
RECORDS Africa-Long Course
LC Meters-Women

50 Free	24.62	29-Jul-17	EGY	Farida Osman-Budapest
100 Free	54.23	9-Apr-18	RSA	Erin P. Gallagher at - Commonwealth Games Gold Coast
200 Free	1:56.64	14-Apr-26	WCA- CPT	Aimee Canny at BombelaSA National Aquatic SNR-Champ 2026-PE
400 Free	4:07.92	31-Jan-14	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
800 Free	8:25.71	14-Jun-12	RSA	WENDY A. TROTT at 49Th International Swimming-Sette Colli-Roma
1500 Free	16:05.63	24-Jul-11	RSA	WENDY A. TROTT at 14th Fina World Championships 2011
50 Back	27.67 *	18-Mar-26	RSA	nSA Youth Champs-PE SA Jessica L. Thompson at Sa National Youth Champs
50 Back	27.67 *	18-Mar-26	CA- EKU	Jessica L. Thompson at Sa National Youth Champs 2026 NMBA
100 Back	58.77	11-Aug-08	ZIM	Kirsty Coventry-2008 Olympics-beijing
200 Back	2:04.81	1-Aug-09	ZIM	Kirsty Coventry at-World Champs Rome Italy
50 Breast	29.72	6-Apr-22	AGC- TS	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE
100 Breast	1:04.82	25-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
200 Breast	2:18.95	30-Jul-21	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
50 Fly	25.38	24-Jul-22	EGY	Farida Osman-FINA World Champs-Budapest
100 Fly	57.32	12-Apr-24	RSA	Erin Gallagher-South African Championships pe
200 Fly	2:09.41	12-Aug-08	RSA	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:08.59	13-Aug-08	ZIM	Kirsty Coventry -at Olympic Games Beijing 2008
400 IM	4:29.89	10-Aug-08	ZIM	Kirsty Coventry-at Olympic Games Beijing 2008
400 Free Relay	3:40.29	10-Apr-21	RSA	South African Championships PE-A Canny-E Chelius-E Gallagher-E Meder
800 Free Relay	8:01.56	24-Jul-14	RSA	Olympic Games Tokyo 2021-Toyko-A Canny-R Meder-D Coetzee-R Gallagher
400 Medley Relay	3:59.63	3-Aug-22	RSA	South African Commonwealty Games-Birmingham

RECORDS Africa-Long Course
LC Meters-Men

50 Free	21.67	16-Aug-08	RSA	ROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	29-Jul-09	RSA	LYNDON FERNS at Fina World Championships
200 Free	1:45.20	8-Aug-16	RSA	Chad le Clos-Rio Olympic
400 Free	3:40.70	23-Jul-23	TUN	Ahmed Hafnaoui-World Champs-Fukuoka-Japan
800 Free	7:35.27	29-Jul-09	TUN	Oussama Mellouli-at World Champs Rome Italy
1500 Free	14:31.54	2-Aug-09	TUN	Ahmed Hafnaoui-World Champs-Fukuoka-Japan
50 Back	24.17	* 3-Aug-25	RSA	d Champs Singapore Pieter Coetzé at World Aqua -Swimming Champs July 2
50 Back	24.17	* 11-Aug-25	RSA	Pieter Coetzé at World Aqua -Swimming Champs July 2-Singapore
100 Back	51.85	* 29-Jul-25	RSA	d Champs Singapore Pieter Coetzé at World Aqua -Swimming Champs July 2
100 Back	51.85	* 11-Aug-25	RSA	Pieter Coetzé at World Aqua -Swimming Champs July 2-Singapore
200 Back	1:53.36	* 11-Aug-25	RSA	Pieter Coetzé at World Aqua -Swimming Champs July 2-Singapore
200 Back	1:53.36	* 1-Aug-25	RSA	d Champs Singapore Pieter Coetzé at World Aqua -Swimming Champs July 2
50 Breast	25.58	5-Apr-18	RSA	Cameron Vd Burgh at XXI Commonwealth Games 2018-Australia Gold Coast
100 Breast	58.46	29-Jul-12	RSA	CAMERON VD BURGH at London Olympics 2012
200 Breast	2:09.61	30-Jul-09	RSA	Neil R. Versfeld at Fina World Championships
50 Fly	22.80	18-May-25	EGY	Adelrahman Sameh-Mare Nostrum Monaco
100 Fly	50.56	8-Aug-15	RSA	Chad Le Clos-World Champs- Kazan Russia
200 Fly	1:52.96	31-Jul-12	RSA	Chad G. Le Clos at London Olympics 2012
200 IM	1:57.03	25-Apr-09	RSA	Darian R. Townsend- French Nationals
400 IM	4:10.53	29-Jun-09	TUN	Oussama Mellouli -at Mediterranean Games-Perscara Italy
400 Free Relay	3:11.93	26-Jul-09	RSA	RSA-G Moore--R Schoeman-D Townsend-L Ferns-World Champs Rome Italy
800 Free Relay	7:08.01	31-Jul-09	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau- 13th FinaWorld Champs Ro
400 Medley Relay	3:31.53	2-Aug-09	RSA	RSA-G Durand-C VD Merwe-L Ferns-G Moore-13th Fina World Champs-Rom

RECORDS Africa-Long Course

LC Meters-Mixed

400 Free Relay	3:28.51	21-Jul-25	RSA	Team RSA-Workd University Games-G Brooks-R van Renen-O Nel-M de Villie
400 Medley Relay	3:44.28	2-Aug-22	RSA	Team RSA -Commonwealty Games-Birmingham