
RECORDS 18 & U
SC Meters-Women

10 & U	50 Free	30.92	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	100 Free	1:07.08	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	200 Free	2:27.08	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	400 Free	4:58.02	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	50 Back	33.30	2-Jul-11	CADO- WP	Savanna C. Best at WP Winter League 3	
	100 Back	1:12.01	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	200 Back	2:35.09	2-Jul-11	CADO- WP	Savanna C. Best at WP Winter League 3	
	50 Breast	38.69	11-Jun-11	CADO- WP	Savanna C. Best at WP Winter League 2	
	100 Breast	1:05.38	21-Nov-15	XSAQ- CP	Kiersten C. Pause at WP JUNIOR LEAGUE GALA 4	
	200 Breast	3:02.54	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	50 Fly	34.65	21-May-11	CYBE- WP	Nina Rossouw at WP Winter League 1	
	100 Fly	1:13.88	15-Jul-11	CADO- WP	Savanna C. Best at WP Winter Short Course Championships - 15 Jul	
	100 IM	1:14.75	12-Jul-13	TYGE- WP	Rebecca A. Meder at WP SC Championships 2013	
	200 IM	2:39.90	2-Jul-11	CADO- WP	Savanna C. Best at WP Winter League 3	
	11 & U	200 Free Relay	2:47.40	1-May-09		VINEYARD SWIMMING CLUB
		400 Free Relay	4:52.71	1-May-19		Tygerberg Aquatics
200 Medley Relay		2:57.66	1-May-19		Swimlab Aquatic Academ	
11-11	50 Free	28.86	24-Jul-15	TYGE- CP	Trinity S. Hearne at WP WINTER CHAMPS	
	100 Free	1:02.96	5-Jul-14	AQUA- WP	Kaylee E. Dekker at ARENA PRESTIGE 2014	
	200 Free	2:17.16	5-Jul-14	AQUA- WP	Kaylee E. Dekker at ARENA PRESTIGE 2014	
	400 Free	4:47.78	12-Feb-21	VINE- CP	Abigail Kotze at CTA Long Distance Solidarity Meet	
	800 Free	10:27.62	21-Nov-20	PAQU- CE	Abigail Kotze at Winelands League 2	
	1500 Free	21:51.92	19-Jan-19	CLSC- WC	Bella Mansfield at CTMA Level 2&UP Gala #1	
	50 Back	32.50	30-Jun-12	MATI- WP	Cachel M. Joubert at WP Winter League 3	
	100 Back	1:09.76	2-Jun-12	CADO- WP	Savanna C. Best at WP Winter League 2	
	200 Back	2:30.68	30-Jun-12	MATI- WP	Cachel M. Joubert at WP Winter League 3	
	50 Breast	37.36	16-Jun-12	CADO- WP	Savanna C. Best at WP Youth Day Sprints	
	100 Breast	1:22.40	2-Jun-12	CADO- WP	Savanna C. Best at WP Winter League 2	
	200 Breast	2:56.86	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	50 Fly	31.77	5-Jul-14	AQUA- WP	Kaylee E. Dekker at ARENA PRESTIGE 2014	
	100 Fly	1:10.02	5-Jul-14	AQUA- WP	Kaylee E. Dekker at ARENA PRESTIGE 2014	
	200 Fly	2:42.41	2-Jun-12	CYBE- WP	Nina Rossouw at WP Winter League 2	
	100 IM	1:11.48	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	200 IM	2:35.92	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	400 IM	5:28.29	13-Jul-12	CADO- WP	Savanna C. Best at WP SC Championships	
	12-12	50 Free	28.00	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS
		100 Free	1:00.55	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS
200 Free		2:06.35	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
400 Free		4:22.59	16-Jul-15	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
800 Free		8:57.41	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
1500 Free		18:03.29	4-Jul-15	TYGE- CP	Rebecca A. Meder at WP SENIOR LEAGUE WINTER 2	
50 Back		32.30	16-Jul-15	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
100 Back		1:05.95	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
200 Back		2:21.97	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
50 Breast		33.17	16-Jul-15	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
100 Breast		1:14.17	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
200 Breast		2:37.09	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
50 Fly		29.39	16-Jul-15	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG	
100 Fly		1:07.11	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
200 Fly		2:30.44	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	
100 IM		1:05.67	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS	

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12-12	200 IM	2:20.28	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS
	400 IM	4:53.69	24-Jul-15	TYGE- CP	Rebecca A. Meder at WP WINTER CHAMPS
13-13	50 Free	26.81	15-Jul-16	WSAA- CP	Olivia Nel at Western Cape Winter SC Championships 2016
	100 Free	58.96	15-Jul-16	WSAA- CP	Olivia Nel at Western Cape Winter SC Championships 2016
	200 Free	2:06.89	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016
	400 Free	4:18.65	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016
	800 Free	8:59.45	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016
	1500 Free	18:55.35	24-Oct-20	ASAW- CE	Jo-Ell Viljoen at Winelands League 1
	50 Back	30.95	25-Aug-16	TYGE- CP	Jana Botha at Sa Short Course Swimming Champs (25m) PMBG
	100 Back	1:03.98	15-Jul-16	WSAA- CP	Olivia Nel at Western Cape Winter SC Championships 2016
	200 Back	2:19.57	25-Jun-16	ASA- CP	Honey L. Osrin at WESTERN CAPE QUALIFYING GALA 1
	50 Breast	34.19	21-Sep-13	VINE- WP	Savanna C. Best at KZN SEAGULLS WINTER SC CHAMPS 2013
	100 Breast	1:12.63	24-Jul-15	ASA- CP	Hanim Abrahams at WP WINTER CHAMPS
	200 Breast	2:37.31	24-Jul-15	ASA- CP	Hanim Abrahams at WP WINTER CHAMPS
	50 Fly	29.60	15-Jun-13	VINE- WP	Bailey Desmarais at WP Senior League 2
	100 Fly	1:03.50	12-Jul-13	VINE- WP	Bailey Desmarais at WP SC Championships 2013
	200 Fly	2:24.21	13-Jul-12	TYGE- WP	Ianthè Vd Westhuizen at WP SC Championships
	100 IM	1:06.23	12-Jul-13	VINE- WP	Bailey Desmarais at WP SC Championships 2013
	200 IM	2:20.56	21-Sep-13	VINE- WP	Savanna C. Best at KZN SEAGULLS WINTER SC CHAMPS 2013
	400 IM	4:47.87	15-Jul-16	TYGE- CP	Rebecca A. Meder at Western Cape Winter SC Championships 2016
14-14	50 Free	26.13	21-Jul-17	SAAW- CP	Olivia Nel at Western Cape Winter SC Championships 2017
	100 Free	57.05	21-Jul-17	SAAW- CP	Olivia Nel at Western Cape Winter SC Championships 2017
	200 Free	2:04.06	25-Aug-16	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG
	400 Free	4:18.21	25-Aug-16	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG
	800 Free	8:57.80	20-May-17	TYGE- CP	Rebecca A. Meder at Western Cape Qualifying Gala 1
	1500 Free	17:26.99	29-Sep-07	UWCA- WP	Dominique A. Dryding at Telkom 2007 SA Short Course Champs
	50 Back	29.22	25-Aug-16	WSAA- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) PMBG
	100 Back	1:02.83	25-Aug-16	WSAA- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) PMBG
	200 Back	2:16.89	6-Aug-10	WHFC- WP	Janneke MALAN at Telkom SA Short Course Swimming Champs 2010
	50 Breast	31.90	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG
	100 Breast	1:10.19	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG
	200 Breast	2:31.68	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG
	50 Fly	28.72	16-Jul-15	ASA- CP	Savanna C. Best at Sa Short Course Swimming Champs (25m) PMBG
	100 Fly	1:03.40 *	7-Aug-14	WSAA- WP	Bailey Desmarais at Sa Short Course Swimming Champs (25m) PMBG
	100 Fly	1:03.40 *	7-Aug-14	WSAA- WP	Bailey Desmarais at SA SC SWIMMING CHAMPS (25m) PMBG
	200 Fly	2:22.36 *	7-Aug-14	WSAA- WP	Bailey Desmarais at SA SC SWIMMING CHAMPS (25m) PMBG
	200 Fly	2:22.36 *	7-Aug-14	WSAA- WP	Bailey Desmarais at Sa Short Course Swimming Champs (25m) PMBG
	100 IM	1:04.95	25-Aug-16	ASA- CP	Hanim Abrahams at Sa Short Course Swimming Champs (25m) PMBG
	200 IM	2:16.52	25-Aug-16	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG
15 & U	200 Free Relay	2:47.40	1-May-09		Swimlab Aquatic Academ
	400 Free Relay	3:52.71	1-May-19		Tygerberg Aquatics
	200 Medley Relay	1:57.66	1-May-09		Swimlab Aquatic Academ
	400 Medley Relay	4:17.63	1-May-19		Tygerberg Aquatics
15-15	50 Free	25.59	7-Aug-09	VINE- WP	Peggy de Villiers at Telkom 2009 SA Short Course Champs
	100 Free	56.01	20-Jul-19	KNYD- ED	Aimee Canny at Eden 2nd SC Gala 2019
	200 Free	2:00.97	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17
	400 Free	4:11.96	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17
	800 Free	8:39.93	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17
	1500 Free	17:10.54	25-Aug-16	TYGE- CP	Abi Meder at Sa Short Course Swimming Champs (25m) PMBG
