

RECORDS SA Age Group

LC Meters-Women

10 & U	50 Free	29.12	7-Oct-22	INFA- NM	Gemma T. Spies at 41st Freda Barnard Invitational Gala	
	100 Free	1:05.20	31-Oct-15	MDOL- JH	Hannah K. Robertson at CGA Level 2/3 gala No 2	
	200 Free	2:20.88	22-Mar-13	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	400 Free	4:54.06	27-Oct-06	KASA- EP	JESSICA S. LISS at EP 2nd A League Gala	
	50 Back	32.79	11-Dec-12	SEAL- KZ	Zoe" Frank at aQuelle KZN Provincial Championships	
	100 Back	1:11.14	22-Mar-13	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	200 Back	2:33.95	22-Mar-13	SEAL- KZ	Zoe" Frank at SA Level 2 Regional Age Group Champs 2013-KIM	
	50 Breast	36.46	14-Oct-06	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	100 Breast	1:18.99	14-Oct-06	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	200 Breast	2:46.87	14-Oct-06	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	50 Fly	32.39	18-Mar-22	INFA- NM	Jenna A. Thornton at SA Level 2 Regional Age Group Champs 2022-ECA	
	100 Fly	1:13.78	27-Oct-06	KASA- EP	Jessica Liss at EP 1st League Gala	
	200 IM	2:36.66	14-Oct-06	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
	11-11	50 Free	28.43	3-Jan-97		Melanie Greyling
		100 Free	1:02.27	24-Sep-15	TUKS- TS	Sune Liebenberg at NTS Invitational Gala 2015
200 Free		2:15.73	14-Apr-21	VINE- CP	Abigail Kotze at Western Cape SANJ and Senior Nationals 2021	
400 Free		4:42.55	9-Feb-07	KASA- EP	Jessica S Liss EP Champs 2007	
50 Back		31.06	20-Mar-14	ELEC- CG	Carissa Van Rooyen at SA Level 2 Regional Age Group Champs 2014-CGA	
100 Back		1:08.27	20-Mar-14	ELEC- CG	Carissa Van Rooyen at SA Level 2 Regional Age Group Champs 2014	
200 Back		2:30.04	13-Mar-14	ASA- KZ	Zoe" Frank at SA Level 3 National Age Group Champs 2014 -CT	
50 Breast		35.64	17-Dec-19	SEAL- UM	Daena M. Robinson at KZNA Premier Provincial Championship 2019	
100 Breast		1:15.16	10-Apr-07	EPS- EP	Jessica S. Liss at Telkom Sa Natioanl Championships 2007	
200 Breast		2:38.14	6-Oct-07	KASA- EP	Jessica S. Liss at EP 1st A League Gala	
50 Fly		30.49	6-May-21	VINE- CP	Abigail Kotze at 2021 Cana Grand Prix Swimming Stellenbosch	
100 Fly		1:09.05	8-Jul-09	SEAL- KZ	Jamie Reynolds at KZN SPEEDO PRESTIGE 2009	
200 IM		2:29.64	23-Sep-07	KASA- EP	Jessica S. Liss at Vineyard Spring Gala 2007	
12-12		50 Free	26.71	25-Jun-22	VINE- CP	Abigail Kotze at PEA Winter Gala 2022
		100 Free	58.91	25-Jun-22	VINE- CP	Abigail Kotze at PEA Winter Gala 2022
	200 Free	2:08.11	25-Feb-22	VINE- CP	Abigail Kotze at Infinity Gala	
	400 Free	4:29.00	25-Feb-08	KASA- EP	Jessica Liss at EP Champs 2008	
	800 Free	9:08.92	4-Mar-08	KASA- EP	Jessica S. Liss at Telkom SA National Level 3 Championship2008	
	1500 Free	17:52.00	11-Jan-08	KASA- EP	Jessica Liss at EP 3rd League Gal	
	50 Back	30.97	13-Dec-11	PSA- LP	Nathania Van Niekerk at AQuelle KZN Provincial Open Championships	
	100 Back	1:06.09	13-Dec-11	PSA- LP	Nathania Van Niekerk at AQuelle KZN Provincial Open Championships	
	200 Back	2:20.72	13-Dec-11	PSA- LP	Nathania Van Niekerk at AQuelle KZN Provincial Open Championships	
