

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|---------------------------------|-------|-------|------|------------------------|----|------|-----|------------|---------------------------------------|
| Women 18-18 50 Free | | | | | | | | | |
| 1 | 25.66 | L S | F | Olivia Nel | 18 | WCA | WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 2 | 26.68 | L | F | Kelsea Munro | 18 | AGC | FSH | 16/04/2021 | SA Regional National Championships |
| 3 | 26.70 | L S | F | Kate Meyer | 18 | ECA | NMA | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 4 | 26.88 | L | F | Michaela De Villiers | 18 | VINE | CPT | 26/02/2021 | Grand Prix Durban 2021 |
| 5 | 27.10 | L S | F | Georgia Nel | 18 | WCA | WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 6 | 27.27 | L | F | Rebecca Meder | 18 | SGUL | ETH | 09/01/2021 | 2021 Grand Prix Invitation Swimming |
| 7 | 27.43 | L | F | Kirsten De Goede | 18 | SGUL | ETH | 26/02/2021 | Grand Prix Durban 2021 |
| 8 | 27.54 | L S | P | Carla Meikle | 18 | KZNA | ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 9 | 27.65 | L | P | Nichola Greyling | 18 | NWS | | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 10 | 27.78 | L | F | Zoe Phillips | 18 | TUKS | FSH | 11/12/2020 | NTS Championships 2020 |
| 11 | 27.85 | L | F | Hannah Pearse | 18 | VINE | CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 12* | 28.07 | L | P | Hannah Counihan | 18 | ECA | NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 12* | 28.07 | L | F | Lana Janson | 18 | TYGE | CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 14 | 28.21 | L S | P | Kendra Du Toit | 18 | SOUL | EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 15 | 28.23 | L S | P | Nuria Ribeiro | 18 | WCA | WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 16 | 28.33 | L | F | Aletta Gersbach | 18 | RFA | FSH | 11/12/2020 | NTS Championships 2020 |
| 17 | 28.37 | L S | P | Gina Miller | 18 | AGB | JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 18 | 28.50 | L | P | Jana Botha | 18 | TYGE | CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 19 | 28.61 | L | F | Kieryn Letley | 18 | ESTR | EKU | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 20 | 28.72 | L | P | Kaitlyn Albertyn | 18 | AGC | FSH | 16/04/2021 | SA Regional National Championships |
| 21 | 28.75 | L | F | Dominique Barnard | 18 | TRAZ | FSH | 23/10/2020 | NTS October Lev 3+ Age Group |
| 22 | 28.81 | L | F | Alida Van der Merwe | 18 | BLOT | MAN | 07/12/2020 | Free State Champs |
| 23 | 28.84 | L | P | Demi-Lee Carlisle | 18 | AGB | JHB | 16/04/2021 | SA Regional National Championships |
| 24 | 28.99 | L | F | Dinica Bosman | 18 | SEAL | UMD | 06/04/2021 | SA Aquatic (Senior) Championship |
| 25 | 29.04 | L | F | Alexia Velde | 18 | AQUA | BUF | 21/11/2020 | BCA November Age Group Gala 2020 |
| 26 | 29.15 | L | P | Alexa Van Thiel | 18 | AGB | JHB | 16/04/2021 | SA Regional National Championships |
| 27 | 29.17 | L | P | Talia Fos | 18 | AGB | JHB | 16/04/2021 | SA Regional National Championships |
| 28 | 29.43 | L | P | Jordainne Kazimierczak | 18 | FLOD | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 29 | 29.57 | L | F | Emma Podesta | 18 | PEAS | NMA | 11/12/2020 | NMBA Championships 2020 |
| 30 | 29.62 | L | F | Courtney Repinz | 18 | PEAS | NMA | 11/12/2020 | NMBA Championships 2020 |
| 31 | 29.66 | L | F | Nicole Viljoen | 18 | CSA | EZD | 12/02/2021 | MP AGE GROUP 5 GALA 12 - 13 |
| 32 | 29.79 | L | F | Jaime Storm | 18 | TUKS | FSH | 26/02/2021 | Grand Prix Durban 2021 |
| 33 | 29.81 | L | F | Idel  du Toit | 18 | POTC | KKD | 16/12/2020 | NWS Championships 2020/2021 |
| 34 | 30.10 | L | F | Carli Venter | 18 | RBUR | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 35 | 30.16 | L | F | Zoe Sinclair | 18 | TUKS | FSH | 27/02/2021 | NTS Feb SANJ+ AG Gala Group 2 |
| 36 | 30.18 | L | P | Gabriela Jardim | 18 | FLOD | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 37 | 30.25 | L | F | Tasneen Ebrahim | 18 | PEAS | NMA | 19/02/2021 | 3rd A League Gala 2021 |
| 38 | 30.32 | L | F | Danielle Immelman | 18 | FAAC | FBD | 12/02/2021 | Flamingo Gala 12 - 13 February 2021 |
| 39 | 30.41 | L | F | Joane Meintjies | 18 | BLOT | MAN | 07/12/2020 | Free State Champs |
| 40 | 30.61 | L | F | Trisha Pollicutte | 18 | CLSC | WCD | 15/12/2020 | Western Cape Long Course |
| 41 | 30.69 | L | P | Taylor Pharoah | 18 | TUKS | FSH | 11/12/2020 | NTS Championships 2020 |
| 42 | 31.00 | L | F | Anica Dennis | 18 | NWUC | KKD | 16/12/2020 | NWS Championships 2020/2021 |
| 43* | 31.12 | L S | P | Adri Opperman | 18 | BOKS | EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 43* | 31.12 | L | P | Courtney De Villiers | 18 | MSC | NGD | 11/12/2020 | Mpumalanga Championships 2020 |
| 45 | 31.25 | L | F | Cailin Coetzee | 18 | BLNE | MAN | 06/02/2021 | Otters Prestige Gala |
| 46* | 31.33 | L S | F | Amidre Snyman | 18 | BLOT | MAN | 31/10/2020 | Solidarity Grand Prix 4 |
| 46* | 31.33 | L | F | Carla Lichtblau | 18 | ONYX | EKU | 28/11/2020 | EGA Summer 4 |
| 48 | 31.65 | L | P | Allison Marx | 18 | PER | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 49 | 31.67 | L | F | Imke van Wyk | 18 | BULS | MAN | 07/12/2020 | Free State Champs |
| 50 | 31.70 | L | F | Judi Smith | 18 | QUIC | CPT | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 |
| 51* | 31.93 | L | P | Racheal | 18 | RFA | FSH | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 51* | 31.93 | L | F | Marinet Vd Walt | 18 | RBUR | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 53 | 32.05 | L | F | Tawananyasha Makudo | 18 | ISSC | NMD | 26/02/2021 | NW Level 3+ Provincial |
| 54 | 32.32 | L | F | Paula Van Zyl | 18 | KZNA | ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 55 | 33.19 | L | F | Katelyn Marais | 18 | AGB | JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |

Individual Top Times

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Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|----------------------------------|-------------|-------|------------------------|--------|-----------|------------|---------------------------------------|--|
| 56 | 33.64 L | F | Telize Sevenster | 18 | VALS FDD | 07/12/2020 | Free State Champs | |
| 57 | 33.69 L | F | Mikyla Bornman | 18 | BLSS MAN | 07/12/2020 | Free State Champs | |
| 58 | 34.22 L | F | Nicole Mogajane | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 | |
| 59 | 34.24 L | F | Anine Hugo | 18 | PAQU CED | 30/10/2020 | 39th Freda Barnard Invitational Gala | |
| 60 | 36.09 L | F | Suné Erasmus | 18 | ROA EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala | |
| 61 | 37.05 L | F | simone van wyk | 18 | HEIDE MAN | 13/02/2021 | Kovsie Gala | |
| 62 | 38.42 L | F | Karléne Ludik | 18 | KTS JTD | 06/02/2021 | EXTRA KALAHARI GALA KATHU | |
| 63 | 44.90 L | F | Olorato Makgale | 18 | ISSC NMD | 26/02/2021 | NWS Level 2 Provincial | |
| 64 | 59.79 L | F | Goodness Mlotshwa | 18 | ATTE TSH | 04/12/2020 | 2020 The Tshwane Mayoral Gala | |
| Women 18-18 100 Free | | | | | | | | |
| 1 | 55.84 L | F | Rebecca Meder | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 2 | 56.26 L | F | Olivia Nel | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 3 | 57.46 L | F | Dune Coetzee | 18 | TUKS TSH | 11/12/2020 | NTS Championships 2020 | |
| 4 | 57.60 L | F | Georgia Nel | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 5 | 58.24 L | F | Kirsten De Goede | 18 | SGUL ETH | 06/04/2021 | SA Aquatic (Senior) Championship | |
| 6 | 58.99 L | P | Kate Meyer | 18 | ECA NMA | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 7 | 59.07 L | F | Carla Meikle | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 8 | 59.31 L | P | Kerryn Herbst | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 9 | 59.69 L | P | Kelsea Munro | 18 | AGC TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 10 | 59.94 L | F | Hannah Pearse | 18 | VINE CPT | 14/04/2021 | Western Cape SANJ and Senior | |
| 11 | 1:00.15 L | P | Gina Miller | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 12 | 1:00.16 L | F | Nichola Greyling | 18 | NWS | 14/04/2021 | SA Aquatic (Senior) Championship 2021 | |
| 13 | 1:00.21 L | F | Michaela De Villiers | 18 | VINE CPT | 26/02/2021 | Grand Prix Durban 2021 | |
| 14 | 1:00.49 L | P | Zoe Phillips | 18 | AGC TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 15 | 1:01.00 L | F | Kendra Du Toit | 18 | SOUL ECU | 09/12/2020 | EGA Summer Champs 2020 | |
| 16 | 1:01.02 L | F | Aletta Gersbach | 18 | RFA TSH | 11/12/2020 | NTS Championships 2020 | |
| 17 | 1:01.08 L | F | Hannah Counihan | 18 | ECA NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 | |
| 18* | 1:02.48 L | F | Dominique Barnard | 18 | TRAZ TSH | 11/12/2020 | NTS Championships 2020 | |
| 18* | 1:02.48 L | F | Lana Janson | 18 | TYGE CPT | 15/12/2020 | Western Cape Long Course | |
| 20 | 1:02.54 L S | P | Kaitlyn Albertyn | 18 | AGC TSH | 16/04/2021 | SA Regional National Championships | |
| 21 | 1:02.79 L | P | Nuria Ribeiro | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 22 | 1:02.80 L S | P | Demi-Lee Carlisle | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 23 | 1:03.02 L | F | Jana Botha | 18 | TYGE CPT | 15/12/2020 | Western Cape Long Course | |
| 24 | 1:03.13 L | F | Dinica Bosman | 18 | SEAL UMD | 06/04/2021 | SA Aquatic (Senior) Championship | |
| 25 | 1:03.25 L | P | Jordainne Kazimierczak | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 26 | 1:03.79 L | F | Carmel Lombard | 18 | SEAL UMD | 26/02/2021 | Grand Prix Durban 2021 | |
| 27 | 1:03.84 L | F | Alida Van der Merwe | 18 | BLOT MAN | 07/12/2020 | Free State Champs | |
| 28 | 1:03.90 L S | P | Talia Fos | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 29 | 1:03.95 L | F | Tasneen Ebrahim | 18 | PEAS NMA | 19/02/2021 | 3rd A League Gala 2021 | |
| 30 | 1:04.15 L | F | Emma Podesta | 18 | ECA NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 | |
| 31 | 1:04.63 L S | P | Jaime Storm | 18 | AGC TSH | 16/04/2021 | SA Regional National Championships | |
| 32 | 1:04.72 L | F | Zoe Sinclair | 18 | TUKS TSH | 27/02/2021 | NTS Feb SANJ+ AG Gala Group 2 | |
| 33 | 1:04.79 L | P | Chloe Van Driel | 18 | TUKS TSH | 11/12/2020 | NTS Championships 2020 | |
| 34 | 1:04.96 L S | P | Alexa Van Thiel | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 35 | 1:05.13 L | F | Courtney Repinz | 18 | PEAS NMA | 11/12/2020 | NMBA Championships 2020 | |
| 36 | 1:05.39 L | F | Anica Dennis | 18 | NWUC KKD | 19/03/2021 | SA Level 3 Regional Age Group | |
| 37 | 1:05.84 L | F | Idelé du Toit | 18 | POTC KKD | 26/02/2021 | NW Level 3+ Provincial | |
| 38 | 1:05.87 L | F | Gabriela Jardim | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 39 | 1:06.02 L | F | Carli Venter | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 40 | 1:06.54 L | F | Marjean Kupfer | 18 | ELEC JHB | 06/03/2021 | CGA Last Chance Level 3+ gala | |
| 41 | 1:06.55 L | F | Leah Bennett | 18 | TUKS TSH | 20/11/2020 | NTS November 2020 Age Group Gala | |
| 42 | 1:06.93 L | F | Kiernyn Letley | 18 | ESTR ECU | 27/02/2021 | EGA Last Chance Summer Gala L3 (S1) | |
| 43 | 1:07.16 L | F | Danielle Immelman | 18 | FAAC FBD | 19/03/2021 | SA Level 3 Regional Age Group | |
| 44* | 1:07.81 L | P | Racheal | 18 | RFA TSH | 11/12/2020 | NTS Championships 2020 | |
| 44* | 1:07.81 L | F | Cailin Coetzee | 18 | BLNE MAN | 27/02/2021 | Neptune Gala | |
| 46 | 1:07.88 L | P | Courtney De Villiers | 18 | MSC NGD | 11/12/2020 | Mpumalanga Championships 2020 | |
| 47 | 1:07.94 L | F | Kaelin Rogge | 18 | AZON ETH | 28/11/2020 | Aquazone LC Gala 1 | |
| 48 | 1:08.22 L | F | Nicole Viljoen | 18 | CSA EZD | 12/02/2021 | MP AGE GROUP 5 GALA 12 - 13 | |
| 49 | 1:08.87 L | F | Carla Lichtblau | 18 | ONYX ECU | 07/11/2020 | EGA Summer 3 | |

Individual Top Times

Times since: 01-May-20 **Times until: 30-Apr-21**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | |
|----------------------------------|---------|-------|------|------------------------|----|-----------|------------|---------------------------------------|
| 50 | 1:08.99 | L | F | Adri Opperman | 18 | BOKS EKU | 28/11/2020 | EGA Summer 4 |
| 51 | 1:09.28 | L | F | Judi Smith | 18 | QUIC CPT | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 |
| 52 | 1:09.46 | L | F | Amidre Snyman | 18 | BLOT MAN | 25/09/2020 | Sa Short Course Champs LC 2020 FSA |
| 53 | 1:10.37 | L | F | Marinet Vd Walt | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 54 | 1:11.25 | L S | F | Paula Van Zyl | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 55 | 1:11.50 | L | P | Allison Marx | 18 | PER JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 56 | 1:12.26 | L | F | Tawananyasha Makudo | 18 | ISSC NMD | 26/02/2021 | NW Level 3+ Provincial |
| 57 | 1:12.95 | L | F | Imke van Wyk | 18 | BULS MAN | 19/03/2021 | SA Level 3 Regional Age Group |
| 58 | 1:14.06 | L | F | Alexia Velde | 18 | AQUA BUF | 21/11/2020 | BCA November Age Group Gala 2020 |
| 59 | 1:14.45 | L | F | Kayla Olivier | 18 | TASC MPD | 13/02/2021 | Limpopo Champs |
| 60 | 1:14.97 | L S | F | Katelyn Marais | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 61 | 1:15.02 | L | F | Mikyla Bornman | 18 | BLSS MAN | 07/12/2020 | Free State Champs |
| 62 | 1:16.42 | L | F | Anine Hugo | 18 | PAQU CED | 30/10/2020 | 39th Freda Barnard Invitational Gala |
| 63 | 1:16.75 | L | F | Elseri Pienaar | 18 | UPTS ZMD | 05/12/2020 | CHRISTMAS GALA KATHU |
| 64 | 1:17.63 | L | F | Telize Sevenster | 18 | VALS FDD | 07/12/2020 | Free State Champs |
| 65 | 1:19.06 | L | F | Nicole Mogajane | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 66 | 1:25.93 | L | F | Suné Erasmus | 18 | ROA EDD | 21/11/2020 | EDEN 2nd A-League Gala 2020 |
| 67 | 1:29.63 | L | F | Karléne Ludik | 18 | KTS JTD | 27/02/2021 | END OF SEASON GALA KATHU |
| 68 | 1:33.03 | L | F | simone van wyk | 18 | HEIDE MAN | 07/12/2020 | Free State Champs |
| 69 | 1:50.96 | L | F | Olorato Makgale | 18 | ISSC NMD | 26/02/2021 | NWS Level 2 Provincial |
| Women 18-18 200 Free | | | | | | | | |
| 1 | 2:00.29 | L | F | Rebecca Meder | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 2 | 2:00.69 | L | F | Dune Coetzee | 18 | AGC FSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 3 | 2:08.19 | L | P | Georgia Nel | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 4 | 2:10.52 | L | F | Gina Miller | 18 | HASC JHB | 06/03/2021 | CGA Last Chance Level 3+ gala |
| 5 | 2:11.65 | L | F | Lana Janson | 18 | TYGE CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 6 | 2:11.78 | L | F | Carla Meikle | 18 | SEAL UMD | 26/02/2021 | Grand Prix Durban 2021 |
| 7 | 2:11.93 | L S | F | Zoe Phillips | 18 | TUKS FSH | 11/12/2020 | NTS Championships 2020 |
| 8 | 2:12.50 | L | F | Hannah Pearse | 18 | VINE CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 9 | 2:12.89 | L | P | Kelsea Munro | 18 | AGC FSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 10 | 2:13.02 | L | F | Nichola Greyling | 18 | NWS | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 11 | 2:13.33 | L | F | Hannah Counihan | 18 | ECA NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 12 | 2:13.66 | L | P | Kaitlyn Albertyn | 18 | AGC FSH | 16/04/2021 | SA Regional National Championships |
| 13 | 2:15.28 | L | P | Jana Botha | 18 | TYGE CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 14 | 2:16.02 | L | F | Aletta Gersbach | 18 | AGC FSH | 16/04/2021 | SA Regional National Championships |
| 15 | 2:16.82 | L | P | Idelé du Toit | 18 | NWS | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 16 | 2:17.27 | L | F | Jordainne Kazimierczak | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 17 | 2:17.49 | L | F | Tasneen Ebrahim | 18 | PEAS NMA | 19/02/2021 | 3rd A League Gala 2021 |
| 18 | 2:17.55 | L | P | Michaela De Villiers | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 19 | 2:20.27 | L | F | Zoe Sinclair | 18 | TUKS FSH | 26/02/2021 | NTS Feb SANJ+ AG Gala Group |
| 20 | 2:21.39 | L | F | Carmel Lombard | 18 | SEAL UMD | 26/02/2021 | Grand Prix Durban 2021 |
| 21 | 2:21.55 | L | F | Anica Dennis | 18 | NWUC KKD | 19/03/2021 | SA Level 3 Regional Age Group |
| 22 | 2:22.76 | L S | P | Chloe Van Driel | 18 | TUKS FSH | 11/12/2020 | NTS Championships 2020 |
| 23 | 2:22.95 | L | F | Alida Van der Merwe | 18 | BLOT MAN | 07/12/2020 | Free State Champs |
| 24 | 2:23.06 | L | F | Talia Fos | 18 | AEC JHB | 06/03/2021 | CGA Last Chance Level 3+ gala |
| 25 | 2:23.58 | L | F | Courtney Repinz | 18 | PEAS NMA | 11/12/2020 | NMBA Championships 2020 |
| 26 | 2:24.79 | L | F | Pascale Oberholzer | 18 | MDOL JHB | 09/01/2021 | 2021 Grand Prix Invitation Swimming |
| 27 | 2:25.59 | L | P | Gabriela Jardim | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 28 | 2:26.98 | L S | P | Racheal | 18 | RFA FSH | 11/12/2020 | NTS Championships 2020 |
| 29 | 2:28.81 | L | F | Dominique Straub | 18 | ACAQ CCD | 13/02/2021 | Limpopo Champs |
| 30 | 2:30.56 | L | F | Courtney De Villiers | 18 | MSC NGD | 06/11/2020 | MP AGE GROUP 3 GALA 6-7 |
| 31 | 2:31.56 | L | F | Cailin Coetzee | 18 | BLNE MAN | 27/02/2021 | Neptune Gala |
| 32 | 2:31.91 | L | F | Danielle Immelman | 18 | FAAC FBD | 18/02/2021 | Provincial Level 3 - 18 - 21 Feb 2021 |
| 33 | 2:33.24 | L | F | Judi Smith | 18 | QUIC CPT | 15/12/2020 | Western Cape Long Course |
| 34 | 2:35.68 | L | F | Carli Venter | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 35 | 2:35.70 | L | F | Amidre Snyman | 18 | BLOT MAN | 31/10/2020 | Solidarity Grand Prix 4 |
| 36 | 2:37.45 | L | F | Paula Van Zyl | 18 | AQU ADJ | 26/02/2021 | Grand Prix Durban 2021 |
| 37 | 2:41.97 | L | F | Anine Hugo | 18 | PAQU CED | 30/10/2020 | 39th Freda Barnard Invitational Gala |
| 38 | 2:43.94 | L | F | Marinet Vd Walt | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 |

