

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 18-18							
50 Free							
1	27.11	L	F	Rachel Groepes	18	TUKS TSH	15/03/2024 SA National Junior Age Group
2	27.31	L	P	Genna Cloete	18	RSA	13/10/2023 World Aqua -Swimming World Cup Oct
3	27.33	L	P	Eryn Casey	18	SEALE ETH	14/12/2023 KZNA 2023 Championships Incorp SSA
4	27.37	L	F	Tori Voke	18	VIKI BUF	24/06/2023 PEA Winter Gala 2023
5	27.44	L	P	Christine Wessels	18	TUKS TSH	14/12/2023 KZNA 2023 Championships Incorp SSA
6	27.61	L S	P	Morgan Cope	18	WCA CPT	08/04/2024 SA National Aquatic Champ 2024-PE
7	27.69	L	F	Olivia Kruger	18	ELEC TSH	23/06/2023 Treviso Swim Cup
8	27.75	L	P	Tazmyn Robson	18	TUKS TSH	14/12/2023 KZNA 2023 Championships Incorp SSA
9	27.81	L	F	Georgia Els	18	TUKS TSH	22/09/2023 NTS Level 3+ September Age Group
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 CED	03/02/2024 Winelands SL final
15	28.71	L	P	Alexia Greyling	18	CA EKU	15/03/2024 SA National Junior Age Group
16	28.75	L	P	Kirsten Storm	18	SMTC JHB	14/12/2023 KZNA 2023 Championships Incorp SSA
17	28.81	L	P	Ninah Wedderburn	18	INFA NMA	15/03/2024 SA National Junior Age Group
18	28.99	L	P	Utah Novello	18	CLSC WCD	15/03/2024 SA National Junior Age Group
19	29.07	L S	P	Lara De Beer	18	AGA EKU	08/04/2024 SA National Aquatic Champ 2024-PE
20	29.09	L S	P	Hayley McHarg	18	AGB JHB	08/04/2024 SA National Aquatic Champ 2024-PE
21	29.14	L	F	Nicola Hartman	18	RFA TSH	17/11/2023 NTS Level 3+ November Age Group
22	29.23	L	P	Jana Naude	18	STSC KCD	15/03/2024 SA National Junior Age Group
23	29.42	L	F	Michaela Dal Medico	18	TUKS TSH	16/02/2024 NTS February Open Age Group 2024
24	29.51	L	F	Jenny Zhang	18	ACAQ CCD	01/12/2023 Limpopo Champs
25	29.56	L	F	Jayda Collett	18	TUKS TSH	20/03/2024 SA Level 3 Regional Age Group
26*	29.62	L	F	Marguerite Naude	18	WATR JHB	20/03/2024 SA Level 3 Regional Age Group
26*	29.62	L	P	Nirvana Borrageiro	18	AZON ETH	14/12/2023 KZNA 2023 Championships Incorp SSA
28	29.63	L	F	Miche Johns	18	BLSS MAN	21/03/2024 SA Level 3 Regional Age Group
29	29.64	L	F	Tiara Finnis	18	INFA NMA	23/09/2023 3rd A League Gala 2023
30	29.74	L	F	Gemma Kirsten	18	KOVS MAN	26/08/2023 kovsie Sprint Gala
31	29.75	L	F	Nawaal Mia	18	MDOL JHB	30/11/2023 CGA Championships 2023
32	29.79	L	F	Jodi Dos Santos	18	PSC TSH	23/06/2023 Treviso Swim Cup
33	29.84	L S	F	Rachel Guymer	18	RAV EKU	07/12/2023 EGA Summer Championships
34	30.03	L	P	Saira Ramajan	18	HRE MS	14/12/2023 KZNA 2023 Championships Incorp SSA
35	30.10	L	F	Meredith O'Tool	18	WELA LLD	13/10/2023 Pelicans Gala
36	30.17	L S	P	Sara Daniels	18	BLMA CPT	14/12/2023 Western Cape LC-A Championship 2023
37	30.20	L	P	Carike Kok	18	TUKS TSH	15/03/2024 SA National Junior Age Group
38*	30.21	L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024 NW School Championships 2024
38*	30.21	L	F	Annette Greyling	18	CRSC JHB	20/01/2024 CGA Level 2+ Gala 20 Jan 2024
40	30.28	L	F	Josi Arnold	18	HARL BUF	24/11/2023 BCA Long Course Championships 2023
41	30.34	L S	P	Kimberly Ingwe	18	RAV EKU	07/12/2023 EGA Summer Championships
42	30.37	L	F	Symone Steyn	18	TLAC BPD	21/10/2023 NWS Age Group 1 & 2 2023
43	30.43	L	F	Yedidah Theron	18	ROA EDD	21/03/2024 SA Level 3 Regional Age Group
44	30.44	L	P	Caitlyn Fish	18	CA EKU	20/03/2024 SA Level 3 Regional Age Group
45	30.46	L	P	Kayla De Wet	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
46	30.49	L	P	Kaela Viljoen	18	CRSC JHB	30/11/2023 CGA Championships 2023
47	30.64	L	F	Jane Lewis	18	PEAS NMA	01/10/2023 Curro AquaElite Gala
48	30.67	L	P	Mareen van der Merwe	18	RFA TSH	30/11/2023 CGA Championships 2023
49	30.77	L	F	Teegan Pio	18	RSA	03/05/2023 CANA Zone IV SwimmingChampions
50	30.78	L	F	Annika Serfontein	18	VALS FDD	03/11/2023 Heidedal Welkom Gala
51*	30.80	L	F	Cara Smook	18	BLOT MAN	06/12/2023 Free State Champs 2023
51*	30.80	L S	P	Liya Venter	18	BLMA CPT	14/12/2023 Western Cape LC-A Championship 2023
53	30.87	L	F	Tayla Haslam	18	PEAS NMA	01/10/2023 Curro AquaElite Gala
54	30.94	L	F	Lucy Friedenthal	18	UNI EZD	16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17
55	31.11	L	F	Anmi Esbach	18	RFA TSH	01/07/2023 Rossini Swim Cup
56	31.57	L	F	Charlize De Villiers	18	PRKA PSD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
57*	31.58	L S	F	Petro Marié Fourie	18	FISH EDD	05/10/2023 42nd Freda Barnard Invitational Gala
57*	31.58	L	P	Emma Lauf	18	MDOL JHB	30/11/2023 CGA Championships 2023

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

	Time	P/F/S	Name	Age/Yr			
59*	31.62 L	F	Kaylin Oelschig	18	BLNE MAN	27/10/2023	Neptune Prestige Gala
59*	31.62 L	F	Isabella Reynolds	18	ELEC TSH	01/07/2023	Rossini Swim Cup
61	31.86 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024
62	32.04 L	F	Juliet Miller	18	SAAW CPT	10/02/2024	WCA-B Champs - 2024
63	32.05 L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023
64	32.07 L	P	Chante Joubert	18	CRSC JHB	20/03/2024	SA Level 3 Regional Age Group
65	32.11 L	F	Isabella Van der Walt	18	QSAW CED	18/11/2023	CTA QUALIFYING MEET 2
66	32.16 L	F	Annè Sabbagha	18	PAQU CED	18/11/2023	CTA QUALIFYING MEET 2
67	32.19 L	F	Heidri De Jager	18	RHS BP	23/02/2024	NW School Championships 2024
68	32.21 L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
69	32.23 L	F	Tharien Venter	18	BLUO UGD	05/04/2024	SA Level 2 Regional Age Group Champs
70	32.28 L S	F	Busisiwe Mogadima	18	SOUL EKU	07/12/2023	EGA Summer Championships
71	32.35 L	F	Larika Joubert	18	HMER MP	27/01/2024	Limpopo School Champs
72	32.41 L	P	Anje Van Papendorp	18	TUKS TSH	12/12/2023	NTS Championships 2023
73	32.47 L	F	Erin Braun	18	CA EKU	24/03/2024	SA Level 2 Regional Age Group Champs
74	32.71 L	F	Aqeelah Rinquest	18	MARL CPT	10/02/2024	WCA-B Champs - 2024
75	32.80 L	F	Sarah Byrne	18	LAD UTD	05/04/2024	SA Level 2 Regional Age Group Champs
76	33.08 L	F	Kaylin Visser	18	TRALI MAN	11/11/2023	Bull Sharks Gala
77	33.14 L	F	Keira Booth	18	HMER MP	14/10/2023	Limpopo Top 8 - High Schools
78	33.22 L	F	Skyla Schroll	18	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
79	33.73 L	F	Adelia Schonken	18	HMER MP	27/01/2024	Limpopo School Champs
80	33.84 L	F	Lara Heleen Schilz	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
81	33.94 L	P	Mienke Herbst	18	SSISA CPT	21/03/2024	SA Level 3 Regional Age Group
82	34.20 L	F	Olivia Ralfe	18	UPC EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
83	34.24 L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
84	34.57 L	F	Cayla Visser	18	TRALI MAN	11/11/2023	Bull Sharks Gala
85	35.47 L	F	Johane Fourie	18	NC FB	27/01/2024	4 + 1 Inter Provincial Gala 2023
86	36.31 L	F	Christine Keira Pagkatipunan	18	SOUL EKU	02/03/2024	AG Level 1 Regional Age Group
87	36.97 L	P	Lara Steenkamp	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023
88	38.46 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024
89	38.82 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim
90	39.56 L	F	Kate Grobler	18	BEARS TSH	03/11/2023	NTS Level 1+2 November Age Group
91	40.95 L	F	Bernice Erasmus	18	HPP BUF	14/10/2023	Limpopo Top 8 - High Schools
92	42.46 L	F	Shamillah Fonsesca	18	GRIF	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023
93	42.68 L	F	Mianel Du Plooy	18	HBV MP	14/10/2023	Limpopo Top 8 - High Schools
94	42.83 L	F	Katje Kamfer	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
95	43.52 L S	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala
96	43.95 L	F	Limile Dingiswayo	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
97	44.35 L	F	Reese Coetzee	18	SWIM1 JHB	02/03/2024	AG Level 1 Regional Age Group
98	47.06 L	F	Jamie Openshaw	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
99	48.22 L	F	Savanna Haselau	18	FISH EDD	17/02/2024	EDEN 5th A-League Gala 2024
Women 18-18 100 Free							
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 Incorpor SSA
