F | Callen Campbell | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 279 | 46.80 | L | P | Samantha Janse van Rensburg | 14 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 280 | 46.90 | L | F | Anke Stander | 14 | EVO CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 281 | 46.92 | L | F | Victoria Hoffeld | 14 | CA ECU | 24/11/2023 | EGA Summer 4 |
| 282 | 47.03 | L | F | Leiani van Aarde | 14 | SOUL ECU | 28/10/2023 | EGA Summer 2 2023 |
| 283 | 47.10 | L | F | Kate Krummeck | 14 | HARV NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 284 | 47.19 | L | F | Jessica Parker | 14 | HSTAN MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 285 | 47.32 | L | F | Klara Groenewald | 14 | PRA GSD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 286 | 47.39 | L | F | Benedicta Atta-Asamoah | 14 | WWOL TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|-----------------------------|-------------|-------|-------------------------|--------|------------|------------|---|--|
| 287 | 47.71 L | P | Tyla Pridgeon-Nel | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships | |
| 288 | 47.73 L | F | Chloe Hendricks | 14 | CAMB P BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct | |
| 289 | 47.89 L S | F | Mia Okkers | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala | |
| 290 | 47.99 L | F | Surene Kleingeld | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 291 | 48.23 L | F | Buhlebenkosi Sibanda | 14 | TUKS FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala | |
| 292 | 48.36 L | F | Jordin-Li van der Merwe | 14 | ROB EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 | |
| 293 | 48.47 L | F | Nenekazi Taole | 14 | SWIFT EKU | 02/03/2024 | AG Level 1 Regional Age Group | |
| 294 | 48.65 L | F | Jacqueline Pieterse | 14 | FSE KCD | 28/10/2023 | KCDA October Age Group Gala 2023 | |
| 295 | 48.66 L | F | Mpho Mwanza | 14 | ESP EKU | 26/01/2024 | EGA Last Chance 2024 | |
| 296 | 49.29 L | F | Zahiyah Khan | 14 | BLSS MAN | 11/11/2023 | Bull Sharks Gala | |
| 297 | 49.38 L | F | Liyana Dlova | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 298 | 49.68 L | F | Ilze Olley | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs | |
| 299* | 49.86 L | F | Nina Cloete | 14 | FISH EDD | 17/02/2024 | EDEN 5th A-League Gala 2024 | |
| 299* | 49.86 L | F | Ava Kruger | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 301 | 49.95 L | F | Resego Chalashika | 14 | LEBII BP | 23/02/2024 | NW School Championships 2024 | |
| 302 | 49.99 L | F | Macayla Meyer | 14 | CAMB P BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct | |
| 303 | 50.19 L | F | Mamello Mabuza | 14 | ESP EKU | 24/11/2023 | EGA Summer 4 | |
| 304 | 50.26 L | F | Marina Gerner | 14 | LSKP WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 | |
| 305 | 50.40 L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 | |
| 306 | 50.50 L | F | Caroline Retief | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 | |
| 307 | 51.43 L | F | Deannè King | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 | |
| 308 | 51.58 L | F | Janke Steenkamp | 14 | WRP EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 | |
| 309 | 51.81 L | F | Tamsyn Thomson | 14 | BULS MAN | 16/02/2024 | Neptunes Last chance Gala | |
| 310 | 51.83 L | F | Chloe Venter | 14 | BERG BP | 23/02/2024 | NW School Championships 2024 | |
| 311 | 52.86 L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 03/11/2023 | UPINGTON 2023 | |
| 312 | 53.84 L | F | Hlelo Cele | 14 | FRA KCD | 27/01/2024 | Ushaka Champs 2024 | |
| 313 | 53.86 L | F | Aasiyah Khan | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 314 | 53.99 L | F | Jemima Oosthuizen | 14 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 315 | 54.32 L | F | Kerani Nana | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group | |
| 316 | 55.16 L | F | Azoma Mbanga | 14 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 | |
| 317 | 56.52 L | F | Lutendo Mphelo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala | |
| 318 | 56.85 L | F | Reneilwe Malumane | 14 | POLSC CCD | 01/12/2023 | Limpopo Champs | |
| 319 | 57.86 L S | F | Aobakwe Molokoane | 14 | TLAC BPD | 06/12/2023 | NWS Championships 2023/24 | |
| 320 | 58.21 L | F | Nurah Kerbelker | 14 | MANT CPT | 17/09/2023 | CTA BMEET 3 | |
| 321 | 58.81 L | F | Andrea Mclachlan | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 322 | 59.86 L | F | Sandra Schoeman | 14 | FROS FMD | 18/11/2023 | Valsrivier Gala | |
| 323 | 1:00.07 L | F | Kuzivakwashe Mukweveri | 14 | POLIC MAN | 06/12/2023 | Free State Champs 2023 | |
| 324 | 1:02.56 L | F | Dimpho Leshabane | 14 | USHAK EKU | 24/11/2023 | EGA Summer 4 | |
| 325 | 1:04.14 L | F | Thalefo Mokgosi | 14 | USHAK EKU | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG | |
| 326 | 1:04.51 L | F | Hannah Myburgh | 14 | AQDO CPT | 17/09/2023 | CTA BMEET 3 | |
| 327 | 1:06.55 L S | F | Zhara Pretorius | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala | |
| 328 | 1:10.04 L | F | Najouan Haouali | 14 | BLNE MAN | 11/11/2023 | Bull Sharks Gala | |
| 329 | 1:11.53 L | F | Bokang Seheri | 14 | USHAK EKU | 24/11/2023 | EGA Summer 4 | |
| 330 | 1:15.34 L | F | Robyn Belcham | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 | |
| 331 | 1:42.21 L | F | Usenathi Segone | 14 | BLNE MAN | 02/03/2024 | FSA Level 1 2024 | |
| Women 14-14 100 Back | | | | | | | | |
| 1 | 1:04.45 L | F | Bailey Lambert | 14 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE | |
| 2 | 1:05.33 L | F | Christina Orchard | 14 | VINE CPT | 15/03/2024 | SA National Junior Age Group | |
| 3 | 1:07.31 L | F | Amelie Kleine | 14 | TUKS FSH | 15/03/2024 | SA National Junior Age Group | |
| 4 | 1:08.11 L | F | Lilianne Hebler | 14 | QSAW CED | 15/03/2024 | SA National Junior Age Group | |
| 5 | 1:08.45 L | F | Abigail Kotze | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 6 | 1:09.31 L | F | Sienna Gous | 14 | INFA NMA | 24/06/2023 | PEA Winter Gala 2023 | |
| 7 | 1:09.38 L | F | Ava Newton | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group | |
| 8 | 1:09.55 L | F | Mikayla Frösler | 14 | BEST NMA | 15/12/2023 | NMBA Championships 2023 | |
| 9 | 1:11.00 L | F | Sylvie de Bruyn | 14 | BULS MAN | 03/11/2023 | Heidedal Welkom Gala | |
| 10 | 1:11.16 L | F | Lyla vd Spuy | 14 | TUKS FSH | 12/12/2023 | NTS Championships 2023 | |
| 11 | 1:11.49 L | F | Gemma Walters | 14 | DORE JHB | 15/03/2024 | SA National Junior Age Group | |
| 12 | 1:11.50 L | F | Sadie Roberts | 14 | ASA HLD | 15/03/2024 | SA National Junior Age Group | |
| 13 | 1:12.35 L | F | Madison Higgs | 14 | INFA NMA | 09/02/2024 | Infinity Gala 2024 | |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|------------|-------|-------------------------|--------|----------|------------|---------------------------------------|
| 14 | 1:12.41 L | F | Ella Jv Rensburg | 14 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |
| 15 | 1:12.58 L | F | Carla Dannhauser | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 16 | 1:12.83 L | F | Stephanie Dannhauser | 14 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |
| 17 | 1:13.02 L | P | Kerrigan Hayes | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 18 | 1:13.12 L | P | Kato' van Niekerk | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 19 | 1:13.31 L | P | Maya Mgcina | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 20 | 1:13.47 L | P | Sam Juries | 14 | CLSC WCD | 15/03/2024 | SA National Junior Age Group |
| 21* | 1:13.51 L | P | Caileigh De Beer | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 21* | 1:13.51 L | P | Evelyn Malan | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 23 | 1:13.63 L | P | Caitlin Rossiter | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 24 | 1:13.64 L | F | Blake Morris | 14 | LINR JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 25 | 1:13.74 L | F | Mia Groenewald | 14 | KTS | 21/03/2024 | SA Level 3 Regional Age Group |
| 26 | 1:13.94 L | F | Payton Aitken | 14 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 27 | 1:14.07 L | F | Demi Putter | 14 | WCA CPT | 19/04/2024 | SA Schools Swimming Championship |
| 28 | 1:14.29 L | P | Mi-Ly Vd Merwe | 14 | LALE CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 29 | 1:14.55 L | P | Isabella Bruyns | 14 | MDOL JHB | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 30 | 1:14.94 L | F | Dedre Engelbrecht | 14 | RBOT BPD | 16/02/2024 | NTS February Open Age Group 2024 |
| 31 | x1:15.00 L | F | Tylah Johannes | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 32 | 1:15.00 L | P | Kate Douglas | 14 | BAS EKU | 15/03/2024 | SA National Junior Age Group |
| 33 | 1:15.14 L | P | Cara Visser | 14 | CYBE CPT | 15/03/2024 | SA National Junior Age Group |
| 34 | 1:15.35 L | P | Madison Coleman | 14 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 35 | 1:15.39 L | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 36 | 1:15.56 L | P | Reese Noble | 14 | SAAW CPT | 15/03/2024 | SA National Junior Age Group |
| 37 | 1:15.89 L | F | Ava Strong | 14 | PEAS NMA | 11/11/2023 | 5th A League Gala 2023 |
| 38* | 1:16.23 L | P | Marike Raimond | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 38* | 1:16.23 L | P | Kylie De Bruyn | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 40 | 1:16.37 L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 41 | 1:16.54 L | F | Hannah De Necker | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 42 | 1:16.64 L | P | Keilah-Naomi Holthuis | 14 | QSAW CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 43 | 1:16.68 L | P | Taylor Kassebaum | 14 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 44 | 1:16.74 L | F | Elizabeth Viljoen | 14 | HREF BP | 16/02/2024 | NTS February Open Age Group 2024 |
| 45 | 1:17.22 L | F | Minke Bester | 14 | MATL KKD | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 46 | 1:17.31 L | F | Alexis Muller | 14 | AZON ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 47* | 1:17.37 L | F | Jessica Davies | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 47* | 1:17.37 L | F | Milan Ferreira | 14 | TASC MPD | 20/03/2024 | SA Level 3 Regional Age Group |
| 49 | 1:17.50 L | F | Miane Kasselmann | 14 | RBOT BPD | 06/12/2023 | NWS Championships 2023/24 |
| 50* | 1:17.54 L | P | Beané Noeth | 14 | UPSK ZMD | 15/03/2024 | SA National Junior Age Group |
| 50* | 1:17.54 L | F | Addison Doolan | 14 | AA JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 52 | 1:17.61 L | P | Ane Snyders | 14 | BLSS MAN | 19/04/2024 | SA Schools Swimming Championship |
| 53 | 1:17.72 L | F | Hannah Hattingh | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 54 | 1:17.78 L | F | Riziki Magotsi | 14 | VINE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 55 | 1:17.79 L | F | Tchisank Banza | 14 | UNI EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 56 | 1:17.87 L | F | Aliyah De Oliveira | 14 | TYGE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 57 | 1:17.92 L | P | Arabelle Grütter | 14 | ROA EDD | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 58 | 1:18.08 L | P | Darina Milanova | 14 | PAC TSH | 12/12/2023 | NTS Championships 2023 |
| 59 | 1:18.19 L | P | Mikayla Hinkley | 14 | PER JHB | 30/11/2023 | CGA Championships 2023 |
| 60 | 1:18.22 L | P | Gertruida de Witt | 14 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 61* | 1:18.27 L | P | Jamie-Lee Graham | 14 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 61* | 1:18.27 L | P | Amore Oosthuizen | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 63 | 1:18.37 L | F | Kacey Hughes | 14 | STSC KCD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 64 | 1:18.71 L | P | Arne' Dreyer | 14 | STAQ CED | 15/03/2024 | SA National Junior Age Group |
| 65 | 1:18.76 L | P | Lizelle Venter | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 66 | 1:18.89 L | F | Margo Senekal | 14 | TYGE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 67 | 1:18.91 L | P | Nikita Govind | 14 | TRAZ TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 68 | 1:19.27 L | F | Christa de Beer | 14 | POTC KKD | 20/03/2024 | SA Level 3 Regional Age Group |
| 69 | 1:19.28 L | F | Abigail Munro | 14 | USC BUF | 15/12/2023 | NMBA Championships 2023 |
| 70 | 1:19.43 L | P | Sharni-Marie Watson | 14 | PAC TSH | 12/12/2023 | NTS Championships 2023 |
| 71* | 1:19.46 L | F | Kayden O'connor | 14 | PEAS NMA | 15/12/2023 | NMBA Championships 2023 |
| 71* | 1:19.46 L | F | Sulize Henning | 14 | HREF BP | 17/11/2023 | NTS Level 3+ November Age Group |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|---------------------|----|-----------|------------|--------------------------------------|
| 73 | 1:19.47 | L | P | Marne' Van Rensburg | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 74 | 1:19.48 | L | P | Gabi McQuinn | 14 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 75 | 1:19.62 | L | F | Kristen Billett | 14 | ELEC TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 76 | 1:19.63 | L | P | Catherine Roberts | 14 | PSCP UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 77 | 1:20.42 | L S | F | Micah Marx | 14 | CA EKU | 07/12/2023 | EGA Summer Championships |
| 78 | 1:20.43 | L | F | Zuri Tome | 14 | TUKS TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 79 | 1:20.44 | L | F | Cara Rossouw | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 80 | 1:20.58 | L | F | Rachel Fairweather | 14 | HPS TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 81 | 1:20.59 | L | F | Indigo Woodburn | 14 | MDOL JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 82 | 1:20.69 | L | F | Rozaan Korff | 14 | ACAQ CCD | 01/12/2023 | Limpopo Champs |
| 83 | 1:20.70 | L | P | Amara Okoye | 14 | PAC TSH | 12/12/2023 | NTS Championships 2023 |
| 84 | 1:20.71 | L | F | Abigail Blake | 14 | GREY CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 85 | 1:20.72 | L | F | Emma Hagglund | 14 | SSISA CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 86 | 1:20.94 | L | F | Carmen Stapelberg | 14 | TINC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 87 | 1:21.00 | L | P | Emma Nolan | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 88 | 1:21.17 | L | F | Anja Buitendach | 14 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 89 | 1:21.21 | L | P | Tiffany Prins | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |
| 90 | 1:21.24 | L S | P | Alexa Basso | 14 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 91 | 1:21.52 | L | P | Megan Jansen | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 92 | 1:21.69 | L | F | Kirsten Myers | 14 | SSISA CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 93 | 1:21.75 | L | F | Mia Vorster | 14 | SWAR WCD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 94 | 1:21.81 | L | P | Megan Mayhew | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 95* | 1:21.88 | L | F | Gabriella Baillie | 14 | ROA EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 95* | 1:21.88 | L | F | Daniella Myburg | 14 | BLSS MAN | 27/10/2023 | Neptune Prestige Gala |
| 97 | 1:21.89 | L | P | Shannon Hugo | 14 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 98 | 1:22.00 | L | F | Minette Van Zyl | 14 | INFA NMA | 09/02/2024 | Infinity Gala 2024 |
| 99 | 1:22.04 | L | F | Mine Prinsloo | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 100 | 1:22.12 | L | P | Maria Barreiros | 14 | ELEC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 101 | 1:22.19 | L | F | Lize-Marie Kruger | 14 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 102 | 1:22.20 | L | F | Gabriela Sa | 14 | ASAC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 103* | 1:22.24 | L | F | Sahana Dayaram | 14 | DORE JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 103* | 1:22.24 | L | P | Caitlin Knight | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 105 | 1:22.36 | L | F | Paige Meeser | 14 | CA EKU | 15/09/2023 | EGA Summer 1 |
| 106 | 1:22.38 | L | P | Lethabo Masemola | 14 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 107 | 1:22.44 | L | F | Lili Annandale | 14 | BULS MAN | 16/02/2024 | Neptunes Last chance Gala |
| 108 | 1:22.53 | L | F | Hannah Du Toit | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 109 | 1:22.64 | L | F | Amy McWilliam | 14 | TYGE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 110* | 1:22.65 | L | F | Amy Jackson | 14 | TCA EKU | 11/11/2023 | EGA Summer 3 |
| 110* | 1:22.65 | L | P | Nicola Carver | 14 | ELEC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 112 | 1:22.69 | L | P | Mila De Souza | 14 | EXP TSH | 12/12/2023 | NTS Championships 2023 |
| 113 | 1:22.89 | L | P | Xanri Muller | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |
| 114 | 1:22.92 | L | F | Huei-Ing Chen | 14 | DORE JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 115 | 1:23.03 | L | F | Jessica Hall | 14 | SEAL UMD | 21/01/2024 | EDA Age Group Gala 5 2024 |
| 116 | 1:23.29 | L | F | Abigail Suckling | 14 | FSE KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 117 | 1:23.65 | L | F | Takalani Mudau | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 118 | 1:23.71 | L | P | Hazel Hutchison | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |
| 119 | 1:23.76 | L | F | Ella-Mae Henning | 14 | VRC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 120 | 1:23.78 | L | F | Lia Assad | 14 | TYGE CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 121 | 1:23.80 | L | F | Cecilia Breedt | 14 | DORE JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 122 | 1:23.88 | L | F | Shalem Mashingaidze | 14 | WATR JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 123 | 1:23.89 | L | F | Annemie De Villiers | 14 | PRKA PSD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 124 | 1:24.14 | L | F | Scarlett Friis | 14 | KLOO ETH | 24/11/2023 | Westville-Seals LC Championships |
| 125 | 1:24.15 | L | F | Rivani Naidoo | 14 | ELEC TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 126 | 1:24.35 | L | F | Madison Smith | 14 | CA EKU | 11/11/2023 | EGA Summer 3 |
| 127 | 1:24.37 | L | F | Jemma Hendricks | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 128 | 1:24.39 | L | F | Emma-Lee Theron | 14 | BLSS MAN | 27/10/2023 | Neptune Prestige Gala |
| 129 | 1:24.47 | L | F | Ariel De Bruyn | 14 | CSA EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 130 | 1:24.50 | L | F | Nikita Grant | 14 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 131 | 1:24.55 | L | P | Kayla Kleynhans | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|--------------------------|----|-----------|------------|---|
| 132 | 1:24.65 | L | F | Leandri Grobler | 14 | VHD ZLD | 24/11/2023 | Westville-Seals LC Championships |
| 133 | 1:24.66 | L | P | Leila Smit | 14 | CSC FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 134 | 1:24.91 | L | F | Juanè Burger | 14 | TYGE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 135 | 1:25.17 | L | F | Inge Vd Walt | 14 | TUKS FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 136 | 1:25.20 | L | F | Leila Van Zyl | 14 | QUIC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 137 | 1:25.21 | L | F | Jesse Kirsten | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 138 | 1:25.31 | L | F | Abigail Wilcocks | 14 | PAC FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 139 | 1:25.32 | L | F | Jani Visagie | 14 | SWAR WCD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 140* | 1:25.41 | L | F | Rebecca Froneman | 14 | STSC KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 140* | 1:25.41 | L | P | Abbigail Kulynych | 14 | BAS EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 142 | 1:25.61 | L | F | Georgia Wichmann | 14 | MGSC UGD | 24/11/2023 | Westville-Seals LC Championships |
| 143 | 1:25.68 | L | F | Odette Upton | 14 | TKS WBD | 01/12/2023 | Limpopo Champs |
| 144 | 1:25.76 | L | F | Meandri De Vos | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 145 | 1:25.83 | L | P | Alexa Cave | 14 | MDOL JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 146 | 1:25.93 | L | F | Anri Maree | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 147 | 1:26.02 | L | P | Sinead De Wet | 14 | CRSC JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 148 | 1:26.19 | L | F | Tatum Grant | 14 | SOUL EKU | 15/09/2023 | EGA Summer 1 |
| 149 | 1:26.28 | L | F | Precious Marite | 14 | CRSC JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 150 | 1:26.41 | L | F | Christina Marzagalli | 14 | CYBE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 151 | 1:26.52 | L | F | Milan Janse van Rensburg | 14 | PEAR NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 152 | 1:26.74 | L | P | Jamie Napier | 14 | ELEC FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 153 | 1:26.82 | L | P | Sydni Adams | 14 | VINE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 154 | 1:26.88 | L | P | Shayla WHYTE | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 155 | 1:26.94 | L | P | McKenzie Jones | 14 | ESTR EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 156 | 1:27.08 | L | P | Carle Hager | 14 | LALE CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 157 | 1:27.13 | L | F | Daizeli Bosman | 14 | PLAY CED | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 158 | 1:27.62 | L S | P | Julia Booth | 14 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 159* | 1:27.64 | L | F | Amy Walton | 14 | AZON ETH | 24/11/2023 | Westville-Seals LC Championships |
| 159* | 1:27.64 | L | F | Elandri Du Randt | 14 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 161 | 1:27.71 | L | F | Simone Van Wyk | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 162 | 1:27.77 | L | P | Rachel Henley | 14 | ESTR EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 163 | 1:27.80 | L | F | Sadie Bothma | 14 | HREF BP | 17/11/2023 | NTS Level 3+ November Age Group |
| 164 | 1:28.00 | L | F | Yulinke Haynes | 14 | TASC MPD | 01/12/2023 | Limpopo Champs |
| 165 | 1:28.32 | L | P | Anike Taljaard | 14 | PSCP UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 166 | 1:28.37 | L | F | Ameera Motala | 14 | ATLA JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 167 | 1:28.39 | L | F | Anja Volschenk | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 168 | 1:28.48 | L | F | Marlo Lensing | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 169 | 1:28.53 | L | F | Rebekah Van Coller | 14 | FISH EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 170 | 1:28.65 | L | F | Cailyn Clowes | 14 | PSCP UMD | 24/11/2023 | Westville-Seals LC Championships |
| 171* | 1:28.82 | L | F | Helena Rookoen-Smith | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 171* | 1:28.82 | L | F | Alexah Furman | 14 | ELEC FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 173 | 1:28.83 | L | P | Lika Vd Merwe | 14 | TUKS FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 174 | 1:28.86 | L | F | Carli Murray | 14 | QUIC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 175 | 1:29.08 | L | F | Mila Volschenk | 14 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 176 | 1:29.20 | L | F | Zephani Adams | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 177 | 1:29.25 | L | P | Riley Prinsloo | 14 | ELEC FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 178 | 1:29.43 | L | F | Micke Prinsloo | 14 | TKS WBD | 11/11/2023 | Limpopo Age Group 5 |
| 179 | 1:29.67 | L | P | Kawanelo Linake | 14 | TRAZ FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 180 | 1:29.68 | L | F | Liane' de Wet | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 181 | 1:29.69 | L | F | Lesedi Mashabela | 14 | TUKS FSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 182 | 1:29.73 | L | P | Ane' Claassen | 14 | TUKS FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 183 | 1:29.79 | L | P | Victoria Bulhakova | 14 | SWIFT EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 184 | 1:29.81 | L | P | Keira Ellerbeck | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 185 | 1:30.10 | L | F | Ellie-mari Reckling | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 186 | 1:30.16 | L | F | Jessie Ludick | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 187 | 1:30.43 | L | P | Tylin Taljard | 14 | SS MPD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 188 | 1:30.51 | L | F | Takiyah Maclou | 14 | AA JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 189 | 1:30.94 | L | F | Isidora Stojanovic | 14 | RFA FSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 190 | 1:30.98 | L | F | Larissa Boucher | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|-------|------|----------------------|----|-----------|------------|---|
| 191 | 1:31.18 | L | P | Sulize Kruger | 14 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 192 | 1:31.19 | L | F | Elme Swanepoel | 14 | FROS JMD | 02/03/2024 | FSA Level 1 2024 |
| 193 | 1:31.23 | L | F | Keone Molapo | 14 | RFA TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 194 | 1:31.44 | L | F | Cayla Boardman | 14 | CA ECU | 15/09/2023 | EGA Summer 1 |
| 195 | 1:31.55 | L | F | Isabella Dos Santos | 14 | PER JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 196 | 1:31.56 | L | F | Kellan Lynch | 14 | XCEL CPT | 21/01/2024 | CTA BMEET 4 |
| 197 | 1:31.72 | L | F | Ada Barnard | 14 | SWAR WCD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 198 | 1:31.85 | L | F | Mackenzie Sterling | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 199 | 1:31.97 | L | F | Jeanine Botes | 14 | TINC TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 200 | 1:32.05 | L | P | Mieke Griffiths | 14 | MSC NGD | 01/12/2023 | Mpumalanga Championships 2023 |
| 201 | 1:32.08 | L | F | Luca Alexander | 14 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 202 | 1:32.58 | L | P | Shane Swarts | 14 | PSA ZLD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 203 | 1:32.63 | L | F | Macayle Eisen | 14 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 204 | 1:32.89 | L | F | Kaylee Glutz | 14 | SEALI HLD | 24/11/2023 | Westville-Seals LC Championships |
