

## RECORDS SA Age Group

### LC Meters-Women

10 & U	50 Free	29.12	<b>7-Oct-22</b>	INFA- NM	Gemma T. Spies at 41st Freda Barnard Invitational Gala	
	100 Free	1:05.20	<b>31-Oct-15</b>	MDOL- JH	Hannah K. Robertson at CGA Level 2/3 gala No 2	
	200 Free	2:20.88	<b>22-Mar-13</b>	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	400 Free	4:54.06	<b>27-Oct-06</b>	KASA- EP	JESSICA S. LISS at EP 2nd A League Gala	
	50 Back	32.79	<b>11-Dec-12</b>	SEAL- KZ	Zoe" Frank at aQuelle KZN Provincial Championships	
	100 Back	1:11.14	<b>22-Mar-13</b>	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	200 Back	2:33.95	<b>22-Mar-13</b>	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	50 Breast	36.46	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	100 Breast	1:18.99	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	200 Breast	2:46.87	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	50 Fly	32.39	<b>18-Mar-22</b>	INFA- NM	Jenna A. Thornton at SA Level 2 Regional Age Group Champs 2022-ECA	
	100 Fly	1:13.78	<b>27-Oct-06</b>	KASA- EP	Jessica Liss at EP 1st League Gala	
	200 IM	2:36.66	<b>14-Oct-06</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	11-11	50 Free	28.43	<b>3-Jan-97</b>		Melanie Greyling
		100 Free	1:02.27	<b>24-Sept-15</b>	TUKS- TS	Sune Liebenberg at NTS Invitational Gala 2015
200 Free		2:15.73	<b>14-Apr-21</b>	VINE- CP	Abigail Kotze at Western Cape SANJ and Senior Nationals 2021	
400 Free		4:42.55	<b>9-Feb-07</b>	KASA- EP	Jessica S Liss EP Champs 2007	
50 Back		31.06	<b>20-Mar-14</b>	ELEC- CG	Carissa Van Rooyen at SA Level 2 Regional Age Group Champs 2014-CGA	
100 Back		1:08.27	<b>20-Mar-14</b>	ELEC- CG	Carissa Van Rooyen at SA Level 2 Regional Age Group Champs 2014	
200 Back		2:30.04	<b>13-Mar-14</b>	ASA- KZ	Zoe" Frank at SA Level 3 National Age Group Champs 2014 -CT	
50 Breast		35.64	<b>17-Dec-19</b>	SEAL- UM	Daena M. Robinson at KZNA Premier Provincial Championship 2019	
100 Breast		1:15.16	<b>10-Apr-07</b>	EPS- EP	Jessica S. Liss at Telkom Sa Natioanl Championships 2007	
200 Breast		2:38.14	<b>6-Oct-07</b>	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
50 Fly		30.49	<b>6-May-21</b>	VINE- CP	Abigail Kotze at 2021 Cana Grand Prix Swimming Stellenbosch	
100 Fly		1:09.05	<b>8-Jul-09</b>	SEAL- KZ	Jamie Reynolds at KZN SPEEDO PRESTIGE 2009	
200 IM		2:29.64	<b>23-Sept-07</b>	KASA- EP	Jessica S. Liss at Vineyard Spring Gala 2007	
12-12		50 Free	26.71	<b>25-Jun-22</b>	VINE- CP	Abigail Kotze at PEA Winter Gala 2022
		100 Free	58.91	<b>25-Jun-22</b>	VINE- CP	Abigail Kotze at PEA Winter Gala 2022
	200 Free	2:08.11	<b>25-Feb-22</b>	VINE- CP	Abigail Kotze at Infinity Gala	
	400 Free	4:29.00	<b>25-Feb-08</b>	KASA- EP	Jessica Liss at EP Champs 2008	
	800 Free	9:08.92	<b>4-Mar-08</b>	KASA- EP	Jessica S. Liss at Telkom SA National Level 3 Championship2008	
	1500 Free	17:52.00	<b>11-Jan-08</b>	KASA- EP	Jessica Liss at EP 3rd League Gal	
	50 Back	30.97	<b>13-Dec-11</b>	PSA- LP	Nathania Van Niekerk at Aquelle KZN Provincial Open Championships	
	100 Back	1:06.09	<b>13-Dec-11</b>	PSA- LP	Nathania Van Niekerk at Aquelle KZN Provincial Open Championships	
	200 Back	2:20.72	<b>13-Dec-11</b>	PSA- LP	Nathania Van Niekerk at Aquelle KZN Provincial Open Championships	
	50 Breast	33.90	<b>18-Mar-16</b>	PAC- TS	Lara Van Niekerk at SA Level 3 National Age Group Champs 2016-PE	
	100 Breast	1:11.66	<b>23-Mar-08</b>	KASA- EP	Jessica Liss at Samsung Series 2	
