

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 17-17 50 Free</b>							
1	26.00	L	F	Jessica Thompson	17	AA JHB	26/10/2024 Summer 3 Delville
2	26.60	L	S	Cara Knoblauch	17	LALE CED	09/11/2024 Winelands SL4
3	26.64	L	S	Grace Morris	17	LALE CED	09/11/2024 Winelands SL4
4	27.10	L	F	Keira Van Heerden	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
5	27.26	L	F	Tannah Lindsay	17	CA EKU	26/10/2024 Summer 3 Delville
6	27.56	L	P	Myra Viduya	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
7	27.59	L	F	Xandri Fourie	17	TRAZ FSH	18/10/2024 NTS Level 3+ October Age Group 2024
8	27.77	L	F	Julie Landmann	17	PSC FSH	10/01/2025 2024 Grand Prix Invitation Swimming
9*	27.81	L S	F	Rebecca Fury	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
9*	27.81	L S	P	Daena Robinson	17	SEAL UMD	02/07/2024 Prestige Tournament 2024
11	27.97	L	F	Caelyn White	17	AA JHB	29/11/2024 CGA Championships 2024
12	28.01	L	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024 NWS Championships 2024
13	28.17	L	F	Jessica Carmody	17	RSA	04/10/2024 Curro AquaElite Gala
14	28.22	L	F	Kayla Petersen	17	USC BUF	22/11/2024 BCA Long Course Championships 2024
15	28.31	L	F	Madelé Harding	17	POTC KKD	07/12/2024 NWS Championships 2024
16	28.53	L S	P	Mila Prinsloo	17	ASAW CED	05/12/2024 Western Cape LC-A Championship 2024
17	28.56	L	F	Erin Hudson	17	AA JHB	29/11/2024 CGA Championships 2024
18	28.57	L	F	Melissa Kuun	17	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
19	28.58	L	F	Khwezi Jacobs	17	PEAS NMA	13/12/2024 NMBA Championships 2024
20	28.63	L	P	Madison Fourie	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
21	28.89	L	F	Marony Jacobs	17	INFA NMA	16/11/2024 5th A League Gala 2024
22	28.93	L	F	Isabella Desfontaines	CR	VASA EKU	12/10/2024 EGA Summer 2
23	29.03	L	F	Simone Theron	17	HSBV SKD	01/02/2025 Limpopo School Champs & Limpopo AG
24	29.06	L	F	Carleigh Palmer	17	AA JHB	29/11/2024 CGA Championships 2024
25	29.15	L S	P	Isabella Webber	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
26	29.21	L S	P	Gabriella Douglas	17	BAS EKU	05/12/2024 EGA Summer Championships
27	29.22	L S	P	Tamsyn Kotzè	17	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
28	29.26	L	F	Tamryn Kunneke	17	RFA FSH	18/10/2024 NTS Level 3+ October Age Group 2024
29	29.29	L	F	Mianique Lombard	17	WSS LLD	25/10/2024 Neptunes Gala
30	29.32	L S	P	Jenna Smit	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
31	29.43	L	F	Jana Helmand	17	BLOT MAN	04/12/2024 Free State Champs 2024
32	29.49	L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025 Limpopo School Champs & Limpopo AG
33	29.53	L S	F	Beane Swanepoel	17	VRC FSH	05/12/2024 EGA Summer Championships
34	29.55	L	F	Tiffany Marshall	17	UNI UZD	29/11/2024 Mpumalanga Championships 2024
35	29.57	L	P	Une Van den Berg	17	AA JHB	29/11/2024 CGA Championships 2024
36	29.70	L	F	Francis Whelan	17	BLOT MAN	04/12/2024 Free State Champs 2024
37	29.78	L S	P	Jady Theron	17	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
38	29.88	L	P	Cassidey Doubell	17	CRSC JHB	29/11/2024 CGA Championships 2024
39	29.90	L	F	Christina Gennarakis	17	CTA CPT	11/01/2025 EDEN INTER DISTRICT PRESTIGE
40	29.91	L S	P	Amahle Mhlongo	17	PSCP UMD	02/07/2024 Prestige Tournament 2024
41	29.92	L	F	Neema Banza	17	UNI EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
42	29.98	L	P	Kaylin Stieger	17	NWUC KKD	07/12/2024 NWS Championships 2024
43	30.16	L	F	Aurora Ryser	17	TYGE CPT	09/11/2024 Winelands SL4
44	30.26	L	F	Kiara Croft	17	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
45	30.28	L	F	Raine Botes	17	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
46	30.29	L	F	Cassandra Sikiotis	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
47	30.32	L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024 Free State Champs 2024
48	30.39	L	F	Isabel Vorster	17	BLNE MAN	04/12/2024 Free State Champs 2024
49	30.42	L S	P	Jorja Da Cunha	17	CA EKU	05/12/2024 EGA Summer Championships
50	30.51	L	F	Tatum Cabral	17	ELEC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
51	30.52	L S	P	Hayley Beling	17	CA EKU	05/12/2024 EGA Summer Championships
52	30.53	L	P	Danika Vyncke	17	DRGN EKU	15/06/2024 PEA Winter Gala 2024
53	30.58	L S	F	Yusrah Du Toit	17	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
54	30.61	L	F	Esmari Weitsz	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
55*	30.62	L	F	Emily Lott	17	ASA ILD	07/12/2024 Stingrays Champs 2024
55*	30.62	L S	P	Alexia Adreani	17	CA EKU	05/12/2024 EGA Summer Championships
57	30.68	L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024 CGA Championships 2024
58	30.74	L	F	Clarise Coetzer	17	STSC KCD	25/01/2025 uShaka Champs 2025

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	30.77	L	F	Ashley Loch	17	VHD ZLD	23/11/2024 KCDA Age Group Gala 3
60	30.81	L S	F	Madison Franks	17	SSISA CPT	02/11/2024 CTA A & B CHAMPS 2024
61	30.82	L	F	Abigayle Otto	17	CA EKU	12/10/2024 EGA Summer 2
62	30.84	L	F	Nikha Lambden	17	EXP TSH	18/10/2024 NTS Level 3+ October Age Group 2024
63	30.86	L	F	Cara Corrigan	17	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
64	30.89	L	F	Erin Beyers	17	UNI EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
65	30.92	L S	P	Alexia Luz	17	SOUL EKU	05/12/2024 EGA Summer Championships
66	30.97	L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024 XX AA Zone IV LC Championships 4-7
67	31.00	L	P	Leah Durig	17	CRSC JHB	29/11/2024 CGA Championships 2024
68	31.10	L S	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024 Prestige Tournament 2024
69	31.13	L	F	Aruli Fick	17	USH KCD	26/10/2024 Froggies Aquatics Championships 2024
70	31.21	L	F	Cara Crichton	17	TUKS TSH	13/09/2024 NTS September Age Group 2024
71	31.23	L S	P	Isabella Vicente	17	SOUL EKU	05/12/2024 EGA Summer Championships
72	31.34	L	F	Fallon Tweedie	17	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
73	31.38	L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024 Valsrivier Gala 2024
74	31.39	L	F	Farhah Valli	17	CA EKU	10/01/2025 2024 Grand Prix Invitation Swimming
75	31.41	L	F	Chignet Davel	17	PHS CCD	01/02/2025 Limpopo School Champs & Limpopo AG
76*	31.44	L	P	Nanette Jordaan	17	BLOT MAN	04/12/2024 Free State Champs 2024
76*	31.44	L	F	Megan Kemp	17	TINC TSH	13/09/2024 NTS September Age Group 2024
78	31.66	L S	F	Hannah Witten	17	AQDO CPT	02/11/2024 CTA A & B CHAMPS 2024
79	31.70	L	F	Shannon Coetzee	17	PGAC EKU	26/10/2024 Summer 3 Delville
80	31.72	L S	P	Zara Jeftha	17	MARL CPT	05/12/2024 Western Cape LC-A Championship 2024
81	31.84	L	F	Jean Marie Swartz	17	ACAQ CCD	09/11/2024 Limpopo Age Group 5
82	31.86	L	P	Caitlin Kennedy	17	AFIN JHB	29/11/2024 CGA Championships 2024
83	31.87	L	P	Monique Oosthuizen	17	BLOT MAN	04/12/2024 Free State Champs 2024
84	31.89	L	F	Deidre Olivier	17	RBOT BPD	07/12/2024 NWS Championships 2024
85	31.92	L	F	Mignon Smit	17	SS MPD	29/11/2024 Limpopo Champs 2024
86	32.13	L	F	Erin De Montille	17	CA EKU	12/10/2024 EGA Summer 2
87	32.18	L	F	Kelly Jackson	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
88	32.32	L	F	Catherine Wentzel	17	FRA KCD	25/01/2025 uShaka Champs 2025
89	32.35	L	F	Tianel Van Der Merwe	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
90	32.36	L	F	Cherise Coetzer	17	STSC KCD	01/02/2025 KCDA Age Group 4 2024
91	32.49	L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024 43rd Freda Barnard Invitational Gala
92	32.59	L	P	Emma Wentzel	17	AA JHB	29/11/2024 CGA Championships 2024
93	32.63	L	F	Marilee Coetzee	17	HFDT MP	01/02/2025 Limpopo School Champs & Limpopo AG
94	32.68	L	F	Lisa Bloem	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
95	32.69	L	F	Ammara Jagger	17	AQDO CPT	17/10/2024 43rd Freda Barnard Invitational Gala
96	32.71	L	F	Acacia-Cailyn Abell	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
97	32.72	L S	P	Clara van Rooyen	17	PGAC EKU	05/12/2024 EGA Summer Championships
98	32.83	L	P	Jaiden Funnell	17	AA JHB	29/11/2024 CGA Championships 2024
99	32.87	L	P	Aarya Morar	17	ATLA JHB	29/11/2024 CGA Championships 2024
100	32.90	L	F	Abigale Meineke	17	AQUA UTD	02/11/2024 Uthukela District Age Group Gala
101	32.91	L	F	Anrieks Henning	17	TRALI MAN	28/06/2024 Sentraal Winter Gala
102	33.07	L	F	Shani Olivier	17	PAQU CED	17/10/2024 43rd Freda Barnard Invitational Gala
103	33.13	L	P	Kayla Botha	17	PER JHB	29/11/2024 CGA Championships 2024
104	33.14	L	P	Minet Van den Ende	17	FISH EDD	15/06/2024 PEA Winter Gala 2024
105	33.28	L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024 43rd Freda Barnard Invitational Gala
106	33.36	L	P	Amyleigh Tolmay	17	AFIN JHB	29/11/2024 CGA Championships 2024
107	33.46	L	F	Janica Stone	17	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
108	33.51	L	F	Charissa Volschenk	17	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
109	33.53	L	F	Johane Viljoen	17	BLNE MAN	19/10/2024 Pelicans Gala 2
110	33.64	L	F	Danelle Du Toit	17	HMER MP	08/10/2024 Limpopo Top 8 - High Schools
111	34.15	L	F	Nkenda Baghana	17	CPSC TSH	13/09/2024 NTS September Age Group 2024
112	34.25	L S	F	Ella Smith	17	SAAW CPT	21/09/2024 CTA INVITATIONAL LC MEET
113	34.46	L	F	Leané Jacobs	17	STELL RMD	23/11/2024 NWS Age Group 3 + 4 2024
114	34.50	L	P	Amy Lazarou	17	AWSC JHB	29/11/2024 CGA Championships 2024
115	35.18	L	F	Carmen Botha	17	MATL KKD	23/11/2024 NWS Age Group 3 + 4 2024
116	35.24	L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024 NWS Championships 2024
117	35.31	L	F	Tatenda Chamboko	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	35.56 L	F	Lianne Labuschagne	17	NWUC KKD	07/12/2024	NWS Championships 2024
119	35.84 L	F	Lianka Du Toit	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools
120	36.00 L	F	Kayla Swanepoel	17	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
121	36.01 L	F	Diré Schoeman	17	HFDT MP	08/10/2024	Limpopo Top 8 - High Schools
122	36.04 L S	F	Alyssa Bester	17	QSAW CED	05/12/2024	Western Cape LC-A Championship 2024
123	36.59 L	F	Madelein Bronkhorst	17	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
124	36.69 L	F	Alexa Wood	17	STSC KCD	25/01/2025	uShaka Champs 2025
125	37.06 L	F	Danica Pritchard	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
126	37.07 L	F	Geraldine Van Der Merwe	17	TINC TSH	13/09/2024	NTS September Age Group 2024
127*	37.12 L	F	Elanza Oosthuizen	17	PHS CCD	08/10/2024	Limpopo Top 8 - High Schools
127*	37.12 L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025	Limpopo School Champs & Limpopo AG
129	37.23 L S	F	Maya Lockitch	17	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
130	37.37 L	F	Jemma Ascott	17	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
131	38.35 L	F	Sckylar Lambert	17	ESP EKU	26/10/2024	Summer 3 Delville
132	39.28 L	P	Caylin Bach	17	AASC EZD	29/11/2024	Mpumalanga Championships 2024
133	39.96 L	F	Kiara Wilson	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
<b>Women 17-17 100 Free</b>							
1	57.86 L	P	Jessica Thompson	17	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
2	58.42 L	F	Grace Morris	17	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
3	58.75 L	F	Cara Knoblauch	17	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
4	59.53 L	F	Myra Viduya	17	INFA NMA	03/08/2024	2nd A League Gala 2024
5	59.85 L	F	Tannah Lindsay	17	CA EKU	05/12/2024	EGA Summer Championships
6	59.90 L	F	Gabriella Helberg	17	MDOL JHB	29/11/2024	CGA Championships 2024
7	1:00.21 L	F	Keira Van Heerden	17	INFA NMA	15/06/2024	PEA Winter Gala 2024
8	1:00.57 L	F	Rebecca Fury	17	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
9	1:00.63 L	F	Marony Jacobs	17	INFA NMA	13/12/2024	NMBA Championships 2024
10	1:00.70 L	F	Jessica Carmody	17	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
11	1:01.07 L	P	Mathilda Liebenberg	17	POTC KKD	07/12/2024	NWS Championships 2024
12	1:01.16 L	P	Indiana De Villiers	17	SEALS ETH	05/12/2024	EGA Summer Championships
13	1:01.34 L	F	Erin Hudson	17	AA JHB	29/11/2024	CGA Championships 2024
14	1:01.62 L	F	Madison Fourie	17	INFA NMA	15/06/2024	PEA Winter Gala 2024
15	1:01.72 L	F	Kaitlyne Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
16*	1:02.11 L	F	Julie Landmann	17	PSC TSH	10/01/2025	2024 Grand Prix Invitation Swimming
16*	1:02.11 L	P	Daena Robinson	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
18	1:02.14 L	F	Khwezi Jacobs	17	PEAS NMA	13/12/2024	NMBA Championships 2024
19	1:02.20 L	F	Kayla Petersen	17	USC BUF	13/12/2024	NMBA Championships 2024
20	1:02.47 L	P	Cassidy Sinclair	17	DRGN EKU	29/11/2024	CGA Championships 2024
21	1:02.53 L	P	Caelyn White	17	AA JHB	29/11/2024	CGA Championships 2024
22	1:02.55 L	P	Madelé Harding	17	POTC KKD	07/12/2024	NWS Championships 2024
23	1:02.77 L	F	Jenna Smit	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
24	1:02.78 L	F	Christina Gennarakis	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
25	1:02.84 L	P	Mila Prinsloo	17	ASAW CED	05/12/2024	Western Cape LC-A Championship 2024
26	1:03.44 L	F	Monica Botha	17	BEAV ETH	25/01/2025	uShaka Champs 2025
27	1:03.50 L	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
28	1:03.52 L	F	Ella Pretorius	TR	VASA EKU	01/02/2025	EGA Last Chance Gala
29	1:03.62 L	F	Tiffany Marshall	17	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
30	1:03.68 L	F	Loghan Gray	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
31	1:04.04 L	F	Jana Helmand	17	RSA	04/10/2024	Curro AquaElite Gala
32	1:04.15 L	P	Cassidey Doubell	17	CRSC JHB	29/11/2024	CGA Championships 2024
33	1:04.28 L	F	Isabel Vorster	17	BLNE MAN	04/12/2024	Free State Champs 2024
