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

50 Free	24.62	<b>29-Jul-17</b>	EGY	Farida Osman-Budapest
100 Free	54.23	<b>9-Apr-18</b>	RSA	Erin P. Gallagher at - Commonwealth Games Gold Coast
200 Free	1:57.04	<b>7-Aug-08</b>	ZIM	Kirsty Coventry-Texas Senior Circuit
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>	RSA	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	28.08	<b>14-Jun-15</b>	ZIM	Kirsy Coventry-Monto Carlo
100 Back	58.77	<b>11-Aug-08</b>	ZIM	Kirsty Coventry-2008 Olympics-beijing
200 Back	2:04.81	<b>1-Aug-09</b>	ZIM	Kirsty Coventry at-World Champs Rome Italy
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	1:04.82	<b>25-Jul-21</b>	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
200 Breast	2:18.95	<b>30-Jul-21</b>	RSA	Tatjana R. Schoenmaker at 2021 Tokyo Olympic Games
50 Fly	25.39	<b>8-Aug-16</b>	EGY	Farida Osman-FINA World Champs-Budapest
100 Fly	57.66	<b>19-Jun-22</b>	EGY	Farida Osman-FINA World Champs-Budapest
200 Fly	2:09.41	<b>12-Aug-08</b>	RSA	Kathryn A. Meaklim at Olympic Games Beijing 2008
200 IM	2:08.59	<b>13-Aug-08</b>	ZIM	Kirsty Coventry -at Olympic Games Beijing 2008
400 IM	4:29.89	<b>10-Aug-08</b>	ZIM	Kirsty Coventry-at Olympic Games Beijing 2008
400 Free Relay	3:40.29	<b>10-Apr-21</b>	RSA	South African Championships PE-A Canny-E Chelius-E Gallagher-E Meder
800 Free Relay	8:01.56	<b>24-Jul-14</b>	RSA	Olympic Games Tokyo 2021-Toyko-A Canny-R Meder-D Coetzee-R Gallagher
400 Medley Relay	3:59.63	<b>3-Aug-22</b>	RSA	South African Commonwealty Games-Birmingham

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**RECORDS Africa-Long Cou**
**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>29-Jul-09</b>	RSA	LYNDON FERNS at Fina World Championships
200 Free	1:45.20	<b>8-Aug-16</b>	RSA	Chad le Clos-Rio Olympic
400 Free	3:41.11	<b>26-Jul-09</b>	TUN	Oussama Mellouli at World Champs Rome Italy
800 Free	7:35.27	<b>29-Jul-09</b>	TUN	Oussama Mellouli-at World Champs Rome Italy
1500 Free	14:37.28	<b>2-Aug-09</b>	TUN	Oussama Mellouli at-at World Champs Rome Italy
50 Back	24.34	<b>2-Aug-09</b>	RSA	Gerhard Zandberg at FINA World Championship
100 Back	52.78	<b>12-Apr-23</b>	RSA	Pieter Coetze-Sa Nationals Champ-Gqeberha-PE
200 Back	1:55.75	<b>30-Jul-09</b>	RSA	George Du Rand-World Champs-Rome-Italy
50 Breast	25.58	<b>5-Apr-18</b>	RSA	Cameron Vd Burgh at XXI Commonwealth Games 2018-Australia Gold Coast
100 Breast	58.46	<b>29-Jul-12</b>	RSA	CAMERON VD BURGH at London Olympics 2012
200 Breast	2:09.61	<b>30-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 Fina World Championships
100 Fly	50.56	<b>8-Aug-15</b>	RSA	Chad Le Clos-Kazan Kazan Russia
200 Fly	1:52.96	<b>31-Jul-12</b>	RSA	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	4:10.53	<b>29-Jun-09</b>	TUN	Oussama Mellouli -at Mediterranean Games-Pescara Italy
400 Free Relay	3:11.93	<b>26-Jul-09</b>	RSA	RSA-G Moore--R Schoeman-D Townsend-L Ferns-World Champs Rome Italy
800 Free Relay	7:08.01	<b>31-Jul-09</b>	RSA	RSA-J Basson-D Townsend-J Venter-S Rousseau- 13th FinaWorld Champs Ro
400 Medley Relay	3:31.53	<b>2-Aug-09</b>	RSA	RSA-G Durand-C VD Merwe-L Ferns-G Moore-13th Fina World Champs-Rom

**RECORDS Africa-Long Cou**

**LC Meters-Mixed**

400 Free Relay	3:31.24	<b>23-Aug-19</b>	RSA	Team RSA-African Games-MoroccoD Erasmus-R Coetzee-E Chelius-E Gallag
400 Medley Relay	3:44.28	<b>2-Aug-22</b>	RSA	Team RSA -Commonwealty Games-Birmingham