	200 Breast	2:28.55	<b>1-Apr-08</b>	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	50 Fly	28.54	<b>25-Jun-22</b>	VINE- CP	Abigail Kotze at PEA Winter Gala 2022	
	100 Fly	1:01.68	<b>3-Sept-22</b>	VINE- CP	Abigail Kotze at CTA Qualifying Meet #4	
	200 Fly	2:21.63	<b>1-Feb-08</b>	KASA- EP	Jessica S. Liss at EP 4th League Gala	
	200 IM	2:21.22	<b>1-Apr-08</b>	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	400 IM	4:51.88	<b>1-Apr-08</b>	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	13-13	50 Free	26.49	<b>12-Apr-23</b>	WCA- CP	Abigail Kotze at SA National Aquatic SNR-Champ 2023-PE
100 Free		58.39	<b>21-Mar-23</b>	VINE- CP	Abigail Kotze at SA National Junior Age Group Champs-KZN 2023	
200 Free		2:05.72	<b>18-Mar-16</b>	TYGE- CP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2016-PE	
400 Free		4:24.01	<b>10-Apr-16</b>	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban	
800 Free		9:03.21	<b>10-Apr-16</b>	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban	
1500 Free		17:24.96	<b>17-Dec-14</b>	ACSA- KZ	Tracy-Lea Meyer at KZN Premier Championships 2014	
50 Back		30.00	<b>28-Jun-25</b>	VINE- CPT	Sophie Smith at PEA Winter Gala 2025	
100 Back		1:03.28	<b>18-Jan-13</b>	RSA	Nathania Van Niekerk at 2013 BHP Billiton Aquatic Super Series	

**RECORDS SA Age Group**

13-13	200 Back	2:16.87	<b>16-Apr-12</b>	LP- LP	Nathania Van Niekerk at Sa Level 3 National Age Group Champs PE 2012
	50 Breast	32.99	<b>17-Mar-17</b>	PAC- TS	Lara Van Niekerk at SA National JNR Age Group Champs 2017-KZN
	100 Breast	1:11.92	<b>14-Apr-09</b>	EPA- EP	Jessica S. Liss at Telkom Sa National Championships 2009
	200 Breast	2:30.38	<b>22-Jul-09</b>	PLYW- EP	Jessica S.Liss at National Age Championship 2009
	50 Fly	27.37	<b>21-Mar-23</b>	VINE- CP	Abigail Kotze at SA National Junior Age Group Champs-KZN 2023
	100 Fly	1:01.05	<b>12-Apr-23</b>	WCA- CP	Abigail Kotze at SA National Aquatic SNR-Champ 2023-PE
	200 Fly	2:18.24	<b>29-Mar-04</b>	KDOR- NW	Christy L Lategan at Telkom SA Prestige Age Group
	200 IM	2:21.19	<b>22-Jul-09</b>	PLYW	Jessica S. Liss at National Age Group Championships 2009
	400 IM	4:54.88	<b>22-Jul-09</b>	PLYW	Jessica S. Liss at National Age Group Championships 2009
14-14	50 Free	26.43	<b>23-Apr-18</b>	WCA- CP	Aimee Canny at Sa National Aquatic Championship 2018-PE
	100 Free	57.00	<b>23-Apr-18</b>	WCA- CP	Aimee Canny at Sa National Aquatic Championship 2018-PE
	200 Free	2:02.94	<b>3-Apr-17</b>	WCA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2017 Durban
	400 Free	4:15.83	<b>18-Mar-11</b>	ACSA- KZ	Michelle Weber-Telkom Sa Level 3 2011 Durban
	800 Free	8:44.72	<b>16-Aug-11</b>	ACSA- KZ	Michelle Weber at 3rd Fina World Junior Swimming Championship
	1500 Free	16:27.14	<b>16-Aug-11</b>	ACSA- KZ	Michelle Weber at 3rd Fina World Junior Swimming Championship
	50 Back	29.81	<b>18-Dec-14</b>	WATR- CG	Mariella G. Venter at CGA Open LC Championships 2014
	100 Back	1:03.21	<b>26-Aug-13</b>	WATR- CG	Nathania Van Niekerk at 4th FINA World Junior Swimming Champs-Dubai
	200 Back	2:13.00	<b>26-Aug-13</b>	WATR- CG	Nathania Van Niekerk at 4th FINA World Junior Swimming Champs-Dubai
	50 Breast	32.18	<b>23-Apr-18</b>	NTS- TS	Lara Van Niekerk at Sa National Aquatic Championship 2018-PE
	100 Breast	1:10.37	<b>8-Jan-97</b>		Sarah Poewe
	200 Breast	2:31.93	<b>23-Apr-18</b>	KZNA- ET	Paige F. Brombacher at Sa National Aquatic Championship 2018-PE
	50 Fly	27.73	<b>8-Jul-09</b>	DDA- NT	VANESSA MOHR at KZN SPEEDO PRESTIGE 2009