5	59.39 L	F	Olivia Kruger	18	ELEC TSH	01/07/2023	Rossini Swim Cup
6	59.44 L	F	Genna Cloete	18	PSC TSH	15/03/2024	SA National Junior Age Group
7	59.78 L	F	Rachel Groepes	18	TUKS TSH	15/03/2024	SA National Junior Age Group
8	59.95 L	P	Christine Wessels	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
9	1:00.05 L	F	Eryn Casey	18	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorpor SSA
10	1:00.73 L	P	Tori Voke	18	VIKI BUF	24/06/2023	PEA Winter 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	1:01.88 L	P	Alexia Greyling	18	CA EKU	15/03/2024	SA National Junior Age Group
15	1:02.16 L	P	Nicola Hartman	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
16	1:02.51 L	P	Kirsten Storm	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
17	1:02.76 L	F	Ninah Wedderburn	18	INFA NMA	15/12/2023	NMBA Championships 2023

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	Time	P/F/S	Name	Age/Yr					
18	1:02.80	L	F	Lara De Beer	18	CA	EKU	07/12/2023	EGA Summer Championships
19	1:03.00	L	P	Alexia Delicado	18	POTC	KKD	06/12/2023	NWS Championships 2023/24
20	1:03.02	L	F	Demi Jacobs	18	TUKS	FSH	12/12/2023	NTS Championships 2023
21	1:03.03	L	P	Utah Novello	18	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
22	1:03.25	L	F	Jana Naude	18	KZNA	ETH	19/04/2024	SA Schools Swimming Championship
23	1:03.57	L	P	Danielle Heyes	18	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
24	1:03.61	L	F	Jenny Zhang	18	LP	CCD	19/04/2024	SA Schools Swimming Championship
25	1:03.80	L	F	Tiara Finnis	18	INFA	NMA	09/02/2024	Infinity Gala 2024
26	1:03.88	L	F	Miche Johns	18	BLSS	MAN	21/03/2024	SA Level 3 Regional Age Group
27	1:03.97	L	P	Mischa King	18	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
28	1:04.28	L	F	Nawaal Mia	18	MDOL	JHB	30/11/2023	CGA Championships 2023
29	1:04.32	L	F	Rachel Guymmer	18	RAV	EKU	28/10/2023	EGA Summer 2 2023
30	1:04.45	L	F	Marguerite Naude	18	WATR	JHB	20/03/2024	SA Level 3 Regional Age Group
31	1:04.68	L	P	Carike Kok	18	TUKS	FSH	15/03/2024	SA National Junior Age Group
32	1:04.93	L	P	Payton Brink	18	VINE	CPT	14/12/2023	Western Cape LC-A Championship 2023
33	1:05.24	L	P	Saira Ramajan	18	HRE	MS	14/12/2023	KZNA 2023 Championships Incorp SSA
34	1:05.30	L	P	Jayda Collett	18	TUKS	FSH	20/03/2024	SA Level 3 Regional Age Group
35	1:05.34	L	F	Nirvana Borrageiro	18	AZON	ETH	21/03/2024	SA Level 3 Regional Age Group
36	1:05.36	L	F	Hayley McHarg	18	WATR	JHB	30/11/2023	CGA Championships 2023
37	1:05.53	L	P	Jemma van der Merwe	18	CSC	FSH	12/12/2023	NTS Championships 2023
38	1:05.77	L	F	Jane Lewis	18	AZON	ETH	21/01/2024	EDA Age Group Gala 5 2024
39	1:06.02	L	F	Kaela Viljoen	18	CRSC	JHB	30/11/2023	CGA Championships 2023
40	1:06.09	L	F	Teegan Pio	18	PEAS	NMA	22/07/2023	1st A League Gala 2023
41	1:06.14	L	F	Yedidah Theron	18	ROA	EDD	21/03/2024	SA Level 3 Regional Age Group
42	1:06.19	L	F	Gemma Kirsten	18	KOVS	MAN	21/10/2023	Otters Prestige Gala 2023
43	1:06.37	L	F	Josi Arnold	18	HARL	BUF	01/12/2023	ECA Long Course Championships 2023
44	1:06.61	L	F	Meredith O'Tool	18	WELA	LLD	16/02/2024	Neptunes Last chance Gala
45	1:06.73	L	P	Anmi Esbach	18	RFA	FSH	12/12/2023	NTS Championships 2023
46	1:06.89	L	F	Caitlyn Fish	18	CA	EKU	24/11/2023	EGA Summer 4
47	1:06.91	L S	F	Kimberly Ingwe	18	PSC	FSH	22/02/2024	18th Botswana Swimming Nationals
48	1:07.20	L	F	Kayci Petzer	18	PEAS	NMA	01/10/2023	Curro AquaElite Gala
49	1:07.32	L	F	Jodi Dos Santos	18	PSC	FSH	23/06/2023	Treviso Swim Cup
50	1:07.47	L	P	Sara Daniels	18	BLMA	CPT	14/12/2023	Western Cape LC-A Championship 2023
51	1:08.08	L	P	Liya Venter	18	BLMA	CPT	14/12/2023	Western Cape LC-A Championship 2023
52	1:08.21	L	F	Lucy Friedenthal	18	UNI	EZD	16/02/2024	MP SA SCHOOLS TRIALS AG6 16-17
53	1:08.36	L	P	Annè Sabbagha	18	PAQU	CED	14/12/2023	Western Cape LC-A Championship 2023
54	1:08.80	L	F	Tumé van Niekerk	18	PGIM	KK	23/02/2024	NW School Championships 2024
55	1:09.15	L	P	Chante Joubert	18	CRSC	JHB	20/03/2024	SA Level 3 Regional Age Group
56	1:09.20	L	F	Tharien Venter	18	BLUO	UGD	05/04/2024	SA Level 2 Regional Age Group Champs
57	1:09.25	L	F	Petro Marié Fourie	18	FISH	EDD	05/10/2023	42nd Freda Barnard Invitational Gala
58	1:09.30	L	F	Ashley Jansen van Vuuren	18	CSA	EZD	01/12/2023	Mpumalanga Championships 2023
59	1:09.95	L	F	Aqeelah Rinquest	18	MARL	CPT	10/02/2024	WCA-B Champs - 2024
60	1:09.97	L	F	Mareen van der Merwe	18	RFA	FSH	17/11/2023	NTS Level 3+ November Age Group
61	1:10.34	L	F	Isabella Van der Walt	18	QSAW	CED	11/11/2023	Winelands SL4
62	1:10.68	L	F	Shaina Adriaan	18	TYGE	CPT	10/02/2024	WCA-B Champs - 2024
63	1:11.08	L	P	Charlize De Villiers	18	PRKA	PSD	21/03/2024	SA Level 3 Regional Age Group
64	1:11.35	L	F	Annika Serfontein	18	VALS	FDD	18/11/2023	Valsrivier Gala
65	1:11.36	L	F	Christina Sauerman	18	SEAL	UMD	24/11/2023	Westville-Seals LC Championships
66	1:11.48	L	F	Larika Joubert	18	HMER	MP	27/01/2024	Limpopo School Champs
67	1:11.64	L	F	Kaylin Oelschig	18	BLNE	MAN	27/10/2023	Neptune Prestige Gala
68	1:11.93	L	F	Erin Braun	18	CA	EKU	28/10/2023	EGA Summer 2 2023
69	1:12.17	L	F	Juliet Miller	18	SAAW	CPT	10/02/2024	WCA-B Champs - 2024
70	1:12.69	L	F	Isabella Reynolds	18	ELEC	FSH	17/11/2023	NTS Level 3+ November Age Group
71	1:13.62	L	F	Sarah Byrne	18	LAD	UTD	24/11/2023	Westville-Seals LC Championships
72	1:14.70	L	F	Heidri De Jager	18	RHS	BP	23/02/2024	NW School Championships 2024
73	1:15.37	L	F	Keira Booth	18	HMER	MP	14/10/2023	Limpopo Top 8 - High Schools
74	1:15.44	L	F	Busisiwe Mogadima	18	SOUL	EKU	07/12/2023	EGA Summer Championships
75	1:16.25	L	F	Cayla Visser	18	TRALI	MAN	11/11/2023	Bull Sharks Gala
76	1:16.66	L	F	Lara Heleen Schilz	18	AHMP	FSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG

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	Time	P/F/S	Name	Age/Yr			
77	1:17.22 L	F	Kaylin Visser	18	TRALI MAN	27/10/2023	Neptune Prestige Gala
78	1:17.67 L	F	Anna Victor	18	UNI EZD	13/10/2023	MP AGE GROUP 2
79	1:18.06 L	P	Skylla Schroll	18	NWUC KKD	06/12/2023	NWS Championships 2023/24
80	1:18.45 L	P	Aimee Blackler	18	ESTR EKV	07/12/2023	EGA Summer Championships
81	1:19.55 L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
82	1:23.02 L	P	Lara Steenkamp	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023
83	1:24.83 L	F	Christine Keira Pagkatipunan	18	SOUL EKV	02/03/2024	AG Level 1 Regional Age Group
84	1:26.34 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024
85	1:26.53 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
86	1:29.98 L	F	Bernice Erasmus	18	HPP BUF	14/10/2023	Limpopo Top 8 - High Schools
87	1:31.85 L	F	Shirley Mlotshwa	18	ATTE TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
88	1:34.49 L	F	Mihlali Fokazi	18	CYBE CPT	21/01/2024	CTA BMEET 4
89	1:36.35 L	F	Reese Coetzee	18	SWIM1 JHB	02/03/2024	AG Level 1 Regional Age Group
90	1:40.56 L	F	Mianel Du Plooy	18	HBV MP	14/10/2023	Limpopo Top 8 - High Schools
91	1:41.69 L	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala
92	1:41.78 L	F	Limile Dingiswayo	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
93	1:51.33 L	F	Savanna Haselau	18	FISH EDD	17/02/2024	EDEN 5th A-League Gala 2024
Women 18-18 200 Free							
1	2:02.10 L	F	Callan Lötter	18	AGC TSH	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 TSH	14/12/2023	KZNA 2023 Championships Incorp SSA
4	2:10.95 L	F	Georgia Els	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
5	2:11.91 L	F	Christine Wessels	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
6	2:12.10 L	F	Genna Cloete	18	PSC TSH	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 TSH	01/07/2023	Rossini Swim Cup
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	2:17.95 L	P	Alexia Greyling	18	CA EKV	15/03/2024	SA National Junior Age Group
18	2:17.98 L	P	Jana Naude	18	STSC KCD	15/03/2024	SA National Junior Age Group
19	2:18.12 L	F	Tiara Finnis	18	INFA NMA	09/02/2024	Infinity Gala 2024
