

Para Swimming SA Records

Senior Long Course

50m Freestyle

Female

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:45.27	Symons, J		Kimberley	11 Mar 1994
S3	01:12.84	Bester, L		Kimberley	25 Mar 2002
S4	01:02.37	Somtswayi	Paralympic Games	Sydney	27 Oct 2000
S5	00:50.16	Nothling, Beth	Senior National Championships	Durban	01 Jan 2010
S6	00:42.16	Oliver, W		Kimberley	24 Mar 1998
S7	00:42.69	Deans, K		Nottingham	24 Jul 2001
S8	00:36.31	Lourens, G	Nedbank Championships	Bellville	01 Mar 2008
S9	00:29.04	Du Toit, Natalie		Manchester	06 May 2006
S10	00:30.40	Prinsloo, E	Paralympic Games	Sydney	26 Oct 2000
S11	00:36.87	Bloem, Renette	Senior National Championships	Durban	01 Jan 2010
S12	00:32.41	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	00:32.07	Naude, M	Paralympic Games	London	01 Sep 2012
S14	01:08.85	Mahlakwane, Lesego	CGA Level 3 & SANJ Gala 2	Johannesburg	29 Oct 2018

Male

Classification	SA Record	Holder	Event	Place	Date
S1	02:49.35	Irish, N		Pretoria	17 Mar 2000
S2	01:23.22	Packard, M		Germiston	16 Mar 2003
S3	01:14.11	Westraadt, E		Kimberley	24 Mar 1998
S4	01:02.26	Vermaak, J		Bloemfontein	23 Feb 1996
S5	00:51.89	Conolly, Darren	KZN Beavers Winter Championships	Durban	28 Aug 2018
S6	00:30.20	du Plessis, Tiaan	IPC World Championships	Durban	02 Dec 2006
S7	00:29.06	Sadie, Christian	SA National Championships	Durban	08 Apr 2019
S8	00:29.36	Du Plessis, Cristiaan		Durban	10 Apr 2007
S9	00:29.03	Frazer, R		Stellenbosch	06 Apr 1992
S10	00:25.49	Paul, Kevin	Paralympic Games	London	01 Sep 2012
S11	00:26.85	Herbst, Hendri	Paralympic Games	Rio de Janeiro	08 Sep 2016
S12	00:25.06	Smit, Franco	SA National Championships	Durban	08 Apr 2019
S13	00:23.99	Bouwer, Charles	Paralympic Games	London	01 Sep 2012

100m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	03:49.97	Symons, J		Port Elizabeth	04 Apr 1995
S3	02:35.88	Bester, L		Kimberley	26 Mar 2002
S4	02:22.94	Somtswayi	Paralympic Games	Sydney	26 Oct 2000
S5	01:46.42	Nothling, Beth	Senior National Championships	Durban	01 Jan 2010
S6	01:33.58	Olivier, Wendy	Paralympic Games	Atlanta	16 Aug 1996
S7	01:30.58	Deans, K		Nottingham	23 Jul 2001
S8	01:22.99	Mare, Simone	SA Schools Championships	Johannesburg	10 Dec 2018
S9	01:01.08	Du Toit, Natalie		Manchester	06 May 2006
S10	01:06.17	Prinsloo, E	Paralympic Games	Sydney	26 Oct 2000
S11	01:24.73	Bloem, Renette		Durban	06 Apr 2008
S12	01:09.49	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	01:08.46	Ferreira, Alani	SA National Championships	Durban	08 Apr 2019

Male

Classification	SA Record	Holder	Event	Place	Date
S1	05:45.85	Jarman, L		Port Elizabeth	27 Mar 1996
S2	02:44.13	Packard, M		Germiston	16 Mar 2003
S3	02:31.25	Westraadt, E		Port Elizabeth	04 Apr 1995
S4	02:22.76	Westraadt, E		Kimberley	11 Mar 1994
S5	02:15.74	Conolly, Darren	KZN Beavers Winter Championships	Durban	28 Aug 2018
S6	01:20.19	Nilsen, E		Port Elizabeth	05 Apr 1995
S7	01:07.24	Sadie, Christian	SA National Championships	Port Elizabeth	23 Apr 2018
S8	01:04.28	Du Plessis, Cristiaan		Durban	10 Apr 2007
S9	01:03.33	Bezuidenhout, James	SA National Open Championships	Durban	09 Apr 2014
S10	00:55.44	Paul, Kevin		Maputo	08 Sep 2011
S11	00:59.60	Herbst, Hendri	Paralympic Games	London	01 Sep 2012
S12	00:56.39	Smit, Franco	SA National Championships	Durban	08 Apr 2019
S13	00:52.31	Bouwer, Charles		Pasadena	08 Aug 2014