	100 Fly	1:01.04	<b>3-Apr-17</b>	NTS- TS	Dune Coetzee at Sa National Aquatic Championship 2017 Durban
	200 Fly	2:14.14	<b>3-Apr-17</b>	NTS- TS	Dune Coetzee at Sa National Aquatic Championship 2017 Durban
	200 IM	2:16.24	<b>3-Apr-17</b>	WCA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2017 Durban
	400 IM	4:48.49	<b>3-Apr-17</b>	WCA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2017 Durban
15-15	50 Free	25.29	<b>20-Aug-19</b>	RSA	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
	100 Free	54.87	<b>20-Aug-19</b>	RSA	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
	200 Free	2:01.63	<b>26-Sept-19</b>	KNYD- ED	Aimee Canny at Aquabear Invitational Meet 2019
	400 Free	4:14.53	<b>16-Dec-17</b>	TUKS- TS	Dune Coetzee at KZNA Premier Champs & Commonwealth Trials
	800 Free	8:44.10	<b>16-Apr-12</b>	KZNA- KZ	Michelle Weber at Sa National Aquatic Championship 2012 Durban
	1500 Free	16:43.73	<b>13-Dec-11</b>	ACSA- KZ	Michelle Weber at Aquelle KZN Provincial Open Championships
	50 Back	28.88	<b>25-Aug-15</b>	RSA	Mariella G. Venter at 5th FINA World Junior Swimming Champs-Singapo
	100 Back	1:01.86	<b>11-Dec-15</b>	WATR- JH	Mariella G. Venter at Amsterdam Swim Cup 2015
	200 Back	2:14.46	<b>7-Apr-14</b>	CGA- CG	Nathania Van Niekerk at Sa National Aquatic Championship 2014 Durban
	50 Breast	31.04	<b>20-Mar-19</b>	PAC- TS	Lara Van Niekerk at SA National JNR Age Group Champs 2019-KZN
	100 Breast	1:10.09	<b>23-Aug-17</b>	RSA	Hanim Abrahams at 6th FINA World Junior Swimming Champs-USA
	200 Breast	2:30.84	<b>1-Dec-17</b>	TYGE- CP	Rebecca A. Meder at WC SUMMER CHAMPS Rebecca A. Meder at WC SUMM
	50 Fly	26.57	<b>12-Apr-23</b>	AGB- JH	Jessica L. Thompson at SA National Aquatic SNR-Champ 2023-PE
	100 Fly	59.72	<b>13-Sept-10</b>	RSA	Vanessa Mohr-at the 10th Africa Swimming Champs 2010
	200 Fly	2:12.52	<b>16-Dec-17</b>	TUKS- TS	Dune Coetzee at KZNA Premier Champs & Commonwealth Trials
	200 IM	2:16.20	<b>1-Dec-17</b>	TYGE- CP	Rebecca A. Meder at WC SUMMER CHAMPS
	400 IM	4:43.76	<b>10-Apr-07</b>	MATI- WP	JESSICA E. PENGELLY at Telkom SA National Championships 2007
16-16	50 Free	25.63	<b>31-Jan-20</b>	KNYD- ED	Aimee Canny at 2020 Grand Prix Invitational Swimming Meet-CT
	100 Free	55.09	<b>16-Feb-19</b>	SGUL- ET	Rebecca A. Meder at eThekweni Age Group Gala 10 & 11
	200 Free	2:00.49	<b>21-Feb-20</b>	KNYD- ED	Aimee Canny at 2020 Grand Prix Invitational Swimming Meet-KZ
	400 Free	4:13.92	<b>25-Mar-07</b>	VINE- WP	Wendy Trott-12th Fina World Champs
	800 Free	8:31.53	<b>23-Mar-07</b>	VINE- WP	Wendy Trott-12th Fina World Champs
	1500 Free	16:41.36	<b>25-Aug-06</b>	VINE- WP	WENDY A. TROTT at 1st Fina World YouthSwimming Championship
	50 Back	29.00	<b>30-Aug-22</b>	RSA	Milla A. Drakopoulos at 8th FINA JUNIOR WORLD SWIMMING CHAMS LIMA
	100 Back	1:00.97	<b>10-Apr-16</b>	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2016 Durban
	200 Back	2:11.99	<b>10-Apr-16</b>	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2016 Durban
	50 Breast	31.12	<b>20-Aug-19</b>	RSA	Lara Van Niekerk at 7TH FINA World Junior Swimming Champs-HUN

**RECORDS SA Age Group**

16-16	100	Breast	1:09.30	<b>25-Aug-99</b>	RSA	Sarah Poewe at Pan Pacific Championships	
	200	Breast	2:25.90	<b>25-Aug-99</b>	RSA	Sarah Poewe at Pan Pacific Championships	
	50	Fly	26.68	<b>11-Apr-11</b>	NTS- NT	VANESSA MOHR at Telkom Sa National Aquatic Champs 2011 PE	
	100	Fly	58.66	<b>24-Jul-11</b>	RSA	VANESSA MOHR at 14th Fina World Championships 2011-Shanghai	