	50 Breast	33.90	18-Mar-16	PAC- TS	Lara Van Niekerk at SA Level 3 National Age Group Champs 2016-PE	
	100 Breast	1:11.66	23-Mar-08	KASA- EP	Jessica Liss at Samsung Series 2	
	200 Breast	2:28.55	1-Apr-08	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	50 Fly	28.54	25-Jun-22	VINE- CP	Abigail Kotze at PEA Winter Gala 2022	
	100 Fly	1:01.68	3-Sep-22	VINE- CP	Abigail Kotze at CTA Qualifying Meet #4	
	200 Fly	2:21.63	1-Feb-08	KASA- EP	Jessica S. Liss at EP 4th League Gala	
	200 IM	2:21.22	1-Apr-08	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
	400 IM	4:51.88	1-Apr-08	EPA- EP	Jessica S. Liss at Telkom SA National Aquatic Championships 2008	
13-13	50 Free	26.49	12-Apr-23	WCA- CP	Abigail Kotze at SA National Aquatic SNR-Champ 2023-PE	
	100 Free	58.39	21-Mar-23	VINE- CP	Abigail Kotze at SA National Junior Age Group Champs-KZN 2023	
	200 Free	2:05.72	18-Mar-16	TYGE- CP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2016-PE	
	400 Free	4:24.01	10-Apr-16	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban	
	800 Free	9:03.21	10-Apr-16	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban	
	1500 Free	17:24.96	17-Dec-14	ACSA- KZ	Tracy-Lea Meyer at KZN Premier Championships 2014	
	50 Back	30.19	18-Jan-13	RSA	Nathania Van Niekerk at 2013 BHP Billiton Aquatic Super Series	
	100 Back	1:03.28	18-Jan-13	RSA	Nathania Van Niekerk at 2013 BHP Billiton Aquatic Super Series	

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

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16-16	100	Breast	1:09.30	25-Aug-99	RSA	Sarah Poewe at Pan Pacific Championships	
	200	Breast	2:25.90	25-Aug-99	RSA	Sarah Poewe at Pan Pacific Championships	
	50	Fly	26.68	11-Apr-11	NTS- NT	VANESSA MOHR at Telkom Sa National Aquatic Champs 2011 PE	
	100	Fly	58.66	24-Jul-11	RSA	VANESSA MOHR at 14th Fina World Championships 2011-Shanghai	
	200	Fly	2:11.71	6-Oct-18	RSA	Dune Coetzee at 3rd Youth Olympic Games-2018 Argentina	
	200	IM	2:15.17	24-Jul-14	RSA	MARLIES ROSS at Commonwealth Games Swimming Championship 2014	
	400	IM	4:41.35	1-Apr-08	WPA- WP	JESSICA E. PENGELLY at Telkom SA National Aquatic Championships 2008	
17-17	50	Free	25.70	7-Apr-21	WCA- WC	Aimee Canny at SA Invitational Aquatic Champ 2021-PE	
	100	Free	54.91	7-Apr-21	WCA- WC	Aimee Canny at SA Invitational Aquatic Champ 2021-PE	
	200	Free	2:00.19	7-Apr-21	WCA- WC	Aimee Canny at SA Invitational Aquatic Champ 2021-PE	
	400	Free	4:11.84	7-Dec-07	VINE- WP	WENDY A. TROTT at WP Sasko Championships	
	800	Free	8:34.67	21-Aug-07	RSA- ZZ	WENDY A. TROTT at International Swim Meet 2007-Japan	
	1500	Free	16:31.09	7-Dec-07	VINE- WP	WENDY A. TROTT at WP Sasko Championships	
	50	Back	29.04	3-Apr-17	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2017 Durban	
	100	Back	1:01.16	17-Mar-17	WATR- JH	Mariella G. Venter at SA National JNR Age Group Champs 2017-KZN	
	200	Back	2:11.33	10-Apr-16	CGA- JH	Nathania Van Niekerk at Sa National Aquatic Championship 2016 Durban	