200m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	09:21.72	Fourie, C		Pretoria	17 Mar 2000
S3	05:38.17	Bester, L		Kimberley	26 Mar 2002
S4	04:57.38	Somtswayi		Kimberley	26 Mar 2002
S5	03:49.45	Nothling, Beth	Nedbank Championships	Port Elizabeth	06 Apr 2009
S6	03:30.18	Von Wechmar, E		Kimberley	26 Mar 2002
S7	03:25.94	Deans, K		Kimberley	26 Mar 2002
S8	02:58.32	Lourens, G	Nedbank Championships	Bellville	01 Mar 2008
S9	02:08.15	Du Toit, Natalie		Bellville	24 Mar 2008
S10	02:22.27	Sapiro, S		Berlin	01 Jan 2012
S11	03:07.86	Bloem, Renette		Bellville	24 Mar 2008
S12	02:41.19	De Beer, G		Kimberley	26 Mar 2002
S13	02:31.05	Ferreira, Alani	SASAPD National Championships	Stellenbosch	18 Mar 2019

Male

Classification	SA Record	Holder	Event	Place	Date
S1	11:41.82	Irish, N		Pretoria	17 Mar 2000
S2					
S3	05:24.08	Packard, M	Nedbank Championships	Durban	01 Mar 2004
S4					
S5	04:03.43	De Kock, C		Stellenbosch	11 Apr 2001
S6	03:04.54	Van der Merwe, Hendrik		Bellville	24 Mar 2008
S7	02:42.15	Kretsezmar, K		Stellenbosch	11 Apr 2001
S8	02:28.07	Nathan, O		Germiston	16 Mar 2003
S9	02:22.07	Bezuidenhout, James		Port Elizabeth	18 Apr 2013
S10	02:05.09	Paul, Kevin	German Games	Berlin	01 Jun 2010
S11	02:20.10	Herbst, Hendrik	SA National Open Championships	Durban	08 Apr 2014
S12	02:26.20	Herbst, Hendri	IBSA Championships	Colorado	01 Jul 2009
S13	01:56.78	Bouwer, Charles		Port Elizabeth	18 Apr 2013

400m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S6	07:07.85	Von Wechmar, E	Nedbank Championships	Durban	01 Mar 2004
S7					
S8	06:07.61	Lourens, G	Nedbank Championships	Bellville	01 Mar 2008
S9	04:22.74	Du Toit, Natalie		Bellville	25 Mar 2008
S10	04:56.30	Sapiro, S		Berlin	01 Jan 2012
S11	06:31.98	Bloem, Renette	Summer League 3	Western Province	
S12	05:23.99	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	05:06.15	Ferreira, Alani	SASAPD National Championships	Stellenbosch	18 Mar 2019

Male

Classification	SA Record	Holder	Event	Place	Date
S6	06:26.11	Van der Merwe, Hendrik	World Championships		02 Dec 2006
S7	05:32.50	Nilsen, Mark	Paralympic Games	Atlanta	16 Aug 1996
S8	05:00.37	Du Plessis, Cristiaan		Bellville	25 Mar 2008
S9	05:03.65	Bezuidenhout, J		Brazil	01 Oct 2011
S10	04:16.46	Paul, Kevin	Paralympic Games	London	01 Sep 2012
S11	04:58.75	Herbst, Hendri		Durban	16 Apr 2012
S12	05:06.51	Herbst, Hendri	World Championships	Eindhoven	01 Aug 2010
S13	04:08.52	Bouwer, Charles	Senior National Championships	Durban	01 Apr 2012