	200	Fly	2:11.71	<b>6-Oct-18</b>	RSA	Dune Coetzee at 3rd Youth Olympic Games-2018 Argentina	
	200	IM	2:15.17	<b>24-Jul-14</b>	RSA	MARLIES ROSS at Commonwealth Games Swimming Championship 2014	
	400	IM	4:41.35	<b>1-Apr-08</b>	WPA- WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 2008	
17-17	50	Free	25.70	<b>7-Apr-21</b>	WCA- WC	Aimee Canny at SA Invitational Aquatic Champ 2021-PE	
	100	Free	54.91	<b>7-Apr-21</b>	WCA- WC	Aimee Canny at SA Invitational Aquatic Champ 2021-PE	
	200	Free	2:00.19	<b>7-Apr-21</b>	WCA- WC	Aimee Canny at SA Invitational Aquatic Champ 2021-PE	
	400	Free	4:11.84	<b>7-Dec-07</b>	VINE- WP	WENDY A. TROTT at WP Sasko Championships	
	800	Free	8:34.67	<b>21-Aug-07</b>	RSA- ZZ	WENDY A. TROTT at International Swim Meet 2007-Japan	
	1500	Free	16:31.09	<b>7-Dec-07</b>	VINE- WP	WENDY A. TROTT at WP Sasko Championships	
	50	Back	28.75	<b>25-May-24</b>	TUKS- TSH	Milla A. Drakopoulos at 2024 Mare Nostrum Canet	
	100	Back	1:01.16	<b>17-Mar-17</b>	WATR- JH	Mariella G. Venter at SA National JNR Age Group Champs 2017-KZN	
	200	Back	2:11.33	<b>10-Apr-16</b>	CGA- JH	Nathania Van Niekerk at Sa National Aquatic Championship 2016 Durban	
	50	Breast	30.64	<b>16-Apr-21</b>	AGC- TS	Lara Van Niekerk at SA Regional National Championships North	
	100	Breast	1:07.39	<b>7-Apr-21</b>	AGC- TS	Lara Van Niekerk at SA Invitational Aquatic Champ 2021-PE	
	200	Breast	2:25.39	<b>15-Mar-06</b>	RSA	SUZAAN VAN BILJON at Commonwealth Games 2006	
	50	Fly	26.53	<b>16-Apr-12</b>	NTS- NT	VANESSA MOHR at Sa National Aquatic Championship 2012 Durban	
	100	Fly	59.17	<b>21-Aug-07</b>	RSA- ZZ	Keri SHAW at International Swim Meet 2007-Japan	
	200	Fly	2:11.44	<b>21-Aug-07</b>	RSA- ZZ	Keri SHAW at International Swim Meet 2007-Japan	
	200	IM	2:12.84	<b>21-Feb-20</b>	SGUL- ET	Rebecca A. Meder at 2020 Grand Prix Invitational Swimming Meet-KZ	
	400	IM	4:41.04	<b>10-Aug-08</b>	RSA- ZZ	JESSICA E. PENGELLY at Olympic Games Beijing 2008	
	18-18	50	Free	25.02	<b>14-Apr-26</b>	AGA- ECU	Jessica L. Thompson at BombelaSA National Aquatic SNR-Champ 2026-PE
		100	Free	54.71	<b>6-Apr-22</b>	WCA- CP	Aimee Canny at SA National Aquatic SNR-JNR Champ 2022-PE
200		Free	1:58.34	<b>6-Apr-22</b>	WCA- CP	Aimee Canny at SA National Aquatic SNR-JNR Champ 2022-PE	
400		Free	4:08.38	<b>10-Aug-08</b>	RSA- ZZ	WENDY A. TROTT at Olympic Games Beijing 2008	
800		Free	8:26.21	<b>10-Aug-08</b>	RSA- ZZ	WENDY A. TROTT at Olympic Games Beijing 2008	
1500		Free	16:15.58	<b>1-Apr-08</b>	WPA- WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008	
50		Back	27.67	<b>18-Mar-26</b>	CA- ECU	Jessica L. Thompson at Sa National Youth Champs 2026 NMBA	
100		Back	1:01.78	<b>18-Mar-26</b>	CA- ECU	Jessica L. Thompson at Sa National Youth Champs 2026 NMBA	
200		Back	2:12.06	<b>23-Apr-18</b>	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2018-PE	
50		Breast	29.72	<b>6-Apr-22</b>	AGC- TS	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE	
100		Breast	1:05.67	<b>6-Apr-22</b>	AGC- TS	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE	
200		Breast	2:26.36	<b>17-Aug-06</b>	RSA	SUZAAN VAN BILJON at Pan Pacific Swimming Championship	
50		Fly	26.07	<b>18-Mar-26</b>	CA- ECU	Jessica L. Thompson at Sa National Youth Champs 2026 NMBA	
100		Fly	58.93	<b>16-Dec-17</b>	SGUL- ET	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials	
200		Fly	2:11.18	<b>7-Apr-21</b>	AGC- TS	Dune Coetzee at SA Invitational Aquatic Champ 2021-PE	
200		IM	2:12.98	<b>28-May-21</b>	SGUL- ET	Rebecca A. Meder at Grand Prix No 4 Durban May 2021	
