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

10 & U	50 Free	30.74	<b>15-Dec-11</b>	MATI- WP	Inge Weidemann at WP Sasko Championships
	100 Free	1:06.86	<b>1-Jan-97</b>	CHRC- WP	Natalie du Toit
	200 Free	2:23.12	<b>17-Jan-01</b>	MEANS- WP	Wendy Trott at WP Jack Currie Champs
	400 Free	5:03.17	<b>1-Jan-97</b>	CHRC- WP	Natalie du Toit
	50 Back	34.95	<b>10-Dec-10</b>	MATI- WP	Cachel M. Joubert at WP Sasko Championships
	100 Back	1:13.86	<b>10-Dec-10</b>	MATI- WP	Cachel M. Joubert at WP Sasko Championships
	200 Back	1:48.18	<b>10-Oct-15</b>	VINE- CP	Payton B. Brink at WP SENIOR LEAGUE SUMMER 3
	50 Breast	38.51	<b>9-Feb-13</b>	CADO- WP	Hànim Abrahams at WP Qualifying Gala
	100 Breast	1:25.32	<b>25-Mar-11</b>	CADO- WP	Savanna C. Best at Telkom SA Level 2 Regional Champs 2011 WP
	200 Breast	3:02.21	<b>2-Feb-13</b>	CADO- WP	Hànim Abrahams at Walmers Gala
	50 Fly	32.77	<b>17-Sep-11</b>	CYBE- WP	Nina Rossouw at WP Summer League 2
	100 Fly	1:16.09	<b>14-Aug-10</b>	VINE- WP	Bailey Desmarais at WP Manta Challenge
	200 IM	2:44.67	<b>25-Mar-11</b>	CADO- WP	Savanna C. Best at Telkom SA Level 2 Regional Champs 2011 WP
11 & U	200 Free Relay	2:05.81	<b>15-Dec-11</b>	MATI- WP	I. Weidemann, C. Joubert, C. Kotzè, C. Joubert
	400 Free Relay	4:33.81	<b>6-Dec-13</b>	CADO- WP	K. Dekker, J. Garde, C. Basnett, H. Abrahams
	200 Medley Relay	2:17.13	<b>6-Dec-13</b>	CADO- WP	H. Osrin, H. Abrahams, K. Dekker, C. Basnett
11-11	50 Free	29.02	<b>14-Apr-21</b>	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	100 Free	1:02.40	<b>14-Apr-21</b>	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	200 Free	2:15.73	<b>14-Apr-21</b>	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	400 Free	4:46.13	<b>14-Apr-21</b>	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	50 Back	33.26	<b>15-Dec-11</b>	CADO- WP	Savanna C. Best at WP Sasko Championships
	100 Back	1:10.20	<b>13-Feb-15</b>	ASA- WP	Honey L. Osrin at SSA GRAND PRIX #1 - STELLENBOSCH
	200 Back	2:32.48	<b>13-Feb-15</b>	ASA- WP	Honey L. Osrin at SSA GRAND PRIX #1 - STELLENBOSCH
	50 Breast	36.18	<b>5-Apr-02</b>	TYGE- WP	Wilechia S. Vraagom at SA Junior National Champs
	100 Breast	1:19.34	<b>13-Mar-14</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2014-CT
	200 Breast	2:50.47	<b>13-Mar-14</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2014-CT
	50 Fly	31.12	<b>10-Jul-12</b>	CYBE- WP	Nina Rossouw at KZN PRESTIGE 2
	100 Fly	1:09.58	<b>14-Apr-21</b>	VINE- CP	Abigail Kotze at SSA Western Cape Jnr and Snr Nationals 2021
	200 IM	2:32.79	<b>13-Mar-14</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2014-CT
12-12	50 Free	27.92	<b>6-Dec-13</b>	MATI- WP	Inge Weidemann at WP Championships 2013
	100 Free	1:00.90	<b>12-Mar-15</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015-PE
	200 Free	2:09.59	<b>12-Mar-15</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015-PE
	400 Free	4:32.17	<b>12-Mar-15</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015-PE
	800 Free	9:17.64	<b>13-Feb-15</b>	TYGE- WP	Rebecca A. Meder at SSA GRAND PRIX #1 - STELLENBOSCH
	1500 Free	18:14.12	<b>16-Jan-03</b>	VINE- WP	Wendy Trott at WP Jack Currie Championships
	50 Back	32.12	<b>15-Mar-13</b>	UWCA- WP	Savanna C. Best at SA Level 3 National Age Group Champs 2013-KZN
	100 Back	1:07.35	<b>4-Dec-15</b>	ASA- CP	Honey L. Osrin at WP SUMMER CHAMPS
	200 Back	2:25.22	<b>4-Dec-15</b>	ASA- CP	Honey L. Osrin at WP SUMMER CHAMPS
	50 Breast	34.03	<b>10-Dec-14</b>	ASA- WP	Hanim Abrahams at WP Championships 2014
	100 Breast	1:13.81	<b>1-Jan-97</b>	VINE- WP	Sarah Poewe
	200 Breast	2:41.44	<b>1-Jan-97</b>	VINE- WP	Sarah Poewe
	50 Fly	30.13	<b>15-Mar-13</b>	MATI- WP	Cachel M. Joubert at SA Level 3 National Age Group Champs 2013-KZN
	100 Fly	1:07.09	<b>15-Mar-13</b>	MATI- WP	Cachel M. Joubert at SA Level 3 National Age Group Champs 2013-KZN
	200 Fly	2:25.61	<b>1-Jan-97</b>	VINE- WP	Natalie du Toit
	200 IM	2:26.97	<b>13-Feb-15</b>	TYGE- WP	Rebecca A. Meder at SSA GRAND PRIX #1 - STELLENBOSCH
	400 IM	5:07.38	<b>12-Mar-15</b>	TYGE- WP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2015-PE
13 & U	200 Free Relay	1:52.90	<b>6-Dec-13</b>	MATI- WP	I. Weidemann, C. Joubert, K. Noades, C. Joubert
	400 Free Relay	4:10.37	<b>6-Dec-13</b>	MATI- WP	I. Weidemann, C. Joubert, K. Noades, C. Joubert
	200 Medley Relay	2:08.48	<b>6-Dec-13</b>	MATI- WP	I. Weidemann, C. Joubert, C. Joubert, K. Noades
	400 Medley Relay	4:44.25	<b>6-Dec-13</b>	MATI- WP	I. Weidemann, K. Noades, C. Joubert, C. Joubert