	50	Breast	30.64	16-Apr-21	AGC- TS	Lara Van Niekerk at SA Regional National Championships North	
	100	Breast	1:07.39	7-Apr-21	AGC- TS	Lara Van Niekerk at SA Invitational Aquatic Champ 2021-PE	
	200	Breast	2:25.39	15-Mar-06	RSA	SUZAAN VAN BILJON at Commonwealth Games 2006	
	50	Fly	26.53	16-Apr-12	NTS- NT	VANESSA MOHR at Sa National Aquatic Championship 2012 Durban	
	100	Fly	59.17	21-Aug-07	RSA- ZZ	Keri SHAW at International Swim Meet 2007-Japan	
	200	Fly	2:11.44	21-Aug-07	RSA- ZZ	Keri SHAW at International Swim Meet 2007-Japan	
	200	IM	2:12.84	21-Feb-20	SGUL- ET	Rebecca A. Meder at 2020 Grand Prix Invitational Swimming Meet-KZ	
	400	IM	4:41.04	10-Aug-08	RSA- ZZ	JESSICA E. PENGELLY at Olympic Games Beijing 2008	
	18-18	50	Free	25.35	16-Dec-17	SGUL- ET	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials
		100	Free	54.71	6-Apr-22	WCA- CP	Aimee Canny at SA National Aquatic SNR-JNR Champ 2022-PE
		200	Free	1:58.34	6-Apr-22	WCA- CP	Aimee Canny at SA National Aquatic SNR-JNR Champ 2022-PE
400		Free	4:08.38	10-Aug-08	RSA- ZZ	WENDY A. TROTT at Olympic Games Beijing 2008	
800		Free	8:26.21	10-Aug-08	RSA- ZZ	WENDY A. TROTT at Olympic Games Beijing 2008	
1500		Free	16:15.58	1-Apr-08	WPA- WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008	
50		Back	28.99	12-Apr-23	AGC- TS	Tayla Jonker at SA National Aquatic SNR-Champ 2023-PE	
100		Back	1:01.86	23-Apr-18	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2018-PE	
200		Back	2:12.06	23-Apr-18	CGA- JH	Mariella G. Venter at Sa National Aquatic Championship 2018-PE	
50		Breast	29.72	6-Apr-22	AGC- TS	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE	
100		Breast	1:05.67	6-Apr-22	AGC- TS	Lara Van Niekerk at SA National Aquatic SNR-JNR Champ 2022-PE	
200		Breast	2:26.36	17-Aug-06	RSA	SUZAAN VAN BILJON at Pan Pacific Swimming Championship	
50		Fly	26.68	16-Dec-17	SGUL- ET	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials	
100		Fly	58.93	16-Dec-17	SGUL- ET	Erin P. Gallagher at KZNA Premier Champs & Commonwealth Trials	
200		Fly	2:11.18	7-Apr-21	AGC- TS	Dune Coetzee at SA Invitational Aquatic Champ 2021-PE	
200		IM	2:12.98	28-May-21	SGUL- ET	Rebecca A. Meder at Grand Prix No 4 Durban May 2021	
400		IM	4:40.98	7-Jun-08	PISC- KZ	Kathryn A. Meaklim at Sette Colli-Rome 2008	

RECORDS SA Age Group

LC Meters-Men

10 & U	50 Free	28.75	18-Mar-22	INFA- NM	Jayden A. Viduya at SA Level 2 Regional Age Group Champs 2022-ECA	
	100 Free	1:02.96	26-Jan-07	DDA- NT	Joshua P Dannhauser-Nts 2007 Jan Age Group-2007	
	200 Free	2:18.40	13-Dec-03	HARL- BO	Joshua Kriel at KZN Championship	
	400 Free	4:54.59	11-Jul-03	DOLC- CG	Michael J Meyer at KZN Durban Prestige	
	50 Back	33.89	9-Dec-22	CRSC- JH	Kairen L. Van der Bank at NTS Championships 2022	
	100 Back	1:13.71	30-Sep-17	VICT- EK	Cristopher Strydom at Waterborn Invitational 2017	
	200 Back	2:38.79	1-Dec-22	CRSC- JH	Kairen L. Van der Bank at CGA LC Summer Championships Level 3 +	
	50 Breast	36.91	17-Dec-14	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	100 Breast	1:20.14	20-Sep-14	SGUL- KZ	Luca D. Holtzhausen at KZN Speedo Junior Winter Championships 2014	