	50 Back	28.89	10-Aug-17	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) PMBG 17
	100 Back	1:02.64	11-Jun-11	WHFC- WP	Janneke MALAN at WP Winter League 2
	200 Back	2:13.15	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs

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15-15	50 Breast	32.78	16-Feb-19	KNYD- ED	Aimee Canny at Dragons night Fury 2019
	100 Breast	1:10.82	5-Oct-17	CUDU- CP	Hanim Abrahams at KZN Seagulls Winter Short Course Championship
	200 Breast	2:34.67	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs
	50 Fly	28.71	17-Oct-20	SEAL- UM	Emma A. Kuhn at Seals October Meet 2020
	100 Fly	1:03.15	9-Aug-18	TYGE- CP	Trinity S. Hearne at Sa Short Course Swimming Champs (25m) Durb 18
	200 Fly	2:15.83	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs
	100 IM	1:03.55	28-Sep-06	STRAN- WP	Jessica Pengelly at Telkom 2006 SA National Short Course Champs
	200 IM	2:13.08	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17
	400 IM	4:37.60	10-Aug-17	TYGE- CP	Rebecca A. Meder at Sa Short Course Swimming Champs (25m) PMBG 17
16-16	50 Free	25.31	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	100 Free	54.27	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	200 Free	1:56.78	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	400 Free	4:09.90	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	800 Free	9:18.71	21-Jul-17	TYGE- CP	Kiara Barnes at Western Cape Winter SC Championships 2017
	1500 Free	17:43.22	10-Aug-17	TYGE- CP	Kiara Barnes at Sa Short Course Swimming Champs (25m) PMBG 17
	50 Back	28.54 *	9-Aug-18	SAAW- CP	Champs (25m) Durb 18 Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	50 Back	28.54 *	9-Aug-18	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	100 Back	1:01.83 *	9-Aug-18	SAAW- CP	Champs (25m) Durb 18 Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	100 Back	1:01.83 *	9-Aug-18	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	200 Back	2:15.19	5-Jul-19	VINE- CP	Hannah C. Pearse at WCA SC Championships 2019
	50 Breast	31.98	26-Sep-20	KNYA- ED	Aimee Canny at WCA Short Course Invitational 2020
	100 Breast	1:11.82	25-Aug-16	TYGE- CP	Tahlia Botha at Sa Short Course Swimming Champs (25m) PMBG
	200 Breast	2:35.50	27-Oct-18	CUDU- CP	Hanim Abrahams at CTMA Qualifying Gala #2
	50 Fly	27.98 *	9-Aug-18	SAAW- CP	Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	50 Fly	27.98 *	9-Aug-18	SAAW- CP	Champs (25m) Durb 18 Olivia Nel at Sa Short Course Swimming Champs (25m) Durb 18
	100 Fly	1:03.90	13-Jul-18	CUDU- CP	Hanim Abrahams at Western Cape Winter SC Championships 2018
	200 Fly	2:19.82	25-Aug-16	ASAC- CP	Kristen C. Straszacker at Sa Short Course Swimming Champs (25m) PMBG
	100 IM	1:00.31	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	200 IM	2:13.84	24-Oct-20	KNYA- ED	Aimee Canny at SA National Short Course Champs (25m)PMBG 202
	400 IM	5:16.75	21-Jul-17	TYGE- CP	Kiara Barnes at Western Cape Winter SC Championships 2017
17-17	50 Free	26.26 *	8-Aug-19	SAAW- CP	Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	50 Free	26.26 *	8-Aug-19	SAAW- CP	hamps (25m) PMBG 19 Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	100 Free	56.78 *	8-Aug-19	SAAW- CP	Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	100 Free	56.78 *	8-Aug-19	SAAW- CP	hamps (25m) PMBG 19 Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	200 Free	2:02.91 *	8-Aug-19	SAAW- CP	Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	200 Free	2:02.91 *	8-Aug-19	SAAW- CP	hamps (25m) PMBG 19 Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	400 Free	4:24.13	9-Aug-18	TYGE- CP	Carli Antonopoulos at Sa Short Course Swimming Champs (25m) Durb 18
	800 Free	9:01.71	13-Jul-18	TYGE- CP	Carli Antonopoulos at Western Cape Winter SC Championships 2018
	1500 Free	17:07.55	9-Aug-18	TYGE- CP	Carli Antonopoulos at Sa Short Course Swimming Champs (25m) Durb 18
	50 Back	28.63	24-Oct-20	VINE- CP	Michaela K. De Villiers at SA National Short Course Champs (25m)PMBG 202
