

### 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			
<b>Women 18-18 50 Free</b>							
1	27.11	L	F	Rachel Groepes	18	TUKS	TSH 15/03/2024 SA National Junior Age Group
2	27.33	L	P	Eryn Casey	18	SEALE	ETH 14/12/2023 KZNA 2023 Championships Incorp SSA
3	27.37	L	F	Tori Voke	18	VIKI	BUF 24/06/2023 PEA Winter Gala 2023
4	27.44	L	P	Christine Wessels	18	TUKS	TSH 14/12/2023 KZNA 2023 Championships Incorp SSA
5	27.61	L S	P	Morgan Cope	18	WCA	CPT 08/04/2024 SA National Aquatic Champ 2024-PE
6	27.69	L	F	Olivia Kruger	18	ELEC	TSH 23/06/2023 Treviso Swim Cup
7	27.75	L	F	Tazmyn Robson	18	TUKS	TSH 14/12/2023 KZNA 2023 Championships Incorp SSA
8	27.81	L	F	Georgia Els	18	TUKS	TSH 22/09/2023 NTS Level 3+ September Age Group
9	27.86	L S	P	Caitlin Rademakers	18	ECA	BUF 08/04/2024 SA National Aquatic Champ 2024-PE
10	28.01	L	P	Alexia Delicado	18	POTC	KKD 06/12/2023 NWS Championships 2023/24
11	28.03	L S	P	Mikaela Goelst	18	KZNA	ETH 08/04/2024 SA National Aquatic Champ 2024-PE
12	28.32	L S	P	Danielle Heyes	18	ASAC	CPT 14/12/2023 Western Cape LC-A Championship 2023
13	28.48	L	F	Carmia Hartman	18	RFA	TSH 01/07/2023 Rossini Swim Cup
14	28.59	L	F	Grace De Jongh	18	LALE	GED 03/02/2024 Winelands SL final
15	28.75	L	P	Kirsten Storm	18	SMTC	JHB 14/12/2023 KZNA 2023 Championships Incorp SSA
16	28.81	L	P	Ninah Wedderburn	18	INFA	NMA 15/03/2024 SA National Junior Age Group
17	29.07	L S	P	Lara De Beer	18	AGA	EKU 08/04/2024 SA National Aquatic Champ 2024-PE
18	29.09	L S	P	Hayley McHarg	18	AGB	JHB 08/04/2024 SA National Aquatic Champ 2024-PE
19	29.14	L	F	Nicola Hartman	18	RFA	TSH 17/11/2023 NTS Level 3+ November Age Group
20	29.23	L	P	Jana Naude	18	STSC	KCD 15/03/2024 SA National Junior Age Group
21	29.42	L	F	Michaela Dal Medico	18	TUKS	TSH 16/02/2024 NTS February Open Age Group 2024
22	29.51	L	F	Jenny Zhang	18	ACAQ	CCD 01/12/2023 Limpopo Champs
23	29.56	L	F	Jayda Collett	18	TUKS	TSH 20/03/2024 SA Level 3 Regional Age Group
24*	29.62	L	P	Nirvana Borrageiro	18	AZON	ETH 14/12/2023 KZNA 2023 Championships Incorp SSA
24*	29.62	L	F	Marguerite Naude	18	WATR	JHB 20/03/2024 SA Level 3 Regional Age Group
26	29.63	L	F	Miche Johns	18	BLSS	MAN 21/03/2024 SA Level 3 Regional Age Group
27	29.64	L	F	Tiara Finnis	18	INFA	NMA 23/09/2023 3rd A League Gala 2023
28	29.74	L	F	Gemma Kirsten	18	KOVS	MAN 26/08/2023 kovsie Sprint Gala
29	29.75	L	F	Nawaal Mia	18	MDOL	JHB 30/11/2023 CGA Championships 2023
30	29.79	L	F	Jodi Dos Santos	18	PSC	TSH 23/06/2023 Treviso Swim Cup
31	29.84	L S	F	Rachel Guymmer	18	RAV	EKU 07/12/2023 EGA Summer Championships
32	30.03	L	P	Saira Ramajan	18	HRE	MS 14/12/2023 KZNA 2023 Championships Incorp SSA
33	30.10	L	F	Meredith O'Tool	18	WELA	LLD 13/10/2023 Pelicans Gala
34	30.17	L S	P	Sara Daniels	18	BLMA	CPT 14/12/2023 Western Cape LC-A Championship 2023
35	30.20	L	P	Carike Kok	18	TUKS	TSH 15/03/2024 SA National Junior Age Group
36*	30.21	L	F	Tumé van Niekerk	18	PGIM	KK 23/02/2024 NW School Championships 2024
36*	30.21	L	F	Annette Greyling	18	CRSC	JHB 20/01/2024 CGA Level 2+ Gala 20 Jan 2024
38	30.28	L	F	Josi Arnold	18	HARL	BUF 24/11/2023 BCA Long Course Championships 2023
39	30.34	L S	P	Kimberly Ingwe	18	RAV	EKU 07/12/2023 EGA Summer Championships
40	30.37	L	F	Symone Steyn	18	TLAC	BPD 21/10/2023 NWS Age Group 1 & 2 2023
41	30.43	L	F	Yedidah Theron	18	ROA	EDD 21/03/2024 SA Level 3 Regional Age Group
42	30.46	L	P	Kayla De Wet	18	CA	EKU 24/03/2024 SA Level 2 Regional Age Group Champs
43	30.49	L	P	Kaela Viljoen	18	CRSC	JHB 30/11/2023 CGA Championships 2023
44	30.64	L	F	Jane Lewis	18	PEAS	NMA 01/10/2023 Curro AquaElite Gala
45	30.67	L	P	Mareen van der Merwe	18	RFA	TSH 30/11/2023 CGA Championships 2023
46	30.77	L	F	Teegan Pio	18	RSA	03/05/2023 CANA Zone IV Swimming Champions
47	30.80	L S	P	Liya Venter	18	BLMA	CPT 14/12/2023 Western Cape LC-A Championship 2023
48	30.87	L	F	Tayla Haslam	18	PEAS	NMA 01/10/2023 Curro AquaElite Gala
49	30.94	L	F	Lucy Friedenthal	18	UNI	EZD 16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17
50	31.11	L	F	Anmi Esbach	18	RFA	TSH 01/07/2023 Rossini Swim Cup
51	31.57	L	F	Charlize De Villiers	18	PRKA	PSD 07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
52*	31.58	L	P	Emma Lauf	18	MDOL	JHB 30/11/2023 CGA Championships 2023
52*	31.58	L S	F	Petro Marié Fourie	18	FISH	EDD 05/10/2023 42nd Freda Barnard Invitational Gala
54	31.62	L	F	Isabella Reynolds	18	ELEC	TSH 01/07/2023 Rossini Swim Cup
55	31.79	L	P	Luané Engelbrecht	18	TUKS	TSH 12/12/2023 NTS Championships 2023
56	31.86	L	F	Shaina Adriaan	18	TYGE	CPT 10/02/2024 WCA-B Champs - 2024
57	32.04	L	F	Juliet Miller	18	SAAW	CPT 10/02/2024 WCA-B Champs - 2024
58	32.05	L	F	Ashley Jansen van Vuuren	18	CSA	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			
59	32.11 L	F	Isabella Van der Walt	18	QSAW CED	18/11/2023	CTA QUALIFYING MEET 2
60	32.16 L	F	Annè Sabbagha	18	PAQU CED	18/11/2023	CTA QUALIFYING MEET 2
61	32.21 L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
62	32.23 L	F	Tharien Venter	18	BLUO UGD	05/04/2024	SA Level 2 Regional Age Group Champs
63	32.28 L S	F	Busisiwe Mogadima	18	SOUL EKU	07/12/2023	EGA Summer Championships
64	32.35 L	F	Larique Joubert	18	HMER MP	27/01/2024	Limpopo School Champs
65	32.41 L	P	Anje Van Papendorp	18	TUKS TSH	12/12/2023	NTS Championships 2023
66	32.47 L	F	Erin Braun	18	CA EKU	24/03/2024	SA Level 2 Regional Age Group Champs
67	32.68 L	F	Calista Mackenzie	18	HE CCD	14/10/2023	Limpopo Top 8 - High Schools
68	33.08 L	F	Kaylin Visser	18	TRALI MAN	11/11/2023	Bull Sharks Gala
69	33.14 L	F	Keira Booth	18	HMER MP	14/10/2023	Limpopo Top 8 - High Schools
70	33.22 L	F	Skyla Schroll	18	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
71	33.73 L	F	Adelia Schonken	18	HMER MP	27/01/2024	Limpopo School Champs
72	33.94 L	P	Mienke Herbst	18	SSISA CPT	21/03/2024	SA Level 3 Regional Age Group
73	34.20 L	F	Olivia Ralfe	18	UPC EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
74	34.24 L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
75	34.57 L	F	Cayla Visser	18	TRALI MAN	11/11/2023	Bull Sharks Gala
76	35.47 L	F	Johane Fourie	18	NC FB	27/01/2024	4 + 1 Inter Provincial Gala 2023
77	38.46 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024
78	38.82 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim
79	39.56 L	F	Kate Grobler	18	BEARS TSH	03/11/2023	NTS Level 1+2 November Age Group
80	42.46 L	F	Shamilah Fonesca	18	GRIF	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023
81	42.68 L	F	Mianel Du Plooy	18	HBV MP	14/10/2023	Limpopo Top 8 - High Schools
82	42.83 L	F	Katje Kamfer	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
83	43.52 L S	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala
84	44.35 L	F	Reese Coetzee	18	SWIM1 JHB	02/03/2024	AG Level 1 Regional Age Group
85	47.06 L	F	Jamie Openshaw	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
86	48.22 L	F	Savanna Haselau	18	FISH EDD	17/02/2024	EDEN 5th A-League Gala 2024
<b>Women 18-18 100 Free</b>							
1	58.36 L	F	Callan Lötter	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	58.67 L	P	Corne van Schalkwyk	18	RSA	20/10/2023	World Aqua -Swimming World Cup Oct
3	58.73 L	P	Georgia Els	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	58.79 L	F	Tazmyn Robson	18	TUKS TSH	14/12/2023	KZNA 2023 Championships Incorp SSA
5	59.39 L	F	Olivia Kruger	18	ELEC TSH	01/07/2023	Rossini Swim Cup
6	59.78 L	F	Rachel Groepes	18	TUKS TSH	15/03/2024	SA National Junior Age Group
7	59.95 L	P	Christine Wessels	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
8	1:00.05 L	F	Eryn Casey	18	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
9	1:00.73 L	P	Tori Voke	18	VIKI BUF	24/06/2023	PEA Winter Gala 2023
10	1:00.77 L	F	Caitlin Rademakers	18	INFA NMA	11/11/2023	5th A League Gala 2023
11	1:00.95 L	P	Mikaela Goelst	18	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
12	1:01.24 L	P	Carmia Hartman	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
13	1:01.30 L	P	Grace De Jongh	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
14	1:02.16 L	P	Nicola Hartman	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
15	1:02.51 L	P	Kirsten Storm	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