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| | Time | P/F/S | Name | Age/Yr | | | | |
|-----------------------------------|----------|-------|------|----------------------|----|----------|------------|---------------------------------------|
| 39 | 2:48.87 | L | F | Elseri Pienaar | 18 | UPTS ZMD | 05/12/2020 | CHRISTMAS GALA KATHU |
| 40 | 2:50.09 | L | F | Mikyla Bornman | 18 | BLSS MAN | 07/12/2020 | Free State Champs |
| 41 | 2:50.42 | L | F | Imke van Wyk | 18 | BULS MAN | 28/11/2020 | Neptune Back in the Pool |
| 42 | 2:51.51 | L | F | Tawananyasha Makudo | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 43 | 2:54.74 | L | F | Katelyn Marais | 18 | MDOL JHB | 06/03/2021 | CGA Last Chance Level 3+ gala |
| 44 | 3:02.67 | L | F | Nicole Mogajane | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 45 | 3:07.00 | L | F | Suné Erasmus | 18 | ROA EDD | 21/11/2020 | EDEN 2nd A-League Gala 2020 |
| 46 | 3:37.50 | L | F | Karléne Ludik | 18 | KTS JTD | 05/12/2020 | CHRISTMAS GALA KATHU |
| Women 18-18 400 Free | | | | | | | | |
| 1 | 4:13.75 | L | F | Dune Coetzee | 18 | TUKS TSH | 11/12/2020 | NTS Championships 2020 |
| 2 | 4:32.10 | L | F | Hannah Pearse | 18 | VINE CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 3 | 4:32.86 | L | F | Gina Miller | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 4 | 4:35.47 | L | F | Stephanie Houtman | 18 | TUKS TSH | 26/02/2021 | NTS Feb SANJ+ AG Gala Group |
| 5 | 4:39.13 | L | F | Hannah Counihan | 18 | ECA NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 6 | 4:41.11 | L | F | Kaitlyn Albertyn | 18 | AGC TSH | 16/04/2021 | SA Regional National Championships |
| 7 | 4:43.59 | L | F | Jessica Booth | 18 | INFA NMA | 19/02/2021 | 3rd A League Gala 2021 |
| 8 | 4:52.78 | L | F | Idelé du Toit | 18 | NWS | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 9 | 4:58.10 | L | F | Talia Fos | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships |
| 10 | 5:01.41 | L | F | Nichola Greyling | 18 | HARB BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 11 | 5:05.27 | L | F | Anica Dennis | 18 | NWUC KKD | 19/03/2021 | SA Level 3 Regional Age Group |
| 12 | 5:09.35 | L | F | Demi-Lee Carlisle | 18 | FLOD JHB | 06/03/2021 | CGA Last Chance Level 3+ gala |
| 13 | 5:18.42 | L | F | Marjean Kupfer | 18 | ELEC JHB | 06/03/2021 | CGA Last Chance Level 3+ gala |
| 14 | 5:20.15 | L | F | Chloe Van Driel | 18 | TUKS TSH | 20/11/2020 | NTS November 2020 Age Group Gala |
| 15 | 5:22.21 | L | F | Judi Smith | 18 | QUIC CPT | 15/12/2020 | Western Cape Long Course |
| 16 | 5:23.84 | L | F | Dominique Straub | 18 | ACAQ CCD | 13/02/2021 | Limpopo Champs |
| 17 | 5:24.55 | L | F | Leah Bennett | 18 | TUKS TSH | 20/11/2020 | NTS November 2020 Age Group Gala |
| 18 | 5:26.88 | L | F | Courtney De Villiers | 18 | MSC NGD | 06/11/2020 | MP AGE GROUP 3 GALA 6-7 |
| 19 | 5:31.63 | L | F | Cailin Coetzee | 18 | BLNE MAN | 18/02/2021 | Level 3 Provincial |
| 20 | 5:33.69 | L | P | Paula Van Zyl | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 21 | 5:40.79 | L S | F | Amidre Snyman | 18 | BLOT MAN | 31/10/2020 | Solidarity Grand Prix 4 |
| 22 | 5:55.63 | L | F | Elseri Pienaar | 18 | UPTS ZMD | 05/12/2020 | CHRISTMAS GALA KATHU |
| 23 | 6:16.79 | L | F | Suné Erasmus | 18 | ROA EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala |
| 24 | 6:21.69 | L | F | Kayla Olivier | 18 | TASC MPD | 27/02/2021 | Limpopo Age Group 4 |
| 25 | 6:45.79 | L | F | Nicole Mogajane | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 |
| Women 18-18 800 Free | | | | | | | | |
| 1 | 8:47.50 | L | F | Dune Coetzee | 18 | TUKS TSH | 11/12/2020 | NTS Championships 2020 |
| 2 | 9:41.50 | L | F | Jessica Booth | 18 | INFA NMA | 19/02/2021 | 3rd A League Gala 2021 |
| 3 | 10:01.19 | L | F | Tasneen Ebrahim | 18 | PEAS NMA | 19/02/2021 | 3rd A League Gala 2021 |
| 4 | 10:24.69 | L | F | Zoe Sinclair | 18 | TUKS TSH | 23/10/2020 | NTS October Lev 3+ Age Group |
| 5 | 10:43.31 | L | F | Anica Dennis | 18 | NWUC KKD | 16/04/2021 | SA Regional National Championships |
| 6 | 10:50.59 | L | F | Racheal | 18 | RFA TSH | 11/12/2020 | NTS Championships 2020 |
| 7 | 11:02.03 | L | F | Courtney De Villiers | 18 | MSC NGD | 06/11/2020 | MP AGE GROUP 3 GALA 6-7 |
| 8 | 11:14.31 | L | F | Dominique Straub | 18 | ACAQ CCD | 13/02/2021 | Limpopo Champs |
| 9 | 11:14.58 | L | F | Adri Opperman | 18 | BOKS EKV | 07/11/2020 | EGA Summer 3 |
| 10 | 11:54.33 | L | F | Marinet Vd Walt | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 11 | 12:37.91 | L | F | Suné Erasmus | 18 | ROA EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala |
| Women 18-18 1000 Free | | | | | | | | |
| 1 | 14:06.00 | L | O | Carla Meikle | 18 | SEAL UMD | 22/11/2020 | KZN 2020 OWS Champs 3km 1km |
| 2 | 14:51.00 | L | O | Carmel Lombard | 18 | SEAL UMD | 22/11/2020 | KZN 2020 OWS Champs 3km 1km |
| Women 18-18 1500 Free | | | | | | | | |
| 1 | 17:16.15 | L | T | Dune Coetzee | 18 | TUKS TSH | 26/02/2021 | NTS Feb SANJ+ AG Gala Group |
| Women 18-18 3000 Free | | | | | | | | |
| 1 | 39:17.95 | L | O | Kaitlyn Albertyn | 18 | AGC TSH | 19/03/2021 | SA National OWS Championship 2021 |
| 2 | 41:52.81 | L | O | Courtney De Villiers | 18 | MPA EZD | 19/03/2021 | SA National OWS Championship 2021 |
| 3 | 42:17.99 | L | O | Carmel Lombard | 18 | KZNA ETH | 19/03/2021 | SA National OWS Championship 2021 |
| 4 | 43:36.00 | L | F | Gabriela Scrooby | 18 | AA JHB | 16/12/2020 | AG OW Grand Prix #1 |
| 5 | 45:09.76 | L | O | Dominique Straub | 18 | KZNA ETH | 19/03/2021 | SA National OWS Championship 2021 |