| 205 | 1:32.96 | L | F | Emmah Myburgh | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 206 | 1:33.03 | L | P | Isabelle Welgemoed | 14 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 207 | 1:33.31 | L | F | Simone' Pretorius | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala |
| 208 | 1:33.39 | L | F | Alri Venter | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 209 | 1:33.64 | L | F | Jasmine Hirshovitz | 14 | GREY CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 210 | 1:33.80 | L | F | Isabella Hofmeyr | 14 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 211 | 1:34.12 | L | P | Gabriella Goncalves | 14 | SOUL ECU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 212 | 1:34.47 | L | F | Delise Malenza | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 213 | 1:34.75 | L | F | Mariné Pretorius | 14 | KALA | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 214 | 1:35.39 | L | F | Jolane Holtzhausen | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 215 | 1:35.87 | L | F | Lyla Shekel | 14 | CYBE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 216 | 1:36.13 | L | F | Melinda Dippenaar | 14 | BS LLD | 06/12/2023 | Free State Champs 2023 |
| 217 | 1:36.19 | L | F | Ciara Erasmus | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 218* | 1:36.22 | L | F | Hannaan Mia | 14 | MANT CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 218* | 1:36.22 | L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 220 | 1:36.34 | L | F | Mia Koen | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 221 | 1:36.45 | L | F | Madisson De Druyn | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 222 | 1:36.52 | L | F | Rerapetse Ramohale | 14 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 223 | 1:36.84 | L | F | Oni Mtongana | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 224 | 1:36.85 | L | F | Keira Martins | 14 | H2O ECU | 26/01/2024 | EGA Last Chance 2024 |
| 225 | 1:36.89 | L | F | Rozel Scholtz | 14 | STEL RM | 23/02/2024 | NW School Championships 2024 |
| 226 | 1:37.05 | L | F | Emmelize Loots | 14 | TYGE CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 227 | 1:37.21 | L | F | Nicole Senekal | 14 | HSBV SKD | 27/01/2024 | Limpopo School Champs |
| 228 | 1:37.53 | L | F | Leah Davel | 14 | ACAA CCD | 01/12/2023 | Limpopo Champs |
| 229 | 1:37.58 | L | F | Ilne Bruwer | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 230 | 1:37.79 | L | F | Nina Wessels | 14 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 231 | 1:37.86 | L | F | Karla Lemmer | 14 | USH KCD | 18/11/2023 | KCDA November Age Group Gala 2023 |
| 232 | 1:38.03 | L | P | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 233 | 1:38.07 | L | F | Nolene Badenhorst | 14 | STAQ CED | 11/11/2023 | Winelands SL4 |
| 234 | 1:38.08 | L | F | Isabelle Botha | 14 | PGAC ECU | 26/01/2024 | EGA Last Chance 2024 |
| 235 | 1:38.55 | L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 236 | 1:38.88 | L | F | Skyla Reddy | 14 | SWIFT ECU | 26/01/2024 | EGA Last Chance 2024 |
| 237 | 1:39.23 | L | F | Mia Pienaar | 14 | BULS MAN | 21/10/2023 | Otters Prestige Gala 2023 |
| 238 | 1:39.38 | L | F | Leani Mitchell | 14 | MATL KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 239 | 1:39.58 | L | F | Anieke Prinsloo | 14 | BETH FDD | 21/10/2023 | Otters Prestige Gala 2023 |
| 240 | 1:39.83 | L | F | Nasheetah Jephta | 14 | MANT CPT | 21/01/2024 | CTA BMEET 4 |
| 241 | 1:39.88 | L | F | Hayley Belinfante | 14 | QUIC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 242 | 1:40.00 | L | P | Kyra Home | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 243 | 1:40.16 | L | P | Chandre Cloete | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 244 | 1:40.25 | L | F | Victoria Holfeld | 14 | CA ECU | 11/11/2023 | EGA Summer 3 |
| 245* | 1:40.52 | L | F | Bohlale Khahledi | 14 | BARR CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 245* | 1:40.52 | L | P | Kianna Walters | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 247 | 1:41.32 | L | P | Vyasti Lachman | 14 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 248 | 1:41.37 | L | F | Sadie Dreyer | 14 | STAQ CED | 10/02/2024 | WCA-B Champs - 2024 |
| 249 | 1:41.41 | L | F | Chrislyne Wiesner | 14 | WSS LLD | 06/12/2023 | Free State Champs 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-------------|-------|------------------------|--------|-----------|------------|--------------------------------------|
| 250 | 1:41.64 L | F | Klara Groenewald | 14 | PRA GSD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 251 | 1:41.70 L | F | Danielle Andrews | 14 | AAS JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 252 | 1:42.08 L | F | Tiane Meets | 14 | ASAC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 253 | 1:43.25 L | F | Chloe Coetsee | 14 | WRP EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 254 | 1:43.26 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 |
| 255 | 1:43.76 L | F | Janaé Mulder | 14 | VRC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 256 | 1:44.05 L | F | Benedicta Atta-Asamoah | 14 | WWOL TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 257 | 1:44.20 L | F | Yara David | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 258 | 1:44.43 L | F | Khanyolwethu Fokazi | 14 | CYBE CPT | 21/01/2024 | CTA BMEET 4 |
| 259 | 1:44.70 L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 260 | 1:44.75 L | F | Atlegang Mogotsi | 14 | ESTR ECU | 26/01/2024 | EGA Last Chance 2024 |
| 261 | 1:45.17 L | F | Mia Okkers | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 262 | 1:45.30 L S | P | Tyla Pridgeon-Nel | 14 | BAS ECU | 07/12/2023 | EGA Summer Championships |
| 263 | 1:45.52 L | F | Lisakhanya Lettloane | 14 | VRC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 264 | 1:45.76 L | F | Skylar Adams | 14 | MANT CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 265 | 1:46.33 L | F | Gabrielle Edwards | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 266 | 1:47.32 L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 267 | 1:47.34 L S | P | Sandisiwe Mkhathswa | 14 | MAKO ECU | 07/12/2023 | EGA Summer Championships |
| 268 | 1:47.73 L | F | Ilze Olley | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 269 | 1:48.57 L | F | Emilia de Freitas | 14 | MAKO ECU | 11/11/2023 | EGA Summer 3 |
| 270 | 1:48.85 L | F | Caroline Retief | 14 | HTSA CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 271 | 1:49.37 L | F | Viwassi Amoussou | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 272 | 1:49.41 L | F | Ava Kruger | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 273 | 1:50.25 L | F | Callen Campbell | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 274 | 1:51.45 L | F | Mpho Mwanza | 14 | ESP ECU | 02/03/2024 | AG Level 1 Regional Age Group |
| 275 | 1:51.93 L | F | Nenekazi Taole | 14 | SWIFT ECU | 02/03/2024 | AG Level 1 Regional Age Group |
| 276 | 1:52.59 L | F | Mikaela Johst | 14 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 277 | 1:53.43 L | F | Resego Chalashika | 14 | TLAC BPD | 06/12/2023 | NWS Championships 2023/24 |
| 278 | 1:54.22 L | F | Deannè King | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 |
| 279 | 1:55.79 L | F | Isabel Landman | 14 | PGIM KK | 23/02/2024 | NW School Championships 2024 |
| 280 | 1:57.05 L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 25/11/2023 | UPT AGE GROUP 2 2023 |
| 281 | 1:58.80 L | F | Mamello Mabuza | 14 | ESP ECU | 15/09/2023 | EGA Summer 1 |
| 282 | 2:02.40 L | F | Suad Samaai | 14 | MARL CPT | 17/09/2023 | CTA BMEET 3 |
| 283 | 2:03.12 L | F | Kerani Nana | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 284 | 2:03.13 L | F | Lutendo Mphelo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala |
| 285 | 2:04.38 L | F | Aasiyah Khan | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 286 | 2:08.26 L | F | Chloe Venter | 14 | BERG BP | 23/02/2024 | NW School Championships 2024 |
| 287 | 2:14.39 L | P | Aobakwe Molokoane | 14 | TLAC BPD | 06/12/2023 | NWS Championships 2023/24 |
| 288 | 2:20.69 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 289 | 2:24.09 L | F | Zhara Pretorious | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 290 | 2:47.24 L | F | Najouan Haouali | 14 | BLNE MAN | 06/12/2023 | Free State Champs 2023 |

Women 14-14 200 Back

| | | | | | | | |
|----|-------------|---|-------------------|----|----------|------------|-----------------------------------|
| 1 | 2:21.45 L S | F | Amelie Kleine | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 2 | 2:23.27 L | F | Bailey Lambert | 14 | KZNA ETH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 3 | 2:25.92 L S | P | Abigail Kotze | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 4 | 2:26.12 L S | F | Christina Orchard | 14 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 5 | 2:28.80 L | P | Lilianne Hebler | 14 | WCA CPT | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 6 | 2:32.63 L | F | Mikayla Frösler | 14 | BEST NMA | 15/12/2023 | NMBA Championships 2023 |
| 7 | 2:33.76 L S | F | Sadie Roberts | 14 | ASA ILD | 15/03/2024 | SA National Junior Age Group |
| 8 | 2:34.11 L S | P | Ava Newton | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 9 | 2:34.45 L S | F | Demi Putter | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 10 | 2:34.97 L | F | Evelyn Malan | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 11 | 2:36.31 L | F | Kylie De Bruyn | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 12 | 2:36.36 L S | P | Kerrigan Hayes | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 13 | 2:36.78 L S | P | Sam Juries | 14 | CLSC WCD | 15/03/2024 | SA National Junior Age Group |
| 14 | 2:36.81 L S | F | Kate Douglas | 14 | BAS ECU | 15/03/2024 | SA National Junior Age Group |
| 15 | 2:37.14 L S | P | Caitlin Rossiter | 14 | HREF BP | 15/03/2024 | SA National Junior Age Group |
| 16 | 2:37.52 L S | P | Gemma Walters | 14 | DORE JHB | 15/03/2024 | SA National Junior Age Group |
| 17 | 2:37.77 L | F | Mia Groenewald | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----|---------|-------|------|-------------------------|----|-----------|--|
| 18 | 2:38.19 | L | F | Kato' van Niekerk | 14 | TUKS FSH | 22/09/2023 NTS Level 3+ September Age Group |
| 19 | 2:38.37 | L | F | Sienna Gous | 14 | INFA NMA | 24/06/2023 PEA Winter Gala 2023 |
| 20 | 2:38.60 | L | F | Taylor Kassebaum | 14 | AA JHB | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 21 | 2:39.56 | L S | P | Cara Visser | 14 | CYBE CPT | 15/03/2024 SA National Junior Age Group |
| 22 | 2:40.14 | L | F | Sylvie de Bruyn | 14 | BULS MAN | 27/10/2023 Neptune Prestige Gala |
| 23 | 2:40.64 | L S | F | Caileigh De Beer | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 24 | 2:41.01 | L S | P | Ella Jv Rensburg | 14 | SS MPD | 15/03/2024 SA National Junior Age Group |
| 25 | 2:41.17 | L | P | Lyla vd Spuy | 14 | TUKS FSH | 12/12/2023 NTS Championships 2023 |
| 26 | 2:41.60 | L S | F | Madison Coleman | 14 | BLMA CPT | 24/11/2023 CTA A & B CHAMPS 2023 |
| 27 | 2:41.98 | L | F | Mi-Ly Vd Merwe | 14 | LALE CED | 03/02/2024 Winelands SL final |
| 28 | 2:42.02 | L | P | Darina Milanova | 14 | PAC FSH | 12/12/2023 NTS Championships 2023 |
| 29 | 2:42.30 | L | P | Ava Strong | 14 | PEAS NMA | 19/04/2024 SA Schools Swimming Championship |
| 30 | 2:42.86 | L | F | Carla Dannhauser | 14 | TKS WBD | 20/03/2024 SA Level 3 Regional Age Group |
| 31 | 2:42.89 | L S | P | Dedre Engelbrecht | 14 | RBOT BPD | 15/03/2024 SA National Junior Age Group |
| 32 | 2:43.01 | L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 13/10/2023 MP AGE GROUP 2 |
| 33 | 2:43.39 | L | F | Payton Aitken | 14 | WSTV ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 34 | 2:43.71 | L | F | Isabella Bruyns | 14 | MDOL JHB | 26/01/2024 EGA Last Chance 2024 |
| 35 | 2:43.94 | L S | P | Lizelle Venter | 14 | TUKS FSH | 15/03/2024 SA National Junior Age Group |
| 36 | 2:44.53 | L | F | Arabelle Grütter | 14 | ROA EDD | 09/02/2024 Infinity Gala 2024 |
| 37 | 2:44.58 | L | F | Minke Bester | 14 | MATL KKD | 06/12/2023 NWS Championships 2023/24 |
| 38 | 2:45.13 | L | F | Stephanie Dannhauser | 14 | TKS WBD | 20/03/2024 SA Level 3 Regional Age Group |
| 39 | 2:45.23 | L | P | Keilah-Naomi Holthuis | 14 | QSAW CED | 14/12/2023 Western Cape LC-A Championship 2023 |
| 40 | 2:46.49 | L | F | Margo Senekal | 14 | TYGE CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 41 | 2:47.28 | L S | P | Beané Noeth | 14 | UPSK ZMD | 15/03/2024 SA National Junior Age Group |
| 42 | 2:47.29 | L | F | Cara Rossouw | 14 | TYGE CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 43 | 2:47.38 | L | P | Aliyah De Oliveira | 14 | TYGE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 44 | 2:47.47 | L | F | Hannah De Necker | 14 | FISH EDD | 18/11/2023 Eden LC Champs 2023 |
| 45 | 2:47.60 | L | F | Alexis Muller | 14 | AZON ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 46 | 2:48.44 | L | F | Milan Ferreira | 14 | TASC MPD | 20/03/2024 SA Level 3 Regional Age Group |
| 47 | 2:48.95 | L | F | Tchisank Banza | 14 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 48 | 2:49.06 | L | F | Mila De Souza | 14 | EXP FSH | 22/09/2023 NTS Level 3+ September Age Group |
| 49 | 2:49.61 | L | F | Gabriella Boerstra | 14 | TUKS FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 50 | 2:49.67 | L | P | Kayla Kleynhans | 14 | TUKS FSH | 12/12/2023 NTS Championships 2023 |
| 51 | 2:50.10 | L | P | Abigail Blake | 14 | GREY CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 52 | 2:50.20 | L | F | Marne' Van Rensburg | 14 | BLSS MAN | 24/06/2023 PEA Winter Gala 2023 |
| 53 | 2:50.55 | L | P | Maya Mgcina | 14 | ELEC FSH | 12/12/2023 NTS Championships 2023 |
| 54 | 2:50.84 | L | F | Reese Noble | 14 | SAAW CPT | 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 55 | 2:51.03 | L | F | Gertruida de Witt | 14 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 56 | 2:51.39 | L | F | Miane Kasselmann | 14 | NWS | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 57 | 2:51.43 | L | P | Emma Hagglund | 14 | SSISA CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 58 | 2:51.59 | L | F | Megan Mayhew | 14 | WATR JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 59 | 2:51.72 | L | F | Rozaan Korff | 14 | ACAQ CCD | 01/12/2023 Limpopo Champs |
| 60 | 2:51.75 | L | P | Sharni-Marie Watson | 14 | PAC FSH | 12/12/2023 NTS Championships 2023 |
| 61 | 2:52.58 | L | P | Nikita Govind | 14 | TRAZ FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 62 | 2:52.60 | L | F | Lethokuhle Makhubu | 14 | ACSA ETH | 24/11/2023 Westville-Seals LC Championships |
| 63 | 2:52.85 | L | F | Rachel Fairweather | 14 | HPS FSH | 17/11/2023 NTS Level 3+ November Age Group |
| 64 | 2:53.02 | L | P | Scarlett Friis | 14 | KLOO ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 65 | 2:53.06 | L | F | Anja Buitendach | 14 | UNI EZD | 29/09/2023 MP AGE GROUP 1 29.09.2023 - |
| 66 | 2:53.50 | L | F | Kayden O'connor | 14 | PEAS NMA | 21/10/2023 4th A League Gala 2023 |
| 67 | 2:53.56 | L | P | Kristen Billett | 14 | ELEC FSH | 20/03/2024 SA Level 3 Regional Age Group |
| 68 | 2:53.86 | L | F | Christa de Beer | 14 | PGIM KK | 23/02/2024 NW School Championships 2024 |
| 69 | 2:53.89 | L | F | Gabriella Baillie | 14 | ROA EDD | 18/11/2023 Eden LC Champs 2023 |
| 70 | 2:54.54 | L | F | Huei-Ing Chen | 14 | DORE JHB | 17/02/2024 CGA Level 2+ Gala 17 Feb 2024 |
| 71 | 2:55.13 | L | P | Amore Oosthuizen | 14 | CSA EZD | 20/03/2024 SA Level 3 Regional Age Group |
| 72 | 2:55.29 | L | P | Lethabo Masemola | 14 | WATR JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 73 | 2:56.17 | L | P | Emma Nolan | 14 | MDOL JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 74 | 2:56.34 | L | F | Mia Vorster | 14 | SWAR WCD | 11/11/2023 Swartland Prestige Gala 2023 |
| 75 | 2:56.53 | L | P | Gabi McQuinn | 14 | ELEC FSH | 12/12/2023 NTS Championships 2023 |
| 76 | 2:56.84 | L | F | Mikayla Hinkley | 14 | PER JHB | 17/02/2024 CGA Level 2+ Gala 17 Feb 2024 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|--------------------------|----|-------|-----|------------|--------------------------------------|
| 77 | 2:56.93 | L | P | Indigo Woodburn | 14 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 78 | 2:57.01 | L | F | Amy Jackson | 14 | TCA | EKU | 24/11/2023 | EGA Summer 4 |
| 79 | 2:57.30 | L | F | Sahana Dayaram | 14 | DORE | JHB | 30/11/2023 | CGA Championships 2023 |
| 80 | 2:57.34 | L | F | Amara Okoye | 14 | PAC | TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 81 | 2:57.61 | L | P | Kirsten Myers | 14 | SSISA | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 82 | 2:57.68 | L | F | Elizabeth Viljoen | 14 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 |
| 83 | 2:58.09 | L | F | Kay-Lee Mouton | 14 | SWAR | WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 84 | 2:58.24 | L | F | Jani Visagie | 14 | SWAR | WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 85 | 2:58.30 | L | P | Juanè Burger | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 86 | 2:58.39 | L | F | Carmen Stapelberg | 14 | TINC | TSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 87 | 2:58.84 | L | F | Meandri De Vos | 14 | FSA | FS | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 88 | 2:59.21 | L | P | Annabelle Van Rensburg | 14 | TUKS | TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 89 | 2:59.71 | L | P | Caitlin Knight | 14 | WATR | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 90 | 3:00.51 | L | F | Daniella Myburg | 14 | BLSS | MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 91 | 3:00.66 | L | F | Sulize Henning | 14 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 |
| 92 | 3:00.78 | L | F | Xanri Muller | 14 | GHSK | | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 93 | 3:00.79 | L | F | Rebecca Froneman | 14 | STSC | KCD | 27/01/2024 | Ushaka Champs 2024 |
| 94 | 3:01.21 | L | F | Gabriela Sa | 14 | ASAC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 95 | 3:01.50 | L | F | Emma-Lee Theron | 14 | BLSS | MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 96 | 3:01.94 | L | F | Ariel De Bruyn | 14 | CSA | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 97 | 3:02.20 | L | F | Madison Smith | 14 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 98 | 3:02.42 | L | F | Lili Annandale | 14 | BULS | MAN | 27/10/2023 | Neptune Prestige Gala |
| 99 | 3:02.71 | L | F | Nikita Grant | 14 | WSTV | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 100 | 3:02.83 | L | P | Ameera Motala | 14 | ATLA | JHB | 30/11/2023 | CGA Championships 2023 |
| 101 | 3:02.84 | L | P | Abbigail Kulynych | 14 | BAS | EKU | 07/12/2023 | EGA Summer Championships |
| 102 | 3:02.98 | L | F | Cecilia Breedt | 14 | DORE | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 103 | 3:03.49 | L S | F | Mine Prinsloo | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 104 | 3:03.89 | L | F | Hannah Du Toit | 14 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 105 | 3:04.88 | L | F | Tiffany Prins | 14 | KTS | | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 106 | 3:04.95 | L S | F | Milan Janse van Rensburg | 14 | INFA | NMA | 26/01/2024 | 6th A League Gala 2024 |
| 107 | 3:07.09 | L | F | Leila Van Zyl | 14 | QUIC | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 108 | 3:07.45 | L | F | Marlo Lensing | 14 | UPSK | ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 109 | 3:07.57 | L | F | Maria Barreiros | 14 | ELEC | TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 110 | 3:07.91 | L | F | Riley Prinsloo | 14 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 111 | 3:08.03 | L | F | Shayla WHYTE | 14 | MDOL | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 112 | 3:08.10 | L | F | Rebekah Van Coller | 14 | FISH | EDD | 24/06/2023 | PEA Winter Gala 2023 |
| 113 | 3:08.38 | L | F | Anri Maree | 14 | BS | LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 114 | 3:08.56 | L | F | Megan Jansen | 14 | UNI | EZD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 115 | 3:08.73 | L | F | Elandri Du Randt | 14 | BETH | FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 116 | 3:08.86 | L | F | Christina Marzagalli | 14 | CYBE | CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 117 | 3:09.29 | L | F | Julia Booth | 14 | SOUL | EKU | 07/12/2023 | EGA Summer Championships |
| 118 | 3:09.53 | L | F | Jamie Napier | 14 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 119 | 3:09.62 | L | F | Jemma Hendricks | 14 | LALE | GED | 03/02/2024 | Winelands SL final |
| 120 | 3:11.33 | L | F | Alexa Cave | 14 | MDOL | JHB | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 121 | 3:12.04 | L | F | Leandri Grobler | 14 | VHD | ZLD | 24/11/2023 | Westville-Seals LC Championships |
| 122 | 3:12.53 | L | F | Keira Ellerbeck | 14 | H2O | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 123 | 3:12.60 | L | P | Precious Marite | 14 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 124 | 3:12.66 | L | P | Victoria Bulhakova | 14 | SWIFT | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 125 | 3:13.07 | L S | F | Carli Murray | 14 | QUIC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 126 | 3:13.12 | L | F | Lika Vd Merwe | 14 | TUKS | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 127 | 3:14.06 | L | F | Ane' Claassen | 14 | TUKS | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 128 | 3:14.33 | L | F | Alexah Furman | 14 | ELEC | TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 129 | 3:14.71 | L | F | Kayla Koen | 14 | TUKS | TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 130 | 3:15.36 | L S | F | Jessie Ludick | 14 | CASC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 131 | 3:15.90 | L | P | Sinead De Wet | 14 | CRSC | JHB | 30/11/2023 | CGA Championships 2023 |
| 132 | 3:15.91 | L | P | Micke Prinsloo | 14 | TKS | WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 133 | 3:16.58 | L | F | Helena Rooken-Smith | 14 | LALE | GED | 10/02/2024 | WCA-B Champs - 2024 |
| 134 | 3:16.93 | L | F | Alri Venter | 14 | PHS | CCD | 27/01/2024 | Limpopo School Champs |
| 135* | 3:16.96 | L | F | Lesedi Mashabela | 14 | TUKS | TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-------------|-------|----------------------|--------|-----------|------------|--------------------------------------|
| 135* | 3:16.96 L | F | Isabelle Botha | 14 | PGAC EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 137 | 3:17.41 L S | F | Delise Malenza | 14 | CASC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 138 | 3:17.61 L | F | Silizwe Giyose | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 139 | 3:17.85 L | F | Tylin Taljard | 14 | SS MPD | 01/12/2023 | Limpopo Champs |
| 140 | 3:17.94 L | F | Melinda Dippenaar | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 141 | 3:18.18 L | P | Cayla Boardman | 14 | CA EKU | 07/12/2023 | EGA Summer Championships |
| 142 | 3:18.90 L | F | Leah Davel | 14 | ACAA CCD | 01/12/2023 | Limpopo Champs |
| 143 | 3:19.12 L | P | Sadie Bothma | 14 | HREF BP | 06/12/2023 | NWS Championships 2023/24 |
| 144 | 3:19.45 L | F | Mariné Pretorius | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 145 | 3:19.76 L | F | Zephani Adams | 14 | WEST CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 146 | 3:20.17 L | F | Luca Alexander | 14 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 147 | 3:20.76 L | F | Mieke Griffiths | 14 | MSC NGD | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 148 | 3:21.33 L | F | Melina Alexandrou | 14 | SWIFT EKU | 28/10/2023 | EGA Summer 2 2023 |
| 149 | 3:21.97 L | F | Kellan Lynch | 14 | XCEL CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 150 | 3:23.11 L | P | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 151 | 3:23.27 L | F | Jeanine Botes | 14 | TINC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 152 | 3:26.15 L | P | Rozel Scholtz | 14 | STELL RMD | 06/12/2023 | NWS Championships 2023/24 |
| 153 | 3:26.41 L | F | Jasmine Hirshovitz | 14 | GREY CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 154 | 3:26.75 L | F | Gabriella Goncalves | 14 | SOUL EKU | 09/02/2024 | Infinity Gala 2024 |
| 155 | 3:27.30 L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 156 | 3:27.76 L | F | Keira Martins | 14 | H2O EKU | 26/01/2024 | EGA Last Chance 2024 |
| 157 | 3:28.05 L | F | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 158 | 3:28.37 L | F | Chandre Cloete | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 159 | 3:29.23 L | F | Simone' Pretorius | 14 | BETH FDD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 160 | 3:30.46 L | F | Leani Mitchell | 14 | MATL KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 161 | 3:31.51 L | F | Mia Pienaar | 14 | BULS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 162 | 3:31.54 L | F | Rerapetse Ramohale | 14 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 163 | 3:33.09 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 164 | 3:33.28 L S | F | Hannaan Mia | 14 | MANT CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 165 | 3:35.71 L | P | Skyla Reddy | 14 | SWIFT EKU | 07/12/2023 | EGA Summer Championships |
| 166 | 3:41.26 L S | F | Chrislynne Wiesner | 14 | WSS LLD | 06/12/2023 | Free State Champs 2023 |
| 167 | 3:43.13 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 168 | 3:43.64 L | P | Tyla Pridgeon-Nel | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 169 | 3:56.76 L | F | Rachel Henley | 14 | ESTR EKU | 28/10/2023 | EGA Summer 2 2023 |