	200 Breast	2:52.39	17-Dec-14	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	50 Fly	31.88	18-Mar-22	INFA- NM	Jayden A. Viduya at SA Level 2 Regional Age Group Champs 2022-ECA	
	100 Fly	1:11.64	16-Dec-22	TUKS- TS	Regardt Schoeman at KZNA Premier Provincial Championship	
	200 IM	2:36.54	17-Dec-14	SGUL- KZ	Luca D. Holtzhausen at KZN Premier Championships 2014	
	11-11	50 Free	27.01	15-Dec-04	HARL- BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
		100 Free	59.28	15-Dec-04	HARL- BO	Joshua Kriel at KZN Level 2-3 Provincial Championships
		200 Free	2:09.81	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT
400 Free		4:36.52	16-Dec-15	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
50 Back		31.52	16-Dec-15	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
100 Back		1:07.71	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT	
200 Back		2:23.26	7-Dec-22	KASA- EP	Chritopher P. Reid at WP Sasko Championship	
50 Breast		34.27	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014 -CT	
100 Breast		1:13.30	16-Dec-15	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
200 Breast		2:39.90	16-Dec-15	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2015	
50 Fly		29.67	21-Mar-23	INFA- NM	Jayden A. Viduya at SA National Junior Age Group Champs-KZN 2023	
100 Fly		1:06.50	17-Mar-14	SGUL- ET	Luca D. Holtzhausen at Sa Level 3 CT	
200 IM		2:24.06	13-Mar-14	BARR- WP	Juan-E Grobbelaar at SA Level 3 National Age Group Champs 2014-	
12-12		50 Free	26.20	17-Mar-00	RAU- CG	Gregory Widmer
		100 Free	56.34	13-Dec-16	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016
		200 Free	2:04.32	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	400 Free	4:20.00	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	800 Free	9:14.81	27-Jul-13	ACSA- KZ	Luke Erwee at KZN Age Group Gala 2	
	1500 Free	17:39.12	1-Aug-04	HARL- BO	Marc J Emslie	
	50 Back	29.12	13-Dec-16	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	100 Back	1:03.07	13-Dec-16	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	200 Back	2:18.41	2-Sep-16	SGUL- ET	Luca D. Holtzhausen at KZN Beavers Winter LongCourse Championships	
	50 Breast	32.48	6-Apr-21	SGUL- ET	Nathan D. Burger at SA Regional JNR Age Group Champs 2021-Durban	
	100 Breast	1:10.71	24-Jul-13	VINE- WP	Cameron K. Matthews at ASA National Championships (Age Group) 2013	
	200 Breast	2:30.92	13-Dec-16	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	50 Fly	27.96	13-Nov-22	BIOS- CE	Eric B. Kotze at Winelands Summer League 4	
	100 Fly	1:01.67	13-Dec-16	SGUL- ET	Luca D. Holtzhausen at KZN Speedo Provincial Championships 2016	
	200 Fly	2:18.43	16-Jan-03	TYGR- WP	Anton Duvenhage-WP jack Currie Champs	
	200 IM	2:16.43	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	400 IM	4:46.24	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE	
	13-13	50 Free	24.69	1-Dec-11	RSA	Kyle Van Niekerk at 9th AFRICA JUNIOR SWIMMING CHAMPIONSHIPS