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|--------------------|--------------|-------------------|------------------------|--------|----------|------------|---------------------------------------|--|
| 6 | 46:22.00 L | F | Cameron Vd Merwe | 18 | BOKS EKU | 16/12/2020 | AG OW Grand Prix #1 | |
| 7 | 46:46.17 L | O | Hannah Dean | 18 | AGB JHB | 19/03/2021 | SA National OWS Championship 2021 | |
| 8 | 46:53.40 L | O | Tyra Roozendaal | 18 | INFA NMA | 08/11/2020 | EC Swim Series OWS 3 2020 | |
| Women 18-18 | | 5000 Free | | | | | | |
| 1 | 1:04:53.94 L | O | Jessica Booth | 18 | ECA NMA | 19/03/2021 | SA National OWS Championship 2021 | |
| 2 | 1:06:29.14 L | O | Kaitlyn Albertyn | 18 | AGC TSH | 19/03/2021 | SA National OWS Championship 2021 | |
| 3 | 1:07:27.00 L | F | Stephanie Houtman | 18 | TUKS TSH | 21/02/2021 | AG Open Water Champs | |
| 4 | 1:12:08.95 L | O | Courtney De Villiers | 18 | MPA EZD | 19/03/2021 | SA National OWS Championship 2021 | |
| 5 | 1:12:09.00 L | F | Zoe Sinclair | 18 | JAQ SDD | 21/02/2021 | AG Open Water Champs | |
| 6 | 1:14:36.69 L | O | Tyra Roozendaal | 18 | ECA NMA | 19/03/2021 | SA National OWS Championship 2021 | |
| 7 | 1:14:40.00 L | F | Gabriela Scrooby | 18 | ELEC JHB | 21/02/2021 | AG Open Water Champs | |
| Women 18-18 | | 10000 Free | | | | | | |
| 1 | 2:07:14.86 L | O | Stephanie Houtman | 18 | AGC TSH | 19/03/2021 | SA National OWS Championship 2021 | |
| 2 | 2:16:51.00 L | O | Jessica Booth | 18 | INFA NMA | 27/02/2021 | NMBA OWS Championships | |
| 3 | 2:20:25.00 L | O | Tasneen Ebrahim | 18 | PEAS NMA | 27/02/2021 | NMBA OWS Championships | |
| Women 18-18 | | 50 Back | | | | | | |
| 1 | 29.13 L | F | Olivia Nel | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 2 | 29.44 L | F | Rebecca Meder | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 3 | 29.84 L | P | Kerryn Herbst | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 4 | 30.28 L | F | Georgia Nel | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 5 | 30.30 L | P | Michaela De Villiers | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 6 | 30.31 L | F | Hannah Pearse | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 7 | 30.54 L | F | Zoe Phillips | 18 | AGC TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 8 | 30.92 L | F | Kelsea Munro | 18 | AGC TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 9 | 31.44 L | F | Alexia Velde | 18 | AQUA BUF | 21/11/2020 | BCA November Age Group Gala 2020 | |
| 10 | 31.61 L | F | Kirsten De Goede | 18 | SGUL ETH | 06/04/2021 | SA Aquatic (Senior) Championship | |
| 11 | 31.94 L | P | Jana Botha | 18 | TYGE CPT | 14/04/2021 | Western Cape SANJ and Senior | |
| 12 | 32.03 L | F | Talia Fos | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 13 | 32.07 L | F | Demi-Lee Carlisle | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 14 | 32.15 L | F | Kaylin De Almeida | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 15 | 32.20 L | F | Emma Podesta | 18 | ECA NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 | |
| 16 | 32.32 L | F | Dominique Barnard | 18 | TRAZ TSH | 11/12/2020 | NTS Championships 2020 | |
| 17 | 32.50 L | F | Dinica Bosman | 18 | SEAL UMD | 06/04/2021 | SA Aquatic (Senior) Championship | |
| 18 | 32.59 L | F | Jaime Storm | 18 | AGC TSH | 16/04/2021 | SA Regional National Championships | |
| 19 | 32.67 L | P | Kaitlyn Albertyn | 18 | AGC TSH | 16/04/2021 | SA Regional National Championships | |
| 20 | 32.94 L | P | Nuria Ribeiro | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 21 | 33.22 L | F | Sinelithemba Mbatha | 18 | TUKS TSH | 23/10/2020 | NTS October Lev 3+ Age Group | |
| 22 | 33.41 L | P | Alexa Van Thiel | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 23 | 34.08 L | F | Carli Venter | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 24 | 34.11 L | F | Nicole Viljoen | 18 | CSA EZD | 12/02/2021 | MP AGE GROUP 5 GALA 12 - 13 | |
| 25 | 34.26 L | F | Kieryn Letley | 18 | ESTR EKU | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 26 | 34.31 L | F | Marjean Kupfer | 18 | ELEC JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 27 | 34.35 L | F | Courtney Repinz | 18 | PEAS NMA | 11/12/2020 | NMBA Championships 2020 | |
| 28 | 34.49 L | F | Allison Marx | 18 | PER JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 29 | 34.53 L | P | Anica Dennis | 18 | NWUC KKD | 16/04/2021 | SA Regional National Championships | |
| 30 | 34.57 L | P | Aletta Gersbach | 18 | RFA TSH | 11/12/2020 | NTS Championships 2020 | |
| 31 | 34.93 L | F | Marinet Vd Walt | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 32 | 35.09 L | F | Nichola Greyling | 18 | HARB BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 33 | 35.29 L | P | Jordainne Kazimierczak | 18 | FLOD JHB | 11/12/2020 | NTS Championships 2020 | |
| 34 | 35.39 L | F | Joane Meintjies | 18 | BLOT MAN | 07/12/2020 | Free State Champs | |
| 35 | 35.49 L | F | Idelé du Toit | 18 | POTC KKD | 16/12/2020 | NWS Championships 2020/2021 | |
| 36 | 36.36 L S | P | Adri Opperman | 18 | BOKS EKU | 09/12/2020 | EGA Summer Champs 2020 | |
| 37 | 36.50 L | F | Carla Mouton | 18 | CSA EZD | 11/12/2020 | Mpumalanga Championships 2020 | |
| 38 | 37.50 L | F | Mikyla Bornman | 18 | BLSS MAN | 07/12/2020 | Free State Champs | |
| 39 | 37.51 L S | P | Carla Lichtblau | 18 | ONYX EKU | 09/12/2020 | EGA Summer Champs 2020 | |
| 40 | 38.50 L | P | Racheal | 18 | RFA TSH | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 41 | 38.91 L | F | Judi Smith | 18 | QUIC CPT | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 | |
| 42 | 38.98 L | F | Amidre Snyman | 18 | BLOT MAN | 25/09/2020 | Sa Short Course Champs LC 2020 FSA | |