800m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S6	14:48.46	Von Wechmar, E		Kimberley	01 Jan 2002
S7	20:00.06	Van Staden, Catherine	Nedbank Championships	Stellenbosch	01 Apr 2014
S8	13:17.00	Lourens, G	Nedbank Championships	Bloemfontein	01 Jan 2006
S9	08:55.77	Du Toit, Natalie		Durban	06 Apr 2008
S10	10:51.55	Sapiro, Shireen		Pretoria	27 Mar 2013
S11					
S12	11:11.14	De Beer, H	Prestige	Kwazulu/Natal	12 Jul 2006
S13					

Male

Classification	SA Record	Holder	Event	Place	Date
S6	15:03.51	Gifford, C	Nedbank Championships	Pretoria	01 Mar 2011
S7	12:34.95	Dludlu, Nkosimayibongwe	Nedbank Championships	Johannesburg	31 Mar 2015
S8	10:44.65	Du Plessis, Cristiaan		Kimberley	01 Jan 2002
S9	12:04.38	Parkin, C	Nedbank Championships	Durban	01 Jan 2012
S10	09:25.53	Hassiem, Achmat	Nedbank Championships	Port Elizabeth	06 Apr 2009
S11					
S12					
S13	09:01.33	Bouwer, Charles	Nedbank Championships	Port Elizabeth	06 Apr 2009

1500m Freestyle**Female**

Classification	SA Record	Holder	Event	Place	Date
S7	28:10.04	Von Wechmar, E		Bellville	02 Dec 2006
S8	24:30.75	Lourens, G		Bellville	02 Dec 2006
S9	17:02.73	Du Toit, Natalie	SA Championships		10 Apr 2007
S10					
S11					
S13					

Male

Classification	SA Record	Holder	Event	Place	Date
S7	22:35.87	Slattery, Tadhg	SA Championships	Durban	01 Jan 1993
S8	20:52.81	Du Plessis, Cristiaan		Stellenbosch	11 Apr 2001
S9	23:12.61	Parkin, C	Nedbank Championships	Durban	01 Jan 2012
S10					
S11					
S12					
S13	16:33.79	Bouwer, Charles	Senior National Championships	Port Elizabeth	01 Apr 2011

50m Backstroke**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:59.04	Symons, J		Kimberley	12 Mar 1994
S3	01:13.83	Shannon, S	Paralympic Games	Beijing	06 Sep 2008
S4	01:03.29	Somtswayi, Ntombi	Paralympic Games	Sydney	18 Oct 2000
S5	00:52.22	Nothling, Beth		Montreal	14 Aug 2013
S6	01:16.32	Ings, Patricia	Nedbank Championships	Pretoria	01 Mar 2011
S7	00:59.99	Van Zyl, W	Nedbank Championships	Durban	01 Jan 2012
S8	00:44.99	Mare, Simone	SA Schools Championships	Johannesburg	10 Dec 2018
S9	00:34.14	Du Toit, Natalie	Senior National Championships	Port Elizabeth	01 Apr 2011
S10	00:33.52	Sapiro, S	Senior National Championships	Durban	16 Apr 2009
S11	00:46.39	Bloem, Renette		Durban	06 Apr 2008
S12	00:51.04	Berrington, S	Nedbank Championships	Port Elizabeth	01 Mar 2010
S13	00:39.20	Naude, Marike		Montreal	03 Jul 2011

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:32.36	Mc Klopper, David	SA National Championships	Port Elizabeth	23 Apr 2018
S3	01:07.47	Mc Intyre, A		Stellenbosch	01 Apr 1991
S4	01:06.10	Vermaak, J		Port Elizabeth	05 Apr 1995
S5	00:51.39	Jonker, D		Germiston	21 Mar 1997
S6	00:44.86	Mogale, Sibusiso	Senior National Championships	Durban	16 Apr 2009
S7	00:36.35	Sadie, Christian	Western Cape Summer Championships	Stellenbosch	02 Dec 2016
S8	00:35.26	Du Plessis, Cristiaan		Durban	06 Apr 2008
S9	00:32.86	Bezuidenhout, James	SA National Open Championships	Durban	09 Apr 2014
S10	00:31.41	Clarke, S	Senior National Championships	Port Elizabeth	01 Apr 2011
S11	00:33.58	Herbst, Hendrik	SA National Open Championships	Durban	09 Apr 2014
S12	00:29.83	Smit, Franco	SA National Championships	Durban	08 Apr 2019
S13	00:29.87	Bouwer, Charles	Nedbank Championships	Port Elizabeth	06 Apr 2009