20	2:18.21 L	F	Eryn Casey	18	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
21	2:18.27 L	F	Alexandra Caldwell	18	RAV EKV	11/11/2023	EGA Summer 3
22	2:18.32 L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV SwimmingChampions
23	2:18.39 L	F	Hayley McHarg	18	WATR JHB	30/11/2023	CGA Championships 2023
24	2:18.52 L S	F	Lara De Beer	18	CA EKV	07/12/2023	EGA Summer Championships
25	2:19.13 L	P	Carike Kok	18	TUKS TSH	15/03/2024	SA National Junior Age Group
26	2:19.60 L	P	Mischa King	18	LALE CED	23/02/2024	2024 Grand Prix 2 Invitational Meet -
27	2:19.68 L	F	Nicola Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group
28	2:19.72 L	F	Ninah Wedderburn	18	INFA NMA	26/08/2023	2nd A League Gala 2023
29	2:19.96 L	F	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group
30	2:20.85 L	F	Michaela Dal Medico	18	TUKS TSH	17/11/2023	NTS Level 3+ November Age Group
31	2:21.34 L	F	Morgan Pharoah	18	TUKS TSH	16/02/2024	NTS February Open Age Group 2024
32	2:22.22 L	F	Marguerite Naude	18	WATR JHB	20/03/2024	SA Level 3 Regional Age Group
33	2:22.59 L	F	Jenny Zhang	18	HSTAN MP	27/01/2024	Limpopo School Champs
34	2:24.55 L	F	Isabella Mc Colgan	18	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023
35	2:24.78 L	F	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group
36	2:25.17 L	F	Cara Ralfe	18	TUKS TSH	23/02/2024	NTS Prestige AG February 2024
37	2:25.29 L	F	Rachel Guymer	18	RAV EKV	26/01/2024	EGA Last Chance 2024
38	2:25.37 L	P	Jemma van der Merwe	18	CSC TSH	12/12/2023	NTS Championships 2023
39	2:26.67 L	F	Jayda Collett	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group
40	2:27.88 L	F	Gemma Kirsten	18	KOVS MAN	06/12/2023	Free State Champs 2023
41	2:28.15 L	F	Alexia Delicado	18	POTC KKD	21/10/2023	NWS Age Group 1 & 2 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			
42	2:28.45	L	F	Meredith O'Tool	18	WELA LLD	18/11/2023 Valsrivier Gala
43	2:28.82	L S	F	Caitlyn Fish	18	CA EKU	07/12/2023 EGA Summer Championships
44	2:28.87	L	P	Chante Joubert	18	CRSC JHB	20/03/2024 SA Level 3 Regional Age Group
45	2:29.54	L	P	Kaela Viljoen	18	CRSC JHB	30/11/2023 CGA Championships 2023
46	2:30.91	L	F	Aqeelah Rinquest	18	MARL CPT	10/02/2024 WCA-B Champs - 2024
47	2:31.21	L	P	Danielle Heyes	18	ASAC CPT	14/12/2023 Western Cape LC-A Championship 2023
48	2:31.68	L	F	Kimberly Ingwe	18	PSC TSH	22/02/2024 18th Botswana Swimming Nationals
49	2:31.77	L	F	Demi Jacobs	18	TUKS TSH	23/02/2024 NTS Prestige AG February 2024
50	2:32.96	L	F	Josi Arnold	18	HARL BUF	24/11/2023 BCA Long Course Championships 2023
51	2:33.82	L	F	Mienke Herbst	18	SSISA CPT	11/11/2023 Winelands SL4
52	2:34.34	L	P	Anmi Esbach	18	RFA TSH	12/12/2023 NTS Championships 2023
53	2:35.16	L	F	Ashley Jansen van Vuuren	18	CSA EZD	03/11/2023 MP AGE GROUP 3 &4 NOV 2023
54	2:35.44	L S	F	Kayla De Wet	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
55	2:35.89	L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024 WCA-B Champs - 2024
56	2:37.69	L	F	Annè Sabbagha	18	PAQU CED	11/11/2023 Winelands SL4
57	2:37.78	L	F	Lucy Friedenthal	18	UNI EZD	01/12/2023 Mpumalanga Championships 2023
58	2:37.91	L	F	Petro Marié Fourie	18	FISH EDD	20/01/2024 EDEN 4th A-League Gala 2024
59	2:38.31	L	P	Mareen van der Merwe	18	RFA TSH	20/03/2024 SA Level 3 Regional Age Group
60	2:39.11	L	F	Anje Van Papendorp	18	TUKS TSH	20/10/2023 NTS Level 3+ October Age Group 2023
61	2:39.71	L	F	Sara Daniels	18	BLMA CPT	20/01/2024 CTA A MEET 4
62	2:40.26	L	F	Annette Greyling	18	CRSC JHB	20/01/2024 CGA Level 2+ Gala 20 Jan 2024
63	2:40.88	L	P	Emma Lauf	18	MDOL JHB	30/11/2023 CGA Championships 2023
64	2:42.18	L	F	Rebekah Fleischer	18	WSTV ETH	24/11/2023 Westville-Seals LC Championships
65	2:43.32	L	F	Christina Sauerman	18	SEAL UMD	24/11/2023 Westville-Seals LC Championships
66	2:45.69	L	F	Larika Joubert	18	HMER MP	27/01/2024 Limpopo School Champs
67	2:48.00	L	F	Erin Anders	18	MARL CPT	24/06/2023 PEA Winter Gala 2023
68	2:48.35	L	F	Nina Pretorius	18	CSC TSH	22/09/2023 NTS Level 3+ September Age Group
69	2:51.46	L	F	Kaylin Visser	18	TRALI MAN	27/10/2023 Neptune Prestige Gala
70	2:51.85	L	F	Erin Braun	18	CA EKU	17/02/2024 CGA Level 2+ Gala 17 Feb 2024
71	2:52.40	L	F	Charlize De Villiers	18	PRKA PSD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
72	2:53.49	L	F	Cayla Visser	18	TRALI MAN	06/12/2023 Free State Champs 2023
73	2:54.48	L	F	Heidri De Jager	18	RHS BP	23/02/2024 NW School Championships 2024
74	2:54.87	L	F	Annika Serfontein	18	VALS FDD	06/12/2023 Free State Champs 2023
75	2:55.12	L S	F	Busisiwe Mogadima	18	SOUL EKU	24/03/2024 SA Level 2 Regional Age Group Champs
76	2:56.13	L S	P	Aimee Blackler	18	ESTR EKU	07/12/2023 EGA Summer Championships
77	2:56.61	L	F	Sarah Byrne	18	LAD UTD	09/12/2023 Uthukela District Age group Gala
78	3:00.44	L	F	Lara Steenkamp	18	UNI EZD	29/09/2023 MP AGE GROUP 1 29.09.2023 -
79	3:01.16	L	F	Skylla Schroll	18	NWUC KKD	06/12/2023 NWS Championships 2023/24
80	3:09.41	L	F	Christine Keira Pagkatipunan	18	SOUL EKU	11/11/2023 EGA Summer 3
81	3:16.21	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
82	3:36.39	L	F	Mihlali Fokazi	18	CYBE CPT	21/01/2024 CTA BMEET 4
83	3:42.38	L	F	Shirley Mlotshwa	18	ATTE TSH	02/03/2024 AG Level 1 Regional Age Group
84	4:07.37	L	F	Tatum Cooper	18	HURA CPT	11/11/2023 Swartland Prestige Gala 2023
85	4:44.04	L S	F	Savanna Haselau	18	FISH EDD	05/10/2023 42nd Freda Barnard Invitational Gala
Women 18-18 400 Free							
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	4:48.04	L	F	Kirsten Storm	18	SMTC JHB	15/03/2024 SA National Junior Age Group
5	4:48.29	L	F	Mischa King	18	LALE CED	23/02/2024 2024 Grand Prix 2 Invitational Meet -
6	4:48.56	L	F	Jana Naude	18	STSC KCD	15/03/2024 SA National Junior Age Group
7	4:52.17	L	F	Alexandra Caldwell	18	RAV EKU	28/10/2023 EGA Summer 2 2023
8	4:53.12	L	F	Tiara Finnis	18	INFA NMA	15/12/2023 NMBA Championships 2023
9*	4:55.46	L	F	Teegan Pio	18	RSA	03/05/2023 CANA Zone IV Swimming Champions
9*	4:55.46	L	P	Rachel Smith	18	RSA	18/10/2023 BRICS Games Swimming 2023-KZN
11	4:56.00	L	F	Miche Johns	18	BLSS MAN	21/03/2024 SA Level 3 Regional Age Group
12	4:58.01	L	F	Lara De Beer	18	CA EKU	28/10/2023 EGA Summer 2 2023
13	5:00.14	L	F	Carike Kok	18	TUKS TSH	16/02/2024 NTS February Open Age Group 2024
14	5:00.40	L	F	Genna Cloete	18	PSC TSH	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			
15	5:04.93 L	F	Jenny Zhang	18	LP CCD	19/04/2024	SA Schools Swimming Championship
16	5:11.13 L	F	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group
17	5:17.87 L	F	Chante Joubert	18	CRSC JHB	12/01/2024	2024 Grand Prix Invitation Swimming
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 Incorp 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	5:33.31 L S	F	Aqeelah Rinquest	18	MARL CPT	05/10/2023	42nd Freda Barnard Invitational Gala
25	5:36.95 L	F	Mareen van der Merwe	18	RFA TSH	22/09/2023	NTS Level 3+ September Age Group
26	5:40.28 L S	F	Petro Marié Fourie	18	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
27	5:50.47 L	F	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
28	6:09.44 L	F	Cayla Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023
29	6:44.00 L	F	Lara Steenkamp	18	UNI EZD	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023
30	7:00.12 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
31	8:52.28 L	F	Tatum Cooper	18	HURA CPT	11/11/2023	Swartland Prestige Gala 2023
Women 18-18 800 Free							
1	8:55.87 L	F	Callan Lötter	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	9:56.27 L	F	Mischa King	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
3	9:57.52 L	F	Jana Naude	18	STSC KCD	15/03/2024	SA National Junior Age Group
4	10:01.78 L	F	Alexandra Caldwell	18	RAV EKU	11/11/2023	EGA Summer 3
5	10:05.31 L	F	Tiara Finnis	18	INFA NMA	15/12/2023	NMBA Championships 2023