		100 Free	53.89	1-Dec-11	RSA	Kyle Van Niekerk at 9th AFRICA JUNIOR SWIMMING CHAMPIONSHIPS
200 Free		1:58.34	15-Mar-13	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2013-KZN	
400 Free		4:10.50	15-Mar-13	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2013-KZN	
800 Free		8:43.65	10-Apr-16	NTS- TS	Ruan Breytenbach at Sa National Aquatic Championship 2016 Durban	
1500 Free		16:40.81	29-Mar-04	KLOO- KZ	Chad Ho at Telkom SA Prestige Age Group	
50 Back		28.12	21-Mar-23	BIOS- CE	Eric B. Kotze at SA National Junior Age Group Champs-KZN 2023	
100 Back		1:01.41	14-Apr-21	VINE- CP	Tai L. Pearson at Western Cape SANJ and Senior Nationals 2021	

RECORDS SA Age Group

13-13	200 Back	2:10.19	11-Dec-09	KASA- EP	Christopher P. Reid at WP Sasko Championships
	50 Breast	31.03	20-Mar-19	BOKS- EK	Kian Keylock at SA National JNR Age Group Champs 2019-KZN
	100 Breast	1:07.79	30-Jul-14	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS
	200 Breast	2:25.97	30-Jul-14	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS
	50 Fly	26.20	26-Feb-21	VINE- CP	Tai L. Pearson at Grand Prix Durban 2021
	100 Fly	57.56	26-Feb-21	VINE- CP	Tai L. Pearson at Grand Prix Durban 2021
	200 Fly	2:08.69	18-Mar-16	HILL- TS	Ruan Breytenbach at SA Level 3 National Age Group Champs 2016-PE
	200 IM	2:10.49	17-Oct-15	RSA	Luan E. Grobbelaar at African Junior Swimming Championship Cairo
	400 IM	4:39.08	26-Feb-16	CUDU- CP	Luan E. Grobbelaar at 2016 Grand Prix Invitation Swimming Meet-CT
14-14	50 Free	24.11	28-Mar-09	HART- GW	Morne Kemp-Telkom Sa Nat Level 1 Cape Town
	100 Free	52.91	4-Jan-98		Byron Jeffers
	200 Free	1:55.06	11-Dec-12	WATR- CG	Kyle Van Niekerk at aQuelle KZN Provincial Championships
	400 Free	4:01.84	13-Mar-14	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2014 -CT
	800 Free	8:25.20	3-Apr-17	WCA- CP	Dylan Wright at Sa National Aquatic Championship 2017 Durban
	1500 Free	16:07.02	13-Mar-14	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2014 -CT
	50 Back	27.21	20-Mar-19	RBOT- NW	Pieter Coetzé at SA National JNR Age Group Champs 2019-KZN
	100 Back	59.21	15-Mar-13	BLSS- FS	ZANE WADDELL at SA Level 3 National Age Group Champs 2013-KZN
	200 Back	2:08.41	4-Jan-98		Byron Jeffers
	50 Breast	30.24	21-Feb-20	BOKS- EK	Kian Keylock at 2020 Grand Prix Invitational Swimming Meet-KZ
	100 Breast	1:05.89	17-Dec-19	BOKS- EK	Kian Keylock at KZNA Premier Provincial Championship 2019
	200 Breast	2:20.74	30-Sep-16	CUDU- CP	Luan E. Grobbelaar at Aquabear Invitational Meet
	50 Fly	25.37	6-Apr-22	WCA- CP	Tai L. Pearson at SA National Aquatic SNR-JNR Champ 2022-PE
	100 Fly	55.71	10-Jul-18	SEAL- UM	Matthew E. Sates at TYR PRESTIGE CHAMPIONSHIPS 2018
	200 Fly	2:02.18	23-Apr-18	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2018-PE
	200 IM	2:06.97	4-Feb-17	CUDU- CP	Luan E. Grobbelaar at 2017 Grand Prix Invitation Swimming Meet-KZN
	400 IM	4:30.54	4-Feb-17	CUDU- CP	Luan E. Grobbelaar at 2017 Grand Prix Invitation Swimming Meet-KZN
	15-15	50 Free	23.63	16-Dec-08	KLOO- KZ