34	1:04.33 L	F	Gabriella Douglas	17	BAS EKU	05/12/2024	EGA Summer Championships
35	1:04.44 L	F	Simone Theron	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo AG
36	1:04.50 L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo AG
37	1:04.65 L	P	Jady Theron	17	PLAY CED	05/12/2024	Western Cape LC-A Championship 2024
38	1:04.67 L	F	Mianique Lombard	17	WSS LLD	25/10/2024	Neptunes Gala
39	1:04.74 L	F	Emily Lott	17	ASA HLD	07/12/2024	Stingrays Champs 2024
40	1:04.97 L	P	Isabella Desfontaines	CR	VASA EKU	05/12/2024	EGA Summer Championships
41*	1:05.25 L	F	Carleigh Palmer	17	AA JHB	29/11/2024	CGA Championships 2024
41*	1:05.25 L	P	Isabella Webber	17	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
43	1:05.53	L	F	Alexia Luz	17	SOUL	EKU	05/12/2024	EGA Summer Championships
44	1:05.59	L	F	Francis Whelan	17	BLOT	MAN	13/09/2024	Pelicans Age Group Gala
45	1:05.83	L	F	Bay-Linn Oelofse	17	TNDER	FDD	27/09/2024	Seals Gala 2
46	1:05.89	L	F	Kiara Croft	17	PEAS	NMA	31/01/2025	Infinity Gala 2025
47	1:05.94	L	F	Chanel Baenhoff	17	BLSS	MAN	04/12/2024	Free State Champs 2024
48	1:05.95	L	F	Taylor Hemphill	17	SEALS	ETH	05/12/2024	EGA Summer Championships
49	1:06.19	L	F	Jordyn Collett	17	TUKS	FSH	18/10/2024	NTS Level 3+ October Age Group 2024
50	1:06.37	L	P	Cassandra Sikiotis	17	MDOL	JHB	29/11/2024	CGA Championships 2024
51	1:06.68	L	F	Esmari Weitsz	17	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
52	1:06.92	L	F	Neema Banza	17	UNI	EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
53	1:07.01	L	P	Caitlin Watson	17	BLMA	CPT	05/12/2024	Western Cape LC-A Championship 2024
54*	1:07.19	L	P	Kaylin Stieger	17	NWUC	KKD	07/12/2024	NWS Championships 2024
54*	1:07.19	L	P	Leah Durig	17	CRSC	JHB	29/11/2024	CGA Championships 2024
56	1:07.27	L	F	Clarise Coetzer	17	STSC	KCD	07/12/2024	Stingrays Champs 2024
57	1:07.30	L	F	Kiyara Campbell	17	USC	BUF	22/11/2024	BCA Long Course Championships 2024
58	1:07.55	L	P	Farhah Valli	17	CA	EKU	05/12/2024	EGA Summer Championships
59	1:07.62	L	F	Chignet Davel	17	PHS	CCD	01/02/2025	Limpopo School Champs & Limpopo AG
60	1:07.81	L	P	Danika Vyncke	17	TUKS	FSH	29/11/2024	Mpumalanga Championships 2024
61	1:08.07	L	P	Erin Beyers	17	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
62	1:08.10	L	P	Aruli Fick	17	USH	KCD	02/07/2024	Prestige Tournament 2024
63	1:08.18	L	F	Cara Crichton	17	TUKS	FSH	13/09/2024	NTS September Age Group 2024
64	1:08.31	L	P	Jorja Da Cunha	17	CA	EKU	05/12/2024	EGA Summer Championships
65	1:08.67	L	F	Jenna Loubser	17	SLAQ	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
66	1:08.74	L	P	Sinesipho Sibiya	17	SEAL	UMD	02/07/2024	Prestige Tournament 2024
67	1:08.81	L	P	Nazneen Mohamed	17	ATLA	JHB	29/11/2024	CGA Championships 2024
68	1:09.14	L	F	Abigayle Otto	17	CA	EKU	12/10/2024	EGA Summer 2
69	1:09.17	L	F	Yusrah Du Toit	17	UWCA	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
70	1:09.42	L	F	Aurora Ryser	17	TYGE	CPT	02/11/2024	CTA A & B CHAMPS 2024
71	1:09.58	L	F	Mignon Smit	17	HMER	MP	08/10/2024	Limpopo Top 8 - High Schools
72	1:09.61	L	P	Hannah Witten	17	AQDO	CPT	05/12/2024	Western Cape LC-A Championship 2024
73	1:09.71	L	F	Janica Stone	17	NC	FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
74	1:09.81	L	F	Catherine Wentzel	17	FRA	KCD	26/10/2024	Froggies Aquatics Championships 2024
75	1:09.98	L	F	Joy Vd Westhuizen	17	AQDO	CPT	02/11/2024	CTA A & B CHAMPS 2024
76	1:10.00	L	P	Clara van Rooyen	17	PGAC	EKU	05/12/2024	EGA Summer Championships
77	1:10.13	L	F	Sally-Louise Ingwe	CR	VASA	EKU	04/12/2024	XX AA Zone IV LC Championships 4-7
78	1:10.15	L	P	Shannon Coetzee	17	PGAC	EKU	05/12/2024	EGA Summer Championships
79	1:10.22	L	F	Neo Cele	17	ELEC	FSH	13/09/2024	NTS September Age Group 2024
80	1:10.24	L	F	Jean Marie Swartz	17	TONAU	CCD	01/02/2025	Limpopo School Champs & Limpopo AG
81	1:10.25	L	P	Erin De Montille	17	CA	EKU	05/12/2024	EGA Summer Championships
82	1:10.32	L	F	Amahle Mhlongo	17	PSCP	UMD	02/07/2024	Prestige Tournament 2024
83	1:10.34	L	P	Acacia-Cailyn Abell	17	MDOL	JHB	29/11/2024	CGA Championships 2024
84	1:10.40	L	P	Alexia Adreani	17	CA	EKU	05/12/2024	EGA Summer Championships
85	1:10.52	L	F	Cherise Coetzer	17	STSC	KCD	26/10/2024	Froggies Aquatics Championships 2024
86	1:10.58	L	F	Nanette Jordaan	17	BLOT	MAN	10/08/2024	Kovsies Gala 1
87	1:10.77	L	P	Caitlin Kennedy	17	AFIN	JHB	29/11/2024	CGA Championships 2024
88	1:11.04	L	F	Ammara Jagger	17	AQDO	CPT	02/11/2024	CTA A & B CHAMPS 2024
89	1:11.11	L	F	Fallon Tweedie	17	PEAS	NMA	17/08/2024	Madibaz Swim Meet 2024
90	1:11.25	L	F	Zani Vermeulen	17	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
91	1:11.35	L	F	Jaiden Funnell	17	AA	JHB	01/02/2025	EGA Last Chance Gala
92	1:11.59	L	P	Isabella Vicente	17	SOUL	EKU	05/12/2024	EGA Summer Championships
93	1:11.69	L	P	Amyleigh Tolmay	17	AFIN	JHB	29/11/2024	CGA Championships 2024
94	1:11.71	L	F	Megan Kemp	17	TINC	FSH	13/09/2024	NTS September Age Group 2024
95	1:11.88	L	F	Shani Olivier	17	PAQU	CCD	17/10/2024	43rd Freda Barnard Invitational Gala
96	1:12.08	L	P	Deidre Olivier	17	RBOT	BPD	07/12/2024	NWS Championships 2024
97	1:12.14	L	F	Abigale Meineke	17	AQUA	UTD	11/01/2025	Uthukela District Age Group Gala
98	1:12.15	L	P	Emma Wentzel	17	AA	JHB	29/11/2024	CGA Championships 2024
99	1:12.65	L	F	Alne Van Eeden	17	PEAS	NMA	17/08/2024	Madibaz Swim Meet 2024
100	1:12.88	L	P	Riley Hattingh-Steyn	17	SOUL	EKU	05/12/2024	EGA Summer Championships
101	1:12.95	L	P	Kelly Jackson	17	BLOT	MAN	04/12/2024	Free State Champs 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
102	1:13.17	L	F	Marilee Coetzee	17	DOLFI MPD	29/11/2024 Limpopo Champs 2024
103	1:13.64	L	F	Zara Jeftha	17	MARL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
104	1:13.84	L	F	Taaliah Rinquest	17	MARL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
105	1:14.07	L	P	Aarya Morar	17	ATLA JHB	29/11/2024 CGA Championships 2024
106	1:14.42	L	F	Monique Oosthuizen	17	BLOT MAN	02/11/2024 Heidedal
107	1:14.61	L	F	Marlet Maré	17	PSC FSH	13/09/2024 NTS September Age Group 2024
108	1:15.25	L	F	Annabelle Roberts	17	LALE CED	09/11/2024 Winelands SL4
109	1:15.40	L	P	Kayla Botha	17	PER JHB	29/11/2024 CGA Championships 2024
110	1:15.91	L	P	Johane Viljoen	17	BLNE MAN	04/12/2024 Free State Champs 2024
111	1:16.22	L	F	Carmen Botha	17	MATL KKD	23/11/2024 NWS Age Group 3 + 4 2024
112	1:16.38	L	F	Anrieks Henning	17	TRALI MAN	28/06/2024 Sentraal Winter Gala
113*	1:17.15	L	F	Charissa Volschenk	17	VHD ZLD	07/12/2024 Uthukela District Age Group Gala
113*	1:17.15	L	P	Minet Van den Ende	17	FISH EDD	15/06/2024 PEA Winter Gala 2024
115	1:17.36	L	F	Tyra Kasonkomona	17	MATL KKD	23/11/2024 NWS Age Group 3 + 4 2024
116	1:17.57	L	F	Tianel Van Der Merwe	17	MSC NGD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
117	1:17.61	L	F	Lisa Bloem	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
118	1:17.66	L	P	Amy Lazarou	17	AWSC JHB	29/11/2024 CGA Championships 2024
119	1:18.21	L	F	Rudine Van Wyk	17	PAC FSH	13/09/2024 NTS September Age Group 2024
120	1:19.67	L	F	Jamilah Tshiyoyo	17	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
121	1:20.98	L	F	Cameron Landman	17	BETH FDD	27/09/2024 Seals Gala 2
122	1:22.69	L	F	Alexa Wood	17	STSC KCD	25/01/2025 uShaka Champs 2025
123	1:22.72	L	F	Madelein Bronkhorst	17	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
124	1:23.54	L	F	Jemma Ascott	17	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
125	1:24.16	L	F	Maya Lockitch	17	CYBE CPT	21/09/2024 CTA INVITATIONAL LC MEET
126	1:24.65	L	F	Ahara-Anne Maherry	17	BEAV ETH	25/01/2025 uShaka Champs 2025
127	1:25.89	L	F	Nkenda Baghana	17	CPSC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
128	1:26.05	L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025 Limpopo School Champs & Limpopo AG
129	1:28.24	L	F	Diré Schoeman	17	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
130	1:29.16	L	F	Kayla Swanepoel	17	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
131	1:29.57	L	F	Sckylar Lambert	17	ESP EKU	12/10/2024 EGA Summer 2
132	1:31.15	L	P	Caylin Bach	17	AASC EZD	29/11/2024 Mpumalanga Championships 2024
133	1:58.79	L	F	Laeeqah Hartnick	17	WEST CPT	21/09/2024 CTA INVITATIONAL LC MEET
<b>Women 17-17 200 Free</b>							
1	2:08.94	L	F	Kaitlynn Horne	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
2	2:09.15	L	F	Marony Jacobs	17	INFA NMA	13/12/2024 NMBA Championships 2024
3	2:09.19	L	F	Grace Morris	17	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
4	2:10.39	L	P	Sofia French	17	TUKS FSH	29/11/2024 CGA Championships 2024
5	2:10.50	L	P	Cara Knoblauch	17	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
6	2:12.05	L	P	Gabriella Helberg	17	MDOL JHB	29/11/2024 CGA Championships 2024
7	2:12.76	L	F	Xandri Fourie	17	TRAZ FSH	18/10/2024 NTS Level 3+ October Age Group 2024
8	2:13.37	L	P	Mathilda Liebenberg	17	POTC KKD	07/12/2024 NWS Championships 2024
9	2:13.70	L S	P	Tannah Lindsay	17	CA EKU	05/12/2024 EGA Summer Championships
10	2:13.87	L	F	Rebecca Fury	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
11	2:14.38	L	F	Madison Fourie	17	INFA NMA	17/08/2024 Madibaz Swim Meet 2024
12	2:14.61	L	F	Myra Viduya	17	INFA NMA	05/10/2024 4th A League Gala 2024
13	2:14.98	L	F	Mila Prinsloo	17	ASAW CED	05/12/2024 Western Cape LC-A Championship 2024
14	2:15.50	L	F	Cassidy Sinclair	17	DRGN EKU	22/01/2025 Crusaders Night Gala 2
15	2:16.20	L S	F	Keira Van Heerden	17	INFA NMA	17/01/2025 6th A League Gala 2025
16	2:16.39	L	F	Jessica Carmody	17	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
17	2:16.72	L	F	Tamsyn Kotzé	17	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
18	2:16.92	L	P	Indiana De Villiers	17	SEALE ETH	02/07/2024 Prestige Tournament 2024
19	2:17.20	L	F	Loghan Gray	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
20	2:17.79	L	F	Monica Botha	17	BEAV ETH	25/01/2025 uShaka Champs 2025
21	2:19.01	L	P	Christina Gennarakis	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
22	2:19.46	L	P	Jady Theron	17	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
23	2:19.49	L	F	Alexia Luz	17	SOUL EKU	01/02/2025 EGA Last Chance Gala
24	2:19.99	L	F	Raine Botes	17	TUKS FSH	13/09/2024 NTS September Age Group 2024
25	2:20.07	L	P	Jana Helmand	17	BLOT MAN	04/12/2024 Free State Champs 2024
26	2:20.08	L	F	Tatum Cabral	17	ELEC FSH	18/10/2024 NTS Level 3+ October Age Group 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	2:20.09	L	P	Jenna Smit	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
28	2:20.12	L	F	Francis Whelan	17	RSA	04/10/2024 Curro AquaElite Gala
29	2:20.28	L	F	Katie-Peta Marcelino	17	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
30	2:20.35	L	F	Emily Lott	17	ASA ILD	02/07/2024 Prestige Tournament 2024
31	2:20.47	L	P	Daena Robinson	17	SEAL UMD	02/07/2024 Prestige Tournament 2024
32	2:20.52	L	F	Bay-Linn Oelofse	17	TNDER FDD	25/10/2024 Neptunes Gala
33	2:21.55	L	P	Cassidey Doubell	17	CRSC JHB	29/11/2024 CGA Championships 2024
34	2:21.68	L	F	Kiara Croft	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
35	2:22.39	L	F	Madelé Harding	17	POTC KKD	07/12/2024 NWS Championships 2024
36	2:22.89	L	F	Jordyn Collett	17	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
37	2:23.41	L S	P	Gabriella Douglas	17	BAS EKU	05/12/2024 EGA Summer Championships
38	2:23.60	L	P	Isabella Webber	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
39	2:24.35	L	F	Danika Vyncke	17	TUKS FSH	29/11/2024 Mpumalanga Championships 2024
40	2:25.01	L	F	Simone Theron	17	TKS WBD	29/11/2024 Limpopo Champs 2024
41	2:25.62	L	F	Jorja Da Cunha	17	CA EKU	01/02/2025 EGA Last Chance Gala
42	2:26.39	L	F	Tiffany Marshall	17	UNI U EZD	29/11/2024 Mpumalanga Championships 2024
43*	2:26.54	L S	F	Madison Franks	17	SSISA CPT	02/11/2024 CTA A & B CHAMPS 2024
43*	2:26.54	L S	P	Hayley Beling	17	CA EKU	05/12/2024 EGA Summer Championships
45	2:26.66	L	P	Tatum Lauf	17	MDOL JHB	29/11/2024 CGA Championships 2024
46	2:26.75	L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024 Free State Champs 2024
47	2:26.92	L	P	Caitlin Watson	17	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
48	2:26.97	L	P	Isabel Vorster	17	BLNE MAN	04/12/2024 Free State Champs 2024
49	2:27.42	L	F	Shannon Coetzee	17	PGAC EKU	01/02/2025 EGA Last Chance Gala
50	2:28.15	L	F	Neema Banza	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
51	2:28.68	L	P	Aurora Ryser	17	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
52	2:28.70	L	F	Nanette Jordaan	17	BLOT MAN	13/09/2024 Pelicans Age Group Gala
53	2:28.96	L	P	Jenna Loubser	17	SLAQ CPT	05/12/2024 Western Cape LC-A Championship 2024
54	2:29.23	L	F	Alne Van Eeden	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
55	2:29.82	L	P	Aruli Fick	17	USH KCD	02/07/2024 Prestige Tournament 2024
56	2:29.99	L	P	Monique Oosthuizen	17	BLOT MAN	04/12/2024 Free State Champs 2024
57	2:30.36	L	F	Khwezi Jacobs	17	PEAS NMA	31/01/2025 Infinity Gala 2025
58	2:30.56	L	P	Shani Olivier	17	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
59	2:31.10	L	F	Jean Marie Swartz	17	ACAQ CCD	29/11/2024 Limpopo Champs 2024
60	2:31.16	L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025 Limpopo School Champs & Limpopo AG
61	2:31.17	L	F	Nikha Lambden	17	EXP FSH	18/10/2024 NTS Level 3+ October Age Group 2024
62	2:31.33	L	F	Esmari Weitsz	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
63	2:31.38	L	F	Jessica Thompson	17	CA EKU	15/11/2024 Summer 4 Delville
64	2:31.55	L S	F	Joy Vd Westhuizen	17	AQDO CPT	02/11/2024 CTA A & B CHAMPS 2024
65	2:31.73	L	F	Ella Pretorius	TR	VASA EKU	18/01/2025 EGA Summer 5