100m Backstroke**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S2					
S3	02:47.51	Shannon, S		Durban	06 Apr 2008
S4					
S5	01:58.74	Nothling, Beth	Senior National Championships	Durban	01 Jan 2010
S6	01:52.60	Olivier, Wendy	Paralympic Games	Atlanta	16 Aug 1996
S7	02:25.32	Gardner, K		Port Elizabeth	05 Apr 1995
S8	01:32.65	Barnard, A	Paralympic Games	Sydney	27 Oct 2000
S9	01:09.83	Du Toit, Natalie		Eindhoven	20 Aug 2010
S10	01:09.02	Sapiro, S	Paralympic Games	London	01 Sep 2012
S11	01:42.14	Bloem, Renette	Senior National Championships	Durban	19 Apr 2009
S12	01:28.00	Nel, J			01 Mar 1986
S13	01:24.50	Ferreira, Alani	SA National Championships	Durban	13 Apr 2015

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	03:22.07	Mc Klopper, David	SA National Championships	Durban	03 Apr 2017
S3					
S4	02:28.31	Harris, Quinton	SA National Open Championships	Durban	07 Apr 2014
S5	02:28.39	Harris, Quinton	KZN Premier Championships	Durban	17 Dec 2014
S6	01:27.79	Nilsen, E		Port Elizabeth	04 Apr 1995
S7	01:22.26	Nilsen, Mark	Paralympic Games	Atlanta	16 Aug 1996
S8	01:14.71	Du Plessis, Cristiaan	World Championships	Eindhoven	01 Aug 2010
S9	01:10.47	Bezuidenhout, James	SA National Championships	Durban	13 Apr 2015
S10	01:09.14	Hassiem, Achmat	Senior National Championships	Durban	01 Apr 2012
S11	01:14.22	Herbst, Hendri	WPA Championships	Strand	10 Dec 2014
S12	01:05.25	Smit, Franco	SA National Championships	Durban	08 Apr 2019
S13	00:59.41	Bouwer, Charles		Pasadena	09 Aug 2014

200m Backstroke**Female**

Classification	SA Record	Holder	Event	Place	Date
S6	05:54.95	Ings, Patricia	eThekwini Age Group Gala 6	Durban	17 Sep 2016
S7					
S8	04:12.40	McKay, Tracy	KZN Provincial Championship	Durban	13 Dec 2016
S9	02:27.47	Du Toit, Natalie		Bellville	01 Jan 2004
S10	02:31.61	Sapiro, S		Berlin	01 Jan 2012
S11					
S12					
S13	03:17.65	Naude, M	Nedbank Championships	Port Elizabeth	01 Mar 2010

Male

Classification	SA Record	Holder	Event	Place	Date
S6					
S7					
S8	03:12.37	Williams, David	KZN Provincial Championship	Durban	13 Dec 2016
S9	02:38.28	Bezuidenhout, James		Port Elizabeth	20 Apr 2013
S10	02:38.89	Pretorius, Jean	CTMA Qualifying Gala 3	Bellville	27 Jan 2018
S11					
S12					
S13	02:20.77	Bouwer, Charles	Nedbank Championships	Port Elizabeth	06 Apr 2009

50m Breaststroke**Female**

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2	04:20.93	Shannon, S		Durban	01 Jan 2005
SB3	02:17.40	De Vries, J	SA Championships	Bloemfontein	01 Jan 2006
SB4	01:17.14	Visser, A	Nedbank Championships	Port Elizabeth	01 Mar 2010
SB5	01:07.10	Nothling, Beth	Senior National Championships	Durban	19 Apr 2009
SB6	01:19.76	Mbiko, Ntswaki	Central Gauteng Championships	Gauteng	01 Dec 2009
SB7	01:02.84	Van Zyl, W	Nationals	Germiston	01 Jan 2007
SB8	00:39.16	Martins, Shannon	SA Level 3 Regional Age Group	Pretoria	03 Apr 2018
SB9	00:36.19	Everson, Melisca	SA Level 3 Regional Age Group	Pretoria	03 Apr 2018
SB11	00:46.51	Bloem, Renette	Senior National Championships	Durban	01 Apr 2012
SB12	01:02.18	Berrington, S	Nedbank Championships	Port Elizabeth	01 Mar 2010
SB13	00:41.07	Ferreira, Alani	SA National Championships	Durban	13 Apr 2015