16	1:02.76 L	F	Ninah Wedderburn	18	INFA NMA	15/12/2023	NMBA Championships 2023
17	1:02.80 L	F	Lara De Beer	18	CA EKU	07/12/2023	EGA Summer Championships
18	1:03.00 L	P	Alexia Delicado	18	POTC KKD	06/12/2023	NWS Championships 2023/24
19	1:03.02 L	F	Demi Jacobs	18	TUKS TSH	12/12/2023	NTS Championships 2023
20	1:03.25 L	F	Jana Naude	18	KZNA ETH	19/04/2024	SA Schools Swimming Championship
21	1:03.57 L	P	Danielle Heyes	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
22	1:03.61 L	F	Jenny Zhang	18	LP CCD	19/04/2024	SA Schools Swimming Championship
23	1:03.80 L	F	Tiara Finnis	18	INFA NMA	09/02/2024	Infinity Gala 2024
24	1:03.88 L	F	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group
25	1:03.97 L	P	Mischa King	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
26	1:04.28 L	F	Nawaal Mia	18	MDOL JHB	30/11/2023	CGA Championships 2023
27	1:04.32 L	F	Rachel Guymmer	18	RAV EKU	28/10/2023	EGA Summer 2 2023
28	1:04.45 L	F	Marguerite Naude	18	WATR JHB	20/03/2024	SA Level 3 Regional Age Group
29	1:04.68 L	P	Carike Kok	18	TUKS TSH	15/03/2024	SA National Junior Age Group
30	1:04.93 L	P	Payton Brink	18	VINE CPT	14/12/2023	Western Cape LC-A Championship 2023

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	Time	P/F/S	Name	Age/Yr				
31	1:05.24	L	P	Saira Ramajan	18	HRE MS	14/12/2023	KZNA 2023 Championships Incorp SSA
32	1:05.30	L	P	Jayda Collett	18	TUKS FSH	20/03/2024	SA Level 3 Regional Age Group
33	1:05.34	L	F	Nirvana Borrageiro	18	AZON ETH	21/03/2024	SA Level 3 Regional Age Group
34	1:05.36	L	F	Hayley McHarg	18	WATR JHB	30/11/2023	CGA Championships 2023
35	1:05.53	L	P	Jemma van der Merwe	18	CSC FSH	12/12/2023	NTS Championships 2023
36	1:05.77	L	F	Jane Lewis	18	AZON ETH	21/01/2024	EDA Age Group Gala 5 2024
37	1:06.02	L	F	Kaela Viljoen	18	CRSC JHB	30/11/2023	CGA Championships 2023
38	1:06.09	L	F	Teegan Pio	18	PEAS NMA	22/07/2023	1st A League Gala 2023
39	1:06.14	L	F	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group
40	1:06.19	L	F	Gemma Kirsten	18	KOVS MAN	21/10/2023	Otters Prestige Gala 2023
41	1:06.37	L	F	Josi Arnold	18	HARL BUF	01/12/2023	ECA Long Course Championships 2023
42	1:06.61	L	F	Meredith O'Tool	18	WELA LLD	16/02/2024	Neptunes Last chance Gala
43	1:06.73	L	P	Anmi Esbach	18	RFA FSH	12/12/2023	NTS Championships 2023
44	1:06.91	L S	F	Kimberly Ingwe	18	PSC FSH	22/02/2024	18th Botswana Swimming Nationals
45	1:07.20	L	F	Kayci Petzer	18	PEAS NMA	01/10/2023	Curro AquaElite Gala
46	1:07.32	L	F	Jodi Dos Santos	18	PSC FSH	23/06/2023	Treviso Swim Cup
47	1:07.47	L	P	Sara Daniels	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023
48	1:07.98	L	P	Luané Engelbrecht	18	TUKS FSH	12/12/2023	NTS Championships 2023
49	1:08.08	L	P	Liya Venter	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023
50	1:08.21	L	F	Lucy Friedenthal	18	UNI EZD	16/02/2024	MP SA SCHOOLS TRIALS AG6 16-17
51	1:08.36	L	P	Annè Sabbagha	18	PAQU CED	14/12/2023	Western Cape LC-A Championship 2023
52	1:08.80	L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024	NW School Championships 2024
53	1:09.20	L	F	Tharien Venter	18	BLUO UGD	05/04/2024	SA Level 2 Regional Age Group Champs
54	1:09.25	L	F	Petro Marié Fourie	18	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
55	1:09.30	L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023
56	1:09.97	L	F	Mareen van der Merwe	18	RFA FSH	17/11/2023	NTS Level 3+ November Age Group
57	1:10.34	L	F	Isabella Van der Walt	18	QSAW CED	11/11/2023	Winelands SL4
58	1:10.68	L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024
59	1:11.08	L	P	Charlize De Villiers	18	PRKA PSD	21/03/2024	SA Level 3 Regional Age Group
60	1:11.36	L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
61	1:11.48	L	F	Larique Joubert	18	HMER MP	27/01/2024	Limpopo School Champs
62	1:11.93	L	F	Erin Braun	18	CA EKU	28/10/2023	EGA Summer 2 2023
63	1:12.17	L	F	Juliet Miller	18	SAAW CPT	10/02/2024	WCA-B Champs - 2024
64	1:12.69	L	F	Isabella Reynolds	18	ELEC FSH	17/11/2023	NTS Level 3+ November Age Group
65	1:15.37	L	F	Keira Booth	18	HMER MP	14/10/2023	Limpopo Top 8 - High Schools
66	1:15.44	L	F	Busisiwe Mogadima	18	SOUL EKU	07/12/2023	EGA Summer Championships
67	1:16.25	L	F	Cayla Visser	18	TRALI MAN	11/11/2023	Bull Sharks Gala
68	1:17.22	L	F	Kaylin Visser	18	TRALI MAN	27/10/2023	Neptune Prestige Gala
69	1:17.67	L	F	Anna Victor	18	UNI EZD	13/10/2023	MP AGE GROUP 2
70	1:18.06	L	P	Skyla Schroll	18	NWUC KKD	06/12/2023	NWS Championships 2023/24
71	1:18.45	L	P	Aimee Blackler	18	ESTR EKU	07/12/2023	EGA Summer Championships
72	1:19.55	L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
73	1:26.34	L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024
74	1:26.53	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
75	1:31.85	L	F	Shirley Mlotshwa	18	ATTE FSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
76	1:34.49	L	F	Mihlali Fokazi	18	CYBE CPT	21/01/2024	CTA BMEET 4
77	1:36.35	L	F	Reese Coetzee	18	SWIM1 JHB	02/03/2024	AG Level 1 Regional Age Group
78	1:40.56	L	F	Mianel Du Plooy	18	HBV MP	14/10/2023	Limpopo Top 8 - High Schools
79	1:41.69	L	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala
80	1:51.33	L	F	Savanna Haselau	18	FISH EDD	17/02/2024	EDEN 5th A-League Gala 2024
<b>Women 18-18 200 Free</b>								
1	2:02.10	L	F	Callan Lötter	18	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	2:03.96	L	P	Corne van Schalkwyk	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
3	2:07.37	L	F	Tazmyn Robson	18	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
4	2:10.95	L	F	Georgia Els	18	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
5	2:11.91	L	F	Christine Wessels	18	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
6	2:11.93	L	F	Caitlin Rademakers	18	INFA NMA	15/03/2024	SA National Junior Age Group
7	2:12.50	L	F	Rachel Groepes	18	SAAW CPT	14/12/2023	Western Cape LC-A Championship 2023
8	2:14.28	L	F	Olivia Kruger	18	ELEC FSH	01/07/2023	Rossini Swim Cup

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**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
9	2:14.52 L	P	Mikaela Goelst	18	SEAL UMD	15/03/2024	SA National Junior Age Group
10	2:14.64 L	P	Grace De Jongh	18	LALE CED	15/03/2024	SA National Junior Age Group
11	2:15.09 L	F	Tori Voke	18	VIKI BUF	24/06/2023	PEA Winter Gala 2023
12	2:15.10 L	P	Morgan Cope	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
13	2:15.55 L	P	Scarlett Nichol	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
14	2:15.66 L	F	Kirsten Storm	18	AAS JHB	17/11/2023	NTS Level 3+ November Age Group
15	2:17.64 L	P	Rachel Smith	18	MDOL JHB	15/03/2024	SA National Junior Age Group
16	2:17.78 L	P	Ashley Ebing	18	WSTV ETH	15/03/2024	SA National Junior Age Group
17	2:17.98 L	P	Jana Naude	18	STSC KCD	15/03/2024	SA National Junior Age Group
18	2:18.12 L	F	Tiara Finnis	18	INFA NMA	09/02/2024	Infinity Gala 2024
19	2:18.21 L	F	Eryn Casey	18	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
20	2:18.27 L	F	Alexandra Caldwell	18	RAV EKU	11/11/2023	EGA Summer 3
21	2:18.32 L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV SwimmingChampions
22	2:18.39 L	F	Hayley McHarg	18	WATR JHB	30/11/2023	CGA Championships 2023
23	2:18.52 L S	F	Lara De Beer	18	CA EKU	07/12/2023	EGA Summer Championships
24	2:19.13 L	P	Carike Kok	18	TUKS TSH	15/03/2024	SA National Junior Age Group
25	2:19.60 L	P	Mischa King	18	LALE CED	23/02/2024	2024 Grand Prix 2 Invitational Meet -
26	2:19.68 L	F	Nicola Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group
27	2:19.72 L	F	Ninah Wedderburn	18	INFA NMA	26/08/2023	2nd A League Gala 2023
28	2:19.96 L	F	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group
29	2:20.85 L	F	Michaela Dal Medico	18	TUKS TSH	17/11/2023	NTS Level 3+ November Age Group
30	2:21.34 L	F	Morgan Pharoah	18	TUKS TSH	16/02/2024	NTS February Open Age Group 2024
31	2:22.22 L	F	Marguerite Naude	18	WATR JHB	20/03/2024	SA Level 3 Regional Age Group
32	2:22.59 L	F	Jenny Zhang	18	HSTAN MP	27/01/2024	Limpopo School Champs
33	2:24.78 L	F	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group
34	2:25.17 L	F	Cara Ralfe	18	TUKS TSH	23/02/2024	NTS Prestige AG February 2024
35	2:25.29 L	F	Rachel Guymer	18	RAV EKU	26/01/2024	EGA Last Chance 2024
36	2:25.37 L	P	Jemma van der Merwe	18	CSC TSH	12/12/2023	NTS Championships 2023