**RECORDS -18 & U**

13-13	50 Free	26.75	<b>10-Apr-16</b>	WPA- CP	Olivia Nel at Sa National Aquatic Championship 2016 Durban
	100 Free	58.56	<b>18-Mar-16</b>	WSAA- CP	Olivia Nel at SA Level 3 National Age Group Champs 2016-PE
	200 Free	2:05.72	<b>18-Mar-16</b>	TYGE- CP	Rebecca A. Meder at SA Level 3 National Age Group Champs 2016-PE
	400 Free	4:24.01	<b>10-Apr-16</b>	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban
	800 Free	9:03.21	<b>10-Apr-16</b>	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban
	1500 Free	17:32.64	<b>7-Nov-15</b>	TYGE- CP	Rebecca A. Meder at WP SENIOR LEAGUE SUMMER 4
	50 Back	30.83	<b>27-Jun-14</b>	BARR- WP	Savanna C. Best at 19th TROPHY CITY 'OF ROSSINI - PESARO
	100 Back	1:06.57	<b>10-Apr-16</b>	WPA- CP	Honey L. Osrin at Sa National Aquatic Championship 2016 Durban
	200 Back	2:20.14	<b>10-Apr-16</b>	WPA- CP	Honey L. Osrin at Sa National Aquatic Championship 2016 Durban
	50 Breast	33.30	<b>17-Oct-15</b>	ASA- CP	Hanim Abrahams at African Junior Swimming Championship Cairo
	100 Breast	1:11.93	<b>17-Oct-15</b>	ASA- CP	Hanim Abrahams at African Junior Swimming Championship Cairo
	200 Breast	2:36.58	<b>13-Mar-14</b>	VINE- WP	Savanna C. Best at SA Level 3 National Age Group Champs 2014-CT
	50 Fly	28.70	<b>15-Mar-13</b>	VINE- WP	Bailey Desmarais at SA Level 3 National Age Group Champs 2013-KZN
	100 Fly	1:04.26	<b>15-Apr-13</b>	WPA- WP	Bailey Desmarais at Sa National Aquatic Championship 2013 PE
	200 Fly	2:20.05	<b>5-Oct-03</b>	RSA- ZZ	Chanelle v Wyk at 8th All Africa Games
	200 IM	2:21.41	<b>10-Apr-16</b>	WPA- CP	Rebecca A. Meder at Sa National Aquatic Championship 2016 Durban
	400 IM	4:56.70	<b>4-Apr-05</b>	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
14-14	50 Free	26.43	<b>23-Apr-18</b>	KNYA- ED	Aimee Canny at Sa National Aquatic Championship 2018-PE
	100 Free	57.00	<b>23-Apr-18</b>	KNYA- ED	Aimee Canny at Sa National Aquatic Championship 2018-PE
	200 Free	2:07.19	<b>3-Apr-17</b>	DMSS	Georgia Nel at Sa National Aquatic Championship 2017 Durban
	400 Free	4:21.83	<b>16-Apr-04</b>	WPA- WP	Wendy Trott at SA National Aquatic Champs
	800 Free	8:54.97	<b>16-Apr-04</b>	WPA- WP	Wendy Trott at SA National Aquatic Champs
	1500 Free	17:11.72	<b>16-Apr-04</b>	WPA- WP	Wendy Trott at SA National Aquatic Champs
	50 Back	29.93	<b>4-Feb-17</b>	SAAW- CP	Olivia Nel at 2017 Grand Prix Invitation Swimming Meet-KZN
	100 Back	34.40	<b>18-Mar-16</b>	MATI- CE	Laiken S. Mattheys at SA Level 3 National Age Group Champs 2016-PE
	200 Back	2:20.35	<b>11-Dec-09</b>	WHFC- WP	Janneke Malan at WP Sasko Championships
	50 Breast	32.20	<b>29-Mar-09</b>	VINE- WP	Achieng Ajulu-Bushell at Telkom SA Level 3 Champs
	100 Breast	1:10.37	<b>1-Aug-97</b>	RSA- ZZ	Sarah Poewe at Pan Pacific Games
	200 Breast	2:32.41	<b>1-Aug-97</b>	RSA- ZZ	Sarah Poewe at Pan Pacific Games
	50 Fly	28.51	<b>7-Apr-14</b>	WPA- WP	Bailey Desmarais at Sa National Aquatic Championship 2014 Durban
	100 Fly	1:02.52	<b>1-Jan-97</b>	BELAQ- WP	Renate du Plessis
	200 Fly	2:16.22	<b>1-Apr-98</b>	VINE- WP	Natalie du Toit at SA Nationals
	200 IM	2:19.31	<b>14-Mar-06</b>	STRAN- WP	Jessica Pengelly at Telkom SA Level 3 Champs
	400 IM	4:52.52	<b>18-Apr-06</b>	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs
15 & U	200 Free Relay	1:53.19	<b>13-Mar-14</b>	MATI- WP	C. Joubert, K. Noades, C. Joubert, I. Weidemann
	400 Free Relay	4:08.70	<b>9-Dec-05</b>	STRAN- WP	S.v Konyenberg,J.Grobbelaar,J.Pengelly,Y.vd Merwe
	200 Medley Relay	2:05.89	<b>16-Jan-03</b>	VINE- WP	M. van Meyeren, C. Williams, J. Antunes, R. Mouton
	400 Medley Relay	4:33.17	<b>10-Dec-14</b>	ASA- WP	K. Straszacker, H. Abrahams, L. McBlain, C. Bromle
15-15	50 Free	25.29	<b>20-Aug-19</b>	VINE- CP	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
	100 Free	54.87	<b>20-Aug-19</b>	VINE- CP	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
	200 Free	2:01.63	<b>26-Sep-19</b>	FISH- ED	Aimee Canny at Aquabear Invitational Meet 2019
	400 Free	4:19.36	<b>4-Apr-05</b>	WPA- WP	Wendy Trott at SA National Aquatic Champs
	800 Free	8:51.02	<b>4-Apr-05</b>	WPA- WP	Wendy Trott at SA National Aquatic Champs
	1500 Free	16:43.84	<b>4-Apr-05</b>	WPA- WP	Wendy Trott at SA National Aquatic Champs
	50 Back	30.03	<b>23-Apr-18</b>	SAAW- CP	tic Championship 2018-PE Olivia Nel at SA National JNR Age Group Champs
	50 Back	30.03	<b>21-Mar-18</b>	SAAW- CP	Olivia Nel at SA National JNR Age Group Champs 2018-KZN
	100 Back	1:04.26	<b>10-Dec-10</b>	WHFC- WP	Janneke MALAN at WP Sasko Championships
	200 Back	2:15.84	<b>10-Apr-07</b>	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
	50 Breast	31.30	<b>18-Jul-09</b>	VINE- WP	Achieng Ajulu-Bushell at 13th FINA World Championships
	100 Breast	1:08.60	<b>28-Jul-09</b>	VINE- WP	Achieng Ajulu-Bushell at National Youth Championships 2009
	200 Breast	2:32.40	<b>14-Jul-98</b>	RSA- ZZ	Sarah Poewe at World Youth Games
	50 Fly	27.98	<b>4-Apr-05</b>	WPA- WP	Chanelle van Wyk at SA National Aquatic Champs