| 170 | 3:59.11 L | F | Caroline Retief | 14 | HTSA CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 171 | 3:59.97 L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 172 | 4:04.93 L | F | Nenekazi Taole | 14 | SWIFT EKU | 26/01/2024 | EGA Last Chance 2024 |
| 173 | 4:07.61 L | F | Leiani van Aarde | 14 | SOUL EKU | 28/10/2023 | EGA Summer 2 2023 |
| 174 | 4:13.72 L S | F | Deannè King | 14 | HTSA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 175 | 4:15.65 L | P | Mpho Mwanza | 14 | ESP EKU | 07/12/2023 | EGA Summer Championships |
| 176 | 4:40.35 L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 03/11/2023 | UPINGTON 2023 |

Women 14-14 50 Breast

| | | | | | | | |
|----|---------|---|---------------------|----|-----------|------------|-------------------------------------|
| 1 | 33.90 L | P | Tchisank Banza | 14 | MP EZD | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 2 | 34.50 L | P | Kato' van Niekerk | 14 | AGC TSH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 3 | 34.88 L | F | Giuliana Vyncke | 14 | DRGN EKU | 15/03/2024 | SA National Junior Age Group |
| 4 | 35.80 L | F | MacKenzie Bone | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 5 | 35.88 L | F | Zuria Venter | 14 | GAU JHB | 19/04/2024 | SA Schools Swimming Championship |
| 6 | 36.01 L | F | Darina Milanova | 14 | PAC TSH | 15/03/2024 | SA National Junior Age Group |
| 7 | 36.26 L | F | Meandri De Vos | 14 | BLOT MAN | 15/03/2024 | SA National Junior Age Group |
| 8 | 36.29 L | F | Lize-Marie Kruger | 14 | TRALI MAN | 15/03/2024 | SA National Junior Age Group |
| 9 | 36.57 L | F | Madison Coleman | 14 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 10 | 36.67 L | F | Caileigh De Beer | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 11 | 36.84 L | F | Demi Putter | 14 | WCA CPT | 19/04/2024 | SA Schools Swimming Championship |
| 12 | 36.94 L | F | Ane Snyders | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 13 | 37.22 L | F | Elizabeth Viljoen | 14 | HREF BP | 20/03/2024 | SA Level 3 Regional Age Group |
| 14 | 37.26 L | P | Clarisë Van Niekerk | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 15 | 37.50 L | F | Eva Neumann | 14 | GSA CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 16 | 37.52 L | F | Eva Dal Cin | 14 | ELEC TSH | 09/11/2023 | Mauritius Summer Championships (LC) |
| 17 | 37.57 L | F | Hazel Hutchison | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-----------|-------|------------------------|--------|-----------|------------|---------------------------------------|
| 18* | 37.62 L | P | Leila Springer | 14 | SASE JHB | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 18* | 37.62 L | F | Riziki Magotsi | 14 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 20 | 37.81 L | F | Diane Munro | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 21 | 37.83 L | F | Ona-Mari Van Niekerk | 14 | KNYA EDD | 21/03/2024 | SA Level 3 Regional Age Group |
| 22 | 37.93 L | F | Kayden O'connor | 14 | PEAS NMA | 21/10/2023 | 4th A League Gala 2023 |
| 23 | 38.01 L | P | Arne' Dreyer | 14 | STAQ CED | 15/03/2024 | SA National Junior Age Group |
| 24 | 38.08 L | F | Robyn-Rae Purdon | 14 | PSCP UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 25 | 38.28 L | P | Nicola Carver | 14 | ELEC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 26 | 38.32 L | F | Chanel Van Tonder | 14 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 27 | 38.44 L | F | Jessica Stedall | 14 | WWOL TSH | 12/12/2023 | NTS Championships 2023 |
| 28 | 38.46 L | F | Blake Morris | 14 | LINR JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 29 | 38.53 L | F | Emma Nolan | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 30 | 38.57 L | P | Ava Newton | 14 | CASC CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 31 | 38.60 L | P | Lilianne Hebler | 14 | QSAW CED | 15/03/2024 | SA National Junior Age Group |
| 32 | 38.63 L | F | Danielle Grobler | 14 | BLOT MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 33* | 38.67 L | F | Mine Prinsloo | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 33* | 38.67 L | P | Paige Meeser | 14 | CA EKU | 15/03/2024 | SA National Junior Age Group |
| 35 | 38.82 L | F | Sylvie de Bruyn | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 36 | 38.84 L | F | Annabelle Van Rensburg | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 37 | 38.95 L | F | Maya Mgcina | 14 | ELEC TSH | 23/02/2024 | NTS Prestige AG February 2024 |
| 38 | 39.09 L | F | Christina Orchard | 14 | VINE CPT | 11/11/2023 | Winelands SL4 |
| 39 | 39.18 L | P | Madison Smith | 14 | CA EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 40 | 39.28 L | P | Zia Moosa | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 41 | 39.31 L | P | Sydni Adams | 14 | VINE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 42 | 39.42 L | P | Jessica Davies | 14 | VIKI BUF | 19/04/2024 | SA Schools Swimming Championship |
| 43 | 39.53 L | F | Freyja Weaver | 14 | OHAN ILD | 27/01/2024 | Ushaka Champs 2024 |
| 44 | 39.57 L | F | Micke Prinsloo | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 45 | 39.58 L | P | Kyrah Mack | 14 | PEAS NMA | 19/04/2024 | SA Schools Swimming Championship |
| 46 | 39.70 L | F | Abigail Kotze | 14 | TYGE CPT | 20/01/2024 | CTA A MEET 4 |
| 47 | 39.77 L | P | Taylor Kassebaum | 14 | AA JHB | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 48 | 39.95 L | F | Talitha Schuch | 14 | LEGC ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 49 | 39.96 L | P | Ada Barnard | 14 | SWAR WCD | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 50 | 40.11 L | P | Almi Geysler | 14 | LALE CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 51 | 40.12 L | F | Amy Jackson | 14 | TCA EKU | 11/11/2023 | EGA Summer 3 |
| 52 | 40.14 L | P | Inneke Liebenberg | 14 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 53* | 40.23 L | F | Mikayla Frösler | 14 | BEST NMA | 22/07/2023 | 1st A League Gala 2023 |
| 53* | 40.23 L | P | Ella Jv Rensburg | 14 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |
| 55 | 40.27 L | F | Amy Walton | 14 | AZON ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 56 | 40.44 L | F | Stephanie Dannhauser | 14 | TKS WBD | 01/12/2023 | Limpopo Champs |
| 57 | 40.45 L | F | Tatum Dace | 14 | PEAS NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 58 | 40.51 L | F | Victoria Bulhakova | 14 | SWIFT EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 59 | 40.53 L | F | Hannah De Necker | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 60 | 40.59 L | F | Marne' Van Rensburg | 14 | BLSS MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 61 | 41.00 L | F | Anike Taljaard | 14 | PSCP UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 62 | 41.01 L | P | Sadie Roberts | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 63 | 41.05 L | P | Cara Rossouw | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 64 | 41.14 L S | F | Tatum Grant | 14 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 65 | 41.15 L | P | Gemma Walters | 14 | DORE JHB | 15/03/2024 | SA National Junior Age Group |
| 66 | 41.21 L | F | Mia Groenewald | 14 | KTS | 03/02/2024 | NCASA SPRINTS 2024 |
| 67 | 41.22 L | F | Abigail Wilcocks | 14 | PAC TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 68 | 41.29 L | F | Aliyah De Oliveira | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 69* | 41.38 L | P | Isabella Bruyns | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 69* | 41.38 L | F | Vyasti Lachman | 14 | WATR JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 71 | 41.44 L | F | Lia Assad | 14 | TYGE CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 72 | 41.49 L | F | Mikaela Johst | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 73 | 41.51 L | F | Sophia Wener | 14 | VINE CPT | 21/01/2024 | CTA BMEET 4 |
| 74 | 41.53 L | F | Abbigail Kulynych | 14 | BAS EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 75 | 41.63 L | F | Riley Prinsloo | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 76 | 41.64 L | F | Leandri Grobler | 14 | VHD ZLD | 20/03/2024 | SA Level 3 Regional Age Group |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | | |
|------|-------|-------|------|--------------------------|----|-------|-----|------------|---|----------------------------------|
| 77 | 41.80 | L | F | Arabelle Grütter | 14 | ROA | EDD | 18/11/2023 | Eden LC Champs 2023 | |
| 78 | 41.81 | L | P | Daizeli Bosman | 14 | PLAY | GED | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 79 | 41.84 | L | F | Bianca Potgieter | 14 | PAC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 80 | 41.92 | L | F | Gabriella Boerstra | 14 | TUKS | FSH | 17/11/2023 | NTS Level 3+ November Age Group | |
| 81 | 41.97 | L | F | Sharni-Marie Watson | 14 | PAC | FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 | |
| 82 | 42.04 | L | F | Daniella Myburg | 14 | BLSS | MAN | 19/08/2023 | Super Seals Prestige Gala | |
| 83 | 42.06 | L | P | Odette Upton | 14 | | LP | CCD | 19/04/2024 | SA Schools Swimming Championship |
| 84 | 42.09 | L | P | Milan Janse van Rensburg | 14 | INFA | NMA | 21/03/2024 | SA Level 3 Regional Age Group | |
| 85 | 42.24 | L | P | Cailyn Clowes | 14 | PSCP | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 86 | 42.28 | L | P | Gabi McQuinn | 14 | ELEC | FSH | 12/12/2023 | NTS Championships 2023 | |
| 87 | 42.29 | L | F | Gertruida de Witt | 14 | POTC | KKD | 06/12/2023 | NWS Championships 2023/24 | |
| 88* | 42.34 | L | P | Cara Visser | 14 | CYBE | CPT | 15/03/2024 | SA National Junior Age Group | |
| 88* | 42.34 | L | F | Margo Louw | 14 | QSAW | GED | 21/01/2024 | CTA BMEET 4 | |
| 88* | 42.34 | L | P | Kayla Koen | 14 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 91 | 42.35 | L | P | Taylor Foster | 14 | AZON | ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 92 | 42.37 | L | F | Minette Van Zyl | 14 | INFA | NMA | 21/03/2024 | SA Level 3 Regional Age Group | |
| 93* | 42.38 | L | F | Miya Krog | 14 | SAAW | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 | |
| 93* | 42.38 | L | F | Talita Wessels | 14 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 | |
| 95 | 42.39 | L | P | Aaishah Hartley | 14 | MARL | CPT | 24/06/2023 | PEA Winter Gala 2023 | |
| 96 | 42.50 | L | P | Gabriella Baillie | 14 | ROA | EDD | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 97 | 42.51 | L | F | Takalani Mudau | 14 | BLSS | MAN | 11/11/2023 | Bull Sharks Gala | |
| 98 | 42.56 | L | F | Milan Ferreira | 14 | LSKP | WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 | |
| 99 | 42.75 | L | F | Aimee Grobler | 14 | AFIN | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 100 | 42.76 | L | P | Maria Barreiros | 14 | ELEC | FSH | 20/03/2024 | SA Level 3 Regional Age Group | |
| 101 | 42.90 | L | F | Keira Martins | 14 | H2O | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 102 | 42.93 | L | F | Christa de Beer | 14 | PGIM | KK | 23/02/2024 | NW School Championships 2024 | |
| 103 | 42.96 | L | P | Kapitolina Xaba | 14 | SASE | JHB | 20/03/2024 | SA Level 3 Regional Age Group | |
| 104 | 43.20 | L | F | Caitlin Camacho | 14 | TUKS | FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala | |
| 105 | 43.22 | L | F | Ulrike Kruger | 14 | PSC | FSH | 02/02/2024 | NTS Level 1+2 February Age Group | |
| 106 | 43.25 | L | F | Sofiya Dos-Santos | 14 | ASAC | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet | |
| 107 | 43.27 | L | P | Leila Smit | 14 | CSC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 108 | 43.33 | L | P | Xanri Muller | 14 | GHSK | | 26/03/2024 | SA Level 2 Regional Age Group Champs | |
| 109 | 43.36 | L | F | Sulize Henning | 14 | WAGH | BP | 23/02/2024 | NW School Championships 2024 | |
| 110* | 43.47 | L | F | Ava Lambropoulos | 14 | TRAZ | FSH | 03/11/2023 | NTS Level 1+2 November Age Group | |
| 110* | 43.47 | L | F | Abigail Suckling | 14 | FSE | KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs | |
| 112 | 43.53 | L | F | Ava Strong | 14 | PEAS | NMA | 15/12/2023 | NMBA Championships 2023 | |
| 113* | 43.54 | L | F | Jade Van Vuuren | 14 | WATR | JHB | 30/11/2023 | CGA Championships 2023 | |
| 113* | 43.54 | L | P | Tamlyn Kew | 14 | CSC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 115 | 43.55 | L | F | Marlo Lensing | 14 | UPSK | ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs | |
| 116* | 43.67 | L | F | Caitlin Rossiter | 14 | HREF | BP | 06/12/2023 | NWS Championships 2023/24 | |
| 116* | 43.67 | L | F | Liane' de Wet | 14 | BULS | MAN | 03/11/2023 | Heidedal Welkom Gala | |
| 118 | 43.70 | L | P | Sahana Dayaram | 14 | DORE | JHB | 30/11/2023 | CGA Championships 2023 | |
| 119 | 43.77 | L | F | Chrislynne Wiesner | 14 | WSS | LLD | 06/12/2023 | Free State Champs 2023 | |
| 120 | 43.79 | L | F | McKenzie Jones | 14 | ESTR | EKU | 26/01/2024 | EGA Last Chance 2024 | |
| 121 | 43.83 | L | F | Micah Marx | 14 | | CA | EKU | 26/01/2024 | EGA Last Chance 2024 |
| 122 | 43.87 | L | P | Shannon Hugo | 14 | SEAL | UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 123 | 43.90 | L | P | Kate Douglas | 14 | BAS | EKU | 15/03/2024 | SA National Junior Age Group | |
| 124 | 43.92 | L | P | Gabriella Goncalves | 14 | SOUL | EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 125 | 44.01 | L | F | Dedre Engelbrecht | 14 | RBOT | BPD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala | |
| 126 | 44.05 | L | F | Sasha Boyum | 14 | HSTAN | MP | 14/10/2023 | Limpopo Top 8 - High Schools | |
| 127 | 44.11 | L | P | Elandri Du Randt | 14 | BETH | FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs | |
| 128 | 44.13 | L | F | Sam Juries | 14 | CLSC | WCD | 11/11/2023 | Swartland Prestige Gala 2023 | |
| 129 | 44.30 | L | P | Aliyah Lizen | 14 | AQU | ADJ | 05/04/2024 | SA Level 2 Regional Age Group Champs | |
| 130 | 44.36 | L | F | Kayden Mauer | 14 | USC | BUF | 15/12/2023 | NMBA Championships 2023 | |
| 131 | 44.40 | L | F | Mila De Souza | 14 | EXP | FSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 | |
| 132 | 44.53 | L | F | Mariné Pretorius | 14 | UPSK | ZMD | 21/03/2024 | SA Level 3 Regional Age Group | |
| 133 | 44.57 | L | F | Amara Okoye | 14 | PAC | FSH | 22/09/2023 | NTS Level 3+ September Age Group | |
| 134* | 44.61 | L | F | Kate Zillen | 14 | | CA | EKU | 11/11/2023 | EGA Summer 3 |
| 134* | 44.61 | L | F | Maria Davids | 14 | CAMP | BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct | |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| Time | P/F/S | Name | Age/Yr | | | | |
|------|---------|------|----------------------|----|-----------|------------|---|
| 136* | 44.65 L | F | Lili Annandale | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 136* | 44.65 L | F | Ciara Erasmus | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 138 | 44.67 L | F | Jemma Hendricks | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 139 | 44.70 L | F | Leila Van Zyl | 14 | QUIC CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 140 | 44.72 L | F | Inge Vd Walt | 14 | TUKS FSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 141 | 44.77 L | F | Mia Pienaar | 14 | BULS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 142 | 44.82 L | F | Annemie De Villiers | 14 | PRKA PSD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 143 | 44.85 L | P | Amore Oosthuizen | 14 | NSAD EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 144 | 44.86 L | F | Katya O'Brien | 14 | BON EKU | 15/09/2023 | EGA Summer 1 |
| 145 | 44.89 L | F | Nina Wessels | 14 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 146 | 44.90 L | P | Beané Noeth | 14 | UPSK ZMD | 15/03/2024 | SA National Junior Age Group |
| 147* | 45.01 L | F | Simone Van Wyk | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 147* | 45.01 L | F | Rachel Henley | 14 | ESTR EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 149 | 45.18 L | F | Kate Rankin | 14 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 150 | 45.19 L | F | Kirsten Myers | 14 | SSISA CPT | 11/11/2023 | Winelands SL4 |
| 151 | 45.30 L | F | Kendal McKay | 14 | PRIO NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 152 | 45.33 L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 153* | 45.41 L | F | Mia Koen | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 153* | 45.41 L | P | Shane Swarts | 14 | PSA ZLD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 155* | 45.44 L | F | Zoe Mills | 14 | DESA NMA | 15/12/2023 | NMBA Championships 2023 |
| 155* | 45.44 L | F | Lienke Els | 14 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 157 | 45.46 L | F | Miane Kasselmann | 14 | RBOT BPD | 11/11/2023 | NWS Age Group 3 + 4 |
| 158 | 45.47 L | P | Indigo Woodburn | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 159 | 45.50 L | P | Jesse Kirsten | 14 | BLOT MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 160 | 45.53 L | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 161 | 45.57 L | F | Rebekah Van Coller | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 162 | 45.63 L | F | Sienna Airey | 14 | VINE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 163 | 45.65 L | P | Juanè Burger | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 164* | 45.68 L | F | Amina Putter | 14 | NHS EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 164* | 45.68 L | P | Alexa Cave | 14 | MDOL JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 166* | 45.72 L | F | Helena Rookoen-Smith | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 166* | 45.72 L | F | Rozel Scholtz | 14 | STELL RMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 168* | 45.73 L | F | Precious Marite | 14 | CRSC JHB | 30/11/2023 | CGA Championships 2023 |
| 168* | 45.73 L | F | Khanya Khalala | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 170 | 45.75 L | F | Kyra Home | 14 | MDOL JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 171 | 45.76 L | P | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 172 | 45.85 L | F | Ilze Olley | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 173 | 45.87 L | F | Emma Clouston | 14 | SEAL UMD | 09/12/2023 | Uthukela District Age group Gala |
| 174 | 46.01 L | F | Sadie Dreyer | 14 | STAQ CED | 10/02/2024 | WCA-B Champs - 2024 |
| 175 | 46.03 L | F | Ellie-mari Reckling | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 176 | 46.04 L | F | Emmelize Loots | 14 | TYGE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 177 | 46.12 L | F | Macayle Eisen | 14 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 178 | 46.14 L | P | Paige Van Niekerk | 14 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 179 | 46.16 L | F | Kaylee Glutz | 14 | SEALI ILD | 24/11/2023 | Westville-Seals LC Championships |
| 180 | 46.20 L | F | Evelyn Malan | 14 | TUKS FSH | 23/02/2024 | NTS Prestige AG February 2024 |
| 181 | 46.24 L | F | Nasheetah Jephta | 14 | MANT CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 182 | 46.29 L | F | Lana Pretorius | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 183 | 46.50 L | F | Isabella Hofmeyr | 14 | ELEC FSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 184 | 46.51 L | F | Delise Malenza | 14 | CASC CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 185 | 46.52 L | P | Shayla WHYTE | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 186 | 46.53 L | F | Joré Benade | 14 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 187 | 46.71 L | F | Nina Cloete | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 188 | 46.74 L | F | Madisson De Druyn | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 189 | 46.84 L | P | Keira Ellerbeck | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 190 | 46.85 L | F | Lika Vd Merwe | 14 | TUKS FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 191 | 46.88 L | P | Lauren Naidoo | 14 | ACSA ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 192 | 46.92 L | F | Riette Kroukamp | 14 | PAC FSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 193 | 46.94 L | F | Melinda Dippenaar | 14 | BS LLD | 06/12/2023 | Free State Champs 2023 |
| 194 | 46.96 L | F | Imke Botha | 14 | RHS BP | 23/02/2024 | NW School Championships 2024 |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-----------|-------|-------------------------|--------|-----------|------------|---|
| 195 | 47.00 L | F | Tamsyn Thomson | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 196 | 47.02 L | F | Isabelle Welgemoed | 14 | VALS FDD | 06/12/2023 | Free State Champs 2023 |
| 197 | 47.03 L | F | Keanke Nel | 14 | LSKP WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 198 | 47.06 L | F | Kellan Lynch | 14 | XCEL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 199 | 47.24 L | F | Erin Olivier | 14 | ASAC CPT | 17/09/2023 | CTA BMEET 3 |
| 200 | 47.36 L | F | Tuhina Asharam | 14 | KZNA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 201 | 47.38 L | P | Tiffany Prins | 14 | KTS | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 202 | 47.40 L | F | Melandri Vermaak | 14 | TINC TSH | 02/03/2024 | AG Level 1 Regional Age Group |
| 203 | 47.45 L | F | Mieke Griffiths | 14 | MSC NGD | 01/12/2023 | Mpumalanga Championships 2023 |
| 204 | 47.55 L | F | Anja Volschenk | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 205 | 47.67 L | F | Jessica Dos Santos | 14 | UPC EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 206 | 47.75 L | F | Emma Mostert | 14 | DDA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 207 | 47.79 L | P | Anri Maree | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 208 | 47.82 L | F | Hannah Du Toit | 14 | ELEC TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 209 | 47.97 L | F | Lyla Shekel | 14 | CYBE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 210 | 48.16 L | F | Sadie Bothma | 14 | HREF BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 211 | 48.53 L | F | Carmen Stapelberg | 14 | TINC TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 212 | 48.57 L | F | Anieke Prinsloo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala |
| 213 | 48.66 L | P | Hannah Struwig | 14 | AQUA BUF | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 214 | 48.73 L | P | Emma-Lee Theron | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 215 | 48.84 L | F | Isabella Dos Santos | 14 | PER JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 216 | 48.91 L | F | Lara Stander | 14 | EVO CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 217 | 49.01 L | F | Samara Prinsloo | 14 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 218 | 49.05 L | P | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 219 | 49.14 L | F | Nicole Senekal | 14 | TKS WBD | 01/12/2023 | Limpopo Champs |
| 220 | 49.17 L | F | Ella-Mae Henning | 14 | VRC TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 221 | 49.27 L | F | Emme Wentzel | 14 | INFA NMA | 22/07/2023 | 1st A League Gala 2023 |
| 222 | 49.28 L S | P | Skyla Reddy | 14 | SWIFT EKU | 07/12/2023 | EGA Summer Championships |
| 223 | 49.37 L | F | Kerani Nana | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 224 | 49.38 L | F | Luca Alexander | 14 | MARL CPT | 21/01/2024 | CTA BMEET 4 |
| 225 | 49.48 L | F | Jeanine Botes | 14 | TINC TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 226 | 49.50 L | F | Anke Stander | 14 | EVO CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 227* | 49.59 L | F | Leani Mitchell | 14 | MATL KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 227* | 49.59 L | F | Brody McGarry | 14 | HPPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 229 | 49.61 L | F | Mpho Mwanza | 14 | ESP EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 230* | 49.64 L | F | Keone Molapo | 14 | RFA TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 230* | 49.64 L | F | Mackenzie Sterling | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 232 | 49.70 L | F | Alri Venter | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 233 | 49.81 L | F | Callen Campbell | 14 | WEST CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 234* | 49.95 L | F | Diëm Peens | 14 | CUHE OBD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 234* | 49.95 L | F | Lida Gerber | 14 | AASC EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 236 | 50.13 L | F | Chloe Hendricks | 14 | CAMBP BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 237 | 50.18 L | F | Larissa Boucher | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 238 | 50.29 L | F | Christina Marzagalli | 14 | CYBE CPT | 21/01/2024 | CTA BMEET 4 |
| 239 | 50.32 L | F | Karla Lemmer | 14 | USH KCD | 27/01/2024 | Ushaka Champs 2024 |
| 240 | 50.37 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 241 | 50.40 L | F | Janke Steenkamp | 14 | UNI EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 242* | 50.44 L | F | Janaé Mulder | 14 | VRC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 242* | 50.44 L | F | Aasiyah Khan | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 244 | 50.51 L | P | Rerapetse Ramohale | 14 | STAR BPD | 06/12/2023 | NWS Championships 2023/24 |
| 245* | 50.64 L | F | Atlegang Mogotsi | 14 | ESTR EKU | 26/01/2024 | EGA Last Chance 2024 |
| 245* | 50.64 L | F | Kate Krummeck | 14 | HARV NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 247 | 50.85 L | F | Kirsten Roos | 14 | EXA EZD | 13/10/2023 | MP AGE GROUP 2 |
| 248 | 50.86 L | F | Sandisiwe Mkhathswa | 14 | MAKO EKU | 26/01/2024 | EGA Last Chance 2024 |
| 249 | 51.22 L | F | Jordin-Li van der Merwe | 14 | ROB EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 250 | 51.29 L | F | Sarona Boiteto | 14 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 251 | 51.33 L | F | Erin Stead | 14 | FRA KCD | 21/10/2023 | Froggies Championships 2023 |
| 252 | 51.37 L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 253 | 51.41 L | F | Madison Amy Naude | 14 | AHMP TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-------------|-------|----------------------------|--------|-----------|------------|---|