37	2:25.73 L	F	Luané Engelbrecht	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group
38	2:26.67 L	F	Jayda Collett	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group
39	2:27.88 L	F	Gemma Kirsten	18	KOVS MAN	06/12/2023	Free State Champs 2023
40	2:28.15 L	F	Alexia Delicado	18	POTC KKD	21/10/2023	NWS Age Group 1 & 2 2023
41	2:28.45 L	F	Meredith O'Tool	18	WELA LLD	18/11/2023	Valsrivier Gala
42	2:29.54 L	P	Kaela Viljoen	18	CRSC JHB	30/11/2023	CGA Championships 2023
43	2:31.21 L	P	Danielle Heyes	18	ASAC CPT	14/12/2023	Western Cape LC-A Championship 2023
44	2:31.68 L	F	Kimberly Ingwe	18	PSC TSH	22/02/2024	18th Botswana Swimming Nationals
45	2:31.77 L	F	Demi Jacobs	18	TUKS TSH	23/02/2024	NTS Prestige AG February 2024
46	2:32.96 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023
47	2:33.82 L	F	Mienke Herbst	18	SSISA CPT	11/11/2023	Winelands SL4
48	2:34.34 L	P	Anmi Esbach	18	RFA TSH	12/12/2023	NTS Championships 2023
49	2:35.16 L	F	Ashley Jansen van Vuuren	18	CSA EZD	03/11/2023	MP AGE GROUP 3 & 4 NOV 2023
50	2:35.44 L S	F	Kayla De Wet	18	CA EKU	24/03/2024	SA Level 2 Regional Age Group Champs
51	2:35.89 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024
52	2:37.69 L	F	Annè Sabbagha	18	PAQU CED	11/11/2023	Winelands SL4
53	2:37.78 L	F	Lucy Friedenthal	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023
54	2:37.91 L	F	Petro Marié Fourie	18	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024
55	2:38.31 L	P	Mareen van der Merwe	18	RFA TSH	20/03/2024	SA Level 3 Regional Age Group
56	2:39.11 L	F	Anje Van Papendorp	18	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023
57	2:39.71 L	F	Sara Daniels	18	BLMA CPT	20/01/2024	CTA A MEET 4
58	2:40.26 L	F	Annette Greyling	18	CRSC JHB	20/01/2024	CGA Level 2+ Gala 20 Jan 2024
59	2:40.88 L	P	Emma Lauf	18	MDOL JHB	30/11/2023	CGA Championships 2023
60	2:43.32 L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
61	2:45.69 L	F	Larique Joubert	18	HMER MP	27/01/2024	Limpopo School Champs
62	2:48.00 L	F	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
63	2:48.35 L	F	Nina Pretorius	18	CSC TSH	22/09/2023	NTS Level 3+ September Age Group
64	2:51.46 L	F	Kaylin Visser	18	TRALI MAN	27/10/2023	Neptune Prestige Gala
65	2:51.85 L	F	Erin Braun	18	CA EKU	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
66	2:52.40 L	F	Charlize De Villiers	18	PRKA PSD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
67	2:53.49 L	F	Cayla Visser	18	TRALI 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				
68	2:55.12	L S	F	Busisiwe Mogadima	18	SOUL EKU	24/03/2024	SA Level 2 Regional Age Group Champs
69	2:56.13	L S	P	Aimee Blackler	18	ESTR EKU	07/12/2023	EGA Summer Championships
70	3:01.16	L	F	Skyla Schroll	18	NWUC KKD	06/12/2023	NWS Championships 2023/24
71	3:16.21	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
72	3:36.39	L	F	Mihlali Fokazi	18	CYBE CPT	21/01/2024	CTA BMEET 4
73	3:42.38	L	F	Shirley Mlotshwa	18	ATTE TSH	02/03/2024	AG Level 1 Regional Age Group
74	4:07.37	L	F	Tatum Cooper	18	HURA CPT	11/11/2023	Swartland Prestige Gala 2023
75	4:44.04	L S	F	Savanna Haselau	18	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
<b>Women 18-18 400 Free</b>								
1	4:17.18	L	F	Callan Lötter	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	4:21.45	L	F	Corne van Schalkwyk	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
3	4:36.36	L	F	Tazmyn Robson	18	TUKS TSH	17/11/2023	NTS Level 3+ November Age Group
4	4:39.37	L	F	Caitlin Rademakers	18	INFA NMA	15/03/2024	SA National Junior Age Group
5	4:48.04	L	F	Kirsten Storm	18	SMTG JHB	15/03/2024	SA National Junior Age Group
6	4:48.29	L	F	Mischa King	18	LALE CED	23/02/2024	2024 Grand Prix 2 Invitational Meet -
7	4:48.56	L	F	Jana Naude	18	STSC KCD	15/03/2024	SA National Junior Age Group
8	4:52.17	L	F	Alexandra Caldwell	18	RAV EKU	28/10/2023	EGA Summer 2 2023
9	4:53.12	L	F	Tiara Finnis	18	INFA NMA	15/12/2023	NMBA Championships 2023
10*	4:55.46	L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV SwimmingChampions
10*	4:55.46	L	P	Rachel Smith	18	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
12	4:56.00	L	F	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group
13	4:58.01	L	F	Lara De Beer	18	CA EKU	28/10/2023	EGA Summer 2 2023
14	5:00.14	L	F	Carike Kok	18	TUKS TSH	16/02/2024	NTS February Open Age Group 2024
15	5:04.93	L	F	Jenny Zhang	18	LP CCD	19/04/2024	SA Schools Swimming Championship
16	5:05.32	L	F	Luané Engelbrecht	18	TUKS TSH	12/12/2023	NTS Championships 2023
17	5:11.13	L	F	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group
18	5:18.92	L	F	Nicola Hartman	18	RFA TSH	22/09/2023	NTS Level 3+ September Age Group
19	5:20.24	L	P	Saira Ramajan	18	HRE MS	14/12/2023	KZNA 2023 Championships Incorpor SSA
20	5:22.45	L	F	Mienke Herbst	18	SSISA CPT	21/03/2024	SA Level 3 Regional Age Group
21	5:23.13	L	F	Meredith O'Tool	18	WELA LLD	16/02/2024	Neptunes Last chance Gala
22	5:23.15	L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023
23	5:30.45	L	F	Carmia Hartman	18	RFA TSH	22/09/2023	NTS Level 3+ September Age Group
24	5:36.95	L	F	Mareen van der Merwe	18	RFA TSH	22/09/2023	NTS Level 3+ September Age Group
25	5:40.28	L S	F	Petro Marié Fourie	18	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
26	5:50.47	L	F	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
27	6:09.44	L	F	Cayla Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023
28	7:00.12	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
29	8:52.28	L	F	Tatum Cooper	18	HURA CPT	11/11/2023	Swartland Prestige Gala 2023
<b>Women 18-18 800 Free</b>								
1	8:55.87	L	F	Callan Lötter	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	9:49.58	L	F	Caitlin Rademakers	18	INFA NMA	15/03/2024	SA National Junior Age Group
3	9:56.27	L	F	Mischa King	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
4	9:57.52	L	F	Jana Naude	18	STSC KCD	15/03/2024	SA National Junior Age Group
5	10:01.78	L	F	Alexandra Caldwell	18	RAV EKU	11/11/2023	EGA Summer 3
6	10:05.31	L	F	Tiara Finnis	18	INFA NMA	15/12/2023	NMBA Championships 2023
7	10:06.40	L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV SwimmingChampions
8	10:20.75	L	F	Miche Johns	18	BLSS MAN	27/10/2023	Neptune Prestige Gala
9	10:20.90	L	F	Rachel Smith	18	MDOL JHB	30/11/2023	CGA Championships 2023
10	10:23.20	L	F	Carike Kok	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
11	10:43.87	L	F	Luané Engelbrecht	18	TUKS TSH	12/12/2023	NTS Championships 2023
12	10:55.91	L	F	Yedidah Theron	18	ROA EDD	09/02/2024	Infinity Gala 2024
13	11:11.60	L	F	Meredith O'Tool	18	WELA LLD	27/10/2023	Neptune Prestige Gala
14	11:17.46	L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023
15	13:51.07	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
16	18:08.53	L	F	Tatum Cooper	18	HURA CPT	11/11/2023	Swartland Prestige Gala 2023
<b>Women 18-18 1500 Free</b>								
1	16:57.02	L S	F	Callan Lötter	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	18:37.00	L	O	Corne van Schalkwyk	18	AA 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					
3	18:48.43	L S	F	Mischa King	18	WCA CPT	08/04/2024	SA National	Aquatic Champ 2024-PE
4	19:19.63	L S	F	Jana Naude	18	STSC KCD	15/03/2024	SA National	Junior Age Group
5	19:19.92	L	O	Caitlin Rademakers	18	ECA BUF	08/03/2024	SA National	OWS Championship
6	19:21.47	L	O	Tiara Finnis	18	ECA BUF	08/03/2024	SA National	OWS Championship
7	19:39.19	L	F	Rachel Smith	18	MDOL JHB	30/11/2023	CGA	Championships 2023
8	21:39.16	L	F	Yedidah Theron	18	ROA EDD	18/11/2023	Eden LC	Champs 2023
9	22:18.11	L	F	Ashley Jansen van Vuuren	18	CSA EZD	29/09/2023	MP AGE GROUP	1 29.09.2023 -
10	23:32.00	L	O	Stephanie Stockenstroom	18	GSWP JHB	20/01/2024	Prime View	Swim Festival #3
11	26:12.00	L	O	Lucy Friedenthal	18	UNI EZD	05/11/2023	MP Open Water	2 - 5th November 2023
12	27:12.00	L	O	Caitlin De Freitas	18	DRGN EKV	20/01/2024	Prime View	Swim Festival #3
13	27:35.69	L	F	Johane Fourie	18	NC FB	27/01/2024	4 + 1	Inter Provincial Gala 2023
14	28:40.00	L	O	Jade Oosthuizen	18	GSWP JHB	20/01/2024	Prime View	Swim Festival #3
15	37:54.00	L	O	Reese Coetzee	18	SWIM1 JHB	20/01/2024	Prime View	Swim Festival #3
<b>Women 18-18 3000 Free</b>									