100 Free		51.30	17-Dec-19	SGUL- ET	Luca D. Holtzhausen at KZNA Premier Provincial Championship 2019
200 Free		1:51.91	12-Mar-15	WATR- CG	Jarryd L. Baxter at SA Level 3 National Age Group Champs 2015-PE
400 Free		3:58.09	14-Apr-14	WATR- CG	Jarryd L. Baxter at 2014 GHFS Australian Age & MC Championships
800 Free		8:14.61	10-Dec-13	ACSA- KZ	Matthew M. Meyer at KZN PREMIER CHAMPS 2013
1500 Free		15:38.06	9-Jul-13	ACSA- KZ	Matthew M. Meyer at KZN PREMIER CHAMPS 2013
50 Back		25.68	20-Aug-19	RSA	Pieter Coetzé at 7TH FINA World Junior Swimming Champs-HUN
100 Back		56.20	31-Jan-20	RBOT- BP	Pieter Coetzé at 2020 Grand Prix Invitational Swimming Meet-CT
200 Back		2:04.15	21-Feb-20	RBOT- NW	Pieter Coetzé at 2020 Grand Prix Invitational Swimming Meet-KZ
50 Breast		28.46	18-Mar-16	ASA- CP	Michael J. Houlie at SA Level 3 National Age Group Champs 2016-PE
100 Breast		1:03.22	10-Apr-16	WPA- CP	Michael J. Houlie at Sa National Aquatic Championship 2016 Durban
200 Breast		2:16.44	19-Jul-17	RSA	Luan E. Grobbelaar at Commonwealth Youth Games Bahamas 2017
50 Fly		24.99	21-Mar-23	VINE- CP	Tai L. Pearson at SA National Junior Age Group Champs-KZN 2023
100 Fly		54.63	12-Apr-23	WCA- CP	Tai L. Pearson at SA National Aquatic SNR-Champ 2023-PE
200 Fly		1:58.66	20-Mar-19	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2019-KZN
200 IM		2:04.46	28-May-21	BOKS- EK	Kian Keylock at Grand Prix No 4 Durban May 2021
400 IM		4:22.58	16-Dec-17	CUDU- CP	Luan E. Grobbelaar at KZNA Premier Champs & Commonwealth Trials
16-16		50 Free	23.06	15-Dec-09	KLOO- KZ
	100 Free	50.81	23-Apr-18	FS- MA	Gawie Nortje at Sa National Aquatic Championship 2018-PE
	200 Free	1:51.71	6-Dec-13	TUKS- NT	Joshua Steyn at NTS Championships 2013
	400 Free	3:54.95	25-Aug-15	RSA	Jarryd L. Baxter at 5th FINA World Junior Swimming Champs-Singapo
	800 Free	8:07.19	17-Jan-15	ACSA- KZ	Matthew M. Meyer at KZN Age Group Gala 10
	1500 Free	15:33.28	7-Dec-07	MATI- WP	HEERDEN HERMAN at WP Sasko Championships
	50 Back	25.02	7-Apr-21	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE
	100 Back	53.92	7-Apr-21	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE
	200 Back	1:58.33	7-Apr-21	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE
50 Breast	28.09	17-Mar-17	ASA- CP	Michael J. Houlie at SA National JNR Age Group Champs 2017-KZN	

RECORDS SA Age Group

16-16	100	Breast	1:01.84	24-Feb-17	ASA- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-CT	
	200	Breast	2:16.41	11-Sep-19	RSA	Matthew E. Sates at 13th CANA Junior African Champs-Tunisia	
	50	Fly	24.14	7-Apr-21	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	100	Fly	53.68	7-Apr-21	AGC- TS	Pieter Coetzé at SA Invitational Aquatic Champ 2021-PE	
	200	Fly	1:56.50	21-Feb-20	CYBE- CP	Ethan M. Du Preez at 2020 Grand Prix Invitational Swimming Meet-KZ	
	200	IM	2:03.44	17-Dec-21	BAS- EK	Kian Keylock at 2021 KZNA Premier Provincial Championship	
	400	IM	4:22.77	5-Apr-18	RSA	Luan E. Grobbelaar at FINA World Cup -Commonwealth games Melbourne	