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | |
|----------------------------------|-------------|-------|------------------------|--------|-----------|------------|---------------------------------------|
| 43 | 40.29 L | F | Cailin Coetzee | 18 | BLNE MAN | 18/02/2021 | Level 3 Provincial |
| 44 | 40.66 L | F | Danielle Immelman | 18 | FAAC FBD | 18/02/2021 | Provincial Level 3 - 18 - 21 Feb 2021 |
| 45 | 40.85 L | F | Tawananyasha Makudo | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 46 | 41.91 L | F | Telize Sevenster | 18 | VALS FDD | 07/12/2020 | Free State Champs |
| 47 | 42.19 L S | F | Katelyn Marais | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 48 | 43.23 L | F | Nicole Mogajane | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 49 | 48.82 L S | F | simone van wyk | 18 | HEIDE MAN | 31/10/2020 | Solidarity Grand Prix 4 |
| 50 | 49.39 L | F | Karléne Ludik | 18 | KTS JTD | 27/02/2021 | END OF SEASON GALA KATHU |
| Women 18-18 100 Back | | | | | | | |
| 1 | 1:01.99 L | F | Rebecca Meder | 18 | SGUL ETH | 26/02/2021 | Grand Prix Durban 2021 |
| 2 | 1:02.94 L S | T | Olivia Nel | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 3 | 1:04.00 L | F | Michaela De Villiers | 18 | VINE CPT | 26/02/2021 | Grand Prix Durban 2021 |
| 4 | 1:04.59 L | F | Hannah Pearse | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 5 | 1:04.99 L | P | Kerryn Herbst | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 6 | 1:05.16 L | F | Zoe Phillips | 18 | AGC FSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 7 | 1:05.91 L | F | Georgia Nel | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 8 | 1:07.19 L | F | Kelsea Munro | 18 | AGC FSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 9 | 1:07.78 L | F | Jana Botha | 18 | TYGE CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 10 | 1:07.93 L | F | Talia Fos | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships |
| 11 | 1:08.63 L | P | Kaylin De Almeida | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships |
| 12 | 1:08.65 L | P | Hannah Counihan | 18 | ECA NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 13 | 1:08.86 L | P | Jaime Storm | 18 | AGC FSH | 16/04/2021 | SA Regional National Championships |
| 14 | 1:09.10 L | F | Emma Podesta | 18 | ECA NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 15 | 1:09.76 L | F | Alexia Velde | 18 | AQUA BUF | 21/11/2020 | BCA November Age Group Gala 2020 |
| 16 | 1:10.08 L | F | Dinica Bosman | 18 | SEAL UMD | 26/02/2021 | Grand Prix Durban 2021 |
| 17 | 1:10.14 L | F | Demi-Lee Carlisle | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships |
| 18 | 1:10.73 L S | P | Dominique Barnard | 18 | TRAZ FSH | 11/12/2020 | NTS Championships 2020 |
| 19 | 1:10.74 L | F | Sinelithemba Mbatha | 18 | TUKS FSH | 27/02/2021 | NTS Feb SANJ+ AG Gala Group 2 |
| 20 | 1:11.30 L | P | Nuria Ribeiro | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 21 | 1:11.88 L | F | Anica Dennis | 18 | NWUC KKD | 19/03/2021 | SA Level 3 Regional Age Group |
| 22 | 1:12.69 L | P | Alexa Van Thiel | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships |
| 23 | 1:13.20 L | F | Courtney Repinz | 18 | PEAS NMA | 11/12/2020 | NMBA Championships 2020 |
| 24 | 1:13.44 L S | F | Kaitlyn Albertyn | 18 | TUKS FSH | 11/12/2020 | NTS Championships 2020 |
| 25 | 1:13.79 L S | F | Taylor Pharoah | 18 | TUKS FSH | 11/12/2020 | NTS Championships 2020 |
| 26 | 1:14.71 L | P | Aletta Gersbach | 18 | AGC FSH | 16/04/2021 | SA Regional National Championships |
| 27 | 1:14.72 L | F | Carli Venter | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 28 | 1:14.79 L | F | Nichola Greyling | 18 | HARB BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 29 | 1:14.84 L | F | Allison Marx | 18 | PER JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 30 | 1:14.90 L | F | Kendra Du Toit | 18 | SOUL EKU | 07/11/2020 | EGA Summer 3 |
| 31 | 1:15.61 L | F | Idelé du Toit | 18 | POTC KKD | 26/02/2021 | NW Level 3+ Provincial |
| 32 | 1:16.61 L S | F | Jordainne Kazimierczak | 18 | FLOD JHB | 11/12/2020 | NTS Championships 2020 |
| 33 | 1:16.64 L | P | Kieryn Letley | 18 | ESTR EKU | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 34 | 1:16.71 L | F | Marinet Vd Walt | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 35 | 1:17.79 L | F | Courtney De Villiers | 18 | MSC NGD | 11/12/2020 | Mpumalanga Championships 2020 |
| 36 | 1:18.87 L | F | Dominique Straub | 18 | ACAA CCD | 13/02/2021 | Limpopo Champs |
| 37 | 1:20.24 L S | P | Racheal | 18 | RFA FSH | 11/12/2020 | NTS Championships 2020 |
| 38 | 1:21.82 L | F | Adri Opperman | 18 | BOKS EKU | 07/11/2020 | EGA Summer 3 |
| 39 | 1:23.14 L | P | Carla Lichtblau | 18 | ONYX EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 40 | 1:24.23 L | F | Judi Smith | 18 | QUIC CPT | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 |
| 41 | 1:24.38 L | F | Mikyla Bornman | 18 | BLSS MAN | 07/12/2020 | Free State Champs |
| 42 | 1:25.22 L | F | Elseri Pienaar | 18 | UPTS ZMD | 05/12/2020 | CHRISTMAS GALA KATHU |
| 43 | 1:25.63 L | F | Danielle Immelman | 18 | FAAC FBD | 12/02/2021 | Flamingo Gala 12 - 13 February 2021 |
| 44 | 1:27.16 L | F | Amidre Snyman | 18 | BLOT MAN | 31/10/2020 | Solidarity Grand Prix 4 |
| 45 | 1:28.33 L | F | Paula Van Zyl | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 46 | 1:29.03 L | F | Tawananyasha Makudo | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 47 | 1:29.82 L | F | Kayla Olivier | 18 | TASC MPD | 27/02/2021 | Limpopo Age Group 4 |
| Women 18-18 200 Back | | | | | | | |
| 1 | 2:16.01 L | F | Rebecca Meder | 18 | SGUL ETH | 26/02/2021 | Grand Prix Durban 2021 |

Individual Top Times

Times since: 01-May-20 **Times until: 30-Apr-21**
Number of Top Times: All **Show Long Course Only**