1	37:53.00	L	O	Corne van Schalkwyk	18	AA JHB	20/01/2024	Prime View	Swim Festival #3
2	40:07.74	L	O	Keila Manthe	18	HREF BP	08/03/2024	SA National	OWS Championship
3	40:14.00	L	O	Rachel Smith	18	MDOL JHB	20/01/2024	Prime View	Swim Festival #3
4	45:05.00	L	O	Carike Kok	18	TUKS TSH	20/01/2024	Prime View	Swim Festival #3
5	45:07.25	L	O	Lucy Friedenthal	18	MP EZD	08/03/2024	SA National	OWS Championship
6	45:12.39	L	O	Nirvana Borrageiro	18	KZNA ETH	08/03/2024	SA National	OWS Championship
7	46:08.00	L	O	Danielle Heyes	18	ASAC CPT	15/10/2023	EC Swim Series	OWS 1 2023
8	47:49.22	L	O	Gemma Kirsten	18	FSA FS	08/03/2024	SA National	OWS Championship
9	49:00.00	L	O	Ashley Jansen van Vuuren	18	CSA EZD	05/11/2023	MP Open Water	2 - 5th November 2023
<b>Women 18-18 5000 Free</b>									
1	59:58.98	L	O	Caitlin Rademakers	18	RSA	10/12/2023	15th African	Junior Cham
2	1:03:59.99	L	O	Callan Lötter	18	HREF BP	08/03/2024	SA National	OWS Championship
3	1:06:48.00	L	O	Corne van Schalkwyk	18	AA JHB	20/01/2024	Prime View	Swim Festival #3
4	1:09:56.27	L	O	Keila Manthe	18	HREF BP	08/03/2024	SA National	OWS Championship
5	1:10:07.00	L	O	Tiara Finnis	18	ECA BUF	08/12/2023	2023 SA OWS	Champ Trials -PE
6	1:11:50.52	L	O	Miche Johns	18	FSA FS	08/03/2024	SA National	OWS Championship
7	1:15:01.00	L	O	Amber Olsen	18	TUKS TSH	08/12/2023	2023 SA OWS	Champ Trials -PE
<b>Women 18-18 7500 Free</b>									
1	1:53:29.00	L	O	Tiara Finnis	18	INFA NMA	05/11/2023	EC Swim Series	OWS 2 2023
<b>Women 18-18 10000 Free</b>									
1	2:07:54.09	L	O	Callan Lötter	18	HREF BP	08/03/2024	SA National	OWS Championship
2	2:17:57.73	L	O	Caitlin Rademakers	18	ECA BUF	08/03/2024	SA National	OWS Championship
<b>Women 18-18 50 Back</b>									
1	30.24	L	F	Grace De Jongh	18	LALE CED	15/03/2024	SA National	Junior Age Group
2	31.11	L	P	Christine Wessels	18	AGC TSH	08/04/2024	SA National	Aquatic Champ 2024-PE
3	31.29	L	P	Nawaal Mia	18	MDOL JHB	23/02/2024	2024 Grand Prix	2 Invitational Meet -
4	31.71	L	F	Tori Voke	18	VIKI BUF	24/06/2023	PEA Winter	Gala 2023
5	32.13	L	P	Scarlett Nichol	18	AGC TSH	08/04/2024	SA National	Aquatic Champ 2024-PE
6	32.22	L	F	Georgia Els	18	TUKS TSH	22/09/2023	NTS Level 3+	September Age Group
7	32.24	L	P	Hayley McHarg	18	AGB JHB	08/04/2024	SA National	Aquatic Champ 2024-PE
8	32.62	L	F	Alexia Delicado	18	PGIM KK	23/02/2024	NW School	Championships 2024
9	32.67	L	P	Lara De Beer	18	CA EKV	15/03/2024	SA National	Junior Age Group
10	32.74	L	F	Kaela Viljoen	18	CRSC JHB	30/11/2023	CGA	Championships 2023
11	32.97	L	F	Olivia Kruger	18	ELEC TSH	01/07/2023	Rossini	Swim Cup
12	33.52	L	F	Nirvana Borrageiro	18	AZON ETH	14/12/2023	KZNA 2023	Championships Incorp SSA
13	33.60	L	P	Nina Pretorius	18	CSC TSH	20/03/2024	SA Level 3	Regional Age Group
14	33.65	L	F	Kimberly Ingwe	18	PSC TSH	22/02/2024	18th Botswana	Swimming Nationals
15	33.84	L	P	Saira Ramajan	18	HRE MS	24/06/2023	PEA Winter	Gala 2023
16	33.98	L	P	Mkhuseli Mahobe	18	WCA CPT	08/04/2024	SA National	Aquatic Champ 2024-PE
17	34.00	L	F	Demi Jacobs	18	TUKS TSH	17/11/2023	NTS Level 3+	November Age Group
18	34.08	L	F	Jenny Zhang	18	ACAQ CCD	01/12/2023	Limpopo	Champs
19	34.20	L	P	Kirsten Storm	18	SMTK JHB	15/03/2024	SA National	Junior Age Group
20	34.24	L	P	Jana Naude	18	KZNA ETH	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			
21	34.27 L	F	Gemma Kirsten	18	KOVS MAN	26/08/2023	kovsie Sprint Gala
22	34.53 L	P	Rachel Guymer	18	RAV EKU	07/12/2023	EGA Summer Championships
23	34.64 L	F	Mareen van der Merwe	18	RFA TSH	30/11/2023	CGA Championships 2023
24	34.66 L	F	Petro Marié Fourie	18	FISH EDD	10/02/2024	WCA-B Champs - 2024
25	34.70 L	F	Tiara Finnis	18	INFA NMA	15/12/2023	NMBA Championships 2023
26	34.75 L	P	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group
27	35.30 L	F	Jayda Collett	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
28	35.37 L	P	Marguerite Naude	18	WATR JHB	30/11/2023	CGA Championships 2023
29	35.59 L	F	Kayci Petzer	18	PEAS NMA	01/10/2023	Curro AquaElite Gala
30	35.66 L	F	Carmia Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group
31	35.90 L	P	Anmi Esbach	18	RFA TSH	12/12/2023	NTS Championships 2023
32	35.96 L	F	Olivia Ralfe	18	UPC EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
33	36.48 L	P	Danielle Heyes	18	ASAC CPT	14/12/2023	Western Cape LC-A Championship 2023
34	36.49 L	F	Annette Greyling	18	CRSC JHB	20/01/2024	CGA Level 2+ Gala 20 Jan 2024
35	36.55 L	P	Lucy Friedenthal	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023
36	37.10 L	F	Meredith O'Tool	18	WELA LLD	03/11/2023	Heidedal Welkom Gala
37	37.11 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024
38	37.20 L	F	Nicola Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group
39	37.35 L	F	Emma Lauf	18	MDOL JHB	30/11/2023	CGA Championships 2023
40	37.42 L	F	Erin Braun	18	CA EKU	24/03/2024	SA Level 2 Regional Age Group Champs
41	37.61 L	P	Anje Van Papendorp	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group
42	37.83 L	F	Isabella Reynolds	18	ELEC TSH	20/10/2023	NTS Level 3+ October Age Group 2023
43	37.87 L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023
44	38.19 L	F	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group
45	38.31 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023
46	38.76 L	F	Adelia Schonken	18	HMER MP	27/01/2024	Limpopo School Champs
47	38.86 L	F	Melindie Van Rensburg	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
48	38.92 L	P	Aimee Blackler	18	ESTR EKU	07/12/2023	EGA Summer Championships
49	39.09 L	F	Juliet Miller	18	SAAW CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet
50	39.71 L	F	Cayla Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023
51	40.25 L	F	Tharien Venter	18	BLUO UGD	05/04/2024	SA Level 2 Regional Age Group Champs
52	41.36 L	P	Busisiwe Mogadima	18	SOUL EKU	07/12/2023	EGA Summer Championships
53	41.44 L	F	Charlize De Villiers	18	PRKA PSD	14/10/2023	FLAMINGO GALA 14 - 15 OCTOBER
54	43.46 L	F	Anna Victor	18	UPC EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
55	43.90 L	F	Tessa Van Heyningen	18	HBV MP	14/10/2023	Limpopo Top 8 - High Schools
56	44.35 L	F	Demi Plath	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
57	50.12 L	F	Johane Fourie	18	UPSK ZMD	20/01/2024	AGE GROUP 5 UPT 2024
58	51.60 L	F	Kate Grobler	18	BEARS TSH	19/01/2024	NTS Level 1+2 January Age Group 2024
59	53.87 L S	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala
60	54.29 L	F	Shamilah Fonesca	18	GRIF	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023
61	54.36 L	F	Katje Kamfer	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
62	55.71 L	F	Reese Coetzee	18	SWIM1 JHB	02/03/2024	AG Level 1 Regional Age Group
63	1:01.08 L	F	Jamie Openshaw	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
64	1:01.90 L S	F	Savanna Haselau	18	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala

**Women 18-18 100 Back**

1	1:06.17 L	F	Christine Wessels	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	1:06.37 L	P	Grace De Jongh	18	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
3	1:08.88 L	P	Scarlett Nichol	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	1:09.03 L	P	Nawaal Mia	18	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
5	1:09.28 L	F	Rachel Groepes	18	SAAW CPT	14/12/2023	Western Cape LC-A Championship 2023
6	1:09.30 L	F	Ashley Ebing	18	WSTV ETH	15/03/2024	SA National Junior Age Group
7	1:10.33 L	P	Hayley McHarg	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
8	1:10.89 L	P	Lara De Beer	18	AGA EKU	08/04/2024	SA National Aquatic Champ 2024-PE
9	1:11.02 L	P	Demi Jacobs	18	TUKS TSH	15/03/2024	SA National Junior Age Group
10	1:11.68 L	F	Olivia Kruger	18	ELEC TSH	23/06/2023	Treviso Swim Cup
11	1:12.37 L	F	Jenny Zhang	18	LP CCD	19/04/2024	SA Schools Swimming Championship
12*	1:12.54 L	F	Tori Voke	18	VIKI BUF	01/12/2023	ECA Long Course Championships 2023
12*	1:12.54 L	P	Kaela Viljoen	18	CRSC JHB	30/11/2023	CGA Championships 2023
14	1:12.89 L	P	Michaela Dal Medico	18	TUKS TSH	12/12/2023	NTS 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			
15	1:12.97	L	F	Alexia Delicado	18	PGIM KK	23/02/2024 NW School Championships 2024
16	1:13.22	L	P	Nirvana Borrageiro	18	AZON ETH	14/12/2023 KZNA 2023 Championships Incorp SSA