	100 Back	1:02.75	26-Sep-20	VINE- CP	Hannah C. Pearse at WCA Short Course Invitational 2020
	200 Back	2:13.83	24-Oct-20	VINE- CP	Hannah C. Pearse at SA National Short Course Champs (25m)PMBG 202
	50 Breast	32.81	10-Aug-17	TYGE- CP	Tahlia Botha at Sa Short Course Swimming Champs (25m) PMBG 17
	100 Breast	1:11.39	10-Aug-17	TYGE- CP	Tahlia Botha at Sa Short Course Swimming Champs (25m) PMBG 17
	200 Breast	2:33.74	10-Aug-17	TYGE- CP	Tahlia Botha at Sa Short Course Swimming Champs (25m) PMBG 17
	50 Fly	28.50	24-Oct-20	VINE- CP	Michaela K. De Villiers at SA National Short Course Champs (25m)PMBG 202
	100 Fly	1:03.32	31-Oct-20	CYBE- CP	Trinity S. Hearne at CTA TIME TRIAL MEET #2 - CUDU
	200 Fly	2:17.41	9-Aug-18	TYGE- CP	Carli Antonopoulos at Sa Short Course Swimming Champs (25m) Durb 18
	100 IM	1:04.56 *	8-Aug-19	SAAW- CP	hamps (25m) PMBG 19 Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	100 IM	1:04.56 *	8-Aug-19	SAAW- CP	Georgia Nel at Sa Short Course Swimming Champs (25m) PMBG 19
	200 IM	2:20.04	13-Jul-18	CLSC- CP	Hannah R. Kiely at Western Cape Winter SC Championships 2018
	400 IM	4:50.49	30-Sep-17	ASAC- CP	Kristen C. Straszacker at FINA/Airweave Swimming World Cup - Hong Kong
18-18	50 Free	25.76	7-Nov-20	SAAW- CP	Olivia Nel at CTA MEET #1

RECORDS 18 & U

18-18	100 Free	55.52	13-Feb-21	SAAW- CP	Olivia Nel at CTA L2+ SOLIDARITY MEET
	200 Free	2:06.78	7-Nov-20	SAAW- CP	Georgia Nel at CTA MEET #1
	400 Free	4:33.31	6-Sep-19	TYGE- CP	Kiara Barnes at CTA QUALIFYING GALA #1
	800 Free	9:37.72	7-Aug-14	TYGE- CP	Amy Barnes at Sa Short Course Swimming Champs (25m) PMBG
	1500 Free	10:39.99	1-May-15		DUMMY
	50 Back	28.72	13-Feb-21	SAAW- CP	Olivia Nel at CTA L2+ SOLIDARITY MEET
	100 Back	1:01.99	21-Nov-20	SAAW- CP	Olivia Nel at CTA MEET #2
	200 Back	2:18.48	13-Jul-18	ASAC- CP	Kristen C. Straszacker at Western Cape Winter SC Championships 2018
	50 Breast	33.54 *	9-Aug-18	TYGE- CP	amps (25m) Durb 18 Tahlia Botha at Sa Short Course Swimming Champs (2
	50 Breast	33.54 *	9-Aug-18	TYGE- CP	Tahlia Botha at Sa Short Course Swimming Champs (25m) Durb 18
	100 Breast	1:13.16 *	9-Aug-18	TYGE- CP	Tahlia Botha at Sa Short Course Swimming Champs (25m) Durb 18
	100 Breast	1:13.16 *	9-Aug-18	TYGE- CP	amps (25m) Durb 18 Tahlia Botha at Sa Short Course Swimming Champs (2
	200 Breast	2:39.37	9-Aug-18	SAAW- CP	Jeanri Buys at Sa Short Course Swimming Champs (25m) Durb 18
	50 Fly	28.29	9-Aug-18	SAAW- CP	Jeanri Buys at Sa Short Course Swimming Champs (25m) Durb 18
	100 Fly	1:03.93	9-Aug-18	SAAW- CP	Jeanri Buys at Sa Short Course Swimming Champs (25m) Durb 18
	200 Fly	2:33.23	6-Sep-19	TYGE- CP	Kiara Barnes at CTA QUALIFYING GALA #1
	100 IM	1:05.66 *	9-Aug-18	TYGE- CP	Tahlia Botha at Sa Short Course Swimming Champs (25m) Durb 18
	100 IM	1:05.66 *	9-Aug-18	TYGE- CP	amps (25m) Durb 18 Tahlia Botha at Sa Short Course Swimming Champs (2
	200 IM	2:21.65	10-Aug-19	TYGE- CP	Carli Antonopoulos at CTMA MEET #3 - 10Aug'19
	400 IM	5:10.98	13-Jul-18	ASAC- CP	Kristen C. Straszacker at Western Cape Winter SC Championships 2018

RECORDS 18 & U
SC Meters-Men

10 & U	50 Free	30.35	24-Oct-20	BIOS- CE	Eric B. Kotze at Winelands League 1
	100 Free	1:08.08	15-Sep-12	BARR- WP	Luan E. Grobbelaar at WP Second Skins Summer League 2
	200 Free	2:26.13	20-Aug-05	WELL- WP	Jonathan vd Merwe at WP Winter League 1
	400 Free	5:09.64	14-Jul-06	CADO- WP	Jaco Steyn at WP Winter Short Course Championships
	50 Back	35.77	24-Oct-20	BIOS- CE	Eric B. Kotze at Winelands League 1
	100 Back	1:15.12	21-Nov-20	BIOS- CE	Eric B. Kotze at Winelands League 2
	200 Back	2:45.21	13-Jul-12	BARR- WP	Luan E. Grobbelaar at WP SC Championships
	50 Breast	40.30	25-Jun-16	VINE- CP	Rafeeq Isaac at WESTERN CAPE QUALIFYING GALA 1
	100 Breast	1:27.27 *	9-Jul-10	WALM- WP	untun at WP Winter Short Course Championships Marcus J. Gunton at Best Times SCM
	100 Breast	1:27.27 *	1-Jul-11	WALM- CP	Marcus J. Gunton at Best Times SCM
	200 Breast	3:06.99 *	9-Jul-10	WALM- WP	untun at WP Winter Short Course Championships Marcus J. Gunton at Best Times SCM
	200 Breast	3:06.99 *	1-Jul-11	WALM- CP	Marcus J. Gunton at Best Times SCM
	50 Fly	32.01	21-Nov-20	BIOS- CE	Eric B. Kotze at Winelands League 2
	100 Fly	1:14.75	31-Aug-19	QUIC- CP	Conrad M. Strydom at West Coast Spring Invitational Gala 2019
	100 IM	1:13.69	22-Nov-14	TYGE- CP	Dario L. Consani at WPA LITTLE & JUNIOR LEAGUE 8
	200 IM	2:20.53	21-Nov-20	BLMA- CP	Finlay H. Ferguson at CTA MEET #2
11 & U	200 Free Relay	2:44.09	1-Jan-09	VINE- CP	VINEYARD SWIMMING CLUB
	400 Free Relay	5:29.08	1-May-19		VINEYARD SWIMMING CLUB
	200 Medley Relay	2:55.63	1-May-19		VINEYARD SWIMMING CLUB
11-11	50 Free	29.47	9-Jul-10	BARR- WP	Thys Basson at WP Winter Short Course Championships
	100 Free	1:04.46	9-Jul-10	BARR- WP	Thys Basson at WP Winter Short Course Championships
	200 Free	2:19.61	12-Jul-13	BARR- WP	Luan E. Grobbelaar at WP SC Championships 2013
	400 Free	4:54.79	14-Jul-06	WELL- WP	Jonathan vd Merwe at WP Winter Short Course Championships
	800 Free	10:14.12	8-Sep-18	CUDU- CP	Johan Malan at CTMA Qualifying Gala #1
	1500 Free	19:53.90	29-Jul-18	CYBE- CP	Rossouw Van Zyl at CTMA Level 3&UP Gala #3
	50 Back	33.55	18-Aug-18	MATI- CE	Thomas J. Truter at Winelands SL 1
	100 Back	1:09.00	1-Jun-19	VINE- CP	Tai L. Pearson at CTMA MEET #1
	200 Back	2:32.51	12-Jul-13	BARR- WP	Luan E. Grobbelaar at WP SC Championships 2013
	50 Breast	37.74	29-Jul-18	CUDU- CP	Johan Malan at CTMA Level 3&UP Gala #3
	100 Breast	1:22.33	12-Jul-13	BARR- WP	Luan E. Grobbelaar at WP SC Championships 2013
	200 Breast	2:43.43	21-Nov-20	ASAC- CP	Rhys A. Haupt at CTA MEET #2
	50 Fly	31.51	26-Sep-20	QUIC- CP	Conrad M. Strydom at WCA Short Course Invitational 2020
	100 Fly	1:09.41	26-Sep-20	QUIC- CP	Conrad M. Strydom at WCA Short Course Invitational 2020
	200 Fly	2:39.37	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
	100 IM	1:13.17	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
	200 IM	2:33.57	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
	400 IM	5:28.84	15-Jun-13	BARR- WP	Luan E. Grobbelaar at WP Senior League 2
12-12	50 Free	27.32	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	100 Free	58.46	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	200 Free	2:08.49	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	400 Free	4:20.99	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	800 Free	9:09.24	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	1500 Free	18:57.89	12-Feb-21	TYGE- CP	Nic Trower at CTA Long Distance Solidarity Meet
	50 Back	30.21	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	100 Back	1:05.35	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS
	200 Back	2:16.19	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	50 Breast	34.27	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	100 Breast	1:14.41	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	200 Breast	2:36.96	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014
	50 Fly	28.97	18-Jan-20	VINE- CP	Tai L. Pearson at Cape of Good Hope Gala
	100 Fly	1:03.33	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS

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12-12	200 Fly	2:18.03	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS	
	100 IM	1:05.95	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS	
	200 IM	2:18.83	9-Oct-14	BARR- WP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Champs 2014	
	400 IM	4:49.89	24-Jul-15	TYGE- CP	Dylan Wright at WP WINTER CHAMPS	
13-13	50 Free	26.31	26-Sep-20	VINE- CP	Tai L. Pearson at WCA Short Course Invitational 2020	
	100 Free	56.03	13-Feb-21	VINE- CP	Tai L. Pearson at CTA L2+ SOLIDARITY MEET	
	200 Free	2:00.12	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	400 Free	4:11.33	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	800 Free	8:34.60	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	1500 Free	16:45.60	5-Aug-06	CADO- WP	Danie Marais at WP Maties Winter Series 1	
	50 Back	28.87	26-Sep-20	VINE- CP	Tai L. Pearson at WCA Short Course Invitational 2020	
	100 Back	1:00.53	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	100 Back	1:00.53	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	200 Back	2:12.94	26-Sep-20	VINE- CP	Tai L. Pearson at WCA Short Course Invitational 2020	
	50 Breast	32.01	26-Sep-20	FISH- ED	RENIER VAN GREUNEN at WCA Short Course Invitational 2020	
	100 Breast	1:09.04	* 7-Aug-14	WHFC- WP	Willem-Pierre Viljoen at SA SC SWIMMING CHAMPS (25m) PMBG	
	100 Breast	1:09.04	* 7-Aug-14	WHFC- WP	Willem-Pierre Viljoen at Sa Short Course Swimming Champs (25m) PMBG	
	200 Breast	2:25.48	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	200 Breast	2:25.48	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	50 Fly	27.54	10-Oct-20	VINE- CP	Tai L. Pearson at CTA Time Trial Meet #1 - SWEETVALLEY	
	100 Fly	58.41	13-Feb-21	VINE- CP	Tai L. Pearson at CTA L2+ SOLIDARITY MEET	
	200 Fly	2:14.08	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	100 IM	1:03.49	24-Jul-15	BARR- CP	Luan E. Grobbelaar at WP WINTER CHAMPS	
	200 IM	2:12.22	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	200 IM	2:12.22	* 11-Dec-15	CUDU- CP	Luan E. Grobbelaar at Angola National Championships	
	400 IM	4:43.22	15-Jul-16	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2016	
	14-14	50 Free	25.15	16-Jul-09	VINE- WP	Zaahir Gamiet at WP Winter Short Course Championships
100 Free		53.83	16-Jul-09	VINE- WP	Zaahir Gamiet at WP Winter Short Course Championships	
200 Free		1:58.46	21-Jul-17	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2017	
400 Free		4:05.07	21-Jul-17	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2017	
800 Free		8:22.09	21-Jul-17	TYGE- CP	Dylan Wright at Western Cape Winter SC Championships 2017	
1500 Free		16:21.41	21-Jul-07	CADO- WP	Danie Marais at WP Maties Winter Series 1	
50 Back		28.08	6-Oct-16	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
100 Back		59.88	8-Oct-15	CUDU- CP	Luke A. Cillie at KZN Seagulls Winter Short Course Champs 2015	
200 Back		2:06.69	15-Jul-16	CUDU- CP	Luan E. Grobbelaar at Western Cape Winter SC Championships 2016	
50 Breast		30.53	* 12-Jun-15	ASA- CP	Michael J. Houlie at WP WINTER QUALIFY GALA 1	
50 Breast		30.53	* 12-Jun-15	ASA- CP	Mikey Houlie at WP WINTER QUALIFY GALA 1	
100 Breast		1:06.35	15-Jul-16	CUDU- CP	Luan E. Grobbelaar at Western Cape Winter SC Championships 2016	
200 Breast		2:19.11	15-Jul-16	CUDU- CP	Luan E. Grobbelaar at Western Cape Winter SC Championships 2016	
50 Fly		27.43	15-Jun-13	BARR- WP	BRANDON G. ARLOW at WP Senior League 2	
100 Fly		59.04	20-May-17	VINE- CP	Gavin A. Smith at Western Cape Qualifying Gala 1	
200 Fly		2:02.63	26-May-18	CYBE- CP	Ethan M. Du Preez at CTMA Level 3&UP Gala #1	
100 IM		1:00.69	15-Jul-16	CUDU- CP	Luan E. Grobbelaar at Western Cape Winter SC Championships 2016	
200 IM		2:08.92	6-Oct-16	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
400 IM		4:28.71	25-Jun-16	CUDU- CP	Luan E. Grobbelaar at WESTERN CAPE QUALIFYING GALA 1	
15 & U		200 Free Relay	2:34.92	1-May-09		VINEYARD SWIMMING CLUB
		400 Free Relay	4:02.64	29-Aug-09	VINE- CP	VINEYARD SWIMMING CLUB
		200 Medley Relay	2:45.26	1-May-08		VINEYARD SWIMMING CLUB
15-15		50 Free	24.34	29-Jul-06	CADO- WP	Rory Julyan at WP Manta Challenge
	100 Free	53.19	25-Aug-16	CUDU- CP	Luke A. Cillie at Sa Short Course Swimming Champs (25m) PMBG	
	200 Free	1:53.82	5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	
	400 Free	3:57.66	5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship	

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15-15	800 Free	8:14.55	28-Sep-06	MATI- WP	Heerden Herman at Telkom 2006 SA National Short Course Champs
	1500 Free	15:49.28	5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship
	50 Back	26.51	24-Oct-20	VINE- CP	Wikus R. Potgieter at SA National Short Course Champs (25m)PMBG 202
	100 Back	57.11	24-Oct-20	VINE- CP	Wikus R. Potgieter at SA National Short Course Champs (25m)PMBG 202
	200 Back	2:05.49 *	28-Sep-06	MEAN- WP	course Champs Wikus R. Potgieter at SA National Short Course Champs (25m
	200 Back	2:05.49 *	24-Oct-20	VINE- CP	Wikus R. Potgieter at SA National Short Course Champs (25m)PMBG 202
	50 Breast	28.84 *	25-Jun-16	ASAC- CP	Michael J. Houlie at Western Cape Qualifying Gala 1
	50 Breast	28.84 *	25-Jun-16	ASA- CP	STERN CAPE QUALIFYING GALA 1 Michael J. Houlie at Western Cape Qualify
	100 Breast	1:03.48 *	25-Jun-16	ASA- CP	STERN CAPE QUALIFYING GALA 1 Michael J. Houlie at Western Cape Qualify
	100 Breast	1:03.48 *	25-Jun-16	ASAC- CP	Michael J. Houlie at Western Cape Qualifying Gala 1
	200 Breast	2:15.77 *	7-Aug-14	WSAA- WP	Daniel R. Swanepoel at Sa Short Course Swimming Champs (25m) PMBG
	200 Breast	2:15.77 *	7-Aug-14	WSAA- WP	Daniel R. Swanepoel at SA SC SWIMMING CHAMPS (25m) PMBG
	50 Fly	26.27	9-Aug-18	CYBE- CP	Ethan M. Du Preez at Sa Short Course Swimming Champs (25m) Durb 18
	100 Fly	55.84	9-Aug-18	CYBE- CP	Ethan M. Du Preez at Sa Short Course Swimming Champs (25m) Durb 18
	200 Fly	1:58.83	9-Aug-18	CYBE- CP	Ethan M. Du Preez at Sa Short Course Swimming Champs (25m) Durb 18
	100 IM	59.11	9-Jul-10	VINE- WP	Zaahir Gamiet at WP Winter Short Course Championships
	200 IM	2:04.49	5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship
	400 IM	4:20.24	5-Oct-17	CUDU- CP	Luan E. Grobbelaar at KZN Seagulls Winter Short Course Championship
16-16	50 Free	23.75 *	8-Aug-19	VINE- CP	Luke T. Slabber at Sa Short Course Swimming Champs (25m) PMBG 19
	50 Free	23.75 *	8-Aug-19	VINE- CP	s (25m) PMBG 19 Luke T. Slabber at Sa Short Course Swimming Champs (25
	100 Free	52.30	1-Sep-18	CUDU- CP	Luan E. Grobbelaar at Swimming Wellington Short Course Championsl
	200 Free	1:51.11	1-Sep-18	CUDU- CP	Luan E. Grobbelaar at Swimming Wellington Short Course Championsl
	400 Free	3:57.41 *	9-Aug-18	TYGE- CP	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18
	400 Free	3:57.41 *	9-Aug-18	TYGE- CP	amps (25m) Durb 18 Dylan Wright at Sa Short Course Swimming Champs (2
	800 Free	8:14.80 *	9-Aug-18	TYGE- CP	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18
	800 Free	8:14.80 *	9-Aug-18	TYGE	amps (25m) Durb 18 Dylan Wright at Sa Short Course Swimming Champs (2
	1500 Free	15:41.18 *	9-Aug-18	TYGE- CP	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18
	1500 Free	15:41.18 *	9-Aug-18	TYGE- CP	amps (25m) Durb 18 Dylan Wright at Sa Short Course Swimming Champs (2
	50 Back	26.09	5-Oct-17	CUDU- CP	Henju Duvenhage at KZN Seagulls Winter Short Course Championship
	100 Back	55.93	5-Oct-17	CUDU- CP	Henju Duvenhage at KZN Seagulls Winter Short Course Championship
	200 Back	2:00.39 *	9-Aug-18	TYGE	amps (25m) Durb 18 Dylan Wright at Sa Short Course Swimming Champs (2
	200 Back	2:00.39 *	9-Aug-18	TYGE- CP	Dylan Wright at Sa Short Course Swimming Champs (25m) Durb 18
	50 Breast	27.83	25-Aug-16	ASAC- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) PMBG
	100 Breast	1:00.65	25-Aug-16	ASAC- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) PMBG
	200 Breast	2:14.35	25-Aug-16	ASAC- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) PMBG
	50 Fly	25.53	9-Aug-18	VINE- CP	Gavin A. Smith at Sa Short Course Swimming Champs (25m) Durb 14
	100 Fly	55.15	26-Sep-19	CYBE- CP	Ethan M. Du Preez at KZN Seagulls Winter Short Course Championship
	200 Fly	2:00.69	26-Sep-19	CYBE- CP	Ethan M. Du Preez at KZN Seagulls Winter Short Course Championship
	100 IM	58.67 *	5-Jul-19	VINE- CP	at WCA SC Championships 2019 Luke T. Slabber at WCA SC Championships
	100 IM	58.67 *	5-Jul-19	VINE- CP	Luke T. Slabber at WCA SC Championships 2019
	200 IM	2:04.13	1-Sep-18	ROA	Luan E. Grobbelaar at Swimming Wellington Short Course Championsl
	400 IM	4:21.12	1-Sep-18	ROA	Luan E. Grobbelaar at Swimming Wellington Short Course Championsl
17-17	50 Free	23.45	24-Oct-20	VINE- CP	Luke T. Slabber at SA National Short Course Champs (25m)PMBG 202
	100 Free	51.74	26-Sep-20	LALE- CE	Ruard Van Renen at WCA Short Course Invitational 2020
	200 Free	1:51.08	24-Oct-20	LALE- CE	Ruard Van Renen at SA National Short Course Champs (25m)PMBG 202
	400 Free	3:56.85	5-Jul-19	VINE	Gavin A. Smith at WCA SC Championships 2019
	800 Free	8:17.65	24-Oct-20	CYBE- CP	Ethan M. Du Preez at Winelands League 1
	1500 Free	15:51.74	6-Sep-19	TYGE- CP	Dylan Wright at CTA QUALIFYING GALA #1
	50 Back	25.49	24-Oct-20	LALE- CE	Ruard Van Renen at SA National Short Course Champs (25m)PMBG 202
	100 Back	54.90	24-Oct-20	LALE- CE	Ruard Van Renen at SA National Short Course Champs (25m)PMBG 202
	200 Back	2:00.45	10-Aug-19	TYGE- CP	Dylan Wright at CTMA MEET #3 - 10Aug'19
	50 Breast	27.76	5-Oct-17	CUDU- CP	Michael J. Houlie at KZN Seagulls Winter Short Course Championship
	100 Breast	59.55	5-Oct-17	CUDU- CP	Michael J. Houlie at KZN Seagulls Winter Short Course Championship
	200 Breast	2:13.31	5-Oct-17	CUDU- CP	Michael J. Houlie at KZN Seagulls Winter Short Course Championship

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17-17	50 Fly	24.79	24-Oct-20	LALE- CE	Ruard Van Renen at SA National Short Course Champs (25m)PMBG 202
	100 Fly	55.10	24-Oct-20	CYBE- CP	Ethan M. Du Preez at Winelands League 1
	200 Fly	1:58.05	21-Nov-20	CYBE- CP	Ethan M. Du Preez at CTA MEET #2
	100 IM	57.15 *	5-Jul-19	CUDU- CP	Henju Duvenhage at WCA SC Championships 2019
	100 IM	57.15 *	5-Jul-19	CUDU- CP	at WCA SC Championships 2019 Henju Duvenhage at WCA SC Championship
	200 IM	2:00.45 *	10-Aug-19	TYGE- CP	Dylan Wright at CTMA MEET #3 - 10Aug'19
	200 IM	2:00.45 *	10-Aug-19	TYGE- CP	ET #3 - 10Aug'19 ** was this not a back Dylan Wright at CTMA MEET #3 - 1
	400 IM	4:29.21	18-Jan-20	TYGE- CP	Dylan Wright at Cape of Good Hope Gala
18-18	50 Free	23.97	9-Aug-18	CUDU- CP	Jack H. Oliver at Sa Short Course Swimming Champs (25m) Durb 18
	100 Free	52.30	7-Nov-20	TYGE- CP	Dylan Wright at CTA MEET #1
	200 Free	1:52.58	26-Sep-20	TYGE- CP	Dylan Wright at WCA Short Course Invitational 2020
	400 Free	3:57.19	7-Nov-20	TYGE- CP	Dylan Wright at CTA MEET #1
	800 Free	8:11.78	12-Feb-21	CYBE- CP	Righardt Muller at CTA Long Distance Solidarity Meet
	1500 Free	15:25.38	12-Feb-21	CYBE- CP	Righardt Muller at CTA Long Distance Solidarity Meet
	50 Back	25.85	9-Aug-18	CUDU- CP	Jack H. Oliver at Sa Short Course Swimming Champs (25m) Durb 18
	100 Back	55.25	9-Aug-18	CUDU- CP	Jack H. Oliver at Sa Short Course Swimming Champs (25m) Durb 18
	200 Back	1:59.87	9-Aug-18	CUDU- CP	Jack H. Oliver at Sa Short Course Swimming Champs (25m) Durb 18
	50 Breast	27.27 *	9-Aug-18	CUDU- CP	(25m) Durb 18 Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 18
	50 Breast	27.27 *	9-Aug-18	CUDU- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 18
	100 Breast	59.28 *	9-Aug-18	CUDU- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 18
	100 Breast	59.28 *	9-Aug-18	CUDU- CP	(25m) Durb 18 Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 18
	200 Breast	2:14.25 *	9-Aug-18	CUDU- CP	Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 18
	200 Breast	2:14.25 *	9-Aug-18	CUDU- CP	(25m) Durb 18 Michael J. Houlie at Sa Short Course Swimming Champs (25m) Durb 18
	50 Fly	26.09	26-Sep-20	TYGE- CP	Dylan Wright at WCA Short Course Invitational 2020
	100 Fly	56.68	31-Oct-20	TYGE- CP	Dylan Wright at CTA Time Trial Meet #2 - TYGE
	200 Fly	2:05.59	7-Nov-20	TYGE- CP	Dylan Wright at CTA MEET #1
	100 IM	58.68	5-Jul-19	CYBE- CP	Luke A. Cillie at WCA SC Championships 2019
	200 IM	2:06.39	3-Oct-20	TYGE- CP	Dylan Wright at CTA Time Trial Meet #1 - TYGE
	400 IM	4:32.53	17-Oct-20	TYGE- CP	Dylan Wright at The CLSC Club Gala
	400 Medley Relay	3:48.17	1-May-19		Swimlab Aquatic Academ S. Haddon, C. Berry, J. Griffiths, J. Botha

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

11 & U	200 Free Relay	2:38.58	1-May-19	Tygerberg Aquatics
	400 Free Relay	3:47.76	1-May-19	VINEYARD SWIMMING CLUB
	200 Medley Relay	2:51.17	1-May-19	VINEYARD SWIMMING CLUB
15 & U	200 Free Relay	2:38.58	1-May-09	Swimlab Aquatic Academ
	400 Free Relay	3:47.76	1-May-09	VINEYARD SWIMMING CLUB
	200 Medley Relay	2:51.17	1-May-09	VINEYARD SWIMMING CLUB
	400 Medley Relay	4:12.32	1-May-19	VINEYARD SWIMMING CLUB