| | Time | P/F/S | Name | Age/Yr | | | | | |
|-----------------------------------|---------|-------|------|------------------------|----|------|-----|------------|---------------------------------------|
| 2 | 2:17.88 | L | F | Hannah Pearse | 18 | WCA | WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 3 | 2:19.25 | L | F | Zoe Phillips | 18 | AGC | FSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 4 | 2:25.07 | L | F | Gina Miller | 18 | AGB | JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 5 | 2:26.59 | L | F | Olivia Nel | 18 | SAAW | CPT | 15/12/2020 | Western Cape Long Course |
| 6 | 2:27.65 | L | F | Jana Botha | 18 | TYGE | CPT | 15/12/2020 | Western Cape Long Course |
| 7 | 2:28.19 | L | P | Kaylin De Almeida | 18 | AGB | JHB | 16/04/2021 | SA Regional National Championships |
| 8 | 2:28.50 | L | F | Talia Fos | 18 | AEC | JHB | 06/03/2021 | CGA Last Chance Level 3+ gala |
| 9 | 2:31.83 | L S | F | Hannah Counihan | 18 | ECA | NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 10 | 2:32.77 | L | P | Jaime Storm | 18 | AGC | FSH | 16/04/2021 | SA Regional National Championships |
| 11 | 2:33.64 | L | F | Emma Podesta | 18 | PEAS | NMA | 28/02/2021 | PEA Squad Gala |
| 12 | 2:34.02 | L | F | Michaela De Villiers | 18 | VINE | CPT | 15/12/2020 | Western Cape Long Course |
| 13 | 2:34.97 | L | F | Anica Dennis | 18 | NWUC | KKD | 19/03/2021 | SA Level 3 Regional Age Group |
| 14 | 2:36.53 | L | F | Nuria Ribeiro | 18 | CYBE | CPT | 19/02/2021 | 2021 Grand Prix Invitational Swimming |
| 15 | 2:37.05 | L | F | Alexa Van Thiel | 18 | AGB | JHB | 16/04/2021 | SA Regional National Championships |
| 16 | 2:37.90 | L | F | Carmel Lombard | 18 | SEAL | UMD | 26/02/2021 | Grand Prix Durban 2021 |
| 17 | 2:38.87 | L | P | Allison Marx | 18 | PER | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 18 | 2:39.78 | L | F | Jordainne Kazimierczak | 18 | FLOD | JHB | 20/11/2020 | NTS November 2020 Age Group Gala |
| 19 | 2:41.66 | L | F | Idelé du Toit | 18 | POTC | KKD | 16/12/2020 | NWS Championships 2020/2021 |
| 20 | 2:42.54 | L | F | Alexia Velde | 18 | AQUA | BUF | 21/11/2020 | BCA November Age Group Gala 2020 |
| 21 | 2:48.16 | L | F | Dominique Straub | 18 | ACAQ | CCD | 13/02/2021 | Limpopo Champs |
| 22 | 2:49.57 | L | F | Aletta Gersbach | 18 | RFA | FSH | 26/02/2021 | NTS Feb SANJ+ AG Gala Group |
| 23 | 2:51.36 | L | F | Marinet Vd Walt | 18 | RBUR | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 24 | 2:56.41 | L | F | Adri Opperman | 18 | BOKS | EKU | 28/11/2020 | EGA Summer 4 |
| 25 | 2:58.10 | L | F | Judi Smith | 18 | QUIC | CPT | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 |
| 26 | 3:04.82 | L | F | Elseri Pienaar | 18 | UPTS | ZMD | 05/12/2020 | CHRISTMAS GALA KATHU |
| 27 | 3:06.26 | L | F | Amidre Snyman | 18 | BLOT | MAN | 31/10/2020 | Solidarity Grand Prix 4 |
| 28 | 3:07.62 | L S | F | Mikyla Bornman | 18 | BLSS | MAN | 07/12/2020 | Free State Champs |
| 29 | 3:25.00 | L | F | Kayla Olivier | 18 | TASC | MPD | 13/02/2021 | Limpopo Champs |
| Women 18-18 50 Breast | | | | | | | | | |
| 1 | 32.28 | L | P | Rebecca Meder | 18 | KZNA | ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 2 | 32.90 | L | F | Kate Meyer | 18 | ECA | NMA | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 3 | 33.54 | L | F | Kendra Du Toit | 18 | SOUL | EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 4 | 34.39 | L | F | Lana Janson | 18 | TYGE | CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 5 | 35.53 | L | F | Dinica Bosman | 18 | SEAL | UMD | 06/04/2021 | SA Aquatic (Senior) Championship |
| 6 | 36.02 | L | P | Taylor Pharoah | 18 | AGC | FSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 7 | 36.92 | L | P | Idelé du Toit | 18 | NWS | | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 8 | 36.97 | L | F | Georgia Nel | 18 | SAAW | CPT | 15/12/2020 | Western Cape Long Course |
| 9 | 37.68 | L | P | Kieryn Letley | 18 | ESTR | EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 10 | 37.69 | L | F | Jordainne Kazimierczak | 18 | FLOD | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 11 | 37.80 | L | F | Nichola Greyling | 18 | HARB | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 12 | 37.89 | L | P | Gabriela Jardim | 18 | FLOD | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 13 | 38.40 | L | F | Carli Venter | 18 | RBUR | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 14 | 38.54 | L S | F | Chloe Van Driel | 18 | TUKS | FSH | 11/12/2020 | NTS Championships 2020 |
| 15 | 38.74 | L | F | Carla Mouton | 18 | CSA | EZD | 12/02/2021 | MP AGE GROUP 5 GALA 12 - 13 |
| 16 | 38.95 | L | F | Cailin Coetzee | 18 | BLNE | MAN | 18/02/2021 | Level 3 Provincial |
| 17 | 39.01 | L | F | Jessica Booth | 18 | INFA | NMA | 19/02/2021 | 3rd A League Gala 2021 |
| 18 | 39.17 | L | P | Kaylin De Almeida | 18 | AGB | JHB | 16/04/2021 | SA Regional National Championships |
| 19 | 39.57 | L | F | Zoe Sinclair | 18 | TUKS | FSH | 23/10/2020 | NTS October Lev 3+ Age Group |
| 20 | 40.14 | L | F | Trisha Pollicutte | 18 | CLSC | WCD | 15/12/2020 | Western Cape Long Course |
| 21 | 40.67 | L | F | Anine Hugo | 18 | PAQU | CED | 30/10/2020 | 39th Freda Barnard Invitational Gala |
| 22 | 40.93 | L | F | Mikyla Bornman | 18 | BLSS | MAN | 18/02/2021 | Level 3 Provincial |
| 23 | 41.01 | L | F | Imke van Wyk | 18 | BULS | MAN | 18/02/2021 | Level 3 Provincial |
| 24 | 41.22 | L | F | Kayla Olivier | 18 | TASC | MPD | 13/02/2021 | Limpopo Champs |
| 25 | 43.47 | L | P | Carla Lichtblau | 18 | ONYX | EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 26 | 44.85 | L | F | Marinet Vd Walt | 18 | RBUR | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 27 | 45.91 | L | F | Nicole Mogajane | 18 | ISSC | NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 28 | 47.47 | L | F | Hannah Pearse | 18 | VINE | CPT | 15/12/2020 | Western Cape Long Course |
| 29 | 50.48 | L | F | Suné Erasmus | 18 | ROA | EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala |
| 30 | 51.68 | L | F | Tawananyasha Makudo | 18 | ISSC | NMD | 16/12/2020 | NWS Championships 2020/2021 |