| 254 | 51.44 L | F | Jolane Holtzhausen | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 255 | 51.52 L | F | Viwassi Amoussou | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 256 | 51.71 L | F | Chloe Coetsee | 14 | WRP EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 257 | 51.73 L | F | Kawanelo Linake | 14 | TRAZ TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 258 | 51.74 L | P | Kerrigan Hayes | 14 | CASC CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 259 | 51.76 L | F | Sofiya Talip | 14 | MANT CPT | 21/01/2024 | CTA BMEET 4 |
| 260 | 52.07 L | F | Tyla Pridgeon-Nel | 14 | BAS EKU | 11/11/2023 | EGA Summer 3 |
| 261 | 52.19 L | F | Mia-Ann Van der Westhuizen | 14 | AGAQ OBD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 262 | 52.25 L | F | Michaela Anderson | 14 | LSBOS WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 263 | 52.70 L | F | Ilne Bruwer | 14 | BLSS MAN | 01/09/2023 | Seals Gala |
| 264 | 52.72 L | F | Elme Swanepoel | 14 | FROS TMD | 02/03/2024 | FSA Level 1 2024 |
| 265 | 52.88 L | F | Zahiyah Khan | 14 | BLSS MAN | 27/01/2024 | Pelicans Gala 2024 |
| 266 | 53.12 L | F | Nenekazi Taole | 14 | SWIFT EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 267 | 53.20 L | F | Zephani Adams | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 268 | 53.22 L | F | Macayla Meyer | 14 | CAMB BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 269 | 53.30 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 21/01/2024 | CTA BMEET 4 |
| 270 | 53.33 L | F | Victoria Hofeld | 14 | CA EKU | 26/01/2024 | EGA Last Chance 2024 |
| 271 | 53.55 L | F | Isabelle Botha | 14 | PGAC EKU | 11/11/2023 | EGA Summer 3 |
| 272 | 53.62 L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 273 | 53.68 L | F | Jacqueline Pieterse | 14 | FSE KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 274 | 53.78 L | F | Hannah Myburgh | 14 | AQDO CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 275 | 53.87 L | F | Nonjabulo Thusi | 14 | USH KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 276 | 53.94 L | F | Rebecca Eybers | 14 | CUR EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 277 | 53.97 L | F | Sharobel Paulse | 14 | LSKP WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 278 | 54.34 L | F | Jemima Oosthuizen | 14 | FRAM NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 279 | 54.42 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 02/03/2024 | FSA Level 1 2024 |
| 280 | 54.45 L | F | Madyson Windvogel | 14 | VPHS NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 281 | 54.51 L | F | Bohlale Khahledi | 14 | BARR CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 282 | 54.76 L | F | Boitumelo Dlova | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 283 | 55.49 L | F | Lesedi Mashabela | 14 | TUKS TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 284 | 55.77 L | F | Klara Groenewald | 14 | PRA GSD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 285 | 55.88 L | F | Emilia de Freitas | 14 | MAKO EKU | 11/11/2023 | EGA Summer 3 |
| 286 | 55.94 L | F | Resego Chalashika | 14 | TLAC BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 287 | 55.96 L | P | Oni Mtongana | 14 | AQUA BUF | 24/06/2023 | PEA Winter Gala 2023 |
| 288 | 56.04 L | F | Aphiwe Zembe | 14 | AA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 289 | 56.07 L | F | Lutendo Mphelo | 14 | BETH FDD | 02/03/2024 | FSA Level 1 2024 |
| 290 | 56.56 L | F | Ava Kruger | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 291 | 57.16 L | F | Surene Kleingeld | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 292 | 57.30 L | F | Leneave George | 14 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 293 | 57.58 L | F | Chloe Venter | 14 | BERG BP | 23/02/2024 | NW School Championships 2024 |
| 294 | 57.99 L | F | Mia Okkers | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 295 | 58.14 L | F | Swazikazi Ntuli | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 296 | 58.42 L | F | Nurah Kerbelker | 14 | MANT CPT | 17/09/2023 | CTA BMEET 3 |
| 297 | 59.42 L | F | Buhlebenkosi Sibanda | 14 | TUKS TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 298 | 59.95 L | F | Bokang Seheri | 14 | USHAK EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 299 | 1:00.24 L | F | Stephany Neculescu | 14 | HPPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 300 | 1:01.44 L | F | Isabel Landman | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 301 | 1:01.54 L | F | Caroline Retief | 14 | HTSA CPT | 21/01/2024 | CTA BMEET 4 |
| 302 | 1:02.04 L | F | Liyana Dlova | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 303 | 1:02.68 L | F | Najouan Haouali | 14 | BLNE MAN | 06/12/2023 | Free State Champs 2023 |
| 304 | 1:03.17 L | F | Gabrielle Edwards | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 305 | 1:03.41 L | F | Thlalefo Mokgosi | 14 | USHAK EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 306 | 1:03.77 L | F | Andrea Mclachlan | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 307 | 1:04.49 L S | P | Mamello Mabuza | 14 | ESP EKU | 07/12/2023 | EGA Summer Championships |
| 308 | 1:04.53 L | F | Aobakwe Molokoane | 14 | TLAC BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 309 | 1:05.50 L | F | Robyn Belcham | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 310 | 1:05.82 L | F | Andrika Breedt | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 311 | 1:06.42 L | F | Beth Sahd | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 312 | 1:06.48 L | F | Deannè King | 14 | HTSA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-------------------------------|-------------|-------|------------------------|--------|-----------|------------|--------------------------------------|
| 313 | 1:08.15 L | F | Azoma Mbanga | 14 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 |
| 314 | 1:08.38 L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 03/11/2023 | UPINGTON 2023 |
| 315 | 1:08.72 L | F | Zhara Pretorious | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 316 | 1:09.42 L | F | Dimpho Leshabane | 14 | USHAK ECU | 11/11/2023 | EGA Summer 3 |
| 317 | 1:12.36 L | F | Mishkah Sooliman | 14 | PGH KK | 23/02/2024 | NW School Championships 2024 |
| 318 | 1:47.61 L | F | Usenathi Segone | 14 | BLNE MAN | 02/03/2024 | FSA Level 1 2024 |
| Women 14-14 100 Breast | | | | | | | |
| 1 | 1:14.37 L | F | Tchisank Banza | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 2 | 1:15.02 L S | F | Kato' van Niekerk | 14 | AGC TSH | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 3 | 1:18.79 L | F | Darina Milanova | 14 | PAC TSH | 15/03/2024 | SA National Junior Age Group |
| 4 | 1:18.99 L | P | Zuria Venter | 14 | CA ECU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 5 | 1:19.71 L | F | MacKenzie Bone | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 6 | 1:20.14 L | F | Meandri De Vos | 14 | BLOT MAN | 15/03/2024 | SA National Junior Age Group |
| 7 | 1:20.42 L S | F | Clarise Van Niekerk | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 8 | 1:21.11 L | F | Demi Putter | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 9 | 1:21.45 L | F | Giuliana Vyncke | 14 | DRGN ECU | 30/11/2023 | CGA Championships 2023 |
| 10 | 1:21.46 L | F | Caileigh De Beer | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 11 | 1:21.60 L | F | Ane Snyders | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 12 | 1:21.63 L | F | Leila Springer | 14 | SASE JHB | 30/11/2023 | CGA Championships 2023 |
| 13 | 1:21.93 L | F | Madison Coleman | 14 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 14 | 1:22.02 L | F | Lize-Marie Kruger | 14 | TRALI MAN | 15/03/2024 | SA National Junior Age Group |
| 15 | 1:22.54 L | P | Eva Dal Cin | 14 | ELEC TSH | 24/05/2023 | Winter National Championships'23 |
| 16 | 1:22.91 L | P | Taylor Kassebaum | 14 | AA JHB | 15/03/2024 | SA National Junior Age Group |
| 17 | 1:22.99 L | F | Eva Neumann | 14 | GSA CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 18 | 1:23.97 L | F | Ava Newton | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 19 | 1:24.07 L | F | Diane Munro | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 20 | 1:24.37 L | F | Hazel Hutchison | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |
| 21 | 1:24.39 L | F | Arne' Dreyer | 14 | STAQ CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 22 | 1:24.60 L | P | Amy Jackson | 14 | TCA ECU | 07/12/2023 | EGA Summer Championships |
| 23 | 1:24.87 L S | F | Mikayla Frösler | 14 | BEST NMA | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 24 | 1:24.96 L | P | Jessica Stedall | 14 | WWOL TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 25 | 1:25.10 L | F | Whitney Lauf | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 26 | 1:25.16 L | F | Riziki Magotsi | 14 | RSA | 03/05/2023 | CANA Zone IV SwimmingChampions |
| 27 | 1:25.20 L | F | Nicola Carver | 14 | ELEC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 28 | 1:25.29 L | F | Kaylin Fabricius | 14 | BARR CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 29* | 1:25.72 L | F | Sylvie de Bruyn | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 29* | 1:25.72 L | F | Talitha Schuch | 14 | LEGC ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 31 | 1:25.93 L | F | Madison Smith | 14 | CA ECU | 20/03/2024 | SA Level 3 Regional Age Group |
| 32 | 1:25.98 L | F | Kayden O'connor | 14 | PEAS NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 33 | 1:26.40 L | F | Inneke Liebenberg | 14 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 34 | 1:26.50 L | P | Paige Meeser | 14 | CA ECU | 07/12/2023 | EGA Summer Championships |
| 35 | 1:26.53 L | P | Alexa Basso | 14 | SOUL ECU | 07/12/2023 | EGA Summer Championships |
| 36 | 1:27.19 L | F | Danielle Grobler | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 37 | 1:27.22 L | F | Ada Barnard | 14 | SWAR WCD | 21/03/2024 | SA Level 3 Regional Age Group |
| 38 | 1:27.28 L | F | Ona-Mari Van Niekerk | 14 | KNYA EDD | 21/03/2024 | SA Level 3 Regional Age Group |
| 39 | 1:27.51 L | F | Freyja Weaver | 14 | OHAN ILD | 27/01/2024 | Ushaka Champs 2024 |
| 40 | 1:27.64 L | F | Mine Prinsloo | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 41 | 1:27.65 L | F | Annabelle Van Rensburg | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 42 | 1:27.69 L | F | Robyn-Rae Purdon | 14 | PSCP UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 43 | 1:27.77 L | F | Kyrach Mack | 14 | PEAS NMA | 23/09/2023 | 3rd A League Gala 2023 |
| 44 | 1:27.79 L | P | Sydni Adams | 14 | VINE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 45 | 1:27.90 L | F | Almi Geyser | 14 | LALE CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 46 | 1:28.10 L | F | Elizabeth Viljoen | 14 | HREF BP | 20/03/2024 | SA Level 3 Regional Age Group |
| 47 | 1:28.23 L | F | Anja Buitendach | 14 | UNI EZD | 13/10/2023 | MP AGE GROUP 2 |
| 48 | 1:28.37 L | F | Blake Morris | 14 | LINR JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 49* | 1:29.11 L | F | Chanel Van Tonder | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 49* | 1:29.11 L | P | Keilah-Naomi Holthuis | 14 | QSAW CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 51 | 1:29.40 L | F | Tatum Dace | 14 | PEAS NMA | 11/11/2023 | 5th A League Gala 2023 |
| 52 | 1:29.42 L | P | Jessica Davies | 14 | VIKI BUF | 21/03/2024 | SA Level 3 Regional Age Group |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-----|---------|-------|------|--------------------------|----|-----------|------------|--------------------------|-------------------|
| 53 | 1:29.44 | L | F | Micke Prinsloo | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional | Age Group |
| 54 | 1:29.51 | L | F | Amy Walton | 14 | AZON ETH | 14/12/2023 | KZNA 2023 Championships | Incorp SSA |
| 55 | 1:29.52 | L | F | Tatum Grant | 14 | SOUL ECU | 07/12/2023 | EGA Summer Championships | |
| 56 | 1:29.65 | L | P | Zia Moosa | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming | Championship |
| 57 | 1:29.68 | L | P | Stephanie Dannhauser | 14 | LP CCD | 19/04/2024 | SA Schools Swimming | Championship |
| 58* | 1:29.74 | L S | F | Arabelle Grütter | 14 | ROA EDD | 05/10/2023 | 42nd Freda Barnard | Invitational Gala |
| 58* | 1:29.74 | L | F | Emma Nolan | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional | Age Group |
| 60 | 1:29.94 | L | P | Daizeli Bosman | 14 | PLAY CED | 14/12/2023 | Western Cape LC-A | Championship 2023 |
| 61 | 1:30.55 | L | P | Gemma Walters | 14 | DORE JHB | 15/03/2024 | SA National Junior | Age Group |
| 62 | 1:30.57 | L | F | Mia Groenewald | 14 | KTS | 14/10/2023 | FLAMINGO GALA 14 - 15 | OCTOBER |
| 63 | 1:30.68 | L | F | Leandri Grobler | 14 | VHD ZLD | 16/02/2024 | EDA Age Group Gala | 6 2024 |
| 64 | 1:30.95 | L | F | Abigail Kotze | 14 | TYGE CPT | 20/01/2024 | CTA A MEET | 4 |
| 65 | 1:31.25 | L | P | Aliyah De Oliveira | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A | Championship 2023 |
| 66 | 1:31.59 | L | P | Sulize Henning | 14 | MP EZD | 19/04/2024 | SA Schools Swimming | Championship |
| 67 | 1:31.62 | L | P | Cara Rossouw | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional | Age Group |
| 68 | 1:31.63 | L | P | Gertruida de Witt | 14 | POTC KKD | 06/12/2023 | NWS Championships | 2023/24 |
| 69 | 1:31.71 | L | F | Marne' Van Rensburg | 14 | BLSS MAN | 21/03/2024 | SA Level 3 Regional | Age Group |
| 70 | 1:31.73 | L | F | Cailyn Clowes | 14 | PSCP UMD | 24/11/2023 | Westville-Seals LC | Championships |
| 71 | 1:31.83 | L | P | Ella Jv Rensburg | 14 | SS MPD | 15/03/2024 | SA National Junior | Age Group |
| 72 | 1:32.04 | L | F | Mikaela Johst | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 73 | 1:32.06 | L | F | Victoria Bulhakova | 14 | SWIFT ECU | 20/03/2024 | SA Level 3 Regional | Age Group |
| 74 | 1:32.11 | L | F | Sharni-Marie Watson | 14 | PAC TSH | 22/09/2023 | NTS Level 3+ September | Age Group |
| 75 | 1:32.39 | L S | F | Milan Janse van Rensburg | 14 | INFA NMA | 26/01/2024 | 6th A League Gala | 2024 |
| 76 | 1:32.64 | L | F | Maria Barreiros | 14 | ELEC TSH | 20/10/2023 | NTS Level 3+ October | Age Group 2023 |
| 77 | 1:32.90 | L | F | Vyasti Lachman | 14 | WATR JHB | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 78 | 1:33.04 | L | P | Lethabo Masemola | 14 | GAU JHB | 19/04/2024 | SA Schools Swimming | Championship |
| 79 | 1:33.05 | L | P | Gabriella Baillie | 14 | ROA EDD | 21/03/2024 | SA Level 3 Regional | Age Group |
| 80 | 1:33.22 | L | F | Kayla Kleynhans | 14 | TUKS TSH | 16/02/2024 | NTS February Open | Age Group 2024 |
| 81 | 1:33.43 | L | P | Micah Marx | 14 | CA ECU | 07/12/2023 | EGA Summer Championships | |
| 82 | 1:33.44 | L | F | Taylor Foster | 14 | PEAS NMA | 01/10/2023 | Curro AquaElite | Gala |
| 83 | 1:33.54 | L | F | Sofiya Dos-Santos | 14 | ASAC CPT | 03/02/2024 | CTA BRIAN BUTTON | Qualifying Meet |
| 84 | 1:33.60 | L | F | Cara Visser | 14 | CYBE CPT | 17/02/2024 | Swartland Invitational | Gala 2024 |
| 85 | 1:33.63 | L | P | Minette Van Zyl | 14 | INFA NMA | 21/03/2024 | SA Level 3 Regional | Age Group |
| 86 | 1:33.84 | L | F | Daniella Myburg | 14 | BLSS MAN | 27/10/2023 | Neptune Prestige | Gala |
| 87 | 1:33.85 | L | P | Riley Prinsloo | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 88 | 1:33.97 | L | F | Caitlin Rossiter | 14 | HREF BP | 06/12/2023 | NWS Championships | 2023/24 |
| 89 | 1:34.02 | L | F | Anike Taljaard | 14 | PSCP UMD | 05/04/2024 | SA Level 2 Regional | Age Group Champs |
| 90 | 1:34.05 | L | P | Aaishah Hartley | 14 | MARL CPT | 24/06/2023 | PEA Winter Gala | 2023 |
| 91 | 1:34.12 | L | F | Amelie Kleine | 14 | TUKS TSH | 20/10/2023 | NTS Level 3+ October | Age Group 2023 |
| 92 | 1:34.25 | L | F | Abbigail Kulynych | 14 | BAS ECU | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 93 | 1:34.35 | L | P | Kapitolina Xaba | 14 | SASE JHB | 20/03/2024 | SA Level 3 Regional | Age Group |
| 94 | 1:34.51 | L | F | Keira Martins | 14 | H2O ECU | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 95 | 1:34.57 | L | F | Aliyah Lizen | 14 | AQU ADJ | 09/12/2023 | Uthukela District | Age group Gala |
| 96 | 1:34.59 | L | F | Milan Ferreira | 14 | TASC MPD | 01/12/2023 | Limpopo Champs | |
| 97 | 1:34.64 | L | F | Shannon Hugo | 14 | KLOO ETH | 24/11/2023 | Westville-Seals LC | Championships |
| 98 | 1:34.66 | L | P | Megan Mayhew | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional | Age Group |
| 99 | 1:34.71 | L | F | Aimee Grobler | 14 | AFIN JHB | 24/03/2024 | SA Level 2 Regional | Age Group Champs |
| 100 | 1:34.76 | L | F | Kylie De Bruyn | 14 | TUKS TSH | 22/09/2023 | NTS Level 3+ September | Age Group |
| 101 | 1:35.04 | L | F | Mikayla Hinkley | 14 | PER JHB | 14/10/2023 | CGA Level 2 + Gala | Oct 2023 |
| 102 | 1:35.23 | L | F | Sahana Dayaram | 14 | DORE JHB | 10/11/2023 | CGA Level 2+ Gala | 10 - 11 Nov 2023 |
| 103 | 1:35.28 | L | F | Abigail Wilcocks | 14 | PAC TSH | 17/11/2023 | NTS Level 3+ November | Age Group |
| 104 | 1:35.32 | L | F | Kayla Koen | 14 | TUKS TSH | 01/12/2023 | 2023 The Tshwane Mayor's | Gala |
| 105 | 1:35.42 | L | F | Simone Van Wyk | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC | Championships |
| 106 | 1:35.45 | L | F | Scarlett Friis | 14 | KLOO ETH | 24/11/2023 | Westville-Seals LC | Championships |
| 107 | 1:35.68 | L | F | Talita Wessels | 14 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS | AG6 16-17 |
| 108 | 1:35.73 | L | F | Xanri Muller | 14 | GHSK | 13/01/2024 | AGE GROUP 4 KBY | 2024 |
| 109 | 1:35.92 | L | P | Christa de Beer | 14 | POTC KKD | 20/03/2024 | SA Level 3 Regional | Age Group |
| 110 | 1:35.99 | L | F | Takalani Mudau | 14 | BLSS MAN | 06/12/2023 | Free State Champs | 2023 |
| 111 | 1:36.48 | L | P | Huei-Ing Chen | 14 | DORE JHB | 30/11/2023 | CGA Championships | 2023 |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|-------------|-------|---------------------|--------|-----------|------------|---|
| 112 | 1:36.54 L | F | Ashlin Nel | 14 | SSISA CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 113 | 1:36.56 L | F | Kayden Mauer | 14 | USC BUF | 15/12/2023 | NMBA Championships 2023 |
| 114 | 1:36.64 L | F | Miya Krog | 14 | SAAW CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 115 | 1:36.83 L | F | Maria Davids | 14 | CAMBP BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 116 | 1:36.91 L | F | Emily Hattingh | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 117 | 1:36.99 L | F | Liane' de Wet | 14 | BULS MAN | 27/10/2023 | Neptune Prestige Gala |
| 118 | 1:37.16 L | P | Juanè Burger | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 119 | 1:37.23 L | F | Zoe Mills | 14 | DESA NMA | 15/12/2023 | NMBA Championships 2023 |
| 120 | 1:37.26 L | F | Bianca Potgieter | 14 | PAC TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 121 | 1:37.31 L | F | Jani Visagie | 14 | SWAR WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 122 | 1:37.35 L | P | Inge Vd Walt | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 123 | 1:37.58 L | F | Jade Van Vuuren | 14 | WATR JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 124 | 1:37.77 L | F | Lili Annandale | 14 | BULS MAN | 27/10/2023 | Neptune Prestige Gala |
| 125 | 1:37.81 L | F | Mila De Souza | 14 | EXP TSH | 26/01/2024 | NTS Level 3+ Januaery Age Group 2024 |
| 126 | 1:37.92 L | F | Tamlyn Kew | 14 | CSC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 127 | 1:37.96 L | P | Leila Smit | 14 | CSC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 128 | 1:38.03 L | F | Kate Douglas | 14 | BAS EKU | 28/10/2023 | EGA Summer 2 2023 |
| 129 | 1:38.09 L | P | Indigo Woodburn | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 130 | 1:38.11 L | F | McKenzie Jones | 14 | ESTR EKU | 26/01/2024 | EGA Last Chance 2024 |
| 131 | 1:38.19 L | F | Jesse Kirsten | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 132 | 1:38.25 L | F | Dedre Engelbrecht | 14 | RBOT BPD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 133 | 1:38.43 L | P | Odette Upton | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 134 | 1:38.44 L | F | Isabelle Welgemoed | 14 | VALS FDD | 16/02/2024 | Neptunes Last chance Gala |
| 135 | 1:38.47 L | F | Emma Hagglund | 14 | SSISA CPT | 11/11/2023 | Winelands SL4 |
| 136 | 1:38.57 L | F | Alexa Cave | 14 | MDOL JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 137 | 1:38.59 L | F | Marlo Lensing | 14 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 138 | 1:38.75 L | P | Gabriella Goncalves | 14 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 139 | 1:38.79 L | F | Megan Jansen | 14 | UNI EZD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 140 | 1:39.04 L | F | Sasha Boyum | 14 | HSTAN MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 141 | 1:39.13 L | F | Leila Van Zyl | 14 | QUIC CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 142* | 1:39.60 L | P | Precious Marite | 14 | CRSC JHB | 30/11/2023 | CGA Championships 2023 |
| 142* | 1:39.60 L | F | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 144 | 1:39.75 L | F | Sophia Wener | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 145 | 1:39.88 L | F | Ilze Olley | 14 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| 146 | 1:40.10 L | F | Kyra Home | 14 | MDOL JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 147 | 1:40.23 L | P | Rachel Henley | 14 | ESTR EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 148 | 1:40.33 L | F | Emme Wentzel | 14 | INFA NMA | 21/10/2023 | 4th A League Gala 2023 |
| 149 | 1:40.35 L | F | Amore Oosthuizen | 14 | NSAD EZD | 29/09/2023 | MP AGE GROUP 1 29.09.2023 - |
| 150 | 1:40.55 L | F | Jemma Hendricks | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 151 | 1:40.83 L | F | Ellie-mari Reckling | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 152 | 1:41.14 L | P | Paige Van Niekerk | 14 | AFIN JHB | 30/11/2023 | CGA Championships 2023 |
| 153 | 1:41.24 L S | F | Rebekah Van Coller | 14 | FISH EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 154 | 1:41.26 L | F | Mia Pienaar | 14 | BULS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 155 | 1:41.32 L | F | Nasheetah Jephta | 14 | MANT CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 156 | 1:41.39 L | F | Shayla WHYTE | 14 | MDOL JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 157 | 1:41.41 L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 158 | 1:41.66 L | F | Annemie De Villiers | 14 | PRKA PSD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 159 | 1:42.04 L | F | Ava Lambropoulos | 14 | TRAZ TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 160 | 1:42.12 L | F | Hannah Du Toit | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 161 | 1:42.15 L | F | Lyla Shekel | 14 | CYBE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 162 | 1:42.37 L | F | Beané Noeth | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 163 | 1:42.44 L | F | Chrislynn Wiesner | 14 | WSS LLD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 164 | 1:42.64 L | P | Mariné Pretorius | 14 | UPSK ZMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 165 | 1:42.93 L | P | Keira Ellerbeck | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 166 | 1:43.17 L | F | Mia Koen | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 167 | 1:43.28 L | F | Lika Vd Merwe | 14 | TUKS TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 168 | 1:43.31 L | F | Melinda Dippenaar | 14 | BS LLD | 27/10/2023 | Neptune Prestige Gala |
| 169 | 1:43.67 L | F | Isabella Hofmeyr | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 170 | 1:43.80 L | F | Emmelize Loots | 14 | TYGE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |

Individual Top Times

Times since: 01-May-23
Number of Top Times: All

Times until: 30-Apr-24
Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|---------|-------|------|----------------------------|----|-----------|--|
| 171 | 1:43.91 | L | F | Delise Malenza | 14 | CASC CPT | 17/02/2024 Swartland Invitational Gala 2024 |
| 172 | 1:44.12 | L | P | Buhlebemvelo Mdluli | 14 | WSTV ETH | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 173 | 1:44.19 | L | F | Tuhina Asharam | 14 | KZNA ETH | 27/01/2024 Ushaka Champs 2024 |
| 174 | 1:44.20 | L | F | Miane Kasselmann | 14 | RBOT BPD | 11/11/2023 NWS Age Group 3 + 4 |
| 175 | 1:44.52 | L | F | Melandri Vermaak | 14 | TINC TSH | 02/03/2024 AG Level 1 Regional Age Group |
| 176 | 1:44.69 | L | F | Lauren Naidoo | 14 | ACSA ETH | 24/11/2023 Westville-Seals LC Championships |
| 177 | 1:44.82 | L | F | Ciara Erasmus | 14 | SPS BUF | 28/10/2023 BCA 1st Primary Schools Sprint Gala Oct |
| 178 | 1:44.91 | L | F | Anja Volschenk | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 179 | 1:45.31 | L | F | Madisson De Druyn | 14 | SWIJ JHB | 02/03/2024 AG Level 1 Regional Age Group |
| 180 | 1:45.53 | L | F | Ella-Mae Henning | 14 | VRC TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 181 | 1:45.72 | L | F | Lara Stander | 14 | EVO CPT | 11/11/2023 Swartland Prestige Gala 2023 |
| 182 | 1:45.81 | L | P | Nina Wessels | 14 | UNI EZD | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 183 | 1:46.19 | L | F | Elandri Du Randt | 14 | BETH FDD | 06/12/2023 Free State Champs 2023 |
| 184 | 1:46.24 | L | F | Larissa Bouwer | 14 | LINR JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 185 | 1:46.72 | L | F | Kellan Lynch | 14 | XCEL CPT | 10/02/2024 WCA-B Champs - 2024 |
| 186 | 1:47.07 | L | F | Macayle Eisen | 14 | UNI EZD | 03/11/2023 MP AGE GROUP 3 3&4 NOV 2023 |
| 187 | 1:47.08 | L | F | Imke Botha | 14 | RHS BP | 23/02/2024 NW School Championships 2024 |
| 188 | 1:47.26 | L | P | Sadie Bothma | 14 | HREF BP | 06/12/2023 NWS Championships 2023/24 |
| 189 | 1:47.27 | L | P | Emma-Lee Theron | 14 | BLSS MAN | 24/06/2023 PEA Winter Gala 2023 |
| 190 | 1:47.40 | L | F | Nicole Senekal | 14 | TKS WBD | 01/12/2023 Limpopo Champs |
