
RECORDS Africa-Long Cou
LC Meters-Women

50 Free	24.62	29-Jul-17	EGY	Farida Osman-Budapest
100 Free	54.23	5-Apr-18	RSA	Erin P. Gallagher at FINA World Cup -Commonwealth games Melbourne
200 Free	1:57.04	7-Jun-08	ZIM	Kirsty Coventry-Texas Senior Circuit
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	28.08	14-Jun-15	ZIM	Kirsy Coventry-Monto Carlo
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	30.82	5-Apr-18	RSA	Tatjana R. Schoenmaker at FINA World Cup -Commonwealth games Melbou
100 Breast	1:06.32	3-Jul-19	RSA	Tatjana R. Schoenmaker at 2019 World University Games
200 Breast	2:21.79	12-Jul-19	TUKS- TSH	Tatjana R. Schoenmaker at 18th FINA World Championships 2019-Korea Sw
50 Fly	25.39	8-Aug-16	EGY	Farida Osman-FINA World Champs-Budapest
100 Fly	57.38	6-Aug-16	EGY	Farida Osman-FINA World Champs-Kazan
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	3:43.35	21-Jul-19	RSA	World Champs-Gwangju-E Gallagher-T Lovemore-E Chelius-R Meder
800 Free Relay	8:08.12	26-Jul-17	RSA	Commonwealth 2014-K Prinsloo/R Ross/R Warnes/E Gallagher
400 Medley Relay	4:03.62	6-Apr-08	RSA	SA National-Durban-M Corfe-S v Biljon-A Loots-L M Retief

RECORDS Africa-Long Cou
LC Meters-Men

50 Free	21.67	16-Aug-08	RSA	ROLAND M. SCHOEMAN at Olympic Games Beijing 2008
100 Free	47.79	26-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	3:41.11	26-Jul-09	TUN	Oussama Mellouli at World Champs Rome Italy
800 Free	7:35.27	29-Jul-09	TUN	Oussama Mellouli-at World Champs Rome Italy
1500 Free	14:37.28	2-Aug-09	TUN	Oussama Mellouli-at World Champs Rome Italy
50 Back	24.34	26-Jul-19	RSA	Gerhard Zandberg at FINA World Championship
100 Back	53.12	11-Apr-16	RSA	Christopher Reid-at Sa Nationals Durban
200 Back	1:55.75	26-Jul-09	RSA	George DU RAND at Fina World Championships
50 Breast	25.58	5-Apr-18	RSA	Cameron Vd Burgh at FINA World Cup -Commonwealth games Melbourne
100 Breast	58.46	25-Jul-12	RSA	CAMERON VD BURGH at London Olympics 2012
200 Breast	2:09.61	26-Jul-09	RSA	Neil R. Versfeld at Fina World Championships
50 Fly	22.90	26-Jul-09	RSA	ROLAND M. SCHOEMAN at Fina World Championships
100 Fly	50.56	8-Aug-15	RSA	Chad Le Clos-Kazan Kazan Russia
200 Fly	1:52.96	25-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-Pescara Italy
400 Free Relay	3:11.93	26-Jul-09	RSA	RSA-L Ferns-G Moore-D Townsend-R Schoeman-World Champs Rome Italy
800 Free Relay	7:08.01	31-Jul-09	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita
400 Medley Relay	3:31.53	2-Aug-09	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau--World Champs Rome Ita

RECORDS Africa-Long Cou**LC Meters-Mixed**

400 Free Relay	3:31.38	29-Jul-17	RSA	Team RSA-World Champs-Budapest
400 Medley Relay	3:49.90	24-Jul-19	RSA	Team RSA Gwangju South Korea-CC REID-T SCHOENMAKER-R COETZEE-E C