400		IM	4:40.98	<b>7-Jun-08</b>	PISC- KZ	Kathryn A. Meaklim at Sette Colli-Rome 2008	

**RECORDS SA Age Group**

**LC Meters-Men**

10 & U	50 Free	28.75	<b>18-Mar-22</b>	INFA- NM	Jayden A. Viduya at SA Level 2 Regional Age Group Champs 2022-ECA	
	100 Free	1:02.96	<b>26-Jan-07</b>	DDA- NT	Joshua P Dannhauser-Nts 2007 Jan Age Group-2007	
	200 Free	2:18.40	<b>13-Dec-03</b>	HARL- BO	Joshua Kriel at KZN Championship	
	400 Free	4:54.59	<b>11-Jul-03</b>	DOLC- CG	Michael J Meyer at KZN Durban Prestige	
	50 Back	33.89	<b>9-Dec-22</b>	CRSC- JH	Kairen L. Van der Bank at NTS Championships 2022	
	100 Back	1:13.71	<b>30-Sept-17</b>	VICT- EK	Cristopher Strydom at Waterborn Invitational 2017	
	200 Back	2:38.79	<b>1-Dec-22</b>	CRSC- JH	Kairen L. Van der Bank at CGA LC Summer Championships Level 3 +	
	50 Breast	36.91	<b>17-Dec-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	100 Breast	1:20.14	<b>20-Sept-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Speedo Junior Winter Championships 2014	
	200 Breast	2:52.39	<b>17-Dec-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	50 Fly	31.88	<b>18-Mar-22</b>	INFA- NM	Jayden A. Viduya at SA Level 2 Regional Age Group Champs 2022-ECA	
	100 Fly	1:11.64	<b>16-Dec-22</b>	TUKS- TS	Regardt Schoeman at KZNA Premier Provincial Championship	
	200 IM	2:36.54	<b>17-Dec-14</b>	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	11-11	50 Free	27.01	<b>15-Dec-04</b>	HARL- BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
		100 Free	59.28	<b>15-Dec-04</b>	HARL- BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
		200 Free	2:09.81	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT
400 Free		4:36.52	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
50 Back		31.52	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
100 Back		1:07.71	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT	
200 Back		2:23.26	<b>7-Dec-22</b>	KASA- EP	Chritopher P. Reid at WP Sasko Championship	
50 Breast		34.27	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT	
100 Breast		1:13.30	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
200 Breast		2:39.90	<b>16-Dec-15</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
50 Fly		29.67	<b>21-Mar-23</b>	INFA- NM	Jayden A. Viduya at SA National Junior Age Group Champs-KZN 2023	
100 Fly		1:06.50	<b>17-Mar-14</b>	SGUL- ET	Luca D. Holtzhausen at Sa Level 3 CT	
200 IM		2:24.06	<b>13-Mar-14</b>	BARR- WP	Juan-E Grobbelaar at SA Level 3 National Age Group Champs 2014-	
12-12		50 Free	26.20	<b>17-Mar-00</b>	RAU- CG	Gregory Widmer
	100 Free	56.34	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	200 Free	2:04.32	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	400 Free	4:20.00	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	800 Free	9:14.81	<b>27-Jul-13</b>	ACSA- KZ	Luke Erwee at KZN Age Group Gala 2	
	1500 Free	17:39.12	<b>1-Aug-04</b>	HARL- BO	Marc J Emslie	
	50 Back	29.12	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	100 Back	1:03.07	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	200 Back	2:14.20	<b>12-Dec-25</b>	TUKS- TSH	Niel Van Deventer at NMBA Championships 2025	
	50 Breast	32.48	<b>6-Apr-21</b>	SGUL- ET	Nathan D. Burger at SA Regional JNR Age Group Champs 2021-Durban	
	100 Breast	1:10.71	<b>24-Jul-13</b>	VINE- WP	Cameron K. Matthews at ASA National Championships (Age Group) 2013	
	200 Breast	2:30.92	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	50 Fly	27.96	<b>13-Nov-22</b>	BIOS- CE	Eric B. Kotze at Winelands Summer League 4	