17	1:13.43	L	F	Kimberly Ingwe	18	PSC TSH	22/02/2024 18th Botswana Swimming Nationals
18	1:14.00	L	F	Miche Johns	18	BLSS MAN	21/03/2024 SA Level 3 Regional Age Group
19	1:14.24	L	P	Rachel Smith	18	MDOL JHB	15/03/2024 SA National Junior Age Group
20	1:14.44	L	P	Nina Pretorius	18	CSC TSH	12/12/2023 NTS Championships 2023
21	1:15.49	L	P	Jana Naude	18	KZNA ETH	19/04/2024 SA Schools Swimming Championship
22	1:15.75	L	F	Petro Marié Fourie	18	FISH EDD	05/10/2023 42nd Freda Barnard Invitational Gala
23	1:16.08	L	P	Saira Ramajan	18	HRE MS	24/06/2023 PEA Winter Gala 2023
24	1:16.12	L	F	Mareen van der Merwe	18	RFA TSH	20/03/2024 SA Level 3 Regional Age Group
25	1:16.30	L	F	Gemma Kirsten	18	KOVS MAN	15/09/2023 Bull Sharks Annual Gala
26	1:17.44	L	F	Tiara Finnis	18	INFA NMA	09/02/2024 Infinity Gala 2024
27	1:17.51	L	F	Meredith O'Tool	18	WELA LLD	16/02/2024 Neptunes Last chance Gala
28	1:18.94	L	F	Anmi Esbach	18	RFA TSH	23/06/2023 Treviso Swim Cup
29	1:18.98	L	F	Kayci Petzer	18	PEAS NMA	01/10/2023 Curro AquaElite Gala
30	1:19.50	L	F	Annette Greyling	18	CRSC JHB	20/01/2024 CGA Level 2+ Gala 20 Jan 2024
31	1:19.60	L	P	Jayda Collett	18	TUKS TSH	20/03/2024 SA Level 3 Regional Age Group
32	1:19.70	L	P	Marguerite Naude	18	WATR JHB	20/03/2024 SA Level 3 Regional Age Group
33	1:22.21	L	F	Erin Braun	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
34	1:22.82	L	F	Shaina Adriaan	18	TYGE CPT	24/11/2023 CTA A & B CHAMPS 2023
35	1:22.97	L	F	Lucy Friedenthal	18	UNI EZD	16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17
36	1:23.12	L	P	Anje Van Papendorp	18	TUKS TSH	12/12/2023 NTS Championships 2023
37	1:23.44	L	F	Tharien Venter	18	BLUO UGD	05/04/2024 SA Level 2 Regional Age Group Champs
38	1:23.49	L	F	Ashley Jansen van Vuuren	18	CSA EZD	16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17
39	1:23.50	L	F	Yedidah Theron	18	ROA EDD	09/02/2024 Infinity Gala 2024
40	1:23.79	L	F	Sara Daniels	18	BLMA CPT	20/01/2024 CTA A MEET 4
41	1:24.14	L	F	Juliet Miller	18	SAAW CPT	18/11/2023 CTA QUALIFYING MEET 2
42	1:26.73	L	F	Cayla Visser	18	TRALI MAN	27/10/2023 Neptune Prestige Gala
43	1:32.39	L	F	Charlize De Villiers	18	PRKA PSD	11/11/2023 AGE GROUP 1 UPT
44	1:37.00	L	F	Tessa Van Heyningen	18	HBV MP	14/10/2023 Limpopo Top 8 - High Schools
45	1:53.26	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
46	1:53.66	L	F	Mihlali Fokazi	18	CYBE CPT	21/01/2024 CTA BMEET 4
47	2:05.84	L	F	Tatum Cooper	18	HURA CPT	05/10/2023 42nd Freda Barnard Invitational Gala
48	2:16.98	L	F	Savanna Haselau	18	FISH EDD	18/11/2023 Eden LC Champs 2023
<b>Women 18-18 200 Back</b>							
1	2:27.71	L	P	Scarlett Nichol	18	AGC TSH	08/04/2024 SA National Aquatic Champ 2024-PE
2	2:29.92	L	P	Nawaal Mia	18	RSA	18/10/2023 BRICS Games Swimming 2023-KZN
3	2:30.85	L	F	Georgia Els	18	TUKS TSH	26/01/2024 NTS Level 3+ January Age Group 2024
4	2:31.22	L	F	Christine Wessels	18	TUKS TSH	22/09/2023 NTS Level 3+ September Age Group
5	2:32.36	L	F	Grace De Jongh	18	LALE CED	14/12/2023 Western Cape LC-A Championship 2023
6	2:33.63	L	F	Tori Voke	18	VIKI BUF	24/11/2023 BCA Long Course Championships 2023
7	2:33.87	L	P	Hayley McHarg	18	AGB JHB	08/04/2024 SA National Aquatic Champ 2024-PE
8	2:35.24	L	F	Lara De Beer	18	CA EKU	07/12/2023 EGA Summer Championships
9	2:37.78	L	P	Jenny Zhang	18	LP CCD	19/04/2024 SA Schools Swimming Championship
10	2:37.87	L	F	Miche Johns	18	BLSS MAN	21/03/2024 SA Level 3 Regional Age Group
11	2:38.68	L	F	Kaela Viljoen	18	CRSC JHB	12/01/2024 2024 Grand Prix Invitation Swimming
12	2:40.07	L	P	Nirvana Borrageiro	18	AZON ETH	14/12/2023 KZNA 2023 Championships Incorp SSA
13	2:42.16	L S	F	Gemma Kirsten	18	KOVS MAN	06/12/2023 Free State Champs 2023
14	2:42.57	L	F	Rachel Smith	18	MDOL JHB	30/11/2023 CGA Championships 2023
15	2:42.68	L	P	Kimberly Ingwe	18	RAV EKU	20/03/2024 SA Level 3 Regional Age Group
16	2:44.70	L	F	Jana Naude	18	STSC KCD	21/10/2023 Froggies Championships 2023
17	2:48.42	L	F	Mareen van der Merwe	18	RFA TSH	20/03/2024 SA Level 3 Regional Age Group
18	2:48.85	L	F	Meredith O'Tool	18	WELA LLD	18/11/2023 Valsrivier Gala
19	2:51.71	L	F	Jayda Collett	18	TUKS TSH	20/10/2023 NTS Level 3+ October Age Group 2023
20	2:52.07	L	F	Anmi Esbach	18	RFA TSH	01/07/2023 Rossini Swim Cup
21	2:53.48	L	P	Yedidah Theron	18	ROA EDD	21/03/2024 SA Level 3 Regional Age Group
22	2:55.48	L	P	Marguerite Naude	18	WATR JHB	20/03/2024 SA Level 3 Regional Age Group
23	2:55.76	L	F	Kayla De Wet	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
24	2:56.38	L	F	Ashley Jansen van Vuuren	18	CSA EZD	03/11/2023 MP AGE GROUP 3 3&4 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				
25	2:56.53 L	F	Petro Marié Fourie	18	FISH EDD	21/10/2023	EDEN 2nd A-League Gala 2023	
26	3:01.55 L	F	Tharien Venter	18	BLUO UGD	05/04/2024	SA Level 2 Regional Age Group Champs	
27	3:53.69 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023	
28	4:37.72 L	F	Tatum Cooper	18	HURA CPT	11/11/2023	Swartland Prestige Gala 2023	
<b>Women 18-18 50 Breast</b>								
1	31.63 L	P	Morgan Cope	18	RSA	04/09/2023	9th JUNIOR WORLD SWIMMING	
2	31.75 L	F	Georgia Els	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
3	32.03 L	P	Mikaela Goelst	18	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE	
4	33.92 L	F	Nicola Hartman	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
5	34.31 L	F	Cara Ralfe	18	TUKS TSH	15/03/2024	SA National Junior Age Group	
6	34.62 L	F	Carmia Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group	
7	34.66 L	F	Kirsten Storm	18	SMTG JHB	15/03/2024	SA National Junior Age Group	
8	34.73 L	F	Michaela Dal Medico	18	TUKS TSH	15/03/2024	SA National Junior Age Group	
9	35.69 L	F	Caitlin Rademakers	18	INFA NMA	23/09/2023	3rd A League Gala 2023	
10	35.97 L	F	Ninah Wedderburn	18	INFA NMA	26/08/2023	2nd A League Gala 2023	
11	36.40 L	P	Morgan Pharoah	18	TUKS TSH	15/03/2024	SA National Junior Age Group	
12	36.44 L	P	Lara De Beer	18	CA EKV	15/03/2024	SA National Junior Age Group	
13	36.52 L	F	Olivia Kruger	18	ELEC TSH	17/11/2023	NTS Level 3+ November Age Group	
14	36.83 L	F	Annè Sabbagha	18	PAQU CED	03/02/2024	Winelands SL final	
15	37.14 L	F	Hayley McHarg	18	WATR JHB	30/11/2023	CGA Championships 2023	
16	37.64 L	F	Lucy Friedenthal	18	UNI EZD	20/03/2024	SA Level 3 Regional Age Group	
17	37.78 L	F	Jenny Zhang	18	ACAA CCD	01/12/2023	Limpopo Champs	
18	37.81 L	P	Carike Kok	18	TUKS TSH	15/03/2024	SA National Junior Age Group	
19	37.83 L	P	Isabella Reynolds	18	ELEC TSH	12/12/2023	NTS Championships 2023	
20	37.88 L	F	Sara Daniels	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023	
21	38.12 L	P	Danielle Heyes	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
22	38.14 L	F	Saira Ramajan	18	HRE MS	14/12/2023	KZNA 2023 Championships Incorp SSA	
23	38.60 L	F	Mienke Herbst	18	SSISA CPT	14/12/2023	Western Cape LC-A Championship 2023	
24	38.70 L S	F	Rachel Guymer	18	RAV EKV	07/12/2023	EGA Summer Championships	
25	38.96 L	F	Charlize De Villiers	18	PRKA PSD	21/03/2024	SA Level 3 Regional Age Group	
26	39.30 L	F	Jane Lewis	18	PEAS NMA	01/10/2023	Curro AquaElite Gala	
27	39.56 L	F	Anje Van Papendorp	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group	
28	40.13 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024	
29	40.24 L	F	Symone Steyn	18	TLAC BPD	21/10/2023	NWS Age Group 1 & 2 2023	
30	40.54 L	F	Meredith O'Tool	18	WELA LLD	27/10/2023	Neptune Prestige Gala	
31	40.63 L	P	Luané Engelbrecht	18	TUKS TSH	12/12/2023	NTS Championships 2023	
32	40.66 L	F	Erin Braun	18	CA EKV	24/03/2024	SA Level 2 Regional Age Group Champs	
33	40.81 L	F	Petro Marié Fourie	18	FISH EDD	10/02/2024	WCA-B Champs - 2024	
34	41.34 L	F	Kaylin Visser	18	TRALI MAN	11/11/2023	Bull Sharks Gala	
35	41.94 L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024	NW School Championships 2024	
36	42.09 L	F	Ashley Jansen van Vuuren	18	CSA EZD	23/09/2023	MP SPRINT GALA 23 SEPTEMBER	
37	42.88 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024	
38	43.05 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023	
39	43.14 L	F	Nicole Schoeman	18	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools	
40	43.31 L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023	