66	2:31.76	L S	P	Clara van Rooyen	17	PGAC EKU	05/12/2024 EGA Summer Championships
67	2:31.99	L	F	Kayla Petersen	17	USC BUF	25/01/2025 BCA January Age Group Gala 2025
68*	2:32.00	L	F	Mianique Lombard	17	WSS LLD	15/11/2024 Valsrivier Gala 2024
68*	2:32.00	L	F	Mignon Smit	17	SS MPD	09/11/2024 Limpopo Age Group 5
70	2:33.03	L	F	Amy Beetge	17	LALE CED	09/11/2024 Winelands SL4
71	2:33.50	L	F	Abigale Meineke	17	AQUA UTD	07/12/2024 Uthukela District Age Group Gala
72	2:34.35	L	F	Taaliah Rinquest	17	MARL CPT	21/09/2024 CTA INVITATIONAL LC MEET
73	2:35.06	L S	P	Erin De Montille	17	CA EKU	05/12/2024 EGA Summer Championships
74	2:35.15	L	F	Cara Crichton	17	TUKS FSH	13/09/2024 NTS September Age Group 2024
75	2:35.62	L S	P	Isabella Vicente	17	SOUL EKU	05/12/2024 EGA Summer Championships
76	2:35.98	L	F	Ammara Jagger	17	AQDO CPT	21/09/2024 CTA INVITATIONAL LC MEET
77	2:36.07	L	F	Melissa Kuun	17	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
78	2:36.42	L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024 CGA Championships 2024
79	2:37.05	L S	P	Riley Hattingh-Steyn	17	SOUL EKU	05/12/2024 EGA Summer Championships
80	2:37.08	L	P	Amyleigh Tolmay	17	AFIN JHB	29/11/2024 CGA Championships 2024
81	2:37.73	L	F	Acacia-Cailyn Abell	17	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
82	2:38.28	L	F	Catherine Wentzel	17	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
83	2:39.25	L	P	Emma Wentzel	17	AA JHB	29/11/2024 CGA Championships 2024
84	2:39.67	L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
85	2:39.75	L	F	Janica Stone	17	KALA	15/11/2024 AGE GROUP 2 KATHU 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
86	2:39.99	L	F	Beane Swanepoel	17	VRC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
87	2:40.25	L	F	Bailey Hughes	17	KLOO ETH	02/07/2024 Prestige Tournament 2024
88	2:41.47	L	F	Alexia Adreani	17	CA EKU	18/01/2025 EGA Summer 5
89	2:41.67	L	F	Jaiden Funnell	17	AA JHB	22/01/2025 Crusaders Night Gala 2
90	2:41.85	L	F	Deidre Olivier	17	RBOT BPD	07/12/2024 NWS Championships 2024
91	2:41.88	L	F	Neo Cele	17	ELEC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
92	2:42.41	L	F	Minet Van den Ende	17	FISH EDD	15/06/2024 PEA Winter Gala 2024
93	2:42.47	L	F	Clarise Coetzer	17	STSC KCD	28/09/2024 KCDA Age Group 1 2024
94	2:43.26	L	F	Cherise Coetzer	17	STSC KCD	28/09/2024 KCDA Age Group 1 2024
95	2:44.44	L	F	Marilee Coetzee	17	DOLFI MPD	29/11/2024 Limpopo Champs 2024
96	2:44.55	L	F	Annabelle Roberts	17	LALE CED	09/11/2024 Winelands SL4
97	2:44.60	L	F	Kelly Jackson	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
98	2:47.83	L	F	Josslyn Gaudie	17	RFA FSH	07/12/2024 NWS Championships 2024
99	2:47.94	L	F	Fallon Tweedie	17	PEAS NMA	03/08/2024 2nd A League Gala 2024
100	2:48.58	L	F	Johane Viljoen	17	BLNE MAN	19/10/2024 Pelicans Gala 2
101	2:52.00	L S	F	Maya Lockitch	17	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
102	2:55.60	L	F	Lisa Bloem	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
103	2:56.23	L	F	Amy Lazarou	17	AWSC JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
104	2:56.85	L	F	Carmen Botha	17	MATL KKD	07/12/2024 NWS Championships 2024
105	2:56.93	L	F	Ashley Loch	17	VHD ZLD	11/01/2025 Uthukela District Age Group Gala
106	2:56.97	L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024 NWS Championships 2024
107	2:57.42	L	F	Anrieks Henning	17	TRALI MAN	28/06/2024 Sentraal Winter Gala
108	2:57.82	L	F	Charissa Volschenk	17	VHD ZLD	07/12/2024 Uthukela District Age Group Gala
109	2:58.64	L	P	Lianne Labuschagne	17	NWUC KKD	07/12/2024 NWS Championships 2024
110	2:58.70	L	F	Ella Smith	17	SAAW CPT	21/09/2024 CTA INVITATIONAL LC MEET
111	3:01.39	L	F	Ahara-Anne Maherry	17	BEAV ETH	25/01/2025 uShaka Champs 2025
112	3:02.62	L	F	Jemma Ascott	17	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
113	3:04.17	L	F	Madelein Bronkhorst	17	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
114	3:04.28	L	F	Rudine Van Wyk	17	PAC FSH	13/09/2024 NTS September Age Group 2024
115	3:15.61	L	F	Alexa Wood	17	STSC KCD	25/01/2025 uShaka Champs 2025
116	3:15.79	L	F	Nkenda Baghana	17	CPSC FSH	13/09/2024 NTS September Age Group 2024
117	3:18.12	L	F	Sckylar Lambert	17	ESP EKU	01/02/2025 EGA Last Chance Gala
118	3:26.81	L	F	Daniëlle Le Roux	17	SS MPD	09/11/2024 Limpopo Age Group 5
119	3:35.80	L	F	Kayla Swanepoel	17	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
120	3:40.11	L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024 XX AA Zone IV LC Championships 4-7
<b>Women 17-17 400 Free</b>							
1	4:26.69	L	F	Kaitlynn Horne	17	PEAS NMA	13/12/2024 NMBA Championships 2024
2	4:29.45	L	F	Marony Jacobs	17	INFA NMA	13/12/2024 NMBA Championships 2024
3	4:33.41	L	F	Sofia French	17	TUKS FSH	29/11/2024 CGA Championships 2024
4	4:40.72	L	F	Grace Morris	17	LALE CED	09/11/2024 Winelands SL4
5	4:41.33	L	F	Jessica Carmody	17	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
6	4:45.16	L	F	Gabriella Helberg	17	MDOL JHB	29/11/2024 CGA Championships 2024
7	4:48.38	L	F	Loghan Gray	17	MDOL JHB	29/11/2024 CGA Championships 2024
8	4:49.13	L	F	Kiara Croft	17	PEAS NMA	05/10/2024 4th A League Gala 2024
9	4:50.05	L	F	Madison Fourie	17	INFA NMA	14/09/2024 3rd A League Gala 2024
10	4:52.07	L	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
11	4:52.80	L	F	Bay-Linn Oelofse	17	TNDER FDD	25/10/2024 Neptunes Gala
12	4:54.00	L	F	Monica Botha	17	BEAV ETH	25/01/2025 uShaka Champs 2025
13	4:54.01	L	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024 NWS Championships 2024
14	4:55.61	L	F	Cassidy Sinclair	17	DRGN EKU	29/11/2024 CGA Championships 2024
15	4:56.05	L	F	Alexia Luz	17	SOUL EKU	05/12/2024 EGA Summer Championships
16	4:56.48	L	F	Francis Whelan	17	BLOT MAN	13/09/2024 Pelicans Age Group Gala
17	4:56.93	L	F	Emily Lott	17	ASA ILD	07/12/2024 Stingrays Champs 2024
18	4:57.08	L	F	Raine Botes	17	TUKS FSH	13/09/2024 NTS September Age Group 2024
19	4:57.48	L	F	Jenna Smit	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
20	5:01.39	L	F	Jady Theron	17	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
21	5:02.69	L	F	Christina Gennarakis	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
22	5:03.21	L	F	Alne Van Eeden	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
23	5:06.70	L	F	Cassidey Doubell	17	CRSC JHB	29/11/2024 CGA Championships 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
24	5:06.75	L	F	Hayley Beling	17	CA EKU	05/12/2024	EGA Summer Championships
25	5:07.46	L	F	Nanette Jordaan	17	BLOT MAN	10/08/2024	Kovsies Gala 1
26	5:09.64	L	F	Jorja Da Cunha	17	CA EKU	01/02/2025	EGA Last Chance Gala
27	5:12.46	L	F	Shani Olivier	17	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
28	5:13.48	L	F	Aruli Fick	17	USH KCD	23/11/2024	KCDA Age Group Gala 3
29	5:14.67	L	F	Shannon Coetzee	17	PGAC EKU	10/01/2025	2024 Grand Prix Invitation Swimming
30	5:15.02	L	F	Neema Banza	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
31	5:16.09	L	F	Jenna Loubser	17	SLAQ CPT	05/12/2024	Western Cape LC-A Championship 2024
32	5:16.29	L	F	Danika Vyncke	17	TUKS TSH	29/11/2024	Mpumalanga Championships 2024
33	5:16.53	L S	F	Joy Vd Westhuizen	17	AQDO CPT	02/11/2024	CTA A & B CHAMPS 2024
34	5:16.69	L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025	Limpopo School Champs & Limpopo AG
35	5:16.75	L	F	Simone Theron	17	TKS WBD	29/11/2024	Limpopo Champs 2024
36	5:17.86	L	F	Madelé Harding	17	POTC KKD	23/11/2024	NWS Age Group 3 + 4 2024
37	5:26.84	L	F	Mignon Smit	17	SS MPD	29/11/2024	Limpopo Champs 2024
38	5:28.42	L	F	Clara van Rooyen	17	PGAC EKU	05/12/2024	EGA Summer Championships
39	5:28.80	L S	F	Ammara Jagger	17	AQDO CPT	02/11/2024	CTA A & B CHAMPS 2024
40	5:29.04	L S	F	Hannah Witten	17	AQDO CPT	02/11/2024	CTA A & B CHAMPS 2024
41	5:30.52	L	F	Janica Stone	17	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
42	5:32.40	L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024	XX AA Zone IV LC Championships 4-7
43	5:36.10	L	F	Amyleigh Tolmay	17	AFIN JHB	29/11/2024	CGA Championships 2024
44	5:40.54	L	F	Abigale Meineke	17	AQUA UTD	07/12/2024	Uthukela District Age Group Gala
45	5:46.09	L	F	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024
46	5:59.41	L	F	Kayla Botha	17	PER JHB	29/11/2024	CGA Championships 2024
47	5:59.85	L	F	Marilee Coetzee	17	DOLFI MPD	09/11/2024	Limpopo Age Group 5
48	6:04.09	L	F	Catherine Wentzel	17	FRA KCD	26/10/2024	Froggies Aquatics Championships 2024
49	6:07.86	L	F	Johane Viljoen	17	BLNE MAN	25/10/2024	Neptunes Gala
50	6:08.06	L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
51	6:29.33	L	F	Ahara-Anne Maherry	17	BEAV ETH	25/01/2025	uShaka Champs 2025
52	6:33.59	L	F	Jemma Ascott	17	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
53	6:35.47	L	F	Josslyn Gauldie	17	RFA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
54	6:35.82	L	F	Madelein Bronkhorst	17	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
55	6:36.67	L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024
<b>Women 17-17 800 Free</b>								
1	9:06.81	L	F	Kaitlynn Horne	17	PEAS NMA	13/07/2024	1st A League Gala 2024
2	9:13.27	L	F	Marony Jacobs	17	INFA NMA	13/12/2024	NMBA Championships 2024
3	9:52.97	L	F	Loghan Gray	17	MDOL JHB	29/11/2024	CGA Championships 2024
4	9:59.53	L	F	Kiara Croft	17	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
5	10:01.78	L	F	Gabriella Helberg	17	MDOL JHB	29/11/2024	CGA Championships 2024
6	10:05.74	L	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
7	10:10.52	L	F	Alne Van Eeden	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
8	10:14.67	L	F	Bay-Linn Oelofse	17	TNDER FDD	25/10/2024	Neptunes Gala
9	10:16.51	L	F	Monica Botha	17	BEAV ETH	02/07/2024	Prestige Tournament 2024
10	10:17.90	L	F	Jenna Smit	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
11	10:24.81	L	F	Francis Whelan	17	BLOT MAN	25/10/2024	Neptunes Gala
12	10:33.75	L	F	Cassidey Doubell	17	CRSC JHB	29/11/2024	CGA Championships 2024
13	10:35.29	L	F	Alexia Luz	17	SOUL EKU	26/10/2024	Summer 3 Delville
14	10:41.49	L	F	Jady Theron	17	PLAY CED	17/10/2024	43rd Freda Barnard Invitational Gala
15	10:44.38	L	F	Emily Lott	17	ASA ILD	07/12/2024	Stingrays Champs 2024
16	10:50.78	L	F	Kiyara Campbell	17	USC BUF	22/11/2024	BCA Long Course Championships 2024
17	10:55.84	L	F	Abigale Meineke	17	AQUA UTD	02/11/2024	Uthukela District Age Group Gala
18	10:57.41	L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
19	11:01.84	L	F	Jean Marie Swartz	17	ACAQ CCD	29/11/2024	Limpopo Champs 2024
20	11:04.29	L	F	Shannon Coetzee	17	PGAC EKU	10/01/2025	2024 Grand Prix Invitation Swimming
21	11:05.96	L	F	Hayley Beling	17	BAS EKU	26/10/2024	Summer 3 Delville
22	11:06.01	L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
23	11:09.94	L	F	Ammara Jagger	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
24	11:18.16	L	F	Jorja Da Cunha	17	CA EKU	26/10/2024	Summer 3 Delville
25	11:26.54	L	F	Shani Olivier	17	PAQU CED	17/10/2024	43rd Freda Barnard Invitational Gala
26	11:42.21	L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024	XX AA Zone IV LC Championships 4-7



### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	11:42.86 L	F	Amyleigh Tolmay	17	AFIN JHB	29/11/2024	CGA Championships 2024
28	12:37.82 L	F	Catherine Wentzel	17	FRA KCD	28/09/2024	KCDA Age Group 1 2024
29	12:43.47 L	F	Johane Viljoen	17	BLNE MAN	25/10/2024	Neptunes Gala
30	12:46.20 L	F	Tianel Van Der Merwe	17	MSC NGD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
31	13:37.65 L	F	Lianne Labuschagne	17	NWUC KKD	07/12/2024	NWS Championships 2024
32	13:38.00 L	F	Jemma Ascott	17	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
<b>Women 17-17 1500 Free</b>							
1	17:33.58 L	F	Kaitlynn Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
2	17:36.69 L	F	Marony Jacobs	17	INFA NMA	31/01/2025	Infinity Gala 2025
3	19:10.61 L	F	Kiara Croft	17	PEAS NMA	03/08/2024	2nd A League Gala 2024
4	19:11.00 L	O	Loghan Gray	17	MDOL JHB	18/01/2025	WC OWS Champs / Aqua Azzurra
5	19:11.95 L	F	Cassidy Sinclair	17	DRGN ECU	29/11/2024	CGA Championships 2024
6	19:23.22 L	F	Alne Van Eeden	17	PEAS NMA	31/01/2025	Infinity Gala 2025
7	19:34.04 L S	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
8	20:00.24 L	F	Cassidey Doubell	17	CRSC JHB	29/11/2024	CGA Championships 2024
9	20:13.00 L	F	Abigale Meineke	17	AQUA BUF	30/11/2024	KZN Open Water Champs 2024
10	20:16.29 L	F	Bay-Linn Oelofse	17	TNDER FDD	27/09/2024	Seals Gala 2
11	20:43.95 L S	F	Shani Olivier	17	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
12	21:06.62 L	F	Tiffany Marshall	17	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
13	22:10.00 L	O	Hayley Beling	17	CA ECU	18/01/2025	Prime View #3 2025
14	22:21.00 L	O	Tannah Lindsay	17	CA ECU	20/10/2024	Manyaka OW Sprint 2024
15	24:22.66 L	F	Catherine Wentzel	17	FRA KCD	25/01/2025	uShaka Champs 2025
16	26:30.13 L	F	Lianne Labuschagne	17	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
<b>Women 17-17 3000 Free</b>							
1	45.53 L	F	Abigale Meineke	17	AQUA UTD	24/11/2024	Capital K 3km Open Water Swim
2	49.21 L	F	Amelia Fraser-Harding	17	ACSA ETH	24/11/2024	Capital K 3km Open Water Swim
3	11:26.80 L	F	Marony Jacobs	17	RSA	05/08/2024	World Aquatics Champs OWS- 2024
4	18:03.70 L	P	Kaitlynn Horne	17	RSA	05/08/2024	World Aquatics Champs OWS- 2024
5	38:37.00 L	O	Loghan Gray	17	MDOL JHB	18/01/2025	WC OWS Champs / Aqua Azzurra
6	40:22.00 L	O	Cassidy Sinclair	17	DRGN ECU	18/01/2025	Prime View #3 2025
7	41:04.00 L	O	Kirsty Andraos	17	TUKS FSH	20/10/2024	Manyaka OW Sprint 2024