	100 Fly	1:01.67	<b>13-Dec-16</b>	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	200 Fly	2:18.43	<b>16-Jan-03</b>	TYGR- WP	Anton Duvenhage-WP jack Currie Champs	
	200 IM	2:16.43	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	400 IM	4:46.24	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	13-13	50 Free	24.69	<b>1-Dec-11</b>	RSA	Kyle Van Niekerk at 9th AFRICA JUNIOR SWIMMING CHAMPIONSHIPS
		100 Free	53.89	<b>1-Dec-11</b>	RSA	Kyle Van Niekerk at 9th AFRICA JUNIOR SWIMMING CHAMPIONSHIPS
200 Free		1:58.34	<b>15-Mar-13</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2013-KZN	
400 Free		4:10.50	<b>15-Mar-13</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2013-KZN	
800 Free		8:43.65	<b>10-Apr-16</b>	NTS- TS	Ruan Breytenbach at Sa National Aquatic Championship 2016 Durban	
1500 Free		16:40.81	<b>29-Mar-04</b>	KLOO- KZ	Chad Ho at Telkom SA Prestige Age Group	
50 Back		28.12	<b>21-Mar-23</b>	BIOS- CE	Eric B. Kotze at SA National Junior Age Group Champs-KZN 2023	
100 Back		1:01.41	<b>14-Apr-21</b>	VINE- CP	Tai L. Pearson at Western Cape SANJ and Senior Nationals 2021	

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**RECORDS SA Age Group**

13-13	200 Back	2:10.19	<b>11-Dec-09</b>	KASA- EP	Christopher P. Reid at WP Sasko Championships	
	50 Breast	31.03	<b>20-Mar-19</b>	BOKS- EK	Kian Keylock at SA National JNR Age Group Champs 2019-KZN	
	100 Breast	1:07.79	<b>30-Jul-14</b>	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS	
	200 Breast	2:25.97	<b>30-Jul-14</b>	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS	
	50 Fly	26.20	<b>26-Feb-21</b>	VINE- CP	Tai L. Pearson at Grand Prix Durban 2021	
	100 Fly	57.56	<b>26-Feb-21</b>	VINE- CP	Tai L. Pearson at Grand Prix Durban 2021	
	200 Fly	2:08.69	<b>18-Mar-16</b>	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE	
	200 IM	2:10.49	<b>17-Oct-15</b>	RSA	Luan E. Grobbelaar at African Junior Swimming Championship Cairo	
	400 IM	4:39.08	<b>26-Feb-16</b>	CUDU- CP	Luan E. Grobbelaar at 2016 Grand Prix Invitation Swimming Meet-CT	
14-14	50 Free	24.11	<b>28-Mar-09</b>	HART- GW	Morne Kemp-Telkom Sa Nat Level 1 Cape Town	
	100 Free	52.91	<b>4-Jan-98</b>		Byron Jeffers	
	200 Free	1:55.06	<b>11-Dec-12</b>	WATR- CG	Kyle Van Niekerk at aQuelle KZN Provincial Championships	
	400 Free	4:01.84	<b>13-Mar-14</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2014 -CT	
	800 Free	8:25.20	<b>3-Apr-17</b>	WCA- CP	Dylan Wright at Sa National Aquatic Championship 2017 Durban	
	1500 Free	16:07.02	<b>13-Mar-14</b>	WATR- CCD	Jarryd L.Baxter at Sa Level 3 National Age GRP 2025 2014-CT	
	50 Back	27.21	<b>20-Mar-19</b>	RBOT- NW	Pieter Coetzé at SA National JNR Age Group Champs 2019-KZN	
	100 Back	59.21	<b>15-Mar-13</b>	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2013-KZN	
	200 Back	2:08.41	<b>4-Jan-98</b>		Byron Jeffers	
	50 Breast	30.24	<b>21-Feb-20</b>	BOKS- EK	Kian Keylock at 2020 Grand Prix Invitational Swimming Meet-KZ	
	100 Breast	1:05.89	<b>17-Dec-19</b>	BOKS- EK	Kian Keylock at KZNA Premier Provincial Championship 2019	
	200 Breast	2:20.74	<b>30-Sept-16</b>	CUDU- CP	Luan E. Grobbelaar at Aquabear Invitational Meet	
	50 Fly	25.37	<b>6-Apr-22</b>	WCA- CP	Tai L. Pearson at SA National Aquatic SNR-JNR Champ 2022-PE	
	100 Fly	55.71	<b>10-Jul-18</b>	SEAL- UM	Matthew E. Sates at TYR PRESTIGE CHAMPIONSHIPS 2018	
	200 Fly	2:02.18	<b>23-Apr-18</b>	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2018-PE	