6	10:06.40 L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV Swimming Champions
7	10:20.75 L	F	Miche Johns	18	BLSS MAN	27/10/2023	Neptune Prestige Gala
8	10:20.90 L	F	Rachel Smith	18	MDOL JHB	30/11/2023	CGA Championships 2023
9	10:23.20 L	F	Carike Kok	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
10	10:55.91 L	F	Yedidah Theron	18	ROA EDD	09/02/2024	Infinity Gala 2024
11	11:11.60 L	F	Meredith O'Tool	18	WELA LLD	27/10/2023	Neptune Prestige Gala
12	11:17.46 L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023
13	11:19.44 L	F	Chante Joubert	18	CRSC JHB	30/11/2023	CGA Championships 2023
14	13:29.42 L	F	Lara Steenkamp	18	UNI EZD	29/09/2023	MP AGE GROUP 1 29.09.2023 -
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
Women 18-18 1500 Free							
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
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	19:21.47 L	O	Tiara Finnis	18	ECA BUF	08/03/2024	SA National OWS Championship
6	19:39.19 L	F	Rachel Smith	18	MDOL JHB	30/11/2023	CGA Championships 2023
7	21:39.16 L	F	Yedidah Theron	18	ROA EDD	18/11/2023	Eden LC Champs 2023
8	21:45.29 L	F	Chante Joubert	18	CRSC JHB	30/11/2023	CGA Championships 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 EKU	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	34:10.88 L	O	Lara Steenkamp	18	UNI EZD	04/02/2024	MPUMALANGA OPEN WATER 4 - 4
16	37:54.00 L	O	Reese Coetzee	18	SWIM1 JHB	20/01/2024	Prime View Swim Festival #3
Women 18-18 3000 Free							
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	43:10.00 L	O	Chante Joubert	18	CRSC JHB	21/10/2023	AG Open Water Series #1
5	45:05.00 L	O	Carike Kok	18	TUKS TSH	20/01/2024	Prime View Swim Festival #3
6	45:07.25 L	O	Lucy Friedenthal	18	MP EZD	08/03/2024	SA National OWS 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				
7	45:12.39 L	O	Nirvana Borrageiro	18	KZNA ETH	08/03/2024	SA National OWS Championship	
8	46:08.00 L	O	Danielle Heyes	18	ASAC CPT	15/10/2023	EC Swim Series OWS 1 2023	
9	47:49.22 L	O	Gemma Kirsten	18	FSA FS	08/03/2024	SA National OWS Championship	
10	49:00.00 L	O	Ashley Jansen van Vuuren	18	CSA EZD	05/11/2023	MP Open Water 2 - 5th November 2023	
11	1:08:42.28 L	O	Lara Steenkamp	18	UNI EZD	04/02/2024	MPUMALANGA OPEN WATER 4 - 4	
Women 18-18 5000 Free								
1	1:03:59.99 L	O	Callan Lötter	18	HREF BP	08/03/2024	SA National OWS Championship	
2	1:06:48.00 L	O	Corne van Schalkwyk	18	AA JHB	20/01/2024	Prime View Swim Festival #3	
3	1:09:56.27 L	O	Keila Manthe	18	HREF BP	08/03/2024	SA National OWS Championship	
4	1:10:07.00 L	O	Tiara Finnis	18	ECA BUF	08/12/2023	2023 SA OWS Champ Trials -PE	
5	1:11:50.52 L	O	Miche Johns	18	FSA FS	08/03/2024	SA National OWS Championship	
6	1:15:01.00 L	O	Amber Olsen	18	TUKS TSH	08/12/2023	2023 SA OWS Champ Trials -PE	
Women 18-18 7500 Free								
1	1:53:29.00 L	O	Tiara Finnis	18	INFA NMA	05/11/2023	EC Swim Series OWS 2 2023	
Women 18-18 10000 Free								
1	2:07:54.09 L	O	Callan Lötter	18	HREF BP	08/03/2024	SA National OWS Championship	
Women 18-18 50 Back								
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 EKU	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 Incorpor 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	33.82 L	F	Caitlyn Fish	18	CA EKU	07/12/2023	EGA Summer Championships	
16	33.84 L	P	Saira Ramajan	18	HRE MS	24/06/2023	PEA Winter Gala 2023	
17	33.96 L	F	Genna Cloete	18	PSC TSH	12/12/2023	NTS Championships 2023	
18	33.98 L	P	Mkhusele Mahobele	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
19	34.00 L	F	Demi Jacobs	18	TUKS TSH	17/11/2023	NTS Level 3+ November Age Group	
20	34.08 L	F	Jenny Zhang	18	ACAQ CCD	01/12/2023	Limpopo Champs	
21	34.20 L	P	Kirsten Storm	18	SMTK JHB	15/03/2024	SA National Junior Age Group	
22	34.24 L	P	Jana Naude	18	KZNA ETH	19/04/2024	SA Schools Swimming Championship	
23	34.27 L	F	Gemma Kirsten	18	KOVS MAN	26/08/2023	kovsie Sprint Gala	
24	34.53 L	P	Rachel Guymmer	18	RAV EKU	07/12/2023	EGA Summer Championships	
25	34.64 L	F	Mareen van der Merwe	18	RFA TSH	30/11/2023	CGA Championships 2023	
26	34.66 L	F	Petro Marié Fourie	18	FISH EDD	10/02/2024	WCA-B Champs - 2024	
27	34.70 L	F	Tiara Finnis	18	INFA NMA	15/12/2023	NMBA Championships 2023	
28	34.75 L	P	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group	
29	35.30 L	F	Jayda Collett	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group	
30	35.37 L	P	Marguerite Naude	18	WATR JHB	30/11/2023	CGA Championships 2023	
31	35.59 L	F	Kayci Petzer	18	PEAS NMA	01/10/2023	Curro AquaElite Gala	
32	35.66 L	F	Carmia Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group	
33	35.90 L	P	Anmi Esbach	18	RFA TSH	12/12/2023	NTS Championships 2023	
34	35.96 L	F	Olivia Ralfe	18	UPC EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21	
35	36.30 L	F	Cara Smook	18	BLOT MAN	27/10/2023	Neptune Prestige Gala	
36	36.48 L	P	Danielle Heyes	18	ASAC CPT	14/12/2023	Western Cape LC-A Championship 2023	
37	36.49 L	F	Annette Greyling	18	CRSC JHB	20/01/2024	CGA Level 2+ Gala 20 Jan 2024	
38	36.55 L	P	Lucy Friedenthal	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023	
39	36.84 L	P	Chante Joubert	18	CRSC JHB	20/03/2024	SA Level 3 Regional Age Group	
40	37.10 L	F	Meredith O'Tool	18	WELA LLD	03/11/2023	Heidedal Welkom Gala	
41	37.11 L	F	Shaina Adriaan	18	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				
42	37.20 L	F	Nicola Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group	
43	37.24 L	F	Annika Serfontein	18	VALS FDD	06/12/2023	Free State Champs 2023	
44	37.35 L	F	Emma Lauf	18	MDOL JHB	30/11/2023	CGA Championships 2023	
45	37.42 L	F	Erin Braun	18	CA ECU	24/03/2024	SA Level 2 Regional Age Group Champs	
46	37.61 L	P	Anje Van Papendorp	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group	
47	37.83 L	F	Isabella Reynolds	18	ELEC TSH	20/10/2023	NTS Level 3+ October Age Group 2023	
48	37.87 L	F	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023	Mpumalanga Championships 2023	
49	38.19 L	F	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group	
50	38.31 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023	
51	38.74 L	F	Kaylin Oelschig	18	BLNE MAN	15/09/2023	Bull Sharks Annual Gala	
52	38.76 L	F	Adelia Schonken	18	HMER MP	27/01/2024	Limpopo School Champs	
53	38.80 L	F	Lara Heleen Schilz	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG	
54	38.86 L	F	Melindie Van Rensburg	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21	
55	38.92 L	P	Aimee Blackler	18	ESTR ECU	07/12/2023	EGA Summer Championships	
56	39.09 L	F	Juliet Miller	18	SAAW CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet	
57	39.64 L	F	Lara Steenkamp	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023	
58	39.71 L	F	Cayla Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023	
59	40.25 L	F	Tharien Venter	18	BLUO UGD	05/04/2024	SA Level 2 Regional Age Group Champs	
60	41.36 L	P	Busisiwe Mogadima	18	SOUL ECU	07/12/2023	EGA Summer Championships	
61	41.44 L	F	Charlize De Villiers	18	PRKA PSD	14/10/2023	FLAMINGO GALA 14 - 15 OCTOBER	
62	42.99 L	F	Christine Keira Pagkatipunan	18	SOUL ECU	02/03/2024	AG Level 1 Regional Age Group	
63	43.46 L	F	Anna Victor	18	UPC EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21	
64	43.90 L	F	Tessa Van Heyningen	18	HBV MP	14/10/2023	Limpopo Top 8 - High Schools	
65	44.35 L	F	Demi Plath	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21	
66	50.12 L	F	Johane Fourie	18	UPSK ZMD	20/01/2024	AGE GROUP 5 UPT 2024	
67	51.60 L	F	Kate Grobler	18	BEARS TSH	19/01/2024	NTS Level 1+2 January Age Group 2024	
68	53.87 L S	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala	
69	54.29 L	F	Shamilah Fonesca	18	GRIF	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023	
70	54.36 L	F	Katje Kamfer	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG	