41	43.40 L	F	Skyla Schroll	18	NWUC KKD	06/12/2023	NWS Championships 2023/24	
42	43.59 L	F	Juliet Miller	18	SAAW CPT	10/02/2024	WCA-B Champs - 2024	
43	43.89 L S	P	Aimee Blackler	18	ESTR EKV	07/12/2023	EGA Summer Championships	
44	44.05 L	F	Yedidah Theron	18	ROA EDD	05/10/2023	42nd Freda Barnard Invitational Gala	
45	44.79 L	F	Keira Booth	18	HMER MP	27/01/2024	Limpopo School Champs	
46	45.01 L	P	Busisiwe Mogadima	18	SOUL EKV	24/03/2024	SA Level 2 Regional Age Group Champs	
47	45.32 L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships	
48	46.45 L	F	Amori de Bruyn	18	RHS BP	23/02/2024	NW School Championships 2024	
49	46.82 L	F	Mareen van der Merwe	18	RFA TSH	20/10/2023	NTS Level 3+ October Age Group 2023	
50	47.35 L	F	Adelia Schonken	18	HMER MP	27/01/2024	Limpopo School Champs	
51	47.93 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim	
52	48.13 L	F	Mieke Van Wyngaardt	18	HSTAN MP	14/10/2023	Limpopo Top 8 - High Schools	
53	49.38 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024	
54	49.78 L	F	Xandri Botha	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21	

## Individual Top Times

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**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
55	50.83 L	F	Amelie Coetzee	18	HPP BUF	14/10/2023	Limpopo Top 8 - High Schools	
56	52.21 L	F	Johane Fourie	18	UPSK ZMD	20/01/2024	AGE GROUP 5 UPT 2024	
57	54.88 L	F	Katje Kamfer	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG	
58	58.34 L	F	Kate Grobler	18	BEARS TSH	19/01/2024	NTS Level 1+2 January Age Group 2024	
59	1:01.89 L	F	Savanna Haselau	18	FISH EDD	18/11/2023	Eden LC Champs 2023	
60	1:11.40 L	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala	
61	1:17.57 L	F	Jamie Openshaw	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024	
<b>Women 18-18 100 Breast</b>								
1	1:10.26 L S	F	Georgia Els	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
2	1:10.43 L S	P	Morgan Cope	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
3	1:11.42 L S	F	Mikaela Goelst	18	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE	
4	1:14.73 L	F	Nicola Hartman	18	RFA TSH	15/03/2024	SA National Junior Age Group	
5	1:16.62 L	F	Kirsten Storm	18	SMTC JHB	15/03/2024	SA National Junior Age Group	
6	1:16.67 L	F	Michaela Dal Medico	18	TUKS TSH	15/03/2024	SA National Junior Age Group	
7	1:17.30 L	F	Cara Ralfe	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships	
8	1:17.32 L	F	Carmia Hartman	18	RFA TSH	01/07/2023	Rossini Swim Cup	
9	1:18.44 L	F	Lara De Beer	18	CA EKU	07/12/2023	EGA Summer Championships	
10	1:19.43 L	F	Morgan Pharoah	18	TUKS TSH	16/02/2024	NTS February Open Age Group 2024	
11	1:20.04 L	F	Carike Kok	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group	
12	1:20.09 L	F	Caitlin Rademakers	18	INFA NMA	24/06/2023	PEA Winter Gala 2023	
13	1:21.13 L	F	Ninah Wedderburn	18	INFA NMA	21/10/2023	4th A League Gala 2023	
14	1:22.13 L S	F	Demi Jacobs	18	TUKS TSH	12/12/2023	NTS Championships 2023	
15	1:23.24 L	F	Annè Sabbagha	18	PAQU CED	14/12/2023	Western Cape LC-A Championship 2023	
16	1:23.80 L	F	Emma Lauf	18	MDOL JHB	30/11/2023	CGA Championships 2023	
17	1:23.82 L S	P	Hayley McHarg	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
18	1:24.08 L	F	Mienke Herbst	18	SSISA CPT	14/12/2023	Western Cape LC-A Championship 2023	
19	1:25.39 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024	
20	1:25.81 L	F	Calista Mackenzie	18	HE CCD	14/10/2023	Limpopo Top 8 - High Schools	
21	1:25.91 L	F	Luané Engelbrecht	18	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023	
22	1:26.54 L	F	Sara Daniels	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023	
23	1:26.71 L	F	Meredith O'Tool	18	WELA LLD	03/11/2023	Heidedal Welkom Gala	
24	1:26.98 L	F	Jane Lewis	18	PEAS NMA	01/10/2023	Curro AquaElite Gala	
25	1:27.09 L	F	Charlize De Villiers	18	PRKA PSD	21/03/2024	SA Level 3 Regional Age Group	
26	1:27.50 L	F	Isabella Reynolds	18	ELEC TSH	17/11/2023	NTS Level 3+ November Age Group	
27	1:27.91 L	P	Lucy Friedenthal	18	UNI EZD	20/03/2024	SA Level 3 Regional Age Group	
28*	1:27.98 L S	F	Danielle Heyes	18	ASAC CPT	24/11/2023	CTA A & B CHAMPS 2023	
28*	1:27.98 L	P	Anje Van Papendorp	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group	
30	1:29.91 L	F	Jemma van der Merwe	18	CSC TSH	26/01/2024	NTS Level 3+ January Age Group 2024	
31	1:30.09 L	F	Kaylin Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023	
32	1:32.14 L	F	Petro Marié Fourie	18	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024	
33	1:34.91 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024	
34	1:35.06 L	F	Aimee Blackler	18	ESTR EKU	07/12/2023	EGA Summer Championships	
35	1:35.63 L	F	Ashley Jansen van Vuuren	18	CSA EZD	16/02/2024	MP SA SCHOOLS TRIALS AG6 16-17	
36	1:36.88 L	F	Yedidah Theron	18	ROA EDD	09/02/2024	Infinity Gala 2024	
37	1:36.97 L	F	Juliet Miller	18	SAAW CPT	17/02/2024	Swartland Invitational Gala 2024	
38	1:37.31 L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024	NW School Championships 2024	
39	1:37.61 L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023	
40	1:38.39 L	F	Skyla Schroll	18	NWUC KKD	11/11/2023	NWS Age Group 3 + 4	
41	1:38.75 L	F	Keira Booth	18	HMER MP	27/01/2024	Limpopo School Champs	
42	1:38.84 L	F	Nicole Schoeman	18	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools	
43	1:39.50 L	P	Busisiwe Mogadima	18	SOUL EKU	24/03/2024	SA Level 2 Regional Age Group Champs	
44	1:40.37 L	F	Christina Sauerma	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships	
45	1:40.77 L	F	Anna Victor	18	UNI EZD	13/10/2023	MP AGE GROUP 2	
46	1:45.86 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024	
47	1:46.65 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim	
48	1:55.14 L	F	Amelie Coetzee	18	HPP BUF	14/10/2023	Limpopo Top 8 - High Schools	
49	1:56.61 L	F	Mieke Van Wyngaardt	18	HSTAN MP	14/10/2023	Limpopo Top 8 - High Schools	
50	2:01.54 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023	
51	2:20.00 L	F	Savanna Haselau	18	FISH EDD	20/01/2024	EDEN 4th A-League 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				
52	2:31.18 L S	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala	
<b>Women 18-18 200 Breast</b>								
1	2:34.18 L	F	Georgia Els	18	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE	
2	2:39.69 L	P	Mikaela Goelst	18	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE	
3	2:44.58 L S	F	Michaela Dal Medico	18	TUKS FSH	15/03/2024	SA National Junior Age Group	
4	2:46.32 L S	F	Morgan Pharoah	18	TUKS FSH	15/03/2024	SA National Junior Age Group	
5	2:46.54 L	P	Kirsten Storm	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
6	2:48.33 L	F	Lara De Beer	18	CA ECU	07/12/2023	EGA Summer Championships	
7	2:48.72 L	P	Nicola Hartman	18	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE	
8	2:49.18 L	F	Carmia Hartman	18	RFA FSH	23/06/2023	Treviso Swim Cup	
9	2:52.19 L S	P	Cara Ralfe	18	TUKS FSH	15/03/2024	SA National Junior Age Group	
10	2:53.70 L	F	Carike Kok	18	TUKS FSH	26/01/2024	NTS Level 3+ January Age Group 2024	
11	2:56.42 L S	P	Demi Jacobs	18	TUKS FSH	15/03/2024	SA National Junior Age Group	
12	3:00.92 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024	
13	3:02.27 L	F	Mienke Herbst	18	SSISA CPT	14/12/2023	Western Cape LC-A Championship 2023	
14	3:02.76 L	F	Annè Sabbagha	18	PAQU CED	21/03/2024	SA Level 3 Regional Age Group	
15	3:04.27 L	P	Saira Ramajan	18	HRE MS	14/12/2023	KZNA 2023 Championships Incorp SSA	
16	3:04.47 L	F	Anje Van Papendorp	18	TUKS FSH	12/12/2023	NTS Championships 2023	
17	3:07.32 L	F	Luané Engelbrecht	18	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023	
18	3:07.97 L	F	Charlize De Villiers	18	PRKA PSD	21/03/2024	SA Level 3 Regional Age Group	
19	3:08.05 L	F	Isabella Reynolds	18	ELEC FSH	23/06/2023	Treviso Swim Cup	
20	3:18.23 L S	F	Kaylin Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023	
21	3:18.88 L	F	Petro Marié Fourie	18	FISH EDD	10/02/2024	WCA-B Champs - 2024	
22	3:28.14 L	P	Aimee Blackler	18	ESTR ECU	07/12/2023	EGA Summer Championships	
23	3:30.00 L	F	Yedidah Theron	18	ROA EDD	04/11/2023	EDEN 3rd A-League School Trials Gala	
24	3:30.79 L S	F	Skyla Schroll	18	NWUC KKD	06/12/2023	NWS Championships 2023/24	