Male

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2	01:25.65	Mc Tyre, A		Stellenbosch	01 Apr 1991
SB3	01:14.92	Harris, Quinton	KZN uThungulu Age Group Gala	Ridchards Bay	08 Nov 2014
SB4	01:03.47	De Kock, C	SA Championships		01 Jan 2002
SB5	00:42.21	Slattery, Tadhg	Central Gauteng Championships	Gauteng	01 Jan 2004
SB6	00:49.14	Van der Merwe, Hendrik	SA Championships		02 Apr 2007
SB7	00:42.02	Mogale, Sibusiso		Durban	10 Apr 2007
SB8	00:38.70	van der Merwe, Kaleb	SA National Championships	Durban	03 Apr 2017
SB9	00:29.72	Paul, Kevin	4th A-League Gala	Port Elizabeth	08 Nov 2014
SB11					
SB12	00:40.59	Herbst, Hendri	IBSA Championships	Turkey	01 Apr 2011
SB13	00:39.82	Field, S		Stellenbosch	01 Apr 1991

100m Breaststroke**Female**

Classification	SA Record	Holder	Event	Place	Date
SB2					
SB3	02:51.53	Harris, Q	Nedbank Championships	Durban	01 Jan 2012
SB4	02:28.79	Visser, A	Paralympic Games	Beijing	06 Sep 2008
SB5	02:09.16	Von Wechmar, E		Durban	01 Apr 2007
SB6	02:15.16	Van Zyl, W		Stellenbosch	13 Apr 2001
SB7	02:18.79	Van Zyl, W		Stellenbosch	01 Apr 1991
SB8	01:25.95	Du Toit, Natalie	World Championships	Eindhoven	01 Aug 2010
SB9	01:37.58	Abrahams, Tezna	SA National Championships	Durban	13 Apr 2015
SB11	01:38.67	Bloem, Renette	Senior National Championships	Durban	01 Jan 2010
SB12	01:41.28	Bloem, Renette		Stellenbosch	01 Jan 1985
SB13	01:25.88	Ferreira, Alani	SA National Championships	Durban	08 Apr 2019

Male

Classification	SA Record	Holder	Event	Place	Date
SB1					
SB2					
SB3	03:00.00	Harris, Quinton	SA National Open Championships	Port Elizabeth	17 Apr 2013
SB4	01:19.87	De Kock, C	SA Championships		01 Jan 2002
SB5	01:32.13	Slattery, Tadhg	Mar Del Plata	Argentina	02 Dec 2002
SB6	01:47.12	Kretsemar, K		Stellenbosch	13 Apr 2001
SB7	01:27.34	Sadie, Christian	SA National Championships	Durban	08 Apr 2019
SB8	01:23.29	van der Merwe, Kaleb	SA National Championships	Durban	03 Apr 2017
S8	02:19.50	Coetzee, Sarel	SA National Open Championships	Durban	08 Apr 2014
SB9	01:04.86	Paul, Kevin	Paralympic Games	Rio de Janeiro	08 Sep 2016
SB11	01:30.83	Herbst, Hendri	Senior National Championships	Durban	01 Apr 2012
SB12	01:29.49	Herbst, Hendri	World Championships	Eindhoven	01 Aug 2010
SB13	01:20.53	Kleynhans, E		Port Elizabeth	27 Mar 1996

200m Breaststroke**Female**

Classification	SA Record	Holder	Event	Place	Date
SB4					
SB5					
SB6					
SB7					
SB8					
SB9	03:48.43	Sabeka, Bongekile	CGA Level 2/3 Gala 1	Johannesburg	19 Sep 2015
SB11	03:29.88	Bloem, Renette	Summer League	Strand	14 Nov 2009
SB12					
SB13	03:11.80	Ferreira, Alani	Action Swim Championships	Durban	06 Nov 2015