71	55.71 L	F	Reese Coetzee	18	SWIM1 JHB	02/03/2024	AG Level 1 Regional Age Group	
72	1:01.08 L	F	Jamie Openshaw	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024	
73	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 GED	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 ECU	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	
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	1:16.02 L	F	Caitlyn Fish	18	CA ECU	11/11/2023	EGA Summer 3	
24	1:16.08 L	P	Saira Ramajan	18	HRE MS	24/06/2023	PEA Winter Gala 2023	
25	1:16.12 L	F	Mareen van der Merwe	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group	
26	1:16.30 L	F	Gemma Kirsten	18	KOV5 MAN	15/09/2023	Bull Sharks Annual 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			
27	1:17.44	L	F	Tiara Finnis	18	INFA NMA	09/02/2024 Infinity Gala 2024
28	1:17.51	L	F	Meredith O'Tool	18	WELA LLD	16/02/2024 Neptunes Last chance Gala
29	1:18.94	L	F	Anmi Esbach	18	RFA FSH	23/06/2023 Treviso Swim Cup
30	1:18.98	L	F	Kayci Petzer	18	PEAS NMA	01/10/2023 Curro AquaElite Gala
31	1:19.50	L	F	Annette Greyling	18	CRSC JHB	20/01/2024 CGA Level 2+ Gala 20 Jan 2024
32	1:19.60	L	P	Jayda Collett	18	TUKS FSH	20/03/2024 SA Level 3 Regional Age Group
33	1:19.68	L	P	Chante Joubert	18	CRSC JHB	20/03/2024 SA Level 3 Regional Age Group
34	1:19.70	L	P	Marguerite Naude	18	WATR JHB	20/03/2024 SA Level 3 Regional Age Group
35	1:21.08	L	F	Cara Smook	18	BLOT MAN	27/10/2023 Neptune Prestige Gala
36	1:22.21	L	F	Erin Braun	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
37	1:22.82	L	F	Shaina Adriaan	18	TYGE CPT	24/11/2023 CTA A & B CHAMPS 2023
38	1:22.97	L	F	Lucy Friedenthal	18	UNI EZD	16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17
39	1:23.12	L	P	Anje Van Papendorp	18	TUKS FSH	12/12/2023 NTS Championships 2023
40	1:23.44	L	F	Tharien Venter	18	BLUO UGD	05/04/2024 SA Level 2 Regional Age Group Champs
41	1:23.49	L	F	Ashley Jansen van Vuuren	18	CSA EZD	16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17
42	1:23.50	L	F	Yedidah Theron	18	ROA EDD	09/02/2024 Infinity Gala 2024
43	1:23.79	L	F	Sara Daniels	18	BLMA CPT	20/01/2024 CTA A MEET 4
44	1:24.14	L	F	Juliet Miller	18	SAAW CPT	18/11/2023 CTA QUALIFYING MEET 2
45	1:25.92	L	F	Lara Heleen Schilz	18	AHMP FSH	29/09/2023 2023 OR Tambo Trials & NTS Oct AG
46	1:26.73	L	F	Cayla Visser	18	TRALI MAN	27/10/2023 Neptune Prestige Gala
47	1:27.37	L	F	Kaylin Oelschig	18	BLNE MAN	26/08/2023 kovsie Sprint Gala
48	1:29.72	L	F	Lara Steenkamp	18	UNI EZD	23/09/2023 MP SPRINT GALA 23 SEPTEMBER
49	1:29.97	L	F	Aqeelah Rinquest	18	MARL CPT	03/02/2024 CTA BRIAN BUTTON Qualifying Meet
50	1:32.39	L	F	Charlize De Villiers	18	PRKA PSD	11/11/2023 AGE GROUP 1 UPT
51	1:37.00	L	F	Tessa Van Heyningen	18	HBV MP	14/10/2023 Limpopo Top 8 - High Schools
52	1:41.42	L	F	Christine Keira Pagkatipunan	18	SOUL EKU	11/11/2023 EGA Summer 3
53	1:53.26	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
54	1:53.66	L	F	Mihlali Fokazi	18	CYBE CPT	21/01/2024 CTA BMEET 4
55	2:05.84	L	F	Tatum Cooper	18	HURA CPT	05/10/2023 42nd Freda Barnard Invitational Gala
56	2:16.98	L	F	Savanna Haselau	18	FISH EDD	18/11/2023 Eden LC Champs 2023
Women 18-18 200 Back							
1	2:27.71	L	P	Scarlett Nichol	18	AGC FSH	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 FSH	26/01/2024 NTS Level 3+ Januery Age Group 2024
4	2:31.22	L	F	Christine Wessels	18	TUKS FSH	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	2:43.93	L	P	Caitlyn Fish	18	CA EKU	07/12/2023 EGA Summer Championships
17	2:44.70	L	F	Jana Naude	18	STSC KCD	21/10/2023 Froggies Championships 2023
18	2:48.42	L	F	Mareen van der Merwe	18	RFA FSH	20/03/2024 SA Level 3 Regional Age Group
19	2:48.85	L	F	Meredith O'Tool	18	WELA LLD	18/11/2023 Valsrivier Gala
20*	2:51.71	L	F	Jayda Collett	18	TUKS FSH	20/10/2023 NTS Level 3+ October Age Group 2023
20*	2:51.71	L	F	Chante Joubert	18	CRSC JHB	20/03/2024 SA Level 3 Regional Age Group
22	2:52.07	L	F	Anmi Esbach	18	RFA FSH	01/07/2023 Rossini Swim Cup
23	2:53.48	L	P	Yedidah Theron	18	ROA EDD	21/03/2024 SA Level 3 Regional Age Group
24	2:55.48	L	P	Marguerite Naude	18	WATR JHB	20/03/2024 SA Level 3 Regional Age Group
25	2:55.76	L	F	Kayla De Wet	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
26	2:56.38	L	F	Ashley Jansen van Vuuren	18	CSA EZD	03/11/2023 MP AGE GROUP 3 3&4 NOV 2023
27	2:56.53	L	F	Petro Marié Fourie	18	FISH EDD	21/10/2023 EDEN 2nd A-League Gala 2023
28	3:01.55	L	F	Tharien Venter	18	BLUO UGD	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			
29	3:15.73 L	F	Lara Steenkamp	18	UNI EZD	01/12/2023	Mpumalanga Championships 2023
30	3:53.69 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
31	4:37.72 L	F	Tatum Cooper	18	HURA CPT	11/11/2023	Swartland Prestige Gala 2023
Women 18-18 50 Breast							
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	34.42 L	P	Isabella Mc Colgan	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
7	34.62 L	F	Carmia Hartman	18	RFA TSH	17/11/2023	NTS Level 3+ November Age Group
8	34.66 L	F	Kirsten Storm	18	SMTC JHB	15/03/2024	SA National Junior Age Group
9	34.73 L	F	Michaela Dal Medico	18	TUKS TSH	15/03/2024	SA National Junior Age Group
10	35.64 L	P	Alexia Greyling	18	CA ECU	15/03/2024	SA National Junior Age Group
11	35.97 L	F	Ninah Wedderburn	18	INFA NMA	26/08/2023	2nd A League Gala 2023
12	36.40 L	P	Morgan Pharoah	18	TUKS TSH	15/03/2024	SA National Junior Age Group
13	36.44 L	P	Lara De Beer	18	CA ECU	15/03/2024	SA National Junior Age Group
14	36.52 L	F	Olivia Kruger	18	ELEC TSH	17/11/2023	NTS Level 3+ November Age Group
15	36.53 L	P	Utah Novello	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
16	36.83 L	F	Annè Sabbagha	18	PAQU CED	03/02/2024	Winelands SL final
17	37.14 L	F	Hayley McHarg	18	WATR JHB	30/11/2023	CGA Championships 2023
18	37.64 L	F	Lucy Friedenthal	18	UNI EZD	20/03/2024	SA Level 3 Regional Age Group
19	37.78 L	F	Jenny Zhang	18	ACAQ CCD	01/12/2023	Limpopo Champs
20	37.81 L	P	Carike Kok	18	TUKS TSH	15/03/2024	SA National Junior Age Group
21	37.83 L	P	Isabella Reynolds	18	ELEC TSH	12/12/2023	NTS Championships 2023
22	37.88 L	F	Sara Daniels	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023
23	38.12 L	P	Danielle Heyes	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
24	38.14 L	F	Saira Ramajan	18	HRE MS	14/12/2023	KZNA 2023 Championships Incorp SSA
25	38.60 L	F	Mienke Herbst	18	SSISA CPT	14/12/2023	Western Cape LC-A Championship 2023
26	38.70 L S	F	Rachel Guymer	18	RAV ECU	07/12/2023	EGA Summer Championships
27	38.96 L	F	Charlize De Villiers	18	PRKA PSD	21/03/2024	SA Level 3 Regional Age Group
28	39.15 L	F	Genna Cloete	18	PSC TSH	17/11/2023	NTS Level 3+ November Age Group
29	39.30 L	F	Jane Lewis	18	PEAS NMA	01/10/2023	Curro AquaElite Gala
30	39.42 L	F	Rebekah Fleischer	18	WSTV ETH	24/11/2023	Westville-Seals LC Championships
31	39.56 L	F	Anje Van Papendorp	18	TUKS TSH	20/03/2024	SA Level 3 Regional Age Group
32	39.88 L	P	Aqeelah Rinquest	18	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
33	40.13 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024
34	40.24 L	F	Symone Steyn	18	TLAC BPD	21/10/2023	NWS Age Group 1 & 2 2023
35	40.54 L	F	Meredith O'Tool	18	WELA LLD	27/10/2023	Neptune Prestige Gala
36	40.66 L	F	Erin Braun	18	CA ECU	24/03/2024	SA Level 2 Regional Age Group Champs
37	40.79 L	F	Kaylin Oelschig	18	BLNE MAN	26/08/2023	kovsie Sprint Gala
38	40.81 L	F	Petro Marié Fourie	18	FISH EDD	10/02/2024	WCA-B Champs - 2024
39	41.34 L	F	Kaylin Visser	18	TRALI MAN	11/11/2023	Bull Sharks Gala
40	41.94 L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024	NW School Championships 2024
41	42.09 L	F	Ashley Jansen van Vuuren	18	CSA EZD	23/09/2023	MP SPRINT GALA 23 SEPTEMBER
42	42.26 L	F	Cara Smook	18	BLOT MAN	27/10/2023	Neptune Prestige Gala
43	42.88 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024