8	41:17.00 L	O	Cassidey Doubell	17	CRSC JHB	18/01/2025	Prime View #3 2025
9	42:17.00 L	O	Alne Van Eeden	17	PEAS NMA	08/12/2024	EC Swim Series OWS Round 2 2024
10	42:55.00 L	O	Raine Botes	17	TUKS FSH	02/11/2024	Prime View #1
11	44:13.29 L	O	Tamsyn Kotzè	17	BLMA CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
12	44:56.00 L	O	Hayley Beling	17	CA ECU	18/01/2025	WC OWS Champs / Aqua Azzurra
13	45:01.00 L	O	Farhah Valli	17	CA ECU	07/12/2024	Prime View #2
14	48:01.00 L	O	Jean Marie Swartz	17	LP CCD	02/11/2024	Prime View #1
15	50:16.41 L	O	Ammara Jagger	17	AQDO CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
16	55:12.43 L	O	Annabelle Roberts	17	LALE CED	18/01/2025	WC OWS Champs / Aqua Azzurra
<b>Women 17-17 5000 Free</b>							
1	1:00:05.00 L	O	Kaitlynn Horne	17	PEAS NMA	19/01/2025	NMBA OWS Championships 2025
2	1:01:46.42 L	O	Marony Jacobs	17	RSA	08/12/2024	XX AA Zone IV OWS Championships 8
3	1:04:47.00 L	O	Amelia Fraser-Harding	17	ACSA ETH	26/10/2024	EDA Open Water 2
4	1:07:09.00 L	O	Kirsty Andraos	17	TUKS FSH	07/12/2024	Prime View #2
5	1:08:52.00 L	O	Alne Van Eeden	17	PEAS NMA	19/01/2025	NMBA OWS Championships 2025
6*	1:10:18.00 L	O	Cassidey Doubell	17	CRSC JHB	18/01/2025	WC OWS Champs / Aqua Azzurra
6*	1:10:18.00 L	O	Loghan Gray	17	MDOL JHB	18/01/2025	Prime View #3 2025
8	1:14:21.00 L	O	Farhah Valli	17	CA ECU	18/01/2025	Prime View #3 2025
9	1:20:09.00 L	O	Hayley Beling	17	CA ECU	18/01/2025	Prime View #3 2025
10	1:20:21.00 L	O	Tamsyn Kotzè	17	BLMA CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
11	1:51:08.00 L	O	Jemma Ascott	17	ANAX CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
<b>Women 17-17 7500 Free</b>							
1	1:28:51.90 L	F	Kaitlynn Horne	17	RSA	05/08/2024	World Aquatics Champs OWS- 2024
2	1:32:51.10 L	F	Marony Jacobs	17	RSA	05/08/2024	World Aquatics Champs OWS- 2024
3	2:05:19.00 L	F	Amelia Fraser-Harding	17	ACSA ETH	30/11/2024	KZN Open Water Champs 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
<b>Women 17-17 10000 Free</b>									
1	2:02:40.00	L	O	Kaitlynn Horne	17	PEAS NMA	19/01/2025	NMBA OWS Championships 2025	
2	2:24:41.00	L	O	Kirsty Andraos	17	TUKS FSH	02/11/2024	Prime View #1	
<b>Women 17-17 50 Back</b>									
1	28.89	L	F	Jessica Thompson	17	AA JHB	26/10/2024	Summer 3 Delville	
2	29.95	L	F	Grace Morris	17	LALE CED	05/12/2024	Western Cape LC-A Championship 2024	
3	30.72	L	P	Keira Van Heerden	17	INFA NMA	15/06/2024	PEA Winter Gala 2024	
4	30.98	L	F	Jessica Carmody	17	RSA	04/10/2024	Curro AquaElite Gala	
5	31.03	L	F	Indiana De Villiers	17	SEALS ETH	05/12/2024	EGA Summer Championships	
6	31.24	L	F	Tannah Lindsay	17	CA EKU	05/12/2024	EGA Summer Championships	
7	31.37	L	F	Melissa Kuun	17	EDA ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE	
8	31.45	L	F	Sarah Mc Laren	17	SEALS ETH	05/12/2024	EGA Summer Championships	
9	31.62	L	F	Isabella Desfontaines	CR	VASA EKU	05/12/2024	EGA Summer Championships	
10	32.07	L	P	Myra Viduya	17	INFA NMA	15/06/2024	PEA Winter Gala 2024	
11	32.20	L	F	Gabriella Douglas	17	BAS EKU	05/12/2024	EGA Summer Championships	
12	32.37	L	F	Ashley Loch	17	VHD ZLD	23/11/2024	KCDA Age Group Gala 3	
13	32.66	L	P	Aurora Ryser	17	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024	
14	32.80	L	F	Jenna Smit	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024	
15	32.91	L	P	Kaitlynn Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024	
16	32.99	L	F	Julie Landmann	17	PSC FSH	15/11/2024	Valsrivier Gala 2024	
17	33.04	L	F	Caelyn White	17	AA JHB	29/11/2024	CGA Championships 2024	
18	33.54	L	F	Monica Botha	17	BEAV ETH	25/01/2025	uShaka Champs 2025	
19	33.68	L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024	Free State Champs 2024	
20	33.92	L	F	Tanè Putter	17	RSA	04/10/2024	Curro AquaElite Gala	
21	34.00	L	F	Jana Helmand	17	BLOT MAN	04/12/2024	Free State Champs 2024	
22	34.03	L	P	Une Van den Berg	17	AA JHB	29/11/2024	CGA Championships 2024	
23	34.08	L	P	Beane Swanepoel	17	VRC FSH	05/12/2024	EGA Summer Championships	
24	34.09	L S	F	Kaylin Stieger	17	NWUC KKD	07/12/2024	NWS Championships 2024	
25	34.31	L	F	Caitlin Kennedy	17	AFIN JHB	02/07/2024	Prestige Tournament 2024	
26	34.34	L	P	Cassidey Doubell	17	CRSC JHB	29/11/2024	CGA Championships 2024	
27	34.37	L	F	Francis Whelan	17	BLOT MAN	24/08/2024	Kovsie Gala 2	
28	34.67	L	P	Hayley Beling	17	CA EKU	05/12/2024	EGA Summer Championships	
29	34.72	L	P	Marony Jacobs	17	INFA NMA	15/06/2024	PEA Winter Gala 2024	
30	34.90	L	F	Tiffany Marshall	17	UNIU EZD	29/11/2024	Mpumalanga Championships 2024	
31	34.92	L	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024	Prestige Tournament 2024	
32	35.05	L	F	Alexia Luz	17	SOUL EKU	12/10/2024	EGA Summer 2	
33	35.37	L	F	Mianique Lombard	17	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025	
34*	35.59	L	F	Cara Corrigan	17	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala	
34*	35.59	L	F	Simone Theron	17	TKS WBD	29/11/2024	Limpopo Champs 2024	
36	35.77	L	P	Erin De Montille	17	CA EKU	05/12/2024	EGA Summer Championships	
37	35.88	L	F	Neema Banza	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024	
38*	35.90	L	F	Mari Zanne Nortje	17	TKS WBD	29/11/2024	Limpopo Champs 2024	
38*	35.90	L	F	Jady Theron	17	PLAY CED	17/10/2024	43rd Freda Barnard Invitational Gala	
40	36.16	L	P	Leah Durig	17	CRSC JHB	29/11/2024	CGA Championships 2024	
41	36.17	L	P	Alexia Adreani	17	CA EKU	05/12/2024	EGA Summer Championships	
42	36.22	L	F	Isabella Vicente	17	SOUL EKU	12/10/2024	EGA Summer 2	
43	36.45	L	F	Sally-Louise Ingwe	CR	VASA EKU	12/10/2024	EGA Summer 2	
44	36.48	L	P	Isabel Vorster	17	BLNE MAN	04/12/2024	Free State Champs 2024	
45	36.52	L	F	Mignon Smit	17	HMER MP	01/02/2025	Limpopo School Champs & Limpopo AG	
46	36.85	L	F	Chignet Davel	17	PHS CCD	08/10/2024	Limpopo Top 8 - High Schools	
47	36.91	L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024	
48	37.00	L	F	Bailey Hughes	17	KLOO ETH	02/07/2024	Prestige Tournament 2024	
49	37.04	L	F	Jaiden Funnell	17	AA JHB	01/02/2025	EGA Last Chance Gala	
50	37.05	L	F	Danelle Du Toit	17	TASC MPD	12/10/2024	Limpopo Age Group 4	
51	37.08	L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024	
52	37.22	L	P	Amahle Mhlongo	17	PSCP UMD	02/07/2024	Prestige Tournament 2024	
53	37.32	L	F	Marilee Coetzee	17	DOLFI MPD	29/11/2024	Limpopo Champs 2024	
54	37.43	L	F	Emma Wentzel	17	AA JHB	29/11/2024	CGA Championships 2024	

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
55	37.47	L	F	Ammara Jagger	17	AQDO CPT	17/10/2024 43rd Freda Barnard Invitational Gala
56	37.49	L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024 43rd Freda Barnard Invitational Gala
57	37.57	L	F	Cherise Coetzer	17	STSC KCD	26/10/2024 Froggies Aquatics Championships 2024
58	37.81	L	F	Cianke Louw	17	HMER MP	08/10/2024 Limpopo Top 8 - High Schools
59	37.83	L	P	Shannon Coetzee	17	PGAC ECU	05/12/2024 EGA Summer Championships
60	38.17	L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025 Limpopo School Champs & Limpopo AG
61	38.31	L	P	Kelly Jackson	17	BLOT MAN	04/12/2024 Free State Champs 2024
62	38.41	L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
63	38.42	L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024 43rd Freda Barnard Invitational Gala
64	38.59	L	F	Megan Kemp	17	TINC TSH	13/09/2024 NTS September Age Group 2024
65	38.61	L	F	Neo Cele	17	ELEC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
66	38.78	L	F	Yusrah Du Toit	17	UWCA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
67	38.81	L	P	Shani Olivier	17	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
68	38.82	L	F	Minet Van den Ende	17	FISH EDD	15/06/2024 PEA Winter Gala 2024
69	39.13	L	P	Acacia-Cailyn Abell	17	MDOL JHB	29/11/2024 CGA Championships 2024
70	39.34	L	P	Tianel Van Der Merwe	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
71	39.81	L	P	Clara van Rooyen	17	PGAC ECU	05/12/2024 EGA Summer Championships
72	39.98	L	F	Carmen Botha	17	MATL KKD	23/11/2024 NWS Age Group 3 + 4 2024
73	40.00	L	P	Abigayle Otto	17	CA ECU	05/12/2024 EGA Summer Championships
74	40.60	L	P	Riley Hattingh-Steyn	17	SOUL ECU	05/12/2024 EGA Summer Championships
75	40.77	L	F	Sckylar Lambert	17	ESP ECU	26/10/2024 Summer 3 Delville
76	40.89	L	P	Johane Viljoen	17	BLNE MAN	04/12/2024 Free State Champs 2024
77	41.05	L	F	Janica Stone	17	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
78	41.24	L	F	Tatenda Chamboko	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
79	41.88	L	F	Daniëlle Le Roux	17	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
80	42.16	L	F	Keatlegile Makhate	17	TKS WBD	17/10/2024 Limpopo Champs 2024
81	42.20	L	P	Amy Lazarou	17	AWSC JHB	29/11/2024 CGA Championships 2024
82	42.23	L	F	Nkenda Baghana	17	CPSC TSH	13/09/2024 NTS September Age Group 2024
83	42.30	L S	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024 NWS Championships 2024
84	42.71	L	F	Anrieks Henning	17	TRALI MAN	28/06/2024 Sentraal Winter Gala
85	43.06	L	F	Ella Smith	17	SAAW CPT	21/09/2024 CTA INVITATIONAL LC MEET
86	43.35	L	F	Abigale Meineke	17	AQUA UTD	11/01/2025 Uthukela District Age Group Gala
87	45.25	L	F	Madelein Bronkhorst	17	AGAQ OBD	17/10/2024 43rd Freda Barnard Invitational Gala
88	45.35	L	F	Ahara-Anne Maherry	17	BEAV ETH	25/01/2025 uShaka Champs 2025
89	45.91	L	F	Danica Pritchard	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
90	46.39	L	F	Kayla Swanepoel	17	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
91	46.83	L	F	Jemma Ascott	17	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
92	47.63	L	F	Caylin Bach	17	AASC EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
93	49.62	L	F	Nadia Jv Rensburg	17	HSBV SKD	08/10/2024 Limpopo Top 8 - High Schools
94	51.73	L	F	Alyssa Bester	17	QSAW CED	09/11/2024 Winelands SL4
95	52.53	L	F	Kiara Wilson	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
96	59.88	L	F	Laeqah Hartnick	17	WEST CPT	21/09/2024 CTA INVITATIONAL LC MEET
97	1:07.56	L	F	Owethu Mokwena	17	TLAC BPD	23/11/2024 NWS Age Group 3 + 4 2024

#### Women 17-17 100 Back

1	1:04.02	L	F	Grace Morris	17	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
2	1:06.85	L	F	Keira Van Heerden	17	INFA NMA	31/01/2025 Infinity Gala 2025
3	1:06.98	L	P	Emma De Wet	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
4	1:07.41	L S	F	Tannah Lindsay	17	CA ECU	05/12/2024 EGA Summer Championships
5	1:07.80	L	F	Gabriella Helberg	17	MDOL JHB	29/11/2024 CGA Championships 2024
6	1:08.06	L	P	Jana Lombard	17	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
7	1:09.15	L	F	Sarah Mc Laren	17	SEALE ETH	02/07/2024 Prestige Tournament 2024
8	1:09.22	L	F	Melissa Kuun	17	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
9	1:09.61	L S	F	Gabriella Douglas	17	BAS ECU	05/12/2024 EGA Summer Championships
10	1:09.87	L	F	Aurora Ryser	17	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
11	1:09.93	L	F	Myra Viduya	17	INFA NMA	14/09/2024 3rd A League Gala 2024
12	1:10.25	L	F	Jessica Carmody	17	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
13	1:11.04	L	F	Kaitlynn Horne	17	NMBA NM	11/01/2025 EDEN INTER DISTRICT PRESTIGE
14	1:11.16	L	F	Chanel Baenhoff	17	BLSS MAN	27/09/2024 Seals Gala 2
15	1:11.28	L	F	Julie Landmann	17	PSC TSH	10/01/2025 2024 Grand Prix Invitation Swimming

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
16	1:11.35	L	P	Jenna Smit	17	CASC	CPT 05/12/2024 Western Cape LC-A Championship 2024
17	1:12.29	L	F	Isabella Desfontaines	CR	VASA	EKU 12/10/2024 EGA Summer 2
18	1:12.40	L	F	Jana Helmand	17	BLOT	MAN 04/12/2024 Free State Champs 2024
19	1:12.41	L	F	Caelyn White	17	AA	JHB 10/01/2025 2024 Grand Prix Invitation Swimming
20	1:13.23	L	F	Cassidy Sinclair	17	DRGN	JHB 10/01/2025 2024 Grand Prix Invitation Swimming
21	1:13.48	L	F	Francis Whelan	17	RSA	04/10/2024 Curro AquaElite Gala
22	1:13.66	L S	F	Hayley Beling	17	CA	EKU 05/12/2024 EGA Summer Championships
23	1:13.89	L	F	Monica Botha	17	BEAV	ETH 25/01/2025 uShaka Champs 2025
24	1:14.07	L	F	Ashley Loch	17	VHD	ZLD 07/12/2024 Stingrays Champs 2024
25	1:14.53	L	F	Une Van den Berg	17	AA	JHB 29/11/2024 CGA Championships 2024
26	1:14.71	L	F	Kiyara Campbell	17	USC	BUF 22/11/2024 BCA Long Course Championships 2024
27	1:14.78	L	P	Tatum Lauf	17	MDOL	JHB 29/11/2024 CGA Championships 2024
28	1:15.26	L	F	Cassidey Doubell	17	CRSC	JHB 29/11/2024 CGA Championships 2024
29	1:16.02	L	F	Christina Gennarakis	17	CASC	CPT 02/11/2024 CTA A & B CHAMPS 2024
30	1:16.03	L	F	Erin Hudson	17	AA	JHB 10/01/2025 2024 Grand Prix Invitation Swimming
31	1:16.06	L	F	Mari Zanne Nortje	17	HSBV	SKD 01/02/2025 Limpopo School Champs & Limpopo AG
32	1:16.20	L	F	Lisa Bester	17	WELL	CED 05/12/2024 Western Cape LC-A Championship 2024
33	1:16.35	L	P	Caitlin Kennedy	17	AFIN	JHB 02/07/2024 Prestige Tournament 2024
34	1:16.39	L S	F	Erin De Montille	17	CA	EKU 05/12/2024 EGA Summer Championships
35	1:16.44	L	P	Caitlin Watson	17	BLMA	CPT 05/12/2024 Western Cape LC-A Championship 2024
36	1:16.89	L	F	Loghan Gray	17	MDOL	JHB 10/01/2025 2024 Grand Prix Invitation Swimming
37	1:16.94	L	F	Kayla Miller	17	CRSC	JHB 22/01/2025 Crusaders Night Gala 2
38	1:17.15	L	F	Simone Theron	17	HSBV	SKD 01/02/2025 Limpopo School Champs & Limpopo AG
39	1:17.24	L	P	Kaylin Stieger	17	NWUC	KKD 07/12/2024 NWS Championships 2024
40	1:17.52	L	P	Sinesipho Sibiya	17	SEAL	UMD 02/07/2024 Prestige Tournament 2024
41	1:17.69	L	F	Mignon Smit	17	SS	MPD 29/11/2024 Limpopo Champs 2024
42	1:17.70	L	P	Tamsyn Kotzè	17	BLMA	CPT 05/12/2024 Western Cape LC-A Championship 2024
43	1:17.85	L	F	Tiffany Marshall	17	UNI	EZD 10/01/2025 2024 Grand Prix Invitation Swimming