17-17	50	Free	22.34	6-Apr-22	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE	
	100	Free	49.29	7-Apr-21	KZNA- ET	Matt Sates at SA Invitational Aquatic Champ 2021-PE	
	200	Free	1:48.08	7-Apr-21	KZNA- ET	Matt Sates at SA Invitational Aquatic Champ 2021-PE	
	400	Free	3:52.28	15-Dec-09	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships	
	800	Free	7:56.19	16-Dec-15	ACSA- ET	Matthew M. Meyer at KZN Speedo Provincial Championships 2015	
	1500	Free	15:16.76	26-Feb-16	ACSA- ET	Matthew M. Meyer at 2016 Grand Prix Invitation Swimming Meet-CT	
	50	Back	24.74	6-Apr-22	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE	
	100	Back	53.96	6-Apr-22	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE	
	200	Back	1:56.92	6-Apr-22	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-JNR Champ 2022-PE	
	50	Breast	27.64	5-Apr-18	RSA	Michael J. Houlie at FINA World Cup -Commonwealth games Melbourne	
	100	Breast	1:01.47	5-Apr-18	RSA	Michael J. Houlie at FINA World Cup -Commonwealth games Melbourne	
	200	Breast	2:14.49	6-Apr-22	AGA- EK	Kian Keylock at SA National Aquatic SNR-JNR Champ 2022-PE	
	50	Fly	23.93	6-May-21	SEAL- UM	Matt Sates at 2021 Cana Grand Prix Swimming Stellenbosch	
	100	Fly	51.83	28-May-21	SEAL- UM	Matt Sates at Grand Prix No 4 Durban May 2021	
	200	Fly	1:56.16	26-Feb-21	CYBE- CP	Ethan M. Du Preez at Grand Prix Durban 2021	
	200	IM	1:57.60	28-May-21	SEAL- UM	Matt Sates at Grand Prix No 4 Durban May 2021	
	400	IM	4:15.25	15-Dec-09	SGUL- KZ	Chad G. Le Clos at The Swim Shop KZN Provincial Championships	
	18-18	50	Free	22.18	12-Apr-23	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE
		100	Free	48.97	6-Apr-22	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE
		200	Free	1:46.15	6-Apr-22	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE
400		Free	3:49.37	6-Apr-22	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE	
800		Free	7:57.32	14-Apr-09	WPA- WP	Herman Heerden at Telkom Sa National Champs Durban 2009	
1500		Free	15:03.99	11-Dec-09	MATI- WP	HEERDEN HERMAN at WP Sasko Championships	
50		Back	24.36	12-Apr-23	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE	
100		Back	52.78	12-Apr-23	AGC- TS	Pieter Coetzé at SA National Aquatic SNR-Champ 2023-PE	
200		Back	1:56.05	30-Aug-22	RSA	Pieter Coetzé at 8th FINA JUNIOR WORLD SWIMMING CHAMS LIMA-22	
50		Breast	27.33	6-Oct-18	RSA	Michael J. Houlie at 3rd Youth Olympic Games-2018 Argentina	
100		Breast	1:00.23	6-Oct-18	RSA	Michael J. Houlie at 3rd Youth Olympic Games-2018 Argentina	
200		Breast	2:14.42	12-Dec-03	KPFA- KZ	Neil R Versfeld at KZN Championships	
50		Fly	23.81	26-Aug-13	TUKS- NT	Ryan Coetzee at 4th FINA World Junior Swimming Champs-Dubai	
100		Fly	52.06	6-Apr-22	KZNA- ET	Matt Sates at SA National Aquatic SNR-JNR Champ 2022-PE	
200		Fly	1:54.51	26-Jul-09	RSA- ZZ	SEBASTIEN D. ROUSSEAU at 13th FINA World Championships 2009 - Rome	
200		IM	1:57.74	18-Jun-22	RSA	Matt Sates at 19th FINA World Championship-Bubapest(HUN) 20	
400		IM	4:13.25	14-Oct-10	RSA- ZZ	Chad Le Clos at Youth Games Singapore 2010	