44	43.05 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023
45	43.14 L	F	Nicole Schoeman	18	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
46	43.31 L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
47	43.40 L	F	Skylla Schroll	18	NWUC KKD	06/12/2023	NWS Championships 2023/24
48	43.59 L	F	Juliet Miller	18	SAAW CPT	10/02/2024	WCA-B Champs - 2024
49	43.89 L S	P	Aimee Blackler	18	ESTR ECU	07/12/2023	EGA Summer Championships
50	44.05 L	F	Yedidah Theron	18	ROA EDD	05/10/2023	42nd Freda Barnard Invitational Gala
51	44.72 L	F	Annika Serfontein	18	VALS FDD	26/03/2024	SA Level 2 Regional Age Group Champs
52	44.79 L	F	Keira Booth	18	HMER MP	27/01/2024	Limpopo School Champs
53	45.01 L	P	Busisiwe Mogadima	18	SOUL ECU	24/03/2024	SA Level 2 Regional Age Group Champs
54	45.32 L	F	Christina Sauerma	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
55	46.45 L	F	Amori de Bruyn	18	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			
56	46.82 L	F	Mareen van der Merwe	18	RFA TSH	20/10/2023	NTS Level 3+ October Age Group 2023
57	47.35 L	F	Adelia Schonken	18	HMER MP	27/01/2024	Limpopo School Champs
58	47.93 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim
59	48.13 L	F	Mieke Van Wyngaardt	18	HSTAN MP	14/10/2023	Limpopo Top 8 - High Schools
60	48.78 L	F	Heidri De Jager	18	RHS BP	23/02/2024	NW School Championships 2024
61	49.38 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024
62	49.78 L	F	Xandri Botha	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
63	50.70 L	F	Sarah Byrne	18	LAD UTD	18/11/2023	Uthukela District Age Group Gala
64	50.83 L	F	Amelie Coetzee	18	HPP BUF	14/10/2023	Limpopo Top 8 - High Schools
65	51.52 L	F	Christine Keira Pagkatipunan	18	SOUL ECU	02/03/2024	AG Level 1 Regional Age Group
66	52.21 L	F	Johane Fourie	18	UPSK ZMD	20/01/2024	AGE GROUP 5 UPT 2024
67	54.88 L	F	Katje Kamfer	18	AHMP TSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
68	58.34 L	F	Kate Grobler	18	BEARS TSH	19/01/2024	NTS Level 1+2 January Age Group 2024
69	1:01.89 L	F	Savanna Haselau	18	FISH EDD	18/11/2023	Eden LC Champs 2023
70	1:11.40 L	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala
71	1:17.57 L	F	Jamie Openshaw	18	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
Women 18-18 100 Breast							
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	1:14.78 L S	F	Isabella Mc Colgan	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
6	1:15.58 L	P	Alexia Greyling	18	CA ECU	15/03/2024	SA National Junior Age Group
7	1:16.62 L	F	Kirsten Storm	18	SMTG JHB	15/03/2024	SA National Junior Age Group
8	1:16.67 L	F	Michaela Dal Medico	18	TUKS TSH	15/03/2024	SA National Junior Age Group
9	1:17.30 L	F	Cara Ralfe	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
10	1:17.32 L	F	Carmia Hartman	18	RFA TSH	01/07/2023	Rossini Swim Cup
11	1:18.44 L	F	Lara De Beer	18	CA ECU	07/12/2023	EGA Summer Championships
12	1:19.43 L	F	Morgan Pharoah	18	TUKS TSH	16/02/2024	NTS February Open Age Group 2024
13	1:20.04 L	F	Carike Kok	18	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
14	1:21.13 L	F	Ninah Wedderburn	18	INFA NMA	21/10/2023	4th A League Gala 2023
15	1:22.13 L S	F	Demi Jacobs	18	TUKS TSH	12/12/2023	NTS Championships 2023
16	1:22.15 L	F	Utah Novello	18	CLSC WCD	14/12/2023	Western Cape LC-A Championship 2023
17	1:23.24 L	F	Annè Sabbagha	18	PAQU CED	14/12/2023	Western Cape LC-A Championship 2023
18	1:23.80 L	F	Emma Lauf	18	MDOL JHB	30/11/2023	CGA Championships 2023
19	1:23.82 L S	P	Hayley McHarg	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
20	1:24.08 L	F	Mienke Herbst	18	SSISA CPT	14/12/2023	Western Cape LC-A Championship 2023
21	1:25.39 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024
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	P	Anje Van Papendorp	18	TUKS TSH	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
30	1:28.21 L	F	Aqeelah Rinquest	18	MARL CPT	10/02/2024	WCA-B Champs - 2024
31	1:29.33 L	F	Rebekah Fleischer	18	PEAS NMA	01/10/2023	Curro AquaElite Gala
32	1:29.91 L	F	Jemma van der Merwe	18	CSC TSH	26/01/2024	NTS Level 3+ January Age Group 2024
33	1:30.09 L	F	Kaylin Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023
34	1:32.14 L	F	Petro Marié Fourie	18	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024
35	1:33.21 L	F	Kaylin Oelschig	18	BLNE MAN	27/10/2023	Neptune Prestige Gala
36	1:34.91 L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024	WCA-B Champs - 2024
37	1:35.06 L	F	Aimee Blackler	18	ESTR ECU	07/12/2023	EGA Summer Championships
38	1:35.63 L	F	Ashley Jansen van Vuuren	18	CSA EZD	16/02/2024	MP SA SCHOOLS TRIALS AG6 16-17
39	1:36.88 L	F	Yedidah Theron	18	ROA EDD	09/02/2024	Infinity Gala 2024
40	1:36.97 L	F	Juliet Miller	18	SAAW CPT	17/02/2024	Swartland Invitational Gala 2024
41	1:37.31 L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024	NW School Championships 2024
42	1:37.61 L	P	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 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			
43	1:38.39 L	F	Skyla Schroll	18	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
44	1:38.75 L	F	Keira Booth	18	HMER MP	27/01/2024	Limpopo School Champs
45	1:38.84 L	F	Nicole Schoeman	18	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
46	1:39.50 L	P	Busisiwe Mogadima	18	SOUL EKV	24/03/2024	SA Level 2 Regional Age Group Champs
47	1:40.37 L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
48	1:40.77 L	F	Anna Victor	18	UNI EZD	13/10/2023	MP AGE GROUP 2
49	1:45.86 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024
50	1:46.65 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim
51	1:51.56 L	F	Sarah Byrne	18	LAD UTD	21/10/2023	Uthukela District Age Group Gala
52	1:55.14 L	F	Amelie Coetzee	18	HPP BUF	14/10/2023	Limpopo Top 8 - High Schools
53	1:56.61 L	F	Mieke Van Wyngaardt	18	HSTAN MP	14/10/2023	Limpopo Top 8 - High Schools
54	1:57.89 L	F	Christine Keira Pagkatipunan	18	SOUL EKV	28/10/2023	EGA Summer 2 2023
55	2:01.54 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
56	2:20.00 L	F	Savanna Haselau	18	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024
57	2:31.18 L S	F	Tatum Cooper	18	HURA CPT	05/10/2023	42nd Freda Barnard Invitational Gala
Women 18-18 200 Breast							
1	2:34.18 L	F	Georgia Els	18	AGC TSH	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	2:39.76 L	F	Isabella Mc Colgan	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	2:42.87 L S	F	Alexia Greyling	18	CA EKV	15/03/2024	SA National Junior Age Group
5	2:44.58 L S	F	Michaela Dal Medico	18	TUKS TSH	15/03/2024	SA National Junior Age Group
6	2:46.32 L S	F	Morgan Pharoah	18	TUKS TSH	15/03/2024	SA National Junior Age Group
7	2:46.54 L	P	Kirsten Storm	18	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
8	2:48.33 L	F	Lara De Beer	18	CA EKV	07/12/2023	EGA Summer Championships
9	2:48.72 L	P	Nicola Hartman	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
10	2:49.18 L	F	Carmia Hartman	18	RFA TSH	23/06/2023	Treviso Swim Cup
11	2:52.19 L S	P	Cara Ralfe	18	TUKS TSH	15/03/2024	SA National Junior Age Group
12	2:53.70 L	F	Carike Kok	18	TUKS TSH	26/01/2024	NTS Level 3+ Januery Age Group 2024
13	2:56.42 L S	P	Demi Jacobs	18	TUKS TSH	15/03/2024	SA National Junior Age Group
14	3:00.92 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024
15	3:02.27 L	F	Mienke Herbst	18	SSISA CPT	14/12/2023	Western Cape LC-A Championship 2023
16	3:02.76 L	F	Annè Sabbagha	18	PAQU CED	21/03/2024	SA Level 3 Regional Age Group
17	3:03.22 L	P	Utah Novello	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
18	3:04.27 L	P	Saira Ramajan	18	HRE MS	14/12/2023	KZNA 2023 Championships Incorp SSA
19	3:04.47 L	F	Anje Van Papendorp	18	TUKS TSH	12/12/2023	NTS Championships 2023
20	3:07.97 L	F	Charlize De Villiers	18	PRKA PSD	21/03/2024	SA Level 3 Regional Age Group