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**RECORDS -18 & U**

15-15	100 Fly	1:02.32	*	<b>8-Apr-19</b>	WCA- CP	Trinity S. Hearne at Sa National Aquatic Championship 2019 Durban	
	100 Fly	1:02.32	*	<b>4-Apr-05</b>	WPA- WP	Aquatic Champs Trinity S. Hearne at Sa National Aquatic Championship 201	
	200 Fly	2:14.74		<b>4-Apr-05</b>	WPA- WP	Chanelle van Wyk at SA National Aquatic Champs	
	200 IM	2:16.46		<b>10-Apr-07</b>	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs	
	400 IM	4:43.76		<b>10-Apr-07</b>	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs	
16-16	50 Free	25.63		<b>31-Jan-20</b>	FISH- ED	Aimee Canny at 2020 Grand Prix Invitational Swimming Meet-CT	
	100 Free	55.67		<b>1-Dec-19</b>	FISH- ED	Aimee Canny at Western Cape Summer Championships 2019	
	200 Free	2:00.49		<b>21-Feb-20</b>	FISH- ED	Aimee Canny at 2019 Grand Prix Invitational Swimming Meet-KZ	
	400 Free	4:14.43		<b>13-Dec-06</b>	VINE- WP	Wendy Trott at Muscle Science KZN Provincial	
	800 Free	8:36.74		<b>13-Dec-06</b>	VINE- WP	Wendy Trott at Muscle Science KZN Provincial	
	1500 Free	16:41.36		<b>25-Aug-06</b>	RSA- ZZ	Wendy Trott at 1st FINA World Youth Swim Champs	
	50 Back	29.36		<b>8-Apr-19</b>	WCA- CP	Olivia Nel at Sa National Aquatic Championship 2019 Durban	
	100 Back	1:03.63		<b>8-Apr-19</b>	WCA- CP	Olivia Nel at Sa National Aquatic Championship 2019 Durban	
	200 Back	2:14.75		<b>1-Apr-08</b>	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs	
	50 Breast	32.63		<b>17-Mar-17</b>	TYGE- CP	Tahlia Botha at SA National JNR Age Group Champs 2017-KZN	
	100 Breast	1:09.30		<b>25-Aug-99</b>	RSA- ZZ	Sarah Poewe at Pan Pacific Games	
	200 Breast	2:25.90		<b>25-Aug-99</b>	RSA- ZZ	Sarah Poewe at Pan Pacific Games	
	50 Fly	28.11		<b>8-Dec-18</b>	SAAW- CP	Olivia Nel at AUSC -Region 5 Under 20 YTH Games 2018	
	100 Fly	1:01.71		<b>1-Jan-97</b>	BELAQ- WP	Renate du Plessis	
	200 Fly	2:14.76		<b>21-Aug-07</b>	RSA- ZZ	Jessica Pengelly at Int. Swim Meet 2007-Japan	
	200 IM	2:15.22		<b>1-Apr-08</b>	WPA- WP	Jessica Pengelly at Telkom SA National. Aquatic Champs	
	400 IM	4:41.35		<b>1-Apr-08</b>	WPA- WP	Jessica Pengelly at Telkom SA National Aquatic Champs	
	17-17	50 Free	25.70		<b>7-Apr-21</b>	WCA- CP	Aimee Canny at SA Invitational Aquatic Champ 2021-PE
		100 Free	54.91		<b>7-Apr-21</b>	WCA- CP	Aimee Canny at SA Invitational Aquatic Champ 2021-PE
		200 Free	2:00.19		<b>7-Apr-21</b>	WCA- CP	Aimee Canny at SA Invitational Aquatic Champ 2021-PE
400 Free		4:11.84		<b>7-Dec-07</b>	VINE- WP	Wendy Trott at WP Sasko Championships	
