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**RECORDS SA-Short Course**
**SC Meters-Women**

50 Free	24.33	<b>15-Dec-22</b>	RSA	Caitlin de Lange-World Champs-Melbourn-
100 Free	52.70	<b>12-Dec-18</b>	RSA	Erin Gallagher-14th Fina World SC Champs 2018 -Hangzhou
200 Free	1:54.48	<b>5-Dec-21</b>	RSA	Aimee Canny-Swim England Champs-Sheffield
400 Free	4:03.50	<b>11-Apr-08</b>	RSA	Melissa J. Corfe at 9th Fina Swimming World ChampiS 2008-Manchester
800 Free	8:22.05	<b>4-Nov-11</b>	RSA	JESSICA E. PENGELLY at Fina Arena Swimming World Cup Singapore 2010
1500 Free	16:11.24	<b>14-Jul-10</b>	RSA	Jessica E Pengelly-At The Australian Short Course
50 Back	26.89	<b>6-Nov-09</b>	PASC- NT	Chanelle Van Wyk at Fina Arena World Cup-Moscow
100 Back	56.56	<b>17-Nov-09</b>	PASC- NT	Chanelle Van Wyk at Fina Arena World Cup-Berlin
200 Back	2:05.01	<b>21-Nov-09</b>	MDOL- CG	Mandy LOOTS at Fina Arena World Cup-Singapore
50 Breast	29.09	<b>13-Dec-22</b>	RSA	Lara Van Niekerk at 16th Fina -Swimming World SC Champs(25)-AUS
100 Breast	1:03.89	<b>24-Oct-20</b>	TUKS- TS	Tatjana R. Schoenmaker at SA National Short Course Champs (25m)PMBG 2
200 Breast	2:18.02	<b>24-Oct-20</b>	TUKS- TS	Tatjana R. Schoenmaker at SA National Short Course Champs (25m)PMBG 2
50 Fly	23.54	<b>16-Nov-18</b>	RSA	Tayal Lovemore-Fina Swimming W/Cup-Singapore
100 Fly	56.52	<b>19-Dec-07</b>	TUKS- NT	Lize Mari Reteif-International-Vladimir Swimming
200 Fly	2:04.24	<b>21-Nov-09</b>	MDOL- CG	Mandy LOOTS at Fina Arena World Cup-Singapore
100 IM	58.46	<b>13-Dec-22</b>	RSA	Rebecca A. Meder at 16th Fina -Swimming World SC Champs(25)-AUS
200 IM	2:07.47	<b>13-Dec-22</b>	RSA	Rebecca A. Meder at 16th Fina -Swimming World SC Champs(25)-AUS
400 IM	4:22.88	<b>21-Nov-09</b>	PISC- KZ	Kathryn A. Meaklim at Fina Arena World Cup-Singapore
200 Free Relay	1:42.78	<b>7-Dec-14</b>	RSA	Team RSA-E Gallagher-L Kemp-T Maree-R Warnes
400 Free Relay	3:41.80	<b>15-Dec-12</b>	RSA	RSA- T Maree-L Kemp-M Stephns-V More9Istanbul
800 Free Relay	8:02.49	<b>12-Dec-12</b>	SSA	RES-K Prinsloo-M Weber-K Peireira-J Pengelly-Istanbul
200 Medley Relay	1:52.16	<b>5-Dec-14</b>	RSA	RSA-12th Fina World Champs-DohE Gallagher-T Schoenmaker-T Maree-L Ke
400 Medley Relay	4:00.73	<b>11-Apr-09</b>	RSA	RSA- M Corfe, S. v Bilj, M Loots, LM Retief at SC World Champs Manchester 2

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**RECORDS SA-Short Course**
**SC Meters-Men**

50 Free	20.30	<b>7-Aug-09</b>	RSA	ROLAND M. SCHOEMAN at Telkom SA Short Course Championship 2009
100 Free	45.78	<b>6-Aug-17</b>	RSA	Chad G. Le Clos at Fina -Airwave Swimming World Cup 2017 Berlin
200 Free	1:40.88	<b>21-Oct-22</b>	RSA	Matt Sates at FINA Swimming World Cup 2022-Berlin
400 Free	3:36.30	<b>21-Oct-22</b>	RSA	Matt Sates at FINA Swimming World Cup 2022-Berlin
800 Free	7:44.10	<b>25-Mar-00</b>	RSA	Ryk F Neethling NCAA Div 1 Men Minneapolis
1500 Free	14:30.54	<b>7-Aug-13</b>	RSA	Myles Brown at FINA Swimming World Cup 2013 Eindhoven
50 Back	22.84	<b>13-Dec-22</b>	RSA	Pieter Coetzé at 16th Fina -Swimming World SC Champs(25)-AUS
100 Back	49.60	<b>13-Dec-22</b>	RSA	Pieter Coetzé at 16th Fina -Swimming World SC Champs(25)-AUS
200 Back	1:47.08	<b>6-Nov-09</b>	RSA	George DU RAND at Fina Arena World Cup-Moscow
50 Breast	25.25	<b>17-Nov-09</b>	RSA	CAMERON VD BURGH at Fina Arena World Cup-Berlin
100 Breast	55.61	<b>17-Nov-09</b>	RSA	CAMERON VD BURGH at Fina Arena World Cup-Berlin
200 Breast	2:02.56	<b>17-Nov-09</b>	RSA	Neil R. Versfeld at Fina Arena World Cup-Berlin
50 Fly	21.87	<b>14-Nov-09</b>	RSA	ROLAND M. SCHOEMAN at Fina Arena World Cup-Berlin
100 Fly	48.08	<b>6-Dec-16</b>	RSA	Chad G. Le Clos at -13th Fina W/Champs
200 Fly	1:48.27	<b>13-Dec-22</b>	RSA	Chad G. Le Clos at 16th Fina -Swimming World SC Champs(25)-AUS
100 IM	51.05	<b>14-Nov-09</b>	RSA	Gerhard ZANDBERG at Fina Arena World Cup-Berlin
200 IM	1:50.15	<b>13-Dec-22</b>	RSA	Matt Sates at 16th Fina -Swimming World SC Champs(25)-AUS
400 IM	3:59.21	<b>13-Dec-22</b>	RSA	Matt Sates at 16th Fina -Swimming World SC Champs(25)-AUS
200 Free Relay	1:24.14	<b>14-Dec-18</b>	RSA	RSA-B tandy-C Le Clos-D erasmus-R Coetzee-Hangzhou
400 Free Relay	3:12.87	<b>3-Dec-14</b>	RSA	RSA-L Shanland-C Limmie-C Justus-M Broen-Doha
800 Free Relay	6:52.13	<b>4-Dec-14</b>	RSA	RSA M Brown-S Rpusseau-C Le Clos-L Shankland
200 Medley Relay	1:34.31	<b>4-Dec-14</b>	RSA	RSA-12th Fina World Champs-DohC Crous-S Rousseau-C Le Clos-L Penduck
400 Medley Relay	3:31.97	<b>16-Dec-12</b>	RSA	RSA-D Murray-G Zorzi-G Tune-L Shankland

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**RECORDS SA-Short Course****SC Meters-Mixed**

200 Free Relay	1:33.19	<b>6-Dec-14</b>	RSA	RSA-12th FinaWorld SC Champs Doha
200 Medley Relay	1:42.53	<b>4-Dec-14</b>	RSA	RSA-12th FinaWorld SC Champs Doha