21	3:08.05 L	F	Isabella Reynolds	18	ELEC TSH	23/06/2023	Treviso Swim Cup
22	3:13.68 L	F	Aqeelah Rinquest	18	MARL CPT	10/02/2024	WCA-B Champs - 2024
23	3:18.23 L S	F	Kaylin Visser	18	TRALI MAN	06/12/2023	Free State Champs 2023
24	3:18.88 L	F	Petro Marié Fourie	18	FISH EDD	10/02/2024	WCA-B Champs - 2024
25	3:28.14 L	P	Aimee Blackler	18	ESTR EKV	07/12/2023	EGA Summer Championships
26	3:30.00 L	F	Yedidah Theron	18	ROA EDD	04/11/2023	EDEN 3rd A-League School Trials Gala
27	3:30.79 L S	F	Skyla Schroll	18	NWUC KKD	06/12/2023	NWS Championships 2023/24
28	3:31.00 L	F	Ashley Jansen van Vuuren	18	CSA EZD	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023
29	3:31.81 L	F	Tumé van Niekerk	18	PGIM KK	23/02/2024	NW School Championships 2024
30	3:31.93 L	F	Erin Anders	18	MARL CPT	24/06/2023	PEA Winter Gala 2023
31	3:39.89 L	F	Christina Sauerman	18	SEAL UMD	24/11/2023	Westville-Seals LC Championships
32	3:43.84 L	F	Busisiwe Mogadima	18	SOUL EKV	24/03/2024	SA Level 2 Regional Age Group Champs
33	3:48.03 L	F	Mari Kemp	18	SWAR WCD	17/02/2024	Swartland Invitational Gala 2024
34	4:01.16 L	F	Shirley Mlotshwa	18	WATR JHB	26/07/2023	Giochi Del Tricolore Swim
35	4:29.45 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
Women 18-18 50 Fly							
1	28.33 L	F	Georgia Els	18	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	28.44 L	F	Christine Wessels	18	TUKS TSH	14/12/2023	KZNA 2023 Championships Incorp SSA
3	29.30 L	F	Olivia Kruger	18	ELEC TSH	01/07/2023	Rossini Swim Cup
4	29.39 L	F	Rachel Groepes	18	TUKS TSH	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

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			
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 TSH	14/12/2023 KZNA 2023 Championships Incorp SSA
11	29.85	L	F	Carmia Hartman	18	RFA TSH	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	30.66	L	P	Genna Cloete	18	AGC TSH	08/04/2024 SA National Aquatic Champ 2024-PE
17	30.69	L	F	Jodi Dos Santos	18	PSC TSH	23/06/2023 Treviso Swim Cup
18	30.78	L	F	Nirvana Borrageiro	18	AZON ETH	14/12/2023 KZNA 2023 Championships Incorp SSA
19	30.81	L	P	Michaela Dal Medico	18	TUKS TSH	15/03/2024 SA National Junior Age Group
20	30.86	L	F	Kimberly Ingwe	18	RAV EKU	07/12/2023 EGA Summer Championships
21	31.01	L	P	Danielle Heyes	18	WCA CPT	08/04/2024 SA National Aquatic Champ 2024-PE
22	31.24	L	F	Miche Johns	18	BLSS MAN	16/02/2024 Neptunes Last chance Gala
23	31.31	L	F	Marguerite Naude	18	WATR JHB	20/03/2024 SA Level 3 Regional Age Group
24	31.32	L	P	Payton Brink	18	VINE CPT	14/12/2023 Western Cape LC-A Championship 2023
25	31.34	L	F	Rachel Smith	18	MDOL JHB	30/11/2023 CGA Championships 2023
26	31.50	L	P	Mkhuseli Mahobele	18	WCA CPT	08/04/2024 SA National Aquatic Champ 2024-PE
27	31.54	L	F	Lara De Beer	18	CA EKU	07/12/2023 EGA Summer Championships
28	31.65	L	P	Isabella Mc Colgan	18	AGC TSH	08/04/2024 SA National Aquatic Champ 2024-PE
29	31.68	L	F	Jana Naude	18	STSC KCD	27/01/2024 Ushaka Champs 2024
30*	31.70	L	P	Mikaela Goelst	18	SEAL UMD	15/03/2024 SA National Junior Age Group
30*	31.70	L	F	Ninah Wedderburn	18	INFA NMA	15/12/2023 NMBA Championships 2023
32	31.94	L	F	Kaela Viljoen	18	CRSC JHB	30/11/2023 CGA Championships 2023
33	31.96	L	F	Rachel Guymer	18	RAV EKU	28/10/2023 EGA Summer 2 2023
34	32.43	L	F	Jenny Zhang	18	HSTAN MP	27/01/2024 Limpopo School Champs
35	32.60	L	F	Josi Arnold	18	HARL BUF	24/11/2023 BCA Long Course Championships 2023
36	32.88	L	F	Nawaal Mia	18	MDOL JHB	30/11/2023 CGA Championships 2023
37	32.91	L	F	Caitlyn Fish	18	CA EKU	24/11/2023 EGA Summer 4
38	32.94	L	F	Gemma Kirsten	18	KOVS MAN	15/09/2023 Bull Sharks Annual Gala
39	32.99	L	F	Meredith O'Tool	18	WELA LLD	03/11/2023 Heidedal Welkom Gala
40	33.00	L	F	Nicola Hartman	18	RFA TSH	01/07/2023 Rossini Swim Cup
41	33.01	L	F	Jayda Collett	18	PEAS NMA	01/10/2023 Curro AquaElite Gala
42*	33.03	L	F	Utah Novello	18	CLSC WCD	11/11/2023 Swartland Prestige Gala 2023
42*	33.03	L	F	Demi Jacobs	18	TUKS TSH	23/02/2024 NTS Prestige AG February 2024
44	33.05	L	P	Teegan Pio	18	PEAS NMA	24/06/2023 PEA Winter Gala 2023
45	33.10	L	F	Carike Kok	18	TUKS TSH	17/11/2023 NTS Level 3+ November Age Group
46	33.90	L	P	Kayla De Wet	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
47	34.29	L	P	Sara Daniels	18	BLMA CPT	14/12/2023 Western Cape LC-A Championship 2023
48	34.33	L	F	Annika Serfontein	18	VALS FDD	18/11/2023 Valsrivier Gala
49	34.36	L	P	Annè Sabbagha	18	PAQU CED	21/03/2024 SA Level 3 Regional Age Group
50	34.64	L	F	Isabella Reynolds	18	ELEC TSH	17/11/2023 NTS Level 3+ November Age Group
51	34.74	L	F	Melindie Van Rensburg	18	NHS EZD	21/02/2024 EHLANZENI INTER HIGH GALA 21
52	34.82	L	F	Tiara Finnis	18	INFA NMA	15/12/2023 NMBA Championships 2023
53	34.93	L	F	Charlize De Villiers	18	PRKA PSD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
54	35.27	L	F	Shaina Adriaan	18	TYGE CPT	10/02/2024 WCA-B Champs - 2024
55	35.41	L	F	Anmi Esbach	18	RFA TSH	17/11/2023 NTS Level 3+ November Age Group
56	35.44	L	F	Mareen van der Merwe	18	RFA TSH	30/11/2023 CGA Championships 2023
57	35.64	L	F	Isabella Van der Walt	18	QSAW CED	11/11/2023 Winelands SL4
58	35.66	L	P	Yedidah Theron	18	ROA EDD	21/03/2024 SA Level 3 Regional Age Group
59	35.72	L	F	Kaylin Oelschig	18	BLNE MAN	26/08/2023 kovsie Sprint Gala
60	35.85	L	F	Lucy Friedenthal	18	UNI EZD	01/12/2023 Mpumalanga Championships 2023
61	35.87	L	P	Ashley Jansen van Vuuren	18	CSA EZD	01/12/2023 Mpumalanga Championships 2023
62	36.29	L	F	Busisiwe Mogadima	18	SOUL EKU	24/03/2024 SA Level 2 Regional Age Group Champs
63	36.88	L	F	Kaylin Visser	18	TRALI MAN	06/12/2023 Free State Champs 2023
64	37.06	L	F	Larique Joubert	18	HMER MP	27/01/2024 Limpopo School Champs
65	37.10	L	F	Heidri De Jager	18	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			
66	38.09 L	F	Keira Booth	18	HMER MP	14/10/2023	Limpopo Top 8 - High Schools
67	38.21 L	F	Cayla Visser	18	TRALI MAN	27/10/2023	Neptune Prestige Gala
68	39.45 L	F	Anna Victor	18	UNI EZD	13/10/2023	MP AGE GROUP 2
69	39.61 L	P	Aqeelah Rinquest	18	MARL CPT	21/03/2024	SA Level 3 Regional Age Group
70	41.06 L	F	Xandri Botha	18	NHS EZD	21/02/2024	EHLANZENI INTER HIGH GALA 21
71	41.18 L	F	Sarah Byrne	18	LAD UTD	18/11/2023	Uthukela District Age Group Gala
72	41.29 L	F	Lara Heleen Schilz	18	AHMP FSH	29/09/2023	2023 OR Tambo Trials & NTS Oct AG
73	42.24 L	F	Skyla Schroll	18	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
74	43.73 L	F	Christine Keira Pagkatipunan	18	SOUL EKU	02/03/2024	AG Level 1 Regional Age Group
75	44.96 L	F	Lara Steenkamp	18	UNI EZD	03/11/2023	MP AGE GROUP 3 3&4 NOV 2023
76	48.53 L	F	Johane Fourie	18	UPSK ZMD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
77	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 FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
2	1:04.04 L	F	Georgia Els	18	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
3	1:04.05 L S	F	Christine Wessels	18	AGC FSH	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 FSH	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 FSH	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	Mkhusele Mahobe	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
12	1:09.69 L	P	Demi Jacobs	18	TUKS FSH	12/12/2023	NTS Championships 2023
13	1:09.71 L	F	Alexandra Caldwell	18	RAV EKU	11/11/2023	EGA Summer 3
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	1:10.86 L	P	Genna Cloete	18	RSA	13/10/2023	World Aqua -Swimming World Cup Oct
18	1:11.09 L	F	Rachel Guymer	18	RAV EKU	11/11/2023	EGA Summer 3
19	1:11.84 L S	F	Utah Novello	18	CLSC WCD	14/12/2023	Western Cape LC-A Championship 2023
20	1:12.30 L	F	Teegan Pio	18	RSA	03/05/2023	CANA Zone IV SwimmingChampions
21	1:12.61 L	P	Rachel Smith	18	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
22	1:12.89 L	F	Marguerite Naude	18	WATR JHB	20/03/2024	SA Level 3 Regional Age Group