| 191 | 1:47.45 | L | F | Nina Cloete | 14 | FISH EDD | 04/11/2023 EDEN 3rd A-League School Trials Gala |
| 192 | 1:47.64 | L | F | Kaylee Glutz | 14 | SEALI ILD | 21/10/2023 Froggies Championships 2023 |
| 193 | 1:47.66 | L | F | Kerani Nana | 14 | ATLA JHB | 02/03/2024 AG Level 1 Regional Age Group |
| 194 | 1:47.75 | L | F | Luca Alexander | 14 | MARL CPT | 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 195 | 1:47.79 | L | F | Klara Weber | 14 | PLAY CED | 18/11/2023 CTA QUALIFYING MEET 2 |
| 196 | 1:47.84 | L | F | Tiffany Prins | 14 | KTS | 17/02/2024 KATHU T&S CLUB GALA 2024 |
| 197 | 1:48.00 | L | F | Rozel Scholtz | 14 | STELL RMD | 21/10/2023 NWS Age Group 1 & 2 2023 |
| 198 | 1:48.07 | L | F | Anieke Prinsloo | 14 | BETH FDD | 16/02/2024 Neptunes Last chance Gala |
| 199 | 1:48.10 | L | F | Callen Campbell | 14 | WEST CPT | 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 200 | 1:48.80 | L | F | Janaé Mulder | 14 | VRC TSH | 03/11/2023 NTS Level 1+2 November Age Group |
| 201 | 1:48.96 | L | F | Alri Venter | 14 | TKS WBD | 01/12/2023 Limpopo Champs |
| 202 | 1:48.99 | L | F | Madison Amy Naude | 14 | AHMP TSH | 29/09/2023 2023 OR Tambo Trials & NTS Oct AG |
| 203 | 1:49.14 | L | F | Alexah Furman | 14 | ELEC TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 204 | 1:49.19 | L | P | Isabelle Botha | 14 | PGAC ECU | 07/12/2023 EGA Summer Championships |
| 205 | 1:49.22 | L | F | Samara Prinsloo | 14 | STSC KCD | 13/01/2024 KCDA January Age Group Gala 2024 |
| 206 | 1:49.34 | L | F | Diëm Peens | 14 | CUHE OBD | 17/02/2024 Swartland Invitational Gala 2024 |
| 207 | 1:49.70 | L | P | Shane Swarts | 14 | PSA ZLD | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 208 | 1:49.81 | L | F | Jessica Dos Santos | 14 | UPC EZD | 02/03/2024 SSA LEVEL 1 REGIONAL CHAMPS |
| 209 | 1:50.14 | L | F | Karla Lemmer | 14 | USH KCD | 21/10/2023 Froggies Championships 2023 |
| 210 | 1:50.41 | L | F | Jessie Ludick | 14 | CASC CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 211 | 1:50.57 | L | F | Kawanelo Linake | 14 | TRAZ TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 212 | 1:50.72 | L | F | Janke Steenkamp | 14 | UNI EZD | 01/12/2023 Mpumalanga Championships 2023 |
| 213* | 1:50.76 | L | F | Leani Mitchell | 14 | MATL KKD | 11/11/2023 NWS Age Group 3 + 4 |
| 213* | 1:50.76 | L | P | Kerrigan Hayes | 14 | CASC CPT | 24/06/2023 PEA Winter Gala 2023 |
| 215 | 1:51.14 | L | F | Viwassi Amoussou | 14 | LINR JHB | 02/03/2024 AG Level 1 Regional Age Group |
| 216 | 1:51.16 | L | F | Kate Krummeck | 14 | HARV NMA | 03/02/2024 Nelson Mandela Bay Schools Trials & 1st |
| 217 | 1:51.44 | L | F | Keone Molapo | 14 | RFA TSH | 01/12/2023 2023 The Tshwane Mayor's Gala |
| 218 | 1:51.74 | L | F | Mackenzie Sterling | 14 | SPS BUF | 28/10/2023 BCA 1st Primary Schools Sprint Gala Oct |
| 219 | 1:51.94 | L | F | Anke Stander | 14 | EVO CPT | 11/11/2023 Swartland Prestige Gala 2023 |
| 220 | 1:52.01 | L | F | Brody McGarry | 14 | HPPS BUF | 28/10/2023 BCA 1st Primary Schools Sprint Gala Oct |
| 221 | 1:52.16 | L | F | Sandisiwe Mkhathshwa | 14 | MAKO ECU | 26/01/2024 EGA Last Chance 2024 |
| 222 | 1:52.20 | L | F | Chloe Coetsee | 14 | WRP EZD | 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 223 | 1:52.90 | L | F | Emilia de Freitas | 14 | MAKO ECU | 26/01/2024 EGA Last Chance 2024 |
| 224* | 1:53.05 | L | F | Ilne Bruwer | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 224* | 1:53.05 | L | F | Atlegang Mogotsi | 14 | ESTR ECU | 02/03/2024 AG Level 1 Regional Age Group |
| 226 | 1:53.11 | L | F | Hannah Struwig | 14 | KZNA ETH | 24/11/2023 Westville-Seals LC Championships |
| 227 | 1:53.30 | L | P | Tylin Taljard | 14 | SS MPD | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 228 | 1:53.43 | L | F | Mia-Ann Van der Westhuizen | 14 | AGAQ OBD | 11/11/2023 Swartland Prestige Gala 2023 |
| 229 | 1:53.50 | L | F | Kari Tise | 14 | CRSC JHB | 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-------------------------------|-------------|-------|------------------------|--------|------------|------------|---|
| 230 | 1:53.94 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 231 | 1:54.57 L | F | Isabella Dos Santos | 14 | PER JHB | 17/02/2024 | CGA Level 2+ Gala 17 Feb 2024 |
| 232 | 1:54.63 L | P | Tyla Pridgeon-Nel | 14 | BAS ECU | 07/12/2023 | EGA Summer Championships |
| 233 | 1:55.05 L | F | Erin Stead | 14 | FRA KCD | 21/10/2023 | Froggies Championships 2023 |
| 234 | 1:55.17 L | P | Tamsyn Thomson | 14 | BULS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 235 | 1:55.37 L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 236 | 1:55.84 L | F | Kirsten Roos | 14 | EXA EZD | 13/10/2023 | MP AGE GROUP 2 |
| 237 | 1:56.38 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 20/01/2024 | CTA A MEET 4 |
| 238 | 1:56.76 L | F | Melina Alexandrou | 14 | SWIFT ECU | 28/10/2023 | EGA Summer 2 2023 |
| 239 | 1:56.92 L | F | Mpho Mwanza | 14 | ESP ECU | 02/03/2024 | AG Level 1 Regional Age Group |
| 240 | 1:57.51 L | F | Anika Koekemoer | 14 | ACSC TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 241 | 1:57.58 L | P | Rerapetse Ramohale | 14 | STAR BPD | 06/12/2023 | NWS Championships 2023/24 |
| 242 | 1:57.68 L | F | Zahiyah Khan | 14 | BLSS MAN | 27/01/2024 | Pelicans Gala 2024 |
| 243 | 1:57.72 L | P | Skyla Reddy | 14 | SWIFT ECU | 07/12/2023 | EGA Summer Championships |
| 244 | 1:58.57 L | F | Lutendo Mphelo | 14 | BETH FDD | 02/03/2024 | FSA Level 1 2024 |
| 245 | 1:58.72 L | F | Jolane Holtzhausen | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 246 | 1:58.77 L | F | Surene Kleingeld | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 247 | 1:58.82 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 02/03/2024 | FSA Level 1 2024 |
| 248 | 1:59.12 L | F | Nenekazi Taole | 14 | SWIFT ECU | 02/03/2024 | AG Level 1 Regional Age Group |
| 249 | 1:59.43 L | P | Victoria Holfeld | 14 | CA ECU | 07/12/2023 | EGA Summer Championships |
| 250 | 2:01.24 L | F | Jacqueline Pieterse | 14 | FSE KCD | 02/12/2023 | Stingrays Swim Champs 2023 |
| 251 | 2:01.71 L | F | Aasiyah Khan | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 252 | 2:02.65 L | F | Boitumelo Dlova | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 253 | 2:03.18 L | P | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 254 | 2:04.12 L | F | Nonjabulo Thusi | 14 | USH KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 255 | 2:05.13 L S | F | Bohlale Khahledi | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 256 | 2:06.93 L | F | Renelwe Malumane | 14 | POLSC CCD | 01/12/2023 | Limpopo Champs |
| 257 | 2:07.22 L S | F | Hannah Myburgh | 14 | AQDO CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 258 | 2:07.40 L | F | Swazikazi Ntuli | 14 | DSG NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st |
| 259 | 2:07.78 L S | F | Mia Okkers | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 260 | 2:08.03 L | F | Macayla Meyer | 14 | CAMB P BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| 261 | 2:09.25 L | F | Resego Chalashika | 14 | TLAC BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 262 | 2:09.78 L | F | Aphiwe Zembe | 14 | AA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 263 | 2:12.86 L | F | Caroline Retief | 14 | HTSA CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 264 | 2:13.60 L | F | Leneave George | 14 | CAMB BUF | 03/02/2024 | Buffalo City School Trials 2024 |
| 265 | 2:17.50 L | P | Isabel Landman | 14 | NWUC KKD | 06/12/2023 | NWS Championships 2023/24 |
| 266 | 2:18.85 L | F | Bokang Seheri | 14 | USHAK ECU | 02/03/2024 | AG Level 1 Regional Age Group |
| 267 | 2:20.97 L | P | Thlalefo Mokgosi | 14 | USHAK ECU | 07/12/2023 | EGA Summer Championships |
| 268 | 2:22.55 L | P | Mamello Mabuza | 14 | ESP ECU | 07/12/2023 | EGA Summer Championships |
| 269 | 2:27.70 L | F | Najouan Haouali | 14 | BLNE MAN | 06/12/2023 | Free State Champs 2023 |
| 270 | 2:27.89 L S | F | Deannè King | 14 | HTSA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 271 | 2:33.28 L | F | Robyn Belcham | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 272 | 2:52.65 L S | F | Zhara Pretorious | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| Women 14-14 200 Breast | | | | | | | |
| 1 | 2:43.12 L | F | Tchisank Banza | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 2 | 2:49.20 L S | F | Kato' van Niekerk | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 3 | 2:51.85 L S | F | Demi Putter | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 4 | 2:51.96 L S | F | Darina Milanova | 14 | PAC TSH | 15/03/2024 | SA National Junior Age Group |
| 5 | 2:52.92 L S | F | MacKenzie Bone | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 6 | 2:52.93 L S | F | Clarise Van Niekerk | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 7 | 2:53.43 L | F | Taylor Kassebaum | 14 | AA JHB | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 8 | 2:54.41 L | P | Zuria Venter | 14 | CA ECU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 9 | 2:54.71 L S | F | Meandri De Vos | 14 | BLOT MAN | 15/03/2024 | SA National Junior Age Group |
| 10 | 2:54.75 L | F | Ava Newton | 14 | CASC CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 11 | 2:55.14 L S | F | Ane Snyders | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 12 | 2:58.15 L S | F | Caileigh De Beer | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 13 | 3:00.52 L | F | Madison Coleman | 14 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 14 | 3:01.04 L | F | Lize-Marie Kruger | 14 | TRALI MAN | 15/12/2023 | NMBA Championships 2023 |
| 15 | 3:01.22 L S | F | Eva Dal Cin | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|---------|-------|------|------------------------|----|-----------|---|
| 16 | 3:02.22 | L | F | Leila Springer | 14 | SASE JHB | 30/11/2023 CGA Championships 2023 |
| 17 | 3:02.32 | L | F | Eva Neumann | 14 | GSA CPT | 24/06/2023 PEA Winter Gala 2023 |
| 18 | 3:02.99 | L | F | Mikayla Frösler | 14 | BEST NMA | 15/12/2023 NMBA Championships 2023 |
| 19 | 3:05.19 | L S | F | Inneke Liebenberg | 14 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 20 | 3:05.73 | L | F | Tatum Grant | 14 | SOUL ECU | 20/03/2024 SA Level 3 Regional Age Group |
| 21 | 3:06.17 | L | F | Kayden O'connor | 14 | PEAS NMA | 22/07/2023 1st A League Gala 2023 |
| 22 | 3:06.99 | L S | F | Diane Munro | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 23 | 3:07.16 | L | F | Nicola Carver | 14 | ELEC TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 24 | 3:07.30 | L | F | Madison Smith | 14 | CA ECU | 07/12/2023 EGA Summer Championships |
| 25 | 3:07.53 | L | F | Alexa Basso | 14 | SOUL ECU | 20/03/2024 SA Level 3 Regional Age Group |
| 26 | 3:08.51 | L | F | Amy Jackson | 14 | TCA ECU | 07/12/2023 EGA Summer Championships |
| 27 | 3:09.21 | L | F | Almi Geysler | 14 | LALE CED | 21/03/2024 SA Level 3 Regional Age Group |
| 28 | 3:09.68 | L | F | Annabelle Van Rensburg | 14 | TUKS TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 29 | 3:10.35 | L | F | Mine Prinsloo | 14 | BLSS MAN | 01/09/2023 Seals Gala |
| 30 | 3:10.47 | L | F | Talitha Schuch | 14 | LEGC ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 31 | 3:10.49 | L | F | Ada Barnard | 14 | SWAR WCD | 21/03/2024 SA Level 3 Regional Age Group |
| 32 | 3:10.67 | L | F | Arne' Dreyer | 14 | STAQ CED | 14/12/2023 Western Cape LC-A Championship 2023 |
| 33 | 3:10.84 | L | F | Micke Prinsloo | 14 | TKS WBD | 20/03/2024 SA Level 3 Regional Age Group |
| 34 | 3:11.04 | L | F | Zia Moosa | 14 | SEALE ETH | 21/01/2024 EDA Age Group Gala 5 2024 |
| 35 | 3:11.16 | L | P | Kyrach Mack | 14 | PEAS NMA | 19/04/2024 SA Schools Swimming Championship |
| 36 | 3:12.59 | L | F | Amy Walton | 14 | AZON ETH | 21/03/2024 SA Level 3 Regional Age Group |
| 37 | 3:12.83 | L | F | Whitney Lauf | 14 | MDOL JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 38 | 3:12.99 | L | F | Riziki Magotsi | 14 | VINE CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 39 | 3:13.14 | L | F | Cailyn Clowes | 14 | PSCP UMD | 21/03/2024 SA Level 3 Regional Age Group |
| 40 | 3:13.23 | L | F | Cailee Adams | 14 | SEALE ETH | 21/01/2024 EDA Age Group Gala 5 2024 |
| 41 | 3:13.54 | L | F | Micah Marx | 14 | CA ECU | 26/01/2024 EGA Last Chance 2024 |
| 42 | 3:13.57 | L | F | Jessica Davies | 14 | VIKI BUF | 21/03/2024 SA Level 3 Regional Age Group |
| 43 | 3:13.63 | L | P | Ona-Mari Van Niekerk | 14 | KNYA EDD | 21/03/2024 SA Level 3 Regional Age Group |
| 44 | 3:13.89 | L | P | Kayla Kleynhans | 14 | TUKS TSH | 12/12/2023 NTS Championships 2023 |
| 45 | 3:14.33 | L S | F | Gertruida de Witt | 14 | POTC KKD | 06/12/2023 NWS Championships 2023/24 |
| 46 | 3:14.39 | L S | P | Paige Meeser | 14 | CA ECU | 15/03/2024 SA National Junior Age Group |
| 47 | 3:14.42 | L | P | Sydni Adams | 14 | VINE CPT | 21/03/2024 SA Level 3 Regional Age Group |
| 48 | 3:14.48 | L | F | Lethokuhle Makhubu | 14 | ACSA ETH | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 49 | 3:14.66 | L | F | Arabelle Grütter | 14 | ROA EDD | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 50 | 3:14.67 | L | F | Robyn-Rae Purdon | 14 | PSCP UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 51 | 3:14.70 | L | F | Aliyah De Oliveira | 14 | TYGE CPT | 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 52 | 3:16.06 | L | F | Keilah-Naomi Holthuis | 14 | QSAW CED | 11/11/2023 Winelands SL4 |
| 53 | 3:16.64 | L | P | Gabriella Boerstra | 14 | TUKS TSH | 20/03/2024 SA Level 3 Regional Age Group |
| 54* | 3:18.13 | L | F | Emma Nolan | 14 | MDOL JHB | 24/02/2024 CGA Level 2+ Last Chance Gala 24 Feb |
| 54* | 3:18.13 | L | F | Sharni-Marie Watson | 14 | PAC TSH | 22/09/2023 NTS Level 3+ September Age Group |
| 56 | 3:18.50 | L | F | Cara Visser | 14 | CYBE CPT | 17/02/2024 Swartland Invitational Gala 2024 |
| 57 | 3:18.51 | L | P | Gabriella Baillie | 14 | ROA EDD | 14/12/2023 Western Cape LC-A Championship 2023 |
| 58 | 3:18.56 | L | P | Gemma Walters | 14 | DORE JHB | 30/11/2023 CGA Championships 2023 |
| 59 | 3:18.82 | L | P | Ella Jv Rensburg | 14 | LP CCD | 19/04/2024 SA Schools Swimming Championship |
| 60 | 3:19.13 | L | F | Sofiya Dos-Santos | 14 | ASAC CPT | 18/11/2023 CTA QUALIFYING MEET 2 |
| 61 | 3:20.83 | L | F | Anike Taljaard | 14 | PSCP UMD | 05/04/2024 SA Level 2 Regional Age Group Champs |
| 62 | 3:21.00 | L | F | Kacey Hughes | 14 | STSC KCD | 13/01/2024 KCDA January Age Group Gala 2024 |
| 63 | 3:22.29 | L | F | Riley Prinsloo | 14 | ELEC TSH | 24/03/2024 SA Level 2 Regional Age Group Champs |
| 64 | 3:22.30 | L | F | Victoria Bulhakova | 14 | SWIFT ECU | 20/03/2024 SA Level 3 Regional Age Group |
| 65 | 3:22.66 | L | F | Stephanie Dannhauser | 14 | TKS WBD | 01/12/2023 Limpopo Champs |
| 66 | 3:22.75 | L | P | Marne' Van Rensburg | 14 | BLSS MAN | 21/03/2024 SA Level 3 Regional Age Group |
| 67 | 3:22.88 | L | F | Sylvie de Bruyn | 14 | BULS MAN | 15/09/2023 Bull Sharks Annual Gala |
| 68 | 3:23.26 | L | F | Minette Van Zyl | 14 | INFA NMA | 22/07/2023 1st A League Gala 2023 |
| 69 | 3:23.52 | L | F | Maria Barreiros | 14 | ELEC TSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 70 | 3:23.57 | L | F | Lehane Lategan | 14 | FAAC | 14/10/2023 FLAMINGO GALA 14 - 15 OCTOBER |
| 71 | 3:23.95 | L | F | Kapitolina Xaba | 14 | SASE JHB | 20/03/2024 SA Level 3 Regional Age Group |
| 72* | 3:24.41 | L S | F | Takalani Mudau | 14 | BLSS MAN | 06/12/2023 Free State Champs 2023 |
| 72* | 3:24.41 | L | P | Chanel Van Tonder | 14 | SEAL UMD | 14/12/2023 KZNA 2023 Championships Incorp SSA |
| 74 | 3:24.74 | L | F | Mila De Souza | 14 | EXP TSH | 20/10/2023 NTS Level 3+ October Age Group 2023 |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-------------|-------|---------------------|--------|-----------|------------|--------------------------------------|
| 75 | 3:24.81 L | P | Huei-Ing Chen | 14 | DORE JHB | 30/11/2023 | CGA Championships 2023 |
| 76 | 3:24.86 L | F | Kayla Koen | 14 | TUKS FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 77 | 3:25.21 L | F | Abbigail Kulynych | 14 | BAS EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 78 | 3:25.55 L | F | Margo Louw | 14 | QSAW CED | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 79 | 3:25.72 L | F | Hazel Hutchison | 14 | FAAC | 15/09/2023 | Bull Sharks Annual Gala |
| 80 | 3:26.01 L S | F | Caitlin Rossiter | 14 | HREF BP | 06/12/2023 | NWS Championships 2023/24 |
| 81 | 3:26.20 L | F | Keira Martins | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 82* | 3:26.51 L | F | Jani Visagie | 14 | SWAR WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 82* | 3:26.51 L | F | Vyasti Lachman | 14 | WATR JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 84 | 3:26.53 L | F | Aaishah Hartley | 14 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 85 | 3:26.74 L | F | Marlo Lensing | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 86 | 3:26.76 L | F | Simone Van Wyk | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 87 | 3:27.15 L | F | Sahana Dayaram | 14 | DORE JHB | 20/01/2024 | CGA Level 2+ Gala 20 Jan 2024 |
| 88 | 3:27.21 L | P | Christa de Beer | 14 | POTC KKD | 20/03/2024 | SA Level 3 Regional Age Group |
| 89 | 3:27.22 L | F | Zoe Mills | 14 | DESA NMA | 15/12/2023 | NMBA Championships 2023 |
| 90 | 3:27.34 L | F | Mariné Pretorius | 14 | UPSK ZMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 91 | 3:28.01 L | F | Emily Hattingh | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 92 | 3:28.35 L | F | Miya Krog | 14 | SAAW CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 93 | 3:28.66 L | F | Mikaela Johst | 14 | ELEC FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 94 | 3:29.03 L | P | Sulize Henning | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 95 | 3:29.17 L | F | Daniella Myburg | 14 | BLSS MAN | 27/10/2023 | Neptune Prestige Gala |
| 96 | 3:29.55 L | F | Talita Wessels | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 97 | 3:30.72 L | F | McKenzie Jones | 14 | ESTR EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 98 | 3:31.17 L | F | Sienna Airey | 14 | VINE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 99 | 3:32.49 L | F | Alexa Cave | 14 | MDOL JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 100 | 3:32.51 L | F | Emmelize Loots | 14 | TYGE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 101 | 3:32.92 L | F | Tamlyn Kew | 14 | CSC FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 102 | 3:33.67 L S | F | Liane' de Wet | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 103 | 3:33.92 L | F | Abigail Wilcocks | 14 | PAC FSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 104 | 3:34.54 L | F | Nasheetah Jephtha | 14 | MANT CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 105 | 3:34.69 L | F | Lili Annandale | 14 | BULS MAN | 11/11/2023 | Bull Sharks Gala |
| 106 | 3:34.84 L | F | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 107 | 3:35.18 L | P | Indigo Woodburn | 14 | MDOL JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 108 | 3:35.91 L | F | Annemie De Villiers | 14 | PRKA PSD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 109 | 3:35.99 L | F | Lana Pretorius | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 110 | 3:37.10 L | F | Kate Zillen | 14 | CA EKU | 11/11/2023 | EGA Summer 3 |
| 111 | 3:37.64 L | F | Ellie-mari Reckling | 14 | NWUC KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 112 | 3:37.85 L | F | Kyra Home | 14 | MDOL JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 113 | 3:37.94 L S | F | Emma-Lee Theron | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 114 | 3:38.11 L | F | Ilde Pijl | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 115 | 3:38.69 L | F | Megan Jansen | 14 | ELEC FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 116 | 3:39.08 L | F | Emma Mostert | 14 | DDA FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 117 | 3:40.24 L | F | Keira Ellerbeck | 14 | H2O EKU | 26/01/2024 | EGA Last Chance 2024 |
| 118 | 3:40.86 L S | F | Rozel Scholtz | 14 | STELL RMD | 06/12/2023 | NWS Championships 2023/24 |
| 119 | 3:40.87 L | F | Chrislyne Wiesner | 14 | WSS LLD | 03/11/2023 | Heidedal Welkom Gala |
| 120 | 3:40.97 L | F | Helena Rooken-Smith | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 121 | 3:41.40 L S | F | Mia Koen | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 122 | 3:42.36 L | F | Dedre Engelbrecht | 14 | RBOT BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 123 | 3:42.46 L | F | Melinda Dippenaar | 14 | BS LLD | 27/10/2023 | Neptune Prestige Gala |
| 124 | 3:42.55 L | F | Buhlebemvelo Mdluli | 14 | WSTV ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 125 | 3:42.56 L | F | Paige Van Niekerk | 14 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 126 | 3:42.70 L | F | Kayden Mauer | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 127 | 3:43.70 L | F | Nicole Senekal | 14 | TKS WBD | 01/12/2023 | Limpopo Champs |
| 128 | 3:44.43 L | F | Rebekah Van Coller | 14 | FISH EDD | 20/01/2024 | EDEN 4th A-League Gala 2024 |
| 129 | 3:44.83 L | F | Lika Vd Merwe | 14 | TUKS FSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 130 | 3:45.30 L | P | Gabriella Goncalves | 14 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 131 | 3:45.92 L | F | Kerrigan Hayes | 14 | CASC CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 132 | 3:46.18 L | F | Zea Zondagh | 14 | WAGH BP | 23/02/2024 | NW School Championships 2024 |
| 133 | 3:47.02 L | F | Lauren Naidoo | 14 | ACSA ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|---------------------------|-------------|-------|----------------------------|--------|-----------|------------|---------------------------------------|
| 134 | 3:47.89 L | F | Elandri Du Randt | 14 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 135 | 3:48.18 L | F | Delise Malenza | 14 | CASC CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 136 | 3:48.69 L | F | Imke Botha | 14 | RHS BP | 23/02/2024 | NW School Championships 2024 |
| 137 | 3:50.03 L | F | Tuhina Asharam | 14 | KZNA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 138 | 3:50.29 L | F | Leandri Grobler | 14 | VHD ZLD | 24/11/2023 | Westville-Seals LC Championships |
| 139 | 3:51.00 L | F | Leani Mitchell | 14 | WES KK | 23/02/2024 | NW School Championships 2024 |
| 140 | 3:51.62 L | F | Luca Alexander | 14 | MARL CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 141 | 3:51.67 L | F | Hannah Du Toit | 14 | ELEC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 142 | 3:52.00 L | F | Nina Wessels | 14 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 143 | 3:52.96 L S | F | Miane Kasselmann | 14 | RBOT BPD | 06/12/2023 | NWS Championships 2023/24 |
| 144 | 3:55.96 L | F | Nina Cloete | 14 | FISH EDD | 18/11/2023 | Eden LC Champs 2023 |
| 145 | 3:58.54 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 146 | 3:58.69 L | F | Diëm Peens | 14 | CUHE OBD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 147 | 4:00.48 L | P | Atlegang Mogotsi | 14 | ESTR EKU | 07/12/2023 | EGA Summer Championships |
| 148 | 4:01.18 L | F | Janke Steenkamp | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 149 | 4:01.46 L | F | Callen Campbell | 14 | WEST CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 150 | 4:02.26 L | P | Tyla Pridgeon-Nel | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 151 | 4:04.73 L | F | Mia-Ann Van der Westhuizen | 14 | AGAQ OBD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 152 | 4:05.08 L S | F | IIne Bruwer | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 153 | 4:05.59 L S | F | Tamsyn Thomson | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 154 | 4:05.99 L | F | Samara Prinsloo | 14 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 155 | 4:07.68 L | F | Carli Murray | 14 | QUIC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 156 | 4:08.53 L | F | Kianna Walters | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 157 | 4:08.96 L | F | Emilia de Freitas | 14 | MAKO EKU | 11/11/2023 | EGA Summer 3 |
| 158 | 4:09.19 L | F | Jacqueline Pieterse | 14 | FSE KCD | 18/11/2023 | KCDA November Age Group Gala 2023 |
| 159 | 4:12.18 L | F | Anieke Prinsloo | 14 | BETH FDD | 18/11/2023 | Valsrivier Gala |
| 160 | 4:12.24 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 161 | 4:14.75 L | F | Nenekazi Taole | 14 | SWIFT EKU | 26/01/2024 | EGA Last Chance 2024 |
| 162 | 4:25.30 L | F | Mpho Mwanza | 14 | ESP EKU | 26/01/2024 | EGA Last Chance 2024 |
| 163 | 4:27.74 L | F | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 164 | 4:28.73 L | F | Zephani Adams | 14 | WEST CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 165 | 4:30.64 L S | F | Lutendo Mphelo | 14 | BETH FDD | 06/12/2023 | Free State Champs 2023 |
| 166 | 4:36.41 L | F | Mia Okkers | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 167 | 4:49.26 L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 168 | 4:50.59 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 169 | 5:24.19 L | F | Robyn Belcham | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 170 | 6:26.33 L | F | Zhara Pretorious | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| Women 14-14 50 Fly | | | | | | | |
| 1 | 27.96 L | F | Abigail Kotze | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 2 | 29.34 L | P | Giuliana Vyncke | 14 | AGB JHB | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 3 | 29.50 L | F | Bailey Lambert | 14 | SEAL UMD | 15/03/2024 | SA National Junior Age Group |
| 4 | 30.15 L | F | Christina Orchard | 14 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 5 | 30.93 L | F | Arabelle Grütter | 14 | WCA CPT | 19/04/2024 | SA Schools Swimming Championship |
| 6 | 31.00 L | F | Sienna Gous | 14 | INFA NMA | 09/02/2024 | Infinity Gala 2024 |