	200 IM	2:06.97	<b>4-Feb-17</b>	CUDU- CP	Luan E. Grobbelaar at 2017 Grand Prix Invitation Swimming Meet-KZN	
	400 IM	4:30.54	<b>4-Feb-17</b>	CUDU- CP	Luan E. Grobbelaar at 2017 Grand Prix Invitation Swimming Meet-KZN	
	15-15	50 Free	23.63	<b>16-Dec-08</b>	KLOO- KZ	Brett H. Walsh at KZN Provincial Championships008
		100 Free	51.30	<b>17-Dec-19</b>	SGUL- ET	Luca D. Holtzhausen at KZNA Premier Provincial Championship 2019
200 Free		1:51.91	<b>12-Mar-15</b>	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2015-PE	
400 Free		3:58.09	<b>14-Apr-14</b>	WATR- CG	Jarryd L. Baxter at 2014 GHFS Australian Age & MC Championships	
800 Free		8:14.61	<b>10-Dec-13</b>	ACSA- KZ	Matthew M. Meyer at KZN PREMIER CHAMPS 2013	
1500 Free		15:38.06	<b>9-Jul-13</b>	ACSA- KZ	Matthew M. Meyer at KZN PREMIER CHAMPS 2013	
50 Back		25.68	<b>20-Aug-19</b>	RSA	Pieter Coetzé at 7TH FINA World Junior Swimming Champs-HUN	
100 Back		56.20	<b>31-Jan-20</b>	RBOT- BP	Pieter Coetzé at 2020 Grand Prix Invitational Swimming Meet-CT	
200 Back		2:04.15	<b>21-Feb-20</b>	RBOT- NW	Pieter Coetzé at 2020 Grand Prix Invitational Swimming Meet-KZ	
50 Breast		28.46	<b>18-Mar-16</b>	ASA- CP	Michael J. Houlie at SA Level 3 National Age Group Champs 2016-PE	
100 Breast		1:03.22	<b>10-Apr-16</b>	WPA- CP	Michael J. Houlie at Sa National Aquatic Championship 2016 Durban	
200 Breast		2:16.44	<b>19-Jul-17</b>	RSA	Luan E. Grobbelaar at Commonwealth Youth Games Bahamas 2017	
50 Fly		24.85	<b>28-Jun-25</b>	PEAS- NMA	Nicholas J. Pretorius at PEA Winter Gala 2025	
100 Fly		54.63	<b>12-Apr-23</b>	WCA- CP	Tai L. Pearson at SA National Aquatic SNR-Champ 2023-PE	
200 Fly		1:58.66	<b>20-Mar-19</b>	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2019-KZN	
200 IM		2:04.46	<b>28-May-21</b>	BOKS- EK	Kian Keylock at Grand Prix No 4 Durban May 2021	
400 IM		4:22.58	<b>16-Dec-17</b>	CUDU- CP	Luan E. Grobbelaar at KZNA Premier Champs & Commonwealth Trials	
16-16		50 Free	22.64	<b>19-Aug-25</b>	RSA	Armand J. Landmann at World Aquatics Junior Swim Champs- 25-Romania
		100 Free	50.63	<b>30-Apr-24</b>	RSA	Kris Mihaylov at XVI Africa Aquatics Swimming Championships
	200 Free	1:51.71	<b>6-Dec-13</b>	TUKS- NT	Joshua Steyn at NTS Championships 2013	
	400 Free	3:54.95	<b>25-Aug-15</b>	RSA	Jarryd L. Baxter at 5th FINA World Junior Swimming Champs-Singapo	
	800 Free	8:07.19	<b>17-Jan-15</b>	ACSA- KZ	Matthew M. Meyer at KZN Age Group Gala 10	
	1500 Free	15:33.16	<b>19-Jun-24</b>	RSA	Kris Mihaylov at BRICS Games Swimming 2024 Russia	
	50 Back	25.02	<b>7-Apr-21</b>	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	100 Back	53.92	<b>7-Apr-21</b>	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	200 Back	1:58.33	<b>7-Apr-21</b>	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	50 Breast	28.09	<b>17-Mar-17</b>	ASA- CP	Michael J. Houlie at SA National JNR Age Group Champs 2017-KZN	

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**RECORDS SA Age Group**

16-16	100	Breast	1:01.84	<b>24-Feb-17</b>	ASA- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-CT	
	200	Breast	2:16.41	<b>11-Sept-19</b>	RSA	Matthew E. Sates at 13th CANA Junior African Champs-Tunisia	
	50	Fly	24.14	<b>7-Apr-21</b>	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	100	Fly	53.68	<b>7-Apr-21</b>	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	200	Fly	1:56.50	<b>21-Feb-20</b>	CYBE- CP	Ethan M. Du Preez at 2020 Grand Prix Invitational Swimming Meet-KZ	