800 Free		8:31.53		<b>25-Mar-07</b>	RSA- ZZ	Wendy Trott at 12th FINA World Champs	
1500 Free		16:31.09		<b>7-Dec-07</b>	VINE- WP	Wendy Trott at WP Sasko Championships	
50 Back		29.52		<b>11-Dec-09</b>	TYGE- WP	Jessica L. Ashley-Cooper at WP Sasko Championships	
100 Back		1:02.01		<b>11-Dec-09</b>	TYGE- WP	Jessica L. Ashley-Cooper at WP Sasko Championships	
200 Back		2:13.80		<b>14-Apr-09</b>	WPA- WP	Jessica Pengelly at SA National Aquatic Champs	
50 Breast		31.58		<b>2-Apr-00</b>	VINE- WP	Sarah Poewe at Telkom SA Senior Nationals	
100 Breast		1:07.48		<b>16-Sep-00</b>	VINE- WP	Sarah Poewe at 2000 Olympic Games	
200 Breast		2:25.54		<b>16-Sep-00</b>	VINE- WP	Sarah Poewe at 2000 Olympic Games	
50 Fly		28.37	*	<b>7-Apr-21</b>	WCA- CP	Trinity S. Hearne at SA Invitational Aquatic Champ 2021-PE	
50 Fly		28.37	*	<b>31-Jan-20</b>	VINE- CP	Michaela K. De Villiers at 2020 Grand Prix Invitational Swimming Meet-CT	
50 Fly		28.37	*	<b>31-Jan-20</b>	VINE- CP	nal Swimming Meet-CT Trinity S. Hearne at SA Invitational Aquatic Champ :	
50 Fly		28.37	*	<b>7-Apr-21</b>	WCA- CP	nal Swimming Meet-CT Trinity S. Hearne at SA Invitational Aquatic Champ :	
100 Fly		1:01.26		<b>14-Apr-21</b>	CYBE- CP	Trinity S. Hearne at SSA Western Cape Jnr and Snr Nationals 2021	
200 Fly		2:14.84		<b>1-Apr-08</b>	WPA- WP	Christy Lategan at Telkom SA National Aquatic Champs	
200 IM		2:14.00		<b>14-Apr-09</b>	WPA- WP	Jessica Pengelly at SA National Aquatic Champs	
400 IM		4:41.04		<b>9-Aug-08</b>	RSA- ZZ	Jessica Pengelly at Olympic Games 2008	
18-18		50 Free	25.66		<b>7-Apr-21</b>	WCA- CP	Olivia Nel at SA Invitational Aquatic Champ 2021-PE
		100 Free	56.26		<b>7-Apr-21</b>	WCA- CP	Olivia Nel at SA Invitational Aquatic Champ 2021-PE
		200 Free	2:01.46		<b>1-Apr-08</b>	WPA- WP	Wendy Trott at Telkom SA National Aquatic Champs
	400 Free	4:08.38		<b>9-Aug-08</b>	RSA- ZZ	Wendy Trott at Olympic Games 2008	
	800 Free	8:26.21		<b>9-Aug-08</b>	RSA- ZZ	Wendy Trott at .Olympic Games 2008	
	1500 Free	16:15.58		<b>1-Apr-08</b>	WPA- WP	Wendy Trott at Telkom SA National Aquatic Champs	
	50 Back	29.13		<b>7-Apr-21</b>	WCA- CP	Olivia Nel at SA Invitational Aquatic Champ 2021-PE	
	100 Back	1:02.63		<b>11-Apr-11</b>	WPA- WP	JESSICA L. ASHLEY-COOPER at Telkom SA National Aquatic Champs 2011 PE	
	200 Back	2:16.06		<b>26-Jul-09</b>	RSA- ZZ	Jessica Pengelly at FINA World Champs - Rome	
	50 Breast	31.50		<b>29-Mar-01</b>	WPA- WP	Sarah Poewe at Telkom SA National Aquatic Champs	
	100 Breast	1:08.80		<b>6-Jun-01</b>	RSA- ZZ	Sarah Poewe at Mare Nostrum - Canet	