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|--------------------|-------------|-------------------|------------------------|--------|-----------|------------|---------------------------------------|--|
| 31 | 53.53 L | F | simone van wyk | 18 | HEIDE MAN | 31/10/2020 | Solidarity Grand Prix 4 | |
| 32 | 1:01.74 L | F | Karléne Ludik | 18 | KTS JTD | 07/11/2020 | Flamingo Gala 2020 | |
| 33 | 1:02.96 L | F | Olorato Makgale | 18 | ISSC NMD | 26/02/2021 | NWS Level 2 Provincial | |
| 34 | 1:07.99 L S | F | Goodness Mlotshwa | 18 | ATTE TSH | 13/11/2020 | NTS November 2020 Age Group Gala | |
| Women 18-18 | | 100 Breast | | | | | | |
| 1 | 1:10.66 L | F | Rebecca Meder | 18 | SGUL ETH | 26/02/2021 | Grand Prix Durban 2021 | |
| 2 | 1:13.78 L S | F | Kate Meyer | 18 | ECA NMA | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 3 | 1:14.25 L | P | Kendra Du Toit | 18 | SOUL EKV | 09/12/2020 | EGA Summer Champs 2020 | |
| 4 | 1:15.08 L | F | Lana Janson | 18 | TYGE CPT | 14/04/2021 | Western Cape SANJ and Senior | |
| 5 | 1:16.00 L | F | Taylor Pharoah | 18 | TUKS TSH | 11/12/2020 | NTS Championships 2020 | |
| 6 | 1:19.89 L | P | Zoe Sinclair | 18 | AGC TSH | 16/04/2021 | SA Regional National Championships | |
| 7 | 1:20.29 L | F | Jordainne Kazimierczak | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 8 | 1:21.91 L | P | Carla Mouton | 18 | CSA EZD | 11/12/2020 | Mpumalanga Championships 2020 | |
| 9 | 1:22.67 L | F | Kaelin Rogge | 18 | AZON ETH | 28/11/2020 | Aquazone LC Gala 1 | |
| 10 | 1:22.83 L | F | Nichola Greyling | 18 | HARB BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 11 | 1:23.16 L | P | Kaylin De Almeida | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 12 | 1:25.17 L | F | Kieryn Letley | 18 | ESTR EKV | 27/02/2021 | EGA Last Chance Summer Gala L3 (S1) | |
| 13 | 1:26.41 L | P | Demi-Lee Carlisle | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 14 | 1:26.64 L | F | Cailin Coetzee | 18 | BLNE MAN | 18/02/2021 | Level 3 Provincial | |
| 15 | 1:26.81 L | F | Idelé du Toit | 18 | POTC KKD | 16/12/2020 | NWS Championships 2020/2021 | |
| 16 | 1:27.52 L | P | Chloe Van Driel | 18 | TUKS TSH | 11/12/2020 | NTS Championships 2020 | |
| 17* | 1:28.11 L | F | Gabriela Jardim | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 17* | 1:28.11 L | F | Anine Hugo | 18 | PAQU CED | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 | |
| 19 | 1:28.42 L | F | Carli Venter | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 20 | 1:32.46 L | F | Mikyla Bornman | 18 | BLSS MAN | 07/12/2020 | Free State Champs | |
| 21 | 1:32.70 L | F | Imke van Wyk | 18 | BULS MAN | 07/12/2020 | Free State Champs | |
| 22 | 1:32.76 L | F | Serena Kotnik | 18 | TUKS TSH | 24/10/2020 | NTS October Lev 1+2 Age Group | |
| 23 | 1:33.13 L | F | Kayla Olivier | 18 | TASC MPD | 13/02/2021 | Limpopo Champs | |
| 24 | 1:35.24 L | F | Dominique Straub | 18 | ACAP CCD | 13/02/2021 | Limpopo Champs | |
| 25 | 1:44.23 L | F | Paula Van Zyl | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 26 | 1:45.89 L | F | Nicole Mogajane | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 | |
| 27 | 1:46.37 L | F | Suné Erasmus | 18 | ROA EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala | |
| 28 | 1:47.16 L | F | Telize Sevenster | 18 | VALS FDD | 07/12/2020 | Free State Champs | |
| 29 | 2:00.56 L | F | Tawananyasha Makudo | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 | |
| 30 | 2:08.65 L | F | simone van wyk | 18 | HEIDE MAN | 13/02/2021 | Kovsie Gala | |
| 31 | 2:24.07 L S | F | Goodness Mlotshwa | 18 | ATTE TSH | 13/11/2020 | NTS November 2020 Age Group Gala | |
| Women 18-18 | | 200 Breast | | | | | | |
| 1 | 2:39.17 L | P | Taylor Pharoah | 18 | AGC TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 2 | 2:39.97 L | F | Kate Meyer | 18 | VIKI BUF | 21/11/2020 | BCA November Age Group Gala 2020 | |
| 3 | 2:42.50 L | F | Kendra Du Toit | 18 | AGA EKV | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 4 | 2:45.68 L | F | Lana Janson | 18 | TYGE CPT | 15/12/2020 | Western Cape Long Course | |
| 5 | 2:52.59 L S | F | Kaylin De Almeida | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 6 | 2:53.48 L S | F | Jessica Booth | 18 | MATI CED | 14/04/2021 | Western Cape SANJ and Senior | |
| 7 | 2:54.15 L S | F | Zoe Sinclair | 18 | AGC TSH | 16/04/2021 | SA Regional National Championships | |
| 8 | 2:56.22 L | F | Carla Mouton | 18 | CSA EZD | 11/12/2020 | Mpumalanga Championships 2020 | |
| 9 | 2:57.51 L | F | Jordainne Kazimierczak | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 10 | 3:10.24 L | F | Anine Hugo | 18 | PAQU CED | 30/10/2020 | 39th Freda Barnard Invitational Gala | |
| 11 | 3:13.88 L | F | Gabriela Jardim | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 12 | 3:20.13 L | F | Mikyla Bornman | 18 | BLSS MAN | 18/02/2021 | Level 3 Provincial | |
| 13 | 3:25.60 L S | F | Imke van Wyk | 18 | BULS MAN | 07/12/2020 | Free State Champs | |
| 14 | 3:32.48 L | F | Kayla Olivier | 18 | TASC MPD | 13/02/2021 | Limpopo Champs | |
| 15 | 3:45.71 L | F | Suné Erasmus | 18 | ROA EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala | |
| 16 | 4:00.97 L | F | Nicole Mogajane | 18 | ISSC NMD | 26/02/2021 | NWS Level 2 Provincial | |
| Women 18-18 | | 50 Fly | | | | | | |
| 1 | 27.64 L | F | Kerryn Herbst | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 2 | 28.00 L | P | Dune Coetzee | 18 | AGC TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 3 | 28.12 L | F | Kirsten De Goede | 18 | SGUL ETH | 06/04/2021 | SA Aquatic (Senior) Championship | |
| 4 | 28.34 L | F | Michaela De Villiers | 18 | WCA WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | | |
|----|-------|-------|------|---------------------|----|------|-----|------------|---------------------------------------|
| 5 | 29.01 | L | F | Carla Meikle | 18 | KZNA | ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 6 | 29.33 | L | F | Nichola Greyling | 18 | HARB | BPD | 26/02/2021 | NW Level 3+ Provincial |
| 7 | 29.51 | L | P | Kelsea Munro | 18 | AGC | TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 8 | 30.08 | L S | F | Kaitlyn Albertyn | 18 | AGC | TSH | 16/04/2021 | SA Regional National Championships |
| 9 | 30.14 | L | F | Zoe Phillips | 18 | TUKS | TSH | 11/12/2020 | NTS Championships 2020 |
| 10 | 30.20 | L | F | Kendra Du Toit | 18 | SOUL | EKU | 07/11/2020 | EGA Summer 3 |
| 11 | 30.35 | L | P | Emma Podesta | 18 | ECA | NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 12 | 30.43 | L | F | Kate Meyer | 18 | VIKI | BUF | 21/11/2020 | BCA November Age Group Gala 2020 |
| 13 | 30.71 | L | F | Olivia Nel | 18 | SAAW | CPT | 15/12/2020 | Western Cape Long Course |
| 14 | 31.00 | L | F | Kieryn Letley | 18 | ESTR | EKU | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 15 | 31.14 | L | F | Idelé du Toit | 18 | POTC | KKD | 26/02/2021 | NW Level 3+ Provincial |
| 16 | 31.16 | L | F | Dinica Bosman | 18 | SEAL | UMD | 06/04/2021 | SA Aquatic (Senior) Championship |
| 17 | 31.40 | L | P | Dominique Barnard | 18 | TRAZ | TSH | 11/12/2020 | NTS Championships 2020 |
| 18 | 31.42 | L | F | Lana Janson | 18 | TYGE | CPT | 15/12/2020 | Western Cape Long Course |
| 19 | 31.47 | L | P | Alexia Velde | 18 | ECA | NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 20 | 31.58 | L | P | Hannah Pearse | 18 | VINE | CPT | 14/04/2021 | Western Cape SANJ and Senior |
| 21 | 31.83 | L | F | Marjean Kupfer | 18 | ELEC | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 22 | 32.10 | L | F | Georgia Nel | 18 | SAAW | CPT | 15/12/2020 | Western Cape Long Course |
| 23 | 32.54 | L | F | Courtney Repinz | 18 | PEAS | NMA | 11/12/2020 | NMBA Championships 2020 |
| 24 | 32.56 | L | F | Joane Meintjies | 18 | BLOT | MAN | 07/12/2020 | Free State Champs |
| 25 | 32.61 | L | F | Carla Lichtblau | 18 | ONYX | EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 26 | 32.63 | L S | P | Talia Fos | 18 | AGB | JHB | 16/04/2021 | SA Regional National Championships |
| 27 | 32.74 | L | F | Marinet Vd Walt | 18 | RBUR | BPD | 19/03/2021 | SA Level 3 Regional Age Group |
| 28 | 33.26 | L | F | Trisha Pollicutte | 18 | CLSC | WCD | 15/12/2020 | Western Cape Long Course |
| 29 | 33.27 | L | F | Carli Venter | 18 | RBUR | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 30 | 33.50 | L | F | Tawananyasha Makudo | 18 | ISSC | NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 31 | 33.54 | L | F | Sinelithemba Mbatha | 18 | TUKS | TSH | 23/10/2020 | NTS October Lev 3+ Age Group |
| 32 | 33.96 | L | F | Imke van Wyk | 18 | BULS | MAN | 19/03/2021 | SA Level 3 Regional Age Group |
| 33 | 34.04 | L | P | Leah Bennett | 18 | TUKS | TSH | 11/12/2020 | NTS Championships 2020 |
| 34 | 34.15 | L | F | Nicole Viljoen | 18 | CSA | EZD | 18/09/2020 | Sa Short Course Champs LC 2020 |
| 35 | 34.29 | L | F | Danielle Immelman | 18 | FAAC | FBD | 19/03/2021 | SA Level 3 Regional Age Group |
| 36 | 34.53 | L | F | Kaelin Rogge | 18 | AZON | ETH | 28/11/2020 | Aquazone LC Gala 1 |
| 37 | 35.09 | L | F | Adri Opperman | 18 | BOKS | EKU | 28/11/2020 | EGA Summer 4 |
| 38 | 35.90 | L | P | Racheal | 18 | RFA | TSH | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 39 | 36.71 | L | F | Carla Mouton | 18 | CSA | EZD | 16/10/2020 | MP AGE GROUP 2 GALA |
| 40 | 36.73 | L | F | Mikyla Bornman | 18 | BLSS | MAN | 07/12/2020 | Free State Champs |
| 41 | 37.09 | L | P | Gabriela Jardim | 18 | FLOD | JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs |
| 42 | 37.41 | L | F | Katelyn Marais | 18 | AGB | JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 43 | 37.48 | L | F | Anine Hugo | 18 | PAQU | CED | 30/10/2020 | 39th Freda Barnard Invitational Gala |
| 44 | 38.48 | L | F | Judi Smith | 18 | QUIC | CPT | 06/11/2020 | Swartland Invitational Gala #1 2020 |
| 45 | 39.54 | L | F | Telize Sevenster | 18 | VALS | FDD | 07/12/2020 | Free State Champs |
| 46 | 41.44 | L | F | Nicole Mogajane | 18 | ISSC | NMD | 16/12/2020 | NWS Championships 2020/2021 |
| 47 | 41.52 | L | F | Suné Erasmus | 18 | ROA | EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala |

Women 18-18 100 Fly

| | | | | | | | | | |
|----|---------|-----|---|----------------------|----|------|-----|------------|---------------------------------------|
| 1 | 59.97 | L S | F | Dune Coetzee | 18 | AGC | TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 2 | 1:04.59 | L | F | Kirsten De Goede | 18 | SGUL | ETH | 26/02/2021 | Grand Prix Durban 2021 |
| 3 | 1:04.81 | L S | P | Kerryn Herbst | 18 | AGB | JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 4 | 1:05.12 | L S | F | Zoe Phillips | 18 | AGC | TSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 5 | 1:06.69 | L S | F | Michaela De Villiers | 18 | WCA | WCD | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE |
| 6 | 1:07.53 | L S | P | Kendra Du Toit | 18 | SOUL | EKU | 09/12/2020 | EGA Summer Champs 2020 |
| 7 | 1:08.96 | L S | F | Emma Podesta | 18 | ECA | NMA | 14/04/2021 | SA Aquatic (Senior) Championship 2021 |
| 8 | 1:09.07 | L | F | Idelé du Toit | 18 | POTC | KKD | 16/12/2020 | NWS Championships 2020/2021 |
| 9 | 1:09.17 | L | P | Kaitlyn Albertyn | 18 | AGC | TSH | 16/04/2021 | SA Regional National Championships |
| 10 | 1:10.12 | L | F | Nichola Greyling | 18 | HARB | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 11 | 1:11.47 | L | P | Zoe Sinclair | 18 | AGC | TSH | 16/04/2021 | SA Regional National Championships |
| 12 | 1:13.03 | L | F | Dominique Barnard | 18 | TRAZ | TSH | 11/12/2020 | NTS Championships 2020 |
| 13 | 1:15.62 | L | F | Marinet Vd Walt | 18 | RBUR | BPD | 16/12/2020 | NWS Championships 2020/2021 |
| 14 | 1:20.29 | L | F | Anine Hugo | 18 | PAQU | CED | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 |
| 15 | 1:24.19 | L | P | Imke van Wyk | 18 | BULS | MAN | 19/03/2021 | SA Level 3 Regional Age Group |

Individual Top Times

Times since: 01-May-20 Times until: 30-Apr-21
 Number of Top Times: All Show Long Course Only

| | Time | P/F/S | Name | Age/Yr | | | | |
|--------------------|-------------|----------------|-------------------------|--------|----------|------------|---------------------------------------|--|
| 16 | 1:24.41 L | F | Judi Smith | 18 | QUIC CPT | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 | |
| 17 | 1:24.96 L | F | Tawananyasha Makudo | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 | |
| Women 18-18 | | 200 Fly | | | | | | |
| 1 | 2:11.18 L | P | Dune Coetzee | 18 | AGC FSH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 2 | 2:36.09 L | F | Idel  du Toit | 18 | NWS | 14/04/2021 | SA Aquatic (Senior) Championship 2021 | |
| Women 18-18 | | 200 IM | | | | | | |
| 1 | 2:13.21 L S | T | Rebecca Meder | 18 | SGUL ETH | 26/02/2021 | Grand Prix Durban 2021 | |
| 2 | 2:25.80 L S | P | Kate Meyer | 18 | ECA NMA | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 3 | 2:27.98 L | F | Jana Botha | 18 | TYGE CPT | 14/04/2021 | Western Cape SANJ and Senior | |
| 4 | 2:28.28 L | F | Carla Meikle | 18 | SEAL UMD | 26/02/2021 | Grand Prix Durban 2021 | |
| 5 | 2:29.25 L S | F | Kendra Du Toit | 18 | AGA EKU | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 6 | 2:29.61 L | F | Georgia Nel | 18 | SAAW CPT | 15/12/2020 | Western Cape Long Course | |
| 7 | 2:29.94 L | F | Lana Janson | 18 | TYGE CPT | 07/03/2021 | Winelands Summer League Gala | |
| 8 | 2:31.23 L | F | Taylor Pharoah | 18 | TUKS FSH | 09/01/2021 | 2021 Grand Prix Invitation Swimming | |
| 9 | 2:32.18 L S | P | Gina Miller | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 10 | 2:32.34 L | F | Kaylin De Almeida | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 11 | 2:33.77 L | F | Zoe Sinclair | 18 | TUKS FSH | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 12 | 2:36.31 L | P | Idel  du Toit | 18 | NWS | 14/04/2021 | SA Aquatic (Senior) Championship 2021 | |
| 13 | 2:37.62 L | P | Jordainne Kazimierzczak | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 14 | 2:38.18 L | P | Demi-Lee Carlisle | 18 | AGB JHB | 16/04/2021 | SA Regional National Championships | |
| 15 | 2:38.45 L | F | Kelsea Munro | 18 | TUKS FSH | 26/02/2021 | NTS Feb SANJ+ AG Gala Group | |
| 16 | 2:38.87 L | F | Nichola Greyling | 18 | HARB BPD | 26/02/2021 | NW Level 3+ Provincial | |
| 17 | 2:39.34 L | F | Jessica Booth | 18 | MATI CED | 14/04/2021 | Western Cape SANJ and Senior | |
| 18 | 2:40.74 L | F | Talia Fos | 18 | AEC JHB | 06/03/2021 | CGA Last Chance Level 3+ gala | |
| 19 | 2:41.68 L | F | Courtney Repinz | 18 | PEAS NMA | 11/12/2020 | NMBA Championships 2020 | |
| 20 | 2:43.25 L | F | Alexa Van Thiel | 18 | WATR JHB | 06/03/2021 | CGA Last Chance Level 3+ gala | |
| 21 | 2:43.91 L | F | Nuria Ribeiro | 18 | CYBE CPT | 19/02/2021 | 2021 Stellenbosch Camp Evaluation | |
| 22 | 2:47.23 L | F | Dominique Barnard | 18 | TRAZ FSH | 26/02/2021 | NTS Feb SANJ+ AG Gala Group | |
| 23 | 2:48.44 L | F | Pascale Oberholzer | 18 | MDOL JHB | 09/01/2021 | 2021 Grand Prix Invitation Swimming | |
| 24 | 2:49.44 L | F | Alexia Velde | 18 | AQUA BUF | 21/11/2020 | BCA November Age Group Gala 2020 | |
| 25 | 2:51.44 L | F | Aletta Gersbach | 18 | RFA FSH | 26/02/2021 | NTS Feb SANJ+ AG Gala Group | |
| 26 | 2:51.45 L | F | Gabriela Jardim | 18 | FLOD JHB | 20/03/2021 | SSA Hillcrest Level 3 Champs | |
| 27 | 2:52.80 L | F | Carli Venter | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 28 | 2:53.60 L | P | Kieryn Letley | 18 | ESTR EKU | 09/12/2020 | EGA Summer Champs 2020 | |
| 29 | 2:56.17 L | F | Cailin Coetzee | 18 | BLNE MAN | 13/02/2021 | Kovsie Gala | |
| 30 | 2:56.64 L | F | Serena Kotnik | 18 | TUKS FSH | 24/10/2020 | NTS October Lev 1+2 Age Group | |
| 31 | 2:58.51 L | F | Marinet Vd Walt | 18 | RBUR BPD | 16/12/2020 | NWS Championships 2020/2021 | |
| 32 | 2:58.64 L | F | Anine Hugo | 18 | PAQU CED | 30/10/2020 | 39th Freda Barnard Invitational Gala | |
| 33 | 3:00.37 L | F | Dominique Straub | 18 | ACAA CCD | 13/02/2021 | Limpopo Champs | |
| 34 | 3:01.04 L | F | Anica Dennis | 18 | NWUC KKD | 27/11/2020 | NWS Age Group 28 Nov 2020 | |
| 35 | 3:01.92 L | F | Judi Smith | 18 | QUIC CPT | 23/03/2021 | SSA Level 3 Oudtshoorn 2021 | |
| 36 | 3:02.30 L | P | Adri Opperman | 18 | BOKS EKU | 09/12/2020 | EGA Summer Champs 2020 | |
| 37 | 3:03.58 L | F | Danielle Immelman | 18 | FAAC FBD | 18/02/2021 | Provincial Level 3 - 18 - 21 Feb 2021 | |
| 38 | 3:04.84 L S | F | Amidre Snyman | 18 | BLOT MAN | 31/10/2020 | Solidarity Grand Prix 4 | |
| 39 | 3:05.85 L | F | Mikyla Bornman | 18 | BLSS MAN | 07/12/2020 | Free State Champs | |
| 40 | 3:06.63 L | F | Carla Mouton | 18 | CSA EZD | 12/02/2021 | MP AGE GROUP 5 GALA 12 - 13 | |
| 41 | 3:08.38 L | F | Imke van Wyk | 18 | BULS MAN | 07/12/2020 | Free State Champs | |
| 42 | 3:11.69 L S | F | Katelyn Marais | 18 | AGB JHB | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 43 | 3:12.14 L S | F | Paula Van Zyl | 18 | KZNA ETH | 07/04/2021 | SA Invitational Aquatic Champ 2021-PE | |
| 44 | 3:14.40 L | F | Leah Bennett | 18 | TUKS FSH | 20/11/2020 | NTS November 2020 Age Group Gala | |
| 45 | 3:22.48 L | F | Tawananyasha Makudo | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 | |
| 46 | 3:23.42 L | F | Sun  Erasmus | 18 | ROA EDD | 30/10/2020 | 39th Freda Barnard Invitational Gala | |
| 47 | 3:24.22 L | F | Nicole Mogajane | 18 | ISSC NMD | 16/12/2020 | NWS Championships 2020/2021 | |
| Women 18-18 | | 400 IM | | | | | | |
| 1 | 5:20.94 L | F | Taylor Pharoah | 18 | TUKS FSH | 11/12/2020 | NTS Championships 2020 | |
| 2 | 5:39.75 L | F | Idel  du Toit | 18 | NWS | 14/04/2021 | SA Aquatic (Senior) Championship 2021 | |