	200	IM	2:03.44	<b>17-Dec-21</b>	BAS- EK	Kian Keylock at 2021 KZNA Premier Provincial Championship	
	400	IM	4:22.77	<b>5-Apr-18</b>	RSA	Luan E. Grobbelaar at FINA World Cup -Commonwealth games Melbourne	
17-17	50	Free	22.31	<b>14-Apr-26</b>	AGC- TSH	Armand J. Landmann at BombelaSA National Aquatic SNR-Champ 2026-PE	
	100	Free	49.29	<b>7-Apr-21</b>	KZNA- ET	Matt Sates at SA Invitational Aquatic Champ 2021-PE	
	200	Free	1:48.08	<b>7-Apr-21</b>	KZNA- ET	Matt Sates at SA Invitational Aquatic Champ 2021-PE	
	400	Free	3:52.28	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships	
	800	Free	7:56.19	<b>16-Dec-15</b>	ACSA- ET	Matthew M. Meyer at KZN Speedo Provincial Championships 2015	
	1500	Free	15:16.76	<b>26-Feb-16</b>	ACSA- ET	Matthew M. Meyer at 2016 Grand Prix Invitation Swimming Meet-CT	
	50	Back	24.74	<b>6-Apr-22</b>	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE	
	100	Back	53.96	<b>6-Apr-22</b>	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE	
	200	Back	1:56.92	<b>6-Apr-22</b>	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE	
	50	Breast	27.64	<b>5-Apr-18</b>	RSA	Michael J. Houlie at FINA World Cup -Commonwealth games Melbourne	
	100	Breast	1:01.47	<b>5-Apr-18</b>	RSA	Michael J. Houlie at FINA World Cup -Commonwealth games Melbourne	
	200	Breast	2:14.49	<b>6-Apr-22</b>	AGA- EK	Kian Keylock at SA National Aquatic SNR-JNR Champ 2022-PE	
	50	Fly	23.93	<b>6-May-21</b>	SEAL- UM	Matt Sates at 2021 Cana Grand Prix Swimming Stellenbosch	
	100	Fly	51.83	<b>28-May-21</b>	SEAL- UM	Matt Sates at Grand Prix No 4 Durban May 2021	
	200	Fly	1:56.16	<b>19-Aug-25</b>	RSA	Kris S. Mihaylov at World Aquatics Junior Swim Champs- 25-Romania	
	200	IM	1:57.60	<b>28-May-21</b>	SEAL- UM	Matt Sates at Grand Prix No 4 Durban May 2021	
	400	IM	4:15.25	<b>15-Dec-09</b>	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships	
	18-18	50	Free	22.18	<b>12-Apr-23</b>	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
		100	Free	48.97	<b>6-Apr-22</b>	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE
		200	Free	1:46.15	<b>6-Apr-22</b>	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE
400		Free	3:49.37	<b>6-Apr-22</b>	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE	
800		Free	7:57.32	<b>14-Apr-09</b>	WPA- WP	Herman Heerden at Telkom Sa National Champs Durban 2009	
1500		Free	15:03.99	<b>11-Dec-09</b>	MATI- WP	HEERDEN HERMAN at WP Sasko Championships	
50		Back	24.36	<b>12-Apr-23</b>	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE	
100		Back	52.78	<b>12-Apr-23</b>	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE	
200		Back	1:56.05	<b>30-Aug-22</b>	RSA	Pieter Coetzé at 8th FINA JUNIOR WORLD SWIMMING CHAMS LIMA-22	
50		Breast	27.33	<b>6-Oct-18</b>	RSA	Michael J. Houlie at 3rd Youth Olympic Games-2018 Argentina	
100		Breast	1:00.23	<b>6-Oct-18</b>	RSA	Michael J. Houlie at 3rd Youth Olympic Games-2018 Argentina	
200		Breast	2:14.42	<b>12-Dec-03</b>	KPFA- KZ	Neil R Versfeld at KZN Championships	
50		Fly	23.81	<b>26-Aug-13</b>	TUKS- NT	Ryan Coetzee at 4th FINA World Junior Swimming Champs-Dubai	
100		Fly	52.06	<b>6-Apr-22</b>	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE	
200		Fly	1:54.51	<b>26-Jul-09</b>	RSA- ZZ	SEBASTIEN D. ROUSSEAU at 13th FINA World Championships 2009 - Rome	
200		IM	1:57.74	<b>18-Jun-22</b>	RSA	Matt Sates at 19th FINA World Championship-Bubapest(HUN) 20	
400		IM	4:13.25	<b>14-Oct-10</b>	RSA- ZZ	Chad Le Clos at Youth Games Singapore 2010	