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**RECORDS -18 & U**

18-18	200 Breast	2:27.64	<b>26-Jul-09</b>	RSA- ZZ	Jessica Pengelly - FINA World Champs - Rome
	50 Fly	28.17	<b>11-Apr-11</b>	WPA- WP	JESSICA L. ASHLEY-COOPER at Telkom SA National Aquatic Champs 2011 PE
	100 Fly	1:00.85	<b>2-Apr-00</b>	WPA- WP	Renate Du Plessis at Telkom SA Senior Nationals
	200 Fly	2:14.09	<b>9-Apr-09</b>	WPA- WP	Christy Lategan at SA National Aquatic Champs
	200 IM	2:15.66	<b>26-Jul-09</b>	RSA- ZZ	Jessica Pengelly at FINA World Champs - Rome
	400 IM	4:46.31	<b>26-Jul-09</b>	RSA- ZZ	Jessica Pengelly at FINA World Champs - Rome

## RECORDS -18 & U

### LC Meters-Men

10 & U	50 Free	30.67	<b>11-Mar-08</b>	WHFC- WP	Nicholas Quenet at Telkom SA National Level 2 Champs
	100 Free	1:02.24	<b>28-Mar-19</b>	QUIC- CP	Jude K. Edwards at SA Level 3 Regional Age Group Champs 2019-WC
	200 Free	2:24.18	<b>7-Dec-12</b>	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	400 Free	5:09.70	<b>9-Feb-13</b>	BARR- WP	Luan E. Grobbelaar at WP Qualifying Gala
	50 Back	33.07	<b>21-Jan-06</b>	BARR- WP	Etienne v. Eeden at WP Swartland Sprint Challenge
	100 Back	1:14.35	<b>7-Dec-12</b>	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	200 Back	2:40.76	<b>7-Dec-12</b>	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	50 Breast	37.76	<b>11-Mar-08</b>	WHFC- WP	Nicholas Quenet at Telkom SA National Level 2 Champs
	100 Breast	1:24.56	<b>20-Mar-07</b>	MAN T- WP	Tashreeq Davids at Telkom SA National Level 2 Champs
	200 Breast	3:01.48	<b>7-Dec-12</b>	BARR- WP	Luan E. Grobbelaar at WP Sasko Championships 2012
	50 Fly	32.21	<b>10-Sep-05</b>	WELL- WP	Jonathan vd Merwe at WP Mean Seasons Sprint Gala
	100 Fly	1:12.94	<b>9-Feb-13</b>	BARR- WP	Luan E. Grobbelaar at WP Qualifying Gala
	200 IM	2:37.92	<b>9-Feb-13</b>	BARR- WP	Luan E. Grobbelaar at WP Qualifying Gala
11 & U	200 Free Relay	2:05.54	<b>2-Oct-01</b>	TYGE- WP	J. Thompson, K. Paul, K. Fisher, A. Duvenhage at WP Jack Currie Championsh
	400 Free Relay	4:42.35	<b>10-Dec-10</b>	VINE- WP	D. Buckland, O. Schuurmans, J. Hablutzel, A. Van H
	200 Medley Relay	2:20.92	<b>6-Dec-13</b>	BARR- WP	J. Leeuw, L. Grobbelaar, J. Botha, H. Crous
11-11	50 Free	28.82	<b>23-Mar-12</b>	WALM- WP	Marcus J. Gunton at SA Level 2 Regional Age Group Champs 2012-SWD
	100 Free	1:00.41	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	200 Free	2:09.81	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	400 Free	4:37.98	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	50 Back	32.42	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	100 Back	1:07.71	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	200 Back	2:27.35	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	50 Breast	34.27	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	100 Breast	1:14.60	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	200 Breast	2:44.70	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	50 Fly	30.16	<b>1-Mar-02</b>	TYGE- WP	Anton Duvenhage at WP USASSA Primary
	100 Fly	1:06.50	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
	200 IM	2:24.06	<b>13-Mar-14</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2014-CT
12-12	50 Free	24.00	<b>2-Nov-18</b>	FISH- ED	JAN-HENDRIK P. VAN ROOYEN at 37th Freda Barnard Gala Invitational Gala
	100 Free	57.49	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	200 Free	2:04.32	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	400 Free	4:20.00	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	800 Free	9:33.62	<b>21-Aug-10</b>	CYBE- WP	Johnathan J. Wilmans at WP Summer League 1
	1500 Free	18:07.79	<b>21-Aug-10</b>	CYBE- WP	Johnathan J. Wilmans at WP Summer League 1
	50 Back	29.56	<b>15-Dec-20</b>	ASAC- CP	Christiaan Boonzaier at Western Cape Long Course Championships 2020
	100 Back	1:03.18	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	200 Back	2:19.53	<b>10-Dec-14</b>	BARR- WP	Luan E. Grobbelaar at WP Championships 2014
	50 Breast	32.75	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	100 Breast	1:10.71	<b>24-Jul-13</b>	HAM	Cameron K. Matthews at ASA National Championships (Age Groups) 2013
	200 Breast	2:31.81	<b>24-Jul-13</b>	HAM	Cameron K. Matthews at ASA National Championships (Age Groups) 2013
	50 Fly	28.36	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	100 Fly	1:02.03	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	200 Fly	2:18.43	<b>16-Jan-03</b>	TYGE- WP	Anton Duvenhage at WP Jack Currie Champs
	200 IM	2:16.43	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
	400 IM	4:46.24	<b>12-Mar-15</b>	BARR- WP	Luan E. Grobbelaar at SA Level 3 National Age Group Champs 2015-PE
13 & U	200 Free Relay	1:50.94	<b>7-Dec-12</b>	PLAY- WP	E. Lützeler, A. Van Rooijen, A. Van Huyssteen, P.
	400 Free Relay	4:02.28	<b>12-Dec-08</b>	VINE- WP	M. Colaiani, Z. Gamiet, T. Fischer, M. Geldenhuys
	200 Medley Relay	2:04.53	<b>12-Dec-08</b>	VINE- WP	Z. Gamiet, M. Geldenhuys, M. Colaiani, T. Fischer
	400 Medley Relay	4:32.95	<b>7-Dec-07</b>	VINE- WP	W. Neitz, K. Benjamin, M. Colaiani, Z. Gamiet