44	1:18.06	L	F	Danika Vyncke	17	DRGN	EKU 15/06/2024 PEA Winter Gala 2024
45	1:18.14	L	F	Jady Theron	17	PLAY	CED 17/10/2024 43rd Freda Barnard Invitational Gala
46	1:18.48	L	F	Bay-Linn Oelofse	17	TNDER	FDD 27/09/2024 Seals Gala 2
47	1:18.80	L	F	Katie-Peta Marcelino	17	KLOO	ETH 14/06/2024 AQZ Winter Warmer 2024
48	1:18.99	L	F	Neema Banza	17	UNI	EZD 11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
49	1:19.18	L	F	Sally-Louise Ingwe	CR	VASA	EKU 04/12/2024 XX AA Zone IV LC Championships 4-7
50	1:19.44	L	P	Aarya Morar	17	ATLA	JHB 29/11/2024 CGA Championships 2024
51	1:19.65	L	P	Isabel Vorster	17	BLNE	MAN 04/12/2024 Free State Champs 2024
52	1:19.77	L	P	Nazneen Mohamed	17	ATLA	JHB 29/11/2024 CGA Championships 2024
53	1:20.37	L	F	Beane Swanepoel	17	VRC	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
54	1:20.40	L	P	Bailey Hughes	17	KLOO	ETH 02/07/2024 Prestige Tournament 2024
55	1:20.60	L	F	Isabella Vicente	17	SOUL	EKU 15/11/2024 Summer 4 Delville
56	1:20.61	L	F	Joy Vd Westhuizen	17	AQDO	CPT 02/11/2024 CTA A & B CHAMPS 2024
57	1:20.83	L	F	Chignet Davel	17	PHS	CCD 01/02/2025 Limpopo School Champs & Limpopo AG
58	1:21.08	L	F	Marilee Coetzee	17	HFDT	MP 01/02/2025 Limpopo School Champs & Limpopo AG
59	1:21.92	L	F	Taaliah Rinquest	17	MARL	CPT 07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
60	1:21.94	L	F	Ammara Jagger	17	AQDO	CPT 21/09/2024 CTA INVITATIONAL LC MEET
61	1:22.15	L	P	Erin Beyers	17	UNI	EZD 29/11/2024 Mpumalanga Championships 2024
62	1:22.23	L	F	Jean Marie Swartz	17	TONAU	CCD 01/02/2025 Limpopo School Champs & Limpopo AG
63	1:22.41	L	P	Jaiden Funnell	17	AA	JHB 29/11/2024 CGA Championships 2024
64	1:22.77	L	F	Danelle Du Toit	17	TASC	MPD 12/10/2024 Limpopo Age Group 4
65	1:22.84	L	F	Shannon Coetzee	17	PGAC	EKU 15/11/2024 Summer 4 Delville
66	1:22.94	L	F	Cherise Coetzer	17	STSC	KCD 26/10/2024 Froggies Aquatics Championships 2024
67	1:23.10	L	F	Mianique Lombard	17	WSS	LLD 15/11/2024 Valsrivier Gala 2024
68	1:23.63	L S	P	Clara van Rooyen	17	PGAC	EKU 05/12/2024 EGA Summer Championships
69	1:24.07	L	F	Kelly Jackson	17	BLOT	MAN 11/10/2024 Otters Prestige Gala 2024
70	1:24.53	L	F	Esmari Weitsz	17	UNI	EZD 29/11/2024 Mpumalanga Championships 2024
71	1:24.63	L	F	Jenna Loubser	17	SLAQ	CPT 17/10/2024 43rd Freda Barnard Invitational Gala
72	1:25.50	L	F	Zara Jeftha	17	MARL	CPT 17/10/2024 43rd Freda Barnard Invitational Gala
73	1:26.66	L	F	Marlet Maré	17	PSC	FSH 13/09/2024 NTS September Age Group 2024
74	1:27.39	L	P	Johane Viljoen	17	BLNE	MAN 04/12/2024 Free State Champs 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
75	1:27.43	L	F	Neo Cele	17	ELEC	TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
76	1:27.51	L	F	Riley Hattingh-Steyn	17	SOUL	EKU	12/10/2024 EGA Summer 2
77	1:27.76	L	F	Catherine Jones	17	RFA	TSH	18/10/2024 NTS Level 3+ October Age Group 2024
78*	1:28.21	L	F	Aine Van Eeden	17	PEAS	NMA	13/07/2024 1st A League Gala 2024
78*	1:28.21	L	P	Tyra Kasonkomona	17	MATL	KKD	07/12/2024 NWS Championships 2024
80	1:28.31	L	F	Carmen Botha	17	MATL	KKD	23/11/2024 NWS Age Group 3 + 4 2024
81	1:29.04	L	P	Kayla Botha	17	PER	JHB	29/11/2024 CGA Championships 2024
82	1:29.73	L	P	Tianel Van Der Merwe	17	UNI	EZD	29/11/2024 Mpumalanga Championships 2024
83	1:30.90	L	F	Maya Lockitch	17	CYBE	CPT	02/11/2024 CTA A & B CHAMPS 2024
84	1:31.54	L	F	Anrieks Henning	17	TRALI	MAN	28/06/2024 Sentraal Winter Gala
85	1:31.61	L	F	Sckylar Lambert	17	ESP	EKU	12/10/2024 EGA Summer 2
86	1:32.78	L	F	Keatlegile Makhate	17	MECS	WBD	01/02/2025 Limpopo School Champs & Limpopo AG
87	1:32.97	L	P	Ahara-Anne Maherry	17	BEAV	ETH	02/07/2024 Prestige Tournament 2024
88	1:35.44	L	F	Daniëlle Le Roux	17	HFDT	MP	08/10/2024 Limpopo Top 8 - High Schools
89	1:39.31	L	F	Cameron Landman	17	BETH	FDD	31/08/2024 Seals Gala
90	1:43.69	L	F	Nkenda Baghana	17	CPSC	TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
<b>Women 17-17 200 Back</b>								
1	2:19.21	L	F	Grace Morris	17	LALE	GED	05/12/2024 Western Cape LC-A Championship 2024
2	2:25.47	L	F	Jessica Carmody	17	RSA		04/10/2024 Curro AquaElite Gala
3	2:26.67	L	F	Kaitlyne Horne	17	PEAS	NMA	15/06/2024 PEA Winter Gala 2024
4	2:27.04	L	F	Gabriella Helberg	17	MDOL	JHB	29/11/2024 CGA Championships 2024
5	2:27.92	L	P	Sofia French	17	TUKS	TSH	29/11/2024 CGA Championships 2024
6	2:27.98	L	P	Tannah Lindsay	17	CA	EKU	05/12/2024 EGA Summer Championships
7	2:28.84	L	F	Hannah Mouton	17	TUKS	TSH	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
8	2:30.61	L	P	Indiana De Villiers	17	SEALS	ETH	05/12/2024 EGA Summer Championships
9	2:31.13	L S	F	Chanel Baenhoff	17	BLSS	MAN	04/12/2024 Free State Champs 2024
10	2:32.34	L	F	Aurora Ryser	17	TYGE	CPT	05/12/2024 Western Cape LC-A Championship 2024
11	2:34.38	L	F	Caelyn White	17	AA	JHB	10/01/2025 2024 Grand Prix Invitation Swimming
12	2:36.07	L	F	Kiyara Campbell	17	USC	BUF	22/11/2024 BCA Long Course Championships 2024
13	2:36.36	L	F	Cassidey Doubell	17	CRSC	JHB	29/11/2024 CGA Championships 2024
14	2:36.90	L S	F	Jana Helmand	17	BLOT	MAN	04/12/2024 Free State Champs 2024
15	2:37.52	L	P	Sarah Mc Laren	17	SEALS	ETH	05/12/2024 EGA Summer Championships
16	2:37.88	L	F	Monica Botha	17	BEAV	ETH	25/01/2025 uShaka Champs 2025
17	2:38.28	L	P	Alexia Luz	17	SOUL	EKU	05/12/2024 EGA Summer Championships
18	2:39.72	L	F	Jenna Smit	17	CASC	CPT	05/12/2024 Western Cape LC-A Championship 2024
19	2:41.29	L	F	Katie-Peta Marcelino	17	KLOO	ETH	14/06/2024 AQZ Winter Warmer 2024
20	2:41.70	L	P	Gabriella Douglas	17	BAS	EKU	05/12/2024 EGA Summer Championships
21	2:42.46	L	F	Hayley Beling	17	CA	EKU	05/12/2024 EGA Summer Championships
22	2:43.26	L	F	Francis Whelan	17	RSA		04/10/2024 Curro AquaElite Gala
23	2:44.16	L	F	Mignon Smit	17	SS	MPD	09/11/2024 Limpopo Age Group 5
24	2:44.42	L	P	Erin De Montille	17	CA	EKU	05/12/2024 EGA Summer Championships
25	2:44.57	L	P	Une Van den Berg	17	AA	JHB	29/11/2024 CGA Championships 2024
26	2:46.19	L	F	Jady Theron	17	PLAY	GED	17/10/2024 43rd Freda Barnard Invitational Gala
27	2:49.86	L	F	Kaylin Stieger	17	NWUC	KKD	09/11/2024 NWS Age Group 1 & 2 2024
28	2:51.23	L	F	Melissa Kuun	17	FISH	EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
29	2:51.59	L	F	Aarya Morar	17	ATLA	JHB	29/11/2024 CGA Championships 2024
30	2:51.97	L	F	Tamsyn Kotzè	17	BLMA	CPT	17/10/2024 43rd Freda Barnard Invitational Gala
31	2:52.23	L	P	Nazneen Mohamed	17	ATLA	JHB	29/11/2024 CGA Championships 2024
32	2:52.80	L	F	Neema Banza	17	UNI	EZD	10/01/2025 2024 Grand Prix Invitation Swimming
33	2:52.85	L S	F	Caitlin Kennedy	17	AFIN	JHB	02/07/2024 Prestige Tournament 2024
34	2:53.76	L	F	Taaliah Rinqwest	17	MARL	CPT	17/10/2024 43rd Freda Barnard Invitational Gala
35	2:55.18	L	F	Joy Vd Westhuizen	17	AQDO	CPT	17/10/2024 43rd Freda Barnard Invitational Gala
36	2:55.60	L	P	Isabella Vicente	17	SOUL	EKU	05/12/2024 EGA Summer Championships
37	2:55.66	L	F	Sally-Louise Ingwe	CR	VASA	EKU	12/10/2024 EGA Summer 2
38	2:55.85	L	F	Jenna Loubser	17	SLAQ	CPT	17/10/2024 43rd Freda Barnard Invitational Gala
39	2:55.94	L	F	Jean Marie Swartz	17	ACAQ	CCD	29/11/2024 Limpopo Champs 2024
40	2:56.44	L	F	Jaiden Funnell	17	AA	JHB	01/02/2025 EGA Last Chance Gala
41	2:56.72	L	F	Cherise Coetzer	17	STSC	KCD	25/01/2025 uShaka Champs 2025
42	2:56.79	L	P	Clara van Rooyen	17	PGAC	EKU	05/12/2024 EGA Summer Championships

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr			
43	2:56.97	L	F	Chignet Davel	17	PHS	CCD	01/02/2025 Limpopo School Champs & Limpopo AG
44	2:57.76	L	F	Bay-Linn Oelofse	17	TNDER	FDD	15/11/2024 Valsrivier Gala 2024
45	2:57.95	L	F	Ammara Jagger	17	AQDO	CPT	21/09/2024 CTA INVITATIONAL LC MEET
46	3:01.49	L	F	Isabel Vorster	17	BLNE	MAN	15/06/2024 PEA Winter Gala 2024
47	3:01.76	L	P	Shannon Coetzee	17	PGAC	EKU	05/12/2024 EGA Summer Championships
48	3:04.91	L	F	Marilee Coetzee	17	HFDT	MP	01/02/2025 Limpopo School Champs & Limpopo AG
49	3:07.80	L	F	Minet Van den Ende	17	FISH	EDD	15/06/2024 PEA Winter Gala 2024
50	3:10.10	L	F	Carmen Botha	17	MATL	KKD	23/11/2024 NWS Age Group 3 + 4 2024
51	3:12.20	L	F	Zara Jeftha	17	MARL	CPT	05/12/2024 Western Cape LC-A Championship 2024
52	3:12.63	L	F	Johane Viljoen	17	BLNE	MAN	25/10/2024 Neptunes Gala
53	3:12.72	L	F	Maya Lockitch	17	CYBE	CPT	21/09/2024 CTA INVITATIONAL LC MEET
54	3:17.61	L	F	Daniëlle Le Roux	17	SS	MPD	09/11/2024 Limpopo Age Group 5
55	3:18.18	L	F	Tyra Kasonkomona	17	MATL	KKD	07/12/2024 NWS Championships 2024
56	3:18.89	L	P	Amy Lazarou	17	AWSC	JHB	29/11/2024 CGA Championships 2024
57	3:19.99	L	P	Kayla Botha	17	PER	JHB	29/11/2024 CGA Championships 2024
58	3:21.97	L	F	Sckylar Lambert	17	ESP	EKU	18/01/2025 EGA Summer 5
59	4:00.29	L	F	Kayla Swanepoel	17	FISH	EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
60	4:00.53	L	F	Nkenda Baghana	17	CPSC	FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
<b>Women 17-17 50 Breast</b>								
1	32.82	L	F	Keira Van Heerden	17	INFA	NMA	15/06/2024 PEA Winter Gala 2024
2	34.38	L	F	Kayla Petersen	17	USC	BUF	13/12/2024 NMBA Championships 2024
3	34.51	L	F	Myra Viduya	17	INFA	NMA	17/08/2024 Madibaz Swim Meet 2024
4	34.62	L	F	Mianique Lombard	17	WSS	LLD	09/11/2024 Bull Sharks Gala
5	34.67	L	F	Rebecca Fury	17	VINE	CPT	05/12/2024 Western Cape LC-A Championship 2024
6	34.75	L	F	Cassandra Sikiotis	17	MDOL	JHB	29/11/2024 CGA Championships 2024
7	34.96	L	F	Khwezi Jacobs	17	PEAS	NMA	13/12/2024 NMBA Championships 2024
8	35.78	L	F	Jordyn Collett	17	TUKS	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
9	36.08	L S	F	Abigayle Otto	17	CA	EKU	05/12/2024 EGA Summer Championships
10	36.18	L	F	Tamryn Kunneke	17	RFA	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
11	36.37	L	F	Monique Oosthuizen	17	BLOT	MAN	04/12/2024 Free State Champs 2024
12	36.45	L	F	Nikha Lambden	17	EXP	FSH	01/02/2025 EGA Last Chance Gala
13	37.02	L	F	Xandri Fourie	17	TRAZ	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
14	37.06	L	F	Zara Jeftha	17	MARL	CPT	05/12/2024 Western Cape LC-A Championship 2024
15	37.08	L	F	Tatum Cabral	17	ELEC	FSH	18/10/2024 NTS Level 3+ October Age Group 2024
16	37.12	L	F	Neema Banza	17	UNI	EZD	29/11/2024 Mpumalanga Championships 2024
17	37.17	L	P	Mathilda Liebenberg	17	POTC	KKD	07/12/2024 NWS Championships 2024
18	37.21	L	F	Madison Fourie	17	INFA	NMA	13/07/2024 1st A League Gala 2024
19	37.69	L	F	Erin Beyers	17	UNI	EZD	29/11/2024 Mpumalanga Championships 2024
20	37.78	L	F	Tiffany Marshall	17	UNIU	EZD	29/11/2024 Mpumalanga Championships 2024
21	37.79	L	F	Simone Theron	17	HSBV	SKD	01/02/2025 Limpopo School Champs & Limpopo AG
22	38.01	L	P	Shani Olivier	17	PAQU	GED	05/12/2024 Western Cape LC-A Championship 2024
23	38.08	L	F	Mari Zanne Nortje	17	HSBV	SKD	01/02/2025 Limpopo School Champs & Limpopo AG
24	38.13	L	F	Danika Vyncke	17	DRGN	EKU	15/06/2024 PEA Winter Gala 2024
25	38.20	L	F	Nanette Jordaan	17	BLOT	MAN	04/12/2024 Free State Champs 2024
26*	38.52	L	F	Yusrah Du Toit	17	UWCA	CPT	02/11/2024 CTA A & B CHAMPS 2024
26*	38.52	L S	P	Gabriella Douglas	17	BAS	EKU	05/12/2024 EGA Summer Championships
28	38.58	L	F	Cara Corrigan	17	EDA	ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
29	38.64	L	F	Clarise Coetzer	17	STSC	KCD	25/01/2025 uShaka Champs 2025
30	38.68	L	F	Josslyn Gaudie	17	RFA	FSH	07/12/2024 NWS Championships 2024
31	39.01	L	F	Aurora Ryser	17	TYGE	CPT	05/12/2024 Western Cape LC-A Championship 2024
32	39.49	L	F	Farhah Valli	17	CA	EKU	01/02/2025 EGA Last Chance Gala
33	39.62	L	P	Hannah Witten	17	AQDO	CPT	05/12/2024 Western Cape LC-A Championship 2024
34	39.64	L	F	Aruli Fick	17	USH	KCD	07/12/2024 Stingrays Champs 2024
35	39.84	L	F	Cherise Coetzer	17	STSC	KCD	25/01/2025 uShaka Champs 2025
36	39.89	L	F	Fallon Tweedie	17	PEAS	NMA	17/08/2024 Madibaz Swim Meet 2024
37	40.12	L	F	Cara Crichton	17	TUKS	FSH	13/09/2024 NTS September Age Group 2024
38	40.13	L	F	Esmari Weitsz	17	UNI	EZD	29/11/2024 Mpumalanga Championships 2024
39	40.31	L	F	Kiara Croft	17	PEAS	NMA	13/07/2024 1st A League Gala 2024
40	40.33	L	F	Bay-Linn Oelofse	17	TNDER	FDD	15/11/2024 Valsrivier Gala 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
41	40.36 L	F	Jana Helmand	17	BLOT MAN	06/09/2024	Bull Sharks Annual Gala
42	40.46 L S	P	Riley Hattingh-Steyn	17	SOUL EKU	05/12/2024	EGA Summer Championships
43	40.66 L S	F	Jorja Da Cunha	17	CA EKU	05/12/2024	EGA Summer Championships
44	40.81 L	F	Isabel Vorster	17	BLNE MAN	02/11/2024	Heidedal
45	41.06 L	P	Leah Durig	17	CRSC JHB	29/11/2024	CGA Championships 2024
46	41.25 L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024	XX AA Zone IV LC Championships 4-7
47	41.45 L	F	Jenna Loubser	17	SLAQ CPT	05/12/2024	Western Cape LC-A Championship 2024
48	41.92 L	F	Marilee Coetzee	17	HFDT MP	08/10/2024	Limpopo Top 8 - High Schools
49	42.14 L	F	Taaliah Rinquest	17	MARL CPT	21/09/2024	CTA INVITATIONAL LC MEET
50	42.32 L S	P	Alexia Adreani	17	CA EKU	05/12/2024	EGA Summer Championships
51	42.66 L	F	Charissa Volschenk	17	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
52	42.99 L	P	Caitlin Kennedy	17	AFIN JHB	29/11/2024	CGA Championships 2024
53	43.10 L	F	Bailey Hughes	17	RSA	04/10/2024	Curro AquaElite Gala
54	43.36 L	F	Chignet Davel	17	PHS CCD	01/02/2025	Limpopo School Champs & Limpopo AG
55	43.41 L	F	Alexa Wood	17	STSC KCD	25/01/2025	uShaka Champs 2025
56	44.48 L	F	Ammara Jagger	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
57	44.71 L	F	Mignon Smit	17	HMER MP	01/02/2025	Limpopo School Champs & Limpopo AG
58	44.89 L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
59	45.03 L	P	Kayla Botha	17	PER JHB	29/11/2024	CGA Championships 2024