Male

Classification	SA Record	Holder	Event	Place	Date
SB4					
SB5	03:28.54	Slattery, Tadhg		Germiston	22 Feb 2003
SB6					
SB7	04:21.31	Mogale, Sibusiso	Central Gauteng Level 3 Championships	Gauteng	22 Oct 2006
SB8	03:07.34	van der Merwe, Kaleb	USSA Swimming Championships	Port Elizabeth	24 Aug 2000
SB9	02:22.20	Paul, Kevin	SA National Championships	Durban	13 Apr 2015
SB11					
SB12					
SB13					

50m Butterfly**Female**

Classification	SA Record	Holder	Event	Place	Date
S1					
S3					
S4					
S5	00:51.62	Visser, Adri	SA National Championships	Durban	10 Apr 2016
S6	01:06.16	Gardner, K		Port Elizabeth	07 Dec 1997
S7	01:16.12	Gardner, K		Port Elizabeth	04 Apr 1995
S8	00:45.52	Mare, Simone	Ushaka Championship Gala	Ridchards Bay	27 Jan 2018
S9	00:31.81	Du Toit, Natalie		Bellville	24 Mar 2008
S10	00:32.95	Sapiro, Shireen		Durban	21 Apr 2012
S11	00:50.40	Bloem, Renette	Senior National Championships	Durban	18 Apr 2009
S12	00:35.33	De Beer, H	Prestige	Kwazulu/Natal	12 Jul 2006
S13	00:36.45	De Beer, H	SA Championships		01 Jan 2004

Male

Classification	SA Record	Holder	Event	Place	Date
S1					
S2	01:32.80	Mc Klopper, David	SA National Championships	Durban	03 Apr 2017
S3					
S4	01:53.96	Mc Klopper, David	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S5	00:45.82	Van der Merwe, Hendrik	SA National Championships		02 Apr 2007
S6	00:38.02	Mogale, Sibusiso	Senior National Championships	Durban	18 Apr 2009
S7	00:30.03	Sadie, Christian	WC Summer Championships	Stellenbosch	05 Dec 2018
S8	00:32.79	Nathan, O	SA Championships		01 Jan 2004
S9	00:31.19	Swanepoel, Caleb	SA National Championships	Durban	08 Apr 2019
S10	00:27.12	Hassiem, Achmat		Berlin	01 Jul 2012
S11	00:32.91	Herbst, Hendri	SA National Open Championships	Port Elizabeth	21 Apr 2013
S12	00:27.47	Smit, Franco	SA National Championships	Durban	08 Apr 2019
S13	00:26.55	Bouwer, Charles		Johannesburg	19 Dec 2014

100m Butterfly**Female**

Classification	SA Record	Holder	Event	Place	Date
S5	00:54.62	Visser, Adri		Johannesburg	08 Dec 2012
S6	03:31.39	Mbiko, Ntswaki	Central Gauteng Championships	Gauteng	01 Dec 2010
S7					
S8	01:50.76	Mare, Simone	SASAPD National Championships	Stellenbosch	18 Mar 2019
S9	01:06.74	Du Toit, Natalie	Paralympic Games	Beijing	06 Sep 2008
S10	01:16.02	Sapiro, S	Paralympic Games	Beijing	06 Sep 2008
S11					
S12	01:16.79	De Beer, H	Paralympic Games	Athens	23 Sep 2004
S13	01:21.01	Ferreira, Alani	SA National Championships	Durban	08 Apr 2019