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**RECORDS -18 & U**

13-13	50 Free	25.28	<b>14-Apr-21</b>	VINE- CP	Tai L. Pearson at SSA Western Cape Jnr and Snr Nationals 2021
	100 Free	55.38	<b>14-Apr-21</b>	VINE- CP	Tai L. Pearson at SSA Western Cape Jnr and Snr Nationals 2021
	200 Free	2:00.74	<b>17-Oct-15</b>	CUDU- CP	Luan E. Grobbelaar at African Junior Swimming Championship Cairo
	400 Free	4:13.93	<b>18-Mar-16</b>	TYGE- CP	Dylan Wright at SA Level 3 National Age Group Champs 2016-PE
	800 Free	8:50.37	<b>4-Mar-05</b>	WCA- WP	Sebastien Rousseau at 2005 USASSA High Schools
	1500 Free	16:47.54	<b>18-Mar-16</b>	TYGE- CP	Dylan Wright at SA Level 3 National Age Group Champs 2016-PE
	50 Back	28.43	<b>14-Apr-21</b>	VINE- CP	Tai L. Pearson at SSA Western Cape Jnr and Snr Nationals 2021
	100 Back	1:01.41	<b>14-Apr-21</b>	VINE- CP	Tai L. Pearson at SSA Western Cape Jnr and Snr Nationals 2021
	200 Back	2:14.05	<b>4-Dec-15</b>	CUDU- CP	Luan E. Grobbelaar at WP SUMMER CHAMPS
	50 Breast	32.04	<b>30-Oct-20</b>	FISH- ED	RENIER VAN GREUNEN at 39th Freda Barnard Invitational Gala
	100 Breast	1:07.79	<b>30-Jul-14</b>	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS
	200 Breast	2:25.97	<b>30-Jul-14</b>	ASA- WP	Cameron K. Matthews at BRITISH GAS ASA NATIONAL AGE GROUP CHAMPS
	50 Fly	26.20	<b>26-Feb-21</b>	VINE- CP	Tai L. Pearson at Grand Prix Durban 2021
	100 Fly	57.56	<b>26-Feb-21</b>	VINE- CP	Tai L. Pearson at Grand Prix Durban 2021
	200 Fly	2:08.91	<b>3-Apr-17</b>	DMSS	Ethan M. Du Preez at Sa National Aquatic Championship 2017 Durban
	200 IM	2:10.49	<b>17-Oct-15</b>	CUDU- CP	Luan E. Grobbelaar at African Junior Swimming Championship Cairo
	400 IM	4:39.08	<b>26-Feb-16</b>	CUDU- CP	Luan E. Grobbelaar at 2016 Grand Prix Invitation Swimming Meet-CT
14-14	50 Free	24.76	<b>1-Jan-97</b>	STELL- WP	Hendrik Odendaal
	100 Free	53.86	<b>15-Jul-15</b>	ASA- CP	Cameron K. Matthews at Irish Age Group & Summer Open Championships 2
	200 Free	1:57.82	<b>15-Jul-15</b>	ASA- CP	Cameron K. Matthews at Irish Age Group & Summer Open Championships 2
	400 Free	4:07.67	<b>1-Dec-16</b>	TYGE- CP	Dylan Wright at Western Cape Summer Championships 2016
	800 Free	8:25.20	<b>3-Apr-17</b>	DMSS	Dylan Wright at Sa National Aquatic Championship 2017 Durban
	1500 Free	16:19.07	<b>21-Mar-18</b>	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2018-KZN
	50 Back	27.84	<b>11-Dec-09</b>	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	100 Back	59.77	<b>13-Apr-15</b>	WPA- WP	Jack H. Oliver at Sa National Aquatic Championship 2015 Durban
	200 Back	2:09.25	<b>11-Dec-09</b>	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	50 Breast	30.74	<b>13-Apr-15</b>	WPA- WP	Michael J. Houlie at Sa National Aquatic Championship 2015 Durban
	100 Breast	1:07.79	<b>15-Jul-15</b>	ASA- CP	Cameron K. Matthews at Irish Age Group & Summer Open Championships 2
	200 Breast	2:23.76	<b>10-Apr-16</b>	WPA- CP	Luan E. Grobbelaar at Sa National Aquatic Championship 2016 Durban
	50 Fly	26.86	<b>31-Jan-20</b>	PLAY- CE	Liam Coetzee at 2020 Grand Prix Invitational Swimming Meet-CT
	100 Fly	56.47	<b>21-Mar-18</b>	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2018-KZN
	200 Fly	2:02.18	<b>23-Apr-18</b>	CYBE- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2018-PE
	200 IM	2:11.80	<b>10-Apr-16</b>	WPA- CP	Luan E. Grobbelaar at Sa National Aquatic Championship 2016 Durban
	400 IM	4:37.31	<b>3-Apr-17</b>	DMSS	Dylan Wright at Sa National Aquatic Championship 2017 Durban
15 & U	200 Free Relay	1:42.03	<b>10-Dec-10</b>	VINE- WP	C. EMSLIE, M. Blom, J. Blake, S. Gamiet
	400 Free Relay	3:43.94	<b>12-Dec-08</b>	VINE- WP	M. Vogel, W. Neitz, Z. Gamiet, Y. Fouad
	200 Medley Relay	1:53.09	<b>11-Dec-09</b>	VINE- WP	Z. Gamiet, C. Emslie, W. Neitz, K. Benjamin
	400 Medley Relay	4:09.47	<b>11-Dec-09</b>	VINE- WP	W. Neitz, C. Emslie, Z. Gamiet, M. Colaiani
15-15	50 Free	24.45	<b>10-Dec-10</b>	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	100 Free	52.81	<b>10-Dec-10</b>	VINE- WP	Zaahir Gamiet at WP Sasko Championships
	200 Free	1:55.32	<b>8-Apr-19</b>	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Durban
	400 Free	4:00.73	<b>20-Mar-19</b>	CYBE- CP	Ethan M. Du Preez at SA National JNR Age Group Champs 2019-KZN
	800 Free	8:21.14	<b>8-Apr-19</b>	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Durban
	1500 Free	16:01.52	<b>23-Apr-18</b>	MATI- CE	Righardt Muller at Sa National Aquatic Championship 2018-PE
	50 Back	27.15	<b>12-Apr-10</b>	WPA- WP	Zaahir Gamiet at Telkom SA National Aquatic Champs
	100 Back	58.67	<b>3-Apr-17</b>	DMSS	Henju Duvenhage at Sa National Aquatic Championship 2017 Durban
	200 Back	2:07.61	<b>10-Apr-16</b>	WPA- CP	Jack H. Oliver at Sa National Aquatic Championship 2016 Durban
	50 Breast	28.46	<b>18-Mar-16</b>	ASA- CP	Michael J. Houlie at SA Level 3 National Age Group Champs 2016-PE
	100 Breast	1:03.22	<b>10-Apr-16</b>	WPA- CP	Michael J. Houlie at Sa National Aquatic Championship 2016 Durban
	200 Breast	2:20.43	<b>7-Apr-14</b>	WPA- WP	Daniel R. Swanepoel at Sa National Aquatic Championship 2014 Durban
	50 Fly	25.97	<b>17-Mar-17</b>	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2017-KZN
	100 Fly	55.31	<b>8-Apr-19</b>	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Durban