25	3:31.00 L	F	Ashley Jansen van Vuuren	18	CSA EZD	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023	
26	3:31.81 L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024	NW School Championships 2024	
27	3:31.93 L	F	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023	
28	3:39.89 L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships	
29	3:43.84 L	F	Busisiwe Mogadima	18	SOUL ECU	24/03/2024	SA Level 2 Regional Age Group Champs	
30	3:48.03 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024	
31	4:01.16 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim	
32	4:29.45 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023	
<b>Women 18-18 50 Fly</b>								
1	28.33 L	F	Georgia Els	18	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE	
2	28.44 L	F	Christine Wessels	18	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE	
3	29.30 L	F	Olivia Kruger	18	ELEC FSH	01/07/2023	Rossini Swim Cup	
4	29.39 L	F	Rachel Groepes	18	TUKS FSH	15/03/2024	SA National Junior Age Group	
5	29.42 L	F	Morgan Cope	18	LALE CED	23/02/2024	2024 Grand Prix 2 Invitational Meet -	
6	29.43 L	P	Corne van Schalkwyk	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
7	29.65 L	F	Alexia Delicado	18	PGIM KK	23/02/2024	NW School Championships 2024	
8	29.67 L	F	Grace De Jongh	18	LALE CED	15/03/2024	SA National Junior Age Group	
9	29.83 L	F	Tayla Haslam	18	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA	
10	29.84 L	F	Tazmyn Robson	18	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
11	29.85 L	F	Carmia Hartman	18	RFA FSH	15/03/2024	SA National Junior Age Group	
12	29.96 L	F	Tori Voke	18	VIKI BUF	24/06/2023	PEA Winter Gala 2023	
13*	29.98 L	P	Kirsten Storm	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
13*	29.98 L	P	Hayley McHarg	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
15	30.63 L	F	Eryn Casey	18	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA	
16	30.69 L	F	Jodi Dos Santos	18	PSC FSH	23/06/2023	Treviso Swim Cup	
17	30.78 L	F	Nirvana Borrageiro	18	AZON ETH	14/12/2023	KZNA 2023 Championships Incorp SSA	
18	30.81 L	P	Michaela Dal Medico	18	TUKS FSH	15/03/2024	SA National Junior Age Group	
19	30.86 L	F	Kimberly Ingwe	18	RAV ECU	07/12/2023	EGA Summer Championships	
20	31.01 L	P	Danielle Heyes	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
21	31.24 L	F	Miche Johns	18	BLSS MAN	16/02/2024	Neptunes Last chance Gala	
22	31.31 L	F	Marguerite Naude	18	WATR JHB	20/03/2024	SA Level 3 Regional Age Group	
23	31.32 L	P	Payton Brink	18	VINE CPT	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				
24	31.34 L	F	Rachel Smith	18	MDOL JHB	30/11/2023	CGA Championships 2023	
25	31.50 L	P	Mkhuseli Mahobele	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
26	31.54 L	F	Lara De Beer	18	CA EKU	07/12/2023	EGA Summer Championships	
27	31.68 L	F	Jana Naude	18	STSC KCD	27/01/2024	Ushaka Champs 2024	
28*	31.70 L	F	Ninah Wedderburn	18	INFA NMA	15/12/2023	NMBA Championships 2023	
28*	31.70 L	P	Mikaela Goelst	18	SEAL UMD	15/03/2024	SA National Junior Age Group	
30	31.94 L	F	Kaela Viljoen	18	CRSC JHB	30/11/2023	CGA Championships 2023	
31	31.96 L	F	Rachel Guymer	18	RAV EKU	28/10/2023	EGA Summer 2 2023	
32	32.02 L	P	Caitlin Rademakers	18	INFA NMA	24/06/2023	PEA Winter Gala 2023	
33	32.43 L	F	Jenny Zhang	18	HSTAN MP	27/01/2024	Limpopo School Champs	
34	32.60 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023	
35	32.88 L	F	Nawaal Mia	18	MDOL JHB	30/11/2023	CGA Championships 2023	
36	32.94 L	F	Gemma Kirsten	18	KOVS MAN	15/09/2023	Bull Sharks Annual Gala	
37	32.99 L	F	Meredith O'Tool	18	WELA LLD	03/11/2023	Heidedal Welkom Gala	
38	33.00 L	F	Nicola Hartman	18	RFA TSH	01/07/2023	Rossini Swim Cup	
39	33.01 L	F	Jayda Collett	18	PEAS NMA	01/10/2023	Curro AquaElite Gala	
40	33.03 L	F	Demi Jacobs	18	TUKS TSH	23/02/2024	NTS Prestige AG February 2024	
41	33.05 L	P	Teegan Pio	18	PEAS NMA	24/06/2023	PEA Winter Gala 2023	
42	33.10 L	F	Carike Kok	18	TUKS TSH	17/11/2023	NTS Level 3+ November Age Group	
43	33.90 L	P	Kayla De Wet	18	CA EKU	24/03/2024	SA Level 2 Regional Age Group Champs	
44	34.29 L	P	Sara Daniels	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023	
45	34.36 L	P	Annè Sabbagha	18	PAQU CED	21/03/2024	SA Level 3 Regional Age Group	
46	34.52 L	F	Calista Mackenzie	18	HE CCD	14/10/2023	Limpopo Top 8 - High Schools	
47	34.64 L	F	Isabella Reynolds	18	ELEC TSH	17/11/2023	NTS Level 3+ November Age Group	
48	34.74 L	F	Melindie Van Rensburg	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21	
49	34.82 L	F	Tiara Finnis	18	INFA NMA	15/12/2023	NMBA Championships 2023	
50	34.93 L	F	Charlize De Villiers	18	PRKA PSD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023	
51	35.27 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024	
52	35.41 L	F	Anmi Esbach	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group	
53	35.44 L	F	Mareen van der Merwe	18	RFA TSH	30/11/2023	CGA Championships 2023	
54	35.64 L	F	Isabella Van der Walt	18	QSAW CED	11/11/2023	Winelands SL4	
55	35.66 L	P	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group	
56	35.85 L	F	Lucy Friedenthal	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023	
57	35.87 L	P	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023	
58	36.29 L	F	Busisiwe Mogadima	18	SOUL EKU	24/03/2024	SA Level 2 Regional Age Group Champs	
59	36.32 L	F	Luané Engelbrecht	18	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023	
60	36.88 L	F	Kaylin Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023	
61	37.06 L	F	Larika Joubert	18	HMER MP	27/01/2024	Limpopo School Champs	
62	38.09 L	F	Keira Booth	18	HMER MP	14/10/2023	Limpopo Top 8 - High Schools	
63	38.21 L	F	Cayla Visser	18	TRALI MAN	27/10/2023	Neptune Prestige Gala	
64	39.45 L	F	Anna Victor	18	UNI EZD	13/10/2023	MP AGE GROUP 2	
65	41.06 L	F	Xandri Botha	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21	
66	42.24 L	F	Skyla Schroll	18	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023	
67	48.53 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023	
68	1:04.05 L	F	Savanna Haselau	18	FISH EDD	18/11/2023	Eden LC Champs 2023	

#### Women 18-18 100 Fly

1	1:03.45 L	F	Tazmyn Robson	18	TUKS TSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
2	1:04.04 L	F	Georgia Els	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group	
3	1:04.05 L S	F	Christine Wessels	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
4	1:04.23 L	F	Corne van Schalkwyk	18	GAU JHB	19/04/2024	SA Schools Swimming Championship	
5	1:04.96 L S	F	Kirsten Storm	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
6	1:05.99 L S	S	Scarlett Nichol	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
7	1:06.98 L S	P	Hayley McHarg	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
8	1:07.86 L	F	Tayla Haslam	18	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA	
9	1:07.88 L S	P	Rachel Groepes	18	TUKS TSH	15/03/2024	SA National Junior Age Group	
10	1:08.91 L	F	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group	
11	1:09.52 L S	P	Mkhuseli Mahobele	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
12	1:09.69 L	P	Demi Jacobs	18	TUKS TSH	12/12/2023	NTS Championships 2023	
13	1:09.71 L	F	Alexandra Caldwell	18	RAV 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			
14	1:09.82 L	F	Nirvana Borrageiro	18	AZON ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
15	1:10.33 L	F	Carmia Hartman	18	RFA FSH	23/06/2023	Treviso Swim Cup
16	1:10.82 L	F	Jodi Dos Santos	18	PSC FSH	23/06/2023	Treviso Swim Cup
17	1:11.09 L	F	Rachel Guymer	18	RAV ECU	11/11/2023	EGA Summer 3
18	1:12.30 L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV SwimmingChampions
19	1:12.61 L	P	Rachel Smith	18	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
20	1:12.89 L	F	Marguerite Naude	18	WATR JHB	20/03/2024	SA Level 3 Regional Age Group
21	1:13.18 L	P	Eryn Casey	18	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
22	1:13.21 L	F	Kaela Viljoen	18	CRSC JHB	30/11/2023	CGA Championships 2023
23	1:13.46 L	P	Kimberly Ingwe	18	RAV ECU	20/03/2024	SA Level 3 Regional Age Group
24	1:14.44 L	F	Jemma van der Merwe	18	CSC FSH	12/12/2023	NTS Championships 2023
25	1:15.97 L	F	Carike Kok	18	TUKS FSH	26/01/2024	NTS Level 3+ Januery Age Group 2024