60	45.12 L	F	Lianka Du Toit	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools
61	45.48 L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025	Limpopo School Champs & Limpopo AG
62	45.72 L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025	Limpopo School Champs & Limpopo AG
63*	45.87 L	F	Tyra Kasonkomona	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024
63*	45.87 L S	P	Clara van Rooyen	17	PGAC EKU	05/12/2024	EGA Summer Championships
65	45.92 L	P	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024
66	46.15 L S	P	Shannon Coetzee	17	PGAC EKU	05/12/2024	EGA Summer Championships
67	46.84 L	P	Kelly Jackson	17	BLOT MAN	04/12/2024	Free State Champs 2024
68	46.94 L	F	Maya Lockitch	17	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
69	47.38 L	F	Pippa Wood	17	HSTAN MP	08/10/2024	Limpopo Top 8 - High Schools
70	47.45 L	F	Geraldine Van Der Merwe	17	TINC TSH	13/09/2024	NTS September Age Group 2024
71*	47.51 L	F	Lianne Labuschagne	17	NWUC KKD	07/12/2024	NWS Championships 2024
71*	47.51 L	F	Lisa Bloem	17	BLOT MAN	10/08/2024	Kovsies Gala 1
73	47.64 L	P	Amy Lazarou	17	AWSC JHB	29/11/2024	CGA Championships 2024
74	47.67 L	P	Tianel Van Der Merwe	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
75	47.79 L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
76	47.84 L	F	Gia Hoadley	17	HBV MP	08/10/2024	Limpopo Top 8 - High Schools
77	48.11 L	F	Tatenda Chamboko	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
78	48.46 L	F	Madelein Bronkhorst	17	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
79	49.69 L	P	Minet Van den Ende	17	FISH EDD	15/06/2024	PEA Winter Gala 2024
80	50.17 L	F	Elanza Oosthuizen	17	PHS CCD	08/10/2024	Limpopo Top 8 - High Schools
81	50.98 L	F	Abigale Meineke	17	AQUA UTD	11/01/2025	Uthukela District Age Group Gala
82	52.14 L	F	Kayla Swanepoel	17	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
83	52.17 L	F	Alyssa Bester	17	QSAW CED	09/11/2024	Winelands SL4
84	55.60 L	F	Kiara Wilson	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
85	57.15 L	F	Sckylar Lambert	17	ESP EKU	01/02/2025	EGA Last Chance Gala
86	1:03.83 L	F	Caylin Bach	17	AASC EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
87	1:19.66 L	F	Owethu Mokwena	17	TLAC BPD	23/11/2024	NWS Age Group 3 + 4 2024
88	1:21.52 L	F	Laeeqah Hartnick	17	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET

#### Women 17-17 100 Breast

1	1:11.87 L	F	Keira Van Heerden	17	INFA NMA	13/12/2024	NMBA Championships 2024
2	1:14.35 L	F	Cassandra Sikiotis	17	MDOL JHB	29/11/2024	CGA Championships 2024
3	1:16.20 L	F	Sofia French	17	TUKS TSH	29/11/2024	CGA Championships 2024
4	1:17.10 L	F	Myra Viduya	17	INFA NMA	16/11/2024	5th A League Gala 2024
5	1:17.17 L	P	Mianique Lombard	17	WSS LLD	04/12/2024	Free State Champs 2024
6	1:17.26 L	F	Jordyn Collett	17	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
7	1:17.92 L	P	Sarah Mc Laren	17	SEALS ETH	05/12/2024	EGA Summer Championships
8	1:18.09 L	F	Khwezi Jacobs	17	PEAS NMA	13/12/2024	NMBA Championships 2024
9	1:19.05 L	F	Kayla Petersen	17	USC BUF	13/12/2024	NMBA Championships 2024
10	1:19.81 L	F	Monique Oosthuizen	17	BLOT MAN	04/12/2024	Free State Champs 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
11	1:20.35	L	P	Rebecca Fury	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
12	1:21.34	L	F	Nikha Lambden	17	EXP TSH	01/02/2025 EGA Last Chance Gala
13	1:21.40	L	F	Abigayle Otto	17	CA EKU	26/10/2024 Summer 3 Delville
14	1:21.94	L	F	Loghan Gray	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
15	1:22.07	L	F	Erin Beyers	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
16	1:22.14	L	F	Tatum Lauf	17	MDOL JHB	29/11/2024 CGA Championships 2024
17	1:22.24	L	F	Nanette Jordaan	17	BLOT MAN	04/12/2024 Free State Champs 2024
18	1:22.32	L	F	Zara Jeftha	17	MARL CPT	05/12/2024 Western Cape LC-A Championship 2024
19*	1:22.86	L	F	Kaitlynn Horne	17	PEAS NMA	13/07/2024 1st A League Gala 2024
19*	1:22.86	L	F	Tatum Cabral	17	ELEC TSH	18/10/2024 NTS Level 3+ October Age Group 2024
21	1:23.01	L	F	Tamryn Kunneke	17	RFA TSH	18/10/2024 NTS Level 3+ October Age Group 2024
22	1:23.33	L	F	Tanè Putter	17	RSA	04/10/2024 Curro AquaElite Gala
23	1:23.63	L	F	Taylor Hemphill	17	SEALS ETH	05/12/2024 EGA Summer Championships
24	1:23.72	L	F	Shani Olivier	17	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
25	1:23.78	L	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024 NWS Championships 2024
26	1:24.12	L	F	Jessica Carmody	17	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
27	1:24.31	L	F	Madison Fourie	17	INFA NMA	13/12/2024 NMBA Championships 2024
28	1:24.55	L	F	Erin Hudson	17	AA JHB	10/01/2025 2024 Grand Prix Invitation Swimming
29	1:24.66	L	P	Hayley Beling	17	CA EKU	05/12/2024 EGA Summer Championships
30	1:25.02	L	F	Tiffany Marshall	17	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
31	1:25.11	L	F	Simone Theron	17	TKS WBD	29/11/2024 Limpopo Champs 2024
32	1:25.38	L	F	Hannah Witten	17	AQDO CPT	05/12/2024 Western Cape LC-A Championship 2024
33	1:25.44	L	P	Farhah Valli	17	CA EKU	05/12/2024 EGA Summer Championships
34	1:25.86	L	F	Neema Banza	17	UNI EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
35*	1:25.91	L	P	Danika Vyncke	17	DRGN EKU	15/06/2024 PEA Winter Gala 2024
35*	1:25.91	L S	F	Yusrah Du Toit	17	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
37	1:26.29	L	F	Acacia-Cailyn Abell	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
38	1:26.96	L	F	Cara Corrigan	17	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
39	1:27.00	L	F	Aurora Ryser	17	CTA CPT	11/01/2025 EDEN INTER DISTRICT PRESTIGE
40	1:27.54	L	F	Kiara Croft	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
41	1:27.69	L	F	Aruli Fick	17	USH KCD	02/07/2024 Prestige Tournament 2024
42	1:27.75	L	F	Josslyn Gauldie	17	RFA TSH	07/12/2024 NWS Championships 2024
43	1:28.07	L	P	Riley Hattingh-Steyn	17	SOUL EKU	05/12/2024 EGA Summer Championships
44	1:28.36	L	F	Clarise Coetzer	17	STSC KCD	07/12/2024 Stingrays Champs 2024
45	1:28.87	L	F	Cherise Coetzer	17	STSC KCD	23/11/2024 KCDA Age Group Gala 3
46	1:28.98	L	F	Esmari Weitsz	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
47	1:29.77	L	F	Cameron Landman	17	BETH FDD	04/12/2024 Free State Champs 2024
48	1:29.98	L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024 Valsrivier Gala 2024
49	1:30.86	L	F	Aine Van Eeden	17	NMBA NM	11/01/2025 EDEN INTER DISTRICT PRESTIGE
50	1:31.01	L	F	Fallon Tweedie	17	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
51	1:31.11	L	F	Cara Crichton	17	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
52	1:31.29	L	F	Katie-Peta Marcelino	17	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
53	1:31.42	L	P	Isabel Vorster	17	BLNE MAN	04/12/2024 Free State Champs 2024
54	1:31.47	L	F	Mari Zanne Nortje	17	TKS WBD	29/11/2024 Limpopo Champs 2024
55	1:31.84	L	F	Francis Whelan	17	BLOT MAN	24/08/2024 Kovsie Gala 2
56	1:31.88	L	F	Jana Helmand	17	BLOT MAN	06/09/2024 Bull Sharks Annual Gala
57	1:32.72	L	F	Emma Wentzel	17	AA JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
58*	1:33.41	L	F	Jenna Loubser	17	SLAQ CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
58*	1:33.41	L	P	Aarya Morar	17	ATLA JHB	29/11/2024 CGA Championships 2024
60	1:34.54	L	P	Clara van Rooyen	17	PGAC EKU	05/12/2024 EGA Summer Championships
61	1:35.43	L	F	Taaliah Rinquest	17	MARL CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
62	1:37.09	L	F	Mignon Smit	17	SS MPD	12/10/2024 Limpopo Age Group 4
63	1:37.54	L	F	Marilee Coetzee	17	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
64	1:39.57	L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025 Limpopo School Champs & Limpopo AG
65	1:39.90	L	F	Alexa Wood	17	STSC KCD	25/01/2025 uShaka Champs 2025
66	1:40.72	L	F	Charissa Volschenk	17	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
67	1:41.72	L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024 NWS Championships 2024
68	1:41.87	L	F	Lianka Du Toit	17	HPP BUF	08/10/2024 Limpopo Top 8 - High Schools
69	1:41.96	L S	F	Maya Lockitch	17	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024



### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
70	1:42.99	L	F	Kelly Jackson	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
71	1:43.53	L	P	Johane Viljoen	17	BLNE MAN	04/12/2024 Free State Champs 2024
72	1:44.37	L	F	Geraldine Van Der Merwe	17	TINC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
73	1:44.43	L	F	Tianel Van Der Merwe	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
74	1:45.66	L	F	Amy Lazarou	17	AWSC JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
75	1:47.11	L	F	Madelein Bronkhorst	17	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
76	1:48.43	L	F	Gia Hoadley	17	HBV MP	08/10/2024 Limpopo Top 8 - High Schools
77	1:48.94	L	F	Pippa Wood	17	HSTAN MP	08/10/2024 Limpopo Top 8 - High Schools
78	1:49.02	L	F	Annabelle Roberts	17	LALE CED	21/09/2024 CTA INVITATIONAL LC MEET
79	1:50.34	L	F	Lianne Labuschagne	17	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
80	1:57.24	L	P	Minet Van den Ende	17	FISH EDD	15/06/2024 PEA Winter Gala 2024
81	1:59.92	L	F	Elanza Oosthuizen	17	PHS CCD	08/10/2024 Limpopo Top 8 - High Schools
82	2:05.96	L	F	Sckylar Lambert	17	ESP EKU	01/02/2025 EGA Last Chance Gala
83	3:05.91	L	F	Owethu Mokwena	17	TLAC BPD	23/11/2024 NWS Age Group 3 + 4 2024
<b>Women 17-17 200 Breast</b>							
1	2:35.61	L	F	Keira Van Heerden	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
2	2:42.47	L	F	Cassandra Sikiotis	17	MDOL JHB	29/11/2024 CGA Championships 2024
3	2:46.56	L	F	Sarah Mc Laren	17	SEALS ETH	05/12/2024 EGA Summer Championships
4	2:47.39	L	F	Myra Viduya	17	INFA NMA	14/09/2024 3rd A League Gala 2024
5	2:47.92	L	F	Loghan Gray	17	MDOL JHB	29/11/2024 CGA Championships 2024
6	2:49.06	L	F	Sofia French	17	TUKS FSH	29/11/2024 CGA Championships 2024
7	2:52.98	L	F	Kayla Petersen	17	USC BUF	13/12/2024 NMBA Championships 2024
8	2:53.44	L	F	Kaitlynn Home	17	PEAS NMA	13/07/2024 1st A League Gala 2024
9	2:53.66	L S	F	Monique Oosthuizen	17	BLOT MAN	04/12/2024 Free State Champs 2024
10	2:53.78	L	F	Mianique Lombard	17	WSS LLD	15/11/2024 Valsrivier Gala 2024
11	2:54.64	L	F	Khwezi Jacobs	17	PEAS NMA	13/12/2024 NMBA Championships 2024
12	2:55.90	L S	F	Nanette Jordaan	17	BLOT MAN	04/12/2024 Free State Champs 2024
13	2:56.76	L S	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024 NWS Championships 2024
14	2:56.86	L	P	Tatum Lauf	17	MDOL JHB	29/11/2024 CGA Championships 2024
15	2:57.52	L	F	Farhah Valli	17	CA EKU	01/02/2025 EGA Last Chance Gala
16	2:58.49	L	F	Shani Olivier	17	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
17	3:00.38	L	F	Tanè Putter	17	RSA	04/10/2024 Curro AquaElite Gala
18	3:01.34	L	P	Hannah Witten	17	AQDO CPT	05/12/2024 Western Cape LC-A Championship 2024
19	3:01.73	L	F	Nikha Lambden	17	EXP FSH	01/02/2025 EGA Last Chance Gala
20	3:02.22	L	F	Erin Beyers	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
21	3:02.97	L	F	Abigayle Otto	17	CA EKU	01/02/2025 EGA Last Chance Gala
22	3:03.69	L	F	Acacia-Cailyn Abell	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
23	3:04.92	L	P	Zara Jeftha	17	MARL CPT	05/12/2024 Western Cape LC-A Championship 2024
24	3:05.87	L	F	Kiara Croft	17	PEAS NMA	13/07/2024 1st A League Gala 2024
25	3:06.15	L	F	Tiffany Marshall	17	UNI EZD	10/01/2025 2024 Grand Prix Invitation Swimming
26	3:06.40	L	F	Taylor Hemphill	17	SEALS ETH	05/12/2024 EGA Summer Championships
27	3:06.81	L	F	Simone Theron	17	TKS WBD	29/11/2024 Limpopo Champs 2024
28	3:07.77	L	F	Aruli Fick	17	USH KCD	02/07/2024 Prestige Tournament 2024
29	3:11.60	L	F	Clarise Coetzer	17	STSC KCD	07/12/2024 Stingrays Champs 2024
30	3:12.61	L	F	Yusrah Du Toit	17	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
31	3:12.65	L	F	Katie-Peta Marcelino	17	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
32	3:14.04	L	F	Cherise Coetzer	17	STSC KCD	25/01/2025 uShaka Champs 2025
33	3:14.21	L	F	Aine Van Eeden	17	PEAS NMA	31/01/2025 Infinity Gala 2025
34	3:15.80	L	P	Riley Hattingh-Steyn	17	SOUL EKU	05/12/2024 EGA Summer Championships
35	3:16.43	L	F	Cara Crichton	17	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
36	3:16.84	L	F	Cara Corrigan	17	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
37	3:17.19	L	F	Josslyn Gaudie	17	RFA FSH	13/09/2024 NTS September Age Group 2024
38	3:17.82	L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024 Valsrivier Gala 2024
39	3:20.43	L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024 43rd Freda Barnard Invitational Gala
40	3:20.50	L	F	Bailey Hughes	17	KLOO ETH	02/07/2024 Prestige Tournament 2024
41	3:20.63	L	P	Jorja Da Cunha	17	CA EKU	05/12/2024 EGA Summer Championships
42	3:20.72	L	F	Isabel Vorster	17	BLNE MAN	28/06/2024 Sentraal Winter Gala
43	3:21.86	L S	F	Cameron Landman	17	BETH FDD	04/12/2024 Free State Champs 2024
44	3:24.65	L	P	Clara van Rooyen	17	PGAC EKU	05/12/2024 EGA Summer Championships

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
45	3:27.64	L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025 Limpopo School Champs & Limpopo AG
46	3:28.62	L	P	Kayla Botha	17	PER JHB	29/11/2024 CGA Championships 2024
47	3:29.34	L	P	Emma Wentzel	17	AA JHB	29/11/2024 CGA Championships 2024
48	3:32.75	L	F	Maya Lockitch	17	CYBE CPT	21/09/2024 CTA INVITATIONAL LC MEET
49	3:34.33	L	F	Marilee Coetzee	17	DOLFI MPD	29/11/2024 Limpopo Champs 2024
50	3:39.73	L	F	Charissa Volschenk	17	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
51	3:45.78	L	F	Tyra Kasonkomona	17	MATL KKD	23/11/2024 NWS Age Group 3 + 4 2024