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**RECORDS -18 & U**

15-15	200 Fly	1:58.24	<b>8-Apr-19</b>	WCA- CP	Ethan M. Du Preez at Sa National Aquatic Championship 2019 Durban	
	200 IM	2:08.20	<b>10-Dec-10</b>	VINE- WP	Zaahir Gamiet at WP Sasko Championships	
	400 IM	4:40.55	<b>17-Mar-17</b>	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2017-KZN	
16-16	50 Free	23.99	<b>14-Apr-09</b>	WPA- WP	Lyle Aloile at SA National Aquatic Champs	
	100 Free	52.26	<b>14-Apr-09</b>	WPA- WP	Lyle Aloile at SA National Aquatic Champs	
	200 Free	1:53.91	<b>10-Apr-07</b>	WPA- WP	Sebastien Rousseau at Telkom SA National Aquatic Champs	
	400 Free	3:59.37	<b>7-Dec-07</b>	MATI- WP	Heerden Herman at WP Sasko Championships	
	800 Free	8:09.42	<b>7-Dec-07</b>	MATI- WP	Heerden Herman at WP Sasko Championships	
	1500 Free	15:33.28	<b>7-Dec-07</b>	MATI- WP	Heerden Herman at WP Sasko Championships	
	50 Back	26.44	<b>23-Apr-18</b>	CUDU- CP	Henju Duvenhage at Sa National Aquatic Championship 2018-PE	
	100 Back	57.64	<b>23-Apr-18</b>	CUDU- CP	Henju Duvenhage at Sa National Aquatic Championship 2018-PE	
	200 Back	2:04.49	<b>20-Mar-19</b>	TYGE- CP	Dylan Wright at SA National JNR Age Group Champs 2019-KZN	
	50 Breast	28.09	<b>17-Mar-17</b>	ASAC- CP	Michael J. Houlie at SA National JNR Age Group Champs 2017-KZN	
	100 Breast	1:01.84	<b>24-Feb-17</b>	ASAC- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-CT	
	200 Breast	2:17.36	<b>24-Feb-17</b>	ASAC- CP	Michael J. Houlie at 2017 Grand Prix Invitation Swimming Meet-CT	
	50 Fly	25.43	<b>21-Mar-18</b>	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2018-KZN	
	100 Fly	54.67	<b>21-Feb-20</b>	CYBE- CP	Ethan M. Du Preez at 2019 Grand Prix Invitational Swimming Meet-KZ	
	200 Fly	1:56.50	<b>21-Feb-20</b>	CYBE- CP	Ethan M. Du Preez at 2019 Grand Prix Invitational Swimming Meet-KZ	
	200 IM	2:06.19	<b>21-Mar-18</b>	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2018-KZN	
	400 IM	4:31.98	<b>13-Mar-07</b>	VINE- WP	Sebastien Rousseau at Telkom SA Level 3 Champs	
	17-17	50 Free	23.79	<b>12-Apr-10</b>	WPA- WP	Lyle P. Aloile at Telkom SA National Aquatic Champs
		100 Free	51.51	<b>7-Apr-21</b>	WCA- CP	Ruard Van Renen at SA Invitational Aquatic Champ 2021-PE
200 Free		1:50.74	<b>1-Apr-08</b>	WPA- WP	Sebastien Rousseau at Telkom SA National Aquatic Champs	
400 Free		3:55.90	<b>8-Jul-08</b>	RSA- ZZ	Heerden Herman at 2nd FINA World Youth Champs	
800 Free		8:01.77	<b>8-Jul-08</b>	RSA- ZZ	Heerden Herman at 2nd FINA World Youth Champs	
1500 Free		15:17.31	<b>1-Apr-08</b>	WPA- WP	Heerden Herman at Telkom SA National Aquatic Champs	
50 Back		26.26	<b>20-Mar-19</b>	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2019-KZN	
100 Back		57.32	<b>7-Apr-21</b>	WCA- CP	Ruard Van Renen at SA Invitational Aquatic Champ 2021-PE	
200 Back		2:03.76	<b>20-Aug-19</b>	TYGE- CP	Dylan Wright at 7TH FINA World Junior Swimming Champs-HUN	
50 Breast		27.68	<b>19-Jul-17</b>	CUDU- CP	Michael J. Houlie at Commonwealth Youth Games Bahamas 2017	
100 Breast		1:01.49 *	<b>1-Dec-17</b>	CUDU- CP	Michael J. Houlie at WC SUMMER CHAMPS	
100 Breast		1:01.49 *	<b>23-Aug-17</b>	WEST- CP	6th FINA World Junior Swimming Champs-USA Michael J. Houlie at WC SUM	
200 Breast		2:16.97	<b>19-Jul-17</b>	CUDU- CP	Michael J. Houlie at Commonwealth Youth Games Bahamas 2017	
50 Fly		25.16	<b>14-Apr-21</b>	LALE- CE	Ruard Van Renen at SSA Western Cape Jnr and Snr Nationals 2021	
100 Fly		53.28	<b>7-Apr-21</b>	WCA- CP	Ethan M. Du Preez at SA Invitational Aquatic Champ 2021-PE	
200 Fly		1:56.16	<b>26-Feb-21</b>	CYBE- CP	Ethan M. Du Preez at Grand Prix Durban 2021	
200 IM		2:04.26	<b>1-Apr-08</b>	WPA- WP	Sebastien Rousseau at Telkom SA National Aquatic Champs	
400 IM		4:29.11	<b>7-Dec-07</b>	VINE- WP	Sebastien Rousseau at WP Sasko Championships	
18-18		50 Free	23.53	<b>14-Apr-21</b>	VINE- CP	Luke T. Slabber at SSA Western Cape Jnr and Snr Nationals 2021
	100 Free	51.12	<b>12-Dec-08</b>	VINE- WP	Sebastien Rousseau at WP Sasko Championships	
	200 Free	1:49.36	<b>14-Apr-09</b>	WPA- WP	Sebastien Rousseau at SA National Aquatic Champs	
	400 Free	3:49.86	<b>11-Dec-09</b>	MATI- WP	Heerden Herman at WP Sasko Championships	
	800 Free	7:57.32	<b>14-Apr-09</b>	WPA- WP	Heerden Herman at SA National Aquatic Champs	
	1500 Free	15:03.99	<b>11-Dec-09</b>	MATI- WP	Heerden Herman at WP Sasko Championships	
	50 Back	26.70	<b>15-Mar-13</b>	UWCA- WP	Zaahir Gamiet at SA Level 3 National Age Group Champs 2013-KZN	
	100 Back	57.36	<b>13-Apr-15</b>	WPA- WP	Bryan G. Gray at Sa National Aquatic Championship 2015 Durban	
	200 Back	2:04.29	<b>7-Apr-21</b>	WCA- CP	Dylan Wright at SA Invitational Aquatic Champ 2021-PE	
	50 Breast	26.91	<b>8-Apr-19</b>	WCA- CP	Michael J. Houlie at Sa National Aquatic Championship 2019 Durban	
	100 Breast	1:00.44	<b>8-Apr-19</b>	WCA- CP	Michael J. Houlie at Sa National Aquatic Championship 2019 Durban	
	200 Breast	2:18.31	<b>2-Apr-03</b>	WPA- WP	Jay Badenhorst at SA National Aquatic Champs	
	50 Fly	25.31	<b>12-Dec-08</b>	VINE- WP	Sebastien Rousseau at WP Sasko Championships	
	100 Fly	53.22	<b>14-Apr-09</b>	WPA- WP	Sebastien Rousseau at SA National Aquatic Champs	
	200 Fly	1:54.51	<b>26-Jul-09</b>	RSA- ZZ	Sebastien Rousseau at FINA World Champs - Rome	

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**RECORDS -18 & U**

18-18	200 IM	2:00.01	<b>14-Apr-09</b>	WPA- WP	Sebastien Rousseau at SA National Aquatic Champs
	400 IM	4:27.47	<b>12-Dec-08</b>	VINE- WP	Sebastien Rousseau at WP Sasko Championships



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

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