26	1:16.10 L	F	Jenny Zhang	18	HSTAN MP	14/10/2023	Limpopo Top 8 - High Schools
27	1:16.18 L	F	Nicola Hartman	18	RFA FSH	23/06/2023	Treviso Swim Cup
28	1:17.24 L	F	Meredith O'Tool	18	WELA LLD	03/11/2023	Heidedal Welkom Gala
29	1:17.62 L	P	Jayda Collett	18	TUKS FSH	20/03/2024	SA Level 3 Regional Age Group
30	1:18.41 L	F	Charlize De Villiers	18	PRKA PSD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
31	1:18.53 L	F	Jana Naude	18	STSC KCD	02/12/2023	Stingrays Swim Champs 2023
32	1:18.80 L	F	Calista Mackenzie	18	HE CCD	14/10/2023	Limpopo Top 8 - High Schools
33	1:19.04 L	P	Ninah Wedderburn	18	INFA NMA	24/06/2023	PEA Winter Gala 2023
34	1:19.12 L	F	Gemma Kirsten	18	KOVS MAN	27/10/2023	Neptune Prestige Gala
35	1:19.44 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024
36	1:20.33 L S	P	Sara Daniels	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023
37	1:21.39 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023
38	1:22.43 L	F	Annè Sabbagha	18	PAQU CED	03/02/2024	Winelands SL final
39	1:22.57 L	P	Luané Engelbrecht	18	TUKS FSH	20/03/2024	SA Level 3 Regional Age Group
40	1:22.83 L	P	Aimee Blackler	18	ESTR ECU	07/12/2023	EGA Summer Championships
41	1:25.92 L	F	Yedidah Theron	18	ROA EDD	18/11/2023	Eden LC Champs 2023
42	1:30.42 L	F	Isabella Van der Walt	18	QSAW CED	18/11/2023	CTA QUALIFYING MEET 2
43	1:34.29 L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023
44	1:40.48 L	F	Skyla Schroll	18	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
<b>Women 18-18 200 Fly</b>							
1	2:21.13 L	P	Tazmyn Robson	18	RSA	04/09/2023	9th JUNIOR WORLD SWIMMING
2	2:23.74 L	F	Christine Wessels	18	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
3	2:29.51 L	P	Corne van Schalkwyk	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
4	2:33.55 L	F	Mkhuseli Mahobebe	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
5	2:35.38 L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV SwimmingChampions
6	2:51.04 L	F	Kimberly Ingwe	18	PSC FSH	22/02/2024	18th Botswana Swimming Nationals
7	2:58.16 L	F	Carike Kok	18	TUKS FSH	12/12/2023	NTS Championships 2023
8	3:14.56 L	F	Yedidah Theron	18	ROA EDD	04/11/2023	EDEN 3rd A-League School Trials Gala
<b>Women 18-18 200 IM</b>							
1	2:18.53 L	F	Georgia Els	18	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
2	2:25.73 L	P	Morgan Cope	18	RSA	04/09/2023	9th JUNIOR WORLD SWIMMING
3	2:27.43 L	F	Michaela Dal Medico	18	TUKS FSH	15/03/2024	SA National Junior Age Group
4	2:29.18 L	F	Demi Jacobs	18	TUKS FSH	15/03/2024	SA National Junior Age Group
5	2:29.24 L	F	Kirsten Storm	18	SMTG JHB	14/12/2023	KZNA 2023 Championships Incorp SSA
6	2:30.38 L	F	Ashley Ebing	18	WSTV ETH	15/03/2024	SA National Junior Age Group
7	2:30.43 L	F	Mikaela Goelst	18	SEAL UMD	15/03/2024	SA National Junior Age Group
8	2:32.11 L	P	Hayley McHarg	18	WATR JHB	30/11/2023	CGA Championships 2023
9	2:32.52 L	F	Morgan Pharoah	18	TUKS FSH	15/03/2024	SA National Junior Age Group
10*	2:32.69 L	F	Christine Wessels	18	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
10*	2:32.69 L	F	Olivia Kruger	18	ELEC FSH	01/07/2023	Rossini Swim Cup
12	2:34.02 L	P	Cara Ralfe	18	TUKS FSH	15/03/2024	SA National Junior Age Group
13	2:34.08 L S	P	Lara De Beer	18	AGA ECU	08/04/2024	SA National Aquatic Champ 2024-PE
14	2:36.86 L	F	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group
15	2:37.41 L	F	Rachel Groepes	18	TUKS FSH	23/02/2024	NTS Prestige AG February 2024
16	2:38.08 L	F	Tori Voke	18	VIKI BUF	24/06/2023	PEA Winter Gala 2023
17	2:38.25 L	F	Nicola Hartman	18	RFA FSH	01/07/2023	Rossini Swim Cup

## 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	2:39.37	L	F	Caitlin Rademakers	18	INFA NMA	11/11/2023 5th A League Gala 2023
19	2:40.26	L	F	Nirvana Borrageiro	18	AZON ETH	14/12/2023 KZNA 2023 Championships Incorp SSA
20*	2:40.48	L	F	Kimberly Ingwe	18	GWP JHB	07/10/2023 2nd BSSA League Gla 2023
20*	2:40.48	L	P	Rachel Smith	18	RSA	18/10/2023 BRICS Games Swimming 2023-KZN
22	2:40.60	L	F	Ninah Wedderburn	18	INFA NMA	26/08/2023 2nd A League Gala 2023
23	2:42.09	L	F	Jenny Zhang	18	HSTAN MP	14/10/2023 Limpopo Top 8 - High Schools
24	2:42.51	L	F	Alexia Delicado	18	POTC KKD	11/11/2023 NWS Age Group 3 + 4
25	2:42.80	L	P	Carike Kok	18	TUKS FSH	15/03/2024 SA National Junior Age Group
26	2:43.95	L	P	Rachel Guymer	18	RAV EKU	07/12/2023 EGA Summer Championships
27	2:46.47	L	F	Marguerite Naude	18	WATR JHB	20/03/2024 SA Level 3 Regional Age Group
28	2:46.64	L	F	Meredith O'Tool	18	WELA LLD	11/11/2023 Bull Sharks Gala
29	2:46.91	L S	F	Luané Engelbrecht	18	TUKS FSH	12/12/2023 NTS Championships 2023
30	2:47.88	L	F	Mia Nortjè	18	CYBE CPT	10/02/2024 WCA-B Champs - 2024
31	2:48.54	L	F	Jayda Collett	18	TUKS FSH	20/10/2023 NTS Level 3+ October Age Group 2023
32	2:49.28	L	F	Jemma van der Merwe	18	CSC FSH	17/11/2023 NTS Level 3+ November Age Group
33	2:49.89	L	P	Yedidah Theron	18	ROA EDD	21/03/2024 SA Level 3 Regional Age Group
34	2:50.01	L	P	Annè Sabbagha	18	PAQU CED	14/12/2023 Western Cape LC-A Championship 2023
35	2:50.08	L	F	Calista Mackenzie	18	HE CCD	14/10/2023 Limpopo Top 8 - High Schools
36	2:50.26	L	F	Isabella Reynolds	18	ELEC FSH	01/07/2023 Rossini Swim Cup
37	2:50.45	L	F	Teegan Pio	18	PEAS NMA	24/06/2023 PEA Winter Gala 2023
38	2:51.11	L	F	Lucy Friedenthal	18	NHS EZD	21/02/2024 EHLANZENI INTER HIGH GALA 21
39	2:51.33	L	F	Tiara Finnis	18	INFA NMA	09/02/2024 Infinity Gala 2024
40	2:51.55	L	F	Gemma Kirsten	18	KOVS MAN	21/10/2023 Otters Prestige Gala 2023
41	2:51.59	L	P	Danielle Heyes	18	ASAC CPT	14/12/2023 Western Cape LC-A Championship 2023
42	2:53.29	L	P	Mienke Herbst	18	SSISA CPT	14/12/2023 Western Cape LC-A Championship 2023
43	2:56.84	L	F	Petro Marié Fourie	18	FISH EDD	05/10/2023 42nd Freda Barnard Invitational Gala
44	2:57.40	L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024 WCA-B Champs - 2024
45	2:58.06	L	F	Sara Daniels	18	BLMA CPT	20/01/2024 CTA A MEET 4
46	2:58.93	L S	F	Kayla De Wet	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
47	2:59.05	L	P	Emma Lauf	18	MDOL JHB	30/11/2023 CGA Championships 2023
48	2:59.34	L	F	Charlize De Villiers	18	PRKA PSD	03/02/2024 NCASA SPRINTS 2024
49	2:59.62	L	F	Mareen van der Merwe	18	RFA FSH	17/11/2023 NTS Level 3+ November Age Group
50	3:01.01	L	F	Ashley Jansen van Vuuren	18	CUR EZD	21/02/2024 EHLANZENI INTER HIGH GALA 21
51	3:01.93	L	F	Kaylin Visser	18	TRALI MAN	11/11/2023 Bull Sharks Gala
52	3:03.42	L	F	Anje Van Papendorp	18	TUKS FSH	17/11/2023 NTS Level 3+ November Age Group
53	3:03.91	L	F	Nina Pretorius	18	CSC FSH	22/09/2023 NTS Level 3+ September Age Group
54	3:05.41	L	F	Juliet Miller	18	SAAW CPT	18/11/2023 CTA QUALIFYING MEET 2
55	3:06.48	L	F	Aimee Blackler	18	ESTR EKU	28/10/2023 EGA Summer 2 2023
56	3:09.52	L	F	Josi Arnold	18	HARL BUF	24/11/2023 BCA Long Course Championships 2023
57	3:10.49	L	F	Isabella Van der Walt	18	QSAW CED	18/11/2023 CTA QUALIFYING MEET 2
58	3:14.27	L	F	Erin Anders	18	MARL CPT	24/06/2023 PEA Winter Gala 2023
59	3:14.59	L	F	Erin Braun	18	CA EKU	17/02/2024 CGA Level 2+ Gala 17 Feb 2024
60	3:15.96	L	F	Cayla Visser	18	TRALI MAN	27/10/2023 Neptune Prestige Gala
61	3:19.02	L	P	Skyla Schroll	18	NWUC KKD	06/12/2023 NWS Championships 2023/24
62	3:34.60	L	F	Busisiwe Mogadima	18	SOUL EKU	28/10/2023 EGA Summer 2 2023
63	3:44.33	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
<b>Women 18-18 400 IM</b>							
1	4:58.95	L	F	Georgia Els	18	AGC FSH	08/04/2024 SA National Aquatic Champ 2024-PE
2	5:14.21	L	F	Michaela Dal Medico	18	TUKS FSH	15/03/2024 SA National Junior Age Group
3	5:19.33	L	F	Demi Jacobs	18	TUKS FSH	15/03/2024 SA National Junior Age Group
4	5:30.80	L	F	Kirsten Storm	18	SMTC JHB	15/03/2024 SA National Junior Age Group
5	5:48.01	L	F	Rachel Guymer	18	RAV EKU	07/12/2023 EGA Summer Championships
6	6:03.66	L	F	Luané Engelbrecht	18	TUKS FSH	12/12/2023 NTS Championships 2023
7	6:05.57	L	F	Jemma van der Merwe	18	CSC FSH	26/01/2024 NTS Level 3+ January Age Group 2024
8	6:11.71	L	F	Meredith O'Tool	18	WELA LLD	11/11/2023 Bull Sharks Gala
9	6:30.81	L	F	Yedidah Theron	18	ROA EDD	21/10/2023 EDEN 2nd A-League Gala 2023
10	6:35.46	L	F	Ashley Jansen van Vuuren	18	CSA EZD	29/09/2023 MP AGE GROUP 1 29.09.2023 -