| 7 | 31.07 L | F | Maya Mgcina | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 8 | 31.26 L S | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 9 | 31.33 L | P | Riziki Magotsi | 14 | VINE CPT | 15/03/2024 | SA National Junior Age Group |
| 10 | 31.34 L | P | Payton Aitken | 14 | WSTV ETH | 15/03/2024 | SA National Junior Age Group |
| 11 | 31.36 L S | F | Lyla vd Spuy | 14 | TUKS TSH | 12/12/2023 | NTS Championships 2023 |
| 12 | 31.42 L | F | Kato' van Niekerk | 14 | TUKS TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 13 | 31.73 L | P | Madison Higgs | 14 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 14 | 31.74 L | P | Eva Neumann | 14 | GSA CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 15 | 31.76 L | P | Leila Springer | 14 | SASE JHB | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 16* | 31.87 L | F | Zuria Venter | 14 | CA EKU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 16* | 31.87 L | F | Kacey Hughes | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship |
| 18 | 31.91 L | F | Amara Okoye | 14 | PAC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 19 | 32.20 L | P | Sylvie de Bruyn | 14 | BULS MAN | 19/04/2024 | SA Schools Swimming Championship |
| 20 | 32.27 L | F | Blake Morris | 14 | LINR JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 21 | 32.36 L | P | Carla Dannhauser | 14 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-----|-------|-------|------|-----------------------|----|-------|-----|------------|--------------------------------------|
| 22 | 32.37 | L S | F | Evelyn Malan | 14 | TUKS | FSH | 12/12/2023 | NTS Championships 2023 |
| 23 | 32.43 | L | F | Cailleigh De Beer | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 24 | 32.44 | L | F | Danielle Grobler | 14 | BLOT | MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 25 | 32.48 | L | F | Sharni-Marie Watson | 14 | PAC | FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 26 | 32.49 | L | F | Shalem Mashingaidze | 14 | GAU | JHB | 19/04/2024 | SA Schools Swimming Championship |
| 27 | 32.51 | L | P | Jamie-Lee Graham | 14 | AA | JHB | 15/03/2024 | SA National Junior Age Group |
| 28 | 32.58 | L | P | Gemma Walters | 14 | DORE | JHB | 15/03/2024 | SA National Junior Age Group |
| 29 | 32.68 | L | P | Lilianne Hebler | 14 | WCA | CPT | 19/04/2024 | SA Schools Swimming Championship |
| 30 | 32.71 | L | P | Beané Noeth | 14 | UPSK | ZMD | 15/03/2024 | SA National Junior Age Group |
| 31 | 32.76 | L | P | Kerrigan Hayes | 14 | CASC | CPT | 15/03/2024 | SA National Junior Age Group |
| 32* | 32.85 | L | P | Lize-Marie Kruger | 14 | BLSS | MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 32* | 32.85 | L | F | Tatum Dace | 14 | PEAS | NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 34 | 32.96 | L | F | Eva Dal Cin | 14 | ELEC | FSH | 09/11/2023 | Mauritius Summer Championships (LC) |
| 35 | 33.05 | L | F | Alexis Muller | 14 | AZON | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 36* | 33.06 | L | F | Anja Buitendach | 14 | UNI | EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 36* | 33.06 | L | F | Indigo Woodburn | 14 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 38 | 33.12 | L | F | Maria Barreiros | 14 | ELEC | FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 39 | 33.13 | L | F | Elizabeth Viljoen | 14 | HREF | BP | 20/03/2024 | SA Level 3 Regional Age Group |
| 40 | 33.24 | L | F | Emma Nolan | 14 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 41 | 33.28 | L | F | Hannah De Necker | 14 | FISH | EDD | 18/11/2023 | Eden LC Champs 2023 |
| 42 | 33.29 | L | P | Caitlin Rossiter | 14 | HREF | BP | 15/03/2024 | SA National Junior Age Group |
| 43* | 33.30 | L | P | Micah Marx | 14 | CA | EKU | 15/03/2024 | SA National Junior Age Group |
| 43* | 33.30 | L | F | Ane Snyders | 14 | BLSS | MAN | 13/10/2023 | Pelicans Gala |
| 45 | 33.34 | L | F | Cara Rossouw | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 46 | 33.37 | L | P | MacKenzie Bone | 14 | ELEC | FSH | 15/03/2024 | SA National Junior Age Group |
| 47 | 33.41 | L | P | Aryana Cloete-Hopkins | 14 | SSISA | CPT | 15/03/2024 | SA National Junior Age Group |
| 48 | 33.43 | L | F | Kaylin Fabricius | 14 | BARR | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 49 | 33.45 | L | F | Paige Meeser | 14 | CA | EKU | 28/10/2023 | EGA Summer 2 2023 |
| 50 | 33.59 | L | P | Mikayla Hinkley | 14 | PER | JHB | 30/11/2023 | CGA Championships 2023 |
| 51 | 33.75 | L | P | Demi Putter | 14 | CASC | CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 52 | 33.78 | L | P | Taylor Foster | 14 | AZON | ETH | 15/03/2024 | SA National Junior Age Group |
| 53* | 33.85 | L | F | Ona-Mari Van Niekerk | 14 | KNYA | EDD | 10/02/2024 | WCA-B Champs - 2024 |
| 53* | 33.85 | L | P | Jade Van Vuuren | 14 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 53* | 33.85 | L | F | Stephanie Dannhauser | 14 | HPP | BUF | 14/10/2023 | Limpopo Top 8 - High Schools |
| 56 | 33.89 | L | F | Payton Groger | 14 | LEGC | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 57 | 33.90 | L | P | Cara Visser | 14 | CYBE | CPT | 15/03/2024 | SA National Junior Age Group |
| 58 | 33.94 | L | P | Tchisank Banza | 14 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 59 | 33.95 | L S | F | Ava Strong | 14 | PEAS | NMA | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 60 | 33.96 | L | F | Anja Volschenk | 14 | FSA | FS | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 61 | 34.06 | L | F | Sadie Bothma | 14 | HREF | BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 62 | 34.07 | L | P | Isabella Bruyns | 14 | MDOL | JHB | 30/11/2023 | CGA Championships 2023 |
| 63 | 34.08 | L | F | Gertruida de Witt | 14 | POTC | KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 64 | 34.20 | L | F | Nieke Engelbrecht | 14 | UPSK | ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 65 | 34.27 | L | F | Hannah Hattingh | 14 | USC | BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 66 | 34.28 | L | P | Amore Oosthuizen | 14 | NSAD | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 67 | 34.29 | L | F | Amy Hartung | 14 | ASAC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 68 | 34.34 | L | F | Gabi McQuinn | 14 | ELEC | FSH | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 69 | 34.35 | L | F | Lili Annandale | 14 | BULS | MAN | 16/02/2024 | Neptunes Last chance Gala |
| 70 | 34.40 | L | P | Addison Doolan | 14 | AA | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 71 | 34.45 | L | F | Leandri Grobler | 14 | VHD | ZLD | 24/11/2023 | Westville-Seals LC Championships |
| 72 | 34.53 | L | F | Minette Van Zyl | 14 | INFA | NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 73 | 34.54 | L S | P | Jessica Stedall | 14 | WWOL | FSH | 12/12/2023 | NTS Championships 2023 |
| 74 | 34.59 | L | P | Odette Upton | 14 | TKS | WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 75 | 34.60 | L | P | Mi-Ly Vd Merwe | 14 | LALE | GED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 76* | 34.62 | L | P | Sadie Roberts | 14 | ASA | ILD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 76* | 34.62 | L | P | Kayla Kleynhans | 14 | TUKS | FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 78 | 34.65 | L | P | Roslyn Ramoholi | 14 | LEGC | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 79* | 34.73 | L | F | Mia Groenewald | 14 | KTS | | 14/10/2023 | FLAMINGO GALA 14 - 15 OCTOBER |
| 79* | 34.73 | L | P | Sam Juries | 14 | CLSC | WCD | 15/03/2024 | SA National Junior Age Group |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|-----------|-------|---------------------|--------|-----------|------------|---|--|
| 81 | 34.77 L | F | Marne' Van Rensburg | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 | |
| 82 | 34.81 L | P | Amy Walton | 14 | AZON ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 83 | 34.85 L | P | Milan Ferreira | 14 | LP CCD | 19/04/2024 | SA Schools Swimming Championship | |
| 84* | 34.86 L | P | Kayden O'connor | 14 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 | |
| 84* | 34.86 L | F | Rozaan Korff | 14 | ACAQ CCD | 01/12/2023 | Limpopo Champs | |
| 86 | 34.88 L | F | Abigail Wilcocks | 14 | PAC TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 | |
| 87* | 34.92 L | F | Minke Bester | 14 | MATL KKD | 12/01/2024 | 2024 Grand Prix Invitation Swimming | |
| 87* | 34.92 L S | F | Klara Weber | 14 | PLAY CED | 05/10/2023 | 42nd Freda Barnard Invitational Gala | |
| 87* | 34.92 L | P | Gabriella Boerstra | 14 | TUKS TSH | 20/03/2024 | SA Level 3 Regional Age Group | |
| 90 | 34.98 L | P | Mikayla Frösler | 14 | BEST NMA | 09/02/2024 | Infinity Gala 2024 | |
| 91* | 35.05 L | F | Aliyah De Oliveira | 14 | TYGE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet | |
| 91* | 35.05 L | F | Sydni Adams | 14 | VINE CPT | 21/03/2024 | SA Level 3 Regional Age Group | |
| 93 | 35.06 L | F | Inneke Liebenberg | 14 | POTC KKD | 06/12/2023 | NWS Championships 2023/24 | |
| 94* | 35.09 L | F | Kyrah Mack | 14 | PEAS NMA | 15/12/2023 | NMBA Championships 2023 | |
| 94* | 35.09 L | F | Ava Newton | 14 | CASC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 | |
| 96 | 35.11 L | F | Takalani Mudau | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 | |
| 97 | 35.12 L S | F | Madison Coleman | 14 | BLMA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala | |
| 98* | 35.14 L | P | Almi Geysler | 14 | LALE CED | 14/12/2023 | Western Cape LC-A Championship 2023 | |
| 98* | 35.14 L | P | Marike Raimond | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group | |
| 98* | 35.14 L | P | Sulize Henning | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship | |
| 101* | 35.19 L | F | Dedre Engelbrecht | 14 | RBOT BPD | 06/12/2023 | NWS Championships 2023/24 | |
| 101* | 35.19 L | F | Kendal McKay | 14 | PRIO NMA | 03/02/2024 | Nelson Mandela Bay Schools Trials & 1st | |
| 103 | 35.21 L | F | Madison Smith | 14 | CA EKU | 07/12/2023 | EGA Summer Championships | |
| 104 | 35.27 L | P | Tara Saint | 14 | KLOO ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 105 | 35.29 L | F | Anieke Prinsloo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala | |
| 106 | 35.47 L | P | Ella-Mae Henning | 14 | VRC TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 107 | 35.53 L | F | Ariel De Bruyn | 14 | CSA EZD | 01/12/2023 | Mpumalanga Championships 2023 | |
| 108 | 35.55 L | F | Emme Wentzel | 14 | INFA NMA | 12/08/2023 | Madibaz Swim Meet 2023 | |
| 109 | 35.60 L | P | Caitlin Camacho | 14 | TUKS TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 110 | 35.73 L | F | Kylie De Bruyn | 14 | TUKS TSH | 22/09/2023 | NTS Level 3+ September Age Group | |
| 111 | 35.76 L | F | Sulize Kruger | 14 | AA JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 112* | 35.78 L | F | Kristen Billett | 14 | ELEC TSH | 17/11/2023 | NTS Level 3+ November Age Group | |
| 112* | 35.78 L | F | Abigail Suckling | 14 | FSE KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs | |
| 114 | 35.87 L | F | Jesse Kirsten | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 | |
| 115 | 35.94 L | P | Juanè Burger | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group | |
| 116 | 36.01 L | F | Taylor Kassebaum | 14 | AA JHB | 12/01/2024 | 2024 Grand Prix Invitation Swimming | |
| 117 | 36.02 L | P | Paige Van Niekerk | 14 | AFIN JHB | 30/11/2023 | CGA Championships 2023 | |
| 118 | 36.03 L | F | Emma Hagglund | 14 | SSISA CPT | 18/11/2023 | CTA QUALIFYING MEET 2 | |
| 119 | 36.04 L | F | Xanri Muller | 14 | GHSK | 03/02/2024 | NCASA SPRINTS 2024 | |
| 120 | 36.11 L | F | Katya O'Brien | 14 | BON EKU | 12/01/2024 | 2024 Grand Prix Invitation Swimming | |
| 121 | 36.30 L | F | Mia-Isabelle Mans | 14 | KALA | 27/10/2023 | KALAHARI CLASSIC GALA 2023 | |
| 122 | 36.41 L | P | Caitlin Knight | 14 | WATR JHB | 20/03/2024 | SA Level 3 Regional Age Group | |
| 123 | 36.45 L | P | Cailyn Clowes | 14 | PSCP UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA | |
| 124 | 36.47 L | F | Talitha Schuch | 14 | LEGC ETH | 21/03/2024 | SA Level 3 Regional Age Group | |
| 125 | 36.48 L | P | Shannon Hugo | 14 | KZNA ETH | 19/04/2024 | SA Schools Swimming Championship | |
| 126 | 36.57 L | F | Miane Kasselmann | 14 | RBOT BPD | 06/12/2023 | NWS Championships 2023/24 | |
| 127 | 36.63 L | F | Precious Marite | 14 | CRSC JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 | |
| 128 | 36.66 L | F | Mia Vorster | 14 | SWAR WCD | 11/11/2023 | Swartland Prestige Gala 2023 | |
| 129 | 36.68 L | F | Abigail Kulynych | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships | |
| 130 | 36.71 L | F | Megan Jansen | 14 | UNI EZD | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 131* | 36.79 L | F | Nicola Carver | 14 | ELEC TSH | 22/09/2023 | NTS Level 3+ September Age Group | |
| 131* | 36.79 L | F | Sinead De Wet | 14 | CRSC JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 | |
| 133 | 36.84 L | F | Talita Wessels | 14 | UNI EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER | |
| 134 | 36.96 L | F | Keira Martins | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs | |
| 135 | 37.02 L | F | Marlo Lensing | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 | |
| 136 | 37.07 L | F | Liane' de Wet | 14 | BULS MAN | 13/10/2023 | Pelicans Gala | |
| 137 | 37.08 L | F | Hazel Hutchison | 14 | FAAC | 10/02/2024 | AGE GROUP 6 UPT - 2024 | |
| 138 | 37.19 L | F | Sophia Wener | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 | |
| 139 | 37.20 L | F | Amy McWilliam | 14 | TYGE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 | |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|---------|-------|-------------------------|--------|-----------|------------|--------------------------------------|
| 140 | 37.25 L | F | Tiffany Prins | 14 | KTS | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 141 | 37.28 L | P | Carle Hager | 14 | LALE CED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 142* | 37.29 L | P | Kate Douglas | 14 | BAS EKV | 15/03/2024 | SA National Junior Age Group |
| 142* | 37.29 L | P | Hannah Struwig | 14 | AQUA BUF | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 144* | 37.31 L | F | Lara Janse van Rensburg | 14 | NSAD EZD | 13/10/2023 | MP AGE GROUP 2 |
| 144* | 37.31 L | F | Mila Volschenk | 14 | TYGE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 146 | 37.36 L | F | Scarlett Friis | 14 | PEAS NMA | 01/10/2023 | Curro AquaElite Gala |
| 147 | 37.39 L | F | Mila De Souza | 14 | EXP FSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 |
| 148 | 37.47 L | F | Chanel Van Tonder | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 149 | 37.48 L | F | Georgia Wichmann | 14 | MGSC UGD | 24/11/2023 | Westville-Seals LC Championships |
| 150 | 37.49 L | P | Sahana Dayaram | 14 | DORE JHB | 30/11/2023 | CGA Championships 2023 |
| 151 | 37.52 L | P | Micke Prinsloo | 14 | TKS WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 152 | 37.54 L | P | Lethabo Masemola | 14 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 153 | 37.60 L | F | Bianca Potgieter | 14 | PAC FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 154 | 37.74 L | F | Mine Prinsloo | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 155* | 37.79 L | F | Tylah Johannes | 14 | VINE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 155* | 37.79 L | F | Mia Janse van Rensburg | 14 | CUR EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 157 | 37.89 L | F | Zoë Muller-Protopappas | 14 | VINE CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 158 | 37.92 L | F | Tamsyn Thomson | 14 | BULS MAN | 16/02/2024 | Neptunes Last chance Gala |
| 159 | 37.93 L | F | Anri Maree | 14 | BS LLD | 27/10/2023 | Neptune Prestige Gala |
| 160 | 38.04 L | F | Megan Mc Namara | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 161 | 38.23 L | F | Emily Hattingh | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 162 | 38.27 L | P | Jessica Davies | 14 | VIKI BUF | 21/03/2024 | SA Level 3 Regional Age Group |
| 163* | 38.32 L | F | Victoria Bulhakova | 14 | SWIFT EKV | 28/10/2023 | EGA Summer 2 2023 |
| 163* | 38.32 L | F | Melina Alexandrou | 14 | SWIFT EKV | 28/10/2023 | EGA Summer 2 2023 |
| 165 | 38.34 L | F | Elandri Du Randt | 14 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 166 | 38.40 L | F | Macayle Eisen | 14 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 & 4 NOV 2023 |
| 167 | 38.45 L | F | Rozel Scholtz | 14 | STELL RMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 168* | 38.53 L | F | Diane Munro | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 168* | 38.53 L | F | Meandri De Vos | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 170 | 38.54 L | F | Cecilia Breedt | 14 | DORE JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 171 | 38.57 L | P | Emma-Lee Theron | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 172 | 38.61 L | F | Shayla WHYTE | 14 | MDOL JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 173 | 38.72 L | F | Ella Jv Rensburg | 14 | SS MPD | 21/10/2023 | Limpopo Age Group 4 |
| 174 | 38.73 L | F | Julia Booth | 14 | SOUL EKV | 28/10/2023 | EGA Summer 2 2023 |
| 175 | 38.77 L | F | Mieka Vermeulen | 14 | TYGE CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 176 | 38.84 L | P | Megan Mayhew | 14 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 177 | 38.94 L | F | Erin Olivier | 14 | ASAC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 178 | 39.00 L | F | Simone Van Wyk | 14 | SEAL UMD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 179 | 39.26 L | F | Kapitolina Xaba | 14 | SASE JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 180* | 39.46 L | F | Simone' Pretorius | 14 | BETH FDD | 06/12/2023 | Free State Champs 2023 |
| 180* | 39.46 L | F | Inge Vd Walt | 14 | TUKS FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 182 | 39.50 L | F | Zephani Adams | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 183 | 39.53 L | F | Darina Milanova | 14 | PAC FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 184 | 39.64 L | F | Lizelle Venter | 14 | TUKS FSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 185 | 39.82 L | F | Rachel Henley | 14 | ESTR EKV | 26/01/2024 | EGA Last Chance 2024 |
| 186 | 40.00 L | F | Tatum Grant | 14 | SOUL EKV | 24/11/2023 | EGA Summer 4 |
| 187 | 40.01 L | P | Ane' Claassen | 14 | TUKS FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 188 | 40.17 L | F | Kayden Mauer | 14 | USC BUF | 15/12/2023 | NMBA Championships 2023 |
| 189 | 40.29 L | P | Takiyah Maclou | 14 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 190 | 40.36 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 191 | 40.51 L | F | Emma Mostert | 14 | DDA FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 192 | 40.55 L | P | Vyasti Lachman | 14 | WATR JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 193 | 40.58 L | F | Lika Vd Merwe | 14 | TUKS FSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 194 | 40.70 L | F | Megan Horn | 14 | DOLFI MPD | 21/10/2023 | Limpopo Age Group 4 |
| 195 | 40.71 L | F | Yulinke Haynes | 14 | TASC MPD | 01/12/2023 | Limpopo Champs |
| 196 | 40.79 L | F | Cayla Boardman | 14 | CA EKV | 24/11/2023 | EGA Summer 4 |
| 197 | 40.80 L | F | Tamlyn Kew | 14 | CSC FSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 198 | 40.81 L | F | Daizeli Bosman | 14 | PLAY CED | 18/11/2023 | CTA QUALIFYING MEET 2 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|------|-------|-------|------|------------------------|----|-----------|------------|--------------------------------------|
| 199 | 40.85 | L | F | Emma Clouston | 14 | SEAL UMD | 09/12/2023 | Uthukela District Age group Gala |
| 200 | 40.89 | L | F | Kayla Koen | 14 | TUKS TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 201 | 40.97 | L | P | Melinda Dippenaar | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 202 | 41.16 | L | F | Tylin Taljard | 14 | HFDT MP | 27/01/2024 | Limpopo School Champs |
| 203 | 41.28 | L | F | Mia Koen | 14 | BULS MAN | 11/11/2023 | Bull Sharks Gala |
| 204* | 41.31 | L | F | Annemie De Villiers | 14 | PRKA PSD | 03/02/2024 | NCASA SPRINTS 2024 |
| 204* | 41.31 | L | F | Kirsten Myers | 14 | SSISA CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 206 | 41.37 | L | F | Leah Davel | 14 | ACAAQ CCD | 01/12/2023 | Limpopo Champs |
| 207 | 41.44 | L S | F | Rebekah Van Coller | 14 | FISH EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 208 | 41.53 | L | F | Helena Rookoen-Smith | 14 | LALE CED | 03/02/2024 | Winelands SL final |
| 209 | 41.62 | L | F | Daniella Myburg | 14 | BLSS MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 210 | 41.70 | L | F | Chrislynn Wiesner | 14 | WSS LLD | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 211 | 41.80 | L | F | Isabelle Welgemoed | 14 | VALS FDD | 06/12/2023 | Free State Champs 2023 |
| 212 | 41.84 | L | F | Jolane Holtzhausen | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 213 | 41.86 | L | F | Chloe Coetsee | 14 | WRP EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 214 | 41.88 | L | F | Jessie Ludick | 14 | CASC CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 215 | 42.01 | L | F | Leila Van Zyl | 14 | QUIC CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 216 | 42.08 | L | F | Nasheetah Jephtha | 14 | MANT CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 217 | 42.13 | L | F | Callen Campbell | 14 | WEST CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 218 | 42.25 | L | F | Nina Wessels | 14 | UNI EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 219 | 42.33 | L | F | Hannah Du Toit | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 220 | 42.68 | L | P | Kyra Home | 14 | MDOL JHB | 30/11/2023 | CGA Championships 2023 |
| 221 | 42.90 | L | F | Kaylee Glutz | 14 | SEALI LLD | 24/11/2023 | Westville-Seals LC Championships |
| 222 | 43.15 | L | P | Ameera Motala | 14 | ATLA JHB | 30/11/2023 | CGA Championships 2023 |
| 223 | 43.24 | L | F | Alexa Cave | 14 | MDOL JHB | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 224 | 43.31 | L | F | Jani Visagie | 14 | SWAR WCD | 11/11/2023 | Swartland Prestige Gala 2023 |
| 225 | 43.40 | L | F | Emmah Myburgh | 14 | UPSK ZMD | 13/01/2024 | AGE GROUP 4 UPT 2024 |
| 226* | 43.72 | L | F | Kawanelo Linake | 14 | TRAZ TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 226* | 43.72 | L | F | Oni Mtongana | 14 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 |
| 228 | 43.77 | L | F | Ella Lombard | 14 | AA JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 229 | 43.86 | L | F | Taylor Hulley | 14 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 230 | 43.94 | L | P | Aimee Grobler | 14 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 231 | 44.00 | L | F | Rerapetse Ramohale | 14 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 232 | 44.24 | L | P | Gabriella Goncalves | 14 | SOUL ECU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 233 | 44.31 | L | F | Keone Molapo | 14 | RFA TSH | 29/09/2023 | 2023 OR Tambo Trials & NTS Oct AG |
| 234 | 44.35 | L | F | Mikaela Johst | 14 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 235 | 44.41 | L | F | Delise Malenza | 14 | CASC CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 236 | 44.43 | L | P | Kianna Walters | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 237 | 44.60 | L | F | Bohlale Khahledi | 14 | BARR CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 238 | 44.74 | L | F | Gabriella Baillie | 14 | ROA EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 239 | 45.00 | L | F | Kay-Lee Mouton | 14 | SWAR WCD | 10/02/2024 | WCA-B Champs - 2024 |
| 240 | 45.06 | L | F | Skyla Reddy | 14 | SWIFT ECU | 26/01/2024 | EGA Last Chance 2024 |
| 241 | 45.12 | L S | F | Gabrielle Edwards | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 242 | 45.13 | L | F | Emilia de Freitas | 14 | MAKO ECU | 28/10/2023 | EGA Summer 2 2023 |
| 243* | 45.14 | L | F | Lesedi Mashabela | 14 | TUKS TSH | 16/02/2024 | NTS February Open Age Group 2024 |
| 243* | 45.14 | L | F | Mariné Pretorius | 14 | UPSK ZMD | 03/02/2024 | NCASA SPRINTS 2024 |
| 245 | 45.15 | L S | F | Mia Okkers | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 246 | 45.21 | L | F | Christa de Beer | 14 | POTC KKD | 11/11/2023 | NWS Age Group 3 + 4 |
| 247 | 45.23 | L | P | Mieke Griffiths | 14 | MSC NGD | 01/12/2023 | Mpumalanga Championships 2023 |
| 248 | 45.59 | L | F | Khanya Khalala | 14 | FLOD JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 249 | 45.62 | L | F | Nicole Senekal | 14 | TKS WBD | 01/12/2023 | Limpopo Champs |
| 250 | 45.63 | L | F | Sarona Boiteto | 14 | UPC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 251 | 45.70 | L | F | Alri Venter | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 252 | 45.71 | L | F | Hannaan Mia | 14 | MANT CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 253 | 46.31 | L | P | Isabelle Botha | 14 | PGAC ECU | 07/12/2023 | EGA Summer Championships |
| 254 | 46.37 | L | F | Taylin Van Wyk | 14 | PENC EZD | 21/02/2024 | EHLANZENI INTER HIGH GALA 21 |
| 255 | 46.66 | L | F | Benedicta Atta-Asamoah | 14 | WWOL TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 256 | 46.72 | L | F | Elizma Du Plooy | 14 | SS MPD | 01/12/2023 | Limpopo Champs |
| 257 | 46.74 | L | P | Janke Steenkamp | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----------------------------|-------------|-------|------------------------|--------|-----------|------------|--------------------------------------|
| 258 | 47.02 L | F | Tuhina Asharam | 14 | KZNA ETH | 27/01/2024 | Ushaka Champs 2024 |
| 259* | 47.24 L | F | Chloe Venter | 14 | BERG BP | 23/02/2024 | NW School Championships 2024 |
| 259* | 47.24 L | F | Sharobel Paulse | 14 | LSKP WB | 04/11/2023 | Limpopo LS - Top 8 skole 2023 |