52	3:46.60	L S	F	Johane Viljoen	17	BLNE MAN	04/12/2024 Free State Champs 2024
53	3:48.57	L	F	Tianel Van Der Merwe	17	MSC NGD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
54	3:50.99	L	P	Amy Lazarou	17	AWSC JHB	29/11/2024 CGA Championships 2024
55	3:52.62	L	F	Zani Vermeulen	17	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
56	3:55.03	L	F	Madelein Bronkhorst	17	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
57	4:06.51	L S	F	Lianne Labuschagne	17	NWUC KKD	07/12/2024 NWS Championships 2024
<b>Women 17-17 50 Fly</b>							
1	27.41	L	F	Jessica Thompson	17	AA JHB	26/10/2024 Summer 3 Delville
2	27.54	L	P	Cara Knoblauch	17	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
3	28.27	L	F	Tannah Lindsay	17	CA ECU	05/12/2024 EGA Summer Championships
4	28.52	L	F	Indiana De Villiers	17	SEALS ETH	05/12/2024 EGA Summer Championships
5	28.53	L	P	Keira Van Heerden	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
6	28.81	L	P	Myra Viduya	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
7	29.11	L	F	Rebecca Fury	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
8	29.30	L	P	Mila Prinsloo	17	ASAW CED	05/12/2024 Western Cape LC-A Championship 2024
9	29.60	L	F	Grace Morris	17	LALE CED	09/11/2024 Winelands SL4
10	29.84	L	F	Emma De Wet	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
11	29.93	L	P	Isabella Desfontaines	CR	VASA ECU	05/12/2024 EGA Summer Championships
12	30.12	L	F	Caelyn White	17	AA JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
13	30.20	L	F	Melissa Kuun	17	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
14	30.32	L	F	Khwezi Jacobs	17	PEAS NMA	13/12/2024 NMBA Championships 2024
15	30.37	L	F	Isabella Webber	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
16*	30.48	L	P	Christina Gennarakis	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
16*	30.48	L	P	Daena Robinson	17	SEAL UMD	02/07/2024 Prestige Tournament 2024
18	30.63	L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024 Free State Champs 2024
19	30.74	L	F	Emily Lott	17	ASA ILD	02/07/2024 Prestige Tournament 2024
20	30.79	L	F	Marony Jacobs	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
21	30.81	L	P	Erin Hudson	17	AA JHB	29/11/2024 CGA Championships 2024
22	30.92	L	F	Isabel Vorster	17	BLNE MAN	04/12/2024 Free State Champs 2024
23	30.94	L	F	Julie Landmann	17	PSC TSH	15/11/2024 Valsrivier Gala 2024
24	30.99	L	P	Gabriella Douglas	17	BAS ECU	05/12/2024 EGA Summer Championships
25	31.18	L	F	Nanette Jordaan	17	BLOT MAN	13/09/2024 Pelicans Age Group Gala
26	31.30	L	F	Nanica Botha	17	BEAV ETH	25/01/2025 uShaka Champs 2025
27	31.32	L	F	Jordyn Collett	17	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
28	31.33	L	F	Simone Theron	17	HSBV SKD	08/10/2024 Limpopo Top 8 - High Schools
29	31.34	L	P	Mianique Lombard	17	WSS LLD	04/12/2024 Free State Champs 2024
30	31.35	L	P	Beane Swanepoel	17	VRC TSH	05/12/2024 EGA Summer Championships
31	31.42	L	F	Kiara Croft	17	PEAS NMA	31/01/2025 Infinity Gala 2025
32	31.43	L	P	Carleigh Palmer	17	AA JHB	29/11/2024 CGA Championships 2024
33	31.59	L	F	Raine Botes	17	TUKS TSH	13/09/2024 NTS September Age Group 2024
34	31.65	L	F	Ashley Loch	17	VHD ZLD	23/11/2024 KCDA Age Group Gala 3
35	31.74	L	P	Jenna Smit	17	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
36	31.76	L	F	Ella Pretorius	TR	VASA ECU	18/01/2025 EGA Summer 5
37	31.93	L	F	Hayley Beling	17	CA ECU	05/12/2024 EGA Summer Championships
38	32.11	L	F	Kayla Petersen	17	USC BUF	22/11/2024 BCA Long Course Championships 2024
39	32.13	L	F	Mari Zanne Nortje	17	HSBV SKD	08/10/2024 Limpopo Top 8 - High Schools
40	32.27	L	F	Madison Fourie	17	INFA NMA	17/08/2024 Madibaz Swim Meet 2024
41	32.49	L	P	Aarya Morar	17	ATLA JHB	29/11/2024 CGA Championships 2024
42	32.51	L	F	Clarise Coetzer	17	STSC KCD	25/01/2025 uShaka Champs 2025
43	32.59	L	F	Tiffany Marshall	17	UNIU EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
44	32.78	L	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024 Prestige Tournament 2024
45	32.84	L	P	Caitlin Watson	17	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
46	32.90	L	F	Madelé Harding	17	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
47	33.33	L	F	Deidre Olivier	17	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
48	33.35	L	F	Erin Beyers	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
49	33.37	L	F	Bailey Hughes	17	KLOO ETH	02/07/2024 Prestige Tournament 2024
50	33.54	L	P	Jady Theron	17	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
51	33.58	L S	F	Joy Vd Westhuizen	17	AQDO CPT	21/09/2024 CTA INVITATIONAL LC MEET
52	33.66	L	F	Cara Corrigan	17	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
53*	33.69	L	F	Yusrah Du Toit	17	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
53*	33.69	L	P	Amahle Mhlongo	17	PSCP UMD	02/07/2024 Prestige Tournament 2024
55	33.79	L	P	Tatum Lauf	17	MDOL JHB	29/11/2024 CGA Championships 2024
56	33.80	L	F	Kaylin Stieger	17	NWUC KKD	07/12/2024 NWS Championships 2024
57	33.84	L	P	Lisa Bester	17	WELL CED	05/12/2024 Western Cape LC-A Championship 2024
58	33.86	L	P	Taylor Hemphill	17	SEALS ETH	05/12/2024 EGA Summer Championships
59	33.88	L	P	Leah Durig	17	CRSC JHB	29/11/2024 CGA Championships 2024
60	34.05	L	F	Monique Oosthuizen	17	BLOT MAN	02/11/2024 Heidedal
61	34.08	L	F	Jana Helmand	17	BLOT MAN	06/09/2024 Bull Sharks Annual Gala
62	34.28	L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
63	34.33	L	F	Alexia Luz	17	SOUL EKU	12/10/2024 EGA Summer 2
64	34.40	L	F	Megan Kemp	17	TINC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
65	34.51	L	P	Caitlin Kennedy	17	AFIN JHB	29/11/2024 CGA Championships 2024
66	34.53	L	F	Cara Crichton	17	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
67	34.63	L	P	Aruli Fick	17	USH KCD	02/07/2024 Prestige Tournament 2024
68	34.67	L	F	Jenna Loubser	17	SLAQ CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
69	34.82	L	P	Esmari Weitsz	17	UNI EZD	29/11/2024 Mpumalanga Championships 2024
70	34.96	L	P	Shani Olivier	17	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
71	34.99	L	F	Chignet Davel	17	ACAQ CCD	29/11/2024 Limpopo Champs 2024
72	35.17	L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024 Valsrivier Gala 2024
73	35.23	L	P	Zara Jeftha	17	MARL CPT	05/12/2024 Western Cape LC-A Championship 2024
74	35.32	L	F	Fallon Tweedie	17	PEAS NMA	03/08/2024 2nd A League Gala 2024
75	35.73	L	P	Amyleigh Tolmay	17	AFIN JHB	29/11/2024 CGA Championships 2024
76	35.87	L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024 CGA Championships 2024
77	36.13	L	F	Catherine Wentzel	17	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
78	36.23	L	P	Johane Viljoen	17	BLNE MAN	04/12/2024 Free State Champs 2024
79	36.25	L	F	Abigayle Otto	17	CA EKU	12/10/2024 EGA Summer 2
80	36.43	L	P	Emma Wentzel	17	AA JHB	29/11/2024 CGA Championships 2024
81	36.44	L	F	Cherise Coetzer	17	STSC KCD	01/02/2025 KCDA Age Group 4 2024
82	36.46	L	P	Jaiden Funnell	17	AA JHB	29/11/2024 CGA Championships 2024
83	36.54	L	F	Catherine Jones	17	RFA FSH	18/10/2024 NTS Level 3+ October Age Group 2024
84	36.73	L	F	Acacia-Cailyn Abell	17	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
85	36.74	L	P	Kelly Jackson	17	BLOT MAN	04/12/2024 Free State Champs 2024
86	36.77	L	F	Mignon Smit	17	SS MPD	29/11/2024 Limpopo Champs 2024
87	36.95	L	F	Marilee Coetzee	17	HFDT MP	01/02/2025 Limpopo School Champs & Limpopo AG
88	37.16	L	F	Josslyn Gauldie	17	RFA FSH	07/12/2024 NWS Championships 2024
89	37.28	L	F	Mi-ne Verster	17	HMER MP	08/10/2024 Limpopo Top 8 - High Schools
90	37.38	L	P	Jorja Da Cunha	17	CA EKU	05/12/2024 EGA Summer Championships
91	37.65	L	F	Abigale Meineke	17	AQUA UTD	11/01/2025 Uthukela District Age Group Gala
92	37.83	L	F	Charissa Volschenk	17	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
93	37.89	L	F	Sally-Louise Ingwe	CR	VASA EKU	12/10/2024 EGA Summer 2
94	37.91	L	F	Neo Cele	17	ELEC FSH	13/09/2024 NTS September Age Group 2024
95	37.98	L	F	Rudine Van Wyk	17	PAC FSH	13/09/2024 NTS September Age Group 2024
96*	38.44	L	F	Carmen Botha	17	MATL KKD	23/11/2024 NWS Age Group 3 + 4 2024
96*	38.44	L	F	Jamilah Tshiyoyo	17	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
98	38.46	L	P	Shannon Coetzee	17	PGAC EKU	05/12/2024 EGA Summer Championships
99	38.63	L	F	Ammara Jagger	17	AQDO CPT	17/10/2024 43rd Freda Barnard Invitational Gala
100	38.66	L	P	Amy Lazarou	17	AWSC JHB	29/11/2024 CGA Championships 2024
101	38.96	L	P	Cameron Landman	17	BETH FDD	04/12/2024 Free State Champs 2024
102	39.29	L	F	Taaliah Rinquest	17	MARL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
103	39.38	L	F	Anrieks Henning	17	TRALI MAN	28/06/2024 Sentraal Winter Gala
104	39.48	L	F	Marlet Maré	17	PSC FSH	13/09/2024 NTS September Age Group 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
105	39.73	L	F	Riley Hattingh-Steyn	17	SOUL EKU	12/10/2024 EGA Summer 2
106	40.39	L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025 Limpopo School Champs & Limpopo AG
107	40.96	L	F	Daniëlle Le Roux	17	SS MPD	09/11/2024 Limpopo Age Group 5
108	40.97	L	F	Isabella Vicente	17	SOUL EKU	12/10/2024 EGA Summer 2
109	41.27	L	F	Lianne Labuschagne	17	NWUC KKD	07/12/2024 NWS Championships 2024
110	41.31	L	F	Alyssa Bester	17	QSAW CED	09/11/2024 Winelands SL4
111	42.44	L	F	Tatenda Chamboko	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
112	42.77	L	F	Keatlegile Makhate	17	TKS WBD	29/11/2024 Limpopo Champs 2024
113	42.86	L	F	Skylar Lambert	17	ESP EKU	26/10/2024 Summer 3 Delville
114	42.87	L	F	Clara van Rooyen	17	PGAC EKU	26/10/2024 Summer 3 Delville
115	44.13	L	P	Ahara-Anne Maherry	17	BEAV ETH	02/07/2024 Prestige Tournament 2024
116	45.84	L S	F	Maya Lockitch	17	CYBE CPT	21/09/2024 CTA INVITATIONAL LC MEET
117	46.28	L	F	Madelein Bronkhorst	17	AGAQ OBD	17/10/2024 43rd Freda Barnard Invitational Gala
118	48.32	L	F	Lisa Bloem	17	BLOT MAN	09/11/2024 Bull Sharks Gala
119	51.46	L	F	Caylin Bach	17	AASC EZD	29/11/2024 Mpumalanga Championships 2024
<b>Women 17-17 100 Fly</b>							
1	1:02.75	L S	F	Cara Knoblauch	17	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
2	1:02.97	L	F	Keira Van Heerden	17	INFA NMA	13/12/2024 NMBA Championships 2024
3	1:03.79	L	F	Myra Viduya	17	INFA NMA	15/06/2024 PEA Winter Gala 2024
4	1:03.80	L	F	Tannah Lindsay	17	CA EKU	05/12/2024 EGA Summer Championships
5	1:05.74	L S	P	Mila Prinsloo	17	ASAW CED	05/12/2024 Western Cape LC-A Championship 2024
6	1:05.87	L	F	Indiana De Villiers	17	SEALS ETH	05/12/2024 EGA Summer Championships
7	1:06.02	L S	F	Rebecca Fury	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
8	1:06.57	L	F	Kaitlynn Horne	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
9	1:07.20	L	F	Marony Jacobs	17	INFA NMA	13/12/2024 NMBA Championships 2024
10	1:07.21	L S	P	Isabella Webber	17	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
11	1:08.43	L	P	Isabella Desfontaines	CR	VASA EKU	05/12/2024 EGA Summer Championships
12	1:09.34	L	F	Jessica Carmody	17	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
13	1:09.40	L	F	Nanette Jordaan	17	RSA	04/10/2024 Curro AquaElite Gala
14	1:09.43	L	F	Loghan Gray	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
15	1:09.47	L	F	Kiara Croft	17	PEAS NMA	05/10/2024 4th A League Gala 2024
16	1:09.62	L	F	Isabel Vorster	17	BLNE MAN	01/02/2025 Heidedal & Sentraal Galal
17	1:10.61	L	F	Khwezi Jacobs	17	PEAS NMA	13/12/2024 NMBA Championships 2024
18	1:11.02	L	F	Madison Fourie	17	INFA NMA	03/08/2024 2nd A League Gala 2024
19	1:11.66	L	F	Monica Botha	17	BEAV ETH	25/01/2025 uShaka Champs 2025
20	1:12.16	L	F	Raine Botes	17	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
21	1:12.49	L	F	Hayley Beling	17	CA EKU	05/12/2024 EGA Summer Championships
22	1:12.62	L	F	Simone Theron	17	HSBV SKD	01/02/2025 Limpopo School Champs & Limpopo AG
23	1:12.94	L S	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024 Free State Champs 2024
24	1:13.11	L	F	Katie-Peta Marcelino	17	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
25	1:13.34	L	F	Kayla Petersen	17	USC BUF	22/11/2024 BCA Long Course Championships 2024
26	1:14.25	L	P	Gabriella Douglas	17	BAS EKU	05/12/2024 EGA Summer Championships
27	1:14.58	L	F	Leah Durig	17	CRSC JHB	29/11/2024 CGA Championships 2024
28	1:15.36	L	P	Cassidy Sinclair	17	DRGN EKU	29/11/2024 CGA Championships 2024
29	1:15.39	L	F	Carleigh Palmer	17	AA JHB	10/01/2025 2024 Grand Prix Invitation Swimming
30	1:15.80	L	F	Francis Whelan	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
31	1:15.81	L	F	Christina Gennarakis	17	CTA CPT	11/01/2025 EDEN INTER DISTRICT PRESTIGE
32	1:15.88	L	F	Nikha Lambden	17	EXP TSH	18/10/2024 NTS Level 3+ October Age Group 2024
33	1:17.10	L	F	Sinesipho Sibiya	17	SEAL UMD	02/07/2024 Prestige Tournament 2024
34	1:17.79	L	F	Clarise Coetzer	17	STSC KCD	25/01/2025 uShaka Champs 2025
35	1:18.30	L S	F	Joy Vd Westhuizen	17	AQDO CPT	21/09/2024 CTA INVITATIONAL LC MEET
36	1:18.67	L	F	Mari Zanne Nortje	17	HSBV SKD	08/10/2024 Limpopo Top 8 - High Schools
37	1:18.83	L	F	Jady Theron	17	PLAY CED	17/10/2024 43rd Freda Barnard Invitational Gala
38	1:19.01	L	P	Bailey Hughes	17	KLOO ETH	02/07/2024 Prestige Tournament 2024
39	1:19.34	L	F	Catherine Wentzel	17	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
40*	1:20.39	L	F	Taaliah Rinquest	17	MARL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
40*	1:20.39	L	P	Aruli Fick	17	USH KCD	02/07/2024 Prestige Tournament 2024
42	1:20.86	L	F	Alne Van Eeden	17	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
