
RECORDS -Open
LC Meters-Women

50 Free	24.97	21-Apr-23	WCA- CPT	Anastazia Krautkramer at SA Schools Swimming Championship 2023
100 Free	54.65	12-Apr-23	WCA- CPT	Aimee Canny at SA National Aquatic SNR-Champ 2023-PE
200 Free	1:55.83	12-Apr-23	WCA- CPT	Annelize De Villiers at SA National Aquatic SNR-Champ 2023-PE
400 Free	4:08.38	9-Aug-08	RSA- ZZ	Wendy Trott at Olympic Games 2008
800 Free	8:25.71	14-Jun-12	VINE- WP	WENDY A. TROTT at 49Th International Swimming-Sette Colli-Roma
1500 Free	16:05.63	24-Jul-11	RSA	WENDY A. TROTT at 14th Fina World Championships 2011-Shanghai
50 Back	19.04	19-Nov-21	FISH- ED	HANNAH DE NECKER at Eden LC Champs 2021
100 Back	1:01.65	7-Apr-14	WPA- WP	JESSICA L. ASHLEY-COOPER at Sa National Aquatic Championship 2014 Dur
200 Back	2:13.80	14-Apr-09	WPA- WP	Jessica Pengelly at SA National Aquatic Champs
50 Breast	31.50	29-Mar-01	WPA- WP	Sarah Poewe at Telkom SA National Aquatic Champs
100 Breast	1:07.48	* 16-Sep-00	RSA- ZZ	Sarah Poewe at 2000 Olympic Games
100 Breast	1:07.48	* 16-Sep-00	RSA- ZZ	Sarah Poewe at 2000 Olympic Games
200 Breast	2:25.54	16-Sep-00	RSA- ZZ	Sarah Poewe at 2000 Olympic Games
50 Fly	27.02	4-Jul-15	UWCA- CP	JESSICA L. ASHLEY-COOPER at 28th Summer Universiade
100 Fly	59.54	14-Apr-09	WPA- WP	Chanelle van Wyk at SA National Aquatic Champs
200 Fly	2:14.09	14-Apr-09	WPA- WP	Christy Lategan at SA National Aquatic Champs
200 IM	2:13.35	12-Apr-23	WCA- CPT	Aimee Canny at SA National Aquatic SNR-Champ 2023-PE
400 IM	4:41.04	9-Aug-08	RSA- ZZ	Jessica Pengelly at Olympic Games 2008
200 Free Relay	1:48.63	10-Dec-14	MATI- WP	A. Kruger, C. KAT, I. Weidemann, T. Maree
400 Free Relay	3:55.53	10-Dec-14	MATI- WP	T. Maree, L. De Jongh, C. KAT, A. Kruger
800 Free Relay	8:43.40	7-Dec-07	VINE- WP	C.Lategan, W.Trott, N.du Toit, M.van Wyk
200 Medley Relay	2:00.81	10-Dec-14	MATI- WP	M. Nieuwstad, A. Walk, T. Maree, A. Kruger
400 Medley Relay	4:26.16	11-Dec-03	VINE- WP	B.Reynolds, N.Burke, C.van Wyk, R.Mouton

RECORDS -Open
LC Meters-Men

50 Free	22.79	12-Apr-23	WCA- CPT	Chad G. Le Clos at SA National Aquatic SNR-Champ 2023-PE
100 Free	48.64	3-Apr-17	DMSS	Chad G. Le Clos at Sa National Aquatic Championship 2017 Durban
400 Free	3:48.57	16-Apr-12	WPA- WP	HEERDEN HERMAN at Sa National Aquatic Championship 2012 Durban
800 Free	7:56.39	14-Aug-11	RSA	HEERDEN HERMAN at 26th Summer Universiade
1500 Free	14:57.88	10-Dec-10	MATI- WP	HEERDEN HERMAN at WP Sasko Championships
50 Back	26.22	12-Apr-23	WCA- CPT	Ruard Van Renen at SA National Aquatic SNR-Champ 2023-PE
100 Back	54.56	12-Apr-23	WCA- CPT	Ruard Van Renen at SA National Aquatic SNR-Champ 2023-PE
200 Back	1:20.55	29-Mar-22	CUDU- CP	Ernst Bezuidenhout at SA Regional SNR & JNR Champs 2022
50 Breast	26.82	3-Jul-19	CUDU- CP	Michael J. Houlie at 30th Summer Universiade - Napoli 2019
100 Breast	59.64	3-Jul-19	CUDU- CP	Michael J. Houlie at 30th Summer Universiade - Napoli 2019
200 Breast	2:16.97	19-Jul-17	CUDU- CP	Michael J. Houlie at Commonwealth Youth Games Bahamas 2017
50 Fly	23.67	29-Jul-22	CYBE- CPT	Chad G. Le Clos at Commonwealth Games 2022 Birmingham
200 Fly	1:53.33	16-Jul-17	BLMA- CP	Chad G. Le Clos at 17th Fina World Champs Budapest 2017
200 IM	1:59.58	30-Jul-13	VINE- WP	SEBASTIEN D. ROUSSEAU at 2013 U.S. Open Swimming Championships
400 IM	4:11.11	30-Jul-13	VINE- WP	SEBASTIEN D. ROUSSEAU at 2013 U.S. Open Swimming Championships
200 Free Relay	1:35.82	12-Dec-08	MATI- WP	M. du Plessis, S. Lamprecht, A. Oliver, M. Smit
400 Free Relay	3:29.28	11-Dec-09	MATI- WP	H. Herman, A. Oliver, M.Smit, M.Du Plessis
800 Free Relay	7:44.26	11-Dec-09	MATI- WP	A. Oliver, M. du Plessis, L. Aucamp, H. Herman
200 Medley Relay	1:46.21	10-Dec-14	MATI- WP	S. Simencic, N. Spahn, A. Louw, L. Fourie
400 Medley Relay	3:54.78	10-Dec-14	MATI- WP	S. Simencic, N. Spahn, A. Louw, L. Fourie

RECORDS -Open**LC Meters-Mixed**

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