| 261 | 47.39 L | P | Zoe Mills | 14 | DESA NMA | 09/02/2024 | Infinity Gala 2024 |
| 262 | 47.59 L | F | Alexah Furman | 14 | ELEC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 263 | 48.26 L | F | Sandisiwe Mkhathswa | 14 | MAKO EKU | 26/01/2024 | EGA Last Chance 2024 |
| 264 | 48.33 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 265 | 48.39 L | F | Nenekazi Taole | 14 | SWIFT EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 266 | 48.63 L | F | Ilne Bruwer | 14 | BLSS MAN | 13/10/2023 | Pelicans Gala |
| 267 | 48.93 L | F | Melandri Vermaak | 14 | TINC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 268 | 49.21 L | F | Lyla Shekel | 14 | CYBE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 269 | 49.41 L | F | Atlegang Mogotsi | 14 | ESTR EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 270 | 50.19 L | F | Tiane Meets | 14 | ASAC CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 271 | 50.21 L | P | Luca Alexander | 14 | MARL CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 272 | 50.33 L | F | Resego Chalashika | 14 | LEBII BP | 23/02/2024 | NW School Championships 2024 |
| 273 | 50.62 L | F | Cornelia Van Zyl | 14 | LALE CED | 11/11/2023 | Winelands SL4 |
| 274 | 51.30 L | F | Mpho Mwanza | 14 | ESP EKU | 28/10/2023 | EGA Summer 2 2023 |
| 275 | 51.31 L | F | Ilze Olley | 14 | PHS CCD | 27/01/2024 | Limpopo School Champs |
| 276 | 51.50 L | P | Mamello Mabuza | 14 | ESP EKU | 07/12/2023 | EGA Summer Championships |
| 277 | 51.77 L | F | Kayla Esterhuizen | 14 | UPSK ZMD | 25/11/2023 | UPT AGE GROUP 2 2023 |
| 278 | 51.84 L | F | Isabel Landman | 14 | PGIM KK | 23/02/2024 | NW School Championships 2024 |
| 279 | 51.90 L | F | Caroline Retief | 14 | HTSA CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 280 | 52.16 L | F | Surene Kleingeld | 14 | CRSC JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 281 | 52.38 L | F | Viwassi Amoussou | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 282 | 52.74 L | F | Zahiyah Khan | 14 | BLSS MAN | 27/01/2024 | Pelicans Gala 2024 |
| 283 | 53.22 L | F | Mia Pienaar | 14 | BULS MAN | 06/12/2023 | Free State Champs 2023 |
| 284 | 53.85 L | F | Kuzivakwashe Mukweveri | 14 | PELIC MAN | 06/10/2023 | Super Seals & Sentraal Aquatics Gala |
| 285 | 54.26 L | F | Hayley Belinfante | 14 | QUIC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 286 | 55.16 L S | F | Hannah Myburgh | 14 | AQDO CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 287 | 55.17 L | F | Reneilwe Malumane | 14 | POLSC CCD | 01/12/2023 | Limpopo Champs |
| 288 | 55.26 L | F | Lutendo Mphelo | 14 | BETH FDD | 02/03/2024 | FSA Level 1 2024 |
| 289 | 56.34 L | F | Aasiyah Khan | 14 | ATLA JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 290 | 58.32 L | F | Jacqueline Pieterse | 14 | FSE KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 291 | 59.91 L | F | Robyn Belcham | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 292 | 59.92 L | P | Tyla Pridgeon-Nel | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 293 | 1:02.31 L | F | Hlelo Cele | 14 | FRA KCD | 21/10/2023 | Froggies Championships 2023 |
| 294 | 1:04.19 L | P | Abakwe Molokoane | 14 | TLAC BPD | 06/12/2023 | NWS Championships 2023/24 |
| 295 | 1:06.55 L | F | Thlalefo Mokgosi | 14 | USHAK EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 296 | 1:15.64 L S | F | Zhara Pretorious | 14 | HURA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 297 | 1:21.71 L | F | Bokang Seheri | 14 | USHAK EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 298 | 1:29.32 L | F | Najouan Haouali | 14 | BLNE MAN | 27/01/2024 | Pelicans Gala 2024 |
| 299 | 1:33.28 L | F | Usenathi Segone | 14 | BLNE MAN | 02/03/2024 | FSA Level 1 2024 |
| Women 14-14 100 Fly | | | | | | | |
| 1 | 1:01.78 L S | F | Abigail Kotze | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 2 | 1:05.60 L S | F | Giuliana Vyncke | 14 | DRGN EKU | 15/03/2024 | SA National Junior Age Group |
| 3 | 1:08.22 L S | F | Madison Higgs | 14 | INFA NMA | 15/03/2024 | SA National Junior Age Group |
| 4 | 1:08.30 L | F | Sienna Gous | 14 | INFA NMA | 12/08/2023 | Madibaz Swim Meet 2023 |
| 5 | 1:08.98 L S | F | Lyla vd Spuy | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 6 | 1:09.54 L | F | Bailey Lambert | 14 | SEAL UMD | 24/11/2023 | Westville-Seals LC Championships |
| 7 | 1:10.06 L S | F | Maya Mgcina | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 8 | 1:10.34 L | F | Riziki Magotsi | 14 | WCA CPT | 19/04/2024 | SA Schools Swimming Championship |
| 9 | 1:10.90 L S | F | Kacey Hughes | 14 | STSC KCD | 15/03/2024 | SA National Junior Age Group |
| 10 | 1:10.93 L | F | Kato' van Niekerk | 14 | TUKS TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 11 | 1:11.65 L S | P | Anja Buitendach | 14 | UNI EZD | 15/03/2024 | SA National Junior Age Group |
| 12 | 1:11.78 L | F | Jamie-Lee Graham | 14 | AA JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 13 | 1:12.11 L | F | Lize-Marie Kruger | 14 | FSA FS | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 14 | 1:12.39 L | F | Tatum Dace | 14 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 15 | 1:13.49 L | F | Blake Morris | 14 | LINR JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 16 | 1:13.55 L | P | Eva Dal Cin | 14 | ELEC TSH | 24/05/2023 | Winter National Championships'23 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|----|---------|-------|------|----------------------|----|-------|-----|------------|---------------------------------------|
| 17 | 1:14.13 | L | F | Amara Okoye | 14 | PAC | FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 18 | 1:14.16 | L S | P | Amy Hartung | 14 | ASAC | CPT | 15/03/2024 | SA National Junior Age Group |
| 19 | 1:14.21 | L | P | Carla Dannhauser | 14 | TKS | WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 20 | 1:14.68 | L | P | Leila Springer | 14 | SASE | JHB | 23/02/2024 | 2024 Grand Prix 2 Invitational Meet - |
| 21 | 1:15.07 | L S | F | Sylvie de Bruyn | 14 | BULS | MAN | 06/12/2023 | Free State Champs 2023 |
| 22 | 1:15.11 | L | P | Eva Neumann | 14 | GSA | CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 23 | 1:15.46 | L S | P | Taylor Foster | 14 | AZON | ETH | 15/03/2024 | SA National Junior Age Group |
| 24 | 1:15.91 | L | F | Sharni-Marie Watson | 14 | PAC | FSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 25 | 1:16.18 | L | F | Ava Strong | 14 | PEAS | NMA | 19/04/2024 | SA Schools Swimming Championship |
| 26 | 1:16.81 | L | F | Demi Putter | 14 | CASC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 27 | 1:16.82 | L S | P | Beané Noeth | 14 | UPSK | ZMD | 15/03/2024 | SA National Junior Age Group |
| 28 | 1:16.83 | L | P | Micah Marx | 14 | CA | EKU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 29 | 1:16.96 | L | F | Cara Rossouw | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 30 | 1:17.15 | L | F | Gertruida de Witt | 14 | POTC | KKD | 20/03/2024 | SA Level 3 Regional Age Group |
| 31 | 1:17.86 | L | F | Hannah Hattingh | 14 | USC | BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 32 | 1:18.05 | L | P | Stephanie Dannhauser | 14 | TKS | WBD | 20/03/2024 | SA Level 3 Regional Age Group |
| 33 | 1:18.07 | L | F | Indigo Woodburn | 14 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 34 | 1:18.14 | L | F | Shalem Mashingaidze | 14 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 35 | 1:18.37 | L | F | Jade Van Vuuren | 14 | WATR | JHB | 30/11/2023 | CGA Championships 2023 |
| 36 | 1:18.48 | L | F | Danielle Grobler | 14 | BLOT | MAN | 27/01/2024 | Pelicans Gala 2024 |
| 37 | 1:18.57 | L S | P | Cara Visser | 14 | CYBE | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 38 | 1:18.73 | L | F | Juanè Burger | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 39 | 1:19.26 | L | F | Amy Walton | 14 | AZON | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 40 | 1:19.62 | L | F | Roslyn Ramoholi | 14 | LEGC | ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 41 | 1:19.75 | L | F | Ella-Mae Henning | 14 | VRC | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 42 | 1:19.92 | L | F | Xanri Muller | 14 | NC | FB | 19/04/2024 | SA Schools Swimming Championship |
| 43 | 1:19.98 | L | F | Kaylin Fabricius | 14 | BARR | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 44 | 1:20.04 | L | F | Arabelle Grütter | 14 | ROA | EDD | 18/11/2023 | Eden LC Champs 2023 |
| 45 | 1:20.09 | L | F | Mikayla Frösler | 14 | BEST | NMA | 26/08/2023 | 2nd A League Gala 2023 |
| 46 | 1:20.12 | L | F | Ava Newton | 14 | CASC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 47 | 1:20.16 | L | P | Mikayla Hinkley | 14 | PER | JHB | 30/11/2023 | CGA Championships 2023 |
| 48 | 1:20.89 | L | P | Madison Smith | 14 | CA | EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 49 | 1:21.01 | L | F | Sadie Bothma | 14 | HREF | BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 50 | 1:21.19 | L | P | Kerrigan Hayes | 14 | CASC | CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 51 | 1:21.32 | L | F | Aliyah De Oliveira | 14 | TYGE | CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 52 | 1:21.66 | L | F | Gemma Walters | 14 | DORE | JHB | 14/10/2023 | CGA Level 2 + Gala Oct 2023 |
| 53 | 1:21.81 | L | P | Tara Saint | 14 | KLOO | ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 54 | 1:21.83 | L | F | Emma Nolan | 14 | MDOL | JHB | 20/03/2024 | SA Level 3 Regional Age Group |
| 55 | 1:21.89 | L | F | Lethokuhle Makhubu | 14 | ACSA | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 56 | 1:22.08 | L | F | Elizabeth Viljoen | 14 | NWS | | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 57 | 1:22.11 | L | F | Kayden O'connor | 14 | PEAS | NMA | 21/03/2024 | SA Level 3 Regional Age Group |
| 58 | 1:22.23 | L | F | Mila De Souza | 14 | EXP | FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 59 | 1:22.28 | L | F | Scarlett Friis | 14 | KLOO | ETH | 24/11/2023 | Westville-Seals LC Championships |
| 60 | 1:22.81 | L S | F | Takalani Mudau | 14 | BLSS | MAN | 06/12/2023 | Free State Champs 2023 |
| 61 | 1:23.18 | L | F | Minke Bester | 14 | PGIM | KK | 23/02/2024 | NW School Championships 2024 |
| 62 | 1:23.28 | L | F | Marne' Van Rensburg | 14 | BLSS | MAN | 21/03/2024 | SA Level 3 Regional Age Group |
| 63 | 1:23.32 | L | F | Ona-Mari Van Niekerk | 14 | KNYA | EDD | 21/03/2024 | SA Level 3 Regional Age Group |
| 64 | 1:23.71 | L | P | Caitlin Camacho | 14 | TUKS | FSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 65 | 1:23.80 | L S | P | Dedre Engelbrecht | 14 | RBOT | BPD | 15/03/2024 | SA National Junior Age Group |
| 66 | 1:23.92 | L | F | Sinead De Wet | 14 | CRSC | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 67 | 1:23.95 | L | F | Emme Wentzel | 14 | INFA | NMA | 21/10/2023 | 4th A League Gala 2023 |
| 68 | 1:24.11 | L | F | Marlo Lensing | 14 | UPSK | ZMD | 25/11/2023 | UPT AGE GROUP 2 2023 |
| 69 | 1:24.15 | L | F | Cailyn Clowes | 14 | PSCP | UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 70 | 1:24.27 | L | F | Ariel De Bruyn | 14 | CSA | EZD | 23/09/2023 | MP SPRINT GALA 23 SEPTEMBER |
| 71 | 1:24.38 | L | F | Rozaan Korff | 14 | PEPPS | CCD | 27/01/2024 | Limpopo School Champs |
| 72 | 1:24.95 | L | F | Margo Senekal | 14 | TYGE | CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 73 | 1:25.02 | L | F | Alexis Muller | 14 | AZON | ETH | 21/03/2024 | SA Level 3 Regional Age Group |
| 74 | 1:25.04 | L | F | Huei-Ing Chen | 14 | DORE | JHB | 24/02/2024 | CGA Level 2+ Last Chance Gala 24 Feb |
| 75 | 1:25.11 | L | F | Darina Milanova | 14 | PAC | FSH | 22/09/2023 | NTS Level 3+ September Age Group |

Individual Top Times

Times since: 01-May-23
 Number of Top Times: All

Times until: 30-Apr-24
 Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----------------------------|-------------|-------|-------------------------|--------|-----------|------------|--------------------------------------|
| 76 | 1:25.36 L | F | Mia Groenewald | 14 | KTS | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 77 | 1:25.90 L | F | Keira Martins | 14 | H2O EKU | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 78 | 1:26.39 L | F | Abbigail Kulynych | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 79* | 1:27.03 L | F | Jemma Hendricks | 14 | LALE CED | 10/02/2024 | WCA-B Champs - 2024 |
| 79* | 1:27.03 L | F | Georgia Wichmann | 14 | MGSC UGD | 24/11/2023 | Westville-Seals LC Championships |
| 81 | 1:27.49 L | P | Sydni Adams | 14 | VINE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 82 | 1:27.52 L | F | Kristen Billett | 14 | ELEC FSH | 26/01/2024 | NTS Level 3+ Januery Age Group 2024 |
| 83 | 1:27.70 L | F | Lili Annandale | 14 | BULS MAN | 11/11/2023 | Bull Sharks Gala |
| 84 | 1:27.80 L | F | Emily Hattingh | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 85 | 1:28.00 L | F | Anri Maree | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 86 | 1:28.48 L | F | Tiffany Prins | 14 | KTS | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 87 | 1:28.58 L | F | Anja Volschenk | 14 | BLSS MAN | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 88 | 1:28.82 L | F | Gabriella Boerstra | 14 | TUKS FSH | 17/11/2023 | NTS Level 3+ November Age Group |
| 89 | 1:29.36 L | F | Lara Janse van Rensburg | 14 | CSA EZD | 16/02/2024 | MP SA SCHOOLS TRIALS AG6 16-17 |
| 90 | 1:29.93 L | F | Meandri De Vos | 14 | BLOT MAN | 21/10/2023 | Otters Prestige Gala 2023 |
| 91 | 1:30.09 L | F | Melinda Dippenaar | 14 | BS LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 92 | 1:30.19 L S | F | Caitlin Rossiter | 14 | HREF BP | 06/12/2023 | NWS Championships 2023/24 |
| 93 | 1:30.35 L | P | Precious Marite | 14 | CRSC JHB | 30/11/2023 | CGA Championships 2023 |
| 94 | 1:30.88 L | F | Kutlo Kesilwe | 14 | TUKS FSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 95 | 1:31.52 L | P | Kate Douglas | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 96 | 1:32.28 L | F | Paige Van Niekerk | 14 | AFIN JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 97 | 1:32.34 L | P | Lethabo Masemola | 14 | WATR JHB | 30/11/2023 | CGA Championships 2023 |
| 98 | 1:33.47 L | F | Hazel Hutchison | 14 | FAAC | 11/11/2023 | AGE GROUP 1 |
| 99 | 1:33.77 L | F | Macayle Eisen | 14 | UNI EZD | 03/11/2023 | MP AGE GROUP 3 3&4 NOV 2023 |
| 100 | 1:35.97 L | F | Sofiya Dos-Santos | 14 | ASAC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 101 | 1:36.00 L | F | Leah Davel | 14 | ACAA CCD | 01/12/2023 | Limpopo Champs |
| 102 | 1:36.34 L | F | Odette Upton | 14 | PEPPS CCD | 27/01/2024 | Limpopo School Champs |
| 103 | 1:36.36 L | F | Nasheetah Jephta | 14 | MANT CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 104 | 1:37.03 L | F | Kayden Mauer | 14 | USC BUF | 09/02/2024 | Infinity Gala 2024 |
| 105 | 1:37.33 L | F | Carli Murray | 14 | QUIC CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 106 | 1:39.18 L | P | Victoria Bulhakova | 14 | SWIFT EKU | 20/03/2024 | SA Level 3 Regional Age Group |
| 107 | 1:40.52 L | F | Siliziwe Giyose | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 108 | 1:41.02 L | F | Talita Wessels | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 109 | 1:41.04 L | P | Elandri Du Randt | 14 | BETH FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 110 | 1:42.25 L | F | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 111 | 1:43.36 L | F | Erin Olivier | 14 | ASAC CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 112 | 1:44.93 L | F | Callen Campbell | 14 | WEST CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 113 | 1:46.66 L | F | Tuhina Asharam | 14 | KZNA ETH | 16/02/2024 | EDA Age Group Gala 6 2024 |
| 114 | 1:46.77 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 27/01/2024 | BCA January Age Group Gala 2024 |
| 115 | 1:46.84 L | F | Megan Horn | 14 | DOLFI MPD | 01/12/2023 | Limpopo Champs |
| 116 | 1:47.92 L | F | Chrislynn Wiesner | 14 | WSS LLD | 03/11/2023 | Heidedal Welkom Gala |
| 117 | 1:48.27 L | F | Emmah Myburgh | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 118 | 1:51.63 L | F | Lyla Shekel | 14 | CYBE CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 119 | 1:53.59 L | F | Elizma Du Plooy | 14 | HBV MP | 14/10/2023 | Limpopo Top 8 - High Schools |
| 120 | 2:00.30 L | F | Viwassi Amoussou | 14 | LINR JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 121 | 2:04.11 L | F | Keziah Campbell | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 122 | 2:27.70 L | F | Lutendo Mphelo | 14 | BETH FDD | 16/02/2024 | Neptunes Last chance Gala |
| 123 | 2:28.91 L | F | Ilze Olley | 14 | PHS CCD | 14/10/2023 | Limpopo Top 8 - High Schools |
| Women 14-14 200 Fly | | | | | | | |
| 1 | 2:20.26 L | F | Abigail Kotze | 14 | TYGE CPT | 15/03/2024 | SA National Junior Age Group |
| 2 | 2:31.98 L | F | Sienna Gous | 14 | INFA NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 3 | 2:38.12 L | F | Taylor Foster | 14 | AZON ETH | 15/03/2024 | SA National Junior Age Group |
| 4 | 2:43.79 L | F | Amy Hartung | 14 | ASAC CPT | 15/03/2024 | SA National Junior Age Group |
| 5 | 2:46.78 L | F | Kacey Hughes | 14 | STSC KCD | 21/10/2023 | Froggies Championships 2023 |
| 6 | 2:47.26 L | F | Lize-Marie Kruger | 14 | BLSS MAN | 24/06/2023 | PEA Winter Gala 2023 |
| 7 | 2:51.51 L | F | Tatum Dace | 14 | PEAS NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 8 | 2:53.13 L | F | Lyla vd Spuy | 14 | TUKS FSH | 12/12/2023 | NTS Championships 2023 |
| 9 | 2:58.30 L | F | Arabelle Grütter | 14 | ROA EDD | 04/11/2023 | EDEN 3rd A-League School Trials Gala |
| 10 | 3:00.22 L | F | Xanri Muller | 14 | NC FB | 19/04/2024 | SA Schools Swimming Championship |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|---------------------------|-------------|-------|-----------------------|--------|-----------|------------|---|
| 11 | 3:07.06 L | F | Riziki Magotsi | 14 | VINE CPT | 11/11/2023 | Winelands SL4 |
| 12 | 3:10.26 L | F | Rozaan Korff | 14 | ACAAQ CCD | 11/11/2023 | Limpopo Age Group 5 |
| 13 | 3:19.06 L | F | Marlo Lensing | 14 | UPSK ZMD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 14 | 3:26.15 L | F | Anri Maree | 14 | FSA FS | 27/01/2024 | 4 + 1 Inter Provincial Gala 2023 |
| 15 | 3:52.19 L | F | Melinda Dippenaar | 14 | BS LLD | 06/12/2023 | Free State Champs 2023 |
| 16 | 4:05.54 L | F | Bohlale Khahledi | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| Women 14-14 100 IM | | | | | | | |
| 1 | 1:36.97 L | F | Oni Mtongana | 14 | SPS BUF | 28/10/2023 | BCA 1st Primary Schools Sprint Gala Oct |
| Women 14-14 200 IM | | | | | | | |
| 1 | 2:26.87 L | F | Abigail Kotze | 14 | TYGE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 2 | 2:28.39 L | F | Bailey Lambert | 14 | SEAL UMD | 15/03/2024 | SA National Junior Age Group |
| 3 | 2:28.47 L | F | Kato' van Niekerk | 14 | TUKS TSH | 20/10/2023 | NTS Level 3+ October Age Group 2023 |
| 4 | 2:29.16 L | F | Giuliana Vyncke | 14 | DRGN EKU | 15/03/2024 | SA National Junior Age Group |
| 5 | 2:29.29 L | F | Zuria Venter | 14 | CA EKU | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 6 | 2:33.80 L | F | Arabelle Grütter | 14 | ROA EDD | 15/03/2024 | SA National Junior Age Group |
| 7 | 2:34.54 L | F | Sienna Gous | 14 | INFA NMA | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 8 | 2:36.35 L S | P | Anja Buitendach | 14 | MP EZD | 08/04/2024 | SA National Aquatic Champ 2024-PE |
| 9 | 2:38.04 L | P | Ava Newton | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 10 | 2:38.21 L | P | Darina Milanova | 14 | PAC TSH | 15/03/2024 | SA National Junior Age Group |
| 11 | 2:38.35 L | P | Maya Mgcina | 14 | ELEC TSH | 15/03/2024 | SA National Junior Age Group |
| 12 | 2:38.86 L | P | Caileigh De Beer | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 13 | 2:39.02 L | F | Tchisank Banza | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 14 | 2:39.17 L | F | Lize-Marie Kruger | 14 | PEAS NMA | 01/10/2023 | Curro AquaElite Gala |
| 15 | 2:39.36 L | F | Mikayla Frösler | 14 | BEST NMA | 15/12/2023 | NMBA Championships 2023 |
| 16 | 2:39.44 L | F | Blake Morris | 14 | LINR JHB | 17/11/2023 | NTS Level 3+ November Age Group |
| 17 | 2:39.82 L | F | Caitlin Rossiter | 14 | MP EZD | 19/04/2024 | SA Schools Swimming Championship |
| 18 | 2:40.61 L | F | Kacey Hughes | 14 | STSC KCD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 19 | 2:40.62 L | P | Ane Snyders | 14 | BLSS MAN | 15/03/2024 | SA National Junior Age Group |
| 20 | 2:40.65 L | P | Demi Putter | 14 | CASC CPT | 15/03/2024 | SA National Junior Age Group |
| 21* | 2:40.73 L | F | Madison Coleman | 14 | BLMA CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 21* | 2:40.73 L | F | Taylor Kassebaum | 14 | AA JHB | 30/11/2023 | CGA Championships 2023 |
| 23 | 2:40.97 L | P | Gemma Walters | 14 | DORE JHB | 15/03/2024 | SA National Junior Age Group |
| 24 | 2:41.07 L | F | Leila Springer | 14 | SASE JHB | 30/11/2023 | CGA Championships 2023 |
| 25 | 2:41.46 L | F | Sylvie de Bruyn | 14 | BULS MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 26 | 2:41.61 L | F | Christina Orchard | 14 | VINE CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 27 | 2:41.64 L | F | Amelie Kleine | 14 | TUKS TSH | 22/09/2023 | NTS Level 3+ September Age Group |
| 28 | 2:42.33 L | P | Sadie Roberts | 14 | ASA ILD | 15/03/2024 | SA National Junior Age Group |
| 29 | 2:42.49 L | F | Shi Han Huang | 14 | BLMA CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 30 | 2:43.09 L | P | Cara Visser | 14 | CYBE CPT | 15/03/2024 | SA National Junior Age Group |
| 31 | 2:43.25 L | P | Eva Dal Cin | 14 | ELEC TSH | 24/05/2023 | Winter National Championships'23 |
| 32 | 2:43.79 L | F | Margo Senekal | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 33 | 2:44.11 L | F | Tatum Dace | 14 | NMBA NM | 13/01/2024 | BCA Inter-District Championship Gala |
| 34 | 2:44.52 L | F | Payton Aitken | 14 | WSTV ETH | 24/11/2023 | Westville-Seals LC Championships |
| 35 | 2:44.58 L | P | Taylor Foster | 14 | AZON ETH | 15/03/2024 | SA National Junior Age Group |
| 36 | 2:44.81 L | P | Meandri De Vos | 14 | BLOT MAN | 15/03/2024 | SA National Junior Age Group |
| 37 | 2:45.02 L | P | Kate Douglas | 14 | BAS EKU | 15/03/2024 | SA National Junior Age Group |
| 38 | 2:45.20 L | F | Eva Neumann | 14 | GSA CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 39 | 2:45.32 L | P | Stephanie Dannhauser | 14 | LP CCD | 19/04/2024 | SA Schools Swimming Championship |
| 40 | 2:46.04 L | F | Cara Rossouw | 14 | TYGE CPT | 21/03/2024 | SA Level 3 Regional Age Group |
| 41 | 2:46.56 L | F | Mia Groenewald | 14 | KTS | 21/03/2024 | SA Level 3 Regional Age Group |
| 42 | 2:46.59 L | F | Keilah-Naomi Holthuis | 14 | QSAW CED | 21/03/2024 | SA Level 3 Regional Age Group |
| 43 | 2:47.00 L | F | Scarlett Friis | 14 | KLOO ETH | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 44 | 2:47.21 L S | P | MacKenzie Bone | 14 | ELEC TSH | 12/12/2023 | NTS Championships 2023 |
| 45 | 2:47.29 L | P | Sharni-Marie Watson | 14 | PAC TSH | 20/03/2024 | SA Level 3 Regional Age Group |
| 46 | 2:47.31 L | P | Clarisè Van Niekerk | 14 | TUKS TSH | 15/03/2024 | SA National Junior Age Group |
| 47 | 2:47.53 L | F | Danielle Grobler | 14 | BLOT MAN | 06/12/2023 | Free State Champs 2023 |
| 48 | 2:47.68 L | F | Shannon Hugo | 14 | SEAL UMD | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 49 | 2:47.88 L | F | Hannah Hattingh | 14 | USC BUF | 24/11/2023 | BCA Long Course Championships 2023 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|-----------------------|----|-------|---|------------|--------------------------------------|
| 50 | 2:47.97 | L | F | Gabriella Boerstra | 14 | TUKS | F | 20/03/2024 | SA Level 3 Regional Age Group |
| 51 | 2:48.42 | L | P | Amy Hartung | 14 | WCA | C | 19/04/2024 | SA Schools Swimming Championship |
| 52 | 2:48.47 | L | F | Minke Bester | 14 | MATL | K | 06/12/2023 | NWS Championships 2023/24 |
| 53 | 2:48.53 | L | F | Paige Meeser | 14 | CA | E | 07/12/2023 | EGA Summer Championships |
| 54 | 2:48.63 | L | F | Riziki Magotsi | 14 | VINE | C | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 55 | 2:48.75 | L | P | Jamie-Lee Graham | 14 | AA | J | 15/03/2024 | SA National Junior Age Group |
| 56 | 2:49.12 | L | P | Kayden O'connor | 14 | PEAS | N | 19/04/2024 | SA Schools Swimming Championship |
| 57 | 2:49.21 | L | P | Sam Juries | 14 | CLSC | W | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 58 | 2:49.32 | L | P | Micah Marx | 14 | CA | E | 15/03/2024 | SA National Junior Age Group |
| 59 | 2:49.70 | L | P | Ava Strong | 14 | PEAS | N | 19/04/2024 | SA Schools Swimming Championship |
| 60 | 2:49.80 | L | P | Kayla Kleynhans | 14 | TUKS | F | 20/03/2024 | SA Level 3 Regional Age Group |
| 61 | 2:50.15 | L | F | Minette Van Zyl | 14 | INFA | N | 21/03/2024 | SA Level 3 Regional Age Group |
| 62 | 2:50.47 | L | P | Isabella Bruyns | 14 | MDOL | J | 30/11/2023 | CGA Championships 2023 |
| 63 | 2:50.78 | L | F | Indigo Woodburn | 14 | MDOL | J | 20/03/2024 | SA Level 3 Regional Age Group |
| 64 | 2:50.81 | L | F | Lethabo Masemola | 14 | WATR | J | 20/03/2024 | SA Level 3 Regional Age Group |
| 65 | 2:51.07 | L | P | Almi Geysler | 14 | LALE | C | 21/03/2024 | SA Level 3 Regional Age Group |
| 66* | 2:52.08 | L | P | Aliyah De Oliveira | 14 | TYGE | C | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 66* | 2:52.08 | L | P | Amy Jackson | 14 | TCA | E | 20/03/2024 | SA Level 3 Regional Age Group |
| 68 | 2:52.50 | L | F | Lehane Lategan | 14 | FAAC | | 14/10/2023 | FLAMINGO GALA 14 - 15 OCTOBER |
| 69 | 2:52.51 | L | F | Madison Higgs | 14 | INFA | N | 12/08/2023 | Madibaz Swim Meet 2023 |
| 70 | 2:52.53 | L | F | Lethokuhle Makhubu | 14 | ACSA | E | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 71 | 2:52.61 | L | F | Abigail Munro | 14 | USC | B | 15/12/2023 | NMBA Championships 2023 |