43	1:21.12	L	P	Aarya Morar	17	ATLA JHB	29/11/2024 CGA Championships 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
44	1:22.82	L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
45*	1:22.98	L	F	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
45*	1:22.98	L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
47	1:24.06	L	F	Chignet Davel	17	PHS CCD	08/10/2024	Limpopo Top 8 - High Schools
48	1:24.12	L	F	Erin Beyers	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
49	1:24.57	L	F	Amyleigh Tolmay	17	AFIN JHB	29/11/2024	CGA Championships 2024
50	1:24.73	L	F	Catherine Jones	17	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
51	1:25.49	L	F	Yusrah Du Toit	17	UWCA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
52	1:26.81	L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024	XX AA Zone IV LC Championships 4-7
53	1:27.52	L S	F	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024
54	1:28.76	L	F	Cara Crichton	17	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
55	1:29.66	L	F	Ammara Jagger	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
56	1:29.94	L S	F	Carmen Botha	17	MATL KKD	07/12/2024	NWS Championships 2024
57	1:30.35	L	F	Neema Banza	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
58	1:32.94	L	F	Marilee Coetzee	17	HFDT MP	01/02/2025	Limpopo School Champs & Limpopo AG
59	1:35.79	L	F	Danelle Du Toit	17	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
60	1:40.03	L	F	Lianne Labuschagne	17	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
61	1:40.20	L	F	Keatlegile Makhate	17	TKS WBD	29/11/2024	Limpopo Champs 2024
62	1:41.89	L	F	Daniëlle Le Roux	17	SS MPD	29/11/2024	Limpopo Champs 2024
63	1:51.72	L S	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024
<b>Women 17-17 200 Fly</b>								
1	2:17.72	L	F	Keira Van Heerden	17	INFA NMA	31/01/2025	Infinity Gala 2025
2	2:24.94	L	F	Mila Prinsloo	17	ASAW CED	05/12/2024	Western Cape LC-A Championship 2024
3	2:24.97	L	F	Kaitlynn Horne	17	PEAS NMA	13/12/2024	NMBA Championships 2024
4	2:25.76	L	F	Marony Jacobs	17	INFA NMA	13/12/2024	NMBA Championships 2024
5	2:27.50	L	F	Myra Viduya	17	INFA NMA	13/07/2024	1st A League Gala 2024
6	2:29.46	L	F	Emma De Wet	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
7	2:31.73	L	F	Kiara Croft	17	PEAS NMA	05/10/2024	4th A League Gala 2024
8	2:34.73	L	F	Nanette Jordaan	17	BLOT MAN	04/12/2024	Free State Champs 2024
9	2:44.21	L	F	Tannah Lindsay	17	CA EKU	01/02/2025	EGA Last Chance Gala
10	2:46.97	L	F	Isabel Vorster	17	BLNE MAN	04/12/2024	Free State Champs 2024
11	2:55.54	L	F	Christina Gennarakis	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
12	3:01.07	L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
13	3:01.53	L	F	Clarise Coetzer	17	STSC KCD	01/02/2025	KCDA Age Group 4 2024
14	3:05.59	L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
15	3:08.50	L S	F	Sinesipho Sibiya	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
16	3:22.31	L	F	Ammara Jagger	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
17	3:35.59	L	F	Marilee Coetzee	17	DOLFI MPD	29/11/2024	Limpopo Champs 2024
<b>Women 17-17 200 IM</b>								
1	2:23.32	L S	F	Keira Van Heerden	17	INFA NMA	17/01/2025	6th A League Gala 2025
2	2:24.03	L	F	Sofia French	17	TUKS FSH	29/11/2024	CGA Championships 2024
3	2:24.36	L	F	Kaitlynn Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
4	2:27.06	L	F	Myra Viduya	17	INFA NMA	15/06/2024	PEA Winter Gala 2024
5	2:27.55	L	F	Cara Knoblauch	17	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
6	2:27.97	L	F	Tannah Lindsay	17	CA EKU	26/10/2024	Summer 3 Delville
7	2:29.12	L	F	Rebecca Fury	17	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
8	2:30.14	L	F	Jessica Thompson	17	CA EKU	10/01/2025	2024 Grand Prix Invitation Swimming
9	2:31.00	L	F	Marony Jacobs	17	INFA NMA	16/11/2024	5th A League Gala 2024
10	2:34.22	L	F	Erin Hudson	17	AA JHB	29/11/2024	CGA Championships 2024
11	2:34.25	L	F	Sarah Mc Laren	17	SEALS ETH	05/12/2024	EGA Summer Championships
12	2:35.50	L	F	Loghan Gray	17	MDOL JHB	29/11/2024	CGA Championships 2024
13	2:35.94	L	F	Madison Fourie	17	INFA NMA	17/08/2024	Madibaz Swim Meet 2024
14	2:35.96	L	F	Kayla Petersen	17	USC BUF	13/12/2024	NMBA Championships 2024
15	2:36.07	L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024	Free State Champs 2024
16	2:36.42	L	F	Kiara Croft	17	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
17*	2:36.59	L	P	Daena Robinson	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
17*	2:36.59	L	F	Hayley Beling	17	CA EKU	05/12/2024	EGA Summer Championships
19	2:38.54	L	F	Mianique Lombard	17	WSS LLD	04/12/2024	Free State Champs 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
20	2:38.83	L	F	Tiffany Marshall	17	UNI U E Z D	29/11/2024 Mpumalanga Championships 2024
21	2:38.88	L	F	Tanè Putter	17	RSA	04/10/2024 Curro AquaElite Gala
22	2:39.00	L	F	Cassandra Sikiotis	17	MDOL JHB	29/11/2024 CGA Championships 2024
23	2:39.79	L	P	Aurora Ryser	17	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
24	2:40.15	L	F	Nanette Jordaan	17	BLOT MAN	04/12/2024 Free State Champs 2024
25	2:40.96	L	F	Jordyn Collett	17	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
26	2:41.39	L	F	Simone Theron	17	HSBV SKD	08/10/2024 Limpopo Top 8 - High Schools
27	2:41.88	L	F	Jana Lombard	17	LALE CED	09/11/2024 Winelands SL4
28	2:42.18	L	F	Alexia Luz	17	SOUL E K U	05/12/2024 EGA Summer Championships
29	2:42.81	L	F	Jana Helmand	17	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
30	2:42.82	L	F	Francis Whelan	17	BLOT MAN	24/08/2024 Kovsie Gala 2
31	2:43.02	L	F	Bay-Linn Oelofse	17	TNDER FDD	25/10/2024 Neptunes Gala
32	2:43.90	L	P	Gabriella Douglas	17	BAS E K U	05/12/2024 EGA Summer Championships
33	2:44.21	L	F	Khwezi Jacobs	17	PEAS NMA	13/12/2024 NMBA Championships 2024
34	2:44.80	L	P	Cassidy Sinclair	17	DRGN E K U	29/11/2024 CGA Championships 2024
35	2:45.34	L	F	Isabel Vorster	17	BLNE MAN	04/12/2024 Free State Champs 2024
36	2:45.60	L	F	Kiyara Campbell	17	USC BUF	22/11/2024 BCA Long Course Championships 2024
37	2:46.17	L	F	Erin Beyers	17	UNI E Z D	29/11/2024 Mpumalanga Championships 2024
38	2:46.77	L	P	Indiana De Villiers	17	SEALS ETH	05/12/2024 EGA Summer Championships
39	2:46.80	L	F	Nikha Lambden	17	EXP TSH	01/02/2025 EGA Last Chance Gala
40	2:46.90	L	F	Amy Beetge	17	LALE CED	09/11/2024 Winelands SL4
41	2:47.42	L	F	Taylor Hemphill	17	SEALS ETH	05/12/2024 EGA Summer Championships
42	2:47.91	L	F	Neema Banza	17	UNI E Z D	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
43	2:48.39	L	F	Jady Theron	17	PLAY CED	17/10/2024 43rd Freda Barnard Invitational Gala
44	2:48.96	L	P	Jenna Loubser	17	SLAQ CPT	05/12/2024 Western Cape LC-A Championship 2024
45	2:49.06	L	F	Christina Gennarakis	17	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
46	2:49.33	L	F	Leah Durig	17	CRSC JHB	29/11/2024 CGA Championships 2024
47	2:49.35	L	F	Jorja Da Cunha	17	CA E K U	18/01/2025 EGA Summer 5
48	2:50.57	L	F	Taaliah Rinquest	17	MARL CPT	02/11/2024 CTA A & B CHAMPS 2024
49	2:51.28	L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
50	2:51.68	L	F	Danika Vyncke	17	DRGN E K U	15/06/2024 PEA Winter Gala 2024
51	2:52.05	L	F	Hannah Witten	17	AQDO CPT	02/11/2024 CTA A & B CHAMPS 2024
52	2:52.24	L	P	Aruli Fick	17	USH KCD	02/07/2024 Prestige Tournament 2024
53	2:52.72	L	F	Cherise Coetzer	17	STSC KCD	25/01/2025 uShaka Champs 2025
54	2:52.88	L	F	Esmari Weitsz	17	UNI E Z D	29/11/2024 Mpumalanga Championships 2024
55	2:53.17	L	F	Clarise Coetzer	17	STSC KCD	28/09/2024 KCDA Age Group 1 2024
56	2:53.55	L	F	Abigayle Otto	17	CA E K U	26/10/2024 Summer 3 Delville
57	2:55.02	L	F	Aine Van Eeden	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
58	2:55.13	L	P	Monique Oosthuizen	17	BLOT MAN	04/12/2024 Free State Champs 2024
59	2:55.25	L	F	Bailey Hughes	17	KLOO ETH	02/07/2024 Prestige Tournament 2024
60	2:55.68	L	F	Sally-Louise Ingwe	CR	VASA E K U	04/12/2024 XX AA Zone IV LC Championships 4-7
61	2:55.92	L	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024 Prestige Tournament 2024
62	2:56.12	L	F	Abigale Meineke	17	AQUA UTD	07/12/2024 Uthukela District Age Group Gala
63	2:56.23	L	F	Farhah Valli	17	CA E K U	10/01/2025 2024 Grand Prix Invitation Swimming
64	2:56.50	L	P	Riley Hattingh-Steyn	17	SOUL E K U	05/12/2024 EGA Summer Championships
65	2:56.62	L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024 43rd Freda Barnard Invitational Gala
66	2:56.79	L	F	Shani Olivier	17	PAQU CED	17/10/2024 43rd Freda Barnard Invitational Gala
67	2:56.90	L	F	Mignon Smit	17	SS MPD	12/10/2024 Limpopo Age Group 4
68	2:57.04	L	F	Ella Pretorius	TR	VASA E K U	18/01/2025 EGA Summer 5
69	2:57.71	L	P	Acacia-Cailyn Abell	17	MDOL JHB	29/11/2024 CGA Championships 2024
70	2:57.74	L	P	Shannon Coetzee	17	PGAC E K U	05/12/2024 EGA Summer Championships
71	2:58.66	L	P	Clara van Rooyen	17	PGAC E K U	05/12/2024 EGA Summer Championships
72	2:59.22	L	F	Cara Corrigan	17	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
73	2:59.79	L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025 Limpopo School Champs & Limpopo AG
74	3:00.86	L	F	Yusrah Du Toit	17	UWCA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
75	3:01.36	L	F	Ammara Jagger	17	AQDO CPT	17/10/2024 43rd Freda Barnard Invitational Gala
76	3:02.69	L	P	Aarya Morar	17	ATLA JHB	29/11/2024 CGA Championships 2024
77	3:02.82	L	P	Caitlin Kennedy	17	AFIN JHB	02/07/2024 Prestige Tournament 2024
78	3:03.04	L	F	Kayla Miller	17	CRSC JHB	22/01/2025 Crusaders Night Gala 2

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
79	3:04.91	L	F	Kelly Jackson	17	BLOT MAN	04/12/2024 Free State Champs 2024
80	3:05.33	L	F	Janica Stone	17	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
81	3:05.99	L	F	Deidre Olivier	17	RBOT BPD	07/12/2024 NWS Championships 2024
82	3:06.81	L	F	Marilee Coetzee	17	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
83	3:07.18	L	F	Jean Marie Swartz	17	ACAQ CCD	09/11/2024 Limpopo Age Group 5
84	3:07.41	L	F	Catherine Wentzel	17	FRA KCD	28/09/2024 KCDA Age Group 1 2024
85	3:07.84	L	F	Jaiden Funnell	17	AA JHB	22/01/2025 Crusaders Night Gala 2
86	3:09.46	L	P	Johane Viljoen	17	BLNE MAN	04/12/2024 Free State Champs 2024
87	3:09.79	L	F	Beane Swanepoel	17	VRC TSH	18/10/2024 NTS Level 3+ October Age Group 2024
88	3:10.07	L	F	Fallon Tweedie	17	PEAS NMA	03/08/2024 2nd A League Gala 2024
89	3:10.26	L	F	Isabella Vicente	17	SOUL EKU	01/02/2025 EGA Last Chance Gala
90	3:10.62	L	F	Danelle Du Toit	17	TASC MPD	12/10/2024 Limpopo Age Group 4
91	3:11.75	L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
92	3:12.50	L	F	Annabelle Roberts	17	LALE CED	09/11/2024 Winelands SL4
93	3:13.83	L	F	Zani Vermeulen	17	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
94	3:16.89	L	F	Neo Cele	17	ELEC TSH	13/09/2024 NTS September Age Group 2024
95	3:17.19	L	P	Josslyn Gauldie	17	RFA TSH	07/12/2024 NWS Championships 2024
96	3:18.52	L	F	Keatlegile Makhate	17	TKS WBD	29/11/2024 Limpopo Champs 2024
97	3:20.48	L	F	Cameron Landman	17	BETH FDD	27/09/2024 Seals Gala 2
98	3:20.76	L	P	Carmen Botha	17	MATL KKD	07/12/2024 NWS Championships 2024
99	3:22.29	L	F	Anrieks Henning	17	TRALI MAN	28/06/2024 Sentraal Winter Gala
100	3:22.31	L	F	Charissa Volschenk	17	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
101	3:23.17	L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024 NWS Championships 2024
102	3:27.08	L S	F	Ella Smith	17	SAAW CPT	21/09/2024 CTA INVITATIONAL LC MEET
103	3:29.11	L	P	Lianne Labuschagne	17	NWUC KKD	07/12/2024 NWS Championships 2024
104	3:32.81	L	F	Kayleigh Jansen Van Vuuren	17	CUR EZD	25/10/2024 MP TOP SCHOOLS HIGH SCHOOLS 25
105	3:33.46	L	F	Rudine Van Wyk	17	PAC TSH	13/09/2024 NTS September Age Group 2024
106	3:33.62	L	F	Madelein Bronkhorst	17	AGAQ OBD	17/10/2024 43rd Freda Barnard Invitational Gala
107	3:40.61	L	F	Daniëlle Le Roux	17	SS MPD	29/11/2024 Limpopo Champs 2024
108	3:41.31	L	F	Malkia Mamudo	17	UPC EZD	25/10/2024 MP TOP SCHOOLS HIGH SCHOOLS 25
109	3:42.27	L	F	Sckylar Lambert	17	ESP EKU	26/10/2024 Summer 3 Delville
110	3:45.67	L	F	Lisa Bloem	17	BLOT MAN	02/11/2024 Heidedal
111	3:45.91	L	F	Shea Roach	17	UPC EZD	25/10/2024 MP TOP SCHOOLS HIGH SCHOOLS 25
112	3:49.00	L	F	Jemma Ascott	17	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
113	3:58.64	L	F	Nkenda Baghana	17	CPSC TSH	13/09/2024 NTS September Age Group 2024
114	4:10.83	L	F	Caylin Bach	17	AASC EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
<b>Women 17-17 400 IM</b>							
1	5:01.91	L	F	Kaitlyne Horne	17	PEAS NMA	15/06/2024 PEA Winter Gala 2024
2	5:18.33	L	F	Sofia French	17	TUKS TSH	29/11/2024 CGA Championships 2024
3	5:21.44	L	F	Myra Viduya	17	INFA NMA	16/11/2024 5th A League Gala 2024
4	5:23.78	L	F	Sarah Mc Laren	17	SEALE ETH	02/07/2024 Prestige Tournament 2024
5	5:26.41	L	F	Loghan Gray	17	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
6	5:27.00	L	F	Kiara Croft	17	PEAS NMA	05/10/2024 4th A League Gala 2024
7	5:34.60	L	F	Madison Fourie	17	INFA NMA	31/01/2025 Infinity Gala 2025
8	5:40.72	L	F	Hayley Beling	17	CA EKU	05/12/2024 EGA Summer Championships
9	5:57.84	L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024 Valsrivier Gala 2024
10	5:59.78	L	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
11	6:03.39	L	F	Aine Van Eeden	17	PEAS NMA	16/11/2024 5th A League Gala 2024
12	6:11.06	L	F	Joy Vd Westhuizen	17	AQDO CPT	21/09/2024 CTA INVITATIONAL LC MEET
13	6:17.24	L	F	Clara van Rooyen	17	PGAC EKU	05/12/2024 EGA Summer Championships
14	7:10.50	L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024