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**RECORDS -Open**
**LC Meters-Women**

50 Free	25.29	*	<b>20-Aug-19</b>	VINE- CP	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
50 Free	25.29	*	<b>16-Apr-12</b>	WPA- WP	hampionship 2012 Durban Aimee Canny at 7TH FINA World Junior Swimmi
100 Free	54.87		<b>20-Aug-19</b>	VINE- CP	Aimee Canny at 7TH FINA World Junior Swimming Champs-HUN
200 Free	2:00.19		<b>7-Apr-21</b>	WCA- CP	Aimee Canny at SA Invitational Aquatic Champ 2021-PE
400 Free	4:08.38		<b>9-Aug-08</b>	RSA- ZZ	Wendy Trott at Olympic Games 2008
800 Free	8:25.71		<b>14-Jun-12</b>	VINE- WP	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-Shanghai
50 Back	28.55		<b>14-Apr-09</b>	WPA- WP	Chanelle van Wyk at SA National Aquatic Champs
100 Back	1:01.65		<b>7-Apr-14</b>	WPA- WP	JESSICA L. ASHLEY-COOPER at Sa National Aquatic Championship 2014 Dur
200 Back	2:13.80		<b>14-Apr-09</b>	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
50 Breast	31.50		<b>29-Mar-01</b>	WPA- WP	Sarah Poewe at Telkom SA National Aquatic Champs
100 Breast	1:07.48		<b>16-Sep-00</b>	RSA- ZZ	Sarah Poewe at 2000 Olympic Games
200 Breast	2:25.54		<b>16-Sep-00</b>	RSA- ZZ	Sarah Poewe at 2000 Olympic Games
50 Fly	27.02		<b>4-Jul-15</b>	UWCA- CP	JESSICA L. ASHLEY-COOPER at 28th Summer Universiade
100 Fly	59.54		<b>14-Apr-09</b>	WPA- WP	Chanelle van Wyk at SA National Aquatic Champs
200 Fly	2:14.09		<b>14-Apr-09</b>	WPA- WP	Christy Lategan at SA National Aquatic Champs
200 IM	2:14.00		<b>14-Apr-09</b>	WPA- WP	Jessica Pengelly at SANational Aquatic Champs
400 IM	4:41.04		<b>9-Aug-08</b>	RSA- ZZ	Jessica Pengelly at Olympic Games 2008
200 Free Relay	1:48.63		<b>10-Dec-14</b>	MATI- WP	A. Kruger, C. KAT, I. Weidemann, T. Maree
400 Free Relay	3:55.53		<b>10-Dec-14</b>	MATI- WP	T. Maree, L. De Jongh, C. KAT, A. Kruger
800 Free Relay	8:43.40		<b>7-Dec-07</b>	VINE- WP	C.Lategan, W.Trott, N.du Toit, M.van Wyk
200 Medley Relay	2:00.81		<b>10-Dec-14</b>	MATI- WP	M. Nieuwstad, A. Walk, T. Maree, A. Kruger
400 Medley Relay	4:26.16		<b>11-Dec-03</b>	VINE- WP	B.Reynolds, N.Burke, C.van Wyk, R.Mouton

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**RECORDS -Open**
**LC Meters-Men**

50 Free	22.89	<b>4-Apr-05</b>	WPA- WP	Karl Thanning at SA National Aquatic Champs
100 Free	48.64	<b>3-Apr-17</b>	DMSS	Chad G. Le Clos at Sa National Aquatic Championship 2017 Durban
200 Free	1:29.08	<b>1-Dec-19</b>	SAAW- CP	Simon M. Haddon at Western Cape Summer Championships 2019
400 Free	3:48.57	<b>16-Apr-12</b>	WPA- WP	HEERDEN HERMAN at Sa National Aquatic Championship 2012 Durban
800 Free	7:56.39	<b>14-Aug-11</b>	RSA	HEERDEN HERMAN at 26th Summer Universiade
1500 Free	14:57.88	<b>10-Dec-10</b>	MATI- WP	HEERDEN HERMAN at WP Sasko Championships
50 Back	26.26	<b>20-Mar-19</b>	CUDU- CP	Henju Duvenhage at SA National JNR Age Group Champs 2019-KZN
100 Back	55.97	<b>6-Jul-99</b>	RSA- ZZ	Simon Thirsk at Universiade 1999 - Palma Majorca
200 Back	2:00.49	<b>4-Feb-17</b>	SAAW- CP	Chad G. Le Clos at 2017 Grand Prix Invitation Swimming Meet-KZN
50 Breast	26.82	<b>3-Jul-19</b>	CUDU- CP	Michael J. Houlie at 30th Summer Universiade - Napoli 2019
100 Breast	59.64	<b>3-Jul-19</b>	CUDU- CP	Michael J. Houlie at 30th Summer Universiade - Napoli 2019
200 Breast	2:16.97	<b>19-Jul-17</b>	CUDU- CP	Michael J. Houlie at Commonwealth Youth Games Bahamas 2017
50 Fly	23.72	<b>7-Apr-21</b>	WCA- CP	Chad G. Le Clos at SA Invitational Aquatic Champ 2021-PE
100 Fly	51.14	<b>6-Aug-16</b>	CLCA- CP	Chad G. Le Clos at 2016 Rio Olympic Games Rio
200 Fly	1:53.33	<b>16-Jul-17</b>	BLMA- CP	Chad G. Le Clos at 17th Fina World Champs Budapest 2017
200 IM	1:59.58	<b>30-Jul-13</b>	VINE- WP	SEBASTIEN D. ROUSSEAU at 2013 U.S. Open Swimming Championships
400 IM	4:11.11	<b>30-Jul-13</b>	VINE- WP	SEBASTIEN D. ROUSSEAU at 2013 U.S. Open Swimming Championships
200 Free Relay	1:35.82	<b>12-Dec-08</b>	MATI- WP	M. du Plessis, S. Lamprecht, A. Oliver, M. Smit
400 Free Relay	3:29.28	<b>11-Dec-09</b>	MATI- WP	H. Herman, A. Oliver, M.Smit, M.Du Plessis
800 Free Relay	7:44.26	<b>11-Dec-09</b>	MATI- WP	A. Oliver, M. du Plessis, L. Aucamp, H. Herman
200 Medley Relay	1:46.21	<b>10-Dec-14</b>	MATI- WP	S. Simencic, N. Spahn, A. Louw, L. Fourie
400 Medley Relay	3:54.78	<b>10-Dec-14</b>	MATI- WP	S. Simencic, N. Spahn, A. Louw, L. Fourie

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**RECORDS -Open****LC Meters-Mixed**

400 Free Relay	10:00.00	<b>10-Apr-16</b>	Club Team	New Relay record
200 Medley Relay	1:51.82	<b>10-Apr-16</b>	L. Fourie, B. Pendock, C. KAT, I. Weidemann	
400 Medley Relay	10:00.00	<b>10-Apr-16</b>	Club Team	New Relay record