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**RECORDS SA-Long Course as at 30/04/2015**
**LC Meters-Women**

50 Free	25.24	<b>1-Apr-08</b>	RSA	LIZE-MARI RETIEF at Telkom SA National Aquatic Championships 2008
100 Free	54.48	<b>31-Jan-14</b>	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
200 Free	1:57.17	<b>7-Jun-14</b>	TUKS NT	KARIN PRINSLOO at Mare Nostrum 2014 Monaco
400 Free	4:07.92	<b>31-Jan-14</b>	RSA	KARIN PRINSLOO at 2014 BHP Billiton Aquatic Super Series
800 Free	8:25.71	<b>14-Jun-12</b>	VINE WP	WENDY A. TROTT at 49Th International Swimming-Sette Colli-Roma
1500 Free	16:05.63	<b>24-Jul-11</b>	RSA	WENDY A. TROTT at 14th Fina World Championships 2011
50 Back	28.55	<b>14-Apr-09</b>	WPA WP	Chanelle Van Wyk at Telkom SA National Aquatic Championships 2009
100 Back	1:00.78	<b>14-Jun-14</b>	TUKS NT	KARIN PRINSLOO at 2014 Mare Nostrum Barcelona
200 Back	2:10.03	<b>1-Apr-08</b>	RSA	Melissa J. Corfe at Telkom SA National Aquatic Championships 2008
50 Breast	30.83	<b>28-Aug-99</b>	RSA	Penny Heyns Pan Pacific Champs Sydney RSA
100 Breast	1:06.52	<b>23-Aug-99</b>	RSA	Penny Heyns Pan Pacific Champs Sydney RSA
200 Breast	2:23.21	<b>25-Jul-12</b>	TUKS NT	Suzaan Van Biljon at London Olympics 2012
50 Fly	26.36	<b>8-Jul-08</b>	TUKS NT	LIZE-MARI RETIEF at SPEEDO PRESTIGE 2008
100 Fly	58.20	<b>9-Aug-08</b>	RSA	LIZE-MARI RETIEF at Olympic Games Beijing 2008
200 Fly	2:09.41	<b>12-Aug-08</b>	RSA	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:12.53	<b>15-Dec-09</b>	PISC KZ	Kathryn A. Meaklim at The Swim Shop KZN Provincial Championships
400 IM	4:37.11	<b>9-Aug-08</b>	RSA	Kathryn Meaklim-Olympic Games-Beijing
200 Free Relay	1:45.66	<b>10-Apr-14</b>	TUKS NT	Sa Nationals-L Kemp,K Ross,A Peens,V Mohr
400 Free Relay	3:45.56	<b>16-Apr-12</b>	TUKS NT	SA Nationals-K Prinsloo -L Voster-K Ferreira-L Kemp
800 Free Relay	8:14.01	<b>8-Jul-09</b>	RSA	Belgrade-L Vorster-C L Lategan-E Werth-B Meyer
400 Medley Relay	4:04.20	<b>15-Aug-08</b>	RSA	Olympic Games-Beijing-M Corfe S v Biljon-A Loots-L M Retief

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**RECORDS SA-Long Course as at 30/04/2015**
**LC Meters-Men**

50 Free	21.67	<b>16-Aug-08</b>	RSA	ROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	<b>26-Jul-09</b>	RSA	LYNDON FERNS at World Championships
200 Free	1:45.67	<b>26-Jul-09</b>	RSA	JEAN BASSON at Fina World Championships
400 Free	3:46.08	<b>13-Apr-15</b>	KZN	Myles Brown at-Sa National Champs 2015 Durban
800 Free	7:53.97	<b>13-Apr-15</b>	KZN	Myles Brown at-Sa National Champs 2015 Durban
1500 Free	14:57.88	<b>10-Dec-10</b>	MATI	Heerden Herman-WP Sasko Champs
50 Back	24.34	<b>26-Jul-09</b>	RSA	Gerhard ZANDBERG at World Championships
100 Back	53.75	<b>10-Aug-08</b>	RSA	Gerhard ZANDBERG at Olympic Games Beijing 2008
200 Back	1:55.75	<b>26-Jul-09</b>	RSA	George DU RAND at World Championships
50 Breast	26.67	<b>26-Jul-09</b>	RSA	CAMERON VD BURGH at Fina World Championships
100 Breast	58.46	<b>25-Jul-12</b>	PSC	CAMERON VD BURGH at London Olympics 2012
200 Breast	2:09.61	<b>26-Jul-09</b>	RSA	Neil R. Versfeld at Fina World Championships
50 Fly	22.90	<b>26-Jul-09</b>	RSA	ROLAND M. SCHOEMAN at World Championships
100 Fly	51.06	<b>28-Jul-13</b>	RSA	Chad G. Le Clos at 15th Fina World Championships 2013-Barcelon
200 Fly	1:52.96	<b>25-Jul-12</b>	SGUL	Chad G. Le Clos at London Olympics 2012
200 IM	1:57.03	<b>25-Apr-09</b>	RSA	Darian R. Townsend- French Nationals
400 IM	4:11.11	<b>30-Jul-13</b>	VINE WP	SEBASTIEN D. ROUSSEAU at US Open Swimming Championships
200 Free Relay	1:28.78	<b>2-Apr-03</b>		RSA L Ferns, R Schoeman, J Zandberg, R Neethling
400 Free Relay	3:11.93	<b>26-Jul-09</b>	RSA	RSA-L Ferns-G Moore-D Townsend-R Schoeman-World Champs Rome
800 Free Relay	7:08.01	<b>31-Jul-09</b>	RSA	RSA-Roma Fian World Champs J Basson-D Townsend-Jan Venter-S
400 Medley Relay	3:31.53	<b>2-Aug-09</b>	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita