

RECORDS -18 & U

LC Meters-Women

10 & U	50	Free	30.74	15-Dec-11	MATI- WP	Inge Weidemann at WP Sasko Championships
	100	Free	1:06.86	1-Jan-97	CHRC- WP	Natalie du Toit
	200	Free	2:23.12	17-Jan-01	MEANS- WP	Wendy Trott at WP Jack Currie Champs
	400	Free	5:03.17	1-Jan-97	CHRC- WP	Natalie du Toit
	50	Back	34.95	10-Dec-10	MATI- WP	Cachel M. Joubert at WP Sasko Championships
	100	Back	1:13.86	10-Dec-10	MATI- WP	Cachel M. Joubert at WP Sasko Championships
	200	Back	1:48.18	10-Oct-15	VINE- CP	Payton B. Brink at WP SENIOR LEAGUE SUMMER 3
	50	Breast	38.51	9-Feb-13	CADO- WP	Hanim Abrahams at WP Qualifying Gala
	100	Breast	1:25.32	25-Mar-11	CADO- WP	Savanna C. Best at Telkom SA Level 2 Regional Champs 2011 WP
	200	Breast	3:02.21	2-Feb-13	CADO- WP	Hanim Abrahams at Walmers Gala
	50	Fly	32.77	17-Sep-11	CYBE- WP	Nina Rossouw at WP Summer League 2
	100	Fly	1:16.09	14-Aug-10	VINE- WP	Bailey Desmarais at WP Manta Challenge
	200	IM	2:44.67	25-Mar-11	CADO- WP	Savanna C. Best at Telkom SA Level 2 Regional Champs 2011 WP
11 & U	200	Free Relay	2:05.81	15-Dec-11	MATI- WP	I. Weidemann, C. Joubert, C. Kotzè, C. Joubert
	400	Free Relay	4:33.81	6-Dec-13	CADO- WP	K. Dekker, J. Garde, C. Basnett, H. Abrahams
	200	Medley Relay	2:17.13	6-Dec-13	CADO- WP	H. Osrin, H. Abrahams, K. Dekker, C. Basnett
11-11	50	Free	29.02	14-Apr-21	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	100	Free	1:02.40	14-Apr-21	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	200	Free	2:15.73	14-Apr-21	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	400	Free	4:46.13	14-Apr-21	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	50	Back	33.26	15-Dec-11	CADO- WP	Savanna C. Best at WP Sasko Championships
	100	Back	1:10.20	13-Feb-15	ASA- WP	Honey L. Osrin at SSA GRAND PRIX #1 - STELLENBOSCH
	200	Back	2:32.48	13-Feb-15	ASA- WP	Honey L. Osrin at SSA GRAND PRIX #1 - STELLENBOSCH
	50	Breast	36.18	5-Apr-02	TYGE- WP	Wilechia S. Vraagom at SA Junior National Champs
	100	Breast	1:19.34	13-Mar-14	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2014
	200	Breast	2:50.47	13-Mar-14	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2014
	50	Fly	30.49	6-May-21	VINE- CP	Abigail Kotze at 2021 Cana Grand Prix Swimming Stellenbosch
	100	Fly	1:09.58	14-Apr-21	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	200	IM	2:32.79	13-Mar-14	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2014
12-12	50	Free	27.92	6-Dec-13	MATI- WP	Inge Weidemann at WP Championships 2013
	100	Free	1:00.90	12-Mar-15	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015
	200	Free	2:09.59	12-Mar-15	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015
	400	Free	4:32.17	12-Mar-15	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015
	800	Free	9:17.64	13-Feb-15	TYGE- WP	Rebecca A. Meder at SSA GRAND PRIX #1 - STELLENBOSCH
	1500	Free	18:14.12	16-Jan-03	VINE- WP	Wendy Trott at WP Jack Currie Championships
	50	Back	32.12	15-Mar-13	UWCA- WP	Savanna C. Best at SA Level 3 National Age Group Champs 2013-14
	100	Back	1:07.35	4-Dec-15	ASA- CP	Honey L. Osrin at WP SUMMER CHAMPS
	200	Back	2:25.22	4-Dec-15	ASA- CP	Honey L. Osrin at WP SUMMER CHAMPS
	50	Breast	34.03	10-Dec-14	ASA- WP	Hanim Abrahams at WP Championships 2014
	100	Breast	1:13.81	1-Jan-97	VINE- WP	Sarah Poewe
	200	Breast	2:41.44	1-Jan-97	VINE- WP	Sarah Poewe
	50	Fly	30.13	15-Mar-13	MATI- WP	Cachel M. Joubert at SA Level 3 National Age Group Champs 2013
	100	Fly	1:07.09	15-Mar-13	MATI- WP	Cachel M. Joubert at SA Level 3 National Age Group Champs 2013
	200	Fly	2:25.61	1-Jan-97	VINE- WP	Natalie du Toit
	200	IM	2:26.97	13-Feb-15	TYGE- WP	Rebecca A. Meder at SSA GRAND PRIX #1 - STELLENBOSCH
	400	IM	5:07.38	12-Mar-15	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015
13 & U	200	Free Relay	1:52.90	6-Dec-13	MATI- WP	I. Weidemann, C. Joubert, K. Noades, C. Joubert
	400	Free Relay	4:10.37	6-Dec-13	MATI- WP	I. Weidemann, C. Joubert, K. Noades, C. Joubert
	200	Medley Relay	2:08.48	6-Dec-13	MATI- WP	I. Weidemann, C. Joubert, C. Joubert, K. Noades
	400	Medley Relay	4:44.25	6-Dec-13	MATI- WP	I. Weidemann, K. Noades, C. Joubert, C. Joubert

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13-13	50 Free	26.75	10-Apr-16	WPA- CP	Olivia Nel at Sa National Aquatic Championship 2016 Durban
	100 Free	58.56	18-Mar-16	WSAA- CP	Olivia Nel at SA Level 3 National Age Group Champs 2016-PE
	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	17:32.64	7-Nov-15	TYGE- CP	Rebecca A. Meder at WP SENIOR LEAGUE SUMMER 4
	50 Back	30.83	27-Jun-14	BARR- WP	Savanna C. Best at 19th TROPHY CITY 'OF ROSSINI' - PESARO
	100 Back	1:06.57	10-Apr-16	WPA- CP	Honey L. Osrin at Sa National Aquatic Championship 2016 Durban
	200 Back	2:20.14	10-Apr-16	WPA- CP	Honey L. Osrin at Sa National Aquatic Championship 2016 Durban
	50 Breast	33.30	17-Oct-15	ASA- CP	Hanim Abrahams at African Junior Swimming Championship Cairo
	100 Breast	1:11.93	17-Oct-15	ASA- CP	Hanim Abrahams at African Junior Swimming Championship Cairo
	200 Breast	2:36.58	13-Mar-14	VINE- WP	Savanna C. Best at SA Level 3 National Age Group Champs 2014-PE
	50 Fly	28.70	15-Mar-13	VINE- WP	Bailey Desmarais at SA Level 3 National Age Group Champs 2013-PE
	100 Fly	1:04.26	15-Apr-13	WPA- WP	Bailey Desmarais at Sa National Aquatic Championship 2013 PE
	200 Fly	2:20.05	5-Oct-03	RSA- ZZ	Chanelle v Wyk at 8th All Africa Games
	200 IM	2:21.41	10-Apr-16	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban
	400 IM	4:56.70	4-Apr-05	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
14-14	50 Free	26.43	23-Apr-18	KNYA- ED	Aimee Canny at Sa National Aquatic Championship 2018-PE
	100 Free	57.00	23-Apr-18	KNYA- ED	Aimee Canny at Sa National Aquatic Championship 2018-PE
	200 Free	2:07.19	3-Apr-17	DMSS	Georgia Nel at Sa National Aquatic Championship 2017 Durban
	400 Free	4:21.83	16-Apr-04	WPA- WP	Wendy Trott at SA National Aquatic Champs
	800 Free	8:54.97	16-Apr-04	WPA- WP	Wendy Trott at SA National Aquatic Champs
	1500 Free	17:11.72	16-Apr-04	WPA- WP	Wendy Trott at SA National Aquatic Champs
	50 Back	29.93	4-Feb-17	SAAW- CP	Olivia Nel at 2017 Grand Prix Invitation Swimming Meet-KZN
	100 Back	34.40	18-Mar-16	MATI- CE	Laiken S. Mattheys at SA Level 3 National Age Group Champs 2016-PE
	200 Back	2:20.35	11-Dec-09	WHFC- WP	Janneke Malan at WP Sasko Championships
	50 Breast	32.20	29-Mar-09	VINE- WP	Achieng Ajulu-Bushell at Telkom SA Level 3 Champs
	100 Breast	1:10.37	1-Aug-97	RSA- ZZ	Sarah Poewe at Pan Pacific Games
	200 Breast	2:32.41	1-Aug-97	RSA- ZZ	Sarah Poewe at Pan Pacific Games
	50 Fly	28.51	7-Apr-14	WPA- WP	Bailey Desmarais at Sa National Aquatic Championship 2014 Durban
	100 Fly	1:02.52	1-Jan-97	BELAQ- WP	Renate du Plessis
	200 Fly	2:16.22	1-Apr-98	VINE- WP	Natalie du Toit at SA Nationals
	200 IM	2:19.31	14-Mar-06	STRAN- WP	Jessica Pengelly at Telkom SA Level 3 Champs
	400 IM	4:52.52	18-Apr-06	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs
15 & U	200 Free Relay	1:53.19	13-Mar-14	MATI- WP	C. Joubert, K. Noades, C. Joubert, I. Weidemann
	400 Free Relay	4:08.70	9-Dec-05	STRAN- WP	S.v Konynenberg,J.Grobbelaar,J.Pengelly,Y.vd Merwe
	200 Medley Relay	2:05.89	16-Jan-03	VINE- WP	M. van Meyeren, C. Williams, J. Antunes, R. Mouton
	400 Medley Relay	4:33.17	10-Dec-14	ASA- WP	K. Straszacker, H. Abrahams, L. McBlain, C. Bromle
15-15	50 Free	25.29	20-Aug-19	VINE- CP	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
	100 Free	54.87	20-Aug-19	VINE- CP	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
	200 Free	2:01.63	26-Sep-19	FISH- ED	Aimee Canny at Aquabear Invitational Meet 2019
	400 Free	4:19.36	4-Apr-05	WPA- WP	Wendy Trott at SA National Aquatic Champs
	800 Free	8:51.02	4-Apr-05	WPA- WP	Wendy Trott at SA National Aquatic Champs
	1500 Free	16:43.84	4-Apr-05	WPA- WP	Wendy Trott at SA National Aquatic Champs
	50 Back	30.03	23-Apr-18	SAAW- CP	Olivia Nel at Sa National Aquatic Championship 2018-PE
	100 Back	1:04.26	10-Dec-10	WHFC- WP	Janneke MALAN at WP Sasko Championships
	200 Back	2:15.84	10-Apr-07	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
	50 Breast	31.30	18-Jul-09	VINE- WP	Achieng Ajulu-Bushell at 13th FINA World Championships
	100 Breast	1:08.60	28-Jul-09	VINE- WP	Achieng Ajulu-Bushell at National Youth Championships 2009
	200 Breast	2:32.40	14-Jul-98	RSA- ZZ	Sarah Poewe at World Youth Games
	50 Fly	27.98	4-Apr-05	WPA- WP	Chanelle van Wyk at SA National Aquatic Champs
	100 Fly	1:02.32	* 8-Apr-19	WCA- CP	Trinity S. Hearne at Sa National Aquatic Championship 2019 Durban

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15-15	100 Fly	1:02.32	*	4-Apr-05	WPA- WP	Aquatic Champs Trinity S. Hearne at Sa National Aquatic Champi
	200 Fly	2:14.74		4-Apr-05	WPA- WP	Chanelle van Wyk at SA National Aquatic Champs
	200 IM	2:16.46		10-Apr-07	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs
	400 IM	4:43.76		10-Apr-07	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs
16-16	50 Free	25.63		31-Jan-20	FISH- ED	Aimee Canny at 2020 Grand Prix Invitational Swimming Meet-C7
	100 Free	55.67		1-Dec-19	FISH- ED	Aimee Canny at Western Cape Summer Championships 2019
	200 Free	2:00.49		21-Feb-20	FISH- ED	Aimee Canny at 2019 Grand Prix Invitational Swimming Meet-K2
	400 Free	4:14.43		13-Dec-06	VINE- WP	Wendy Trott at Muscle Science KZN Provincial
	800 Free	8:36.74		13-Dec-06	VINE- WP	Wendy Trott at Muscle Science KZN Provincial
	1500 Free	16:41.36		25-Aug-06	RSA- ZZ	Wendy Trott at 1st FINA World Youth Swim Champs
	50 Back	29.36		8-Apr-19	WCA- CP	Olivia Nel at Sa National Aquatic Championship 2019 Durban
	100 Back	1:03.63		8-Apr-19	WCA- CP	Olivia Nel at Sa National Aquatic Championship 2019 Durban
	200 Back	2:14.75		1-Apr-08	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs
	50 Breast	32.63		17-Mar-17	TYGE- CP	Tahlia Botha at SA National JNR Age Group Champs 2017-KZN
	100 Breast	1:09.30		25-Aug-99	RSA- ZZ	Sarah Poewe at Pan Pacific Games
	200 Breast	2:25.90		25-Aug-99	RSA- ZZ	Sarah Poewe at Pan Pacific Games
	50 Fly	28.11		8-Dec-18	SAAW- CP	Olivia Nel at AUSC -Region 5 Under 20 YTH Games 2018
	100 Fly	1:01.71		1-Jan-97	BELAQ- WP	Renate du Plessis
	200 Fly	2:14.76		21-Aug-07	RSA- ZZ	Jessica Pengelly at Int. Swim Meet 2007-Japan
	200 IM	2:15.22		1-Apr-08	WPA- WP	Jessica Pengelly at Telkom SA National. Aquatic Champs
	400 IM	4:41.35		1-Apr-08	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs
17-17	50 Free	25.70		7-Apr-21	WCA- CP	Aimee Canny at SA Invitational Aquatic Champ 2021-PE
	100 Free	54.91		7-Apr-21	WCA- CP	Aimee Canny at SA Invitational Aquatic Champ 2021-PE
	200 Free	1:58.41		24-Jul-21	RSA- EDD	Aimee Canny at 2021 Tokyo Olympic Games
	400 Free	4:11.84		7-Dec-07	VINE- WP	Wendy Trott at WP Sasko Championships
	800 Free	8:31.53		25-Mar-07	RSA- ZZ	Wendy Trott at 12th FINA World Champs
	1500 Free	16:31.09		7-Dec-07	VINE- WP	Wendy Trott at WP Sasko Championships
	50 Back	29.52		11-Dec-09	TYGE- WP	Jessica L. Ashley-Cooper at WP Sasko Championships
	100 Back	1:02.01		11-Dec-09	TYGE- WP	Jessica L. Ashley-Cooper at WP Sasko Championships
	200 Back	2:13.80		14-Apr-09	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
	50 Breast	31.58		2-Apr-00	VINE- WP	Sarah Poewe at Telkom SA Senior Nationals
	100 Breast	1:07.48		16-Sep-00	VINE- WP	Sarah Poewe at 2000 Olympic Games
	200 Breast	2:25.54		16-Sep-00	VINE- WP	Sarah Poewe at 2000 Olympic Games
	50 Fly	28.37	*	31-Jan-20	VINE- CP	nal Swimming Meet-CT Trinity S. Hearne at SA Invitational Aqua
	50 Fly	28.37	*	7-Apr-21	WCA- CP	Trinity S. Hearne at SA Invitational Aquatic Champ 2021-PE
	100 Fly	1:01.26		14-Apr-21	CYBE- CP	Trinity S. Hearne at SSA Western Cape Jnr and Snr Nationals 202
	200 Fly	2:14.84		1-Apr-08	WPA- WP	Christy Lategan at Telkom SA National Aquatic Champs
	200 IM	2:14.00		14-Apr-09	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
	400 IM	4:41.04		9-Aug-08	RSA- ZZ	Jessica Pengelly at Olympic Games 2008
18-18	50 Free	25.66		7-Apr-21	WCA- CP	Olivia Nel at SA Invitational Aquatic Champ 2021-PE
	100 Free	56.26		7-Apr-21	WCA- CP	Olivia Nel at SA Invitational Aquatic Champ 2021-PE
	200 Free	2:01.46		1-Apr-08	WPA- WP	Wendy Trott at Telkom SA National Aquatic Champs
	400 Free	4:08.38		9-Aug-08	RSA- ZZ	Wendy Trott at Olympic Games 2008
	800 Free	8:26.21		9-Aug-08	RSA- ZZ	Wendy Trott at .Olympic Games 2008
	1500 Free	16:15.58		1-Apr-08	WPA- WP	Wendy Trott at Telkom SA National Aquatic Champs
	50 Back	29.04		28-May-21	SAAW- CP	Olivia Nel at Grand Prix No 4 Durban May 2021
	100 Back	1:02.63		11-Apr-11	WPA- WP	JESSICA L. ASHLEY-COOPER at Telkom SA National Aquatic Chan
	200 Back	2:16.06		26-Jul-09	RSA- ZZ	Jessica Pengelly at FINA World Champs - Rome
	50 Breast	31.50		29-Mar-01	WPA- WP	Sarah Poewe at Telkom SA National Aquatic Champs
	100 Breast	1:08.80		6-Jun-01	RSA- ZZ	Sarah Poewe at Mare Nostrum - Canet
	200 Breast	2:27.64		26-Jul-09	RSA- ZZ	Jessica Pengelly - FINA World Champs - Rome
	50 Fly	28.17		11-Apr-11	WPA- WP	JESSICA L. ASHLEY-COOPER at Telkom SA National Aquatic Chan
	100 Fly	1:00.85		2-Apr-00	WPA- WP	Renate Du Plessis at Telkom SA Senior Nationals

RECORDS -18 & U

18-18	200 Fly	2:14.09	9-Apr-09	WPA- WP	Christy Lategan at SA National Aquatic Champs
	200 IM	2:15.66	26-Jul-09	RSA- ZZ	Jessica Pengelly at FINA World Champs - Rome
	400 IM	4:46.31	26-Jul-09	RSA- ZZ	Jessica Pengelly at FINA World Champs - Rome

RECORDS -18 & U

LC Meters-Men

10 & U	50	Free	30.67	11-Mar-08	WHFC- WP	Nicholas Quenet at Telkom SA National Level 2 Champs
	100	Free	1:02.24	28-Mar-19	QUIC- CP	Jude K. Edwards at SA Level 3 Regional Age Group Champs 2019
	200	Free	2:24.18	7-Dec-12	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	400	Free	5:09.70	9-Feb-13	BARR- WP	Luan E. Grobbelaar at WP Qualifying Gala
	50	Back	33.07	21-Jan-06	BARR- WP	Etienne v. Eeden at WP Swartland Sprint Challenge
	100	Back	1:14.35	7-Dec-12	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	200	Back	2:40.76	7-Dec-12	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	50	Breast	37.76	11-Mar-08	WHFC- WP	Nicholas Quenet at Telkom SA National Level 2 Champs
	100	Breast	1:24.56	20-Mar-07	MANT- WP	Tashreeq Davids at Telkom SA National Level 2 Champs
	200	Breast	3:01.48	7-Dec-12	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	50	Fly	32.21	10-Sep-05	WELL- WP	Jonathan vd Merwe at WP Mean Seasons Sprint Gala
	100	Fly	1:12.94	9-Feb-13	BARR- WP	Luan E. Grobbelaar at WP Qualifying Gala
	200	IM	2:37.92	9-Feb-13	BARR- WP	Luan E. Grobbelaar at WP Qualifying Gala
11 & U	200	Free Relay	2:05.54	2-Oct-01	TYGE- WP	J. Thompson, K. Paul, K. Fisher, A. Duvenhage at WP Jack Currie C
	400	Free Relay	4:42.35	10-Dec-10	VINE- WP	D. Buckland, O. Schuurmans, J. Hablutzel, A. Van H
	200	Medley Relay	2:20.92	6-Dec-13	BARR- WP	J. Leeuw, L. Grobbelaar, J. Botha, H. Crous
11-11	50	Free	28.82	23-Mar-12	WALM- WP	Marcus J. Gunton at SA Level 2 Regional Age Group Champs 2012
	100	Free	1:00.41	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	200	Free	2:09.81	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	400	Free	4:37.98	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	50	Back	32.42	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	100	Back	1:07.71	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	200	Back	2:27.35	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	50	Breast	34.27	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	100	Breast	1:14.60	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	200	Breast	2:44.70	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	50	Fly	30.16	1-Mar-02	TYGE- WP	Anton Duvenhage at WP USASSA Primary
	100	Fly	1:06.50	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	200	IM	2:24.06	13-Mar-14	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
12-12	100	Free	57.49	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	200	Free	2:04.32	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	400	Free	4:20.00	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	800	Free	9:33.62	21-Aug-10	CYBE- WP	Johnathan J. Wilmans at WP Summer League 1
	1500	Free	18:07.79	21-Aug-10	CYBE- WP	Johnathan J. Wilmans at WP Summer League 1
	50	Back	29.56	15-Dec-20	ASAC- CP	Christiaan Boonzaier at Western Cape Long Course Championshi
	100	Back	1:03.18	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	200	Back	2:19.53	10-Dec-14	BARR- WP	Luan E. Grobbelaar at WP Championships 2014
	50	Breast	32.75	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	100	Breast	1:10.71	24-Jul-13	HAM	Cameron K. Matthews at ASA National Championships (Age Grou
	200	Breast	2:31.81	24-Jul-13	HAM	Cameron K. Matthews at ASA National Championships (Age Grou
	50	Fly	28.36	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	100	Fly	1:02.03	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
	200	Fly	2:18.43	16-Jan-03	TYGE- WP	Anton Duvenhage at 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 20
	400	IM	4:46.24	12-Mar-15	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 20
13 & U	200	Free Relay	1:50.94	7-Dec-12	PLAY- WP	E. Lützeler, A. Van Rooijen, A. Van Huyssteen, P.
	400	Free Relay	4:02.28	12-Dec-08	VINE- WP	M. Colaianne, Z. Gamiet, T. Fischer, M. Geldenhuys
	200	Medley Relay	2:04.53	12-Dec-08	VINE- WP	Z. Gamiet, M. Geldenhuys, M. Colaianne, T. Fischer
	400	Medley Relay	4:32.95	7-Dec-07	VINE- WP	W. Neitz, K. Benjamin, M. Colaianne, Z. Gamiet

RECORDS -18 & U

13-13	50 Free	25.28	14-Apr-21	VINE- CP	Tai L. Pearson at SSA Western Cape Jnr and Snr Nationals 2021
	100 Free	55.26	28-May-21	VINE- CP	Tai L. Pearson at Grand Prix No 4 Durban May 2021
	200 Free	2:00.74	17-Oct-15	CUDU- CP	Luan E. Grobbelaar at African Junior Swimming Championship C.
	400 Free	4:13.93	18-Mar-16	TYGE- CP	Dylan Wright at SA Level 3 National Age Group Champs 2016-PE
	800 Free	8:50.37	4-Mar-05	WCA- WP	Sebastien Rousseau at 2005 USASSA High Schools
	1500 Free	16:47.54	18-Mar-16	TYGE- CP	Dylan Wright at SA Level 3 National Age Group Champs 2016-PE
	50 Back	28.43	14-Apr-21	VINE- CP	Tai L. Pearson at SSA Western Cape Jnr and Snr Nationals 2021
	100 Back	1:01.41	14-Apr-21	VINE- CP	Tai L. Pearson at SSA Western Cape Jnr and Snr Nationals 2021
	200 Back	2:14.05	4-Dec-15	CUDU- CP	Luan E. Grobbelaar at WP SUMMER CHAMPS
	50 Breast	32.04	30-Oct-20	FISH- ED	RENIER VAN GREUNEN at 39th Freda Barnard Invitational Gala
	100 Breast	1:07.79	30-Jul-14	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROU
	200 Breast	2:25.97	30-Jul-14	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROU
	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	2:08.91	3-Apr-17	DMSS	Ethan M. Du Preez at Sa National Aquatic Championship 2017 Du
	200 IM	2:10.49	17-Oct-15	CUDU- CP	Luan E. Grobbelaar at African Junior Swimming Championship C.
	400 IM	4:39.08	26-Feb-16	CUDU- CP	Luan E. Grobbelaar at 2016 Grand Prix Invitation Swimming Meet
14-14	50 Free	24.76	1-Jan-97	STELL- WP	Hendrik Odendaal
	100 Free	53.86	15-Jul-15	ASA- CP	Cameron K. Matthews at Irish Age Group & Summer Open Cham
	200 Free	1:57.82	15-Jul-15	ASA- CP	Cameron K. Matthews at Irish Age Group & Summer Open Cham
	400 Free	4:07.67	1-Dec-16	TYGE- CP	Dylan Wright at Western Cape Summer Championships 2016
	800 Free	8:25.20	3-Apr-17	DMSS	Dylan Wright at Sa National Aquatic Championship 2017 Durban
	1500 Free	16:19.07	21-Mar-18	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2018-K
	50 Back	27.84	11-Dec-09	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	100 Back	59.77	13-Apr-15	WPA- WP	Jack H. Oliver at Sa National Aquatic Championship 2015 Durban
	200 Back	2:09.25	11-Dec-09	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	50 Breast	30.74	13-Apr-15	WPA- WP	Michael J. Houlie at Sa National Aquatic Championship 2015 Dur
	100 Breast	1:07.79	15-Jul-15	ASA- CP	Cameron K. Matthews at Irish Age Group & Summer Open Cham
	200 Breast	2:23.76	10-Apr-16	WPA- CP	Luan E. Grobbelaar at Sa National Aquatic Championship 2016 D
	50 Fly	26.86	31-Jan-20	PLAY- CE	Liam Coetzee at 2020 Grand Prix Invitational Swimming Meet-C'
	100 Fly	56.47	21-Mar-18	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2018-K
	200 Fly	2:02.18	23-Apr-18	CYBE- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2018-PI
	200 IM	2:11.80	10-Apr-16	WPA- CP	Luan E. Grobbelaar at Sa National Aquatic Championship 2016 D
	400 IM	4:37.31	3-Apr-17	DMSS	Dylan Wright at Sa National Aquatic Championship 2017 Durban
15 & U	200 Free Relay	1:42.03	10-Dec-10	VINE- WP	C. EMSLIE, M. Blom, J. Blake, S. Gamiet
	400 Free Relay	3:43.94	12-Dec-08	VINE- WP	M. Vogel, W. Neitz, Z.Gamiet, Y. Fouad
	200 Medley Relay	1:53.09	11-Dec-09	VINE- WP	Z. Gamiet, C. Emslie, W. Neitz, K. Benjamin
	400 Medley Relay	4:09.47	11-Dec-09	VINE- WP	W. Neitz, C. Emslie, Z. Gamiet, M. Colaianni
15-15	50 Free	24.45	10-Dec-10	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	100 Free	52.81	10-Dec-10	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	200 Free	1:55.32	8-Apr-19	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Du
	400 Free	4:00.73	20-Mar-19	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2019-K
	800 Free	8:21.14	8-Apr-19	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Du
	1500 Free	16:01.52	23-Apr-18	MATI- CE	Righardt Muller at Sa National Aquatic Championship 2018-PE
	50 Back	27.15	12-Apr-10	WPA- WP	Zaahir Gamiet at Telkom SA National Aquatic Champs
	100 Back	58.67	3-Apr-17	DMSS	Henju Duvenhage at Sa National Aquatic Championship 2017 Du
	200 Back	2:07.61	10-Apr-16	WPA- CP	Jack H. Oliver at Sa National Aquatic Championship 2016 Durban
	50 Breast	28.46	18-Mar-16	ASA- CP	Michael J. Houlie at SA Level 3 National Age Group Champs 2016
	100 Breast	1:03.22	10-Apr-16	WPA- CP	Michael J. Houlie at Sa National Aquatic Championship 2016 Dur
	200 Breast	2:20.43	7-Apr-14	WPA- WP	Daniel R. Swanepoel at Sa National Aquatic Championship 2014
	50 Fly	25.97	17-Mar-17	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2017-K
	100 Fly	55.31	8-Apr-19	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Du
	200 Fly	1:58.24	8-Apr-19	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Du

RECORDS -18 & U

15-15	200 IM	2:08.20	10-Dec-10	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	400 IM	4:40.55	17-Mar-17	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2017-K
16-16	50 Free	23.99	14-Apr-09	WPA- WP	Lyle Aloile at SA National Aquatic Champs
	100 Free	52.26	14-Apr-09	WPA- WP	Lyle Aloile at SA National Aquatic Champs
	200 Free	1:53.91	10-Apr-07	WPA- WP	Sebastien Rousseau at Telkom SA National Aquatic Champs
	400 Free	3:59.37	7-Dec-07	MATI- WP	Heerden Herman at WP Sasko Championships
	800 Free	8:09.42	7-Dec-07	MATI- WP	Heerden Herman at WP Sasko Championships
	1500 Free	15:33.28	7-Dec-07	MATI- WP	Heerden Herman at WP Sasko Championships
	50 Back	26.44	23-Apr-18	CUDU- CP	Henju Duvenhage at Sa National Aquatic Championship 2018-PE
	100 Back	57.64	23-Apr-18	CUDU- CP	Henju Duvenhage at Sa National Aquatic Championship 2018-PE
	200 Back	2:04.49	20-Mar-19	TYGE- CP	Dylan Wright at SA National JNR Age Group Champs 2019-KZN
	50 Breast	28.09	17-Mar-17	ASAC- CP	Michael J. Houlie at SA National JNR Age Group Champs 2017-KZ
	100 Breast	1:01.84	24-Feb-17	ASAC- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-C'
	200 Breast	2:17.36	24-Feb-17	ASAC- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-C'
	50 Fly	25.43	21-Mar-18	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2018-K
	100 Fly	54.67	21-Feb-20	CYBE- CP	Ethan M. Du Preez at 2019 Grand Prix Invitational Swimming Me
	200 Fly	1:56.50	21-Feb-20	CYBE- CP	Ethan M. Du Preez at 2019 Grand Prix Invitational Swimming Me
	200 IM	2:06.19	21-Mar-18	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2018-K
	400 IM	4:31.98	13-Mar-07	VINE- WP	Sebastien Rousseau at Telkom SA Level 3 Champs
17-17	50 Free	23.79	12-Apr-10	WPA- WP	Lyle P. Aloile at Telkom SA National Aquatic Champs
	100 Free	51.51	7-Apr-21	WCA- CP	Ruard Van Renen at SA Invitational Aquatic Champ 2021-PE
	200 Free	1:50.74	1-Apr-08	WPA- WP	Sebastien Rousseau at Telkom SA National Aquatic Champs
	400 Free	3:55.90	8-Jul-08	RSA- ZZ	Heerden Herman at 2nd FINA World Youth Champs
	800 Free	8:01.77	8-Jul-08	RSA- ZZ	Heerden Herman at 2nd FINA World Youth Champs
	1500 Free	15:17.31	1-Apr-08	WPA- WP	Heerden Herman at Telkom SA National Aquatic Champs
	50 Back	26.26	20-Mar-19	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2019-K
	100 Back	57.32	7-Apr-21	WCA- CP	Ruard Van Renen at SA Invitational Aquatic Champ 2021-PE
	200 Back	2:03.76	20-Aug-19	TYGE- CP	Dylan Wright at 7TH FINA World Junior Swimming Champs-HUN
	50 Breast	27.68	19-Jul-17	CUDU- CP	Michael J. Houlie at Commonwealth Youth Games Bahamas 2017
	100 Breast	1:01.49	23-Aug-17	WEST- CP	Michael J. Houlie at 6th FINA World Junior Swimming Champs-U'
	200 Breast	2:16.97	19-Jul-17	CUDU- CP	Michael J. Houlie at Commonwealth Youth Games Bahamas 2017
	50 Fly	25.16	14-Apr-21	LAL- CE	Ruard Van Renen at SSA Western Cape Jnr and Snr Nationals 202
	100 Fly	53.28	7-Apr-21	WCA- CP	Ethan M. Du Preez at SA Invitational Aquatic Champ 2021-PE
	200 Fly	1:56.16	26-Feb-21	CYBE- CP	Ethan M. Du Preez at Grand Prix Durban 2021
	200 IM	2:04.26	1-Apr-08	WPA- WP	Sebastien Rousseau at Telkom SA National Aquatic Champs
	400 IM	4:29.11	7-Dec-07	VINE- WP	Sebastien Rousseau at WP Sasko Championships
18-18	50 Free	23.53	14-Apr-21	VINE- CP	Luke T. Slabber at SSA Western Cape Jnr and Snr Nationals 2021
	100 Free	51.12	12-Dec-08	VINE- WP	Sebastien Rousseau at WP Sasko Championships
	200 Free	1:49.36	14-Apr-09	WPA- WP	Sebastien Rousseau at SA National Aquatic Champs
	400 Free	3:49.86	11-Dec-09	MATI- WP	Heerden Herman at WP Sasko Championships
	800 Free	7:57.32	14-Apr-09	WPA- WP	Heerden Herman at SA National Aquatic Champs
	1500 Free	15:03.99	11-Dec-09	MATI- WP	Heerden Herman at WP Sasko Championships
	50 Back	26.70	15-Mar-13	UWCA- WP	Zaahir Gamiet at SA Level 3 National Age Group Champs 2013-K
	100 Back	57.36	13-Apr-15	WPA- WP	Bryan G. Gray at Sa National Aquatic Championship 2015 Durbar
	200 Back	2:04.29	7-Apr-21	WCA- CP	Dylan Wright at SA Invitational Aquatic Champ 2021-PE
	50 Breast	26.91	8-Apr-19	WCA- CP	Michael J. Houlie at Sa National Aquatic Championship 2019 Dur
	100 Breast	1:00.44	8-Apr-19	WCA- CP	Michael J. Houlie at Sa National Aquatic Championship 2019 Dur
	200 Breast	2:18.31	2-Apr-03	WPA- WP	Jay Badenhorst at SA National Aquatic Champs
	50 Fly	25.31	12-Dec-08	VINE- WP	Sebastien Rousseau at WP Sasko Championships
	100 Fly	53.22	14-Apr-09	WPA- WP	Sebastien Rousseau at SA National Aquatic Champs
	200 Fly	1:54.51	26-Jul-09	RSA- ZZ	Sebastien Rousseau at FINA World Champs - Rome
	200 IM	2:00.01	14-Apr-09	WPA- WP	Sebastien Rousseau at SA National Aquatic Champs
	400 IM	4:27.47	12-Dec-08	VINE- WP	Sebastien Rousseau at WP Sasko Championships

RECORDS -18 & U

RECORDS -18 & U**LC Meters-Mixed**

11 & U	200	Free Relay	10:00.00	1-May-15	Club Team	New Record
	200	Medley Relay	10:00.00	1-May-15	Club Team	New Reocrd
13 & U	400	Free Relay	10:00.00	1-May-15	Club Team	New Record
	200	Medley Relay	10:00.00	1-May-15	Club Team	New Record
	400	Medley Relay	10:00.00	1-May-15	Club Team	New Record
15 & U	400	Free Relay	10:00.00	1-May-15	Club Team	New Record
	200	Medley Relay	10:00.00	1-May-15	Club Team	New Record
	400	Medley Relay	10:00.00	1-May-15	Club Team	New Record