| 72 | 2:52.87 | L | F | Marike Raimond | 14 | TYGE | C | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 73 | 2:52.93 | L | P | Alexa Basso | 14 | SOUL | E | 07/12/2023 | EGA Summer Championships |
| 74 | 2:53.01 | L S | P | Nicola Carver | 14 | ELEC | F | 12/12/2023 | NTS Championships 2023 |
| 75 | 2:53.13 | L | F | Megan Mayhew | 14 | WATR | J | 30/11/2023 | CGA Championships 2023 |
| 76 | 2:53.21 | L | F | Marne' Van Rensburg | 14 | BLSS | M | 06/12/2023 | Free State Champs 2023 |
| 77 | 2:53.22 | L | F | Juanè Burger | 14 | TYGE | C | 21/03/2024 | SA Level 3 Regional Age Group |
| 78 | 2:53.49 | L | P | Jade Van Vuuren | 14 | WATR | J | 30/11/2023 | CGA Championships 2023 |
| 79 | 2:53.58 | L | F | Rozaan Korff | 14 | PEPPS | C | 27/01/2024 | Limpopo School Champs |
| 80 | 2:54.01 | L | P | Odette Upton | 14 | LP | C | 19/04/2024 | SA Schools Swimming Championship |
| 81 | 2:54.08 | L | P | Madison Smith | 14 | CA | E | 20/03/2024 | SA Level 3 Regional Age Group |
| 82 | 2:54.13 | L | P | Beané Noeth | 14 | UPSK | Z | 15/03/2024 | SA National Junior Age Group |
| 83 | 2:54.63 | L | F | Kaylin Fabricius | 14 | BARR | C | 17/02/2024 | Swartland Invitational Gala 2024 |
| 84 | 2:54.66 | L | P | Dedre Engelbrecht | 14 | RBOT | B | 15/03/2024 | SA National Junior Age Group |
| 85 | 2:54.72 | L | F | Gertruida de Witt | 14 | FER | K | 23/02/2024 | NW School Championships 2024 |
| 86 | 2:54.78 | L | P | Amy Walton | 14 | AZON | E | 14/12/2023 | KZNA 2023 Championships Incorp SSA |
| 87 | 2:54.84 | L | F | Takalani Mudau | 14 | BLSS | M | 06/12/2023 | Free State Champs 2023 |
| 88 | 2:54.89 | L | F | Ona-Mari Van Niekerk | 14 | KNYA | E | 10/02/2024 | WCA-B Champs - 2024 |
| 89 | 2:55.00 | L | F | Kristen Billett | 14 | ELEC | F | 17/11/2023 | NTS Level 3+ November Age Group |
| 90 | 2:55.09 | L | F | Aryana Cloete-Hopkins | 14 | SSISA | C | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 91 | 2:55.21 | L | P | Mi-Ly Vd Merwe | 14 | LALE | C | 21/03/2024 | SA Level 3 Regional Age Group |
| 92 | 2:55.26 | L | F | Emma Hagglund | 14 | SSISA | C | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 93 | 2:55.35 | L S | P | Mila De Souza | 14 | EXP | F | 12/12/2023 | NTS Championships 2023 |
| 94 | 2:55.53 | L | F | Gabi McQuinn | 14 | ELEC | F | 12/01/2024 | 2024 Grand Prix Invitation Swimming |
| 95 | 2:55.54 | L | F | Mikayla Hinkley | 14 | PER | J | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 96 | 2:56.10 | L | P | Xanri Muller | 14 | GHSK | | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 97 | 2:56.12 | L | P | Addison Doolan | 14 | AA | J | 20/03/2024 | SA Level 3 Regional Age Group |
| 98 | 2:56.31 | L | F | Abigail Wilcocks | 14 | PAC | F | 22/09/2023 | NTS Level 3+ September Age Group |
| 99 | 2:56.59 | L | P | Tatum Grant | 14 | SOUL | E | 07/12/2023 | EGA Summer Championships |
| 100 | 2:56.66 | L | F | Mine Prinsloo | 14 | BLSS | M | 06/12/2023 | Free State Champs 2023 |
| 101 | 2:56.69 | L | F | Jessica Hall | 14 | SEAL | U | 21/01/2024 | EDA Age Group Gala 5 2024 |
| 102 | 2:57.49 | L | F | Lia Assad | 14 | TYGE | C | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 103 | 2:57.55 | L | F | Hazel Hutchison | 14 | FAAC | | 10/02/2024 | AGE GROUP 6 KBY - 2024 |
| 104 | 2:58.01 | L S | P | Amara Okoye | 14 | PAC | F | 12/12/2023 | NTS Championships 2023 |
| 105 | 2:58.24 | L | F | Emily Hattingh | 14 | USC | B | 24/11/2023 | BCA Long Course Championships 2023 |
| 106 | 2:59.09 | L | F | Abbigail Kulynych | 14 | BAS | E | 26/01/2024 | EGA Last Chance 2024 |
| 107* | 2:59.10 | L | F | Cailyn Clowes | 14 | PSCP | U | 24/11/2023 | Westville-Seals LC Championships |
| 107* | 2:59.10 | L | P | Abigail Blake | 14 | GREY | C | 14/12/2023 | Western Cape LC-A Championship 2023 |

Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|------|---------|-------|------|-------------------------|----|-------|---|
| 109 | 2:59.42 | L | F | Jessica Stedall | 14 | WWOL | FSH 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 110 | 2:59.69 | L | F | Kerrigan Hayes | 14 | CASC | CPT 24/06/2023 PEA Winter Gala 2023 |
| 111 | 2:59.94 | L | F | Nikita Govind | 14 | TRAZ | FSH 26/01/2024 NTS Level 3+ January Age Group 2024 |
| 112 | 2:59.97 | L | F | Elizabeth Viljoen | 14 | HREF | BP 06/12/2023 NWS Championships 2023/24 |
| 113 | 3:00.57 | L | F | Hannah De Necker | 14 | FISH | EDD 04/11/2023 EDEN 3rd A-League School Trials Gala |
| 114 | 3:00.63 | L | F | Payton Groger | 14 | LEGC | ETH 24/11/2023 Westville-Seals LC Championships |
| 115 | 3:00.97 | L | F | Diane Munro | 14 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 116 | 3:01.09 | L | F | Alexis Muller | 14 | AZON | ETH 21/03/2024 SA Level 3 Regional Age Group |
| 117 | 3:01.40 | L | F | Zia Moosa | 14 | SEALE | ETH 21/01/2024 EDA Age Group Gala 5 2024 |
| 118 | 3:01.55 | L | F | Marlo Lensing | 14 | UPSK | ZMD 03/02/2024 NCASA SPRINTS 2024 |
| 119 | 3:01.56 | L | F | Lili Annandale | 14 | BULS | MAN 15/09/2023 Bull Sharks Annual Gala |
| 120 | 3:01.60 | L | F | Lizelle Venter | 14 | TUKS | FSH 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 121* | 3:01.73 | L | P | Victoria Bulhakova | 14 | SWIFT | EKU 20/03/2024 SA Level 3 Regional Age Group |
| 121* | 3:01.73 | L S | F | Huei-Ing Chen | 14 | DORE | JHB 24/03/2024 SA Level 2 Regional Age Group Champs |
| 123 | 3:01.75 | L | P | Kapitolina Xaba | 14 | SASE | JHB 20/03/2024 SA Level 3 Regional Age Group |
| 124 | 3:01.93 | L | P | Emma Nolan | 14 | MDOL | JHB 30/11/2023 CGA Championships 2023 |
| 125 | 3:02.62 | L | F | Sydni Adams | 14 | VINE | CPT 21/01/2024 CTA BMEET 4 |
| 126 | 3:02.69 | L | F | Kayla Koen | 14 | TUKS | FSH 01/12/2023 2023 The Tshwane Mayor's Gala |
| 127 | 3:03.01 | L | P | Shalem Mashingaidze | 14 | WATR | JHB 30/11/2023 CGA Championships 2023 |
| 128 | 3:03.18 | L | F | Amore Oosthuizen | 14 | NSAD | EZD 23/09/2023 MP SPRINT GALA 23 SEPTEMBER |
| 129 | 3:03.36 | L | F | Emma-Lee Theron | 14 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 130 | 3:03.48 | L | F | Katya O'Brien | 14 | BON | EKU 24/11/2023 EGA Summer 4 |
| 131 | 3:03.52 | L | P | Micke Prinsloo | 14 | TKS | WBD 20/03/2024 SA Level 3 Regional Age Group |
| 132 | 3:03.78 | L | F | Megan Jansen | 14 | ELEC | FSH 01/12/2023 2023 The Tshwane Mayor's Gala |
| 133 | 3:03.81 | L | F | Nikita Grant | 14 | WSTV | ETH 24/11/2023 Westville-Seals LC Championships |
| 134 | 3:04.04 | L | F | Annabelle Van Rensburg | 14 | TUKS | FSH 01/12/2023 2023 The Tshwane Mayor's Gala |
| 135 | 3:04.07 | L | F | Sahana Dayaram | 14 | DORE | JHB 10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 136 | 3:04.08 | L | F | Inneke Liebenberg | 14 | POTC | KKD 21/10/2023 NWS Age Group 1 & 2 2023 |
| 137 | 3:04.18 | L | F | Ada Barnard | 14 | SWAR | WCD 17/02/2024 Swartland Invitational Gala 2024 |
| 138 | 3:04.31 | L | F | Lara Janse van Rensburg | 14 | CSA | EZD 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17 |
| 139 | 3:04.36 | L | P | Caitlin Knight | 14 | WATR | JHB 20/03/2024 SA Level 3 Regional Age Group |
| 140 | 3:04.39 | L | F | Jani Visagie | 14 | SWAR | WCD 10/02/2024 WCA-B Champs - 2024 |
| 141 | 3:04.74 | L | P | Tiffany Prins | 14 | NC | FB 19/04/2024 SA Schools Swimming Championship |
| 142 | 3:04.99 | L | F | Jesse Kirsten | 14 | BLOT | MAN 03/02/2024 Heidedal Welkom Gala 2 |
| 143 | 3:05.15 | L | F | Ella-Mae Henning | 14 | VRC | FSH 02/02/2024 NTS Level 1+2 February Age Group |
| 144 | 3:05.33 | L | F | Sulize Henning | 14 | HREF | BP 21/10/2023 NWS Age Group 1 & 2 2023 |
| 145 | 3:05.59 | L | F | Mia-Isabelle Mans | 14 | KALA | 27/10/2023 KALAHARI CLASSIC GALA 2023 |
| 146 | 3:05.62 | L | F | Lana Pretorius | 14 | LALE | GED 03/02/2024 Winelands SL final |
| 147 | 3:05.72 | L | F | Ariel De Bruyn | 14 | CSA | EZD 01/12/2023 Mpumalanga Championships 2023 |
| 148 | 3:05.94 | L | F | Miane Kasselmann | 14 | RBOT | BPD 06/12/2023 NWS Championships 2023/24 |
| 149* | 3:05.96 | L | F | Tylah Johannes | 14 | VINE | CPT 20/01/2024 CTA A MEET 4 |
| 149* | 3:05.96 | L | F | Miya Krog | 14 | SAAW | CPT 03/02/2024 CTA BRIAN BUTTON Qualifying Meet |
| 151 | 3:05.97 | L S | F | Rachel Henley | 14 | ESTR | EKU 24/03/2024 SA Level 2 Regional Age Group Champs |
| 152 | 3:06.15 | L | F | Anja Volschenk | 14 | BLSS | MAN 06/12/2023 Free State Champs 2023 |
| 153 | 3:06.21 | L | F | Gabriella Baillie | 14 | ROA | EDD 21/03/2024 SA Level 3 Regional Age Group |
| 154 | 3:06.34 | L | F | Caitlin Camacho | 14 | TUKS | FSH 20/10/2023 NTS Level 3+ October Age Group 2023 |
| 155 | 3:06.70 | L S | F | Keira Martins | 14 | H2O | EKU 24/03/2024 SA Level 2 Regional Age Group Champs |
| 156 | 3:07.11 | L | F | Anike Taljaard | 14 | PSCP | UMD 05/04/2024 SA Level 2 Regional Age Group Champs |
| 157 | 3:07.51 | L | F | Isabelle Welgemoed | 14 | BLSS | MAN 26/03/2024 SA Level 2 Regional Age Group Champs |
| 158 | 3:07.57 | L | F | Freyja Weaver | 14 | OHAN | ILD 27/01/2024 Ushaka Champs 2024 |
| 159 | 3:07.66 | L | P | Paige Van Niekerk | 14 | AFIN | JHB 30/11/2023 CGA Championships 2023 |
| 160 | 3:07.69 | L | F | Simone Van Wyk | 14 | SEAL | UMD 05/04/2024 SA Level 2 Regional Age Group Champs |
| 161 | 3:07.79 | L | P | Tara Saint | 14 | KLOO | ETH 14/12/2023 KZNA 2023 Championships Incorpor SSA |
| 162 | 3:07.85 | L | F | Ella Jv Rensburg | 14 | LSKP | WB 04/11/2023 Limpopo LS - Top 8 skole 2023 |
| 163 | 3:07.93 | L | F | Rebecca Froneman | 14 | STSC | KCD 02/12/2023 Stingrays Swim Champs 2023 |
| 164 | 3:08.37 | L | F | Daniella Myburg | 14 | BLSS | MAN 15/09/2023 Bull Sharks Annual Gala |
| 165 | 3:08.61 | L | F | Sulize Kruger | 14 | AA | JHB 27/01/2024 CGA Level 2+ Gala 27 Jan 2024 |
| 166 | 3:08.83 | L | F | Mienke Kempen | 14 | LALE | GED 03/02/2024 Winelands SL final |
| 167 | 3:09.10 | L | F | Milan Ferreira | 14 | TASC | MPD 21/10/2023 Limpopo Age Group 4 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|------|---------|-------|------|--------------------------|----|-------|-----|------------|--------------------------------------|
| 168 | 3:09.21 | L | F | Margo Louw | 14 | QSAW | GED | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 169 | 3:09.57 | L | P | Kirsten Myers | 14 | SSISA | CPT | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 170 | 3:09.69 | L | F | Sofiya Dos-Santos | 14 | ASAC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 171 | 3:10.00 | L | F | Precious Marite | 14 | CRSC | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 172 | 3:10.59 | L | F | Liane' de Wet | 14 | BULS | MAN | 06/12/2023 | Free State Champs 2023 |
| 173 | 3:11.18 | L | F | Georgia Wichmann | 14 | MGSC | UGD | 24/11/2023 | Westville-Seals LC Championships |
| 174 | 3:11.23 | L | F | Mèla Loubser | 14 | ROA | EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 175 | 3:11.27 | L | P | Anri Maree | 14 | BS | LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 176 | 3:11.29 | L | F | Sadie Bothma | 14 | HREF | BP | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 177* | 3:11.38 | L | F | Kay-Lee Mouton | 14 | SWAR | WCD | 17/02/2024 | Swartland Invitational Gala 2024 |
| 177* | 3:11.38 | L S | F | Hannah Du Toit | 14 | ELEC | TSH | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 179 | 3:11.57 | L | F | Rebekah Van Coller | 14 | FISH | EDD | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 180 | 3:11.75 | L | F | Talita Wessels | 14 | UNI | EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 181 | 3:11.83 | L | F | Chanel Van Tonder | 14 | SEAL | UMD | 24/11/2023 | Westville-Seals LC Championships |
| 182 | 3:12.16 | L | F | Mariné Pretorius | 14 | KALA | | 27/10/2023 | KALAHARI CLASSIC GALA 2023 |
| 183 | 3:12.57 | L | P | Robyn-Rae Purdon | 14 | PSCP | UMD | 21/03/2024 | SA Level 3 Regional Age Group |
| 184 | 3:12.70 | L | F | Ava Lambropoulos | 14 | TRAZ | TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 185 | 3:13.02 | L | F | Aaishah Hartley | 14 | MARL | CPT | 24/06/2023 | PEA Winter Gala 2023 |
| 186 | 3:13.75 | L | F | Anieke Prinsloo | 14 | BETH | FDD | 06/12/2023 | Free State Champs 2023 |
| 187 | 3:13.94 | L | F | Ameera Motala | 14 | ATLA | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 188 | 3:14.02 | L | F | Kyrah Mack | 14 | PEAS | NMA | 24/06/2023 | PEA Winter Gala 2023 |
| 189 | 3:14.29 | L | F | Vyasti Lachman | 14 | WATR | JHB | 27/01/2024 | CGA Level 2+ Gala 27 Jan 2024 |
| 190 | 3:14.33 | L | P | Klara Weber | 14 | PLAY | GED | 14/12/2023 | Western Cape LC-A Championship 2023 |
| 191 | 3:14.90 | L | F | Ellie-mari Reckling | 14 | NWUC | KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 192 | 3:14.95 | L | F | Bianca Potgieter | 14 | PAC | TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 193 | 3:15.02 | L | F | Cecilia Breedt | 14 | DORE | JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 194 | 3:15.59 | L | F | Kawanelo Linake | 14 | TRAZ | TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 195 | 3:15.77 | L | F | Nasheetah Jephta | 14 | MANT | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 196 | 3:16.14 | L | F | Kayden Mauer | 14 | USC | BUF | 09/02/2024 | Infinity Gala 2024 |
| 197 | 3:16.46 | L | P | Jessica Davies | 14 | VIKI | BUF | 21/03/2024 | SA Level 3 Regional Age Group |
| 198 | 3:16.67 | L | F | Simone' Pretorius | 14 | BETH | FDD | 06/12/2023 | Free State Champs 2023 |
| 199 | 3:16.90 | L | F | McKenzie Jones | 14 | ESTR | EKU | 24/11/2023 | EGA Summer 4 |
| 200 | 3:17.05 | L | P | Elandri Du Randt | 14 | BETH | FDD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 201 | 3:17.13 | L | P | Emmah Myburgh | 14 | UPSK | ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 202 | 3:17.18 | L | F | Inge Vd Walt | 14 | TUKS | TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 203 | 3:17.36 | L | F | Christa de Beer | 14 | POTC | KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 204 | 3:17.38 | L S | F | Shayla WHYTE | 14 | MDOL | JHB | 24/03/2024 | SA Level 2 Regional Age Group Champs |
| 205 | 3:17.52 | L | F | Christina Marzagalli | 14 | CYBE | CPT | 21/01/2024 | CTA BMEET 4 |
| 206 | 3:18.38 | L | F | Carmen Stapelberg | 14 | TINC | TSH | 26/01/2024 | NTS Level 3+ January Age Group 2024 |
| 207 | 3:18.70 | L | P | Alexa Cave | 14 | MDOL | JHB | 30/11/2023 | CGA Championships 2023 |
| 208 | 3:18.71 | L | F | Zoe Mills | 14 | DESA | NMA | 09/02/2024 | Infinity Gala 2024 |
| 209 | 3:18.75 | L | F | Daizeli Bosman | 14 | PLAY | GED | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 210 | 3:18.94 | L | F | Milan Janse van Rensburg | 14 | INFA | NMA | 26/08/2023 | 2nd A League Gala 2023 |
| 211* | 3:19.15 | L | F | Leandri Grobler | 14 | VHD | ZLD | 27/01/2024 | Ushaka Champs 2024 |
| 211* | 3:19.15 | L | F | Macayle Eisen | 14 | UNI | EZD | 02/02/2024 | MP AGE GROUP 5 GALA |
| 213 | 3:19.19 | L | F | Nicole Senekal | 14 | TKS | WBD | 01/12/2023 | Limpopo Champs |
| 214 | 3:19.21 | L | F | Annemie De Villiers | 14 | PRKA | PSD | 07/12/2023 | NCASA CHAMPS 7 - 10 DEC 2023 |
| 215 | 3:19.52 | L | P | Melinda Dippenaar | 14 | BS | LLD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 216 | 3:19.65 | L | F | Emmelize Loots | 14 | TYGE | CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 217 | 3:19.76 | L | F | Alri Venter | 14 | PHS | CCD | 27/01/2024 | Limpopo School Champs |
| 218 | 3:20.38 | L | P | Keira Ellerbeck | 14 | H2O | EKU | 07/12/2023 | EGA Summer Championships |
| 219 | 3:21.00 | L | F | Ane' Claassen | 14 | TUKS | TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 220 | 3:21.14 | L | F | Sinead De Wet | 14 | CRSC | JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 221 | 3:21.56 | L | F | Abigail Suckling | 14 | FSE | KCD | 27/01/2024 | Ushaka Champs 2024 |
| 222 | 3:21.66 | L | P | Julia Booth | 14 | SOUL | EKU | 07/12/2023 | EGA Summer Championships |
| 223 | 3:22.00 | L | F | Delise Malenza | 14 | CASC | CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 224 | 3:22.04 | L | F | Carli Murray | 14 | QUIC | CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 225 | 3:22.20 | L | F | Erin Olivier | 14 | ASAC | CPT | 17/09/2023 | CTA BMEET 3 |
| 226 | 3:22.56 | L | F | Jessie Ludick | 14 | CASC | CPT | 10/02/2024 | WCA-B Champs - 2024 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|-----|-----------|-------|------------------------|--------|-----------|------------|--------------------------------------|
| 227 | 3:22.61 L | F | Stephanie Minnaar | 14 | TYGE CPT | 21/01/2024 | CTA BMEET 4 |
| 228 | 3:22.88 L | F | Emma Mostert | 14 | DDA TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 229 | 3:23.68 L | F | Keone Molapo | 14 | RFA TSH | 02/02/2024 | NTS Level 1+2 February Age Group |
| 230 | 3:24.03 L | F | Chrislynn Wiesner | 14 | WSS LLD | 18/11/2023 | Valsrivier Gala |
| 231 | 3:24.15 L | F | Luca Alexander | 14 | MARL CPT | 10/02/2024 | WCA-B Champs - 2024 |
| 232 | 3:24.63 L | F | Riley Prinsloo | 14 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 233 | 3:24.87 L | P | Isabelle Botha | 14 | PGAC EKU | 07/12/2023 | EGA Summer Championships |
| 234 | 3:25.23 L | F | Mila Volschenk | 14 | TYGE CPT | 17/09/2023 | CTA BMEET 3 |
| 235 | 3:25.47 L | F | Madisson De Druyn | 14 | SWIJ JHB | 02/03/2024 | AG Level 1 Regional Age Group |
| 236 | 3:26.00 L | F | Mia Koen | 14 | BULS MAN | 11/11/2023 | Bull Sharks Gala |
| 237 | 3:26.80 L | F | Zephani Adams | 14 | WEST CPT | 18/11/2023 | CTA QUALIFYING MEET 2 |
| 238 | 3:26.92 L | F | Leani Mitchell | 14 | MATL KKD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 239 | 3:27.58 L | P | Nieke Engelbrecht | 14 | UPSK ZMD | 26/03/2024 | SA Level 2 Regional Age Group Champs |
| 240 | 3:27.63 L | F | Cayla Boardman | 14 | CA EKU | 24/11/2023 | EGA Summer 4 |
| 241 | 3:27.67 L | F | Zoë Muller-Protopappas | 14 | VINE CPT | 03/02/2024 | CTA BRIAN BUTTON Qualifying Meet |
| 242 | 3:27.72 L | F | Karla Lemmer | 14 | USH KCD | 28/10/2023 | KCDA October Age Group Gala 2023 |
| 243 | 3:28.38 L | F | Ndalwentle Nobangule | 14 | HARL BUF | 24/11/2023 | BCA Long Course Championships 2023 |
| 244 | 3:29.04 L | F | Leah Davel | 14 | ACAQ CCD | 21/10/2023 | Limpopo Age Group 4 |
| 245 | 3:29.50 L | F | Megan Horn | 14 | DOLFI MPD | 21/10/2023 | Limpopo Age Group 4 |
| 246 | 3:30.03 L | F | Kaylee Glutz | 14 | SEALI HLD | 24/11/2023 | Westville-Seals LC Championships |
| 247 | 3:31.02 L | F | Lyla Shekel | 14 | CYBE CPT | 24/11/2023 | CTA A & B CHAMPS 2023 |
| 248 | 3:31.76 L | P | Gabriella Goncalves | 14 | SOUL EKU | 07/12/2023 | EGA Summer Championships |
| 249 | 3:32.86 L | P | Erin Stead | 14 | FRA KCD | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 250 | 3:33.12 L | F | Melandri Vermaak | 14 | TINC TSH | 01/12/2023 | 2023 The Tshwane Mayor's Gala |
| 251 | 3:33.56 L | F | Emma Clouston | 14 | SEAL UMD | 09/12/2023 | Uthukela District Age group Gala |
| 252 | 3:33.72 L | F | Isidora Stojanovic | 14 | RFA TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 253 | 3:34.94 L | F | Callen Campbell | 14 | WEST CPT | 17/09/2023 | CTA BMEET 3 |
| 254 | 3:35.66 L | F | Samara Prinsloo | 14 | STSC KCD | 27/01/2024 | Ushaka Champs 2024 |
| 255 | 3:35.74 L | F | Kyra Home | 14 | MDOL JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 256 | 3:35.97 L | F | IIne Bruwer | 14 | BLSS MAN | 06/12/2023 | Free State Champs 2023 |
| 257 | 3:36.23 L | F | Rozel Scholtz | 14 | STELL RMD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 258 | 3:37.21 L | F | Kari Tise | 14 | CRSC JHB | 10/11/2023 | CGA Level 2+ Gala 10 - 11 Nov 2023 |
| 259 | 3:37.35 L | F | Rerapetse Ramohale | 14 | FIELD BP | 23/02/2024 | NW School Championships 2024 |
| 260 | 3:38.53 L | P | Lauren Naidoo | 14 | ACSA ETH | 05/04/2024 | SA Level 2 Regional Age Group Champs |
| 261 | 3:38.60 L | F | Imke Botha | 14 | STAR BPD | 21/10/2023 | NWS Age Group 1 & 2 2023 |
| 262 | 3:39.14 L | F | Nina Wessels | 14 | UNI EZD | 01/12/2023 | Mpumalanga Championships 2023 |
| 263 | 3:39.71 L | F | Nolene Badenhorst | 14 | STAQ CED | 03/02/2024 | Winelands SL final |
| 264 | 3:39.72 L | F | Oni Mtongana | 14 | SHS KK | 03/02/2024 | Buffalo City School Trials 2024 |
| 265 | 3:41.75 L | F | Ashlin Nel | 14 | SSISA CPT | 17/02/2024 | Swartland Invitational Gala 2024 |
| 266 | 3:42.72 L | F | Jeanine Botes | 14 | TINC TSH | 19/01/2024 | NTS Level 1+2 January Age Group 2024 |
| 267 | 3:44.03 L | F | Mikaela Johst | 14 | ELEC TSH | 03/11/2023 | NTS Level 1+2 November Age Group |
| 268 | 3:45.26 L | F | Sandisiwe Mkhathswa | 14 | MAKO EKU | 24/11/2023 | EGA Summer 4 |
| 269 | 3:45.42 L | F | Lilli-Hanna Black | 14 | HTSA CPT | 17/09/2023 | CTA BMEET 3 |
| 270 | 3:46.66 L | F | Emilia de Freitas | 14 | MAKO EKU | 26/01/2024 | EGA Last Chance 2024 |
| 271 | 3:46.91 L | F | Jasmine Hirshovitz | 14 | GREY CPT | 21/01/2024 | CTA BMEET 4 |
| 272 | 3:49.04 L | P | Skyla Reddy | 14 | SWIFT EKU | 07/12/2023 | EGA Summer Championships |
| 273 | 3:50.21 L | F | Diëm Peens | 14 | CUHE OBD | 21/01/2024 | CTA BMEET 4 |
| 274 | 3:50.97 L | F | Nenekazi Taole | 14 | SWIFT EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 275 | 3:51.87 L | F | Hannah Struwig | 14 | AQUA BUF | 21/10/2023 | Uthukela District Age Group Gala |
| 276 | 3:53.70 L | F | Bohlale Khahledi | 14 | BARR CPT | 05/10/2023 | 42nd Freda Barnard Invitational Gala |
| 277 | 3:54.15 L | F | Mia Okkers | 14 | HURA CPT | 11/11/2023 | Swartland Prestige Gala 2023 |
| 278 | 3:56.97 L | P | Tyla Pridgeon-Nel | 14 | BAS EKU | 07/12/2023 | EGA Summer Championships |
| 279 | 3:57.42 L | F | Mia Pienaar | 14 | BULS MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 280 | 3:58.15 L | F | Mpho Mwanza | 14 | ESP EKU | 02/03/2024 | AG Level 1 Regional Age Group |
| 281 | 3:58.44 L | F | Janke Steenkamp | 14 | UNI EZD | 02/03/2024 | SSA LEVEL 1 REGIONAL CHAMPS |
| 282 | 4:01.77 L | F | Tamsyn Thomson | 14 | BULS MAN | 15/09/2023 | Bull Sharks Annual Gala |
| 283 | 4:02.02 L | F | Nonjabulo Thusi | 14 | USH KCD | 21/10/2023 | Froggies Championships 2023 |
| 284 | 4:06.12 L | F | Mieke Griffiths | 14 | MSC NGD | 20/01/2024 | MP AGE GROUP 4 GALA 20 JANUARY |
| 285 | 4:08.32 L | F | Ilze Olley | 14 | ACAQ CCD | 11/11/2023 | Limpopo Age Group 5 |

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | |
|---------------------------|-------------|-------|------------------------|--------|-------|-----|---|
| 286 | 4:08.92 L | F | Benedicta Atta-Asamoah | 14 | WWOL | FSH | 03/11/2023 NTS Level 1+2 November Age Group |
| 287 | 4:12.45 L | F | Caroline Retief | 14 | HTSA | CPT | 17/09/2023 CTA BMEET 3 |
| 288 | 4:16.48 L | F | Lutendo Mphelo | 14 | BETH | FDD | 02/03/2024 FSA Level 1 2024 |
| 289 | 4:16.50 L | F | Klara Groenewald | 14 | PRA | GSD | 23/09/2023 MP SPRINT GALA 23 SEPTEMBER |
| 290 | 4:16.94 L | F | Mamello Mabuza | 14 | ESP | EKU | 28/10/2023 EGA Summer 2 2023 |
| 291 | 4:18.27 L | F | Cornelia Van Zyl | 14 | LALE | CED | 11/11/2023 Winelands SL4 |
| 292 | 4:18.96 L | F | Nina Cloete | 14 | FISH | EDD | 21/10/2023 EDEN 2nd A-League Gala 2023 |
| 293 | 4:21.56 L | F | Reneilwe Malumane | 14 | POLSC | CCD | 01/12/2023 Limpopo Champs |
| 294 | 4:27.53 L | F | Hannah Myburgh | 14 | AQDO | CPT | 05/10/2023 42nd Freda Barnard Invitational Gala |
| 295 | 4:34.13 L | F | Deannè King | 14 | HTSA | CPT | 17/09/2023 CTA BMEET 3 |
| 296 | 4:43.36 L | P | Aobakwe Molokoane | 14 | TLAC | BPD | 06/12/2023 NWS Championships 2023/24 |
| 297 | 4:43.61 L | F | Kuzivakwashe Mukweveri | 14 | PELIC | MAN | 06/10/2023 Super Seals & Sentraal Aquatics Gala |
| Women 14-14 400 IM | | | | | | | |
| 1 | 5:22.47 L | F | Zuria Venter | 14 | CA | EKU | 15/03/2024 SA National Junior Age Group |
| 2 | 5:26.52 L | F | Kato' van Niekerk | 14 | TUKS | FSH | 22/09/2023 NTS Level 3+ September Age Group |
| 3 | 5:28.97 L | F | Sienna Gous | 14 | INFA | NMA | 24/06/2023 PEA Winter Gala 2023 |
| 4 | 5:33.49 L | F | Demi Putter | 14 | CASC | CPT | 15/03/2024 SA National Junior Age Group |
| 5 | 5:37.81 L | F | Arabelle Grütter | 14 | ROA | EDD | 15/03/2024 SA National Junior Age Group |
| 6 | 5:38.54 L | F | Ava Newton | 14 | CASC | CPT | 15/03/2024 SA National Junior Age Group |
| 7 | 5:44.98 L | F | Madison Coleman | 14 | BLMA | CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 8 | 5:45.54 L | F | Caitlin Rossiter | 14 | HREF | BP | 15/03/2024 SA National Junior Age Group |
| 9 | 5:46.25 L | F | Amy Hartung | 14 | ASAC | CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 10 | 5:46.27 L | F | Anja Buitendach | 14 | UNI | EZD | 03/11/2023 MP AGE GROUP 3 3&4 NOV 2023 |
| 11 | 5:48.56 L S | F | Mikayla Frösler | 14 | BEST | NMA | 26/01/2024 6th A League Gala 2024 |
| 12 | 5:49.01 L | F | Eva Dal Cin | 14 | ELEC | FSH | 09/11/2023 Mauritius Summer Championships (LC) |
| 13 | 5:52.44 L | F | Darina Milanova | 14 | PAC | FSH | 22/09/2023 NTS Level 3+ September Age Group |
| 14 | 5:55.37 L | F | Kacey Hughes | 14 | STSC | KCD | 24/11/2023 Westville-Seals LC Championships |
| 15 | 6:02.87 L | F | Ava Strong | 14 | PEAS | NMA | 21/10/2023 4th A League Gala 2023 |
| 16 | 6:05.19 L | F | Aliyah De Oliveira | 14 | TYGE | CPT | 14/12/2023 Western Cape LC-A Championship 2023 |
| 17 | 6:06.07 L | F | Margo Senekal | 14 | TYGE | CPT | 11/11/2023 Winelands SL4 |
| 18 | 6:07.03 L | F | Lize-Marie Kruger | 14 | BLSS | MAN | 15/09/2023 Bull Sharks Annual Gala |
| 19 | 6:08.32 L | F | Gabriella Boerstra | 14 | TUKS | FSH | 12/12/2023 NTS Championships 2023 |
| 20 | 6:10.70 L | F | Xanri Muller | 14 | NC | FB | 19/04/2024 SA Schools Swimming Championship |
| 21 | 6:20.99 L | F | Minke Bester | 14 | MATL | KKD | 21/10/2023 NWS Age Group 1 & 2 2023 |
| 22 | 6:35.97 L | F | Marlo Lensing | 14 | NC | FB | 27/01/2024 4 + 1 Inter Provincial Gala 2023 |
| 23 | 6:37.61 L | F | Anja Volschenk | 14 | BLSS | MAN | 06/12/2023 Free State Champs 2023 |
| 24 | 6:52.68 L | F | Victoria Bulhakova | 14 | SWIFT | EKU | 28/10/2023 EGA Summer 2 2023 |
| 25 | 8:42.56 L | F | Nieke Engelbrecht | 14 | UPSK | ZMD | 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023 |