Male

Classification	SA Record	Holder	Event	Place	Date
S2	03:49.99	Mc Kloppe, David	CGA level 3 Last Chance No 1	Johannesburg	21 Jan 2017
S5	02:20.86	Adams, Moeketsi	CGA Open Championships	Johannesburg	06 Dec 2018
S6	01:32.38	Mogale, Sibusiso	Senior National Championships	Durban	01 Jan 2010
S7	01:09.16	Sadie, Christian	Winelands Summer League Gala 3	Stellenbosch	13 Oct 2018
S8	01:06.90	Venter, J	Paralympic Games	Sydney	22 Oct 2000
S9	01:09.49	Swanepoel, Caleb	SA National Championships	Port Elizabeth	23 Apr 2018
S10	00:57.76	Hassiem, Achmat	Paralympic Games	London	01 Sep 2012
S11					
S12	01:06.78	Kleynhans, E	Paralympic Games	Sydney	26 Oct 2000
S13	00:58.78	Bouwer, Charles	Senior National Championships	Durban	01 Apr 2012

200m Butterfly**Female**

Classification	SA Record	Holder	Event	Place	Date
S8					
S9	02:23.84	Du Toit, Natalie		Johannesburg	01 Dec 2003
S10					
S11					
S12	03:01.19	De Beer, H	SA Championships	Bloemfontein	01 Jan 2006
S13					

Male

Classification	SA Record	Holder	Event	Place	Date
S6	04:13.91	Zwane, Kabelo	CGA Level 2/3 Gala No 3	Johannesburg	21 Nov 2015
S7	03:28.29	Zwane, Kabelo	Tri Colour Games	Reggio Emilia	12 Jul 2018
S8					
S9					
S10	02:58.49	Mabuza, Thulane	SA National Championships	Durban	10 Apr 2016
S11					
S12					
S13					

150m Individual Medley

Female

Classification	SA Record	Holder	Event	Place	Date
SM2					
SM3					
SM4					

Male

Classification	SA Record	Holder	Event	Place	Date
SM1					
SM2					
SM3					
SM4	03:59.97	Harris, Quinton	KZN Uthungulu District Age Group	Ridchards Bay	17 Jan 2015

200m Individual Medley**Female**

Classification	SA Record	Holder	Event	Place	Date
SM3					
SM4					
SM5	04:37.09	Visser, Adri	CGA Championships	Johannesburg	05 Dec 2015
SM6	06:06.26	Mbiko, Ntswaki	Senior National Championships	Durban	01 Apr 2012
SM7					
SM8	03:21.47	Barnard, Antonia	Paralympic Games	Sydney	18 Oct 2000
SM9	02:27.83	Du Toit, Natalie	Paralympic Games	Beijing	06 Sep 2008
SM10	02:59.61	Sapiro, S	Central Gauteng Level 2 Championships	Gauteng	28 Oct 2006
SM11	03:27.38	Bloem, Renette		Durban	06 Apr 2008
SM12	03:02.64	De Beer, H	Paralympic Games	Athens	23 Sep 2004
SM13	02:47.84	Ferreira, Alani	SA National Championships	Durban	08 Apr 2019

Male

Classification	SA Record	Holder	Event	Place	Date
SM3					
SM4	04:22.88	Harris, Quinton	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM5					
SM6	02:58.37	Slattery, Tadhg	Paralympic Games	Sydney	20 Oct 2000
SM7	02:38.09	Sadie, Christian	SA National Championships	Durban	08 Apr 2019
SM8	02:40.83	Terblanche, Jean-Jacques	Paralympic Games	Atlanta	17 Aug 1996
SM9	02:49.99	Bezuidenhout, James	SA National Open Championships	Port Elizabeth	22 Apr 2013
SM10	02:14.97	Paul, Kevin	Paralympic Games	London	01 Sep 2012
SM11					
SM12	02:39.63	Smit, Franco	WC Qualifying Gala 2	Cape Town	11 Nov 2017
SM13	02:14.50	Bouwer, Charles	Senior National Championships	Durban	01 Apr 2012

400m Individual Medley**Female**

Classification	SA Record	Holder	Event	Place	Date
SM6					
SM7					
SM8					
SM9	07:35.82	Marais, Katelyn	CGA Level 3 & SANJ Gala 3	Johannesburg	25 Nov 2018
SM10					
SM11					
SM12					
SM13					

Male

Classification	SA Record	Holder	Event	Place	Date
SM8	07:16.41	Williams, David	KZN Age Group 5	Durban	20 Aug 2016
SM9					
SM10	04:53.39	Paul, Kevin	German Games	Berlin	01 Jun 2010
SM11					
SM12					
SM13					