23	1:13.18 L	P	Eryn Casey	18	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
24	1:13.21 L	F	Kaela Viljoen	18	CRSC JHB	30/11/2023	CGA Championships 2023
25	1:13.46 L	P	Kimberly Ingwe	18	RAV EKU	20/03/2024	SA Level 3 Regional Age Group
26	1:14.44 L	F	Jemma van der Merwe	18	CSC FSH	12/12/2023	NTS Championships 2023
27	1:15.97 L	F	Carike Kok	18	TUKS FSH	26/01/2024	NTS Level 3+ Januaery Age Group 2024
28	1:16.10 L	F	Jenny Zhang	18	HSTAN MP	14/10/2023	Limpopo Top 8 - High Schools
29	1:16.18 L	F	Nicola Hartman	18	RFA FSH	23/06/2023	Treviso Swim Cup
30	1:17.24 L	F	Meredith O'Tool	18	WELA LLD	03/11/2023	Heidedal Welkom Gala
31	1:17.62 L	P	Jayda Collett	18	TUKS FSH	20/03/2024	SA Level 3 Regional Age Group
32	1:18.41 L	F	Charlize De Villiers	18	PRKA PSD	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
33	1:18.53 L	F	Jana Naude	18	STSC KCD	02/12/2023	Stingrays Swim Champs 2023
34	1:19.04 L	P	Ninah Wedderburn	18	INFA NMA	24/06/2023	PEA Winter Gala 2023
35	1:19.12 L	F	Gemma Kirsten	18	KOVs MAN	27/10/2023	Neptune Prestige Gala
36	1:19.44 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024
37	1:20.33 L S	P	Sara Daniels	18	BLMA CPT	14/12/2023	Western Cape LC-A Championship 2023
38	1:21.39 L	F	Josi Arnold	18	HARL BUF	24/11/2023	BCA Long Course Championships 2023
39	1:22.43 L	F	Anhè Sabbagha	18	PAQU CED	03/02/2024	Winelands SL final
40	1:22.83 L	P	Aimee Blackler	18	ESTR EKU	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

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 18-18 200 Fly							
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	Mkhusele 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 Swimming Champions
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
Women 18-18 200 IM							
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	SMTC 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	Olivia Kruger	18	ELEC FSH	01/07/2023	Rossini Swim Cup
10*	2:32.69 L	F	Christine Wessels	18	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
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 EKU	08/04/2024	SA National Aquatic Champ 2024-PE
14	2:35.39 L	F	Isabella Mc Colgan	18	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
15	2:36.19 L S	P	Utah Novello	18	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
16	2:36.86 L	F	Miche Johns	18	BLSS MAN	21/03/2024	SA Level 3 Regional Age Group
17	2:37.41 L	F	Rachel Groepes	18	TUKS FSH	23/02/2024	NTS Prestige AG February 2024
18	2:37.86 L	F	Alexia Greyling	18	CA EKU	28/10/2023	EGA Summer 2 2023
19	2:38.08 L	F	Tori Voke	18	VIKI BUF	24/06/2023	PEA Winter Gala 2023
20	2:38.25 L	F	Nicola Hartman	18	RFA FSH	01/07/2023	Rossini Swim Cup
21	2:40.26 L	F	Nirvana Borrageiro	18	AZON ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
22*	2:40.48 L	P	Rachel Smith	18	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
22*	2:40.48 L	F	Kimberly Ingwe	18	GWP JHB	07/10/2023	2nd BSSA League Gla 2023
24	2:40.60 L	F	Ninah Wedderburn	18	INFA NMA	26/08/2023	2nd A League Gala 2023
25	2:41.84 L	F	Genna Cloete	18	PSC FSH	17/11/2023	NTS Level 3+ November Age Group
26	2:42.09 L	F	Jenny Zhang	18	HSTAN MP	14/10/2023	Limpopo Top 8 - High Schools
27	2:42.51 L	F	Alexia Delicado	18	POTC KKD	11/11/2023	NWS Age Group 3 + 4
28	2:42.80 L	P	Carike Kok	18	TUKS FSH	15/03/2024	SA National Junior Age Group
29	2:43.95 L	P	Rachel Guymer	18	RAV EKU	07/12/2023	EGA Summer Championships
30	2:46.47 L	F	Marguerite Naude	18	WATR JHB	20/03/2024	SA Level 3 Regional Age Group
31	2:46.64 L	F	Meredith O'Tool	18	WELA LLD	11/11/2023	Bull Sharks Gala
32	2:47.88 L	F	Mia Nortjè	18	CYBE CPT	10/02/2024	WCA-B Champs - 2024
33	2:48.54 L	F	Jayda Collett	18	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
34	2:49.28 L	F	Jemma van der Merwe	18	CSC FSH	17/11/2023	NTS Level 3+ November Age Group
35	2:49.89 L	P	Yedidah Theron	18	ROA EDD	21/03/2024	SA Level 3 Regional Age Group
36	2:50.01 L	P	Annè Sabbagha	18	PAQU CED	14/12/2023	Western Cape LC-A Championship 2023
37	2:50.26 L	F	Isabella Reynolds	18	ELEC FSH	01/07/2023	Rossini Swim Cup
38	2:50.45 L	F	Teegan Pio	18	PEAS NMA	24/06/2023	PEA Winter Gala 2023
39	2:51.11 L	F	Lucy Friedenthal	18	NHS EZZ	21/02/2024	EHLANZENI INTER HIGH GALA 21
40	2:51.16 L	P	Caitlyn Fish	18	CA EKU	07/12/2023	EGA Summer Championships
41	2:51.33 L	F	Tiara Finnis	18	INFA NMA	09/02/2024	Infinity Gala 2024
42	2:51.55 L	F	Gemma Kirsten	18	KOVS MAN	21/10/2023	Otters Prestige Gala 2023
43	2:51.59 L	P	Danielle Heyes	18	ASAC CPT	14/12/2023	Western Cape LC-A Championship 2023
44	2:52.55 L	F	Rebekah Fleischer	18	PEAS NMA	01/10/2023	Curro AquaElite Gala
45	2:53.29 L	P	Mienke Herbst	18	SSISA CPT	14/12/2023	Western Cape LC-A Championship 2023
46	2:56.04 L	F	Kaylin Oelschig	18	BLNE MAN	15/09/2023	Bull Sharks Annual Gala
47	2:56.84 L	F	Petro Marié Fourie	18	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
48	2:57.40 L	F	Shaina Adriaan	18	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			
49	2:58.06	L	F	Sara Daniels	18	BLMA CPT	20/01/2024 CTA A MEET 4
50	2:58.48	L	F	Chante Joubert	18	CRSC JHB	24/02/2024 CGA Level 2+ Last Chance Gala 24 Feb
51	2:58.93	L S	F	Kayla De Wet	18	CA EKU	24/03/2024 SA Level 2 Regional Age Group Champs
52	2:59.05	L	P	Emma Lauf	18	MDOL JHB	30/11/2023 CGA Championships 2023
53	2:59.34	L	F	Charlize De Villiers	18	PRKA PSD	03/02/2024 NCASA SPRINTS 2024
54	2:59.62	L	F	Mareen van der Merwe	18	RFA TSH	17/11/2023 NTS Level 3+ November Age Group
55	2:59.88	L	P	Aqeelah Rinquest	18	RSA	18/10/2023 BRICS Games Swimming 2023-KZN
56	3:01.01	L	F	Ashley Jansen van Vuuren	18	CUR EZD	21/02/2024 EHLANZENI INTER HIGH GALA 21
57	3:01.93	L	F	Kaylin Visser	18	TRALI MAN	11/11/2023 Bull Sharks Gala
58	3:03.42	L	F	Anje Van Papendorp	18	TUKS TSH	17/11/2023 NTS Level 3+ November Age Group
59	3:03.91	L	F	Nina Pretorius	18	CSC TSH	22/09/2023 NTS Level 3+ September Age Group
60	3:05.41	L	F	Juliet Miller	18	SAAW CPT	18/11/2023 CTA QUALIFYING MEET 2
61	3:06.48	L	F	Aimee Blackler	18	ESTR EKU	28/10/2023 EGA Summer 2 2023
62	3:09.52	L	F	Josi Arnold	18	HARL BUF	24/11/2023 BCA Long Course Championships 2023
63	3:10.49	L	F	Isabella Van der Walt	18	QSAW CED	18/11/2023 CTA QUALIFYING MEET 2
64	3:14.27	L	F	Erin Anders	18	MARL CPT	24/06/2023 PEA Winter Gala 2023
65	3:14.59	L	F	Erin Braun	18	CA EKU	17/02/2024 CGA Level 2+ Gala 17 Feb 2024
66	3:15.96	L	F	Cayla Visser	18	TRALI MAN	27/10/2023 Neptune Prestige Gala
67	3:19.02	L	P	Skyla Schroll	18	NWUC KKD	06/12/2023 NWS Championships 2023/24
68	3:27.53	L	F	Annika Serfontein	18	VALS FDD	27/10/2023 Neptune Prestige Gala
69	3:34.60	L	F	Busisiwe Mogadima	18	SOUL EKU	28/10/2023 EGA Summer 2 2023
70	3:44.14	L	P	Christine Keira Pagkatipunan	18	SOUL EKU	07/12/2023 EGA Summer Championships
71	3:44.33	L	F	Johane Fourie	18	UPSK ZMD	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
72	3:44.38	L	F	Sarah Byrne	18	LAD UTD	21/10/2023 Uthukela District Age Group Gala
Women 18-18 400 IM							
1	4:58.95	L	F	Georgia Els	18	AGC TSH	08/04/2024 SA National Aquatic Champ 2024-PE
2	5:14.21	L	F	Michaela Dal Medico	18	TUKS TSH	15/03/2024 SA National Junior Age Group
3	5:19.33	L	F	Demi Jacobs	18	TUKS TSH	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	5:45.69	L	F	Utah Novello	18	CLSC WCD	14/12/2023 Western Cape LC-A Championship 2023
6	5:48.01	L	F	Rachel Guymmer	18	RAV EKU	07/12/2023 EGA Summer Championships
7	5:59.54	L	F	Genna Cloete	18	PSC TSH	17/11/2023 NTS Level 3+ November Age Group
8	6:05.57	L	F	Jemma van der Merwe	18	CSC TSH	26/01/2024 NTS Level 3+ January Age Group 2024
9	6:11.71	L	F	Meredith O'Tool	18	WELA LLD	11/11/2023 Bull Sharks Gala
10	6:30.81	L	F	Yedidah Theron	18	ROA EDD	21/10/2023 EDEN 2nd A-League Gala 2023
11	6:35.46	L	F	Ashley Jansen van Vuuren	18	CSA EZD	29/09/2023 MP AGE GROUP 1 29.09.2023 -